

XC300

LIFESOURCE™

HEART RATE MONITOR

LifeSource™
Your source for a lifetime of health

Trilingual Instruction Guide






ENGLISH / FRANÇAIS / ESPAÑOL

Congratulations on your purchase of a new LifeSource Heart Rate Monitor. The LifeSource Heart Rate Monitor is a high-technology wireless device designed to instantaneously monitor your heart rate with 99% accuracy. From beginning athletes to Olympic athletes, for heart related patients, or anyone who wants to lose weight, the heart rate monitor is an effective way to monitor and improve your workout intensity and quality. If your heart rate is too high, it means you are overloading your heart. If your heart rate is too low, then you are not getting the full benefits of your exercise. Therefore, it is important that you keep your heart rate within your ideal zone. With the LifeSource Heart Rate Monitor, you will improve your performance by exercising smarter rather than longer or harder. For heart related patients, you can exercise within the limits set by your doctor, and feel more secure.

LifeSource has been manufacturing quality healthcare products for over 20 years. We are committed to providing you and your family with monitoring devices that provide the utmost in accuracy and convenience. LifeSource – your source for a lifetime of health.

Toll Free LifeSource Health Line 1-888-726-9966

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COMPONENTS

YOUR LIFESOURCE HEART RATE MONITOR COMES WITH THE FOLLOWING COMPONENTS:



- Heart rate wrist watch receiver



- Transmitter



- Adjustable chest strap



- Bike handlebar bracket

The following documents:

- User Manual and Quick Start Card
- Workout Guide with Training Diary

HOW A HEART RATE MONITOR WORKS

Your new LifeSource XC Heart Rate Monitor is a sophisticated athletic training tool that is capable of measuring your heart rate with 99% accuracy. Top quality heart rate monitors use a chest strap to pick up the electrical signal caused by the contractions of the heart and transmit the information to the watch.

Every time the heart contracts, a short radio signal is sent from the chest transmitter to the watch. The watch measures the time between the incoming signals, filters and averages them and displays a heart rate number on the screen. The heart rate display on the screen is updated every few seconds to assure you of an accurate measurement.

OPERATING TIPS

To achieve the most accurate heart rate reading possible, it is important to be aware of circumstances that can cause false signals to enter the system and make your heart rate measurement incorrect.

- 1. Your chest strap should be worn as tightly as possible without being uncomfortable. If the chest strap is not tight enough, movement between it and your body can cause false signals to be generated that may be seen as heart beats by the watch. This is especially true during high impact activities such as running.*
- 2. Environmental factors such as high-tension power lines, home security systems and radio towers may interfere with the ability of the watch to receive a signal from the transmitter. A loss of the heart rate signal and the heart rate display showing zero will usually indicate this. This problem is transient in nature and will stop once you have passed out of the area of interference.*

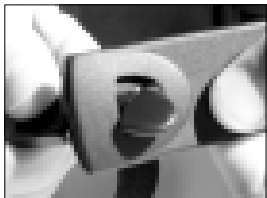
- 3. Occasionally, if you are using your heart rate monitor in close proximity to other heart rate monitors, it is possible for your watch unit to pick up the signal from the other transmitters as well as yours. This is called cross-talk. When you are experiencing cross-talk, you will see a very high heart rate or a heart rate of zero, if the combination of heart rates is greater than 240 beats per minute. If this happens, simply allow a bit more space between you and the other users.*
- 4. Some clothing fabrics, especially in dry climates, are capable of generating a great deal of static electricity. This static electricity is capable of significantly interfering with the signal from the transmitter. This shows up as erratic readings on the display. Over time you should be able to tell what clothing, if any, you own which cause this problem. Sometimes spraying the clothing before you workout with a commercially available anti-static product will help reduce the problem.*
- 5. If you are using your heart rate monitor indoors on an electrically powered piece of exercise equipment it is possible that the power sources found in the equipment may interfere with the heart rate signal in much the same way as in point 2. If you find that your monitor is not working, try moving it to your other arm, or to another location on the piece of equipment itself until you find an area where there is no interference.*
- 6. Heart surgery or coronary events may cause changes to the function of the heart that will make it difficult or impossible for your heart rate monitor to get a proper reading. Contact your physician to determine whether you have a condition related to the above.*

Being aware of these circumstances and knowing how to avoid them will significantly increase your enjoyment of your new LifeSource Heart Rate Monitor.

