

In association with

St John
Ambulance

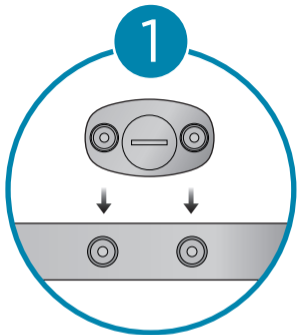



kinetik
WELLBEING

- Quick Start Guide -

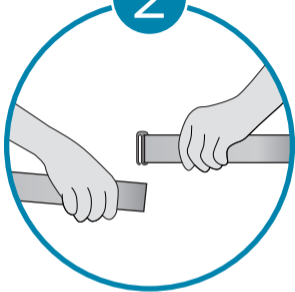
HRM4

Heart Rate Monitor



Ensure the sensor
is attached to
the chest belt.

2



Fasten chest belt
and make sure
it is secure
around chest.

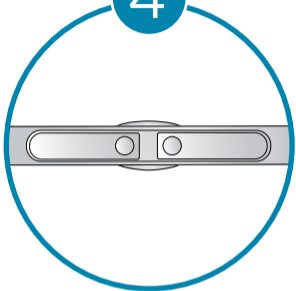
3



Correctly position the strap on rib cage, under chest.

Make sure there is direct contact to skin.

4



Make sure
the grooved areas
on the back of the strap
are wet to ensure
a strong connection.

5



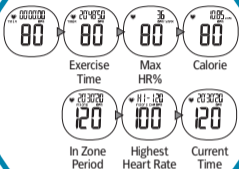
Select HRM mode.
See pages 10-13
for further guidance.

6/A



Toggle sub-modes
as desired.
There are 6 modes
to choose from.
See pages 10-13
for further guidance.

6/B



See pages 10-13
for further guidance.

7



Start run.
See pages 10-13
for further guidance.

Please ensure to read manual for further assistance, such as:

- Setting the date/time
- Heart rate monitoring
- Reviewing last session data
 - Set alarm
 - Use stopwatch



for more information visit :
kinetikwellbeing.com