



HEART RATE MONITOR WATCH SYSTEM

Model: 502

INSTRUCTION MANUAL

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Introduction

Congratulations on your purchase of this new Heart Rate Monitor Watch System. It is an easy-to-use and convenient way to measure your heart rate while doing exercise activities. The device consist a wrist watch and a chest strap to accurate monitoring your heart rate. The heart rate monitor maximizes the benefits of exercise in a limited amount of time and immediate feedback objective information to make sure you are on the right track.

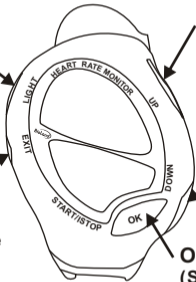
Components Description and Features

LIGHT

- * Trigger Backlight
- * Press and Hold to Turn Alarm ON/OFF

EXIT

- * Back to Last Manual or Time Mode



UP

- * Scroll Up of Manual
- * To Increase Digit in Setting

DOWN

- * Scroll Down of Manual
- * To Decrease Digit in Setting

OK (Start/Stop)

- * Confirm Selection or Setting

-3-

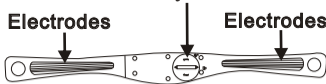


Chest Strap(Front)

Battery Cover

Electrodes

Electrodes



Chest Strap(Back)



Elastic Strap

Features-

- * Heart Rate Monitor Protecting from Sports Harm
- * A Chest Strap Included
- * Activity 3 Preset Levels Low/Middle/High and one User Own Setting
- * Zone Alarm
- * Time Clock/Calendar Display
- * Display with Setting Text Prompt
- * Last Data Memory for Average Heart Rate, Time within Target Zone, Total Time of Exercise, Calories Expended During Exercise
- * BMI (Body Mass Index) information
- * EL Cool Light
- * Battery CR2032 both for Watch(Receiver) and Chest Strap (Transmitter)

1. Time Setting-

- * Press **OK** to enter Time setting (Make sure display prompt "TIME")
- * Use **UP** or **DOWN** button to select the correct year
- * Press **OK**
- * Use **UP** or **DOWN** button to select M-D (Month/Date) or D-M (Date/Month) you desired
- * Press **OK**
- * Use **UP** or **DOWN** button to select correct Month
- * Press **OK**
- * Use **UP** or **DOWN** button to select correct Date
- * Press **OK**
- * Use **UP** or **DOWN** button to select correct Hour
- * Press **OK**
- * Use **UP** or **DOWN** button to select correct Minute
- * Press **OK** to complete the time setting

2. Alarm Setting -

- * Press **OK** to enter Alarm Setting (Make sure display prompt "ALARM")
- * Use **UP** or **DOWN** button to select Hour of alarm
- * Press **OK**
- * Use **UP** or **DOWN** button to select Minute of alarm
- * Press **OK** to complete the alarm setting and alarm automatically turn on

a. Turn Alarm " " On and Off -

While in time of day display, press "Ok" button to display Alarm time
Press and Hold "Light" button, to switch Alarm On or Off.

b. Turn Zone Alarm " " On and Off -

While in Heart Rate Monitor mode, press and hold light
button to turn Zone Alarm On or Off.

3. User ID Setting -

- * Press **OK** to enter User ID setting (Make sure display prompt "USER ID")
- * Use **UP** or **DOWN** button to select Male or Female
- * Press **OK**
- * Use **UP** or **DOWN** button to enter correct Age
- * Press **OK**
- * Use **UP** or **DOWN** button to select Unit of Kg/Cm or Lbs/Ft
- * Press **OK**
- * Use **UP** or **DOWN** button to enter correct Weight
- * Press **OK**
- * Use **UP** or **DOWN** button to select correct Height
- * Press **OK**
- * Display your BMI (Body Mass Index) data
- * Press **OK**
- * Display your MHR (Maximum Heart Rate) data
- * Press **OK** to complete User ID setting

4. Activity setting

(Please also refer to Page 18 for "Target Heart Rate Zone) -

* Press **OK** to enter Activity setting for a Target Zone (Make sure display prompt "ACTIVITY")

* Use **UP** or **DOWN** button to select one of following Intensity Levels you desired -

Low - Preset at 50/60% [Low/High % of your maximum heart rate (HR max)]

