

**Athletic Watch is your BEST fitness product that guides you to achieve your physical goal & healthy lifestyle.**

### HEALTH NOTICE

This product is for displaying heart rate during exercise only and cannot predict the intensity level that is safe for you. It is not intended for medical diagnostic purposes or for prevention of heart related health problems. Before you begin any exercise program, please consult your physician, especially if you have been inactive for a period of time, have a history of cardiac illness, smoke, have high blood pressure and/ or are over-weight. If you use a pacemaker, do not use a heart rate monitor until you consult with your doctor.

### SPECIFICATIONS

#### Watch Receiver:

- Heart Rate Range: 30 to 240 beats per minute
- Heart Rate Accuracy:  $\pm 1$  beat per minute
- Operating Temperature: 0°C ~ 50°C
- Storage Temperature: -14°C ~ 70°C
- Battery: 3 volt lithium 2032 cell
- Weight: 30.6 grams

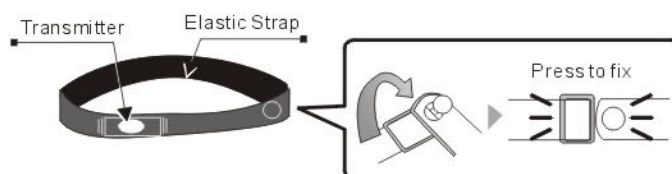
#### Transmitter & belt:

- Emitted Frequency: 5KHz  $\pm 10\%$
- Battery: 3 volt lithium 2032 cell
- Weight (including belt): 4 oz.
- Adjustable Chest Belt



### How to wear your Athletic Watch

The transmitter should be positioned right below the breasts / pectoral muscles.  
The strap should be comfortable, but secure.



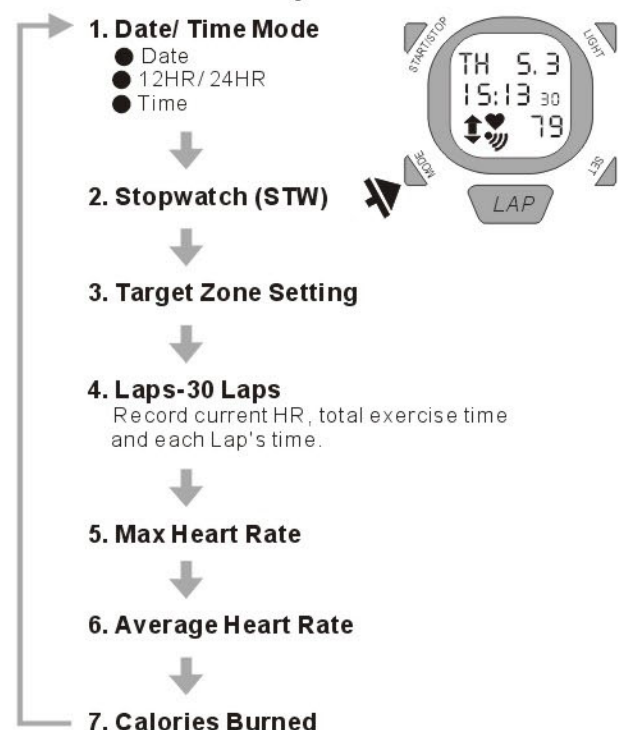
**Note:** Do not use Athletic Watch near high voltage power cables.

### FEATURES:

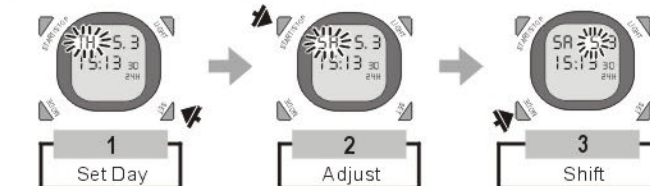
- Time of Day
- Day / Date Calendar
- Stopwatch
- Laps-30 LAPS
- Current/Average/Max. HR display
- Calories Burned for an Individual / Total Exercises
- Up to 10m Depth Water Proof for All Water Sports
- Wireless ECG Accurate
- Large Easy-to-View LCD Display
- One-touch Button for Audible Alarm OFF
- Ultra-Slim Ergonomic Chest Belt Transmitter
- State-of-Art attractive Wrist Watch design
- Target Zone Setting w/ Audio-Visual Alarm (1 bpm increments)

### Mode Change

Press "MODE" button to change mode.



