

**GARMIN.**

## Quick Start Manual

## Heart Rate Monitor Instructions

### WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

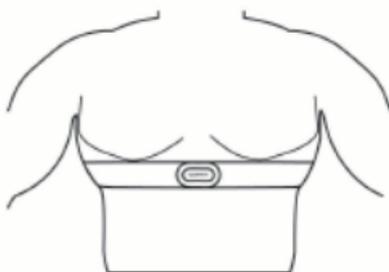
### Putting On the Heart Rate Monitor

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity.

- 1 If necessary, attach the strap extender to the heart rate monitor.
- 2 Wet the electrodes ① on the back of the heart rate monitor to create a strong connection between your chest and the transmitter.



- 3 Wear the heart rate monitor with the Garmin® logo facing right-side up.



The loop ② and hook ③ connection should be on your right side.

- 4 Wrap the heart rate monitor around your chest, and connect the strap hook to the loop.

**NOTE:** Make sure the care tag does not fold over.

After you put on the heart rate monitor, it is active and sending data.

## **Pairing and Setup**

### ***Pairing the Heart Rate Monitor with Your ANT+® Device***

Before you can pair the heart rate monitor with your device, you must put on the heart rate monitor.

Pairing is the connecting of ANT+ wireless sensors, like your heart rate monitor, with a Garmin ANT+ compatible device.

**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.

- For most Garmin compatible devices, bring the device within 3 m of the heart rate monitor and use the device menu to pair manually.
- For some Garmin compatible devices, bring the device within 1 cm of the heart rate monitor to pair automatically.

**TIP:** Stay 10 m away from other ANT+ sensors while pairing.

After you pair the first time, your Garmin compatible device automatically recognizes the heart rate monitor each time it is activated.

### ***Pairing the Heart Rate Monitor with Your Bluetooth® Device***

You can pair the heart rate monitor to your smartphone, tablet, smartwatch, or fitness equipment using Bluetooth technology.

- 1** Put on the heart rate monitor.
- 2** Bring the device within 3 m (10 ft.) of the heart rate monitor.
- 3** Open the Bluetooth settings on the device.  
The heart rate monitor should appear in the list of available devices.
- 4** Select the heart rate monitor.  
**TIP:** Stay 10 m (33 ft.) away from other wireless sensors while pairing.

After you pair the first time, your device automatically recognizes the heart rate monitor each time it is activated.

### ***Linking to Fitness Equipment***

You can connect your heart rate monitor to compatible fitness equipment using ANT+ or Bluetooth technology so you can view your heart rate on the equipment console.

- Look for the ANT+LINK HERE logo on compatible fitness equipment.



- Look for the Bluetooth logo on compatible fitness equipment.



### ***Pairing the Heart Rate Monitor With Your Smartphone***

To use the activity tracking feature of your heart rate monitor, it must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth settings on your smartphone.

- 1** Put on the heart rate monitor.
- 2** From the app store on your smartphone, install and open the Garmin Connect app.
- 3** Bring your smartphone within 3 m (10 ft.) of the heart rate monitor.

**NOTE:** Stay 10 m (33 ft.) away from other wireless devices while pairing.

- 4** Select an option to add your device to your Garmin Connect account:
  - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
  - If you have already paired another device with the Garmin Connect app, from the  or  menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

### **Running Dynamics**

You can use your compatible Garmin device paired with the accessory or other running dynamics accessory to provide real-time feedback about your running form.

The running dynamics accessory has an accelerometer that measures torso movement in order to calculate six running metrics.

**NOTE:** The accessory is compatible with several ANT+ fitness products and can display heart rate data when paired. The running dynamics features are available on only some Garmin devices.

**Cadence:** Cadence is the number of steps per minute. It displays the total steps (right and left combined).

**Vertical oscillation:** Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters.

**Ground contact time:** Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds.

**NOTE:** Ground contact time and balance are not available while walking.

**Ground contact time balance:** Ground contact time balance displays the left/right balance of your ground contact time while running. It displays a percentage. For example, 53.2 with an arrow pointing left or right.

**Stride length:** Stride length is the length of your stride from one footfall to the next. It is measured in meters.

**Vertical ratio:** Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.

## Pool Swimming

### NOTICE

Hand wash the heart rate monitor after exposure to chlorine or other pool chemicals. Prolonged exposure to these substances can damage the heart rate monitor.

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The accessory is designed primarily for open water swimming, but it can be used occasionally for pool swimming. The heart rate monitor should be worn under a swim suit or triathlon top during pool swimming. Otherwise, it may slide down your chest when pushing off the pool wall.

### Heart Rate While Swimming

The heart rate monitor records and stores your heart rate data while swimming. Heart rate data is not visible on compatible Garmin devices while the heart rate monitor is underwater.

You must start a timed activity on your paired Garmin device to view stored heart rate data later. During rest intervals when out of the water, the heart rate monitor sends your average and maximum heart rate for the previous interval, and your real-time heart rate, to your Garmin device.

Your Garmin device automatically uploads stored heart rate data when you save your timed swim activity. Your heart rate monitor must be out of the water, active, and within range of the device (3 m) while data is uploaded. Your heart rate data can be reviewed in the device history and on your Garmin Connect account.

## Activity Tracking

Whenever you wear the device, it tracks your activities. The activity tracking feature records your step count, calories, intensity minutes, and all-day heart rate. To use this feature, you must pair your heart rate monitor and any wearable Garmin devices with your Garmin Connect account (page 5).

