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digital heart rate monitor



TIMEX[®]

DIGITAL HEART RATE MONITOR

Zone In On Fitness

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THE TIMEX® DIGITAL HEART RATE MONITOR

30-LAP/FITNESS MODELS

AN ADVANCED DIGITAL SPORT WATCH

Plus

AN ALL-DIGITAL HEART RATE MONITOR SYSTEM

The Timex® Digital Heart Rate Monitor incorporates the very latest digital technology from Timex with fitness methodologies used by fitness experts and personal trainers. As the world leader in sports timing devices, Timex has created a digital fitness system that combines the digital accuracy demanded by world-class athletes with features anyone at any age can use to stay “fit for life.”

Note: This manual may describe features or functions that are not available on all models.

Resources on the Internet

The Timex web site (www.timex.com) is an excellent source of information to help you get more out of your Timex® Digital Heart Rate Monitor purchase. Resources to check on the Timex site include:

www.timex.com/hrm/

For more information on Timex Digital Heart Rate Monitors, including product feature listings and simulations.

www.timex.com/fitness/

For fitness and training tips using the Timex Digital Heart Rate Monitors.

Note: Always consult your physician before beginning or modifying an exercise program.

How This Manual Is Organized

We've divided this manual into four main sections:

- **Overview** —

General descriptions of the buttons, features and display.

- **Using Your Heart Rate Monitor** —

Describes how to combine your watch with a Heart Rate Monitor (HRM) to obtain, measure and review heart rate information.

- **Modes and Features** —

Simple, step-by-step walkthroughs of how to use watch modes and features.

- **Usage Examples** —

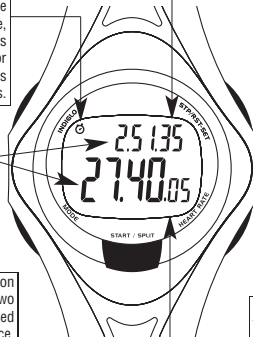
Real-world scenarios that show you how to make your Timex® watch an integral part of your workout activities.

Overview

Display Information

FLAGS - Appear around the display to reflect the current mode, or to indicate an activity occurring in the background. For example, the stopwatch flag indicates the Chronograph or Stopwatch feature is actively timing your laps.

TOP LINE - Top one-third of the display, used for information such as lap times, day/date, HRM information and flags.



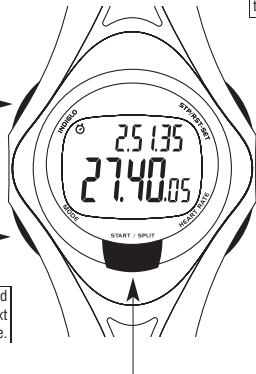
In some modes information displayed on these two lines can be swapped based on your preference.

BOTTOM LINE - Bottom two-thirds of the display, used for information such as time of day, lap/split time, HRM information and flags.

The 30-Lap Model

INDIGLO® Button –
Illuminate the watch display.

STOP/RESET/SET Button –
Stop or reset the
Chronograph or Timer; hold
to begin setting.



MODE Button – Press and
release to go to the next
mode.

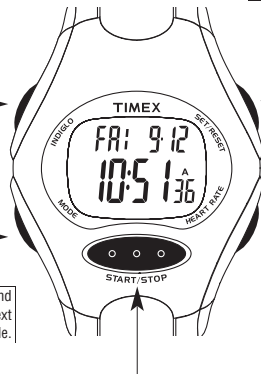
HEART RATE Button –
Turn the Heart Rate
Monitor on or off; also,
change the HRM data
format when the Heart
Rate Monitor is on.

START/SPLIT Button – Start Chronograph or Timer; peek
at the second Time Zone in Time of Day.

The Fitness Model

INDIGLO® Button –
Illuminate the watch display.

SET/RESET - Reset the
Timing feature; hold to
begin setting.



MODE Button – Press and
release to go to the next
mode.

HEART RATE Button – Turn
the heart rate monitor on or
off; change HRM data
position when heart rate
monitor is on.

START/STOP Button – Start or stop the Timing feature.

Flags in the Display

Your watch can convey a lot of information at a glance while occupying only a small space on your wrist. Here is an overview of the flags (small graphic symbols) that appear on the display:



Alarm is armed.



Timer is running (30-Lap Model) or TIMING Mode is counting down to zero (Fitness Model).



Chrono is running (30-Lap Model), or TIMING Mode is counting up from zero (Fitness Model).



Hourly chime is set.



Searching for HRM data from chest sensor.



HRM data is being received from a heart rate sensor.

Using Your Heart Rate Monitor

When combined with a heart rate sensor, your sport watch becomes part of an overall fitness system. The heart rate sensor records your heart rate and transmits the data to the watch. You simply glance at the watch during exercise/training to make sure you are in the desired heart rate zone to maintain or improve your fitness level (see any fitness guide for target heart rate zones). If set, an out-of-zone alert automatically sounds if your heart rate leaves the selected zone.

This section describes how to:

- Set up your watch to work with a heart rate sensor
- Set your watch to track your heart rate against a selected heart rate fitness zone
- Record and review heart rate information

Setting Up Your Watch to Work with a Heart Rate Sensor

1. **Put the heart rate sensor on your chest.** For detailed guidelines on how the heart rate sensor should be worn, refer to the Fitness Sensor User Guide that came with it. The instructions in this section assume the heart rate sensor is being worn as recommended.
2. **Start the Heart Rate Monitor system.** In TIME OF DAY, TIMING, CHRONO or TIMER modes, press **HEART RATE**.

A flag showing the outline of a heart appears as the watch searches for a heart rate sensor signal. When the watch begins receiving a signal, the outlined heart becomes solid and begins pulsing.

To ensure a clear signal, stand at least six feet away from anyone else using a sensor.

Whenever you move into TIMING, CHRONO or TIMER modes, the watch automatically looks for a transmitter signal for 15 seconds. If no signal is found, the watch stops looking for signals until you push the **HEART RATE** button again.

3. **Read your heart rate.** When the watch establishes contact with the transmitter, your heart rate (shown in beats per minute) is displayed. To turn the monitor off, press and hold **HEART RATE**.

