

EZON



Pedometer Watch With Wrist-based Heart Rate Quick Start Guide

GETTING STARTED

WHAT'S INCLUDED

Optical Heart Rate Monitor
Charging cable

ACTIVATE YOUR WATCH

- To turn on your watch, press and hold four buttons for 3-5 seconds. If the battery is completely empty, it may take a few minutes for you to wake it up, charging the watch first.
- Remove the label that appears on the display.
- The LCD displays should be active and ready for use.

CONTACT US

If you have questions about our products,pls
contact our customer service team
support@ezon.cn
We will reply as soon as possible

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS.....	1
CHARGING THE WATCH.....	3
TIME MODE.....	5
USING THE TIME MODE.....	7
USING THE PEDOMETER MODE.....	8
USING THE HEART RATE MONITOR MODE.....	12
DETERMINE YOUR HR ZONES.....	14
HR ZONE INDICATOR.....	15
USING THE DATA MODE.....	16
USING THE CHRONOGRAPH MODE.....	17
USING THE TIMER MODE.....	19
USING THE ALARM MODE.....	21
HAZARDOUS SUBSTANCES CONTENT.....	23

IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS

WARNING: This equipment is designed for sports and leisure use. It is not a medical device.

Please read all of the information in this instruction manual before using the unit. Make sure you fully understand the functions and limitations of this product before using it.

Minimizing risks when exercising: Exercise may include some risk. Before beginning a regular exercise program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS

In addition to exercise intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, drugs, alcohol, and nicotine may also affect heart rate. It is important to be sensitive to your body's responses during exercise. **If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.**

NOTICE TO PEOPLE WEARING PACEMAKERS: While the watch is a passive system and should have no direct effect on a pacemaker, we strongly recommend anyone fitted with such a device contact their physician or cardiologist before using this product or starting an exercise program.

Never expose the watch to chemicals or cleaning solvents.

Expose to insect repellent and sunscreen may also damage the unit.

NOTICE: The watch is 50M water resistant. Do not press buttons under water, this will cause damage. In order to maintain the waterproof function, it is better to replace the rubber ring every 1-2 years.

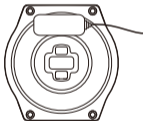
CHARGING THE WATCH

Make the electrode tip of the USB cable contact with the electrodes on the back of the watch, and insert the free end of the charging cable into a USB power source.

The battery icon  flashes during charging.

Fully charge the watch battery for at least 2-3 hours, until all four segments in the battery level indicator are no longer blinking.

DO NOT charge the watch when the contacts on the back of the watch is wet or sweaty.



NOTES:

To help promote longer battery life, regular charging of the watch about once a month is recommended even if you do not use it for a long time.

CHARGING THE WATCH

To prevent risk of fire, chemical burn, electrolyte leak, and/or injury from the unit's internal Lithium-polymer battery:

- a. Do not attempt to remove the case-back or exterior shell of the unit, or to remove its non-user-replaceable battery.
- b. Do not leave the unit exposed to a heat source or in a high-temperature location (such as in the sun or in an unattended vehicle). To prevent damage, store the unit out of direct sunlight.
- c. Do not puncture or incinerate the unit.
- d. When storing the unit for an extended time, keep it in the 32 to 77°F (0 to 25°C) temperature range.
- e. Charge the unit only within the 32 to 113°F (0 to 45°C) temperature range.
- f. Do not operate the unit outside the -4 to 131°F (-20 to 55°C) temperature range.
- g. Contact your local waste disposal department to properly recycle or dispose of the unit or its battery.

Use only the charging cable supplied.

TIME MODE


*The buttons are not intended for use under water.
Pressing buttons under water may cause damage.*

LIGHT
Press to activate the light, the light will
glow for 5 seconds

MODE
Press to change modes:
POD(Pedometer) → Data → Chro →
TMR(Timer) → ALM(Alarm) → Time



TIME MODE

While button lock in turned on, the  icon will appear on the display, no buttons will work.



ST/STP

-

Press and hold to turn the BUTTON LOCK on/off

HRM

RESET

+

USING THE TIME MODE

Press the MODE button until you get to TIME mode.

Press and hold the LIGHT button for 2-3 seconds to enter the time setting screen.

Press the ST/STP(+) or RESET(-) button to adjust each value starting with “hour”.

Press and hold these buttons for fast-paced setting.

Press the HRM button to save each setting value and advance to the next setting value in this order: hour — minutes — seconds — 12/24 hour format — year — month/date — month /date format — key tone on/off.

Press the MODE button to return to the previous setting value.

Repeat these steps for all time setting options.

Press and hold the light button to exit time setting.

For using time zone 1(T1) and 2(T2):

In the time mode, to view T1 or T2, press the RESET button.

To change the displayed time to T1 or T2, press and hold the RESET button.

