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Garmin HRM 600

Garmin HRM 600 Chest Strap Heart Rate Monitor User Manual

1. PRODUCT OVERVIEW

The Garmin HRM 600 is a chest strap heart rate monitor designed for athletes seeking precise performance data. It transmits real-time heart rate information to compatible Garmin devices and training applications using both Bluetooth and ANT+ connectivity. This device also offers advanced running dynamics when paired with a supported smartwatch and can record workouts independently for later synchronization.

The HRM 600 features a comfortable, adjustable strap available in two sizes (XS-S and M-XL) and a removable sensor module for easy cleaning. Its rechargeable battery provides extended use between charges.



Image 1.1: The Garmin HRM 600 chest strap heart rate monitor, showing the sensor module and strap with care symbols.

2. SETUP AND INSTALLATION

2.1 Charging the Device

Before initial use, ensure the HRM 600 is fully charged. Connect the included USB charging cable to the sensor module and plug it into a USB wall adapter or a computer's USB port. A full charge provides up to two months of typical use.

2.2 Attaching and Wearing the Strap

1. Moisten the electrodes on the back of the strap with water or electrode gel to ensure good contact with your skin.
2. Attach the heart rate monitor module to the strap. The Garmin logo should be right-side up.
3. Wrap the strap around your chest, directly below your sternum. The strap should be snug but comfortable.
4. Adjust the strap length to achieve a secure fit. The HRM 600 is available in XS-S and M-XL sizes for optimal comfort.

MADE TO FIT EVERY ATHLETE



Image 2.1: A user wearing the HRM 600 during activity, illustrating proper placement. The image also shows the two available strap sizes (XS-S and M-XL).

2.3 Pairing with Compatible Devices

The HRM 600 supports both ANT+ and Bluetooth Low Energy (BLE) for connectivity.

- **Garmin Smartwatches/Cycling Computers:** Place the HRM 600 on your chest. On your Garmin device, navigate to the sensor settings and select "Add New Sensor." Choose "Heart Rate" and follow the on-screen prompts to pair.
- **Fitness Equipment/Training Apps:** Ensure the HRM 600 is active (worn on your chest). On the fitness equipment or within your training app, search for available heart rate sensors and select the HRM 600 from the list.

COMPATIBLE DEVICES

SEND REAL-TIME DATA TO
COMPATIBLE GARMIN DEVICES



FORERUNNER® SMARTWATCHES



FĒNIX® SMARTWATCHES



EDGE® BIKE COMPUTERS

Image 2.2: Examples of compatible Garmin devices, including Forerunner and Fenix smartwatches, and Edge bike computers, which can receive data from the HRM 600.

3. OPERATING INSTRUCTIONS

3.1 Real-Time Heart Rate Monitoring

Once paired, the HRM 600 will transmit your heart rate data in real-time to your connected device. This allows you to monitor your intensity during workouts, ensuring you stay within your target heart rate zones for effective training.

3.2 Advanced Running Dynamics

When used with a compatible Garmin smartwatch, the HRM 600 provides advanced running dynamics metrics. These include vertical oscillation, ground contact time, ground contact time balance, stride length, and step speed loss. These metrics help analyze and improve your running form and efficiency.

3.3 Watch-Free Training and Data Storage

The HRM 600 features built-in memory, allowing it to record heart rate, calories, pace, and distance even when a compatible watch is not present. This is ideal for activities where wearing a wrist device is impractical. After your workout, the stored data can be automatically synced to the Garmin Connect app when the HRM 600 comes within range of your paired smartphone.



TRAIN WITH HEART



**ACCURATE HEART RATE
AND HRV DATA**



RUNNING DYNAMICS



ACTIVITY RECORDING

Image 3.1: An athlete running, demonstrating the HRM 600's capabilities for accurate heart rate monitoring, running dynamics, and activity recording.

