

Athletic Watch is your BEST fitness product that you invested to guide you to achieve your physical goal & healthy lifestyle.

HEALTH NOTICE

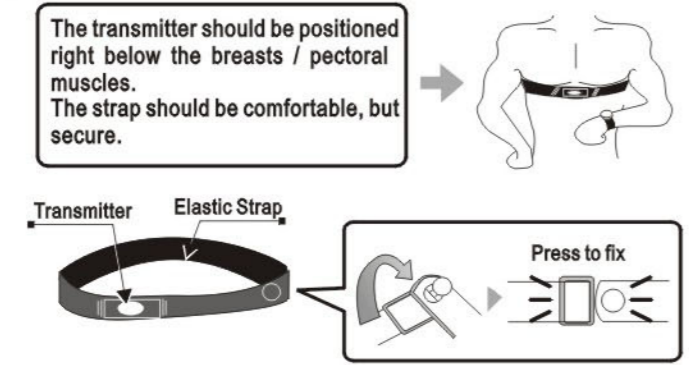
This product is for displaying heart rate during exercise only and cannot predict the intensity level that is safe for you. It is not intended for medical diagnostic purposes or for prevention of heart related health problems. Before you begin any exercise program consult your physician, especially if you have been inactive for a period of time, have a history of cardiac illness, smoke, have high blood pressure and/ or are over-weight. If you use a pacemaker, do not use a heart monitor until you consult with your doctor.

SPECIFICATIONS

- Watch Receiver:**
- Heart Rate Range: 30 to 240 beats per minute
 - Heart Rate Accuracy: ± 1 beat per minute
 - Operating Temperature: 0 °C ~ 50 °C
 - Storage Temperature: -14 °C ~ 70 °C
 - Battery: 3 volt lithium 2032 cell
 - Weight: 30.6 grams
- Transmitter & belt:**
- Emitted Frequency: 5KHz ± 10%
 - Battery: 3 Volt lithium 2032 cell
 - Weight (including belt): 4 oz.
 - Adjustable Chest Belt



How to wear your Athletic Watch



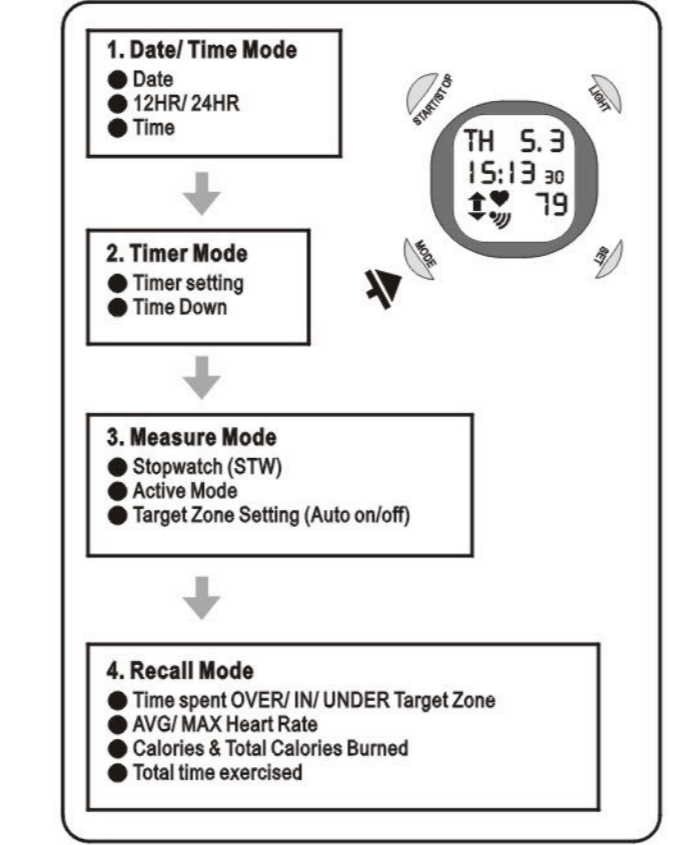
Note: Do not use Athletic Watch near high voltage power cables.

