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INTRODUCTION

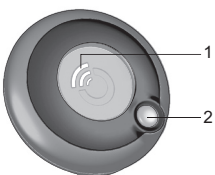
Thank you for selecting this Oregon Scientific™ Heart Rate Logger for your sports and exercise needs. This product allows you to record your heart rate information from your chest belt and download it to your PC.

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 The measurement functions built into the WM100 are not meant to substitute professional measurement or industrial precision devices. Values produced by this unit should be considered as reasonable representations only.

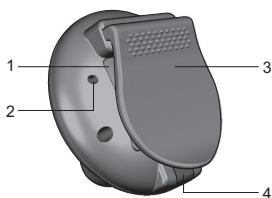
OVERVIEW

FRONT VIEW



1. LED indicator
2. BUTTON

BACK VIEW



1. Battery compartment
2. Reset hole
3. Belt clip
4. USB cable connection socket

GETTING STARTED

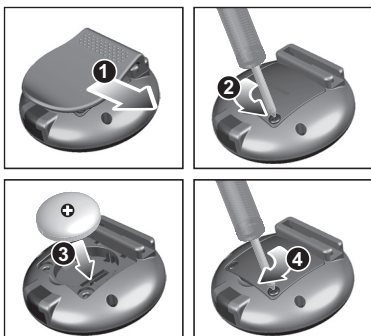
BATTERY

The unit is supplied with a CR2032 cell battery.

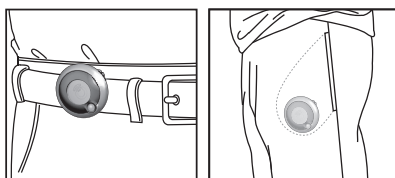
The LED indicator will flash red for two seconds before the unit turns off to indicate the battery is low.

To change the battery:

1. Slide the belt clip off the unit.
2. Use a screwdriver to remove the battery compartment cover.
3. Replace the battery, matching the polarity (+ / -) as shown.
4. Reattach the battery compartment cover.



RECORDING YOUR EXERCISE SESSION



1. Set up your chest belt.
2. Press **BUTTON** to power on the unit, and place it next to your chest belt to enable data reception.
3. Attach the unit to your belt or place it in your pocket. Start exercising.
4. To end data logging press and hold **BUTTON** for two seconds, until the LED flashes amber, then release.

NOTE • The unit has a range of 10cm (4 in) during signal search and 80 cm (31.5 in) once a signal has been received.
• Before using for the first time, please install the software and connect to your PC to upload time and date information.

CONNECTING TO CHEST BELT

This product is compatible with heart rate chest belts transmitting digital or analogue signals on 5.3KHz (such as the chest belts supplied with the following models: SE102 / SE200 / SE211 / SE212 / SE232 / SE233). Please check your chest belt user manual for more information or visit www2.oregonscientific.com

The unit will automatically search for a signal whenever you power ON the unit. The LED indicator will signal connection status.

LED SIGNAL	MEANING
GREEN flashes quickly	Searching for signal
GREEN for 3 seconds	Signal found
AMBER for 3 seconds	No signal found
GREEN flashes slowly	Device activated

NOTE If no signal is found after 10 seconds the unit will power OFF.

SIGNAL RECEPTION

If you change or reset your chest belt during an exercise session, it may be necessary to search for the signal again.

To force a signal search:

Press and hold **BUTTON** for 4 seconds and release when unit is ON.

WARNING Signal interference in the environment due to electromagnetic disturbances may cause unstable or inaccurate heart rate readings. These may occur near high voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven exercise equipment, cellular phones or when you walk through electric security gates.

LOGGING DATA

Every time the unit receives a signal it starts a new activity record and begins to store heart rate data. The LED indicator will flash green every 3 seconds to indicate data is being received.

As soon as the unit stops receiving data or is turned off the activity record is ended.

To end an activity record / turn unit OFF:

1. Press and hold **BUTTON** for 2 seconds. The LED will turn amber.
2. Release **BUTTON** to turn OFF.

NOTE The unit will automatically deactivate if no heart rate is detected for 5 minutes, during this time the LED will continue to flash green. The unit will also deactivate if the battery is low or if the memory is full.

MEMORY

The data logger can record up to 30 hours at a storage interval of 2 seconds. Up to 99 activity records can be stored.

LED SIGNAL	MEANING
RED flashes slowly during exercise	90% of memory full
RED steady for 2 seconds	Memory full, the unit will automatically turn OFF

Memory records can be deleted manually or by using the SmartSync PC software supplied with this product. To delete using your PC, please refer to the software Help file.

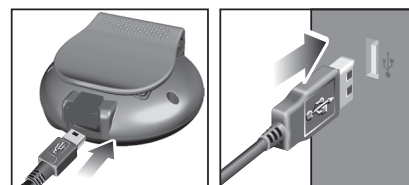
To manually delete all activity records:

1. Press and hold **BUTTON** for 4 seconds (when unit is OFF). The LED will flash amber.
2. Press again to clear memory.
3. The LED will turn green for 1 second to indicate records are deleted.

TIP To maximise the product lifetime we recommend waiting until the memory is nearly full before uploading the data to your PC.

CONNECTING TO YOUR PC

To connect to your PC insert the USB cable into your PC and attach to the Heart Rate Logger.



RESET

To reset use a thin blunt object to press **RESET**.

PRECAUTIONS

This product is engineered to give you years of satisfactory service if you handle it carefully. Here are a few precautions:

- Do not subject the unit to excessive force, shock, dust, temperature or humidity, which may result in malfunction, shorter electronic life span, damaged battery and distorted parts.
- Do not immerse the unit in water. If you spill liquid over it, dry it immediately with a soft, lint-free cloth.
- Do not clean the unit with abrasive or corrosive materials.
- Do not tamper with the unit's internal components. Doing so will invalidate the warranty on the unit and may cause unnecessary damage. The unit contains no user-serviceable parts.
- Only use fresh batteries as specified in the user's instructions. Do not mix new and old batteries.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.
- Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

SPECIFICATIONS

TYPE	DESCRIPTION
L x W x H	46 x 46 x 17 mm (1.8 x 1.8 x 0.7 in)
Reception range	10 cm (4 in) signal search 80 cm (31.5 in) signal found
Signal reception	5.3 kHz digital / analogue
Memory	30 hrs (at 2 sec intervals) 99 activity records
Power	1 x CR2032 cell battery.

ABOUT OREGON SCIENTIFIC

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products such as digital cameras; MP3 players; children's electronic learning products and games; projection clocks; health and fitness gear; weather stations; and digital and conference phones. The website also includes contact information for our Customer Care department in case you need to reach us, as well as frequently asked questions and customer downloads.

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: <http://www2.oregonscientific.com/service/default.asp>

OR

Call 1-800-853-8883.

For international inquiries, please visit: www2.oregonscientific.com/about/international.asp

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Universal Wireless Heart Rate Data Logger (WM100) is in compliance with EMC directive 89/336/CE. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.

