PULSE COMPUTER

HEART RATE MONITOR
WIRELESS DIGITAL TRANSMISSION

INSTRUCTION MANUAL

Features

For reference you can refer to the function table of your computer's features as state on the gift box.

FUNCTIONS	012	015	018
Current Heart Rate	✓	✓	✓
Average Heart Rate		✓	✓
Max Heart Rate			✓
Min Heart Rate			✓
Last heart rate record memory	✓	✓	✓
3 Automatic Target Zone per age input	✓	✓	✓
1 Freely programmable Target Zone	✓	✓	✓
Target Zone Display Indicator	✓	✓	✓
Target Zone audible alarm		✓	✓
Hazard heart rate (200 BPM) Warning alarm	✓	✓	✓
Target Zone re-selectable and re-checkable	✓	✓	✓
Display Backlight	✓	✓	✓
12/24 hour clock	✓	✓	✓
Date	✓	✓	✓
1/10 sec stopwatch 9: 59'59"9	✓	✓	✓
8 Lap time Memory		✓	✓
Zone in timer	✓	✓	✓
Cooling timer			✓

• LARGE LCD DISPLAY • BATTERY CHANGEABLE • QUICK RELEASE BIKE MOUNT
• WIRELESS DIGITAL TRANSMISSION • WATER RESISTANT

TAKE THE GUESSWORK OUT OF EXERCISE

Experts agree, the heart is the most important muscle in the body and like all muscles, must be exercised regularly to remain strong and efficient. How do you determine when you're exercising your heart safely and effectively?

Fortunately, your heart provides the key information needed for determining the safety and effectiveness of your personal fitness program.

Heart rate, which is reflected in a single number (beats per minute) provides a constant report on your body.

How hard or easy you're exercising. How fast you're using energy. Too low a heart rate and your body does not reap enough benefits. Too high a heart rate and you will suffer from fatigue and run the risk of injury.

Whatever your goals, from improving your overall health to weight management or winning athletic competitions. You can eliminate the guesswork by exercising within a specific target heart rate zone. You can do this only by knowing how fast your heart is beating throughout your workout.

And now thanks to advanced technology, wireless electronic pulse computers make tracking heart rate easy and fun to do.

Knowing your limits and personalize your exercise zone

Training Zones are established by setting Upper and Lower Heart Rate Limits which are a percentage of your known or estimated Maximum Heart Rate (MHR).

If you have taken a Max Heart Rate test, or are an avid athlete, you may already know your Maximum Heart Rate (MHR). If you do not know it, you can estimate it based on the following formula :

Target Zone Calculation Formula

MHR = (200 - Your age) + K

K=20 if you are male
K=30 if you are female

(For a male with 30-year-old, the calculation would be as follows)

200 - 30 + 20 = 190 Maximum heart rate (MHR)
50% of this number = 95
65% of this number = 123

There are four selectable training zones, which offer significant and distinct health benefits by the pulse computer. After input your age and sex, the pulse computer will automatically calculate the different zones (1), (2) & (3) or you can freely input your target upper and lower limits directly into the forth zone (U).

ZONE (1) - HEALTH (50% -65% of MHR)
This training zone is for the exercise of low intensity and long duration. It is beneficial to both physical and mental well being.

ZONE (2) - FITNESS (65%-80% of MHR)
This training zone is used by athletes who wish to increase their strengthen and endurance, while burning a greater number of calories.
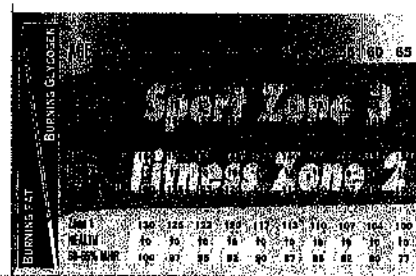
ZONE (3) - PERFORMANCE (80%-95% of MHR)
This training zone is for the hard and short duration exercise. It is used by competitive athletes who wish to build greater speed and power, while creating "oxygen debt" and lactic acid increases in muscle tissue.
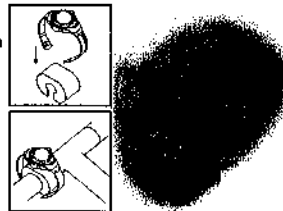
ZONE (U) - CUSTOM
This training zone is used for the custom usage and good for professional training.

Exercise Zone (BPM)

Computer Watch Operation

The computer can be worn like a watch on your wrist or be fixed on the handlebar of your bike with the optional mounting system.

Battery Installation

Computer Watch
Remove the back cover of the computer by using a screwdriver, install the 3.0V battery with the positive (+) pole facing the back cover and replace the back cover. Should the LCD show irregular figures, take out the battery and install again. This will clear and restart the computer's microprocessor.
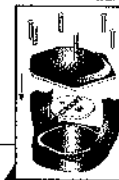
Transmitter belt
Install the 12V battery in the transmitter with the positive (+) pole facing the battery cap. Re-install the cap with a small coin and be sure it is tight to prevent moisture leakage.

Wearing the transmitter belt

Adjust the elastic belt so that the transmitter fits tightly around your chest just below the pectoral muscles. To ensure good contact with the skin at all times, wet the conductive transmitter pads on the transmitter with saliva or ECG gel (available at medical supply pharmacies).
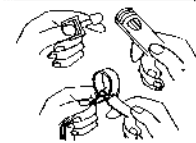
Keys Operation

MODE KEY "A"
- Press to select different mode (CLOCK, PULSE, STOPWATCH)

SELECT KEY "B"
- In clock mode, press to select date or time;
- In pulse mode, press to select or hold to reset the following exercise information : average heart rate, max heart rate , min heart rate , target zone limit, zone in timer and cooling timer ;
- In stopwatch mode, press to lap, recall the memory or hold to reset.

