Heart Rate Monitor Pedometer Watch

User Manual

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1 General Description

1.1 Product Overview

This product is designed to monitor the heart rate and step count of an average. Based on the pre-set personal data, it will determine his/her calorie consumption.

It's must necessary to input the personal data including age, gender, height, weight and RHR (resting heart rate), highest and lowest heart rate limits, etc in the setting menu prior to operating Heart Rate Pedometer Watch.

If your heart rate is below or over the heart rate limits setting that you preset, the watch will remind you with a beep sound and flashing screen that the exercise intensity should be stayed in the target heart rate zone. In this way, it will help you achieve exercise result effective better because, calorie and fat consumption (KCAL/FAT) during exercise can be figured out according to the tested heart rate and pre-set personal information.

This product is not only suitable for professional and amateur sportsman, but also good for those who want to keep fit through effective exercise.

This product is designed for training and fitness only and cannot be used for precise accurate medical purpose.

1.2 Functions

1. Calendar: Year 2000~2099 (auto-calibrated calendar) including year/month /date/day of week;
   Time: hour/minute/second including 12/24 hour format
2. Dual time zone: display time in two different time zones.
3. Daily alarm: it's settable to be on/off (off by default).
4. Hourly Chime: it's settable to be on/off (off by default).
5. Heart Rate Measurement: Using the same principles as an ECG to determine heart rate and percentage of maximum heart rate.
6. BMI: Calculate the Body Mass Index (BMI) based on an individual's height and weight.
7. Pedometer

（1）Step range：0~999999
（2）Distance：0~9999.99km
（3）Calorimeter: 0~99999.9kcal
（4）Duration: 0~1440min
（5）Target Step Count：Alerts with beep sound upon completion

8.Pedometer data storage: Up to 30 entries. Each entry can be selectively deleted.

9. Stopwatch
（1）Stopwatch of 23h59m59s
（2）Split interval function
（3）Countdown timer of 23h59m59s
（4）EL Backlighting

1.3 System Specifications

- ➢ Battery：CR2032（3V，210mAh）
- ➢ Battery Life based on below conditions:
- ■ Average use of EL Backlight per day: 10 seconds, alarms rings per day: 20 seconds
- ● Average daily use of heart rate monitor: once per day, 30 seconds duration
  （1）pedometer 8 hours per day, it's 9 months battery life
  （2）pedometer 4 hours per day, it's; 16 months battery life
  （3）pedometer 2 hours per day, it's 26 months battery life
  （4）pedometer 1 hour per day, it's 37 months battery life
- ● Frequent daily use of heart rate monitor: 10 times a day, 30 seconds duration.
  （1）pedometer 8 hours per day, it's 9 months battery life
  （2）pedometer 4 hours per day, it's 15 months battery life
  （3）pedometer 2 hours per day, it's 22 months battery life
  （4）pedometer 1 hour per day, it's 30 months battery life
- ➢ Precision of heart rate monitor: ±2%/±1bpm (which is conditioned that the test is done under the normal status, excluding heart rate abnormalities.

- ➢ Precisi
- ➢ Water
- ➢ Operat

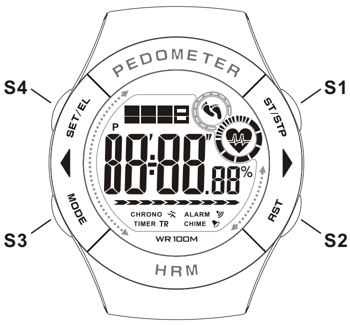
2 Oper

2.1 Butto

ion of pedometer: ≥90%
resistance: 10ATM
ting temperature: 0℃～50℃

ation Guidance

on Function overview


S4
S1
PEDOMETER
SET/EL
ST/STP
P
88:88.88%
MODE
RST
CHRONO
ALARM
TIMER TR
CHIME
WR100M
S3
S2
HRM

Buttons	
S1 （**ST/STP**）	Turn on/off alarm, st and heart rate monit Under Archive Mode Under Setting mode for fast advance
S2 （**RST**）	Under Stopwatch mo function and resets Under Time mode, h Under HRM mode, h Under countdown tir previous setting. During setting, hold decrease
S3 （**MODE**）	Not in setting state, different modesDuri
S4 （**SET/EL**）	Under Archive mode cycle Not in setting state, 3 seconds Not in setting state, mode

