



**SMARTHEART**  
**Heart Rate Monitor Watch with Target**  
**Calorie Function**  
**Model: SE120**

**USER MANUAL**

**CONTENTS**

**Introduction** .....2  
**Key Features** .....2  
    Watch .....2  
    LCD Display .....3  
**Getting Started** .....4  
    Unpacking the Watch .....4  
    Batteries .....4  
    Wearing the Chest Belt and Watch .....5  
    Transmission Signal .....6  
**Switching Between Main Modes** .....7  
**Prompt Screens** .....7  
**Clock Mode** .....7  
    Setting the Clock .....7  
**Clock Display Mode** .....8  
    2<sup>nd</sup> Time Zone .....8  
    Keypad Tone .....8  
**Alarm Mode** .....8  
    Setting the Alarm .....8  
    Activating / Deactivating the Alarm .....8  
    Turning the Alarm OFF .....9

**User Mode** .....9  
    Activity Level .....9  
**About the Fitness Index** .....10  
    Fitness Index .....10  
    View Fitness Index .....10  
**About the Smart Training Program (Timer Mode)** ..10  
    Training Intensity Levels .....11  
    Calculating Maximum / Lower / Upper Heart Rate Limit .12  
    Using the Smart Training Program .....12  
    View Data While Smart Training Program is Running .13  
    View Smart Training Program Records .....13  
    Saving Records .....13  
**Heart Rate Alert** .....14  
**Stopwatch Mode (Chrono)** .....14  
    View Date While Stopwatch is Running .....15  
    View Stopwatch Records .....15  
    Saving Records .....15  
**Timer / Stopwatch Memory Mode** .....15  
**Backlight** .....16  
**Training Information** .....16  
    How the Heart Rate Monitor Helps You .....16  
    Training Tips .....16  
**Specifications** .....17  
**Warnings** .....18  
    Aquatic and Outdoor Activities .....19  
    Tips for Keeping Your Watch Fit .....19  
**About Oregon Scientific** .....19  
**EU-Declaration of Conformity** .....20

## INTRODUCTION

Thank you for selecting the Oregon Scientific™ SmartHeart Heart Rate Monitor Watch with Target Calorie Function (SE120) as your sports fitness product of your choice. This precision device includes the following features:

- Heart rate monitor with cordless transmission between watch and chest belt.
- Heart rate monitoring system when you go above or below your upper and lower heart rate limit.
- Visual or sound alert for heart rate thresholds during training.
- Smart Training Program - enables you to complete exercise cycles effectively.
- Calorie consumption and fat burn display during and after exercise.
- Memory storage showing average heart rate, maximum heart rate, and fat and calories burned.
- Exercise profile - to calculate your personal heart rate limit for training.
- User profile - to calculate your fitness index.
- 20 exercise memories.
- Target calorie function.
- Stopwatch.
- Clock and daily alarm.
- Dual time zones.
- Mounting bracket and chest belt included.



- Watch - water resistant up to 30 meters.
- Chest belt - splash proof.

**IMPORTANT** The use of the SE120 watch is for sport purposes only and is not meant to replace any medical advice.

This manual contains important safety and care information, and provides step-by-step instructions for using this product. Read the manual thoroughly, and keep it in a safe place in case you need to later refer to it.


## KEY FEATURES








### WATCH



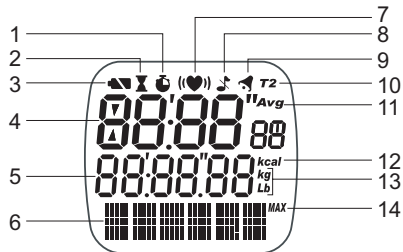


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1. **MEM / -** : Display training records; decrease setting value; keypad tone ON / OFF
2. **LCD display**
3. **MODE**: Switch to another display.
4. **ST / SP / +**: Start / stop timer; increase setting value; toggle time zone
5.  : Turn on backlight for 3 seconds.
6. **SET**: Enter setting mode; select another setting option; display different information during training.

