**Name:**

**How to use the heart rate monitor?**

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**Positioning the transmitter**Attach the adjustable elastic strap to one end of the transmitter. Moisten the electrodes with saliva or water. The electrodes are the part with groves on them. You can use [Buh Bump lotion](http://www.sarkproducts.com/polaraccessories.htm#Buh-Bump) for better transmission.  Secure the strap and lock the buckle,  the elastic strap should stretch at least 4-6 inches and the Polar Logo should be in a central upright position.

**Start heart rate measurement**Hold the face of the receiver next to the center part of the transmitter.  The receiver displays 888, heart rate will be displayed in 5 seconds (sometimes it will take more time) and you can see your heart rate and the heart symbol in the display.   The heart symbol will flash to correspond to your heart rate.  If the heart symbol flashes inconsistently heart rate measurement will not be accurate, make sure that the transmitter is positioned correctly and there is no source of electrical interference.

1. First you need to use the heart rate monitor.
2. Use your watch, stopwatch or your mobile. Do 6 activities for 1 mintute
3. Write down your heart rate

|  |  |  |
| --- | --- | --- |
| Name: |  |  |
| **Activity (1 minute)** | **Pulse (heart rate)** |  |
| Walking |  |  |
| Doing sit-ups |  |  |
| Doing push-ups |  |  |
| Running |  |  |
| Sitting cross-legged and breathing deeply |  |  |
| Doing a stretching exercise |  |  |
| Rope skipping |  |  |
| Lifting weights |  |  |
|  |  |  |

My heart rate at rest is (when you are doing nothing):  
My heart rate was the lowest when I was doing:   
What was the lowest heart rate?  
My heart rate was the highest when I was doing:  
What was the highest heart rate?

Take a look at the answers of your partner. Are there any differences?  
Why are there differences.