



Heart Rate Monitor

subtitle if needed



instructions (EN)

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WARNING: See the *Important Safety and Product Information* in the Garmin product box for product warnings and other important information.

Positioning the Heart Rate Monitor

The heart rate monitor is on standby and ready to send data. Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your run.

1. Snap one side of the strap to the heart rate monitor module.
2. Wet both electrodes on the back of the heart rate monitor strap to create a strong connection between your chest and the transmitter.
3. Wrap the strap around your chest, and snap it to the other side of the module.



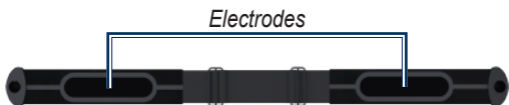
NOTE: The Garmin logo should be right-side up.



Heart Rate Monitor Module (Front)



Heart Rate Monitor Module (Back)



Heart Rate Monitor Strap (Back)

4. Turn on the Garmin compatible product, and bring it within range (3 m) of the heart rate monitor.



NOTE: If the heart rate data is erratic or does not appear, you may have to tighten the strap on your chest or warm up for 5–10 minutes.

Pairing the Heart Rate Monitor

Pairing is the connecting of ANT+™ wireless sensors, like your heart rate monitor, with a Garmin compatible product. After you pair the first time, your Garmin product automatically recognizes your heart rate monitor each time it is activated.



NOTE: The pairing instructions differ for each Garmin compatible product. See your owner's manual.

Linking to Fitness Equipment

ANT+ technology links your heart rate monitor to fitness equipment so you can view your heart rate on the equipment console. Look for the ANT+ Link Here logo on compatible fitness equipment. See [www.something](#) for more linking instructions.



Caring for the Heart Rate Monitor



NOTE: Unsnap the module before cleaning the strap.

To prolong the life of your heart rate monitor, rinse the strap after every use.

Hand wash the strap in cold water with a mild detergent after every five uses. Do not put the strap in a washing machine or a dryer.

Battery Information

WARNING: Do not use a sharp object to remove user-replaceable batteries. Contact your local waste disposal department to properly recycle the batteries.

1. Use a small Phillips screwdriver to remove the four screws on the back of the module.
2. Remove the cover and replace the battery with the positive side facing up.



NOTE: Be careful not to damage or lose the O-ring gasket.

3. Replace the back cover and the four screws.

Technical Specifications

Physical size: W × H × D: 11.5 × 1.4 × 0.5 in.
(29.3 × 36.5 × 12.5 mm)

Weight: 1.6 oz. (45 g)

Water resistance: 98 ft. (30 m)

Transmission range: approximately 9.8 ft. (3 m)

Battery: user-replaceable CR2032 (3 volts)
Perchlorate Material – special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate.

Battery life: approximately 4.5 years (1 hour per day)

Operating temperature: from 23°F to 122°F
(from -5°C to 50°C)

Radio frequency/protocol: 2.4 GHz ANT
wireless communications protocol

System Compatibility: ANT+

Limited Warranty

Garmin's standard limited warranty applies to this accessory. For more information, see the *Important Safety and Product Information* in the Garmin product box.

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two (2) 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.