

MEDION®
24/7 CUSTOMER SUPPORT
(866) 633-4660



SAFETY NOTES

- This Training Zone Sports Watch 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 starting your training program, please consult your doctor or trainer to determine your individual upper and lower heart rate limit (training zone), training frequency and length of training.
- Do not use your Training Zone Sports Watch when practicing any injury-prone sports.
- Check your local ordinances for rules regarding battery disposal before disposing of our Training Zone Sports Watch or batteries..
- Please read the operating instructions carefully and keep the instructions as long as you possess your Training Zone Sports Watch.
- **Individuals with cardiovascular disease or cardiac pacemaker bearers should use this Training Zone Sports Watch only after consultation with their doctor.**

CARE

Wipe off your Training Zone Sports Watch 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 maximize battery life.

CAUTION! Do not modify the transmitter or receiver.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

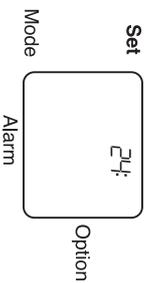
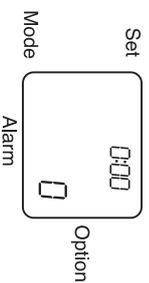
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

Please unfold!

SETTING THE TIME

To set the time, the watch must be in clock mode (with the time shown on the upper right of the display, and the current heart rate on the lower right). If you are not in clock mode, first make sure that you are in the operating mode using the option button, then press the mode button repeatedly until you get to the clock mode.

In the clock mode, press and hold the set button for about 2 seconds until the display "Hold" disappears. Press the set button now to choose between a 12 hour and 24 hour display of the time of day.



 If you choose the 12 hour display, the American calendar format of month/day will automatically be shown; if you choose the 24 hour display, the European format of day/month. When using the 12 hour display, please note that AM will be displayed for the morning and PM for the afternoon.

Confirm your choice with the mode button. The hours display will flash. Set the current hour with the set button.

If you are using the 12 hour display, your display should look like this.

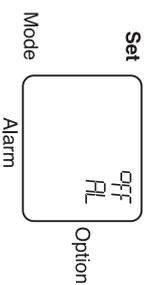
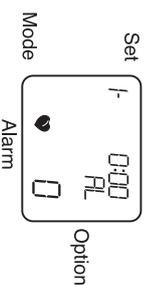
Press the mode button again. The minutes display will flash. Set the minutes with the set button.

Press the mode button. The time zone display will start flashing. Set the desired time shift with the set button. By pressing the mode button one more time, you will return to the clock mode. Press and hold the option button for 2 seconds to change to the second time zone.

SETTING THE ALARM TIME

For setting the alarm, the watch must be in the alarm clock mode (with the alarm time, current heart rate and the letters "AL" on the display.) If this is not so, switch to the clock mode and press the option button to get to the alarm mode.

In the alarm mode, press and hold the set button for about 2 seconds until the display "Hold" disappears. Press the set button to switch the alarm on ("on" and a bell symbol will appear on the display) or off ("off" will appear on the display).



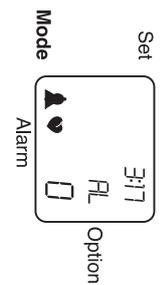
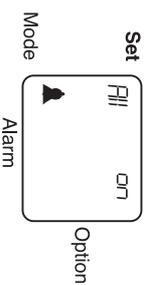
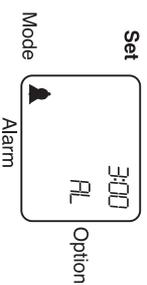
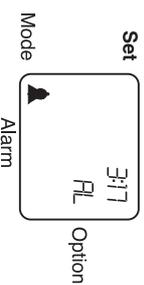
 The bell symbol will remain visible in every operating mode if any alarms are switched on.

Press and hold the option button for about 2 seconds to set up to eight personal alarms, either individually on a daily basis or on a weekly basis.

