



**"Recreational Gear For
The Great Outdoors"**



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The Great Outdoors"**

IMPORTANT: Pack carefully in original package if possible. We are not responsible for damage incurred in returning items for repair.

A letter stating your exact street address, daytime phone number, and the problem you are experiencing should be included. You must also enclose a copy of the original receipt a proof of date of purchase.

**PSWHRL34
USER'S MANUAL**

**PYLE®
SPORTS
2.4GHz
TRANSMISSION**

Brooklyn, NY 11204
1-800-444-5621
Monday Through Thursday, 9AM to 5PM
Friday 9AM to 1PM Eastern.

www.pyleaudio.com

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1.0 Welcome

Congratulations on your purchase of a heart rate monitor from Pro Touch. It is designed for ease of use during following sport activities: jogging, walking, cycling, fitness training and cross training. In order to learn and apply the various functions of your new heart rate monitor, please read this user manual carefully.

1.1 General

It's important that you know your maximum heart rate (MHR), training zone, upper heart rate limit and lower heart rate limit before you begin. This information helps you to achieve the maximum health benefits out of your workout. We recommend consulting a medical practitioner or registered physician before setting your personal training-schedule and target. Or you can set your own upper and lower limit using the following as a reference guide. You may estimate your MHR using the following formula:

$$220 - \text{age} = \text{MHR}.$$

WARNING !

- This product set, like most electronic or magnetic devices, may interfere with pacemakers. We recommend patients with pacemakers to consult with their doctor before using this product set.
- Make sure that you fully understand the functions and limitations of this product set before using it.
- This product set is a supplementary device for measuring heart rate; it is NOT a substitute for any medical devices. You should periodically compare the heart rate reading provided by this product set with the reading from a doctor.

Care and Maintenance

- Avoid rough usage or severe impacts to this product set.
- Store this product set in a dry place when it is not in use.
- Clean your product set occasionally with a soft moistened cloth.
- DO NOT expose this product set to chemicals such as gasoline and alcohol; these chemicals will damage this product set.

2.0 Functions of the Operating Keys

(+)

- To increase the value in setting mode.
- To shift from DUAL Clock to Home Time in Time mode.

(-)

- To decrease the value in setting mode.
- To trigger the keytone ON/OFF.
- To trigger the stopwatch START/STOP.
- To trigger the Alarm ON/OFF.
- Press and Hold for 2 sec. to turn ON the **Backlight**.



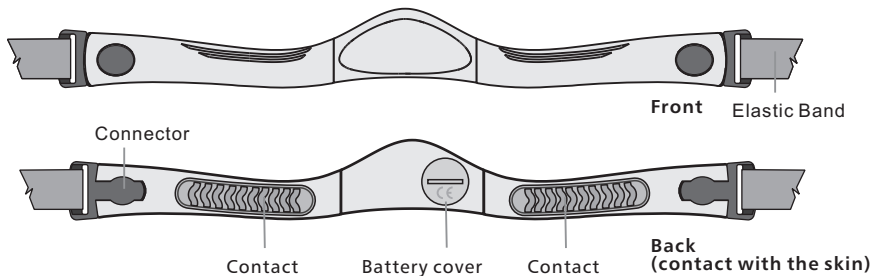
(MODE)

- To change modes among the different main function modes.
- To change modes among different setting sub-modes.

(S) (SET / SOS)

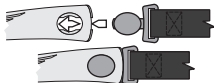
- To enter (hold for 2 seconds) or quit the setting mode.
- To take lap time and reset stopwatch.
- To enter **SOS mode**.

3.0 Functions of the chest belt



4.0 Wear the Chest Belt

- 1** Connect one connector with the chest belt. Ensure that the connector is completely lodged into the chest belt.



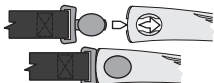
- 2** Extend the elastic band for allowing a loose fitting the chest belt on your chest.



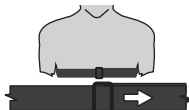
- 3** Fit the chest belt on your chest with one hand.



