SAFETY INSTRUCTIONS

The heart rate monitor is not a medical instrument. It is a training instrument that has been designed to monitor and indicate your heart rate, calorie consumption and fat. Always familiarise yourself with the operating manual through carefully and keep it for future reference as long as you have the heart rate monitor.

People who have heart and circulatory problems or wearers of heart pacemakers should consult their doctor before using this heart rate monitor.

CARE

Wipe the heart rate monitor and the transmitter down with a damp cloth after training. Make sure the transmitting unit is stored in a dry place to prevent the batteries discharging.

Before using this heart rate monitor:

- Read the operating manual thoroughly and keep it for future reference.
- People with heart condition or circulatory problems or those who have received a pacemaker should consult their doctor.
- Wash your hands before using the heart rate monitor.
- Do not wear your heart rate monitor for sports where there is a risk of tripping over.
- Be aware of the limitations of your current fitness level.
- Before you begin your training program, pull your heart rate into a safe zone and consult your doctor if you suffer from chest pain, excessive fatigue, high blood pressure.
- Consult your doctor before changing your training style or intensity.
- The heart rate monitor is a medical instrument. It is a health monitor; it is not a medical instrument.
Your heart rate monitor has four functional buttons.

**BUTTON FUNCTIONS**

- **A** = Mode button
- **B** = Set button
- **C** = Option button
- **D** = Alarm button

**Never activate the function buttons under water, as moisture can then penetrate the housing.**

The **mode** button is used to switch between the different operating modes. Press the mode button briefly to move from the time mode into the training zone mode, the heart rate mode, kilocalorie mode, training stopwatch mode and back to the time mode.

The **set** button is used to set the upper and lower heart rate, normal time, date, alarm time, countdown timer and calorie consumption parameters. In addition, the set button is used for starting the countdown function, training stopwatch function and lap stopwatch function.

The **option** button is used to switch between the individual options in the respective operating modes as follows. You can move from the normal time mode to the alarm mode, the date mode and back to the normal time mode.

The **alarm** button is used to activate a beeper when the button is touched or when you are no longer within the training range. Touch the alarm button to activate or deactivate the beep. A symbol appears in the display when the beep is activated.

The **alarm** button is used to activate a beeper when the button is touched or when you are no longer within the training range.

The **option** button is used to switch between the individual options in the respective operating modes as follows. You can move from the normal time mode to the alarm mode, the date mode and back to the training range.

The **set** button is used to set the upper and lower heart rate, normal time, date, alarm time, countdown timer and calorie consumption parameters. In addition, the set button is used for starting the countdown function, training stopwatch function and lap stopwatch function.

**FLOW DIAGRAM**

- **TIME MODE**
- **TRAINING ZONE MODE**
- **AVERAGE HEART RATE**
- **MAXIMUM HEART RATE**
- **DATE MODE**
- **ALARM MODE**

**BUTTON FUNCTIONS**

- **A** = Alarm button
- **B** = Set button
- **C** = Option button
- **D** = Mode button

Press the mode button briefly to move from the time mode into the training zone mode, the heart rate mode, kilocalorie mode, training stopwatch mode and back to the time mode.
The bell symbol remains visible in all operating modes if the alarm has been switched on.

The monitor must be in the time mode for the time to be set, i.e. the time is shown in the top right-hand corner and the current heart rate in the bottom left-corner. If additional options are required by pressing the set button, enter the alarm time mode, the alarm clock will then appear with the minute figure flashing. Set the current time using the set button.

Or for 12-hour setting:
Press the mode button. The minute figure will begin to flash. Use the set button to set the minutes correctly.
Return to the time mode by pressing the mode button.

When 12-hour display is selected, the American calendar format month/date will be displayed automatically. When setting the 12-hour clock make sure the display for AM (before noon) and PM (after noon) is correct.

The monitor must be in alarm time mode for the alarm time to be set, i.e. the alarm time, the current heart rate and the letters "AL" can be seen on the display. If this is not the case, enter the time mode and press the option button until the alarm time mode is reached.

