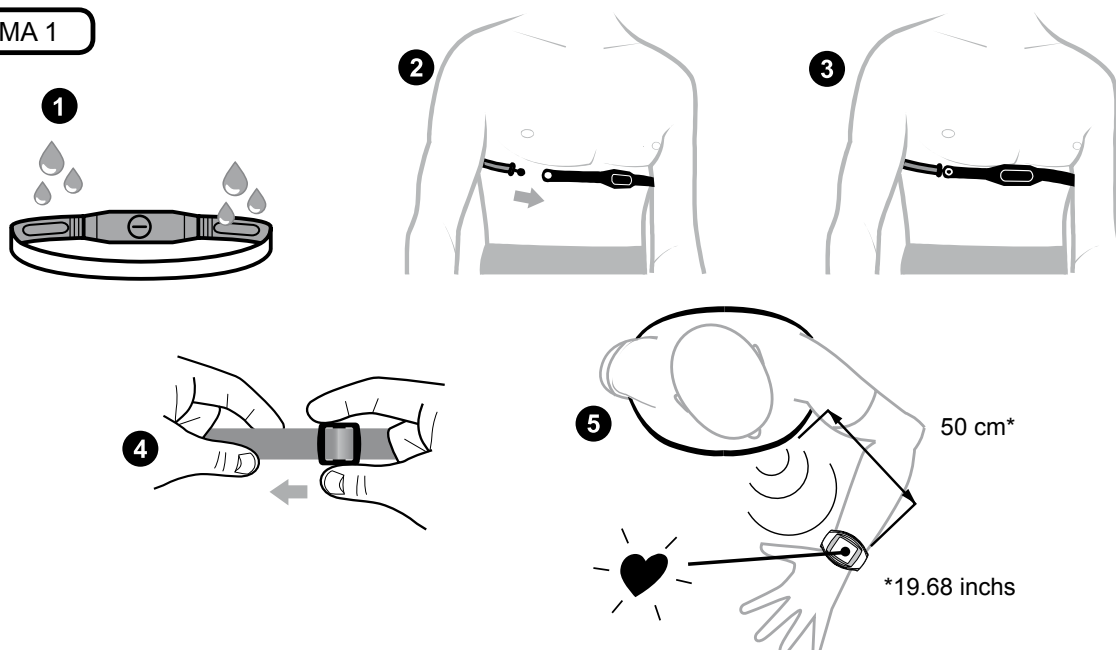**FR :** Procédure d'installation
ES : Procedimiento de instalación
DE : Installationsverfahren
IT : Procedura d'installazione
NL : Installatieprocedure
PT : Procedimento de instalação

PL : Procedura instalacji
HU : Telepítési eljárás
RU : Порядок установки
RO : Procedura de instalare
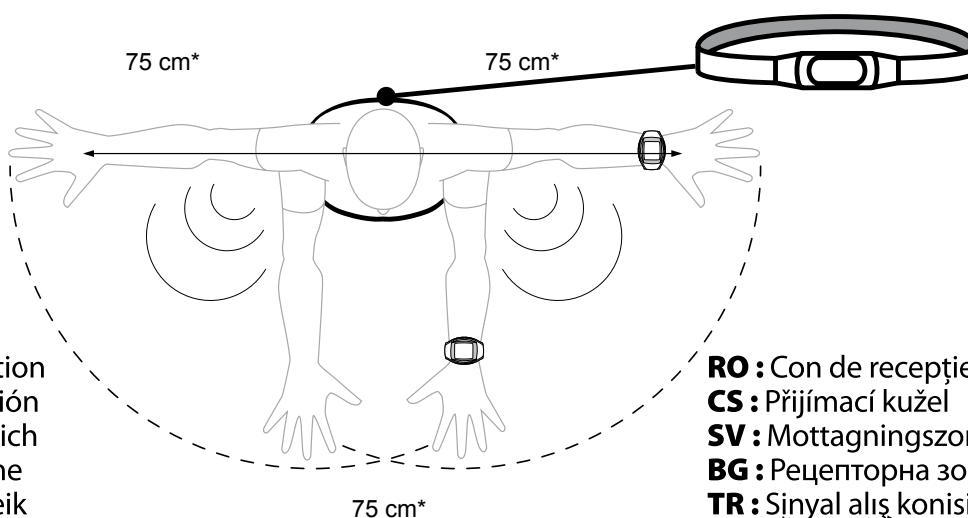**CS :** Instalační proces
SV : Installationsanvisningar

BG : Начин на поставяне
TR : Kurulum prosedürü
AR : طريقة التثبيت
ZH : 安装步骤
ZT : 安裝步驟

SCHEMA 1

50 cm*

*19.68 inchs

SCHEMA 2

*29,50 inchs

75 cm*   75 cm*

75 cm*

FR : Cône de réception
ES : Área de recepción
DE : Empfangsbereich
IT : Cono di ricezione
NL : Ontvangstbereik
PT : Cone de recepção
PL : Strefa odbioru
HU : Kúp alakú adatvételi sáv
RU : Радиус действия

RO : Con de recepţie
CS : Přijímací kužel
SV : Mottagningszon
BG : Рецепторна зона
TR : Sinyal alış konisi (bölgesi)
AR : مخروط الاستقبال
ZH : 信号接收区
ZT : 信號接收區

D : LIGHT

A: STR/STP

KCAL/H BPM

20.34

10589 g

ONOFF

MODE

GEONAUTE

C : MODE

B : VIEW

FR : Schéma de navigation
ES : Esquema de navegación
DE : Navigationsschema
IT : Schema di navigazione
NL : Navigatieschema
PT : Esquema de navegação

PL : Strefa odbioru
HU : Navigáció vázlata
RU : Схема управления
RO : Schema de navigaţie
CS : Navigační schéma
**SV :** Navigationsschema

BG : Схема на навигация
TR : Navigasyon şeması
AR : مخطط الإبحار
ZH : 導航圖解
ZT : 導航圖解

SCHEMA 3

TIME   CARDIO   TIMER   DATA   SETTINGS
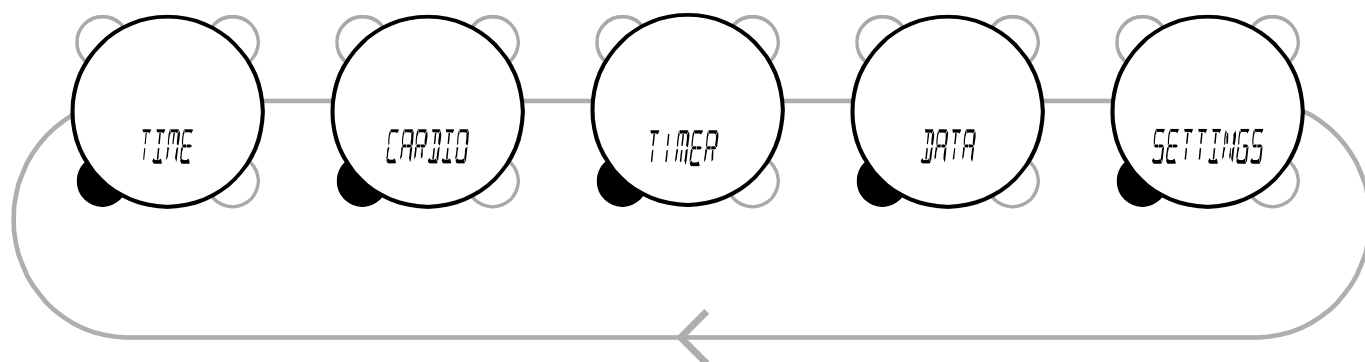
EN: Press once / **FR :** Appuyez 1 fois / **ES :** Pulse 1 vez / **DE :** 1 mal drücken / **IT :** Premere 1 volta / **NL :** 1 keer drukken / **PT :** Prima 1 vez / **PL:** Naciśnij 1 raz / **HU :** Nyomja meg egyszer / **RU :** Нажать 1 раз / **RO :** Apăsați 1 dată / **CS :** Stiskněte 1x / **SV:** Tryck en gång / **BG :** Натистене 1 път / **TR :** 1 kere basın / **AR :** واحدةاضغط مرة / **ZH :** 按1次 / **ZT :** 按1次
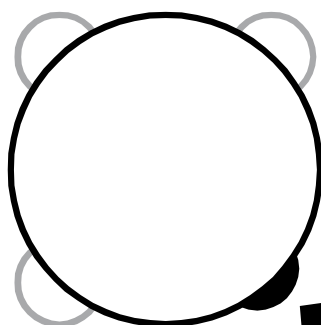
EN: Hold for 3 sec / **FR:** Appuyez 3 sec / **ES:** Pulse 3 seg / **DE :** 3 Sek. lang drücken **IT :** Tenere premuto per 3 sec / **NL :** 3 seconden drukken / **PT :** Prima durante 3 segundos / **PL :** Przyciskaj przez 3 sekundy / **HU :** Tartsa lenyomva 3 mp-ig / **RU :** Удерживать 3 сек / **RO :** Apăsați 3 sec / **CS :** Stiskněte po dobu 3 vteřin / **SV :** Tryck tre sekunder / **BG :** Натиснете 3 сек / **TR :** 3 saniye basın / **AR :** اضغط لمدة ٣ ثوان / **ZH :** 按住3秒 / **ZT :** 按住3秒

