

# Operation Guide 3014

CASIO®

## Introduction

Thank you for purchasing this CASIO product. To ensure that it can provide you with the years of service for which it is designed, be sure to read this manual carefully and follow the instructions contained herein. Pay particular attention to the Safety Precautions on the following pages. Be sure to read the Safety Precautions before trying to use this product.

## Safety Precautions

### ⚠ Danger

- Never use this product if you are wearing a cardiac pacemaker.
- Do not use this product in the vicinity of anyone who is wearing a cardiac pacemaker or any other type of medical device.
- Should you ever feel any discomfort or any other abnormal feeling while using this product, immediately stop using it and contact your physician.
- Do not use this product inside of an aircraft.

### ⚠ Warning!

- Do not use this product during scuba diving or other type of diving that requires special equipment.
  - This product is not a diving watch. Improper use can lead to serious accident. Do not wear the chest strap while you are immersed in water.

### For Safe Operation

- Do not use this product in the vicinity of a microwave oven, TV, computer, or cell phone, or while inside of an automobile or train. This product may not produce correct readings if used in the vicinity of a TV or radio transmitter.
- Do not leave this product on the dashboard of an automobile or in any other location that is subject to very high temperatures. Never put on the chest strap after it has been in a very hot location for a long time. Doing so creates the risk of burn injury.
- If you do not have the stamina to workout for long periods, if you are suffering from any type of ailment, or if you are unsure of your physical condition, consult a physician before using this product. Should you ever start to feel discomfort or any other abnormal feeling while using this product, immediately stop using it and remove the chest strap.
- Always keep aware of the situation around you whenever operating or using this product.
- Keep the chest strap out of the reach of young children.

### Handling Batteries

- Whenever removing the button type battery that powers the watch or sensor bar, take care to ensure that the battery is not swallowed accidentally. Special care is required where young children are present.
- Keep batteries out of the reach of small children. Should a battery ever be swallowed accidentally, contact a physician immediately.

### ⚠ Caution!

#### Skin Irritation

Should you ever experience any skin irritation or any other abnormality while wearing the chest strap, immediately take it off.

Since the watch and the chest strap come into direct contact with the skin, the following conditions may cause skin irritation.

- When a wearer is allergic to metal or leather
- When the watch or chest strap is rusty dirty, sweaty, etc.
- When the wearer is in poor physical condition
- Tightening the chest strap too tightly can cause you to sweat, and can make it hard for air to pass under the strap, which can lead to skin irritation. Do not over-tighten the chest strap.
- Should you ever notice any abnormality, immediately stop using the product and consult a physician.

#### Caring for This Product

To clean the product, wipe it with a soft, dry cloth, or with a cloth that has been moistened in weak solution of water and a mild neutral detergent. Wring out all excess liquid from the cloth before wiping. Never use thinner, benzene, alcohol, or any other volatile agent to clean the product.

#### Use of the Product

- When putting on or taking off the chest strap, make sure you do not twist, bend, or stretch it excessively.
- Take care not to drop the product or otherwise subject it to strong impact.
- To avoid unexpected accidents, always check around you to ensure you are in a safe place before looking at the display of the watch. Looking at the watch while marathoning or jogging on the open road, while riding a bicycle, or operating a motor vehicle can lead to accidents. Take care to avoid running into others.
- Should the watch stop running, have the battery replaced as soon as possible.
- Take care to avoid breaking your fingernails when fastening and unfastening the band. Particular care is required by people with long fingernails.
- To avoid skin irritation due to unexpected injury or allergy, do not wear the watch while sleeping.
- When picking up or otherwise coming into contact with a child, remove the watch from your wrist to avoid injury to the child or causing irritation of the child's skin.

#### Never try to take the watch apart!

Never try to take the watch apart. Doing so creates the risk of personal injury and malfunction of the watch.

#### Battery Replacement

When the watch's battery is replaced, foreign matter adhering to contact surfaces can cause a loss of water resistance. In order to ensure water resistance is maintained and the watch performs at the level for which it is designed, make sure you always request battery replacement from your dealer or CASIO distributor.

#### Keep backup copies of data!

Make sure you always keep separate written copies of important data to protect against its loss. Malfunction, repair, and battery replacement can cause memory contents to be deleted.

## Features

### ■ Heart Rate Monitor

Keeps track of your heart rate, workout intensity, and workout time.

Measurement system:

Constant monitoring of electrocardiogram by strap type electrodes

Transmission method:

Heartbeat detected by the chest strap and sent to the watch.

### ■ Stopwatch

100 hours maximum, 1/100 second, energy consumption calculation

### ■ Memory

#### • Workout Data: 100 records

Workout date, elapsed workout time, workout time within target heart rate range, average workout heart rate, energy consumption, body fat burned

#### • Daily Data: 30 records

Workout date, cumulative workout time, cumulative energy consumption

#### • Weekly Data: 31 records

Cumulative energy consumption

### ■ Timer

Number of timers: 2

Countdown unit: 1 second

Setting range: 100 hours

Setting unit: 30 seconds

Number of repeats: 1 to 99, endless

- Settable number of repeats; single/twin switching

### ■ Alarms

Three (hour and minute setting, ON/OFF)

Hourly Time Signal (ON/OFF)

### ■ Display Illumination

For easy reading in the dark



## Display Illumination

In any mode, press the **(C)** button to turn on illumination for about 1.5 seconds for easy reading in the dark.

