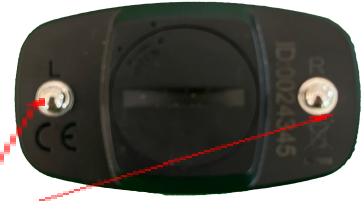


## Identify Your HRM

Before you start selling and issuing heart rate monitors, it is important to identify them FIRST. ***Please do not neglect this step- it will save you so much aggravation and upset members.***

### Chest Strap

Snap posts



In order to identify a monitor- please 1<sup>st</sup> look at the number on the back of the pod for the **chest strap** variety. Then place your index finger and ring finger on the two snap posts. Look for the numbers/letters to display on your HR Display monitor. Compare those numbers to the ones on the back of the pod.

If they are not the same, you can record the number on the box (recommend Sharpie) and continue with the same process for the rest of the monitors. If the numbers on the pod and the display are the same- Record the number from the back of the pods on to the box for easy visibility. No need to keep using the display to verify their identity. You will only record the last 5 digits. Example: 0024345 (shown) record 24345.

For the arm band style of monitoring- if there is no label indicating the number- place the pod against the skin of your forearm and power on- then wait for the number and record.

PRO TIP- Start with 5-10 before you start selling/issuing. Use down time in the gym to pre-identify the rest of your monitors.

