

[Skip to content](#)

Manuals+

User Manuals Simplified.



OTBeat Core Monitor User Manual

[Home](#) » [Orange Theory](#) » OTBeat Core Monitor User Manual

USER MANUAL



OTBeat Core Monitor

Thank you for selecting this product as your heart rate monitor of choice. This product will track your data in real time during your Orangetheory® Fitness Workout and is also compatible with the Orangetheory Fitness mobile app on your smart phone.

IMPORTANT: This product is for recreational purposes only and is not meant to replace any medical device.

This manual contains important safety and care information, and provides step-by-step instructions for using this product. Read this manual thoroughly, And keep it in a safe place for future reference.

Contents [hide](#)

[1 Device Overview](#)

[2 B. Chest Strap](#)

[3 GETTING STARTED](#)

[4 How to Wear the Chest Strap](#)

[4.1 WARNING:](#)

[5 BATTERY](#)

[5.1 REPLACING YOUR BATTERY](#)

[6 IMPORTANT](#)

[7 PAIRING](#)

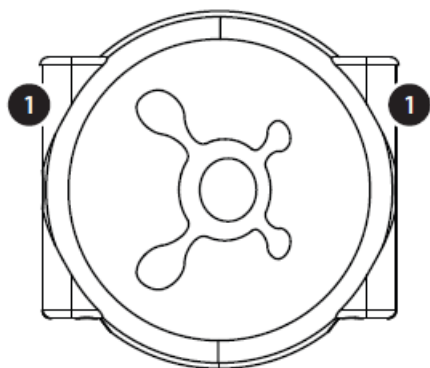
[8 DATA TRANSMISSION](#)

[9 Related Posts](#)

Device Overview

A. Heart Rate Transmitter

a. Front View

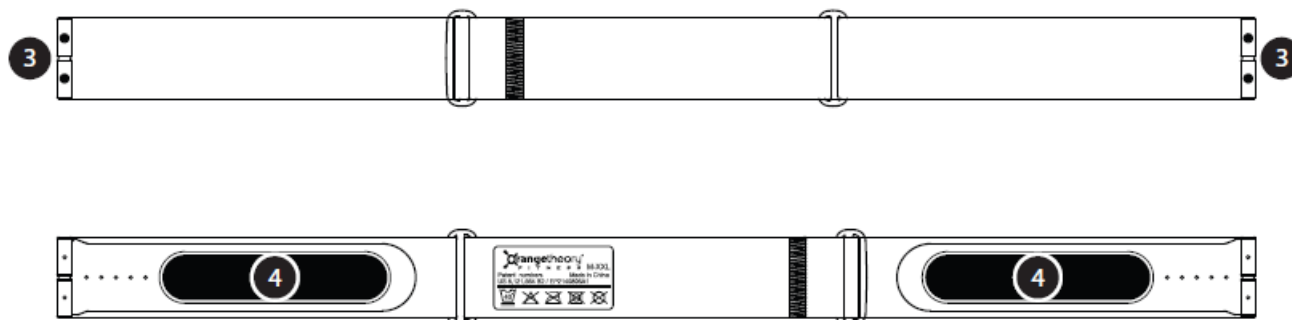


b. Rear View



- 1. Left & Right Strap Connectors
- 2. Battery Cover

B. Chest Strap



- 3. Snap-On Button Connectors
- 4. Conductive Pads

GETTING STARTED

A. Unpacking the Product

In this box, you will find:

- 1 – Heart Rate Transmitter
- 1 – Adjustable Elastic Strap
- 1 – CR2032 Battery (installed)
- 1 – User Manual

