



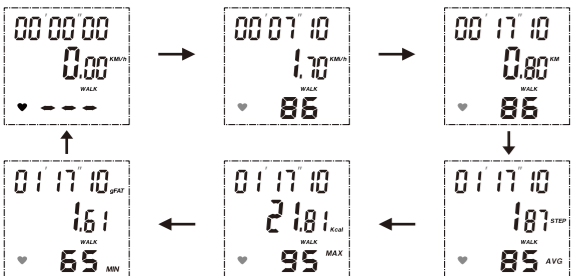
- Hold the NEXT/SAVE/- button for 3 seconds to activate the Heart Rate Monitor.
- Press the START/STOP/+ button to start the chronograph, and the device will start to count the steps and measure your heart rate.

Note:
- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.

START THE CHRONOGRAPH

- Press the START/STOP/+ button to start the chronograph.
- During the exercise session, you can scroll through the data being measured: Current Speed/Current Heart Rate, Distance/Current Heart Rate, Steps/Average Heart Rate, Calories/Maximum Heart Rate and Fat Burnt/Minimum Heart Rate by pressing the NEXT/SAVE/- button.
- Press the START/STOP/+ button to stop the chronograph and press again to re-start the chronograph.
- Hold the NEXT/SAVE/- button for 3 seconds to save the record when the chronograph has been stopped.
- Press the START/STOP/+ or NEXT/SAVE/- button to select YES or NO.
- Hold the NEXT/SAVE/- button for 3 seconds to save the data record, and return to the chronograph mode.

Note:
- When the pedometer function is off, ONLY the heart rate information can be viewed.
- When the heart rate function is off, ONLY the pedometer information can be viewed.
- When chronograph has started, you can view the current time (Time Mode) by pressing the Mode button, and the screen will automatically revert back to chronograph after 10 seconds.
- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.



PERSONAL TRAINER

Thank you for choosing Pyle as your personal trainer. We want you to make the most out of your new gadget, so please read the instruction manual carefully, and keep the manual for future reference.

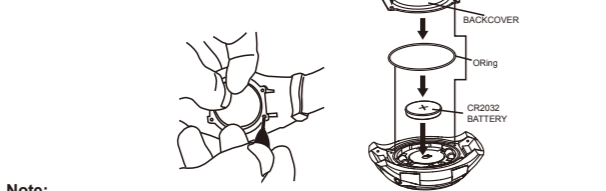
Important:

Please note that the watch is NOT a medical device and is not to be used as such. The PHRM76 requires two CR2032 lithium batteries, one for the watch and one for the heart rate belt. Only the recommended batteries are to be used.

When replacing the batteries, the following are to be strictly observed.

- Only the recommended batteries are to be used.
- Only adults should install and replace the batteries.
- DO NOT use rechargeable batteries, and DO NOT recharge non-rechargeable batteries.

INSTALLING THE BATTERY

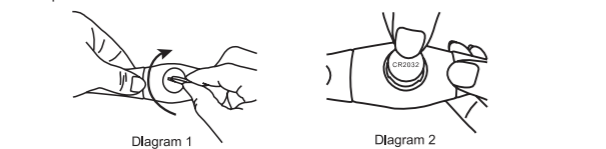


Note:

- The battery compartments are located at the back of the watch.
- To install or replace the battery, unscrew the back cover carefully.
- Take out the old batteries and dispose responsibly.
- Gently place a new battery into the battery slot of the battery compartment, making sure that the poles are correctly placed, and screw the back cover on.

Heart Rate Belt

Hold the Heart Rate Belt firmly. Insert a coin into the slit of the compartment lid and turn it clockwise. The lid should come off easily. (Remove used battery CR2032.) (Diagram 1) Gently place the battery into the battery slot of the battery compartment. (Diagram 2) Put the compartment lid back into place and tighten it firmly by turning it anti-clockwise with the help of coin.



3D SENSOR FROM USA - MEASURES YOUR MOVEMENT ACCURATELY

The 3D technology used is an accelerometer sensor that detects and measures acceleration in walking or running. It has an intelligent step filter function, meaning it only counts steps when 15 steps have been detected. In addition, you can customize specific personal setting for your walking or running motion.

