



Talking Heart Rate Monitor
Model: AH300/AH300A/AH300E

Talking Heart Rate Monitor
with FM Radio
Model: AH310/AH310A/AH310E

USER MANUAL





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USER MANUAL

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INTRODUCTION

Thank you for selecting the Oregon Scientific™ talking heart rate monitor (AH300 / AH300A / AH300E / AH310 / AH310A / AH310E) as your sports fitness product of choice. This precision device includes the following features:

- Heart rate monitor chest belt.
- Heart rate monitoring system when you go above or below your upper and lower heart rate limit.
- Sound alert for heart rate thresholds during training.
- Memory stores heart rate figures during exercise.
- SMART TRAINING PROGRAM enables you to complete exercise cycles effectively.
- Warm-up and recovery timers.
- Stopwatch (AH310 / AH310A / AH310E only).
- Calorie consumption voice prompts during and after exercise.
- Exercise type (AH300 / AH300A / AH300E only) or exercise profile (AH310 / AH310A / AH310E only) – calculates your heart rate target zone.
- User profile – to calculate your calories burned.
- FM radio (AH310 / AH310A / AH310E only).

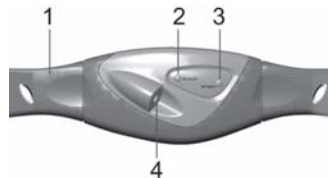
IMPORTANT The AH300, AH300A, AH300E, AH310, AH310A and AH310E talking heart rate monitors are for sports purposes only and are not meant to replace any medical advice.

This manual contains important safety and care information, and provides step-by-step instructions for using this product. Read the manual thoroughly, and

keep it in a safe place in case you need to later refer to it.

KEY FEATURES

CHEST BELT

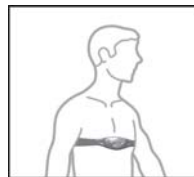


1. Adjustable Chest Belt
2. **FUNC / +**
3. **ST / SP / SKIP / -**
4. Headphone Socket

GETTING STARTED

WEARING THE CHEST BELT

1. Wet the conductive pads on the underside of the chest belt with a few drops of water or a conductive gel to ensure solid contact.
2. Strap the heart rate chest belt across your chest. To ensure an accurate heart rate signal, adjust the strap until the belt sits snugly below your pectoral muscles.



**TIPS**

- The position of the chest belt affects its performance. Move the chest belt along the strap so that it falls above your heart.
- Avoid areas with dense chest hair.
- In dry, cold climates, it may take several minutes for the chest belt to function steadily. This is normal and should improve with several minutes of exercise.

NOTE If the belt is kept idle without receiving a heart rate signal for 5 minutes, the unit will automatically return to Sleep Mode.

HEADPHONE

You can wear the headphone as you would for a portable audio player or similar device. Connect the headphone directly to the chest belt as shown.



NOTE For more information on how to connect the radio (AH310, AH310A, AH310E models only) see FM Radio section.

BASIC OPERATION**POWER ON**

To turn the unit on:

1. Connect headphones.
2. Press and hold **FUNC**.

NOTE If no heart rate is detected for 5 minutes the unit will automatically return to Sleep Mode.

TUTORIAL

The first time the unit is switched on a welcome greeting will begin in the default language (English). Press any key when you hear your desired language. Then, listen to the voice prompts to change the other settings (see table below). You **MUST** enter your settings to use this product effectively.

NOTE When you replace the battery the unit will begin the tutorial again. At the end of tutorial the unit defaults to HR Measurement Mode.

SETTING OPTIONS

MAIN MENU	SUB MENU					
		AH300	AH300A	AH300E	AH310	AH310A AH310E
LANGUAGE	• English	•				
	• Italian					
	• German					
	• English		•		•	
VOLUME	• French					
	• Spanish					
USER PROFILE	• English only model - you will not hear this option			•		•
	• High	•	•	•	•	•
	• Low					
EXERCISE TYPE	• Medium					
	• Gender	•	•	•	•	•
	• Age: 5 to 99					
	• Weight Unit: metric / imperial					
	• Weight					
	• Height Unit: metric / imperial					
EXERCISE PROFILE	• Height					
	• Exercise habit: seldom / usually / athlete					
	• Walk	•	•	•		
ANNOUNCEMENT INTERVAL	• Run					
	• Jog					

MAIN MENU	SUB MENU					
		AH300	AH300A	AH300E	AH310	AH310A AH310E
EXERCISE TYPE	Training Mode – 2 options are available:					
	Auto Manual					
EXERCISE PROFILE	• Walk				•	•
	• Run					
	• Jog					
	• Timer type: stopwatch or countdown					
	• Warm-up timer: set to 3, 5, 10 mins					
ANNOUNCEMENT INTERVAL	• Exercise timer: hour					
	• Exercise timer: mins					
	• Lower limit heat rate					
	• Upper limit heat rate					
ANNOUNCEMENT INTERVAL	• 30s	•	•	•	•	•
	• 1 min					
	• 2 mins					
	• 3 mins					

The dots show which model has which menu options.

