

# Pulse Watch

with Pedometer

Art. no 34-8997

Model D92E11G (PEDO)



Excercise  
Timer



Chronograph



Continuous  
Heart Rate  
Measurement



Percentage  
of maximum  
Heart Rate



Heart Rate  
Zone Alert



Countdown  
Timer



# Pulse Watch with Pedometer

Art.no 34-8997

Model D92E11G (PEDO)

Please read the entire instruction manual before using the product and save it for future reference. We reserve the right for any errors in text or images and any necessary changes made to technical data. If you have any questions regarding technical problems please contact Customer Services.

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# 1. Safety

- Consult your doctor or trainer before using the zone alert for a strenuous workout.

# 2. Product description

Pulse watch with pedometer. A chest strap measures the user's heart rate (pulse) according to personal profile settings and transmits the readings to a wristwatch display.

- Distance
- Speed
- Calorie burn
- Chronograph (stopwatch)
- Timer
- Watch
- Date
- Memory of previous results
- Water resistant to 5 ATM

### 3. Buttons and functions

#### A [LIGHT] – Light button

- Press once to illuminate the display for 3 seconds.

#### B [ST/STP] – Start/stop button

- Press once to start or stop in chronograph and countdown timer mode.
- Hold button in to start or stop in exercise mode.
- Press once to advance to the next item on the menu or increase value of setting.
- Press once to select 12-hour or 24-hour clock and M-D (month-day) or D-M (day-month) when setting time.
- Hold the button in to switch between display of normal time and dual time in time display mode.

#### C [LAP/RESET] – Lap/Reset button

- Press to switch between time display mode and exercise mode.
- Press once to reset in chronograph mode or reset in countdown timer mode.
- Press once to advance to the next item on the menu or decrease value of setting.
- Press once to select 12-h or 24-h clock and M-D (month-day) or D-M (day-month) when setting time.
- Hold the button in to enable the power save mode in time display mode.

#### D [MODE] Mode button

- Press to select one of the following modes: time display, chronograph and timer.
- Hold the button in to enter or exit the settings display in the following modes: time display, timer and step counter.



## 4. Main function modes

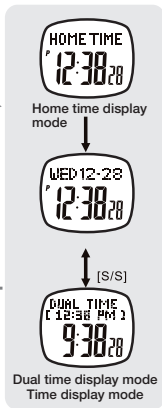
Pict.	Product
[EL]	[LIGHT]
[S/S]	[ST/STP]
[L/R]	[LAP/RESET]
[M]	[MODE]



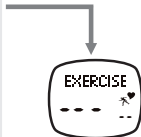
Countdown timer mode



Chronograph mode



[L/R]



[L/R]

## 5. Time display mode – home (local) and dual time

### Time display mode

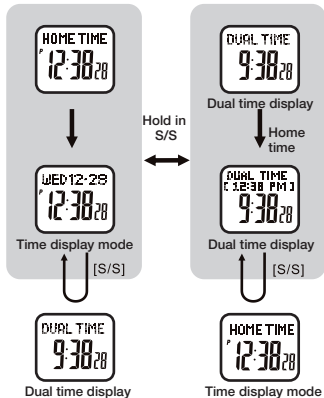
- Shows day, date and time.

### Dual time display

- Shows dual time and normal time.

### How to change display from home time to dual time

- Press [ST/STP] in time display mode to display dual time for a few seconds.
- Press [ST/STP] in time display mode to display normal time for a few seconds.
- Hold in [ST/STP] to permanently change from normal time to dual time.



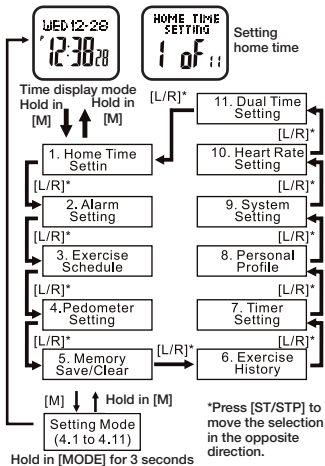
## 6. Quick set mode

The following setup options are available:

1. Normal time
2. Alarm
3. Exercise schedule
4. Pedometer
5. Memory save/clear
6. Exercise history
7. Timer
8. Personal profile
9. System setting
10. Heart rate setting
11. Dual time

### Selecting a setting

- In normal time display mode, hold in [MODE] to advance to the setting selection.
- Press [LAP/RESET] or [ST/STP] to navigate through the various settings, from 1 to 11.
- When the target setting is displayed, press [MODE] to enter that setting.
- Hold in [MODE] for 1 sec to exit the setting. Hold in [MODE] for 3 sec to exit the settings mode and return to normal time display mode.

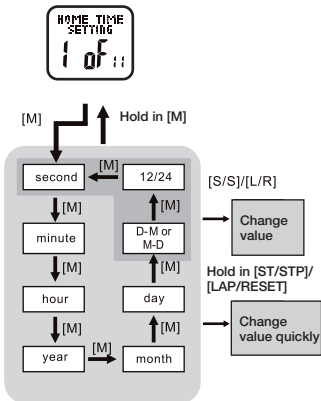




## 6.1 Quick set mode 1 of 11 – Time display

### Setting the time

- In quick set mode 1 of 11, press [MODE] to enter the settings display.
- Press [MODE] to move the flashing setting.
- When the seconds digits start flashing, press [ST/STP] or [LAP/RESET] to reset them to zero.
- When one of the settings (minute, hour, month, date) is flashing, press [ST/STP] or [LAP/RESET] to change the value. Hold in [ST/STP] or [LAP/RESET] to change the value quickly.
- When 12/24 hour clock format or D-M or M-D format has been selected, press [ST/STP] or [LAP/RESET] to select the setting.
- When the settings have been completed, hold in [MODE] to exit the settings display.



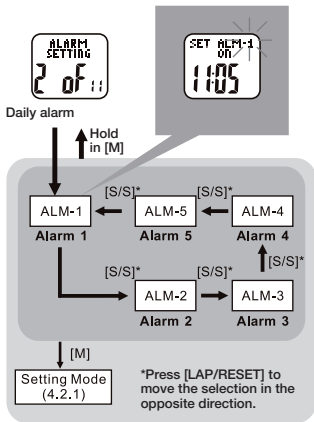
## 6.2 Quick set mode 2 of 11 – Daily alarm display

### Daily alarm

- This watch has 5 daily alarms.
- When the daily alarm is enabled, the watch will beep every day for 30 seconds at the set time.
- When the alarm beeps, it can be turned off by pressing any of the buttons.

### How to view the different daily alarms

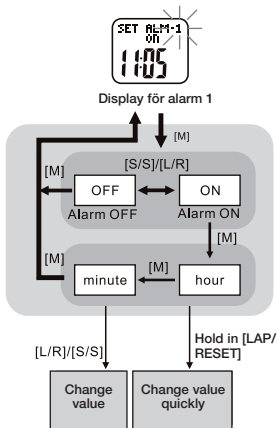
- In quick set mode 2 of 11, press [MODE] to enter the settings display.
- Press [LAP/RESET] or [ST/STP] to navigate through the various settings, from 1 to 5.



