

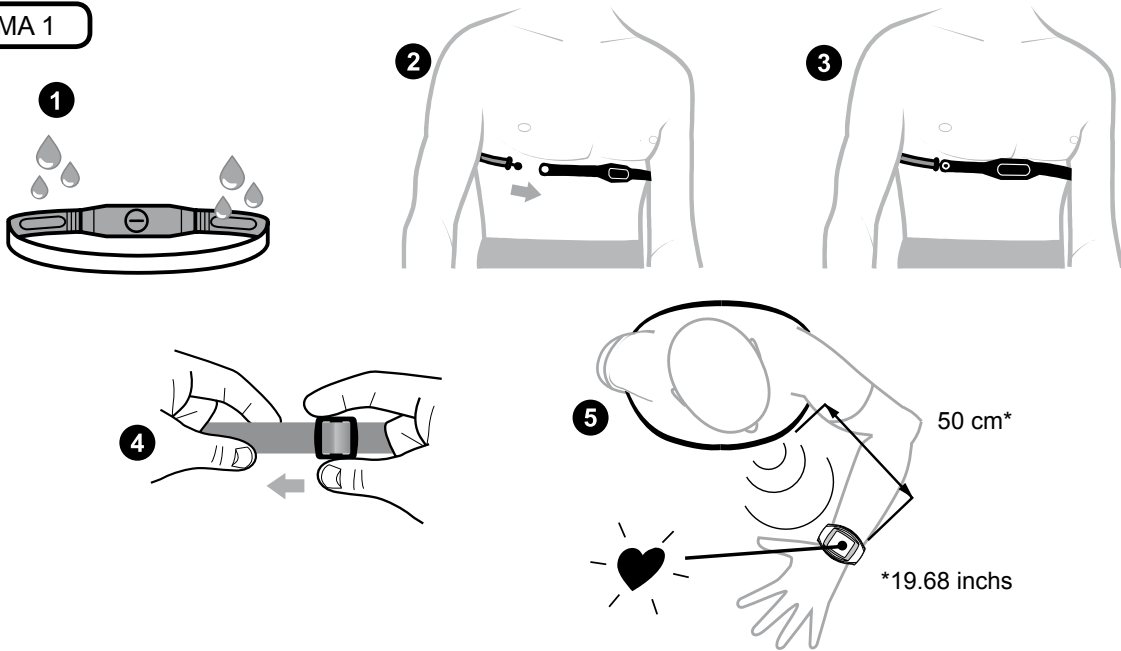
EN: Fitting procedure

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: 安裝步驟
ZT: 安裝步驟

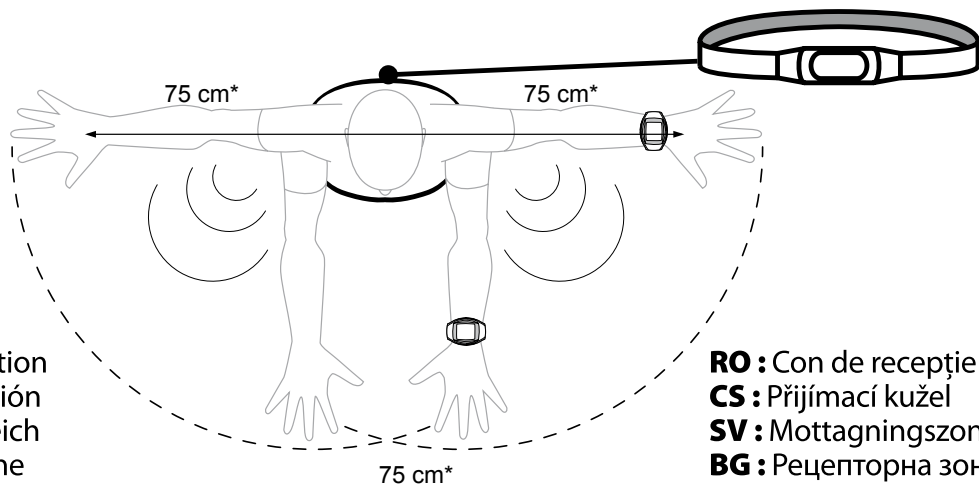
SCHEMA 1



EN: Reception area

SCHEMA 2

*29,50 inches



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

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

D : LIGHT

A: STR/STP

C : MODE

B : VIEW



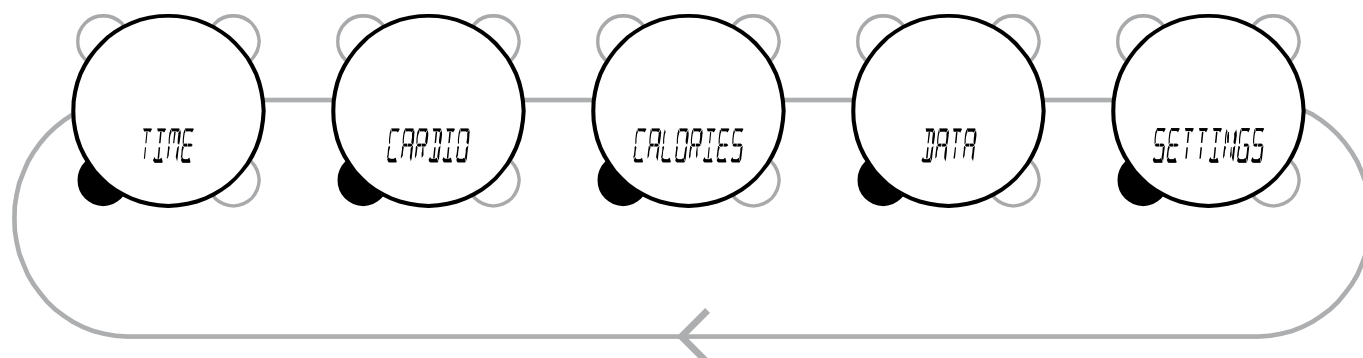
EN: Navigation diagram

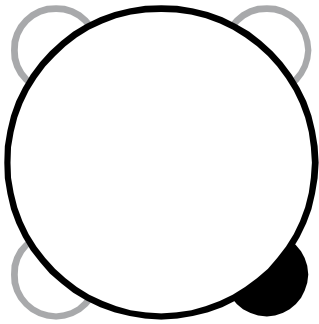
FR : Schéma de navigation
ES : Esquema de navegaci3n
DE : Navigationsschema
IT : Schema di navigazione
NL : Navigatieschema
PT : Esquema de navega33o

