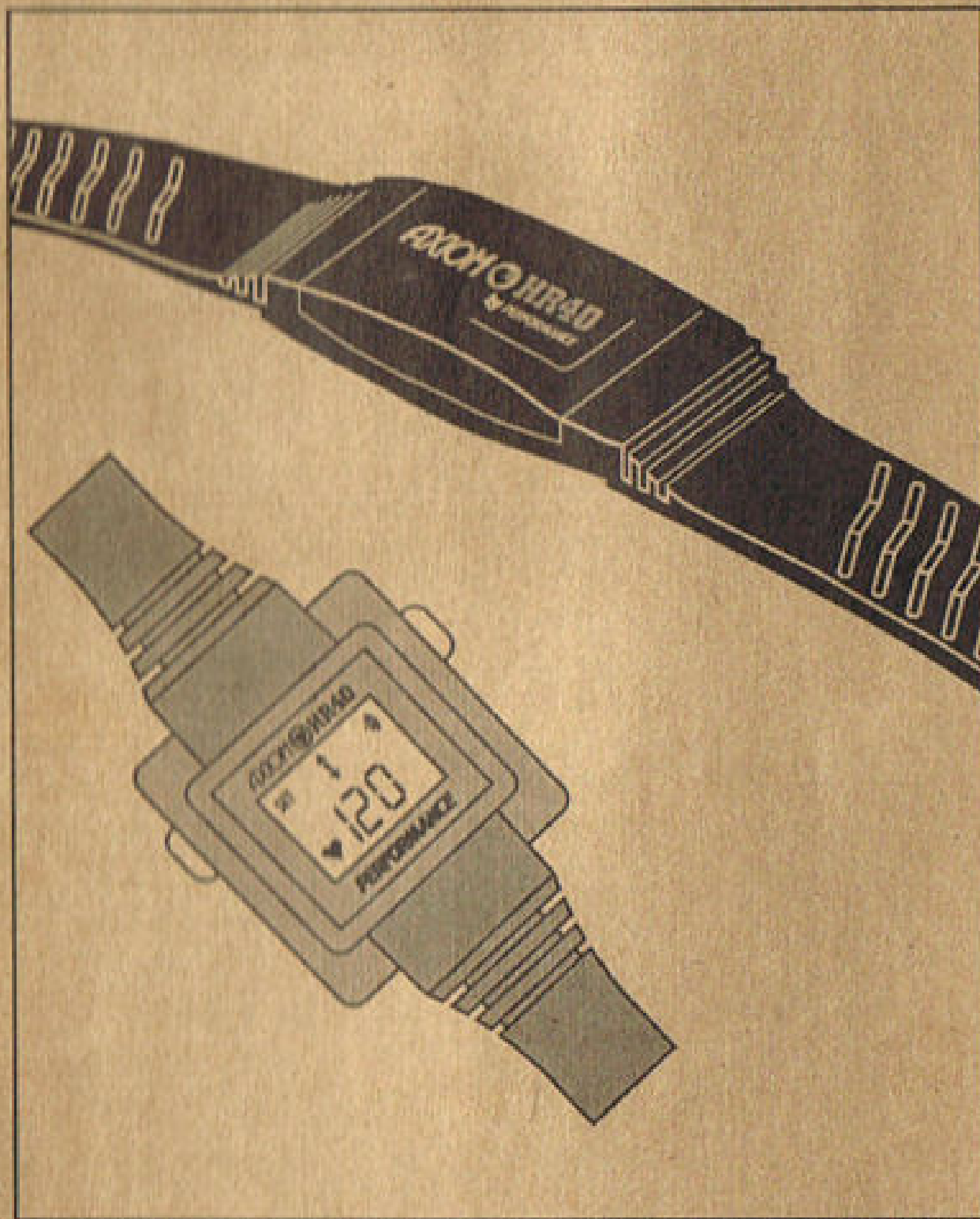


PERFORMANCE

AXIOM HR40
heart rate monitor

**Instruction
Manual**



PERFORMANCE[®]

AXIOM  **HR40**
heart rate monitor

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Consult your doctor before starting any exercise program. If you are using a pacemaker, consult your doctor before using the heart rate monitor.

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Version 1.0

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The Performance Axiom HR-40 heart rate monitor provides essential information that you need in order to monitor and improve your physical conditioning.

The heart rate monitor consists of a transmitter worn on your chest and a watch receiver worn on your wrist or attached to a bike or other exercise equipment.

The transmitter captures your current heart rate through the rubber electrodes built into the back of the transmitter strap. The transmitter sends your heart rate to the watch receiver for recording and display.

Axiom HR-40 Benefits

Competitive athletes and fitness-conscious individuals alike can share the following benefits of using the Axiom HR-40:

