Heart-Rate Monitor Watch
Operation Instruction

INTRODUCTION

The HRM watch comes with the following capabilities:

- Real-time calendar clock with hourly chime
- Second time zone
- Selectable frequency alarm with backup snooze
- 1/100 chronograph with 100-lap recall
- 24-hour countdown timer
- Interval timer
- Heart-rate monitor
- Smart El backlight
- On-screen help messages

MAIN FEATURES

The watch has six control buttons:

- EL BUTTON
- MODE BUTTON
- START/SPLIT BUTTON
- SET/RECALL BUTTON
- STOP/RESET BUTTON
- HR BUTTON

STATUS INDICATORS

The following indicators will light up when their respective functions are active:

ALARM, HOURLY CHIME, CHRONOGRAPH, HEART RATE, TIMER, REPEAT TIMER, RECALL

DISPLAY MODES

The watch has six display modes in the order of: time and date, alarm, chronograph (CHRONO), timer, interval timer (INT TMR) and heart-rate monitor (HEART).

Use the MODE button to select the desired display mode. The mode banner and mode animation will appear briefly before the selected mode is activated.

When the watch is in a certain mode for five seconds or more, pressing MODE will bring it back to the time and date mode.

HOW TO USE THE EL BACKLIGHT

The watch is equipped with a smart electroluminescence (EL) backlight, which can be activated by pressing the EL button. The LCD will light up for three seconds.

If any button is pressed when the backlight is lit, the backlight timeout will reset to three seconds again.

ON-SCREEN HELP

The watch is designed for easy use. When the SET/RECALL Button is pressed, a message will be displayed to remind you to hold down the button to activate the setting procedure for that particular mode. While the setting procedure is engaged, pressing the HEART button will display the messages on what to do next.

HOW TO SET THE TIME AND DATE

1. Select the time and date mode using the MODE button. The day-of-week and date will be displayed above the time, which will be displayed in the chosen format. When the heart-rate monitor is engaged, the heart rate will be displayed above the time instead.

2. Hold the SET/RECALL button for two seconds. The time zone will blink.

3. Use the START/SPLIT button to select the time zone to be set. Select 1 for the current local time (TZ 1) or 2 for the foreign time (TZ 2).

4. Press the MODE button. The second digits will blink.

5. Use the START/SPLIT or STOP/RESET button to reset the second digits to 00.

6. Press the MODE button. The minute digits will blink.

7. Use the START/SPLIT or STOP/RESET button to set the minute. Press the button

once to increase one unit or speed up the process by holding down the button.

8. Press the MODE button. The hour digits will blink.

9. Use the START/SPLIT or STOP/RESET button to set the hours. The hour digits will scroll from 12AM to 11PM or from 0 to 23 according to the hour format chosen beforehand.

10. Follow the same pattern to set the day, month, year, date format (MM-DD or DD-MM), hourly chime (ON or OFF) and button beep (ON or OFF). When the last two functions are activated, a chime will go off by the hour and a beep will be emitted to register a successful button entry. The watch will recognize the day-of-the-week automatically. You can enter any valid date from year 2000 to 2099.

11. Press the SET/RECALL button to confirm and return to normal display.

You can retain the set values and exit the setting procedure at any time by pressing the SET/RECALL button. The watch will do it automatically if the buttons are left idle for a while.

To check the second time zone, press START/SPLIT button while the time and date are displayed. Hold down START/SPLIT for three seconds will switch to second time zone operation.

HOW TO SET AND USE THE DAILY ALARM

To turn on or off the daily alarm, select the ALARM mode and use the START/SPLIT button to set the status. The alarm indicator will light up when the alarm is activated.

To set the daily alarm time,

1. Select the ALARM mode using the MODE button.

2. Hold down the SET/RECALL button for two seconds. The hour digits will blink.

3. Use the START/SPLIT or STOP/RESET button to set the hours.

4. Press the MODE button. The minute digits will blink.

5. Use the START/SPLIT or STOP/RESET button to set the minutes.

6. Press the MODE button. The frequency of the alarm will blink.

7. Use the START/SPLIT or STOP/RESET button to set the frequency of the alarm. You can select daily, weekday, weekends, or any other day of the week.