FEATURES:

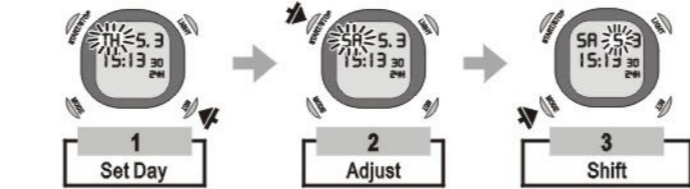
- Time of Day
- Day / Date Calendar
- 5 Activity Program
- Stopwatch
- Count Down Timer
- Current/ Average/ Max. HR display
- Calories Burned for an Individual / Total Exercises
- Up to 10m Depth Water Proof for All Water Sports
- Low Battery Indicator
- Wireless ECG Accurate
- Large Easy-to-View LCD Display
- One-touch Button for Audible Alarm OFF
- Ultra-Slim Ergonomic Chest Belt Transmitter
- State-of-Art attractive Wrist Watch design
- Memory of Time Spend Over/ In/ Under target zone
- Target Zone Setting w/ Audio-Visual Alarm (1 bpm increments)

Mode Change

Press "MODE" button to change mode.

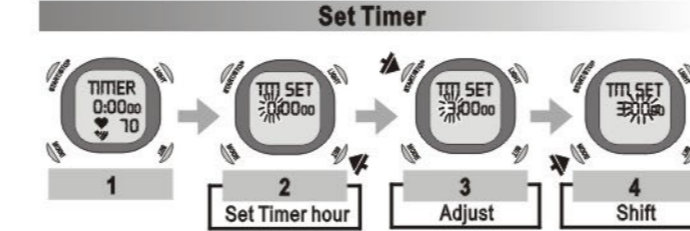


Date/Time Mode

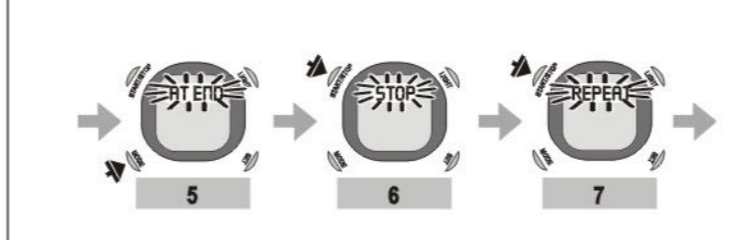
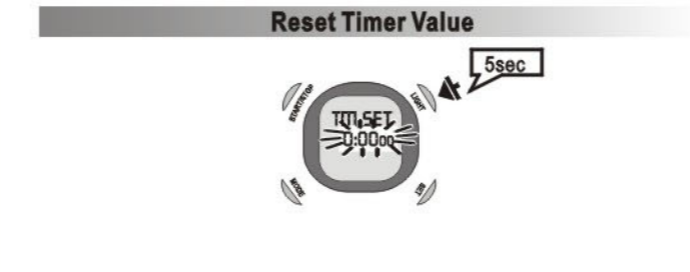


Repeat 2 & 3 to set Month/ Date/ 12HR/ 24HR/ Hour/ Minute/ Second, and press "SET" to complete the setting.

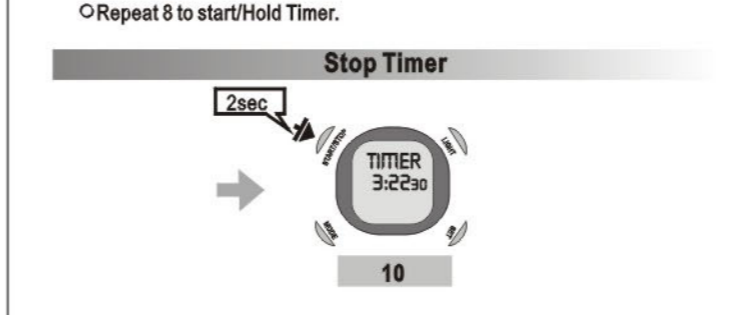
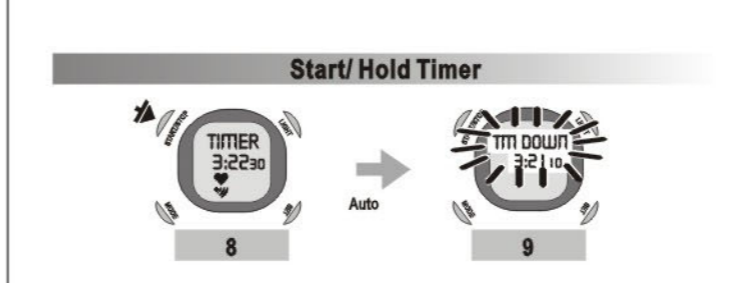
Timer Mode