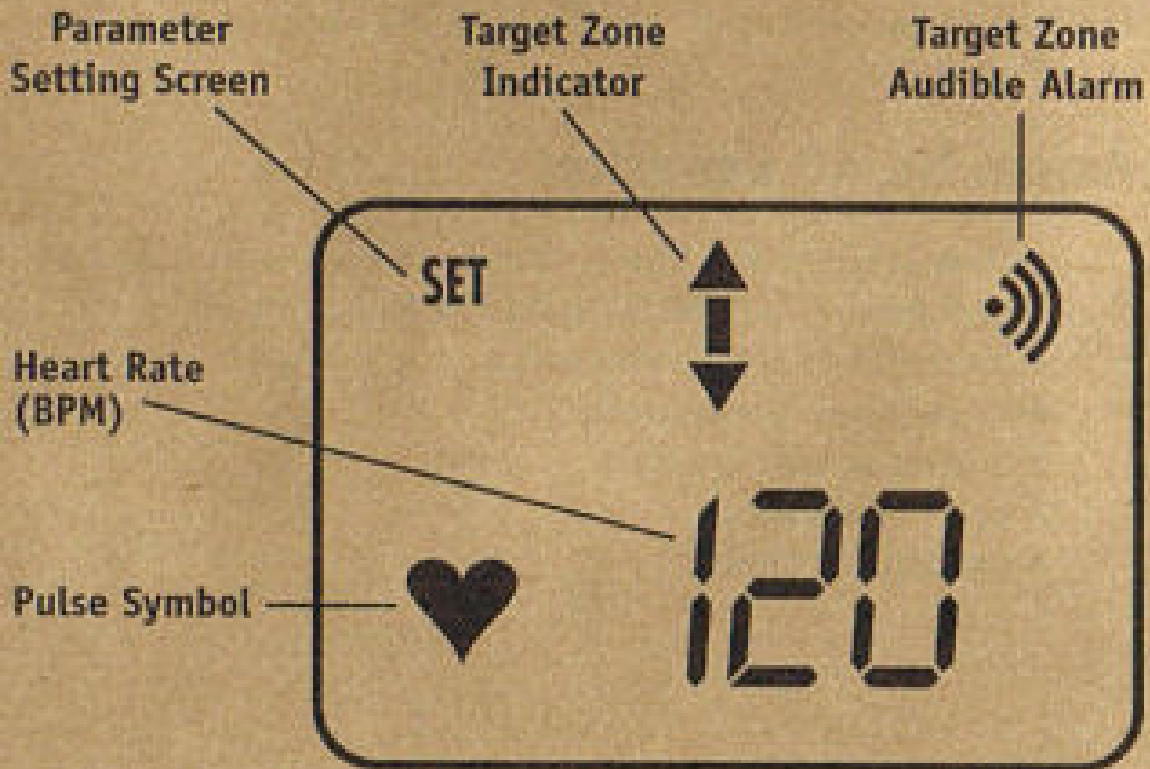
- Increased athletic performance
- Faster heart rate recovery
- Greater aerobic capacity
- Better endurance
- Controlled training

Axiom HR-40 Features

Information recorded and displayed by the Axiom HR-40 includes:

Heart Rate

- Display of your current heart rate.
- Upper and lower limits of the target heart rate zone in which you wish to exercise.
- Visible and audible alarms whenever your heart rate is outside your specified heart rate zone.



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Quick Start

The Axiom HR-40 comes with factory settings that allow you to get started right away.

The information in this section will help you begin using your heart rate monitor immediately with minimal functionality. Later you can read the section entitled Setting Functions to learn how to customize your Axiom HR-40 for your personal exercise program.

Precautions

- Consult your doctor before starting any exercise program.
- If you are using a pacemaker, consult your doctor before using the heart rate monitor.

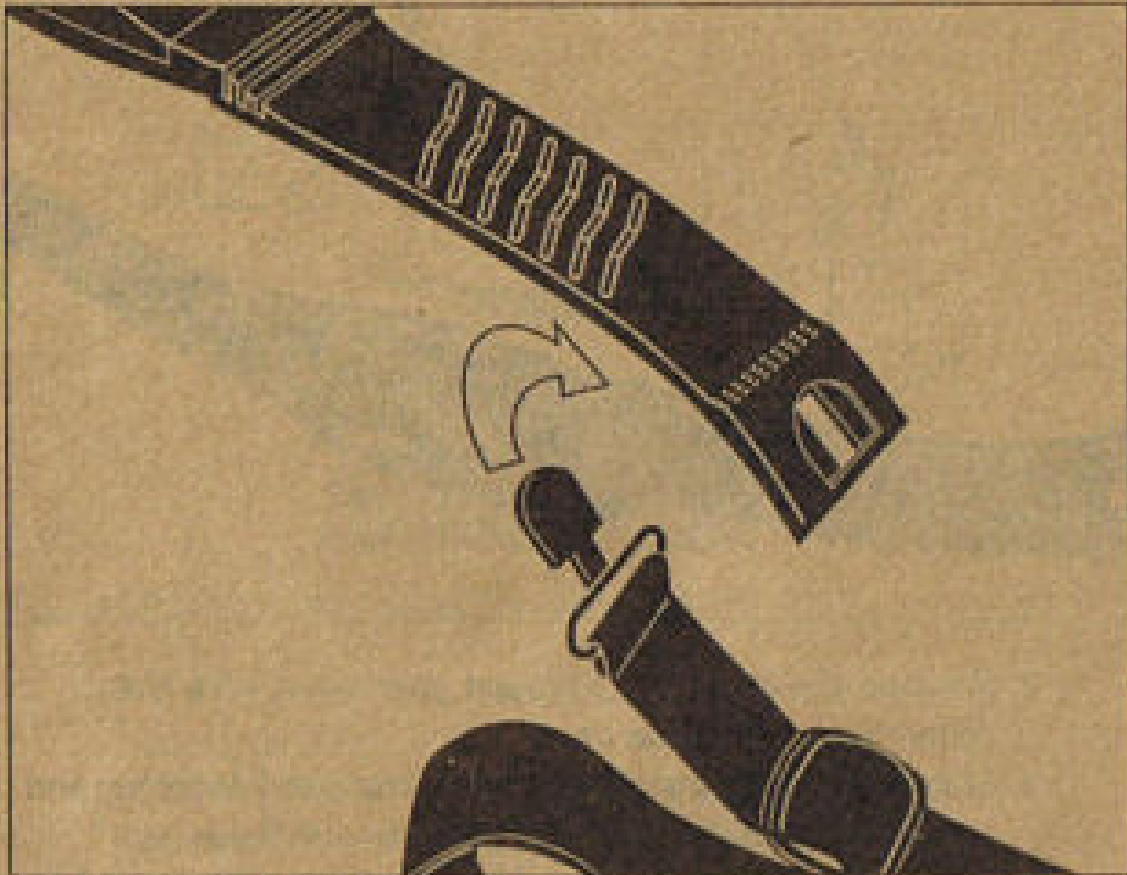
Quick step-by-step

The following steps will get you on your way immediately.