Confirm your choice with the mode button. The alarm clock hour display will flash. Set the desired hour by pressing the set button.

Press the mode button. The minutes display will flash. Set the minutes with the set button.

Press the mode button one more time to return to the alarm time mode. Press and hold the option button for two seconds to set the second up to the eighth alarm now (as described above).

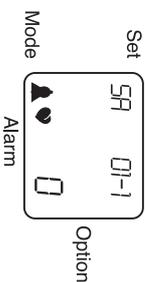


SETTING THE DATE DISPLAY

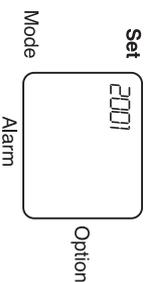
The training zone sports watch is equipped with a 50 year calendar which will compute the day of the week for dates up to the year 2050.

To set the date, the watch must be in date mode (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.

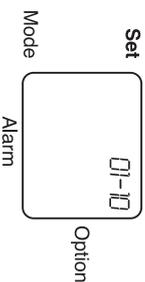


In the date mode, press and hold the set button for about 2 seconds until the display "Hold" disappears. Now, press the set button for setting the year between the year 2000 and the year 2050.



 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.

Confirm your choice with the mode button. The date will appear with a the month display flashing. Set the desired month by pressing the set button.



Press the mode button. The day display will start flash. Set the day with the set button.



Press the mode button again to return to the date mode. The day of the week will automatically be displayed as an English abbreviation in front of the date.

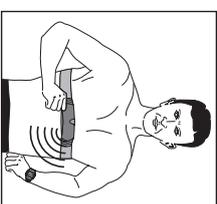


Abbreviations of the days of the week:

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

PUTTING ON THE TRANSMITTER AND THE TRAINING ZONE SPORTS WATCH

The transmitter has to be worn on naked skin. Adjust the elastic strap so that the transmitter sits tightly your chest.



 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 pharmacy). Put on the strap a few minutes before you are going to start so it can heat to body temperature. Find the best possible strap position for you. The contact between the skin and the transmitter must not be interrupted at any time, even in the event of deep breathing.

Attach the watch to your wrist. Press any button to activate the watch. The heart symbol will start flashing with the incoming transmitted signals.



It can take a few seconds until a heart rate display can be seen. If necessary, try varying positions of the transmitter to achieve an optimum contact.

HEART RATE DISPLAY

The heart symbol on the display will start flashing as soon as your training zonesportswatch receives signals from the transmitter.



RADIO FREQUENCY INTERFERENCE

Wireless training zone sports watches can be influenced by interference from external radio frequencies. Electronic training devices at fitness clubs, mobile phones, wireless bicycle computers, high voltage transmission lines or the like can cause irregular transmitter pulses and be the reason why "G" is indicated on the display during the training. When training in groups, other watch transmitters can interfere with your signal which will lead to a false heart rate display. To get correct signals, keep a distance of approximately six feet from other users of training zone sports watches.

SETTING THE TRAINING ZONE

The training zone sports watch will enable you to set a specific training zone with an upper and lower heart rate limit.

The display will indicate your current heart rate during training. A flashing value and an arrow pointing upward or downward will tell you that you are outside of your set training zone.

In addition, an audible alarm can be set. The arrows will disappear as soon as your current value is within the preset training zone.



For setting the training limits, the watch has to be in the training zone mode, i.e. it will alternately be indicated on the display how long you were in the upper (HI), in the lower (LO) and in the desired (In) training zone. If this is not so, switch to the clock mode and press the mode button to get to the training zone mode.



For calculating the training limits, your maximum heart rate (MHR) has to be taken as a basis. To determine your maximum heart rate, please consult your doctor or your trainer. If you do not know your maximum heart rate, you can estimate it on the basis of the following formula:

MEN : 220 minus age = maximum heart rate (MHR)
 WOMEN : 230 minus age = maximum heart rate (MHR)

Calculate the upper and lower training limit of your kind of training by multiplying your maximum heart rate with the factors listed below.
 Choose your desired kind of training here.

