

SH165

Pedometer Heart Rate Watch

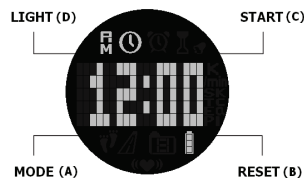


Introduction to the SH165 Pedometer Heart Rate Monitor Watch

The SH165 pedometer heart watch set consists of the following items:

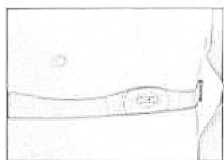
Wrist Unit

The wrist unit displays your heart rate, burnt calories, exercise time, and other exercise information while exercise recording. You can also wear it as a watch.



Chest Belt Transmitter with Elastic Strap

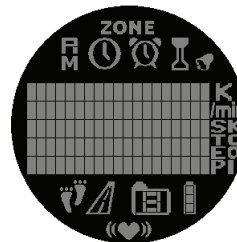
Wear the transmitter on your chest while exercising. The elastic strap holds the transmitter around your chest. The electrode areas are on the back of the transmitter. The electrodes detect your heart rate continuously and transmit it to the wrist unit.



Owner Manual

This Owner Manual contains the necessary information on using your SH165 pedometer heart rate watch. Please read the manual carefully before usage.

LCD Full Segment



TECHNICAL SPECIFICATION

WRIST UNIT

Battery type: CR 2032
 Battery life: Average 1 year
 Operating temperature: 14 °F to 122 °F / -10 °C to +50 °C
 Water resistance: 100 feet/ 30 meters
 Wrist strap material : Polyurethane
 Back cover and wrist strap buckle: Stainless steel complying
 Watch accuracy : better than ± 1 seconds/day at 77 °F/ 25 °C temperature.
 Accuracy of heart rate measurement : ± 1% or ± 1 bpm
 Accuracy of step measurement : ± 3%

TRANSMITTER

Battery life: Average 350 hours of use
 Battery type: CR2032
 Operating temperature: 14 °F to 122 °F / -10 °C to +50 °C
 Transmitter material: Natural rubber
 Water resistance: 33 feet / 10 meters

Main Mode

Clock Mode (Default: 12:00 AM, 1-Jan-11)



↓A

Daily Alarm Mode (Default: 8:00 AM, OFF)



↓A

Stopwatch Mode (Max: 99hr59min)



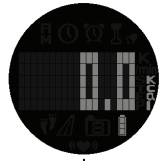
↓A

Pedometer Mode (Current day, Range: 0 ~ 99999 step)



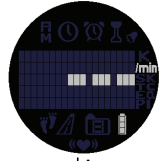
↓A

Daily Calories Consumption Mode (Default: 0.0 kcal, Range 0 ~ 999.9 kcal & 1000 ~ 99999 kcal)



↓A

Heart Rate Mode (Default HR reception is off)



↓A

Memory Mode (6 days memory record)



↓A

Setup Mode



↓A

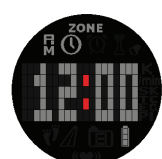
Back to Clock Mode

Clock Mode

Local Time



Zone Time



← C 2

↓B

Date and Month



↓ After 3s or B

Weekday (MON, TUE, WED, THU, FRI, SAT & SUN)



↓ After 3s or B

Back to Local Time/ Zone Time

Clock Setting Mode

Current Time



↓A_2

Set Hour Format (Default: 12hr, selection: 12/ 24)



← B or C



↓A

Set Hour



Press B or C to adjust the value

↓A

Set Minute

(Second will be reset to 00 if the minute is being adjusted)



Press B or C to adjust the value

↓A

Set Year (Default: 2011, Range 2000 ~ 2099)



Press B or C to adjust the value

↓A

Set Day Month Format (Default: D/M, Selection: D/M or M/D)



Or



Press B or C to adjust the value

↓A

Set Month (Default: 01, selection: 01 ~ 12)



Press B or C to adjust the value

↓A

Set Day (Default: 1, selection: 1 ~ 31)



Press B or C to adjust the value

↓A

Set Zone Time Offset (Default: 0hr, Range +23hr ~ -23hr)



Press B or C to adjust the value

↓A

Loop back to Set Hour Format and start the loop again

Remark:

- If there is no key press or key hold for 60s, it will go back to Clock Mode and all previous data will be kept.
- Press and hold A_2 to quit setting mode immediately.

