

**GARMIN®**

**HRM-FIT™**

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**Owner's Manual**

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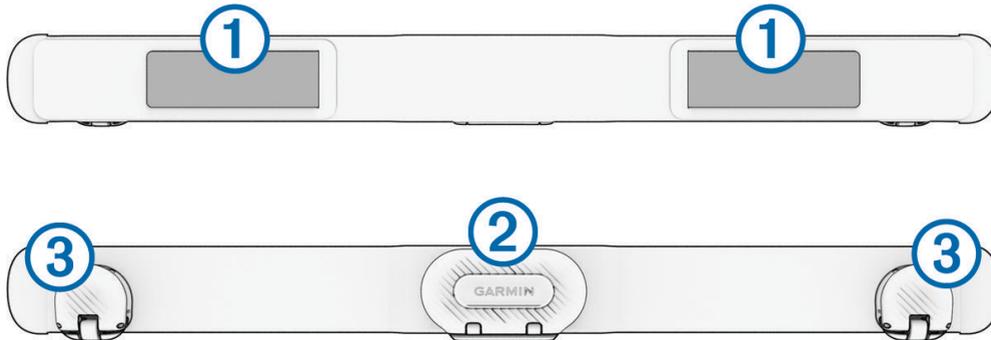
# Heart Rate Monitor Instructions

## ⚠ WARNING

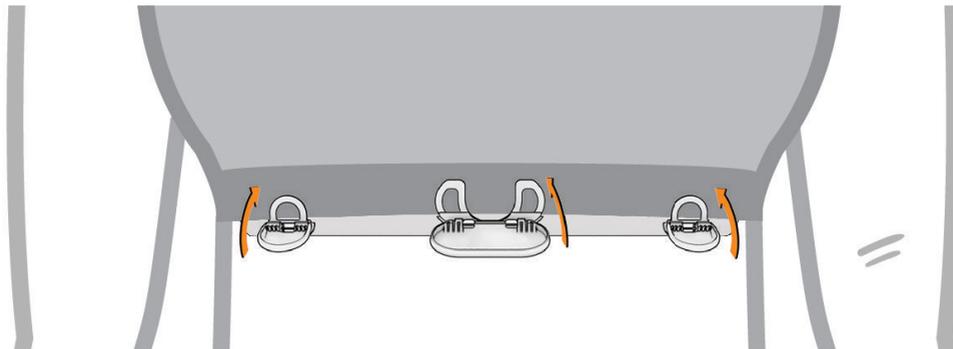
See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

## Putting On the Heart Rate Monitor

- 1 Put on a medium or high support sports bra with a tight fitting band.  
The proper sports bra fit will reduce heart rate monitor movement, maintain good skin-to-electrode contact, and ensure comfort (*HRM-Fit Sports Bra Guide, page 2*).
- 2 Wet the electrodes ① on the back of the heart rate monitor to create a strong connection between your chest and the transmitter.



- 3 Open the clips on the front of the heart rate monitor.
- 4 Insert the sports bra band fabric into the center clip ②.  
The fabric must lay flat inside the clip.
- 5 Close the clip on to the fabric until it clicks into place.



6 Repeat steps 4 and 5 with the side clips ③.

As you are closing the side clips, use your other hand to lightly pull the sports bra band towards the center.

7 Make sure the HRM-Fit heart rate monitor is secured in place, lays flat beneath the sports bra band, and is compressed against the skin.



