

HEART RATE MONITOR

Putting on the heart rate monitor

You can wear your heart rate monitor like a wrist watch. If you would like to use the HR monitor when riding a bike, fix the monitor to the handlebars. This improves the signal transmission greatly. Use the assembly bracket supplied and fix the HR monitor firmly on to the handlebars so that the monitor does not slip when riding the bike.

Initial activation of the heart rate monitor

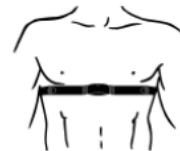
You can activate your heart rate monitor from the transport mode by pressing any button for 5 seconds.

Activating the heart rate monitor from power saving mode

If the heart rate monitor has not received any signal for approx. five minutes, it switches to the power saving mode. At that point, only the current time and the date will be displayed. Press any button in order to reactivate the watch.

Putting on the chest strap

- Tighten the chest strap with the elastic tension belt. Adjust the length of the belt such that the belt is snug, but neither too loose nor too tight. Position the belt around the chest such that the logo is facing outwards and in the correct position directly over the breast bone. For men, the chest belt should be located directly below the pectoral muscles, for women, directly below the breast.
- Since optimal contact between the skin and the heart rate sensors can not be created immediately, it may take some time until the heart rate is measured and displayed. If necessary, alter the position of the transmitter in order to achieve optimal contact. Most of the time, sufficient contact is achieved through the accumulation



of sweat beneath the chest strap. You can, however, also wet the contact points on the inside of the chest strap. For this, lift the chest strap up from the skin slightly and wet the two sensors with saliva, water or ECG gel (available at chemistry). The contact between skin and chest strap may not be interrupted also with greater movements of the thorax such as during deep breathing. Significant chest chair can interfere with and even prevent contact.

- Put on the chest strap a few minutes before starting in order to warm it up to body temperature and establish optimal contact.

♥ If the heart symbol flashes, then the heart rate is being received from the chest strap.

FCC ID: O4GHRM1G

IC: 7666A-HRM1G

MADE IN CHINA

This device complies with part 15 of the FCC Rules.

Operation is subject to the following conditions:

- (1) this device may not cause harmful interference, and**
- (2) this device must accept any interference received, including interference that may cause undesired operation.**

NOTES:

THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER AUTHORITY TO OPERATE THE EQUIPMENT.

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.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is corrected.
- Consult the dealer or experienced radio / TV technician for help.