

# N5 Heart Rate Monitor

# OPERATION GUIDE



TRAINING



## **INTRODUCTION**

Our watches represent the finest quality in heart rate monitors available today. Using only the finest in electronic components and state-of-the-art technology, these monitors are among the most accurate and dependable products available on the market.

This monitor is designed for ease of use without the compromise found in many of its competitors. While we have designed our watches to withstand many of the pressures that outdoor life will place on it, please remember that it is a sensitive technical instrument. However, with the proper care and maintenance, it will last many years. Please read all sections of this manual carefully to familiarize yourself with how the unit works.

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## WARNINGS AND CAUTIONS

**WARNING:** This product is an advanced training and fitness tool. Before starting any exercise program, we strongly suggest you visit your doctor for a complete physical and to discuss your exercise plans.

**NOTICE TO SWIMMERS:** The heart rate monitors are designed to be water resistant. This means that water should not enter the unit during normal swimming. However, care should be taken not to press the keys while the unit is submerged or wet as this may cause water to be forced past the key seals damaging the unit. However, operating heart rate monitors while in the water may cause other operational problems for a variety of other reasons. First, water may interfere with the ability of the sensors to detect a heart rate signal from the body. Overall, the likelihood of experiencing problems using a heart rate monitor will be much higher when the unit is used in a water environment.

**NOTICE TO PEOPLE WEARING PACEMAKERS:** While the heart rate monitor in the monitor unit 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.





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## HOW TO USE THIS MANUAL

This manual is laid out in easy to follow sections, which cover the features and functions of your monitor. These monitors are very advanced monitors and have many unique features and functions. Be sure to read each section carefully so that you will fully understand how the units and its features work.

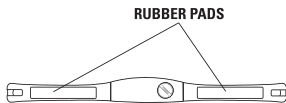
The manual is divided into sections outlining each of the major functions of the watch. A drawing of the watch screen that represents the starting point or other important screen for each operational process is shown adjacent to the instructions for the process; important keys are shown in color indicating **PRESS & HOLD** and **QUICK PRESS**. The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

The heart rate monitor itself is an important part of this manual as it prompts you through its operation.

## WEARING THE HEART RATE TRANSMITTER STRAP

The heart rate transmitter strap consists of two conductive electrodes attached to a small radio transmitter housed in the center of the strap. The electrodes sense the electrical potential created each time your heart contracts and the radio transmitter sends a signal to the watch each time the electrodes sense the heart beat. For the best performance, a layer of sweat should be built up between your skin and the electrodes of the transmitter. This makes it easier for the electrodes to “see” the electrical signal. On cool days or at the beginning of your workout it may be necessary to moisten the electrodes on the back of the transmitter using saliva or one of the commercially available electro conductive creams. **DO NOT** use tap water to moisten the electrodes as tap water will act as an insulator rather than a conductor and may actually reduce the performance of the system.

The transmitter should be worn around the rib cage, just below the pectoral muscles. The elastic strap of the system should be adjusted so that it is snug enough so it does not move during use, but not so tight as to restrict breathing. While the wearing of the transmitter strap may feel a bit strange initially, most people become used to it within a few days and cease to even notice they are wearing it.










### INTERFERENCE

For reasons of size, cost and battery life, heart rate monitors function using a very low transmission frequency. Because of this they are susceptible to interference from a variety of electromagnetic and microwave sources. High-tension power line, traffic light controls, home and automotive electronics, powered exercise equipment; home security and wireless LAN systems and other things may interfere with the ability of the system to register a heart rate. Intermittent readings of zero or of very high heart rates (exceeding 210 beats) are an indication of some type of interference. In general, the interference caused by these sources is localized. After a few seconds or at most minutes, you should pass from the area of interference and the operation of the watch should return to normal. Additionally, other heart monitors close by may also interfere with the function of your unit. It is recommended that you separate yourself from other heart rate users by a minimum of 3 feet (1 meter) in all directions.

