



LG
Life's Good

USER MANUAL

LG Heart Rate Earphones

To maximize the full functionality of the LG Heart Rate Earphones, please read the user manual carefully.

Model : FR74

www.lg.com

Safety Information



CAUTION: TO REDUCE THE RISK OF ELECTRIC SHOCK DO NOT REMOVE COVER (OR BACK) NO USER-SERVICEABLE PARTS INSIDE REFER SERVICING TO QUALIFIED SERVICE PERSONNEL.



This lightning flash with arrowhead symbol within an equilateral triangle is intended to alert the user to the presence of uninsulated dangerous voltage within the product's enclosure that may be of sufficient magnitude to constitute a risk of electric shock to persons.



The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the product.

WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

Wash hands after handling.

This device is not intended to diagnose, treat or prevent any disease or medical condition. Always seek the advice of a qualified professional before making any changes to your exercise, sleep or nutrition.

WARNING: TO PREVENT FIRE OR ELECTRIC SHOCK HAZARD, DO NOT EXPOSE THIS PRODUCT TO RAIN OR MOISTURE.

CAUTION: The apparatus shall not be exposed to water (dripping or splashing) and no objects filled with liquids, such as vases, shall be placed on the apparatus.

WARNING: Do not install this equipment in a confined space such as a book case or similar unit.

CAUTION: Do not block any ventilation openings. Install in accordance with the manufacturer's instructions.

Slots and openings in the cabinet are provided for ventilation and to ensure reliable operation of the product and to protect it from over heating. The openings shall be never be blocked by placing the product on a bed, sofa, rug or other similar surface. This product shall not be placed in a built-in installation such as a bookcase or rack unless proper ventilation is provided or the manufacturer's instruction has been adhered to.

CAUTION concerning the Power Cord

Most appliances recommend they be placed upon a dedicated circuit;

That is, a single outlet circuit which powers only that appliance and has no additional outlets or branch circuits. Check the specification page of this owner's manual to be certain. Do not overload wall outlets. Overloaded wall outlets, loose or damaged wall outlets, extension cords, frayed power cords, or damaged or cracked wire insulation are dangerous. Any of these conditions could result in electric shock or fire. Periodically examine the cord of your appliance, and if its appearance indicates damage or deterioration, unplug it, discontinue use of the appliance, and have the cord replaced with an exact replacement part by an authorized service center. Protect the power cord from physical or mechanical abuse, such as being twisted, kinked, pinched, closed in a door, or walked upon. Pay particular attention to plugs, wall outlets, and the point where the cord exits the appliance. To disconnect power from the mains, pull out the mains cord plug. When installing the product, ensure that the plug is easily accessible.

This device is equipped with a portable battery or accumulator.

Safety way to remove the battery or the battery from the equipment: Remove the old battery or battery pack, follow the steps in reverse order than the assembly. To prevent contamination of the environment and bring on possible threat to human and animal health, the old battery or the battery put it in the appropriate container at designated collection points. Do not dispose of batteries or battery together with other waste. It is recommended that you use local, free reimbursement systems batteries and accumulators. The battery shall not be exposed to excessive heat such as sunshine, fire or the like.

Do not remove battery incorporated with product for your safety. If you need to replace the battery, take it to the nearest authorized LG Electronics service point or dealer for assistance.

NOTICE: For safety making information including product identification and supply ratings, please refer to the main label on the rear of the apparatus.

Caution

CAUTION when using this product in environments of low humidity

- It may cause static electricity in environments of low humidity.
- It is recommended to use this product after touching any metal object which conducts electricity.

Avoiding hearing damage

Permanent hearing loss may occur if you use your headset at a high volume. Set the volume to a safe level. Over time you can become accustomed to a higher volume that may sound normal but can be damaging to your hearing. If you experience ringing in your ears or muffled speech, stop listening and have your hearing checked. The louder the volume, the less time is required before your hearing could be affected.

Hearing experts suggest that to protect your hearing:

- Limit the amount of time you use the headset at high volume.
- Avoid turning up the volume to block out noisy surroundings.
- Turn the volume down if you can't hear people speaking near you.
- If you use music playback or voice information in outdoor, there is a danger of accident due to noise blocking.



IMPORTANT SAFETY INSTRUCTIONS

1. Read these instructions.
2. Keep these instructions.
3. Heed all warnings.
4. Follow all instructions.
5. Do not use this apparatus near water.
6. Clean only with dry cloth.
7. Do not block any ventilation openings.
Install in accordance with the manufacturer's instructions.
8. Do not install near any heat sources such as radiators, heat registers, stoves, or other apparatus (including amplifiers) that produce heat.
9. Do not defeat the safety purpose of the polarized or grounding-type plug. A polarized plug has two blades with one wider than the other. A grounding type plug has two blades and a third grounding prong. The wide blade or the third prong are provided for your safety. If the provided plug does not fit into your outlet, consult an electrician for replacement of the obsolete outlet.
10. Protect the power cord from being walked on or pinched particularly at plugs, convenience receptacles, and the point where they exit from the apparatus.
11. Only use attachments/accessories specified by the manufacturer.
12. Use only with the cart, stand, tripod, bracket, or table specified by the manufacturer, or sold with the apparatus.
When a cart is used, use caution when moving the cart/apparatus combination to avoid injury from tip-over.
13. Unplug this apparatus during lightning storms or when unused for long periods of time.
14. Refer all servicing to qualified service personnel. Servicing is required when the apparatus has been damaged in any way, such as power-supply cord or plug is damaged, liquid has been spilled or objects have fallen into the apparatus, the apparatus has been exposed to rain or moisture, does not operate normally, or has been dropped.

FCC Compliance Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

CAUTION: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

FCC WARNING : This equipment may generate or use radio frequency energy. changes or modifications to this equipment may cause harmful interference unless the modifications are expressly approved in the instruction manual. The user could lose the authority to operate this equipment if an unauthorized change or modification is made.

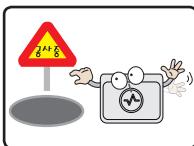
FCC RF Radiation Exposure Statement : This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

CAUTION: Regulations of the FCC and FAA prohibit airborne operation of radio-frequency wireless devices because their signals could interfere with critical aircraft instruments.

Responsible Party :

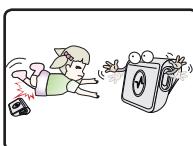
LG Electronics USA, Inc. 1000 Sylvan Avenue
Englewood Cliffs, NJ 07632

TEL. : +1-800-243-0000

6 Before using**Warning**

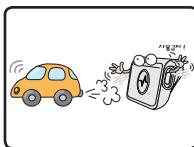
Be aware of obstacles and approach with caution when using this device.

- Obstacles carry the risk of injury.



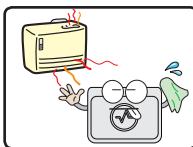
Keep the device away from children.

- This device may pose the risk of injury to children.



Do not use your device while driving.

- Store the device in a safe place.



