G.PULSE 12 FUNCTION HEART RATE MONITOR WITH NEW EXERCISE TECHNOLOGY

Read Me First

For accurate readings and best performance, please read the following suggestions.

- The skin types of people and their heart rate signals vary. You may need to take some time to become familiar with the Transmitter Strap to achieve stable signals. So please be patient, especially during the cold, dry winter months.
- Dry conductive rubber and skin contact will cause erroneous readings of "0" of heart rate display, so please moisten the conductive rubber area by using water, saliva, ECG gel or other conductive liquids for accurate and stable reading. DO NOT use Vaseline or oils which may insulate the Transmitter making it unable to detect the heart rate signals or any electromagnetic devices such as television, computer, cell phone, mechanical, watches…etc.
- **Heart rate display may drop to " 0"or jump to "250" when near high tension power lines and transformers, or any electromagnetic devices such as television, computer, cell phone, mechanical watches etc. Execute "MODE CLEAR" to clear all records and leave the area of interference to get your actual heart rate displayed again.**
- Dehydration and alcohol consumption can affect the detection and accuracy of the heart rate display. For accurate readings, do not use the Transmitter and wait until your body is back to normal levels.
- Body hair can affect the detection and transmission of heart rate. If necessary, trim and shave the hair to keep a smooth transmitter contact.
- Transmitter rubber contacts should be flat on your body when you adjust the chest strap.
  For certain individuals, the computer will work better if the transmitter is worn either more to the left side, a little higher, a little lower or possibly upside down.
- Always warm-up before exercise, use Heart Rate Monitor to keep within your target zone to exercise efficiently and safely, and cool down for a few minutes at a low intensity before stopping.
  Wear the transmitter against your bare skin to ensure best detection.
- However, if your skin type is allergic and wish to wear the transmitter over a thin shirt, moisten the shirt well under two conductive pads area for better detection.

CONDITION UNDER WATER

1. The heart rate monitors are water resistant up to 30 meters. The buttons on the watch unit must not be pressed when swimming or underwater to prevent water intake.
2. Due to the high conductivity of water heart rate measurement is not accurate and may cause erratic reading on the watch unit.
3. Swimming pools have a high concentration of chlorine and sea water also is very acidic and conductive. Signals are unable to transfer correctly in these environments.

WARNING

1. This heart rate monitor is designed to measure and display your heart rate during physical activity when in a good state of health. It is not a medical device, nor is it intended for medical diagnostic purposes.
2. Please consult a doctor for an advice on exercise frequency and duration appropriate for your age, highest and lowest heart rate limits etc. Please stop exercising if you feel uncomfortable, faint, or dizzy.
3. Do not put on the Heart Rate Transmitter if you are using any device to adjust or aid your heart rate (i.e. Pace Maker)
4. The transmitter does not work in water. Please do not immerse this device in water.
5. The heart rate monitors are water resistant up to 30 meters. The buttons on the watch unit must not be pressed when swimming or underwater to prevent water intake.

MAIN WATCH UNIT

Heart rate symbol

[A] Current heart rate display
[B] High Limit of Target Zone/Total time over High
    Target Zone
[C] Low Limit of Target Zone/Total time over Low Limit
    Target Zone
[D] Function Mode symbol
[E] Function Mode display:
    Clock display/ Stopwatch/ Exercise time countdown
[F] Weak battery symbol

 (Heart rate symbol)

CARE AND MAINTENANCE

1. KEEP YOUR HEART RATE MONITOR DRY. Avoid storing your heart rate monitor in a wet and damp environment which may produce condensation.
2. Avoid exposure to direct sunlight or extreme heart for a long period of time.
3. Watch battery:
   The battery life of the CR2032 battery is between one and a half to two years. Extended use of the alarm signals will lower the life of the battery.

