OPERATING INSTRUCTIONS

SAFETY NOTES

The heart rate monitor is not a medical device. It is a training instrument designed for measuring and indicating your heart rate, your calorie consumption, and fat catabolism. Before using your heart rate monitor, please read the operating instructions carefully and keep the instructions as long as you possess your heart rate monitor.

Individuals with cardiovascular disease or cardiac pacemaker bearers should use this heart rate monitor only after consultation with their doctor.

CARE

Wipe off your heart rate monitor and the transmitter with a damp cloth after your training. Please take care that the transmitter unit is kept in a dry place in order to avoid premature discharge of the batteries.

Proceed as follows when the heart rate monitor is no longer in use:

1. Check whether your heart rate monitor and the transmitter are still in good condition.
2. Store your heart rate monitor and the transmitter unit in a dry place.
3. If you are not using your heart rate monitor for an extended period of time, store your heart rate monitor in a dry place.

Heart Rate Monitor

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Please unfold!
**A** Mode button

The A mode button is used for changing the different operating modes.

Press the mode button briefly to switch from the clock mode to the training zone mode, to the heart rate mode, to the kilogram calorie mode, to the training stopwatch mode and to return again to the clock mode.

**B** Set button

The B set button is used for setting the upper and lower heart rate, normal time, date, alarm time, countdown timer and the calorie consumption parameters. Furthermore, the set button is used for starting the countdown, training stopwatch and lap stopwatch functions.

**C** Option button

The C option button is used for switching between the individual options to the respective operating mode as follows:
- From the normal time mode, you will get to the alarm mode
- From the alarm mode, you will get to the date mode
- From the date mode, you will get to the countdown mode
- From the countdown mode, you will get to the training zone mode
- From the training zone mode, you will get to the normal time mode

The option button is used for switching between the individual options.

**D** Alarm/ light button

The D alarm/ light button is used for switching on the back light or a signal tone. Press the alarm button to activate the signal tone. A soundsymbol appears on the display, and when pressing the alarm button for 2 seconds for activate the back light for 5 seconds.

### Button Functions

- **A** Mode button
- **B** Set button
- **C** Option button
- **D** Alarm/ light button

Your heart rate monitor has four buttons.

Please note that the function buttons must never be pressed or activated under water, since moisture could penetrate into the housing.
The bell symbol will remain visible in every operating mode, if any alarms are switched on. To set the time, the monitor must be in the clock mode, i.e. the time will be indicated on the display on the upper right, and the current heart rate on the lower left. To change to the clock mode, you must press the mode button. The display of the time zone will start flashing. Set the desired time zone with the set button. By pressing the option button for two seconds, you will change to the second time zone. Setting the time

When choosing the 12 hour display, the American calendar format of month/day will automatically be shown; when choosing the 24 hour display, the European format of day/month.

In the case of the 12 hour setting, please note that AM will be displayed for the morning and PM for the afternoon.

For setting the alarm time, the monitor must be in the alarm mode. To change to the alarm mode, you must press the mode button. If this is not so, switch to the clock mode. To set the alarm time in the alarm mode, you must press the set button. The display of the alarm will start flashing. Set the alarm time with the set button. By pressing the option button for two seconds, you will change to the second time zone. Setting the alarm time

With pressing the option button for about two seconds you can set up to eight personal alarms: both individually on a daily basis as well as on a weekly basis. When choosing the alarm time, the alarm mode must be switched on.
Your pulse rate monitor is equipped with a 50 year calendar which will compute for you the day of the week of the respective date up to the year 2050.

If you have chosen the 12 hour display for your time setting, please note that the American calendar format of month/date will automatically be displayed; if you have chosen the 24 hour display, the European format of date/month will be shown.

By pressing the mode button, you will return to the date mode. The day of the week will automatically be displayed as an English abbreviation in front of the date.

**Putting on the Transmitter and the Heart Rate Monitor**

To achieve a better contact with the skin, the transmitter cushion should be slightly moistened, e.g. with an ECG gel (available from your local chemist). Put on the strap a few minutes before you are going to start so that your skin gets used to the transmitter. The transmitter has to be worn on naked skin. Adjust the elastic strap so that the transmitter fits perfectly on your chest.

