

# USER'S MANUAL



## HR2 HEART RATE MONITOR WITH CHEST STRAP

Thanks for your choice of the Everlast™ HR2 - Heart Rate Monitor Watch with Chest Strap

### 1) FUNCTION INTRODUCTION

- Accurate wireless heart rate measurement.
- Display the percentage of real heart rate value to maximum heart rate value based on different age
- Display heart rate value, maximum HR (heart rate) value, and average HR value
- Record exercise time and calories burned
- Set maximum heart rate and low heart rate alarms
- Show steps, calories burned, distance traveled, and exercise time
- Clock, calendar, 12H/24H
- Alarm
- Timer
- Stopwatch
- EL Backlight
- 5.3KHZ Transmitter belt
- 6 days memory record

### 2) OPERATION BUTTONS

- 1. MODE**
  - Changes between modes
  - Hold 2 seconds to enter setting or quit setting mode
  - Changes over setting value
- 2. START**
  - Increases the figure value when setting
  - Start/Stop chronograph running
  - Recall the memory

1

### 3. RESET

- Decrease the figure value when setting
- Switch function display in each mode

### 4. LIGHT

- Turn on the EL backlight
- If not pressing the button within 3 seconds the backlight will automatically switch off

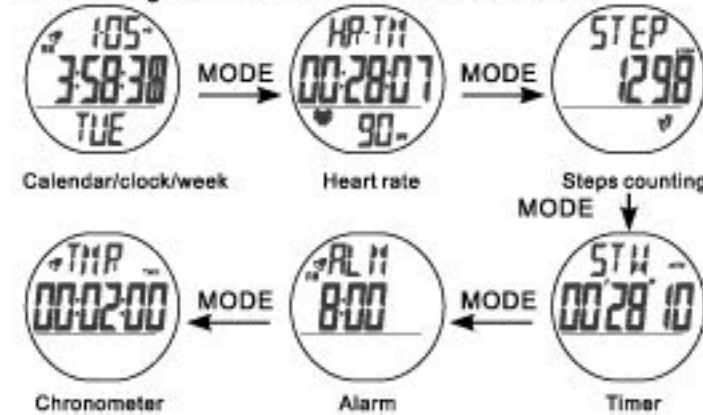


### 3) HOW TO USE THE BACKLIGHT

Press LIGHT to turn on the backlight, which will last for 3 seconds. The backlight will automatically turn off after 3 seconds if the button is not pressed.

### 4) OPERATION MODE

Refer to Fig 1 to switch from one mode to another.



2

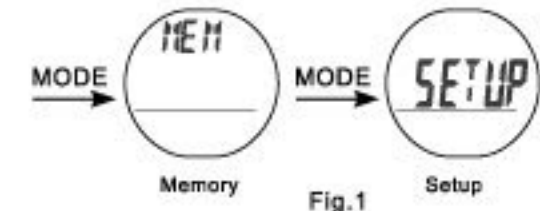


Fig.1

### 5) CLOCK/CALENDAR SETTING

1. In "Calendar/clock/week" mode, press MODE for 2 seconds to enter into the setting of clock and calendar. The setting icon will flash, press START to increase the value, or press RESET to decrease the value. Press MODE again to confirm the setting and proceed to next setting, hold MODE 2 seconds to quit the setting mode. The setting sequence is as Fig.2.

2. In "Calendar/clock/week" mode, press START to turn on/off hourly chime signal.

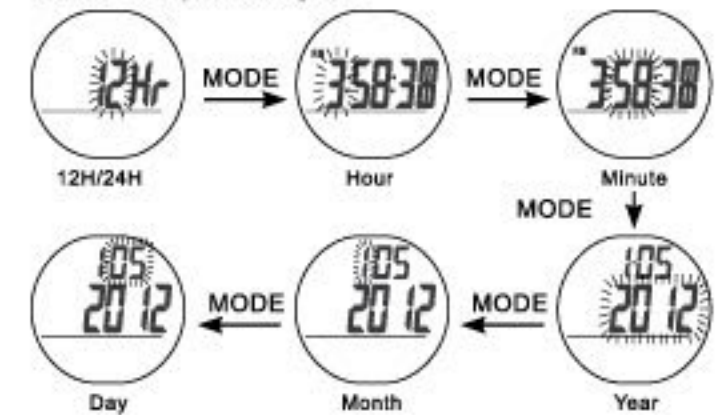


Fig.2

3

### 6) HEART RATE MEASUREMENT

#### 1. OPERATION MODE

Refer to FIG 3 to switch different heart rate modes.