ATTENTION!

The types of training and heart rate zones are just examples.
 Please ensure you discuss your choice of training with your doctor or qualified trainer.

TYPE OF TRAINING - HEALTH BENEFITS

Formula: lower limit: MHR x 0.50
 upper limit: MHR x 0.65

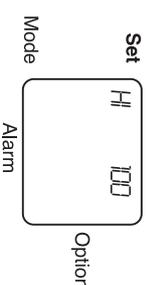
TYPE OF TRAINING - ENDURANCE TRAINING

Formula: lower limit: MHR x 0.65
 upper limit: MHR x 0.80

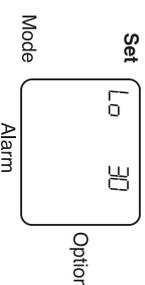
TYPE OF TRAINING - MAXIMUM LOAD

Formula: lower limit: MHR x 0.80
 upper limit: MHR x 0.95

In the training zone mode, press and hold the set button for about 2 seconds until the display "Hold" disappears. 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 between 30 and 179 by pressing the set button.

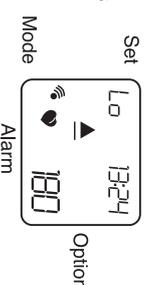


You cannot set a lower limit which is higher than the upper limit.
 In this case, the upper limit will again be shown on the display so that you can set it again.

Press the mode button again to return to the training zone mode.

WARNING SIGNAL FOR TRAINING ZONE

You can be warned that you are not within your training limits by a warning signal tone as well as the visual display.
 Press the alarm button to activate or deactivate the signal tone. If the signal tone is activated, a sound symbol will appear on the display.
 If the warning signal function is activated, a signal tone will be audible every six seconds if your heart rate is above or below the limits.



HEART RATE DISPLAY MODE

Your training zone sports watch can display your average and maximum heart rate so that you can adjust your training accordingly.

To be able to see the average or the maximum heart rate, your watch must be in the heart rate display mode (the average heart rate will be indicated on the upper right on the display and the current heart rate value as well as the letters "AVG" on the lower right).

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. The maximum heart rate value and the letters "MAX" will appear on the upper right on the display.



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

CALORIE CONSUMPTION 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 gender, weight and current activity so that these values can be determined precisely. Proceed as follows:

For setting the data, the watch must be in the kilogram calorie mode, i.e. the consumed kilogram calories will be indicated on the upper right on the display, and below the current heart rate as well as the letters "KCAL.". 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, press and hold the set button for about 2 seconds until the display "Hold" disappears. Press the set button now to choose your gender ("M" for male and "F" for female).



Confirm your choice with the mode button, and the weight display will flash. Set your actual weight between 20kg (44lb) and 225kg (494lb) by pressing the set button. Press the option button to choose between kilograms and 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 | Swimming | 0.00028 – 0.00078 |
| Gardening | 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 |

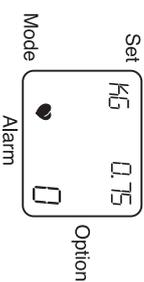


These calorie parameters are approximate values which are to serve as a rough guideline. You should decide individually, since each of these types of sport can be practiced with different levels of intensity. The calorie consumption will only be measured from a heart rate of more than 100 beats/minute onwards and only after the training stopwatch has been started.

Press the mode button to return to the kilogram calorie mode. Here, you can read the consumed kilogram calories while the training stopwatch is on in the training stopwatch mode.



Press the option button in order to read the exact fat catabolism achieved during your training sequence with a precision of 10 grammes. The maximum display amounts to 1.30kg (2.86lb).



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

TRAINING STOPWATCH MODE

Your training zone sports watch is equipped with a training stopwatch with which you can read times up to 9 hours, 59 minutes and 59 seconds.

To start the training stopwatch, the watch must be in the training stopwatch mode (the training time will be indicated on the upper right on the display, as well as 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.



