



# User Manual



## Bluetooth® Heart-Rate Monitor



Product  
Info



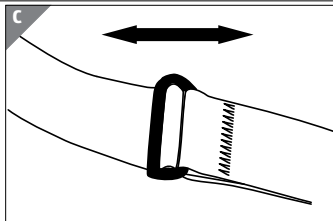
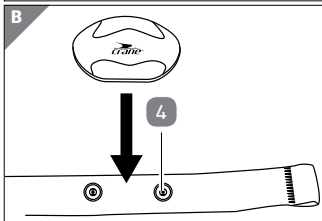
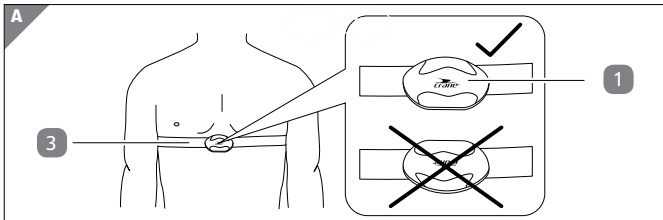
[www.aldi.com.au](http://www.aldi.com.au)

+ VIDEO

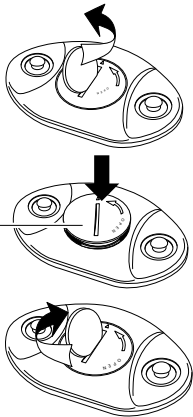
# Contents

<b>Overview</b> .....	<b>4</b>
<b>Use</b> .....	<b>5</b>
<b>Scope of delivery/device parts</b> .....	<b>6</b>
<b>QR code</b> .....	<b>7</b>
<b>General information</b> .....	<b>10</b>
Reading and storing the instruction manual .....	10
Explanation of symbols.....	12
<b>Safety</b> .....	<b>14</b>
Proper use.....	14
Safety notes.....	15
<b>Checking the heart-rate monitor and product contents</b> .....	<b>23</b>
<b>Heart-rate monitor</b> .....	<b>24</b>
Functions .....	24
Transmission types .....	26
Compatible Bluetooth® devices.....	27
Watertightness.....	28

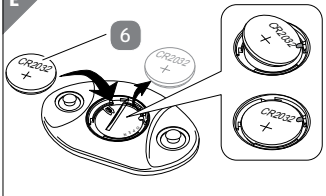
<b>Operation .....</b>	<b>30</b>
Assembling the heart-rate monitor .....	30
Downloading and installing the Crane Connect app.....	31
Putting on the heart-rate monitor .....	34
Connecting the heart-rate monitor via Bluetooth® .....	36
<b>Care and maintenance.....</b>	<b>40</b>
Changing the battery .....	40
Cleaning the heart-rate monitor.....	42
Storing the heart-rate monitor.....	44
<b>Troubleshooting .....</b>	<b>45</b>
<b>Declaration of conformity .....</b>	<b>48</b>
<b>Technical data .....</b>	<b>49</b>
<b>Disposal .....</b>	<b>50</b>
Disposing of the packaging.....	50
Disposing of the heart-rate monitor .....	50
<b>Customer Service .....</b>	<b>52</b>
<b>Warranty Certificate.....</b>	<b>53</b>
<b>Repair and Refurbished Goods or Parts Notice .....</b>	<b>55</b>



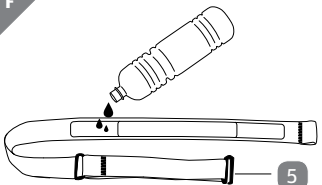
D



E



F



## Scope of delivery/device parts

- 1 Transmitter unit
- 2 Battery compartment cover
- 3 Strap
- 4 Snap fastener, 2x
- 5 Locking hook
- 6 Battery

## **QR codes get you results fast and without the hassle**

Regardless whether you need product information, spare parts or accessories, are looking for information about manufacturer warranties or service points or would like to watch a convenient instructional video, our QR codes will help you to easily get the information you are looking for.

What are QR codes?

QR codes (QR= Quick Response) are graphical codes that can be read with a smartphone camera and, for example, contain a link to a website or contact data.

Your benefit: No need to type in bothersome web addresses or contact data!

How it works:

To scan the QR code, all you need is a smartphone with a QR code reader installed on it and an Internet connection\*. Generally, you can find a QR code reader in the App Store for your smartphone.