Special note:

when the key tone is turned OFF, the icon  will be displayed in Time mode.

USING THE PEDOMETER MODE



MODE

Press to get to POD mode

Press the MODE button until you get to POD (pedometer) mode.

Press and hold the LIGHT button for 2-3 seconds to enter the pedometer setting screens.

Press the ST/STP (+) or RESET (-) to adjust each value starting with "steps goal".

Press and hold these buttons for fast-paced setting.

USING THE PEDOMETER MODE

Press the HRM button to save each setting value and advance to the next setting value in this order: steps goal — unit — step length


Press the MODE button to return to the previous setting value.

Repeat these steps for all pedometer setting options.

Press LIGHT button to exit pedometer setting.

Press ST/STP or RESET button repeatedly to review the steps you have taken and the distance covered.

Special note:

The progress bar  shows the achieving rate of steps goal per day.

Steps will be reset automatically at 0 o'clock am.

Distance is calculated by the steps.

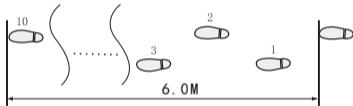
USING THE PEDOMETER MODE

- HOW TO MEASURE A STEP

Step size is the length between one tiptoe and another tiptoe in walking.

Example based on a 10 steps walking, the distance is 6.0 meters.

Step = $6.0 \text{ meter} \div 10 = 60 \text{ cm}$



Tips:

The more steps taken, the more accuracy on the step size.

USING THE PEDOMETER MODE

Special note:

The pedometer measures the step by sensing the arm swing of user, below action may affect the accuracy:

- wearing the watch too loose
- putting hands in the pocket
- hanging the watch on the bag, etc
- wearing slipper or wooden clogs in walking
- walking in crowd area
- standing up and sitting down frequently
- doing strenuous exercise such as playing basketball, tennis, badminton, etc
- taking bike/bus, etc
- climbing stairs or hiking
- changing speed frequently
- run fast in short distance
- swinging arms continually while not walking

USING THE HEART RATE MONITOR MODE



HRM

Press and hold to get to HRM mode.



Nice and tight



Too Loose

The watch measures heart rate from the wrist. To get accurate heart rate readings, you need to wear the watch band snugly on top of your wrist, just behind the wrist bone. The sensor must be close to your skin, but the wristband should not be too tight either. It should not move while running or exercising.

NOTE: The heart rate sensor is located on the back of the watch, please keep the sensor surface clean.

USING THE HEART RATE MONITOR MODE

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips:

- Clean and dry your arm before putting on the device.
- Wear the band tightly above your wrist bone.
- You can try wearing the device on your other arm.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.
- In cold environments, warm up indoors.
- Rinse the device after each workout.
- Clean the light seal on the back of the device.

USING THE HEART RATE MONITOR MODE

Press and hold the HRM button until the icon  blinking to get to HRM mode.

Press and hold the LIGHT buttons for 2-3 seconds to enter the HRM setting screens.

Press the ST/STP (+) or RESET (-) to adjust each value starting with "gender".

Press and hold these buttons for fast-paced setting.

Press the HRM button to save each setting value and advance to the next setting value in this order: Gender — age — unit — weight — HR zone (lo) — HR zone(hi) — HR zone Alarm on/off.

Press the MODE button to return to the previous setting value.

Repeat these steps for all HRM setting options.

Press the LIGHT button to exit HRM value setting and return to HRM mode.

Press the ST/STP button to start or stop the time measuring, value flashes when the measure stops.

Press the RESET button repeatedly to review in this order: current HR – exercise duration – current time – calorie burned.

Press and hold HRM button to exit HRM mode.

DETERMINE YOUR HR ZONES

WARNING: Before starting a new exercise routine, please consult your doctor or health care professional to help you determine your maximum heart rate, upper and lower limits, exercise frequency and duration appropriate for your age, condition and specific goals.

You can get your Maximum Heart Rate (MHR) from a MHR test (consult your doctor). Or you can estimate it using the following formula:

Maximum Heart Rate=220-age

Here are some common Heart Rate Zones:

Light Intensity Workout: 60%MHR to 70% MHR

Medium Intensity Workout: 70%MHR to 80% MHR

Heavy Intensity Workout: 80%MHR to 90% MHR

Example based on a 35 year old

$220-35(\text{age}) = 185(\text{MHR})$

To calculate the HR ZONES, multiply 185 (MHR) by either 0.6,0.7,0.8 or 0.9 to see the LO and HI levels of intensity zone.

