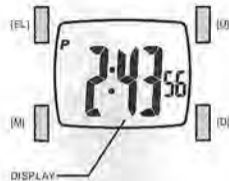


2.0 Care and Maintenance

- Read this manual thoroughly before using this product set.
- Avoid rough usage or severe impacts to this product set.
- Store this product set in a dry place when it is not in use.
- When the battery runs out, it is recommended to have a professional replace the battery.
- Clean your product set occasionally with a soft moistened cloth.
- DO NOT expose this product set to chemicals such as gasoline and alcohol; these chemicals will damage this product set.

Replacement Battery
Size is CR2025

3.0 Button and its Function



Mode Button [M]

- To select among the Current Time, Alarm, Chronograph and Countdown Timer Mode.

- To select setting display.

Up/Start/Stop Button [U]

- To show the date.
- To switch alarm on/off.
- To switch between 12 or 24 hour format during the current time setting display.
- To switch Month-Day or Day-Month format during the current time setting display.
- To switch beep tone on/off during the current time setting display.
- To activate the 'start' or 'stop' function during Heart Rate Mode, Chronograph Mode and Countdown Timer Mode.
- To increase the set value during setting display.

Down/Reset Button [D]

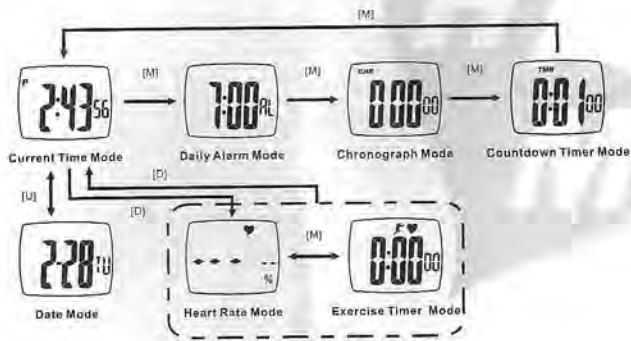
- To select the Heart Rate Mode.
- To switch the hourly chime on/off.
- To switch between 12 or 24 hour format during the current time setting display.
- To switch Month-Day or Day-Month format during the current time setting display.
- To clear the value for the Exercise Timer, Chronograph and Countdown Timer.
- To decrease the set value during setting display.

EL Button [EL]

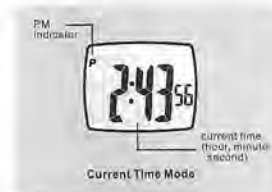
- To turn on the EL back light for about 3 seconds.

NOTE: The major key operations are summarized on the above paragraphs; however please read the coming chapters for the detail operations.

4.0 Major Function Modes



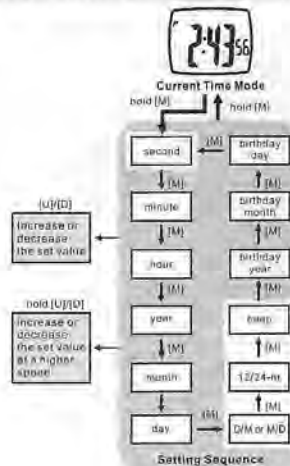
5.0 Current Time Mode - Current Time Display



Current Time Display

- When the Current Time Mode is selected, the Watch will show the following items on the display:
 - The current time (hour, minute, second) is exhibited on the display.

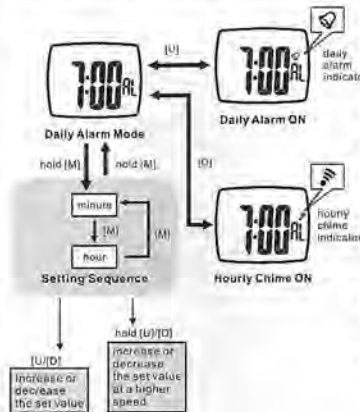
5.1 Current Time Mode - Setting the Current Time



How to Set the Current Time

- To select the setting display, hold the [M] button for 2 seconds in the Current Time Mode, and then the 'Second' digits will start flashing.
- In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings.
- During one of the settings (second, minute, hour, year, month, day, birthday year, birthday month and birthday day) is flashing, press the [U] or [D] button to change the set value (hold down the button to change the set value at a higher speed).
- When the second digits start flashing, press the [U] or [D] button to reset them to zero.
- When the setting is completed, hold the [M] button for about 2 seconds to exit the setting display. The Watch will also exit the setting display if NO key-stroke has been activated for 1 minute.

