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User guide The Scosche Rhythm+ is a heart rate monitor that is great for athletes who not want a chest strap heart rate monitor. It is built well with a comfortable strap. It is easy to connect to your phone.

#### User Guide - Scosche

I took my first ride tonight and was wearing the Rhythm+ the whole ride. I paired it via bluetooth prior to the ride. While riding I didn't notice any metric on screen showing heart rate ( is this something that shows up while riding - I'm legally blind so it's entirely possible I missed it) After the ride, I there didn't seem to be any information under the "heart rate" tab.

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rate zones.

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ScoSche ® RHYTHM armband detects blood movement by shining light onto the skin and measuring the amount of light that is absorbed by the skin. In addition RHYTHM uses an accelerometer similar to what is used in popular gaming controllers to detect body movement and then subtracts the movement from the light measurement.

### **Setting up the Scosche Rhythm+ : pelotoncycle**

No, neither of these devices do what the HRM-Swim does. The R24 was supposed to at release, but it has never worked in a pool. Scosche is working toward that, and probably will get it working eventually. But, it has been well over a year since release. Oddly, it works great in open water-- exactly like the HRM-Swim does.

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Scosche Rhythm+ HR Arm Band Strap The Scosche RHYTHM+ is a forearm or upper-arm worn heart rate monitor belt. It uses optical technology to read your heart rate and it is generally claimed to be the most accurate optical device on the market (July 2015 - March 2017). It supports a single Bluetooth connection via

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Take your training to the next level with the RHYTHM+ Heart Rate Monitor from Scosche. The new Scosche RHYTHM + comfortably straps to your forearm to monitor blood flow and more accurately track heart rate, calories burned, distance, pace and more throughout your workouts.

*Scosche RHYTHM+ Dual ANT+/Bluetooth Smart Optical HR Band*

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- The Scosche Rhythm 24 is very good: But it can stumble slightly in some cycling situations (outdoors). For whatever reason, I feel that the Scosche Rhythm 24's optical HR sensor might be a slight step back from the original Rhythm+ sensor. I know it's supposed to be better, but my gut feeling is something changed ever so slightly here.

*Scosche RHYTHM+ Armband Heart Rate Monitor*

Back at CES 2014 in January Scosche introduced their first dual ANT+/Bluetooth Smart unit, the RHYTHM+. This optical sensor armband would transmit both ANT+ and Bluetooth Smart concurrently to any compatible device. Unlike most other units that were announced that week, this was aimed not for your wrist, but rather elsewhere on your arm - potentially out of sight under a shirt sleeve.

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