Menu guidance

FITNESS WATCH

Hint manual
**Key functions**

**ESC**
Hold down for 2 seconds, to switch on background lighting. When in a menu press this button to leave the menu.

**E (ENTER)**
Open a menu. Change the settings in the menus.

**ST./STP.**
Start/stop/training/time. Change value-, (vice versa).

**LP (LAP/RESET)**
Stop next lap. Change value+, (vice versa).

**K1 and K2**
The watch starts measuring the heart rate automatically when you press K1 with your index finger and K2 with your thumb at the same time. You can open this function at any time except during entry (display flashes). During the measuring process the heart symbol on the screen flashes. Once the heart beat has been successfully measured a tone is emitted and the value is shown on the screen.

Depending on environmental conditions the heart rate measurement takes about 5-10 seconds. As your Fitness Watch requires multiple measuring values, the measuring at the beginning of the training can take even longer, dependent on the environmental temperature, the skin constitution and the heart rate intensity.