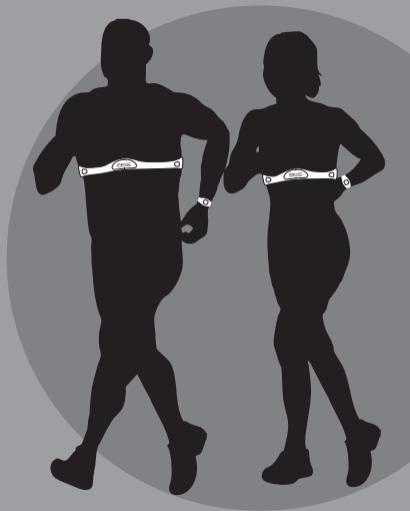


TZ3

Heart-Rate Monitor

User manual
ENGLISH

mOTUS



CONTENTS

FUNCTIONS	3
BUTTONS	4
TIME.....	5
HEART-RATE MONITOR	
Wearing the chest belt.....	6
User data and Target Zones.....	7
Session start.....	8
Session data.....	9
Target Zones chart.....	10
MEMORY	11
ALARM.....	12
STOPWATCH.....	13
BATTERY REPLACEMENT.....	14
TROUBLESHOOTING	15
CARE AND MAINTENANCE	15
TECHNICAL SPECIFICATIONS	16
WARRANTY	16

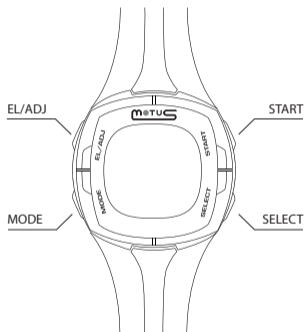
WARNING: before starting any physical activity we recommend consulting a doctor to plan the most appropriate training schedule.

FUNCTIONS

Thanks for choosing the high-performance heart-rate monitor Motus TZ3.

To get the most out of your device read this manual carefully and keep it on hand for later reference.

TIME Watch	Settings	Time	Year	Day/Month	12/24 hour format	
HRM Heart-rate monitor	Exercise time	Max. heart rate percentage	Burned calories	In Zone time	Highest heart rate	Time
	Settings	Age	Gender	Target Zone	Upper heart rate limit	
		Lower heart rate limit	Unit	Weight	Target Zone alarm	
DATA Memory	Total exercise time	In Zone time	Burned calories	Highest heart rate	Average heart rate	
ALARM Daily Alarm	On/Off					
STW Stopwatch	Split time					



MODE

- Browse functions
- Select next data in settings mode

EL/ADJ

- Activate display back light
- Enter settings mode
- Save session data

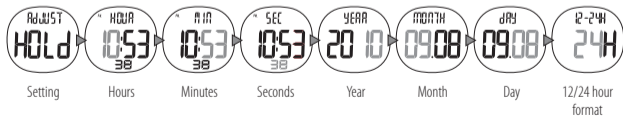
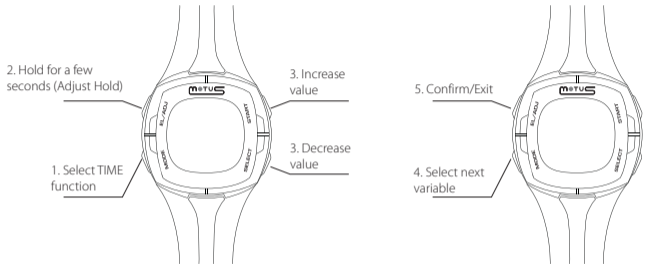
START

- Start/pause session
- Activate button tones
- Increase/decrease variable in settings mode


SELECT

- Browse session data
- Browse memory data
- Browse sub-menus
- Decrease/change variables in settings mode

Follow steps from 1 to 5 to set time, date and hour format.

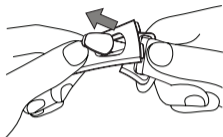


Press SELECT button to display Month/Date or Day/Date format.

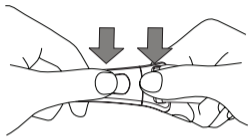
Press START to activate/deactivate button acoustic tones. When activated, the display shows  icon

HEART-RATE MONITOR Wearing the chest belt

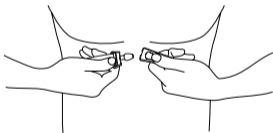
Follow steps from 1 to 4 to wear the chest belt.



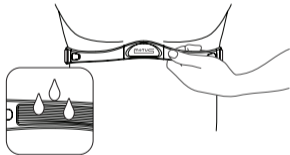
1. Insert the tab in the slot at the end of the belt.