Middle - Preset at 60/75%

High - Preset at 70/85%

(Press **OK**, if select one of above preset levels, and complete the setting)

User - option of user own determination, please refer to next following steps for setting

* Press **OK**

* Use **UP** or **DOWN** button to select Low Limit of HRmax (Range between 40 - 90%)

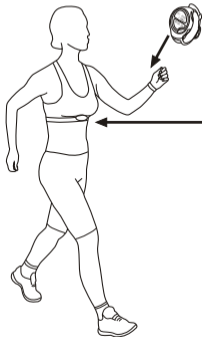
* Press **OK**

* Use **UP** or **DOWN** button to select High Limit of Hrmax

(Range between 50 - 90% and at least 10% higher to Low limit)

* Press **OK** to complete the setting.

How to Put Your Heart Rate Monitor On



Wrist Receiver
(Wear to your Wrist)



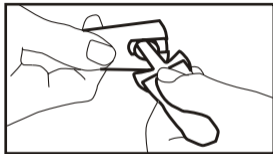
The Transmitter
(Detects your heart rate continuously and transmits it to the wrist receiver)



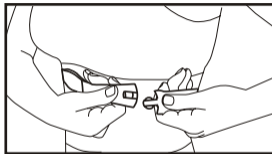
The elastic strap
(Holds the transmitter in the correct position.)

NOTE: Keep the wrist receiver within 1 meter (3 feet) of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbance.

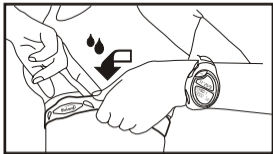
1. Attach the transmitter to the elastic strap.



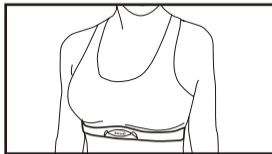
2. Adjust the strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles, and buckle it.



3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.



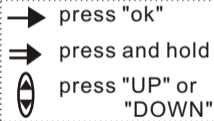
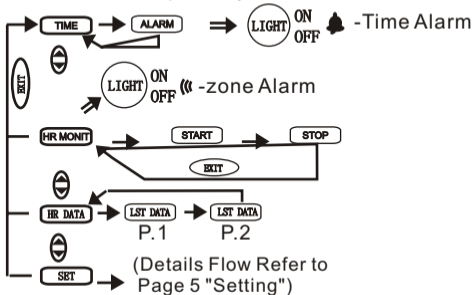
4. Check that the wet electrode areas are firmly against your skin and the logo is in a central, upright position.



How to Start and Stop

Make sure the transmitter is put on your chest as above setup properly.

Roadmap of Operation



How to Start -

1. In the time of day display, press **DOWN** button display "HR MONIT".
2. Press **OK**, the stopwatch starts running and your heart rate appears in a few moment, you can start exercising. The exercise data will be automatically stored to memory.

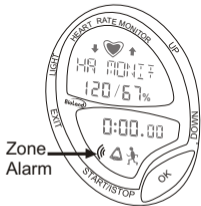
How to Stop -

1. Press **OK** to stop the stopwatch. Measurement is paused.
Exercise is no longer recorded.
2. Press **EXIT** twice to reset the stopwatch and quit to time mode.

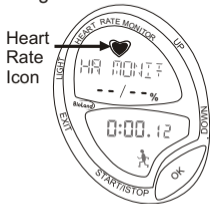
Note: The receiver will stop the heart rate measurement after 5 minutes when you removed the transmitter from you chest.

Functions During Exercise

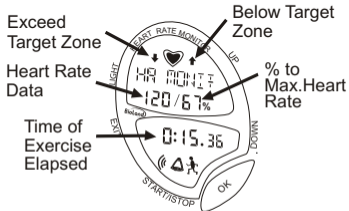
1. Press and Hold "Light" button to turn the zone alarm sound On or Off.



2. The Heart icon flashing to indicate that the receiving of Heart Rate signal



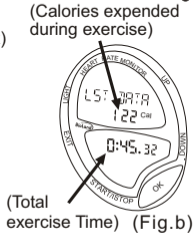
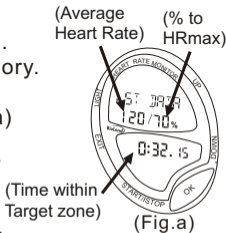
3. The ↑ icon on the display to indicate that your current heart rate is below the target zone and need to increase activity level. Vice Versa the ↓ icon indicate need to decrease activity level.



