



Strap and Pod Maintenance Guide

Pod Maintenance

Always detach the pod from the strap after each use.

Clean the pod with a slightly damp washcloth or gym wipe

Make sure to clean any sweat residue off of the metal electrodes on the back of the pod

Allow the pod to dry completely before using again

Strap Maintenance

Hand wash the strap gently, using cold to lukewarm water and antibacterial soap.

a. DO NOT wash the strap in the washing machine or dishwasher.

b. DO NOT leave a strap submerged in water for more than one minute.

Rinse the strap completely and hang to dry.

How to WEAR It

Strap must be in direct contact with skin

Pod must be placed on the sternum and ACCURO logo should be right-side up

How to NOT Break it

DO NOT submerge pod in water

DO NOT use any unapproved cleaner on pod and / or strap

DO NOT leave strap to "soak" in water for longer than one minute

Strap must be in direct contact with skin

Pod must be placed on the sternum and logo on pod should be right-side up

Battery Life

Remove pod from strap after every training workout / routine

If using pod to connect to a fitness app on iOS or Android to track real-time updates, please be sure to end session on the app to disconnect the communication between the pod and the app.

Replacing Your Battery

Using a coin, twist counter clockwise to open the battery cover. Remove the battery cover and set aside. Remove the old battery and insert the new battery with the plus (+) side facing up. Install the battery cover back into place by twisting it clockwise until it is firmly in place.