For a Medium Intensity Workout: $185 \times 0.7 = 130(\text{LO})$ and $185 \times 0.8 = 148(\text{HI})$

HR ZONE INDICATOR

Example using a Heart Rate Zone of 100 (LO) to 160 (HI):



HR Value
< 100
Out of Zone
Too Low



HR Value
100-119
In Zone
Low End



HR Value
120-139
In-Zone
Mid-Range



HR Value
140-159
In-Zone
High End



HR Value
>160
Out of Zone
Too High

- ▼ Your current HR below the setting HR ZONE(LO)
- ▲ Your current HR exceed the setting HR ZONE(HI)
- Your current HR is in the setting HR ZONE



Heart Rate ZONE
Alarm is ON

When HR ZONE Alarm is ON, a beep will sound every ten seconds when you are OUT OF ZONE.

USING THE DATA MODE



MODE

Press to get to DATA mode

The watch can store up to 10 workouts.

Press the MODE button until you get to DATA mode.

Press the ST/STP button to view the exercise time and date.

Press the RESET button to view the duration、MAX HR 、AVG HR and Kcal.

Press and hold the LIGHT button to delete the current workout.

USING THE CHRONOGRAPH MODE



ST/STP

Press to start or stop the chronograph.

RESET

Press to record a lap or reset the chronograph.

USING THE CHRONOGRAPH MODE

This watch has a 100 hour chronograph with 1/100 second resolution for the First hour and 1 second resolution after 1 hour.

Press the MODE button until you get to CHRO(chronograph) mode.

Press the ST/STP button to start the chronograph.

While the chronograph is running, press the RESET button to record a lap. [SPL] will be displayed for 1 second, then the recorded lap time will be displayed for 5-7 seconds, followed by your current "counting" lap time.

Press the ST/STP button to pause the chronograph.(your current lap time will be displayed)

Press the RESET button to reset the chronograph while the chronograph is stopped.

While the chronograph is running, the  icon will be displayed in time mode.

Press the mode button to exit chronograph mode.

USING THE TIMER MODE



ST/STP

Press to start or stop the timer.

RESET

Press to reset the timer value.

USING THE TIMER MODE

Press the mode button until you get to TMR(timer) mode.

Press and hold the light button for 2-3 seconds to enter the timer setting screens.

Press the ST/STP(+) or RESET(-) button to adjust each value starting with "hour".

Press and hold these buttons for fast-paced setting.(The maximum timer value is 99:59:59)

Press the HRM button to save each setting value and advance to the next setting value in this order: Hour — minutes — second.

Press the mode button to return to previous setting value.

Repeat these steps for all timer setting options.

Press the light button to save and exit timer value setting.

Press the ST/STP button to start or pause the timer.

Press the RESET button to return to preset timer.

The timer count down from 99 hour 59 minute 59 second if no preset timer.

While the timer is running, the  icon will be displayed in time mode.

Press the mode button to exit timer mode.

USING THE ALARM MODE



USING THE ALARM MODE

Press the MODE button until you get to ALM(alarm) mode.

Press and hold the LIGHT button for 2-3 seconds to enter the alarm setting screens.

Press the ST/STP(+) or RESET(-) button to adjust "hour" and "minute".

Press the HRM button to save the setting value.

Press the LIGHT button to exit alarm value setting.

Press the RESET button to scroll through: alarm 1 and alarm 2.

Press the ST/STP to turn on/off alarm 1 and alarm 2.

When the alarm 1 or alarm 2 is on, the 🕒 / 🕒 icon will be displayed in time mode.

Press the MODE button to exit alarm mode.

NOTES:

Alarm mode allows you to set 2 individual alarms. When turned on, on a daily basis, when each alarm is reached, the chime will sound for 20 seconds. You can press any button to stop the sound.

HAZARDOUS SUBSTANCES CONTENT

Unit HS	Watchstrap	Watchcase	Stainless Steel	Aldary	PCB	Electronic Component	LCD	Glass	Rubber Belt	Elastic	O-ring	Plastic Parts	Wire	Pack & Presswork
Pb	○	○	○	✕	○	✕	○	○	○	○	○	○	○	○
Hg	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cd	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cr(VI)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
PBB	○	○	○	○	○	○	○	○	○	○	○	○	○	○
PBDE	○	○	○	○	○	○	○	○	○	○	○	○	○	○

This is the summary table which contains main parts of our products. The watch parts depend on the actual model.

The parts and their homogeneous materials in the watch which are not listed in the table do not contain hazardous substances.

All the parts and their homogeneous materials containing hazardous substances in the watch, meet the European Union RoHS requirement, please rest assured use.

The table is edited according to the regulations in SJ/T 11364.

○ : means the hazardous substances content in all homogeneous material of the part is below the limit in GB/T 26572.

HAZARDOUS SUBSTANCES CONTENT

X : means the hazardous substances content in one homogeneous material of the part is over the limit in GB/T 26572.

Tips:

In order to protect the environment, when the product or its parts scrap, please separate them from the household garbage and send them to a qualified recycle station. The recycle stations classify, split and recycle them according to the relevant state regulations.

For more information about the recycling process of the watch, please consult with the local government, waste management office, etc.

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