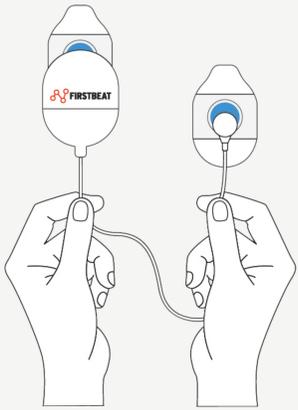
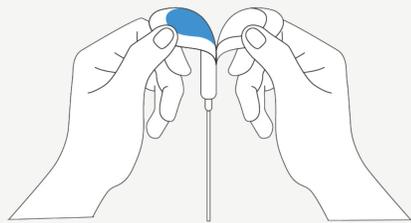


Firstbeat Bodyguard 3 | Quick Start Guide

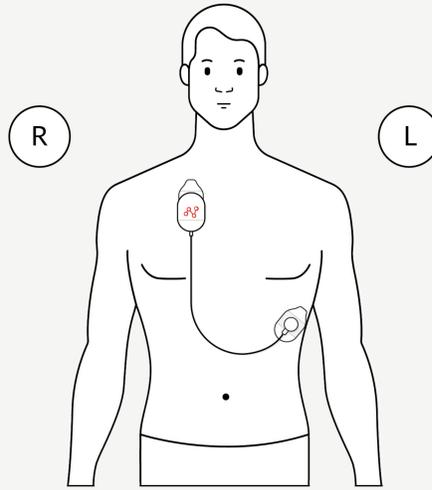
Attachment and Utilization of the Device



1. Attach electrodes to the recorder (the larger end of the device) and to the small circular end of the electrode cable.



2. Remove the cover of the electrodes.



3. Attach the recorder to the right side of the body under the collarbone and the electrode cable end to the left side of the body on the rib cage.



4. The measurement starts and green LED starts blinking when the device is attached to body and measurement is started from app. Note: The light is easiest to see in a dark room.

Please note: The device is not waterproof. Do not wear the Bodyguard 3 during a shower, swimming or sauna. When you take the device off, the measurement will automatically be paused and it will continue after you attach the device again (with new electrodes).

Electrode information: The electrodes are disposable. Change them at least once per day, for example after taking a shower or if they become loose during the measurement. The glue or electrode paste can irritate your skin, so clean and dry your skin after removing the electrodes. You can also slightly alter the electrode location between days.

Careful attachment and use of the electrodes and the device will ensure that your analysis is successful and accurate.

Explanations for Signal Lights During a Measurement



Green light blinking.

Measurement ongoing.



Green light burns continuously.

Ready for the measurement. If showing when device is attached to torso: Measurement hasn't started; Device does not recognize heart rate (Please check attachment of electrodes and cable).



Red light blinking.

Device battery is low, please charge.



Red light burns continuously.

Error, please contact support.

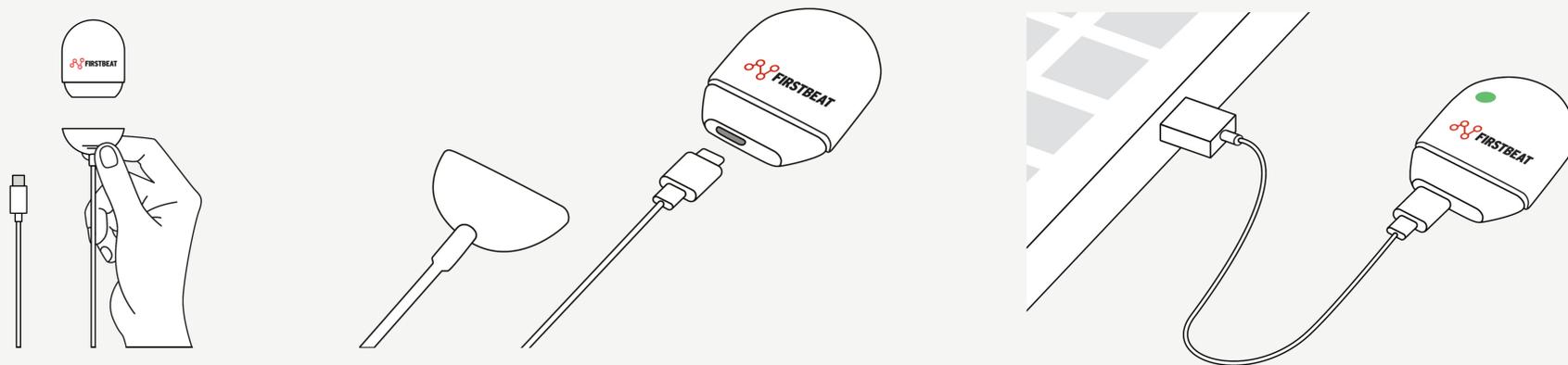
Uploading Heartbeat Data and Recharging the Device

To ensure electrical safety, the device must not be connected to a computer when attached to a person.

The data is downloaded/uploaded via Firstbeat-compatible software.

The battery of Firstbeat Bodyguard 3 is rechargeable by connecting the device to computer's USB port or any USB chargers from reputable, well known mobile phone manufacturers. If you use other types of chargers, do not use cheap off brand chargers and ensure the power output does not exceed 15W. It is recommended to use only the cable provided in the device package for charging the Bodyguard 3. In absence of the original cable, any standard, good quality USB-C can be used with the charger.

Do not charge the device while it is attached directly to the skin. The USB-C connector of the device can be accessed by gently pulling off the bottom cover of the Bodyguard 3.



Explanations for Signal Lights While Attached to the USB Port

	Green light blinking.	Charging.
	Green light burns continuously.	Fully charged.
	Red light burns continuously.	Error, please contact support.

Note! To ensure the product is functioning to its full potential and to avoid damage to the battery the device must be charged at least once every four (4) months.

Technical Information

Dimensions

Weight: 26 grams
Size: 54mm x 38mm x 7,7mm

Other Details

Measurement temperature: +5 - +45 C
Storage temperature: -20 - +60 C

Battery and Storage

Battery life: up to 7 days in a continuous 24/7 measurement (recommended measurement length is 1 to 5 days), 6 months in standby mode; Charging time from empty to full: approx. 75 minutes; Storage capacity: up to 20 days.