



FitWare
FitWareFm
FitWarePulse




HIGHGEAR®

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FEATURES

This manual covers the operation of the **FITWARE, FITWARE FM** and **FITWARE PULSE** units. FitWare pedometers are designed to measure fitness activity.

WARNING: Before starting any exercise program, we strongly suggest you visit your doctor for a complete physical and to discuss your exercise plans.

FEATURES AND FUNCTION

PRIMARY OPERATIONAL MODES

The FitWare units have 5 common, primary operational modes: **TIME OF DAY, STEP COUNTER, DATA (SETUP), DAILY ALARM, CHRONOGRAPH.**

In addition, the FitWare Pulse and FitWare FM have the **PULSE** and **FM RADIO** functions respectively.

Scroll through the Primary Operational Modes by pressing the **S1** key.

The following primary modes also have the following secondary modes:

TIME OF DAY: Date

STEP COUNTER: Calories, Distance, Timer, Step Target

DATA (SETUP): Age, Gender, Weight, Stride Length, Heart Rate Hi and Lo Limits and Heart Rate Alarm (FitWare Pulse only)

Scroll through the Secondary Operational Modes by pressing the **S4** key.

SPECIFICATIONS AND RANGES

TIME OF DAY

- 12/24hr format
- Resolution 1-second
- Auto Calendar 2004-2029

DAILY ALARM

- Resolution 1-minute
- 20-Second Alert

STEP COUNTER

- 1-999,999 steps
- Stride 4-60 inches; 10-150 cm

CALORIE COUNTER

- 0-9,999.9 kilocalories
- Resolution 0.1 kilocalories

HEART RATE

- Working Range 40-240 beats/minute

AGE

- 5-99 years

WEIGHT

- 33-550 lbs; 15-250 kg

DISTANCE

- 0-9,999.0 miles or kilometers
- Resolution 0.01 miles or kilometers

CHRONOGRAPH

- 0-23h 59m 59s
- Resolution 0.01 seconds from 0-10 minutes
- Resolution 1 second from 10 minutes to 23:59:59

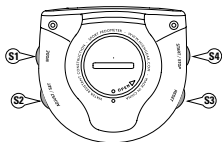
EXERCISE TIMER

- 0-23h 59m 59s
- Resolution 1-second

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BASIC OPERATION OF BUTTONS



S1 KEY

- Change mode
- Advance to next setting option in **TIME MODE**
- Change Lbs/Kg
Change Inches/centimeters

S2 KEY

- Enter Setting Sequence (**PRESS AND HOLD**)
- Clear Step Counter (**PRESS AND HOLD**)
- Advance to next setting option in Data Mode

S3 KEY

- Decrease digit during programming
- View Day/Date in **TIME MODE**

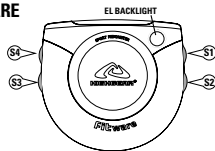
S4 KEY

- Scroll through secondary screens in **STEP** and **DATA** modes
- Increase digit during programming
- Daily Alarm on/off
- Pulse Alarm on/off
- Male/Female in **DATA MODE**

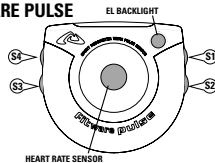
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BASIC OPERATION OF BUTTONS

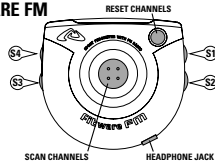
FITWARE



FITWARE PULSE



FITWARE FM



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TIME MODE (ALL MODELS)

SET UP TIME OF DAY

1. Use the **S1** key to advance to the **TIME** mode.
2. **PRESS & HOLD S2** key for 2-seconds.
3. **"ADJUST"** will be shown on the display for 2-seconds followed by the time with hours digits flashing.
4. Adjust Hours, Minutes, 12/24h format, Year, Month and Day using **S3** and **S4** to increase and decrease the digits.
5. Store each setting to memory and advance to next variable using the **S1** key.

VIEW DATE

When in the **TIME OF DAY** screen, view the Day/Date by pressing the **S4** key. Day and Date will be displayed for approximately 2-seconds.

