

Instruction Manual: SW01-105

HRM Optical Pulse watch

This product uses an Electro-optical technology to sense the heart beat. It has two LED beams and electro-optical cell to sense the volume of blood under your skin.

This product will show the User MET (Metabolic Equivalent of Training) calorie burned every day. MET calorie burn will help the User to understand and control body fitness through daily movement /exercise.

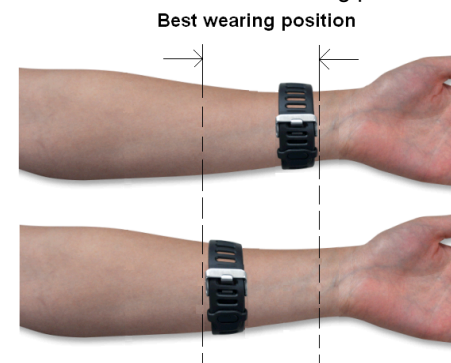


Caution:

- Consult your doctor before beginning a new exercise program.
- This watch provides 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.

How to wear the watch properly in your forearm:

- The heart rate beat 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 transmission of Heart rate data.
- 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 smooth. There should be no HAIR or SCARS or any other object in your skin that will interfere with the sensor.
- 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 illustrated below.



Important reminder:

Before starting your exercise

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

Push Button location / Main function



1) How to get your Heart rate displayed in the watch

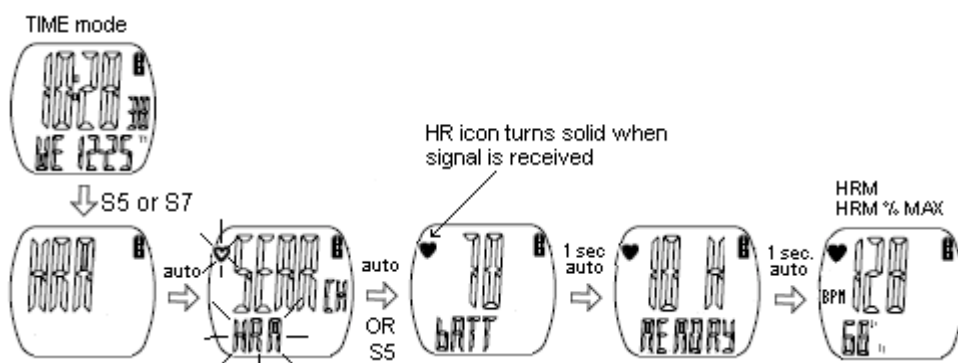
- Fasten the watch snugly so that the optical sensor makes a tight contact with your skin. The tighter you can wear the watch the better.
- You can view your heart rate and use the heart rate monitor when you put your watch in HRM mode.

2) How to turn ON or OFF the HRM function

There are several ways to turn ON the HRM:

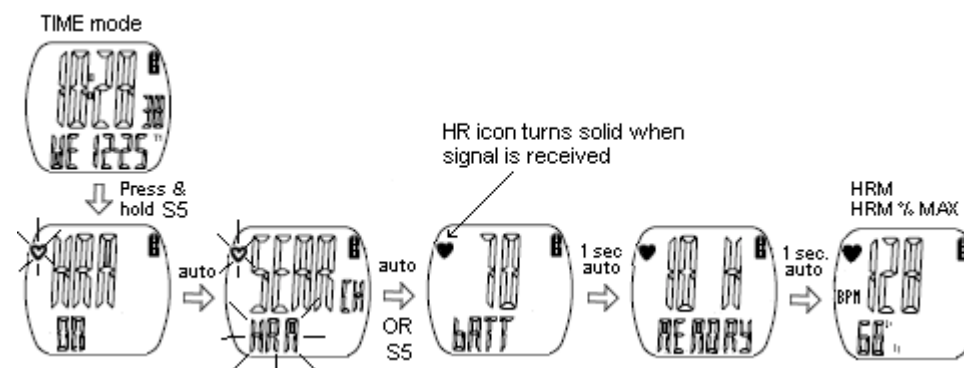
a. Press S5 or S7 from TIME mode to go to HRM mode.

- It will then SEARCH HRM signal (HR icon blinks). Once signal is received, it will automatically show your heart rate with solid HR icon.



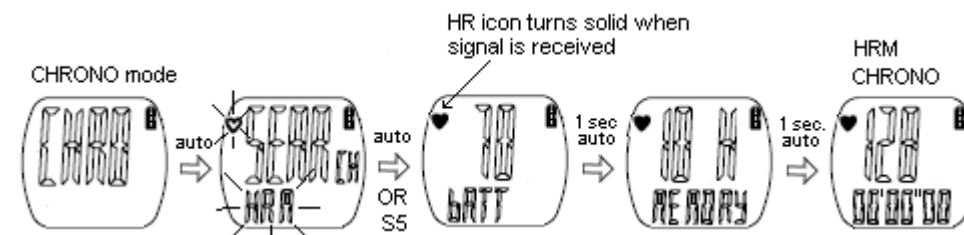
b. Press and hold S5 from TIME mode to go to HRM mode.

