

WORKS WITH: IPHONE 4S AND NEWER, IPAD 3 AND
NEWER AND IPAD MINI AND IPOD TOUCH 5

ONLINE INSTRUCTIONS

Scan QR for Kinetic
inRide App configuration
and installation
instructions and heart
rate monitor usage
directions



For the most up-to-date information and installation
instructions, scan the QR code or go online to:

www.kurtkinetic.com/inride/instructions



Thank You!

Thank you for purchasing the Kinetic Bluetooth 4.0®
Heart Rate Monitor. If you have any questions, please
email us: inride@kurt.com

WHAT'S IN THE BOX?



HEART
RATE STRAP



Heart Rate Monitor Quick Start Guide



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ATTACHING THE POD TO THE STRAP

1



Type inside strap must orient with logo on pod.
Both should read upright.

WEARING THE STRAP

2



Size chest strap to chest and snap pod in place

3



Pod must be centered with logo reading upright