

**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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Scosche Rhythm User Guide

Iona College. Computing Center

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Scosche Rhythm User Guide:

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Table of Contents Scosche Rhythm User Guide

1. Understanding the eBook Scosche Rhythm User Guide
 - The Rise of Digital Reading Scosche Rhythm User Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Scosche Rhythm User Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Scosche Rhythm User Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Scosche Rhythm User Guide
 - Personalized Recommendations
 - Scosche Rhythm User Guide User Reviews and Ratings
 - Scosche Rhythm User Guide and Bestseller Lists
5. Accessing Scosche Rhythm User Guide Free and Paid eBooks
 - Scosche Rhythm User Guide Public Domain eBooks
 - Scosche Rhythm User Guide eBook Subscription Services
 - Scosche Rhythm User Guide Budget-Friendly Options
6. Navigating Scosche Rhythm User Guide eBook Formats

- ePub, PDF, MOBI, and More
- Scosche Rhythm User Guide Compatibility with Devices
- Scosche Rhythm User Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Scosche Rhythm User Guide
 - Highlighting and Note-Taking Scosche Rhythm User Guide
 - Interactive Elements Scosche Rhythm User Guide
- 8. Staying Engaged with Scosche Rhythm User Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Scosche Rhythm User Guide
- 9. Balancing eBooks and Physical Books Scosche Rhythm User Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Scosche Rhythm User Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Scosche Rhythm User Guide
 - Setting Reading Goals Scosche Rhythm User Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Scosche Rhythm User Guide
 - Fact-Checking eBook Content of Scosche Rhythm User Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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