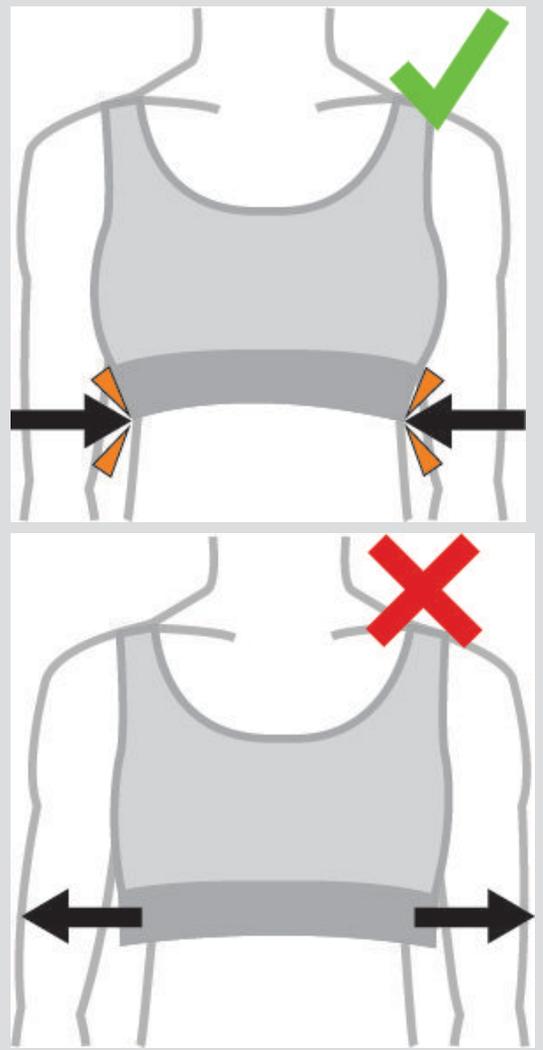
After you put on the heart rate monitor, it is active and sending data.

### **HRM-Fit Sports Bra Guide**

The HRM-Fit heart rate monitor works best with a sports bra that has a flat band around the rib cage. Good band compression is needed to minimize heart rate monitor movement and ensure good contact between your skin and the electrodes so that the heart rate monitor can accurately detect your heart rate.

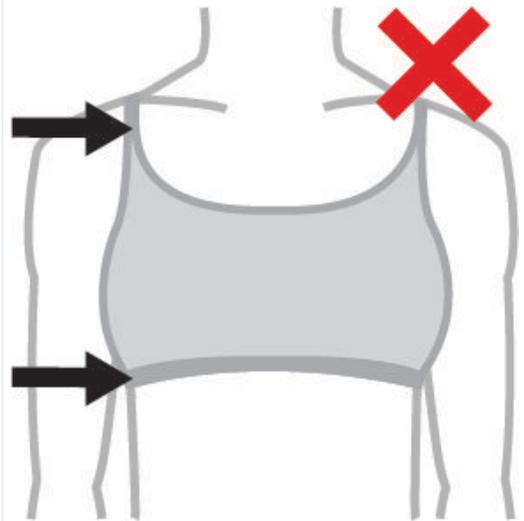
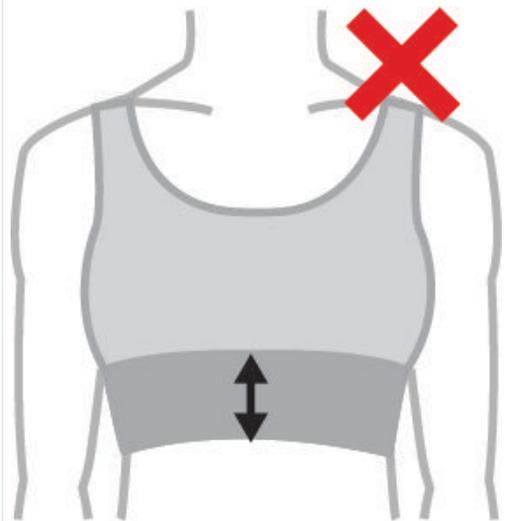
**Band tightness**

The sports bra has medium or high support and tight compression designed for running, cardio, or high-intensity workouts. Two fingers fit snugly under the sports bra band, and you can't easily pull the band away.



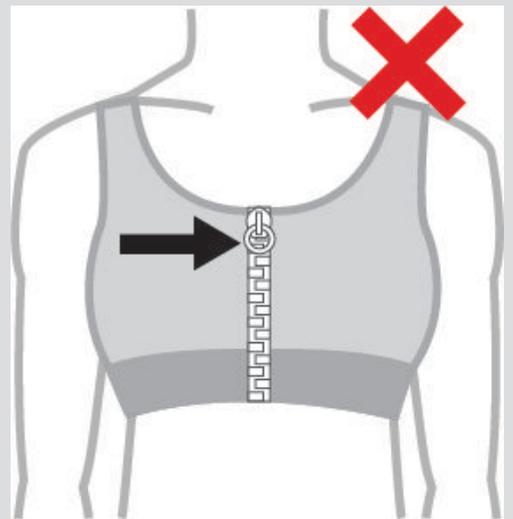
**Band and strap width**

The width of the sports bra band under the bust is approximately from 19 to 50 mm (from 0.75 to 2 in.). A long band may position the heart rate monitor too low on the torso for accurate heart rate. A narrow band may not have enough material to properly clip onto the heart rate monitor.



