



OWNER'S MANUAL

LG Heart Rate Earphones

Please read this manual carefully before operating your set.

Model : FR74

www.lg.com

HIMPP 1021

Safety Information

Safety instructions are divided into Warning and Attention:

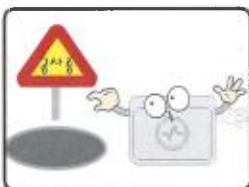
⚠: Please follow the safety instructions closely to reduce the risk of accidents or damage to equipment.

⚠ **Warning** : Not following the instruction may result in death or serious injury.

⚠ **Caution** : Not following the instruction may result in a light accident or damage.

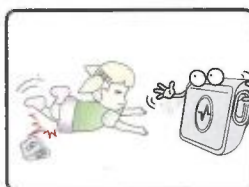


Warning



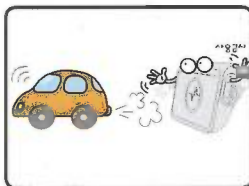
Be sure whether there is any obstacle when using the device.

- There is a danger of accident.



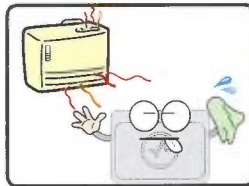
Do not place the device near the children.

- Children may hurt by stepping accessories



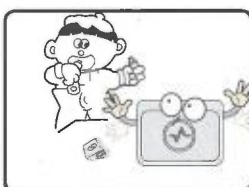
Do not check your device while driving.

- Check the device in safe place for your safety.



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

- 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.

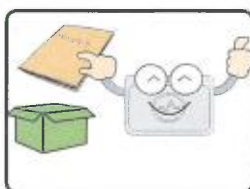


Disconnect the AC adapter and the cable in case of a lightning or thunder.

- Otherwise, an electric shock may occur.



Caution



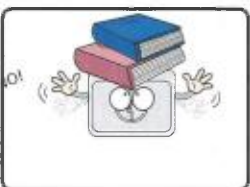
Read the web manual and quick guide offered in the box before using the device.

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



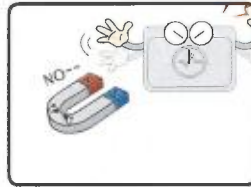
Do not soak the product in the water.

- 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 the medical appliance, because it may cause electromagnetic interference.

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.



Maintenance

Cleaning the device

- Clean the device with soft and dried cloth.
- Do not use the strong chemicals included alcohol such as the benzene, thinner, FLUX, oil.

Handling the device

- Manage the device as carefully as possible not to expose to the water because this device is not designed to be used underwater or come into continuous contact with water.
- In case that flooding label is discolored, free repair may not be offered when visiting our service center because of product failure.

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LG Heart Rate Earphones is your friend

- LG Heart Rate Earphone
- LG Heart Rate Earphone
- LG Heart Rate Earphone
- LG Heart Rate Earphone
- LG Heart Rate Earphone

