

USING CHEST BELT.

1. Place the belt against the skin just below the chest muscles.
 2. Tighten the elastic so the belt sits comfortably around your chest.
 3. Moisten the electrodes (the two grooved surfaces) and ensure that there is good contact between the skin and the belt.
 4. When the belt sits on your chest is the logo on the belt sit centrally and be readable by another person
 5. To make a good contact with the bike receiver the distance should not be more than 100cm
- Pulse reading can vary or fail for several reasons. Below are some of the reasons

NO PULSE

1. Check the chest belt and its battery CR2032
 - a. fact that the battery is ok moisten your fingers and click on the electrodes, a weak sound will be emitted by the battery door or the readings will appear in the display.
2. Check the belt position and contact
 - a. fact that the belt fits correctly on the test person and the elastic is tight enough
 - b. The electrodes are moistened, in severe cases it may be necessary to use gel or a drop of dishwashing liquid mixed in water. (Eg if the person has a lot of hair on his chest or that the person is very narrow)
 - c. Pulse signal strength can vary from person to person, try the belt even on a "known" person who has good pulse fidelity.
3. Check receiver
 - a. Make sure there are no loose cables or plug if you have a plug-in receiver.
 - b. Use another recipient (eg heart rate monitor or other display cycle) to check the belt.

IN CASE OF IRREGULAR PULSE

First Go through the points above to check the equipment.

2. Use an external device (such as a heart rate monitor) to check even if it has an irregular pulse. If so, it is probably because of disturbance in the room.
 - a. disturbance can come from electronics fields from power cables, lifts, ramps, Wi-Fi network, Bluetooth, mp3-players, mobile phones, amplifiers for hearing loops etc. fluorescent or other electronic devices are too close
 - b. Move the bike to another location in the room or move the bike to different location.
 - c. Remaining irregular pulse should be manual controlled. If the heart rate is still irregular at exercise the person's health should be examined