

GARMIN.

## HRM 200

---

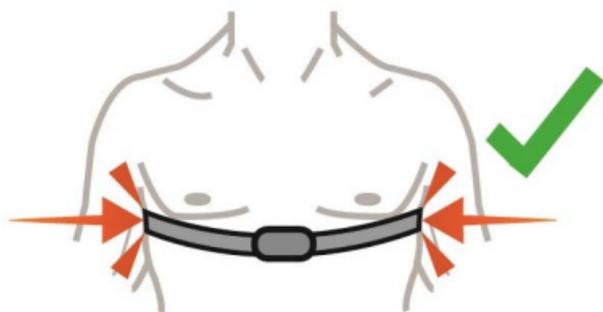
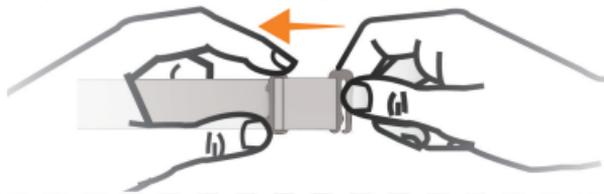


Quick Start Manual . . . . .	7
Manuel de démarrage rapide . . . . .	10
Manuale di avvio rapido . . . . .	14
Schnellstartanleitung . . . . .	18
Guía de inicio rápido . . . . .	21
Manual de início rápido . . . . .	25

**Snap in the module. · Snap in the  
module. · Snap in the module. · Snap  
in the module. · Snap in the module. ·  
Snap in the module.**



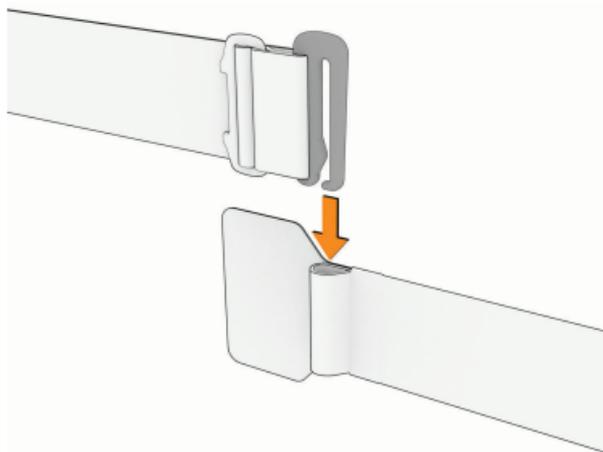
**Adjust the strap. · Adjust the strap. ·  
Adjust the strap. · Adjust the strap. ·  
Adjust the strap. · Adjust the strap.**



**Wet the sensors. · Wet the sensors. ·  
Wet the sensors. · Wet the sensors. ·  
Wet the sensors. · Wet the sensors.**



**Connect the strap hook on the left side of your body. · Connect the strap hook on the left side of your body. · Connect the strap hook on the left side of your body. · Connect the strap hook on the left side of your body. · Connect the strap hook on the left side of your body. · Connect the strap hook on the left side of your body. · Connect the strap hook on the left side of your body.**



**Go to the pairing instructions. · Go to the pairing instructions.**



# HRM 200

## Quick Start Manual

EN

### WARNING

- See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.
- Always consult your physician before you begin or modify any exercise program.

---

## Pairing the Heart Rate Monitor with Your Garmin® Device

You can pair the heart rate monitor to your compatible Garmin device or the Garmin Connect™ app.

- 1 Put on the heart rate monitor, or press the button to wake it up.
- 2 Bring the device within 3 m (10 ft.) of the heart rate monitor.

**TIP:** Stay 10 m (33 ft.) away from other heart rate monitors while pairing.

- 3 Press the button twice, quickly, to toggle between connection types.

- For a secure connection, the LED flashes  every five seconds.
- For an open connection, the LED flashes  every five seconds.

**NOTE:** All Garmin devices support *open* connections, and it's a good place to start. For a list of Garmin devices that also support secure connections, go to [www.support.garmin.com](http://www.support.garmin.com).

