

APN ref. no: A35762  
 Date: 7-10-03

Parts: Front & rear cover

Vendor ref:  
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This user friendly Heart Meter instruction manual covers the following:

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The information below will assist you in using your Heart Rate Monitor.

Congratulations on the purchase of your pulse. We hope you will enjoy the unique benefits it offers. The pulse will allow you to monitor your heart rate so that you can tailor your exercise effort to meet your desired heart rate.

For general aerobic fitness exercise intensity requiring 50% - 75% of your age adjusted maximum heart rate is desirable. Use the formula  $220 - \text{age} = \text{maximum (100\%) HR}$ . Then  $0.5 \times (220 - \text{age}) = 50\%$  and  $0.75 \times (220 - \text{age}) = 75\%$ . Other training HR levels may be prescribed by your coach, physical education teacher or qualified personal trainer.

Eg. A 26 year old person would use the formula as follows:  $0.5 \times (220 - 26) < \text{Target Heart Rate} < 0.75 \times (220 - 26)$ . Hence, the healthy target heart rate range for this user should fall between 97 to 145.5 (146) bpm.

HELPFUL USER GUIDE

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**Featuring:**

- 1 Electrocardiography (ECG) Technology
- 1 NO chest strap required
- 1 Faster sampling respond time
- 1 Fully filled measuring range
- 1 Monitor your heart rate history
- 1 5 buttons operation (S1-S5)
- 1 EL Back light
- 1 Beep tone for mode changing and into setting mode
- 1 3 seconds all segment ON test at initial reset
- 1 Heart Rate Measurement
  - m 43-200 bpm (beats per minute)
  - m 20 heart rate records
  - m Recall the lowest & highest heart rate record
- 1 Clock function
  - m Hour, minute & second display,
  - m Month, date & day of week
  - m Auto calculation of leapear & day of week
  - m Hourly chime
- 1 Daily alarm & alarm test function
- 1 Pacer function
  - m Preset range from 40 to 180 beats per min range
- 1 Chronograph function
  - m 1/100 second resolution
  - m 42 lap memory
  - m Up to 9 hr59 min 59.99 second
- 1 Countdown timer
  - m 1 second resolution
  - m Preset up to 23 hours & 59 minutes
- 1 Dual time function
  - m Hour, minute and second display

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FEATURES



**Heart Rate operates in 7 different modes.**

- 1) Normal time mode
- 2) Alarm time mode
- 3) Heart rate mode
- 4) Pacer mode
- 5) Chronograph mode
- 6) Countdown timer mode
- 7) Dual time mode

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7 DIFFERENT MODES

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**(pulse)**

Please examine the button notations carefully for setting up Heart Monitor.

- S1=Press S1 once. [S1]=Press & hold S1
- S2=Press S2 once. [S2]=Press & hold S2
- S3=Press S3 once. [S3]=Press & hold S3
- S4=Press S4 once. [S4]=Press & hold S4
- [S5]=Press & hold S5.

S3+S4=Press and hold the S3 and then press the S4 simultaneously.

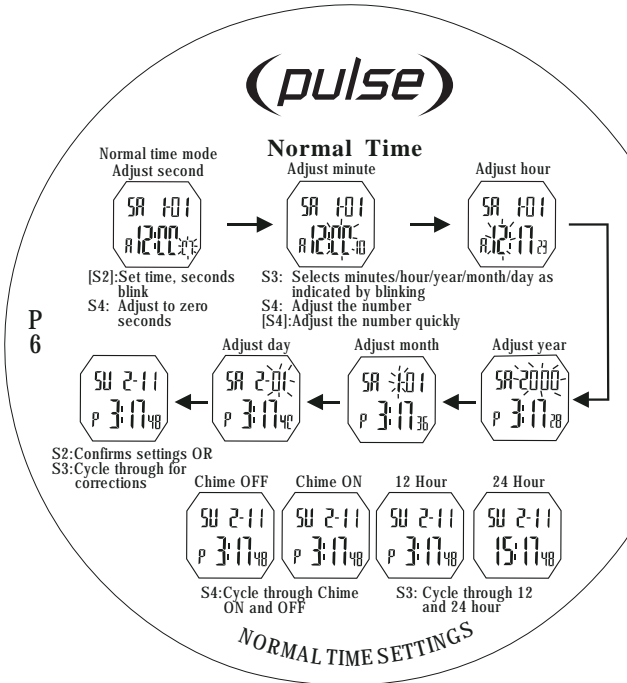
NOTE:

