



Heart Rate Monitor User Manual



- HEART RATE MONITOR
- CHRONOGRAPH
- CALORIE COUNTER
- TIME/DATE/ALARM

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OVERVIEW

Congratulations on your purchase of a highly reliable Heart Rate Monitor, it is a user-friendly fitness tool to keep track of your personal fitness level, To develop basic understands and gain maximum benefit from this Heart Rate Monitor, please read this user manual carefully. We wish you an enjoyable workout with it.

Functions and Summary

Time	Adjust	Time	Date	Year	12/24 Hour Format	
Heart Rate Monitor	Exercise Time	Max Heart Rate %	Calorie	In Zone period	Highest Heart Rate	Current Time
	Adjust	Age	Gender	Heart Rate Zone Level	Upper HR Zone Limit	Lower HR Zone Limit
		Unit	Weight	Heart Rate Zone Alarm		
Data	Exercise Time	In Zone Period	Calories	Highest Heart Rate	Average Heart Rate	
Alarm	Alarm ON / OFF					
STOPWATCH	STOPWATCH Start/stop					

KEYS and FUNCTIONS



MODE

- Scrolls through various modes of the watch
- Advances to next variable in setting sequence

ADJUST/LIGHT

- Activates Light
- Enters the setting sequence for each setting mode
- Clears session data

START/STOP

- Increases variable in setting sequence
- Pauses time in HRM mode

RESET

- Decreases variable in setting sequence
- Toggles through sub modes
- Toggles between pounds/kilograms
- Ends session

QUICK START WEARING THE CHEST BELT

Follow steps 1. through 4. to wear the chest belt and go for a run.



1. Open the chest belt.

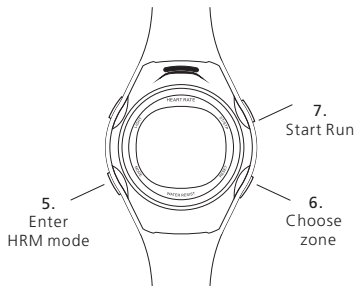
2. Insert the tab into the hole, make sure tab and hole are on the same level.



3. Position on rib cage under the chest. Make sure the chest belt is positioned in the right direction and worn directly against the skin.



4. Lift the belt slightly from the skin and wet both grooved areas on the back to ensure strong connection between your pulse and the chest belt.



No Signal

Three dash lines will appear if the watch is not receiving transmission from the chest belt.

LEVEL 1

55 – 70%

Sustain a healthy heart and lose weight.

LEVEL 2

70 – 80%

Develop endurance and increase stamina.

LEVEL 3

80 – 100%

Sustain excellent fitness condition and increase muscle strength.

Graphical representation of Maximum Heart Rate



Current HR reach less than 60% of your max. heart rate.



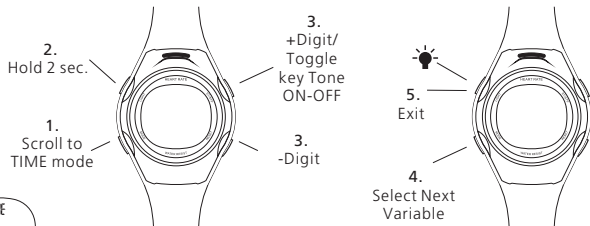
Current HR reach less than 60-85% of your max. heart rate.



Current HR reach 85% or above of your max. heart rate.

TIME SET TIME

In TIME mode you can set the Time, Date, and Hour Format. Follow steps 1. through 5. to set the time and date.



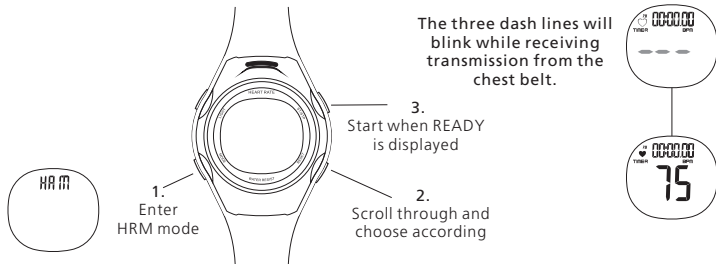
PRINCIPLE OF THE HEART RATE ZONE

It is important that you know your maximum heart rate, training zone, upper heart rate limit and lower heart rate limit before you begin. They help you achieve the maximum health benefits out of your workout. We recommend consulting a medical practitioner or registered physician before setting your personal training-schedule and target. Or you can set your own upper and lower limit using the following as a reference guide:

Calculation of Maximum Heart Rate: MALE= $220 - \text{Age}$, FEMALE = $226 - \text{Age}$

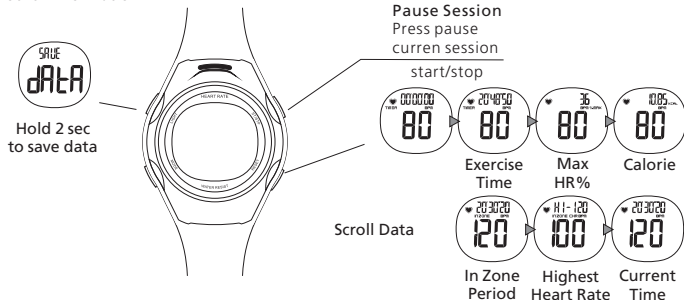
Getting Started

Follow steps 1. through 3. to get ready and start your run.



