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GT3



CARDIOSPORT[®]

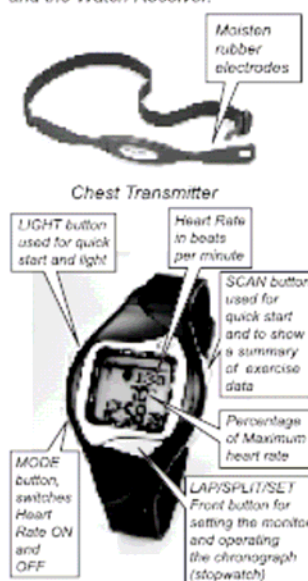
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Users Manual: Cardiosport GT3

Quick Start

Your heart rate monitor (HRM) consists of the Chest Transmitter and the Watch Receiver.



Follow these steps and you will be exercising in minutes.

Get Dressed

Place the transmitter around your chest and adjust the elastic strap. Moisten the two electrodes with water (or saliva) so there is a good contact between chest and transmitter.

Get Ready

Place the watch on your wrist then press and hold the ON/OFF button until the display changes to show a heart and then after a few seconds, the heart rate number and percentage of maximum heart rate value.

GO

Have fun, the monitor is there to help and protect you, whatever you are doing. Note the readings during exercise and try to keep within your personal limits. During use you can see a summary of how you are doing, afterwards you can check to see a summary of how you did.

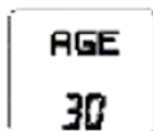
Operating Instructions

GT3 Setting

Starting from time of day (Main Screen) with heart rate OFF - This makes things easy to follow.

Setting your AGE

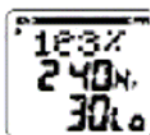
Make a long press of the FRONT button until the second's starts to flash. Make another long press of the FRONT button until the display show ALM and previously set alarm time. Make a third long press until the display changes to show AGE and a flashing number. Use the upper right watch button to increase the age, use the lower right button to decrease the age. Press the MODE key to finish setting your AGE. If you have been tested and know your personal Maximum Heart Rate number, enter this instead of your AGE and this will be used to show your percentage.



Setting your Training Zone Limits

GT3 has five training zones, three are automatic from your AGE (or personal maximum heart rate) one is manual and the other is the patented CardioZone.

To set the manual zone limits make a long press of the FRONT button until the second's starts to flash. Make another long press of the FRONT button until the display show ALM and previously set alarm time. Make a third long press until the display changes to show AGE and a flashing number. Make a fourth long press of the FRONT button until the display changes to show your upper training zone limit (flashing number) and the percentage of maximum heart rate (the upper number).



Use the upper right watch button to increase the training zone setting, use the lower right button to decrease the training zone setting. Press the FRONT button to finish setting your Upper training zone limit and repeat.

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plus to set the Hourly chime, a large icon will come on or go off for the Daily Alarm and a small icon shows when the hourly chime is set. Press the FRONT button to move to the Hours number, this will start flashing. Use the upper right watch button to increase the number, use the lower right button to decrease the number. Then press the FRONT button and repeat this for minutes. Press the MODE button to finish setting the Daily Alarm.

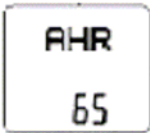


Tip: When the daily alarm sounds, press any watch button to silence the alarm.

Setting the Ambient (pre-exercise) Heart Rate and Weight

You need to enter your pre-exercise (sometime called ambient or resting) heart rate and your weight so that the Calorie counter feature has your

personal datum. Make a long press of the FRONT button until the second's starts to flash. Make another long press of the FRONT button until the display show ALM and previously set alarm time. Make a third long press until the display changes to show AGE and a flashing number. One more (short) press of the FRONT button and AHR will show with a flashing number. Use the upper right watch button to increase the number, use the lower right button to decrease the number. Then press the FRONT button and WT will show with weight flashing, set your weight the same method. Press the MODE button to finish setting the Ambient heart rate and Weight.



Tip: When setting your weight both Imperial (Lb) and Metric (Kg) values will be shown. Use your monitor to check your ambient heart rate, this is taken when sitting comfortably after relaxing for a minute or two prior to any exercise.