- Press S2,S3,S4 simultaneously & hold to reset Heart Monitor.
- Depressing S1 will operate the EL backlight for 3 seconds.
- Normal time mode will be displayed when no key is selected for 1 minute.



KEY GUIDE

**(pulse)**



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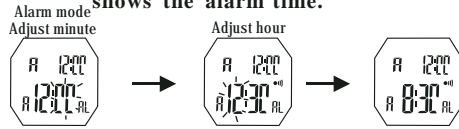
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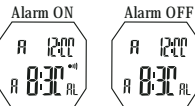
**Alarm Time - displays 2 rows. The top row shows the current time. The bottom row shows the alarm time.**



- S2: Cycle through to Alarm mode
- [S2]: Set alarm time, minutes blinking is selected automatically,
- S4: Adjust minute
- [S4]: Adjust minute quickly
- S3: Hour is selected as indicated by blinking
- S4: Adjust hour
- [S4]: Adjust hour quickly
- S2: To confirm alarm settings OR
- S3: To toggle between minute and hour for corrections

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- NOTE:**
- If the alarm time has been adjusted, alarm turns ON automatically
  - When the alarm is ON, the watch sounds at the alarm time,
  - When alarm rings, press any button will cancel the alarm sound.

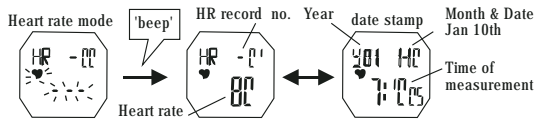


- S4: Cycle through Alarm ON and OFF as indicated by the symbol in the display.
- [S3]: Alarm sound testing

**ALARM TIME SETTINGS**



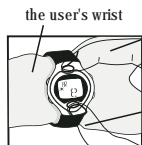
**Heart Rate - just follow these simple instructions to calculate your heart rate.**



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- S2: Cycle through to a record of your heart rate measurements.
- [S5]: Press and hold the top and the bottom button with your index finger and your thumb, respectively for 5 - 8 sec. (see the below diagram)

**NOTE:** Display will flash as it measures your heart rate. When you hear a beep tone, your heart rate has been acquired (release S5). A record of upto 20 heart rate measurements with date and time stamp will be recorded.



press and hold the S5 (top button) with the index figure for 5 to 8 seconds

press and hold the S5 (bottom button) with the thumb for 5 to 8 seconds

**HEART RATE MEASUREMENT**

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Heart Monitor - just follow these simple instructions to calculate your heart rate.

PRECAUTIONS:

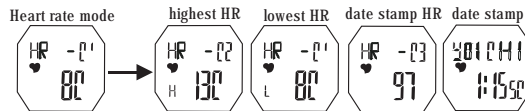
1. A sensor contact located on the back of the watch makes firm contact with the user's skin during measurement.
2. DO NOT take measurement when diving or under water
3. Clean the back cover occasionally by applying a few drops of water and then wipe it with a paper towel thoroughly to remove any residual grease.
4. DO NOT use hand cream, it will insulate the signal between the skin and the sensors.
5. Rub the skin and the fingers with soap and water occasionally for better signal transmission.
6. DO NOT use the fingertips where the skin is dry and thick. For those with extremely dry skin, moisten fingers and wrist with tap water.
7. Hold the watch firmly while taking a measurement in motion, this assists the sensors in making firm contact with the skin and fingers.
8. Avoid any awkward motion during HR measurement as this will create undesired electrical noise which may result an error reading.

