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Introduction

The *Axiom 306* 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 306* 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 306* 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 306* 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 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. Backlight

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
4. Simple button commands make programming and operation easy
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**Figure 1.** 306 Display, all possible LCD segments on. Buttons are as marked on the display surround.

### Button Commands and Important Tips

The **Axiom 306** offers a variety of functions, yet is simple to use. Only a few basic button commands are required to set or change values and to scroll through the four main screens. Refer to Figure A1, located in the Appendix, for an overview of screen selection.

Please note that all button presses should be a short press and release unless otherwise noted.

To advance from one main screen to the next, press the 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, there should 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, fluorescent lights or other wireless devices 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 handlebar (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 conserve 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 residue or dirt.
Mounting the Receiver to Your Bike

Your 306 includes 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 306 receiver may now be attached to the foam ring as it would be attached to your wrist.

Setting Up Your Axiom 306 for Use

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.

Setting Your Maximum Heart Rate

See Figure A4 in Appendix.

A maximum heart rate (MHR) value must be entered in order for the 306 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 306 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 3 times until “AGE” or “MHR” and a flashing age or MHR value appears in the lower row of the display.

2. Press the Adjust button (or press and hold) to select the appropriate age or heart rate value.

3. A further press of the Select button will exit the setup mode, and return to the Time of Day main screen.

**Setting the Time of Day and Date**

See Figure A2 in Appendix.

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. In 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. Press the Adjust button (or press and hold) to advance the hours.
5. Press the Select button again to select minutes. The minutes will flash. Press the Adjust button (or press and hold) to advance the minutes.

6. Press the Select button again to select month. The month will flash. Press the Adjust button (or press and hold) to advance the month.

7. Press the Select button again to select day. The day will flash. Press the Adjust button (or press and hold) to advance the day.

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. Press the Adjust button (or press and hold) to advance the hours.

2. Press the Select button again to select minutes. The minutes will flash. Press the Adjust button (or press and hold) to advance the minutes.

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.
4. To activate the Daily Alarm, advance to the Daily Alarm screen and press and hold the Adjust button. An alarm bell icon will appear to indicate the alarm is activated (see Figure 4).

**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. Press the Adjust button (or press and hold) to increase the upper limit value in single beat increments (from 80 to 240bpm). 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. Press the Adjust button (or press and hold) to decrease the lower limit value in single beat increments (from the upper limit value minus 5bpm to 30bpm). The lower limit value as a percentage of maximum heart rate is indicated in the lower right corner of the display.

   *Note: The 306 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. To exit the setup mode, press and hold the Light button.

   *Note: To activate the Out of Zone Audible Alarm, see "Alarms", page 13.*
Using Your Axiom 306

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 your current heart rate will be displayed on the screen. Current heart rate as a percentage of maximum heart rate will be displayed in the lower right corner of the screen.

*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 turn off the heart rate function, press and hold the Mode button in any main screen except Daily Alarm. The 306 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 chest strap 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.

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 turn off 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.

*Figure 4.* Daily Alarm activated.

**Out of Zone Alarm**

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

To activate the audible Out of Zone Alarm:
1. First activate the heart rate function (if it is not already 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 turn off the alarm.

![Figure 5. Out of zone audible alarm activated.](image)

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

Reset: To reset the stopwatch, press and hold the Adjust button until the stopwatch resets to zero.

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.*

**Viewing Time in Zone Recall Screens**

1. Advance to the Time in Zone main screen using the Mode button. 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. Press the Select button to return to the Time in Zone main screen, or press the light button to return to the previous recall 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.*

**Clearing Time in Zone Recall Screens**

1. Stop the stopwatch (if it is running) with a press of the Adjust button in the Stopwatch main screen.

2. Advance to the Time in Zone main screen. Press and
hold the Adjust button to reset all three Time in Zone recall screens. This will not reset the stopwatch.

**Backlight**

In any of the four main screens, a short press of the Light button will illuminate the backlight for four seconds. 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 open the battery compartment cover, remove the four screws from the corners of the cover (refer to 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 compartment before replacing the cover.

*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 residue 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 is erratic or extremely high (above 200)?

Electromagnetic signals from outside sources may cause erratic or abnormally high heart rate readings. Common sources of electromagnetic signals include high voltage power lines, motor driven equipment, and other heart rate monitors. Check your surroundings for possible sources of electromagnetic signals, and move away from the source.
Time of Day
12/24

Main Screen

Set Up or Feedback Screen

Keys:
A (Adjust)
L (Light)
M (Mode)
S (Select)
LA (Press and hold Adjust)
LL (Press and hold Light)
LM (Press and hold Mode)
LS (Press and hold Select)
### 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

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**Figure A1**
306 Functional Overview.
Figure A2: Time of Day/Date

Main Screen and Setup screens:

**Main Screen**

Set 12/24 Hour

**To Daily Alarm**

Set Seconds

**To Daily Alarm Setup**
Set Hours
Set Minutes
Set Month
Set Day

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.