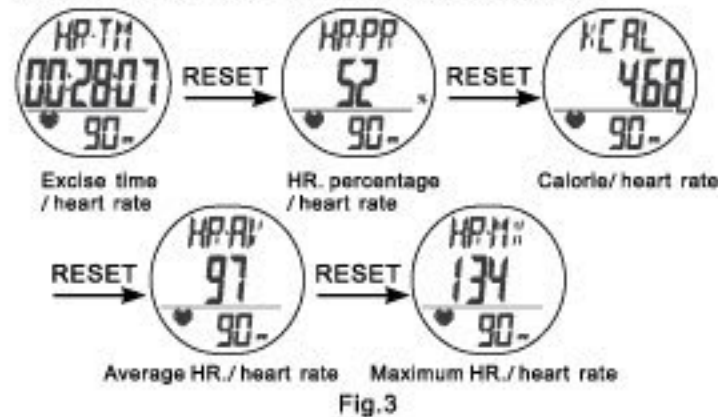


Fig.3

#### 2. SETTING PERSONAL PARAMETERS

When first using the HR monitor, set user's personal parameters. Otherwise, the heart rate percentage, and calories will be incorrect. In SETUP mode, hold MODE for 2 seconds to enter into setting parameters. Then press START to increase the value, or press RESET to decrease the value. Press MODE again to confirm the setting and proceed to next setting. Hold MODE 2 seconds to quit the setting mode. Refer to FIG 4.



4

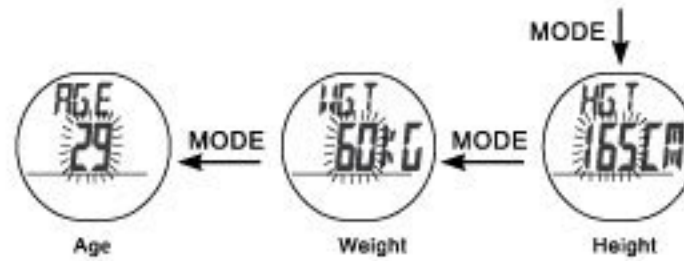


Fig.4

#### 3. SET MAX HEART RATE AND LOW HEART RATE ALARM

In "Exercise time/Heart rate" mode, hold MODE for 2 seconds to enter into setting maximum HR and low HR alarm. Refer to FIG 5

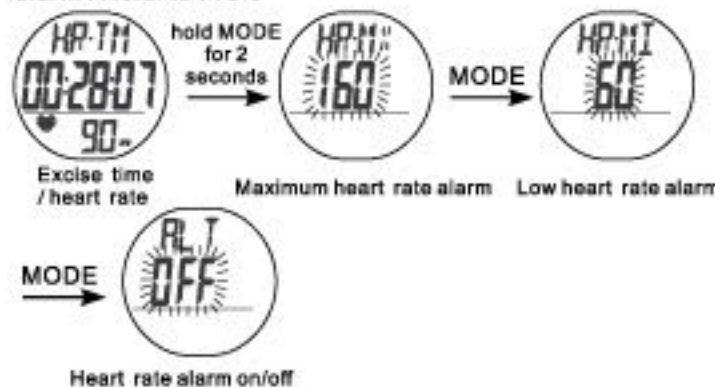


Fig.5

#### 4. CLEAR TO ZERO

In "Exercise time/Heart rate", "Maximum Heart rate", or "Calorie/Heart rate mode", hold RESET for 2 seconds to clear data to zero.

5

### 5. THE TRANSMITTER BELT

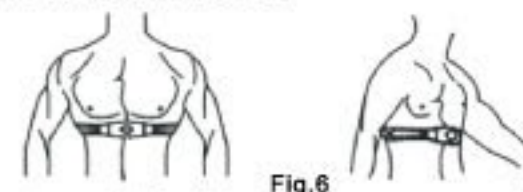


Fig.6

- 1) The transmitter belt is used to measure your heart rate and transmit the data to the receive inside the heart rate monitor. Refer to Fig 6 to wear.
- 2) Strap the belt across your chest. Adjust the strap until the transmitter sits snugly below the pectoral muscles for an accurate heart rate signal.
- 3) The max distance between heart rate monitor and transmitter belt is 80cm.

