

# Instruction Manual

Thank you for selecting the heart rate monitor as your sports fitness product of your choice. This precision device includes the following features:

- Heart rate monitor with cordless transmission between watch and chest belt.
- Time functions: Hour, Minute and Second.
- Selectable 12/24 hour format.
- Stopwatch function.
- Daily alarm when heart rate go beyond the user preset upper heart rate limit. (default 160 bpm)
- Power saving mode.
- Chest belt included.
- Watch up to 30 meters water resistant.
- Chest belt splash-proof.

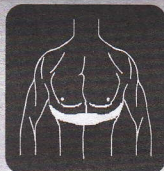
The use of heart rate monitor for sport purposes only and is not meant to replace any medical advice. This manual contains important safety and care information, and provides step-step instructions for using this product. Read the manual thoroughly, and keep it in a fore place in case you need to later refer to it.

### Key features



1. EL black light lamp.
2. LCD display
3. MODE: changes the operation mode.
4. ST/SP/+: Stopwatch or changes a value in setting mode.
5. RESET: Hold to enter the setting mode or go to the next setting item.

### CHEST BELT



**Special conductive material**

1. Wet the conductive pads on the underside of the chest belt with a few drops of water or a conductive gel to ensure solid contact.
2. Strap the heart rate chest belt across you chest. To ensure an accurate heart rate signal,, adjust the strap until the belt sits snugly be-low your pectoral muscles.

- The position of the chest belt affects its performance. Move the chest belt along the strap so that it falls above your heart. Avoid areas with dense chest hair.
- In dry, cold climates, it may take several minutes for the chest belt to function steadily. This is normal and should improve with several minutes of exercise.

### TRANSMISSION SIGNAL

The heart rate chest belt and watch have a maximum transmission range of about 100 centimeters. ♥ flashes when the watch is receiving a signal from the chest belt. In the event that you experience a weak signal (i.e., the watch rate monitor will only show "0") or your signal is disrupted by interference in the environment, follow the instructions below to identify and resolve the situation:

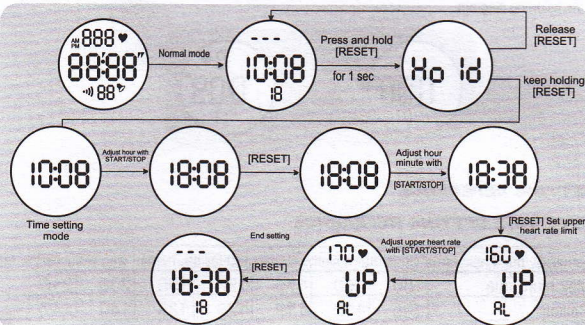
- Shorten the distance between the heart rate chest belt and watch..
- Re-adjust the position of the heart rate chest belt.
- Check the conductive pads are moist enough to ensure solid contact.
- Check the batteries. Low or exhausted batteries may adversely affect transmission range.

Signal interference may cause an incorrect or unstable heart reading to display. Signal interference in the environment can be due to electromagnetic disturbances. 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.

If the watch is kept idle without receiving a heart rate

Signal for 5 minutes the Heart Rate receiver will turn off.

## GETTING STARTED

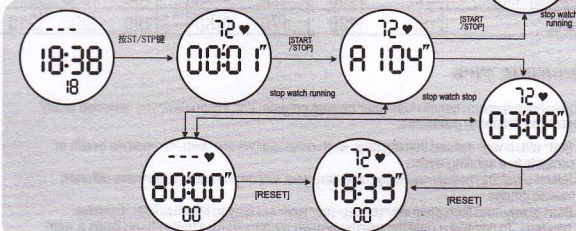


**NOTE:**

1. Default hour display format is 24 hour.
2. When setting hour digit, 12/24 hour display format will switch alternatively with every 24 hour cycle.
3. If no button is pressed for 1 minute in any setting mode, it will exit the setting mode
4. In any mode, press EL backlight is on when pressing the [EL] button.

### Set heart rate monitor

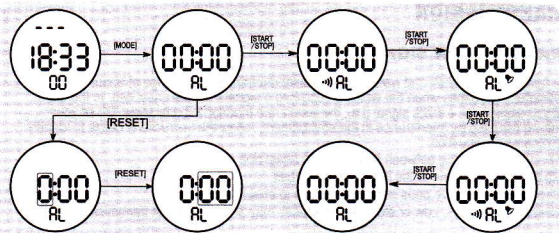
Maximum Heart Rate (MHR) =  $200 - \text{Age}$   
Exercise maximum heart rate : about 85% reach to MHR





Press [RESET] to display the clock if no key pressed for 5 sec, or press [RESET] again to return to stopwatch.

