EZON T037A11

EZON Heart Rate Monitor Chest Strap and Digital Watch User Manual

Model: T037A11

1. Introduction

Welcome to the user manual for your new EZON Heart Rate Monitor Chest Strap and Digital Watch. This device is designed to provide precise and reliable heart rate monitoring, calorie estimation, and essential fitness tracking features to enhance your workout journey. Please read this manual thoroughly to understand the functions and proper usage of your device.

The EZON T037A11 combines accuracy, comfort, and simplicity, making it an ideal tool for fitness enthusiasts looking to optimize their training.



Figure 1: EZON Heart Rate Monitor Watch and Chest Strap

2. Product Overview

2.1 Key Features

- **Precise Heart Rate Monitoring:** The chest strap delivers accurate and reliable heart rate data for various exercises.
- **Workout Calorie Estimation:** Displays real-time heart rate and calorie consumption when paired with the chest strap.
- **Easy-to-Use Display Watch:** Large, user-friendly display for quick heart rate checks without a phone.
- **Built-in Stopwatch and Hourly Chime:** Convenient features for timing workouts and staying organized.
- **Personalized Settings:** Customize gender, age, weight, and heart rate safety zones with audible alerts.
- **5ATM Waterproof Durability:** Suitable for various wet conditions, but avoid pressing buttons underwater.
- **Ultra-Long Battery Life:** Both watch and chest strap use CR2032 batteries, lasting up to 365 days.

2.2 Components

The EZON Heart Rate Monitor package includes the following components:

- Digital Watch
- Heart Rate Monitor Chest Strap
- User Manual (this document)



Figure 2: Digital Watch and Heart Rate Monitor Chest Strap

Your browser does not support the video tag.

Video 1: Overview of the EZON Heart Rate Monitor and Watch, highlighting precision and comfort for your fitness journey.

3. Setup

3.1 Initial Watch Startup

For first-time use, the watch needs to be activated:

1. Locate the 4 side buttons on your watch.
2. Simultaneously press and hold all 4 buttons until the screen lights up.
3. Once the screen is illuminated, release the buttons to complete the startup process.

3.2 Chest Strap Setup and Wearing

Proper placement of the chest strap is crucial for accurate heart rate monitoring:

1. Attach the transmitter belt to the elastic strap.
2. Adjust the strap length so that it fits well, but not too tight.
3. For men, attach the belt just below the pectoral muscles.
4. For women, attach the belt just below the breast.
5. Lift the belt slightly from the skin and wet the rear surface of the conductive ribbed rubber pads with water or moisten the pads with saliva. In rare cases, a conductive gel may be required.

