

ALA COACH+

Heart Rate	126 bpm	AVG HR	110 bpm
		MAX HR	135 bpm
Duration	0:30:00		
Distance	17.7 Mile	Speed	26.3
PACE	00:04 min/mi	Cadence	
Steps	0		

Heart Rate Strap CS011

Foot Pod GS002BLE

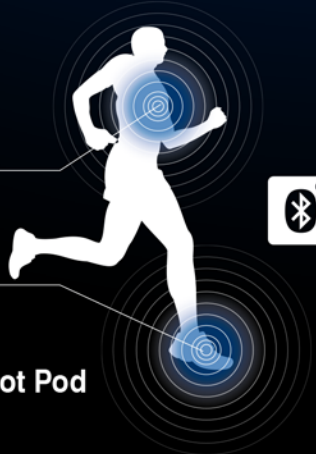
Running watch Runaid 10

ALA COACH+ App

Available on the App Store

ANDROID APP ON Google play

Heart Rate Strap



Foot Pod

Smart Mobile Device



Treadmill



Watch



Running Watch Runaid 10



Application cross reference table:

	Application	Exercise readings						Recording method		
		Heartbeat	Calories	Distance	Speed	Pace	Cadence	Track	Diagram	Summary
Exercise together with your smartphone		●	●	● Mobile phone GPS	● Mobile phone GPS			● Mobile phone GPS	●	●
				●	●	●	●	● Mobile phone GPS	●	●
		●	●	●	●	●	●	● Mobile phone GPS	●	●
Use with sensor alone		●	●							● BRW
				●	●	●	●			● BRW
		●	●	●	●	●	●			● BRW

Specifications

- Product: Runaid 10 Bluetooth Running Watch
- Model: FB006
- Operation temperature: -5°C to 50°C (23°F to 122°F)
- Timing accuracy: (At 25°C/ 77°F operation environment) ±1 second/day
- Water proof grade: 5 ATM
- Battery type: CR2032
- Battery life: Around one year on average (on the basis of exercise seven days per week and one hour per day)
- Battery low indicator
- Backlight: EL
- Transmission technology: Bluetooth 4.0 (Bluetooth® Smart)
- Receiving transmission distance: around 10 meters (line of sight)
- Compatible accessories:
 - ALATECH Bluetooth 4.0 Heart Rate Strap (Optional)
 - ALATECH Bluetooth 4.0 Foot Pod (Optional)
- Dimension: L45.5×W46.2×D13.6mm
- Weight: 51g
- Material employed: ABS case and PU band

Accessories

Heart Rate Strap CS011



- Product: BLE Heart Rate Strap
- Size : L62 × W38 × D12.5mm
- Weight : 16.2g
- Water resistant : IPX7
- Transmission technology : Bluetooth 4.0 (Bluetooth® Smart)
- Transmission Distance : 2M
- HRM Module housing material : RoHs compliant polymer
- HRM Strap material : Elastic Textile
- Battery model : CR2032
- Battery life : 800 hours on average

Foot Pod GS002BLE



- Product: Bluetooth Foot Pod
- Weight : 7.5 g (Host computer + Battery)
- Water resistant : IPX7
- Transmission technology: Bluetooth 4.0 (Bluetooth® Smart)
- Transmission Distance : 2M
- Battery model : CR2032
- Battery life (220 mAh) : Approx. 210 days (1hr/day)

Support Device:

Compatible with iPhone 4S and later, and with selected Android devices using Android 4.4 or later and support Bluetooth 4.0.

ALA COACH+ App

ALA Coach+ app is free download in the Apple App store, Google Play and compatible with many Bluetooth® Smart (BLE 4.0) sensors and fitness devices. ALA Coach+ app supported mobile devices with Bluetooth 4.0 .

