

***SPORTLINE***®



# HEART RATE WATCH

Instruction Manual

<b>INTRODUCTION</b>	<b>3</b>
<b>WARNING &amp; CAUTIONS</b>	<b>4</b>
<b>CARE AND MAINTENANCE</b>	<b>5</b>
<b>BUTTON OPERATION OVERVIEW</b>	<b>6</b>
<b>HOW TO MEASURE YOUR HEART RATE</b>	<b>7</b>
<b>HELPFUL HINTS IN MEASURING HEART RATE</b>	<b>8</b>
<b>SETTING THE WATCH FUNCTIONS</b>	<b>9</b>
<b>SPECIFICATIONS</b>	<b>12</b>
<b>REPLACING THE BATTERY</b>	<b>13</b>
<b>WARRANTY</b>	<b>14</b>

This sleek, stylish LED Heart Rate Watch measures ECG accurate heart rate with the simple touch of your fingers—no chest strap is required! It operates as a basic analog watch but is also coupled with digital time, date and heart rate monitor functions. Its bright LED output vividly showcases the digital display so you will never miss a beat.

SP4421/725M SP4423/750M



## WARNING & CAUTIONS

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the transmitting equipment and receiver.
- Connect the receiver appliance into an outlet on a circuit different from the location that to which the transmitting watch is being used.
- Consult the dealer or an experienced radio technician for help.
- This LED Heart Rate Watch is not a medical device, nor intended for use in any medical or patient monitoring applications.
- This watch is not intended for use in any commercial application.

## CARE AND MAINTENANCE

- Always consult a physician before starting any physical activity.
- The features/images of your watch may vary slightly from those described in this User Guide. The information in this User Guide is intended to be for information purposes only, and is subject to change without notice.

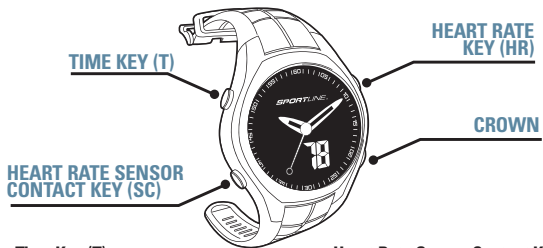
S-Pulse™ is a trademark of Salutron, Inc.

To ensure proper function of your LED Heart Rate Watch:

- Avoid rough usage or severe impacts to the watch.
- Keep the side sensor keys (**SC** and **HR**) and back metal plate free from dirt, oils and other contaminants.
- Periodically clean the watch with a soft cloth, mild soap.
- Keep the watch out of extreme heat or cold.
- Do not expose the watch to intense direct sunlight for long periods of time.
- Do not expose the watch to chemicals such as gasoline, alcohol or solvents.



## BUTTON OPERATION OVERVIEW



### • Time Key (T)

- Press & Hold: to enter/exit setting mode
- Activates digital (LED) display
- Scroll thru digital time, date and seconds

### • Heart Rate Key (HR)

- Press & Hold: activate Heart Rate function; must be pressed simultaneously with Heart Rate Sensor Contact Key (SC)
- Decrease variables in setting mode

### • Heart Rate Sensor Contact Key (SC)

- Press & Hold: activate Heart Rate function; must be pressed with Heart Rate Key (HR)
- Increase variables in setting mode)

### • Crown

- Adjust analog time display

### • Back Cover (Sensor Contact)

- Primary heart rate sensor

## HOW TO MEASURE YOUR HEART RATE

To get your heart rate reading, follow these three simple steps:

1. Place the watch on your wrist, adjusting for a snug, comfortable fit.
2. Place your fingers on the watch's two sensor keys (**SC** and **HR**) and press both gently for 3-8 seconds.
3. A 'beep' will sound and your heart rate will be displayed. It's that easy!

The LED Heart Rate Watch is a sensitive monitoring device that reads your ECG signals and reading times may vary. If you don't get a reading in 3-8 seconds, wait a couple of minutes and try again. This gives the watch a chance to settle in and pick up your electrical signals.

Your heart rate will be displayed once measured, and will remain displayed for 5 seconds after you release the sensor keys.

### IMPORTANT:

**The Heart Rate measure function is not intended for use in or under water.**

**The Heart Rate measure function is not intended for medical emergency use.**

## HELPFUL HINTS IN MEASURING HEART RATE

If you are having difficulty measuring your heart rate, you may want to try the following steps. Try each of these in succession until you are able to measure your heart rate:

1. Make sure the watch is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate. Stop if *OK* or ▼
2. When pressing on the two sensor keys (**SC** and **HR**), make sure you are using the soft, flat pads of your fingers—not the tips of your fingers. Stop if *OK* or ▼
3. Press gently with enough pressure to activate the heart rate measure function. Muscle 'noise' from pressing too hard can make it difficult to measure your heart rate. Stop if *OK* or ▼
4. Make sure the metal back of the watch is laying flat on your skin. Stop if *OK* or ▼
5. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions. Stop if *OK* or ▼
6. Stay still and relax your arms on a stable surface while taking your heart rate. Stop if *OK* or ▼
7. Clean the two sensor keys and back metal plate with mild soap and water. Stop if *OK* or ▼
8. Moisten, with water, the pads of the fingers you are using to contact the two sensor keys. Stop if *OK* or ▼
9. Moisten, with water, the surface between the back metal plate of the watch and the skin on your wrist.

