



UNDER ARMOUR.

UA Heart Rate™

User guide

DESIGNED WITH **htc**®

Contents

Getting started

Your UA Heart Rate	5
UA Record app	6
Creating a UA Record account	6
Turning your UA Heart Rate on and off	7
Pairing your UA Heart Rate with UA Record	8

Using your UA Heart Rate

Wearing your UA Heart Rate	10
Tracking your workout with UA Record	11
Tracking workouts with your UA Band	12
Checking your stats	13
Removing your UA Heart Rate	14
Changing the battery	14
Cleaning	15
Precautions	16

Settings

Unpairing your UA Heart Rate	17
Updating the firmware	17

Trademarks and copyrights

About this guide

In this user guide, we use the following symbols to indicate useful and important information:



This is a note. A note often gives additional information, such as what happens when you choose to do or not to do a certain action. A note also provides information that may only be applicable to some situations.



This is a tip. A tip gives you an alternative way to do a particular step or procedure, or lets you know of an option that you may find helpful.



This indicates important information that you need in order to accomplish a certain task or to get a feature to work properly.



This provides safety precaution information, that is, information to which you must pay careful attention to avoid potential problems.

Important Notices

RECORD

Any and all data synced with UA Record™ is subject to the Under Armour Terms and Conditions of Use and Privacy Policy. You can review both notices at [UA.com](https://ua.com).

HEART RATE

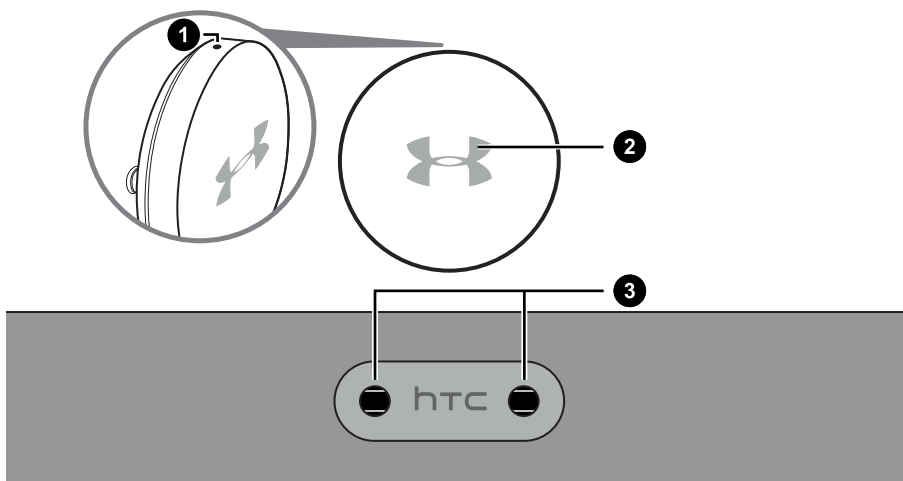
UA Heart Rate™ is not a healthcare device and should not be used as a substitute for medical care. The accuracy of the data captured is not verified. You should never disregard medical advice or delay seeking medical advice or treatment because of any content presented on or through UA Heart Rate, and you should never use the content presented on or through UA Heart Rate for diagnosing or treating a health condition. Please consult your healthcare provider before beginning any wellness or fitness routine.

Getting started

Your UA Heart Rate

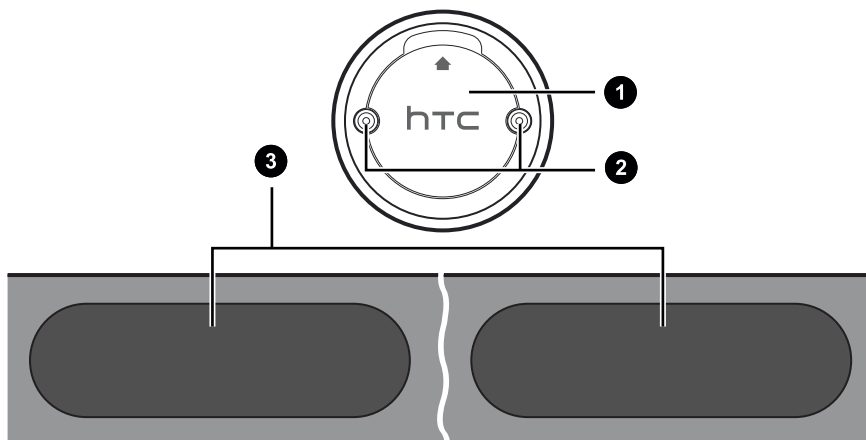
Use your UA Heart Rate to track your heart rate while you exercise. Pair it with the UA Record app on your smartphone to track your training performance and fitness goals.

