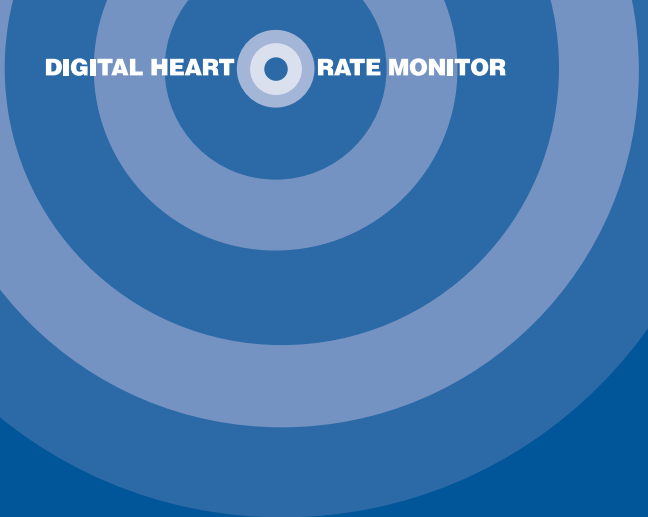


A series of concentric circles in various shades of blue, centered on the right side of the page. The circles are of varying diameters, creating a ripple effect.

DIGITAL HEART  RATE MONITOR

**FITNESS GUIDE
& INSTRUCTION
BOOK**

W-17 818095010

TIMEX[®]

THE TIMEX DIGITAL HEART RATE MONITOR

AN ADVANCED DIGITAL SPORTSWATCH

PLUS

ALL DIGITAL HEART RATE MONITOR

The Timex Digital Heart Rate Monitor incorporates the very latest digital technology from Timex and fitness methodology used by the fitness experts and personal trainers of The Ironman Institute. As the world leader in sports timing devices, Timex has created a Digital Heart Rate Monitor that offers the digital accuracy demanded by world class athletes with the functions that anyone at any age can use to stay “fit for life.”

Visit www.timex.com for product information and service.

Visit www.ironmaninstitute.com for fitness, health, and exercise program information.

While we provide some guidance here, you should always consult your physician before beginning or modifying an exercise program.

Timex and the Ironman® Institute® Take the Guesswork Out of Fitness

Improved fitness and athletic performance are as simple as setting a realistic fitness objective and using the Timex Digital Heart Rate Monitor as a personal trainer.

Here is how it works.

First, Select a Fitness Objective That’s Right for You

- **Improve Your Fitness**
- **Lose Weight and Burn Fat**
- **Increase Stamina and Aerobic Base**
- **Improve Your Fitness Condition**
- **Achieve Peak Athletic Performance**

Second, Select a Heart Rate Exercise Zone That’s Right for You

Heart Rate Zone Exercise is the methodology widely used by fitness and sports training professionals for achieving the above fitness objectives. The new Timex Digital Heart Rate Monitor will automatically show you when you are in the Exercise Zone you choose, and signal when you are not. It functions as a personal trainer to help keep your body exercising at an intensity level that can help you achieve your desired Fitness Objective without over- or under-exercising.

The Ironman Institute Offers the Following Guidelines for Selecting Your Heart Rate Exercise Zone

There are five basic heart rate exercise zones. Simply select a zone that is the fitness goal you want to achieve during a particular exercise. When you begin your exercise, always start out at a lower zone and allow your body

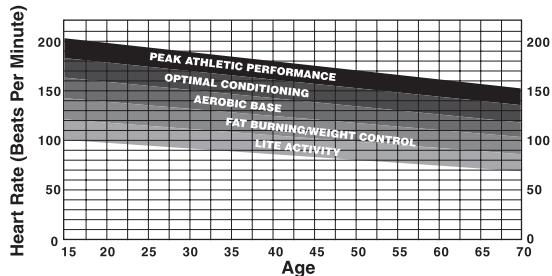
to warm up and prepare to work in your target exercise zones. For example, you can “warm up” in the Light Exercise zone, spend the majority of your exercise in the Weight Management zone, and then even spend a bit of time in the Aerobic Base Building Zone. The intensity of Zones 4 and 5 is demanding enough that exercise in these zones should be done for limited intervals of a workout and with the guidance of a qualified medical or coaching professional.