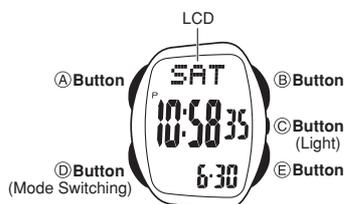


### Important!

- The light may be difficult to see if you turn it on under bright sunlight.
- Illumination will turn off if any beeper operation (alarm or button operation tone) is performed while the display is illuminated.
- You may notice a slight sound from the watch while the face is illuminated. This is the sound of EL panel vibration, and does not indicate malfunction.

## General Guide

### Watch



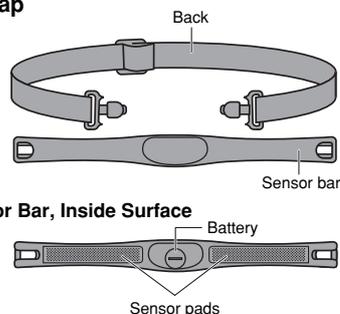
#### • Heart Rate Measurement

In the Timekeeping Mode, Stopwatch Mode, or Timer Mode, press the **(B)** button to start synchronization with the sensor bar. For details, see "Synchronizing the Watch with the Sensor Bar".

#### • Selecting 12-hour or 24-hour Timekeeping

Each press of the **(E)** button toggles the timekeeping format between 12-hour and 24-hour.

### Chest Strap

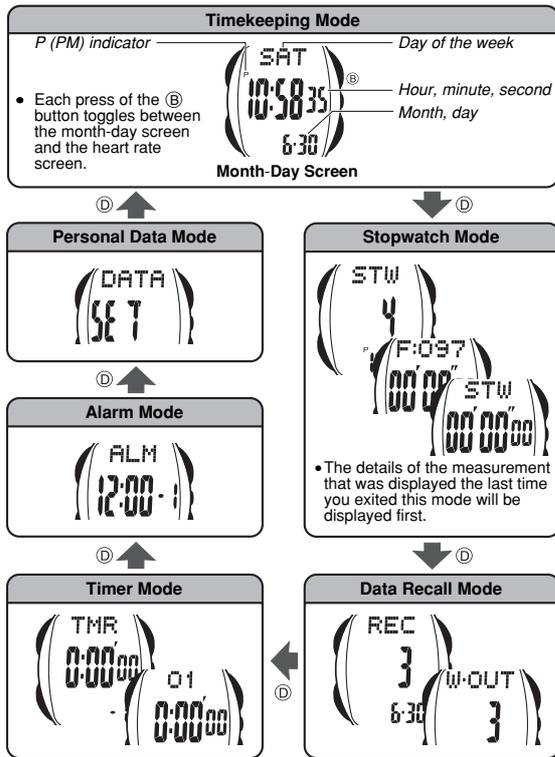


## Read this first!

This product is intended for use as an exercise support tool only. It is not a medical device.

- Never use this product if you are wearing a cardiac pacemaker or any other type of medical device.
- Do not use this product in the vicinity of anyone who is wearing a cardiac pacemaker or any other type of medical device.
- Do not wear this product while riding on an aircraft. Doing so creates the risk of interference with the aircraft's equipment.
- Do not wear this product while swimming. The water resistance of the sensor bar does not cover immersion in water. Communication between the sensor bar and watch is not possible in water.
- Do not use this product if the strap causes skin irritation or any other abnormality.
- To clean the product, wipe it with a soft, dry cloth, or with a cloth that has been moistened in weak solution of water and a mild neutral detergent. Wring out all excess liquid from the cloth before wiping. Never use thinner, benzene, alcohol, or any other volatile agent to clean the product.
- The rubber band of the chest strap needs to come into direct contact with your skin. Water, stretching, and twisting can cause the rubber to deteriorate. It is recommended that the rubber band be replaced at regular intervals.

## Modes and Display Screens



## Using the Stopwatch

You can use the Stopwatch Mode to measure elapsed time as well as your heart rate as you work out. You can also display other Stopwatch Mode screens to view workout intensity and energy consumption.

- In order to measure your heart rate, workout intensity, and energy consumption, you need to use the Personal Data Mode to configure your personal data settings. Also, you should put on the chest strap before starting your workout.

### Using the Stopwatch

- Measuring Unit: 1/100 second
- Measuring Capacity: 99:59:99"
- Heart Rate: 30 to 220 bpm
- Intensity: 0 to 99%
- Energy Consumption Value: 0 to 2,389 kcal (9,999 kJ)
- Target Heart Rate Alarm, Target Energy Consumption Alarm

### To use the stopwatch

To enter the Stopwatch Mode, press the (D) button once while in the Timekeeping Mode.



