TIMEX®

Digital Heart Rate Monitor

W270 EU 103-095001

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INTRODUCTION
Welcome!

Thank you for purchasing your new Timex® Ironman® Target Trainer Heart Rate Monitor watch with TapScreen™ Technology. This new generation of performance tools was developed in conjunction with world-renowned athletes who helped make sure that the Target Trainer watch's features are relevant to your training needs. If you are running for the first time or training for your 10th marathon, this watch will help you along your way.

Register your product at www.timex.com

Congratulations!

With your purchase of this Timex® Ironman® Digital Heart Rate Monitor you have hired a new personal trainer. Your Digital Heart Rate Monitor offers you the ability to track, store, and analyze key indicators of your personal fitness level over 3 workouts.

You will find your Digital Heart Rate Monitor to be a user-friendly fitness tool. But, like any new device, you should take the time to familiarize yourself with its components to optimize its usefulness.

So, check out the features and functions of your Digital Heart Rate Monitor to develop a basic understanding of this fitness tool. But most of all, enjoy your new partner on the road to increased fitness!

A Fit Heart

Recent fitness findings indicate that anyone can get fit and stay fit without being overzealous. It can be as simple as:

- Exercising 3 to 4 times per week.
- Exercising for 30 to 45 minutes during each exercise session.
- Exercising at the appropriate heart rate.

Heart rate represents the effects of exercise on all parts of the body. Selecting the appropriate heart rate zone conditions the heart, lungs, and muscles to perform at optimal levels to get and keep your body in shape. Once set, your Digital Heart Rate Monitor can automatically show you when you are in the exercise zone you choose and signal you when you are not. It can help keep your body exercising at an intensity level that can help you achieve your desired fitness objectives without over or under exercising.

WARNING:

This is not a medical device and is not recommended for use by persons with serious heart conditions. Consult your physician before beginning any exercise program.

Interference with the radio signal, poor contact between your skin and the Digital Heart Rate Sensor, or other factors may prevent accurate transmission of heart rate data.

Print Resources

Heart Zones® Tools for Success (U.S. customers only):
Information to use your Digital Heart Rate Monitor in conjunction with the Heart Zones® Training System fitness program, meant to help you to increase the strength and endurance of your heart.

Web Resources

Timex® websites offer beneficial information to help you optimize your Digital Heart Rate Monitor.

- Register your product at **www.timex.com**.
- Visit **www.timex.com/hrm/** for more information on Timex® Heart Rate Monitors, including product features and simulations.
- Visit **www.timextrainer.com** for fitness and training tips using Timex® Heart Rate Monitors.

WATCH MODES/BUTTONS

STOP/RESET/SET

MODE

INDIGLO® NIGHT-LIGHT

START/SPLIT
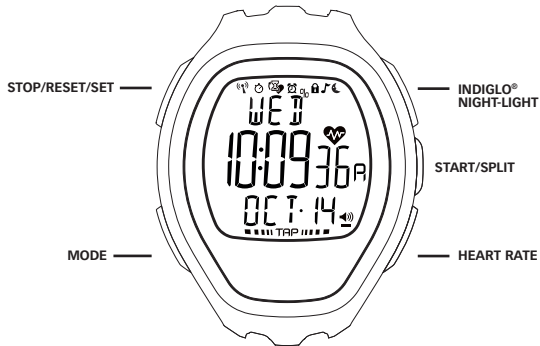
HEART RATE

Display Icons and Descriptions

- 💔 Flashing heart icon indicates watch is searching for a signal from the Digital Heart Rate Sensor. This icon will flash as long as the watch receives a signal from the Digital Heart Rate Sensor.

- ⏱ Stopwatch icon indicates the watch is timing your workout in Chrono Mode.

- ⌛ Hourglass icon indicates the watch is timing your workout in Interval Timer or Timer Mode.

- ⟨⌛ Repeat icon in Interval Timer or Timer Mode indicates you have set the timer to repeat at the end of a countdown cycle.

- 🕰 Alarm clock icon indicates you have set the alarm to alert you at a designated time.

- ♪ Melody icon indicates you have set the hourly chime to sound every hour on the hour.

- 💓 Small heart/timer icon in Time of Day or Recovery Mode when the watch is tracking a heart rate recovery.

- ▪▪▪▪TAP▪▪▪▪ Indicates the TapScreen™ Technology is activated.

- ☾ Indicates that the Night-Mode® feature is active and any button press will illuminate the INDIGLO® night-light.

