

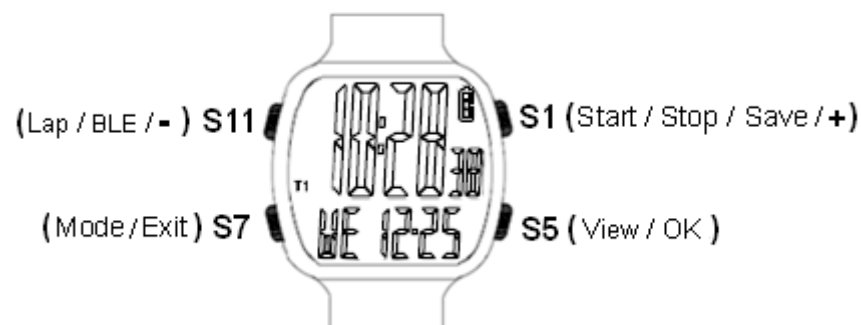
Instruction Manual

SH011

Pulse Rhythm BLE Optical HRM watch

Thank you for purchasing the Pulse Rhythm BLE Optical HRM watch. This product uses an Electro-optical technology to sense the heart beat. It has two LED beams and electro-optical cell to sense the volume of blood under your skin.

Push Button location / Main function



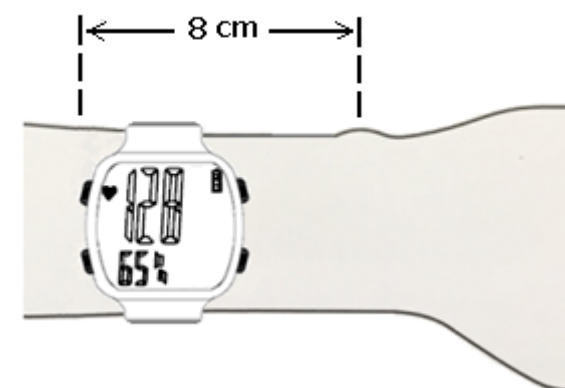
WARNING:

- Consult your doctor before you begin a new exercise program. This is important for persons with pre-existing health problems or persons who have taking medication regularly.
- This watch provides heart rate measurements. However, this is not a medical device.
- This watch may affect pacemakers. If you have any concerns, consult your doctor before use.
- Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while doing an exercise, stop immediately and cool down.

How to wear the watch properly in your forearm:

- Fasten the watch snugly so that the optical sensor makes a tight contact with your skin. The tighter you can wear the watch the better.
- Wear the watch not on your wrist bone but higher on your forearm.
- If the Heart rate data displayed in the watch is not stable or erratic, try to move the watch along your forearm within the best wearing position as shown.

Best wearing position



Important reminder:

Before starting your exercise

- You may need to tighten the strap.
 - * After sweating, you have to tighten again the strap of the watch for more accurate measurement
- Make sure the heart rate reading is already stable.
- Minimize extreme wrist movement while the HR is in use.

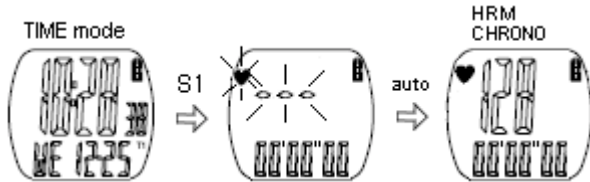
Caring for your Watch:

- Clean your watch with a dampened cloth preferably with mild detergent solution. Wipe dry using a dry cloth. Do not use chemical cleaners and solvents that may damage plastic components.
- Do not store your Watch to prolonged exposure to extreme temperatures as this may result to permanent damage to your unit

How to turn On the HRM watch:

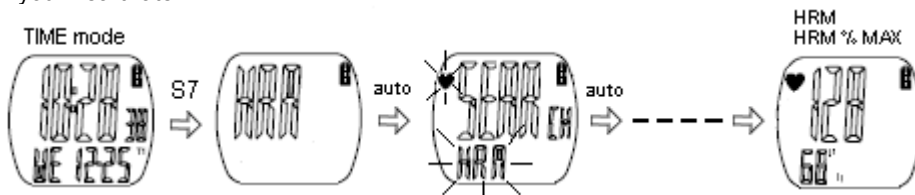
- Turn On the HRM by doing any of the following:

- Press S1 while in Time mode and it will then search the HRM signal. Once signal is received, it will automatically show your heart rate.



