

USER'S MANUAL

AIRFIT

**A NEW SENSATION
OF COMFORT**



THANK YOU FOR PURCHASING THE AIRFIT.
PLEASE READ THESE INSTRUCTIONS CAREFULLY, AND USE THIS PRODUCT CORRECTLY AND SAFELY.
PLEASE KEEP THESE INSTRUCTIONS IN A SAFE PLACE AFTER READING, FOR FUTURE REFERENCE.

USAGE NOTES

PRECAUTIONS FOR APPLICATION

- THIS PRODUCT IS MADE SPECIFICALLY FOR USE IN CYCLE SPORTS. AS IT HAS BEEN DESIGNED FOR COMPATIBILITY WITH CYCLISTS' BODY MOVEMENTS, IF IT IS USED DURING OTHER TYPES OF SPORTING ACTIVITY, THE BIOELECTRODES MAY BECOME DETACHED, PREVENTING
- THE RELIABLE MEASUREMENT OF HEART RATE.
- THE USE OF POWDER-CONTAINING BODY SOAP MAY SERIOUSLY LOOSEN THE ATTACHMENT OF THE BIOELECTRODES TO THE SKIN. RESIDUAL SWEAT AND SEBUM MAY SERIOUSLY LOOSEN THE ATTACHMENT OF THE BIOELECTRODES. WIPE YOUR SKIN COMPLETELY CLEAN OF SWEAT AND SEBUM BEFORE APPLYING THE ANCHOR TAPE.
- AVOID APPLYING THE ANCHOR TAPE TO THE SAME PLACE FOR SEVERAL DAYS IN SUCCESSION. REPEATEDLY FITTING THE BIOELECTRODES TO THE SAME PATCH OF SKIN WITHOUT ALLOWING ANY REDDENING TO HEAL MAY CAUSE PERMANENT BLOTCHES TO DEVELOP.
- PERFORMING STRETCHES OR EXERCISES THAT INVOLVE A HIGH DEGREE OF CHEST EXPANSION AFTER THE BIOELECTRODES HAVE BEEN APPLIED MAY CAUSE THE ANCHOR TAPE TO PEEL OFF.

PRECAUTIONS CONCERNING ALLERGIES

- IF YOU DEVELOP SYMPTOMS SUCH AS RASH, REDDENING, OR ITCHING AS A RESULT OF USING THIS PRODUCT, DISCONTINUE ITS USE AND CONSULT A DOCTOR OR PHARMACIST.
- DO NOT LEAVE THE ANCHOR TAPE IN PLACE FOR LONG PERIODS OR PULL IT OFF ABRUPTLY, AS THIS MAY CAUSE SKIN IRRITATION.

STORAGE

- STORE OUT OF THE REACH OF CHILDREN.
- STORE IN A COOL PLACE AWAY FROM DIRECT SUNLIGHT.
- DO NOT USE THE PRODUCT AFTER THE USE-BY DATE HAS PASSED.
- DO NOT REUSE ANCHOR TAPE ONCE IT HAS BEEN USED.
- DO NOT WASH OR DRY THE BIOELECTRODES IN A WASHING MACHINE OR TUMBLE DRIER, IRON THEM, OR USE A HIGH-TEMPERATURE DRIER.
- DO NOT ATTEMPT TO CLEAN THEM BY MEANS OF DRY CLEANING OR CHLORINE-BASED DETERGENT.
- WHEN HANDLING THE BIOELECTRODES, DO NOT STRETCH THEM OR FLEX THEM UNDULY.
- REPLACE THE CONDUCTIVE GEL PADS USED IN THE ELECTRODES REGULARLY. FAILURE TO DO SO MAY CAUSE AN ALLERGIC REACTION.
- DO NOT REUSE THIS PRODUCT IF THE PRESS STUDS FOR ATTACHING THE HEART RATE SENSOR HAVE BECOME RUSTED OR CORRODED, AS THIS MAY CAUSE AN ALLERGIC REACTION.