### Date/Time Mode

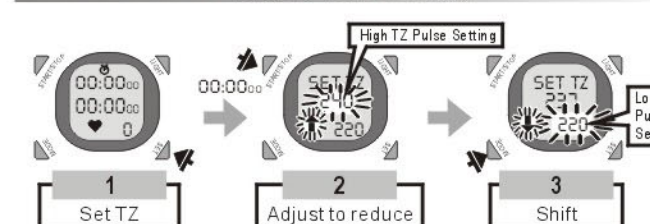


Repeat 2 & 3 to set Month/ Date/ 12HR/ 24HR/ Hour/ Minute/ Second, and press "SET" to complete the setting.

### Nightsight (Backlit Display Light)

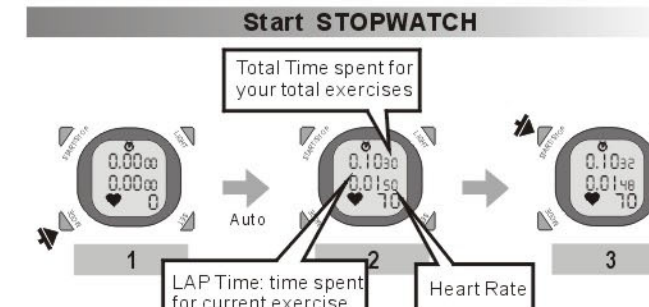
Press the "Light" key to activate NIGHT SIGHT. To facilitate night time monitoring, the display will illuminate and the heart rate reading will "freeze" for 4 seconds.

### Target Zone Setting



- Press "START/STOP" key to adjust TZ value, and if hold this key, the digits will adjust by 5 BPM increments.
- The heart watch automatically maintains a 10 BPM separation between the upper and lower target settings. Therefore, you may notice that the upper and lower settings move simultaneously whenever there is only a 10 BPM difference.

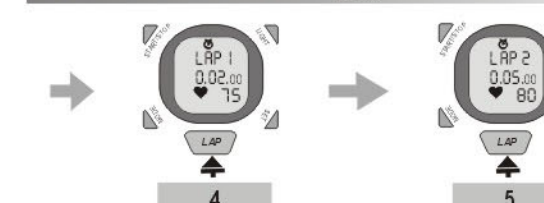
### Measure Mode



### Using the Stopwatch and Lap Record Features:

- Starting the Stopwatch:
- Press the "Mode" Button 2 times to reach the Stopwatch display.
- Press the "START/STOP" button that the function of Stopwatch will begin.

### LAP



### Recording Laps:

- Activate the stopwatch.
- Press the "LAP" button to start the lap record future.
- When your first LAP is completed and you are ready to record the next simply press the "LAP" button again. Repeat number 4 to record up to 30 LAPs for one work out.

### Hold STOPWATCH

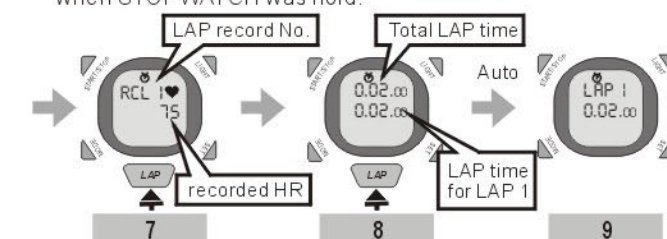


### Stopping the stop watch at the end of work out:

- Press the "START/STOP" button to pause the stopwatch. Please remember that holding the "START/STOP" button down for 2 or more seconds the memory will be cleared and you will lose the lap records just made.