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to set the Lower training zone limit. Note that both the Zone limit and the percentage of Maximum will change allowing you to set your zones according to either the heart rate beats per minute numbers or the personal percentage. You need to set the AGE first for this to work correctly.

CardioZone

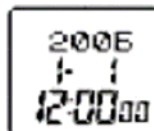
The GT3 CardioZone is set during exercise. Once you reach a comfortable rate of exercise, just press and hold the LIGHT button to set and activate the CardioZone, which works like the cruise control of a car, keeping you within the selected workout level or speed.

Tip: The zone is set at 2.5% above and 7.5% below the HR when the button is pressed. Try adjusting your exercise rate until your breaking matches the desired pace and you feel able to sustain the rate for at least 5 minutes.

Tip: To change the Target Zone from CardioZone to Zones 1, 2, 3 and the manual Zone during exercise, press and hold the Scan key until the target zone moves to the next zone, a small icon top left of the screen shows which zone is set. This is covered in more detail later.

Setting the Watch Time and Date

Make a long press of the FRONT button until the second's starts to flash. Press the START/STOP button to zero the seconds. Then press the FRONT button to move to the Hours number, this will start flashing. Use the upper right watch button to increase the number, use the lower right button to decrease the number. Then press the FRONT button and repeat this for minutes, year, month and day of month. Press the MODE button at any time to finish setting Time and Date.



Setting the Daily and Hourly Alarms

Make a long press of the FRONT button until the second's starts to flash. Make another long press of the FRONT button until the display show ALM and the previously set time. Press the START/STOP button to turn the audible alarm ON and OFF.

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Setting heart rate recovery (HRR) and interval timers

The Timer can be set for use in one of four options:

- 1 - Interval timer with heart rate recovery based on time (HRR-T)
- 2 - Interval timer with heart rate recovery based on heart rate (HRR-H)
- 3 - Single countdown timer (TMR-S)
- 4 - Countdown timer with auto-repeat (TMR-R)

Timer setting

1 - Setting interval timer with heart rate recovery based on time (HRR-T) You can set an interval time for up to 20 intervals, followed by a recovery period based on a preset time. You can set the alarm to go off after the final interval/recovery.

Start by using the Mode button to move to the Chronograph (stopwatch) screen, and then press the Mode button again to move to the HRR screen. Make a long press of the FRONT Lap/Split button HRR-T starts to flash, you are now ready to set the interval timer with heart rate based on time. Press the FRONT button to move to the I-ALM (interval alarm) screen. On will be flashing. Press the

Start/Stop button to switch the alarm On or OFF.

Press the FRONT button to move to the I-NUM (number of intervals) screen. The number 1 will be flashing. Press the Start/Stop button to increase or Scan to decrease the value to set the required number of intervals, up to a maximum of 20. Press the FRONT button to move to the INT-T (interval time) screen. Minutes will be flashing, set the required interval minutes (right top button to increase lower button to decrease) then repeat to set the interval seconds.

Press and release Lap/Split to move to the HRR-T (heart rate recovery-time) screen, minutes will be flashing. Set the required interval minutes (right top button to increase lower button to decrease) then repeat to set the seconds. A further press of Lap/Split returns you to the main HRR-T screen.

2 - Setting interval timer with heart rate recovery based on heart rate (HRR-H) You can set an interval time for up to 20 intervals, followed by a recovery period based on a preset heart rate. You can set the alarm to go off after the final interval/recovery.

Start by using the Mode button to

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move to the Chronograph (stopwatch) screen, then press the Mode button again to move to the HRR screen. Make a long press of the FRONT Lap/Split button HRR-T starts to flash, press the Start/Stop button to move to HRR-♥ (which will be flashing), you are now ready to set the interval timer with heart rate based on heart rate.

Press the FRONT button to move to the I-ALM (interval alarm) screen. On will be flashing. Press the Start/Stop button to switch the alarm On or OFF. Press the FRONT button to move to the I-NUM (number of intervals) screen. The number 1 will be flashing. Press the Start/Stop button to increase or Scan to decrease the value to set the required number of intervals, up to a maximum of 20. Press the FRONT button to move to the INT-T (interval time) screen. Minutes will be flashing, set the required interval minutes (right top button to increase lower button to decrease) then repeat to set the interval seconds. Press the FRONT button to move to the HRR-♥ (heart rate recovery – heart rate) screen. 80 will be flashing. Press the Start/Stop button to increase or Scan to decrease the value to set the required recovery heart rate. A further press of the

FRONT button returns you to the main HRR-♥ screen.