Watch Modes

Press MODE to cycle through the watch main functions

TIME > CHRONO > INTERVAL TIMER > TIMER > RECOVERY > RECALL > HRM SETUP > USER INFO > ALARM

Most modes use the watch buttons in the same way, and button labels are displayed on-screen close to the button.

STOP/RESET/SET (DONE) = enter, accept and exit

MODE (NEXT) = advance to next setting option

START/SPLIT (+) = increase/advance the setting value

HEART RATE(-) = decrease/reverse the setting value

Note: Hold either button to rapidly increase/advance or decrease/reverse the setting value.

For setting, press STOP/RESET/SET and then follow the instructional prompts (+, –, NEXT, DONE) that appear on the display.

Determining Your Optimal Heart Rate Zone

There are five basic heart rate target zones. Simply select a zone that matches your percent of maximum (%) heart rate based on the fitness goal you want to achieve during a particular exercise. Before you can set your %, you first need to determine your maximum heart rate. You can use many methods to estimate your maximum heart rate. The booklet "Heart Zones® Tools For Success" included in your Personal Heart Rate Monitor packaging (U.S. customers only) provides excellent procedures and Timex recommends you use one of these methodologies.

However, if you cannot use any of the procedures you might consider using the government recommended age-based method. Begin with the number 220 and then subtract your age. For instance, a 35-year old would begin with 220 and subtract 35 (her age), which gives an estimated maximum heart rate of 185. Once you know your maximum heart rate, you can set the zones described in the following table.

Zone	%	Goal	Benefit
1	50% to 60%	Light exercise	Maintain a healthy heart and get fit
2	60% to 70%	Weight management	Lose weight and burn fat
3	70% to 80%	Aerobic base building	Increase stamina and aerobic endurance
4	80% to 90%	Optimal conditioning	Sustain excellent fitness condition
5	90% to 100%	Elite athletic training	Achieve superb athletic condition

GETTING STARTED WITH YOUR HEART RATE MONITOR

Before You Begin

Once you have determined your fitness goal and maximum heart rate, Timex recommends you input this information into the HRM SETUP Mode. This will allow you to tailor your Digital Heart Rate Monitor to your personal parameters.

To Use Your Digital Heart Rate Monitor

1. Wet the Digital Heart Rate Sensor pads.
2. Center the Sensor on your chest with the Timex® logo facing up and out and fasten it firmly, just below your sternum.
3. Standing at least six feet (two meters) away from other heart rate monitors or other
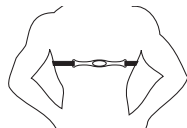
sources of radio or electrical interference, press MODE until your desired mode appears. You can view heart rate information in Time of Day, Chrono, Interval Timer or Timer Modes.

4. Press the HEART RATE button on your watch if the flashing heart icon does not appear.

5. Begin your workout.

NOTE: The watch automatically records your heart rate and other statistical data about your workout (available in Review Mode) only if you run Chrono Mode during your workout.

6. If the watch is set to alert you when you go above or below your chosen target heart rate zone press and hold HEART RATE to turn the audible alert off. Otherwise it will continue beeping until you return to your target zone. When you are turning the audible alert off, you will see the message HOLD ALERT OFF. Continue pressing HEART RATE until you see the message AUDIBLE ALERT OFF. Conversely, when you are turning the audible alert on, you will see the message HOLD ALERT ON. Continue pressing HEART RATE until you see the message AUDIBLE ALERT ON.

7. When you have finished your workout in Chrono Mode, press STOP/RESET/SET to stop recording data for the workout, and press and hold STOP/RESET/SET to save your workout.

8. Press MODE until you see Review Mode. This Mode includes heart rate and other statistical data about your workout.

Digital Heart Rate Monitor Notes & Tips

The watch and the Digital Heart Rate Sensor need to be within three feet (one meter) of each other to function properly. If the watch is not receiving heart rate information, you may receive the message

NO HRM DATA on the watch display. Try the following:

- Shorten the distance between the watch and the Digital Heart Rate Sensor.
- Adjust the position of the Digital Heart Rate Sensor and elastic chest strap.
- Make sure the Digital Heart Rate Sensor pads are wet.
- Check the battery in the Digital Heart Rate Sensor and replace it if necessary.
- Move away from other heart rate monitors or other sources of radio or electrical interference.

