



USER'S MANUAL

(HEART RATE MONITOR)



Heart Rate



EL Backlight



Stopwatch



Dual Time



Countdown Timer



Chime



5 Alarms



100 Years Calendar



Pacer



50M Water Resistant



Battery(CR2032)

BUTTONS

- The operation of buttons are indicated by using the letters shown in the illustration.



A -- Reset/Stop

B -- Mode

C -- EL backlight

D -- Start / Split

E -- Heart Rate Sensor

F -- Heart Rate Sensor

MODE SELECTION

- Press "B" to change the mode in the following sequence:
Timekeeping Mode - Stopwatch Mode - Heart Rate Mode -
Record Mode - Information Mode - Countdown Timer Mode -
Alarm Mode - Dual Time Mode - Pacer Mode.

a TIMEKEEPING

- 12/24H Format;
- Hour, Minutes, Seconds, Month, Date, Day of week;
- 100 years Calendar(2000 ~ 2099).



b STOPWATCH

- 1/100 second unit;
- 8 Laps, Splits;
- Measuring range:
0'00"00 ~ 23:59'59".



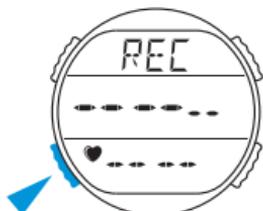
c HEART RATE

- Heart rate range:
30~240bpm.



d RECORD

- 20 Records.



e INFORMATION

- Sex, Age can be set.



f COUNTDOWN

- Countdown timer range:
23:59'59" ~ 0'00"00.



g ALARM

- 5 alarms;
- Chime.



h DUAL TIME

- The time for 2nd time zone.



i PACER

- 18 tempo.



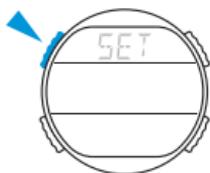
Calendar

- In the timekeeping mode, press and hold "D" to display: Year, Month, Date.



Time Setting

1. In the timekeeping mode, press and hold "A" until the seconds to flash (flashing indicated in set mode);



2. Press "C" or "D" to reset the seconds;



3. Press "B" change to the next selection;



4. Press "D" to increase the number, Press "C" to decrease the number, press and hold to adjust at high speed;



5. Repeat step 3 and 4, the selection in the following sequence:
Seconds - Hour - Minutes - 12/24H Format - Year - Month - Date - M-D/D-M Format - DST (Daylight Save Time);

6. Press "A" to exit the set state, after you set (The day of week is automatically displayed in accordance with year, month and date setting).



b STOPWATCH

A Lap Time

1. In the stopwatch mode, press "D" to start the stopwatch;



2. Press "A" to stop the stopwatch;



3. To reset the stopwatch by pressing "A" again.



Split Time

1. In the stopwatch mode, press "D" to start the stopwatch;



2. To display the split time by pressing "D" again (Auto running after 2 seconds);



3. Repeat step 2, you can measure the multi split time;



4. Press "A" to stop the stopwatch.



RECALL DATA

Lap

1. In the stopwatch mode, press "B" to recall the LAP time when the stopwatch have multi split time;



2. Press "D" to forward browse the data;



3. Press "C" to backward browse the data;



4. Press "A" to recall the split time;



5. Press "D" to forward browse the data;



6. Press "C" to backward browse the data;

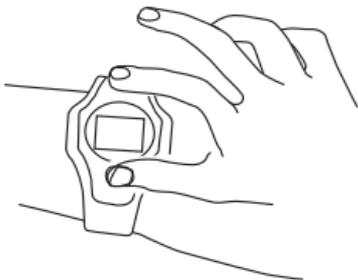


7. Press "A" to return to stopwatch mode.



Use Heart Rate

1. Strap the watch snugly around your wrist, and switch to heart rate mode;
2. Touch on the "E" & "F" for 5~15 seconds until your heart rate appears (such as figure right);



3. A beep sound, the heart rate is display (% of Max HR after set the INF of the sex & age).



Heart rate mode

Finger on the "E" & "F" after 2s



(" ♥ " flashing)

5~15s



Detect correct (no set INF)



Detect correct (After set the INF of the sex & age)

- The time of detect less than 60 seconds one time.
- After 15 seconds it will return to heart rate mode, if detect error.

d RECORD

Select Record

- In the record mode, press "A" to select the total record, record1~record20.