## SETTING THE WATCH FUNCTIONS

### SETTING DIGITAL TIME AND DATE

1. Press and hold the **T** key for 3 seconds until the 'digital seconds' display flashes under the faceplate.
2. Press the **T** key to advance thru settings:
  - Seconds
  - Minutes
  - Hours
  - Year
  - Month
  - Day
  - Month/Date or Date/Month date format
  - 12 Hr (am/pm) or 24 Hr (military) time format
3. To change the setting, press the **HR** key to decrease and **SC** key to increase the setting variables.
4. To save the new settings, press and hold the **T** key for 3 seconds until the display stops flashing.

**Note:** During setting mode, the watch will exit and shut off digital display after 20 seconds of inactivity.

**Digital display:** To view digital time and date after settings are saved, press the **T** key to scroll through digital time, date, and seconds. The digital display will automatically shut off after 3 seconds of inactivity.



## SETTING THE WATCH FUNCTIONS

### SETTING ANALOG TIME

1. Gently pull the Crown outward until it clicks into place. The 'seconds hand' will remain stationary.
2. Rotate the Crown clockwise or counterclockwise to adjust the hands. The digital time can be used as a reference for setting the analog time by pressing the **T** key.
3. When the time is set, push the Crown back into the locked position.

### SYNCHRONIZING ANALOG AND DIGITAL TIME FOR MATCHING 'SECONDS'

After setting the analog/digital 'hours' and 'minutes,' the last step is to synchronize the 'seconds.' There are two ways to adjust the analog and digital times so they operate in unison:

#### IN DIGITAL SETTING MODE:

1. Press and hold the **T** key for 3 seconds until the 'digital seconds' display flashes.
2. Wait until the 'seconds hand' reaches zero.
3. Once the 'seconds hand' reaches zero, press either the **SC** or **HR** key to reset the 'digital seconds' display to "00".

## SETTING THE WATCH FUNCTIONS

4. The analog and digital times are now synchronized.

*Tip: To confirm that the analog and digital seconds are synchronized, press the **T** key three times. This will display the digital seconds and you can determine if you are synchronized.*

5. Press and hold the **T** key for 3 seconds to exit the setting mode.

#### IN ANALOG SETTING MODE:

1. Gently pull the Crown outward until it clicks into place. The 'seconds hand' will remain stationary.
2. Press the **T** key three times to set the digital 'seconds' display.
3. Use the 'digital seconds' display as a reference and wait until it matches with the 'seconds hand.'
4. Once the 'digital seconds' and 'seconds hand' match, quickly push the Crown back into the locked position.
5. The analog and digital times are now synchronized. Check the setting by pressing the **T** key three times to view the digital display and the second hand.

**Note:** If you take too long to match the settings, the minutes may not synchronize. If that happens, you'll need to reset the minutes.



## SPECIFICATIONS

### Analog Time

- Time System: Quartz movement
- Hands: hour, minute and seconds

### Digital Time

- Time System: AM, PM, hour, minute and seconds
- Date: month, day and year
- Time Format: 12 / 24 hour selectable
- Date Format: month-date/ date-month selectable

### Heart Rate Monitor

- Measuring range: 43 to 199 beats per minute

### Other

- Water resistant: 30 meters

### IMPORTANT:

**The Heart Rate measure function is not intended for use in or under water.**

**The Heart Rate Watch is not intended for emergency or medical situations.**

## REPLACING THE BATTERY

The watch uses one (1) standard lithium replacement battery: **CR2032**

Battery replacement will be required from time to time. Battery life will vary depending on usage of the digital display and heart rate feature which require high power consumption. To replace the battery of your LED Heart Rate Watch, we recommend this be done by a watch repair service center. This ensures the water resistance will be retained after battery replacement.

### IMPORTANT:

The battery should be changed when:

1. The digital display fades in part or completely.
2. The heart rate function will not activate.

### CAUTION - Battery Safety Information

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries only to be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Do not mix old and new batteries
- Exhausted batteries to be removed
- Do not dispose of battery in fire; battery may explode or leak
- Do not dispose of product in fire; battery may explode or leak



## WARRANTY

### GUARANTEE CERTIFICATE

#### For purchases made in the U.S.

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: EB SPORT GROUP, 585 Oak Ridge Road, Hazleton, PA 18202

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

*(PLEASE PRINT CLEARLY)*

NAME \_\_\_\_\_ TEL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

STORE PURCHASED FROM \_\_\_\_\_ DATE OF PURCHASE \_\_\_\_\_

PURCHASE PRICE \_\_\_\_\_ PROBLEM WITH PRODUCT \_\_\_\_\_

### REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

#### FOR PURCHASES MADE IN THE UK:

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement: StarCase (UK) Ltd, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

### PATENTS

This LED Heart Rate Watch and S-Pulse™ technology are a result of, and protected by, the following Salutron, Inc. patents:

US: 5,738,104 & 5,876,350

Europe: EPO 0861045B1

Distributed under license by EB Brands, EB Sport Group



***SPORTLINE***<sup>®</sup>

Sportline<sup>®</sup> is a trademark of SPORTLINE, a division

of EB Sport Group, Yonkers, NY 10701

Distributed in the UK by

StarCase (UK) Ltd., Worcester, WR4 9FA

All Rights Reserved. ©2008

**[www.sportline.com](http://www.sportline.com)**

SP4421IS01SPO

SP4421/725M SP4423/750M

**HEART RATE WATCH**