BOWFLEX
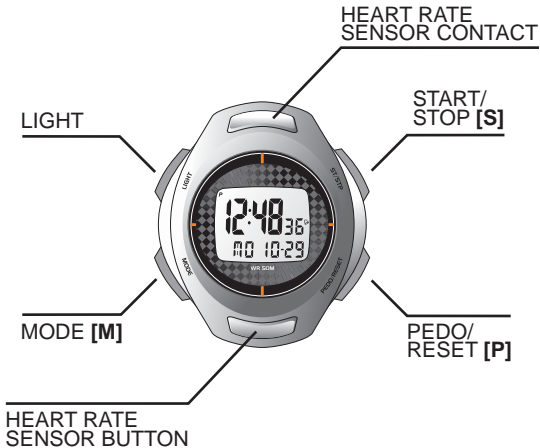## Strapless Heart Rate Watch & Pedometer
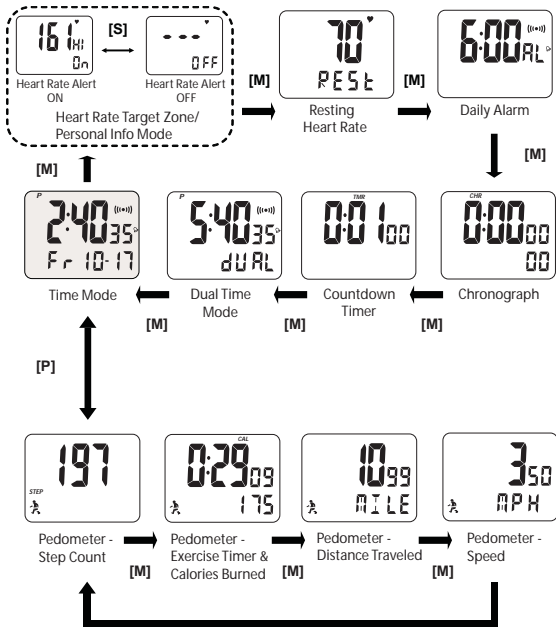
USER MANUAL

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Watch Activation

1. Before using your watch, remove the LCD display sticker that is affixed to the watch face.
2. For shipping purposes, the watch has been set to Power Off Mode. To activate the watch, simply press any button (except the Light button).

HEART RATE
SENSOR CONTACT

START/
STOP **[S]**

LIGHT

MODE **[M]**

PEDO/
RESET **[P]**

HEART RATE
SENSOR BUTTON

Table of Contents

161 ˣ Hi On **[S]** --- OFF

Heart Rate Alert ON

Heart Rate Alert OFF

Heart Rate Target Zone/ Personal Info Mode

[M]

70 ˣ RESt

Resting Heart Rate

[M]

6:00 AL

Daily Alarm

[M]

CHR 0:00 00

Chronograph

TMR 001 00

Countdown Timer

[M]

P 5:40 35 dUAL

Dual Time Mode

[M]

P 2:40 35 Fr 10:17

Time Mode

[M]

[P]

STEP 197

Pedometer - Step Count

[M]

CAL 0:29 09 175

Pedometer - Exercise Timer & Calories Burned

[M]

10 99 MILE

Pedometer - Distance Traveled

[M]

3 50 MPH

Pedometer - Speed

[M]

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Setting Your Personal Information

In order to use your pedometer properly and ensure accurate data, you must first set your personal information.

1. In Heart Rate Target Zone/Personal Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Target Zone Upper Limit (Hi)
   - Target Zone Lower Limit (Lo)
   - Age
   - Gender (male/female)
   - Unit format (Imperial/Metric)
   - Weight (lb/kg)
   - Height (in/cm)
   - Walk Stride Length (in/cm)
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

☛ *Calculate your average stride length when you walk so the watch can accurately determine the distance and speed traveled. To calculate your average stride length, walk ten steps. Then measure the distance traveled (in or cm) and divide it by ten. This is your average walking stride length.*

How to Use Your Pedometer

1. In Time mode, press **Pedo/Reset** to switch to Pedometer mode.
2. Press **Start/Stop** to start and stop the pedometer count.
3. Press **Mode** to advance thru features:
   - Step Count
   - Exercise Timer & Calories Burned
   - Distance Traveled
   - Walking/Running Speed
4. To reset the pedometer count and data, advance to the Step Count feature. Hold **Pedo/Reset** for 3 seconds (the pedometer must be stopped). It will ask if you wish to "Reset." Select YES or NO by pressing **Start/Stop** or **Pedo/Reset**. Selecting NO resumes Pedometer mode with all previous data. Selecting YES resets the pedometer count to zero and all data will be erased.
5. After YES or NO has been selected, press **Mode** to continue and return to Pedometer mode.
6. When you are finished in Pedometer mode, press **Pedo/Reset** to switch back to Time mode.