CONTENTS

- Getting Started2
- Installing the Battery2
- Using the watch function3
- Symbol on LCD5
- Mode Flow Chart5
- Set the Time & Date6
- Alarm Mode7
- Setting the Alarm7
- Chronograph Mode7
- Start the Chrono8
- Set the Target9
- Data Record11
- Calibration11
- Setting the Calibration12
- User Setting Mode12
- Specification14
- Caution14

USING THE WATCH FUNCTIONS IMPORTANT!

- Prior to your purchase of the watch, the watch is switched off for energy saving purposes, and you can turn it on by pressing the MODE key.
- For energy saving purposes, the watch unit will switch off automatically at midnight (00.00/12.00am) every night. Press the MODE key to turn it on.

WALKING AND RUNNING MODE

- There are two-step counting features, one is for the walking mode and the other is running mode. For each mode, calibration of stride length is required for both.
- There maybe a delay between the start of your walk and the counting of steps. This intelligent filter acts to maximize accuracy, and exclude movements outside of a normal walking motion. Once the watch has recognized your walking activity, it will take into account the initial steps taken during the delay.

NOTE

- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.

Maximum heart rate range : 80 – 220 BPM
Minimum heart rate range : 30 – 150 BPM

Target Speed for Walking

- Press the START/STOP/+ or NEXT/SAVE/- button to turn the Target Speed for walking ON or OFF.
- Press the MODE button to set the Maximum speed for walking.
- Press or hold either the START/STOP/+ button to increment the maximum speed or NEXT/SAVE/- button to decrement the number.
- Press the MODE button to set the Minimum Speed for walking.
- Press or hold either the START/STOP/+ button to increment the maximum speed or NEXT/SAVE/- button to decrement the number.
- Maximum speed for walking range : 3-8 km/h.
- Minimum speed for walking range : 1-3 km/h.

Target Speed for Running

- Press START/STOP/+ or NEXT/SAVE/- button to the Target Speed for running ON and OFF.
- Press the MODE button to set the Maximum Speed for running.
- Press or hold either the START/STOP/+ button to increment the maximum speed or NEXT/SAVE/- button to decrement the number.
- Press MODE button to set the Minimum Speed for running.
- Press or hold either the START/STOP/+ button to increment the minimum speed or NEXT/SAVE/- button to decrement the number.
- Max speed for running range : 5-30 km/h.
- Minimum speed for running range : 3-29 km/h.

Hold the MODE button 3 seconds to confirm the setting and back to CHRONO mode

Note:

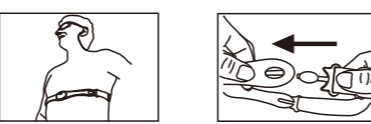
- Any changes on the Target distance will automatically enable Target distance function.
- Any changes on the Target heart rate setting will automatically enable the Target heart rate Alert Alarm function.
- Any changes on Target Speed of walking & running setting will enable the Target Speed Alert Alarm function automatically.
- If the watch is inactive for longer than 1 minute in any modes, it will automatically return to chronograph mode, and all changes will be saved.
- Hold the MODE button for 3 seconds anytime will exit the setting mode and all revised setting will be saved.
- 3 beeps x 3 times alert alarm when target time reach
- 4 beeps x 3 times alert alarm when target distance reach
- 2 beeps per 10 seconds when heart rate is higher than Max heart rate setting

- If you wish to have the most accurate fitness index calculated by the unit, the user must use the calibration feature for both walking and running. They will also need to input their personal user settings.

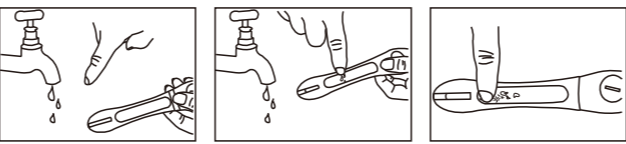
In order to maximize the accuracy of the step counting feature of the watch, please wear the watch as shown in the diagram (straps of the watch must be fastened tightly around the wrist; display must also be perpendicular to the forearm and wrist; the watch must only be worn on the left wrist and not the right to maximize the accuracy of step counting) as the design and accuracy of the watch for step counting is based on the positioning of the watch.