- The HRM ON screen will appear momentarily then SEARCH HRM signal (HR icon blinks). Once signal is received, it will automatically show your heart rate with solid HR icon



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

- It will then SEARCH HRM signal (HR icon blinks). Once signal is received, it will automatically show your heart rate with solid HR icon.

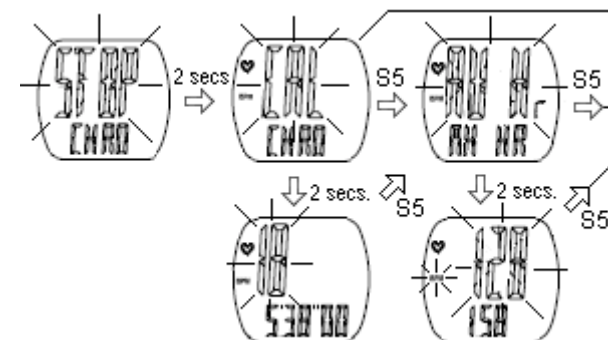
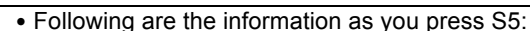


Notes:

- When press and hold S7 from any mode where the chronograph is running, the watch will go back to TIME mode.
- In any mode, press and hold S5 to turn Off the HRM.

3) How to change views HRM mode

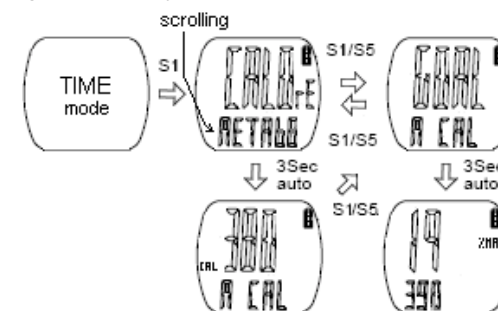
- Press S5 to change the information displayed in Line 2. Following are the information you can select to display in **line 2**: % Max, In Zone, Calorie, Chronograph, and Clock.
- The watch will remember the last view you have selected and display it first the next time you enter HRM mode.



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



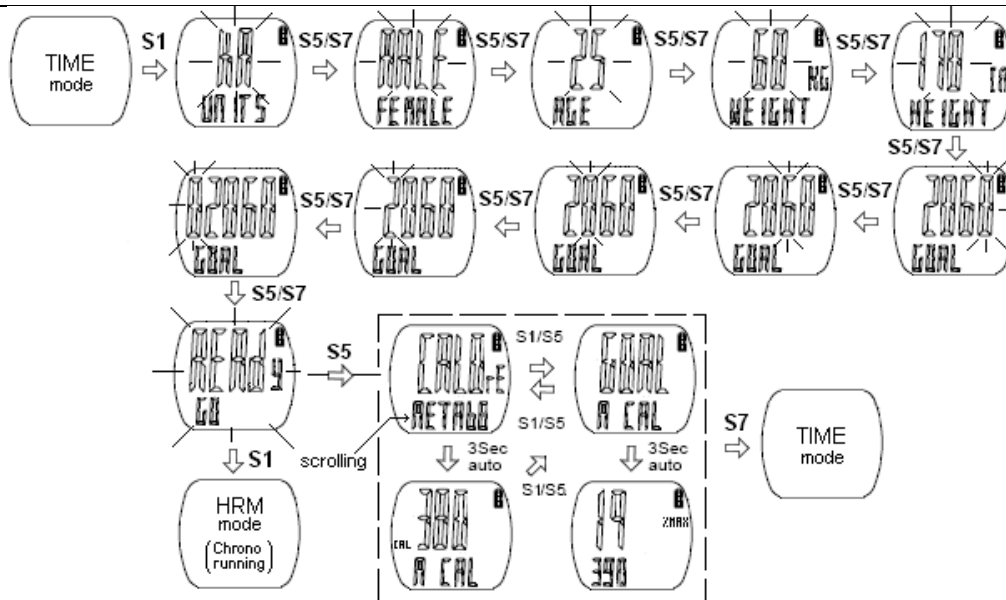
- Press S1 while in TIME mode to display the METABOLIC CALORIE.
- Press S1/S5 to change screen to your GOAL Metabolic Calorie.



