GEONAUTE

réf. notice : 1504.705

We congratulate you on your purchase of this On Rhythm 100 heart rate monitor. You run, skate, swim, above all to maintain your figure.

EN

The On Rhythm 100 is an extremely useful multisport product. It helps you optimize your level of exercise by monitoring your heart rate. During your effort, therefore, you can analyze the reactions of your body and adjust the intensity of your training to your objectives.

The design and comfort of this product have also been carefully designed to suit all morphologies in the practice of the greatest number of sports.

Limited guarantee

OXYLANE guarantees the initial purchaser of this product that it is free from defects of material or workmanship.

This product is guaranteed for two years from the purchase date. Please keep your receipt as proof of purchase.

The guarantee does not cover:

• damage resulting from misuse, from a failure to respect the precautions for use, from accidents, from improper maintenance or from commercial use of the product.

• damage resulting from repairs carried out by persons not authorised by OXYLANE.

• batteries or casings which are cracked or broken or which show signs of impacts.

• 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.

Precautions

Normal conditions of use: This heart rate monitor consists of a watch and a pectoral belt. The watch is designed to be worn on the wrist or on its bicycle support during the practice of various light sports in a temperate climate. It indicates time and date and measures intervals of time manually with its stopwatch function. The pectoral belt must be placed on the chest. If it is positioned correctly, it transmits information on your heart rate to the watch. If placed in the reception cone, the watch then displays your heart rate and sounds an alarm if you exceed the "target zone" that you are able to program yourself.

The purpose of this information is the planning and optimization of your shape-up program or training.

Restrictions on use / guidelines governing use

• Waterproof design: The watch is waterproof to 5 atmospheres. It can therefore be use in humid conditions, in heavy rain, in the shower and for swimming. However, avoid diving and wearing the watch at a depth of below 5 meters. Do not operate the buttons underwater.

• The chest belt is only "water resistant". It is therefore impermeable to sweat and can be used in rain or under damp clothing. It must not be worn in the shower or when swimming, however.

• Treat the watch with care; do not drop it or bang it.

• Do not dismantle the watch. This will render the guarantee invalid and could cause damage and loss of waterproofing.

• Please read guidelines carefully before use. Retain these guidelines for as long as you have the watch.

• Do not operate the buttons under water and do not go beyond the depth indicated in the following table with the watch.

• Do not subject the watch to extremes of temperature. If the watch is subjected to direct sunlight for a long period, the display may darken temporarily, but will go back to normal once the temperature has dropped again.

• Do not operate the buttons under water and do not go beyond the depth indicated in the following table with the watch.

• Do not subject the watch to extremes of temperature. If the watch is subjected to direct sunlight for a long period, the display may darken temporarily, but will go back to normal once the temperature has dropped again.

• Clean the watch and the belt with a soft, damp cloth only. Do not use detergents since they may damage the materials of your watch. Only the elastic of the belt may be machine washed (30°).

⚠ CAUTION!!!

This device is designed for use in sports and leisure activities. This is not a medical monitoring device. The information provided by this device or this booklet are for information only and must not be used for monitoring a pathology except after consultation with and the agreement of your physician.

Even athletes in good health must take into account that the determination of your maximum heart rate and your personal training zone is a vital element in the scheduling of effective, risk-free training. The advice of your physician or health professional is recommended for determining your maximum heart rate, your upper and lower cardiac limits and the frequency and duration of exercise adjusted for your age, physical condition and targeted results.

Finally, because of possible disturbances generated by the radio transmission system, we do not recommend that persons who wear pacemakers use a heart rate monitor utilizing this technology, like the **On Rhythm 100**.

Not taking these precautions may entail serious risk.

Wearing the chest belt.

The chest belt acts as a sensor and emitter. It measures the differences in potential created on the surface of the skin by the beating of your heart. Then it sends this information to the watch by radio signal.


