.:WELCOME

Congratulations! The FitSense™ FS-1 Speedometer is the world's first accurate pace and distance watch for walking and running with an optional wireless Internet link. The FS-1 measures every stride and reports your speed, pace, distance, and calorie burn.

The FS-1 is a fully functional watch and exercise monitor. Its features include:
- Time, day, and date
- Chronograph
- Current Speed and Pace
- Average Pace
- Distance (activity and total)
- Calories
- Heart Rate (using optional heart rate monitor)
- Training Log
- AutoSplitz™
- Pace Zones
- Backlight
- Wireless Connection to your PC and the Internet (using optional Netlink).

GETTING THE MOST OUT OF YOUR FS-1

How can you use your FS-1? The options are limitless. Here are a few suggestions:

- Tracking your Runs or Walks
- Monitoring your Calorie Burn
- Measuring your Courses
- Tracking your Fitness
- Training with Pace
- Automating your Log

WATCH

LIGHT
Press for backlight.
Hold to toggle Night
Mode on or off.

SELECT **SET**
Press to select.
Hold to set time, date,
alarm and user variables.

SPLIT **RESET** (+)
Press for manual split and
to increment values.
Hold to reset activity values.

START/STOP (-)
Press to start or stop the
chrono and to decrement
values.

MODE
Press to scroll
through modes.

FitSense.com

NIGHT MODE

702 620 MI

T 11 44 32 15
PACE AVG CHRON

HEART RATE
MONITOR ON

CHRONOGRAPH
ON

FOOT POD
ON

FOOT POD   *NETLINK (OPTIONAL)*

FOOT POD BUTTON
ONE PRESS: ON
TWO PRESSES: OFF
THREE PRESSES: COMM LEARN

**BLUE
INDICATOR
LIGHT**

FitSense.com

**RUNGEE
CORD**

**RUNGEE
SLOT**

.:CONTENTS

.:BEFORE YOU BEGIN

- Consult your physician prior to beginning or modifying any exercise program.
- **DO NOT** use the FS-1 heart rate monitor if you have a pace maker.
- **DO NOT** use FS-1 in an airplane.
- When exercising with FS-1, be aware of your surroundings and exercise safely. Remain alert to vehicles, footing and other potential hazards.

.:FS-1 COMPONENTS

WATCH

The FS-1 watch is the window to your activity. It has a revolutionary side-mounted display. Your activity info is available at a glance without turning your wrist, pressing buttons, or breaking stride.

Strap your FS-1 to your wrist with the buttons pointing up from the top of your wrist.

*Button functions listed in normal font (**MODE, SELECT, LIGHT, SPLIT, START/STOP**) are performed by pressing and releasing the button.*

BUTTON	FUNCTIONS

MODE **Cycles** through the seven main modes.
If you stay in any mode for more than three seconds, the title screen will disappear and the mode content screen will appear.
The next press of the **MODE** button will return you to *TIME* mode.

SELECT **Toggles** between "pace display" and "speed display" in *SPED* mode.
Toggles between track and treadmill calibration in *CALB* mode.
Accepts selected values and advances to next field while setting.

LIGHT **Turns** on the light for 3 seconds.
Holding LIGHT for 3 seconds turns on Night Mode.
In Night Mode, pressing any button will turn on the light for 5 seconds.
Holding LIGHT for 3 seconds turns off Night Mode.

SPLIT In *SPED* mode, with the chronograph running, **SPLIT** freezes the screen and records a manual split in the daily chart.
Holding for 3 seconds in TIME mode launches *COMM* mode.

| START /STOP | **Starts and stops** the chronograph in *SPED* mode. |

Button functions listed in reverse font (SET , RESET) are performed by pressing and holding the button for 3 seconds.

SET	Hold SET in *TIME* mode to change time.
	Hold SET in *SPED* mode to set weight, view alert interval and toggle Pace Zones ON and OFF.
	Hold SET in *ALRM* mode to change alarm settings.

RESET	Hold RESET in *SPED* mode to store activity in your log and clear the display.
	Hold RESET in *SPED* mode when the chronograph is zeroed to enter the *LOG* clear menu.
	Hold RESET in the *LOG* clear menu to clear chart data and log data.
	Hold RESET in *ODOM* mode to zero the odometer.

| (+) BUTTON | **Increments** values while setting. |

| (-) BUTTON | **Decrements** values while setting. |

FOOT POD

The FS-1 foot pod may be placed on either your right or left foot. The stride characteristics of your right leg may be different from those of your left leg. Always keep the foot pod on the same foot.

LACE CROSSINGS

Loosen your shoelaces. Place the rungee cord beneath 2 or 3 lace crossings.

Snap the rungee cord into the slot at the front of the pod. Tighten your laces and tie your shoes comfortably.

The foot pod should be firmly attached with the narrow end of the pod facing your toe. If the pod is loose, place the cord beneath another lace crossing.

The pod may remain attached to your shoe between activities. Also, the cord may be laced into the shoe and remain there for convenience and added security.

