

# wego™

heart rate monitor

## ENDURO<sub>300</sub>

### USER MANUAL

measure your **heart rate**  
for a better, healthier you!



[JoinWeGo.com](http://JoinWeGo.com)

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# WELCOME TO WEGO™

WeGo™ allows users to **SEAMLESSLY TRACK** their fitness progress and goals. Our line of activity trackers and heart rate monitors are engineered for **QUALITY** and **VALUE**, using the **LATEST TECHNOLOGY** in data tracking. WeGo's line includes products for all individuals—regardless of their fitness level or activity type.



## BE HEALTHIER

prevent injury  
and overtraining



## BE SMARTER

achieve the most  
effective workout



## BE HAPPIER

improve personal  
fitness levels

# KEY FUNCTIONS

## HRM OPTIC PULSE WATCH

This product uses an Electro-optical technology to sense the heart beat. It has two LED beams and electro-optical sensor to detect the volume of blood under your skin. This watch is strapless (no HR belt).

**Push Button location and main function:**



Note that actual color of the watch and artwork may vary from style to style.

## IMPORTANT SAFETY INFORMATION

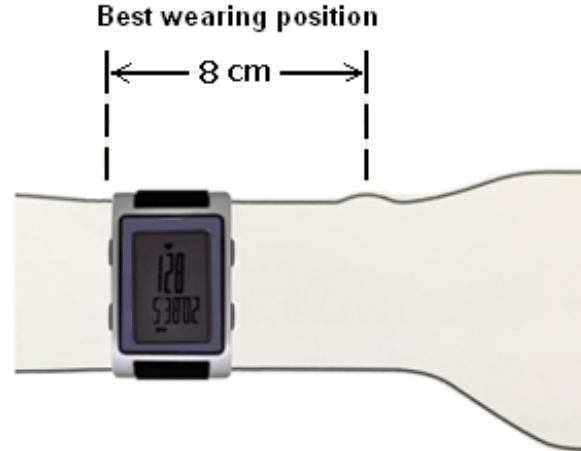
- Consult your doctor before beginning a new exercise program.
- This watch provides accurate heart rate measurements. However, this is not a medical device.
- This watch may affect pacemakers. If you have any concerns, consult your doctor before using this watch.

**This watch is water resistant up to 1 ATM.**

# GENERAL OPERATIONS

## HOW TO WEAR PROPERLY:

- Fasten the watch snugly so that the optical sensor makes a tight contact with your skin. The tighter you can wear the watch the better.
- Wear the watch not on your wrist bone but higher on your forearm.
- If the Heart rate data displayed in the watch is not stable or erratic, try to move the watch along your forearm within the best wearing position as shown.



## Important notes:

Before starting your exercise

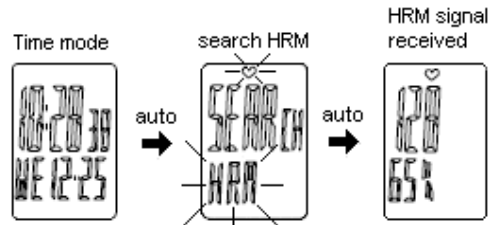
- You may need to tighten the strap.  
\*\*After sweating, you have to tighten the watch again for more accurate measurement.
- Make sure the heart rate reading is already stable.
- Minimize extreme wrist movement while the HR is in use.

# GENERAL OPERATIONS

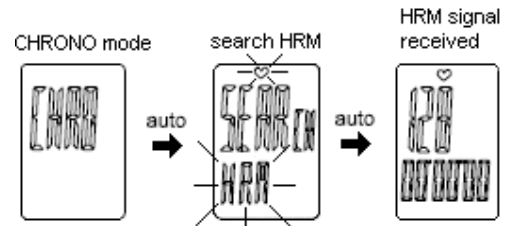
## OPTICAL HRM MODE

### How to turn ON the Optical HRM:

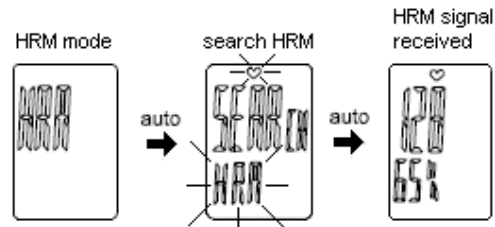
- Press S5 while in TIME mode to go to HRM mode.



- Press S7 from TIME mode to go to CHRONO mode.



- Press S7 from TIME mode to go to HRM mode.