Do not place the device and accessories near/in heating appliances.

- It may cause deformation.



Do not let children put the device in his/her mouth.

- Children may swallow a small part of the device in curiosity because the parts are small. When the child swallows the part, see a doctor immediately after giving first-aid.
- There is a danger of electric shock or damage of the product.

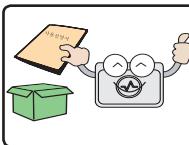


Disconnect the AC adapter and the cable in case of lightning or thunder.

- Otherwise, an electric shock may occur.



Caution



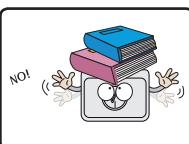
Read the web manual and quick guide offered in the box before using the device.

- Otherwise, there is a possibility of malfunction or failure of the product.



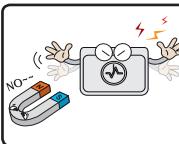
Do not soak the product in the water.

- There is a danger of electric shock or failure.



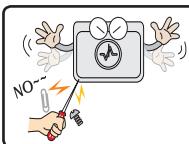
Do not place an object on the product.

- It may cause failure.



Do not place the device near a magnet or within the magnetic field.

- It may cause failure.



Do not disassemble, repair, or remodel the product.

- There is a danger of damage or failure.

- Do not perform Bluetooth operation near medical appliances, because it may cause electromagnetic interference.
- Follow all posted warnings and directions from authorized personnel in areas where the use of wireless devices is restricted, such as airplanes and hospitals.
- LG Heart Rate Earphones does not support tablet products and may malfunction with some smartphones.

Maintenance

Cleaning the device

- Clean the device with soft and dry cloth.
- Do not use strong chemical that include alcohol, such as benzene, thinner, FLUX, oil.

Handling the device

- Handle the device as carefully as possible and not to expose it to water. This device is not designed to be used underwater or come into continuous contact with water.
- This device features a liquid contact indicator that changes color when it comes in contact with water. In this case, the warranty may be voided.

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LG Heart Rate Earphones is your friend

- You can view your workout data recorded by this device using the LG Fitness app. To use, sign up on app, and register your device.
- With LG Fitness app you can start or complete your workout and check your detailed workout record such as workout course and workout style.
- You can enjoy handsfree and music control functions even without LG fitness application.

2

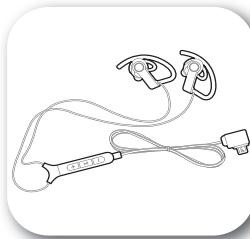
! Note

Must use LG Fitness App during workout to track fitness.

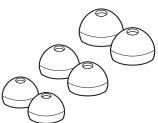
Package Contents



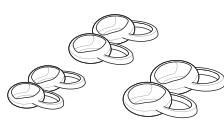
Main set



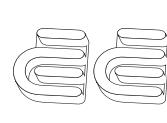
Ear set



Three sets of Ear tips (S/M/L)



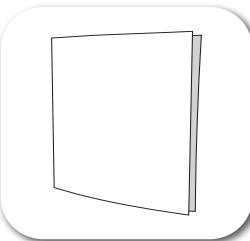
Three sets of Shark Fins (S/M/L)



A set of Peg



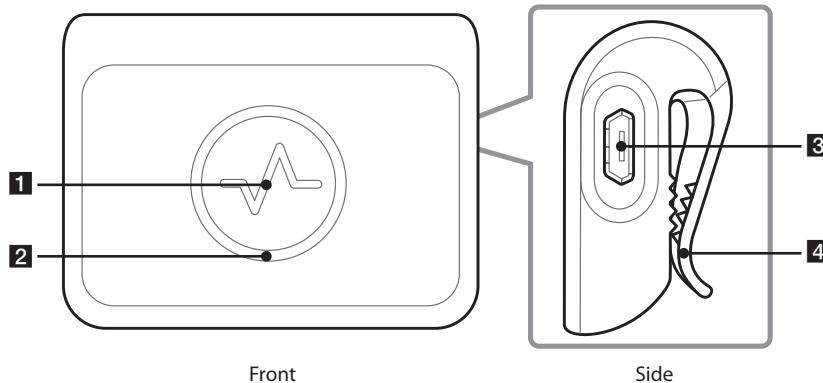
USB cable



Quick setup guide/
Warranty card

Product Overview

Main set



1 Menu button:

- Turns on or off the device.
- You can check your Heart rate and heart rate zone during workout.
- Check remaining battery of LG Heart Rate Earphones.

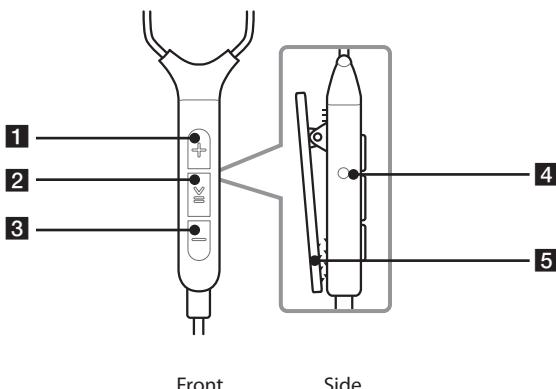
2 LED : Displays heart rate, remaining battery status and information of device.

3 Ear set jack/ USB port:

Connect Ear set, or USB cable to device for charging.

4 Clip : Use the clip to securely fasten main set.

Remote



1 button:

- Turns up the volume of song being played.
- Skips to next song during playback.

2 button:

- Playback or pause music.
- Receive or rejects an incoming call.
- Pair Bluetooth manually.

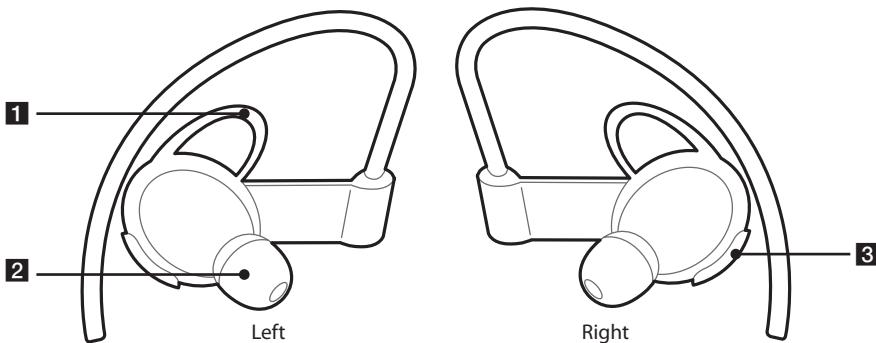
3 button:

- Turns down the volume of song being played.
- Skip to previous song during playback.

4 MIC

5 Clip : Use the clip to securely fasten remote.

Ear set



1 **Shark Fin** : Fixes the ear bud not to be loose during the workout.

2 **Ear tip** : Transmits a gathered sound.

3 **Sensor** : Measures heart rate, consumed calories, distance, speed, and pace.