## SET ALARM TIME

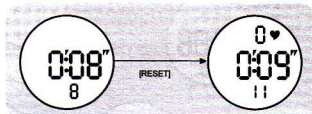


## NOTE:

- Alarm is set on automatically after the alarm time is set.
- When it reaches the alarm time, the alarm begin to sound and icon flashing for 30 seconds and they can be stopp by press any key.
- The 1/100 second will be displayed when the stopwatch time is less than 1:00:00.
- The maximum stopwatch time is 23:59:59 and beyond that, it stops counting and goes back to Normal Mode.
- In Heart Rate Monitor Mode, if no heart beat is detected for 5 minutes, it enters to the power saving mode automatically (and the Heart Rate icon disappears). Press the [MODE] button once to go back to the heart rate monitor Mode (the Heart Rate icon appears again). As indicated in the following diagram.

## Prompt:

In heart rate monitor mode. If no heart beat is detected for 5 minutes, it enters to the power saving mode automatically (and the heart rate icon disappear). press the [MODE] button once to go back to the heart rate monitor mode (and the heart rate icon appears again). As indicated in the following diagram



## SETTING REFERENCE

### HEAT RATE SETTING REFERENCE

Generally the fitness area (Suits the majority fitness and for the human who reduces the fat)							
Max heart rate	150	160	170	180	190	200	210
Ceiling	105	112	119	126	133	140	147
Fat hot region (Suits the majority for the human who reduces the fat)							
Max heart rate	150	160	170	180	190	200	210
Ceiling	98	104	110	117	124	130	137
Raise Athleticism (Suits the majority Rate of growth)							
muscle. Rate of growth STR)							
max heart rate	150	160	170	118o	190	200	210
Ceiling	120	128	136	144	152	160	168
Professional athlete (In order to raise athletics level, Suggested that the ordinary fitness do not use)							
Max heart rate	150	160	170	180	190	200	210
Ceiling	150	160	170	180	190	200	210

## TRAINING TIPS

To gain the maximum benefit from your training program and ensure that you exercise safely, observe the following guidelines:

- Start with a well-defined training goal, such as to lose weight, keep fit, improve health or compete in a sporting event.
- Select a training activity you enjoy, and vary your training activities to exercise different muscle groups.
- Start slowly, and then gradually step up your work out as you become fitter. Exercise regularly. To maintain a healthy cardio-vascular system, 20-30 minutes three times a week is recommended. exercising for warm-up and cool-down.

- The health maintenance zone has lowest training 10 intensity. It is good for beginners and those who want to strengthen their cardiovascular systems.
- The aerobic exercise zone increases strength and endurance. It works within the body's oxygen intake capability, burns more calories and can last longer.
- The anaerobic exercise zone generates speed and power. It works at or above the body's oxygen intake capability, builds more muscle and cannot be maintained for a long time.
- Measure your pulse after training. Then repeat the procedure again after three minutes. If it does not return to its normal resting rate, you may have trained too hard.
- Always check with your doctor before starting a vigorous training program.

## ELECTRICAL PARAMETERS

TYPE	DESCRIPTION
CLOCK	
Time format	12hr/24hr
Stopwatch	00:00:00-99:59:59(hrs:min:sec)
Alarm	Daily alarm, heart rate zone alert alarm
<b>STOPWATCH</b>	
Stopwatch	99:59:59(HH:MM:SS)
Resolution	1/100 see
<b>PERFORMANCE TRACKING</b>	
Heart rate (HR) alarm	Sound/visual
HR measuring range	30 to 240 bpm (beats per minute)
Upper HR ~table range	80-240 bpm (beats per minute)

## ELECTRICAL PARAMETERS

<b>TRANSMISSION</b>	
Range	62.5cm(25inches)-may decaes with low battery
<b>WATER RESISTANT</b>	
Watch	Not actuating keys to 30 meters(approx. 100 feet)
Chest belt	Splash-proof
<b>POWER</b>	
Watch	1xCR2032 3V lithium battery
Chest belt	1xCR2032 3V lithium battery
Operation temperature	5°C to 40°C
Storage temperature	-10°C To 70°C

## WARNINGS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product. The warnings given here provide important safety information and should be observed at all times.

- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Remove the batteries before storing the product for a long period of time.
- Do not use the chest belt in aircrafts or hospitals. The use of radio frequency products can cause malfunctions in the control devices of other equipment.
- Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.
- Clean the watch and chest belt thoroughly after each training session. Never store the products when wet.
- Use a soft, slightly moistened cloth to clean the product. Do not use abrasive or corrosive cleaning agents, as these may scratch the plastic parts and corrode the electronic circuit.

## AQUATIC AND OUTDOOR ACTIVITIES

The watch is water-resistant up to 30 meters. The chest belt is splash-proof and should not be worn for underwater activities. When using the watch for aquatic or outdoor sports activities, observe the following guidelines:

- Do not press the keys under water or with wet fingers. All settings should be set before entering water.
- Rinse with ware and mild soap after use.
- Do not use in hot water.

## TIPS FOR KEEPING YOUR WATCH FIT

Keep your watch water resistant! Avoid chemicals (gasoline, chlorine, perfumes, alcohol, hair sprays, etc.) Rinse after use. Reduce exposure to heat. Have your watch serviced by an approved service center annually.