

LIMITED WARRANTY

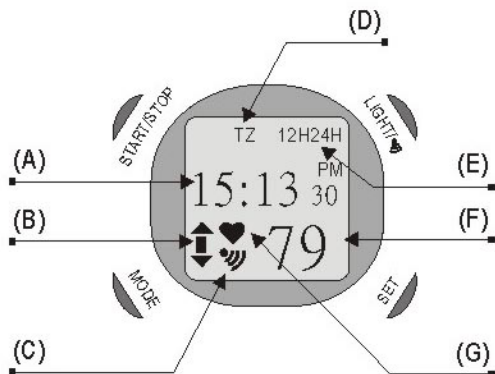
This product is for one year limited warranty commencing on the date of purchase. The product will be free from defects in material and workmanship for one year from the date of purchase.

- 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.



A400/ 16/ 16A/ 17

Pulse Watch



- (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

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:

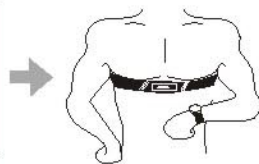
- Emitted Frequency **5KHz ± 10%**
- Battery **3 Volt lithium 2032 cell**
- Weight (including belt) **4 oz.**
- Adjustable Chest Belt



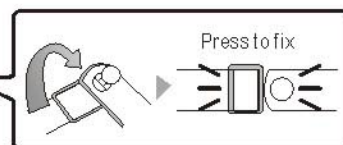
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How to wear your Athletic Watch

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



Transmitter Elastic Strap



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

FEATURES:

FEATURES

- Single Button Alarm "OFF"
- Dual Display
- Wireless Operation
- User Changeable Batteries (Transmitter and Receiver)
- Adjustable Chest Belt
- Water Proof

FUNCTIONS RM

- NIGHTSIGHT (Backlit display)
- ECG Accurate RM
- Time of Day
- Date
- Stopwatch
- High/Low Target Zone Setting in one beat per minute increment.
- Out-of-zone Alarm plus Arrow Display

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How To wear Heart Rate Watch

WATCH: Mount the heart rate watch on either the left or right wrist like any ordinary watch. The watch receives and translates the electrical signals generated by your heart and transmitted by the chest transmitter.

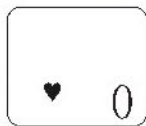


The optimal distance from the watch to the transmitter is no more than 1 meter (3.28 feet).

NOTE:All telemetry pulse watches are subject to interference from strong electromagnetic fields generated from motors, TV sets, computers, high voltage power cables which can disrupt the reception and cause incorrect heart rate measurements.

How To Operate The Watch Heart Rate Display

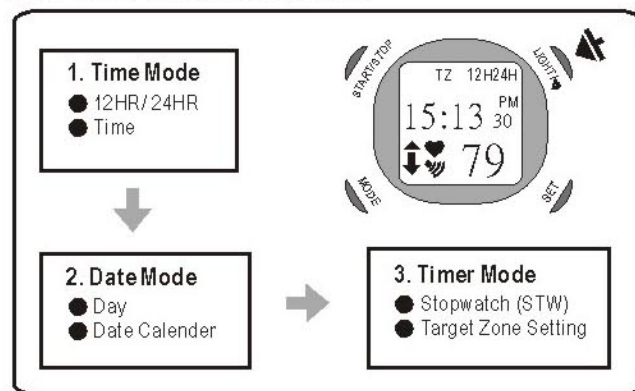
To activate the heart rate display, press the MODE key (♥) and zero will appear in the lower portion of the watch. When a signal from the transmitter is detected, the (♥) will start to blink in conjunction with your actual heart beat and your initial heart rate will display in a few seconds. If the (♥) does not blink, then the signal is not received. Check the position of the chest belt and transmitter. Make sure the electrodes are moistened.



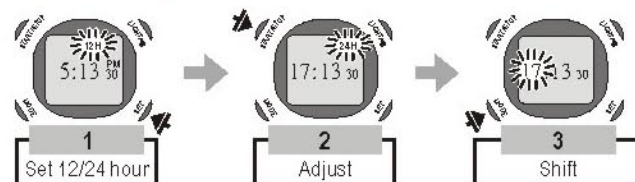
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Mode Change

Press "MODE" button to change mode.



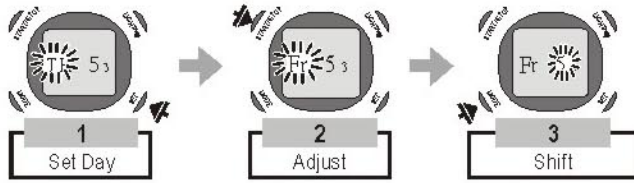
Time Mode



- Repeat 2 & 3 to set 12HR/24HR/ Hour/ Minute/ Second, and press "SET" 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.)

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Date Mode



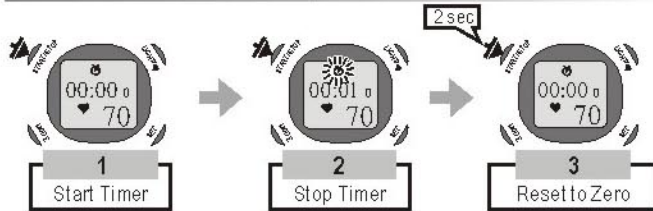
- Repeat 2 & 3 to set week day/ Month/ Date, and press "SET" to complete the setting or wait without any pressing operation for 1 minute.
- The watch does not make any allowance for leap years. Be sure to manually set February 29 (when one occurs) to the appropriate date.

Nightsight (Backlit Display Light)

Press the "Light/☺" key to activate NIGHTSIGHT. To facilitate night time monitoring, the display will illuminate and the heart rate reading will "freeze" for 4 seconds.

Timer Mode

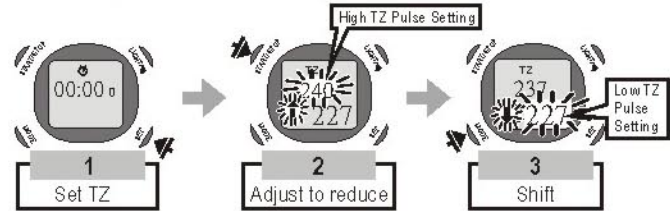
Stop Watch



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

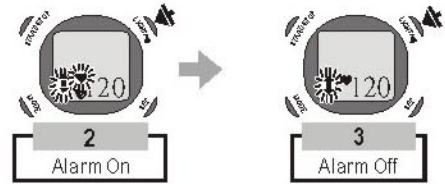
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Target Zone Setting



- 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 "SET" key back Timer.

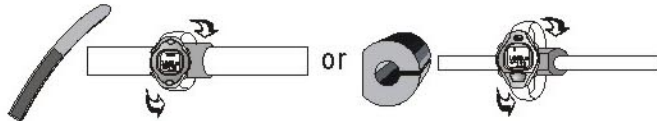
Alarm for TZ



- A continuous alarm will sound whenever you exit, either above or below, the programmed target heart rate "zero". A **▲** or **▼** will flash to visually indicate that your heart rate is either above or below the selected target zone. Each press the "light/☺" key, the heart rate reading will "freeze" for 4 seconds.

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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.

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TROUBLESHOOTING

1. 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.

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.

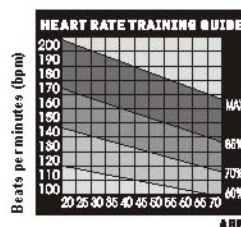
4. The unit operates slowly or struggled:

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.

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