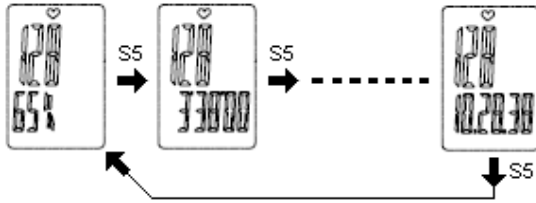


**Note:** In any mode, press and hold S5 to turn Off the HRM.

# GENERAL OPERATIONS

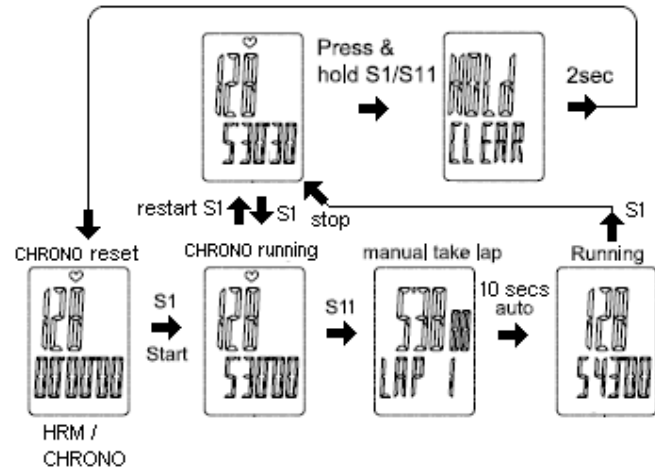
## How to change views in HRM mode:

- Press S5 to change the information displayed in **Bottom row:** % Max, In Zone, Chronograph, Calorie, and Clock.



## How to Start, take Lap, Stop and Reset in CHRONO and HRM mode:

- Press S1 to START, STOP, or Re-START
- Press S11 to take manual Lap. The display will freeze for about 10 seconds to display the Lap number and Lap time.
- Press and hold S1 or S11 to clear/reset.

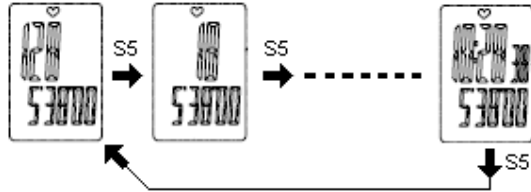


# GENERAL OPERATIONS

## CHRONO MODE

How to change views in CHRONO mode:

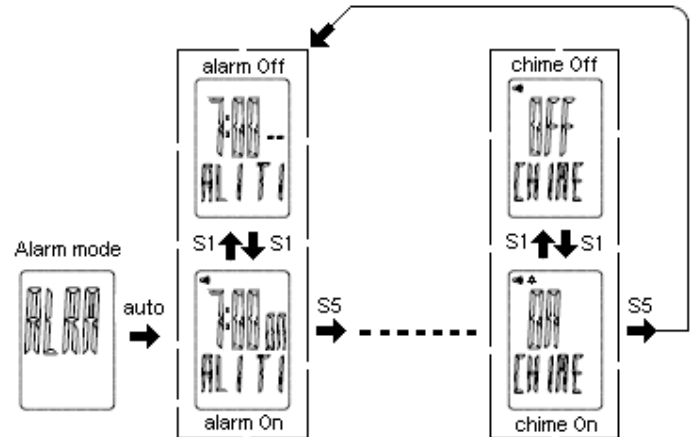
- Press S5 to change the information displayed in  
**Top row:** HRM, Calorie, Lap, and Clock.



## ALARM AND CHIME MODE

How to set the Alarm and Chime in Alarm mode:

- Press S7 from Time mode to go to Alarm mode.
- Press S5 to scroll Alarm 1 to 5 through Chime screen, (The 5 alarms can be set individually in SET mode).
- Press S1 to On or Off the Alarm and Chime.



\* Alarm logo will appear in Time mode and Alarm mode only when alarm is ON.

\* Chime logo will appear in all modes when Chime is ON.



# GENERAL OPERATIONS

## SET MODE

### How to set the various setting parameters in SET mode:

Press S7 from Time mode to go to SET mode and press S1/S11 to set the following parameters: TIME, UNIT, USER, HRM, NIGHT, CONTRAST, CHIME, and ALARM.