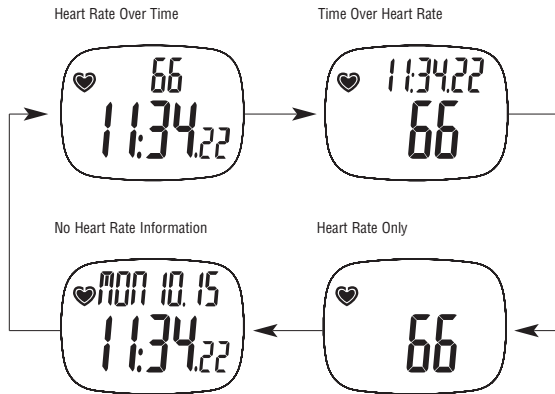
Viewing Heart Rate and Time Information

The HRM display can be formatted in four different ways. Use the **HEART RATE** button to cycle through the choices. For example, when using the HRM in CHRONO or TIMER Modes, the heart rate will be displayed in the top line, and the CHRONO or TIMER Mode count in the bottom line. Press the **HEART RATE** button to cause these values to swap places. You may also choose to display only heart rate information, or no heart rate information at all. (See Figure 2.1 following paragraph below.)

HRM Setup Mode

This mode allows you to set up a target heart rate zone for exercise. A target zone consists of a lower and upper heart rate limit. You may select one of the preset zones, or manually set values for customized zones of your choosing. When your heart rate drops below the lower limit, or exceeds the upper limit of your zone, an optional alarm sounds. While you may use the heart rate monitor without selecting a target zone, configuring

Figure 2.1 – Heart Rate Monitor Display Formats



*TIP: Press **HEART RATE** to cycle through display formats while heart rate monitor is on.*

this feature first is highly recommended. It helps you stay within your desired zone and maximize your fitness program.

Target Fitness Zones

The lower and upper heart rate limits for target fitness zones are based on the Maximum Heart Rate (MHR) value. Table 2.1 illustrates the formula used by the watch to calculate the lower and upper heart rate limits for each zone.

Table 2.1: Fitness Zones

| ZONE | Lower Limit | Upper Limit |
|------|-------------|-------------|
| 5 | 90% MHR | 100% MHR |
| 4 | 80% | 90% |
| 3 | 70% | 80% |
| 2 | 60% | 70% |
| 1 | 50% | 60% |

It's important that you set a Maximum Heart Rate value because the five automatic target zones are based upon that value. You can determine your rate either through controlled testing or by one of many estimation methods. One widely used method is to subtract your age from 220. Note, however, that methods like this may yield inaccurate results because maximum heart rate depends on physiological factors besides age, such as fitness level and genetic make-up.

Figure 2.2 – Default Settings for HRM Setup Mode

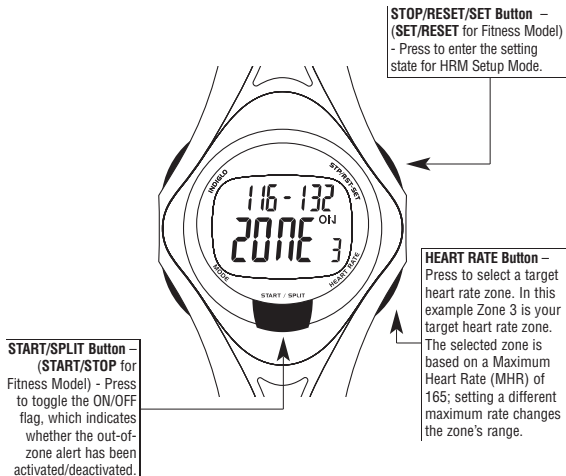
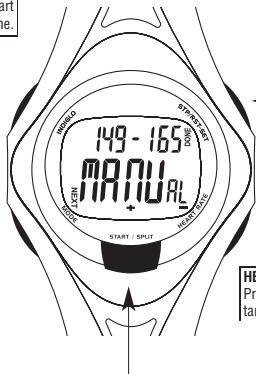


Figure 2.3 – Setting Values in HRM Setup Mode

MODE (NEXT) Button – Press to cycle through weight and maximum heart rate settings when customizing a heart rate zone.

STOP/RESET/SET (DONE) Button – (SET/RESET (DONE) for Fitness Model) – Press when done to save your settings.



HEART RATE (-) Button – Press to cycle through the target heart rate zones.

START/SPLIT (+) Button – (START/STOP (+) for Fitness Model) – Press to cycle upward through the preset and manually set target heart rate zones. When setting the weight value, press to toggle between pounds (LB) and kilograms (KG).

Entering your Weight and Maximum Heart Rate

1. Press **MODE** until you get to the HRM SETUP Mode. Next press **STOP/RESET/SET** to enter the setting state. The currently selected zone begins to flash. (For the Fitness Model, press **SET/RESET**.)
2. Press **START/SPLIT (+)** or **HEART RATE (-)** to cycle through the preset target zones as well as the MANUAL setting. (For the Fitness Model, press **START/STOP (+)** or **HEART RATE (-)**.) Each zone, including the default lower and upper heart rate limits, will be flashing.



NOTE: Your target zones are customized once you complete the HRM Setup.

3. Press **MODE (NEXT)** to move through the values that define your body weight and maximum heart rate (MHR) settings. Press **START/SPLIT (+)** or **HEART RATE (-)** to increase or decrease values. (For the Fitness Model, press **START/STOP (+)** or **HEART RATE (-)**.) Body weight is used in calculating the number of calories burned.



*NOTE: When specifying the weight setting, press **START/SPLIT (+)** to toggle between pounds and kilograms.*

4. Press **STOP/RESET/SET (DONE)** to save settings and exit. (For the Fitness Model, press **SET/RESET (DONE)**.)



NOTE: Changing your weight setting during a workout will cause an inaccurate calorie calculation.

Selecting a Target Zone

To select a target heart rate zone based on your maximum heart rate:

1. Press **MODE** until HRM SETUP appears.
2. Press **HEART RATE** to cycle through the preset target zones (as well as the MANUAL setting). Each preset zone, including the default lower and upper heart rate limit, is displayed.



*NOTE: Press **START/SPLIT** to toggle the out-of-zone alert ON or OFF. (For the Fitness Model, press **START/STOP**.)*

When you leave HRM SETUP mode, the watch will use the zone you have selected for all of its HRM-based statistical calculations.

Setting the “Manual” Target Zone

1. While in HRM SETUP mode, press **STOP/RESET/SET** to enter the setting state. The currently selected zone begins to flash. (For the Fitness Model press **SET/RESET**.)

