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digital heart rate monitor user guide

TIMEX[®]

Digital Heart Rate Monitor

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Overview

Congratulations!

The Ironman® Triathlon® Digital Heart Rate Monitor is like hiring a personal trainer. This high-tech tool is designed for demanding athletes like you to measure how you track against your workout goals and offers you the ability to track, store, and analyze key indicators of your personal fitness level for up to 50 laps.

You will find your Heart Rate Monitor is a user-friendly fitness tool. But, like any new device, you should take the time to familiarize yourself with its components to optimize its usefulness.

So, check out the features and functions of your Heart Rate Monitor to develop a basic understanding of this fitness tool. But most of all, enjoy your new partner on the road to increased fitness!

Features

The Ironman® Triathlon® Digital Heart Rate Monitor features a 10-workout memory that gathers elapsed time and heart rate data when you run its chronograph or interval timer. What makes this interval timer unique is that each of the linked segments can be set for both heart rate zone and duration, so your workout can incorporate time-and-effort training guidance - just like having a coach on your wrist.

In addition to standard heart rate monitor features, your Ironman® Triathlon® Digital Heart Rate Monitor allows you to lock one or more of your workouts to reduce accidental deletion.

The watch also has an optional two-way wireless communication link called the Timex Data Xchanger. With two-way communication, you can upload data from the watch to a computer or download settings from a computer to the watch. The radio provides seamless digital wireless communication, reliable connections, and data transmissions between the watch and applicable ANT+™ devices.

A Fit Heart

Recent fitness findings indicate that anyone can get fit and stay fit without being overzealous. It can be as simple as:

- ❖ Exercising 3 to 4 times per week.
- ❖ Exercising for 30 to 45 minutes during each exercise session.
- ❖ Exercising at the appropriate heart rate.

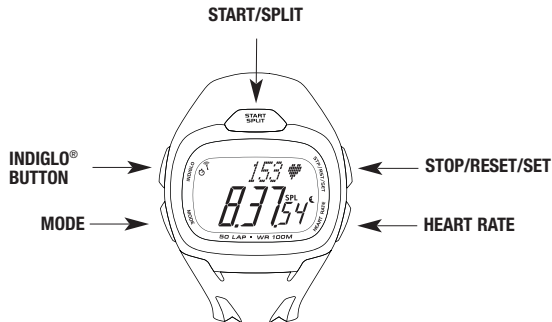
Heart rate represents the effects of exercise on all parts of the body. Selecting the appropriate heart rate zone conditions the heart, lungs, and muscles to perform at optimal levels to get and keep your body in shape. Your Heart Rate Monitor can show you when you are in the exercise zone you choose and signal you when you are not. It can help keep your body exercising at an intensity level that can help you achieve your desired fitness objectives without over- or under-exercising.

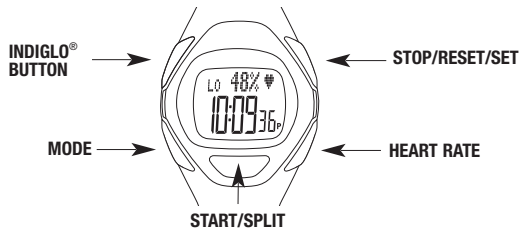
WARNING:

This is not a medical device and is not recommended for use by persons with serious heart conditions. Consult your physician before beginning any exercise program.

Interference with the radio signal, poor contact between your skin and the Digital Heart Rate Sensor, or other factors may prevent accurate transmission of heart rate data.

Watch Buttons





NOTE: The specific use for these buttons varies by mode. Refer to each mode for more information on how to use the watch buttons.

INDIGLO® night-light with Night-Mode® feature

In any watch mode, pressing the INDIGLO® button activates the INDIGLO® night-light and illuminates the watch while holding the button. Press and hold the INDIGLO® button until you hear a beep to activate the Night-Mode® feature.

When the Night-Mode® feature is active, pressing any watch button will light the watch face for a period of three to six seconds. The Night-Mode® feature will remain active for seven to eight hours after activation. To deactivate before the eight hour time frame has elapsed, press and hold the INDIGLO® button until you hear a beep.

Display Icons

- ♥ The heart icon indicates that the Heart Rate Sensor is operating.
- ⌚ The stopwatch icon indicates that the watch is timing your workout in Chrono Mode.
- ⌚ The hourglass icon indicates that the watch is timing your workout in Interval or Timer Mode.
- ⌚ The repeat icon indicates you have set the timer to repeat at the end of a countdown cycle in Interval or Timer Mode.
- ⌚ The alarm clock icon indicates you have set the alarm to alert you at a designated time.
- 🔊 The speaker icon appears when you have set the watch to alert you when you go above or below your specified heart rate zone during a workout.
- 📶 The antenna icon appears when the watch is synchronized with the Heart Rate Sensor.
- 🔒 The lock icon appears when you have locked a workout so it does not get overwritten by another workout.
- ⌚ The hourglass with heart icon appears when the watch is timing a recovery.
- 🌙 The crescent moon icon appears when you enable the INDIGLO® Night-Light with Night-Mode® feature.

Resources

Print Resources

In addition to this manual, your Heart Rate Monitor includes these valuable resources:

- ❖ **Heart Zones® Tools for Success (U.S. customers only):** Information concerning how to use your Heart Rate Monitor 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

Timex websites offer beneficial information to help you optimize your Heart Rate Monitor.

- ❖ Register your product at **www.timex.com**.
- ❖ Visit **www.timexironman.com** for more on Timex® Health & Fitness products, Timex® sports watches, and training information.

Determining Your Optimal Heart Rate Zone

Zone	%	Goal	Benefit
1	50% to 60%	Light exercise	Maintain a healthy heart and get fit
2	60% to 70%	Weight management	Lose weight and burn fat
3	70% to 80%	Aerobic base building	Increase stamina and aerobic endurance
4	80% to 90%	Optimal conditioning	Sustain excellent fitness condition
5	90% to 100%	Elite athletic training	Achieve superb athletic condition

There are five basic heart rate target zones described in the table above. Simply select a zone that matches your percent of maximum (%) heart rate based on the fitness goal you want to achieve during a particular exercise.

Before you can set your zone, 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 Heart Rate Monitor packaging (U.S. customers only) provides excellent procedures and Timex recommends you use one of these methodologies.

You might consider using the government recommended 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. Once you know your maximum heart rate, you can enter it in HRM Setup Mode and the watch will automatically setup your zones as described in the table on the previous page.

Heart Rate Monitor Setup and Use

Chrono and Interval Timer Modes collect heart rate data and record detailed statistics for a workout. The Heart Rate Monitor can store information for up to 10 workouts.

