EZON T007A11

EZON Heart Rate Monitor T007A11 User Manual

Model: T007A11

Introduction

The EZON T007 Professional Heart Rate Monitor Digital Watch is engineered to assist fitness enthusiasts, track teams, and running amateurs in optimizing their exercise routines. This device provides real-time heart rate monitoring, helping users ensure they receive maximum benefits from their physical activity by tracking and quantifying results.

Key Features

- Heart Rate Monitor: Continuous and accurate real-time heart rate tracking.
- Stopwatch: Precise timing for workouts and activities.
- Calendar: Displays current date.
- Chronograph: For recording elapsed time.
- Hourly Chime: Optional audible alert every hour.
- 5ATM Waterproof: Suitable for various indoor/outdoor sports and daily activities (not for diving).
- Alarm: Customizable daily alarm function.
- EL Backlight: Electroluminescent backlight for visibility in low light conditions.
- CR2032 Battery: Long-lasting battery with approximately 12 months life.
- Easy Battery Replacement: Designed for user-friendly battery changes.

Package Contents

- 1 x EZON Heart Rate Monitor Digital Watch
- 1 x Transmitter Chest Strap
- 1 x Warranty Card
- 1 x Instruction Manual (English)

Important Notes

- Please read this instruction manual carefully before using the product to ensure proper operation and to utilize all features effectively.
- Do not press any buttons while the watch is submerged in water.
- Avoid exposing the watch to steam or hot water, as this may damage the waterproof sealing.

Setup

Installing the Battery

The watch comes with a pre-installed CR2032 battery. If replacement is needed, refer to the 'Battery Replacement' section under Maintenance.

Attaching the Chest Strap

1. Moisten the electrode areas on the back of the chest strap with water or electrode gel.
2. Position the chest strap directly against your skin, just below your pectoral muscles. The EZON logo on the transmitter should be facing upwards and centered on your chest.
3. Adjust the strap to ensure a snug, comfortable fit. It should be tight enough to stay in place during activity but not restrict breathing.



The EZON Heart Rate Monitor watch paired with its chest strap, illustrating how heart rate data is transmitted and displayed.

Initial Time and Date Setting

Upon first use or after battery replacement, you may need to set the time and date. Refer to the detailed instructions in the 'Operating Instructions' section for specific button presses and navigation.

Operating Instructions

Basic Navigation

The EZON T007A11 features four primary buttons:

- **LIGHT:** Activates the EL backlight for improved visibility.
- **MODE:** Cycles through different display modes (Time, Heart Rate, Stopwatch, Alarm, etc.).
- **ST/STP (Start/Stop):** Used to start/stop functions like the stopwatch or confirm settings.
- **RESET:** Used to reset values or navigate back in menus.

Heart Rate Monitoring

1. Ensure the chest strap is properly worn and electrodes are moistened.
2. Press the **MODE** button until the heart rate display appears. The watch will automatically search for the chest strap signal.
3. Your current heart rate in beats per minute (BPM) will be displayed.
4. The watch can also display calorie burn based on your personal data input.

Stopwatch Function

1. Press the **MODE** button to navigate to the Stopwatch mode.
2. Press **ST/STP** to start the stopwatch.
3. Press **ST/STP** again to pause the stopwatch.
4. Press **RESET** to clear the stopwatch to zero.