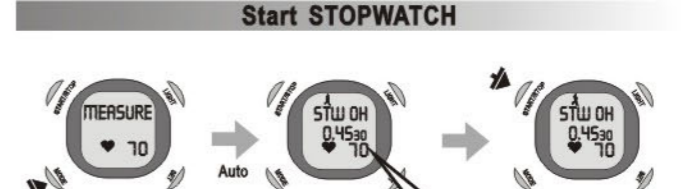
Repeat 3 & 4 to set Timer/ Minute/ Second, then go to 5.



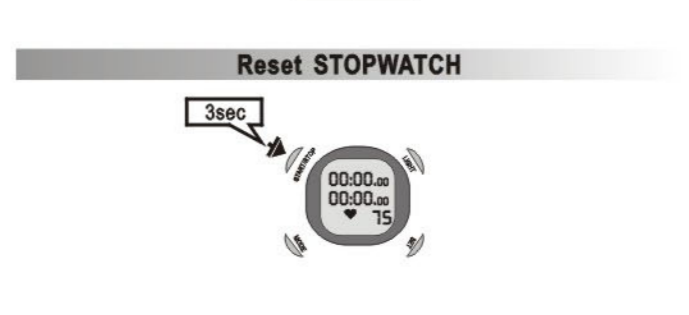
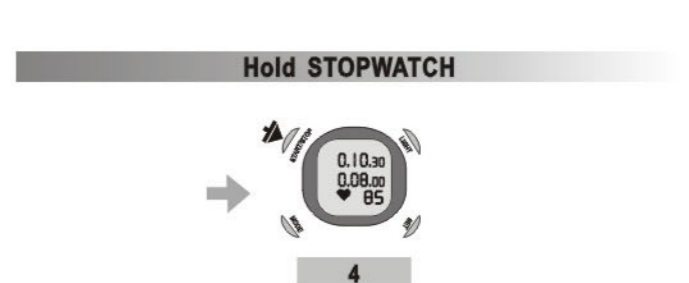
(NO.5-7) To select the "STOP" or "REPEAT" the timer when the count down end, and press "SET" to complete the setting.



Measure Mode



Repeat 8 to start/Hold Timer.



LIMITED WARRANTY

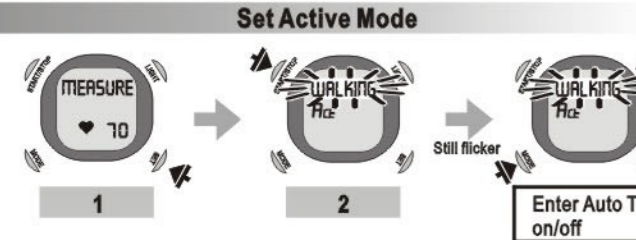
This product is for one year limited warranty commencing on the date of purchase. The product will be free from defects in material and workmanship for one year from the date of purchase.

- Warranty does not cover the batteries, damages due to misuse, abuse or accidents, cracked or broken cases, negligence of precautions, improper maintenance or commercial use.
- Warranty is void if the repairs are done by not authorized service technician.
- The warranties contained herein are expressly in lieu of any other warranties including implied warranty of merchantability and / or fitness for purpose. In no event shall manufacturer be liable for any damages, direct or incidental, consequential or special, arising out of or related to the use of this manual or the products described herein.
- During this warranty period (one year) the product will either be repaired or replaced without charge.



