

running behavior, even the shoes you are wearing. Therefore, when another person uses the watch, he/she must recalibrate.

- It will take the watch about 12 seconds to return to "0" once you've stopped walking or running.

UNIT FOR SPEED AND DISTANCE

To set unit (Km or Miles):

- Press **MODE** to enter TRAIN Mode.
- Press and hold **SET** to enter setting mode.
- Press **ST / SP / +** or **MEM / -** to select UNIT setting and press **SET** to confirm.



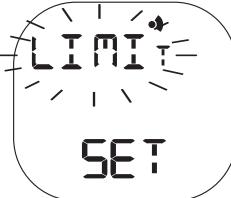
- Press **ST / SP / +** or **MEM / -** to toggle between Km and Mile. Press **SET** to confirm selection.

SPEED LIMIT

Your watch has a real-time measurement for speed. The upper and lower speed limits can be set before working out with an option to have a visual speed alert when exceeding the upper or lower limit.

To set speed limit:

- Press **MODE** to enter TRAIN mode.
- Press and hold **SET** to enter setting mode.
- Press **ST / SP / +** or **MEM / -** to select LIMIT and press **SET** to confirm.



- Press **ST / SP / +** or **MEM / -** to alter the lower limit, press **SET** to confirm and enter the next setting.
- Repeat step 4 to set upper limit and speed alert.

NOTE will flash when the upper / lower speed limits are exceeded.

ABOUT THE SMART TRAINING PROGRAM

The SMART TRAINING PROGRAM enables you to complete exercise cycles effectively. It will guide you through from a 5-minute warm-up (default setting) to the end of your exercise program. In addition to monitoring your heart rate and altering you whenever you fall out of the range for the selected training zone, the Program allows you to check the calories consumed and the % fat burned.

USING THE SMART TRAINING PROGRAM

The SMART TRAINING PROGRAM monitors your exercise performance once you have entered your user profile and exercise profile.

NOTE You cannot use the SMART TRAINING PROGRAM if you are running the stopwatch.

To enter the SMART TRAINING PROGRAM:

- Press **MODE** to enter TRAIN Mode.



- To start or stop the warm up, exercise or recovery countdown timer, press **ST / SP / +**. Once you stop any countdown timer, you can press **ST / SP / +** again to resume it. At the end of each countdown period you will hear a beep.
 - 3 short beeps = Warm-up time completed
 - 1 long beep = Exercise time or distance completed

- 6 short beeps = Recovery time completed
- To bypass a timer and move onto the next one, press and hold **ST / SP / +**.
 - To reset the timer, press **ST / SP / +** to stop, then press and hold **SET**.

The order of the Timer Mode is:

- Warm-up time
 - The warm-up will not display if it has been set to "0" in the exercise profile.
- Exercise time or distance
 - The exercise time or distance is set in the exercise profile.
- Rest time
 - The rest (recovery) time is automatically set to 3 minutes and cannot be changed. When the timer reaches "0", the recovery heart rate will flash.

NOTE You can enable or disable the recovery timer by selecting On / Off setting in Exercise profile (please refer to Set Exercise Profile – step 5).

VIEWING DATA WHILE SMART TRAINING PROGRAM IS RUNNING

During warm-up, exercise or rest time countdown, press **SET** to view and toggle between the following screen displays:

Remaining warm-up / exercise / rest time with current rate / speed	
Current calorie and % fat burned	
Distance traveled, current heart rate and pace	

VIEWING SMART TRAINING PROGRAM MEMORY RECORDS

When the SMART TRAINING PROGRAM has been completed, press **MEM / -** to enter memory mode. The odometer will be displayed (to reset, press and hold **SET**), press **MEM / -** to view the following records:

Total time and maximum heart rate	
Recovery heart rate and average heart rate	
Total calorie and % fat burned	
In zone time: Time spent without exceeding your upper or lower heart rate	
Above zone time: Time spent exceeding your upper heart rate limit	

Below zone limit: Time spent exceeding your lower heart rate limit	
Average speed and average pace	
Distance and maximum speed	

NOTE You cannot use the SMART TRAINING PROGRAM and the Stopwatch function at the same time.

RECOVERY HEART RATE

Your recovery heart rate is a good indication of cardiovascular fitness. The faster your heart rate recovers after the exercise, the better shape you are in. The watch uses a time-based recovery method, which checks your recovery heart rate 3 minutes after exercise.

Compare your recovery heart rate between exercise sessions to track the effect your exercise is having.

STOPWATCH

The stopwatch function is particularly beneficial to use when you are unsure how long your activity will take, or when you want to measure the time it takes to complete a task and your performance over that time. You can also take lap and split time readings when using the stopwatch function.

To get the most out of your stopwatch functions complete your user and exercise profile. If you have not completed the user profile you will be unable to use the calorie and % fat burned function.

