



Contest Heart Rate Monitor Instructions

INTRODUCTION

Congratulations on your purchase of the Ascent Contest Heart Rate Monitor. Packed with all the features a professional athlete needs to keep track of a workout, the Contest Heart Rate Monitor is a perfect training tool for any athlete.

HEART RATE FUNCTIONS

- Heart Rate Display
- Heart Rate Training Zone Settings
- Training Zone Memory
- Audible Out-of-Zone Alarm
- Calorie Counter
- Backlight

CLOCK/TIMING FUNCTIONS

- Time of Day (12 or 24-hour format)
- Day/Date Display with 51 year Calendar (2000-2050)
- Alarm Clock
- 10 Hour Stopwatch
- Recovery Timer
- Countdown Timer (9:59)
- 16 Lap Timers (100 minutes each)

WARNING

The Contest Heart Rate Monitor is a monitoring tool for training and fitness. Before beginning any exercise or fitness program, you should consult a physician. If you use a pacemaker or other implanted electronic device, consult your physician prior to using any heart rate monitor.

KEY OPERATION

THE ASCENT CONTEST HAS FOUR OPERATING KEYS:

- Adjust Key
- Select Key
- Mode Key
- Light Key

IMPORTANT:

The Ascent Contest can be worn while swimming, but the keys should not be pressed while the wrist unit is under water. This may allow water to enter the case.

MODE KEY

Use the Mode key to scroll from one mode of operation to the next. The Mode key will cycle through the main display screens in the following order: Time of Day, Training Zone, Average Heart Rate, Calorie Counter, Stopwatch, and back to Time of Day.

SELECT KEY

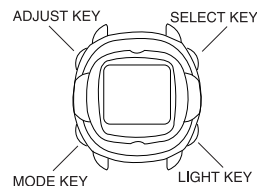
Use the Select key to select options within the five main display screens. In the Time of Day display screen, press the Select key to select the Alarm or Date functions. In the Average Heart Rate display screen, press the Select key to view Maximum Heart Rate display. In the Calorie Counter display screen, press the Select key to view the Fat Burn display screen. In the Stopwatch display screen, press the Select key to select Countdown Timer or Lap Timer functions.

ADJUST KEY

Use the Adjust key to adjust Time of Day, Alarm, and Date settings, change Upper and Lower heart rate limit values, and set Countdown Timer and Calorie Counter parameters.

LIGHT KEY

Press the Light key to activate or deactivate the out-of-zone alarm. A small alarm icon will appear in the display screen when the alarm is activated. Press and hold the Light key for 2 seconds to illuminate the backlight. This will not affect the out-of-zone alarm setting.



PROGRAMMING AND OPERATION

TIME OF DAY SETTING

In the Time of Day display screen, press and hold the Adjust key until a flashing '12' or '24' appears. Press the Adjust key to select 12-hour or 24-hour time format. Press the Mode key to enter your selection and advance to the hours setting screen. The hours will flash. Press the Adjust key to adjust the hours (hold the key to advance quickly through the hours). Press the Mode key to enter your selection and advance to the minutes setting. Repeat the above process to set the minutes.

Note: If the 12-hour clock is selected, the Date will be displayed in the American format of month/day. If the 24-hour clock is selected, the Date will be displayed in the European format of day/month.

ALARM SETTING

From the Time of Day display screen, press the Select key to enter the Alarm display screen. Press and hold the Adjust key until a flashing 'OFF' or 'ON' appears. Press the Adjust key to turn the Alarm function off or on. When the Alarm is turned on, a bell icon will appear in the display. Press the Mode key to enter your selection and advance to the hours setting screen. The hours will flash. Press the Adjust key to adjust the hours (hold the key to advance quickly through the hours). Press the Mode key to enter your selection and advance to the minutes setting. Repeat the above process to set the minutes.

DATE SETTING

From the Time of Day display screen, press the Select key twice to enter the Date display screen. Press and hold the Adjust key until the flashing year appears. Press the Adjust key to set the year from 2000 to 2050 (hold the key to advance quickly through the years). Press the Mode key to enter your selection and advance to the month setting (if 12-hour clock is selected) or day setting (if 24-hour clock is selected). Press the Adjust key to set the month (day). Press the Mode key to enter your selection and advance to the day (month) setting. Repeat the above process to set the day (month).

HEART RATE FUNCTION AND OPERATION

HEART RATE TRAINING ZONE OPERATION

To help you create a safe and effective workout, the Ascent Contest allows you to set your own training zone limits. In the Training Zone display screen, press and hold the Adjust key until the upper limit value flashes. Press the Adjust key to set the upper limit value between 100 and 240 (hold the key to quickly advance the values). Press the Mode key to enter your selection and advance to the lower limit setting. Repeat the process above to set the lower limit value between 30 and 179. If one or both limit values are already set and you do not want to adjust them, press the Mode key to exit. You cannot set a lower limit that is greater than or equal to the upper limit.