### Elapsed Time Measurement

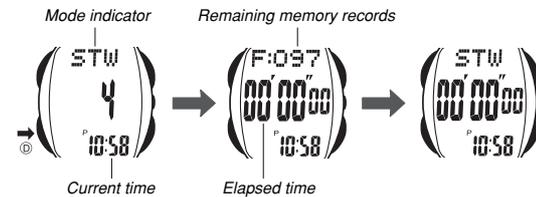
- **Reset (Data to memory)**  
 Start (E) → Stop (E) → Reset (B) (About 2 seconds)  
 Holding down the (B) button for about two seconds while the stopwatch is stopped will reset it to all zeros and stores the data from the last measurement operation in memory.
- **Cumulative Time Measurement**  
 Pressing the (E) button to restart the stopwatch without resetting it to all zeros resumes elapsed time measurement from where it was last stopped.



## Stopwatch Mode Screens

### Understanding the Stopwatch Mode Display Format

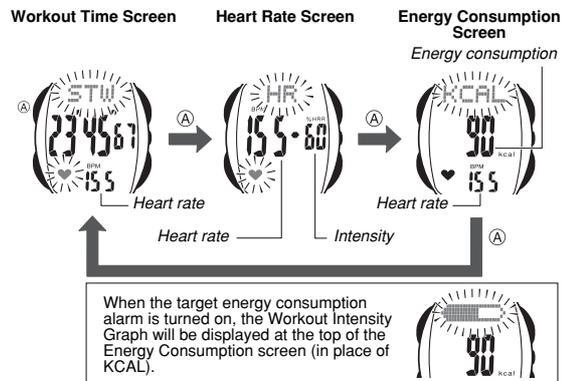
In the Timekeeping Mode, press the (D) button to enter the Stopwatch Mode. When you enter the Stopwatch Mode, the display will cycle through the three screens shown below. The example screens below show what would appear when elapsed time is reset to all zeros.



### Selecting a Measurement Screen

Each press of the (A) button in the Stopwatch Mode will cycle through contents as shown below. The example screens below show what would appear during heart rate measurement.

- When you enter the Stopwatch Mode, the details of the measurement that was displayed the last time you exited the mode will be displayed first.



### Target Heart Rate Screen

When one of the heart marks shown below appears on the Stopwatch Mode display, it means that the heart rate being measured by the watch is outside of the preset target heart rate range. An alarm will also sound if the watch is in the Stopwatch Mode and the Target Heart Rate Alarm is turned on.

#### Below target range

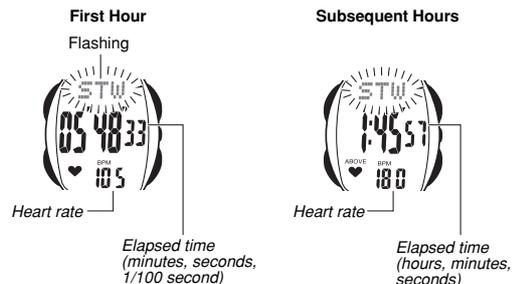


#### Above target range



### Stopwatch Time Displays

During the first hour of a stopwatch time measurement, the display shows minute, second, and 1/100-second values. After the end of the first hour is reached, the display switches to hour, minute, and second values.



## ■ Memory

Measurement results are stored into memory whenever you reset the stopwatch to all zeros.



- If memory is already full, resetting the stopwatch to all zeros will cause the oldest data in memory to be deleted automatically to make room for the new data.

## Configuring Personal Information

You need to preset certain personal information before your watch can calculate your energy consumption, workout intensity, and body fat burned. The following are the parameters you need to preset.

- Target Heart Rate Alarm on/off
- Target Heart Rate upper limit
- Target Heart Rate lower limit
- Energy Consumption Unit: kcal (kilocalories) or kJ (kilojoules)
- Target Energy Consumption Alarm on/off
- Target energy consumption value
- Resting heart rate: Your heart rate before getting up when you awake in the morning
- Age
- Gender
- Weight
- Body fat unit

Personal information settings are configured in the Personal Data Mode, which you enter by pressing the **(D)** button five times while in the Timekeeping Mode.



Personal Data Mode Screen



## Important!

- You will not be able to perform the following procedure unless the stopwatch is reset to all zeros. If you experience problems performing this procedure, enter the Stopwatch Mode and then hold down the **(B)** button for about two seconds to reset the stopwatch to all zeros.

### To configure personal data settings

(2 seconds)



1. In the Personal Data Mode, hold down the **(A)** button until the Target Heart Rate Alarm (HR TARGET) On/OFF setting starts to flash.
  2. Configure your personal data settings.
    - Use the **(D)** button to scroll between setting screens.
- Use the **(E)** and **(B)** buttons to change the currently selected setting. Holding down either button changes the setting at high speed.
  - For information about each setting, see "Personal Information Settings".
3. After all the settings are the way you want, press the **(A)** button to exit the setting screen.
  - The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

## Personal Information Settings

### ■ Target Heart Rate Alarm On/Off



Press the **(E)** button to toggle the Target Heart Rate Alarm on and off.

- When the alarm is on, a beeper will sound whenever the heart rate being measured by the stopwatch is either above or below the target range.
- The beeper will continue to sound at one minute intervals if your heart rate remains outside the target range.

### ■ Target Range Upper Limit



Use the **(E)** (+) and **(B)** (-) buttons to change the displayed value in the range of 1 to 220.

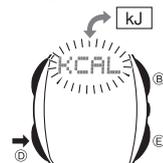
- It is recommended that you calculate your target heart rate upper and lower limits in accordance with your target heart rate. See "Target Heart Rate Guide" for more information.

