

Report No. 14020770 001

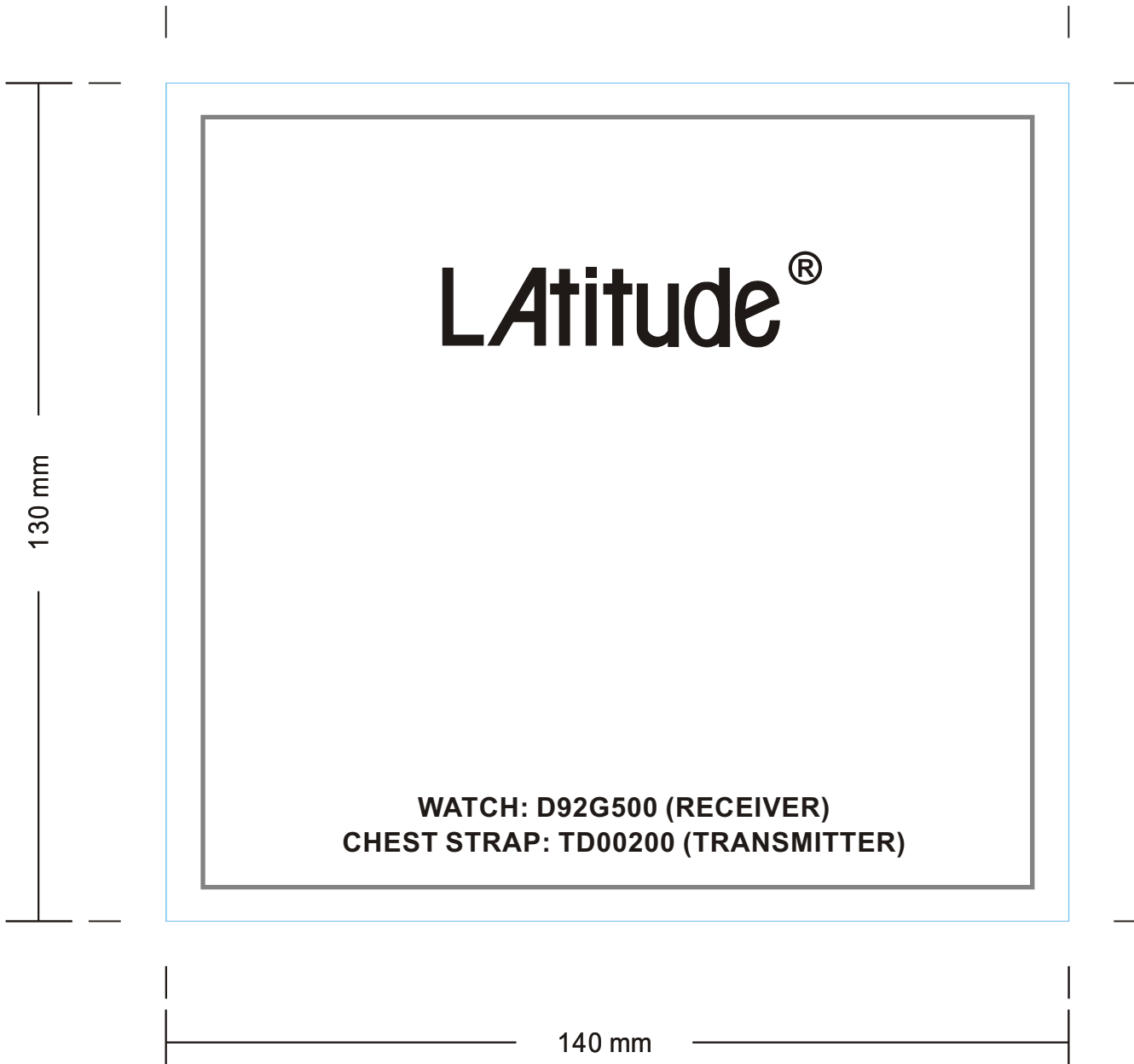
Appendix 8:

User Manual

FCCID:WM4571-572

IC:8194A-571572

(Total: 47 pages, include this page)



LAtitude®

**WATCH: D92G500 (RECEIVER)
CHEST STRAP: TD00200 (TRANSMITTER)**

130 mm

140 mm

1.0 Welcome

Congratulations for your purchase of this heart rate monitor. It is designed for ease of use during sport activities.

In order to learn and apply the various functions of your new heart rate monitor, please read this user manual carefully.

1.1 General

It is important for you to understand Estimated Maximum Heart Rate (EMHR), training zone, upper heart rate limit and lower heart rate limit before you begin. This information helps you to achieve the maximum health benefits out of your workout.

We recommend user to consult the medical practitioner or registered physician before setting your personal training-schedule and target. Or you can set your own upper and lower limit using the EMHR as a reference guide. You may estimate your EMHR using the following formula:

$$220 - \text{age} = \text{EMHR}.$$

WARNING !

- This product set, like most electronic or magnetic devices, may interfere with pacemakers. We recommend patients with pacemakers to consult with their doctor before using this product set.
- Make sure that you fully understand the functions and limitations of this product set before using it.
- This product set is a supplementary device for measuring heart rate; it is NOT a substitute for any medical devices. You should periodically compare the heart rate reading provided by this product set with the reading from a doctor.

Care and Maintenance

- Avoid rough usage or severe impacts to this product set.
- Store this product set in a dry place when it is not in use.
- Clean your product set occasionally with a soft moistened cloth.
- DO NOT expose this product set to chemicals such as gasoline and alcohol; these chemicals will damage this product set.

2.0 Functions of the Operating Keys

(L)

- To turn ON the Backlight for few seconds.

L



+

(+)

- To view the daily alarm time.
- Hold down the button to enter daily alarm setting mode.
- To take a lap time in exercise stopwatch mode.
- To change the setting value under setting mode.

(M)

- To change modes among the different main function modes.
- Hold down the button to enter/exit a setting mode.
- To change modes among different setting sub-modes.

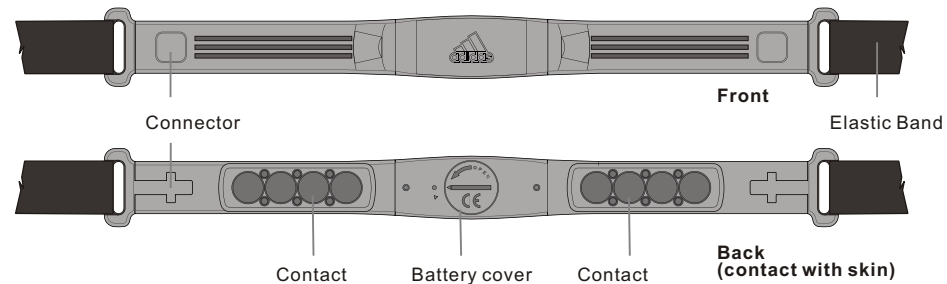
M

-

(-)

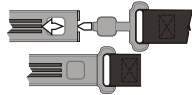
- To change modes among different exercise sub-modes.
- Hold down the button to pop the exercise mode function menu.
- To change the setting value under setting mode.

3.0 Functions of the chest strap



4.0 Wear the Chest Strap

1 Connect one connector with the chest strap. Ensure that the connector is completely lodged into the chest strap.



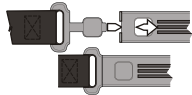
2 Extend the elastic band for allowing loose fitting the chest strap on your chest.



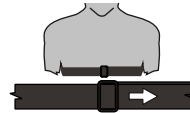
3 Fit the chest strap on your chest with one hand.



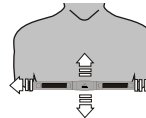
4 Connect the opposite connector to the chest strap with another hand.



5 Fasten the elastic band until it is fitted on your chest comfortably.



6 Move the chest strap until the two contacts are firmly contacted with the skin of your chest.



IMPORTANT: This Chest strap must be worn directly on your skin. DO NOT wear the chest strap on the top of your clothes. Otherwise, the chest strap CANNOT get the heart rate signal.

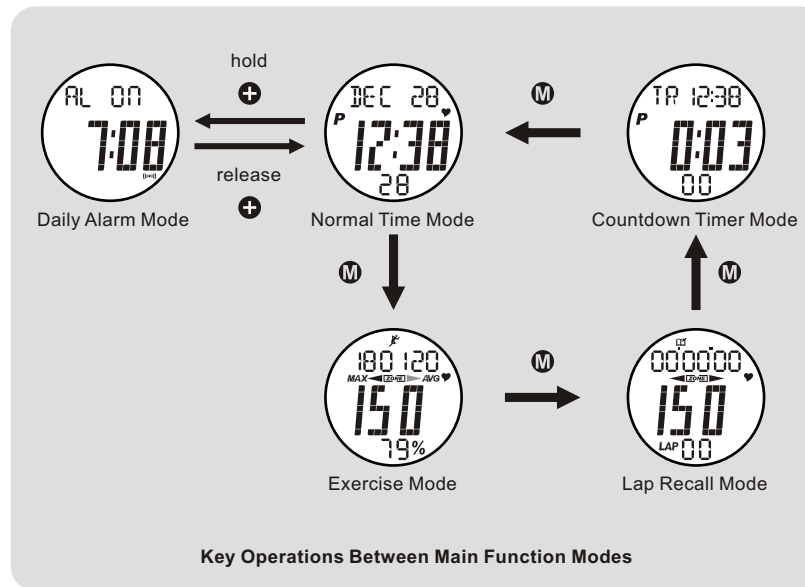
NOTE: In dry seasons, wet the contacts with water to make the signal transmission normal.

Precautions / Tips

- There are two contacts located on the back of the Chest strap. These two contacts **MUST** make firm contact with the user's skin during measurement.
- DO NOT take heart rate measurement when diving or under water.
- Clean the contacts occasionally by applying a few drops of water, and wipe it dry with a paper towel to remove any residual grease.
- DO NOT use body cream; it will insulate the signal between the skin and the contacts.
- Clean your skin with soap and water for a better signal transmission.
- For those with extremely dry skin, apply some conductive gel or water to increase conductivity.
- Adjust the chest strap with the supplied elastic band until it holds on your chest firmly to avoid loose when exercise.
- Avoid doing any awkward motion during measurement, it will create an inaccurate heart rate reading.

