1) Remove the heart rate belt buckle from the rest of the strap. Locate the indentation at the bottom of buckle.

2) Locate a nickel or penny and insert into this indentation so that the coin goes underneath the lip of the battery cover. Press down gently on the edge of the coin to pop open the battery door.

3) Remove the battery cover and then remove the battery. Insert a fresh battery into the same area with label side up. Please note: Battery is a CR2025 model.

4) Gently press down the battery cover until it snaps into place. Please ensure that the red O-ring is still properly aligned as shown to the left.