

beurer heart rate monitor herzfrequenz pulsuhr

germanengineering

PM 55



Operating Instructions
Gebrauchsanleitung





TABLE OF CONTENTS

Scope of delivery	3
Important Notes	4
General Information for Training	6
Functions of the HR monitor	8
Transmission of signal and methods of Devices Measurement	9
Getting started	9
Putting on the heart rate monitor	9
Activating the heart rate monitor from the power saving mode ..	9
Putting on the chest strap.....	10
General operation of the HR monitor	11
Buttons on the HR watch.....	11
Display.....	12
Menus.....	13
Basic settings	15
Overview	15
Enter personal data	15
Set training zone	17
Set units	18
Watch settings	19
Overview	19
Set time of day and date	19
Set alarm clock.....	21
Recording of training	22
Overview	22
Stop run times	23
Record laps	24
Reset recording	25

Results	26
Overview.....	26
Display training data	26
Lap results	28
Overview.....	28
Display lap results	28
Fitness test	29
Overview.....	29
Conduct fitness test	30
Display fitness values	31
EasyFit software	33
Technical specifications, batteries and warranty	35
List of abbreviations	38
Index	40

SCOPE OF DELIVERY

Heart rate monitor with wrist band	
Chest strap	
Elastic tension strap (adjustable)	
Bike mount	
Storage box	
PC Software EasyFit (mini CD) and PC interface cable (USB)	

In addition:

- Operating instructions and separate short instructions

IMPORTANT NOTES

Please carefully read through these operating instructions, keep it for future reference and also make it available to others.



Training

- This product is not a therapeutic device. It is a training instrument, which was developed for the measurement and representation of the human heart rate.
- With high-risk sports, please note that the use of the heart rate monitor can represent an additional source of injury.
- If in doubt or for illnesses, please consult your doctor concerning the values of your upper and lower target heart rate as well as the duration and frequency of training. In such a way, you can achieve optimal results when training.
- **WARNING:** People suffering from heart and circulatory illnesses or those with pacemakers should only use this heart rate monitor after having consulted their doctor.



Application

- The device is only intended for private use.
- This device may only be used for the purpose it was designed for and in the manner outlined in this operating instructions. Any form of improper use can be dangerous. The manufacturer is not liable for damages that are caused by improper or incorrect use.
- The heart rate monitor is waterproof. (see chapter "Technical Specifications")
- Electromagnetic disturbances may occur. (see chapter "Technical Specifications")

Cleaning and care

- From time to time, carefully clean your chest strap, elastic chest strap and heart rate monitor with a soap and water solution. Then rinse off all components with clean water. Carefully dry them with a soft towel. You can wash the elastic chest strap in the washing machine at 30° without fabric softener. The chest strap is not made for the dryer!
- Store the chest strap in a clean and dry place. Dirt impairs the elasticity and functioning of the transmitter. Sweat and moisture can keep the electrodes wet and consequently activate the transmitter, which shortens battery life.

Repair, Accessories and Disposal

- Prior to use, it should be ensured that the device and accessories are free of damage. If in doubt, do not use the device and consult your sales representative or the customer service address provided.
- Repairs may only be conducted by customer service or authorized dealers. Please do not in any case attempt to repair the device!
- Use the device only in combination with the accessories provided with it.
- Avoid contact with sunscreen or the like since these can cause damage to the imprint or plastic components.
- Please dispose of the device in accordance with Waste Electric and Electronic Equipment 2002/96/EC - WEEE. For inquiries, please contact the municipal authority responsible for disposal in your area.

GENERAL INFORMATION FOR TRAINING

This heart rate monitor serves to measure the human pulse. By means of various settings, you can support your individual training program and monitor your pulse. You should monitor your pulse during exercise because you should prevent your heart from excessive strain on the one hand and on the other in order to achieve the optimal training results. The table provides you with some information on the selection of your training zone. The maximum heart rate reduces with advancing age. Information on the training heart rate must therefore always be in relation to the maximum heart rate. The following rule of thumb helps to identify the maximum heart rate:

$$220 - \text{age} = \text{maximum heart rate}$$

The following example applies to a 40-year-old person: $220 - 40 = 180$

	Heart/health programme	Fat burning zone	Fitness programme	Endurance training programme	Anaerobic training
Max. heart rate range	50 - 60%	60 - 70%	70 - 80%	80 - 90%	90 - 100%
Effect	Strengthens the heart and the circulatory system	The body burns the highest percentage of calories from fat. Strengthens the heart and the circulatory system, enhances fitness	Improves the respiratory and circulatory system. Ideal to promote the basic endurance	Improves speed maintenance and increases basic speed	Overloads specific muscles. High injury risk for athletes at amateur level, risk related to the heart in case of disease
Suitable for	Ideal for beginners	Weight control and loss	Athletes at amateur level	Ambitious athletes at amateur level, professional athletes	Only professional athletes
Training	Regenerative training		Fitness training	Endurance training	Fitness training addressing specific zones

See the chapter "Basic Settings", section "Setting your training zone" on how to individually set your training zone. See the chapter "Fitness Test" on how the heart rate monitor sets your individual limits of the suggested training zone through the fitness test.

Analysis of the Training

With the PC software **EasyFit** you can acquire the results from the watch and analyze them in various ways. In addition, **EasyFit** provides useful calendar and administrative functions, which also support optimal training over longer periods of time. Using the software, you can also control and monitor your weight management.

FUNCTIONS OF THE HR MONITOR

HR functions

- Exact ECG heart rate measurement
- Transmission: analogue
- Individual training zone adjustable
- Acoustic and visual alarm for exit from the training zone
- Average heart rate (average)
- Maximum training heart rate
- Calorie consumption in Kcal (basis jogging)
- Fat burning in g/oz

Settings

- Gender
- Weight
- Unit of weight kg/lb
- Height
- Unit of height cm/inch
- Age
- Maximum heart rate

Time functions

- Time of day
- Calendar (up to 2020) and weekday
- Date
- Alarm / alarm clock
- Stop watch
- 50 lap times each at 10 hours, recall of all of them or each one. Display of lap time and average heart rate

Fitness test

- Fitness index with interpretation
- Maximum oxygen-breath volume (VO_2 max)
- Basal metabolic rate (BMR)
- Active metabolic rate (AMR)
- Calculated maximum heart rate
- Suggested training zones

TRANSMISSION OF SIGNAL AND METHODS OF DEVICES MEASUREMENT

Receiving range of the heart rate monitor

Your heart rate monitor picks up the heart rate signals sent by the chest strap transmitter within a range of 70 centimeters.

