

Helio Strap Pro User Manual

Connect and pair

Download and install the Zepp App:

Scan the QR code in the instruction manual with your mobile phone, download and install the Zepp App. For a better experience, please upgrade the App to the latest version as prompted.

Note: The mobile system requires Android 7.0 or iOS 14.0 and above.

Pair Helio Strap Pro with the Zepp App

Helio Strap Pro includes two devices: Helio Core Motion HR and Helio Core Motion. Please pair both devices one by one through the Zepp app.

Helio Core Motion HR:

1. Put the device on the charger and plug the charger in.
2. In the Zepp app on your phone, tap [Devices] → [Add] → [Add Device] → [Workout Sensor] → [Helio Core Motion HR], then follow the instructions to complete pairing. You can also pair the device through [Band] → [THE BAND HAS NO SCREEN].

Helio Core Motion Waist:

1. Put the device on the charger and plug the charger in.
2. In the Zepp app on your phone, tap [Devices] → [Add] → [Add Device] → [Workout Sensor] → [Helio Core Motion Waist], then follow the instructions to complete pairing.

Device system update

1. Keep the device connected to your phone, open the Zepp App > Device > Helio Core Motion HR / Helio Core Motion Waist > Update, to check or update the device system.
2. It is recommended to click "Update now" when the device receives a system update push.

Wear the device

Helio Core Motion HR:

1. Wear the device neither too tight nor too loose to allow your skin to breathe. This will keep you comfortable and allow the sensors to work properly.
2. Wear the device correctly and do not wear it on the wrist joint. Affected by external factors (such as hanging arms, shaking arms, thick arm hair, tattoos, etc.), the measurement results may be inaccurate or no measurement value may appear.
3. It is recommended to tighten the strap during exercise and loosen it appropriately after exercise.

Helio Core Motion Waist:

Helio Core Motion Waist should be worn at the center of the waist.

Feature Instructions

Wear an Amazfit watch together with Helio Core Motion HR and Helio Core Motion Waist to enable training performance analysis.

1. First, make sure your Amazfit watch, Helio Core Motion HR, and Helio Core Motion have all been paired with the Zepp app on your phone.
2. Then, on your Amazfit watch, go to [Settings] → [Workout Accessories] and add Helio Core Motion HR and Helio Core Motion one by one.
3. Before starting the HYROX Race or HYROX Simulation workout mode on your Amazfit watch, please make sure Helio Core Motion HR and Helio Core Motion are worn correctly. Helio Core Motion HR can be worn on either the wrist or upper arm and is mainly used for accurate heart rate monitoring. Helio Core Motion should be worn at the center of the waist.

(Note: Currently, only Balance 3 and Balance Ultra watches are supported.)

4. After wearing Helio Core Motion HR and Helio Core Motion correctly, start the HYROX Race or HYROX Simulation workout mode on your Amazfit watch. The watch will attempt to connect to Helio Core Motion HR and Helio Core Motion. Once connected successfully, please follow the instructions on the watch to complete device calibration.
5. After calibration is completed, the watch, Helio Core Motion HR, and Helio Core Motion will work together to perform workout tracking and training performance analysis. During the workout, please do not move the position of Helio Core Motion, as this may affect data accuracy.

6. After ending the workout on the watch, you can view the workout record in the Zepp app on your phone, including duration, heart rate, HYROX split statistics, cardio exertion and muscle exertion evaluation, as well as training performance analysis and recommendations for each HYROX station.

Basic operations

1. Cancel alarm vibration

If an alarm is set, the device will vibrate continuously at the corresponding time point. Tap the device continuously to stop the vibration (Alarm just for Helio Core Motion HR) .

2. Device Restart

If the device fails to connect or synchronize data properly, power on the charger and repeat the following steps 5 times within 10 seconds: Place the device on the charger and remove it immediately after the LED lights up.

Notifications and Reminders

Device vibration reminder

Scene	Vibration reminder
Power On	The device will give a short vibration alert after powering on.
Power Off	The device will give a long vibration alert after powering off.
Device Paired Successfully	During the pairing process, a short vibration alert will be given when the device is successfully paired.
Device Pairing Failed	During the pairing process, a short vibration alert will be given if pairing fails.
Low Battery Alert	The device will give a short vibration alert when the remaining battery drops below 20%, 10%, or 5%.
Alarm	After setting the alarm clock, the device will vibrate continuously for 60 seconds at the corresponding time point

Find device	When you click "Find Device" on the Zepp App, the device will vibrate continuously for 60 seconds
System Upgrade	During the system upgrade process, when the upgrade is completed or fails, the device will vibrate briefly to remind you

Device LED light reminder

Scene	LED light reminder
Power On	After powering on, the device will flash a red light.
Charge	During charging, the device will flash according to the remaining battery level. • When the remaining power is less than 20%, the red light flashes • When the remaining power is between 20% and 80%, the blue light will flash. • When the remaining power is between 80% and 100%, the green light will flash • When the battery is fully charged, the green light will stay on
Low battery reminder	When the remaining power is less than 20%, 10%, and 5%, the device will turn on the red light for 60 seconds

Helio Core Motion HR

Workout

Workout Mode

The device supports more than 57 Workout modes, including running and walking, cycling, indoor Workouts, and HYROX.

