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Ovente BHS6000

Ovente BHS6000 Heart Rate Monitor Digital Watch User Manual

Model: BHS6000 | Brand: Ovente

INTRODUCTION

This manual provides comprehensive instructions for the proper setup, operation, and maintenance of your Ovente BHS6000 Heart Rate Monitor Digital Watch with Chest Strap. Please read this manual thoroughly before using the product to ensure optimal performance and longevity. Keep this manual for future reference.

PRODUCT OVERVIEW

The Ovente BHS6000 is a digital watch designed to monitor your heart rate during physical activity. It consists of a digital wristwatch and a separate chest strap transmitter. The watch displays time, date, and heart rate data transmitted wirelessly from the chest strap.





Image: Front view of the Ovente BHS6000 digital watch, showing the display, "BEATECH" branding, "WATER 50M RESIST" text, and labeled buttons: LIGHT (top left), MODE (bottom left), START (top right), RESET (bottom right).

SETUP

1. Installing the Chest Strap

1. **Prepare the Chest Strap:** Moisten the two electrode areas on the back of the chest strap with water or electrode gel to ensure good contact with your skin.
2. **Position the Chest Strap:** Place the chest strap directly against your skin, just below your pectoral muscles or breasts. The transmitter unit should be centered on your chest.
3. **Adjust the Strap:** Adjust the elastic strap to a comfortable but secure fit. It should be snug enough

not to slip during activity but not so tight as to cause discomfort.

2. Initial Watch Setup (Time and Date)

1. **Enter Setup Mode:** Press and hold the **MODE** button until the display enters time setting mode (e.g., flashing hours).
2. **Adjust Values:** Use the **START** button to increase the flashing value (hours, minutes, year, month, day). Use the **RESET** button to move to the next setting.
3. **Confirm Settings:** Once all settings are adjusted, press the **MODE** button again to exit setup mode and save your changes.

OPERATING INSTRUCTIONS

Basic Watch Functions

The Ovente BHS6000 watch features four primary buttons:

- **LIGHT Button (Top Left):** Activates the backlight for viewing the display in low-light conditions.
- **MODE Button (Bottom Left):** Cycles through different display modes (e.g., Time, Stopwatch, Heart Rate). Also used to enter/exit setting modes.
- **START Button (Top Right):** Used to start/stop functions (e.g., stopwatch, heart rate monitoring) and to adjust values during settings.
- **RESET Button (Bottom Right):** Used to reset functions (e.g., stopwatch) and to move between setting parameters.

Heart Rate Monitoring

To begin monitoring your heart rate:

1. **Wear the Chest Strap:** Ensure the chest strap is properly worn and moistened as described in the Setup section.
2. **Activate Heart Rate Mode:** Press the **MODE** button repeatedly until the watch display shows the heart rate monitoring screen (often indicated by a heart icon or "HR").
3. **Start Monitoring:** Once in heart rate mode, the watch should automatically detect the signal from the chest strap and display your current heart rate. If it doesn't, ensure the strap is correctly positioned and try pressing the **START** button.
4. **Stop Monitoring:** To stop heart rate monitoring, press the **MODE** button to switch to another mode, or press the **START** button if it was used to initiate monitoring.

MAINTENANCE

- **Cleaning:** Clean the watch and chest strap with a soft, damp cloth. Do not use abrasive cleaners or solvents. Rinse the chest strap electrodes with fresh water after each use to prevent salt and sweat buildup.
- **Water Resistance:** The watch is water-resistant up to 50 meters (5 ATM). This means it is suitable for showering, swimming, and general water sports. Do not press buttons underwater. It is not suitable for diving.
- **Battery Replacement:** The watch and chest strap use standard coin cell batteries. Battery replacement should ideally be performed by a qualified technician to ensure water resistance is maintained. Refer to the product packaging or Ovente support for specific battery types.

- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Issue	Possible Cause	Solution
No display on watch	Low or dead battery.	Replace the watch battery.
No heart rate reading	Chest strap not properly moistened or positioned; battery low in chest strap; watch not in HR mode; interference.	Ensure electrodes are wet and strap is snug. Check chest strap battery. Switch watch to HR mode. Move away from strong electromagnetic fields.
Inaccurate heart rate reading	Poor skin contact; movement artifacts; interference.	Re-moisten electrodes and adjust strap. Remain still for initial reading. Avoid sources of electrical interference.
Buttons unresponsive	Watch frozen; water ingress (if buttons pressed underwater).	Try a soft reset (if applicable, consult Ovente support). Ensure watch is dry.

SPECIFICATIONS

- **Model:** BHS6000
- **Brand:** Ovente
- **Dimensions (Watch):** Approximately 24.13 x 4.45 x 1.27 cm (9.5 x 1.75 x 0.5 inches)
- **Weight:** Approximately 181.44 g (6.4 oz)
- **Water Resistance:** 50 meters (5 ATM)
- **Heart Rate Transmission:** Wireless (from chest strap)
- **Functions:** Time, Date, Stopwatch, Heart Rate Monitoring, Backlight

WARRANTY AND SUPPORT

Ovente products are designed for reliability and performance. For specific warranty information, please refer to the warranty card included with your purchase or visit the official Ovente website. If you encounter any issues or require technical assistance, please contact Ovente customer support through their official channels.

For further assistance, please visit: [Ovente Support Website](#) (Note: This is a placeholder link as no specific support URL was provided in the product data.)