



HRM

**RECHARGEABLE
HEART RATE
MONITOR**

HEART RATE
ANT+ BLUETOOTH 5.0



Real-Time Monitoring



ANT+ & Bluetooth Compatible



Heart Rate Alert Reminder



Rechargeable Battery



Heart Rate LED Indicator



12 Hours of Memory

ID:2ACSTHRM303
Made in China



HRM



**CHEST STRAP
WITH INDICATOR**

59% & below

Zone 1
Easy

This is an easy and comfortable zone to be maintained. You should not have difficulty in holding a conversation. This is a typical zone for walking or for warming-up.

60% - 69%

Zone 2
Moderate

This zone is perfect to transition to higher levels of activity and also for active recovery cooldown. Should still be able to maintain a conversation.

70% - 79%

Zone 3
Light

Perfect for steady state endurance runs or biking and general exercise. YELLOW is GREAT. The more the BETTER. You should feel a major change in your breathing pattern from light to deeper.

80% - 89%

Zone 4
Intense

Talking is typically at a minimum. Concentration on the activity is the most predominate. Perfect for interval training. The effort is NOT sustainable, but can be maintained for brief periods of time.

90% & above

Zone 5
Vigorous

No interest in talking. This is typically an All Out Effort. A small percentage of time in this zone is suggested. Significant effort is required.