2. Press **START/SPLIT (+)** or **HEART RATE (-)** to cycle through the preset target zones until you reach the MANUAL setting, which will be flashing. (For the Fitness Model, press **START/STOP (+)** or **HEART RATE (-)**.)
3. Press **MODE (NEXT)** to cycle through the numbers that define your upper heart rate limit, lower heart rate limit, weight, and maximum heart rate (MHR) settings. Press **START/SPLIT (+)** or **HEART RATE (-)** to increase or decrease numbers. (For the Fitness Model, press **START/STOP (+)** or **HEART RATE (-)**.) When each digit is set, press **MODE (NEXT)** to move to the next one.

Use of a preset target heart rate zone will reset your entry for the “manual” target zone to the original factory setting.

4. Press **STOP/RESET/SET (DONE)** to save your settings and exit the HRM SETUP Mode. (For the Fitness Model, press **SET/RESET (DONE)**.)

Reviewing HRM Information

You can use your watch to review HRM information, including average, minimum and peak heart rates, the amount of time your heart rate is within your target zone, and the number of calories burned. As a fitness yardstick, you also can see how much your heart rate declines over a pre-set period. For details refer to the REVIEW and RECOVER Modes.

Troubleshooting HRM-related Problems

Troubleshooting advice for common problems:

I'm having trouble getting a first reading, OR the heart rate numbers appear to be incorrect during operation.

- Liberally reapply moisture to the textured contact pads on the back of the heart rate sensor.
- Tighten the chest strap until it fits snugly and makes good contact with the skin. Make sure the sensor is secure against your skin and is placed with TIMEX facing up.
- Move away from other heart rate sensors and other sources of radio signals and static electricity such as exercise equipment and other electrical machinery.
- Wait a couple of minutes and press **HEART RATE** again.

Sometimes I see dashes on the display bracketing my heart rate, OR the heart rate displayed remains unchanged for an extended period of time. What does this mean?

- This usually indicates that either the sensor pads need moisture or the chest unit is not snug on your chest, causing poor electrical contact with your skin. Moisten the sensor pads and adjust the transmitter so that both pads are making good contact with your chest.

Sometimes the heart stops flashing briefly.

- As long as the heart is flashing, the watch is receiving a clear signal from the monitor. As with any radio system, there may be occasional

interference or brief jamming of the signal. If this occurs, the watch suspends the flashing of the heart. Usually the problem resolves itself and the flashing resumes. If the interruption continues, the watch alerts you with the error message described below.

The message "NO HRM DATA" appears on the display.

This error message is displayed if the watch is not receiving regular heart rate updates from the sensor. However, as long as the sensor is on the chest, its pads are wet, and the battery in the transmitter is not weak, the watch will usually recover without intervention on your part. If it does not recover, try the following:

- The sensor pads on the chest transmitter may have lost contact with your chest for a few seconds. Be sure the transmitter is snug on your body.
- The sensor pads may be dry. Liberally moisten them and readjust the chest transmitter if necessary.
- The battery in the chest transmitter may be weak and need replacing. (See instructions in the Fitness Sensor User Guide for battery replacement.)

Modes and Features

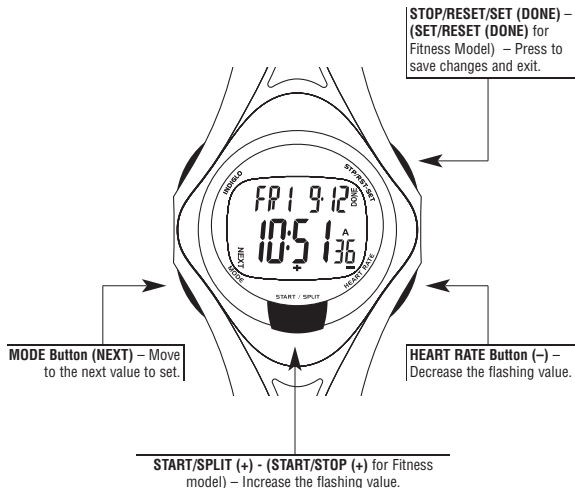
This section describes the modes and features available on your watch. A mode gives you access to a specific area of your watch's operation. For example, you enter the ALARM Mode to set an alarm to sound at a specific time.

Your watch has several features that can be accessed by pressing the **MODE** button. Pressing the **MODE** button cycles through all the modes available within your watch.

Table 3.1: Mode Summary

| 30-Lap Model | Fitness Model |
|--------------|---------------|
| TIME OF DAY | TIME OF DAY |
| CHRONO | TIMING |
| TIMER | |
| RECOVER | RECOVER |
| REVIEW | REVIEW |
| HRM SETUP | HRM SETUP |
| ALARM | ALARM |

Button Operation When Setting



TIME OF DAY Mode

Your watch will display the time, date and day of the week.

Setting the Time of Day

1. Press and hold **STOP/RESET/SET** firmly for two seconds. (For the Fitness Model, press and hold **SET/RESET**.) “HOLD TO SET” appears. If you continue to hold down this button, “SET TIME” appears.

The 30-Lap Model allows you to set the time of day for two different time zones. When you begin setting the time, the “1” flashing in the lower right of the display indicates the primary time zone. Press **START/SPLIT (+)** or **HEART RATE (-)** to select the primary (1) or secondary (2) time zone. Then press **MODE (NEXT)** to begin setting the time as described above.

2. Press **MODE (NEXT)** to set:

HOURS ► MINUTES ► SECONDS ► DAY OF THE WEEK
 ► MONTH ► DATE ► TIME FORMAT (12- or 24-hour)
 ► DATE FORMAT (Month-Day or Day-Month)
 ► HOURLY CHIME (on or off) ► BUTTON BEEP (on or off).

The value to be changed will be flashing. Press **START/SPLIT (+)** or **HEART RATE (-)** to increase or decrease values. (For the Fitness Model, press **START/STOP (+)** or **HEART RATE (-)**.) Hold the buttons down to advance more quickly. When each value is set, press **MODE (NEXT)** to move to the next value.

When setting HOURS in the 12-hour format, change the AM or PM setting (indicated by “A” or “P” on the display) by increasing the number of hours past “12.”



NOTE: You can set your watch to generate a chime melody on the hour by setting the HOURLY CHIME feature to ON.

When setting SECONDS, press **START/SPLIT (+)** or **HEART RATE (-)** to set them to zero. This is useful for synchronizing the watch to a time reference. (For the Fitness Model, press **START/STOP (+)** or **HEART RATE (-)**.)