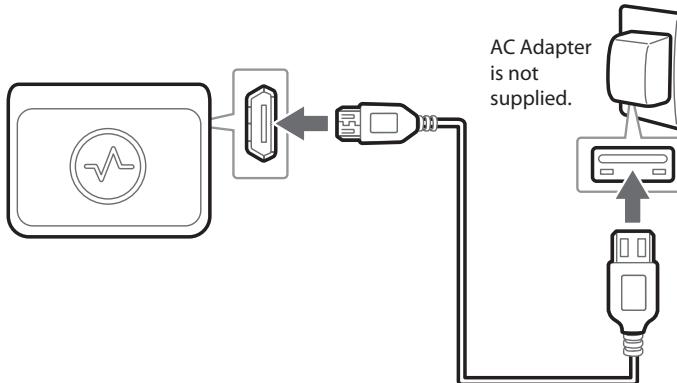
! Note

Heart Rate sensor is located in the right ear set. To track fitness performance, please make sure to wear the right ear set properly.

Charging battery

Connecting the USB cable

To charge the LG Heart Rate Earphones, connect USB cable to the Main set.
Fully charge the device before using for the first time.



Note

- Fully charge the device before using for the first time or after long period of non-use.
- It takes 3 hours to fully charge battery.
- LED lights turn red while charging. LED lights turn off when charged.
- To charge this product, you must always use a AC 5 V, 200 mA or more. Certified /Listed Adapter which complies with LPS.

Checking battery status

- Quickly press the menu button twice.
- Informs you of remaining battery status via LED indicator and Voice Guide.

Battery Status	LED indicator	Voice Guide	Battery Status	LED indicator	Voice Guide
Very Low	Red / Blinks twice.	Battery very low. Please charge now	Less than 80%	Yellow / Turned on for a while.	Battery medium
Less than 30%	Red / Turned on for a while.	Battery low	more than 81%	Green / Turned on for a while.	Battery high

Checking battery charging status

Check the color of the LED indicator when the battery is charging.

Battery Status	LED indicator	Battery Status	LED indicator
Charging	 Red / Turned on.	Charged	LED off.

! Note

- LED indicator blinks when the battery is low. Please charge.
- LG Heart Rate Earphones automatically turns off when battery is empty.
- Fully charge the device before using for the first time or after long period of non-use.
- If you use USB HUB, the battery may not be charged.
- Operating temperature of LG Heart Rate Earphones is -15 °C ~ 45 °C (5 °F ~ 113 °F). The battery capacity may decrease if you use in too high or low temperature.
- If the temperature is too low or high, the device may not be charged, charge again at the room temperature. (10 °C ~ 45 °C (50 °F ~ 113 °F))

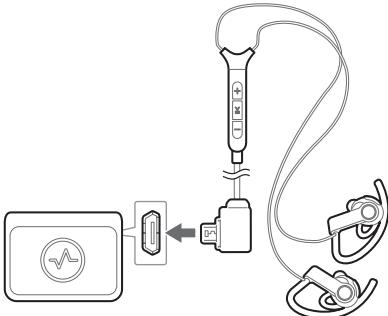
Battery charging and average battery usage time

Battery charging time and average battery usage time may vary depending on the battery charging status, operational status and environment conditions.

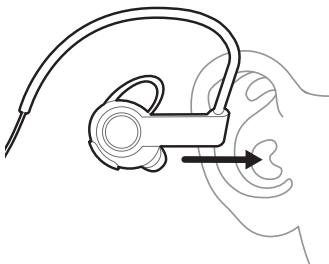
Battery charging time	3 hours to fully charge battery
Average battery usage time (when fully charged)	Checking heart rate and playing music: up to 4 hours
	Standby mode : up to 250 hours

Wearing the LG Heart Rate Earphones

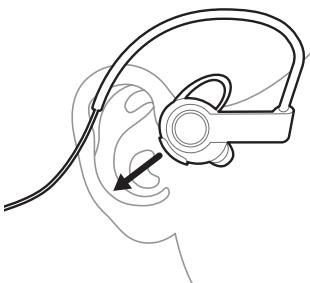
1. Connect Ear set to Main set.



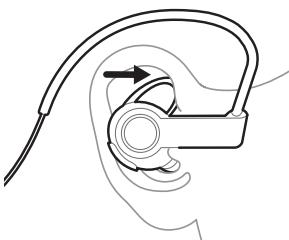
2. Wear the Ear set with the Ear tip toward the ear canal.



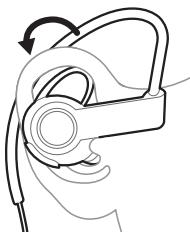
3. Make sure sensor lies flat with the bottom of the ear. Rotate the body of the ear set to fit with the shape of ear.



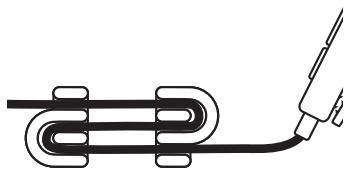
4. Fasten the Shark Fin part to inside of ear.



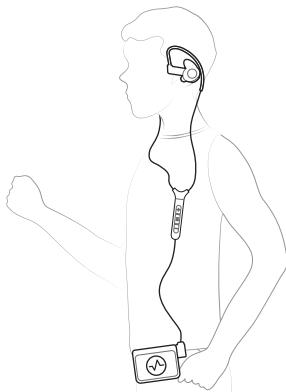
5. Secure the ear loop back over the ear.



6. Adjust the length of the cable using the Peg.



7. Clip the device on your belts, clothing or strap of bag.



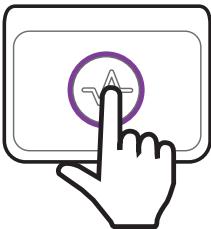
! Note

Among three size of ear tips, select the ear tip that best fit your ear.
The measurement is reliable when you wear the ear set adhering it's sensor to your ear.

General Operation

Turn on

1. Press Menu button on the LG Heart Rate Earphones for 3 seconds to turn on the power.
2. The device is turned on, LED blinks violet with a beep sound.
And voice guide (earphones) informs you of remaining battery status.

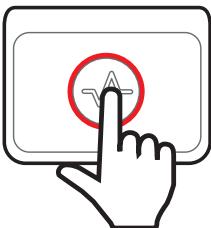


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Using the LG Heart Rate Earphones

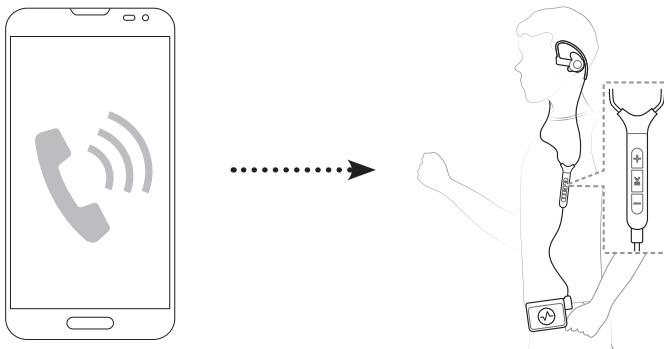
Turn off

1. Press Menu button on the LG Heart Rate Earphones for about 5 seconds to turn off the power.
2. The device is turned off slowly, LED blinks in red with a beep sound.