**Zipper**

The sports bra does not have a zipper or other embellishment in the front that might interfere with the clips.



## Pairing and Setup

### Pairing the Heart Rate Monitor with Your ANT+® Device

Before you can pair the heart rate monitor with your device, you must put on the heart rate monitor.

Pairing is the connecting of ANT+ wireless sensors, like your heart rate monitor, with a Garmin® ANT+ compatible device.

**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.

- For most Garmin compatible devices, bring the device within 3 m of the heart rate monitor and use the device menu to pair manually.
- For some Garmin compatible devices, bring the device within 1 cm of the heart rate monitor to pair automatically.

**TIP:** Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.

After you pair the first time, your Garmin compatible device automatically recognizes the heart rate monitor each time it is activated and in range.

### Pairing the Heart Rate Monitor with Your Bluetooth® Device

You can pair the heart rate monitor to your phone, tablet, smartwatch, or fitness equipment using Bluetooth technology.

- 1 Put on the heart rate monitor.
- 2 Bring the device within 3 m (10 ft.) of the heart rate monitor.
- 3 Open the Bluetooth settings on the device.  
The heart rate monitor should appear in the list of available devices.
- 4 Select the HRM-Fit heart rate monitor.

**TIP:** Stay 10 m (33 ft.) away from other wireless sensors while pairing.

After you pair the first time, your device automatically recognizes the heart rate monitor each time it is activated and in range.

### Pairing the Heart Rate Monitor with the Garmin Connect™ App

You can pair your heart rate monitor to the Garmin Connect app to use the activity tracking feature and receive software updates.

- 1 Put on the heart rate monitor.
- 2 From the app store on your phone, install and open the Garmin Connect app.
- 3 Bring your phone within 3 m (10 ft.) of the heart rate monitor.  
**TIP:** Stay 10 m (33 ft.) away from other wireless devices while pairing.
- 4 Select an option to add your device to your Garmin Connect account:
  - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
  - If you have already paired another device with the Garmin Connect app, select **••• > Garmin Devices > Add Device**, and follow the on-screen instructions.

## Running Dynamics

You can use your compatible Garmin device paired with the HRM-Fit heart rate monitor to provide real-time feedback about your running form.

The heart rate monitor has an accelerometer that measures torso movement in order to calculate six running metrics.

**NOTE:** To use the running dynamics features, the HRM-Fit heart rate monitor must be paired to your compatible Garmin device using ANT+ technology. For more information, see your owner's manual.

**Cadence:** Cadence is the number of steps per minute. It displays the total steps (right and left combined).

**Vertical oscillation:** Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters.

**Ground contact time:** Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds.

**NOTE:** Ground contact time and balance are not available while walking.

**Ground contact time balance:** Ground contact time balance displays the left/right balance of your ground contact time while running. It displays a percentage. For example, 53.2 with an arrow pointing left or right.

**Stride length:** Stride length is the length of your stride from one footfall to the next. It is measured in meters.

**Vertical ratio:** Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.

## Running Pace and Distance

The heart rate monitor calculates your running pace and distance based on your user profile and the motion measured by the sensor on every stride. The heart rate monitor provides running pace and distance when GPS is not available, such as during treadmill running. You can view your running pace and distance on your compatible Garmin device when connected using ANT+ technology. You can also view it on compatible third-party training apps when connected using Bluetooth technology.

## Activity Tracking

Whenever you wear the HRM-Fit heart rate monitor, it monitors your daily activity metrics. The activity tracking feature records your step count, calories, intensity minutes, and all-day heart rate. To use this feature, you must pair your heart rate monitor and any other Garmin devices with your Garmin Connect account ([Pairing the Heart Rate Monitor with the Garmin Connect™ App, page 5](#)).

After it is paired, the heart rate monitor sends activity data to your Garmin Connect account whenever the monitor is awake and within range of your phone. If you wear only the heart rate monitor during an activity, the TrueUp™ feature sends activity tracking data to the daily summary section in Garmin Connect and to your compatible Garmin devices.

## Heart Rate Storage for Timed Activities

You can start a timed activity on your compatible paired Garmin device, and the heart rate monitor records your heart rate data even if you move away from your device. For example, you can record heart rate data during fitness activities or team sports where watches cannot be worn.

