

PULSE: USING HRM TRAINING ZONES

The HRM training zones allow a user the convenience of pre-setting 3 heart rate zones to choose from depending on the different intensity levels of their training routine.



Before you start your exercise:

1. Press button D until you get to HRM mode and establish an HRM reading.
2. Press-and-hold button A to enter the HRM setting mode.
3. Press button C to go in the zone selection screen.
4. Press buttons A or B to select the pre-set zone you would like to use for your exercise.
5. Press button C to confirm your selection and the display will show your low setting.
6. Press button C to confirm and the display will show your high setting.
7. Press button C to confirm and the display will show the zone alert status (on or off).
8. Press button C to confirm.
9. Press button D to return to HRM mode.

Now you are ready for your workout!

Special note:

If you are training using HRM, it is advised to use HRM Mode.

If you are using Exercise mode, you will not see your HRM “in-zone” time during your workout, but the out-of-zone alarm will work. Your HRM “in-zone” time will be recorded when you save the exercise file to Data Mode.