



TIMEX
BODYLINK® SYSTEM

Performance Watch User Guide

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Welcome!

Congratulations! With your purchase of the Timex® Bodylink® System you have hired your new personal coach. Using your Performance Watch in partnership with the Heart Rate and Speed + Distance Sensors offers you an unprecedented ability to track, store, and analyze several key indicators of your personal fitness level.

We dedicate this manual to information regarding your Performance Watch. This sport Watch functions as the brain for your Bodylink System, providing you comprehensive, real-time workout data gathered from the Heart Rate Sensor, Speed + Distance Sensor, or both.

You will find your Performance Watch provides you with very user-friendly fitness technology. But, like any new technology, you should take the time to familiarize yourself with it to optimize the usefulness of your purchase.

So, have fun exploring! Review the Performance Watch modes. Use the Quick Start Guide to give you a baseline knowledge of the Bodylink System. Most of all, enjoy your new fitness partner on your road to increased performance!

Manual organization

This manual contains information about, and instructions for, setting up your new Performance Watch and using it with the Bodylink Fitness Sensors as part of the coordinated Bodylink System.

To assist you in learning about your Performance Watch, this manual contains several key elements to increase your understanding, including:

- ❖ An overview of the Performance Watch buttons, display icons, and modes.
- ❖ A glossary for each section that explains many of the references used for the Performance Watch and the Performance Watch modes.
- ❖ Complete, comprehensive instructions for setting up and using your Performance Watch in each mode.
- ❖ A primer covering the links between your Performance Watch and each of the Fitness Sensors in each mode.
- ❖ Real-world scenarios that explain how you might use your Performance Watch as part of your activity routine. You will see these scenarios throughout the manual, appearing in grey text boxes.

Resources

Print resources

In addition to this manual, your Bodylink System includes these valuable resources:

- ❖ **Bodylink® System Quick Start Guide:** Information to help you set up and begin using your Performance Watch in conjunction with your Fitness Sensors, and an overview map of the different Performance Watch modes.
- ❖ **Fitness Sensors User Guide:** Information for set-up, operation, and maintenance of your Speed + Distance and Heart Rate Sensors.

Web resources

The Timex Websites offer beneficial information to help you optimize your Bodylink System. These sites include:

- ❖ **www.timex.com/bodylink/:** Information about Bodylink System features and product simulations.
- ❖ **www.timex.com/software/:** Current software releases for Timex products.
- ❖ **www.timex.com/fitness/:** Fitness and training tips for using the Bodylink System.

Watch terminology

The following terms appear throughout this manual. Knowing these terms will provide you a greater understanding of the information provided.

Bodylink® System: The Bodylink System allows you to track real-time data by using Fitness Sensors in conjunction with your Performance Watch.

Fitness Sensors: The Bodylink System includes two digital sensors: the Heart Rate Sensor and the Speed + Distance Sensor.

Performance Watch: The Performance Watch, (Watch) houses the data center for the Bodylink System.

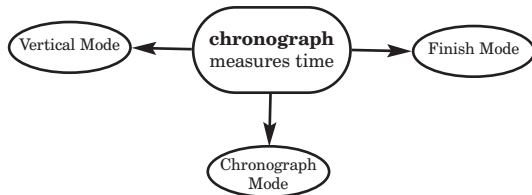
Speed + Distance Sensor: The Speed + Distance Sensor (GPS-3D Sensor) tracks speed, pace, distance traveled, altitude, location, and more, using GPS based technology. The **Fitness Sensor User Guide** provides detailed instructions for setting up and using your GPS-3D Sensor.

GPS: The GPS-3D Sensor uses information gathered from global positioning satellites (GPS) to calculate your speed, distance, and elevation, and to track your movements.

Heart Rate Sensor: The Heart Rate Sensor (HR Sensor) measures your heart rate. The **Fitness Sensor User Guide** provides detailed information for setting up and using your HR Sensor.

The chronograph

As you use this manual to learn about your Watch, the word chronograph can potentially cause some confusion. Try to remember this: **a chronograph is a tool for measuring time**. So, you will notice a Chronograph Mode, but Vertical and Finish Modes also operate from the chronograph. Any time your Watch functions as a timing tool, it operates using chronograph (or timing) functionality.



Watch button functions

The buttons on your Watch are multi-functional, serving three purposes. You do not have to memorize button functions for each mode. Let the Watch serve as your guide.

Watch case buttons

Most of the time, the Watch buttons function according to the labels printed on the case. If you do not see any of symbols on the display, follow the information printed on the Watch case to guide you in using the buttons.



Setting buttons

Watch buttons also set Watch functions (for example, setting the time or a target heart rate zone). When the **+** and **-** symbols appear on the Watch display, you have initiated the setting process.



TO SET WATCH FUNCTIONS

Use the following steps to set Watch functions:

1. Press and hold **SELECT (SET/FORMAT)**. The message **HOLD TO SET** may appear.
2. Continue pressing **SELECT (SET/FORMAT)** until **SET** briefly appears on the display, followed by a flashing value.
3. Set the first value by pressing **+** (**DISPLAY**) or **-** (**STOP/RESET**).

- When you reach the desired value, press **SELECT (SET/FORMAT)** to move to the next value.
- Repeat steps 3 and 4 for each value you want to set.
- When you have adjusted all values, press **DONE (MODE)** to return to the main display of the mode.

Viewing buttons

Finally, buttons help you navigate through viewing options. When you see the ▲ and ▼ triangles on the display, you know there is information to view.

**INDIGLO®
night-light**
Press to light
the watch

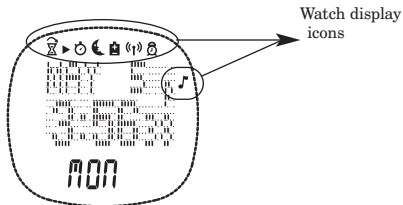


▲
Press to display next
data value

MODE
Press to go to the
next mode

▼
Press to display
previous data value

Watch display icons



Timer running



Sensor(s) activated
(blinks when trouble)



Chronograph
running



Alarm armed



Night Mode enabled



Hourly chime
enabled



GPS-3D Sensor
battery low

Starting the Bodylink® System

When using the Performance Monitor, you can view real-time data from a Heart Rate Sensor or Speed + Distance Sensor, or both, in Time of Day, Chrono and Timer. The procedure to do this is the same in all modes, though the data that you can view and their position on the display in each mode will vary.

1. Make sure you're wearing your Heart Rate Sensor or Speed + Distance Sensor, or both, and that they are powered up and functional.
2. Stand at least 6 feet (2 meters) away from any other users of fitness monitor systems and from any source of radio interference such as electrical equipment, power lines, etc.

NOTE: Though the Bodylink® system has a working range of about 3 feet (1 meter) from the sensors to the watch, for the most reliable operation, make sure that the watch is as close to the sensors as possible when starting the system up.

3. Press and release the **DISPLAY** button. This tells the watch to look for any Bodylink® sensors nearby; it will search for one minute. The antenna icon will appear on the watch display, indicating that the Bodylink® system is active.

NOTE: As a convenience, Chrono and Timer will automatically search for Bodylink® sensors for fifteen seconds upon entering the mode.