NOTE The above table shows the main menu order when you are in the tutorial mode.

The main menu order will differ in the normal setting mode.



SETTING MODE

To alter any of the settings once the tutorial has completed, follow the instructions below:

Enter setting mode	Press and hold FUNC in HR Measurement Mode. The chest belt will say "Setting Mode" then "Volume"
Skip a setting	Press any key before 2 seconds has passed from when the unit announced the setting option
Change a setting	<ol style="list-style-type: none"> 1. Wait until the unit reads out the current setting and prompts you to press any key to change this setting. Press any key and the new setting will be read out (e.g. "medium") 2. Press any key again to scroll through settings (i.e. "low", "medium", "high") <p>TIP To quickly increase or decrease a setting value, press and hold + or - on the chest belt.</p>
Confirm the new setting	Leave the unit idle for 2 seconds to return to HR Measurement Mode.

NOTE AH300 / AH300A / AH300E only – when the exercise timer is paused or running, the unit will **not allow** the user to set the "**Exercise Type**" and you will not hear this setting option.

USER PROFILE

To access the full benefits of the talking heart rate monitor, set up your user profile before you exercise. This will help you keep track of the calories burned over time.

To set the user profile:

Follow the instructions in the Setting Mode section to select "User Profile" and change the sub-menu settings.

NOTE You can adjust your user profile at any time.

NOTE You must set up your user profile to use the calorie count feature.

EXERCISE PROFILE

(AH310 / AH310A / AH310E ONLY)

Different activities exercise the body in different ways and help you to achieve a variety of fitness goals. To accommodate different requirements the exercise profile can be set to suit different exercise activities. For example, if you are running, your exercise profile settings are likely to differ from those you would use when undertaking a weight training activity.

Also, the time you require to warm-up and complete an exercise will vary. That is why you can change the warm-up and exercise countdown time to suit you.

To change the exercise profile settings:

Follow the instructions in the Setting Mode section to select “**Exercise Profile**” and change the sub-menu settings.

Auto Mode

In Auto Mode you can select an exercise type (walk, jog or run). The unit will then take your age from your User Profile and automatically calculate your heart rate zone i. e. upper / lower and maximum heart rate. Each time you change the exercise type, your heart rate zone will automatically be updated.

Manual Mode

In Manual Mode you can set your own heart rate zone.

NOTE When the exercise timer or stopwatch is paused or running, the unit will **not allow** the user to set the “**Exercise Profile**” and you will not hear this setting option.

MAXIMUM / LOWER / UPPER HEART RATE LIMIT

Before you begin any exercise program, and to achieve maximum health benefits from your workout, it is important to know your:

- Maximum heart rate (MHR)
- Lower heart rate limit
- Upper heart rate limit

To manually calculate your own heart rate limits, follow the instructions below:

MHR	LOWER LIMIT	UPPER LIMIT
MHR = 220 - age	MHR x lower exercise type %. E.g. Exercise type is walk. Lower limit = MHR x 65%	MHR x upper exercise type %. E.g. Exercise type is walk. Upper limit = MHR x 78%

HEART RATE ALERT

Heart rate alerts will sound when you fall below your lower-limit heart rate or exceed your upper-limit heart rate. The headphone will continue to issue heart rate alerts until you return within your specified heart-rate range.

NOTE If the chest belt is kept idle without receiving a heart rate signal for 5 minutes, the unit will automatically return to Sleep Mode.

EXERCISE TYPE

EXERCISE TYPE	MHR%	DESCRIPTION
Walk Health Maintenance	65-78%	This is the lowest training intensity level. It is good for beginners and those who want to strengthen their cardiovascular systems.
Jog Aerobic Exercise	65-85%	Increases strength and endurance. It works within the body's oxygen



			intake capability, burns more calories, and can be maintained for a long period of time.
Run	Anaerobic Exercise	78-90%	Generates speed and power. It works at or above the body's oxygen intake capability, builds muscle, and cannot be maintained for a long period of time.

When you select an exercise type (walk, jog or run), the unit will then take your age from your User Profile and automatically calculate your heart rate zone i.e. upper / lower and maximum heart rate. Each time you change the exercise type, your heart rate zone will automatically be updated.

TIMER / STOPWATCH

To get the most out of your timer / stopwatch function, complete your user and exercise profile. If you have not completed the user profile you will be unable to fully benefit from the calorie burn function, as the calculated values may be inaccurate.

In HR Measurement Mode, press **ST / SP** to hear the previous exercise memory readout. You will then be prompted as to whether you wish to start training now. Press **ST / SP** to confirm.

