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- Better Decisions
- Better Performance

## EQ02 Sensor Belt Fitting Guidelines

A well fit belt is essential for collecting good quality data from the LifeMonitor; it is recommended that a belt should be fitted to the body such that it does not move during use. The sensor belt should be positioned in line with your breastbone. When positioned correctly the belt connection clasp should be central to the chest and the shoulder straps should provide gentle support without being tightly strained.

It is important that the wearer feels comfortable donning the sensor belt.

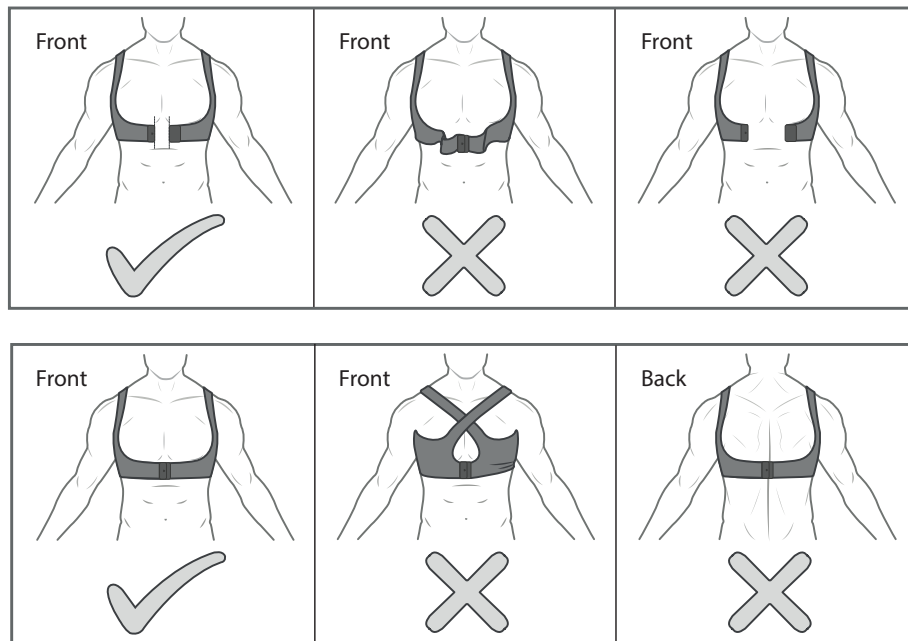


Fig 3

## How to measure for correct fit

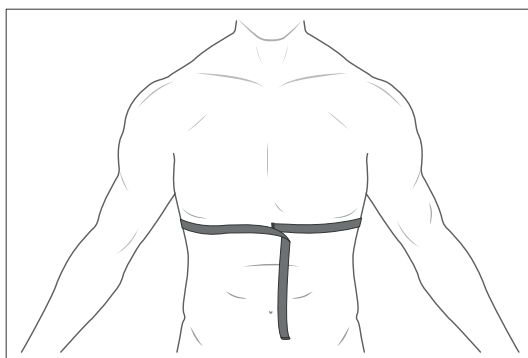


Fig 1

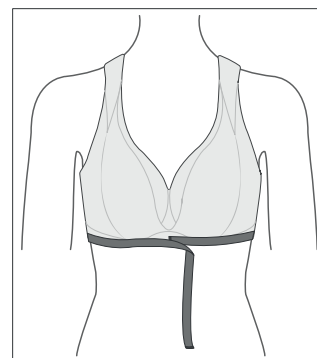


Fig 2

(Fig 1 & 2) Measurement should be taken at the xiphisternum in line with the bottom of the pectoral muscles.

Positioning of the belt may be dependent on whether the belt is worn under or over a bra or sports bra (if applicable). Both are suitable for effective use.

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## Sensor Belt Sizes

Belt Size	Chest Circumference Measurement (cm)	Chest Circumference Measurement (inches)
Small	74 - 85 cm	29 - 33.5 inches
Medium	85 - 96 cm	33.5 - 38 inches
Large	96 - 107.5 cm	38 - 42 inches
Extra Large	107.5 - 120 cm	42 - 47 inches

If in between sizes, try on both sizes as fit can be impacted by body shape. Wear the size with the least movement and greatest comfort when worn.

The best way to verify belt fit is by using the waveform view from eqView Mobile or eqView Pro and watching for a stable ECG trace while still, and during movement.

## How to wear the sensor belt

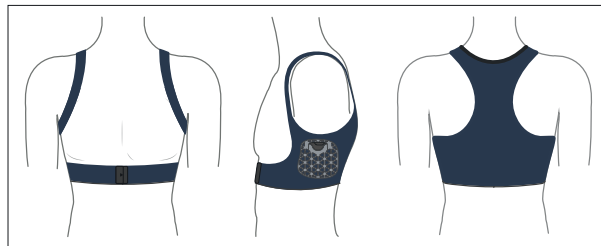


Fig 4

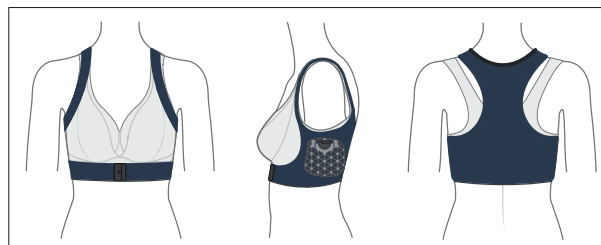


Fig 5

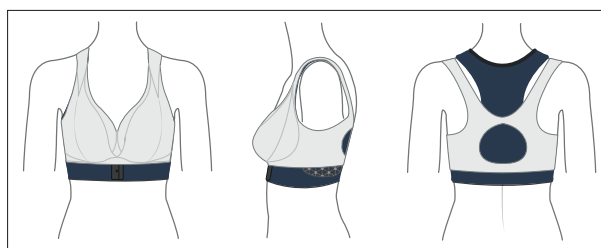


Fig 6

It is essential that the three electrodes touch bare skin at all times (Fig 4, 5 & 6).

If worn with a sports bra, this can be either over (Fig 5) or under (Fig 6). Users may have a personal preference on how to wear the belt based on comfort.

Please consult Equivital for advice if the belt seems to fit in an unusual way, for example tight in some areas and loose in others, or if the belt seems to fit too low on the subject.

For more information please go to <https://support.equivital.com> where the previous EQ02 B3 and B4 Sensor Belt Fitting Guidelines can also be accessed.

For more support please contact [info@equivital.com](mailto:info@equivital.com) or [support@equivital.com](mailto:support@equivital.com)