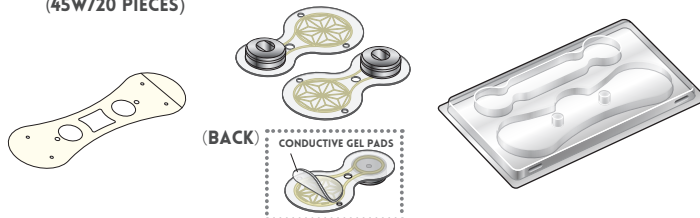
PRECAUTIONS

- THIS PRODUCT CANNOT BE USED TO OBTAIN ACCURATE ENVIRONMENTAL MEASUREMENTS FOR SPECIALIST OR INDUSTRIAL USE. ELECTROMAGNETIC INTERFERENCE DURING TRAINING AND ELECTROMAGNETIC RADIATION EMITTED BY ELECTRICAL DEVICES IN TRAINING EQUIPMENT MAY CAUSE THE PRODUCT TO MALFUNCTION. INTERFERENCE MAY ALSO RESULT FROM THE CONCURRENT USE OF A CYCLE COMPUTER AND TRAINING EQUIPMENT DURING TRAINING.
- TO AVOID ABNORMAL READINGS AND MALFUNCTIONS, MAINTAIN AS GREAT A DISTANCE AS POSSIBLE FROM DEVICES THAT MAY CAUSE THIS PRODUCT TO MALFUNCTION.
- USING TRAINING EQUIPMENT TOGETHER WITH LED DISPLAYS, MOTORS, ELECTRIC BRAKES, AND OTHER ELECTRONIC OR ELECTRICAL COMPONENTS MAY RESULT IN INTERFERENCE, CAUSING THE HEART RATE DISPLAY TO DISAPPEAR OR STRAY SIGNALS TO OCCUR. TO RESOLVE THESE PROBLEMS, TRY TAKING THE FOLLOWING STEPS.
 1. DETACH THE HEART RATE SENSOR FROM THE BIOELECTRODES, AND USE THE TRAINING EQUIPMENT AS USUAL.
 2. MOVE THE CYCLE COMPUTER AROUND UNTIL YOU FIND AN AREA WHERE NO STRAY SIGNALS ARE PICKED UP AND APPEAR ON THE DISPLAY AND THE HEART SYMBOL STOPS BLINKING.
 3. PUT THE HEART RATE SENSOR BACK ON YOUR CHEST, AND KEEP THE CYCLE COMPUTER IN THIS AREA OF NON-INTERFERENCE IF AT ALL POSSIBLE.
- IF THE CYCLE COMPUTER DOES NOT CORRESPOND WITH THE TRAINING EQUIPMENT, EXCESSIVE ELECTRICAL NOISE MAY PREVENT THE REMOTE MEASUREMENT OF HEART RATE.

COMPONENTS AND ACCESSORIES

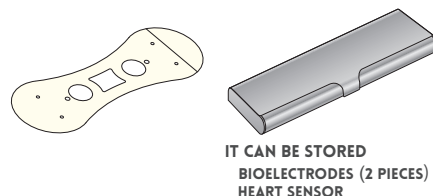
■ STANDARD SET

- ATTACHMENT TAPES (45W/20 PIECES)
- BIOELECTRODES (2 PIECES)
- STORAGE (1 PIECES)



AIRFIT PRO SET

- ATTACHMENT TAPES (PRO RACE VERSION:55W/5 PIECES)
- ORIGINAL CASA (1 PIECES)



HEART RATE SENSOR PREPARATION

LIST OF APPLICABLE HEART RATE SENSORS

POLAR H1. H2. H3. H6. H7. H10

GARMIN HRM-Run. Premium Heart Rate Monitor



GIANT

Pioneer

wahoo

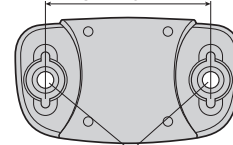
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ALWAYS CARRY OUT THE FOLLOWING ACTIONS BEFORE USE TO HELP ENSURE THE CORRECT OPERATION OF THE HEART SENSOR.

1. CHECK THE PITCH SIZE OF THE HEART RATE SENSOR (ELECTRODE CONNECTORS).
2. INITIALIZE THE HEART RATE SENSOR.
※SEE THE INSTRUCTIONS FOR USE SUPPLIED WITH THE HEART RATE SENSOR FOR DETAILS.
 - ① REMOVE THE BATTERY FROM THE HEART RATE SENSOR, INSERT IT WITH THE POLARITY (+/-) REVERSED, AND WAIT FOR AROUND 30 SECONDS.
 - ② REMOVE THE BATTERY AGAIN AND REINSERT IT WITH THE CORRECT POLARITY.
3. PAIR YOUR DEVICE WITH THE HEART RATE SENSOR AGAIN.
※SEE THE INSTRUCTIONS FOR USE SUPPLIED WITH THE HEART RATE SENSOR FOR DETAILS.

