

AXIOM™ HR400 Heart Rate Monitor

Owner's Manual



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Introduction

The wireless Axiom HR400 heart rate monitor calculates and displays heart rate information via radio frequency transmission from the chest transmitter to the watch receiver.

The Axiom HR400 provides the feedback you need in order to monitor your training, with functions that help you increase your fitness and performance.

Combined with an appropriate exercise program, the Axiom HR400 will help you:

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

The easy-to-read display and simple operation make the Axiom HR400 very user-friendly!

Caution: Before you start any exercise program you should consult a physician. If you have 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. Heart rate upper limit alarm (visible and audible)
4. Heart rate lower limit alarm (visible and audible)
5. Time spent in, above, and below the target zone
6. Time spent in, above, and below the target zone, expressed as a percentage of total workout time
7. Average heart rate in the target zone
8. Average heart rate for entire workout
9. Time of day (12 or 24 hr.)
10. Daily alarm
11. Month and day calendar
12. Stopwatch
13. Countdown timer with auto repeat option
14. Automatic heart rate recovery timing
15. Electroluminescent back-light

Special features

1. Automatically set maximum heart rate by inputting your age, or, program a specific value
2. All limits programmable in single beat increments
3. Each information screen can be viewed at any time during your workout
4. Easy-to-remember button commands make it easy to program and view
5. Transmitter battery is easily replaceable by the user

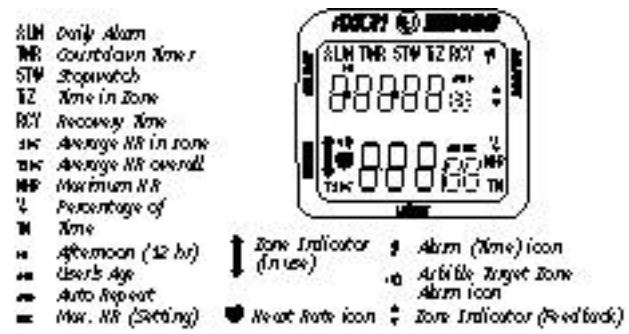


Figure 1. HR400 Display, all possible LCD segments on. Buttons are as marked on the display surround.

Button Commands and Important Tips

Not only does the Axiom HR400 have a variety of functions, it's also very easy to use. You only need remember a few basic button commands in order to set and reset values, and to toggle between the main screens (please refer to the HR400 logic diagram on pages 10–11 for the complete range of screens).

To go from any of the five main screens to another press the Mode button. The Mode button will cycle the HR400 from Time of Day, to Daily Alarm, to Countdown Timer, to Stopwatch, to Time in Zone, and back to Time of Day.

To enter Set Up mode: in any main screen (except Time in Zone), press and release the Select button. To continue through each of the set up screens, continue to press and release the Select button. Note: if the Countdown Timer is activated, you will not be able to access its set-up screen. Further, to change a number in a set up screen, press the Adjust button.

To back up to a previous screen from any set-up screen: press and release the Light button. The back-light will only illuminate in a main screen and will not illuminate in a set-up screen.

To move from a set-up screen to the corresponding main screen: press and hold the Light button.

The following set-up instructions will take you through the entire set-up procedure from beginning to end. If you'd like to program a single function, go to the main screen for that function and press and release the Select button. Once in the set-up screen for the specific function, use the Adjust button to modify the value. To return to the main screen, press and hold the Light button.

If you accidentally find yourself in a set-up screen and don't want to modify the value, remember that all you have to do is press and hold the Light button to go back out to the main screen!

Important Tips

1. You must make a long press of the Mode button (in any main screen except Daily Alarm) before you can get heart rate readings.
2. If you get into a set up screen by mistake, a long press of the Light button will always get you back to a main screen. Successive presses of the Mode button will scroll you through all main screens.
3. For proper heart rate readings, it is critical that there be sufficient moisture (water) between the electrodes on the transmitter and your skin. Insufficient moisture can cause no reading, frozen readings or erratic readings.
4. Time in Zone data is accumulated only when the Stopwatch is running. Activate the Stopwatch at the start of your workout.
5. When using a wireless heart monitor near computers, motorized gym equipment, electric motors, power lines, inside of automobiles, televisions and even fluorescent bulbs, erratic readings may occur.
6. You can wear the Axiom heart monitor when swimming, but do not push any of the buttons while the receiver (watch) is underwater.

Positioning the Chest Band/Transmitter

1. Adjust the strap length to achieve a snug, comfortable fit.
2. The transmitter should face outward as shown in Fig. 2, with the band fitting comfortably on the bare chest just below the breast.
3. Center the transmitter on the chest (with the Axiom logo right-side up).