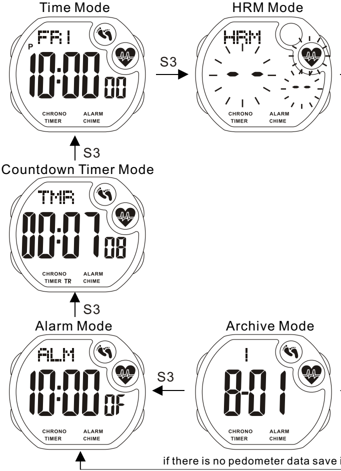
Notice: Under any mode, press fou
display. If you need to reset the watch
at the same time. If less than 4 secon
display, but not reset.

Functions
topwatch, countdown timer, pedometer tor e, press S1 to view next item in menu cycle , press S1 to increase unit value or hold
ode, Switch between Stopwatch and SPL Stopwatch. hold S2 for the date display. hold S2 to display BMI mer mode, hold S2 to reset the timer to S2 to decrease unit value or hold for fast
Press S3 to switch mode among the ng setting, switch target setting items.
e, press S4 to view previous item in menu Press S4 to display EL Backlight for Hold for 2 seconds to enter the setting

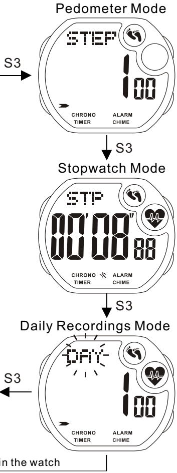
r button at the same time, LCD will show full
nes, please hold four buttons for 4 seconds
ds, the watch will be back to the previous

2.2 Mode Switch

There are a total of 8 different modes. (But if there
in the watch, then Archive Mode will be skipped when


Time Mode
HRM Mode
FRI
P
10:00 00
HRM
S3
CHRONO TIMER
ALARM CHIME
S3
Countdown Timer Mode
TMR
00:07 08
TR
S3
Alarm Mode
Archive Mode
ALM
10:00 OF
S3
1
8-01
if there is no pedometer data save i

is no pedometer data saved
switch function).


Pedometer Mode
STEP
100
CHRONO TIMER
ALARM CHIME
S3
S3
Stopwatch Mode
STP
00'08"88
CHRONO TIMER
ALARM CHIME
S3
Daily Recordings Mode
DAY
100
CHRONO TIMER
ALARM CHIME
S3
in the watch

2.3 General Function

2.3.1 Auto-return Function

1. During setting of any mode, if no button operation in 20 seconds, the setting will be saved automatically and the watches will exit setting mode.
2. Under the Alarm mode, Daily recording mode and Archive mode, if no button operation in 1 min, the watch will automatically return to Time mode.

2.3.2 Initial Screen Memory

When enter Pedometer mode, Daily recording mode and Archive mode, the initial screen displayed is the screen when exiting Pedometer mode, Daily recording mode and Archive mode.

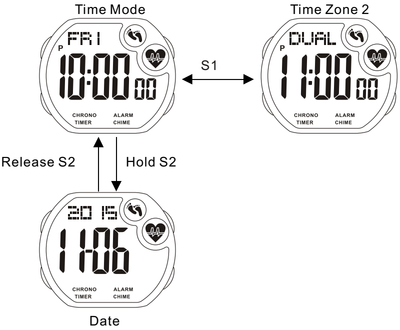
3 Time Mode

3.1 View Time

There are two time zones: first time zone and second time. Time mode features two changeable time zones.

Press S1 to switch between time zone 1 and time zone 2.

In the first time zone, hold S2 to view the date.


