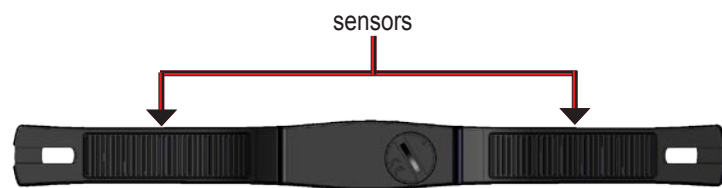


## 1 Position the Heart Rate Monitor

1. Push one tab on the elastic strap through the slot in the heart rate monitor.



2. Wet both sensors on the back of the heart rate monitor to create a strong connection between your pulse and the transmitter.

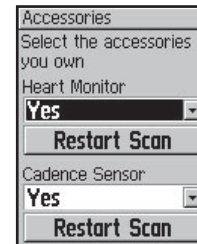


3. Place the heart rate monitor directly on your skin, just below the breastplate. Wrap the strap around your chest and attach the strap to the other side of the heart rate monitor.
4. Tighten or loosen the strap as necessary so that it fits snugly against your body.

*For more information on using the heart rate monitor with your GPS device, refer to your owner's manual.*

## 2 Configure Your GPS Device

1. Turn on your GPS device.
2. Bring it within range (3 meters) of the heart rate monitor.
3. Press **mode** to access the **Main Menu**.
4. Go to the Accessories page. For example, on the Edge™ 305, select **Settings > System > Accessories**.
5. In the **Heart Monitor** field, select **Yes**.
6. Make sure there are no other sensors around you. Select **Restart Scan**.



Example: Edge 305

**Note:** To set up custom data fields on your GPS device to display heart rate data, refer to your owner's manual.

## Specifications

Physical size: 13.7"W x 1.4"H x 0.5"D

Transmission range: approximately 3 m

Battery: CR2032 (3 volts)

Battery life: approximately 3 years (1 hour per day)

Weight: 21 g

## Replacing the Battery

The heart rate monitor contains a user-replaceable CR2032 battery. Be sure to dispose of it properly. To replace the battery, locate the circular battery cover on the back of the heart rate monitor. Use a coin to twist the cover counter-clockwise until it is loose enough to remove. Remove the cover and replace the battery. Be careful not to damage or lose the o-ring gasket on the cover. Then use a coin to twist the cover back into place.

## Sensor Pairing

### What is pairing?

Pairing is the process of matching sensors, like your heart rate monitor, with your compatible GPS device. This process occurs automatically when you turn on your GPS device and only takes a few seconds when the sensors are functioning correctly. Once paired, your GPS device will only receive data from your sensor.

### Pairing tips:

- Position your GPS device within 3 meters of the sensor while pairing.
- Stay far away from any other sensors while pairing.
- Restart scan if your GPS device appears to be paired with another sensor.
- Make sure to enable the sensors on your GPS device.
- Reapply moisture to the sensors on the heart rate monitor. Use electrode gel, water, or saliva.
- Replace the battery.
- Clean the sensors. Dirt and sweat build-up on the sensor can weaken signals.



## heart rate monitor