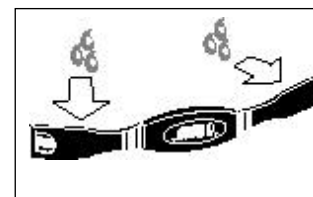
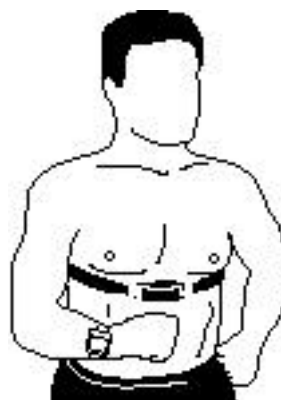


Figure 2. Correct Transmitter location on chest, detail of moistening electrodes.

4. Moisten the rubber electrodes on the inside of the transmitter (chest band) with water or saliva.
5. Attach the receiver to your wrist or mount it on your bicycle (see bicycle mounting instructions below).
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 band. Make sure there is sufficient moisture between the electrodes and your skin. The rubber electrodes must be flat against the skin, and the band must be in the correct position—not too low. Check that the band is clean, with no accumulated sweat or dirt.

Mounting the Receiver on Your Bike

Your HR400 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 HR400 receiver may now be installed over the Strap as you would attach it to your wrist.

Setting Up Your HR400 for Use

Note: Unless noted otherwise, all instructions to press a button call for a quick press and release.

Displaying your Heart Rate

When in any main screen (except Daily Alarm), press and hold the Mode button to activate the heart rate function. The heart symbol and a "zero" heart rate will appear.

After a few seconds, provided that you are wearing the transmitter chest belt, the lower display row will then show your heart rate and a flashing heart icon. The upper display row continues to show main screen information. On the left side of the screen is a bar with arrows on each end. If all three segments are displayed, this indicates that your heart rate is within the target zone. If the bar and the "up" arrow are displayed, you are operating above the target zone, and if the bar and the "down" arrow are displayed, you are operating below your target zone. Target zone set-up is discussed on page 12. The display will also show your heart rate expressed as a percentage of your maximum heart rate (except in the Time in Zone screen, where the percentage of your workout in the zone is displayed instead). The set-up screen to enter your maximum heart rate is done later in the set-up sequence.

To deactivate the heart rate function press and hold the Mode button. A long period of inactivity (with no heart rate signals and no button presses for two minutes) will cause the receiver to switch off automatically.

Note: Even when the receiver is deactivated, the transmitter will continue to send a signal when it is being worn. To conserve transmitter battery power, the transmitter belt should be removed when not in use.

Time of Day and Date with Heart Rate

Press the Mode button until the time of day is displayed (see Fig. 4). If the heart rate function has been activated (by a long press of the Mode button), current heart rate and percentage of maximum heart rate will be displayed instead of the date. Once the Heart Rate function has been activated, the date is not visible from any screen. If you wish to see the date, you must deactivate the Heart Rate function with a long press of the Mode button.

Press and hold the Adjust button to toggle between the 12- and 24-hour formats. If the 12-hour format is selected, the "PM" symbol will be displayed for times after noon.

If no buttons are pressed, the Time of Day screen will automatically reappear after a few seconds.

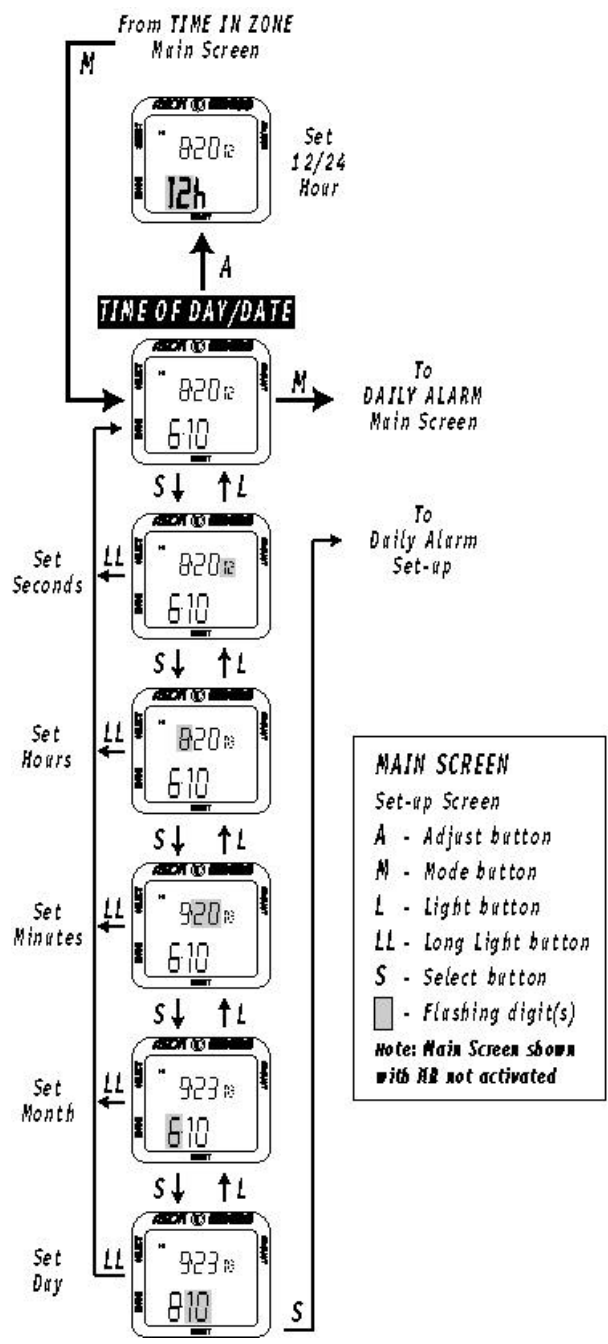


Figure 4. Time of Day/Date Main Screen and Set-up screens.

Setting the Time of Day and Date (Main Screen #1)

Note: At any time while in the set-up screens, a press of the Light button sends you back to the previous screen. At any stage of the set-up procedure, press and hold the Light button to return to the main screen.

1. When in the Time of Day screen, press the Select button to enter the time set-up screen (see Fig. 4). The seconds will flash. Press the Adjust button to zero the seconds.
2. Press the Select button again to set the hours. The hours will flash. Press the Adjust button to advance the hours. Holding the Adjust button causes the hours to increase rapidly.
3. Press the Select button again to set the minutes. The minutes will flash. Press the Adjust button to advance the minutes. Holding the Adjust button causes the minutes to increase rapidly.
4. Press the Select button again to set the month. The month will flash, press the Adjust button to advance the month. Holding the Adjust button will cause the month to increase rapidly.
5. Press the Select button again to set the day, and set the day of the month in the same manner as setting the month.
6. From the Day set-up screen, one more press of the Select button advances to the Daily Alarm set-up screen.

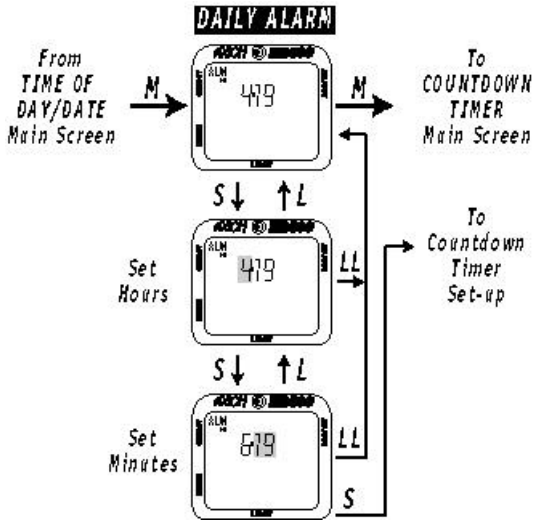


Figure 5. Daily Alarm Main Screen and Set-up screens.

Setting the Daily Alarm (Main Screen #2)

You can set the Daily Alarm either at the end of the month-day set-up, or directly from the Daily Alarm main screen. From either screen, press the Select button (see Fig. 5).

1. When in the Daily Alarm set-up screen, the hours will flash. Use the Adjust button to set the desired hour. Press and hold the Adjust button to increase the hours rapidly.
2. Press the Select button again, and the minutes will flash. Use the Adjust button to set the desired minutes. Press and hold the Adjust button to increase the minutes rapidly.
3. Press the Select button again to enter the Countdown Timer set-up screen.

Setting the Countdown Timer (Main Screen #3)

You can set the Countdown Timer after the Daily Alarm set-up, or directly from the Countdown Timer main screen. From