Browse Record

- In the total record state, press "D" to browse the selection in the following sequence:
HR(avg) - HR(max) - HR(min).



- In the total record state, press "C" to browse the selection in the following sequence:
HR(avg) - HR(min) - HR(max).



- In the record1~record20 state, press "D" to browse the selection in the following sequence:
Time&date - HR(avg) - HR(max) - HR(min).



- In the record1~record20 state, press "C" to browse the selection in the following sequence:
Time&date - HR(min) - HR(max) - HR(avg).



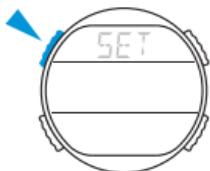
Delete Record



- In the total record state, press and hold "A" 2s("del" flashing), delete the all record.
- In the record1~record20 state, press and hold "A" 2s("del" flashing), delete the current record.

Information Setting

1. In the information mode, press and hold "A" until the male or female to flash (flashing indicated in set mode);



2. Press "C" or "D" to switch the sex between male and female;



3. Press "B" to select the age;



4. Press "D" to increase the number, press "C" to decrease the number, press and hold to adjust at high speed;



5. Press "A" to exit the set state, after you set.

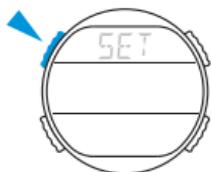


f COUNTDOWN

- When the countdown timer reaches zero, the alarm sounds for about 60 seconds and press any button to break it.

Countdown Timer Setting

- In the countdown mode, press and hold "A" until the hour to flash (flashing indicated in set mode);



- Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;



- Press "B" to select the next selection;



- Press "D" to increase the number, press "C" to decrease the number, press and hold to adjust at high speed;



- Repeat step 3 and 4, the selection in the following sequence:
Hour - Minutes - Seconds;
- Press "A" to exit the set state, after you set.



Use Countdown Timer

- Press "D" to start the countdown timer;



- To pause by pressing "D" again.

- The alarm sounds about 60 seconds at the preset time each day, press any button to break it.

Chime And Alarm

- In the alarm mode, press "A" to select chime, alarm1~alarm5;

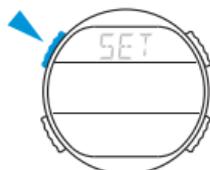


- In the chime state, press "D" to on/off the chime "☞"; In the alarm1~alarm5 state, press "D" to on/off the alarm "☞".



Alarm1 Time Setting

1. In the alarm1 state, press and hold "A" until the hour to flash, the indicator "☞" appear (flashing indicated in set mode);



2. Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;



3. Press "B" to select the minutes;



4. Press "D" to increase the minutes, Press "C" to decrease the minutes, press and hold to adjust at high speed;



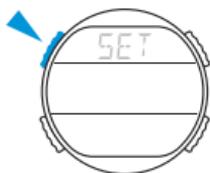
5. Press "A" to exit the set state, after you set.

- The way to set alarm1 ~ alarm5 is the same.

h DUAL TIME

Dual Time Setting

1. In the dual time mode, press and hold "A" until the hour to flash (flashing indicated in set mode);



2. Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;



3. Press "B" to select the minutes;



4. Press "C" or "D" to change the minutes (press once change 30 minutes);

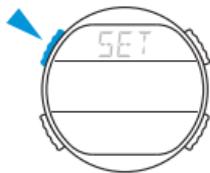


5. Press "A" to exit the set state, after you set.



Pacer Setting

1. In the pacer mode, press and hold "A" until the tempo number to flash (flashing indicated in set mode);



2. Press "C" or "D" select the tempo in the following sequence:
 10 - 20 - 30 - 40 - 50 - 60 -
 70 - 80 - 90 - 100 - 120 -
 140 - 160 - 180 - 200 - 240 -
 280 - 320;



3. Press "A" to exit the set state, after you set.



Use The Pacer

1. Press "D" to start;



2. To stop it by pressing "D" again.



BACKLIGHT

- The backlight that uses an EL (electro-luminescent) cause the display to glow for easy reading in the dark.