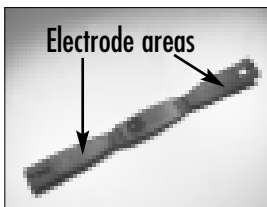
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WEARING THE TRANSMITTER BELT

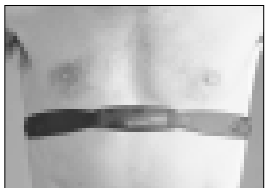
To ensure a proper heart rate detection, the chest transmitter must be moistened and properly fitted.



1. Snap the plastic tabs at the end of the adjustable strap into the holes at the end of the transmitter.



2. Moisten the electrode areas —located to the right and left on the back side of the transmitter —with saliva or conductive gel.



3. Adjust the strap so the transmitter fits tightly below the pectoral muscles with the LifeSource logo centered on the sternum as shown in the picture.



4. Wear the wrist receiver as you would any wrist watch. Keep the wrist receiver and the transmitter within 3 feet/1 meter of each other. You can also attach the wrist receiver to the bike handlebar bracket included in the package.

1. In dry and cold climates it may take a few minutes of use for the electrodes to soften and a layer of perspiration to form between the contact and the skin for good performance. Moistening the electrodes with saliva or conductive gel can speed up this process.
2. To ensure the most accurate operation we recommend wearing the chest transmitter against your bare skin. Users with a lot of chest hair may have a problem getting contact between the transmitter electrode areas and their skin, resulting in poor performance. Because of this it may be necessary for these individuals to shave the area of their chest beneath the transmitter.
3. Do not use water, moisturizing creams or suntan oil, as these are insulators and will interfere with the heart rate signal.

GETTING STARTED

XC300 FEATURES AT A GLANCE

FUNCTIONS

Time of Day

Displayed in either a 12 or 24-hour format.

Day/Date 50-Year Perpetual Calendar

When you set the date, the day of the week is automatically programmed for you. This is automatic for the year 1999-2049.

24-Hour Daily Alarm

Programmable to the minute.

Heart Rate

Your heart rate is instantaneously displayed from 20 to 240 beats per minute. When your watch is receiving a pulse from the chest strap, the small heart icon on the right of the screen will flash with every incoming beat.

Programmable Heart Rate Target Zone

Upper limit from 60 to 240bpm; Lower limit from 20 to 220 bpm.

Audible and Visual Out of Zone

Target Heart Rate Alarm

An audible beeper and visual alarm will let you know when you are out of your target zone.

Time In Target Zone

The Heart Rate/Time of Day screen will automatically display your cumulative time in your target zone, rounded to the nearest whole minute.

100-Hour Stopwatch

0.1 second resolution for the first hour; 1 second resolution for subsequent hours.

20-Hour Countdown Timer

Settable in 15 second increments.

Caloric Consumption

Keeps track of the number of Kcal's you burn during your workout.

GETTING STARTED

KEY FUNCTIONS

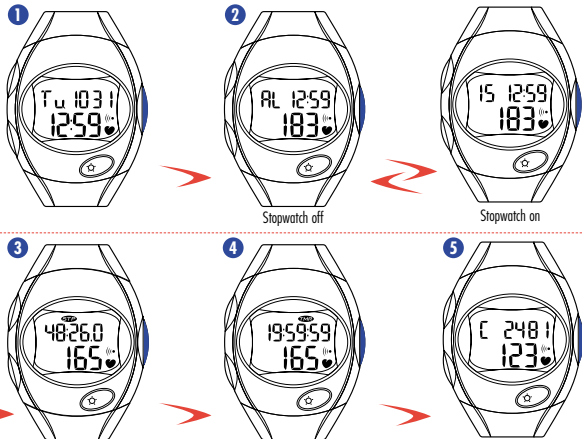
The LifeSource XC300 Heart Rate Monitor has four operating keys. Each key has a primary function, as well as secondary functions for programming the unit or accessing the memories. These instructions will refer to these keys by the names listed, and the format shown, in the drawing below.