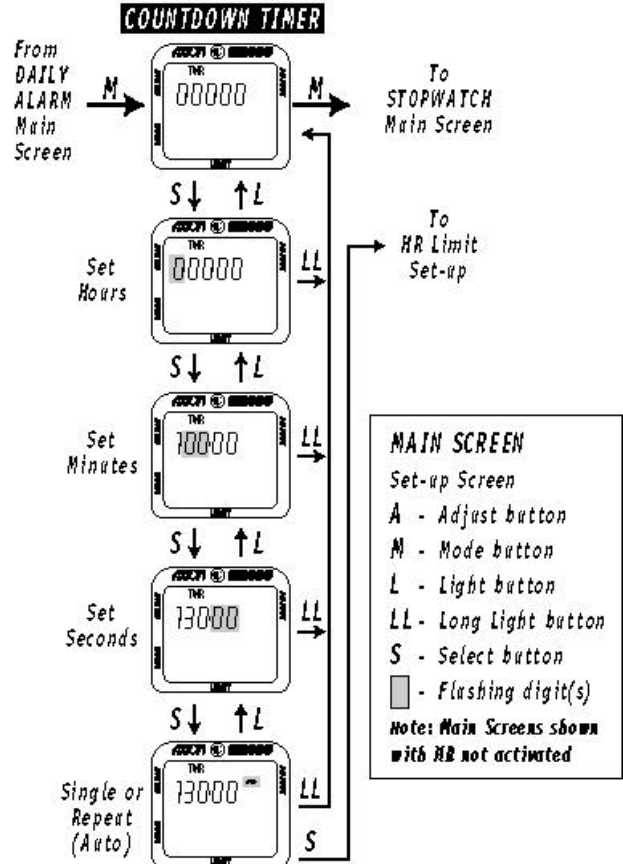
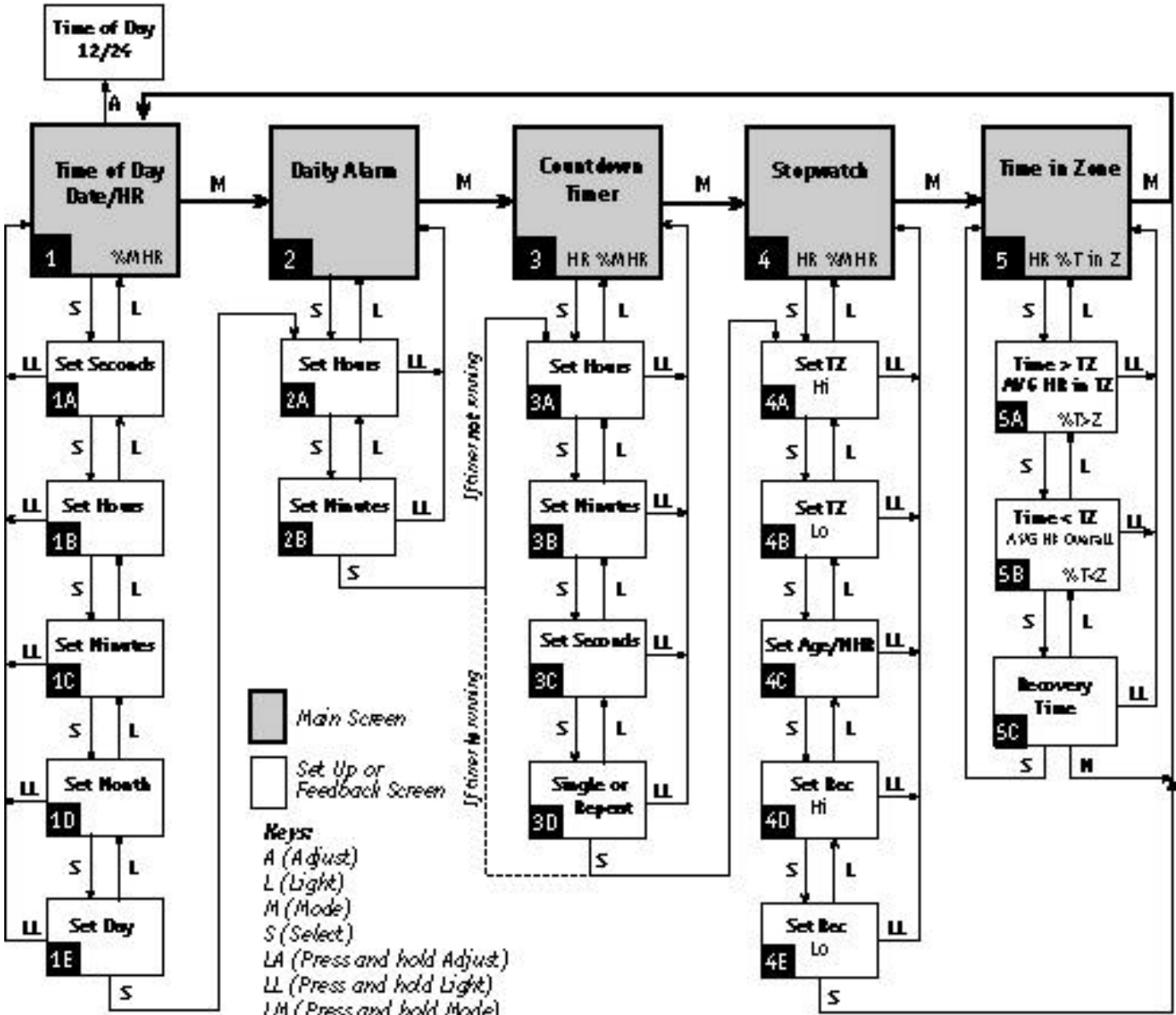


Figure 6. Countdown Timer Main Screen and Set-up screens.



Notes:
 In screens 1, 3, & 5 LL toggles heart rate signal ON/OFF (Auto OFF also)
 In screen 1 LA toggles 12/24-hour time format
 In screens 1, 3, & 5 LS toggles the Hi/Lo audible alarm ON/OFF
 In screen 4 A START/STOPS stopwatch, LA resets (TZ accumulates only when the stopwatch is running)
 In screen 5, 5a & 5b L display time in, above, below zone, avg. heart rate readings provided stopwatch is not running

either screen, press the Select button (see Fig. 6). Note: The timer must be turned off to set it (see page 17) and it cannot be set for less than 10 seconds. If the Heart Rate function has been activated it will disappear from the screen during set up.

