

w260 NA QSG (EFSP) 229-095003



GLOBAL TRAINER™

GPS SPEED+
DISTANCE

**QUICK
START
GUIDE**



TIMEX IRONMAN

SOFTWARE VERSION 2.80

| | |
|------------------|---------|
| English | page 2 |
| Français | page 30 |
| Español | page 60 |
| Português | page 90 |

Table of Contents

| | |
|---|----|
| Important Safety Instructions and Warnings | 2 |
| Introduction | 3 |
| Feature Overview..... | 3 |
| Operational Buttons and Icons | 4 |
| Charge Your Global Trainer™ Bodylink® System Watch..... | 7 |
| Turn the Global Trainer™ Watch On and Off | 8 |
| Initial System Setup | 8 |
| Time of Day | 8 |
| Language and Personal Information..... | 9 |
| Digital 2.4 Heart Rate Sensor (Optional) | 9 |
| Heart Rate Training..... | 10 |
| Configure Heart Rate Alerts..... | 11 |
| PERFORMANCE Mode | 13 |
| Customizing Workout Screens..... | 13 |
| Start a Workout | 14 |
| Take a Lap or Split..... | 16 |
| Change Views During a Workout | 17 |
| Stop a Workout..... | 17 |
| Timers and Performance Pacer | 18 |
| MULTISPORT Mode | 18 |
| REVIEW Mode | 19 |
| CONFIGURE Mode | 19 |
| PC SYNC Mode | 20 |
| INDIGLO® Night-Light | 21 |
| Water Resistance | 21 |
| Heart Rate Sensor Strap Maintenance | 21 |
| Warranty & Service | 23 |

Important Safety Instructions and Warnings

1. To prevent risk of fire, chemical burn, electrolyte leak and/or injury from the internal Lithium-polymer battery:
 - A. Do not attempt to remove the case-back or exterior shell of the product or remove the non-user-replaceable battery.
 - B. Do not leave unit exposed to a heat source or in a high temperature location (such as in the sun or in an unattended vehicle). To prevent damage store it out of direct sunlight.
 - C. Do not puncture or incinerate.
 - D. When storing for an extended time, store within the following temperature range: 32°F to 77°F (0°C to 25°C).
 - E. The Global Trainer™ watch should only be charged within a temperature range of 32°F to 113°F (0°C to 45°C).
 - F. Do not operate the unit outside of the following temperature range: -4°F to 131°F (-20°C to 55°C).
 - G. Contact your local waste disposal department to properly recycle/dispose of the unit/battery.
2. Use only the Pihong PSB05R-050Q power adapter supplied with this product.
3. This is not a medical device and is not recommended for use by persons with serious heart conditions. You should always consult your physician before beginning or modifying an exercise program.
4. Consulting the speed+distance system while moving is unsafe and distracting, and could result in accident or collision. Use the memory functions to later review your performance data. See the instructions for details.
5. Interference with the radio signal, poor contact between your skin and the

chest strap, and other factors may prevent accurate transmission of heart rate data.

Introduction

The Timex® Ironman® Global Trainer™ Bodylink® System is a comprehensive performance-monitoring device that incorporates SiRFstarIII® GPS technology and ANT+™ sensor integration for multiple activities to provide a powerful workout and training tool. This guide will allow you to use your Global Trainer® watch for the first time, but if you need more information, you can view the full-length USER GUIDE at:

http://www.timex.com/info/Product_Instruction_Guides_Downloads

Feature Overview

- **PERFORMANCE Mode** – Keep track of multiple variables during your workout, including speed, distance, elapsed time, pace, and calories burned.
- **MULTISPORT Mode** – Incorporate several activities and transition periods into a single workout, and track all of them together.
- **Customizable Screen Displays** – View up to four workout metrics of your choosing in either Performance or Multisport Modes, so your unique workout information is always at your fingertips.
- **PERFORMANCE PACER** – Test yourself against your saved workouts to track your progress and improvement over time.
- **GPS** – Pinpoint your location and store your favorite workout routes, and save locations as waypoints for later use in workouts.
- **TRACK BACK** – Calculate a route from your current position to any stored waypoint.
- **Computer Integration** – Send settings from your computer to your Global Trainer™ watch for easy customization, and transfer your workouts to your computer to track your progress.