Measurement sensors
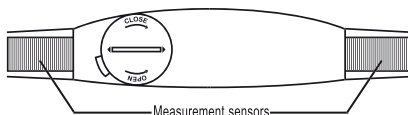
The quality and precision of the measurements depends on correct positioning, but also the comfort during practice.

As indicated in drawing 1, the sensors are the surfaces of black rubber on both sides of the central part.

Installation procedure:

1 Wet the sensors with water or a water-based conducting gel
   to ensure good contact
2 Introduce one rib of the elastic into one of the holes on the belt
   provided for this purpose.
3 Attach the belt around the chest, then position
   the belt just below the pectoral muscles with
   one of the sensors under the heart and
   the other under the right pectoral.
4 Adjust the length of the elastic so that
   it holds firmly but is still comfortable.
   The belt must not move around if you jump
   or move your arms.
5 Check the positioning of the belt
   by bringing it to 50 cm from the watch.
   The heart rate should flash on the
   display. If it does not flash normally:
- reduce the distance between the belt
   and watch
- adjust the position of the belt and
   wet the sensors well
- check that the batteries are good,
    especially in the belt
- go to **cardio** mode (see paragraphs 6 and 7 for procedure)
   and press **S1** to test the connection
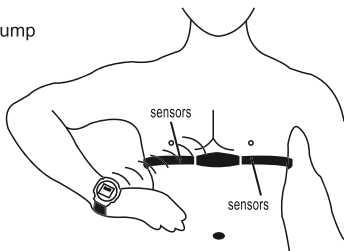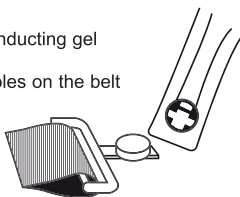
sensors

sensors

⚠ CAUTION!!!

Avoid positioning the sensors in areas that are too hairy.
In cold and dry climates, the belt may need several minutes to function correctly.
This is normal because sensors need a film of sweat to ensure contact with
the skin.
When it first begins measuring, the watch may indicate very elevated values for
about for about 20 seconds. This is because the algorithm is initializing. The
display will stabilize at correct values after this interval of time.
Take precautions when fixing the elastic strap in the hole of the belt provided for this
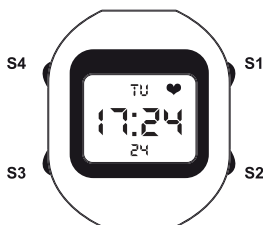purpose. Maintain the ergot by placing your finger behind the belt

Navigation system

The On rhythm 100 heart rate monitor has 3 functioning modes – the hour,
cardio and stopwatch modes. You go from one to the other by pressing **S3**.

TIME	—**S3**→	**PULS**	—**S3**→	**CHRONO**
Time of day function		Heart rate function		Stopwatch function

S3
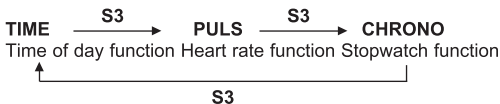
Explanation of each mode

1 - Time mode (TIME):

S1 : Date display
S2 : Settings mode (keep pressed down for 3 seconds)
S3 : Go to **cardio** mode
S4 : Electroluminescence

## Setting of the time, date and 12/24h mode.

- In time mode **(TIME)**, press **S2** for 3 seconds. The word **HOLD** is displayed for 2 seconds.
- The hours display will flash
- Press **S1** to set the time (keep the button pressed down to make the numbers scroll more rapidly)
- When the hours number is set, press **S3** each time to set, in the same fashion:
-> the minutes (press **S1** to make the numerals scroll),
-> the year (press **S1** make the numerals scroll, setting of year from 2000 to 2039),
-> the month (press **S1** to make the numerals scroll),
-> the day (press **S1** to make the numerals scroll),
-> the day of the week (press **S1** to make the dates scroll),
-> the 12/24h display (press **S1** to go from 12h mode to 24h mode and vice versa.)

