

Tunturi 14TUSRU150

Tunturi 14TUSRU150 Heart Rate Chest Strap User Manual

Model: 14TUSRU150

INTRODUCTION

The Tunturi 14TUSRU150 Heart Rate Chest Strap is designed to accurately monitor your heart rate during various indoor and outdoor training activities. This chest strap transmits heart rate data at a frequency of 5.4 kHz, making it compatible with a wide range of fitness equipment and heart rate receivers. It is a comfortable and reliable tool to help you optimize your workouts.



Image: The Tunturi 14TUSRU150 Heart Rate Chest Strap with its detachable sensor.

SETUP

Follow these steps to set up your Tunturi heart rate chest strap for first use:

1. **Battery Installation:** The heart rate sensor requires one CR2 battery (included).

Eenvoudig vast te maken aan de band



Water resistant
(tegen zweet & vocht)

Image: Rear view of the sensor, indicating the battery compartment and water resistance.

- Locate the battery compartment on the back of the sensor.
- Use a coin to gently twist the battery cover counter-clockwise to open.
- Insert the CR2 battery with the positive (+) side facing up.
- Replace the cover and twist clockwise to secure.

2. **Attach Sensor to Strap:** Snap the heart rate sensor onto the two studs located on the elastic chest strap. Ensure a secure connection.



Image: The sensor securely fastened to the chest strap.

3. **Moisten Electrodes:** Dampen the two electrode areas on the back of the strap with water or

electrode gel. This ensures good contact with your skin for accurate heart rate detection.

4. **Wear the Chest Strap:** Adjust the elastic strap to fit snugly around your chest, just below your pectoral muscles. The sensor should be centered on your chest. The strap has a maximum length of 120 cm.

OPERATING INSTRUCTIONS

Once the chest strap is properly set up and worn, follow these steps to begin monitoring your heart rate:

1. **Activate Receiver:** Turn on your compatible fitness equipment (e.g., treadmill, exercise bike, heart rate watch) and ensure its heart rate receiving function is active.
2. **Automatic Connection:** The Tunturi 14TUSRU150 chest strap transmits heart rate data using a 5.4 kHz frequency. Most compatible devices will automatically detect and connect to the chest strap once it is worn and transmitting.
3. **Verify Connection:** Check your fitness equipment's display to confirm that your heart rate is being detected and displayed.
4. **During Exercise:** Maintain a comfortable and secure fit of the chest strap throughout your workout for continuous and accurate heart rate monitoring.

MAINTENANCE

Proper care and maintenance will extend the life of your Tunturi heart rate chest strap:

- **Cleaning the Strap:** After each use, detach the sensor from the elastic strap. Rinse the elastic strap under running water and hang it to dry. Do not machine wash or tumble dry.
- **Cleaning the Sensor:** Wipe the sensor clean with a damp cloth. Do not immerse the sensor in water. The sensor unit is water resistant, but not waterproof for submersion.
- **Battery Replacement:** Replace the CR2 battery when the heart rate signal becomes intermittent or is no longer detected. Refer to the "Battery Installation" section under Setup for instructions.
- **Storage:** Store the chest strap and sensor in a cool, dry place when not in use. Do not store the sensor attached to the strap for extended periods, as this can drain the battery.

TROUBLESHOOTING

If you encounter issues with your Tunturi heart rate chest strap, consider the following solutions:

- **No Heart Rate Signal:**
 - Ensure the electrodes on the strap are sufficiently moistened.
 - Check that the sensor is securely snapped onto the strap.
 - Verify the battery is correctly installed and has sufficient charge. Replace if necessary.
 - Confirm your fitness equipment is set to receive a 5.4 kHz heart rate signal.
 - Ensure there are no strong electromagnetic interferences nearby.
 - Adjust the strap position on your chest.
- **Inaccurate Readings:**
 - Re-moisten the electrodes.

- Tighten the chest strap for a more secure fit.
 - Ensure the sensor is centered on your chest.
 - Avoid wearing the strap over clothing that might interfere with skin contact.
- **Device Not Functioning (Weak Transmitter):**
 - If the device consistently fails to transmit a signal or the signal is weak, even after battery replacement and proper setup, the transmitter might be faulty. In such cases, contact customer support.

SPECIFICATIONS

Model Number	14TUSRU150
Transmission Frequency	5.4 kHz
Strap Length	Up to 120 cm
Battery Type	1 x CR2 (included)
Product Dimensions	25 x 13 x 2 cm (approximate)
Item Weight	57.7 grams
Water Resistance	Water resistant (against sweat and moisture)

WARRANTY

Tunturi products are manufactured to high-quality standards. This product is covered by a limited warranty against manufacturing defects. Please retain your proof of purchase for warranty claims. For specific warranty terms and conditions, refer to the documentation provided with your purchase or visit the official Tunturi website.

SUPPORT

For further assistance, technical support, or inquiries regarding your Tunturi 14TUSRU150 Heart Rate Chest Strap, please contact Tunturi customer service. Contact information can typically be found on the official Tunturi website or in the packaging materials.