Select a Workout

In the Zepp App, click on [Workout] - the arrow next to [Start Workout] to enter the Workout list page, and click on the specific Workout item to enter the Workout preparation page.

Start Workout

After entering the Workout preparation page, click "Start" to start the Workout. Please keep the device connected during the Workout.

Workout operation

Pause / Resume

Click the pause/resume button on the Workout page of the Zepp App to pause or resume the Workout.

End

On the Zepp App's Workout page, long press the end button to end and save the current workout. Since the detailed workout metrics in the workout record are calculated in real time by the device, you need to keep the Bluetooth connection active when ending the workout. Otherwise, the device cannot be notified to end the workout.

Workout Settings

On the Workout preparation page of the Zepp App, click the settings button in the upper right corner to set this Workout mode. The settings supported by different Workout vary.

Text to Speech

When enabled, the APP will voice broadcast information such as whole kilometers, pace, and heart rate during Workout.

Pause automatically

Automatically detect the Workout pause state, and then the APP automatically switches to the pause state.

Keep screen on

Keep the screen on during the workout.

Pace alert

When the speed is lower than the set minimum speed during Workout, the device will vibrate to remind you.

Speed reminder

When the speed is lower than the set minimum speed during the Workout, the device will vibrate to remind you.

Metronome

During the Workout, the APP emits a "beep" sound according to the metronome frequency set by the user to guide the user to control the pace frequency rhythm.

High heart rate alert

If the device detects that your heart rate exceeds the maximum heart rate you set during Workout, it will vibrate to remind you to slow down or reduce the intensity of your Workout to keep your heart rate within the maximum heart rate.

Workout Detection

You need to turn on in Zepp App> Device> Helio Core Motion HR> Workout Detection. After turning it on, the device will automatically recognize the activity status by continuously monitoring the high heart rate, and there is no need to actively start the exercise through the Zepp App.

Support setting the sensitivity. The higher the sensitivity, the faster the motion recognition time. The lower the sensitivity, the longer the recognition time. You can choose according to your personal needs.

After the motion recognition function is enabled, the device continuously monitors the motion state, which will greatly reduce the battery life.

Workout Record

After the workout, the workout records will be synced and saved to the Zepp App, and displayed in [Workout] - [ACTIVITIES].

Physiological Index Explanation

The device provides a wealth of sports physiological indicators, and the scores evaluated can provide corresponding references for your sports. These indicators can be viewed in the sports record or sports status application, including the current training load, full recovery time, VO2 max, training effect, etc.

Training Effectiveness (TE)

The exercise effect (abbreviated as TE) is an indicator used to measure the effect of exercise on improving aerobic exercise ability. When wearing the device for exercise, the TE score will increase from 0.0 and accumulate as you exercise. The score range is 0.0-5, and different score ranges represent different effects. The higher the score, the greater the intensity of exercise and the greater the pressure on the body, but it also indicates that the effect of this exercise may be better. Of course, when TE reaches 5.0, attention should be paid to whether the body load is too high.

Aerobic TE Score	Effect on enhancing aerobic capacity
0.0-0.9	This exercise has no effect on aerobic capacity enhancement

1.0-1.9	This exercise helps to improve endurance and is also suitable as a recovery exercise after a workout
2.0-2.9	This exercise is helpful for maintaining aerobic capacity
3.0-3.9	This exercise significantly helps enhance aerobic capacity
4.0-4.9	This exercise has a significant effect on the enhancement of cardiopulmonary capacity and aerobic capacity.
5.0	Non - professional players should do a good job in post - exercise recovery.

Anaerobic TE Score	Effect on improving anaerobic exercise capacity
0.0-0.9	This exercise has no effect on the anaerobic capacity enhancement
1.0-1.9	This exercise has a minor effect on improving anaerobic exercise capacity
2.0-2.9	This exercise is helpful for maintaining anaerobic exercise capacity
3.0-3.9	This exercise is helpful for improving anaerobic capacity
4.0-4.9	This exercise has a significant effect on the enhancement of anaerobic exercise capacity
5.0	Non - professional players should recover after exercise

The TE score is evaluated based on your personal information, heart rate and speed during exercise. A low TE score does not mean there is something wrong with your exercise, but only indicates that the exercise is relatively easy and has no significant effect on enhancing aerobic capacity (for example, if you jog for an hour, the TE score will still be very low).