Press MODE to enter CHRONO Mode. You can now perform the following functions:	
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TASK	INSTRUCTION
Start stopwatch	Press ST / SP / +
Pause / resume stopwatch	Press ST / SP / +
Reset	Press ST / SP / + to pause, then press and hold SET

NOTE The stopwatch begins measurement in min: sec:1/100 sec. After 59 minutes pass, the display will change to hrs:min:sec.

VIEWING DATA WHILE STOPWATCH IS RUNNING

While the stopwatch function is being used, press **SET** to view and toggle between the following screen displays:

Total time / current heart rate / speed	
Current calorie and % fat burned	

Distance, current heart rate and pace	
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VIEWING MEMORY RECORDS

To view memory:

- The stopwatch must be stopped (press **ST / SP / +**).
- Press **MEM / -** to enter memory mode. Odometer will be displayed (to reset odometer, press and hold **SET**.)



- Press **MEM / -** to view each record.

The records will appear in the following order:

Total time and maximum heart rate	
Total time and average heart rate	
Total calories and % fat burned	
In zone time: Time spent without exceeding your upper or lower heart rate limit	
Above zone time: Time spent exceeding your upper heart rate limit	
Below zone time: Time spent exceeding your lower heart rate limit	
Average speed and average pace	
Distance and maximum speed	

ABOUT THE FITNESS / BODY MASS INDEX

FITNESS INDEX

Your watch will generate a fitness index based on your aerobic fitness. This index is dependent and limited by the body's ability to deliver oxygen to the working muscles in training. It is often measured by maximum oxygen uptake (VO2 Max), which is defined as the highest amount of oxygen that can be utilized when exercising at an increasingly demanding level. The lungs, heart, blood, circulatory system, and working muscles are all factors in determining VO2 Max. The unit of VO2 Max is ml/kg min.

The higher the index, the fitter you are. See the tables below for a rough guide to what your fitness index means:



BODY MASS INDEX

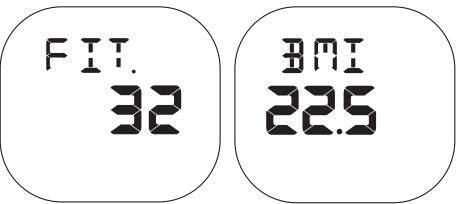
Your body mass index is a measurement of the relative percentage of fat and muscle mass in the human body.

HEALTH INDICATION	BMI RANGE	DESCRIPTION
Underweight	Less than 18.5	Your body weight is currently lower than average. Work toward healthy, regular food intake and exercise routine to build up your health to recommended levels.
Recommended	18.5 to 24.9	Your health is at the recommended level. Maintain a balanced diet and exercise to keep your current level of health.
Overweight	25.0 to 29.9	Your body weight may be above normal. Increase your exercise and work out a diet plan to lower your risk for serious illness.
Obese	30.0 or greater	At this level, you may be at risk for heart disease, high blood pressure, and other illnesses. Consult with your doctor to develop a proper health and fitness plan.

NOTE The above BMI information is based on BMI classification from WHO 2004.

VIEWING FITNESS

Press **MODE** to enter USER Mode. Then, press **MEM / -** to display your fitness and body mass index.



NOTE If you have not completed your user profile, these will not display and "-" will show on the display.

AQUATIC AND OUTDOOR ACTIVITIES

The watch is water-resistant up to 50 meters. The chest belt is splash proof, and should not be worn for underwater activities, as the heart rate transmission cannot occur under water. Refer to the table for proper guidelines.

	RAIN SPLASHES ETC	SHOWERING (WARM/COOL WATER ONLY)	LIGHT SWIMMING /SHALLOW WATER	SHALLOW DIVING/ SURFING/ WATER SPORTS	SNORKELING /DEEP WATER DIVING
Watch 50m / 165ft	OK	OK	OK	NO	NO

When using the watch for aquatic or outdoor sports activities, observe the following guidelines:

- Do not press the keys under water or with wet fingers.

- Rinse with water and mild soap after use.
- Do not use in hot water.

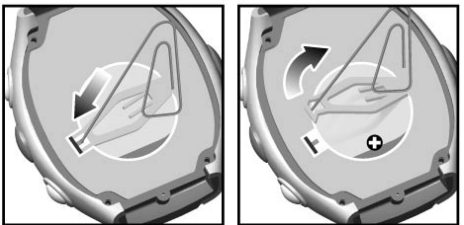
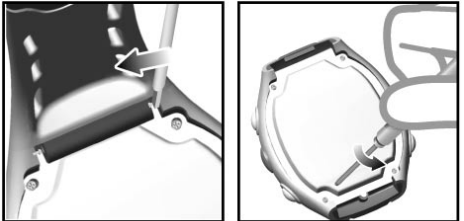
BATTERIES

Both the watch and heart rate chest belt use 1 x CR2032 3V battery. Both are already installed. See the table below for battery warnings.