1. Position the strap around your chest and snap together.
Adjust the chest/transmitter strap to fit snugly.
2. Attach the watch receiver to your wrist.
3. Press and hold the SELECT button on the watch receiver to display your current heart rate.

Adjusting the Transmitter Strap

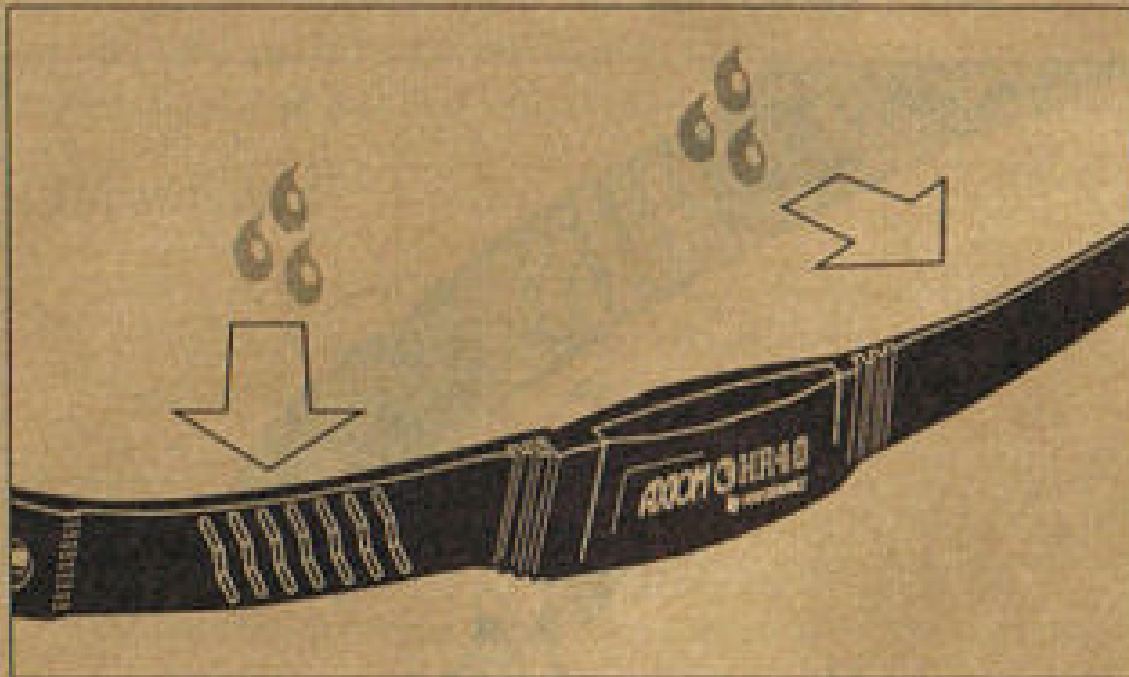
1. Snap each end of the elastic strap into the plastic transmitter.
2. Shorten or lengthen the elastic strap so that the strap and transmitter fit snugly across your chest.
3. Position the chest strap around your chest with the Axiom logo right-side up.



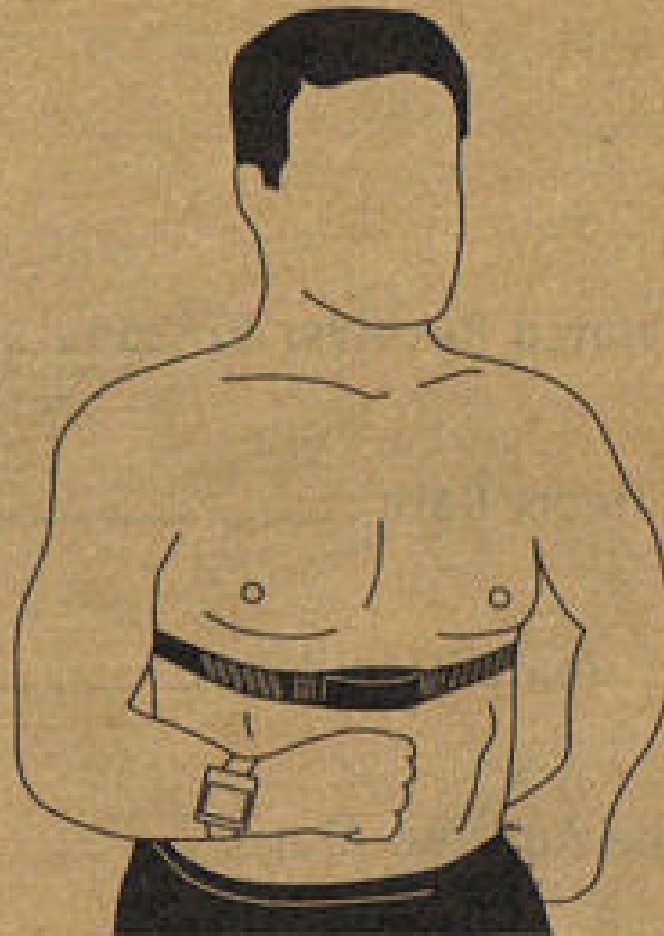
If the strap is too tight, it will not be comfortable during exercise. If it is too loose, the electrodes on the back of the transmitter may not make proper contact with your chest and the pulse watch will not display correct information.