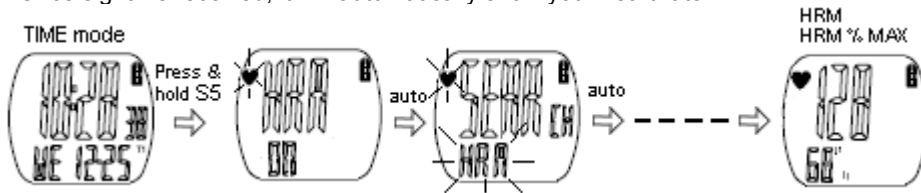
- Press S7 from TIME mode to go to HRM mode.

- It will then SEARCH HRM signal. Once signal is received, it will automatically show your heart rate.



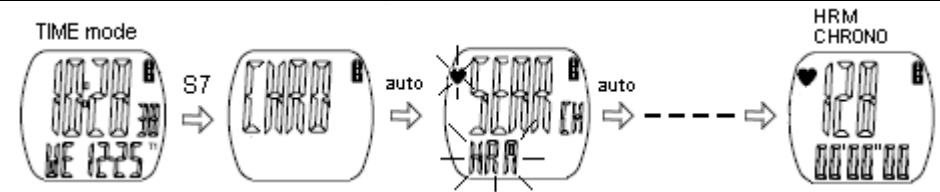
- Press and hold S5 from TIME mode to go to HRM mode.

- The HRM ON screen will appear momentarily then “SEARCH HRM” signal. Once signal is received, it will automatically show your heart rate.



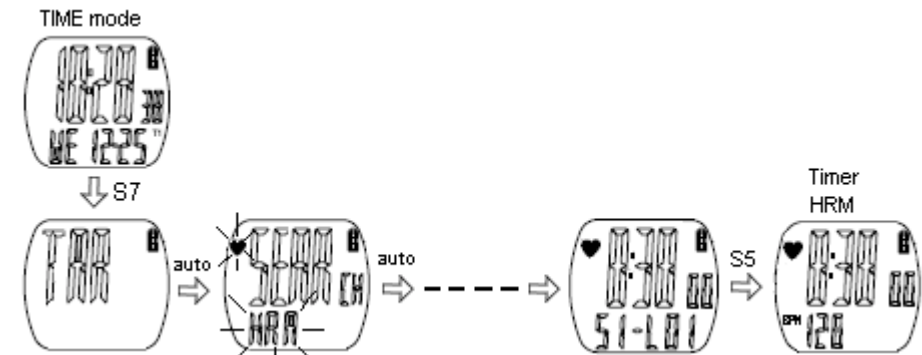
- Press S7 from TIME mode to go to CHRONO mode.

- It will then “SEARCH HRM” signal. Once signal is received, it will automatically show your heart rate.



- Press S7 from TIME mode to go to TIMER mode.

- It will then “SEARCH HRM” signal. Once signal is received, it will automatically show your heart rate (press S5 to go to next view to show the heart rate).

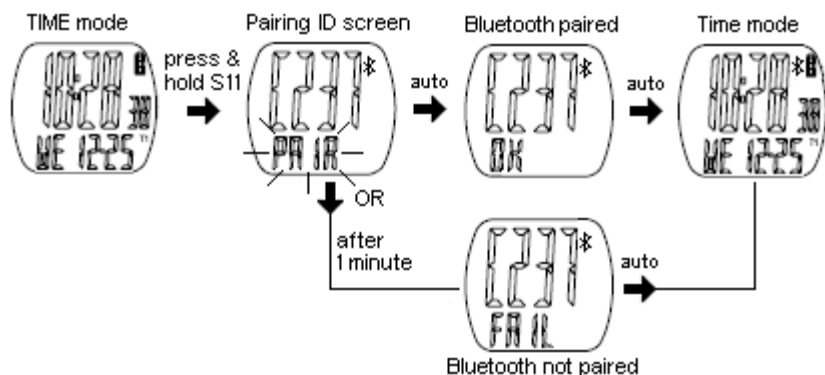


Notes:

- > While in Time mode, press and hold S11 to turn the Bluetooth ON or OFF.
- > When press and hold S7 from any mode where the chronograph is running, the watch will go back to TIME mode.
- > In any mode, press and hold S5 to turn OFF the HRM.
- > Please set the TIMERS (in SET mode) first before using this mode.

How to pair the watch with Smartphone:

- 1) Press and hold S11 of your watch while in TIME mode. The pairing ID screen appears.
- 2) Open the Smart Life App on your Smartphone to pair.