NOTE: The watch will collect heart rate data without the Chrono or Interval Timer running. This information will not be available in Review Mode, but can be transferred from the watch to a computer (Timex® Data Xchanger USB device is required). If you have the optional USB device, you can upload workout data to a computer for storage and viewing. When the watch can store less than five hours, or only three more sessions, of heart rate data, the watch will display the MEMORY LOW message. When the watch has reached its storage capacity limits, the display will read MEMORY FULL.

When the watch is not used with a computer these messages will be skipped. Unless you lock a workout, you will automatically over-write an older workout when you have reached your 10-workout limit.

Prepare Your Heart Rate Monitor for First Use

Once you have determined your fitness goals and maximum heart rate, Timex recommends you pair the watch with your Heart Rate Sensor, set the time, and set other important data in HRM Setup Mode before using your Heart Rate Monitor.

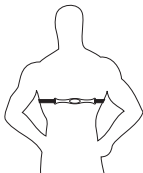
Note: For best results, Timex recommends that you wash your heart rate sensor in warm soapy water to remove any manufacturing oils before using for the first time.

- ❖ **Pairing the Watch and Heart Rate Sensor:** Timex recommends that you pair the Heart Rate Sensor and watch to minimize the possibility of picking up a signal from another person's Heart Rate Sensor. To accurately pair the watch with the Heart Rate Sensor, go immediately to HRM Setup Mode prior to stopping at or using any other mode. For more information on "Device Pairing" see the Table of Contents under HRM setup.
- ❖ **Setting the Time of Day:** The Heart Rate Monitor uses the time set on the watch to record data. To ensure you are recording data at the correct time, set the watch for your local time in Time of Day Mode. For more information on Time of Day Mode see its section in the Table of Contents.
- ❖ **Entering Your Personal Data:** Before using your watch it is important to enter your weight and maximum heart rate in HRM Setup Mode. This will allow you to tailor your Heart Rate Monitor to your personal

parameters. For more information see the “Personal Data” section in the Table of Contents under HRM setup.

Use Your Heart Rate Monitor

1. Thoroughly wet the Heart Rate sensor pads under running tap water (2-3 seconds per pad). If necessary, use a heart rate monitor electrode gel for better contact.
2. Center the Sensor on your chest with the Timex® logo facing up and out and fasten it firmly, just below your sternum.
3. Press the MODE button until your desired mode appears. You can view heart rate information in Time of Day, Chrono, Interval Timer, or Timer Modes.
4. Press the HEART RATE button on your watch. The antenna icon will appear on the display indicating the watch is searching for a signal from the Heart Rate Sensor. When the watch begins receiving a signal, a pulsing heart icon will appear on the display. In certain modes, the watch will automatically search for a Heart Rate Sensor when you enter the mode.



NOTE: The watch automatically records your heart rate and other statistical data about your workout (available in Review Mode) when you use Chrono and Interval Timer Modes.

5. Press the START/SPLIT button and begin your workout.
6. If the watch is set to alert you when you go above or below your chosen target heart rate zone press and hold HEART RATE to turn the audible alert off. Otherwise it will continue beeping until you return to your target zone. When you are turning the audible alert off, you will see the message HOLD FOR ALERT OFF. Conversely, when turning the audible alert on, you will see the message HOLD FOR ALERT ON.
7. When you have finished your workout, press the STOP/RESET/SET button to stop recording data for the workout if you are using Chrono or Interval Timer Modes.
8. Remove the Heart Rate Sensor from your chest and the watch will stop recording further heart rate data in approximately one minute.
9. Press MODE until you see Review Mode. This Mode includes heart rate and other statistical data about your workout.

Note: Thoroughly clean your Heart Rate Sensor to maintain its performance. The FLEX TECH™ strap can be machine washed in cold water with the transmitter removed. Hang it to dry away from direct heat or sunlight. Dry the metal contacts on the transmitter and the strap to prevent corrosion.

NO HRM DATA Message

If the watch is not receiving heart rate information, you may receive the message NO HRM DATA on the watch display. Try the following:

- ❖ Shorten the distance between the watch and the Heart Rate Sensor.
- ❖ Adjust the position of the Heart Rate Sensor and elastic chest strap.
- ❖ Make sure the Heart Rate Sensor pads are wet or use conductive gel.
- ❖ Check the battery in the Heart Rate Sensor and replace it if necessary.
- ❖ Move away from other heart rate monitors or other sources of radio or electrical interference.

Time of Day

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

START/SPLIT

Press to peak at or switch time zones or increase or toggle a setting item.

INDIGLO® BUTTON

Press to light the watch, activate/de-activate the Night-Mode® feature.

MODE

Press to move to the next mode, setting option, digit, or group.

STOP/RESET/SET

Press to start or complete the setting process.

HEART RATE

Press to activate the Heart Rate Monitor, decrease or toggle the setting item, or switch display views.

Set or Adjust Time, Date, and Audibles

1. Press MODE until Time of Day Mode appears, showing the current time.
2. Press and hold STOP/RESET/SET until the words HOLD TO SET briefly appear on the display followed by SET then SET TIME with the number 1 or 2 flashing in the lower right corner.
3. PRESS START/SPLIT (+) or HEART RATE (-) to toggle between the primary (1) and secondary (2) time zones.
4. Press MODE (NEXT) to begin setting the time for the chosen time zone. The time will appear on the display with the hour value flashing.
5. Make the desired adjustment as indicated in the tables on the next two pages.
6. Press MODE (NEXT) to move to the next setting option.
7. Press STOP/RESET/SET (DONE) to save your changes and exit the setting process.

For this watch, you can make the Time of Day adjustments described in the tables that appear on the next two pages.

NOTE: To quickly change the value being set, press and hold START/SPLIT (+) or HEART Rate (-).

Setting Group	Adjustment
Hour	Press START/SPLIT (+) to increase the hour value or HEART RATE (-) to decrease the hour value.
Minute	Press START/SPLIT (+) to increase the minute value or HEART RATE (-) to decrease the minute value.
Second	Press START/SPLIT (+) or HEART RATE (-) to reset the seconds to zero.
Month	Press START/SPLIT (+) to move forward through the months or HEART RATE (-) to move backward through the months.
Day of the Month	Press START/SPLIT (+) to move forward through the days of the month or HEART RATE (-) to move backward through the days of the month.
Year	Press START/SPLIT (+) to increase the year value or HEART RATE (-) to decrease the year value.
12- or 24-Hour Format	Press START/SPLIT (+) or HEART RATE (-) to toggle between the 12- and 24-hour formats. In the 12-hour format the AM and PM time indicators will also appear to the right of the seconds on the time display.

