

EKHO FIT19 Heart Rate Monitor

Operation Manual

EKHO EKHO2 MANUAL(ENGLISH)
SIZE:W140X.H105 (mm)
BY WING T5U1 31/07/09 TO VENDOR 05/08/09

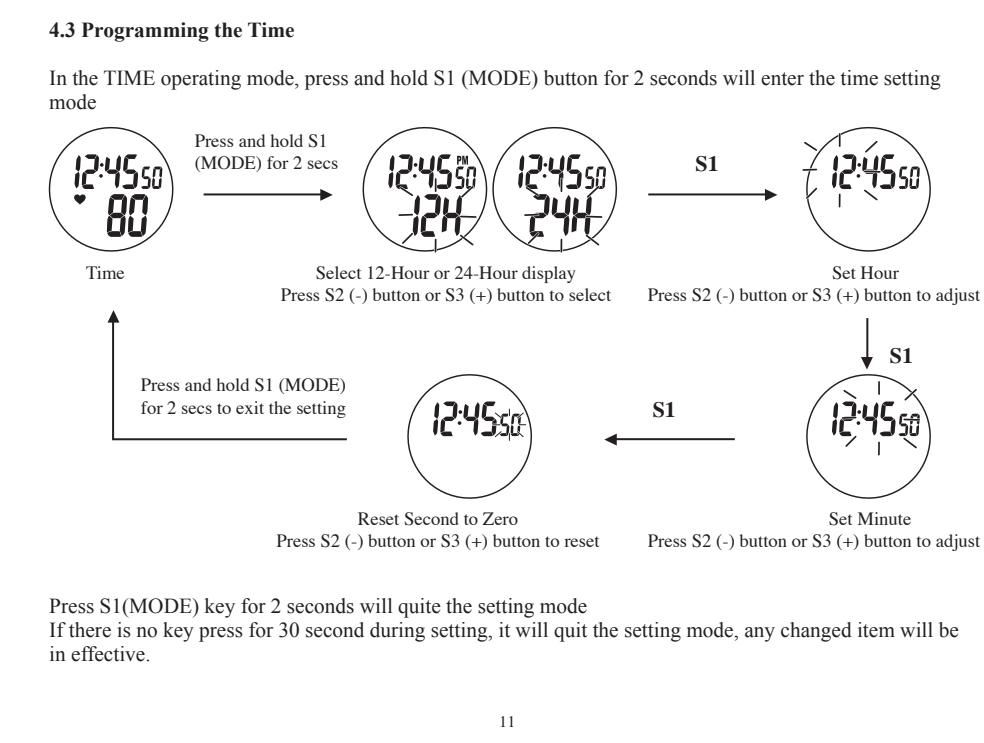
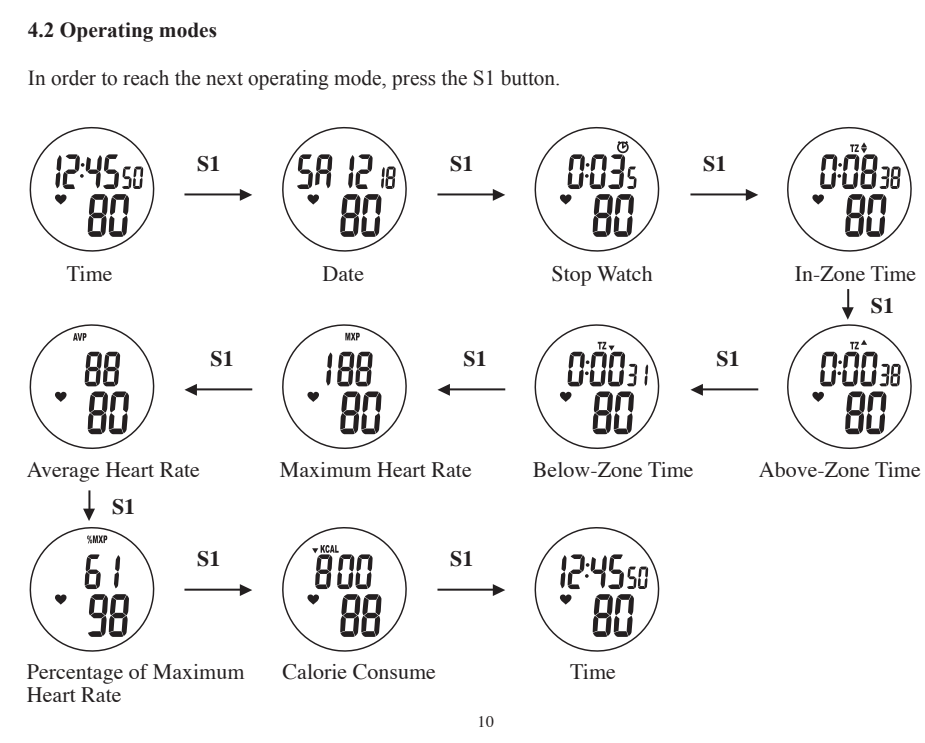


