



# User Manual



## Bluetooth® Heart-Rate Monitor



Product  
Info



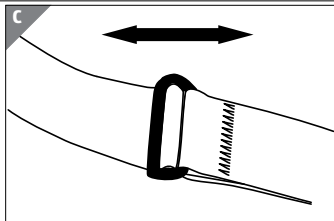
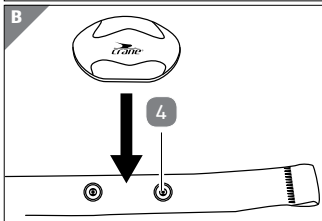
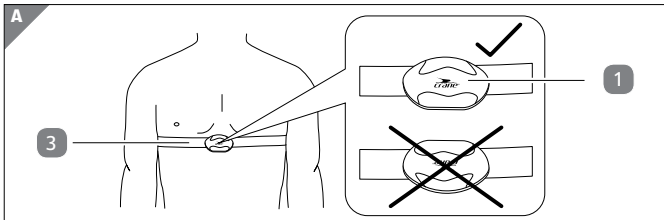
[www.aldi.co.uk](http://www.aldi.co.uk)

+ VIDEO

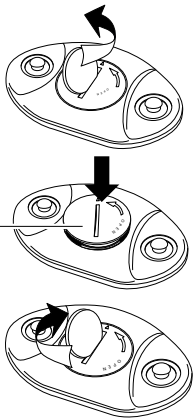
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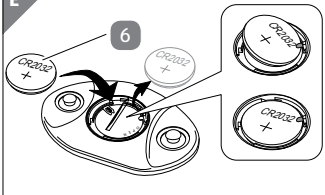
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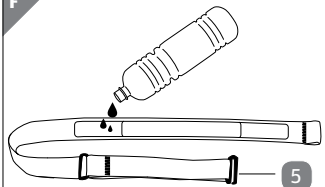
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## Scope of delivery/device parts

- 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 service provider.



# 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.



Declaration of conformity (see chapter “Declaration of conformity”): Products marked with this symbol fulfil the requirements of the R&TTE 1999/5/EC and RoHS 2011/65/EU directives.

# 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



### **WARNING!**

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

If small children or animals swallow the transmitter unit, they could choke on it.

- Keep the transmitter unit away from children and animals.
- Immediately consult a physician if children or animals have swallowed the transmitter unit or the individual battery.



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

Incorrect operation may result in severe injury.

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



**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.
- 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.

- 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.
- 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 in such a way that there is a risk of it falling in water.
- 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 pointed object, you may 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 Scope of Delivery - Page 6).
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 3 bar.

	<b>Situation</b>	<b>Watertight to 3 bar</b>
	Rain splashes	Yes
	Washing hands (splash water)	Yes, but do not immerse the heart-rate monitor in water
	Showering	No

	<b>Situation</b>	<b>Watertight to 3 bar</b>
	Bathing/ swimming	No
	Water sports (e.g. diving)	No

The specification of bar 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="588 280 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="588 593 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="588 790 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. AE5-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.:	AE5-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!**



As the end user you are required by law to bring all batteries and storage batteries, regardless whether they contain harmful substances\* or not, to a collection point run by the communal authority or borough or to a retailer, so that they can be disposed of in an environmentally friendly manner. Turn in the battery at your collection point in a discharged state only.

\* labelled with: Cd = cadmium, Hg = mercury, Pb = lead

Warranty

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## WARRANTY CARD

## BLUETOOTH® HEART-RATE MONITOR

Your details:

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_ E-mail \_\_\_\_\_

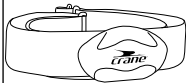
Date of purchase \* \_\_\_\_\_

\* We recommend you keep the receipt with this warranty card.

Location of purchase \_\_\_\_\_



Description of malfunction:



Return your completed warranty card together with the faulty product to:

Krippel-Watches  
Freepostcode:  
RLTU-ZYZE-SKLG  
Picadilly 180  
W1J 9HF London  
UNITED KINGDOM

#### AFTER SALES SUPPORT



**00800/52323000**

04/2015



**service@produktservice.info**

Model: AE5-CDBT-1

Product Code: 92073

Please note: The helpline Number is a Freephone Number however please allow time (up to 10 seconds) for the international connection to take place.

**3**

**YEARS  
WARRANTY**

## Warranty conditions

Dear Customer,

The ALDI warranty offers you extensive benefits compared to the statutory obligation arising from a warranty:

**Warranty period: 3 years** from date of purchase.

**6 months** for wear parts and consumables under normal and proper conditions of use (e.g. rechargeable batteries).

**Costs:** Free repair/exchange or refund.  
No transport costs.

**Hotline:** Free hotline.

**ADVICE:**

Please contact our service hotline by phone, e-mail or fax before sending in the device. This allows us to provide support in the event of possible operator errors.

**In order to make a claim under the warranty, please send us:**

- together with the faulty item the original receipt and the warranty card properly completed.
- the faulty product with all components included in the packaging.



**The warranty does not cover** damage caused by:

- **Accident** or **unanticipated events** (e.g. lightning, water, fire).
- **Improper use** or **transport**.
- **Disregard of the safety** and **maintenance instructions**.
- Other **improper treatment** or **modification**.

After the expiry of the warranty period, you still have the possibility to have your product repaired at your own expense. If the repair or the estimate of costs is not free of charge you will be informed accordingly in advance.

This does not affect your statutory rights.

**CUSTOMER** *Service*

We request all customers contact us via the **internet, e-mail** or **phone** before returning any products to us.

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

00800 52323000 (No country code necessary)

Great care has gone into the manufacture of this product and it should therefore provide you with years of good service when used properly. In the event of product failure within its intended use over the course of the first 3 years after date of purchase, we will remedy the problem as quickly as possible once it has been brought to our attention. In the unlikely event of such an occurrence, or if you require any information about the product, please contact us via our helpline support services, details of which are to be found both in this manual and on the product itself.



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**PRODUCED IN CHINA FOR:**

ALDI STORES LTD. PO BOX 26, ATHERSTONE  
WARWICKSHIRE, CV9 25H

ALDI STORES (IRELAND) LTD.  
PO BOX 726, NAAS, CO. KILDARE.  
visit us at [www.aldi.co.uk](http://www.aldi.co.uk)

**AFTER SALES SUPPORT**



00800/52323000



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

Model: **AE5-CDBT-1**

Product code: **92073**

04/2015

**3**  
YEARS  
WARRANTY