Your heart rate monitor automatically sends your stored heart rate data to your compatible Garmin device when you save your activity. Your heart rate monitor must be active and within range (3 m) of the device while data is transferred.

## Accessing Stored Heart Rate Data

If you save a timed activity without downloading stored heart rate data, you can download the data from the HRM-Fit heart rate monitor later.

**NOTE:** Your HRM-Fit heart rate monitor stores up to 18 hours of activity history. When the heart rate monitor memory is full, your oldest data is overwritten.

- 1 Put on the heart rate monitor.
- 2 From your compatible Garmin watch, select the History menu.
- 3 Select the timed activity you saved while you were wearing the HRM-Fit heart rate monitor.
- 4 Select **Download Heart Rate**.

Your Garmin watch generates a new activity file with heart rate data. You may need to manually import the new file to your Garmin Connect account.

## Linking to Fitness Equipment

You can connect your heart rate monitor to compatible fitness equipment using ANT+ or Bluetooth technology so you can view your heart rate on the equipment console.

- Look for the ANT+LINK HERE logo on compatible fitness equipment.



- Look for the Bluetooth logo on compatible fitness equipment.



# Device Information

## Tips for Wearing

### CAUTION

Some users may experience skin irritation after prolonged use of the heart rate monitor, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the heart rate monitor and give your skin time to heal. To help prevent skin irritation, ensure the heart rate monitor is clean and dry, and maintain a tight fit to minimize heart rate monitor movement.

- Check your sports bra fit to minimize movement during activity.  
The HRM-Fit heart rate monitor works best with good compression against the skin.
- Before you start an activity, jump around and stretch, and make sure the heart rate monitor is still securely clipped to your sports bra.
- If your sports bra has underwires, make sure the clips do not close on the underwire.
- Make sure the heart rate monitor strap is clipped on so that it lays flat against the skin with no puckering.
- When attaching each side clip, lightly pull the sports bra band toward the center, click the side clip in position, and let go of the sports bra.  
Repeat with the opposite side.

## Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Reapply water to the electrodes.
- Warm up for 5 to 10 minutes.
- Check your sports bra fit to ensure minimal movement during activity (*HRM-Fit Sports Bra Guide, page 2*).
- Follow the care instructions (*Caring for the Heart Rate Monitor, page 11*).
- Wear a cotton shirt or thoroughly wet both sides of the strap.  
Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.
- Move away from sources that can interfere with your heart rate monitor.  
Sources of interference may include strong electromagnetic fields, some 2.4 GHz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

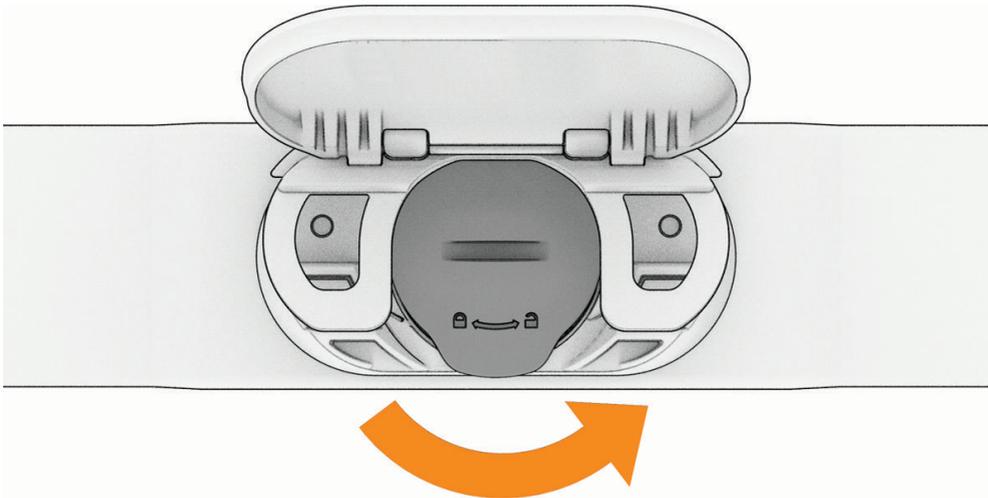
## Tips for Missing Running Dynamics Data

If running dynamics data does not appear, you can try these tips.