#### 6. RECALL HEART RATE RECORD

- 1) In MEM mode press START to recall the memory. It will display max heart rate and calories. Press RESET to display other recorded memory. There can be 6 days of memory recorded.
- 2) Each day's steps and calories will be recorded automatically at the time of 0:00.00 (24H) / AM12:00.00 (12H). Meanwhile, the pedometer's steps /time /distance /calories will be reset to zero.

### 7) DATA COUNTING

#### 1. OPERATION MODE

Refer to Fig. 7 to changeover the different counting modes.

- In Step, Distance, Time, or Calorie mode, hold RESET for 2 seconds to clear data to zero.

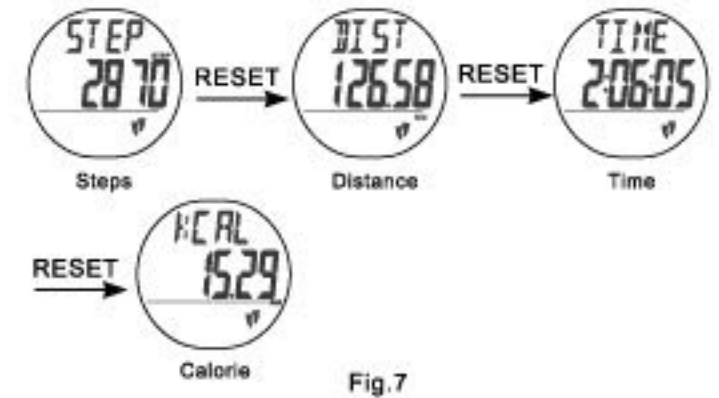


Fig.7

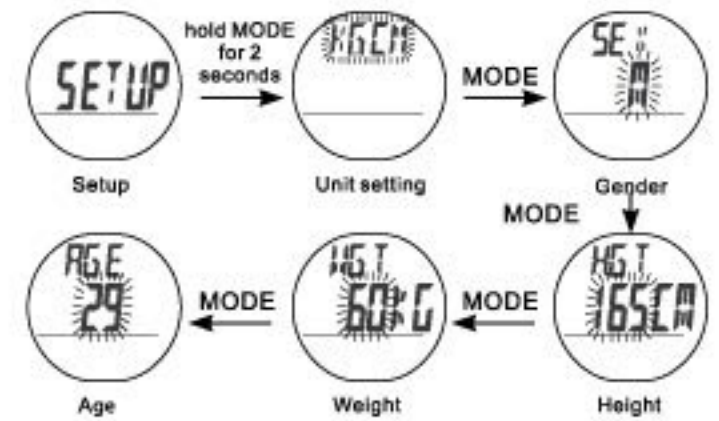


Fig.8

7



## 2. LB/INCH, KG/CM, AND STEP PARAMETER SETTING

1) When first using the pedometer, set user's personal parameters. Otherwise, distance, and calories will be incorrect. In SETUP mode, hold MODE for 2 seconds to enter into setting parameters, the character "KG CM" will flash. Press START to increase the value, or press RESET to decrease the value. Press MODE again to confirm the setting and proceed to next setting, hold MODE 2 seconds to quit the setting mode, Refer to FIG 8.

2) Walking stride is always different. You can calculate the average and input in the pedometer. For example, when you take 10 steps, the total length is 6m, the average stride will be 60cm. See Fig.9.

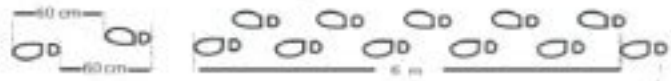


Fig.9

## 3. AUTO START/STOP

The pedometer will only calculate the exercise data that goes over 10 units. For example, if you walk less than 10 steps, there will be no change for steps, time and calories. Such design is to ensure the accuracy in case of discontinuous exercise.

