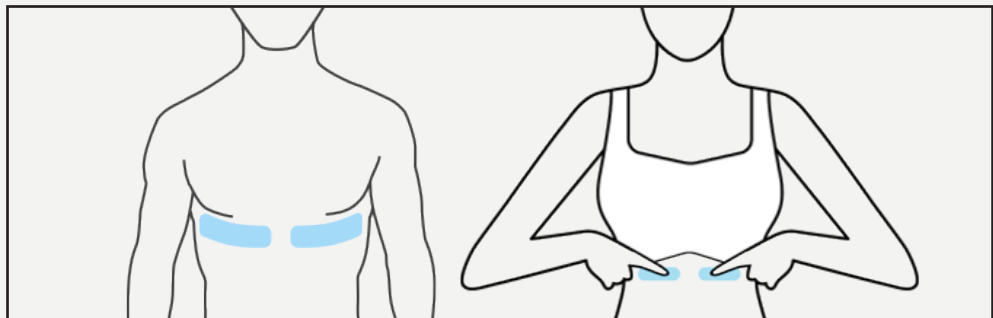


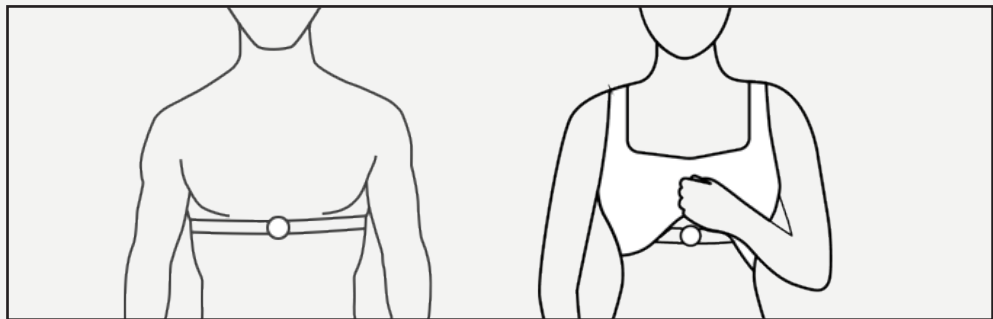
# Wearing the Firstbeat Sports Sensor

## Before Recording:

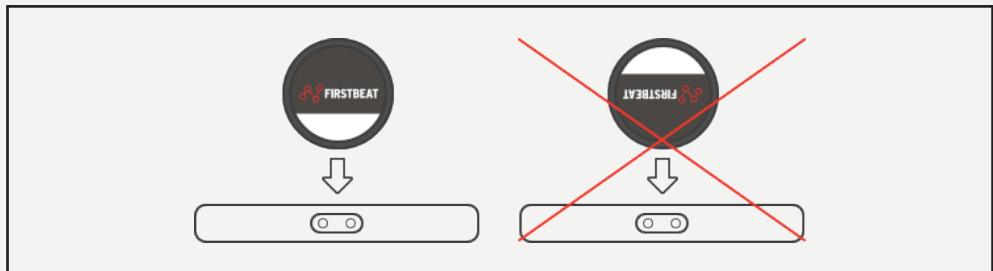
- 1 Dampen the skin under the area the Sensor will be placed.



- 2 Attach the textile strap around your chest and adjust until securely in place.



- 3 Attach Sensor to the strap.



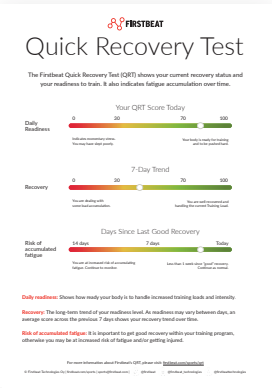
## After Recording:

**Take off the strap and detach the Sensor from strap.** Removing the Sensor from the strap improves battery life and ensures R-R interval recording ends appropriately.

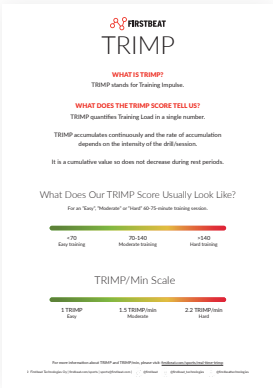
Sensor remains in Standby mode for 30 minutes to allow for a smooth data download process. After 30 minutes, the Sensor moves to Sleep mode to reduce draining the battery (data download still possible).

**Note!** Rinse the strap under running water and hang to dry. Clean the strap regularly to maintain quality data collection. We recommend machine washing the straps once a week using the Firstbeat wash bag at max. 30°C.

Additional materials  
to download:



Quick  
Recovery Test



TRIMP



Training  
Effect



# Wearing the Firstbeat Sports Sensor

Posters are available in A4, A3 and A2.

Download posters from the Firstbeat Sports Learning Center:  
[firstbeat.com/sports-learning-center](https://firstbeat.com/sports-learning-center)

Firstbeat Technologies  
[firstbeat.com](https://firstbeat.com)  
[sports@firstbeat.com](mailto:sports@firstbeat.com)

Detailed instructions for Sensor and strap cleaning, storage and battery care can be found in the Firstbeat Help Center: [support.firstbeatsports.com](https://support.firstbeatsports.com)