Attach the heart rate monitor to your wrist. Press whatever button you choose for activating the monitor. If there is a problem-free reception, the heart symbol will start flashing with the incoming transmitted signals. It can take a few seconds until a heart display can be seen.

If necessary, try varying positions of the transmitter to achieve an optimum contact. The heart symbol will start flashing with the incoming transmitted signals. The heart symbol on the display will start flashing as soon as your heart rate monitor receives transmitted data.

**Radio Frequency Interferences**

Wireless heart rate monitors can be influenced by interferences of external radio frequencies. Electronic training devices... heart rate display. To get correct signals, keep a distance of approx. 2 metres to other users of heart rate monitors.

**Setting the Date Display**

To set the date, the monitor must be in date mode, i.e. the date and the current heart rate are shown on the display. If this is not so, switch to the clock mode and press the option button to get to the date mode. If there are no problems, an English abbreviation of the day of the week will be shown on the display. By pressing the mode button you will enter to the date mode. The day of the week will appear with a flashing display of the month.

In the date mode, keep the set button pressed for about 2 seconds until the display "Hold" disappears. Now, press the set button for setting the year between the year 2000 and the year 2050. You confirm your choice with the mode button, and the date will appear with a flashing display of the month. Set the desired month by pressing the set button.

Press the mode button. The display of the day will start flashing. Set the day with the set button. The heart symbol on the display will start flashing as soon as your heart rate monitor receives transmitted data. To get correct signals, keep a distance of approx. 2 metres to other users of heart rate monitors.

**Explanation of the abbreviations of the days of the week:**

Monday = MO  Tuesday = TU  Wednesday = WE  Thursday = TH  Friday = FR  Saturday = SA  Sunday = SU
The types of training with the different heart rate zones are just examples. Please ensure you discuss your choice of training with your doctor or qualified trainer. You cannot set a lower limit which is higher than the upper limit. In this case, the upper limit will again be shown on the display so that you can set it again. By pressing the mode button, you will return to the training zone mode.

**WARNING SIGNAL FOR TRAINING ZONE**

- **ATTENTION!**

You cannot set a lower limit which is higher than the upper limit. For setting the training limits, the monitor has to be in the training zone mode, i.e. it will alternately be indicated on the display how long you were in the various heart rate zones. If this is not so, switch to the clock mode and press the mode button to get to the training zone mode.

**TYPE OF TRAINING - ENDURANCE TRAINING**

Set button between 09 and 10. Confirm your choice with the mode button.

**Formula:**

- Upper limit: \[\text{MHR} \times 0.50\]
- Lower limit: \[\text{MHR} \times 0.65\]

**TYPE OF TRAINING - MAXIMUM LOAD**

Set button between 09 and 10. Confirm your choice with the mode button.

**Formula:**

- Upper limit: \[\text{MHR} \times 0.80\]
- Lower limit: \[\text{MHR} \times 0.95\]

**TYPE OF TRAINING - HEALTH BENEFITS**

Set button between 00 and 20. Confirm your choice with the mode button.

**Formula:**

- Upper limit: \[\text{MHR} \times 0.80\]
- Lower limit: \[\text{MHR} \times 0.65\]

The heart rate monitor will enable you to set a specific training zone with an upper and lower heart rate limit. In the training zone mode, the set button has to be pressed for about 2 seconds until the display "Hold" will disappear. Press the set button now for setting the upper limit between 100 and 240. Confirm your choice with the mode button, and the lower flashing limit will be displayed. Set the desired lower limit by pressing the set button between 30 and 179. For calculating the training limits, your maximum heart rate (MHR) has to be known. To determine your maximum heart rate, please consult your doctor. If you do not know your maximum heart rate, you can estimate it on the basis of the following formula:

**FOR MEN:**

\[\text{MHR} = 220 - \text{age}\]

**FOR WOMEN:**

\[\text{MHR} = 205 - \text{age}\]

Choose your desired kind of training here. Calculate the upper heart rate limit of your kind of training by multiplying your maximum heart rate (MHR) by the factors listed below. Choose your desired kind of training here. Calculate the upper heart rate limit of your kind of training by multiplying your maximum heart rate (MHR) by the factors listed below.