## 4. RECALL STEPS RECORDED

- 1) In MEM mode press START to recall the memory. It will display steps and calories. Press RESET to display other recorded memory. There are 6 days of step and calorie memory.
- 2) Each day's steps and calories will be recorded automatically at the time of 0:00:00 (24H) / AM12:00:00 (12H). Meanwhile, the pedometer's steps /time /distance /calories will be reset to zero.

8

## 8 HOW TO USE THE CHRONOMETER

### IN "STW" MODE



- 1) Press the START button to start the chronometer running, press START again to stop. Hold RESET for 2 seconds to reset the chronometer to zero.
- 2) When the chronometer is running, press RESET to get the current split time. Then press START again to stop the chronometer.
- 3) When the chronometer is running, press RESET to get the current split time. When exercise is complete, press RESET to get the LAP1-LAP9 split time.

## 9 ALARM

### 1. HOW TO SET THE ALARM

In "Alarm" mode, hold MODE 2 seconds to enter to set the alarm. The setting figure will flash, press START to increase the value, or press RESET to decrease the value. Press MODE again to confirm the setting or hold MODE 2 seconds to quit the setting mode. Refer to FIG 10.

### 2. TURNING THE ALARM ON/OFF

In "Alarm" mode, press the START button to turn on/off the alarm. When the alarm is on, it will display  and will beep 30 seconds when it reaches the preset time everyday. Press any button to release the alarm. When the alarm is off, it will NOT display .

9

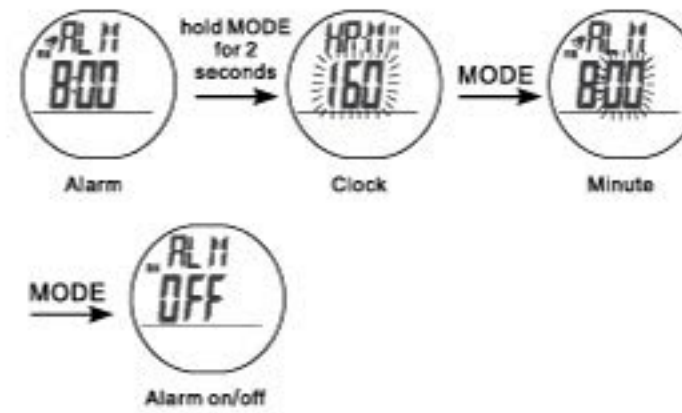
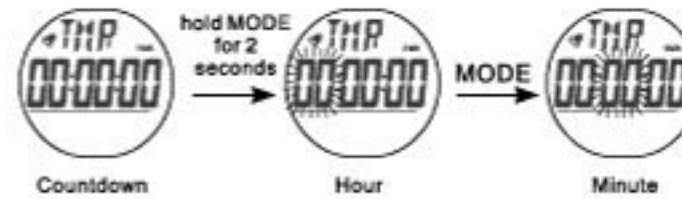


Fig.10

## 10 COUNTDOWN TIMER

### 1. HOW TO SET THE COUNTDOWN TIMER

In "Timer" mode, press MODE and hold 2 seconds to enter timer setting. Press START to increase the value, or press RESET to decrease the value. Press MODE again to confirm the setting and proceed to next setting. hold MODE 2 seconds to quit the setting mode. The setting sequence is as FIG11.



10

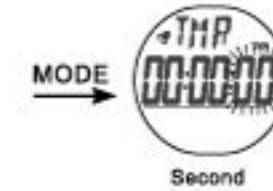


Fig.11

## 2. STARTING THE COUNTDOWN TIMER

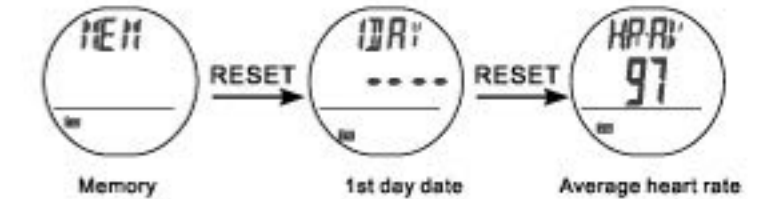
In "Timer" mode, press START to start counting down. Press START again to stop counting down. Hold RESET for 2 seconds to reset the timer to 00:00:00.

