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EZON T007A11

EZON T007 Heart Rate Monitor Sports Watch and Chest Strap User Manual

Model: T007A11

1. Introduction

The EZON T007 Heart Rate Monitor Sports Watch is designed for fitness enthusiasts, athletes, and individuals engaged in indoor or outdoor sports activities. This device helps you monitor your heart rate to optimize your exercise program and achieve your fitness goals effectively.

By tracking your heart rate, you can ensure you are exercising within your target zones, maximizing the benefits of each workout. Understanding your Maximum Heart Rate (MHR) and target heart rate zones is crucial for safe and effective training.



Figure 1.1: EZON T007 Heart Rate Monitor Sports Watch in use during a run.

2. Package Contents

Please verify that all items are present in your package:

- 1 x EZON T007 Heart Rate Monitor Digital Watch
- 1 x Transmitter Chest Strap
- 1 x Instruction Manual (English)
- 1 x Warranty Card

3. Key Features

The EZON T007 offers a range of functions to support your fitness and daily activities:

- **Heart Rate Monitor:** Provides real-time heart rate data via the chest strap.

- **Stopwatch:** For timing workouts and activities.
- **Calendar:** Displays date and day.
- **Hourly Chime:** An audible alert on the hour.
- **5ATM Water Resistance:** Suitable for daily use and surface swimming (not for diving).
- **Alarm:** Set daily alarms.
- **EL Backlight:** For visibility in low-light conditions.
- **Calorie Burned Calculation:** Estimates calories expended during exercise.
- **CR2032 Battery:** Long-lasting battery with easy replacement.



Figure 3.1: Visual representation of the EZON T007's key features.

4. Setup Instructions

4.1. Watch Initial Setup

1. **Power On:** The watch typically comes with the battery pre-installed. If the display is off, press any button to

activate it.

2. **Set Time and Date:** Refer to the detailed instructions in the included manual for setting the current time, date, and 12/24-hour format. This usually involves pressing a 'MODE' or 'SET' button to enter settings mode and using 'LIGHT'/'RESET' buttons to adjust values.
3. **Personal Information:** Input your personal data (age, weight, height, gender) into the watch. This information is crucial for accurate calorie burned calculations and heart rate zone estimations.

4.2. Chest Strap Setup

1. **Moisten Electrodes:** Before wearing, moisten the electrode areas on the back of the chest strap with water or electrode gel. This ensures good contact with your skin for accurate heart rate detection.
2. **Position the Strap:** Place the chest strap directly against your skin, just below your pectoral muscles. The transmitter should be centered on your chest. Adjust the strap for a snug, comfortable fit.
3. **Pairing (Automatic):** The watch and chest strap are designed to pair automatically when the watch is in heart rate monitoring mode and the strap is worn correctly. Ensure you are not too close to other heart rate monitors to avoid interference.

5. Operating Instructions

5.1. Heart Rate Monitoring

To activate heart rate monitoring:

1. Ensure the chest strap is worn correctly and moistened.
2. Navigate to the Heart Rate mode on your watch (typically by pressing the 'MODE' button).
3. The watch will display your current heart rate in beats per minute (BPM).
4. **Target Heart Rate Zones:** The watch allows you to set manual heart rate target zones. If your heart rate exceeds or falls below these zones, the watch may provide audio or visual alarms to help you maintain your desired intensity.

