

AXIOM[®] **HR300** Heart Rate Monitor

Owner's Manual



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Introduction


The wireless Axiom HR300 heart rate monitor calculates and displays heart rate information using a radio frequency signal transmitted from the chest transmitter to the watch receiver.

The Axiom HR300 provides the feedback you need to monitor your training, and the functions you need to increase your fitness and performance.

Combined with an appropriate exercise program, the Axiom HR300 will help you:

- Monitor your training
- Reduce your heart rate recovery time
- Increase your aerobic capacity
- Improve your overall fitness
- Improve your exercise performance

The clear display and simple operation make the Axiom HR300 user-friendly!

 ***WARNING: Before you begin any exercise program you should consult a physician. If you use a pacemaker or other implanted electronic device, consult your physician prior to using a heart rate monitor.***

Functions and Features

1. Current heart rate
2. Current heart rate expressed as a percentage of maximum heart rate
3. Out of Zone alarm (visible and optional audible)
4. Time spent in, above, and below the target zone, expressed as time and as a percentage of total workout time
5. Average heart rate for entire workout
6. Time of day (12 or 24 hour mode)
7. Daily alarm
8. Month and day calendar
9. Stopwatch
10. Electroluminescent back-light

Special Features

1. Program maximum heart rate automatically using age, or program a specific value
2. Upper and lower target zone limits programmable in single beat increments
3. View main screen information at any time during workout

Mode button. The Mode button will cycle through the four main screens in the following order: Time of Day, Daily Alarm, Stopwatch, Time in Zone, and back to Time of Day.

To enter Setup mode: Press the Select button in any main screen except Time in Zone. To advance from one setup screen to the next, press the Select button. To change the values within each setup screen, press the Adjust button.

At any point in the setup mode, you may return to the previous setup screen with a short press of the Light button. The backlight will not illuminate in any setup screen.

To exit the setup mode and return to one of the four main screens, press and hold the Light button.

The following instructions explain the complete setup procedure for all functions. If you'd like to program a single function, advance to the main screen for that function using the Mode button, and then press the Select button. Within each setup screen, short presses of the Adjust button will modify the values shown. To exit the setup mode, or if you accidentally find yourself in a setup screen but don't wish to modify the values, simply press and hold the Light button to return to a main screen.

Important Tips

1. To activate the Heart Rate function (to display heart rate), press and hold the Mode button in any main screen except Daily Alarm.

2. To exit any setup screen and return to a main screen, press and hold the Light button.
3. To advance from one main screen to the next, press the Mode button.
4. For heart rate readings to register properly, it is critical that there be sufficient moisture (water, saliva, or Axiom® Heartbeat Signal Enhancer) between the electrodes on the transmitter (chest strap) and your skin. Insufficient moisture may cause no reading, a frozen reading, or an erratic reading.
5. Time in Zone data accumulates only while the stopwatch is running. Activate the stopwatch at the beginning of your workout if you wish to record time in, above and below zone, and average heart rate for entire workout.
6. Using a wireless heart rate monitor near computers, motorized gym equipment, electric motors, high voltage power lines, automobiles, televisions or fluorescent lights may cause erratic readings.
7. Your Axiom heart rate monitor is water resistant, and can be used while swimming. However, do not press any of the buttons while the receiver (watch) is submersed.

Positioning the Chest Strap/Transmitter

1. Adjust the elastic strap length to achieve a snug, comfortable fit.

2. The transmitter should face outward as shown in Figure 2, with the strap fitting comfortably on the bare chest just below the breast.
3. Center the transmitter on the chest (with the Axiom logo right-side up).
4. Moisten the rubber electrodes on the inside of the transmitter strap with water, saliva, or Axiom Heartbeat Signal Enhancer.
5. Attach the receiver to your wrist or mount it on your bicycle (see instructions below for mounting the receiver to your bike).
6. When placed on the body, the transmitter is automatically activated (and deactivated when removed). To con-

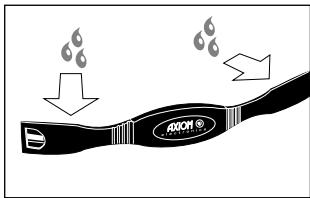
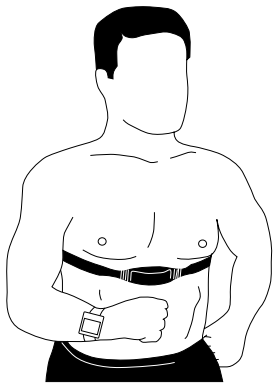


Figure 2. Correct Transmitter location on chest, detail of moistening electrodes.

serve transmitter battery power, the transmitter should be removed when not in use.