4. When the watch has successfully detected transmissions from the sensors, the watch display will switch to a new format showing some or all of the sensor data, depending on the mode. Time of Day and Timer show the data in the lower line exclusively, while Chrono allows up to three lines of performance data.

Viewing Performance Data

Press and release the **DISPLAY** button to select the data or combination of data that you wish to view during your workout. For your convenience, a “banner” showing the names of the information and their position on the display is shown briefly before showing the data itself.

Here are a few more things you should know to use the watch effectively:

- While in the Chrono, press and release **SET/FORMAT** to swap the positions of the information in the upper and middle display lines. This allows you to view the data most important in the larger middle display line.

- If you want to stop monitoring data from your Bodylink® sensors, hold the **DISPLAY** button down until the message HOLD TO SHUT OFF RCVR is displayed on the watch display. Continue holding the **DISPLAY** button for a few more seconds; the watch will beep indicating that the radio link between the watch and the sensors has been shut down.

TIP: If you are already viewing data from one sensor, for example, the Heart Rate Sensor, and you wish to also view data from the Speed + Distance Sensor, simply press and hold the **DISPLAY** button until the watch emits a short beep and the antenna icon begins flashing. The watch is now searching for a second Bodylink® sensor. When it detects this second device, the antenna icon will stop flashing and the display may change to a new format that includes the new information. Press and release the **DISPLAY** button (as detailed previously) to view various combinations of two sensor's data.

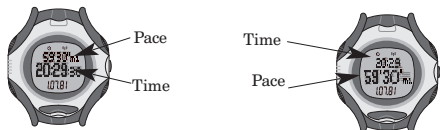
Watch messages

When using the Watch with the Fitness Sensors, the Watch may display messages to communicate the status of the Sensor in conjunction with the Watch. Messages include:

- ❖ **SEARCHING** The GPS-3D Sensor is still trying to link to GPS data. You cannot view speed, pace, distance, or positional information until the Sensor locates GPS satellites.
- ❖ **WEAK GPS SIGNAL** The GPS-3D Sensor lost its link with GPS satellites. The GPS-3D Sensor operates more accurately in more open areas (such as an area without a lot of tree or cloud cover) and at quicker speeds.
- ❖ **NO DATA FROM HRM (GPS)** The Watch is not receiving data from the HR or the GPS-3D Sensor. Ensure that the Sensor is not more than 3 feet (1 meter) away from the Watch, is operating, or has not inadvertently locked onto someone else's Sensor. The Watch will attempt to establish a connection for one minute after this message displays.
- ❖ **NOISY DATA FROM HRM (GPS)** The Watch is experiencing radio interference. Try to move away from any potential sources of interference (for example, televisions, monitors, or motorized devices). The Watch will attempt to establish a connection for 30 seconds after this message displays.
- ❖ **FATAL GPS ERROR** The GPS-3D Sensor has encountered a severe internal error. Contact Timex Customer Service.

Display formatting

In Chronograph, Vertical (with the exception of ascent rate information), Finish, and Navigate Modes, you can press and release **SET/FORMAT** to switch the display reading positions in the upper and middle display lines.



Watch modes

You can cycle through each of the 11 modes by pressing **MODE**. The modes include:

- ❖ **Time of Day** allows you to display the time, date, and day of the week for two different time zones.
- ❖ **Chronograph** tracks and displays performance data.
- ❖ **Vertical** applies a view for vertical data such as ascent rate, altitude, and elevation.
- ❖ **Finish** lets you predict a time for a specified distance and set alerts if you are off pace.
- ❖ **Navigate** recognizes positional, compass-type information for your location.

- ❖ **Waypoints** support up to ten reference points as you travel from one location to another and uses these reference points to help you travel back to your beginning location.
- ❖ **Lap Data** presents stored lap information.
- ❖ **Summary** displays data recorded while the chronograph runs.
- ❖ **Timer** enables you to time an event that counts down from a specific time to zero.
- ❖ **Alarm** manages up to five alarms.
- ❖ **Configure** permits you to customize Watch functions to meet your needs.

Using the Watch

To access all features and functionality of your Watch, you must use it in conjunction with the Fitness Sensors. However, your Watch does offer some flexibility of use. For example:

- ❖ You can use your Watch without either of the Fitness Sensors to view time Time of Day Mode, as an alarm in Alarm Mode, or to time a workout in any of the chronograph modes.
- ❖ You can use your Watch with only the HR Sensor in any of the chronograph modes to track heart rate and time information.
- ❖ You can use your Watch with the GPS-3D Sensor in any of the navigational modes to track distance information. Or, you can use this Sensor in any of the chronograph modes to track distance information.

Time of Day Mode

INDIGLO®
night-light



To Chronograph
Mode

View performance
data

Hold to set

View or switch to
secondary time

Time of Day Mode terminology

UTC: Universal Time, Coordinated (formerly known as GMT) describes the local time zone in relationship to the Greenwich Meridian. For example, New York City is in the -5 UTC zone, since New York is five hours earlier than Greenwich Meridian; Moscow is +3 UTC, since it is three hours later than Greenwich Meridian.

Time of Day Mode functions

Your Watch can act as an ordinary watch to display the time, date, and day for two different time zones, using a 12- or 24-hour format.

You can return to Time of Day Mode from any other mode on the Watch by pressing and holding **MODE** until the time of day displays.

TO SET TIME OF DAY

For instructions on setting Watch functions, including Time of Day, refer to page 13, “To set Watch functions.”

For Time of Day, you can set the following values:

❖ Hour	❖ Month
❖ Minute	❖ Date (automatically sets the day of week when you set the date)
❖ Year	❖ Hour format (i.e., AM/PM versus 24-hours)

NOTE: You cannot adjust seconds. When you use the Watch with the GPS-3D Sensor, it will align with UTC.

When switching between Standard Time and Daylight Savings Time, manually adjust the hour.

You can set the Watch slightly ahead or behind current time. For example, if you typically arrive ten minutes late, set the Watch ten minutes ahead. The Watch remains ahead of time even when you synchronize it with the GPS-3D Sensor.

TO SWITCH TIME ZONES

The Watch can track two time zones (T1 and T2). Look at the other zone by pressing **START/SPLIT**. Or, switch from T1 to T2 using these steps:

1. Press and hold **START/SPLIT** until HOLD FOR TIME 2 displays.
2. Continue to hold until the time switches and the Watch beeps.
3. Repeat steps 1 and 2 to switch back to T1. The message will read HOLD FOR TIME 1.

You must independently set the time of day for each time zone.

TO SYNCHRONIZE TIME OF DAY WITH FITNESS SENSORS

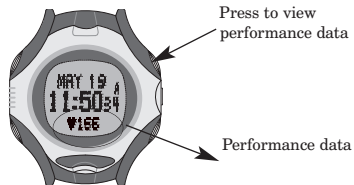
When you first activate the GPS-3D Sensor in conjunction with your Watch, you can expect one of the following scenarios:

- ❖ If you activate the GPS-3D Sensor before setting the time of day, the Watch will synchronize both T1 and T2 with UTC. You will need to adjust the hour for both time zones to your local time.
- ❖ If you activate the GPS-3D Sensor after setting the time of day, the Watch maintains the hour and date settings and synchronizes minutes and seconds to UTC for each time zone.

