

LIGHT (A Key) ———



(D Key) ST/SP +

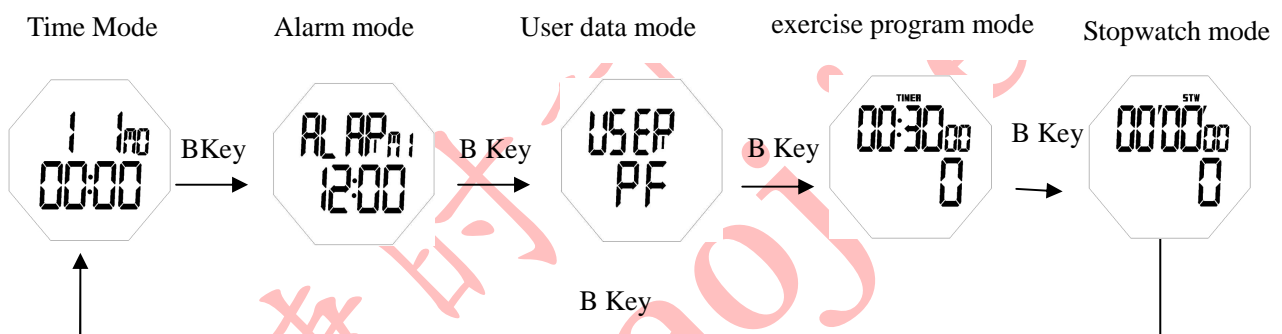
MODE (B Key) ———

(C Key) SET/MEM

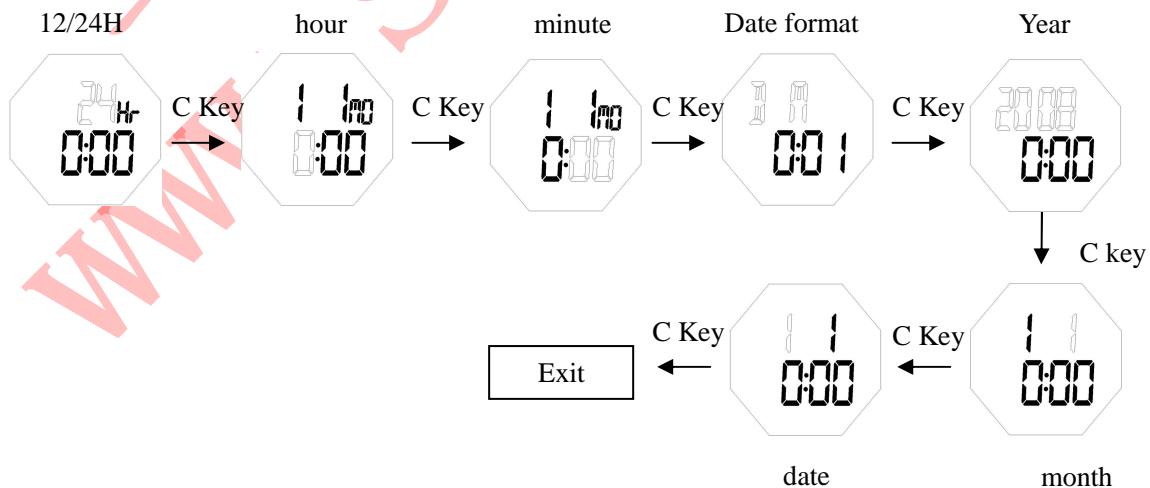
## A . Features:

- Wireless heart rate monitor with transmit signal(Frequency 5.3KHZ)
- Time display for Hour,minute, second ,month,date,week
- 2 groups of alarm function,and chime hourly
- Stopwatch (Maximum time-keeping is 99 hours 59minutes 59seconds 99)
- 12/24H format selectable, Auto calendar
- heart rate Monitor and calorie expenditure
- EL backlight

## B . Product Function Modes



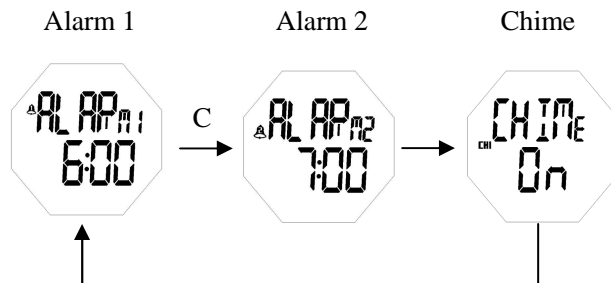
1. Press A key once, EL illuminates for 3 seconds.
2. Time mode display for hour-minute-month-date-week, Press B key enter into operate mode
3. **Time setting:** under normal time mode, press and hold C key for 2 seconds enter into time zone setting mode, "12/24" format blinking , it shows time setting mode prepared, Press C key enter into following modes in turn:



- Press D Key to adjust blink value;
- Under setting mode ,press B key or if without any keystroke operation within 30 seconds, it will back to the normal time .

