

PC-LINK PROGRAM OPERATION

First User:

Click " NEW USER " button to enter one's USER NAME and then enter password .



PC LINK COMMUNICATION MODE

1. Press "UPLOAD" button on the pc-link program and will automatically upload the data to PC.



2. Press Mode/Set will back to Time/Date mode.
The Watch will exit and go back to Time/Date mode automatically if you do not perform any operation or no step input after around 60 seconds.
3. Login the program and enter to the Main Screen.
4. Click the color bar shown in the left top corner of the main screen to select the desired report.



Total Step - Total Distance - Total Calories - Heart Rate - Exercise Report

5. Press Calendar button will show all the exercise record. Double click on the date with walking icon of your desired report.
6. Press the Print button and a dialogue box will come out.
7. Select the record of the date you would like to print and save it as a PDF report on your PC before printing.

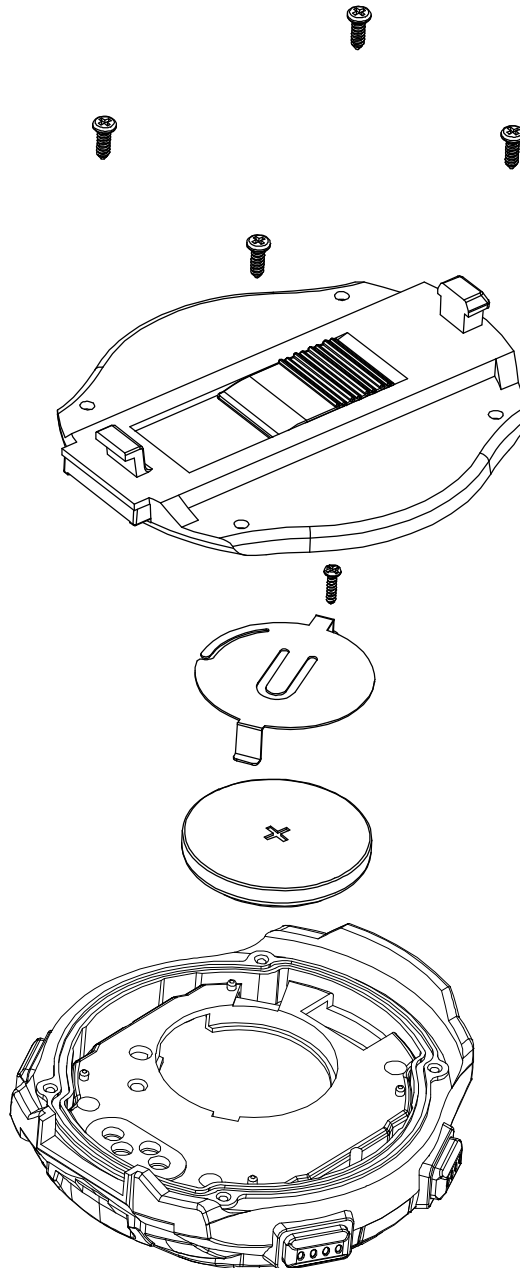
INSTALLING THE BATTERY

The Watch uses 2 pieces CR 2032 batteries (one each for watch and heart rate belt). Use only the recommended batteries.

NOTE : Changing the battery will erase the data in the watch previously input into the device and you can then/will need to re-set the watch all over again.

Watch

1. The battery compartments located at the back of the watch.
2. To install/replace the battery, unscrew the battery compartment with the screw driver and simply slide out afterwards.
3. Take out the old battery and dispose of properly.
4. Gently place a new battery into the battery slot of the battery compartment, making sure that the poles are correctly placed.
5. Screw back the battery compartment, when finished as in the diagram below



Heart Rate Belt

Hold the Heart Rate Belt firmly. Insert a coin into the slit of the compartment lid and turn it clockwise. The lid should come off easily. (Remove used battery CR2032) (Diagram 1)
Gently place the battery into the battery slot of the battery compartment. (Diagram 2)
Put the compartment lid back into place and tighten it firmly by turning it anti-clockwise with the help of coin.