Setting Pedometer Sensitivity Level

To set the sensitivity level (Hi or Lo), the pedometer must be stopped.

1. In Pedometer mode, hold **Mode** for 3 seconds until the display flashes.
2. Choose *Hi* or *Lo* by using **Start/Stop** or **Pedo/Reset**.
3. To save the new settings, hold **Mode** for 3 seconds.

How to Measure Your Heart Rate

To get your heart rate reading, follow these three simple steps:

1. Strap the watch snugly around your wrist.
2. Place your fingers on the watch's two sensors (**Heart Rate Sensor Contact** & **Heart Rate Sensor Button**) and press gently for 3-8 seconds.
3. Once detected, a beep tone sounds and your heart rate will be displayed in beats per minute (bpm). It's that easy!

The Pedometer + Heart Rate Watch is a sensitive monitoring device that reads your EKG signals and reading times may vary. If you don't get a reading in 3-8 seconds, wait a couple of minutes and try again. This gives the watch a chance to settle in and pick up your electrical signals.

Your heart rate will be displayed once measured, and will remain displayed for 6 seconds after you release the **Heart Rate Sensor Button**. You can receive a continuous heart rate reading if you continue to hold down the **Heart Rate Sensor Button** after your initial reading.

☛ ***The watch buttons and heart rate function are not intended for use in or under water.***

Percentage of Estimated Maximum Heart Rate (%EMHR)

"%EMHR" is your current heart rate divided by your maximum heart rate, and can be a useful reference to manage how hard you are working during your exercise.

- Maximum Heart Rate is calculated as: 220 minus your age (220 – your age).
- Your "%EMHR" will be displayed as a percentage when displaying your heart rate.

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☛ *Example of %EMHR:*

Tom is 30 years old.
*Maximum Heart Rate: 220 – age 30 = **190 bpm**.*
*His current heart rate measured at: **133 bpm**.*

*133/190 = **70%** is Tom's "%EMHR."*

Heart Rate Zones

<u>Basic Zone</u> – Range: 50% - 60% of maximum heart rate.
For fitness beginners on a low to moderate intensity program.
Exercising in this zone reduces blood pressure and
cholesterol.

<u>Fat Burning Zone</u> – Range: 60% - 70% of maximum heart rate.
Nearly all the calories burned are recruited from fats.
Exercising in this zone strengthens the cardiovascular
system.

<u>Aerobic Zone</u> – Range: 70% - 80% of maximum heart rate.
Reaching this zone requires more intense aerobic activity and
burns maximum calories from fat and carbohydrates.
Increased metabolism and elevated caloric burn are the
primary benefits.

About the Target Heart Rate Zone and Alert

The Target Heart Rate Zone feature helps you compare your acquired heart rate with your targeted heart rate zone.

- **If your heart rate is within the target zone**, the watch will beep once and display your heart rate.
- **If your heart rate is lower** than your target zone lower limit, the watch will beep twice and your heart rate will be displayed with an "**L**" (L = Low).
- **If your heart rate is higher** than your target zone upper limit, the watch will beep twice and your heart rate will be displayed with an "**H**" (H = High).

☛ *Example: Debbie's target zone is 80 bpm - 120 bpm. After 5 minutes of walking, Debbie measures her heart rate.*

If Debbie's heart rate is "L 72", she can decide to pick up her pace so her next reading falls within her target zone.

Setting the Target Heart Rate Target Zone

By entering your age and gender, the watch will automatically calculate your target heart rate range.

1. In Heart Rate Target Zone/Personal Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Age
   - Gender (male/female)
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hole **Mode** for 3 seconds.

Setting the Target Heart Rate Zone Manually

You can manually override the target heart rate settings to those of your own preference.