### ■ Target Range Lower Limit



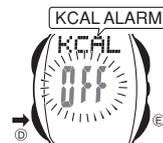
Use the **(E)** (+) and **(B)** (-) buttons to change the displayed value in the range of [resting heart rate setting plus 1] to [target range upper limit minus 1].

### ■ Energy Consumption Unit



Use the **(E)** or **(B)** button to toggle between KCAL (kilocalories) and KJ (kilojoules).

### ■ Target Energy Consumption Alarm On/Off



Press the **(E)** button to toggle the Target Energy Consumption Alarm on and off.

### ■ Target Energy Consumption Value



Use the **(E)** (+) and **(B)** (-) buttons to change the displayed value in 1 kcal (or kJ) steps from 10 to 2,000 kcal (42 to 8,370 kJ).

### ■ Resting Heart Rate



Use the **(E)** (+) and **(B)** (-) buttons to change the displayed value in the range of 30 to [target range lower limit minus 1] (145 maximum).

- Measure your heart rate before getting up when you awake in the morning. This is your resting heart rate.

### ■ Age



Use the **(E)** (+) and **(B)** (-) buttons to change the displayed value in the range of 15 to 70.

### ■ Gender



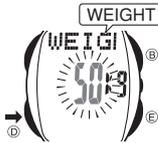
Use the **(E)** or **(B)** button to toggle between m (male) and F (female).

## ■ Body Weight Unit



Use the **E** or **B** button to toggle between kg (kilograms) and lb (pounds).

## ■ Weight



Use the **E** (+) and **B** (-) buttons to change the displayed value in the range of 20 to 200 kilograms or 44 to 440 pounds.

## ■ Body Fat Unit



Use the **E** (+) and **B** (-) buttons to change the displayed unit to either g (grams) or oz (ounces).

## ■ Target Heart Rate Guide

1. Measure your resting heart rate while lying in bed, either before you go to sleep or immediately after you wake up.
2. Calculate your maximum heart rate by subtracting your current age in years from 220.
3. In the Age, Resting Heart Rate, Workout Intensity (%HRR) Table below, find your desired level of workout intensity.

For race training ▶▶▶ High (80%+)

For weight loss and endurance ▶▶▶ Medium-to-High (60% to 80%)

For beginners and low load ▶▶▶ Low (40% to 50%)

4. Use the formula below to calculate your target heart rate.

$$\text{Exercising Heart Rate (Target Heart Rate)} = \frac{(\text{Maximum Heart Rate} - \text{Resting Heart Rate}) \times \text{Workout Intensity} + \text{Resting Heart Rate}}$$

## Age, Resting Heart Rate, Workout Intensity (%HRR) Table

Age	Resting Heart Rate 60bpm				Resting Heart Rate 70bpm				Resting Heart Rate 80bpm			
	Workout Intensity (%HRR)				Workout Intensity (%HRR)				Workout Intensity (%HRR)			
	40%	50%	60%	80%	40%	50%	60%	80%	40%	50%	60%	80%
20	116	130	144	172	122	135	148	174	128	140	152	176
30	112	125	138	164	118	130	142	166	124	135	146	168
40	108	120	132	156	114	125	136	158	120	130	140	160
50	104	115	126	148	110	120	130	150	116	125	134	152
60	100	110	120	140	106	115	124	142	112	120	128	144
70	96	105	114	132	102	110	118	134	108	115	122	136
80	92	100	108	124	98	105	112	126	104	110	116	128

\* Values are calculated by CASIO and are presented as general guidelines only. Actual requirements will vary by individual.

### About your heart rate

Your heart rate is a value that indicates the number of times your heart beats per minute. During a workout, your heart rate increases in order to supply large amounts of oxygen to your muscles.

As your fitness level increases, the blood sent to your muscles becomes richer in oxygen, and so you will need to workout at a higher intensity in order to achieve the same training effect as you did previously. This is what is known as "cardiovascular fitness".

As your cardiovascular system develops, your heart is able to move more blood with each pump, which means that it does not need to pump as often as it did before. This is why heart rate is a major factor when setting workout goals.

## Monitoring Your Heart Rate During a Workout

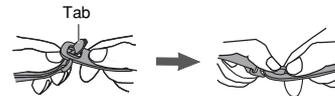
This section explains what you need to do to monitor your heart rate while exercising. This section assumes that you have already configured your personal information settings.

### Getting Ready

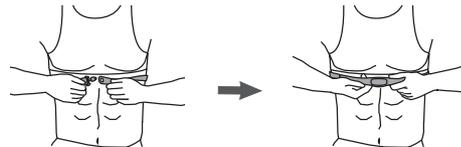
Before exercising, you need to attach the chest strap to your chest and synchronize the signal between the sensor bar and watch. Certain types of heart rate monitors can cause interference with the signal sent by the sensor bar to your watch. If you suspect that you are getting interference, move away from the other heart rate monitor.

### To attach the chest strap to your chest

1. Slightly moisten the two sensor pads (diamond pattern areas) on the inside surface of the sensor bar. This will provide better contact for the sensor pads.
2. Insert one of the tabs on either end of the strap into one of the holes in the sensor bar, from the inside of the sensor bar. Secure the tab in place so it lays down flat as shown in the illustration.