6.0 Daily Alarm Mode - Setting the Daily Alarm and Hourly Chime



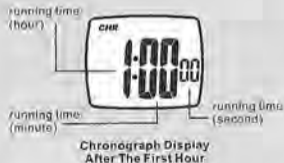
How to Set the Daily Alarm and Hourly Chime ON/OFF

- To set the daily alarm between ON and OFF, press the [U] button in the Daily Alarm Mode.
- When the daily alarm indicator 'AL' is appeared, the daily alarm is ON.
- To set the hourly chime between ON and OFF, press the [D] button in the Daily Alarm Mode.
- When the 'chime' is turned ON 'chime', the Watch will beep once per hour.

How to Set the Daily Alarm

- To select the setting display, hold the [M] button for 2 seconds in the Daily Alarm Mode, and then the 'Minute' digits will start flashing.
- In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings.
- During one of the settings (minute, hour) is flashing, press the [U] or [D] button to change the set value (hold down the button to change the set value at a higher speed).
- When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display if NO key-stroke has been activated for 1 minute.

7.0 Chronograph Mode - Chronograph Mode



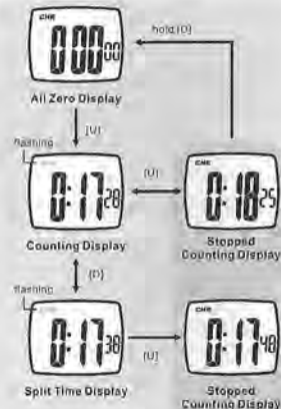
Chronograph Mode

- This Watch includes a stopwatch function which measures elapsed time and current split time.
- The measuring capacity of the chronograph:
 - Measuring unit: 1/100 second.
 - Measuring range: 99 hours, 59 minutes and 59.99 seconds

Chronograph Display

- When the Chronograph Display is selected, the Watch will show the following items on the display:
 - At the first counting hour, the counting time minute, second and 1/100 second will be exhibited on the display.
 - After the first counting hour, the counting time hour, minute and second will be exhibited on the display.

7.1 Chronograph Mode - Using the Chronograph



How to Measure Elapsed Time

- During the 'All Zero' Display, press the [U] button once will start the counting, and press the [U] button again will stop the counting.

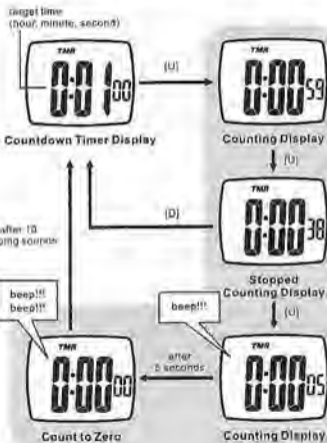
How to Get a Split Time

- When the chronograph is counting, press the [D] button to select Split Time Display. When the counting display is frozen, press [D] button will return to the counting display.

How to Reset the Chronograph

- Hold the [D] button for about 2 seconds to reset the display to 'All Zero' display when the chronograph is stopped counting.

8.0 Countdown Timer Mode - Countdown Timer Display



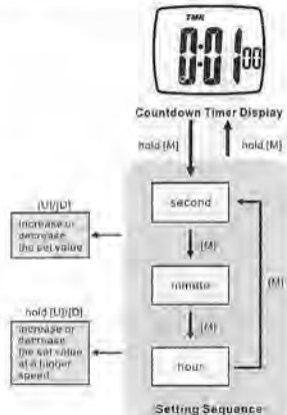
Countdown Timer Mode

- The measurement unit of the timer is 1 second, and the preset value of the timer can be set up to a maximum of 99 hours and 59 minutes 59 seconds.
- The initial setting of the timer is 1 minute.
- During the counting, the Watch will beep once per second for the last 5 seconds; and 10 seconds when counts to zero.
- When the timer counts to zero, it will reload the preset value of target time automatically after the sound sequence is finished.

How to Reload the Timer

- Press the [D] button once to reload the preset value, when the timer is stopped counting.