- **ANT+™ Wireless Sensors** – Monitor your Heart Rate to maintain the level of activity that matches your personalized workout needs. Use Bike Speed, Cadence, and Power Meter data to integrate cycling into your workouts.

NOTE: Because the Global Trainer™ watch can show languages in addition to English for its displays and messages, the screens shown in the instructions will be available on your watch in your selected language.

Operational Buttons and Icons

MODE

Press MODE to cycle through the Global Trainer™ watch's operational modes. At any point, hold MODE for 1 second to see the time and date. Release MODE to go back to the screen you were viewing.

BACK / PWR (⏻)

Hold ⏻ for 2 seconds to turn the Global Trainer™ watch on or off. In any mode, press ⏻ to go back to the previous item. If you are setting a value or a label, those numbers or characters will be recorded.

INDIGLO®

Press the INDIGLO button at any time to activate the INDIGLO night-light for several seconds.

Hold the INDIGLO button for 4 seconds to activate Night-Mode®; the watch beeps to confirm. While the Global Trainer™ watch is in Night-Mode, any button you press activates the night-light for a few seconds.

The Global Trainer watch also has an INDIGLO feature for continuous illumination. Hold the INDIGLO button for 8 seconds to activate constant-on illumination; the watch double-beeps to confirm.

Night-Mode or constant-on illumination remain active for 8 hours, but you can hold the INDIGLO button for 4 seconds to deactivate either before 8 hours elapses.

UP (▲)

In a menu, press ▲ to highlight the item above or to the left of the currently selected one.

In Performance or Multisport Mode, press ▲ to go to the next view screen.

ENTER (↵)

Press ↵ to select the highlighted item for setting or change. Press ↵ to confirm the entry or changed item.

In Performance or Multisport Mode, press and hold ↵ for 2 seconds to lock all buttons except INDIGLO. Press and hold ↵ for 2 seconds to unlock all buttons.

DWN / STP / RST (▼)

In a menu, press ▼ to highlight the item below or to the right of the currently selected one.

In PERFORMANCE or MULTISPORT Mode with the chronograph stopped and reset, press ▼ to display the previous view screen.

In PERFORMANCE Mode with the chronograph running, press ▼ to stop (or pause) the chronograph. If the chronograph is stopped (or paused), hold ▼ to reset the chronograph (follow the directions on the screen).

In MULTISPORT Mode, press ▼ to transition to the next sport. Hold ▼ to pause the workout. If MULTISPORT Mode is paused, press ▼ to reset the chronograph (follow the directions on the screen).










START / SPLIT

Press START / SPLIT in PERFORMANCE or MULTISPORT Mode to begin timing a workout. Press it again when the chronograph is running to take a split and to time laps individually.

Status Bar

The status bar appears at the bottom of all screens. It shows the battery charge remaining, the current time, and status icons to give an at-a-glance view of the Global Trainer™ watch's status.

Status Bar Display Icons

-  Shows the approximate charge of the battery. More dark segments indicate a higher charge.
-  Appears when the chronograph is running
-  Appears when the alarm is set.
-  Appears when the chrono is running and a timer has been enabled.
-  3:00PM Current time of Day
-  Solid: Heart rate monitor is communicating properly.
Blinking: Device is pairing or has received no useful data for 15 seconds.
-  Solid: Speed or cadence sensor is communicating properly.
Blinking: Device is pairing or has received no useful data for 15 seconds.
-  Solid: Power meter is communicating properly.
Blinking: Device is pairing or has received no useful data for 15 seconds.
-  Solid: GPS has a satellite fix.
Blinking: GPS is seeking a satellite fix. None: GPS cannot locate a satellite.

Global Trainer Software Version

This guide reflects the latest instructions for Global Trainer software version **2.80**.

To determine your watch's version; press MODE to go to CONFIGURE, press ▼ to GPS, press ▼ to VERSION and press (←).

You can update the Global Trainer software through instructions posted on the Timex Device Agent downloadable to your computer desktop.

Charge Your Global Trainer™ Bodylink® System Watch

Before you use the Global Trainer™ watch for the first time, the lithium-ion battery must be charged. A depleted battery takes approximately 2 1/2 to 3 1/2 hours to fully charge.

CAUTION: The Global Trainer™ watch should only be charged within a temperature range of 32°F - 113°F (0°C - 45°C).