If you have difficulty obtaining a regular heart rate reading, try readjusting the chest strap. The rubber electrodes must be flat against the skin, and the band must be in the correct position—not too low. Make sure there is sufficient moisture between the electrodes and your skin. Check that the band is clean, with no accumulated sweat or dirt.

Mounting the Receiver to Your Bike

Your HR300 comes with a Handlebar Adapter for your bike. Slide the split foam ring over your handlebar in a convenient location and wrap the Velcro® Strap snugly around the foam ring. Your HR300 receiver may now be installed over the foam ring as it would be attached to your wrist.

Setting Up Your HR300 for Use

Setting the Time of Day and Date

See Figure A2 in Appendix.

Note: At any point in the setup mode, you may return to the previous setup screen with a short press of the Light button. To exit the setup mode and return to a main screen, press and hold the Light button.

1. Advance to the Time of Day screen using the Mode button.
2. Choose 12 or 24 hour mode: Press and hold the Adjust button to toggle between 12 and 24 hour mode. When in 12 hour mode, "PM" will appear on the screen for all times between noon and midnight.
3. From the Time of Day main screen, press the Select button to enter the Time setup screen. The seconds will flash. Press the Adjust button to zero the seconds.
4. Press the Select button again to select hours. The hours will flash. Short presses of the Adjust button will advance the hours. A long press of the Adjust button will cause the hours to advance rapidly.
5. Press the Select button again to select minutes. The minutes will flash. Short presses of the Adjust button will advance the minutes. A long press of the Adjust button will cause the minutes to advance rapidly.
6. Press the Select button again to select month. The month will flash. Short presses of the Adjust button will advance the month. A long press of the Adjust button will cause the months to advance rapidly.
7. Press the Select button again to select day. The day will flash. Short presses of the Adjust button will advance the day. A long press of the Adjust button will cause the days to advance rapidly.

8. A further press of the Select button will advance to the Daily Alarm setup screen. Or to exit the setup mode, press and hold the Light button.

Setting the Daily Alarm

See Figure A3 in Appendix.

1. In the Daily Alarm screen, press the Select button. The hours will flash. Short presses of the Adjust button will advance the hours. A long press of the Adjust button will cause the hours to advance rapidly.
2. Press the Select button again to select minutes. The minutes will flash. Short presses of the Adjust button will advance the minutes. A long press of the Adjust button will cause the minutes to advance rapidly.
3. A further press of the Select button will advance to the Target Zone setup screen. Or to exit the setup mode, press and hold the Light button.

Note: To activate the Daily Alarm, see “Alarms” on page 14.

Setting Your Heart Rate Target Zone

See Figure A4 in Appendix.

1. In the Stopwatch main screen, press the Select button. The target zone upper limit value will flash. Short presses of the Adjust button will increase the upper limit value in single beat increments (from 80 to 240bpm). A long press

of the Adjust button will cause the upper limit value to increase rapidly. The upper limit value as a percentage of maximum heart rate is indicated in the lower right corner of the display.

2. Press the Select button again to select the lower limit value. The lower limit value will flash. Short presses of the Adjust button will decrease the lower limit value in single beat increments (from the upper limit value minus 5bpm to 30bpm). A long press of the Adjust button will cause the lower limit value to decrease rapidly. The lower limit value as a percentage of maximum heart rate is indicated in the lower right corner of the display.

Note: The HR300 automatically compensates to preserve a 5 beat difference between the upper and lower limit values.

3. A further press of the Select button will advance to the Maximum Heart Rate setup screen. Or to exit the setup mode, press and hold the Light button.

To activate the Out of Zone Audible Alarm from any main screen except Daily Alarm, press and hold the Select button. An alarm icon will appear above the heart icon. A further long press of the Select button will deactivate the alarm. (Note: The heart rate function must be activated)

Setting Your Maximum Heart Rate

See Figure A4 in Appendix.

A maximum heart rate (MHR) value must be entered in order for the HR300 to calculate and display current heart rate as a percentage of maximum heart rate.

In the Maximum Heart Rate screen, you may enter either your age or your maximum heart rate value (if known). Values between 10 and 99 will be interpreted as age values, and “AGE” will appear next to the value. The HR300 will calculate an approximate maximum heart rate value based on your age according to the following formula:

$$\text{MHR} = 220 - \text{AGE}$$

Values between 121 and 240 will be interpreted as maximum heart rate values, and “MHR” will appear next to the value. Values between 100 and 120 will not be displayed.