Time Mode
FRI
P
10:00 00
CHRONO TIMER
ALARM CHIME
Time Zone 2
DUAL
P
11:00 00
CHRONO TIMER
ALARM CHIME
S1
Release S2
Hold S2
2015
11-06
CHRONO TIMER
ALARM CHIME
Date

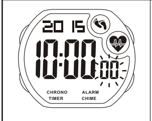
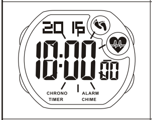
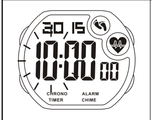
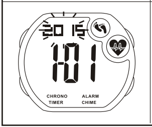
3.2 Date and Time Settings

3.2.1 First Time Zone

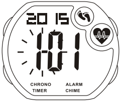
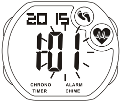
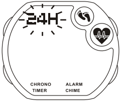
1. In the first time zone, hold S4 until you hear a beep sound then release button S4, the digits flashing means it's ok to do the setting.
2. Press S3 to switch among the below 7 setting

Second→Minute→Hour→Year→Month→Day→Hour Format

3. When the digits flash, press S1 or S2 to do the adjust as below:

Screen Display





Function	Instructions
0 Resetting the second digit to Zero	Press S1 or S2
Adjust minute	Press S1 (+) or S2 (-)
Adjust Hour	Press S1 (+) or S2 (-)
Adjust year	Press S1 (+) or S2 (-)

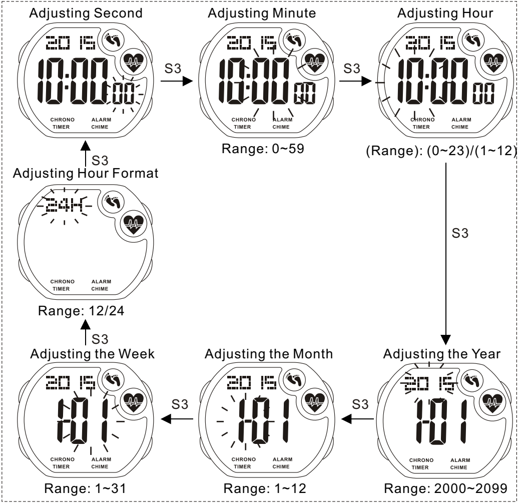
Screen Display	Function
 20 15 1 01 CHRONO TIMER ALARM CHIME	Adjust Month
 20 15 1 01 CHRONO TIMER ALARM CHIME	Adjust Date
 24H CHRONO TIMER ALARM CHIME	Switch 12/24 hour format (12/24H)

4. After finish setting, press S4 to save settings and exit

	Instructions
	Press S1 (+) or S2 (-)
	Press S1 (+) or S2 (-)
	Press S1 or S2

the menu.

First time zone setting

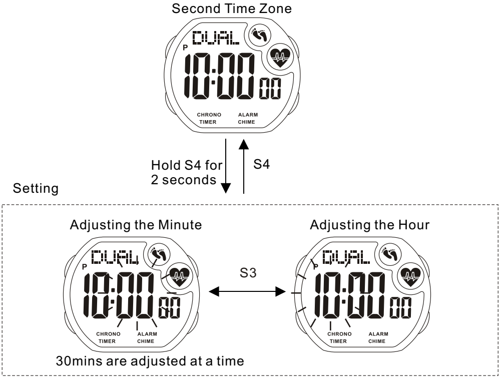

Adjusting Second
Adjusting Minute
Adjusting Hour
S3
S3
Range: 0~59
(Range): (0~23)/(1~12)
S3
S3
Adjusting Hour Format
Range: 12/24
S3
Adjusting the Week
Adjusting the Month
Adjusting the Year
S3
S3
Range: 1~31
Range: 1~12
Range: 2000~2099
2015
10:00 00
24H
1-01
CHRONO
TIMER
ALARM
CHIME

3.2.2 Second time zone

1. In the second time zone, hold S4 until you hear a beep sound then release button S4, the digits flashing means it's ok to do the setting.
2. Press button S3 to switch between hour and minute

Minute→Hour

3. When the digit is flashing, press S1 or S2 to adjust
4. After finish setting, press S4 to save settings and exit the menu.