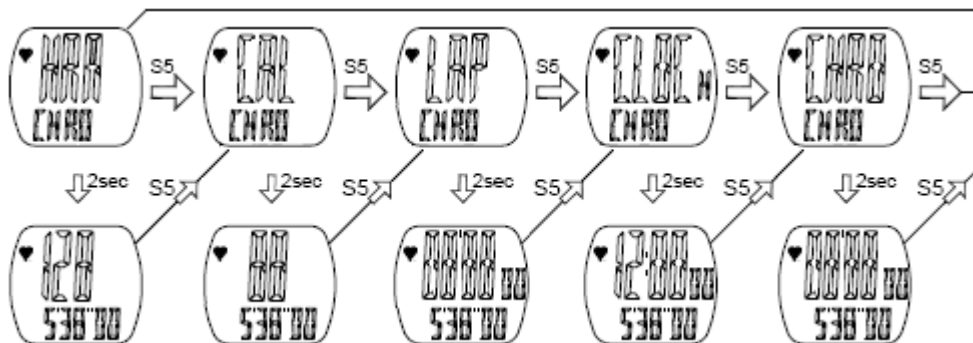
Notes:

- > If pairing is successful, the "OK" appears.
- > If pairing is not successful, after about 1 minute, the "FAIL" appears.
- > In any mode except Data and Set mode, press and hold S11 to turn OFF the Bluetooth and it will display "OFF".

Knowing the watch

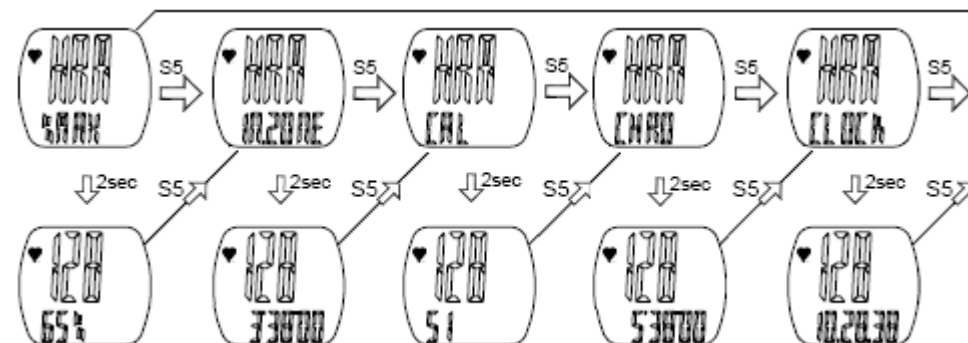
1) How to change views in CHRONO mode while chronograph is running/reset.

- Press S7 from Time mode to go to CHRONO mode.
- Press S5 to change the information displayed in Line 1. The watch will remember the last view you have selected and display it first the next time you enter CHRONO mode.



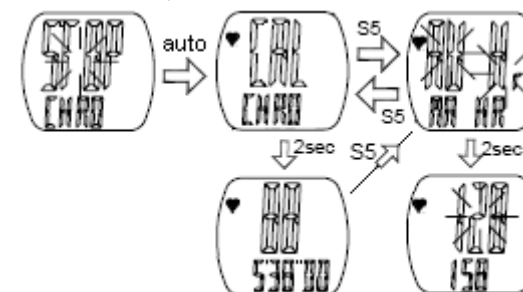
2) How to change views in HRM mode

- Press S7 from Time mode to go to HRM mode
- Press S5 to change the information displayed in Line 2. The watch will remember the last view you have selected and display it first the next time you enter HRM mode.



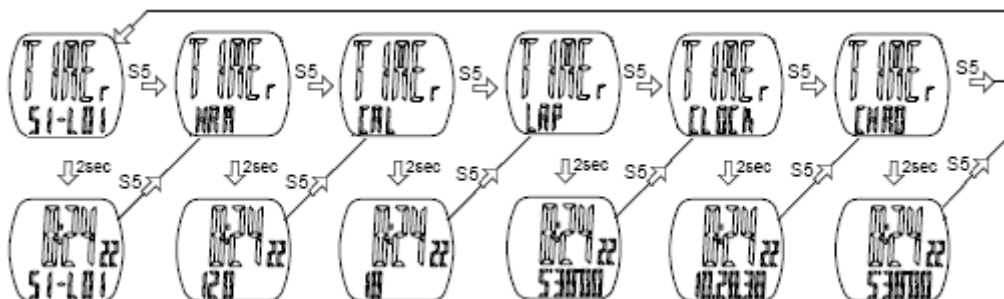
3) How to change views in CHRONO mode and HRM mode while the chronograph is stopped.