Try now

Just scan the QR code below with your smartphone to learn more about the Aldi product you purchased.\*

\* When running the QR code reader, costs for the Internet connection may be incurred depending on your rate.



# General information

## Reading and storing the instruction manual



This instruction manual accompanies this Bluetooth<sup>®</sup> heart-rate monitor. It contains important information about operation and care. For improved readability, the Bluetooth<sup>®</sup> heart-rate monitor will be referred to only as the heart-rate monitor below.



Before using the heart-rate monitor, read the instruction manual carefully. This particularly applies for the safety notes. Non-observance of this instruction manual may cause damage to the heart-rate monitor.

The instruction manual is based on the standards and rules in force in the European Union. When abroad, you must also observe country-specific guidelines and laws.

Store the instruction manual for future use.

If you pass the heart-rate monitor on to third parties, please include this instruction manual.

## Explanation of symbols

The following symbols and signal words are used in this instruction manual, on the heart-rate monitor or on the packaging.



**WARNING!** This signal word designates a hazard with moderate degree of risk which may lead to death or severe injury if not avoided.



**CAUTION!** This signal word designates hazard with low risk, which may result in minor or moderate injury if not avoided.



**NOTE!** This signal word warns of possible damage to property or provides you with useful additional information regarding assembly or operation.



DANGER if swallowed

**WARNING!** This signal warns of the risk of swallowing and choking.

# Safety

## Proper use

The heart-rate monitor is exclusively designed for measuring the heart-rate during athletic activity. The heart-rate monitor is only intended for private use and is not suitable for commercial, therapeutic or medical applications. It is not a children's toy or a medical device.

Only use the heart-rate monitor as described in this instruction manual.

Any other use is deemed improper and may result in damage to property or even personal injury.

The manufacturer or vendor accepts no liability for damage caused by improper or incorrect use.

## Safety notes



DANGER if swallowed

### **WARNING!**

### **Risk of swallowing and choking!**

Keep batteries out of reach of children and animals. Swallowing may lead to serious injury or death in as little as two hours due to internal burns.

- If swallowed, go straight to a hospital emergency room.
- Dispose of used batteries immediately.
- Keep the transmitter unit and coin sized batteries out of side and reach of children and animals.

- If you suspect a child has swallowed a button battery, immediately go to a hospital emergency room. Do not let the child eat or drink and do not induce vomiting (**Emergency Telephone Number: 000 and Poisons Information Centre: 13 11 26**).



**WARNING!**  
**Risk of injury!**

Incorrect operation may result in severe injury.

- Ask your physician before starting a new workout programme with the heart-rate monitor.



- If you have a pacemaker, be absolutely sure to ask your physician before using the heart-rate monitor for the first time during a workout.
- Examine devices and make sure the battery compartment is secured.

**WARNING!****Danger of explosion!**

Batteries may explode if they are excessively heated up.

- Do not heat up the battery, keep it away from hot surfaces and do not throw it in open fire.

- Protect the transmitter unit and the loose battery against direct sunlight.

**WARNING!****Risk of chemical burns from battery acid.**

Leaking battery acid may lead to chemical burns.

- Do not allow battery acid to come into contact with skin, eyes or mucus membranes.
- In the event of contact with acid, immediately flush the applicable areas with plenty of clean water and consult a physician if necessary.



**CAUTION!**  
**Risk of injury!**

Incorrect operation may result in injury.

- Do not use the heart-rate monitor if it exhibits visible damages.
- Only parts that comply with the original device data may be used for repairs.
- Only open the housing of the transmitter unit to change the battery and have any repairs performed by a professional. Contact our service for this. Liability and warranty claims are

waived in the event of repairs performed by the user or incorrect use.

- Do not use the heart-rate monitor if you are allergic to latex. The heart-rate monitor may contain latex constituents and cause irritation and reddening of your skin.
- Stop using the heart-rate monitor if your skin reddens slightly during a workout. Immediately consult a physician.

**NOTE!****Risk of damage!**

Improper handling of the heart-rate monitor may damage it.

- Never store the transmitter unit such that there is a risk of it falling in a tub or sink.
- Do not recharge the battery.
- Take the battery out of the transmitter unit as soon as it is empty. Old batteries pose a higher risk of leakage.
- Take the battery out of the transmitter unit if you are no longer using the heart-rate monitor.

