



**TIMEX**  
BODYLINK® SYSTEM

## Performance Watch User Guide

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## INTRODUCTION

### Welcome!

Congratulations! With your purchase of the Timex® Bodylink® System you have hired your new personal trainer. Using your Performance Watch in partnership with your digital Heart Rate and Speed + Distance Sensors offers you an unprecedented ability to track, store, and analyze 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 your digital Heart Rate Sensor, Speed + Distance Sensor, or both.

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

So, have fun exploring! Check out the Performance Watch modes. Review the *Quick Start Guide* to develop a basic understanding of your Bodylink System. Most of all, enjoy your new fitness partner on your road to increased performance!

## Before you begin

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This manual contains information about, and instructions for, setting up your new Performance Watch and using it with the digital Heart Rate and Speed + Distance Sensors. To assist you in learning about your Performance Watch, this manual contains several elements to increase your understanding.

- ▶ An overview of the Performance Watch buttons, display icons, and modes
- ▶ Sectional glossaries that explain 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 for each appropriate mode
- ▶ Real-world scenarios, appearing in grey text boxes, that explain how you might use your Performance Watch as part of your activity routine

## PERFORMANCE WATCH OVERVIEW

### Watch terminology

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Your Bodylink® System has its own language that you will learn as you become proficient in operating it. As you learn this language, you will encounter some important words and phrases. We promise; no one will make you take a vocabulary test!

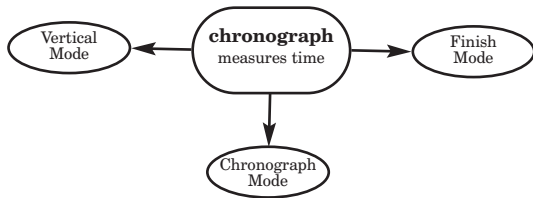
But, reviewing key terminology will help you more quickly understand how your Bodylink System operates. So, take a minute to review some of the words that will appear throughout this manual.

- ▶ **Bodylink System:** The Bodylink System allows you to track and store real time data using a family of wireless devices in conjunction with your Performance Watch.
- ▶ **Performance Watch:** The Performance Watch, (Watch) houses the data center for the Bodylink System.
- ▶ **Fitness Sensors:** The Bodylink System includes two digital sensors: the Heart Rate Sensor and the Speed + Distance Sensor.
- ▶ **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.

- ▶ **Speed + Distance Sensor:** The Speed + Distance Sensor (GPS-3D Sensor) tracks speed, pace, distance traveled, altitude, and more, using GPS based technology. *The Fitness Sensor User Guide* provides detailed instructions for setting up and using your GPS-3D Sensor. Note that sometimes the Watch will refer to the GPS-3D Sensor as the S+D Sensor.
- ▶ **GPS:** The GPS-3D Sensor uses information gathered from global positioning satellites (GPS) to calculate your speed, distance, and elevation.

## The chronograph

As you learn about your Watch, the word chronograph may cause confusion. **Remember this:** a chronograph is a tool for measuring time. You will notice a Chronograph Mode, but Vertical and Finish Modes operate from the chronograph. Any time your Watch functions as a timing tool, it operates using chronograph (or timing) functionality.



## 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 Fitness Sensors
- ▶ *Heart Zones® Tools for Success:* Information to use your digital Heart Rate Sensor in conjunction with the Heart Zones Training System fitness program, meant to help you to increase the strength and endurance of your heart

### Web resources

The Timex® Websites offer beneficial information to help you optimize your Bodylink System.

- ▶ [www.timex.com/bodylink/](http://www.timex.com/bodylink/): Information about Bodylink System features and product simulations
- ▶ [www.timex.com/software/](http://www.timex.com/software/): Current software releases for Timex products
- ▶ [www.timex.com/fitness/](http://www.timex.com/fitness/): Fitness and training tips for using the Bodylink System

In addition to the Timex sites, you may also want to visit the Website referred to in *Heart Zones® Tools for Success*. At [www.heartzones.com](http://www.heartzones.com) you will find information to complement the material provided in the booklet.

## Watch buttons

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

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

**INDIGLO®**  
night-light; Press to light the watch; hold to silence target zone alert

**MODE**  
Press to go to the next mode

**START/SPLIT**  
Press to start timing or take a split



**DISPLAY**  
Press to display performance data

**SET/FORMAT**  
Press to set or change the display format

**STOP/RESET**  
Press to stop or press and hold to reset

Additionally, in any mode where you can view your heart rate, you can hold the INDIGLO® button to quickly silence an audible target zone alert. Once you push the button to change the alert, it will remain silent until you change it to another target zone alert type. See “TZ zone and alert” on page 57 for more information.

## Setting buttons

Use Watch setting buttons to set Watch functions (for example, setting the time or a target heart rate zone). When the + and – symbols appear at the edge of the Watch display, you have initiated the setting process.



