

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [Beurer](#) /
- › [Beurer PM80 Professional Heart Rate Monitor User Manual](#)

## Beurer PM 80

# Beurer PM80 Professional Heart Rate Monitor

Model: PM 80

Brand: Beurer

## PRODUCT OVERVIEW

The Beurer PM80 is a professional heart rate monitor designed for accurate and reliable heart rate measurement during physical activity. It features an ECG-precise measurement system and digital transmission for interference-free data. This device is suitable for various fitness levels and includes functions for tracking training zones, calorie consumption, and fat burning.



This image displays the Beurer PM80 Professional Heart Rate Monitor. The watch features a sleek stainless steel casing and a black strap. Its digital display clearly shows a heart rate of 138, the time 19:45:57, and the date Friday, April 12th. Buttons labeled 'START/STOP', 'OPTION/SET', and 'MENU' are visible around the bezel, indicating its functional design for fitness tracking.

### Key Features:

- ECG-precise heart rate measurement for accurate readings.
- Interference-free digital transmission for reliable data.
- PC interface for data download and analysis.
- Waterproof up to 50 meters, suitable for swimming (note: pulse measurement underwater not guaranteed).
- Displays average and maximum heart rate during workouts.
- Includes a digital chest strap with a flexible design.

- Features individual training area and alarm functions.
- Calculates calorie consumption and fat burning.
- Integrated stopwatch, alarm, and display illumination.

## SETUP

### 1. Battery Installation

The Beurer PM80 watch and chest strap require batteries for operation. The watch uses two CR2032 3V batteries, which are typically included. Ensure correct polarity when inserting the batteries.

1. Locate the battery compartment on the back of the watch and the chest strap.
2. Use a small coin or appropriate tool to open the battery cover.
3. Insert the CR2032 batteries, observing the '+' and '-' markings.
4. Securely close the battery cover to ensure water resistance.

### 2. Initial Setup and Pairing

Upon first use or after battery replacement, you may need to set the time, date, and personal data. The watch will automatically attempt to pair with the chest strap when a heart rate signal is detected.

1. Press the **MENU** button to access settings.
2. Navigate through the options using the **OPTION/SET** button.
3. Set the current time, date, and your personal data (e.g., age, weight, height) for accurate calorie and fat burn calculations.
4. Moisten the electrodes on the chest strap with water or electrode gel.
5. Position the chest strap firmly around your chest, directly below your pectoral muscles.
6. The watch should display your heart rate once a stable connection is established.

## OPERATING INSTRUCTIONS

### Basic Navigation

- **MENU:** Enters the main menu, navigates between main functions.
- **OPTION/SET:** Selects options, confirms settings, or moves to the next setting.
- **START/STOP:** Starts or stops a training session, or confirms a selection.

### Measuring Heart Rate

Ensure the chest strap is correctly worn and moistened. Your heart rate will be displayed automatically on the watch face when a signal is detected.

### Starting a Training Session

1. From the time display, press **START/STOP** to begin a new training session.
2. The watch will start recording your heart rate, duration, and other relevant metrics.
3. During the session, you can cycle through different display modes (e.g., current heart rate, calories burned, lap times) using the **OPTION/SET** button.
4. To mark a lap, press the designated button (refer to your specific model's button layout, often **OPTION/SET** during a session).
5. To end the session, press **START/STOP** again. The session data will be saved.

## Using Training Zones

The PM80 allows you to define individual training zones. If your heart rate falls outside the set zone, an alarm will sound.

1. Access the training zone settings via the **MENU**.
2. Set your desired minimum and maximum heart rate values for your training.
3. Activate the training zone alarm if desired.

## Data Transfer to PC

The PM80 includes a PC interface and data cable for transferring your training data to a computer. Use the EASYFIT software (available for download) to plan, control, and manage your fitness and weight.

1. Install the EASYFIT software on your computer.
2. Connect the watch to your PC using the provided data cable.
3. Follow the instructions in the EASYFIT software to download and analyze your training data.

## MAINTENANCE

### Cleaning

- Clean the watch and chest strap regularly with a soft, damp cloth.
- Do not use abrasive cleaners or solvents.
- After swimming or heavy sweating, rinse the chest strap with fresh water to prevent salt buildup.

### Battery Replacement

When the battery indicator appears on the display, replace the batteries promptly to ensure continued accurate operation. Refer to the 'Setup' section for battery installation instructions.

### Storage

Store the device in a cool, dry place when not in use. Avoid extreme temperatures and direct sunlight.

## TROUBLESHOOTING

<b>Problem</b>	<b>Possible Cause</b>	<b>Solution</b>
No heart rate displayed.	Chest strap not moistened, incorrect placement, or low battery.	Moisten electrodes, adjust strap position, or replace batteries in chest strap.
Inaccurate heart rate readings.	Interference from other electronic devices, loose strap, or dry electrodes.	Move away from interference sources, tighten strap, or re-moisten electrodes.
Display is blank or dim.	Low battery in the watch.	Replace the watch batteries (2 x CR2032).
Cannot connect to PC.	Incorrect cable connection, software not installed, or driver issues.	Ensure cable is securely connected, install EASYFIT software, or check device drivers.

## SPECIFICATIONS

<b>Feature</b>	<b>Detail</b>
Model Number	PM 80
Material	Stainless Steel
Color	Black
Screen Size	3 Inches
Power Supply	2 x 3V CR2032 Batteries (included)
Water Resistance	Up to 50 meters (suitable for swimming, pulse measurement underwater not guaranteed)
Item Weight	998 grams
Package Dimensions	30 x 25 x 10 cm
Compatible Devices	Beurer PM 80 (chest strap)
Data Transfer	PC Interface with data cable (EASYFIT software)
Included Accessories	Digital chest strap, storage box, bicycle holder, PC interface cable

## WARRANTY AND SUPPORT

Beurer products are manufactured to high quality standards and are designed for reliable operation. For specific warranty terms and conditions, please refer to the warranty card included with your product or visit the official Beurer website.

If you encounter any issues or require technical assistance, please contact Beurer customer support. You can often find contact information on the official Beurer website or through the retailer where you purchased the product.

For more information, visit the [Beurer Store on Amazon](#).