

## Features

### Pedometer

Digital motion sensor for speed measurement

Current speed

Target speed training with alarm

Training Timer

Distance

Pedometer

Average speed, maximum speed

Odometer

Calibration of the stride length for walking or running

### Pulse

Alarm for maximum heart rate

Target heart rate training with timer and alarm

(Health, fitness, performance and custom)

Maximum heart rate, lowest heart rate, average heart rate

### Calories Functions

Calorie and fat burn during exercise

BMI calculation

Fitness Level

### Stopwatch

1/100 second with 99 lap times

### Countdown Timer

### Time functions

Time

Calendar

Alarm

Hourly chime

### Miscellaneous

Backlight

## Instruction manual

**ATTENTION: Consult your doctor before you begin any training program. Your doctor can help you choose the proper training intensity and heart rate guidelines for your exercises.**

**This heart rate wrist watch is not a medical device and should only be used as a guide for your training.**

### Scope of delivery

watch

chest belt

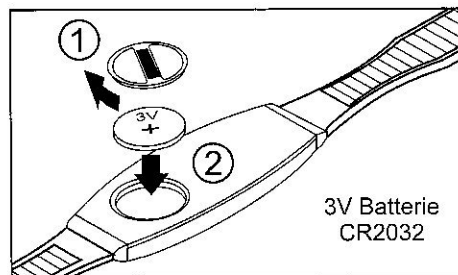
3V CR2032 battery

*Please read the instruction manual before using the watch.*

*Please not that there is a section on solutions to possible problems at end of the manual.*

### Inserting the batteries into the chest belt

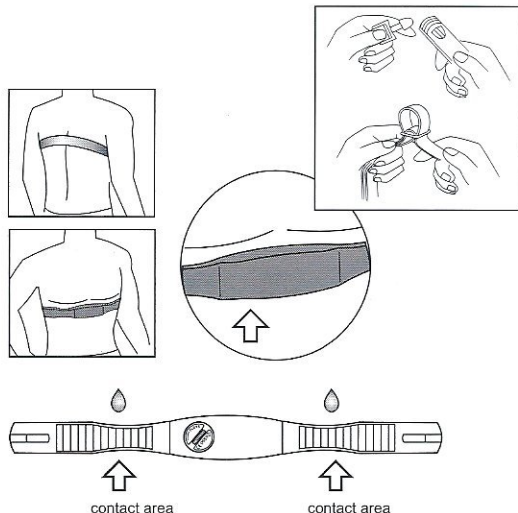
Use a coin to unscrew the battery cover on the back side of the chest belt and insert the 3V battery with the (+) sign facing up. Screw the battery compartment cover back into the case.



### Wearing the chest belt

Adjust the chest belt so the it fits snugly directly below the chest muscles. Moisten the contact areas with water or ECG gel (ECG gel can be purchased at a pharmacy). Ensure that the contact areas constantly remain in skin contact.

Position the chest belt as per the following illustration.



### Setup

Remove the protective film from the display and press and button.

### Important notes on the operation of the wrist watch

The watch has 4 different **Modes of Operation**

Press MODE to select the mode of operation of the watch.  
The order of the modes is as follows:

- **time and basic settings (TIME)**
- **stop watch (CHRONO)**
- **heart rate measurement (HRM)**
- **pedometer (PEDO)**
- **time (TIME)**

Each mode of operation may have several **subfeatures**.

The subfeatures can always be accessed by pressing SEL.

### Light

Briefly press LIGHT to temporarily activate the light.

## Time and basic settings (TIME)

The subfeatures of the time mode can be accessed by pressing SEL.

### time and basic settings (TIME) > alarm (ALARM) > timer (TIMER)

Press and hold SET for 3 seconds to access setting mode.

The 12 or 24 hour display will flash.

Press SEL to select 12 or 24 hour mode and press SET to confirm your setting. Set the seconds, minutes, hours, year, month and day in the same way.

Now the basic settings will follow. First the year of the birthday setting will appear (BIRTHDAY).

