

IQNITER

Heart rate training is the most effective way towards your training goals because you are training according to your own level. IQNITER helps you train with exactly the intensity you need to move as quickly as possible while minimizing the risk of overuse injuries.



IQNITER

For further instructions, knowledge on heart rate training and troubleshooting visit www.iqniter.com

We shall not bear any legal responsibility for any direct or indirect, accidental or special damages, losses and expenses arising from or in connection with this manual or the contained product.

IQNITER

GETTING STARTED

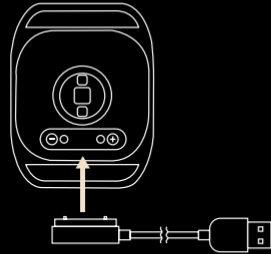
Get social: #iqniter



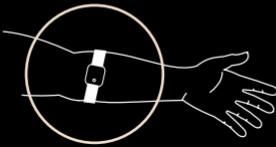
IQNITER



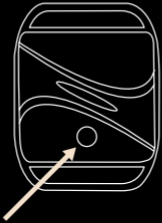
Download the
IQNITER app in App
Store or Google Play



Charge the battery
until the LED light
remains green



Place the belt
on your arm directly
on your skin



Press the button to
connect or turn-off
the armband



Heart rate indicator

Color	Range HR-max
Blue	< 60%
Green	61-70%
Yellow	71-80%
Purple	91-90%
Red	> 91%

GET STARTED!

Regular exercise **twice a week** leads to increased health and a longer life according to science, and we wish to help you getting started.
Tick the box for each workout done and enjoy your progress towards a healthy lifestyle.