- Following are the information as you press S5:



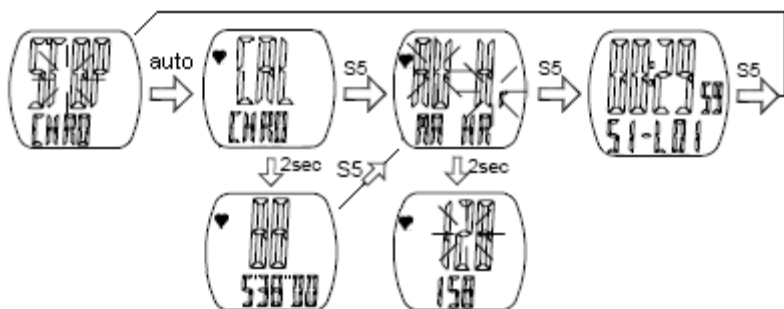
4) How to change views in Timer mode

- ◆ Please set the TIMERS (in SET mode) first before using this mode.
 - ◆ The watch has 6 interval timers (S1 to S6) segment 1 to segment 6.
 - ◆ When a segment reaches zero, there will be a beep sound. The cycle will loop for 50 loops (LO1 to L50) and stop.
- Press S7 from Time mode to go to Timer mode.
 - Press S5 to change the information displayed in Line 2.
The watch will remember the last view you have selected and display it first the next time you enter Timer mode.



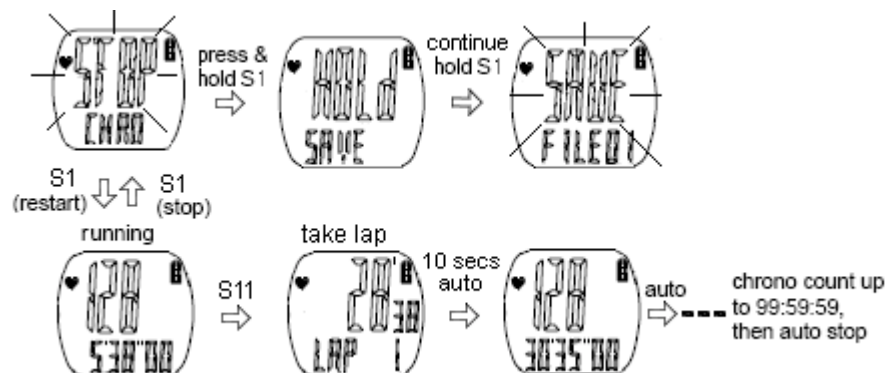
5) How to change views in Timer mode while the chronograph is stopped.

- Following are the information as you press S5:



6) How to Start, take LAP, STOP and SAVE while in CHRONO, HRM and TIMER mode.

- Press S1 to START, STOP, or Re-START
- Press S11 to take manual Lap. The display will freeze for 10 seconds to display the Lap number and Lap time.
- Press and hold S1 to save data.



