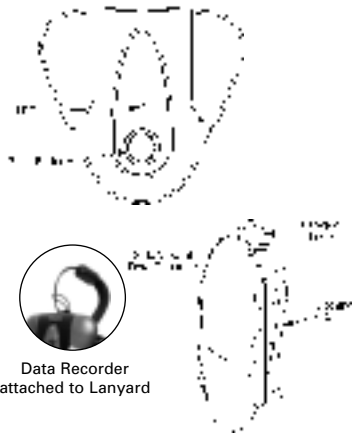




QUICK START GUIDE

This guide is provided to help you get started with your new Bodylink® Data Recorder. For complete instructions on using the Data Recorder, see the Data Recorder Help and the Software Help in the TIMEX® Trainer software.

MEET THE DATA RECORDER



Data Recorder attached to Lanyard

WHAT YOU NEED

You need the following to use your new Bodylink® Data Recorder:

- A TIMEX Speed + Distance Sensor and/or Heart Rate Sensor.
- The supplied CD-ROM with the TIMEX® Trainer software.
- The supplied USB cable.
- A PC with the following configuration:
 - Microsoft® Windows® 98 2nd Ed., 2000 (with Service Pack 1 or higher), ME, XP or higher operating system
 - 30 MB of free hard disk space
 - USB port

The mini CD-ROM works in any standard CD-ROM drive with a tray; place the CD-ROM in the center of the tray. See the TECHNICAL SUPPORT section of this guide if you need a downloadable version of the software.

INSTALL THE TIMEX® TRAINER SOFTWARE

Follow these steps to install the software for your Data Recorder:

1. Load the CD-ROM into your PC's CD drive.
2. At the TIMEX Trainer screen, click on the INSTALL TIMEX TRAINER link. If no links are visible, move the mouse pointer over the upper left photo. (Each of the photos represents a different function that you can activate.)
3. Follow the instructions on the screen to install the software.
4. After the program has finished installation, TIMEX Trainer will start and you can continue with the program setup. The Data Recorder icon will appear in the Windows task tray near the clock.

TIMEX Trainer Icon



SYNCHRONIZE THE DATA RECORDER

Follow these steps to connect the Data Recorder with the supplied USB cable:

1. Pull the lock lever on the cable connector open.
2. Hook the bottom of the connector into the slot on the right side of the connection on the rear of the Data Recorder.
3. Rotate the connector forward to lock it into position.



4. Connect the other end of the cable to an empty USB port on your PC.
5. The TIMEX Trainer software will automatically start up and synchronize the Data Recorder's internal clock to your PC's clock. For best results, make sure that your PC's clock is correct.
6. Disconnect the cable from the PC, then from the Data Recorder. You are now ready to use the Data Recorder.

Tip

- When you travel outside your home time zone, you should resynchronize your Data Recorder to keep the times of your stored workouts correct.

RECORD YOUR WORKOUT

Follow these steps to record data from a TIMEX® Speed + Distance System GPS Sensor and/or Digital Heart Rate Sensor:

1. Always start with the sensors! Attach a Heart Rate Sensor chest belt or Speed + Distance Sensor (or both) to your body and turn it (them) on.
2. Next turn on the Data Recorder. It will automatically attempt to synchronize to the GPS Sensor and/or Heart Rate Sensor data. Here is what the LED colors mean (see the Help for more details):
 - Steady green – looking for a sensor.
 - Regular blinking green – synchronized to one unit.
 - Irregular blinking green – synchronized to both units.
 - Red with green blink – receiving data from one device, not from the other.
 - Steady red – lost the radio link to the sensor.
3. Now you can secure the Recorder to your clothing (or drop it in your pocket). You're ready to go!

Tips

- Turn off the Data Recorder as soon as possible after your workout to get the most accurate workout data.
- For best results, keep the Data Recorder on the same side of your body as the GPS Sensor (if used). Location of the Data Recorder is not as important with the Heart Rate Sensor.
- If the Data Recorder is tracking one device and you want to add another one, push the control button. The Data Recorder will attempt to synchronize with the new unit.
- If you attach the Data Recorder to your clothing with the clip on the rear of the unit, be sure to also use the supplied lanyard to protect against loss.

TRANSFER WORKOUT DATA TO YOUR PC

Follow these steps to upload data from the Data Recorder to the TIMEX® Trainer software in your PC:

1. Connect the Data Recorder to the PC as described and shown on the other side of this sheet.
2. If it is not already running, the TIMEX Trainer software will automatically start up and transfer all your new workout data into your PC.
3. When the transfer is complete, disconnect the Data Recorder.

Tips

- If the software does not start automatically, double-click on the Data Recorder icon in the task tray. You can also start the transfer process from the File menu of TIMEX Trainer.
- If the Data Recorder icon doesn't appear in the task tray, click on the Start button, then find TIMEX Trainer in the Programs menu to start the software. Then you can check Help to find out how to restore the icon.



TECHNICAL SUPPORT

If you have any questions about the operation of your Data Recorder or the TIMEX® Trainer software, please refer to the Help, which is accessed from the software. For any questions not answered by the Help, check the Timex website or call the support line:

- Website: <http://www.timex.com>
- Technical support line in the US and Canada: 1-800-328-2677
- Technical support line from other than US and Canada: 1-501-370-5775

WARRANTY

For care, service, warranty, and extended warranty information, please refer to the Help (click on the Warranty topic for details).

IMPORTANT

The Bodylink® Data Recorder is not a medical device. It should not be used in the diagnosis, treatment, or prevention of any disease or other medical condition. Users should have alternate methods for such purposes.

COMPLIANCE

FCC Notice: Tested To Comply With FCC Standards FOR HOME OR OFFICE USE.



This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Caution: Any changes or modifications not expressly approved by Timex Corporation could void the user's authority to operate this equipment.

Industry Canada Notice: This Class B digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

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