Setting Group	Adjustment
Appearance of the Month and Day	Press START/SPLIT (+) or HEART RATE (-) to toggle between the appearance options for the month and the day. The options include: Month Day (MM-DD) or Day Month (DD.MM). For example, March 15 can appear as 3-15 (MM-DD) or 15.3 (DD.MM).
Hourly Chime	Press START/SPLIT or HEART RATE to toggle between turning the chime on and off. When turned on, the watch will emit a beep every hour on the hour.
Button Beep	Press START/SPLIT or HEART RATE to toggle between turning the button beep on and off. When you turn the button beep on, the watch will emit a beep every time you press a button other than the INDIGLO® button.

To Switch Time Zones

The watch can track two time zones (T1 and T2). To look at the second zone in Time of Day Mode, press START/SPLIT. T1 or T2 will flash in the lower right corner indicating the alternate time zone. You can switch from T1 to T2 or T2 to T1 by using these steps:

1. Press and hold START/SPLIT until T1 or T2 appears and flashes.
2. Continue to hold until the time switches and the watch beeps.

Heart Rate Data When Using Time of Day Mode

When using the watch with the Heart Rate Sensor, you can change the Time of Day Mode display by pressing the HEART RATE button. Choose from:

1. Heart Rate over Time of Day;
2. Time of Day over Heart Rate
3. Heart Rate only; or
4. Day/Month/Date over Time of Day.

NOTE: While you can see current heart rate information in Time of Day Mode, the watch is not collecting any data that you can view in Review Mode.

Time of Day Notes & Tips

- ❖ You can return to Time of Day Mode from any other mode on the watch by pressing MODE until the time of day appears.
- ❖ 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.
- ❖ At any time during the setting process, you can save your changes and return to the main time display by pressing STOP/RESET/SET.

- ❖ While setting the watch, if you do not press any buttons on the watch for a period of 2 to 3 minutes, the watch will automatically save whatever changes you have made and exit the setting process.
- ❖ During a Leap Year, the watch will automatically move from February 28 to February 29. For other years, the watch will move from February 28 to March 1.
- ❖ Alarms are triggered by the time set in Time of Day Mode.

Time of Day Example

Assume that you live in San Francisco and work with a client in New York. 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 New York time. With both time zones available, you can quickly check your client's time or even switch your watch to display T2 when you travel to New York.

Chrono

Chrono Mode operates as the main workout data center for your watch. It can record elapsed time for up to 100 hours. It can also record information for up to 50 laps.

START/SPLIT

Press to begin timing, take a lap or split, or continue timing after a pause.

INDIGLO® BUTTON

Press to light the watch, activate/de-activate the Night-Mode® feature.

MODE

Press to move to the next mode or quickly display a new lap or split.

STOP/RESET/SET

Press to stop or pause the chrono, save chrono data and clear the chrono, or change chrono format

HEART RATE

Press to switch display views.

Chrono Terminology

- ❖ **Chronograph:** The chronograph records timed segments for the duration of your workout.
- ❖ **Lap:** Lap time records the time or duration of individual segments of your workout.

- ❖ **Split:** Split time records the total elapsed time since the beginning of your current workout.
- ❖ **Taking a lap or split:** When you take a lap or split, the chronograph records the time for the current segment and automatically begins timing a new one.

Operate the Chrono

1. Press MODE until CHRONO appears.
2. Press and hold STOP/RESET/SET to save chrono data (if necessary) and reset the chrono.
3. Press START/SPLIT to begin timing.
4. Press START/SPLIT again to take a lap or split. The watch will display the lap or split number and average heart rate (for the lap or split) if receiving data from the Heart Rate Sensor.
5. Press MODE to immediately display new lap or split information OR wait a few seconds and the watch will automatically begin to display data for a new lap or split.
6. Press STOP/RESET/SET to stop timing when you want to take a break or you reach the end of your workout.

NOTE: The recovery heart rate timer will begin automatically (for 30 seconds or 1-, 2-, 5-, or 10-minutes, as user-specified) after pressing STOP/RESET/SET if the watch is receiving data from the Heart Rate

Sensor and the recovery timer is not set to “off”. For more information about recovery heart rate, see the Recovery Mode section.

7. Press START/SPLIT to continue timing OR press and hold STOP/RESET/SET to clear the chronograph display and set it back to zero. This also saves chrono data in the watch database.

NOTE: If all workouts are locked you will see the message WORKOUTS LOCKED - UNLOCK IN REVIEW. In this instance, the watch cannot save any data for a workout.

Heart Rate Data When Using Chrono Mode

When you operate the watch in Chrono Mode with the Heart Rate Sensor, you will accumulate heart rate related data in Review Mode, including:

1. Amount of time your heart rate stays within your target heart rate zone (shown as IN ZONE in Review Mode);
2. The average heart rate for the complete time the Heart Rate Sensor was operating and the chronograph was running (shown as AVERAGE in Review Mode);
3. The average heart rate for each recorded lap (shown as LAP DATA in Review Mode); and
4. Peak and minimum heart rates for the complete time the Heart Rate Sensor was operating and the chronograph was running (shown as PEAK and MINIMUM in Review Mode)

Chrono Display Format

You can set the Chronograph to show either the lap or split time on the lower display line.

1. Stop and reset the Chronograph.
2. Press and release the STOP/RESET/SET button. You will see FORMAT on the display, followed by SET, and then the current format setting.
3. Press START/SPLIT (+) to select the format you would like.
4. Press STOP/RESET/SET (DONE) to save your setting and return to the Chrono.

Note that although the format setting implies that Chrono time values are shown in both the upper and lower display lines, when using the Chrono without the heart rate sensor, the upper display line is reserved for the lap number, so only the lower line of timing information is shown. However, when using the Chrono with the heart rate sensor, it is possible to see both lap and split timing information at the same time if desired.

Chrono Mode Notes & Tips

- ❖ Press MODE to switch to Time of Day Mode while running the chronograph. The stopwatch icon (⌚) will appear to indicate the chronograph is still operating.
- ❖ When the chronograph is running along with the Heart Rate Sensor you can change the Chrono Mode display by pressing HEART RATE.

Choose from:

1. Heart Rate over Split Time;
2. Split Time over Heart Rate;
3. Time-In-Zone (ZT) over Heart Rate
4. Heart Rate Only
5. Heart Rate over Lap Time
6. Lap Time over Heart Rate
7. Lap Time over Split Time
8. Lap Number over Split Time

Chrono Mode Example

Twice a week, you run in the hills behind your house and you use the chronograph to time your workout. You have divided the run into four segments:

- 1) from your house to the beginning of the hill,
- 2) from the bottom of the hill to the top of the hill,
- 3) from the top of the hill back down, and finally
- 4) from the end of the hill back home. At each of these landmarks, you press the START button to begin timing a new lap. After five weeks of storing the same workout, you are able to track your progress over time to see whether or not your time is improving for each of the lap segments.

