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› Fitcent Adjustable Soft Chest Heart Rate Monitor Strap User Manual

## Fitcent M-XXL

# Fitcent Adjustable Soft Chest Heart Rate Monitor Strap User Manual

Model: M-XXL

## INTRODUCTION

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Thank you for choosing the Fitcent Adjustable Soft Chest Heart Rate Monitor Strap. This strap is designed to provide accurate and reliable heart rate monitoring during your workouts, specifically compatible with MYZONE Switch heart rate sensors. Its unique knitted material ensures both comfort and durability, making it an ideal replacement or accessory for your fitness journey.

## PRODUCT OVERVIEW

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The Fitcent adjustable soft chest strap, designed for comfort and accurate heart rate monitoring.

# HRM REPLACEMENT SOFT STRAP

Only Compatible for MyZone Switch

Adjustable 75-110cm



The strap is adjustable from 75 cm to 105 cm (M-XXL), accommodating various body types.

The Fitcent chest strap is crafted from a soft, breathable, and anti-wrinkle material, ensuring maximum comfort during extended use. Its design minimizes interference for optimal sensor accuracy.

## SETUP AND INSTALLATION

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1. **Prepare the Sensor:** Ensure your MYZONE Switch heart rate sensor is clean and dry.
2. **Attach the Sensor:** Align the two snap fasteners on the MYZONE Switch sensor with the two metal eyelets on the Fitcent chest strap. Press firmly until the sensor snaps securely into place.



The strap with the sensor detached, showing the metal eyelets.



The sensor securely attached to the strap.

- 3. Moisten Electrodes:** Lightly moisten the electrode areas on the back of the strap (the textured areas near the snaps) with water or electrode gel. This ensures optimal conductivity for accurate heart rate readings.
- 4. Position the Strap:** Place the strap around your chest, just below your pectoral muscles. The sensor should be centered on your chest.
- 5. Adjust for Fit:** Use the adjustable buckle to tighten the strap until it feels snug but comfortable. It should not be too tight to restrict breathing, nor too loose to slip during activity.

## OPERATING INSTRUCTIONS

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Once the strap is properly set up and positioned, your MYZONE Switch sensor will begin transmitting heart rate data to your connected device (e.g., MYZONE app, fitness equipment). Ensure your device is paired with the sensor according to its own instructions.

### Usage Tips:

- For best results, wear the strap directly against your skin.
- Ensure the electrodes remain moist throughout your workout for continuous and accurate readings.
- The strap is suitable for various sports and activities, including running, cycling, weightlifting, and more.

# ADJUSTABLE REPLACEMENT SOFT STRAP FOR HEART RATE MONITOR



SOFTNESS



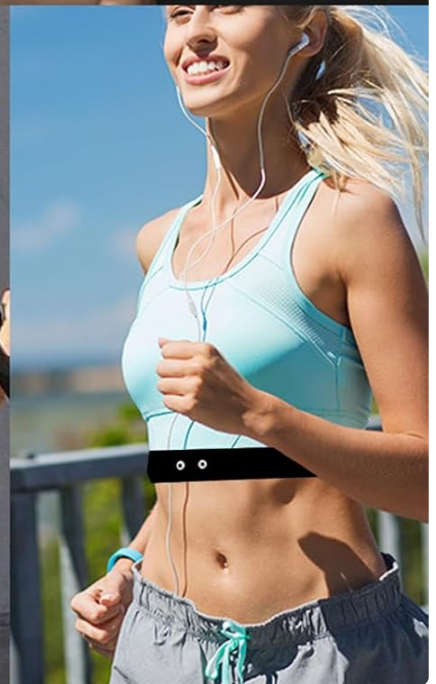
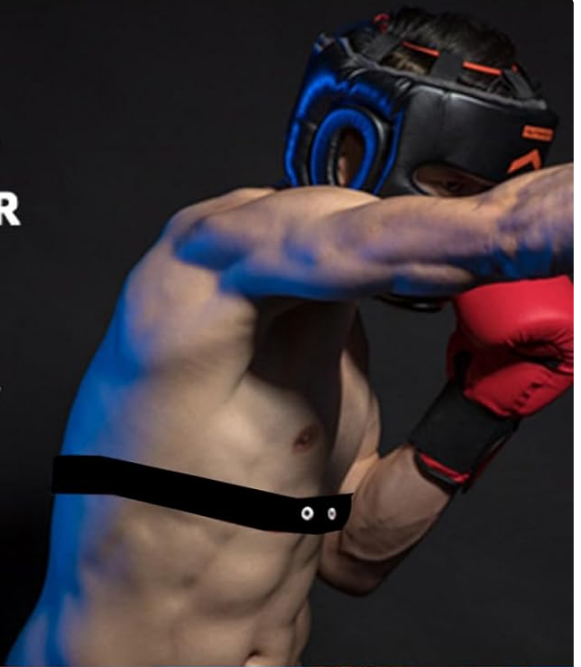
BREATHABLE