HEART SENSOR (EXAMPLE)

45 ~ 46mm



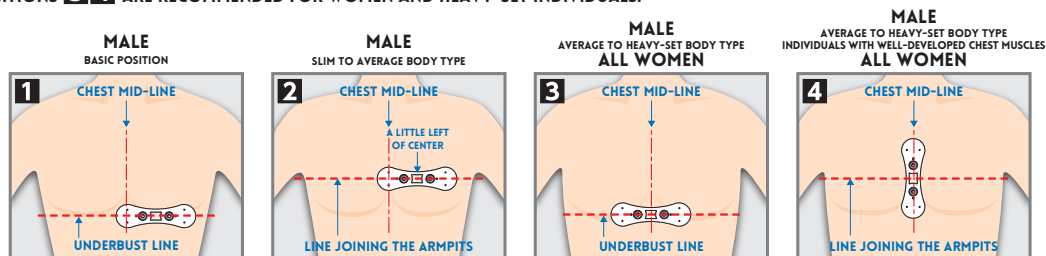
ELECTRODE CONNECTORS

HEART RATE SENSOR POSITIONING

POSITIONING THE SENSOR APPROPRIATELY DEPENDING ON SEX, BODY TYPE, AND TYPE OF SPORT HELPS TO ENSURE THE COLLECTION OF RELIABLE BIODATA.

※POSITION **4** IS RECOMMENDED FOR RUNNING AND OTHER SPORTING ACTIVITIES THAT INVOLVE THE ARMS SWINGING FROM SIDE TO SIDE.

※POSITIONS **3 4** ARE RECOMMENDED FOR WOMEN AND HEAVY-SET INDIVIDUALS.



FITTING

BEFORE FITTING

USE A WET WIPER OR SIMILAR TO WIPE THE SKIN WHERE THE ELECTRODES WILL BE APPLIED COMPLETELY CLEAN OF SWEAT AND SEBUM.

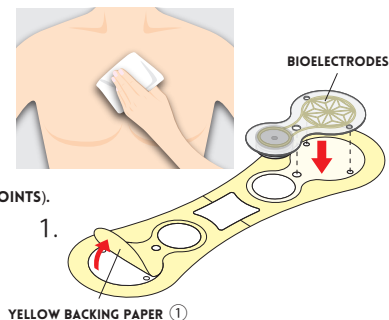
※INDIVIDUALS WITH SIGNIFICANT BODY HAIR SHOULD CARRY OUT HAIR REMOVAL TREATMENT IN THIS AREA.

※RECORDINGS WILL BE UNRELIABLE IF THE AREA TO WHICH THE BIOELECTRODES ARE APPLIED IS NOT COMPLETELY CLEAN, OR IF BODY HAIR INTERFERES WITH CONTACT BETWEEN THE ELECTRODES AND THE SKIN.

1. PEEL OFF THE YELLOW BACKING PAPER ① AND APPLY THE BIOELECTRODES. (AT TWOPOINTS).

※CHECK THAT THE PRESS STUDS ARE FACING IN THE RIGHT DIRECTION. (BACK: YELLOW BACKING PAPER. FRONT: WHITE BACKING PAPER.)

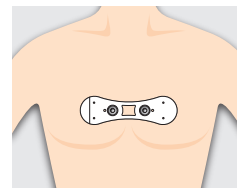
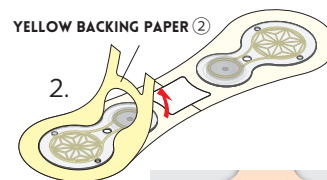
※ALIGNING THE HOLES IN THE BIOELECTRODES WITH THE HOLES IN THE ATTACHMENT MAKES FITTING EASY.



- 2. PEEL OFF THE YELLOW BACKING PAPER ② AND PRESS THE BIOELECTRODES AND THE ATTACHMENT TAPE FIRMLY ONTO THE CHEST. CONTINUE TO PRESS DOWN UNTIL THE ATTACHMENT TAPE IS FIRMLY ATTACHED TO THE SKIN.**

(1-2 MINUTES, OR 3-4 MINUTES IN WINTER).