3 sec
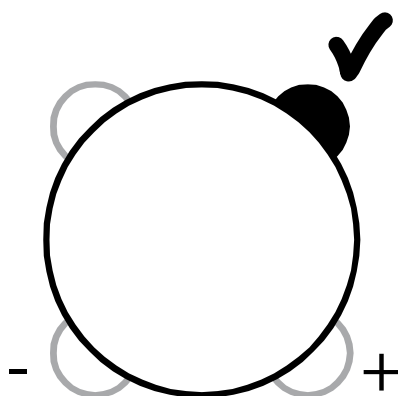
EN: Press + or - to set and ✔ to confirm / **FR :** Appuyez sur - ou + pour régler et ✔ pour valider / **ES :** Pulse + o – para regular y ✔ para validar / **DE :** Drücken Sie zum Einstellen auf + oder – und zum Bestätigen auf ✔ / **IT :** Premere + o – per regolare e ✔ per confermare / **NL :** Druk op + of – om in te stellen en op ✔ om te bevestigen / **PT :** Prima + ou – para ajustar e ✔ para validar / **PL :** Naciśnij + lub – aby ustawić oraz ✔ aby zatwierdzić / **HU :** Nyomja meg a + vagy –gombot a beállításhoz és a ✔ gombot az érvényesítéshez / **RU :** Нажать на + или – для настройки и ✔ для подтверждения / **RO :** Apăsați pe + sau - pentru reglare şi ✔ pentru validare / **CS :** Stiskněte + nebo – pro nastavení a ✔ pro potvrzení / **SV :** Tryck på + eller – för att ställa in och ✔ för att godkänna / **BG :** За регулиране натиснете + или – за потвърждение натиснете ✔ / **TR :** Ayarlamak için + veya -'ye, onaylamak için ✔'ye basın / **AR :** للضبط وعلى لتأكيد الاختيار اضغط على + أو— / **ZH :** 按 + 或 – 进 行调节并按 ✔以确认 / **ZT :** 按–和+進行調節和✔確認

HELP ?

3/24

FR : Conditions d'utilisation
ES : Condiciones de uso
DE : Nutzungsbedingungen
IT : Condizioni di utilizzo
NL : Gebruiksomstandigheden
PT : Condições de utilização

PL : Warunki określające użytkowanie
HU : Használati feltételek
RU : Условия эксплуатации
RO : Condiţii de utilizare
CS : Podmínky užívání
SV : Anvisningar för användning

BG : Условия за ползване
TR : Kullanım koşulları
AR : شروط الاستخدام
ZH : 使用条件
ZT : 使用條件

EN: Changing the batteries

FR : Changement de piles
ES : Cambio de pilas
DE : Batterienwechsel
IT : Sostituzione delle pile
NL : Vervangen van de batterijen
PT : Substituição das pilhas

PL : Wymiana baterii
HU : Elemcsere
RU : Замена элементов питания
RO : Schimbarea bateriilor
CS : Výměna baterií
SV : Batteribyte

BG : Смяна на батериите
TR : Pil değiştirme
AR : تغيير البطاريات
ZH : 电池更换
ZT : 更换电池

SCHEMA 4

1 open

2

3 close

The ONrhythm 410 progress is an all-in, easy-to-use heart rate monitor that helps you manage your exertion better when exercising. You can use it to achieve your aims easily (weight loss, endurance etc.) working in the appropriate target zone. Lastly, you will make swifter progress by using timer mode to program the splitting of your training sessions.

1/ Device and navigation overview

A: START/STOP :   Start/stop the stopwatch. Activate or deactivate a function.

B: LAP/RESET: Taking lap times (LAP). Scroll through the values of a parameter; reset the stopwatch to 0.

C: MODE BUTTON: Navigate between modes (time, cardio, calories, data, settings).

D: LIGHT: Activate backlighting.

Navigation system: The navigation diagram is at the beginning of the manual (diagram 3).

5 main modes: press **MODE to change between modes** ⟳.

- **TIME** : permanently displays the time and date.

- **CARDIO** : training mode with heart rate as the main data item.

- **TIMER** : training mode using a double repetitive countdown.

- **DATA** : training reports for the 5 most recent training sessions.

- **SETTINGS** : all the device's settings: height, weight, target zone, etc.

2/ Use/ Precautions for use

This heart rate monitor is made up of a watch and a chest strap. The watch is designed to be worn on the wrist or placed on a bicycle holder during various sporting, physical activities in a temperate climate. The chest strap has a 32 channel coded transmitter.

User limitations/ precautions for use:
All precautions for use and restrictions are listed on page 3 of these instructions.

WARNING!!!
This equipment is designed for sports and leisure use. It is not a medical monitoring device. The information provided by this equipment or manual are only used by way of example and must only be used to monitor a medical disorder after consulting and obtaining agreement from your doctor.

Similarly, athletes in good health must take into account the fact that determining your maximum heart rate and personal training zones are vital elements in designing an effective and risk-free training programme.

Advice from your doctor or health professional is recommended in order to set your maximum heart rate, your higher and lower heart rate limits and the frequency and duration suitable for your age, physical condition and target results.

Finally, as a result of possible disturbance caused by the radio transmission system, we do not recommend that users of heart stimulators use a heart rate monitor which uses this form of technology.
Not observing these precautions may put your life at risk.

3/ The chest strap

3.1/ Fitting the chest strap
The installation process for the strap is explained at the start of these instructions (diagram 1). The chest strap serves as a sensor and transmitter. It measures the differences of potential created by the heartbeat on the surface of the skin. It transmits this information

to the watch by radio signal. The quality and accuracy of its measurements and comfort during use depend on it being correctly positioned. As shown in the diagram, the sensors are black rubber surfaces either side of the central part.
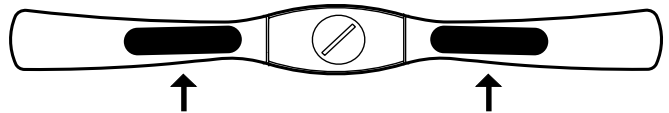
When correctly placed, the strap sends heart rate information to the watch. Located within the reception area (diagram 2), the watch displays the heart rate and offers different information to manage and optimise your weight loss or training programme.

Avoid positioning the sensors in overly hairy areas. In cold and dry climates, the strap may need several minutes to work properly. This is perfectly normal as the sensors need a film of sweat to ensure contact with the skin. When measurements start, the watch may indicate very high values for around 20 seconds. This is due to the initialisation of the algorithm. It will display correct values following initialisation.