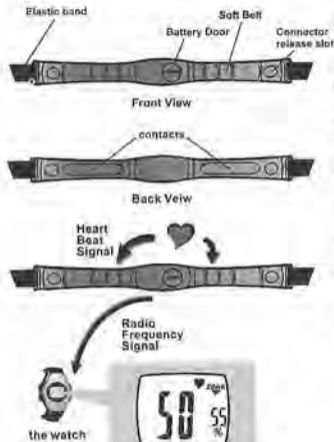
8.1 Countdown Timer Mode - Setting the Countdown Timer



How to Set the Countdown Timer

- The following paragraphs will illustrate the procedure for setting the Timer.
- To select the setting display, hold the [M] button for 2 seconds in the Countdown Timer Display, and then the 'Second' digit will start flashing.
- In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings.
- When one of the settings (hour, minute, second) is flashing, press the [U] or [D] button to change the set value (hold down the button for about 2 seconds to change the set value at a higher speed).
- When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display if NO key-stroke has been activated for 1 minute.

9.0 Heart Rate Mode - Precautions



Precautions / Tips

- Two contacts located on the back of the Chest Strap. These two contacts must make firm contact with the user's skin during measurement.
- DO NOT take heart rate measurement when diving or under water.
- Clean the contacts occasionally by applying a few drops of water, and wipe it dry with a paper towel to remove any residual grease.
- DO NOT use hand cream; it will insulate the signal between the skin and the contacts.
- Clean your skin with soap and water for better signal transmission.
- For those with extremely dry skin, apply a conductive gel or water.
- Adjust the Chest Strap with the supplied elastic band until it is hold on your chest firmly to avoid loosen it when doing exercise.
- Avoid doing any awkward motion during measurement, it will create an inaccuracy heart rate reading.

9.1 Heart Rate Mode - Heart Rate Function Overview

Heart Rate Function Overview

- During exercise or sports, your heart naturally speeds up in pumping blood to the body in accordance with your increased energy level.
- This product set includes the following heart rate functions:
 - Heart rate reading express in beats per minute (bpm).
 - Heart rate reading express in percentage of estimated maximum heart rate (%EMHR).
 - Heart Rate Alert Zone Function.

NOTE: Check the coming chapter 9.3 for more detail of Heart Rate Alert Zone function. Check the coming chapter 9.5 for more detail of percentage of Estimated Maximum Heart Rate.

Heart rate
express in
beats per minute

Heart rate express
in percentage of
Estimated
Maximum Heart Rate

Heart Rate
Alert Zone
Function

Heart Rate Function Overview

9.2 Heart Rate Mode - Getting a Heart Rate Reading

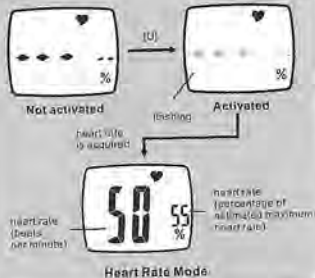
Wear the Watch on your wrist



Place the Chest Strap on your chest, and make sure that the contacts are in firm contact with your skin



Select the Heart Rate Mode, and press [U] to start



How to Get Ready to Receive Heart Rate

- Wear the Watch on your wrist.
- Place the Chest Strap on your chest, and make sure that the contacts of the Chest Strap are in firm contact with your chest.

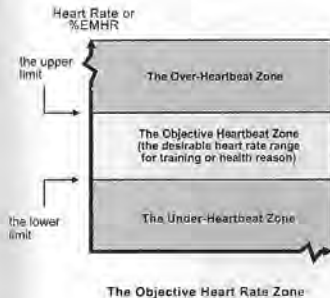
How to Get a Heart Rate Reading

- When entering the Heart Rate Mode, the icon and is exhibited on the display.
- Press the [U] button to activate the heart rate measurement, the start flashing.
- When a heart rate is acquired, the heart rate and the percentage of estimated maximum heart rate will be exhibited on the display.

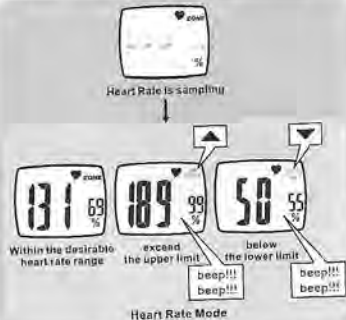
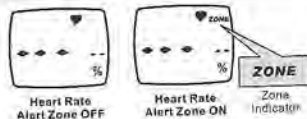
NOTE: The Watch will beep once per 10 second if NO heart rate signal is received. The Watch will go to idle mode (the stop flashing) if NO heart rate signal is received for over 1 minute.

