

TIMEX

Fitness Tracker

instruction guide



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INTRODUCTION

Welcome!

Thank you for purchasing a TIMEX® Ironman® Fitness Tracker with **INDIGLO® night-light**. Together, the watch and fitness POD are a great way to enhance your training experience and help you keep active.

The watch stores 50 laps and incorporates basic speed and distance tracking technology to help you stay on pace or to just keep track of how active you have been.

So, if you are staying active for health reasons, starting a jogging regimen or training for your 10th marathon, this watch will help you along your way.

Please read instructions carefully to understand how to operate your Timex® watch. Your model may not have all of the features described in this booklet.

Register your product at www.timex.com

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WATCH FEATURES

TIME/DATE

- Hours, minutes, and seconds displayed in 12- or 24-hour format
- Day of week and date displayed in MM-DD or DD.MM format
- Second time zone, with independent hours, minutes, date, and format settings
- Optional button beep and hourly chime
- Peek to time of day from any mode by holding **MODE** button
- Pedometer speed, distance and pace can be shown
- Press and hold **START/SPLIT** briefly to peek at the second Time Zone. Continue to hold to change to second time zone. Watch will beep to confirm change

CHRONOGRAPH

- 1/100-second resolution up to one hour; one-second resolution up to 100 hours
- 99-lap count
- Pedometer speed, distance and pace can be shown

RECALL

- Storage for 50 laps
- Multiple workout storage with date stamp, average and best lap times as well as total distance, speed, and pace per lap
- Average calories for entire workout

TIMER & INTERVAL TIMER

- Timer settable up to 24 hours
- Five intervals settable up to 24 hours
- Count down and stop or repeat
- 99-rep count
- INDIGLO® night-light flashes during alert
- Intervals can be named with one of six canned messages

- Pedometer speed, distance and pace can be shown

ACTIVITY (PEDOMETER)

- Step counter from 0 to 999,999
- Traveled distance either in miles or kilometers
- Elapsed time during activity
- Calories burned
- Speed calculation based on step count, activity time and stride length
- Walk rate calculation in steps/min
- Weight and stride input
- Settable target step goal
- Units settable to US or Metric

CALIBRATE

- Calibration settings for walking, running and jogging
- Settable stride length, step rate and calibration distance
- Automatic activity detection for accurate calorie and distance calculation

ALARM

- Three daily, weekday, weekend, or weekly alarms
- Five-minute backup alert
- INDIGLO® night-light flashes during alert

INDIGLO® NIGHT-LIGHT WITH NIGHT-MODE® FEATURE

WATCH MODES

The features of this watch are grouped into modes that are accessible by pressing and releasing the **MODE** button – each depression of the **MODE** button takes you to the next mode in the loop. The modes are arranged in the following order:

TIME > CHRONO > RECALL > TIMER > INT TIMER > ACTIVITY > CALIBRATE > ALARM

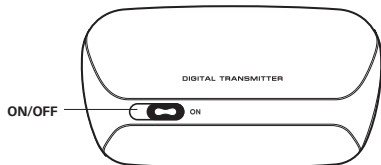
TIME	Displays the time of day and date
CHRONO	Use the chronograph for timing purposes
RECALL	Use to review previous chronograph timed events
TIMER	The Countdown Timer is useful for timing fixed-time events
INT TIMER	The Interval Timer is great for timing fixed intervals during workouts
ACTIVITY	Use Activity mode to track steps, activity goals and calories burned
CALIBRATE	Calibrate mode is used to setup the fitness POD and make it very accurate
ALARM	Three alarms are available to keep you on time



BUTTON FUNCTIONS



When setting, each button has a different function as indicated above. Display indicates when button changes function.

STARTING THE FITNESS TRACKER SYSTEM



1. To turn on the POD, slide the switch to the ON position.
2. Clip the POD to your waistband or belt. Make sure the POD is on the hip and parallel to the ground. For best results, place the POD on the same side of your body as your watch.
3. To turn the receiver on, press the **ON/OFF** button on the watch. Make sure you are at least 6 feet away from other Fitness Tracker users.
4. The wave on the ANTENNA icon  blinks while the watch looks for the POD.
5. ANTENNA icon  is shown steady when the POD and watch are communicating and successfully linked.