Wearing the Transmitter Strap

1. With your finger, moisten the two rubber electrode contacts on the inside of the plastic transmitter. If you plan to wear the strap over a light shirt, moisten the shirt under the strap with water.



2. Position the chest strap around your chest with the Axiom logo right-side up.
3. Snap the elastic strap and transmitter band together and position the unit as high as possible just below the breast. The transmitter should be centered with the rubber electrodes flat against the skin.



Attaching the Watch Receiver

1. Attach the watch receiver to your wrist or exercise equipment.
2. Press and hold the SELECT button. After a few seconds, your current heart rate will appear on the watch receiver.

Now you are ready to go!

Automatic Shutoff

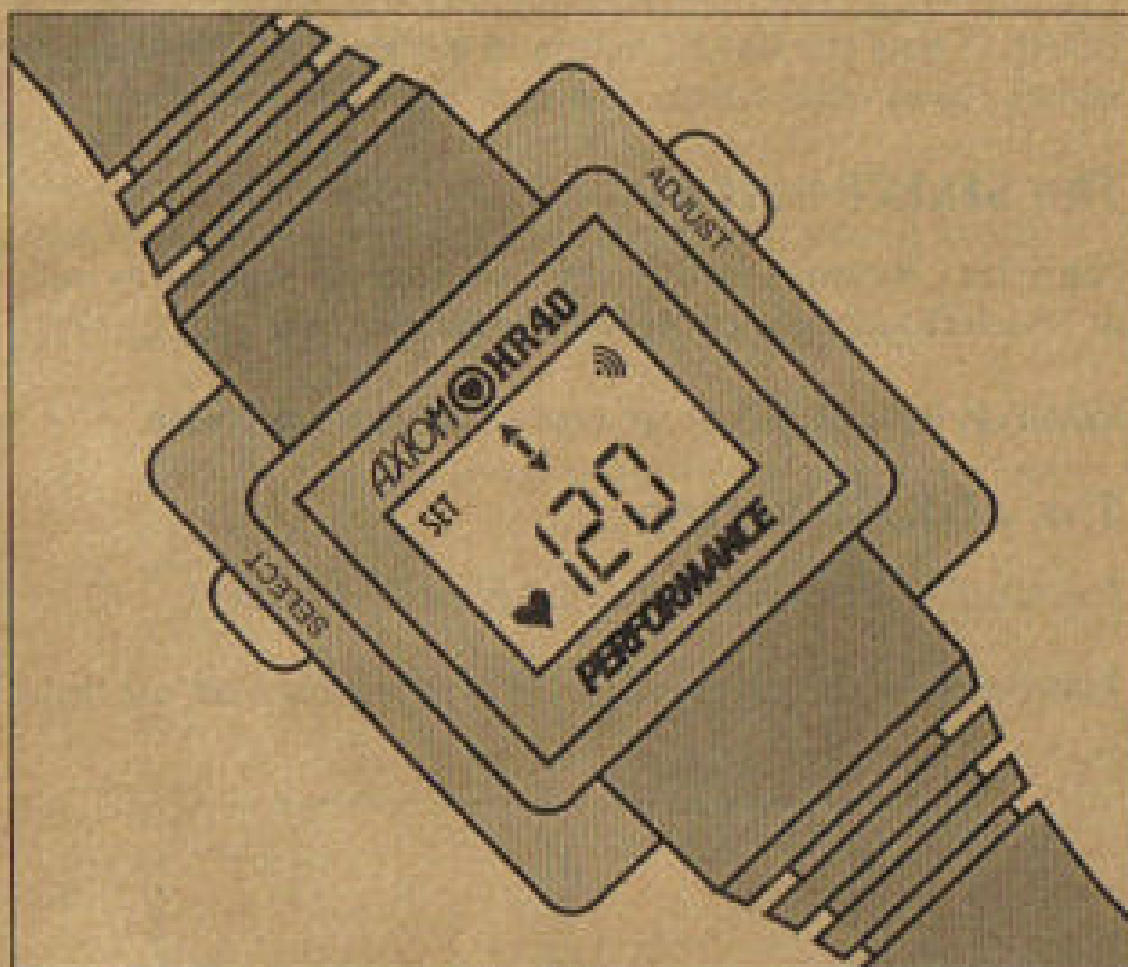
When you are finished exercising, the watch receiver will shut off automatically after three minutes if no signal is received from the transmitter and no buttons are pressed. The receiver will display the word "OFF."

The remainder of this guide describes how to use the rest of the Axiom HR-40 features, including setting your target heart rate zone and enabling the audible alarm.

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Using the Watch Receiver Buttons

There are two buttons on the Axiom HR-40 watch receiver: SELECT and ADJUST. The buttons can be used in several ways.



“Press”

When this guide says “press” a button, you should press the button and release quickly.

EXAMPLE: Press the SELECT button to switch from setting the high heart rate limit to setting the low limit.

“Press and Hold”

When this guide says “press and hold” a button, you should press the button and keep it pressed for a few seconds.

EXAMPLE: Press and hold the SELECT button to turn on the watch receiver.

“Hold”

When this guide says “hold” a button, you should hold down the button until the proper setting appears on the display.

EXAMPLE: Hold the ADJUST button to quickly increment beats per minute (bpm) while setting your high heart rate zone limit.

The SELECT button

The SELECT button is used to start and stop the monitor as well as to select functions on the watch receiver.

EXAMPLE: Press SELECT to set your target heart rate zone.