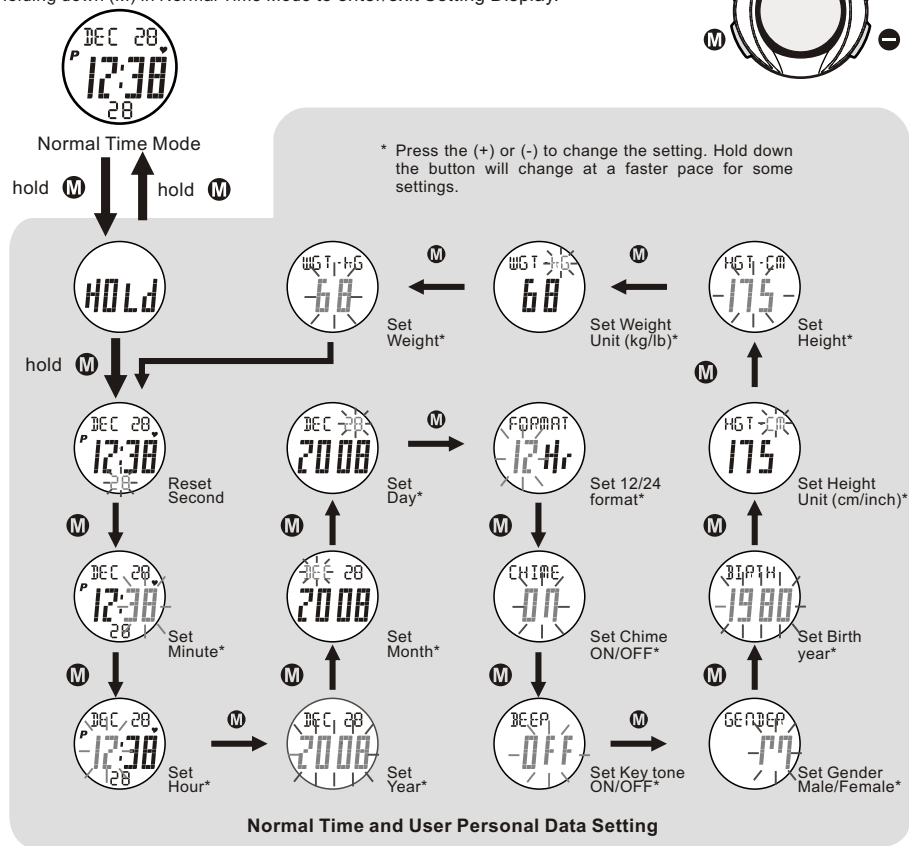
5.0 Main Functions Mode

- Press (M) to navigate among different main function modes following the below diagram.



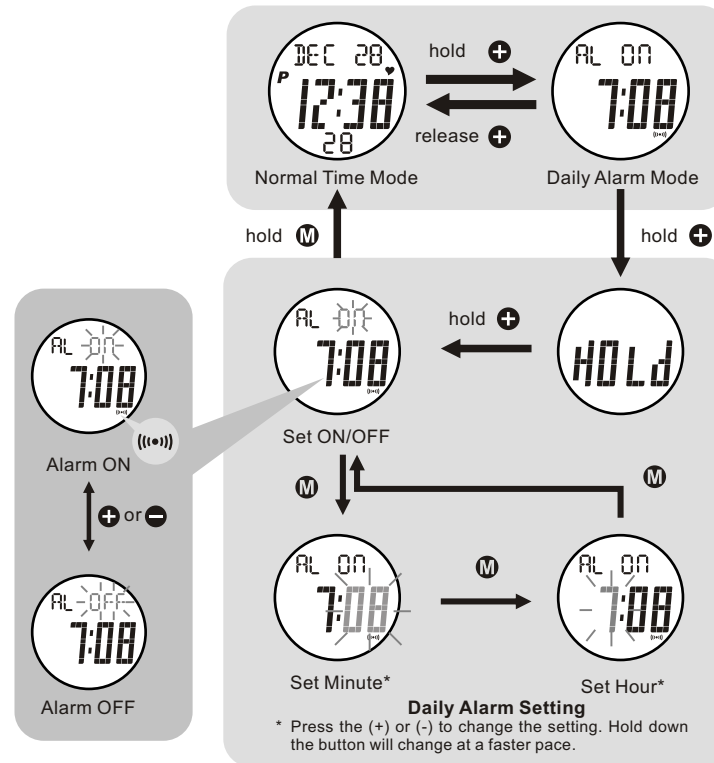
6.0 Setting Normal Time and User Personal Data

- Holding down (M) in Normal Time Mode to enter/exit Setting Display.



7.0 Daily Alarm Mode - Alarm ON/OFF and Setting

- Holding down (+) in Normal Time Mode to view Daily Alarm Mode.
- Keep holding down (+) until 'AL ON' or 'AL OFF' appears to set daily alarm.

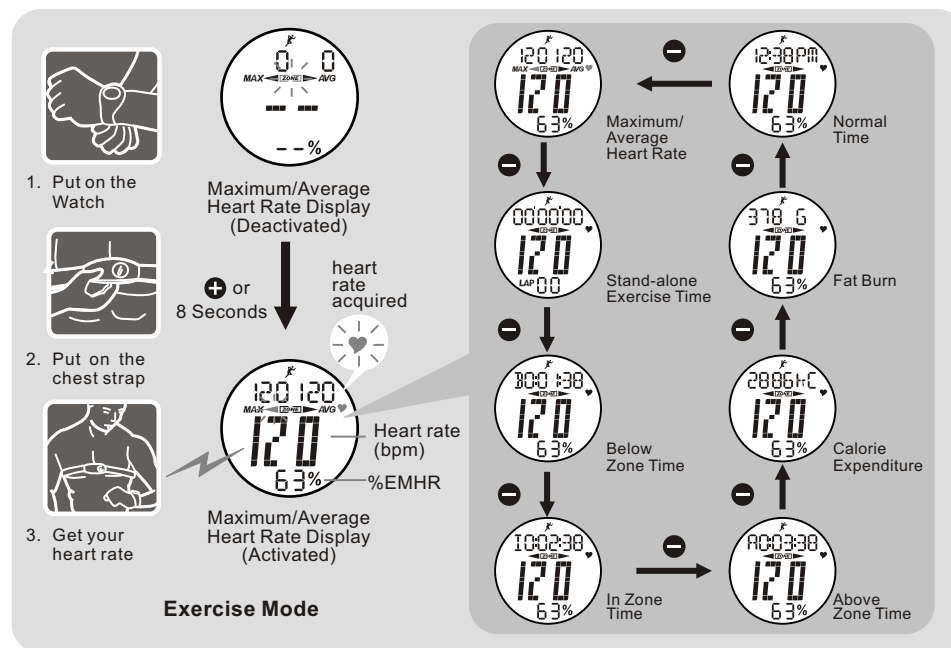


8.0 Exercise Mode

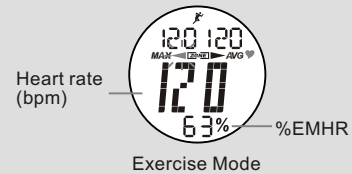
- When Exercise Mode is selected, the Exercise function will be activated automatically, OR press (+) to activate the function immediately.

NOTE:

- The Chest strap **MUST** be paired with the Watch in advance. See 8.6 for the detailed pairing operations.
- The Chest strap **MUST** be worn on the user's chest properly before using the Exercise Mode. See 4.0 for the details.
- If **NO** heart rate reading or long response time, See 8.7 for the resolutions.
- The Heart Rate measurement will keep monitoring if not losing heart rate signal for 1 min. This can be resumed by re-entering this exercise mode.



8.1 Exercise Mode - Estimated Maximum Heart Rate (EMHR) and % EMHR



EMHR and % EMHR:

- EMHR = 220 - user age.
 - Example: What is the EMHR for Tom at his 53? $EMHR = 220 - 53 = 167$.
- **Percentage of Estimated Maximum Heart rate (% EMHR)**
 $\% EMHR = \text{Acquired heart rate} \div EMHR \times 100\%$
 - Example: What is the % EMHR for Tom if he has acquired a heart rate of 100?
 $\%EMHR = 100 \div 167 \times 100\% = 60\%$

The Application of % EMHR

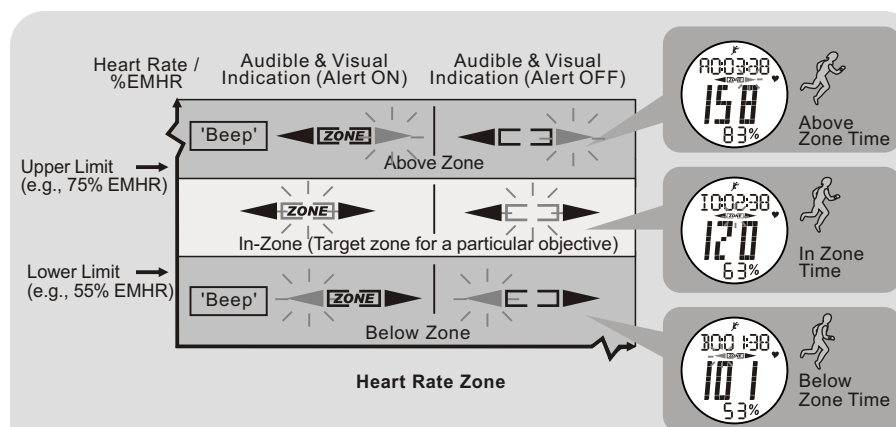
- % EMHR is a useful figure for analyzing the cardio-fitness of a person.
- % EMHR can be used to define the upper and low limit of a target zone for training.

How this Watch Assists your Training Program

- % EMHR auto calculation function:
 - This watch displays the % EMHR of the current heart rate immediately once a heart rate is acquired.