Second Time Zone
DUAL
P
10:00 00
CHRONO
TIMER
ALARM
CHIME
Hold S4 for 2 seconds
S4
Setting
Adjusting the Minute
Adjusting the Hour
S3

30mins are adjusted at a time

- In
- In
30

4 H

4.1 H

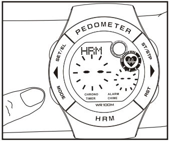
Pr
HRM
heart
deac
activ

time mode, if 12 hour format on, it will display P icon after 11:59
Second time zone, when setting minute, the minute digit will be adjusted by mins at a time

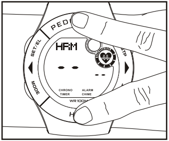
eart Rate Measurement Mode

RM Operations

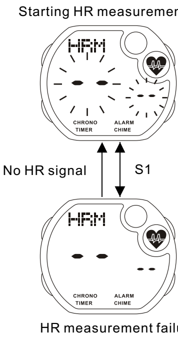
ess S3 to switch the mode till enter HRM mode. Once the watch is under mode, HR measurement circuit is activated automatically. If there is no t rate signal or heart rate is inconsistent, the measurement function will be tivated automatically after a certain time to save power. Press S1 to ate or deactivate measurement circuit.

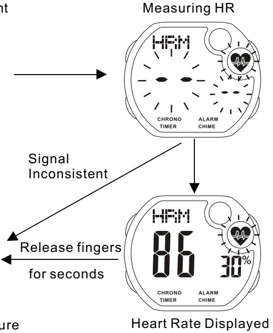

PEDOMETER
SET/EL
ST/STP
MODE
RST
HRM
CHRONO TIMER
ALARM CHIME
WR 100M
HRM

Place the watch on your wrist and then press button S3 (mode) to switch to HRM mode.


PED
SET/EL
STP
MODE
HRM
CHRONO TIMER
ALARM CHIME
WR 100M

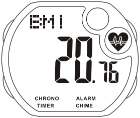
Cover the 2 sensor areas with your finger pads and make sure there is enough contact area.


Starting HR measuremen
HRM
CHRONO TIMER
ALARM CHIME
No HR signal
S1
HRM
CHRONO TIMER
ALARM CHIME
HR measurement failu


nt
Measuring HR
HRM
CHRONO TIMER
ALARM CHIME
Signal
Inconsistent
HRM
86
30%
Release fingers
for seconds
ure
Heart Rate Displayed

4.2 Review BMI

Press and hold S2 to review the BMI


BMI
20.76
CHRONO TIMER
ALARM CHIME

4.3 Personal information settings

1. Under HRM mode, hold S4 until you hear a beep sound then releas S4, the digits flashing means it's ok to do the setting.
2. Press S3 to cycle through the variables: age, weight(KG), height(H resting heart rate (RHR), highest Heart Rate(HIGH), lowest heart (LOW).

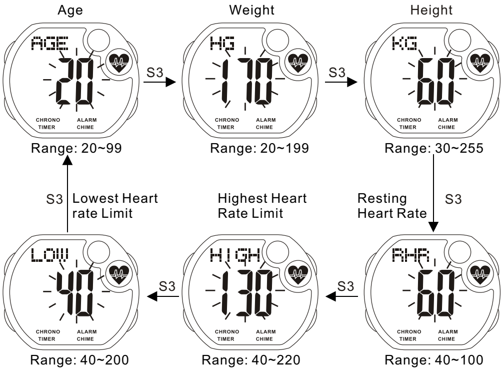
Age→Weight(KG)→Height(HG)→Resting heart rate(RHR)
→Highest margin(HIGH)→lowest margin(LOW)

3. Press S1 to increase values (hold for fast increasing); press S2 to values (hold for fast decreasing).
4. After settings, press S4 save and exist setting mode.

se button

HG),
rate

decrease


Age
Weight
Height
AGE
20
HG
170
KG
60
CHRONO
TIMER
ALARM
CHIME
S3
S3
Range: 20~99
Range: 20~199
Range: 30~255
S3
Lowest Heart rate Limit
Highest Heart Rate Limit
Resting Heart Rate
S3
LOW
40
HIGH
130
RHR
60
S3
S3
Range: 40~200
Range: 40~220
Range: 40~100

- ● The watch is not capable of calculating the highest and lowest heart rate limits, so please preset it according to doctor's advice or previous records.
- ● If the tested Hear rate value exceed the highest or lowest limit, the watch will beep and the screen will flash.
- ● When preset the lowest heart rate limit, it cannot lower than the highest heart rate limit.