The ADJUST button

The ADJUST button is used to change monitor settings.

EXAMPLE: Press ADJUST to change the high and low heart rate limits.

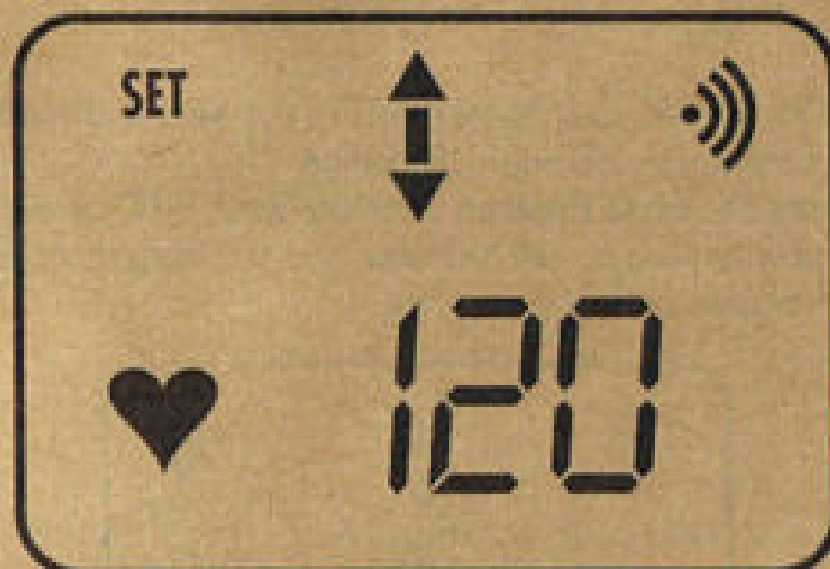
Measuring Heart Rate

When you turn on the watch receiver, the unit begins receiving heart rate information from the transmitter. If the heart rate displayed is 0, either you are not wearing the chest transmitter or the electrodes are not making proper contact.

The monitor automatically uses the currently specified heart rate zone to indicate whether your heart rate is above the zone (flashing up arrow) or below the zone (flashing down arrow).

Switching on the heart rate monitor

1. Attach the chest transmitter strap and moisten the rubber electrodes (as described earlier in the section entitled Getting Started).
2. With the watch receiver still displaying the word "OFF," press and hold the SELECT button until the flashing heart symbol and your current heart rate appear on the bottom line.



Shutting off the heart rate monitor

You can switch off the unit by pressing and holding the SELECT button. The monitor will also shut off automatically after three minutes if no signals have been received and no buttons have been pressed on the watch receiver.

Setting Your Heart Rate Zone

The Axiom HR-40 allows you to specify the upper and lower limits of the heart rate zone in which you want to exercise. The monitor can be set to alert you whenever your heart rate goes outside the specified zone.

EXAMPLE: If you determine that the proper exercise range for you is 108 beats per minute (bpm) to 135 bpm, you can set the monitor's low limit to 108 and the high limit to 135. (For further information about determining your proper heart rate zone, see the section entitled Exercise Guidelines).

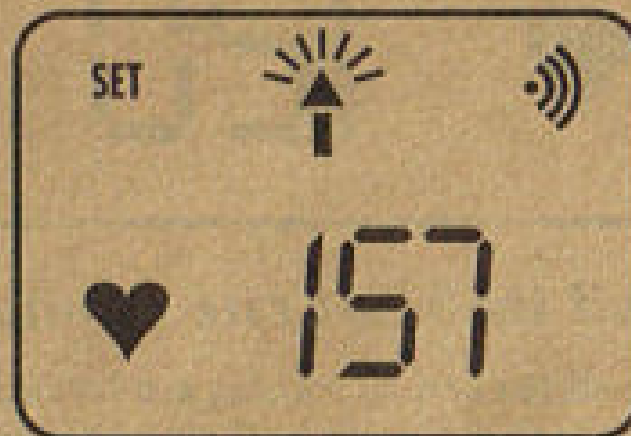
Setting the limits of your heart rate zone

The range for the high heart rate limit is 80 to 240 beats per minute (bpm). After you have specified a high limit, the range for the low limit of your heart rate zone is 30 bpm up to the high limit you selected (minus 5 bpm).

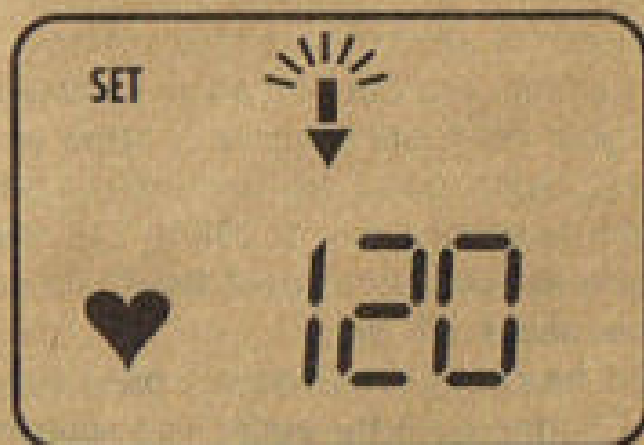
EXAMPLE: If you set the high limit of your target zone to 135, the range of the low limit is 30 bpm to 130 bpm.

Pressing the ADJUST button increments the bpm and holding the button cycles quickly through the range.

1. Press the SELECT button until the word "SET" and a flashing arrow appear on the top line and the current high limit is displayed on the lower line.



2. With the up arrow flashing, press or hold the ADJUST button until you reach the high limit of your target heart rate zone.
3. Press the SELECT button again to set the low limit.