Charge Using the USB Cable

1. Insert the large USB-A plug on the download/charging clip into a USB port on any powered computer.
2. Attach the download/charging clip to the back of the Global Trainer™ watch.
3. Make sure the four contacts on the clip touch the four metal discs on the back of the watch. Match the red dot on the watch with the red dot on the connector for proper orientation.
4. Secure the clip to the watch caseback by placing the fixed end of the clip into the slot adjacent to the red dot and locking the hinged end of the clip into the other slot.

Charge Using the AC Adaptor

1. Insert large USB-A plug on the download/charging clip into the USB port on the AC adaptor, and plug the AC adaptor into an electrical outlet.
2. Attach the download/charging clip to the back of the Global Trainer™ watch, as instructed above in steps 3 and 4.


The Power Off Function is set to SHOW TIME, so the date and time will display during charging. A blinking battery icon appears during charging. A solid battery icon appears when charging is complete. To learn more about the Power Off Function, refer to the section on CONFIGURE (Mode) and the MODES section of the USER GUIDE.



Use only the Phihong PSB05R-050Q power adaptor supplied with this product.

NOTE: To prevent corrosion, please dry the download/charging contacts and the surrounding area on the back of the Global Trainer™ watch.

Turn the Global Trainer™ Watch On and Off

To turn the Global Trainer™ watch on or off, press and hold  for 2 seconds until you hear a three-note tone. The tone ascends in pitch when powering on, and descends in pitch when powering off.

Because the Power Off Function is set to SHOW TIME, the date and time will display when the Global Trainer™ watch is turned off. The POWER OFF label will appear in the upper status bar.

NOTE: When the Power Off Function is set to TURN OFF DISPLAY, better standby battery life is obtained. To learn more about the Power Off Function, refer to the CONFIGURE (Mode) and the MODES sections of the USER GUIDE.

Initial System Setup

Time of Day

The time, date, and day of week are set by the GPS based on selections you make.

1. Press MODE until CONFIGURE displays and press ▼ to highlight WATCH.
2. Press ▼ or ↵ and press ▼ to select and change Time Format, Time Zone, Date Format and other watch functions.

Language and Personal Information

To select your preferred language for screens and menus, to accurately measure the performance of your workouts, and to assist in calculating your heart rate zones, you should enter your personal information.

1. Press MODE until CONFIGURE displays and press ▼ to highlight USER INFO.
2. Press ▼ to highlight the current language, press ↵ to display the language choices, and press ▼ followed by ↵ to select.
3. Press ▲ and ↵ to set the PERSONAL screen and press ▼ to set your Gender, Weight, Height, and Date of Birth.

NOTE: If you change the language setting, you will be taken back to the CONFIGURE menu. Follow the instructions in Step 1 to change Personal Information.

To refine your calories results further, see the steps to Configure Calorie Expenditure Settings in the PERFORMANCE (Mode) View Screens section of the USER GUIDE.

Digital 2.4 Heart Rate Sensor (Optional)

To minimize the possibility of picking up a signal from another person's Heart Rate Sensor, you should pair it to the Global Trainer™ watch. To pair your sensor for the first time, move 30 feet (10 m) away from other heart rate sensors.

NOTE: Repeating this procedure is only necessary for a new heart rate sensor or when the heart rate sensor battery is replaced.

1. Press MODE until CONFIGURE displays and press ▼ to highlight SENSORS.
2. Press ↵ and the HEART RATE SCAN setting should be selected. If that field is NO, press ↵ and ▼ to highlight SCAN, and ↵ to confirm the selection. The Global Trainer™ watch will begin searching for the heart rate sensor
3. Wet the heart rate sensor pads, and fasten the sensor firmly to your chest against your skin, just below your sternum.

- The Global Trainer™ watch searches for the heart rate strap for up to ten seconds. When the strap is successfully paired, the field next to HEART RATE will read HR.

NOTE: The Global Trainer™ watch can be paired with other ANT+™ wireless sensors for Bike Speed, Cadence and Power. Start at Step 1 above to pair with any of the listed ANT+™ devices.

Heart Rate Training

Target zones allow you to effectively train with a heart rate monitor. The initial step is to set up how the Global Trainer™ Bodylink® System watch calculates and displays heart rate zones.

