

Congratulations for choosing this Heart Rate Monitor. You've taken an important step in developing an exercise program. This device will motivate you with any physical activity to help you to achieve your personal fitness goals. Regular aerobic exercise can improve the quality of your life in many ways. The following shows a list of benefits :

- Weight control
- Improves muscle tone
- Maintains mobility
- Boosts self-image
- Improves ability to cope with stress
- Gains musculo-skeletal benefits
- Prevents injury in elderly
- Decreases the chance of obesity

The key to reach these benefits is to develop the exercise habit. Your new Heart Rate Monitor will Help you by providing ECG accurate feedback of your exercise intensity that will allow you to modify your workout to achieve the maximum benefit. This manual provides you with the basic information you need to use a heart rate monitor. For more detailed information, see the Further Reading materials section in this manual.

If a question arises about your heart rate monitor that is not answered in this manual, please contact the dealer you purchased the monitor from.

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## HEALTH NOTICE

This BION VeloMeter Health Management is not a medical device. This product is only for displaying and monitoring the intensity of your walking activity, and it is not intended by any means for any type of medical diagnostic purposes or any prevention of health problem.

Before you begin any exercise program with this product, please consult with your doctor or physician, especially if you have been inactive for a period of time, have a history of cardiac illness, smoke, have high blood pressure, over-weight, and/ or under any special medical conditions. If you use a pacemaker, please do "NOT" use a VeloMeter until you consult with your doctor. No claims are made of guaranteed health or fitness benefits from the use of this product.

## FEATURES

### Watch Functions

- Time of the day
- Water resistant
- Easy to read large display

### HR Functions

- ECG accurate
- Current heart rate
- Adjust heart rate limits
- Out of target zone alarms
- One-touch button for audible alarm

### Special Functions

- User changeable batteries (transmitter & watch)
- Comfortable ultra slim Ergonomic chest belt transmitter
- State-of-art stylish wrist watch design
- HR measurement with COLOR ZONE LED lights
- LED blink in green indicates within the zone
- LED blink in red indicates over the upper limit
- LED blink in yellow indicates below the low limit

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## GETTING STARTED

### Moisture Transmitter Contacts

Before wearing the transmitter strap, moisture the 2 rectangular rubber pads (electrodes) located on the inside surface of the chest transmitter. Use water or saliva to moisten these pads.



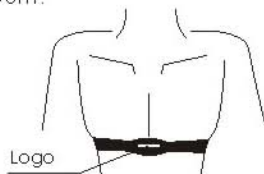
Backside of Chest Transmitter

### Adjusting the Strap

The strap should be worn tight enough to prevent the transmitter from bouncing or sliding, but not so tight as to be uncomfortable.

### Positioning the Transmitter

The transmitter should be positioned just below the breast or pectoral muscles with the logo centered on the chest, and facing out. The transmitter will begin sending a signal as soon as it is worn.



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### Wrist Monitor Placement

The wrist monitor is worn on your wrist like a conventional watch. You also have the option of strapping the monitor to your bicycle handlebar or exercise bikes/ machines. The monitor should be placed within 30" of the transmitter to receive a consistently strong signal. A foam band is included for mounting the monitor to your bike handlebars.

Reminder: To Activate the Heart Rate Monitor you must press the button to activate the pulse readout.

### Checking for a Signal

If you do not receive a display, first try applying more moisture to the rubber pads, and repositioning the transmitter until the heart begins blinking on the display. Sometimes it is necessary to shift the transmitter to the left, or move it down further on the chest to get a better transmission signal.

### Avoiding Interference

Your heart rate monitor receives a signal from the transmitter. As with most electronic receiving devices, there can sometimes be interference that causes inaccurate display readouts. Avoid using your heart rate monitor near any common sources of interference. These include high voltage power lines, electronic wireless device, fluorescent lights, wristwatches, and computers.

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## DETERMINING TARGET HEART RATE

One of the important steps when using a heart rate monitor is to determine your target heart rate zone. It is recommended that you consult with your doctors/ physician first, especially if you have a history of heart problem or being inactive for a long period of time. Never use a heart rate monitor if you are using a pacemaker without the consent of your doctors. The following are some of the general guidelines for your reference.

### Target Heart Rate Zone

The most common method for calculating your target heart rate is to first find your maximum heart rate. The standard formula for this is:

$220 - \text{Your Age} = \text{Maximum heart rate.}$

You do not wish to workout at your maximum heart rate; you wish to workout in your Target Heart Rate Zone. Your Target Heart Rate Zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate will be suitable. If you are just beginning an exercise program, do exercise between 50% and 60% of your maximum heart rate. If you have already been exercising regularly and are expecting to improve your performance, you can consider exercise in the athletic Target Heart Rate Zone of 75% to 90% of your maximum heart rate. You may find the below chart helpful for a quick reference.

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## TARGET HEART RATE TRAINING ZONE BY AGE & LEVEL

AGE	BEGINNING	AEROBIC	ATHLETIC
	50%-60% MAX	60%-75% MAX	75%-90% MAX
20	100-120	120-150	150-180
25	97-117	117-146	146-175
30	95-114	114-142	142-171
35	92-111	111-138	138-166
40	90-108	108-135	135-162
45	87-105	105-131	131-157
50	85-102	102-127	127-153
55	82-99	99-123	123-148
60	80-96	96-120	
65	77-93	93-116	
70	75-90	90-113	