## 4. Alarm Setting

- Alarm on or off: under alarm setting mode, press C Key for alarm choice (🔔), or alarm (🔔) Chime hourly (CHI), Press D key to turn on or off alarm (🔔), and Chime (CHI).



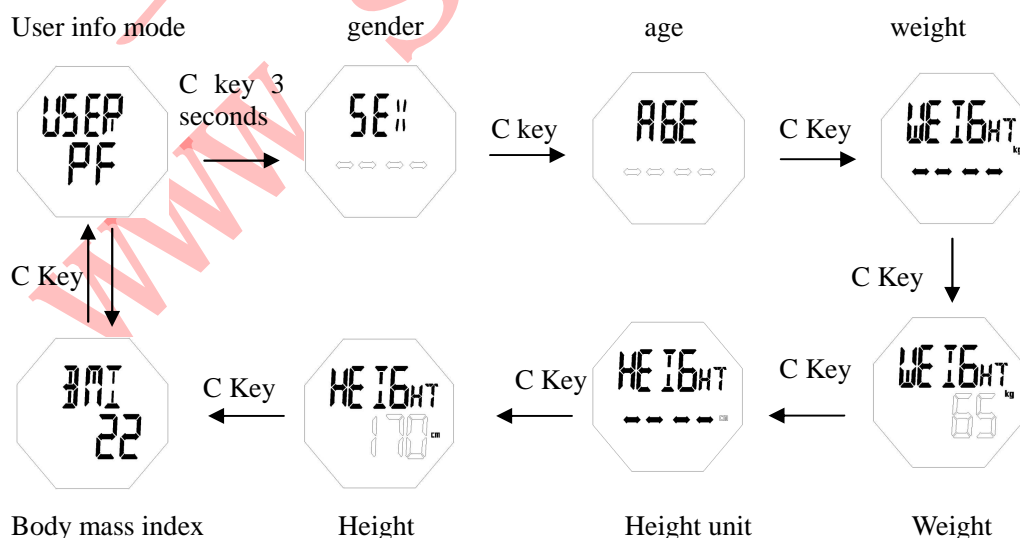
- Alarm setting: under the alarm setting mode, press and hold C key for 2 seconds enter into alarm setting “hour” blink, then press C Key for “minute” blink, press D key for data value adjust; press B key or if without any keystroke operation within 30 seconds, it will back to alarm mode.



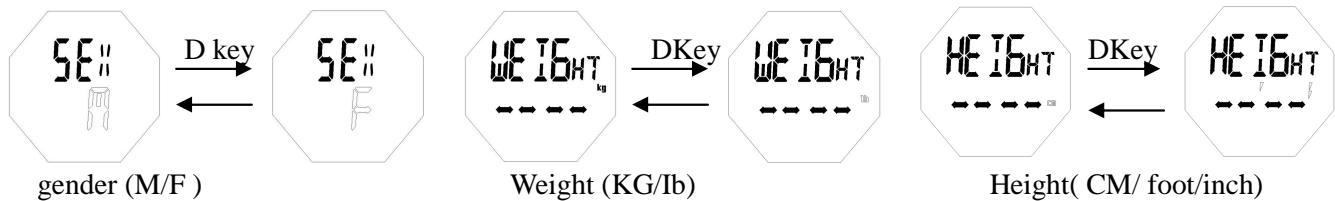
- When time runs to the setting alarm clock, it will ring with BB-BB, the alarm symbol (🔔) blinking, press B, C, D key for stop, if without any keystroke operated, it will enter into snooze after ring for 30 seconds, and go on ringing after 5 minutes.

## 5. User Information Mode

- Info setting: Under the user info setting mode, press and hold C key for 2 seconds to gender choice blink, it figures user info setting, Press C key to blink following selected items in turn: Press D key for items correction.