PL : Strefa odbioru
HU : Navigaci3 v3zlata
RU : Схема управления
RO : Schema de naviga3ie
CS : Naviga3n3 sch3ma
SV : Navigationsschema

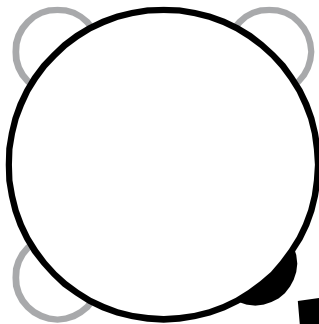
BG : Схема на навигация
TR : Navigasyon ŧeması
AR : مخطط الأبحار
ZH : 导航图解
ZT : 导航图解

SCHEMA 3



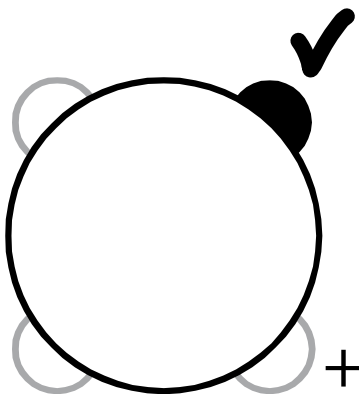


EN: Press once / **FR:** Appuyez 1 fois / **ES:** Pulse 1 vez / **DE:** 1 mal drücken / **IT:** Premere 1 volta / **NL:** 1 keer drukken / **PT:** Prima 1 vez / **PL:** Naciśnij 1 raz / **HU:** Nyomja meg egyszer / **RU:** Нажать 1 раз / **RO:** Apăsați 1 dată / **CS:** Stiskněte 1x / **SV:** Tryck en gång / **BG:** Натистене 1 път / **TR:** 1 kere basın / **AR:** واحدة اضغط 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 3 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 și ✓ 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 ?



EN: Condition for use

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: Condiții de utilizare

CS: Podmínky užívání

SV: Anvisningar för användning

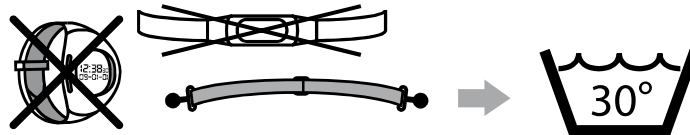
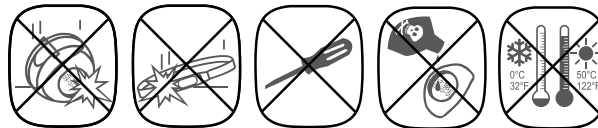
BG: Условия за ползване

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

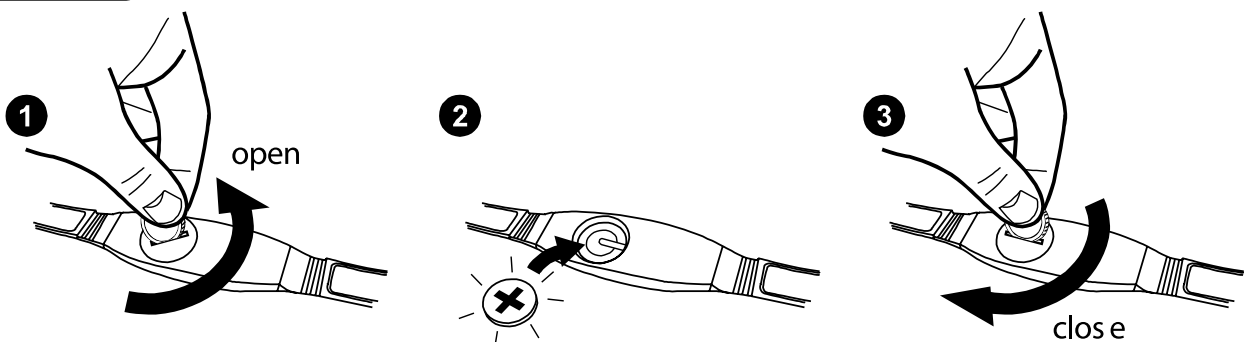
TR: Pil değiştirme

AR: تغيير البطاريات

ZH: 电池更换

ZT: 更换电池

SCHEMA 4



EN

The ON rhythm 310 access is an easy-to-use heartrate 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.

1/ Device and navigation diagram



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

B: VIEW: Change the information on the second line. Scroll down settings values, reset stopwatch.

C: MODE: 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).

five 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.
- CALORIES : training mode with calories burned as the main data item.
- DATA : training report from your last workout.
- SETTINGS : all the device's settings: height, weight, target zone, etc.

In cardio, calories, data and settings modes, press **VIEW** to scroll through the various data items.

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. You must be inside the reception area (diagram 2).

User limitations / precautions for use:

All precautions for use and restrictions are listed 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.

We recommend that you seek advice from your doctor or health adviser to set your maximum heart rate, your upper and lower heart rate limits and the frequency and duration of exercise suitable for your age, physical condition and desired results.

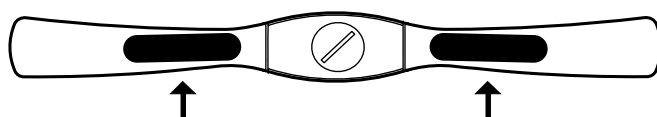
Finally, as a result of possible disturbance caused by the radio transmission system, we do not recommend that users of heart stimulators use a heart rate monitor which uses this form of technology.

Not observing these precautions may put your life at risk.

3 / The chest strap

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 in the reception cone (diagram 2), the watch displays the heart rate and other information (target zone, exercise intensity...) to optimise your fitness and training.



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. Take care when inserting the elastic strap binding into the hole designed to house the strap. Hold the pin while passing your finger behind the strap.