Front view



1. Orientation mark
2. LED
3. Module sockets

Back view



1. Battery compartment cover
2. Module posts
3. Sensor pads

UA Record app

Download and install the UA Record app on your phone to set up UA Heart Rate and explore all of its great features.

- View real time heart rate stats during workouts for smarter training.
- Analyze your training performance and check progress toward your fitness goals.
- Manage your UA Heart Rate settings from your phone using UA Record.



The first time you open the UA Record app, make sure to create or sign in with your Under Armour account to sync your fitness data and enjoy the other features.

Downloading and installing the UA Record app



Before downloading the UA Record app, please make sure that your phone meets the minimum system requirements indicated on the UA Record app's download page.

1. On your phone, open the Play Store or App Store®.
2. Search for UA Record.
3. Download and install the UA Record app.

Creating a UA Record account

1. On your phone, open the UA Record app.
2. Tap **Register**.
3. Register with your Facebook account or fill in the fields and tap **Create Account**.

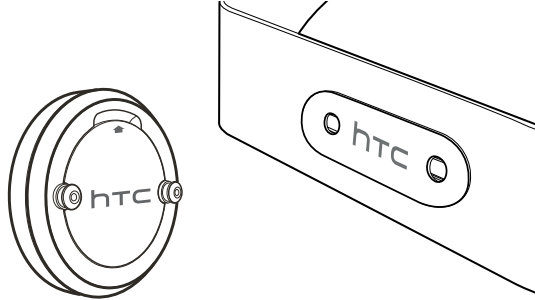


You can also create a UA Record account at <https://record.underarmour.com/>

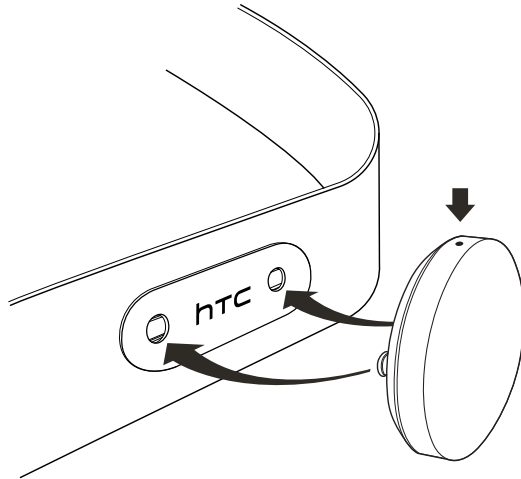
Turning your UA Heart Rate on and off

Turning on your UA Heart Rate is simple. Just insert the module into the strap and touch the sensors on the back of the strap.