**END OF TRAINING ZONE**
To be able to see the average or the maximum heart rate, your monitor must be in the heart rate display mode, i.e. the average heart rate will be indicated on the upper right on the display. If this is not so, switch to the clock mode and press the mode button to get to the heart rate display mode.

In the heart rate display mode, press the option button, then the maximum heart rate value and the letters "MAX" will appear on the upper right on the display.

Your heart rate monitor provides the possibility of reading your average and maximum heart rate so that you will be able to adjust your training the best possible way and to avoid any overloading.

By pressing the option button again, you will return to the heart rate display mode.

While the training stopwatch is switched on, the achieved calorie consumption and fat catabolism will be calculated on the basis of the measured heart rate. You must enter your sex, weight and current activity so that these values can be determined precisely. Proceed as follows:

For setting the data, the monitor must be in the kilogram calorie mode, i.e. the consumed kilogram calories will be indicated on the upper right on the display. If this is not so, switch to the clock mode and press the mode button to get to the kilogram calorie mode.

In the kilogram calorie mode, keep the set button pressed for about 2 seconds until the display "Hold" will disappear. Press the set button now to choose your sex between "M" for men and "F" for women.

If you have entered your weight in lb (British pound), the fat catabolism will be displayed in pounds.

Press the mode button. The calorie parameter will start flashing. Set the calorie parameter with the set button between the value of 00010 and the value of 00131.

Some examples of different calorie parameters are as follows:

- Aerobic 0.00047 – 0.00061
- Climbing 0.00055
- Badminton 0.00044
- Running 0.00074 – 0.00131
- Basketball 0.00063
- Bicycle riding 0.00029 – 0.00079
- Soccer 0.00060
- 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 serve as a rough guideline. You should decide individually, since each of these types of sport can be practised with different intensiveness.

The calorie consumption will be measured from a heart rate of more than 100 beats/minute onwards and only after the training stopwatch has been started.

You should keep in mind that the calorie values are based on the measured heart rate. You must keep in mind that the calorie values are based on the measured heart rate and that the observed data are general approximations. You should decide for yourself whether or not the observed data are relevant for your own condition.

The calorie consumption will only be measured from a heart rate of more than 100 beats/minute onwards and only after the training stopwatch has been started.

Press the mode button in order to read the exact fat catabolism achieved during your training sequence with a precision of 10 grammes. The maximum display amount to 1.30 kg.

By pressing the mode button, you will get again to the kilogram calorie mode. Here, you can read the consumed kilogram calories while the training stopwatch is on in the training stopwatch mode. Confirm your choice with the mode button, and the flashing weight display will appear. Set your actual weight between 20 kg (British pounds) and 225 kg by pressing the set button. By pressing the option button, you can choose between kilogram and the British pound (454 g).
By resetting the training stopwatch to 0:00:00, the monitor for the heart rate will be deleted.

At the end of the countdown timer, the display will stop when 0:00:00 is reached, and an alarm signal will be audible. By keeping the set button pressed for a longer time, the countdown timer will be reset to the originally set value.

Confirm your choice with the mode button, and the minute display will start flashing. Press the set button now for setting the minutes.

In the countdown mode, keep the set button pressed for about 2 seconds until the display "Hold" disappears. Press the set button now for setting the hours. Press the set button again for setting the number of hours between 0 and 9 hours.

By pressing the mode button, you will return to the countdown mode. By pressing the set button, you will start or stop the countdown timer. By keeping the set button pressed for a longer time, the countdown timer will be reset to the originally set value.

To start the training stopwatch, the monitor must be in the training stopwatch mode, i.e. the training time will be indicated on the upper right on the display, and below this, the letters "STP". If this is not so, switch to the clock mode and press the mode button to get to the training stopwatch mode. If this is there, press the set button again, and the countdown timer will start. If this is not there, press the mode button to get to the countdown mode. If this is there, press the set button again, and the training stopwatch will start.