2. Press the tab and secure it.



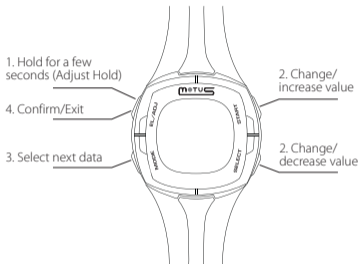
3. Wear the belt around the chest; connect the other end and position the belt under the chest. Ensure that electrodes are in contact with the skin and Motus logo is positioned outwards.



4. Lift the belt slightly and wet electrodes, in order to ensure an optimal pulse detection and transmission.

This device automatically calculates levels of three Target Zones according to user data (age, gender).

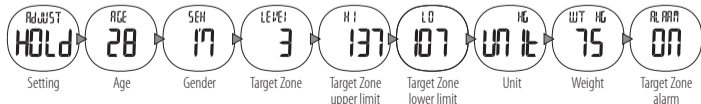
To set user data press Mode button and enter HRM function, following the steps below:

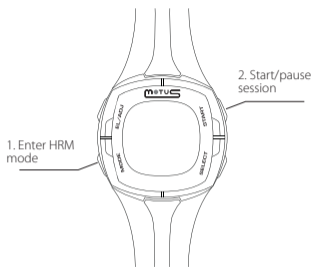


Target Zone limits manual adjustment (advanced users):

- From LEVEL sub-menu press SELECT or START to choose the Target Zone (1-2-3)
- Press MODE to confirm and change the upper limit (HI) with SELECT or START
- Press MODE to confirm and change the lower limit (LO) with SELECT or START
- Press MODE to confirm and set next user data or press EL/ADJ to exit

See page 10 for further information on Target Zones.





Three flashing lines on the display indicate that the heart-rate monitor is waiting to acquire the signal from the chest belt.

If no signal is detected, lines remain fixed.

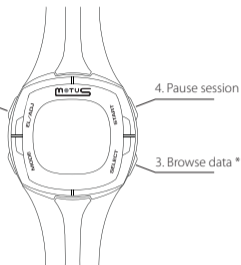
The default Target Zone is number 1. Before starting the session it is possible to choose a different zone.

- Enter HRM mode and press EL/ADJ button for a few seconds (Adjust Hold)
- Press MODE and reach LEVEL data
- Choose the desired Target Zone with START or SELECT (Level 1-2-3)
- Press EL/ADJ to confirm and return to HRM mode (step 1)

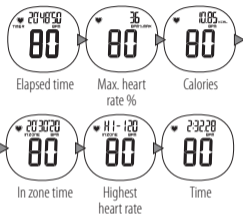
See page 6 to set Target Zones and page 10 for further details.

The upper line of the display shows current session data. Follow steps from 3 to 5 to view and store session data.

5. Press for a few seconds to store data (Save Data)



* Session data



"Out-Zone"

When the heart rate is below or above Target Zone the display shows an arrow pointing upwards or downwards. An acoustic signal is emitted repeatedly, if activated.



Maximum heart rate percentage

Three segments in the lower part of the display indicate the percentage of maximum heart rate used in real time.

- 1st segment: < 60%
- 2nd segment: 60%-85%
- 3rd segment: > 85%

HEART-RATE MONITOR Target Zones chart

In order to reach the best results in terms of physical fitness and athletic performance it is important to know your maximum heart rate as well as upper and lower limits for each Target Zone.

This heart-rate monitor automatically calculates maximum heart rate and Target Zone limits according to user data input (age, gender) as shown in the chart below.

Maximum heart rate
 Man = $220 - \text{age}$
 Woman = $226 - \text{age}$

Level 1 (55-70%)
 Physical fitness and weight loss

Level 2 (70-80%)
 Develop endurance and increase stamina

Level 3 (80-100%)
 Excellent physical condition and muscular strength increase

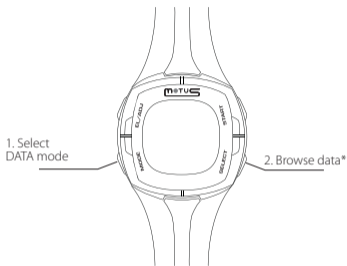
Age	Maximum heart rate		Level 1 (55-70%)				Level 2 (70-80%)				Level 3 (80-100%)			
	Man	Woman	Physical fitness and weight loss		Develop endurance and increase stamina		Excellent physical condition and muscular strength increase							
	Man	Woman	Man	Woman	Man	Woman	Man	Woman	Man	Woman	Man	Woman		
20	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

Heart rate is measured in beats per minute (BPM).

The chart is purely indicative and cannot be suitable for everyone.

MEMORY

Exercise data saved from the latest session can be recalled in DATA mode.



* Exercise data



ALARM

Press MODE button and enter ALARM function. Follow steps from 1 to 4 to adjust daily alarm.