## DISPLAY SYMBOLS AND THEIR MEANINGS

### DISPLAY SYMBOLS

symbol	description	what it means
	<b>ZONE ALERT</b>	Out-of-training zone alert is active when displayed
	<b>HEART RATE</b>	Blinks when unit is receiving heart rate
	<b>TIME ZONE</b>	Indicates selected time zone displayed
	<b>ALARM</b>	Alarm is active when displayed
	<b>ABOVE/BELOW ZONE</b>	Indicates heart rate above or below selected training zone
	<b>PERCENT OF FAT BURNED</b>	Designates heart rate as percent of fat burned
	<b>PERCENT OF MAX HR</b>	Designates heart rate as percent of maximum heart rate

### MODE SYMBOLS

symbol	description	what it means
<b>TIME</b>	<b>TIME MODE</b>	Indicates Time mode
<b>HRM</b>	<b>HEART RATE MODE</b>	Indicates Heart Rate mode
<b>HRM DATA</b>	<b>DATA HEART RATE MODE</b>	Indicates Data Heart Rate mode
<b>CHRN SPL</b>	<b>CHRONOGRAPH MODE</b>	Indicates Chronograph mode
<b>AL</b>	<b>ALARM MODE</b>	Indicates Alarm mode
<b>TMR</b>	<b>COUNTDOWN TIMER</b>	Indicates Countdown Timer mode
<b>RECOVERY</b>	<b>RECOVERY CALCULATION</b>	Indicates Recovery Calculation displayed

## FEATURES OVERVIEW

### HEART RATE

- Wireless ECG Accurate
- Heart rate displayed as BPM and % of maximum heart rate
- 3 Automatic or Manual heart rate target zones
- Automatically calculated Maximum Heart Rate (age based)
- Audible/visual Target Zone alarm
- Exercise Timer
- Real time caloric consumption

### MEMORY

- 30 data files of exercise memory
- Total exercise time
- Time In, Above and Below target zone
- Maximum heart rate of total exercise
- Average heart rate of total exercise
- Calories expenditure (Exercise / Total / Fat %)

### WATCH/TIMING

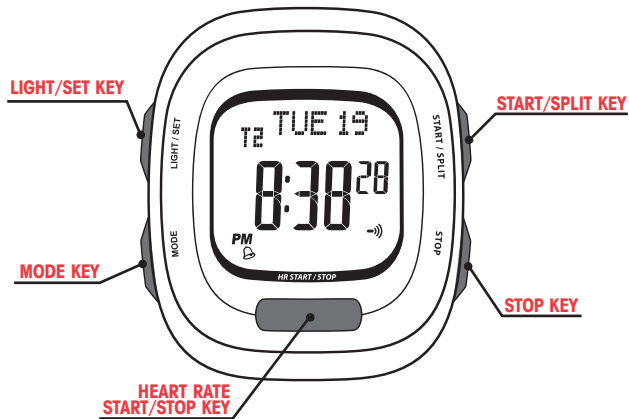
- Time of day (12/24h) with hour, minute, second, year, month, day and weekday
- Dual time zone
- Auto calendar from year 2000 to 2049
- 24-hour Lap Chronograph with 1/100 sec resolution
- Dual daily alarm with chime function

### BASIC

- Backlight
- Water resistant 30M
- Low battery indicator

## KEYS AND THEIR FUNCTIONS

The watch has 5 individual keys. Each key has several functions. The drawing identifies the keys and their names as used in this manual.



## KEYS AND THEIR FUNCTIONS

### KEY FUNCTIONS

#### START/SPLIT KEY

- Increases variable in Programming Sequence
- Accesses secondary displays in HRM Mode
- Scrolls through data in HRM Data
- Starts Lap Chronograph
- Advances Lap/Split in Lap Chronograph
- Turns On/Off Daily Alarm

#### STOP KEY

- Selects Time Zone 1 or Time Zone 2 in Time Mode
- Decreases variable in Programming Sequence
- Accesses secondary displays in HRM Mode
- Scrolls through files in HRM Data Mode
- Stops Lap Chronograph
- Toggles between Alarm 1 or Alarm 2 in Alarm Mode