7) How to set your personal information and to view the daily Calorie/ GOAL METS Calorie

- **The first time** you enter the Daily Data/ Metabolic Calorie view by pressing S1, the watch will prompt you to update your personal information like Units, Gender, Age, Weight, Height, and Goal Calorie.
- After you have completed updating the information, it will display READY GO.
- Press S7 to exit.

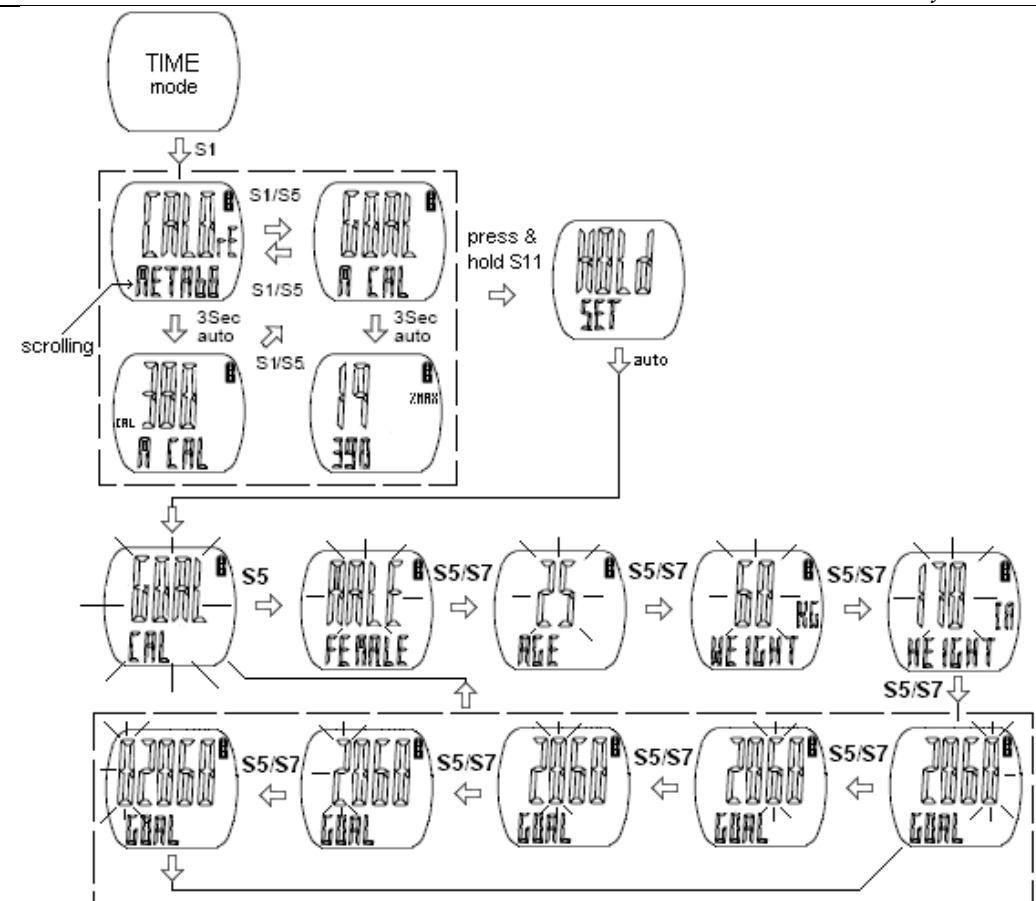
5) How to view your current data while the chronograph is stopped.



8) User can also set the Goal calorie and other information while in Time mode.

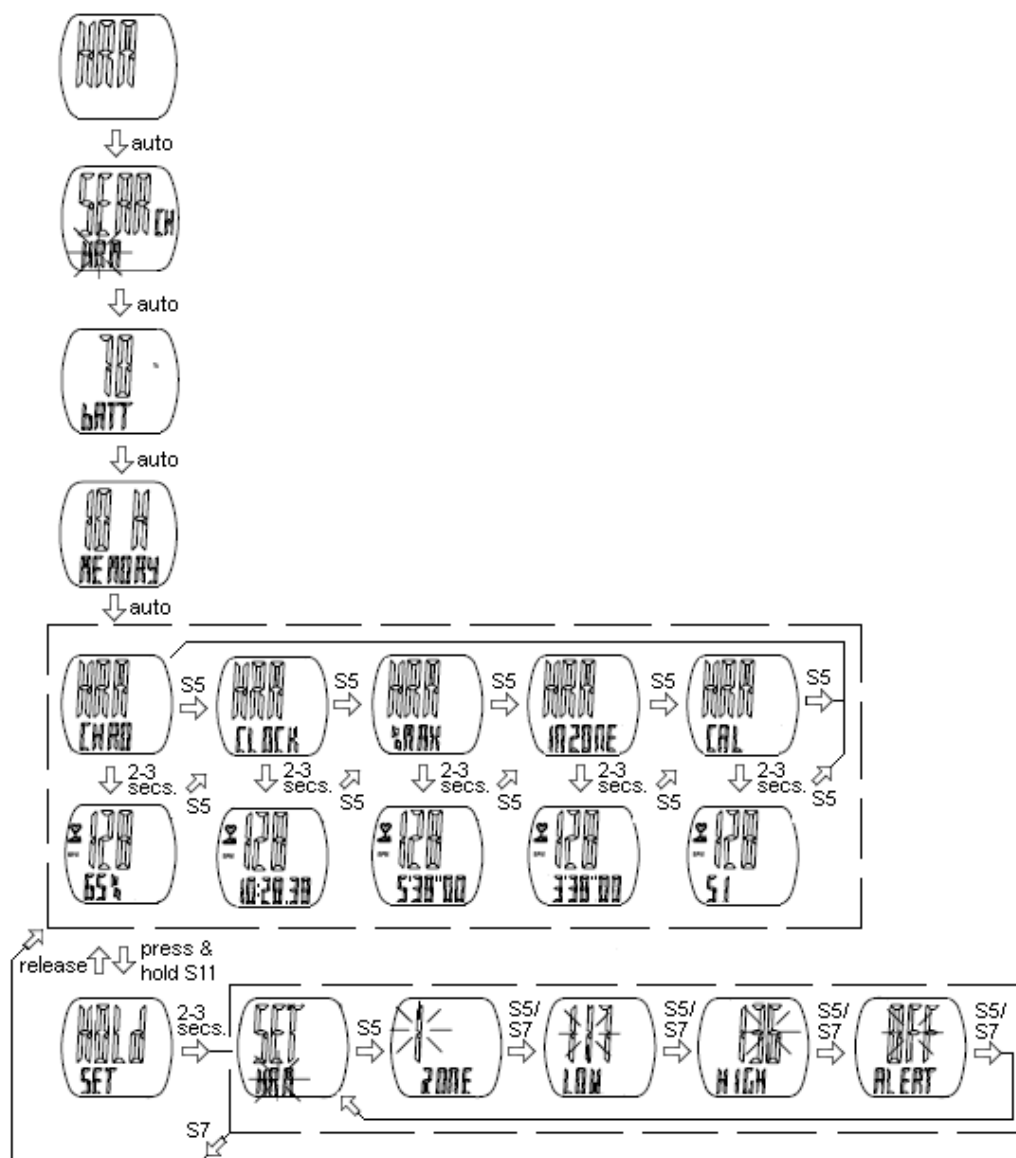
If the User wishes to set again **after the first time** you enter the daily Data/ Metabolic Calorie view.

- Press S1 while in Time mode.
- Press and hold S11 to set the following information Goal Calorie, Gender, Age, Weight, Height, and Goal Calorie setting.
- Press S1/S11 to change the blinking digit.
- Press S5/S7 to confirm
- Press S7 to exit.



