

***SPORTLINE***<sup>®</sup>

**Heart Rate Watch  
with LED Beats Per Minute**

**Read and save these instructions.**



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## Introduction

The Sportline® Heart Rate Watch with LED Beats Per Minute accurately measures ECG heart rates without a chest strap. It operates as a basic analog watch and features digital time, calendar and heart-rate monitor functions.

Read all instructions carefully before use. Save these instructions for future reference.

## Caution

- Avoid exposing the watch to extreme conditions.
- Avoid rough use and severe impacts.
- Do not attempt to repair, disassemble or modify the watch in any way.
- Clean the watch occasionally with a soft damp cloth.
- Store the watch in a dry place when not in use for an extended period.
- To avoid the possibility of damage, we recommend that you take the watch to a specialist for battery replacement.

## Button Overview

- Time Button
- Heart Rate Button
- Crown
- Daily Alarm Button
- Sensor Contact 1
- Back Cover (Sensor Contact 2)

## Button Overview



**Time Button:** Press to view Current Time Display, date, day of week and seconds. Hold down to enter the Current Time Setting mode.

**Heart Rate Button:** Hold down in conjunction with the Sensor Contacts to measures heart rate. Press to select among different settings.

**Crown:** Pull out to set analog time.

## Button Overview

**Daily Alarm Button:** Displays alarm setting. Press to increase/change setting value.

**Sensor Contact 1:** Heart-rate sensor contact. Hold down button in conjunction with Heart Rate button to measure heart rate.

**Back Cover (Sensor Contact 2):** Heart-rate sensor contact. Battery door.

## Operation

### Setting the Analog Watch

1. To set the analog time, gently pull the Crown out, until you feel a click. The second hand stops and the digital time flashes.
2. Turn the Crown clockwise/counterclockwise until the desired time is set. The digital time can be used as a reference for setting the analog time.
3. To display the hour, minute or second digitally, press any button.

## Operation

4. Once the time is set, to resume normal operation, gently push the Crown back to its original position.

### Setting Date and Time

1. Press and hold down the **TIME** button until the digital display starts to flash.
2. To browse through the different formats (second, minute, hour, year, month, day, date and time), press the **HEART RATE** button.
3. To select a format, press the **DAILY ALARM** button; to change the setting values, press the button again; to increase the rate of change, hold down the button.
4. With digital seconds selected, to zero out (reset) the watch and synchronize the analog and digital seconds, press the **DAILY ALARM** button.
5. When complete, press the **TIME** button to save the settings and return to the Current Time Display.

## Operation

**Note:** The watch exits setting mode and shuts off automatically after 60 seconds of inactivity.

### Synchronizing Analog and Digital Time

The analog and the digital time of the LED Heart Rate Watch will differ because they are two independent systems. You will need to set both time functions manually to synchronize the time.

### Setting Alarm Time

1. Hold down the **DAILY ALARM** button; the digital display flashes.
2. To browse through the different settings (alarm ON/OFF, alarm hour, alarm minute), press the **HEART RATE** button.
3. To select a setting, press the **DAILY ALARM** button.
4. To save the selected setting, press the **TIME** button.

# Operation

## Heart-Rate Mode (Precautions and Tips)

- There are two heart-rate sensor contacts on the watch: Sensor Contact 1 and the Back Cover (Sensor Contact 2). The Back Cover must make firm contact with the user's skin (wrist) during measurement.
- Do not take heart-rate measurements while diving or under water.
- Do not use with hand cream. It will insulate the signal between the skin and Sensor Contacts.
- Do not use the fingertips where the skin is dry and thick. For those with extremely dry skin, moisten the fingers and wrist with tap water or a conductive gel.
- Clean the Back Cover occasionally, using a damp cloth. Wipe dry to remove any residue.
- To ensure better signal transmission, clean your skin and fingers with soap and water.

## Operation

- Hold the watch firmly when taking measurements in motion.
- Avoid awkward motions during measurement. They may create inaccurate heart-rate readings.