1.  : Stopwatch mode
2.  : Timer mode
3.  : Battery status
4. **Large display**: Shows current time / alarm time / zone time / menu items / heart rate
5. **Small display**: Shows date / mode / stopwatch / sub-menu items
6.  : Displays text or heart rate information
7.  : Heart rate icon
8.  : Keypad tone is OFF
9.  : Alarm mode
10. **T2** : 2<sup>nd</sup> time zone
11. **Avg** : Average heart rate display
12. **kcal** : Calorie consumption display
13. **kg/Lb** : Body weight unit
14. **MAX** : Maximum heart rate display

#### LCD DISPLAY



## GETTING STARTED

### UNPACKING THE WATCH


When you unpack your Heart Rate Monitor Watch, make sure to keep all the packing materials in a safe place, in case you need to later transport or return the product for servicing.

In this box, you will find:

- Watch
- Chest belt
- Mounting bracket
- 2 x CR2032 lithium batteries

**NOTE** Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.

### BATTERIES

2 x CR2032 lithium batteries – one for the watch and another for the chest belt – both are already installed. The batteries typically last one year. We highly recommend that you contact the retailer or our customer service department if you need to replace them.  shows when the battery is low.

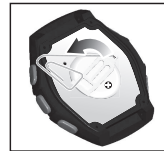
To replace the watch battery:



1. Turn the watch over so that you are looking at the back plate.
2. Disconnect the watchstrap as shown.



3. Using a small screwdriver, remove the four screws that hold the back plate into position.
4. Remove the back plate and set it aside.



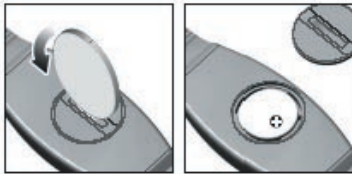
5. Using a thin blunt instrument, hook the release catch and lift the clip.
6. Remove the old battery.
7. Insert new battery with + side facing upwards.
8. Replace the battery clip.



9. Reset the watch by inserting a thin metal instrument into the reset hole.
10. Replace the back plate and screws.



To replace the chest belt battery:



1. Locate the battery compartment on the back of the chest belt.
2. Using a coin twist the compartment lid counter-clockwise until it clicks out of place.
3. Remove the old battery.
4. Insert the new battery with the + side upwards.
5. Replace the battery compartment lid by twisting it clockwise until it is firmly in place.

#### IMPORTANT

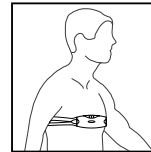
- Non-rechargeable and rechargeable batteries must be disposed of properly. For this purpose, special containers are provided for non-rechargeable and rechargeable battery disposal at communal collection centers.
- Batteries are extremely dangerous when swallowed! Therefore, keep batteries away from infants. If a battery has been swallowed seek immediate medical advice.

- The batteries supplied must not be recharged, reactivated by any other means, dismantled, put into fire or short-circuited.

#### WEARING THE CHEST BELT AND WATCH

##### CHEST BELT

The heart rate chest belt is used to count your heartbeat and transmit the data to the watch. To wear the chest belt:



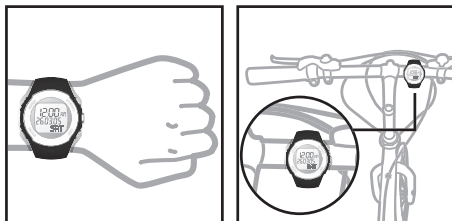
1. Wet the conductive pads on the underside of the chest belt with a few drops of water or a conductive gel to ensure solid contact.
2. Strap the heart rate chest belt across your chest. To ensure an accurate heart rate signal, adjust the strap until the belt sits snugly below your pectoral muscles.

#### TIPS

- The position of the chest belt affects its performance. Move the chest belt along the strap so that it falls above your heart. Avoid areas with dense chest hair.
- In dry, cold climates, it may take several minutes for the chest belt to function steadily. This is normal and should improve with several minutes of exercise.

**NOTE** If the watch is kept idle without receiving a heart rate signal for 5 minutes, the heart rate receiver will turn off.

#### WATCH



You can wear the receiver watch on your wrist or strap it to a bike or exercise machine.

#### TRANSMISSION SIGNAL

The chest belt and watch have a maximum transmission range of about 62.5 centimeters (25 inches). ♥ Flashes when the watch is receiving a signal from the chest belt.