Confirm your selection using the mode button, the alarm clock will then appear with the hour figure flashing. Set the hour required by pressing the set button.
Press the mode button. The minute figure will begin to flash. Now use the set button to set the minutes.
Return to the alarm time mode by pressing the mode button.

Once in the time mode, keep the set button pressed for approx. 2 seconds until the word "Hold" disappears from the display. Now press the set button to select between 12-hour and 24-hour display.

Once in the time mode, keep the set button pressed for approx. 2 seconds until the word "Hold" disappears from the display. Now press the set button to switch the alarm on (the word "on" and a bell symbol appear in the display) or off (the word "off" appears in the display).
Your heart rate monitor is equipped with a 50-year calendar which will calculate the weekday to the appropriate date until the year 2050.

If you have selected the 12-hour display for the time, please note that the American calendar format month/date will be displayed automatically. If you have selected the 24-hour display, the European format date/month will be displayed.

PUTTING ON THE TRANSMITTER AND THE HEART RATE MONITOR

To achieve better skin contact, moisten the conductive transmission pad lightly with ECG jelly (from chemist stores). Put the transmitter on the naked skin. Set the elastic belt tight enough for the transmitter to be pressed to your chest. Fasten the heart rate monitor on your wrist. Press any button to activate the monitor. If there is no interference the heart signal will flash with the received transmission signals. It can take a few seconds for a heart rate to appear. Vary the position of the transmitter if necessary to achieve optimum contact.

Battery-operated heart rate monitors can be influenced by interference from external radio frequencies. Electronic transmission interference may be caused by other users of heart rate monitors, medical equipment or cell phones. To achieve correct signals, keep a distance of approx. 2 metres between yourself and other users of heart rate monitors.

The transmitter must be in the date display mode for the date to be set, i.e. the date and the current heart rate are shown on the display. If this is not the case, enter the time mode and press the option button to reach the date mode.

Once in the date mode, keep the set button pressed for approx. 2 seconds until the word "Hold" disappears from the display. Now press the set button to set the year between the year 2000 and the year 2050. Confirm your selection using the mode button, the date will then appear with the month figure flashing. Set the required month by pressing the set button.

The heart symbol flashes in the display when your heart rate monitor is receiving signals from the transmitter.

Weekday abbreviations:

MO = Monday, TU = Tuesday, WE = Wednesday, TH = Thursday, FR = Friday, SA = Saturday, SU = Sunday

SETTING THE DATE DISPLAY

TRANSmitTion FREQuency INTERference
The training forms given with the different heart rate ranges are only examples. You must discuss your personal training form with your personal heart rate ranges with your doctor or a qualified trainer.

You cannot set a lower limit value that is higher than the upper limit value. In this case the upper limit value will reappear on the display so that you can reset it.

Return to the training zone mode by pressing the mode button.

Exceeding or falling below the set limit values can be indicated by an acoustic signal in addition to the optical display. Press the alarm button to activate the acoustic signal. Once the acoustic signal has been activated, an appropriate signal is given every six seconds if your pulse rate is above or below the limit values.

The acoustic signal is given every six seconds if your pulse rate is above or below the limit values. You can select an acoustic signal from the list in the display.

The heart rate monitor makes it possible for you to set a specific training range with upper and lower heart rate limit values. During training, your current heart rate is shown in the display. A flashing value and an arrow pointing upwards or downwards indicates that you are outside your set training range. An acoustic alarm can be set. The arrows disappear as soon as your current value is within the training range again.

The monitor must be in the training zone mode for the training limits to be set, i.e. the display alternates between how long you were in the upper (HI), lower (LO) and current heart rate. If this is not the case, enter the time mode and press the mode button to move into the training zone mode.

Use your maximum heart rate (MHR) to calculate your training limit values. Contact your doctor or your trainer to determine your maximum heart rate. If you do not know your maximum heart rate, you can estimate it using the following formula:

**MEN:** 220 minus age = Maximum heart rate (MHR)

**WOMEN:** 230 minus age = Maximum heart rate (MHR)

Calculate the upper and lower limit values of your training form by multiplying your maximum heart frequency by the factors listed in the following.

Select the training form you require. You can select a specific training form from the list in the display.