4. With the down arrow flashing, press or hold the ADJUST button to decrease the numbers until you reach your low limit.
5. Press the SELECT button again to return to the monitoring display (you will see the heart symbol flashing).

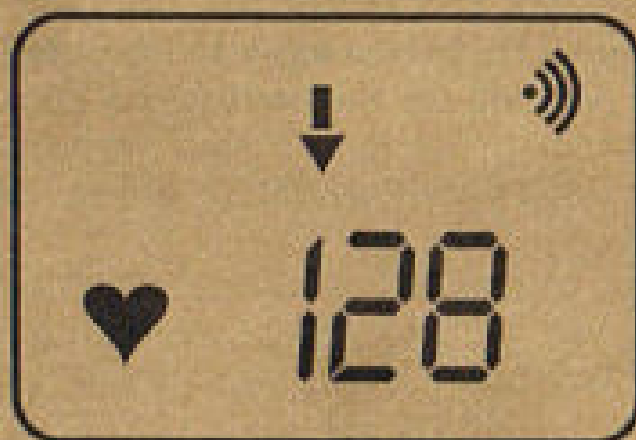
Enabling the Audio Alarm

The up and down arrows on the top line give a visual indication of whether your current heart rate is above or below your heart rate zone.

For additional warning, you can turn on an audible alarm that will beep whenever your heart rate is above or below your target zone.

EXAMPLE: If your heart rate zone is 108 to 135, the audible alarm will beep whenever your current heart rate drops below 108 bpm or goes above 135 bpm.

1. With the heart symbol displayed, press and hold the ADJUST button until the audio icon appears on the top line.
2. Press and hold the ADJUST button again to turn the audible alarm off.



Exercise Guidelines

The Axiom HR-40 heart rate monitor allows you to exercise within the heart rate zone appropriate for your age, fitness level, and athletic goals. This section offers general guidelines for using your heart rate monitor safely and setting the heart rate zone for the best results.

General precautions before exercising

- Consult your doctor before starting any exercise program.
- Start exercising slowly for the first few months. Do not try to attain the top of your target zone immediately. Increase your performance gradually.
- The 60% - 75% target heart rate zone described below may be too high for someone just beginning an exercise program or too low for well-conditioned athletes. Consult your doctor or trainer for personal guidelines.

Calculating your target heart rate zone

In general, your maximum heart rate can be calculated by subtracting your age from 220 (as shown on the chart on the following page).

1. To determine your maximum heart rate, subtract your age from 220.
EXAMPLE: If you are 40, subtract 40 from 220. Your maximum heart rate is 180 beats per minute (bpm).
2. To determine the low end of your target zone, calculate 60 percent of your maximum heart rate.
EXAMPLE: If your maximum heart rate is 180, calculate 60 percent of 180. The low end of your target zone is 108 bpm.
3. To determine the high end of your target zone, calculate 75 percent of your maximum heart rate.
EXAMPLE: If your maximum heart rate is 180, then the high end of your heart rate is $180 \times .75$, or 135 bpm.

Target Zone Table

Age	Heart Rate Target Zone		Average Maximum Heart Rate
	60% of Maximum Heart Rate	75% of Maximum Heart Rate	
20	120	150	200
25	117	146	195
30	114	142	190
35	111	139	185
40	108	135	180
45	105	131	175
50	102	127	170
55	99	124	165
60	96	120	150
65	93	116	155

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General Maintenance

The following maintenance precautions should be followed in order to ensure the long life and proper functioning of your Axiom HR-40 heart rate monitor.

Exposure to Water

The Axiom HR-40 is water resistant, but you should not press the buttons on the pulse watch/receiver when it is excessively wet. The batteries are sealed and should not be opened when the unit is wet.

Exposure to Heat

You should not expose either the transmitter or receiver to excessive heat or cold. For example, do not leave the unit in a car or in direct sunlight where it can become overheated. It is best to store the unit in a well-ventilated area.

Routine Cleaning

Always clean and dry the transmitter and receiver after an exercise session. Wash the transmitter and strap in cool water using a mild detergent if necessary. Rinse thoroughly and then air dry rather than applying heat. Failure to clean the unit may result in a weak signal and erratic display.

Electromagnetic Interference

You need to be aware that your heart rate monitor, like all wireless heart rate monitors, is susceptible to electromagnetic interference. This interference can cause your monitor to display incorrect readings.

Common Sources of Interference

- Your monitor may pick up signals from another person's monitor if the other person is within 3 to 4 feet.
- Television sets, computers, cellular telephones, power lines, and electric motors may cause interference with you monitor.
- Treadmills, stair-climbers, and exercise bikes that use electrical devices may cause interference with your monitor.

What To Do

If you observe incorrect or erratic information on your monitor, move away from the source of interference. The monitor will resume normal display.

Replacing Batteries

The Axiom HR-40 uses two lithium batteries, one located in the transmitter chest strap and the other in the watch receiver. Failure to display data or erratic display may indicate that one or both batteries need replacement (see Specifications for battery specs and life during normal heart monitor use).

Cautions

- Be careful not to damage the water resistant rubber seals.
- Do not change batteries when the unit is wet.

