HEART RATE MONITOR WITH PEDOMETER

INSTRUCTION MANUAL

Thanks for your choice of heart rate monitor with pedometer. It has such features:

● FUNCTION INTRODUCTION

- ● Accurate wireless heart rate measurement.
- ● Display the percentage of real heart rate value to maximum heart rate value based on different age
- ● Heat rate value, maximum HR (heat rate) value, average HR value
- ● Record the exercise time and the exercise calorie consumption
- ● Set maximum heart rate and low heart rate alarm
- ● Step counting, Calorie, Distance, Exercise Time
- ● Clock, calendar,12H/24H
- ● Alarm
- ● Timer
- ● Stopwatch
- ● EL Backlight
- ● 5.3KHZ Transmitter belt
- ● 6 days memory record,

● OPERATION BUTTONS

1. MODE
- Change over the modes
- Hold 2 seconds to enter setting or quitting the setting mode
- Change over setting value

2. START
- Increase the figure value when setting
- Start/Stop chronograph running
- Recall the memory

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3. RESET
- Decrease the figure value when setting
- Switch function display in each mode

4. LIGHT
- Turn on the EL backlight
- It will switch off backlight automatically if not pressing the key within 3seconds.
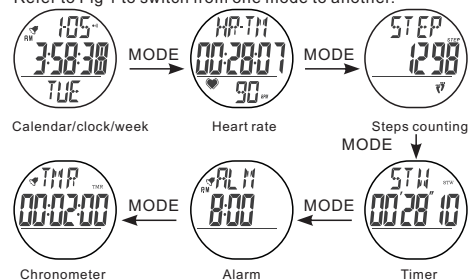
● HOW TO USE THE BACK LIGHT

Press LIGHT to turn on the back light, which will last for 3 seconds. It will switch off backlight automatically if not pressing the key within 3seconds.

● OPERATION MODE

Refer to Fig 1 to switch from one mode to another.

Calendar/clock/week   Heart rate   Steps counting

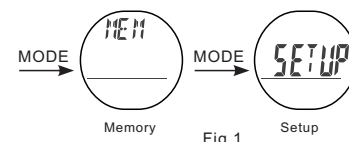Chronometer   Alarm   Timer

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Memory   Setup

Fig.1

● CLOCK, CALENDAR SETTING

1. In mode of "Calendar/Clock/Week" , press MODE for 2 seconds to enter into the setting of clock and calendar. The setting icon will flash, press START to increase the value, or press RESET to decrease the value. Press MODE again to confirm the setting and proceed to next setting, hold MODE 2 seconds to quit the setting mode. The setting sequence is as Fig.2.

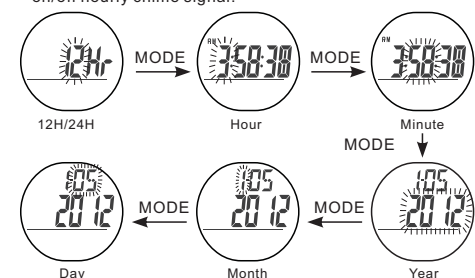2. In mode of "Calendar/Clock/Week" , press START to turn on/off hourly chime signal.

12H/24H   Hour   Minute

Day   Month   Year

Fig.2

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● HEART RATE MEASUREMENT

1. OPERATION MODE
Refer to FIG 3 to switch different heart rate modes.

Excise time /heart rate   HR. percentage /heart rate   Calorie/heart rate
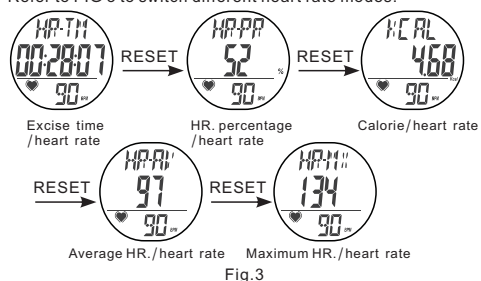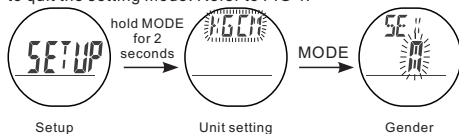
Average HR./heart rate   Maximum HR./heart rate

Fig.3

2. Setting user's personal parameters.
When first use the heart rate monitor, set user's personal parameter. Or else, the heart rate percentage, calorie consumption will be incorrect. In SETUP mode , hold MODE for 2 seconds to enter into setting parameters , press START to increase the value, or press RESET to decrease the value. Press MODE again to confirm the setting and proceed to next setting, hold MODE 2 seconds to quit the setting mode. Refer to FIG 4.
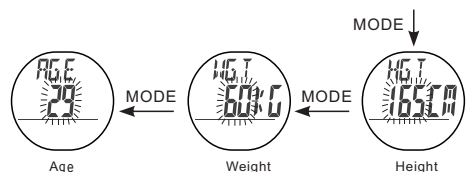
Setup   Unit setting   Gender

