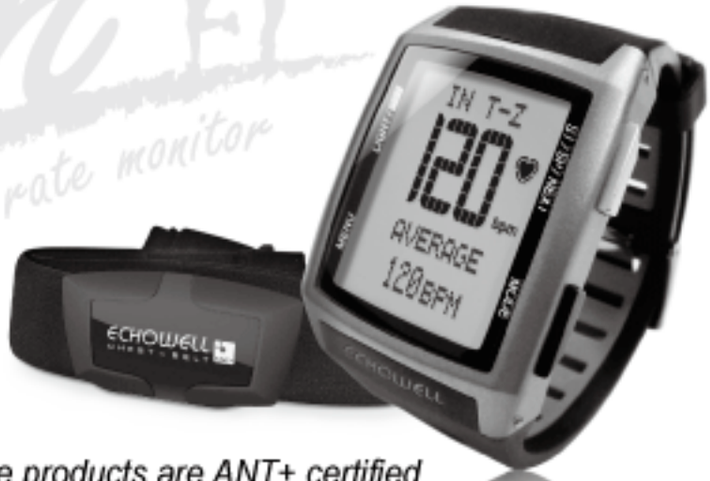
Heart Rate Monitor

ph 7

heart rate monitor



These products are ANT+ certified

English

ph 7
heart rate monitor

English

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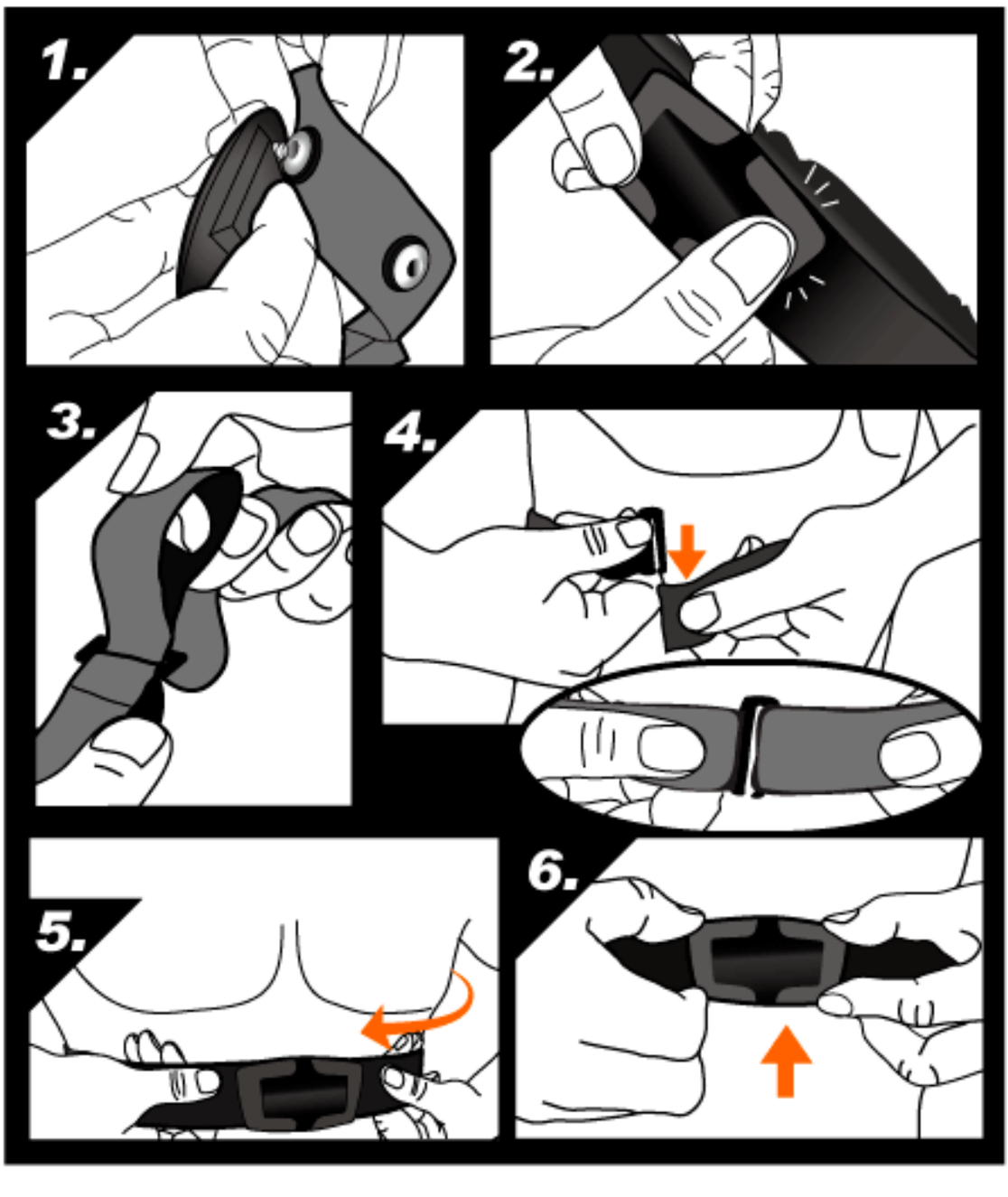
Package Contents

How to wear the chest belt



Slightly moisten electrode areas on the chest belt.

1. Adjust the chest belt to the center of your chest and be sure the backside of the chest belt clings to your chest and touches the skin.
2. Wetting the skin, where will contact the conductive area of the chest belt will improve the conduction and get more stable signal.
3. go to Setting mode paired the heart rate sensor. P. 24

Chest Belt: 700/ 880 x 29mm

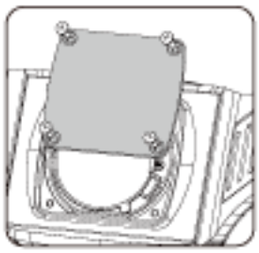
Do Not Bleach
Do Not Iron
Do Not Dry Clean
Do Not Tumble Dry

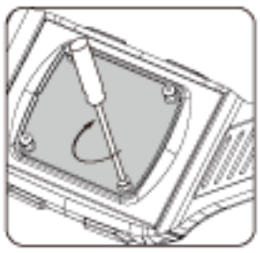
Heart Rate Sensor battery change

1. Replace a new battery when the transmitter's battery power is nearly exhausted, otherwise the transmission power will be very weak and unstable data display will occur.
2. Replace a new CR2032 battery with the positive (+) pole toward the sensor cap .

Sensing technology	ANT+
Operating Temperature	0°C - 50°C (32°F - 122 °F)
Storage Temperature:	-10°C - 60°C (14°F - 140°F)
Fit chest :	70~120cm /100~150
Battery :	Chest belt battery change Battery type: CR2032
Heart Rate Sensor:	63 x 34.3 x11/14.5g