OUT OF ZONE ALERT

During your workout you can view time spent in, above and below your training zone limits in the Training Zone display screen. The display will automatically scroll between time spent in (IN), above (HI) and below (LO) your training zone, displaying each piece of information for 2 seconds. Time is displayed in hours and minutes. If your heart rate rises above the upper limit value or falls below the lower limit value, the display will flash to alert you, and an arrow on the display screen will indicate whether your current heart rate is above or below your preset limits. If the audible out-of-zone alarm is activated, the tone will sound every 6 seconds for as long as your heart rate is above or below the training zone limits.

STOPWATCH

In the Stopwatch display screen, press the Adjust key to start/stop the Stopwatch. To reset the Stopwatch, press and hold the adjust key for 2 seconds. This will also reset heart rate information and prepare the watch for the next workout. Note that stopping the Stopwatch automatically starts the Recovery Timer (see below).

RECOVERY TIMER

When the stopwatch is stopped, an alarm tone will sound, the Recovery Timer will automatically start, and the current heart rate will be recorded in memory. The Recovery Timer is a 3-minute countdown timer, which allows you to compare your heart rate at the end of an exercise session to your "recovered" heart rate 3 minutes later. Recovery rate (i.e. the amount of time necessary for an elevated heart rate to return to normal) is a good indicator of fitness level. When the Recovery Timer reaches 0:00, an alarm tone will sound 4 times. The heart rate recorded 3 minutes ago (when the stopwatch was stopped) will appear in the upper row of the display for comparison with the current heart rate, which is displayed in the lower row. Press and hold the Adjust key for 2 seconds to reset the Recovery Timer, which will also reset the Stopwatch and return to the Stopwatch display screen. All other heart rate information will also be reset and cleared from memory.

COUNTDOWN TIMER

The Countdown Timer can be set for any value up to 9:59:00. When activated, it will count down to 0:00 and sound 4 alarm tones. From the Stopwatch display screen, press the Select key to display the Countdown Timer. Press and hold the Mode key until the hours flash. Press the Adjust key to adjust the hours (hold the key to advance quickly through the hours). Press the Mode key to enter your selection and advance to the minutes setting. Repeat the above process to set the minutes. Once a timer value is set, press the Adjust key to start/stop the Countdown Timer. When the timer reaches 0:00:00, an alarm tone will sound 4 times. Press and hold the Adjust key for 2 seconds to reset the Countdown Timer for the next workout.

LAP TIMER

The Lap Timer allows you to record 16 individual lap times (up to 99:59 each) and records average heart rate for each lap as well as for the entire lap session. From the Stopwatch main screen, press the Select key twice to display the Lap Timer. Press the Adjust key to begin the first lap. Press the Adjust key again to stop the current lap and automatically begin the next lap. Each time a new lap is begun, the time for the lap just completed will flash briefly before the new lap is displayed. Each lap time will count up to 99 min and 59 sec before resetting to 0 and counting again. To stop the current lap without advancing to the next lap, press the mode key. When you are ready to begin the next lap, simply press the Adjust key.

LAP MEMORY RECALL

To view the Lap Memory Recall information at the end of an exercise session, press and hold the Mode key in the Lap Timer display screen. The display will then alternate between two information screens. The first screen displays the total elapsed lap time (for all laps combined) and the average heart rate for the entire lap session. The second screen displays the total number of laps, average time for all laps, and average heart rate for the entire session. Now press the Adjust key to view the lap time and average heart rate for the first recorded lap. Press the Adjust key again to advance to the next lap, and so on until all laps have been viewed. Press the Mode key to exit Lap Memory Recall and return to the Lap Timer display screen. Press and hold the Adjust key for approximately 3 seconds to reset the Lap Timer and clear all data from Lap Memory Recall.

CALORIE COUNTER

The Ascent Contest will calculate your approximate calorie and fat consumption during a workout. In order for the calculation to be accurate, you must first program the unit with your personal information. In the Calorie Counter display screen, press and hold the Adjust key until a flashing 'M' or 'F' appears. Press the Adjust key to select Male (M) or Female (F). Press the Mode key to enter your selection and advance to the weight setting. Press the Select key to select pounds (Lb) or kilograms (Kg). Then press the Adjust key to set the weight value (hold the key to quickly advance the value) from 44 to 495 lbs. (20 to 225 Kg). Press the Mode key to enter your selection and advance to the calorie parameter setting. Refer to the calorie parameter chart below, and use the Adjust key to set the parameter value (from 00010 to 000131) according to your activity. Press the Mode key to enter your selection and return to the Calorie Counter display screen. While exercising, the Calorie Counter display screen will indicate the approximate number of calories burned. Press the Select key to view the Fat Burn display screen, which converts the calories burned to an approximate value in lost weight (pounds or kilograms).