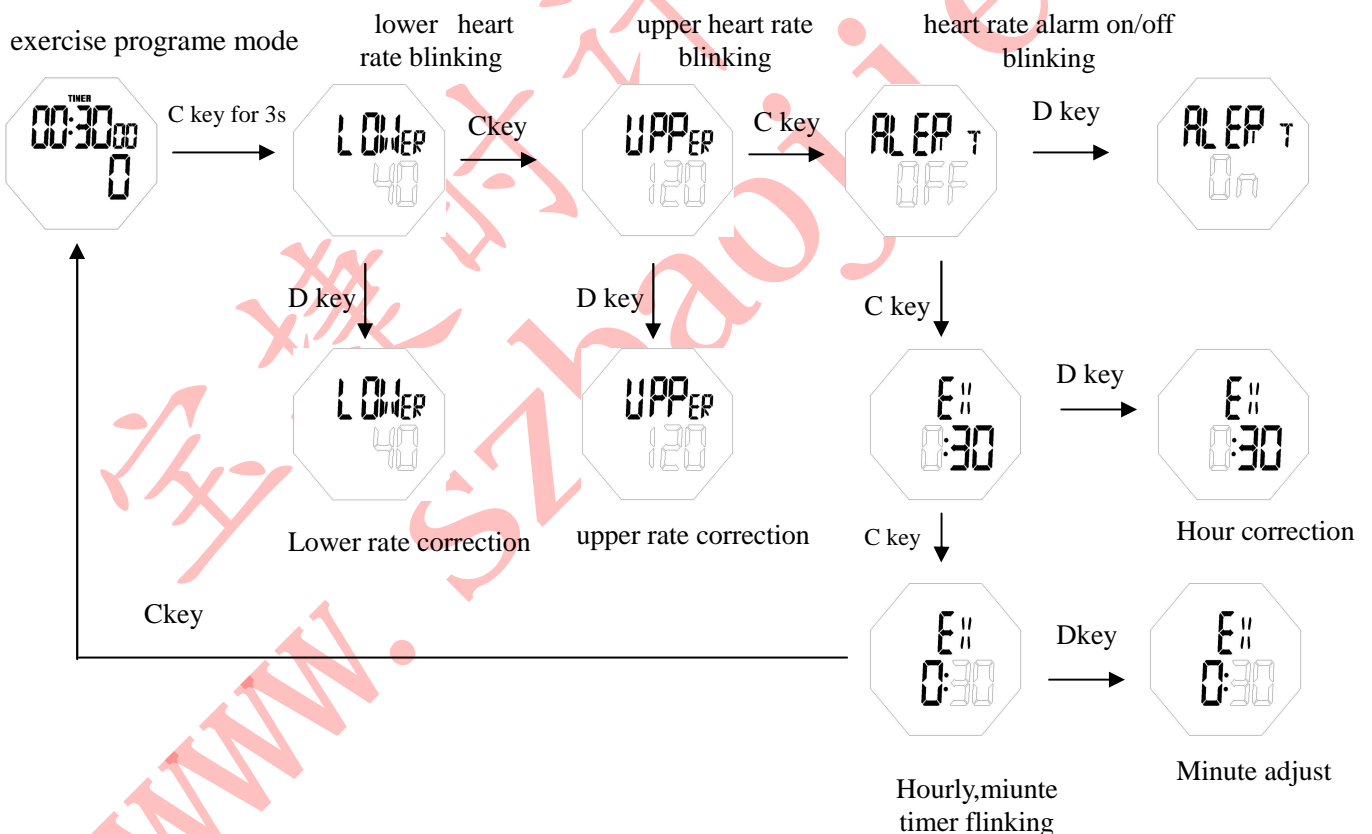
Unit exchange as follows:



- Input weight range: 20KG~200KG/44lb~440lb. Height :69CM~231CM/ 2' 3''~7'7'' ( foot-inch ). Under the setting mode ,press B key or if without any keystroke operation within 30 seconds,it will back to body mass index checking mode automatically
- The body mass index(BMI) will update automatical when input all info.

