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Garmin 010-12883-00

Garmin HRM-Dual Heart Rate Monitor User Manual

Brand: Garmin

Model: 010-12883-00

Product Overview

The Garmin HRM-Dual Heart Rate Monitor is designed to provide accurate heart rate data for various fitness activities. It features a soft, comfortable, and adjustable strap. The heart rate module is easily removable, allowing for convenient cleaning of the strap. This monitor is built for longevity, with a battery life of up to 3.5 years.



The Garmin HRM-Dual Heart Rate Monitor, featuring a comfortable soft strap and the main sensor module.

Setup Instructions

Follow these steps for initial setup of your HRM-Dual Heart Rate Monitor:

1. **Attach the Module:** Snap the heart rate module securely onto the strap.

2. **Moisten Electrodes:** Before each use, moisten the two electrode pads on the back of the strap with a small amount of water or electrode gel. This ensures proper conductivity and accurate heart rate readings.
3. **Position the Strap:** Place the heart rate monitor directly on your skin, just below your sternum. The Garmin logo on the module should be right-side up.
4. **Adjust Fit:** Adjust the strap to be snug but comfortable. It should not restrict your breathing.





Ensure the sensor pads on the back of the strap are moistened before wearing for optimal heart rate detection.





The slim profile of the HRM-Dual module when attached to the chest strap.

Operating Instructions

The HRM-Dual transmits real-time heart rate data over ANT+ connectivity and Bluetooth Low Energy (BLE) technology, allowing it to connect to Garmin devices, other fitness equipment, and compatible smartphone apps.

1. **Pairing with a Device:** Once worn, the monitor automatically activates. Go to the sensor settings on your compatible Garmin device (e.g., smartwatch, cycling computer) or smartphone app and search for new sensors. Select the HRM-Dual when it appears.
2. **Data Transmission:** Heart rate data will be transmitted wirelessly to your paired device. Ensure your device is within range for continuous data reception.
3. **Using with Fitness Equipment:** The HRM-Dual can also connect to compatible gym equipment that supports ANT+ or Bluetooth heart rate sensors.

Official video demonstrating the features and connectivity of the Garmin HRM-Dual Heart Rate Monitor.



The HRM-Dual Heart Rate Monitor comfortably worn during exercise, providing real-time heart rate data.

Maintenance

Cleaning and Care

To ensure accurate readings and prolong the life of your heart rate monitor, regular cleaning is recommended:

- After every 5-7 uses, or after particularly sweaty workouts, detach the heart rate module from the strap.
- Rinse the strap with clean water. For deeper cleaning, hand wash the strap with a mild detergent.
- Allow the strap to air dry completely before reattaching the module or storing. Do not machine wash or tumble dry.
- Wipe the heart rate module with a damp cloth as needed.

Battery Replacement

The HRM-Dual uses a user-replaceable CR2032 (3 volts) coin cell battery, which typically lasts up to 3.5 years. When the battery is low, your paired device may display a notification. To replace the battery:

1. Locate the battery cover on the back of the heart rate module.
2. Use a small Phillips-head screwdriver to remove the screws from the battery cover.
3. Carefully remove the cover and the old battery.
4. Insert a new CR2032 battery with the positive (+) side facing up.
5. Replace the battery cover and tighten the screws, ensuring a secure seal.

Troubleshooting

- **No Heart Rate Data:** Ensure the electrode pads are moistened and the monitor is worn correctly on your skin. Check that the device is paired and within range.
- **Erratic Readings:** This can often be resolved by re-moistening the electrodes, adjusting the strap for a snugger fit, or cleaning the strap. Interference from other electronic devices can also cause erratic readings.
- **Connectivity Issues:** Try restarting both the heart rate monitor (by removing and reinserting the battery) and your paired device. Ensure Bluetooth or ANT+ is enabled on your device.

Specifications

Brand	Garmin
Model Name	Garmin HRM-Dual Heart Rate Monitor
Part Number	010-12883-00
Material	Plastic
Color	Black
Compatible Devices	Smartphones, Garmin Smartwatches, ANT+ & BLE Fitness Equipment
Item Weight	1.9 Ounces
Battery Life	Up to 3.5 years
Sensor Type	Wearable (Chest Strap)
Battery Description	User-replaceable size CR2032 (3 volts)
Product Dimensions	2.4"L x 0.4"W x 1.3"H (Module)
UPC	753759223137

Warranty and Support

Warranty Information

The Garmin HRM-Dual Heart Rate Monitor comes with a 1-year limited warranty from the date of purchase. Please refer to the official warranty documentation for full terms and conditions.

Additional Resources

For more detailed information, safety guidelines, and comprehensive troubleshooting, please consult the official PDF documents:

- Safety Information (PDF)
- User Guide (PDF)
- User Manual (PDF)

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