4.4 Troubleshooting

4.4.1 Attentions When Measure Heart Rate

A. This product is available to measure heart rate in the still state. If during sport, the measurement might not be succeed or not accurate.

B. This product operates on the same principles as an ECG, the upside & downside of metallic bezel and the case back function as electrodes to measure the electric activity of your heart beat, so three electrodes must contact with finger or wrist during the measuring. Please make sure all of protect films on bezel and case back are take off before test.

C. When measuring your heart rate, please plate the watch on the wrist, cover 2 sensor area on upside and downside of bezel with fingers. Make sure the touching is full, stable and gently to guarantee the accuracy of measurement.

D. When the temperature is low, please warm your hands before contact the sensors and if climate is dry, please moisten the fingers and wrist before contact the sensors.

4.4.2 Fail to detect heart rate

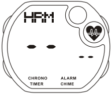
It can be told why heart rate measurement is failed according to the icon ♥ on the LCD display.

A. If the ♥ symbol is always on

The reason is either the sensor in watch didn't get the electrocardio- signal or the measurement circuit is deactivated.

The watch will deactivate the measurement circuit if there is no signal in 10 seconds. Then, please press S1 to activate the measure circuit.

If the measurement circuit is inactivated, ♥ is on, but "--" is not flashed as below illustrator.


HRM
CHRONO
TIMER
ALARM
CHIME

If the measurement ci
measured, ♥ is on too
B. There is no ♥ on l
C. ♥ Is flashing, but
The reason is that ele

For the above problem

5 Pedometer Mode

5.1 Activate/stop the p
Press S1 to activate/s
to indicate that the pedo
If no movement is regi
enter sleep mode autom

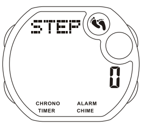
5.2 Review step count
1. Press S2 to cycle th

Steps→Distan

2. When the pedomete
from the most recen
● If the values have not
where it was stopped.

rcuit is activated but the signal is too weak to be
o but "--"will keep flashing.
LCD, the reason is no signal.
frequency is not even.
ctrocardio-signal has been detected but not stable.

n, please refer to the term C & D in chapter 4.4.1


STEP
0
CHRONO TIMER
ALARM CHIME

edometer function

top the pedometer. The 👣 symbol should start flashing
meter is active.
istered on the pedometer for 4 minutes, pedometer will
natically to save power.

ing/distance/elapsed time/Calories burned

hrough the following recorded information:

nce (UNITS)→Elapsed Time→Calories

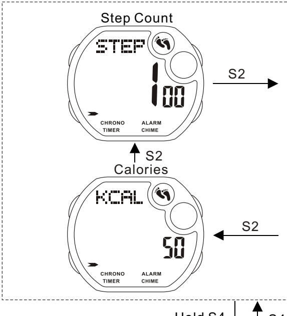
er is inactive, hold S2 for two seconds to delete all data
nt recording.
been deleted, the pedometer will resume recording from

5.3 Personal Pedometer Data Setting

1. When the watch is under pedometer mode,
beep sound, release the S4 button to enter
flashing digits on the display.
2. Press S3 to cycle through the menu items.
configured:

Target step count →stride length (CM

3. Press the S1 button to increase the value o
decrease the value of the variable.
4. Once the setting is finished, press S4 to sa


Step Count
STEP
100
CHRONO TIMER
ALARM CHIME
S2
S2
Calories
KCAL
50
CHRONO TIMER
ALARM CHIME
S2
Hold S4
S4

