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› Bontrager ANT+/BLE Heart Rate Strap Set User Manual

Bontrager Heart Rate Strap Set ANT+/BLE

Bontrager ANT+/BLE Heart Rate Strap Set User Manual

INTRODUCTION

This manual provides instructions for the proper use, setup, and maintenance of your Bontrager ANT+/BLE Heart Rate Strap Set. This device is designed to accurately measure your heart rate during physical activity and transmit the data wirelessly to compatible devices.

PRODUCT OVERVIEW

The Bontrager Heart Rate Strap Set includes a comfortable chest strap and a detachable heart rate sensor module. The sensor utilizes PPG technology to detect heart rate and supports both ANT+ and Bluetooth Low Energy (BLE) wireless protocols for broad compatibility.



Figure 1: The Bontrager Heart Rate Strap with the sensor module securely attached to the strap.



Figure 2: The Bontrager Heart Rate Strap and the separate sensor module, showing how the module detaches from the strap.

SETUP

1. Attaching the Sensor Module

Ensure the heart rate sensor module is securely snapped onto the two studs on the front of the chest strap. The Bontrager logo on the sensor should be facing outwards and upright.

2. Wetting the Electrodes

Before wearing, moisten the two electrode areas on the back of the strap with water or electrode gel. This improves conductivity and ensures accurate heart rate readings.

3. Wearing the Strap

Place the strap around your chest, directly below your pectoral muscles. The sensor module should be centered on your sternum. Adjust the strap length for a snug, comfortable fit that does not restrict breathing.

OPERATION

1. Pairing with Devices

The Bontrager Heart Rate Strap supports both ANT+ and Bluetooth Low Energy (BLE) for wireless connectivity. To pair:

- **For ANT+ devices:** Ensure your cycling computer, GPS watch, or other ANT+ compatible device is in pairing mode. The heart rate strap will automatically be detected. Select it from the list of available sensors.
- **For Bluetooth (BLE) devices:** On your smartphone or other BLE-enabled device, go to the Bluetooth settings and search for new devices. Look for "Bontrager HR" or a similar name. Select it to pair. No PIN is typically required.

Note: The strap must be worn and active (detecting a heart rate) for it to be discoverable by other devices.

2. Starting a Workout

Once paired, your device will begin displaying your real-time heart rate. Start your workout as usual. The heart rate data will be recorded by your paired device.

MAINTENANCE

1. Cleaning the Strap

After each use, detach the sensor module from the strap. Rinse the fabric strap under running water to remove sweat and salt. Hang the strap to air dry. Do not machine wash or tumble dry.

2. Cleaning the Sensor Module

Wipe the sensor module with a damp cloth. Do not submerge the sensor module in water. Ensure the contact points are clean and dry before reattaching to the strap or storing.

3. Battery Information

The Bontrager Heart Rate Strap uses a non-replaceable lithium battery. When the battery life is depleted, the unit will cease to function. Please dispose of the unit responsibly according to local regulations for electronic waste.

TROUBLESHOOTING

- **No Heart Rate Reading:**
 - Ensure the electrodes on the strap are sufficiently moistened.
 - Check that the sensor module is securely attached to the strap.
 - Verify that the strap is worn correctly and snugly against your skin.
 - Confirm that your receiving device (smartphone, cycling computer) is paired and within range.
 - If the issue persists, the battery may be depleted. As the battery is non-replaceable, the unit may need to be replaced.
- **Erratic Heart Rate Readings:**
 - Re-moisten the electrodes.
 - Ensure the strap is positioned correctly and not slipping.
 - Avoid strong electromagnetic interference sources.
 - Clean the strap and sensor module thoroughly.
- **Device Not Pairing:**
 - Make sure the strap is worn and active (detecting a heart rate).
 - Check that Bluetooth or ANT+ is enabled on your receiving device.
 - Move closer to your receiving device.
 - Try restarting your receiving device.

SPECIFICATIONS

Feature	Detail
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Brand	Bontrager
Model	Heart Rate Strap Set ANT+/BLE
Color	Black
Compatible Devices	Smartphones, ANT+ enabled cycling computers/watches
Sensor Type	PPG (Photoplethysmography)
Battery Type	Non-replaceable Lithium
UPC	601479338191

WARRANTY AND SUPPORT

For information regarding warranty coverage and technical support, please refer to the official Bontrager website or contact your authorized Bontrager dealer. Keep your proof of purchase for warranty claims.

Disclaimer: Specifications are subject to change without notice. Bontrager is not responsible for errors or omissions in this manual.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

