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fitness sensor user guide



TIMEX

Fitness Sensor User Guide

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Timex®

Fitness Sensors

Heart Rate Sensor

Speed + Distance Sensor

Watches are for more than keeping time. Digital technology gives your watch the ability to display your heart rate or measure your speed and distance traveled.These functions require the use of external sensors that transmit information wirelessly to your watch.This booklet provides instructions for properly setting up, operating and maintaining these devices. Look for the section that is appropriate for the type of device you have.

For information on using your watch, consult the watch instruction booklet.

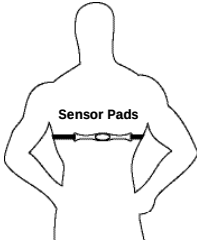
Heart Rate Monitor

How the Digital Heart Rate Monitor Works

The Heart Rate Monitor is a combination of a Heart Rate Sensor and a sport watch. The Heart Rate Sensor attaches to your chest and measures the electrical signals generated by the heart as it is beating. Using this information, it then calculates your heart rate and transmits it to your watch. You simply glance at the watch during exercise/training to make sure you are in the appropriate heart rate range to maintain or improve your fitness level.

How to Use the Digital Heart Rate Monitor

1. Wet the Heart Rate Sensor pads. THIS IS ESSENTIAL for proper operation of the Heart Rate Monitor.
2. Put on the chest strap. Fasten the strap snugly around your chest,just below the breasts. Be sure the transmitter is centered on the chest and is right side up so the logo can be read by someone facing you.
3. Start the Heart Rate Monitor: Refer to the user manual for your watch for detailed instructions on viewing heart rate data.



Warning

This is not a medical device and is not recommended for use by persons with serious heart conditions. You should always consult your physician before beginning or modifying an exercise program.

Interference with the radio signal,poor contact between your skin and the chest strap, and other factors may prevent accurate transmission of heart rate data.

Maintenance

Rinse Heart Rate Sensor and strap in fresh water to avoid build up of materials that can interfere with the measurement of your heart rate.

Transmitter Battery Life and Replacement

Battery life of the transmitter should exceed two years, based upon using it an hour a day. Greater usage will shorten the battery life. Replace transmitter battery when any of the following occur:

- The watch no longer receives heart rate information from the chest transmitter when properly worn on the chest.
- Error messages (COMM ERR, SIGNAL LOST) appear with increased frequency on the display.

Battery Replacement

NOTE: You'll need to have a device (such as a watch) capable of displaying heart rate information to verify that the new

battery has been inserted correctly. Use a coin to open the battery compartment cover (back of sensor).

- Insert new battery (CR2032 or equivalent) with "**+**" facing you.
- Push the reset button next to the battery. Use a toothpick or straightened paper clip.
- Reinstall battery cover.
- Perform quick test of the unit:

  1.Move away from sources of electrical or radio interference.

  2.Liberally moisten the Heart Rate Sensor pads and put the chest strap around your chest,securely against your skin.

  3.Activate the heart rate monitor function on the watch.

  4.Within a few seconds, the heart symbol on the watch display should begin flashing,indicating that the sensor is active. This confirms that the battery was installed correctly.

  NOTE:A heart rate value does not need to appear on the display during this test.

IF FLASHING HEART DOES NOT APPEAR ON WATCH:

- Press the reset switch in the battery compartment again and replace the battery cover.
- Reinstall the battery, and repeat test procedure above.

Water Resistance

The Heart Rate Sensor withstands water pressure to 60 p.s.i.See chart at end of booklet for equivalents. **WARNING:** The Heart Rate Sensor will not display heart rate when operated under water.

Speed + Distance Sensor

How the Speed and Distance System Works

The Speed + Distance (S+D) Sensor acquires signals from orbiting GPS (Global Positioning System) satellites to determine your position and changes in position anywhere on the globe. This information is transmitted wirelessly to your watch so that it can compute your speed, pace and distance traveled. For additional information on determining your speed and distance, see the instructions for your watch.

About GPS Lock Times

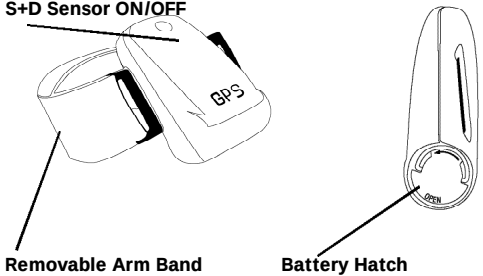
- On first use, the S+D Sensor can take up to 5 minutes or even longer to establish a link with the satellites. After that,the unit typically needs only one minute.
- If you move hundreds of miles from the location where you last used the S+D Sensor or if you leave the S+D Sensor powered up indoors for long periods of time before going outdoors, the search may take longer than expected.
- For shortest GPS lock times, try to minimize movement while the indicator light is flashing red.

Operating the S+D Sensor

For best results, the Sensor needs a clear view of the sky.

- Press and hold the **S+D SENSOR ON/OFF** button to turn on the receiver. You should be outdoors in an open area.If the button light glows red immediately (continuously, not flashing),the battery is exhausted to the point where GPS operation is not possible and the battery must be replaced.The **ON/OFF** button on the S+D Sensor will initially flash red while the S+D Sensor calculates its position relative to the GPS satellites. The text "SEARCHING"may appear on the watch display if using a compatible Timex® watch.
- The **ON/OFF** button will flash green when the S+D Sensor has successfully acquired signals from the satellites. Speed and distance information is now being transmitted to the watch (or other device).
- To turn off the S+D Sensor, press and hold the **S+D SENSOR ON/OFF** button for one second.The button will glow red while you are holding the button and then go out,indicating that the S+D Sensor has shut down.
- The S+D Sensor will shut itself off automatically if any of the following events occur:

— The battery becomes exhausted.
— No motion is detected for 15 consecutive minutes.
— No GPS signals are detected for 15 consecutive minutes.



