



The Polar Chest Belt Transmitter Instructions

The Polar chest belt transmitter is shipped as two separate items, the transmitter (stiff plastic electrode piece) and an adjustable elastic strap.

Fitting the Polar Chest Belt Transmitter

- 1) Attach one end of the elastic strap to the transmitter.
- 2) Position the transmitter across the front of your chest, just below your pectoral (chest) muscles.
- 3) Ensure the Polar logo on the transmitter is in an upright position.
- 4) Adjust the elastic strap so it wraps firmly but comfortably around your back and attach the other end of the strap to secure the transmitter.
- 5) To improve conductivity you may need to moisten the two electrical charges on the underside of the transmitter with water, saline solution, or ECG gel.

Tips

- Attaching the strap to the transmitter initially may be difficult and stiff but with use it will become much easier.
- If your heart rate reading is intermittent try sliding the transmitter a little to your left.
- Ensure there is no interference from electrical equipment or other heart rate transmitters.
- Test transmitter by holding receiver near chest. When heart rate is detected, locate receiver on rail.
- Average resting heart rate is usually 70BPM