FIVE HEART RATE FITNESS ZONES

Zone	Ideal For	Benefit Desired	Intensity Level (% Maximum heart rate)
1 LITE	Light Exercise	Maintain Healthy Heart/Get Fit	50%-60%
2 FAT	Weight Management	Lose Weight/Burn Fat	60%-70%
3 BASE	Aerobic Base Building	Increase Stamina Aerobic Endurance	70%-80%
4 ANAR	Optimal Conditioning	Maintain Excellent Fitness Condition	80%-90%
5 RED	Elite Athlete	Maintain Superb Athletic Condition	90%-100%

For example, if you want to Lose Weight/Burn Fat: do your favorite exercise at 60%-70% of your maximum heart rate, based on your age, for at least 30 minutes a day, three times a week. To program your Timex Digital Heart Rate Monitor to put you in your Ideal Weight Management Zone, use the Target Heart Rate Zone Chart.

Select which level of condition represents your current physical condition and locate the Lower and Upper Heart Rate Zones for your age from the Target Heart Rate Zone chart. See Operating the Digital Sportswatch to program your Lower and Upper Heart Rate Zone into your Timex Digital Heart Rate Monitor.



The latest findings on fitness show anyone at any age can get fit/stay fit without being fanatic. For the “moderate” exerciser, staying fit can be as simple as:

- **Exercise 3 Times a Week**
- **Exercise 30-45 Minutes Each Time**
- **Exercise in Your Appropriate Target Heart Rate Zone**

You are ready for higher levels of physical activity when you can work out for this amount of time and heart rate without breathing hard and with minimal soreness.

Why Heart Zone Exercise is Widely Used by Fitness/Sports Training Experts.

Regular exercise can help keep the heart, lungs and muscles “in shape.” The heart supplies the lungs and muscles with the oxygenated blood supply needed to exercise. Heart Rate represents the effects of exercise on all parts of the body. Heart Zone Exercise systematically conditions the heart, lungs, and muscles to perform at higher levels so the body can stay in shape.

Optimal Conditioning is Simply a Higher Training Habit

You do not have to be an athlete to get into optimal shape. Anyone at any age can do this by using exercise to reach your optimal condition. Follow these guidelines:

- **Pick the exercise activities you enjoy or the ones you need for a training program.**
- **Train at the appropriate Target Heart Rate for 30 to 60 minutes 3-4 times a week.**
- **You will approach optimal condition when you can sustain a complete exercise session without “burnout” or excessive fatigue or excessive soreness.**

Your Timex Digital Heart Rate Monitor is Your Electronic Fitness Coach.

You can walk, run, bike, use exercises machines, or do any aerobic exercise with the Timex Digital Heart Rate Monitor. The key to achieving and maintaining your desired Fitness Objective is to exercise in your Ideal Heart Rate Zone.

OPERATING THE DIGITAL SPORTSWATCH



Press **MODE** to cycle through the modes of operation in this order:

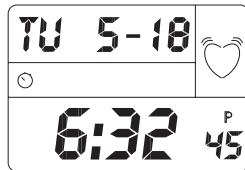
• **Time of Day** • **Chronograph** • **Countdown Timer** • **Alarm** • **Target Heart Rate Zone Setup**

NOTE: Button positions may vary according to watch model.

• **AUTOMATIC SET RETURN**—

While in the **SET** function within any mode, if no button is pressed for 2-3 minutes, the watch will automatically exit the **SET** function.

How To Set Time of Day & Calendar



- From **normal time** mode, press and hold **SPLIT/RESET/SET** firmly to begin setting procedure.
- The SECONDS will begin flashing. Press **START/STOP** to return SECONDS to zero.
- Press **MODE** to set, in rotation, HOURS, MINUTES, DAY OF THE WEEK, MONTH, DATE, 12-hour or 24-hour TIME, HOURLY BEEP (on or off) and BUTTON BEEP (on or off). The selected item or setting will be flashing.
- Press **START/STOP** to advance the setting of the selected item (note A or P indicator in the lower display when setting HOURS (12-hour time only).
- When setting is complete, press **SPLIT/RESET/SET** to exit the SET procedure.

How to Use the Chronograph (Stopwatch)

A. Press **START/STOP** to begin timing.

NOTE: You can leave CHRONOGRAPH mode while the chronograph is running. In TIME OF DAY mode, a stopwatch symbol on the left side of the middle display indicates that the chronograph is running.



B. Press **START/STOP** to stop the timing. The chronograph will stop running.

C. Press **START/STOP** to resume timing, adding to time.

OR Press and hold **SPLIT/RESET/SET** to reset to zero.

Split or Lap Timing

A. In Chrono mode, select either SPLIT or LAP by pressing

SPLIT/RESET/SET (Note: Chrono must be at zero).

B. Begin timing (press **START/STOP**) as above.

C. Press **SPLIT/RESET/SET** to temporarily freeze the display and count the

split or a lap. The watch continues timing the next segment in the background and will display the running time again after 10 seconds.

D. Press **SPLIT/RESET/SET** again, to display and count the next lap. You can count up to 99 laps in this manner.

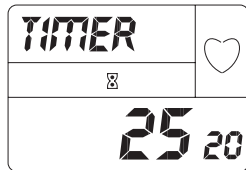
E. When the event ends, press **START/STOP**. The watch will end timing. The display will show the final lap time (LAP selected) or the total event time (SPLIT selected).

F. Press and hold **START/STOP** to reset the chronograph to zero.

How to Set and Use the Countdown Timer

A. Press **SPLIT/RESET** to begin the setting procedure. The TENS OF HOURS value will begin flashing in the display. Press **START/STOP** to increase setting.

B. Press **MODE**. The HOURS section will flash. Again, press **START/STOP** to change to the desired setting. Repeat for TENS OF MINUTES, MINUTES, TENS OF SECONDS, SECONDS. Press **SPLIT/RESET/SET** to exit SET mode.



C. Press **START/STOP** to begin countdown. The remaining time will be shown in the Lower Display, while the original setting will be displayed in Upper Display.

NOTE: You may switch to another mode without affecting timer. (In TIME OF DAY mode, the hourglass symbol will appear in the center part of the display while the timer is counting.) Even in another mode, timer will beep when it reaches zero.

D. To stop the timer, press **START/STOP**. (YOU MUST BE IN TIMER MODE.)

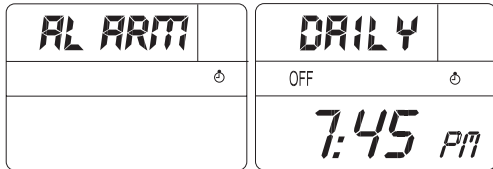
E. Press **START/STOP** to continue, or press **SPLIT/RESET/SET** to reset the timer to its original setting.

F. The timer will beep for ten seconds when it reaches zero; stop the beeping sooner by pressing any button.

How to Set and Use the Alarm

How To Set Alarm

A. Press **SPLIT/RESET/SET** to begin setting procedures. HOURS will begin flashing. Press **START/STOP** to advance hours. Note AM or PM designation when setting hours.



B. Press **MODE**; TENS OF MINUTES will begin flashing. Press **START/STOP** to advance.

C. Repeat for MINUTES and to switch among DAILY, WEEKDAYS and WEEKENDS.

D. Press **SPLIT/RESET/SET** to exit the SET mode.

NOTE: After every new alarm time setting, the ALARM will automatically be armed when you exit from SET mode by pressing **SPLIT/RESET/SET**. The words ON or OFF will appear, indicating the ALARM status.

How To Activate And Use The Alarm

A. In ALARM mode, arm or disarm alarm by pressing **START/STOP**.

B. Alarm will sound for 20 seconds, but can be silenced sooner by pressing any button.

C. A BACK UP ALARM will sound after 5 minutes if the ALARM is not silenced by a press of any button.

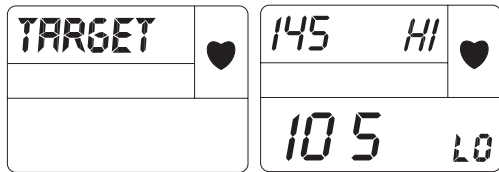
How to Set Your Target Heart Rate Fitness Zone

You can use the Timex Digital Heart Rate Monitor to display your heart rate without setting your Target Heart Rate Fitness Zone, but you should set the heart range first, so that the display arrows and, if desired, audible alarm can help you stay within your target heart rate zone. (See any fitness guide for target heart rate zones).

- A. Set your target heart rate by pressing **MODE** until TARGET shows briefly in **Upper Display**. The **Upper Display** will then show the current high rate setting, **Lower Display** will show the low.

To Choose Your Target Heart Rate Fitness Zone, consult any fitness guide.

Consult your physician before beginning an exercise program or when modifying your fitness program.



- B. Press **SPLIT/RESET/SET** to set. The HUNDREDS value for HI will begin flashing; advance it if desired by pressing **START/STOP**.
- C. Press **MODE** to select, in rotation, TENS and ONES for HI setting, then HUNDREDS, TENS and ONES for LO. Advance the selected (flashing) value as desired by pressing **START/STOP**.
- D. If the heart symbol in the Upper Right of the display shows quotation marks above it, the target zone alarm beep is armed; if not, it is disarmed. Press **START/STOP** to toggle between on and off. When armed, this alarm sounds a descending melody when your heart rate is below the target zone, and an ascending melody if it is above.

Note: Some people may have difficulty hearing this alarm; traffic, music and other sounds may also mask the alarm.

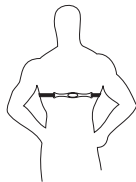
- E. Press **SPLIT/RESET/SET** to exit SET mode.

How the Timex Digital Heart Rate Monitor Works

The Fitness System is a combination of heart rate monitor and a sports watch. The Heart Rate Monitor senses your heart rate on the chest. It calculates your heart rate and transmits it to the watch. You simply glance at the watch during exercise/training to make sure you are in the appropriate Heart Rate Range to maintain or improve your fitness level (see any fitness guide for target Heart Rate Ranges). If set, an Out of Zone alarm will automatically alert you when you are not in your selected Heart Rate Range.

How To Use the Digital Heart Rate Monitor

1. **WET THE CHEST UNIT SENSOR PADS:** Moisture **MUST** be applied to the sensor pads before using the Fitness Monitor.
2. **PUT THE CHEST UNIT ON:** Fasten the chest unit snugly around your chest, just below the breasts and against your skin. Be sure the transmitter is centered on the chest and is right side up so the Timex logo can be read by someone facing you.



3. **START THE HEART RATE MONITOR:** Stand at least six feet away from any other users of the Timex Digital Heart Rate Monitor and with the watch in TIME OF DAY, CHRONO or TIMER modes, press **HEART RATE** to view your heart rate. The heart symbol will appear in the upper right of the display. When the watch begins receiving the signal from the transmitter, the outline heart will become solid and begin flashing. (Whenever you enter CHRONO or TIMER mode the watch will automatically look for a transmitter signal for 15 seconds. If no signal is found, the watch will stop looking for a signal until the **HEART RATE** button is pressed again.)
4. **READ YOUR HEART RATE:** When the watch establishes contact with the transmitter, your heart rate (pulse in beats per minute) will be displayed in the upper line.

Operational Notes

- Press and hold **HEART RATE** to turn the Heart Rate Monitor off.
- The flashing heart will show an arrow under it, pointing downward, when your heart rate is below the low target rate; no arrows while you are within the target rate; and an arrow above the heart, pointing up, if you are above your target range.
- When using the HRM in CHRONO or TIMER mode, the heart rate will be displayed in the upper display and the Chrono or Timer count in the lower display. A push of the **HEART RATE** button will flip the values so that the pulse rate will be the larger display and the count will be smaller.
- You can turn the alarm sound on or off by pressing **MODE** to reach the TARGET mode and then **START/STOP** to change the setting.

- **This is not a medical device and is not recommended for use by persons with serious heart conditions.**
- **Interference with the radio signal, poor contact between your skin and the chest strap, and other factors may prevent accurate transmission of heart rate data.**

Resolving HRM Errors and Error Messages

I'm having trouble getting a first reading OR the heart rate numbers appear to be incorrect during operation.

- **LIBERALLY** reapply moisture to the textured contact pads on the back of the transmitter.
- Tighten the chest belt until it fits snugly and is making good contact with the skin. It is important that the monitor is secure against your skin.
- Move away from other Timex Digital Heart Rate Monitors or any other sources of radio signals and static electricity, such as exercise equipment or other electrical machinery.
- Press **HEART RATE** after waiting a couple of minutes.

Sometimes I see dashes on the display, bracketing my heart rate, OR the heart rate displayed remains unchanged for an extended period of time. What does this mean?

- This is usually an indicator that the sensor pads need moisture, or that the chest unit is not snug on your chest causing poor electrical contact with your skin. Moisten the sensor pads and adjust the transmitter so that both pads are making good contact with your chest.

I've noticed that sometimes the heart stops flashing briefly.

- As long as the heart is flashing, the watch is receiving a clear signal from the monitor. The communication system used in the Timex Digital Heart Rate Monitor is extremely robust, yet no system is perfect, and occasionally, as in any radio system, there may be interference or some other brief jamming of the signal. If this should occur, the watch will communicate this to you first by suspending the flashing of the heart. Most often, the problem resolves itself and the flashing resumes. If the interruption continues, the watch will alert you with one of the error messages described below.

I see "COMM ERR" appear on the display, then the watch displays dashes in place of the heart rate.

This error message will be displayed if the watch is receiving a signal from the transmitter but is also detecting interference from an external source.

- Move away from any radio frequency devices, other heart rate monitors, fitness equipment or large metal objects (such as automobiles).
- The watch may be receiving a competing signal from another Timex Digital Heart Rate Monitor. For best results, try to maintain at least six feet between you and another Timex Digital Heart Rate Monitor user.
- The battery in the chest transmitter may be weak and need replacing. See below for instructions on battery replacement.

I see "SIGNAL LOST" appear on the display, then the watch displays dashes in place of the heart rate.

This is the error message you will see if the watch is not receiving regular heart rate updates from the chest unit. However, as long as the chest unit

is on the chest, the sensor pads are wet and the battery in the transmitter is not weak, the watch will usually recover from this type of error without intervention on your part. In cases where the watch does not recover a heart rate reading, the following items may help you troubleshoot your problem.

- The sensor pads on the chest transmitter may have lost contact with your chest for a few seconds. Be sure the transmitter is snug on your body.
- The sensor pads may be dry. LIBERALLY moisten them and readjust the chest transmitter if necessary.
- The battery in the chest transmitter may be weak and need replacing. See below for instructions on battery replacement.

Maintenance

The Heart Rate Monitor Transmitter and its strap should be rinsed in fresh water to avoid the build up of materials that can interfere with the measurement of your heart rate. The Heart Rate Monitor watch *does not* need to be rinsed.

Watch Battery Replacement

To avoid the possibility of permanently damaging the watch, TIMEX STRONGLY RECOMMENDS TAKING YOUR WATCH TO A LOCAL RETAILER OR JEWELER TO HAVE THE BATTERY REPLACED.

Heart Rate Monitor Transmitter Battery Life and Replacement

Assuming an hour a day usage, the battery life of the transmitter should exceed two years. Greater usage will shorten the battery life.

The transmitter battery should be replaced when any of the following things occur:

- The watch no longer receives heart rate information from the chest transmitter when properly worn on the chest.
- Error messages (COMM ERR, SIGNAL LOST) begin to appear with increased frequency on the display.

Turn the unit over and use a coin to open the battery compartment cover. Replace the battery, making sure the “+” is facing you when you insert the new one. Push the reset button next to the battery (a toothpick or straightened paper clip will help you do this) before installing the battery cover.

A quick test of the unit should be performed after changing the battery:

1. Move away from any possible sources of electrical or radio interference.
2. Liberally moisten the sensor pads and put the units on your chest, securely against your skin.
3. Press the **MODE** button until the watch is in Time of Day mode.
4. Press the **HEART RATE** button on the watch to enable the Heart Rate Monitor.
5. Within a few seconds, the “heart” graphic on the watch display should begin flashing, indicating that the chest belt transmitter is active. This indicates that the battery was installed correctly. NOTE: It is not necessary for a heart rate value to appear on the display during this test.

IF YOU DO NOT SEE A FLASHING HEART ON THE WATCH, try the following:

- Press the reset switch in the battery compartment again and replace the battery cover.
- Reinstall the battery, and press reset as instructed above.

TIMEX INTERNATIONAL WARRANTY

(U.S. – LIMITED WARRANTY)

Your TIMEX watch is warranted against manufacturing defects by Timex Corporation for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your watch by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. IMPORTANT — PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR WATCH:

- 1) after the warranty period expires;
- 2) if the watch was not originally purchased from an authorized Timex retailer;
- 3) from repair services not performed by Timex;
- 4) from accidents, tampering or abuse; and
- 5) lens or crystal, strap or band, watch case, attachments or battery.

Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your watch to Timex, one of its affiliates or the Timex retailer where the watch was purchased, together with a completed original Watch Repair Coupon or, in the U.S. and Canada only, the completed original Watch Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch to cover postage and handling (this is not a repair charge): a US\$ 7.00 check or money order in the U.S.; a CAN\$6.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE A SPECIAL WATCH-BAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-448-4639 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call 0800-168787. For Mexico, call 91-800-01-060. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Watch Repair Mailer for your convenience in obtaining factory service.

TIMEX INTERNATIONAL WARRANTY — WATCH REPAIR COUPON

Original Purchase Date: _____

(Attach copy of sales receipt, if available)

Purchased by: _____

(Name, address and telephone number)

Place of Purchase: _____

(Name and address)

Reason for Return: _____

THIS IS YOUR WATCH REPAIR COUPON. PLEASE KEEP IT IN A SECURE PLACE.

FCC Notice (U.S.)

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC ID EP9TMXHRM

IC Notice (Canada)

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept interference, including interference that may cause undesired operation of the device.

CANADA 33481021520A

CANADA 33481021492A

Service

If your TIMEX watch should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to **HOTLINE WATCH SERVICE, P.O. Box 2740, Little Rock, AR 72203**

For service questions, call 1-800-448-4639

For your convenience in obtaining factory service, participating Timex retailers can provide you with a pre-addressed Watch Repair Mailer. See the Timex International Warranty for specific instructions on the care and service of your Timex watch.

Should you need a replacement strap or band, call 1-800-448-4639

INDIGLO® night-light

Press button **INDIGLO** to activate light. Patented (U.S. Patent Numbers 4,527,096 and 4,775,964) electroluminescent technology used in the INDIGLO night-light illuminates entire watch face at night and in low light conditions. Press and hold button **INDIGLO** for 3 seconds, until watch beeps, to activate NIGHT-MODE®. (U.S. Patent Number 4,912,688). Once activated, any button pushed will cause the INDIGLO night-light to stay on for 3 seconds. NIGHT-MODE will stay activated for 3 hours or until you deactivate it by pressing and holding button **INDIGLO** again for 3 seconds.

INDIGLO is a registered trademark of Indiglo Corporation in the U.S. and other countries.

Water-Resistance

- Your **50 Meter Water Resistant** watch withstands water pressure to 86 p.s.i. (equals immersion to 164 feet or 50 meters below sea level).
- Your **30 Meter Water Resistant** Heart Rate Monitor withstands water pressure to 60 p.s.i. (equals immersion to 98 feet or 30 meters below sea level).

WARNING: THIS UNIT WILL NOT DISPLAY HEART RATE WHEN OPERATED UNDER WATER

WARNING: TO MAINTAIN WATER- RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

1. Watch is water-resistant only as long as lens, pushbuttons and case remain intact.
2. Even though the watch may be water-resistant to a significant depth (100 or 200 meters), it is not a diver watch and should not be used for diving.
3. Timex recommends rinsing your watch with fresh water after exposure to salt water.

