

Fitness Sensor User Guide

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Fitness Sensor User Guide

Page 2 Timex ® Fitness Sensors Heart Rate Sensor Speed + Distance Sensor Watches are for more than keeping time. Digital technology gives your watch the ability to display your heart rate or measure your speed and distance traveled. These functions require the use of external modules that transmit information wirelessly to your watch.

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Timex Fitness Sensor Manuals

1. Wet the Digital Heart Rate Sensor pads. 2. Center the Sensor on your chest with the Timex® logo facing up and out and fasten it firmly, just below your sternum. 7 Determining Your Optimal Heart Rate Zone There are five basic heart rate target zones. Simply select a zone that matches your percent of maximum (%) heart rate based on the fitness

Digital Heart Rate Monitor - Timex

How to Pair your Wahoo RPM SPEED Sensor to the Wahoo Fitness app (iOS): Download the Wahoo Fitness app from the App Store. Open the Wahoo Fitness app. Make sure you have Bluetooth turned on. Activate the Wahoo RPM SPEED by shaking it for a few seconds or if attached to your bike, spin the wheel a few times.

RPM Speed Sensor Setup & Instructions | Wahoo Fitness

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OWNER'S MANUAL

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Types of sensors in wearable fitness trackers

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Timex Fitness Sensor User Guide. Pages: 223. See Prices; Timex Heart Rate Monitor M185/M187 Speed+Distance Monitor EP9TMXM185 3348A-TMXM185. Timex Heart Rate Monitor User Manual. Pages: 159. See Prices; Timex Heart Rate Monitor M187. Timex Bodylink System Performance Watch User Guide. Pages: 158.

Timex Heart Rate Monitor Manuals - Free Fitness & Sports ...

Fitness Sensors User Guide: Complete information for set-up, Solid heart icon once the watch has located a signal from the Digital operation, and maintenance of your Digital Heart Rate Sensor. Page 6: Determining Your Optimal Heart Rate Zone

TIMEX DIGITAL HEART RATE MONITOR USER MANUAL Pdf Download ...

The heart rate sensor sits comfortably within the fitness tracker or smart watch, preferably under the device with a smart light against your skin. When your heart pumps the blood, it moves through your veins at a faster pace, thereby causing less light to be reflected backwards.

17 Different Types of Sensors in a Fitness Tracker [Explained]

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