EXERCISE TIMERS

When you work out, the monitor will take you through three consecutive timers: a warm-up timer, an exercise timer and a recovery timer.

To start an exercise session:
1. Ensure chest belt is not in sleep mode (to activate press and hold **FUNC/+**.)
2. Press **ST/SP/-** , the voice prompt will read exercise memory (if there is any) and then say **"Are you ready to start? Press to confirm."**
3. Press **ST/SP/-** again within 2 seconds to begin the warm-up timer.

During an exercise session:
• Your heart rate and other exercise information will be announced automatically at set intervals, or press **FUNC/+** to prompt an immediate announcement.
• To pause an in progress exercise session press ST/SP/- (press ST/SP/- again to resume.)
• To skip to the end of the current timer press and hold ST/SP/-.

NOTE If no heart rate is detected for 5 minutes, the unit will return to sleep mode.
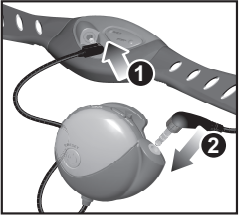
EXERCISE MEMORY

Exercise memory records the exercise time in zone, calories burned and average heart rate recorded during the exercise timer. The total exercise session time and the recovery heart rate are also recorded. Exercise memory is announced at the end of each exercise session and the start of the next. If there is no memory information stored, this announcement will be skipped.

FM RADIO (AH310 / AH310A / AH310E ONLY)

To connect the FM radio:
1. Insert cable into chest belt.
2. Insert headphones into headphone socket. The radio will switch on automatically once the headphones are plugged in.
   • To toggle radio ON / OFF press **ON / OFF**

To select and store FM radio channels
1. Press **SCAN** to scan upwards through the FM frequency
2. Press and hold **PRESET** to store a channel. A beep will sound to confirm.
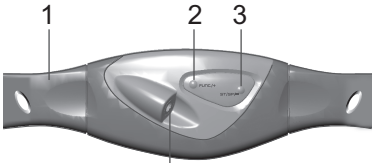   • To scroll through stored channels press **PRESET**. The radio can store 5 channels.

Oregon SCIENTIFIC

Talking Heart Rate Monitor
(AH300 / AH300A / AH300E)
Talking Heart Rate Monitor with FM Radio
(AH310 / AH310A / AH310E)

QUICK START GUIDE

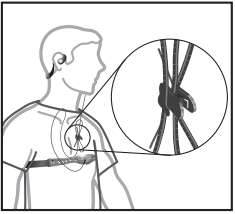For further information please refer to the User Manual enclosed

PRODUCT OVERVIEW

1.Chest belt
2.**FUNC/+** : enter settings mode; adjust settings
3.**ST/SP/-** : start/stop exercise session; adjust settings
4.Headphone socket

GETTING STARTED

WEARING THE CHEST BELT AND HEADPHONES

1. Wear the conductive pads below your t-shirt or vest as shown.
2. Adjust the strap until the belt fits snugly below your pectoral muscles.
3. Connect the headphones to the headphone socket.
4. Put the headphones into your ears. The clip can be used to attach the wires.

ENTERING YOUR SETTINGS

When powering ON for the first time (or after resetting the unit) the monitor automatically enters tutorial mode to enable you to input your settings.

Setting order in tutorial mode:

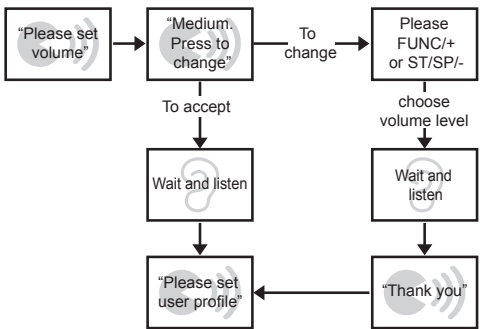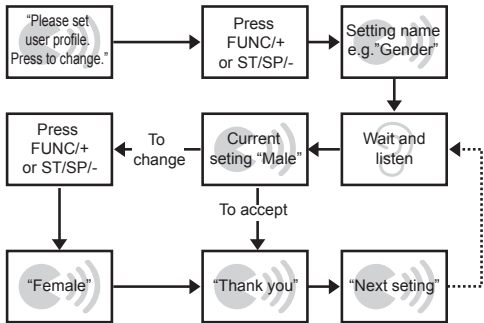| Language	(AH300 / AH310)							
	English	Italian	German					
Language	(AH300A / AH310A)							
	English	French	Spanish					
Volume	Low	Medium	High					
User Profile	Gender	Age	Weight Unit	Weight	Height Unit	Height	Exercise Habit	
Exercise Type	(AH300 / AH300A / AH300E)							
	Walk	Jog	Run					
Exercise Profile	(AH310 / AH310A / AH310E)							
	Auto	Manual						
Announcement Interval	Exercise Type	Timer Type	Warm-Up Timer	Exercise Timer	Recovery Timer	Lower Limit	Upper Limit	
	30secs	1min	2mins	3mins				

To power ON and enter tutorial mode:
Press and hold **FUNC/+** until you hear the voice prompt say welcome. Then respond by following the steps below:

1. **"Welcome. Please set language."**
   (AH300 / AH300A / AH310 / AH310A only)
   • To select your language press any button immediately after hearing the desired language.

2. **"Please set volume. Medium, press to change."**
   • Press the buttons within 2 seconds to scroll through the options. The voice prompt will say:
   "Low" > "High" > "Medium"
   • After hearing the desired level, do not press again. Wait for the voice prompt to say "Thank you".

3. **"Please set User Profile, press to change."**
   • Press any button. The voice prompt will then say:
   "Gender" (Pause) "male, press to change"
   • Press the buttons within 2 seconds to scroll through the options. **"Female" > "Male"**
   • After hearing the desired setting, do not press again. Wait for the voice prompt to say "Thank you".
   • To skip through the settings without changing, press any button during the 2 second pause between **"Gender"** and **"male, press to change"**. To change, wait until the voice prompt reads out the setting value and says "press to change" before pressing.
   • Repeat until all User Profile settings have been entered.

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4. **"Please set Exercise Type, press to change."**
   (AH300/AH300A/AH300E only)
   • Choose your exercise type using the same method as for volume. See "2. Please set volume" above.

5. **"Please set Exercise Profile, press to change."**
   (AH310/AH310A/AH310E only)
   • Press any button within two seconds. The voice prompt will say: **"Training Mode" (Pause) "Auto, press to change"**
   • Press the buttons to scroll through the options. "Auto" > "Manual"
   • After hearing the desired setting, do not press again. Wait for the voice prompt to say "Thank you".
   • If you select 'auto' you will then be asked to select Exercise Type, see "4. Please set Exercise Type" above for details. If you select 'manual' you can choose your settings using the same method as for user profile. See "3. Please set User Profile" above.

6. **"Announcement interval, press to change."**
   • Choose the interval between voice announcements using the same method as for volume. See "2. Please set volume" above.

NOTE If you miss a setting or make an error, you must complete tutorial mode and then enter settings mode to change the setting.

SETTINGS MODE

You can update your user profile, alter your exercise type or change the units announcement settings in Settings Mode.
1. Ensure chest belt is not in sleep mode (to activate press and hold **FUNC/+**.)
2. To enter settings mode press and hold **FUNC/+**. The voice prompt will say: **"Volume." (Pause) "Medium, press to change."**
3. To skip to the next the setting category, press any button during the 2 second **pause** between **"Volume"** and **"Medium, press to change".** Once you have selected the setting category you wish to change, follow the same procedure as in tutorial mode.
4. To change volume wait until after **"press to change"** and follow the same procedure as tutorial mode.

NOTE You can only adjust the settings of one setting category at a time, if you want to adjust another setting category, you should repeat the above procedures.

Setting mode setting category order:

Volume				
Announcement interval				
Exercise Type (AH300 / AH300A / AH300E)				
Exercise Profile (AH310 / AH310A / AH310E)				
User Profile				
Language (AH300/ AH300A/ AH310 /AH310A)				

NOTE During an exercise session you cannot access the Exercise Type or Exercise Profile settings.