digital heart rate monitor user guide

# TIMEX®

## Digital Heart Rate Monitor

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# Contents

## Overview

### Congratulations!

With your purchase of the Timex® Ironman® Digital Heart Rate Monitor you have hired a new personal trainer. Your Digital Heart Rate Monitor offers you the ability to track, store, and analyze key indicators of your personal fitness level for up to 50 laps.

You will find your Digital Heart Rate Monitor to be a user-friendly fitness tool. But, like any new device, you should take the time to familiarize yourself with its components to optimize its usefulness.

So, check out the features and functions of your Digital Heart Rate Monitor to develop a basic understanding of this fitness tool. But most of all, enjoy your new partner on the road to increased fitness!

### A Fit Heart

Recent fitness findings indicate that anyone can get fit and stay fit without being overzealous. It can be as simple as:

❖ Exercising 3 to 4 times per week.

❖ Exercising for 30 to 45 minutes during each exercise session.

❖ Exercising at the appropriate heart rate.

Heart rate represents the effects of exercise on all parts of the body. Selecting the appropriate heart rate zone conditions the heart, lungs, and

muscles to perform at optimal levels to get and keep your body in shape.

Once set, your Digital Heart Rate Monitor can automatically show you when you are in the exercise zone you choose and signal you when you are not. It can help keep your body exercising at an intensity level that can help you achieve your desired fitness objectives without over- or under-exercising.

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**WARNING:**

**This is not a medical device and is not recommended for use by persons with serious heart conditions. Consult your physician before beginning any exercise program.**

Interference with the radio signal, poor contact between your skin and the Digital Heart Rate Sensor, or other factors may prevent accurate transmission of heart rate data.

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## Watch Buttons
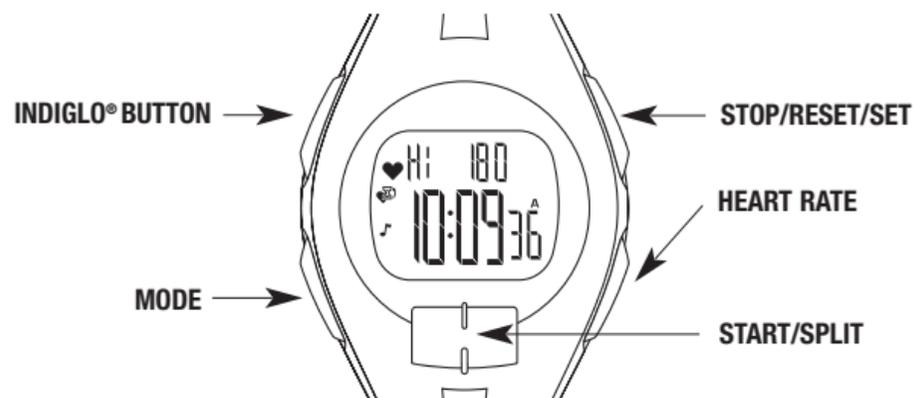


**NOTE:** The specific use for these buttons varies by mode. Refer to each mode for more information on how to use the watch buttons.

### INDIGLO® night-light with NIGHT-MODE® feature

In any watch mode, pressing the INDIGLO® button activates the INDIGLO® night-light and lights the watch face. If you press and hold the INDIGLO® button until you hear a beep, you can activate NIGHT-MODE® feature.

When the NIGHT-MODE® feature is activated, pressing any watch button will light the watch face for a period of three to six seconds. NIGHT-MODE® feature will remain active for seven to eight hours after activation. To deactivate NIGHT-MODE® before the eight hour time frame has elapsed,

press and hold the INDIGLO® button until you hear a beep and NIGHT-MODE® will immediately turn off.

## Display Icons

♡ Hollow heart icon indicates watch is searching for a signal from the Digital Heart Rate Sensor.

♥ Solid heart icon once the watch has located a signal from the Digital Heart Rate Sensor. This icon will flash as long as the watch receives a signal from the Digital Heart Rate Sensor.

⏱ Stopwatch icon indicates the watch is timing your workout in Chrono Mode.

⧗ Hourglass icon indicates the watch is timing your workout in Timer Mode.

⧗⟳ Repeat icon in Timer Mode indicates you have set the timer to repeat at the end of a countdown cycle.

🕭 Alarm clock icon indicates you have set the alarm to alert you at a designated time.

♪ Melody icon indicates you have set the hourly chime to sound every hour on the hour.

♥⟳ Small heart/timer icon in Time of Day or Recover Mode when the watch is tracking a heart rate recovery.

## Resources

### *Print Resources*

In addition to this manual, your Digital Heart Rate Monitor includes these valuable resources:

❖ **Fitness Sensors User Guide:** Complete information for set-up, operation, and maintenance of your Digital Heart Rate Sensor.

❖ **Heart Zones® Tools for Success (U.S. customers only)**: Information to use your Digital Heart Rate Monitor in conjunction with the Heart Zones® Training System fitness program, meant to help you to increase the strength and endurance of your heart.

### *Web Resources*

Timex® websites offer beneficial information to help you optimize your Digital Heart Rate Monitor.

