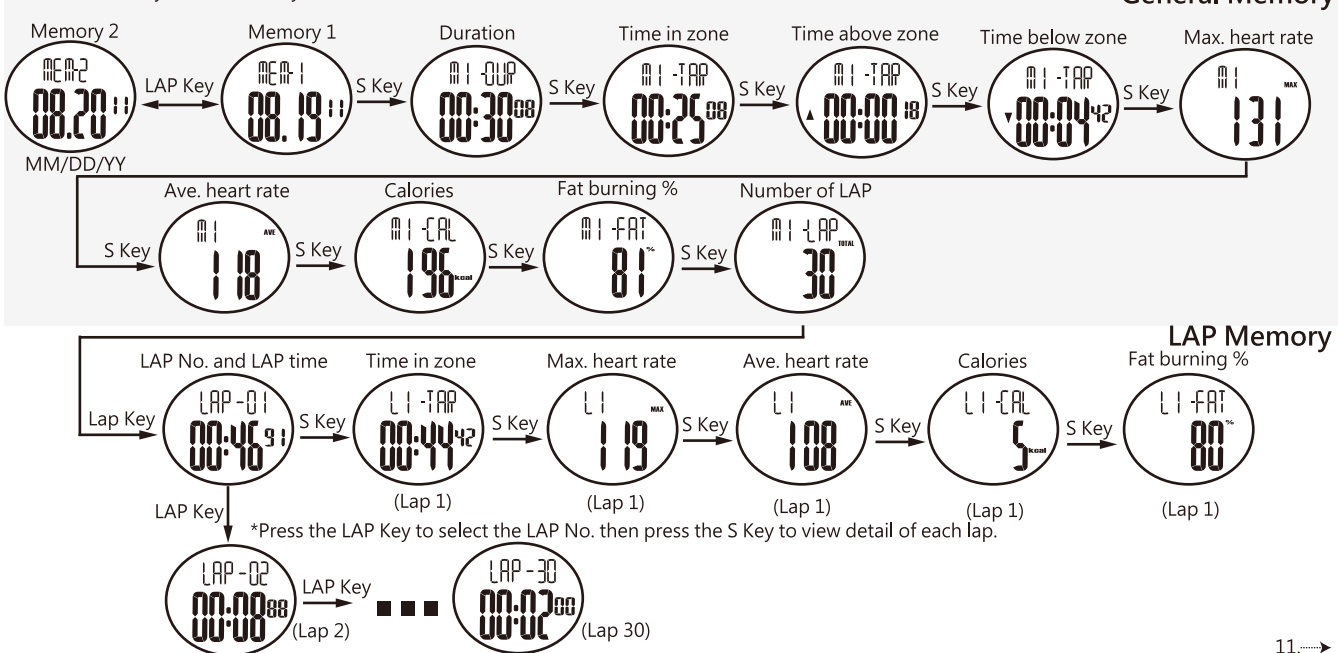


30 LAP MEMORY HEART RATE MONITOR (Please read these operating instructions before starting, even if you are experienced users)

MEMORY MODE

*Press the M Key to exit Memory Mode



11.→

(1) General Memory

Press the M KEY to shift to Memory Mode. Press the LAP KEY to select the MEM-2 or MEM-1 then press the S KEY to enter the selected data. It saves 2 sets of exercise data of your personal training record. Press the S KEY to shift the detail records.