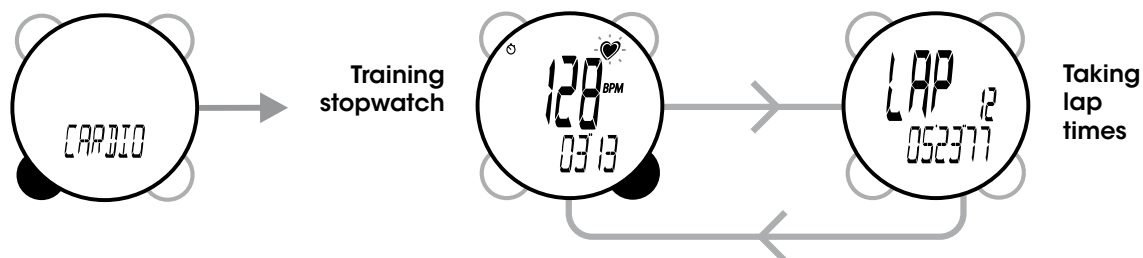## 4/ Time mode (TIME)

- Using time mode
The time is displayed on the main line and the date is displayed on the second line in the format selected in **SETTINGS mode.**

- Setting the time, date and 12/24 hour mode.
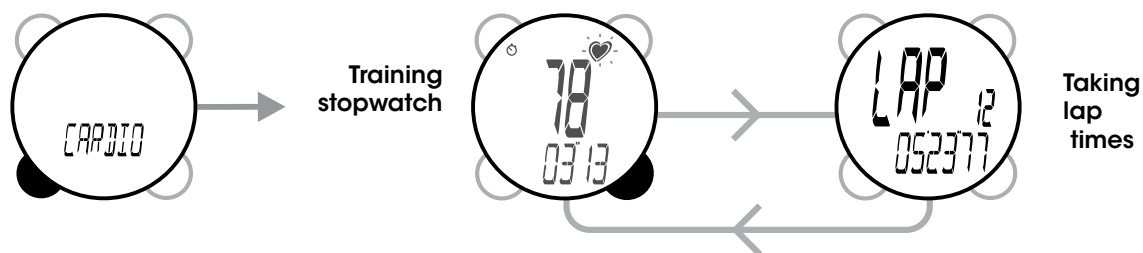Changes are made in the **SETTINGS mode.**

5/ Cardio mode (CARDIO)

The default display for your heart rate values is in beats per minute **(BPM is visible on the screen).** They can also be displayed as a percentage of the maximum heart rate (%). **BPM is no longer visible on the screen..** This display selection is made within the **SETTINGS** mode via the **HR Units parameter**

Display of readings as beats per minute (BPM):

Display readings as a percentage of maximum heart rate (%):
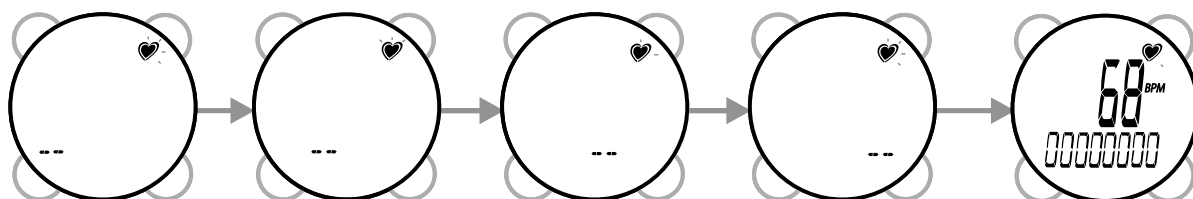
5.1/ Using cardio mode and main information
The main information in this mode is the heart rate.

IMPORTANT:
- To get heart rate information, you must be wearing your strap. (Don't forget to moisten it beforehand). If it is correctly fitted it will automatically emit the heart rate signal. For more information on fitting the strap, see diagram 1 or paragraph 3.
- Before using cardio mode, we also advise you to check that you have set the correct values for yourself (height, weight, target zone) within mode (see the corresponding chapter). If not, the values given by the watch may be incorrect. .

When entering **CARDIO** mode, the watch will search for the signal

It will automatically receive the signal if it is within range of the strap.
In this case, the symbol (heart) at the top left of the screen flashes and the heart rate is displayed on the main line.
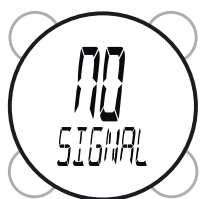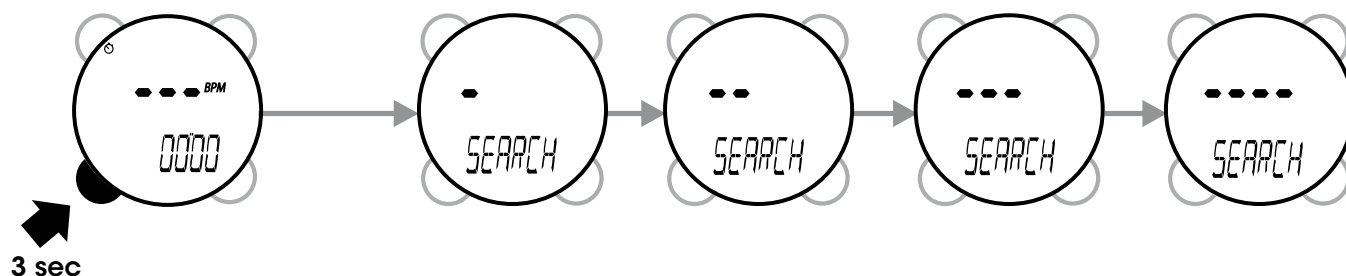

If the signal has not been found, the watch displays "NO SIGNAL".

If the connection is broken for more than five minutes, the display changes to —.

To reactivate the signal search, press down **MODE for 3 seconds** ⟳

3 sec

5.2/ Secondary information display

The secondary information on the second line can be changed by pressing down **LAP/RESET** ▶/✕

5.2.1/ Training stopwatch

This is the standard display when entering CARDIO mode. Press **START/STOP▶II** to start the stopwatch. Then press **START/STOP▶II** again to stop it. Hold down **LAP/RESET** ▶/✕ for 3 seconds to put it back to **0**.

3 sec
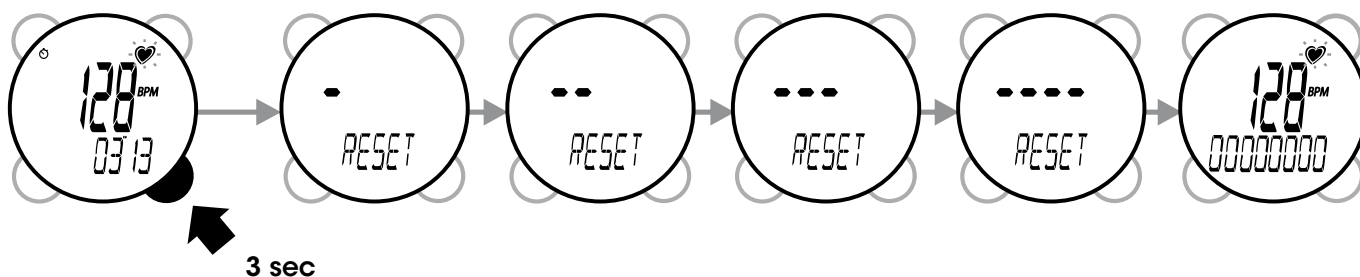
NB: 1. The stopwatch can only be started or stopped when it is displayed on the screen.

2. When the user changes mode while the stopwatch is running, a symbol ⏱ is displayed in all other modes.

3. The stopwatch can measure a duration of time from **0** to **23h 59min 59s**.

5.2.2/ Lap information (LAP)

During your workout, you have the option of taking and saving your **"lap time" (LAP)**. To do this, simply press down the **button when the stopwatch is activated** ▶/✕. The watch displays the **"lap time"** to you for 5 seconds. You will be able to consult these **"lap

times" within the **DATA** mode, when your sessions are being displayed. You can take as many laps as you wish, but only the 50 most recent will be stored.

5.2.3/ Target zone (as a percentage of the maximum heart rate or in beats per minutes)

A target zone is a heart rate zone in which you wish to exercise. The watch will sound an alarm if your heart beats faster than the upper limit or slower than the lower limit. This target zone is set in **SETTINGS mode.**. See the corresponding section for more information.

The target zone will be expressed in beats per minute but you have the option to express it as a percentage of the maximum heart rate by modifying the **HR UNIT** parameter within the **SETTING mode.**

NB: 1. The target zone is active when it is set to **ON** (setting within Settings) and the training stopwatch has started up.
   2. If you go over the Upper limit 2 beeps every 10 seconds will sound and the symbol (▲) will be displayed on the watch screen. If you go below the Lower limit 1 beep every 10 seconds will sound and the symbol (▼) will be displayed on the watch screen.
   3. It is possible to only use the upper limit or the lower limit by setting the other to an unattainable value (e.g. 30 bpm for the lower limit).

6/ Timer Mode

6.1/ Principle of the TIMER mode

The double timer function enables a two value repetitive countdown that provides the option to programme a training session that includes a workout period and a rest period which are different from each other.