Using the Handsfree function

To use handsfree function, you must pair LG Heart Rate Earphones via bluetooth to your smartphone.



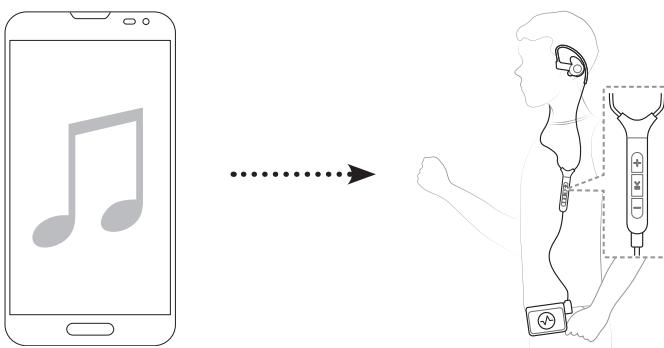
- Receiving a call: Press $\gg\!\!$ button on the Remote control to accept an incoming call.
- Ending a call: Press $\gg\!\!$ button to end a call.
- Rejecting a call: Press and hold for about a second $\gg\!\!$ button to ignore an incoming call.

Note

You can use handsfree function without installing the LG Fitness app.

Music Control

To control music through the LG Heart Rate Earphones, you must pair device via bluetooth to your smartphone.



- Play/ Pause : Press $\gg\!\!$ button. To pause, press $\gg\!\!$ button during the play.
- Skip to next/ previous song : To play the next song, press and hold $+$ button.
To play the previous song, press and hold $=$ button.
- Volume Up or Down : To adjust the volume of the song being played, press $+$ / $=$ button.

Note

- You can use music control function without installing the LG Fitness app.
- Warning sound is heard when the volume reaches to the maximum or minimum.

LED Indications and Voice Guide

Power	LED indicator	Voice Guide
On	 Violet / Blinks.	Beep sound
Off	 Red / Blinks once and turned off slowly.	Beep sound
Performance	LED indicator	Voice Guide
Ready to pair	 Violet / Blinks.	Ready to pair
Paired	 Violet / Blinks.	Beep
On Pairing	 Violet / Blinks every 30 seconds.	-
Out of range	 Violet / Blinks.	Out of range. Trying to Connect

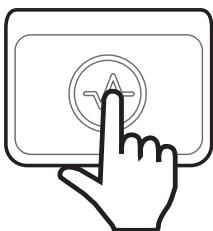
Device registration and sign up

Step 1 Installing the LG Fitness app

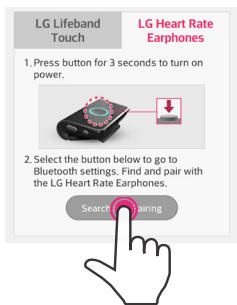
1. Search for "LG Fitness" in Play Store (Android phone) or App Store (iPhone).
2. Install "LG Fitness" app.

Step 2 Device registration

1. Run the "LG Fitness" app.
2. Select [Sign Up] to register device.
Select [Sign In] if you have already signed up or want to log in with your facebook ID.
3. Press Menu button on the LG Heart Rate Earphones for 3 seconds to turn on the power.
When the device is ready to pair with your smartphone, "Ready to pair" is heard. And LED blinks violet.

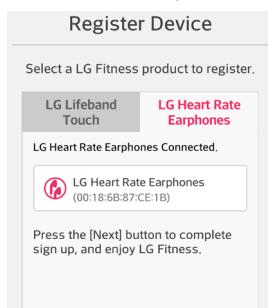


4. Select [LG Heart Rate Earphones] tab on the [Register Device] screen. Select [Search and Pairing].



5. Go to Settings on your smart phone to select the Bluetooth menu.
Search for "LG Heart Rate Earphones" and select to pair.

6. When pairing is complete, “beep~” sound is heard. Go back to LG Fitness app and you will see [LG Heart Rate Earphones connected] on Register Device screen.



Note

- When using Bluetooth® technology, you have to make a connection between the LG Heart Rate Earphones and the smartphone as close as possible and keep the distance.
- Must use LG Fitness App during workout to track fitness performance.
- Bluetooth settings may differ depending on the smartphone manufacturer.
- Bluetooth uses the same frequency as some industrial, scientific, medical, and low power products and interference may occur when making connections near these types of products.
- LG Electronics is not responsible for the loss, interception, or misuse of data sent or received via the Bluetooth feature.

Step 3 Sign Up

* Enter each of the items and select [Next] to go to the next page.

1. Select the country where you will use LG fitness app.
2. Read the Terms and Conditions and select “Agree”
3. Enter the e-mail ID and password to use.
4. Enter your Gender, Date of Birth, Height and Weight.



Note

- Once you select the country, It can not be changed without reinstallation of the App when you sign up for LG Fitness app account. To change your email address and the country, reinstall the app after uninstalling.
- LG Electronics have no responsibility for the service quality or legal issues in case that the country you selected differs from the country you use the device in.
- If you do not agree with terms and conditions, service is limited.

If the device is not connected to LG Fitness App

LG Heart Rate Earphone tries to pair automatically when turned on.

In case the device does not pair automatically, try to pair the device manually.

1. Press  on home screen, and select LG Heart Rate Earphones.
2. Press [Connect].
3. Turn on the device by pressing the menu button of main set, and press [Search and Pairing] on App.
4. Select LG Heart Rate Earphones on Bluetooth menu on your smartphone.
5. you will see [LG Heart Rate Earphones connected] on Register Device screen.

If the device is not connected to your smarphone via Bluetooth

If LG Heart Rate Earphones is not connected to your smarphone, Refer to below and try again.

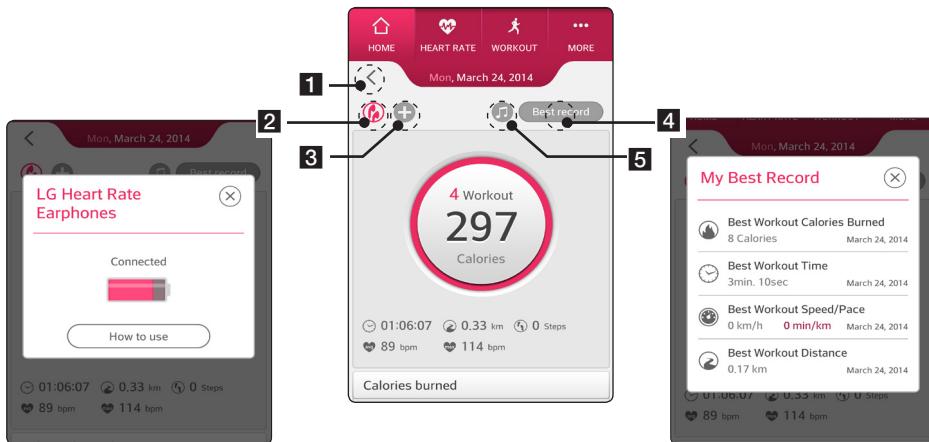
- While running the app, turn off the LG Heart Rate Earphones by pressing and holding the Menu button of Main set for about 5 seconds. A red LED is displayed when you turn off device. Turn on the LG Heart Rate Earphones again by pressing and holding for about 3 seconds. LG Heart Rate Earphones is connected automatically.
- Pairing is kept even if the Bluetooth connection on your smartphone is turned off and on again.
- When Bluetooth is disconnected, press and hold  button for about 5 seconds to reconnect Bluetooth manually.

