



HRM-Dual™

WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Putting On the Heart Rate Monitor

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity.

- 1 Snap the heart rate monitor module  onto the strap.



The Garmin® logos (on the module and the strap) should be right-side up.

- 2 Wet the electrodes  and the contact patches  on the back of the strap to create a strong connection between your chest and the transmitter.



- 3 Wear the heart rate monitor with the Garmin logos facing right-side up.
The hook  and loop  connection should be on your right side.
- 4 Wrap the strap around your chest, and connect the strap hook to the loop.

NOTE: Make sure the care tag does not fold over.

After you put on the heart rate monitor, it is active and sending data.

Pairing the Heart Rate Monitor with Your ANT+® Device

Before you can pair the heart rate monitor with your device, you must put on the heart rate monitor.

Pairing is the connecting of ANT+ wireless sensors, like your heart rate monitor, with a Garmin ANT+ compatible device.

NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

- For most Garmin compatible devices, bring the device within 3 m of the heart rate monitor and use the device menu to pair manually.
- For some Garmin compatible devices, bring the device within 1 cm of the heart rate monitor to pair automatically.

TIP: Stay 10 m away from other ANT+ sensors while pairing.

After you pair the first time, your Garmin compatible device automatically recognizes the heart rate monitor each time it is activated.

Pairing the Heart Rate Monitor with Your Bluetooth® Device

You can pair the heart rate monitor to your smartphone, tablet, smartwatch, or fitness equipment using Bluetooth technology.

- 1 Put on the heart rate monitor.
- 2 Bring the device within 3 m (10 ft.) of the heart rate monitor.
- 3 Open the Bluetooth settings on the device.
The heart rate monitor should appear in the list of available devices.

- 4 Select the HRM-Dual heart rate monitor.

TIP: Stay 10 m (33 ft.) away from other wireless sensors while pairing.

After you pair the first time, your device automatically recognizes the heart rate monitor each time it is activated.

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Reapply water to the electrodes and contact patches (if applicable).
- Tighten the strap on your chest.
- Warm up for 5 to 10 minutes.
- Follow the care instructions (*Caring for the Heart Rate Monitor*, page 1).
- Wear a cotton shirt or thoroughly wet both sides of the strap.
Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.
- Move away from sources that can interfere with your heart rate monitor.
Sources of interference may include strong electromagnetic fields, some 2.4 GHz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

Caring for the Heart Rate Monitor

NOTICE

You must unsnap and remove the module before washing the strap.

A build up of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

- Go to www.garmin.com/HRMcare for detailed washing instructions.
- Rinse the strap after every use.
- Machine wash the strap after every seven uses.
- Do not put the strap in a dryer.
- When drying the strap, hang it up or lay it flat.
- To prolong the life of your heart rate monitor, unsnap the module when not in use.

Linking to Fitness Equipment

You can connect your heart rate monitor to compatible fitness equipment using ANT+ or Bluetooth technology so you can view your heart rate on the equipment console.

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- Look for the ANT+LINK HERE logo on compatible fitness equipment.



- Look for the Bluetooth logo on compatible fitness equipment.



Replacing the HRM-Dual Battery

- 1 Use the included screwdriver (Torx T5) to remove the four screws on the back of the module.
NOTE: HRM-Dual accessories produced before September 2020 use Phillips #00 screws.
- 2 Remove the cover and battery.



- 3 Wait 30 seconds.
- 4 Insert the new battery with the positive side facing up.
NOTE: Do not damage or lose the O-ring gasket.
- 5 Replace the back cover and the four screws.

NOTE: Do not overtighten.

After you replace the heart rate monitor battery, you may need to pair it with the device again.

Heart Rate Monitor Specifications

Battery type	User-replaceable CR2032, 3 V
Battery life	Up to 3.5 yr. at 1 hr./day
Water resistance	1 ATM ¹ NOTE: This product does not transmit heart rate data while swimming.
Operating temperature range	From -5° to 50°C (from 23° to 122°F)
Wireless frequency/protocol	2.4 GHz @ 2 dBm nominal

Limited Warranty

The Garmin standard limited warranty applies to this accessory. For more information, go to www.garmin.com/support/warranty.

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¹ The device withstands pressure equivalent to a depth of 10 m. For more information, go to www.garmin.com/waterrating.