Interval

Interval Timer Mode offers a flexible five-interval countdown timer that can be set to repeat up to 99 times. This mode is useful when your workout includes distinct segments such as using a run/walk method in which you run for a specified period of time and then walk for a specified period of time.

START/SPLIT

Press to begin timing, continue timing after a pause, or increase or toggle a setting item.

INDIGLO® BUTTON

Press to light the watch, activate/de-activate the Night-Mode® feature.

MODE

Press to move to the next mode, digit, or setting option or group.

STOP/RESET/SET

Press to start or complete the setting process, pause or stop the interval timer, or clear and save data.

HEART RATE

Press to switch display views or decrease or toggle a setting item.

Interval 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.
- ❖ **Repetitions (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.

Set or Adjust Intervals

You can set the watch to set and store up to five intervals labeled INT 1 through INT 5.

1. Press MODE until Interval Mode appears, showing the most recent interval settings.
2. Press STOP/RESET/SET until the words INT TIMER SET briefly appear on the display followed by SET followed by the current setting for Interval 1 and INT with the number 1 flashing at the top of the display.

3. PRESS START/SPLIT (+) or HEART RATE (-) to choose which of the five interval groups to set.
4. Press MODE (NEXT) to begin setting the time for the chosen interval. The current interval time will appear on the display with the hour value flashing.
5. Make the desired adjustment as indicated in the following table.

Setting Group	Adjustment
Interval Number	Press START/SPLIT (+) to increase the interval number or HEART RATE (-) to decrease the interval number.
Hour	Press START/SPLIT (+) to increase the hour value or HEART RATE (-) to decrease the hour value.
Minute	Press START/SPLIT (+) to increase the minute value or HEART RATE (-) to decrease the minute value.
Seconds	Press START/SPLIT (+) to increase the seconds value or HEART RATE (-) to decrease the seconds value.
Heart Rate Zone	Press START/SPLIT (+) or HEART RATE (-) to choose either the preset ZONE 1 to 5, the MANUAL zone, or NONE.
Number of Repetitions	Press START/SPLIT (+) to increase the the number of repetitions (# OF REPS) or HEART RATE (-) to decrease the number of repetitions for all intervals.

6. Press MODE (NEXT) to move to the next setting option.
7. Press STOP/RESET/SET (DONE) to save your changes and exit the setting process.

You can make the interval adjustments described in the table on the previous page.

NOTE: To quickly change the value being set, press and hold START/SPLIT (+) or HEART Rate (-).

Operate the Interval Timer

1. Press MODE until INTERVAL appears.
2. Press and hold STOP/RESET/SET to clear interval data from a previous interval workout (if necessary).
3. Press START/SPLIT to begin timing countdown for the Interval Timer (i.e., 10, 9, 8...).
4. Press STOP/RESET/SET to stop timing when you want to take a break or you reach the end of your workout before the intervals have completed timing.
5. Press START/SPLIT to continue the countdown OR press and hold STOP/RESET/SET to save and then clear the current interval workout.

Heart Rate Data When Using Interval Mode

When you operate the watch in Interval Mode with the Heart Rate Sensor, you will accumulate heart-related data in Review Mode, including:

1. Amount of time your heart rate stays within your target heart rate zone (shown as IN ZONE in Review Mode);
2. The average heart rate for the complete time the Heart Rate Sensor was operating and the interval timer was running (shown as AVERAGE in Review Mode);
3. The average heart rate for each recorded interval (shown with interval times in Review Mode); and
4. Peak and minimum heart rates for the complete time the Heart Rate Sensor was operating and the interval timer was running (shown as PEAK and MINIMUM in Review Mode).

Interval Mode Notes & Tips

- ❖ When the watch accumulates information concerning time in target heart rate zones, the information is an aggregate for the time in all zones, not the time in zone for each individual interval.
- ❖ If all workouts are locked in Review Mode you will see the message WORKOUTS LOCKED - UNLOCK IN REVIEW. In this instance, the watch cannot save any data for a workout.

- ❖ With the interval timer running along with the Heart Rate Sensor you can change the Interval Mode display by pressing HEART RATE. Choose from:
 1. Heart Rate over Interval Time (per interval);
 2. Interval Time (per interval) over Heart Rate;
 3. Heart Rate only; or
 4. Interval Number/Repetition Number over Interval Time.
- ❖ If an interval is set to 00:00:00, the watch will automatically skip over that interval. For example if INT 3 is set to 00:00:00 then the watch will move from INT 2 directly to INT 4.
- ❖ When you set target heart rate zones in Interval Mode, they override those set in HRM Setup Mode. For example, if you have set the watch to ZONE 2 in HRM Setup Mode but set INT 3 to ZONE 3, the watch will record heart rate data for ZONE 3 and not ZONE 2 while in Interval Mode. This is particularly important if you set the watch to alert you if you go above or below your target heart rate zone.
- ❖ The repeat setting applies to the entire group of settings; you cannot have the Interval Timer repeat twice for INT 1 and only once for INT 2.

Interval Mode Example

For cross training purposes, you decide to add a one-hour spin session to your workout routine. You decide to use Interval Mode to help you track both time and heart rate for your workout. You set the following intervals for your workout:

Interval	Time	Heart Rate Zone
INT 1	00:05:00	NONE
INT 2	00:18:00	ZONE 3
INT 3	00:05:00	ZONE 5
INT 4	00:05:00	ZONE 1

You use INT 1 as a warmup. INT 2 and INT 3 represent the core of your workout at an increasing heart rate goal, striving for 5 minutes of high intensity aerobic workout. Finally, INT 4 is a cool down between repetitions and at the end of the workout. In addition, you set the repetitions to 2, which allows you to repeat this workout sequence twice for a strong one-hour interval workout routine.

Timer

Timer Mode allows you to set a fixed time from which the watch counts down to zero (i.e., 10, 9, 8, ...). In addition you can set the watch to repeat, stop or switch to Chrono Mode at the end of the countdown (if the chronograph is off and cleared) and alert you when you are halfway through a timing sequence.

START/SPLIT

Press to begin timing, continue timing after a pause, or increase or toggle a setting item.

INDIGLO® BUTTON

Press to light the watch, activate/de-activate the Night-Mode® feature.

MODE

Press to move to the next mode, digit, setting option, or group.