1. In Heart Rate Target Zone/Personal Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Target Zone Upper Limit (Hi)
   - Target Zone Lower Limit (Lo)
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

Setting the Heart Rate Alert Feature ON/OFF

While in Heart Rate Target Zone/Personal Info mode, press **Start/Stop** to toggle the Heart Rate Alert function ON or OFF.

☞**When OFF**, your upper and lower limits will be 'hidden' and your Heart Rate Alert function will be disabled.

☞**When ON**, your upper and lower limits will appear in the display and your Heart Rate Alert function will be enabled.

Setting Resting Heart Rate

The Resting Heart Rate feature can be used as a reference to inform you of your progress. The lower your resting heart rate becomes, the healthier *you* become.

1. In Resting Heart Rate mode, hold the two sensors (**Heart Rate Sensor Contact & Heart Rate Sensor Button**) for 3-8 seconds until your heart rate is acquired.
2. A beep tone sounds and your resting heart rate will be displayed and recorded.

☞ *It is recommended to obtain your resting heart rate when waking up from sleep. This will ensure the most accurate reading for a resting heart rate.*

Helpful Hints in Measuring Heart Rate

If you are having difficulty measuring your heart rate, you may want to try the following steps. Try each of these in succession until you are able to measure your heart rate:

1. Make sure the watch is snugly strapped to your wrist. A loose fit makes it more difficult to properly measure your heart rate. *Stop if OK or* ↓
2. When pressing on the two sensors, make sure that you are using the soft, flat pads of your fingers, not the tips of your fingers. *OK or* ↓
3. Press gently with enough pressure to activate the heart rate measure mode. Muscle 'noise' from pressing too hard can make it difficult to measure your heart rate. *OK or* ↓
4. Make sure the metal back of the watch is laying flat on your skin. *OK or* ↓
5. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions. *OK or* ↓
6. Stay still, and relax your arms on a stable surface while taking your heart rate. *OK or* ↓
7. Clean the front sensors and back metal plate with a mild soap and water or similar cleaning solution. *OK or* ↓
8. Moisten, with water, the pads of the fingers you are using to contact the sensors on the face of the watch. *OK or* ↓
9. Moisten, with water, the surface between the back metal plate of the watch and the skin on your wrist.

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Setting Time and Date

1. In Time mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
    - Seconds
    - Minutes
    - Hours
    - Year
    - Month
    - Day
    - Month/Day format
    - 12/24 hr format
    - Key Beep
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

Setting Alarm and Hourly Chime Alert

1. In Alarm mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
    - Minutes
    - Hours
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.

4. To save the new settings, hold **Mode** for 3 seconds.

☛ *In Alarm mode, press **Start/Stop** to toggle the Alarm alert ON/OFF; press **Pedo/Reset** to toggle the Hourly Chime alert ON/OFF.*

How to Use Your Chronograph

1. In Chronograph mode, press **Start/Stop** to begin timing.
2. Press **Start/Stop** again to stop timing.
3. To reset the chronograph, press **Pedo/Reset** (the chronograph must be stopped).

How to Set Your Countdown Timer

1. In Countdown Timer mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
    - Seconds
    - Minutes
    - Hours
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

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How to Use Your Countdown Timer

1. In Countdown Timer mode, press **Start/Stop** to begin the timer.
2. Press **Start/Stop** again to stop the timer.
3. To reset the countdown timer, press **Pedo/Reset** (the timer must be stopped).

How to Set Dual Time

Dual Time is the watch's secondary form of time.

1. In Dual Time mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
   - Hours
   - Minutes
3. Edit these settings by using **Start/Stop** or **Pedo/Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

Care and Maintenance

To ensure proper function of your Pedometer + Heart Rate Watch:

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- Avoid rough usage or severe impacts to the watch
- Keep the front sensors and back metal plate free from dirt, oils, or other contaminants.
- Periodically clean the watch with a soft cloth, mild soap and water, or similar cleaning solution.
- Keep the watch out of extreme heat or cold.
- Do not expose the watch to intense direct sunlight for long periods of time.
- Do not expose the watch to chemicals such as gasoline, alcohol, or solvents.