FOOT POD BUTTONS

The foot pod has three states (ON, OFF and COMM LEARN) that are controlled by pressing the rubber button. Unique sounds confirm the state you have entered.

PRESSES	WHAT THEY DO
ONE	**Turns pod ON.** When the pod is off, push and hold the button until you hear a beep. On button release, you will hear a single confirmation beep. The pod is now ready for your activity. When the foot pod is communicating with the watch, the foot icon on the watch display will be lit.
TWO	**Turns pod OFF.** Pressing the button twice in quick succession turns the pod off. A descending tone confirms that the foot pod is off.
THREE	**Allows a watch to learn a foot pod ID.** Pressing the button three times in quick succession resets the COMM Address. Three beeps confirms that the foot pod is in COMM LEARN mode. Now any FS-1 watch can learn the foot pod's ID. Once the watch learns a foot pod's ID, the foot pod will return to normal operation.

If the foot pod is on, but you haven't moved for five minutes, it will turn itself off to conserve energy. You may hear the descending tone as the pod turns off. Simply press the button once to turn the pod on. If you are in the middle of an activity, the FS-1 will continue to monitor from where you left off.

NETLINK (OPTIONAL)

The NetLink connects to your PC serial port and communicates wirelessly to your watch. The NetLink allows you to store and chart your activities online and to personalize your watch from the web.

To use the NetLink:
1. Plug the cable into the serial port on your PC.
2. Visit www.fitsense.com to register your watch and download the latest *Netlink* software.
3. Place your NetLink in a visible location, preferably on top of your desk. This will let you see the blue indicator light and will maintain a good wireless connection to your watch.
4. Follow the on-screen instructions and software manuals at www.fitsense.com.

HEART RATE MONITOR (OPTIONAL)

The FS-1 Heart Rate Monitor works with your FS-1 watch. See your heart rate and your speed on the same screen. Chart your heart rate against distance and speed.
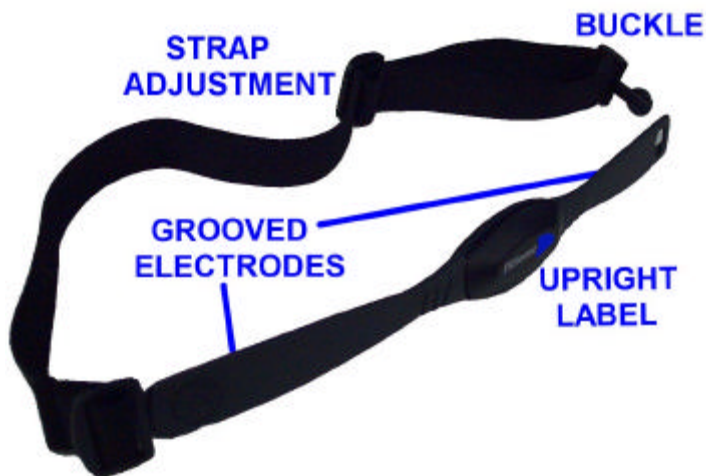
To put on the heart rate monitor:
1. Attach the elastic strap to one end of the monitor.
2. Wet the grooved electrodes.
3. With the FitSense logo upright, circle your chest with the strap and attach the other end to the monitor. Lock the buckle in place.
4. Locate the monitor below your chest muscles so the grooved electrodes make good contact with your skin.
5. Adjust the strap to a length that is comfortably snug.

MODE FUNCTIONALITY

Press the MODE button to scroll through the modes of the watch:

TIME
Display Time of Day, Day of Week, and Date
Set Time of Day, Day of Week, and Date

SPED
Display Pace, Speed, Calories, Heart Rate, Activity Time, and Distance
Set Weight, Interval Alerts, and Pace Zones
Store walks and runs in LOG
Reset LOG entries and Chart data

LOG
Display data from last 28 runs or walks
Display data from last 75 splits

DTOT
Display total distance and calories
Reset total distance and calories

COMM
Learn new sensor IDs
Change COMM address
Download watch data to PC
Setup watch from www.fitsense.com

CALB
Calibrate on a track or treadmill for highly
      accurate walking and running
Set Calibration Values (CalVals) manually

ALRM
Display Alarm Time
Turn Alarm ON or OFF
Set Alarm

> To advance through the modes, press the **MODE** button quickly. While in
> any other mode other than *TIME* for more than three seconds, the next press
> of the **MODE** button returns to *TIME* mode.

LEARNING NEW SENSORS

The watch will listen only to sensors it owns. If you are using a <u>new</u> foot pod or heart rate monitor (just out of the box or a replacement), the watch needs to learn its ID.

Foot Pod
1. Enter *COMM* mode on the watch.
2. Press foot pod button three times quickly. You will three confirmation beeps.
3. When the foot icon is displayed in the lower left quadrant of the watch, your watch has learned the ID of your foot pod

Heart Rate Monitor
1. Enter *COMM* mode on the watch.
2. Put your heart rate monitor on.
4. When the heart icon is displayed in the lower left quadrant of the watch, your watch has learned your heart rate monitor ID.