Table of contents	
1 Introduction	3
2 Information regarding functions and features of the watch	4
3 Important information for heart rate monitoring	6
4 Operating the watch	8
4.1 Buttons functions	8
4.2 Operating modes	10
4.3 Programming the Time	11
4.4 Programming the Date	12
4.5 Stopwatch and Heart-Rate Monitoring	13
4.6 Heart-rate Target Zone Setting Mode	15
4.7 Stopwatch Operation	16
4.8 Calorie	17
5 Care instructions / Changing battery	19

1-Introduction

WARNINGS

- This product is a precision instrument. Never attempt to temper the internal mechanism. Contact the retailer or professional service center if the product requires servicing.
- The chest belt (transmitter) is a radio frequency transmission device. Do not use the chest belt in aircrafts or hospitals. The use of radio frequency products may cause malfunctions in the control of other equipment.
- Do not allow the product to any unwanted impact or shock.
- Maintain good and regular checking of your device. Always check the functions before usage. Clean the product when necessary with a damp cloth, do not use any aggressive or abrasive cleaning agents and solvents.
- Remove the batteries before storing the product for a long period of time.
- Take precautions when handling all battery types. When disposing of this product or batteries, follow your local waste disposal regulations.

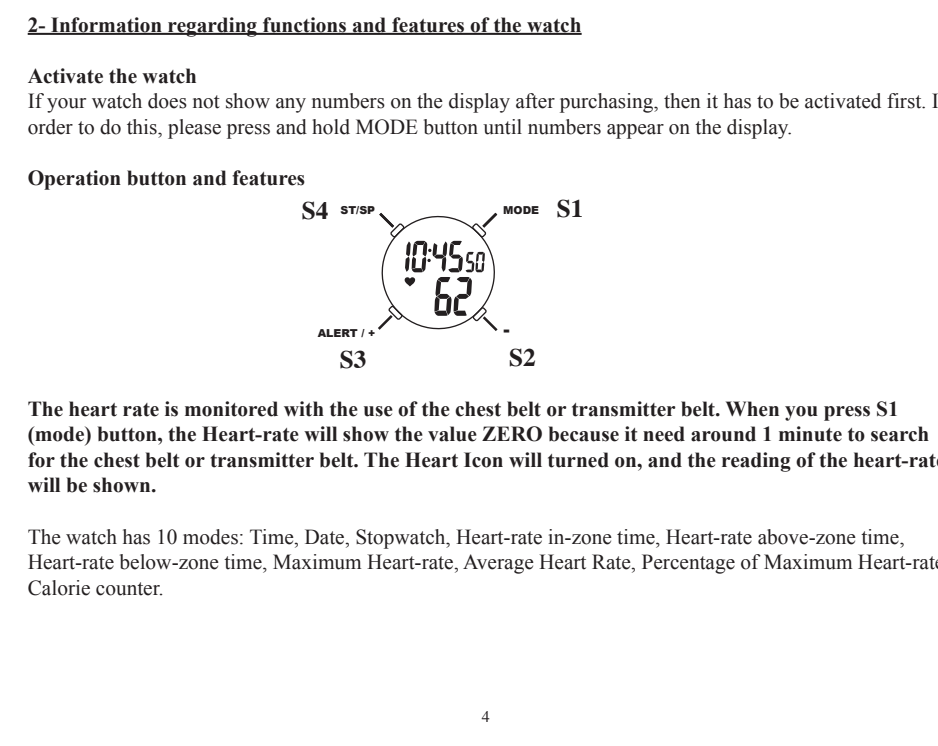
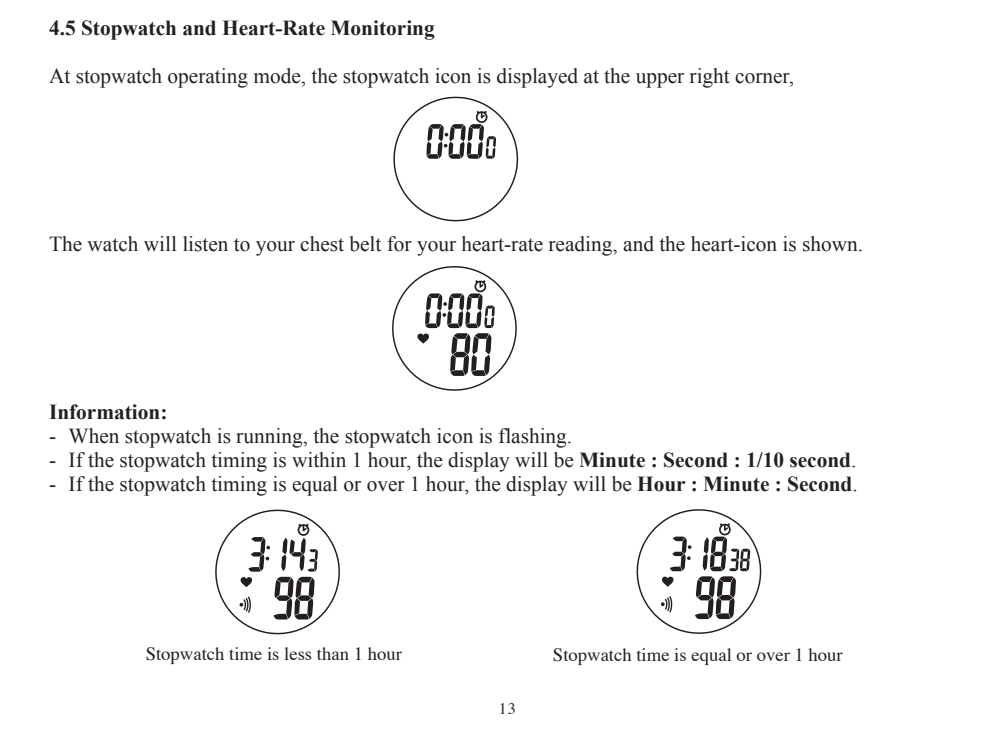
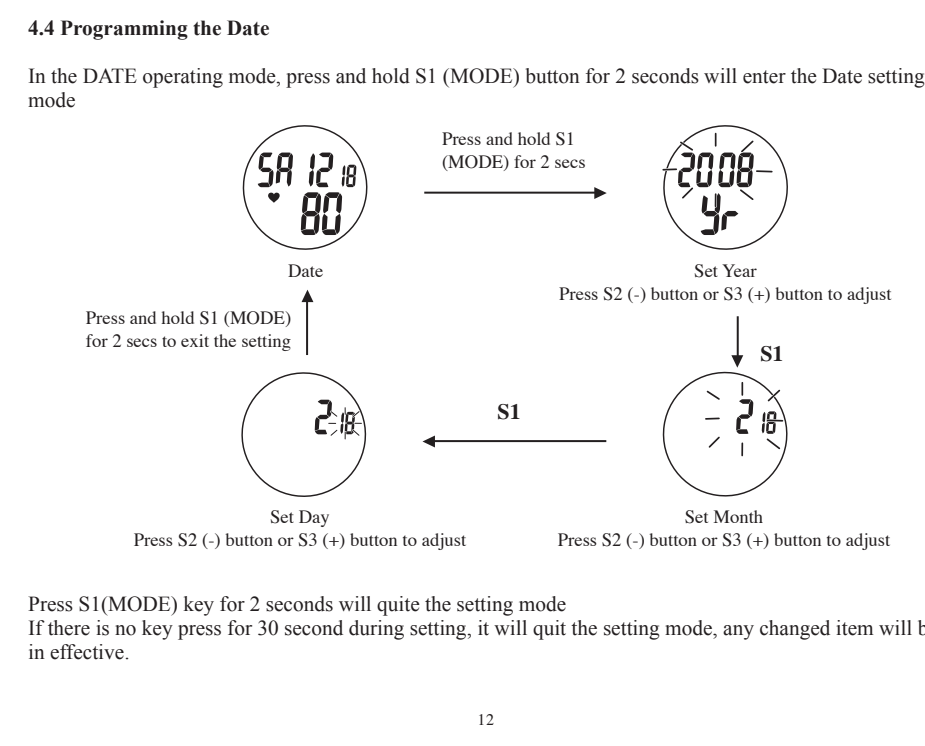
Dear EKHO Customer,
Congratulations on your purchase of the **FIT19 Heart Rate Monitor**. The watch displays and records your heart rate and target zone enabling you to fine-tune your fitness program to get maximum results.