❖ Register your product at **www.timex.com**.

❖ Visit **www.timex.com/hrm/** for more information on Timex® Heart Rate Monitors, including product features and simulations.

❖ Visit **www.timextrainer.com** for fitness and training tips using Timex® Heart Rate Monitors.

## Determining Your Optimal Heart Rate Zone

There are five basic heart rate target zones. Simply select a zone that matches your percent of maximum (%) heart rate based on the fitness goal you want to achieve during a particular exercise.

| Zone | % | Goal | Benefit |
|------|-----|------|---------|
| 1 | 50% to 60% | Light exercise | Maintain a healthy heart and get fit |
| 2 | 60% to 70% | Weight management | Lose weight and burn fat |
| 3 | 70% to 80% | Aerobic base building | Increase stamina and aerobic endurance |
| 4 | 80% to 90% | Optimal conditioning | Sustain excellent fitness condition |
| 5 | 90% to 100% | Elite athletic training | Achieve superb athletic condition |

Before you can set your %, you first need to determine your maximum heart rate. You can use many methods to estimate your maximum heart rate.

The booklet *Heart Zones® Tools For Success* included in your Personal Heart Rate Monitor packaging (U.S. customers only) provides excellent procedures and Timex recommends you use one of these methodologies.

However, if you cannot use any of the procedures described in *Heart Zones® Tools for Success* (U.S. customers only), you might consider using the government recommended age-based method.

Begin with the number 220 and then subtract your age. For instance, a 35 year old would begin with 220 and subtract 35 (her age), which gives an estimated maximum heart rate of 185. Once you know your maximum heart rate, you can set the zones described in the table on the previous page.

# Digital Heart Rate Monitor

## Before You Begin

Once you have determined your fitness goal and maximum heart rate, Timex recommends you input this information into the HRM SETUP Mode. This will allow you to tailor your Digital Heart Rate Monitor to your personal parameters. For information on HRM SETUP Mode, refer to pages 28 to 32.

## To Use Your Digital Heart Rate Monitor

For more detailed information on the use and care of your Digital Heart Rate Monitor, refer to the *Fitness Sensor User Guide* that shipped with your product.

1. Wet the Digital Heart Rate Sensor pads.
2. Center the Sensor on your chest with the Timex® logo facing up and out and fasten it firmly, just below your sternum.
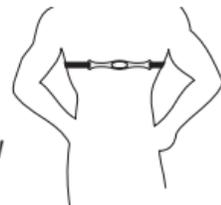
3. Press MODE until your desired mode appears. You can view heart rate information in Time of Day, Chrono, or Timer Modes.

4. Standing at least six feet (two meters) away from other heart rate monitors or other sources of radio or electrical interference, press the HEART RATE button on your watch. The hollow heart rate icon will appear on the display indicating the watch is searching for a signal from the Sensor. When the watch begins receiving a signal, the outlined heart becomes solid and begins pulsing.

5. Begin your workout.

   **NOTE:** The watch automatically records your heart rate and other statistical data about your workout (available in Review Mode) only if you run Chrono Mode during your workout.

6. If the watch is set to alert you when you go above or below your chosen target heart rate zone press and hold HEART RATE to turn the audible alert off. Otherwise it will continue beeping until you return to your target zone. When you are turning the audible alert off, you will see the message HOLD ALERT OFF. Continue pressing HEART RATE until you see the message AUDIBLE ALERT OFF. Conversely, when you are turning the audible alert on, you will see the message HOLD ALERT ON. Continue pressing HEART RATE until you see the message AUDIBLE ALERT ON.

7. When you have finished your workout in Chrono Mode, press STOP/RESET/SET to stop recording data for the workout.

8. Press MODE until you see Review Mode. This Mode includes heart rate and other statistical data about your workout. See pages 25 to 27 for more information about Review Mode.

### Digital Heart Rate Monitor Notes & Tips

The watch and the Digital Heart Rate Sensor need to be within three feet (one meter) of each other to function properly. If the watch is not receiving heart rate information, you may receive the message NO HRM DATA on the watch display. Try the following:

❖ Shorten the distance between the watch and the Digital Heart Rate Sensor.

❖ Adjust the position of the Digital Heart Rate Sensor and elastic chest strap.

❖ Make sure the Digital Heart Rate Sensor pads are wet.

❖ Check the battery in the Digital Heart Rate Sensor and replace it if necessary.

❖ Move away from other heart rate monitors or other sources of radio or electrical interference.

# Time of Day

Your watch can act as an ordinary timepiece, displaying the time, date, and day for two different time zones using a 12- or 24-hour format. Note that you must independently set the time of day for each time zone.
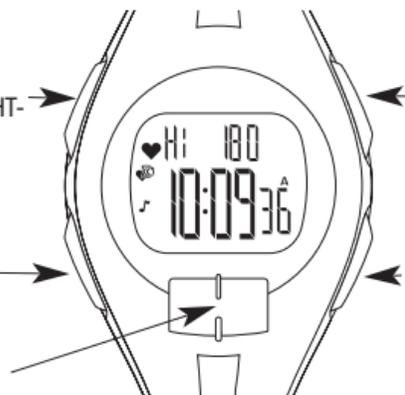
**INDIGLO® BUTTON**
Press to light the watch, activate or deactivate NIGHT-MODE® feature.