4/ Time mode (TIME)



- Using the time mode

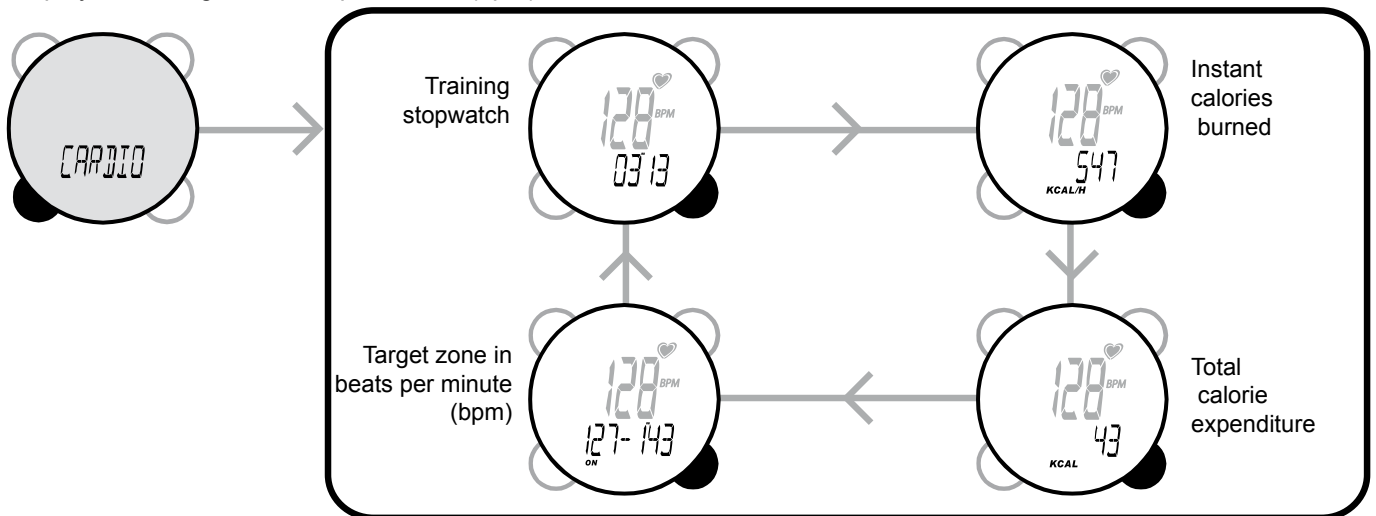
The time is displayed on the main line and the date is displayed on the second line in the format selected in **SETTINGS mode**.

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

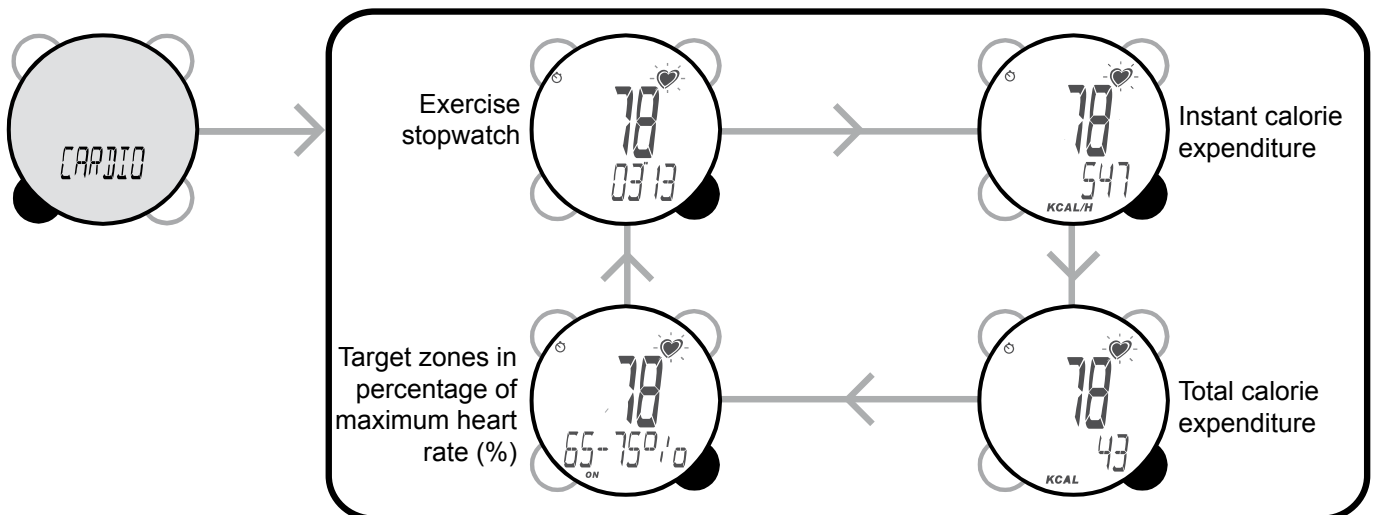
5 / Cardio mode (CARDIO)

"You can display your heart rate data either in beats per minute (bpm) or percentages of maximum rate (%)
You can choose which in the **SETTINGS mode (HR Unit)**"

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

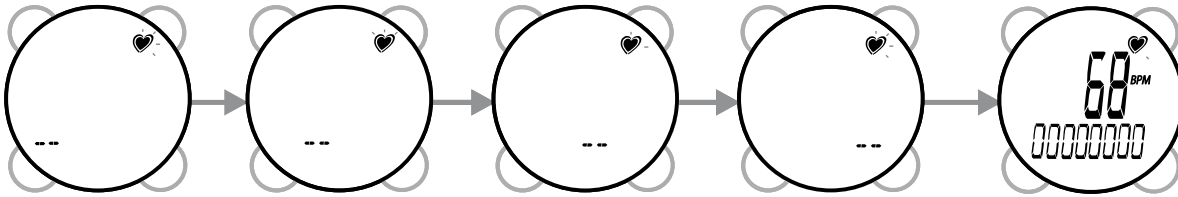
The main information in this mode is the heart rate.

IMPORTANT:

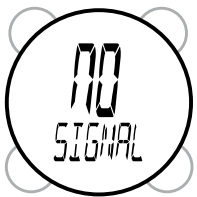
- To get heart rate information, you must be wearing the strap. (Don't forget to moisten it first.) If it is correctly fitted it will automatically emit the heart rate signal. For more information on fitting the strap, see diagram 1 or paragraph 3.

- Before using the cardio mode, we also advise you to check that you have entered the correct figures (your height, weight, target zone) in the **SETTINGS** mode (see chapter relating to this). If not, the values given by the watch may be incorrect.

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



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

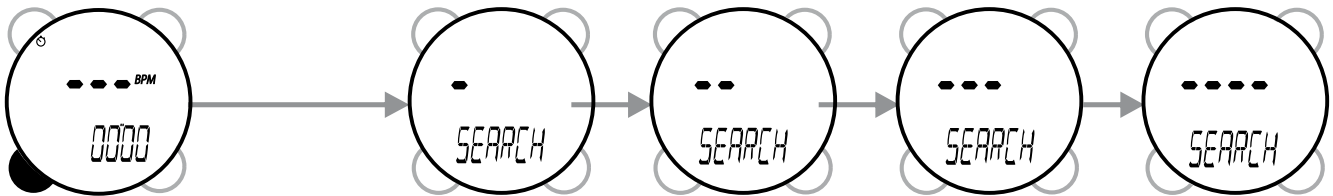


"If the signal is not found, the watch will display "NO SIGNAL".