Press SEL to set the year and press SET to confirm your setting. Set the month and day in the same way.

Now the weight display will appear (WEIGHT). Set the digits of your weight by pressing SEL and confirm each digit by pressing SET.

Now the height display will appear (HEIGHT). Set each digit of your height by pressing SEL and confirm each digit by pressing SET.

Exit setting mode by pressing MODE.

### Second time zone

Press and hold SEL for 3 seconds. The watch will switch to the second time zone display and T2 will appear on the display. Setting the second time zone can be accomplished in the same way as described in the previous paragraph.

Press and hold SEL for 3 seconds to return to normal time mode.

## Alarm (ALARM)

Press and hold SET for 3 seconds to enter setting mode.

The minutes of the alarm time will blink on the display.

Press SEL to set the minutes and press SET to confirm your setting.

Set the hours in the same way.

You may optionally set the month and day as well.

If neither month nor day are set the alarm will sound daily. If the day is set, the alarm will sound monthly. If both the month and the day are set the alarm will sound only at the set date.

The hourly chime setting will now appear on the display (CHIME).

Press SEL to select the setting and confirm your selection by pressing SET.

If the alarm is activated, the bell symbol will appear and the watch will chime at the beginning of every hour.

Exit setting mode by pressing MODE.

The alarm can be activated or deactivated by pressing SET. If the alarm is activated the alarm symbol (•) will appear.

When the alarm sounds, press SET, SEL or MODE to stop the alarm.

### Timer (TIMER)

Press and hold SET for 3 seconds to enter setting mode.

The minutes of the timer time will appear on the display.

Press SEL to set minutes of the timer time and confirm your setting by pressing SET. Set the hours in the same way.

Now the additional settings for the timer will follow. Press SEL to select the desired mode:

- Cd r After reaching 0:00 the timer will count the set time again.
- Cd U After reaching 0:00 the timer will count forward
- Cd S After reaching 0:00 the timer will stop

Exit setting mode by pressing MODE.

The timer can be started or stopped by pressing SET.

Press and hold SET to reset the timer.

After the timer time is up an alarm will sound.

### Stop watch (CHRONO)

Press SEL to select the subfeatures of the stop watch

#### Stop watch (CHRONO) > Memory (DATA RECALL)

Please note: The memory feature can only be used if at least 1 lap time was recorded.

Press SET to start or stop the stop watch. Press SEL while the stop watch is running to record a lap time. Up to 99 lap times can be recorded.

Press and hold SET to reset the stop watch.

#### Memory mode (DATA RECALL)

The display will show the fastest lap. Press SET to view the other lap times.

### Heart rate measurement (HRM)

Press SEL to select the subfeatures of the heart rate measurement mode.

#### Timer (TIMER) > memory (MEMORY) > target heart rate (ZONE) > calorie burn and fat burn (CALORIE) > speed (PEDO) > fitness (FITNESS LEVEL)

The subfeatures of the heart rate measurement can only be used when the chest belt is connected.

While wearing the chest belt, the middle row of the display will show the current heart rate.

To the right of the heart rate the heart rate in percent of the maximum heart rate is shown. The maximum heart rate is calculated by evaluating your age, weight and height.

#### Timer (TIMER)

The bottom row of the display will show the elapsed training time.

The middle row will show your heart rate and the heart rate in percent of the maximum heart rate.

The timer will start automatically when the chest belt starts measuring the heart rate. The timer will continue counting the time if the feature mode of the watch is changed.

Press SET to select the timer mode:

- TIMER total training time
- ▼ training time in heart rate target zone
- ▲ training time with heart rate over target zone
- ▼ training time with heart rate below target zone

Press and hold SET to reset the training time.

### Memory feature (MEMORY)

The stored values are shown in the bottom row of the display.

HI	maximum heart rate during training
LO	minimum heart rate during training
AV	average heart rate during training

### Target heart rate (ZONE)

The bottom row of the display will show the lower and upper limit value of the target zone.

The selected training type is shown on the top row of the display.