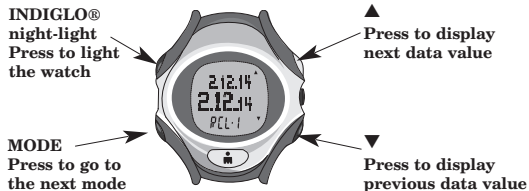
The steps listed here allow you to set Watch functions.

1. Press and hold the **SET** button until the word **SET** briefly appears on the display, followed by a flashing value.
2. Set the first value by pressing + (**DISPLAY**) or – (**STOP/RESET**).

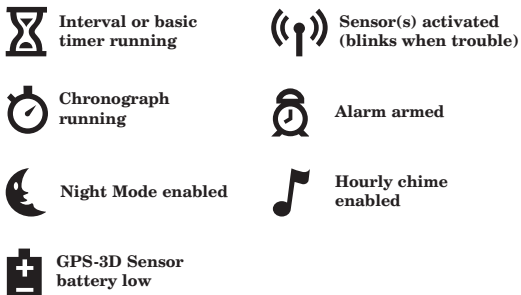
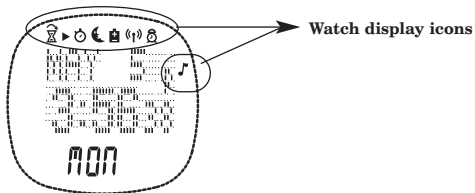
3. Press **SELECT (SET/FORMAT)** to move to the next value to set.
4. Repeat steps 3 and 4 for all the values that need adjustment.
5. Press **DONE (MODE)** to save your changes and complete the setting process.

## Viewing buttons

Watch buttons can help you navigate through viewing options. Seeing the ▲ and ▼ triangles on the edge of the display lets you know there is information to view.



## Display icons



## Starting the Bodylink® System

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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.

## Messages

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

**NO DATA FROM HRM (GPS)** The Watch is not receiving data from either the HR or GPS-3D Sensor. Ensure the Sensor is not more than 3 feet (1 meter) away from the Watch, is operating, or has not inadvertently locked on to 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.

**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.

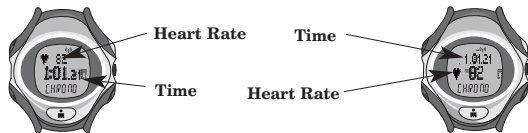
**WEAK GPS SIGNAL** The GPS-3D Sensor lost its link with GPS satellites. The GPS-3D Sensor operates more accurately in more open areas (such as an area without a lot of tree or cloud cover) and at quicker speeds.

**FATAL GPS ERROR** The GPS-3D Sensor has encountered a severe internal error. Contact Timex Customer Service.

## Display formatting

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In Chronograph Mode, you can press and release **SET/FORMAT** to switch the data values displayed in the upper and middle display lines. This allows you to display the value most important to you in the larger, middle display.



Switching the display formatting does not apply to ascent rate which always appears in the middle line of the display. For more information on ascent rate, see “Vertical Mode” on page 29.

## Preparing to use your Watch

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### Determining your heart rate

In addition to many other useful features, your Watch uses technology that helps you track detailed information about your heart rate. But, before you can track this information, you first need to determine your maximum heart rate. You can use many methods to estimate your maximum heart rate.

The booklet *Heart Zones® Tools For Success* included in your Watch packaging provides excellent procedures and Timex® recommends you use one of these methodologies. However, if you cannot use any of the procedures described in *Heart Zones Tools for Success*, you might consider using the widely used, though highly debated, age-based method. Begin with the number 220 and then subtract your age. For instance, a 35 year old would begin with 220 and subtract 35 (the person’s age) which gives an estimated maximum heart rate of 185.

### Setting your Watch for first use

Once you determine your heart rate, set the following parameters prior to using your Watch:

1. **Set the time of day.** For detailed information on Time of Day Mode, including instructions for setting time of day, refer to page 20.
2. **Enter your maximum heart rate.** In Configure Mode, select HRM SETTINGS and then MAX HR. Your maximum heart rate setting determines your five preset heart rate target zones. For more information refer to “Max heart rate” on page 58.
3. **Select your desired heart rate display units.** In Configure Mode, select HRM SETTINGS and then HRM DISPLAY. Your Watch gives you the option to view your heart rate in beats per minute (BPM) or as a percentage of your maximum heart rate (PERCENT). For more information refer to “Heart rate display” on page 58.

4. **Determine your target heart rate zone and alert.** In Configure Mode, select HRM **SETTINGS** and then TZ ALERT. Use the target zone alert to keep your heart rate within a defined range to maximize your performance and prevent either over exertion or under utilization of your heart during exercise. For more information refer to “TZ zone and alert” on page 57.
5. **Choose the unit display for your Watch.** In Configure Mode set length, speed, pace and altitude units to your liking. Refer to “Unit settings” on page 62 for further information.
6. **Set the ascent rate update.** This setting in the ALTITUDE SETTINGS group calculates how quickly you change altitude during you workout (also known as vertical speed). Set this feature shorter for faster vertical activities such as skiing or longer for slower vertical activities such as climbing. Refer to “Update ascent rate” on page 60 for detailed information.

