Model No: M10-843
Model: 2.4GHz Digital Chest Strap

Features:

The 2.4GHz digital chest strap is designed to pick up heart rate signal from the skin of the chest and converted into digital data. The digital data is transmitted out by 2.4GHz RF signal. Receiver with 2.4GHz receiver can pick up the digital data and displayed on the screen or display.

How to Use the 2.4GHz Digital Heart Rate Belt:

Wear the Heart Rate Belt on your chest with the sensor over your heart for detection of the heart rate.

1. You will notice that there are two long grooved oval patches on the inside of the heart rate belt. These are the electrode sensors for detecting your heart rate. Before you put on the heart rate belt, wet these patches lightly with water or a conductive gel using your index finger so that the sensors can better detect your heart rate.

2. Open up the belt by unbuckling one of the side clasps that connects the fabric strap to the plastic strap.

3. Wrap the heart rate chest belt across your chest. Adjust the tightness of the strap so that the strap sits snugly and comfortably just below your pectoral muscle. Close the clasp.

4. Check that the wet electrode areas are firmly pressed against your skin and that the logo is in a central upright position.

5. Turn on the Heart Rate Receiver by pushing button and entering the heart rate mode. If a heart rate is detected by the receiver unit, the heart symbol should flash on the receiver display, and your beats per minutes should be displayed on the screen.

Trouble Shooting:

• If you don’t get your heart rate within 15 seconds when using the Sensor Ring, moisten finger pads and try again. It helps to wear the chest strap for a little while to allow a layer of moisture to build up between the electrodes and your skin.

• If you don’t get a continuous readout when using the chest strap, check that strap is properly positioned and fastened.

• Body hair or a thin layer of body grease may also interfere with the signal: if you wish to remove body grease, wipe chest and back of chest strap with tissue or soft cloth.

• Exercising vigorously with a lot of body movement or body motion can cause “muscle noise” that may prevent chest strap from detecting a HR signal.

• In dry or hot climates, you may need to wait a few minutes for a layer of perspiration to form between your skin and your chest strap. To speed this process, moisten electrodes with water or ECG conductive gel.

• If your heart rate varies, note that fluctuations are normal in a healthy heart.

• If you can’t get a stable readout when using the chest strap, avoid being too close to areas with electrical field interference such as computers, motors & overhead power line

• Make sure the battery of the chest strap is not exhausted.

FCC 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 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.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this 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.