

# Vernier Go Wireless<sup>®</sup> Exercise Heart Rate

Order Code GW-EHR



The Vernier Go Wireless Exercise Heart Rate consists of a wireless chest strap that measures heart rate on a mobile device. It is an excellent hands-free option for continuously monitoring heart rate before, during, and after exercise or while a person is stationary. Data are wirelessly transmitted to iPad<sup>®</sup>, LabQuest 2, or other mobile devices that are Bluetooth<sup>®</sup> Smart Ready.

## What is Included with Go Wireless Exercise Heart Rate

- Exercise Heart Rate Strap
- Polar Transmitter Module (battery included)

## Supported Devices

The Go Wireless Exercise Heart Rate can be used with supported mobile devices\* that have Bluetooth<sup>®</sup> Smart support and one of our supported apps.

- iPad (3rd generation or newer), iPad mini<sup>™</sup>, and iPad Air<sup>®</sup>
- iPhone<sup>®</sup> (4S or newer)
- iPod touch<sup>®</sup> (5th generation or newer)
- LabQuest 2 (LQ2-LE models have built in Bluetooth Smart Support). For older model LabQuest 2 units, a Go Wireless USB Radio is required (GW-RADIO, sold separately). For information on how to determine which LabQuest 2 model you have, see [www.vernier.com/til/3085](http://www.vernier.com/til/3085)
- For Android<sup>™</sup> devices, see [www.vernier.com/gw-app](http://www.vernier.com/gw-app)

## Data-Collection Software with Bluetooth Smart support

- **Graphical Analysis for iOS devices (version 2.2 or newer)** Available on the App Store. For more information, see [www.vernier.com/ga-app](http://www.vernier.com/ga-app)
- **Graphical Analysis for Android devices (version 2.1 or newer)** Available on Google Play in spring 2015. For more information, see [www.vernier.com/ga-app](http://www.vernier.com/ga-app)
- **LabQuest 2 App (version 2.5 or newer)**

## Data-Collection Software without Bluetooth Smart support

This sensor can also be used with a Vernier interface and a Heart Rate Receiver (HR-REC, not included) with the following data-collection software.

- **Logger Pro** This computer program is used with LabQuest 2, LabQuest, LabQuest Mini, LabPro, or Go!Link.
- **Logger Lite** This computer program is used with LabQuest 2, LabQuest, LabQuest Mini, LabPro, or Go!Link.
- **LabQuest App** This program is used when LabQuest 2 or LabQuest is used as a standalone device

**NOTE:** Vernier products are designed for educational use. Our products are not designed nor are they recommended for any industrial, medical, or commercial process such as life support, patient diagnosis, control of a manufacturing process, or industrial testing of any kind.

## Specifications

### Polar Transmitter Module

Battery type	CR 2025
Battery lifetime	200 hrs
Operating temperature	-10 to 50°C
Wireless range	10 m or more unobstructed
Radios	Bluetooth and 5 kHz RF transmission

## How the Go Wireless Exercise Heart Rate Works

The Go Wireless Exercise Heart Rate measures a person's heart rate by registering the small electrical signals carried across the surface of a person's skin each time his or her heart contracts. The Polar Transmitter Module detects each electrical signal from the heart through the electrodes on the chest strap. The heart rate information is then wirelessly transmitted using a Bluetooth radio to supported mobile devices.

## Collecting Data with Bluetooth Smart Devices

Ensure that the Polar Transmitter Module is attached to the Exercise Heart Rate Strap securely. Locate and record the ID on the side of the Polar Transmitter Module. This is a unique sequence of six numbers and/or letters (e.g., ID:XXXXXX). Secure the strap around the subject's chest. The strap should be located just below the chest muscles. Attach the hook to the other end of the strap to secure the sensor. Verify that the Polar Transmitter Module is located in the center of the chest in an upright position. The sensor is now ready for data collection.

## Collecting Data with Graphical Analysis

1. Open Graphical Analysis.
2. Tap Create Experiment. Choose Wireless Sensors.
3. Select the Polar HR with the proper ID from the list of available sensors.
4. Tap Collect to begin data collection.

**Note:** When done collecting data, tap Disconnect. This will make the sensor available for other devices. If the connection between the device and the sensor is lost, tap Connect and select your Polar HR sensor.

