

*Pedometer Heart Rate Monitor*

A multi-function watch which helps  
you to stay in a healthy life

*USER MANUAL*

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## 1.0 Introduction

Thank you for purchasing this Watch.

This Watch provides Timekeeping, Chronograph, Countdown Timer, Pedometer and Heart Rate Functions. Also, this watch has a Power Saving function which can save the battery for a longer use.

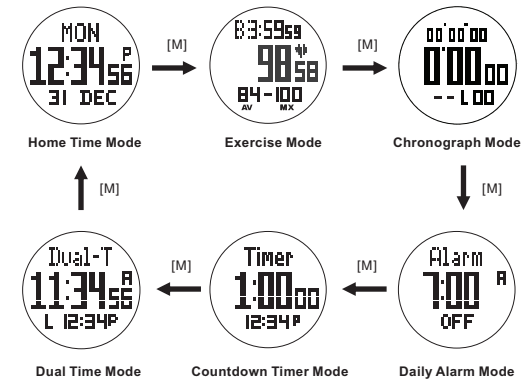
In addition to general heart rate function, this Watch specially includes heart rate zone alert functions.

**WARNING:** Consult a doctor or trainer for setting the zone prior to undergo an serious Cardio-fitness training.

To get the most of your purchase, be sure to read this manual carefully and keep it on hand for later reference when necessary. It is advisable to use this Watch in conformity with the below notes:

- Avoid exposing the Watch to the extreme conditions.
- Avoid rough uses or severe impacts to the Watch.
- Do not open the Watch case unless performed a certified service agency.
- Clean the Watch occasionally with a soft and moistened cloth.
- Store the Watch in a dry place when it is not in use for a long time.

## 2.0 Major Function Modes



## 1.1 Button and its Function

### [EL] EL Button

- To turn on the EL back light for about 3 seconds.

### [S/R] Start/Stop/Reset Button

- To activate the 'start', 'stop' and 'reset' function in Exercise, Chronograph and Countdown Timer Mode. Press to activate the 'start' or 'stop' function.
- To increase the setting value during setting display.

### [M] Mode Button

- To select among function modes: Home Time, Exercise, Chronograph, Daily alarm, Countdown timer and Dual time.
- Hold down to select/exit setting display in the following modes: Home Time, Exercise, Daily alarm, Countdown timer and Dual time.
- To select among different setting items in setting mode.
- Enter recall mode under Chronograph mode

### [L/R] Lap/Reload Button

- To activate the 'reload' function during Countdown Timer Mode.
- To decrease the setting value during setting display.
- Hold down to enter Power Saving Mode in Home Time Mode.
- Select Exercise mode data (Top and bottom row) in Exercise Mode.

## 3.0 Home Time Mode

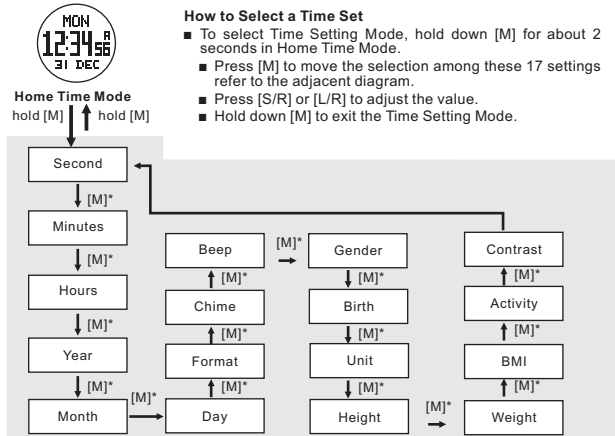
### Home Time Display

- The day of week of the home time is exhibited on the 1st row of the display.
- The current time (hour, minute, second) is exhibited on the 2nd row of the display.
- The month and date are exhibited on the 3rd row of the display.

