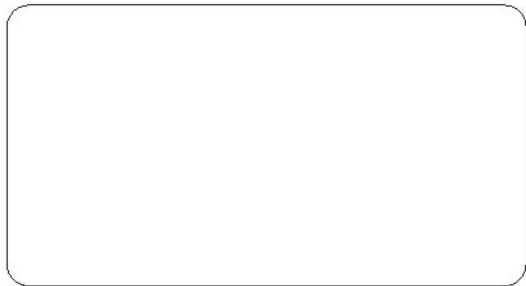


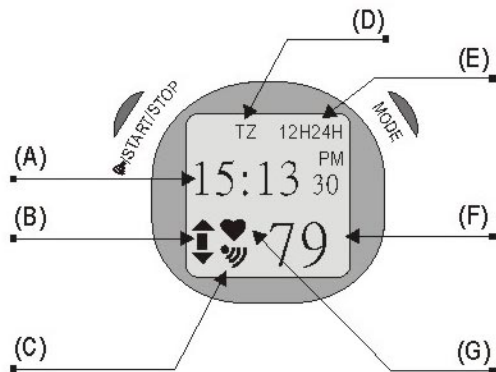
LIMITED WARRANTY

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.



A250/ 21+



- (A) ----- Time/Date/Calendar
- (B) ----- ↑ & ↓ above or below Target zone.
- (C) ----- Alarm ON
- (D) ----- Target Zone Setting
- (E) ----- Time Scale Selector
- (F) ----- Current HR
- (G) ----- Flicker When measure HR



Heart Rate Monitor

INTRODUCTION

Pulse 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 **-20°C ~ 80°C**
- Battery **3 volt lithium 2032 cell**
- Weight **30.6 grams**



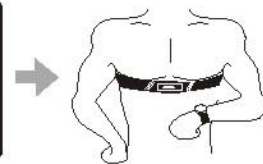
Transmitter & belt:

- Emmitted Frequency **5KHz ± 10%**
- Battery **3 Volt lithium 2032 cell**
- Weight (including belt) **4 oz.**
- Adjustable Chest Belt

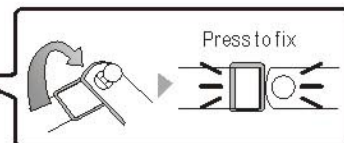
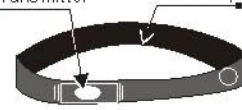
-1-

How to wear your Athletic Watch

The transmitter should be positioned right below the breasts / pectoral muscles. The strap should be comfortable, but secure.



Transmitter Elastic Strap



Note: ① Do not use Pulse Watch near high voltage power cables.
② The electrodes in the strap need to be moistened.

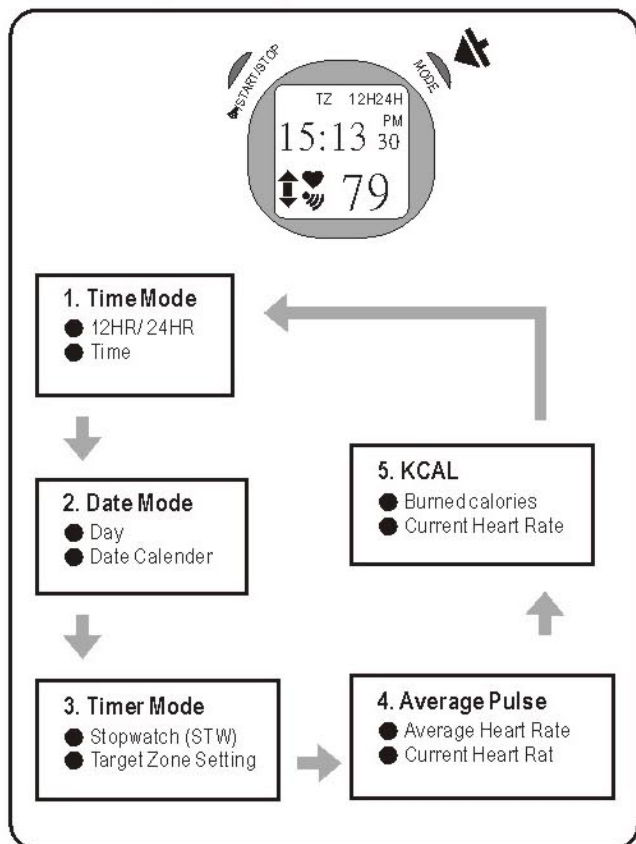
FEATURES:

- Time of Day
- Day / Date Calendar
- Stopwatch
- Current/Average/HR display
- Calories Burned for an Individual / Total Exercises
- Up to 10m Depth Water Proof for All Water Sports
- 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
- Target Zone Setting w/ Audio-Visual Alarm (1 bpm increments)

-2-

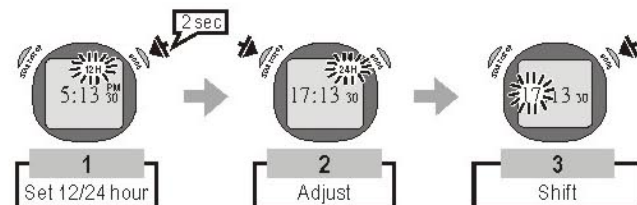
Mode Change

Press "MODE" button to change mode.