TAPSCREEN™ TECHNOLOGY

The TapScreen™ Technology works with one firm tap on the watch face. TapScreen™ Technology is used for CHRONO, INTERVAL TIMER, and TIMER modes. The tap sensitivity can be adjusted to light (LITE), medium (MED), hard (HARD), or off (OFF). The watch comes with a medium default setting.

1. In TIME mode press and hold the STOP/RESET/SET button.

2. Press the MODE (NEXT) button until TAP FORCE appears.

3. Press START/SPLIT (+) or HEART RATE (-) to select LITE, MED, HARD, or OFF for the tap force.

Tips:

- We recommend you select your TAP FORCE depending on the activity you are performing: Walking (LITE), Running (MED), Biking (HARD) and Swimming (HARD).

- If you are experiencing higher TAP activations inadvertently, move your tap force to the next level.
- If you are in a triathlon transition or just changing clothes, we recommend you press MODE to switch to the TIME mode to avoid accidental tap activation of the chronograph which will continue running in the background.

Return to CHRONO when you are finished.

TIME OF DAY

1. Press MODE until Time of Day appears.
2. Press and hold STOP/RESET/SET to start.
3. Press START/SPLIT (+) or HEART RATE (-) to increase or decrease or select values for Time Zone (1 or 2), Hours, Minutes, Seconds, Month, Day, Date, Year, 12/24-Hour Format, Date Format, Hourly Chime, Button Beep and Tap Force.
4. Press NEXT to set each field as desired and proceed to the next one.
5. Press STOP/RESET/SET (DONE) to exit.

Tips:
- The date format can be selected as month-date (MMM-DD), day-month (DD, MMM), month-day-year (MM-DD-YY) or day-month-year (DD.MM.YY).

Second Time Zone

Your watch has two time zones that are useful when you are travelling to a place with a different time zone or when you are switching to daylight savings time.

Tips:
- You can easily switch from TIME 1 to TIME 2 and vice versa by pressing and holding the START/SPLIT button for 5 seconds.

CHRONOGRAPH

The chronograph will time and record your workout session. During your event, recording laps/splits will give you real-time feedback to pace yourself and allow you to adjust your effort to meet your overall training goals.

Lap/Split

Lap is the time to complete an individual segment of your workout. Split is the cumulative time from the beginning to that specific point in your workout. Below is an example of a 4-mile run. The runner records laps/splits every mile.

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

This watch records up to 100 hours and counts up to 200 laps. It stores the most recent 200 laps in Recall Mode.

Using the Chronograph

1. In CHRONO Mode, TAP your screen to START.
2. TAP your screen every time you need to log a LAP/ SPLIT.
3. Press STOP/RESET/SET to finish.
4. Press and Hold STOP/RESET/SET to reset the CHRONO.

WKOUT SAVED will appear in your screen to notify you that your workout was automatically saved, and can be viewed in Recall mode.

Tips:
- You can also use the START/SPLIT button to start your chrono and take laps.
- Unless workouts are locked, saving a workout will replace the oldest workout in memory.
- You can take up to 200 laps across three workouts. Please consider that each succeeding workout will require three laps of storage that will be used to stamp the time/date, target time, and delta times for that workout.

Changing the Chronograph Display Format

This determines what is shown in middle and bottom lines of the display. The middle line has the larger font. You have the option for LAP/SPLIT, SPLIT/LAP, LAP#/SPLIT, and LAP#/LAP.

1. Press Mode until CHRONO appears.
2. Press STOP/RESET/SET to start setting.
3. Press START/SPLIT (+) or HEART RATE (-) to select the display format.

4. Press STOP/RESET/SET (DONE) to exit or press MODE (NEXT) to set up the Target Time feature (described later in this section).

Note:
If you are receiving a heart rate signal, you have further options for the Chrono display.

Press HEART RATE to change to:
- Heart rate on top line with Chrono on middle and bottom lines
- Heart rate on middle lines with Chrono on top and bottom lines
- Heart rate only data
- Chrono only data

TARGET TIME PACER

Because pace is important to achieve your goals, a built-in audible tracker indicates whether your target lap times are achieved. Rise above or fall below your predetermined target times, and varying chimes and messages will provide feedback. Slow beeps indicate you're behind pace (SLOW), a single beep lets you know you're on pace (ON-PACE) and rapid beeps tell you are ahead (FAST). The screen will also display your performance data.