6.2 Utilisation of the Timer mode

If you want to use the timer, press down the Mode button until **TIMER** appears on the screen. The watch will spend a few moments searching for your heart rate (see chapter 5.1); once it has done this you will be be able to use the double timer using the following steps:

Press down **START/STOP ▶II** to start the first timer (*RUN*), your watch will emit a noise signal when this has reached zero and the second timer (*REST*) will start up straight after.
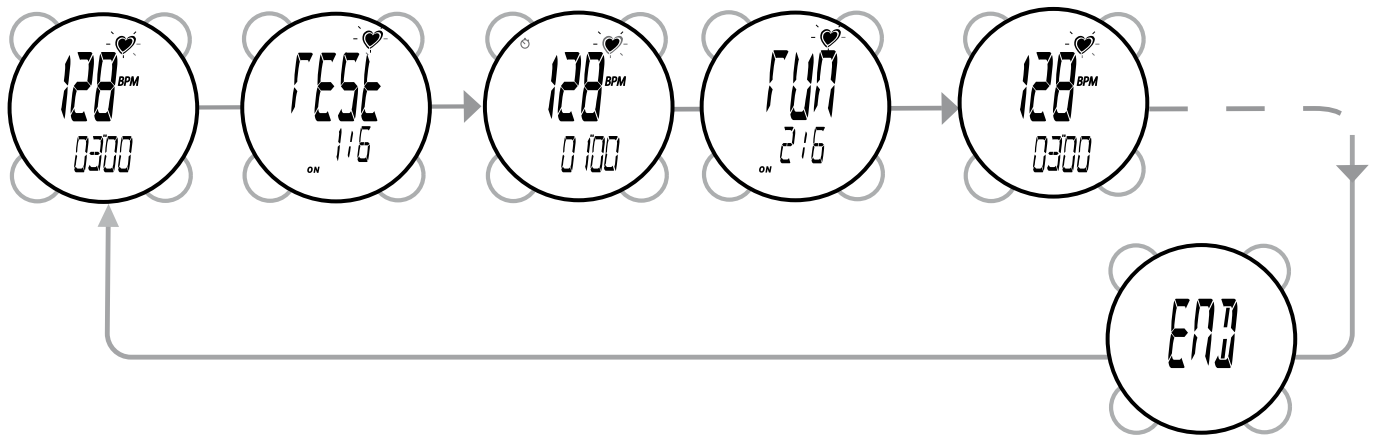*RUN* ⟶ workout time
REST ⟶ rest time*.*

Moreover, these two timers will start up one after the other for as many times as you have programmed the repetition without taking any additional steps. However the number of repetitions cannot exceed 25.

The timer is set within the **SETTINGS** mode (see chapter 8)
E.G.: you programme an exercise with the following values: *RUN* 3 mins and *REST* 1 min and 2 repetitions. To stop the Timer at any time during the session, press down the **START/STOP ▶II button** . Press it a second time to resume the training.
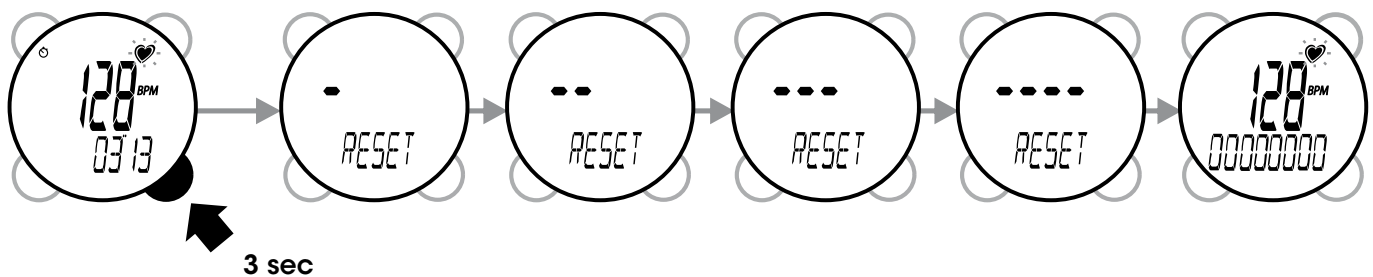
In between each repetition, the watch displays the number of the next repetition, the total number of programmed repetitions and *RUN* or *REST*.   *RUN* ⟶ workout phase

REST ⟶ *rest phase.*

During each repetition, pressing down **LAP/RESET** ⊳/✕ enables the number and phase of the repetition to be displayed.

When your session ends or the training stopwatch is stopped, hold down the **LAP/RESET button** ⊳/✕. "*RESET*" appears on the screen, hold down the button for **3 seconds**. Your session is put back to **0**.

3 sec

7/ Training report mode (DATA)

Data storage rules:

The report is reset when the training stopwatch is started for the first time: if a user goes into **DATA** mode at that time, he or she will see **NO DATA**. The data is stored in the memory when the user stops the stopwatch: the user who enters **DATA** mode will then see the training report from the session which he or she has just undertaken, as well as those previously saved.

You can save up to 5 sessions. When the watch memory is full, it will automatically delete the oldest session.

Consulting the saved sessions:

The most recent session is displayed first. Sessions are identifiable by the duration and the mode used "**CARDIO**" or "**TIMER**" ».

Details about the Cardio session:

DATA — Consultation mode of the training reports:

00:38:30 CARDIO — You move from one session to another by pressing **LAP/RESET** ⌐/✕. You consult the contents of a session by pressing **START/STOP** ▶️❚❚ . Each time **LAP/RESET** ⌐/✕ is pressed you can scroll through the information about the selected session
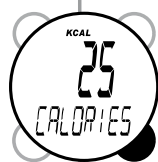
09-01-01 — Date of the session.

154 BPM AVG HR — Average heart rate **(AVG HR)** in Beats per minute **(Bpm** is displayed**)** over the duration of the training or as a percentage of the maximum heart rate (BPM is not displayed**)** if you have programmed **HR Units** as a %.

188 BPM MAX HR — Maximum heart rate **(MAX HR)** in Beats per minute **(Bpm** is displayed **)** over the duration of the training or as a percentage of the maximum heart rate (BPM is not displayed**)** if you have programmed **HR Units** as a %.

: 02:1:09 IN ZONE — Time spent in the target zone in hours minutes seconds. The value is 0 if the target zone has been deactivated.

KCAL 25 CALORIES — Total number of kilocalories burnt during the training session.

10.1 g FAT — Number of grams of fat burnt during the training.

LAP 01 052377 — Time produced on the 1st lap (Lap1).

SPL 01 / **052377** — Split time *(SPLIT)* of lap 1.

154 BPM / **AVG HR** ↔ **154 BPM** / **LAP 01** — Average heart rate **(AVG HR)** in Beats per minute **(Bpm is displayed)** over lap 1 or as a percentage of the maximum rate **(BPM is not displayed)** if you have programmed **HR Units** as a %. **AVG HR** and the lap number **(LAP)** are displayed alternately.

LAP 08 / **050311** — Time produced on the 8th lap (Lap 8)

SPL 08 / **353920** — Split time *(SPLIT)* of lap 8

154 BPM / **AVG HR** ↔ **154 BPM** / **LAP 08** — Average heart rate **(AVG HR)** in Beats per minute **(Bpm is displayed)** over lap 8 or as a percentage of the maximum rate (BPM is not displayed) if you have programmed **HR Units** as a %. **AVG HR and the lap number (LAP)** are displayed alternately.

END — All the session data has been shown.

00:38:30 / **CARDIO** — Return to the home screen. Press down **LAP/RESET** ⫽⤬ to consult the previous session or on **START/STOP ▶II** to review the contents of this session.

Detail about the Timer session:

DATA

Consultation mode of the exercise reports:

00:30:00 TIMER

You move from one session to another by pressing **LAP/RESET** ⌐/✕. You consult the contents of a session by pressing **START/STOP** ▶II . Each time **LAP/RESET** ⌐/✕ is pressed you can scroll through the information about the selected session

09-01-01

Date of the session.

154 BPM AVG HR

Average heart rate **(AVG HR)** in Beats per minute **(Bpm** is displayed**)** over the duration of the training or as a percentage of the maximum heart rate (BPM is not displayed) if you have programmed **HR Units** as a %.

188 BPM MAX HR

Maximum heart rate **(MAX HR)** in Beats per minute **(Bpm** is displayed **)** over the duration of the training or as a percentage of the maximum heart rate (BPM is not displayed) if you have programmed **HR Units** as a %.