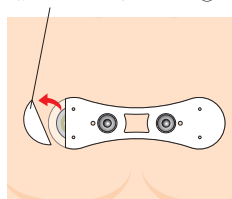
- ※ VERTICAL POSITIONING IS RECOMMENDED FOR RUNNING AND OTHER SPORTING ACTIVITIES THAT INVOLVE THE ARMS SWINGING FROM SIDE TO SIDE, AS WELL AS FOR WOMEN AND HEAVY-SET INDIVIDUALS. (HEART RATE SENSOR POSITION ④)
- ※ MAKE SURE THAT THE SKIN WHERE THE BIOELECTRODES WILL BE APPLIED IS COMPLETELY DRY. IF THE TAPE IS APPLIED TO SKIN THAT IS DAMP WITH SWEAT OR OTHER FLUID, IT MAY FALL OFF DURING USE.
- ※ CHECK THAT THE CONDUCTIVE PADS HAVE BEEN CORRECTLY APPLIED TO THE ELECTRODES.
- ※ POSITIONING THE SENSOR APPROPRIATELY DEPENDING ON SEX, BODY TYPE, AND TYPE OF SPORT HELPS TO ENSURE THE COLLECTION OF RELIABLE BIODATA.



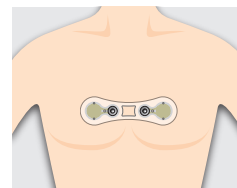
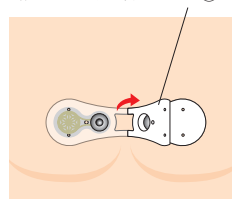
- 3. PEEL OFF THE WHITE BACKING PAPER PARTS OF "③-1" AND "③-2", IN THAT ORDER.**

3. ※ PEELING OFF THE WHITE BACKING PAPER PARTS OF "③-1" AND "③-2" BEFORE THE ATTACHMENT HAS PROPERLY ATTACHED TO THE SKIN, WILL RESULT IN THE ATTACHMENT TAPE LEAVING THE SKIN AND DETACHING AS WELL, SO BE SURE TO PEEL OFF THE PAPERS AFTER THE ATTACHMENT IS ASSURED.

WHITE BACKING PAPER ③-1

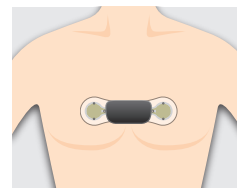


WHITE BACKING PAPER ③-2



- 4. PRESS THE ANCHOR TAPE FIRMLY AGAINST THE BODY AGAIN BY HAND TO MAKE SURE THAT IT IS SECURELY ATTACHED BEFORE FITTING THE HEART RATE SENSOR TO THE PRESS STUDS.**
- 5. START EXERCISING AROUND 15 MINUTES AFTER HAVING CALIBRATED THE HEART SENSOR BY TURNING ON THE POWER SWITCH OF THE CYCLE COMPUTER OR OTHER RECEIVER.**

4.



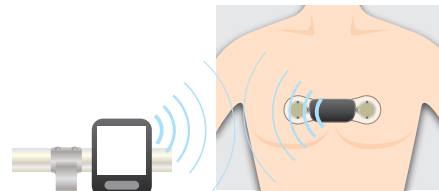
CALIBRATION

■ ADJUSTING (CALIBRATING) THE HEART RATE SENSOR

IF THE POWER SWITCH OF THE CYCLE COMPUTER OR OTHER RECEIVER IS TURNED ON AFTER THE HEART RATE SENSOR HAS BEEN FITTED TO THE BODY, CALIBRATION WILL BE LAUNCHED AUTOMATICALLY, AND NO SPECIAL OPERATIONS ARE REQUIRED.

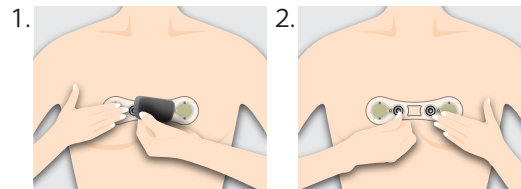
* SOME TYPES OF HEART RATE SENSORS REQUIRE SHAKING FOR CALIBRATION, AND THESE MAY NOT DISPLAY THE ACCURATE HEART RATE FOR 5-10 MINUTES AFTER STARTING EXERCISE.