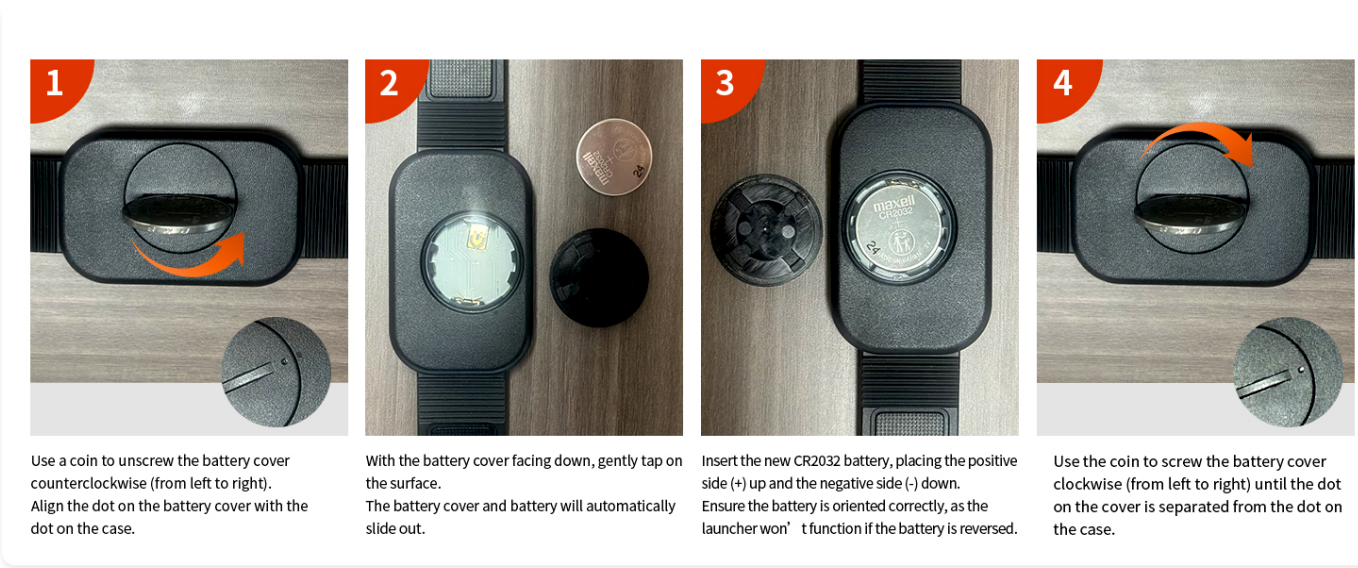


Figure 3: Instructions for wearing the heart rate chest strap.

4. Operating Instructions

4.1 Heart Rate Monitoring and Calorie Estimation

Once the chest strap is properly worn and the watch is activated, the watch will display real-time heart rate and estimated calorie consumption. This allows you to monitor your workout intensity and evaluate the effectiveness of your sessions.



Figure 4: Real-time heart rate and calorie display on the watch.

4.2 Personalized Settings and Heart Rate Zone Alarm

You can personalize your watch settings for more accurate tracking and safety:

- Enter your gender, age, and weight into the watch settings. Refer to the watch's on-screen menu for navigation.
- Customize your heart rate safety zone (upper and lower limits).
- If your heart rate exceeds the set safe range, the watch will beep every 10 seconds as a reminder, helping you avoid overexertion or inefficient training.



Figure 5: Setting and utilizing the heart rate zone alarm function.

4.3 Stopwatch and Hourly Chime

The watch includes a built-in stopwatch for timing intervals and managing workout sessions. An hourly chime feature is also available to help you stay organized throughout the day. Consult the watch's mode button and display for specific instructions on activating and using these functions.

Your browser does not support the video tag.

Video 2: Detailed demonstration of the EZON T037 Heart Rate Monitor Sport Digital Watch features and operation.

5. Maintenance

5.1 Waterproofing (5ATM)

The watch is water resistant to 5ATM, meaning it can withstand splashes, rain, and brief immersion in water. It is suitable for showering and swimming. However, **do not press any buttons underwater**, as this can compromise the seal and lead to water damage. It is recommended to remove the watch before prolonged exposure to water or high-pressure water activities.

