

Features:

- Comfortable, elastic fabric strap to minimize chance of chaffing (strap can be hand washed)
- Two-snap connection is easy and fast and includes adjustable length strap
- Sends and receives signals up to 10 feet unobstructed
- Waterproof up to 5 feet
- Replaceable 3 volt CR2032 coin cell battery
- Wireless ANT+ ultra low power technology
- Weight: Sensor: 17 grams, Strap: 28 grams



The heart rate monitor transmits your heart rate (beats per minute) to the Sportiiiis unit (or any other ANT+ device).

Instructions for use:

1. Wet the electrodes, the smooth rubber-like surface located at either end of the elastic strap that terminate at the metal snaps.
2. Undo one of the snaps and wrap the elastic strap around your body.
3. Wear the strap at your breast bone, right below your chest.
4. Adjust the strap for a comfortable fit, snug against your body.
5. The Heart Rate Strap will automatically turn on when worn (and shut off a few minutes after removing).

Pairing with Sportiiiis:

Note: If you purchased the heart rate strap with your Sportiiiis unit they are already paired and ready to go.

1. Move at least 30ft from any ANT+ sensors you do not wish to pair with Sportiiiis.
2. Put the heart rate strap on to activate it.
3. Tap and hold the Sportiiiis multi-function button until you hear three beeps and then let go.
4. You will hear an audible confirmation when the heart rate strap is found.

Maintenance for your Heart Rate Monitor:

Replacing the Battery – Use a coin to remove the cover on the back side of the unit to reveal the battery (CR2032). Be careful not to damage the rubber seal when reassembling.

Cleaning – for best results rinse the strap after each use, and wash the strap in cold water with mild detergent after every 6 uses. Do not put the unit or strap in the washer or dryer.