
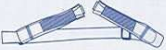





### READ ME FIRST

For accurate readings and best performance, please read the following suggestions:

- ★ Skin types and heart rate signals differ in people. You may need to take some time to be familiar with the transmitter strap to achieve stable signals. Please be patient, especially during the cold, dry winter months.
- ★ Dehydration and alcohol consumption can effect the detection and accuracy of the heart rate display. For accurate readings it is advised to wait until your body condition stabilizes before using the transmitter.
- ★ Body hair can effect the detection and transmission of heart rate signals. If necessary trim or shave chest hair where the transmitter sensing electrodes will contact your skin.

### ACCESSORIES & ATTACHMENTS

-  Heart Rate Transmitter
-  Fabric Band Strap
-  Battery Cover
-  O-Ring
-  CR2032 3v Lithium Battery

### WEARING THE TRANSMITTER:



**Step 1.**  
Moisten both ends of the electrode sensing area of fabric strap under cool running tap water.  
(Application of ECG gel is also acceptable)  
(DO NOT APPLY VASELINE.)



**Step 2.**  
Connect the sensing belt to one end of the Heart Rate Transmitter.  
(Patented "Error Free" connector system.)



**Step 3.**  
Pull the transmitter belt around your chest area and connect the belt to the remaining end of the Heart Rate Transmitter.



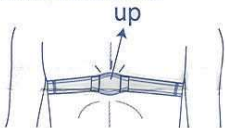
**Step 4.**  
Once the connectors are attached to the transmitter, adjust the transmitter for a snug fit against your skin just below the chest area centered for best transmission.

### PRECAUTIONS

- ★ This transmitter strap is a fitness accessory. It is used to measure your heart rate during physical activity when your body is in a good state of health. It is NOT a medical device, nor is it intended for medical diagnostic purposes.
- ★ DO NOT put on the heart rate transmitter if you are using any device to adjust or aid your heart rate (i.e Pacemaker)

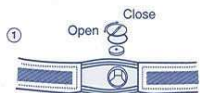
### PATENTED LED INDICATOR:

Rapidly confirm operation of transmitter from the flash of LED indicator.  
(If the Flash is irregular, please re-adjust the transmitter position as shown in step 4 until a stable readout is achieved.)

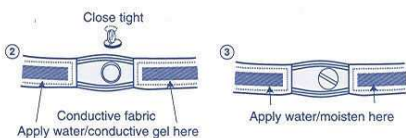


### BATTERY INSTALLATION:

Insert the supplied CR2032 3V Lithium battery, positioning it as shown below. Place the battery O-Ring and the battery cover into the case. Tighten the cover with a coin or similar object.



Make sure to close the battery cover very tightly to prevent sweat and moisture from corroding the battery composition.



### WARNING:

1. The fabric belt must be removed from the transmitter unit before hand washing in mild soap.
2. Thoroughly rinse the belt and simply hang the belt in a cool place to dry. Do not expose the transmitter to direct sunlight or heat for too long a period.
3. High voltage power lines, television signals, motors, motor driven exercise equipment, cell phones and any other high frequency electromagnetic interference may influence or prevent proper heart rate transmission from the belt.
4. The transmitter is water resistant up to 10 meters but this is not a diving instrument and should not be worn under water. Fresh water and saltwater environments are extremely conductive. This may cause the sensing electrodes to give erratic or no detection during water activities.

### Important:

This product is intended only for the purpose of displaying heart rate during physical activity and cannot predict intensity level that is safe for you. It is not a medical device, nor is it intended for medical diagnostic purposes. Before you begin any exercise program, consult your doctor.

### Specification:

Battery Type: CR2032 3V Lithium Battery  
Expected battery life: 1 year(1hr/day,7days/week)  
Operating temperature: 23°F to 122°F / -5°C to 50°C  
Water resistance: 10 meters  
Made in Taiwan

### TROUBLESHOOTING:

- ★ **No LED Display**
  - Replace transmitter battery (CR2032).
  - Moisten the electrode sensing area of the fabric strap.
- ★ **No Heart Rate Or "ZERO" Display**
  - Move watch closer to transmitter.
  - Re-wear it as instructed.
  - Stay away from power lines or other electromagnetic sources.
  - Moisten the electrode sensing area of the fabric the strap
- ★ **Irregular Heart Rate**
  - Re-wear it as instructed.
  - Stay away from power lines or other electromagnetic sources.
  - Moisten the electrode sensing area of fabric strap
  - Avoid using the watch display outside of the following temperature range 0°C-55°C. (Slow or black display may occur.)

### NOTED:

1. Detach the Heart Rate Transmitter from the strap when not in use.
2. Product guarantee does not cover damage due to misuse, accidents, non-compliance with precautions and maintenance as instructed in this manual including cracked or broken casings and or sensing strap.
3. Do not add any creams i.e vaseline, grease, oil etc to the slide on connectors as this may cause poor to non conductivity. Poor to no readout of heart rate may occur.

**mcblau**  
sport & health solutions