1. In the Stopwatch main screen, press the Select button until “AGE” or “MHR” and a flashing age or MHR value appears in the lower row of the display.
2. Short presses of the Adjust button will increase the value. A long press of the Adjust button will cause the value to increase rapidly.
3. A further press of the Select button will exit the setup mode, and return to the Time of Day main screen. The setup procedure is complete.

Using Your Axiom HR300

Displaying Your Heart Rate

To activate the heart rate function, press and hold the Mode button in any main screen except Daily Alarm.

The heart icon and a zero heart rate value will appear in the lower row of the display.

After a few seconds (provided you are wearing the transmitter chest strap) the heart icon will begin to flash, and the heart rate value shown will indicate your current heart rate. Current heart rate as a percentage of maximum heart rate will be displayed in the lower right corner of the display.

Note: Heart rate information will not be displayed in the Daily Alarm screen.

An up arrow to the left of the heart icon indicates you are exercising above your preset target zone upper limit.

A down arrow indicates you are exercising below your preset target zone lower limit.

An arrow pointing in both directions indicates you are exercising within the upper and lower limits of your preset target zone. (To change the target zone upper and lower limits, see “Setting Your Heart Rate Target Zone.”)

To deactivate the heart rate function, press and hold the Mode button in any main screen except Daily Alarm. The

HR300 also offers an Auto-Off feature. The heart rate function will automatically turn off after a period of two minutes with no heart rate signal received.

Note: As long as the transmitter is worn, it will continue to send a signal to the receiver, even if the heart rate function has been turned off. To conserve transmitter battery power, the transmitter should be removed when not in use.

Time of Day and Date/Heart Rate Mode

Press the Mode button to advance to the Time of Day main screen.

The time is displayed in the upper row of the display (see Figure 3).

Provided that the heart rate function has not been activated, the date is displayed in the lower row of the display.

Once the heart rate function is activated, the heart icon and a heart rate value will replace the date information in the lower row of the display.

Date information is not accessible while the heart rate function is activated.

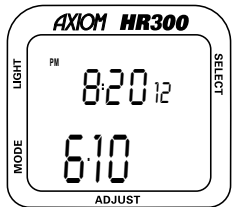


Figure 3. *Time of Day and Date*

Alarms

Daily Alarm

1. To activate the Daily Alarm, advance to the Daily Alarm main screen using the Mode button. "ALM" and the alarm time will appear in the upper row of the display.
2. Press and hold the Adjust button to activate the alarm. The alarm bell icon will appear to indicate the alarm is activated (see Figure 4).
3. A further long press of the Adjust button will deactivate the alarm.

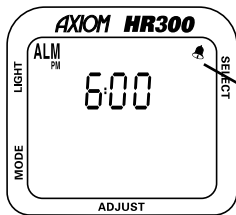
The alarm sounds for one minute. To silence the alarm, press any button. When a button is pressed to silence the alarm, that button will not perform its normal function.

Out of Zone Alarm

To activate the audible Out of Zone Alarm:

1. First activate the heart rate function (if it is not already

Figure 4. Daily Alarm activated.



Alarm bell icon appears

activated) with a long press of the Mode button in any main screen except Daily Alarm.

2. Then press and hold the Select button to activate the Out of Zone alarm. An alarm icon will appear above the heart icon to indicate the alarm is activated (see Figure 5).

3. A further long press of the Select button will deactivate the alarm.

When activated, the audible Out of Zone Alarm will sound in rhythm with your heart beat when your heart rate rises above your target zone upper limit, or falls below your target zone lower limit.

Operating the Stopwatch

To operate the stopwatch, advance to the Stopwatch main screen using the Mode button. "STW" and stopwatch time will appear in the upper row of the display (see Figure 6). Start the stopwatch with a short press of the Adjust

Figure 5. *Out of zone audible alarm activated.*

Alarm icon appears above heart icon

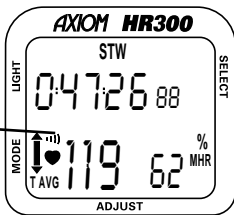
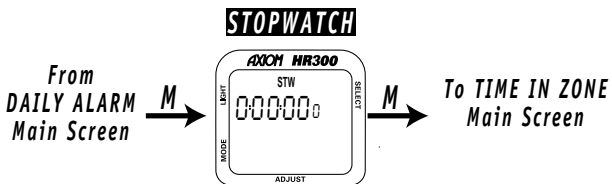


Figure 6. Stopwatch



button. A second press of Adjust button will stop the stopwatch.