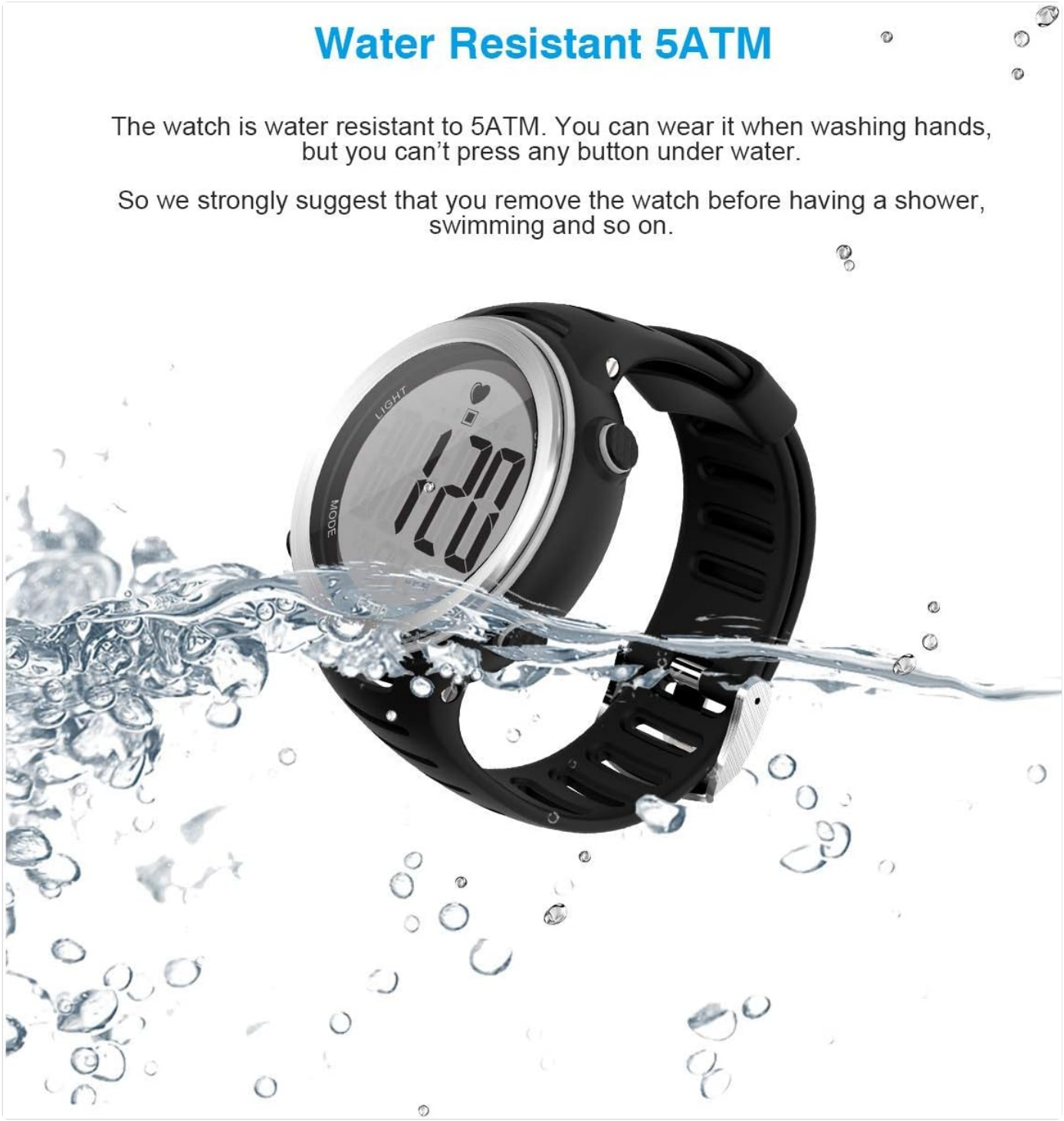
Alarm and Hourly Chime

1. Navigate to the Alarm mode using the **MODE** button.
2. Use **ST/STP** and **RESET** buttons to set the desired alarm time.
3. To activate/deactivate the hourly chime, navigate to the chime setting within the alarm mode and toggle it on or off.

Waterproof Information

The EZON T007A11 has a water resistance rating of 5ATM (50 meters / 164 feet). This means it is suitable for daily use, including hand washing, showering, and light swimming. However, it is crucial to remember:

- **Do NOT press any buttons underwater.** Pressing buttons underwater can compromise the water seal.
- Avoid exposure to hot water or steam (e.g., hot showers, saunas), as extreme temperature changes can affect the waterproof gaskets.
- The watch is not suitable for diving or high-pressure water activities.



The EZON T007A11 is water resistant to 5ATM, suitable for splashes and brief immersion, but buttons should not be pressed underwater.

Maintenance

Cleaning

- Regularly wipe the watch case and strap with a soft, damp cloth to remove sweat, dirt, and debris.
- For the chest strap, rinse the electrode areas with clean water after each use and allow it to air dry. Do not machine wash or tumble dry.
- Avoid using harsh chemicals, solvents, or abrasive cleaners, as these can damage the watch's finish or components.

Battery Replacement

The EZON T007A11 uses a CR2032 button cell battery, designed for easy user replacement. When the display becomes dim or functions are erratic, it may be time to replace the battery.

1. Carefully open the battery compartment cover on the back of the watch using a small screwdriver or coin.
2. Remove the old CR2032 battery.
3. Insert a new CR2032 battery with the positive (+) side facing up.
4. Securely close the battery compartment cover, ensuring the seal is properly seated to maintain water resistance.

Storage

When not in use for extended periods, store the watch in a cool, dry place away from direct sunlight and extreme temperatures. If storing for several months, consider removing the battery to prevent leakage.

Troubleshooting

If you encounter issues with your EZON Heart Rate Monitor, refer to the table below for common problems and their solutions.

Problem	Possible Cause	Solution
No Heart Rate Reading	Chest strap not properly moistened or positioned; low battery in watch or strap; interference.	Ensure electrodes are wet and strap is snug against skin. Replace watch battery. Move away from strong electromagnetic fields.
Display is Blank or Dim	Watch battery is low or depleted.	Replace the CR2032 battery.
Inaccurate Heart Rate Readings	Loose chest strap; dry electrodes; electrical interference; incorrect personal data settings.	Adjust strap for a snug fit. Re-moisten electrodes. Avoid sources of strong electrical interference. Verify personal data (age, weight) is correctly entered.
Buttons Not Responding	Watch is frozen; water ingress (if pressed underwater).	Try a soft reset by removing and reinserting the battery. If water damage is suspected, discontinue use and contact support.

Specifications

Feature	Detail
Model	T007A11
Brand	EZON
Material	Stainless Steel, Rubber
Color	Gray
Waterproof Rating	5ATM (50 meters / 164 feet)
Battery Type	CR2032 Lithium-Ion Button Cell
Battery Life	Approximately 12 months
Item Weight	3.84 ounces (109g with chest strap)
Dial Diameter	4.7 cm (1.85 inches)
Case Thickness	1.3 cm (0.51 inches)

Feature	Detail
Strap Dimensions	2.2 x 24 cm (0.87 x 9.44 inches)
Included Components	Heart Rate Monitor Digital Watch, Transmitter Strap, Warranty Card, Instruction Manual

Product Details



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

Detailed dimensions of the EZON T007A11 Heart Rate Monitor watch.

Warranty Information

Your EZON Heart Rate Monitor T007A11 comes with a warranty. Please refer to the dedicated Warranty Card included in your

product package for specific terms, conditions, and duration of the warranty coverage. Keep your proof of purchase for any warranty claims.

Customer Support

For further assistance, technical support, or inquiries not covered in this manual, please contact EZON customer service. Refer to the contact information provided on the product packaging or the official EZON website for the most up-to-date support channels.

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