chronograph count up to 99:59:59, then auto stop

7) How to view the Data, Deleting Data/All Data

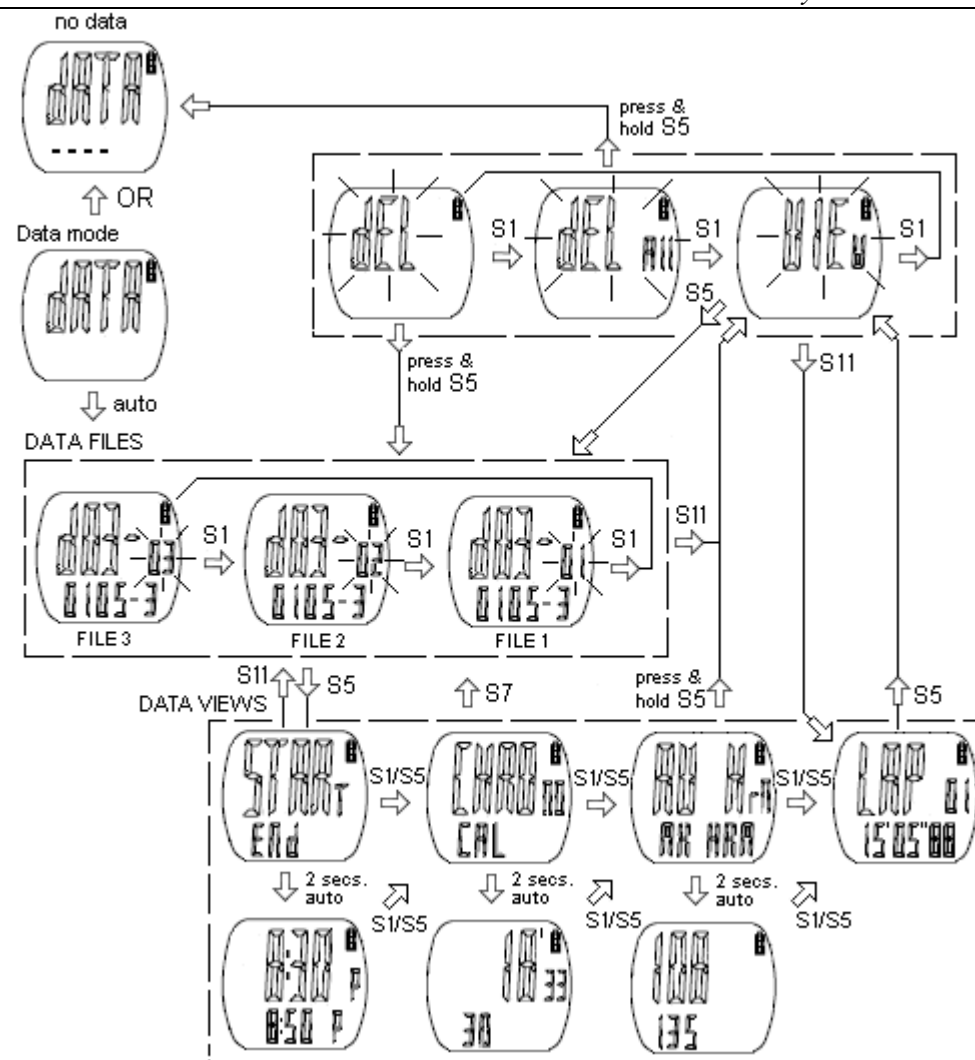
View the DATA

- Press S7 from Time mode to go to Data mode. The watch will momentarily display DATA and then the latest data file appears. If there is no data available, it will display DATA ----.
- Press S1 to scroll through the various data files.
- Press S5 to enter the selected data file (it will display the Start time/ End time).
- Press S1/S5 to view the following details of the selected data file (pressing S7 in any of this data views will go back to data files).
 - Start Time / End Time
 - CHRONO / Calorie
 - Ave HRM/ Max HRM
 - Lap 1 / Lap time
 - Up to last Lap / Lap time
- Press S7 to exit.

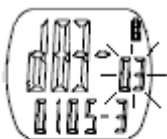
Deleting Data/ All Data:

- Press S7 to go to data mode (enter data mode).
- Press S1 to select data to be deleted.
- Press S5 repeatedly until the VIEW screen appears. Or press and hold S5 for about 2 seconds in any data views and it will display the VIEW.
- Press and hold S5 to delete selected data if you select **DEL**.
- Press and hold S5 again to delete all data if you select **DEL ALL**.

Please refer function flow as shown.



Data numbering system:



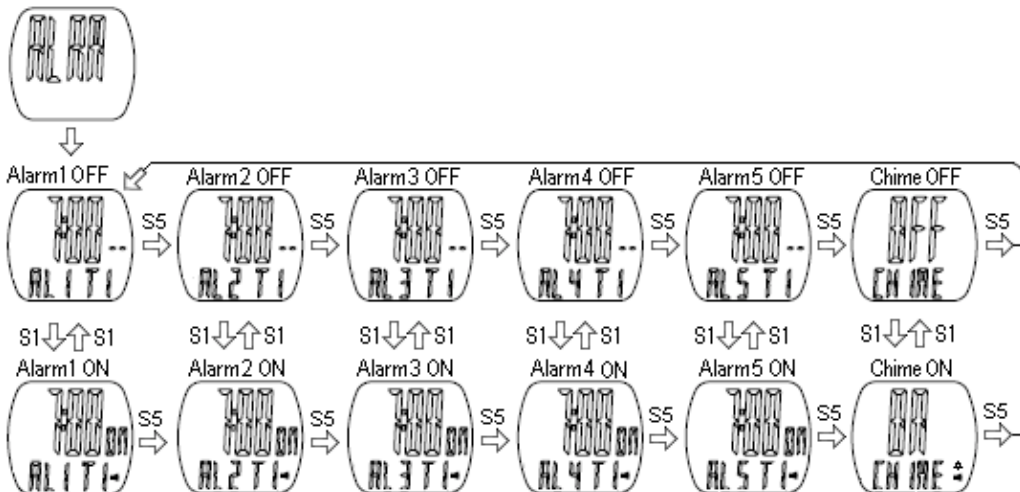
Data numbering system

D	Data
03	Total number of files
03	File number counter
01	Month
05	Date
3	File number of the day

8) How to view the Alarm

- Press S7 from Time mode to go to Alarm mode.
- Press S5 to view Alarm 1 to Alarm 5 and Chime.
- Press S1 to turn ON or OFF the Alarm and Chime.
- Press S7 to exit.