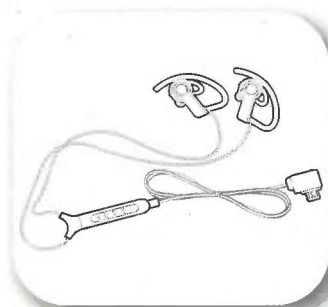
2

Starting the LG Heart Rate Earphones

Contents in the package



Main set



Ear set



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



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



A set of Peg



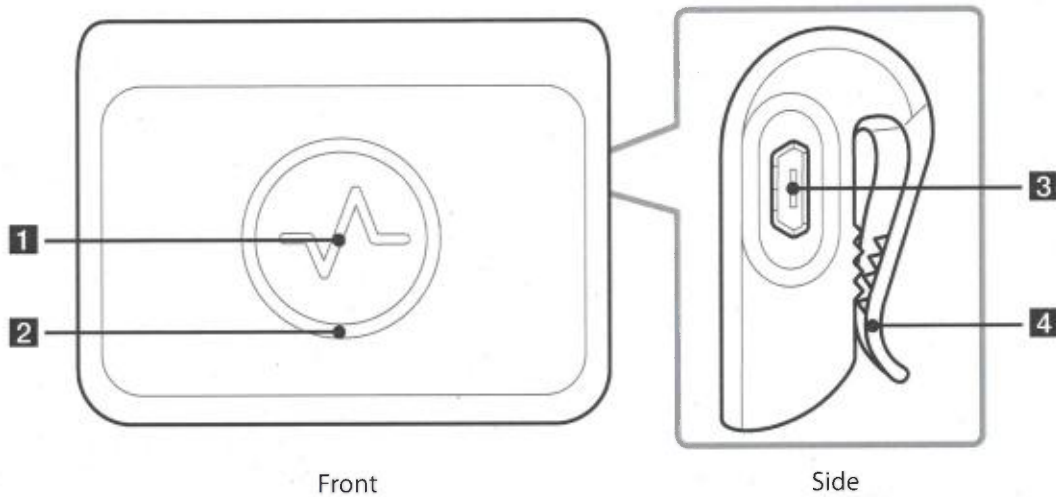
USB cable



Quick setup guide/
Warranty card

Product Overview

Main set



1 Menu button:

- LG Heart Rate Earphone
- LG Heart Rate Earphone
- LG Heart Rate Earphone

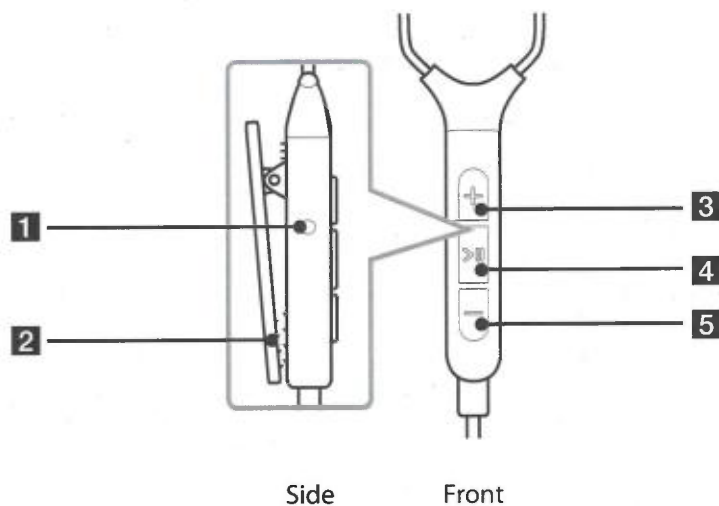
2 LED : LG Heart Rate Earphone

3 Ear set jack/ USB port:

LG Heart Rate Earphone.

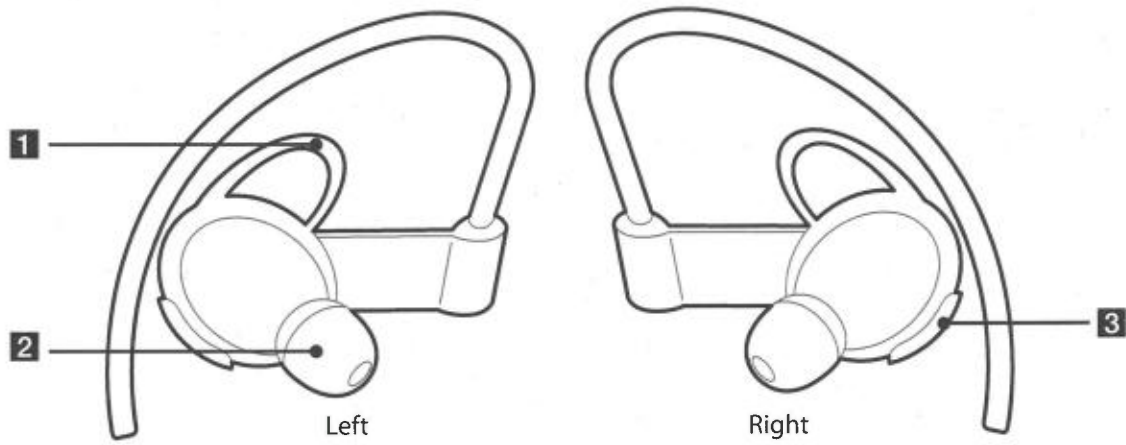
4 Clip : LG Heart Rate Earphone

Remote



- 1** MIC
- 2** Clip : LG Heart Rate Earphone
- 3** button:
 - LG Heart Rate Earphone
 - LG Heart Rate Earphone
- 4** button:
 - LG Heart Rate Earphone
 - LG Heart Rate Earphone
 - LG Heart Rate Earphone
- 5** button:
 - LG Heart Rate Earphone
 - LG Heart Rate Earphone