**MODE**
Press to move to the next mode, digit, or setting option or group.

**START/SPLIT**
Press to peak at or switch time zones or increase or toggle the setting item.

**STOP/RESET/SET**
Press to start or complete the setting process.

**HEART RATE**
Press to activate the Digital Heart Rate Monitor, decrease or toggle the setting item, or switch display views.

## To Set or Adjust the Time, Date, and Audibles

1. Press MODE until Time of Day Mode appears, showing the current time.
2. Press and hold STOP/RESET/SET until the words HOLD TO SET briefly appear on the display followed by SET TIME with the number 1 flashing in the lower right corner.
3. PRESS START/SPLIT (+) or HEART RATE (-) to toggle between the primary (1) and secondary (2) time zones.
4. Press MODE (NEXT) to begin setting the time for the chosen time zone. The time will appear on the display with the hour value flashing.
5. Make the desired adjustment as indicated in the tables on the next two pages.
6. Press MODE (NEXT) to move to the next setting option.
7. Press and hold STOP/RESET/SET (DONE) to save your changes and exit the setting process.

For this watch, you can make the Time of Day adjustments described in the tables that appear on the next two pages.

| Setting Group | Adjustment |
|---|---|
| Hour | Press START/SPLIT (+) to increase the hour value or HEART RATE (-) to decrease the hour value. |
| Minute | Press START/SPLIT (+) to increase the minute value or HEART RATE (-) to decrease the minute value. |
| Second | Press START/SPLIT (+) or HEART RATE (-) to reset the seconds to zero. |
| Day of Week | Press START/SPLIT (+) to move forward through the days of the week or HEART RATE (-) to move backward through the days of the week. |
| Month | Press START/SPLIT (+) to move forward through the months or HEART RATE (-) to move backward through the months. |
| Date | Press START/SPLIT (+) to increase the date value or HEART RATE (-) to decrease the date value. |
| 12- or 24-Hour Format | Press START/SPLIT (+) or HEART RATE (-) to toggle between the 12- and 24-hour formats. In the 12-hour format the AM and PM time indicators will also appear above the seconds on the time display. |

**NOTE:** To quickly change the value being set, press and hold START/SPLIT (+) or HEART RATE (-).

| Setting Group | Adjustment |
|---|---|
| Appearance of the Month and Day | Press START/SPLIT (+) or HEART RATE (-) to toggle between the appearance options for the month and the day. The options include Month Day (MM.DD) or Day Month (DD.MM). For example, March 15 can appear as 3.15 (MM.DD) or 15.3 (DD.MM). |
| Hourly Chime | Press START/SPLIT or HEART RATE to toggle between turning the chime on and turning the chime off. When you turn the chime on, you will see the chime icon and the watch will emit a beep every hour on the hour. |
| Button Beep | Press START/SPLIT or HEART RATE to toggle between turning the button beep on and turning the button beep off. When you turn the button beep on, the watch will emit a beep every time you press a button other than the INDIGLO® button |

### To Switch Time Zones

The watch can track two time zones (T1 and T2). To look at the second zone in Time of Day Mode, press START/SPLIT. T1 or T2 will flash in the lower right corner indicating the alternate time zone. You can switch from

T1 to T2 or T2 to T1 by using these steps:

1. Press and hold START/SPLIT until HOLD FOR T1 or HOLD FOR T2 appears.

2. Continue to hold until the time switches and the watch beeps.

## Time of Day Notes & Tips

- ❖ You can return to Time of Day Mode from any other mode on the watch by pressing MODE until the time of day appears.
- ❖ The watch does not automatically adjust for Daylight Savings Time. When switching between Standard Time and Daylight Savings Time, you must manually adjust the hour value.
- ❖ The watch automatically moves from February 28 to March 1. To accommodate a leap year, you must manually set the date value to February 29. The watch will then automatically move from February 29 to March 1.
- ❖ At any time during the setting process, you can save your changes and return to the main time display by pressing STOP/RESET/SET.
- ❖ While setting the watch, if you do not press any buttons on the watch for a period of 2 to 3 minutes, the watch will automatically save whatever changes you have made and will exit the setting process.
- ❖ With the watch receiving a signal from the Digital Heart Rate Sensor, you can change the Time of Day Mode display by pressing HEART RATE. Choose from:

1. Time of Day with Day/Month/Date;
2. Heart Rate over Time of Day;
3. Time of Day over Heart Rate; or
4. Heart Rate only.

## Time of Day Example

Assume that you live in San Francisco and work with a client in New York. Like all busy people, it is imperative you keep track of time, so you set T1 to your local time. But it is also important to have a quick reminder of your client's time, so you set T2 to New York time. With both time zones available, you can quickly check your client's time or even switch your watch to display T2 when you travel to New York.
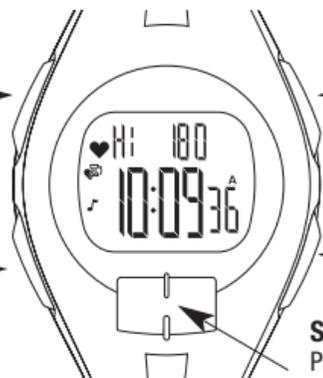
# Chrono

Chrono Mode operates as the main workout data center for your watch. It can record elapsed time for up to 100 hours. It can also register information for up to 50 laps for one workout.