(2) Lap Memory

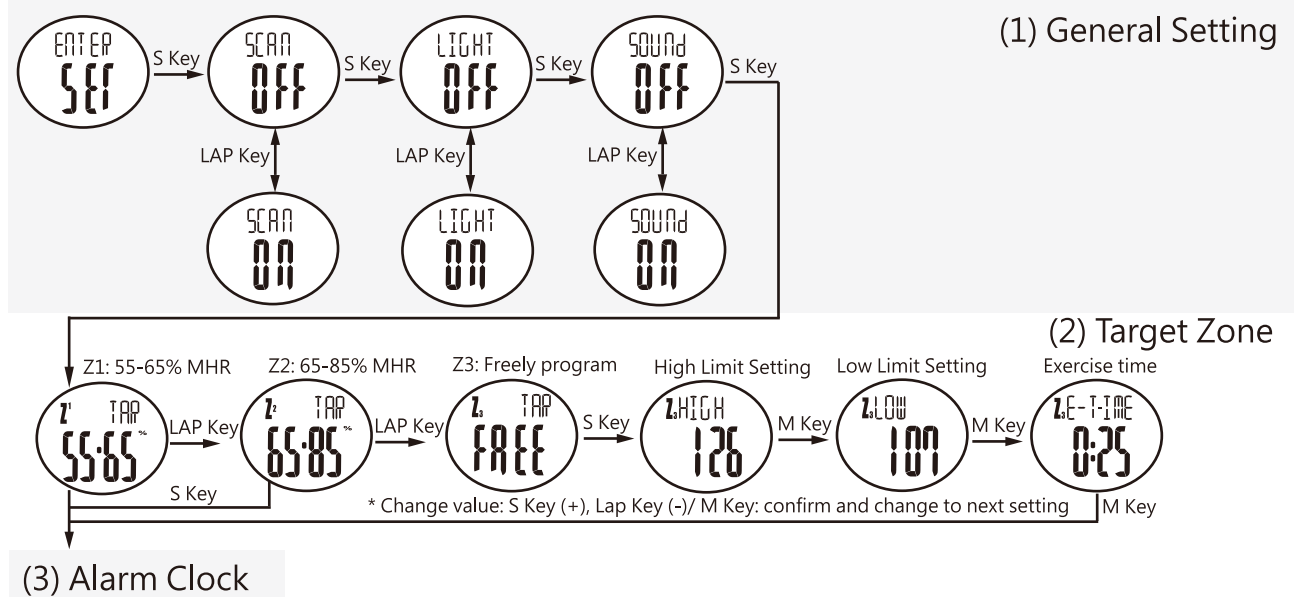
Press the LAP KEY in Number of LAP page to view the LAP Info, Press the LAP KEY to shift to different LAP no.. Press the S KEY to view the details of each LAP.

In Memory Mode, press M KEY to go back to previous page.

12.→

SETTING MODE

Press the M KEY to shift to Setting Mode. Press the S KEY to enter the Setting Mode.



Please refer to page 15 for Alarm Clock Setting.

13.→

(1) General Setting

SCAN – LIGHT – SOUND setting

Press LAP KEY to turn ON/OFF the functions. Press S KEY to confirm and enter the Target zone setting.

NOTE

Turn off the LIGHT and SOUND function will turn off the Heart Rate Alarm/Indicator by LED or Buzzer as well.

(2) Target Zone Setting

Press LAP KEY to change the target zone from Z1 – Z2 – Z3, press S KEY to confirm and enter the next setting.

Z1 (Zone 1): 55-65% of MHR, exercise countdown timer 25 minutes

Z2 (Zone 2): 65-85% of MHR, exercise countdown timer 40 minutes

Z3 (Zone 3): Freely program the high/low limit and exercise countdown timer of target zone.

In Z3 setting, press the S KEY to increase and LAP KEY to decrease the value. Press M KEY to confirm the value and enter to Alarm setting.

For more information about the Target Zone, please refer the description in Page 17 “Finding your target heart zone”.

NOTE

1. Low/High Limit of Target Zone range: 35-250 BPM

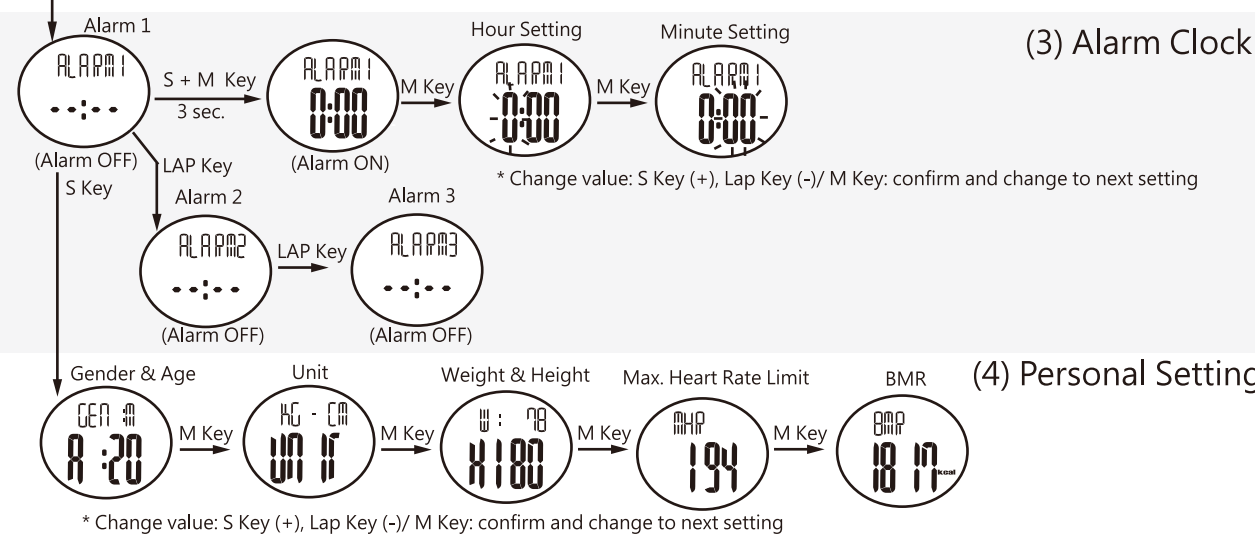
2. Low Limit must not be higher than High Limit