1. Hold for a few seconds (Adjust Hold)

4. Confirm and exit

3. Select next digit

2. Increase value

2. Decrease value



Activation/Deactivation

Alarm is automatically activated after settings adjustment.

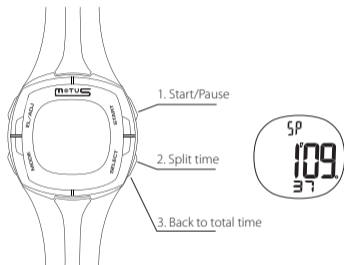
Press START button to activate/deactivate it manually.

When the alarm is activated the display shows the  icon.

The alarm will beep for 20 seconds; press one of the buttons to turn it off.

STOPWATCH

Press MODE button and enter STW mode. Follow steps from 1 to 3 to use stopwatch function.



Press START and then SELECT to reset the stopwatch.

BATTERY REPLACEMENT

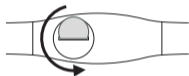
WATCH

Refer to your dealer or to a specialised retailer to avoid damaging the device.

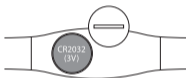
Battery type: CR2032 (3V)

CHEST BELT

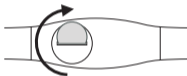
Battery type: CR2032 (3V)



1. Remove the battery hatch by rotating it anticlockwise with the help of a coin.



2. Insert a new battery with positive pole facing upwards.



3. Do not remove the rubber ring from its place. Reposition the battery hatch and screw it on by rotating clockwise.

- Use battery type as indicated on this manual and as supplied with the device.
- Do not dispose of batteries in regular household waste.
- Batteries have to be properly disposed of according to current local regulations.

TROUBLESHOOTING

The watch does not display the heart rate. Check if:

- the chest belt is positioned correctly
- the chest belt electrodes are wet and in contact with the skin

Heart rate detection is inconsistent or stops:

- replace chest belt battery
- electromagnetic fields can cause interference

Heart-rate monitor beeps continuously:

- if Target Zone alarm is activated, the acoustic signal indicates that heart rate is out of the Target Zone chosen (see page 7)

Display and/or functions are blocked:

this may happen due to static electricity or after battery replacement. Press and hold all 4 buttons simultaneously to reset the device to factory settings.

TECHNICAL SPECIFICATIONS

HEART-RATE MONITOR

Water Resistance: up to 30 meters

Operating temperatures: -5 to 50 Celsius degrees

Heart rate limits: 30 - 240 BPM

Materials

Crystal: acrylic

Case: acrylonitrile butadiene styrene (ABS)

Buttons: acrylonitrile butadiene styrene (ABS), polyurethane

Buckle: stainless steel

Bezel: acrylonitrile butadiene styrene (ABS)

Caseback: stainless steel

Strap: polyurethane

CHEST BELT

Water resistance: under normal use up to 10 meters.

Wipe dry after use

Operating temperatures: -5 to 50 Celsius degrees

Materials

Case: acrylonitrile butadiene styrene (ABS)

Strap: polyurethane

Band: elastic fabric

CARE AND MAINTENANCE

- Do not attempt to disassemble or repair the device.
- Protect from extreme heat or cold temperatures, shocks and long time exposure to direct sunlight. Store in a cool and dry place.
- Wipe clean with a lightly moistened cloth. Apply mild soap to the area in case of stubborn stains or marks. Do not expose your device to strong chemicals such as gasoline, clean solvents, acetone, alcohol, as they may damage the unit's seal, case and finish.
- Avoid direct contact with hairstyling products, insect repellents, colognes, sunscreen lotions and other toiletries which can deteriorate the plastic parts.
- In case, wipe the device off with a dry and soft cloth immediately.
- The operating environment of the device must be free from electromagnetic fields.
- Do not press buttons and keys in case of contact with water.
- The device and its components have to be properly disposed of according to current local regulations.
- Do not fasten the strap too tightly. You should be able to insert a finger between the strap and the wrist.

WARRANTY

- The warranty applies for 24 months from purchase date and is limited to material and processing faults only.
- The warranty applies only if the product and the accessories have been handled carefully and according to instruction.
- The warranty does not cover damage due to misuse or non-compliance with care and maintenance indications.
- Batteries are not covered by the warranty.
- In case of any warranty claim, please refer to your dealer or send the product, accessories and dated purchase bill to your country Distributor.
- Before sending the device, read the user manual carefully and check the battery charge.
- In case of valid warranty claim, the repaired device or a replacement device will be returned free of charge.
- For out-of-warranty assistance, refer to your dealer or send the device to your country Distributor.

MOTUS is a trademark of
DIGI Instruments srl, Italy
www.motusport.com

TZ3-2013.1-EN