**INDIGLO® BUTTON**
Press to light the watch, activate or deactivate NIGHT-MODE® feature.

**MODE**
Press to move to the next mode, or quickly display a new lap or split.

**STOP/RESET/SET**
Press to pause or stop the chrono or clear chrono data.

**HEART RATE**
Press to switch HRM display views.

**START/SPLIT**
Press to begin timing, take a lap or split, or continue timing after a pause.

## Chrono Terminology

❖ **Chronograph:** The chronograph records timed segments for the duration of your workout.

❖ **Lap:** Lap time records individual segments of your workout.

❖ **Split:** Split time records the total elapsed time since the beginning of your current workout.

❖ **Taking a lap or split:** When you take a lap or split, the chronograph records one time and automatically begins timing a new one.

## To Operate the Chrono

1. Press MODE until CHRONO appears.

2. Press and hold STOP/RESET/SET to clear Chrono data (if necessary).

3. Press START/SPLIT to begin timing.

4. Press START/SPLIT again to take a lap or split. The watch will display the lap and split times, the lap or split number, and average heart rate (for the lap or split) if the data from Digital Heart Rate Sensor is being received.

5. Press MODE to immediately display new lap or split information OR wait for a few seconds and the watch will automatically begin to display data for a new lap or split.

6. Press STOP/RESET/SET to stop timing when you want to take a break or you reach the end of your workout.

   **NOTE:** The recovery heart rate timer will begin automatically (for 1- or 2-minutes, as user-specified) after pressing STOP/RESET/SET if the watch is receiving data from the Digital Heart Rate Sensor. For more information about recovery heart rate, see pages 23 to 25.

7. Press START/SPLIT to continue timing OR press and hold STOP/RESET/SET to clear the chronograph display and set it back to zero.

## Chrono Mode Notes & Tips

❖ Press MODE to switch to Time of Day Mode while running the chronograph. The stopwatch icon ↻ will appear to indicate the chronograph is still operating.

❖ When you operate the watch in Chrono Mode with the Digital Heart Rate Sensor, you will accumulate heart rate-related data in Review Mode, including:

    1. Amount of time your heart rate stays within your target heart rate zone;

    2. The average heart rate for each recorded lap; and

    3. Average, peak, and minimum heart rates for your workout.

❖ With the chronograph running along with the Digital Heart Rate Sensor, you can change the Chrono Mode display by pressing HEART RATE.

    Choose from:

    1. Lap Time/Split Time;

    2. Heart Rate/Lap Time or Split Time;

    3. Lap Time or Split Time/Heart Rate; or

    4. Heart Rate only.

❖ Without the heart rate sensor, you can change the reset chronograph format by pressing STOP/RESET/SET.

## Chrono Mode Example

Recently you heard that the run/walk method can help you increase your overall endurance and burn more calories. This method calls for running for a period of time followed by a short period of walking. You decide to use Chrono Mode to help you try this method. You press START/SPLIT to begin your run and then after 10 minutes of running you press START/SPLIT again and walk for 2 minutes. You continue using these two timing sequences until you have completed a 60 minute run/walk.

# Timer

Timer Mode allows you to set a fixed time from which the watch counts down to zero (i.e., 10, 9, 8, ...).

**INDIGLO® BUTTON**
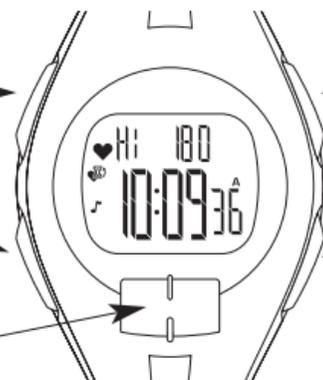Press to light the watch, activate or deactivate NIGHT-MODE® feature.

**MODE**
Press to move to the next mode, digit or setting group.

**START/SPLIT**
Press to increase or toggle a setting item or start or resume timing.



**STOP/RESET/SET**
Press to start or complete the setting process or pause or reset the timer.

**HEART RATE**
Press to decrease or toggle the setting item or switch display views.

**NOTE:** You can press any button in any mode to silence the alert that sounds when the timer reaches zero.

## To Set the Timer

1. Press MODE until TIMER appears.
2. Press STOP/RESET/SET until SET briefly appears on the display followed by the timer with the hours value flashing.
3. Press START/SPLIT (+) to increase the values or HEART RATE (-) to decrease the value. This applies for hours, minutes, seconds and end action.

   **NOTE:** The end action setting allows you to choose how the timer operates at the completion of a timing countdown. Options include STOP or REPEAT.