#### MODE KEY

- Advances display through the various operational modes
- Selects variables in Programming Sequences

#### LIGHT/SET KEY

- Activate EL Backlight system
- Enter/exit Programming Sequences

#### HR START/STOP KEY

- Stops/Starts Chronograph in HRM Mode

## KEYS AND THEIR FUNCTIONS

### KEY ACTIONS – QUICK PRESS VS. PRESS AND HOLD

There are two key actions used to program the watch:

#### **QUICK PRESS** or **PRESS**

The key is pressed quickly and immediately released. This is the most common key action and is used for most aspects of operation.

#### **PRESS & HOLD**

The key is pressed and held for 2-3 seconds. This key action is generally used to initiate a programming or memory sequence or to enter a sub-mode.

**NOTE 1:** Generally, when entering a setting sequence, the word **HOLD** will appear on the top line of the display.

**NOTE 2:** In this manual, we will indicate when a **PRESS & HOLD** is required. In most other instances a **QUICK PRESS** should be assumed.

### PROGRAMMING THE WATCH – COMMON KEY ACTIONS

#### ENTER A PROGRAMMING SEQUENCE

**PRESS & HOLD** the **LIGHT/SET** key.

The word **HOLD** will appear in the top line of the display. Continue to hold the key until the display automatically advances to the first variable in the programming sequence.

#### ADJUST VARIABLE IN A PROGRAMMING SEQUENCE

**QUICK PRESS** the **START/SPLIT** or **STOP** key.

In most programming options, a **PRESS & HOLD** of the **START/SPLIT** or **STOP** key will cause the variable to fast advance, allowing you to quickly advance to a different number.

CONTINUED NEXT PAGE

## KEYS AND THEIR FUNCTIONS

### ADVANCE TO NEXT VARIABLE IN A PROGRAMMING SEQUENCE

**QUICK PRESS** the **MODE** key.

When you have chosen the variable you want for a particular portion of a programming sequence **QUICK PRESS** the **MODE** key to set and advance to the next variable.

### EXIT A PROGRAMMING SEQUENCE

**PRESS & HOLD** the **LIGHT/SET** key to exit the setting sequence at any time.

Once all variables of a programming sequence have been entered, **QUICK PRESS** the **MODE** key to exit the programming sequence and return to the initial main display.

### ACTIVATE THE DISPLAY BACKLIGHT SYSTEM

**QUICK PRESS** the **LIGHT/SET** key.

Activate the backlight system at any time with a **QUICK PRESS** of the **LIGHT/SET** key. The backlight will remain active for a period of approximately 5 seconds.

**NOTE:** Excessive use of the backlight system will result in shorter battery life.

## MODES OF OPERATION

### MAIN DISPLAY MODES

The unit has 5 modes of operation. Advance through the modes below using **QUICK PRESSES** of the **MODE** key.



TIME/DATE



HEART RATE  
MONITOR (HRM)



HRM DATA



LAP CHRONOGRAPH



ALARM



## SETTING THE WATCH FUNCTIONS

### VIEW TIME ZONE 1 / TIME ZONE 2

The watch is equipped with 2 independently programmable Time Zones capable of displaying in 12 or 24-hour formats.

In **TIME MODE** Time Zone 2 can be accessed by **PRESSING & HOLDING** the **STOP** key. The display will indicate **T1** (Time Zone 1) or **T2** (Time Zone 2) in the upper left of the display.

You can turn the **CHIME ALERT ON** or **OFF** by **PRESSING & HOLDING** the **START/SPLIT** key in **TIME MODE**.