3. Wrap the chest strap around your chest so it is in direct contact with your skin, and secure the tab at the other end of the strap to the other hole of the sensor bar. Fasten the strap securely to ensure that it does not slip down while you are exercising.
  4. Make sure that the sensor pads are located above your rib cage.
- Take care that you do not fasten the chest strap too tightly.



### Synchronizing the Watch with the Sensor Bar

While you are wearing the chest strap, press the **B** button while the watch is in the Timekeeping Mode, Stopwatch Mode, or Timer Mode to start synchronization.

After synchronization is complete, the watch will receive the signal from the sensor bar and display your heart rate.

- The heart mark will flash on the display while your heart rate is being monitored.
- In the Stopwatch Mode, the Heart Rate screen shows the workout intensity along with the heart rate.
- In the Timer Mode, the heart rate is displayed while a timer operation is in progress. Heart rate is not displayed while the timer is reset to its starting time.
- Pressing the **B** button while the watch is monitoring your heart rate will perform synchronization again.
- Synchronization will be cancelled automatically if the watch is not able to receive any signal from the sensor bar for about 60 seconds.

#### Timekeeping Mode (Heart Rate Screen)



#### Stopwatch Mode



## Heart Rate Monitor Troubleshooting

If this happens:	Check this:
No heart rate appears on the display, or displayed values are excessive or vary widely.	<p><b>Is the strap attached to your chest correctly?</b></p> <ul style="list-style-type: none"> <li>Your heart rate cannot be detected correctly if the strap is not attached to your chest correctly.</li> <li>See "To attach the chest strap to your chest".</li> </ul> <p><b>Are the sensor bar's sensor pads (diamond pattern areas) wet?</b></p> <ul style="list-style-type: none"> <li>Your heart rate cannot be detected if your skin is dry.</li> <li>Warm up until you start sweating or moisten the sensor pads with water.</li> </ul> <p><b>Are the sensor bar's sensor pads dirty?</b></p> <ul style="list-style-type: none"> <li>Dirty sensor pads interfere with stable heart rate pickup.</li> <li>Clean the sensor pads as required. To clean the sensor pads, wipe them with a soft, dry cloth, or with a cloth that has been moistened in weak solution of water and a mild neutral detergent. Wring out all excess liquid from the cloth before wiping. Never use thinner, benzene, alcohol, or any other volatile agent to clean the sensor pads.</li> </ul> <p><b>Is the sensor bar's battery dead?</b></p> <ul style="list-style-type: none"> <li>If so, contact your dealer or CASIO distributor to have the battery replaced.</li> </ul> <p><b>Is there some source of electromagnetic waves (high-tension power lines, TV, cell phone, etc.) nearby?</b></p> <ul style="list-style-type: none"> <li>Electromagnetic waves can make normal heart rate detection and communication impossible.</li> <li>Possible sources of electromagnetic waves are: signal equipment, overhead railway cables, electric bus cables, streetcars, automobiles, motorcycles, computers, motorized fitness equipment, medical devices, electronic security gates, radios, railway crossings, TV transmitters, radar sites, etc.</li> </ul> <p><b>Do you have heart trouble?</b></p> <ul style="list-style-type: none"> <li>Normal readings are not possible if you have a heart abnormality that causes changes in the waveform of an electrocardiogram, or if you are suffering from arrhythmia.</li> </ul> <p><b>Is the watch too far from the chest strap?</b></p> <ul style="list-style-type: none"> <li>The maximum allowable distance between the strap and watch is about 90 cm (35.4 inches). Communication is not possible when they are too far apart.</li> </ul> <p><b>Do you have a hairy chest?</b></p> <ul style="list-style-type: none"> <li>Hair on the chest can interfere with heart beat detection.</li> </ul>
Heart rate measurement suddenly stops automatically.	<p><b>Did more than one minute pass without the watch detecting any signal from the chest strap?</b></p> <ul style="list-style-type: none"> <li>This will cause measurement to stop automatically. Restart the measurement operation.</li> </ul> <p><b>Did the battery of the sensor bar or watch go dead during measurement?</b></p> <ul style="list-style-type: none"> <li>The RECOV indicator will flash on the display when the watch's battery goes low. If the RECOV indicator appears frequently, have the watch's battery replaced.</li> <li>If communication with the sensor bar is not possible and the RECOV indicator is not flashing on the display, it could mean that the sensor bar battery is dead or that the system is malfunctioning. Take the watch in to your dealer or CASIO distributor.</li> </ul> <p><b>Important!</b></p> <ul style="list-style-type: none"> <li>Data in the watch's memory will be deleted when you have the battery replaced.</li> </ul>
Interference in the signal from the chest strap.	<p><b>Is someone nearby using the same type of watch as this one?</b></p> <ul style="list-style-type: none"> <li>Move away from the other watch.</li> </ul>



