

Wear Tips for the HRM-Fit

To ensure both comfort and performance from your HRM-Fit we recommend the following steps when putting the strap on.

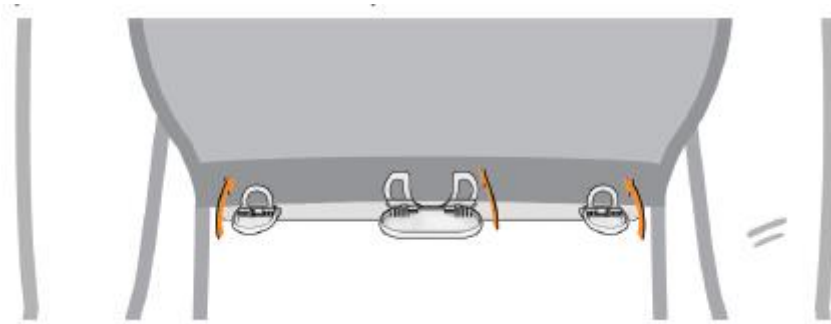
Putting on the HR Monitor

Step 1. Choose a medium or high support sports bra with a tight fitted band to put on. For tips on choosing the right sports bra, see the **Sports Bra Fit Guide** in the next section.

Step 2. Wet the Electrodes on the back of the strap.



3. Starting with the center clip of the strap, insert the band fabric of the sports bra into the HRM-Fit then secure the lid into the closed position. Repeat this process for the side clips.



4. Use a mirror to check that HRM-Fit is secured in place, lays flat underneath the bra band, and is compressed against the skin.



HRM-Fit works best with a sports bra that has a flat band around the rib cage underneath the bust. Good band compression is a necessity to minimize HRM strap movement and ensure skin to electrode contact.

HRM-Fit Fitment Guide

Sports Bra Feature

Compatible with HRM-Fit

NOT Compatible with HRM-Fit

Medium or High Support

Low Support

Tight compression designed for running, cardio, high-intensity workouts.

Looser fit designed for walking, yoga.

Impact/Support



Band Tightness

2 fingers fit snugly beneath the bra band and you can't easily pull the band away.



3/4" to 2" width

You can put two fingers under, and you can easily pull the bra band away from your skin.



Bands narrower than 3/4"

Band Width



Long line bras with bands wider than 2"



Zipper Front

Zipper front bras are not compatible with HRM-Fit.

Zippers or other embellishments that interfere with the clips.