KCAL 25 CALORIES

Total number of kilocalories burnt during the training period.

10.1 g FAT

Number of grams of fat burnt during the training.

run 01 0230

First run time saved (Run1) and its duration.

154 BPM AVG HR ⟷ **154 BPM RUN 1**

Average heart rate **(AVG HR)** in Beats per minute **(Bpm** is displayed**)** over workout time 1 or as a percentage of the maximum rate (BPM is not displayed) if you have programmed **HR Units** as a %. **AVG HR** and the lap number **(LAP)** are displayed alternately.

rESt *01*
0130

First rest time saved (Rest 1) and its duration.

91 *BPM*
AVG HR

91 *BPM*
REST 1

Average heart rate **(AVG HR)** in Beats per minute **(Bpm)** is displayed**)** over rest time 1 or as a percentage of the maximum rate **(BPM** is not displayed) if you have programmed **HR Units** as a %. **AVG HR** and the lap number **(LAP)** are displayed alternately.

run *02*
0230

Second run time saved (Run2) and its duration.

159 *BPM*
AVG HR

159 *BPM*
RUN 2

Average heart rate (AVG HR) over the workout time 2 in Beats per minute (Bpm) or as a percentage (%) if you have set HR units as a %, during the first rest time (Run 2).
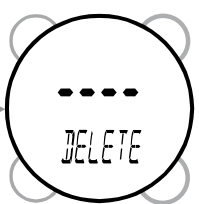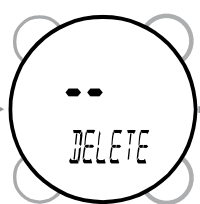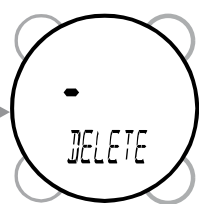
END

All the session data has been shown.

0030 *00*
TIMER

Return to the home screen. Press down **LAP/RESET** ⏱/✕ to consult the previous session or on **START/STOP** ▶❙❙ to review the contents of this session.

Deleting sessions

0038 *30*
CARDIO

-
DELETE

- -
DELETE

- - -
DELETE

- - - -
DELETE

3 sec

To select the session to be deleted, hold down **LAP/RESET** ⏱/✕ **for 3 seconds** until the word **DELETE disappears**

8/ Parameter mode (Settings)

The general setting rule is to select the parameter to be set by successively pressing on **LAP/ RESET** /×, then to enter the setting mode by pressing on **START/STOP** ▶II, then to increase or decrease the value by pressing on **MODE** ⟳ or **LAP/RESET** /× and lastly to validate this by pressing on **START/STOP** ▶II.

Practical information:
- When setting things, the **LAP/RESET** /× button enables the value to be increased and the **MODE** ⟳ button enables it to be decreased.
- To set things more quickly, you can keep **LAP/RESET** /× or **MODE** ⟳ pushed in and the values will change rapidly.
- If no button is pressed for 2 minutes during setting, the watch automatically exits setting mode.

Setting the target zone
When entering setting mode of the target zone, the type of target zone is displayed:
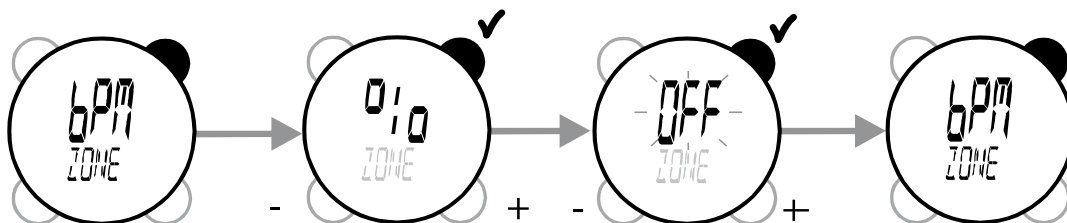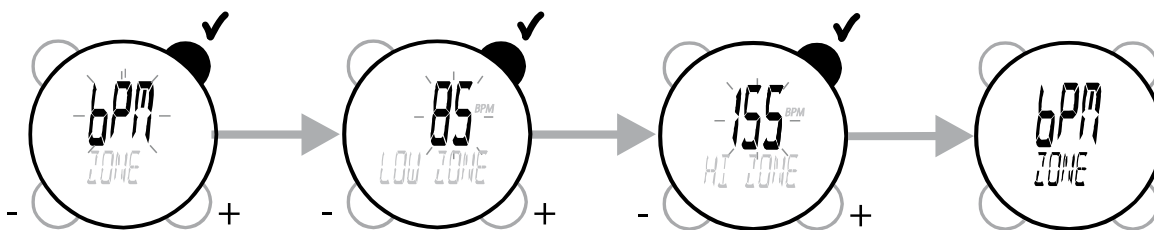
Either the target zone is deactivated **(ZONE: OFF)** or it is activated and expressed in beats per minute **(BPM)** or as a percentage of the maximum heart rate. The watch will then alternately display the selected mode and the zone values.
Modification to the upper and lower levels in one of the two display modes will be automatically converted to the other mode.
If you want to modify the target zone mode to be used, select it using **START/STOP** ▶II , then change it by pressing down **LAP/RESET** /×. Validate your selection by pressing again on **START/ STOP** ▶II, **you will then access the setting mode for the target zone values.**

Setting the timer
The **TIMER** mode is set within the **SETTINGS** mode, press down the Mode button several times to access it.

Once you are in **SETTINGS**, these are the steps to take:
- Press down on **LAP/RESET** /×once, **SET TIMER** appears on the screen.
- Press down on **START/STOP** ▶II, you access the setting of the First Timer **RUN** (workout). Set the number of seconds using the **LAP/RESET** /× **(+)** and **MODE** ⟳ **(-)** buttons.
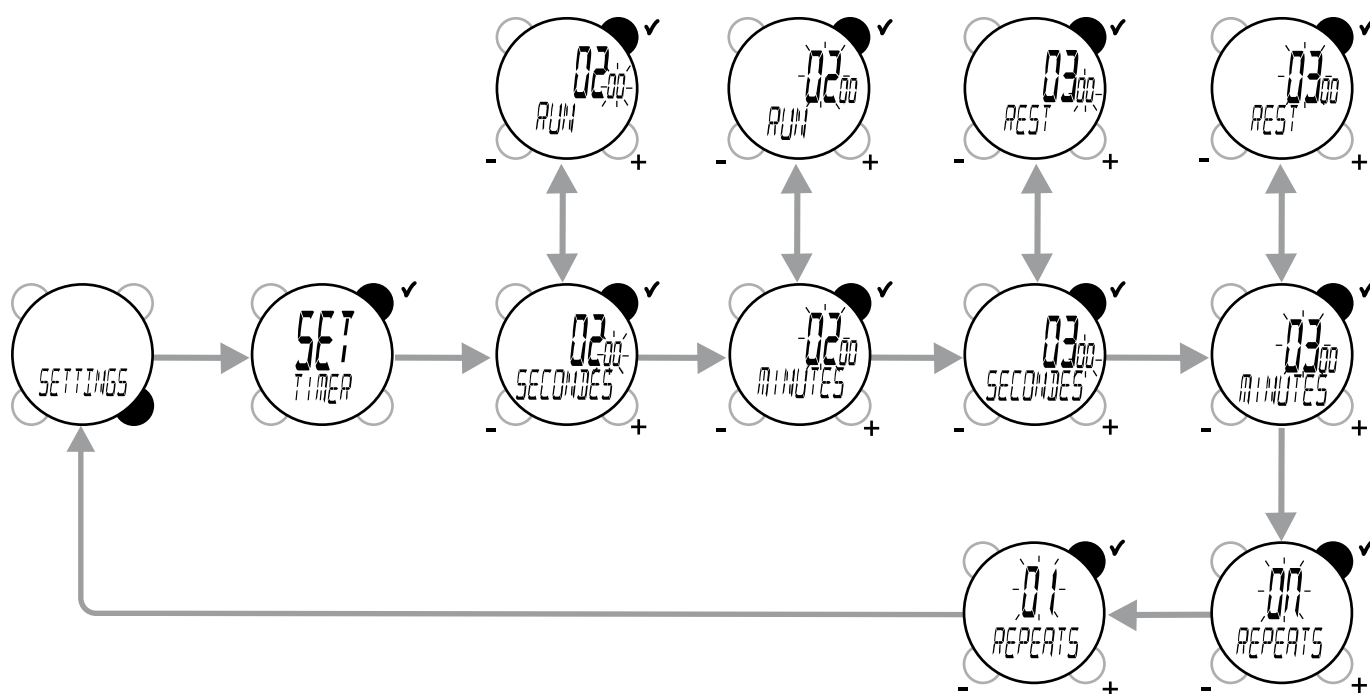- Press down on **START/STOP** ▶II to access the setting of the number of minutes. Set the number

