



HEAD

HE-102 Downhill Instruction Manual
Digital watch with Heart Rate Monitor



Heart Rate



Body Mass Index



EL Backlight



Stopwatch



Dual Time



Countdown Timer



Chime



3 Alarms



50 Years Calendar



Pacer



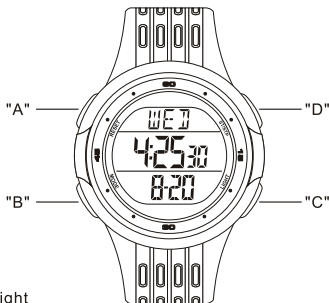
30M Water Resistant



Battery(CR2032)

BUTTONS

- The operation of buttons are indicated by using the letters shown in the illustration.



- A -- Reset
- B -- Mode
- C -- EL backlight
- D -- Start / Stop

MODE SELECTION

- Press "B" to change the mode in the following sequence:
Timekeeping Mode → Stopwatch Mode → Heart Rate Mode →
Record Mode → Information Mode → Countdown Timer Mode →
Alarm Mode → Dual Time Mode → Pacer Mode.

a TIMEKEEPING

- 12/24H Format;
- Hour, Minutes, Seconds, Month, Date, Day of week;
- 50 years Calendar(2000 ~ 2049).



b STOPWATCH

- 1/100 second unit;
- 8 LAPs, splits;
- Measuring range:
0'00"00 ~ 23:59'59".



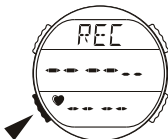
c HEART RATE

- 4 target heart rate zones.



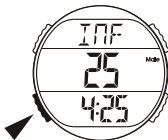
d RECORD

- 25 exercise records.



e INFORMATION

- Sex, Age, Unit, Height, Weight can be set;
- 3 levels BMI (Body Mass Index) indicated.



f COUNTDOWN

- Countdown timer range: 23:59'59" ~ 0'00"00.



g ALARM

- 3 alarms;
- Chime.



h DUAL TIME

- The time for 2nd time zone.



i PACER

- 16 tempo.



12/24H Format

- In the timekeeping mode, press "D" to switch the format between 12H & 24H.



Time Setting

- In the timekeeping mode, press and hold "A" until the seconds to flash (flashing indicated in set mode);



- Press "C" or "D" to reset the seconds;



- Press "B" to change the next selection;



- Press "D" to increase the number, Press "C" to decrease the number, press and hold to adjust at high speed;



- Repeat step 3 and 4, the selection in the following sequence:
Seconds - Hour - Minutes - Year - Month - Date - DST (Daylight Saving Time);

- Press "A" to exit the set state, after you set (The day of week is automatically displayed in accordance with year, month and date setting).



b STOPWATCH

1. In the stopwatch mode, press "D" to start the stopwatch;



2. To stop the stopwatch by pressing "D" again;



3. Press "A" to reset the stopwatch.



Split Time



1. In the stopwatch mode, press "D" to start the stopwatch;



2. Press "A" to display the split time (Auto running after 2 seconds);



3. Repeat step 2, you can measure the multi split time;



4. Press "D" to stop the stopwatch.



RECALL DATA

Lap 

1. In the stopwatch mode, press "B" to recall the LAP time when the stopwatch have multi split time;



2. Press "D" to forward browse the LAP1 ~ LAP8 time;



3. Press "C" to backward browse the LAP8 ~ LAP1 time;



4. Press "A" to recall the split data;



5. Press "D" to forward browse the split1 ~ split8 time;



6. Press "C" to backward browse the split8 ~ split1 time;



7. Press "A" to return to stopwatch mode.



C HEART RATE

Target Heart Rate Zone Selection

- In the heart rate mode, press "C" to change heart rate zone to heart rate zone in the following sequence: HZ1 - HZ2 - HZ3 - HZ4.



- HZ1 ----- light intensity;
HZ2 ----- moderate intensity;
HZ3 ----- heavy intensity;
HZ4 ----- user define intensity.
- In the heart rate mode, press "A" to browse the maximum % & minimum % of your target heart rate (Your limited heart rate is 220 decreased your age, your target heart rate zone is a range between the min. & max. heart rate expressed as % of your limited heart rate).



Target Heart Rate Zone Default Setting

| Heart rate zone | During time | MAX. percentage | MIN. percentage |
|-----------------|-------------|-----------------|-----------------|
| HZ1 | 25 minutes | 65% | 55% |
| HZ2 | 40 minutes | 75% | 65% |
| HZ3 | 40 minutes | 85% | 75% |
| HZ4 | 0:00'00" | 90% | 50% |

- HZ4 target heart rate zone can be set MAX / MIN. heart rate (%) by user.

HZ4 Setting

1. In the HZ4 state, press and hold "A" until the hour to flash (flashing indicated in set mode);



2. Press "C" or "D" to reset 0 hour;



3. Press "B" change to the next selection;



4. Press "C" or "D" to reset 0 minutes;



5. Repeat step 3 and 4, the selection in the following sequence:
Hour → Minutes → maximum % → minimum %;

6. Press "A" to exit the set state after you set.

- Please set the original time to 0:00'00" before reuse the HZ4.

Use Heart Rate Monitor

1. In the heart rate mode, press "D" to start receive heart rate signal from transmitter (the symbol "♥" to flash and the heart rate will appear on quickly);



2. Press "A" to browse the maximum % & minimum % of your target heart rate;



3. Press "C" to browse the current maximum, minimum and average of your heart rate;



4. Press "D" to stop receive heart rate signal from transmitter (the record of this exercise will be saved automatically if the exercise time more than 1 minute).



- Keep the watch within 1 metre/3 feet of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbance.
- The current time appears on if no button pressed after 1 minute.
- In the HZ1-3 state, the exercise timer will count down to zero then count up if user do not stop it. In the HZ4 state, the exercise timer will count up directly.
- The HZ4 maximum time of count up is 0:59'59"
- The alarm will sound and the symbol "MAX" or "MIN" will flash when the heart rate is out of the range of the maximum % or minimum %.
- The heart rate monitor will stop automatically in 10 minutes when the transmitter is not ready.
- The other functions of the watch are disable in the heart rate mode (e.g. :alarm, chime etc.).

d RECORD

Browse Records

1. In the record mode, the total exercise time and total calories burned will appear on. Press "D" to browse the record for weight loss;



2. Press "A" to browse the latest exercise record(R01);



3. Press "D" to browse the item of the record:

Exercise during time, Exercise date- Exercise time- Maximum heart rate- Minimum heart rate
- Average heart rate - Calories burned - Weight loss.



4. Press "A" to browse the next record(up to 25 records).



- All the data of the calories burned and weight loss for reference only.

Information Setting

1. In the information mode, press and hold "A" until the male or female to flash(flashing indicated in set mode);



2. Press "C" or "D" to switch the sex between male and female;



3. Press "B" change to the next selection;



4. Press "D" to increase the number, press "C" to decrease the number, press and hold to adjust at high speed;



5. Repeat step 3 and 4, the selection in the following sequence:
Sex – Age – Unit – Height – weight;
6. Press "A" to exit the set state, after you set.

Browse Information

- Press "D" to browse the information in the following sequence:
Age, Sex – Height – Weight – BMI.



- BMI (Body Mass Index) :
O ----- Over Weight;
L ----- Too Light;
F ----- Fitness.

- When the countdown timer reaches zero, the alarm sounds for about 60 seconds and press any button to break it.

Countdown Timer Setting

- In the countdown mode, press and hold "A" until the hour to flash (flashing indicated in set mode);



- Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;



- Press "B" to select the next selection;



- Press "D" to increase the number, press "C" to decrease the number, press and hold to adjust at high speed;



- Repeat step 3 and 4, the selection in the following sequence:
Hour → Minutes → Seconds;
- Press "A" to exit the set state, after you set.



Use Countdown Timer

- Press "D" to start the countdown timer;



- To pause by pressing "D" again.

9 ALARM

- The alarm sounds about 60 seconds at the preset time each day, press any button to break it.

Chime And Alarm

- In the alarm mode, press "C" to select chime, alarm1~alarm3;



- In the chime state, press "D" to on/off the chime "☞"; In the alarm1~alarm3 state, press "D" to on/off the alarm "☞".