Sensors on the chest strap

The entire chest strap consists of two components: the actual chest strap and an elastic tension belt. On the inside of the chest strap contacting the body, there are two rectangular, corrugated sensors. Both sensors determine your heart rate ECG exactly and transmit this to the heart rate monitor.

GETTING STARTED

Putting on the heart rate monitor

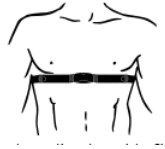
You can wear your heart rate monitor like a wrist watch. In order to fix the heart rate monitor on bike handle bars, attach the bike mount included to the handle bars. Tighten the heart rate monitor around the mount such that it is not able to slip while riding.

Activating the heart rate monitor from the power saving mode

You can activate your heart rate monitor by pressing any key. If the heart rate monitor has not received any signal for approx. five minutes, it switches to the power saving mode. At that point, only the current time will be displayed. Press any key in order to reactivate the watch.

Putting on the chest strap

- Tighten the chest strap with the elastic tension belt. Adjust the length of the belt such that the belt is snug, but neither too loose nor too tight. Position the belt around the chest such that the logo is facing outwards and in the correct position directly over the breast bone. For men, the chest belt should be located directly below the pectoral muscles, for women, directly below the breast.




- Since optimal contact between the skin and the heart rate sensors can not be created immediately, it may take some time until the heart rate is measured and displayed. If necessary, alter the position of the transmitter in order to achieve optimal contact. Most of the time, sufficient contact is achieved through the accumulation of sweat beneath the chest strap. You can, however, also wet the contact points on the inside of the chest strap. For this, lift the chest strap up from the skin slightly and wet the two sensors with saliva, water or ECG gel (available at the chemistry). The contact between the skin and chest strap may not be interrupted also with greater movements of the thorax such as during deep breathing. Significant chest hair can interfere with and even prevent contact.
- Put on the chest strap a few minutes before starting in order to warm it up to body temperature and establish optimal contact.

GENERAL OPERATION OF THE HR MONITOR

Buttons on the HR watch



- 1 **START/STOP** Starts and stops functions and adjusts values. Press and holding accelerates the entry.
- 2 **OPTION/SET** Switches between the functions within one menu and confirms settings.
- 3 **MENU** Switches between the different menus.
- 4  Pressing quickly illuminates the display for five seconds.
Pressing and holding activates/deactivates the acoustic alarm when exiting the training zone.

Display



- 1 Top line
- 2 Middle line
- 3 Bottom line
- 4 **Symbols**



Alarm clock is activated.



Heart rate is being received.



Training zone has been exceeded.



Training zone has been underrun.

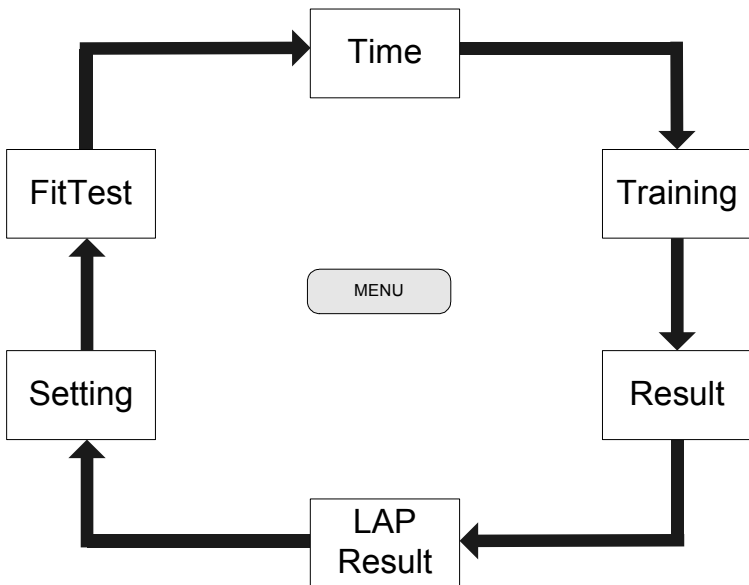


Acoustic alarm for exit from the training zone is activated.

An explanation of the display abbreviations can be found in the list of abbreviates at the end of the operating instructions.

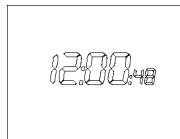
Menus

You can switch menus with the  Button.



Power saving mode

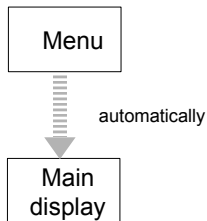
If your heart rate monitor has not received any signal for approx. five minutes, it switches to the power saving mode. In that case, only the current time will be shown. Press any key to reactivate the HR monitor.



Main display

When changing menus, the name of the menu is first shown, then your HR monitor will automatically switch to the main display of the active menu.

From there, you have to first choose a submenu or you can directly access functions.



