

## INTRODUCTION

**WARNING :** Always consult your physician before starting a fitness programme. A heart rate monitor is not a medical device. It is a training tool designed to measure and display your heart rate.

## USE A PRECISE TRAINING METHOD

All the experts agree - the heart is the most important muscle in the body and, like all muscles, should be exercised regularly to remain strong and efficient. But how can you determine whether you are exercising your heart both safely and effectively? Fortunately, the heart itself provides you with key information that will help you to examine the effectiveness and the degree of safety of your training method. Your heart rate, which is expressed in a single number (Beats Per Minute), gives a constant account of your body's state of health. Your heart rate will tell you how fast you are using energy or whether you are exercising too hard or too lax. Obviously, your body does not benefit from a training method if your heart rate is too low. If it is too high, you run the risk of injury and you will suffer from fatigue. It does not matter whether your goal is to win athletics meetings, lose weight or simply to improve your overall health. What is important is that you can refine your training method by keeping your heart rate within a certain target zone. In order to accomplish this, you would obviously need to know your precise heart rate at any given moment throughout your training session. Modern technology has now enabled us to present you with wireless heart rate monitor. Monitoring your heart rate with one of these Heart rate monitor is easy and fun to do.

## KNOW YOUR LIMITS AND DETERMINE YOUR PERSONAL EXERCISE ZONE

Exercise zones are established by setting Upper and Lower Heart Rate Limits. These limits constitute a certain percentage of your Maximum Heart Rate (MHR). You may already know your MHR if you are an avid athlete or if you have already taken a Max. Heart Rate test. If not, the following formula will help you to make an educated guess :

MHR = 220 - (Your age)  
e.g. Age : 20  
MHR : 220 - 20 = 200  
For instance, the current heart rate is 150, then 75% will be shown.

## EXERCISE ZONE (BPM)

AGE	20	25	30	35	40	45	50	55	60	65
Zone 3 PERFORMANCE 90-95% MHR	190	185	180	175	171	166	161	156	152	147
Zone 2 FITNESS 65-80% MHR	140	136	132	128	124	120	116	112	108	104
Zone 1 HEALTH 50-65% MHR	130	126	123	120	117	113	110	107	104	100

### Zone 1 - Health (50% - 65% of the MHR)

This exercise zone is meant for long training sessions of low intensity. Exercising in this zone will improve both your mental and physical health.

### Zone 2 - Fitness (65% - 80% of the MHR)

This exercise zone is used by athletes who wish to increase their strength and improve their endurance while burning a greater number of calories.

### Zone 3 - Performance (80% - 95% of the MHR)

This training zone is ideal for short and very intensive training sessions. Competitive athletes use this zone in order to build greater speed and explosive power. Exercising in this zone will create an "oxygen debt" and increase the degree of lactic acid in the muscular tissue.

## FEATURES

If necessary, you can refer to the table on the gift box.

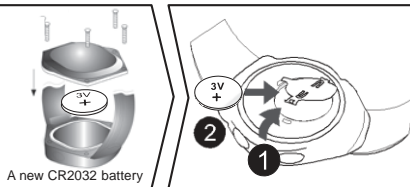
1. Current Heart rate
2. Average Heart Rate
3. Maximum Heart Rate
4. Minimum Heart Rate
5. % of Maximum Heart Rate (MHR)
6. Exercise Zone Bar Display
7. Preset MHR per age input
8. 3 Automatic Target Zone per age input
9. 1 Freely programmable Target Zone
10. Target Zone visual alarm
11. Target zone audible alarm
12. Target Zone re-selectable and re-checkable
13. Hazard warning alarm for MHR
14. 3 different audible alarms (High/ Low/ MHR)
15. Alarm Sound ON/OFF
16. Alarm Sound Selectable (Zone-below/ Zone-above/ both)
17. Auto Exercise Timer (Zone-in/ Zone-above/ Zone-below/ Total)
18. Professional Stopwatch
19. Calorie Counter
20. Fat Burnt Counter (in gram)
21. Auto Calendar (Year/ Month/ Date/ Week-day)
22. Clock (12/24 Hour Selectable)
23. Daily Alarm Watch
24. Backlight Display
25. Key tones
26. Countdown Timer 5hr 59min 00sec
27. Recovery Timer 5min
28. Fitness Index

- ECG Heart Rate Measurement
- Easy Usage by Direct Key Operation
- All Heart Rate Information in One Display
- Quick Release Bike Mount
- Wireless Data Transmission
- Water Resistant
- Large LCD Display

## BATTERY INSTALLATION

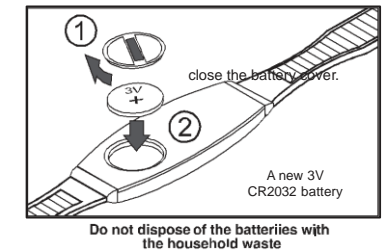
### Heart Rate Monitor

Remove the back cover of the watch with a screwdriver, install a new CR2032 with the positive (+) pole facing up and replace the cover. Remove the battery and reinsert it if the LCD displays irregular figures.