Battery Replacement



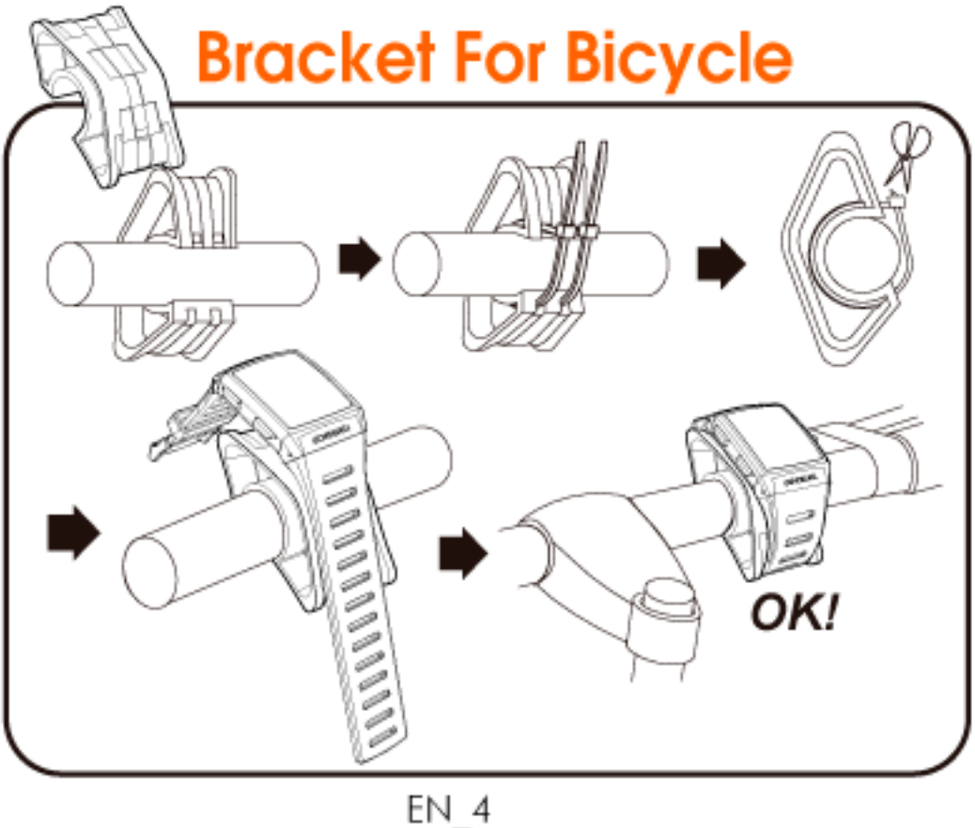


Heart Rate Monitor Battery Change

1. Replace the battery with a new battery within a few days when the symbol appears " ".
2. If the empty battery symbols show up, low power will result in stopping data record.
3. Replace with a new CR2025 battery and initiate the heart rate monitor.
4. A battery is already loaded in the Heart Rate Monitor . Hold down the A+B+C button simultaneously for more than 3 seconds to initiate the Heart Rate Monitor and clear all data. IMPORTANT: Be sure to initiate the Heart Rate Monitor before it is be used, otherwise the Heart Rate Monitor may run errors.

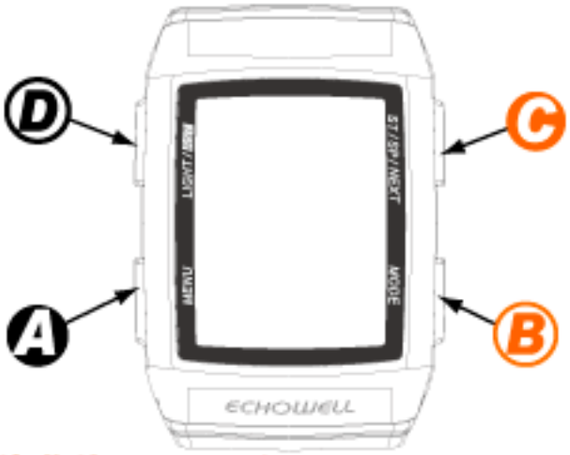
Heart Rate Monitor Dimensions and Weight
Main Unit: 45.8 x 54 x 17.2mm / 33.15g
Watchband: 242 x 24.7 mm
Battery : CR2025