* IF EXERCISE IS STARTED BEFORE SUFFICIENT TIME HAS ELAPSED FOR CALIBRATION, THE ACCURATE HEART RATE MAY NOT BE DISPLAYED FOR AROUND 5-10 MINUTES AFTER STARTING EXERCISE.



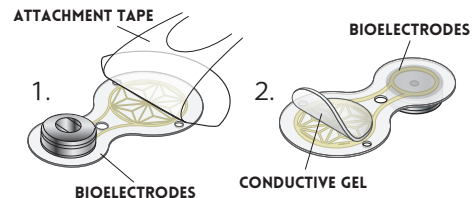
REMOVAL

1. PRESS DOWN ON THE BASE OF THE STUDS ON THE BIOELECTRODES WHILE PULLING OFF THE HEART RATE SENSOR.
* REMOVE THE HEART RATE SENSOR CAREFULLY, AS THE ELECTRODES MAY BREAK.
2. REMOVE THE ELECTRODES FROM THE CHEST.
* REMOVING THE ELECTRODES FROM THE STUD SIDE IS EASIER ON THE SKIN.



CARE AND STORAGE (MAINTENANCE)

1. PEEL OFF THE BIOELECTRODES AND THE ATTACHMENT TAPE.
* IF TOO MUCH TIME HAS ELAPSED, ADHESIVE FROM THE ATTACHMENT TAPE MAY REMAIN ON THE BIOELECTRODES, CAUSING THEM TO BECOME UNHYGIENIC.
2. TAKE THE CONDUCTIVE GEL PADS OFF THE BIOELECTRODES AND WASH/CLEAN THEM SEPARATELY.
* THIS REQUIRES CARE, AS IF THE CONDUCTIVE GEL PADS ABSORB SWEAT OR OTHER MOISTURE THEY WILL SWELL AND BECOME SLIPPERY.



■ WASHING THE BIOELECTRODES

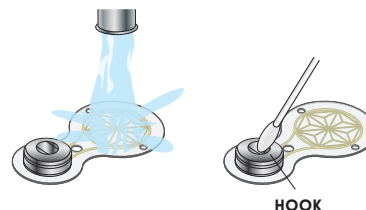
WASH OFF ANY SWEAT OR SEBUM UNDER RUNNING WATER.

- * DO NOT USE DETERGENT OR WASH THE ELECTRODES IN A WASHING MACHINE.
- * RUBBING TOO HARD WHEN DRYING MAY BREAK THE BIOELECTRODES.

AFTER WASHING THE ELECTRODES, REMOVE EXCESS WATER BY PATTING THEM GENTLY WITH A TOWEL OR SIMILAR.

WIPE THE PRESS STUDS GENTLY WITH A COTTON BUD OR SIMILAR.

WASH IN RUNNING WATER

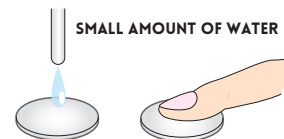


■ CLEANING THE CONDUCTIVE GEL PADS

USING A SMALL AMOUNT OF WATER, REMOVE SEBUM AND DIRT BY GENTLY STROKING THE SURFACE OF THE GEL PAD WITH A FINGER.

- * DO NOT WASH THE CONDUCTIVE GEL PADS UNDER RUNNING WATER AS THIS WASHES OFF THEIR CONDUCTIVE COMPONENTS, REDUCING THEIR PERFORMANCE.
- * THERE IS NO NEED TO WIPE THE CONDUCTIVE GEL PADS DRY.
- * THE CONDUCTIVE GEL PADS INCLUDE AN ANTIBACTERIAL COMPONENT TO MAINTAIN THEM IN A HYGIENIC STATE.

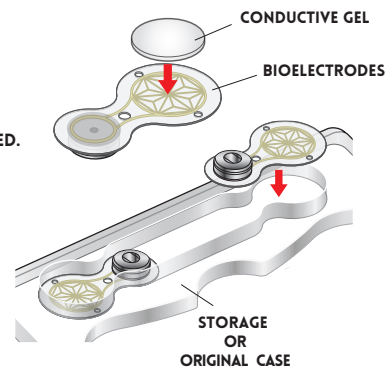
SMALL AMOUNT OF WATER



■ STORAGE

AFTER WASHING/CLEANING THE BIOELECTRODES AND CONDUCTIVE GEL PADS SEPARATELY, PUT THEM BACK TOGETHER AND STORE THEM USING THE CLEAR CASE OR SPECIAL ALUMINUM CASE (FOR AIRFI PRO SET ONLY).