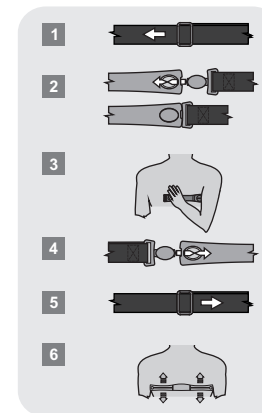


Home Time View

#### 4.0 Time Set Mode



#### 5.1 Heart Rate Mode - Wearing the chest strap



##### How to Wear the Chest Strap

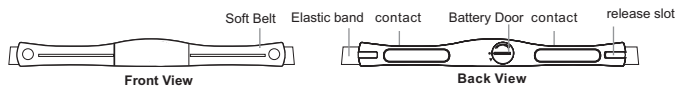
Refer to the below steps to wear the chest strap on one's chest:

- 1) Extend the elastic band for allowing a loose fitting the chest strap on your chest.
- 2) Connect one connector with the chest strap. Ensure that the connector is completely lodged into the chest strap.
- 3) Fit the chest strap on your chest with one hand.
- 4) Connect the opposite connector to the chest strap with the another hand.
- 5) Fasten the elastic band until it is fitted on your chest comfortably.
- 6) Adjust the chest strap until the two contacts are firmly contacted with your skin.

**IMPORTANT:** DO NOT wearing the chest strap over your cloth, otherwise the chest strap CANNOT get the heart rate signal.

**NOTE:** In dry seasons, wetting the contacts with some water can make the signal transmission better.

#### 5.0 Exercise Mode - Precaution/Tips for Heart Rate Measurement



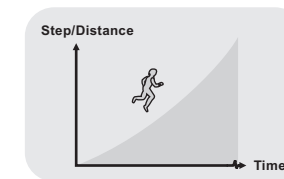
##### Heart Rate Features

This Watch includes a chest strap, thus the Watch can provide a continuous supply of heart rate data like current heart rate, average heart rate, minimum heart rate and maximum heart rate to user for guiding them to achieve their fitness goal.

##### Precautions / Tips

- There is two contacts located on the back of the Chest Strap. These two contacts must be firmly contacted with the user's skin during measurement.
- DO NOT take heart rate measurement when diving or under water.
- Clean the contacts occasionally by applying a few drops of water, and wipe it dry with a paper towel to remove any residual grease.
- DO NOT use hand cream; it will insulate the signal between the skin and the contacts.
- Clean your skin with soap and water for better signal transmission.
- For those with extremely dry skin, apply some conductive gel or water may help.
- Adjust the Chest Strap with the supplied elastic band until it is hold on your chest firmly to avoid loosen it when doing exercise.
- Avoid doing any awkward motion during measurement, otherwise error may be resulted.

#### 5.2 Exercise Mode - Healthier Lifestyle and Pedometer



##### Tips to achieve a Healthier Lifestyle

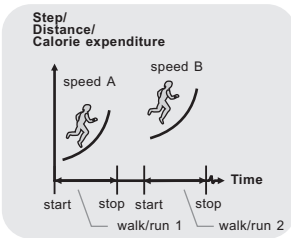
The below are the general guide for achieving a healthier lifestyle:

- Take enough sleep,
- Make social connection,
- Do more exercise,
- Take a daily walk, and
- Eat balanced diet.

##### How to Increase Walking Steps

- It is suggested that walking could make contribution to health. Some tips which would increase your walking steps:
  - Walk to your office by getting off the bus earlier or park your car farther away from your office.
  - Establish a walking habit every day.
  - Walking with some soft music or friends.
  - Set up a goal (How many km within a week) for your walking.

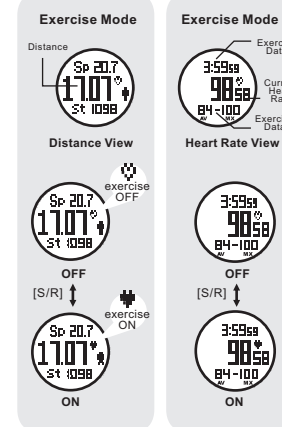
### 5.3 Exercise Mode - What is a Pedometer



#### Pedometer Features

- This Watch provides some advanced pedometer features for guiding user to achieve his/her fitness goals.
- The information includes distance, speed, exercise time, calorie expenditure and fat burn for walk or run. The data can be read instantly or saved into a record for recall later.

### 5.5.1 Exercise Mode - Exercise Mode Data



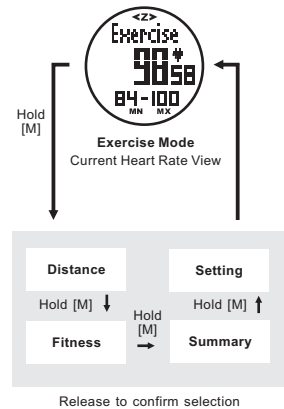
#### How to Turn ON/OFF the Exercise Function

- Five seconds after Exercise Mode is selected, the Heart Rate function will be turned ON automatically but exercise function hasn't been turned ON yet
- Press [S/R] to turn ON/ OFF the function immediately.
- When exercise function is turned ON, exercise mode data will be updated yet.
- When both the Heart rate meter and Pedometer are stopped, exercise function will be automatic stopped yet.
- The Pedometer function measurement will be STOPPED automatically if NO 'step' is counted for a predefined time (Sleep time).
- The Heart Rate measurement will be STOPPED automatically if NO 'heart rate' is detected for 5 minutes.