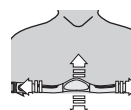
- 4** Connect the opposite connector to the chest belt with the another hand.



- 5** Fasten the elastic band until it is fitted on your chest comfortably.



- 6** Move the chest belt until the two contacts are firmly contacted with the skin of your chest.



IMPORTANT: This Chest Belt must be worn directly on your skin. DO NOT wear the chest belt on the top of your clothes, otherwise the chest belt CANNOT get the heart rate signal.

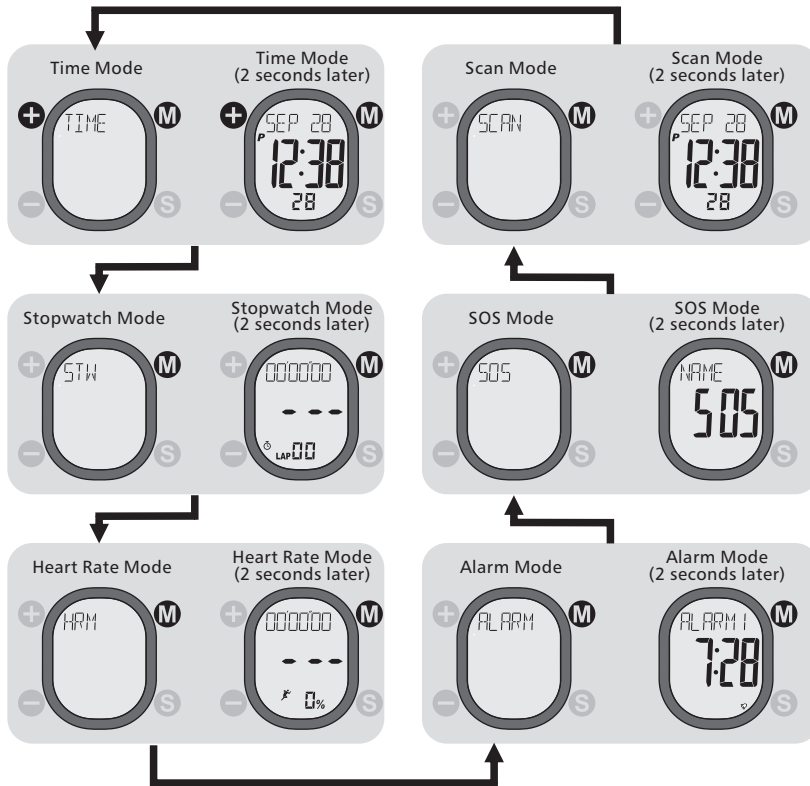
NOTE: In dry seasons, wet the contacts with water to make the signal transmission normal.

Precautions / Tips

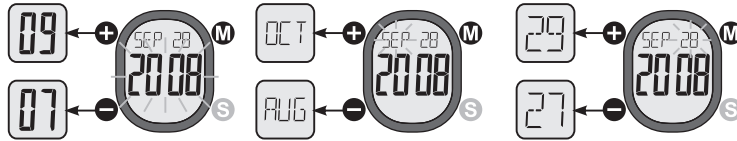
- There are two contacts located on the back of the Chest Belt. These two contacts must make firm contact with the user's skin during measurement.
- DO NOT take heart rate measurement when diving or under water.
- Clean the contacts occasionally by applying a few drops of water, and wipe it dry with a paper towel to remove any residual grease.
- DO NOT use hand cream; it will insulate the signal between the skin and the contacts.
- Clean your skin with soap and water for a better signal transmission.
- For those with extremely dry skin, apply some conductive gel or water to increase conductivity.
- Adjust the Chest Belt with the supplied elastic band until it holds on your chest firmly to avoid loosening when exercising.
- Avoid doing any awkward motion during measurement, it will create an inaccurate heart rate reading.

5.0 Functions Mode

- Press any button to resume the display if Power Saving Mode is activated - Blank display.
- Press **M** to next menu.

