Pulse and heart frequency

The pulse rate or “pulse frequency” describes the number of impulses each minute measured by means of a pulse sensor located on your wrist. The heart rate is calculated as the number of heartbeats per minute. The measurement is calculated automatically and only possible if the pulse sensor comes into contact with your skin.

Heart rate

The “heart rate” descriptor is displayed to indicate a heart rate deviation. The heart rate calculated by the device will be displayed. If the pulse sensor comes into contact with your skin, you can set the heart rate deviation. The heart rate is calculated as the number of heartbeats per minute. The measurement is calculated automatically and only possible if the pulse sensor comes into contact with your skin.

Bleeding

In the event of a bleed, you should immediately stop training and have the bleed stopped. If it is not possible to stop the bleed, you should apply pressure to the wound and call for medical assistance as soon as possible.

Maintaining hygiene

After an exercise session, you should immediately clean the heart rate sensor with soap and water to prevent any buildup of dirt and bacteria that could cause skin irritation.

Maintaining heart rate

The heart rate sensor is used to measure the heart rate during training. It is important to ensure that the heart rate sensor is clean and dry before use.

Measuring heart rate during training

You can start measuring your heart rate during training by pressing the button on the heart rate sensor. The heart rate will be displayed on the device.

Measuring heart rate during training

You can stop measuring your heart rate during training by pressing the button on the heart rate sensor. The heart rate will no longer be displayed on the device.

Measuring heart rate during training

You can restart measuring your heart rate during training by pressing the button on the heart rate sensor. The heart rate will be displayed on the device.

Measuring heart rate during training

You can cancel measuring your heart rate during training by pressing the button on the heart rate sensor. The heart rate will no longer be displayed on the device.
The 3rd menu

If necessary, you can also return to the initial display by holding the ESC button for approx. 2 seconds. The step counter is stopped and the current measurement is also shown.

CHRONO menu

The second menu (CHRONO) covers a stopwatch, timer and alarm functions. The watch can be used for 12 or 24 hour settings. The counter can only be used up to 120 laps.

1. 12/24 H setting

The changeover is viewable on the display.

2. Setting the initial display

To call up the initial display, hold the ESC button for approx. 2 seconds. The stopwatch starts and the message stops flashing and the current measurement is also shown.

MEMORY menu

1. The 5th menu (MEMORY) also covers the time and date, and alarm functions. Up to 50 individual times.

2. Setting the initial display

Press the ST./STP. button until the alarm setting flashes. Then leave the menu by pressing the ESC button.

MEMORY menu

1. The 5th menu (MEMORY) also covers the time and date, and alarm functions. Up to 50 individual times.

2. Setting the initial display

Press the ST./STP. button until the alarm setting flashes. Then leave the menu by pressing the ESC button.

3. To open the MEMORY menu press the ST./STP. button.

4. To replay the menu press the ST./STP. button.

5. To delete the values in the memories, hold down the ST./STP. button for approx. 2 seconds.

PACER menu

1. The PACER menu covers the following functions:

2. Step frequency

- f. Steps per minute
- d. Minutes
- c. Step counter
- b. Step frequency
- a. Pacemaker mode

3. Set step counter

When the counter is stopped, holding down the ST./STP. button displays the current step frequency.

4. To replay the menu press the ST./STP. button.

4. Select the sub-menu by pressing the E button.

5. Set user heart rate zone

- Rest
- Max
- Target

6. To open the sub-menu press the ST./STP. button.

7. To delete the values in the memories, hold down the ST./STP. button for approx. 2 seconds.

5.1 Heart Rate Record

- Record: lap time with the supplement stopwatch has stopped press the ST./STP. button.

5.2 Calories

- Weight
- Height
- Age
- Target

5.3 Set user heart rate zone

- Correct the heart rate and the results can then be opened in the MEMORY/WRT HEART RATE menu.

5.4 Average Rate

- Record: lap time with the supplement stopwatch has stopped press the ST./STP. button.

5.5 Maximum Heart Rate

- Stop the step counter by pressing the ST./STP. button.

6.1 Alarm setting

- Select the sub-menu by pressing the E button.

6.2 Time Setting

- Select the sub-menu by pressing the ST./STP. button.

6.3 Dual Time Setting

- Select the sub-menu by pressing the E button.

6.4 Personal Profile - personal data

- Personal Profile - personal data

6.5 Misc. settings

- Use the ST./STP. and ST./STP. buttons to open the sub-menu.

7. Best HR menu

- Use the ST./STP. and ST./STP. buttons to open the sub-menu.

8. Cleaning and care

- To open the cleaning and care menu press the ST./STP. button.

9. Error recovery

- Press the ST./STP. button to return to the initial display.

10. Disposal

- Dispose of when finished with the battery. The tiny time setting flashes on the screen.

- To do so, loosen the compliance screw using an appropriate tool and dispose of the watch and battery separately.

- To ensure that the watch is not disposed of in any raw material, it requires recycling.

- To dispose of, clean the watch according to the disposal instructions.

- The battery is dead. Get a watchmaker to change the battery.

- The watch no longer responds when buttons are pressed. Move all the settings in the factory settings by holding press the ST./STP. button and repeat the settings.

- The display is blank. The displayed temperature is outside the operating range (0° to 50°C).