NOTE: Though the Fitness Tracker system has a working range of about 3 feet (1 meter) from the POD to the watch, for the most reliable operation, make sure that the watch is as close to the POD as possible when starting the system.

TIPS:

- As a convenience, when entering any timing or activity mode, the watch will automatically start looking for the POD without having to press the **ON/OFF** button on the watch.
- To turn off the system, press and hold **ON/OFF** on the watch for 4 seconds. Slide the POD switch to OFF to turn off the POD.
- To increase battery life, make sure you turn the POD and watch receiver off when not in use.

- For best results, make sure POD is directly over the hip on the side of your body. Moving the POD closer to the front or rear of your body will decrease accuracy.

From Time of Day, Chrono, Timer or Interval Timer modes, repeatedly press the **ON/OFF** button to cycle through distance, speed, pace and mode data. Each mode retains its view settings.

TIME / DATE / HOURLY CHIME

- In TIME mode, press and hold **SET**. Time Zone flashes.
- Press + **or** - to select Time Zone 1 or 2.
- Press **NEXT** to set hour. Digits flash.
- Press + **or** - to change hour. Scroll through 12 hours to change to AM/PM.
- Press **NEXT** and + / - to set minutes.
- Press **NEXT** and + / - to set seconds to zero.
- Continue pattern to set day of week, month, day, 12-hour (AM/PM) or 24-hour military time format, MM-DD or DD.MM date format, turn hourly Chime on/off and turn Beep on/off. If you select Beep on, beep will sound every time you push a button except the **INDIGLO®** button.
- Press **NEXT** to set second Time Zone, following procedure above.
- Press **DONE** to exit.
- While the POD and watch are communicating, press the **ON** button repeatedly to step through distance, speed, pace and date displays.

TIPS:

- While viewing time, press and hold **START/SPLIT** briefly to peek at second Time Zone.
- Press and hold **START/SPLIT** for 4 seconds to change Time Zone displayed.
- In other modes, press and hold **MODE** to view Time, release to return to current mode.

CHRONOGRAPH

Watch counts up to 99 laps (100 hours max.) and stores 50 laps.


Lap time is the time for one segment (lap) of an event. Split time is the total time since the start of the event.

LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1	15:01 MIN		
	SPLIT 2	22:09 MIN	
		SPLIT 3	29:39 MIN
			SPLIT 4

RUN CHRONO:

- Press **MODE** until CHRONO appears.
- Press **START/SPLIT** to start Chrono. Chrono continues to run if you exit the mode.
- Press **START/SPLIT** to take a split. Lap number is displayed in upper left of display.
- Display will freeze for 10 seconds. If POD is active, after 5 seconds the average pace and total distance for the lap are shown. Press **MODE** to release display and see running chrono.
- Press **STOP/RESET** to stop or pause Chrono. Press **START/SPLIT** to resume.
- When workout is completed, you have two options: Press and hold **SET** to store workout or press and hold **STOP/RESET** to clear workout (both reset chrono to 00:00:00).
- While the POD and watch are communicating, press the **ON** button repeatedly to step through distance, speed, pace and chronograph displays.

TIPS:

- When Chrono is running,  appears in Time display.

- When storing a workout, display will indicate available free memory (number of laps remaining to be stored). Each workout stored equals number of laps taken plus one extra lap to store total workout times or MEMORY FULL.
- If there is insufficient memory to store entire workout, total time, date, and oldest laps will be stored up to remaining capacity.
- To clear the last chronograph workout, hold **STOP/RESET** while the chrono is reset. To clear all workouts, continue to hold the **STOP/RESET** button until CLEAR CHRONO MEM is shown and the watch beeps.

CUSTOMIZE DISPLAY FORMAT:

This determines what is shown on top and bottom lines of the display when chrono is running.

1. Press **SET**.
2. Press + / - to select **LAP/SPLIT** (Lap in large digits), **SPLIT/LAP** (Split in large digits), or **TOTAL RUN**.
3. Press **SET** to exit.

NOTE: TOTAL RUN format allows you to view total elapsed time and total activity time (total activity time=total elapsed time – time paused during workout).

RECALL

Recall mode is used to review workouts timed in the chronograph mode. Recall shows the laps taken during a workout, the best lap in the workout and calculates the average lap time for the workout.