ALARM mode



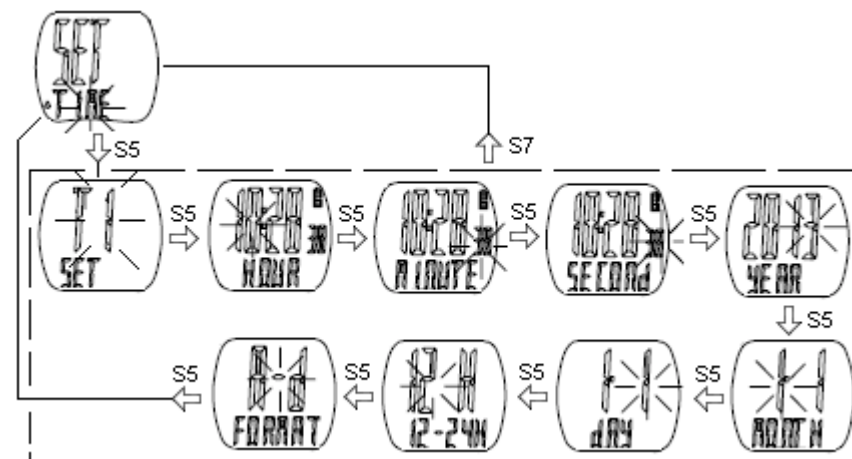
9) How to set in SET mode:

- Press S7 from Time mode to go to SET mode. The watch will display the following setting options; **TIME, UNIT, USER, HRM, NIGHT, CONTRAST, CHIME, ALARM, and TIMER.**
- Press S1/S11 to select then press S5 to enter.

TIME setting:

TIME 1/ Time 2 setting

- Press S5 while TIME is blinking. The watch will display T1 or T2.
- Press S1/S11 to choose between T1 or T2 to set.
- Press S5 to set the selected time (T1 or T2). The HOUR blinks.
 - Set the HOUR by pressing S1 or S11 and press S5 to confirm.
 - Set the Minute by pressing S1 or S11 and press S5 to confirm.
 - Set the SECOND by pressing S1 or S11 and press S5 to confirm.
 - Set the YEAR by pressing S1 or S11 and press S5 to confirm.
 - Set the MONTH by pressing S1 or S11 and press S5 to confirm.
 - Set the DAY by pressing S1 or S11 and press S5 to confirm.
 - Set the 12/24H by pressing S1 or S11 and press S5 to confirm.
 - Set the M-d or d-M format by pressing S1 or S11 and press S5 to confirm.
- Press S7 to exit.



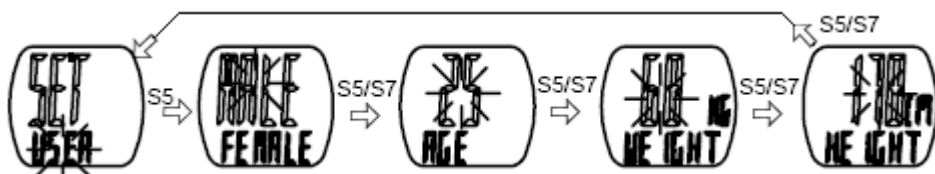
UNIT setting:

- Press S5 while UNIT is blinking.
- Press S1/S11 to change to KM or MI.
- Press S5/S7 to confirm.
- Press S7 to exit.



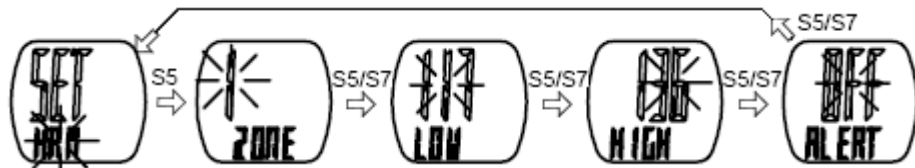
USER setting:

- Press S5 while USER is blinking. MALE will start to blink.
- Press S1/S11 to change the blinking digit.
- Press S5/S7 to confirm.
- Press S7 to exit.