- You can use the heart-rate monitor at ambient temperatures between  $-10\text{ }^{\circ}\text{C}$  and  $60\text{ }^{\circ}\text{C}$ .
- Do not submerge the transmitter unit in water or other liquids.
- Keep the heart-rate monitor away from open fire and hot surfaces.

# Checking the heart-rate monitor and product contents

**NOTE!****Risk of damage!**

If you are not cautious when opening the packaging with a sharp knife or other pointy object, you may quickly damage the heart-rate monitor.

- Be very careful when opening.

1. Take the heart-rate monitor out of the packaging.

2. Check to make sure that the delivery is complete (see **fig. A**).
3. Check whether the transmitter unit **1** or the strap **3** exhibit damages. If this is the case, do not use the heart-rate monitor. Contact the manufacturer using the service address specified on the guarantee card.

## Heart-rate monitor

### Functions

You can use the heart-rate monitor to measure your heart-rate during a workout.



This data is transmitted to a device, e.g. your smartphone or exercise machine. The free Crane Connect app allows you to analyse this data in depth. Once installed, the Crane Connect app will provide you with the following information regarding your workout:

- Heart rate measurement
- Training zones
- Calorie consumption
- GPS tracking
- Duration of activity
- Distance covered
- Speed (current and average)

- Pace (current and average)
- Personal music selection
- Workout diary
- km or mile mode

## Transmission types

The heart frequency measured is

- transmitted to your smartphone using Bluetooth® 4.0 technology or
- to various other exercise machines at a transmission frequency of 5.3 kHz.

Bluetooth® 4.0 technology enables workouts in groups

without any interference.

When you are not using your smartphone and the Crane Connect app, the heart-rate monitor is compatible with most of the exercise machines at your gym.

## **Compatible Bluetooth® devices**

The following devices featuring Bluetooth® Smart Ready (Bluetooth® 4.0) are compatible with the heart-rate monitor and the app:

- Apple® iPhone® 4s and newer versions
- 3rd generation of Apple® iPad® and newer versions
- 1st generation of Apple® iPad mini™ and newer

versions

- Apple® iPad Air™ and newer versions
- Smartphones and tablets with Android™ 4.3 and newer versions








**NOTE!**

You can find a complete list of supported devices online at [www.cranesportsconnect.com/compatibility](http://www.cranesportsconnect.com/compatibility).

## Watertightness

The following table will tell you in what situation the heart-rate monitor is waterproof up to 30 m.

	<b>Situation</b>	<b>Watertight to 30 m</b>
	Rain splashes	Yes
	Washing hands (splash water)	Yes, but do not immerse the heart-rate monitor in water
	Showering	No
	Bathing/swimming	No

	Situation	Watertight to 30 m
	Water sports (e.g. diving)	No

The specification of meters (m) refers to the air overpressure used in connection with the watertightness test for the transmitter unit in accordance with DIN 8310.

## Operation

### Assembling the heart-rate monitor

- Push the transmitter unit **1** onto the strap **3** so that the snap fasteners **4** audibly snap into place (see **fig. B**).

You have successfully assembled the heart-rate monitor and can now use it.

## **Downloading and installing the Crane Connect app**

If you would like to use the heart-rate monitor together with the Crane Connect app, you must first download the Crane Connect app and install it on your smartphone.

- Download the free Crane Connect app from the App Store, from the Google Play Store or via the following QR code.

QR code for Android:



QR code for iOS:



- Install the Crane Connect app on your smartphone.



### **NOTE!**

- Follow the instructions on your smartphone for this.

## **Creating a user**

To create a user with the Crane Connect app, proceed as follows:



1. Open the Crane Connect app on your smartphone.  
You can now choose from the following items on the “Home Menu”:
  - Heart-rate monitor
  - Tutorials
  - All settings
  - FAQ: Troubleshooting
2. To perform user and product-specific settings, select the app icon “All settings”.  
Various icons will now appear on the display.
3. To create a new user or log on with an existing user, select the icon “User settings”.

Follow the subsequent instructions from the Crane Connect app step by step.

**NOTE!**

You can also create new users on the website [www.cranesportsconnect.com](http://www.cranesportsconnect.com).