After initial use, the Watch will automatically correct any time inaccuracy upon activation of the GPS-3D Sensor and every 15 minutes thereafter.

TO VIEW PERFORMANCE DATA IN TIME OF DAY MODE

When using Fitness Sensors with your Watch, scroll through performance data by pressing and releasing **DISPLAY**.



Performance data viewing options for Time of Day Mode include:

- ❖ **Heart Rate:** Current heart rate (requires HR Sensor).
- ❖ **Speed:** Current velocity (requires GPS-3D Sensor).
- ❖ **Pace:** Current velocity, expressed in minutes per selected distance unit, such as miles or kilometers (requires GPS-3D Sensor).
- ❖ **Distance:** Distance traveled since the activation of the GPS-3D Sensor (requires GPS-3D Sensor).

❖ **Altitude:** Current elevation above sea level (requires GPS-3D Sensor).

NOTE: If the Watch does not detect either Fitness Sensor, the day of the week shows on the bottom line of the display. You can continue viewing the day of the week while using the Fitness Sensors by hiding performance data (for data hiding information, see “Watch settings” on page 67). If you choose Day of Week, it will appear as though the Watch does not receive any data.

Time of Day Mode example

Assume that you live in San Francisco and work with a client in Singapore. Like all busy people, it is imperative you keep track of time, so you set T1 to your local time. But it is also important to have a quick reminder of your client's time, so you set T2 to Singapore time. With both time zones available, you can quickly check your client's time or even switch your monitor to display T2 when you travel to Singapore.

Chronograph Mode



Chronograph Mode terminology

Chronograph: The chronograph records time segments for the duration of your activity.

Lap: Lap time records the time for one segment of your activity.

Split: Split time records the total elapsed time since the beginning of your current activity.

Taking a split: When you take a split, the chronograph will complete timing one lap and begin timing a new one.

Chronograph Mode functions

Chronograph Mode operates as the main workout data center for your Watch. It can record elapsed time for up to 100 hours. It can also register information for up to 100 laps, including data for speed, pace, and distance (using the GPS-3D Sensor); and average heart rate (using the HR Sensor).

NOTE: Press **MODE** to switch the Watch display to any other mode while the chronograph continues to run. The stopwatch icon will appear to indicate the chronograph is still functioning.



TO OPERATE CHRONOGRAPH MODE MANUALLY

1. Press **MODE** until Chronograph Mode appears.
2. Press **START/SPLIT** to begin timing.
3. Press **START/SPLIT** again to take a split and automatically begin timing a new lap.

The Watch stores lap and split information and displays average statistics for the lap if you are using the Fitness Sensors.

4. Press **MODE** to immediately display new lap information
OR
Wait for a few seconds and the Watch will automatically begin to display data for a new lap.
5. Press **STOP/RESET** to stop timing when you reach the end of your activity.
6. Press **START/SPLIT** to continue timing.
OR
Press and hold **STOP/RESET** to reset the chronograph display to zero.

TO OPERATE CHRONOGRAPH MODE HANDS-FREE

You can set Chronograph Mode to start when you begin moving and to stop when you stop moving or to automatically take splits based on either distance or elapsed time. See “Hands-free settings” on page 66.

TO VIEW PERFORMANCE DATA IN CHRONOGRAPH MODE

When using Fitness Sensors with your Watch, scroll through performance data by pressing and releasing **DISPLAY**.

Performance data viewing options for Chronograph Mode include:

- ❖ **Heart Rate:** Current heart rate (requires HR Sensor).
- ❖ **Speed:** Current velocity (requires GPS-3D Sensor).
- ❖ **Average Speed:** Average velocity for the period that chronograph has been running (requires GPS-3D Sensor).
- ❖ **Pace:** Current velocity, expressed in minutes per selected distance unit, such as miles or kilometers (requires GPS-3D Sensor).
- ❖ **Average Pace:** Average per-minute speed for the period that chronograph has been running (requires GPS-3D Sensor).
- ❖ **Distance:** Distance traveled since the chronograph was started (requires GPS-3D Sensor).
- ❖ **Altitude:** Current height above sea level (requires GPS-3D Sensor).

- ❖ **Elevation:** Difference between your current altitude and the altitude when you started the chronograph (requires GPS-3D Sensor).

Chronograph Mode example

Assume that you run regularly, and you want to gain information about your current workout routine so that you can set fitness goals for yourself. You use Chronograph Mode to record lap time for each of the three stages of your workout. When you finish your workout, use the lap information to determine distance and pace, both per lap and as a total of all three laps. If you ran uphill for part of your workout, you can also determine your elevation to learn how far you climbed. With your current fitness level in mind, you can then set realistic fitness goals for yourself and monitor your progress on a regular basis.

Vertical Mode

INDIGLO®
night-light

To Finish Mode
or hold for time

Start lap or take a
split



View performance
data

Swap upper and
middle lines

Stop or reset the
chronograph

Vertical Mode terminology

Ascent rate: How quickly you climb or descend.

Vertical speed: Another term for ascent rate.

Vertical Mode functions

Vertical Mode operates as a viewing mode in conjunction with the GPS-3D Sensor with a focus on displaying altitudinal data. In particular, Vertical Mode tailors the Watch to view data related to vertical activities (for example, climbing or skiing).

NOTE: If you do not use the GPS-3D Sensor, Vertical Mode operates identically to Chronograph Mode, displaying only time and lap information.

TO OPERATE VERTICAL MODE

1. Press **MODE** until Vertical Mode appears.
2. Press **START/SPLIT** to begin timing.
3. Press **START/SPLIT** again to take a split and automatically begin timing a new lap.
4. Press **STOP/RESET** to stop timing when you reach the end of your activity.
5. Press **START/SPLIT** to continue timing.

OR

Press and hold **STOP/RESET** again to reset the display to zero.

TO VIEW PERFORMANCE DATA IN VERTICAL MODE

When using Fitness Sensors with your Watch, scroll through performance data by pressing and releasing **DISPLAY**.

Performance data viewing options for Vertical Mode include:

- ❖ **Heart Rate:** Current heart rate (requires HR Sensor).
- ❖ **Ascent Rate:** Vertical speed (requires GPS-3D Sensor).
- ❖ **Pace:** Current velocity, expressed in minutes per selected distance unit, such as miles or kilometers (requires GPS-3D Sensor).
- ❖ **Speed:** Current velocity (requires GPS-3D Sensor).

- ❖ **Distance:** Distance traveled since the GPS-3D Sensor was started (requires GPS-3D Sensor).
- ❖ **Altitude:** Current height above sea level (requires GPS-3D Sensor).
- ❖ **Elevation:** Difference between your current altitude and the altitude when you started the chronograph (requires GPS-3D Sensor).

Vertical Mode example

You are heli-skiing in Banff on a run estimated at 2,700 vertical feet (214 vertical meters). Curious about the accuracy of the estimate as well as how long it will take you to make your run, you start your GPS-3D Sensor, navigate to Vertical Mode and press **START** as you take off down the mountain. At the end of your run, you press **STOP** and then **DISPLAY** until you see **Ascent Rate** and **Elevation** (expressed in a negative number since you traveled downhill). Use this information to see how fast you skied and compare the Watch's expressed elevation to your guide's estimate.