GETTING STARTED

MAIN SCREENS

To scroll through screens: PRESS and RELEASE MODE key



1 TIME OF DAY/DATE AND DAY OF THE WEEK.

All clock functions are set from this screen by pressing and holding the SET key for 2 seconds.

2 TIME OF DAY/TIME IN TARGET ZONE/HEART RATE.

This screen has two formats to show Stopwatch OFF and Stopwatch ON.

The daily alarm is set from this screen by pressing and holding the SET key for 2 seconds when the stopwatch is stopped.

3 STOPWATCH/HEART RATE.

The Target Heart Rate Zone is set from this screen by pressing and holding the SET key for 2 seconds.

4 COUNTDOWN TIMER/HEART RATE.

The Countdown Timer is set from this screen by pressing and holding the SET key for 2 seconds.

5 CALORIES/HEART RATE.

The variables for the Caloric Consumption calculations are set from this screen by pressing and holding the SET key for 2 seconds.

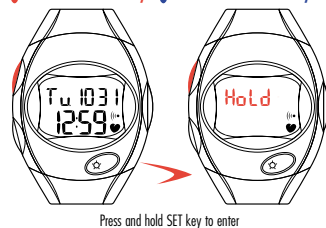
SETTING AND OPERATING

SETTING DAY/DATE AND TIME

Press and HOLD key : Press and RELEASE key

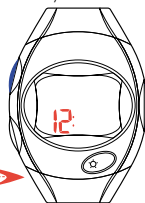
Activation: from the Day/Date/Year screen by pressing and holding the SET key for 2 Seconds.

The LifeSource XC300 Heart Rate Monitor is equipped with a program that allows you to set the Time of Day in either 12 or 24-hour formats along with the Day of the Week and the Date. The Day and Date are on a pre-programmed 50-year calendar for the years 1999 to 2049. The 50-year calendar automatically accounts for months with 30 or 31 days as well as leap year.



Press and hold SET key to enter

Set 12/24 hour format



Press SET key to adjust
Press MODE key to set

Set hours



Press SET key to advance
Press START/STOP key to reverse
Press MODE key to set

Set minutes



Press SET key to advance
Press START/STOP key to reverse
Press MODE key to set

Set year



Press SET key to advance
Press START/STOP key to reverse
Press MODE key to set

Set month



Press SET key to advance
Press START/STOP key to reverse
Press MODE key to set

Set day/date



Press SET key to advance
Press START/STOP key to reverse
Press MODE key to set

SETTING AND OPERATING

SETTING AND OPERATING THE 24-HOUR ALARM

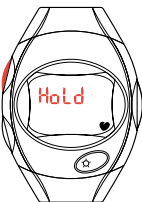
Activation: from Heart Rate/Time of Day Screen by pressing and holding the SET key for 2 seconds.

Enter set daily alarm



Press and hold SET key to enter

: Press and HOLD key : Press and RELEASE key



Set hours



Press SET key to advance
Press START/STOP key to reverse
Press MODE key to set
Hold for fast advance

The LifeSource XC300 Heart Rate Monitor is equipped with a 24-Hour Alarm that can be set to the minute.

1. The Stopwatch must be cleared to zero before the setting sequence for the 24-Hour Alarm can be activated.
2. When setting the Alarm in 12-hour mode, the upper left corner will display "A" for A.M. and "P" for P.M.
3. If the Alarm is turned on and the Stopwatch is not running, the upper left corner of the Heart Rate/Time of Day screen will display "AL" to show that the Alarm is active.
4. If the Stopwatch is running, the upper left corner of the Heart Rate/Time of Day screen will show Time in Target Zone.
5. If the Alarm is turned off and the Stopwatch is not running, the upper left corner of the display will be blank.