Reset: To reset the stopwatch, press and hold the Adjust button. During reset, the stopwatch will initially begin to run, but will reset to zero after 2 seconds.

The stopwatch can be operated only from the Stopwatch main screen. While the stopwatch is running, "STW" will flash in all main screens except the Stopwatch main screen.

Time in Zone

The Time in Zone screens record the amount of time spent in, above and below the preset target zone, as well as average heart rate for the entire workout. Time spent in, above and below zone is expressed in hours, minutes and seconds, and also as a percentage of total workout time.

Timing and average heart rate calculation begin automatically, provided the heart rate function has been activated and the stopwatch is running. If the stopwatch is not

started at the beginning of a workout, no data will be recorded in the Time in Zone screens.

Note: The Time in Zone data is accessible at any point during or after your workout.

To View Time in Zone Data

1. Advance to the Time in Zone main screen using the Mode button. "TiZ" will appear at the top of the screen. Time accumulated in the preset target zone will appear in the upper row of the display. Time in zone as a percentage of total workout time will appear in the lower row of the display. If the heart rate function is activated, the heart icon and current heart rate will also appear in the lower row of the display.
2. Press the Select button. Time accumulated above the preset target zone will appear in the upper row of the display. Time above zone as a percentage of total workout time will be displayed in the lower row of the display.
3. Press the Select button again. Time below the preset target zone will appear in the upper row of the display. Average heart rate for the entire workout, and time below zone as a percentage of total workout time will appear in the lower row of the display.
4. A further press of the Select button will return to the Time in Zone main screen.

Note: The maximum data accumulation time for all three Time in Zone recall screens combined (in, above and below zone) is 9 hours, 59 minutes, 59 seconds. At that point, all values in the recall screens will flash, and no further data will be recorded until the recall screens have been reset.

To Reset Time in Zone Recall Data

1. Stop the stopwatch if it is running (see “Operating the Stopwatch”).
2. Press and hold the Adjust button in any of the three Time in Zone recall screens.

Backlight

In any of the four main screens, a short press of the Light button will illuminate the backlight for four seconds.

Note: The backlight will not illuminate when the Light button is pressed in a setup screen or to silence the alarm.

Replacing Batteries

Transmitter Battery (Battery Type: 3V Lithium 2032)

To remove the battery compartment lid, insert a coin into the slot on the lid, and turn counterclockwise (refer to

Figure 7. When changing the transmitter battery, remember to replace O-ring correctly.

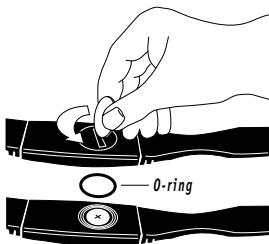


Figure 7). Before removing the battery, note its orientation. The positive pole should face the compartment lid, and the negative pole should contact the metal prongs inside the battery compartment. Orient the replacement battery in the same manner. To ensure continued water resistance, make sure the rubber O-ring is still in place around the edge of the lid before reinstalling. A clockwise turn of the lid with a coin will secure it.

Watch Receiver Battery (Battery type: 3V Lithium 2025)

To prevent damage to the receiver's water-tight seal, we recommend taking your receiver to a jeweler or watch repair shop for battery replacement.

Troubleshooting

What if the heart rate reading is erratic or totally absent?

1. Make sure the chest strap is sufficiently tight. The strap should be positioned and tightened so that the electrodes are flat against your skin. Adjust the strap side to side or slightly up or down until the strap is positioned properly, and the electrodes make solid contact with your skin.

2. Make sure the electrode strips are sufficiently moist. Moisture enables the electrodes to make proper electrical contact. Moisten the electrode strips with water, saliva, or Axiom Heartbeat Signal Enhancer.

If you are wearing the transmitter strap over a shirt, make sure the shirt is moistened to provide adequate electrical contact for the electrodes.

Accumulated sweat or dirt on the electrode strips may impair electrical contact. Make sure the electrode strips are clean.

3. Make sure you have activated the heart rate function with a *long press* (press and hold) of the Mode button in any of the main screens except Daily Alarm.

4. Make sure the transmitter battery is installed properly and fully charged.

What if the heart rate reading becomes extremely high (above 200)?