STOP/RESET/SET

Press to start or complete the setting process, pause or stop the timer, or clear data.

HEART RATE

Press to switch display views or decrease or toggle a setting item.

NOTE: You can press any button in Timer Mode to silence the alert that sounds when the timer reaches zero.

Set the Timer

1. Press MODE until TIMER appears.
2. Press STOP/RESET/SET until TIMER SET then SET briefly appear on the display followed by the timer with the hours value flashing.
3. Press START/SPLIT (+) to increase or toggle the values or HEART RATE (-) to decrease or toggle the value. This applies for hours, minutes, seconds, end action, and halfway alert.

NOTE: The end action setting allows you to choose how the timer operates at the completion of a timing countdown. Options include STOP, REPEAT, or CHRONO. If you choose CHRONO, the watch automatically switches to Chrono Mode at the end of the countdown (if the chronograph is off and reset to zero) and begins operating the chronograph.


NOTE: To quickly change the value being set, press and hold START/SPLIT (+) or HEART Rate (-).


4. Press MODE (NEXT) to move to the next value for hours, minutes, seconds, end action, and halfway alert.
5. Press STOP/RESET/SET (DONE) to save your changes and exit the setting process.

Operate the Timer


1. Press and hold STOP/RESET/SET to clear data from any previous use

of the timer (if necessary). You cannot start another countdown without resetting the timer.


2. Press START/SPLIT to start the timer countdown. The hourglass icon  will appear on the display.
3. Pause the countdown by pressing STOP/RESET/SET.
4. Resume the countdown by pressing START/SPLIT again or reset the timer by pressing and holding STOP/RESET/SET again until the words HOLD TO RESET briefly appear on the display followed by the original countdown time.
5. When the timer reaches the halfway point (if HALFWAY ALERT is set) a brief chime will sound.
6. When the timer reaches zero, an alert will sound. Press any button to silence the alert.
7. 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/SET. The display will show REP and a number (for example, REP 2). REP 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 repeating hourglass icon , indicating the timer is set to repeat; or

The timer will switch to Chrono Mode if the chronograph is off and cleared. You will see the stopwatch icon  indicating the timer will

switch modes at the end of the countdown and the hourglass icon  indicating the timer is operating.

Timer Mode Notes & Tips

- ❖ You can press MODE within Timer Mode to switch the display to another mode without disrupting the operation of the timer. The hourglass  will continue to display to indicate the timer is operating.
- ❖ When you use the halfway alert the watch will beep when you have reached the halfway point of the set countdown time.
- ❖ With the timer running along with the Heart Rate Sensor, you can change the Timer Mode display by pressing HEART RATE. Choose from:
 1. Heart Rate Over Countdown Time;
 2. Countdown Time Over Heart Rate;
 3. Heart Rate only; or
 4. Timer Setting (or Rep # if set to REPEAT) over Countdown Time.

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 the end action to CHRONO. After 15 minutes the watch beeps telling you to begin walking back to your office. The watch moves to Chrono Mode and begins timing. This helps you determine how much time it takes to return to your office.

Recovery

About Recovery Heart Rate

Heart rate recovery provides an indicator of fitness and training level. As you become more fit, your heart rate should return more quickly to a lower heart rate value at the end of your workout, indicating a higher level of cardiovascular fitness.

Your recovery rate represents the change in your heart rate over a period of time. You can set your Heart Rate Monitor to record the change in your heart rate for a 30-second or a 1-, 2-, 5-, or 10-minute period, or the recovery timer can be set to OFF.

A smaller recovery result might indicate a need to take a break from training due to fatigue, illness, or other factors.

START/SPLIT

Press to start or restart the recovery timer.

INDIGLO® BUTTON

Press to light the watch, activate/de-activate the Night-Mode® feature.

MODE

Press to move to the next mode.

STOP/RESET/SET

Press to choose from a 30-second, a 1-, 2-, 5- or 10-minute, or no recovery time, or to stop or reset the recovery timer.

HEART RATE

Press to turn the HRM on (if off) or press and hold to turn Out of Zone alerts on or off.

NOTE: While running the chronograph, the recovery heart rate timer will begin automatically after pressing STOP/RESET/SET if the watch is receiving data from the Heart Rate Sensor unless the recovery timer is set to OFF. Without a current heart rate or if the starting heart rate is lower than the ending heart rate, the display will read NO REC at the end of the recovery countdown. The results of automatic recovery can be viewed in Review Mode.

Manually Determine a Recovery Heart Rate

You can also manually initiate a recovery heart rate at any time.

NOTE: When you initiate a manual recovery, this information is not stored for viewing in Review Mode.

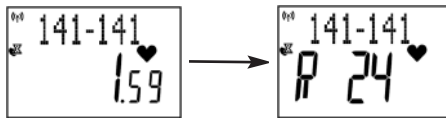
1. Press MODE until RECOVERY appears.
2. Press STOP/RESET/SET to clear the last heart rate recovery reading, if necessary. You will see the message HOLD TO RESET followed by the currently set recovery time.
3. Press STOP/RESET/SET to toggle among a 30-second or a 1-, 2, 5-, or 10-minute recovery time, or OFF.

NOTE: This setting controls the duration of both the automatic and manual recovery heart rate.

4. Press START/SPLIT. The top line of the watch display will show the heart rate at the beginning of the recovery period as well as your current heart rate. The bottom line will show the 30-second or 1-, 2, 5-, or 10-minute recovery countdown. If the recovery timer is set to OFF, the START/SPLIT button is not operational.

NOTE: The watch cannot record a recovery unless it is receiving a current heart rate from the Heart Rate Sensor. Without a current heart rate or if the starting heart rate is lower than the ending heart rate, the display will read NO REC at the end of the recovery countdown.

5. After the specified recovery countdown period, the watch will beep indicating the end of the recovery period. The watch will capture your heart rate a second time, subtract the second value from the first value and display the difference as the recovery.



6. You can continue to initiate a specified recovery period by repeating steps 2 through 4.

Review

Review Mode allows you to recall overall information recorded in Chrono and Interval Modes for stored workouts. You can review your last 10 stored workouts. You can also lock a workout to ensure the workout does not get dropped out of the review queue once you go beyond 10 workouts.

START/SPLIT

Press to select a workout for review or scroll through workout data for a selected workout.

INDIGLO® BUTTON

Press to light the watch, activate/de-activate the Night-Mode® feature.

MODE

Press to move to the next mode.

STOP/RESET/SET

Press to initiate the review for a selected workout.

