

Transmitter & Belt



***Sonic Pulse is your BEST fitness product
that guides you to achieve your
physical goal & healthy lifestyle.***

HEALTH NOTICE

This product is for displaying heart rate during exercise only and cannot predict the intensity level that is safe for you. It is not intended for medical diagnostic purposes or for prevention of heart related health problems. Before you begin any exercise program, please consult your physician, especially if you have been inactive for a period of time, have a history of cardiac illness, smoke, have high blood pressure and/ or are over-weight. If you use a pacemaker, do not use a heart rate monitor until you consult with your doctor.

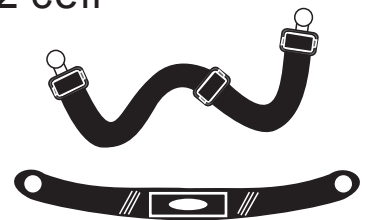
SPECIFICATIONS

Watch Receiver:

- | | |
|-------------------------|--------------------------|
| ○ Heart Rate Accuracy | ±1 beat per minute |
| ○ Operating Temperature | 0°C~ 50°C |
| ○ Storage Temperature | -14°C~ 70°C |
| ○ Battery | 3 volt lithium 2032 cell |
| ○ Weight | 50 grams |

Transmitter & belt:

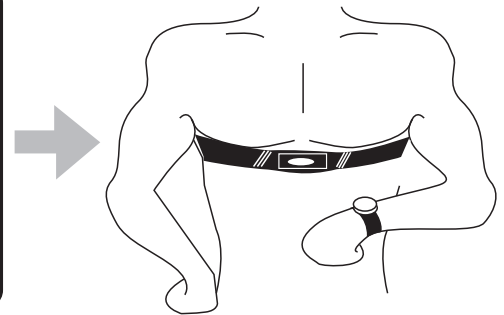
- | | |
|---------------------------|--------------------------|
| ○ Battery | 3 volt lithium 2032 cell |
| ○ Weight (including belt) | 80 grams |
| ○ Adjustable Chest Belt | |



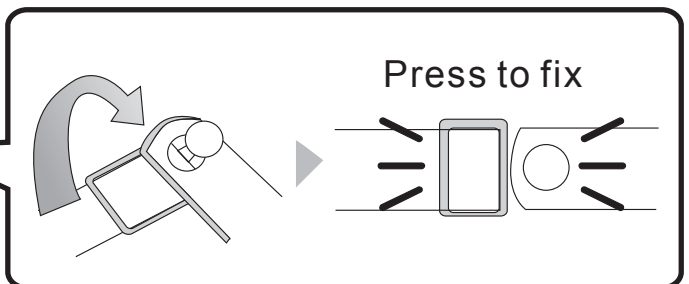
How to wear your Sonic Pulse

The transmitter should be positioned right below the breasts / pectoral muscles.

The strap should be comfortable, but secure.



Transmitter Elastic Strap



Note: Do not use Athletic Watch near high voltage power cables .

FEATURES:

- Time of Day (12/24h)
- Day / Date Calendar
- Stopwatch
- Alarmfunction (Time)
- Current/ Average/ Max. HR display
- EL Backlight
- Wireless ECG Measurement
- Large Easy-to-View LCD Display
- Ultra-Slim Ergonomic Chest Belt Transmitter
- State-of-Art attractive Wrist Watch design

Nightsight (Backlit Display Light)

Press the " EL " key to activate NIGHTSIGHT. To facilitate night time monitoring, the display will illuminate and the heart rate reading will " freeze" for 5 seconds.

Time/Date Function

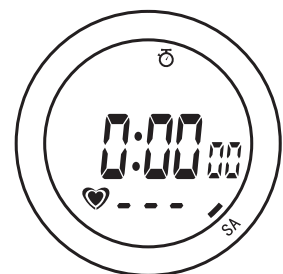


1. To set the time and date, press the [MODE] button till you get to the time/date function.
2. Press and hold the [SET] button for 3 seconds the the year digits would start flashing.
3. Adjust your year by pressing the [SET] (to count down) or [START/STOP] (to count up).
4. When the **year** is set, press the [MODE] button and the month-digits will then flash. Now press [SET] (to count down) or [START/STOP] (to count up).
5. When the **month** is set, press the [MODE] button and the day-digits will then flash. Now press [SET] (to count down) or [START/STOP] (to count up).
6. When the **day** is set, press the [MODE] button and the hour-digits will then flash. Now press [SET] (to count down) or [START/STOP] (to count up).
7. When the **hour** is set, press the [MODE] button and the minutes-digits will then flash. Now press [SET] (to count down) or [START/STOP] (to count up).
8. When the **minute** is set, press the [MODE] button and the time-digits will then flash. Now press [SET] to change the time system between 12h and 24h.
9. Noted thath the day of the week is displayed at the bottom of the watch and will be automaticly set according to the date and year selected.
10. Press [SET] button to select the 24-hour or the 12-hour. The "☾" icon represent nighttime and the "☀" icon represent daytime.

