

CHAPTER 4: TROUBLESHOOTING

4.4 Troubleshooting – No or High Heart Rate

Symptom: No heart rate or the heart rate is consistently too high.

Reason:

1. The heart rate grips are not connected properly or are defective.
2. The heart rate grip wiring is damaged or not connected correctly.
3. The HR board or console is damaged.

Solution:

1. With a multi-meter set for DC voltage, place one terminal on each of the HR grip plates. The HR grip should give a voltage reading of between 0.5 and 2.0VDC.
 - a. If the voltage is not between 0.5 and 2.0VDC, remove the 3 screws holding the HR grip together and check the connection of the HR grip wiring.
2. Check continuity of the HR grip wiring.
 - a. Place one terminal of a multi-meter set for resistance on the HR grip wiring at the HR grip, and the other terminal on the HR grip wiring at the console. An ohm reading of around 1 should be expected, if the reading is higher than 1, replace the HR grip wiring.
3. If the HR grips and HR grip wiring do not solve the issue, replace the console.