In the training stopwatch mode, press the set button in order to start the training time and thereby your training sequence.



Press the set button again. You will hear a beep indicating a break of 3 minutes will begin. The training time stopped by you will remain visible for another 5 seconds. Then the break countdown will appear until it reaches 0 seconds.



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



Press and hold the set button for longer than 2 seconds to reset the training stopwatch to 0:00:00.

 By resetting the training stopwatch to 0:00:00, the memory for the heart rate will be deleted, and your training zone sports watch will be ready for the next training session.

COUNTDOWN TIMER MODE

Your training zone sports watch can be programmed as a countdown timer for periods from 1 minute up to 9 hours and 59 minutes.

To set the countdown timer, the watch must be in the countdown mode (the countdown timer will be indicated on the upper right on the display, and below this the current heart rate as well as the letters "CDT"). If this is not so, change to the clock mode and press the mode button to get to the training stopwatch mode, then press the option button to get to the countdown mode.



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



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



Press the mode button to return to the countdown mode.



Press the set button to start or stop the countdown timer. Press and hold the set button to reset the countdown timer to the originally set value.



 At the end of the countdown time, the display will stop when 0:00:00 is reached, and an alarm signal will be audible.

LAP TIME STOPWATCH MODE

Your training zone sports watch provides a lap time stopwatch for up to 16 training laps. You can read back the measured lap times from the memory.

To set the lap timer, the watch must be in the lap time stopwatch mode (the lap and the lap time will be indicated on the upper right on the display, as well as the letters "LAP"). If this is not so, change to the clock mode and 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 stopwatch mode, press the set button in order to start the lap time measurement.

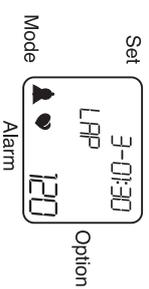
Press the set button in order to start the time measurement for the current lap. The stopwatch will automatically start with the time measurement for the next lap.

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.

 The maximum lap time is 99 minutes and 59 seconds. Thereafter, the time display start over at 00:00.

Press the mode button to stop the time measurement without continuing automatically with 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.



LAP TIME MEMORY

After your training, you can view the training values for the total time of all laps and the total number of laps with the average time for all laps, together with the respective average heart rate. In addition you can call up the times of the individual laps together with the respective average heart rate.

For calling up the lap memory, the watch must be in the lap time stopwatch mode (the lap and the lap time will be indicated on the upper right on the display, as well as the letters "LAP").

If this is not so, change to the clock mode and press the mode button to get to the training stopwatch mode, and then press the option button to get to the lap time mode.

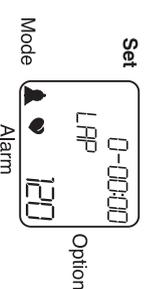
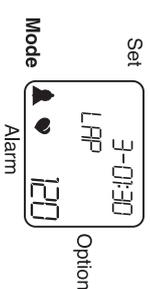
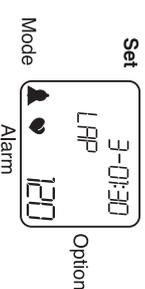
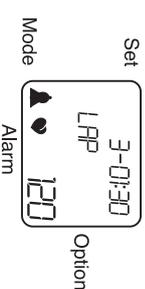
In the lap time mode, press and hold the mode button for about 2 seconds to start the lap time memory.

 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.

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

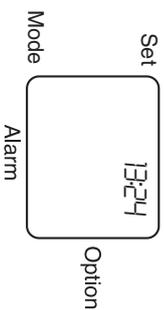
Press and hold the set button for more than 2 seconds to delete the lap time memory.



 Press and hold the set button for more than 2 seconds to reset the lap time mode to the original state.

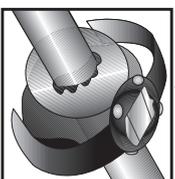
POWER SAVING MODE

If no signal is received for approx. 5 minutes, your training zone sports watch will automatically switch to the power saving mode, and the current time will be indicated. Press any button to "wake up" your training zone sports watch.