12 FUNCTION AND OTHER FEATURES

1. Automatic Fat Burning Program according to age input.
2. Freely programmable Target Zone and exercise time
3. Three different steps audible alarms

    A: Every 30 seconds one "beep" when current heart rate is over Low Limit of Target Zone

    B: Every 30 seconds four "beep" when current heart rate is over High Limit of Target Zone

    C: Every 10 seconds four short "beep" when current heart rate is over your age's **Maximum Pulse Limit (MPL: refer to Target Heart Chart).**
4. Visual alarm
5. Current heart rate digits will flash when current heart rate is over your age's MPL
6. Preset exercise time countdown
7. Current heart rate display   35-250 Beats per minute
8. Total time over Low Limit of Target Zone   09:59 (Hour/Minute)
9. Total time over High Limit of Target Zone   09:59 (Hour/Minute)
10. Stopwatch 9: 59: 59 {Hour/Minute/Second)

    12/24 Hour clock
11. Target Zone re-settable and re-checkable
12. Unique transmission LED indicator

- Weak battery detection
- Auto Power Saving
- 3 V Lithium batteries (CR2032) included
- Batteries replaceable
- Water resistant

ACCESSORIES & ATTACHMENT

Heart Rate Transmitter
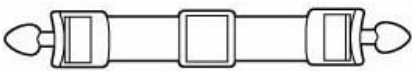
Elastic strap

Battery Cover of Transmitter

Battery Rubber Pad of Transmitter (O-ring)

CR2032 3V Lithium battery of Transmitter

"C "Tube

WATCH BATTERY REPLACEMENT

The watch includes one 3V CR2016 lithium battery. When display of weak batter for replacement is on, replace the battery with a new CR2016 battery or equivalent.

1. Use a screw driver to loose the screws at the back cover, separate the back over apart from the front case.
2. Remove the clear plastic cover carefully.
3. Use a small screw driver to unlock the metal spring and to tilt out the old battery.
4. Slide a new CR2016 battery back to the location.
5. Press the metal spring back to the lock position to secure the new battery.
6. Place the plastic cover back and assemble the back cover on the front case.
7. Tighten the screws and promptly dispose of the ode battery.

Note: 1. Do not loss any O-ring and metal spring.
   2. Removing the watch battery will erase all data recorded and reset the watch receiver.

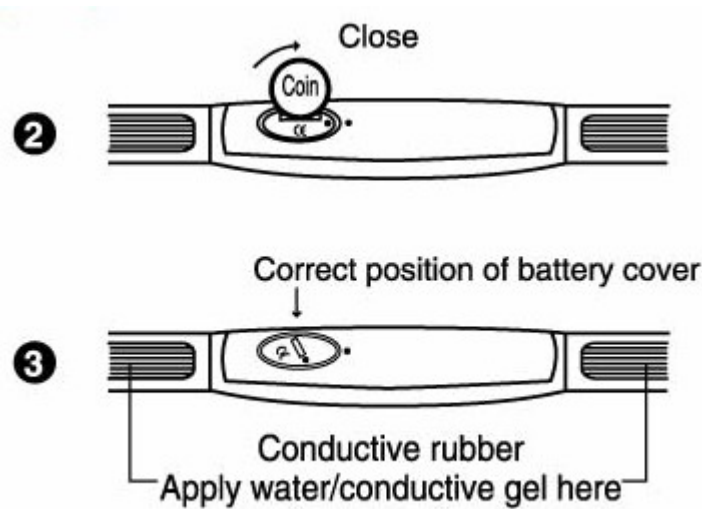## TRANSMITTER BATTERY INSTALLMENT

Insert a CR2032 3V Lithium battery, positioning it as illustrated below. Place the battery rubber pad (O-ring) and battery cover properly into the case then close the cover, tightening it with a coin or similar object.

The rubber pad (O-ring) ensures water proof protection of the battery compartment.
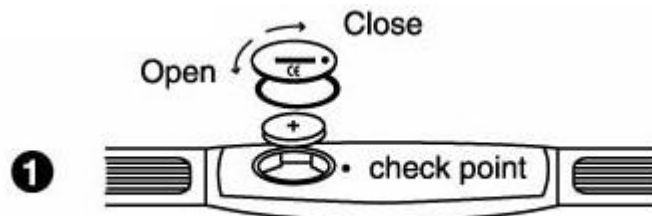
NOTICE

Apply water or conductive gel to moisture the conductive rubbers which both must be in proper contact with your chest skin to detect heart rate for best performance.

Keep the transmitter clean especially the two parts of conductive rubber.