### Transmitter Belt

Remove the battery cover from the bottom of the belt using a small coin. Install a new CR2032 with the positive (+) pole facing the battery cover and

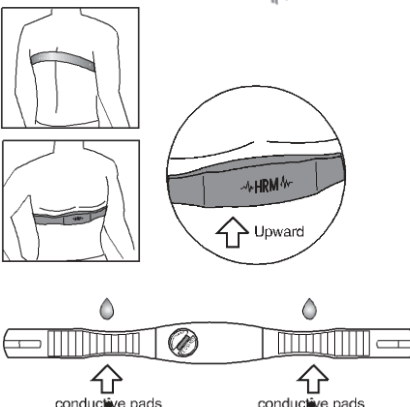


Do not dispose of the batteries with the household waste

## WEARING THE TRANSMITTER BELT

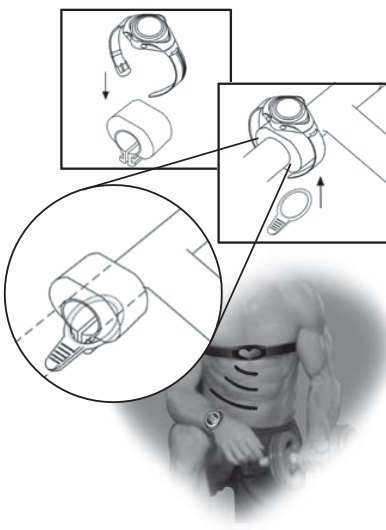
Adjust the elastic belt so that it fits tightly around your chest just below the pectoral muscles. Moisten the transmitter's conductive pads with cool water in order to ensure a good contact with the skin at all times.

Positioning the Transmitter Belt upward as per diagram.



## HOW TO USE THE HEART RATE MONITOR

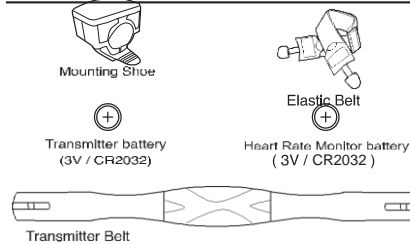
Heart rate monitor can be worn like a watch on your wrist or it can be fixed on the handlebar of your bike with the optional mounting system. Keep the computer and the transmitter within a max. operating distance of 60 cm.



## TROUBLE SHOOTING

Problem	Possible Cause(a) and solutions
No heart rate is displayed	<ul style="list-style-type: none"><li>• Transmitter belt is not positioned as it should</li><li>• The conductive pads are dirty or were not moistened prior to use</li><li>• Atmospheric or RF interference</li><li>• Check or replace the battery of the transmitter</li></ul>
Incorrect heart rate is displayed	<ul style="list-style-type: none"><li>• The conductive pads are dirty or were not moistened prior to use</li><li>• The elastic belt is too loose</li><li>• Weak batteries</li><li>• Atmospheric or RF interference</li></ul>
Display fades	<ul style="list-style-type: none"><li>• Weak Heart rate monitor battery. Replace it immediately</li></ul>
Irregular figures on the display	<ul style="list-style-type: none"><li>• Remove the Heart rate monitor battery and reinsert it.</li></ul>

## ACCESSORIES



## KEYS OPERATION

### Key "A" MODE button

-Press to toggle **CLOCK** or **PULSE** mode

### Key "B" SELECT (SEL) button

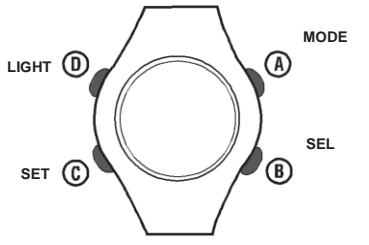
-In **PULSE** mode, press to select different features : **TMR / SW / MEM / ZN / CAL / FAT**  
-In **CLOCK** mode, press to enter **ALARM** mode  
-In **SETTING** mode, press to select digits

### Key "C" SET button

-In **PULSE** mode, hold to clear data or to enter setting mode  
-In **CLOCK** mode, hold to enter setting mode or press to confirm the setting.