How to use LG Fitness app

- You can start or end workout and set items such as, workout goal, check workout course, and select voice guide.
- You can save your workout record and analyze your workout style and cardiovascular fitness ($VO_2\text{Max}$).

Home menu

You can check my current workout information, LG Fitness device connection status and total workout information.



- 1** < > Searching for date: Shows previous activity records.
- 2** Device connection status: Shows current device connection status and connected device's battery status.
- 3** Add and register other devices.
- 4** : Shows my best record listed in the history of my activity and Workout.
- 5** Music selection: Selects music to play.

! Note

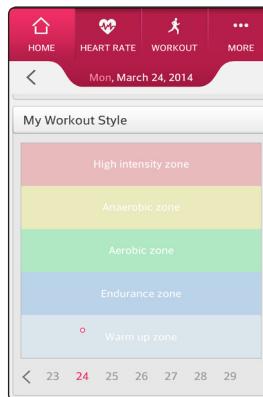
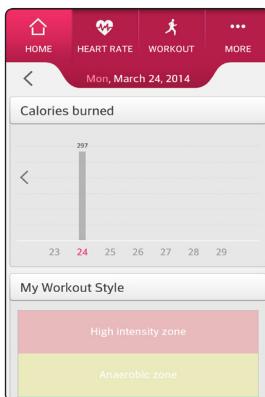
You can control the music in the smartphone connected with LG Heart Rate Earphones. For more information read the description about music control. (Refer to page 19.)

- Calories burned

You can check calories burned during workout according to date.

- My Workout Style

The heart rate zone you have been in for the longest time is displayed to let you know your workout style.



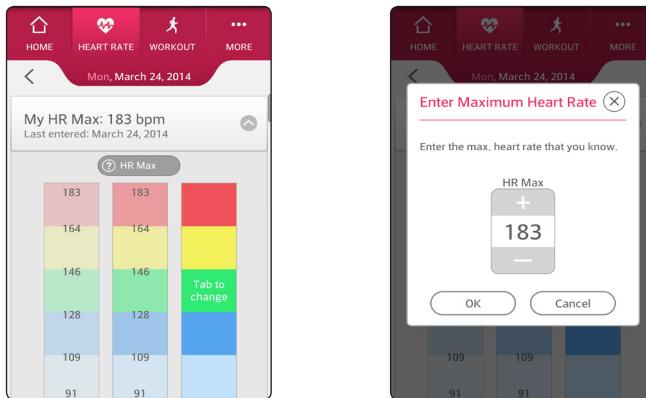
Heart Rate

Set the max. heart rate, measure VO₂Max, check your workout style and record workout data manually.

My HR Max

Using maximum heart rate, LG heart rate earphones analyze the effectiveness of your workout relative to your workout goal. When you sign up, LG Fitness App automatically calculates your max. heart rate according to your age. If you would like to change your max. heart rate, please follow the below steps.

1. Go to [HEART RATE] menu on the LG Fitness app. And select [Tap to change] in [My HR Max] tap.
2. Enter your max. heart rate that you know or recently measured.



5



Note

Since HR Max is difficult to measure without the use of adequate exercise test equipment, an estimation formula is used instead. The LG Heart Rate Earphones uses the following formula.

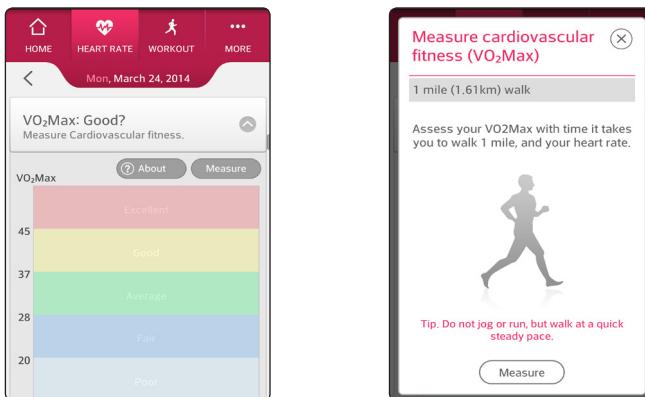
$$\text{HR max} = 192 - 0.007 \times \text{age}^2$$

Reference:

Chris Eschbach, Valencell Recommendations for Heart Rate Zone Implementation Using PerformTek Precision Biometrics , Valencell, Inc. Internal Report

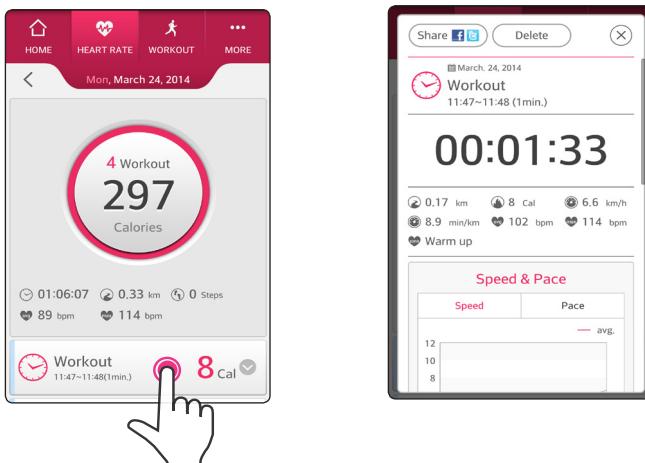
■ VO₂Max

1. Go to [HEART RATE] menu on the LG Fitness app. And go to [VO₂Max] and select [Measure].
 2. Follow the guide described on VO₂Max measurement window and select [Start].
- When the measurement is completed, your cardiovascular fitness record is displayed.



■ Checking the workout record

To check detailed workout information, select the desired workout record on the list.

