

Proper Use of Heart Rate Transmitter Belt

It is very important to be aware of how to best position and use your heart rate transmitter belt. Irregular or abnormal readings will not allow **SMHEART LINK** to receive a signal and transmit it to the iPhone app you are running. There can be several reasons for abnormal or irregular readings. The most common is poor contact between the skin and the electrodes of the transmitter. Here are some tips to help ensure good contact:

1. Moisten the grooved electrode areas on the back of the transmitter. At the beginning of the exercise session your skin may be dry and the moisture will help ensure better contact. When you start to sweat, the contact will improve because the salt in the sweat conducts the electrical signals very well.
2. Tighten the elastic strap of the transmitter belt. If the belt is loose, the movement of the electrodes disturbs the detection of the heart rate signal.
3. The heart rate signal varies slightly from person to person. The form of the heart rate signal can depend on the shape of the chest, the anatomical location and position of the heart, position of the electrodes and the amount of body fat. If the heart rate signal is weak, disturbances can more easily spoil the signal. Find the best contact by turning the transmitter left or right, or place it lower or higher.
4. Finally, if you have a watch that displays readings from your heart rate transmitter, we recommend that you use it to verify that your transmitter is sending a valid heart rate signal.