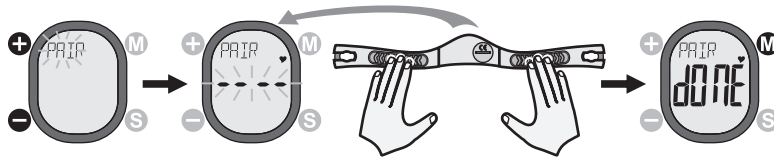


- Press **+** / **-** to select year, month and day, and confirm each with **M**.



7.3 Pairing the Watch with the Chest Belt

- Press **+** / **-** to start pairing (pair the chest belt with the watch) and confirm with **M**. Press **-** can terminate the process during the pairing. Press **S** to return to Time Mode.
- NOTE:** Pairing will need to do once only when it is the first time using the chest belt.



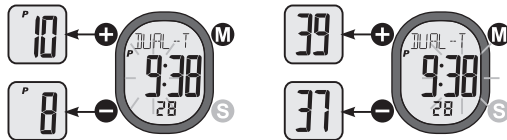
8.0 Dual Time

8.1 Set Dual Time

- Press **+** until "DUAL-T" appears and hold **S** for 2 seconds.

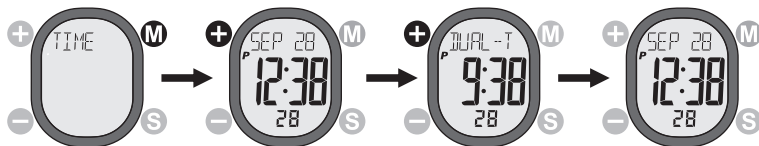


- Press **+** / **-** to select hour and minute, and confirm each with **M**. Press **S** to return to Dual Time Mode.



8.2 View Dual Time

- Press **M** until "TIME" appears and press **+**.



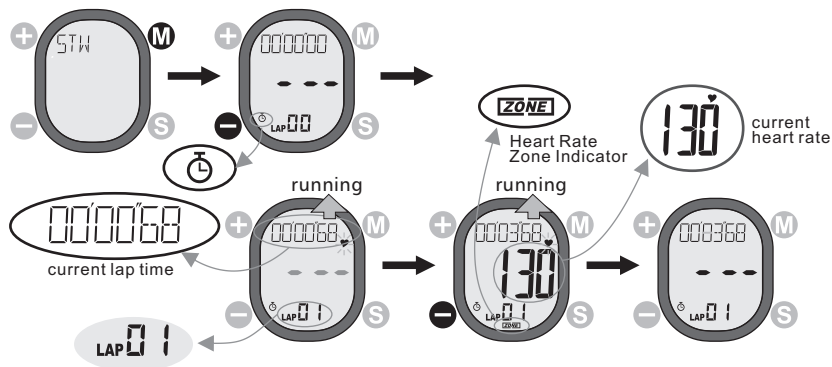
9.0 Stopwatch

9.1 Use the Stopwatch

- Press **M** until STW appears. The heart rate function will be activated automatically.
- Press **-** to start or stop the stopwatch.

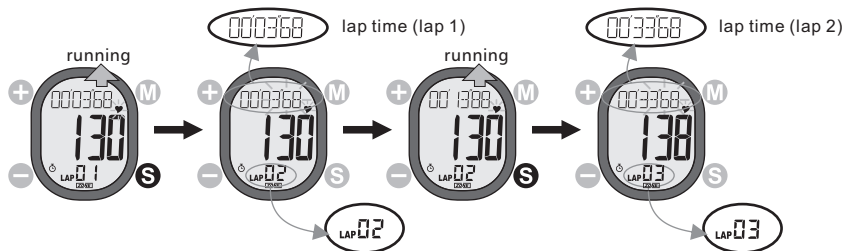
NOTE:

- Please wear the chest belt in advance before using the Stopwatch with heart rate function, otherwise it functions as a normal stopwatch.
- The Total Lap Time, Maximum (MAX) and Average (AVG) heart rate, Up (U), In (I) and Below (L) Zone Exercise Time, Calorie (KCAL), and Fat Burn (FATB) are recorded if the chest belt is worn. These records can be reviewed on Heart Rate Mode.
- Press **+** to resume the connection if the watch loses connection with chest belt during running.
- Check the chapter 11.0 for the implications of Heart Rate Zone Indicator.