Ear set



1 Shark Fin : LG Heart Rate Earphone

2 Ear tip : LG Heart Rate Earphone

3 Sensor : LG Heart Rate Earphone

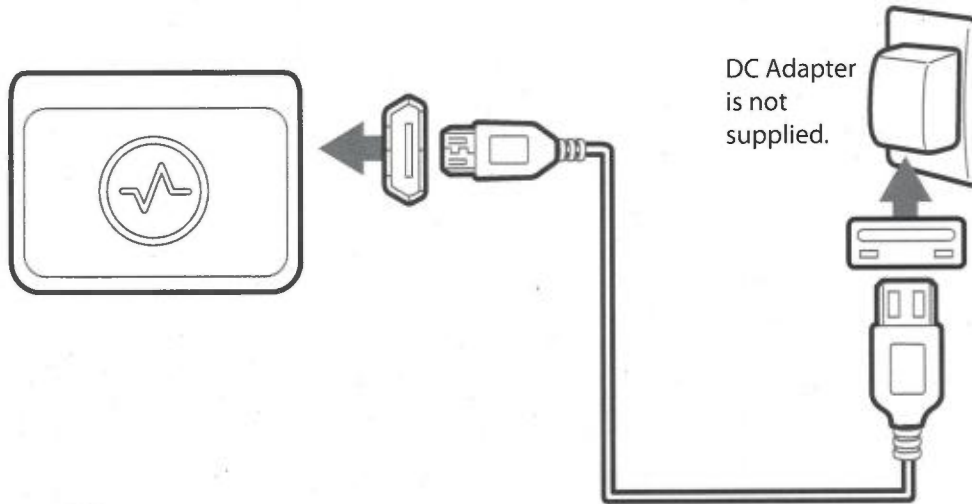
2

Starting the LG Heart Rate Earphones

Charging battery

Using the USB cable

You can charge LG Heart Rate Earphones using the USB cable.
Connect USB cable to LG Heart Rate Earphones for charging.



! Note

- Fully charge the device before using for the first time.
- To use LG Lifeband Touch for the first time or after leaving for long, charge the battery first before use.
- When the battery is completely empty, It takes 3 hours to fully charge battery.
- LED lights on red while charging. LED lights off when charged.
- To charge this product, you must always use a DC 5V, 200mA or more. Certified /Listed Adapter which complies with LPS.

Checking battery status

1. LG Heart Rate Earphone
2. LG Heart Rate Earphone

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

Checking charging battery status

LG Heart Rate Earphone

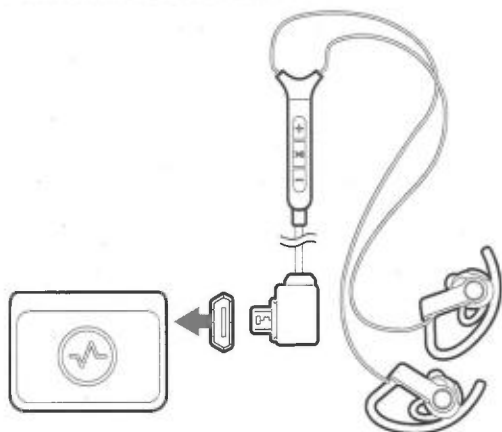
Battery Status	LED indicator	Battery Status	LED indicator
Charging	 Red / Turned on.	Charged	LED off.

! Note

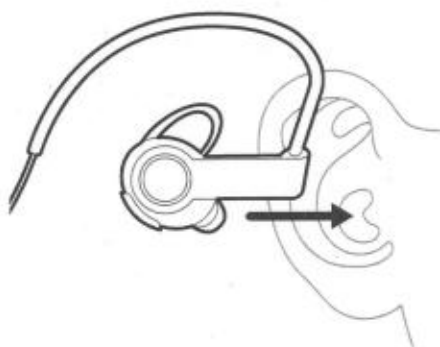
- If the smartphone is not connected, the battery power can last for up to 5 days, if connected, 2 days. It takes 3 hours to charge fully.
- When the battery is low, LED indicator blinks. Charging the battery is needed.
- When the battery is empty, the LG Heart Rate Earphones is turn off automatically.
- To use LG Heart Rate Earphones for the first time or after leaving for long, charge the battery first before use.
- If you use USB HUB, the battery may not be charged.
- Using in -15 °C ~ 45 °C is recommended. The battery capacity may decrease if you use in too high or low temperature.

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.



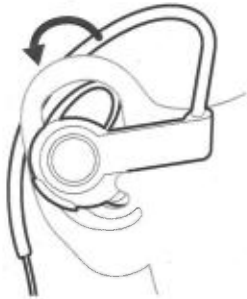
3. Make the sensor pressed against your ear as shown illustrated.



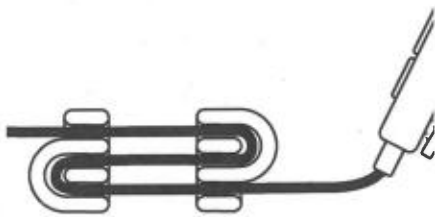
4. Fasten the Shark Fin part to inside of ear as shown illustrated.



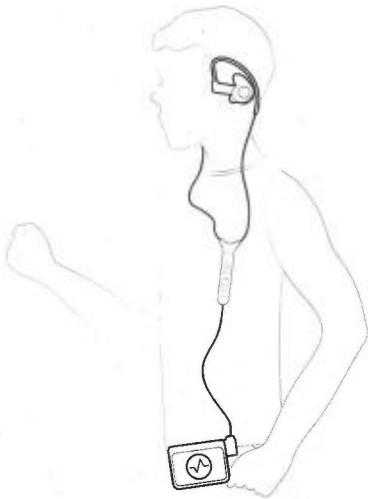
5. Secure the ear set back over the ear as shown in the illustration.



6. Adjust the length of the line of the Ear set using the Peg as shown illustrated.



7. LG Heart Rate Earphone



! Note

When you wear the Ear set incorrectly, it can affect measurement accuracy.

General Operating the LG Heart Rate Earphones

Turn on

1. Press Menu button on the LG Heart Rate Earphones for a second to turn on the power.
2. [LG Heart Rate Earphone](#)



Turn off

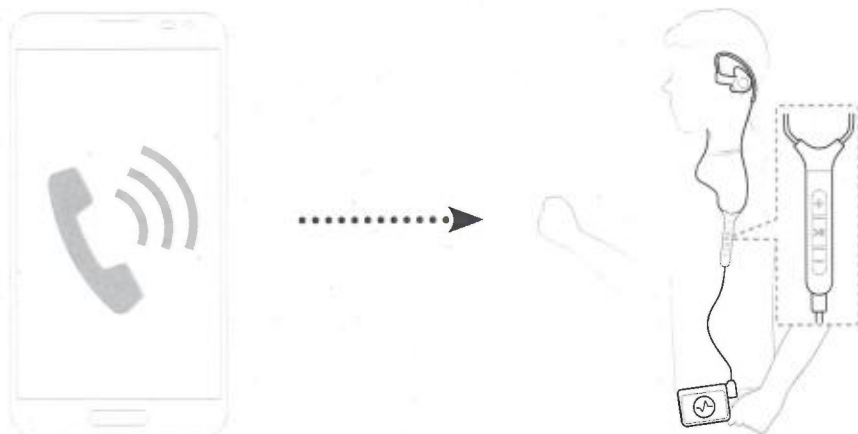
1. Press Menu button on the LG Heart Rate Earphones for about 5 seconds to turn on the power.
2. [LG Heart Rate Earphone](#)



Handsfree

LG Heart Rate Earphone

Before using this function, pair the LG Heart Rate Earphones with your smartphone.



- Receiving a call: Press >> button on the Remote part to accept an incoming call.
- Ending a call: Press >> button to end a call.
- Rejecting a call: Press and hold for about a second >> button to ignore an incoming call.

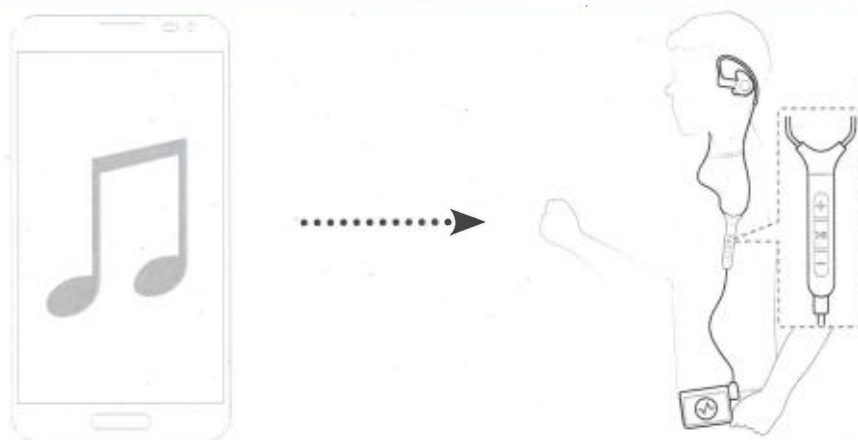
! Note

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

Control Music

LG Heart Rate Earphones

Before using this function, pair the LG Heart Rate Earphones with your smartphone.