HEART RATE

Press to lock or unlock a workout or scroll through workout data for a selected workout

About Review Mode

- ❖ Review Mode collects and stores the data gathered while the chronograph or interval timer were running. You can use this mode to view important measures of your progress during your workouts.


- ❖ Without the Heart Rate Sensor, you will see total time and Lap or Interval Recall in Review Mode, along with your last recorded recovery heart rate.
- ❖ If no interval has completed its countdown the watch will display NO INTS DONE. This will only occur while the interval timer is running and before the watch has finished timing a full interval cycle.
- ❖ If you did not record separate laps during a chronograph workout, the watch will display NO LAPS STORED when you get to the lap recall segment of Review Mode. This will only occur when the chronograph is running and the watch has not finished timing during the first lap of a workout.

Review Workout Data

If the Chrono or Interval Timer are running when you enter Review Mode you can only see current workout information. You cannot review any stored workouts until the Chrono and Interval Timer are stopped and reset.

1. Press MODE until REVIEW appears.
2. Press START/SPLIT to scroll through stored workouts. Stored workouts are labeled by the date and time of the workout.

NOTE: Workouts recorded in Chrono Mode are marked with the stopwatch icon  and workouts recorded in Interval Mode are marked with the hourglass icon .

3. Press HEART RATE to lock or unlock a workout. When you lock a workout, the lock icon  will appear next to the workout. This workout will not be automatically deleted as new ones come in.
4. Press STOP/RESET/SET to access review data for a selected workout.
5. Press START/SPLIT or HEART RATE to scroll through workout data.
6. Press STOP/RESET/SET to return to the main Review menu to choose another workout to review.

Review Mode Data

Review Mode includes data stored for workouts recorded in Chrono or Interval Timer Mode as indicated in the following list.

NOTE: If the Heart Rate Monitor is not used the only data you will see is total time and lap or interval data.

- ❖ **Total Time:** The amount of time the chronograph or interval timer was running during your workout in Chrono or Interval Timer Modes.
- ❖ **Time in Zone:** The amount of time during a workout when your heart rate is between the lower and upper target zone limits you set. For an interval workout you may set each interval to a different target zone, so Review Mode will show the sum of the time in zone for the various zones for each interval.
- ❖ **Average Heart Rate:** The average heart rate achieved during a workout.

- ❖ **Peak Heart Rate:** The highest recorded heart rate during a workout.
- ❖ **Minimum Heart Rate:** The lowest recorded heart rate during a workout.
- ❖ **Total Calories:** The number of calories burned during a workout. This number is dependent on the weight you entered when you set your Heart Rate Monitor, your heart rate during a workout, and the time you spent in the workout.
- ❖ **Average Lap:** The average time for all laps recorded in a workout.
- ❖ **Best Lap:** The shortest lap recorded during a workout.
- ❖ **Lap or Interval Recall:** The amount of time and average heart rate for each segment of your workout. Chrono workouts include lap data and Interval workouts include interval data. If the Interval workout is set to Repeat, the watch will also display the interval repeat number.
- ❖ **Recovery Heart Rate:** The result of the most recent automatic recovery heart rate calculation when running the chronograph or interval timer. Manual recovery calculations are not stored.

HRM Setup

HRM Setup Mode allows you to select and set key pieces of personal data that will be tracked by your Heart Rate Monitor. You can also pair the watch to your Heart Rate Sensor.

START/SPLIT

Press to select a target heart rate zone or increase or toggle a setting item.

INDIGLO® BUTTON

Press to light the watch, activate/de-activate the Night-Mode® feature.

MODE

Press to move to the next mode, digit, or setting group.

STOP/RESET/SET

Press to start or complete the setting process.

HEART RATE

Press to initiate the pairing process or decrease or toggle the setting item.

Device Pairing

Pairing is required to ensure that your watch does not receive data transmitted by someone else's chest strap.

Note: Pairing should be performed before your very first use, and after a battery change for either the Heart Rate Sensor or the watch. It does not need to be performed before each workout.

To pair your watch to your chest strap, use the following procedure:

1. Remove the chest strap from your body, and let it sit for at least five minutes to ensure it is completely shut down.
2. Find a location far away from any other Heart Rate Monitor chest straps that may be transmitting.
3. On the watch, repeatedly press the MODE button until HRM Setup appears in the top line of the display.

To properly pair the watch with the Heart Rate Sensor, you must go directly to HRM Setup Mode without stopping at any other mode first.

4. Press and hold the HEART RATE button. The message HOLD TO PAIR should appear for about two seconds, followed by the instructions WEAR STRAP, then PRESS MODE TO PAIR WATCH WITH STRAP.
5. Press the MODE button. A message saying WAIT FOR BEEP should appear. The watch is now searching for a chest strap with which to pair.
6. Now pick up your chest strap and hold it firmly with your thumbs touching the sensor pads that normally contact your chest. Rub your thumbs back and forth across the sensor pads a few times. This contact should be enough to start the strap transmitting.
7. If the pairing operation completes successfully, PAIRING DONE will appear on the display and a confirmation tone will sound. If for some

reason the pairing fails, repeat the above steps immediately beginning with step 4.

Selecting a Target Heart Rate Zone

You can choose one of the preset target heart rate zones or set the manual target heart rate zone for a more customized target heart rate zone. The preset heart rate zones described in the table below correspond to your maximum heart rate (MHR) value.

Zone	%	Goal	Benefit
1	50% to 60%	Light exercise	Maintain a healthy heart and get fit
2	60% to 70%	Weight management	Lose weight and burn fat
3	70% to 80%	Aerobic base building	Increase stamina and aerobic endurance
4	80% to 90%	Optimal conditioning	Sustain excellent fitness condition
5	90% to 100%	Elite athletic training	Achieve superb athletic condition

To choose a target heart rate zone:

1. Determine the zone you want to use by reviewing the table above.
2. Press MODE until HRM Setup Mode appears.

3. Press START/SPLIT to cycle through the target heart rate zones (labeled ZONE 1 to ZONE 5 or custom ZONE C1 to Zone C5).
4. For preset heart rate zones, press MODE to save your selected target heart rate zone and exit HRM Setup Mode. For the custom heart rate zone, you will need to take some additional steps described in the next section.

When you leave HRM Setup Mode, the watch will use the target heart rate zone you have selected as the basis for all HRM-based calculations. This does not apply to workouts already saved before selecting a target heart rate zone.

Custom Target Heart Rate Zone

The custom target heart rate zone allows you to customize your lower and upper target heart rate zone limits. You might use a custom target heart rate zone when the 10% ranges in the preset heart rate zones is either too large or too small a range for your exercise goals.

NOTE: The difference between the lower and upper limits for the manual heart rate range must be at least five beats per minute.