Bracket For Bicycle



General Operation

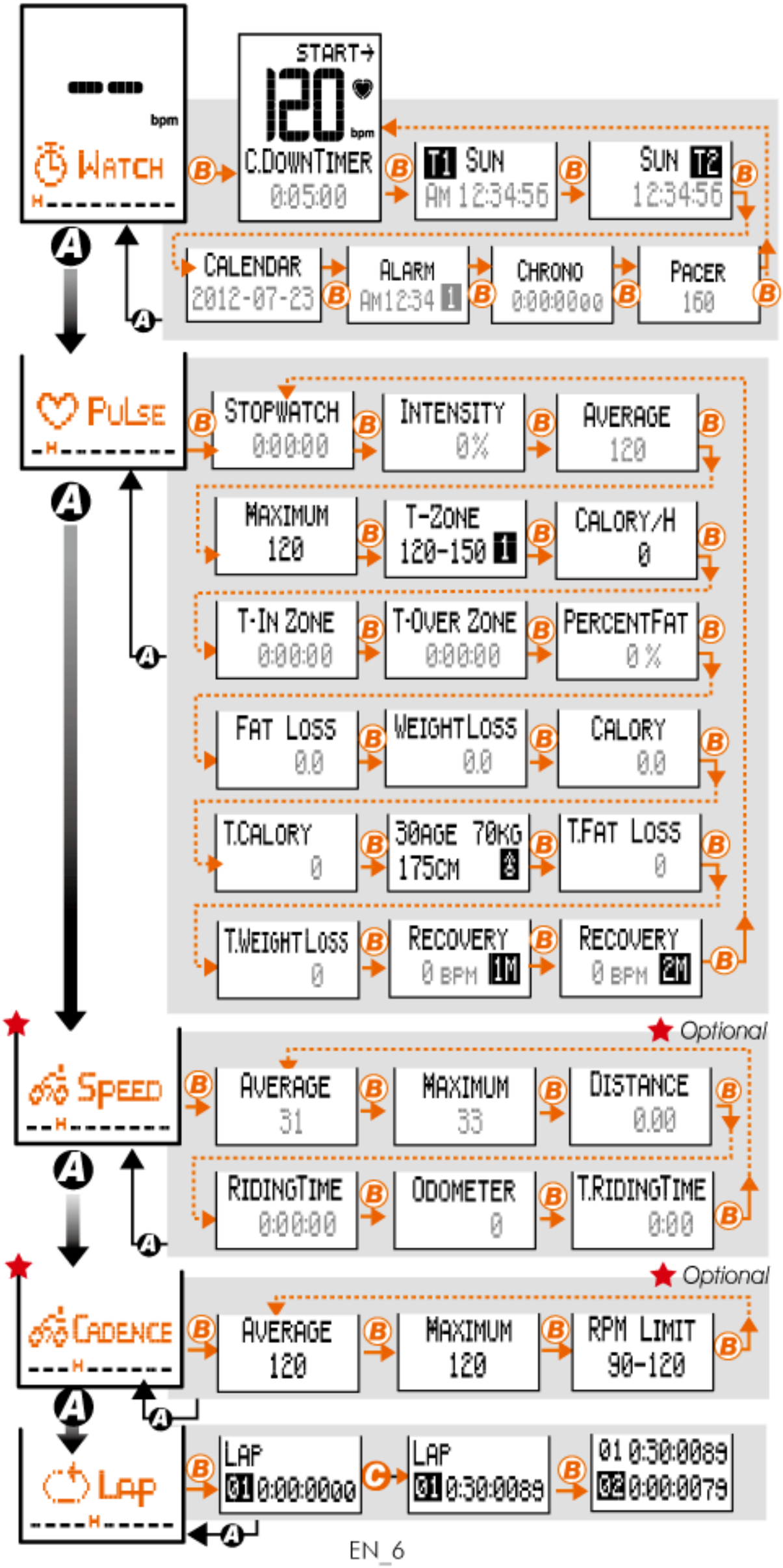
Button function description

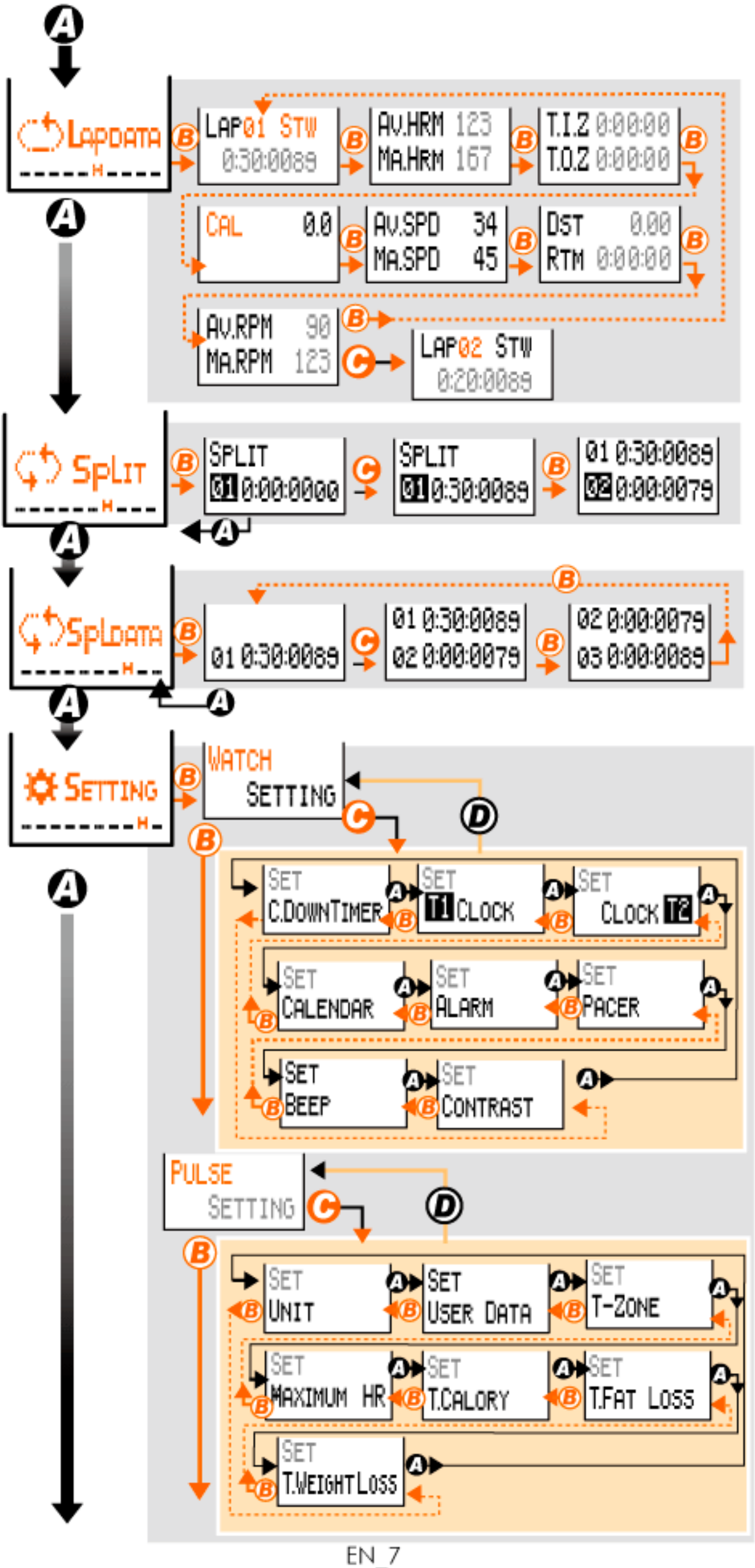


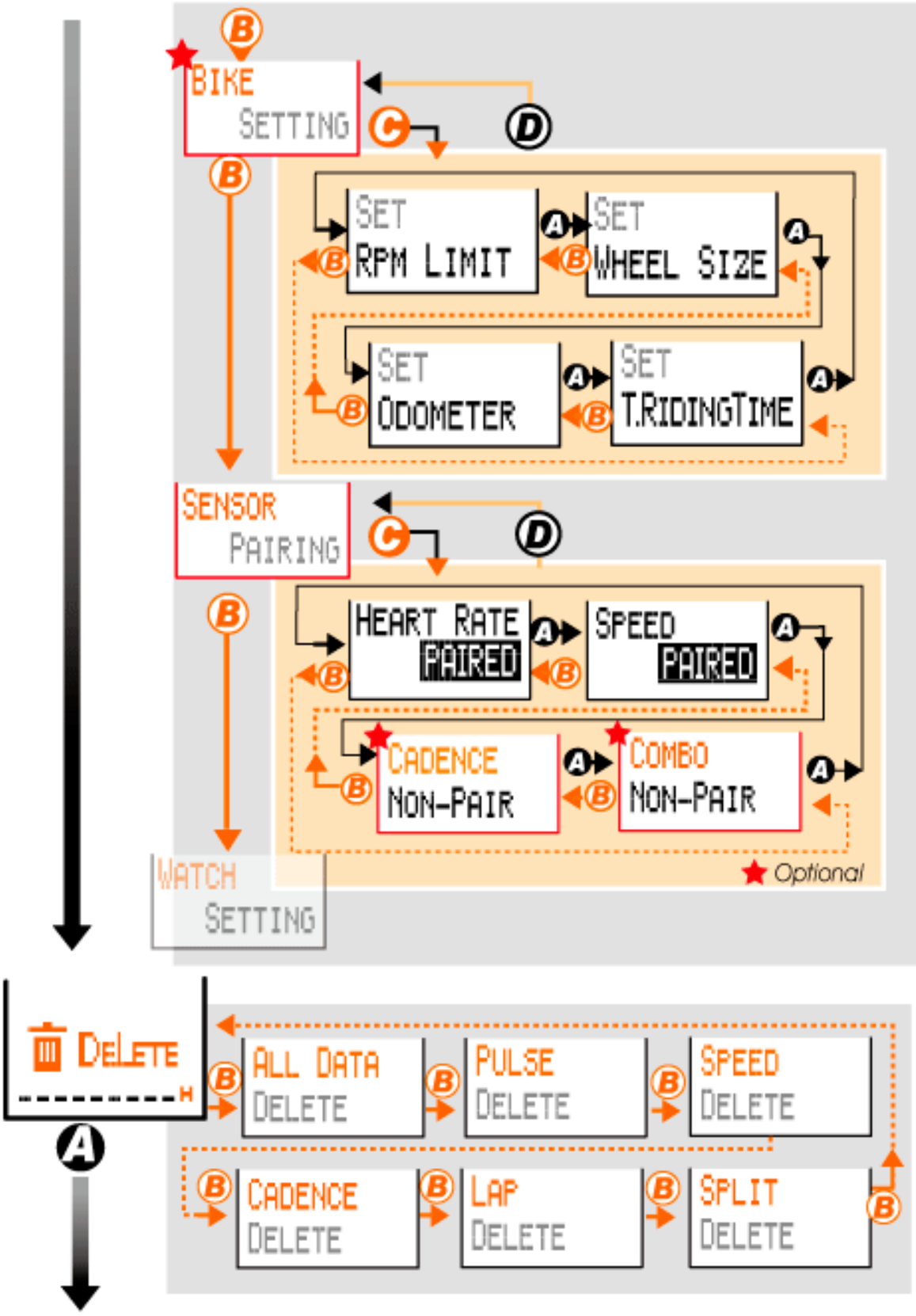
All clear (initial) the computer :

Pressing the A + B + C buttons simultaneous for more 3 seconds to clear all data, then auto-testing display. press any button to quit auto-testing display

Watch Pulse Speed Cadence	**(1). General mode :** A for Function Group select (Menu) B for enter and change function display C for Start/stop function C 2'S for on/off Wireless receiving function D for turn on back light for 3'S , each key press will re-count 3S D 2'S to reset Countdown timer , Chronometer C+A simultaneous for change HRM display in BPM or %(Intensity) A B format A+B simultaneous 2's for re-search sensor
Lap	**(2). Under Lap Group :** C Start/Stop Lap function B change to next Lap (Next) A back to Function Group select
LapData	**(3). Under Lap data Group :** C change Lap B review Lap data A back to Function Group select
Split	**(4). Under Split Group :** C Start/Stop Split function B change to next Split (Next) A back to Function Group select
SplData	**(5). Under Split data Group :** B change Split data forward C change Split data backward A back to Function Group select
Setting	Please refer to EN_18 page
Delete	**(6). Under Data Delete Group :** B change data delete mode C delete data A back to Function Group select


bpm
WATCH
START
120
bpm
C.DOWNTIMER
0:05:00
T1 SUN
AM 12:34:56
SUN T2
12:34:56
CALENDAR
2012-07-23
ALARM
AM12:34 1
CHRONO
0:00:00:00
PACER
160
PULSE
STOPWATCH
0:00:00
INTENSITY
0%
AVERAGE
120
MAXIMUM
120
T-ZONE
120-150 1
CALORY/H
0
T-IN ZONE
0:00:00
T-OVER ZONE
0:00:00
PERCENTFAT
0 %
FAT LOSS
0.0
WEIGHTLOSS
0.0
CALORY
0.0
T.CALORY
0
30AGE 70KG
175CM
T.FAT LOSS
0
T.WEIGHTLOSS
0
RECOVERY
0 BPM 1M
RECOVERY
0 BPM 2M
Optional
SPEED
AVERAGE
31
MAXIMUM
33
DISTANCE
0.00
RIDINGTIME
0:00:00
ODOMETER
0
T.RIDINGTIME
0:00
Optional
CADENCE
AVERAGE
120
MAXIMUM
120
RPM LIMIT
90-120
LAP
LAP
01 0:00:0000
LAP
01 0:30:0089
01 0:30:0089
02 0:00:0079


