



# HEART RATE TRANSMITTER INSTRUCTIONS



The HR transmitter detects heart rate and transfers the BPM to your uncoded fitness equipment.

#### Please Note:

The transmitter is not a medical device. It is an exercise aid for determining heart rate trends in general and the displayed heart rate is an approximate read-out that cannot be used as guidance in any cardiovascular related medical or paramedical program.

Persons with pre-existing health problems and those who have an implanted medical device (such as a pacemaker) or have not been physically active for a long period of time should consult a general physician before starting any exercise program to avoid health risks.

Frequency: 5.3khz

Transmission Distance: 100cm (max. 140cm)



#### Wearing the Strap:

The transmitter requires direct contact with skin and must be worn under your clothing.

To correctly put the transmitter on, wrap the chest strap around your chest and make sure the device sits just above the base of your chest bone. The logo on the transmitter should be right-side-up. Then, adjust the length of the strap.

There are two sensors on the inside of the transmitter. Before using it, pull the chest strap away from your body and moisten the sensors slightly using a saline solution (such as saliva or contact lens solution) to make it easier for the monitor to pick up your heartbeat.

Then, return the chest strap to a position making sure both sensors are in stable contact with your skin.

The strap should be well tightened to the chest.



Once the transmitter registers your heartbeat, it will start transmitting it to the receiver. Update is done every 3 to 4 seconds.

An intermittent, weak or no signal may be caused by an incorrect position of the strap. To improve contact of the sensors with your skin, reposition the chest belt moving it slightly lower or higher on your chest and moisten the sensors again.

Remember to check the battery when using the transmitter regularly. A weakening battery may also result in loss of correct transmission.

#### Battery Replacement:

1. Use a coin to loosen and remove the battery cover.
2. Replace with a new CR2032 battery, '+' side upwards.
3. Close and tighten the battery cover carefully.