Though not necessary to adjust before your first workout, you may want to review and configure the speed or pace target zones (page 59), distance alert (page 59) or additional hands-free features (page 60).

## WATCH MODES

You can cycle through each of the ten modes by pressing **MODE**.

- ▶ **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** features vertical data such as ascent rate, altitude, and elevation.
- ▶ **Finish** lets you to predict a time for a specified distance and set alerts if you are off pace.
- ▶ **Interval Timer** allows you to set the Watch up for interval workouts.
- ▶ **Lap Data** presents stored lap information.
- ▶ **Summary** displays data recorded while the chronograph runs.
- ▶ **Basic 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.

## Time of Day Mode

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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.



## Time of Day Mode terminology

**UTC:** When you use the Watch in conjunction with the GPS-3D Sensor, it will align with UTC (Universal Time, Coordinated formerly known as GMT). This 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.

## Setting the time

1. Press **MODE** until Time of Day Mode appears.
2. Press and hold the **SET** button until the word **SET** briefly appears on the display, followed by a flashing value.
3. Set the first value by pressing + (**DISPLAY**) or - (**STOP/RESET**).
4. Press **SELECT (SET/FORMAT)** to move to the next value for setting.
5. Repeat steps 3 and 4 for all the values that need adjustment.
6. Press **DONE (MODE)** to save your changes and complete the setting process.

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

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

## Switching time zones

The Watch can track two time zones (T1 and T2). Look at the second 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** appears.
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**.

Note that you must independently set the time of day for each time zone.

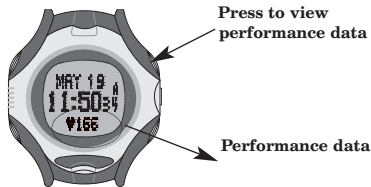
## Synchronizing the Watch with the GPS-3D Sensor

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

- If you activate the GPS-3D Sensor before setting 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.
- Note that you cannot adjust the seconds when you enable the GPS features; they will always remain synchronized to UTC time.

## Viewing performance data in Time of Day Mode

When using the Fitness Sensors with your Watch, you can scroll through performance data by pressing and releasing **DISPLAY**. You may elect to continue viewing the day of the week instead by pressing **DISPLAY** until the day of the week becomes visible.



You can view:

- **Heart Rate:** Current heart rate expressed as either percent of your maximum heart rate (PERCENT) or beats per minute (BPM)
- **Speed:** Current velocity
- **Pace:** Current velocity, expressed in minutes per selected distance unit, such as miles or kilometers
- **Distance:** Distance traveled since you began operating the chronograph
- **Altitude:** Current elevation above sea level

## Time of Day Mode tips & tricks

- ▶ 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.
- ▶ The Watch does not automatically adjust for Daylight Savings Time. When switching between Standard Time and Daylight Savings Time, you must manually adjust the hour value.
- ▶ If the Watch does not detect either of the Fitness Sensors, the day of the week will appear on the bottom line of the display.
- ▶ You can only reset the seconds value to zero if you use the Watch in conjunction with the HR Sensor.
- ▶ You may adjust the minutes value ahead or behind the correct time and the watch will remember your setting. This feature helps people who like to set their watches a little ahead to keep them on time.

## 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 operates as the main workout data center for your Watch. It can record elapsed time for up to 100 hours. It can also register data from the Fitness Sensors for up to 100 laps.

INDIGLO®  
night-light

To Vertical  
Mode or hold  
for time

Start timing  
or take a split



View performance  
data

Swap upper and  
middle lines

Stop or reset the  
chronograph

## 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.

## Operating Chronograph Mode

When using Chronograph Mode, take splits manually by pressing **START/SPLIT** or you can set the Watch to automatically take splits by time or distance. For more information on setting the Watch to automatically take splits, refer to “Hands-free settings” on page 60.

Use these steps to operate the chronograph in Chronograph Mode.

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. 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.
4. Press **STOP/RESET** to stop timing when you want to take a break or you reach the end of your activity.
5. Press **START/SPLIT** to continue timing or
6. Press and hold **STOP/RESET** to reset the chronograph display to zero.