   **NOTE:** To quickly change the value being set, press and hold START/SPLIT (+) or HEART Rate (-).

4. Press MODE (NEXT) to move to the next value for hours, minutes, and seconds
5. Press STOP/RESET/SET (DONE) to save your changes and exit the setting process.

## To Operate the Timer

1. Press START/SPLIT to start the timer countdown. The timer ⏳ or timer repeat ⏳ icon will appear on the display. The original countdown setting will appear on the top display.
2. Pause the countdown by pressing STOP/RESET/SET.
3. Resume the countdown by pressing START/SPLIT again or reset the timer by pressing and holding STOP/RESET/SET again until the words HOLD TO RESET briefly appear on the display followed by the original countdown time.
4. When the timer reaches zero, a brief alert will sound and the INDIGLO® night-light will flash. Press any button to silence the alert.
5. The timer will stop after the alert if set to STOP; or the timer will begin another countdown if set to REPEAT and continue until you press STOP/RESET/SET.

   The display will show RPT-# and a number (for example, RPT-2). RPT indicates the timer is repeating and the number (#) indicates how many times the timer has cycled through the repeated countdown.

   **NOTE:** If the watch is receiving signals from the Digital Heart Rate Sensor, the top line information will be replaced with heart rate data.

## Timer Mode Notes & Tips

❖ You can press MODE within Timer Mode to switch the display to another mode without disrupting the operation of the timer. The timer ⏳ or repeat ⏳ icon will continue to display to indicate the timer is operating.

- ❖ With the timer running along with the Digital Heart Rate Sensor, you can change the Timer Mode display by pressing HEART RATE. Choose from:
  1. Set Countdown Time (Repeat Count);
  2. Heart Rate over Countdown Time;
  3. Time over Heart Rate; or
  4. Heart Rate only.

## Timer Mode Example

As part of your overall health plan, you decide to take a 30-minute walk during your lunch hour two times a week. To help keep track of time so you do not return late from your lunch hour, you set the timer to 15 minutes and then set it to repeat one time. After 15 minutes the watch beeps telling you to begin walking back to your office. Since you set the timer to REPEAT, the watch begins timing another 15 minute session helping you track how much time you have to return to your office.

# Recover

## About Recovery Heart Rate

Heart rate recovery provides an indicator of fitness and training level. As you become more fit, your heart rate should return more quickly to a lower heart rate value at the end of your workout, indicating a higher level of cardiovascular fitness.

**A slower recovery rate might also indicate a need to take a break from training due to fatigue, illness, or other factors.**



**INDIGLO® BUTTON**
Press to light the watch, activate or deactivate NIGHT-MODE® feature.

**MODE**
Press to move to the next mode.

**START/SPLIT**
Press to start or restart the recovery timer.

**STOP/RESET/SET**
Press to toggle between a 1- or a 2-minute recovery time or to stop or reset the recovery timer.

Your recovery rate represents the change in your heart rate over a period of time. Your Digital Heart Rate Monitor records the change in your heart rate for either a 1- or 2-minute period. To set the recovery timer duration:

1. Press MODE until RECOVER appears.
2. Press STOP/RESET/SET to clear the last heart rate recovery reading, if necessary.
3. Press STOP/RESET/SET to toggle between a 1- or a 2-minute recovery time.

While running the chronograph, the recovery heart rate timer will begin <u>automatically</u> after pressing STOP/RESET/SET if the watch is receiving data from the Digital Heart Rate Sensor.

**NOTE:** The watch cannot record a recovery unless it is receiving a current heart rate and a valid pulse from the Digital Heart Rate Sensor. Without a current heart rate or if the ending rate is higher than the starting heart rate, the display will read NO REC.

### To Manually Determine a Recovery Heart Rate

You can also manually initiate a recovery heart rate without stopping the chronograph by following these steps.

1. Press MODE until RECOVER appears.
2. Press STOP/RESET/SET to clear the last heart rate recovery reading, if necessary.

3. Press STOP/RESET/SET to toggle between a 1- or a 2-minute recovery time.
4. Press START/SPLIT. The top line of the watch display will show the heart rate at the beginning of the recovery period (on the left) as well as your current heart rate. The bottom line will show the 1- or 2-minute recovery countdown.
5. After a 1- or 2-minute countdown, the watch will beep indicating the end of the recovery period. The watch will capture your heart rate a second time, subtract the second value from the first value and display the difference as the recovery (R value).

**NOTE:** The watch cannot record a recovery unless it is receiving a current heart rate and a valid pulse from the Digital Heart Rate Sensor. Without a current heart rate or if the ending rate is higher than the starting heart rate, the display will read NO REC.

6. You can continue to initiate a 1- or 2-minute recovery period by repeating steps 2 through 4.

# Review

Review Mode allows you to recall overall information recorded by the chronograph for your most recent workout.
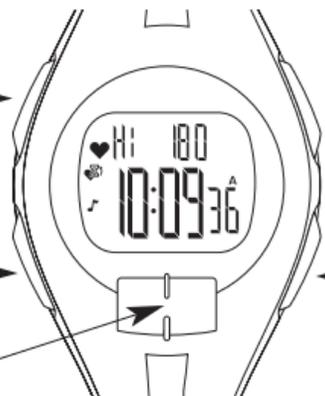
**INDIGLO® BUTTON**
Press to light the watch, activate or deactivate NIGHT-MODE® feature.