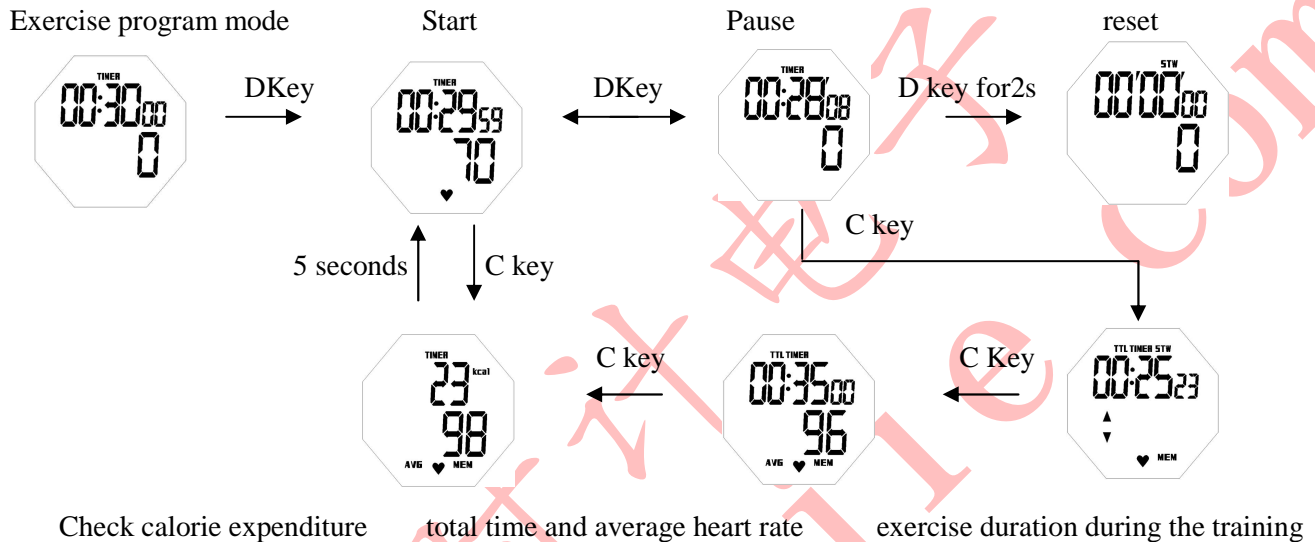
## 6. Exercise program mode

- **setting:** Under the Exercise program mode , press and hold C key for 2 seoncds enter into upper and lower heart rate alarm setting, firstly, the lower value blinking, press C key to step sequentially for upper and lower heart rate value , alarm on-off, timer blink in hour, minute, press D key for blink value adjust .



- lower heart reate correction range 30~220, upper range: 80~240, Timer range: 5 minutes~99 Hours 59 Seconds.
- Under setting mode if without any keystroke operate within 30 seconds, it will back to exercise program mode automatically.
- **Exercise :** Under the exercise mode, Press D key for timer and test heart rate signal ,''TIMER blinking if the timer open up ,press D key again for pause or continue,when it pause, Press and hold D key for 2 seconds to reset and back to exercise program mode.

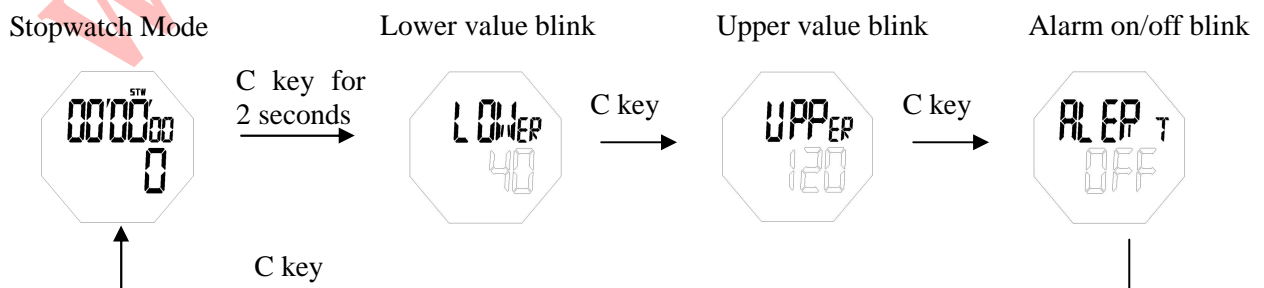
- Under pause or finish exercise program mode, press C key for look over track record in turn: duration during exercise –total exercise time and average heart rate —calorie expenditure and heart rate , press C key or B Key again back to time mode .
- When looking over the Calorie expenditure value, if without any keystroke operation within 5 seconds , it will keep on timing and heart rate testing.
- During the timing and testing, Press C key for caorie expenditure and heart rate check., which will shows 5 seconds.
- When looking over the exercise duration during the training or total exercise time and average heart rate, press B key enter into stopwatch mode .