## Viewing performance data in Chronograph Mode

When using the Fitness Sensors with your Watch, you can scroll through performance data for each lap of your workout by pressing and releasing **DISPLAY**. For Chronograph Mode, viewing options include:

- ▶ **Heart Rate:** Current heart rate expressed as either percent of your maximum heart rate (PERCENT) or beats per minute (BPM)
- ▶ **Speed:** Current velocity
- ▶ **Average Speed:** Average velocity for the period that chronograph has been running
- ▶ **Pace:** Current velocity, expressed in minutes per selected distance unit, such as miles or kilometers
- ▶ **Average Pace:** Average per-minute speed for the period that chronograph has been running
- ▶ **Distance:** Distance traveled since you began operating the chronograph

## Chronograph Mode tips & tricks

- ▶ If you press **MODE** to switch the Watch to a different mode while the chronograph continues to run, the stopwatch icon will appear to indicate the chronograph still operates.
- ▶ If you use the Watch with the HR Sensor you can set it to automatically begin taking a heart rate recovery calculation each time you press **STOP/RESET** to stop the chronograph. However, if you press **START/SPLIT** again before the recovery cycle has completed, you will cancel the recovery. For more information, refer to “Recovery” on page 58.

## Chronograph Mode example

Recently you heard that a training method for long distance runners called the run/walk method can help increase your overall endurance and burn more calories. This method calls for running for a period of time followed by a short period of walking. You decide to use Chronograph Mode to help you try this method. You press **START/SPLIT** when you begin running and then after 10 minutes of running you press **START/SPLIT** again and walk for 2 minutes. You continue using these two sequences until you have completed a 60 minute run/walk.

## Vertical Mode

Vertical Mode operates as a viewing mode in conjunction with the GPS-3D Sensor with a focus on displaying information about altitude. In particular, Vertical Mode tailors the Watch to allow you to view data related to vertical activities (for example, climbing or skiing). If you do not use the GPS-3D Sensor, you will see the message NO GPS DATA and you cannot enter 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.

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

## Viewing performance data in Vertical Mode

When using the Fitness Sensors with your Watch, you can scroll through performance data for each lap of your workout by pressing and releasing **DISPLAY**. For Vertical Mode, viewing options include:

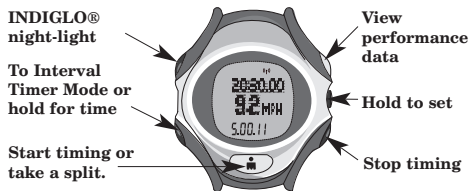
- ▶ **Heart Rate:** Current heart rate
- ▶ **Ascent Rate:** Vertical speed
- ▶ **Pace:** Current velocity, expressed in minutes per selected distance unit, such as miles or kilometers
- ▶ **Speed:** Current velocity
- ▶ **Distance:** Distance traveled while you run the chronograph
- ▶ **Altitude:** Current height above sea level
- ▶ **Elevation:** Difference between your current altitude and the altitude when you started the chronograph

## Vertical Mode example

You are heli-skiing in Banff on a run estimated at 2,700 vertical feet (823 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 expression of elevation to the estimate given to you by your guide.

## Finish Mode

Finish Mode allows you to predict how much time it will take to finish a specified event distance (marathon or 5K race, for example) based on current GPS-3D Sensor data. To help you stay



on pace for your predicted finish, you can set the Watch to alert you if you are moving either too quickly or too slowly for your desired pace.

If you do not use the GPS-3D Sensor, you will see the message NO GPS DATA and you cannot enter Finish Mode. Additionally, you must reset the chronograph to zero prior to operating Finish Mode or it will not operate properly.

## Finish Mode Terminology

**Target time:** Your desired time to complete the race or workout. The Watch uses this time to alert you if you are going too slowly to complete the event within the selected time.

## Setting Finish Mode

You must stop and reset the chronograph to allow the configuration of Finish Mode. However, you can still configure Finish Mode even when you see the message NO GPS DATA displayed.

1. While in Finish Mode, press and hold the **SET** button until the word SET briefly appears on the display, followed by a flashing value.
2. Set the first value by pressing + (**DISPLAY**) or - (**STOP/RESET**).
3. Press **SELECT (SET/FORMAT)** to move to the next value to set.
4. Repeat steps 2 and 3 for all the values that need adjustment.
5. Press **DONE (MODE)** to save your changes and complete the setting process.

For Finish Mode, you can set the following values:

- Pre-set or custom event distance (for custom, you can set the distance up to 999.99)
- 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)

## Operating Finish Mode

1. Press **MODE** until Finish 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
6. Press and hold **STOP/RESET** again to reset the display to zero.

## Viewing performance data in Finish Mode

When using the Fitness Sensors with your Watch, you can scroll through performance data for each lap of your workout by pressing and releasing **DISPLAY**. For Finish Mode, viewing options include:

- ▶ **Finish Time:** The predicted finish time based on your current speed and distance. The finish time will flash if your current pace will not allow you to finish within your selected target time. If you stop moving, the Watch display replaces the finish time with the word STOPPED.
- ▶ **Heart Rate:** Current heart rate
- ▶ **Pace:** Current velocity, expressed in minutes per selected distance unit, such as miles or kilometers
- ▶ **Average Pace:** Average per-minute speed for the period that chronograph has been running
- ▶ **Speed:** Current velocity
- ▶ **Average Speed:** Average velocity for the period that you run the chronograph
- ▶ **Distance:** Distance traveled while you run the chronograph

## 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 required pace to help keep you on track as you ride.

## Interval Timer Mode

Interval Timer Mode offers a flexible six-interval countdown timer, and can retain settings for up to five different training sessions. It includes warm up and cool down intervals and four training intervals for each training session. You can set the group of four training intervals to repeat up to 99 times. You can set the warm-up interval to run one time at the beginning of your training session and the cool down interval to run one time at the end of your training session.