If this happens:	Check this:
The watch does not calculate energy consumption.	<p><b>Is your heart rate above 90 bpm?</b></p> <ul style="list-style-type: none"> <li>The watch will not calculate energy consumption unless your heart rate is 90 bpm or higher.</li> </ul>
The energy consumption value is strange.	<p><b>Are your personal information settings correct?</b></p> <ul style="list-style-type: none"> <li>The watch calculates energy consumption using your heart rate and personal information. Make sure your personal information settings are correct and up to date.</li> </ul>
A heart mark appears when the stopwatch or timer is reset.	<p><b>Did you press the (B) button to reset the stopwatch or timer following an operation during which you did not perform heart rate measurement?</b></p> <ul style="list-style-type: none"> <li>Pressing the (B) button in order to reset the stopwatch or timer also starts a heart rate measurement operation. The heart mark will disappear from the display if you hold down the (B) button to reset to the stopwatch or timer.</li> </ul>

## Memory

The watch maintains workout records that contain a wealth of information about each workout. A workout record is created for your last workout that you timed in the Stopwatch Mode and stored automatically whenever you clear the stopwatch to all zeros. Note that memory is shared by lap/split time records and workout records. There is also a cumulative record that keeps track of long-term cumulative totals. The following will give you some idea about how much memory capacity is available.

- If you use memory to store lap/split time records only (no workout records), you can store up to 200 records during a single workout.
- If you use memory to store workout records only (Start → Stop → Reset), you can store up to 42 records.

### Memory Data

The following details the contents of each type of record that can be stored in memory.

#### ■ Workout Data: 100 records

- Workout Date: month, day
- Workout Time: 99 hours, 59 minutes, 59 seconds
- Workout Time within Target Heart Rate Range
- Average Heart Rate and Workout Intensity
- Workout Energy Consumption
- Workout Body Fat Burned: 0 to 2,834 grams (99.99 ounces)

#### ■ Daily Data: 30 records

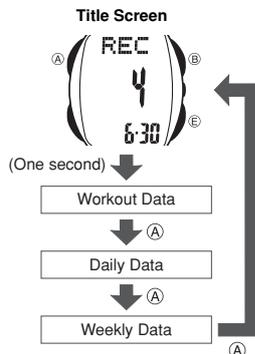
- Workout Date: month, day
- Cumulative Workout Time: 99 hours, 59 minutes, 59 seconds
- Cumulative Energy Consumption: 0 to 2,389 kcal (9,999 kJ)
- Adds energy consumption calculated every 30 seconds when heart rate is 90 bpm or higher during workout.
- If the date changes while measurement is in progress, measurement results up to that point are saved and new record is started.

#### ■ Weekly Data: 31 records

- Cumulative Energy Consumption: 0 to 239,005 kcal (999,999 kJ).
- Adds energy consumption calculated every 30 seconds when heart rate is 90 bpm or higher during workout.
- The watch uses a week that runs from Monday to Sunday.

### To recall memory contents

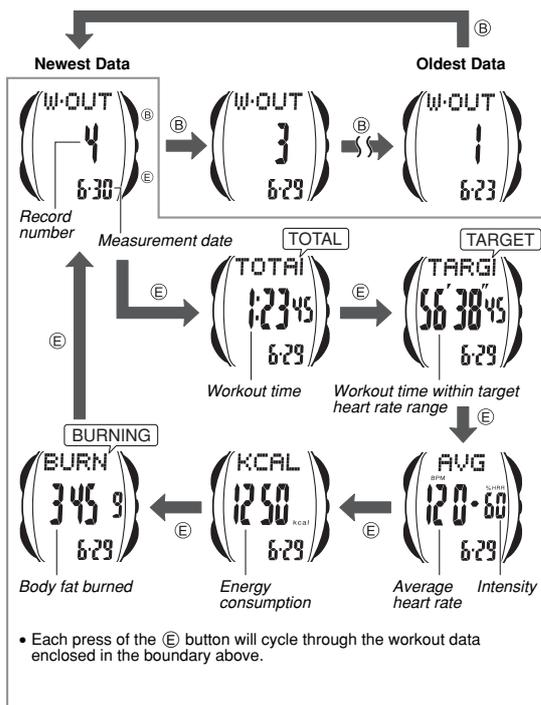
- In the Timekeeping Mode, press the **(D)** button twice to enter the Data Recall Mode.
- Use the **(A)** button to select the type of data (Workout Data, Daily Data, Weekly Data, Weekly Data) you want.



- While the type of data (Workout Data, Daily Data, Weekly Data) you want to view is on the display, use the **(E)** and **(B)** buttons to scroll through its stored measurement values and calculated values.
  - The stored measurement values and calculated values that appear on the display depend on the currently selected data type as shown below.

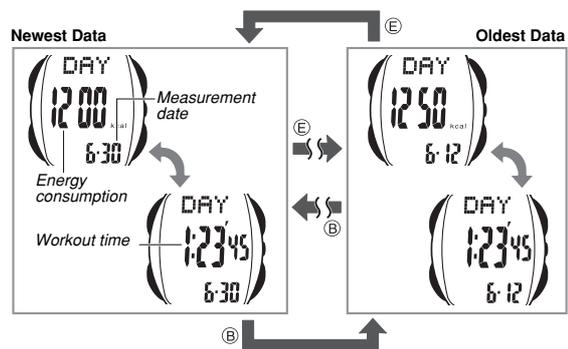
### • Viewing the Data for a Workout

Pressing the **(B)** button will scroll through workout data from the data with the lowest memory number to the data with the highest memory number.