#### NOTE:

- 1) The Chest strap/Watch MUST be worn on the user's chest/wrist properly before heart rate/pedometer measurement.
- 2) User can use the Watch without the chest strap, then NO heart rate data will be recorded for that exercise session.
- 3) After turning 'OFF' the exercise function, hold [S/R] to rest the current exercise mode data.

### 5.4 Exercise Mode



#### Exercise Mode

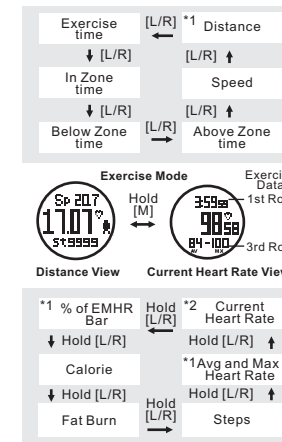
Under exercise mode, users can select those sub-functions by holding [M] button:

- Current Heart Rate view
- Distance view
- Fitness Mode
- Exercise Summary
- Exercise Mode Setting

Release [M] button to confirm the selected mode.

The selected mode will exhibit in the first row.

### 5.5.2 Exercise Mode - Exercise Mode Data



#### Exercise Data (Top and bottom row)

- When Exercise function is ON, the Watch will record the exercise data about that exercise.
- The current exercise data can be read from the 1st row and 3rd row of the display instantaneously.
- Under Distance view: steps, calorie, fat burn and current heart rate will be shown at the below exercise mode view
- Under Heart rate view: steps, calorie, fat burn and % of EMHR bar, average and maximum heart rate will be shown at the below exercise mode view

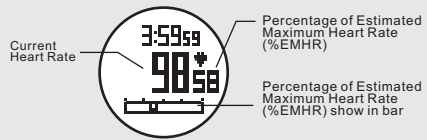
#### How to select the exercise data

- Press [L/R] to select the first row
- Hold [L/R] to select the third row

#### NOTE

- \*1 - Not exhibit in Distance view
- \*2 - Not exhibit in Heart Rate view

### 5.6 Exercise Mode - %EMHR



#### Percentage of Estimated Maximum Heart Rate (%EMHR)

■ %EMHR = Acquired heart rate / EMHR x 100%

**An Example about %EMHR for user aged 18**

- EMHR = 220 - 18 ( user's age ) = 202
- Acquired heart rate = 140 ( by measurement ).
- %EMHR = 140 / 202 x 100% = 69%

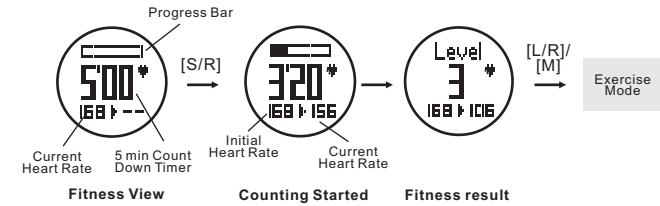
#### Note:

(1) For general purpose, percentage of Estimated Maximum Heart Rate (%EMHR) can be used for Setting Zone Alert. For example, the lower or upper limit of the target Zone can be set as 50% or 85% EMHR respectively.

#### WARNING!

Zone Alert must be set according to application and one's own health conditions. Check your doctor or trainer before using this Zone Alert Function.

### 5.7 Exercise Mode - Fitness level test



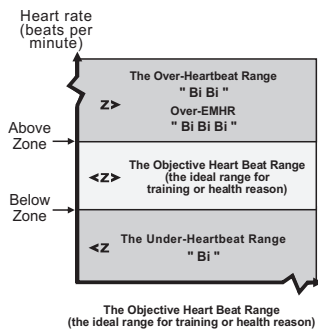
#### Fitness level test

- This Watch can test your fitness level after exercise.
- The Watch will calculate the heart rate recover level after 5 minutes.