Overview of the menus

Menu	Meaning	Description: see chapter...
Time	Time	"Watch Settings"
Training	Training	"Recording of Training"
Result	Result	"Results"
Lap Result	Lap result	"Lap results"
Setting	Settings	"Basic settings"
FitTest	Fitness test	"Fitness test"






BASIC SETTINGS

Overview

<p>In the menu Setting you can:</p> <ul style="list-style-type: none"> ■ Enter your personal data (user). Based on this data, your HR monitor determines your calorie consumption and your fat burning during training! ■ Set your training zone (limits). See chapter "General Information on Training" for explanations on how to set the training zones. Your HR monitor issues an acoustic and visual alarm during your training when the training zone is exited. ■ Change the units of measurement (units) for height and weight. 	<p>The display shows the number '138' in a large digital font at the top, and the word 'Settings' in a smaller digital font below it.</p>
<p>Once you are in the menu Setting, your HR monitor automatically switches to the main display. This displays User.</p>	<p>The display shows the number '138' in a large digital font at the top, and the word 'User' in a smaller digital font below it.</p>

Enter personal data


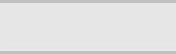


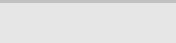
<p>A rectangular button with rounded corners and the word 'MENU' in capital letters.</p>	<p>Switch to the menu Setting.</p>	<p>The display shows the number '138' in a large digital font at the top, and the word 'User' in a smaller digital font below it.</p>
--	---	---

<p>START/STOP</p>	<p>Gender is displayed.</p> <p>START/STOP Select M, if you are male.</p> <p>START/STOP Select F, if you are female.</p>	 <p>Gender</p>
<p>OPTION/SET</p>	<p>AGE is displayed.</p> <p>START/STOP Set your age (10-99).</p>	 <p>AGE</p>
<p>OPTION/SET</p>	<p>MaxHR is displayed. The HR monitor automatically calculates the maximum heart rate according to the formula: 220 - age = MaxHR</p> <p>Please note that the HR monitor also determines the MaxHR after every fitness test and sets it as a suggested value.</p> <p>START/STOP You can overwrite the value calculated (65-239).</p>	 <p>MaxHR</p>
<p>OPTION/SET</p>	<p>Weight is displayed.</p> <p>START/STOP Please select your weight (20-227 kg or 44-499 lbs).</p>	 <p>Weight</p>
<p>OPTION/SET</p>	<p>Height is displayed.</p> <p>START/STOP Set your height (80-227 cm or 2'66"-7'6" feet).</p>	 <p>Height</p>
<p>OPTION/SET</p>	<p>Return to the display User.</p>	

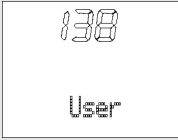
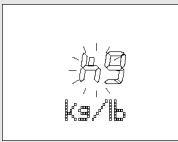
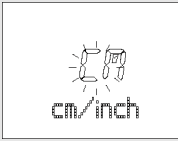
Set training zone

You can set your individual upper and lower heart rate limit as described below.

Please note that both limits are automatically set as a training zone suggestion after every fitness test and that the old data are consequently overwritten. For this, the lower limit of the suggested training zone totals 65%, the upper limit 85% of the maximum heart rate.



<p>MENU</p>	<p>Switch to the menu Setting.</p>	
<p>OPTION/SET</p>	<p>Limits is displayed.</p>	
<p>START/STOP</p>	<p>Lo limit is displayed. <p>START/STOP Set the lower limit for your training zone (40-238).</p> </p>	
<p>OPTION/SET</p>	<p>Hi limit is displayed. <p>START/STOP Set the upper limit (41-239).</p> </p>	
<p>OPTION/SET</p>	<p>Return to the display Limits.</p>	

Set units




<p>MENU</p>	<p>Switch to the menu Setting.</p>	
<p>OPTION/SET</p>	<p>Limits is displayed.</p>	
<p>OPTION/SET</p>	<p>Units is displayed.</p>	
<p>START/STOP</p>	<p>kg/lb is displayed. The weight unit blinks. <p>START/STOP Switch between the units.</p> </p>	
<p>OPTION/SET</p>	<p>cm/inch is displayed. The unit of measurement for height blinks. <p>START/STOP Switch the units.</p> </p>	
<p>OPTION/SET</p>	<p>Return to the display Units.</p>	


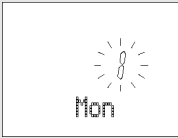
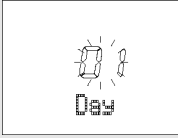
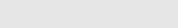
WATCH SETTINGS

Overview

<p>In the Time menu you can:</p> <ul style="list-style-type: none"> ■ Set the time and the date. ■ Set the alarm clock. 	
<p>When you are in the Time menu the heart rate monitor automatically activates the main display. In this mode both the weekday and the current date are displayed. On the display: Fri 12.04 (Friday 12th April).</p>	

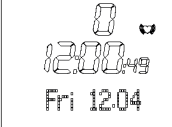
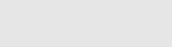


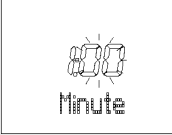
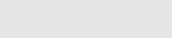
Set time of day and date

<p>MENU</p>	<p>Switch to the menu Time.</p>	
<p>START/STOP 5 sec</p>	<p>Set Time is shown briefly. Hour is displayed. The hour setting blinks. START/STOP Set the hour (0-24).</p>	
<p>OPTION/SET</p>	<p>Minute is displayed. The hour setting blinks. START/STOP Set the minute (0-59).</p>	

<p>OPTION/SET</p>	<p>Year is displayed. The year setting blinks. <input type="button" value="START/STOP"/> Set the year. The calendar goes up to 2020.</p>	
<p>OPTION/SET</p>	<p>Month is displayed. The monthly setting blinks. <input type="button" value="START/STOP"/> Set the month (1-12).</p>	
<p>OPTION/SET</p>	<p>Dayr is displayed. The day setting blinks. <input type="button" value="START/STOP"/> Set the day (1-31).</p>	
<p>OPTION/SET</p>	<p>Back to the main display.</p>	

Set alarm clock

You can turn off the alarm clock by pressing any button. On the following day, we will be woken up at the same time.

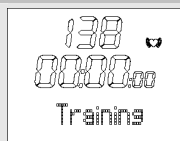
<p>MENU</p>	<p>Switch to the menu Time.</p>	
<p>OPTION/SET</p>	<p>Alarm is displayed.</p>	
<p>START/STOP 5 sec</p>	<p>Set Time is shown briefly. On Alarm is displayed. START/STOP Turns the alarm clock off (Off) and on (On).</p>	
<p>OPTION/SET</p>	<p>Hour is displayed. The hour setting blinks. START/STOP Set the hour.</p>	
<p>OPTION/SET</p>	<p>Minute is displayed. The hour setting blinks. START/STOP Set the minute.</p>	
<p>OPTION/SET</p>	<p>Back to the main display.</p>	

RECORDING OF TRAINING

Overview

In the menu **Training** you can:

- Stop your run times and thereby record your training session.
- Record individual laps.
- Reset recording to zero.