3. When finished, press **STOP/RESET/SET (DONE)** to save your selections and exit the TIME OF DAY Mode. (For the Fitness Model, press **SET/RESET**.)



TIP: The watch skips over February 29. To accommodate leap years, set the date manually on February 29 to “February 29.” The watch will roll over to March 1 the next day.

Peeking at a Second Time Zone

The 30-Lap Model allows you to keep track of time in two time zones (identified as T1 and T2). You may “peek” at the second zone by pressing the **START/SPLIT** button for two seconds while in TIME OF DAY Mode. Release the button to return to your primary time zone. To swap time zone settings, hold the button for four seconds.

CHRONO Mode (30-Lap Model only)

The CHRONO Mode is the main “workout” mode in your watch. It provides a stopwatch for recording the elapsed time for 30 readings, such as a lap, in a single event, as well as other information for an entire event up to 100 hours in duration. Data for up to 30 readings may be stored including the lap number, the individual lap time and the total elapsed split time.



NOTE: Throughout this section we will talk about “laps” and “splits.” “Lap time” is the time for each segment (lap) of an event. “Split time” is the total elapsed time since the start of the event.

When the heart rate sensor is active, CHRONO Mode tracks three pieces of statistical data:

- The amount of time your heart rate is within the target zone while CHRONO Mode is running
- The average heart rate for the period that the HRM system was active and CHRONO Mode is running
- The peak and minimum heart rate for the period that the HRM system was active and CHRONO Mode is running

Data accumulation stops if you stop the Chronograph while the HRM system is active and resumes when you restart the Chronograph. If the Chronograph is allowed to run out while the HRM system is running, the HRM shuts off automatically and data accumulation ceases.

You can switch to any other mode, such as TIME OF DAY, while the CHRONO Mode is running. A stopwatch flag indicates that CHRONO Mode is running in the background.

Chronograph Display Options

If you are not using a heart rate sensor, the watch displays both lap and split times (after you have taken your first split). To select which time is displayed in the lower display line, press and release **STOP/RESET/SET** when the Chronograph is reset (00.00.00) but before you begin timing laps.

If you are using the heart rate sensor, the watch displays heart rate information in addition to the Chronograph time. You may choose to view either lap or split time as well as heart rate data. For heart rate data display options, see pages 8–9 and Figure 2.1, on formatting the display when the HRM is active.

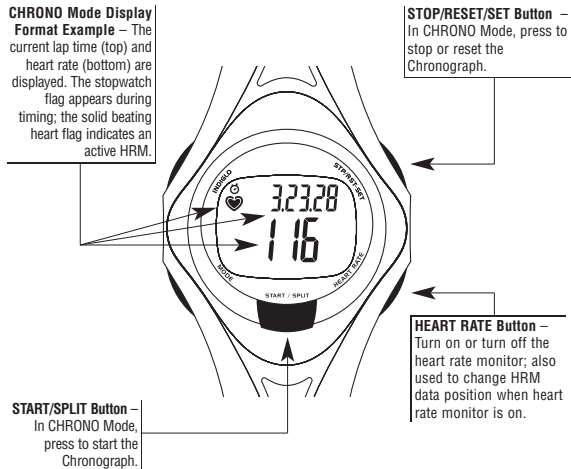
Using the Chronograph

1. Press **MODE** until CHRONO appears.
2. Press **START/SPLIT** to begin timing.
3. Press **START/SPLIT** while CHRONO Mode is running to take a lap/split.

This stores the current lap and split data and starts a new lap. The watch briefly shows the lap and split times you just recorded as well as the lap number. If you are viewing HRM data, the watch next displays heart rate information for the lap.

(Instructions continue on page 25)

Figure 3.1 – Timing Laps/Splits with the 30-Lap Model



It then returns to the running CHRONO Mode, which is still timing the current lap/split. The watch stores data for the last 30 laps.

4. Press **STOP/RESET/SET** to stop timing.

5. Press **START/SPLIT** to resume timing, or press and hold **STOP/RESET/SET** to reset the chronograph to zero. (Do not reset if you wish to save the data for later review.)

TIMER Mode (30-Lap Model only)

This mode allows you to set a time from which the watch counts down to zero. This feature is useful for fixed time events up to 100 hours. At the end of the countdown, the Timer can be set to stop, repeat the countdown, or switch to CHRONO Mode and start the chronograph.

While the Timer is running, you can press **MODE** to switch to any other mode, such as TIME OF DAY, without disrupting its operation. An hourglass flag appears when the Timer is active.

Setting the Timer

1. Press **MODE** until TIMER appears.

2. Press **STOP/RESET/SET** to enter TIMER Mode set state. The hours value will be flashing.

3. Press **START/SPLIT (+)** or **HEART RATE (-)** to change values. Hold the keys down to advance more quickly. When each value is set, press **MODE (NEXT)** to move to the next values (MINUTES then SECONDS).

4. After the time for the countdown is correct, press **MODE (NEXT)** again to select an ending action after the count down. Press **START/SPLIT (+)** or **HEART RATE (-)** to toggle between STOP, REPEAT or CHRONO.
5. When finished, press **STOP/RESET/SET (DONE)** to save the desired action.

Timer Operation

1. Press **START/SPLIT** to start the Timer countdown.
2. Press **STOP/RESET/SET** to stop the countdown.
3. With the Timer stopped, press **START/SPLIT** to resume the countdown, or **STOP/RESET/SET** to reset the Timer to the start time.
4. When the Timer reaches zero, it sounds an alert. The INDIGLO® night-light also glows so you can see the watch in the dark.
 - If the Timer was set to stop, it will be stopped after the alert.
 - If the Timer was set to repeat, it resets to the start time and immediately begins another countdown. It continues repeating until **STOP/RESET/SET** is pressed. The repeat count is displayed in the lower line of the display. The watch counts up to 99 repetitions, after which it rolls over to zero and continues.
 - If the Timer was set to start the CHRONO Mode, the watch will automatically switch to CHRONO Mode and start it. CHRONO Mode must be reset to zero to be automatically launched by the Timer.

TIMING Mode (Fitness Model only)

This mode has two purposes:

- It can act as either a stopwatch (count up) or a countdown timer, allowing you to count down to or up from zero, respectively. You can record up to 100 hours worth of statistical data.
- When used with a heart rate sensor, this mode allows you to record heart rate information.

