



HRM1 Heart Rate Monitor Use Instructions

Wearing the HRM1 Heart Rate Monitor

Wear the HRM1 Heart Rate Monitor directly on your skin, slightly below your breastbone. Wetting both sensors on the back of the Heart Rate Monitor will result in optimum capture of heart rate pulses (wet with water or biogel). The strap should fit snugly enough to remain in place during your exercise session. Proper placement of the Heart Rate Monitor is also important for optimum capture of heart rate pulses.

Pairing the HRM1 Heart Rate Monitor with a Sports Monitoring Watch

The HRM1 Heart Rate Monitor must pair with an ANT-enabled Sports Monitoring Watch in order to display Heart Rate data to the user. To do this:

- Bring the HRM1 Heart Rate Monitor within 10-30 inches (25-75cm) of the Sports Monitoring Watch
- Be sure to stand at least 72 inches (183cm) away from any other ANT-enabled Heart Rate Monitor
- You can be in proximity to other ANT-enabled devices
- After the HRM1 Heart Rate Monitor pairs with the Sports Monitoring Watch, the heart rate icon should appear on the watch

Specifications:

Size (max dimensions):	347 x 42 x 22mm (W x H x D)
Weight:	29g
Strap:	Detachable adjustable elastic strap, 425-641mm (L)
Power:	Single user-replaceable CR-2032 battery
Battery life:	3 years assuming use of 1 hr/day at 20°C
Storage temp:	-20°C to +70°C
Operating temp:	-10°C to +50°C
User-interface:	Auto on/off
RF frequency/protocol:	2.4 GHz / Dynastream ANT transmission protocol
Communication range:	> 3 m (receiver dependent)
Regulatory compliance:	FCC, IC, and CE ready

Product Warnings and Important Information

- The HRM1 is intended for home or office use
- Always consult your physician before beginning or modifying any exercise program. If you have a pacemaker, defibrillator, or other electronic implanted device, consult your physician before using a heart rate monitor.
- The heart rate monitor is not a medical device, and could suffer from interference from external electrical sources. The heart rate readings are for reference only and no responsibility can be accepted for the consequences of erroneous readings.
- Contact your local waste department to properly dispose of the units and batteries. Do not incinerate.

FCC Compliance

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Operational Conditions

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that

may cause undesired operation. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Declaration of Conformity



Hereby, XXX declares that this HRM product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. To view the full Declaration of Conformity, see the XXX web site for your product: www.xxx.com/yyy (XXX to be customer name and yyy exact website location)