Timer Mode:

The chest belt will talk you through your warm-up, exercise and recovery sessions. Warnings will be issued at benchmark periods (e.g. 5 minutes to go, 30 seconds to go etc.) increasing in frequency the closer you get to completion of each part. Your current calories burned level and a suggestion of whether you should speed up or slow down will also be read out at periodic intervals to keep you up to date.

NOTE To skip to the end of any session, simply press and hold **ST / SP**.

Stopwatch Mode (AH310 / AH310A / AH310E only):

The stopwatch function is particularly beneficial to use when you are unsure how long your activity will take, or when you want to measure the time it takes to complete a task and your performance over that time.

TASK	INSTRUCTION
Start stopwatch	Press ST / SP
Pause / resume stopwatch	Press ST / SP
Skip to recovery timer	Press and hold ST / SP

NOTE To hear a read out of your current heart rate, press **FUNC** at any time in Timer / Stopwatch Mode.

ANNOUNCEMENT INTERVAL

The chest belt broadcasts information at a pre-defined interval (30 secs, 1 min, 2 mins or 3 mins), or manually by pressing **FUNC**.

BATTERIES – CHEST BELT

The chest belt uses 1 x CR2032 lithium battery. The unit will issue a voice prompt when there is a low battery warning for the chest belt. To replace the chest belt battery:



1. Turn the belt over so that you are looking at the back plate.
2. Use a coin or something similar to remove the back plate.
3. Remove the old battery and insert the new one.
4. Replace the battery plate.

IMPORTANT

- Non-rechargeable and rechargeable batteries must be disposed of properly. For this purpose, special containers are provided for non-rechargeable and rechargeable battery disposal at communal collection centres.
- Batteries are extremely dangerous when swallowed! Therefore, keep batteries and the article away from infants. If a battery has been

swallowed seek immediate medical advice.

- The batteries supplied must not be recharged, reactivated by any other means, dismantled, exposed to fire or short-circuited.

FM RADIO (AH310 / AH310A / AH310E ONLY)

FRONT VIEW

1. **SCAN**
2. **PRESET**
3. Cable – links radio and chest belt
4. **ON / OFF**
5. Headphone socket



BACK VIEW

1. **Belt clip**
2. Battery compartment
3. **VOL +**
4. **VOL -**



CONNECTING THE FM RADIO

1. Plug the FM radio into the chest belt.
2. Plug the headphone into the FM radio.



3. Clip the FM radio to your clothing, a belt or onto the chest belt.
For ease-of-use clip the wires together.



NOTE If you do not wish to use the FM radio, you can disconnect it and directly plug the earphones into the chest belt.

LISTENING TO THE FM RADIO

The FM radio provides entertainment during your exercise program while still allowing you to hear the talking heart rate monitor. The radio will switch on automatically when the headphone is plugged in. Press **FM On / Off** to switch the radio on or off.

5-Channel Storage:

The FM radio can store 5 channels. To select and store a channel:

1. Press **SCAN** to start / stop a scan upwards through the FM frequency.
2. Press and hold **PRESET** to store a frequency.
A beep will sound to confirm it has been saved.

To scroll through your stored channels, press **PRESET**.

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NOTE In an environment with electrostatic discharge, the FM radio may malfunction and require user to reset the unit

NOTE Prolonged use of the FM radio will significantly reduce battery life.

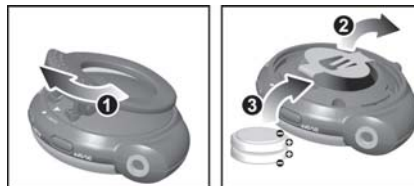
BATTERIES – FM RADIO

Two short beeps will sound when the FM radio batteries are running low.

To replace the batteries:

1. Remove the back cover.
2. The protective battery casing will open automatically.
3. Remove old batteries and insert new ones.
4. Replace protective cover securely and re-attach back cover.

WARNING Make sure the polarities (+ and -) match the diagram below. Incorrectly inserted batteries may damage the radio.



TRAINING INFORMATION

HOW THE HEART RATE MONITOR HELPS YOU

A heart rate monitor is the most important tool in cardiovascular health and is an ideal training partner. It enables you to see and monitor results. This helps you assess your past performance, maximise your work out and adapt your future exercise program to achieve your desired goals in a safer and more effective way.

When you exercise, the chest belt picks up your heartbeat. Now you can be informed of your heart rate and start monitoring your performance based on your heart rate readings. As you get fitter, your heart will need to do less work and the speed of your heart rate will decrease. The reason for this is as follows:

- Your heart pumps blood to your lungs to obtain oxygen. Then, the oxygen-rich blood will travel to your muscles. The oxygen is used as fuel and the blood leaves the muscles and returns to the lungs to begin the process again. As you get fit, your heart is able to pump more blood with every beat. As a result, your heart doesn't have to beat as often to get the necessary oxygen to your muscles.