MAX HR is initially calculated as 220 minus your age, but this can be changed.

| HEART RATE | | | HEART RATE | | | HEART RATE | | |
|------------|---------|-----------|------------|---------|-----------|------------|--------|---------|
| MAX HR | 190 | VIEW bpm | MAX HR | 190 | VIEW bpm | MAX HR: | 185 | VIEW: % |
| ZONES | USE | MAX | ZONES | CUSTOM | | ZONES: | CUSTOM | |
| 1 | 95 bpm | - 113 bpm | 1 | 80 bpm | - 90 bpm | 1 | 43 % | - 57 % |
| 2 | 114 bpm | - 132 bpm | 2 | 90 bpm | - 100 bpm | 2 | 58 % | - 74 % |
| 3 | 133 bpm | - 151 bpm | 3 | 100 bpm | - 110 bpm | 3 | 75 % | - 79 % |
| 4 | 152 bpm | - 170 bpm | 4 | 110 bpm | - 130 bpm | 4 | 80 % | - 94 % |
| 5 | 171 bpm | - 190 bpm | 5 | 130 bpm | - 150 bpm | 5 | 95 % | - 100 % |
| 12:03PM | | | 12:04PM | | | 7:43PM | | |

Configure Heart Rate Settings

- Press MODE until CONFIGURE displays and press ▼ to highlight HEART RATE.
- Press ← and press ▲ or ▼ to highlight the setting to change.
- Press ← to open the setting change window.
- Press ▲ or ▼ to highlight a selection in the setting change window, then press ← to confirm your selection.

| Setting Group | Adjustment |
|------------------------------|---|
| MAX HR | Enter a value for the maximum heart rate in beats per minute. The range is 30 – 240 |
| ZONES | Select CUSTOM to manually enter values for each zone, or select USE MAX to calculate all zones by maximum heart rate. |
| VIEW | Select bpm to display zone values as beats per minute, or select % to display zone values as a percentage of your maximum heart rate. |
| Ranges for Zones 1 through 5 | Enter the low and high values for each zone. Press ⏻ to close the setting change window. The maximum is 240. |

Configure Heart Rate Alerts

You can set minimum and maximum values for heart rate to define the target zone. If the watch detects a value outside of this zone, the alert is triggered.

Configure Alert Type

- Press MODE until CONFIGURE displays, and press ▼ to highlight ALERTS
- Press ← to select TYPE: AUDIBLE AND VISUAL.
- Press ← to enter the selection screen, and press ▲ or ▼ to highlight the setting to change.
- Press ← to confirm your selection.

The AUDIBLE alert tone will sound once every 30 seconds for as long as the reading is outside the target zone. The VISUAL alert will display a message on top of the display for 2 seconds.

The alert message will display once every 30 seconds for as long as the reading is outside the target zone.

Configure Heart Rate Alerts Settings

1. Press MODE until CONFIGURE displays, and press ▼ to highlight ALERTS.
2. Press ▼ to highlight SETUP ALERTS, and press ↵ to confirm your selection.
3. Press ▼ to highlight HEART RATE ZONE, and press ↵ to confirm your selection.
4. Press ▲ or ▼ to highlight the setting to change, and press ↵ to open the setting change window.
5. Press ▲ or ▼ to highlight the setting in the setting change window, then press ↵ to confirm your selection.

| Setting Group | Adjustment |
|-----------------|---|
| HEART RATE ZONE | Select ON to alert you when your heart rate is outside the Low or High settings, or OFF to disable the heart rate zone alert. |
| TARGET ZONE | Select Zones 1-5 OR C1-C5 to use Low and High values based on your HEART RATE settings in CONFIGURE Mode. Select CUSTOM to enter Low and High values manually as instructed in the next two rows. |
| LOW | Enter the lower heart rate threshold. If your heart rate goes below this threshold, the alert sounds. Press ⏏ to close the setting change window. The lowest setting is 30. |
| HIGH | Enter the upper heart rate threshold. If your heart rate goes above this threshold, the alert sounds. Press ↵ to close the setting change window. The highest setting is 240. |

PERFORMANCE Mode

PERFORMANCE Mode tracks data for up to 20 workouts and up to 1000 laps. Keep track of multiple variables during your workout, including speed, distance, elapsed time, pace, and calories burned. See data during your workout in five customizable view screens, each with up to four fields for displaying data.

