M08-729D User Manual

This is an HRM watch Men's version. Features includes HRM with recovery function, Chrono, Dual time T1/T2, two alarms. three lines LCD and calendar programmed from 2008 to 2057. The watch is using the latest 2.4Ghz digital data transmission technology to communicate with the HRM belt.

S4: SET/EL / Reset

S3: Mode

S1: Start / stop/

S2: view / lap /save

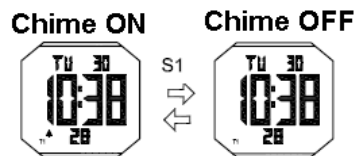### General Operations

All Modes:

Press S3 to toggle to different modes, Time mode, HRM mode, HRM Data mode, Chrono mode, Alarm mode and ID LINK mode. Press S4 to switch ON the EL back light.

Time Mode:

User can also select T1 or T2 as primary display. Press and hold S2 for 2 seconds to toggle from T1 to T2.

User can toggle Chime ON/ OFF by pressing S1

Chime ON   **Chime OFF**

TIME Setting mode:

Press and hold S4 for 1 seconds until the watch will display "SET HOLD". 2 seconds later, the hour digit will blink. Press S1 to increase setting, press and hold S1 for fast forward setting. Press S2 for backward setting, press and hold S2 for fast backward setting. Press S4 to exit time setting mode. Press S3 to set the next digit. If there is no key operation after 2-3 minutes, the watch will auto exit time setting mode.

In time setting mode the sequence is Hour—Minute—Second—Year—Month—Day—Weekday—12H/24H—LCD Contrast. Display contrast range is from –4 to +4. Default is 0.

HOUR   MINUTE   SECOND

HRM Mode:

It is recommended that the user set up first his/her personal details before doing the exercises. Please refer to HRM setting mode on how to set up the personal details.

Press S3 shortly from Time mode to HRM mode. The watch will automatically search for HRM signal. If the watch has not been linked before with HRM belt, it will proceed to ID Link mode. See Link mode for details. If the watch has been linked before and link is successful, it will proceed to display the current heart rate in target range / current HRM.
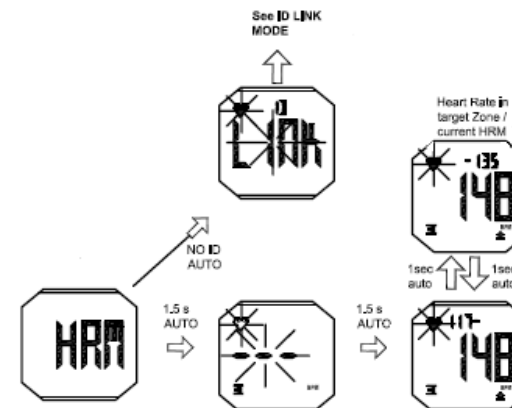
User can select different views according to his/her preference. The views available are Heart rate in target zone/ current HRM, Calorie/ Current HRM, Exercise Time/Current HR/ % Max, and Calorie/% max. User can toggle through these views by pressing S2.
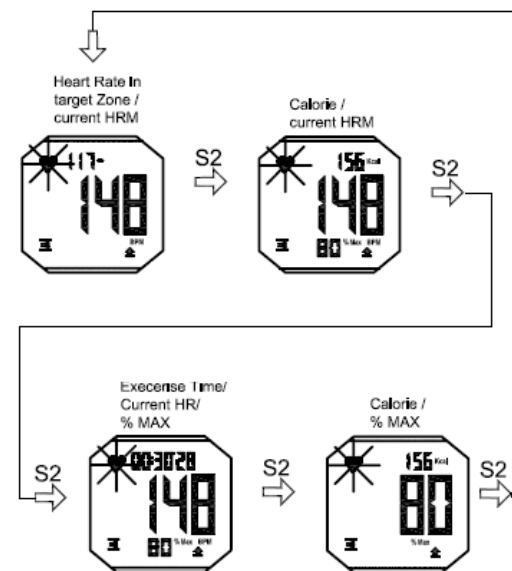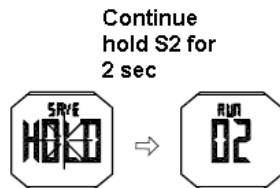
From any view selected, press S1 to start/ stop exercises. Press and hold S4 to reset the current Run.

Once the user starts running exercises, the watch will auto display the Heart Rate, exercise Time, %max HR calories. If Chrono is not started, the Calorie will not calculate. Press and hold S2 to save current Run. A total of 50 Runs can be saved in HRM data mode.

Recovery Function:

If recovery function is ON, The watch will start the recovery function after chrono stopped.

Recovery calculation can be set according HEART RATE or TIME. In the heart rate based recovery, you set the heart rate that ends recovery calculations. Whereas in the Time based recovery, you set the recovery time that ends recovery calculations.