CALIBRATING YOUR FS-1

To achieve the high accuracy that FS-1 offers, you must calibrate on a 400 meter track. Perform separate walking and running calibrations for accuracy across all speeds.

1. Warm-up by running or walking for five minutes.
2. Turn on your foot pod by holding the button until you hear a beep.
3. Enter *CALB* mode. Press **(-)** until "TRAK" is flashing in the upper left quadrant. Press **SELECT** to lock in your selection. The chronograph will appear in the lower right quadrant indicating that you are ready to perform a track calibration.
4. Pick a point on the track. This will be your start and finish line.
5. Back away from the start line about 20 feet. Begin running. When you cross the start line, press **START/STOP**.
6. Run around the track one time at your usual pace in the inside lane. Try to keep an even pace during the calibration.
7. Run past the finish line, pressing **START/STOP** as you cross the line. This completes your calibration. "OK" will appear on the screen.
8. Press any button to return to the calibration start screen with TRAK displayed in the upper left quadrant. Press **SELECT** and the chronograph will reappear in the lower right quadrant.
9. Repeat this calibration procedure for walking.
10. Your FS-1 is now calibrated for you. Press **MODE** to continue.

> When the watch is establishing communication with the foot pod, the message "WAIT" will appear in the upper left hand quadrant. "WAIT" will disappear when the watch hears from the foot pod and you will be free to continue.

RUNNING AND WALKING WITH YOUR FS-1

See speed, pace, distance and calories while running or walking:

1. Attach the foot pod to your shoe. *See FS-1 Components: Foot Pod* for a guide to attachment.
2. Turn on your foot pod by holding the button until you hear a beep.
3. On the watch, in *TIME* mode, Press **MODE** once to enter *SPED* mode.
4. Make sure that the foot icon is lit. If it is not, your foot pod may be off or your watch may need to learn the ID of your foot pod. (See *Quick Start: Learning New Sensors* above.)
5. Press **START/STOP** to start the accumulation of both the chronograph and your activity totals. Your distance and calories will only accumulate when the chronograph is running.
6. Begin running or walking. Your current pace or speed will appear in the upper left quadrant.
7. Press **SELECT** in *SPED* mode to switch between pace display (min/mi) and speed display (MPH).

PACE DISPLAY
CURRENT PACE
AVERAGE PACE

PRESS SELECT

SPEED DISPLAY
CURRENT SPEED
CALORIES
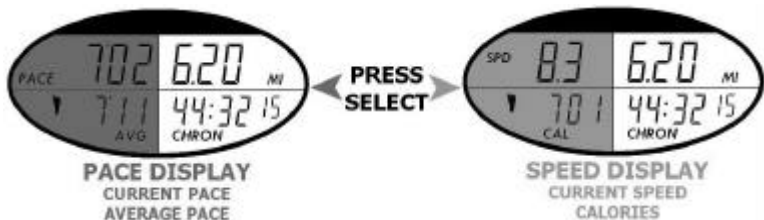
8. At the end of your activity, press **START/STOP** to stop the chronograph and stop accumulating distance and calories.
9. Hold **RESET** for 3 seconds to zero the readings and store the activity in your *LOG*.

LINKING TO FITSENSE INTERACTIVE (USING OPTIONAL NETLINK)

Keeping track of your activities on your PC and the Internet is easy. At the press of a button, the details of your activity will link to the NetLink device. Here is a quick reference guide for offloading your watch:

1. Plug your NetLink device into the serial port on your PC.
2. Download and install your Netlink software (from www.fitsense.com) to your PC.
3. Enter *COMM* mode on the watch. Offloading will begin automatically.
4. The blue light on the NetLink device will begin blinking when the NetLink device connects to the watch. When the PC begins communicating with your watch, the blue light will stay on continuously. If the light continues blinking, your PC software may not be running.
5. Follow the on-screen instructions and software manuals available at www.fitsense.com.

DISPLAYING HEART RATE ON YOUR FS-1

To see heart rate displayed on the watch:

1. Enter *SPED* mode.
2. Put on the heart rate monitor as described above.
3. If the heart icon is not displayed, the watch may need to learn the ID of your heart rate monitor. Follow the instructions in *Learning New Sensors* on page 8.
4. While wearing the heart rate monitor, press **SELECT** until you see the heart outline icon in the lower left quadrant of the watch display.
5. Once your heart rate monitor has calculated your heart rate, it will display the value in beats/minute in the lower left quadrant.
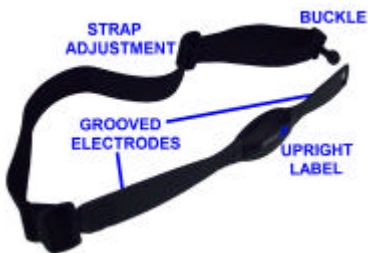
.:USING YOUR FS-1

This section describes the modes of the watch. Pressing the MODE button advances you through these modes.