- Play/ Pause : >> LG Heart Rate Earphone >>
- Skip to next/ previous song : + LG Heart Rate Earphone = .
- Volume Up or Down : + / = LG Heart Rate Earphone.

Note

- You can use Music control function without installing the LG Fitness app.
- [LG Heart Rate Earphone](#).

LED Indications and Voice Information

Power	LED indicator	Voice information
On	 Blue / Blinks once.	Sound Signal
Off	 Red / Blinks twice.	Sound Signal

Performance	LED indicator	Voice information
Ready to pair	 Violet / Blinks.	Ready to pair
Paired	 Violet / Blinks once.	"Beep"
On Pairing	 Violet / Blinks every 30 seconds.	-
LG Heart Rate Earphone	 Violet / Blinks once.	"Out of range. Trying to Connect"

Device registration and sign up

Step 1 Installing the LG Fitness app

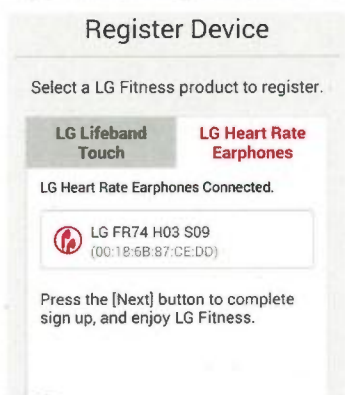
1. Search for "LG Fitness" in Play Store (Android phone) or App Store (iPhone).
2. Install "LGFitness" app.

Step 2 Device registration

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



4. Selects [LG Heart Rate Earphones] tab on [Register Device] screen. And select [Search].
5. Device list appears on the Setting screen of smartphone.
Search for 'LG Heart Rate Earphones' and select it on the smartphone.
6. When the pairing is completed, "beep~" sound is heard. And [LG Heart Rate Earphones connected.] appears on Register Device screen.



Note

- Keep the distance less than 30 ft. between the LG Heart Rate Earphones and Smartphone!
- To measure the amount of your workout with this device, the device should be connected to LG Fitness app.
- The way of Bluetooth setting may differ depending on the smartphone manufacturer.

Step 3 Sign Up

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

1. Enter the e mail ID and password to use.
2. Read the access terms and the privacy policy information, and select "agree".
3. Enter your gender, birthday, height and weight.

Connecting Bluetooth manually

LG Heart Rate Earphone

1. > LG Heart Rate Earphone
2. "Ready to pair" LG Heart Rate Earphone
3. LG Heart Rate Earphone

Reconnecting Bluetooth

- While running the app, turn off the LG Heart Rate Earphones by pressing and holding the menu button for 5 seconds. A red LED shows when you turn off device. And turn on the LG Heart Rate Earphones by pressing and holding for about a second, 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. And Bluetooth is connected manually.

LG Fitness

- LG Heart Rate Earphone
- LG Heart Rate Earphone

Home menu

You can check your activity ,workout record and total record measured by all of LG Fitness products.



- 1 < > Searchig for date: Shows previous activity records.
- 2 Connection condition: Shows current device connection condition and connected device's battery status.
- 3 + Allows to register and use another connectable device.
- 4 최고 기록 : Shows listed My Best Record by analyzing Best work out calories burned, time, speed, pace and distance.
- 5 Music selection: Selects music to play.

! Note

You can control the music playback in the connected smartphone with LG Heart Rate Earphones. Refer to the description about music playback control mode. (Refer to page 30.)

- LG Heart Rate Earphone
LG Heart Rate Earphone
- LG Heart Rate Earphone
LG Heart Rate Earphone



Heart Rate

LG Heart Rate Earphone

My HR Max

Using maximal heart rate, LG heart rate earphones analyze the effectiveness of your workout relative to your workout goal. You can calculate max. heart rate using LG Fitness App calculation, or can manually input the measurement.