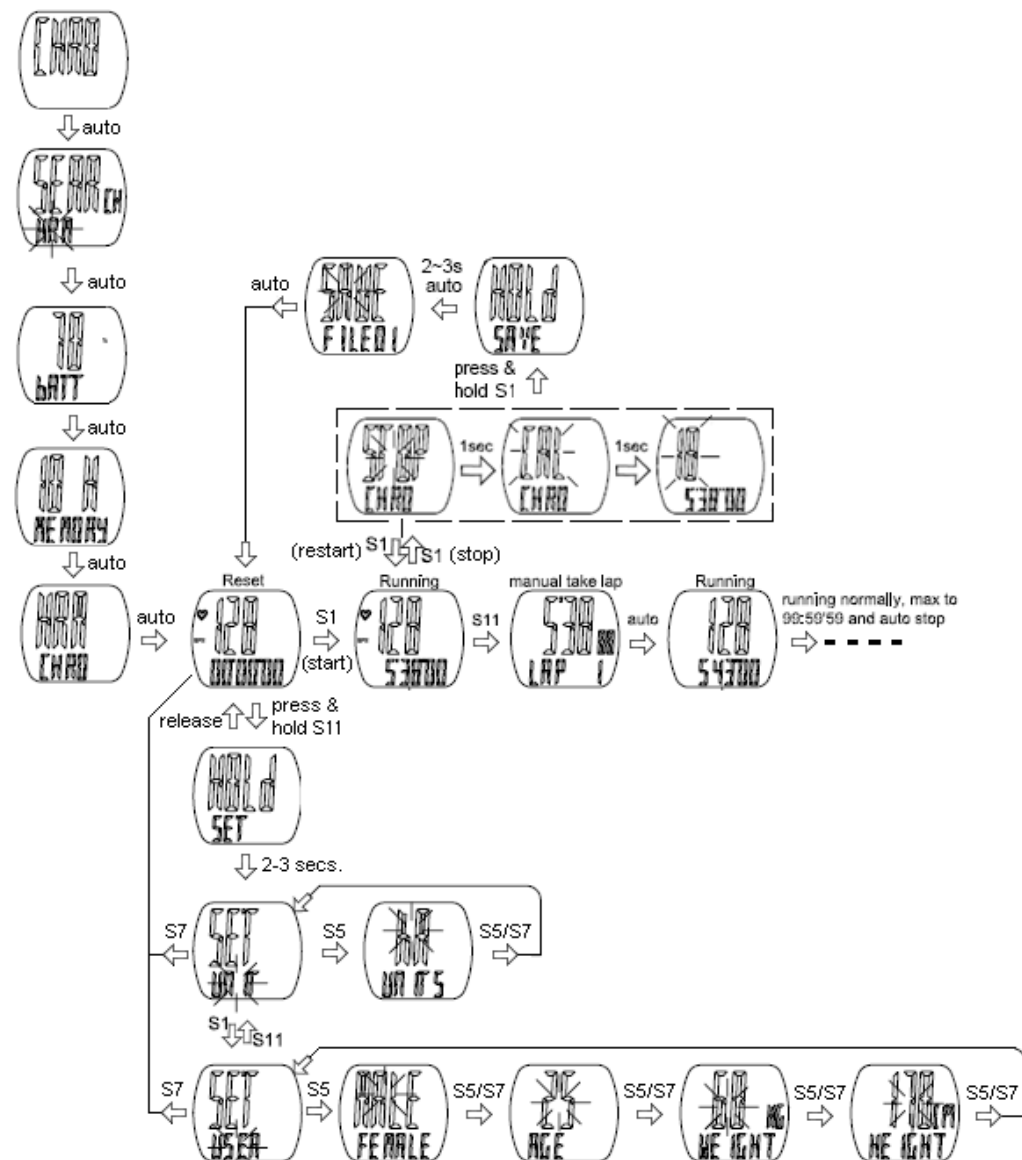
9) How to set the HRM:

- Press S7 to go to HRM mode.
Please follow the function flow as shown.

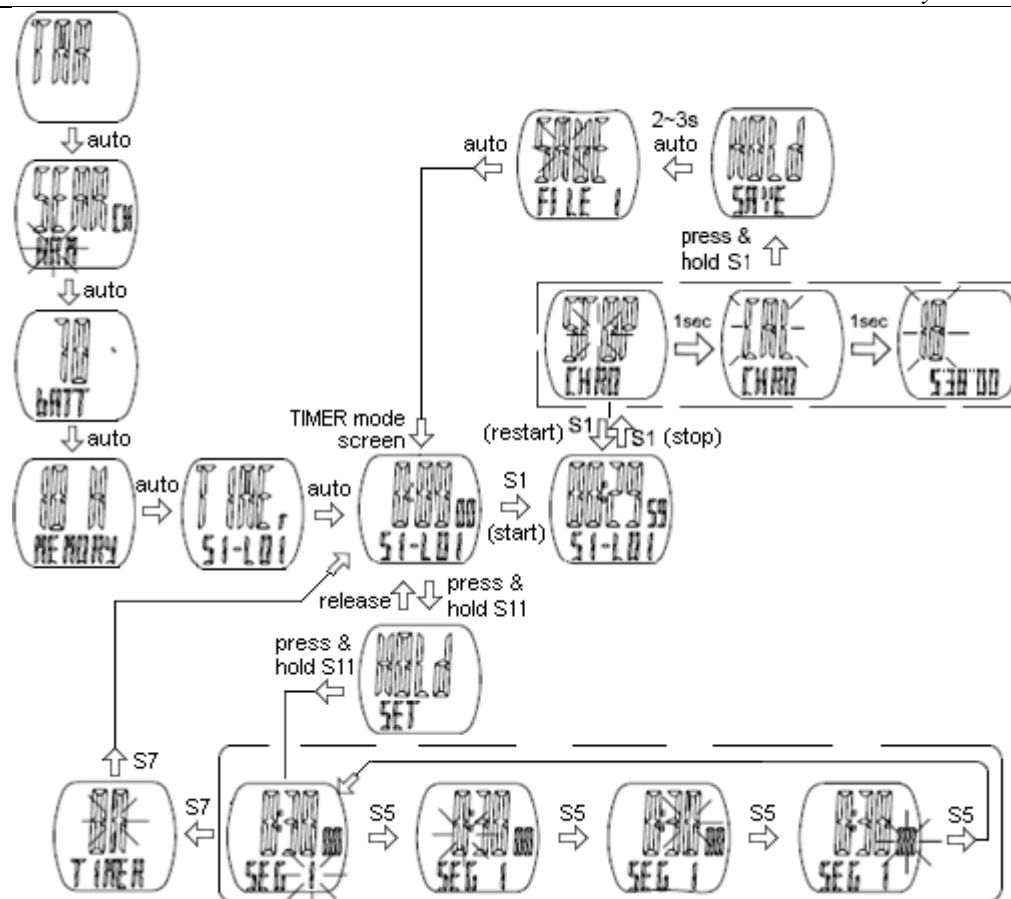


10) How to set while in the Chronograph:

- Press S7 to go to Chronograph mode.
Please follow the function flow as shown.