LOW BATTERY ICON	DESCRIPTION
	The battery is too low to run the backlight
	The watch battery is low; the backlight cannot be used
	The chest belt battery is nearly too low to send a signal to the watch

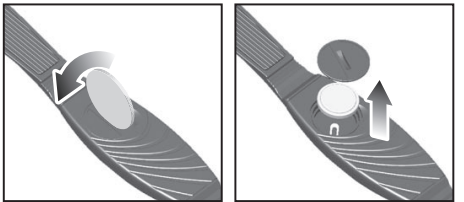
The batteries typically last one year. We highly recommend that you contact the retailer or our customer service department if you need to replace them.

To replace the watch battery:



- Remove the watchstrap.
- Undo the four screws and remove the back plate.
- Using a thin blunt instrument, hook the release catch and lift the clip.
- Remove the old battery and slide the new battery into the battery compartment with the + side upwards.
- Replace the battery clip, back plate and screws. Then re-attach the watchstrap.

To replace the chest belt battery:



- Using a coin, twist the compartment lid counter-clockwise until it clicks out of place.
- Remove the old battery and insert the new battery with the +side upwards.
- Replace the battery compartment lid by twisting it clockwise until it is firmly in place.

IMPORTANT

- Non-rechargeable and rechargeable batteries must be disposed of properly. For this purpose, special containers are provided for non-rechargeable and rechargeable battery disposal at communal collection centers.
- Batteries are extremely dangerous when swallowed! Therefore, keep batteries and small articles away from children. If a battery has been swallowed seek immediate medical advice.
- The batteries supplied must not be recharged, reactivated by any other means, dismantled, put into fire or short-circuited.

SPECIFICATIONS	
TYPE	DESCRIPTION
CLOCK	
Time format	12hr / 24 hr
Date format	DD / MM or MM / DD
Year format	2001-2050 (auto-calendar)
Alarm	Alarm with daily, weekday or weekend settings
STOPWATCH	
Stopwatch	99:59:59 (HH:MM:SS)
Resolution	1/100 sec (below 1 hour) / 1 sec (over 1 hour)
SMART TRAINING PROGRAM	
Warm-up timer	Set to 5, 10, 15 or 0 mins
Exercise timer	99:59:59 (HH:MM:SS)
Maximum number of exercise timer	By time: 99:59:59 (HH:MM:SS) By distance: 0.1 to 99.99km OR 0.1 to 99.99mile
Rest timer	3 mins fixed time
PERFORMANCE TRACKING	
Heart Rate (HR) alarm	Sound / Visual
HR measuring range	30-240 bpm (beats per minute)
Lower HR settable range	30-220 bpm (beats per minute)
Upper HR settable range	80-240 bpm (beats per minute)
Calories calculation	0-9,999 Kcal
% fat burned calculation	0-99%
SPEED FUNCTIONS	
Speed range	0 to 40.0 km/hr (0 to 24.8 mile/hr)
Distance	0 to 9999.99km (0 to 6211.17 miles)
Distance tolerance	Best 10% (approximately)
Odometer	0 to 99999 km (0 to 62111 mile)
Pace	0 to 99'59" (MM'SS") per km or mile
Lower speed limit	0.1 to 39.9 km/hr or mile/hr
Upper speed limit	0.2 to 40 km/hr or mile/hr (Upper = lower + 0.1 km/hr or mile/hr)
TRANSMISSION	
Range	62.5cm (25 inches) – may decrease with low battery
WATER RESISTANCE	
Watch	30 meters (not actuating keys)
Chest belt	Splash proof
OPERATING ENVIRONMENT	
Operation temperature	5°C to 40°C (41°F to 104°F)
Storage temperature	-20°C to 70°C (-4°F to 158°F)
POWER	
Watch	1 x CR2032 3V lithium battery
Chest belt	1 x CR2032 3V lithium battery

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the watch thoroughly after each training session. Never use the product in hot water or store it when wet.
- Damage to the product may occur if the keys are pressed underwater.
- Hot steam may cause damage to the product. Do not wear it in steaming shower, spa or hot tub.
- The product should be rinsed thoroughly with fresh water after being in contact with salt water.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not bend or stretch the transmitter part of the chest belt.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.

- When replacing batteries, use new batteries as specified in this user manual.

- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.

- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.

- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.

- When disposing of this product, ensure it is collectedseparately for special treatment and not as normal household waste.

- Due to printing limitations, the displays shown in this manual may differ from the actual display.

- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

NOTE Features and accessories will not be available in all countries. For more information, please contact your local retailer.

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www2.oregonscientific.com/about/international.asp