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Age   Weight   Height

Fig.4

3. Set maximum heart rate and low heart rate alarm
In" Exercise time/Heart rate "mode , hold MODE for 2 seconds to enter into setting maximum HR and low HR alarm . Refer to FIG 5
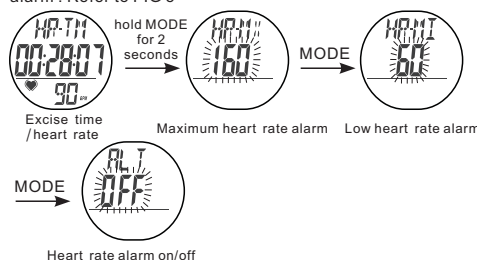
Excise time /heart rate   Maximum heart rate alarm   Low heart rate alarm

Heart rate alarm on/off

Fig.5

4. CLEAR TO ZERO
In Exercise time/Heart rate, Maximum Heart rate, Calorie/Heart rate mode , hold RESET for 2 seconds to clear data to zero.

5. THE TRANSMITTER BELT

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Fig.6

1) The transmitter belt is used to measurement your heart rate and transmit the data to the receiver that inside heart rate monitor. Refer to Fig 6 to wear.

2) Strap the belt across your chest. Adjust the strap until the transmitter sits snugly below the pectoral muscles for an accurate heart rate signal.

3) The max. distance between Heart rate monitor and transmitter belt is 80cm.

6. Recall Heart rate record
1) In MEM mode press START to recall the memory. It will display max heart rate and calorie. Press RESET to display other recorded memory. There are 6 days heart rate and calorie memory.

2) Each day's steps and calorie will be recorded automatically at the time of 0 : 00.00（24H） / AM12:00.00（12H）. Meanwhile, the pedometer's steps /time /distance /calorie will be reset to zero.

● STEPS COUNTING

1.OPERATION MODE
Refer to Fig. 7 to changeover the different steps counting mode.

2. In Step, Distance, Time ,Calorie mode , hold RESET for 2 seconds to clear data to zero.

3.LB/INCH or KG/CM and Step parameters setting.

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Steps   Distance   Time

Calorie

Fig.7

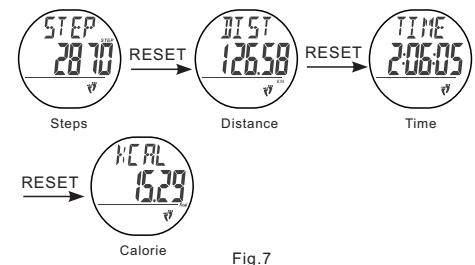Setup   Unit setting   Gender

Age   Weight   Height

Stride

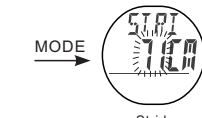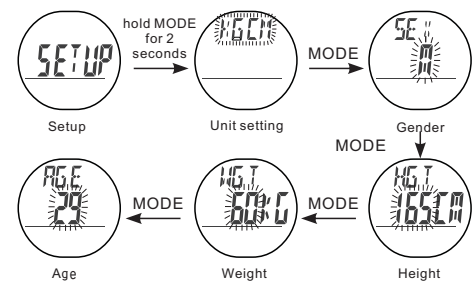Fig.8

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When first use the pedometer, set user's personal parameter. Or else, distance, calorie consumption will be incorrect. In SETUP mode , hold MODE for 2 seconds to enter into setting parameters the character "KG CM" will flash. Press START to increase the value, or press RESET to decrease the value. Press MODE again to confirm the setting and proceed to next setting,hold MODE 2 seconds to quit the setting mode Refer to FIG 8.

4. Walking stride is always different. You can calculate the average and input to the pedometer. For example, when you take 10 steps, the total length is 6m,the average stride will be 60cm.See Fig.9.

Fig.9

5. Auto start/stop. The pedometer will only calculate the exercise data that over 10 times. For example, if you walk less than 10 steps, there will be no change for steps, time and calorie. Such design is to ensure the accuracy in case of discontinuous exercise.

6.Recall Steps Record
(1)In MEM mode press START to recall the memory. It will display steps and calorie. Press RESET to display other recorded memory. There are 6 days steps and calorie memory.
(2)Each day's steps and calorie will be recorded automatically at the time of 0：00.00（24H） / AM12:00.00（12H）. Meanwhile, the pedometer's steps /time /distance /calorie will be reset to zero.

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● HOW TO USE THE CHRONOMETER

In the mode of "STW":
1)Press the button START to start chronometer running, press START again to stop. Hold RESET for 2 seconds to reset the chronometer to zero.
2)When the chronometer is running, press RESET to get the current split time. Then press START again to stop chronometer .
3)During chronometer running, press RESET to get current split time; when stop exercise, Press RESET to get the LAP1-LAP9 split time.

