

## 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 and you may also be in proximity to other ANT-enabled devices

## 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 transmit protocol         |
| Communication range:   | > 3 m (receiver dependent)                         |
| Regulatory compliance: | FCC, IC, and CE ready                              |

## FCC Compliance

### Part 15 of FCC Interference Limits for Class B Digital Devices

The HRM1 complies with Part 15 of FCC Interference Limits for Class B Digital Devices. Documents are on file with the FCC.

### Section 21 - Emission of Radio Frequency Energy

The HRM1 complies with FCC Section 21 - Emission of Radio Frequency Energy. Documents are on file with the FCC.

### 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.