Set minutes



Press SET key to advance
Press START/STOP key to reverse
Press MODE key to set
Hold for fast advance

SETTING AND OPERATING

VIEW 24-HOUR ALARM SETTING AND ACTIVATE/DEACTIVATE 24-HOUR ALARM

Activation: from the Heart Rate/Time of Day Screen by pressing and releasing or pressing and holding the START/STOP key for three seconds.

: Press and HOLD key : Press and RELEASE key



Press and release START/STOP key to view alarm setting



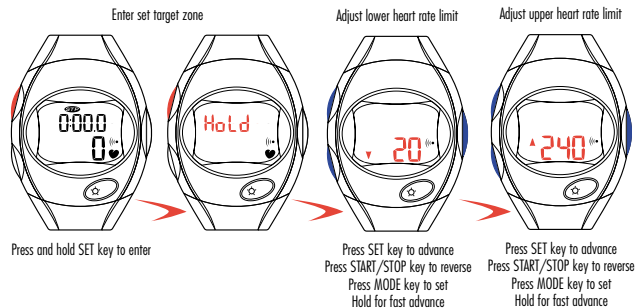
Press and hold START/STOP key to change alarm setting



SETTING TARGET HEART RATE ZONE

Activation: from the Stopwatch/Heart Rate screen by pressing and holding the SET key for 2 seconds.

 : Press and HOLD key  : Press and RELEASE key



The LifeSource XC300 Heart Rate Monitor is capable of being programmed with a Target Heart Rate Zone in one beat per minute increments. This feature allows you to carefully define the intensity at which you wish to train.

1. The Stopwatch must be stopped and cleared to zero before programming the Target Heart Rate Zone.
2. Once you have set a Target Zone and the Stopwatch is running, your monitor will automatically track the amount of time that your heart rate is in the "zone" as well as alert you visually and audibly if you are outside the zone. (The Calorie Counter starts and stops at the same time as the Stopwatch. Please see page 15 on how to activate the out of Target Zone alarm.)
3. When you are setting the Heart Rate Target Zone, the SET key increases the setting while the START/STOP key decreases it. When setting the upper limit, the setting process will automatically stop once the upper limit is within 2 beats of the lower limit. When setting the lower limit, the watch will automatically increase the upper limit, maintaining a 2 beat gap.

Please see page 6 in the Workout Guide to determine your Target Heart Rate Zone.

ACTIVATING THE OUT OF HEART RATE TARGET ZONE AUDIBLE ALARM




Press and hold ALARM key to activate and deactivate zone alarm

The LifeSource XC300 Heart Rate Monitor is equipped with a Zone Alarm that tells you if you are outside of your chosen target heart rate zone. The Zone Alarm is activated and deactivated by pressing and holding the ALARM key for two seconds. When the Zone Alarm is activated a small alarm tone icon (🔔) will appear.

If you are below your Target Zone, the alarm will sound with a single beep. If you are above your Target Zone, the alarm will sound with a double beep. The alarm will sound approximately every six seconds.

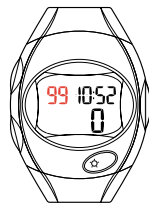
TARGET ZONE VISUAL ALARM

The LifeSource XC300 Heart Rate Monitor is also equipped with a Visual Alarm to tell you if you are outside of your chosen target heart rate zone. Two small arrows at the left of the display  show if you are above or below your target zone. Also, if you are outside of your Target Zone, the heart rate number on the display will flash. The Visual Alarm is automatic and cannot be disabled.



VIEW TIME IN TARGET ZONE

Once you have programmed a Target Heart Rate Zone and started the Stopwatch, you can keep real-time track of the time that you have spent in your Target Zone by looking in the upper left corner of the Heart Rate/Time of Day screen. This display shows the time in the Target Zone to the last whole minute. For minutes 0-99 the number displayed will be solid. For minutes 100 (00)-199 (99) the display will flash. This function is automatic and cannot be disabled.



SETTING AND OPERATING

OPERATING THE STOPWATCH

Activation: from the Stopwatch/Heart Rate screen by pressing and releasing the START/STOP key.