Do not store the transmitter near high voltage power lines, televisions, cellular phones…etc. to avoid electromagnetic interference from shortening the life of the battery.
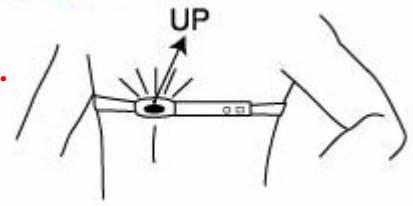
MOUNTING WATCH ON BIKE HANDLEBAR

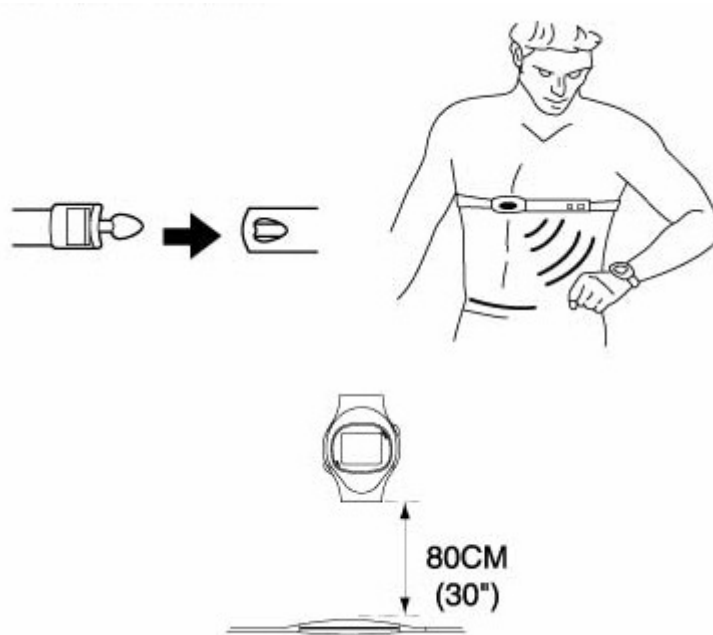Attach "C" Tube on handlebar, then mount the watch onto "C" Tube and tighten it securely.
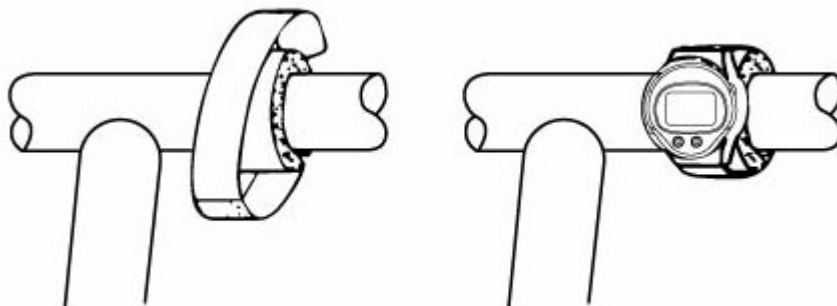
PUT ON HEART RATE TRANSMITTER

Please be sure that the LED flashing light indicator above logo.
This is the correct position for the most stable heart rate transmission.

Position the heart rate transmitter and adjust the elastic strap to fit your chest snugly as shown.

To check for proper operation, the ♥ symbol on the watch will flash upon receiving a pulse signal. The watch will then take a few seconds to display the initial current heart rate.

NOTE

1. If you get irregular pulses, please execute "RESET" to clear all records. Hole the S KEY and the M KEY down simultaneously for 8 seconds.
2. Keep a distance not over 80 CM (30") between the watch and Heart Rate Transmitter for good Wireless reception as illustrated.

UNIQUE TRANSMISSION LED INDICATOR

A red transmitter **LED** will flash indicating the transmitter is in operation. Adjust the transmitter position to keep the **LED** indicator flashing consistently for accurate readings.

NOTE: If the watch does not display heart rate readings when the Heart Rate symbol flashes for over two minutes, please check the watch battery installation and execute a "**RESET**" to the watch.