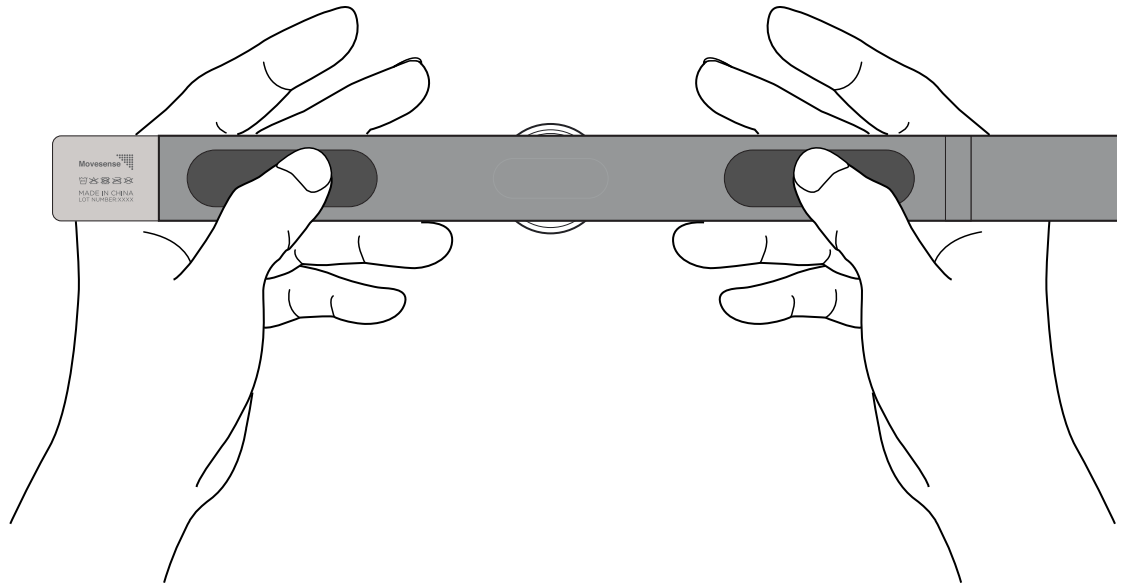
1. Hold the heart rate module and strap so the HTC logos are facing up.



2. Align the module posts with the sockets on the chest strap. Make sure that the orientation mark on the module is above the HTC logo and the HTC logo is facing up.



3. Insert the module posts into the sockets and snap them into place.
4. Touch both sensors on the back of the chest strap to turn on your UA Heart Rate. Your UA Heart Rate will automatically power off after 60 seconds if not kept in contact with skin.



Pairing your UA Heart Rate with UA Record

Connect your UA Heart Rate with UA Record to start recording your heart rate while you exercise.



- The UA Record app must be installed on your phone. You also need to have a UA Record account.
- Make sure the Bluetooth® setting on your phone is on to connect your UA Record account with your UA Heart Rate.
- Make sure your device is in close proximity to your phone.

1. Turn on your UA Heart Rate. The LED on the front of your UA Heart Rate should be blinking blue.
2. On your phone, open the UA Record app.
3. Do one of the following:

If you are a new UA Record user...

1. Create your UA Record account.
2. On the Connect Devices screen, tap **HEART RATE**.

If you already have a UA Record account...

1. Sign in to your UA Record account.
2. Tap  > **HEART RATE** > Connect.

4. When prompted, tap **Confirm**.
5. Tap **Continue**.

Using your UA Heart Rate

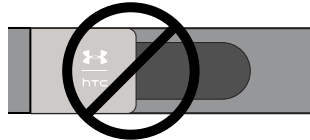
Wearing your UA Heart Rate

Wear your UA Heart Rate properly to get the most accurate measurements.

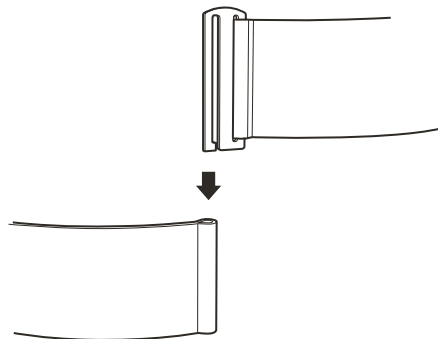


- The module should be attached to the strap before wearing. See [Turning your UA Heart Rate on and off](#) on page 7.
- The sensor pads must be in direct contact with your skin.

