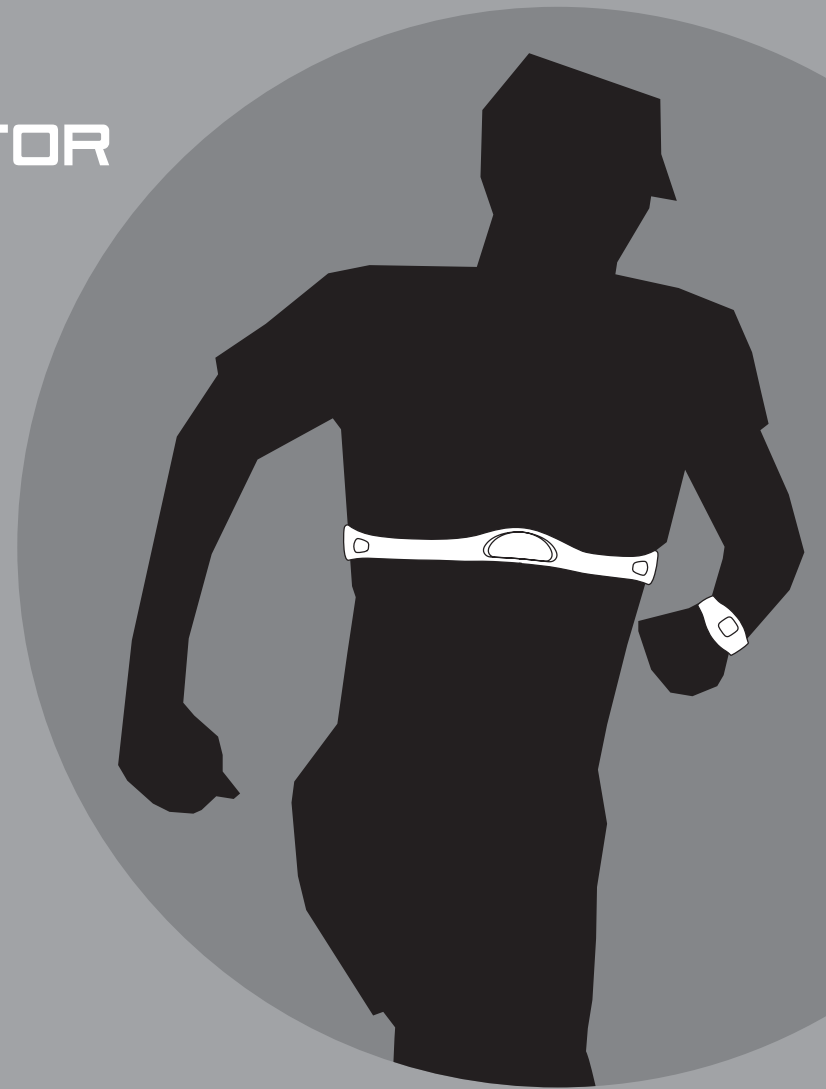


# ECG-FIT

## HEART RATE MONITOR

*User Manual*  
*ENGLISH*



**MOTUS**

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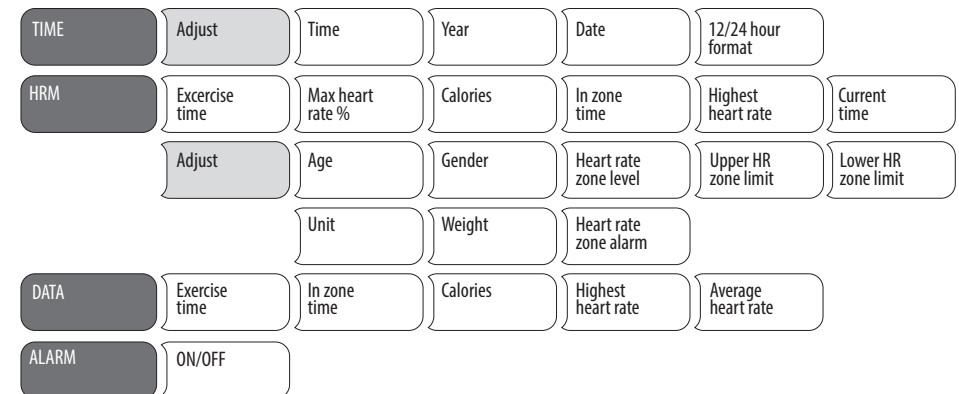
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## OVERVIEW

