

Congratulations for choosing a Heart Rate Monitor. You've taken an important step in developing and sustaining an exercise program! Your Heart Rate Monitor is a motivating tool that can be used with almost any Cardio activity to help you to achieve your personal fitness goals. Regular aerobic exercise can improve the quality of your life in so many ways. Below are just a few of the health benefits of Cardio exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- Improved Self Image

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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WARNING: NOT A MEDICAL DEVICE

This heart rate monitor is not a medical device, but a useful tool for monitoring the intensity of your workouts by displaying your heart rate. We make makes no claims of guaranteed health or fitness benefits from use of this product. Always consult your doctor before beginning any exercise program.

FEATURES

- ♥ Time of the Day
- ♥ Water Resistant for All Sport
- ♥ Single Button for Easy Time Setting
- ♥ Easy to Read Large Digital Display (Dual Display)
- ♥ Current Heart Rate
- ♥ Comfortable Ultra-slim Ergonomic chest Belt Transmitter
- ♥ One-touch Button for Automatic HR Reading
- ♥ Fully Automatic off Heart Rate Examination
- ♥ State-of-the-art Attractive Wrist Watch Design
- ♥ Easy to start
- ♥ Wireless ECG Accurate
- ♥ User Changeable Batteries (Receiver and Transmitter)
- ♥ Interfaces with HR interactive Exercise Equipment in Health Clubs

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PART 1-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.



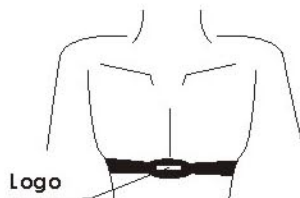
Backside of Chest Transmitter

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 machine. 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 common sources of interference. These include high voltage power lines, air conditioning motor units, fluorescent lights, wristwatches, and computers.

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PART 2 - DETERMINING TARGET HEART RATE

One of the first steps to using a heart rate monitor is to determine your target heart rate zone. It is always best to consult with your physician first, and it is especially important if you have a history of heart problem. Never use a heart rate monitor if you have a pacemaker without first consulting your physician. Below are some 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 want to workout at your maximum heart rate; you want 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. If you are just beginning an exercise program, exercise between 50% and 60% of your maximum heart rate. If you have already been exercising regularly and are looking to improve your performance, you can consider exercising in the athletic Target Heart Rate Zone of 75% to 90% of your maximum heart rate. You may find the chart below helpful for a quick reference.

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
TARGET HEART RATE TRAINING ZONE BY AGE & LEVEL

AGE	BEGINNING 50%-60% MAX	AEROBIC 60%-75% MAX	ATHLETIC 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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PART 3 - MONITOR OPERATING INSTRUCTIONS

MONITOR - OPERATION

The Heart Rate Monitor is the ultimate in Simplicity a single button monitor. The monitor displays pulse and time. To activate, attach the transmitter around your chest as described in PART 1. Press the button to activate the heart rate display. A heart icon  will blink to indicate the receiver is receiving your pulse rate. Your current heart rate will then be displayed.

If the heart icon does not blink, and you do not get a readout, repeat chest transmitter instructions in PART 1. First try applying more generous 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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MONITOR - CLOCK SET MODE - SETTING TIME

SET 12 or 24 HOUR CLOCK

To set the time, first press the button and hold for three seconds. The symbol for either '12H' or '24H' will now be flashing in the upper right corner of the display. Press the button to choose between a 12-hour or a 24-hour clock. When the desired scale is displayed, wait six seconds until the hour digits flash.

SET HOUR

With the hour digits flashing, press the button to increase the hour display. Each press of the button will increase the hours by one. When the correct hour is shown on the display, wait six seconds until the minute digits flash.

SET MINUTES AND SECONDS

With the minute digits flashing, press the button to increase the minute display. Each press of the button will increase the minute by one. When the correct minute is shown on the display, wait six seconds until the second digits flash. Press the button and the seconds will display zero (if the seconds are greater than 30, the minutes will increase by one). To exit the time of day mode, press the button for three seconds while the second digits are flashing.

NOTE: The computer will also exit the time of day mode automatically if the button is not pressed for more than six seconds while the second digits are flashing.

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PART 4 - SERVICE

Battery Replacement

The batteries in your heart rate monitor can be expected to last over one year under normal use, which is estimated at 20 minutes per day. Your monitor uses 2 Lithium CR2032 batteries, one for the transmitter, and one for the 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 both the transmitter and the monitor are waterproof, it is recommended -- but not required -- that you have the batteries replaced by a professional jeweler. If the O-ring is not correctly positioned when the monitor or transmitter covers are resealed, than water will damage the components. Monitor failure due to incorrect 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 more generous 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.

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

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2. Erratic or Inconsistent Readout

This is often caused by dry electrodes or a loose chest strap. Moisture on the rubber electrodes is required for proper operation. Try a more generous coating of water on the electrodes and tightening the chest strap.

Check your exercise environment for sources of interference such as high power lines, large motors, etc. Never wear a wrist watch next to your monitor. It will cause inaccurate readouts.

3. LCD Display is blank or Light

The LCD display is designed to be used in temperatures between 32 to 120 degrees Fahrenheit (0 to 50 degrees Centigrade). The display will not operate in colder temperatures. Return to room temperature to restore operation.

Batteries may need replacing.

4. LCD Display is All Black

Avoid placing the LCD in direct sunlight for long periods of time. Do not leave below a car windshield or on an unattended bike handlebar. Return to room temperature to restore operation.

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LIMITED WARRANTY

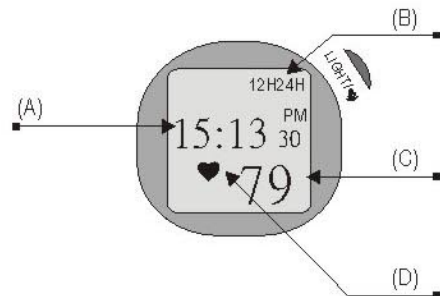
This product is for one year limited warranty commencing on the date of purchase. The product will be free from defects in material and workmanship for one year from the date of purchase.

- 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.



A150/ A300/ 14+

Pulse Watch



- (A) ----- Time/Date/Calendar
- (B) ----- Time Scale Selector
- (C) ----- Current HR
- (D) ----- Blinks When measure HR