### Recall LAP

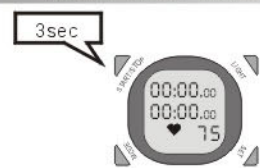
- LAP records can store up to LAPs & Recall last 30 LAPs when STOPWATCH was hold.



### Recalling Recorded Lap Data:

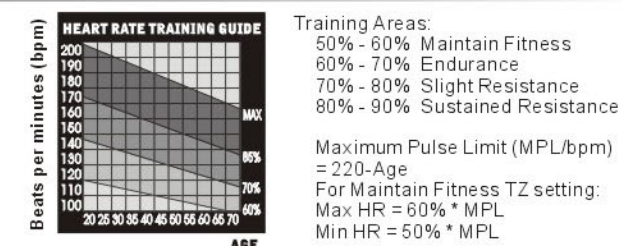
- Place the Stopwatch on hold (see fig 6 above).
- Press the Lap button and Lap record number one will be displayed along with the recorded heart rate.
- Press the Lap button again and both the total Lap time and the time for Lap one will be displayed.
- After you process number 8, your watch will automatically switch to display the Lap number and Lap time as shown in fig 9. To recall other Lap records repeat number 7 and 8.

### Reset STOPWATCH



**Resetting the Stopwatch:**  
Press and hold the Stop/Start button for 3 seconds.

### TARGET HEART RATE TRAINING GUIDE

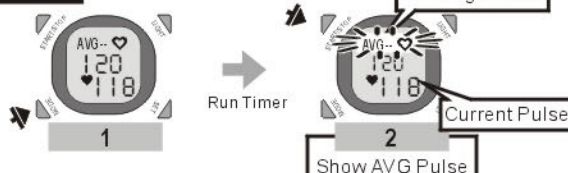


Training Areas:  
50% - 60% Maintain Fitness  
60% - 70% Endurance  
70% - 80% Slight Resistance  
80% - 90% Sustained Resistance

Maximum Pulse Limit (MPL/bpm) = 220-Age  
For Maintain Fitness TZ setting:  
Max HR = 60% \* MPL  
Min HR = 50% \* MPL

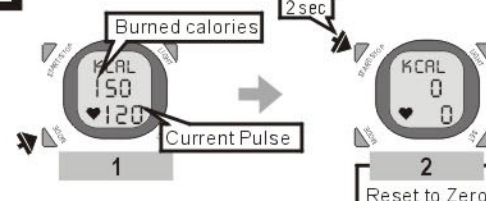
Target zone will vary for each individual, depending on Ages, Personal fitness goals, Existing health considerations (High blood pressure, circulation or respiration), Medications and Doctor's recommendations.

### AVG Pulse



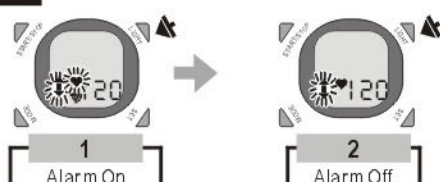
The average heart rate will display OFF as long as the Stop watch is cleared.

### KCAL



If one did not clear the value of calories by clean time in Stop Watch mode, the value of calories consumption will be accumulated.

### Alarm for TZ



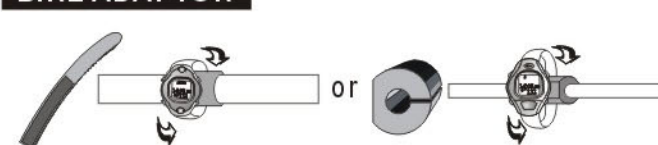
A continuous alarm will sound whenever you exit, either above or below, the programmed target heart rate "zero". An arrow will flash to visually indicate that your heart rate is either above or below the selected target zone. Each press the "light" key, the heart rate reading will "freeze" for 4 seconds.

