






# Heart Rate Kit Installation Instructions: Viking 2 AR & PRO / Apollo & PRO



Kit includes the following parts:

- HR Receiver 5.0KHz
- Long Lead
- Cable ties and mounts(3x)

	1. After confirming all parts are present. Find the flying lead on the Main-frame of the rower just behind the upper Footboard and attach the mid line wire.
	2. Run the wire under the Footboard and then attach the HR Receiver to the other end.
	3. Once wiring is complete, find a location to place the HR Receiver, which ideally will be halfway down the length of the side rail.  Note: Don't affix permanently until signal in this location is tested. Mount the Receiver low enough to avoid the lower Seat Rollers.
	4. Use the wire placement pads to secure the wiring out of the way of any moving parts. Trim excess.
	Note: You will have an excess of wire which you can tuck out of the way behind the metal frame bracket as shown.

To display heart rate requires a Polar™ T34 non-coded or T31 coded chest strap transmitter (sold separately) or other compatible brand chest strap transmitter available from your dealer.

**Notes:** Maintaining a consistent signal on a rower can be a challenge due to the varying distances experienced during the rowing stroke between the Receiver/Transmitter.

If you are experiencing difficulty, make sure the batteries on your chest belt or other device are fresh, and that the frequency of your transmitter is 5KHz.

Environmental conditions, as well as proximity to other machines can also interfere with a clean signal. Feel free to experiment with different locations for best performance.