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› [Ultrasport](#) /

› [Ultrasport Run 20 Touch Finger Sensor Heart Rate Monitor Watch User Manual](#)

Ultrasport 330200000005

Ultrasport Run 20 Touch Finger Sensor Heart Rate Monitor Watch User Manual

Model: 330200000005

1. INTRODUCTION

The Ultrasport Run 20 Touch is a heart rate monitor watch designed for fitness enthusiasts. It offers convenient heart rate measurement using a finger sensor, eliminating the need for a chest strap. This device is suitable for various activities such as walking, hiking, and running, providing accurate pulse readings comparable to an electrocardiogram.

This manual provides comprehensive instructions for setting up, operating, and maintaining your Ultrasport Run 20 Touch watch to ensure optimal performance and longevity.

2. PRODUCT OVERVIEW



Figure 1: Ultrasport Run 20 Touch Heart Rate Monitor Watch. This image displays the overall design of the watch, featuring a black strap and a silver-colored bezel around the digital display.

The Ultrasport Run 20 Touch watch features a clear digital display and intuitive button controls for easy navigation through its various functions. The watch is designed for comfort and durability during physical activities.



Figure 2: Front view of the Ultrasport Run 20 Touch watch. This image provides a direct view of the watch face, showing the digital time display and the Ultrasport brand logo.



Figure 3: Side view of the Ultrasport Run 20 Touch watch, highlighting the control buttons. The buttons are labeled 'LIGHT', 'MODE', 'ST./STP', and 'RESET', indicating their functions.

3. INITIAL SETUP

3.1. Battery Installation

The Ultrasport Run 20 Touch watch comes with a Lithium metal battery included. If the display is blank or dim, the battery may need to be replaced. It is recommended to have the battery replaced by a qualified technician to ensure water resistance is maintained.

3.2. Basic Time and Date Setting

1. Press the **MODE** button repeatedly until the time setting mode is displayed.
2. Use the **RESET** button to adjust the flashing digit (hours, minutes, seconds, date, month, year).
3. Use the **ST./STP** button to confirm the setting and move to the next digit.
4. Once all settings are complete, press **MODE** to exit the setting mode.

4. OPERATING INSTRUCTIONS

4.1. Heart Rate Measurement

The Ultrasport Run 20 Touch measures your heart rate using a finger sensor. For accurate readings, ensure your skin is clean and dry.

1. Wear the watch snugly on your wrist.
2. Place your index finger firmly on the metal sensor located on the watch face or side (refer to Figure 3 for button locations).
3. Remain still and avoid talking during the measurement process. The watch will display your heart rate in beats per minute (BPM).



Figure 4: Heart rate icon, indicating the heart rate measurement function.

4.2. Chronograph Mode

The chronograph function allows you to measure elapsed time for your workouts.

1. Press the **MODE** button until the chronograph display appears (usually showing 00:00:00).
2. Press **ST./STP** to start the timer.
3. Press **ST./STP** again to pause the timer.
4. Press **RESET** to clear the timer to zero.

4.3. Heart Rate Alarm Mode

Set an alarm to notify you if your heart rate exceeds or falls below a predefined range.

1. Navigate to the heart rate alarm setting mode using the **MODE** button.
2. Use **RESET** and **ST./STP** to set your desired minimum and maximum heart rate values.
3. Confirm settings with **MODE**. An audible alert will sound if your heart rate goes outside the set range during measurement.

4.4. EL Backlight

To illuminate the display in low-light conditions, press the **LIGHT** button. The backlight will remain active for a few seconds.

5. KEY FEATURES

- **Duration Mode:** Track the total time of your activity.
- **Heart Rate Alarm Mode:** Set customizable heart rate zones with audible alerts.
- **Measurement Range:** Accurately measures heart rate from 43 to 200 beats per minute.
- **Chronograph Mode:** Precision stopwatch function for timing workouts.
- **EL Backlight:** Electroluminescent backlight for clear visibility in dark environments.



Figure 5: Kcal icon, often associated with calorie tracking features in fitness devices. While not explicitly listed in features, it's a common related metric.

6. CARE AND MAINTENANCE

- **Cleaning:** Wipe the watch regularly with a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners.
- **Water Resistance:** The watch is designed for general use and may withstand splashes. However, it is not recommended for swimming or showering. Avoid submerging the watch in water.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery:** If the watch will not be used for an extended period, consider removing the battery to prevent leakage, if easily accessible. For professional battery replacement, consult a watch technician.

7. TROUBLESHOOTING

Inaccurate Heart Rate Readings:

- Ensure your finger is firmly and completely covering the sensor.
- Make sure your skin is clean and dry. Moisture or sweat can interfere with the sensor.
- Remain still and avoid movement or talking during measurement.
- Cold hands or poor circulation can affect accuracy. Warm your hands before attempting a reading.

Display is Blank or Dim:

- The battery may be low or depleted. Replace the battery (refer to Section 3.1).
- Check if the watch is in a 'sleep' mode. Some models have a power-saving feature. Try holding the lower right button (RESET) for 5 seconds to activate/deactivate.

Buttons are Unresponsive:

- Ensure the watch is not in a locked mode.
- A low battery can sometimes affect button responsiveness.
- If the issue persists, a soft reset (removing and reinserting the battery) might be necessary, but this should be done by a professional.

8. TECHNICAL SPECIFICATIONS

Feature	Detail
Brand	Ultrasport
Model Number	330200000005
Display Type	Digital
Screen Size	0.96 inches
Sensor Type	Optical (Finger Sensor)
Heart Rate Measurement Range	43-200 beats per minute
Power Source	1 Lithium metal battery (included)
Features	Duration Mode, Heart Rate Alarm, Chronograph, EL Backlight
Sport Compatibility	Running, Walking, Hiking
Dimensions (Package)	14 x 12.4 x 9.2 cm
Weight (Package)	200 grams



Figure 6: Hanse Control Tested Manual Logo, indicating compliance with DIN EN 62079 standards for instruction manuals.

9. WARRANTY AND SUPPORT

For information regarding warranty coverage and customer support, please refer to the documentation provided with your purchase or visit the official Ultrasport website. Keep your proof of purchase for any warranty claims. If you encounter issues not covered in the troubleshooting section, please contact Ultrasport customer service for assistance.