Please Note:
People with cardio-pacemakers must not use this heart rate monitoring watch due to possible interference effects. Please note that this heart rate monitoring watch is not a piece of medical equipment. It is important that you consult your doctor to define your personal limits for heart rate, exercise intensity and duration.

This Operation Manual is part of this product and should be kept in a safe place for future reference. It contains important information on setup and operation. Please ensure you use your product correctly and safely; read these Warnings and the entire user manual before using the product.

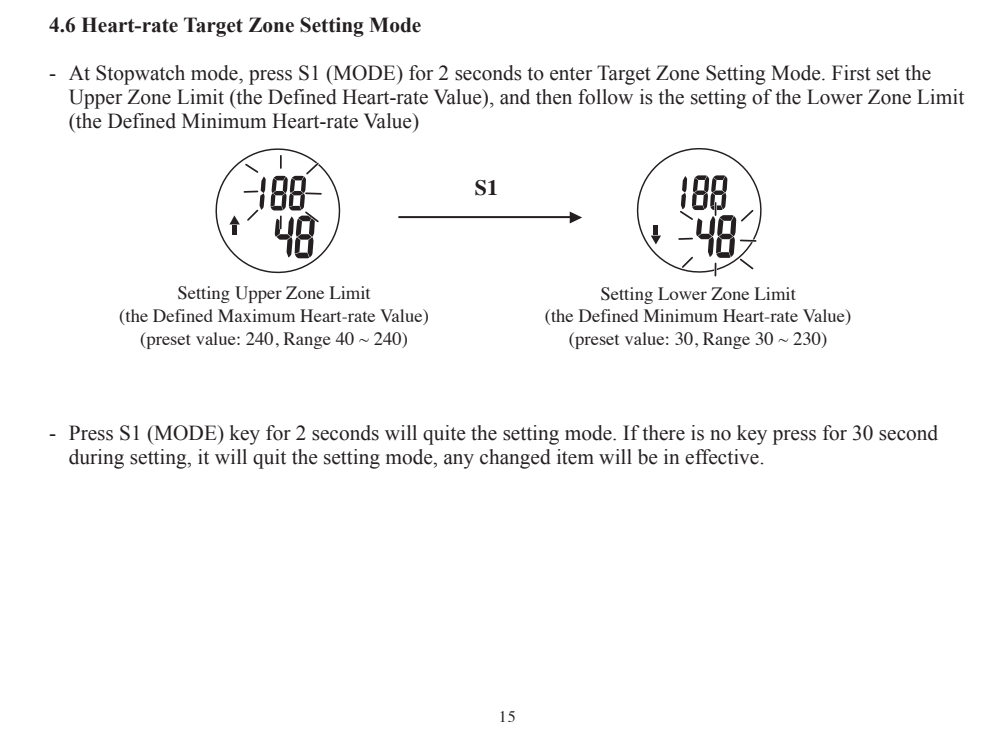
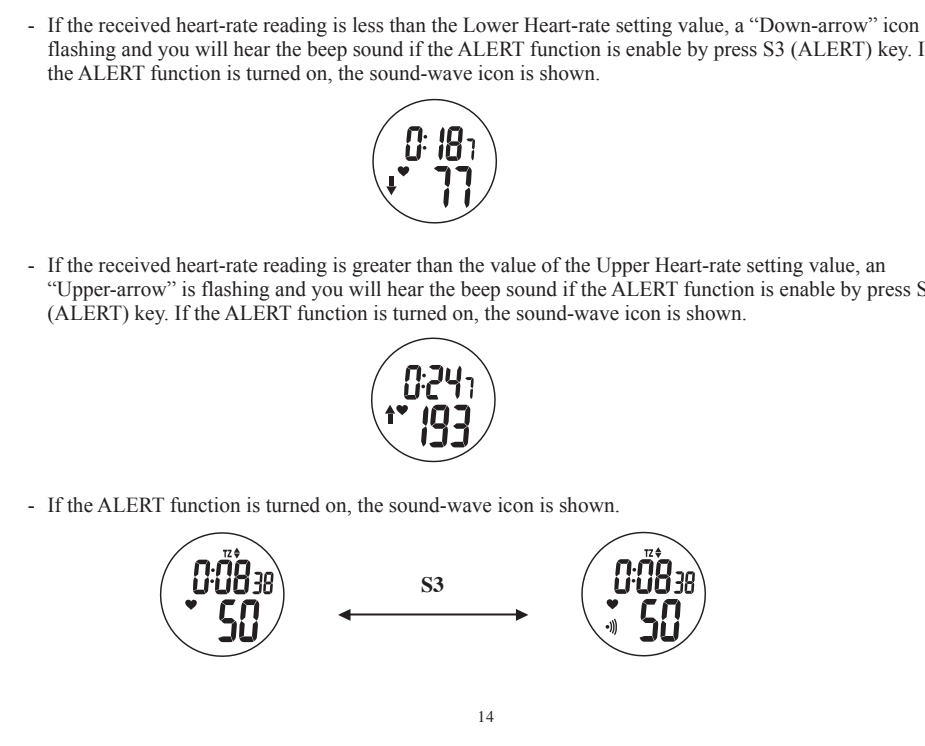
Parts and Accessories

- FIT19 Heart Rate Monitor
- TL-15 Transmitter with elastic strap
- Owner's manual



Battery: CR2032 (3V button cell), one each in watch and belt.
Display: LCD with blue EL backlight (activated for 3 seconds by pressing button).
Operating temp.: 0°C to 55°C.
Water resistance: The watch is water resistant against rainwater, water during showering and normal bathing and swimming. Do not under any circumstances push any buttons when under water or use the watch for diving.
Warning: Wild or jerky movements under water and also athletic swimming can cause unwanted activation of buttons allowing water to enter into the watch.

HRM functions:
Measuring range: 30-240 heart beats per minute and corresponding display.
Programming training zones with optional alarm function when beyond training zone.
Upper limit adjustable from 31-240, lower limit from 30-239.
Display of hours, minutes and seconds (12 or 24 hr format).
Calendar with month, day and weekday for the years 2000-2099.
Stopwatch with 1/100 resolution for the first hour thereafter 1 second resolution.
Time measuring up to 99 hours 59 minutes 59 seconds.