Finish Mode

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night-light

To Navigate Mode
or hold for time

Start timing or
take a split.



View performance
data

Stop timing

Finish Mode functions

Finish Mode allows you to predict how much time it will take you to finish a specified distance based on current GPS-3D Sensor data. To help you stay on pace for your predicted finish, you can also set the Watch to alert you if you are moving either too quickly or too slowly for your desired pace.

NOTE: If you do not use the GPS-3D Sensor, Finish Mode operates identically to Chronograph Mode, displaying only time and lap information.

You must reset the chronograph to zero prior to operating Finish Mode or it will not operate properly.

TO SET FINISH MODE

For instructions on setting Watch functions, including Finish Mode, refer to page 13, “To set Watch functions.”

For Finish Mode, you can set the following values:

- ❖ Pre-set or custom distance [(for custom set the distance (up to 999.99) and the unit (NM, KM, or MI)]
- ❖ Target time
- ❖ Alert option (an audible alert will cause the Watch to both beep and flash the predicted finish time and a silent alert will only flash the predicted finish time)

TO VIEW PERFORMANCE DATA IN FINISH MODE

When using Fitness Sensors with your Watch, scroll through performance data by pressing and releasing **DISPLAY**.

Performance data viewing options for Finish Mode include:

- ❖ **Finish Time:** The predicted finish time based on your current speed and distance. The finish time will flash if you move slower or quicker than your predicted finish time. If you stop moving, the Watch replaces the finish time with STOPPED. (requires GPS-3D Sensor)
- ❖ **Pace:** Current velocity, expressed in minutes per selected distance unit, such as miles or kilometers (requires GPS-3D Sensor).

- ❖ **Average Pace:** Average per-minute speed for the period that chronograph has been running (requires GPS-3D Sensor).
- ❖ **Distance:** Distance traveled since the chronograph was started (requires GPS-3D Sensor).
- ❖ **Speed:** Current velocity (requires GPS-3D Sensor).
- ❖ **Average Speed:** Average velocity for the period that the chronograph has been running (requires GPS-3D Sensor).
- ❖ **Heart Rate:** Current heart rate (requires HR Sensor).

Finish Mode example

You are training for a 100 KM bicycle race. Last year you rode in the same race and finished in 4 hours, 15 minutes. This year your goal is to finish in less than 4 hours. You read in a training magazine that when training for a race, you should devote one day a week to riding at a distance equal to your event working toward your goal time. To help keep you on pace, you set Finish Mode to 100 KM for a distance and 4 hours for a time. You set the Watch to alert you audibly when you go slower than your pace to help keep you on track as you ride.

Navigate Mode

INDIGLO®
night-light

To Waypoints Mode
or hold for time

Store current
position as a
waypoint



View performance
data

Navigate Mode terminology

Waypoints: A point between the beginning and ending point on a route. Waypoints serve as landmarks during an activity that you can use to help you find your way from your ending point back to your beginning point.

Heading: The direction you are traveling in relation to North. The Watch includes a numeric heading display in Navigate Mode.

NOTE: In Configure Mode, you can set your Watch to read True North (the geographic North Pole where all longitude lines meet) or Magnetic North (North in alignment with the earth's magnetic field). See “Unit settings” on page 68 for more information.

Navigate Mode functions

Navigate Mode displays directional information and tracks your speed, distance, and altitude during an activity. While you can set up to 10 waypoints to mark specific locations during your activity, this mode does not operate like a compass. You must be moving for accurate heading information.

In addition, Navigate Mode does not operate in conjunction with the chronograph. This mode displays and automatically updates current positional information, but does not keep time.

NOTE: Navigate Mode will not operate without the use of the GPS-3D Sensor. If the GPS-3D Sensor is not operational, you will receive the message: NO GPS DATA.

TO OPERATE NAVIGATE MODE

1. Press **MODE** until Navigate Mode appears.
2. Begin moving. The Watch automatically updates the information displayed on the Watch.

If you stop moving the altitude and heading values freeze.

TO STORE WAYPOINTS IN NAVIGATE MODE

For Navigate Mode, you can only store waypoints. For all other waypoints options, you must use Waypoints Mode.

For instructions on storing waypoints, refer to “To store a waypoint” on page 42.

TO VIEW PERFORMANCE DATA IN NAVIGATE MODE

When using Fitness Sensors with your Watch, scroll through performance data by pressing and releasing **DISPLAY**.

All data in Navigate Mode requires the GPS-3D Sensor.

Performance data viewing options for Navigate Mode include:

- ❖ **Longitude:** East/West position expressed in degrees, minutes, and seconds from the Greenwich Meridian.
- ❖ **Latitude:** North/South position expressed in degrees, minutes, and seconds from the equator.
- ❖ **Heading:** The direction you are traveling.
- ❖ **Speed:** Current velocity.
- ❖ **Distance:** Distance traveled since the activation of the GPS-3D Sensor.
- ❖ **Altitude:** Current height above sea level.

Navigate Mode example

You recently began orienteering where you move between waypoints in the fastest time. Your last race included eight waypoints and you finished in 42 minutes. To help improve your time, you set up a practice course. Using heading information from Navigate Mode, you move between waypoints. At the end of the course, you scroll to speed data to view how quickly you completed the course.

Waypoints Mode

INDIGLO®
night-light

To Lap Data or
hold for time

Store a waypoint



View a stored
waypoint

Change the label for a
stored waypoint

Erase a waypoint

Waypoints Mode terminology

Waypoint: A point between the beginning and ending point on a route. Waypoints serve as location landmarks during an activity.

Heading: The direction you are traveling in relation to North. In Waypoints Mode you can view a graphical heading when you activate the Track Back function.

Numeric
heading in
Navigate
Mode



Graphical
heading
using Track
Back in
Waypoints
Mode

Bearing: Direction to a target. Bearing information only appears when you operate the Track Back feature and is indicated by a house graphic.



Track Back: The Track Back feature allows you to navigate to a stored waypoint from your current position.

Waypoints Mode functions

Waypoints Mode displays positional information and allows you to store up to 10 waypoints to mark specific navigational locations during your activity. Your current location will always be marked with CURRENT.

When you store waypoints, you can select a label from a list of pre-sets included with the Watch. Pre-set labels include: WAYPNT # (where # equals the waypoint number), JCT, HOME, START, FINISH, CAMP, TRAILHD, PEAK, or VISTA.

Waypoints Mode includes the Track Back feature that allows you to navigate from your current position to a stored waypoint.

Waypoints Mode does not operate in conjunction with the chronograph. This mode displays and automatically updates current positional information, but does not keep time. In addition, Waypoints Mode does not display any performance data.

NOTE: Waypoints Mode will not operate without the use of the GPS-3D Sensor. If the GPS-3D Sensor is not operational, you will receive the message NO GPS DATA.

TO OPERATE WAYPOINTS MODE

1. Press **MODE** until Waypoints Mode appears.
2. Begin moving. The Watch automatically updates displayed positional information.