Electromagnetic signals from outside sources may cause abnormally high heart rate readings. Common sources of

electromagnetic signals include high voltage power lines, motor driven equipment, and other heart rate monitor users. Check your surroundings for possible sources of electromagnetic signals, and move away from the source.

Axiom HR300 Specifications

Watch/Receiver

Stopwatch resolution: 0.1 sec

Maximum stopwatch time: 9 hr 59 min 59.9 sec

Heart rate range: 30 to 240 beats per min (bpm)

Range of user age: 10 to 99 years

Range of max heart rate: 121 to 240 bpm

Target zone upper limit value: 80 to 240 bpm in increments
of 1 bpm

Target zone lower limit value: 30 to upper limit value
minus 5bpm in increments of
1 bpm

Heart rate accuracy: ± 1 bpm

Maximum time in zone: 9 hr 59 min 59 sec

Maximum time over which average heart rate can be
calculated: 9 hr 59 min 59 sec

Update interval for average heart rate: 10 sec

Backlight duration: 4 sec per press of Light button

Battery: 3 volt Lithium 2025 cell

Battery life: approximately 1 year with 60 min/day heart rate monitoring

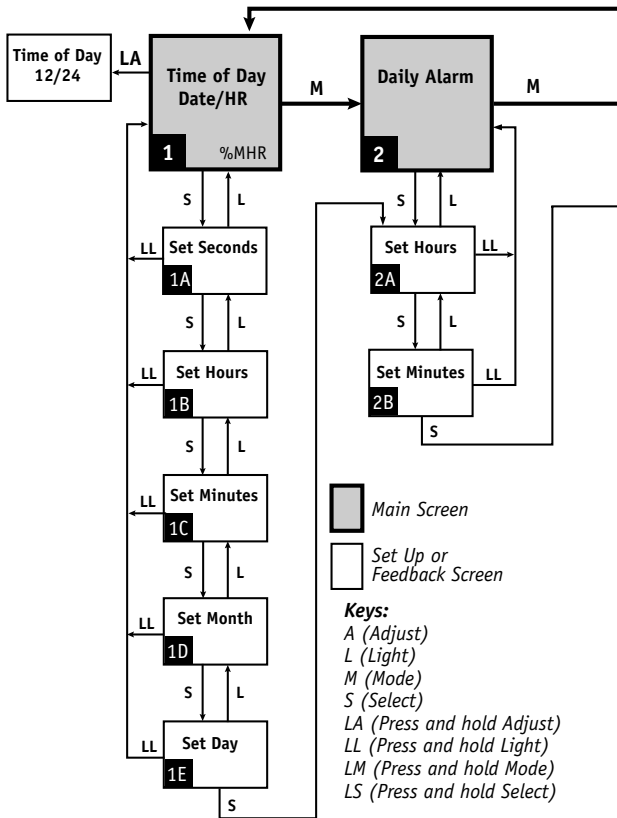
Transmitter

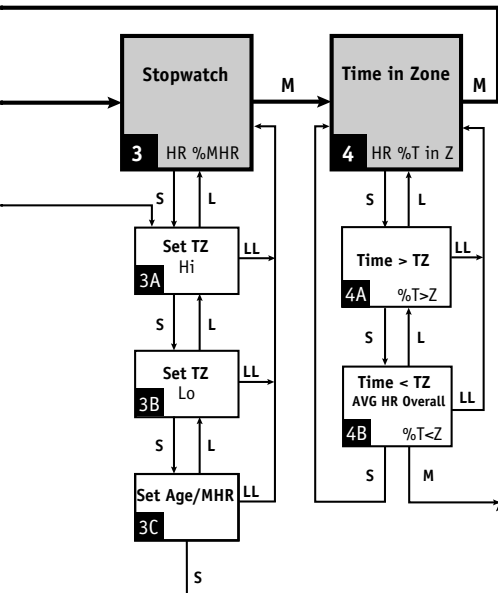
Emitted frequency: 5 kHz \pm 10%

Battery: 3 volt Lithium 2032 cell

Battery life: 2 years when used 60 min/day

Range: 95 cm (37 inches) maximum to watch/receiver



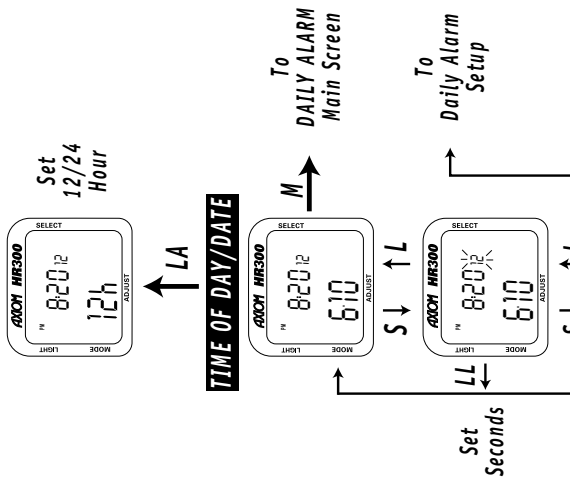


Notes:

