

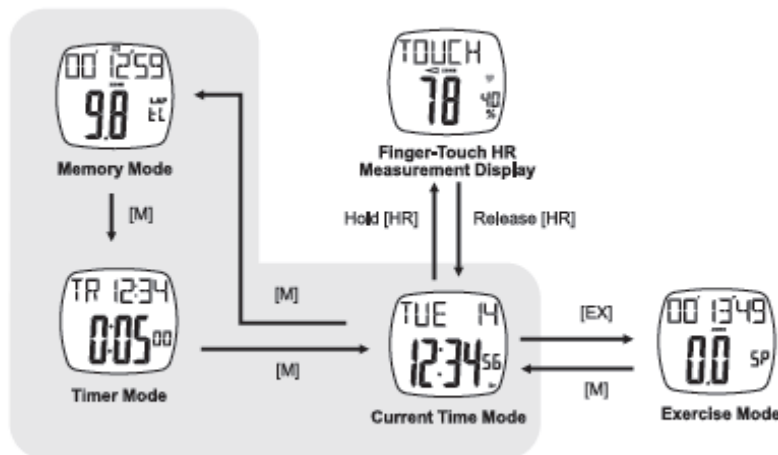
Pulse Qt Pedometer Strapless Heart Rate Monitor.

Step by Step Easy Guide.

Use in conjunction with your Instruction manual.

The four major Function Screen Modes of your Pulse QT Pedometer 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 **Lap/Reset** buttons. Move through the fields by pressing the **Mode** button. This is where you change your current time, date, 12/24hr, chime on/off, beep on/off and enter your gender, DOB, Metric/imperial measure, height, weight, walking stride length, running stride length, sensitivity level (this setting is set to pick up your individual walk/run style) and automatic daily reset button. When you have finished setting up your watch press and hold the **Mode** button and the numbers will stop flashing 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. Exercise Mode –

- You get to this mode from the **Current Time Mode** by pressing the **Lap/Reset** button. When you are in this mode you can access your:-

Pulse Qt Pedometer Strapless Heart Rate Monitor.

- i. Set up for your Heart rate User Zone. 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 Exercise mode.
 - ii. Exercise data which includes:- total time, calorie, fat, distance, current speed, average speed, steps, moving time and real time. The exercise data is displayed on the 1st row of the display.
 - iii. The current distance or current speed is displayed on the 2nd row of this display. You select between these two displays by pressing and holding the Lap/reset button for two seconds. It will change between Speed display and distance display.
 - iv. The distance and speed display can also be selected to alternatively display every 3 seconds. You do this by pressing and holding the Lap/Reset button until the display shows SCAN. Release the Lap/Reset button to confirm the SCAN mode ON.
- b. Chronograph (stopwatch) function.
- i. The stopwatch can be started when the display on the top line is showing 00'00"00. Press the St/Stp button once to start the counting. To stop the counts press and hold the St/Stp button.
 - ii. To record a lap press the St/Stp button while the stopwatch is counting.
 - iii. The stopwatch can be reset when the counting has been stopped. Hold the Lap/reset button and release when Reset All appears
 - iv. When taking lap time, the average speed for the lap is also recorded
 - v. When the stopwatch is reset the records will also be reset.
3. **Memory Mode –**
- a. In this mode you can review the number of laps and time of each lap and total time. The lap time is exhibited on the first row of the display and the lap number is shown on the right hand side of the display.
 - b. The lap average speed is shown on the left hand side of the 2nd row of display.
 - c. You cannot reset/clear the lap memory from this mode. You must go into the **Exercise 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.