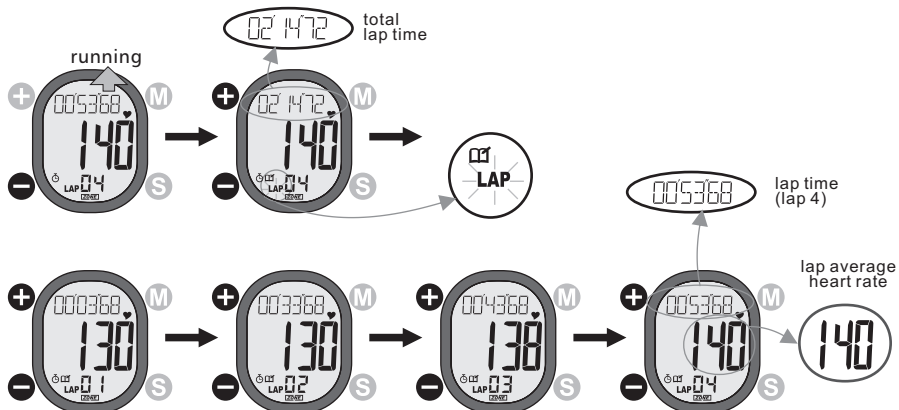
9.2 Take Lap time

- Press **S** to take a lap time when the stopwatch is running.



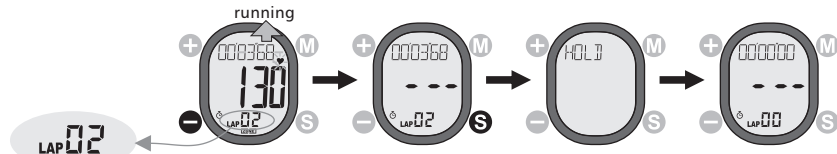
9.3 Review Lap time

- Press **-** to stop the stopwatch and press **+** to review total lap time, lap time of each lap and the average lap heart rate of each lap. Press **-** to quit the review.



9.4 Reset Stopwatch and Lap time

- Press **+** to stop the stopwatch and hold **S** to reset the stopwatch and lap time.



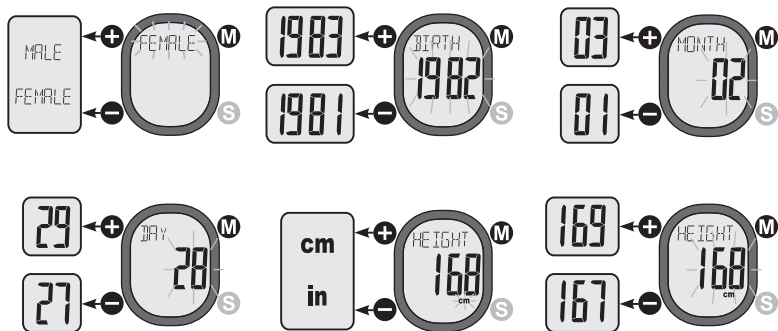
10.0 Set Your Personal Data for Your Personal Heart Rate Mode.

- Press **M** until "HRM" appears and hold **S** for 2 seconds. Any Heart Rate sub-mode can enter the Heart Rate Setting mode too by holding **S** for 2 seconds.