### Interval Mode terminology

**Interval Training:** You can use interval training to help you vary the intensity level within one workout, ultimately helping you work out longer and harder.

**Interval:** Intervals relate your exercise to specific periods of time. For instance, you can run for ten minutes, walk for two, run for twenty minutes, and then walk for five – this would represent four training intervals.

**Reps:** The number of times you choose to perform an interval group. In the example above, if you choose to run the interval group three times, you will go through your series of ten, two, twenty, and five minute timings three times in sequence. This would represent 3 reps.

**Warm-up:** The period at the beginning of your workout that helps prepare your body for a more intensive training session.

**Cool Down:** The period at the end of your work out that helps your body to recover to a state of normal functioning.

### Selecting an interval workout

You can use the Watch to set and store up to five workouts labeled WKOUT 1 though WKOUT 5.

1. Press **MODE** until Interval Mode appears.
2. Press **▼ (STOP/RESET)** to choose the workout you want to set (**WKOUT 1** through **WKOUT 5**).

Since you must reset the interval timer to select a new workout, you may need to press the **STOP/RESET** button more than once before you can view a new workout.

## Setting up an interval workout

1. Press and hold the **SET** button until the word SET briefly appears on the display. The setting screen will appear with the word WARM-UP flashing.
2. Press **▲ (DISPLAY)** or **▼ (STOP/RESET)** to review settings for each workout interval. Settings include WARM-UP, INTVL 1 – 4, # OF REPS, and COOL-DOWN.
3. Select an interval to set and press **SELECT (SET/FORMAT)**. Press **+** (**DISPLAY**) or **-** (**STOP/RESET**) to select one of five preset or three custom heart rate zones. You can also select no target zone or a manual target zone alert for this interval only. Once you choose your zone, press **SELECT (SET/FORMAT)**.

If you did not select MANUAL in step 3, go to step 5.

4. Set the upper and then the lower heart rate values for the MANUAL zone. Press **+** (**DISPLAY**) or **-** (**STOP/RESET**) change the values and **SELECT (SET/FORMAT)** to move through the digits. When you finish setting the limits, press **SELECT (SET/FORMAT)**.
5. Press **+** (**DISPLAY**) or **-** (**STOP/RESET**) to change the time values and **SELECT (SET/FORMAT)** to move through hours, minutes, and seconds. If you set an interval to zero (00:00:00), the Watch will automatically skip this interval during your workout.
6. When you scroll past the final value in the interval time, the Watch automatically advances the next interval (or # OF REPS if setting the WARM-UP or COOL DOWN intervals). Repeat steps 2 to 5 to set all intervals and reps for the selected workout.
7. Press **DONE (MODE)** to save your workout and complete the setting procedure.

For Interval Timer Mode, you can set the following values:

- Warm up (set target heart rate zone and time)
- Intervals 1 through 4 (set target heart rate zone and time)
- Number of Reps (does not include warm-up or cool down intervals)
- Cool down (set target heart rate zone and time)

## Operating Interval Timer Mode

Use these steps to operate the interval timer for a workout.

1. Press **MODE** until Interval Timer Mode appears.
2. Press **START/SPLIT** to begin timing.
3. Press **STOP/RESET** to stop timing when you want to take a break or you reach the end of your activity.
4. Press **START/SPLIT** to continue timing or
5. Press and hold **STOP/RESET** to reset the chronograph display to zero.

## Heart rate target zones and alerts

During the setting process, you have the option to use one of the five standard, three custom, or a unique heart rate target zone alert for each interval. You may also choose to use no target zone alert. While you run the interval timer, the target zone alert settings you select will override the heart rate target zone alert you set in Configure Mode (see page 55).

However, the setting for the alert type (AUDIBLE, VISUAL, or NO ALRT) in Configure mode will still operate while you run the interval timer. The Watch only ignores the limit settings.

Keep in mind that these settings affect the target zone alert only. The target zone alert settings used in the interval timer do not affect the heart rate statistical data tracked and displayed in Summary Mode.

## Viewing performance data in Interval Timer Mode

When using the Fitness Sensors with your Watch, you can scroll through performance data for each lap of your workout by pressing and releasing **DISPLAY**. For Interval Timer Mode, viewing options include:

- ▶ **Heart Rate:** Current heart rate expressed as either percent of your maximum heart rate (PERCENT) or beats per minute (BPM)
- ▶ **Speed:** Current velocity
- ▶ **Pace:** Current velocity, expressed in minutes per selected distance unit, such as miles or kilometers
- ▶ **Distance:** Distance traveled since you began operating the interval timer
- ▶ **Altitude:** Current height above sea level

## Interval Mode tips & tricks

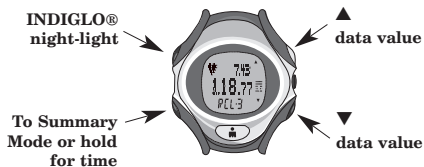
You can set the Watch to take a split when an interval ends by using SYNC TIMER & CHRONO (see page 61). This will override the auto split function and allow you to have a record of your performance for each interval.

## Interval Mode example

For cross training purposes, you decide to add a one-hour spin class to your workout routine one time per week. You decide to use Interval Mode to help you track both time and heart rate for your class. You set up WKOUT 1 as follows: WARM-UP for 5 minutes with NO TZ (indicating no heart rate goal), INTVL 1 for 5 minutes at Z4: 156 – 175 (in beats per minute), INTVL 2 for 1 minute in Z3: 136 – 156, INTVL 3 for 10 minutes in Z4 and INTVL 4 for 2 minutes in Z3. You then set the # OF REPS to 3, indicating you want to repeat INTVL 1 through INTVL 4 three times. Finally, you set the COOL DOWN to 5 minutes with NO TZ. This entire workout takes you approximately 60 minutes and helps you track both time and endurance goals.

## Lap Data Mode

Lap Data Mode allows you to review stored lap information for time and heart rate information. To record lap data, you must run the chronograph in one of the chronograph modes.



When you use Lap Data Mode, 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.

Access this information using these steps.

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

## Viewing performance data in Lap Data Mode

When using the Fitness Sensors with your Watch, you can scroll through performance data for each lap of your workout by pressing and releasing **DISPLAY**. For Lap Data Mode, viewing options 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 Heart Rate and Time in Average Heart Rate:** Average heart rate displays the average heart rate for the lap, and time in average heart rate shows how much time during the lap you spent at the average heart rate.
- ▶ **Lap Average Speed:** Average velocity for the period that chronograph has been running
- ▶ **Lap Average Pace:** Average per-minute speed for the period that chronograph has been running
- ▶ **Lap Distance:** Distance traveled for the lap
- ▶ **Lap Altitude:** Altitude displays the height above sea level at the end of your lap
- ▶ **Lap Elevation Change:** Elevation is the net change in altitude during the lap

## Lap Data Mode tips & tricks

- ▶ Once you restart the chronograph from zero for your next activity, you erase lap data from your previous activity.
- ▶ If you want to view information for your entire activity refer to Summary Mode in the next section.
- ▶ If you have activated SYNC TIMER & CHRONO (see page 61) then your lap data is equivalent to your performance for each interval.

## Lap Data Mode example

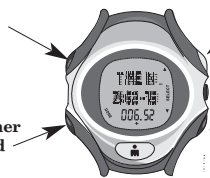
You love to ride your bike, but you just finished a long ride and you are exhausted! In your exhaustion, you forget to look at the lap data for your ride and you reset the chronograph to zero. You think you have lost your data, but then you remember. You can still view lap data for your ride, as long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

## Summary Mode

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

INDIGLO®  
night-light

To Basic Timer  
Mode or hold  
for time



## Summary Mode terminology

**Zone:** A predetermined heart rate range for your activity.

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

## Operating Summary Mode

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



## Viewing performance data in Summary Mode

If you do not use your Fitness Sensors, the only information you can view in Summary Mode is the total time for your activity while the chronograph was running. Total time is equivalent to split time in Chronograph Mode.

When using the Fitness Sensors with your Watch, you can view performance data for the following five data groups:

### Heart Rate

- ▶ **Average Heart Rate:** Your average heart rate calculated over the period the chronograph was running.
- ▶ **Peak 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 heart rate zones during your activity, including all five preset zones, all three custom zones, and below Zone 1 (sometimes referred to as “Zone 0”) (refer to “HRM settings” on page 57 for information on setting up this feature).
- ▶ **Average Heart Rate in Zones:** The average heart rate in each of the heart rate zones, including all five preset zones, all three custom zones, and below Zone 1.
- ▶ **Recovery:** Your heart rate change over a selected period of time recorded at the end of your activity (refer to “Recovery” on page 58 for information on setting up this feature).

### Speed

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

While Average Speed and Average Pace are the same value expressed two different ways, Best Pace and Maximum Speed are not. Best Pace is determined by analyzing all the pace values of your activity; Maximum Speed is the fastest speed calculated by the GPS-3D Sensor during your activity. While closely related, these two values are not equivalent and may not agree.

### 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.

## 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 receiving data from the GPS-3D Sensor to view this information. When the graph displays only one segment and you see the battery icon on the Watch display, you should change the battery.

## Summary Mode tips & tricks

- ▶ Once you restart the chronograph from zero for your next activity, you erase summary data from your previous activity.
- ▶ If you are wearing the HR Sensor, you can initiate a recovery calculation while in Summary Mode by pressing and holding **START/SPLIT** while viewing your recovery data.
- ▶ If you want to view information for each segment of your activity refer to Lap Data Mode in the previous section.

## Summary Mode example

Recently, you have decided to focus on your heart rate during your workouts. In Configure Mode, set your maximum heart rate at 195 BPM. When you finish any of your workouts (whether running, biking, swimming, or any other type of activity), you can refer to Summary Mode to review your heart rate information. This information includes your average, peak, and minimum heart rates as well as average heart rate and time spent in each of the heart rate zones. Using this feature will help indicate the levels at which you worked your heart throughout your workout and serve as an indicator of whether or not you need to adjust the intensity of your workout.

## Basic Timer Mode

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



### Setting the timer

1. Press **MODE** until Basic Timer Mode appears.
2. Press and hold the **SET** button until the word SET briefly appears on the display, followed by a flashing value.
3. Set the first value by pressing + (**DISPLAY**) or - (**STOP/RESET**).
4. Press **SELECT (SET/FORMAT)** to move to the next value to set.
5. Repeat steps 3 and 4 for all the values that need adjustment.
6. Press **DONE (MODE)** to save your changes and complete the setting process.

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**)

### Operating the timer

1. Press **START/SPLIT** to start the timer countdown.
2. Pause the countdown by pressing **STOP/RESET**. You may resume the countdown by pressing **START/SPLIT** again, or reset the timer by pressing and holding **STOP/RESET**.
3. When the timer reaches zero, a brief alert sounds.
4. 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, Vertical, or Finish Mode if set to one of those modes. You will see the switch mode icon, indicating the timer will switch modes at the end of the countdown.



## Basic Timer Mode tips & tricks

- ▶ You can press **MODE** within Timer Mode to switch the display to another mode without disrupting the operation of the timer. The timer icon will appear indicating timer operation.
- ▶ The timer will only switch to Chronograph, Vertical, or Finish Mode if you reset the chronograph to zero and turn off Sync Timer & Chrono (see “Hands-free settings” on page 60).



## Basic Timer Mode example

As part of your overall health plan, you decide to take a 30-minute walk during your lunch hour two times a week. To help keep track of time so you do not return late from your lunch hour, you set the timer to 15 minutes and then set it to repeat one time. After 15 minutes the Watch beeps telling you to begin walking back to your office. Since you set the timer to repeat, the Watch begins timing another 15 minute session helping you track how much time you have to return to your office.

## Alarm Mode

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. You can set an alarm to ring 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.



## Selecting an alarm

You can use the Watch to set and store up to five alarms labeled ALM1 through ALM5

1. Press **MODE** until Alarm Mode appears.
2. Press **▲ (DISPLAY)** or **▼ (STOP/RESET)** to choose the alarm you want to set (ALM1 through ALM5).

## Setting an alarm

1. Press **MODE** until Alarm Mode appears.
2. Press and hold the **SET** button until the word SET briefly appears on the display, followed by a flashing value.
3. Set the first value by pressing **+** (**DISPLAY**) or **-** (**STOP/RESET**).
4. Press **SELECT (SET/FORMAT)** to move to the next value to set.
5. Repeat steps 3 and 4 for all the values that need adjustment.
6. Press **DONE (MODE)** to save your changes and complete the setting process.

For Alarm Mode, you can set the following values:

- 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 same selected time, a WEEKENDS alarm will ring Saturday and Sunday at the same 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).
- Alarm status (OFF or ON). You can also press **START/SPLIT** to switch the alarm status.

Note that if you change any alarm settings, you automatically turn on the alarm.

## Configure Mode



Use Configure Mode to set options that enhance the performance of other Watch modes, for the following 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 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.

## Operating Configure Mode

Unlike other setting functions in the Watch, Configure Mode includes a menu hierarchy for the setting groups.

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.

## HRM settings

Prior to configuring your heart rate settings, refer to *Heart Zones® Tools for Success* for information on the importance of tracking your heart rate and how to determine your maximum heart rate. Then, configure the following heart rate settings:

- **TZ zone and alert:** You may select from one of five preset heart rate zones (labeled Z1 to Z5) or three custom heart rate zones (labeled C1 to C3). You may also choose whether or not to have the Watch alert you if your heart rate goes outside of your target zone. Options for alerts include NO ALRT, AUDIBLE, or SILENT. NO ALRT turns off the alert completely, SILENT warns you with a visual indication (an up or down arrow on the Watch display) if you go above or below your target heart rate zone, and AUDIBLE combines a warning melody with the visual alert. You will hear an ascending melody if you go above your zone and a descending melody if you go below your zone.
- **Custom zones:** You may set the upper and lower target zone number or percentage (depending on how you choose to show your heart rate) for up to three custom heart rate zones, labeled CUSTOM 1, CUSTOM 2, and CUSTOM 3.