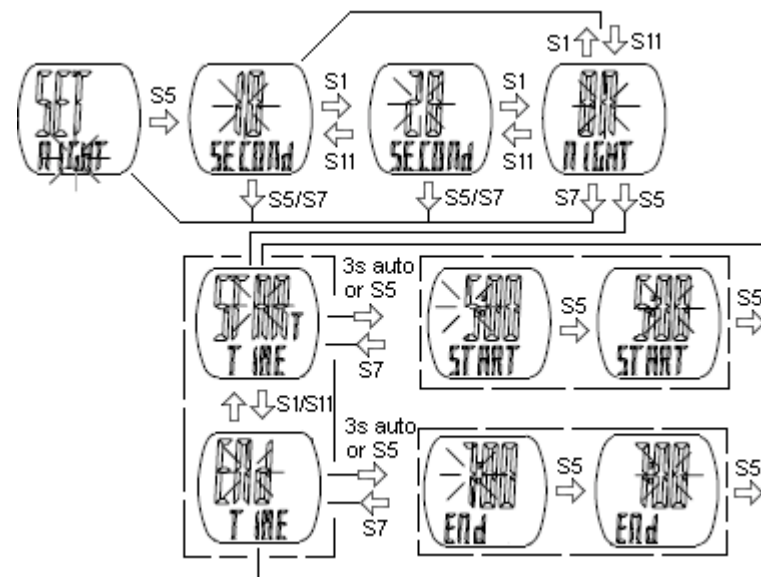
HRM setting:

- Press S5 while HRM is blinking. ZONE 1 will start to blink.
- Press S1/S11 to change the zone. There are 3 preset zones
- Press S5/S7 and the watch will display the LOWER limits of the selected zone. LOW limit digit will start to blink.
- Press S1/S11 to change the low limit value.
- Press S5/S7 to confirm. High limit digit will start to blink.
- Press S1/S11 to change the high limit value.
- Press S5/S7 to confirm. The watch will display ZONE ALERT ON or OFF.
- Press S1/S11 to change ON to OFF.
- Press S5/S7 to confirm.



NIGHT mode setting/function:

- Press S5 while "NIGHT" is blinking. The watch will display 10 seconds blinking.
 - Press S1/S11 to select to 10 second, 20 second or NIGHT ON.
 - Press S5/S7 to confirm the setting and it will go back to SET NIGHT screen.
 - While in NIGHT ON setting screen, Press S5 and it will display the "START TIME".
 - Press S1/S11 to toggle between START TIME and END TIME.
 - Press S5 or 3 seconds auto to set the START TIME. Hour digit will start to blink.
 - Press S1/S11 to change the hour setting.
 - Press S5 to change the MINUTE. Minute digits will start to blink.
 - Press S1/S11 to change the minute setting.
 - Press S5 to go back to START TIME setting screen.
 - Press S1/S11 to set the END TIME. Hour digit will start to blink.
- Note: The same procedure in setting the END TIME and START TIME.
- Press S7 to exit.

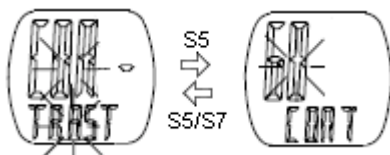


Night mode settings:

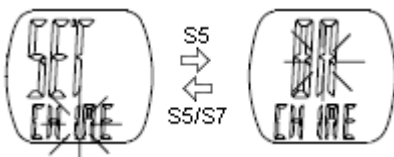
- **10 SECONDS** – Press S11 will turn ON the Light for 10 seconds.
- **20 SECONDS** – Press S11 will turn ON the Light for 20 seconds.
- **NIGHT ON** – Light will continuously ON when CHRONO is running in preset duration time (5:00 pm to 7:00 am). Start and End time can also be manually set to different times.

CONTRAST setting:

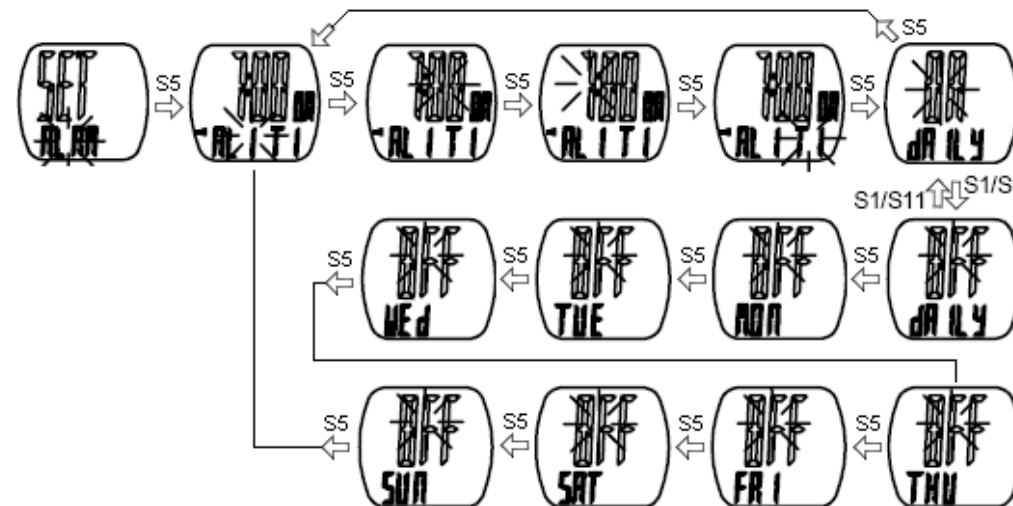
- Press S5 while “CONTRAST” is blinking. Contrast percentage will start to blink.
- Press S1/S11 to change to your desired value (LCD Contrast range is from 10 to 100%).
- Press S5/S7 to confirm
- Press S7 to exit.