How to Wear the Chest Strap

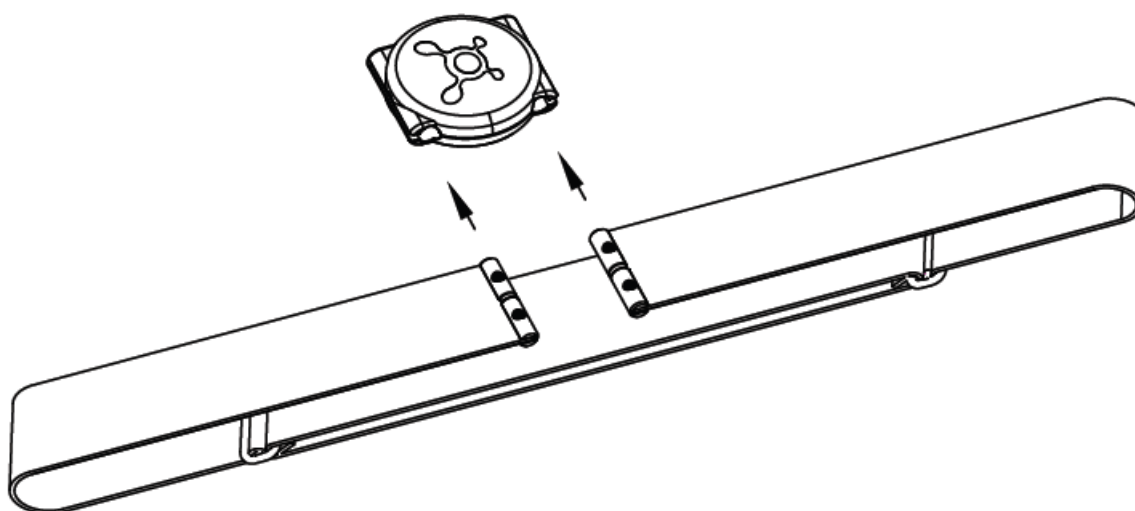
1. Wet the conductive pads on the strap with a few drops of water or conductive gel to ensure direct contact to the skin.



2. Secure the strap across your chest. To ensure an accurate heart rate signal, adjust the strap until it fits snugly below your chest (pectoral muscles).

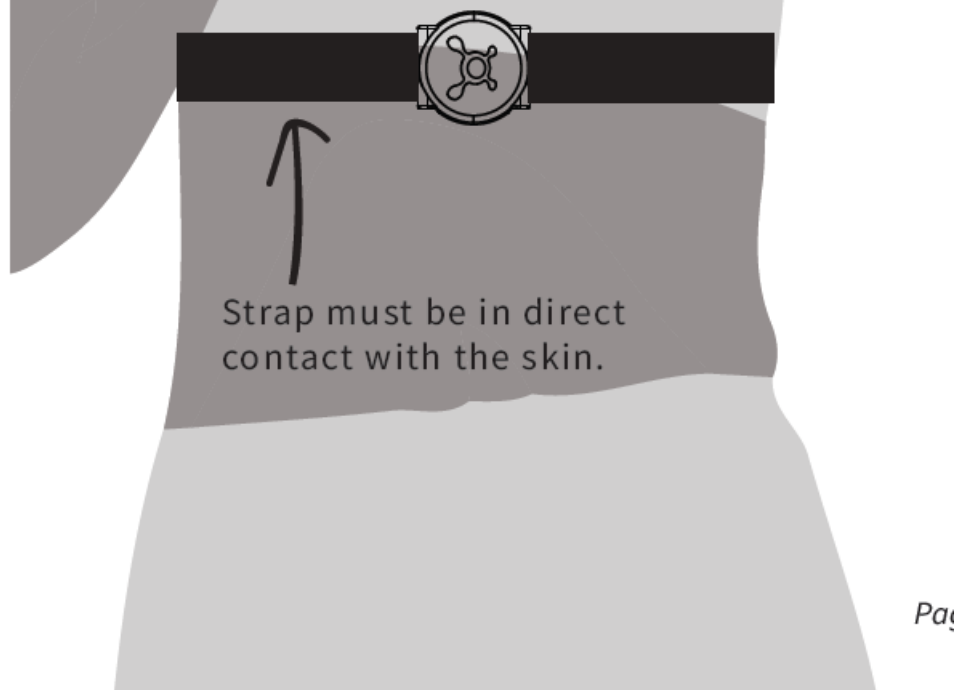
3. Attach the transmitter to the strap, matching up the connector snaps (see image on page 4).