 : Press and HOLD key  : Press and RELEASE key



Press and release START/STOP key to begin or restart timing



Press and release START/STOP key to end timing



Press and hold START/STOP key for 2 seconds to clear stopwatch

The XC300 is equipped with a Stopwatch capable of recording up to 100 hours. For the first hour of its operation, the resolution of the Stopwatch is 0.1 seconds. From 1 hour to 100 hours, the resolution of the Stopwatch is 1.0 seconds. You can start and stop the stopwatch as often as you wish by pressing and releasing the START/STOP key.

SETTING AND OPERATING

SETTING THE COUNTDOWN TIMER

Activation: from the Timer/Heart Rate screen by pressing and holding the SET key for 2 seconds.

Your XC300 is equipped with a 20-Hour Countdown Timer settable in 15-second increments.

 : Press and HOLD key  : Press and RELEASE key



Press and hold SET key to enter



Set minutes/hours



Press and release SET key to adjust minutes and hours

Set seconds



Press and release START/STOP key to adjust seconds.

1. The Countdown Timer functions independently of the Lap Stopwatch and is not tied to the Target Zone Memory.
2. Make sure the Stopwatch is stopped, otherwise you cannot set the Countdown Timer. When you enter the setting sequence for the Countdown Timer, the timer is set to zero.

OPERATING THE COUNTDOWN TIMER

Activation: from the Timer/Heart Rate screen by pressing and releasing the START/STOP key when the Timer is programmed.



Press and hold the START/STOP key for 2 seconds to reset the timer to the last programmed time.



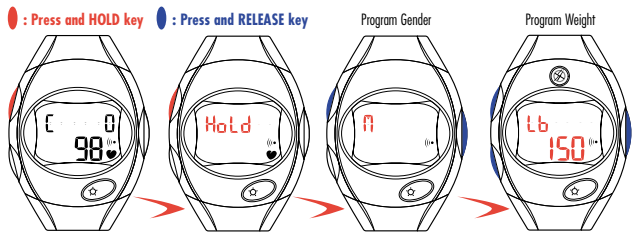
Press and hold START/STOP key for 2 seconds to reset

SETTING AND OPERATING

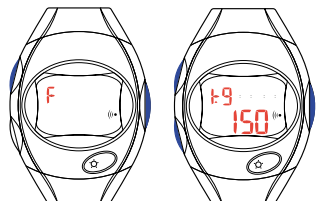
PROGRAMMING THE CALORIE COUNTER

Activation: from the Calories/Heart Rate screen by pressing and holding the SET key for 2 seconds.

The XC300 is programmed to calculate calories consumed during your workout using your weight, gender and pre-programmed metabolic work constants. The operation of the Calorie Counter is automatic and integrated with the stopwatch. The stopwatch must be running for the Calorie Counter to work.



If clock is set for 12-hour mode, weight will be entered in pounds. If clock is in 24-hour mode, weight will be entered in kilograms.



Press SET key to advance
Press and release
MODE key to set

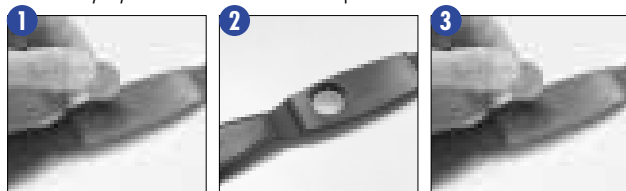
Press SET key to adjust
Press START/STOP key to reverse
Press MODE key to set
Hold for fast advance

REPLACING THE TRANSMITTER BATTERY

BATTERY SIZE

CR2032 3-volt Lithium cell.

The battery in your LifeSource transmitter is user replaceable.



TO REPLACE THE BATTERY IN YOUR TRANSMITTER BELT

1. Use a coin to remove the battery cap on the back of the transmitter by turning it $\frac{1}{4}$ turn counter-clockwise.
2. Remove the old battery. Put a new battery in the transmitter positive (+) side up.
3. Replace the battery cap and tighten by turning $\frac{1}{4}$ turn clockwise.