3-Important information for heart rate monitoring

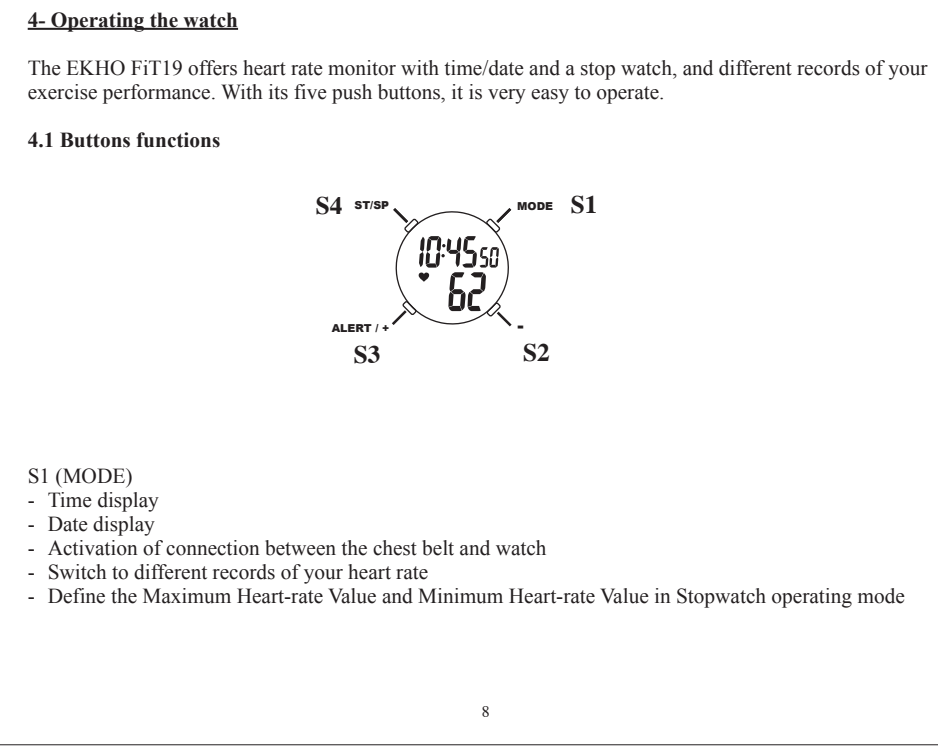