Training in your Target Heart Zone is important and it is recommended that you consult your personal doctor or physician. Recent research has indicated that optimal use of fat as energy occurs **when your heart beats per minute (BPM) is between 55% and 65% of your Maximum Pulse Limit (MPL).**
Refer to the chart below to find your Target Heart Zone for your age.
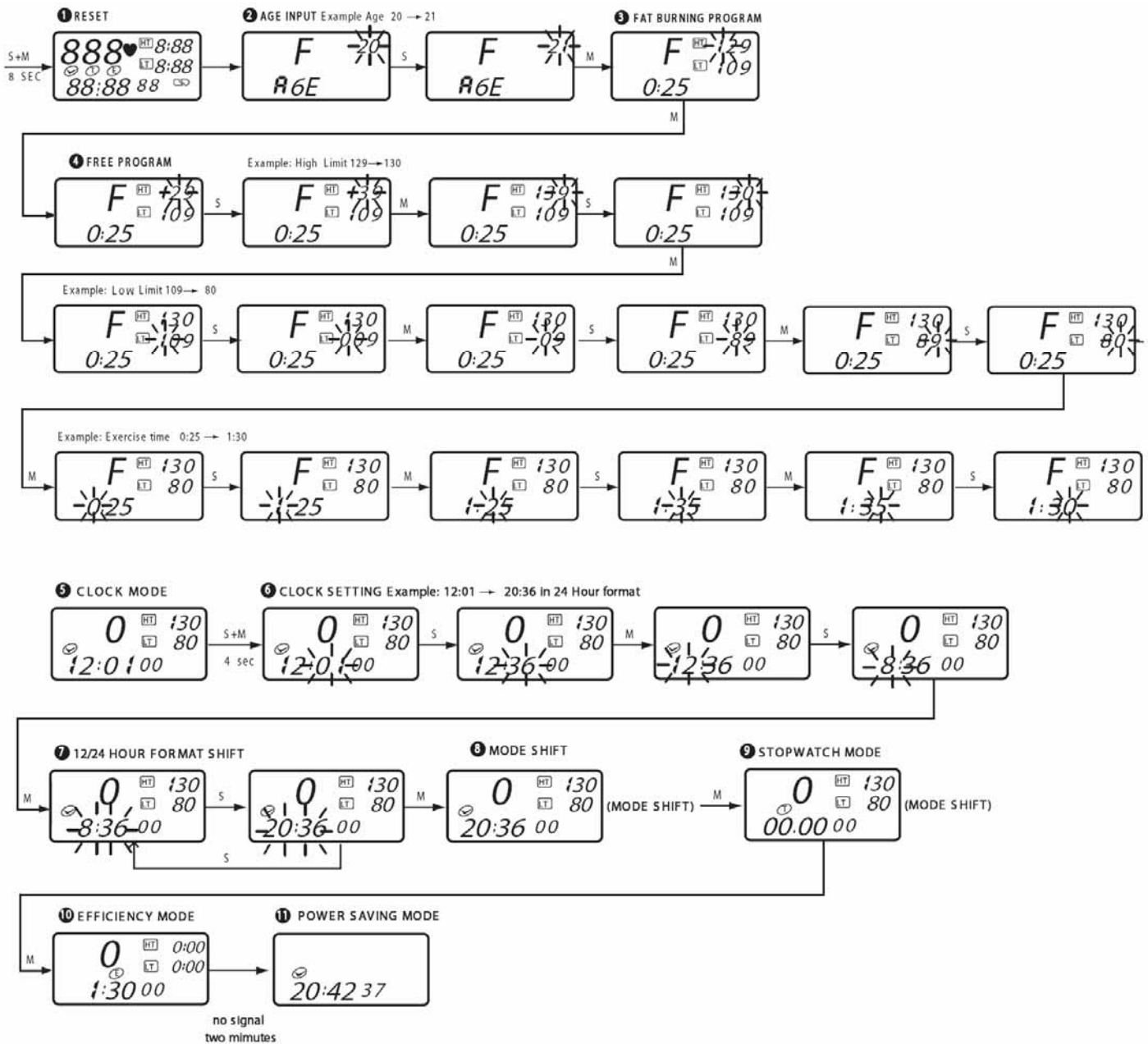
1. FAT BURNING ZONE

Your heart rate during exercise should be at 55% to 65% of your Maximum Pulse Limit (MPL) if you are in god health and either a beginner or intermediate exerciser (one who has done some prior aerobic activity)

2. CARDIOVASCULAR STRENGTH ZONE

Good aerobic condition/advanced exercisers can select a target heart zone at 65% to 85% of their Maximum Pulse Limit (MPL).