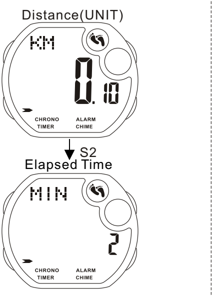
hold down the S4 button until a
the settings as indicated by

The following information can be

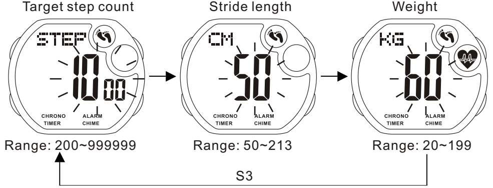
1)→Weight(KG)

of the variable, press S2 to

ve and exit setting menu.


Distance(UNIT)
KM
0.10
CHRONO TIMER
ALARM CHIME
S2
Elapsed Time
MIN
2
CHRONO TIMER
ALARM CHIME

Setting


Target step count
STEP
1000
CHRONO TIMER
ALARM CHIME
Stride length
CM
50
CHRONO TIMER
ALARM CHIME
Weight
KG
60
CHRONO TIMER
ALARM CHIME
Range: 200~999999
Range: 50~213
Range: 20~199
S3

The step count will be added or deducted by 200 steps

5.4 Q & A

5.4.1 Why can't I set a target step?

It's not allowed to set personal information after step count activated. Therefore, please make sure to set up the correct personal information before step count, as those values are being used to determine the distance and your calorie burned.

5.4.2 Why isn't the distance recorded correct at all?

The distance is calculated upon the steps and the “stride length” you preset, so please check to make sure that the correct stride length is set.

5.4.3 Why is there a sudden increase in the step count?

The pedometer may not be able to register movement with complete precision at all times, but it has a built in function that allows it to try and account for any

at all times, but it has a built in function that allows it to try and account for any discrepancies in its measurement which is why you will notice certain spikes in your recording.

5.4.4 Why does the number of steps seem inaccurate?

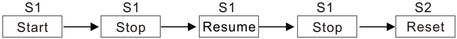
There are two possible causes for this problem:

(1) The pedometer is only intended for measuring walking and/or jogging. It is unlikely to produce the reliable data when measuring activities involved sprinting.

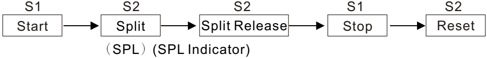
(2) The pedometer's operation is based on principles of biomechanics, specifically on how people's arms behave during movement. If your arms are moving excessively during exercise then there is a possibility that it may affect the pedometer's measurements.

6. Stopwatch

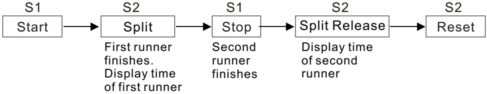
6.1 How to check Elapsed Time


S1
Start
S1
Stop
S1
Resume
S1
Stop
S2
Reset

6.2 How to Measure Split Time


S1
Start
S2
Split
(SPL) (SPL Indicator)
S2
Split Release
S1
Stop
S2
Reset

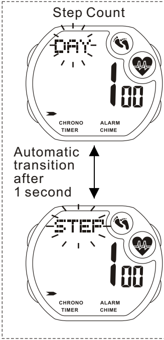
6.3 How to Check Two Runners' Finish Time


S1
Start
S2
Split
First runner finishes. Display time of first runner
S1
Stop
Second runner finishes
S2
Split Release
Display time of second runner
S2
Reset

- If you alternate to other m
  run in the background as

7 Daily Recording Mo

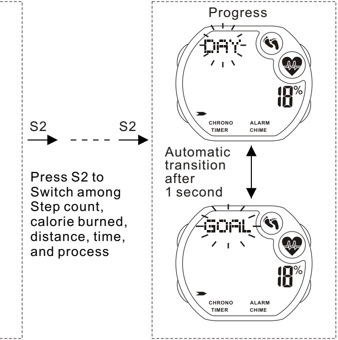
The Daily Recording mo
day-to-day basis, including
Press S2 to cycle through th


Step Count
DAY
100
CHRONO TIMER
ALARM CHIME
Automatic transition after 1 second
STEP
100
CHRONO TIMER
ALARM CHIME

modes while the stopwatch is active, it will continue to
indicated by the symbol

de

de only records and displays the results on a
step count, calorie burned, distance and progress.
he various variables.


