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› EZON Heart Rate Monitor and Chest Strap User Manual

EZON T007A11

EZON Heart Rate Monitor and Chest Strap User Manual

Model: T007 Steel Silver

INTRODUCTION

Thank you for choosing the EZON Heart Rate Monitor and Chest Strap. This device is designed to provide accurate, real-time heart rate monitoring to help you optimize your fitness training and track your health. It is suitable for various indoor and outdoor sports activities.

Package Contents:

- 1 x EZON Heart Rate Monitor Watch
- 1 x EZON Chest Strap Transmitter
- 1 x User Manual



The EZON Heart Rate Monitor Watch and its accompanying chest strap, illustrating how the strap is worn for accurate heart rate measurement.

SETUP GUIDE

1. Chest Strap Setup:

The chest strap is designed for comfort and accurate heart rate transmission. Ensure the electrodes on the back of the strap are moistened before placing it around your torso, just below your chest muscles. The EZON logo on the transmitter should face forward.

The chest strap comes with the watch.



The heart rate monitor watch and chest strap, demonstrating the real-time heart rate tracking capability with a visual graph.

2. Watch Activation:

To activate the watch display, press and hold all four buttons simultaneously. The watch will then be ready for initial setup.

This video demonstrates the unboxing and initial setup of the EZON Heart Rate Monitor Watch and Chest Strap, including how to activate the watch display and prepare the chest strap for use.

OPERATING INSTRUCTIONS

Heart Rate Monitoring:

Once the chest strap is properly worn and the watch is activated, your real-time heart rate will be displayed on the watch face. The watch provides continuous, accurate heart rate data, allowing you to monitor your exercise intensity.

You can set manual heart rate target zones. An audio and visual alarm will alert you if your heart rate falls outside your desired zone, helping you maintain optimal training intensity.



50 Years
Calendar



Alarm



Heart Rate
Monitor



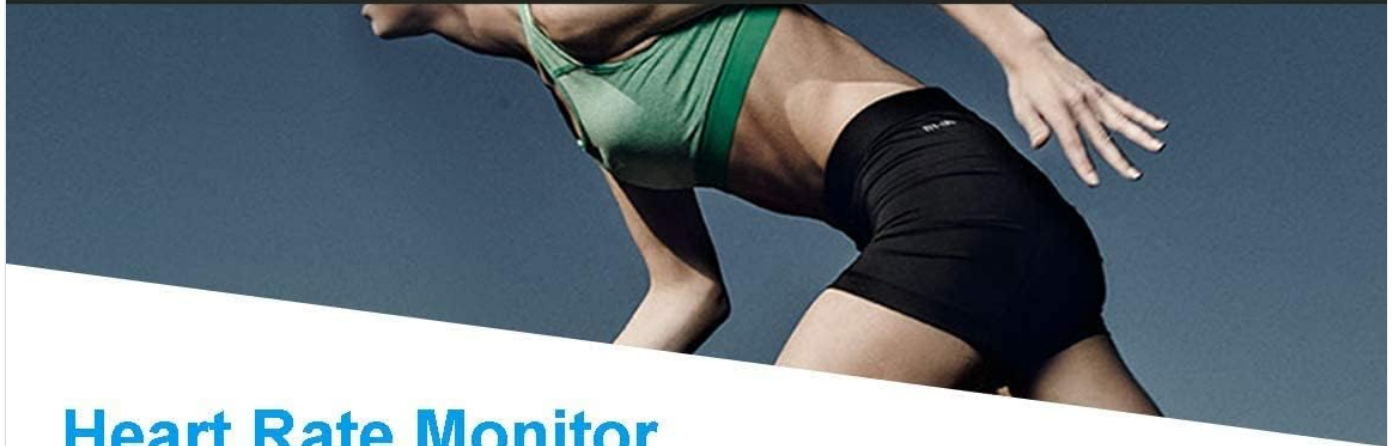
Stopwatch



WaterResistant
5ATM



Hourly Chime



Heart Rate Monitor

Transmitter and elastic belt, it can monitor real-time hear rate.

It can help ensure you receive the maximum benefit from your exercise program.

***Note: The watch contains heart rate belt.**

120
BPM



An illustration of the EZON Heart Rate Monitor Watch and Chest Strap, detailing its various functions including heart rate monitoring, stopwatch, alarm, and water resistance.

Calories Burned:

The intelligent calorie feature uses your personal data to provide an accurate calculation of calories burned during your workout. This helps you track your fitness progress effectively.

Stopwatch and Timer:

The watch includes a full-function stopwatch for timing your activities. You can also set timers for specific intervals during your exercise routine.

Alarms and Hourly Chime:

Set alarms for reminders or to signal the start/end of your workout. The hourly chime feature provides an audible alert at the top of each hour.

This video provides a detailed introduction to the various functions of the EZON Heart Rate Monitor, including heart rate tracking, calorie calculation, stopwatch, and alarm settings.

MAINTENANCE

Cleaning:

After each use, especially after sweating, wipe down the chest strap and watch with a damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the chest strap is completely dry before storing.

Battery Replacement:

The watch uses a built-in CR2032 button cell battery, which can be replaced when it runs out. Refer to the detailed instructions in the included paper manual for safe battery replacement. It is recommended to have battery replacement performed by a qualified technician to maintain water resistance.

Water Resistance:

The watch is water resistant to 5ATM (50 meters/164 feet). This means it can withstand splashes, rain, and brief immersion in water, making it suitable for showering, washing hands, and light swimming. **Do not press any buttons underwater.** It is not suitable for diving or high-pressure water activities.

Water Resistant 5ATM

The watch is water resistant to 5ATM. You can wear it when washing hands, but you can't press any button under water.



The EZON Heart Rate Monitor Watch shown in water, illustrating its 5ATM water resistance for daily use and light water activities.

TROUBLESHOOTING

No Heart Rate Reading:

- Ensure the chest strap electrodes are moistened and positioned correctly on your skin.
- Check if the watch is activated and paired with the chest strap.

- Replace the battery in the chest strap if it's old.

Inaccurate Readings:

- Verify the chest strap is snug but comfortable.
- Avoid strong electromagnetic interference from other electronic devices.
- Ensure the electrodes are clean and free of residue.

Display Not Working:

- Press and hold all four buttons to reactivate the display.
- Check the watch battery level and replace if necessary.

SPECIFICATIONS

Feature	Detail
Brand	EZON
Model Name	Heart Rate Monitor with Chest Strap (T007A11)
Material	Silicone, Acrylic, Stainless Steel/Rubber
Color	Steel Silver
Screen Size	31.3 Millimeters
Product Dimensions	1.85"L x 1.23"W x 0.51"H
Item Weight	0.24 Pounds
Battery Life	12 months (approx.)
Battery Type	CR2032 Button Cell (replaceable)
Water Resistance	5ATM / 50M / 164FT
UPC	734914686301

Product Details



***Note:**The measurement is only for reference.Please make the object as the standard.

A detailed diagram illustrating the physical dimensions of the EZON Heart Rate Monitor Watch, providing measurements for the dial, case, and strap.

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included in your product package or visit the official EZON website. You can also find additional resources and FAQs on the [EZON Brand Store on Amazon](#).

A digital version of the user manual is available for download:[User Manual \(PDF\)](#).

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