TIME MODE

Display Time, Day, and Date
Set Time, Day, and Date

[TIME]   (SPED)   (LOG)   (DOWN)   (COMM)   (CALI)   (ALM)

SETTING THE TIME, DAY AND DATE

1. To adjust settings, hold **SET**. The first settable field will flash.
2. Use **(+)** and **(-)** to adjust the fields.
3. Press **SELECT** to advance to the next field.
4. Press **SELECT** to exit the last settable field.
5. The settable fields are (in order):
   - Hours
   - Minutes
   - Seconds
   - Date
   - Day of Week

```
12:00 00  PM
     MO  4-17 00
```

> **TIME** is the default mode for the watch. If no button is pressed for 3 minutes, the watch will automatically revert to the **TIME** mode. While in any other mode other than **TIME** mode for more than three seconds, pressing the **MODE** button returns to **TIME** mode. The watch battery will last longer if you make sure that you turn the chronograph off in **SPED** mode when you are not using it.

> Time, day and date are also settable from the web at www.fitsense.com. See **COMM Mode**: *Setting Up your Watch from the Web* for details.

SPED MODE: SPEEDOMETER

Display Pace, Speed, Calories, Heart Rate, Time, and Distance
Set Weight, Interval Alerts, and Pace Zones
Store walks and runs in *LOG*
Reset *LOG* entries and Chart Data

## *STARTING AND STOPPING THE FS-1 FOR AN ACTIVITY*

Press **START/STOP** to start and stop the chronograph and other readings. If the foot pod is not worn, the chronograph can be used like a normal stopwatch and all other fields will be blank. If the foot pod is on, distance and calories will accumulate when the chronograph is running. The foot icon will be lit when the foot pod and watch are communicating. . The heart icon will be lit when the heart rate monitor and watch are communicating. The chrono icon will remain lit in any mode while the chronograph is running.

Before you begin an activity, make sure the:
- foot pod is turned on
- foot icon is on solid
- distance reads 0.00 miles

CHANGING THE SPED DISPLAY
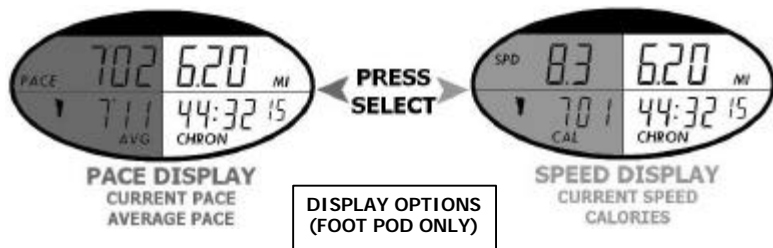
In *SPED* mode, your activity distance will always appear in the upper right quadrant and your elapsed time will appear in the lower right quadrant. You can control the left side of the display as follows. Press **SELECT** in *SPED* mode to switch between "pace display" (pace in minutes/mile and average pace in minutes/mile) and "speed display" (speed in mph and calories). Your chosen display will be the new default display.

CURRENT PACE
HEART RATE

CURRENT PACE
AVERAGE PACE

CURRENT SPEED
CALORIES

CURRENT SPEED
HEART RATE
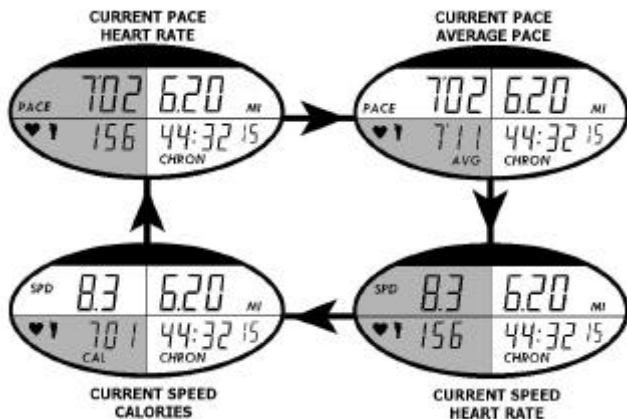
**DISPLAY OPTIONS
(FOOT POD AND HEART RATE MONITOR)**

If you are wearing a heart rate monitor, you have four display options. Press **SELECT** to cycle through the two pace and two speed options (in the figure above, gray quadrants indicate fields that have changed from the previous display option):

- Pace and Heart Rate
- Pace and Average Pace
- Speed and Heart Rate
- Speed and Calories

MANUAL SPLITS

Pressing **SPLIT** in *SPED* mode freezes the display for 9 seconds. The split data (time, distance and calories) is stored in your *LOG* for this activity.

RESETTING AND LOGGING YOUR ACTIVITY

After completing an activity, hold **RESET** for 3 seconds in *SPED* mode to store the current activity to your *LOG* and clear the display. The chrono will zero immediately. The distance display will zero after the foot pod clears the activity from memory. If the foot pod is on, this should take approximately 3 seconds. If the foot pod is off, the distance will zero once the foot pod is turned on. As the watch is resetting, the distance and pace fields will be blank. Once these fields reappear, you are free to begin a new activity.