NOTE: The user **MUST** set his/her gender, birth year, height and weight into the

8.2 Exercise Mode - Heart Rate Zone and Zone Timer



The Heart Rate Alert function:

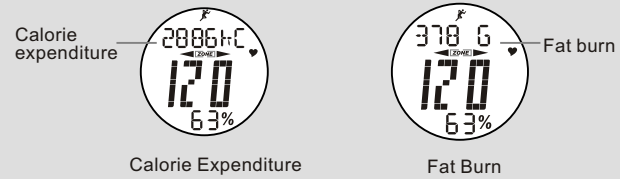
- In general, keeping the heart rate at a particular zone (the upper and low limit of the zone are defined by certain % EMHR) can achieve one's training goal.
- See 8.6 to select a Zone Type or set the upper and lower limit for the target zone.
- See 8.4 to turn ON or OFF the Zone Alert Function. The 'ZONE' indicator will appear on the display if the Zone Alert Function is ON.
- When this function is set, it indicates (audible and visual Indication) the current heart rate either above, within or below the target heart rate Zone to the user.

WARNING: Overloading your heart causes severe impacts to your health and even death, consult your doctor for getting more information about your heart condition before setting a target zone for your training.

Zone Timer:

- Below Zone Timer: The timer will count if the current heart rate is below the target zone (e.g. below 55% EMHR).
- In Zone Timer: The timer will count if the current heart rate is within the target zone (e.g., between 55% and 75% EMHR).
- Above Zone Timer: The timer will count if the current heart rate is above the target zone (e.g., above 75% EMHR).

8.3 Exercise Mode - Calorie Expenditure and Fat Burn



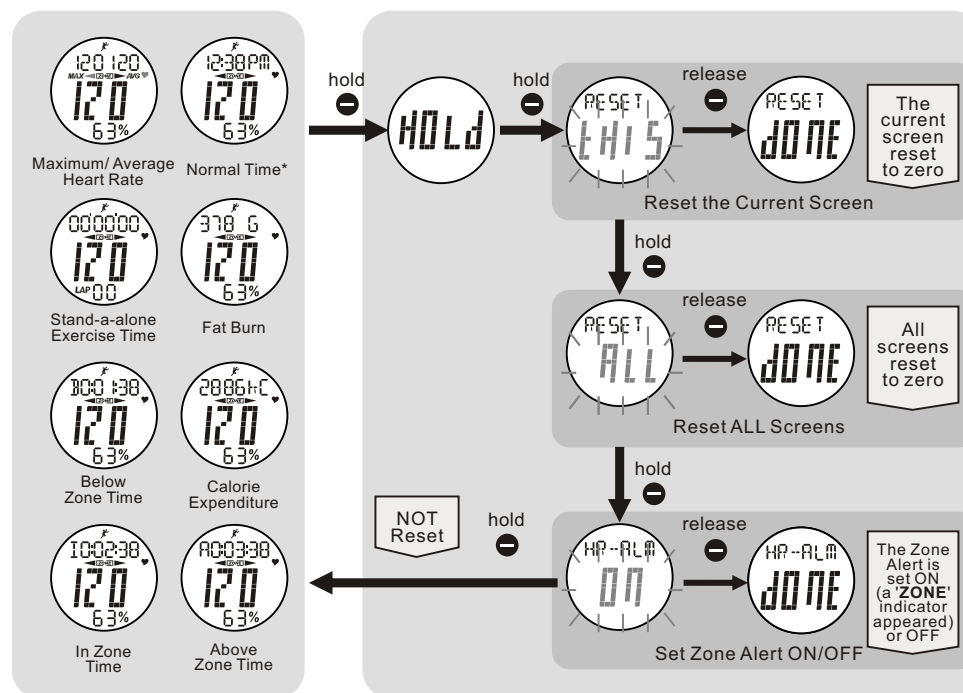
The Calorie Expenditure and Fat Burn Estimation:

- The Exercise Mode estimates the calorie expenditure and Fat Burn of the user for an exercise by the acquired heart rate, exercise intensive and the user's personal data (i.e., age, gender, height and weight)

NOTE: The user **MUST** set his/her gender, birth year, height and weight into the Watch before the measurement, otherwise these estimations are not correct. See 6.0 for the setting details.

8.4 Exercise Mode - Reset Exercise Screens and Turn ON/OFF Zone

- Hold down (-) until 'RESET THIS' or 'RESET ALL' is displayed, release (-) to reset the Exercise Mode for the current screen or all screens.
- Hold down (-) until 'HR-ALM ON/OFF' is displayed, release (-) to turn ON or OFF the Heart Rate Zone Alert function. If Heart Rate Zone Alert function is ON, a 'ZONE' indicator will be appeared. See 8.2 for the details of Heart Rate Zone Alert.



*Reset ALL only

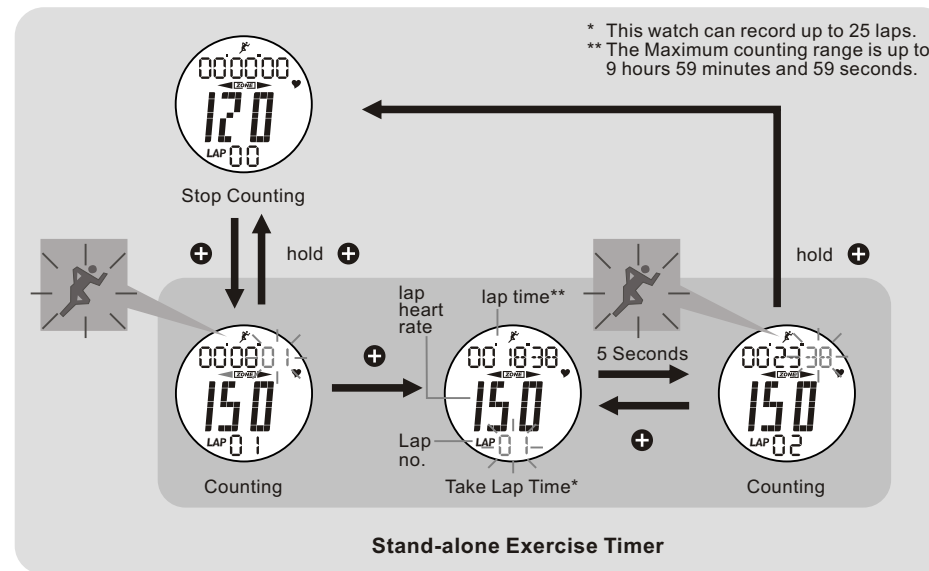
8.5 Exercise Mode - The Stand-alone Timer

- Press (+) to start the stand-alone timer for timing your exercise.
- During counting, press (+) to view and record a lap time with lap heart rate or hold down (+) to stop the timer.
- Hold down (-) until 'RESET THIS' is displayed, release (-) to reset the timer.



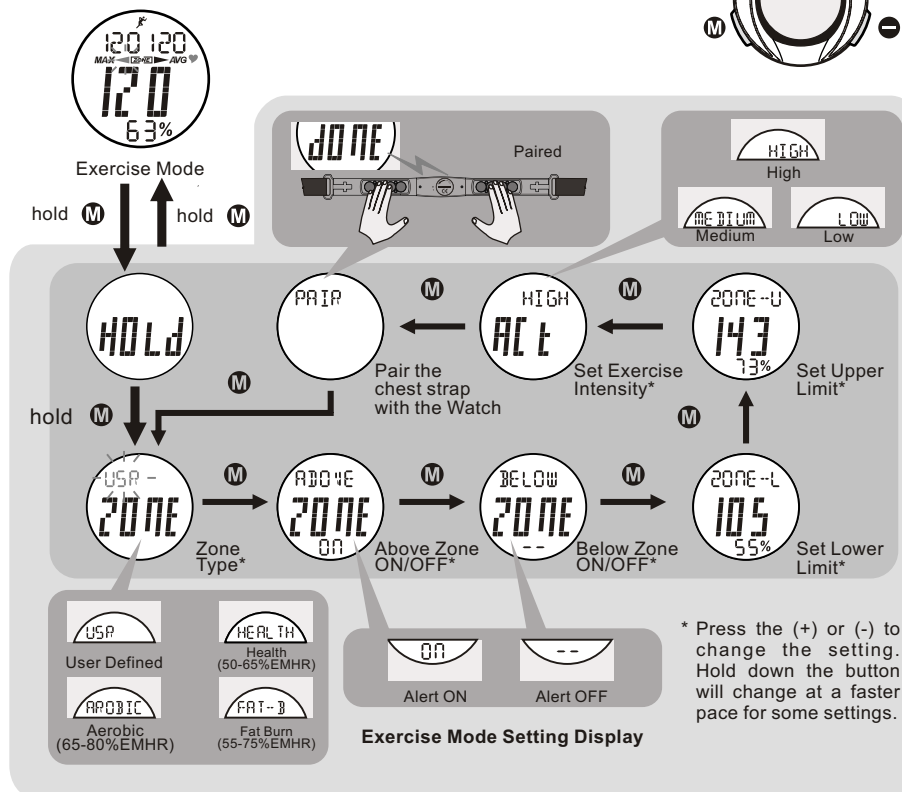
NOTE:

- 1) The recorded Lap Times and Lap Heart Rates can be reviewed from the Lap Recall Mode.
- 2) Resetting the timer will clear ALL Lap Time and Lap Heart Rate records.



8.6 Exercise Mode - Setting Exercise Mode

- Hold down (M) in Exercise Mode to enter/exit Setting Display.



8.7 Exercise Mode - Potential Causes for NO Heart Rate Reading or Long Response Time

1) Cause: Dry Skin.

Solution: Apply conductive gel or water thoroughly to chest area. (Even saliva will help if conductive gel is not available).

2) Cause: The Chest strap is not placed firmly over the chest.

Solution: Make sure the Chest strap is placed firmly over the chest by tightening elastic band.

3) Cause: Muscle tremors caused by holding the Chest strap too hard on your chest.

Solution: The contacts must make firm contact (NOT too hard) with the user's skin during measurement. This will ensure a good and consistent reading even walking or jogging with arms swing naturally.

4) Cause: Dead skin on the chest.

Solution: Usually rubbing your chest with a towel will help.

5) Cause: A thin layer of body grease can insulate the ECG signal-basically prevents the back sensor on the Chest strap from picking up one's ECG.

Solution: Wipe chest and the contacts on the back of Chest strap with a tissue or soft towel.

6) Cause: Hairy chest.

Solution: Apply conductive gel to chest area.

7) Cause: Irregular heartbeats.