## SETTING THE WATCH FUNCTIONS

### SETTING TIME/DATE

1. Advance to **TIME** screen by **PRESSING** the **MODE** key.
2. **PRESS & HOLD** the **LIGHT/SET** key to enter the setting sequence.
3. Hour digit will blink. **ADJUST HOURS** using **QUICK PRESSES** of the **START/SPLIT** or **STOP** keys.
4. Advance to **SET MINUTES** by **PRESSING** the **MODE** key. **ADJUST MINUTES** using **QUICK PRESSES** of the **START/SPLIT** or **STOP** keys.
5. Advance to **SET SECONDS** by **PRESSING** the **MODE** key. **ADJUST SECONDS** using **QUICK PRESSES** of the **START/SPLIT** or **STOP** keys.
6. Advance to **SET YEAR** by **PRESSING** the **MODE** key. **ADJUST YEAR** using **QUICK PRESSES** of the **START/SPLIT** or **STOP** keys.
7. Advance to **SET MONTH** by **PRESSING** the **MODE** key. **ADJUST MONTH** using **QUICK PRESSES** of the **START/SPLIT** or **STOP** keys.



8. Advance to **SET DATE** by **PRESSING** the **MODE** key. **ADJUST DATE** using **QUICK PRESSES** of the **START/SPLIT** or **STOP** keys.
9. Advance to **SET WEEKDAY** by **PRESSING** the **MODE** key. **ADJUST WEEKDAY** using **QUICK PRESSES** of the **START/SPLIT** or **STOP** keys.
10. Advance to **SELECT 12/24 HOUR DISPLAY** by **PRESSING** the **MODE** key. **ADJUST 12/24 HOUR DISPLAY** using **QUICK PRESSES** of the **START/SPLIT** or **STOP** keys.
11. **PRESS** the **LIGHT/SET** key to exit the setting sequence and return to **TIME OF DAY** screen.

**NOTE:** You can exit the setting sequence at any time by **PRESSING** the **LIGHT/SET** key.

## SETTING THE WATCH FUNCTIONS

### SETTING USER DATA

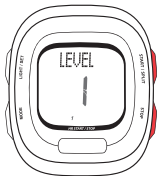
The watch is equipped with a 24-hour exercise chronograph that displays and records heart rate information. Maximum heart rate and calories information are calculated from the personal data settings in the programming sequence.

The watch has 3 programmable Training Zones able to be set in single beats per minute to target the intensity level of your exercise.

1. Advance to **HEART RATE MODE** by **PRESSING** the **MODE** key.

**NOTE:** To enter the Heart Rate setting sequence, any previous workout information must be cleared by **PRESSING & HOLDING** either the **START/SPLIT** (to save to memory) or the **STOP** key (to reset) for 2 seconds until the time display reads 00:00.

2. **PRESS & HOLD** the **LIGHT/SET** key to enter the setting sequence.
3. Advance to **SET TRAINING ZONE** by **PRESSING** the **MODE** key. Select **TRAINING ZONE 1, 2** or **3** by **PRESSING** the **START/SPLIT** or **STOP** keys.



4. Advance to **SET TRAINING ZONE UPPER LIMIT** by **PRESSING** the **MODE** key. **ADJUST UPPER LIMIT** by **PRESSING** the **START/SPLIT** or **STOP** keys.
5. Advance to **SET TRAINING ZONE LOWER LIMIT** by **PRESSING** the **MODE** key. **ADJUST LOWER LIMIT** by **PRESSING** the **START/SPLIT** or **STOP** keys.
6. Advance to **SET PERSONAL DATA UNITS** by **PRESSING** the **MODE** key. **ADJUST PERSONAL DATA UNITS** (pounds/inches or kg/cm) by **PRESSING** the **START/SPLIT** or **STOP** keys.
7. Advance to **SET WEIGHT** by **PRESSING** the **MODE** key. **ADJUST WEIGHT** (pounds or kg) by **PRESSING** the **START/SPLIT** or **STOP** keys.
8. Advance to **SET HEIGHT** (inches or cm) by **PRESSING** the **MODE** key. **ADJUST HEIGHT** by **PRESSING** the **START/SPLIT** or **STOP** keys.
9. Advance to **SET AGE** by **PRESSING** the **MODE** key. **ADJUST AGE** by **PRESSING** the **START/SPLIT** or **STOP** keys.



