Kalenji CW 500 Play SD

Kalenji
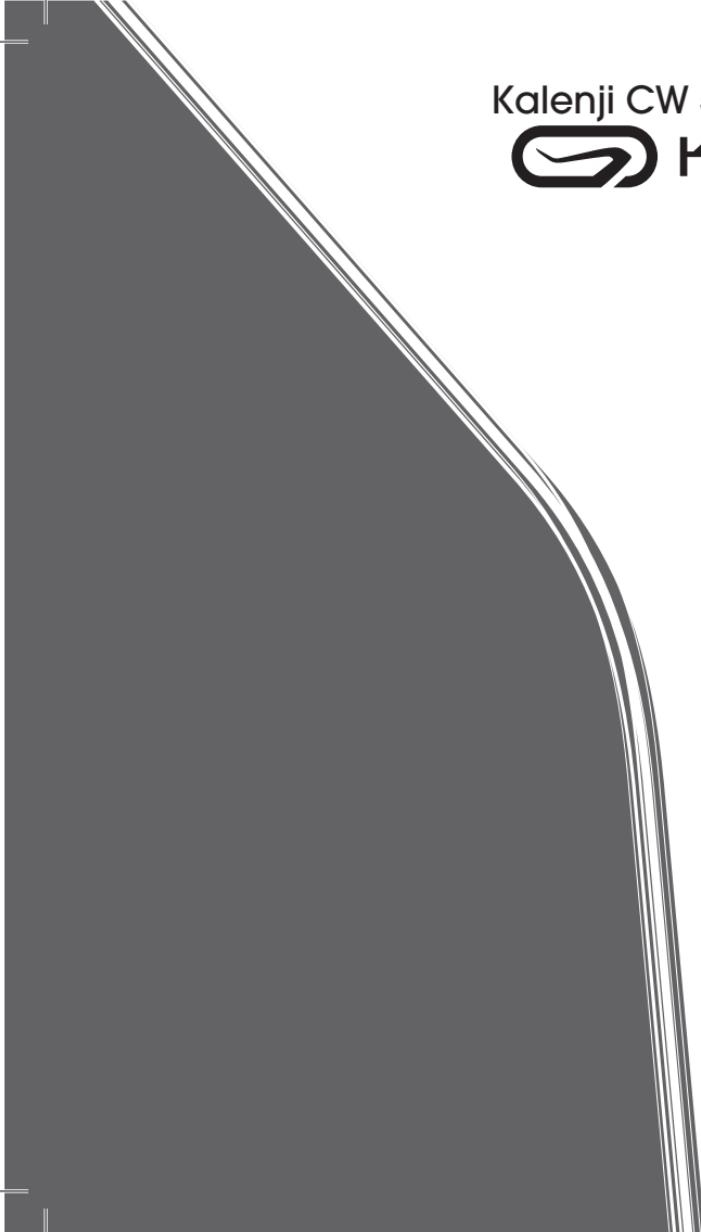
This Starter guide gives a quick and easy introduction to using your CW 500 Play SD watch. To find out about all the features and functions of your product, please refer to the full notice available on www.Kalenji.com / assistance section.

1. Composition of your product.

Watch

Accelerometer
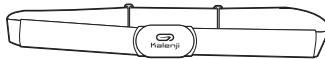
Heart rate belt

2. Starting out and settings.

2.1. Switch the product on.
When using it for the first time, you must set it. Switch the watch on by pressing on one of its buttons.
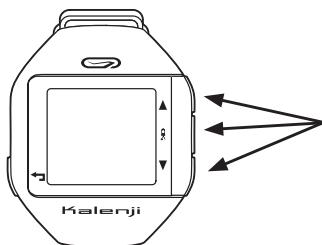
**PRESS
on one of the buttons**

2.2. Setting your watch.
Set your product by specifying in turn your language, units, sex, age, weight, height, time and date.

Previous choice in the list

Language
Français

Confirmation

Back

Next choice in the list

Increase the value

Age
5 years

Confirmation

Back

Lower the value
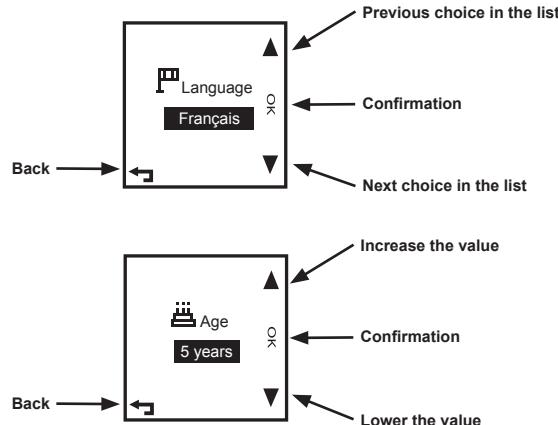
If your watch has already been switched on, access these **settings** by pressing on **OK** then selecting **"Settings"** by pressing on ▼ **then selecting "User" by pressing on OK.**

2.3. Energy saver.

The CW Kalenji 500 Play SD watch is delivered in "**energy saving**" mode for longer battery life.
When this function is activated, the watch goes into stand-by after 5 minutes of inactivity: the screen switches off automatically. To display the time again or use the various functions of your watch, simply press on one of the buttons.

If you prefer permanent time display, you can disactivate this function in Settings/watch (see chapter 4.2, Main modes to get to these settings).