**MODE**
Press to move to the next mode.

**START/SPLIT(+)**
Press to scroll forward through activity data.

**HEART RATE (-)**
Press to scroll backward through activity data.

Data groupings appear in the order listed when you press START/SPLIT (+).

❖ **Total Time:** The amount of time the chronograph was running during your workout.

❖ **Time in Zone:** The amount of time during a workout when your heart rate is between the lower and upper target zone limits you set.

❖ **Average Heart Rate:** The average heart rate achieved during a workout.

❖ **Peak Heart Rate:** The highest recorded heart rate during a workout.

❖ **Minimum Heart Rate:** The lowest recorded heart rate during a workout.

❖ **Total Calories:** The number of calories burned during a workout. This number is dependent on the weight you entered when you set up your Digital Heart Rate Monitor, your heart rate during the workout, and your elapsed time.

❖ **Recovery Heart Rate:** The result of the most recent recovery heart rate calculation.

❖ **Lap or Split Recall:** The amount of time and average heart rate for the last 50 laps (segments) of your workout.

## To Review Workout Data

1. Press MODE until REVIEW appears.
2. Press START/SPLIT (+) or HEART RATE (-) to scroll through workout data.

## Review Mode Notes & Tips

❖ Once you restart the chronograph from zero (the reset position) for your next workout, you erase summary data from your previous workout, except recovery heart rate.

- ❖ Without the Digital Heart Rate Sensor, you will see total time and Lap or Split Recall in Review Mode, along with you last recorded recovery heart rate.
- ❖ If you did not record separate laps during a workout, the watch will display NO LAPS STORED when you get to the lap recall segment of Review Mode.

# HRM Setup

HRM Setup Mode allows you to select and set key pieces of statistical data that will be tracked by your Digital Heart Rate Monitor.

**INDIGLO® BUTTON**
Press to light the watch, activate or deactivate NIGHT-MODE® feature.

**MODE**
Press to enter or exit the mode or move to the next digit or setting group.

**START/SPLIT**
Press to select a target heart rate zone or increase or toggle a setting item.

**STOP/RESET/SET**
Press to start or complete the setting process.

**HEART RATE**
Press to turn the audible ON or OFF or decrease or toggle the setting item.

## To Set a Target Heart Rate Zone

You can choose one of the Preset Target Heart Zones or set the Manual Target Heart Rate Zone for a customized target heart rate zone.

### Preset Target Heart Rate Zones

The preset heart rate zones described in the table below correspond to your maximum heart rate (MHR) value.

| Zone | Lower Limit | Upper Limit |
|------|-------------|-------------|
| 1 | 50% | 60% |
| 2 | 60% | 70% |
| 3 | 70% | 80% |
| 4 | 80% | 90% |
| 5 | 90% | 100% |

Determine the zone you want to use by reviewing the table on page 6.

To choose a Preset Target Heart Rate Zone:

1. Press MODE until HRM SETUP Mode appears.
2. Press START/SPLIT to cycle through the target heart rate zones (labeled ZONE 1 to ZONE 5).
3. Press HEART RATE to turn the audible HR ZONE ALERT ON or OFF. If you turn on the audible alert, the watch will beep if you go above or

below your chosen target heart rate zone and continue beeping until you return to your target zone.

4. Press MODE to save your selected target heart rate zone and exit HRM SETUP Mode. When you leave HRM SETUP Mode, the watch will use the target heart rate zone you have selected as the basis for all HRM-based calculations.

### *Manual Target Heart Rate Zone*

The Manual Target Heart Rate Zone allows you to customize your lower and upper target heart rate zone limits. You might use the Manual Target Heart Rate Zone when the 10% range in the Preset Heart Rate Zones is either too large or too small a range for your exercise goals.

To set the Manual Target Heart Rate Zone:

1. Press MODE until HRM SETUP Mode appears.
2. Press START/SPLIT until MANUAL appears.
3. Press STOP/RESET/SET to enter the setting process. You will see the word MANUAL flashing on the display.
4. Press MODE (NEXT) to begin setting the upper and lower target heart rate zones.
5. Press START/SPLIT (+) to increase the flashing value, HEART RATE (-) to decrease the flashing value, or MODE (NEXT) to move to the next digit's value.

6. When you have finished setting the upper and lower target heart rate zone limits, you can press STOP/RESET/SET (DONE) to save your settings and exit the setting process, or you can continue to set or adjust other heart rate statistical data (see below).

### To Set Other Heart Rate Statistical Data

In addition to selecting a Target Heart Rate Zone, it is important that you set your weight, maximum heart rate, and heart rate display. Accurate information used by these options helps tailor your Digital Heart Rate Monitor to your specific fitness needs.