LapData
LAP01 STW
0:30:00 89
AV.HRM 123
MA.HRM 167
T.I.Z 0:00:00
T.O.Z 0:00:00
CAL 0.0
AV.SPD 34
MA.SPD 45
DST 0.00
RTM 0:00:00
AV.RPM 90
MA.RPM 123
LAP02 STW
0:20:00 89
Split
SPLIT
01 0:00:00 00
SPLIT
01 0:30:00 89
01 0:30:00 89
02 0:00:00 79
SplData
01 0:30:00 89
01 0:30:00 89
02 0:00:00 79
02 0:00:00 79
03 0:00:00 89
Setting
WATCH
SETTING
SET
C.DOWNTIMER
SET
T1 CLOCK
SET
CLOCK T2
SET
CALENDAR
SET
ALARM
SET
PACER
SET
BEEP
SET
CONTRAST
PULSE
SETTING
SET
UNIT
SET
USER DATA
SET
T-ZONE
SET
MAXIMUM HR
SET
T.CALORY
SET
T.FAT LOSS
SET
T.WEIGHT LOSS



- Watch Function Group
- Pulse Function Group
- Speed Function Group
- Cadence Function Group
- Lap Function Group
- Lap data Function Group
- Split Function Group
- Split Data Function Group
- Data setting Group
- Delete Group

FUNCTIONS

WATCH FUNCTIONS

COUNTDOWN TIMER

1. Press ST/SP to start/stop countdown timer.
2. There will be a 30 seconds beep when the function is completed
3. Stop beep and reload pre-set data by pressing any button (except D button).
4. Reload pre-set date at any time by pressing D Button 2 seconds.

CLOCK (A)/(B)

1. Dual time zone available.
2. When in the sleep mode, only the clock time and date will be displayed on the screen.

CALENDAR

To "SETTING " Mode select "WATCH Setting" function Groups, to select "CALENDAR" Setting adjust the date.

ALALM

1. Beep alarm, 5 settings available.
2. In "WATCH" function Groups Choose"Alarm" function, Press C button select alarm setting
3. The alarm is a 30 seconds beep.
4. Stop beep by pressing any button (except D button).
5. Take note of the time mode you have selected 12H or 24H.

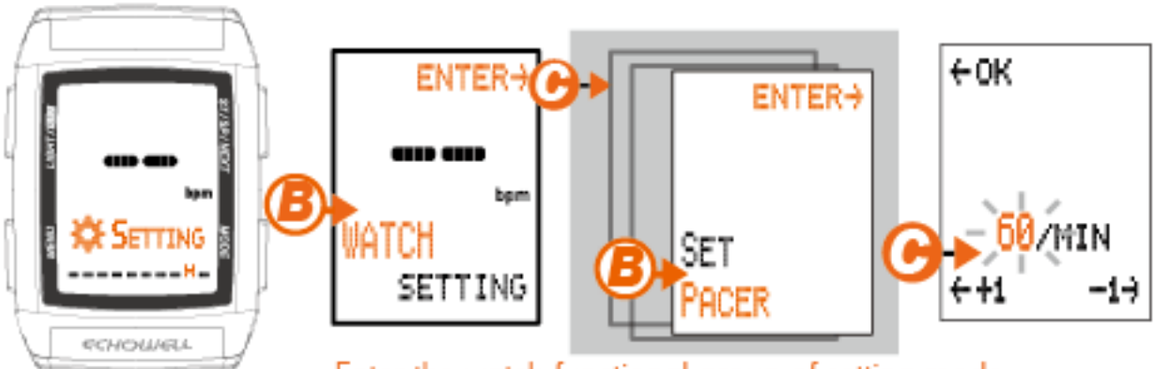
CHRONO

1. Press C button to start/stop chronometer.
2. Press A button for 2 seconds to reset chronometer data.

PACER

When you are running, with the sound rhythm treading synchronized and keeps steady speed.

Under the WATCH functional group;
the PACER function with sound rhythm will be treading synchronized and keep steady speed.

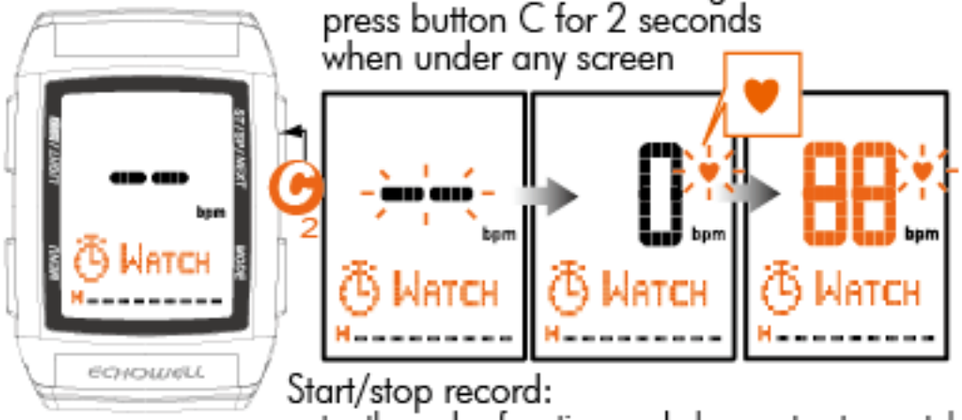


Enter the watch functional group of setting mode;
select the pacer for setting beeping frequency per minute.

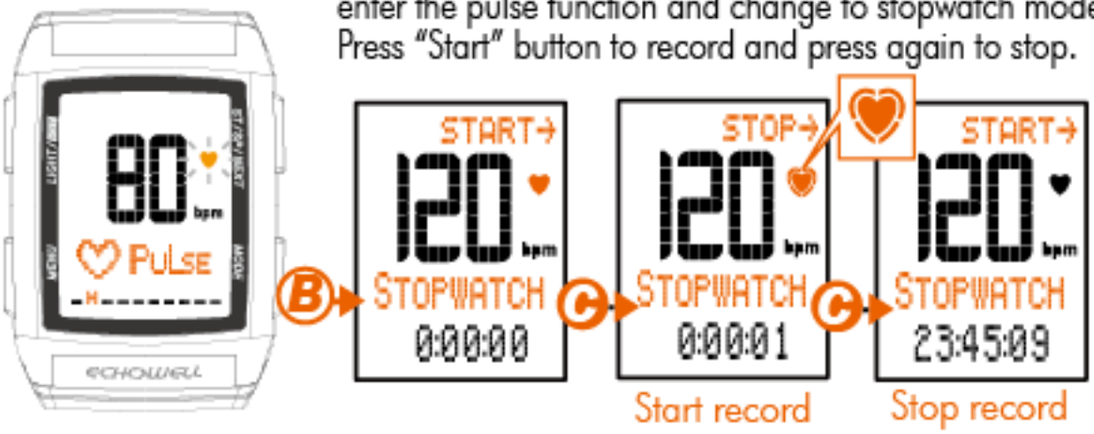
PULSE FUNCTIONS

STOP WATCH

Initiate heart rate receiving:
press button C for 2 seconds
when under any screen