### Heart-Rate Measurement

1. To measure heart rate, press the **HEART RATE** button with your index finger for about 5 seconds.
2. Ensure the Back Cover of the watch sits firmly on the skin.
3. Press **SENSOR CONTACT 1** with your thumb.

**Note:** To obtain a heart-rate reading, both Sensor Contact buttons must be pressed simultaneously.

# Operation

## Getting a Heart-Rate Reading

1. Ensure the watch sits securely on your wrist.
2. Hold down **SENSOR CONTACT 1** and the **HEART RATE** button with your thumb and index finger, respectively. The “Heart” icon appears on the display.
3. Continue to hold while the watch measures your heart rate.
4. After the reading is acquired, the measured heart rate appears on the display. To prolong the results on the display, continue to hold down the **HEART RATE** button. If there is no heart-rate reading in 20 seconds or the **HEART RATE** button is released before the heart rate is acquired, the watch automatically stops measuring.

**Note:** During heart-rate reading, the analog’s second hand will stop until the measurement is finished. When complete, the second hand will fast forward to synchronize with the digital time.

# Operation

## Heart-Rate Mode

During heart-rate reading, if you get no reading or experience long response times, refer to the section below:

- Cause:** Dry skin.  
**Solution:** Moisten fingers and wrist area with water or conductive gel.
- Cause:** Fingers are not placed firmly over the sensors.  
**Solution:** Make sure the pads of your fingers (not the tips) press firmly over the sensors and the watch is placed securely on your wrist. Fingertips do not allow for enough contact, therefore, ECG signals will not be picked up.
- Cause:** Muscle tremors caused by: a) Pressing down too hard on the sensors with fingers, b) Person is in motion and holding the watch in an awkward manner.  
**Solution:** It is best to place the pad of your thumb on Sensor Contact 1 and have your index finger press the Heart Rate button. If you are measuring heart rate while walking or jogging, ensure your arm is relaxed and below chest level while moving naturally.

## Operation

- Cause:** Dead skin on wrist.  
**Solution:** Rub it off to promote solid contact with the Back Cover.
- Cause:** A thin layer of the body's natural oil can insulate the ECG signal and prevent the Back Cover from picking up user's ECG.  
**Solution:** Wipe wrist and back of the watch with a tissue or soft towel.
- Cause:** Hairy arms.  
**Solution:** Apply conductive gel to wrist area.
- Cause:** Irregular heartbeats.  
**Solution (N/A):** It is difficult to consistently pick up a reading for those with irregular heartbeats. Inconsistent response times are to be expected for those with arrhythmia.

## Specifications

### **Timekeeping (Analog)**

**Movement:** Quartz

**Hands:** 3 Hand (hour, minute and second)/2 Hand (hour, minute)

### **Timekeeping (Digital)**

**Time System:** AM/PM, Hour, Minute, Second

**Calendar:** Month/Date/Day-of-Week Display

**Time Format:** Selectable 12-hour/24-hour

**Calendar Format:** Selectable Month-Date/Date-Month

### **Heart-Rate Monitor**

**Range:** 40 ~ 240 bpm

### **Power**

Runs on one 3V CR2032 lithium battery.

## Battery Usage

To save power, the LED display turns off automatically if there is no activity for 3 seconds. If the LED intensity is getting weak or looks faded, you may need to replace the battery.

## Display Viewing

When viewing under a strong light source such as the sun, to increase visibility use your hand to shade the screen.

# Guarantee Certificate

**For purchases made in the U.S.**

**If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: EB SPORT GROUP, 585 Oak Ridge Road, Hazleton, PA 18202**

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

**(PLEASE PRINT CLEARLY)**

Name \_\_\_\_\_ Tel \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Store Purchased From \_\_\_\_\_ Date Of Purchase \_\_\_\_\_ Purchase Price \_\_\_\_\_

Problem With Product \_\_\_\_\_

## **REPLACEMENT**

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, **please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)**

**For purchases made in the UK:**

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement: StarCase (UK) Ltd, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

**www.sportline.com**  
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