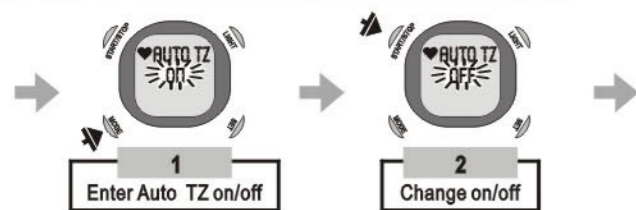
71100HR25000

Set Active Mode



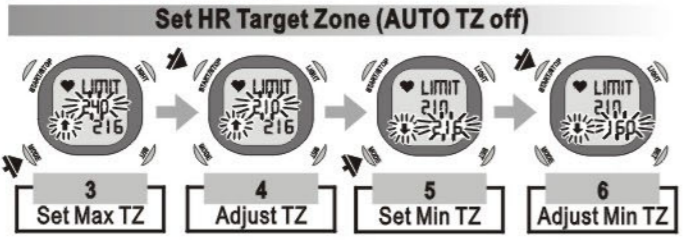
Repeat 2 to adjust Walking/ Jogging/ Running/ Aerobic/ Hiking. When you enter Measure Mode in Active Mode, if you do not enter any selection for 30 sec, the screen will auto be back to STW.

AUTO TZ on/off



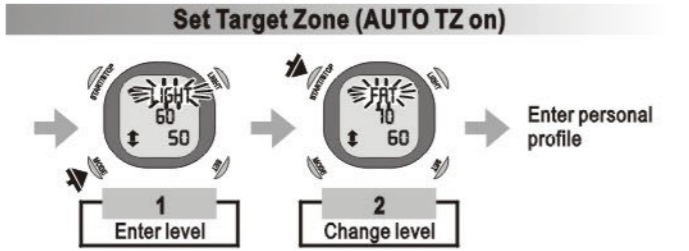
TZ = Target Zone. Measure Mode I: If you want to set TZ by yourself, Choose "Auto TZ Off". Measure Mode II: If you want TZ to be automatically set by watch, Choose "Auto TZ On". You can choose different Auto TZ On or Auto TZ Off in 6 Activities. (Ex: Walking for Auto TZ On, Jogging for Auto TZ Off.)

Measure Mode (I)



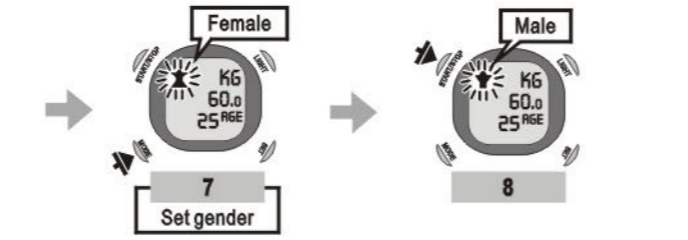
When you complete your TZ setting, press "MODE" button to enter personal profile (please refer to Page 10).

Measure Mode (II)



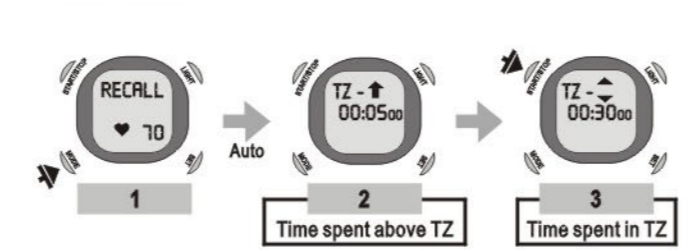
Five HR intensity level (Light, Fat, Base, Cardio, Red). Intensity 50%-60% 60%-70% 70%-80% 80%-90% 90%-100%. (Max & Min) heart rate = (220-Age) x Intensity %.