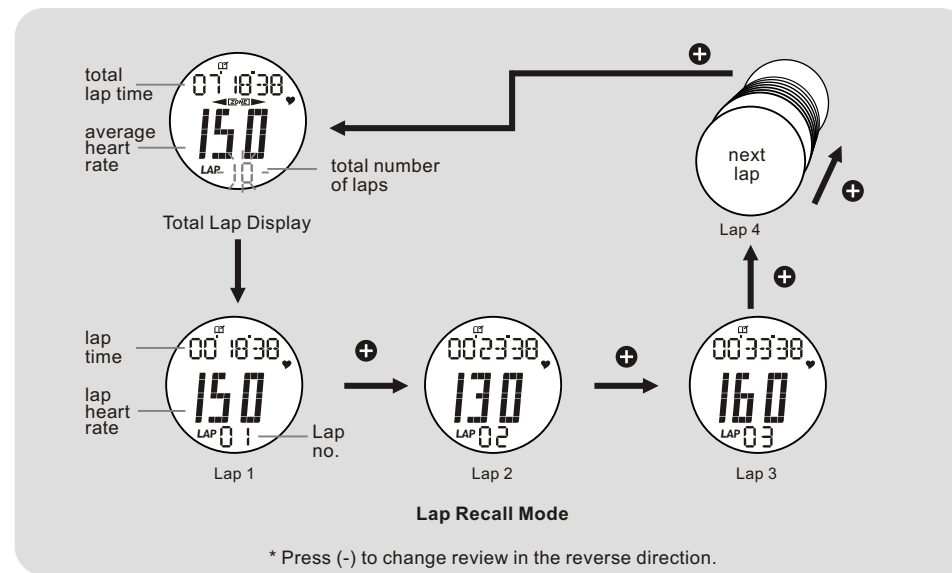
Solution: N/A. It is difficult to consistently pick up a reading for those with irregular heart beats. Inconsistent response times are expected for those with arrhythmia.

8) Cause: Low Battery.

Solution: It might be due to the battery level of the Chest strap is low. Replace the battery of the Chest strap.

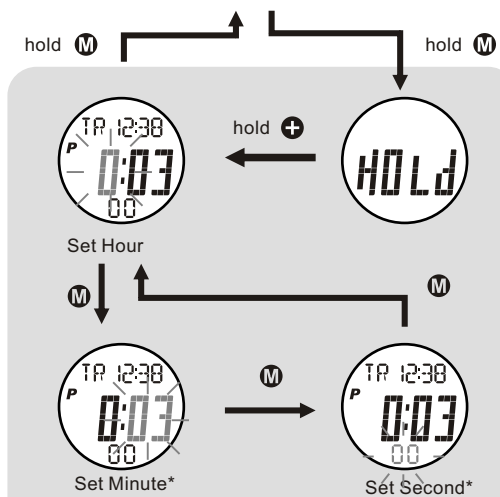
9.0 Lap Recall Mode

- Press (+) or (-) to review the lap time with heart rate (average heart rate or lap heart rate) for all laps or an individual lap recorded from the Stand-alone timer in the Exercise Mode.
- To reset the record, see 8.5 for the detailed operations.



10. Countdown Timer Mode - Setting Countdown Timer (Target Time)

- Holding down (M) in Countdown Timer Mode to enter/exit Setting Display.



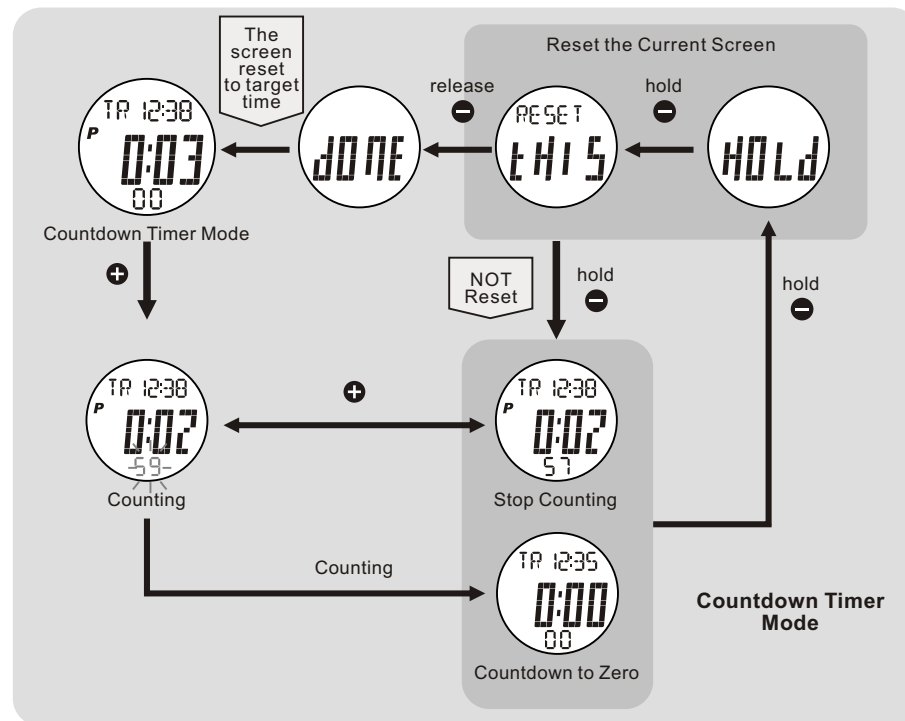
Countdown Timer Setting

* Press (+) or (-) to change the setting. Hold down the button will change at a faster pace.

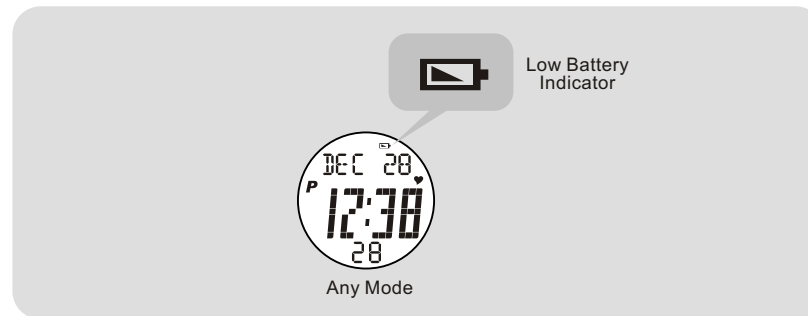
** The Target Time of the timer can set up to 9 hours 59 minutes and 59 seconds.

10.1 Countdown Timer Mode - To Use/reset the Countdown Timer

- Press (+) to start/stop the countdown timer.
- Hold down (-) until 'RESET THIS' is displayed, release (-) then to reset the countdown timer.



11.0 Low Battery Indication



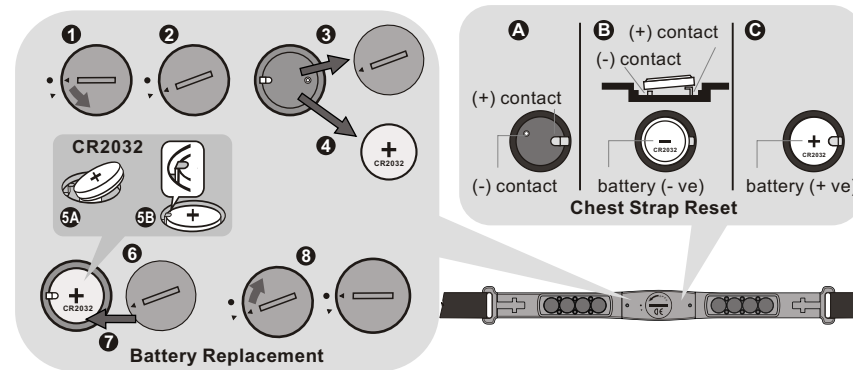
Low Battery for the Watch

- If the Low battery indicator '🔋' is appeared on any mode, the battery level of the Watch is low.

Note:

- (1) It is recommended to replace the battery by a certified agency. This ensures the quality level of the watch unchanged.
- (2) Pair the chest strap with the Watch again once the battery of Watch has been replaced.

11.1 Battery Replacement for the Chest Strap



How to Replace the Battery for the Chest Strap

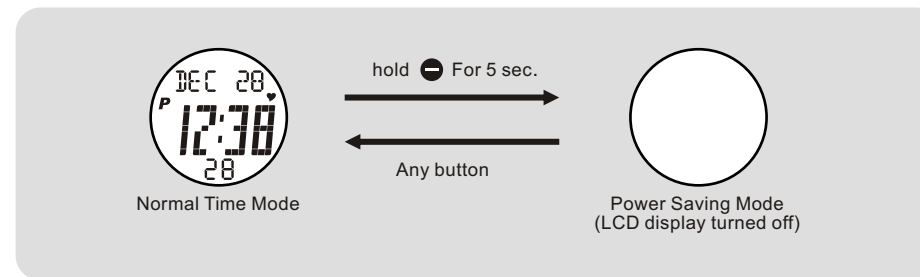
- User can replace the battery by the following steps:
 1. Turn the cover with a coin counter-clockwise so that the arrow on the cover turns from pointing at 'Dot' to 'Arrow'.
 2. Turn the cover further gently to pop it out.
 3. Put aside the battery cover.
 4. Remove the exhausted battery.
 5. Insert a new battery with the (+) side of the battery upward.
 6. **IMPORTANT:** Make sure that the sealing rubber (o-ring) is placed correctly in its slot (on the side of the cover) before the battery cover is replaced.
 7. Put the battery cover back with the arrow on the cover pointing at 'Arrow', and then press the cover down gently until it is on the same level with the case's surface.
 8. Turn the cover with the coin clockwise so that the arrow on the cover turns from pointing at 'Arrow' to 'Dot'.

Note: Pair the chest strap with the Watch again once the battery has been replaced.

Tips: In case the chest strap CANNOT properly reset (NO signal transmission), resolve this problem with the following steps: A) Remove the battery, B) Short the (+) and (-) battery contacts of the chest strap with the metal shell (+ ve) of the battery, C) Reinstall the battery as the above steps for normal operations.

12.0 Power Saving Mode

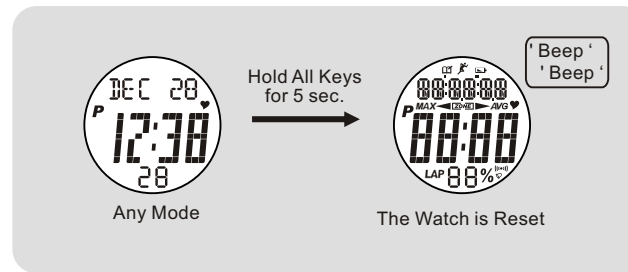
- Hold (-) for more than 5 seconds to enter Power Saving Mode.
- Press any button to resume to normal while in Power Saving Mode.