Press **S2** to exit settings mode (the numerals for the seconds return automatically to 0)

Note:
If no button is pressed for 2 or 3 seconds in the settings mode, the watch will automatically return to normal time mode

2- Cardio mode (PULS):
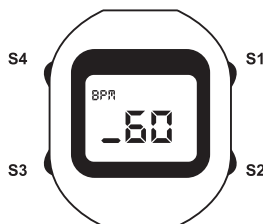
S1 : Test for connection with the belt
S2 : Set target zone (hold down for 3 seconds)
S3 : Go to stopwatch mode
S4 : Electroluminescence

Using the heart rate monitor:

See **paragraph "Wearing the chest belt"** for positioning the belt.
Once everything is installed, bring the watch to within less than 50 cm of the belt and then press **S1** to test the connection.
-> The heart on the display begins to flash and a value is displayed.

⚠ **CAUTION!!!**
Disregard the values indicated before the device stabilizes (about 20 seconds). This is the time necessary for the calculation algorithm to provide smooth, reliable numbers.

⚠ **CAUTION!!!**
The pectoral belt does not have an encoded emitter; interference is to be expected if you are located too close (about 1 meter) to other heart monitor wearers.
If the radio connection between the watch and the belt is interrupted for more than 1 minute, " ---" will be displayed on the middle line. To reactivate the connection, press **S1**.

Setting the target zone:

In **cardio** mode **(PULS)**, press **S2** for more than 3 seconds (the word **HOLD** is displayed and then disappears) to return to the settings mode for the target zone.
The upper limit of the target zone is displayed and flashes with the indication "**HI**" at the bottom of the screen.
Set this upper limit by pressing **S1** (scroll rapidly by holding **S1** down)
Press **S3** successively to change the parameters to be set, in accordance with the following drawing:

```
        S3                    S3
Adjustment  ───▶  Adjustment  ───▶  Heart rate zone alarm
Upper limit       Lower limit             On/off
         ▲                                   │
         └──────────────────────────────────┘
                       S3
```
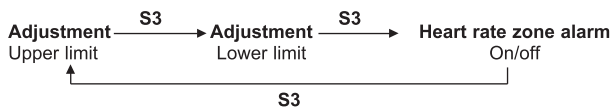

Fig. a   Fig. b

Then press **S1** to set the different values of the parameters.
When you have finished with all the settings, press **S2** to exit the settings mode.
In the **"cardio"** function, if the heart rate displayed is higher than the upper limit of the target zone, the display indicates this with the following symbol **(fig a.)**.
If it is lower than the lower limit, the symbol displayed is the one in **figure b**.
If the passing alarm is activated **(ON)**, the watch emits 1 beep every 6 seconds if the heart rate is **LOWER** than the target zone.
The watch emits 2 beeps every 6 seconds if the heart rate is **HIGHER** than the target zone.

⚠ **CAUTION!!!**
The lower and upper limits of the target zone can be set at 40 to 240 beats per minute. In the settings mode, if no buttons are pressed for 2 to 3 minutes, the watch will return automatically to **cardio** mode.

3 - Stopwatch mode (CHRONO):

S4

S1

S3

S2
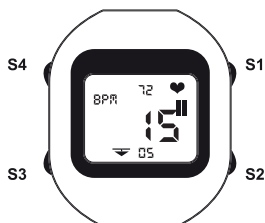
S1 : Start stopwatch, intermediate time
S2 : Stop stopwatch/ reset to 0
S3 : Go to time mode
S4 : Electroluminescence

⚠ **CAUTION!!!**
The following explanations as well as the diagrams on the screen assume that the user is wearing the chest belt and is using the heart rate monitor function in parallel. If this is not the case, the display of the heart rate on the upper line remains at – and no alarm will be triggered.
The stopwatch displays the minutes and seconds on the line in the middle and the 1/100 seconds on the bottom line up to 59'59'', then the hours and minutes on the middle line and the seconds on the bottom line.
On the top line, the watch displays the current heart rate of the user.