You can leave the Timing mode while counting up or down. In TIME OF DAY Mode a stopwatch flag indicates that TIMING Mode is counting up in the background. An hourglass flag indicates TIMING Mode is counting down.

Using Timing to Count Up (Stopwatch Operation)

1. Press **MODE** until TIMING appears.
2. Press **SET/RESET** until “00.00.00” appears. If you enter Timing Set mode accidentally, press **SET/RESET (DONE)** to exit the set mode.
3. Press **START/STOP (+)** to begin timing. The SECONDS value begins to count up.

To pause the timing, press **START/STOP**; press again to restart. To reset the stopwatch to zero, press and hold **SET/RESET** while TIMING is stopped.

Using Timing to Count Down (Countdown Timer Operation)

To count down, you must first set a countdown time.

1. If you are not in TIMING mode, press **MODE** until TIMING appears.
2. Press and release **SET/RESET** until you enter TIMING mode set state. The HOURS digits will be flashing.
3. Set the amount of time to count down from. Press **START/STOP (+)** or **HEART RATE (-)** to increase or decrease the flashing values. Hold the buttons down to advance more quickly. After each value is set, press **MODE (NEXT)** to advance to the next values (MINUTES then SECONDS).
4. When finished, press **SET/RESET (DONE)** to save the countdown time.
5. Press **START/STOP** to begin timing. The time begins to count down to zero.

To pause the countdown, press **START/STOP**; press it again to restart timing. To reset the count to the starting value, press **SET/RESET** while TIMING is stopped. Press **SET/RESET** again to clear the set time to zero.

Using Timing Mode with the HRM System

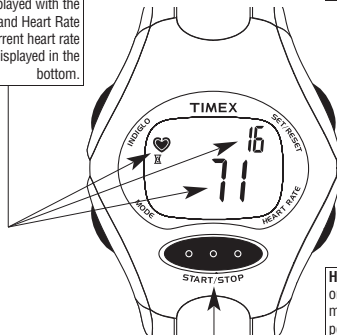
When the HRM is active, the TIMING Mode keeps track of three pieces of data related to heart rate:

- The amount of time your heart rate is within the target zone while TIMING is running.
- The average heart rate for the period that the HRM function is active and TIMING is running.
- The peak heart rate for the period that the HRM function is active and TIMING is running.

Using Timing with the Fitness Model

TIMING Mode Display
Format Example – The countdown time (top) is displayed with the Hourglass and Heart Rate flags. Current heart rate is displayed in the bottom.

SET/RESET Button – Hold to begin setting a time to count up or down.



HEART RATE Button – Turn on or turn off the heart rate monitor; change HRM data position when heart rate monitor is on.

START/STOP Button – Press to start or stop the countdown.

RECOVER Mode

This mode is used with an active HRM system. It is a fitness yardstick that measures how quickly your heart rate declines from an elevated rate over a one- or two-minute countdown period. When the timer ends an alert sounds and your beginning and ending heart rates are displayed.

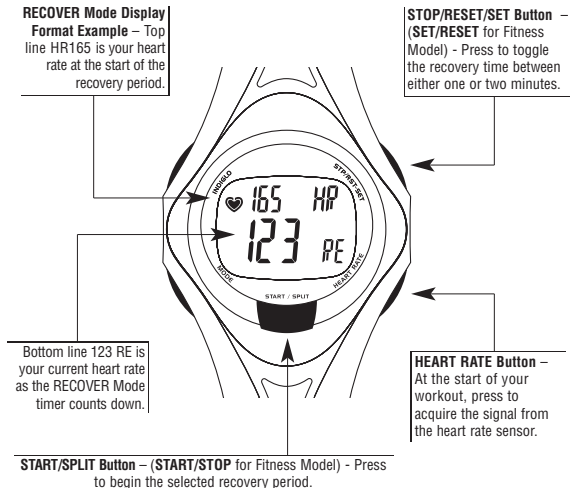
Using RECOVER Mode

1. Press **MODE** until RECOVER appears.
2. Press **STOP/RESET/SET** to toggle the recover time. You can choose one or two minutes. (For the Fitness Model, press **SET/RESET**.)
3. Press **START/SPLIT** to begin the countdown (For the Fitness Model, press **START/STOP**). The watch display will now show two heart rates - your heart rate at the time you started the recovery timer in the top line and your current heart rate in the bottom line.
4. When the alert sounds at the end of the recovery time, note the heart rate in the lower line. Subtract this value from the value in the top line; the difference is your recovery heart rate.
5. Press **MODE** to exit RECOVER Mode.



NOTE: The watch must be receiving the heart rate signal for the RECOVER Mode to work.

Using the RECOVER Mode



REVIEW Mode

This mode enables you to review workout data such as lap timings. The following information can be reviewed when a heart rate sensor is active and CHRONO (30-Lap Model) or TIMING (Fitness Model) are running:

- In Zone - The amount of time your heart rate was within the target zone you specified.
- Average Heart Rate
- Peak Heart Rate
- Minimum Heart Rate (30-Lap Only)
- Total Calories Burned - Calculated from elapsed time, heart rate data and body weight.
- Chronograph lap and split times (30-Lap Only)
- Average heart rate per lap (30-Lap Only)

Reviewing Heart Rate Information

1. Press **MODE** until REVIEW appears.
2. Press **START/SPLIT (+)** to advance through the HRM data (IN ZONE, AVERAGE HEART RATE, PEAK HEART RATE, MINIMUM HEART RATE, TOTAL CALORIES) and the stored Chrono lap data. (For the Fitness Model, press **START/STOP (+)**.) Press **HEART RATE (-)** to cycle backwards through the HRM data.

ALARM Mode

This mode sets an alarm to sound at a pre-set time. When the alarm is ON, the alarm clock flag appears on the display. When the alarm time is

reached, the alarm tone sounds, the INDIGLO® night-light flashes, and the alarm time is displayed for twenty seconds. To silence the alarm, press any button. If you don't silence the alarm before the alert finishes, a backup alarm will sound in five (5) minutes.

Setting an Alarm

1. Press **MODE** until ALARM appears.
2. Press **STOP/RESET/SET** to set the time of the alarm. (For the Fitness Model, press **SET/RESET**.) The hour to be changed will be flashing. The AM/PM value will also flash if the watch is set for the 12-hour display format.
3. Press **START/SPLIT (+)** or **HEART RATE (-)** to increase or decrease the hours. (For the Fitness Model, press **START/STOP (+)** or **HEART RATE (-)**.) Then press **MODE (NEXT)** to proceed to minutes.
4. When finished, press **STOP/RESET/SET (DONE)** to save your settings. (For the Fitness Model, press **SET/RESET (DONE)**.)