● ALARM

1.How to set the alarm
In the mode of "Alarm", hold MODE 2seconds to enter to set the alarm. The setting figure will flash, press START to increase the value, or press RESET to decrease the value. Press MODE again to confirm the setting or hold MODE 2 seconds to quit the setting mode. Refer to FIG 10.
2.Turn on/off the alarm
In the mode of "Alarm" ,press the button START to turn on/off the alarm. When the alarm is on, it will display " 🔔 "and will beep 30 seconds when reach to the preset time everyday. Press any button to release the alarm. When the alarm is off, it will NOT display " 🔔 "
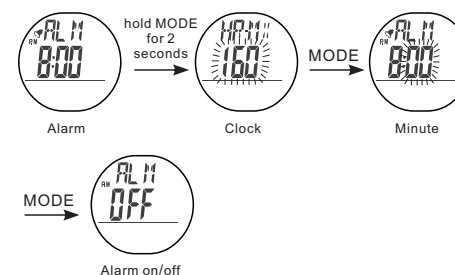
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Alarm   hold MODE for 2 seconds → Clock → MODE → Minute

MODE → Alarm on/off

Fig.10

● COUNTDOWN TIMER

1）How to set the countdown timer
In mode of "Timer", press MODE and hold 2 seconds to enter timer setting. Press START to increase the value, or press RESET to decrease the value. Press MODE again to confirm the setting and proceed to next setting , hold MODE 2 seconds to quit the setting mode. The setting sequence is as FIG11.

Countdown   按2秒 MODE → Hour   MODE → Minute

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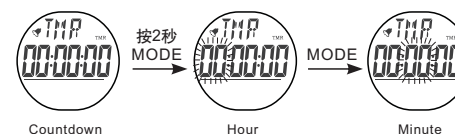
MODE → Second   Fig.11

2)Countdown timer
In mode of "Timer", press START to start counting down. Press START again to stop counting down. Hold RESET for 2 seconds to reset the timer to 00:00:00.
3)When the timer reset the timer to 00:00:00, press START to start counting up .Press START again to stop counting up, hold RESET for 2 seconds to reset the timer to 00:00:00.

● RECALL PULSE RECORD

1)In mode of "MEM", press START to recall the memory. It will display maximum HR (heat rate) value, average HR value and the exercise calorie consumption, press START to display other days recorded memory. There are 6 days recorded memory. Each sequence number has the related date. See FIG12.
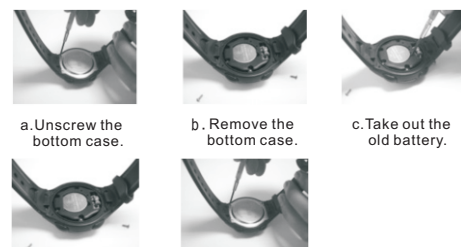

Memory   RESET → 1st day date   RESET → Average heart rate

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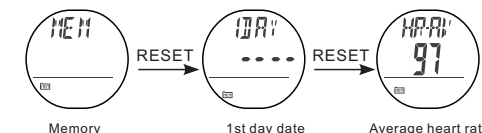
RESET → Maximum heart rate   Fig.12

2)Each day's steps and calorie will be recorded automatically at the time of 0：00.00(24H) / AM12:00.00(12H). Meanwhile, the pedometer's steps /time /distance /calorie will be reset to zero.

● BATTERY REPLACE

a.Unscrew the bottom case.

b . Remove the bottom case.

c.Take out the old battery.

d.Put in the new battery.

e. Screw the bottom case.

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NOTE: ● The battery anode should be upwards..
● Please replace the battery in time when the display becomes dim.
● If no display or dysfunctions after replace new battery, please take the battery out. After 15 seconds or use the plier to make the battery anode and cathode clips short, then please reinstall the battery.

● SPECIFICATION

1.Clock and Calendar
Date and Time format: Hour, Minute, Second, Year, Month, Week, Day, 12/24H
100 years calendar:2000～2099
Alarm:1 daily alarm(hour: minute)
2.Chronometer
Range:0:00:00～59minutes:59seconds:99～99hours:59minutes: 59seconds.
In first 1hour,it is measured display in 1/100 seconds.
3.Countdown Timer
Countdown Timer:99hour59 minutes 59 seconds.
4.Steps Counting Mode: Steps/Clock, Steps/ Time, Distance/Calorie
Steps range:0～999999
Time:0:00:00～99H59M59S
Distance：0.00～999.99KM（or 0.00～999.99 Mile）
Calorie : 0.0～9999.9KCAL
Memory:6 memories. Each memory include steps/calorie and related date.

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5.Personal Data
  Stride : 25cm～150cm   Default is 50cm
  Or 10inches～60inches Default is 20inches
  Weight : 20kg～200kg   Default is 70kg
  Or 45lbs～440lbs   Default is 154lbs
  Height : 90cm～240cm   Default is 170cm
  Or 35inches～95inches Default is 67inches
  Age : 10～99   Default is 30
  Sex : Male, Female   Default is Male
6.Heart Rate Measurement
  Heart Rate Range : 30～240bpm
  Resolution:1 bpm
  Accuracy : ±1 bpm
7.Environment
  Operation Temperature : 0℃～+50℃
  Storage Temperature:-5℃～+60℃
  Humidity:10%～95%
8.Water Resistance: 30M water-resist

NOTE: Water-proof tested and the product can be in good condition under 30m water when you don't operate it. It is suggested to NOT wear the watch during swimming or taking shower.

9.Battery: 1 pcs CR2032 Lithium battery

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