In the event that you experience a weak signal (i.e., the watch heart rate monitor will only show "0") or your signal is disrupted by interference in the environment,



follow the instructions below to identify and resolve the situation:

- Shorten the distance between the chest belt and watch.
- Re-adjust the position of the chest belt.
- Check the conductive pads are moist enough to ensure solid contact.
- Check the batteries. Low or exhausted batteries may adversely affect transmission range.

**WARNING** Signal interference in the environment can be due to electromagnetic disturbances. These may occur near high voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven exercise equipment, cellular phones or when you walk through electric security gates. Under interference, the heart rate reading may become unstable and inaccurate.

**NOTE** If the watch is kept idle without receiving a heart rate signal for 5 minutes, the Heart Rate receiver will turn off.



## SWITCHING BETWEEN MAIN MODES

There are 6 main modes. Each main mode displays a banner screen telling you which mode you are entering. After 1 second the banner screen is automatically replaced by the main mode screen. Press **MODE** to switch between the main modes:

MODE	BANNER	MAIN MODE	MODE	BANNER	MAIN MODE
CLOCK			TIMER		
STOP-WATCH			MEMORY		
USER PROFILE			ALARM		

The modes are described in the sections that follow.

**NOTE** You cannot run the Timer or Stopwatch at the same time. If you have been using the Timer and do not reset it after use, you will not be able to view the main mode stopwatch screen and vice-versa.

## PROMPT SCREENS

In some Main Mode and Setting displays a prompt screen will appear when you press **SET**. Press and hold **SET** if you wish to enter and proceed with the prompt action or press **MODE** to exit this display.

SCREEN DISPLAY	PROMPT SCREEN	PROMPT ACTION
CLOCK / ALARM / USER PROFILE MAIN MODE		Enter Clock / Alarm / User Setting Mode
TIMER / STOP-WATCH MAIN MODE		Reset Timer / Stopwatch
TIMER / STOP-WATCH SETTING MODE		Enter Timer / Stopwatch Setting Mode
MEMORY MAIN MODE		Delete total calorie and fat burn or individual memory, i.e., MEM.1

## CLOCK MODE

### SETTING THE CLOCK

The real-time clock is the default display for the watch.

To set the real-time clock:



1. Press **MODE** to switch to Clock Mode.
2. Press and hold **SET** until the first setting flashes.
3. Press **ST / SP / +** or **MEM / -** to change the setting. Hold to speed through the options. Press **SET** to confirm the setting and move on to the next one.
4. Repeat step 3 to change other settings for this mode.
5. The setting sequence is 12 / 24 hour clock format, hour, minute, second, date format, year, month and date.
6. Press **MODE** to exit the setting mode at any time.

**NOTE** The clock is programmed with a 50-year auto-calendar, which means you do not need to reset the days of the week and dates each month.

### CLOCK DISPLAY MODE

You can change the 2<sup>nd</sup> time zone and keypad tone when you are in the Clock Display Mode.


#### 2<sup>nd</sup> TIME ZONE

To toggle between time zone 1 and 2, press **ST / SP / +**. Press and hold to change the time zone to **T1** or **T2** permanently.



When you set the hour, minute, second, year, month and date in the Clock Setting Mode, you will be setting the permanently selected **T1** or **T2** time.

#### KEYPAD TONE

To toggle between keypad tone ON and OFF, press **MEM / -**.  appears when the keypad tone is OFF.

### ALARM MODE


#### SETTING THE ALARM

To set the alarm:



1. Press **MODE** to switch to Alarm Mode.
2. Press and hold **SET** until the first setting flashes.
3. Press **ST / SP / +** or **MEM / -** to change the setting. Hold to speed through the options. Press **SET** to confirm the setting and move on to the next one.
4. Repeat step 3 to change other settings for this mode.
5. The setting sequence is hour and minute.

#### ACTIVATING / DEACTIVATING THE ALARM

1. Press **MODE** to navigate to Alarm Mode.
2. Press **ST / SP / +** to activate or deactivate the alarm.  appears when the alarm is activated.





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#### TURNING THE ALARM SOUND OFF

To silence the alarm press any key.

#### USER MODE

To access the full benefits of the watch, set up your user profile before you exercise. This will automatically generate a fitness index. This calculation along with the calorie and fat burned will help you track your progress over time.