S2
S2
Progress
DAY
18%
CHRONO
TIMER
ALARM
CHIME
Automatic
transition
after
1 second
GOAL
18%
CHRONO
TIMER
ALARM
CHIME

Press S2 to Switch among Step count, calorie burned, distance, time, and process

- Under daily recording mode, this pedometer watch will automa
the information recorded on the daily basic at 00:00/12:00am t
then the daily data will be cleared.

8 Archive Mode

8.1 How to Check the Previous Records

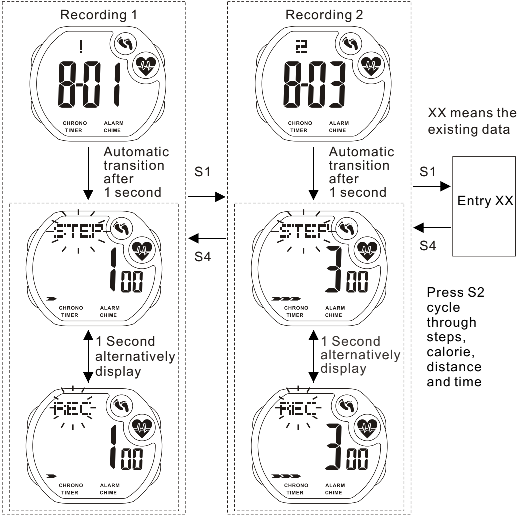
Press S1 to browse forward or Press S4 to browse backward th
recording date by date
Press S2 to cycle through steps/calorie/distance/time display.

8.2 How to Delete Archived Entries

Hold S2 for two seconds to delete the current viewed entry
Hold S4 for two seconds to delete all records.

tically save all
he next day,

he daily


Recording 1
1
8-01
CHRONO
TIMER
ALARM
CHIME
Automatic transition after 1 second
STEP
100
REC
1 Second alternatively display
S1
S4
Recording 2
2
8-03
Automatic transition after 1 second
300
1 Second alternatively display
S1
S4
Entry XX

XX means the existing data

Press S2 cycle through steps, calorie, distance and time

- When viewing archived entries, date will be displayed first, then change to steps after 2 seconds. When display of Steps, press S2 to cycle through steps, calorie, distance and time display.
- Under archive mode, press S4 is not able to activate EL light.
- It's available to store 30 days' data in the watch.

9 Alarm Mode

9.1 Alarm On/Off

Press S1 to turn on/off alarm under alarm mode. When the alarm is on, the symbol ⏰ will be on display.

9.2 Chime on/off

Press S2 to turn on/off the chime, the symbol 🔔 will be on display when chime is turned on.

- The chime function is only applied to the first time zone clock.

9.3 Alarm Time Setting

1. Under the alarm mode, hold S4 until you hear a beep sound and the hour digit begins to flash.
2. Press S3 to switch between the hours and minutes.

Minute→hour

3. Press S1 to increase the value of the unit (hold down for accelerated increase); press S2 to decrease the value (hold down for accelerated decrease).
4. After setting, press S4 to save the setting and exit.

Settin

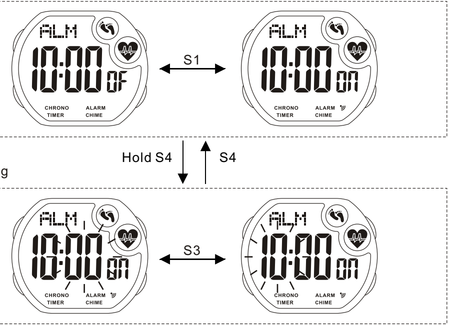
- After se

10 Coun

10.1 Cour

Start

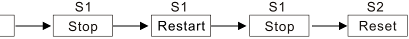
- When th
back to
- Cycling


ALM
10:00 OF
S1
ALM
10:00 ON
CHRONO TIMER
ALARM CHIME
Hold S4
S4
g
S3

tting, alarm will be on.

ntdown Timer Mode

ntdown timer Operation


S1
Stop
S1
Restart
S1
Stop
S2
Reset

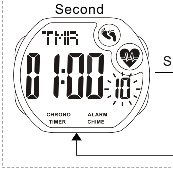
he countdown timer is complete, the system will automatically revert
the set value. Press any button will stop the beep sound.
to other functions while the countdown timer is running will not cancel

it. The countdown timer v
the “TR” symbol.