### Key "D" LIGHT button

-Press to turn on the back light.



## HOW TO INSTALL AN EXERCISE ZONE

Once your **HEART RATE MONITOR** is powered on

Enter the year of birth (YEAR is displayed)  
The pre-set year of birth (1950) starts to flash.  
Press the button B to set the flashing numbers to the desired year of birth (any year from 1900 to 2004 may be entered). Acknowledge the setting by pressing the button C.

Enter the month (MONTH is displayed)  
The pre-set month is displayed. Press the button C to set the desired month. Acknowledge the setting by pressing the button B.

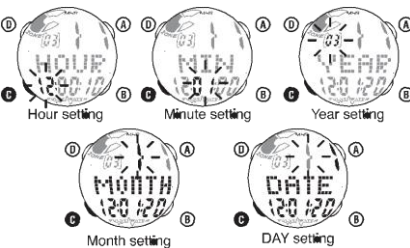
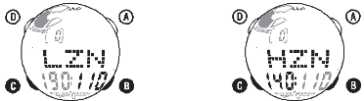
Enter the date (DATE is displayed)  
The pre-set date is displayed. Press the button C to set the desired day. Acknowledge the setting by pressing the button B.

Enter the weight (KG starts to flash)  
The pre-set weight is displayed. Press the button B to select either kilograms (KG) or pounds (LB). Now set your weight using the button B. Acknowledge the setting by pressing the button C.



User-defined training zone U (LOW ZONE and LZN setting)

zone U yourself. Press the button B repeatedly until the desired value of the training zone (LZN) is set. Acknowledge the setting by pressing the button C. The upper limit of the training zone (HIGH ZONE or HZN is displayed) begins to flash. Set this too using the button B and again acknowledge the setting by pressing the button C.



## DAILY ALARM TIME SETTING

### (1)ALARM TIME SETTING

-In **CLOCK** mode, press button B to enter **ALARM** mode  
-Hold button C to enter alarm time setting mode and the hour digits will then flash  
-Press button B to adjust the digits and press button C to confirm.  
-Repeat the same process to set minute digits.



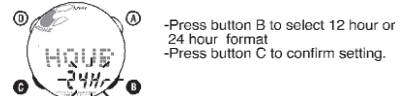
### (2)DAILY ALARM ON / OFF

-In **CLOCK** mode, press button B to enter **ALARM** mode  
-In alarm mode, press button C to turn the alarm on ( ) or off.  
-Press button B to **CLOCK** mode.



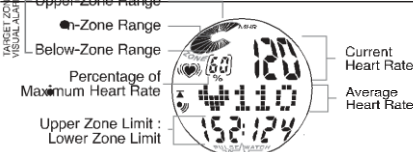
## CLOCK SETTING

In clock mode, hold button C to enter the clock setting mode. '



For the calendar clock setting, press button B to adjust the digits and then press button C to confirm setting.

## HEART RATE MONITOR MODE DISPLAY



## CURRENT HEART RATE

Press button A to return to the **PULSE** mode display. The current heart rate is displayed on the upper line of the LCD. The symbol in the upper left-hand corner will start to flash if a signal is received from the transmission belt. The symbol will freeze and the last heart rate record will be displayed if no signal is received.

For power saving, the watch will automatically return to clock mode if no signal is received for about 5 minutes.

## % OF MHR (Maximum Heart Rate)

This is the data showing the percentage of Current Heart Rate comparing to Maximum Heart Rate (MHR by age). It is useful to monitor your heart performance safely and effectively during exercise



## TARGET ZONE VISUAL ALARM AND THE BAR DISPLAY

This is the graphical direct relationship between Current Heart Rate and Maximum Heart Rate. The bar move up and down not only to present a visual alarm for Zone-Below, Zone-In, Zone-Above and over MHR ; but also to show the extensiveness of your heart rate. It is a very important and effective tools to monitoring your workout both safely and effectively.

## TARGET ZONE AUDIBLE ALARM

### (1) Alarm Sound On/ Off

-In pulse mode, press button B to the Target Zone mode  
-Press button C to select alarm sound on ( ) or off. (ZONE).