ATTACHING THE TRAINING ZONE SPORTS WATCH TO THE HANDLEBARS OF A BICYCLE

Attach the supplied mounting device to the handlebars. Attach your training zone sports watch to the mounting device and tighten the watch strap so that the mounting device is held firmly 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 watch?
- Are there any electronic interference sources interfering with transmission?
- Is the transmitter battery drained?

The display is black.
-The ambient temperature is outside of the operating range (32° F to 131° F).

The display is blank.
-The receiver battery is drained. To change the receiver battery, please contact a watchmaker's shop or Customer Care.

Reset – resetting the receiver
 1. Keep all 4 buttons pressed for about 3 seconds.
 2. Press the set button. The watch will then count down from 3 to 0.
 3. Press the mode button and thereafter the option button.
 Your training zone sports watch is now in the state it was delivered from the factory.

ENVIRONMENTAL NOTE

Old batteries must not be disposed of via your household waste, but have to be disposed of properly per your local ordinances.
 Prior to the disposal of your training zone sports watch (at the end of its life), the batteries must be removed.
 Open the battery compartment at the chest strap by turning the battery cover in the direction of the arrow with a coin. Now you can remove the transmitter battery and dispose of it.
 As for your training zone sports watch, remove the four screws on the back of the housing by means of a small screwdriver for slotted screws. Now lift carefully one of the watch strap halves out of its anchoring and take off the cover. Now remove the securing clip and then remove the battery for proper disposal.
 Caution: This procedure must only be applied in connection with the disposal of the monitor, since the monitor will be destroyed while doing so.

SPECIFICATIONS

| | |
|-------------------------------------|----------------|
| Batteries: | |
| Receiver | 1 x CR 2025 3V |
| Transmitter | 1 x CR 2032 3V |
| Transmitter frequency: | 5.3 KHz |
| Subject to technical modifications! | |



MEDION[®] LIMITED WARRANTY INFORMATION



TRAINING ZONE SPORTS WATCH MD 7455

**PLEASE KEEP ALL YOUR
Warranty documents • product receipt • original packaging
IN A SAFE PLACE**

MEDION warrants to our customers that this product is free from defects in materials and workmanship as follows: for a period of one (1) year from the date of original purchase, defective parts or a defective product returned to a MEDION repair facility or a MEDION Authorized Service Facility ("ASF") for such product, as applicable, and proven to be defective upon inspection, will be exchanged for new or comparable rebuilt parts, or a refurbished product, as determined by the MEDION repair facility or the ASF.

Limited warranty repair or replacement shall not extend the original limited warranty period of the defective product. This limited warranty does not cover any supplies or accessories.

EXCLUSIONS: this limited warranty does not apply, and you will have no remedy hereunder with respect to (a) products that have been modified, opened, repaired or otherwise altered, except by MEDION or an ASF, (b) products that have been damaged or destroyed after delivery to the customer, (c) any third party software, interfaces, parts, supplies, peripherals or other products or any defects resulting from use of the product in connection with such third party products, (d) defects resulting from improper or inadequate maintenance, calibration or site preparation, (e) defects resulting from any misuse, abuse, accident, neglect, negligence or any use other than in accordance with the handling or operating instructions provided by MEDION, (f) defects resulting from exposure to unusual physical or electrical stress or from any operation other than in accordance with the published environmental specifications for the product.

TO THE EXTENT ALLOWED UNDER APPLICABLE LAW, THE ABOVE WARRANTIES ARE EXCLUSIVE AND NO OTHER WARRANTY OR CONDITION, WHETHER WRITTEN OR ORAL, IS EXPRESSED OR IMPLIED AND MEDION SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTIES, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE AND NO IMPLIED WARRANTY APPLIES TO THE PRODUCT AFTER THE APPLICABLE PERIOD OF THE EXPRESS LIMITED WARRANTY STATED ABOVE. Some countries, states or provinces do not allow exclusions or limitations on the duration of an implied warranty, so the above limitation or exclusion might not apply to you. This limited warranty gives you specific legal rights and you might also have other rights that vary from country to country, state to state, or province to province.