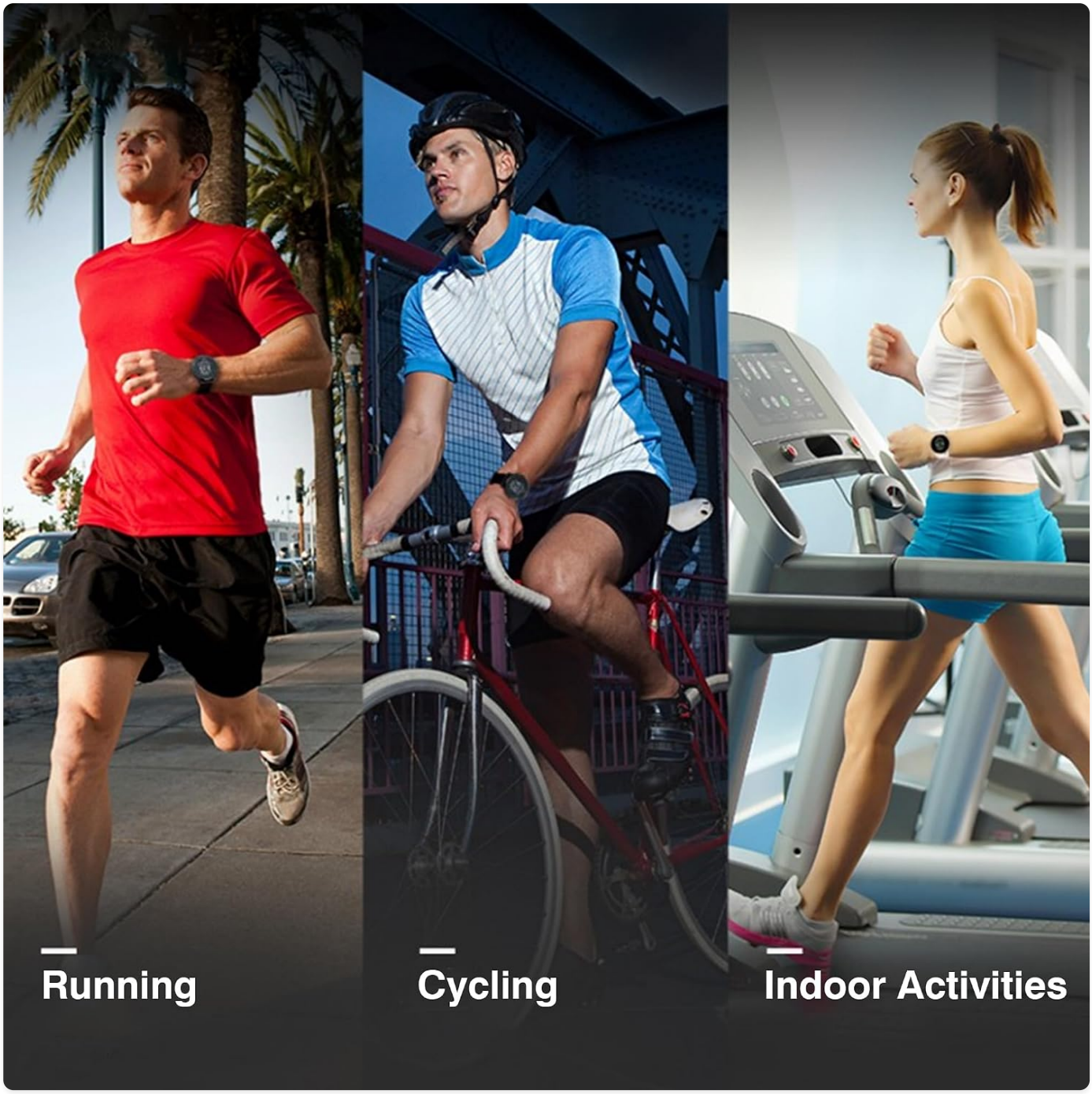


Figure 6: The watch demonstrating its 5ATM water resistance.

5.2 Battery Replacement

Both the watch and chest strap use CR2032 batteries, providing up to 365 days of use. Battery replacement is straightforward:

1. For the watch, use a small Phillips screwdriver to open the battery compartment.
2. For the heart rate sensor, use a coin to unscrew the battery cover counter-clockwise. Align the dot on the battery cover with the dot on the case.
3. With the battery cover facing down, gently tap on the surface. The battery cover and battery will automatically slide out.

4. Insert the new CR2032 battery, placing the positive side (+) up and the negative side (-) down. Ensure the battery is oriented correctly, as the launcher won't function if the battery is reversed.
5. Use the coin to screw the battery cover clockwise until the dot on the cover is separated from the dot on the case.