NOTE Make sure that the small rubber O-ring is in place in the transmitter to assure that the unit remains water proof.

CARE AND MAINTENANCE

Your XC300 heart rate watch unit is a highly sophisticated electronic instrument. Do not attempt to perform service on the watch unit yourself. LifeSource recommends that a jeweler, watchmaker or other qualified technician perform battery replacement on the watch unit. Improper repair work may void the warranty.

ALWAYS Rinse your XC transmitter off in warm water after every use.

NEVER Lay your XC transmitter on metal surfaces as this can shorten the battery life.

NEVER Store your XC transmitter or watch in a plastic or other non-breathable container.

NEVER Press the keys of the watch unit if it is wet or under water. Both the watch and transmitter are water resistant, but they are **NOT** water proof.

Q. I can't get a heart rate reading, what's wrong?

- Check the battery in the heart rate transmitter. The battery should last approximately 700 hours or one year during regular use.
- Make sure that the transmitter is being worn properly and that the electrodes are properly moistened with saliva or conductive gel.
- Have you had a cardiac event that has altered your pulse waveform? This may cause the unit to not be able to identify a heart rate signal—CONSULT YOUR CARDIOLOGIST.
- Make sure that you are clear of any sources of electromagnetic inference (i.e. TV sets, home security systems, exercise equipment, etc.)

Q. The display on the watch unit is blank

- Usually this means that the watch battery is dead and needs to be replaced. Have this service done by a qualified watch technician.

Q. The calories number that I get during exercise seems high

- Make sure that you are entering your weight in the proper units. If the watch is set for 24-hour mode your weight must be entered in kilograms. If you enter your weight in pounds while the watch is in 24-hour mode your calorie readout will be over 2x too high.
- The calories calculator is designed to estimate the number of calories consumed for an average person at average exercise levels. It is only an estimate and may not accurately calculate if the unit is being worn at heart rates less than 110-120 beats per minute. Caloric consumption is highly variable between individuals and the number indicated by the unit should only be used as a comparative indication of work performed during your workouts.

TRANSMITTER

Communication Frequency

5.3 kHz Transmission System

Battery Type

CR2032 3v Lithium

Battery Life

700 hours

Operating Temperature

14 F to 122 F/-10 C to 50 C

WATCH UNIT

Battery Type

CR2025 3v Lithium

Battery Life

1 year

Operating Temperature

14 F to 122 F/-10 C to 50 C

Water Resistance

65ft/20m

PERFORMANCE RANGES

Time of Day

12 or 24-hour formats with one-minute resolution

Calendar

50-years 1999-2049

Heart Rate Display

30-240 Beats per Minute (BPM)

Weight Input

0-999Lbs / 0-45.4Kg

Exercise Time (Chronograph)

99h 59m 59s

Time in Target Heart Rate Zone

0-199 Minutes

Countdown Timers

19h 59m 45s—1.0 Second Resolution

Calories

99,999 kcal

WARNINGS AND CAUTIONS

WARNING The LifeSource XC Heart Rate Monitors are training and fitness tools. Before beginning any exercise program, consult your doctor for a complete physical and to discuss your exercise plans.

CAUTION LifeSource XC Heart Rate Monitors are highly accurate and sophisticated technical instruments. To ensure continued proper operation and to maintain a waterproof seal, LifeSource recommends that only a jeweler or a qualified LifeSource technician replace the battery in the watch unit. Improper replacement of the battery could damage the watch and may void the manufacturers warranty.

CAUTION LifeSource XC Heart Rate Monitors are designed to be water resistant to 65 feet (20m). This means that you should be able to shower and swim without water entering the unit. However, to maintain water resistance you should be careful not to press any of the buttons of the unit while it is wet or under water as this may allow water to enter the unit.

NOTICE TO ALL USERS High tension power lines, home security systems, automobiles, televisions, microwave ovens, exercise equipment and other product cause various types of interference that may temporarily affect the transmission of heart rate information from the chest strap to the watch unit. These interferences are usually temporary and can generally be eliminated by moving to an area away from the source of the interference.