To set other heart rate statistical data:

1. Press MODE until HRM SETUP Mode appears.
2. Press STOP/RESET/SET to enter the setting process. You will see your selected target heart rate zone flashing on the display.
3. Press MODE (NEXT) to begin setting other statistical data.
4. Make the desired adjustment by pressing START/SPLIT (+) or HEART RATE (-). In some setting groups pressing START/SPLIT (+) will increase a value and pressing HEART RATE (-) will decrease a value. At other times pressing START/SPLIT (+) or HEART RATE (-) will toggle between two options or cycle through a setting group.
5. Press MODE (NEXT) to move to the next digit or setting group you want to set.

6. Press STOP/RESET/SET to save your changes and exit the setting process.

7. Press MODE to exit HRM SETUP.

For this Digital Heart Rate Monitor you can make the adjustments described in the table.

| Setting Group | Display | Description |
|---|---|---|
| **Weight** | WEIGHT 100 Lb | You can enter your current weight and whether your weight appears in pounds (lbs) or kilograms (kg) This number is used to help calculate how many calories you burn during your activity. Your recorded weight cannot go below 22 lbs (10 kg) or above 550 lbs (250 kg). |
| **Maximum Heart Rate** | MHR 165 | Your maximum heart rate value is used to determine your 5 preset target zones and as a reference for displaying your heart rate in terms of percent of maximum (%). This number cannot be below 80 or above 240 beats per minute (BPM). |
| **Heart Rate Display** | DISPLAY BPM | You can choose whether your heart rate will display as beats per minute (BPM) or percent of maximum (%). |

### Digital Heart Rate Monitor Notes & Tips

❖ At any time during the setting process, you can save your changes and return to the main heart rate display by pressing STOP/RESET/SET (DONE).

❖ While setting the watch, if you do not press any buttons on the watch for a period of 2 to 3 minutes, the watch will automatically save whatever changes you have made and exit the setting process.

## Alarm

You can use your watch as an alarm clock to alert you at a pre-set time. When the watch reaches the scheduled time, the alarm tone sounds and the INDIGLO® night-light flashes for a period of 20 seconds.
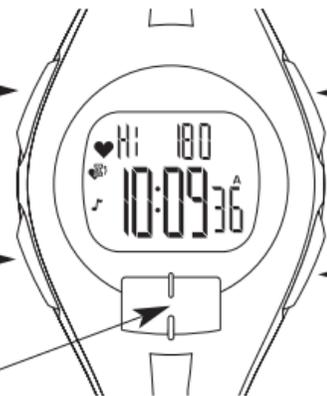


**INDIGLO® BUTTON**
Press to light the watch, activate or deactivate NIGHT-MODE® feature.

**MODE**
Press to move to the next mode, digit or setting group.

**START/SPLIT**
Press to increase or toggle the setting value or turn the alarm ON or OFF.

**STOP/RESET/SET**
Press to start or complete the setting process.

**HEART RATE**
Press to decrease or toggle the setting value.

## To Set the Alarm

1. Press MODE until Alarm Mode appears.
2. Press and hold STOP/RESET/SET until SET briefly appears on the display followed by time with the hour value flashing. The AM/PM value will also flash if you have set the watch to 12-hour format.
3. Press START/SPLIT (+) to increase the hour value or HEART RATE (-) to decrease the hour value.

   **NOTE:** To quickly change the value being set, press and hold START/SPLIT (+) or HEART Rate (-).

4. Press MODE (NEXT) to move to the minute value.
5. Press START/SPLIT (+) to increase the minute value or HEART RATE (-) to decrease the minute value.
6. Press STOP/RESET/SET (DONE) to save your changes and exit the setting process.

## Alarm Mode Notes & Tips

❖ To turn an alarm ON or OFF without entering the setting state, press START/SPLIT while in Alarm Mode.
❖ If you change any alarm settings, you automatically turn the alarm on.
❖ When you set the alarm, the alarm clock icon ☼ appears on the display in Time of Day Mode.

❖ While the alarm sounds, you can silence it by pressing any button on the watch.
❖ If you do not silence the alarm before the alert finishes, a backup alarm will sound after 5 minutes.

# Care & Maintenance

## Digital Heart Rate Monitor

❖ To avoid build up of materials that can interfere with the Digital Heart Rate Monitor's ability to receive a valid pulse, rinse the Digital Heart Rate Sensor with fresh water
❖ Do not clean the Digital Heart Rate Monitor sensor or chest strap with abrasive or corrosive materials. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.
❖ Do not subject the Digital Heart Rate Monitor to excessive force, shock, dust, temperature, or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or distorted parts.
❖ Do not tamper with the Digital Heart Rate Monitor's internal components. Doing so will terminate the Monitor's warranty and may cause damage.
❖ The Digital Heart Rate Monitor contains no user-serviceable parts, except batteries.

## Battery

### *Digital Heart Rate Sensor Battery*

If your heart rate readings become erratic or stop, you may need to replace the battery on your Digital Heart Rate Sensor. You can change the battery yourself without any special tools.

