

**SCOSCHE****RHYTHM**  
**RTHM17/RTHM19**

## **PERFORMANCE HEART RATE MONITOR AND BIOMETRIC SENSOR**

### **USER MANUAL**

#### **!!WARNING!!**

This is not a medical device and is intended for training and recreational use only. Consult a physician prior to use to determine appropriate heart rate zones.

#### **NOTICE**

**RHYTHM** Heart Rate Monitors are waterproof to IEC Standard 60529 IP67. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit.

### **PRELIMINARY**

#### **Care Instructions**

- To ensure accurate readings, clean the sensor lens with a soft cloth.
- Use a soft cloth with **ONLY** mild hand soap and cool water to wipe down the armband, sensors and plastic housing.
- Use a cotton swab and **ONLY** rubbing alcohol to clean the charging contacts.
- Do not use any abrasive chemicals to clean the **RHYTHM** Armband, sensors or plastic housing. This will cause permanent damage.

#### **About PerformTek**

PerformTek sensor technology continuously measures more real-time biometric and physiological data than any other fitness monitor with a high degree of accuracy and consistency, and uses that data to give people meaningful health and fitness assessments. It seamlessly integrates into audio earbuds and other wearable devices, such as armbands and wristbands, and connects with smartphone apps people are already using while exercising. PerformTek Precision Biometrics is a licensable sensor technology that allows you to capture accurate data such as heart rate, distance, speed, cadence, calories burned and VO2 max (aerobic fitness level).

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### **IMPORTANT!**

**DO NOT RETURN PRODUCT TO THE RETAILER**  
**IF YOU NEED ASSISTANCE OR REPLACEMENT PARTS**  
**CALL US TOLL FREE: 1-800-621-3695 X3**  
**HOURS MON-FRI 8AM-5:30PM (PST) SATURDAY 8AM-2PM (PST)**

# Scosche Rhythm User Manual

**Michael Rajnik**



## **Scosche Rhythm User Manual:**

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