



Heart Rate Chest Strap

The heart rate chest strap included with your treadmill is one of the best on the market. All chest straps need to be worn properly with good electrical contact on the skin. The chest strap should be worn directly under the breast (breast size in females does not interfere with operation) and the strap adjusted so it is tight enough to ensure constant contact with the skin during movement but not too tight as to cause discomfort. The chest strap should be adjusted for your chest and may have to be readjusted to ensure good contact on another person.

Some people have dryer skin which prohibits a good electrical connection to the skin. The chest strap picks up tiny electrical EKG signals off the skin and transmits them to the console. Since these signals are so small a good contact with the skin is imperative. Sometimes it is necessary to wet the electrodes/contacts on the chest strap before use. One of the best ways to do this is to use saliva, on your fingers, and wet the two electrodes on the back of the chest strap. Water may be substituted but is not as good a conducting medium. The electrodes are similar to ones used on an EKG machine in which a conductive gel would be used in a clinical setting. In severe cases we would recommend using KY jelly on the electrodes.

In rare cases it has been found that the electrical heart rate signal on some people's skin is reversed and the user would then need to wear the chest strap upside down.

For more information, please contact our SOLE Service Department.

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