



Heart Rate Monitor

1. Functions

Heart Rate Functions:

- Current Heart Rate
- Average Heart Rate
- Target Zone (TZ) Programming
- Audible and Visual Alarm for High/Low TZ

TZ

- Out-of-Zone Visual Display
- Audible Alarm OFF Mode
- ECG Accurate

Watch Functions:

- Time/Date
- Stopwatch

Calorie Functions:

- Calculates Calories Burned

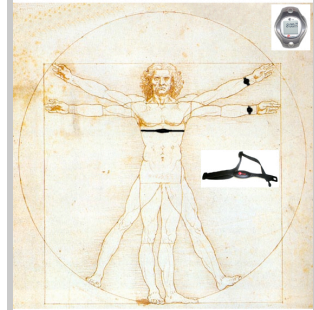
Other:

- Large Dual Display
- Water Resistant
- Comfortable Ultra-Slim Ergonomic Chest Belt Transmitter w/ user Changeable Batteries

Batteries

- Interfaces with Heart Rate Interactive Exercise Equipment at home and in the gym

2. Putting on your Ekho Heart Rate Monitor



Receiver:

Mount the Receiver on either your left or right wrist.

The watch receives and translates the electrical signals generated by your heart via the transmitter.

Transmitter Belt:

Attach the transmitter to the elastic strap.

Wrap the transmitter around your chest and adjust the length of the strap so it fits snug.

The strap should be comfortable and secure.

(If the strap is not secure, the electrodes may lose contact or the transmitter may slide down during exercise.)

The transmitter should be positioned just below the breasts/pectoral muscles, with the transmitter centered on the

chest.

Wet the electrodes (rubber pads), the electrodes must be wet for accurate heart rate.

The transmitter will automatically turn on when the above actions are done.

The optimal distance from the receiver (watch) to the transmitter is 1 meter (3.28 feet).

Note: All telemetry pulse watches are subject to interference from strong electromagnetic fields generated from motors, TV sets, computers, high voltage power cables which can disrupt the reception and cause incorrect hear rate measurements.

3. Setting Time

Press "Mode" and hold for 3 seconds. 12/24 hour will flash.

When 12/24 hour begins to flash, press "Start/Stop" to select mode.

When finished, press "Mode" the hour will begin to flash, press "Start/Stop" to select hour.

Repeat with Minutes and seconds.

Once complete press "Mode" for three seconds and your ready to go.

4. Setting Date

Press "Mode" until the date is shown.

Press "Mode" and hold for 3 seconds.

Day will flash, adjust day by pressing "Start/Stop".

Press "Mode", adjust Month by pressing "Start/Stop".
Press "Mode", adjust Date by pressing "Start/Stop".
Press "Mode" for three seconds and your ready to go.

5. Using your Stopwatch

Press "Mode" until 00:00o is displayed.
To start the stopwatch press "Start/Stop"
To stop the stopwatch press "Start/Stop"
To clear stopwatch, press and hold "Start/Stop" for three seconds.

The maximum time displayed is 99:59:59.
(hr:mn:ss)

6. Setting your Target Zones

Press "Mode" until 00:00o is displayed.
Press "Set", two sets of number will appear with a flashing arrow.
Press "Mode" to select the direction of the arrow.
Press "Start/Stop" to adjust the flashing number. Note each time you adjust number the non-flashing number changes to always be in increments of ten.
Once you have set your Target Zone you desire press "set" and you will back to 00:00o.

7. Now It's Time to Begin

Press "Select", a zero will appear in the lower portion of the Display. Once a signal from the transmitter is detected, the heart symbol will begin to flash in conjunction

with your heartbeat. Your heart rate will display in a few seconds.

If the heart symbol does not flash, the signal is not being received. Check the position of the transmitter. Verify the electrodes are moistened.

8. Your done exercising.

Wash Transmitter belt with soapy water then rinse.
Dry Transmitter with soft cloth.
Store Transmitter a place that is clean and dry. Dirt and moisture may cause transmitter to continue reading, reducing the life of the battery.

9. Haven't exercised in a while?

Ekho Heart Rate Monitors is to be used to display heart rate during exercise only and cannot predict the intensity level that is safe for you. It is not intended for medical diagnostic purposes or for prevention of heart related health problems. Before you begin any exercise program, please consult your physician:

- a. If you have been inactive for a period of time
- b. Have a history of cardiac illness
- c. Smoke
- d. Have high blood pressure
- e. Are over-weight.

If you use a pacemaker, do not use a heart monitor until you consult your doctor.

9. Ekho Specifications

Receiver:

Heart Rate Range	30 to 240
BPM	
Heart Rate Accuracy	+/- 1 BPM
Operating Temperature	0 C-50 C (32
F – xx F)	
Storage Temperature	-20 C – 80 C
(xxF-xxF)	
Battery	3 volt Lithium
2032 cell	
Weight	30.6 grams

Transmitter & Belt:

Emitted Frequency	5KHz +/- 10%
Battery	3 volt lithium
2032 cell	
Weight	4 oz.

12. Disclaimer

The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program. Ekho makes no representations or warranties with respect to this manual or with respect to the products described herein. Ekho shall not be liable for any damages, direct or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

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13. Limited Warranty

Warranty, Terms and Conditions

If the product becomes defective during the 5-year Limited Warranty period Ekho will repair or replace any defective component part at no charge to the original owner, subject to the limitations and requirements listed.

THE FOLLOWING IS REQUIRED BY EKHO when requesting warranty services: Check your resellers return policy. All purchased products must be returned to original place of purchase within their return policy time period. The product must be packed in the original shipping carton or in a suitable packing offering similar degree of protection. To avoid scratches or other damages to the product during shipping separate items, such as HRM, transmitter belt, transmitter, should be individually wrapped and placed in the same package. This will reduce any extra cost of return

freight/postage. Please include a copy of Proof of Purchase and/or copy of registration form.

Limitations: The limited warranty provided by Ekho does not cover: A: Batteries. B: Damages due to misuse. C: Abuse or accidents. D: Cracked or broken cases. E: Negligence of Precautions. F: Improper maintenance or commercial use. D: Repairs made by a non-

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