## 3. COUNTING UP

When the timer is reset to 00:00:00, press START to start counting up. Press START again to stop counting up, hold RESET for 2 seconds to reset the timer to 00:00:00.

## 11 RECALL PULSE RECORD

1) In "MEM" mode, press START to recall the memory. It will display maximum HR (heart rate) value, average HR value and the calories burned, press START to display other days recorded memory. There are 6 days of recorded memory. Each sequence number has the related date. See FIG12



11

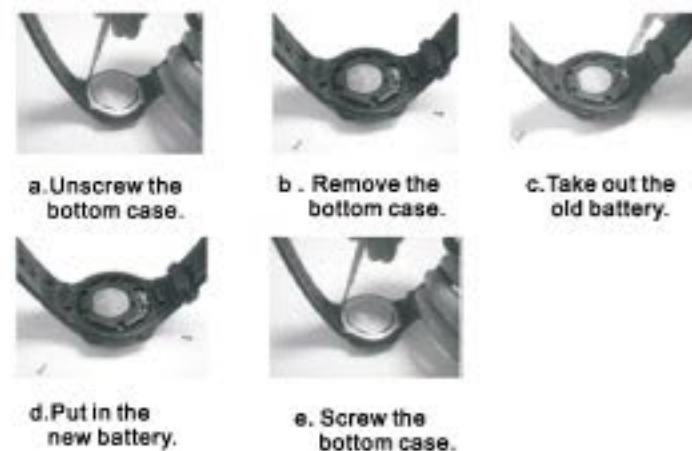


Maximum heart rate

Fig.12

2) Each day's steps and calories will be recorded automatically at the time of 0:00:00 (24H) / AM12:00:00 (12H). Meanwhile, the pedometer's steps /time /distance /calorie will be reset to zero.

## 12 REPLACE BATTERY



12

- NOTE:**
- The battery anode should be upwards.
  - Please replace the battery in time when the display becomes dim.
  - If there is no display or there is a malfunction after replacing the new battery, please take the battery out. Wait 15 seconds and then use pliers to make the battery anode and cathode clips shorter, then reinstall the battery.

## 13 SPECIFICATIONS

### 1. Clock and Calendar

Date and Time format: Hour, Minute, Second, Year, Month, Week, Day, 12/24H  
100 years calendar: 2000~2099  
Alarm: 1 daily alarm (hour: minute)

### 2. Chronometer

Range: 0:00:00~59minutes:59seconds:99~99hours:59minutes:59seconds.  
In first 1hour, it is measured display in 1/100 seconds.

### 3. Countdown Timer

Countdown Timer: 99hour59 minutes 59 seconds.

### 4. Steps Counting Mode: Steps/Clock, Steps/ Time, Distance/Calorie

Steps range: 0~999999  
Time: 0:00:00~99H59M59S  
Distance: 0.00~999.99KM (or 0.00~999.99 Mile)  
Calorie: 0.0~9999.9KCAL  
Memory: 6 memories. Each memory include steps/calorie and related date.

13

## 5. Personal Data

Stride: 25cm~150cm	Default is 50cm
Or 10inches~60inches	Default is 20inches
Weight: 20kg~200kg	Default is 70kg
Or 45lbs~440lbs	Default is 154lbs
Height: 90cm~240cm	Default is 170cm
Or 35inches~95inches	Default is 67inches
Age: 10~99	Default is 30
Sex: Male, Female	Default is Male

## 6. Heart Rate Measurement

Heart Rate Range: 30~240bpm  
Resolution: 1 bpm  
Accuracy: ± 1 bpm

## 7. Environment

Operation Temperature: 0℃ ~ +50℃  
Storage Temperature: -5℃ ~ +60℃  
Humidity: 10%~95%

## 8. Water Resistance: 30M water-resist

**NOTE:** Water-proof tested and the product can be in good condition under 30m water when you don't operate it. It is suggested to NOT wear the watch during swimming or taking shower.

## 9. Battery: 1 pcs CR2032 Lithium battery

14

EVERLAST™, the Econ device™, and GREATNESS IS WITHIN™ are trade marks of Everlast World's Boxing Headquarters Corporation and used under license by Xtreme Time Inc.  
20 West 33rd Street 6th Floor  
New York, N.Y. 10001