Setting the Target Time Pacer

1. Press MODE until CHRONO appears (Chrono reads 00:00:00 or press STOP/RESET/SET to reset).
2. Press STOP/RESET/SET to start setting.
3. Press MODE (NEXT) button until TARGET TIME appears.
4. Press START/SPLIT (+) or HEART RATE (-) to turn TARGET TIME ON or OFF.

5. If you select ON, press the MODE (NEXT) button until Target Pace (TRGT PACE) appears.

6. Press START/SPLIT (+) or HEART RATE (-) to enter the Target Pace per lap time in hours (HH), minutes (MM) and seconds (SS). Target Pace per lap can be set from a minimum of 1 minute (1.00) to a maximum of 1 hour (1:00.00).

7. Press MODE (NEXT) button to enter the (TRGT RANGE) which is the margin of error (+/-) you are willing to consider your lap as "ON-PACE". When Target Range appears, enter minutes (MM) and seconds (SS).

8. Press MODE (NEXT) button until Target Distance (TARGET DIST) appears.

9. Press START/SPLIT (+) or HEART RATE (-) to select either OFF or ON.

10. If you select ON, press MODE (NEXT) button until Target Distance (TARGET DIST) appears.

11. Press START/SPLIT(+) or HEART RATE (-) and MODE (NEXT) to set the Target Distance number.

12. Press MODE (NEXT) to set the Target Distance Unit.

13. Press START/SPLIT (+) or HEART RATE (-) to select either miles (MI) or kilometers (KM).

14. To finish, press STOP/RESET/SET (DONE). If a Total Target Distance was set, the watch will estimate and display your TARGET TOTAL time based on the Target Pace and Target Distance you just provided in previous steps.

HYDRATION AND NUTRITION TIMERS

The optional hydration and nutrition timers will prompt you when it's time to drink or eat. This countdown timer will repeat and will run parallel to your chronograph.

Setting the Hydration and Nutrition Timers

1. Press MODE until CHRONO appears.

2. Press SET to start.

3. Press MODE (NEXT) button until Hydration (DRINK) appears.

4. Press START/SPLIT (+) or HEART RATE (-) to turn it ON.

5. Press MODE (NEXT) button to move to the time section and press START/SPLIT (+) or HEART RATE (-) to set the time.

6. Press MODE (NEXT) to select and to repeat the setting process for the Nutrition (EAT) timer.

7. Press STOP/RESET/SET (DONE) to finish.

INTERVAL TIMER WITH LABELS

Complex interval training routines become automatic and effortless with two interval programs, each with up to 8 labeled intervals that can be started or stopped with the TapScreen™ Technology interface. We also added labels to help you see the intensity you should follow in your training (Interval #, WARM, SLOW, MED, FAST and COOL).

Setting Interval Timers

1. Press MODE until INT TIMER appears.

2. Press STOP/RESET/SET to select the workout you want to use (WKOUT-1 or 2) using the (+) or (-), and press MODE (NEXT).

3. To select the interval (1-8) press START/SPLIT (+) or HEART RATE (-).
4. Press MODE (NEXT) to set the interval time (HH:MM: SS) with START/SPLIT (+) or HEART RATE (-).
5. Press MODE (NEXT) to select the HEART RATE ZONE (None, 1-5, or C1-C5).
6. Press Mode (NEXT) to select interval name (Interval #, WARM-UP, SLOW, MEDIUM, FAST and COOL) with START/SPLIT (+) or HEART RATE (-).
7. Press MODE (NEXT) to select STOP AT END or REPEAT AT END with START/SPLIT (+) or HEART RATE (-). Repeat all these steps until you have set all intervals needed for your workout.
8. Press SET when done.

Using the Interval Timer
1. Tap the watch lens, or press START/SPLIT to start the Interval Timer.
2. An Interval timer melody chime will sound when the Timer reaches zero and then starts the next interval timer.

START   INT 1   INT 2   (x10)
         (slow 3:00)   (fast 2:00)
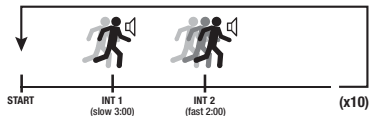
• The display will show the label at the top of the timer (Interval#, WARM, SLOW, MED, FAST and COOL).

• If your workout was set with REPEAT AT END, you will see the repetition counter on the bottom line.
3. Tap the watch lens, or press STOP/RESET to stop the Interval Timer once you reach all the repetitions that you need to do.
4. When finished, press and hold STOP/RESET to reset the Interval Timer to the original time. If you press and hold STOP/RESET a second time you will clear the timer to 0.

