



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

Duo Sport: Features

Thank you for selecting the New Balance Duo Sport Heart Rate Monitor.

The Duo Sport is designed to allow you to acquire your heart rate reading two ways:

- **CONTINUOUS:** via traditional chest strap (included)
- **ON-DEMAND:** via the latest technology in finger touch heart rate acquisition



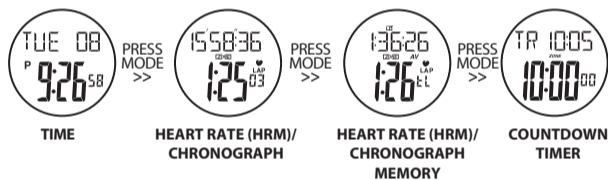
The Duo Sport is created with multiple levels of athleticism in mind. The chest strap allows you to monitor your heart rate continuously during your cardio workouts and running sessions; when the finger touch acquisition will slow you down. When your exercise regimen is less strenuous (walking, stretching, etc) or you simply want to view your current heart rate reading, the Duo Sport features a buttonless touch metal bezel for on-demand heart rate readings.

Below is a full list of the features found in the Duo Sport:

- Chest Strap Transmitter for Continuous Heart Rate Readings
- Finger Touch Acquisition for On-Demand Heart Rate Readings
- Preset & Customizable Target Heart Rate Zones
- Heart Rate Zone Alert
- % Max Heart Rate
- Heart Rate Zone Memory Recall
- 10 Hour Chronograph with Lap/Split Memory Recall
- Measures 25 Laps/Splits
- 10 Hour Countdown Timer with Alarm
- Calorie Burn Measurement
- Fat Burn Measurement
- 12 and 24 Hour Time
- Time / Day / Date / Month
- One Daily Alarm
- Imperial or Metric Units
- EL Backlight
- 50M Water Resistant

Modes of Operation

NOTE: TOUCH & HOLD the HEART RATE SENSOR in any operating mode to acquire Finger Touch Heart Rate Readings



Setting Time and Date

- In TIME mode, **PRESS & HOLD** MODE for 3 seconds until the display flashes.
- **PRESS** STR / STP or VIEW / RST to reset the seconds to zero.
- **PRESS** MODE to advance to the minute settings. Edit the minutes value by **PRESSING** STR / STP or VIEW / RST.
- **PRESS** MODE to advance thru the remaining TIME mode settings and STR / STP or VIEW / RST to edit the values:
 - Hour
 - Year
 - Month
 - Date
 - 12 / 24 Hour Format
 - Hourly Chime
 - Key Beep
 - Gender (M or F)
 - Birth Year
 - Unit (inch/cm)
 - Height
 - Unit (lbs/kgs)
 - Weight

NOTE: With the Chime ON, a short beep will sound at the turn of the hour and a small bell icon will appear in the display.

NOTE: With the Key Beep ON, a short beep will sound on each button press.

- To save the new settings, **PRESS & HOLD** MODE for 3 seconds.

Setting Daily Alarm

- In TIME mode, **PRESS & HOLD** STR / STP for 3 seconds until the display flashes.
- **PRESS** STR / STP or VIEW / RST to toggle the alarm ON or OFF.

NOTE: A small speaker icon will appear in all displays when the alarm is turned ON.

- **PRESS** MODE to advance to the hour setting, then **PRESS** STR / STP or VIEW / RST to set the desired hour.
- **PRESS** MODE to advance to the minute setting, then **PRESS** STR / STP or VIEW / RST to set the desired minute.
- To save the new settings, **PRESS & HOLD** MODE for 3 seconds.

Setting the Countdown Timer

The Duo Sport is equipped with a 10-Hour Countdown Timer.

- In COUNTDOWN TIMER mode, **PRESS & HOLD** MODE for 3 seconds until the display flashes.
- **PRESS** STR / STP or VIEW / RST to set the desired countdown hours.
- **PRESS** MODE to advance to the countdown minutes setting. Set the desired minutes by **PRESSING** STR / STP or VIEW / RST.
- **PRESS** MODE to advance to the countdown seconds setting. Set the desired hours by **PRESSING** STR / STP or VIEW / RST.
- To save the new settings, **PRESS & HOLD** MODE for 3 seconds.

Using the Countdown Timer

- In COUNTDOWN TIMER mode, **PRESS** STR / STP to begin the timer.
- With the countdown running, **PRESS** STR / STP to stop the timer.
- With the countdown stopped, **PRESS** STR / STP to restart the timer