Enter Personal Profile

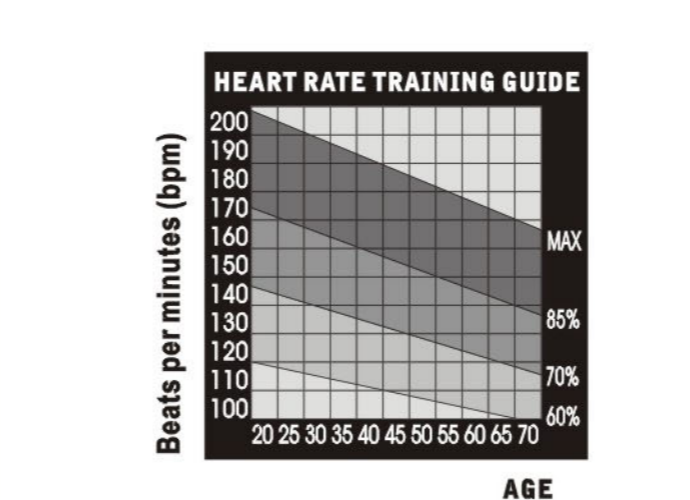


Repeat 7 & 8 to set Weight unit/ Weight/ Age, then press "SET" to complete the setting, and back to "STOPWATCH" screen.

Recall Mode

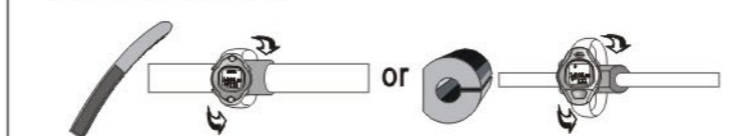


Repeat 3 to display Time spent under TZ / Average HR / MAX HR / Calories Burned for last exercise (KCAL) / Total Calories Burned for your exercise (Tot KCAL) / Total time you exercised (Tot TIME). Reset Recall Mode press "Light" button for 5 sec.



Training Areas: 50% - 60% Maintain Fitness, 60% - 70% Endurance, 70% - 80% Slight Resistance, 80% - 90% Sustained Resistance. Maximum Pulse Limit (MPL/bpm) = 220-Age. For Maintain Fitness TZ setting: Max HR = 60% * MPL, Min HR = 50% * MPL. Target zone will vary for each individual, depending on Age, Personal fitness goals, Existing health considerations (High blood pressure, circulation or respiration), Medications and Doctor's recommendations.

BIKE ADAPTOR



MAINTENANCE

- The elastic strap:** The strap can be rinsed in surface fresh water or washed with a mild soap. Never scrape strap to wear out and may need to be replaced.
- Transmitter:** Never scrap the rubber electrode surface. The first signs of a worn out transmitter are often erratic heart rate numbers which jump up and down. To extend the life, avoid bending the electrodes.
- Watch:** If the display contrast changes and figures become faint, it's time to replace the watch battery. Consider changing the watch and transmitter batteries at the same time. It's a good practice. NOTE: Do not expose your Athletic Watch to extremely cold or hot temperatures. For example, do not leave your unit in your car in direct sunlight.
- Batteries and Battery Replacement:** Transmitter: Unscrew the battery cover located on the back of the transmitter. Remove the new battery, model CR2032, with the (+) side facing up. Replace the cover and tighten screws. Watch: Unscrew the four screws on the stainless steel back cover. Look closely at the battery. After removing the housing, Unscrew the inside two small screws located at the 4 o'clock and 8 o'clock positions. Gently remove the battery and replace it with a new battery, model CR2032, the (+) side facing up. NOTE: Be careful not to over tighten and "strip" the casing.

TROUBLESHOOTING

- Heart rate does not show up:** Make sure that you have good contact between the electrodes and your skin. Re-moist the electrodes. Make sure your chest belt fits securely and is properly positioned at the center of the chest. The transmitter battery may be worn out. Replace the battery. Make sure the battery is installed correctly with the (+) side facing up.
- Display is black or very light:** The battery power may be low. Try a new battery--make sure the battery is installed correctly.
- Display becomes dark or black:** The unit is too hot. Place the unit in a shaded area, and it should return to normal.
- The unit operates slowly or struggled:** The unit is too cold. Warm the unit, and it should return to normal.
- Heart rate varies enormously:** Make sure your chest belt fits securely and is properly positioned at the center of the chest. Check your surroundings for electromagnetic or high energy interference and move away from the source of interference.

Athletic Watch