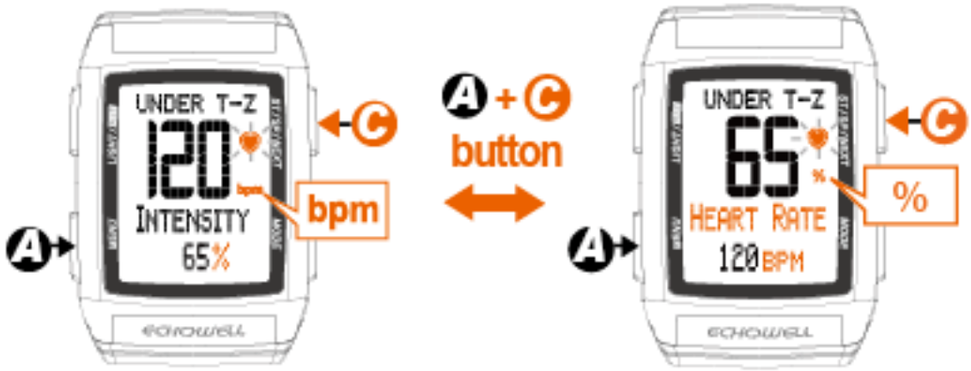
Start/stop record:
enter the pulse function and change to stopwatch mode
Press "Start" button to record and press again to stop.



1. Press C button for 2 seconds to start/stop heart rate measurement function.
2. If a signal is not received for 1 minute, the function will turn off automatically.
3. Heart rate data will be record only when stopwatch start.
4. CAL, CAL/H, WT.LOS, %FAT, T-CAL, T-WT.LOS, FT.LOS and T_FT.L mode will be calculated when the heart rate is equal or over 90 bpm.

INTENSITY

BPM / Intensity display changeable



About Intensity

$$\text{Absolute intensity of exercise (HR\%)} = \frac{\text{Current heart rate}}{\text{Maximum heart rate}}$$

Maximum heart rate =220-Age

*According to ACSM reference regarding the intensity of exercise, the levels are as followed:
It also allow user to set maximum heart rate depends on their physiological conditions.

<35%	Very light
35%-54%	Light
55%-69%	Moderate
70%-89%	Hard
>90%	Very hard
100%	Maximal

AVERAGE (Heart Rate)

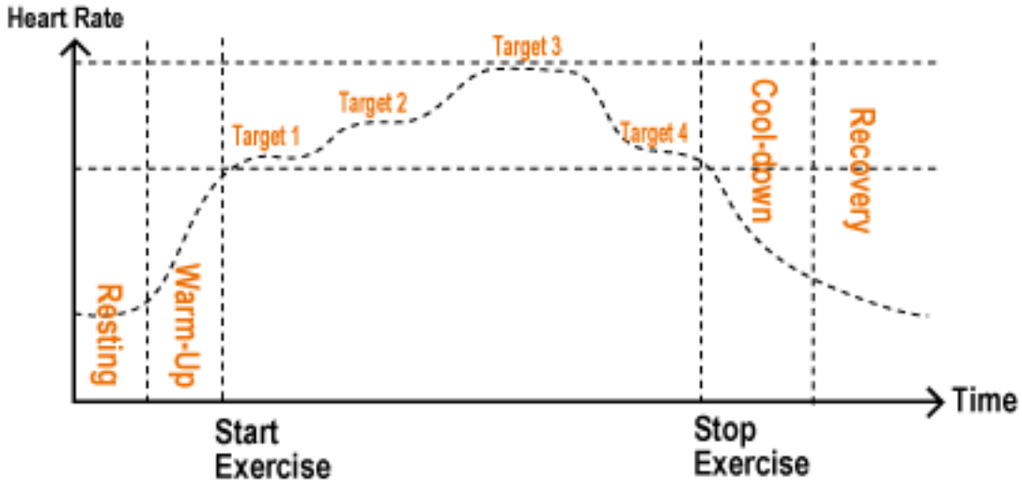
1. Calculating the average heart rate during exercise. According to this value we can know if the cardiopulmonary condition has been improved while do the same intensity of exercise.
2. Range of average from 30 bpm to 240 bpm.

MAXIMUM (Heart Rate)

1. Monitors and records the maximum heart rate during exercise.
2. The range of maximum heart rate is from 30 to 240 bpm.

TARGET ZONE

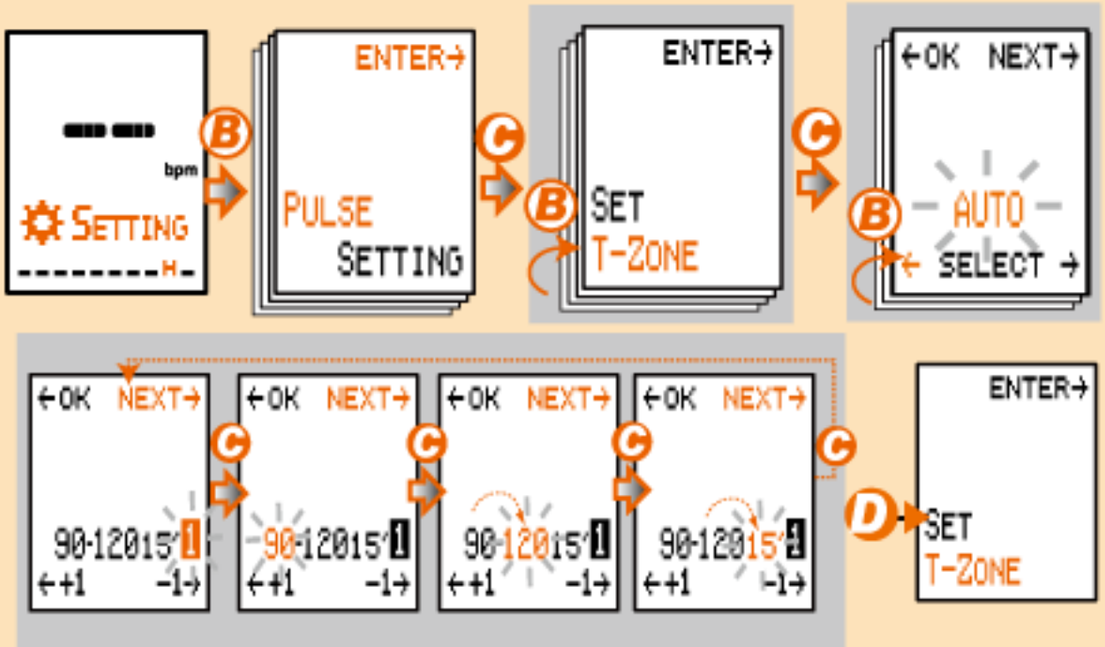
About Target Zone

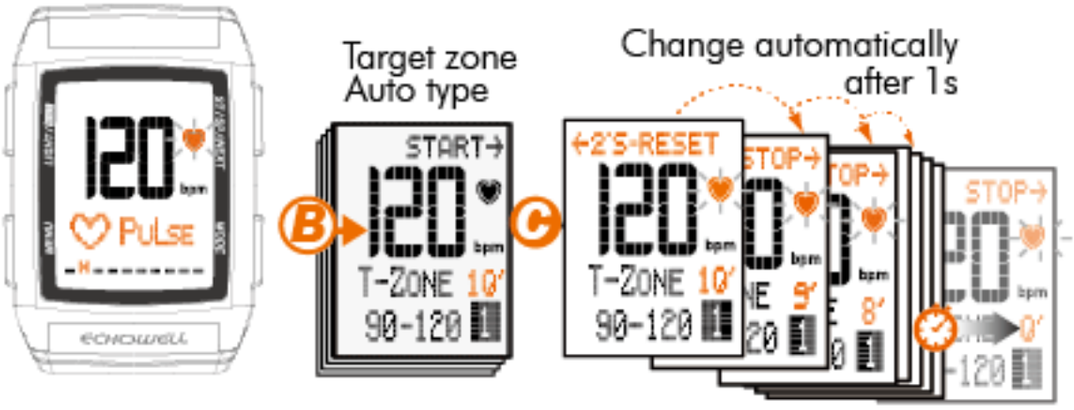


1.Pulse function group, press B button to find the Target Zone function, the 6 set target zone in a loop.
2.Setup the target zone by entering the BPM of maximum heart rate for the following 2 modes("AUTO" and"MANUAL"). Maximum heart rate based on the data you input.
3. The target zone shifts from one zone to another in auto-shift mode. when all target zones are completed END will be displayed .

