IHT Spirit Monitor Quick Start Guide

IHT SPIRIT SYSTEM
Interactive Health Technologies

STEP 1



Pick Up Your Monitor

Grab the monitor assigned to you *(check number and strap color)*.

Remember to wipe down the monitor and return it to the same spot in the charging station after class.

STEP 2



Confirm Monitor is On

Make sure:

The light on the face of the monitor will be **flashing green**

The screen will show **Goal/TIZ**

One or both **green lights** will be on at the back of the monitor

STEP 3



Fit & Wear

Wear on the non-dominant wrist, two fingers above the wrist bone.

Strap should be snug but not tight - no pinching..

Strap sizes: Regular: fits elementary & most middle school wrists. Large: bigger middle school wrists & most high school/adults.

STEP 4



Understand Heart Rate Zones

The light pipe color shows your heart rate intensity zone:

- **Flashing Blue** Idle/below resting
- **Solid Blue** Low intensity/resting
- **Yellow** Moderate/elevated
- **Red** Vigorous/high
- **Flashing Red** Near max heart rate

STEP 5



Short Press

Press the button to scroll through the following screens:

Current BPM *(default display)*

Goal / TIZ – Time spent in Yellow + Red zones

Min / Max HR – Lowest and highest HR during session

Time & Date

Battery Level – 5 to 0 bars

Restart HR – Resets HRM without losing data; session continues uninterrupted.

STEP 6



Long Press

Breathe & Marker

Hold button for 2 seconds until "Breathe" appears

Continue holding until the ✔ shows *(≈5s)*

End Session: Continue holding after the ✔ to Power Off the monitor and end the session.

⚠ This will erase all session data.

Release to log a self-regulation marker *(will display HR at that moment on your graph)*

Battery Level Reference

(via Short Press x4)

5 Bars	Full
4 Bars	80%
3 Bars	60%
2 Bars	40%
1 Bar	Low
0 Bars	Needs Charging



Other Functions

Heart Rate Signal Lost: When the monitor is **off the wrist** or **loses skin contact**, the light pipe begins to flash green to indicate the heart-rate signal is lost. **Re-fit snugly** to resume tracking.

Full Fit & Care Guide

Support

www.ihtusa.com | support@ihtusa.com

© 2025 Interactive Health Technologies, LLC | Power: 175mAh lithium polymer rechargeable battery | Adaptor: To be used with ENG power adaptor | 6A-2010B06 only | Operation temperature: -1 D to +50° C | Charging temperature: Normal Charging: D - 45°