This product uses a CR2032 lithium battery for the Digital Heart Rate Sensor. To change the battery:
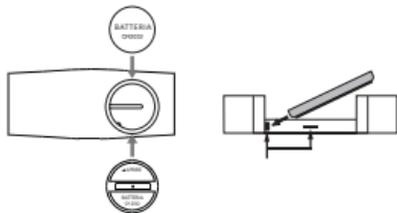


1. Open the Sensor battery lid with a coin, turning the coin counterclockwise.
2. Replace the battery with a new CR2032, 3V lithium battery with (+) facing you, taking care not to touch the two contacts and discharge the battery.
3. When you have finished inserting the battery, press the reset button (located in the lower left corner) with a toothpick or straightened paper clip and close the lid with a coin — screwing in a clockwise direction.

To test the new battery after you have inserted it:

1. Move away from any possible sources of electrical or radio interference.
2. Wet the Digital Heart Rate Sensor pads and securely fasten the chest strap below your sternum.
3. While wearing the watch, press the HEART RATE button. A set of three dashes (- - -) and the flashing heart rate icon will appear on the display.
4. If you do not see a flashing heart icon on your watch, reinstall the sensor battery.

**NOTE:** It is not necessary for a heart rate value to appear on the display during this test.

### *Watch Battery Replacement*

When the battery of the watch is running low, the display or INDIGLO® night-light will dim. This watch uses a CR2025/CR2018 lithium battery.

To avoid the possibility of permanently damaging the watch, TIMEX STRONGLY RECOMMENDS TAKING YOUR HEART RATE MONITOR WATCH TO A LOCAL RETAILER OR JEWELER TO HAVE THE BATTERY REPLACED.

### INDIGLO® night-light

Press the INDIGLO® button to activate the night light. This

electroluminescent technology
illuminates the watch display at night and in low light conditions.

## Water Resistance

### *Watch*

❖ Your 100 Meter Water Resistant watch withstands water pressure to 200 p.s.i. (equals immersion to 328 feet or 100 meters below sea level).

❖ The watch is only water-resistant as long as the lens, pushbuttons, and case remain intact.

❖ Timex® recommends rinsing your watch with fresh water after exposure to salt water.

**WARNING:** TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

### *Digital Heart Rate Sensor*

❖ Your 30 Meter Water Resistant Digital Heart Rate Sensor can withstand water pressure to 60 p.s.i. (equals immersion to 98 feet or 30 meters below sea level).

**WARNING:** THIS UNIT WILL NOT TRANSMIT YOUR HEART RATE WHEN OPERATED IN OR UNDER WATER.

# Warranty & Service

## Timex International Warranty (U.S. Limited Warranty)

Your Timex® Digital Heart Rate Monitor is warranted against manufacturing defects by Timex for a period of ONE YEAR from the original purchase date. Timex Group USA, Inc and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your Heart Rate Monitor by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.
**IMPORTANT:** PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR HEART RATE MONITOR:

1. after the warranty period expires;

2. if the Heart Rate Monitor was not originally purchased from an authorized Timex retailer;

3. from repair services not performed by Timex;

4. from accidents, tampering or abuse; and

5. lens or crystal, strap or band, Heart Rate Monitor case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED,

INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE.

TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your Heart Rate Monitor to Timex, one of its affiliates or the Timex retailer where the Heart Rate Monitor was purchased, together with a completed original Repair Coupon or, in the U.S. and Canada only, the completed original Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your Heart Rate Monitor to cover postage and handling (this is not a repair charge): a US$ 8.00 check or money order in the U.S.; a CAN$7.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For

Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Heart Rate Monitor Repair Mailer for your convenience in obtaining factory service.

## Service

If your Timex® Digital Heart Rate Monitor should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to:

**HOTLINE WATCH SERVICE, P.O. Box 2740, Little Rock, AR 72203**

**For service questions, call 1-800-328-2677.**

For your convenience in obtaining factory service, participating Timex retailers can provide you with a pre-addressed Heart Rate Monitor Repair Mailer.

See the Timex International Warranty for specific instructions on the care and service of your Timex® Digital Heart Rate Monitor.

**Should you need a replacement strap or band, call 1-800-328-2677.**

# Declaration of Conformity

(according to ISO Guide 22 and EN 45014)

**Manufacturer:**     Timex Group USA, Inc.
                      555 Christian Road
                      Middlebury, CT 06762

declares that the product:

Product Name:     Timex® Digital Heart Rate Monitor
Model Number:     M640
Product Options:  All

conforms to the following Product Specifications:

**LVD: 73/23/EEC**
Safety:           IEC 60950

**EMC: 89/336/EEC**

Emissions:        EN300-683
                  Radiated Emission 30 MHz to 1000 MHz E-
                  Field (Electric). Ref.EN55022

Immunity:         EN300-683
                  Radiated Immunity 80 MHz to 1000 MHz. Ref.
                  EN61000-4-3
                  ESD Electrostatic discharge. Ref. EN61000-4-2
                  Radiated Immunity 900 MHz. Ref. ENV50204

**Supplemental Information:** The product herewith complies with the requirements of the Low-Voltage Directive 73/23/EEC and the EMC Directive 89/336/EEC and carries the 7 marking accordingly.

Hereby, Timex Group USA, Inc. declares that this low power radio equipment is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

Agent:

Brian J. Hudson
Director, Test Engineering and Module Development

CE

Date: 15 July 2004, Middlebury, Connecticut, U.S.A.