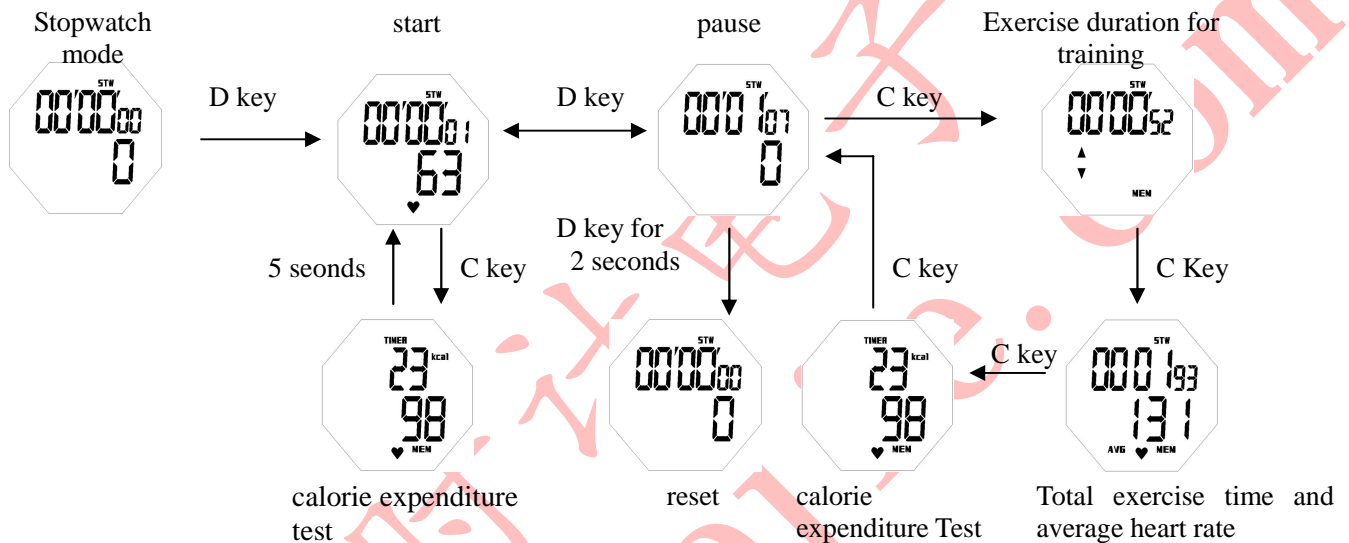
- During Timing and heart rate testing, it will ring with BB-BB when heart rate over the settled upper and lower value, the alarm symbol “( ♥ )” blinking .
- If it can't test within 5 minutes, press and hold C key for 2 seconds to retest.
- Under timer finished or Calorie check mode , press B key to exit exercise program mode and then back to time mode .
- Under timing and heart rate testing stop mode, if without any keystroke operation within 30 seconds, it will back to time mode automatically.
- Re: Calorie expenditure counter can't be used during exercising if the user information settled incomplete.
- Capacity exercise program can't be used if stopwatch is working .

## 7. Stopwatch Mode

- **Setting:** Under stopwatch setting mode , press and hold C key for 2 second enter into heart rate upper and lower value setting, first , the heart rate lower value will blink, then press C key in turn for –heart rate upper value—alarm on/off —exit and back to stopwatch mode, press D key for adjust when settled value blinking .



- **operation:** Under the stopwatch mode, press D key begin for timing and heart rate signal test “SWT” blinking , stopwatch run with 1/100, it will change to hour-minute-second display mode after 59 minutes, and stop automatically after run to 99:59:59, and back to time mode.
- Under the running ,Press D key to pause and press D key again to continue, press and hold D key for 2 seconds to reset and back to stopwatch mode when it stop running .
- When pause or finished exercise program , press C key check the record in turn : exercise duration during the training—total exercise time(TTL-TIME) and average heart rate value—calorie expenditure and heart rate , press C key or B Key again back to time mode .
- Under the timing and heart rate testing, press C key to check calorie expenditure and heart rate , it will back to timer mode automatically after display for 5 seconds.