Thanks for choosing this high-performance heart rate monitor. Your new Motus ECG-FIT is a user-friendly fitness tool to track your personal fitness level. To get the most out of your heart rate monitor read this manual carefully and keep it on hand for later reference.

We wish you an enjoyable workout with your new ECG-FIT.

### FUNCTIONS AND SUMMARY



## KEYS and FUNCTIONS



### MODE

- Scroll through modes
- Advance to next variable in setting sequence

### ADJUST

- Activate light
- Enter the setting sequence for each mode
- Save session data

### START/STOP

- Start/Pause session
- Activate key tones
- Increase/change variables in setting sequence

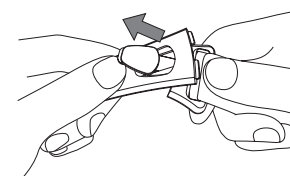
### BROWSE

- Decrease/change variables in setting sequence
- Browse sub modes
- Browse stored exercise data

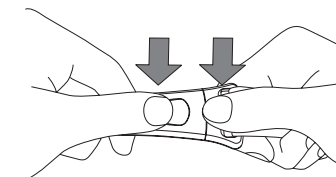
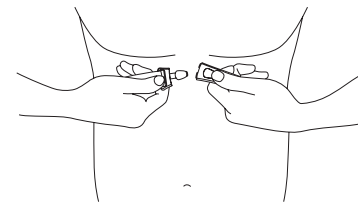
\* NOTE: "START/STOP" key mentioned on this manual is indicated on the HRM case as "VIEW/RESET"

## QUICK START Wearing the chest belt

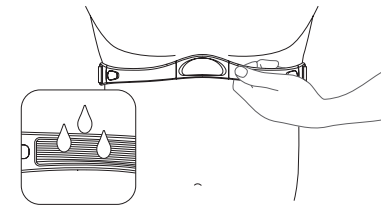
Follow steps from 1 to 7 to wear the chest belt and start your training session.



1. Insert the tab through the slot on one side of the chest belt.



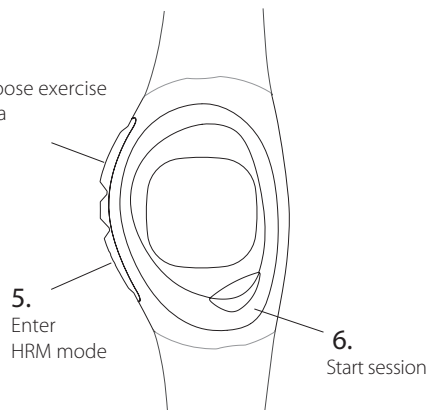
2. Press down until the tabs are fixed.



3. Attach the other tab wearing the belt around your chest. Make sure that the chest belt is positioned in the right direction and in contact with the skin.
4. Lift the belt slightly and wet both grooved areas on the back to ensure strong connection between your pulse and the chest belt.

## QUICK START Session start

7.  
Choose exercise data



5.  
Enter HRM mode

6.  
Start session



Three flashing lines indicate that the HRM is waiting to receive the signal from the chest belt.

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### Heart Rate Zone selection

You can choose the Heart Rate Zone level (1-2-3) before starting the training:

- Enter HRM mode and hold ADJUST for 2 seconds.
- Press MODE and reach LEVEL option.
- Select the Heart Rate Zone using BROWSE or START/STOP.
- Press ADJUST to confirm and return to HRM mode (step 5)

#### Heart Rate Zone

Percentages are referred to personal maximum heart rate

#### LEVEL 1 (55 - 70%)

Sustain a healthy heart and lose weight.