To turn an Alarm ON or OFF without entering the setting state, press and release the **START/SPLIT** button while in ALARM Mode. (For the Fitness Model, press **START/STOP**.) Changing any Alarm setting automatically turns the alarm ON.

Global Features

These are handy features that do not directly affect mode operations.

Auto Return to Time of Day

If you are in ALARM, TIMER, RECOVER or HRM SETUP mode but take no action for two to three minutes, the watch automatically exits the current mode and returns to TIME OF DAY Mode. If you changed any settings during that time, they are processed as if they had been completed.

INDIGLO® Night-Light

The INDIGLO® night-light illuminates the display to help you see in the dark. Just press the **INDIGLO** Button to activate. After you release the button, the light remains on for three (3) seconds (or for six (6) seconds if you are setting values).

NIGHT MODE® Feature (30-Lap Model only)

For NIGHT-MODE® feature, any button press illuminates the display for three (3) seconds (or for six (6) seconds if you are setting values), so a separate press of the INDIGLO Button is not required during low-light conditions. To activate the NIGHT-MODE® feature, press and hold the INDIGLO Button for 3 seconds until the watch beeps. The NIGHT-MODE® feature will continue to stay activated for 7-8 hours, or it can be manually deactivated by pressing and holding the INDIGLO Button again for three (3) second until the watch beeps.

Usage Examples

Your Timex® watch can become an important part of your daily fitness routine. Together with a heart rate monitor, it lets you easily keep tabs on your workout progress by timing, collecting, storing and displaying fitness data. Here are a few real-world scenarios to give you some ideas for getting the most out of your watch.

Usage Example 1 - Using Your Watch to Time Laps In a Simple Workout

Your usual workout consists of jogging around a half-mile course. You want to jog five miles today, which means ten laps around the course. Also, you have to remember to call your teenager, who will be coming home from school during your workout, to tell her to put the lasagna in the oven at 4:15.

In this example, you'll use the following watch modes:

| 30-Lap Model | | Fitness Model |
|--------------|--|---------------|
| ALARM | | ALARM |
| CHRONO | | TIMING |
| REVIEW | | REVIEW |

- **Setting an Alarm:** To remind you to call your daughter, go to the ALARM Mode and set the alarm to sound at 4:15 PM. When the alarm sounds, press any key to silence it, then grab your phone and make the call!



NOTE: See pg. 33 for tips on setting the alarm.

■ **Timing Your Workout:** Use the CHRONO Mode or TIMING Mode to time your workout:

- **30-Lap Model:** Go to CHRONO Mode and make sure the Chrono is reset to zero (0). Press **START/SPLIT** when you begin your run, and each time you complete a lap. The watch will store the ten (10) individual lap times. When you complete your final lap, press **STOP/RESET/SET**.



NOTE: See pgs. 22–25 for more detail about using the Chrono.

- **Fitness Model:** In TIMING Mode, make sure the watch is set to count up from zero (0), like a stopwatch. Press **START/STOP** when you begin your run and when you complete your final lap.



NOTE: Not sure how to configure TIMING Mode? See pgs. 27–29 for more information.

- **Reviewing Your Lap Times:** During your victory walk home, you can review the data from your workout in REVIEW Mode. If you were using a heart rate sensor, you'll see your heart rate statistics there (both models), as well as all of your lap times (30-Lap Model only).



NOTE: Pages 32 discuss REVIEW Mode in more detail.

Usage Example 2 - Using Your Watch to Measure Fitness and Time a Club Workout

An avid spinner, you go to your health club four times a week and spin for 30 minutes each session. You like to monitor your heart rate when spinning to maximize the workout by spending as much time as possible in your target heart rate zone. At the end of your workout you measure how quickly your heart rate recovers during a standard one-minute recovery period.

In this example, you'll use the following watch modes:

| 30-Lap Model | Fitness Model |
|---------------------|----------------------|
| HRM SETUP | HRM SETUP |
| CHRONO | TIMING |
| TIMER | |
| RECOVER | RECOVER |
| REVIEW | REVIEW |

■ Connecting the Heart Rate Sensor and Selecting a Target Heart Rate:

You arrive at your club wearing your watch and heart rate sensor. Before you begin spinning you must establish the wireless link between your watch and the heart rate sensor.

- **Both Models:** Press **HEART RATE**. The “hollow heart” flag shows the watch searching for the heart rate sensor signal. When the signal is found the heart turns solid and begins an animated beating. Heart rate data is displayed according to how you have configured your watch. Next, go to HRM SETUP Mode and select your target heart rate for this workout from zones 1-5.



NOTE: See pgs. 10–15 for details on setting target heart rate zones in HRM SETUP Mode; configuring the display for displaying heart rate and time information; and activating “out of zone” alerts.

- **Timing Option 1 - Counting Up:** Use the CHRONO Mode (30-Lap Model) or TIMING Mode (Fitness Model) to time your workout by counting up to 30 minutes. Counting up is handy when you want flexibility in timing the end of your workout.

- **30-Lap Model:** Go to CHRONO Mode and press **START/SPLIT** when you begin spinning.



NOTE: See pgs. 22–25 for more details about using CHRONO Mode.

- **Fitness Model:** In TIMING Mode, make sure the watch is set to count up from zero, like a stopwatch. Press **START/STOP** when you begin spinning.



NOTE: Not sure how to configure TIMING Mode? See pgs. 27–29 for more information.

- **Timing Option 2 - Counting Down:** Use the TIMER Mode (30-Lap Model) or TIMING Mode (Fitness Model) to time your workout by counting down from 30 minutes. Counting down is used for a planned, or timed, training regimen and includes an alert at the end of the countdown.

- **30-Lap Model:** Go to TIMER Mode and set the countdown time for 30 minutes. Press **START/SPLIT** when you begin your workout.



NOTE: See pg. 25 for more detail about using the TIMER Mode features.

- **Fitness Model:** In TIMING Mode, make sure the watch is set to count down from 30. Press **START/STOP** when you begin your workout.

■ Your Workout is Over:

- **30-Lap Model:** Press any button to stop the countdown alert in TIMER Mode.
- **Fitness Model:** Press any button to stop the countdown alert in TIMING Mode.