Once you are in the menu **Training**, your HR monitor automatically switches to the main display. This displays the already recorded training time on the middle line (after reset: 00:00:00) and on the line below **Start**.






Things to know about the recordings

- As soon as you have started the recording, your HR monitor starts recording your training data. You can have your training data displayed in the menu **Result** and the menu **Lap Result**.
- Your HR monitor continually records your training data until you have reset this. This also applies when you first start training on the following day. The running time also allows you to stop your training session at any time.
- The maximum recording time per lap is 10 hours. Reset your recording every time you want to start a new recording. The memory in your HR monitor can record a total of 100 hours.
- After resetting the recording, the data are automatically saved in the watch's transmission memory. This covers a maximum of 10 recordings. The latest recording that has not been deleted can be recalled on the watch. As soon as you have loaded your recordings to the Software EasyFit, you can view and analyze


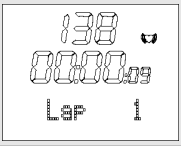

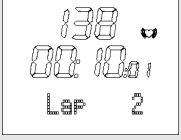
them there. The transfer memory is deleted with every transfer to the PC. If there are already 10 recordings in the transfer memory, the last recording in the memory will then be overwritten. You can find explanations regarding transferring to the PC in the chapter "EasyFit Software".

Stop run times


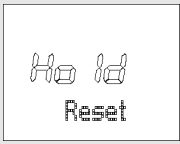

<p>MENU</p>	<p>Switch to the menu Training. If you have already stopped a run time, the recorded training time is displayed on the middle line.</p>	
<p>START/STOP</p>	<p>Start the recording. Run is displayed. Even if you change to another menu during the recording, the time continues to run in the background.</p>	
<p>START/STOP</p>	<p>Stop the recording. Stop is displayed. You can interrupt and resume your recordings at any time by pressing the button START/STOP.</p>	

Record laps

While the recording of your entire training is in progress, you can record individual laps. The first lap recording starts after every reset as soon as you press the button **START/STOP**. The time continues to run as the laps are recorded.

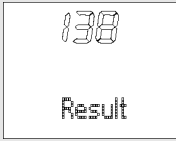

	<p>You are in the menu Training and your training is currently being recorded.</p> <p>Run is displayed.</p>	
OPTION/SET	<p>Time a new lap. The display shows the time and number of the last lap timed for five seconds, for example Lap 1.</p>	
	<p>The display automatically switches back to Run and shows the number of the current lap, for example Run 2.</p>	
OPTION/SET	<p>Record additional training laps as needed. You can record up to a total of 50 laps. Each lap may last a maximum of 10 hours.</p>	

Reset recording


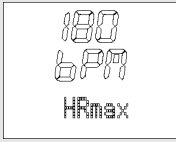
	<p>You are in the menu Training. No training is currently being recorded. Stop is displayed.</p>	
<p>START/STOP 5 sec</p>	<p>Reset the recording. Hold Reset is displayed.</p>	
	<p>The display automatically switches back to the main display.</p>	

RESULTS

Overview

<p>In the menu Result you can:</p> <ul style="list-style-type: none">■ Display your training data: mean and maximum heart rate, times within and outside of the training zone as well as calorie consumption and fat burning.	
<p>Once you are in the menu Result, your HR monitor automatically switches to the main display. This displays bPM AVG.</p>	



Display training data

<p>MENU</p>	<p>Switch to the menu Result.</p>	
	<p>BPM AVG (average training heart rate) is displayed.</p>	
<p>OPTION/SET</p>	<p>HRmax (maximum training heart rate) is displayed.</p>	

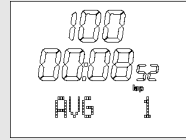
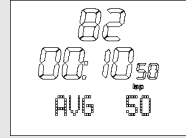
OPTION/SET	In [min] (time within the training zone) is displayed.	
OPTION/SET	Lo [min] (time below the training zone) is displayed.	
OPTION/SET	Hi [min] (time above the training zone) is displayed.	
OPTION/SET	<p>[kcal] (the total calorie consumption during the recording of the training session) is displayed. The basis for the display of the calorie consumption and the fat burning are:</p> <ul style="list-style-type: none"> ■ Personal data (basic settings) ■ the time and heart rate measured during the training session. <p>The calculation is conducted based on moderately fast jogging.</p>	
OPTION/SET	Fat[g] (Fat burning during the entire training recording) is displayed.	
OPTION/SET	Back to the main display.	

LAP RESULTS

Overview

<p>In the menu LAP Result you can have the time and average heart rate as well as the training recording and the individual laps displayed.</p>	 <p>The screen shows the number '138' at the top, followed by the text 'LAP' and 'Result' below it.</p>
<p>Once you are in the menu LAP Result, your HR monitor automatically switches to the main display. The top line shows the average heart rate, the middle line the training time last recorded.</p>	 <p>The screen shows '120' at the top, followed by '00:12:40.3' in the middle, and 'AVG-Run' at the bottom.</p>

Display lap results

<p>MENU</p>	<p>Switch to the menu LAP result.</p>	
<p>OPTION/SET</p>	<p>AVG 1: Results in lap 1 are displayed: The top line shows the average heart rate, the middle line displays the lap time.</p>	 <p>The screen shows '100' at the top, followed by '00:08.52' in the middle, and 'AVG 1' at the bottom.</p>
<p>OPTION/SET</p>	<p>Pressing again switches to the individual result display for the following lap. Maximum 50 laps.</p>	 <p>The screen shows '82' at the top, followed by '00:10.50' in the middle, and 'AVG 50' at the bottom.</p>
<p>OPTION/SET</p>	<p>Back to the main display.</p>	

FITNESS TEST

Overview

In the menu **FitTest** you can:

- Test your personal fitness in a 1600m run (1 mile).
- Have your fitness evaluated: Fitness index (1-5), maximum oxygen-breath volume (VO_{2max}), basal metabolic rate (BMR) and active metabolic rate (AMR).
- Have your individual upper and lower limit calculated automatically as a recommended training zone and overwritten the two limits in the menu **Setting**. Also see the chapter "Setting training zone".