If the link is broken for more than five minutes, the display changes to ---.

To reactivate the search for a signal, press the "MODE" button for three seconds

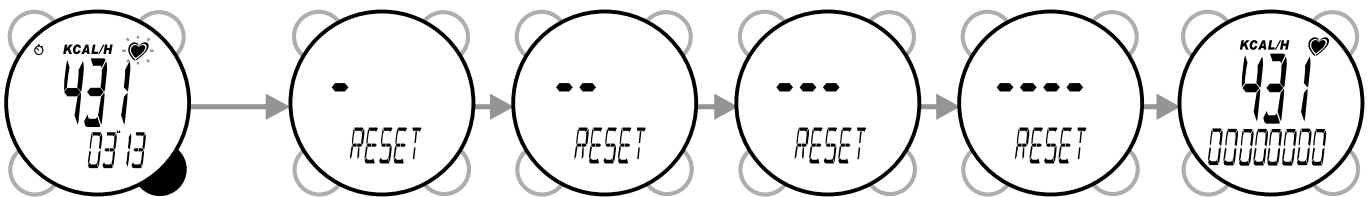


5.2/ Secondary information display


You can change the secondary information on the second line by pressing **VIEW**.

5.2.1/ Training stopwatch

This is the standard display when entering cardio mode. Press **START/STOP** to start the stopwatch. Then press **START/STOP** again to stop it. Hold down **VIEW** for three seconds to reset it.



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 from 0 to 23h 59min 59s.
4. When the user starts the stopwatch for the new session, they erase data stored in the memory in **DATA mode** from the previous session (see **DATA mode**)).

5.2.2/ Instant Calorie Expenditure

The following display relates to the current calorie expenditure rate. This value is given in Kcal/hour. It expresses the speed at which you expend energy.

5.2.3/ Total calories burned

The following display relates to energy that you have expended since beginning exercising, from when you started the stopwatch. This value is given in Kcal. This figure takes into account all body energy expended, particularly your basal metabolic rate.

5.2.4/ Heart rate target zone (beats per minute or percentage of maximum rate)

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. On the second line you will be able to read the minimum and maximum value, as well as **ON/OFF**, showing if it is activated or not. This target zone is set in **SETTINGS mode**. See the relevant section for more information.

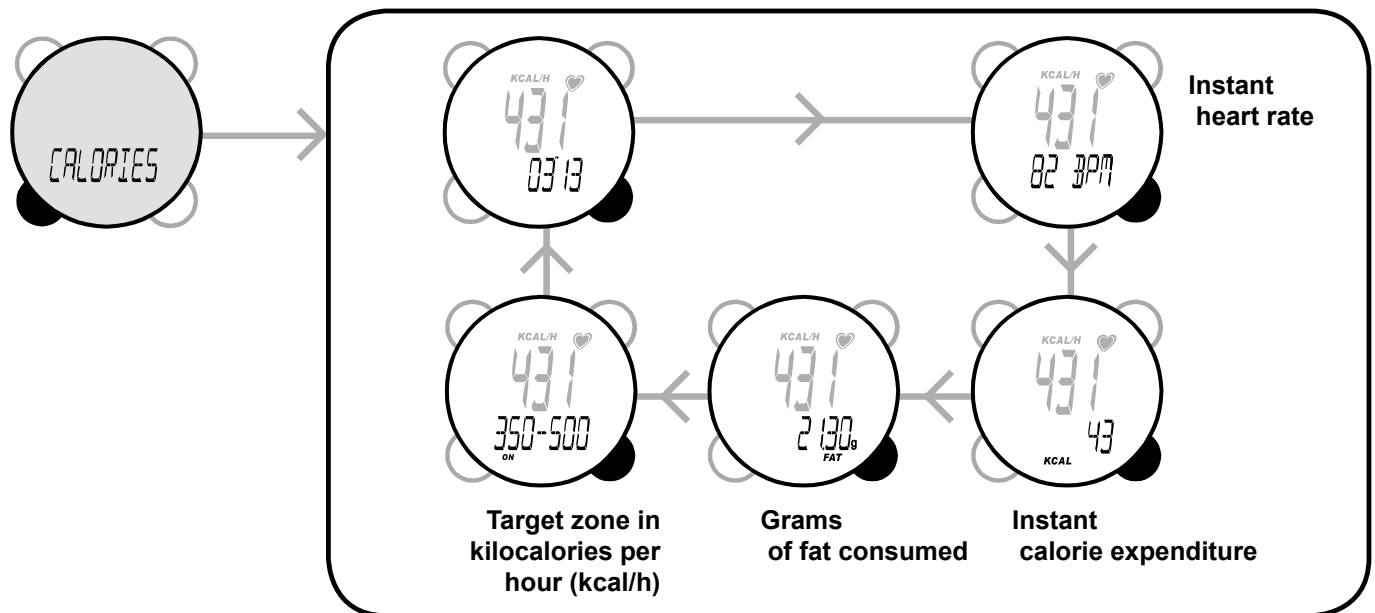
The target zone is displayed in beats per minute but you can change it to the percentage of maximum heart rate. To do this, see **Chapter 8 Settings: Setting heart rate display**.

- NB:
1. The target zone is active when it is set to **ON** (change in **SETTINGS**) and that the exercise stopwatch is started.
 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 over the Lower limit 1 beeps every 10 seconds will sound and the symbol (▼) will be displayed on the watch screen.
 3. You can use the upper or lower limit only by entering unattainable limits (ex 30 bpm for lower limit).

6/ Calories mode (CALORIES)

6.1/ Using calories mode

This mode is a real innovation in workout management. You can measure your instant energy expenditure and use the figure to control your pace. This value has the advantage of being much easier to compare with the energy provided by food. Little by little you will learn how fast you need to run to work off the muffin you ate for breakfast, or how long it will be before you need to eat a cereal bar if you continue at this pace.



6.2/ Main information display:

In this mode the main data item is instant energy expenditure, given in kilocalories per hour. Instant energy expenditure values are calculated using heart rate and other settings according to certain rules. Both modes – **CALORIES** and **CARDIO** – therefore function in very similar ways.