TO STORE A WAYPOINT

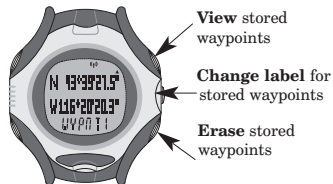
1. Press and hold **START/SPLIT** to store a waypoint.
2. Press **+** (**DISPLAY**) or **-** (**STOP/RESET**) to scroll through the nine pre-set waypoint labels.
3. Press **DONE (MODE)** to store the waypoint.
4. Repeat steps 1 through 3 to store up to nine other waypoints.

A plus (**+**) sign will appear above the **START/SPLIT** key if the Watch has room for more waypoints.

If you attempt to set more than 10 waypoints, you will receive the message **MEMORY FULL**.

NOTE: You can also store waypoints in Navigate Mode.

TO VIEW OR EDIT WAYPOINTS



1. Press **▲ (DISPLAY)** to recall a stored waypoint.
2. Choose one of the following options to view or edit a waypoint:
 - ❖ To **view** a waypoint, press **▲ (DISPLAY)** until you locate the waypoint you wish to view.
You can also continue to press **▲ (DISPLAY)** until you navigate back to the current location.
 - ❖ To **change the label** of a waypoint, press **SET/FORMAT** until you locate the label you wish to use.

❖ To **erase** a waypoint, press and hold **STOP/RESET**.

If you erase a waypoint, it will not re-order the other waypoints. For instance, if you have labeled your waypoints WAYPNT 1, 2, and 3 and you erase WAYPNT 2 you will then have waypoints labeled WAYPNT 1 and 3.

TO OPERATE THE TRACK BACK FEATURE



You can activate the Track Back feature when you are ready to navigate from a current position to one of your stored waypoints. When activated, the Track Back feature takes over Waypoints Mode. You cannot perform any other functions until you deactivate Track Back.

1. Press **▲ (DISPLAY)** to select the desired waypoint.
2. Press and hold **START/SPLIT**. You will see the message **HOLD TO BEGIN TRACK**.

The Watch will display the current heading and bearing and the estimated distance from your current location to the selected waypoint.

3. Begin moving. The Watch will display your current location until your location aligns with your chosen waypoint.

The Watch calculates the distance between your current position and the chosen waypoint as a straight line. Depending on your heading and bearing, the distance may appear to increase as you move towards your desired waypoint.

4. Press and hold **STOP/RESET** to deactivate the Track Back feature once you reach your destination.
5. Repeat steps 1 through 4 to navigate to another stored waypoint. This allows you to retrace your path through a series of stored waypoints.

Waypoints Mode example

As a member of a local backpacking club, you volunteer to conduct trail clean-up before the opening of each camping season. Your map indicates various landmarks along the trail, but the trail itself has become overgrown. You move along the trail, clearing the underbrush to reveal the trail and at each landmark you set a waypoint on your Watch. When you reach the end of your designated clean-up route, you activate the Track Back feature to return to each landmark on your route and ensure you have properly cleared the trail.

Lap Data Mode

INDIGLO®
night-light

To Summary
Mode or
hold
for time



Lap Data Mode functions

Lap Data Mode allows you to review stored lap information at any time. To record lap data, you must run the chronograph.

Once you restart the chronograph from zero for your next activity, lap data from the previous activity is erased.

NOTE: To view summary information for your entire activity, refer to “Summary Mode” on page 49.

TO OPERATE LAP DATA

1. Press **MODE** until the Lap Data Mode appears.
2. Press **▲ (DISPLAY)** or **▼ (STOP/RESET)** to navigate through lap data.

Each recalled lap will display three lines of data. The lower line will show the lap number labeled RCL (for recall) for each lap you stored in the chronograph.

TO VIEW PERFORMANCE DATA IN LAP DATA MODE

With the exception of lap and split times, Lap Data Mode relies on the Fitness Sensors.

If you only use one Sensor, information for the other Sensor will appear blank if you have set the Watch to hide blank data. For information on data hiding, refer to “Watch settings” on page 67.

Performance data viewing options for Lap Data Mode include:

- ❖ **Lap and Split Time:** Lap Time includes data for each segment of your activity, and Split Time shows data for the overall activity.
- ❖ **Lap Average Speed and Pace:** Average Speed informs you of your average speed for the lap, and Average Pace displays your average speed in terms of minutes per unit distance.
- ❖ **Lap Average Heart Rate and Lap Distance:** Average heart rate displays the average heart rate for the lap, and Lap Distance indicates how far you traveled for the lap.
- ❖ **Altitude and Elevation:** Altitude displays the height above sea level at the end of your lap, and Elevation is the change in altitude for the lap.

Lap Data Mode example

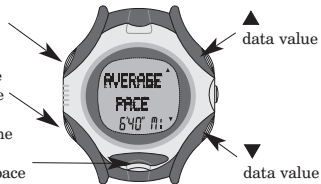
You love to ride your bike, but you just finished a long ride and you are exhausted! In your exhaustion, you forget to look at the lap data for your ride and you reset the chronograph to zero. You think you have lost your data, but then you remember. You can still view lap data for your ride, as long as you do not restart the chronograph first.

Summary Mode

INDIGLO®
night light

To Timer Mode
or hold for time

Hold to reset the
odometer, max
speed, or best pace



Summary Mode terminology

Odometer: The Odometer tracks distance across activities until you reset it to zero.

Zone: A predetermined heart rate range for your activity.

Recovery: A measure of your fitness and fatigue based on the difference of your heart rate over a short period of time after strenuous exercise. For further information, refer to **Heart Zones® Tools for Success**.

Summary Mode functions

Summary Mode allows you to review overall information recorded by the chronograph for your most recent activity. Data does not update while displayed.

Starting the chronograph from zero for your next activity erases summary data from the previous activity, except the odometer information, which you must clear manually.

NOTE: To view information for each individual segment of your activity, refer to “Lap Data Mode” on page 46.

TO OPERATE SUMMARY MODE

1. Press **MODE** until Summary Mode appears.
2. Press **▲ (DISPLAY)** or **▼ (STOP/RESET)** to navigate through summary data.

TO RESET FEATURES IN SUMMARY MODE

While viewing either the Odometer, Max Speed, or Best Pace values, press and hold **START/SPLIT** to reset the value to zero.

TO VIEW PERFORMANCE DATA IN SUMMARY MODE

With the exception of lap and split times, Summary Mode relies on the Fitness Sensors.

If you only use one Sensor, information for the other Sensor will appear blank if you have set the Watch to hide blank data. For information on data hiding, refer to “Watch settings” on page 67.

Performance data viewing options for Summary Mode include data for the following six data groups:

Speed

- ❖ **Average Speed:** Your average speed calculated by dividing distance by time.
- ❖ **Maximum Speed:** Your quickest speed.
- ❖ **Average Pace:** Your average speed calculated as minutes per distance unit traveled.
- ❖ **Best Pace:** Your fastest time traveled per minute.

Distance

- ❖ **Event Distance:** Your accumulated distance traveled during the activity while the chronograph was running.
- ❖ **Odometer:** Your accumulated distance traveled since you last manually reset the odometer. Since the odometer does not operate in conjunction with the chronograph, you can use this feature to track accumulated distance over several workouts.

Vertical

- ❖ **Total Ascent:** Total ascent accumulates all positive altitude changes throughout your activity. If you run up and down a 200 foot hill 10 times, your total ascent is 2000 feet (200 feet times 10 trips).
- ❖ **Total Descent:** Total descent accumulates all negative altitude changes throughout your activity. If you run up and down a 200 foot hill 10 times, your total descent is 2000 feet (200 feet times 10 trips).