8. Press the SET/RECALL button to confirm and exit.

Note that the alarm will be activated automatically during the process.

A 20-second alarm will go off and the backlight will flash at the set time when the daily alarm is active. A backup snooze alarm will go off five minutes after the first alarm. To stop the alarm and flash, press any button.

HOW TO USE THE CHRONOGRAPH

To start or stop a simple count-up,

1. Select the CHRONO mode using the MODE button. The last recorded time will be displayed.

2. Hold the STOP/RESET button to clear the chronograph.

3. Press the START/SPLIT button to start a count-up.

4. Press the STOP/RESET button to stop.

The chronograph counts from 0 hour, 0 minute and 00.00 second to 99 hours, 59 minutes and 59.99 seconds.

To keep track of individual lap time and total elapsed time,

1. Stop the chronograph using the STOP/RESET button.

2. Clear the record holding the STOP/RESET button.

3. Press the START/SPLIT button to start the count-up.

4. Press the START/SPLIT button whenever you want to register a lap. The current lap time will be displayed above the total elapsed time and the current lap number will be displayed. The display will automatically return to the total elapsed time after five seconds.

5. Repeat the last step until you mark all the laps. You can mark up to 100 laps.

6. Press the STOP/RESET button to finish.

You can have the chronograph running in the background while using the other function modes.

HOW TO USE THE RECALL FUNCTION

After registering laps, pressing the SET/RECALL button in CHRONO mode will initiate the RECALL function.

To recall the individual lap time and total elapsed time, press the START/SPLIT button to scan the laps in ascending order or the STOP/RESET button to scan in descending order.

To exit the RECALL function, press the SET/RECALL button. The last recorded lap time will be displayed and then press MODE button to exist the RECALL function.

HOW TO USE THE TIMER

To set the countdown time,

1. Select the TIMER mode using the MODE button. The timer will be displayed and its previous operating status resumed. The default setting for the timer is one minute.

2. If the timer is running, press STOP/RESET to stop.

3. Press and hold the SET/RECALL button. The timer will recall the last countdown time. The hour digits will blink.

4. Use the START/SPLIT or STOP/RESET button to set the hours.

5. Press the MODE button. The minute digits will blink.

6. Use the START/SPLIT or STOP/RESET button to set the minutes.

7. Press the MODE button. The second digits will blink.

8. Use the START/SPLIT or STOP/RESET button to set the seconds.

9. Press the MODE button. The ACTION AT END option will be given for you to decide what to do when the timer reaches zero.

10. Use the START/SPLIT or STOP/RESET button to select STOP to stop counting, REPEAT to repeat the countdown, or CHRONO to go to the chronograph mode when the countdown is done. CHRONO AT END operation will not work if chronograph has not been reset to zero.

11. Press the SET/RECALL button to confirm.

You can set the timer from 0 hour, 00 minute and 00 second to 23 hours, 59 minutes and 59 seconds. The watch can repeat the countdown up to 100 times.

To start or resume a countdown, press the START/SPLIT button. Press the STOP/RESET button to stop.

When the timer reaches zero in a countdown, a warning beep will be emitted with the backlight flashing. Press any button to mute the beeping. Depending on your choice for the ACTION AT END option, the timer will stop, repeat the countdown or return to the chronograph mode.

To reset a timer to its set value, press the STOP/RESET button after the timer is stopped.

HOW TO USE THE INTERVAL TIMERS

There are five interval timers. They behave like the regular countdown timer but count down in sequence from INT 1 (interval timer 1) to INT 5. They are particular useful when multi-stage countdowns are required as in physical training.

To set the interval timers,

1. Select INT TMR mode using the MODE button.

2. Hold the SET/RECALL button, Interval Timer 1 will blink

3. Use the START/SPLIT or STOP/RESET button to select the interval timer from 1 to 5.

4. Follow the same setting procedure as the regular countdown timer to set all the interval timers required. ACTION AT END option will depend on the latest choice.

5. Press the SET/RECALL button to finish.

Press the START/SPLIT button to start or resume a countdown. The watch will count down from the first interval timer to the last. A beep will be emitted at the finish of each interval timer and a tune will be heard when all the interval countdowns are done.

