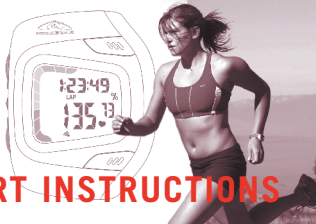


pulseware



QUICKSTART INSTRUCTIONS



QUICKSTART INSTRUCTIONS

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FINGER TOUCH HEART RATE MODE (DUO, MAX & MINI)

WEARING THE WATCH: Strap on the Pulseware HRM above the wrist bone.



TO MEASURE HEART RATE: Keep arm below chest and relaxed when in motion, moving naturally.



TOUCH FINGERS TO SENSORS: Press sensors with thumb and index finger. Keep finger pads firm and stable on sensors.

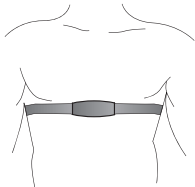


READ HEART RATE: Wait for beep before raising arm to look at readout (5-7 seconds). If unsuccessful, moisten finger pads and try again.



WEARING THE HEART RATE TRANSMITTER STRAP (DUO & SOLO)

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.



RUBBER PADS



Duo

Max

Solo

Mini

MONITORING YOUR HEART RATE

FINGER TOUCH HEART RATE MODE (DUO, MAX & MINI)

In Finger Touch heart rate mode, you can view your heart rate in any Mode by touching the sensors on the top plate with your index and middle fingers for 5 seconds. Heart Rate will display for 2 seconds then display return current operating mode.



WIRELESS HEART RATE MODE (DUO & SOLO)

In wireless heart rate mode (using the transmitter strap), your heart rate is displayed in Chronograph, Countdown Timer and KCAL modes.



The lower line of the display reads actual heart rate (in beats per minute) and percent of maximum heart rate.

The upper line of the display is information from the current mode.



Duo

Max

Solo

Mini