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HEART RATE MEASUREMENT



Heart Rate Recall - Stay alert by keeping a track of your lowest & highest heart rate record



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S2: Cycle through to Heart rate mode

S3: Select among the heartrate records & the date stamp.

Heart Rate Memory Mode - Store 20 heart rate records with time and date stamp



S3: Select the heart beat record you wish to erase

S3 + S4: Erase mode is displayed S2: To confirm the erasure

NOTE: Records will automatically shift down in line after the erasure

HEART RATE RECALL & MEMORY

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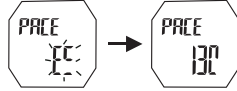
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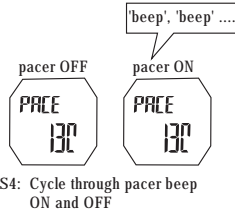
# (pulse)

Pacer Mode - an invaluable aid  
in giving you a steady beat.  
Pacer range (40 - 180 bpm)

Pacer mode



- S2: Cycle through to Pacer mode
- [S2]: Set pacer rate, pacer is selected & blinks automatically
- S4: Adjust the rate by increments of 5
- [S4]: Adjust the rate by increments of 5 quickly
- S2: Confirm pacer setting



- S4: Cycle through pacer beep ON and OFF

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## PACER SETTINGS

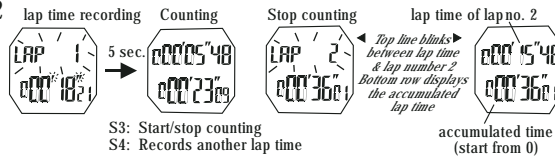
# (pulse)

Chronograph Mode - 1/100th  
second lap mode



- S2: Cycle through to Chronograph mode
- S3: Start counting
- S3: Stop counting
- S4: Records lap time
- S3: Start counting
- [S4]: Reset the chronograph

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- S3: Start/stop counting
  - S4: Records another lap time
- NOTE:  
- The chronograph count up to 9 hours 59mins 59.99 secs.  
- If the chronograph is reset, the lap memory will be erased.  
- The chronograph stores up to 42 lap memories.

## LAP SETTINGS

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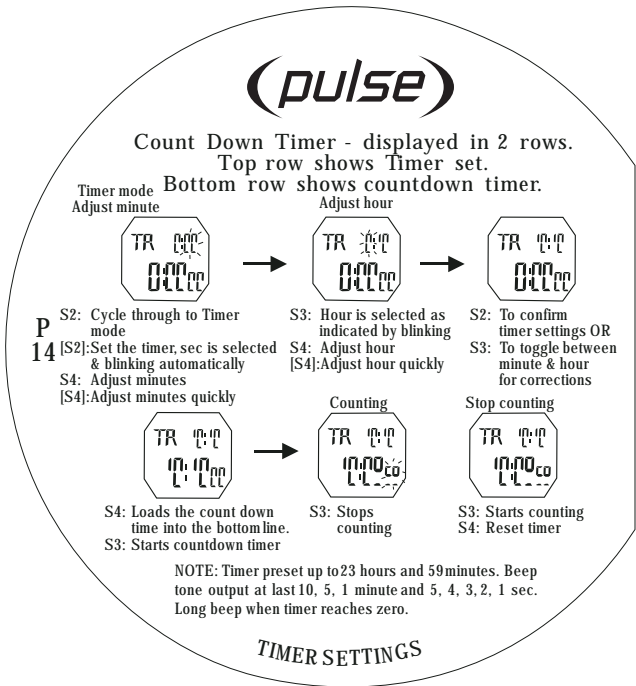
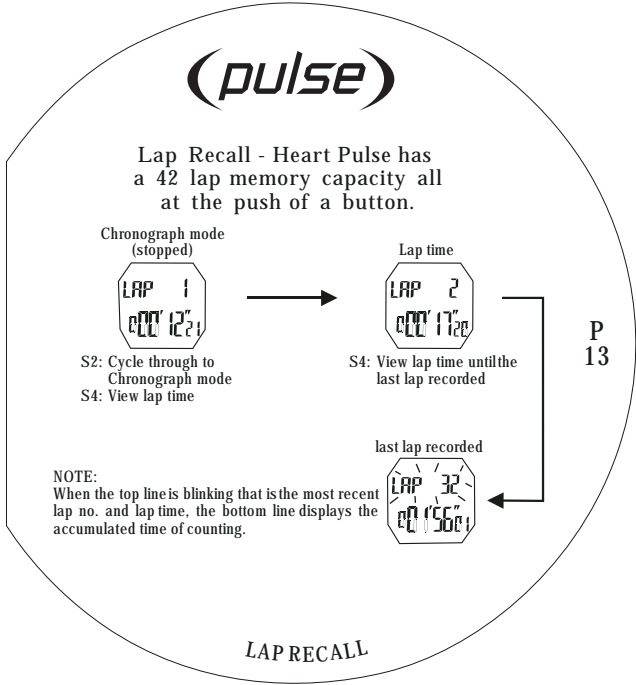
Testing