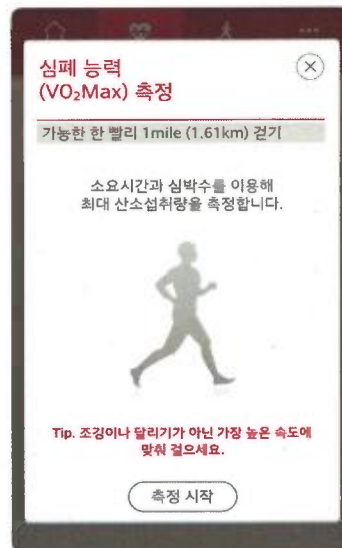
1. Go to [HEART RATE] menu on the LG Fitness app. And select [Tap to change] in [My HR Max].
2. Enter your maximum heart rate that was recently measured.




The screenshot shows the '최대 심박 수 입력' (Enter Max Heart Rate) screen. It has a title bar with a close button. Below the title, it says '최대운동부하테스트로 심박수를 측정하셨거나 최대 심박수를 알고 있으시면 입력해 주세요.' (If you have measured your heart rate with a maximum exercise test or if you know your maximum heart rate, please enter it). There is a numeric keypad with '184' entered. Below the keypad are '완료' (Done) and '취소' (Cancel) buttons. The date '2013년 12월 20일, 금요일' is at the top.

VO₂Max

1. Go to [HEART RATE] menu on the LG Fitness app. And select [Measure] in [VO₂Max].
2. Selects [Measure] on the [Measure cardiovascular fitness] screen. When the measurement is completed, the measured cardiovascular fitness record is displayed.

The screenshot shows the '심폐 능력 (VO₂Max) 측정' (Measure VO₂Max) screen. It has a title bar with a close button. Below the title, it says '가능한 한 빨리 1mile (1.61km) 걷기' (Walk 1 mile (1.61km) as fast as possible). There is a silhouette of a person running. Below the silhouette, it says '소요시간과 심박수를 이용해 최대 산소섭취량을 측정합니다.' (Measure maximum oxygen consumption using time and heart rate). There is a '측정 시작' (Start Measurement) button. The date '2013년 12월 20일, 금요일' is at the top.

LG Heart Rate Earphone

LG Heart Rate Earphone



Writing workout record manually

If you want to write your workout such as swimming or golf, use [Writing manually]. Using LG fitness app, you can manage the workout not to be measured. If you enter the workout, corresponding consumed calories are reflected.



Note

The total consumed calories or goal achievement rate in LG Lifeband Touch may be differ from those of the app because the figures you entered on the app is not reflected in LG Heart Rate Earphones.

Modification of the workout record entered manually

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



Workout list

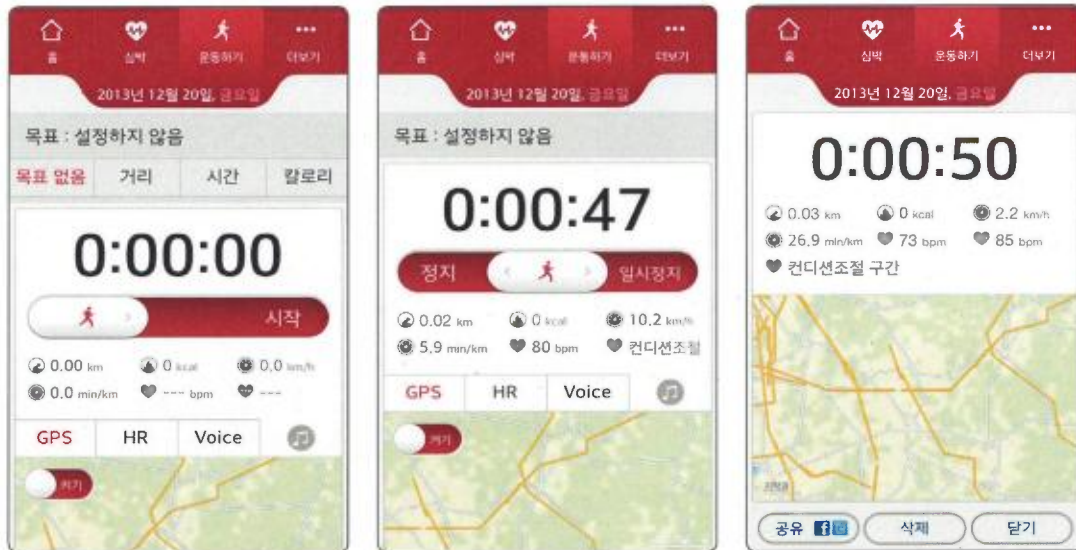
LG Heart Rate Earphone



Workout

You can check your real time workout information and workout route, and change the music. Also you can mark your workout route with various color depending on the exercise intensity.