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TIME MODE (ALL MODELS)

SET DAILY ALARM

1. Use the **S1** key to advance to the **ALARM** mode.
2. **PRESS & HOLD S2** key for 2-seconds.
3. **"ADJUST"** will be shown on the display for 2-seconds followed by the alarm time with the hours digits flashing.
4. Adjust Hours and Minutes using the **S3** and **S4** keys to increase and decrease the digits.
5. Store each setting to memory and advance to the next variable using the **S1** key.
6. Once set, the **ALARM** can be turned ON and OFF using the **S4** key. When active the display will show **ON** to the right of the Alarm setting and a small **ALARM ICON** (🔔) will be visible in the upper right corner of the display when you are in the **TIME** and **ALARM** modes.
7. The Alarm will sound for 20-seconds when the alarm function is on. **PRESS ANY BUTTON** to stop the Alarm sound.

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INPUT YOUR PERSONAL DATA (ALL MODELS)

SET DATA

1. Use the **S1** key to advance to the **DATA** mode.
2. Upon entering the Data Screen, **AGE** will automatically be displayed on the screen.
3. Review your Data settings using the **S4** key
4. To program the Data screen, **PRESS & HOLD** the **S2** key for 2-seconds.
5. "**ADJUST**" will be shown on the display for 2-seconds followed by "**AGE**" with the number of years flashing.
6. Adjust Age, Gender, Weight, Stride (length) using the **S3** or **S4** keys.

NOTE: See "Determining Your Stride Length" on following page.

7. In the **WEIGHT** and **STRIDE** (length) programming windows use the **S1** key to change the units from metric (Kg and Cm) to English (Lbs and In.)

NOTE: For the distance and calorie functions to work properly, the Data section of the FitWare unit must be programmed as accurately as possible.

Aerobic Pulse Rate Zone (FitWare Pulse Units Only)

8. On the FitWare Pulse unit you will also adjust **HI** and **LO PULSE LIMITS** and turn the **PULSE LIMIT ALARM ON** or **OFF**.
9. Store each setting to memory and advance to the next variable using the **S2** key.

INPUT YOUR PERSONAL DATA (ALL MODELS)

DETERMINING YOUR STRIDE LENGTH

1. You will need a tape measure to accurately measure your stride.
2. Mark a spot on the ground. Start with your toe to that point and take 10 natural strides of the type you want to measure (run, walk, jog, etc).
3. Mark the place where the toe of your forward foot stopped.
4. Measure the distance between the two points, and divide by 10

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STEP COUNTER MODE (ALL MODELS)

WEARING YOUR FITWARE PEDOMETER

The FitWare pedometer may be attached to the waist band of your pants or belt in any location which is convenient and easy for you to read. Make sure the display of the unit is located at the top when you are wearing it.

USING THE STEP COUNTER

1. Use the **S1** key to advance to the **STEP** mode.
2. **PRESSING & HOLDING** the **S2** key for 2-seconds in any **STEP COUNTER** screen will clear the following exercise information: **NUMBER OF STEPS TAKEN, CALORIES, DISTANCE** or **TIMER**.
3. When starting to exercise, for greatest accuracy, attach the unit to your belt or waistband and then clear the step counter to zero by **PRESSING & HOLDING** the **S2** key for 2-seconds. Clearing the unit to zero prior to attaching the unit to your belt or waistband may result in extra "steps" being counted.

STEP COUNTER MODE (ALL MODELS)

The FitWare units allow you to program a target number of steps for any workout. Once you program a target and start walking the FitWare unit will automatically count down from your target. When you reach zero an alarm will sound indicating you have reached the target.

1. Enter **STEP** mode and press the **S4** key 4 times until **TARGET** is briefly displayed on the screen.
2. **PRESS & HOLD** the **S2** key to clear any existing targets and start the programming sequence.
3. **5 ZEROS** will appear on the display with the far left digit flashing.
4. **ADJUST** the flashing digit **UP** or **DOWN** using the **S3** and **S4** keys.
5. Advance to the next digit using the **S1** key. If you wish to program a lower number simply press the **S1** key while a zero is flashing and move to the next lower digit.
6. When you have programmed your step target, press the **S1** key one final time to return to the **STEP** display.