SLEEP MODE

If no heart rate signal is received or no keys are pressed for approximately 5 minutes, the Ascent Contest will automatically enter sleep mode to prolong battery life. Press any key to "wake up" the unit and enter the default Stopwatch display screen.

BACKLIGHT

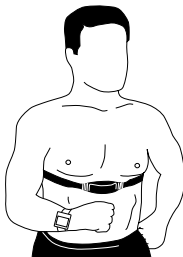
To activate the backlight in any display screen, press and hold the Light key for 2 seconds.

BATTERY INSTALLATION

The Ascent Contest heart rate monitor is a precision technical instrument. To ensure proper operation and maintain the waterproof seals, we recommend having the wrist unit and transmitter batteries replaced at your local jeweler or watch repair shop.

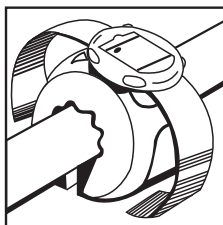
POSITIONING THE TRANSMITTER BELT

To ensure accurate heart rate display, the chest transmitter belt must be properly moistened and positioned. Moisten the back surface of the conductive rubber pads with saliva or ECG conductive gel. Do not use moisturizing cream, which is an insulator and will not conduct the electrical heart rate signal. Snap the plastic tabs on the elastic strap into the keyholes at the two ends of the rubber transmitter belt, and adjust the elastic strap so that the transmitter belt fits snugly below the breast. It may take a moment or two for the watch to register an accurate heart rate reading. This delay is normal, and may take longer on cool or dry days.



BICYCLE HANDLEBAR MOUNT

The Ascent Contest includes a convenient handle bar mounting bracket for use on bicycles or exercise equipment. Snap the rubber mount around the bar, and adjust the watch band around the mount so that it fits snugly and compresses the rubber mount against the handlebar.



TROUBLE SHOOTING

NO HEART RATE DISPLAY:

- Transmitter belt is not positioned correctly or is not sufficiently snug
- Transmitter is too far from watch (must be within 28" or 70cm)
- Transmitter belt conductive rubber (against skin) is not moist
- Too close to electrical interference source (e.g. power lines, exercise equipment)
- Weak or dead transmitter battery

DISPLAY IS BLACK:

- Ambient temperature is above proper operating limit (55 degrees Centigrade)

DISPLAY FADES:

- Weak watch battery—replace battery as soon as possible.

ACTIVITY	CALORIE PARAMETER	ACTIVITY	CALORIE PARAMETER
AT REST	0.0009	SOCCER	0.0059
BADMINTON	0.00044	FIELD HOCKEY	0.0061
BASKETBALL	0.00063	FOOTBALL	0.0060
BOXING (SPARRING)	0.00062	GARDENING	
CANOEING		DIGGING	0.00057
LEISURE	0.00020	RAKING	0.00025
RACING	0.00047	GOLF	0.00039
CIRCUIT TRAINING		GYMNASTICS	0.00030
HYDRA-FITNESS	0.00060	HIKING	0.00042
UNIVERSAL	0.00053	JUMPING ROPE	
NAUTILUS	0.00042	70 RPM	0.00074
FREE WEIGHTS	0.00039	80 RPM	0.00075
CYCLING		120 RPM	0.00080
5.5 MPH	0.00029	145 RPM	0.00089
9.4 MPH	0.00045	SWIMMING	
RACING	0.00079	BACKSTROKE	0.00077
DANCING		BREAST STROKE	0.00074
AEROBIC (MEDIUM)	0.00047	BUTTERFLY	0.00078
AEROBIC (INTENSE)	0.00061	CRAWL	0.00071
RAQUETBALL	0.00081	TENNIS	0.00050
RUNNING		VOLLEYBALL	0.00023
11.5 MIN/MILE	0.00061	WALKING (NORMAL PACE)	0.00036
9 MIN/MILE	0.00088	WEIGHT TRAINING	0.00032
8 MIN/MILE	0.00095		
7 MIN/MILE	0.00104		
6 MIN/MILE	0.00115		
5.5 MIN/MILE	0.00131		
CROSS-COUNTRY	0.00074		
SKING	0.00074		
CROSS-COUNTRY	0.00054		
DOWNHILL	0.00052		



Chapel Hill, NC

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