Life Wise

Pulse Monitor Watch

Thank you for purchasing a LifeWise Pulse Monitor Watch. Your watch combines a clock, a stopwatch, a countdown timer, and a pulse meter all in one convenient system, so it's easy to use, wherever you go!

Large Liquid Crystal Display — shows you large, easy-to-read digits.

START/STOP/AL — press to start or stop the stopwatch or view the alarm.

SET/RESET — press to select or reset a setting.

Alarm — sounds at the time you set.

MODE — press to switch between the clock, stopwatch, and countdown timer.

Stopwatch — lets you time events up to 100 minutes in length.
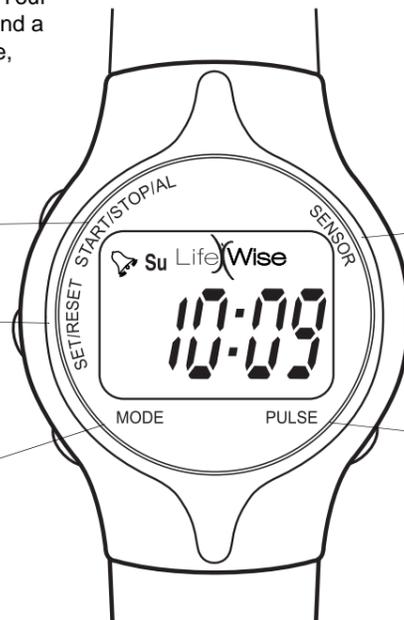
Time/Day Display — shows the time in a 12- or 24-hour format and the day of the week.

SENSOR — gently hold your finger against the sensor to take your pulse.

Pulse Meter — detects your pulse rate when you place your fingertip on the pulse sensor.

PULSE — press to activate the pulse meter.

Preset Countdown Timer — counts down from a specific time limit (3, 4, 5, 10, 15, 30, 60, or 90 minutes).

Your watch's display is covered by a protective film. Be sure to remove it before using your watch.

☑ **NOTE** ☑

- While setting the time and day, if you do not press any button within about 10 seconds, the watch returns to the current time display.
- The watch shows the time in a 12-hour or a 24-hour time format. If you use the 12-hour format, P appears at the left of the display for PM hours.

SETTING THE TIME AND DAY

1. Repeatedly press **MODE** until the time appears.

2. Hold down **SET/RESET**. The hour digits flash. ☑

3. Repeatedly press, or hold down, **START/STOP/AL** to set the correct hour.

4. Press **SET/RESET** to store the hour. The minute digits flash.

Repeat Steps 3 and 4 to set the minute, day of the week, and time format. After setting the time format, the current time and day of the week appear. ☑

SETTING THE ALARM TIME

1. Repeatedly press **MODE** until the current time appears.

2. Hold down **START/STOP/AL**. 12:00 (in 12-hour format), or 0:00 (in 24-hour format), or the last set alarm time appears. The watch beeps once. The alarm is turned on and ☑ appears.

3. While holding down **START/STOP/AL**, press **SET/RESET** once. The hour digits flash.

4. Repeatedly press, or hold down, **START/STOP/AL** to set the alarm hour.

5. Press **SET/RESET** to store the hour. The minute digits flash.

6. Repeat Steps 4 and 5 to set the minute. After completing setup, the current time appears.

7. To view the set alarm time, press **START/STOP/AL**. ☑ and the preset alarm time appear.

At the set time, the watch sounds an alarm for about one minute. Press any button to silence the alarm before it automatically turns off. The alarm sounds again the next day at the same time.

TURNING THE ALARMS ON/OFF

To turn the alarm on or off any time, hold down **START/STOP/AL**. ☑ appears when the alarm is on and disappears when the alarm is off.

USING THE STOPWATCH

The stopwatch counts the elapsed time up to 99 minutes and 59 seconds. When the timer reaches 99:59, it resets to 00:00 and begins counting up again.

1. Repeatedly press **MODE** until ▲ and 00:00 appear. ☞

2. Press **START/STOP/AL** to start counting. The elapsed time displays.

3. To stop or pause counting, press **START/STOP/AL**. To resume counting, press **START/STOP/AL** again.

USING THE COUNTDOWN TIMER

The countdown timer lets you select a specific time limit (3, 4, 5, 10, 15, 30, 60, or 90 minutes) and counts it down for you.

1. Repeatedly press **MODE** until ▼ and 0:00, or the last selected time limit, appear.

2. Repeatedly press **SET/RESET** to select the desired count down time limit.

3. Press **START/STOP/AL** to start or stop the countdown. When the timer reaches 0:00, the alarm sounds for 30 seconds. To silence the alarm sooner, press any button. ☞

USING THE PULSE METER

1. Place the watch on the desk, wear it on your wrist, or hold it in your hand.

2. Press **PULSE**. 🔊 and - - - - appear.

3. Gently place your fingertip over the sensor marked **SENSOR** at the upper right side of the watch.

4. The pulse meter beeps once and **0** appears. ♥ flashes and the pulse meter beeps at the same rate as your heartbeat.

After about 8 seconds, the pulse meter sounds a long beep and the pulse rate appears. Then the previously displayed screen appears. ☞

CARE

Keep the watch dry; if it gets wet, wipe it dry immediately. Use and store the watch only in normal temperature environments. Handle the watch carefully; do not drop it. Keep the watch away from dust and dirt, and wipe it with a damp cloth occasionally to keep it looking new.

If your watch is not performing as it should, take it to your local RadioShack store for assistance. Modifying or tampering with the watch's internal components can cause a malfunction and might invalidate its warranty.

REPLACING THE BATTERY

Your watch comes with one CR2032 lithium battery installed. If the display dims, replace the battery.

1. Use a Phillips screwdriver to remove the four screws from the battery compartment cover on the back of the watch. Be careful not to lose them.

2. Remove the cover.

3. Remove one of the screws on the battery holder's cover.

4. Slide the cover to one side and remove the old battery. Install a new battery with the positive (+) side up.

5. Replace the battery holder cover and secure it with the screw.

6. Replace the battery compartment cover and secure it with the screws. ⚠

SPECIFICATIONS

Power Source .... CR2032 Lithium Battery
Time Accuracy .... ±0.67 Sec./Day
Current Drain .... Less Than 7mA
Pulse Accuracy .... ± 5% Tolerance
Operating Temperature ... $32° - 122°F$ $(0° - 50°C)$
Battery Life
(With continuous Pulse Meter use) .... 60 Hours
Dimensions (HWD) ...... $9^{13}/16 \times 1^{11}/16 \times 5/8$ Inches
$(250 \times 43 \times 17$ mm)
Weight (Including Battery) .... 1.59 oz (45 g)

Specifications are typical; individual units might vary. Specifications are subject to change and improvement without notice.