1. To set the Countdown Timer, press the Select button. The hours will flash. Press the Adjust button to advance the hours. To advance rapidly, press and hold the Adjust button.
2. Press the Select button again, and the minutes will flash. Press the Adjust button to advance the minutes. To advance rapidly, press and hold the Adjust button.
3. Press the Select button again, and the seconds will flash. Press the Adjust button to advance the seconds. To advance rapidly, press and hold the Adjust button.
4. Press the Select button again to enter the Auto-Repeat/Single selection screen. Press the Adjust button to toggle between Auto and Single. When Auto-Repeat is enabled, the word "Auto" appears. In single mode the position is blank.

The Auto-repeat ("Auto") function means the timer will continually recycle for the pre-set time each time the timer counts down to zero. At that point, the unit will emit a series of beeps for 10 seconds to let you know a new cycle has started. The beeper can be silenced by pushing any button. Further, "single" means the timer will count down from the pre-set value and stop at 0:00:00.

Another press of the Select button will bring you to the heart rate training zone limit set-up screen.

Setting Your Heart Rate Target Zone

From the Countdown Timer set-up screen or the Stopwatch main screen (Main Screen #4), press the Select button (see Fig. 7). In the Target Zone set-up screen, the high limit will be flashing, and will be displayed in the upper row. The low limit will be displayed in the lower row. The "up" arrow will be showing, indicating that a press of the Adjust button will modify the high limit. If you have already entered your age or maximum heart rate (see page 14), the high limit will accurately be displayed as a percentage of your maximum heart rate.

1. Press the Adjust button to increase the high limit in single beat increments. Press and hold the Adjust button to rapidly increase the high limit. The displayed percentage of maximum heart rate will change as the high limit changes, so you can also set the high limit by percentage of maximum heart rate (the maximum heart rate value must first be programmed, see p. 14).

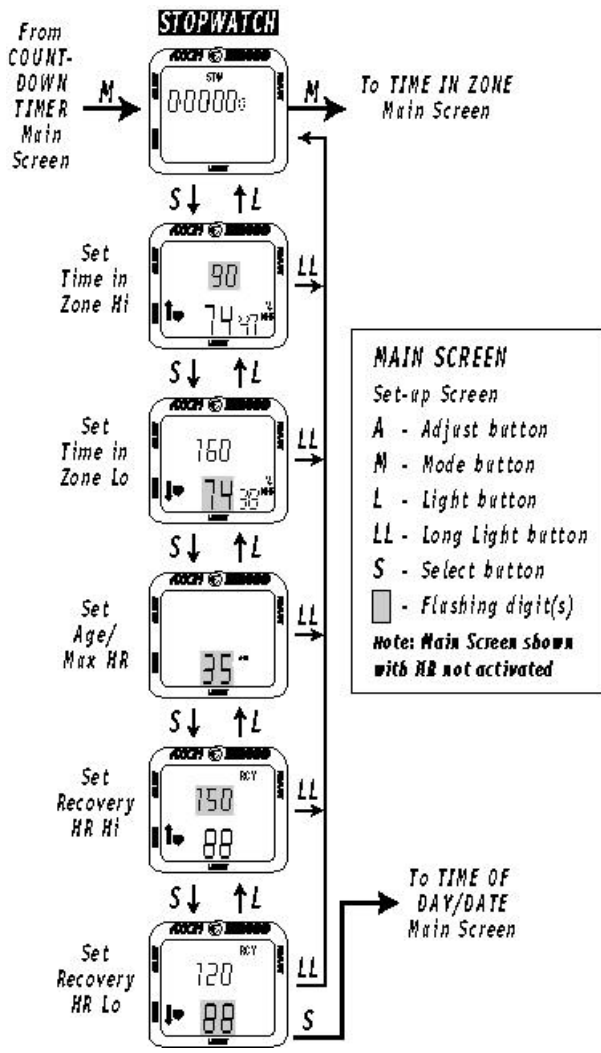


Figure 7. Stopwatch Main Screen and Set-up screens.

2. When the high limit has been set, press the Select button to advance to the low limit. The "down" arrow will be displayed and the lower row of digits will flash. If you have already entered your age or maximum heart rate, low will accurately be displayed as a percentage of your maximum heart rate.
3. Press the Adjust button to decrease the low limit in single beat increments. Press and hold the Adjust button to rapidly decrease the low limit. The displayed percentage of maximum heart rate will change as the low limit changes, so you can also set the low limit by percentage of maximum

heart rate (the maximum heart rate value must first be programmed, see p. 14).

Note:

- There must be a minimum of a five beat-per-minute difference between the high limit and low limit. Whenever a new high limit setting is entered, you may need to reset the low limit as well.
- If no values are entered within a few minutes the screen will revert back to the Stopwatch ("STW") main screen (#4).