To set the user profile:



1. Press **MODE** to switch to User Mode.
2. Press and hold **SET** until the first setting flashes.
3. Press **ST / SP / +** or **MEM / -** to change the setting. Hold to speed through the options. Press **SET** to confirm the setting and move on to the next one.
4. Repeat step 3 to change other settings for this mode.
5. The setting sequence is sex, age, Maximum Heart Rate(MHR), unit for weight, weight, unit for height, height and activity level (0-2).
6. Press **MODE** to exit the setting mode at any time.

Once you complete your user profile, a fitness index will appear on the watch. Refer to the "About the Fitness Index" section for further information.

You can display and adjust your user profile at any time. To browse the user profile information, press **MEM / -**.

**NOTE** You must set up your user profile to use the calorie count and fat burn features.

**NOTE** If the sex or age has been set, the Maximum Heart Rate (MHR) will be updated, as will the upper and lower limit for the target zone for both Timer and Stopwatch Mode.

#### ACTIVITY LEVEL

The activity level is based on your own self-assessment of the amount of exercise you regularly perform.

ACTIVITY LEVEL	DESCRIPTION
0	Low – You do not usually participate in programmed recreation sports or exercise.
1	Medium – You are engaged in modest physical activity (such as golfing, horseback riding, table tennis, calisthenics, bowling, weight lifting or gymnastics) 2-3 times a week, totaling 1 hour per week.
2	High – You actively and regularly participate in heavy physical exercise (such as running, jogging, swimming, cycling, or skipping rope) or engage in vigorous aerobic exercise (such as tennis, basketball or handball).

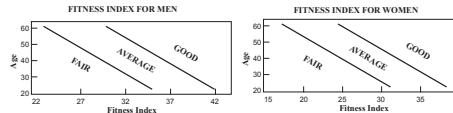
## ABOUT THE FITNESS INDEX

### FITNESS INDEX

Your watch generates a fitness index based on your aerobic fitness. This index is dependent and limited by the body's ability to deliver oxygen to the working muscles in training. It is often measured by maximum oxygen uptake (VO2 Max), which is defined as the highest amount of oxygen that can be utilized when exercising at an increasingly demanding level. The

lungs, heart, blood, circulatory system, and working muscles are all factors in determined VO2 Max. The unit of VO2 Max is ml/kg min.

The higher the index, the fitter you are. See the tables below for a rough guide to what your fitness index means:



### VIEW FITNESS INDEX

43  
FIT.

Press **MODE** to navigate to the User Mode to display your fitness index.

## ABOUT THE SMART TRAINING PROGRAM (TIMER MODE)

The Smart Training Program enables you to complete exercise cycles effectively. It will guide you from a warm up to the end of your exercise program. In addition to monitoring your heart rate and alerting you whenever you fall out of the range for the selected upper / lower heart rate limit, the program allows you to check the



calories consumed and the percentage of fat burned.

Different activities exercise the body in different ways and help you to achieve a variety of fitness goals. To accommodate this the Smart Training Program can be set to suit different exercise activities. For example, if you are running, your settings are likely to differ from those you would use when undertaking a weight training activity.

Also, the time you require to warm-up and complete an exercise will vary. That is why you can change the warm-up and exercise countdown time to suit you.

**NOTE** Once you have set your user profile, your lower and upper heart rate limit will be set automatically. However, you can manually change your upper and lower heart rate limit if the automatic setting does not suit you. If you change the training intensity level your upper / lower and maximum heart rate will automatically be updated.

#### TRAINING INTENSITY LEVELS

There are 3 training intensity levels:

	TRAINING INTENSITY	%MHR*	DESCRIPTION
0	Health Maintenance	60-70%	This is the lowest training intensity level. It is good for beginners and those who want to strengthen their cardiovascular systems.
1	Aerobic Exercise	70%-80%	Increases strength and endurance. It works within the body's oxygen intake capability, burns more calories, and can be maintained for a long period of time.
2	Anaerobic Exercise	80-90%	Generates speed and power. It works at or above the body's oxygen intake capability, builds muscle, and cannot be maintained for a long period of time.

\* MHR = Maximum Heart Rate

### CALCULATING MAXIMUM / LOWER / UPPER HEART RATE LIMIT

Before you begin any exercise program and to achieve maximum health benefits from your workout, it is important to know your:

- Maximum heart rate (MHR)
- Lower heart rate limit
- Upper heart rate limit

To manually calculate your own heart rate limits, follow the instructions below:

<b>MHR</b>	Male: MHR = 220 - age Female: MHR = 230 - age
<b>LOWER LIMIT</b>	MHR x lower target intensity %. E.g. Target intensity is 0 Lower Limit = MHR x 60%
<b>UPPER LIMIT</b>	MHR x upper target intensity %. E.g. Target intensity is 0 Upper Limit = MHR x 70%

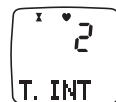
### USING THE SMART TRAINING PROGRAM

The Smart Training Program monitors your exercise performance once you have entered your user profile.

**NOTE** You cannot use the Smart Training Program if you are running the stopwatch.



To enter the Smart Training Program:



1. Press **MODE** to switch to Timer Mode.
2. Press and hold **SET** until the first setting flashes.
3. Press **ST / SP / +** or **MEM / -** to change the setting. Hold to speed through the options. Press **SET** to confirm the setting and move on to the next one.
4. Repeat step 3 to change other settings for this mode.
5. The setting sequence is training intensity, lower and upper heart rate limit, alert ON / OFF, target calorie value, target calories alert ON / OFF, timer hour, timer minute, timer second and warm-up time (0-10 mins).
6. Press **MODE** to exit the setting mode at any time.

TASK	INSTRUCTION
Start / stop timer	Press <b>ST / SP / +</b>
Stop / reset timer	Press and hold <b>SET</b> . Once you stop any countdown timer you cannot resume the timer unless you reset it. When you reset the timer, it will automatically go back to the warm-up setting
Skip warm-up	Press <b>MEM / -</b>



At the end of each countdown period you will hear 2 beeps.

**NOTE** **X** appears when you are in the timer display, or when timer is running in the background.

**NOTE** The calories and fat burned will not be counted during the warm-up. When the target calorie number is reached an alert will sound and the target calorie amount will display for 5 seconds.

**NOTE** (**( )**) will flash when you exceed your upper or lower heart rate limit.

**VIEW DATA WHILE SMART TRAINING PROGRAM IS RUNNING**

During the training period, press **MEM / -** to toggle between the following screen displays:

HR* TIMER % MHR	HR* TIMER % MHR	HR* CALORIES % MHR	HR* FAT BURNED % MHR

\* HR = Heart Rate

**NOTE** You cannot use the stopwatch if you are running the Smart Training Program.

**VIEW SMART TRAINING PROGRAM RECORDS**

When the Smart Training Program has been paused or completed, press **MEM / -** to view the following records:

AVG HR TRAINING TIME MAX HR	FAT BURNED CALORIES % MHR	AVG HR IN ZONE TIME (Time spent without exceeding your upper or lower HR limit)	AVG HR BELOW ZONE TIME (Time spent exceeding your lower heart rate limit)	AVG HR ABOVE ZONE TIME (Time spent exceeding your upper HR limit)

**SAVING RECORDS**

When you reset the Smart Training Program, the watch will automatically save the time and date of your training session, average heart rate, exercise time, max. heart rate, and fat and calories burned.

If the memory is full, the display will show "FULL MEMORY". Press **ST / SP / +** or **MEM / -** to toggle between the YES or NO delete screens. Press **SET** to confirm or **MODE** to quit without any action.

The memory works on a first in, first out basis. For example, the oldest memory (i.e. no.1) will be deleted and the latest memory will become record no.20.

## HEART RATE ALERT

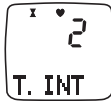
When the heart rate alert is activated, a sound alert (every 6 seconds), flashing heart rate reading and up or down arrow will appear on the display to show which heart rate limit you have surpassed.

## STOPWATCH MODE (CHRONO)

The stopwatch watch function is particularly beneficial to use when you are unsure how long your activity will take, or when you want to measure the time it takes to complete a task and your performance over that time.

To get the most out of your stopwatch function complete your user profile. If you have not completed the user profile you will be unable to use the calorie and fat burn function.

To set the stopwatch:



1. Press **MODE** to switch to Stopwatch Mode.
2. Press and hold **SET** until the first setting flashes.
3. Press **ST / SP / +** or **MEM / -** to change the setting. Hold to speed through the options. Press **SET** to confirm the setting and move on to the next one.
4. Repeat step 3 to change other settings for this mode.