If the pedometer is active, recall also shows total distance, average speed, average pace and calories for the workout as well as lap times, lap distance, lap speed and lap pace.

1. Press **MODE** until RECALL appears.
2. Press + to select workout to review.
3. Press **SET** to enter lap review.
4. Press + / - to review all statistics for the workout.

5. Press **SET** to exit lap review.

Statistics that may be reviewed are the following:

Total Time – Total time of the workout

Distance – Total distance of the workout

Average Speed – Average speed achieved for the entire workout

Pace – Average pace achieved for the entire workout

Calories – Total calories burned during the workout

Lap Time – Lap and split time for each lap taken

Lap Distance – Total distance accumulated for the lap

Lap Speed – Average speed of the lap

Lap Pace – Average pace of the lap

Best Lap – The fastest lap in terms of time for the workout

Average Lap – The average lap time for the workout

TIPS:

To delete workout, press and hold **STOP/RESET** for 3 seconds. Continue to hold for 3 more seconds to delete all workouts.



TIMER

The Timer is used to countdown a fixed event time. The timer can be set to repeat and countdown continuously.

1. Press **MODE** until TIMER appears.
2. Press **SET**. Hour digits flash.
3. Press + / - to change hour.
4. Press **NEXT** and + / - to set minutes.
5. Press **NEXT** and + / - to set seconds.
6. Press **NEXT** and + / - to select STOP AT END or REPEAT AT END.
7. Press **DONE** to confirm and exit.
8. Press **START/SPLIT** to start Timer. Timer will continue to run if you exit Timer mode.

9. The timer melody chimes when Timer reaches zero or before it starts to countdown again.
10. Press **STOP/RESET** to stop Timer. Hold **STOP/RESET** for 2 seconds to reset.
11. While the POD and watch are communicating, press the **ON** button repeatedly to step through distance, speed, pace and timer displays.

TIPS:



-  appears in Time display when Timer is running.  appears when timer is running and set to repeat at end.
- For repeat Timer operation, repetition number appears on top of display.
- Maximum number of repeats is 99.

INTERVAL TIMER

Interval timers are timers that count down a series of fixed events. You can set up to 5 interval times along with descriptive names.

1. Press **MODE** until INT TIMER appears.
2. Press **SET**. 1 flashes.
3. Press + / - to select interval (1 through 5).
4. Press **NEXT**. Hour digits flash.
5. Press + / - to change hour.
6. Press **NEXT** and + / - to set minutes.
7. Press **NEXT** and + / - to set seconds.
8. Press **NEXT** and + / - to select interval name (SLOW, MED, FAST, WALK, JOG or RUN).
9. Press **NEXT** and + / - to select STOP AT END or REPEAT AT END.
10. Press **DONE** to confirm and exit.
11. Press **START/SPLIT** to start Timer. Other operations are the same as for TIMER.
12. While the POD and watch are communicating, press the **ON** button repeatedly to step through distance, speed, pace and interval timer displays.

TIPS:

-  appears in Time display when Interval Timer is running.  appears when interval timer is running and set to repeat at end.
- When first countdown is complete, Timer proceeds to the next non-zero interval that is set. **INDIGLO®** night-light flashes and beep sounds between each interval.
- If you select REPEAT AT END, Timer will countdown all intervals and then repeat entire sequence.
- Take advantage of interval names. Names make type of activity for the interval easy to remember.

ACTIVITY

The Activity mode tracks how active you are and sets step goals.

1. Make sure the POD is on and the watch is receiving.
2. Press **MODE** until ACTIVITY appears.
3. Press + to move through the different statistics

VIEWING ACTIVITY STATISTICS

In Activity mode, the available statistical information to view includes the following:

Steps – Total number of steps taken

Distance – Total distance traveled (miles or km)

Activity Time – Total time spent moving

Calories – Total calories burned

Speed – Current speed (mph or km/h")

Pace – Current pace (hours and minutes per mile or km)

Steps Left – Total steps remaining from step goal

Steps per Minute – Average of the last 6 steps

TIPS:

- Hold **STOP/RESET** while in Activity mode to reset Activity statistics.

- When your step goal has been reached, GOAL MET is shown and a tone sounds within any mode.

