

# Troubleshooting & Common Questions

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Why can't I connect my Bluetooth heart rate monitor?

If your Bluetooth Low Energy chest strap is not connecting, it may be due to a device conflict.

To resolve this:

Go to your iPhone's Settings → Bluetooth Select your heart rate monitor Tap "Forget This Device"

Then:

Close any other apps that may be connected to the strap  
Swipe them away to fully close them

Then reopen the app and try reconnecting.

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How do I delete a session?

To delete a saved session:

Go to the History screen Find the session you want to remove Swipe from right to left Tap the red Delete button

This will permanently remove the session from your device.