#### Fitness level test table

Level of Fitness	Heart Rate after 5 min
Level 1	< 100 bpm
Level 2	105 - 100 bpm
Level 3	110 - 105 bpm
Level 4	120 - 110 bpm
Level 5	130 - 120 bpm
Level 6	> 130 bpm

### 5.7 Exercise Mode - Heart Rate Alert



• The Heart Rate Alert feature is a supplementary feature of the Heart Rate Measurement function. This feature can be function by setting a objective heart rate range, and hence, the Watch will alert the user when he/she gets a heart rate measurement which is out of the objective heart rate range.

• In order to hear the audible alert of above and below zone alert, zone alert shall be turned on. (refer to 5.9.1)

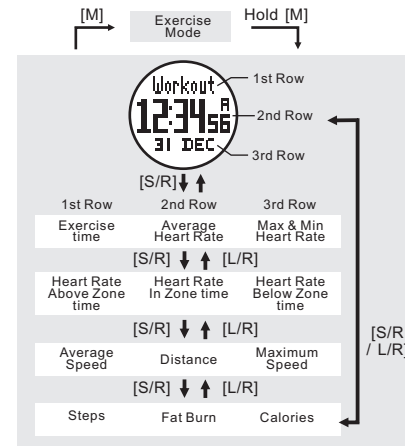
#### How to Acquire the Objective Heart Rate Range

• The objective heart rate range is the region that binding by the upper and lower heart rate limits. These limits must be set according to application and on one's own health condition.

• These limits can be obtained by the following:

- 1) Get these two limits by consulting a doctor or trainer.
- 2) Get these two limits by %EMHR

### 5.8 Exercise Mode - Summary



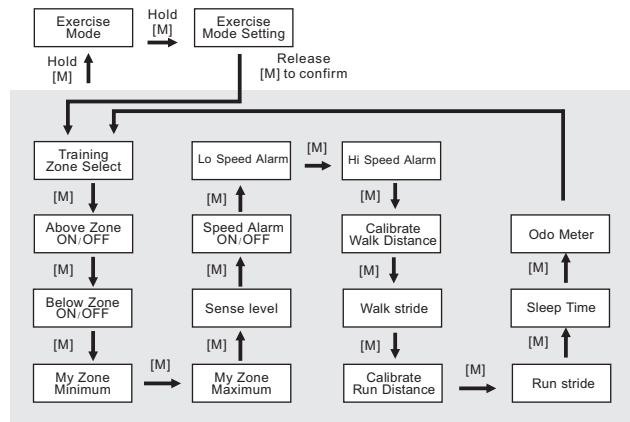
#### Recall the exercise summary

This watch can recall the present data which recorded during exercise:

- Work out time and date stamp
- Exercise time
- Average, Minimum and Maximum Heart Rate
- Above, In-zone and Below-zone target heart rate zone time
- Average speed, distance and Maximum speed, Steps, Fat burn and Calories

**NOTE:** Previous exercise summary will be cleared when starting a new exercise

### 5.9.1 Exercise Mode - - Setting Sequence



### 5.9.2 Exercise Mode - Setting Mode

#### To Set the Exercise Mode

- To set the exercise mode settings, press and hold the [M] button under Exercise Mode to select the 'Setting' display.
- Release [M] button to confirm the selected exercise setting mode

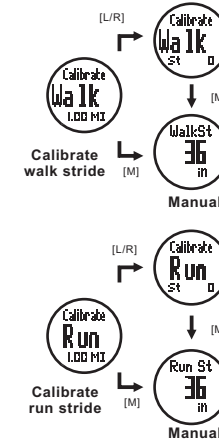
#### The Setting Sequence

- When the Training Zone icon is flashing, press the [S/R] or [L/R] button to select between 'Myzone', 'Health', 'FatBurn' or 'Aerobic' zone.
- When the 'Above z' ( Above Heart rate zone), 'Below z' ( Below Heart rate zone) and 'Speed Alarm' 'On' or 'OFF' is flashing, press [S/R] or [L/R] to turn ON or Off.
- If one of the settings ( My Zone - min and max, \*Sensitivity, Speed alarm high/low value, sleep time and odo meter ) is flashing, press the [S/R] or [L/R] button to enter the value(hold the button down to change the value at a faster pace).
- To calibrate 'Walk' and 'Run' stride, see next chapter for detail.
- When 'Odo' appeared, hold [L/R] button to reset the 'Odo meter'.