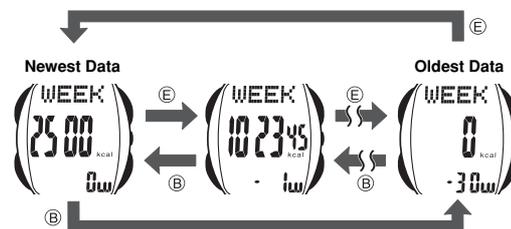
### • Viewing Daily Data

Pressing the **(E)** button will scroll from the newest to the oldest, while the **(B)** button will scroll from old to new.



### • Viewing Weekly Data

Pressing the **(E)** button will scroll from the newest to the oldest, while the **(B)** button will scroll from old to new.



- After viewing all the data you want, press the **(D)** button four times to return to the Timekeeping Mode.

### Clearing Memory Data

#### To clear a specific workout record



- In the Data Recall Mode, display the workout record whose data you want to clear.
- While holding down the **(B)** button, hold down the **(E)** button.
- When the confirmation message appears, keep the **(B)** and **(E)** buttons depressed to clear the record.
  - If you do not want to clear the record, release the **(B)** and **(E)** buttons when the confirmation message appears.

#### To delete daily data or weekly data

##### Caution!

- Performing the procedure below to delete daily data will delete all daily data. Also, deleting weekly data will delete all weekly data.
- Deleting daily data does not affect the data of each workout or the weekly data.
- Deleting weekly data does not affect the data of each workout or the daily data.



- In the Data Recall Mode, display the data of the type you want to delete.
  - To delete daily data, display any one of the daily data records. To delete weekly data, display any one of the weekly data records.
- While holding down the **(B)** button, hold down the **(E)** button.
- When the confirmation message appears, keep the **(B)** and **(E)** buttons depressed to clear the data.
  - If you do not want to clear the data, release the **(B)** and **(E)** buttons when the confirmation message appears.

## Using the Timer

The twin countdown timer supports interval training by letting you use one timer for the high-intensity phase and the other timer for the recovery phase of your workout.

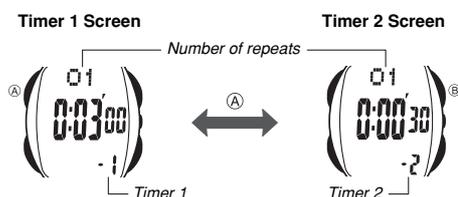
- You can select either a single timer or twin timer.

To enter the Timer Mode, press the **(D)** button three times while in the Timekeeping Mode.



### To select the timer type

- In the Timer Mode, check the display to make sure the timer is stopped and reset to its start time.
  - If the timer is running, press the **(E)** button to stop it. To reset the timer, hold down the **(B)** button for about two seconds.
- In the Timer Mode, press the **(A)** button to toggle between the Timer 1 and Timer 2 screen.
  - If you want to use Timer 1 only, turn off Timer 2. To toggle Timer 2 on or off, display the Timer 2 screen and hold down the **(B)** button for about two seconds.
  - Timer 1 is always on and cannot be turned off.



### To configure timer settings

(2 seconds)



- In the Timer Mode, check the display to make sure the timer is stopped and reset to its start time.
  - If the timer is running, press the **(E)** button to stop it. To reset the timer, hold down the **(B)** button for about two seconds.
- Hold down the **(A)** button for about two seconds until the number of repeats at the top of the display starts to flash.
  - This is the setting screen.
- Configure the timer settings as shown below.
  - Use the **(D)** button to move to the next setting. Use the **(E)** (+) and **(B)** (-) buttons to change the currently selected setting.
  - Holding down the **(E)** or **(B)** button changes the current setting at high speed.
  - For a starting time of 100 hours, set 0 hours 00 minutes 00 seconds.
- After all the settings are the way you want, press the **(A)** button to exit the setting screen.
  - The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.



#### ■ Number of Repeats

Range: 1 to 99 repeats, or unlimited (when "--" is displayed for the number of repeats)

Buttons: **(E)** (+), **(B)** (-)

#### ■ Timer 1 Hours

Range: 0 to 99

Buttons: **(E)** (+), **(B)** (-)

#### ■ Timer 1 Minutes

Range: 0 to 59

Buttons: **(E)** (+), **(B)** (-)

#### ■ Timer 1 Seconds

Setting: 0 or 30

Buttons: **(E)** (+), **(B)** (-)

#### ■ Timer 2 Hours

Range: 0 to 99

Buttons: **(E)** (+), **(B)** (-)

#### ■ Timer 2 Minutes

Range: 0 to 59

Buttons: **(E)** (+), **(B)** (-)

#### ■ Timer 2 Seconds

Setting: 0 or 30

Buttons: **(E)** (+), **(B)** (-)

### To use the timer



Before measuring heart rate and workout intensity, be sure first to configure your personal information and put on the chest strap.

- Heart rate and workout intensity values measured in the Timer Mode are not stored in memory.

In the Timer Mode, press the **(E)** button to start the countdown, and the **(E)** button to stop it.

To start heart rate reception from the chest strap, press the **(B)** button.

- In the Timer Mode, the heart rate is displayed while a timer operation is in progress. Heart rate is not displayed while the timer is reset to its starting time.

