

**ANT+ 2.4G Wireless  
Heart Rate Monitor Sensor  
(M/N: HRM)  
User Manual**

ver: 1.0

**Holux Technology**

[www.holux.com](http://www.holux.com)

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# Heart Rate Monitor (HRM) Sensor

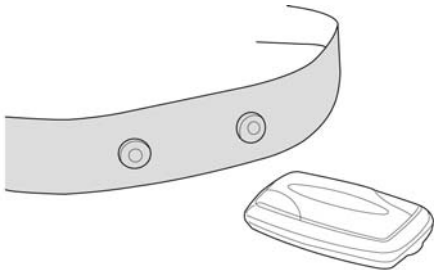
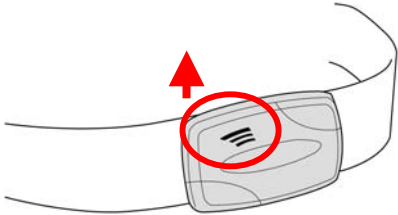
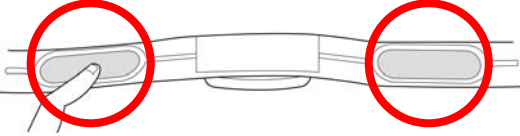
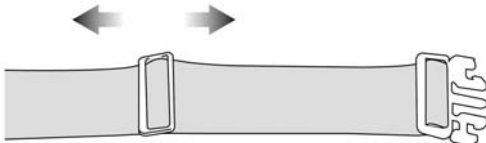
HRM is set to notify users with alarm when the heart rate exceeds or falls behind a specific range of heart rates per minutes.

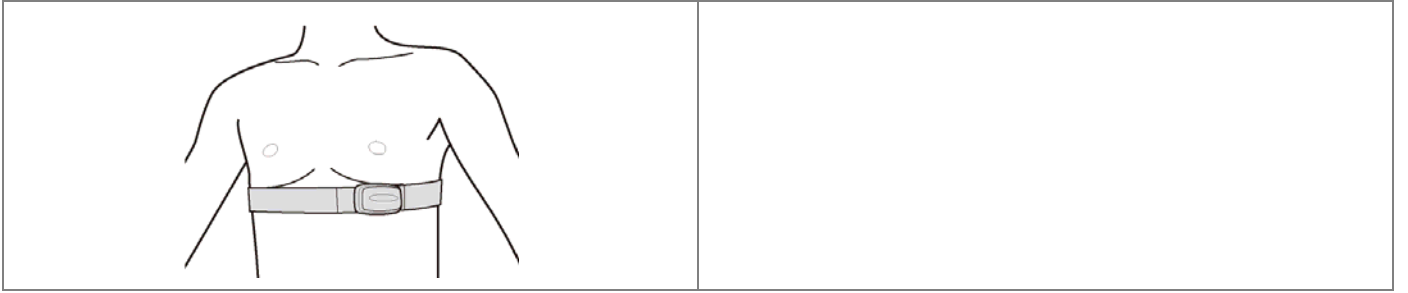
## Strapping HRM to your chest

Each HRM set contains the heart rate monitor sensor and elastic chest strap.

- ◆ The HRM sensor and chest strap should be worn in the front position as shown.
- ◆ There are two conductive rubbers on the elastic chest strap, slightly moisten them to have better conductivity.
- ◆ Adjust the length of the elastic chest strap so that it will not fall off when used.

The details please reference for below:

<p>The HRM comes in two parts, the HRM sensor itself and the chest strap.</p>	<p>Attach the sensor to the chest strap with the mark facing up as shown.</p>
	
<p>There are two conductive rubbers on the chest strap, slightly moisten them to have better conductivity.</p>	<p>Adjust the length of the chest strap to fit your chest circumference and will stay in place during your exercise movement.</p>
	
<p>Wrap the chest strap around your chest and buckle it up with the sensor placed in the front of your chest. Adjust the strap to fit snugly against your body.</p>	