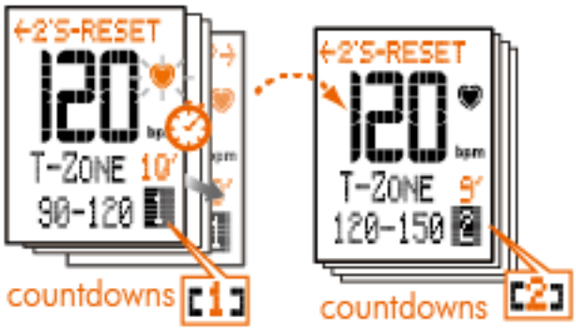
Target zone "AUTO" type

1.The pulse function of setting mode
2.Target zone setting
3.Select "AUTO" mode and setting the value in each partition of Target zone.





When exercise time countdowns to Zero, then the display will skip to next section of target zone setting automatically

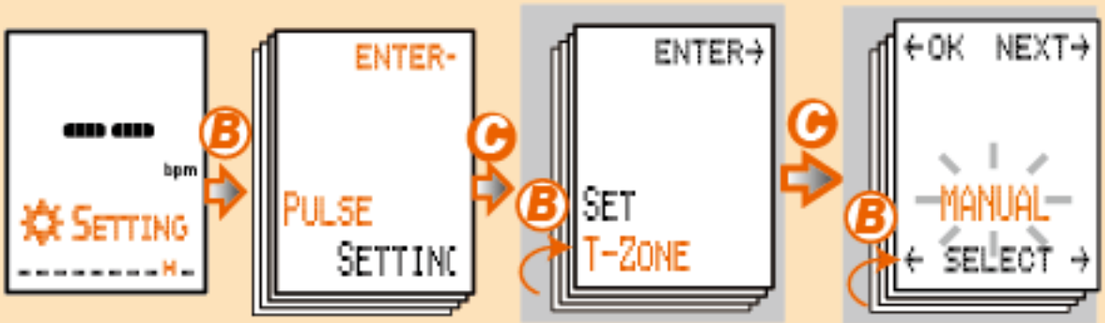


"AUTO": Switch the Target Zone automatically according to the setup time (0-99 minutes) for each zone; program will jump to the next zone when the timer for the current zone is complete.

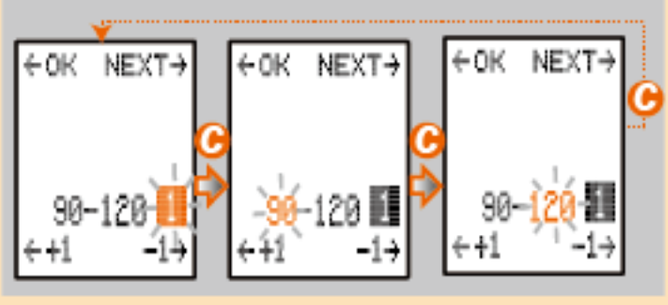
1.Press D button for 2 seconds
2.Back to Target zone[1] and start to count down

Target zone "MANUAL" type

1.The pulse function of setting mode
2.Target zone setting
3.Select "MANUAL" mode and setting the value in each partition of Target Zone.



"MANUAL": Switch the Target Zone manually.



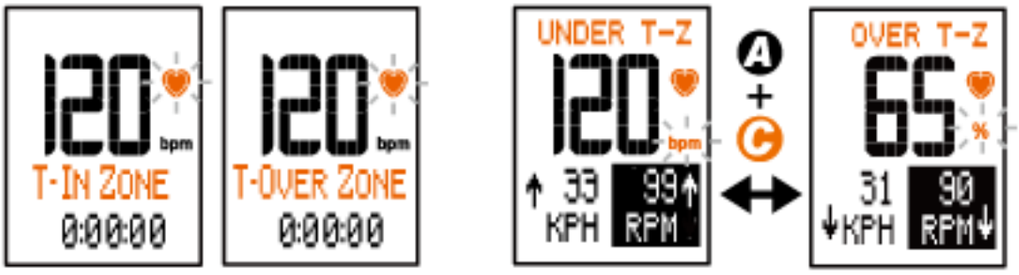
press C button to next Target Zone

CALORY/H ("H"per hour)

1. Calculates the expended calories per hour based on the current heart rate.
2. Increasing or decreasing the heart rate intensity can control target calorie consumption.

T-IN ZONE & T-OVER ZONE

Time in Target Zone records the duration of exercise intensity is in the Target Zone.
When take exercise, for your reference to adjust exercise intensity, the pacer symbol "up" will show up if your exercise intensity is over the target zone, the duration will be recorded as Time over target (T-OVER ZONE). The pacer symbol "down" will show up if your exercise intensity is under the target zone, but the duration under target zone will not be recorded.



Only display over or under Target zone
Display at all screen except upper line with key indicator

PERCENTFAT

1. Calories are expended from burning carbohydrate and fat, and this function can calculate the percentage of fat calories expended.
2. 50% of the energy comes from carbohydrate and 50% from fat when the body is at rest. But the most energy will come from burning carbohydrate when doing intense exercise, because the body needs time to use the fat as fuel. Intense exercise will not help you reduce fat.
3. Fat expenditure depends on the time and intensity of exercise, the more you exercise the more fat will be expended.
4. Long time walking or jogging will be helpful for reducing fat.
5. At the same heart rate, younger men will have a higher percent fat loss.
6. Calory will be calculated when the heart rate is equal or over 90bpm.

FAT LOSS

1. Calculates the weight of fat lost during exercise.
2. The actual weight of fat lost from exercise can be important, and it is a valuable reference of weight loss.
3. Calory will be calculated when the heart rate is equal or over 90bpm.

WEIGHT LOSS

Calculates the weight loss during exercise.
(Including the consumption of carbohydrates and fat).

CALORY

1. Calculates the calories expended for the whole exercise process, not only from exercise.
2. Males expend more calories than females at the same heart rate, likewise, the female heart rate will be higher than male heart rate doing the same amount of exercise.
3. Calories consumption will be affected by Heart rate, sexuality, weight and type of exercise.
4. The unit of calories is Kcal.
5. Calory will be calculated when the heart rate is equal or over 90bpm.

USER data

1. Enters the data for sexuality, age, weight and height of user.
2. Personal data is an important reference for calculating the consumption of calories.

TOTAL CALORY

1. Records the total (cumulative) calories expended.
2. Unless this value is reset, the data will be save separately, so weekly or monthly cumulative calories consumption can be seen in this mode.

TOTAL FAT LOSS

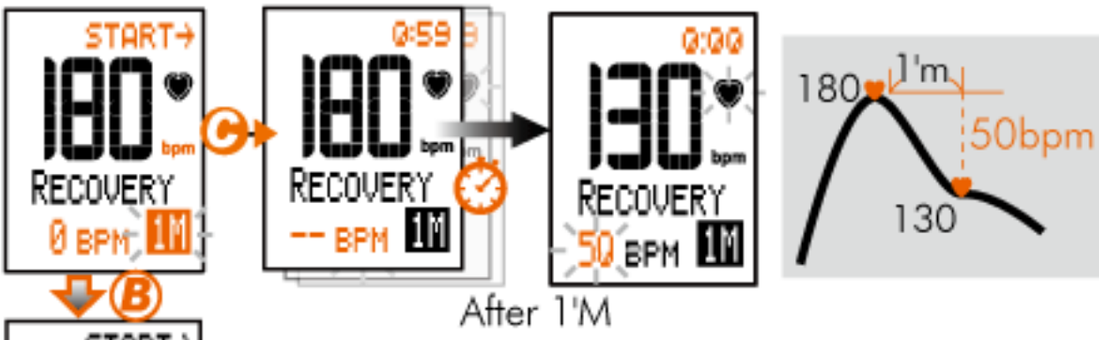
1. Records the total (cumulative) weight of fat lost.
2. Unless this value is reset, the data will be saved separately, so weekly or monthly cumulative weight of fat lost can be seen in this mode.