- ❖ **At/Above XXXX:** Your time at or above a specific elevation during your activity (see “Altitude settings” on page 65 for information on setting up this feature).

Heart Rate

- ❖ **Average Heart Rate:** Your average heart rate calculated over the period the chronograph was running.
- ❖ **Maximum Heart Rate:** The highest recorded heart rate during your activity.
- ❖ **Minimum Heart Rate:** The lowest recorded heart rate during your activity.
- ❖ **Time in Zones:** Taking into account your total workout time, the Watch displays how much time you spent in each of the two heart rate zones during your activity (refer to “HRM settings” on page 62 for information on setting up this feature).
- ❖ **Average Heart Rate in Zones:** The average heart rate in each of the two heart rate zones.
- ❖ **Recovery:** Your heart rate change over a selected period of time recorded at the end of your activity (refer to “HRM settings” on page 62 for information on setting up this feature). If you are wearing the HR Sensor, you can initiate a recovery calculation while in Summary Mode by pressing and holding **START/SPLIT**.

Time

- ❖ **Event Time:** The total time for your activity while the chronograph was running. Event time is equivalent to split time in the chronograph modes.

GPS

- ❖ **GPS Battery Level:** The current voltage level for the GPS-3D Sensor displayed in bar graph format. You must be wearing the GPS-3D Sensor to view this information. When the graph displays only one segment (you will also see the battery icon on the Watch display), you should change the battery.

Summary Mode example

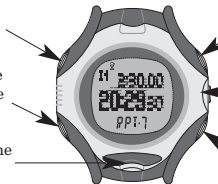
You are six weeks away from running a half-marathon. This half-marathon includes a pretty grueling uphill portion that rises from 2,500 to 4,500 feet above sea level and then returns to 3,000 feet above sea level. To help you train for this event, you have set two goals for the next month: to run 100 miles and to schedule one run per week in which you climb at least 1,500 feet. With Summary Mode, you can use the odometer to track your total distance for the month and you can use the vertical information to track both the total ascent and the time above 2,500 feet for your weekly uphill run.

Timer Mode

INDIGLO®
night-light

To Alarm Mode
or hold for time

Start the
timer



View performance
data

Set timer

Stop or reset the
timer

Timer Mode terminology

Interval Training: You can use interval training to help you vary the intensity level within one workout for specific periods of time, which will ultimately help you work out longer and harder. Timer Mode includes timing for two intervals, I1 and I2, to support your interval training.

Timer Mode functions

Timer Mode allows you to set a fixed time from which the Watch counts down to zero (for example, 10, 9, 8, ...) for up to two timed intervals (I1 and I2). You can set the timer to stop, repeat or switch to Chronograph, Vertical, or Finish Mode after the countdown.

You can press **MODE** from Timer Mode to switch the display to  another mode without disrupting the operation of the timer. The timer icon will appear indicating timer operation.

NOTE: The Timer includes settings for two intervals. However, if you set either interval to zero, it will operate using only one interval.

TO SET TIMER MODE

For instructions on setting Watch functions, including Timer Mode, refer to page 13, “To set Watch functions.”

For Timer Mode, you can set the following values:

- ❖ Time (hours, minutes, seconds for up to 99 hours, 59 minutes, and 59 seconds).
- ❖ End action (STOP, REPEAT, or CHRONO, VERTI, or FINISH).

TO OPERATE THE TIMER IN TIMER MODE

1. Press **START/SPLIT** to start the Timer countdown.
Pause the countdown by pressing **STOP/RESET**, resume the countdown by pressing **START/SPLIT** again, or reset the timer, by pressing and holding **STOP/RESET**.
2. When the timer reaches zero for each interval, a brief alert sounds.

3. The timer will stop after the alert if set to STOP.

OR

The timer will begin another countdown if set to REPEAT and continue until you press **STOP/RESET**.

The lower line of the display will show RPT and a number (for example, RPT 2). RPT indicates the timer is repeating and the number indicates how many times the timer has cycled through the repeat countdown. You will also see the repeat icon, indicating the timer is set to repeat.



OR

The timer will switch to Chronograph, Finish, or Vertical Mode if set to one of these modes. You will see the switch mode icon, indicating the timer will switch modes at the end of the countdown.



NOTE: The timer will only switch to the Chronograph, Finish, or Vertical Mode if you reset the chronograph to zero and Sync Timer & Chrono is turned off (see “hands-free settings” on page 66).

When you set the timer to switch modes at the end of the countdown, the information recorded while in Timer Mode will not carry over to the next mode and will not show up in Summary Mode.

TO VIEW PERFORMANCE DATA IN TIMER MODE

When using Fitness Sensors with your Watch, scroll through performance data by pressing and releasing **DISPLAY**.

Performance data viewing options for Timer Mode include:

- ❖ **Heart Rate:** Current heart rate (requires HR Sensor).
- ❖ **Speed:** Current velocity (requires GPS-3D Sensor).
- ❖ **Pace:** Current velocity, expressed in minutes per selected distance unit, such as miles or kilometers (requires GPS-3D Sensor).
- ❖ **Distance:** Distance traveled while the timer is running (requires GPS-3D Sensor).
- ❖ **Altitude:** Current height above sea level (requires GPS-3D Sensor).

Timer Mode example

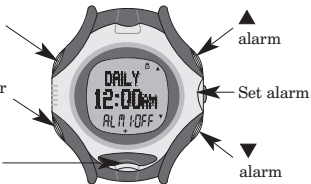
As part of an overall health program, you have set a goal to run 30 minutes, four days per week. You begin by walking for 25 minutes and running for 5 minutes. You set I1 in Timer Mode for 25 minutes, and I2 for five minutes and then set out for your walk. When you hear the beep 25 minutes into your walk, you know it is time to begin your five minute run. Over time, you build your running intervals until you are able to run for the entire 30 minutes.

Alarm Mode

INDIGLO®
night-light

To Configure
Mode or hold for
time

Turn alarm
ON or OFF



Alarm Mode functions

You can use your Watch as an alarm clock for up to five separate alarms. When you set an alarm, the alarm clock icon appears in Time of Day Mode. The alarm can alert you at the same time every day, or only weekdays, weekends, or even only one time (useful for appointment reminders).

When the Watch reaches a scheduled alarm, the alarm tone sounds and the **INDIGLO** night light flashes for a period of 20 seconds. You can silence the alarm during this period by pressing any button on the Watch, or, if you do not silence the alarm before the alert finishes, a backup alarm will sound after five minutes.

TO SET AN ALARM IN ALARM MODE

For instructions on setting Watch functions, including Alarm Mode, refer to page 13, “To set Watch functions.”

For Alarm Mode, you can set the following values:

- ❖ Alarm number (ALM 1 through ALM 5).
- ❖ Alarm status (OFF or ON).
You can also press **START/SPLIT** to switch the alarm status.
- ❖ Alarm type (WEEKDAYS, WEEKENDS, ONCE, or DAILY).
A **DAILY** alarm will ring every day at the selected time, a **WEEKDAYS** alarm will ring Monday through Friday at the selected time, a **WEEKENDS** alarm will ring Saturday and Sunday at the selected time, and a **ONCE** alarm will only ring one time at the selected time and then automatically turn off.
- ❖ Alarm time (hours, minutes and AM/PM if the time is set to 12-hour format).