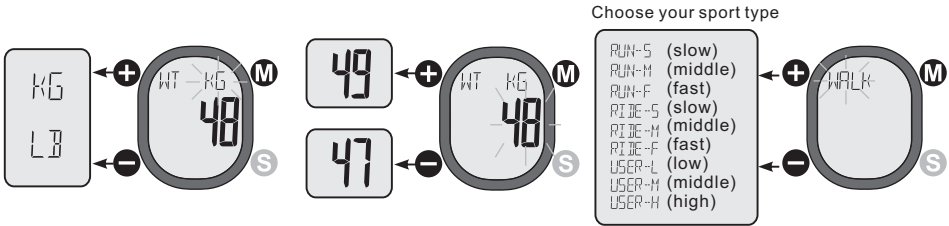


- Press **+**/**-** to set gender, birthday, height, weight, sport type, heart rate zone setting type (auto/manual) and your upper and lower heart rate (for manual heart rate zone setting). Confirm each with **M**.

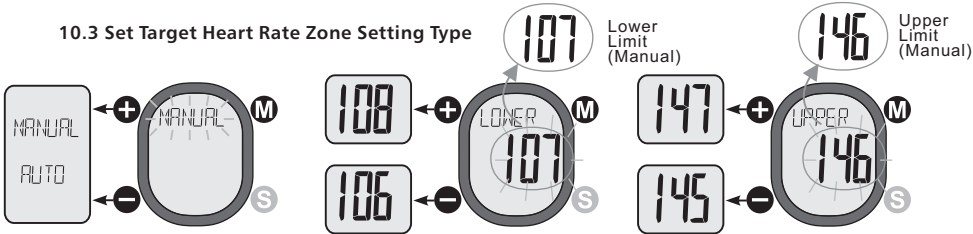
10.1 Set Gender, Birthday And Height



10.2 Set Weight and Sport Type.



10.3 Set Target Heart Rate Zone Setting Type



11.0 View the Target Heart Rate Zone Indications

	Heart Rate	Zone	Visual Indication	Audible Indication
Upper Limit (Auto or Manual)		Above Zone	ZONE >	Beep!
		In-Zone (the target heart rate zone)	ZONE	
Lower Limit (Auto or Manual)		Below Zone	< ZONE	Beep!

Heart Rate Zone Indication

NOTE:

- When the heart rate exceeds the upper or lower limits, the audible signal warning will go ON if key-tone is ON.

11.1 Use Heart Rate and Review the Training Record

Use the Heart Rate function

- Press **M** until "HRM" appears.
- The heart rate function will be activated automatically when Heart Rate Mode is selected.

NOTE:

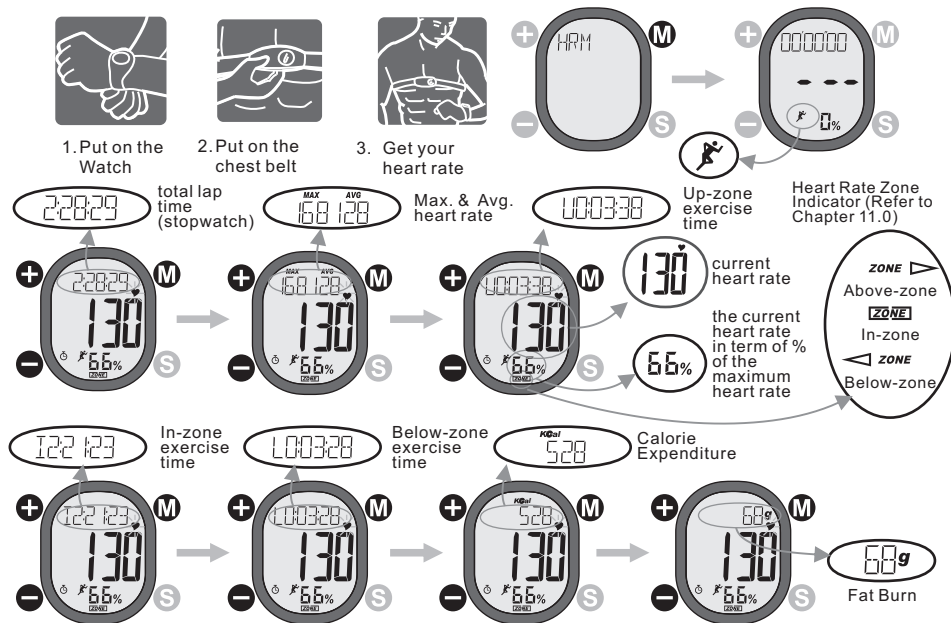
- Please wear the chest belt in advance before using the Heart Rate function.