of minutes using the **LAP/RESET** ⚑/✕ **(+)** and **MODE** ⟳ **(-)** buttons.
- Press down on **START/STOP** ▶II, you access the setting of the Second Timer **REST** (rest time).
Set the number of seconds using the **LAP/RESET** ⚑/✕**(+)** and **MODE buttons** ⟳ **(-)**. Press down
on **START/STOP** ▶II to access the setting of the number of minutes. Set the number of minutes
using the **LAP/RESET** ⚑/✕ **(+)** and **MODE** ⟳ **(-)** buttons.
- Press down on **START/STOP** ▶II, you have the option of activating or deactivating the repetition
of timers set previously, in order to do this use the **LAP/RESET** ⚑/✕ **(+)** or **MODE buttons.** ⟳ **(-)**,
ON or **OFF** is displayed on the screen.

If "**ON**" is selected press down **START/STOP** ▶II, you will access the setting of the number of
repetitions of the timers
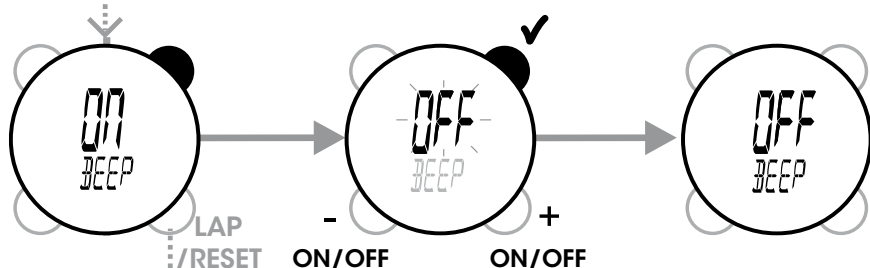Set it using the **LAP/RESET** ⚑/✕ **(+)** and **MODE buttons (-)**.

Once you have set the parameter, you have two options. If you want to set other heart rate
parameters, once you have returned to the **SET TIMER** display, press down once on **LAP/RESET**
⚑/✕. If you want to exit the **SETTINGS** mode, press down once on the **MODE button** ⟳.
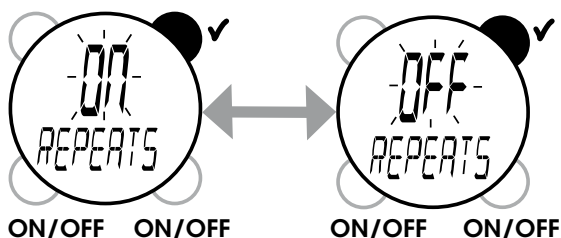
Activating/deactivating the timer repetitions:

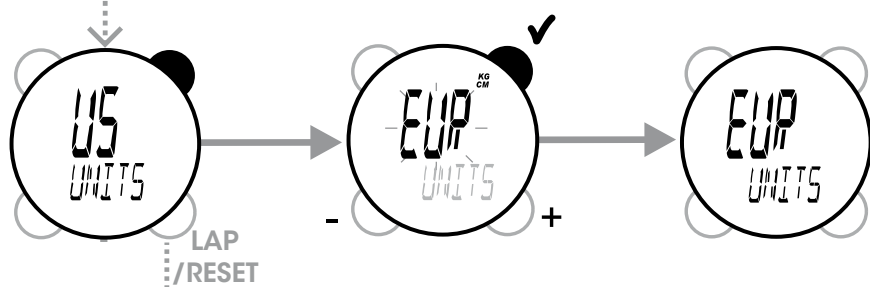ON/OFF   ON/OFF   ON/OFF   ON/OFF

Setting the alarm

When you activate the alarm **(ON**, a small musical note icon will appear at the bottom right of your watch screen. This will disappear when you deactivate the alarm **(OFF)**.
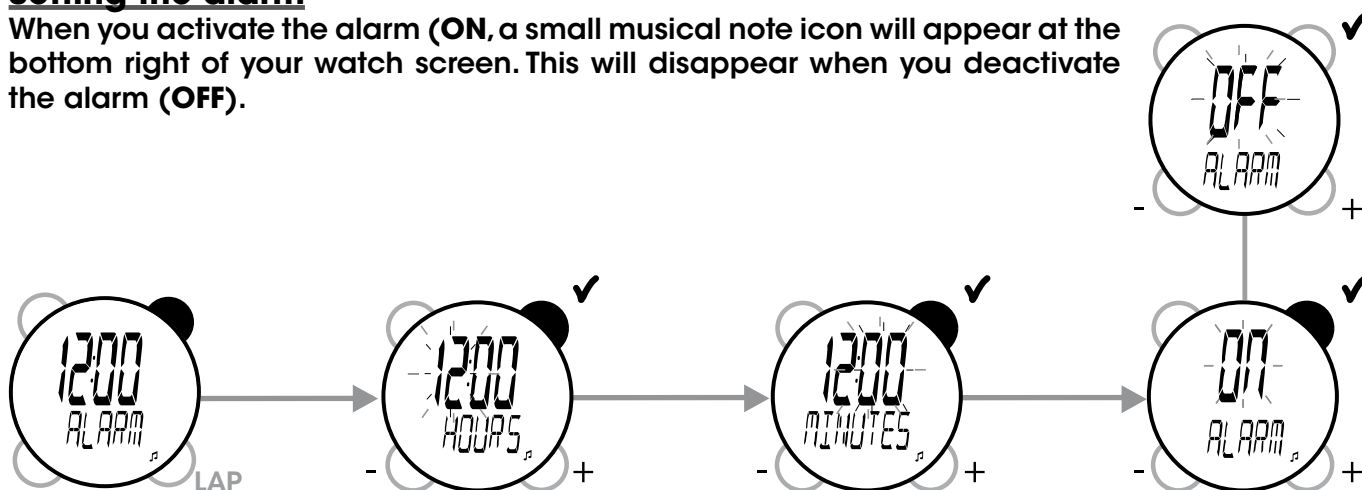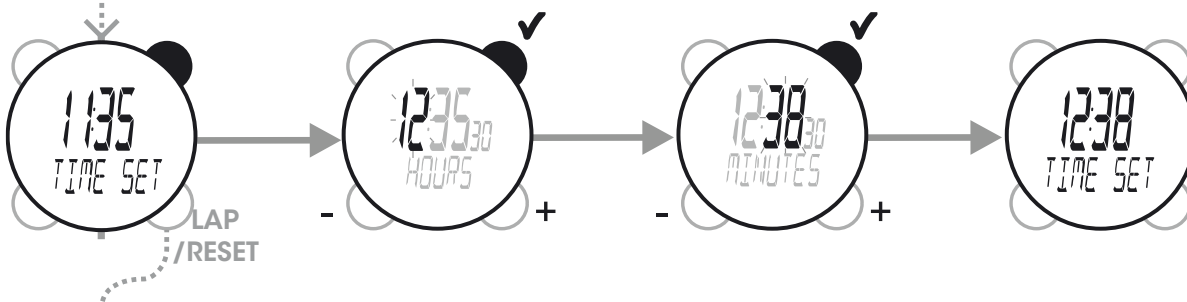

Setting the alarm

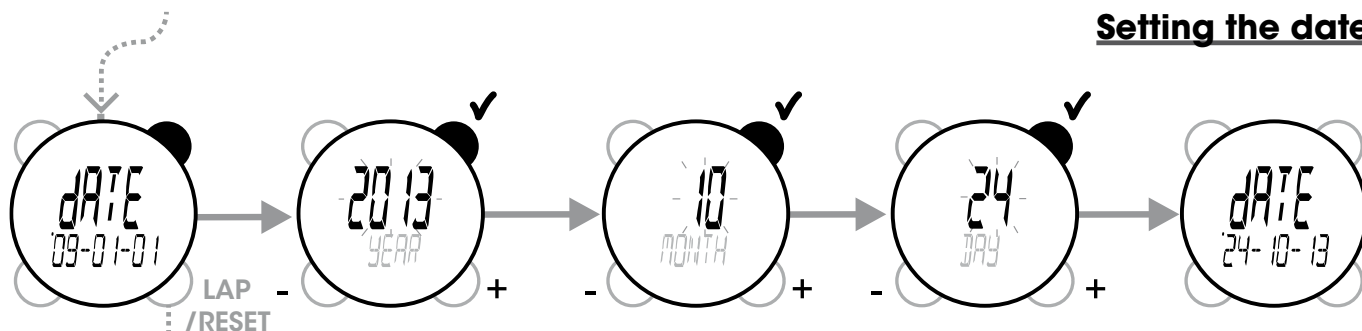You can switch the button tone **(ON)** or **(OFF)**.