5. The setting sequence is training intensity, lower and upper heart rate limit, alert ON / OFF, target calorie value, target calories alert ON / OFF and warm-up time (0-10 mins).
6. Press **MODE** to exit the setting mode at any time.

Press **MODE** to navigate to Stopwatch Mode. You can now perform the following functions:

TASK	INSTRUCTION
Start stopwatch	Press <b>ST / SP / +</b>
Pause / resume stopwatch	Press <b>ST / SP / +</b>
Stop / clear stopwatch	Press and hold <b>SET</b> . When you reset the stopwatch, it will automatically go back to the warm-up setting
Skip warm-up	Press <b>MEM / -</b>


**NOTE** The calories and fat burned will not be counted during the warm-up. 2 beeps will signal the end of the warm-up session.


**NOTE** The stopwatch begins measurement in min:sec:1/100 sec. After 59 minutes pass, the display will change to hrs:min:sec.

**NOTE** You cannot use the Smart Training Program if you are running the stopwatch.



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**NOTE**  appears when you are in the stopwatch display, or when stopwatch is running in the background.

**NOTE**  will flash when you exceed your upper or lower heart rate limit.

#### VIEW DATA WHILE STOPWATCH IS RUNNING

During the training period, press **MEM / -** to toggle between the following screen displays:

HR* TIMER % MHR	HR* TIMER % MHR	HR* CALORIES % MHR	HR* FAT BURNED % MHR

\*HR = Heart Rate

#### VIEW STOPWATCH RECORDS

When the stopwatch training has been paused or completed, press **MEM / -** to view the following records:

AVG HR TRAINING TIME MAX HR	FAT BURNED CALORIES % MHR	AVG HR IN ZONE TIME (Time spent without exceed- ing your upper or lower HR limit)	AVG HR BELOW ZONE TIME (Time spent exceed- ing your lower heart rate limit)	AVG HR ABOVE ZONE TIME (Time spent exceed- ing your upper HR limit)

#### SAVING RECORDS

When you reset the stopwatch, the watch will automatically save the time and date of your training session, average heart rate, exercise time, max. heart rate, and fat and calories burned.

If the memory is full, the display will show "FULL MEMORY". Press **ST / SP / +** or **MEM / -** to toggle between the YES or NO delete screens. Press **SET** to confirm or **MODE** to quit without any action.

The memory works on a first in, first out basis. For example, the oldest memory (i.e., no.1) will be deleted and the latest memory will become record no.20.

#### TIMER / STOPWATCH MEMORY MODE

The watch automatically records the timer and stopwatch training sessions and stores up to 20 sessions.

To view memory records:



- Press **MODE** to switch to Memory Mode and view total calorie and fat burn.
- Press and hold **SET** to clear the total calorie and fat burn.

**NOTE** Total calorie consumption and fat burned is shown as an accumulated value from the moment the watch is powered on.




- Press **ST / SP / +** to view the next memory record (i.e. MEM. 1, MEM. 2, etc).
- Press **MEM / -** to toggle between memory displays.

To delete memory records:

1. Press and hold **SET**.
2. Press **ST / SP / +** to toggle between single or whole memory delete options.
3. Press **SET** to confirm.
4. Press **MODE** to exit.

## BACKLIGHT

To turn the backlight on for 3 seconds, press .

**NOTE** The backlight does not work when the low battery icon is shown and will return to normal once the batteries are replaced.

## TRAINING INFORMATION

### HOW THE HEART RATE MONITOR HELPS YOU

A heart rate monitor is the most important tool in cardiovascular health and an ideal training partner. It



enables you to see and monitor results. This helps you assess your past performance, maximize your work out and adapt your future exercise program to achieve your desired goals in a safer and more effective way.

When you exercise, the chest belt picks up your heartbeat and sends it to the watch. Now you can view your heart rate and start monitoring your performance based on your heart rate readings. As you get fitter, your heart will need to do less work and the speed of your heart rate will decrease. The reason for this is as follows:

- Your heart pumps blood to your lungs to obtain oxygen. Then, the oxygen rich blood will travel to your muscles. The oxygen is used as fuel and the blood leaves the muscles and returns to the lungs to begin the process again. As you get fit, your heart is able to pump more blood with every beat. As a result, your heart doesn't have to beat as often to get the necessary oxygen to your muscles.

