

KEY GUIDE :

MODE : Select the function to be preset.

UP : Press to increase the preset values of TIME, DISTANCE, CALORIES or PULSE.

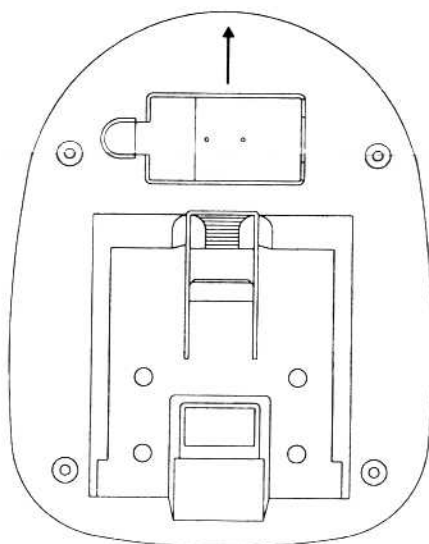
DOWN: Press to reduce the preset values of TIME, DISTANCE, CALORIES or PULSE.

RESET: Reset all the displays to zero except ACCUMULATED DISTANCE.

HOW TO REPLACE BATTERY :

1. Please refer to the illustrations below to remove the battery cover.
2. Replace 2pcs of batteries 1.5V AA or UM-3.
3. Make sure the batteries are installed correctly and contacted with the battery springs.
4. If the display is illegible or partial segments appeared, please take off the batteries. Wait for 15 seconds and then re-install it.
5. The battery life is 2 months approx. under normal usage.
6. When taking out batteries, all the functional values will be reset to zero.

Battery cover



DETAILS OF OPERATION :

● AUTO POWER ON / OFF :

The monitor will be turned on automatically by pressing any key or start to exercise.

On the contrary, it will be turned off automatically if the monitor does not detect any signal within 256 seconds after stopping exercising.

● AUTO START / STOP :

The moment to start practicing, the monitor will display the progress of the exercise.

When stopping the workout, all the displays will be frozen until the monitor turns off or begins to exercise again.

● TIME :

If TIME is not preset, it will count up in one-second increment.

How to preset TIME, DISTANCE, CALORIE & PULSE :

1. Press MODE key until the window which is going to be preset is flashing.
2. Press UP or DOWN until desired number is displayed.
3. When start to exercise, the monitor will begin to count down.
4. It will beep for 12 seconds to indicate the completion of workout which is preset, press any key to stop beeping.

* REMARKS :

1. It is suggested to preset only one item. If more than one item is set, the first to reach the preset value will sound the alarm.
2. For PULSE window, the monitor will not beep after reaching the preset value. The Display will be flashing continuously while actual heartbeat detected is over the Preset value.
3. When pressing MODE key, the setting will start from TIME, DISTANCE, CALORIES & PULSE. To skip from the setting, please do not press MODE Again and wait until the display stops flashing after programming functions desired. Then, the monitor will come back to normal and ready to be operated.

● ACCUMULATED DISTANCE :

Press and hold MODE key, the TIME window will preset ACCUMULATED DISTANCE that is resulted from total distance users have been exercising. After releasing the key, all the displays will reset to zero.

● SPEED :

Current speed will be shown on the window when exercising.

● DISTANCE :

The distance of each workout will be displayed on the window.

● CALORIE :

The calories burned will be displayed on the window.

● PULSE :

Users' current heartbeat rate is displayed in beats per minute (BPM) on the window.

Place attach the detector to your earlobe and the wire clip to your clothes. If there is any difficulty in detecting signals, please rub your earlobe gently to improve blood circulation.

NOTE :

1. If Pulse value is not preset, the monitor will show the default value at 90 BPM.
2. If no Pulse Signal input within 16 seconds, the display will indicate "P". It is a power saving device. Customers can press the up & down keys to restart Pulse function.

SPECIFICATIONS :

FUNCTION	Time	00:00 – 99:59
	Accumulate Distance	1 - 9999 Miles or Kms
	Current Speed	0 – 99.9 Mile/h or Km/h
	Trip Distance	0.0 – 99.9 Miles or Kms
	Calorie	0.0 – 99.9 –999 K.cal
	Pulse	40 – 240 BPM
DISPLAY		Liquid crystal type
CONTROLLER		4 bit, 1 chip microprocessor
SENSOR		Magnetic, non-contact
POWER SOURCE		Requires 2pcs of 1.5V SIZE AA or UM – 3 batteries
OPERATING TEMPERATURE		0°C ~ +40°C (32°F ~ 104°F)
STORAGE SDTEMPERATURE		-20°C ~ +50°C (-4°F ~ 122°F)

The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely