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personal heart rate monitor



PERSONAL HEART RATE MONITOR

English	page 1
Français	page 15
Español	página 29
Português	página 41
Italiano	pagina 55
Deutsch	Seite 69
Nederlands	pagina 81

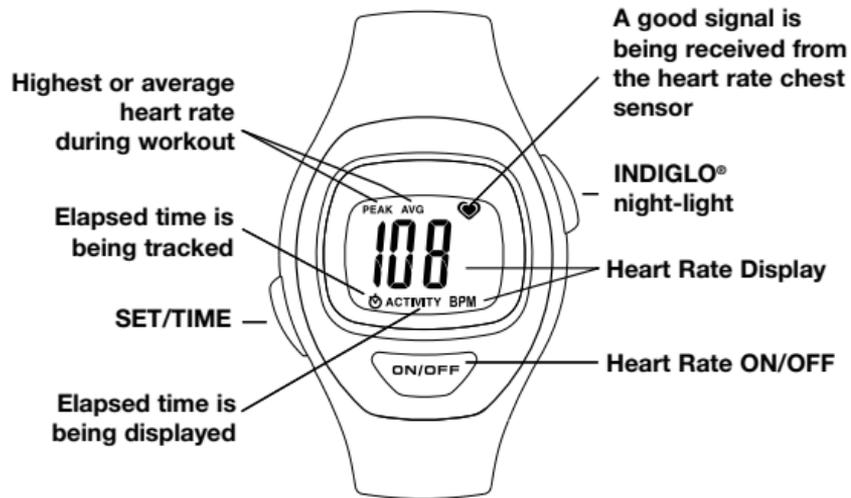
THE TIMEX® PERSONAL HEART RATE MONITOR with INDIGLO® night-light

Register your product at www.timex.com

Visit www.timex.com/hrm/ for more information on Timex Heart Rate Monitors, including product feature listings and simulations.

Visit www.timex.com/fitness/ for fitness and training tips using Timex Heart Rate Monitors.

While we provide some guidance here, you should always consult your physician before beginning or modifying an exercise program.



OPERATING THE PERSONAL HEART RATE MONITOR

To Set or Adjust the Time of Day:

1. Press and hold **SET/TIME**. "HOLD SET TIME" shows on the display, one word at a time, and continue holding **SET/TIME** until the current time appears with the Hours flashing.
2. Press **ON/OFF** to advance the digits. Hold **ON/OFF** to rapidly advance the digits.
3. Press **SET/TIME** to continue to set the following (in order): MINUTES; 12-HOUR (AM/PM) OR 24-HOUR (Military) FORMAT; MONTH; DAY; DATE FORMAT (Month/Date-MM-DD, or Date/Month-DD.MM).

4. Press and hold **SET/TIME** to save changes and exit **Time Set**.

NOTE: If you fail to press a button for three (3) minutes, the changes made will be saved and the watch will automatically exit **Time Set**.

To View Date Information from Time of Day:

- Press (**SET/TIME**) to peek at the Date display for 2 seconds.

The top-mounted pusher (**ON/OFF**) has the following functions:

- Turn on the Heart Rate Monitor.
- Peek at the Activity Time during workout.
- Turn off the Heart Rate Monitor.
- Review the Total Activity Time and Heart Rate Data (Average, Peak) after workout.

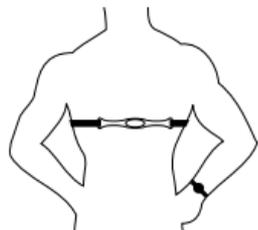
How To Use The Timex® Personal Heart Rate Monitor

1. WET THE CHEST SENSOR PADS:

Moisture **MUST** be applied to the sensor pads before using the Heart Rate Monitor.

2. PUT THE CHEST SENSOR ON:

Fasten the sensor snugly around your chest, just below the breasts and against your skin. Be sure the sensor is centered on the chest and is right side up so the "Timex" logo can be read by someone facing you.



3. START THE HEART RATE MONITOR:

With the chest sensor on and snug, press the top-mounted pusher (**ON/OFF**) located on the top of the wrist monitor. The display will switch from the time

display, “---” will appear and the {♥} will fill and flash to indicate that the wrist monitor is receiving your Heart Rate data. Your Heart Rate will appear once a good, consistent signal has been received from your chest transmitter sensor. The Activity Timer {🕒} indicator will also flash to show that the elapsed time is being tracked in the background.

Effective Range

The wrist monitor needs to be within 3 ft. (1 meter) of the sensor to function properly. If it does not function properly try the following:

- Shorten the distance between the chest sensor and wrist monitor.
- Re-adjust the position of the chest sensor.
- Make sure sensor pads are wet.
- Check the batteries in the chest strap. Replace them when necessary.
- Move away from other users of Heart Rate Monitors.
- Move away from sources of electrical interference.

NOTE:

- **This is not a medical device and is not recommended for use by persons with serious heart conditions.**
- **Interference with the radio signal, poor contact between your skin and the chest strap, and other factors may prevent accurate transmission of Heart Rate data.**

4. **READ YOUR HEART RATE AND ACTIVITY TIMER:** Your Heart Rate will continue to be updated every few seconds and the Activity Timer will continue to accumulate the elapsed time that you have been exercising. To view your Activity Timer, press **ON/OFF**, and the running elapsed time will appear. The Activity Timer will run for as long as the wrist monitor is “on” and receiving good signals from the chest sensor for a maximum time of 48 hours.

NOTE: To view the current time of day, press SET/TIME to peek at the time and then return to the Heart Rate display.

5. **END YOUR WORKOUT:** Once your exercise is done, press and hold **ON/OFF** to turn off the wrist monitor, and the text “HOLD TURN OFF” will appear on the display one word at a time. The wrist monitor display will now read the Time of Day.

NOTE: You can also end your workout by removing the chest strap sensor, but your workout data will be affected by the information gathered while the wrist monitor searches for the Heart Rate sensor’s signal and eventually turns off the wrist monitor.

6. **REVIEW YOUR WORKOUT DATA:** Your Heart Rate Monitor can provide you with information gathered during your exercise session. Press and hold **ON/OFF** again, and the text “HOLD FOR INFO” will appear on the display one word at a time. The following data will appear automatically on the wrist monitor display:

- Total Activity Time in Minutes. Seconds or Hours: Minutes format (**ACTIVITY** flag lit).
- Average Heart Rate for your exercise session (**AVG** flag lit).
- Peak Heart Rate for your exercise session (**PEAK** flag lit).

NOTE: To make the information appear faster than every 2 seconds, press **ON/OFF**. To review your workout data again, simply repeat Step 6.

Maintenance

The chest sensor and its strap should be rinsed in fresh water to avoid the buildup of materials that can interfere with the measurement of your Heart Rate. The wrist monitor *does not* need to be rinsed.

1. Do not clean the chest sensor with abrasive or corrosive materials. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.
2. Do not subject the sensor to excessive force, shock, dust, temperature, or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or distorted parts.
3. Do not tamper with the sensor's internal components. Doing so will terminate the sensor's warranty and may cause damage. The sensor contains no user-serviceable parts.

INDIGLO® night-light

Press **INDIGLO** button to activate light.

Electroluminescent technology used in the INDIGLO night-light illuminates the watch display at night and in low light conditions.

Battery Information

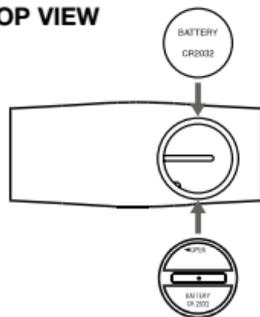
This product uses a CR2032 lithium battery for the sensor and a CR2032 lithium battery for the wrist monitor.

When the battery of the wrist monitor is running low, the display will dim.

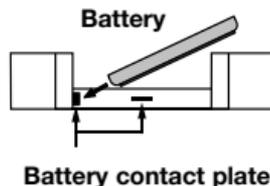
If the Heart Rate readings become erratic or stop, your chest sensor battery may need replacing. You can do this by yourself very easily without any special tools.

TO CHANGE THE CHEST SENSOR BATTERY:

TOP VIEW



SIDE VIEW



1. Open the sensor battery lid with a coin by turning counterclockwise.
 2. Insert one CR2032, 3V lithium battery with writing facing you.
NOTE: Take care not to touch the two contacts, otherwise the battery can discharge.
 3. Replace lid.
- If you are unsure about the procedure consult your dealer.

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

1. Move away from any possible sources of electrical or radio interference.
2. Liberally moisten the sensor pads and put the sensor on your chest, securely against your skin.
3. In **Time of Day** mode press **ON/OFF**
4. The display will switch from the time display, "---" will appear and the {♥} will fill and flash to indicate that the wrist monitor is receiving your Heart Rate. This indicates that the battery was installed correctly.

NOTE: It is not necessary for a heart rate value to appear on the display during this test.

IF YOU DO NOT SEE A FLASHING HEART ON THE WRIST MONITOR, reinstall the battery.

Wrist Monitor Battery Replacement

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

Water-Resistance

- Your **30 Meter Water Resistant** wrist monitor withstands water pressure to 60 p.s.i. (equals immersion to 98 feet or 30 meters below sea level).
- Your **30 Meter Water Resistant** chest sensor withstands water pressure to 60 p.s.i. (equals immersion to 98 feet or 30 meters below sea level).

WARNING: THIS UNIT WILL NOT DISPLAY HEART RATE WHEN OPERATED UNDER WATER.

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

1. Wrist monitor is water-resistant only as long as lens, pushbuttons and case remain intact.
2. Timex recommends rinsing your wrist monitor with fresh water after exposure to salt water.

TIMEX INTERNATIONAL WARRANTY

(U.S. – LIMITED WARRANTY)

Your TIMEX® Heart Rate Monitor 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 Heart Rate Monitor by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. IMPORTANT — PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR HEART RATE MONITOR:

- 1) after the warranty period expires;
- 2) if the Heart Rate Monitor was not originally purchased from an authorized Timex retailer;
- 3) from repair services not performed by Timex;
- 4) from accidents, tampering or abuse; and
- 5) lens or crystal, strap or band, Heart Rate Monitor case, attachments or battery. Timex may charge you 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 Heart Rate Monitor to Timex, one of its affiliates or the Timex retailer where the Heart Rate Monitor was purchased, together with a completed original Repair Coupon or, in the U.S. and Canada only, the completed original Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your Heart Rate Monitor 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, Timex will charge you for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Heart Rate Monitor Repair Mailer for your convenience in obtaining factory service.

TIMEX INTERNATIONAL WARRANTY — 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 REPAIR COUPON. PLEASE KEEP IT IN A SECURE PLACE.

DECLARATION OF CONFORMITY

(according to ISO Guide 22 and EN 45014)

Manufacturer: Timex Corporation
555 Christian Road
Middlebury, CT 06762

declares that the product:

Product Name: Timex Personal Heart Rate Monitor
Model Number: M593
Product Options: All

conforms to the following Product Specifications:

LVD: 73/23/EEC

Safety: IEC 60950

EMC: 89/336/EEC

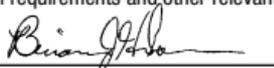
Emissions: EN300-683
Radiated Emission 30 MHz to 1000 MHz E-Field (Electric). Ref. EN55022

Immunity: EN300-683
Radiated Immunity 80 MHz to 1000 MHz. Ref. EN61000-4-3
ESD Electrostatic discharge. Ref. EN61000-4-2
Radiated Immunity 900 MHz. Ref. ENV50204

Supplemental Information: The product herewith complies with the requirements of the Low-Voltage Directive 73/23/EEC and the EMC Directive 89/336/EEC and carries the CE marking accordingly.

Hereby, Timex Corporation declares that this low power radio equipment is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

Agent



Brian J. Hudson
Director, Test Engineering and Module Development

Date: 15 July 2004, Middlebury, Connecticut, U.S.A.



Service

If your TIMEX® Heart Rate Monitor should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to
HOTLINE WATCH SERVICE, P.O. Box 2740, Little Rock, AR 72203

For service questions, call 1-800-328-2677

For your convenience in obtaining factory service, participating Timex retailers can provide you with a pre-addressed Heart Rate Monitor Repair Mailer.

See the Timex International Warranty for specific instructions on the care and service of your Timex Heart Rate Monitor.

Should you need a replacement strap or band, call 1-800-328-2677