

POSITION THE CHEST TRANSMITTER

- 1 Attach the adjustable elastic strap to the transmitter.
- 2 Moisten the rubber electrodes on the underside of the belt as shown. Water or saliva can be used.



- 3 The transmitter should be positioned next to your skin with the Logo facing forwards in the middle of the chest, just below the breast.
- 4 Adjust the strap length to ensure a secure but comfortable fit.

The transmitter is activated automatically when on the body and is deactivated automatically when removed.

INSTALL THE RECEIVER

Plug the receiver wire harness fully into the console wire harness. Press the receiver module into the console base until it snaps into place. Be careful to avoid pinching the wire harness.

CARE AND MAINTENANCE

- 1 Thoroughly wipe your chest transmitter and allow the elastic strap to dry after each use. Store the chest transmitter in a cool dry place.
- 2 Do not expose your chest transmitter to direct sunlight for extended periods such as leaving it in a car.
- 3 Do not expose your chest transmitter to extremes of temperature above 122°F(50°C) or below 14°F(-10°C).

Replace the transmitter battery

Undo the battery hatch with a coin and remove the old battery. Ensure that the new battery is inserted into the hatch correctly with the plus sign facing the battery hatch. Check the rubber gasket is clean, correctly fitted and not damaged, then close the hatch securely.

Caution: Before you start any exercise programme, you are advised to consult your doctor or physician.

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**
- (2) This device must accept any interference received, including interference that cause undesired operation.**

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.