Customizing Workout Screens

Initially, there are five view screens on the Global Trainer™ watch: SWIM, BIKE, RUN, CUSTOM 1, and CUSTOM 2. You can choose the number of fields displayed on each view screen and the workout data displayed in each field.

Choose the Number of Fields and Select Performance Data

1. Press MODE until PERFORMANCE appears, then press ↵ to highlight DISPLAY (in PERFORMANCE SETUP)
2. Press ↵ to see the five view screens, and then press ▲ or ▼ to highlight a view screen
3. Press ↵ to select the view screen and highlight FIELD LAYOUT
4. Press ↵ to set the FIELD LAYOUT, and press ▲ or ▼ to change the number of fields being displayed in that view screen.
5. Press ↵ to confirm the number of fields, and the data for the first field will be highlighted
6. Press ▲ or ▼ to highlight the view screen data in each field, and press ↵ to show the setting menu for that field.
7. Press ▲ or ▼ to make your selection of the field data, and press ↵ to confirm that data.
8. Repeat steps 6 and 7 until you have the data you want, and press MODE to take you to the setup view screen in PERFORMANCE Mode.

- Repeat from the beginning to change the number of fields or data in any of the other view screens.

The explanation of each data field can be found in the USER GUIDE. See the steps to Choose the Number of Fields and Select Performance Data in the PERFORMANCE (Mode) View Screens section of those instructions.

To change the view screen name, and to change the activity associated with each view screen, see the steps to Name the View Screen and to Configure Calorie Expenditure Settings in the PERFORMANCE Mode View Screens section of the USER GUIDE.

Start a Workout

- Press MODE until PERFORMANCE appears.
- Press ▲ or ▼ to select a view screen.
- Press START/SPLIT to start the chronograph and begin your workout.

NOTE: If the GPS is not fixed on a satellite, this message displays:



If you select NO, the chronograph will not start. Move into a position with a clear view of the sky where the Global Trainer™ watch can receive and fix onto the GPS signals.

NOTE: The first time you wear the Global Trainer™ watch, this GPS signal fix may take several minutes. For subsequent sessions, the GPS signal fix should take 30 to 90 seconds. If a subsequent session takes longer than 2 minutes for GPS signal fix, this message displays:



If you select YES, the GPS signal fix will go into full search mode, which may take several minutes.

NOTE: The maximum time the chronograph will measure is 20 hours. If this time is reached, you must save or reset the workout.

Take a Lap or Split

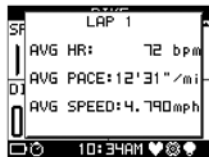
Press START/SPLIT when the chronograph is running to take a lap or split. Up to three displays will appear in sequence.

NOTE: While the lap data is being displayed, the chrono has begun timing the next lap.

- The first display shows the lap number, lap time, and split time.



- The second display shows the lap number, average heart rate, average pace, and average speed for the lap.



- The third display shows the average cadence and power values from the bike sensor.



NOTE: If sensors are not connected to the Global Trainer™ Bodylink® System watch, their corresponding data is not shown.

Change Views During a Workout

You can change view screens during a workout to see different performance data.

- Start the workout as described above.
- Press ▲ to change view screens.

NOTE: The chronograph will continue to run, as indicated by the chrono icon on the status bar, until you press BACK/STP/RST to stop the workout.

Stop a Workout

- While the chronograph is running, press ▼. The CHRONO STOPPED message displays.
- Hold ▼ for 2 seconds. The SAVE WORKOUT AND RESET? Screen displays.
- Press ▲ or ▼ to highlight YES, NO, or RESET ONLY, then press ↵ to confirm your choice.



If you select YES, the chronograph will reset and the workout data will appear in Review mode.

If you select NO, the chronograph is not reset. Press START/SPLIT again to continue your workout.

If you select RESET ONLY, the chronograph will reset and no workout data is recorded.

Timers and Performance Pacer

In addition to customizing the PERFORMANCE Mode view screens to show your specific workout data, you can set up custom Timers to help manage repetitions and intensity during your workout. You can also use the Performance Pacer feature to measure your workout against your own saved workouts, or against target times you choose.

For more information on Timer Setup and the Performance Pacer, see the appropriate sections under PERFORMANCE (Mode) in the USER GUIDE.