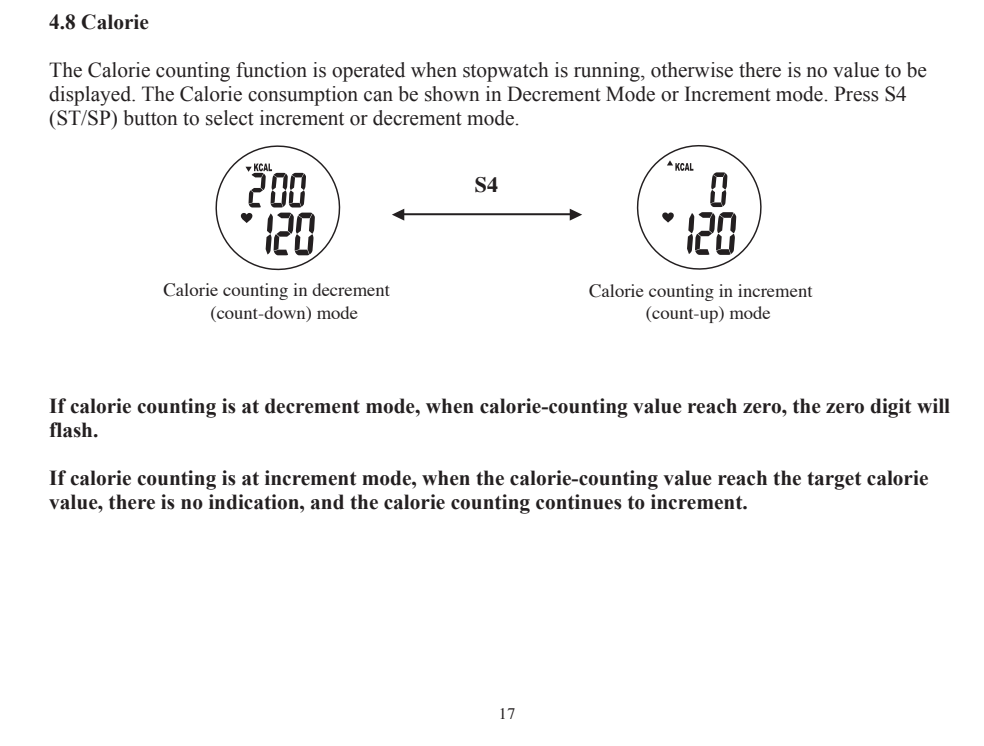
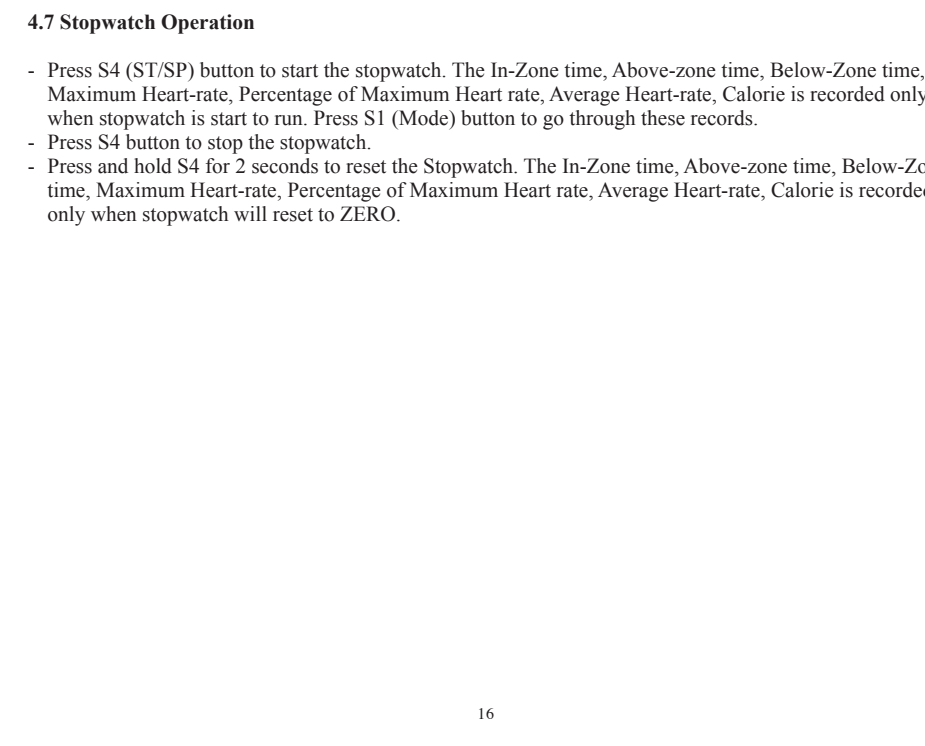
General information