3 - Setting the countdown timer – (TMR-S single countdown) This option allows you to set a countdown time of up to 100 hours. Start by using the Mode button to move to the Chronograph (stopwatch) screen, and then press the Mode button again to move to the HRR screen. Make a long press of the FRONT Lap/Split button until HRR-T starts to flash. Press the Start/Stop button repeatedly until you reach TMR-S (which will be flashing). Press the FRONT button to move to hours (which will be flashing). Set the required countdown timer setting in hours (right top button to increase lower button to decrease) then repeat to set minutes and seconds. A further press of the FRONT button returns you to the main TMR-S screen.

4 - Setting the countdown timer – (TMR-R repeat countdown) This option allows you to set a countdown time of up to 100 hours that automatically repeats until stopped. Start by using the Mode button to move to the Chronograph (stopwatch) screen, and then press the Mode button again to move to the HRR screen. Make a long press of the FRONT Lap/Split button until HRR-T

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There is also a Graphical display visually showing the current heart rate, target training zones plus which zone is set as the current training zone (Zone 1, 2 or Cardiozone).

Switching heart rate ON and OFF

Press and hold the Mode button to turn heart rate ON. Press and hold the Mode button again to turn heart rate OFF.

Using the graphical display

The graphical display provides a visual indication of your exercising heart rate intensity compared to the active heart zone. The top bar shows the heart zone range for the active heart zone, with the low limit (50%) on the left-hand side and the high limit (100%) on the right hand side. The bottom bar shows your exercising heart rate intensity compared to the active heart zone. Ideally you should aim to keep your heart rate intensity (bottom bar) within the heart zone limits (top bar).

Changing the active heart Zone

Press and hold the SCAN button to move to the next heart zone. The

sequence contains all zones: Z1, Z2, and CardioZone, where CardioZone is the last CardioZone that was set. Initially, after a battery replacement when CardioZone has not been set, CardioZone will not be in the selection sequence.

Heart Zone audible alarm

The audible buzzer for the heart zone alarm is switched ON and OFF by a long press of the FRONT Lap/ Split button. An ICON appears top right corner of the display when the alarm is switched ON.

Tip: The heart rate must be switched ON to turn the audible Target zone alarm ON and OFF.

Screen Light ✨

Press the LIGHT button and the screen will be glow with a blue light. The heart rate display will freeze for three seconds so you have time to view all the data.

Data SCAN (from any Mode)

Summary exercise data is automatically recorded when you switch the heart rate ON. Press the SCAN button and the display will scroll through a summary scan of your current exercise session

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starts to flash. Press the Start/Stop button repeatedly until you reach TMR-R (which will be flashing). Press the FRONT button to move to hours (which will be flashing). Set the required countdown timer setting in hours (right top button to increase lower button to decrease) then repeat to set minutes and seconds. A further press of the FRONT button returns you to the main TMR-R screen.

Time in Zone (TiZ)

This main screen runs automatically and does not need separate setting.

GT3 Use

This is in two parts: Need to Know and Good to Know.

Need to Know

Home Use

This is a consumer device for sports training, fitness and wellness use. You should not rely on the readings for clinical, medical or surgical use.

Be Safe

Try to avoid injury by seeking professional advice before you begin an exercise program, especially if you have not exercised recently, if you are unfit, if you have had recent

medical procedures or if you have a known medical condition that affects physical activity. Stop if you feel pain and do not over exert yourself to reach a pre-set limit.

Further information

You can obtain further information, general training tips and advice from www.cardiosport.com along with the contact details for Customer Services in your country of residence.

Good To Know

During Exercise with heart rate ON

There are four main (Mode) screens, each press of the MODE button moves to the next main screen in sequence.

1. Time of Day: Shows heart rate next to the heart, percentage of Max and Time of day
2. Chronograph (or stopwatch): Shows heart rate, percentage of Max and Chronograph
3. Heart Rate Recover and Interval Timers (1, HRR-T; 2, HRR-♥; 3, TMR-S; 4, TMR-R)
4. Time in Zone: Shows heart rate in the middle, Percentage of Max and a Time spent in the target training zone during exercise.

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showing:

Calories (Kcal) – Energy

Expenditure

Heart Rate Recovery –

Time for heart rate to reduce after exercise

Maximum heart rate – Peak level recorded

Average heart rate – Continuously updated average heart rate for session

Each screen shows for around 3 seconds.

When heart rate is switched OFF, the session data is held in memory and can be recalled by pressing the SCAN button as often as you like. The last session data is stored in memory until the next session is started, by switching heart rate ON, then the memory is automatically cleared and a new session Data recording begins.

Tip: If necessary make a note of the summary data before you switch Heart Rate back ON and the session is reset.

Chronograph (or Stopwatch) – Mode 2

The chronograph can be used in either chronograph only or

chronograph with heart rate mode, and is operated in the same way for both modes.

To start chronograph, press and release the START/STOP button. To stop chronograph, press and release the START/STOP button. To reset the chronograph, press and hold START/STOP button until display shows zero. To select whether Lap or Split time are shown first, press and hold the FRONT button in chronograph without heart rate, until the desired one is displayed.

Laps and a Split times

If you are new to laps and split time here is a table to show how it works;

Lap Time in Seconds	Split Time in Seconds
Start	0
20	20
18	38
21	59
23	82
18	100
End	100

Storing Lap/Split times in memory

With chronograph running, press and release the FRONT Lap/ Split button.

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A single audible 'bleep' confirms each Lap/Split button press. The GT3 has a 99 lap memory and this can be displayed during or after exercise. In chronograph only mode, the Lap/Split time is shown in two rows for 2 seconds, before returning to running chronograph. In chronograph with heart rate mode, the Lap/Split time is shown in two rows for 2 seconds then the average heart rate for the lap is displayed for another 2 seconds, before returning to running chronograph with heart rate.

Heart rate recovery alarm

GT3 automatically records the time it takes your heart to drop from a pre-set upper limit to a pre-set lower limit. Timing begins automatically when your heart rate passes through the upper limit, and continues until your heart rate drops below the lower limit. When timing stops, the heart rate recovery alarm gives three continuous beeps whenever a heart rate recovery is completed. The alarm cannot be switched off but limits can be set to prevent any alarm.

Note: To view the HRR time, press the Scan button. To prevent any alarm set limits above max HR and below lowest HR, e.g. 200 and 30.

Using the interval timer with heart rate recovery – time and heart rate

The interval timer is used in the same way for both time and heart rate based recovery. Press and hold Mode to switch on heart rate in the Timer screen. Press and release Start/Stop to begin the countdown timer. Int 1 will be displayed. Two beeps indicate the end of the interval time, and hrr is then displayed to show the recovery time has started. A single beep indicates the end of the recovery time or shows the time that it has taken for the preset recovery heart rate to be reached. When all intervals and recovery's have been completed, End is displayed and the alarm beeps for 6 seconds if switched on.

Interval and recovery recall – Time

Press and release mode to move to the I-RECALL screen. The total number of intervals will be displayed. Press and release Lap/Split to move to the recovery time screen REC-♥. The recovery heart rate for interval 1 will be shown. Press and release Lap/Split to see all the remaining recovery heart rates. A single beep indicates the last recovery time. Either press the light button to go back through the recovery times,

or press the Mode button to return to the main Interval Recall screen.

Interval and recovery recall – Heart rate

Press and release mode to move to the I-RECALL screen. The total number of intervals will be displayed. Press and release Lap/Split to move to the recovery time screen REC-T. The recovery time for interval 1 will be shown. Press and release Lap/Split to see all the remaining recovery times. A single beep indicates the last recovery time. Either press the light button to go back through the recovery times, or press the Mode button to return to the main Interval Recall screen.

Using the countdown timer – TMR-S (single) or TMR-R (repeat)

Countdown timer can be used with or without heart rate activated. When the time has counted down to zero on a single countdown, the alarm sounds for 10 seconds. When the time has counted down to zero on a repeat countdown, the alarm sounds for 1 beep if the time is under 1 minute, and for 10 seconds if over 1 minute. To start countdown timer, press and

release Start/Stop.

To stop countdown timer, press and release Start/Stop. Maximum countdown time is 99 hours, 59 minutes, 59.9 seconds.

Using Time in Zone (TiZ) – Mode 3

Press and release Mode until the TiZ icon appears. Time in Zone is a heart rate controlled feature that shows the amount of time you have spent in your heart zone. Typically, exercise programmes comprise a warm-up, workout for a specified time (in your chosen zone) and cool down. The TiZ feature can be used to show the time in your zone as you actually workout. If you go above or below your zone, the timer will stop until you are back in your zone.

Time in Zone recall

From the Time in Zone screen you can view the amount of time spent in, above and below heart the last active zone along with the percentage of the session time spent in the zone, and the average heart rate.

Press and release LAP/SPLIT Button to show the time in Zone (both up and down arrows), the Average heart rate and Percentage of Maximum heart rate. A small icon top left of the

screen shows the last active Zone for the session.

Press and release LAP/SPLIT Button to show the time above the Zone (up arrow) with the percentage of Maximum heart rate.

Press and release LAP/SPLIT Button to show the time below the Zone (down arrow) with the percentage of Maximum heart rate.

You can press the LIGHT button to go back to the previous screen. You can Press the MODE button to return to the Clock screen (Mode 1).

Changing the active Target Zone

In either Time or chronograph with heart rate mode, press and hold the Scan key until the target zone moves to the next zone in the sequence, then release the key. Repeat until the required target zone icon appears. The sequence contains all zones: Z1, Z2, Z3, M and CardioZone, where CardioZone is the last CardioZone that was set. Initially, after a battery replacement when CardioZone has not been set, CardioZone will not be in the selection sequence.

Switching the alarms on/off

Daily alarm: To activate the alarm, please refer to the Setting Daily

alarm section. The alarm will sound for one minute or until silenced by pressing any watch button.

About your Cardiosport System 122 Digital heart rate monitor

The Cardiosport digital telemetry technology utilises a safe 122kHz low frequency system designed to deliver reliable coded heart rate information, so all you have to concentrate on is getting the most from your exercise. Each time you put on your chest transmitter a code is randomly selected, the code combined with the precise transmission interval results in the unique interlocking pairing between the chest transmitter and watch.

Digital Coding Interlock

When you switch the heart rate ON, the watch listens out for a digital coded heart rate signal. If this is found the two parts interlock with a unique code/time interval. If the watch finds more than one coded signal (for example if you are in a group), then it can't be sure which one is you and the heart rate number will remain at Zero. All you need to do is move away (6 feet or 1.8 metres) from others until the locking takes place. Then you can move back into close

proximity with others. If the interlock is lost for any reason, the watch will beep once to alert you and the heart rate display will go to Zero, in this case you should repeat the interlock process.

Auto OFF

If there is no heart rate, for example if you remove the chest transmitter, after 2 minutes the watch switches heart rate OFF automatically.

After Exercise with heart rate OFF

Data SCAN

After exercise press the SCAN button and the display will scroll through a summary scan of your last exercise session showing:

Calories (Kcals) – Energy Expenditure
Maximum heart rate – Peak level recorded
Average heart rate – Continuously updated average heart rate for session

Each screen shows for around 3 seconds.

The last session data is stored in memory until the next session is

started, by switching heart rate ON, then the memory is automatically cleared and a new session Data recording begins.

Tip: After a long exercise session, make a note of the summary data before you switch Heart Rate back on and the session is reset.

Chronograph Memory Playback

The Chronograph must be stopped to view the memory playback. From Time of Day with heart rate OFF, press the MODE button to reach the chronograph screen. To enter first playback screen, press and release the FRONT Lap/Split button.

For chronograph only memory playback, the first screen shows the time the chronograph was started. Press and release the Lap/Split key to show the first Lap # or Split # time for 4 seconds, which alternates with Split/Lap time for another 4 seconds.

Press and release the Lap/Split key to view the remaining Lap/Split times.

For chronograph with heart rate memory playback, the first screen shows the time and the heart rate at the time chronograph was started.

Press and release the Lap/Split key to show the first Lap with average heart rate for lap or Split with heart rate at time of key press, is shown for 4 seconds, and alternates with Split/Lap time for another 4 seconds. Press and release the Lap/Split key to view the remaining Lap/Split times.

Tip: If you miss a reading, press the LIGHT button to go back to the previous screen.

In either memory playback mode a 'bleep' will sound on the last Lap/Split stored in memory. Press and release the LIGHT button to go back to the previous screen. Press and release the MODE button to return to the chronograph screen.

Clearing the chronograph memory

First stop the chronograph (if running) by pressing the START/STOP button. Then press and hold the START/STOP button until the reading reset to zero. The memory has now been cleared, to check, press and release the FRONT Lap/ Split button – FREE 20 should appear on screen.

Note: This is a consumer device and could suffer from interference from external electrical sources. The readings are for reference only and no responsibility can be accepted for the consequences of any erroneous readings.

12/24 Hour Format

To change the time display between the 12 and 24 hour time formats from the time display, make a long press of the START/STOP button, the daily alarm setting will show for 2 seconds then the format will show 12 or 24 then change to the other setting. Repeat this step to change back.

Daily Alarm Time

A short press of the START/STOP button key show the setting for the daily alarm. An ICON appears next to seconds when the alarm is switched ON.

Water Resistance

Both the watch and transmitter are water resistant and can be used for swimming, taking a shower or water sports.

Tip: Avoid pressing any buttons when the watch is submerged in water.

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Battery Life

The watch battery should for 2 years if you use the heart rate monitoring mode for one hour per day. The battery life will reduce greatly if the watch light is used frequently.

Factory Reset

If there is a problem you can't solve, press all five buttons to clear all settings and return to the factory default values, then run through the setting procedure from the beginning. You may need to do this after a watch battery change.

Care and Maintenance

Watch Battery Change

We recommend you return the watch to the country customer service centre to get the battery changed and condition checked. Check at internet www.cardiosport.com for the correct contact details and call first to confirm charges for changing the battery. If a jeweller is used instead, we can't guarantee that the watch will remain water resistant afterwards, so best ask if they will guarantee this before agreeing to let them change the battery for you.

Looking after your Monitor

Thoroughly wipe and dry your

monitor and transmitter after use.

Store in a cool dry place. Do not expose to direct sunlight or temperatures above 122 degrees Fahrenheit (50°C) or below 14 degrees Fahrenheit (-10°C). The elastic chest strap can be washed on a 30°C cycle.

HRM Training

Exercising at the right heart rate intensity, is key to meeting your fitness and performance goals. The first step is to find out your maximum heart rate (MHR). Using a formula based on age or taking a sport-specific exercise assessment does this. The best way is to have a supervised test, but if you do not have this opportunity a formula can give you an approximate value.

The formulas:
Sedentary individuals use 220 minus your age to calculate your approximate maximum. If you exercise/train aerobically 3 or more times a week, use 205 minus half your age.

Example for an unfit person aged 50
220-50 = Maximum Heart Rate 170 beats per minute (bpm)

Example for fit person aged 50
205-25 = Maximum Heart Rate 180

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beats per minute (bpm).

Intensity of Exercise

If you are a beginner with the goal of improving overall fitness, losing weight or reducing stress, start exercising in the healthy heart zone, which is 50-59 percent of your maximum heart rate. If you already exercise regularly and are aiming to lose body fat, exercise in the fat burning zone, which is 60-69 percent of your maximum heart rate. If your goal is to improve aerobic capacity or athletic performance, exercise in the aerobic zone, which is 70-79 percent of your maximum heart rate. Competitive athletes usually incorporate interval training sessions into their programme in the anaerobic threshold zone, which is usually between 80-89 percent of maximum heart rate. This high intensity exercise helps train muscles to handle lactic acid. It is advisable to structure these sessions. However, train sensibly at the upper limits.

Exercising regularly at a heart rate intensity that is too high does not produce additional aerobic benefits and increases the possibility of an athletic injury. Example: Taking a 30 year old just starting on an exercise programme with the aim of getting fitter would start exercising at a

gentle intensity of 50-59% of MHR (50% of 190=95 bpm, 59% of 190=112bpm). If they wanted to lose weight, then a slightly higher intensity of 60-69% MHR (114 to 131 bpm) would be required. If the same 30 year old is already fit and wants to improve aerobic capacity or athletic performance, a higher intensity of 70-79% MHR (133 to 150 bpm) is required. If interval training sessions is incorporated into the training programme, this should be done in the anaerobic threshold zone, which lies between 80-89% MHR (152 to 169 bpm).

AGE	Heart Zone setting table				
	Healthy heart (Warm up)	Weight Loss (Fat)	Aerobic (Fitness)	Anaerobic (Sport)	Red Line (Risks)
20	100-110	120-138	140-158	160-178	180-200
24	98-108	118-135	137-155	157-174	176-196
28	96-106	115-132	134-152	154-171	173-192
32	94-104	113-130	132-149	150-167	169-188
36	92-102	110-127	129-146	147-164	166-184
40	90-100	108-124	126-142	144-160	162-180
44	88-104	106-121	123-139	141-156	158-176
48	86-101	103-118	120-136	138-153	155-172
52	84-99	101-116	118-133	134-150	151-168
56	82-97	98-113	115-129	131-146	148-164
60	80-94	96-110	112-126	128-142	144-160
64	78-92	94-108	109-123	125-139	140-156

The F.I.T.T Method (Frequency, Intensity, Time and Type of exercise)

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Frequency of Exercise

Exercise in the zone that you have set at least 3-5 times per week, with no more than 48 hours between sessions. Even on 'rest days' gentle exercise such as a leisurely walk can be beneficial.

Intensity of Exercise

Select a zone that is both within your capability and in which you can achieve consistency. Studies show that people who exercise at too high an intensity, especially in the initial stages of their programme, drop out sooner, have more injuries and tend to develop a negative impression towards exercise in general. Start in lower zone then build up gradually.

Time exercising

Aim for 20-60 minutes of continuous exercise in your zone each session. If you are unable to do 20 minutes initially, gradually build up to this.

Type of exercise

Choose activities that use large muscle groups and which are continuous. Some good examples are walking, swimming, running, aerobic dance, stepper and ski machines, treadmills, cycling and exercise bikes. Feel free to include more than one activity - perhaps

cycle one day, swim the next and do an aerobics class on the third.

Troubleshooting

What if the heart rate reading is erratic or totally absent?

Make sure the chest transmitter is sufficiently tight. The transmitter should be positioned and the elastic strap tightened so that the electrodes are flat against your skin. Adjust the transmitter side to side or slightly up or down until it is positioned correctly, and the electrodes make good contact with your skin. Make sure the transmitter electrodes are sufficiently moist. Moisten the electrodes with water, saliva or electrode gel. Accumulated sweat or dirt on the electrodes may impair electrical contact, so make sure they are kept clean. Make sure you have switched heart rate on.

What if the heart rate reading becomes extremely high?

Electromagnetic signals from outside sources may cause abnormally high or erratic heart rate readings. Common sources of electromagnetic signals are high voltage power lines,

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electric motors and mobile phones.
Your heart rate should return to
normal once you move away from the
source.

Servicing

Your heart rate monitor has a
two-year manufacturers warranty
against manufacturing defects, if you
need servicing during the warranty
period of afterwards you should
contact your retailer or the service
centre in your country. Visit [www.
cardiosport.com](http://www.cardiosport.com) for the latest contact
details for the service centre in your
country of residence.

*Note: This is a consumer device and
could suffer from interference from
external electrical sources. The readings
are for reference only and no
responsibility can be accepted for the
consequences of any erroneous
readings.*

FCC Compliance and Advisory Statement

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.

This equipment has been tested and found to comply with the limits for a Class B digital device, according to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try correct the interference by one or more of the following measures:

- 1.Reorient the receiving antenna.
- 2.Increase the separation between the equipment and receiver.
- 3.Connect the equipment into and outlet on a circuit different from that to which the receiver is connected.
- 4.Consult the dealer or an experienced radio/TV technician for help.

Any special accessories needed for compliance must be specified in the instruction manual.

Warning: A shielded-type power cord is required in order to meet FCC emission limits and also to prevent interference to the nearby radio and television reception. It is essential that only the supplied power cord be used. Use only shielded cables to connect I/O devices to this equipment.

CAUTION: Any changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.