1. Drag the slide bar into [Start]. The workout is started with the countdown.
To check your workout route, turn on the GPS on your smartphone.
For rhythmic workout, play the music.
2. To Stop or Pause your workout, move the slide bar into desired direction.

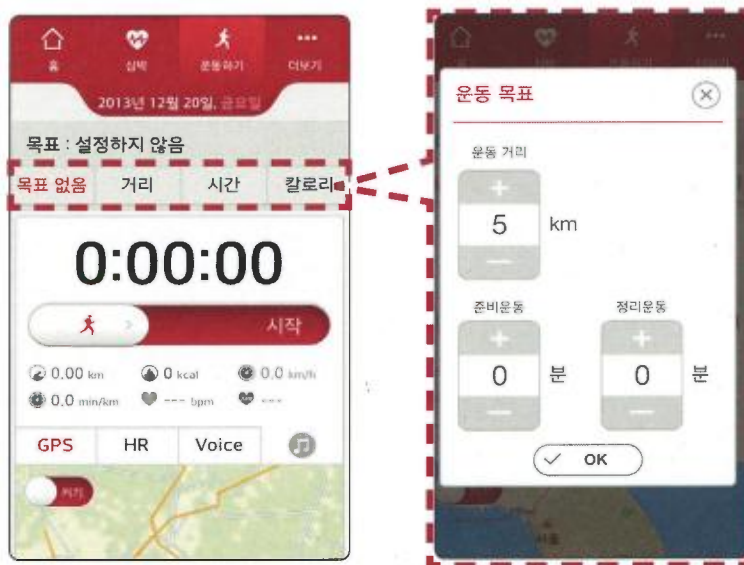


5

Using the LG Heart Rate Earphones App

Setting the Workout Goal

You can set Workout Goal before Workout.



- LG Heart Rate Earphone :
- LG Heart Rate Earphone :
- LG Heart Rate Earphone :
- LG Heart Rate Earphone :

 LG Heart Rate Earphone :

LG Heart Rate Earphone : [HR]



 Note

LG Heart Rate Earphone :(26)

***LG Heart Rate Earphone :

100 %LG Heart Rate Earphone :

Heart rate measurement status	Descriptions	LED indicator
Ready to measure	LG Heart Rate Earphone ..	 White / Blinks.
(50-60 %) -1	LG Heart Rate Earphone :	 Gray / Blinks.
(60-70 %) -2	LG Heart Rate Earphone :	 Blue / Blinks.
(70-80 %) -3	LG Heart Rate Earphone :	 Green / Blinks.
(80-90 %) -4	LG Heart Rate Earphone :	 Yellow / Blinks.
(90-100 %) -5	LG Heart Rate Earphone :	 Red / Blinks.

 Voice

[Voice]LG Heart Rate Earphone



Note

iOS7LG Heart Rate Earphone

Listening music

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



2. It links to music folder on the mobile device.
3. Select a music, you want to play.

Note

Refer to the description about "Control Music". (Refer to page 15).

More

User Profile

Log out, withdrawal the service, or change of the password or your birthday is available. Also you can reset the system of measurement and body measurement information



Weight and BMI

BMI(Body Mass Index) is calculated based on the weight and height you entered. If there are variables on your body size, touch [Measurement] and enter the new figure to update your body measurement information. It shows BMI update history as a whole.



***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 (m²). It is an important medical index for determining if he/ she is underweight, normal weight, overweight, or obesity. It indicates risk of obesity-related diseases

(Refer to the table below.)

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

Language Setting

Set the voice language displayed on LG Lifeband Touch.



Connecting

You can register fitness devices other than LG Heart Rate Earphones and check the connection condition. Select desired device and the screen for connection, disconnection or addition of the device is displayed.



- 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.

LG Fitness Help

You can read LG Fitness app's explanation of product. It offers simple explain about handling to use LG Heart Rate Earphones.



LG Heart Rate Earphone

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



LG Heart Rate Earphone

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



 Version Information

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



Frequently Asked Question (FAQ)

Q: I would like to know the general instructions for using LG Heart Rate Earphones.

A: 1) Check the product components.
2) Search for LG Fitness on Play store(Android) or App store(iphone) and install it.
3) Register the LG Lifeband Touch in LG Fitness app and sign up.
4) Wear LG Lifeband Touch and measure your activity or 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 service does not share customer's data with a third party or person. But, about the only service or person you have selected, related information can be shared with the selected third party or person such as a fitness service or SNS service.

