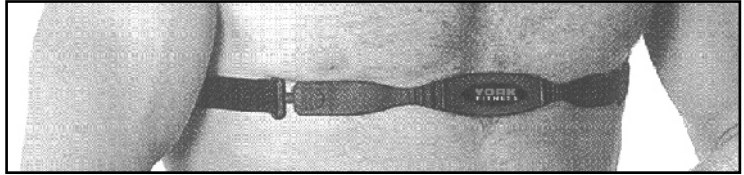
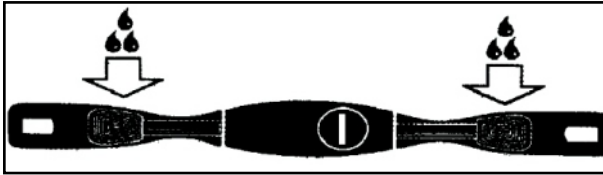


POSITIONING THE CHEST TRANSMITTER



It is recommended that you wear the transmitter against your bare skin to ensure flawless operation.

However if you wish to wear the transmitter over a shirt, moisten the shirt well under the rubber electrodes.

- Attach the adjustable elastic strap to the transmitter.
- Moisten the rubber electrodes on the underside of the belt as shown.
Water or saliva can be used.

THE KEY TO FLAWLESS OPERATION IS TO WET THE RUBBER ELECTRODE AREAS WELL.

- The transmitter should be positioned next to your skin with the logo facing forwards in the middle of the chest, just below the breast.
- Adjust the strap to ensure a secure but comfortable fit.
- The transmitter is activated automatically when on the body and is deactivated automatically when removed.

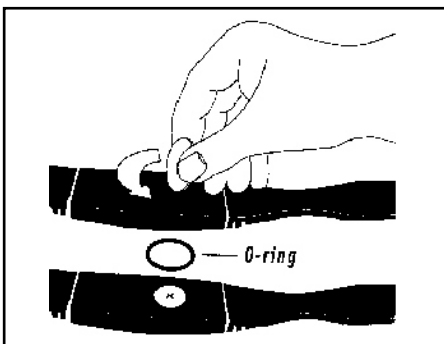
NOTE: If you have difficulty obtaining a good regular heart rate reading, please check the belt, which may need adjusting. The rubber electrodes must be flat against the skin, and the belt must be in the correct position on the chest---Not too low!!
Check the electrodes are wet.

Check that the belt is clean, with no accumulated sweat or dirt.

CARE AND MAINTENANCE

- Thoroughly wipe the transmitter, and allow the elastic strap to dry after each use.
Store your chest transmitter in a cool dry place.
- Do not expose your chest transmitter to direct sunlight for extended periods such as leaving it in a car.
- Do not expose your chest transmitter to extreme temperatures above 122° Fahrenheit (50°C) or below 14° Fahrenheit (-10°C).

REPLACING THE TRANSMITTER BATTERY



Unscrew the battery hatch with a coin and remove the old battery. Ensure that the new battery is inserted into the hatch correctly with the plus sign facing the battery hatch. Check that rubber gasket is clean, correctly fitted and not damaged, then close the hatch securely. The transmitter utilizes a 3 volt 2032 cell.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***