Power Saving Mode

- This Watch includes a Power Saving Function which can turn off the LCD display so that the battery can last longer.
- While in the Power Saving Mode, the watch function is still worked normally. (I.e., The timekeeping function is still running during Power Saving Mode.)

12.1 Reset the Watch



Reset the Watch

- When the battery of the watch is replaced, the watch will be reset automatically.
- User can also reset the watch manually by Holding All Keys for about 5 seconds in any function modes.
- When the watch is reset, full segments of the LCD will be displayed and a “beep-beep” sound will be given out for about 5 seconds. After then, a version code will be displayed on the LCD.

Note:

- (1) All the personal data and records stored in the watch will be erased after reset.
- (2) Pair the chest strap with the Watch again once the Watch has been reset.

FCC Compliance Statement - FCC ID: WM4571-572 (For Chest Strap)

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.

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 the party responsible for compliance could void the user's authority to operate the equipment

Canadian Compliance Statement - IC ID: 8194A-571572 (For Chest Strap)

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

This Category II radio communication device complies with Industry Canada Standard RSS-310. Ce dispositif de radiocommunication de catégorie II respecte la norme CNR-310 d'Industrie Canada.

European Union Regulatory Conformance

Radio:
EN300440-2 V1.2.1:2008

Electromagnetic Compatibility:
EN301489-1 V1.8.1:2008
EN301489-3 V1.4.1:2002

Human Exposure to Electromagnetic Fields:
EN50371:2002

Electrical Safety:
EN60950-1:2006

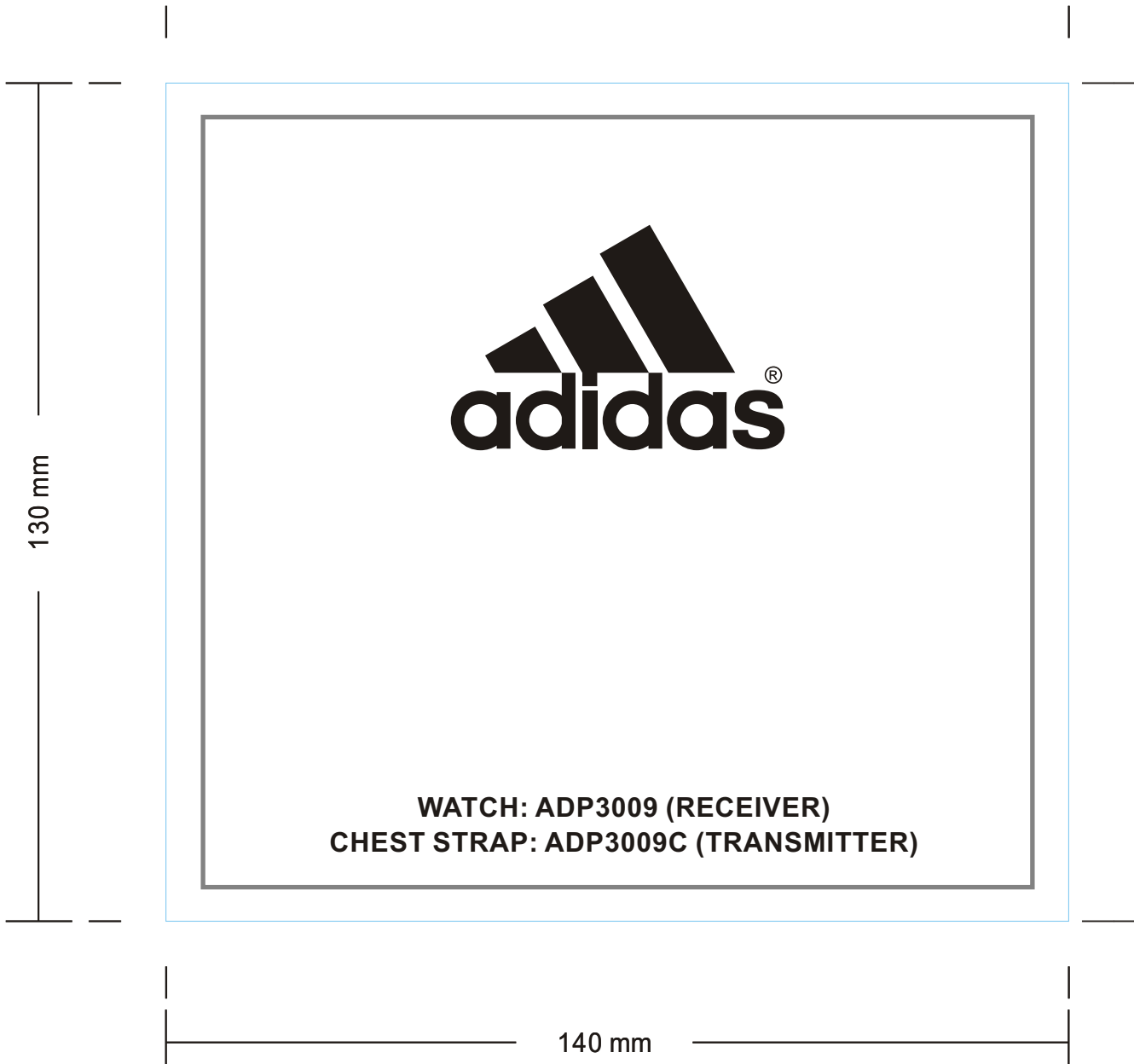
CAUTION

Risk of explosion if battery is replaced
by an incorrect type
Dispose of used batteries according to
the instructions

CE0197



Dispose of batteries
according to local
regulations.
Do not dispose as
household waste.



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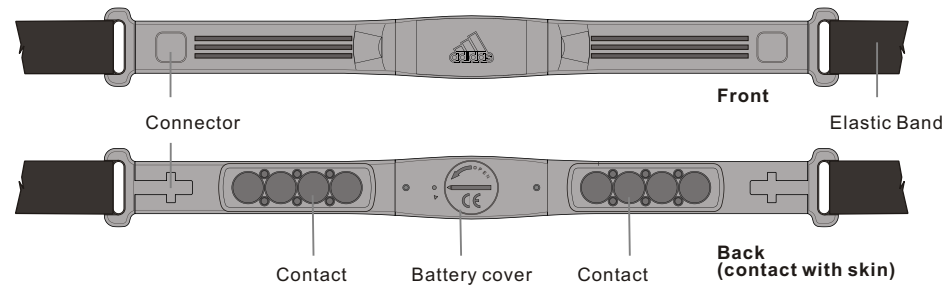
M

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(-)

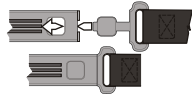
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4.0 Wear the Chest Strap