4. Make sure the Orangetheory® Fitness logo is facing right side up and the arrows on the back of the transmitter are pointed up when the strap is being worn.



WARNING: Inaccurate heart rate data will be detected if the transmitter is worn upside down.

Easy guide to wearing your OTbeat™ Core



WARNING:

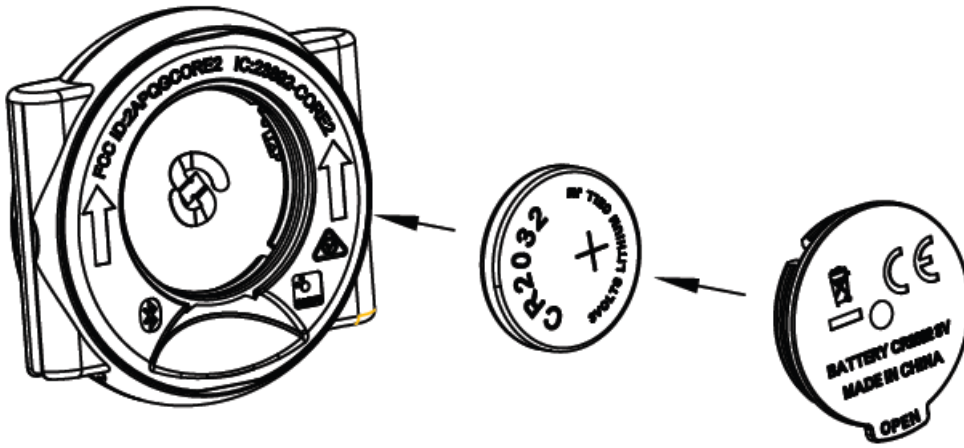
1. Do not clean the transmitter or strap in a washing machine or dryer.
2. Before hand washing the strap, detach the transmitter pod from the snaps.
3. The transmitter pod should not be washed. To clean the pod, wipe with a damp cloth. Ensure the pod is fully dry before using.
4. While washing the strap, make sure water is no warmer than 86°F.
5. Ironing, bleaching or heating will damage the strap and pod.

BATTERY

The transmitter uses one CR2032 3V battery. The battery is already installed, and typically lasts one year. If you need a new battery, we recommend that you contact your studio to purchase a replacement.

REPLACING YOUR BATTERY

- A. Remove the battery cover and set aside.



- B. Remove the old battery and insert the new battery with the (plus) side facing up.
- C. Install the battery cover back into place by pressing the battery cover down.

IMPORTANT

1. Batteries must be disposed of properly. Please check your local waste disposal guidelines for proper battery disposal procedures.
2. Batteries are extremely dangerous if swallowed. Therefore, keep batteries and any small articles included with this product away from children. If a battery or small article has been swallowed, seek immediate medical attention.
3. The battery supplied should not be recharged, reactivated or dismantled. Keep batteries away from fire.

PAIRING

1. On your mobile device, download the Orangetheory Fitness mobile app.



2. Sign into the Orangetheory Fitness mobile app using your member credentials.
3. Once signed in, navigate to the Settings page by tapping the gear icon. Then, tap "Add Device." Make sure Bluetooth is enabled on your mobile device.
4. Tap "Search for a device."
5. Once your transmitter has been found, tap to select and complete pairing. If the pairing fails, you will see an error message prompting you to try again.

DATA TRANSMISSION

This ANT+ & Bluetooth transmitter pod is designed to acquire and transmit heart rate data.



For more information visit
ORANGETHEORY.COM

Read More About This Manual....

[OTBeat-Core-Monitor-Manual-Optimized](#)

[OTBeat-Core-Monitor-Manual-Original](#)

Questions about your Manual? Post in the comments!

[Manuals+](#),

- [home](#)
- [privacy](#)