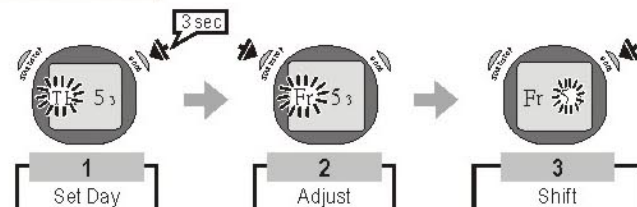
-3-

Time Mode



- Repeat 2 & 3 to set 12HR/24HR/ Hour/ Minute/ Second, and press "MODE" for 3 seconds to complete the setting or wait without any pressing operation for 1 minute.
- When press the "START/STOP" key to set seconds, it will display zero. (If the seconds are greater than 30, the minutes will increase by one.)

Date Mode

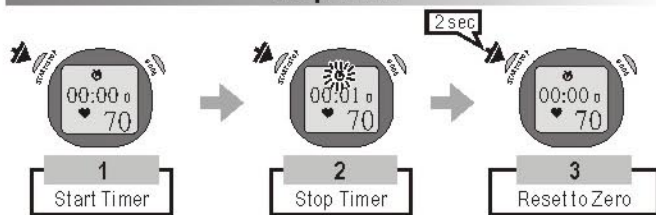


- Repeat 2 & 3 to set week day/ Month/ Date, and press "MODE" for 3 seconds to complete the setting or wait without any pressing operation for 1 minute.
- The watch does not make any allowance for leap years. Be sure to manually set February 29 (when one occurs) to the appropriate date.

-4-

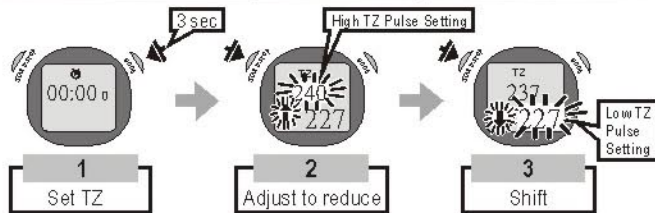
Timer Mode

Stop Watch



- The maximum time displayed is 9:59:59 (hr: mm:ss).

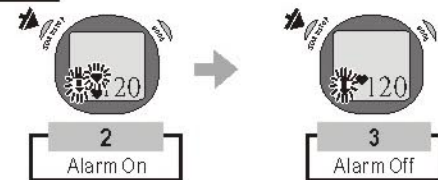
Target Zone Setting



- Press "START/STOP" key to adjust TZ value, and if hold this key, the digits will adjust by 5 BPM increments.
- The heart watch automatically maintains a 10 BPM separation between the upper and lower target settings. Therefore, you may notice that the upper and lower settings move simultaneously whenever there is only a 10 BPM difference.
- Press "MODE" key for 3 seconds to back Timer.

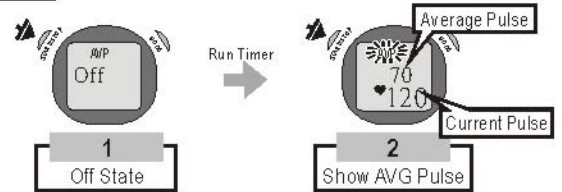
Note: Please refer to "Heart Rate Training Guide" at page 8 to set your suitable TZ.

Alarm for TZ



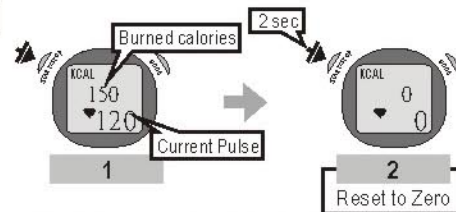
- A continuous alarm will sound ever you exit, either above or below, the programmed target heart rate "zero". A or arrow will flash to visually indicate that your heart rate is either above or below the selected target zone. Each press the "MODE" key, the heart rate reading will "freeze" for 4 seconds.

AVG Pulse



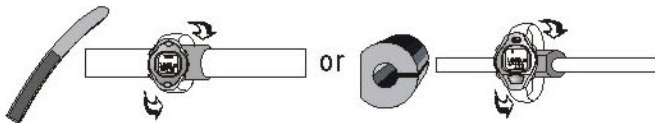
- The average heart rate will display OFF as long as the Timer is cleared.

KCAL



- If one did not clear the value of calories, the value of calories consumption will be accumulated.

BIKE ADAPTOR



MAINTENANCE

1. 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.

2. 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.

3. 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.

4. 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

1. Heart rate does not show up:

Make sure that you have good contact between the electrodes and your skin. Re-moiste 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.

2. Display is black or very light:

The battery power may be low. Try a new battery--make sure the battery is installed correctly.

3. Display becomes dark or black:

The unit is too hot. Place the unit in a shaded area, and it should return to normal.

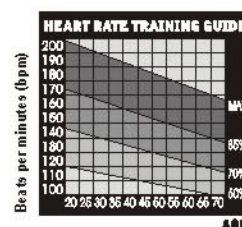
4. The unit operates slowly or struggled:

The unit is too cold. Warm the unit, and it should return to normal.

5. 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.



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.