How to obtain it?

For all sports that can monitor heart rate data, the TE score will be presented after the end of the exercise, and relevant evaluations or suggestions will be provided. You can also view it again in each exercise record later.

Exercise Status

The data in the exercise state includes training load, full recovery time, VO2 max. The device will calculate these indicators based on your personal information and the data generated during exercise. As the device is used and data accumulates, we will have a better understanding of your body and exercise data, and the evaluation of these indicators will become more and more accurate.

VO₂ Max

VO2 max refers to the amount of oxygen that the human body can take in during maximum intensity exercise. It is an important indicator of the body's aerobic exercise capacity. As one of the important reference data for endurance athletes, a high level of maximal oxygen uptake is the basis for a high level of aerobic exercise capacity.

The VO2 max is relatively personalized, and there will be different reference standards for different genders and age groups. The device will evaluate your exercise ability based on your personal information, heart rate and speed generated during exercise, and will change as your exercise ability changes. Of course, everyone has their own upper limit of maximum oxygen uptake, which is determined by the individual body.

How to get it:

1. Enter accurate personal information in the app;
2. Wear the device and run outdoors or cross-country for at least 10 minutes, and generate a heart rate value that reaches 75% of your maximum heart rate.

How to view:

You can view your current VO₂ max in the Zepp App's exercise status, as well as your historical VO₂ max and trends.

Training load

The training load is calculated based on your EPOC (excess post-exercise oxygen consumption). The longer and more intense the exercise, the higher the value. We have counted the total exercise load in the past 7 days to show the burden on your body caused by your recent exercise.

There are three intervals for training load, namely: low, moderate and high.

If the value is low, it will not help much to improve the exercise ability; if the value is high or too high, the body will be more tired, which is not only not conducive to effectively improving the exercise ability, but may also cause more exercise risks. If you want to continuously improve your exercise ability within the scope of your body's tolerance, it is recommended to keep the exercise load in a moderate range.

The moderate range is calculated based on your recent and long - term exercise data, and will become more and more accurate as you use it.

How to get it:

Start the exercise mode on the Zepp App to exercise. When the exercise volume reaches the minimum unit of the minimum exercise load, the exercise load of the current exercise can be obtained. The accumulated exercise load in the past 7 days can be viewed in the exercise status of the APP.

How to view:

You can view the current training load in the exercise status of the Zepp App, and you can also view the historical exercise load and its changing trend.

Full recovery time

The full recovery time is the recommended time for the body to fully recover. After each exercise, recovery suggestions will be given based on the latest exercise heart rate to help you recover better and arrange your exercise reasonably to avoid sports injuries.

Full recovery time	Exercise advice
0 - 18 hours	You have completed or nearly fully recovered and can perform slightly higher intensity improvement training
19-35 hours	You can train as usual and prepare to strengthen your physical fitness again
36-53 hours	Appropriately reducing the training intensity allows you to reap the benefits of the previous workout. You can do some recovery exercises to relieve physical fatigue.
54 - 96 hours	Taking appropriate rest allows you to reap the benefits of your previous high-intensity workout

Activity and Health**BioCharge****What is BioCharge?**

BioCharge measures the changes in body energy throughout the day. It calculates scores based on data such as nighttime sleep, daytime rest, heart rate variability, resting heart rate, and activity level. Daily activities, exercise, and tense emotions all consume BioCharge, and sleep and relaxation help restore it. Therefore, in order to more accurately evaluate changes in BioCharge, it is recommended to wear devices throughout the day. If multiple devices are bound at the same time, the data from multiple devices will be used for calculation.

What is Wake BioCharge?

The Wake BioCharge is the BioCharge after waking up in the morning, reflecting your physical and mental readiness for the new day. It calculates the score based on nighttime sleep, heart rate variability, resting heart rate, and activity data from the past three days. Usually, after a whole night's sleep, the BioCharge score when waking up in the morning is the highest of the day. When the Wake BioCharge is high, it means that you may be ready for more intense exercise or have better concentration at work. When the Wake BioCharge is low, it may mean that your body needs rest and recovery.

Why is the BioCharge score inaccurate in the first few days?

In the first 7 days of wearing the device, we will establish a base line model for your various indicators. The evaluation during this period is based on the average data of most users, so it may not fully reflect your actual situation. However, after you have been wearing it for 7 days, the system will create a base line model exclusive to you.

Sleep

When you wear the device to sleep, it will automatically record your sleep information. The device can record both night sleep and naps. The device will identify sleep based on your sleep plan. Sleep that overlaps with the planned period of the day will be recorded as the main sleep of the day. If no plan is set, 0:00-8:00 will be used as the default identification period. Sleep that is more than 60 minutes apart from the main sleep will be recorded as a nap. Sleep less than 20 minutes will not be recorded.