CLEARING YOUR LOG AND CHART

*When the chronograph is reset to zero, holding **RESET** for 3 seconds will bring you to the activity clear menu. Press **SELECT** to scroll through the reset choices:*

13

1. **Clear chart data (CLR CHRT).** Holding **RESET** for 3 seconds in CLR CHRT erases the detailed data (used to create a chart record of your activity *at FS Interactive*) from memory. This chart data is also cleared when your FS-1 is offloaded. If you want to chart your next activity, be sure the chart data is cleared from memory before you begin running or walking.
2. **Clear last activity (CLR LAST).** Holding **RESET** for 3 seconds in CLR LAST erases the most recent activity from memory.
3. **Clear all activities (CLR ALL).** Holding **RESET** for 3 seconds in CLR ALL erases all activities from memory.

SETTING WEIGHT, INTERVAL ALERTS, AND PACE ZONES

*You can customize your FS-1 in **SPED** mode by changing:*

WEIGHT   Weight, in pounds, is needed for accurate calorie calculations. The foot pod must be on to set the weight.

INTERVAL ALERTS   Your FS-1 can beep at regular distance intervals for a customized workout or just to keep you informed. The interval alert options are OFF (indicated by .00 on the display), beep every 1/4 mile, beep every 1/2 mile, or beep every mile. The alert interval is only settable via *FS Interactive* at www.fitsense.com.

PACE ZONES   You can select an upper and lower pace as an alert during activity. If zones are set, the chronograph is running, and you are moving, the watch will beep when you are outside the zone. Pace zones are only settable via *FS Interactive* at www.fitsense.com.

SPED settings (on the watch):
1. Turn on your foot pod.
2. Hold **SET**. "WAIT" will flash until the watch communicates with the foot pod. Then weight (in pounds) will begin flashing. Use **(+)** and **(-)** to adjust the fields.
3. Press **SELECT** to advance to the next field.
4. Press **SELECT** to exit the last settable field.
5. The fields are (in order):
   - Weight (The foot pod must be on to set weight)
   - Alert Frequency (Viewable only, settable via *FS Interactive)*
   - Pace Zones (Toggle ON or OFF only, settable via *FS Interactive*)

PACE ZONES

While the chronograph is running in SPED mode:

- Hold **SET** to toggle Pace Zones alert ON and OFF.
- Press **SELECT** to temporarily turn off Pace Zones. If you return to the zone, the Pace Zone alert will reactivate and will beep when you leave it again. Use this feature if you will be purposefully or unavoidably outside of the zone (resting between intervals or climbing a long hill).

LOG MODE

Display data from last 28 runs or walks
Display data from last 75 auto and manual splits


LOGGING ACTIVITIES

Resetting an activity in *SPED* mode automatically enters that activity in *LOG*. The *LOG* stores and displays the most recent 28 activities and 75 splits. If you exceed these capacities, the earliest activities and splits will be overwritten. AutoSplitz™ (stored every mile) and manual splits count toward the split total. To prevent your *LOG* from being overwritten, offload frequently.

REVIEWING LOG TOTALS

When you enter *LOG* mode, the most recent activity will be displayed. The LOG entry will display activity distance,

number and date. After one second, the LOG entry will change to display calories, distance and time for that entry. Push the **(+)** and **(-)** buttons to scroll through your entries. Hold **(+)** and **(-)** to rapidly advance through the entries.
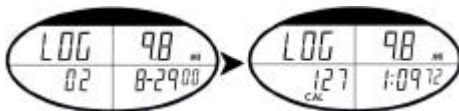
AUTOSPLITZ™

The FS-1 will record the time and distance at each whole mile. These AutoSplitz™ are stored in your Splits record. They are also offloaded to your PC during every Link.

REVIEWING SPLITS

Press **SELECT** when in LOG mode to review the splits from that entry. Press **(+)** and **(-)** to scroll through the splits in order. Split number, split distance, and split time are displayed. Press **SELECT** again to return to the **LOG** review.

Your split time (total time of the activity at the time of the split) at each mile is recorded in addition to any manual splits taken during the activity. If you link your data using NetLink, you can view your pace for each mile and other detailed information.

CLEARING YOUR LOG

To reset your **LOG** entries or your chart data, return to **SPED** mode and follow the instructions listed in *SPED MODE: Resetting and Logging Your Activity* on page 13.

ODOM MODE: ODOMETER

Display total distance and calories since date of reset
Reset totals

RESETTING THE ODOMETER

To reset the *ODOM* hold **RESET** for 3 seconds. The distance and calories will zero and the date of the reset will be displayed. The *ODOM* will roll over at 999 miles and 9999 calories. If you change the date in *TIME* mode, you may want to reset your *ODOM* to reflect the new date.

The *ODOM* is independent of your *LOG*. You can reset one without resetting the other.

COMM MODE: COMMUNICATION

Link watch data to PC
Learn new sensors
Change *COMM* address
Setup watch from www.fitsense.com

LEARNING A SENSOR

The watch will listen only to sensors it owns. If you are using a new watch, foot pod or heart rate monitor, the watch needs to learn these sensors.