4. Press "**UP**" button to check the time of day, and press "**DOWN**" button to return to Heart Rate Monitor display.
5. You can pause the stopwatch by pressing "**OK**" button. Repressing **OK** will restart the stopwatch.

Review Last Exercise Data

1. While in the time of day display, press **UP** or **DOWN** until "HR Data" displayed.
2. Press **OK** to review "Last Data" in memory.
3. First page display as indicate in (Fig. a)
4. Press **OK** to review the second page of data as indicate in (Fig b)
5. Press Exit to quit to Time mode



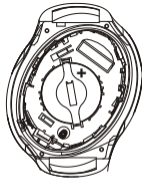
Battery Replacement

1. Transmitter using a Lithium CR2032 battery, estimated average battery life is 1000 hours of use. Contact authorized dealer for a replacement



battery of transmitter. When transmitter power getting weak, the wrist receiver not be able to normal receiving the heart rate pulse data, please replace a new battery.

2. Wrist Receiver using a Lithium CR2032 battery, estimated battery life 1 year in normal use (2h/day, 7 days a week). Please note that excessive use of backlight and the alarm signals will drain the battery more rapidly. When the battery low icon displayed, please contact authorized dealer for a replacement battery of wrist receiver.



NOTE: When battery low icon appear, The backlight and HR monitor function are disabled, Please replace a new battery.

Target Heart Rate Zone

Your target heart rate zone is a range between the lower and upper heart rate limits expressed as percentages of your maximum heart rate (HRmax).

To estimate your HRmax use the following formula:

$HR_{max} = 220 - \text{age}$ (Example for age 40, $HR_{max} = 180$)

Low Level Target Zone -

When your heart beats at 50 - 65% of your HRmax, you're in the Low Intensity zone. This kind of exercise is easy such as walk, but already delivers some health benefits.

Middle Level Target Zone -

When your heart beats at 60-75% of your HRmax, you are in the moderate intensity zone. This is good for improving fitness, building endurance and recommended for weight loss.

High Level Target Zone -

When your heart beats at 70-85% of your HRmax, you are moved into High target zone. This is harder work, but effective for strengthening aerobic fitness and endurance specially for people exercising more regularly

The device preset with activity at Middle target zone (60 - 75%) , however you can change it at activity setting as you desired.

Maintenance and Care

1. Carefully wash the transmitter with a mild soap and water solution.
2. Rinse it with pure water.
3. Dry the transmitter carefully with a soft towel.
4. Keep the wrist receiver clean and wipe off any moisture.
5. Store the heart rate monitor in a clean and dry place. Dirt impairs the elasticity and functioning of the transmitter.

Precautions, Minimizing Possible Risk in Exercising

Exercise may include some risk, especially for those who have been sedentary. To minimize possible risks consider the following advice:

Before beginning a regular exercise program consult your doctor

- * If you are over 50 years of age and have not been following a regular exercise program during the past 5 years
- * If you smoke
- * If you have high blood pressure
- * If you have high blood cholesterol
- * If you have any signs or symptoms of any disease
- * If you are recovering from a serious illness or a medical treatment e.g. surgery
- * If you use a pacemaker or another implanted electronic device, we always recommend an exercise test under doctor's supervision.
- * it is important to be sensitive to your body's reactions during exercise. If you feel unexpected pain or excessive fatigue when exercising, it is recommended to stop the exercise or continue at a lighter intensity.

Technical Specifications

Chest Transmitter -

Material: ABS and Polyurethane

Operating Temperature: -10 to 50 °C (14 to 122 °F)

Battery: Lithium Cell CR2032, 3V

Wrist Receiver -

Material: ABS and Polyurethane

Operating Temperature: -10 to 50 °C (14 to 122 °F)

Water resistance

Battery: Lithium Cell CR2032, 3V

Accuracy of heart rate measurement: +/- 2% or +/- 1 bpm

(whichever larger, definition applied to steady state conditions)

Heart rate limits: 30 - 199 bpm

Receiving Range: 1 meter(3 feet) from Transmitter

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