IMPORTANT:

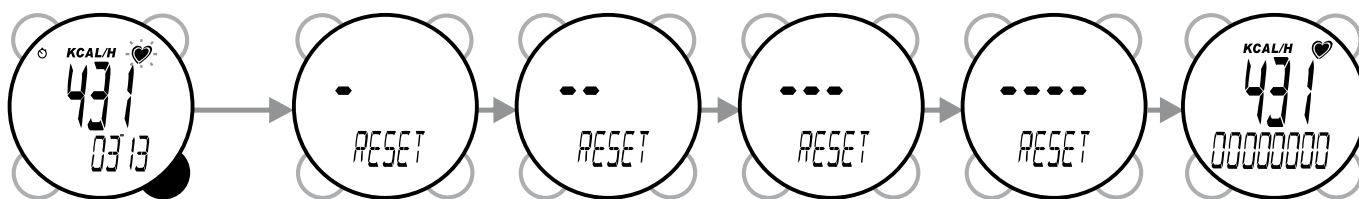
- For instant energy expenditure information, you must wear your strap (do not forget to moisten it). If it is correctly fitted it will automatically emit a heart rate signal. For more information on fitting the strap, see diagram 1 and chapter 5.1 relating to the detection of the signal.
- It is particularly important, for the information displayed to be reliable, to check before using the **CALORIES** mode, that you have entered the correct information (your weight, target zones) in the **SETTINGS** mode (see chapter). If not, the values given by the watch may be incorrect



The wider public confuses "calories" and "kilocalories" despite there being a factor of 1000 between them. For example: it is commonly thought that "100g of chocolate equals 550 calories" whereas in fact 100g of chocolate equals 550 kilocalories. We therefore give energy values in kilocalories, so that they can be understood easily and above all so that they can be directly compared with the units used by the food industry.

6.3/ Secondary information display

You can change secondary information in the second line by pressing **VIEW**. Press **START/STOP** to start the stopwatch. Then press **START/STOP** again to stop it. Hold down **VIEW** for 3 seconds to reset it.



- 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 from 0 to 23h 59min 59s.
4. When the user starts the stopwatch for his or her new workout, the data stored in **DATA** mode from the last workout is deleted (see **DATA mode**).

6.3.1/ Instant heart rate

The following display concerns current heart rate. Heart rate is displayed in beats per minute (bpm).

6.3.2/ Total calories burned

The following display relates to energy that you have expended since beginning exercising, from when you started the stopwatch. This value is given in Kcal. This figure takes into account all body energy expended, particularly your basal metabolic rate

6.3.3/ Grams of fat consumed

The following display concerns the fat which you have actually lost during your workout in grams (g). During long periods of exercise, the body mainly provides energy to the muscles from two sources:

- Sugars (rapidly usable energy for relatively short, intense workouts; stores amount to a few dozen minutes at most).
- Fats (more difficult to use but stored in generally almost unlimited quantities). The body will use fats for basic tasks (temperature regulation or very long low-level workouts).

The watch knows these physiological rules and, depending on the intensity and duration of your workout, will tell you the number of grams of fat that providing this type of energy has consumed.



If you aim to lose weight, we advise you to maximise fat-based energy consumption by performing long-lasting low-level workouts.

6.3.4/ Target zone in kilocalories per hour (kcal/h)

This function is also new. It means you can manage your training better, using energy expenditure as the main parameter. A target zone is an energy expenditure zone in which you want to perform your workout. The watch will alert you if your workout is too intense, and you are tiring yourself out by drawing too heavily on your sugar reserves, or, conversely, your workout is too light (to consume fats effectively, for example). On the second line of the display you can read off the desired instant minimum and maximum energy expenditure values, and an **ON/OFF** indicator which shows whether or not it is activated. This target zone is set in **SETTINGS mode**. See the corresponding section for more information.

NB:

1. If the Target zone is activated, if you go over the upper limit an alarm will sound, 2 beeps every 10 seconds. If you go over the lower limit the alarm will beep once every second.
2. You can use the upper or lower limit only by entering an unattainable value for either.
3. The target zone is activated when it is **ON** and the exercise stopwatch is started.

7 / Exercise report mode (DATA)

Data storage rules:

The report is reset when the training stopwatch is started for the first time: if a user goes in to 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: if the user goes into **DATA mode** he or she will then see the training report for the workout just ended.



You can view the training report "during" the training session. To do this, press the **START/STOP** quickly twice to stop the stopwatch for a fraction of a second. The interim report will then be stored until the user presses **START/STOP again**. The interim report cannot be saved and will be replaced by the final report at the end of exercise 1.



Exercise report

In DATA mode, go from one information screen to the next by pressing VIEW. Data mode enables you to view a full report at the end of the sports session.



The first screen displays the date of the session recorded.



then the duration of the session (hours, minutes, seconds),



then the average heart rate (AVG HR) and the maximum heart rate (MAX HR) during exercise. By default the data is displayed in beats per minute, the acronym bpm appears on the screen, but you can also display them in percentage of maximum heart rate (bpm no longer appears), see chapter 8: Setting heart rate display.



then the average and maximum rate of energy expenditure (AVG CAL) and (MAX CAL) in kilocalories per hour during exercise.



The time spent in the target zone in hours, minutes, seconds The value is 0 if the target zone has been deactivated.



The total number of kilocalories burned over the course of the workout.



The number of grams of fat burned during the workout.



Return to first screen.

8 / Settings mode (SETTINGS)

The general principal for adjusting settings is to select the one you wish to change by pressing **VIEW** several times, then enter adjustment mode by pressing **START/STOP**, then increase or decrease the figure by pressing **MODE** or **VIEW** and then validate by pressing **START/STOP**.

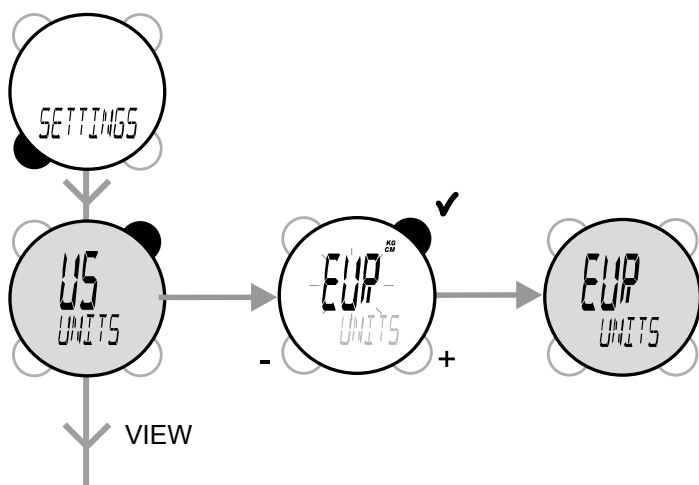
Practical information:



- When setting, the **VIEW** button increases values, while the **MODE** button decreases them.
- For faster setting, you can press down on **VIEW** or **MODE**, the values will be scrolled through faster.
- If no button is pressed for several seconds during settings, the watch automatically exits settings mode.