Foot Pod
1.   Enter *COMM* mode on the watch.
2.   Press the foot pod button three times quickly.
3.   When the foot icon appears in the lower left quadrant, the watch has learned your foot pod.

Heart Rate Monitor
1.   Enter *COMM* mode on the watch.
2.   Put your heart rate monitor on.
3.   When the heart icon appears in the lower left quadrant, the watch has learned the ID of your heart rate monitor.

OFFLOADING YOUR WATCH (USING OPTIONAL NETLINK)

1.   Make sure your *Netlink* Software is running on your PC and your *NetLink* device is plugged into the serial port on your PC.
2.   Enter *COMM* mode.
3.   Your watch will automatically connect to the NetLink device. The blue light on the NetLink device will begin blinking when it connects to the watch. When the PC begins communicating with your watch, the blue light will stay on continuously. If the light continues blinking, your PC software may not be running.

4.   "PC" will appear in the lower left quadrant.
5.   The entire contents of your *LOG* including splits, your chart data, and all of your customized information (including CalVals, weight, etc.) will be sent to the PC. A normal offload will last 10-30 seconds.
6.   The chart data will be cleared from your watch memory after offloading. *LOG* data will remain in the watch memory unless you choose to remove it.

SETTING UP YOUR WATCH FROM THE WEB

Most of the information in the watch (including time, date, alarm, and alerts) is settable by the PC through the NetLink device.

The watch must be in **COMM** mode for the NetLink device to communicate with the watch. When the watch is receiving commands from the NetLink, "PC" will appear in the lower left quadrant. Details for using the PC to control your watch are covered online at www.fitsense.com.

CHANGING COMM ADDRESS

Your FS-1 system has a settable COMM address that helps avoid interference from other FS-1s. If you see strange readings while near another FS-1 system, you may be experiencing interference. To change the COMM address of your system:

1. Make sure that the foot pod is turned on. If you want to change the address of your heart rate monitor, you must be wearing it.
2. Enter **COMM** mode. The current COMM address will be displayed in the upper right quadrant.
3. Hold **SET** to enter Address Change mode.
4. The current COMM address will be blinking. If a sensor is present, its icon will be displayed.
5. Use **(+)** and **(-)** to change to a new address. You may choose any address from 1-99.
6. The sensor icons will disappear as the addresses of the foot pod and/or heart rate monitor are being adjusted. When a foot pod or heart rate monitor has successfully changed its COMM address, its icon will reappear.
7. Press **SELECT** after you have chosen your desired address. Your new address is now locked in.

If you change the COMM address when a foot pod is not turned on or present, the watch will no longer communicate with it. To reestablish communication, press the foot pod button three times while the watch is in **COMM** mode.

CALB MODE: CALIBRATION

Calibrate FS-1 on a track or treadmill for accurate distance and pace during walking and running .
Set Calibration Values (CalVals) manually.

To achieve highest accuracy, you must calibrate your FS-1. Calibration only needs to be performed once for a given athlete. You may want to recalibrate periodically if you notice drift in your readings or if you move the pod to your opposite foot.

"TRAK" indicates track calibration, while
"MILL" indicates treadmill calibration.

PERFORMING A TRACK CALIBRATION

Getting Ready
1.   Locate a 400 meter outdoor track or a 200 meter indoor track. Most high school outdoor tracks are 400 meters. Pick any point on the track as your start and finish line. Be sure to use the inside lane of the track.
2.   Warm-up before you calibrate by walking or running for five minutes.
3.   Make sure your foot pod is turned on.
4.   In *CALB* mode, press **(+) or (-)** until "TRAK" flashes in the upper left quadrant. Press **SELECT** and the chronograph will appear in the lower right quadrant. You are now ready to perform a track calibration. "WAIT" will be displayed in the upper left quadrant until the watch has heard from the foot pod.

For a walking calibration:
1.   Move back from the start line about 20 feet. Start walking. When you cross the starting line, press **START/STOP**. Maintain an even and natural pace throughout your walk. Continue past your finish line (one lap of a 400 m track or two laps of a 200 m track) and press **START/STOP** as you cross the line. The chronograph will display your time for the calibration. For best results, walk at a normal pace.
2.   If the calibration was successful, "OK" will appear in the lower left quadrant of the display and you are ready to move on. If there was a problem during the calibration, "Err" will appear in the lower left quadrant. Press **START/STOP** to return to the calibration start screen and begin again.
3.   If you start a calibration by accident, press **START/STOP** or **MODE** to abort.

Successful Walking Calibration

Unsuccessful Walking Calibration

For a running calibration:
1. If you have just completed the walking calibration, simply press **SELECT** to return to the calibration start screen.
2. Press (-) until "TRAK" is flashing. Press **SELECT** and the chronograph will appear in the lower right quadrant. Move back from the start line about 20 feet. Start running. When you cross the starting line, press **START/STOP**. Maintain an even and natural pace throughout your run. Continue past your finish line (one lap of a 400 m track or two laps of a 200 m track) and press **START/STOP** as you cross the line. The chronograph will display your time for the calibration. For best results, calibrate at your normal long-distance pace.
3. If the calibration was successful, "OK" will appear in the lower left quadrant of the display. If there was a problem during the calibration, "Err" will flash in the lower left quadrant of the display. The calibration values stored before the error will not be changed. Press **START/STOP** to return to the calibration start screen and begin again.
4. If you start a calibration by accident, press **START/STOP** or **MODE** to abort.