## 6.2.1 Quick set mode 2 of 11 – Daily alarm display

### How to set the daily alarms

- In Alarm 1 display, press [MODE] to enter the setting mode for alarm 1.  
**NB:** Set alarm 2, 3, 4 or 5 in the same way, as instructed below.
- Press [ST/STP] or [LAP/RESET] to enable (ON) or disable (OFF) the daily alarm.  
**NB:** The daily alarm indicator is always shown on the display when the daily alarm is activated.
- If ON is selected, press [MODE] to enter the hours and minutes setting.
- Press [ST/STP] or [LAP/RESET] to change the setting (hold in the button to change value more quickly).
- When the settings have been completed, hold in [MODE] to exit the settings display.



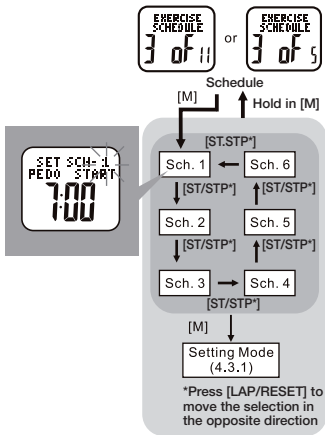
## 6.3 Quick set mode 3 of 11 – Exercise schedule display

### Exercise schedule setting (auto start/stop)

- This watch has 6 schedules for starting and stopping the exercise mode automatically.
- Example: If you want to start the function at 07:00 and stop it automatically at 08:00, you must set a schedule (e.g. SCH-1) for the start and another (e.g. SCH-2) for the stop.

### How to view the different exercise schedules

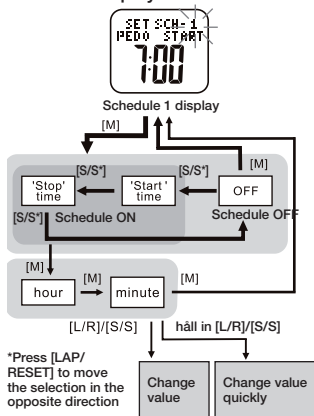
- In quick set mode 3 of 11 or 3 of 5, press [MODE] to enter the settings display.
- TIP:** You can enter the display from setting 3 of 5 by holding in [MODE] in the exercise mode and pressing [ST/STP] or [LAP/RESET] to select it.
- Press [ST/STP] or [LAP/RESET] to view the schedule from the options Schedule 1 to Schedule 6. Refer to the diagram on the left.



### 6.3.1 Quick set mode 3 of 11 – Exercise schedule display

#### How to set the exercise schedule

- In Schedule 1 display, press [MODE] to enter the setting mode for schedule 1.
- **NB:** Set schedule 2, 3, 4 or 5 in the same way, as instructed below.
- Press [ST/STP] or [LAP/RESET] to select from OFF, START and STOP.
- **OFF:** The schedule will be turned off.
- **START:** The exercise mode will start automatically at the scheduled time.
- **STOP:** The exercise mode will stop automatically at the scheduled time.
  
- If START or STOP is selected, press [MODE] to enter the hours and minutes setting.
- Press [ST/STP] or [LAP/RESET] to change the setting (hold in [ST/STP] or [LAP/RESET] to change value more quickly).
- When the settings have been completed, hold in [MODE] to exit the settings display.



\*Press [LAP/RESET] to move the selection in the opposite direction

\*\*Either a start time or a stop time can be set for a schedule

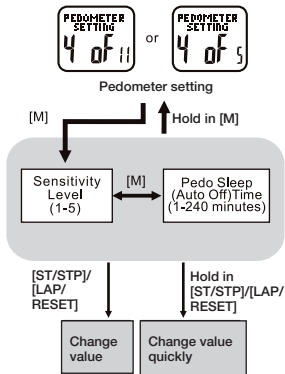
## 6.4 Quick set mode 4 of 11 – Pedometer setting

### Pedometer setting (sensitivity level and sleep time)

- Sensitivity Level: Adjusts the pedometer to the user's walking or running.
- Sleep Time: Sets the waiting time for the pedometer before it enters the Sleep Mode when NO step is detected.

### How to set the sensitivity and sleep time

- In quick set mode 4 of 11 or 4 of 5, press [MODE] to enter the settings display.  
**TIP:** You can enter the display from setting 4 of 5 by holding in [MODE] in the exercise mode and pressing [ST/STP] or [LAP/RESET] to select it.
- Press [MODE] to move the flashing setting.
- Press [ST/STP] or [LAP/RESET] to change the setting (hold in [ST/STP] or [LAP/RESET] to change value more quickly).
- **TIP:** Determine the most suitable sensitivity level by starting to walk or run to start the beeping (the first three beeps will not be audible). Select the current level if the pedometer beeps at the same pace as your walking or running. If it does not, try another level setting.
- When the settings have been completed, hold in [MODE] to exit the settings display.



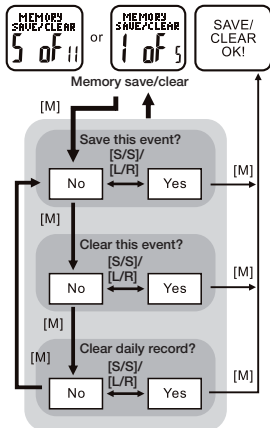
## 6.5 Quick set mode 5 of 11 – Memory save/clear setting

### Which information can be cleared/saved?

- **Save/Clear this Event:** Save or clear exercise information from the current exercise session. All exercise information saved on the same day will be accumulated into a daily record.
- **Clear Daily Record:** Clear the daily record for the current day.

### How to clear/save the exercise information and clear the daily record

- In quick set mode 5 of 11 or 1 of 5, press [MODE] to enter the settings display.  
**TIP:** You can enter the display from setting 1 of 5 by holding in [MODE] in the exercise mode and pressing [ST/STP] or [LAP/RESET] to select it.  
**NB:** If no exercise information has been acquired, the save this event or clear this event display will NOT be shown.
- Press [ST/STP] or [LAP/RESET] to select either YES or NO. Press [MODE] when the display shows YES to confirm whether or not you wish to save or clear.
- Press [MODE] to move the selection when the display shows NO.
- When the settings have been completed, hold in [MODE] to exit the settings display.



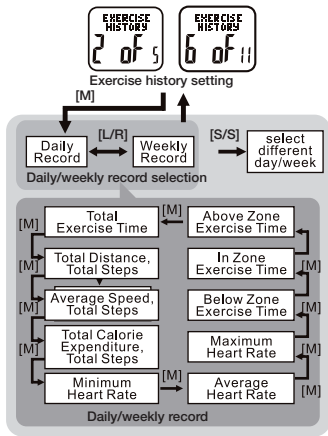
## 6.6 Quick set mode 6 of 11 – Exercise history recall

### Which information can be recalled?

- **Daily Record:** The daily record of the current day and the last consecutive 7 days.
- **Weekly Record:** The weekly record of the last consecutive 10 weeks.  
**NB:** The contents of a daily or weekly record are shown in the diagram on the left.