Press the Select button to advance to the Maximum Heart Rate set-up screen.

Setting Your Maximum Heart Rate

A maximum heart rate value is required for the HR400 to accurately calculate and display the current heart rate as a percentage of maximum heart rate.

In the AGE/MHR screen (see Fig. 7), enter user age or maximum heart rate (if known). If age is entered, the HR400 will calculate an approximate maximum heart rate (the unit calculates your maximum heart rate as: $\text{Max HR} = 220 - \text{AGE}$).

1. Press the Adjust button to advance the flashing digits. When the digits are below 100, "AGE" will be displayed (and the number will be interpreted as an age). When the digits are above 100, "MHR" is displayed (and the number will be interpreted as a maximum heart rate). To increase the digits rapidly, press and hold the Adjust button.

The total age range is from 10 to 99, and the actual maximum heart rate value setting range is from 121 to 240.

Note: if no values are entered within a few minutes the screen will revert back to the Stopwatch ("STW") main screen (#4).

2. Press the Select button to advance to the Recovery set-up screen.

Setting the Recovery Timer Upper and Lower Limits

The Axiom HR400 automatically measures the time it takes for your heart rate to descend from the preset high recovery limit to the preset low recovery limit. When your heart rate crosses the threshold below the high recovery limit, the recovery timer starts. When your heart rate falls below the low recovery limit, the recovery timer stops. When this happens, the HR400 will emit a series of rapid "bleeps" and the current screen contents are temporarily replaced with the recently measured recovery time (which will be displayed for

Recovery Heart Rate Time

What is recovery heart rate time? Why would you want to know your recovery time? Recovery time refers to the time it takes for your heart rate to go from a higher reading to a lower one after you have finished your workout, and if used in a consistent way tells you something about your fitness level. In general, as your recovery time decreases, your fitness is improving. Or, for example, if you have a particularly slow recovery time after a workout, it may indicate that you're more tired, or overtrained.

One thing to remember is that when using recovery time as a measure of fitness, it's only a measure of your fitness relative to an earlier state. It is not at all useful to compare rates from one person to another. Also, for the relative measurements to be meaningful, you should compare readings only after a similar intensity workout on the same course. A hard day in the hills will give you a very different reading than an easy day on the flats. Your activity level during your cool down period will affect the recovery time.

The setting of the upper and lower limits of the recovery heart rate function will depend on the heart rate range that you will be exercising in. As an example, let's assume you have set the upper and lower target zone settings at 160 beats per minute (bpm) and 130 bpm respectively, and that your resting heart rate is normally around 60bpm. You might want to set your recovery limits at 100bpm for the high and 85bpm for the low. If you set the lower recovery limit too near your resting heart rate, the recovery phase may take hours, instead of minutes.

We recommend that you experiment with values that will make the recovery time a useful number for your application. Again, it's only a comparative value with your earlier efforts, and not a meaningful number in itself.

six seconds). This recovery time is also available in the Recovery Time screen, which can be accessed from the Time in Zone main screen. ***Note: Any stored recovery time value will automatically be cleared the next time your heart rate goes above the high recovery limit.***

When the recovery timer is running, the "RCY" icon will flash and be visible in all main screens.

1. To enter the Recovery Timing set-up screen from the User's Age/Maximum Heart Rate set-up screen (see Fig. 7), press the Select button. In the Recovery Timer set-up screen, the high recovery limit will be flashing, and will be displayed in the upper row, and the low recovery limit will be displayed in the lower row. The "up" arrow will be

showing, indicating that a press of the Adjust button will modify the high recovery limit.

2. Press the Adjust button to increase the high recovery limit in single beat increments. Press and hold the Adjust button to rapidly increase the high recovery limit.

3. When the high recovery limit has been set, press the Select button to advance to the low recovery limit. The "down" arrow will be displayed and the lower row of digits will flash.

4. Press the Adjust button to decrease the low recovery limit in single beat increments. Press and hold the Adjust button to rapidly decrease the low recovery limit.

Note: *There must be a minimum of a five beat-per-minute difference between the high recovery limit and low recovery limit. Whenever a new high recovery limit setting is entered, you may need to reset the lower limit as well.*

5. If you prefer not to have the recovery function operational you can effectively disable the function simply by setting the high limit at 35bpm, and the lower one at 30bpm.

6. To leave the Recovery Timer set-up screen, press the Select button. You will return to the Time of Day main screen. If you have been doing the entire set-up sequence, set-up is now complete.

Using Your Axiom HR400

Countdown Timer

1. To operate the Countdown Timer (see Fig. 9), you need to have entered values in the set up screens. Go to the Countdown Timer Main Screen (#3). The "TMR" icon will show on the screen. If the heart rate function has been activated, current heart rate and % of maximum heart rate will also appear on the screen.