The stopwatch function:
In stopwatch mode (CHRONO)
Press **S1** to start the stopwatch
Press **S2** to stop the stopwatch
Press **S2** when the stopwatch has stopped to reset it to 0

Intermediate time:
In stopwatch mode,
Press **S1** to start the stopwatch
Press **S1** to measure the intermediate time (the letters CHR flash to indicate that the stopwatch is running). The intermediate time is displayed for about 10 seconds, and then the display returns to the current stopwatch value (attention, the values cannot be saved in memory)
Press **S1** to measure the following intermediate time
Press **S2** to stop the stopwatch (CHR stops it from flashing).

Specifications

Principle functions:
- Hour (12/24h display)
- Date
- Retroillumination
- Target zone with passing alarm
- Stopwatch to 1/100 of a second (up to 1h. precision 1 second afterwards)

- Waterproof design of watch: 5 ATM
- Waterproof design of belt: 1ATM

- Temperature: from –10°C (14°F) to +50°C (122°F)

- Batteries
- Watch: CR2032 (not to be changed by the user)
- Belt: CR2032
- Approximate useful life of the batteries with normal use
(5 hours of use per week):1 year

- Target zone: can be set at 40 to 240 beats per minute
- Radio transmission: amplitude modulation on carrier wave of 5 kHz

- Made in China

batteries: The battery used in the chest belt is a CR 2032
The battery used in the watch is a CR 2032

Watch: We recommend that you not change the watch batteries yourself, but rather have the job done by a specialized Kalenji repair shop. If you change the battery your-self, you may damage the seal and lose both the water tightness and guarantee on the product.
Please check the availability of the battery with your dealer before replacing it.

Pectoral belt: If the heart rate indications become inconsistent, or if the heart monitor light on the watch does not flash when it is close to the belt, it may be necessary to change the battery in the chest belt. You can easily change the belt battery yourself, without the aid of any particular tool.

Changing procedure:
1 Unscrew with the aid of a coin, then remove the cover of the battery compartment
2 Remove the old battery by tapping on the opposite side of the belt
3 Replace the used battery with a lithium 3V type CR2032 battery without touching it on its 2 terminals (it may discharge), with the +terminal (printed surface) up
4 Carefully replace the cover, then screw it down again by a quarter turn to the "closed" position
If there is a problem, contact your retailer..

CR2032
3V
+
CLOSE
OPEN

Battery

Contacts
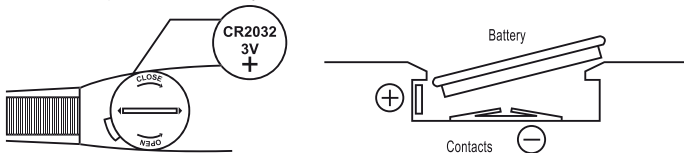
RECYCLING

The "crossed-out wastebasket" symbol indicates that this product and the batteries it contains cannot be disposed of with household waste. They are subject to a specific type of sorting. Deposit the batteries and your unusable electronic product in an authorized col-lection area for recycling. This treatment of your electronic waste will protect the environment and your health.
Take the batteries and unusable electronic products to an authorised collection area for recycling.

Problem	Cause
1 – Heart rate is not displayed.	1.1 – The electrodes are not moistened enough.
	1.2 – The belt is incorrectly positioned.
	1.3 – Belt battery low or flat.
2 – Watch display is faint or illegible.	2.1 – HRM watch battery is low.
3 – Heart rate displayed races or is unrealistically high.	3.1 – The device is capturing interference.
	3.2 – You are receiving another runner's heart rate data.
	3.3 – Belt is rubbing.
	3.4 – Poor conduction in dry and cold weather.
4 – Rate displayed at the start of a session is inconsistent.	4.1 – Algorithm is initialising.
5 – Product is malfunctioning.	5.1 – Buttons do not activate the right functions, or device appears to malfunction.
6 – Device beeps when the heart rate function is used.	6.1 – Target zone alarm is incorrectly set.

