

Using Telemetry HR on the MPower Console

The console is equipped with a wireless HR receiver. It will pick up all standard HR 5 kHz straps (i.e. “Polar”), as well as Ant+ Sport wireless straps. It is not compatible with certain proprietary coded devices such as Polar WIND and Suunto ANT. The best rule of thumb is that if a piece of cardio on the workout floor will pick it up, then so will the MPower Console.

To Pick up HR Transmitter

1. The MPower Console will search for a HR strap signal when it is first turned on
 - a. In order to conserve battery life, it will STOP searching after 30 seconds if it does not find a signal
2. Best protocol to get HR signal properly:
 - a. Ensure HR strap is on and functional prior to turning on MPower Console
 - b. After turning on console, immediately stand on the pedals and lean towards the MPower Console to get strap as close as possible
 - c. Watch the HR window on the display – once a number appears in this window, strap has been detected and unit will display HR for the remainder of the ride