- * IF THE PRODUCT IS NOT TO BE USED FOR A LONG PERIOD, STORE IT IN A PLASTIC BAG OR OTHER CONTAINERS TO PREVENT FROM DRYING OUT.
- * THE CONDUCTIVE GEL PADS SHOULD BE REPLACED REGULARLY.
- * USING THE CONDUCTIVE GEL PADS WHICH HAVE BEEN STOCKED FOR LONG IS NOT RECOMMENDED.
- * IF THE CONDUCTIVE GEL PAD SURFACE IS DRIED OUT OR HAS NOT BEEN USED FOR A LONG TIME, THE HEART RATE MAY NOT BE DISPLAYED IMMEDIATELY AFTER THE START OF USE. SHOULD THIS OCCUR, SWEATING WILL RESTORE ITS PERFORMANCE, AND IT WILL THEN START TO DISPLAY THE HEART RATE RELIABLY AGAIN.
- * WHEN THE CONDUCTIVE GEL PAD SURFACE IS DRIED OUT OR YOU HAVE DRY SKIN IN WINTER TIME, THE INITIAL RESPONSE OF THE PRODUCT WOULD INCREASE BY DIPPING THE PRODUCT IN A SET OF BIOELECTRODES AND CONDUCTIVE GEL INTO THE 35-DEGREE HOT WATER IN ABOUT 5 MINUTES.
- * THE USE OF NEW CONDUCTIVE GEL PADS IS RECOMMENDED FOR RACES, EVENTS, AND ON OTHER OCCASIONS WHEN AN ACCURATE HEART RATE DISPLAY IS REQUIRED FROM THE START. FOR RACES, THE BIOELECTRODES SHOULD BE FITTED BEFORE WARMING UP.



GUARANTEE AND AFTER-SALES SERVICE

GUARANTEE

- THIS GUARANTEE DOES NOT AFFECT THE STATUTORY RIGHTS OF CONSUMERS SET OUT BY LEGISLATION IN THE REGIONS AND COUNTRIES CONCERNED, NOR ANY RIGHTS OF THE PURCHASER WITH RESPECT TO THE VENDOR ARISING FROM CONTRACTUAL EXCHANGE DURING SALE/PURCHASE.
- THIS PRODUCT IS GUARANTEED AGAINST DEFECTS IN MATERIALS OR WORKMANSHIP FOR A PERIOD OF 1 YEAR FROM THE DATE OF PURCHASE BY THE INITIAL CUSTOMER/PURCHASER OF THIS DEVICE.
- THE INITIAL PURCHASE OF THIS PRODUCT IS CERTIFIED BY A RECEIPT.
- THIS GUARANTEE DOES NOT APPLY TO DAMAGE CAUSED BY NORMAL WEAR AND TEAR, MISUSE, IMPROPER USE, ACCIDENT, IGNORING THE PRECAUTIONS FOR USE, INAPPROPRIATE MAINTENANCE, OR USE FOR INDUSTRIAL PURPOSES, DAMAGE TO THE CASE OR DISPLAY, OR CRACKS, BREAKS, OR SCRATCHES.
- THE GUARANTEE DOES NOT COVER ANY DAMAGES, LOSSES, COSTS OR EXPENSES, DIRECT, INDIRECT OR INCIDENTAL, CONSEQUENTIAL OR SPECIAL, ARISING OUT OF, OR RELATED TO THE PRODUCT.
- THIS GUARANTEE IS NOT TRANSFERABLE IF THE PRODUCT IS PURCHASED SECOND-HAND.
- DURING THE GUARANTEE PERIOD, THIS PRODUCT MAY BE REPAIRED OR EXCHANGED VIA THE SALES OUTLET WHERE IT WAS PURCHASED.
- THIS PRODUCT IS ONLY GUARANTEED IN THE COUNTRY IN WHICH IT WAS FIRST COMMERCIALY SOLD.

DISCLAIMERS

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