#### LEVEL 2 (70 - 80%)

Develop endurance and increase stamina.

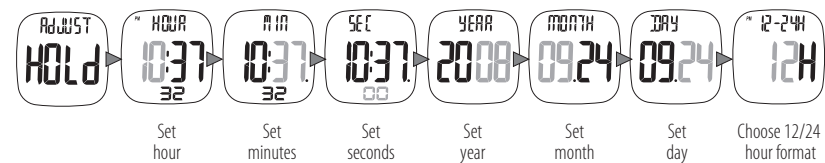
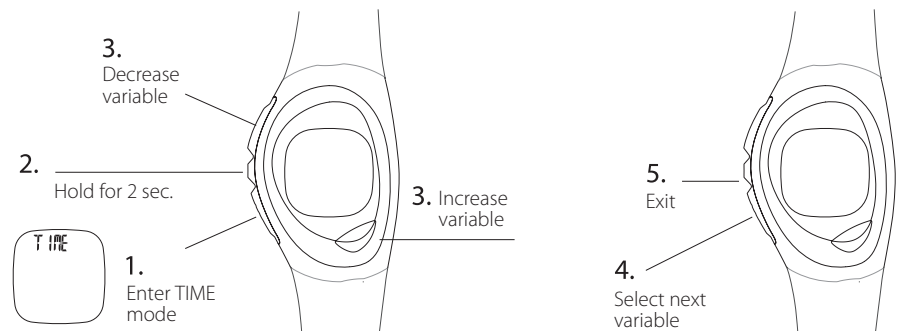
#### LEVEL 3 (80 - 100%)

Sustain excellent fitness condition and increase muscle strength.

See page 10 to set Zone levels.

## TIME Time and date setting

In TIME mode you can set Time, Date, and Hour Format. Follow steps from 1 to 5



Use BROWSE button to display Month/Date or Day/Date format.

Use START/STOP button to activate/deactivate key tones. If activated, the display will show this icon 🔔

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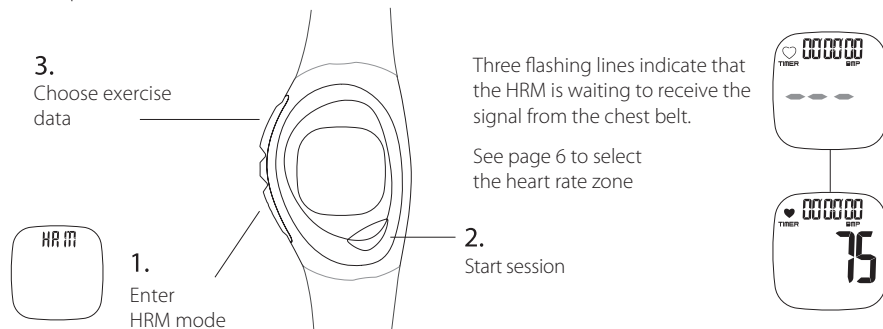
## HEART RATE MONITOR

### HEART RATE ZONE

It is important that you know your maximum heart rate, training zone, upper heart rate limit and lower heart rate limit before you begin. They help you achieve the maximum health benefits out of your workout. We recommend consulting a medical practitioner or registered physician before setting your personal training-schedule and target. The heart rate monitor will set zone levels according to user data (age, gender) using this calculation for maximum heart rate: MALE = 220 - Age, FEMALE = 226 - Age