## SETTING THE WATCH FUNCTIONS

### SETTING USER DATA (CONTINUED)

- Advance to **SET GENDER** by **PRESSING** the **MODE** key. **ADJUST GENDER** by **PRESSING** the **START/SPLIT** or **STOP** keys.
- Advance to **SET ZONE ALARM** by **PRESSING** the **MODE** key. **ADJUST ZONE ALARM** by **PRESSING** the **START/SPLIT** or **STOP** keys.
- Advance to **SET RECOVERY** by **PRESSING** the **MODE** key. This monitor allows you to select a recovery based on either a target heart rate or preset time interval. Turn **RECOVERY ON** or **OFF** by **PRESSING** the **START/SPLIT** or **STOP** keys.
- Advance to **SET RECOVERY MODE** by **PRESSING** the **MODE** key. **ADJUST RECOVERY MODE (TIMR** for time-based recovery or **HR** for heart rate-target recovery) by **PRESSING** the **START/SPLIT** or **STOP** keys.



- Advance to **SET RECOVERY TARGET** by **PRESSING** the **MODE** key.  
**Heart Rate Based Recovery: ADJUST HEART RATE** by **PRESSING** the **START/SPLIT** or **STOP** keys.  
**Timer Based Recovery: ADJUST MINUTES** by **PRESSING** the **START/SPLIT** or **STOP** keys. Advance to **SET HOURS** by **PRESSING** the **MODE** key. **ADJUST HOURS** by **PRESSING** the **START/SPLIT** or **STOP** keys.
- PRESS** the **LIGHT/SET** key to exit the setting sequence and return to **HEART RATE MODE** screen.

**NOTE:** You can exit the setting sequence at any time by **PRESSING** the **LIGHT/SET** key.

## SETTING THE WATCH FUNCTIONS

### ALARM MODE

The watch is equipped with 2 daily alarms.

### SETTING DAILY ALARMS

1. Advance to **ALARM MODE** by **PRESSING** the **MODE** key.
2. **SELECT ALARM 1** or **2** (upper line of display) by **PRESSING** the **STOP** key.
3. **PRESS & HOLD** the **LIGHT/SET** key to enter the **SET ALARM TIME** setting sequence.
4. **ADJUST HOUR** using **QUICK PRESSES** of the **START/SPLIT** or **STOP** keys.
5. Advance to **SET MINUTES** by **PRESSING** the **MODE** key. **ADJUST MINUTES** by **PRESSING** the **START/SPLIT** or **STOP** keys.
6. **PRESS** the **LIGHT/SET** key to exit the setting sequence and return to **ALARM MODE** screen.
7. Repeat steps 2 through 6 to adjust other alarm.

**NOTE:** When Alarm is activated, Alarm icon will be visible at bottom of display screen.



## OPERATING THE WATCH

### HEART RATE MODE

The watch is equipped with a 24-hour exercise chronograph. For the first 59m 59s of timing the resolution is 0.1 second. After the first hour the resolution of the timing is seconds.

### OPERATING THE EXERCISE CHRONOGRAPH

1. Advance to **HEART RATE MODE** by **PRESSING** the **MODE** key.
2. **PRESS & HOLD** the **START/SPLIT** (to save to memory) or the **STOP** key (to reset) for 2 seconds until the time display reads 00:00
3. To **BEGIN TIMING**, **PRESS** the **HR START/STOP** key. The **top line** will display **HEART RATE** (in beats per minute). The **lower line** will display **TOTAL ELAPSED TIME**.
4. To **STOP TIMING** **PRESS** the **HR START/STOP** key. **PRESS** the **HR START/STOP** key to **CONTINUE TIMING**. If **RECOVERY MODE** is selected, **RECOVERY CHRONOGRAPH** will automatically engage. When **RECOVERY TARGET** is reached, the monitor will emit an audible beep.



## OPERATING THE WATCH

### SECONDARY HEART RATE SCREENS

The monitor is equipped with 3 secondary heart rate displays accessed by **PRESSING** the **START/SPLIT** key in **HEART RATE MODE**.