In the countdown mode, press the set button in order to start the training time and thereby your training sequence. After pressing the set button again, a beep will be audible, a break of 3 minutes will begin. The training time stopped by you will remain visible for another 5 seconds. Thereafter, the break countdown will appear, which will be effected down to 0 seconds.

At the end of the break, four beeps will be audible. The stored heart rate will be indicated in the upper line for comparison with the current heart rate in the lower line.

For setting the countdown timer, the monitor must be in the countdown mode, i.e. the countdown timer will be indicated on the upper right on the display, and below this, the letters "COUNTDOWN TIMER MODE". If this is not so, switch to the countdown mode and press the mode button to get to the countdown mode. If this is there, press the set button again, and the countdown timer will start.

COUNTDOWN TIMER MODE

TRAINING STOPWATCH MODE

Your heart rate monitor provides the possibility of programming a countdown timer.
In the lap time stopwatch mode, press the set button in order to start the lap time measurement. The maximum lap time amounts to 99 minutes and 59 seconds. Thereafter, the time display will again start with 00:00.

Press the set button and hold it pressed for more than 2 seconds to delete the lap time memory.

Now the total lap time and the total number of laps will be indicated from the lap time memory in intervals of 2 seconds, together with the average time for all laps as well as with the respective average heart rate.

For calling up the lap memory, the monitor must be in the lap time stopwatch mode, i.e. the lap and the lap time will be indicated on the upper right on the display, and then press the mode button to get to the training stopwatch mode, then press the option button to get to the lap time stopwatch mode.

In the lap time mode, keep the mode button pressed for about 2 seconds to start the lap time memory.

Press the set button for indicating the average heart rate and the time stopped for each lap. By pressing the set button, you will change the individual laps.

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

Press the set button in order to start the time measurement for the current lap. Press the set button again to stop the time measurement for the current lap. The stopwatch will automatically start with the time measurement for the next lap.

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

For setting the lap timer, the monitor must be in the lap time stopwatch mode, i.e. the lap and the lap time will be indicated on the upper right on the display, and then press the mode button to get to the training stopwatch mode, then press the option button to get to the lap time stopwatch mode.

In the lap time mode, keep the mode button pressed for about 2 seconds to stop the time measurement without continuing it. You can then check the measured lap times from the memory. Your heart rate monitor provides a lap time stopwatch for up to 16 training laps.
Batteries: 
- Receiver: 1 x CR 2025 3V
- Station: 1 x CR 2032 3V
- Transmitter frequency: 5.3 KHz
- Subject to technical modifications!

POWER SAVING MODE
If no signal is received for approx. 5 minutes, your heart rate monitor will automatically switch to the power saving mode, and the current time will be indicated. Press any button to "wake up" your heart rate monitor. Thereafter, you will again be back in the training stopwatch mode.

ATTACHING THE HEART RATE MONITOR TO THE HANDLEBARS OF A BICYCLE
Attach the fixing device supplied to the handlebars. Attach your heart rate monitor to the fixing device and adjust the watch strap in such a way that the fixing device is pressed together on the handlebar.

TROUBLESHOOTING
- The heart rate is not displayed.
  - Is the transmitter flat against your chest?
  - Is the transmitter too far away from the receiver?
  - Are there any electronic interference sources interfering with a problem-free transmission?
  - Is the transmitter battery flat?

- The display is black.
  - The ambient temperature is outside of the operating range (0°C to 55°C).
- The display is blank.
  - The receiver battery is flat. For changing the receiver battery, please contact a watchmaker’s shop or the service hotline.

RESET – resetting the receiver
1. Keep all 4 buttons pressed for about 3 seconds.
2. Press the set button. The monitor will then count down from 3 to 0.
3. Release the receiver button.

SPECIFICATIONS

ENVIRONMENTAL NOTE
Old batteries must not be disposed of via your household waste, but have to be disposed of properly via the collecting boxes. Prior to the disposal of your heart rate monitor (at the end of its life) the batteries disposed of properly via the collecting boxes.

ATTACHING THE HEART RATE MONITOR TO THE HANDLEBARS OF A BICYCLE

POWER SAVING MODE