Assisted Sleep Monitor

Click [Health Monitor] on the device management page in the Zepp App to enter the health settings page, where you can turn on the assisted sleep monitor. When the device detects that you fall asleep, it will automatically record more sleep information, such as the REM sleep stage.

Sleep Breathing Monitor

Click [Health Monitor] on the device management page in the Zepp App to enter the health settings page, where you can turn on the sleep breathing monitor. When the device detects that you fall asleep, it will automatically monitor your breathing quality to help you better understand your sleep status.

Heart Rate

Heart rate is an important indicator of physical condition. Higher frequency heart rate measurements help capture more heart rate changes and provide reference for a healthy lifestyle. To ensure the accuracy of the measurement, please wear the device correctly according to the wearing instructions, keep the wearing part of the device clean, and avoid applying sunscreen.

After the device is paired, the device automatically and continuously measures the heart rate throughout the day. You can view information such as the heart rate curve, resting heart rate, heart rate variability, and heart rate zone distribution in the Zepp App.

Heart Rate Warning

When your heart rate is higher or lower than the limit for 10 consecutive minutes while you are at rest (except during sleep), the device will alert you.

Heart rate push

Once a third - party Bluetooth device is successfully connected to this device, it can obtain the heart rate data measured by this device. If the connection limit is reached, new connections are blocked. Disconnect unused devices and retry. Enabling this feature shortens battery life.

Blood oxygen

Blood oxygen is an important physiological parameter of the respiratory cycle.

Auto blood oxygen monitor

After turning on the auto blood oxygen monitor switch in the [Health Monitor] of the Zepp App, the device will automatically measure your blood oxygen and record the changes in blood oxygen throughout the day when you are at rest.

Low blood oxygen warning

When your blood oxygen level is below the set value for 10 minutes in a row (except during sleep), the device will remind you.

1. After the auto blood oxygen monitor is turned on, the low blood oxygen warning function can be enabled;
2. In the low blood oxygen warning of the blood oxygen setting, you can adjust the warning value or turn off the warning function.

Precautions for blood oxygen saturation measurement

1. Wear the device one finger width away from the wrist bone (ulna prominence);
2. Wear the device tightly, preferably with a slight sense of oppression;
3. Factors such as hair, tattoos, shaking, low temperature, and incorrect wearing may affect the measurement results and even lead to failure of value output;
4. The measuring range of this product is 78%-100%. This function is for reference only and should not be used as a basis for medical diagnosis. Please consult a medical institution if you feel unwell.

Stress

Stress is calculated by the change of heart rate variability value, which is an indicator to evaluate the change of physical state. Usually when the stress is high, you should take appropriate rest.

Auto Stress Monitor

After turning on the auto stress monitor switch in the [Health Monitor] of the Zepp App, the device will automatically measure stress every 5 minutes and record the stress changes throughout the day.

Stress Relief Notification

The device will alert you if the stress remains above the limit for 10 minutes in a quiet state (except during sleep).

1. After the auto stress monitor is turned on, the stress relief notification function can be enabled;
2. In the stress settings, turn on the stress relief notification to receive reminders.

PAI

PAI Vitality Index is a personal physiological activity indicator. Based on heart rate data, combined with multi-dimensional dynamic comprehensive evaluation of daily activity intensity and personal physiological data, it is converted into an intuitive PAI value through an algorithm. It does not rely on single item data, allowing you to comprehensively understand your physical condition.

You can earn PAI points through daily activities or exercise of a certain intensity. According to the results of the HUNT Fitness Study *, maintaining a PAI score of 100 or higher is associated with a lower risk of cardiovascular disease and a longer life expectancy. For more information, please visit Zepp App > PAI > PAI Q&A.

*HUNT Fitness Study: This study is a sub-project of the HUNT study, led by Professor Ulrik Wisloff of the School of Medicine at the Norwegian University of Science and Technology. The HUNT study has been ongoing for more than 35 years and involves more than 230,000 participants.

Menstrual Cycle

Track your menstrual cycle to help you understand your physiological patterns. Before using the menstrual cycle function, you need to set the start date of your last menstrual period, the number of days in your menstrual period, and the number of days in your menstrual cycle in the Zepp App.

Menstrual Cycle Prediction

The Period Tracker app will use your data to predict your period, fertile days, and ovulation. This feature is not a substitute for contraception or medical advice.

Device Settings

Alarm

You can add an alarm clock in Zepp App> Device> Helio Core Motion> Alarm. You can add up to 10 alarm clocks.

After the set alarm time is reached, the device will vibrate. At this time, you can cancel the vibration by continuously tapping the front of the device.

Helio Core Motion Waist

Helio Core Motion Waist only works in HYROX Race and HYROX Simulation workout modes. Outside of these modes, Helio Core Motion remains inactive and does not support activity or health data monitoring, nor does it support workout tracking when used independently.