PERFORMING A TREADMILL CALIBRATION

A treadmill calibration is a convenient alternative to a track calibration. A track calibration, however, will usually provide more accurate results for road running and walking.

Getting Ready:
1. In *CALB* mode, press (-) until "MILL" is flashing. Press **SELECT** and the chronograph will appear in the lower right quadrant. You are now ready to start the calibration.
2. Warm-up before you calibrate by running or walking for five minutes.

For a walking calibration:
1. Set the speed of the treadmill to **3.5 mph**. Begin walking on the treadmill. When the belt is up to speed and you feel comfortable, press **START/STOP**. Continue walking until the watch beeps (about 30 seconds), signaling the end of the calibration.
2. If the calibration was successful, "OK" will appear in the lower left quadrant of the display. If there was a problem during the calibration, "Err" will appear in the lower

left quadrant. Press **SELECT** to return to the calibration start screen and begin again.

3. If you start a calibration by accident, press **START/STOP** or **MODE** to abort

For a running calibration:
1. If you have just performed a walking calibration, press **SELECT** to return to the calibration start screen. press (-) until "MILL" is flashing. Press **SELECT** and the chronograph will appear in the lower right quadrant.
2. Set the speed of the treadmill to **6.5 mph**. Begin running on the treadmill. When the belt is up to speed and you feel comfortable, press **START/STOP**. Continue walking until the watch beeps (about 30 seconds), signaling the end of the calibration.
3. If the calibration was successful, "OK" will appear in the left half of the display. If there was a problem during the calibration, "Err" will appear in the lower left quadrant. Press **START/STOP** to return to the calibration start screen and begin again.
4. If you start a calibration by accident, press **START/STOP** or **MODE** to abort.

YOUR CALIBRATION VALUES (CALVALS)

Once you have completed a calibration, a CalVal will be calculated based on your stride profile. This is a number from 1-200 that you can change manually.   The default values are 90 for walking and 70 for running.

View and change your CalVals:
1. Make sure your foot pod is turned on and the foot icon is lit.
2. In the main *CALB* screen press (-) until "SET" is flashing. Press **SELECT** and the current walking and running CalVals will be displayed. Your walk CalVal will be blinking.

3. Use the **(+)** and **(-)** buttons to increment and decrement the walking CalVal.
4. Press **SELECT** when you have selected the desired value. The running CalVal will begin blinking.
5. Again use the **(+)** and **(-)** buttons to increment and decrement the value.
6. Press **SELECT** when you have selected the desired value. Your new CalVals are now set.
7. In the back of this manual there is a form to record your CalVals for future reference.

ALARM MODE

Display Alarm Time
Turn Alarm ON or OFF
Set Alarm

TURNING THE ALARM ON AND OFF

Press **START/STOP** *to toggle the alarm on and off.*

SETTING THE ALARM

1. Hold **SET**. The first field will be flashing.
2. Use **(+)** and **(-)** to adjust the fields. Time will not advance past midnight or noon.
3. Press **SELECT** to advance to the next field.
4. Press **SELECT** to exit the last settable field.
5. The settable fields are (in order):
    - Hours (from midnight to noon)
    - Minutes

.:CARE AND MAINTENANCE

Your FS-1 is a precise instrument that should be treated with care.

REPLACING BATTERIES

BATTERY TYPE

Both the foot pod and watch run on a CR 2032 coin cell battery. These batteries are widely available. In normal use (30 minutes of running or walking per day), the watch and foot pod batteries will last up to 3 months.

LOW BATTERY ALERT

The watch will alert you if one of your sensor batteries is running low.

Foot Pod Battery Low:	FOOT BATT
Heart Rate Monitor Battery Low:	HRM BATT

You have approximately one day of use left when this message appears on your watch display. Your logs will be cleared if the battery runs out. Replace the low battery soon.

REMOVING AND REPLACING FOOT POD AND WATCH BATTERIES

To open the foot pod or watch battery door, fit a quarter in the slot and turn counter-clockwise. Turn the door until it unlocks and continue turning until the door lifts out of the hole. Remove the old battery, count to 20 to allow the watch to reset and replace with a CR-2032. Make sure the writing on the battery is visible. Replace the door by lining up the arrow with the "open" label, inserting, and turning clockwise until locked in place. Make sure the o-ring is intact to maintain water resistance. **Your LOG will be cleared when the battery is removed. Be sure to offload your LOG to *FS Interactive* often.**

REMOVING AND REPLACING NETLINK BATTERIES

The NetLink uses two AA batteries. On many PCs there will never be a need to replace these batteries. If they run low, however, your *Netlink* software will alert you with a "Change NetLink Batteries" message. Open the battery door and replace the two batteries, ensuring that they line up with the label on the inside of the case.