- In screens 1, 3, 4 **LM** toggles heart rate/function ON/OFF (Auto OFF also)
- In screen 1 **LA** toggles 12/24 hour time format
- In screens 1, 3, 4 **LS** toggles the audible out of zone alarm ON/OFF provided heart rate function is activated
- In screen 3, **A** STARTS/STOPS stopwatch, **LA** resets (TIZ accumulates only when the stopwatch is running)
- In screen 4, 4a & 4b **LA** resets time in, above, below zone, and avg. heart rate readings provided stopwatch is not running

Figure A1
HR300
Functional Overview.

Figure A2 Time of Day/Date Main Screen and Setup screens.

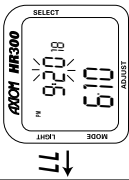


Set
Hours



S ↓ ↑ L

Set
Minutes



S ↓ ↑ L

Set
Month



S ↓ ↑ L

Set
Day



S

MAIN SCREEN

Setup Screen

A - Adjust button

LA - Long Adjust button

M - Mode button

L - Light button

LL - Long Light button

S - Select button

⏏ - Flashing digit(s)

Note: Main Screen shown
with HR not activated

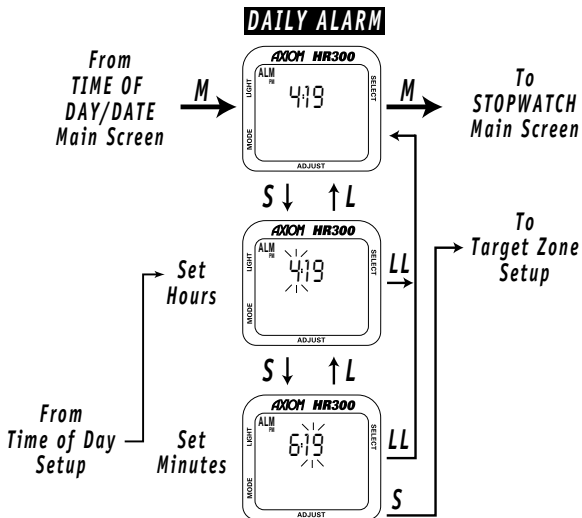


Figure A3 Daily Alarm Main Screen and Setup screens.

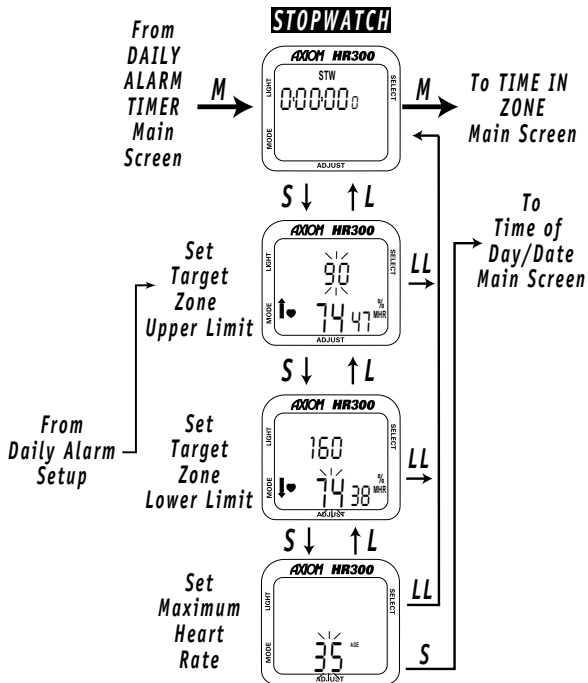


Figure A4 Stopwatch Main Screen and Setup screens.

Notes:

For Technical Assistance Please Call:

Tech Support Line 1-800-553-8324

9am-6pm EST, M-F



Performance Inc.
One Performance Way
Chapel Hill, NC 27514
1-800-727-2453
PerformanceBike.com

Made in Taiwan