- Make sure your Garmin device supports running dynamics.  
For more information, go to [www.garmin.com/runningdynamics](http://www.garmin.com/runningdynamics).
- Pair the HRM-Fit accessory with your Garmin device again, according to the instructions.
- Make sure you are paired using ANT+ technology, rather than Bluetooth technology.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.  
**NOTE:** Ground contact time and balance appears only while running. It is not calculated while walking.

## Replacing the Heart Rate Monitor Battery

- 1 Open the center clip.
- 2 Locate the circular battery cover.
- 3 Using a coin or large flathead screwdriver (8 mm or  $\frac{5}{16}$  in.), turn the cover counterclockwise 90 degrees.

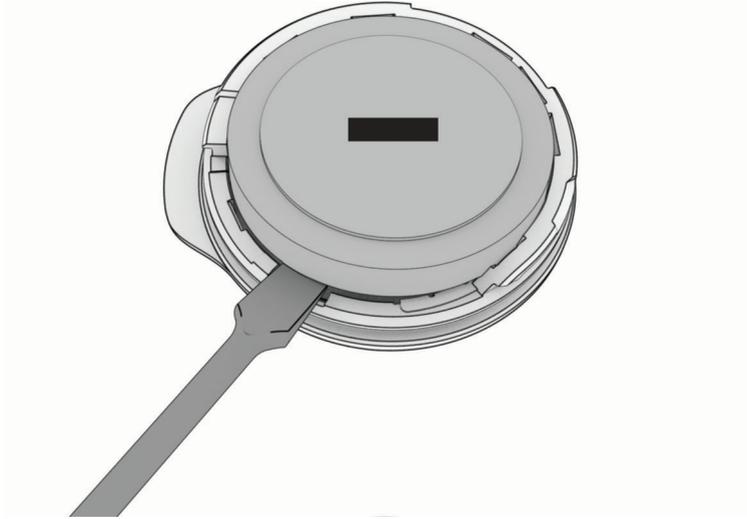


- 4 Remove the cover and the battery.



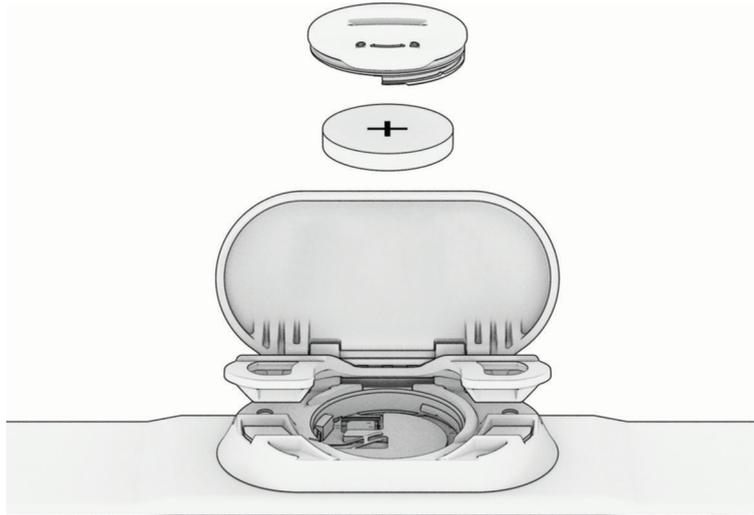
5 Gently lift the battery out of the cover at the pry point.

**NOTE:** You can also use a magnet or piece of tape to remove the battery.



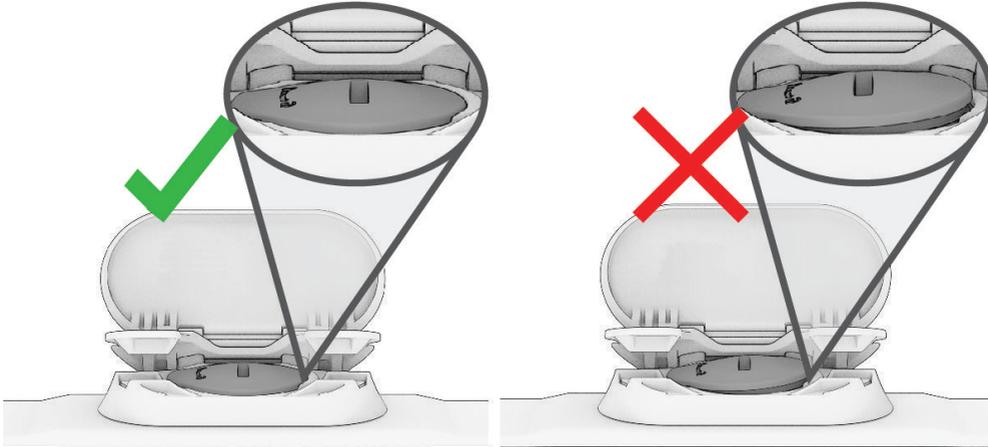
6 Wait 30 seconds.