In order to maximize the accuracy of the heart rate monitor, please wear the heart rate belt on your chest with the sensor over your heart for detection of the heart rate.



You will notice that there are two noticeably different patches on the inside of the heart rate belt. These are the sensors for detecting your heart rate. Before you put on the heart rate belt, wet these two patches lightly so that the sensors can detect your heart rate more easily, faster and more accurately.



Electromagnetic disturbances 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 at electric security gates. To avoid erratic readings, move away from possible sources of disturbance.

- 1 beep per 10 seconds when heart rate is lower than Min heart rate setting.
- 3 beeps per 10 seconds when Speed is higher than Max speed setting
- 1 beep per 10 seconds when Speed is lower than Min speed rate setting.

DATA RECORD

- Press the MODE key until you have reached the DATA RECORD mode.
- Hold the MODE button for 3 seconds to select record and the record number should start flashing.
- Press START/STOP/+ button or NEXT/SAVE/- button to scroll through the numbered records.
- Press the MODE button again to confirm the record.
- Press START/STOP/+ button or NEXT/SAVE/- button to view the below data:
 - i. Record Date / Record Time / Record No.
 - ii. Chrono Time / Avg Speed / Avg Heart Rate ;
 - iii. Total Distance / Total Step / Max Heart Rate ;
 - iv. Total Fat Burnt / Total Calories Burnt / Min Heart Rate ;



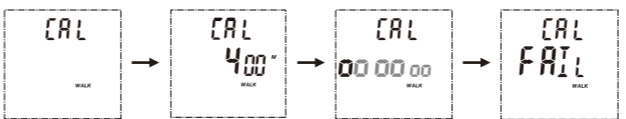
Delete Record:

- Hold the NEXT/SAVE/- button for 3 seconds to select the record to be deleted, and then hold the MODE button for 3 seconds to delete the record.
- Hold the NEXT/SAVE/- button for 4 seconds to delete all records, and then hold MODE button for 3 seconds to delete.
- Press MODE button will back to the record selection mode

Note:
Every time the watch is reset, all records will be removed. No buttons pressed or held for 60 seconds will automatically trigger the watch to return to time/date Mode.

CALIBRATION

- Press the MODE button to scroll through the features until you locate the calibration feature, displaying "CAL".
- Press the NEXT/SAVE/- button to select "WALK" or "RUN".
- Press the START/STOP/+ button to start the calibration, and press again to stop the calibration.
- To save and exit the calibration feature, hold the MODE button for 3 seconds or alternatively, one minute of inactivity will trigger the watch to return to the default TIME mode.



Exercise equipment with electronic components may interfere signals and heart rate belt transmission. To tackle these problems, try the following:

- Remove the transmitter from your chest and use the exercise equipment as you would normally.
- Move the wrist unit around until there is a consistent transmission signal between the unit and the heart rate belt, and avoid placing it near the display panel of electrical equipment as there is greater interference.

SYMBOL ON LCD

- ☺ - Chime
- KM - Kilometers
- gFAT - Unit of Fat Burnt
- KM/h - Kilometers per hour
- STEP - Step you have walked or ran
- Kcal - Unit of Calories Burnt
- ♪ - Key Tone
- RUN - Run mode
- WALK - Walk mode
- AM - Time from 0:00.00 to 11:59.59
- PM - Time from 12:00.00 to 23:59.59
- 🔔 - Alarm

This unit is operated by four keys:

- MODE / SET
- NEXT / SAVE / -
- START / STOP / +
- RESET / EL

FEATURES:

- Time & Date
- Daily Alarm
- Current / Average / Max / Min Heart Rate
- Target Heart Rate Zone Setting (Highest & Lowest heart rate alert alarm)
- Chronograph with 15 Memory Records
- Dual Purpose 3D sensor (Walking or Running)
- Intelligent step filter function
- Target Distance Alert Alarm
- Target Time Alert Alarm
- Current / Average / Max / Min Speed
- Total Distance
- Calibration Function
- Total Calorie Burnt
- Total Fat Burnt

Setting the Calibration

- Hold the MODE button for 3 seconds to enter the Calibration Setting Mode.
- Increment or decrement the Calibration Distance by pressing or holding the START/STOP/+ or NEXT/SAVE/- button.
- Confirm the Calibration Distance by holding the MODE button for 3 seconds, which should trigger the watch to return to calibration mode. If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.