### Start and end session

Follow steps from 1 to 5

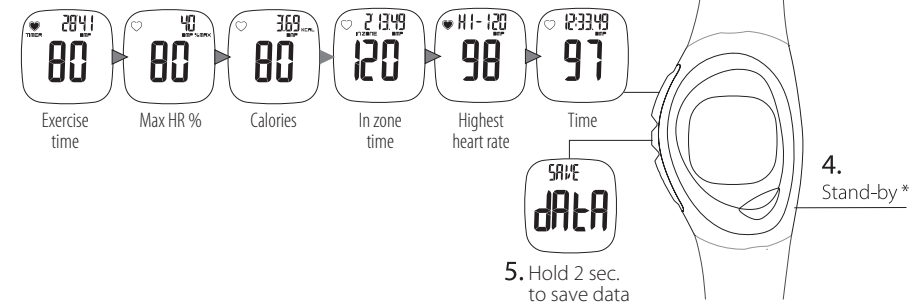


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## HEART RATE MONITOR Exercise data

Current exercise data are indicated in the upper line of the display. Exercise time data is indicated by default. Press BROWSE to scroll data sequence.

### Exercise data



\* Press START/STOP button to resume the exercise session from stand-by mode.

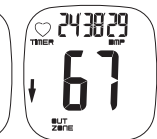
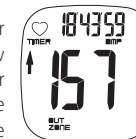
### "In-Zone"

The HRM beeps when the heart rate enters the zone range selected. The upper line of the display automatically shows the time elapsed in the zone.



### "Out-Zone"

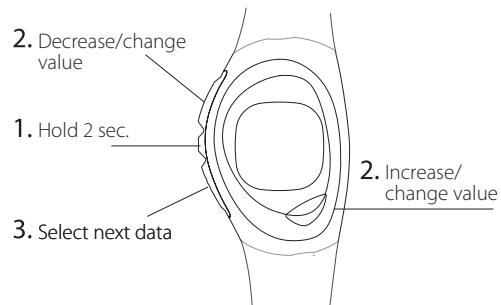
The display shows an upward or downward pointing arrow when the heart rate is lower or higher than the zone range selected. The HRM beeps if the zone alarm is activated.



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## HEART RATE MONITOR User settings

To adjust user settings enter HRM function with MODE button and follow the instructions below:



### Zone levels manual setting

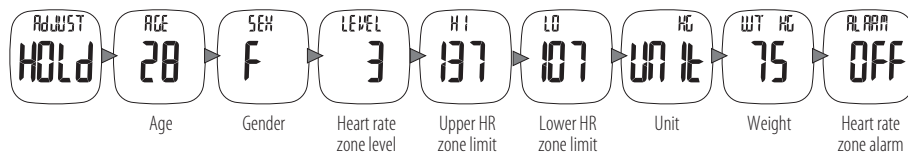
- From sub-mode "Level" press BROWSE or START/STOP to select the Zone level (1-2-3).

- Press MODE to confirm. Then adjust upper zone limit "HI" by pressing BROWSE or START/STOP.

- Press MODE to confirm. Then adjust lower zone limit "LO" by pressing BROWSE or START/STOP.

- Press MODE to confirm. Then adjust the next user setting or press ADJUST to exit.

Press ADJUST button to end settings and return to HRM mode.



## HEART RATE MONITOR Heart rate zone chart

Heart rate is measured in beats per minute (BPM). Choosing a zone level allows you to train within a range of minimum and maximum rate. The chart below indicated zone levels based on personal data.

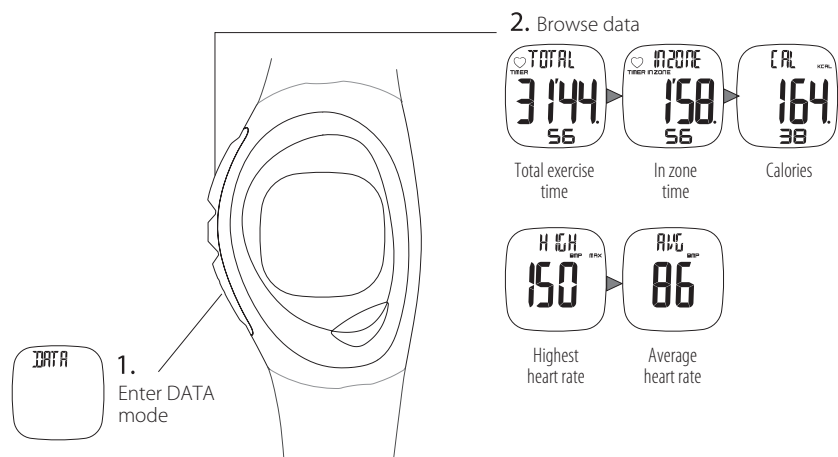
The chart is purely an indication and may not be suitable for everyone.