L- U	user defined
1	Health
2	Fitness
3	Performance

Press and hold SET for 3 seconds to enter setting mode.

Select the training type by pressing SEL. If "U" is selected (user defined) the lower and upper limits can be set. Press SET. The display will show the lower limit.

Set the value by pressing SEL and confirm your setting by pressing SET.

Set the upper limit in the same way.

Exit setting mode by pressing MODE.

Press and hold SEL to activate the heart rate alarm. If the heart rate alarm is activated the alarm symbol will appear on the display and an alarm will sound when the measured heart rate is not within the target zone.

If your heart rate reaches or exceeds 99% of the maximum pulse a continuous alarm will sound. This alarm is independent of the set training zones and the alarm of the training zone.

### Calories, fat burn and BMI (CALORIE)

The lower row will show the burned calories (CALORIE). Press SET to switch to the display of fat burn in gram (FAT BURN) or to the display of your BMI (Body Mass Index).

In the display for calorie burn or fat burn the values can be reset by pressing and holding SET.

Note: To increase the accuracy of the calorie and fat burn displays your age and weight must be set correctly.

Note: The counter for fat burn is only activated while your heart rate is above 120 beats per minute.

### Notes on the BMI

The BMI is a statistical measurement that can be used to judge a persons weight. For adults, a value between 18.5 and 25 is considered normal. Values below 18.5 are considered "underweight". Values above 25 are considered "overweight". Values above 30 are considered "Obese".

The BMI is only a coarse guideline because it does not take a persons body type and body composition into consideration.

### Pedometer (PEDO)

START appears on the display. Press SET to start the pedometer. The speed (PEDO) or the travelled distance (DISTANCE) will appear in the lower row of the display. Press SET to switch between speed and distance.

### Fitness (FITNESS LEVEL)

After your training, immediately press SET. A 5 minute countdown will start (cool down phase).

The bar will show the remaining time. On the left side of the display the heart rate at the beginning of cool down is shown. On the right side of the display the current heart rate is shown. The countdown time is shown on the bottom row of the display.

After 5 minutes your fitness level will appear.

<u>Fitness level</u>	<u>Heart rate</u>
6	>130
5	120-120
4	120-110
3	110-105
2	105-100
1	<100

### Step Counter (PEDO)

Press SEL to select the subfeatures of the pedometer.

calibration and speed alarm (ZONE) > total distance (ODOMETER) > step counter (STEP) > calorie burn, fat burn and BMI (CALORIES) > heart rate (HRM) > timer (TIMER) > distance (DISTANCE) > average speed (AVG SPEED) > maximum speed (MAX SPEED)

The current speed is shown on the middle row of the display.

**IMPORTANT:** The pedometer can be stopped or started by pressing SET. **When the pedometer is active an animated figure will move in the top left of the display.**

### Speed alarm (ZONE)

In the lower part of the display to lower and upper limits for the target speed are shown. The current speed will appear in the middle row. The speed alarm can be activated or deactivated by pressing and holding SEL. If the alarm is activated the alarm symbol will appear.

### Notes on calibration

A calibration for walking and running should always be performed. If you intend to use the watch for walking only, then the watch must still be calibrated for walking and running. In this case calibrate running as "fast walking".

If the pedometer is not calibrated it will use standard presets and the values shown during your training may deviate strongly.

During the calibration phase the watch will record your personal movement profile. The more evenly you move and the longer the recording time is, the better the results will be during your training.



The calibration will allow the watch to automatically recognize if you are walking or running, and adjust the displayed values accordingly.

The displayed values will be more exact if you move with the same rhythm and speed as during the calibration.

During training, wear the watch on the same wrist as during calibration.

### **Calibration of the pedometer and setting the speed alarm (ZONE)**

Press and hold SET for 3 seconds to enter setting mode.

The lower limit of the speed zone (LOWER LIMIT) will blink on the display. Set the lower limit by pressing SEL and confirm your setting by pressing SET.

Set the upper limit (UPPER LIMIT) in the same way.  
The calibration for running will now appear on the display "CALI FOR RUNNING". Select "YES" by pressing SEL and confirm your selection by pressing SET.