### Recalling Max Heart Rate from Workout



**Reading the Max heart rate**  
Press the Mode button 3 times to read the Max heart rate reached during your workout.

### BIKE ADAPTOR



### MAINTENANCE

- The elastic strap:**  
The strap can be rinsed in surface fresh water or washed with a mild soap. Never scrape strap to wear out may need to be replaced.
- Transmitter:**  
Never scrap the rubber electrode surface. The first signs of a worn out transmitter are often erratic heart rate numbers which jump up and down. To extend the life, avoid bending the electrodes.
- Watch**  
If the display contrast changes and figures become faint, it's time to replace the watch battery. Consider changing the watch and transmitter batteries at the same time. It's a good practice.  
**NOTE:** Do not expose your Athletic Watch to extremely cold or hot temperatures. For example, do not leave your unit in your car in direct sunlight.
- Batteries and Battery Replacement:**  
**Transmitter:**  
Unscrew the battery cover located on the back of the transmitter. Remove the new battery, model CR2032, with the (+) side facing up. Replace the cover and tighten screws. Unscrew the four screws on the stainless steel back cover closely at the battery. After removing the housing, Unscrew the inside two small screws located at the 4 o'clock and 8 o'clock positions. Gently remove the battery and replace it with a new battery, model CR2032, the (+) side facing up.  
**NOTE:** Be careful not to over tighten and "strip" the casing.

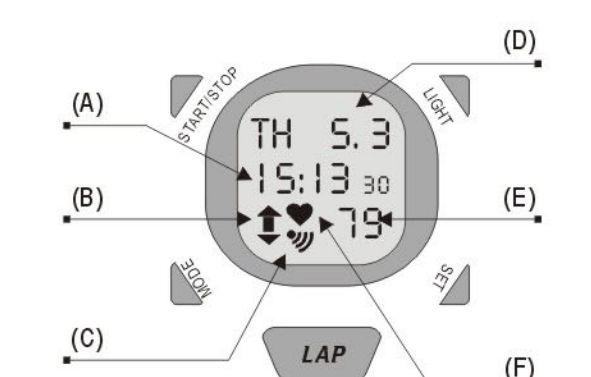
### TROUBLESHOOTING

- Heart rate does not show up:**  
Make sure that you have good contact between the electrodes and your skin. Re-moist the electrodes. Make sure your chest belt fits securely and is properly positioned at the center of the chest. The transmitter battery may be worn out. Replace the battery. Make sure the battery is installed correctly with the (+) side facing up.
- Display is black or very light:**  
The battery power may be low. Try a new battery--make sure the battery is installed correctly.
- Display becomes dark or black:**  
The unit is too hot. Place the unit in a shaded area, and it should return to normal.
- The unit operates slowly or struggled:**  
The unit is too cold. Warm the unit, and it should return to normal.
- Heart rate varies enormously:**  
Make sure your chest belt fits securely and is properly positioned at the center of the chest. Check your surroundings for electromagnetic or high energy interference and move away from the source of interference.

### LIMITED WARRANTY

- This product is for one year limited warranty commencing on the date of purchase. The product will be free from defects in material and workmanship for one year from the date of purchase.
- Warranty does not cover the batteries, damages due to misuse, abuse or accidents, cracked or broken cases, negligence of precautions, improper maintenance or commercial use.
  - Warranty is void if the repairs are done by non- authorized service technician.
  - The warranties contained herein are expressly in lieu of any other warranties including implied warranty of merchantability and / or fitness for purpose. In no event shall manufacturer be liable for any damages, direct or incidental, consequential or special, arising out of or related to the use of this manual or the products described herein.
  - During this warranty period ( one year ) the product will either be repaired or replaced without charge.

### Athletic Watch



- (A) ----- Time
- (B) ----- ↑ & ↓ above or below Target zone.
- (C) ----- Alarm ON
- (D) ----- Day/Date Calendar
- (E) ----- Current HR
- (F) ----- Flicker When measure HR

