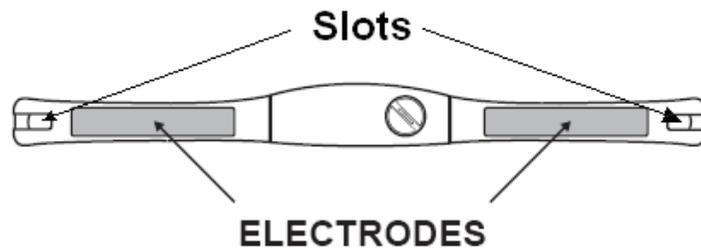


## M09-155

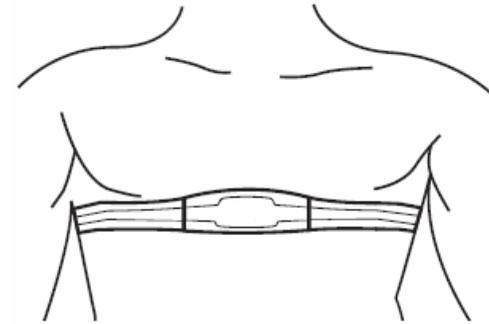
### Pair your Heart Rate monitor: (HRM belt is optional and is sold separately)

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

- 5.1) Push one tab on the strap through the slot in the HRM transmitter.
- 5.2) Wet both electrodes with a damp cloth on the back of the HRM belt. This will help create a strong electrical connection between your chest and the HRM transmitter.



- 5.3) Wrap around the chest belt around your rib cage just below the pectoral muscles and attach the other end of the strap to the HRM transmitter. The elastic strap should be adjusted so that it is snug enough so that it will not move during use but not so tight as to restrict breathing.
- 5.4) Bring the GPS watch within range of the HRM transmitter (3 meters). Go to **SET** mode/[HRM LINK](#) to start linking the HRM belt with the watch. The watch will auto detect the HR belt ID. Click **Yes** to accept. The watch will then automatically go to **RUN** mode. Your Heart rate information will now be displayed in the watch.



- 5.5) If the heart rate data does not appear on the watch, or if you have erratic data, follow the tips below. If the problem persists, you may have to pair the HR belt again.
  - 5.5.1. Make sure the HR belt is snugly fit to your body
  - 5.5.2. Reapply water, saliva, or electrode gel to the electrode of the HR belt
  - 5.5.3. Clean the electrodes from possible contamination that may interfere with heart rate signals
  - 5.5.4. Wear a cotton shirt or if possible, wet your cotton shirt. Synthetic fabrics that rubs with your skin may create static electricity and interfere with the heart rate signal
  - 5.5.5. Move away from strong electromagnetic fields and other wireless sensors which can interfere with your heart rate sensor. Possible sources of wireless interference may include high voltage power lines, electric motors, microwave ovens, cordless phones, and wireless LAN or access points.

**Note:** Set your Heart rate zone in **SET** mode.

#### **Caution:**

Any Changes or modifications not expressly approved by the party responsible for compliance 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.