Your maximum heart rate can be set in the following formula:

- **TRAINING FORM - STAMINA TRAINING**
  - Upper limit value: MHR x 0.65
  - Lower limit value: MHR x 0.50

- **TRAINING FORM - MAXIMUM LOAD**
  - Upper limit value: MHR x 0.80
  - Lower limit value: MHR x 0.65

- **TRAINING FORM - STRESS TRAINING**
  - Upper limit value: MHR x 0.85
  - Lower limit value: MHR x 0.55

- **TRAINING FORM - KEEPING FIT**
  - Upper limit value: MHR x 0.95
  - Lower limit value: MHR x 0.80

The training zone range is 50 to 179.

Press the set button to set the upper limit value between 100 and 240. Confirm your selection using the mode button, the lower limit value will then appear flashing. Press the set button to set the required lower limit value between 30 and 179.

Keep the set button pressed for approx. 2 seconds in the training zone mode until the word “Hold” disappears from the display. Now press the set button to set the upper limit value.

### Caution!

- **WARNING SIGNAL FOR THE TRAINING ZONE**

Use your maximum heart rate (MHR) to calculate your training limit values. Contact your doctor or your trainer to determine your maximum heart rate. If you do not know your maximum heart rate, you can estimate it using the following formula:

- **MEN:** 220 minus age = Maximum heart rate (MHR)
- **WOMEN:** 230 minus age = Maximum heart rate (MHR)

Select the training form you require. You can select a specific training form from the list in the display.

Your maximum heart rate can be set in the following formula:

- **TRAINING FORM - STAMINA TRAINING**
  - Upper limit value: MHR x 0.65
  - Lower limit value: MHR x 0.50

- **TRAINING FORM - MAXIMUM LOAD**
  - Upper limit value: MHR x 0.80
  - Lower limit value: MHR x 0.65

- **TRAINING FORM - STRESS TRAINING**
  - Upper limit value: MHR x 0.85
  - Lower limit value: MHR x 0.55

- **TRAINING FORM - KEEPING FIT**
  - Upper limit value: MHR x 0.95
  - Lower limit value: MHR x 0.80

The training zone range is 50 to 179.
The monitor must be in the heart rate display mode for you to view the average or maximum heart rate, i.e. the average heart rate is indicated in the display. If this is not the case, enter the time mode and press the mode button to move into the heart rate display mode.

Once in the heart rate display mode, press the option button, the maximum heart rate value will appear in the top right hand corner and the letters "MAX" will be on the display. Your heart rate monitor enables you to read off your average and maximum heart rate and thus to adapt your training optimally and avoid overstrain. Return to the heart rate display mode by pressing the option button.

The monitored heart rate is used to calculate the calorie consumption and the fat burn achieved if the training stopwatch is switched on. For these values to be calculated accurately, your gender, weight and current activity must be entered. Proceed as follows:

To set the data, the monitor must be in the kilocalorie mode, i.e. the calories used will be displayed in the top right hand corner. If this is not the case, enter the time mode and press the mode button to reach the kilocalorie mode.

Once in the kilocalorie mode keep the set button pressed for approx. 2 seconds until the word "Hold" disappears from the display. Now press the set button to select your gender between "M" for male and "F" for female.

If you have given your weight in English pounds, your fat burn will also be given in pounds.

Press the mode button. The calorie parameters appear flashing. Use the set button to set the calorie parameters between the values 00010 and 00131.

Some examples for the different calorie parameters:

- Aerobics: 0.00047 – 0.00061
- Climbing: 0.00055
- Badminton: 0.00044
- Running: 0.00074 – 0.00131
- Basketball: 0.00063
- Cycling: 0.00029 – 0.00079
- Football: 0.00060
- Swimming: 0.00028 – 0.00078
- Gardening work: 0.00025 – 0.00057
- Skiing: 0.00052 – 0.00074
- Handball: 0.00063
- Squash: 0.00096
- Jogging: 0.00036 – 0.00069
- Tennis: 0.00050
- Canoeing: 0.00020 – 0.00047
- Circuit training: 0.00039 – 0.00060

These calorie parameters are approximate values which are to be used for reference. You should decide what factor to enter yourself, since you can carry out all of these sports with different intensity levels. If your heart rate is only monitored from a heart rate of above 100 beats/minute and above, the heart rate is only monitored from a heart rate of above 100 beats/minute and above.

