DIGITAL HRM QUICK START GUIDE

1. Attach elastic strap to one side of chest sensor (pictures).

2. Wet sensor pads (picture), and wrap sensor/strap around upper body, so TIMEX faces up, centered on the chest. (picture)

3. Connect elastic strap to other side of sensor. Adjust strap to fit snugly, just below the sternum.

4. Press MODE to go to HRM SETUP or CONFIGURE Mode to change zone settings, weight input, display format, etc. (picture)

5. Press MODE to go to CHRONO Mode to connect the watch and chest sensor. Press HEART RATE to adjust the data format, location and size. (picture)

6. Press START/SPLIT to operate the chronograph, and press STOP when you are done. (pictures)

7. Press MODE to go to the REVIEW or SUMMARY Mode to see your workout data. (picture)

We encourage you to refer to the enclosed instruction books for more detailed setup and usage information.