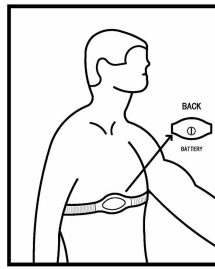


- During timing and heart rate testing , it will ring with BB-BB when heart rate over the setted upper and lower value, the alarm symbol “( ♥ )” blinking .
- If it can't test within 5 minutes,press and hod C key for 2 seconds to retest.
- Under any mode operate ,press B key exit stopwatch mode and back to time mode, at the same time , timer counting and heart rate testing stop.
- Under timer and heart rate testing stop mode , if without any keystroke operation within 30 seconds,it will back to time mode automatically.
- Re: Calorie expenditure counter can't be used during the exercising if the user information setted incomplete.
- Capacityexercising program can't be used if stopwatch is working .

## 8. Heart rate chest strap use manual

- Before tie up the chest strap , keep the battery door of the monitor downwards, then joint the clasp, adjust the monitor to the middle of chest.
- The heart rate chest strap is used for heart pulse record ,and transmit data to wrist watch,please pay attention to the follows when tie up the strap :
  - 1、 In order to keep well touch, wet the conductor tray inside the strap with pieces of water or conductor gelatin
  - 2、 Around the strap along chest, adjust the belt properly, and make sure the strap under the chest keep comfortable

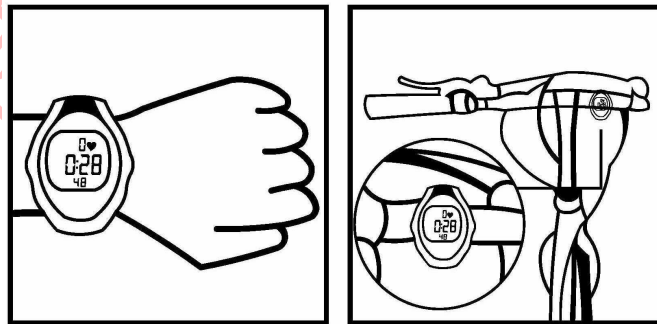




- After tie up the strap well within 2 minutes, it will transmit heart rate signal successfully; at the same time, turn on and move the watch under heart rate testing mode, heart rate value can be received. the symbol “ ♥ ” blinking when watch received heart rate signal.

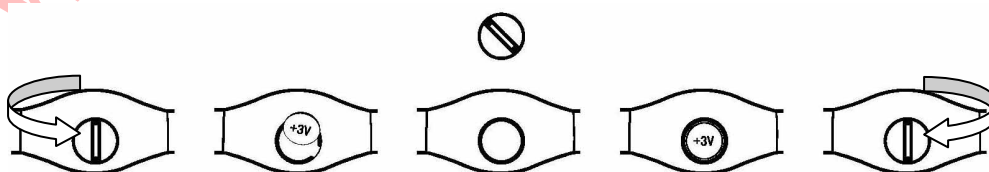
## Notice :

- Please note the location of strap tied will impact its capacity, please move it along with belt to make sure the strap upwards your heart.
- Avoid tying up the strip around chest hair
- Under dry and cold weather, The strap need to wait for few minutes for heat prepare before it can show its function steadily and improve its capability, which is a normal phenomenon.
- You can put your wrist watch on your wrist, or fix on bicycle with support or bind on gymnastic equipment, the distance between strip should keep  $\leq 65\text{cm}$



## Fault debar:

When your wrist watch can't receive the heart rate monitor after tied up the strap for 2 minutes, it may caused by low battery or very dry and cold condition you are in. resolvent: ① try to replace new battery



- ② Brush you chest with drinking water or conductor gelatin

## warning :

- This is only an assistant facility for exercise user ,not a medical treatment , this facility will lead to serious incident if without proper use.
- No usage for this facility if you wear some medical apparatus like heart beat machine or any other apparatus .
- No usage for this facility with those who wear heart beat machine around you .
- No usage for this facility during air flighting, otherwise it is dangerous to interfere airplane equipment.
- No usage for this facility when swimming or diving ,please don' t wear chest strap with you when under surface.
- Please keep away from Micro-wave oven , TV set, computer, or mobilephone ,engine or train when using this facility.heart rate result will read instable if near the TV sets or transformer.
- Please keep away from the instrument board of engine vehicle and any other high temperaute place. Don' t wear the strap immediately when keep it in hot place for a long time ,otherwise, it' s dangerous to scald.
- Skin Sensitivity :
  - 1、 Please take off the strap as if you have bad response likes sensitivity to skin
  - 2、 Due to direct touch between skin and monitor and strap , the following conditions will bring sensitivity to skin.
  - 3、 Users are sensitive to metal or leather
  - 4、 The strap full of stains or spots, dusts or sweats etc.
  - 5、 The user body with bad condition
  - 6、 Too tighten tie makes people sweat and block the air currency , which will bring sensitivity to skin , so that pay attention to tie up the strip properly .
  - 7、 Please consult doctor for usage if you can' t exercise with long time ,or you are falling sick ,or unclear your healthy condition .
  - 8、 Please stop using this facility or consult doctor for usage if you feel discomfort or any other different sense.