Now set the length of your calibration track (0.1 to 1km). Confirm your setting by pressing SET.

Now press SET and run the entire length of the calibration track.  
After completing the run press SET.

If the calibration was successful "CALI OK! SAVE" will appear. If the calibration was unsuccessful "CALI FAILED" will appear. In this case please repeat the calibration process.

"CALI FOR WALKING" will now appear on the display. Complete the calibration for walking in the same way as the calibration for running.  
The calibration can be aborted by pressing MODE.

Exit setting mode by pressing MODE.

### **Odometer (ODOMETER)**

The bottom row of the display will show the total covered distance.  
The value can be reset by pressing and holding SET.

### **Pedometer (STEP)**

The bottom row of the display will show the step count. The value can be reset by pressing and holding SET.

### **Calories, fat burn and BMI (CALORIE)**

The lower row will show the burned calories (CALORIE). Press SET to switch to the display of fat burn in gram (FAT BURN) or to the display of your BMI (Body Mass Index).

In the display for calorie burn or fat burn the values can be reset by pressing and holding SET.

Note: To increase the accuracy of the calorie and fat burn displays your age and weight must be set correctly.

Note: The counter for fat burn is only activated while your heart rate is above 120 beats per minute.

### Notes on the BMI

The BMI is a statistical measurement that can be used to judge a persons weight. For adults, a value between 18.5 and 25 is considered normal. Values below 18.5 are considered "underweight". Values above 25 are considered "overweight". Values above 30 are considered "Obese".

The BMI is only a coarse guideline because it does not take a persons body type and body composition into consideration.

**Heart rate (HRM)**

If the chest belt is worn the current heart rate will appear on the bottom row of the display.

**Timer (TIMER)**

The bottom row of the display will show the elapsed time. The value can be reset by pressing and holding SET.

**Distance (DISTANCE)**

The bottom row of the display will show the covered distance. The value can be reset by pressing and holding SET.

**Average speed (AVG SPEED)**

The bottom row of the display will show the average speed. The value can be reset by pressing and holding SET.

**Maximum speed (MAX SPEED)**

The bottom row of the display will show the maximum speed. The value can be reset by pressing and holding SET.

**Troubleshooting**The distance measurements are very imprecise

- The watch uses the step length measured during calibration to estimate the traveled distance.
- Recalibrate the step counter. Calibrate it for walking and for running and use extra care during the calibration.
- Running on uneven surfaces may also result in bad calibration.

The heart rate is not shown or is shown incorrectly

- Make sure the chest belt is positioned correctly and fits well
- Your skin should not be too dry or too cold
- The contact areas can be slightly moistened to improve function
- Electromagnetic interference may have an adverse effect on reception.
- The distance between watch and chest belt must be under 60cm.
- Other heart rate measuring devices within a 2m range may also cause interference
- Wireless bicycle computers may cause interference
- The batteries may be low and require replacing

The display is unreadable / the light does not work

- Replace the batteries



### **Disposal**

This electrical appliance may not be disposed of with normal household waste. Please hand it in at an appropriate local collection point.

### **Batteries**

Please dispose of your batteries properly in containers especially set up at retailers. Batteries do not belong in household waste.

### **Warranty**

We provide a 3-year warranty for this item. The warranty period starts from the date of sale (receipt, proof of purchase). Within this period we rectify all faults which are attributable to material and manufacturing defects at no cost. For damage which is attributable to improper treatment, e.g. dropping, knocking, or water damage, there is no warranty claim.

**digi-tech ®, Valterweg 27A, D-65817 Eppstein**

### **Declaration of conformity**

If used as intended this product conforms to the basic standards of § 3 and the other relevant provisions of the FTEG (Section 3 of the R&TTE directive).

You can request the declaration of conformity here:  
[conformity@digi-tech-gmbh.com](mailto:conformity@digi-tech-gmbh.com)

### **Cleaning instructions**

Clean the product with a dry, lint-free cloth. A glasses cleaning cloth is ideal.