MB-X5-Pacer quick guide

TIME mode

B4 / B1 / B3 / B2
19-10
11:30
32

B1: Show wake up alarm
B2: Show date
B3: Change mode
B4: Light
B4(2 seconds): enter time setting

B4 / B1 / B3 / B2
24h
12:30
55

B1: Increment value
B2: Decrement value
B3: Exit
B4: Next value

Note: Time and date settings can be updated from Software

PACER mode

B4 / B1 / B3 / B2
PACE
3:30

wait 2s

B4 / B1 / B3 / B2

0:00 STOP

B1: Start stopwatch
B2:Stop stopwatch
B3: Exit (only in stopped stopwatch)
B4: Light

B4 / B1 / B3 / B2
L 1
68 BPM
6:43

Current Step
Heart rate
Time

B1: -
B2: Stop Pacer
B3: -
B4: Light

CHR mode

B4 / B1 / B3 / B2
Chr
3:30

wait 2s

B4 / B1 / B3 / B2

0:00 STOP

B1: Start stopwatch
B2:Stop stopwatch
B3: Exit (only in stopped stopwatch)
B4: Light

B4 / B1 / B3 / B2
12 kcal
68 BPM
6:43

Calories
Heart rate
Time

B1: Lap (shows lap and HR at lap for 5 seconds)
B2: Stop stopwatch (shows total time + Hrmax, HRavg and HRmin)
B3: -
B4: Light
B4(2seconds): ON/OFF Target zone alarm

FILE mode

B4 / B1 / B3 / B2
File
1

wait 2s

B4 / B1 / B3 / B2
10- 8
10:30
F 1

B1: Next file
B2:Prior file
B3: Exit
B4: Select file
B4(2seconds): Delete all files
(than press B2 to confirm deleting)

B4 / B1 / B3 / B2
tot
27"30'
24

B1: Next lap (shows lap time and HR at lap)
B2: Prior lap (shows lap time and HR at lap)
B3: Exit
B4: Return to file mode

PC mode

B4 / B1 / B3 / B2
PC

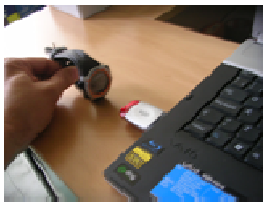
wait 2s

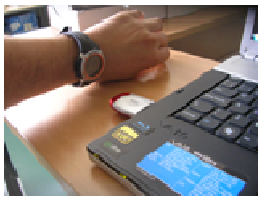
B4 / B1 / B3 / B2
SEND

PC mode (used with MAC Training Software)

- Download files
- Upload protocols
- Update user data
- Update time/date

Valids positions for PC communication





SET mode

B4 / B1 / B3 / B2
SET

wait 2s

B4 / B1 / B3 / B2
SET
00'05"
Mode

B1: Increment value
B2: Decrement value
B3: Exit
B4: Next value

Values:
Interval mode, Kcal index, HR rest, alarm lo, alarm hi

Note: valid Kcal index value is calculated by MB Training Software (Users template)
All settings can be updated from Software

mcblau
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