Tips:
• ⧖ appears in Time display when interval timer is running. ⧖, appears when interval timer is running and set to repeat at end.
• If you select REPEAT AT END the timer will countdown all intervals and then repeat the entire sequence.
• INDIGLO® night-light flashes and the interval timer melody will sound between each interval.
• The interval timer will continue to run if you exit the INT TIMER mode.
• If you want to view the Time of Day, press and hold MODE, release to return to current INT TIMER.

COUNTDOWN TIMER
The Timer is used to countdown a fixed event time. The timer can be set to repeat and countdown continuously, or to stop at the end of the countdown. You can use the TapScreen™ Technology to activate and stop the timer at any time.

Setting the Timer
1. Press MODE until TIMER appears.

2. Press STOP/RESET/SET to begin setting the timer.

3. Press START/SPLIT (+) or HEART RATE (-) to increase/decrease the countdown timer values.

4. Press MODE (NEXT) to advance to the next setting option.

5. Press START/SPLIT (+) or HEART RATE (-) to select STOP AT END or REPEAT AT END.

6. Press STOP/RESET/SET (DONE) to finish the setting process.

Using the Timer

1. Tap the watch lens, or press START/SPLIT to start Timer.

2. A timer melody chime will sound when the Timer reaches zero and stops and repeats. The melody can be turned off with the press of any button.

3. If you need to stop or pause the timer, tap the watch lens or press STOP/RESET/SET.

4. When finished, press and hold STOP/RESET/SET to reset the Timer to the original time. If you Press and hold STOP/RESET/SET a second time you will clear the timer to 0.

Note: If the Repeat timer is set under 15 seconds a single beep will ring between repetitions.

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 bottom of screen.
- Maximum number of counted repetitions is 99.

- Timer will continue to run if you exit Timer mode.
- The INDIGLO® night-light flashes and the timer melody will sound when the timer countdowns to zero.

RECOVERY

About Recovery Heart Rate

Heart rate recovery provides an indicator of fitness and training level. As you become more fit, your heart rate should return more quickly to a lower heart rate value at the end of your workout, indicating a higher level of cardiovascular fitness.

A slower recovery rate might also indicate a need to take a break from training due to fatigue, illness, or other factors.

Your recovery rate represents the change in your heart rate over a period of time. Your Digital Heart Rate Monitor records the change in your heart rate for any of five preset periods. To set the recovery timer duration:

1. Press MODE until RECVRY appears.

2. Press STOP/RESET/SET to clear the last thorough heart rate recovery reading, if necessary.

3. Press STOP/RESET/SET to toggle a 30-second, one-, two-, five-, or ten-minute recovery time, or to turn the timer OFF.

While running the chronograph, the recovery heart rate timer will begin automatically after pressing STOP/RESET/SET if the watch is receiving data from the Digital Heart Rate Sensor, and the recovery timer is set for a time duration.

NOTE: The watch cannot record a recovery unless it is receiving a current heart rate and a valid pulse from the Digital Heart Rate

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Sensor. Without a current heart rate or if the ending rate is higher than the starting heart rate, the display will read NO REC.

To Manually Determine a Recovery Heart Rate

You can also manually initiate a recovery heart rate without stopping the chronograph by following these steps.

1. Press MODE until RECVRY appears.
2. Press STOP/RESET/SET to clear the last heart rate recovery reading, if necessary.
3. Press STOP/RESET/SET to select a recovery time.
4. Press START/SPLIT. The top line of the watch display will show the heart rate at the beginning of the recovery period (on the left) as well as your current heart rate. The bottom line will show the recovery countdown.
5. After the countdown, the watch will beep indicating the end of the recovery period. The watch will capture your heart rate a second time, subtract the second value from the first value and display the difference as the recovery (R value).

NOTE: The watch cannot start or record a recovery unless it is receiving a current heart rate and a valid pulse from the Digital Heart Rate Sensor. Without a current heart rate or if the ending rate is higher than the starting heart rate, the display will read NO REC.

6. You can continue to initiate a recovery period by repeating steps 2 through 4.

RECALL

The dated training log will enable you to review your CHRONO workout performance.

Data groupings appear in the order listed.

