

What type of battery does the Chest HRM use? CR2032



My phone will NOT connect to the paired HR monitor automatically.

There are multiple ways to resolve this issue. Here are 6 things to try.

- 1- Make sure that you have all available updates on your phone.
- 2- Restart your phone.
- 3- Turn off (wait 30 secs) and back on Bluetooth for your phone
- 4- Manually pair your phone to the device
 - a. Make sure your heart rate monitor is fully charged and powered on (consider replacing the batteries if it uses any).
 - b. Make sure the hrm is on and being worn properly
 - c. On your phone go to **Settings > Bluetooth**.
 - d. Wait for your Bluetooth accessory to appear in the list of devices, then tap its name to pair with it. If your hrm doesn't show up, try moving it right next to your phone.
 - e. The Settings app should say **Connected** next to your hrm id when pairing is complete.
- 5- Enable 3rd party access for Bluetooth
 - a. Go to **Settings > Privacy > Bluetooth**. Tap the toggle to enable Bluetooth for the JAMWORKOUT app
- 6- Forget Your Bluetooth Accessory and Pair Again- Even if your phone won't connect with a Bluetooth accessory right now, it still remembers information about the accessory from the last time it connected. Sometimes, you need to delete this data to fix your Bluetooth problems. Here's how:
 - a. On your iPhone or iPad, go to Settings > Bluetooth.
 - b. Tap the *i* icon next to a Bluetooth accessory to reveal more data about it.
 - c. Scroll to the bottom and tap Forget This Device, then confirm you want to Forget Device.



I cannot see my heart rate monitor in the available sensors.

- 1- Confirm that the heart rate monitor is being worn properly so that it is transmitting data.
- 2- Replace the battery if needed.
- 3- Make sure that the hrm is not paired with another app or device.

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.

How does heart rate training work?

Using a monitor strapped to the chest, the heart rate is measured and relayed to a software program where calculations are done based on your personal details (height, age, weight) and their relationship to heart rate.

Why you should use heart rate training

For ease and practicality, heart rate training is a good choice for measuring intensity and estimating caloric burn during exercise.

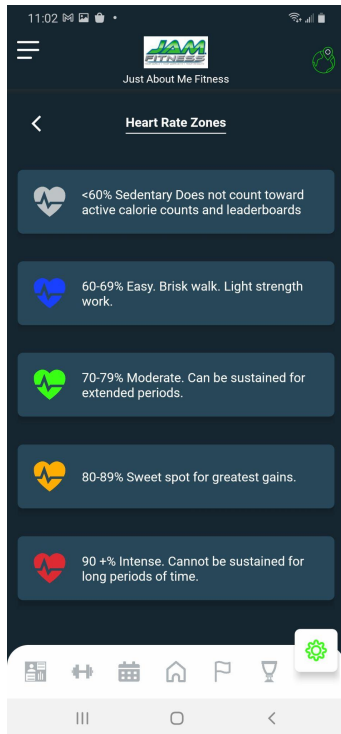
By paying attention to things like intensity and perceived effort, it is relatively easy to notice adaptive responses to exercise and change programming, modality, intensity or loads to create effective changes and continue results

Measuring Progress

When attempting to change your health, performance or body composition, occasionally progress is difficult to see. We recommend keeping a record of your workouts, heart rate, exertion level and calories burned. Use your log to motivate and push yourself. Know that a greater caloric burn, a decrease in resting heart rate, or the ability to go longer at higher intensity all show progress, even if the scale or some other measure is lagging behind.

Caloric Burn

It is important to remember that the numbers provided are estimates and not considered exact. The industry standard is to use values based on maximum heart rate but that is not always applicable. Remember “HOW YOU FEEL” is far more important than the numbers on an app.



For Activities Outside the Gym

Feel free to wear your heart rate monitor during any and all activities, whether at the gym or playing sports, hiking or biking. Use cardio only (in the app)- whenever you are not specifically using TOD as your trainer.

What HR Zone should I target?

For maximum results, look to attain an orange zone within 5-7 minutes 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 calories per workout.

How do I care for my HRM?

Your strap should be cleaned regularly (briefly in soapy water and rinsed thoroughly) not the pod. Batteries will occasionally need to be changed, and are available on Amazon, IKEA or other local retailers.

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 just left of center. For others, it is the center.

Anatomy of a Heart Rate Monitor