MULTISPORT Mode

While PERFORMANCE Mode tracks performance data for one activity, MULTISPORT Mode links up to five sports together, and manages transitions between

sports as well. Choose the Data View Screens for each of up to five sports that you set in PERFORMANCE Mode, and use the transition periods in between sports to prepare for the next activity in the MULTISPORT sequence.

For more information on MULTISPORT Mode, its setup and its operation, see the appropriate sections under MULTISPORT (Mode) in the USER GUIDE.

REVIEW Mode

While PERFORMANCE Mode allows you to monitor up to four workout statistics, additional data is being recorded during your workouts. You can view all of this data in REVIEW Mode.

You can view the WORKOUT SUMMARY that provides all relevant data from your entire session in a series of six-pane windows. You can also choose VIEW LAPS, which shows the same data as the WORKOUT SUMMARY broken out for each lap or segment.

Additional options in REVIEW MODE include VIEW ON MAP to see a scale representation of your route, TRACK BACK that allows you to navigate to the beginning or to the end of your route, and DELETE to manage your Global Trainer™ watch memory.

For more information on REVIEW Mode, its operation and its details, see the appropriate sections under REVIEW (Mode) in the USER GUIDE.

CONFIGURE Mode

Use CONFIGURE Mode to customize all of the settings on the Global Trainer™ Bodylink® System watch. You have already been directed to this mode earlier in the guide for WATCH, USER INFO, SENSORS, HEART RATE and ALERTS. These are the other available selections:

- HANDS FREE controls automatic starting, stopping, and splits on the chronograph.
- ALARM sets an alert that will sound at the selected times and days.
- BIKE manages profiles for up to five bikes.
- POWER METER calculates and displays bicycle power meter zones.
- GPS configures options for the GPS signal processing and the Global Trainer™ watch software version.
- UNITS configures the type of units for tracking performance data.
- MODES activates/deactivates NAVIGATE Mode and selects the watch Power Off function for the watch.

For more information on CONFIGURE Mode, its setup and its details, see the appropriate sections under CONFIGURE (Mode) in the USER GUIDE.

PC SYNC Mode

Use PC SYNC Mode to make setting changes to the Global Trainer™ watch from your computer through a desktop Timex Device Agent. All Global Trainer™ Bodylink® System watch settings can be changed from the Device Agent and sent to the watch.

You can also send workout data from the Global Trainer™ watch to your computer and use this data with your Timex Trainer online account powered by TrainingPeaks to optimize your workout program.

Go to <http://timexironman.com/deviceagent> to download the Timex Device Agent for your Global Trainer™ watch and to establish an account.

For more information on PC SYNC Mode, its setup and its details, see the appropriate sections under PC SYNC (Mode) in the USER GUIDE.

INDIGLO® Night-Light

Press the INDIGLO® button to activate the night-light. This electroluminescent technology illuminates the watch display at night and in low-light conditions. Press and hold INDIGLO® button to activate the NIGHT-MODE® feature, which illuminates the watch with any button press. The NIGHT-MODE® feature lasts eight hours, or press and hold INDIGLO® button to deactivate the feature.

Water Resistance

- The Global Trainer™ Bodylink® System watch is Water Resistant to a depth of 50 meters and to a pressure of 86 p.s.i. This is equivalent to 164 feet below sea level.
- Water resistance is only maintained while the lens, pushbuttons, and case are intact.
- Rinse the Global Trainer™ Bodylink® System watch with fresh water after any exposure to salt water.

CAUTION: TO MAINTAIN WATER RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

- The Digital 2.4 Heart Rate Sensor is Water Resistant to a depth of 30 meters and to a pressure of 52 p.s.i. This is equivalent to 98 feet below sea level.

NOTE: Heart rate data may not display when the sensor is immersed in water.

Heart Rate Sensor Strap Maintenance

After use, rinse the heart rate strap in fresh water to avoid buildup of materials that interfere with heart rate measurement.

Heart Rate Sensor Battery Life

The battery on the Digital 2.4 Heart Rate Sensor should last more than two years if the sensor is used an average of one hour each day. More frequent or

longer use will decrease the battery life. Replace the sensor transmitter battery if either of these conditions arise:

- When the sensor is properly placed on your chest, the Global Trainer™ Bodylink® System watch cannot read heart rate data.
- Heart rate error messages (such as SEARCHING FOR HEART RATE . . .) appear more frequently.