- Please consult your doctor for your ideal and non-harmful training information (maximum pulse rate) if you have problems with your heart or have, in your lifetime, had a medical intervention on your heart.
- If you have just begun your training or are you planning on beginning regular training we strongly recommend that you set up a training plan with a doctor or fitness coach.

Heart rate monitoring with a chest belt
For persons with intensive physical activities (sports such as cycling, jogging etc.) and trainings where a focus is placed on the size of training zones, using a heart rate monitor is of great value. Following rules apply hereby:

- The wireless pulse rate transmission distance from the chest belt to the watch is up to 1 meter or approximately your arm's length.
- Monitoring requires a good contact of the measuring surface to your body. The belt must be well attached to the body (so that the transmitter containing the battery is in the middle of the body or rather over the heart in the upper part of the chest muscle and just below the base of the breastbone). Avoid areas with a lot of hair.
- Moisten the contact surfaces (left and right of the transmitter) with a conductive fluid (contact gel is ideal, sweat or saliva. Normally tap water is also suitable).
- In a dry and cold climate it may take a while for the transmitted values to become stable. This problem will resolve itself as soon as you begin to sweat from physical activity.

- Incorrect or missing transmission of data can be caused by the following:
 - The chest belt has insufficient contact with the body (skin is too dry or chest belt does not fit correctly)
 - Weak or empty batteries in the chest belt or in the watch
 - Your heart rate is under 30 beats per minute
 - Electric magnetic disturbances in the area (transformer station, electrical overhead lines, thermionic screens from PCs and TVs, electric motors, in the car etc.)
- Please note that the transmission distance of approximately 1 meter from a transmitter belt of a person in your immediate area can also be received on your watch. The overlapping of the signal from your belt and the foreign belt usually leads to very high measured rates. This is also possible with chest belts from other brands! A bit of extra distance between you and the other person or wearing the watch on the other wrist usually solves this problem.
- High amounts of chlorine in swimming pools and the salt content in sea water can, because of increased conductivity, affect monitoring.



S2 (-)

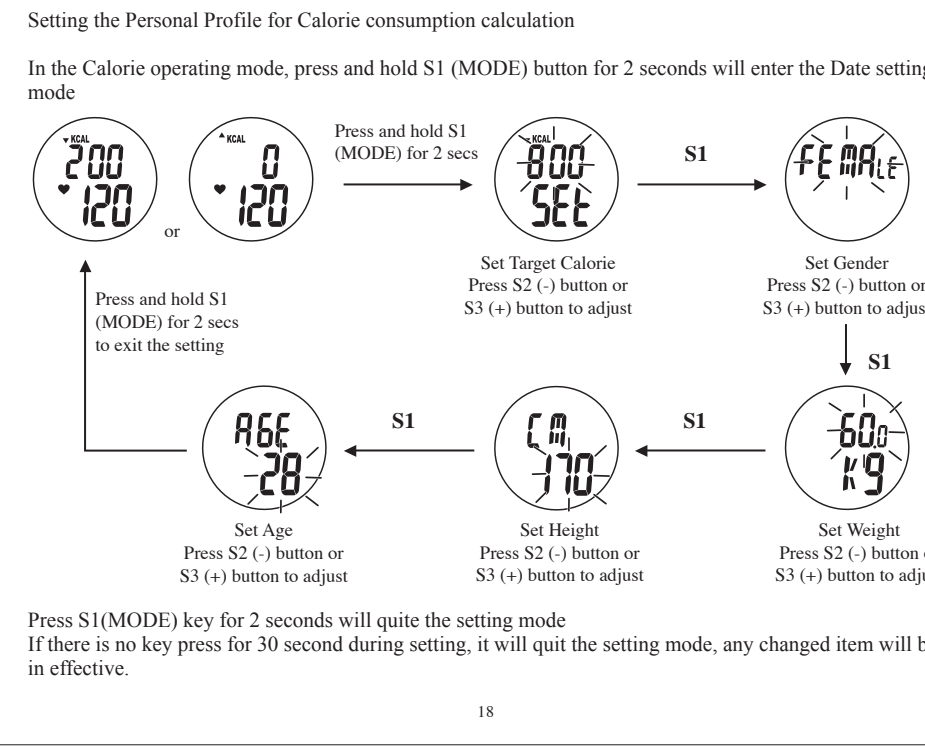
- "-" adjustments in setup mode

S3 (ALERT) (+)

- Activate the second alert when Heart-rate is exceed the defined maximum heart-rate value, or is below the defined minimum heart-rate value
- "+" adjustments in setup mode

S4 (ST/SP)

- START/STOP for the stopwatch
- Press and hold for 2 seconds to reset the stopwatch



5-Care instructions and battery changing

It is recommended, after each training and competition, to carefully clean the watch and the chest belt with warm water perhaps also with a bit of skin kind soap, rinse off and cleanse from sweat and skin particles. Then please rinse well and dry with a soft towel. At no time should aggressive cleaning solutions be used!

According to use it may sooner or later become necessary to change the batteries. You can change the batteries in the watch and in the belt yourself. In each case you must pay close attention that on the watch as well as on the belt the seals are replaced correctly. Putting in the new and watch/belt holders requires a bit of routine and patience, any damages caused to the instruments hereby do not fall under the warranty. In case of doubt we recommend having the batteries exchanged in a good specialist shop.

EKHO Brand American, LLC
EKHO
3500 Nicollet Ave S
Minneapolis, Minnesota 55408
612-923-3766
www.ekho.us