3. Fitting the sensors.

3.1. Accelerometer (speed and distance).
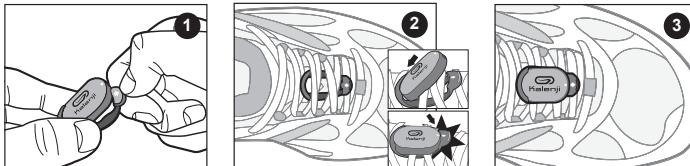
- Slide the clip beneath the shoelaces, lengthwise, on the flattest part of the shoe (an angle of more than 30° from the ground may compromise measuring accuracy).
- Clip the accelerometer (oval capsule) below the rear groove of the clip, with the notch of the accelerometer towards the toes.
- Press on the tip of both clip and accelerometer to clip the accelerometer notch into the clip slot.
- Tighten your laces to make sure the accelerometer stays in place.
- To release the accelerometer, press on the front tab of the clip.

3.2. Heart rate belt.

Setup

sensors

Reception cone

3 m*

3 m*   3 m*

3 m*
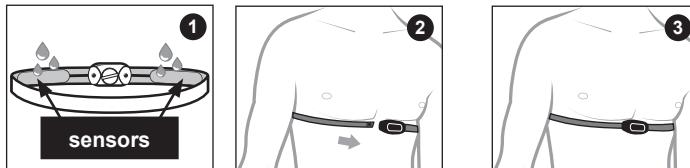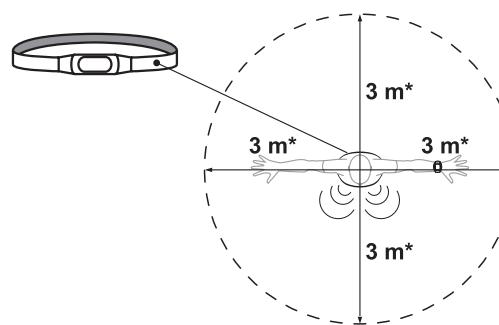
*118.08 inches

4. Using the watch.

4.1. Button functions.

1. ↰: Back to previous menu, note intermediate times manually.

2. ▲: previous choice in the list, increase a value, choose one of the predefined displays during the run.

3. **OK:** To access the menu, confirm your choice or start/stop the stopwatch during a session.

4. ▼: next choice in the list, lower a value, choose one of the predefined displays during the run.

4.2. Main modes.

There are four modes. Simply press on **OK to choose one.** To change from one mode to another, use the up and down ▲ arrows▼.

To select the mode you want, simply confirm by pressing on **OK**.

To display the time again, press on the button ◀▬.

Home

Activities

Activities:
Sports mode: free, training, challenge.

Home

Settings

Settings:
Various user settings, activities, watch, sensors, display, return to default settings.

Home

Data

Data:
Viewing last exercises, personal statistics, memory management.

Home

Stopwatch functions

Stopwatch functions:
Stopwatch, countdown.
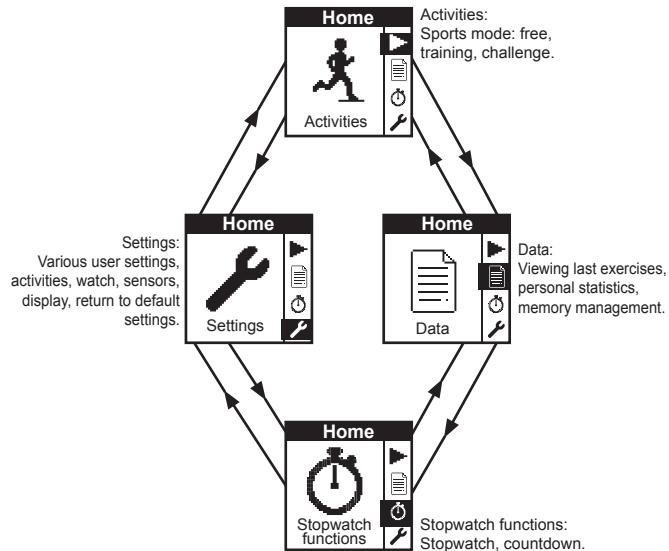
4.3. How the various activity modes work.

In Activities mode, you can choose from three different activities: free, training and challenge...

For each activity, you have to define information for the watch to suggest a suitable exercise in line with your demand (target zone, exercise intensity, duration etc.).

Free mode: Run at your own pace and regulate your speed based on speed, heartbeat or lap information (distance or time).

Training mode: Enjoy various training programmes according to your aim, heart rate training, fitness or losing weight.

Challenge mode: Set yourself a challenge with the option of running to outstrip a virtual competitor, to beat your own record or assess your MAS or Maximum Aerobic Speed.

For each type of exercise, an **"Info"** section sets out the underlying principle and its benefits.

Once you have configured the exercise, select **OK** to start. The watch will detect the sensors available (heart rate belt and accelerometer) then suggest you start the exercise.

It issues a report at the end of each run. Scroll the information with the button ▼. When you've finished reading the report, press on **OK** to then **"save"** or **"delete"** the session you have just completed.
For a full report of your runs, go to **Data mode**.

For your watch to detect your sensors (heart rate belt and accelerometer) properly, they must not be in stand-by mode. To make sure of this:
- The heart rate belt sensors must be humidified and properly positioned on the chest.
- The accelerometer must be shaken.

4.4. Free mode

Activity
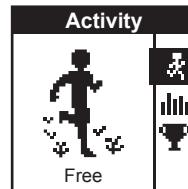
Free

• Free mode is recommended for your first session, since it is easy to use and you'll get used to how the watch works quickly.