REPLACING THE RUNGEE CORD

If the cord in your foot pod breaks, order a new rungee cord at www.fitsense.com, or use a hair elastic band that has been cut in two. Feed the cord through the hole. Tie the cord with a square knot. Tighten the knot. You are ready to lace your foot pod into your shoe as normal.

.:SPECIFICATIONS

	WATCH	FOOT POD	NET LINK	HEART RATE MONITOR
BATTERY TYPE	(1) CR-2032	(1) CR-2032	(2) AA	(1) CR-2032
BATTERY LIFE	3 months	3 months	1 year	1 year
DIMENSIONS	2.1 x 2.2 x 0.5"	2.0 x 1.6 x 0.6"	3.3 x 2.4 x 1.3"	12.0 x 1.3 x 0.6"
WEIGHT	45 grams	20 grams	175 grams	65 grams

WATCH SPECS

DISPLAY RANGES

Distance	0.00 to 99.9 miles	$\pm$ 0.01 miles
Speed	2.5 to 20.0 mph	$\pm$ 0.1 mph
Calories	0 to 9999 calories	$\pm$ 1 calorie
Odometer Distance	0.0 to 999 miles	$\pm$ 0.1 miles
Heart Rate	30 to 200 bpm	$\pm$ 1 bpm

LOG STORAGE — 28 activities
SPLIT CAPACITY — 75 total splits (manual + AutoSplitz)
CALIBRATION VALUE (CalVal) RANGE — 0-200
COMM ADDRESS RANGE — 1-99
TRANSMISSION DISTANCE — Up to 10 feet
OPERATING TEMPERATURE RANGE — 32 to 104°F
STORAGE TEMPERATURE RANGE — -4 to 122°F
WATER RESISTANCE — Up to 20 meters
DISPLAY — Liquid crystal

.:REGULATORY INFORMATION

This device complies with part 15 of the FCC Rules. Operation is subject to the following two 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.

Changes or modifications not expressly approved by FitSense Technology Incorporated coud void the user's FCC granted authority to operate the FS-1.

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 connected.
- Consult the dealer or an experienced radio/TV technician for help.

.:CUSTOMER SERVICE

- Visit www.fitsense.com for answers to frequently asked questions.
- Contact us at customerservice@fitsense.com or call 1-800-419-3667.

.:LIMITED WARRANTY

FitSense products come with a 30 day unconditional guarantee. If for any reason you are not completely satisfied with your FS-1 you may return it to the retailer where it was purchased with your receipt or send it to FitSense Customer Service.

Your Fitsense FS-1 is warranted against defects in material and workmanship for one year after purchase. To qualify, you must fill out and return the enclosed WARRANTY CARD, or register online. Defective products will be repaired or replaced. The warranty does not cover normal wear, damage, loss or commercial use. The warranty is void if the unit is disassembled by anyone other than a FitSense Authorized Technician.

For all warranty claims:
Call FitSense at 1-800-419-3667 or visit www.fitsense.com for a return authorization number. Send your FS-1 system along with your original purchase receipt to:

> FitSense Customer Service
> 212 Worcester Street
> Wellesley Hills, MA 02481

Please include the following information:
- Name
- Address
- Email
- Phone Number
- Date of Purchase
- Description of Problem
- Watch Serial Number (Hold **MODE** to display the number. The serial number is the 12 digit value displayed on the screen.)

THE FORGOING IS YOUR SOLE REMEDY UNDER THIS LIMITED WARRANTY. IN NO EVENT WILL FITSENSE TECHNOLOGY INC. BE LIABLE FOR ANY INCIDENTAL, PUNITIVE OR CONSEQUENTIAL DAMAGES ARISING OUT OF THE USE OR ABILITY TO USE THE PRODUCT EVEN IF FITSENSE HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

The FS-1 is not a medical device. This device is provided for feedback on exercise or routine activity only. FitSense recommends that you consult a physician before beginning any exercise program or performing strenuous activity.

The FS-1 is covered in whole or in part by the following patents: 5,925,001; 6,018,705; 6,052,654; 6,122,340; and patents pending.
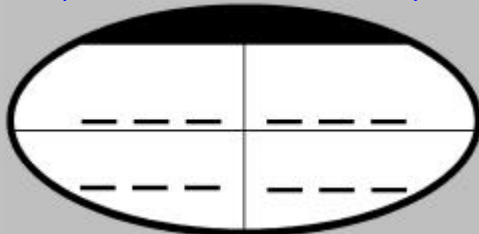
FS-1 INFORMATION

CALIBRATION VALUE

*WALKING:*_____

*RUNNING:*_____

*DATE OF PURCHASE:*_____

SERIAL NUMBER
(HOLD THE MODE BUTTON TO DISPLAY):

_ _ _ | _ _ _

_ _ _ | _ _ _

FitSense
212 Worcester Street
Wellesley Hills, MA 02481

1-800-419-3667

www.fitsense.com