\* Pedometer Sensitivity Setting Range: 1(Low) - 5 (High).

\* Either 'Above zone' or 'Below Zone' is turned ON, 'Z' icon will turned ON.

### 5.9.2 Exercise Mode - Setting Mode - Walk and Run stride



#### Walk and Run Stride

To get the accurate walk and run speed and distance calculation, user need to enter their personal walk and run stride.

User can enter their personal walk and run stride by selecting auto or manual calculation.

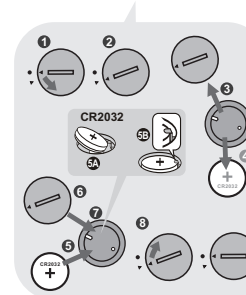
#### To auto set the Walk and Run Stride

- Select 'Calibrate walk or run' setting under exercise setting mode.
- Press [L/R] to start calibrating.
- User start to walk or run for the specific distance.
- Press [S/R] or [L/R] to finish calibration
- The watch will automatic calculate the walk/run stride.

#### To manual set the Walk and Run Stride

- Select 'Calibrate walk or run' setting under exercise setting mode.
- Press [M] to enter 'Walkst' or 'Runst' display
- When the digit is flashing, press [S/R] or [L/R] to enter the value of the stride

### 5.10 Exercise Mode - How to Replace the Battery for Chest Strap



- If your Chest Strap stops transmitting heart rate signal to your watch (NO heart rate reading show on the Watch), it might be due to the battery of the Chest Strap running out.

- We recommend that you have the battery replaced by an authorized service agency.

#### How to Replace the Battery for the Chest Strap

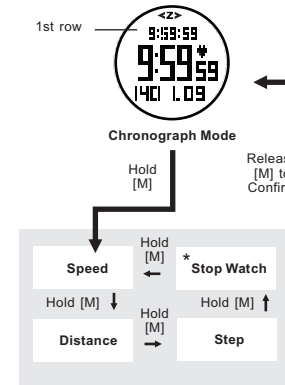
- However, you can change the battery of the Chest Strap by the refer to instructions:

- Turn the cover with a coin counterclockwise so that the arrow on the cover turns from 'Dot' to 'Arrow'.
- Turn the cover further gently to pops it out.
- Put aside the battery cover.
- Remove the exhausted battery.
- Replace the battery with a new battery with the (+) facing you.
- IMPORTANT:** Make sure that the sealing rubber o-ring is placed correctly in its slot before the battery cover is replaced.
- Put the battery cover back with the arrow on the cover points to 'Arrow', and then press the cover down gently until it is on the same level with the case's surface.
- Turn the cover with the coin clockwise so that the arrow on the cover turns from 'Arrow' to 'Dot'.

### 5.11 Exercise Mode - Potential Causes for NO Heart Rate Reading or Long Response Time

- 1) **Cause: Dry Skin.**  
Solution: Apply conductive gel or saliva thoroughly to chest area. Even water will help if conductive gel is not available.
- 2) **Cause: Chest strap is not placed firmly over the chest.**  
Solution: Make sure the chest strap is placed firmly over the chest by tightening elastic band.
- 3) **Cause: Muscle tremors caused by holding the Chest strap too hard on your chest.**  
Solution: The contacts must make firm contact (NOT too hard) with the user's skin during measurement. This will ensure good and consistent readings even while walking or jogging with arms swing naturally.
- 4) **Cause: Dead skin on chest.**  
Solution: Usually rubbing your skin with a towel will help.
- 5) **Cause: A thin layer of body grease insulate the ECG signal which prevents the Chest Strap or Watch from picking up one's ECG.**  
Solution: Wipe chest and the back of Chest Strap with a tissue or soft towel.
- 6) **Cause: Hairy skin.**  
Solution: Apply conductive gel to chest area or wrist.
- 7) **Cause: Irregular heartbeats.**  
Solution: N/A It is difficult to consistently pick up a reading for those with irregular heart beats. Inconsistent response times are expected for those with arrhythmia.
- 8) **Cause: Battery Low.**  
Solution: It might be due to the battery level of the Chest Strap / watch is low. Replace the battery and try again.
- 9) **Cause: Interference of other RF devices (Chest-Strap Measurement)**  
Solution: Depart from the place where RF source potentially exist.