MEDION's limited warranty is valid in any country or locality where MEDION has a support presence for this product and where MEDION has marketed this product. The level of warranty service you receive may vary according to local standards. MEDION will not alter form, fit or function of the product to make it operate in a country for which it was never intended to function.

TO THE EXTENT ALLOWED UNDER APPLICABLE LAW, THE REMEDIES IN THIS LIMITED WARRANTY STATEMENT ARE YOUR SOLE AND EXCLUSIVE REMEDIES. EXCEPT AS INDICATED ABOVE, IN NO EVENT WILL MEDION OR ITS SUPPLIERS BE LIABLE FOR LOSS OF DATA OR FOR INDIRECT, SPECIAL,



INCIDENTAL, CONSEQUENTIAL (INCLUDING LOST PROFIT OR DATA), OR OTHER DAMAGE, WHETHER BASED IN CONTRACT, TORT, OR OTHERWISE. IN NO EVENT SHALL RECOVERY OF ANY KIND AGAINST MEDION BE GREATER IN AMOUNT THAN THE PURCHASE PRICE OF THE PRODUCT SOLD BY MEDION WHICH CAUSED THE ALLEGED DAMAGE. WITHOUT LIMITING THE FOREGOING, YOU ASSUME ALL RISK AND LIABILITY FOR LOSS, DAMAGE OR INJURY TO YOU AND YOUR PROPERTY AND TO OTHERS AND THEIR PROPERTY ARISING OUT OF USE OR MISUSE OF, OR INABILITY TO USE THE PRODUCT NOT CAUSED DIRECTLY BY THE NEGLIGENCE OF MEDION. Some countries, states or provinces do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

THE WARRANTY TERMS CONTAINED IN THIS STATEMENT, EXCEPT AS LAWFULLY PERMITTED, DO NOT EXCLUDE, RESTRICT OR MODIFY AND ARE IN ADDITION TO THE MANDATORY STATUTORY RIGHTS APPLICABLE TO THE SALE OF THIS PRODUCT TO YOU.

Please note the following:

Be sure to keep your purchase receipt in a safe place. MEDION, at its option, may require a copy of the receipt to validate the warranty period effective date (i.e. date of purchase). Warranty liability only applies to material or factory faults. It does not apply to damage due to breakage, for example, a crack in the housing. Our service includes unit exchange or send-in repair:

Unit Exchange

In locations where Unit Exchange is available, MEDION will send you a replacement unit. You must return the defective unit to MEDION (using the shipping carton that the new one came in.)

Send-In Repairs

In locations where Send-In Repair Service is available, repair service can be obtained by shipping your unit to the MEDION Repair Center. The unit will be repaired and returned to you.

For either Unit Exchange or Send-In Repairs, you must have an authorized RMA number from Medion support before shipping your defective product.

Replacement products may be either new or equivalent in performance to new. MEDION replacement or repaired products may contain remanufactured parts equivalent to new in performance or may have been subject to incidental use.

Out-of-Warranty Support

In addition to providing free technical support during the warranty period, MEDION is also available to support your product after the warranty period has ended. This out-of-warranty support will be provided on a fee basis.

MEDION[®]

24/7 CUSTOMER SUPPORT
(877) 604-9498



Medion reserves all rights, at any time, to change support hours.

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FOR YOUR REFERENCE:
TRAINING ZONE SPORTS WATCH

MD 7455
04/04
MSN 5001 0797

PLEASE KEEP ALL YOUR
Warranty documents
product receipt • original packaging
IN A SAFE PLACE



Date of Purchase

Place of Purchase

Serial No.

Medion USA, Inc., 1721 Moon Lake Blvd., Ste. 300, Hoffman Estates, IL 60194