## Putting on the heart-rate monitor

1. Use a small amount of water to moisten the sensor contacts on the smooth inside of the strap **3** (see **fig. F**).

This will ensure proper contact with your skin.

2. Assemble the heart-rate monitor with the strap and transmitter unit **1** (see chapter “Assembling the heart-rate monitor”).
3. Put on the elastic heart-rate monitor so that the sensors on your chest are just under your pectoral muscles or along the bottom of the chest and so that the transmitter unit is not on its head (see **fig. A**).
4. Close the strap with the locking hook **5**.
5. Correct the position of the strap if applicable so that the strap is resting firmly, but is still comfortable (see **fig. C**).

The strap may not slip down, but at the same time, not be so firm as to cause you pain.

**NOTE!**

Avoid strong magnetic fields during your workout (e.g. transformers). Otherwise, this may cause fluctuations in the transmission of the heart-rate measured.

## Connecting the heart-rate monitor via Bluetooth®

**NOTE!**

Make sure that the Bluetooth® function on your smartphone has been activated.

If you have created a user and have configured the product settings, you can connect the heart-rate monitor with your smartphone via Bluetooth®.

1. To connect the heart-rate monitor with your smartphone via Bluetooth®, select the app icon “Heart-rate monitor” in the “All settings” menu.  
The menu “Settings” will appear on the display. There, you will find more setting options for the heart-rate monitor.
2. Put on the heart-rate monitor before you connect it with your smartphone (see chapter “Putting on the heart-rate monitor”).

3. Connect the heart-rate monitor with your smartphone by selecting the option “Connect” in the “Pairing” field.  
Your smartphone will connect with the heart-rate monitor now.
4. Return to the “Home menu”.
5. To go directly to the heart-rate measurement and all analyses, select the app icon “Heart rate monitor”.
6. Browse forward through the individual screens by scrolling to the right with your finger.

**NOTE!**

If the Internet connection on your smart-phone is active, the Crane Connect app will automatically upload all workout data to the website [www.cranesportsconnect.com](http://www.cranesportsconnect.com) for permanent storage after your workout.

# Care and maintenance

## Changing the battery



### **NOTE!**

#### **Risk of damage!**

If you do not close the battery compartment cover properly, moisture may penetrate the transmitter unit. This may cause the transmitter unit to break.

- Firmly close the battery compartment cover to prevent moisture from penetrating the transmitter unit.



1. To open the battery compartment cover **2**, use a coin and turn it counterclockwise (see step 1 in **fig. D**).
2. Take the old battery out and insert a new one of the same type so that it is in the same position (see **fig. E**).

Do not remove the white sticker from the battery compartment. The battery must be located under the small golden metal hook, the positive pole must be pointing up.

3. Put the battery compartment cover back on (see step 2 in **fig. D**).
4. To close the battery compartment cover, use a coin and turn it clockwise (see step 3 in **fig. D**).

## Cleaning the heart-rate monitor



### **NOTE!**

#### **Risk of damage!**

Improper handling of the heart-rate monitor may result in damage.

- Do not submerge the transmitter unit in water or other liquids.
- Do not use any aggressive cleaners, brushes with metal or nylon bristles, sharp or metallic cleaning utensils such as knives, hard scrapers and the like. They could damage the surfaces.



- Do not dry the heart-rate monitor in a tumble dryer.

You can wash the strap by hand or in the washing machine.

- Wash the strap **3** under running water and, if applicable, with a small amount of mild soap.
- Or wash the strap at 40 °C in the washing machine without softener.
- Wipe the transmitter unit **1** with a soft, lint-free cloth.
- Let the transmitter unit and strap air dry completely before storing them.

## Storing the heart-rate monitor

- Store the strap **3** separately from the transmitter unit **1**. Otherwise, the battery will be empty quicker.
- Store the heart-rate monitor in a dry location to prevent the snap fasteners from rusting.



### **NOTE!**

You can store the heart-rate monitor between -20 °C and +70 °C once you have removed the battery.

# Troubleshooting

Use the following information and our FAQs (frequently asked questions) on our website to rectify any faults:  
[www.cranesportsconnect.com/faq](http://www.cranesportsconnect.com/faq)

Fault	Solution
The heart-rate monitor does not connect with the Crane Connect app.	– Check whether your smart-phone is compatible.
	– Check whether the battery has been properly inserted.