Figure 8. Countdown Timer activated (shown with heart rate activated).



2. To start/stop the countdown timer, press the Adjust button. When the countdown timer is running, the "TMR" icon will flash in all main screens. You can start, stop and clear the countdown timer only from the Countdown Timer main screen.

When the countdown timer runs down to zero, the alarm sounds for 10 seconds. The alarm can be silenced by pressing any button (the normal function of that button will not be performed). After the countdown timer runs down to zero, it is automatically reset to the countdown time. If the optional Auto-Repeat function has been selected, the countdown timer automatically restarts.

3. To clear the countdown timer (to zero) and to disable the alarm, press and hold the Adjust button while in the Countdown Timer main screen. The timer must be deactivated in order to clear the timer value. This completely clears the countdown timer and it will not run until a new countdown time value has been entered.

Stopwatch (Main Screen #4)

1. To operate the stopwatch: From any main screen, press the Mode button until you reach the Stopwatch main screen (see Fig. 9). The "STW" icon will show on the screen. If the heart rate function has been activated, current heart rate and percentage of maximum heart rate will also be shown.

2. To start the stopwatch, press the Adjust button. To stop the stopwatch, press the Adjust button again. Once the stopwatch is stopped, it can be reset by pressing and holding the Adjust button (when you hold the Adjust button, the stopwatch will initially start running, but will soon

Figure 9. Stopwatch (shown with heart rate activated).



reset). The stopwatch can be started, stopped, and reset only from the the Stopwatch main screen.

When the stopwatch is running, the "STW" icon will flash in all main screens.

Please note: Information accumulation of time spent in, above, and below the target zone will only occur when the stopwatch is activated. However, when the stopwatch is cleared, accumulated heart rate data is not reset. To reset accumulated heart rate data, see p. 20.

Time in Zone/Data Feedback Screens (Main Screen #5)

In order to use the Data Feedback functions, the stopwatch must have been activated during your workout (also, you can view the feedback screens at any time during your workout).

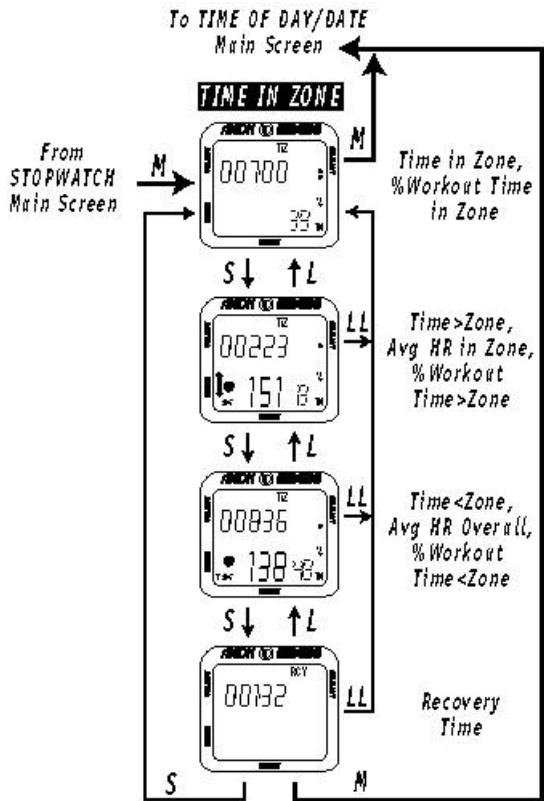
Data Feedback functions:

- Time in target zone
- Time above and time below the target zone
- Time in each zone as a percentage of total time
- Average heart rate while in the target zone
- Average heart rate for the total accumulated exercise time
- The most recent recovery time.

Please refer to Fig. 10.

1. From any main screen, press the Mode button until you reach the Time in Target Zone main screen. The "TiZ" icon will show on the screen. The time spent in the target zone is displayed. This time (displayed in hours, minutes, seconds) accumulates automatically whenever the user's heart rate falls within the programmed target zone, but only if the Stopwatch has been activated.

Also displayed on this screen is the current heart rate (if heart rate monitoring is activated) and the target zone arrow. The time in the target zone is also displayed as a percentage of the total exercise time. The two small arrow



MAIN SCREEN
 Set-up Screen
 A - Adjust button
 M - Mode button
 L - Light button
 LL - Long Light button
 S - Select button
Note: Main Screen shown w/HR not activated

Figure 10. Time in Zone Main Screen and Feedback screens.

icons on the right hand side of the screen indicate that this screen is the "in the zone" screen.

2. Press the Select button to go to the Time Above Target Zone and Average Heart Rate screen. The percentage of the total exercise time spent above the target zone is displayed, along with the average heart rate for the time spent in the target zone. The maximum duration over which the average

heart rate can be calculated is 9 hours, 59 minutes and 59 seconds. Average heart rate is updated every 10 seconds. The "AVG" icon is displayed. The small *up* arrow icon on the right hand side of the screen indicates that this screen is the "above the zone" screen.