### TRAINING TIPS

To gain the maximum benefit from your training program, and to ensure that you exercise safely, please observe the following guidelines:





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- Start with a well-defined training goal, such as to lose weight, keep fit, improve health or compete in a sporting event.
- Select a training activity you enjoy, and vary your training activities to exercise different muscle groups.
- Start slowly, and then gradually step up your work out as you become fitter. Exercise regularly. To maintain a healthy cardio-vascular system, 20-30 minutes three times a week is recommended.
- Always allow at least five minutes before and after exercising for warm-up and cool-down.
- Measure your pulse after training. Then repeat the procedure again after three minutes. If it does not return to its normal resting rate, you may have trained too hard.
- Always check with your doctor before starting a vigorous training program.

## SPECIFICATIONS

TYPE	DESCRIPTION
<b>CLOCK</b>	
Time format	12 hr / 24 hr; Dual time zone
Date format	DD / MM or MM / DD
Year format	2005-2054 (auto-calendar)
Alarm	Daily alarm

## STOPWATCH

Stopwatch	99:59:59 (HH:MM:SS)
Resolution	1/100 sec

## SMART TRAINING PROGRAM

Warm-up timer	User-selectable up to 10 mins
Exercise timer	99:59:59(HH:MM:SS)

## PERFORMANCE TRACKING

Heart rate (HR) alarm	Sound / visual
HR measuring range	30 to 240 bpm (beats per minute)
Lower HR settable range	30 to 220 bpm (beats per minute)
Upper HR settable range	80-240 bpm (beats per minute)
Calories calculation	0 - 9,999 kcal for each memory record
Total calories calculation	0 - 999,999 kcal
Fat burning calculation	0 - 9999 grams each memory record
Total fat burning calculation	0 - 999, 999 grams

## TRANSMISSION

Range	62.5 cm (25 inches) – may decrease with low battery
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## WATER RESISTANT

Watch	30 m (approx. 100 feet) (not actuating keys)
Chest belt	Splash-proof

**POWER**

Watch	1 x CR2032 3V lithium battery
Chest belt	1 x CR2032 3V lithium battery

**OPERATING ENVIRONMENT**

Operation temperature	5°C to 40°C (41°F to 104°F)
Storage temperature	-20°C to 70°C (-4°F to 158°F)

**WARNINGS**

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product. The warnings given here provide important safety information and should be observed at all times.

- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Take precautions when handling all battery types.
- Remove the batteries before storing the product for a long period of time.
- Do not use the chest belt in aircrafts or hospitals. The use of radio frequency products can cause malfunctions in the control devices of other equipment.

- Do not bend or stretch the transmitter part of the chest belt.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device.
- Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.
- Clean the watch and chest belt thoroughly after each training session. Never store the products when wet.
- Use a soft, slightly moistened cloth to clean the product. Do not use abrasive or corrosive cleaning agents, as these may scratch the plastic parts and corrode the electronic circuit.
- Avoid pressing the keys with wet fingers, under water, or in heavy rain, as this may allow water to gain entry into the electrical circuitry.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or distorted parts.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.



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- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual. Do not mix new and old batteries, or batteries of different types.

#### AQUATIC AND OUTDOOR ACTIVITIES

The watch is water-resistant up to 30 meters. The chest belt is splash proof and should not be worn for underwater activities.

When using the watch for aquatic or outdoor sports activities, observe the following guidelines:

- Do not press the keys under water or with wet fingers. All settings should be set before entering water.
- Rinse with water and mild soap after use.
- Do not use in hot water.

#### TIPS FOR KEEPING YOUR WATCH FIT

Keep your watch water resistant! Avoid chemicals (gasoline, chlorine, perfumes, alcohol, hair sprays, etc.). Rinse after use. Reduce exposure to heat. Have your watch serviced by an approved service center annually.

#### ABOUT OREGON SCIENTIFIC

Visit our website ([www.oregonscientific.com](http://www.oregonscientific.com)) to learn more about Oregon Scientific products such as digital cameras; MP3 players; children's electronic learning products and games; projection clocks; health and fitness gear; weather stations; and digital and conference phones.

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### EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this SmartHeart Heart Rate Monitor Watch with Target Calorie Function (SE120) is in compliance with EMC directive 89/336/CE. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.



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