## Emphases;

- Please take care and avoid direct connect with pole pastern in both sides of strip and water or other conductor materials like metal,otherwise it will bring short circuit and wasting, moreover cause to serious accident

- In order to avoid any accident or inflammation caused by skin sensitivity, Please keep away from you when sleeping .
- Please take care your nail , and keep from being injured when tighten up or loosen off watch strap. especially those who have long nails
- Please take off this product when hold or around kids in order to keep kids away from harm or skin sensitivity
- Please take care your kids away from swallowing when replacing the battery.
- Keep the chest strap and battery away from kids touch, contact with doctor immediately if battery being swallowed by accident .
- Important data should and must be copied for memo in case of lossing. Hitch mending and battery replace may lead to memory loss.
- In case of signal interrupt, please don' t beat the conduct monitor after tied up the chest strap .

## **Preservation:**

- Make sure the heart rate chest strap clean and dry after exercise, then keep store.
- Use a soft dry cloth or a cloth with water and neutral diluted cleanser to clean this product , please wrest the rest water before cleaning . avoid use diluted medicament, benzene, alcohol, or any other volatility medicament. Make sure it is dried and then keep store .
- When tie on or off the strap , avoid over distorting, bending , or lasting .
- Keep the pole pastern in the chest strap close to skin directly. Use water, promotion and distortaion will lower colloid effection, we suggest you replace termly.
- No bending and scratching marks in pole pastern of the chest strap .
- Please keep this product from strength pressing and striking, or away from large temperature or humidity atmosphere range.
- Long sunshine time for chest strap is not allowed , otherwise it will fail to test .
- No disassembling or disturbing for inside accessories, which may not only wreck the product , but harmful to people .
- Please don' t touch the outer circuit above the product in any case, because the electric shock is dangerous .
- Replace the batter if the product stop working ; take out the battery if without



use for long time .

- The original battery is installed at factory before delivery, those battery will consume lasting during the transport and storage, which make the battery life shorter than common battery.
- Clean the seat immediately if there is liquid pour from battery , and keep away from skin touch directly.
- Take care you battery in any case.

## C. Specification

- Movement dimension :  $\Phi 33.2$  mm
- Thickness :  $9.35 \pm 0.15$  mm
- Work temperature :  $-10^{\circ}\text{C} \sim +60^{\circ}\text{C}$
- Work voltage : 3V
- TimeVeracity :  $\pm 90$  seconds/month
- Battery type : CR2032(220mAh)
- Static maximum drive current :  $\leq 3.5 \mu\text{A}$  (T=25 $^{\circ}\text{C}$ )
- Static average drive current :  $\leq 2.5 \mu\text{A}$  (T=25 $^{\circ}\text{C}$ )
- Heart rate Monitor current :  $\leq 30 \mu\text{A}$  (T=25 $^{\circ}\text{C}$ )
- EL Lighting current :  $\leq 10.0$  mA
- Alarm ring current :  $\leq 2.5$  mA
- Battery life : 36 months (Japan battery)  
(Using EL light twice every day, alarming once every day for 30 seconds each time, Using heart rate mointor for 1hour)

### enclose: Chest Strap

- Battery type : CR2032(220mAh)
- Static current :  $\leq 1.5 \mu\text{A}$  (T=25 $^{\circ}\text{C}$ )
- Instant emission current :  $\leq 4.5$  mA (T=25 $^{\circ}\text{C}$ )
- Average emission current :  $\leq 0.4$  mA (T=25 $^{\circ}\text{C}$ )
- Emission distance :  $\geq 65$  cm
- Bttery life (Using one hour each day ) : 14 Months (Japan battery )

	制 作	审 核	批 准
签 名	冯碧颜	赵星亮	宋检望
日 期	09/05/27	09/06/01	09/06/01