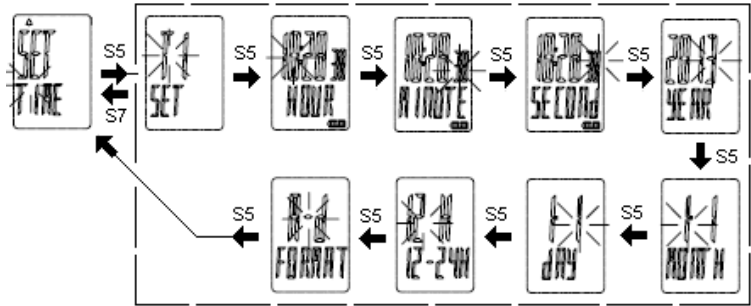
Level 1: 60~70% Max HRM (default 117~136 bpm)

Level 2: 70~80% Max HRM (default 136~156 bpm)

Level 3: 80~90% Max HRM (default 156~175 bpm)

### How to set the TIME:

- Press S5 while “TIME” is blinking. The watch will display T1 or T2.
- Press S1/S11 to change the blinking digit.
- Press S5 to confirm.
- Press S7 to exit setting.

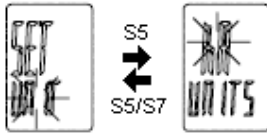


**Note:** In Time mode, press and hold S1 to change view from T1 (Time 1) to T2 (Time 2) and vice versa.

# GENERAL OPERATIONS

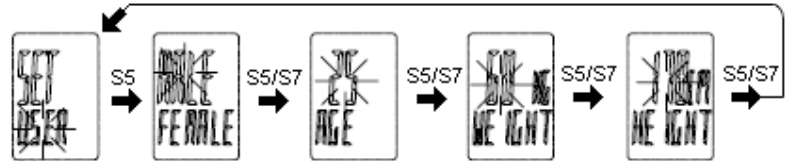
## How to set the UNIT:

- Press S5 while “UNIT” is blinking.
- Press S1/S11 to change to KM or MI.
- Press S5/S7 to confirm.
- Press S7 to exit setting.



## How to set the USER:

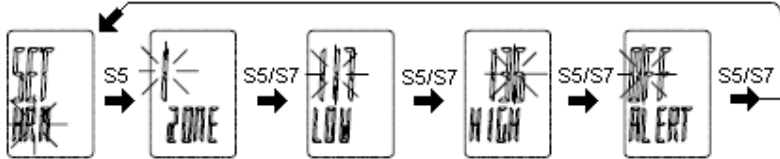
- Press S5 while “USER” is blinking. “MALE” will start to blink.
- Press S1/S11 to change the blinking digit.
- Press S5/S7 to confirm.
- Press S7 to exit setting.



# GENERAL OPERATIONS

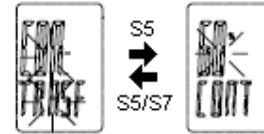
## How to set the HRM:

- Press S5 while “HRM” is blinking. ZONE “1” will start to blink.
- Press S1/S11 to change the blinking digit.
- Press S5/S7 to confirm.
- Press S7 to exit setting.



## How to set the CONTRAST:

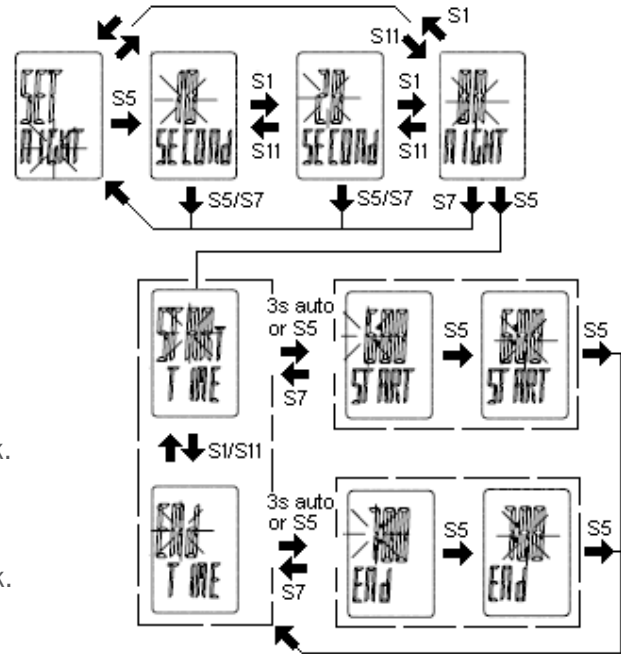
- Press S5 while “CONTRAST” is blinking. Contrast percentage will start to blink.
- Press S1/S11 to change to your desired value (contrast range is from 10 -100%).
- Press S5/S7 to confirm.
- Press S7 to exit setting.



