

Sport Pulse Ring

Instruction Manual

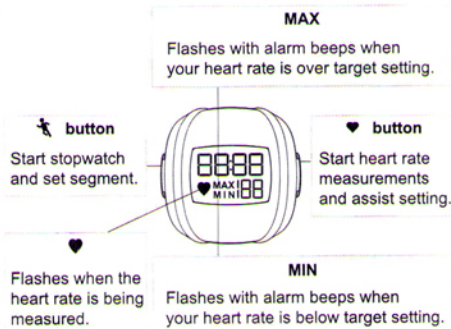
Thank you for using Pulse Ring heart rate monitor. This product is equipped with 3 functions: heart rate monitor, stopwatch and clock.

Features

This product is especially designed for fitness people featuring for:

- Continuous heart rate measurements and display.
- Upper and lower target heart rate limits with alarm beeps.
- Count-up time limit.

Product Overview



How to set your Pulse Ring ?

Hold down the button for 2 seconds to start setting segments.



1. ON/OFF the clock function

- ▶ Press button to select.
- ▶ Press button to next.

If " OFF " is selected, next step will be " 3. Count-up time limit ".

2. Minute and hour

- ▶ Press button to advance numbers.
- ▶ Press button to next.

3. Count-up time limit

- ▶ Press button to select time limit.
- ▶ Press button to next.

Ex: 00:30 indicates that stopwatch will auto-stop after 30 min from starting.

4. Minimum target heart rate limit

- ▶ Press button to set your minimum heart rate limit.
- ▶ Press button to next.

5. Maximum target heart rate limit



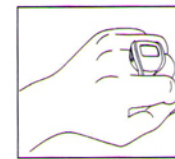
- ▶ Press button to set your maximum heart rate limit.
- ▶ Press button to next.

Setting completed. Press button to exit setting.

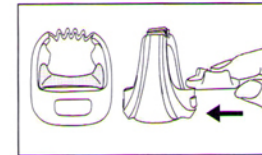
How to monitor your heart rate?

1. Press button to turn on measurements.
 2. The monitor starts to catch the signal. " --- " and flash.
 3. Display the current heart rate with flashing .
- To exit, press button again.

While the heart rate measurement is below or over the target, "MIN" or "MAX" flashes with alarm beeps, respectively.



For better performance, please wear Pulse Ring with any of your fingers which fits best. Keep it from moving or loosening while taking measurements.



You may attach the enclosed finger pad onto the battery cover for better fitting if necessary.

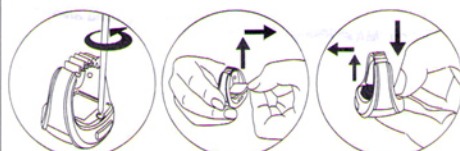
Error Message

"Err" flashes with alarm beeps when the signal is not caught within 30 seconds. "OFF" will then present, indicating that the heart rate monitoring function is stopped. Please refit your Pulse Ring and start again.

How to use stop watch?

1. Press button to activate stopwatch.
 2. Press button to start counting.
 3. Press button to stop counting.
- To resume, press button once. To exit, press button twice consecutively.

Battery Replacement

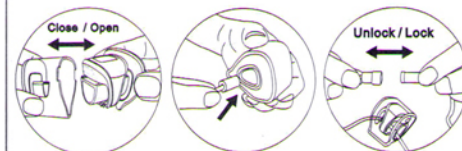


One 3V CR2032 Lithium battery is needed. Replace the battery when the color of reading display become lighter, or the monitor has no reaction by pressing any button.

Maintenance

We suggest wiping your Pluse Ring with furniture polish (wax) to refresh the unit.

How to use carry box and lanyard ?



1. Using your fingertip, pull out the cover by the groof on both up and down sides of carry box.
2. Put the lanyard through the hole on carry box with one end of the safety lock.
3. To lock or unlock the lanyard by using your fingers to pull out or push in the ends of safety lock.

Specification

Heart rate monitor	30 – 250 beats per minute.
Stopwatch	00:00:00 to 10:00:00(hrs:min:sec)
Real time clock	00:00:00 to 23:59:59(hrs:min:sec)
Operating temperature	-0°C to +50°C (32°F to 122°F)
Storage temperature	-20°C to +60°C (-4°F to 140°F)
Battery	One 3V CR2032 Lithium Battery
Contents	Pulse Ring (battery inside) Carry Box Lanyard with Safety Lock Spare Battery x 1 Instruction Manual

FC CE RoHS Made in Taiwan

Target Heart Rate Zone

To find your maximum heart rate, you can use the age formula, max HR = 220 – age.

Maximum heart rate, or max HR, is the highest number of heartbeats per minute (bpm) in an all-out effort. Training intensities can be expressed as percentages of max HR. There are three different exercise zones: Hard, Moderate, and Light.

HARD

Benefits: Maximizes performance capacity. Recommended for: Fit persons and for short exercise sessions.

MODERATE

Benefits: Improves aerobic fitness. Recommended for: Everybody, for sessions of moderate length.

LIGHT

Benefits: Manages weight and general wellness. Recommended for: Everybody, for longer sessions.

	max HR	LIGHT	MODERATE	HARD
AGE	100%	60-70%	70-80%	80-90%
20	200	120 - 140	140 - 160	160 - 180
30	190	114 - 133	133 - 152	152 - 171
40	180	108 - 126	126 - 144	144 - 162
50	170	102 - 119	119 - 136	136 - 153
60	160	96 - 112	112 - 128	128 - 144

Beats per minute

IMPORTANT ! Please be aware that these are general guidelines. Target zones will vary from person to person. For goal setting must consult a well qualified trainer who knows the individual.