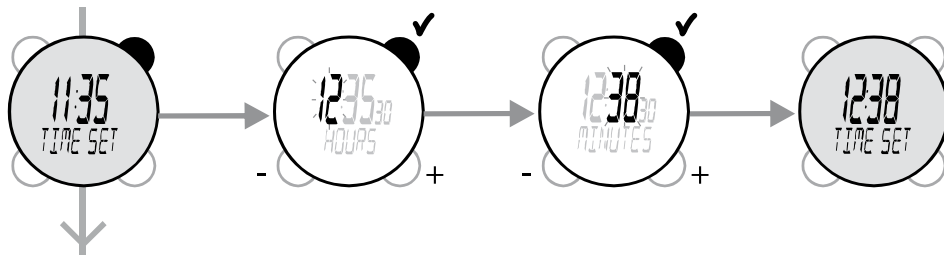
The different adjustable settings:

Setting the system of units

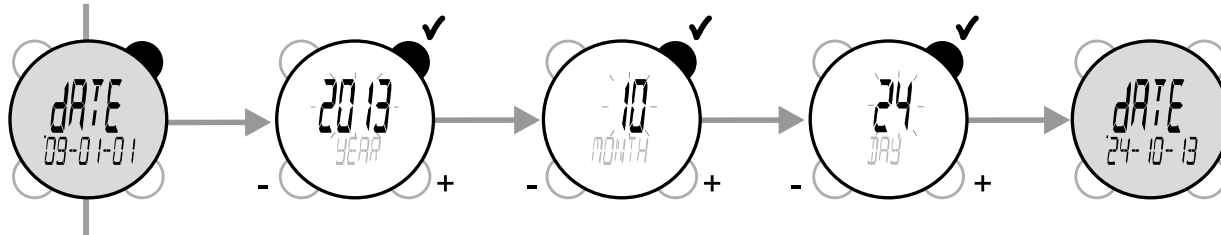


You can use the watch with Anglo-Saxon units (weight in pounds, height in inches, time display in 12 hour mode with AM and PM, and date in YY-MM-DD order) or with European units (weight in kg, height in cm, time in 24 hour display, and date in DD-MM-YY order)

Setting the time

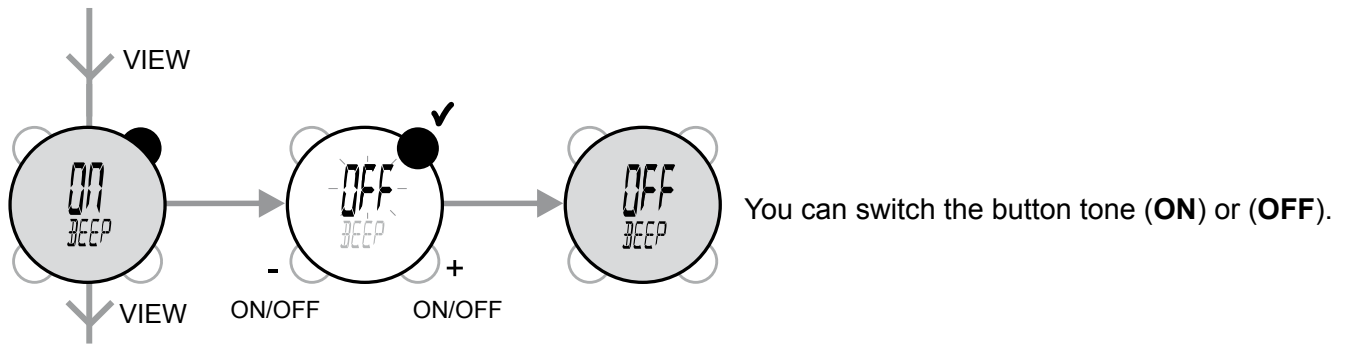


Setting the date

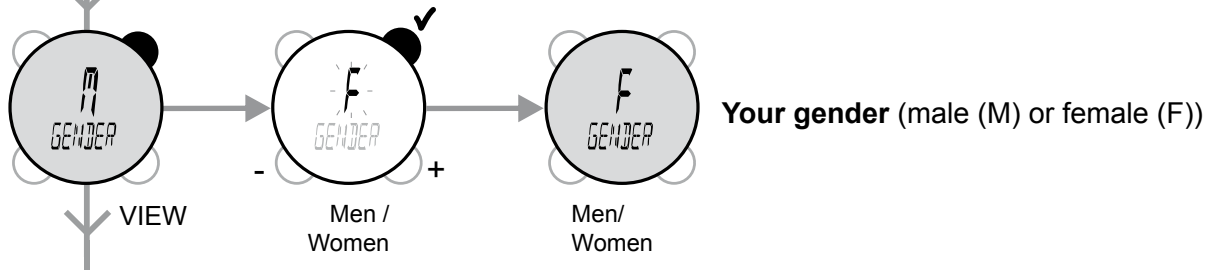
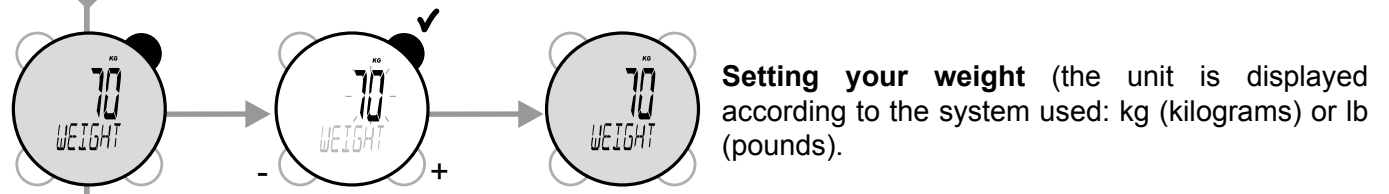
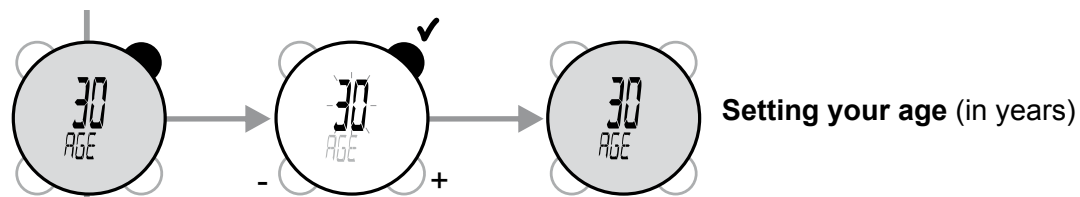


You can't set the seconds to a precise value, only reset them to 0 when you confirm by pressing **STR/STP**.