# GENERAL OPERATIONS

## How to set the NIGHT mode function:

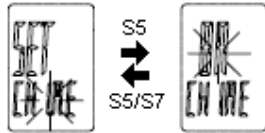
- Press S5 while “NIGHT” is blinking. The watch will display “10” seconds blinking.
- Press S1/S11 to change to 20 sec or NIGHT ON.
- While in 10 SEC or 20 SEC setting, Press S5 to accept the setting and go back to NIGHT setting screen.
- While in NIGHT ON setting screen, Press S5 to accept the ON setting. The watch will display the START TIME.
- Press S1/S11 to toggle between START TIME and END TIME.
- Press S5 or 3 seconds auto to set the START TIME. Hour digit will start to blink.
- Press S1/S11 to change the hour setting.
- Press S5 to change the MINUTE. Minute digits will start to blink.
- Press S1/S11 to change the minute setting.
- Press S5 to go back to START TIME setting screen.
- Press S1/S11 to set the END TIME. Hour digit will start to blink.  
Note: Follow the setting procedure of START TIME in setting the END TIME.
- Press S7 to exit setting.



# GENERAL OPERATIONS

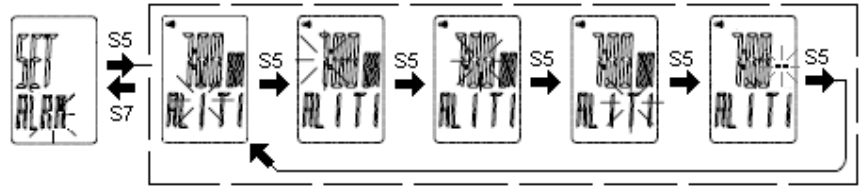
## How to set the CHIME:

- Press S5 while “CHIME” is blinking. The watch will display CHIME ON or OFF.
- Press S1/S11 to change to CHIME ON or OFF.
- Press S5/S7 to confirm.
- Press S7 to exit setting.



## How to set the ALARM:

- Press S5 while “ALRM” is blinking. AL”1” digit will start to blink.
- Press S1/S11 to toggle through Alarm 1 to alarm 5 (The 5 alarms can be set individually).
- Press S5 to set the selected Alarm number.
- Press S1/S11 to change the blinking digit.
- Press S5 to confirm.



# GENERAL OPERATIONS

## HELP FUNCTIONS

- If the Heart rate data displayed in the watch is not stable or erratic, try to move the watch along your forearm within the best wearing position as illustrated on page 3.
- Fasten the watch snugly so that the optical sensor makes a tight contact with your skin. The tighter you can wear the watch the better.
- Your skin should be free of SCARS or any other object that will interfere with the sensor.
- The heart rate is taken directly through your skin to the watch sensor, so it is very important that there are no obstructions that will interfere with the detection of the Heart rate.
- Try wearing the watch on your other wrist.

## Charge Battery

This watch is using a rechargeable Lithium Ion battery. It can be charged using the USB port and it takes about 3-4 hours to fully charge the battery. Please charge before using and never to hit empty.

## Battery Life

Battery power will last typically for 7 hours on a single charge. But this will vary depending on Customer's usage.

# REGULATORY & SAFETY NOTICES

**WARNING:** Heart rate monitoring systems maybe inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

This is not a medical device. Should not be used to diagnose or treat any medical condition. Consult your doctor for prevention, diagnosis and treatment. See the user guide for further guidance.

**THIS IS NOT A TOY. KEEP AWAY FROM CHILDREN.**

## BATTERY

- Lithium Ion Polymer 3.7 V 50 mAh
- Do Not Open. Do Not Dispose product into Fire.
- May Short Circuit, Explode or Leak.
- Do Not Swallow. Keep Battery Out of Reach of Children.



The WEEE symbol on the product or on its packaging indicates that the product must not be disposed of with normal household waste. Instead such marked waste equipment must be disposed of by arranging to return to a designated collection point for the recycling of waste electrical and electronic equipment. By separating and recycling this waste equipment at the time of disposal will help to conserve natural resources and ensure that the equipment is recycled in a manner that protects human health and the environment.

Keep this manual and packaging for future reference since it contains important information

## IMPORTANT

**Do not press the Button under water.  
Do not wear product while diving.**

# CARE & MAINTENANCE

- NEVER attempt to disassemble or service your unit.
- DO NOT expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.
- DO NOT drop or step on the watch.
- TO CLEAN THE UNIT: wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol or insect repellents, as they may damage the unit's seal, case and/or finish.
- STORE the unit in a dry place when you are not using it.