SETTING ACTIVITY FEATURES

In Activity mode, you can set up a step goal, your weight and the units (US or metric) for all watch functions.

1. Press **MODE** until ACTIVITY appears.
2. Press and hold **SET**. Step Goal digit flashes.
3. Press **NEXT** and + / - to set each of the next Step Goal digits.
4. Press **NEXT** and + / - to set each of the weight digits.
5. Press **NEXT** and + / - to select US or Metric units.
6. Press **DONE** to confirm and exit.

CALIBRATE

The Calibrate mode is used to set up the POD to be more accurate in calculating things such as distance and calories consumed.

AUTOMATIC ACTIVITY SELECTION


Once calibrated for walking, jogging, and running, the Fitness Tracker is smart enough to determine which activity you are performing. This results in more accurate statistics overall.

NOTE: Please calibrate all activities before using to ensure product accuracy. If not all activities are calibrated, please go through manual calibration and copy the step rate and stride length values from one activity to those that have not been calibrated.

AUTOMATIC POD CALIBRATION

Automatic POD calibration is a great way to easily calibrate the POD without having to know any details about the stride length and the step rate. Minimum distance for calibration is 100 feet (or 30 meters).

1. Make sure the POD is turned ON.
2. Press **MODE** until CALIBRATE appears.

3. Press **ON/OFF** to turn on watch receiver if not already on. Wait for steady ANTENNA icon  before continuing calibration.
4. Press + to select activity to calibrate.
5. Hold **ON/OFF** button to start calibration. Wait for START WALK, START JOG or START RUN to display on the watch.
6. Start the current activity. For example, if RUN is selected, start to run.
7. At the end of 100 ft (or 30 meters), press **STOP/RESET** to complete calibration.
8. If calibration was successful, CALIBRATE OK is shown on watch.

NOTE: CALIBRATE FAILED may be shown when there are too few steps over long period of calibration time or too many steps over short period of calibration time.

TIPS:

- You may manually calibrate the stride length and steps per minute to get better accuracy.
- Additionally, you may get better accuracy by choosing a longer distance for calibration.

MANUAL POD CALIBRATION

Manual POD calibration can be used to get incredibly accurate calibration. Values can be tweaked to achieve a high level of accuracy.


1. Make sure the POD is turned ON.
2. Press **MODE** until CALIBRATE appears.
3. Hold **SET** to calibrate selected activity.
4. Press + / - to select the activity to calibrate (WALK, JOG or RUN).
5. Press **NEXT** and + / - to set each of the Steps per Minute digits.
6. Press **NEXT** and + / - to set the stride length.
7. Press **NEXT** and + / - to set the calibration length for automatic calibration.

ALARM


Up to three alarms may be set to remind you of upcoming events.


1. Press **MODE** until ALARM appears.
2. Press **START/SPLIT** to select alarm 1, 2, or 3.
3. Press **SET** to set selected alarm.
4. Hour digits flash. Press + / - to change hour.
5. Press **NEXT** and + / - to set minutes, AM or PM (if primary time display is in 12-hour format), DAILY, WEEK-DAYS, WEEKENDS, or day of the week (weekly alarm).
6. Press **DONE** to confirm and exit.
7. Press **STOP/RESET** to turn Alarm ON or OFF.

TIPS:

- When Alarm is on,  appears in Time display.
- When Alarm sounds, INDIGLO® night-light and alarm icon flash and alert sounds. Press any button to silence.
- If no button is pushed, alert will cease after 20 seconds and Backup Alarm will activate after 5 minutes.

POD INFORMATIONAL AND ERROR MESSAGES

Blinking antenna icon  – The watch is currently searching for the POD when the wave is blinking. Make sure the POD is on and within range of the watch.

Steady antenna icon  – The watch and the POD are communicating

Steady jogger icon  – There is no movement detected


Moving jogger icon  – Movement has been detected by the POD and the data is being transmitted to the watch

NO POD DATA – The POD signal was lost. Make sure the POD is powered on and within range. The watch automatically powers off after 16 hours of continuous use. At that point, the watch receiver must be turned on again by pressing **ON/OFF**.