Alarm1 Time Setting

1. In the alarm1 state, press and hold "A" until the hour to flash, the indicator "☞" appear(flashing indicated in set mode);



2. Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;



3. Press "B" to select the minutes;



4. Press "D" to increase the minutes, Press "C" to decrease the minutes, press and hold to adjust at high speed;



5. Press "A" to exit the set state, after you set.

- The way to set alarm1 ~ alarm3 is the same.

h DUALTIME

Dual Time Setting

1. In the dual time mode, press and hold "A" until the hour to flash (flashing indicated in set mode);



2. Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;



3. Press "B" to select the minutes;



4. Press "C" or "D" to change the minutes (press once change 30 minutes);

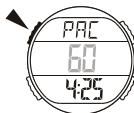


5. Press "A" to exit the set state, after you set.

i PACER

Pacer Setting

1. In the pacer mode, press and hold "A" until the tempo number to flash (flashing indicated in set mode);



2. Press "C" or "D" select the tempo in the following sequence:
10 - 20 - 30 - 40 - 50 - 60 -
70 - 80 - 90 - 100 - 120 -
140 - 160 - 180 - 240 - 300;



3. Press "A" to exit the set state, after you set.

Use The Pacer

1. Press "D" to start;



2. To stop it by pressing "D" again.

TRANSMITTER

- The transmitter detects and transmits your heart rate to the watch.
Wear the transmitter to measure your heart rate during the exercise.

Put The Transmitter On

1. Take out the transmitter and elastic strap from the package;

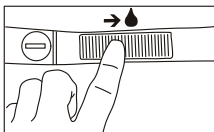
Transmitter



Elastic strap



2. Wet the rear surface of the conductive ribbed rubber pads with water or moisten the pads with saliva;



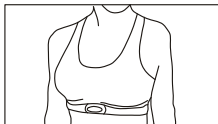
3. Attach transmitter belt to the elastic strap;



4. Adjust strap length so that the strap fits well but not too tight;



5. Check that the wet conductive ribbed rubber areas are firmly against your skin.



After Exercising

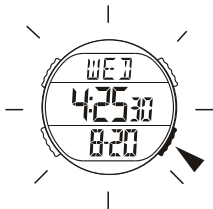
1. Carefully wash the transmitter with a mild soap and water solution;
2. Rinse it with pure water;
3. Dry the transmitter carefully with a soft towel;
4. Keep the watch clean and wipe off any moisture;
5. Store the heart rate monitor in a clean and dry place. Dirt impairs the elasticity and functioning of the transmitter. Sweat and moisture can keep the conductive ribbed rubber pads wet and the transmitter activated, which shortens battery life.

BACKLIGHT


- The backlight that uses an EL (electro-luminescent) cause the display to glow for easy reading in the dark.

Use EL Backlight

- In the timekeeping mode, press "C" to illuminate the display about 3 seconds.



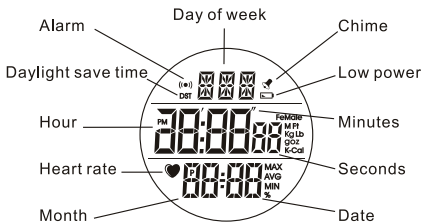
LOW POWER

- If the battery voltage level is insufficient, the icon "  " will be on unless it is replaced by a new battery.



DISPLAY

- The screen shown in below:



WARNING

- Exercise may include some risk, especially for those who have been sedentary.

Minimising Possible Risks In Exercising

Before starting a regular exercise program you are recommended to answer to the following questions for health status checking. If the answer is **YES** to any of the questions, we recommend to consult a doctor before starting an exercise.

- Have you not exercised for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to exercise intensity, medications for heart, blood pressure, psyche, asthma, breathing etc. as well as some energy drinks, alcohol and nicotine, can affect heart rate.

It is important to be sensitive to your body's reactions during exercise. If you feel unexpected pain or excessive fatigue when exercising, it is recommended to stop the exercise or continue at a lighter intensity.

Notice to persons with pacemakers, defibrillator or other implanted electronic device. Persons who have a pacemaker use the heart rate monitor at their own risk. Before starting use, we always recommend an exercise test under doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the heart rate monitor. **The heart rate monitor is not a medical device and the data it proposes could be not correct.**

If you are allergic to any substance that comes into contact with the skin or if you suspect an allergic reaction due to using the product. To avoid any skin reaction risk with the transmitter, wear it over a shirt. However, moisten the shirt well under the conductive ribbed rubber pads to ensure flawless operation.

ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to temperature extremes.
6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
- 7 Avoid to wear the watch in electromagnetic static conditions

This device complies with CE directive of the European Commission regarding electromagnetic compatibility.