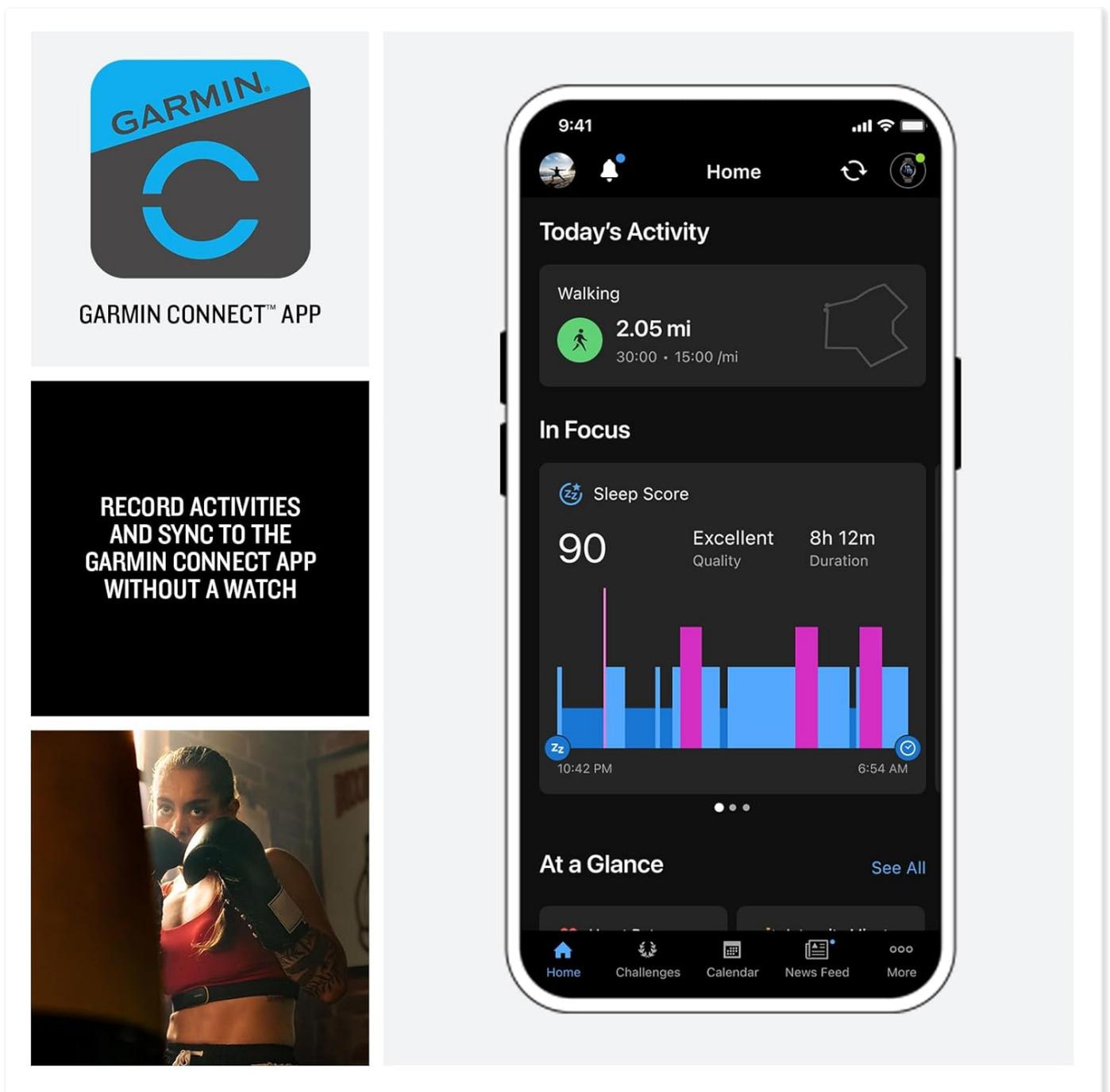


Image 3.2: The Garmin Connect app displaying recorded activity data and sleep score, illustrating how data from the HRM 600 is presented.

4. MAINTENANCE AND CARE

4.1 Cleaning the Strap

To maintain hygiene and performance, clean the chest strap regularly. Detach the heart rate monitor module from the strap. The fabric strap can be machine washed with mild detergent. Do not use strong chemicals or bleach. Allow the strap to air dry completely before reattaching the module.

4.2 Battery Care

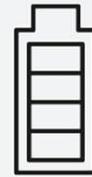
The HRM 600 uses a rechargeable battery. Recharge the device when the battery indicator on the module or in the Garmin Connect app shows low power. Avoid exposing the device to extreme temperatures for prolonged periods, as this can affect battery life.

4.3 Water Resistance

The HRM 600 has a water rating of 5 ATM, meaning it can withstand pressures equivalent to a depth of 50 meters. It is suitable for splashes, rain, snow, showering, swimming, and diving into water. However, it is not intended for scuba diving or high-speed water sports.



COMFORTABLE,
MACHINE-WASHABLE STRAP



CHARGE LASTS UP
TO 2 MONTHS



DURABLE WITH A 5 ATM
WATER RATING

Image 4.1: A basketball player using the HRM 600, highlighting its features such as a comfortable, machine-washable strap, up to 2 months of battery life, and a 5 ATM water rating.

5. TROUBLESHOOTING

5.1 No Heart Rate Data

- **Moisten Electrodes:** Ensure the electrodes on the strap are sufficiently moistened.
- **Check Placement:** Verify the strap is worn correctly, snug against your chest, just below the sternum.
- **Battery Level:** Confirm the HRM 600 has sufficient battery charge.

- **Re-pair Device:** Try unpairing and re-pairing the HRM 600 with your compatible device.
- **Interference:** Move away from strong electromagnetic fields or other wireless devices that might cause interference.

5.2 Connectivity Issues (Bluetooth/ANT+)

- **Device Compatibility:** Ensure your receiving device (smartwatch, app, fitness equipment) is compatible with ANT+ or Bluetooth LE heart rate monitors.
- **Proximity:** Keep the HRM 600 within range of your receiving device.
- **Other Sensors:** If you have multiple sensors, ensure you are connecting to the correct HRM 600.
- **Restart Devices:** Try restarting both the HRM 600 (by removing and reattaching the module) and your receiving device.

5.3 Inaccurate Readings

- **Strap Fit:** A loose strap can cause inaccurate readings. Adjust for a snug fit.
- **Electrode Contact:** Ensure good contact between the moistened electrodes and your skin.
- **Cleanliness:** Dirt or sweat buildup on the electrodes can affect performance. Clean the strap as per maintenance instructions.

6. SPECIFICATIONS

Model Name	Garmin HRM 600
Model Number	010-13383-01-AG2-1
Product Dimensions	2.7 x 1.2 x 0.4 inches (sensor module)
Item Weight	11.7 ounces
Connectivity	ANT+, Bluetooth Low Energy (BLE)
Battery Type	Rechargeable
Battery Life	Up to 2 months (typical use)
Water Rating	5 ATM (50 meters)
Manufacturer	Garmin
Date First Available	May 27, 2025

7. CUSTOMER SUPPORT

For further assistance, warranty information, or to purchase accessories, please visit the official Garmin support website or contact their customer service department. Refer to your product packaging or the Garmin website for the most current contact details.