10.2 How to set the counc

1. Under the countdown
   the digit will begin to fl
2. Press S3 to switch am
3. Press S1 to increase t
   increase); press S2 to
   decrease).
4. After setting, press S4

Setting


Second
TMR
01:00 10
CHRONO TIMER
ALARM CHIME
S

will continue to run in the background as indicated by

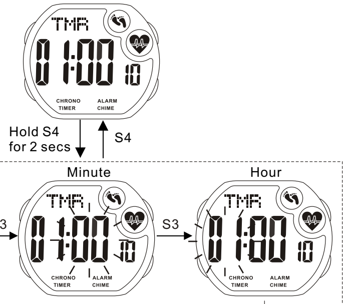
down timer

timer mode, hold the S4 button until a beep sounds, ash.

ong hour, minute and second.

he value of the unit (hold down for accelerated decrease the value (hold down for accelerated

4 to save the settings and exit.


TMR
01:00
10
CHRONO TIMER
ALARM CHIME
Hold S4 for 2 secs
S4
Minute
Hour
3
S3
S3

11 Appendix

11.1 Relationship Between Percentage of MHR and fat

Generally speaking, individual heart rate varies person heart rate for a normal person is resting heart rate (RHR), person's heart rate in the morning: awake but still lying do exertion. The maximum safe heart rate for an individual is (MHR). The higher the percentage of MHR, the more calor calories are from sugar and fat. The relationship between and calorie consumption is shown in below form.

Percentage of MHR	Exercise Intensity	Exercise Effect
Below 50%	Rest or moderate exercise (eg.walking)	
50%~60%	Jogging, Breathing is regular	Warm up aerobic exercise, stress relief
60%~70%	Running at a comfortable speed. Breathing becomes deeper. You can carry on a conversation	Cardiovascular exercise; the speed you drop back to after running at a f ast speed; weight loss
70%~80%	Running at moderate speed. You can only talk in a short phrases.	Improve aerobic capacity. the best zone for improving cardiovascular and respiratory system.

burnt

to person. The minimal
which is about a
wn with no physical
maximum heart rate
ries consumed. Those
percentage of MHR

	Fat and Sugar burnt
	Low calorie expenditure and mainly sugar burnt
	Fat burnt increase and less sugar burnt
d	Maximum fat burnt and less sugar burnt
	Least fat burnt and more sugar burnt.

80%~90%	Running at a fast speed. Breathing is heavy	Improve anaerobic capacity; develop speed.	Seldom fat but maximum sugar burnt.
90%~100%	Sprinting. Breathing is labored. Most people can only stay in this zone for short periods.	Improve anaerobic exercise performance and your tolerance; develop muscles.	Maximum sugar burnt and almost no fat burnt.

11.2 BMI

The body mass index is a statistical measure of body weight based on a person's weight and height. BMI provides a reliable indicator of body fatness for most people, which allows for the comparison of individuals of different heights in terms of their weight. BMI is widely used to identify weight problems within a population, usually whether individuals are normal, overweight or obese.

However, please remember that BMI is only a guide and other issues such as body type and shape have a bearing as well. Therefore, it does not accurately apply to juveniles, athletes, elderly populations, pregnant women or those who are doing weight training. If you think your BMI is incorrect, please consult your doctor and do body fat test.

BMI for adults (Just a guide)

BMI range-kg/m^2	Category
Less than 18	Underweight
18.5~24.9	Normal
22~24	Fitness
Over 25	Over weight