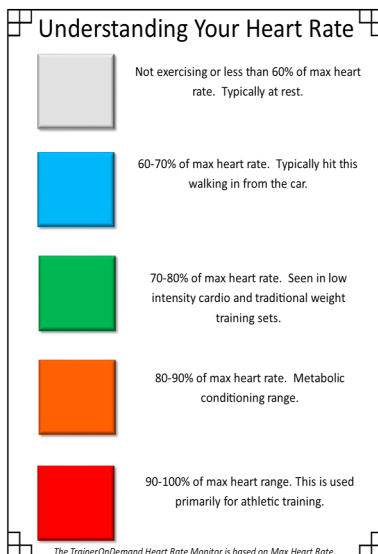


Using Your Heart Rate Monitor

- Remove your device from its packaging.
- Snap the pod securely to the strap.
- Ensure that the L and R are at the top of the strap (toward your head) and against your skin.
- Position the strap in the center of the chest. Wet with water or aloe vera gel for best conduction.
- Start in the center of the chest then adjust left, It may be necessary to go as far as under the arm. This adjustment is more art than science, but once you find your spot, you will know where to place it for regular use.
- Do not allow the pod to sit directly under your sports bra elastic, as it will impact the ability to measure.
- When you are done working out, remove the pod from the strap. Storing them connected will run down your battery.
- You may wash your strap, but not the pod.
- Make sure to set up your dashboard to increase accuracy.



See a
video
here.

https://www.youtube.com/watch?time_continue=8&v=h_R4HZBbJPM



Troubleshooting:

My hrm is being picked up but I am showing no readings.

- ◇ Is the pod right side up?
- ◇ Is the pod underneath your sportsbra elastic?
- ◇ Are the snaps secure on both sides?
- ◇ Did you wet the strap beneath the snaps?

My HRM is not registering. Three causes.

- ◇ Did you leave your pod connected to your strap?
Battery is dead.
- ◇ Can you connect to your app (Wahoo or other)? Club system is down. OR You have found a dead zone.

Quick test-

Is my HRM working?

- 30 sec jumping jacks
- 10 lunges per leg
- 2 rounds

FAQs

What is heart rate training?

Heart rate training is using the heart rate during exercise to measure intensity and estimate caloric burn. It is incredibly valuable in sports specific training where endurance needs can differ, and can be a great tool for the person wanting to make a true physiological change with exercise.

What HR Zone should I target?

For maximum results, look to attain an orange zone within 5-7minutes of starting your workout.

What is my caloric burn target?

As a woman, your goal is 500 calories burned per workout. As a man, the goal is 800

Can I use the HRM outside of the club ?

Yes, our hrm is detectable by several apps, including WAHOO RunFit, Strava, MapMyRide and others.

How do I clean my HRM?

Your strap should be cleaned regularly (briefly in soapy water and rinsed thoroughly) not the pod.

How do I wear my strap?

The strap must be flat all the way around your torso and the monitor must be right side up. You must find the sweet spot for your monitor. For some, it is the center. For others, it is just left of center.

What about batteries?

Batteries can be purchased at any retail store or are for sale here at our club for \$2/ea.

Why a Heart Rate Strap over a Wrist Device?

For us it boils down to accuracy. A chest strap is decided more accurate due to the optical reader on the wrist strap being easily fooled by movement that allows light. Additionally, since the radial pulse is measured with a wrist device and it is further from the heart, the recorded heart rate is also affected.