3. Exercise time range: 0-9:59:59 (H/M/S)

14.←

(2) Target Zone

Please refer to page 13 for Target Zone Setting



(3) Alarm Clock Setting

In the Alarm Clock Setting, press the LAP KEY to select the Alarm 1 to Alarm 3.

Hold the S KEY and the M KEY down simultaneously for 3 seconds to enter the Alarm setting.

Turn ON/OFF the alarm clock:

Press S KEY or LAP KEY to turn ON/OFF the alarm clock. When the alarm is OFF, it shows ---. The default alarm time is 12:00AM or 0:00.

Change the alarm time:

Press the M KEY when the alarm time is flashing. Then the “HOUR” digits will flash. Using S KEY and LAP KEY to adjust the time. Press the M KEY to confirm the alarm setting and enter to Personal data setting.

(4) Personal data setting

For Personal data setting, the KEY description as follow:

15.→

S KEY: increase

LAP KEY: decrease

Press and hold the S KEY or LAP KEY down and the numbers will change ten-digit. Press the M KEY to confirm and move the next setting.

Age Setting: Input your weight when the number for “A:” is flashing. Input range: 7~80.

Gender Setting: For male please select “M”. For female please select “F”.

Unit Setting: For metric please select “KG-CM”. For imperial please select “LB-IN”.

Weight Setting: Input your weight when the number for “W:” is flashing. Input range: 30~160KG or 65~350LB.

Height Setting: Input your height when the number for “H” is flashing. When select imperial, the unit of height is “feet.inch”. For example, please input “5.11” when your height is 5 feet 11 inch. Input range: 100~200cm, 3.4~6.8 ft.in.

Adjustable Maximum Heart Rate Limit (MHR)

The default value of Maximum Heart Rate Limit is from MHR = 208-(AGE*0.7). You can change the MHR according to your physical status. It is recommended that you consult your personal doctor or physician for programming your exercise plan.

BMR (Basal Metabolic Rate)

BMR is the minimum calorie requirement needed in a resting status for one day. This static helps for planing a diet program.

(5) 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 the AGE and GENDER setting.

16.→

FEATURES

AUTO SCAN

In the Heart Rate mode - Advanced Display, the AUTO SCAN function provides a hand free navigation. It will automatically switch to next functions without press any key. To activate this function, please check the Setting Mode.

TARGET ZONE INDICATOR AND HEART RATE ALARM

(1) Chart for 3 kinds of indicators

| Zone Indicator/Heart Rate Alarm | 3 color LED | BUZZER | Display▲▼ |
|---------------------------------|------------------------|---------------|-----------|
| Over MHR | RED: 1 flash/ per sec | 4 beep/10 sec | ▲ |
| Over target zone | RED: 1 flash/ 4 sec | 4 beep/30 sec | ▲ |
| In zone | GREEN: 1 flash/ 4 sec | no sound | ▲▼ |
| Lower target zone | YELLOW: 1 flash/ 4 sec | 1 beep/30 sec | ▼ |

(2) Finding your target heart zone

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 Heart Rate Limit (MHR).

Maximum Heart Rate Limit (MHR) = 208-(AGE*0.7)

A. FAT BURNING ZONE (ZONE 1)

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

B. CARDIOVASCULAR STRENGTH ZONE (ZONE 2)

Good aerobic condition/advanced exercisers can select a target heart zone at 65% to 85% of their Maximum Heart Rate Limit.

17.→

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 MODE.

The AUTO POWER SAVING Mode is automatically released when the any KEY is pressed.

NOTE

1. The watch will not enter Auto Power Saving Mode if STOPWATCH MODE is activated.

2. If the Setting Mode or Clock Setting doesn't finish, it will save your last input or the default value and turn to the Auto Power Saving Mode.

EL BACKLIGHT

Press LIGHT KEY to illuminate the watch for 6~7 seconds.

REMARK

1. Large consumption of electricity will be caused upon long-term usage of luminescence liquid crystal.

2. Luminescence will not display visually under sunlight.

FREQUENTLY CHECK POINTS

* 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.

18.→

* Avoid being near another heart rate transmitter within the maximum distance range of 80cm to 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 stop 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.

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