



**SMART SYNC**  
**PC Kit for use with WM100**  
**Model: AD105**  
**USER MANUAL**

EN

**INTRODUCTION**

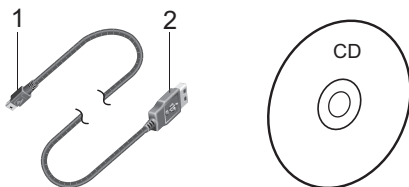
Thank you for selecting Oregon Scientific™ SmartSync software. This product allows you to download information from your Heart Rate Logger to your PC.

Please keep this manual handy as you use your new product. It contains practical step-by-step instructions, as well as technical specifications and warnings you should know.

**IMPORTANT** This software is not intended to substitute professional measurement or industrial precision devices. Values produced should be considered as reasonable representations only.

**OVERVIEW**

**USB CABLE AND CD-ROM**



1. Connection jack to Heart Rate Logger
2. Connection jack to PC

**MINIMUM REQUIREMENTS**

- Windows 98SE or above
- Pentium 1 with 64MB RAM
- 50MB free memory
- USB port

**SET-UP**

**To install the software:**

1. Insert the CD into your PC.
2. The Installation Wizard will start automatically. If the install does not start:
  - Run Setup.exe directly from the CD-ROM.
3. The installation wizard will guide you through the installation process.

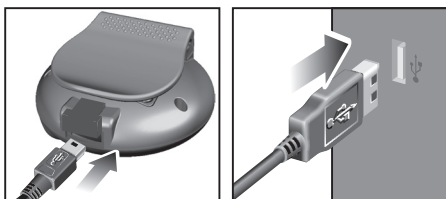
Once installation is complete you can access the software by clicking on the SmartSync icon on your desktop or via the START menu.

When accessing the software for the first time you will be asked to select the hour and day / month format. Click to check the box next to your desired setting and press OK.

**TRANSFERRING DATA**

**CONNECTING THE HEART RATE LOGGER TO YOUR PC**

Connect the USB cable to the Heart Rate Logger and attach it to your PC as shown.



**NOTE** The first time you connect to your PC the Heart Rate logger will automatically synchronize to your PC's clock.

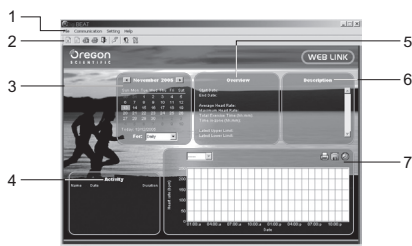
**To transfer your data:**

1. Connect the logger to your PC.
2. The software should start automatically. If it doesn't, click on the SmartSync icon to start the software.
3. Click on the **Communication** tab and select **Data Transfer**.
4. The progress bar will track the data transfer until it is completed.

The connection status is shown in the bottom left hand side of the SmartSync window.

**SOFTWARE OVERVIEW**

SmartSync allows you to organise and display your heart rate data. You can track your personal progress over time by regularly downloading and storing your data.



1. **Menu tabs (File, Communication, Setting and Help):** file management; access settings and help file; transfer data; printing
2. **Toolbar area:** shortcuts to commonly used commands
3. **Calendar area:** select activity records by date(s)
4. **Overview area:** display activity overview information
5. **Description area:** edit and display activity record description
6. **Activity area:** view and select activity records
7. **Graphics area:** visual representation of activity records selected

**TIP** For more detailed description and information view the Help file:  
 • Click on Contents on the Help menu.

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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/default.asp](http://www2.oregonscientific.com/service/default.asp)

OR

Call 1-800-853-8883.

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