NOTICE TO SWIMMERS Operating heart rate monitors while in the water may cause problems for a variety of reasons. First the chemicals in pools or the salinity of ocean water may cause the chest strap to short circuit and be unable to detect a heartbeat. Second, water resistance encountered while swimming will often cause the chest strap to move or pull away from the skin making it difficult for the unit to detect a heart rate.

NOTICE TO PEOPLE WEARING PACEMAKERS While your heart rate monitor should have no direct effect on your pacemaker, we strongly recommend you consult your physician or cardiologist before using this product or embarking on an exercise program.

LIMITED WARRANTY

LIFESOURCE HEART RATE MONITOR LIMITED WARRANTY

LifeSource warrants to the purchaser ("Customer") that this heart rate monitor (the "Product") will be free from defects in material and workmanship, under normal use, for one year from the date of purchase. This warranty is valid only in the country where this Product was purchased. To obtain warranty service, return the Product, freight prepaid and packaged appropriately for safe shipment (insurance recommended), together with proof of date and country of purchase (such as copy of sales Receipt) to:

LifeSource
A division of A&D Engineering, Inc.
1555 McCandless Drive
Milpitas, CA 95035
U.S.A.

For Canadian residents:
Auto Control Medical
206A boul. Brunswick
Pointe-Claire, Quebec
H9R 5P9 Canada

Except where prohibited by local law (e.g. California), Customer must include a check for \$6.50 to cover return shipping and handling. Customer in Canada is asked to call Auto Control Medical toll free at 800-463-5414 for appropriate shipping costs. LifeSource's sole obligation under this express warranty shall be, at LifeSource's option, to repair or replace any Product found to be defective during the warranty period and return it to you. If neither repair nor replacement is reasonably available, LifeSource may, in its sole discretion, refund to Customer the purchase price paid for the Product. Replacement products of parts may be new or refurbished. LifeSource warrants any replaced or repaired product or part for sixty (60) days from shipment, or the remainder of the initial warranty period, whichever is longer. All Products or parts that are replaced become the property of LifeSource. This warranty will not apply if the defect or malfunction results from: subjecting the Product to any but the specified voltage; modification, alteration or repairs of the Product by persons not authorized by LifeSource; misuse, abuse, damage during transit or lack of reasonable care with respect to the Product; or failure to follow the written instructions enclosed with the Product. Responsibility for loss or damage does not transfer to LifeSource until the returned item is



LIMITED WARRANTY

received by LifeSource. Repaired or replacement products will be shipped to Customer not later than 30 days after LifeSource receives the defective Product.

EXCLUSIVE WARRANTY: TO THE FULL EXTENT ALLOWED BY LAW, THE WARRANTY AND REMEDY PROVIDED ABOVE ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, TERMS, OR CONDITIONS, EXPRESS OR IMPLIED, EITHER IN FACT OR BY OPERATION OF LAW, STATUTORY OR OTHERWISE, INCLUDING WARRANTIES, TERMS OR CONDITIONS OR MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, SATISFACTORY QUALITY, CORRESPONDENCE WITH DESCRIPTION, AND NON-INFRINGEMENT, ALL OF WHICH ARE EXPRESSLY DISCLAIMED.

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GOVERNING LAW: This Limited Warranty shall be governed by the laws of the State of California, U.S.A., and by the laws of the United States, excluding their conflicts of laws principles. The United Nations Convention on Contracts for the International Sale of Goods is hereby excluded in its entirety from application to this Limited Warranty.

CONTACT INFORMATION

For more information regarding usage, care or service of your heart rate monitor, please contact:

LifeSource

A division of A&D Engineering, Inc.

1555 McCandless Drive

Milpitas, CA 95035

LifeSource Health Line (Toll-Free): 1-888-726-9966

www.LifeSourceOnline.com

For Canada Residents, please contact:

Auto Control Medical

206A boul. Brunswick

Pointe-Claire, Quebec

H9R 5P9 Canada

Auto Control (Toll-Free): 1-800-463-5414

Visit our website at www.LifeSourceOnline.com for warranty registration.

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