HEART RATE MONITOR DATA DISPLAY / ZONE RANGE

The exercise time is displayed under the heart rate by default. Press the START/STOP key to view other information.



In-Zone
Your heart rate is within your zone range

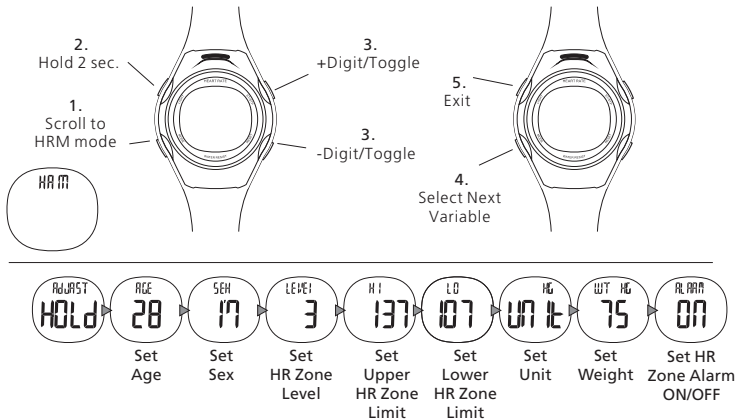


Out-Zone
If your heart rate is out of zone, the High or Low arrows will display



HEART RATE MONITOR USER SETTINGS

Your heart rate is measured in beats per minute (bpm) and setting a heart rate zone allows you to work with an upper and lower heart rate limit. Follow steps 1. through 5. to adjust the User Settings.



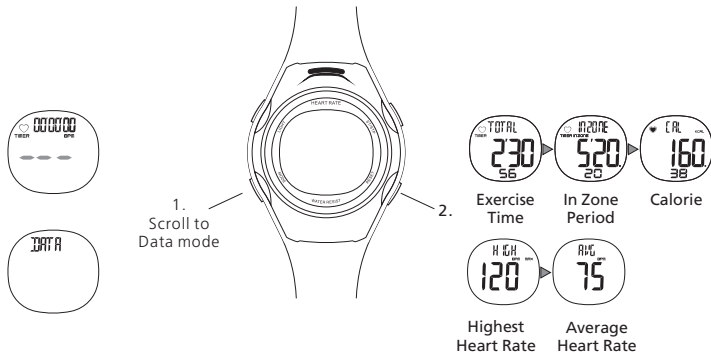
HR SETTING HEART RATE INTENSITY CHART

This is an alternative to check your heart rate zones based on gender, age and weight. Starting with your Max Heart Rate (MHR), use the chart to calculate your zones depending on the intensity of your workout. Please note that this chart may not be suitable for everyone.

Max Heart Rate Male=220-Age Female=226-Age			Level 1(55-70%) Sustain a healthy heart and lose weight				Level 2(70-80%) Develop endurance and increase stamina				Level 3(80-100%) Sustain excellent fitness condition and increase muscle strength			
Age	Male	Female	Male		Female		Male		Female		Male		Female	
20	200	206	110	140	113	144	140	160	144	164	160	200	164	206
25	195	201	107	136	110	140	136	156	140	160	156	195	160	201
30	190	196	104	133	107	137	133	152	137	156	152	190	156	196
35	185	191	101	129	105	133	139	148	133	152	148	185	152	191
40	180	186	99	126	102	130	126	144	130	148	144	180	148	186
45	175	181	96	122	99	126	122	140	126	144	140	175	144	181
50	170	176	93	119	96	123	119	136	123	140	136	170	140	176
55	165	171	90	115	94	119	115	132	119	136	132	165	136	171
60	160	166	88	112	91	116	112	128	116	132	128	160	132	166
65	155	161	85	108	88	112	108	124	112	128	124	155	128	161
70	150	156	82	105	85	109	105	120	109	124	120	150	124	156
75	145	151	79	101	83	105	101	116	105	120	116	145	120	151

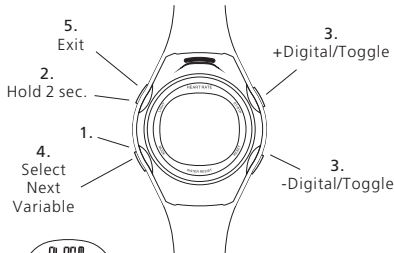
In DATA mode you can view your stored data from the last session.