CHIME setting:

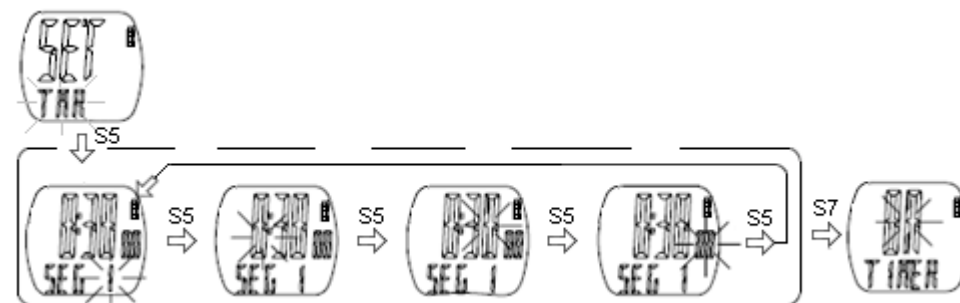
- Press S5 while “CHIME” is blinking. The watch will display CHIME ON.
- Press S1/S11 to change to CHIME OFF or OFF.
- Press S5/S7 to confirm.
- Press S7 to exit.


Alarm setting:

- Press S5 while “ALARM” is blinking. The alarm “1” will start to blink.
- Press S1/S11 to toggle through Alarm 1 to alarm 5. The watch has 5 alarms which can be set individually.
- Press S5 to set the selected Alarm number. The HOUR digit will start to blink.
- Press S1/S11 to change the hour digit.
- Press S5 to confirm and set the MINUTE digit. The minute digit starts to blink.
- Press S1/S11 to change the minute digit.
- Press S5 to confirm and set the T1 or T2 setting. T1 or T2 starts to blink (the alarm time will be referred to Time 1 or Time 2).
- Press S1/S11 to change setting.
- Press S5 to confirm. DAILY ON/OFF alarm will start to blink.
- Press S1/S11 to select setting DAILY ON/OFF. (You can also set individually the Daily alarm MON to SUN).
- Press S5 to confirm.
- Press S7 to exit.


Timer setting:

- Press S5 while “TMR” is blinking The SEG 1 (segment 1) will start to blink.
- Press S1/S11 to select SEG 1 to SEG 6.
- Press S5 to confirm and HOUR digits will start to blink.
- Press S1/S11 to change the hour digits.
- Press S5 to confirm and MINUTE digits will start to blink.
- Press S1/S11 to change the minute digits.
- Press S5 to confirm and SECOND digits will start to blink.
- Press S1/S11 to change the second digits.
- Press S5 to confirm and the SG # will start to blink.
- Press S7 to set the alert Timer ON/OFF.
- Press S1/S11 to change the setting.
- Press S7 to exit.



Charge Battery:

When the power is low, please charge the watch before use and never to hit empty.

The watch can be charged using the USB port and it takes about 4-5 hours to fully charge the battery.

Battery Life:

The battery will last for 7 hrs typical in a single charge. But this will vary depending on Customer's use.

Battery Replacement:

The battery on this watch is not User replaceable and it is highly recommended by an authorized service personnel only.

Water Resistant:

The watch can withstand up to 3ATM.

Water damage may occur if the buttons are pressed underwater

Troubleshooting Guide:

- If the Heart rate data displayed in the watch is not stable or erratic, try to move the watch along your forearm within the best wearing position as illustrated in page 1.
- Your skin should be no SCARS or any other object in your skin that will interfere with the sensor.
- The heart rate is taken directly through your skin to the watch sensor, so it is very important that there are no obstructions that will interfere with the detection of the Heart rate.
- Try to wear the watch on your other wrist.