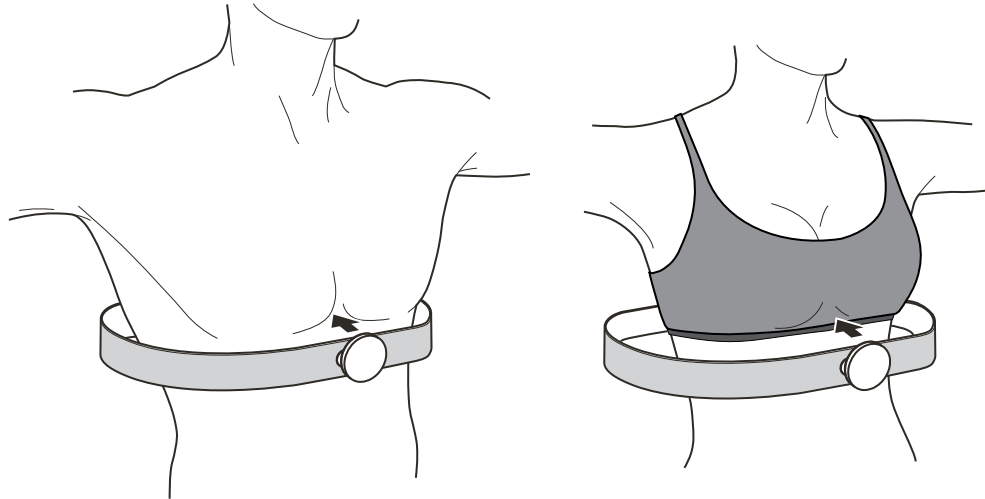
1. Moisten the sensor pads with a few drops of water for better connectivity.
2. With the orientation mark facing up, wrap the strap around your torso. The entire surface of both sensor pads should be in direct contact with your skin while in use. Make sure not to block it with the label.



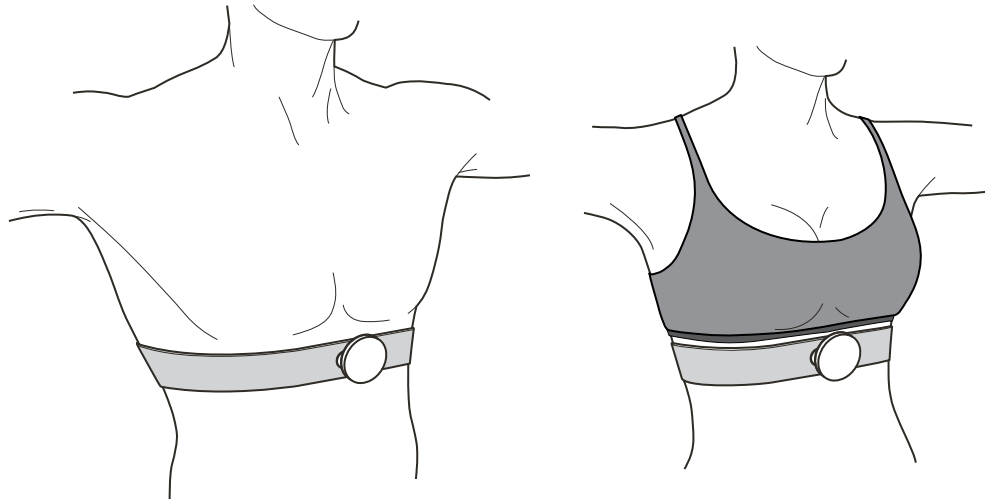
3. Connect the ends by inserting the hook into the loop.



4. Rotate the strap so that the heart rate module sits centered just below your chest.



5. Adjust the strap so that it snugly wraps around you and does not slip down. You should feel a slight compression.



Your chest strap should fit snugly but comfortably. If the strap is too tight, it may cause discomfort while exercising.

Tracking your workout with UA Record

Keep a record of your heart rate while you exercise so you can tailor your workout sessions for optimum effectiveness. To see and log your heart rate, you'll first need to start a workout in UA Record or UA Band™.

1. Put on your UA Heart Rate.
2. On your phone, open the UA Record app.
3. Tap **+** > **Workout** > **Track Workout**.



4. Choose the workout you want. You should see your live heart rate on the screen.
5. Tap **Start Workout** when you're ready.

Tracking workouts with your UA Band



Your UA Heart Rate works together with your UA Band to track your workout sessions.