The fitness test is not just designed for active athletes, but also for those with a lower fitness level from all age groups.

After one second, the main display appears. The top line displays your fitness index:

- 0 = No test has been conducted yet
- 1 = Poor
- 2 = Fair
- 3 = Average
- 4 = Good
- 5 = Elite

On the middle line, the date of your last fitness

138

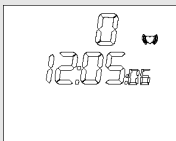

FitTest



0
12.05.05

test is displayed. If you have not yet completed a fitness test, the current date is shown. The adjacent display signifies May 12 2006.

Conduct fitness test


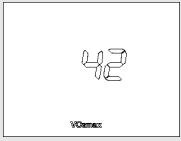
The units displayed "m" or "mile" result from the basic settings. In the chapter "Basic Settings", section "Setting units", you can read how to change these units.



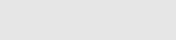
<p>MENU</p>	<p>Switch to the menu FitTest.</p>	
<p>START/STOP</p>	<p>The scrolling display appears PressSTART to begin. Now you have five minutes to warm up. Your HR monitor signals the end of the 5-minute warmup phase with a beep. In the event you would like to shorten the warmup phase, you can press the button START/STOP to switch to the next screen.</p> <p>Briskly walk exactly 1600m (1 mile). For this, choose a level route of exactly 1600m. Ideally, you will walk four stadium laps (4 times 400m = 1600m).</p>	

	<p>The scrolling display Press STOP after 1600 m reminds you to press the button START/STOP after 1600m.</p>	
	<p>The scrolling display TestFinished appears and the time required is displayed.</p>	
<p>START/STOP</p>	<p>Back to the main display. It displays your fitness index (1-5) with evaluation and the current date.</p>	

Display fitness values

The display of the fitness values only makes sense, if you have completed at least one fitness test. The fitness values displayed refer to the last test.

<p>MENU</p>	<p>Change to the menu FitTest. The fitness index (1-5) and the date of your last fitness test is shown. If no fitness test has been completed yet, a 0 is displayed.</p>	
<p>OPTION/SET</p>	<p>VO₂max is displayed. The maximum oxygen-breath volume is displayed in millilitres within one minute per kg of body weight. It is the basis for the evaluation of your fitness test.</p>	

<p>OPTION/SET</p>	<p>BMR (Basal Metabolic Rate) is displayed. The basal metabolic rate is calculated based on the values of age, gender, body size and weight. The BMR specifies the calories needed to maintain your vital functions - in the absence of movement.</p>	 <p>A digital display showing the value 1573 in a large, segmented font, with the label BMR centered below it.</p>
<p>OPTION/SET</p>	<p>AMR (Active Metabolic Rate) is displayed. The active metabolic rate is calculated based on the basic metabolic rate and an "activity premium", which is dependant on the fitness level.</p>	 <p>A digital display showing the value 2348 in a large, segmented font, with the label AMR centered below it.</p>
<p>OPTION/SET</p>	<p>Back to the main display.</p>	 <p>A digital display showing the value 2348 in a large, segmented font, with the label AMR centered below it.</p>

EASYFIT SOFTWARE

You can analyze your training data optimally with the EasyFit software. In addition to that, you will find many other functions for weight management and for workout planning.

- Calendar functions
- Transfer of up to 10 training recordings
- Weekly workout planning for achieving the desired weight
- Various analyses and graphics for observing the training progress

Installation of the software

In order to be able to use the HR monitor data on your PC within the EasyFit software, you must first install the software. Please put the provided CD in the drive and follow the instructions. If the installation does not start automatically, select your CD-ROM drive in the workplace and start the "Setup.exe" file by double-clicking on it. On your desktop, the EasyFit icon will now appear and you will find a shortcut to the program under programmes in the start menu.

System requirements

Operating system	Windows 2000/XP
CPU	optimal 1.2 GHz+
Main memory	optimal 256 MB+ RAM
Disk space	optimal 200 MB+ free space, at least 100 MB
Graphic resolution	800 x 600 or 1024 x 768
Other requirements	CD-ROM drive, USB interface

Starting the software

You can start the EasyFit software either by double clicking on the EasyFit symbol or via the start menu. As soon as you have opened the software, you can establish a link between your HR monitor and the PC.



Connection

In order to establish a connection between your HR monitor and your PC, please use the data transfer cable provided. The cable consists of two connecting components, a USB connector for the PC and a clip for the HR monitor. It is important for proper data transfer that the clip is in contact with all three connector pins on the backside of the HR monitor. Connect the USB connector to an open USB port on your PC.

Data transfer

As soon as you have connected the data transfer cable and the connection is thereby established, the data are transferred to the software. In the course of the transfer, the data in the software are updated. Please note that all training recordings on the watch will be deleted following the transfer.

TECHNICAL SPECIFICATIONS, BATTERIES AND WARRANTY

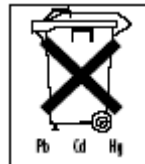
HR monitor	Waterproof to 50 m (suitable for swimming)
Chest strap	Waterproof (suitable for swimming)
Transmission frequency	5.3 KHz
Battery HR monitor	3V lithium battery, type CR2032
Battery chest strap	3V lithium battery, type CR2032

Replacing the batteries

The battery of the HR monitor may only be replaced by a specialized dealer (any lock-maker's shop) and at the service address provided. Otherwise, the claims to warranty become void.

You can replace the battery in the chest strap on your own. The battery compartment is located on the inner side. Use a coin or the battery to be used to open the compartment. The positive pole of the battery inserted must face upwards. Carefully close the battery compartment again.