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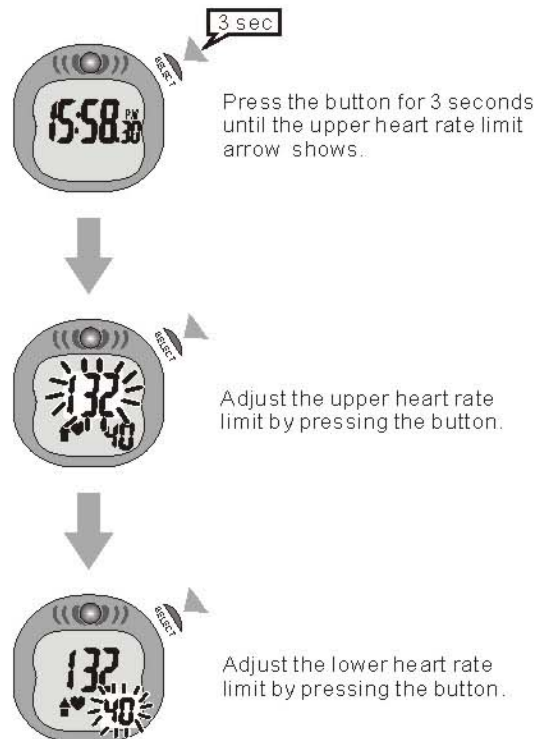
## MONITOR OPERATING INSTRUCTIONS

The Heart Rate Monitor is an ultimate exercise equipment. To activate the heart rate monitor, position the transmitter at the center of your chest as described in Press the button to activate the heart rate display. A heart icon ♥ will blink to and start indicate the receiving signal from your chest belt. Your current heart rate will then be displayed.

If the heart icon does not blink, repeat chest transmitter instructions. First try applying some moisture to the rubber pads, and repositioning the transmitter until the heart icon begins blinking on the display. Sometimes it is necessary to shift the transmitter to the left, or move it down further on the chest to get a better transmission signal.

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## Operation Procedure



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Adjust 12/24 hr by pressing the button.



Adjust the hour by pressing the button.



Adjust the minute by pressing the button.



Adjust the second by pressing the button.

1. Press the Select button for 3 Secs until the high heart rate limit arrow shows.
2. Adjust your upper heart rate limit by pressing the button.
3. Wait until the low-limit arrow shows.
4. Adjust your low-limit of heart rate by pressing the button.
5. Wait until the 12/24 hr shows.
6. Select the 12/24 hr by pressing the by pressing the button.
7. Wait until the hour blinks, then adjust the hour by pressing the button.
8. Wait until the minute blinks, then adjust the minute by pressing the button.
9. Wait until the second blinks, then adjust the second by pressing the button.

The heart rate monitor will exit the time and heart rate limits automatically if the button is not pressed for more than 5 secs.

There are two modes: Sound or LED light by pressing the button to show your heart beat status when the main screen is on. When the watch beeps, it means your heart rate is not within your heart rate zone. If you choose LED light mode, then each blink (LED) indicates every HEART BEAT of yours to show your HEART RATE CONDITIONS in different COLORS.

When the heart rate exceeds the HIGH limit, the LED will blink in RED, which indicates you are OVER THE LIMIT. When the heart rate subceeds the LOW limit, the LED will blink in YELLOW, which indicates you are BELOW THE LIMIT. When the heart rate is within the HEART RATE ZONE, the LED will blink in GREEN, which indicates that you are IN THE LIMIT. You can now simply see the LED colors to know your HEART RATE.

## Maintenance

### Battery Replacement

The batteries in your heart rate monitor & chest belt are expected to last over one year under normal use, approximately 20 minutes per day. Your monitor uses 2 Lithium Cr2032 as its batteries, (both transmitter & receiver. Should your display become faint, or the monitor only pick up the transmitter signal at a very short distance, it is time to replace the batteries. Always replace both batteries at the same time.

Because the transmitter and receiver are both water resistant, it is recommended that you have the batteries replaced by a professional jeweler/ clockmaker. Incorrectly replacement of the batteries is not covered under the warranty terms.

## TROUBLESHOOTING GUIDE

### 1. No Heart Rate Display

Repeat instructions in PART 1. First try applying some moisture to the rubber pads, and repositioning the transmitter until the heart icon begins blinking on the display. Sometimes it is necessary to shift the transmitter to the left, or move it down further on the chest to get a better transmission signal (see page7).

On this model of Heart Rate Monitor, you need to activate the pulse readout by pressing the button. To preserve battery life, the display goes off when there is no signal.

### 2. Incorrect or Inconsistent Readout

This is often caused by dry electrodes or a loosen chest strap. Moisturize on the rubber electrodes is required for the proper operation of the chest belt. Try to put more water on the electrodes and tightening the chest strap.

Check your exercise environment for sources of interference such as any electronic wireless devices. Never wear a wrist watch next to your monitor. It will cause inaccurate readouts.

### 3. LCD Display shows blank or Light

The LCD display is designed to be used under normal temperature. The display will not operate in extreme temperature, that is too cold or too hot. Return to room temperature to restore operation.

Batteries may need to be replaced.

### 4. LCD Display is All Black

Avoid placing the LCD in direct sunlight for a long period of time. To restore the operation, just let the unit return to room temperature.

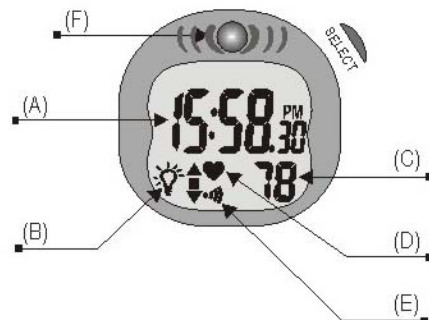
## LIMITED WARRANTY

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.



## BioFlash Heart Rate Monitor



- (A) ----- Time
- (B) ----- Blinks for LED mode
- (C) ----- Current HR
- (D) ----- Blinks When measure HR
- (E) ----- Sound Alarm For out of TZ
- (F) ----- LED Indicator