Q: For how long should I charge the battery?

A: It takes 3 hours to charge the battery. You can charge using USB connecting gender.
During charging, charging message is displayed. If the smartphone is not connected, the battery power can last for up to 5 days, if connected, 2 days.
The lack of the battery message appears when charging is needed..

Q: What does the LG Fitness app do?

A: You can check and analyse the hourly pattern or proportion of your activity and workout, and share it on SNS. You can modify your daily goal, and record manually your unmeasured workout. You can modify the setting of your device.

Q: How can I check the measurements for yesterday?

A: If you synchronize your data using smartphone app, you can not check already synchronized data on your smartphone app.

Q: How can I use Bluetooth transfer?

A: Before registering your device, install LG Fitness app on your smartphone.
The data transfers automatically between the devices connected via Bluetooth.

Q: How can I charge the battery?

A: You can charge directly by connecting the USB gender. During charging, charging message is displayed. If the smartphone is not connected, the battery power can last for up to 5 days, if connected, 2 days.

Q: Limited warranty, return, and exchange policy.

A: Please refer to the quality certificate provided.

Android phone compatibility list

Manufacturer	Model	OS Version	Bluetooth Version
iPhone	iPhone 4S	iOS 6/ 7	Bluetooth 3.0
	iPhone 5, 5s, 5c		
	iPod Touch		
LG	LG G2	Android Jelly Bean 4.3 or more	
	LG Nexus5		
	LG Flex		
Samsung	Galaxy S4		
	Galaxy S3		
	Galaxy Note2		
	Galaxy Note3		
	Galaxy round		

Specification

Appearance	Size :	
	Weight: g	
	Display: LED	
General	Device	MCU: 16 bit 8 MIPS
		Memory: 4 Mbyte NOR Flash
		Sensor: Heart Rate sensor, vibration sensor, Height sensor, Hall sensor
		Connectivity options: Bluetooth, micro USB
		Supported devices: Android Phone, iPhone
		Operating Temperature: -10 - 40°C
	Android / iOS Application	Android 4.3 or later(Jelly Bean), iOS 6 or later
		Resolution(Android): 1280*720, 800*480, Resolution(iOS): 960*640, 1136*640
	Bluetooth	Modulation : GFSK, DQPSK, 8-DPSK
		RF Channel : 79
		Range of frequency: 2.402 GHz ~ 2.480 GHz
Key Feature	Handsfree, Listen Music (Apt X)	
	Music Control: Play, Pause, Forward,	
	Workout: Time, Calories, Distance, Number of steps, Speed, Pace, Heart Rate(when pair with Heart rate measurement device)	
	Music Control: Play, Pause, Forward, Backward, Voulme +/-	
	Support LG Fitness smartphone app (for Android phone and iPhone)	
Water resistance	Living Waterproof (Available for running, exercise and working in the rain)	
Battery	Battery Charging Temperature: + 10°C(+50F) - 45°C(+113F)	
	Capacity: Built-in Li-polymer Battery 90 mAh	
	Battery life: 2 days or more (when device is connected with smartphone), 5 days or more (when device is not connected with smartphone)	
	Charging method: USB cable (full charging time: 3 hours)	

- Design and specifications are subject to change without notice.
- To charge this product, you must always use a DC 5V, 200mA or more. Certified /Listed Adapter which complies with LPS.

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.

FCC Information

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 interface, 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 CLASS B digital device, pursuant to Part 15 of FCC Rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. 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 correct the interference by one or more of the following measures:

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

WARNING

Changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.

"CAUTION : Exposure to Radio Frequency Radiation.

Antenna shall be mounted in such a manner to minimize the potential for human contact during normal operation. The antenna should not be contacted during operation to avoid the possibility of exceeding the FCC radio frequency exposure limit.

"ATTENTION: L'exposition aux rayonnements à fréquence radioélectrique.

Antenne doit être montée de telle manière à minimiser le risque de contact humain pendant l'utilisation normale. L'antenne ne doit pas être contacté pendant le fonctionnement pour éviter la possibilité de dépasser la limite de l'exposition aux fréquences radio de la FCC.

IC Information

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to The following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence(s), Son utilisation est soumise à Les deux conditions suivantes: (1) cet appareil ne peut pas provoquer d'interférences et (2) cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif.