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CHRONOGRAPH MODE (ALL MODELS)

USING THE CHRONOGRAPH FUNCTION

The FitWare units are equipped with a digital chronograph.

1. **START** and **STOP** the **CHRONOGRAPH** by **PRESSING** the **S4** key.
2. When stopped, **CLEAR THE CHRONOGRAPH** by **PRESSING** the **S3** key.

NOTE: When you are viewing the Chronograph, the FitWare unit will not count steps. If you are exercising, do not stay in the Chronograph mode any longer than necessary. **REMEMBER:** You do not need to use the Chronograph to time your exercise session. This is done automatically for you by the **TIMER** secondary function in the **STEP** mode.

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USING THE FM RADIO (FITWARE FM ONLY)

1. Plug the headphones into the jack located on the side of the FitWare FM unit.
2. Reset the radio to the lowest frequency by pressing the reset button to the upper right corner of the face of the unit.
3. Advance to the next available frequency by **PRESSING** the large **SCAN** button located at the center of the face of the unit. **CONTINUE TO PRESS** the **SCAN** button until a desired station is reached.
4. When you reach the end of the FM frequency range, you must reset the unit to its starting frequency to repeat scrolling through the available frequencies
5. To turn the radio off, unplug the headphones.
6. The volume control for the radio is located on the headphone wire.

CAUTION: Leaving the headphones plugged in the FitWare FM unit for extended periods of time will drain the battery.

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USING THE HEART RATE MONITOR (FITWARE PULSE ONLY)

1. After you have programmed your "**AEROBIC PULSE RATE ZONE**" (Set Data Page 9), you are ready to use the **HEART RATE MONITOR** portion of your FitWare Pulse unit.
2. The FitWare Pulse uses an infrared sensor which detects your pulse rate from the tip of your index finger.
NOTE: *The FitWare Pulse sensor will not work if you are wearing gloves.*
3. Use the **S1** key to advance to the **PULSE** mode.
4. Place your index finger gently over the heart rate sensor on the face of the FitWare unit.

NOTE: *Pressing too hard on the heart rate sensor may cause the heart rate system to malfunction.*

5. The small heart icon located to the extreme left of the display should begin flashing and your heart rate should appear a few seconds later. The first few heart rate numbers may change up and down while the unit is making its measurement. A long beep will indicate when the measurement is complete and the heart rate number shown is correct.

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USING THE HEART RATE MONITOR (FITWARE PULSE ONLY)

6. If the **HEART RATE ZONE ALARM** is active, when you check your pulse, if you are above or below your programmed target zone the words **HI** or **LO** will appear to the right of your pulse reading.
7. The heart rate display will remain active for approximately 10-seconds and then automatically return to the Time of Day mode.
8. Avoid taking pulse readings in direct sunlight as it may interfere with the sensor. If you must check your pulse in bright sunlight, shield the FitWare unit with your other hand.

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CHANGING THE BATTERIES

1. The FitWare units are powered by CR2032 3v Lithium batteries. These batteries are very common and can be found at most drug stores and camera shops.
2. The FitWare and FitWare Pulse use a single battery.
3. The FitWare FM uses a pair of batteries.

FITWARE AND FITWARE PULSE

1. Remove battery door using a coin or other small object.
2. Remove the old battery.
3. Install the new battery Positive (+) side up.
4. Replace and tighten battery door.

FITWARE FM

1. Remove battery door using a coin or other small object.
2. Remove old batteries.
3. Install new batteries.
 - a. The bottom battery should be installed Positive (+) side down and must be placed under the two small metal prongs located in the lower right corner of the battery compartment.
 - b. The top battery must be installed Negative (-) minus side down.
4. Replace and tighten the battery door.

CARE OF YOUR FITWARE PEDOMETER

1. Avoid Extreme Temperatures.
2. Clean your FitWare unit using a soft dry cloth. NEVER use any type of chemical cleaning agent on the unit.
3. Store your FitWare unit in a cool, dry place when not in use.
4. Cold temperatures may cause the display to dim or fail completely. Normal operation should return when the unit warms up.
5. Store this manual in a safe place for future reference.

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