Setting the alarm



Setting your personal information



Setting the target zone

When you enter target zone settings mode, the type of target zone is displayed:



Either the target zone is deactivated (**ZONE: OFF**), or it is activated and is displayed in beats per minute (**BPM**) or maximum heart rate (%) or calorie expenditure (**CAL**).

Modifying the lower and upper values in one of the three display modes will automatically convert the values in the other two modes.

If you wish to change the target zone mode used, select it with **STR/STP**, then change it by pressing **VIEW**.

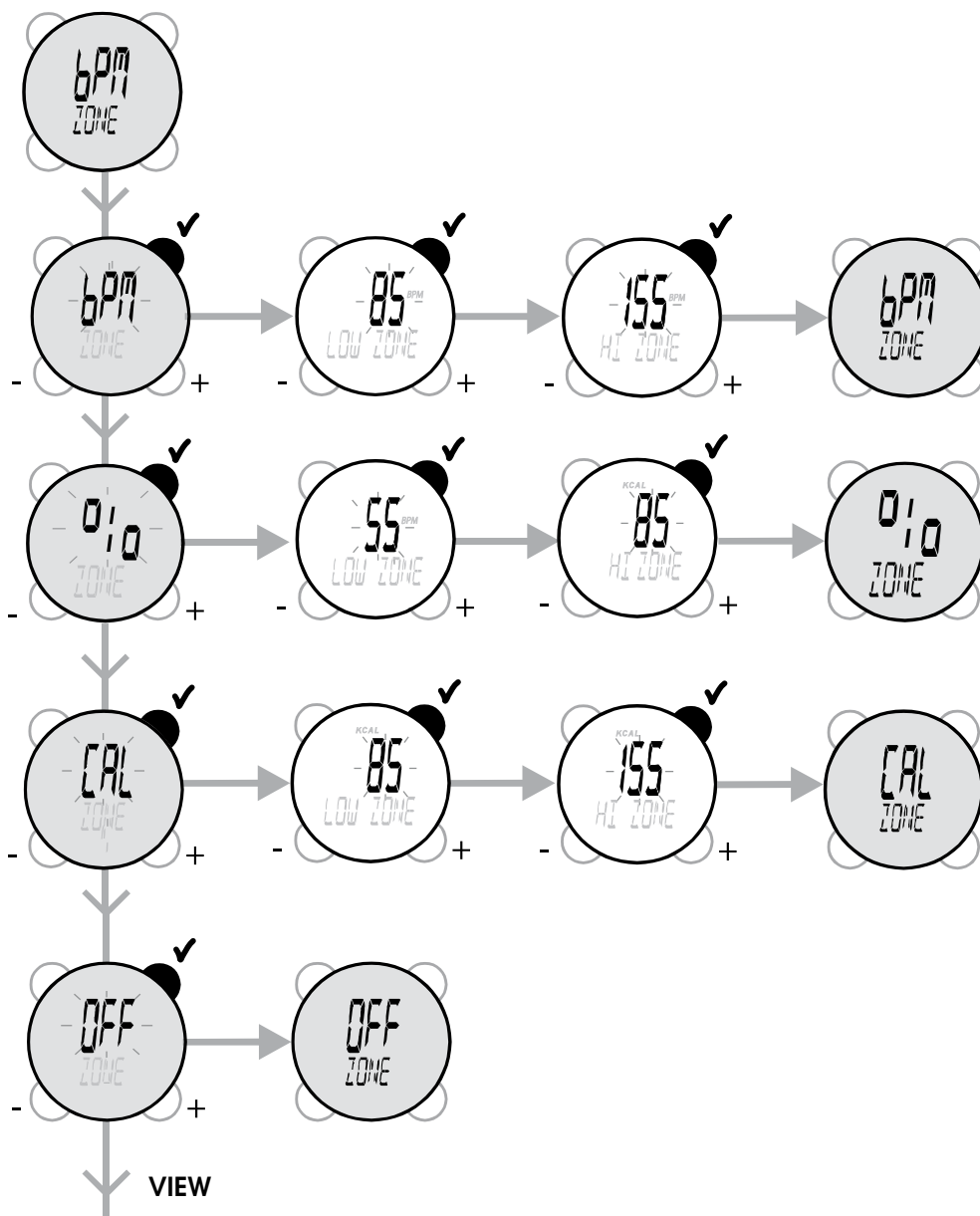
The watch will show the selected mode and the zone values alternatively.

The heart rate target zone is used in cardio mode only. To enter the values in the target zone in percentages of maximum heart rate, select %, to enter the values in the target zone in beats per minute, select **BPM**. Select the unit (**Bpm or % max HR**) that you are most familiar with to enter your values.

The calories per hour target zone is used in the Calories mode only.

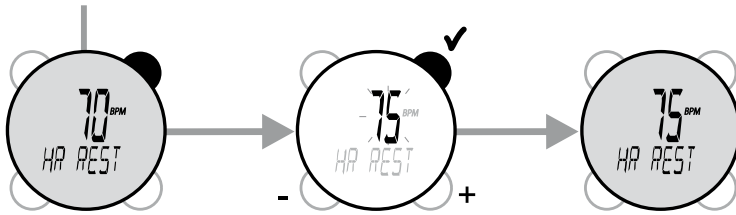
To enter the Calories per hour target zone values, select **CAL**. Then confirm with **STR/STP**. The target zone will then be (**ON**).

You can then select the (**LOW ZONE**) (scroll through the values using **VIEW (+)** and **MODE (-)**) then validate with **START/STOP**) and then the (**HI ZONE**).



Setting your resting heart rate

Your resting heart rate is used to calculate the grams of fat burned during the workout. To determine it, after waking up, stay lying down. Measure your heart rate after a few minutes; try to remain as calm as possible. Repeat the procedure on several consecutive days and take the average of these values.



