

hrplus

Live hr monitoring

Connecting your heart rate monitor



Download Mywellness app
to your mobile device and create
Mywellness account

- Connect your hrplus by selecting your profile by tapping the bottom right circular tab
- Go to Settings
- From menu select hr monitor. Available hr monitors will appear.
Please select yours and it will be linked to your Mywellness account

Registering to specific studio

- After entering the studio for the first time with your hiit strap open the Mywellness app
- Locate the TechnoGym touch screen kiosk and press “Activate heart rate monitor”
- On the Mywellness app tap on the QR code finder icon
(The square shaped icon is located in top right corner)
- Allow access to your camera and scan the QR code displayed on the TechnoGym kiosk. This will pair your hiit strap to this specific studio.
- Once the coach has selected the workout for the day, you’ll need to “add” yourself into the class so that you appear on the TV screen.