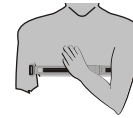
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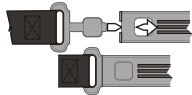
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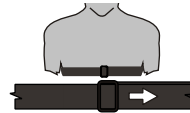
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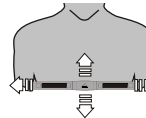
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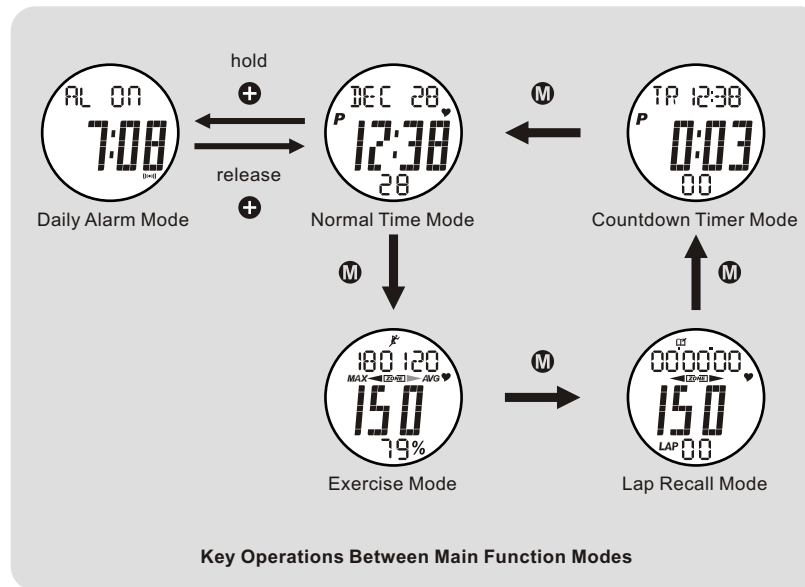
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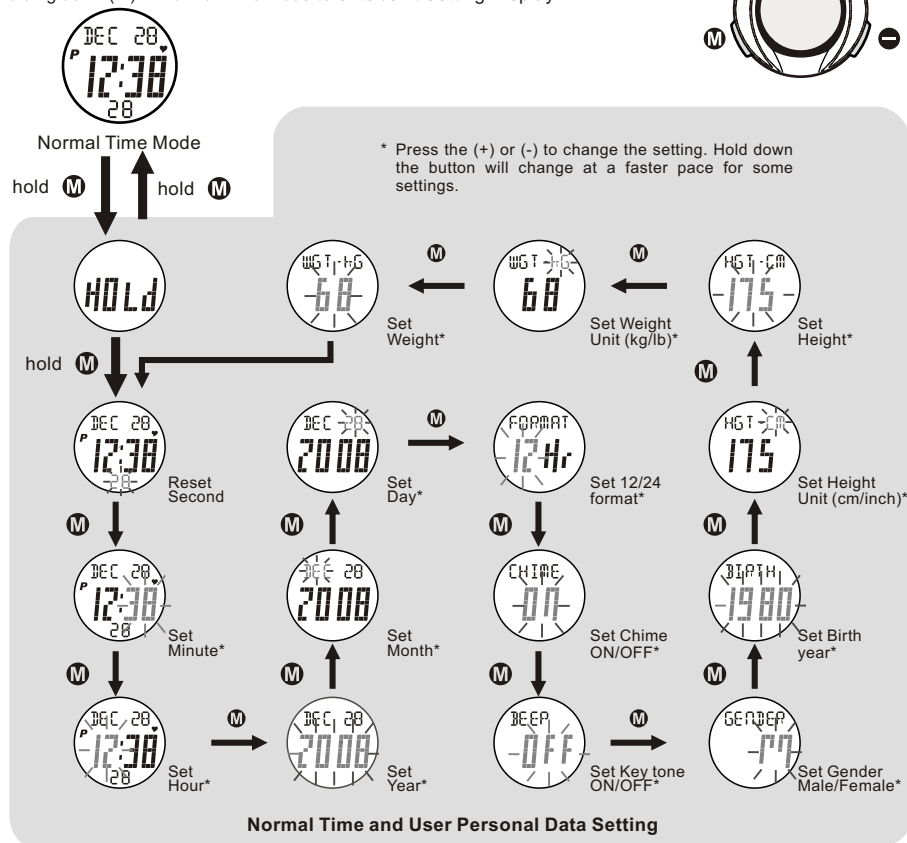
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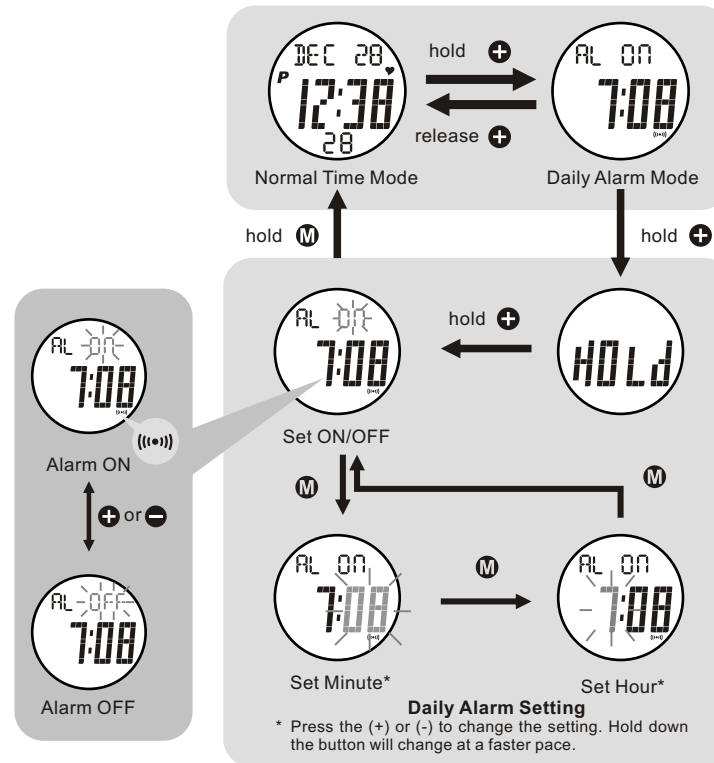
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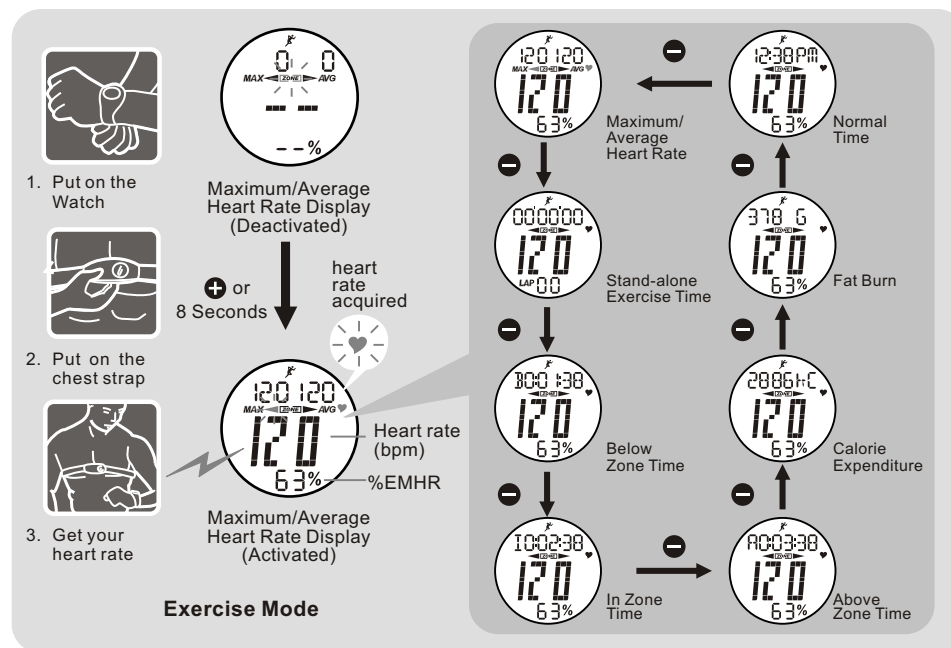


8.0 Exercise Mode

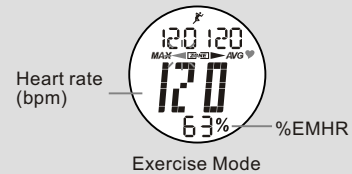
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NOTE:

- 1) The Chest strap **MUST** be paired with the Watch in advance. See 8.6 for the detailed pairing operations.
- 2) The Chest strap **MUST** be worn on the user's chest properly before using the Exercise Mode. See 4.0 for the details.
- 3) If **NO** heart rate reading or long response time, See 8.7 for the resolutions.
- 4) The Heart Rate measurement will keep monitoring if not losing heart rate signal for 1 min. This can be resumed by re-entering this exercise mode.



8.1 Exercise Mode - Estimated Maximum Heart Rate (EMHR) and % EMHR



EMHR and % EMHR:

- EMHR = 220 - user age.
 - Example: What is the EMHR for Tom at his 53? $EMHR = 220 - 53 = 167$.
- **Percentage of Estimated Maximum Heart rate (% EMHR)**
 $\% EMHR = \text{Acquired heart rate} \div EMHR \times 100\%$
 - Example: What is the % EMHR for Tom if he has acquired a heart rate of 100?
 $\%EMHR = 100 \div 167 \times 100\% = 60\%$

The Application of % EMHR

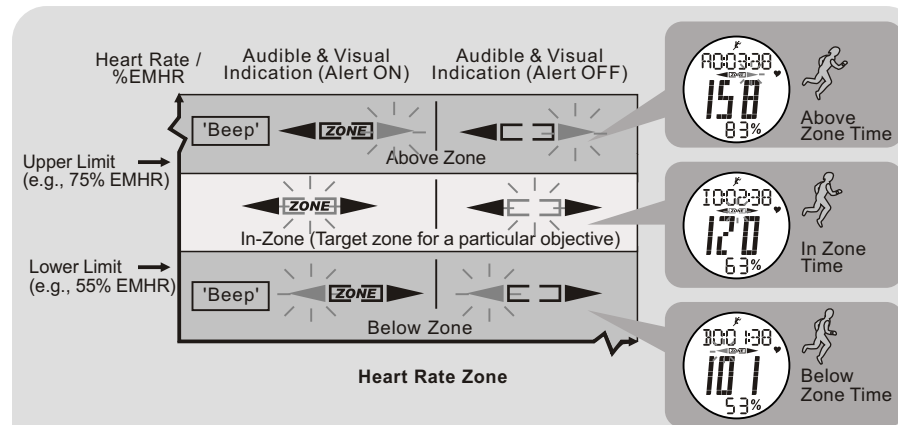
- % EMHR is a useful figure for analyzing the cardio-fitness of a person.
- % EMHR can be used to define the upper and low limit of a target zone for training.

How this Watch Assists your Training Program

- % EMHR auto calculation function:
 - This watch displays the % EMHR of the current heart rate immediately once a heart rate is acquired.

NOTE: The user **MUST** set his/her gender, birth year, height and weight into the

8.2 Exercise Mode - Heart Rate Zone and Zone Timer



The Heart Rate Alert function:

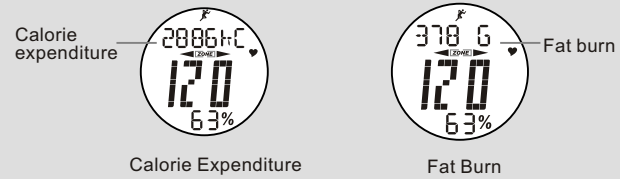
- In general, keeping the heart rate at a particular zone (the upper and low limit of the zone are defined by certain % EMHR) can achieve one's training goal.
- See 8.6 to select a Zone Type or set the upper and lower limit for the target zone.
- See 8.4 to turn ON or OFF the Zone Alert Function. The 'ZONE' indicator will appear on the display if the Zone Alert Function is ON.
- When this function is set, it indicates (audible and visual Indication) the current heart rate either above, within or below the target heart rate Zone to the user.

WARNING: Overloading your heart causes severe impacts to your health and even death, consult your doctor for getting more information about your heart condition before setting a target zone for your training.

Zone Timer:

- Below Zone Timer: The timer will count if the current heart rate is below the target zone (e.g. below 55% EMHR).
- In Zone Timer: The timer will count if the current heart rate is within the target zone (e.g., between 55% and 75% EMHR).
- Above Zone Timer: The timer will count if the current heart rate is above the target zone (e.g., above 75% EMHR).