To Replace the Heart Rate Sensor Battery

1. Use a coin to open the battery compartment cover on the back of the sensor.
2. Insert a new CR2032 battery (or equivalent) with the positive (+) facing you.
3. Reinstall the battery compartment cover.

To Test the Sensor After Battery Replacement

1. Move at least 30 feet (10 meters) away from sources of radio or electro-magnetic interference, such as other heart monitors or bike sensors.
2. Wet the heart rate sensor pads.
3. Fasten the sensor firmly to your chest, just below your sternum. Turn on the Global Trainer™ Bodylink® System watch. Make sure the Global Trainer™ Bodylink® System watch is set to scan for a heart rate sensor. If the heart rate sensor is functioning correctly, a solid heart icon appears in the status bar, and a flashing heart icon appears in the HR field on the view screen.

If these icons do not appear:

- Open the battery compartment cover, and reinstall the battery. Test again.
-OR-
- Repeat pairing the Digital 2.4 Heart Rate Sensor to the Global Trainer™ Bodylink® System watch.

Warranty & Service

Timex International Warranty (U.S. Limited Warranty)

Your Timex® Bodylink® System is warranted against manufacturing defects by Timex for a period of ONE YEAR from the original purchase date. Timex Group USA, Inc. and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your Timex® Bodylink® System by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.

IMPORTANT: PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR BODYLINK® SYSTEM:

1. after the warranty period expires;
2. if the Bodylink® System was not originally purchased from an authorized Timex retailer;
3. from repair services not performed by Timex;
4. from accidents, tampering or abuse; and
5. lens or crystal, strap or band, sensor case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE.

TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your Bodylink® System to Timex, one of its affiliates or the Timex retailer where the Bodylink® System was purchased, together with a completed original Repair Coupon or, in the U.S.

and Canada only, the completed original Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your Heart Rate Monitor to cover postage and handling (this is not a repair charge): a US\$ 8.00 check or money order in the U.S.; a CAN\$7.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. Germany/Austria: +43 662 88921 30. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Bodylink® System Repair Mailer for your convenience in obtaining factory service.

©2010 Timex Group USA, Inc. TIMEX, TRIATHLON and NIGHT-MODE are registered trademarks of Timex Group USA, Inc. in the U.S. and other countries. GLOBAL TRAINER is a trademark and BODYLINK is a registered trademark of Timex Group B.V. in the U.S. and other countries. INDIGLO is a registered trademark of Indiglo Corporation in the U.S. and other countries. IRONMAN and M-DOT are registered trademarks of World Triathlon Corporation.

TIMEX INTERNATIONAL WARRANTY REPAIR COUPON

Original Purchase Date: _____
(attach a copy of sales receipt, if available)

Purchased by: _____
(name, address, telephone number)

Place of Purchase: _____
(name and address)

Reason for Return: _____

Declaration of Conformity

Manufacturers Name: Timex Group USA, Inc.

Manufacturers Address: 555 Christian Road
Middlebury, CT 06762
United States of America

declares that the product:

Product Name: Timex® Global Trainer GPS//Speed+Distance

Model Numbers: M229, M503

conforms to the following specifications:

R&TTE: 1999/05/EC

Standards: ETSI EN 300 330-1 - V1.3.1 (EMC) & (ERM)
ETSI EN 300 330-2 - V1.1.1 (EMC) & (ERM)
ETSI EN 300 440-1 - V1.4.1 :2008
ETSI EN 300 440-2 - V1.2.1 :2008
ETSI EN 301 489-1 V1.8.1:2008
ETSI EN 301 489-3 V1.4.1:2002

LVD: 73/23/EEC, 2006/95/EC
Standards: CENELEC EN 60950-1 /A11: 2009
EMC: 89/336/EEC
CENELEC EN 55022:1998
CENELEC EN 55024-1998
EN 61000-4-2 - ESD
EN 61000-4-3 - RF Radiated Immunity
EN 61000-4-8 - Magnetics

Supplemental Information: The product herewith complies with the requirements of the Radio & Telecommunications Terminal Equipment Directive 1999/05/EC, the Low Voltage Directive 73/23/EEC, and the EMC Directive 89/336/EEC and carries the CE marking accordingly.

Agent: 

Brian J. Hudson
Director, New Products Engineering
Date: April 6, 2010, Middlebury, Connecticut, U.S.A.