

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's 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 or "0" of heart rate display, so please moisten the chest strap for accurate readings.
Use water, saliva, ECG gel or other conductive liquids to moisten the conductive rubber skin contact. But do not use Vaseline or oils which may insulate the Transmitter making it unable to detect the heart rate signals.
- Heart rate display may drop to "0" or jump to "250" when new high tension power lines and transformers.
Execute "RESET" to clear all records and leave the area of interference, then your actual heart rate will be 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.
- Do not bend or stretch the transmitter and keep it out of extreme cold and heat.
- Clean and dry the transmitter carefully after use, do not store it wet.

WARNING

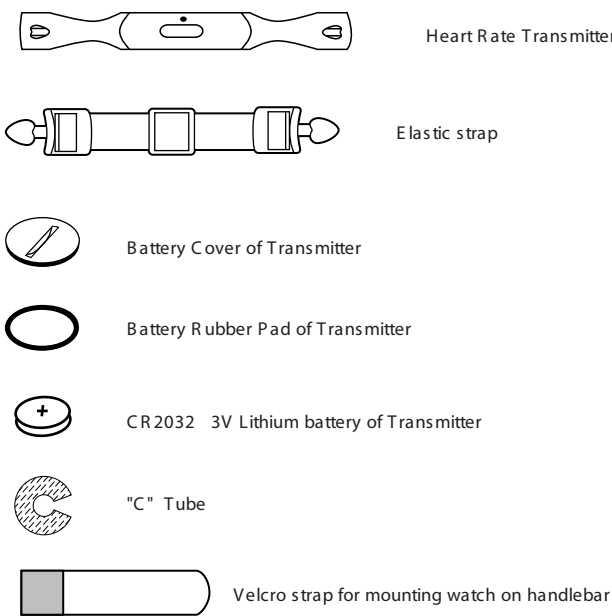
1. This heart rate monitor is designed to measure and display your heart rate during physical activity when in a good state of health. It is not a medical device, nor is it intended for medical diagnostic purposes.
2. Please consult a doctor for advice on exercise frequency and duration appropriate for 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 transmission does not work well during swimming movements. Please do not immerse this watch in water.

MAIN WATCH UN

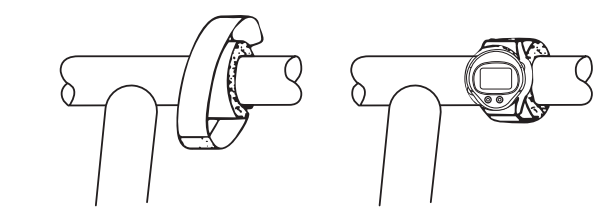
- ♥ Heart rate symbol
- A Current heart rate display
- B High Limit of Target Zone/Total time over High Limit of Target Zone
- C Low Limit of Target Zone/Total time over Low Limit of Target Zone
- D Function Mode symbol
- E Function Mode display
- F Clock display/STOPWATCH exercise time countdown
- G Weak battery symbol

12 FUNCTION AND OTHER FEATUR

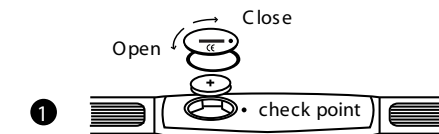
1. Automatic Fat Burning Program according to age input.
2. Freely programmable Target Zone and exercise time
3. Three different steps audible alarms
 - A: Every 30 seconds one "beep" when current heart rate is over Low Limit of Target Zone
 - B: Every 30 seconds four "beep" when current heart rate is 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
 - Current heart rate digits will flash when current heart rate is over your age's MPL.
5. Preset exercise time countdown
6. Current heart rate display 35-250 Beats per minute
7. Total time over Low Limit of Target Zone 09:59 (Hour/Minute)
8. Total time over High Limit of Target Zone 09:59 (Hour/Minute)
9. Stopwatch 9:59:59 (Hour/Minute/Second)
10. 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 & CR2016)
 - Batteries replaceable
 - Water resistant

ACCESSORIES & ATTACHMEN**MOUNTING WATCH ON BIKE HANDLEB**

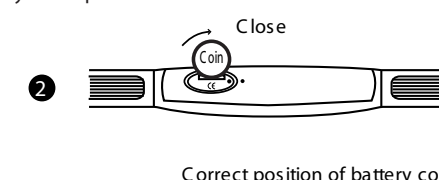
Attach "C" Tube on handlebar and put Velcro strap over "C" tube, then mount the watch onto Velcro strap and tighten it securely.

**TRANSMITTER BATTERY INSTALLMEN**

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 opener.

**IMPORTANT**

Make sure to close the battery cover very tightly as below illustrated to prevent sweat and moisture from spoiling the battery composition.

**NOTICE**

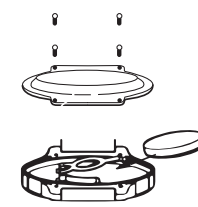
Apply water or conductive gel to moisture the conductive rubber, which both must be in proper contact with your chest skin to detect heart rate for best performance.

WATCH BATTERY REPLACEMENT

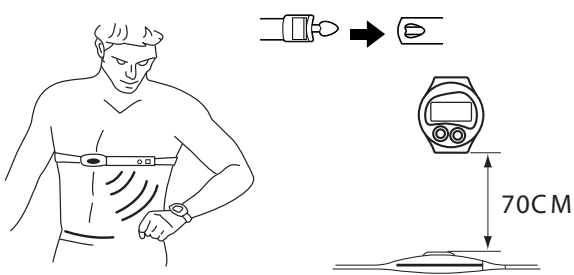
The watch includes one 3V CR2016 lithium battery. When the battery needs to be replaced, use a screw driver to open the cover and replace the battery. Then use the screw driver again to lock the cover.

NOTE 1. Removing the watch battery will erase all data recorded and reset.

2. When you throw away batteries, proper disposal is required to avoid environmental pollution.

**PUT ON HEART RATE TRANSMITT**

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



For checking operation, the symbol on watch will flash upon receiving a pulse signal. Then the watch take a few seconds to display the initial current heart rate after the symbol starts flashing.
NOTE: 1. If you get irregular pulses, please execute "RESET" to clear all records. (Hold the S KEY and press the M KEY) simultaneously 8 seconds).
2. Keep a distance not over 70 cm between the watch and Heart Rate Transmitter as illustrated.

TRANSMISSION LED INDICATO

For checking operation of transmitter, the red LED indicator will flash indicating the transmitter is in operation. Adjust the Transmitter position to keep the LED indicator flashing consistently for accurate readings.