Used batteries do not belong in the household garbage. Dispose of these through your electronics dealer or your local collecting point for recoverables. You are legally required to do this. We will find this symbol on batteries containing toxic chemicals: Pb = battery contains lead, Cd = battery contains cadmium, Hg = battery contains mercury.



Distortion and interference

In the HR monitor, a receiver for signals from the chest strap transmitter is integrated. During use, it may arise that the HR monitor receives signals other than those transmitted by the chest strap.

How can I recognize interference?

Interference can be recognized in that the values displayed are unrealistic. If your normal heart rate amounts to 130 bpm and it is suddenly shown to be 200, then a short-term disturbance is present. Once you have removed yourself from the vicinity of the source causing the disturbance, the values will automatically resume being accurate. Please note that distorted values can mildly influence the training result displays and overall values.

What kind of causes for interference are there?

In some situations, short-range electromagnetic interference can occur. In order to avoid these, keep well away from these sources.

- Nearby power lines
- Walking through security gates in airports.
- Nearby overhead lines (tram)
- Nearby traffic lights, television sets, car motors, bike computers
- Nearby exercise equipment
- Nearby mobile phones

Interference from other devices for measuring heart rates

The HR monitor as a receiver can react to interfering stray signals such as other heart rate monitors within a vicinity of one metre. This can result in incorrect measurements particularly when training in groups. If you e.g. job next to one another, it can be beneficial to wear the HR monitor on the other wrist or to increase the distance to one's training partner.

Warranty

We provide a two-year warranty from the date of purchase for material and manufacturing defects in the product.

The warranty is not valid:

- in the event of damages due to improper use
- for wearable parts such as batteries or the wrist band
- for defects that are already known to the customer at the time of purchase
- due to fault on the customer's part

The warranty does not affect the customer's legal assurances. Proof of purchase is to be provided by the customer for the assertion of a warrant claim within the period of warranty. The warranty is to be asserted within a time frame of two years from the date of purchase vis-à-vis Beurer GmbH and Co. KG, 89077 Ulm, Germany. In the event of warranty, the customer is entitled to the repair of the product at our own workshops or at those authorized by us.

LIST OF ABBREVIATIONS

Abbreviations on the display in alphabetical order:

Abbreviation	English
AGE	Age
Alarm	Alarm
AMR	Calories needed for the activity
AVG	Average heart rate during training
AVG Run	Average heart rate during training
BMR	Basal Metabolism
BPM	Heart beats per minute
bPM AVG	Average heart rate during training, beats per minute
bPM Hrmax	Maximal heart rate during training, beats per minute
cm/inch	Centimeter/Inch
Day	Day
FitTest	Fitness Test
f	female
Fat[g]	Fat in gram
Fri	Friday
Gender	Gender
Height	Height
Hi	Time above the training zone
Hi limit	Highest training limit
Hour	Hour
HR	Heart Rate
HRmax	Max. heart rate during training
In	Time within the training zone
[Kcal]	Calorie consumption in Kcal
kg	Kilogram
kg/lb	Kilogram/pound
lap	Lap
Limits	Training limits
Lo	Time below the training zone

Abbreviation	English
Lo limit	Lowest training limit
m	male
MaxHR	Maximum Heart Rate (formula: 220 - age)
Minute	Minute
[min]	Minute
Mon	Monday
Month	Month
Reset	Reset values to zero
Result	Result
Run	Run time is measured
Sat	Saturday
Setting	Settings (Menu)
SEt	Setting
Start	Start
Stop	Stop
Sun	Sunday
Time	Time (Menu)
Thu	Thursday
Training	Training (Menu)
Tue	Tuesday
Units	Units
User	User
VO ₂ max	Maximal Amount of Oxygen
Wed	Wednesday
Weight	Weight
Year	Year

INDEX

A

Accessories 5
Alarm Clock 13
Application 4

B

Basic settings 16
Buttons 12

C

Care 5
Cleaning 5
Conduct fitness test 32

D

Display 13
Display fitness values 33
Display lap results 30
Display training data 27
Disposal 5
Distortion and interference 38

F

Fitness index 31
Fitness test 31
FitTest (Menu) 15

G

Getting started 10

L

Lap Result (Menu) 15
Lap results 30
List of abbreviations 40

M

Main display 15
Menus 14
Methods of Device Measurement 9

N

Notes 4

P

Pacemakers 4
PC Software EasyFit 7
Power saving mode 14

R

Record laps 25
Recording 23
Recording of training 23
Repair 5
Replacing the batteries 37
Reset 26
Reset recording 26
Reset stopwatch 26
Result (Menu) 15
Results 27

S

Scope of delivery 3
Set alarm clock 22
Set date 20
Set time of day and date 20
Set training zone 18
Set units 19
Setting (Menu) 15
Stop run times 24
Stopwatch 24
Symbol 13

T

Technical specifications 37
Time (Menu) 15
Training 6
Training (Menu) 15
Transmission of Signal from the
Devices 9

W

Warranty 39
Watch settings 20

INHALTSVERZEICHNIS

Lieferumfang	43
Wichtige Hinweise	44
Allgemeines zum Training	46
Funktionen der Herzfrequenz-Pulsuhr	48
Signalübertragung und Messprinzipien der Geräte	49
Inbetriebnahme	49
Anlegen der Pulsuhr	49
Aktivieren der Pulsuhr aus dem Stromsparmmodus	49
Anlegen des Brustgurtes	50
Allgemeine Bedienung der Pulsuhr	51
Knöpfe der Pulsuhr	51
Display	52
Menüs	53
Grundeinstellungen	55
Übersicht	55
Persönliche Daten eingeben	55
Trainingszone einstellen	57
Einheiten einstellen	58
Uhr-Einstellungen	59
Übersicht	59
Uhrzeit und Datum einstellen	59
Weckalarm einstellen	61
Trainingsaufzeichnung	62
Übersicht	62
Laufzeiten stoppen	63
Runden aufzeichnen	64
Aufzeichnung zurücksetzen (Reset)	65