<b>Fault</b>	<b>Solution</b>
The heart-rate monitor does not connect with the Crane Connect app.	<ul style="list-style-type: none"><li data-bbox="589 280 1234 443">– Check whether the strap has been put on properly and moistened adequately.</li></ul>
The heart-rate monitor loses the connection with the Crane Connect app.	<ul style="list-style-type: none"><li data-bbox="589 593 1234 756">– Check whether the strap has been put on properly and moistened adequately.</li></ul>
	<ul style="list-style-type: none"><li data-bbox="589 790 1268 953">– Check whether the connection has been disrupted by strong magnetic fields in the vicinity.</li></ul>

<b>Fault</b>	<b>Solution</b>
The heart-rate monitor does not transmit the correct heart-rate to the Crane Connect app.	– Check whether the connection is disrupted by strong magnetic fields in the vicinity (e.g. electric welding equipment, transformers, robotic lawn mowers).
	– Check whether the battery is too low or empty.
	– Check whether the strap has been put on properly and moistened adequately.

**NOTE!**

Before you complain about the heart-rate monitor, please check whether the battery is empty and replace it if necessary.

## Declaration of conformity

Krippel-Watches hereby declares that the Bluetooth® heart-rate monitor (model no. AA5-CDBT-1) complies with the fundamental requirements and other applicable provisions of the R&TTE 1999/5/EC and RoHS 2011/65/EU directives.



You can access the complete text for the declaration of conformity on our website:

[www.produktservice.info](http://www.produktservice.info) (EAN code: 20020491).

## Technical data

Model no.:	AA5-CDBT-1
Article number:	92073
Operating temperature:	-10 °C to 60 °C
Battery:	3 V DC, 0.5 mA, CR2032
Transmission frequency:	Bluetooth® 4.0 (~2.4 GHz) and 5.3 kHz

# Disposal

## Disposing of the packaging

- Dispose of the packaging separated into single type materials. Dispose of cardboard and carton as waste paper and foils via the recyclable material collection service.

## Disposing of the heart-rate monitor

- Dispose of the heart-rate monitor in accordance with the applicable laws and regulations for your country.

**Batteries and storage batteries may not be disposed of with household waste!**

Should the heart-rate monitor no longer be capable of being used at some point in time, dispose of the batterie in accordance with the regulations in force in your federal state or country.

**CUSTOMER** *Service*

Please note: For organizational reasons, we cannot accept any unannounced packages not prepaid.

Please use our service home page first or contact us through the e-mail address below or the toll-free service hotline.

Please have the model no. ready, which can be found either on the back or on the bottom of the product.



[www.produktservice.info](http://www.produktservice.info)



[service@produktservice.info](mailto:service@produktservice.info)



Toll-free service hotline  
1800 13 1579



## Warranty Certificate

Bluetooth® heart-rate monitor

---

Workzone

---

Product code: 92073

Model: AA5-CDBT-1

---

Name

---

Address

---

---

Email

Daytime tel. no.

---

Date of purchase

---

Serial number

---



We recommend that you attach a photocopy of your receipt, showing the date of purchase, to this Warranty certificate and **keep for your reference.**

Please do not send to the address below.

In the event of a product fault, please call the Customer Service hotline.

Please ensure that you have the product details ( as shown on this card) at hand so that we are able to respond as quickly and efficiently as possible.

KRIPPL-WATCHES

Reply Paid 85139

Level 29, Chifley Tower

2 Chifley Square

Sydney NSW 2000


AUSTRALIA


**3**

YEARS  
WARRANTY

---

#### AFTER SALES SUPPORT

 1800 13 1579 (toll-free service hotline)

 [service@produktservice.info](mailto:service@produktservice.info)

MODEL: AA5-CDBT-1  
PRODUCT CODE: 92073  
03/2015





Bluetooth® heart-rate monitor

## **Repair and Refurbished Goods or Parts Notice**

---

Unfortunately, from time to time, faulty products are manufactured which need to be returned to the Supplier for repair.

Please be aware that if your product is capable of retaining user-generated data (such as files stored on a computer hard drive, telephone numbers stored on a mobile telephone, songs stored on a portable media player, games saved on a games console or files stored on a USB memory stick) during the process of repair, some or all of your stored data may be lost.