To set the manual target heart rate zone:





1. Press MODE until HRM Setup Mode appears.
2. Press START/SPLIT until one of the custom zones appears — ZONE C1 to ZONE C5.

3. Press and hold STOP/RESET/SET to enter the setting process. You will see the word custom zone number flashing on the display.
4. Press MODE (NEXT) to begin setting the upper and lower target heart rate zones.
5. You will first see HI LIMIT: HR on the display and a three number heart rate value (i.e., 140). Press START/SPLIT (+) to increase the flashing value, HEART RATE (-) to decrease the flashing value, or MODE (NEXT) to move to the next part of the value.
6. When you have finished setting the three number value for the upper end of the heart rate, press MODE (NEXT) to move the low end of the heart rate value. You will see LO LIMIT: HR. Press START/SPLIT (+) to increase the flashing value, HEART RATE (-) to decrease the value or MODE (NEXT) to move to the next part of the three number value.
7. When you have finished setting the upper and lower target heart rate zone limits, you can press STOP/RESET/SET (DONE) to save your settings. Repeat the process at Step 2 to change the ranges for other custom zones.

Personal Data

In addition to selecting a target heart rate zone or setting custom target zones, it is important that you set your weight, maximum heart rate, heart rate display, and heart rate zone alert. Accurate information used by these options helps tailor your Heart Rate Monitor to your specific fitness needs.

1. Press MODE until HRM Setup Mode appears.
2. Press STOP/RESET/SET to enter the setting process. You will see your selected target heart rate zone flashing on the display.

Setting Group	Display	Description
Weight		You can enter your current weight and choose whether your weight appears in pounds (lbs) or kilograms (kg) This number is used to help calculate how many calories you burn during your activity. Your recorded weight cannot go below 22 lbs (10 kg) or above 550 lbs (250 kg).
Maximum Heart Rate		Your maximum heart rate value is used as a reference for displaying your heart rate in terms of percent of maximum (%). This number cannot be below 80 or above 240 beats per minute (BPM).
BPM Format		You can choose whether your heart rate will display as beats per minute (BPM) or percent of maximum (% OF MAX).
Heart Rate Zone Alert		You can choose whether or not to have the watch alert you when you go above or below your selected target heart rate zone.

3. Press MODE (NEXT) to begin setting your personal data and settings.
4. Make the desired adjustment by pressing START/SPLIT (+) or HEART RATE (-). In some setting groups pressing START/SPLIT (+) will increase a value and pressing HEART RATE (-) will decrease a value. At other times pressing START/SPLIT (+) or HEART RATE (-) will toggle between two options or cycle through a setting group.
5. Press MODE (NEXT) to move to the next digit or setting group you want to set.
6. Press STOP/RESET/SET to save your changes and exit the setting process.
7. Press MODE to exit HRM Setup.

HRM Setup Notes & Tips

- ❖ At any time during the setting process, you can save your changes and return to the main heart rate display by pressing STOP/RESET/SET (DONE).
- ❖ While setting the watch, if you do not press any buttons on the watch for a period of 2 to 3 minutes, the watch will automatically save whatever changes you have made and exit the setting process.
- ❖ If a setting falls either above or below the limits for setting heart rate or weight the watch will automatically correct the setting to match watch limits. Auto correction may lead to unpredictable results. Check your watch settings.

Alarm 1, 2, or 3

You can use your watch as an alarm clock for up to three separate alarms, accessed as separate modes. You can set an alarm to sound at the same time every day, or only weekdays, weekends, or even only one day a week.

START/SPLIT

Press to increase or toggle the setting value or turn an alarm ON or OFF.

INDIGLO® BUTTON

Press to light the watch, activate/de-activate the Night-Mode® feature.

MODE

Press to move to the next mode, digit, or setting group STOP/RESET/SET
Press to start or complete the setting process.

HEART RATE

Press to decrease or toggle the setting value.

When the watch reaches the scheduled time, the alarm tone sounds and the INDIGLO® night-light flashes for a period of 20 seconds. To help you identify which alarm has sounded, each alarm has a unique melody.

Set the Alarm


1. Press MODE until Alarm Mode 1, 2, or 3 appears.
2. Press STOP/RESET/SET until ALARM SET and then SET briefly appear on the display followed by time with the hour value flashing.

3. Press START/SPLIT (+) to increase the hour value or HEART RATE (-) to decrease the hour value.

NOTE: To quickly change the value being set, press and hold START/SPLIT (+) or HEART Rate (-).

4. Press MODE (NEXT) to move to the minute value.
5. Press START/SPLIT (+) to increase the minute value or HEART RATE (-) to decrease the minute value.
6. Press MODE (NEXT) to move to the AM/PM value (if you have set the watch to 12-hour format).
7. Press START/SPLIT (+) or HEART RATE (-) to toggle between AM and PM.
8. Press MODE (NEXT) to move to the alarm type value.
9. Press START/SPLIT (+) or HEART RATE (-) to move among the alarm types. Alarm types include:
 - ❖ DAILY will sound every day at a specified time;
 - ❖ WEEKDAYS will sound Monday through Friday at same selected time;
 - ❖ WEEKENDS will sound Saturday and Sunday at the same selected time; or
 - ❖ Once a week alarm (i.e., MON, TUES, WED...) will sound on a specified day at a specified time.
10. Press STOP/RESET/SET (DONE) to save your changes and exit the setting process.

Alarm Mode Notes & Tips

- ❖ To turn an alarm ON or OFF without entering the setting state, press START/SPLIT while in Alarm Mode.
- ❖ If you change any alarm settings, you automatically turn the alarm on.
- ❖ When you set the alarm, the alarm clock icon  appears on the display in Time of Day Mode.
- ❖ While the alarm sounds, you can silence it by pressing any button.
- ❖ The once a week alarm (i.e., MON, TUES, WED...) is especially useful for reminding you about appointments.
- ❖ If you do not silence the alarm before the alert finishes, a backup alarm will sound after 5 minutes.

Sync

This mode allows you to transfer your workout data to Timex® Trainer software when used with the optional Timex® Data Xchanger USB device.

START/SPLIT

Press to cancel the search for or sync with a computer once the sync process has begun.

INDIGLO® BUTTON

Press to light the watch, activate/de-activate the Night-Mode® feature.

MODE

Press to move to the next mode.

STOP/RESET/SET

Press to cancel the search for or sync with a computer once the sync process has begun.

HEART RATE

Press to enable the receiver and start searching for a computer

NOTE: Once you have initiated the sync process, you can press any button to cancel. You will see the message SYNC CANCEL. The watch will beep, the receiver will shut down, and the watch will return to the SYNC READY state.