After it is paired, the heart rate monitor begins tracking automatically when you start an activity and the monitor is active and within range. After you complete your activity, you can sync with the Garmin Connect app to upload the activity.

**TIP:** Turn on TrueUp™ in the Garmin Connect app to sync activities, history, and data between all your Garmin devices.

## Data Storage for Timed Activities

You can start a timed activity on your paired Garmin device, and the heart rate monitor records your heart rate data even if you move away from your device. For example, you can record heart rate data during fitness activities or team sports where watches cannot be worn. Your heart rate monitor automatically sends your stored heart rate data to your Garmin device when you save your activity. Your heart rate monitor must be active and within range (3 m) of the device while data is uploaded.

**NOTE:** The device stores up to 18 hours of data in a single activity. When the heart rate monitor memory is full, your oldest data is overwritten.

## Troubleshooting

### ***Tips for Erratic Heart Rate Data***

If the heart rate data is erratic or does not appear, you can try these tips.

- Reapply water to the electrodes and contact patches (if applicable).
- Tighten the strap on your chest.
- Warm up for 5 to 10 minutes.
- Follow the care instructions (page 11).
- Wear a cotton shirt or thoroughly wet both sides of the strap.

Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.

- Move away from sources that can interfere with your heart rate monitor.

Sources of interference may include strong electromagnetic fields, some 2.4 GHz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

### ***Tips for Missing Running Dynamics Data***

If running dynamics data does not appear, you can try these tips.

- Make sure you have a running dynamics accessory, such as the accessory.

Accessories with running dynamics have on the front of the module.



- Make sure your Garmin device supports running dynamics.

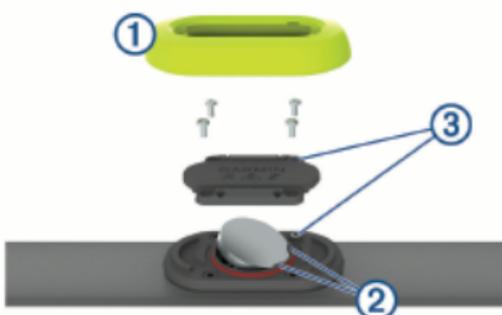
For more information, go to [www.garmin.com/runningdynamics](http://www.garmin.com/runningdynamics).

- Pair the running dynamics accessory with your Garmin device again, according to the instructions.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.

**NOTE:** Ground contact time and balance appears only while running. It is not calculated while walking.

### **Replacing the Heart Rate Monitor Battery**

- 1 Remove the sleeve ① from the heart rate monitor module.
- 2 Use a small Phillips (00) screwdriver to remove the four screws on the front of the module.
- 3 Remove the cover and battery.



- 4 Wait 30 seconds.
  - 5 Insert the new battery under the two plastic tabs ② with the positive side facing up.
- NOTE:** Do not damage or lose the O-ring gasket.

The O-ring gasket should remain around the outside of the raised plastic ring.

- 6 Replace the front cover and the four screws.

Observe the orientation of the front cover. The raised screw ③ should fit in the matching raised screw hole on the front cover.

**NOTE:** Do not overtighten.

- 7 Replace the sleeve.

After you replace the heart rate monitor battery, you may need to pair it with the device again.

## Caring for the Heart Rate Monitor

### NOTICE

A buildup of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

- Rinse the heart rate monitor after every use.
- Hand wash the heart rate monitor after every seven uses or one pool swim, using a tiny amount of mild detergent, such as dishwashing liquid.

**NOTE:** Using too much detergent may damage the heart rate monitor.

- Do not put the heart rate monitor in a washing machine or dryer.
- When drying the heart rate monitor, hang it up or lay it flat.

## Heart Rate Monitor Specifications

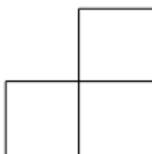
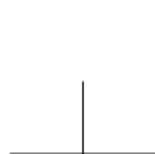
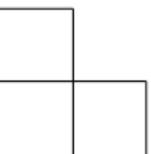
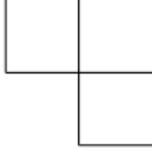
Battery type	User-replaceable CR2032, 3 V
Battery life	Up to 1 yr. at 1 hr./day
Water resistance	5 ATM <sup>1</sup> <b>NOTE:</b> This product does not transmit heart rate data while swimming.
Operating temperature range	From -10 to 50 C (from 14 to 122 F)
Wireless frequency	2.4 GHz @ dBm nominal

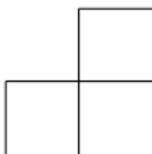
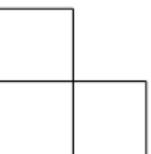
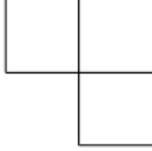
### Limited Warranty

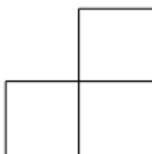
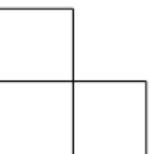
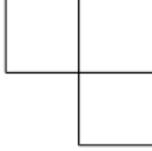
The Garmin standard limited warranty applies to this accessory. For more information, go to [www.garmin.com/support/warranty.html](http://www.garmin.com/support/warranty.html).

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<sup>1</sup> The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).







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