

# Heart Rate Monitor

To measure the rate of your heartbeat you require:

- Polar chest strap
- Acumen heartbeat receiver
- ALBA Biology Disk 1

## Chest Strap

The Polar chest strap should be fitted just below your sternum. It should sit snugly against your chest. A little salty water should be added to the inside of the strap on the rough areas either side of the centre of the belt.

If the belt is too loose it should be tightened by adjusting the straps. The belt is supplied with a medium sized strap. If this is too big for younger children then a smaller strap can be purchased from djb microtech.

Ensure that the chest strap has been in position for 3 – 4 minutes before starting the software.

## Acumen Heartbeat Receiver

One end of the receiver has a jack plug protruding from it and this plug has been connected to the jack socket at the end of the cable. If you do separate the receiver from the end of the cable then ensure that you push them firmly together again before operating the receiver. The DIN plug should be connected to either channel 3 or 4 on the ALBA Interface and Logger.

The end of the receiver opposite the jack plug should be placed in a direct line with the chest strap and at a distance of no more than 1.2 metres. Distances greater than this may cause unreliable operation of the receiver.

## The ALBA Software

The ALBA Application *Heart Rate* will direct you on using the chest strap and receiver. The measurements are presented in tabular and graphical form. The heart rate is measured in beats per minute.

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