Setting the system of units.

You can use the watch with Anglo-Saxon units (weight in pounds, height in inches, time display in 12 hour mode with AM and PM, and date in YY-MM-DD order) or with European units (weight in kg, height in cm, time in 24 hour display, and date in DD-MM-YY order).
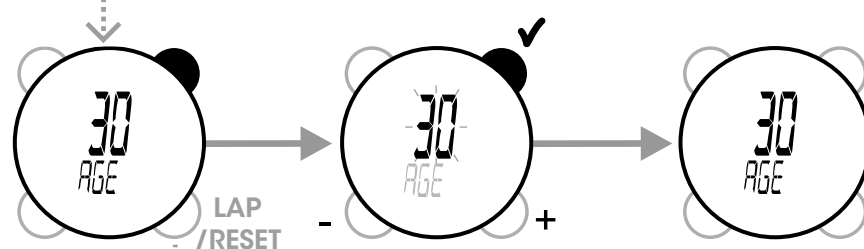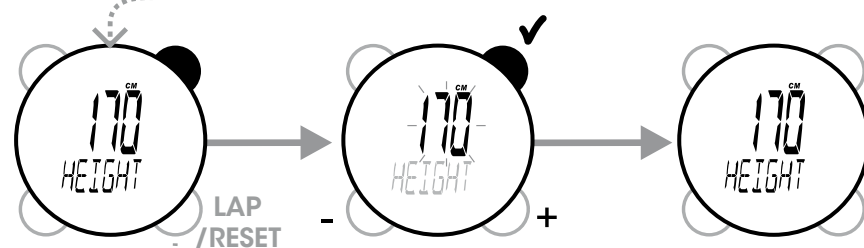
Setting the time

You can't set the seconds to a precise value, but can only reset them to 0 when you confirm by pressing **START/STOP ▶II**.

<u>**Setting your personal information**</u>

Setting your age (in years)

Setting your height (the unit is displayed according to the system used: cm (centimetres) or inches.
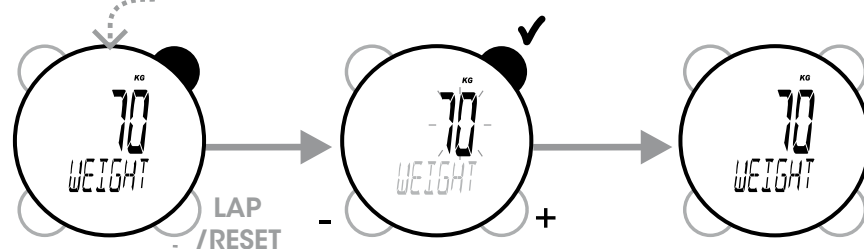
Setting your weight (the unit is displayed according to the system used: kg (kilograms) or lb (pounds).
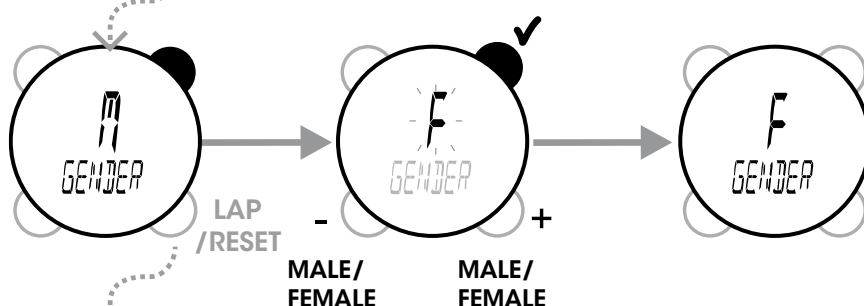
Your gender (male (M) or female (F))

MALE/FEMALE   MALE/FEMALE

<u>Setting your resting heart rate</u>

Resting heart rate plays a part in the calculation of grams of fat burnt during exercising. To determine it, after waking up, stay lying down. Measure your heart rate after a few minutes; try

to remain as still as possible. Repeat the procedure on several consecutive days and take the average of these values.

It is set in the same way as the other parameters **START/STOP** ▶II for selecting it, **LAP/RESET** ✏/✗ and **MODE** ⟳ for setting its value, **START/STOP** ▶II for checking its value).
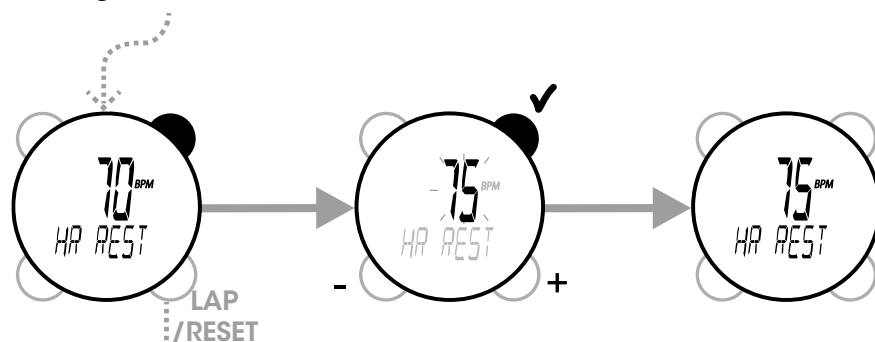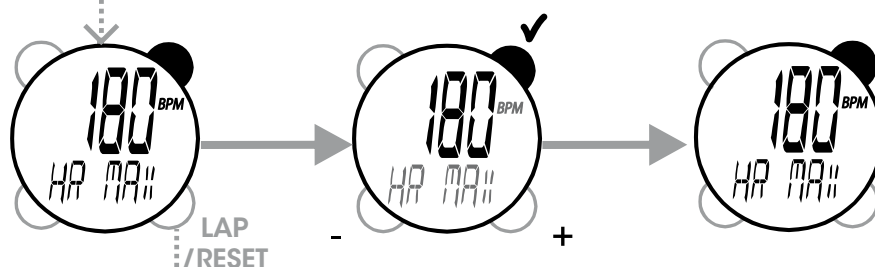
Entering maximum heart rate

The maximum heart rate is the highest heart rate that you can reach when exercising. Its default setting is 220 - Age. This value impacts the heart rate value expressed as a percentage of the **HR max**. In chapter 10 "Training principles", you will find a fitness test for evaluating your maximum heart rate.

It is set in the same way as the other parameters **START/STOP** ▶II for selecting it, **LAP/RESET** ✏/✗ and **MODE** ⟳ for setting its value, **START/STOP** ▶II for checking its value.

Setting the heart rate display

This parameter enables you to display your heart rate and target zone values, either in beats per minute or as a percentage of the maximum heart rate.
You can use the unit that is most convenient to you.
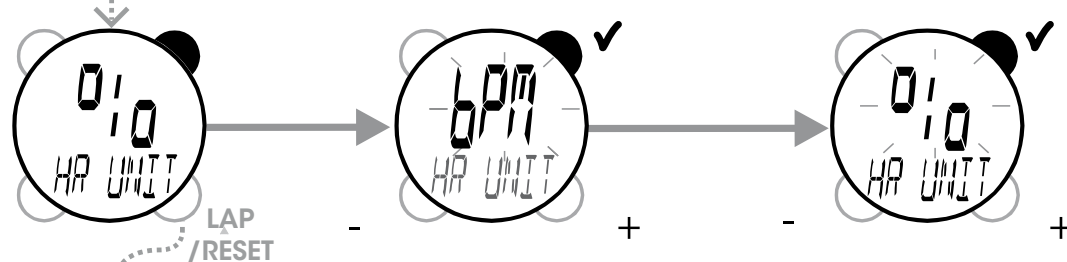
As you enter the CARDIO and TIMER modes, the choice of display as a percentage of the maximum heart rate will be shown by the following temporary screen

9/ Resetting the watch

3 SEC   3 SEC

3 SEC   3 SEC

All segments are displayed for a short time and then the watch will be restarted.