Follow steps 1. through 2. to manage your data. **Please note only one session worth of data can be stored.*




ALARM SET ALARM

In ALARM mode you can toggle ON/OFF for the alarm and adjust the time.
Follow steps 1. through 5. to adjust alarm settings.



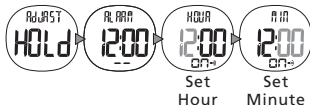
Turn Alarm ON/OFF

The alarm icon  will show in any mode of the display when the alarm is turned ON.



Scroll to
Alarm mode

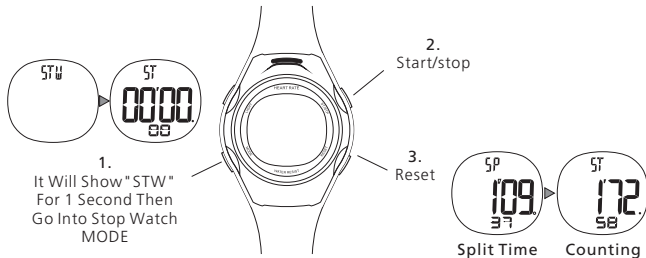
*The settings
will be automatically
updated once the
alarm time is adjusted.



STOPWATCH

In stopwatch mode,

Please follow the instructions in section 1-3. The, start operation.



BATTERY REQUIREMENT

Warning: Keep watch batteries away from children, If swallowed, contact a doctor immediately.

Warning: Batteries contain chemical substances.

They should be disposed of properly according to local regulations.

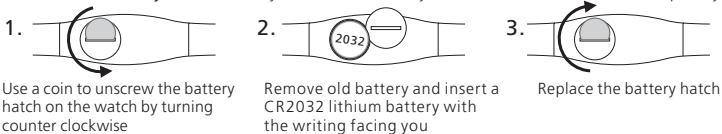
WATCH Battery Type: CR2032 Lithium

Battery Life: The battery is estimated to last 1 year depending on frequency and use of certain features.



HR Chest Belt Battery Type: CR2032 Lithium

Battery Life: The battery is estimated to last 1 year if the chest belt is used one hour per day.



*Please make sure the O-ring (rubber ring surrounding battery) has not been removed from its place.

WE STRONGLY RECOMMEND TAKING YOUR WATCH TO A LOCAL RETAILER OR JEWELLER TO HAVE THE BATTERY REPLACED TO AVOID THE POSSIBILITY OF PERMANENTLY DAMAGING THE WATCH.

Heart rate doesn't display on watch

- The chest belt may not be positioned correctly.
- The grooved sensors may not be wet enough, wet and try again.
- It is recommended that the grooved sensors are directly on your skin.

Heart rate reading on watch is inconsistent or stops

- The battery may need to be replaced in the chest belt.
- Sources of electromagnetic fields can cause interference. (Appliances, computers, and power lines)

Watch beeps continuously

- If the zone alarm is on and your heart rate is not in any of the zone ranges, the watch will beep to indicate you are out of the zones.

Watch display may be frozen due to static electricity

- The display may be frozen due to static electricity or recent battery replacements, If this occurs, press on all 4 side buttons at the same time to reset to factory settings.

Avoid extreme force, shock, dust temperature, or humidity. Such conditions may cause malfunctioning, a shorter electronic life span, damaged batteries, or distorted parts.

Rinse the watch with fresh water to avoid materials building up that can interfere with the reception of the pulse.

Do not use abrasive or corrosive materials to clean the watch or chest belt. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit..

Avoid tampering the internal components of the watch. Doing so will terminate the sensors warranty and may cause damage.

SPECIFICATIONS

WATCH

Water Resistance: 3 ATM

Suitable for everyday use.

Splash/rain resistant. NOT suitable for showering, bathing, swimming, snorkelling, water related work and fishing. Water damage will occur if watch buttons are pressed under water.
Please dry after use.

Operating Temperatures: -5 to 50 degree Celsius.

Material Specifications:

Crystal: Acrylic

Case: Acrylonitrile butadiene styrene (ABS)

Keys: Acrylonitrile butadiene styrene (ABS)
Polyurethane

Buckle: Stainless Steel

Bezel: Stainless Steel

Caseback: Stainless Steel

Strap: Polyurethane

Mode Limits: Heart Rate 30-240bpm



HEART RATE CHEST BELT

Water Resistance: 1 ATM

Suitable for everyday use.

NOT suitable for showering, bathing, swimming, snorkelling, water related work and fishing.
Please dry after use.

Operating Temperatures: -5 to 50 degree Celsius.

Material Specifications:

Case: Acrylonitrile butadiene styrene (ABS)

Strap: Polyurethane

Band: Elastic



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