Note: If no changes (adjustment) are made after 1 minute, it will automaticly return to the main display.


STOPWATCH

1. Press the [MODE] key till you get to the stop watch function
2. To start the stopwatch, press the [START/STOP] key.
3. To stop the stopwatch, press the [START/STOP] key.
4. To reset, press the [SET] key.

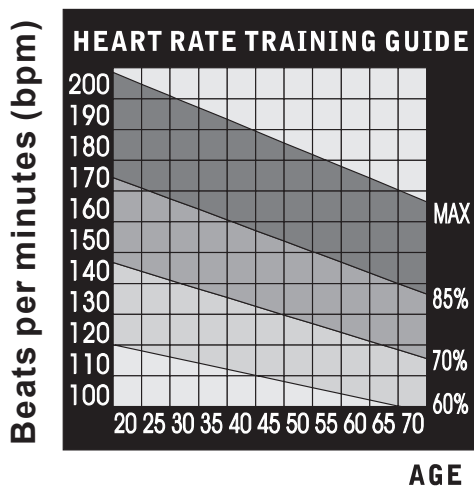


ALARM



- 1) Press “**Mode**” till you get to the alarm function.
- 2) To set your alarm, Press and hold the “**Set**” button for 5 seconds and the hour digit should start flashing.
- 3) Adjust you hour of the alarm by pressing the “**Set**” (to count down) or the “**Start/Stop**” (to count up).
- 4) Then press the “**mode**” button to set the next part of the setting which is the minutes. And once again, press either the “**Set**” (to count down) or the “**Start/Stop**” (to count up)
- 5) Press the “**mode**” button to complete the setting of the alarm.
- 6) To activate or deactivate the alarm “  , press the “**Set**” button.

TARGET HEART RATE TRAINING GUIDE



Training Areas:

- 50% - 60% Maintain Fitness
- 60% - 70% Endurance
- 70% - 80% Slight Resistance
- 80% - 90% Sustained Resistance


Maximum Pulse Limit (MPL/bpm)
 = 220-Age
 For Maintain Fitness TZ setting:
 Max HR = 60% * MPL
 Min HR = 50% * MPL

○ Target zone will vary for each individual, depending on Ages, Personal fitness goals, Existing health considerations (High blood pressure, circulation or respiration), Medications and Doctor's recommendations.

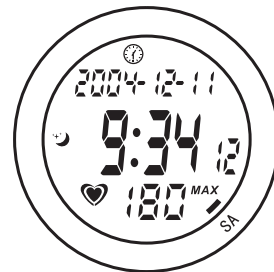
Heart rate measurement

Present Heart Rate



- 1) Press the “**mode**” key till you have got to the present heart rate function located on the main display, below the time/date function.
- 2) Wait for the “” to reach the heart rate watch and your heart rate should appear in a few seconds.

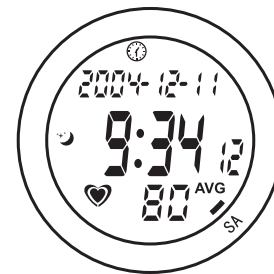
Highest Heart Rate Mode



The maximum heart rate mode records your highest ever heart rate and if you have a even higher heart rate then your previous record, it will replace the old one and only the new will be shown on the highest heart rate mode.

- 1) Press “**mode**” till you get to the highest heart rate mode which is below the time/date function.
- 2) Press the “**mode**” button again till you see the word max next to the heart rate section like this. Then it will tell you your maximum heart rate.

Average Heart Rate



The average heart rate records your average heart rate and it is changed as you use it more often, on average heart rate replacing the other as you use it more.

- 1) Press the “**mode**” key till you get to the average heart rate which is below the time/date function.
- 2) Press the “**mode**” button once and you’ll see the AVG next to the display of heart rate. Then you’ll see you average heart rate.

Note: The heart rate ranges from the lowest of 35 and the maximum of 250.

MAINTENANCE

1. The elastic strap:

The strap can be rinsed in surface fresh water or washed with a mild soap. Never scrape strap to wear out may need to be replaced.

2. Transmitter:

Never scrape the rubber electrode surface. The first signs of a worn out transmitter are often erratic heart rate numbers which jump up and down. To extend the life, avoid bending the electrodes.

3. Watch

If the display contrast changes and figures become faint, it's time to replace the watch battery. Consider changing the watch and transmitter batteries at the same time.

It's a good practice.

NOTE: Do not expose your Athletic Watch to extremely cold or hot temperatures. For example, do not leave your unit in your car in direct sunlight.

4. Batteries and Battery Replacement:

Transmitter:

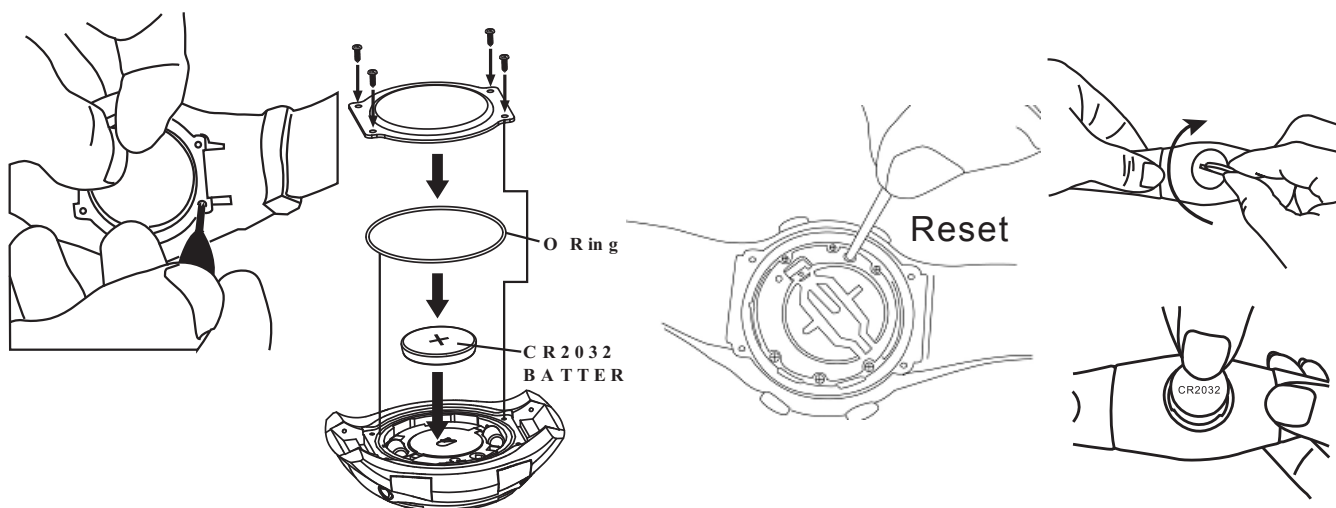
Unscrew the battery cover located on the back of the transmitter. Remove the old battery, model CR2032, with the (+) side facing up. Press reset after battery replacement.

Replace the cover and tighten screws.

Unscrew the four screws on the stainless steel back cover closely at the battery. After removing the housing, unscrew the inside two small screws located at the 4 o'clock and 8 o'clock positions.

Gently remove the battery and replace it with a new battery, model CR2032, the (+) side facing up.

NOTE: Be careful not to over tighten and "strip" the casing.



TROUBLESHOOTING

1. Heart rate does not show up:

Make sure that you have good contact between the electrodes and your skin. Re-moiste the electrodes. Make sure your chest belt fits securely and is properly positioned at the center of the chest. The transmitter battery may be worn out. Replace the battery. Make sure the battery is installed correctly with the (+) side facing up.

2. Display is black or very light:

The battery power may be low. Try a new battery--make sure the battery is installed correctly.

3. Display becomes dark or black:

The unit is too hot. Place the unit in a shaded area, and it should return to normal.

4. The unit operates slowly or struggled:

The unit is too cold,. Warm the unit, and it should return to normal.

5. Heart rate varies enormously:

Make sure your chest belt fits securely and is properly positioned at the center of the chest.

Check your surroundings for electromagnetic or high energy interference and move away from the source of interference. (e.g. car, near computer or handy ...)