(2) Exercise Zone Alarm Activation ( )  
-In pulse mode, press button B to the Target Zone mode  
-Hold button C until 1/2 flash  
-Press button B to select the target zone for the alarm.  
( ) alarm will be activated only when your heart rate exceeds the upper limit.  
( ) alarm will be activated only when your heart rate drops below the lower limit.  
( ) alarm will be activated both when your heart rate exceeds the upper or drops below the lower limit.  
-Press button C to confirm

(3) Exercise Zone Selection  
Right after the Zone Alarm Activation, press button B to select the target zone (1), (2), (3) and (U)  
-Press button C to confirm

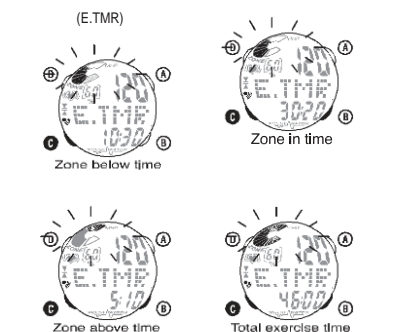
## AVERAGE HEART RATE

-The average heart rate is displayed on the second row of the LCD.  
-To reset average heart rate and timer, press button B to enter exercise timer mode (E.TMR) and then hold button C until data is clear.

## AUTO EXERCISE TIMER(E.TMR) - 99 hour 59 min 59 sec

### Zone in, Zone below, Zone above and total exercise time

-In pulse mode, press button B to enter the timer mode (E.TMR).  
-The timer is activated automatically whenever pulse signal is received.  
-Press button C to read timer for different zones  
-To reset average heart rate and timer, press button B to enter timer mode and then hold button C until data is clear .



## MAXIMUM AND MINIMUM HEART RATE (MEM)

-In pulse mode, press button B to enter the memory mode (MEM).  
-Press button C to check the maximum heart rate (Hi) and minimum heart rate (Lo).  
-Hold C to reset the data.

## AUTO CALORIE COUNTER (CAL)

-In pulse mode, press button B to enter the Calorie mode (CAL).  
-The approximate energy consumption in CALORIE will be counted automatically whenever pulse signal is received.  
-Hold button C to reset

## AUTO FAT BURNT COUNTER (FAT) IN GRAMS

-In pulse mode, press button B to enter the Fat burnt mode (FAT).  
-The approximate fat burnt in grams will be counted automatically whenever the achievement ( 65% of MHR ) is reached.  
-Hold button C to reset the data.

## FITNESS LEVEL

In heart rate mode, immediately after

the button B repeatedly until **FITNESS LEVEL** appears on the display.

Press the button C to start a 5-minute countdown. Your heart rate and fitness level will be displayed after the countdown (= recovery phase).

Fitness Level	heart rate after 5min
Level 6	> 130
Level 5	130-120
Level 4	120-110
Level 3	110-105
Level 2	105-100
Level 1	< 100

## Countdown Mode

### Setting the Countdown

Press the button A to enter countdown mode (indicated by DOWN TIMER or D.TMR). Press and hold the button C. The hours position flashes on the display:

Set the hours using the button B and acknowledge with the button C. The minutes position flashes on the display. Set the minutes using the button B and acknowledge with the button C.  
A maximum of 9 hours 59 minutes 00 seconds can be set.

### Starting the Countdown

Press the button A to enter countdown mode (indicated run with the time set.

The countdown is stopped or continued by pressing the pressing and holding the button C (displayed by HOLD TO RESET).

A 1-minute alarm sounds as soon as the time set has expired and the heart rate monitor begins to count the time up again (= time that has elapsed since the alarm sounded). The 1-minute alarm may be switched off using any button.

**Note:** ERR will be displayed if you have entered 0:00 by accident. In this case, wait 5 seconds until the ERR display disappears and you can re-enter the countdown time.

## Stopwatch Mode

Press the button A to enter stopwatch mode (indicated by STOPWATCH or STW).

Press the button C to start or stop the stopwatch. Press and hold the button C (indicated by HOLD TO RESET) to reset the stopwatch.  
A maximum of 9 hours 59 minutes 59 seconds can be displayed.

## BACKLIGHT

-Press button D to turn on the light.





Read the instructions (actual symbol colours are white on a blue background).

Symbol for "Environment Protection" – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.

Symbol for "Manufacturer".

This product complies with European Directives.

Symbol for "European Representative".

Model number

Keep Dry



The HRM3 is guaranteed for 12months from the date of purchase for electrical and mechanical faults.  
There are no self-serviced parts inside the product. Any attempt to adjust the product by an unapproved person will make the warranty invalid.  
This does not affect your statutory rights.

**Customer Service:**  
For any questions on the HRM3 please contact Kinetik Medical Devices on the following address: Kinetik Medical Devices Ltd  
Medicity D6  
Thane Road  
Nottingham  
NG906BH  
0115 7840090  
[info@kinetikwellbeing.com](mailto:info@kinetikwellbeing.com)