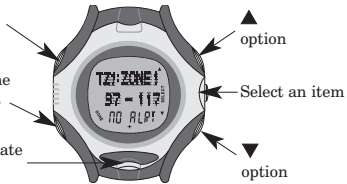
NOTE: If you change any alarm settings, you automatically arm the alarm.

Configure Mode

INDIGLO®
night-light

Press when done
viewing options

Press to activate
a Quick Set



Configure Mode terminology

Quick Set: By pressing **START/SPLIT** when the + sign appears, you may easily change the most common setting for the setting group without initiating the entire setting procedure.

NOTE: In the Configure Mode section, terminology will also appear in the section for the setting group to which it applies.

Configure Mode setting groups

Use Configure Mode to set options that enhance the performance of other Watch modes. Configure Mode settings include six setting groups:

❖ **HRM SETTINGS:** Heart rate settings allow you to set target zones for your heart rate.

- ❖ **S+D SETTINGS:** Speed and distance settings affect the Watch's response to data received from the GPS-3D Sensor.
- ❖ **ALTITUDE SETTINGS:** Altitude settings configure target altitude and set smoothing and ascent rate calculations.
- ❖ **HANDS-FREE SETTINGS:** Hands-free settings provide options to configure the Watch to operate automatically in conjunction with the GPS-3D Sensor.
- ❖ **WATCH SETTINGS:** Watch settings provide options for customizing the general operation of the Watch, including hiding data or modes.
- ❖ **UNIT SETTINGS:** Unit settings allow you to determine distance (for example miles versus kilometers) and heart rate (beats versus percentage) display units.

TO SET FUNCTIONS IN CONFIGURE MODE

Unlike other setting functions in the Watch, the setting groups in Configure Mode are arranged in a menu hierarchy.

1. Press **MODE** until Configure Mode appears.
2. Press **▲ (DISPLAY)** or **▼ (STOP/RESET)** to move to the next or previous setting group.
3. Press **SELECT (SET/FORMAT)** to enter a setting group.
4. Press **▲ (DISPLAY)** or **▼ (STOP/RESET)** to navigate through the options within a setting group.

5. Press **SELECT (SET/FORMAT)** to select an option within a setting group. This may allow you to change a setting or take you to another level.
6. Press **+ (DISPLAY)** or **- (STOP/RESET)** to set the option within a setting group.
7. Press **DONE (MODE)** when you have finished setting an option within a setting group.
8. Press **DONE (MODE)** again to return to the setting group level.

Configure Mode options

HRM SETTINGS



Configure the following heart rate settings:

- ❖ **TZ1 and TZ2:** For each of the two target zones, you may select from one of five preset heart rate zones based on a percentage of your maximum heart rate. You may also customize each limit to your own selected upper and lower limits. Since both TZ1 and TZ2 operate at the same time, you will track more useful data if you do not set the zone limits to overlap with each other. For information on the importance of tracking heart rate information, refer to **Heart Zones® Tools for Success**.
- ❖ **Audible Alert:** You can set the alert to warn you with a beep when you go above, below, or either above or below your heart rate zone, or not to alert you at all.
- ❖ **Recovery:** You can set the recovery time to one minute, two minutes, or off. This helps you determine how quickly your heart rate returns to a lower heart rate value at the end of your activity. The quicker you return, the better your fitness level.
- ❖ **Max Heart Rate:** Enter your Maximum Heart Rate. This value is used to calculate five preset heart rate zones and serve as a reference for your heart rate expressed as a percentage of maximum.

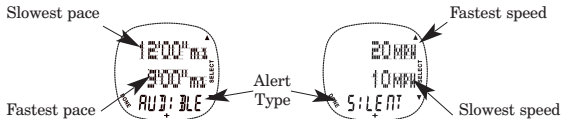
NOTE: Prior to configuring your heart rate settings, refer to **Heart Zones® Tools for Success** for information on how to determine your maximum heart rate.

GPS-3D SENSOR SETTINGS

Smoothing: Smoothing is useful if you feel that the displayed speed or pace values appear to be too erratic. Smoothing applies an averaging filter and may cause the displayed speed or pace values to respond more slowly to changes.

Configure the following speed and distance settings:

- ❖ **Zone Type:** Set the Watch to track your speed or your pace and to alert you if you move too slowly or too quickly (alert types include an audible alert that beeps or a silent alert that flashes).



NOTE: You can set speed and pace limits independently. For instance, set pace limits to control pace for your run and set speed limits to values useful for cycling. Then simply switch between the settings for each activity.

- ❖ **Distance Alert:** Set the Watch to alert you for distance intervals. For example, you can set the Watch to alert you for every mile you travel. The distance alert will only function when the chronograph is running.

- ❖ **Speed Smoothing:** Turn speed smoothing off or on.
- ❖ **Pace Smoothing:** Turn pace smoothing off or on.

ALTITUDE SETTINGS

Smoothing: Smoothing is useful if you feel that the displayed altitude values appear to be too erratic. Smoothing applies an averaging filter and may cause the displayed altitude values to respond more slowly to changes.

Configure the following altitude settings:

- ❖ **Target Altitude:** Set the target altitude to alert you when you move above a specified altitude. When you reach the target altitude, the Watch beeps and begins timing. If you move below the target altitude, the Watch suspends timing until you once again move above the target altitude.
- ❖ **Max Altitude:** Set the max altitude to alert you if you move above an altitude value you do not wish to exceed. If you exceed your altitude, the Watch will beep until you move below the maximum altitude.
- ❖ **Smoothing:** Turn altitude smoothing off or on.
- ❖ **Update Ascent Rate:** Set the Watch to update the period at which the ascent rate is calculated. You can choose intervals of 30 seconds, or one, 10, 30, or 60 minutes. Set this feature shorter for faster vertical activities such as skiing or longer for slower vertical activities such as climbing.

HANDS-FREE SETTINGS

Hands-free features operate in conjunction with the GPS-3D Sensor. They automate chronograph features, freeing you to focus on your workout instead of operating your Watch.

Configure the following hands-free settings:

- ❖ **Auto Split:** This feature enables the chronograph to automatically take splits based on intervals (when you set intervals in Timer Mode), or by a distance, altitude, or a time you determine. For instance, you can configure the Watch to take a split every mile and then you can compare data for each mile in Lap Data Mode after you complete your activity.
- ❖ **Auto Start:** This feature enables the chronograph to start when you start moving. It may take a few seconds for the GPS-3D Sensor to detect your movement, causing a slight delay in start time.
- ❖ **Auto Stop:** This feature enables the chronograph to stop when you stop moving. It may take a few seconds for the GPS-3D Sensor to detect that you have stopped moving, causing a slight delay in stop time.

NOTE: Even when enabled, you can still start and stop the chronograph manually and take manual splits without affecting the hands-free operation.

- ❖ **Sync Timer & Chrono:** This feature allows you to set the timer and the chronograph to start and stop simultaneously so you can record chronograph data when you use the timer. You must turn the Sync Timer & Chrono setting off if you want the timer to switch to the Chronograph, Finish, or Vertical Mode at the end of a countdown in Timer Mode.