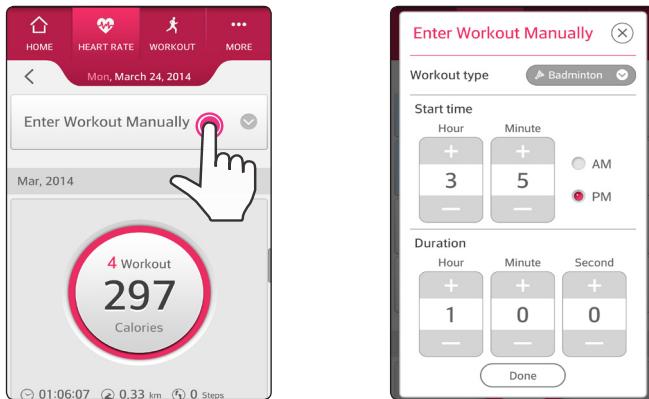


! Note

- In case of iOS, the workout record is not saved when LG Fitness App terminates by force.
- The workout less than 10 seconds is not displayed on the heart rate zone graph on the workout record.

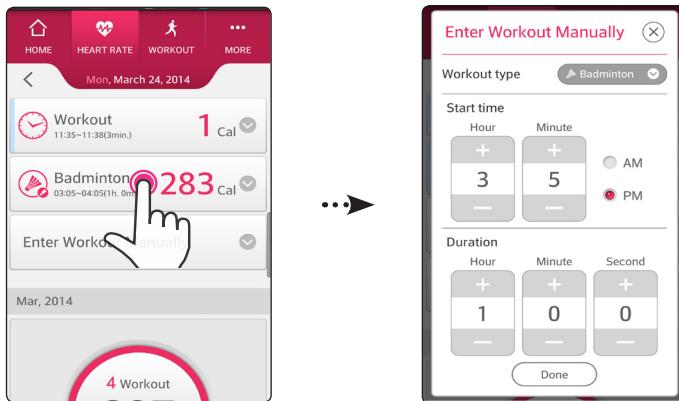
■ Enter Workout manually

If you want to record workout such as swimming or golf, use [Enter Workout manually]. Using LG fitness application, you can manage the workout not to be measured. If you enter the workout, corresponding consumed calories are reflected.



■ Modification of the workout record entered manually

Touch the item you entered manually to change the start time or workout time.



Workout Record

To check the saved workout record, select [Workout Record]. You can check your record by date.

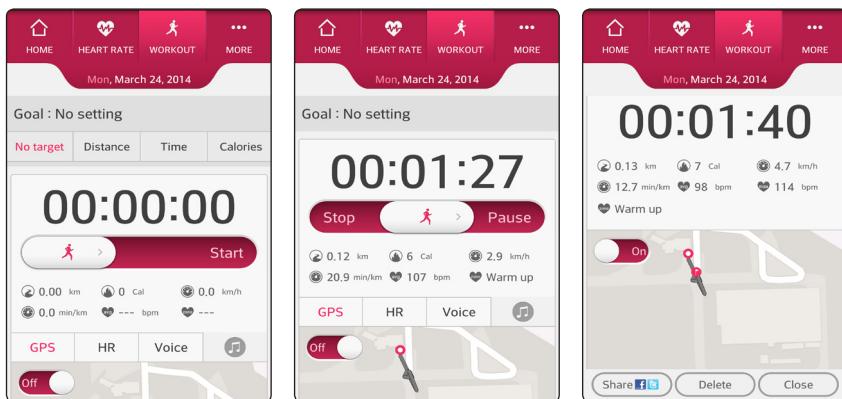


Workout

You can check your real time workout information, route, and change music.

You can mark your workout course with various color depending on additionally measured heart rate zone so that you can see your workout intensity in one glance.

1. Drag the slide bar into [Start]. Workout starts with a countdown.
To see your workout course, turn on GPS before starting workout.
The map is activated when you start workout.
You can also listen to music during workout.
2. To Stop or Pause your workout, move the slide bar into desired direction. Workout course is displayed when you stop the workout.



5

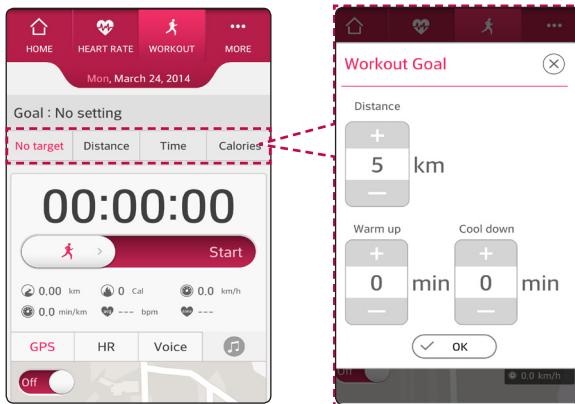
Note

- When using GPS indoors, the map may not be displayed due to lack of satellite signal.
- The map may be incorrect when GPS signal is not strong enough. Use the map data simply as reference because the accuracy of the data is not guaranteed.

Setting a Workout Goal

You can set a goal for your workout.

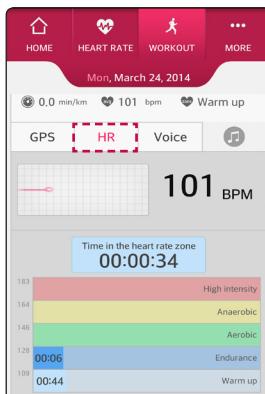
Before workout, set your goal in Distance, Time, Calories or Interval.



- **Distance :** You can set the workout distance, warming up time and cooling down time for your workout.
- **Time :** You can set the duration time, warming up time and cooling down time for your workout.
- **Calories :** You can set the consumed calories, warming up time and cooling down time for your workout.
- **Interval :** You can set the duration, rest, repeat, warming up time and cooling down time for your workout

Checking the heart rate during the workout

1. Pair LG Heart Rate Earphones with LG Fitness app.
2. While wearing the earphones correctly, start workout. It can take up to 30 seconds to check heart rate.
3. You can check your current heart rate zone and the zone duration time in [HR].
4. [Time in the heart rate zone] shows your present workout level and duration time with colors and the timer.



**Note**

- To increase the accuracy of the heart rate measurement value, multiple validation checks are performed. This can take up to 30 seconds. If you do not see heart rate within 30 seconds, please try wearing the earphones again and restart the app.
- To hear the current heart rate and the heart rate zone during your workout with the LG Heart Rate Earphones, press the Menu button of LG Heart Rate Earphones once. The current heart rate zone information is displayed on the LED as well. Refer to the description about heart rate by workout level. (Refer to page 32.)
- If you get out of the Bluetooth range during the workout, workout mode is paused with pop-up window. And when you return into the range, the workout is completed automatically with the workout record display.
- Because heart rate zone is based on your body information you entered, it may be incorrect medically. So, Use the data simply as reference and take care to avoid excessive exercise.
- When the ear set is disconnected from main set during workout, connect the ear set to main set and restart workout on the LG Fitness app.