Example 1:

User set the recovery HR to 80 bpm. After the user press the Stop button, then the watch will auto start counting the time from current HR to preset value (80 bpm). When the current HR is equal the preset value, it will auto stop and display the time value with 5 seconds long beep sound.

Example 2:

User set the recovery Timer to 10 minutes. When the user press the stop button, then the watch will auto start counting the time until the time is equal to the preset value(10 minutes).It will auto stop counting with 5 seconds long beep sound.

During the recovery function, user can press any key to stop except S3. If user presses S3, watch will go to next mode then go back to stop view. After that, we don't need to start the recovery again. The recovery function starts at once each time the watch is stopped.

When the current HR is always above the recovery repeat value, recovery time will auto stop at 99 hours 59 minutes.

HRM SETTING Mode:

Press an hold S4 in HRM mode to enter HRM setting mode. Watch will display "SET HOLD". AGE digit will start blinking. Press S1 to increase setting, press and hold S1 for fast forward setting. Press S2 for backward setting, press and hold S2 for fast backward setting. Press S4 to exit HRM setting mode. Press S3 to set the next digit. If there is no key operation after 2-3 minutes, the watch will auto exit HRM setting mode.

Age range is 1 to 99.
Weight: 20 to 199 Kg (44- 439 lbs)
Height: 91-241 CM (3 – 7Ft 11 In)
Recovery can be set to ON or OFF

In HRM setting mode the sequence is AGE—Level—HR high—HR Low—UNIT—Weight—Height—BMI—SEX—Zone Alarm ON/OFF—Recovery ON/OFF(Time base or HR base).

For Time base Recovery, the minute can be set from 0 to 59 minutes, Hour from 0 to 99 Hours.

For Heart Rate base Recovery, Heart Rate can be set from 30 to 240 BPM.

When the user select the level index, the watch will also set up IN ZONE limit depending on which level index has been selected. The HRM IN Zone alarm default is OFF.

Following are the low and high IN Zone limits between the three levels:
Level 1 setting: Low: 50% Max HR, High: 60% Max HR
Level 2 setting: Low: 60% Max HR, High: 70% Max HR
Level 3 setting: Low: 75% Max HR, High: 85% Max HR

The watch can display heart rate from 30 to 240 bpm. When the heart rate is over the value we have set, the watch will alert warning sound "beepbeepbeep___beepbeepbeep___"
When the heart rate is below the value we have set, the watch will alert warning sound "beep___beep___"

Table for BMI (Body Mass Index):

Category	BMI Range
Starvation	Less than 14.9
Underweight	From 15 to 18.4
Normal	From 18.5 to 22.9
Overweight	From 23 to 27.5
Obese	From 27.6 to 40
Morbid Obese	More than 40

BMI Calculation Method:

English BMI Formula:

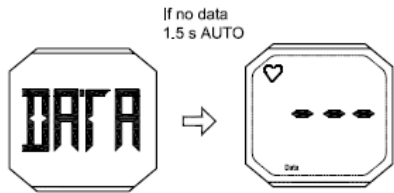BMI = (weight in pounds/(height in Inches X Height in inches))X 703

Metric BMI Formula:

BMI = Weight in Kg/(Height in meters X height in meters).

HRM DATA MODE:

Press S3 from HRM mode to HRM DATA mode. The watch will display 'DATA". If there is no data available, it will display "- - -".


If no data
1.5 s AUTO

If there is data available, it will display the RUN number. Press S2 to scroll through the various RUN numbers. Press S1 to view the details of the specific RUN like Date, Total exercise time, average HR/ % Max, % Max HR, Maximum HR, time IN Zone (and time below and above zone), FAT, KCAL.

Press and hold S4 for 2 seconds to clear current RUN. Continue holding S4 to clear ALL data. The watch can store up to 50 runs in the memory.

Press & hold S4 for 2 sec   Continue hold S4 for 3 sec

CLEAR CURRENT RUN DATA
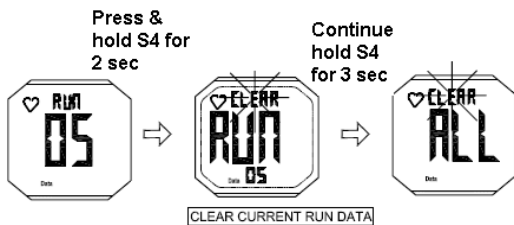
CHRONO MODE:

Press S3 shortly from HRM DATA mode to CHRONO mode. Press S1 to start/ stop. Press S2 to take lap. Lap counter range from 01 to 99. Press S4 to clear Chrono Data.