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Dual Time - When you need to keep track of the time at home and elsewhere in the world.

Dual time mode  
Adjust minute



Adjust hour



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S2: Cycle through to Dual time mode  
[S2]: Set dual time, minutes is selected & blinks automatically  
S4: Adjust minute  
[S4]: Adjust minute quickly

S3: Hour is selected as indicated by blinking  
S4: Adjust hour  
[S4]: Adjust hour

S2: Confirm setting OR  
S3: toggle between minute & hour for corrections



NOTE:  
24 hour Dual mode will display only if Normal time is set in 24 hour time mode

DUAL TIME SETTINGS



Care Instructions - keeping your Pulse in top shape

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- 1 Never force open the case or remove back cover
- 1 DO NOT expose the watch to extreme weather conditions or cleaning agents and solvents
- 1 Avoid dropping or rough handling of the watch
- 1 DO NOT use the watch when diving or underwater
- 1 Avoid fastening the strap too tightly
- 1 Clean the watch with a dry soft cloth or a soft cloth moistened with water and mild detergent
- 1 Store the watch in a dry place when not in use

PULSE CARE

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Pulse Safety Notes :

We hope the Pulse will provide beneficial assistance to your daily life whether in sport or in health.



Please consult your doctor before undertaking an increase in exercise if you have any medical concerns or if you have been inactive for a while.



Pulse should only be used as a guide in measuring a safe heart rate for exercises. It should NOT be relied upon as a medical heart rate monitor. If you are uncertain about how your exercise program will impact on your heart, please consult a physician.

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PULSE & YOU



IMPORTANT NOTE:

When the battery is exhausted it must be replaced by a qualified watchmaker as it is critical to ensure the O RING SEALS are correctly replaced and lubricated to ensure continued water resistance for surface swimming and continued reliable service.

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Removal of the back stainless steel cover by any person other than a qualified watchmaker will break the seals and void the warranty. Proof of watchmaker intervention, eg changing battery, must be submitted to meet this warranty condition within the 12 month warrantee period.

The watch is not designed for diving, either springboard, platform, snorkel or SCUBA and must not be operated underwater. The *pulse Sportswatch* cannot detect your heart rate under water and pushing any of the function buttons underwater may cause leakage.

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WARRANTY

Aussie *Fit*Sport Science has been developing and marketing unique and innovative fitness products since 1984. Customer satisfaction is our guarantee.

Your new *pulse Strapless Heart Rate Monitor Sportswatch* is manufactured to very high international standards and is guaranteed against manufacture defect for 12 month warranty from the date of purchase.

Please take the time to study the instructions carefully so as to get the best from your new watch and its unique design functions. Should a manufacture defect be found please return with proof of purchase and a description of the said defect along with return address details to:

Aussie *Fit*Sport Science P/L  
29 Vantage Point Drive  
Burleigh Heads 4220 Queensland  
Australia  
Tel/Fax (07) 5576 3688  
Email [aussiefit@optusnet.com.au](mailto:aussiefit@optusnet.com.au)

Your *pulse Sportswatch* will be either repaired or replaced.

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