- **Total Time**: The amount of time the chronograph was running during your workout.
- **Laps Stored:** The number of laps in the workout.
- **Time In Zone:** time spent in a pre-selected heart rate zone.
- **Average Heart Rate:** The average achieved during a workout.
- **Peak Heart Rate:** The highest recorded during a workout.
- **Minimum Heart Rate:** The lowest recorded during a workout.
- **Total Calories:** The Calories burned during a workout.
- **Recovery Heart Rate:** The result of the most recent recovery heart rate calculation.
- **Average Lap:** The average time of all laps recorded.
- **Best lap:** The fastest lap recorded in the workout.
- **Lap or Split Recall:** The amount of time and average heart rate for the last 200 laps (segments) of your workout.

Reviewing your Workout Data

1. Press MODE until RECALL appears.
2. Press START/SPLIT to select the date/time of the workout you want to review. Your workouts appear in reverse chronological order.
3. Once you find the workout you want to review, press STOP/RESET/SET to review all the information saved in that workout.

- Press START/SPLIT (+) or HEART RATE (-) to review your data
- If your Target Time Pacer was ON, you will be able to review

your settings of the target time pacer (target pace, target distance and target total), your actual lap/split times, your delta results per lap (+/- from target time per lap with labels), Total delta time (if a Total Target Distance was set), best lap and average lap.

4. Press SET (DONE) to exit.

Locking Workouts in Recall

Locking a workout prevents it from automatic deletion as new workouts are performed.

1. Press MODE until RECALL appears.

2. Press START/SPLIT to scroll among your workout dates.

3. Once you find the workout press and hold HEART RATE to LOCK. A small lock icon 🔒 will appear along with the workout date to confirm the data's status.

4. To unlock any workout repeat the three steps above and press and hold HEART RATE to UNLOCK.

Tips:
- In order to LOCK your latest workout you must reset the Chrono (00:00:00) to save the workout.
- As the memory is filled (3 workouts maximum), the oldest unlocked workouts are automatically deleted.

If two workouts are locked and the memory has fewer than 30 laps available, the watch will signal that memory is becoming full by displaying "x laps free". Once no memory is available the watch will display "memory full" and it will be necessary to unlock saved workouts to free up the space for the next workout to be recalled.

HRM SETUP

To customize your digital heart rate monitor, follow these simple steps.

1. Press MODE until HRM SETUP appears. The screen will show the last item viewed or changed:
- HR Format (BPM or %-Max)
- Zone Alert (ON/OFF)
- Target Zone (5 Based on Max HR or 5 Custom Ranges)
- Max Heart Rate

2. To choose another item to set up, press START/SPLIT (+) or HEART RATE (-).

3. To set, press STOP/RESET/SET and a choice (or digit) will flash.

4. Make the desired adjustment by pressing START/SPLIT (+) or HEART RATE (-). In some setting groups pressing START/SPLIT (+) will increase a value and pressing HEART RATE (-) will decrease a value. At other times pressing START/SPLIT (+) or HEART RATE (-) will toggle between two options or cycle through a setting group.

5. Press MODE (NEXT) to move to the next digit or setting group you want to set.

6. Press STOP/RESET/SET (DONE) to save your changes and exit the setting process.

7. Press MODE to exit HRM SETUP.

To Set a Target Heart Rate Zone

You can choose one of the Preset Target Zones based on Max Heart Rate or set up to 5 custom Target Heart Rate Zones. Your Target

Heart Rate Zone range will be displayed in the same manner as set up under HR Format.

The Preset Heart Rate Zones described in the table below are applied to your maximum heart rate.

Zone	Lower Limit	Upper Limit
1	50%	60%
2	60%	70%
3	70%	80%
4	80%	90%
5	90%	100%

To Choose a Target Heart Rate Zone

1. Press MODE until HRM SETUP appears.
2. Press START/SPLIT (+) or HEART RATE (-) until HR-ZONE appears with a zone on the middle line and a range on the bottom line of the display.
3. Press STOP/RESET/SET to enter the Zone Selection setting process, and then press START/SPLIT (+) or HEART RATE (-) to cycle through the target heart rate zones (labeled ZONE 1 to ZONE 5 or ZONE C1 to ZONE C5).
4. To select any Target Heart Rate Zone, press STOP/RESET/SET (DONE), or to set a Custom Target Heart Rate Zone range, press MODE (NEXT).

5. Press START/SPLIT (+) to increase, or press HEART RATE (-) to decrease the flashing value.
6. Press MODE (NEXT) to move to the next digit's value.
7. When you have finished setting the upper and lower target heart rate zone limits, you can press STOP/RESET/SET (DONE) to save your settings and exit the zone setting process.