If you do not find a solution to your problem in this troubleshooting table, please contact Geonaute after-sales service.

	Operation / Procedure
	Moisten the electrodes using conducting aqueous gel or water.
	Check the positioning of the belt around your chest: it should be positioned as shown in the instruction leaflet.
	Bring the HRM watch and the belt closer together, check the above points, and then check transmission. If there is no transmission, change the belt battery as shown in the instruction leaflet.
	Please visit a Geonaute workshop to have your HRM battery changed.
	You may be in an area with a strong magnet field, a high voltage power line, radio communication equipment, etc. If this is the case, move away from this area. The belt does not have a coded transmitter. You will receive interference when less than 1 metre from other HRM users.
	Check that the belt is tightened and that the electrodes are moistened. Rubbing of the belt sends a signal different to that of a heart rate.
	During cold and dry weather, the product may give incorrect information for a few minutes. This is normal, as a film of perspiration is necessary for good contact between the electrodes and your skin.
	For around ten seconds, the displayed value may be inconsistent with your real heart rate. This is because the algorithm is initialising.
	Hold down buttons **S1**, **S2**, **S3** and **S4** together for 1 second to RESET the device. Now set the device as shown in the instruction leaflet.
	The target zone alarm is probably active and you are outside of the zone. See the instruction leaflet for details of how to set or deactivate the target zone alarm.

Principles of training

For reasons of effectiveness and safety, it is indispensable for you to know certain physiological parameters required for training. The advice that we provide here is intended for healthy, active persons who do not present any pathology. We strongly advise you to obtain the advice of your physician in order to establish your most precise training zone.

⚠ CAUTION!!!
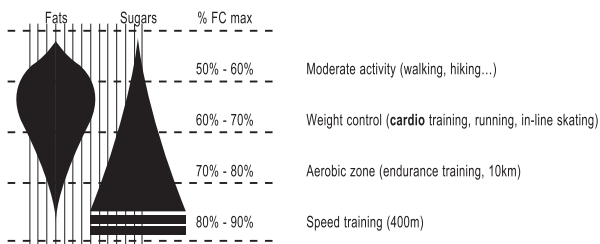Know your limits and do not exceed them !!

To optimize the benefits of your physical preparation, you must first know your maximum heart rate (FCmax) expressed in beats per minute (bpm)
The FCmax can be estimated by the following formula:
FCmax=220-your age

During a shape-up program, several training zones will give specific results corresponding to different objectives.
Depending on the intensity of the exercise, the percentage of the energy coming from the combustion of sugar and that coming from the combustion of fats changes

Fats	Sugars	% FC max	
		50% - 60%	Moderate activity (walking, hiking…)
		60% - 70%	Weight control (**cardio** training, running, in-line skating)
		70% - 80%	Aerobic zone (endurance training, 10km)
		80% - 90%	Speed training (400m)

Ex: A 40-year-old athlete who is training in order to maintain her figure and control her weight. She must optimize the part of her energy coming from the burning of fat. Her chosen training zone is 60-70% of her FCmax.

The lower and upper limits of the target zone are calculated by multiplying your FCmax by the limit percentages of the selected training zone.
This equation also measures your resting heart rate (FC rest), which you can simply measure with your heart rate monitor early in the morning when you wake up.

Limit of the target zone = FC rest+ intensity % *(FC max –FC rest)
FC max=220-40=180 bpm
FC rest = 60bpm
The upper limit of the target zone is
FC rest + 70%*(Fcmax-FC rest) = 60 + 70%*(180-60) =144 bpm
The lower limit of the target zone is
FC rest + 60%*(Fcmax-FC rest) = 60 + 60%*(180-60) =132 bpm

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• 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.

Contact

We would like to hear your views on the quality, functionality or usage of our products: www.geonaute.com
We will reply as soon as possible.

GEONAUTE.com

Compatible with/avec :
Cardio connect

myGEONAUTE.com