### How to recall the daily/weekly record

- In quick set mode 6 of 11 or 2 of 5, press [MODE] to enter the settings display.
- **TIP:** You can enter the display from setting 2 of 5 by holding in [MODE] in the exercise mode and pressing [ST/STP] or [LAP/RESET] to select it.
- Press [LAP/RESET] to select daily or weekly record. When you have selected the type of record, press [ST/STP] to select days or weeks.
- When a target day or week is displayed, press [MODE] to recall the exercise information.
- When you have finished viewing the history, hold in [MODE] to exit the display.





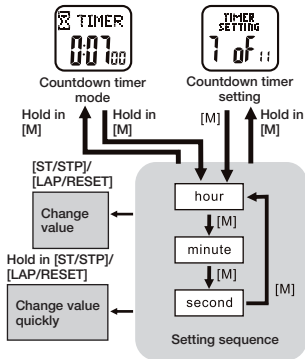
## 6.7 Quick set mode 7 of 11 – Countdown timer setting

### Countdown timer setting

- Set the target time for the timer by using this setting.
- The target time can be set up to 23 hours, 59 minutes and 59 seconds.

### How to set the countdown timer

- In quick set mode 7 of 11, press [MODE] to enter the settings display.  
Or:
- In countdown timer display mode, hold in [MODE] to enter the settings display.  
**NB:** The timer cannot be set if it is already counting down, you will be redirected to the countdown time mode instead.
- Press [MODE] to move the flashing setting.
- Press [ST/STP] or [LAP/RESET] to change the setting (hold in [ST/STP] or [LAP/RESET] to change value more quickly).
- When the settings have been completed, hold in [MODE] to exit the settings display.



## 6.8 Quick set mode 8 of 11 – Personal profile setting

### Personal profile setting

- Enter you personal profile (gender, unit, weight, walking and running stride length and age) using this setting.

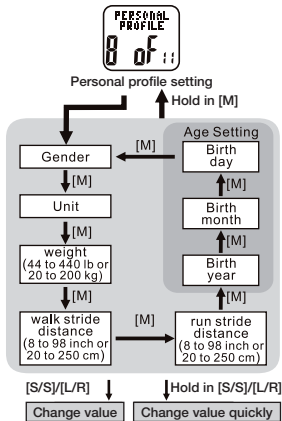
**IMPORTANT:** Set the personal profile settings before using the watch, otherwise some of the exercise functions will not work properly.

### How to set the personal profile

- In quick set mode 8 of 11, press [MODE] to enter the settings display.
- Press [MODE] to move the flashing setting.
- Press [ST/STP] or [LAP/RESET] to change the setting (hold in [ST/STP] or [LAP/RESET] to change value more quickly).

**TIP:** Walk/run a measured distance (e.g. 100 m) and count how many steps it takes you to cover that distance (e.g. 200 steps). Your average stride length can thus be worked out:  $100 \div 200 = 0.5$  m or 50 cm

- When the settings have been completed, hold in [MODE] to exit the settings display.



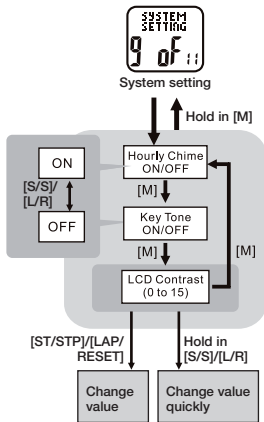
## 6.9 Quick set mode 9 of 11 – System setting

### System setting

- Enter your personal preferences for hourly chime, key tone and LCD contrast using this setting.

### How to set the system

- In quick set mode 9 of 11, press [MODE] to enter the settings display.
- Press [MODE] to move the flashing setting.
- When ON or OFF for the hourly chime flashes, press [ST/STP] or [LAP/RESET] to activate or deactivate the function.  
**NB:** The hourly chime indicator is always shown on the display when the hourly chime is activated (ON). The chime will beep once every hour on the hour, i.e. at 01:00, 02:00, 03:00, etc.
- When the LCD contrast setting flashes, press [ST/STP] or [LAP/RESET] to change the setting (hold in [ST/STP] or [LAP/RESET] to change value more quickly).
- When the settings have been completed, hold in [MODE] to exit the settings display.



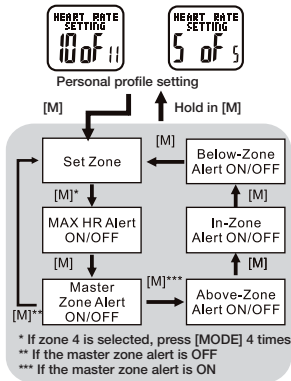
## 6.10 Quick set mode 10 of 11 – Heart rate setting overview

### Heart rate zone setting

- Read the information about the heart rate zone in chapter 9.4.3.1 and 9.4.3.2 before making settings.
- **Set Zone:** To select one of 4 heart rate zones for the zone alert.
- **Maximum Heart Rate Alert:** To activate/deactivate the maximum heart rate alert.
- **Master Zone Alert:** The main zone alert setting when the heart rate is higher than, within or lower than the selected zone.
- **Above-Zone Alert:** To activate/deactivate the alert when the heart rate is higher than the selected zone.
- **In-Zone Alert:** To activate/deactivate the alert when the heart rate is within the selected zone.
- **Below-Zone Alert:** To activate/deactivate the alert when the heart rate is lower than the selected zone.

### How to select the settings display

- In quick set mode 10 of 11 or 5 of 5, press [MODE] to enter the settings display.
- TIP:** You can enter the settings display from the quick set setting 5 of 5 by holding in [MODE] in the exercise mode and pressing [ST/STP] or [LAP/RESET] to select it.
- Press [MODE] to move the selection from one of the 6 settings to the next.



- Hold in [MODE] to exit the setting.

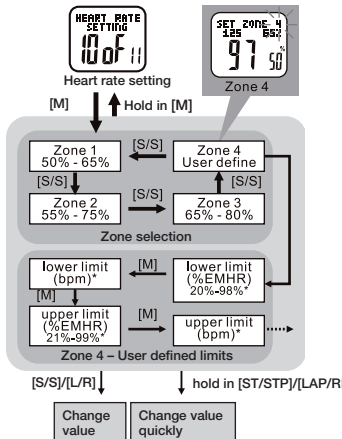
## 6.10.1 Quick set mode 10 of 11 – Heart rate zone setting

### How to set the heart rate zone

- In quick set mode 10 of 11, press [MODE] to enter the settings display.
- WARNING:** Consult your doctor or trainer prior to setting the heart rate alert zone before a strenuous exercise session.
- Press [ST/STP] or [LAP/RESET] to select zone from zone 1 to 4.
- The upper and lower limits for zones 1, 2 and 3 are shown in the diagram on the left. The limits for zone 4 can be defined by the user.
- The zone alert will be triggered when the limits of the displayed/selected zone are reached.

### How to set the limits for zone 4

- When zone 4 has been selected, press [MODE] to enter the settings mode for the upper and lower limits.
- When one of settings flashes, press [ST/STP] or [LAP/RESET] to change the value of the setting (hold in [ST/STP] or [LAP/RESET] to change value more quickly). **NB:** \* It is not possible to enter a limit outside the measuring range, i.e. 40 to 240 beats per minute (bpm) or equivalent percentage max heart rate (% EMHR).
- When the settings have been completed, hold in [MODE] to exit the settings display.