TRAINING TIPS

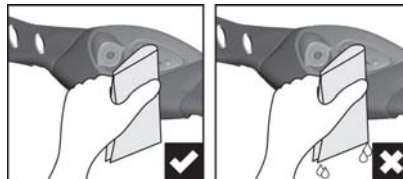
To gain the maximum benefit from your training program, and to ensure that you exercise safely, please observe the following guidelines:

- Start with a well-defined training goal, such as to lose weight, keep fit, improve health or compete in a sporting event.
- Select an exercise type you enjoy, and vary your exercise type to exercise different muscle groups.
- Start slowly, and then gradually step up your work out as you become fitter. Exercise regularly. To maintain a healthy cardio-vascular system, 20-30 minutes three times a week is recommended.
- Always allow at least five minutes before and after exercising for warm-up and cool-down.
- Measure your pulse after training. Then repeat the procedure again after three minutes. If it does not return to its normal resting rate, you may have trained too hard.
- Always check with your doctor before starting a vigorous training program.

PRECAUTIONS

To ensure you use your product correctly and safely, please observe the following guidelines:

- Clean the chest belt thoroughly after each training session. Never store the product when wet.





- Use a soft, **dry** cloth as excess moisture can damage the unit. Do not use abrasive or corrosive cleaning agents, as these may cause damage.
- Avoid pressing the keys with wet fingers, or in heavy rain, as this may allow water to gain entry into the electrical circuitry.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The unit contains no user-serviceable parts. Contact the retailer or our customer service department if the product requires servicing.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- When disposing of this product, do so in accordance with your local waste disposal regulations.

SPECIFICATIONS

TYPE	DESCRIPTION
SMART TRAINING PROGRAM	
Warm-up timer	3, 5 or 10 mins
Exercise timer	3:55:00 (HH:MM:SS)
Recovery timer	3, 5 or 10 mins
STOPWATCH	
Stopwatch	3:55:59 (HH:MM:SS)
Resolution	1 sec
PERFORMANCE TRACKING	
Heart rate (HR) alarm	Sound alert
HR measuring range	30-240 bpm (beats per minute)
Lower HR settable range	30-220 bpm (beats per minute)
Upper HR settable range	80-240 bpm (beats per minute)
Calories calculation	0-9,999 kcal
WATER RESISTANT	
Chest belt	Splash proof
POWER	
FM radio	2 x CR2032 3V lithium battery
Chest belt	1 x CR2032 3V lithium battery
OPERATING ENVIRONMENT	
Operation temperature	10 °C-40 °C (50 °F-104 °F)
Storage temperature	-20 °C-60 °C (-4 °F-140 °F)
LANGUAGES	
AH300 / AH310	English, Italian and German
AH300A / AH310A	English, French and Spanish
AH300E / AH310E	English

ABOUT OREGON SCIENTIFIC

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products such as digital cameras; MP3 players; children's electronic learning products and games; projection clocks; health and fitness gear; weather stations; and digital and conference phones. The website also includes contact information for our Customer Care department in case you need to reach us, as well as frequently asked questions and customer downloads. We hope you will find all the information you need on our website, however if you're in the US and would like to contact the Oregon Scientific Customer Care department directly, please visit:

www2.oregonscientific.com/service/support

OR

Call 1-800-853-8883.

For international inquiries, please visit:

www2.oregonscientific.com/about/international

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Talking Heart Rate Monitor (AH300 / AH300A / AH300E / AH310 / AH310A / AH310E) is in compliance with the essential requirements and other relevant provisions of EMC directive 89 / 336 / CE and LVD directive 73 / 23 / EC. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.



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FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

WARNING Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.



- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio / TV technician for help.

DECLARATION OF CONFORMITY

The following information is not to be used as contact for support or sales. Please call our customer service number (listed on our website at www.oregonscientific.com), or on the warranty card for this product for all inquiries instead.

We

Name: Oregon Scientific, Inc.
 Address: 19861 SW 95th Ave., Tualatin,
 Oregon 97062 USA
 Telephone No.: 1-800-853-8883

declare that the product

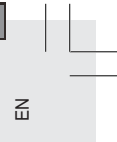
Product No.: AH300 / AH300A / AH300E /
 AH310 / AH310A / AH310E
 Product Name: Talking Heart Rate Monitor
 Manufacturer: IDT Technology Limited
 Address: Block C, 9/F, Kaiser Estate,
 Phase 1,41 Man Yue St.,
 Hung Hom, Kowloon, Hong Kong

is in conformity with Part 15 of the FCC Rules.
 Operation is subject to the following two conditions:
 1) This device may not cause harmful interference.
 2) This device must accept any interference received,
 including interference that may cause undesired operation.



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