

Navihood

A4

Armband Heart Rate Monitor

Quick User Guide



1. Button and Charging Port



1 Button

Short Press: Displays battery level (turns off after 3 seconds). Long Press: Power on. Long Press Again: Power off

2 LED Indicator

Battery Level: **Green** : 51-100% / **Yellow** : 21-50% / **Red** : 1-20%.

When powered on, the LED flashes, indicating it is waiting to connect to a Bluetooth device. Once successfully connected, the LED remains steady for 10 seconds before turning off. Short press the button to reactivate the LED, which will display the battery level.

5 Charging Port:

Please use the magnetic charging cable included in the package for charging. Input Specifications: DC 5V/0.5A

2. Instructions for Installation

1. Remove the heart rate monitor from the packaging and peel off the protective film covering the optical sensor.



2. Long press the power button to turn it on. Check if the LED lights up. If it doesn't, charge the device first.



3. Attach the armband to the transmitter according to the illustrated direction.



①. Thread the armband through the back of the transmitter.



②. Ensure the side with the Velcro faces outward while threading.

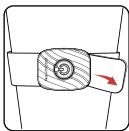
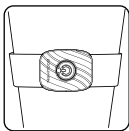


③. After passing the armband through the transmitter, adjust the strap length.



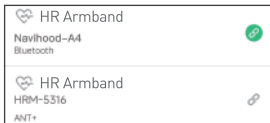
④. Threading it through the transmitter and adjusting the length.

4. Wear the armband on your arm and adjust its length until it fits snugly against your skin without causing discomfort.



3. Instructions for Use

1. The A4 supports both Bluetooth BLE 5.0 and ANT+ wireless modes. You can pair it with your desired app or cycling computer.



2. The Navihood App  can be downloaded from app stores for Android devices in China or from the iOS App Store.



3. After wearing the device, wait for approximately 2 seconds for the data to stabilize before starting your activity.



4. If the armband is not tightly secured against the skin, intense movement may cause inaccurate data readings.

5. Rain, excessive sweat, or dust may effect data accuracy. Please clean the device before use.

6. The fabric band is not suitable for chemical cleaning; rinse gently with water instead.

7. Compared to chest-belt heart rate monitors, the optical detector may have a slightly slower response time.

8. If the device will not be used for an long period, press and hold the power button to completely turn off the power to conserve energy.

4. Specifications

Product Name: A4 Armband Heart Rate Monitor

Wireless Standards: Bluetooth BLE 5.0 / ANT+,
2.4GHz

Transmitter Weight: 15g

Band Dimensions: 350*25*2mm

(Length*Width*Thickness)

Battery Specifications: DC 3.8V/200mAh,
90-hour battery life

Charging Specifications: DC 5V/0.5A

Operating Temperature Range: -20°C to +60°C

Water Resistant: IPX6

5. Help and after-sales service

- ▶ "More → Help Center" in the APP or "Contact Us" on the official website
- ▶ After-sales email: service@meilankj.com
- ▶ Phone: +86 0755 23159119
- ▶ Working hours: Monday to Friday,
09:00-17:00 China time

Navihood



Instagram



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