NOTE: See section 3 for more information on TIMING Mode, TIMER Mode, and CHRONO Mode.

■ **Measuring Your Fitness:** RECOVER Mode is a tool for measuring how much your heart rate declines over a fixed one or two-minute period. Immediately upon completing your workout, go to RECOVER and press **START/SPLIT** (30-Lap Model) or **START/STOP** (Fitness Model) to begin the recovery period. When the alert sounds ending the one-minute recovery time, note your heart rate.

■ **Reviewing Your Lap Times:** During your victory walk to the locker room you can review the data from your workout in REVIEW Mode. You'll see your heart rate statistics, as well as all of your lap times if you were taking multiple lap times (30-Lap Model only).



NOTE: Pages 32 discuss REVIEW Mode in more detail.

Usage Example 3 - Using Your Watch in a Race While Traveling Between Time Zones

You are flying with your running club from Chicago to Washington DC for a 10K citizen's race. Your strategy is to stay within your target training heart zone over the first half of the race and to push yourself in the second half. You want to finish the race around 32 minutes, which means you will probably exceed your target training heart zone during the second half of the race to achieve this time goal.

In this example, you'll use the following watch features::

| 30-Lap Model | Fitness Model |
|----------------------|-------------------|
| SECONDARY TIME ZONES | TIME OF DAY |
| HEART RATE SENSOR | HEART RATE SENSOR |
| TIMER | TIMING |
| CHRONO | |
| REVIEW | REVIEW |

■ **Setting the Time Ahead:** After you are settled into your airplane seat you set your watch ahead for the Eastern Time Zone (U.S.).

- **30-Lap Model:** You frequently travel to the East Coast for business so you already have set your secondary time zone for the

Eastern Time Zone. While in TIME OF DAY Mode press and hold **START/SPLIT** for four seconds to switch from the primary to the secondary time zone. You will leave your watch in the secondary time zone for the duration of your trip and switch it back to the primary time zone on the trip home.



NOTE: See pg. 21 for how to set the time in the secondary time zone.

- **Fitness Model:** Set your watch ahead in TIME OF DAY Mode from Chicago's Central Time Zone to the Eastern Time Zone (U.S.).



NOTE: See pg. 20–21 for details on setting the time of day.

■ **Linking the Heart Rate Sensor:** After a good night's sleep, you arrive at your race wearing your watch and heart rate sensor. Before the race, you establish the wireless link between your watch and the heart rate sensor.

- **Both Models:** Press **HEART RATE**. A “hollow heart” flag shows the watch is searching for the heart rate sensor signal. When it is found, the hollow heart turns solid and begins an animated beating. Heart rate data is displayed in the bottom line.



NOTE: To set a target heart rate zone see HRM SETUP Mode on pg. 8. This section has details on configuring the display for heart rate and time information.

■ **The race is about to start.** You decide to set a timer alert to step up your pace at the halfway point of the anticipated 32-minute time for the 10K race.

- **30-Lap Model:** Go to TIMER Mode and set it for 16 minutes and CHRONO AT END. When the race starts press **START/SPLIT** to start the timer countdown.



NOTE: See pg. 25 for details on setting the Timer and changing the action automatically launched upon completion of the countdown.

- **Fitness Model:** Go to TIMING mode and set it to count down from 16 minutes. TIMING Mode must be set for counting down (decrementing). Press **START/STOP (+)** to begin timing as the race starts. The display begins counting down from 16 minutes in whichever format you configured to show heart rate and elapsed time information.



NOTE: TIMING Mode has many choices. See pgs. 27–29 for how to reset the TIMING Mode, toggle between counting up and counting down, and how to set the display to reflect your preferences.

■ **You Reach the Mid-Point of the Race:** You have been running the race comfortably in your target heart rate zone and the timer counts down to zero.

- **30-Lap Model:** TIMER Mode automatically launches CHRONO Mode, which was the mode selected in the step above to follow the TIMER Mode countdown. The previously configured display format for CHRONO and HEART RATE information appears. You step up your pace in the second half. As you cross the finish line, press **STOP/RESET/SET (DONE)** to stop CHRONO Mode timing.



NOTE: CHRONO Mode must be reset to zero to be automatically launched by TIMER Mode.

- **Fitness Model:** Press any button to disable the Timer alert and step up your pace at the 16-minute point of the race. As you cross the finish line, press **START/STOP** to stop TIMING Mode.

■ **Reviewing Your Heart Rate Data and Race Times:** Later you can scroll through your accumulated fitness data for the race.

- To review your HRM data and race times, go to REVIEW. Press **START/SPLIT (+)** or **START/STOP (+)** to advance through your HRM and race data, or press **HEART RATE (-)** to cycle backwards.

Watch Maintenance and Warranty

Maintenance

The Heart Rate Monitor transmitter and its strap should be rinsed in fresh water to avoid the build-up of materials that can interfere with the measurement of your heart rate. The Fitness System watch does not need to be rinsed.

Watch Battery Replacement

To avoid the possibility of permanently damaging the watch, TIMEX STRONGLY RECOMMENDS TAKING YOUR WATCH TO A LOCAL RETAILER OR JEWELER TO HAVE THE BATTERY REPLACED.

HRM Transmitter Battery Life and Replacement

Assuming an hour-a-day usage, the battery life of the transmitter should exceed two years. Greater usage will shorten the battery life. The battery should be replaced when any of the following occurs:

- The watch no longer receives heart rate information from the chest transmitter when properly worn on the chest.
- Error messages begin to appear with increased frequency on the display.

Turn the unit over and use a coin to open the battery compartment cover. Replace the battery, making sure the “+” is facing you when you insert the new one. Push the reset button next to the battery (a toothpick or straightened paper clip will help you do this) before replacing the battery cover.

A quick test of the unit should be performed after changing the battery:

1. Move away from any possible sources of electrical or radio interference.
2. Liberally moisten the sensor pads and put the unit on your chest securely against your skin.
3. Press the **MODE** button until the watch is in TIME OF DAY Mode.
4. Press the **HEART RATE** button on the watch to enable the Heart Rate Monitor.
5. Within a few seconds the “heart” graphic on the watch display should begin flashing, indicating that the chest belt transmitter is active. This indicates that the battery was installed correctly. NOTE: It is not necessary for a heart rate value to appear on the display during this test.

IF YOU DO NOT SEE A FLASHING HEART ON THE WATCH, try the following:

Press the reset switch in the battery compartment again and replace the battery cover.