Note:

- Stride length is limited to a range of 20-180cm (8" to 5'11") for both walking and running. If the calibrated result is beyond this range then the previous stride length will be used.
- If stride calibration has not been performed before, the stride value will be set based on the height. But once the stride has been calibrated, this will automatically replace the stride length calculated based on the user's height
- Calibration is not available when Chronograph is running..
- Default : 400M, Range : 100m to 10Km
- Selection : From 100m to 1Km, 100m spacing. From 1Km to 10Km, 1Km spacing



USER SETTING

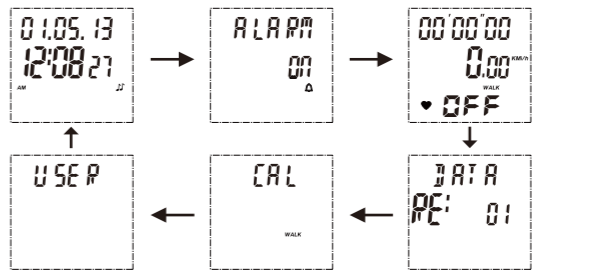
- Press the MODE button to scroll through the features until you locate the user setting mode, displaying "USER".
- Hold the MODE button for 3 seconds to enter User Setting Mode – UNIT
- Press the START/STOP/+ or NEXT/SAVE/- button to change the units (imperial or metric).
- Press the MODE button to enter next setting – WEIGHT
- Press START/STOP/+ or NEXT/SAVE/- button to increment or decrement the weight. (Default:45kg/99lb, Range:20-227kg/45-501lbs)
- Press the MODE button to enter next setting – HEIGHT
- Press the START/STOP/+ or NEXT/SAVE/- button to increment or decrement the height. (Default:170cm/5'6", Range:50-250cm/1'8"-8'2")
- Press the MODE button to enter next setting – AGE
- Press the START/STOP/+ or NEXT/SAVE/- button to increment or decrement the age. (Default:26, Range:5-128)



- User Setting
- EL Backlight
- Low Battery Detection
- Key tone
- Energy Saving Function
- Memory Data Recall

MODE FLOW

TIME → ALARM → CHRONO → DATA RECALL → CALIBRATION → USER SETTING → TIME

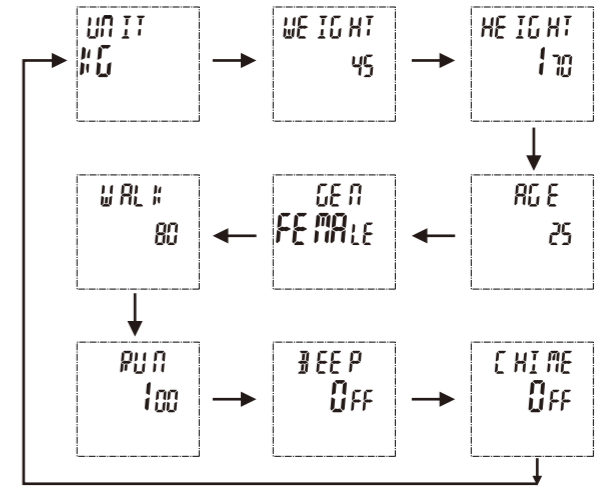


SETTING THE TIME AND DATE

- Press the MODE button to scroll through the features until you locate the time mode, which displays the time and date.
- Hold the MODE key for 3 seconds to enter the TIME SETTING MODE and the seconds' digits should flash.
- Press MODE to set the minutes.
- Press or hold either the START/STOP/+ button to increment the minutes' digits or NEXT/SAVE/- button to decrement the number.
- Press MODE button to set the hour.
- Press or hold either the START/STOP/+ button to increment the hours' digits or NEXT/SAVE/- button to decrement the number.
- Press MODE button to set the date.
- Press or hold either the START/STOP/+ button to increment the date's digits or NEXT/SAVE/- button to decrement the number.
- Press MODE button to set the month.