Wearing the Speed and Distance S+D Sensor

For best results, strap the S+D Sensor to your upper arm. You may also clip it to your waist. Wear your watch so it is always within 1 meter (about 3 feet) of the S+D Sensor. Be sure the sensor is right side up so the GPS logo can be read by someone facing you. Any clothing worn over the S+D Sensor must be dry and free of metal.

Wearing the S+D Sensor on your upper arm

- Please make sure that the belt clip is removed. To remove the belt clip, grasp clip and gently pop off. (Fig. 1) To replace clip line up tab on clip with slot on sensor and gently pop clip on to unit.

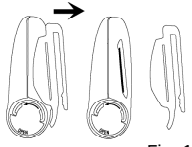


Fig. 1

- If the armband is not attached,slide plastic attachment with elastic strap into the slot of the S+D Sensor as shown.(Fig. 2)
- Slide the elastic strap through the open end of the attachment, and fix it in place with the hook and loop closure.
- Slip the sensor and strap over your hand and onto your upper arm. Watch must be worn on same arm.(Fig. 3)
- Pull armband through the adjustable end so that it fits snugly around your arm.

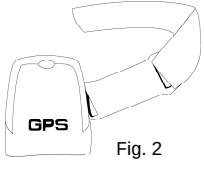


Fig. 2

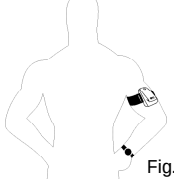


Fig. 3

Wearing the S+D Sensor on your belt

- If attached,remove armband by sliding out plastic attachment.
- Insert belt clip by lining up tab on belt clip with slot on Sensor and pop into place.
- Wear sensor on same side of body as watch.

Resolving S+D Sensor Errors and Error Messages

PROBLEM

- The S+D Sensor cannot lock onto GPS satellites (ON/OFF button never changes to flashing green).
- The GPS S+D Sensor loses signals from the satellites during use. The watch may display a message that the GPS signal is weak.

SOLUTION

- Move to a more open outdoor area.
- Move away from metal objects.
- Replace the battery in the S+D Sensor.

NOTE:The system can maintain accuracy for short periods when GPS signals are lost.

PROBLEM

- Watch displays FATAL GPS ERROR message.

SOLUTION

- The S+D Sensor is damaged;contact Timex Customer Service.

S+D Sensor Battery Life and Replacement

The battery in the S+D Sensor will last approximately 12 hours. The S+D Sensor itself does not indicate the condition of its battery, except if the battery is completely exhausted (as noted in the section “Operating the S+D Sensor”).Instead,this information is broadcast to your watch along with your performance data. Refer to the user manual for your watch for the procedure to check the S+D Sensor’s battery level.

Replace battery

- Flip out the half-circle handle on the battery hatch (located on the side of the S&D Sensor case) and turn it counter-clockwise to unscrew.
- Remove the battery hatch.
- Remove old battery and insert one (1) new AA battery. Observe the +/- markings inside the battery compartment to ensure the new battery is properly aligned.
- Replace the battery hatch and tighten the cap by turning clockwise. Do not over-tighten.

Maintenance

Rinse the S+D Sensor and its strap in fresh water periodically to avoid buildup of materials that can interfere with the measurement of your speed and distance.

All Sensors

Water-Resistance

The level of water-resistance (if any) is marked on the case. See the chart below for equivalents.

The S+D Sensor is splash-resistant.If it becomes submerged, remove the back of the case and the battery to let compartment dry.

Water-Resistance Depth	p.s.i.a.* Water Pressure Below Surface
30m/98ft	**60**
50m/164ft	**86**
100m/328ft	**160**
200m/656ft	**284**

*pounds per square inch absolute

WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

WARNING:SENSORS WILL NOT DISPLAY DATA WHEN OPERATED UNDER WATER.

INTERNATIONAL WARRANTY

(U.S. LIMITED WARRANTY)

Your product 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 product 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 and Transceiver 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 and Transceiver 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 Sensor 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 module.

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 System - GPS Transceiver Series M8xx/M1xx
Heart Rate Monitor System – HRM Transmitter Series M8xx/M5xx

Product Type: Intentional Radiator

Model	FCC ID No.	IC Certification No.
M821 Heart Rate Monitor	EP9TMXHRM	33481021492A
M515 Heart Rate Monitor	EP9TMXM515	3348A-M515
M185 Speed + Distance Monitor	EP9TMXM185	3348A-TMXM185
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/M6xx
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 appariel 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/M1xx
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:

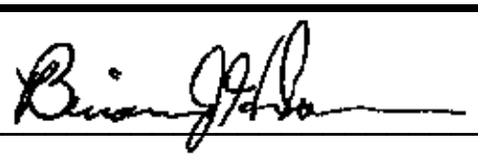
Watch Receivers – HRM/Speed+Distance Series M8xx/M5xx/M6xx
Data Recorders – HRM/Speed+Distance Series M5xx

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 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: 10 May 2004, Middlebury, Connecticut, U.S.A.