TOTAL WEIGHT LOSS

Records the total calculates the weight loss during exercise. (Including the consumption of carbohydrates and fat).
so weekly or monthly cumulative weight of weight lost can be seen in this mode.

RECOVERY 1 MINUTE / 2 MINUTES

When stop exercising, how your heart rate will get back to normal in 1 minute (or 2 minutes)



After 1'M

Heart rate recovery function could indicate your physiological conditions. try to keep same fitness level,regular testing with this function. record the heart rate recover value,when the value is lager than before. it means your physiological conditions has been improved after regular exercise.

SPEED FUNCTIONS

★ *Optional*

CURRENT SPEED

1. The current speed is always shown on the middle display during riding.
2. The speed data are updated per second.
3. When you do not ride the bike for more than 4 seconds, the speed data will be reset to zero.

AVERAGE (Speed)

1. With this function, the computer will display your average speed during riding.
2. Whenever you reset the computer or change the battery, the average speed record will be cleared.
3. It'll display "0.0" if the riding time is below 6 seconds.
4. It's updated every second on condition that the riding time is over 6 seconds.
5. The computer will automatically reset the following data to zero once the riding time is over 100 hours or the distance is over 1000 km (miles): riding time, trip distance, average speed.

MAXIMUM (Speed)

1. With this function, the computer will record the maximum speed you reach during riding.
2. Whenever you reset the computer or change the battery, the max. speed record will be cleared.

DISTANCE

1. Trip distance refers to the accumulated distance during a trip.
2. Whenever you reset the computer or change the battery, the trip distance record will be cleared.

RIDING TIME

1. Riding time refers to the accumulated riding time of a trip.
2. Whenever you reset the computer or change the battery, the trip distance record will be cleared.
3. The computer automatically starts measuring the riding time upon receipt of wheel signals. Whenever you stop, the computer will continue to count the riding time for 4 more seconds to make sure there're no more wheel signals. Regarding the riding time it over counts, the computer will automatically deduct it and show the correct riding time.

TOTAL ODOMETER

1. With this function, the computer accumulates the total distance of the bike you ride.
2. The odometer data cannot be cleared by the reset operation.

TOTAL RIDING TIME

1. With this function, the computer accumulates the total riding time of a bike.
2. The total riding time data cannot be cleared by the reset operation.

CADENCE FUNCTIONS

★ *Optional*

Current Cadence

1. Cadence (Revolutions Per Minute) is a measure of rotational speed. It's updated every second.
2. The current Cadence is always shown on the middle display.
3. If you do not turn the crank for over 4 seconds, the current RPM will be reset to zero.

AVERAGE (Cadence)

1. With this function, the computer will display the average cadence during riding. It's updated per second.
2. Whenever you reset the computer or change the battery, the average cadence record will be cleared.

MAXIMUM (Cadence)

1. With this function, the computer will record your maximum cadence during riding.
2. Whenever you reset the computer or change the battery, the max. Cadence record for a trip will be cleared.

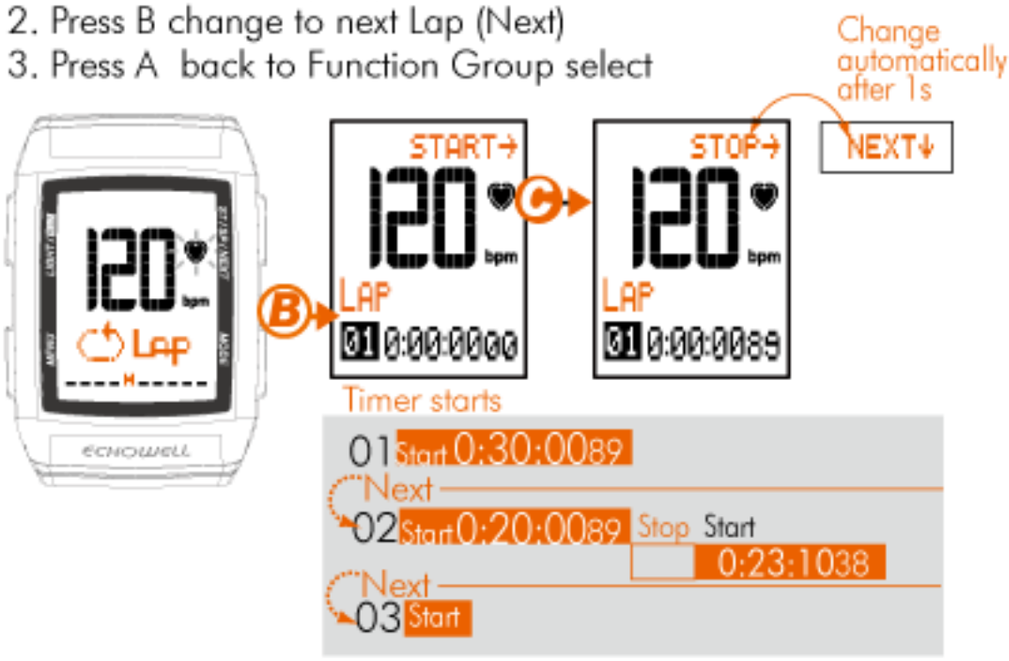
RPM LIMIT

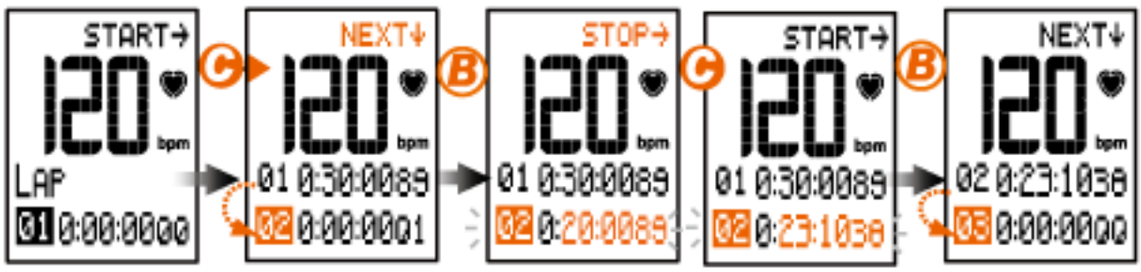
Setup the RPM value, the pacer symbol will show up to remind you only when RPM is over limit. By this way you can shift to a upper gear for more easy riding.

LAP

With LAP function, you can have the trip or training divided into several (up to 30) records.