7 Insert the positive side of a new battery into the battery cover.

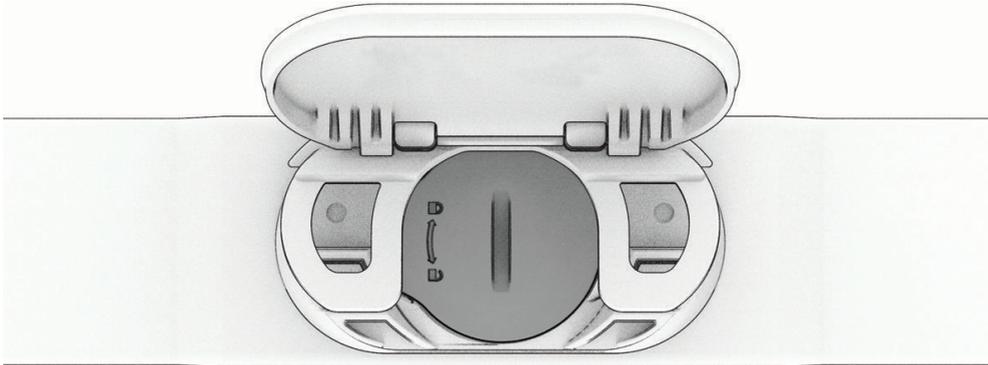


8 Replace the battery cover.

- 9 Turn the alignment tab clockwise 90 degrees.  
The battery cover must be flush with the heart rate monitor module.



- 10 Check the battery cover alignment to ensure it is fully closed and locked into place.



## Caring for the Heart Rate Monitor

### NOTICE

A buildup of sweat and salt on the strap can permanently damage the heart rate monitor and decrease its ability to report accurate data.

Using too much detergent when washing the heart rate monitor may damage the heart rate monitor.

- Rinse the heart rate monitor after every use.
- Hand wash the heart rate monitor after every seven uses, using warm water at a maximum temperature of 40°C (104°F), and a tiny amount of mild detergent, such as dishwashing liquid.
- Thoroughly rinse the strap after hand washing the heart rate monitor to remove detergent residue that can cause skin irritation.
- Do not put the heart rate monitor in a washing machine or dryer.
- When drying the heart rate monitor, lay it flat with the clips in an open position to air dry.

## Tips for Storage and Protection

### NOTICE

Minimize exposure to sunscreen, bleach, mosquito repellent, and chemicals found in certain deodorants, body washes, hand soaps, and first aid ointments. Specifically, propylene glycol, dipropylene glycol, and ethylenediaminetetraacetic acid (EDTA) can damage the strap.

- When storing the heart rate monitor, lay it flat.
- Avoid bending or tightly rolling the heart rate monitor.
- Do not store the heart rate monitor in direct sunlight or extreme temperatures.
- Do not clip the heart rate monitor to clothes hangers, clothes lines, or other items.  
The clips are designed for sports bras only.

## Specifications

Battery type	User-replaceable CR2032, 3 V
Battery life	Up to 1 yr. at 1 hr./day
Water resistance	3 ATM <sup>1</sup>
Operating temperature range	From 0° to 40°C (from 32° to 104°F)
Wireless frequency	2.4 GHz @ 8 dBm maximum

## Getting Support

- Manuals
- Videos
- Support topics  
Go to [www.garmin.com/manuals/hrm-fit](http://www.garmin.com/manuals/hrm-fit).

## Limited Warranty

The Garmin standard limited warranty applies to this accessory. For more information, go to [garmin.com/support/warranty](http://garmin.com/support/warranty).

**Australian Purchases:** Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. The benefits under our Limited Warranty are in addition to other rights and remedies under applicable law in relation to the products. Garmin Australasia, 30 Clay Place, Eastern Creek, NSW 2766, Australia. Phone: 1800 235 822.

<sup>1</sup> The device withstands pressure equivalent to a depth of 30 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).