- Press the MODE button to enter next setting – GENDER
- Press START/STOP/+ or NEXT/SAVE/- button to toggle between Male or Female. (Default:Male)
- Press the MODE button to enter next setting – WALKING STRIDE LENGTH
- Press the START/STOP/+ or NEXT/SAVE/- button to increment or decrement the setting data. (Default:71cm/27", Range:20-180cm/8"-70")
- Press the MODE button to enter next setting – RUNNING STRIDE LENGTH
- Press the START/STOP/+ or NEXT/SAVE/- button to increment or decrement the setting data. (Default:120cm/47", Range:20-180cm/8"-70")
- Press the MODE button to enter next setting – KEY TONE (BEEP)
- Press START/STOP/+ or NEXT/SAVE/- button to select ON or OFF. (Default: OFF)
- Press the MODE button to enter next setting – CHIME
- Press START/STOP/+ or NEXT/SAVE/- button to select ON or OFF. (Default: OFF)
- If the watch is inactive for 60 seconds and the unit will return to User Setting Mode. If no buttons are pressed for a further 60 seconds, the watch will bring the time/date mode back.



- Press or hold either the START/STOP/+ button to increment the month's digits or NEXT/SAVE/- button to decrement the number.
- Press MODE button to set the year.
- Press or hold either the START/STOP/+ button to increment the year's digits or NEXT/SAVE/- button to decrement the number.
- Press MODE key to confirm, and choose either the 12-hour or 24-hour format for the time by pressing the START/STOP/+ or NEXT/SAVE/- button to toggle between the two options.

To save and exit setting mode, hold the MODE button for 3 seconds or alternatively, one minute of inactivity will trigger the watch to return to the default TIME mode

Note : At anytime, to exit the time and date setting mode, hold the MODE button for 3 seconds and all revised changes will be saved.

ALARM MODE

- Press the MODE button to scroll through the features until you locate the alarm mode, displaying "ALARM".
- To turn the alarm on or off, press the START/STOP/+ or NEXT/SAVE/- button to toggle between the two options.



Note:
- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.

SETTING THE ALARM

- Hold the MODE button for 3 seconds to set the alarm, and the minutes' digits should flash.
- Press or hold either the START/STOP/+ button to increment the minutes' digits or NEXT/SAVE/- button to decrement the number.
- Press MODE button to set the hour.
- Press or hold either the START/STOP/+ button to increment the hours' digits or NEXT/SAVE/- button to decrement the number.
- To save and exit setting mode, hold the MODE button for 3 seconds or alternatively, one minute of inactivity will trigger the watch to return to the default TIME mode.

Note:

- Any changes made in the alarm mode will automatically enable the alarm.
- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.



CHRONOGRAPH MODE

- Press the MODE button to scroll through the features until you locate the chronograph mode.
- Press the NEXT/SAVE/- button to select OFF, WALK or RUN.

SPECIFICATIONS

| | |
|--------------------|--|
| Time Format: | Year, month, date, day, hour, minute, second, am/pm 12/24 hours |
| Calendar System: | Full Auto-calendar pre-programmed from 2000 to 2099 |
| Features: | Current / Average Speed, Step Counting, Calories Consumption, Fat Burnt, Exercise time |
| Measurement Range: | Calories Consumption: 0-9999.99 kcal Fat Burnt: 0-9999.99 Number of step: 0-999999 Distance:0-9999.99 km Exercise Time: 0-23 hr 59 m 59 s 99 15 Memory Record |
| Memory Data: | Measuring Unit: 1/100 second Measuring Capacity: 23 hr 59 m 59 s 99 |

CAUTION

Should you encounter any problems with the watch (e.g. malfunctioning of a parameter, static electricity, interferences within the product or the need to re-set the device), please press four buttons at the same time to reset the watch (the watch should not connect with computer). All data previously input into the device will be erased and you can then will need to re-set the watch all over again. Should this fail to correct the situation, remove the batteries and then put them back into the battery compartment.
Then follow all the steps mentioned above in order to input the necessary data once more. The content of this manual is subject in order to change without further notice. Due to printing limitation, the displays shown in this manual may differ from the actual display. The manufacturer and its suppliers hold no responsibility to you or any other persons for any damage expenses, lost-profits, or any other claims arisen by using this product. The contents of this manual may not be reproduced without the permission of the manufacturer.