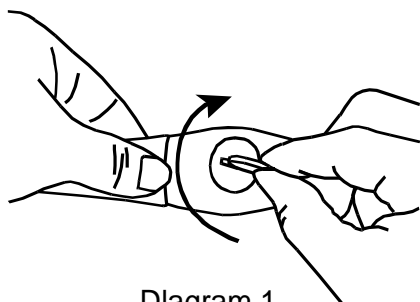


Diagram 1

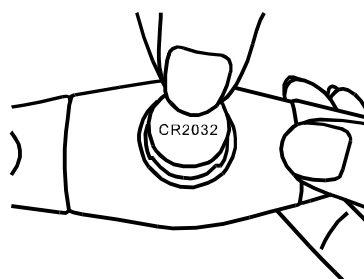


Diagram 2

IMPORTANT BATTERY INFORMATION

- Battery installation and removal should be performed by an adult
- Use only batteries recommended in this instruction sheet
- Be sure to install the batteries with the correct polarity, as indicated
- Remove all batteries when replacing
- Only batteries of the same and equivalent type as recommended are to be used
- Do not short-circuit the supply terminals
- Exhausted batteries should be removed from the product
- Non-rechargeable batteries are not to be recharges
- Rechargeable batteries are to be removed from the product before being charged
- Rechargeable batteries are only to be charged under adult supervision
- Different types of batteries or new and used batteries are not to be mixed.

SPECIFICATIONS

Time Format	:	Year, month, date, day, hour, minute, second, am/pm
	:	12/24 hours
Calendar System	:	Full Auto-calendar pre-programmed from 2000 to 2099
Features	:	Current / average /Maximum Speed, Step counting, calories consumption, fat burnt, Exercise time, Current/max/min & average heart rate.
Measurement Range :		Calories Consumption : 0 - 99999.9 kcal
		Fat Burnt : 0 - 9999.9
		Number of step : 0 - 999999
		Distance : 0 - 9999.99 km
		50 Chrono Memory Record in Chrono Mode
Memory Data	:	10 Training Memory Record in Training Mode.
Chronograph	:	Measuring Unit : 1/100 second
		Measuring Capacity : 9 hr 59 m 59s 99
Age Rang	:	10-99
Weight Rang	:	20-220KG/44lb-485lb
Height Rang	:	100-240CM/3'3"-7'10"

CAUTION

Should you encounter any problems with the Speed & Distance Heart Rate System (e.g. malfunctioning of a parameter, static electricity, interferences within the product or the need to re-set the device), please press four buttons at the same time to reset the watch (the watch should not connect with computer). All data previously input into the device will be erased and you can then/will need to re-set the watch all over again. Should this fail to correct the situation, remove the batteries and then put them back into the battery compartment.

Then follow all the steps mentioned above in order to input the necessary data once more. The content of this manual is subject in order to change without further notice. Due to printing limitation, the displays shown in this manual may differ from the actual display. The manufacturer and its suppliers hold no responsibility to you or any other persons for any damage expenses, lost-profits, or any other claims arisen by using this product. The contents of this manual may not be reproduced without the permission of the manufacturer.

3D sensor for steps counting

Produced in Europe, the 3D sensor is of very high quality which has shown great accuracy in detecting and counting steps from walking, jogging and running. In order to maximize the accuracy of the step counting feature, this sensor is able to filter movements that do not belong to the categories of walking, jogging and running. The daily pedometer step count can be switched off if the user does not wish to count or view his daily step count which will help the unit to save energy. However, the chronograph feature with step counting cannot be switched off.

If at any time of the day you wish to count the number of steps for a particular walking/jogging/running event, you may restart the daily pedometer to 0 and switch the daily pedometer feature off once the walking/jogging/running event is over and the number of steps recorded for that particular event will be automatically saved to the memory of the watch.