FULLY  
ADJUSTABLE

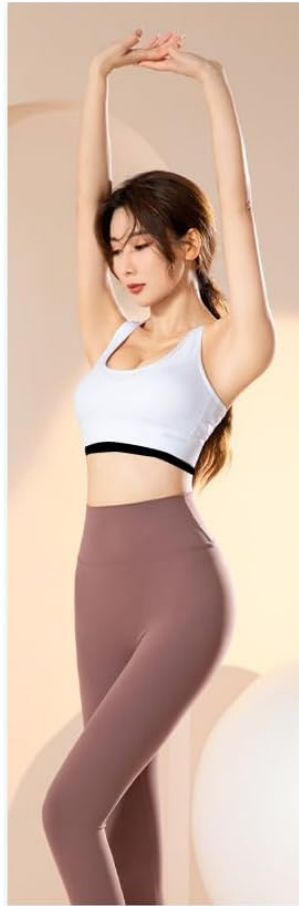


ANTIWRINKLE



The strap is designed for comfort and performance across diverse fitness activities.

# SUITABLE FOR VARIOUS SPORT



Versatile use for activities like cycling, walking, jumping rope, hiking, and strength training.

## MAINTENANCE AND CARE

- **Cleaning:** After each use, detach the MYZONE Switch sensor from the strap. Rinse the strap under running water and hang it to air dry. Do not machine wash, tumble dry, iron, or bleach the strap.
- **Storage:** Store the strap flat or loosely rolled in a cool, dry place. Avoid folding or creasing the electrode areas.
- **Sensor Longevity:** Regularly replacing your chest strap can help prolong the life and accuracy of your heart rate sensor. If you notice inconsistent readings or reduced sensitivity, it may be time for a new strap.

## TROUBLESHOOTING

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Problem	Possible Cause	Solution
Inaccurate or erratic heart rate readings	Dry electrodes, loose strap, worn-out strap, interference.	Moisten electrodes, adjust strap for snug fit, replace strap if old, ensure no strong electromagnetic interference nearby.
Sensor not connecting to device	Sensor not properly attached, low sensor battery, device pairing issue.	Ensure sensor is securely snapped onto strap, check sensor battery, re-pair sensor with your device.
Strap discomfort or chafing	Strap too tight, improper positioning.	Adjust strap for a comfortable fit, ensure it's positioned correctly below the chest.

## SPECIFICATIONS

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- **Compatibility:** Exclusively with MYZONE Switch heart rate sensors.
- **Material:** Soft, breathable, anti-wrinkle knitted fabric.
- **Adjustable Size:** M-XXL (75 cm to 105 cm chest circumference).
- **Color:** Black.
- **Dimensions (packaging):** 16.69 x 3.4 x 2.39 cm.
- **Weight (packaging):** 32 grams.

## WARRANTY AND SUPPORT

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For warranty information or technical support, please refer to the official Fitcent website or contact Fitcent customer service directly. Keep your purchase receipt for any warranty claims.

**Fitcent Official Store:** Visit Fitcent Store on Amazon