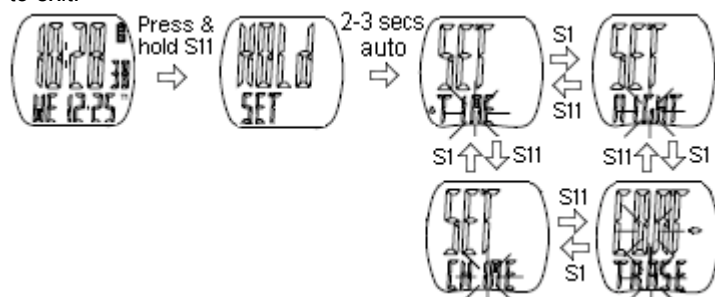
- Press S7 to go to Timer mode.
- Press & hold S11 while in any TIMER mode screen. The watch will display “HOLD SET” and then SEG 1 (segment 1) will start to blink.
- Press S1/S11 to select SG 1 to SG 6.
- Press S5 to enter and HOUR digits will start to blink.
- Press S1/S11 to change the hour digits.
- Press S5 to enter and MINUTE digits will start to blink.
- Press S1/S11 to change the minute digits.
- Press S5 to enter and SECOND digits will start to blink.
- Press S1/S11 to change the second digits.
- Press S5 to enter and the SG # will start to blink.
- Press S7 to set TIMER ALERT ON/OFF.
- Press S1/S11 to change the setting. Press S7 to exit.



Note: Timer can also be set in SET mode.

12) How to set the ff. parameters: TIME, NIGHT, CONTRAST and CHIME while in Time mode.

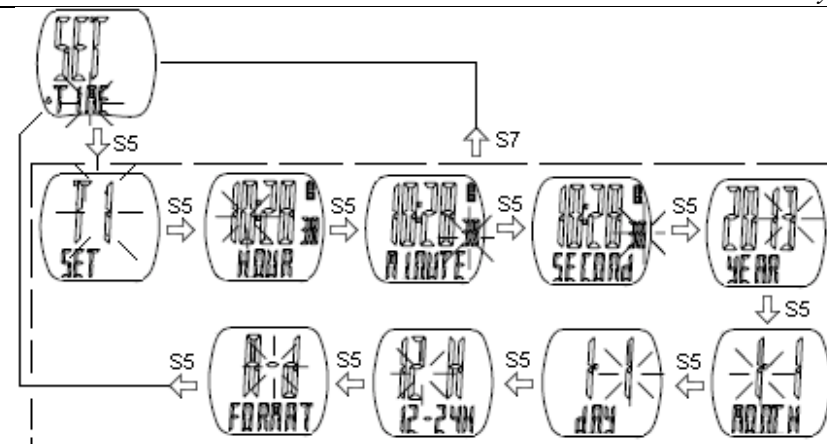
- Press and hold S11. TIME will appear and blinks.
- Press S1 to toggle the TIME through CHIME.
- Press S7 to exit.



How to set the TIME:

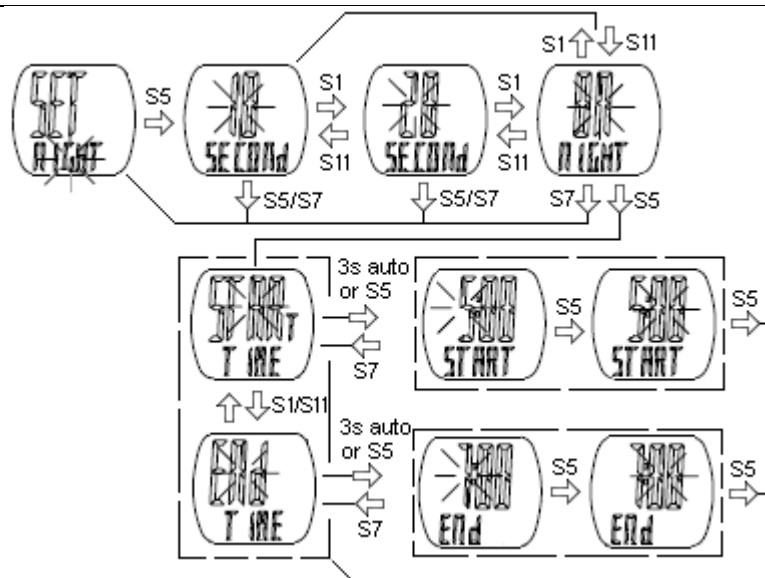
TIME 1/ Time 2 setting:

- Press S5 while TIME is blinking. The watch will display T1 or T2.
- Press S1/S11 to choose between T1 or T2 to set.
- Press S5 to set the selected time (T1 or T2). The HOUR blinks.
 - Set the HOUR by pressing S1 or S11 and press S5 to enter.
 - Set the Minute by pressing S1 or S11 and press S5 to enter.
 - Set the SECOND by pressing S1 or S11 and press S5 to enter.
 - Set the YEAR by pressing S1 or S11 and press S5 to enter.
 - Set the MONTH by pressing S1 or S11 and press S5 to enter.
 - Set the DAY by pressing S1 or S11 and press S5 to enter.
 - Set the 12/24H by pressing S1 or S11 and press S5 to enter.
 - Set the Month/Date of Date/Month format by pressing S1 or S11 and press S5 to enter.
 - Press S7 to exit.



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 procedure in setting the START TIME.
- Press S7 to exit to NIGHT ON setting screen.

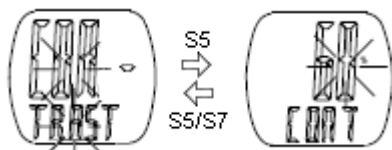


Night mode settings:

- **10 SECONDS** – Press S11 will turn ON the Light for 10 seconds.
- **20 SECONDS** – Press S11 will turn ON the Light for 20 seconds.
- **NIGHT ON** – Light will continuously ON when CHRONO is running in preset duration time (5:00 pm to 7:00 am). Start and End time can also be manually set to different times.

How to set the LCD display **CONTRAST**:

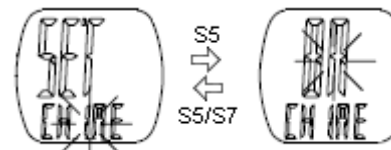
- Press S5 while **CONTRAST** is blinking. Contrast percentage will start to blink.
- Press S1/S11 to change to your desired value. LCD Contrast range is from 10 to 100%.
- Press S5/S7 to confirm
- Press S7 to exit CONTRAST setting screen.



Contrast range: 10 to 100%

How to set the **CHIME**:

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



When Chime is ON, there is an hourly chime.

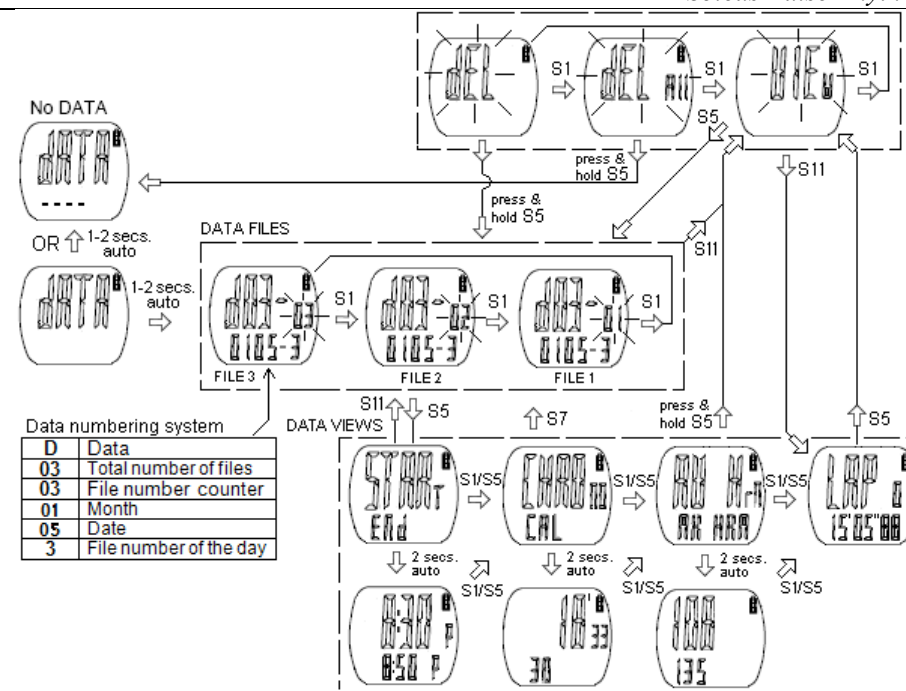
13) How to view the DATA

- Press S7 to go to Data mode. The watch will momentarily display DATA and then the latest data file appears. If there is no data available, it will display DATA - - - -.
- Press S1 to scroll through the various data files.
- Press S5 to enter the selected data file (it will display the Start time/ End time).
- Press S1/S5 to view the following details of the selected data file (pressing S7 in any of this data views will go back to data files).
 - Start Time / End Time
 - CHRONO / Calorie
 - Ave HRM/ Max HRM
 - Lap 1 / Lap time
 - Up to last Lap / Lap time
- Press S7 to exit.