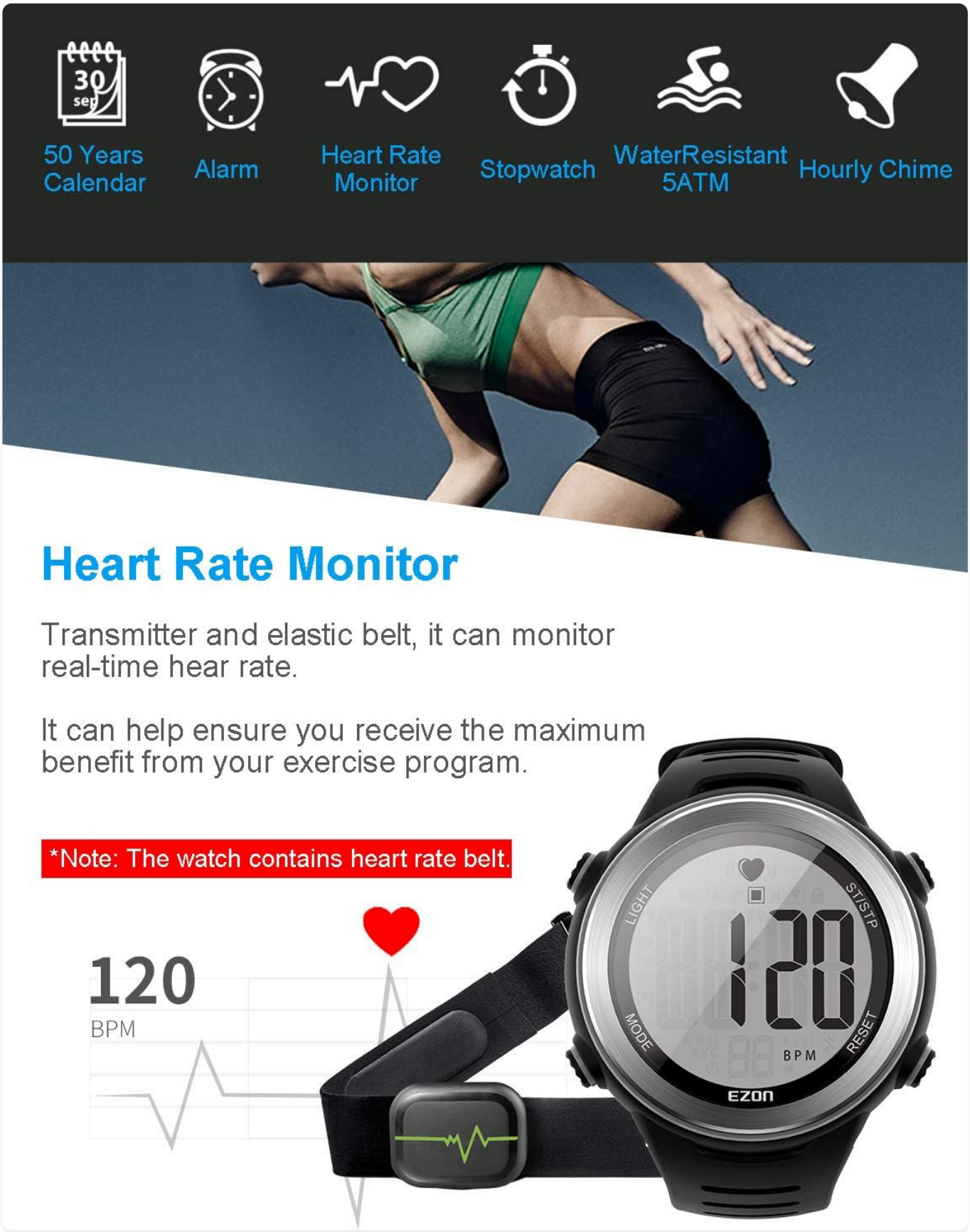

Figure 5.1: The EZON T007 watch displaying heart rate data from the chest strap.

5.2. Stopwatch Function

To use the stopwatch:

1. Press the 'MODE' button until you reach the Stopwatch display.
2. Press 'START/STOP' to begin timing.

3. Press 'START/STOP' again to pause/resume.
4. Press 'RESET' to clear the stopwatch to zero.

5.3. Alarm and Hourly Chime

To set the alarm:

1. Navigate to the Alarm mode using the 'MODE' button.
2. Use the 'SET' or 'RESET' buttons to adjust the alarm time.
3. Activate or deactivate the alarm.

The Hourly Chime can be toggled on or off in the settings, providing a short beep every hour on the hour.

5.4. EL Backlight

Press the 'LIGHT' button to illuminate the display for a few seconds, improving visibility in dark environments.

6. Water Resistance

The EZON T007 watch is rated 5ATM (50 meters / 164 feet) water resistant. This means it is suitable for:

- Daily use, such as washing hands or showering.
- Surface swimming.

Important Precautions:

- **DO NOT** press any buttons underwater.
- Avoid exposure to steam and hot water, as this can damage the waterproof seals.
- Not suitable for diving or high-pressure water activities.



Figure 6.1: The EZON T007 watch demonstrating its 5ATM water resistance.

7. Maintenance

7.1. Cleaning

- Wipe the watch and chest strap with a soft, damp cloth after each use, especially after sweating.
- Ensure the chest strap electrodes are clean and dry before storage.
- Avoid using harsh chemicals or abrasive cleaners.

7.2. Battery Replacement

The watch uses a CR2032 button cell battery, which typically lasts for 12 months. The chest strap also uses a CR2032 battery.
To replace the battery:

1. Use a small screwdriver to open the battery compartment cover on the back of the watch or chest strap.
2. Carefully remove the old battery.
3. Insert a new CR2032 battery with the positive (+) side facing up.
4. Replace the cover and tighten the screws securely to maintain water resistance.

8. Troubleshooting

- **No Heart Rate Reading:**
  - Ensure the chest strap electrodes are moistened and making good skin contact.
  - Check if the chest strap is worn correctly, just below the chest muscles.
  - Verify the watch is in heart rate monitoring mode.
  - Replace the chest strap battery if it's old.
- **Inaccurate Heart Rate:**
  - Ensure good skin contact and proper strap placement.
  - Avoid strong electromagnetic interference from other electronic devices.
  - Moisten electrodes thoroughly.
- **Watch Display is Blank:**
  - Press any button to check if it's in sleep mode.
  - Replace the watch battery (CR2032).
- **Buttons Not Responding:**
  - Ensure the watch is not underwater.
  - Try a soft reset by pressing all buttons simultaneously (if applicable, refer to the detailed manual).

9. Specifications

Feature	Specification
Brand	EZON
Model Number	T007A11
Material	Rubber, Stainless Steel
Color	Steel Silver
Water Resistance	5ATM (50 meters / 164 feet)
Battery Type	CR2032 (Watch & Chest Strap)

Item Weight	3.84 ounces
UPC	786290799236

10. Warranty and Support

Your EZON T007 Heart Rate Monitor Sports Watch and Chest Strap comes with a manufacturer's warranty. Please refer to the included warranty card for specific terms and conditions, including warranty period and coverage details. For technical support, troubleshooting assistance, or warranty claims, please contact EZON customer service through the official EZON website or the retailer where the product was purchased.
You can also visit the official EZON store on Amazon for more information:EZON Store

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