Press the option button to read off the fat burn to the nearest 10 grams during your training sequence. The maximum display is 1.30 kg.

Return to the kilocalorie mode by pressing the mode button. Here you can read off the number of kilocalories used while the monitor is running in the training stopwatch mode.

Confirm your selection using the mode button and the weight value will appear flashing. Set your actual weight between 20 kg and 225 kg by pressing the set button. Use the option button to choose between kilograms and English pounds (454 g).

HEART RATE DISPLAY MODE

If you have given your weight in English pounds (lbs) then your fat burn will also be given in pounds.

Press the mode button. The display will show your weight between 00010 and 00131.

If you have chosen English pounds (lbs) then your weight will also be given in pounds.

Press the mode button. The above parameters appear flashing. Use the set button to select your weight between 00010 and 00131.

Confirm your selection using the mode button.

If you have chosen English pounds (lbs) then your weight will also be given in pounds.

Press the mode button. The above parameters appear flashing. Use the set button to select your weight between 00010 and 00131.

Confirm your selection using the mode button and your weight appears in the display. Your heart rate monitor enables you to read off your average and maximum heart rate.

CALORIE CONSUMPTION MODE

Press the mode button. The display will show the average and maximum calorie consumption between 00010 and 00131.

Press the mode button. The above parameters appear flashing. Use the set button to select your calorie consumption between 00010 and 00131.

Confirm your selection using the mode button.

The monitor must be in the heart rate display mode before you can enter your average and maximum heart rate.

HEART RATE DISPLAY MODE
When the training time is reset, the heart rate memory is deleted and your heart rate monitor is ready for the next training sequence to begin.

After the countdown time has run down, the display stays at 0:00:00 and an acoustic signal is given. The countdown timer can only be reset to the value you set initially by keeping the set button pressed. By keeping the set button pressed, the countdown timer can only be reset to the initial time you set.

Confirm your selection using the mode button, the minute display will begin to flash. Now press the set button to set the minutes.

Once in the countdown mode, keep the mode button pressed for 2 seconds until the word "Hold" disappears from the display. Now press the set button to set the number of hours between 0 and 9.

Return to the countdown mode by pressing the mode button.

Start or stop the countdown timer by pressing the set button. By keeping the set button pressed, the countdown timer is reset to the initial value you set.

The monitor has to be in the training stopwatch mode in order to start the training stopwatch running, i.e. the training ... will appear. If this is not the case, enter the time mode and press the mode button to reach the training stopwatch mode and then the option button to reach the countdown mode.

TRAINING STOPWATCH MODE

Your heart rate monitor is equipped with a training stopwatch which can be used to read off times up to 9 hours, 59 minutes and 59 seconds.

By keeping the set button pressed for more than 2 seconds you will return the training time to 0:00:00.

SET AND START COUNTDOWN TIMER MODE

Your heart rate monitor enables you to program a countdown timer from 1 minute to 9 hours and 59 minutes.

If the countdown time is ready for the next training sequence to begin, the countdown timer can only be reset to the value you set initially by keeping the set button pressed. By keeping the set button pressed, the countdown timer can only be reset to the initial time you set.

Confirm your selection using the mode button, the minute display will begin to flash. Now press the set button to set the minutes.

Once in the countdown mode, keep the mode button pressed for 2 seconds until the word "Hold" disappears from the display. Now press the set button to set the number of hours between 0 and 9.

Return to the countdown mode by pressing the mode button.

Start or stop the countdown timer by pressing the set button. By keeping the set button pressed, the countdown timer is reset to the initial value you set.

The monitor must be in the countdown mode for the countdown timer to be set, i.e. the countdown timer is indicated in the top right-hand corner of the display.

Once in the training stopwatch mode, press the set button to set the training time and thus your training sequence.