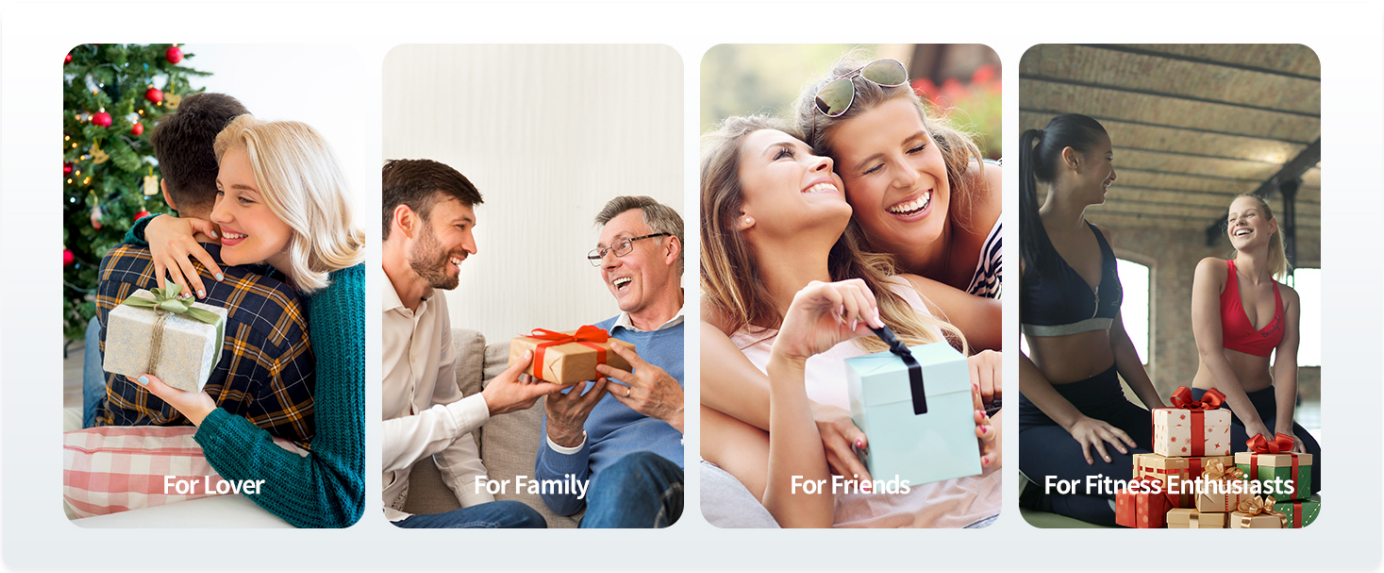


Figure 7: Step-by-step guide for replacing the battery in the heart rate sensor.

6. Troubleshooting

Common Issues and Solutions:

- **Watch not turning on:** Ensure all 4 side buttons were pressed simultaneously during initial startup. If not, repeat the process. If still unresponsive, consider replacing the battery.
- **Heart rate not displaying or inaccurate:**
  - Ensure the chest strap is worn correctly and snugly.
  - Moisten the conductive pads on the chest strap with water or saliva.
  - Check the battery in the chest strap and replace if necessary.
  - Ensure the watch is in the correct mode for heart rate monitoring.
- **Alarm/Chime too faint:** The alarm volume is fixed. Ensure the watch is positioned where you can hear it.
- **Buttons unresponsive:** Ensure buttons are pressed firmly. If persistent, check for debris or damage.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact EZON customer support.

7. Specifications

Feature	Detail
Brand	EZON
Model Name	T037A11

Material	Resin
Color	Black
Screen Size	1.2 Inches
Item Weight	0.21 Kilograms
Battery Life	365 days (approx.)
Battery Type	CR2032 (Watch & Chest Strap)
Water Resistance	5ATM
UPC	782896452773

8. Warranty and Support

EZON is committed to providing high-quality products and excellent customer service.

- **Warranty:** This product comes with a 1-Year Free Replacement warranty.
- **Return Policy:** A 30-Day Return Policy is available for your convenience.
- **Support:** EZON offers Lifetime Support and aims for a 24-Hour Response to inquiries.

For further assistance, please visit the official EZON store or contact their customer service directly through the platform where you purchased the product.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question