Press the Select button to go to the Time Below Target Zone and Total Average Heart Rate screen. The percentage of the total exercise time spent below the target zone is displayed, along with the average heart rate for the entire session. The "TAVG" icon is displayed. The small *down* arrow icon on the right hand side of the screen indicates that this is the "below the zone" screen.

Note: *The maximum data accumulation time for all zones (in, above and below) is 9 hours, 59 minutes, 59 seconds. After that time, all values in the Data Feedback screens will flash, and there will be no further calculation, until the "TiZ" screens are cleared.*

To clear data from all of the above three screens, press and hold the Adjust button while in any of the three screens. The screens cannot be cleared while the stopwatch is running.

Press the Select button again to display the most recent heart rate recovery time. To reset the recovery timer to zero from this screen, press and hold the Adjust button.

Activating and Deactivating the Alarms

Daily Alarm - To toggle the alarm on and off, press and hold the Adjust button while in the Daily Alarm main screen. The alarm icon will appear on the upper right corner of the display while the alarm is activated (see Fig. 11). The Alarm can only be toggled on and off from the Alarm main screen (#2). It can not be toggled on and off during set-up.

Figure 11. Daily Alarm activated.



The alarm will sound for one minute, unless silenced by pressing any button. Note: When you press a button to silence the alarm, the normal function of the button will *not* be performed.

Target Zone Limit Alarm - To activate the Target Zone Limit Alarm, press and hold the Select button while in any main screen *except* Daily Alarm. The Target Zone Alarm can only

be activated while the heart icon is displayed. The alarm icon will be displayed above the heart icon (see Fig. 12). A tone will sound in rhythm with your heart beat when you are above or below your Target Zone. To deactivate the alarm, press and hold the Select button until the alarm icon disappears from the screen.

Figure 12. Target Zone Alarm activated (shown on Stopwatch main screen).



Back-Lighting

In all five of the main screens, press the Light button to activate the electroluminescent back-light for four seconds.

Note: *The back-lighting feature does not work in the set up screens.*

Replacing Batteries

Transmitter

Unscrew the battery compartment counterclockwise, using a coin (see Fig. 13). Before you remove the old battery, note its orientation. Please be sure that the new battery is inserted with the same orientation (with the positive pole upwards and the negative pole against the battery compartment spring). To maintain water resistance, make sure the rubber O-ring is in place.

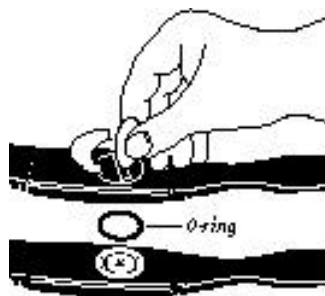


Figure 13. Changing the transmitter battery, remember to replace O-ring correctly.

Watch Receiver

The battery in your HR400 is replaceable, however, we recommend that you take it to a jeweler or watch repair shop for battery replacement to ensure that the water resistance is maintained.

Troubleshooting

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

a. Check to see that the chest band is tight enough. The band should be adjusted so that the electrodes are flat against your skin. You may have to move the band one way or another to find the best position for the transmitter.

b. Check to make sure that the electrode strips are thoroughly moistened with water or saliva. The transmitter will not function properly without moisture to make good electrical contact.

If you are wearing the transmitter over a shirt, make sure there is enough moisture to make the needed contact with the electrodes.

Accumulated sweat and dirt may interfere with clear reception of the signal from the skin to the transmitter. Check to see if your transmitter needs cleaning.

c. Be sure you have made a *long press* of the Mode button from the appropriate screen.

d. Check the battery in your transmitter.

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

When exercising with your Axiom HR400 heart rate monitor you may come within range of electromagnetic signals, causing the heart rate reading to elevate to abnormal levels. Common sources of electromagnetic signals are high voltage power lines and motor driven equipment. Signals from other users transmitter belts (within 80 cm) can also cause incorrect readings. Check your surroundings and move away from the source.

Axiom HR400 Specifications

Watch/Receiver

Stopwatch resolution: 0.1 sec

Maximum stopwatch time: 9 hr 59 min 59.9 sec

Maximum countdown time: 9 hr 59 min 59 sec

Countdown timer resolution: 1 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

High heart rate limit range: 80 to 240 bpm in steps of 1 bpm

Low heart rate limit range: 30 to 235 in steps of 1 bpm
(or 5 bpm lower than high limit setting)

High recovery heart rate: 35 to 200 bpm

Low recovery heart rate: 30 to 195 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

Back-light 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 $\pm 10\%$

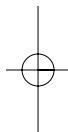
Battery: 3 volt Lithium 2032 cell

Battery life: 2 years when used 60 min/day

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

For Technical Assistance Please Call:

Tech Support Line 1-800-553-8324



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One Performance Way
Chapel Hill, NC 27514
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Made in Taiwan