PRESET — START — TAKE LAP — STOP — CLEAR HOLD

release S4 / Press & Hold S4 for 1 sec

2s auto

Clear Chrono Data
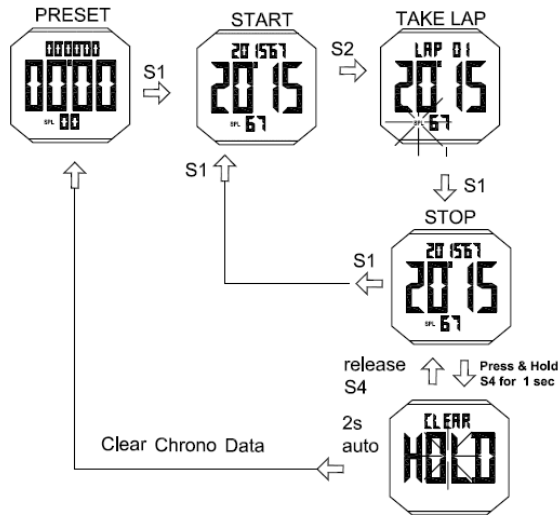
ALARM MODE:

Press S3 from Chrono mode to Alarm mode. Press S1 to toggle Alarm ON/OFF. Press S2 to toggle between Alarm1 and Alarm 2.

Alarm 1 (ON)   Alarm 2 (ON)
Alarm 1 (OFF)   Alarm 2 (OFF)
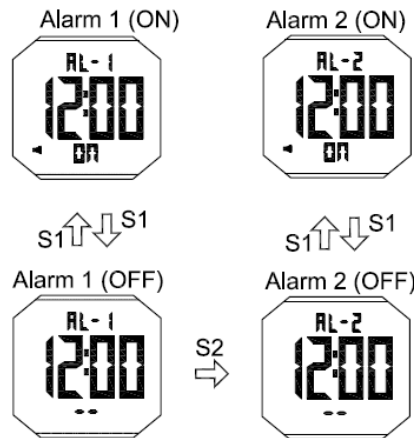
Alarm Setting mode:

Press and hold S4 for 1 seconds to enter Alarm setting mode. The watch will show "SET HOLD" and 2 seconds later, the hour digit will start to blink. Press S1 to increase setting, press and hold S1 for fast forward setting. Press S2 for backward setting, press and hold S2 for fast backward setting. Press S4 to exit alarm setting mode. Press S3 to set the next digit. If there is no key operation after 2-3 minutes, the watch will auto exit alarm setting mode. Alarm will automatically set to ON after user exits Alarm setting mode.

In Alarm setting mode, the sequence is Hour—Minute.

SET HOLD   2 sec AUTO   HOUR   MINUTE

ID LINK MODE:

Press S3 from Alarm mode to ID link mode. The watch will start to search with the HRM belt. Once the Link is established, the heart icon will be ON and the watch will proceed to HRM mode. If the watch will not Link, it will display "FAIL" and will return to Time mode. Try to link again by going back to Link mode.

When the watch is already receiving heart rate signal or when chrono in HRM mode is running, the watch cannot enter ID Link mode.

LINK — OK — OR — FAIL — TIME MODE
3 sec auto
after 1 min auto
3 sec auto
HRM MODE
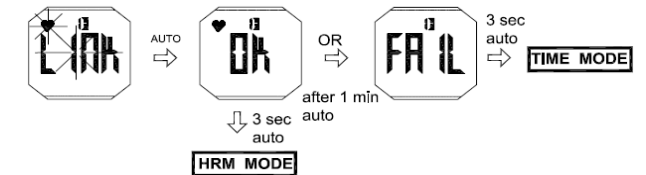
Water Resistance:

This watch is water resistant up to 5 ATM.

Battery Replacement:

If the Display dims or the EL light is dim, the user is recommended to go to authorized service center for correct battery replacement (CR2032).

FCC NOTE:
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.

The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

CANADA IC NOTE
Operation is subject to the following two conditions:(1)this device may not cause harmful interference,
and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Key Matrix Summary

Mode \ Key	S1	S2	S3	S4
Time	Chime on / off	Change T1 / T2	Mode Change	Setting / EL
Time setting	+ ve adjust	- ve adjust	Select digit to set	Exit setting / EL
HRM	Start / Stop	Change View / Hold save	Mode Change	Setting / EL
HRM Setting	+ ve adjust	- ve adjust	Select digit to set	Exit setting / EL
HRM Data	Change View	Next Run	Mode Change	Hold to clear / EL
Chrono	Start / Stop	Take Lap	Mode Change	Hold to clear / EL
Alarm	Alarm on / off	Select AL-1 / AL-2	Mode Change	Setting / EL
Alarm Setting	+ ve adjust	- ve adjust	Mode Change	Exit setting / EL
Link	_____	_____	Mode Change	EL