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EZON T007A11

EZON Heart Rate Monitor and Chest Strap User Manual

Model: T007A11

INTRODUCTION

The EZON T007 Professional Heart Rate Monitor Digital Watch is designed for fitness enthusiasts, track teams, running amateurs, and any other indoor or outdoor sports enthusiasts. This device helps you monitor your heart rate to optimize your exercise program and achieve maximum health benefits.

Understanding your Maximum Heart Rate (MHR) and setting appropriate heart rate training zones are crucial for effective workouts. This manual will guide you through the features and operation of your EZON Heart Rate Monitor.



Image: The EZON Heart Rate Monitor Watch, featuring a clear digital display and a sleek black and silver design.

PACKAGE CONTENTS

Please verify that all items are present in your package:

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

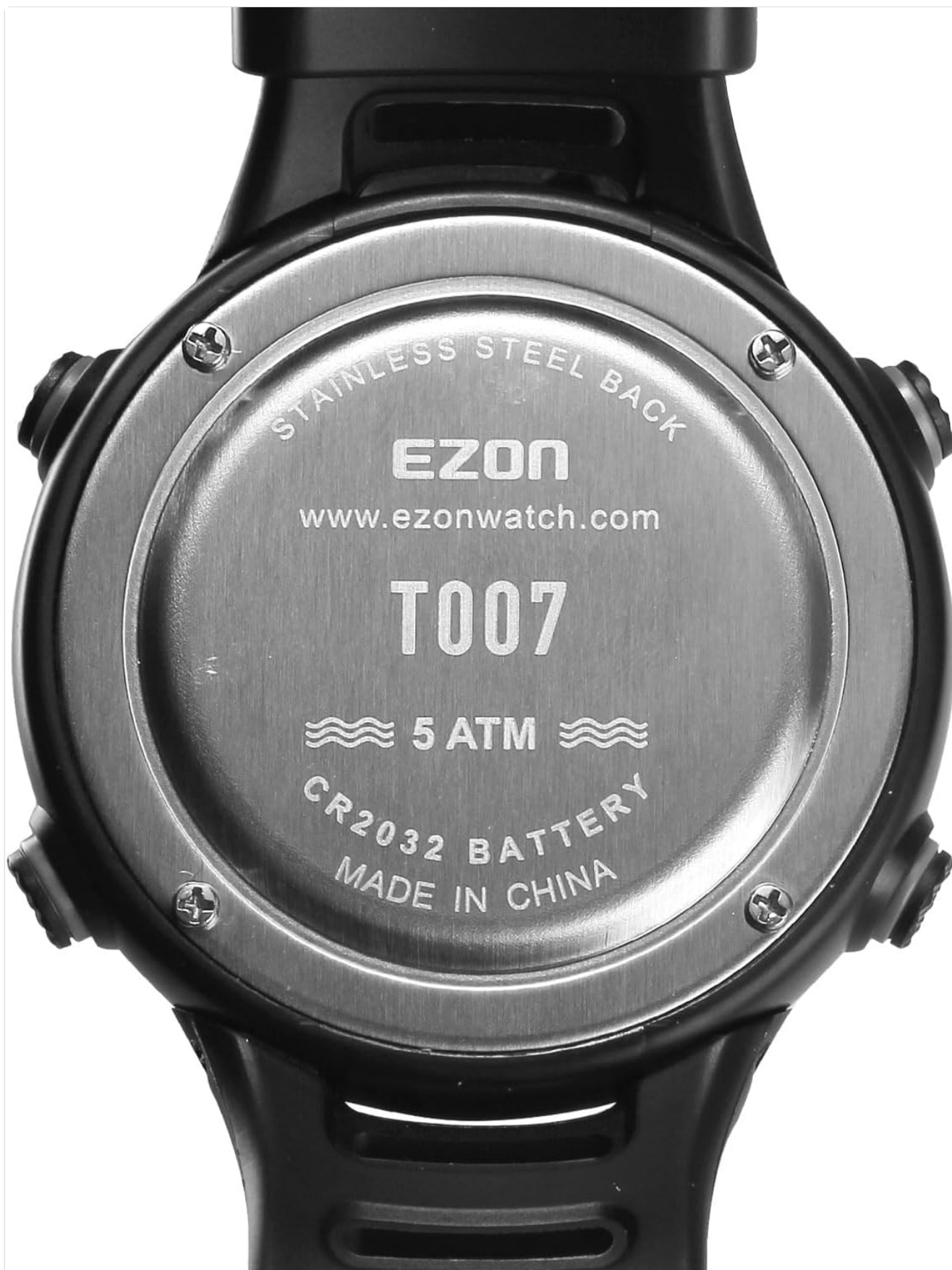


Image: The EZON Heart Rate Monitor Watch displayed alongside its accompanying chest strap, illustrating the complete set.