TARGET HEART CHART

AGE	20	25	30	35	40	45	50	55	60	(BPM)
MPL	200	19	19	18	18	17	17	16	16	
85%	170	16	16	15	15	14	14	14	13	
65%	130	12	12	12	11	11	11	10	10	
55%	110	10	10	10	99	96	94	91	88	

❶ RESET   **❷ AGE INPUT** Example Age 20 → 21   **❸ FAT BURNING PROGRAM**

❹ FREE PROGRAM   Example: High Limit 129→130

Example: Low Limit 109 → 80

Example: Exercise time 0:25 → 1:30

❺ CLOCK MODE   **❻ CLOCK SETTING** Example: 12:01 → 20:36 in 24 Hour format

❼ 12/24 HOUR FORMAT SHIFT   **❽ MODE SHIFT**   **❾ STOPWATCH MODE**

❿ EFFICIENCY MODE   **⓫ POWER SAVING MODE**

no signal
two minutes

1. RESET
Hold the S KEY and the M KEY down simultaneously for 8 seconds to clear all data, the whole display will be shown and then enter AGE INPUT.

2. AGE INPUT
The computer preset age is "20", press the S KEY one time to advance age to 21, press and hold the S KEY down and the numbers will increase rapidly-Ages range from **18 to 60**. Press the S KEY until you get the age that you want. Press the M KEY to confirm the age and enter **F MODE** to select the FAT BURNING PROGRAM or FREE PROGRAM.

3. AUTOMATIC FAT BURNING PROGRAM
According to your age input, the computer will automatically set High/Low limits of Fat Burning Zone (refer to Target Heart Chart) and exercise time of 25 minutes over Low Limit of Target Zone. Press the M KEY to across through all the digits of High/Low Limits and preset exercise time and then enter the **CLOCK MODE**.

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4. FREELY PROGRAMMABLE TARGET ZONE & EXERCISE TIME

If your age is out of the range of 18-60 or you want to set your own Target Zone and exercise time, you can freely set High/Low limits of Target Zone   and exercise time by changing the flashing digits.

Press the S KEY or hold the S KEY down (same method as Age Input) to increase numbers of 1st digit of high limit, press the M KEY to   confirm and then shift to 2nd digit. All the other digits of high/low limits and exercise time can be adjusted by the same method in order, and then enter the CLOCK MODE.

To remind you again, please consult your doctor for comments about exercise frequency and duration appropriate for your age, highest and lowest heart rate limits etc.

NOTE

1. Low/High Limits of Target Zone Range: 35-250 BPM
2. Low Limit must be not higher than High Limit
3. Exercise time range: 0-9:59:59 (H/M/S)

5. CLOCK MODE

[A] Current heart rate display
[B] High Limit of Target Zone
[C] Low Limit of Target Zone
[D] ⊘ **Clock Mode symbol**
[E] **Clock display**
[F] ◼◖ Weak battery symbol for replacement

6. CLOCK SETTING

Hold the S KEY first and press the M KEY down simultaneously for 4 seconds, the **"minute"** digits will then be flashing. To advance the minutes, press the S KEY until you get the minutes that you want. Press and hold the S KEY down and the numbers will increase rapidly. Press the M KEY and the **"hour"** digits will be flashing, press the S KEY until you get the hours that you want. Press the M KEY and now, hours and minutes will be flashing.

7. 12/24 HOUR FORMAT SHIFT

To shift clock display to 24 Hour format press the S KEY. Press the **S KEY again** and clock display to shift back to the original 12 Hour format. Press the M KEY to finish clock setting and enter **CLOCK MODE.**

CLOCK RESETING

Press the M KEY to shift to the ⊘ Clock Mode, hold the S KEY first and press the M KEY (holding both down) for 4 seconds. The **"Minute"** digits will then be flashing for resetting.

8. MODE SHIFT

Press the M KEY to enter next STOPWATCH MODE and the other modes.

MODE CLEAR

In every **[T] [E]** mode, hold the S KEY and press M KEY once, the records of **[T] [E]** modes will be simultaneously cleared to ZERO or will return to preset value.
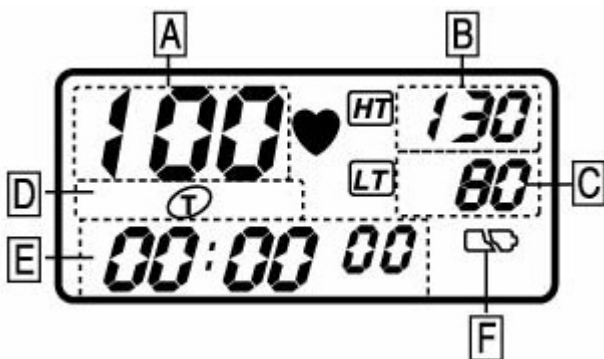
9. STOPWATCH MODE

Press the M KEY to shift to STOPWATCH MODE, the ⏱ symbol will not flash. Press the S KEY to activate Stopwatch and the ⏱ symbol will flash, press the S KEY again to stop Stopwatch and the ⏱ symbol will stop flashing. Press the S KEY for continuous time count.
Hold the S KEY and press the M KEY one time to clear record. Stopwatch range:
00:00:00(Minute/Second/Second %)   9:59:59 (Hour/Minute/Second)

NOTE

In [T] STOPWATCH MODE, the watch will not enter the POWER SAVING MODE once Stopwatch is activited. Stop STOPWATCH or shift to the other mode to enter Power Saving Mode.

