

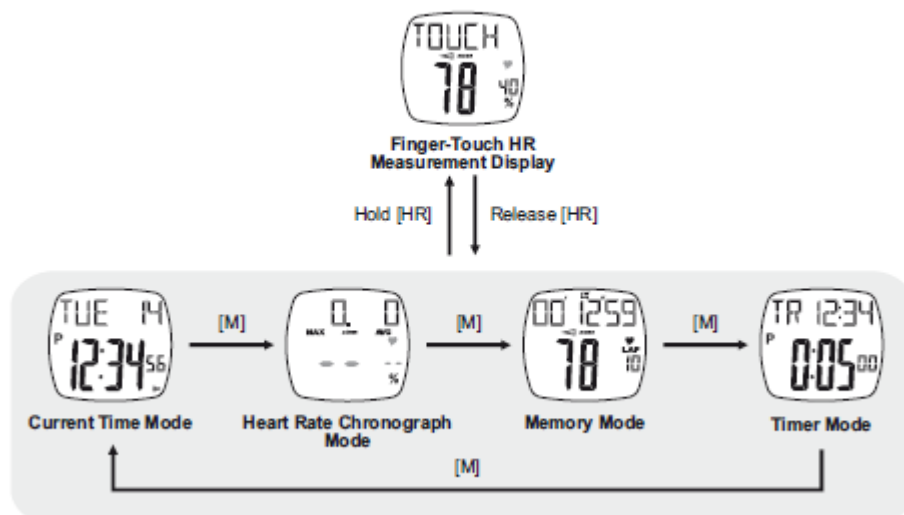
Pulse Qt Pro Strapless Heart Rate Monitor.

Step by Step Easy Guide.

Use in conjunction with your Instruction manual.

The four major Function Screen Modes of your Pulse QT Pro Strapless Heart rate Monitor

4.0 Major Function Modes



1. Current Time Mode –

- Set up your clock function from this mode by pressing and holding the **Mode** button. When numbers start flashing on the screen you can change the numbers by pressing the **St/Stp** or **Reset** buttons. Move through the fields by pressing the **Mode** button. This is where you change your current time, year, month, date, 12/24hr, chime on/off, beep on/off and enter your gender, DOB, height and weight. When you have finished setting up your watch press and hold the **Mode** button and it will return to the Current Time Mode.
- The daily alarm is set when you are in this mode by pressing and holding the **St/Stp** button. This takes you to the alarm mode set up. Press the **Mode** button to move around the screen and the **St/Stp** and **Reset** buttons to increase or decrease the numbers. When you have set the alarm press and hold the **Mode** button and it will return to the Current Time Mode.

2. Heart rate chronograph mode –

- Set up your Heart rate Zone in this mode by pressing and holding the **Mode** button. When the numbers or letters flash you can change the selection by pressing the **St/Stp** button or **Reset** button. Move through the fields by pressing the **Mode** button. Press and hold the **Mode** button to confirm your selection and return to the Heart Rate Chronograph mode.
- Press **St/Stp** button to start stopwatch function – press **St/Stp** button to record lap time and press and hold **St/Stp** button to cease stopwatch function. This mode is

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used for recording lap times and/or the total time taken for your exercise/run/walk. Just remember to press and hold the **St/Stp** button to cease the stopwatch at the end of your session.

- c. In this mode you can **review the data recorded from your session**. You do this by pressing the **Reset** button quickly, which moves through the data, each time you press this button. The data includes:-
 - i. the amount of time spent exercising below your exercise HR zone (BO),
 - ii. the amount of time spent exercising in your HR zone (IO)
 - iii. the amount of time exercising above your HR zone (AO),
 - iv. Calories burned,
 - v. fat burned,
 - vi. actual time,
 - vii. Max HR and average HR
 - viii. Total exercise time and numbers of laps.
 - d. It is only in this mode that you can **clear the memory of your laps, times and exercise data**. You do this by pressing and holding the **Reset** button until you hear a beep and the information will clear from your screen.
3. **Memory Mode** –
- a. In this mode you can review the number of laps and time of each lap and total time. It also gives the record of the last HR taken in each lap.
 - b. You cannot reset/clear the memory from this mode. You must go into the **Heart rate Chronograph Mode** to do this.
4. **Timer Mode**
- a. This is a countdown timer. To set up the countdown time press and hold the **Mode** button until the numbers start to flash. Change the time by pressing the **St/Stp** or **Reset** buttons. Press the **Mode** button to move between hours, minutes and seconds. Confirm your time by pressing and holding the **Mode** button. Press the **St/Stp** button to commence the countdown.
 - b. The timer will countdown and sound an alarm 10 seconds before zero and sound a different alarm when the countdown finishes. It will then stop and to reset the same time press the **St/Stp** button again.