

## How to use the Accurofit HRM Tester

The Accurofit HRM Tester can be used to determine if a monitor is working correctly. Once an HRM is placed on the tester, it can be read by both the Accurofit system (ANT+) and app (Bluetooth).

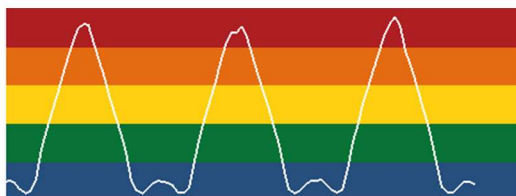
*NOTE: When testing with the Accurofit system, do not test a pod on a real user's profile for more than 20 minutes. If you do, they will receive an email workout summary and it will be saved to their workout data.*

*You can avoid this by creating a test profile in the system but be aware that 2 profiles cannot use the same pod number and you will have to temporarily remove the pod number from the real member's profile.*

*If you are testing loaner pods, simply assign the loaner pod to a test profile.*

### OPERATING THE TESTER

1. Place the Pod on the tester, make sure the pod is right side up. **fig 2**
2. Select the appropriate heart rate setting.
  - Use the pyramid setting for most testing scenarios. This will gradually increase heartrate through the zones and then drop down. **fig 1**
  - The 70 BPM may drop off after a few minutes, but it can quickly be used to determine if the HR is consistent.
3. You can also test straps with the included alligator clip cable.
  - Attach the pod to the strap.
  - Plug in the cable into the tester. **fig 3**
  - Attach the alligator clips to the sensor pads on the sides of the strap. These are the sensors that would normally contact your skin. **fig 4**
  - Operate the tester as normal. **fig 5.**



**fig 1.** Pattern of HR with the pyramid setting.



Below are some reference photos of the tester in use.

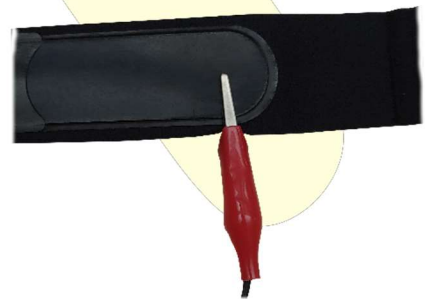
\*If you have any questions about operating the tester, please contact AccuroFit support at: 877-409-0937 or by email at: [support@accurofit.com](mailto:support@accurofit.com)



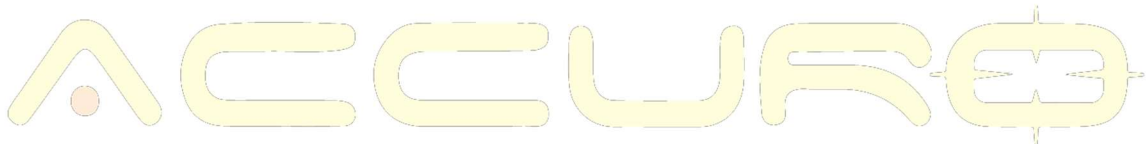
**fig 2.** Testing the pod in the pyramid setting.



**fig 3.** Plug strap tester into the side of the HRM tester.



**fig 4.** The clips should be attached to the ends of the sensor pads to test straps.



**fig 5.** The full set up for testing a pod and strap together.