- ▶ **Recovery:** This feature 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. You can set the Watch to calculate a recovery heart rate when you stop the chronograph for one minute, two minutes, or off. Selecting OFF will prevent the Watch from automatically calculating a recovery heart rate when you stop the chronograph. You may still manually calculate your recovery rate in Summary Mode, set to one minute, if you select OFF in Configure Mode.
- ▶ **Max heart rate:** Enter your Maximum Heart Rate. The Watch uses this value to calculate the five preset heart rate zones and serves as a reference for displaying your heart rate as a percent of your maximum heart rate (PERCENT).
- ▶ **Heart rate display:** You can set the Watch to display your heart rate as either a percentage of your maximum heart rate (PERCENT) or in beats per minute (BPM). The setting you choose will determine how your heart rate displays in all other Watch settings.

## S+D settings

- ▶ **Zone type:** Similar in concept to a heart rate target zone alert, you can 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). 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 you run the chronograph. If you would like the Watch to take a split based on distance traveled, refer to the Hands-Free Settings on page 60.
- 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.
- ▶ **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 value appears to be too erratic. Smoothing applies an averaging filter and may cause the displayed altitude value to respond more slowly to changes. You can 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 1, 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 automate chronograph features, freeing you to focus on your workout instead of operating your Watch. Even when enabled, you can still take manual splits without affecting the hands-free operation. Configure the following hands-free settings:

- ▶ **Auto split:** This feature enables the chronograph to automatically take splits based on elapsed distance or time. For instance, you can configure the Watch to take a split every 10 minutes, or, if you set Auto Split to 1 MI, then the Watch will automatically take a split every mile.
- ▶ **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 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.
- ▶ **Sync timer & chrono:** This feature allows you to set the interval timer and the chronograph to start and stop simultaneously so you can record chronograph data when you use the interval timer. The completion of an interval in Interval Timer Mode will cause the Watch to take a split in the chronograph. Use this feature if you want a record of your performance for each interval in your workout. Each interval corresponds to one lap or segment in Lap Data Mode.

You must turn the sync timer & chrono setting off if you want the timer to switch to Chronograph Mode at the end of a countdown in Basic 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 or disable the following modes: Interval, Lap Data, Summary, Timer, or Alarm. For example, if you disable Lap Data Mode it will not show up at all until you enable it again from Configure Mode. You can also choose to show, hide, or disable Vertical Mode or Finish Mode.
- ▶ **Data hiding:** You can choose to show or hide blank data from the Fitness Sensors. For instance, if you do not use the HR Sensor for your workout and you choose to hide blank HR Sensor data, you will not see any information related to heart rate since this data relies on the use of the HR Sensor.

## Unit settings

Configure the following unit settings:

- ▶ **Distance:** Set the Watch to display distance in terms of miles, kilometers (KM), or nautical miles (NM).
- ▶ **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 (MPH), kilometers (KPH), nautical miles (NM), or auto.
- ▶ **Altitude:** Set the Watch to display altitude in terms of feet, meters, or auto.

In unit settings you can set speed, pace, and altitude to any unit independently or to the default auto setting. When set to auto, each setting automatically follows the distance unit setting. This allows you to quickly change units for all your data displays without having to adjust every setting every time, yet allows flexibility for certain situations.

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 minutes per kilometers for a greater understanding of how quickly she is running.

### Changing the battery

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

If you choose to replace the battery yourself, check the back of the Watch (caseback) for the specific battery type and size required for your Watch. Carefully follow the steps below:

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

You must install the 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 battery 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 bands or straps so that the shorter piece with the buckle attaches to the upper set of lugs.

### INDIGLO® night-light

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Electroluminescent technology illuminates the entire Watch face at night and in low light conditions.

### Water resistance

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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. The Watch will not display Sensor data when operated under water.

## LEGAL INFORMATION

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. HEART ZONES is a trademark of Sally Edwards.

### **International warranty (U.S. limited warranty)**

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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 IF YOUR WATCH REPAIR COUPON; PLEASE KEEP IT IN A SAFE PLACE.

## 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 M5xx/M1xx

*Heart Rate Monitor System:* HRM Transmitter  
Series M6xx/M5xx

**Product Type:** Intentional Radiator

Model	FCC ID No.	IC Cert. No.
M850/M576 Speed+Distance Monitor	EP9TMXM850	3348A-12181
M185/M187 Speed+Distance Monitor	EP9TMXM185	3348A-TMXM185
M515/M579 Heart Rate Monitor	EP9TMXM515	3348A-M515
M640 Heart Rate Monitor	EP9TMXM640	3348A-TMXM640

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  
M6xx/M5xx/M1xx

*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.

**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**

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**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 M5xx/M1xx

*Heart Rate Monitor System:* HRM Transmitter Series M6xx/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 M6xx/M5xx/M1xx

*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: 22 June 2005, Middlebury, Connecticut, U.S.A.