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When the set button is pressed again a beep can be heard and a rest phase of 3 minutes will begin. The training time you stopped remains displayed for another 5 seconds. Then the rest countdown time will appear and count down to 0 automatically.

4 beeps will sound at the end of the rest period. The stored heart rate will be displayed in the top line in comparison with the current heart rate in the bottom line.

When the set button is pressed, the training mode is repeated and a new rest phase of 3 minutes will begin. The training time you stopped remains displayed for another 5 seconds. Then the rest countdown time will appear and count down to 0 automatically.

The monitor must be in the countdown mode for the countdown timer to be set, i.e. the countdown timer is indicated in the top right-hand corner of the display.

By keeping the set button pressed for more than 2 seconds you will return the training time to 0:00:00.

TRAINING STOPWATCH MODE

Your heart rate monitor is equipped with a training stopwatch which can be used to read off times up to 9 hours, 59 minutes and 59 seconds.

Your heart rate monitor enables you to program a countdown timer from 1 minute to 9 hours and 59 minutes.

Once in the countdown mode, keep the mode button pressed for 2 seconds until the word "Hold" disappears from the display. Now press the set button to set the number of hours between 0 and 9.

Return to the countdown mode by pressing the mode button.

Start or stop the countdown timer by pressing the set button. By keeping the set button pressed, the countdown timer is reset to the initial value you set.
Once in the lap stopwatch mode, press the set button to start measurement of the lap time. The maximum lap time is 99 minutes and 59 seconds. The time displayed then begins at 00:00 again.

Keep the set button pressed for longer than 2 seconds to delete the lap time memory.

The overall lap time and the total number of laps will now be displayed at 2 second intervals with the average time for all laps as well as the respective average heart rate from the lap time memory.

Press the mode button and then press the set button to indicate the average heart rate and the time stopped for every lap. Change between the top left corner and the time displayed the lap memory using the option button.

Press the set button to indicate the average heart rate and the time stopped for every lap. Change between the individual lap by pressing the set button.

Press the mode button again to end the lap time memory and return to the lap time mode.

**LAP TIME MEMORY**

Your heart rate monitor has a lap time stopwatch for up to 16 training laps.

Keep the set button pressed for more than 2 seconds to return the lap time mode to its original state.

**LAP TIME MEMORY**

After training, you have the possibility of reading off the training values for the total time for all laps and the total number of laps with the average heart rate for all laps as well for each lap and the total number of laps with the average heart rate for each lap. You can use the lap time memory to select the lap number and read the lap time.

**LAP TIME STOPWATCH MODE**

The monitor must be in the lap stopwatch mode for the lap timer to be set, i.e. the lap number and the lap time are indicated in the top right hand corner. The lap time memory must be in the lap stopwatch mode for the lap memory to be set. The lap time memory will be stopped without measurement continuing spontaneously with the next lap.

Press the set button to start measurement of the lap time. Press the set button again to end the time measurement for the current lap. The stopwatch automatically begins time measurement for the next lap.

Press the set button to start the time measurement for the next lap or press the option button to leave the lap time mode again.

Press the set button to indicate the average heart rate and the time stopped for every lap. Change between the individual lap by pressing the set button.

Press the mode button again to end the lap time memory and return to the lap time mode.

**LAP TIME STOPWATCH MODE**
Batteries:
Receiver: 1 x CR 2032   3V
Transmitter: 1 x CR 2032   3V
Transmission frequency: 5.3 KHz
Subject to technical modifications!

ENERGY-SAVING MODE
If no signal is received for approx. 5 minutes, your heart rate monitor will automatically switch to the energy-saving mode and the present time will be displayed. Press any button to "wake up" your monitor again, you will then be back in the training stopwatch mode.

FITTING YOUR HEART RATE MONITOR TO BIKE HANDLEBARS
Place the bracket included onto the handlebars. Fasten the heart rate monitor around the bracket and tighten the band until the bracket is pressed together on the handlebars.

Heart rate is not displayed:
- Check the position of the transmitter
- Check the position of the heart rate monitor
- Does the transmitter need a new battery?
- Are the batteries powered correctly?
- Is the receiver too far from the transmitter?