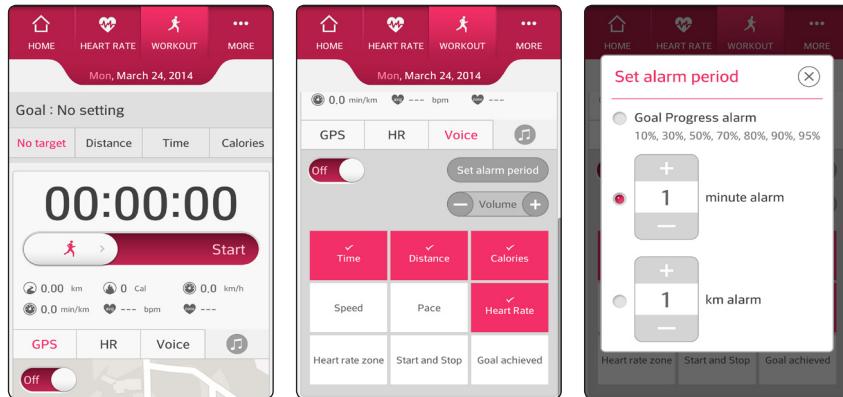
*****About HR by workout level**

With HR Max at 100 %, the adequate heart rate zone for workout level is shown as below.

Heart rate measurement status	Descriptions	LED indicator
Heart rate is being measured	Heart rate is being measured now.	Light Blue / Blinks.
Warm Up (50-60 %)	Improves overall health and requires little recovery time.	Light Blue / Blinks for 2 seconds.
Endurance (60-70 %)	Improves basic endurance and helps burn fat without requiring intense physical exertion.	Blue / Blinks for 2 seconds.
Aerobic (70-80 %)	Improves aerobic fitness and cardio training.	Green / Blinks for 2 seconds.
Anaerobic (80-90 %)	Hardcore training. May cause overtraining or injury without adequate recovery.	Yellow / Blinks for 2 seconds.
High intensity (90-100 %)	High-intensity training. May cause overtraining or injury without adequate recovery, the risk of injury may be highest in this status.	Red / Blinks for 2 seconds.

■ Hearing the Voice Guide

Select [Voice] to hear your workout information such as time, distance, calories during the workout.
Select [Set alarm period] to set the Voice Guide about goal progress, time and distance.

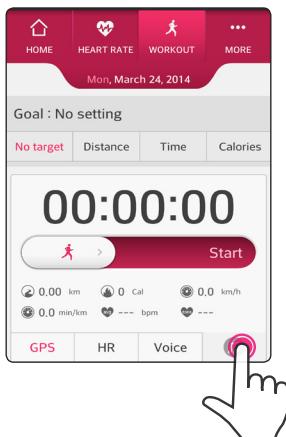


! Note

- In case of iPhone, voice guide is available on iOS 7 or later.
Please upgrade the OS on your smartphone.
- When the volume of LG Heart Rate Earphones is minimized, you can not hear the voice information during the workout. But the beep sound during the heart rate measurement and battery status notice are heard.

■ Listening to music

- If you want to listen to music while doing exercise, touch button.



- Music player on the smartphone will appear.
- Select the song you want to play.

**Note**

- You can control the music in the smartphone connected with LG Heart Rate Earphones. Refer to the description about "Music Control". (Refer to page 19.)
- Handling method of music control mode may differ depending on the device.

More**User Profile**

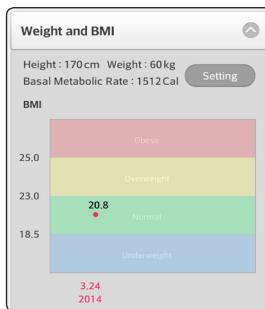
You can sign out, deactivate the service or change password.
Also you can reset the display unit and body measurement information.



5

Weight and BMI

BMI(Body Mass Index) is calculated based on the weight and height you entered. If there are changes on your body size, touch [Setting] and enter the new figure to update your body measurement information. You can see the history of the changes you make as well.



***What is BMI level (Body Mass Index)?

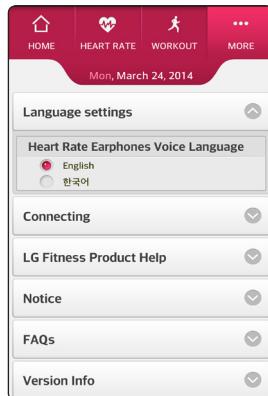
BMI (Body Mass Index) is the value calculated as your weight (kg) divided by the squared value of your height (m^2). It is an important medical index for determining if he/she is underweight, normal weight, overweight, or obese. It indicates risk of obesity-related diseases.

(Refer to the table below.)

BMI	Range	Risk of Diseases
18.5 or less	Underweight	Increasing
18.5~25.0	Normal	Low
25.0~30.0	Overweight	Increasing
30.0 or more	Obesity	High

□ Language Setting

Set the voice guide language on LG Heart Rate Earphones .

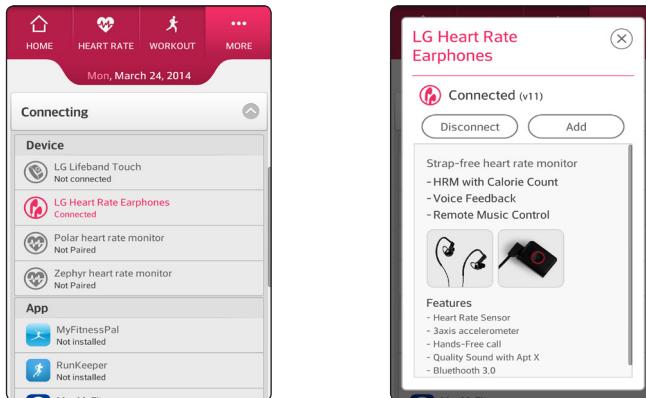


! Note

In case of iOS, you can change the voice guide languages in the smartphone settings.

Connecting

You can register fitness devices other than LG Heart Rate Earphones and check the connection status. Select desired device and the screen for connection status and/or adding new devices.



- You can manage the data from various connected fitness devices comprehensively.
- You can share your workout record by connecting with other workout app or SNS accounts such as Facebook or Twitter.

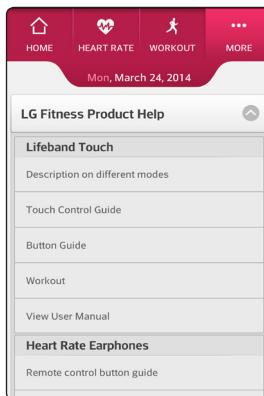
Note

This device is not intended to diagnose, treat or prevent any disease or medical condition. Always seek the advice of a qualified medical professional before making any changes to your exercise, sleep, or nutrition.

5

LG Fitness Product Help

Find more information on LG Fitness products.
You can also read more about the general use of LG Heart Rate Earphones

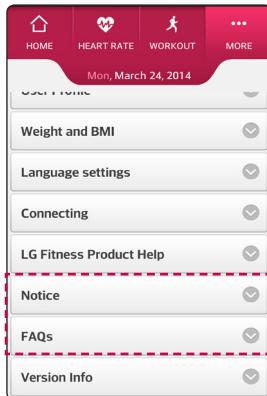


Notice

You can check notices about the update or system from app manager.