Ergebnisse	66
Übersicht	66
Trainingsdaten anzeigen	66
Runden-Ergebnisse	68
Übersicht	68
Runden-Ergebnisse anzeigen	68
Fitnessstest	69
Übersicht	69
Fitnessstest durchführen	70
Fitnesswerte anzeigen	71
EasyFit Software	73
Technische Daten, Batterien und Garantie	75
Abkürzungsverzeichnis	78
Stichwortverzeichnis	80

LIEFERUMFANG

Herzfrequenz-Pulsuhr mit Armband	
Brustgurt	
Elastischer Spannungsgurt (verstellbar)	
Fahrradhalterung	
Aufbewahrungsbox	
PC-Software EasyFit (Mini CD) und PC-Schnittstellenkabel (USB)	

Zusätzlich:

- Gebrauchsanleitung und separate Kurzanleitung

WICHTIGE HINWEISE

Lesen Sie diese Gebrauchsanleitung sorgfältig durch, bewahren Sie sie auf und machen Sie diese auch anderen Personen zugänglich.



Training

- Dieses Produkt ist kein medizinisches Gerät. Es ist ein Trainingsinstrument, welches für die Messung und Darstellung der menschlichen Herzfrequenz entwickelt wurde.
- Beachten Sie bei Risiko-Sportarten, dass die Verwendung der Pulsuhr eine zusätzliche Verletzungsquelle darstellen kann.
- Bitte erkundigen Sie sich im Zweifelsfall oder bei Krankheiten bei Ihrem behandelnden Arzt über Ihre eigenen Werte bezüglich oberer und unterer Trainings-Herzfrequenz, sowie Dauer und Häufigkeit des Trainings. Somit können Sie optimale Ergebnisse beim Training erzielen.
- **ACHTUNG:** Personen mit Herz- und Kreislaufkrankheiten oder Träger von Herzschrittmachern sollten diese Herzfrequenzmessuhr nur nach Rücksprache mit ihrem Arzt verwenden.



Verwendungszweck

- Das Gerät ist nur für den privaten Gebrauch bestimmt.
- Dieses Gerät darf nur für den Zweck verwendet werden, für den es entwickelt wurde, und auf die in der Gebrauchsanleitung angegebene Art und Weise. Jeder unsachgemäße Gebrauch kann gefährlich sein. Der Hersteller haftet nicht für Schäden, die durch unsachgemäßen oder falschen Gebrauch verursacht wurden.
- Diese Pulsuhr ist wasserdicht. (siehe Kapitel „Technische Daten“)
- Es können elektromagnetische Interferenzen auftreten. (siehe Kapitel „Technische Daten“)

Reinigung und Pflege

- Reinigen Sie Brustgurt, elastisches Brustband und Pulsuhr von Zeit zu Zeit sorgfältig mit einer Seifenwasserlösung. Spülen Sie alle Teile dann mit klarem Wasser ab. Trocknen Sie sie sorgfältig mit einem weichen Tuch ab. Das elastische Brustband können Sie in der Waschmaschine bei 30° ohne Weichspüler waschen. Das Brustband ist nicht für den Wäschetrockner geeignet!
- Bewahren Sie den Brustgurt an einem sauberen und trockenen Ort auf. Schmutz beeinträchtigt die Elastizität und die Funktion des Senders. Schweiß und Feuchtigkeit können bewirken, dass durch Feuchtigkeit der Elektroden der Sender aktiviert bleibt, wodurch sich die Lebensdauer der Batterie verkürzt.

Reparatur, Zubehör und Entsorgung

- Vor dem Gebrauch ist sicherzustellen, dass das Gerät und Zubehör keine sichtbaren Schäden aufweisen. Benutzen Sie es im Zweifelsfall nicht und wenden Sie sich an Ihren Händler oder an die angegebene Kundendienstadresse.
- Reparaturen dürfen nur vom Kundendienst oder autorisierten Händlern durchgeführt werden. Versuchen Sie in keinem Fall, das Gerät selbständig zu reparieren!
- Benutzen Sie das Gerät nur mit den mitgelieferten Zubehörteilen.
- Vermeiden Sie Kontakt mit Sonnencremes oder ähnlichem, da diese den Aufdruck oder die Kunststoffteile beschädigen könnten.
- Bitte entsorgen Sie das Gerät gemäß der Elektro- und Elektronik Altgeräte Verordnung 2002/96/EC – WEEE (Waste Electrical and Electronic Equipment). Bei Rückfragen wenden Sie sich bitte an die für die Entsorgung zuständige kommunale Behörde.

ALLGEMEINES ZUM TRAINING

Diese Pulsuhr dient zur Erfassung des Pulses beim Menschen. Durch die verschiedenen Einstellmöglichkeiten können Sie Ihr individuelles Trainingsprogramm unterstützen und den Puls überwachen. Sie sollten Ihren Puls beim Training überwachen, weil Sie zum einen Ihr Herz vor Überlastung schützen sollten und zum anderen, um einen optimalen Trainingseffekt zu erzielen. Die Tabelle gibt Ihnen einige Hinweise zur Auswahl Ihrer Trainingszone. Die maximale Herzfrequenz verringert sich mit zunehmendem Alter. Angaben zum Trainingspuls müssen deshalb immer in Abhängigkeit zur maximalen Herzfrequenz stehen. Zur Bestimmung der maximalen Herzfrequenz gilt die Faustformel:

220 - Lebensalter = maximale Herzfrequenz

Folgendes Beispiel gilt für eine 40-jährige Person: $220 - 40 = 180$

	Herz-Gesundheitszone	Fettverbrennungszone	Fitnesszone	Kraftausdauerbereich	Anerobes Training
Anteil der max. Herzfrequenz	50 - 60%	60 - 70%	70 - 80%	80 - 90%	90 - 100%
Auswirkung	Stärkung Herz-Kreislaufsystem	Körper verbrennt prozentual die meisten Kalorien aus Fett. Trainiert Herz-Kreislaufsystem, verbessert Fitness	Verbessert Atmung und Kreislauf. Optimal zur Steigerung der Grundlagen-Ausdauer.	Verbessert Tempohärte und steigert die Grundgeschwindigkeit.	Überlastet gezielt Muskulatur. Hohes Verletzungsrisiko für Freizeitsportler, bei Erkrankung: Gefahr fürs Herz
Für wen geeignet?	Ideal für Anfänger	Gewichtskontrolle, -reduktion	Freizeitsportler	Ambitionierte Freizeitsportler, Leistungssportler	Nur Leistungssportler
Training	Regeneratives Training		Fitness-Training	Kraftausdauer-Training	Entwicklungs-bereichstraining