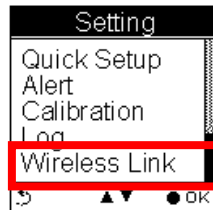


## HRM Spec.

Dimension	63.5X 32.2X12.9mm
HRM Sensor	Heart Rate Range: 30-220 beats per minute.
Memory RAM:	768B ROM: 16KB Flash
Wireless	Built-in Nordic 2.4GHz wireless Support ANT+ Sport Protocol 1 Mbps on-air data rate GFSK modulation 2.4G ISM band, 1 Mhz frequency resolution, 78 RF channels Up to 0 dBm output power Transmission distance: 6-7m (Max)
Battery CR2032	Active voltage: 2-3V Active average power consumption: 3.6mA Sleep average power consumption: 12.9uA
Environment temperature	Operation: -10°C ~ 60°C Storage: -20 °C ~ 70 °C

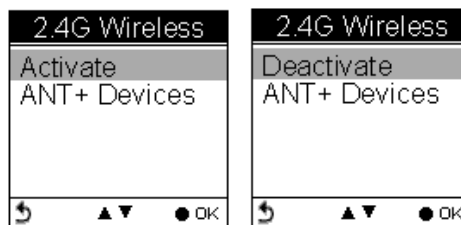
## Wireless Link- GPSport 260

The GPSport 260 Pro is using ANT+ to collect and transfer sensor data. The three sport sensors supported are HRM, speed sensor and cadence.



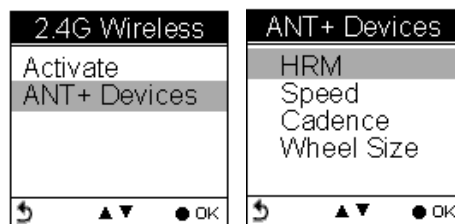
### Activate Wireless Link

Users have to activate the GPSport 260 Pro wireless link before they connect the GPSport 260 Pro with sport sensors. If the wireless link is not yet activated, the setting menu displays “**Activate**” for selection, otherwise, “**Deactivate**” is displayed when the device is active.

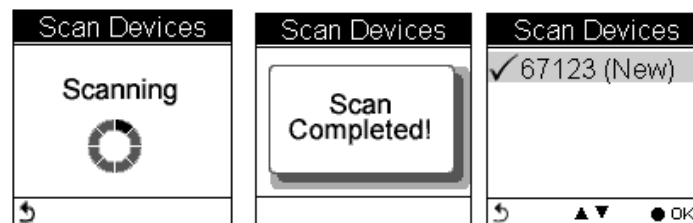


### Scan Sensor

Select ANT+ Devices to select the sport sensor to connect.



The device will start scanning devices nearby. When completed, scanned devices are listed.

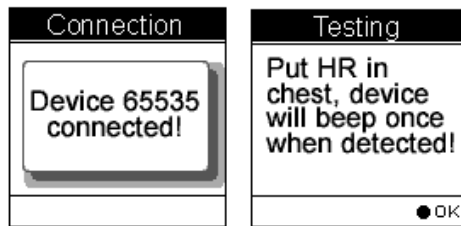


### Connect and Detect

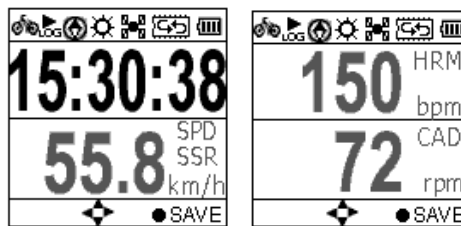
Move the Up/Down arrow to select the sensor to connect.

A warning message prompts to remind users to make sure the selected sensor is properly installed, for example, HRM should be well-strapped to your chest so that the GPSport 260 Pro can detect without

failure.



The GPSport 260 Pro can connect up to 3 sensors of different kinds at a time, namely, one HRM, one Speed sensor, and one Cadence sensor can be connected concurrently. If a sport device is detected, a screen appears as shown.



## **"FEDERAL COMMUNICATIONS COMMISSION INTERFERENCE STATEMENT**

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 in a residential installation. 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."

### **"CAUTION:**

Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment."

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.