FAQs

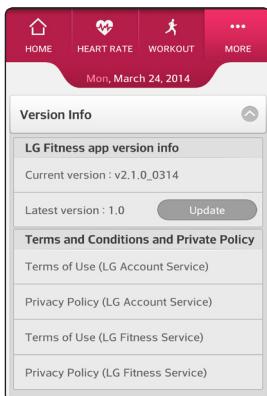
You can search for FAQ such as features of the product, way of use, pairing related questions.



Version Info

You can read LG Fitness app's version information, terms and privacy.

To use the latest version, select [Update].



Frequently Asked Question (FAQ)

Q: What are the general instructions for using LG Heart Rate Earphones?

- A:**
- 1) Check the product components.
 - 2) Search for LG Fitness app on Play store(Android) or App store(iphone) and install it.
 - 3) Register the LG Heart Rate Earphones in LG Fitness app and sign up.
 - 4) Wear LG Heart Rate Earphones and measure your workout.
 - 5) Check detailed information about your activity or workout on LG Fitness app.

Q: Are there any possibilities that my data recorded with LG Heart Rate Earphones will be shared?

- A:** LG Fitness app provides the collected personal data of its users to the approved institutions that users have accepted the terms of use of. Only information approved by users is shared according to the privacy policy of LG Fitness app.

Q: How long should I charge the battery for?

- A:** It takes 3 hours to charge the battery. You can charge using USB connecting gender. LED lights turn red while the device is being charged, and lights turn off when charging is complete. The battery can last for up to 4 hours when you use Workout or music play simultaneously. The battery can last for up to 250 hours in the standby status. When charging is needed, "Battery very low. Please charge now" is heard and the LED blinks red. When the LG Heart Rate Earphones is charging, LG fitness application is disconnected.

6

Support

Q: What does the LG Fitness app do?

- A:** You can check and share your workout information on the SNS service, and enter manually the workout record which cannot be measured.

Q: How can I use Bluetooth transfer?

- A:** Before registering your LG Heart Rate Earphones, install LG Fitness app on your smartphone. The data transfers automatically between the devices connected via Bluetooth. Bluetooth connection to the LG Heart Rate Earphone may be disconnected due to the Wi-Fi interference.

Q: Is it waterproof?

A: The LG Heart Rate Earphones is sweat resistant but not waterproof.
It should not be used underwater or under running water.

Q: What is the limited warranty, return, and exchange policy?

A: Please refer to the quality certificate provided.

Q: How do I register the LG Heart Rate Earphones after a replacement or a repair?

A: 1) To replace the LG Heart Rate Earphones, unpair Bluetooth connection between your smartphone and current LG Heart Rate Earphones.
2) Press and hold  button so that the LG Heart Rate Earphones can be detected on the smart phone you want to connect.
3) Main set LED starts to blink violet and you will hear "Ready to pair". The device is now in pairing standby mode.
4) Search for the LG Heart Rate Earphones in the LG Fitness app and then connect it.
5) "Beep" sound is heard with violet LED and the LG Heart Rate Earphones is paired with your smartphone.

Q: The battery depletes faster than when first purchased.

A: When you expose the device to very cold or very hot temperatures, the useful charge may be reduced. The battery is consumable and the useful charge will get shorter over time.

Open source software notice

To obtain the corresponding source code under GPL, LGPL and other open source licenses, please visit <http://opensource.lge.com>. All referred license terms, warranty disclaimers and copyright notices are available to download with the source code.

Trademarks and Licenses



Heart rate measurement is powered by Performtek® Precision Biometrics. PerformTek Precision Biometrics is a patent-protected sensor technology which continuously measures real-time biometric data with a high degree of accuracy and consistency, and uses this data to give people meaningful fitness assessments.



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aptX offers lossless audio via Bluetooth, allowing you to enjoy CD quality audio suitable for music or movie.

*The only smartphones or audio devices supporting aptX are available.

Smartphone compatibility list

Manufacturer	Model	OS Version	Bluetooth Version
Apple	iPhone® 4S	iOS 6/ 7	
	iPhone® 5, 5s, 5c		
	iPod Touch (4th and 5th Generation)		
LG	LG G2™		Bluetooth 3.0
	Google Nexus™ 5		
	LG G Flex™		
Samsung	Galaxy S® 4	Android Jelly Bean 4.3 or more	
	Galaxy S® 3		
	Galaxy Note® 2		
	Galaxy Note® 3		
	Galaxy round®		



Note

- The smartphone model compatible with the App can be added or changed depending on the phone manufacturer.
- "Made for iPod," "Made for iPhone," and "Made for iPad" mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, or iPad may affect wireless performance.

Specifications

Appearance	<p>Size (Main set) : 46.3 mm x 33.3 mm x 17 mm (1.83 x 1.31 x 0.67 inches)</p> <p>Weight: 44.7 g / 0.10 lbs (Main set: 18 g / 0.04 lbs, Ear set: 26.7 g / 0.06 lbs)</p> <p>Length of Ear set cable : 1 200 mm (47.25 inches)</p> <p>Display: LED</p>
General	<p>Device</p> <ul style="list-style-type: none"> MCU: 16 bit, DSC: 24 bit Memory: 2 Mbyte Nor Flash Sensor: Optical sensor, Triaxial acceleration Sensor Connectivity options: Bluetooth Supported devices: Android Phone, iPhone Operating Temperature: -15 ~ 45 °C / 5 ~ 113 °F
General	<p>Android / iOS Application</p> <ul style="list-style-type: none"> Android 4.3 or later(Jelly Bean, KitKat), iOS 6 or later Resolution(Android): 1920*1080, 1280*720, Resolution(iOS): 960*640, 1136*640
General	<p>Bluetooth</p> <ul style="list-style-type: none"> Bluetooth regulation: Bluetooth 3.0 RF Channel : Class 2 Range of frequency: 2.4 G ISN Band (2 402 - 2 480 Hz) Audio band : 20 - 20 000 Hz
Key Feature	<ul style="list-style-type: none"> Handfree, Listening to music (with highest sound quality using Apt X) Music playback control : Play, pause, previous song, next song, volume +/- Voice Guide about battery status (When turned on or battery checking) Workout : measuring time, consumed calory, distance, speed, and pace, heart rate and heart rate zone Voice Guide about workout : Workout start, end, time, consumed calory, distance, speed, and pace, heart rate, heart rate zone and goal achievement notification. Cardiovascular fitness (VO₂Max) measurement Support LG Fitness smartphone app (for Android phone and iPhone)
Water Resistance	<p>Sweat resistant</p>
Battery	<ul style="list-style-type: none"> Battery Charging Temperature: + 10 °C(+50 °F) ~ 45 °C (+113 °F) Capacity: Built-in Li-polymer Battery 200 mAh Battery life: Up to more than 4 hours when checking heart rate and playing music, and 250 hours in standby mode. Charging method: USB cable (full charging time: 3 hours)

- Design and specifications are subject to change without notice. Default app that come with the device are subject to updates and may no longer be supported without prior notice.