SETUP

Battery Installation (Watch)

The watch comes with a pre-installed CR2032 battery, which has an approximate life of 12 months. When replacement is needed, follow these steps:

1. Carefully remove the four small screws on the back cover of the watch using a small Phillips head screwdriver.
2. Gently lift the back cover.
3. Remove the old CR2032 battery.
4. Insert a new CR2032 battery with the positive (+) side facing up.
5. Replace the back cover, ensuring the waterproof ring is properly seated.
6. Secure the back cover with the four screws.



Image: Close-up view of the back of the EZON watch, showing the stainless steel back, model number T007, 5 ATM water resistance, and CR2032 battery compartment.

Fitting the Chest Strap

1. Moisten the two 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 centered on your chest and facing forward.
3. Adjust the strap to ensure a snug, comfortable fit. It should not be too tight or too loose.
4. Ensure good contact between the electrodes and your skin for accurate heart rate readings.

OPERATING INSTRUCTIONS

The EZON Heart Rate Monitor offers several functions to enhance your fitness tracking. Familiarize yourself with the watch buttons:

- **LIGHT:** Activates the EL backlight.
- **MODE:** Cycles through different modes (Time, Heart Rate, Stopwatch, Alarm, etc.).
- **ST/STP:** Start/Stop button for stopwatch, or selection/setting button.
- **RESET:** Resets values, or navigates back in menus.

Heart Rate Monitoring

Once the chest strap is properly fitted and the watch is in Heart Rate mode, your real-time heart rate will be displayed. The watch provides continuous monitoring and allows for manual heart rate target zones.

- **Setting Target Zones:** Refer to the detailed instructions in the full manual for setting your upper and lower heart rate limits.
- **Alarms:** Audio and visual alarms will activate if your heart rate falls outside your set target zone, helping you maintain optimal exercise intensity.



The chest strap comes with the watch.

Image: Two EZON watches displaying different heart rate readings (90 BPM and 120 BPM), illustrating the heart rate zone alarm function for active training management.

Calorie Burn Tracking

The watch tracks calories burned based on your personal data (inputted during initial setup, if applicable). This feature provides precise calculations for your energy expenditure, aiding in your fitness training.

Stopwatch and Chronograph

Access the Stopwatch mode using the MODE button. Use the ST/STP button to start and stop the timer, and the RESET button to clear it. The chronograph function allows for more advanced timing capabilities.

Alarm and Hourly Chime

Set daily alarms to remind you of workouts or other events. The hourly chime can be enabled or disabled as per your preference.

EL Backlight

Press the LIGHT button to illuminate the display for easy readability in low-light conditions.



Image: Icons representing key features of the EZON watch: Heart Rate Monitor, Alarm, Chronograph, and 5ATM Waterproof rating.

MAINTENANCE AND CARE

- **Cleaning:** Wipe the watch and chest strap with a soft, damp cloth after each use. Avoid harsh chemicals or abrasive cleaners.
- **Water Resistance:** The watch is 5ATM/50M/164FT waterproof, suitable for swimming, showering, and daily activities. **Do not press any buttons underwater.** Avoid exposure to steam and hot water, as this can damage the waterproof seal. It is not suitable for diving.
- **Storage:** Store the device in a cool, dry place when not in use.
- **Battery:** The CR2032 battery is designed for easy replacement. Ensure the waterproof ring is correctly seated when replacing the battery to maintain water resistance.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No Heart Rate Reading	Chest strap not moist enough; poor contact; battery low in chest strap (if applicable); watch not in HR mode.	Moisten electrodes; adjust strap for snug fit; replace chest strap battery; switch watch to Heart Rate mode.
Inaccurate Heart Rate	Loose strap; interference from other electronic devices; dry electrodes.	Tighten strap; move away from interference sources; re-moisten electrodes.
Watch Display is Blank	Watch battery is dead.	Replace the CR2032 battery in the watch.
Buttons Not Responding	Watch is wet; temporary software glitch.	Ensure watch is dry before pressing buttons; try a soft reset (refer to full manual for specific reset procedures).

If you encounter issues not listed here, please refer to the comprehensive instruction manual or contact EZON customer support.

SPECIFICATIONS

- **Brand:** EZON
- **Model Name:** Heart Rate Monitor (T007A11)
- **Material:** Stainless Steel, Rubber
- **Color:** Silver
- **Water Resistance:** 5ATM (50 meters / 164 feet)
- **Battery Type:** CR2032 (Watch)
- **Battery Life:** Approximately 12 months (Watch)
- **Item Weight:** 3.84 ounces
- **Sensor Type:** Wearable
- **UPC:** 765828807872

WARRANTY AND SUPPORT

Your EZON Heart Rate Monitor comes with a warranty. Please refer to the included warranty card for details regarding coverage and duration. For technical support, product inquiries, or warranty claims, please visit the official EZON website or contact their customer service department.

You can find more information and support at the [EZON Store on Amazon](#).

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