#### SCREEN 1

**Top Line:** Selected Target Zone

**Center Line:** Heart Rate  
(in beats per minute)



#### SCREEN 2

**Top Line:** Calories Burned

**Center Line:** Heart Rate  
(in beats per minute)



#### SCREEN 3

**Top Line:** Heart Rate  
(percentage of maximum)

**Center Line:** Heart Rate  
(in beats per minute)

## OPERATING THE WATCH

### SECONDARY HEART RATE SCREENS

The monitor is equipped with 3 secondary heart rate displays accessed by **PRESSING** the **STOP** key in **HEART RATE MODE**.



#### SCREEN 1

**Top Line:** Calories Burned

**Center Line:** Heart Rate  
(as percentage of maximum)



#### SCREEN 2

**Top Line:** Heart Rate  
(as percentage of maximum)

**Center Line:** Elapsed time of  
Exercise (in beats per minute)



#### SCREEN 3

**Top Line:** Heart Rate  
(in beats per minute)

**Center Line:** Time of Day

## OPERATING THE WATCH

### HEART RATE MEMORY PLAYBACK

The watch is equipped with a memory that gives you detailed information playback of up to 30 workouts.

1. Advance to **HRM DATA MODE** by **PRESSING** the **MODE** key.

2. Scroll through **SAVED WORKOUT FILES** (Run 1 through 30) by **PRESSING** the **STOP** key. **PRESS** the **START/SPLIT** key to **SELECT DATA FILE** to review.

**Upper line** displays **DATE OF WORKOUT**.

**Lower line** displays **TIME OF WORKOUT**.

**PRESS** the **START/SPLIT** key to advance to next screen.

**NOTE:** You may **EXIT HRM DATA MODE** any time by **PRESSING** the **MODE** key.

3. **Lower line** displays **TOTAL TIME FOR WORKOUT**.

**PRESS** the **START/SPLIT** key to advance to next screen.



4. **Upper line** displays **AVG**.  
**Lower line** displays **AVERAGE HEART RATE FOR WORKOUT** (in beats per minute).

There are 2 secondary data displays in this field. After 3 seconds the display will automatically advance to the next display in the sequence. You may also scroll through the primary and secondary displays by **PRESSING** the **STOP** key.

**Secondary Display 1:**

**Upper line** displays **%MAX**.

**Lower line** displays **AVERAGE HEART RATE FOR WORKOUT** (as percentage of maximum heart rate).

**Secondary Display 2:**

**Upper line** displays **MAXIMUM**.

**Lower line** displays **MAXIMUM HEART RATE FOR WORKOUT** (in beats per minute).

**PRESS** the **START/SPLIT** key to advance to next screen.



## OPERATING THE WATCH

### HEART RATE MEMORY PLAYBACK (CONTINUED)

5. **Upper line** displays **IN ZONE**.  
**Lower line** displays **EXERCISE TIME IN SELECTED TRAINING ZONE**.

After 3 seconds the display will automatically advance to the next display in the sequence. You may also scroll through the primary and secondary displays by **PRESSING** the **STOP** key.



#### Secondary Display 1:

**Upper line** displays **ABOVEZN**.  
**Lower line** displays **EXERCISE TIME ABOVE SELECTED TRAINING ZONE** (as percentage of maximum heart rate).

#### Secondary Display 2:

**Upper line** displays **BELOWZN**.  
**Lower line** displays **EXERCISE TIME BELOW SELECTED TRAINING ZONE**.

**PRESS** the **START/SPLIT** key to advance to next screen.

6. **Upper line** displays **TOTAL**.  
**Lower line** displays **PERCENTAGE OF CALORIES BURNED FROM FAT**.

**PRESS** the **START/SPLIT** key to advance to next screen.

7. **Upper line** displays **KCAL**.  
**Lower line** displays **TOTAL CALORIES BURNED FOR WORKOUT**.