Review the Training Record

- Press **+** / **-** to see the Total Lap Time, Maximum (MAX) and Average (AVG) heart rate, Up (U), In (I) and Below(L) Zone Exercise Time, Calorie (KCAL), and Fat Burn (FATB) Press **M** to move to Alarm Mode.

NOTE:

- The Total Lap Time, Maximum (MAX) and Average (AVG) heart rate, Up (U), In (I) and Below(L) Zone Exercise Time, Calorie (KCAL), and Fat Burn (FATB) are recorded in Stopwatch Mode only.



12.0 Alarm

12.1 Select Alarm 1 or Alarm 2

- Press **M** until "ALARM" appears. Press **+** to select Alarm 1 or Alarm 2.

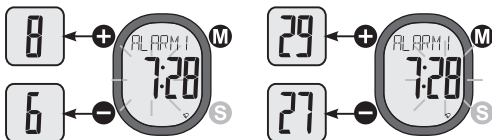


12.2 Set Daily Alarm

- Press **M** until "ALARM" appears and hold **S** for 2 seconds.

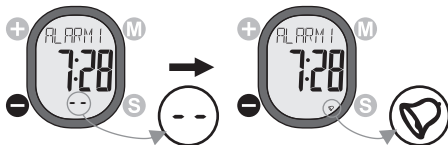


- Press **+**/**-** to select hour and minute, and confirm each with **M**. Press **S** to return to Alarm Mode.



12.3 Activate or Deactivate the Alarm

- Press **-** to activate (♥ appears) or deactivate (— — appears) the alarm.

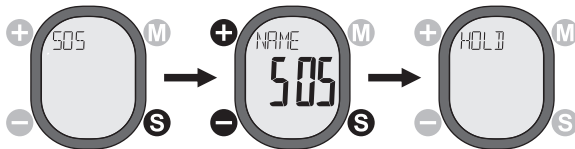


13.0 SOS Mode

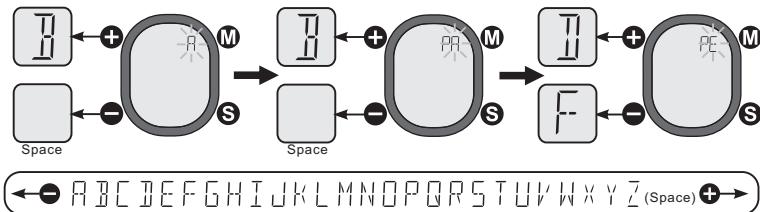
- User's personal information for emergency.

13.1 Set Name for SOS.

- Press **S** once. Press **+**/**-** until "NAME" appears and hold **S** for 2 seconds.

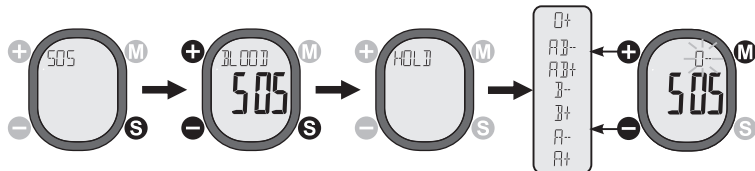


- Press **+**/**-** to select the alphabet, and confirm each with **M**. Press **S** to return to SOS Mode.



13.2 Set Blood type for SOS.

- Press **S** once. Press **+**/**-** until "BLOOD" appears and hold **S** for 2 seconds. Press **+**/**-** to select a blood type and confirm with **M**. Press **S** to return to SOS Mode.