8.3 Exercise Mode - Calorie Expenditure and Fat Burn



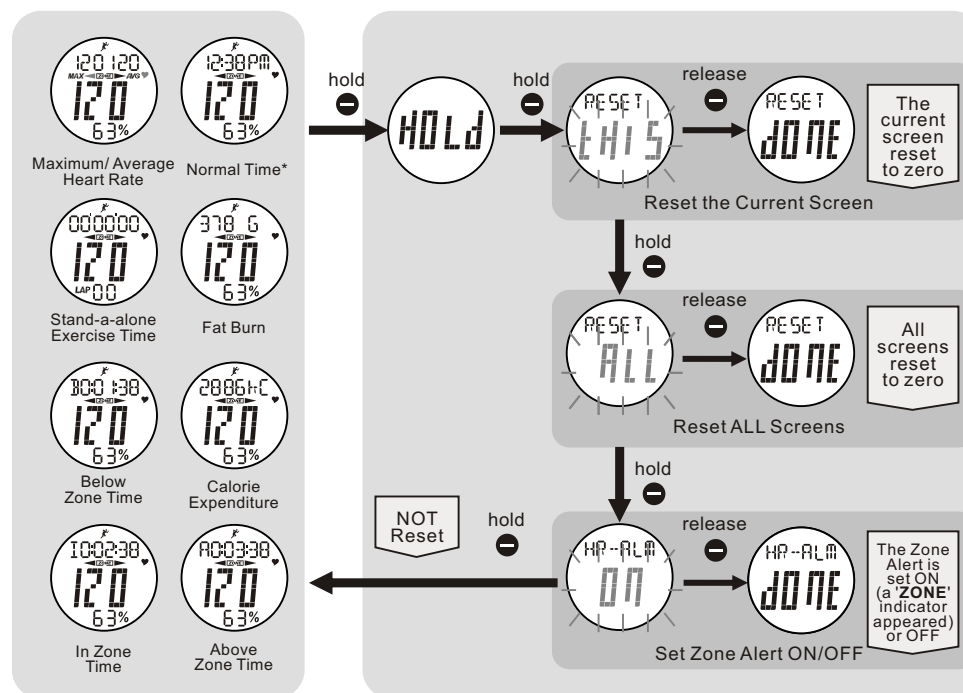
The Calorie Expenditure and Fat Burn Estimation:

- The Exercise Mode estimates the calorie expenditure and Fat Burn of the user for an exercise by the acquired heart rate, exercise intensive and the user's personal data (i.e., age, gender, height and weight)

NOTE: The user **MUST** set his/her gender, birth year, height and weight into the Watch before the measurement, otherwise these estimations are not correct. See 6.0 for the setting details.

8.4 Exercise Mode - Reset Exercise Screens and Turn ON/OFF Zone

- Hold down (-) until 'RESET THIS' or 'RESET ALL' is displayed, release (-) to reset the Exercise Mode for the current screen or all screens.
- Hold down (-) until 'HR-ALM ON/OFF' is displayed, release (-) to turn ON or OFF the Heart Rate Zone Alert function. If Heart Rate Zone Alert function is ON, a 'ZONE' indicator will be appeared. See 8.2 for the details of Heart Rate Zone Alert.



*Reset ALL only

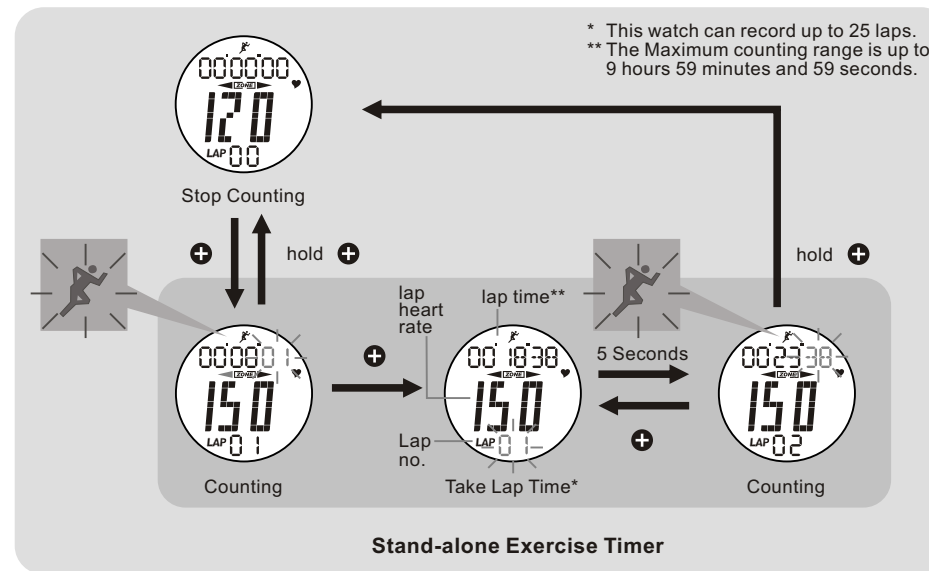
8.5 Exercise Mode - The Stand-alone Timer

- Press (+) to start the stand-alone timer for timing your exercise.
- During counting, press (+) to view and record a lap time with lap heart rate or hold down (+) to stop the timer.
- Hold down (-) until 'RESET THIS' is displayed, release (-) to reset the timer.



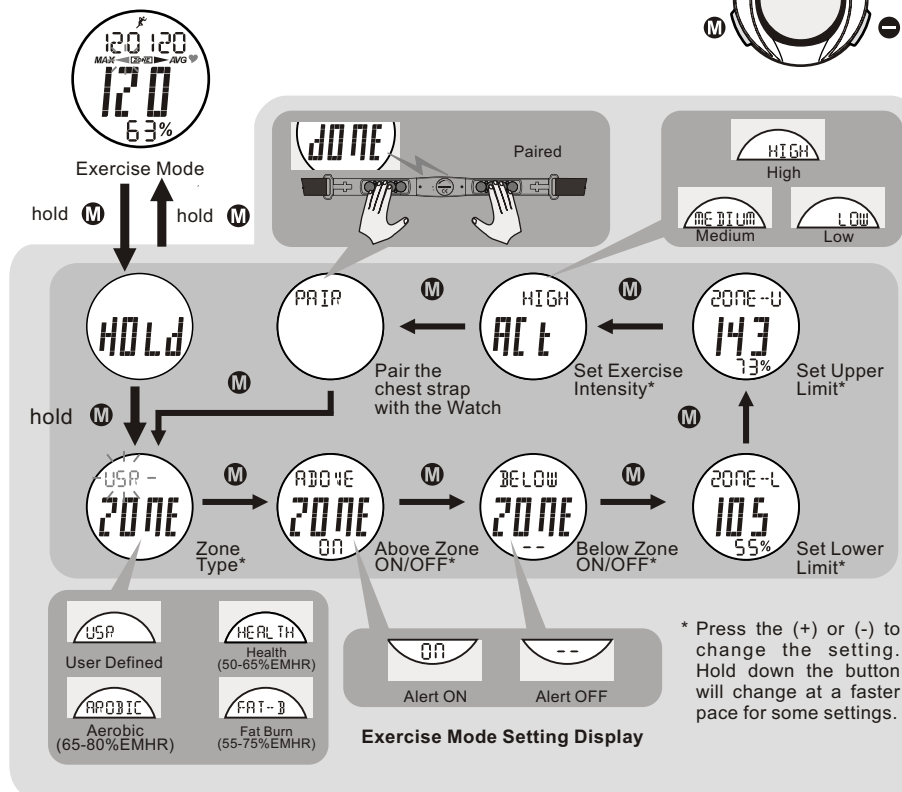
NOTE:

- 1) The recorded Lap Times and Lap Heart Rates can be reviewed from the Lap Recall Mode.
- 2) Resetting the timer will clear ALL Lap Time and Lap Heart Rate records.



8.6 Exercise Mode - Setting Exercise Mode

- Hold down (M) in Exercise Mode to enter/exit Setting Display.



8.7 Exercise Mode - Potential Causes for NO Heart Rate Reading or Long Response Time

1) Cause: Dry Skin.

Solution: Apply conductive gel or water thoroughly to chest area. (Even saliva will help if conductive gel is not available).

2) Cause: The Chest strap is not placed firmly over the chest.

Solution: Make sure the Chest strap is placed firmly over the chest by tightening elastic band.

3) Cause: Muscle tremors caused by holding the Chest strap too hard on your chest.

Solution: The contacts must make firm contact (NOT too hard) with the user's skin during measurement. This will ensure a good and consistent reading even walking or jogging with arms swing naturally.

4) Cause: Dead skin on the chest.

Solution: Usually rubbing your chest with a towel will help.

5) Cause: A thin layer of body grease can insulate the ECG signal-basically prevents the back sensor on the Chest strap from picking up one's ECG.

Solution: Wipe chest and the contacts on the back of Chest strap with a tissue or soft towel.

6) Cause: Hairy chest.

Solution: Apply conductive gel to chest area.

7) Cause: Irregular heartbeats.

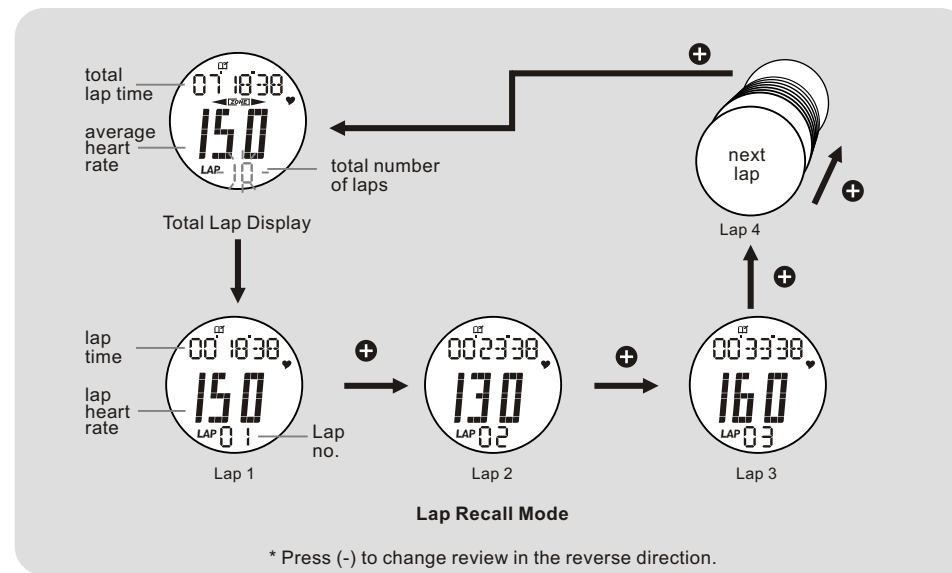
Solution: N/A. It is difficult to consistently pick up a reading for those with irregular heart beats. Inconsistent response times are expected for those with arrhythmia.

8) Cause: Low Battery.

Solution: It might be due to the battery level of the Chest strap is low. Replace the battery of the Chest strap.