**PRESS** the **START/SPLIT** key to return to **HRM DATA MODE**.



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## OPERATING THE WATCH

### CLEARING DATA FILES IN HRM DATA MODE

You can delete individual data files or all files in memory.

#### In HRM DATA MODE:

1. Scroll through **SAVED WORKOUT FILES** (Run 1 through 30) by **PRESSING** the **STOP** key. **PRESS & HOLD** the **LIGHT/SET** key.

**Upper line** displays **CLEAR**.

**Lower line** displays **RUN & FILE NUMBER** to be cleared.

2. To **CLEAR ALL FILES** in memory, continue **PRESSING & HOLDING** the **LIGHT/SET** key.

**Upper line** displays **CLEAR**.

**Lower line** displays **ALL**.



## OPERATING THE WATCH

### OPERATING THE LAP CHRONOGRAPH

Your monitor is equipped with a 24-hour lap/split chronograph. For the first 59 minutes 59 seconds, display resolution is in 1/100 second. After 1 hour, display resolution is 1 second.

1. Advance to **CHRONOGRAPH MODE** by **PRESSING** the **MODE** key.
2. To **BEGIN TIMING** **PRESS** the **START/SPLIT** key.
3. To **ADVANCE A LAP OR SPLIT**, **PRESS** the **START/SPLIT** key.

**Upper line** displays **TOTAL TIME**.

**Lower line** displays **CURRENT LAP/SPLIT TIME**.

4. To **STOP TIMING**, **PRESS** the **STOP** key.
5. To **CLEAR CHRONOGRAPH**, **PRESS & HOLD** the **LIGHT/SET** key.





## CARE AND MAINTENANCE

### CARE OF THE WRIST UNIT

The watch should be protected from shocks, extreme heat and extended exposure to direct sunlight. As the owner of the product you should only perform service procedures related to the changing of the battery as shown in this manual. You should **NEVER** attempt to disassemble or otherwise service your watch. When not in use, your watch should be stored in a clean, dry area at room temperature.

If the watch gets dirty it should be carefully wiped clean using a moist cloth. Care should be taken when cleaning the lens not to rub dirt into the surface as it can become scratched and hard to read.

### CARE OF THE HEART RATE TRANSMITTER

After every use you should rinse the transmitter strap and elastic in warm fresh water and dry with a dry cloth. Do not store the transmitter when wet as this may shorten the battery life. The transmitter should be stored flat rather than folded and should never be bent or stretched as this may damage the electrodes. Never lay your heart rate transmitter on a metal surface, as this will quickly drain the battery.



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## CARE AND MAINTENANCE

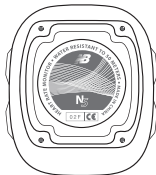
### CHANGING BATTERIES IN THE WATCH

This watch uses a common CR2032 3v Lithium battery in both the watch and heart rate transmitter. These batteries are commonly available at camera, bicycle, electronics and drug stores. Normal battery life for the watch is approximately 1 yr.

**NOTE:** Heavy use of the Backlight system may significantly reduce battery life.

A blank display or inaccurate heart rate readings are indications that the battery is getting weak and should be replaced.

The N5 Heart Rate Monitor is a technical instrument. To ensure proper operation and to maintain a water resistant seal, we recommend that you have your local jeweler or specialty retail shop to replace the watch batteries. Improper replacement of the battery may damage the watch and will void the manufacturers warranty.



## CARE AND MAINTENANCE

### REPLACING THE TRANSMITTER BATTERY

This watch features a wireless heart rate transmission system. This system uses a heart rate transmitter, which is worn, on your chest. Like the watch, the transmitter is powered by a CR2032 3v Lithium battery. Under normal conditions you can expect to get approximately 700-800 hours of transmitter use with a fresh battery.

1. Using a coin that closely fits the slot in the battery door located on the back of the transmitter, turn the battery door counter clockwise until the door comes free of the transmitter body.