- 4 Hold the button for three seconds to enter pairing mode.

The LED flashes  continuously.

- 5 Open the sensors menu on the device to add the external heart rate sensor.

- 6 Select the HRM 200 heart rate monitor.

After you pair the first time, your device automatically recognizes the heart rate monitor each time it is active and in range.

## Device Information

### Specifications

**Battery type:** User-replaceable CR2032, 3 V

**Battery life:** Up to 1 yr. at 1 hr./day

**Water resistance:** 3 ATM<sup>1</sup>

**Operating temperature range:** From 0° to 40°C  
(from 32° to 104°F)

**EU wireless frequency (power):** 2.4 GHz @ xx  
dBm maximum

### **Caring for the Device**

Before you can wash the strap, you must unsnap and remove the module.

#### **NOTICE**

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

Using too much detergent when washing the heart rate monitor may damage the heart rate monitor.

- Rinse the strap after every use.
- Wash the strap after every seven uses.
- Do not put the strap in the dryer.

<sup>1</sup> The device withstands pressure equivalent to a depth of 30 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

## Getting More Information

- Go to **support.garmin.com** for additional manuals, articles, and software updates.
- Go to **buy.garmin.com**, or contact your Garmin dealer for information about optional accessories and replacement parts.

## Getting the Owner's Manual

The owner's manual includes instructions for using device features and accessing regulatory information.

Go to **www.garmin.com/manuals/hrm200**.

# HRM 200

## Manuel de démarrage rapide

### WARNING

- See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.
- Always consult your physician before you begin or modify any exercise program.

## Pairing the Heart Rate Monitor with Your Garmin Device

You can pair the heart rate monitor to your compatible Garmin device or the Garmin Connectapp.

FR

- 1 Put on the heart rate monitor, or press the button to wake it up.
- 2 Bring the device within 3 m (10 ft.) of the heart rate monitor.

**TIP:** Stay 10 m (33 ft.) away from other heart rate monitors while pairing.

- 3 Press the button twice, quickly, to toggle between connection types.
  - For a secure connection, the LED flashes  every five seconds.
  - For an open connection, the LED flashes  every five seconds.

**NOTE:** All Garmin devices support *open* connections, and it's a good place to start. For a list of Garmin devices that also support secure connections, go to [www.support.garmin.com](http://www.support.garmin.com).

- 4 Hold the button for three seconds to enter pairing mode.

The LED flashes  continuously.

- 5 Open the sensors menu on the device to add the external heart rate sensor.
- 6 Select the HRM 200 heart rate monitor.

After you pair the first time, your device automatically recognizes the heart rate monitor each time it is active and in range.

## Informations sur l'appareil

### Specifications

**Battery type:** User-replaceable CR2032, 3 V

**Battery life:** Up to 1 yr. at 1 hr./day

**Water resistance:** 3 ATM<sup>2</sup>

**Operating temperature range:** From 0° to 40°C  
(from 32° to 104°F)

**EU wireless frequency (power):** 2.4 GHz @ xx  
dBm maximum

### Caring for the Device

Before you can wash the strap, you must unsnap and remove the module.

---

<sup>2</sup>The device withstands pressure equivalent to a depth of 30 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

## NOTICE

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

Using too much detergent when washing the heart rate monitor may damage the heart rate monitor.

- Rinse the strap after every use.
- Wash the strap after every seven uses.
- Do not put the strap in the dryer.

### Informations complémentaires

- Rendez-vous sur **support.garmin.com** pour profiter d'autres manuels, articles et mises à jour logicielles.
- Rendez-vous sur le site **buy.garmin.com** ou contactez votre revendeur Garmin pour plus d'informations sur les accessoires en option et sur les pièces de rechange.

### Téléchargement du manuel d'utilisation

Le manuel d'utilisation comprend des instructions sur la manière d'utiliser des

FR

fonctionnalités de l'appareil et d'obtenir des informations de réglementation.

Rendez-vous sur **[www.garmin.com](http://www.garmin.com/manuals/hrm200)**  
**/manuals/hrm200.**