To stop an interval timer, press the STOP/RESET button.

To clear the countdown and reload the set values for all interval timers, press the STOP/RESET button after an interval timer is stopped.

When all countdown reach zero, the back light will flash and beeps will be emitted. Depending on your latest choice for the ACTION AT END option, the interval timer will stop, repeat the countdown or start the chronograph. Each interval timer can repeat up to 100 times.

HOW TO USE THE HEART-RATE MONITOR

The heart-rate monitor consists of a transmitter and a receiver. The transmitter is embedded in a chest strap and the receiver is built into the watch. The effective range between the transmitter and receiver is 3 FT.

You need to know your maximum heart rate before beginning any exercise program. Consult your doctor to get that from a test performed.

<u>Wearing the Chest Strap</u>
To ensure the proper heart rate display, always with the aid of a conductive gel, or simply sweat or saliva, attach the conductive pads of the chest strap below the pectoral muscles. Snap the plastic tabs at the end of the elastic belt into the holes at the end of the transmitter and adjust the strap so that the transmitter fit tightly below the pectoral muscles.

To enter the maximum and minimum zone BPM into your watch,

1. Select the HEART RATE mode using the MODE button.

2. Press the SET/RECALL button. The upper BPM digits will blink.

3. Use the START/SPLIT or STOP/RESET button to enter your maximum zone BPM. The highest number you can enter is 240.

4. Press the MODE button. The lower BPM digits will blink.

5. Use the START/SPLIT or STOP/RESET button to enter your minimum zone BPM. The lowest number you can enter is 30.

6. Press the SET/RECALL button to finish.

To start monitoring your heart rates in training, press the START/SPLIT button to activate the monitor when the HEART RATE mode is engaged. The watch will start acquiring heart beats from the transmitter. When a valid datum is available, it will be displayed on the watch. The datum will be updated every two seconds.

To disable the monitor, hold down the STOP/RESET button to display the MONITOR OFF message.

You can also check your heart rates in time mode by simply pressing the HEART button while the monitor is active.

A "CHECK STRAP" message will be displayed when the watch fails to acquire valid data from the transmitter in 1 minute. Check the connection of the transmitter and shorten the transmission range between the transmitter and the watch before trying again.

NOTICE TO USERS:
Environmental factor such as high tension power line, television, microwave oven and other product cause various type of interference that may temporarily affect the transmission of heart rate information form the chest strap to the watch unit. These interference are usually temporary and can generally be eliminated by moving to an area away form the source of the interference.

Chest strap should be worn as tightly as possible without being uncomfortable. If the chest strap is not tight enough, movement between it and your body can cause false signals. This is especially true during high impact activities such as running.

BATTERY INFORMATION

The watch uses a CR2032 3V button cell, which in normal circumstances will be good for years. The battery life will vary due to shelf time and the frequency the EL backlight, alarm and hourly chime are used. The display will become dim when the battery is running dry. Change the battery accordingly.

The Chest strap uses a CR2032 3V button cell. Please use a coin to remove the battery cap on the back of the transmitter. Put a new battery in the transmitter positive (+) side up. Replace the battery cap and tighten by turning.

PRECAUTIONS

This unit is designed and manufactured to give you years of service to your satisfaction if handled properly. Do not subject the watch to physical or mechanical shock or abuse,

or extreme temperatures or humidity. Nor should you tamper with its electronic parts as they are not user-serviceable.

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FCC ID: SUPHRM

Made in China

This device complies with Part 15 of the FCC Rules.
Operation is subject to the following two conditions:
1. This device may not cause harmful interference, and
2. This device must accept any interference received,
Including interference that may cause undesired operation

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<div style="border: 1px solid black; padding: 10px;">

FC SUPHRM
Tested To Comply with FCC Standards
FOR HOME OR OFFICE USE

This device complies with Part 15 of the FCC Rules.
Operation is subject to the following two conditions:
3. This device may not cause harmful interference, and
4. This device must accept any interference received,
Including interference that may cause undesired operation

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NOTE: THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.

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