Instruction Manual

1. Introduction

This watch has basically 5 modes :
(1) Real time clock mode
(2) Workout mode
    i.   Distance View
    ii.   Pace View
    iii.   Calorie view
    iv.   Heart rate view
(3) Chronograph mode
(4) Count down timer mode
(5) Alarm mode

2. Operation Procedures for accessory connection

Press MODE key to toggle between different modes.

RTC → Workout Mode (Distance → Pace → Calorie → Heart rate) →

Count down timer → Alarm mode → RTC

In figure 1 (on the left hand side), it shows the watch is at RTC mode. Press mode key 3 times to enter workout mode heart rate view. It should be similar to that in figure 2 (on the right hand side).

When entering workout view, the watch will start scanning when it stays at a view for 5 seconds. After that, it will start scanning for 30 seconds and look for a peer BLE device which contains a heart rate profile. As shown in figure 2, the heart symbol in the yellow circle will blink. After 30 seconds, it will stop scanning if no connection is made. Otherwise, the heart rate symbol in the yellow circle will stay on.
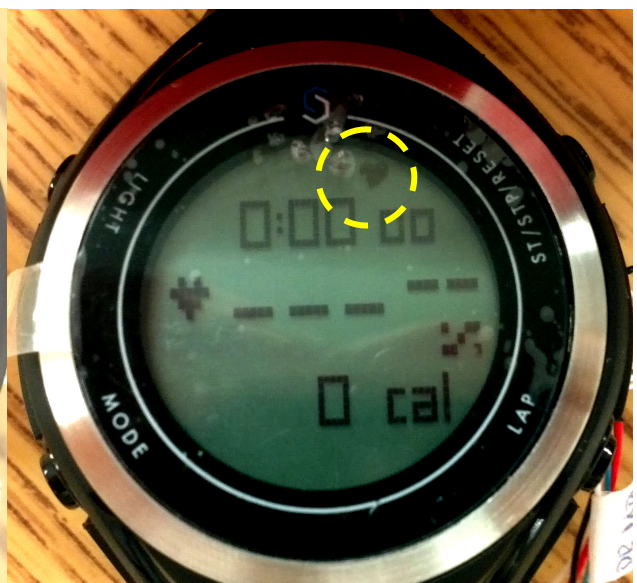

Figure 1   Figure 2

To activate a heart rate chest strap, either wear it on or short the contact. Upon detection on the contact points, the heart rate sensor should start advertising. If the watch scans it, it will establish a connection with it. After a connection is made, the watch will start retrieving heart rate data every second. It is recommended to go to heart rate view to have heart rate value display on screen.

As shown in figure 3, if one wants to wear it, it is better be moisturized so as to enhance detection. Then plug the heart rate sensor to the belt. Wear it on to the body and center the sensor to the central of one's chest.
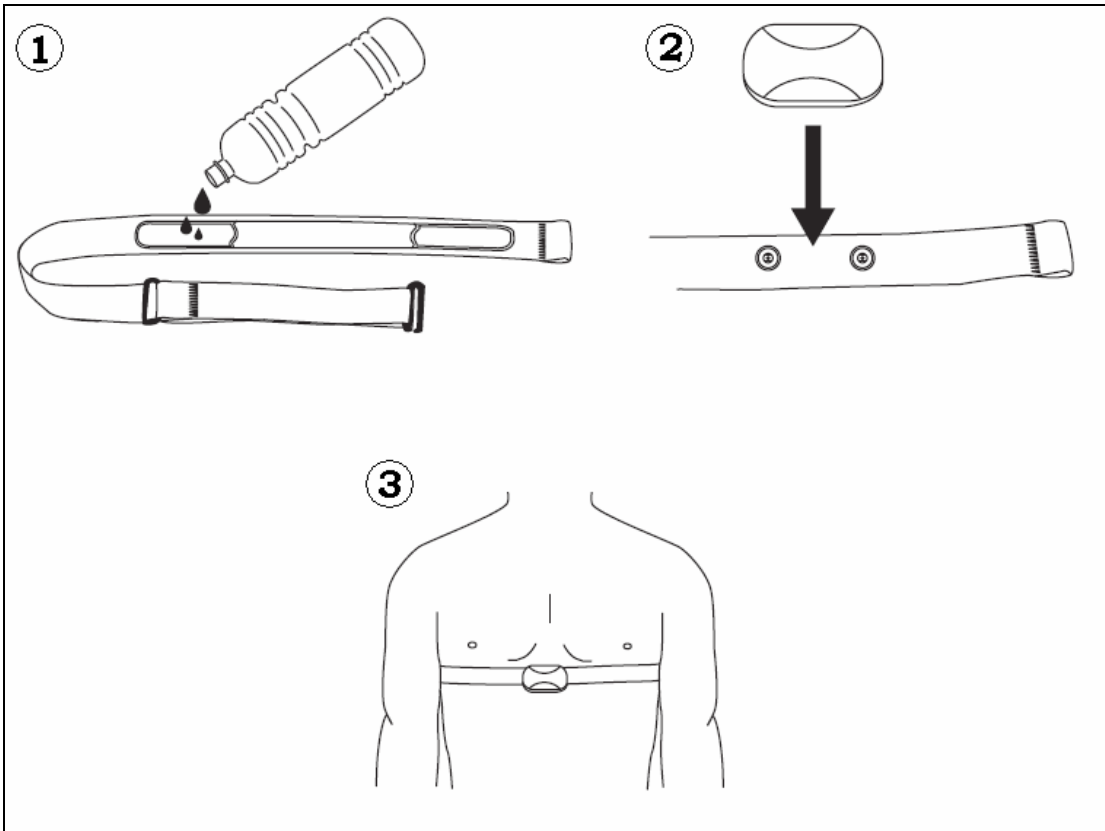

Figure 3

3. Specifications

Operating temperature : -10°C to +50°C

*** CAUTION

Battery Safety Information

- ✦ Exhausted batteries are to be removed
- ✦ Do not dispose of product or batteries in fire; batteries may explode or leak
- ✦ If this product will not be used for an extended period of time, remove the batteries from the product
- ✦ The supply terminals are not to be short-circuited
- ✦ Batteries are to be inserted with correct polarity
- ✦ Clean the battery contacts and also those of the product prior to battery installation
- ✦ As always, dispose of batteries in an eco-friendly manner

This product is compliant with Directives 1999/5/EC.

4.   FCC Compliance Statement

➢ 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 undesirable operation.

➢ **WARNING: Changes or modifications to this watch not expressly approved by the party responsible for compliance could void the user's right 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 radiates radio frequency energy. If it is not installed and used in accordance with the instructions, it 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 recommended to reduce the interference by one or more of the following measures:

✧ Reorient or relocate the receiving antenna.

✧ Increase the separation space between the watch and the 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.

IC Statement (For Canada)

This equipment is portable device. The output power of this device is less than 20mW. The SAR test is not required.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This device complies with Part 15 of the FCC Rules and with RSS-210 of Industry Canada. 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
(1) l'appareil ne doit pas produire de brouillage, et
  (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible
d'en compromettre le fonctionnement.

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.