

## *Heart Rate Troubleshooting*

<i>Symptom</i>	<i>Possible Cause</i>	<i>Test Procedure</i>	<i>Repair</i>
<i>Heart rate erratic or no heart rate function. (Hand Grips)</i>	<i>User error.</i>	<i>Reference Owners Manual</i>	
	<i>Failed heart rate grips.</i>	<i>Reference Owners Manual</i>	<i>If there is absolutely no heart response, replace heart rate grips.</i>
	<i>Failed heart rate receiver.</i>	<i>Reference Owners Manual</i>	<i>If proper heart rate instructions are followed and heart rate continues to be erratic, replace heart rate receiver.</i>
	<i>Failed upper board.</i>	<i>Reference Owners Manual</i>	<i>Replace upper board.</i>
<i>Heart rate erratic or no heart rate function. (Telemetric chest strap)</i>	<i>User error.</i>	<i>Reference Owners Manual</i>	
	<i>Electromagnetic interference.</i>	<i>Check immediate area for causes of interference (Florescent lighting, electric dog fences, large electric motors, etc.)</i>	<i>Remove interference from vicinity of the unit.</i>
	<i>Failed telemetric chest strap or polar receiver.</i>	<i>Reference Owners Manual</i>	<i>Replace chest strap and/or upper board.</i>

## *Heart Rate Troubleshooting*

*Problem: There is no heart rate reading.*

*Solution: Remove the console and verify that the heart rate cables are attached properly, not damaged, cut or pinched, making sure that the cables are securely inserted into the console.*

*Check your exercise environment for sources of interference such as large motors from other appliances, security/intercom systems, fluorescent lights, cordless phone, etc.*

*You may experience an erratic Heart Rate readout under the following conditions:*

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.*
- Constant movement and vibration due to constantly holding the heart rate grips while exercising, try stopping your workout while taking pulse.*
- When you are breathing heavily during a workout.*
- When your hands are constricted by wearing a ring.*
- When your hands are dry or cold. Try moistening your palms or rubbing them together to warm.*
- Anyone with heavy arrhythmia.*
- Anyone with arteriosclerosis or peripheral circulation disorder.*
- Anyone whose skin on the measuring palms is especially thick.*

*NOTE: Outside interference sources such as computers, motors and fluorescent lights may cause the heart rate reading to be erratic.*

## **Proper use instructions**

### **Handlebars**

*Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.*

### **WIRELESS CHEST TRANSMITTER (CSE4.5, EX44, 4.2E SOLD SEPARATELY)**

*Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum and on the skin, with the logo facing out.*

*NOTE: The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.*

*WARNING! The heart rate function is not a medical device. Various factors may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid.*

*NOTE: Chest Strap sold separately. Works with Polar® Chest Straps.*