### 6.1 Chronograph Mode - Chronograph mode data



#### Chronograph Mode

Under chronograph mode after start, user can select upper row display by holding [M] button:

- Speed
- Distance view
- Steps
- Stop watch

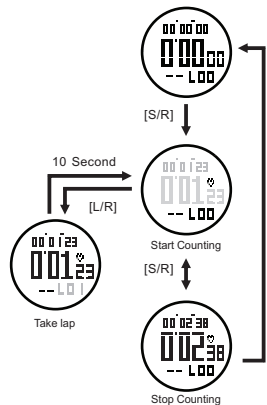
#### How to select chronograph data

- When the chronograph start counting
- Hold [M] button to select chronograph mode data
- Release [M] button to confirm the selected data.
- The selected mode will exhibit in the first row.

#### Note

\* When Stop Watch view is selected, total elapsed time will exhibit

### 6.0 Chronograph Mode

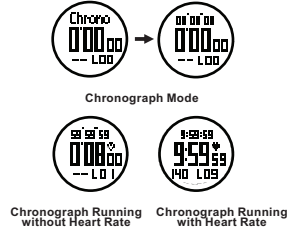


#### To Use the Chronograph

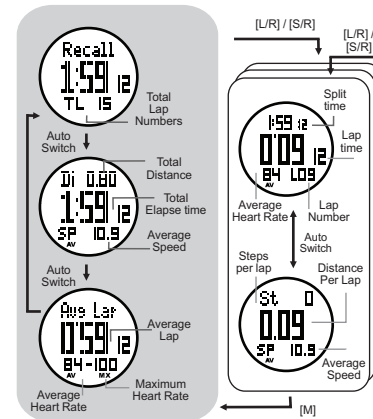
- In 'Zero' Display, press the [S/R] button once to start the counting. When it is counting, press the [S/R] button to stop the counting, and the accumulative elapsed time will appear.
- Press the [L/R] button once to take a Lap Record.

#### To Reset the Chronograph

- When the chronograph is stopped, hold the [S/R] button to reset the chronograph (ready for a new counting).



### 6.2 Chronograph Mode - Lap recall



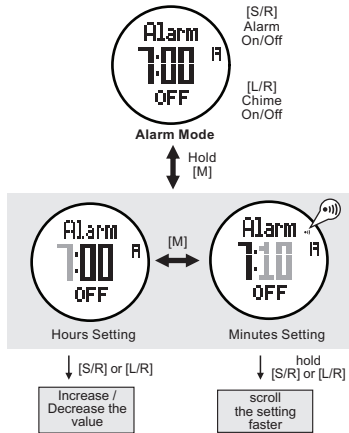
#### Lap Recall Mode

- This watch can record the Lap Time as well as Heart Rate during exercise for user to review at a later time.
- When chronograph is stopped, Hold [M] until 'Recall' appears. Release the key to enter Recall Mode.
- The Lap Recall data will exhibit by auto switch

#### To Recall Records

- In the Recall Mode, press [L/R] or [S/R] button to select which record you want to check.

## 7.0 Daily Alarm - alarm mode setting



### Daily Alarm Display

- In the Daily Alarm Display, Alarm Time (hours, minutes) appears on the 2 row of the display.

### Daily Alarm ON and OFF

- When the Daily Alarm Indicator '••)' appears (which means the daily alarm is ON), the watch starts beeping at the alarm time.

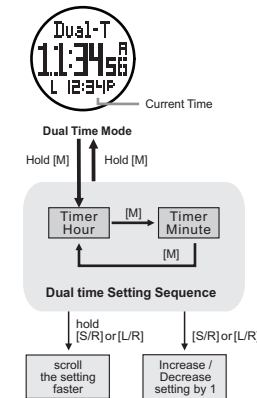
### Daily Alarm Sound

- The alarm beeps for 30 seconds when the daily alarm function is turned ON.
- You can stop the beeping by pressing any button.

### Note:

Alarm will be turned on automatically if any changes has been made to the setting

## 9.0 Dual Time



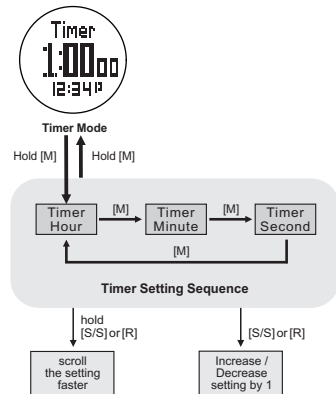
### To Set the Dual time Mode

- To set Dual time mode, press and hold the [M] button under Dual Time Mode (the 'Hour' digits will start flashing)

### The Setting Sequence

- When the 'Hour' digits start to flash, press the [M] button to move the flash following the sequence of the adjacent diagram.
- When one of the settings (hour, minute, second) is flashing, press the [S/R] or [L/R] button to scroll through the setting (hold down the button to scroll the setting at a faster pace).
- Press and hold the [M] button to exit the setting sequence.