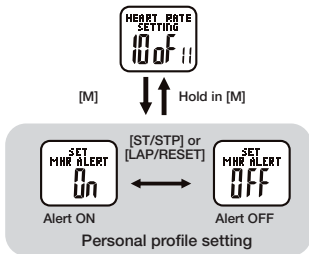


## 6.10.2 Quick set mode 10 of 11 – Max heart rate zone alert ON/OFF

### How to switch the maximum heart rate zone alert ON/OFF

- In the quick set mode 10 of 11, press [MODE] until SET MHR ALERT appears.
- Press [ST/STP] or [LAP/RESET] to activate or deactivate the alert.
- When the settings have been completed, hold in [MODE] to exit the settings display.

**NB:** You should read the information in chapter 9.4.3.2 about the above maximum heart rate alert mode.



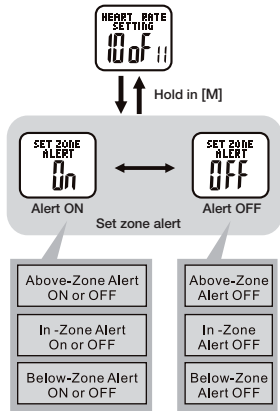
### 6.10.3 Quick set mode 10 of 11 – Heart rate zone alert ON/OFF

#### Heart rate zone alert setting

- Turning OFF this setting will turn off the Above-Zone, In-Zone and Below-Zone alerts entirely.
- In order to be able to activate the Above-Zone, In-Zone or Below-Zone alerts, this setting must be turned ON.

#### How to switch the zone alert ON/OFF

- In the quick set mode 10 of 11, press [MODE] until SET ZONE ALERT appears.
- Press [ST/STP] or [LAP/RESET] to activate or deactivate the alert.
- When the settings have been completed, hold in [MODE] to exit the settings display.



## 6.10.4 Quick set mode 10 of 11 – Individual heart rate zone alert ON/OFF

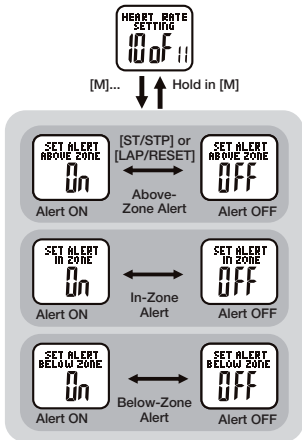
### How to switch the Above/IN/Below zone alert ON/OFF

- In quick set mode 10 of 11, press [MODE] until SET ALERT ABOVE ZONE, SET ALERT IN ZONE or SET ALERT BELOW ZONE appears.

**NB:** 6.10.3 SET ZONE ALERT MUST be activated (ON), otherwise this setting will not be shown.

- Press [ST/STP] or [LAP/RESET] to activate or deactivate the alert.
- When the settings have been completed, hold in [MODE] to exit the settings display.

**NB:** Read the information in chapter 9.4.3.2 about the heart rate zone alert.





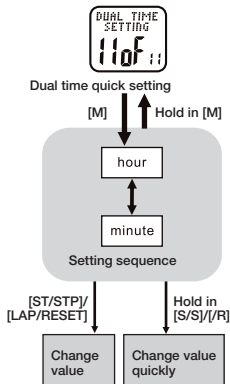
## 6.10.5 Quick set mode 11 of 11 – Dual time setting

### Dual time setting

- Set the time for a second time zone using this setting.

### How to set the dual time

- In quick set mode 11 of 11, press [MODE] to enter the settings display.
- Press [MODE] to move the flashing setting.
- Press [ST/STP] or [LAP/RESET] to change the setting (hold in [ST/STP] or [LAP/RESET] to change value more quickly).
- When the settings have been completed, hold in [MODE] to exit the settings display.



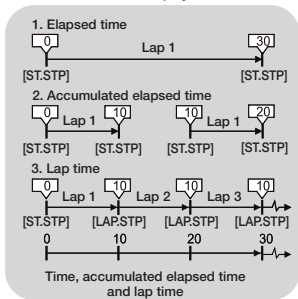
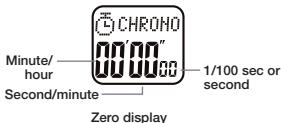
# 7. Chronograph mode - overview

## Chronograph mode overview

- This watch features a chronograph that can measure elapsed time, accumulated elapsed time and lap time.
- Measuring unit: 1/100 second or 1 second (after the first hour).
- Measuring range: 23 hours, 59 minutes, 59 seconds.
- Lap memory: Up to 50 laps.

## Chronograph display

- When the chronograph mode has been selected the display will show the following:
- Counting: For the first hour (59 min, 59.99 sec) the display will show minutes, seconds and 1/100 seconds. Thereafter, only hours, minutes and seconds will be shown.
- Stop counting: The current lap time and the accumulative elapsed time will appear on the display.
- Lap display: The current lap number and the lap time will be displayed for a few seconds.



## 7.1 Chronograph mode – using the chronograph

### How to measure elapsed time

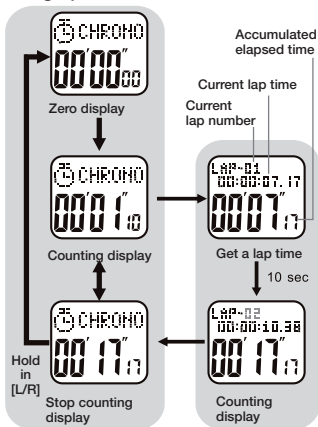
- Press [ST/STP] to start counting.  
Press [ST/STP] to stop counting.

### How to get a lap time

- Press [LAP/RESET] to get a lap time (lap display) when the chronograph is counting.  
In lap display:
  - The lap number appears on the top row.
  - The lap time appears on the second row.
  - The accumulated elapsed time appears on the third row.
- The counting display will return automatically after 10 seconds.
- Repeat the above button operations to get another lap time.

### How to reset the chronograph

- Hold in [LAP/RESET] when the chronograph is stopped to reset it to zero.  
**NB:** Resetting the chronograph will clear all stored lap records.

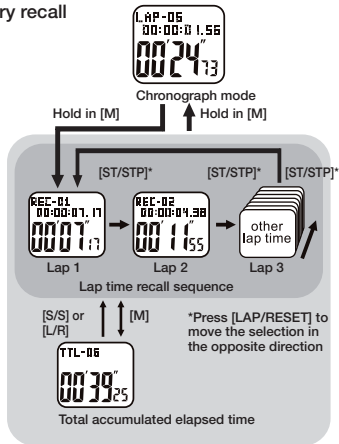


## 7.2 Chronograph mode – lap memory recall

### How to recall lap memory

- To enter the recall display, hold in [MODE] in the chronograph mode.
- Press [ST/STP] or [LAP/RESET] to view the lap times on at a time.
- Press [MODE] to switch the display between Total accumulated elapsed time and Lap time recall sequence.
- When you are finished, hold in [MODE] to exit the memory recall display.