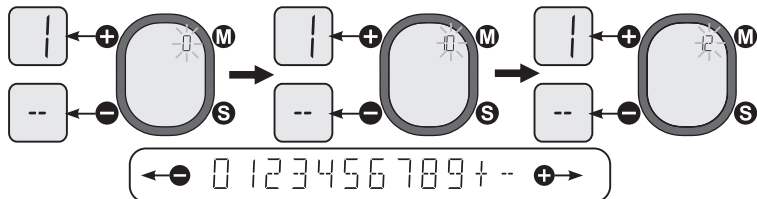


13.3 Set Phone number for SOS.

- Press **S** once. Press **+** / **-** until "PHONE" appears and hold **S** for 2 seconds.

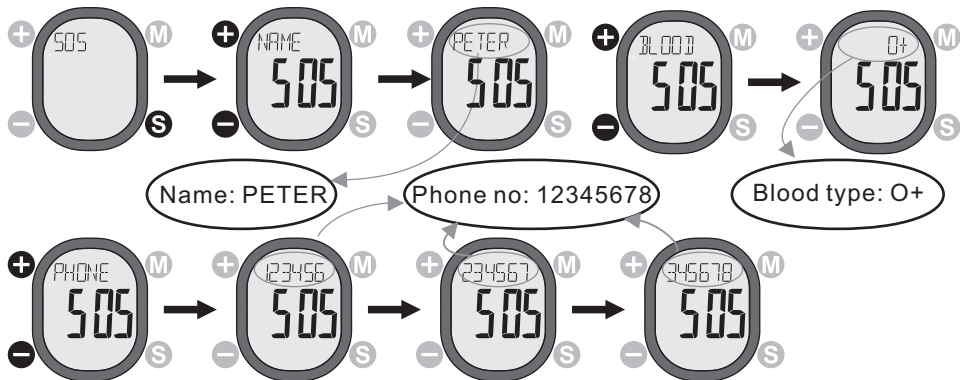


- Press **+** / **-** to select the digit, and confirm each with **M**. Press **S** to return to SOS Mode.



13.4 View Name, Blood type, Phone number for SOS

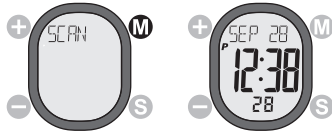
- Press **S** once. Press **+** / **-** to view the Name, Blood type, and phone number. Press **M** to return to SCAN Mode.



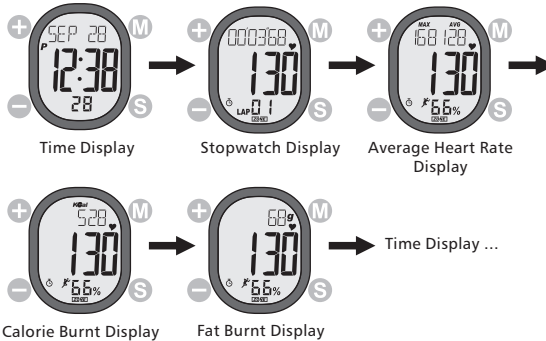
14.0 View Scan mode: Current Time Mode, Stopwatch Mode and Heart Rate Mode cyclically.

The Scan Mode shows all training results after a training.

- Press **M** until "SCAN" appear.

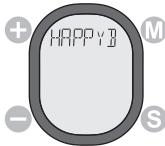


- Without pressing any key the watch starts to show the following displays one by one cyclically: TIME, STW, AVGHRR, KCAL and FATB.



15.0 Birthday Reminder

- When the date is the same as the birthday set by the user, the watch will beep for 1 minute to remind the user, after the watch is being woke up from sleep mode.



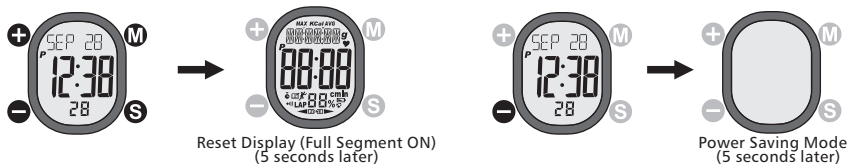
16.0 Low Battery Indication

- When the battery of the watch drops to a low level, the Low Battery Indicator will be ON to remind user.