To Sync the Watch with a Computer

1. Make sure the Data Xchanger USB device is plugged into a USB port on your computer and the Timex® Trainer device agent desktop software is running.
2. Press MODE until Sync Mode appears.
3. You will see the message SYNC READY indicating the watch is ready to initiate communication with a computer.
4. Press HEART RATE to begin the sync process.
5. The watch will suspend and reset all other watch activity and begin searching for a computer. You will see the message SEARCHING FOR PC.
6. Plug the USB device into a computer and open the device agent software.
7. When the link is established with a computer, the watch will display the device message SYNCING WATCH until the sync process is finished at which time the watch will display the message SYNCING DONE. The watch will sound an alert and return to the SYNC READY state.

Sync Error Messages

If an error is encountered during the communication process, the watch will generate an alert and briefly display an error message, before returning to the READY state. Following is a list of the error messages and some suggestions for remedies:

HARDWARE ERROR: This message appears if there is an internal error with the watch's radio transceiver. Contact Timex Customer Service.

SYNC ERROR: This message indicates that a communication error was encountered. This is usually caused by interference from a wireless device such as a cordless phone, wireless keyboard or mouse, or Bluetooth accessory.

LINK TO PC BUSY: This message will appear if the computer is already in communication with another Timex® watch. If this message appears regularly and you are certain that there are no other Timex watches within 20 feet of your computer, contact Timex Customer Service.

NO PC FOUND: If the watch is unable to establish a link to your computer within 30 seconds, it will display this message. Check to make sure that the device agent software is running and that the Timex Data Xchanger USB is plugged into a working USB port. You may also try removing the Data Xchanger and plugging it in again before retrying the sync process.

Care & Maintenance

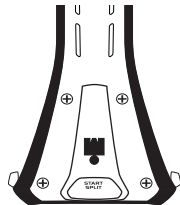
Watch Battery Replacement

When the battery of the watch is running low, the display or INDIGLO® night-light will dim. This watch uses a CR2032 lithium battery.

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

If you do choose to change the battery, make sure to install it with the “+” side facing up.

Note: For the Race Trainer™ Pro watch, the battery compartment is located above the START/SPLIT button, under the exposed screws and the Ironman® M-Dot® logo. The stainless steel caseback has tamper-resistant screws because the area behind the display has no customer serviceable parts.



INDIGLO® night-light

Press the INDIGLO® button to activate the night-light. This electroluminescent technology illuminates the watch display at night and in low light conditions.

Water Resistance

- ❖ Your 100 Meter Water Resistant watch withstands water pressure to 140 p.s.i.a. (equals immersion to 328 feet below sea level).
- ❖ The watch is only water-resistant as long as the lens, pushbuttons, and case remain intact.
- ❖ Timex recommends rinsing your wrist monitor with fresh water after exposure to salt water.

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

Heart Rate Sensor and Strap Maintenance

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

The FLEX TECH™ strap can be machine washed in cold water with the transmitter removed. Hang it to dry away from direct heat or sunlight. Dry the metal contacts on the transmitter and the strap to prevent corrosion.

Transmitter Battery Life

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

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

Transmitter Battery Replacement

NOTE: You'll need to have a device (such as a watch) capable of displaying heart rate information to verify that the new battery has been inserted correctly. Use a coin to open the battery compartment cover (back of sensor).

- Insert new battery (CR2032 or equivalent) with “+” facing you.
- Push the reset button next to the battery by using a toothpick or straightened paper clip.
- Reinstall battery cover.
- Perform quick test of the unit:
 1. Move away from sources of electrical or radio interference.
 2. Liberally moisten the Heart Rate Sensor pads and put the chest strap around your chest, securely against your skin.

3. Activate the heart rate monitor function on the watch.
4. Within a few seconds, the heart symbol on the watch display should begin flashing, indicating that the sensor is active. This confirms that the battery was installed correctly. **NOTE:** A heart rate value does not need to appear on the display during this test.

IF FLASHING HEART DOES NOT APPEAR ON WATCH:

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

Water Resistance

The Heart Rate Sensor withstands water pressure to 30M or 60 p.s.i.a.

WARNING: The Heart Rate Sensor will not display heart rate when operated under water.

Warranty & Service

Timex International Warranty (U.S. Limited Warranty)

Your Timex® Heart Rate Monitor is warranted against manufacturing defects by Timex for a period of ONE YEAR from the original purchase date. Timex Group USA, Inc. 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\$ 8.00 check or money order in the U.S.; a CAN\$7.00 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/Austria: call +43 662 88921 30. 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 Repair Mailer for your convenience in obtaining factory service.

TIMEX INTERNATIONAL WARRANTY REPAIR COUPON

Original Purchase Date: _____
(attach a copy of sales receipt, if available)

Purchased By: _____
(name, address, telephone number)

Place of Purchase: _____
(name and address)

Reason for Return: _____

THIS IS YOUR REPAIR COUPON. KEEP IT IN A SAFE PLACE.

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:

TG SERVICE CENTER, 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 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.

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

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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 installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. 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 one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio TV technician for help.

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 Group USA, Inc.
Manufacturers Address: 555 Christian Road
Middlebury, CT 06762
United States of America

declares that the product:

Product Name: Timex® Ironman® Race Trainer™ Digital Heart Rate Monitor
Model Numbers: M175, M501, M502, M503, M536, M843, M844

conforms to the following specifications:

R&TTE: 1999/05/EC

ETSI EN 300 330-1 V1.3.1 (M843, M844)
ETSI EN 300-330-2 V1.1.1 (M843, M844)
ETSI EN 300 440-1 V1.3.1:2001 (M501, M536, M843, M844)
ETSI EN 300 440-2 V1.1.2:2004 (M501, M536, M843, M844)
ETSI EN 300 440-1 V1.4.1:2008 (M175, M502, M503)
ETSI EN 300 440-2 V1.2.1:2008 (M175, M502, M503)
ETSI EN 301 489-1 V1.6.1:2005 (M501)
ETSI EN 301 489-1 V1.8.1: 2008 (M175, M503, M536)
ETSI EN 301 489-3 V1.4.1: 2002 (M175, M501, M502, M503, M536)

LVD: 2006/95/EC

Standards: CENELEC EN 60950-1

Supplemental Information: The product herewith complies with the requirements of the Radio & Telecommunications Terminal Equipment Directive 1999/05/EC, the Low Voltage Directive 2006/95/EC, and carries the CE marking accordingly.

Agent:



Roger H. Hunt
Quality Regulatory Engineer
Date: 24 September, 2010, Middlebury, Connecticut, U.S.A.