- Holding down the **(B)** button for about two seconds while the countdown is stopped will reset the timer.
- Pressing the **(E)** button while the timer countdown is stopped will restart the countdown.

## Timer Mode Screens

### Countdown Screen

Number of repeats



Remaining time

### Countdown Screen with Heart Rate Monitor

Time remaining until auto start



Heart rate

- The number of repeats flashes while Timer 2 is counting down.

## Timer Alarm

The alarm sounds for five seconds when the end of each countdown is reached. The alarm sounds for 10 seconds when the end of the final countdown is reached.

### To stop the alarm beeper

Press any button. Pressing a button will stop the alarm only, without performing the normal function assigned to that button.

## Using the Alarms and Hourly Time Signal

Your watch comes with three alarms and an hourly time signal.

### Daily Alarms (ALM 1, ALM 2, ALM 3)

The watch beeps for about 10 seconds when an alarm time is reached.

### Hourly Time Signal

The hourly time signal causes the watch to beep every hour on the hour.

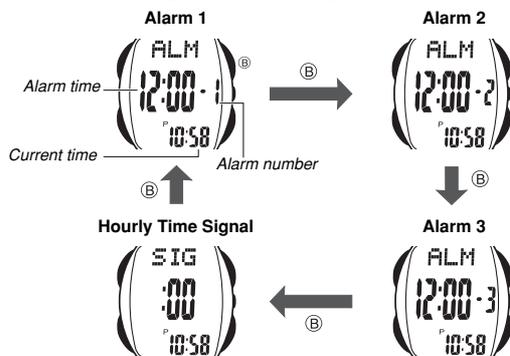
Alarm and hourly time signal settings are configured in the Alarm Mode, which you enter by pressing the **(D)** button four times while in the Timekeeping Mode.



### To display an alarm screen

In the Alarm Mode, use the **(B)** button to scroll through the alarm screens.

- Holding down the **(B)** button scrolls at high speed.



### To set an alarm time

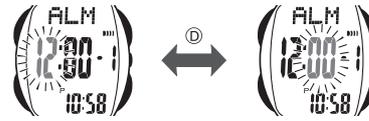
(2 seconds)



- In the Alarm Mode, display the screen of the alarm whose setting you want to change.
- Hold down the **(A)** button for about two seconds until the hour digits of the current alarm time start to flash. This is the setting screen.
  - Displaying the setting screen also turns on the alarm automatically and causes the alarm on indicator to appear on the screen.

- Use the **(E)** (+) and **(B)** (-) buttons to change the hour setting.
  - Holding down either button changes the setting at high speed.
  - When setting the hour, make sure you specify AM or PM (P) correctly when using 12-hour timekeeping, or that you specify the correct 24-hour time. The same 12-hour/24-hour format you select for the Timekeeping Mode time is also applied in the Alarm Mode.

- Press the **(D)** button to move the flashing to the minutes.



- Use the **(E)** (+) and **(B)** (-) buttons to change the minute setting within the range of 0 to 59.
  - Holding down either button changes the setting at high speed.
- After all the settings are the way you want, press the **(A)** button to exit the setting screen.
  - The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

### To turn an alarm or the hourly time signal on or off

While the screen for an alarm or the hourly time signal is on the display, press the **(E)** button to toggle it on (alarm/Hourly time signal on indicator displayed) and off (indicator not displayed).

- When any alarm is turned on, the alarm on indicator is displayed in all other modes.

### Alarm

Alarm on indicator



### Hourly Time Signal

Hourly time signal on indicator



### To stop the alarm beeper

Press any button.

### To test the alarm

In the Alarm Mode, hold down the **(E)** button to sound the alarm.

## Configuring Home Time Settings

(2 seconds)



- In the Timekeeping Mode, hold down the **(A)** button for about two seconds until the seconds digits of the current time start to flash. This is the setting screen.
- Configure the Home Time settings as shown below.
  - Use the **(D)** button to move to the next setting. Use the **(E)** (+) and **(B)** (-) buttons to change the currently selected setting.
  - Holding down the **(E)** or **(B)** button changes the current setting at high speed.
- After all the settings are the way you want, press the **(A)** button to exit the setting screen.
  - The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.



### Seconds Reset to 00

Press the **(E)** button.

- 00 to 29, no change in minutes.
- 30 to 59, increases minutes by 1.



■ **Hour**

Use the  $\ominus$  (+) and  $\omin�$  (-) buttons to change.



■ **Minute**

Use the  $\ominus$  (+) and  $\omin�$  (-) buttons to change.  
Range: 00 to 59



■ **Year**

Use the  $\ominus$  (+) and  $\omin�$  (-) buttons to change.  
Range: 2000 to 2099



■ **Month**

Use the  $\ominus$  (+) and  $\omin�$  (-) buttons to change.  
Range: 1 to 12



■ **Day**

Use the  $\ominus$  (+) and  $\omin�$  (-) buttons to change.  
Range: 1 to 31 (auto month length setting)

- When setting the hour, make sure you specify AM (no indicator) or PM (P) correctly, or that you specify the correct 24-hour time.
- You can set a date in the range of January 1, 2000 to December 31, 2099.
- The day of the week is set automatically in accordance with the date you set.
- The watch makes adjustments for leap years and month lengths automatically.