Your UA Heart Rate and UA Band must both be linked to the same UA Record account.

1. Put on your UA Heart Rate and your UA Band.
2. On your UA Band, press the Home button to turn on the display.
3. Swipe left or right until you see the Fitness screen.
4. Tap .
5. Select the type of workout you want, and then tap . You'll see a confirmation that UA Heart Rate is connected to UA Band.



6. While working out, you can:
 - See your heart rate zone indicated by the color shown on the indicator LED on UA Band.
 - Tap  to see your calories burned, current heart rate, and more.
 - Tap  to pause tracking your workout.



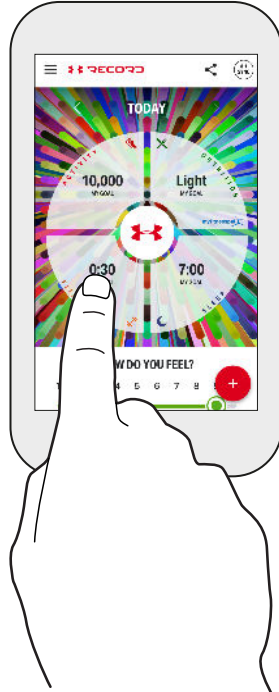
While your workout is paused, you can tap  to resume or  to finish tracking your workout.

LED color	Heart rate zone
Blue	Low/resting heart rate (50-59% of max)
Green	Light (60-69% of max)
Yellow	Moderate (70-79% of max)
Orange	Vigorous (80-89% of max)
Red	Peak heart rate (90-100% of max)

Checking your stats

Check UA Record to see a history of the exercise sessions you've tracked.

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap the workout tile.



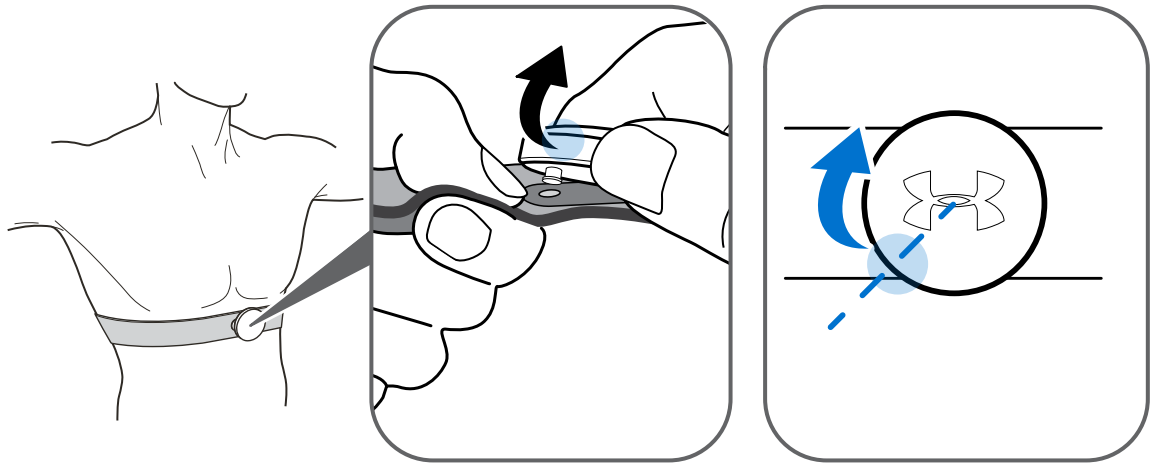
Removing your UA Heart Rate

After using your UA Heart Rate to track your workout sessions, you should disconnect the module from the chest strap to prevent accidentally turning it on.

While still wearing the chest strap, remove the module diagonally from the chest strap.



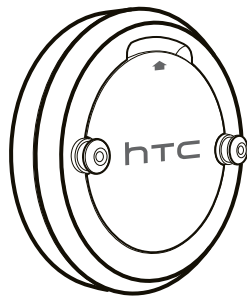
Do not try to remove the module from the left or right side. Doing so may damage the locking mechanism.