**NB:** The memory recall display will not be shown if no lap time has been recorded.



## 8. Countdown timer mode – using the timer

### Countdown timer function overview

- The measurement unit of the timer is 1 second.
- The target time can be set up to 23 hours, 59 minutes and 59 seconds.

### How to set the countdown timer

- Set the target time, refer to chapter 4.7 for details.

### How to measure the countdown time

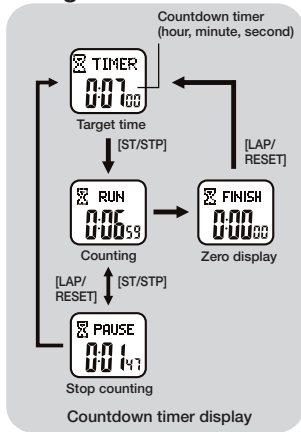
- Press [ST/STP] to start counting. Press [ST/STP] to stop counting.

### Audio signals (Beeps)

- The watch will beep at these times during the countdown:
  - 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 minute(s)
  - 50, 40, 30, 20, 10 seconds
  - 5, 4, 3, 2, 1 second(s)
- At 0 seconds, the watch will beep for 10 seconds.

### How to reset the timer

- Hold in [LAP/RESET] to reset the timer to the set target time after it has counted down.



## 9. Exercise mode - overview

### Exercise mode overview

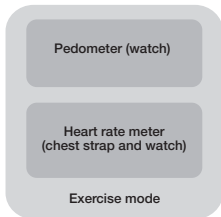
- The exercise mode employs two devices – pedometer and heart rate meter – to gather information during an exercise session.

### Pedometer

- Walking/Running steps
- Speed
- Distance
- Exercise time
- Calorie burn for the exercise
- Daily and weekly record of the above information

### Heart rate meter

- Heart rate (bpm) and percentage maximum heart rate (%EMHR)
- Maximum/Average/Minimum heart rate
- Zone Alert (maximum heart rate, above-zone, in-zone and below-zone)
- Exercise time (above-zone, in-zone and below-zone)
- Calorie burn for the exercise
- Daily and weekly record of the above information



### TIP:

You can use the watch alone, with just the pedometer function activated. In this case, no heart rate information or exercise information will be saved for that exercise session.

## 9.1 Exercise mode – tips for a healthier lifestyle

### Tips for a healthy lifestyle

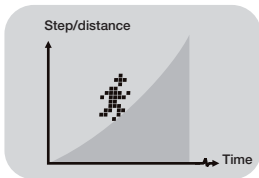
- General advice for a healthy lifestyle:
- Make sure you get enough sleep
- Socialize with other people
- Do more exercise
- Go for a walk every day
- Eat a balanced diet

### How to increase your number of walking steps

- It is believed that walking is beneficial to one's health. Here are some suggestions as to how you might increase your number of steps.
  - Get off the bus a stop earlier or park your car a little further away from the office and walk the rest of the way.
  - Get into the habit of walking every day.
  - Listen to music whilst you walk or walk with a friend.

**IMPORTANT:** Pay attention to your surroundings if you use headphones whilst walking/running.

- Set a goal (number of miles/week) for your exercise.



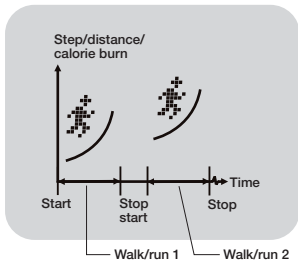
## 9.1.1 Exercise mode - pedometer

### Pedometer

- The watch contains an advanced pedometer for helping the user reach his/her fitness goal.
- The information includes distance, speed, exercise time, calorie burn for walking or running. The information can be read directly off the display or saved onto the memory.

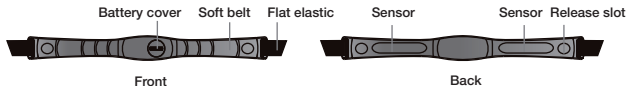
### How to achieve your goal using the pedometer

- To achieve the goal of walking/running 10 km (6 miles) every week:
- Turn the pedometer to exercise mode every time you exercise. The record of information will let you see how far you have travelled both on a day to day basis and weekly basis.
- To achieve the goal of exercising 3 times a week: Turn the pedometer to exercise mode every time you exercise. The record of information will let you see how much time you have exercised both on a day to day basis and weekly basis.





## 9.2 Exercise mode – tips for heart rate measurement



### Heart rate chest strap

- This watch comes with a chest strap for measuring heart rates.
- When you wear the chest strap whilst exercising you will continually be provided with information such as current, maximum, lowest and average heart rate.

### Precautions/Tips

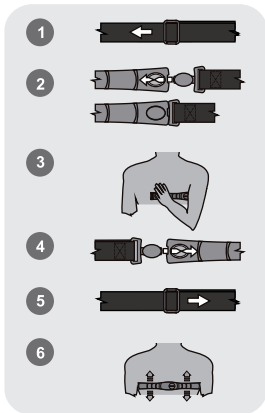
- There are two sensors on the back of the strap. Both sensors must be firmly in contact with the skin of the user during measurement.
- DO NOT use the heart rate meter whilst diving or swimming under water.
- Clean the sensors using a few drops of water and a paper towel to remove any residue grease.
- DO NOT use hand cream, it will create a barrier between your skin and the sensors. Clean your skin using soap and water for optimum signal transfer.
- If you have extremely dry skin, a little water or conductive gel might help signal transfer.
- Adjust the chest strap using the elastic band until it is firmly in place and does not come off when you exercise.
- Avoid advanced movements during the heart rate measurement, otherwise errors might occur.

## 9.2.1 Exercise mode – wearing the chest strap

### How to wear the chest strap

- Follow the following steps for wearing the chest strap.
  - Lengthen the elastic so that the chest strap fits loosely round your chest.
  - Fasten the flat elastic onto one end of the strap with the sensors on it. Make sure that it is securely in place.
  - Hold the chest strap in place with one hand.
  - Use your other hand to fasten the other end of the elastic onto the other end of the chest strap.
  - Tension the elastic so that the chest strap fits comfortably round your chest.
  - Adjust the chest strap so that the two sensors are in contact with your skin.
- **IMPORTANT:** DO NOT wear the chest strap over clothing, otherwise your heart rate signal will not be read.

**TIP:** In dry weather, it can help to moisten the sensors with a little water to improve signal transmission.



## 9.3 Exercise mode – turning the exercise function ON/OFF

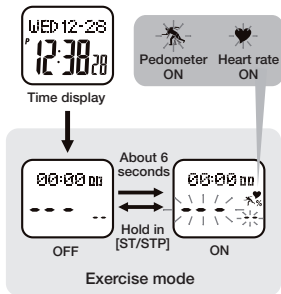
### How to activate/deactivate the exercise function

The pedometer and the heart rate meter are automatically turned ON when the exercise mode is selected. Alternatively you can hold in [ST/STP] to turn the function OFF immediately.

- The pedometer will turn itself off automatically if no step has been recorded for a set time (sleep time).
- Heart rate measurement ceases automatically if no pulse is recorded for a period of 2 minutes.
- If no steps are detected and no heart rate is recorded, the exercise function can be turned off by entering the home time mode.
- If the settings mode is selected, the exercise mode shuts off automatically.

#### TIP:

- The chest strap MUST be secured onto the user's chest/wrist before heart rate measurements and step counting can take place.



## 9.3.1 Exercise mode – Exercise information and heart rate reading

### Exercise information (top row)

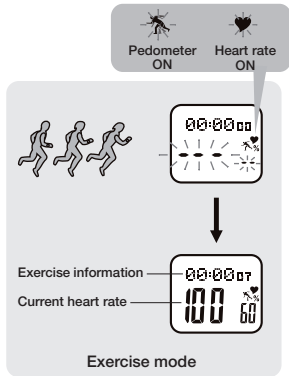
- Once the exercise function is ON (assuming that the user is walking/running) the watch will estimate the information about the walk or run.
- The information generated by the pedometer and heart rate meter can be read directly from the top row of the display or saved into record.
- Further details of the exercise information can be found in chapter 9.4.

### Save/clear current exercise information

- When the exercise session is over the acquired exercise information can be saved into the daily record or cleared.
- Refer to chapter 9.5 for details on how to save or clear exercise information.

### Current heart rate reading (bottom row)

- If the chest strap is worn, the current heart rate and the percentage of estimated maximum heart rate can be read from the bottom row of the display.
- These two readings will be continuously updated on the display during the exercise session.



### 9.3.2 Exercise mode – current heart rate reading



#### Percentage estimated maximum heart rate

EMHR = 220 – your age.

**Example:** Tom is 53 years old. What is his maximum heart rate?

EMHR = 220 – 53 = 167.

**NB:** The watch can calculate the EMHR of user up to the age of 100.

#### Percentage of estimated maximum heart rate (%EMHR)

% EMHR = the acquired heart rate /  
EMHR x 100 %

**Example:** What is Tom's %EMHR if he has a heart rate of 100?

% EMHR = 100 / 167 X 100 % = 60 %

- When you exercise, your heart pumps your blood around your body faster due to the increased energy level.
- The exercise mode shows the current heart rate in terms of:
  - Heart rate (e.g. 100): The number of heart beats per minute (bpm).
  - Percentage of estimated maximum heart rate (e.g. 60%): The percentage of the acquired heart rate with respect to the estimated maximum heart rate.

#### Percentage of estimated maximum heart rate

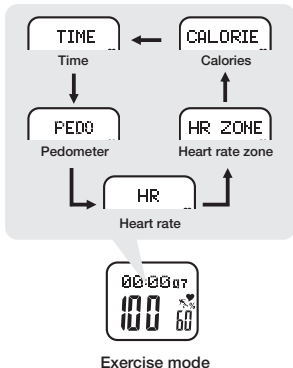
- This is a useful figure for analysing the cardiovascular fitness of a person.
- This figure can be used to define a heart rate zone for endurance training.
- Consult your doctor about the implications of the percentage maximum heart rate.

**NB:** You MUST enter your age and gender first, otherwise the figures will not alter. Chapter 6.8 contains details of how to set your age and gender.

## 9.4 Exercise mode – 5 exercise information displays

### Exercise information

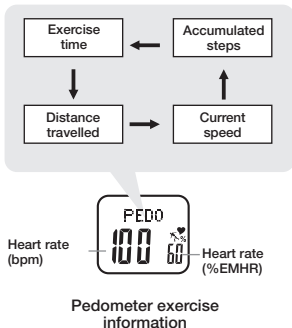
- The exercise mode has 5 different displays for showing the exercise information. They are:
  - Pedometer
  - Heart rate
  - Heart rate zone
  - Calories
  - Time
- Press [MODE] to view different exercise information on the top row of the display.



## 9.4.1 Exercise mode – pedometer exercise information

### How to view pedometer exercise information

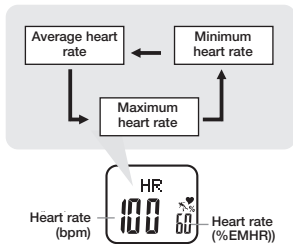
- In exercise mode, press [MODE] until you come to the pedometer display.
- Press [ST/STP] to view the below information (for the current exercise session) on the display:
  - Exercise time
  - Distance
  - Current speed
  - Accumulated steps
- These readings will be continuously updated on the display during the exercise session.



## 9.4.2 Exercise mode – heart rate information

### How to view different heart rate information

- In exercise mode, press [MODE] until you come to the heart rate display.
- Press [ST/STP] to view the below heart rate information (for the current exercise session) on the display:
  - Average heart rate
  - Maximum heart rate
  - Minimum heart rate
- These readings will be continuously updated on the display during the exercise session.



Heart rate exercise information



## 9.4.3 Exercise mode – heart rate zone information

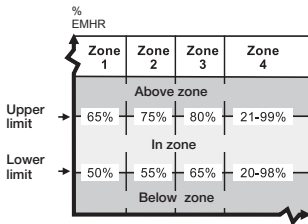
### What is a heart rate zone?

- In order to achieve certain goals (e.g. fat burn) you need to keep your heart rate (exercise pace) within a certain heart rate zone during the exercise session.

**WARNING:** Consult your doctor or trainer prior to setting the heart rate zone alert before a strenuous exercise session.

### How to select a zone (for the zone alert)

- This watch has three preset heart rate zones (zone 1, 2 and 3) and one zone that you can set yourself (zone 4).
- The upper and lower limits of these zones are shown in the diagram on the left. Chapter 6.10.1 has details about how to select a zone.



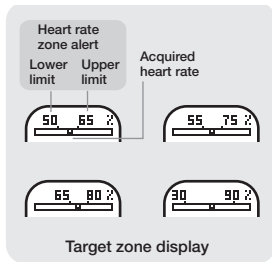
Heart rate exercise information

### 9.4.3.1 Exercise mode – selected heart rate zone information

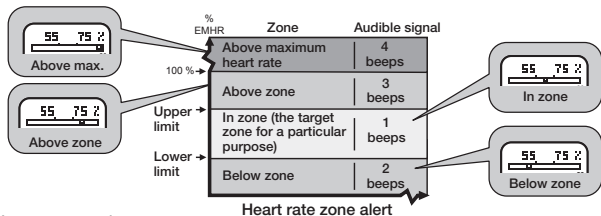
#### How to know which zone is selected

- The target zone display shows the zone limits for the selected zone (for zone alert).
- Thus you can see from the display which zone has been selected.

**NB:** \* The upper and lower limits for zone 4 depend on your personal settings.



### 9.4.3.2 Exercise mode – heart rate zone and alert information



#### Heart rate zone alert

- This watch has 4 different zone alerts:
  1. Above 100% of maximum heart rate
  2. Above zone
  3. In zone
  4. Below zone
- Chapter 6.10 has information about how to activate or deactivate each alert.

