

## 1 Intuitive guide



## 2 First use

- To start, press one of the buttons for 1 s.
- Follow the intuitive onscreen guide, see **1**, for setting the time, the date and the min. and max. heart rate.

## 3 "TIME" Mode

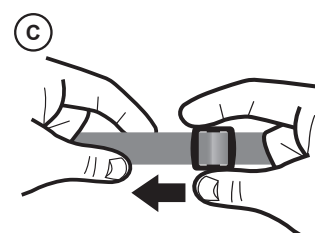
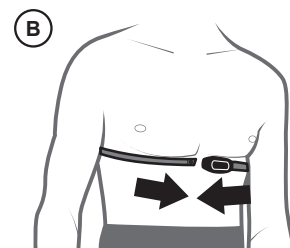
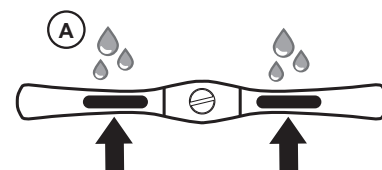


- Access the ACTIVITY Mode ▶ Press .
- Access the settings ▶ Press and hold down .
- Displaying the date ▶ Press or .

## 4 "ACTIVITY" Mode



- Install the heart rate belt, following steps **A**, **B** and **C**.
- Access the ACTIVITY Mode, see **3**.
- Searching for the heart rate belt starts automatically (duration: 30 s max).  
NOTE : To skip this search, go straight to the next step.
- Start the stopwatch ▶ Press .
- Pause ▶ Press .
- View the time ▶ Press .
- View the heart rate ▶ Press .
- If the belt is connected, the HR is displayed.
- If the belt is not connected, --- is displayed:  
▶ Press to start the search again.
- Return to the previous screen ▶ Press and hold down .
- Reset ▶ Press and hold down .



## 5 Settings (SET)



- Access the settings, see 3.
- Choose item to set ► Press or .
- Confirm the selection ► Press .
- Follow the intuitive onscreen guide, see 1 for setting the data.

## 6 Turn backlight on

- From any of the other screens ► Press .

**ALARM** = setting the time for the alarm and turning the alarm ON and OFF

**TIME** = time setting

*HOURL* = to set the hour, *MINUTE* = to set the minutes, *MODE* = format

**ZONE** ♥ = Setting the low value for the HR zone.

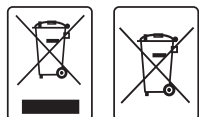
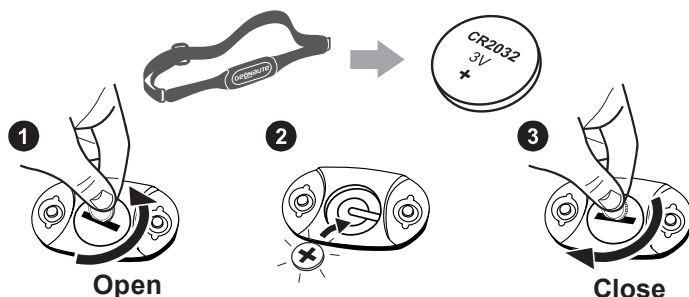
**ZONE** ^♥ = Setting the high value for the HR zone

**CAUTION:** the low zone must be lower than the high zone. If it is not possible to increase the value of the low zone, start by increasing the value of the high zone.

**DATE** = date setting

*YEAR* = year, *MONTH* = month, *DAY* = day, *MODE* = format

To change the battery: contact the retail outlet where you bought your product. If you change it yourself, you risk damaging the seal and impairing the waterproof design as well as voiding your warranty. Battery life is influenced by the length of time it is stored in the shop and the way in which you use the product.



Take the batteries and unusable electronic products to an authorised collection area for recycling.

**WARNING!** This device is designed for sport and recreational use. It is not a medical monitoring device. The information about this device or in this booklet are indicative only and must only be used for monitoring a pathology after consulting your doctor and obtaining his/her approval. Finally, due to possible interference caused by radio transmission, we do not recommend using a heart rate monitor with this type of technology if you have a pace maker. Failure to comply with these precautions can be life threatening.

**The product has a 2 years guarantee for normal usage.**

The guarantee does not cover:

- damage resulting from misuse, from a failure to respect the precautions for use, from accidents, from improper maintenance or from commercial use of the product.
- damage resulting from repairs carried out by persons not authorised by OXYLANE.
- batteries and casings which are cracked or broken or which show signs of impacts.

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