10/ Training principles

For reasons of effectiveness and safety, it is essential that you are aware of some training-specific physiological guidelines. The advice we give below is an indication for healthy, sporty people 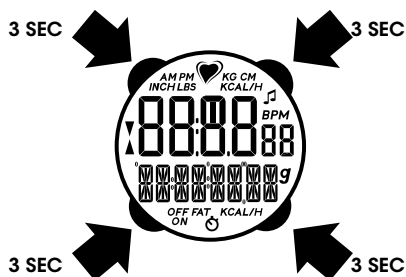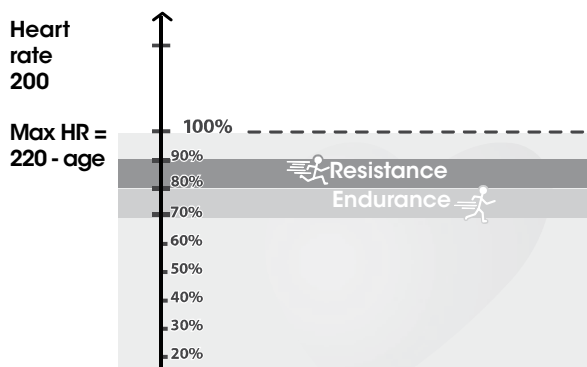with no medical disorders. We strongly recommend that you seek advice from your doctor for more precise information on training zones. **Know your limits and do not exceed them!**

Heart rate 200

Max HR = 220 - age

100%
90%
80%
70%
60%
50%
40%
30%
20%

Resistance
Endurance

Values to be aware of
To optimise the benefits of your physical training, you must first know your maximum heart rate **(HRmax)** in beats per minute **(bpm)**. The **HRmax** can be estimated using the following calculation: **HRmax = 220 – your age**. A fitness test will however enable you to obtain a more accurate value.

Training zones
During a fitness programme, several training zones will give specific results which correspond to different objectives. Depending on the intensity of the training, the percentage of energy produced by burning sugar and burning fat will change.
- **Within the endurance zone (70 to 80% of HR max)** the sportsperson works his or her overall fitness, long distances and general endurance levels. It's the pace at which you can run for more than an hour. Energy combustion uses a proportion of fats that becomes increasingly significant according to the duration of the training.
- **Within the resistance zone (80 to 90% HR max)** the sportsperson works at strengthening his or her heart and muscles, his or her middle distance speed and resistance at full strength. It's the pace at which you run 5 to 10 km in competition. This pace is no longer comfortable and you get tired. Energy combustion uses sugars almost exclusively, especially if you can't keep up this pace for more than half an hour.

E.g.: A 30-year-old athlete training using aerobic endurance to increase his or her resistance to effort and improve his or her half marathon time. The most effective training area for her objective will be the resistance zone.

11/ Troubleshooting

11.1/ Abnormal heart rate

You have noticed large fluctuations in your heart rate.
Check that the strap is in place and the sensors have been moistened (diagram 1, page 1)

Interferences in the environment due to electromagnetic disturbance can make heartbeat readings temporarily unstable or inaccurate. This is nearly always due to being in close proximity to high voltage lines, overhead lines, traffic lights, televisions, car engines, some motorised sporting equipment, mobile phones, computer screens, microwave ovens or when you are going through electrical security gates.

There are other causes for altered heartbeat readings:
- Clothes that chafe on the strap or are full of static electricity.
- Very hairy chests
- Dirt on the strap

If heartbeat readings are unstable, first check that none of the causes above are responsible for the problem.

11.2/ Detecting the strap

If the ♥ does not flash:
- Move the strap closer to the watch.
- Adjust the position of the strap by moistening the sensors further.
- Check that the batteries are working, especially in the strap.
- In **CARDIO** or **TIMER mode** Synchronise the watch by holding down the **MODE button** ⟳. (see Chapter 5.1)
If the link with the strap is broken temporarily, a heart rate of **0** is displayed on the main line.

If the link is broken for more than five minutes, the display changes to —. In order to reactivate the signal search, press down for 3 seconds on **MODE** ⟳ The search will begin again. (see Chapter 5.1)

11.3/ Advice on use for people fitted with a coronary stent
A coronary stent can affect the transmission of the heartbeat from the strap to the watch, we advise you wear the strap above pectoral muscles.

11.4/ Abnormal flashing of the display or malfunctions.

The battery is probably flat, it must be changed.

12/ Technical characteristics

|	Watches	Heart rate monitor strap
Waterproof design	**5 ATM**	**1 ATM**
Range according to the sports use of the product (with the strap)		
1 hour/week	**20 months**	**32 months**
4 hours/week	**15 months**	**10 months**
Memory	**5 sessions, 50 laps** *(CARDIO)* **or 25 repetitions** *(TIMER) per session*	
Bracket of authorised values		
Heart rate target zone	**30 - 230 beats per minute**	
Heart rate	**30 - 230 beats per minute**	
Communication protocols	**5.3 Khz coded**	**5.3 Khz coded**
Transmission reach:	**1 m in use 0.5 m in detection**	**1 m in use 0.5 m in detection**
Functional temperatures:	**-10°C to 50°C**	**-10°C to 50°C**
Batteries	**CR 2032**	**CR 2032**
Weight	**48 g.**	**64 g.**

13/ Limited warranty

OXYLANE guarantees to the initial purchaser of this item that it is exempt from all faults linked to materials and manufacture. This product is guaranteed for two years from the purchase date. Please keep your receipt as proof of purchase.

The warranty 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 or casings which are cracked or broken or which show signs of impact.
• During the warranty period, the item will either be repaired free of charge by an authorised repair service or replaced free of charge (depending on the distributor) .
• The warranty does not cover the elastic strap, which is subject to wear and tear.
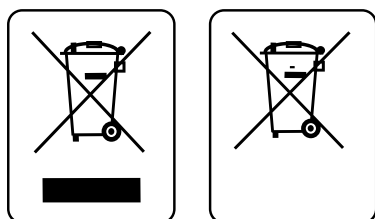
14/ Batteries
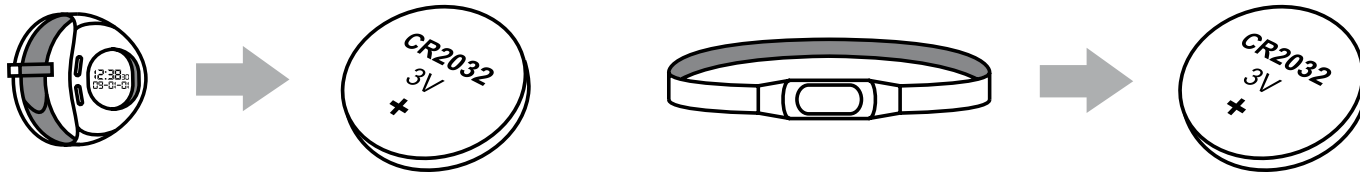
Watch

Please note: if you note that the display is flashing unusually or doesn't appear to be working correctly, this usually means that the battery is low and needs to be replaced. 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.
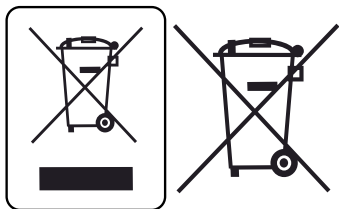
Chest strap

If the heart rate values become incoherent or the heart signal reception does not respond normally when the watch is inside the reception area, you may need to change the battery in the chest strap. You can change the strap battery yourself without the need for specialist tools (diagram 4). If you have any problems, contact your retailer.

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

15/ Contact us

www.support.geonaute.com

EN► This product and the batteries it contains may not be thrown away with household waste. They are subject to a specific type of sorting. Take the batteries and unusable electronic product to an authorised collection area for recycling. This treatment of your electronic waste will protect the environment and your health

GEONAUTE.COM

oxylane

OXYLANE

4 Boulevard de Mons – BP 299

59665 Villeneuve d'Ascq cedex – France