#### Example:

- When a heart rate zone (e.g. zone 2: 55% to 75%) is selected:
- If the acquired heart rate is over 100%, the Above Maximum Alert will be activated.
- If the acquired heart rate is over 75%, the Above Zone Alert will be activated.
- If the acquired heart rate is over 55% but under 75%, the In Zone Alert will be activated.
- If the acquired heart rate is under 55%, the Below Zone Alert will be activated.

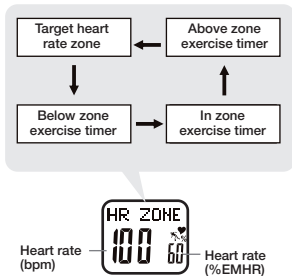
### 9.4.3.3 Exercise mode – heart rate zone exercise information

#### How to view heart rate zone exercise information

- In exercise mode, press [MODE] until you come to the heart rate zone display.  
**NB:** The exercise timer that corresponds to the current heart rate will be shown automatically when the Heart rate zone information display is selected.

If for example, zone 2 (55% to 75% max heart rate) is selected for the heart rate zone alert, the Below Zone Exercise Timer) will automatically be shown if the current heart rate falls below the limits (e.g. 40% EMHR).

- Press [ST/STP] to view the below heart rate zone information (for the current exercise session) on the display:
  - Target heart rate zone – the heart rate zone that has been selected for the zone alert.
  - Above zone exercise timer.
  - In zone exercise timer.
  - Below zone exercise timer.
  - These readings will be continuously updated on the display during the exercise session.

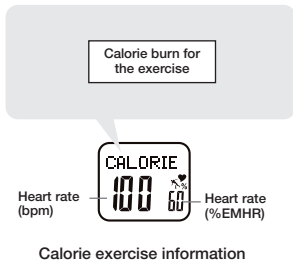


Heart rate zone exercise information

## 9.4.4. Exercise mode – calorie exercise information

### How to view calorie exercise information

- In exercise mode, press [MODE] until you come to the calorie display.
- Information about the calorie burn during the current exercise session will be shown on the display.
- This reading will be continuously updated on the display during the exercise session.



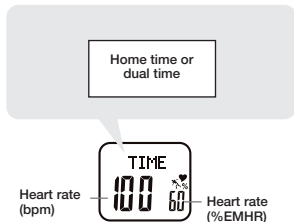
## 9.4.5. Exercise mode – time exercise information

### How to view the time

- In exercise mode, press [MODE] until you come to the time display.
- The home time or dual time is shown on the display.

### NB:

- The display shows home time if the exercise mode is entered via the home time display.
- The display shows dual time if the exercise mode is entered via the dual time display.



Current time sub-function

## 9.5. Exercise mode – current exercise information and daily/weekly record

Function	Contents	Current Exercise Info	Daily or Weekly Record
Pedometer (9.4.1)	Exercise timer	Accumulated exercise time	Total exercise time (per day/week)
	Distance	Accumulated distance	Total distance (per day/week)
	Speed	Current speed	Average speed (per day/week)
	Step counter	Accumulated steps	Total steps (per day/week)

Function	Contents	Current Exercise Info	Daily or Weekly Record
Heart rate (9.4.2)	Current heart rate	Current heart rate	-
	Maximum heart rate	Maximum heart rate	Max heart rate (per day/week)
	Average heart rate	Average heart rate	Average heart rate (per day/week)
	Minimum heart rate	Minimum heart rate	Min heart rate (per day/week)

Function	Contents	Current Exercise Info	Daily or Weekly Record
Heart rate zone (9.4.3)	Target heart rate zone	Current heart rate bar and the upper and lower limits of the selected zone	-
	Above Zone heart rate timer	Above zone exercise time	Total exercise time above zone (per day/week)
	In Zone heart rate timer	In Zone exercise time	Total exercise time In Zone (per day/week)
	Below Zone heart rate timer	Below Zone exercise time	Total exercise time Below Zone (per day/week)

Function	Contents	Current Exercise Info	Daily or Weekly Record
Calories (9.4.4)	Calorie burn for the exercise	Current calorie burn	Total calorie burn (per day/week)



## 9.5.1 Exercise mode – how exercise information is organized

### Daily record

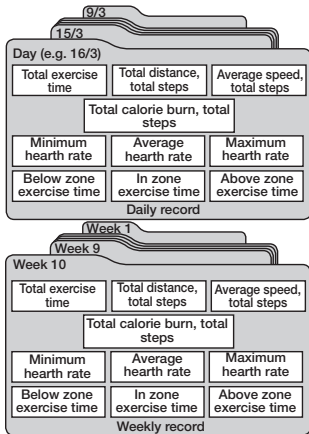
- All exercise information saved on the same day will be accumulated into a daily record.
- The watch saves the daily record of the current day and the last consecutive 7 days. If, for example, the current day is 16/3 (16 Mar 07), the following daily records will also be saved: 15/3, 14/3, 13/3, 12/3, 11/3, 10/3 and 9/3.

### Weekly record

- Each week the daily records from Sunday to Saturday are automatically compiled into a weekly record.
- The weekly records from the past 10 weeks are saved in the watch. If, for example, the current day is 16 March 07 (W11), the weekly records of the following weeks will also be stored: W10, W9, W8, W7, W6, W5, W4, W3, W2 and W1 (assuming the year goes from W1 to W52).

### How to delete an exercise record

- The oldest record will be deleted when a new daily or weekly record is acquired if all the 7 daily and 10 weekly record slots are occupied.



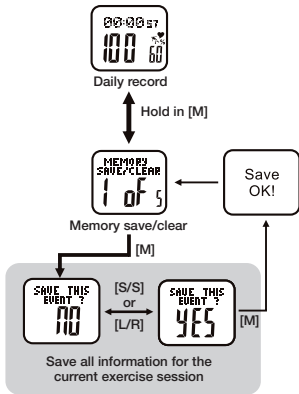
## 9.5.2 Exercise mode – saving exercise information

### How to save information for the current exercise session

- Hold in [MODE] whilst in any of the exercise information displays to show the Setting 1 of 5.
- Press [MODE] in Setting 1 of 5 to enter the **Save This Event** display.
- Press [ST/STP] or [LAP/RESET] to select either **YES** or **NO**.
- Press [MODE] in the YES display to save ALL the sub-function display information.

#### NB:

- If no exercise information has been acquired, the Save This Event display will NOT be shown.
- Once the current exercise information has been saved, the Exercise Information display will be reset and get ready for a new exercise session.
- Chapter 6.6 has details about how to view the saved daily or weekly exercise information.



## 9.5.2.1 Exercise mode – saving/updating heart rate

### How to save heart rate information

- When the exercise session is over, the information can be saved manually into a daily record.
- If it is not saved manually, the information (maximum, minimum, average heart rate) is saved automatically.
- The heart rate information from the previous exercise session is automatically saved into the daily record when the first heart rate is acquired during the subsequent exercise session.

### How heart rate information is updated

- When exercise information is saved in the daily or weekly record, the maximum, minimum, average heart rate is updated into the record according to the diagram on the left.