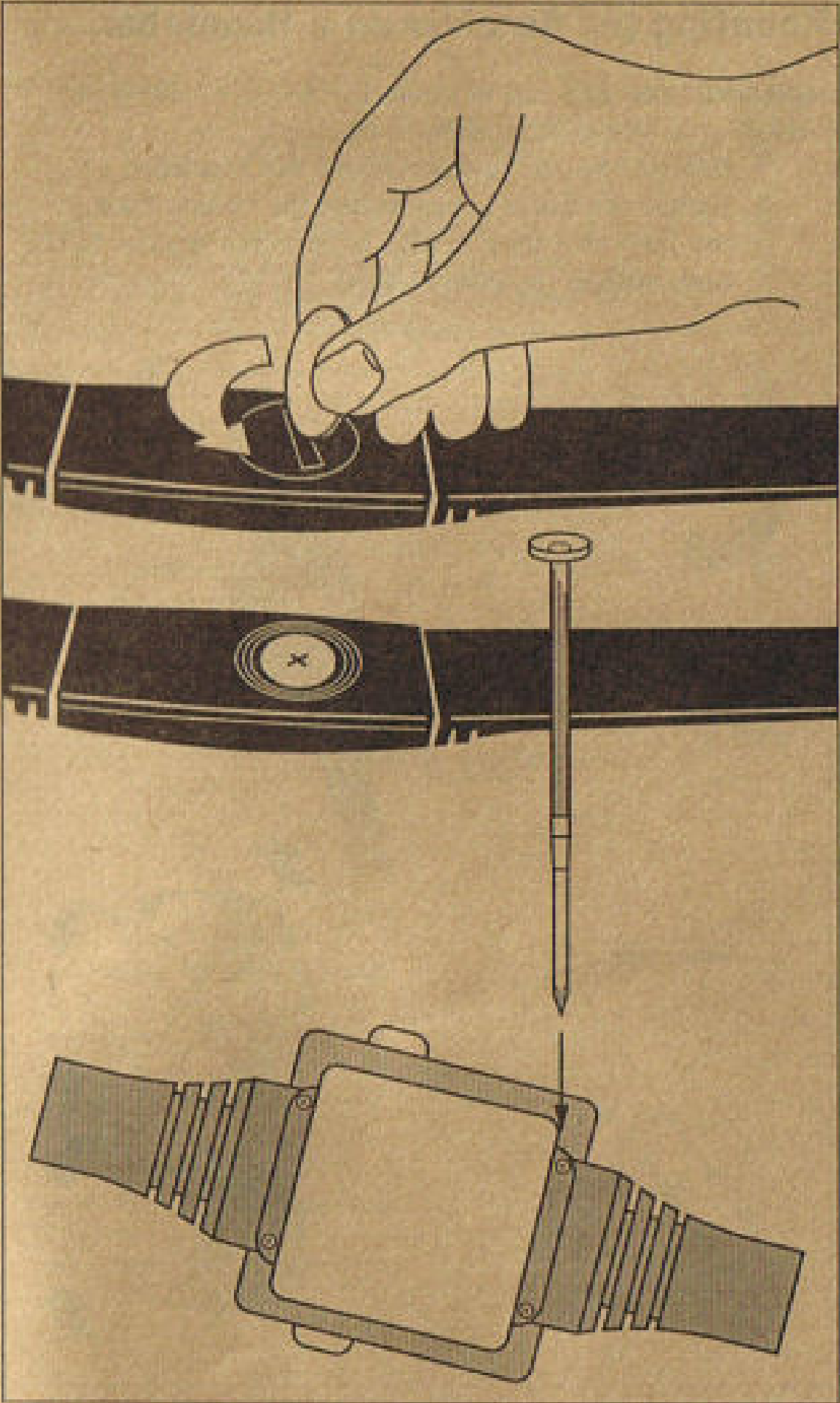
Replacing the transmitter battery

1. Using a coin, unscrew the battery cover by turning it counter-clockwise (as shown on the next page). Note the arrows on the cover.
2. Remove the old battery.
3. Insert a new battery (with positive "+" up).
4. Replace the battery cover by lining up the cover with the slots and turning the cover clockwise with a coin. Be careful not to damage the rubber seal!

Replacing the watch receiver battery

It is recommended that you go to a jewelry store to have the battery replaced!

1. Using a Phillip's-head screwdriver, unscrew the four small screws that hold the back in place (as shown on the next page).
2. Remove the old battery.
3. Insert a new battery (with positive "+" up).
4. Replace the battery cover and tighten the four screws. Be careful not to damage the rubber seal!