Daily Alarm Mode

Daily Alarm Mode (Default: Off)



↓ B or C

Toggle Daily Alarm status



Daily Alarm Setting Mode

Daily Alarm Mode (Default: 8am, Off)



↓A_2

Set Alarm Hour (Default: 8am, selection 0 ~ 23)



Press B or C to adjust the value

↓A

Set Alarm Minute



Press B or C to adjust the value

↓A

Loop back to Set Hour Format and start the loop again

Remark:

- If there is no key press or key hold for 60s, it will go back to Alarm Mode and all previous data will be kept.
- Press and hold A_2 to quit setting mode immediately.
- Daily Alarm will be enabled automatically when the setting is being changed.

Chronograph Mode

Chronograph Mode (Max: 99hr59min)



↓ C

Chronograph start



↓ After 1 hr 30 min



↓ C

Chronograph Stopped



↓ B_2

Chronograph Reset



Remark:

- Once chronograph is not running and there is no key press or key hold for 60s, it will go back to Clock mode automatically.
- The maximum time of chronograph is 99hr59min, if it is reached, a 3-beep alert is outputted and the chronograph is stopped automatically.

Pedometer Mode

Step Count display
(Default: 0 Step, Range 0 step ~ 99999 steps)



↓ B

Distance display
(Default: 0.00Km/ Miles, Range: 0.00Km/ Miles to 999.9Km/ 621.9 Miles)



↓ B

Pedometer Exercise Time display
(Default: 0Hr 00Min, Range: 0Hr 00Min ~ 23Hr 59Min)



↓ B

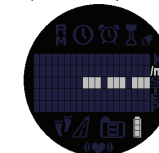
Back to Step Count display

Remark:

- In any pedometer mode display, press B_2 will reset all pedometer values to zero.
- At 12am, the step count, distance & exercise time are reset to zero automatically.
- If distance is over 100km or 100Mile, it has 1 decimal place only.

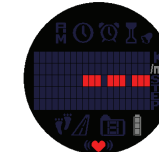
Heart Rate Mode

Heart Rate Main Mode
(Default HR reception: Off)

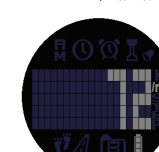


↓ After 3s

HR reception is enabled automatically
(* - - - is flashing at 2Hz, HR icon is flashing when HR pulse is received)



↓ After heart rate reading is gotten



↓ B

Average HR display
(Range: 30bpm ~ 240bpm)



↓ B

Maximum HR display
(Range: 30bpm ~ 240bpm)



↓ B

HR calories display
(Maximum range: 9999 Kcal)



↓ B

Remark:

- Once HR reception is enabled, the HR calorie is reset to zero automatically.
- In HR calories display, press B_2 can reset HR calorie to zero. However, the calories consumption due to previous Heart rate section is still recorded in the Daily Calories Consumption Mode.
- If there is no Heart rate signal received for 4 minutes, the Heart rate reception is disabled automatically.
- If HR reception is disabled and there is no key press or hold for 60 seconds, it will time out to Clock mode automatically.
- If HR calorie is over 9999 Kcal, the HR calories display can only display 9999 Kcal. However, the calories consumption in Daily Calories Consumption mode is still increased.
- If HR reception is enabled, the HR calories calculation will substitute the pedometer calories calculation in Daily Calories Consumption Mode.
- In any HR display, press C_2 can toggle the HR alert enable/disable status.