NOTE: If NO heart rate reading or long response time, check the possible causes and solutions at chapter 11.0, and then repeat the above steps to get your heart rate.

9.3 Heart Rate Mode - What is Heart Rate Alert Zone Function



9.4 Heart Rate Mode - Using the Heart Rate Alert Zone Function



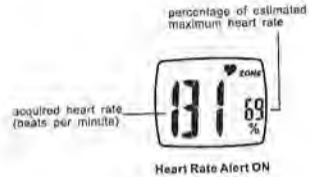
9.5 Heart Rate Mode - What is Percentage of Estimated Maximum Heart Rate

Percentage of Estimated Maximum Heart Rate

- Estimated Maximum Heart Rate (EMHR) is calculated by using the below formula.
 - $EMHR = 220 - \text{user age}$
- Percentage of Estimated Maximum Heart Rate is calculated by using the below formula.
 - $\%EMHR = \text{acquired heart rate} \div EMHR \times 100\%$

- In addition to absolute heart rate reading, the Watch also includes the percentage of estimated maximum heart rate (%EMHR) reading to user.
- Once the user has set his/her heart rate objective range by using his/her age, the Watch will use that data to calculate his/her estimated maximum heart rate (EMHR).
- The Watch will further show the percentage of estimated maximum heart rate by using the adjacent formula when the user acquired a heart rate reading.

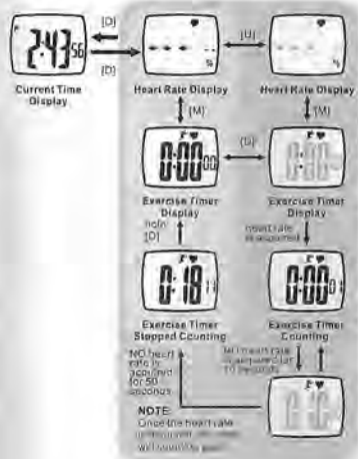
9.6 Heart Rate Mode - An Example on Percentage of Estimated Maximum Heart Rate



An Example of Percentage of Estimated Maximum Heart Rate

- The following is an example which illustrates the operations on Percentage of Estimated Maximum Heart Rate.
- Example:** A male exerciser at his 30th. has set the heart rate objective range by using age, then he takes a heart rate measurement during the exercise, and the acquired heart rate is 131 beats per minute.
 - Estimated Maximum heart rate = $220 - 30 = 190$ bpm. Then,
 - The acquire heart rate = 131 bpm (by measurement)
 - The percentage of estimated maximum heart rate = $131 \div 190 \times 100\% = 69\%$

9.7 Heart Rate Mode - Heart Rate with Exercise Timer



Exercise Timer Mode

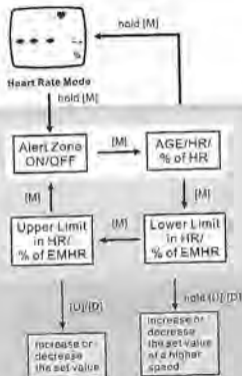
- Exercise Mode works together with the heart rate measurement.
- In Exercise Time Mode, press the [U] button to start the heart rate measurement, the 'hour', 'minute' and 'second' digits start flashing.
- Once a valid Heart Rate is gotten, exercise timer will count up automatically.
- If NO heart rate is acquired for 10 seconds, the Exercise Timer will stop counting automatically, the 'hour', 'minute' and 'second' digits start flashing.
- If the Exercise Timer has been stopped for 50 seconds, the heart rate measurement will turn off automatically.

NOTE: If heart rate is acquired again during the Exercise Timer is stopped, the Exercise Timer will count up automatically from the last reading.

How to Reset the Exercise Timer

- Hold the [D] button for about 2 seconds to reset the time to zero when the timer is stopped counting.

9.7.1 Heart Rate Mode - Setting the Heart Rate Alert Zone



Setting Principles

- The Heart Rate Alert Zone can be set by one of the following principles:
 - User's age.
 - Heart Rate.
 - Percentage of Estimated Maximum Heart Rate.
- User can set the Alert Zone by age in the setting described in chapter 5.1, or
- User can set the zone deliberately by entering the heart rate or percentage of estimated maximum heart rate by the following setting.

