

WEAR AND CARE OF YOUR HEART RATE MONITOR

Chest Strap Monitor

- Snap the pod securely into the strap.
- Position in the center of the chest. The strap needs to be snug. Adjust left if needed.
- Any numbers or letters need to be at the top of the pod when wearing (upright and toward the head)
- Wet the rubberized section of the strap where it presses the skin, to increase conductivity.
- WOMEN- Do not allow the pod to be directly under your sports bra elastic.
- You can handwash the strap only (no pod) in mild soap and water. Air dry.
- This HRM is battery powered. Replacement batteries are available at local, national and online retailers. CR2032.
- Please take the pod off the strap when not in use to preserve battery life. Avoid extremes in temperature (ex. in the car in winter or mid-summer).



Armband Monitor

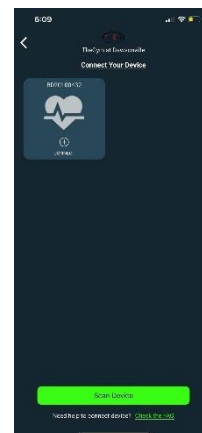
To be worn on the forearm or bicep.

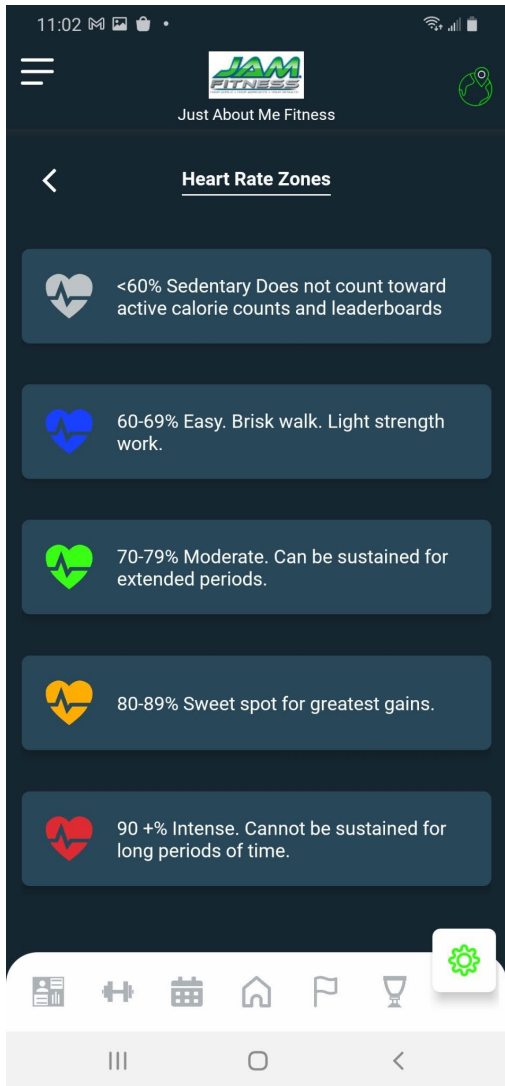
- Attach the pod by looping the band so that the smooth side comes out and attaches Velcro down to the looped side on both ends.
- Please charge for 24 hours before use using the included usb charger.
- Place on the desired arm location and secure with velcro so it is snug and will not slip easily. Press the power button quickly. the light on the device will begin blinking light blue.
- To turn off press and hold the power button until it flashes red.



PAIRING THE HEART RATE MONITOR TO THE APP

- From the Home Screen select “Sensor”
- Put the heart rate monitor on- and if using an armband turn on.
- Scan for devices. Once located, connect the device.
- The device should be saved and available for future use.





UNDERSTANDING HEART RATE ZONES

Heart rate zones are meant to give a user an idea of their level of exertion. They are meant as a guide- not a hard fast rule. Very conditioned or deconditioned people may fall outside of the zones. Example a very deconditioned person may feel on 1-10 RPE scale like they are doing a level 8- but their hrm and zones shows only blue. How you FEEL is more important than the zone color.

It is not uncommon or problematic to be in the red zone. However, if you cannot recover (get your heart rate to drop) or if you begin to feel dizzy or faint- STOP exercising and monitor to see if emergency help is needed.

The image to the left is found in your app- left side hamburger menu- Settings-Preferences.