SET KEY "C"
- In pulse mode, press to start , freeze the cooling timer or hold to enter the setting mode of the cooling timer or target zone;
- In stopwatch mode, press to start, stop.

LIGHT KEY "D" / ALARM KEY "D"
- Press to turn on the LCD backlight.
- Press to turn key tones, target zone alarm sound on/ off.

Setting Exercise Zone

Press and hold the buttons B & C to enter the exercise zone and clock setting mode. As per age and sex input, the computer will automatically calculate the exercise zones.
To input your age, press the button B to adjust the digit to the desired number and press the button C to confirm and select digit to be input. After correct setting, press the button C again to confirm and enter sex selection (male or female) mode.
To input your sex, press the button B to toggle M / F (male or female) and then press the button C to confirm and enter zone selection mode.
To select different zones, press the button B to the desired exercise zone and then press the button C to confirm.
Custom zone [U] setting mode is entered right after the selection of zone [U]. The digit of upper heart rate limit will then start to flicker, press the button B to adjust the digit to the desired value and press the button C to confirm and select digit to be input. Repeat the above process to set lower heart rate limit. After that, the exercise zone will be activated e.g. 180 : 120 (high limit : low limit).

Setting Clock

Clock setting mode is entered right after the zone setting.
Press the button B to select 12 Hr/ 24 Hr (12- or 24-hour clock) and then press the button C to confirm. The hour digits will then start to flicker, press the button B to adjust the digits to the desired value, set digits by the button C and change to next adjustment of minute.
Repeat the above process to set day of week, month and date.

Current Heart Rate

Instantaneous Heart Rate is indicated on the top line. The range of measurement is from 40 BPM to 220 BPM. The symbol of a heart will start to flicker if signal is received from the transmitter belt. It will stop and freeze at last record if no signal is going in.

If the instantaneous heart rate exceeds 200 BPM, all digits on the display will start to flicker to give a hazard warning alarm to the user.

Average Heart Rate

Average Heart Rate measurement is indicated by A: and is displayed on the bottom line. As a microprocessor is built in the transmitter belt for instant calculation and digital transmission, the data is more accurate and less problem in transmission error.

Press the button B to enter the maximum heart rate mode.

Maximum Heart Rate

Maximum Heart Rate measurement is indicated by H: and is displayed on the bottom line.
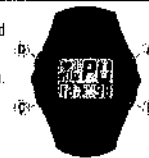Press the button B to enter the minimum heart rate mode.

Minimum Heart Rate

Minimum Heart Rate measurement is indicated by L: and is displayed on the bottom line. Press the button B to enter the exercise zone selection mode.
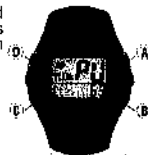
Exercise Zone Selection

Exercise Zone Selection mode is indicated by a fixed colon. To select different zone, press and hold the button C to enter setting mode. The zone digit will then start to flicker, press the button B to adjust and the button C to confirm. Press the button B to enter the zone in timer mode.

Zone in Timer

Zone in Timer measurement is indicated by two fixed colons. It is activated automatically when the instantaneous heart rate enters the exercise zone. By comparing the total time of exercise and the zone in time, it is easy to find out your efficiency of the exercise. Press the button B to enter the cooling timer mode.
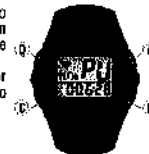
Cooling timer

Cooling timer measurement is indicated by C: and is displayed on the bottom line. It is useful to count for the recovery rate of your heart by comparing the initial and final heart rate record between the cooling time.

Press the button C to start and then the initial heart rate will be recorded at the left side of the bottom line. At the same time, the timer counts down from 300 seconds. Right after time is up, the digits on the bottom line will be flashing and the final heart rate will be recorded at the right side of the bottom line.

To change the preset cooling time (300 seconds), press and hold the button C to enter setting mode. The digit will then start to flicker, press the button B to adjust the digit to desired value, set digits by the button C and change to next digit. Repeat the above process to get your desired value of the cooling time.

To freeze the cooling timer to check the instant intermediate stage , press the button C to lock the display . Press the button C again to release or the timer will automatically be released after time is up.

Press the button B to enter the average heart rate mode.

Time and Date Selection

Press the button B to switch time and date.
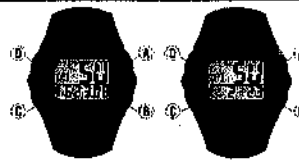
Stopwatch with 8 lap memory

Press the button C to start or stop. To activate the lap memory, press the button B after starting stopwatch. To recall lap memories, press the button B after stopping stopwatch.

Malfunction	Problem
No heart rate display	Improper position of the transmitter belt. The conductive transmitter pads are not moistened or not cleaned. Unknow atmospheric or RF interference. Check transmitter battery or replace it.
Incorrect heart rate display	The conductive transmitter pads are not moistened or not cleaned properly. The elastic belt is too loose, adjust it to fit tightly around your chest. Weak batteries. Unknow atmospheric or RF interference.
Display fades	Weak computer battery. Replace immediately.
Display shows irregular figures	Take out computer battery and install again.

WARNING : Always consults your physician before starting any exercise routine. The HRM Pulse Computer is not a medical device. It is a training tool designed to measure and display your heart rate.

ORDINATEUR DE POULS

MONITEUR DE RYTHME CARDIAQUE
TRANSMISSION NUMERIQUE SANS FIL

FONCTIONS TRANSFER

LIVRET D'INSTRUCTIONS

USER MANUAL ATTACHMENT
FCC LABEL SIZE : 100 X 60 mm

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.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's 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 needed.

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