How to Set the Heart Rate Alert Zone

- To select the setting display, hold the [M] button in the Heart Rate or Exercise Timer Mode.
- In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings (ON or OFF the alert zone function, setting principle, zone lower limit (HR or %EMHR) and zone upper limit (HR or %EMHR)).
- When zone lower limit (HR or %EMHR) or zone upper limit (HR or %EMHR) is flashing, press the [U] or [D] button to change the set value (hold down the button for about 2 seconds to change the set value at a higher speed).
- When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display if NO key-stroke has been activated for 5 minute.

10.0 Specifications

Current Time Mode

- Hour, minute and second
- Month, day, day of week and year
- 12 / 24 hour format selectable
- Month-day/Day-month selectable
- Auto calendar from year 2000 to 2099
- Birthday range from year 1900 to 2099
- Automatic age calculation from birthday for estimated maximum heart rate calculation
- Hourly Chime on the hours
- Key tone ON/OFF

Heart Rate Mode

- Measuring range: 40 to 240 bpm
- Default Heart Rate Zone Value: 125 / 165 bpm for lower/higher limit respectively
- Default Heart Rate % in Zone Value: 65% / 85% for lower/higher limit respectively

Daily Alarm Mode

- Daily Alarm: 1 daily alarm
- Alarm Duration: about 30 seconds

Chronograph Mode

- Resolution: 1/100 second
- Counting range: 99 hours, 59 minutes, 59.99 seconds

Countdown Timer Mode

- Resolution: 1 second
- Setting limit: 99 hours, 59 minutes, 59 seconds
- Timer sound: beep every 1 second at last 5 seconds and beep for 10 seconds when count to zero.

Heart Rate Exercise Timer

- Resolution: 1 second
- Counting range: 9 hours, 59 minutes, 59 seconds

Others

- Electro-luminescent backlight

11.0 Potential Causes for: NO Heart Rate Reading or Long Response Time

1) Cause: Dry Skin.

Solution: Apply conductive gel or saliva thoroughly to chest area. (Even water will help if conductive gel is not available).

2) Cause: Chest Strap are not placed firmly over the chest.

Solution: Make sure the Chest Strap is firmly over the chest and the Watch is placed securely on wrist.

3) Cause: Muscle tremors caused by holding the Chest Strap too hard on your chest.

Solution: The contacts must make firm contact with the user's skin during measurement. This will ensure good and consistent readings even while walking or jogging with arms swung naturally.

4) Cause: Dead skin on wrist.

Solution: Usually rubbing your skin with a towel will help.

5) Cause: A thin layer of body grease can insulate the ECG signal-basically prevents the back sensor on the Chest Strap from picking up one's ECG.

Solution: Wipe chest and the back of Chest Strap with a tissue or soft towel.

6) Cause: Hairy chest.

Solution: Apply conductive gel to chest area.

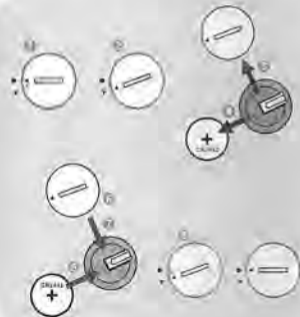
7) Cause: Irregular heartbeats.

Solution: N/A It is difficult to consistently pick up a reading for those with irregular heart beats. Inconsistent response times are expected for those with arrhythmia.

8) Cause: Battery Low.

Solution: It might be due to the battery level of the Chest Strap is low. Replace the battery of the Chest Strap.

12.0 Chest Strap Batteries



Chest Strap Battery Low

■ If your Chest Strap stops transmitting the heart rate signal to your watch (NO heart rate reading show on the Watch) it might be due to the battery of the Chest Strap running out.

■ We recommend that you have the battery replaced by an authorized service agency only.

How to Replace the Battery for the Chest Strap

■ However, you can change the battery of the Chest Strap by the following instructions:

1. Turn the cover with a coin counterclockwise so that the arrow on the cover turns from Dot to Arrow.
2. Turn the cover further gently to pops it out.
3. Put aside the battery cover.
4. Remove the exhausted battery.
4. Replace the battery with a new battery with the (-) side of the battery against the metal contact.
6. Important: Make sure that the sealing rubber o-ring is placed correctly in its slot before the battery cover is closed.
7. Put the battery cover back with the arrow on the cover points to Arrow, and then press the cover down gently until it is on the same level with the surface.
8. Turn the cover with the coin clockwise so that the arrow on the cover turns from Arrow to Dot.