WATCH SETTINGS

Configure the following Watch settings:

- ❖ **Night Mode® feature:** When enabled, the **INDIGLO®** night-light turns on when you press any button. This feature disables itself after eight hours.
- ❖ **Hourly Chime:** When enabled, the Watch will chime at the top of every hour.
- ❖ **Button Beep:** When enabled, the Watch will emit a beep when you press any button.
- ❖ **Mode Hiding:** You can choose to show, hide, or disable the following modes: Vertical, Finish, Lap Data, Summary, Timer, Navigate, Waypoints, or Alarm. For example, if you hide Navigate Mode, you will not see any information from this mode unless you are using the GPS-3D Sensor. If you disable Navigate Mode it will not show up at all until you enable it again from Configure Mode.

- ❖ **Data Hiding:** You can choose to show or hide blank data from each of the fitness sensors. For instance, if you use only the HR Sensor for your workout and you choose to hide blank GPS-3D Sensor data, you will not see any information related to speed since speed data relies on the use of the GPS-3D Sensor.

UNIT SETTINGS

Auto Units (when to use): In the Unit settings you can set speed, pace, altitude, and North reference to auto. Each unit setting set to auto will follow the unit setting for distance.

Auto Units (when not to use): Do not use auto when you want different units for speed, pace, or altitude.

For example, a runner typically chooses kilometers for her unit settings. However, when running a marathon, she changes her distance unit to miles (a marathon is always 26.2 miles), but she chooses the kilometers unit setting for pace. During the marathon, the runner can view her distance in miles to match the course markers of the race, but she can view her pace in the more familiar kilometers for a greater understanding of how quickly she is running.

Configure the following unit settings:

- ❖ **Distance:** Set the Watch to display distance in terms of miles, kilometers, or nautical miles.

- ❖ **Speed:** Set the Watch to display speed in terms of miles per hour (MPH), kilometers per hour (KPH), nautical miles (NM), or auto.
- ❖ **Pace:** Set the Watch to display pace in terms of miles, kilometers, nautical miles, or auto.
- ❖ **Altitude:** Set the Watch to display altitude in terms of feet, meters, or auto.
- ❖ **North Reference:** Set the North reference to True North or Magnetic North.
- ❖ **Heart Rate:** Set the Watch to display your heart rate at beats per minute (BPM) or as a percentage of your maximum heart rate (%MAX). The selected heart rate units will appear in all heart rate data of the Watch, including target heart rate zones.

NOTE: If you change units during a workout, the speed, pace, and distance data will be correct for the newly selected units.

CARE & MAINTENANCE

Changing the battery

WARNING: CHANGING THE BATTERY YOURSELF MAY RESULT IN DAMAGE TO THE WATCH. TIMEX STRONGLY RECOMMENDS YOU HAVE A WATCH RETAILER OR JEWELER REPLACE THE BATTERY.

If you choose to replace the battery yourself, carefully follow the steps below:

1. Place the Watch face-down on a flat work surface.
2. Separate both halves of the Watch band using a small flat screwdriver.

NOTE: You must install the back of the Watch (caseback) in the same direction you removed it or the buzzer element will not function after reassembly.

3. Using a 00 Phillips-head screwdriver, remove the four screws that secure the caseback and set them aside. Carefully remove the caseback and set it aside.

WARNING: ALWAYS KEEP THE WATCH FACE DOWN ON YOUR WORK SURFACE. IF YOU TURN THE WATCH OVER TO REMOVE THE SCREWS OR CASEBACK YOU MAY LOSE THE SMALL ELECTRICAL CONNECTORS INSIDE THE WATCH.

4. Carefully open the battery clamp and remove the battery.
5. Place a new CR2430 cell in the battery compartment, making sure the side with the “+” marking faces you.
6. Reattach the battery clamp.

7. Replace the caseback, making sure the black gasket sits firmly in the case groove and the caseback properly aligns with the Watch to ensure the buzzer will line up with the internal connections (see note after Step 2).
8. Carefully reattach the straps so that the shorter piece with the buckle attaches to the upper set of lugs.

INDIGLO® night-light

Electroluminescent technology used in the **INDIGLO** night-light illuminates the entire Watch face at night and in low light conditions.

Water resistance

Your Watch withstands water pressure up to 86 psi (equals immersion to 164 feet or 50 meters below sea level). This 50-meter resistance remains intact so long as you keep the lens, push buttons, and case intact.

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

While your Watch will resist water, you should not use this Watch for diving, as it is not a diver's Watch and you should rinse your Watch with fresh water after exposure to salt water.

NOTE: THIS WATCH WILL NOT DISPLAY S+D OR HEART RATE DATA WHEN OPERATED UNDER WATER.

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.

WARNING: THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR PRODUCT BASED ON THESE CONDITIONS:

- 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\$ 7.00 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.

WARNING: NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

U.S.: call 1-800-328-2677 for additional warranty information.

Canada: call 1-800-263-0981. **Brazil:** call 0800-168787. **Mexico:**

call 01-800-01-060-00. **Central America, the Caribbean,**

Bermuda and the Bahamas: call (501) 370-5775 (U.S.). **Asia:** call

852-2815-0091. **The U.K.:** call 44 020 8687 9620. **Portugal:** call 351

212 946 017. **France:** call 33 3 81 63 42 00. **Germany:** call +43 662

88 92130. **The Middle East and Africa:** call 971-4-310850. **Other**

Areas: contact your local Timex retailer or 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 SAFE PLACE.

Service

If your Watch should ever need service, send it to Timex as outlined in the Timex International Warranty or send it to: Street address:

HotLine Watch Service	OR	HotLine Watch Service
1302 Pike Avenue		P.O. Box 2740
North Little Rock, AR 72203		Little Rock, AR 72203

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 (United States)/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:

Fitness Sensors

PRODUCT NAMES

- ❖ **Speed + Distance System** GPS Transceiver Series
M8xx/M5xx/M1xx
- ❖ **Heart Rate Monitor System** HRM Transmitter Series
M8xx/M5xx

PRODUCT TYPES

Intentional Radiator

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 operations.

Model	FCC ID No.	Certification No.
M821 Heart Rate Monitor	EP9TMXHRM	481021492A
M515 Heart Rate Monitor	EP9TMXM515	3348A-M515
M850 Speed + Distance Monitor	EP9TMXM850	3348A-12181
M185 Speed + Distance Monitor	EP9TMXM185	348A-M185

Performance Watch

PRODUCT NAMES

- ❖ **Watch Receivers** HRM/Speed+Distance Series M8xx/M5xx
- ❖ **Data Recorders** HRM/Speed+Distance Series M5xx/M1xx

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.

WARNING: 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:

TIMEX and NIGHT-MODE are registered trademarks of Timex Corporation. BODYLINK is a registered trademark of Timex Group, B.V. INDIGLO is a registered trademark of Indiglo Corporation in the U.S. and other countries.

Product Name

- ❖ Speed + Distance System GPS Transceiver Series
M8xx/M5xx/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

♦ Data Recorders HRM/Speed+Distance Series M5xx/M1xx

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: 13 August 2004, Middlebury, Connecticut, U.S.A.