## Collecting Data with LabQuest App

1. Choose New from the File menu. On the Meter screen, choose Go Wireless Setup from the Sensors menu.
2. Select the Polar HR with the proper ID from the list of available sensors. Select OK.
3. The heart rate of the subject will be displayed on the meter screen.
4. Collect data as desired.

**Note:** When done collecting data, tap Disconnect. This will make the sensor available for other devices. If the connection between the device and the sensor is

\* For a full list of supported mobile devices, see [www.vernier.com/ga-app](http://www.vernier.com/ga-app)

lost, navigate to the Meter Screen. Tap Offline: Heart Rate and select Go Wireless. Tap Reconnect and select your Polar HR sensor.

## Collecting Data without a Bluetooth Smart Device

This sensor can also be used with a Vernier interface and a Heart Rate Receiver (HR-REC, not included). Here is the general procedure to follow when using the Go Wireless Heart Rate with a Vernier interface that is not Bluetooth Smart.

1. Connect the Heart Rate Receiver to the interface.
2. Start the data-collection software.
3. The software will identify the Go Wireless Exercise Heart Rate as a Hand-Grip Heart Rate Monitor. A default data-collection file will be opened.
4. You are now ready to collect data.

**\*Note:** The subject's heart rate will not be displayed on the Meter screen when using the Heart Rate Receiver with the Chest Strap. Heart rate will be calculated and then graphed during data collection after a short delay.

## Helpful Tips

After use, detach the Polar Transmitter Module from the Exercise Heart Rate Strap. Then rinse the strap under running water and hang to dry. Store both items separately to maximize battery life.

## Replacement Parts

### Vernier Software & Technology

Part	Order code
Exercise Heart Rate Strap	HR-STRAP
Polar Transmitter Module	HR-TRANS

## Optional Accessories

### Vernier Software & Technology

Part	Order code
Heart Rate Hand Grips	HR-GRIP
Heart Rate Receiver	HR-REC

## Disposal Instruction

When disposing of this electronic product, do not treat it as household waste. Its disposal is subject to regulations that vary by country and region. This item should be given to an applicable collection point for the recycling of electrical and electronic equipment. By ensuring that this product is disposed of correctly, you help prevent potential negative consequences on human health or on the environment. The recycling of materials will help to conserve natural resources. For more detailed information about recycling this product, contact your local city office or your disposal service.

The symbol, shown here, indicates that this product must not be disposed of in a standard waste container.



## Warranty

Vernier warrants this product to be free from defects in materials and workmanship for a period of two years from the date of shipment to the customer. This warranty does not cover the battery or damage to the product caused by abuse or improper use.

### Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### FCC Caution

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) this device may not cause harmful interference and

(2) this device must accept any interference received, including interference that may cause undesired operation

### RF Exposure Warning

The equipment complies with RF exposure limits set forth for an uncontrolled environment. The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

### IC Statement

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

**Industry Canada - Class B** This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus," ICES-003 of Industry Canada. Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that permitted for successful communication.

**RF exposure warning:** The equipment complies with RF exposure limits set forth for an uncontrolled environment. The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

*Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit accepter toute interférence radioélectrique, même si cela résulte à un brouillage susceptible d'en compromettre le fonctionnement.*

*Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel interférant-brouilleur: "Appareils Numériques," NMB-003 édictée par Industrie Canada. L'utilisation est soumise aux deux conditions suivantes: (1) cet appareil ne peut causer d'interférences, et (2) cet appareil doit accepter toutes interférences, y comprises celles susceptibles de provoquer un dysfonctionnement du dispositif. Afin de réduire les interférences radio potentielles pour les autres utilisateurs, le type d'antenne et son gain doivent être choisis de telle façon que l'équivalent de puissance isotrope émis (e.i.r.p.) n'est pas plus grand que celui permis pour une communication établie. **Avvertimento d'esposizione RF:** L'équipement est conforme aux limites d'esposizione aux RF établies pour un environnement non supervisé. L'antenne (s) utilisée pour ce transmetteur ne doit pas être jumelées ou fonctionner en conjonction avec toute autre antenne ou transmetteur.*

### Vernier Software & Technology

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