It is entered in the same way as the other settings (**STR/STP**) to select it, **VIEW** and **MODE** to adjust value, **STR/STP** to validate).

Entering maximum heart rate

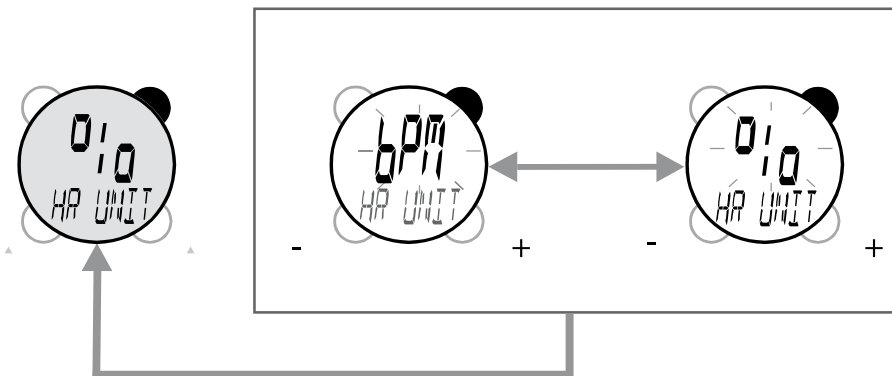
The maximum heart rate is the highest heart rate that you can reach when exercising. By default it is 220-AGE



Enter it in the same way as for other settings (**STR/STP** to select it, **VIEW** and **MODE** to adjust its value, **STR/STP** to confirm its value).

Setting heart rate display

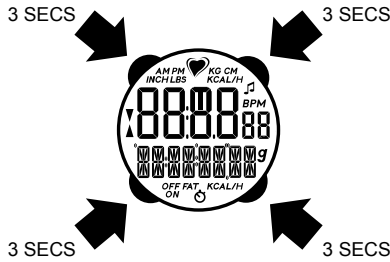
This setting enables you to display your heart rate and target zone figures, either in beats per minute, or percentages of maximum heart rate. You can use the unit that is most convenient to you.



When entering cardio mode, the display of heart rate as a percentage of maximum rate is shown by the following temporary screen:



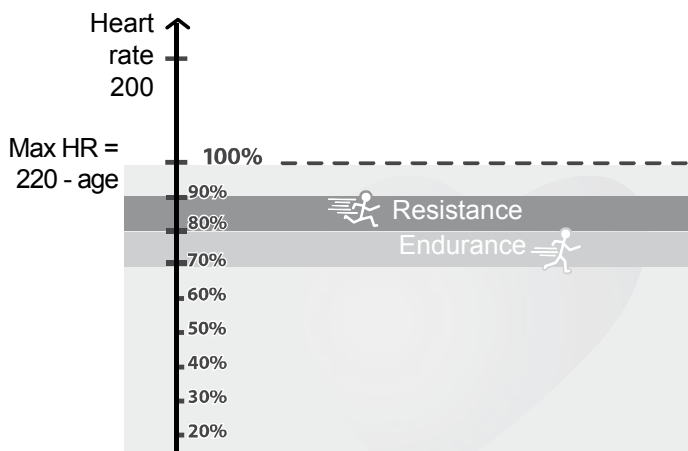
9 / Resetting the watch



All segments are displayed for a short time and 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!**



Values to be aware of

To optimise the benefits of your physical training, you must first know your maximum heart rate (**max HR**) in beats per minute (**bpm**). Your **max HR** can be estimated using the following formula: **Max HR = 220 - your age**. A test should enable you to get a correct figure.

Training zones

During a fitness programme, several training zones will give specific results which correspond to different objectives. Depending on the intensity of the exercise, the percentage energy produced by burning sugar and burning fat will change.

- In the endurance zone (70 to 80%max HR) the sports person works on long distances and general endurance. It's the pace at which you can run for more than an hour. Burning energy using a proportion of fat which increases according to the length of your workout.
- In the resistance zone (80 to 90%max HR) the sports person strengthens their heart and muscles, their speed over medium distance and endurance in full effort. It's the pace at which you run 5 to 10km 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 their resistance to effort and improve their 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 often occurs close to high voltage lines, railway power lines, traffic lights, televisions, car engines, some motorised sports equipment, cell phones, computer screens, microwave ovens and when you pass through electric safety 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 and moistening the sensors further.
- Check that the batteries are working, especially in the strap.
- In **CARDIO** or **CALORY 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 ---. To reactivate the signal search, hold down **MODE** for 3 sec or exit **CARDIO** mode by pressing **MODE** then return to **CARDIO 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
Waterproofing	5 ATM	1 ATM
Autonomy depends on the use of the product during sport (with strap)		
1 hour / week	20 months	32 months
4 hours / week	15 months	10 months
Authorised rate bracket		
Heart rate target zone	30 - 230 beats per minute	
Heart rate	30 - 230 beats per minute	
Communications protocol	5.3 KHz coded	5.3 KHz coded
Transmission range	1 m in use 0.5 m in detection mode	1 m in use 0.5 m in detection mode
Temperature range	-10°C to 50°C	-10°C to 50°C
Batteries	report 2032	report 2032
Weight	48 g	64 g

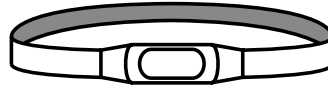
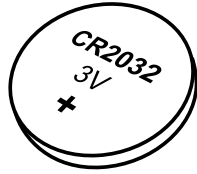
13/ Limited warranty

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 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.

14 / Batteries



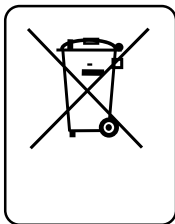
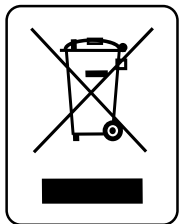
Watch



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

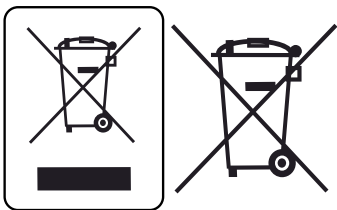
If the heart rate values become incoherent or the heart signal reception does not respond normally when the watch is inside the reception area, you may need to change the battery in the chest strap. You can change the strap battery yourself without the need for specialist tools (diagram 4). If you have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



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

15/ Contact us





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

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oxylane

OXYLANE

4 Boulevard de Mons – BP 299
59665 Villeneuve d'Ascq cedex – France