Max heart rate	Level 1 (55-70%)	Level 2 (70-80%)	Level 3(80-100%)
Male = 220- Age Female = 226 - Age	Sustain a healthy heart and lose weight	Develop endurance and increase stamina	Sustain excellent fitness and increase muscle strength

Age	Male	Female	Male		Female		Male		Female		Male		Female	
20	200	206	110	140	113	144	140	160	144	164	160	200	164	206
25	195	201	107	136	110	140	136	156	140	160	156	195	160	201
30	190	196	104	133	107	137	133	152	137	156	152	190	156	196
35	185	191	101	129	105	133	139	148	133	152	148	185	152	191
40	180	186	99	126	102	130	126	144	130	148	144	180	148	186
45	175	181	96	122	99	126	122	140	126	144	140	175	144	181
50	170	176	93	119	96	123	119	136	123	140	136	170	140	176
55	165	171	90	115	94	119	115	132	119	136	132	165	136	171
60	160	166	88	112	91	116	112	128	116	132	128	160	132	166
65	155	161	85	108	88	112	108	124	112	128	124	155	128	161
70	150	156	82	105	85	109	105	120	109	124	120	150	124	156
75	145	151	79	101	83	105	101	116	105	120	116	145	120	151

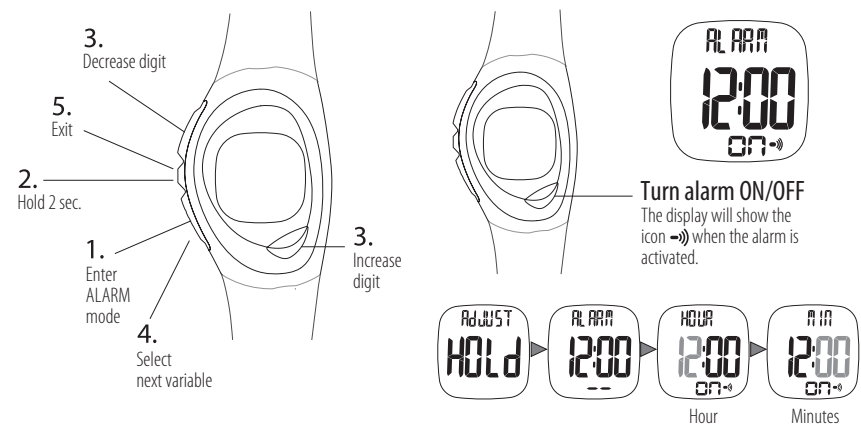
## DATA Stored data

In DATA mode you can view data stored from the last session.



## ALARM Setting

In ALARM mode you can turn the alarm ON/OFF and adjust the time.



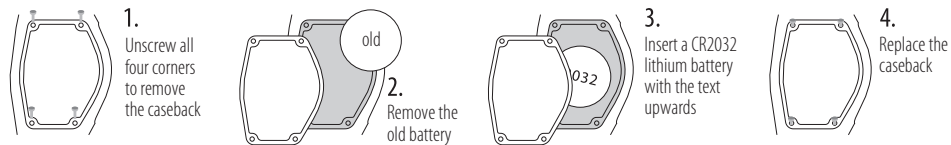
The alarm is automatically activated after settings adjustment.  
The alarm will beep for 20 seconds. Press one of the buttons to stop it.

## BATTERY

**Warning:** Keep watch batteries away from children. Batteries contain chemical substances. If swallowed, contact a doctor immediately. Do not dispose of batteries in regular household waste. Batteries have to be properly disposed of according to current local regulations.