Specifications

Pedometer
    Displayable Step Range: 0-999999 steps
    Exercise time: 99 hours, 59 minutes, 59 seconds
    Maximum Distance: 0-400 km/ 0-248.55 miles
    Maximum Speed: 36 km/hour/ 22 mph
    Calorie Range: 0-99999 calories
    Pedometer Sensitivity: 2 levels
Heart Rate
    Heart Rate Range: 43-200 BPM
    Upper and lower limit heart rate zones/alerts
    Percentage of estimated maximum heart rate
Time
    AM, PM, hour, minute, second
    12/24 hour format
    Calendar: month, date, day display with auto leap year adjustment
    Dual time

<u>Alarm</u>
    One (1) alarm time
    Hourly chime
    Alarm duration: 30 seconds
<u>Chronograph</u>
    Resolution: 1/100 second
    Measuring range: 99 hours, 59 minutes, 59 seconds
<u>Countdown Timer</u>
    Resolution: 1 second
    Measuring Range: 99 hours, 59 minutes, 59 seconds
<u>Other</u>
    Electroluminescent (EL) backlight
    Water resistant up to 50 meters
    Key beep ON/OFF

☛ ***The watch buttons and heart rate function are not intended for use in or under water.***

Battery

Battery replacement will be required from time to time, and should occur when:
- The display fades in part or completely
- The Heart Rate function will not activate

The battery life will vary depending on usage of the light, heart rate and pedometer features (which require high power consumption).

To replace the battery of your Pedometer + Heart Rate Watch, we recommend this be done by a watch repair service center. This will ensure the water resistance will be retained after battery replacement.

The watch uses one (1) standard lithium replacement battery: **CR2032**

Power Off Mode

To conserve the battery during long periods of inactivity, hold the "**Mode**", "**Start/Stop**" and "**Pedo/Reset**" buttons for 3 seconds. The watch will turn off and enter Power Off Mode. To activate the watch again, simply press any button (except the Light button).

☛ *CAUTION***:** *Entering Power Off Mode will reset the watch and all of its data.*

How this Pedometer + Heart Rate Watch Works

The **S-Pulse™** technology measures the electronic signals that pass through your body as a result from the beating of your heart. This measurement is obtained by the watch's three sensors. The back metal plate of the watch is actually the primary sensor that measures these electronic signals off your arm.

The EKG measurement is done when you place your fingers from one hand on the two sensor keys on the watch attached to your opposite arm. This creates a loop across your body the watch can now read.

The digital pedometer is powered by a motion-sensing accelerometer, considered the most accurate and reliable way to track your steps.

Patents

The Pedometer + Heart Rate Watch and **S-Pulse™** technology are a result of, and protected by, the following Salutron, Inc. patents:

US: 5,738,104 & 5,876,350
Europe: EPO 0861045B1

Limited One (1) Year Warranty

Your Pedometer + Heart Rate Watch is warranted for a period of **one (1) year** from the date of purchase from an authorized retailer.

If defective, return the watch with the original receipt, or copy, to your original retailer or to Sports Beat, Inc. for a **replacement watch**.

This warranty covers defects in materials and workmanship only. It does not cover the battery, damage due to abuse or misuse, accidents, or any commercial use.

Limitations

The warranty stated above is the only warranty applicable to this product. All other warranties, expressed or implied, including all implied warranties of merchantability or fitness for a particular purpose, are hereby disclaimed. No verbal or written information given by Sports Beat, Inc., its agents or employees shall create a guarantee or in any way increase the scope of this warranty.

Repair or replacement as provided under this warranty is the exclusive remedy of the consumer. Sports Beat, Inc. shall not be liable for incidental or consequential damages resulting form the use of this product or arising out of any breach of any express or implied warranty on this product. Except to the extent prohibited by law, any implied warranty of merchantability or fitness for a particular purpose on this product is limited to the applicable warranty period set forth above. Consumer rights may vary from state to state.

Disclaimer

The Pedometer + Heart Rate Watch is not a medical device, nor intended for use in medical or patient monitoring applications. It is not intended for use in any commercial application.

Always consult a physician before starting any physical activity.

The features/images of your watch may vary slightly from those described in this Instruction Manual. The information in this manual is intended to be for information purposes only, and is subject to change without notice.

S-Pulse is trademark of Salutron, Inc.

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