[A] Current heart rate display
[B] High Limit of Target Zone
[C] Low Limit of Target Zone
[D] ⏱ **Stopwatch Mode symbol**
[E] **Stopwatch display**
[F] 🔋 Weak battery symbol for replacement

CHANGING AGE INPUT

Press the M KEY to shift to **[E]** Mode, press the S KEY only down over 8 seconds, the watch will return to **F Mode** for changing AGE INPUT.

CHANGING PROGRAMS

Press the M KEY to shift to**[T]** Mode, press the S KEY only down over 8 seconds, the watch will return to **F Mode** for changing training programs.

10. EFFICIENCY MODE

Press the M KEY to shift to **[E]** EFFICIENCY MODE, the ⒺＥ symbol will not flash. Press the S KEY to activate EFFICIENCY MODE and the ⒺＥ symbol will flash, then press the S KEY again to stop EFFICIENCY MODE. Hold the S KEY and press the M KEY once to clear all the **[T] [E]** modes records and reload preset exercise time.
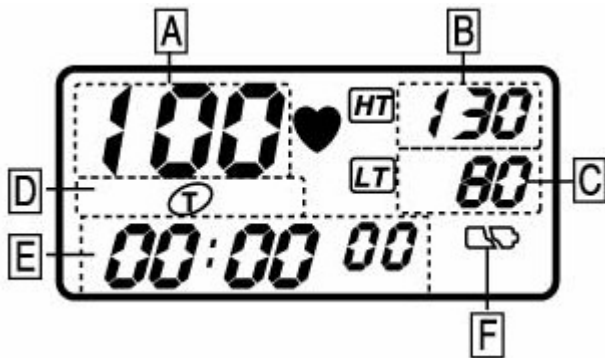
[A] Current heart rate display

[B] Total time over High Limit of Target Zone

[C] Total time over Low Limit of Target Zone

[D] ⒺＥ   EFFICIENCY MODE symbol

[E] Preset Exercise Time countdown

    =Preset Exercise Time-Total time over Low
    Limit of Target Zone

[F] ▬▬ Weak battery symbol for replacement

11. AUTO POWER SAVING

When the watch does not receive any signal or input for 2 minutes, the power will be automatically saved and the watch will display the CLOCK time/symbol only.

The AUTO POWER SAVING Mode is automatically released when the S KEY or the M KEY is pressed.

NOTE

The watch will not enter Auto Power Saving Mode if the AGE INPUT or CLOCK SETTING does finish setting or if STOPWATCH MODE is activated.

FREQUENTLY ASKED QUESTIONS

* Please check that the transmitter electrodes are clean of debris.
* Do not operate your heart rate monitor near highly electromagnetic fields, such as TV sets, cell phones, computers, other watch units or other electronic devices that may cause signal interference.
* Check the strap unit for a tight fit across the chest area. Loose fit may cause poor signal transfer and detection.
* Keep your transmitter and watch unit within the maximum distance range of 80cm(2 1/2 feet) for strong signal transfer.
* Avoid being near another heart rate transmitter within the maximum distance range of 80cm you're your watch unit. The second transmitter may cause inaccurate readings on your watch unit.
* If at any time you experience irregular readings and or feel uncomfortable, consult a doctor to determine your heart condition.
* If the unit does not start up or stops during operation please recheck the battery installation and if the battery needs replacement. (Note: Check the contact plate in the battery case is not beat or damaged.)
* Sometimes when irregular data appears,execute "RESET" and try again to get the signal.

GUARANTEE

The following is not covered in the warranty:

- Battery
- Misuse and abuse to the system
- Improper maintenance
- Cracked or broken casings
- Plastic, rubber or fabric strap damage

DISCLAIMER

The specifications and descriptions in this user manual are subject to change without notice.