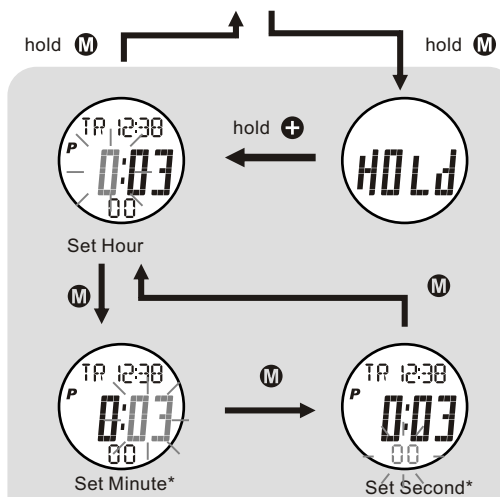
9.0 Lap Recall Mode

- Press (+) or (-) to review the lap time with heart rate (average heart rate or lap heart rate) for all laps or an individual lap recorded from the Stand-alone timer in the Exercise Mode.
- To reset the record, see 8.5 for the detailed operations.



10. Countdown Timer Mode - Setting Countdown Timer (Target Time)

- Holding down (M) in Countdown Timer Mode to enter/exit Setting Display.



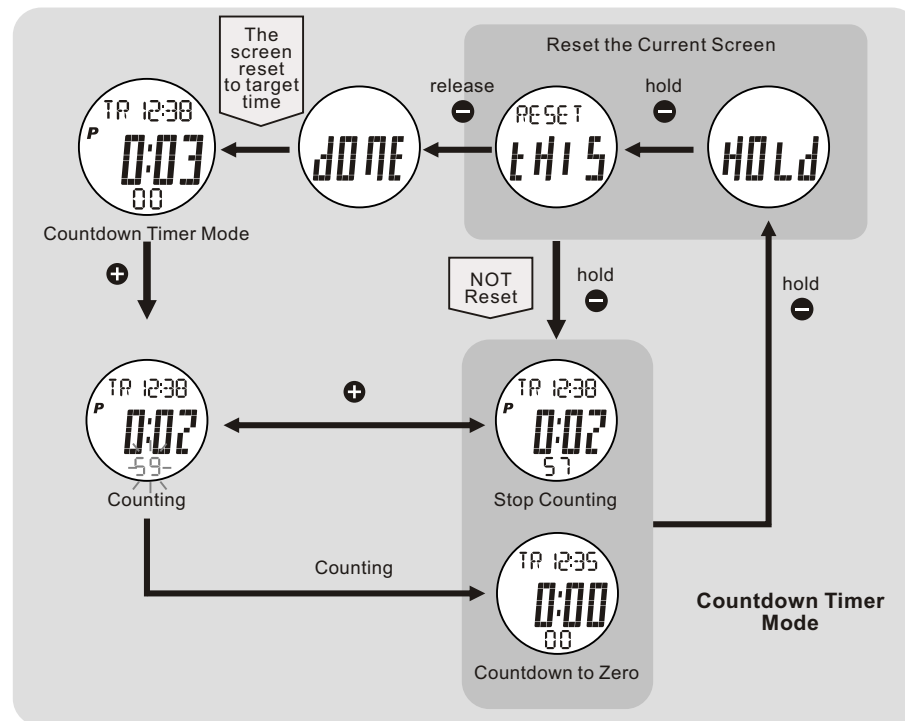
Countdown Timer Setting

* Press (+) or (-) to change the setting. Hold down the button will change at a faster pace.

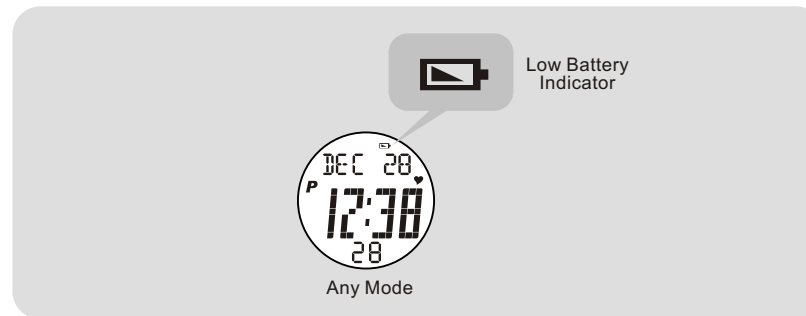
** The Target Time of the timer can set up to 9 hours 59 minutes and 59 seconds.

10.1 Countdown Timer Mode - To Use/reset the Countdown Timer

- Press (+) to start/stop the countdown timer.
- Hold down (-) until 'RESET THIS' is displayed, release (-) then to reset the countdown timer.



11.0 Low Battery Indication



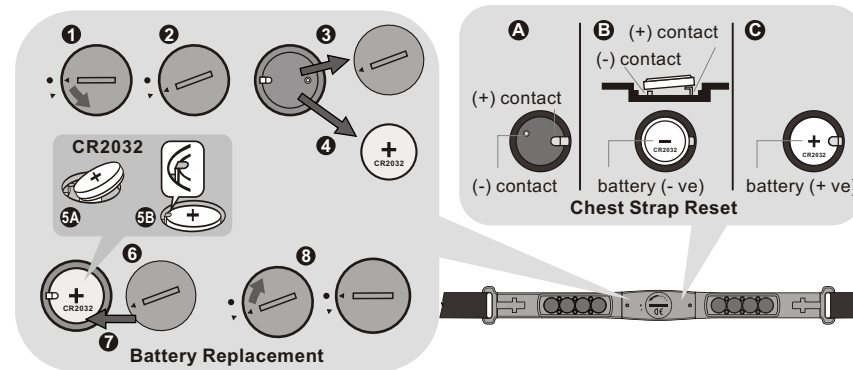
Low Battery for the Watch

- If the Low battery indicator '🔋' is appeared on any mode, the battery level of the Watch is low.

Note:

- (1) It is recommended to replace the battery by a certified agency. This ensures the quality level of the watch unchanged.
- (2) Pair the chest strap with the Watch again once the battery of Watch has been replaced.

11.1 Battery Replacement for the Chest Strap



How to Replace the Battery for the Chest Strap

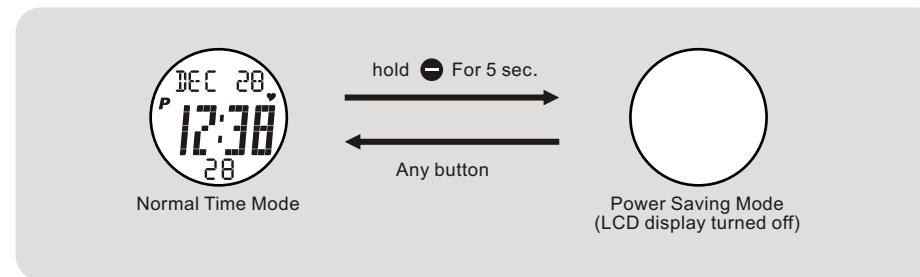
- User can replace the battery by the following steps:
 1. Turn the cover with a coin counter-clockwise so that the arrow on the cover turns from pointing at 'Dot' to 'Arrow'.
 2. Turn the cover further gently to pop it out.
 3. Put aside the battery cover.
 4. Remove the exhausted battery.
 5. Insert a new battery with the (+) side of the battery upward.
 6. **IMPORTANT:** Make sure that the sealing rubber (o-ring) is placed correctly in its slot (on the side of the cover) before the battery cover is replaced.
 7. Put the battery cover back with the arrow on the cover pointing at 'Arrow', and then press the cover down gently until it is on the same level with the case's surface.
 8. Turn the cover with the coin clockwise so that the arrow on the cover turns from pointing at 'Arrow' to 'Dot'.

Note: Pair the chest strap with the Watch again once the battery has been replaced.

Tips: In case the chest strap CANNOT properly reset (NO signal transmission), resolve this problem with the following steps: A) Remove the battery, B) Short the (+) and (-) battery contacts of the chest strap with the metal shell (+ ve) of the battery, C) Reinstall the battery as the above steps for normal operations.

12.0 Power Saving Mode

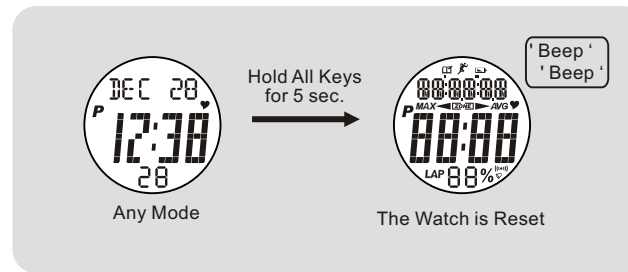
- Hold (-) for more than 5 seconds to enter Power Saving Mode.
- Press any button to resume to normal while in Power Saving Mode.



Power Saving Mode

- This Watch includes a Power Saving Function which can turn off the LCD display so that the battery can last longer.
- While in the Power Saving Mode, the watch function is still worked normally. (I.e., The timekeeping function is still running during Power Saving Mode.)

12.1 Reset the Watch



Reset the Watch

- When the battery of the watch is replaced, the watch will be reset automatically.
- User can also reset the watch manually by Holding All Keys for about 5 seconds in any function modes.
- When the watch is reset, full segments of the LCD will be displayed and a “beep-beep” sound will be given out for about 5 seconds. After then, a version code will be displayed on the LCD.

Note:

- (1) All the personal data and records stored in the watch will be erased after reset.
- (2) Pair the chest strap with the Watch again once the Watch has been reset.

FCC Compliance Statement - FCC ID: WM4571-572 (For Chest Strap)

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.

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 the party responsible for compliance could void the user's authority to operate the equipment

Canadian Compliance Statement - IC ID: 8194A-571572 (For Chest Strap)

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

This Category II radio communication device complies with Industry Canada Standard RSS-310. Ce dispositif de radiocommunication de catégorie II respecte la norme CNR-310 d'Industrie Canada.

European Union Regulatory Conformance

Radio:
EN300440-2 V1.2.1:2008

Electromagnetic Compatibility:
EN301489-1 V1.8.1:2008
EN301489-3 V1.4.1:2002

Human Exposure to Electromagnetic Fields:
EN50371:2002

Electrical Safety:
EN60950-1:2006

CAUTION

Risk of explosion if battery is replaced
by an incorrect type
Dispose of used batteries according to
the instructions

CE0197



Dispose of batteries
according to local
regulations.
Do not dispose as
household waste.