# TROUBLE SHOOTING

## POTENTIAL CAUSES FOR NO HEART RATE READING OR LONG RESPONSE TIME

CAUSE: Dry skin

SOLUTION: Apply conductive gel thoroughly to chest area (for Chest-Strap measurement) or finger (for Finger-Touch measurement). Tap water may help if conductive gel is not available.

CAUSE: Chest strap is not contacting with skin

SOLUTION: Make sure the chest strap is firmly over the chest and the Watch is securely on wrist.

CAUSE: Muscle tremors caused by pressing on sensors too hard (finger touch)

SOLUTION: Decrease finger pressure on the Sensor Pads.

CAUSE: dead skin on wrist, finger or chest.

SOLUTION: Rub off excessive dead skin with a towel.

CAUSE: a thin layer of body grease insulates the ECG signal preventing the chest strap or watch from detecting ECG heart rate

SOLUTION: Wipe chest/wrist and the back of Chest Strap/watch with a tissue or soft towel.

CAUSE: Hairy skin

SOLUTION: Apply conductive gel to chest area or wrist.

CAUSE: Low battery

SOLUTION: Replace the battery in watch/transmitter and try again.

CAUSE: Electrical field interference from RF devices (chest-strap measurement) such as Overhead power lines, etc.

SOLUTION: Leave the area where RF source potentially exist.

# WARRANTY

## GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: **EB SPORT GROUP, 585 OAK RIDGE ROAD, HAZLETON, PA 18202**

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product. Please contact Customer Service at 866-694-4575 or [CustomerService@JoinWeGo.com](mailto:CustomerService@JoinWeGo.com) for a return authorization number, prior to sending in your product.

(PLEASE PRINT CLEARLY)

**Name:**

**Phone:**

**Address:**

**Store Purchased From:**

**Date of Purchase:**

**Purchase Price:**

**State:**

**Zip:**

**Problem With Product:**

# WARRANTY

## REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

## FOR PURCHASES MADE IN THE UK

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement.

**EB Brands UK, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA**

[www.JoinWeGo.com](http://www.JoinWeGo.com)

**Distributed in the UK by EB Brands UK, Worcester WR4 9FA**

# THE WEGO™ LINE OF PRODUCTS

## ACTIVITY TRACKERS



### ELITE+

- Sleep Quality
- Goal Setting
- User Replaceable Battery
- Sync Wirelessly



### HYBRID+

- Sleep Quality
- Goal Setting
- Sync Wirelessly
- Water Resistant
- Replaceable Straps
- Silent Alarm Vibration



### RELAY

- Caller ID/Text Notification
- Auto Sleep
- Sleep Quality
- Sync Wirelessly
- Water Resistant
- Replaceable Straps
- Silent Alarm Vibration

## HEART RATE MONITORS



### CARDIO/ENDURO 100

- 5.3k Chest Strap
- Time, Chronograph, Heart Rate
- BPM, HR Zone/Alarm
- Date, Lap/Split Time
- Water Resistant 50M



### ENDURO 200

- 5.3k Chest Strap
- Time, Alarm, HR, Data Record
- HR Zone/Alarm, Avg/Max HR, BMI
- Run/Lap Memory, Calorie Burn, Recovery HR Monitor/Timer
- Dual Time Zone, Daily Alarms, Lap/Split Time, Night Mode
- Water Resistant 50M



### ENDURO 300

- Optical Heart Rate Technology
- Time, Alarm, Chronograph, HR
- HR Zone, % Max HR, Calorie Burn
- Custom User Profile
- USB Rechargeable Battery and Charger Included
- Water Resistant 1ATM



### PULSE/PACE

- No Chest Strap Required
- Time, Alarm, Chronograph, HR
- HR Zone/Alarm, BPM and % Max HR Display
- Date, Dual Time Zone, Daily Alarms, Lap/Split Time
- Water Resistant 50M



### PULSE/PACE PLUS

- Optical Heart Rate Technology
- Time, Chronograph, HR
- Quick On-Demand HR Reading
- HR Zone, % Max HR
- Custom User Profile
- Water Resistant 1ATM

WeGo™ is the **fitness motivator** that makes it easy to track daily activities. These **easy to use** activity trackers and heart rate monitors can help support a **happy, healthy lifestyle**.

**CAUTION:** *This is not a medical device. Should not be used to diagnose or treat any medical condition. Consult your doctor for prevention, diagnosis and treatment. See the user guide for further guidance. This is not a toy. Keep away from children.*

**CALIFORNIA PROPOSITION 65 WARNING:** *This product may contain chemicals known to the State of California to cause cancer, birth defects and/or reproductive harm.*

**WARNING:** *Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.*

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