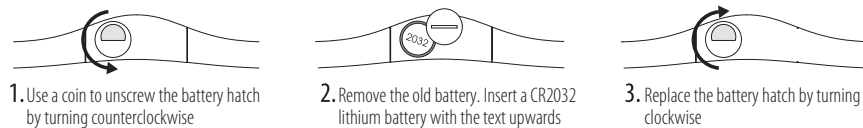
**WATCH Battery type:** CR2032 Lithium

**Battery life:** The battery is estimated to last 1 year depending on frequency and use of certain features.



**HR CHEST BELT Battery type:** CR2032 Lithium

**Battery life:** The battery is estimated to last 1 year if the chest belt is used one hour per day.



○ Do not remove the rubber ring from its place

REFER TO YOUR DEALER OR TO A SPECIALISED RETAILER TO REPLACE THE BATTERIES AND AVOID DAMAGING THE DEVICES.

## TROUBLESHOOTING

### Heart rate is not displayed

- The chest belt may not be positioned correctly.
- The grooved sensors may not be wet enough. Wet them and try again.
- The grooved sensors are not in direct contact with your skin.

### Heart rate reading on watch is inconsistent or stops

- The chest belt battery may need to be replaced.
- Sources of electromagnetic fields can cause interference (appliances, computers, and power lines).

### Watch beeps continuously

- If the zone alarm is on and your heart rate is not in any of the zone ranges, the watch will beep to indicate you are out of the zone (see page 10).

### Watch display is frozen

- The display may be frozen due to static electricity or recent battery replacements. If this occurs, press on all 4 side buttons at the same time to reset to factory settings.



## CARE & MAINTENANCE

- Do not attempt to disassemble or repair the device.
- Avoid extreme force, shock, dust temperature, or humidity. Such conditions may cause malfunctioning, a shorter electronic life span, damaged batteries, or distorted parts.
- Rinse the watch with fresh water to avoid materials building up that can interfere with the reception of the pulse.
- Do not use abrasive or corrosive materials to clean the watch or chest belt. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.
- Avoid tampering the internal components of the watch. Doing so will terminate the sensors warranty and may cause damage.
- Do not press buttons and keys in case of contact with water.
- The device and its components have to be properly disposed of according to current local regulations.

### WARNING

Consult a medical practitioner or a registered physician before starting any physical activity or training.

## SPECIFICATIONS

### WATCH

#### Water Resistance

The watch is water resistant under normal use up to 30 meters. Water damage will occur if the watch buttons are pressed while under water.

**Operating Temperatures:** -5 to 50 Celsius degrees.

#### Material Specifications:

Crystal: Acrylic  
Case: Acrylonitrile butadiene styrene (ABS)  
Keys: Acrylonitrile butadiene styrene (ABS)  
Polyurethane  
Buckle: Stainless Steel  
Bezel: Stainless Steel  
Caseback: Stainless Steel  
Strap: Polyurethane

**Limits:** Heart Rate 30-240 bpm

### CHEST BELT

#### Water Resistance

The chest belt is water resistant under normal use up to 10 meters. Wipe dry after use.

**Operating Temperatures:** -5 to 50 Celsius degrees.

#### Material Specifications:

Case: Acrylonitrile butadiene styrene (ABS)  
Strap: Polyurethane  
Band: Elastic

## WARRANTY

- The warranty applies for 24 months from purchase date and is limited to material and processing faults only.
- The warranty applies only if the product and the accessories have been handled carefully and according to instruction.
- The warranty does not cover damage due to misuse or non-compliance with care and maintenance indications.
- Batteries are not covered by the warranty.
- In case of any warranty claim, please refer to your dealer or send the product, accessories and dated purchase bill to your country Distributor.
- Before sending the device, read the user manual carefully and check the battery charge.
- In case of valid warranty claim, the repaired device or a replacement device will be returned free of charge.
- For out-of-warranty assistance, refer to your dealer or send the device to your country Distributor.

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