Reinstall the battery and press reset as instructed above.

TIMEX INTERNATIONAL WARRANTY (U.S. LIMITED WARRANTY)

Your watch is warranted against manufacturing defects by Timex Corporation for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your watch by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.

IMPORTANT: PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR PRODUCT:

- 1) after the warranty period expires;
- 2) if the product was not originally purchased from an authorized retailer;
- 3) from repair services not performed by the manufacturer;
- 4) from accidents, tampering or abuse; and
- 5) Case, attachments or battery. You may be charged for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your watch to the manufacturer, one of its affiliates or the retailer where the product was purchased, together with a completed original Product Repair Coupon or, in the U.S. and Canada only, the completed original Product Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch to cover postage and handling (this is not a repair charge): a US\$ 7.50 check or money order in the U.S.; a CAN\$6.00 cheque or money order in Canada; and a UK£ 2.50 cheque or money order in the U.K. In other countries, you will be charged for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-448-4639 for additional warranty information.
For Canada, call 1-800-263-0981.
For Brazil, call 0800-168787.
For Mexico, call 01-800-01-060-00.
For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.).
For Asia, call 852-2815-0091.
For the U.K., call 44 208 687 9620.
For Portugal, call 351 212 946 017.
For France, call 33 3 81 63 42 00.
For Germany, call +43 662 88 92130.
For the Middle East and Africa, call 971-4-310850.
For other areas, please contact your local Timex retailer or Timex distributor for warranty information.

TIMEX INTERNATIONAL WARRANTY — WATCH REPAIR COUPON

Original Purchase Date:

(Attach copy of sales receipt, if available)

Purchased by:

(Name, address and telephone number)

Place of Purchase:

(Name and address)

Reason for Return:

THIS IS YOUR WATCH REPAIR COUPON. PLEASE KEEP IT IN A SECURE PLACE.

Service

If your watch should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to:

HotLine Watch Service
P.O. Box 2740
Little Rock, AR 72203.

Street address:

HotLine Watch Service
1302 Pike Ave. North
Little Rock, AR 72114

For your convenience in obtaining factory service, participating Timex retailers can provide you with a pre-addressed Watch Repair Mailer. See the Timex International Warranty for specific instructions on the care and service of your watch.

For service questions, call 1-800-448-4639.

Should you need a replacement strap or band, call 1-800-448- 4639.

FCC Notice (U.S.) / IC Notice (Canada)

Timex Corporation declares that the following products, which include all components of the Timex® Bodylink™ System, are compliant to the relevant FCC Part 15 and Industry Canada rules for Class B devices as follows:

Product Name:

Speed + Distance Sensor - GPS Transceiver Series M8xx/M5xx
Heart Rate Monitor Sensor – HRM Transmitter Series M8xx/M5xx

Product Type: Intentional Radiator

| Model | FCC ID No. | IC Certification No. |
|-------------------------------|------------|----------------------|
| M515 Heart Rate Monitor | EP9TMXM515 | 3348A-M515 |
| M850 Speed + Distance Monitor | EP9TMXM850 | 3348A-12181 |

These devices comply with Part 15 of the FCC rules. Operation is subject to the following two conditions: (1) The device may not cause harmful interference, and (2) the device must accept any interference received, including interference that may cause undesired operation.

Product Name:

Watch Receivers – HRM/Speed+Distance Series M8xx/M5xx
Data Recorders – HRM/Speed+Distance Series M5xx

Product Type: *Unintentional Radiator*

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 environment. This equipment generates, uses, and can radiate radio frequency energy and, if not used in accordance with the instruction manual, may cause harmful interference to radio communications. 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 reorienting or relocating the receiving antenna; or by increasing the separation between the equipment and receiver.

Caution: Any changes or modifications to the equipment listed above, 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.

DECLARATION OF CONFORMITY

Manufacturers Name: Timex Corporation
Manufacturers Address: 555 Christian Road
Middlebury, CT 06762
United States of America

declares that the following products, which include all components of the Timex Bodylink System, are compliant to the relevant EU Directives as follows:

Product Name:

Speed + Distance System — GPS Transceiver Series M8xx/M5xx
Heart Rate Monitor System — HRM Transmitter Series M8xx/M5xx

conforms to the following product specifications:

LVD: 72/23/EEC

Safety: IEC 60950

EMC: 89/336/EEC and amendments 92/31/EEC, 93/68/EEC, and 98/13/EEC

| | |
|------------|---|
| Emissions: | EN300-330-1, -2 Radiated Emission 9kHz to 30MHz H-Field (magnetic) Radiated Emission 30MHz to 1000MHz E-Field (electric), Ref. EN55022 |
| Immunity: | EN300-683 Radiated Immunity 80MHz to 1000MHz, Ref. EN61000-4-3 ESD Electrostatic discharge, Ref. EN61000-4-2 |

Supplemental Information: The above products comply with the requirements of the Low-Voltage Directive 72/23/EEC and the EMC Directive 89/336/EEC (including amendments 92/31/EEC, 93/68/EEC, and 98/13/EEC) and carry the **CE** 0983(!) marking accordingly. Notifying Body – Underwriters Laboratories Inc., CAB# - 0983; 1285 Walt Whitman Road, Melville, NY 11747.

Timex Corporation declares that these low power radio equipment devices are in compliance with the essential requirements and other relevant provisions of R&TTE Directive 1999/5/EC.

Product Name:

Watch Receivers – HRM/Speed+Distance Series M8xx/M5xx
Data Recorders – HRM/Speed+Distance Series M5xx

conforms to the following product specifications:

Generic Emissions Standard EN 55022: 1998

Generic Immunity Standard EN 55024: 1998

Supplemental Information: The above products comply with the requirements of Electromagnetic Compatibility (EMC) Directive 89/336/EEC (including amendments 92/31/EEC, 93/68/EEC, and 98/13/EEC) and carry the **CE** marking accordingly. Conformity Assessment Body (CAB) – Underwriters Laboratories Inc., CAB# 0983; 1285 Walt Whitman Road, Melville, NY 11747.

Timex Corporation declares that these low power electronic devices are in compliance with the essential requirements and other relevant provisions of the EMC Directive.

Agent: _____



Brian J. Hudson
Director, Test Engineering and Module Development

Date: 28 April 2003, Middlebury, Connecticut, U.S.A.

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INDIGLO is a registered trademark of Indiglo Corporation in the U.S. and other countries.

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