2. Take care not to damage the O-ring seal for the battery compartment and carefully remove the old battery.
3. Place a fresh battery in the battery compartment with the positive (+) side facing up.
4. With the O-ring in the proper position, place the battery door over the opening and tighten it down by using a coin and turning in a clockwise direction.

5. If the O-ring has been damaged, replace it before reinstalling the battery door. Most jewelers and watch shops should have replacement O-ring seals.

**NOTE:** Extreme care should be taken when replacing the battery to ensure the unit remains fully water resistant. Failure to properly replace the battery and correctly seal the unit may cause the unit to become damaged and may void the warranty.



## ***FUNCTIONAL SPECIFICATIONS AND RANGES***

### **GENERAL**

Operational Temperature -10C to +50C/ 14F to 120F  
Water Resistance 30M  
Watch Battery CR 2032 3v Lithium  
Heart Rate Transmitter Battery CR 2032 3v Lithium  
Auto Calendar 2000-2049  
Time of Day – 12 or 24-hr. formats with 1-second resolution  
Daily Alarm – 24 hours with 1-minute resolution  
Age display – 10-99 years  
Weight display – 44-499 lbs. (20-230 kg.)

### **HEART RATE MONITOR**

Range 40-240 Beats per Minute  
Resolution 1 Beat per Minute  
30 RUN of exercise Data memory

### **CHRONOGRAPH**

Range 24 hours  
99-Lap/split capacity  
Resolution 0.1 second for first hour; 1.0 second for hours 2-23



## TROUBLESHOOTING – BASIC

The watch is a very sensitive and sophisticated instrument. If properly cared for it should last and remain accurate for many years.

It has been our experience that the majority of the problems seen by consumers with products such as this are related to dead or dying batteries.

While the estimated life of a fresh battery in the watch is approximately one year, this can be shortened considerably if the backlight feature of the watch is used extensively. Whenever you are experiencing issues related to the function of the unit it is recommended that you install a fresh battery as a first course of action, especially if it has been more than a half a year since the last time the battery was replaced.

**BE AWARE:** Lithium batteries of the type used in this watch are very susceptible to improper storage. Many times, batteries purchased as new are dead or weak before they are purchased. Do not assume that batteries in stores are good. If you try a new battery and problems persist, please try a second battery from another source, just to be certain.

If the battery on the watch is failing it may show itself in several ways. Indications of a weak battery are:

1. A fading or blank display. Also if the display goes blank when the backlight is operated and then comes back on when the backlight system turns off.
2. Inaccurate readings from the heart rate systems.
3. Reduced heart rate system reception distance





## **TROUBLESHOOTING – HEART RATE**

### **INTERFERENCE**

Heart rate monitors are subject to interference from a wide range of external sources of electromagnetic and microwave radiation. High tension power lines, home and automotive electronics, exercise equipment, home security systems, traffic light controls, airport radar systems and other things are capable under the right conditions of blocking the heart rate transmission system. When this happens, the user will usually notice a very high heart rate reading (200+ ) or a reading of zero. Usually sources of interference are localized and the unit will return to proper operation in a few seconds or at most minutes.

### **CROSS TALK (USING CHEST STRAP TRANSMITTER)**

Exercising in close proximity to other people using heart rate monitors may cause your watch to pick up signals from chest straps other than your own. This is known as Cross Talk. To avoid problems associated with Cross Talk it is recommended that you separate yourself from others wearing heart rate monitors by a minimum of 3' or 1m in all directions.

### **TRANSMISSION RANGE**

#### **(USING CHEST STRAP TRANSMITTER)**

The heart rate monitor system has an effective range of 28-30 inches (.75 meters). If the monitor is separated from the transmitter strap by a greater distance than this, you may not be able to receive a heart rate signal. Additionally, the orientation of the watch and transmitter must be such that the reading direction of watch face is not aligned perpendicular to the transmitter. Having the system in this orientation will significantly reduce the transmitter's range.

# N5 Heart Rate Monitor



**NEW BALANCE SPORTS MONITORS®**, A DIVISION OF HIGHGEAR USA, INC.

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TRAINING