Deleting Data/ All Data:

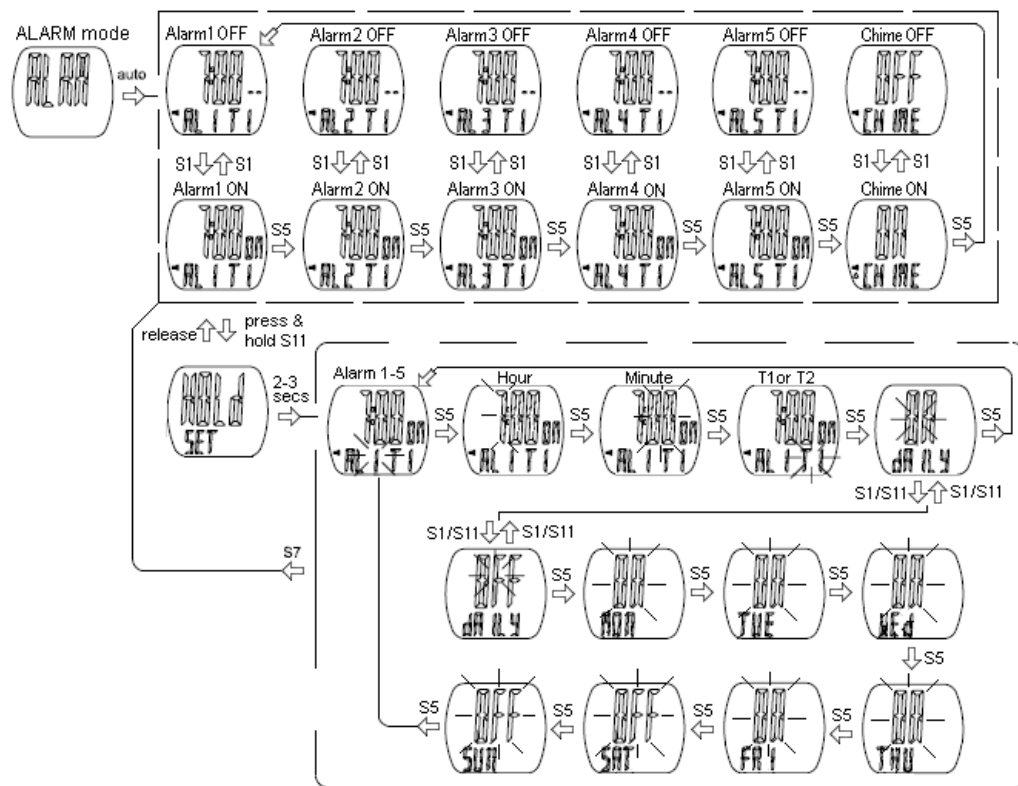
- Press S7 to go to data mode (enter data mode).
- Press S1 to select data to be deleted.
- Press S5 repeatedly until the VIEW screen appears. Or press and hold S5 for about 2 seconds in any data views and it will display the VIEW.
- (While in VIEW screen, Press S1 to scroll or select VIEW, DEL or DEL ALL)
- Press and hold S5 to delete selected data if you select **DEL**.
- Press and hold S5 again to delete all data if you select **DEL ALL**.

Please refer function flow as shown.



14) How to set the Alarm

- Press S7 to go to Alarm mode.
Please follow the function flow as shown.



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 in page 1.
- 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 no SCARS or any other object in your skin 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 transmission of the Heart rate data.
- Try to wear the watch on your other wrist.

Charge Battery:

When the power is low (battery icon blinks), it is time to charge the battery of your watch.

The watch can be charged using the USB port and it takes about 4-5 hours to fully charge the battery. Please charge the device before use and never to hit empty.

Once fully charged, the battery icon will stop blinking and turns to solid.

Battery life:

When the battery is fully charged, your watch will last for 7 hours typ. (continues usage) but this will vary depending on Customer's use. Like for an instance, using the backlight more frequently or all the time, the battery is used more quickly.

Battery Replacement

The battery on this device is replaceable and it is highly recommended by an authorized service personnel only.

Water Resistant:

The watch can withstand up to 3ATM.

Water damage may occur if the buttons are pressed underwater.