**We recommend you save this data elsewhere prior to sending the product for repair.**

You should also be aware that rather than repairing goods, we may replace them with refurbished goods of the same type of use refurbished parts in the repair process.

**Please be assured though, refurbished parts or replacements are only used where they meet ALDI's stringent quality specifications.**

If at any time you feel your repair is being handled unsatisfactorily, you may escalate your complaint. Please telephone us on 1800 13 1579 or write to us at:

KRIPPL-WATCHES

Reply Paid 85139, Level 29, Chifley Tower


2 Chifley Square, Sydney NSW 2000


AUSTRALIA



---

#### **AFTER SALES SUPPORT**

 1800 13 1579 (toll-free service hotline)

 [service@produktservice.info](mailto:service@produktservice.info)

MODEL: AA5-CDBT-1

PRODUCT CODE: 92073

03/2015





## Warranty Certificate

---

**Congratulations!** You have made an excellent choice of this quality product. Our commitment to quality also includes our service. Should you, contrary to expectations, experience defects due to manufacturing faults, ALDI will provide you with a warranty against defects as follows:

### **Warranty**

The product is guaranteed to be free from defects in workmanship and parts for a period of three years from the date of purchase. Defects that occur within this warranty period, under normal use and care, will be repaired, replaced or refunded at our discretion. The benefits conferred by this warranty are in addition to all rights and remedies in respect of the product that the consumer has under the Competition and Consumer Act 2010 and similar state and territory laws.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law.

You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

### **Proof of Purchase**

This warranty is valid for the original purchase and is not transferable. Please keep your purchase docket, tax invoice or receipt as the best proof of purchase, and as proof of date on which the purchase was made.

### **Extent of Warranty**

This warranty is limited to defects in workmanship or parts. All defective products or parts will be repaired or replaced. This warranty does not cover batteries or any other consumable items.

### **Normal Wear and Tear**

This warranty does not cover normal wear and tear to the products or parts.

## **Exclusions**

This warranty does not cover:

- Any defects caused by an accident, misuse, abuse, improper installation or operation, lack of reasonable care, unauthorised modification, loss of parts, tampering or attempted repair by a person not authorised by the distributor.
- Any product that has not been installed, operated or maintained in accordance with the manufacturer's operating instructions provided with the product.
- Any product that has been used for purposes other than domestic use.
- Any damage caused by improper power input or improper cable connection.

## **To Make a Claim**

This warranty against defects is provided by ALDI Stores, Locked Bag 56, St. Marys Delivery Centre, NSW 2760, Phone (02) 9675 9000. If a defect in the goods appears within three years (the identified period on the packaging), you are entitled to claim a warranty, please contact or send all warranty claims to:

KRIPPL-WATCHES

Reply Paid 85139

Level 29, Chifley Tower

2 Chifley Square

Sydney NSW 2000

AUSTRALIA

When making a return, please ensure the product is properly packaged so as to ensure that no damage occurs to the product during transit.

Please provide the original or a copy of the proof of purchase. Also please make sure you have included an explanation of the problem.


Please note that the costs of making a warranty claim, including any return postage, will be covered by the supplier identified above.


Please note that upon receiving your warranty claim, the supplier will send, via the post or email, a repair and refurbished goods or parts notice. Please provide your email address and advise the supplier, if you wish to obtain a repair and refurbished goods or parts notice via email.



---

**AFTER SALES SUPPORT**

 1800 13 1579 (toll-free service hotline)

 [service@produktservice.info](mailto:service@produktservice.info)

MODEL: AA5-CDBT-1  
PRODUCT CODE: 92073  
03/2015

ALDI guarantees that our exclusive brand products are developed to our stringent quality specifications. If you are not entirely satisfied with this product, please return it to the nearest ALDI store within 60 days from the date of purchase, for a full refund or replacement, or take advantage of our after sales support by calling the supplier's Customer Service Hotline.



AUS

## Made in China

Crane is a registered trademark of ALDI Stores

Distributed By:

Aldi Stores

1 Sargents Road

Minchinbury nsw 2770

[www.aldi.com.au](http://www.aldi.com.au)

### AFTER SALES SUPPORT



1800 13 1579



[service@produktservice.info](mailto:service@produktservice.info)

Model: AA5-CDBT-1

Product code: 92073

03/2015

**3**  
YEARS  
WARRANTY