**NB:** When calculating the average heart rate the exercise time is also taken into account.

Heart rate daily/weekly record	Original daily record	Latest exercise session	New daily record	Principles
Average	80	90 →	95	take average
Minimum	60	50 →	50	the lowest
Maximum	100	130 →	130	the highest

### Daily/weekly heart rate record update

→ The exercise information is saved into a daily record

### 9.5.3. Exercise mode – clearing current exercise information

#### How to clear particular information for the current exercise session

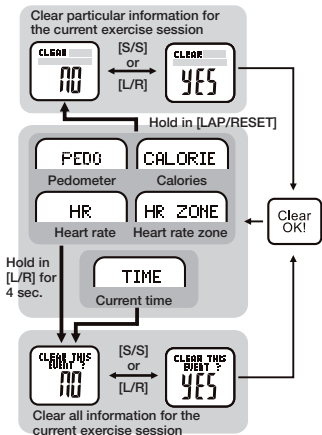
- Hold in [LAP/RESET] whilst in the Target Display until “Clear” is shown on the display:
- Press [ST/STP] or [LAP/RESET] to select either **YES** or **NO**. Press [MODE] in the YES Display to clear the corresponding exercise information.

#### How to clear ALL information for the current exercise session

- Hold in [LAP/RESET] in any of the Exercise Information Displays for more than 4 seconds or hold in [LAP/RESET] in the Time Display to show the “Clear this Event” Display.
- Press [ST/STP] or [LAP/RESET] to select either **YES** or **NO**. Press [MODE] in the YES Display to clear the ALL exercise information.

#### How to clear the daily record

- Chapter 6.5 has details of how one clears the current day’s daily record.

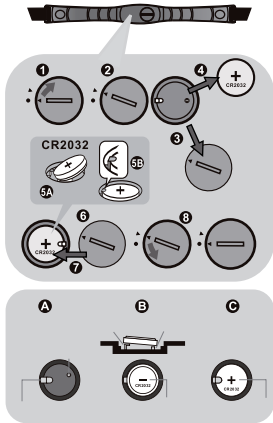


## 9.6 Exercise mode – changing the chest strap battery

If the chest strap stops transmitting heart rate information to the watch (no heart rate reading shown on watch) it might be because the battery in the chest strap needs replacing.

### How to replace the chest strap battery

1. Turn the battery cover anticlockwise using a coin until the arrow on the cover points to the arrow instead of the dot.
2. Turn the cover a little more until it pops out.
3. Put aside the battery cover.
4. Remove the old battery.
5. Replace the battery with a new battery with the + facing upward.
6. **IMPORTANT:** Make sure that the rubber o-ring is correctly seated before replacing the battery cover.
7. Replace the battery cover with the arrows pointing toward each other. Carefully press down on the cover until it is the same level as the casing.
8. Turn the battery cover clockwise using a coin until the arrow on the cover points to the dot.



## 9.7 Exercise mode – chest strap troubleshooting

### 1) **Problem: Dry skin**

Solution: Moisten the contact area using conductive gel or saliva. Water works too, if you don't have any conductive gel.

### 2) **Problem:** The chest strap does not fit around my chest properly.

Solution: Tighten the chest strap and make sure the watch is securely fastened to your wrist.

### 3) **Problem:** Muscle spasms caused by the chest strap being too tight.

Solution: Loosen the chest strap a little.

### 4) **Problem:** Dead skin on my wrist

Solution: It is usually suffices to rub your wrist with a towel.

### 5) **Problem:** A thin layer of grease on my skin is insulating the EKG signal and the chest strap sensor cannot receive a signal.

Solution: Wipe your chest and the back of the chest strap using a paper towel or soft towel.

### 6) **Problem:** Hairy chest

Solution: Apply conductive gel to your chest.

### 7) **Problem:** Irregular heart rate

Solution: No solution. It is difficult to record an irregular heart rate. Users suffering from arrhythmia are likely to obtain inconsistent readings.

### 8) **Problem: Low battery charge.**

Solution: The chest strap battery is probably low. Replace the chest strap battery.

### 9) **Problem:** Interference from other radio controlled units

Solution: Move away from the likely source of the unwanted radio signals.

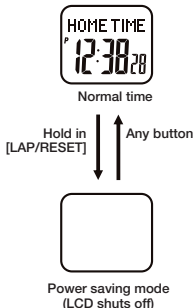
## 10. Power saving mode

### Power saving mode

- This watch has a power saving mode that switches off the LCD display to save the battery.
- The watch still works normally in power saving mode (i.e. the timekeeping function still works).

### How to enter/exit the power saving mode

- To enter the power saving mode, hold in [LAP/RESET] for 5 seconds when the Home Time is displayed. The LCD display will be shut off.
- To exit power saving mode, press any of the buttons whilst in power saving mode. The LCD display will come on again.



## 11. Care and maintenance

- Handle the watch and chest strap carefully. Never subject them to unnecessary knocks or blows.
- The watch casing must only be opened by qualified personnel.
- Clean the watch and chest strap with a lightly moistened soft cloth.
- Store the watch and chest strap in a dry place if you do not intend to use them for a long time.

## 12. Disposal

Follow local ordinances when disposing of this product. If you are unsure of how to dispose of this product, please contact your local authority.



# 13. Specifications

## Current time mode

- Time system: am, pm, hour, minute, second
- Time format: 12-hour or 24-hour
- Calendar: month, date and day of week (auto-calendar function for day of week and leap year)

## Alarm mode

- Daily alarm and hourly chime
- Alarm sound: 30 seconds

## Chronograph mode

- Resolution: 1/100 second
- Measuring range: 23 hours, 59 minutes, 59.99 seconds

## Countdown timer

- Resolution: 1 second
- Measuring range: 23 hours, 59 minutes, 59 seconds
- Timer sounds: The timer beeps once per minute for the last 10 minutes, every 10 seconds the last minute and every second for the last five seconds. It beeps for 10 seconds when it has counted down to zero.

## Exercise mode

- Daily countable steps range: 0-345600 steps
- Displayable steps range: 0-999999 steps
- Exercise timer: Max. 24 h
- Distance measuring: 0-400 km/ 0-248.5 miles
- Speed measuring: 45 km/h / 27.96 mph
- Calorie burn range: 0-99999 calories
- Auto start/stop schedule: 6 schedules
- Measuring range: 40 to 240 bpm
- Heart rate zone alert setting: 3 pre-defined zones and 1 user defined zone
- Heart rate zone alert: Above max, Above zone, In zone and Below zone
- Exercise memory: 7 daily and 10 weekly records
- Exercise record: Total exercise time, average speed, total distance, total steps, total calorie burn, maximum/minimum/average heart rate, above/in/below zone exercise time
- Pedometer: Power saving time (1-240 min), sensitivity 1-5 levels

## Backlight

- Type of backlight: Electro-luminescent (EL) backlight



## Sverige

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Kundtjänst      Tel: 0247/445 00      Fax: 0247/445 09  
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Internet      www.clasohlson.se

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E-post: kundesenter@clasohlson.no  
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## Suomi

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## Great Britain

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Internet      For consumer contact, please visit [www.clasohlson.co.uk](http://www.clasohlson.co.uk)  
and click on customer service.  
[www.clasohlson.co.uk](http://www.clasohlson.co.uk)

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