INDIGLO® NIGHT-LIGHT / NIGHT-MODE® FEATURE

1. Press **INDIGLO®** button to activate night-light. INDIGLO® technology illuminates entire watch face at night and in low light conditions.
2. Continue to press up to 3 seconds to maintain illumination.
3. Press and hold **INDIGLO®** button for 4 seconds to activate NIGHT-MODE® feature.
4. When NIGHT-MODE® feature is activated, push any button to illuminate watch face for 3 seconds.
5. To deactivate NIGHT-MODE® feature, press **INDIGLO®** button for 4 seconds. Feature will automatically deactivate.

WATER & SHOCK RESISTANCE

If your watch is water-resistant, meter marking or () is indicated.

Water-Resistance Depth	p.s.i.a. * Water Pressure Below Surface
30m/98ft	60
50m/164ft	86
100m/328ft	160

*pounds per square inch absolute

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

1. Watch is water-resistant only as long as lens, push buttons and case remain intact.
2. Watch is not a diver watch and should not be used for diving.
3. Rinse watch with fresh water after exposure to salt water.
4. Shock-resistance will be indicated on watch face or case.

back. Watches are designed to pass ISO test for shock-resistance. However, care should be taken to avoid damaging crystal/lens.

BATTERIES

CHANGING THE WATCH BATTERY

1. Using a coin, insert the coin into the slot on the battery hatch.
 2. Unscrew the battery hatch by turning the coin counter-clockwise.
 3. Remove plastic frame covering battery.
 4. Remove battery from watch.
 5. Peel off mylar sticker from old battery and place on new battery.
 6. Insert new battery into watch case.
 7. Replace plastic frame covering battery.
 8. Replace battery hatch.
 9. Using a coin, turn the battery hatch clockwise to close.
- DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE.
KEEP LOOSE BATTERIES AWAY FROM CHILDREN.

CHANGING THE POD BATTERY

1. Simultaneously push the button on the case back and slide the cover away from the POD.
2. Remove the old battery and insert a new CR2032 battery into the battery compartment.
3. Reinstall the battery hatch.

FCC Notice (U.S.) / IC Notice (Canada):

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.

Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant 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 to correct the interference by one or more of the following measures:

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

*This Class [B] digital apparatus complies with Canadian ICES-003.
Cet appareil numérique de la classe [B] est conforme à la norme NMB-003 du Canada.*

DECLARATION OF CONFORMITY

Manufacturer: Timex Corporation
555 Christian Road
Middlebury, CT USA 06762

declares that the product:

Product Name: Fitness Tracker
Model Number: M597

conforms to the following Product Specifications:

R&TTE: 1999/05/EC

Standards: ETSI EN 300 330-1 - V1.3.1 (EMC) & (ERM)
ETSI EN 300 330-2 - V1.1.1 (EMC) & (ERM)

LVD: 73/23/EEC

Standards: CENELEC EN 60950-1

EMC: 89/336/EEC

Standards: CENELEC EN 55022:1998
CENELEC EN 55024:1998
EN 61000-4-2 - ESD
EN 61000-4-3 - RF Radiated Immunity
EN 61000-4-8 - Magnetics

Supplemental Information: The product herewith complies with the requirements of the Radio & Telecommunications Terminal Equipment Directive 1999/05/EC, the Low Voltage Directive 73/23/EEC, and the EMC Directive 89/336/EEC and carries the CE marking accordingly.

Agent: 

Brian J. Hudson
Director, Test Engineering and Module Development

Date: 01 January, 2007, Middlebury, Connecticut, U.S.A.

EXTENDED WARRANTY

Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase date, and 5-digit model number required. You can also mail a check for \$5 to: Timex Extended Warranty, P.O. Box 1676, Dept. EF, Little Rock, AR 72203.

TIMEX INTERNATIONAL WARRANTY

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

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

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

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

To obtain warranty service, please return your watch to Timex, one of its affiliates or the Timex retailer where the watch was purchased, together with a completed original Watch Repair Coupon or, in the U.S. and Canada only, the completed original Watch Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch to cover postage and handling (this is not a repair charge): a US\$ 8.00 check or money order in the U.S.; a CAN\$7.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 020 8687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call 49 7 231 494140. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex

retailer or Timex distributor for warranty information. In Canada, the U.S. and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Watch Repair Mailer for your convenience in obtaining factory service.

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