## 8.0 Timer Mode - Using Timer



### To Start/Stop/Reload Timer count down

- Press [S/R] to start / stop.
- When timer is stopped, press [L/R] to reload.
- When finish counting, it will sounds for 30 seconds.

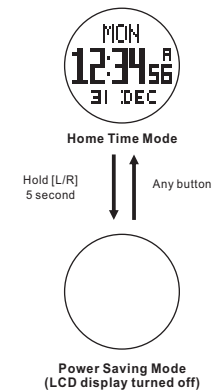
### To Set the Timer Mode

- To set the pre-defined target time in timer mode, press and hold the [M] button under Timer Mode (the 'Hour' digits will start flashing)

### The Setting Sequence

- When the 'Hour' digits start to flash, press the [M] button to move the flash following the sequence of the adjacent diagram.
- When one of the settings (hour, minute, second) is flashing, press the [S/R] or [L/R] button to scroll through the setting (hold down the button to scroll the setting at a faster pace).
- Press and hold the [M] button to exit the setting sequence.

## 10.0 Power Saving Mode



### Power Saving Mode

- This Watch has a Power Saving Function which can turn off the LCD display so that the battery can last longer.

- While in the Power Saving Mode, the watch function is still worked normally. (i.e. The timekeeping function is still running during Power Saving Mode.)

### How to enter/exit the Power Saving Mode

- To enter the Power Saving Mode, hold down the [L/R] button in Home Time Mode for about 5 seconds and the LCD display will be turned off.
- Press any key during Power Saving Mode will exit the mode and the LCD display will be resumed.



## 11.0 Battery - Battery Low Indication and Battery Replacement



Battery-Low Indicator

### Battery Low Detection

- When the battery-low indicator appears on the display, it means that the capacity of the battery is low. It is recommended to replace the battery with a new CR2032.
- However, if the appearance of battery-low indicator is caused by using the Watch under very cold condition, the indicator will be disappeared when normal temperature returns.

**NOTE:** It is recommended to complete the battery replacement by a certified service agency, because this Watch contains precise electronic sensors and components.

**IMPORTANT:** If the battery has been replaced, all memory will be cleared.

## 12.0 Specifications

### Current Time Mode

- Time System: am, pm, hour, minute, second
- Time Format: 12-hour or 24-hour format
- Calendar: Month, date and day of week display (Auto-Calendar function for leap year and day of week)

### Alarm Mode

- Daily alarm and hourly chime
- Alarm Sound: 30 seconds

### Chronograph Mode

- Resolution: 1/100 second
- Measuring Range: 9 hours 59 minutes 59.99 seconds

### Countdown Timer

- Resolution: 1 second
- Measuring Range: 23 hours 59 minutes 59 seconds
- Timer Sounds: Last 10 minutes shall beep every minute, last 1 minute shall beep every 10 seconds, last 5 seconds shall beep every 1 second and beep for 30 seconds when count to zero.

### Exercise Mode

- Displayable Steps Range: 0-999999 steps
- Exercise Timer: Maximum 24 hours

- Distance Measuring: 0-99.99 km / 0-62.13 mile
- Speed Measuring: 45 Km/hour / 27.96 MPH
- Calorie Burned Range: 0-9999 calorie
- Measuring range: 30 to 240 bpm.
- Heart Rate Alert Zone Setting: 3 Pre-defined with 1 user defined Zone.
- Heart Rate Alert: Above maximum, above zone, below Zone Alert.
- Speed Alert: Low and High speed alert
- Exercise Memory: 1 record.
- Exercise Function Record: Total exercise time, Maximum/Average/Minimum Heart Rate, In/ Below/Above zone timer, Average/Maximum speed, Total distance, Steps, Calories and Fat burn.
- 6 fitness levels by 5 min recovery countdown
- Auto-calibration or manual input of stride
- Pedometer sleep time (1-240 minutes),
- Pedometer sensitivity (1-5 level).

### Others

- Back Light Type: Electro-Luminescent (EL) back light
- 16 LCD level contrast adjustments