NOTE: You will not hear an out-of-zone indicator unless the HR-ZONE ALERT is set to "ON" in HRM Setup mode.

The Custom Target Heart Rate Zone allows you to individualize your lower and upper target heart rate zone limits when the 10% range in the Preset Heart Rate Zones is either too large or too small for your exercise goals.

Digital Heart Rate Monitor Notes & Tips
• At any time during the setting process, you can save your changes and return to the main heart rate display by pressing STOP/RESET/SET (DONE).
• While setting the watch, if you do not press any buttons on the watch for a period of 2 to 3 minutes, the watch will automatically save whatever changes you have made and exit the setting process.

USER INFO
Entry of this information helps to personalize and refine the Calories Burned data computed by the digital heart rate monitor.

1. Press MODE until USER INFO appears. The screen will show the last item viewed or changed:

- Birthday
- Weight (pounds or kilograms)
- Height (inches or centimeters)
- Activity Type (Bike, Brick, Hike, Interval, Other, Race, Row, Run, Ski, Strength, Walk, X-Train)
- Activity Level (Very Low, Low, Moderate, High, Very High)
- Gender (Male or Female)

2. To choose another item to set up, press START/SPLIT (+) or HEART RATE (-).
3. Press STOP/RESET/SET to enter the setting process.
4. Press START/SPLIT (+) or HEART RATE (-) to cycle through the choices, and press MODE (NEXT) to advance to the next setting field.
5. When you are finished, press STOP/RESET/SET (DONE) to confirm the User Info setting.
6. Repeat Steps 2-5 as necessary to complete all of your custom settings.

ALARM

Up to three alarms may be set to remind you of upcoming events. You can customize by day according to your needs.

1. Press MODE until ALARM appears.
2. Press HEART RATE to select Alarm 1, 2, or 3.
3. Press STOP/RESET/SET to set selected alarm.
4. Press START/SPLIT (+) or HEART RATE (-) and MODE (NEXT) to change alarm time and how often you would like the alarm to sound (ONCE, DAILY, WKDAY, WKEND, or a particular day of the week).
5. Press STOP/RESET/SET (DONE) to confirm and exit.
6. Press START/SPLIT to turn any Alarm ON or OFF. If the Alarm is activated, the frequency of the alarm will show in the bottom line of the display.

Tips:
- When the Alarm is on, ☎ appears in Time display.
- When the Alarm reaches its set time the INDIGLO® night-light and the alarm icon flash, and the alert sounds. Press any button to silence.
- If no button is pressed, the alert will cease after 20 seconds and a backup alarm will activate after 5 minutes.

NOTE: It is not necessary for a heart rate value to appear on the display during this test.

CARE & MAINTENANCE
### Digital Heart Rate Monitor
- To avoid build up of materials that can interfere with the Digital Heart Rate Monitor's ability to receive a valid pulse, rinse the Digital Heart Rate Sensor with fresh water.
- Do not clean the Digital Heart Rate Monitor sensor or chest strap with abrasive or corrosive materials. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.

- Do not subject the Digital Heart Rate Monitor to excessive force, shock, dust, temperature, or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or distorted parts.
- Do not tamper with the Digital Heart Rate Monitor's internal components. Doing so will terminate the Monitor's warranty and may cause damage.
- The Digital Heart Rate Monitor contains no user-serviceable parts, except batteries.

Digital Heart Rate Sensor Battery

If your heart rate readings become erratic or stop, you may need to replace the battery on your Digital Heart Rate Sensor. You can change the battery yourself without any special tools.

This product uses a CR2032 lithium battery for the Digital Heart Rate Sensor. To change the battery:
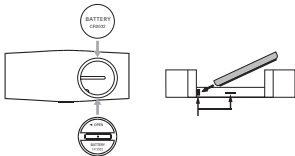
1. Open the Sensor battery lid with a coin, turning the coin counter-clockwise.
2. Replace the battery with a new CR2032, 3V lithium battery with (+) facing you, taking care not to touch the two contacts and discharge the battery.
3. When you have finished inserting the battery, press the reset button (located in the lower left corner) with a toothpick or straightened paper clip and close the lid with a coin -- screwing in a clockwise direction.

To test the new battery after you have inserted it:

1. Move away from any possible sources of electrical or radio interference.
2. Wet the Digital Heart Rate Sensor pads and securely fasten the chest strap below your sternum.
3. While wearing the watch, press the HEART RATE button. A set of three dashes (- - -) and the flashing heart rate icon will appear on the display.
4. If you do not see a flashing heart icon on your watch, reinstall the sensor battery.