Wie Sie Ihre individuelle Trainingszone einstellen, lesen Sie im Kapitel "Grundeinstellungen", Abschnitt "Trainingszone einstellen". Wie die Pulsuhr Ihre individuellen Grenzen des Trainingszonenvorschlags über den Fitnessstest automatisch einstellt, lesen Sie im Kapitel "Fitnessstest".

Auswertung des Trainings

Mit der PC-Software **EasyFit** können Sie die Ergebnisse der Uhr übernehmen und auf vielfältige Weise auswerten. Zudem verfügt **EasyFit** über nützliche Kalender und Verwaltungsfunktionen, die ein optimales Training, auch über längere Zeiträume, unterstützen. Mit der Software können Sie darüber hinaus Ihr Gewichtsmanagement steuern und überwachen.

FUNKTIONEN DER HERZFREQUENZ-PULSUHR

Puls-Funktionen

- EKG-genaue Herzfrequenz-Messung
- Übertragung: analog
- Individuelle Trainingszone einstellbar
- Akustischer und visueller Alarm beim Verlassen der Trainingszone
- Durchschnittliche Herzfrequenz (Average)
- Maximale Trainingsherzfrequenz
- Kalorienverbrauch in Kcal (Basis Joggen)
- Fettverbrennung in g/oz

Einstellungen

- Geschlecht
- Gewicht
- Gewichtseinheit kg/lb
- Körpergröße
- Körpergrößeneinheit cm/inch
- Alter
- Maximale Herzfrequenz

Zeit-Funktionen

- Uhrzeit
- Kalender (bis Jahr 2020) und Wochentag
- Datum
- Alarm / Wecker
- Stoppuhr
- 50 Rundenzeiten zu je 10 Stunden, Abruf alle zusammen oder jede einzeln.
Anzeige von Rundenzeit und durchschnittlicher Herzfrequenz

Fitnessstest

- Fitnessindex mit Interpretation
- Maximales Sauerstoff-Atemvolumen ($VO_2\text{max}$)
- Grundumsatz (BMR)
- Aktivitätumsatz (AMR)
- Maximale Herzfrequenz berechnet
- Trainingszonen-Vorschlag

SIGNALÜBERTRAGUNG UND MESSPRINZIPIEN DER GERÄTE

Empfangsbereich der Pulsuhr

Ihre Pulsuhr empfängt die Pulssignale des Brustgurt-Senders innerhalb von 70 Zentimetern.

Sensoren des Brustgurtes

Der gesamte Brustgurt besteht aus zwei Teilen: dem eigentlichen Brustgurt und einem elastischen Spanngurt. Auf der am Körper anliegenden Innenseite des Brustgurtes befinden sich in der Mitte zwei rechteckige, gerippte Sensoren. Beide Sensoren erfassen Ihre Herzfrequenz EKG-genau und senden diese an die Pulsuhr weiter.

INBETRIEBNAHME

Anlegen der Pulsuhr

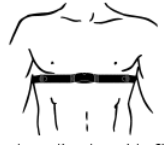
Ihre Pulsuhr können Sie wie eine Armbanduhr tragen. Um die Pulsuhr an einer Fahrrad-Lenkstange zu montieren, stecken Sie die mitgelieferte Halterung auf die Lenkstange. Befestigen Sie die Pulsuhr um die Halterung so fest, dass diese beim Fahren nicht rutschen kann.

Aktivieren der Pulsuhr aus dem Stromsparmodus

Sie können Ihre Pulsuhr mit einem beliebigen Knopf aktivieren. Wenn die Pulsuhr ca. 5 Minuten lang kein Signal empfängt, schaltet die Uhr in den Stromsparmodus. Es wird dann nur die aktuelle Uhrzeit angezeigt. Drücken Sie einen beliebigen Knopf, um die Uhr wieder zu aktivieren.

Anlegen des Brustgurt

- Befestigen Sie den Brustgurt am elastischen Spanngurt. Stellen Sie die Gurtlänge so ein, dass der Gurt gut, jedoch nicht zu locker oder zu eng anliegt. Legen Sie den Gurt so um die Brust, dass das Logo nach außen zeigt und in der richtigen Position direkt auf dem Brustbein anliegt. Bei Männern sollte sich der Brustgurt direkt unter dem Brustmuskel, bei Frauen direkt unter dem Brustansatz befinden.



- Da nicht sofort ein optimaler Kontakt zwischen Haut und Pulssensoren hergestellt werden kann, kann es einige Zeit dauern, bis der Puls gemessen und angezeigt wird. Verändern Sie gegebenenfalls die Position des Senders, um einen optimalen Kontakt zu erhalten. Durch Schweißbildung unterhalb des Brustgurt wird meist ein ausreichend guter Kontakt erreicht. Sie können jedoch auch die Kontaktstellen der Innenseite des Brustgurt befeuchten. Heben Sie dazu den Brustgurt leicht von der Haut ab und befeuchten Sie die beiden Sensoren leicht mit Speichel, Wasser oder EKG-Gel (erhältlich in der Apotheke). Der Kontakt zwischen Haut und Brustgurt darf auch bei größeren Bewegungen des Brustkorbs, wie zum Beispiel bei tiefen Atemzügen, nicht unterbrochen werden. Starke Brustbehaarung kann den Kontakt stören oder sogar verhindern.
- Legen Sie den Brustgurt bereits einige Minuten vor dem Start an, um ihn auf die Körpertemperatur zu erwärmen und einen optimalen Kontakt herzustellen.

