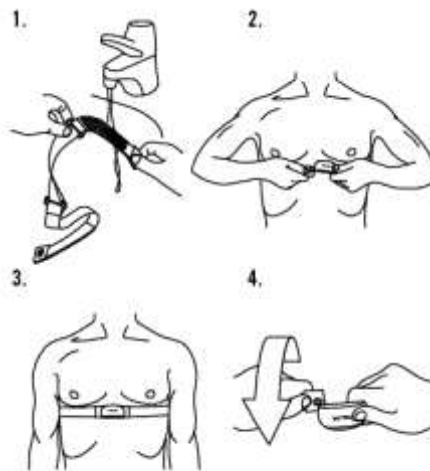


How to use.....Sigma Heart Rate Monitor

The heart rate monitor is a type of a watch you wear on your wrist with a transmitter that you wear against your skin and around your chest. The signals of your heart are picked up by the transmitter, and send them to the watch you wear on your wrist.



- Equipment needed:
- Ensure that the belt is moistened on the reverse and is in direct contact with the skin in the correct place.



- Press the middle button once. The watch will show a pulsing heart whilst it connects to the transmitter and will then display your heart rate.
- After use place transmitter and fabric strap in the sink at the back of the lab and the watch and transmitter to the right if the sink for cleaning.