- When the HR alert is enabled and the HR is below/ above the Lower/ Upper limit, the HR alert icon is flashing at 2Hz and alert sound is outputted.
 - Above Zone alert : 2 beeps in 1 second
 - In Zone : No beep sound
 - Below Zone alert : 1 beep in 1 second

- In any HR display, press A_2 will enter Heart Rate Setting mode.

Heart Rate Setting mode

In Any HR mode

↓ A_2

Set HR Alert Upper Limit
(Default: 180 bpm, range: HR Alert Lower Limit + 1 (Min.= 31) to 240)



Press B or C to adjust the value

↓ A

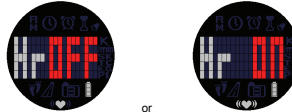
Set HR Alert Lower Limit
(Default: 90 bpm, range: 30 to HR Alert Upper Limit - 1 (Max.= 239))



Press B or C to adjust the value

↓ A

Set HR Alert On/ Off
(Default: Off, Selection: On or Off)



Press B or C to select

↓ A

Loop back to Set HR Alert Upper Limit

Daily Calories Consumption Mode

(Default: 0.0 kcal, Range 0 ~ 999.9 kcal & 1000 ~ 99999 kcal)



Remark:

- Press B_2 will reset the Daily Calories Consumption to zero.
- At 12am, the Daily Calories Consumption is reset to zero automatically.
- If HR reception is enabled, the HR calories calculation will substitute the pedometer calories calculation in Daily Calories Consumption Mode.

Memory Mode (6 days memory record)



↓ C

Step Count in Record 1 (One Day Ago)
(Default: 0 Step, Range 0 step ~ 99999 steps)



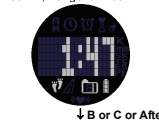
↓ B or C or After 3s

Distance in Record 1
(Default: 0.00Km/ Miles, Range: 0.00Km/ Miles to 999.9Km/ 621.9 Miles)



↓ B or C or After 3s

Pedometer Exercise Time in Record 1
(Default: 0Hr 00Min, Range: 0Hr 00Min ~ 23Hr 59Min)



↓ B or C or After 3s

Average Heart Rate in Record 1

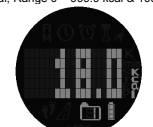


↓ B or C or After 3s



↓ B or C or After 3s

Daily Calories Consumption in Record 1
(Default: 0.0 kcal, Range 0 ~ 999.9 kcal & 1000 ~ 99999 kcal)



↓ B or C or After 3s

Back to Step Count record

Remark:

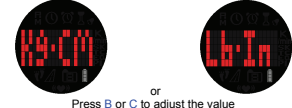
- Press A to quit the Memory Mode and go to the Setup Mode.
- In memory mode display, press B_2 can clear all memory records.
- If there is no key press or key hold for 60s, it will go back to Clock mode and all previous data will be kept.

Setup Mode



↓ A_2

Set Unit (Default: Kg/ cm, Selection: Kg/ cm or Lb/ inch)



Press B or C to adjust the value

↓ A

Set Height (Default: 170cm, Range: 100cm ~ 240cm)
(Default: 5' 7", Range: 3' 3" ~ 7' 10")



Press B or C to adjust the value

↓ A

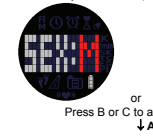
Set Weight (Default: 60 kg, Range: 20kg ~ 220kg)
(Default: 132lb, Range: 44lb ~ 485lb)



B or C to adjust the value

↓ A

Set Gender (Default: Male, selection: Male or Female)



Press B or C to adjust the value

↓ A

Set Age (Default: 30, Range: 10 ~ 99)



Press B or C to adjust the value

↓ A

Set Stride Length (Default: 75cm, Range: 10cm ~ 300cm)
(Default: 2' 6", Range: 0' 4" ~ 7' 10")



B or C to adjust the value

↓ A

Back to Set Unit and start the loop again or A_2 to quit immediately.

Remark:

- If there is no key press or key hold for 60s, it will go back to Clock Mode and all previous data will be kept.
- Press and hold A_2 to quit to Clock mode immediately.