



## Peloton Heart Rate Monitor User Manual

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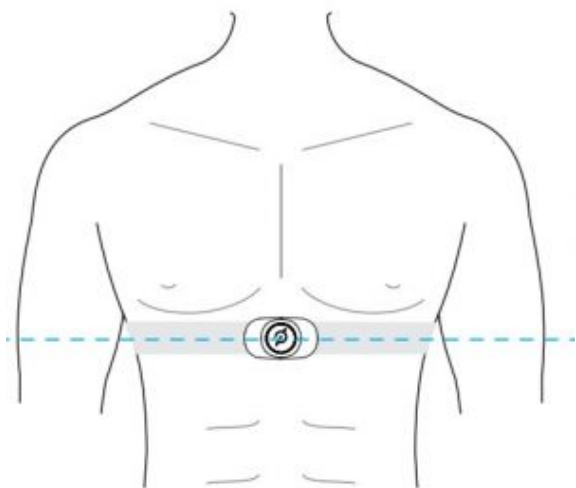
**READ IMPORTANT SAFETY INFORMATION ON REVERSE SIDE OF PAGE.**  
Follow all warnings and instructions.

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### USING THE PELOTON HEART RATE MONITOR

- Snap the sensor pod onto the chest strap.
- Adjust the strap to fit your lower chest. It should be snug but comfortable.
- When the heart rate monitor detects a heartbeat, the LEDs will flash red and blue. If your monitor does not detect your heartbeat, aid the connection by moistening the electrodes with a small amount of water, saliva, or electrode heart rate gel.
- Join a class. The heart rate monitor will connect to your Peloton product automatically via ANT+.



## READING THE LED INDICATORS

**Flashing Red:** The heart rate monitor detects a heartbeat. The LED will stop flashing after 30 seconds.

**Flashing Blue:** The heart rate monitor detects a heartbeat and is in Bluetooth pairing mode. The LED will continue flashing until the monitor connects to a Bluetooth device, even if you connect to a Peloton product via ANT+.

**Flashing Yellow:** The heart rate monitor's battery is low. Replace immediately with a new CR2032 3-volt battery

## REPLACING THE BATTERY

- The right LED will flash yellow when the battery needs to be replaced.
- The battery door is located on the underside of the sensor pod. Unscrew it by inserting a coin into the slot and rotating it counterclockwise.
- When the battery door is loose, remove it. The battery sits inside the battery door.
- Wait for 20-30 seconds. Then insert a new CR2032 3-volt battery, with the flat side facing down.
- Place the battery door over the markers. Insert a coin into the door slot and rotate clockwise until the door is flush with the underside of the sensor pod.
- Test the heart rate monitor to make sure the sensor activates.

**WARNING:** Contact your local waste services provider to recycle coin cell batteries. Batteries may contain perchlorate material and special handling may be required. California customers: see

[www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate)

## SPECIFICATIONS

Heart rate measurement range	30 – 240 beats per minute(bpm)
Battery type	User replaceable CR2032 3 volts
Expected battery life	600+ hours
Radio frequency protocol	2.402 – 2.480 GHz (BLE) / 2.457GHz(ANT+)
Water rating	IPX7 Water Resistant
Operating temperature range	0 – 50°C/-32 – 122°F
Weight	13 grams
Size (sensor pod only)	64mm
Maximum output power	-1.27 dBm (BLE) / -1.44 dBm (ANT+)
Peak active current	Typical 7.5mA
Stand-by- current	Less than 10uA
Contains FCC ID	2AA3NHRC01

## IMPORTANT SAFETY INFORMATION

Consult a doctor before beginning a new fitness plan. Incorrect or excessive training can result in serious injury. If you have a pacemaker or other implanted electronic device, consult your physician prior to using a heart rate sensor.

Contains coin cell battery, can be fatal if swallowed. Keep batteries away from children. Do not swallow. Swallowing can lead to chemical burns, perforation of soft tissue, and death. Fatal burns from batteries lodged in throat can occur in as little as 2 hours. If you experience faintness, chest pain, or shortness of breath, stop exercising immediately and consult a doctor.

Heart rate and other measurements may be inaccurate. Use for reference or information only. The heart rate sensor is not a medical device. Readings could be influenced by interference from other devices or sources. Only use correct replacement batteries. Others pose fire and explosion hazard.

## SAVE THESE WARNINGS AND INSTRUCTIONS.

### EU RADIO EQUIPMENT DECLARATION OF CONFORMITY

Hereby, Peloton declares that the radio equipment type HRC01 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:

[www.onepeloton.com/compliance](http://www.onepeloton.com/compliance).

**WARNING** This product can expose you to chemicals, including Lead, Nickel, and Acrylonitrile, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

## **FCC RULES PART 15**

The enclosed product (hardware) device complies with part 15 of the FCC Rules. Operation is subject to following two conditions:

1. This device may not cause harmful interference and
2. It must accept any interference received, including interference that may cause undesired operation.

## **MODIFICATION STATEMENT**

This device has been designed to comply with the FCC Rules. Changes or modifications not expressly approved could void the user's authority to use the device.

## **FCC RADIATION EXPOSURE STATEMENT**

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be re-located or operated in conjunction with any other antenna or transmitter.

## **FCC COMPLIANCE STATEMENT**

This equipment has been tested and found to comply with limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in residential installations. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television equipment reception, which can be determined by turning the equipment off and on, the user is encouraged to try correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

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