17.0 Reset the Watch and Power Saving Mode

- In any Modes, hold all the 4 buttons for more than 5 seconds will reset all the settings of the watch. After reset, all parameters and pairing of chest belt need to be set again.
- In Time Mode, press and hold **+** for 5 seconds to go into Power Saving Mode (turning off the LCD). Timekeeping function is still running under Power Saving Mode. Press any key to resume from this mode.



18.0 Potential Causes for NO Heart Rate Reading or Long Response Time

1) Cause: Dry Skin.

Solution: Apply conductive gel or saliva thoroughly to chest area. (Even water will help if conductive gel is not available).

2) Cause: Chest belt is not placed firmly over the chest.

Solution: Make sure the Chest belt is placed firmly over the chest by tightening elastic band.

3) Cause: Muscle tremors caused by holding the Chest belt too hard on your chest.

Solution: The contacts must make firm contact (NOT too hard) with the user's skin during measurement. This will ensure good and consistent readings even while walking or jogging with arms swung naturally.

4) Cause: Dead skin on chest.

Solution: Usually rubbing your chest with a towel will help.

5) Cause: A thin layer of body grease can insulate the ECG signal-basically prevents the back sensor on the Chest belt from picking up one's ECG.

Solution: Wipe chest and the contacts on the back of Chest belt with a tissue or soft towel.

6) Cause: Hairy chest.

Solution: Apply conductive gel to chest area.

7) Cause: Irregular heartbeats.

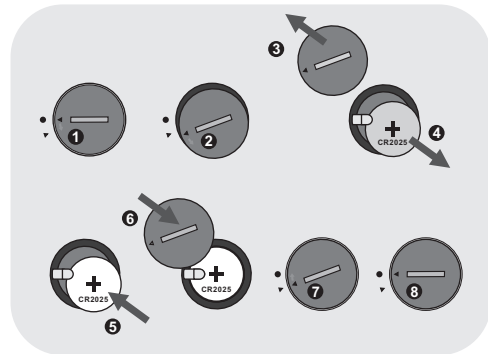
Solution: N/A. It is difficult to consistently pick up a reading for those with irregular heart beats. Inconsistent response times are expected for those with arrhythmia.

8) Cause: Low Battery.

Solution: It might be due to the battery level of the Chest belt is low. Replace the battery of the Chest belt.

19.0 Chest Belt Battery Replacement

1. Turn the battery cover with a coin counterclockwise until the arrow pointing to arrow.
2. Turn the cover further gently to pop it out.
3. Put aside the battery cover.
4. Remove the empty battery.
5. Insert a new **CR2025** battery with the (+) side of the battery touch with the 'L' shape metal contact.
6. **IMPORTANT:** Make sure that the sealing rubber o-ring is placed correctly in its slot before the battery cover is closed.
7. Put the battery cover back with the arrow on the cover pointing to the arrow, and then press the cover down gently until it is on the same level with the surface.
8. Turn the cover with the coin clockwise until the arrow pointing to dot.



20.0 Watch Battery Replacement

1. Insert the tip of a flathead screw-driver into the notch of the spring bar.
2. Push the notch and lift the wrist strap to dislodge the spring bar. Dislodge the lower strap similarly.
3. Unscrew the case-back with a crosshead screw-driver.
4. Put aside the case-back.
5. Insert one end of the pinchers into the notch of the battery contact plate.
6. Push the notch outward GENTLY.
7. Put aside the empty battery.
8. Insert a NEW **CR2025** battery with (+) upward.
9. A 'click' will sound when the buckle is locked.
10. **IMPORTANT:** Make sure that the rubber ring is sitting in the slot properly before screw the case-back, otherwise water will leak into the Watch.
11. Put the case-back back to its original position.
12. Screw the case-back to the case.
13. Insert one end of the spring bar into the lodge on the watch.
14. Insert the tip of a flathead screw-driver into the notch of the spring bar. Push the notch and lower the wrist strap onto the watch until the spring bar is COMPLETELY lodged. Lodge the lower strap similarly.

