3.2 HEART RATE MONITORING

3.2.1 THE OPTIONAL POLAR® HEART RATE CHEST STRAP

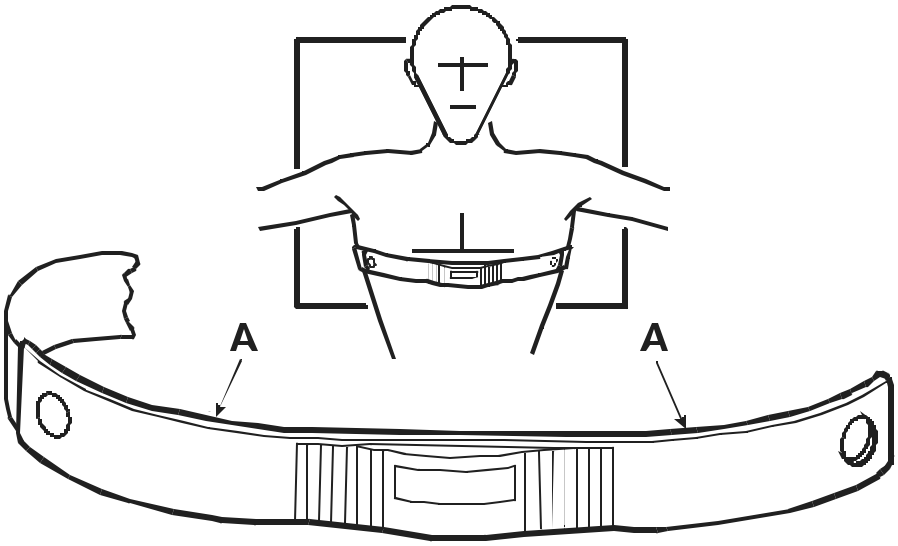
The optional Heart Rate Chest Strap allows the on-board, Polar® compatible, telemetry heart rate feature of this product to continuously monitor the heart.

Wet the transmitter electrodes (A), the two grooved surfaces on the underside of the strap, and secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

The transmitter strap will deliver an optimum heart rate reading when the electrodes are directly in contact with bare skin. However, it will function properly through wet, lightweight clothing.

The key to proper operation is for the electrodes to remain wet to transmit the electrical impulses of the heart back to the receiver.

If it becomes necessary to remoisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, then moisten them in this position.



6.2 TROUBLESHOOTING THE OPTIONAL HEART RATE CHEST STRAP

HEART RATE READING IS ERRATIC OR ABSENT ENTIRELY

- Repeat the electrode wetting procedure (see How to Use the Optional Heart Rate Monitor Chest Strap). The electrodes must be wet to pick up and transmit accurate heart rate readings.
- Make sure the electrodes are flat against the skin.
- Wash the belt transmitter regularly with mild soap and water.
- Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
- The chest strap is battery operated and will eventually stop functioning. If the chest strap transmitter battery is depleted, contact Life Fitness Customer Support Services at 1-800-328-9714 for instructions on how to have the chest strap replaced.

HEART RATE READING IS ERRATIC OR EXTREMELY HIGH

When exercising with the Optional Heart Rate Chest Strap, you may come within range of electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include:

- Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, and other motor driven equipment.
- Another heart rate transmitter within three feet (one meter) may also cause abnormal heart rate readings.