Use EL Backlight

- In the timekeeping mode, press "C" to illuminate the display about 3 seconds.



LOW POWER

- If the battery voltage level is insufficient, the icon "⎓" will be on unless it is replaced by a new battery.



WARNING

- Exercise may include some risk, especially for those who have been sedentary.

Minimising Possible Risks In Exercising

Before starting a regular exercise program you are recommended to answer to the following questions for health status checking. If the answer is **YES** to any of the questions, we recommend to consult a doctor before starting an exercise.

- Have you not exercised for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

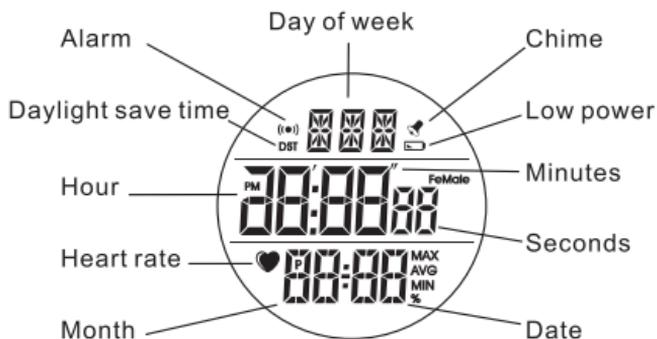
Note that in addition to exercise intensity, medications for heart, blood pressure, psyche, asthma, breathing etc. as well as some energy drinks, alcohol and nicotine, can affect heart rate.

It is important to be sensitive to your body's reactions during exercise. If you feel unexpected pain or excessive fatigue when exercising, it is recommended to stop the exercise or continue at a lighter intensity.

Notice to persons with pacemakers, defibrillator or other implanted electronic device. Persons who have a pacemaker use the heart rate monitor at their own risk. Before starting use, we always recommend an exercise test under doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the heart rate monitor.

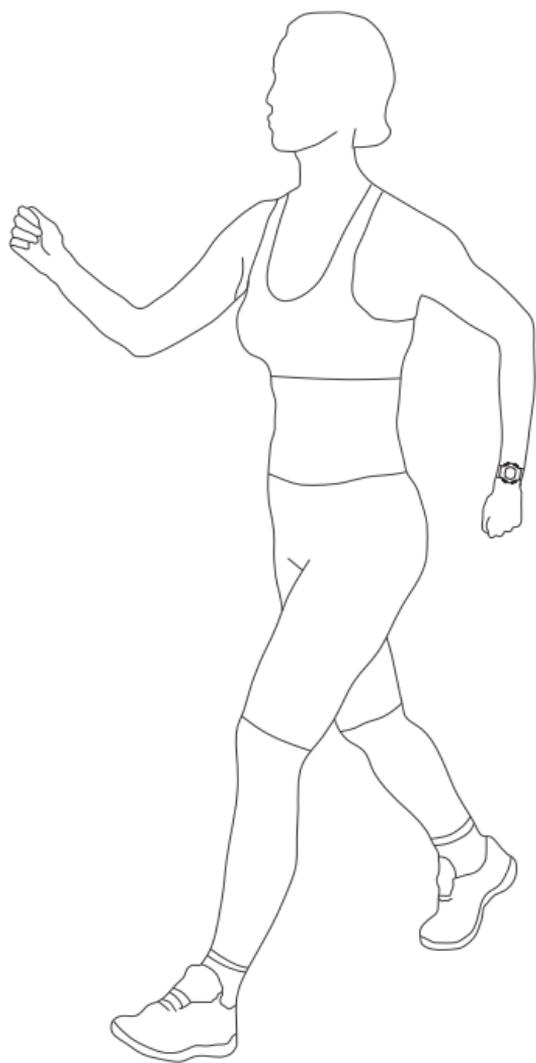
DISPLAY

- The screen shown in below:



ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to temperature extremes.
6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
7. Avoid to wear the watch in electromagnetic, static conditions.



CE

Made in China

12595-YP(MD12278)-E