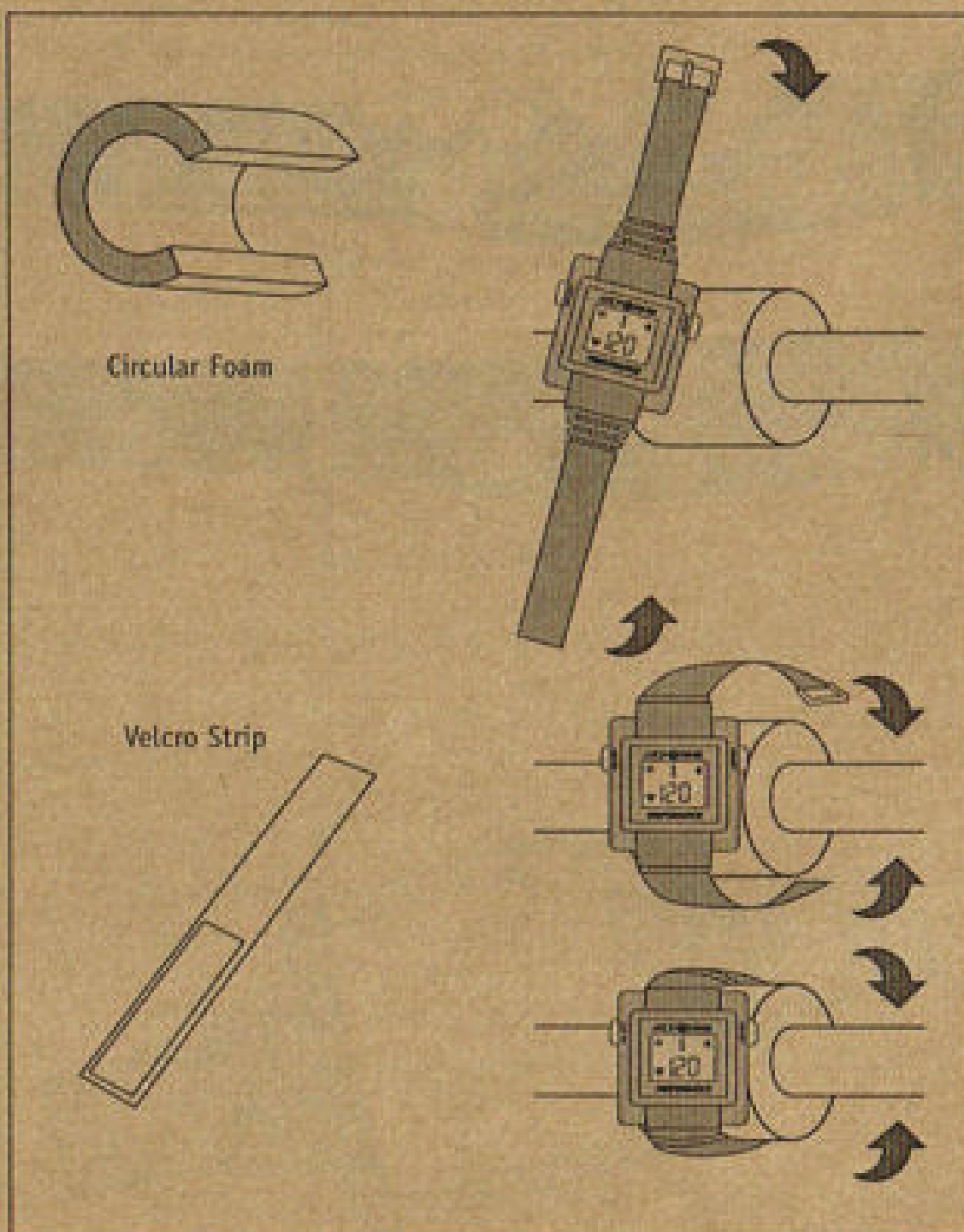


Technical Information






Mounting the Receiver on a Handlebar

Two adapters are included to mount the Axiom HR-40 watch receiver on a bike or other exercise equipment.

1. Position the circular foam around the handlebar.
2. Tighten the Velcro® strap around the circular foam.
3. Use the watch strap to attach the watch receiver to the foam adapter (as shown below).



Symbols

Heart Symbol	When a signal is received from the transmitter, the heart symbol flashes on the lower line.	
Arrows	Both arrows appear when your heart rate is within the high and low limits of the heart rate zone.	
Up Arrow	The up arrow flashes when your heart rate is above the high limit of the heart rate zone.	
Down Arrow	The down arrow flashes when your heart rate is below the low limit of the heart rate zone.	
Audible Alarm	A beep sounds with each heart beat if your heart rate is above the high limit or below the low limit of the heart rate zone.	

Technical Specifications

The following tables summarize the technical specifications for the Axiom HR-40 heart rate monitor.

Watch receiver specifications

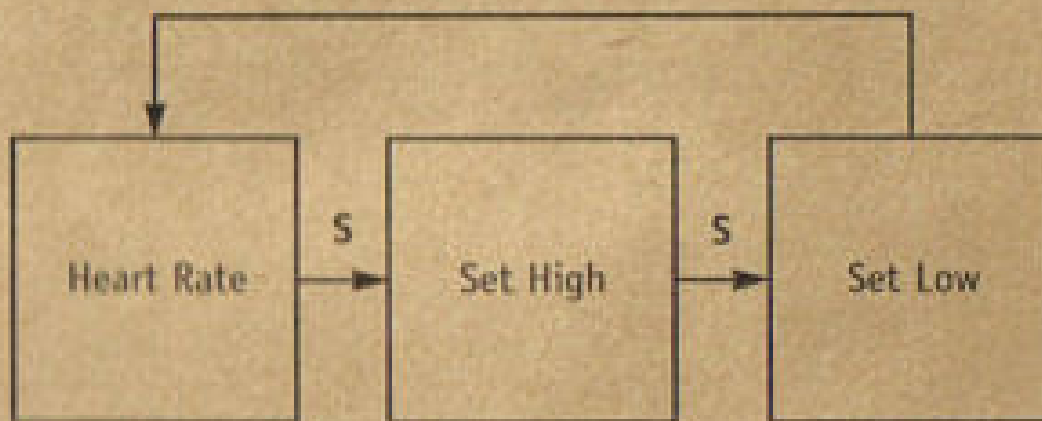
Heart rate range	30 to 240 beats per minutes (bpm)
High heart rate limit	80 to 240 bpm (in 1 bpm increments)
Low heart rate limit	30 bpm to the High limit (in 5 bpm increments)
Heart rate accuracy	+/- 1 bpm
Minimum Target Zone Width	5 bpm
Battery	3 volt lithium 2032 cell
Battery life	2 years (based on 45 minutes per day of monitoring)

Transmitter specifications

Emitted frequency	5 kHz +/- 10%
Battery	3 volt lithium 2032 cell
Battery life	1 year (used 45 minutes per day)
Range	80 cm maximum to watch receiver

Axiom HR-40 Functional Overview

Two Keys: S - Select/Watch Receiver On/Off
A - Adjust/Alarm



Long S Toggles Pulse On/Off
Long A Toggles Audio Alarm On/Off
Adjust Using Key A