Changing the battery

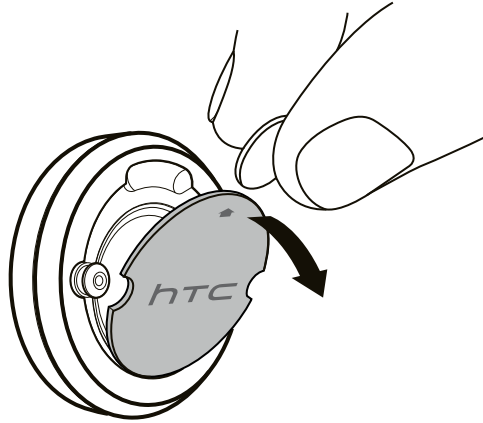
Your UA Heart Rate is powered by a CR2032 coin battery. Under normal use, the battery should last about 365 hours. When it's time to change the battery, the LED should flash red for about 10 seconds after you turn it on.

1. Hold your UA Heart Rate module with the back facing up.

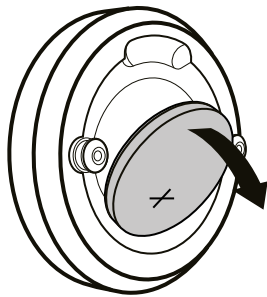


2. Take a small coin and insert it into the opening above the HTC logo.

3. Gently twist the coin to open the battery compartment.



4. Remove the old battery.



5. Place a new battery with the positive face of the battery facing out. The battery may seem loose, but that is normal. The battery compartment cover will keep the battery in place.
6. Replace the battery compartment cover with the HTC logo upright.

Cleaning

- Wipe the surface of the heart rate module with a drop of alcohol.
- Clean the surface of the strap with a damp cloth.
- Do not use bleach or other harsh cleaning agents.
- Do not soak the chest strap in liquid.
- Do not wring the chest strap.


Precautions

- When storing your UA Heart Rate, do not crease or fold the strap flat.
- Your UA Heart Rate is not waterproof. Do not expose the module to water.
- Do not stretch the non-elastic part of the chest strap.


Settings

Unpairing your UA Heart Rate

If you need to unpair your UA Heart Rate, you can do that in UA Record. For example, if you lose or damage your UA Heart Rate and need to replace it, you'll need to disassociate your old UA Heart Rate from your UA Record account so that you can pair a new one.


1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Tap **HEART RATE** > **Bluetooth Settings** > **Forget this device**.

Updating the firmware

From time to time, you may get notifications that newer firmware is available for your UA Heart Rate. You'll see a small red circular badge on the  icon in UA Record. Update your firmware to get the latest changes.



- You will need to connect your UA Heart Rate to your phone to update the firmware.
- If the LED is flashing red when you turn on your UA Heart Rate, you won't be able to update the firmware. See [Changing the battery](#) on page 14.

1. On your phone, open the UA Record app.
2. On the main screen of the UA Record app, tap .
3. Tap **HEART RATE** and wait for UA Record to connect to your UA Heart Rate.
4. Tap **Software Version** > **Install** > **Continue**.

Trademarks and copyrights

©2016 HTC Corporation. All Rights Reserved.

HTC, the HTC logo, and all other HTC product and feature names are trademarks or registered trademarks in the U.S. and/or other countries of HTC Corporation and its affiliates.

Under Armour, UA, and UA Record are registered trademarks of Under Armour, Inc.

Android and Google Play are trademarks of Google Inc.

Apple, the Apple logo, App Store, and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries.

The *Bluetooth*[®] word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.

All other company, product, and service names are the property of their respective owners and their use does not indicate an affiliation with, association with, or endorsement of or by HTC Corporation.

Screen images contained herein are simulated. HTC shall not be liable for technical or editorial errors or omissions contained herein, nor for incidental or consequential damages resulting from furnishing this material. The information is provided "as is" without warranty of any kind and is subject to change without notice. HTC also reserves the right to revise the content of this document at any time without prior notice.

No part of this document may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or storing in a retrieval system, or translated into any language in any form without prior written permission of HTC.