NOTE: It is not necessary for a heart rate value to appear on the display during this test.

Watch Battery

When the battery of the watch is running low, the display or INDIGLO® night-light will dim. This watch uses a CR2025 lithium battery.

To avoid the possibility of permanently damaging the watch, TIMEX STRONGLY RECOMMENDS TAKING YOUR HEART RATE MONITOR WATCH TO A LOCAL RETAILER OR JEWELER TO HAVE THE BATTERY REPLACED.

INDIGLO® NIGHT-LIGHT

Press the INDIGLO® button to activate the night-light. This electroluminescent technology illuminates the watch display at night and in low light conditions.

WATER RESISTANCE
Watch

- Your 100 Meter Water Resistant watch withstands water pressure to 200 p.s.i. (equals immersion to 328 feet or 100 meters below sea level).
- The watch is only water-resistant as long as the lens, pushbuttons, and case remain intact.
- Timex recommends rinsing your watch with fresh water after exposure to salt water.

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

Digital Heart Rate Sensor

- Your 30 Meter Water Resistant Digital Heart Rate Sensor can withstand water pressure to 60 p.s.i. (equals immersion to 98 feet or 30 meters below sea level).

WARNING: THIS UNIT WILL NOT TRANSMIT YOUR HEART RATE WHEN OPERATED IN OR UNDER WATER.

WARRANTY & SERVICE
Timex International Warranty (U.S. Limited Warranty)

Your Timex® Digital Heart Rate Monitor is warranted against manufacturing defects by Timex for a period of ONE YEAR from the original purchase date. Timex Group USA, Inc and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your Heart Rate Monitor 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 HEART RATE MONITOR:

1. after the warranty period expires;
2. if the Heart Rate Monitor 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, Heart Rate Monitor 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 Heart Rate Monitor to Timex, one of its affiliates or the Timex retailer where the Heart Rate Monitor was purchased, together with a completed original Repair Coupon or, in the U.S. and Canada only, the completed original Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your Heart Rate Monitor 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 ANY 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 44 208 687 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 Heart Rate Monitor Repair Mailer for your convenience in obtaining factory service.

Service

If your Timex® Digital Heart Rate Monitor should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to:

HOTLINE WATCH SERVICE, P.O. Box 2740, Little Rock, AR 72203

For service questions, call 1-800-328-2677.

For your convenience in obtaining factory service, participating Timex retailers can provide you with a pre-addressed Heart Rate Monitor Repair Mailer.

See the Timex International Warranty for specific instructions on the care and service of your Timex® Digital Heart Rate Monitor.

Should you need a replacement strap or band, call 1-800-328-2677.

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 to this unit 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

Manufacturers Name: Timex Group USA, Inc.
Manufacturers Address: 555 Christian Road
Middlebury, CT 06762
United States of America

declares that the product:

Product Name: TAP Digital Heart Rate Monitor
Model Numbers: M103 & M640

conforms to the following specifications:

R&TTE: 1999/05/EC Standards:	**Model 103** CENELEC EN 55022:2006+A1:2007 CFR47 FCC Part 15 Subpart B:2011 VCCI V-3/2010.04 IC RSS-310 Issue 3 December 2010 IC RSS-Gen Issue 3 December 2010 IC ICES-003 Issue 4 February 2004 AS/NZS Cispr 22:2009
LVD: 2006/95/EC Standards:	**Model 103** CENELEC EN 60950-1
LVD: 73/23/EEC Safety:	**Model 640** IEC 60950
EMC: 89/336/EEC Emissions:	**Model 640** EN300-683 Radiated Emission 30 MHz to 1000 MHz E-Field (Electric). Ref.EN55022
Immunity:	EN300-683 Radiated Immunity 80 MHz to 1000 MHz. Ref. EN61000-4-3 ESD Electrostatic discharge. Ref. EN61000-4-2 Radiated Immunity 900 MHz. Ref. ENV50204

Supplemental Information: The product herewith complies with the requirements of the Radio & Telecommunications Terminal Equipment Directive 1999/05/EC, the Low Voltage Directive 2006/95/EC, 73/23/EEC, EMC Directive 89/336/EEC and carries the CE and C€ marking accordingly.

Agent:

David Wimer
Quality Assurance Project Engineer
Date: 27 July, 2011, Middlebury, Connecticut, U.S.A.

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