1. Press C Start/Stop Lap function
2. Press B change to next Lap (Next)
3. Press A back to Function Group select





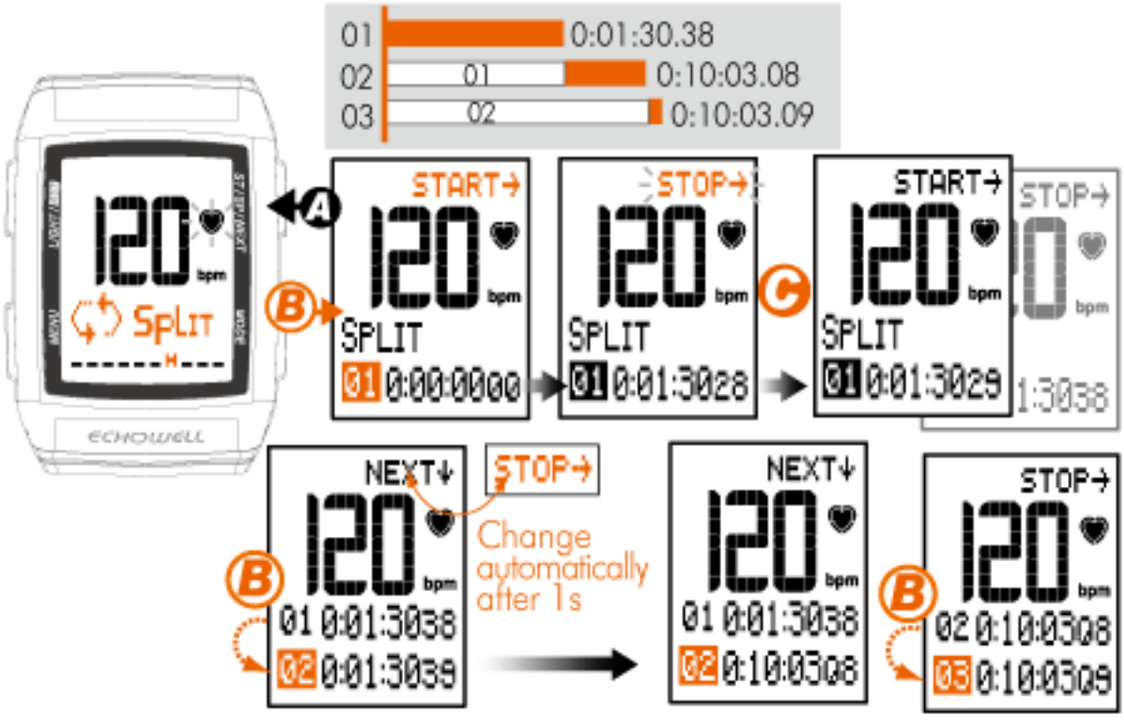
Press C to stop record

LAP DATA

1. Lap Data review is allowed only when you stop Lap record.
   Press C change Lap
   Press B review Lap data
   Press A back to Function Group select
2. In Lap Data Group (HRM Group/ Speed Group / RPM Group).
   HRM Group: Stop Watch/ Average/ Maximum/ Time in Target Zone/ Time over Target Zone/ Calory
   Speed Group: Average/ Maximum/ Distance/ Riding Time
   RPM Group: Average/ Maximum
3. 31st Lap record will automatically cover the 1st Lap record.
4. Press A find the "DELETE" function group, Press B find the LAP function, clear the LAP data.

SPLIT

1. The stopwatch enables you to measure intermediate times (SPLIT, the time Passed since the start up to the given point)
2. With SPLIT function, It can up to 50 records.
3. Press C Start/Stop Lap function
4. Press B change to next Lap (Next)
5. Press A back to Function Group select

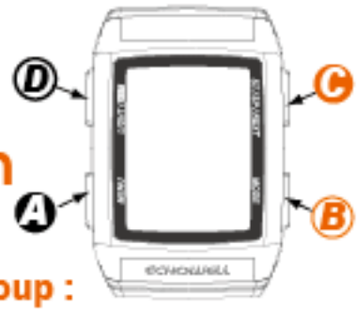


SPLIT DATA

1. Review "SPLIT DATA "function.
   Press B change Split data forward
   Press C change Split data backward
   Press A back to Function Group select
2. To clear the SPLIT data, Only in to the"DELETE" Mode .

SETTING FUNCTIONS

Button function description



Under Data setting Group :

- A for change to next Function group
- B for change data setting function group
- C for enter data setting mode selection

Under Data setting mode selection:

- A for change data setting mode forward
- B for change data setting mode backward
- C for enter data setting mode
- D for back to data setting gruop

Under Data setting mode :

- A for increase setting digital
- A 1's for auto increase setting digital (0.2'S)
- B for decrease setting digital
- B 1's for auto decrease setting digital (0.2'S)
- C for change to next setting digital
- D for back to data setting mode selection

Data setting function group

ENTER→ bpm WATCH SETTING → B → ENTER→ bpm PULSE SETTING → B → ENTER→ bpm BIKE SETTING → B → ENTER→ bpm SENSOR PAIRING → B

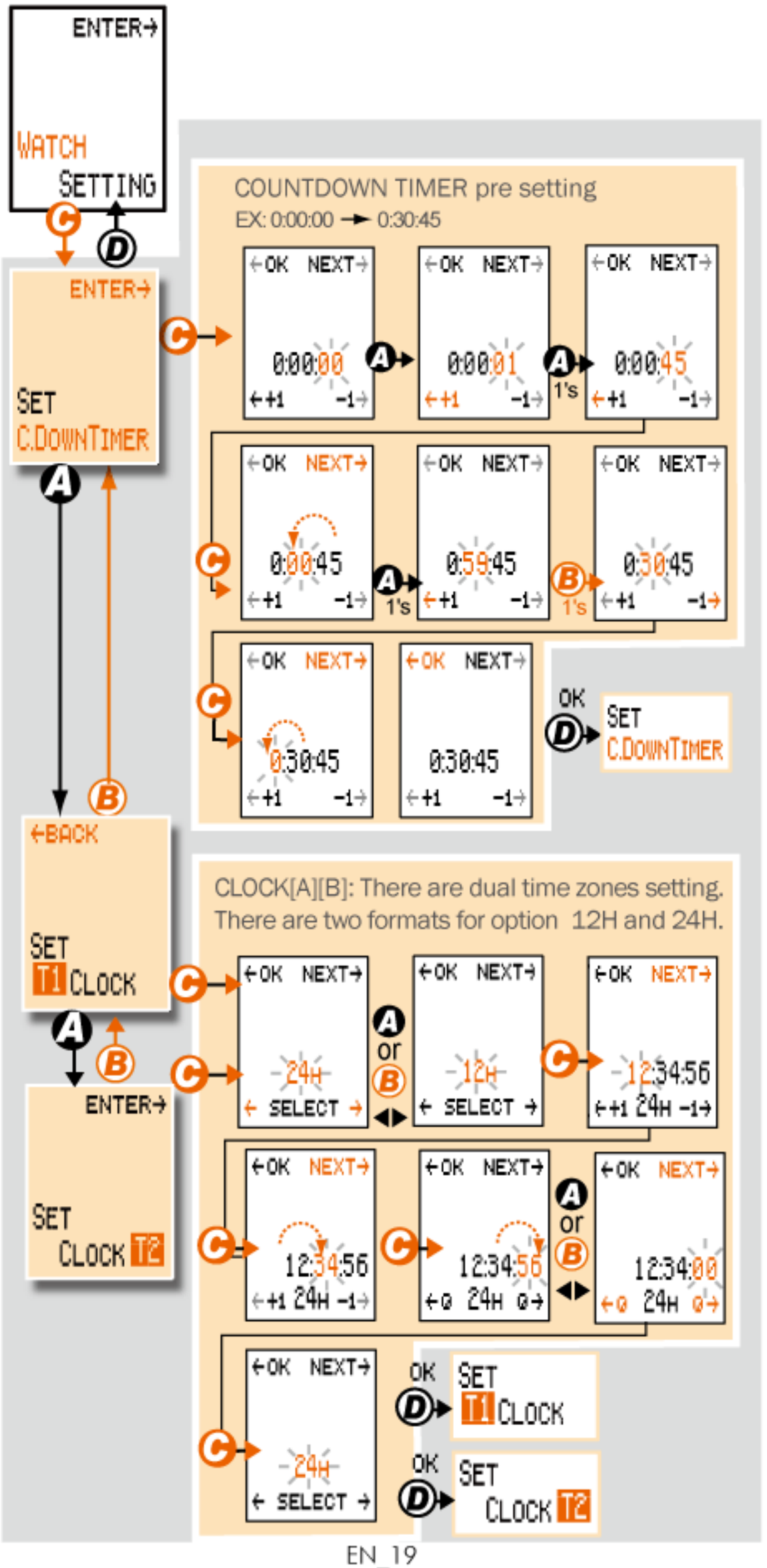
C.DOWNTIMER
T1 CLOCK
CLOCK T2
CALENDAR
ALARM
PACER
BEEP
CONTRAST

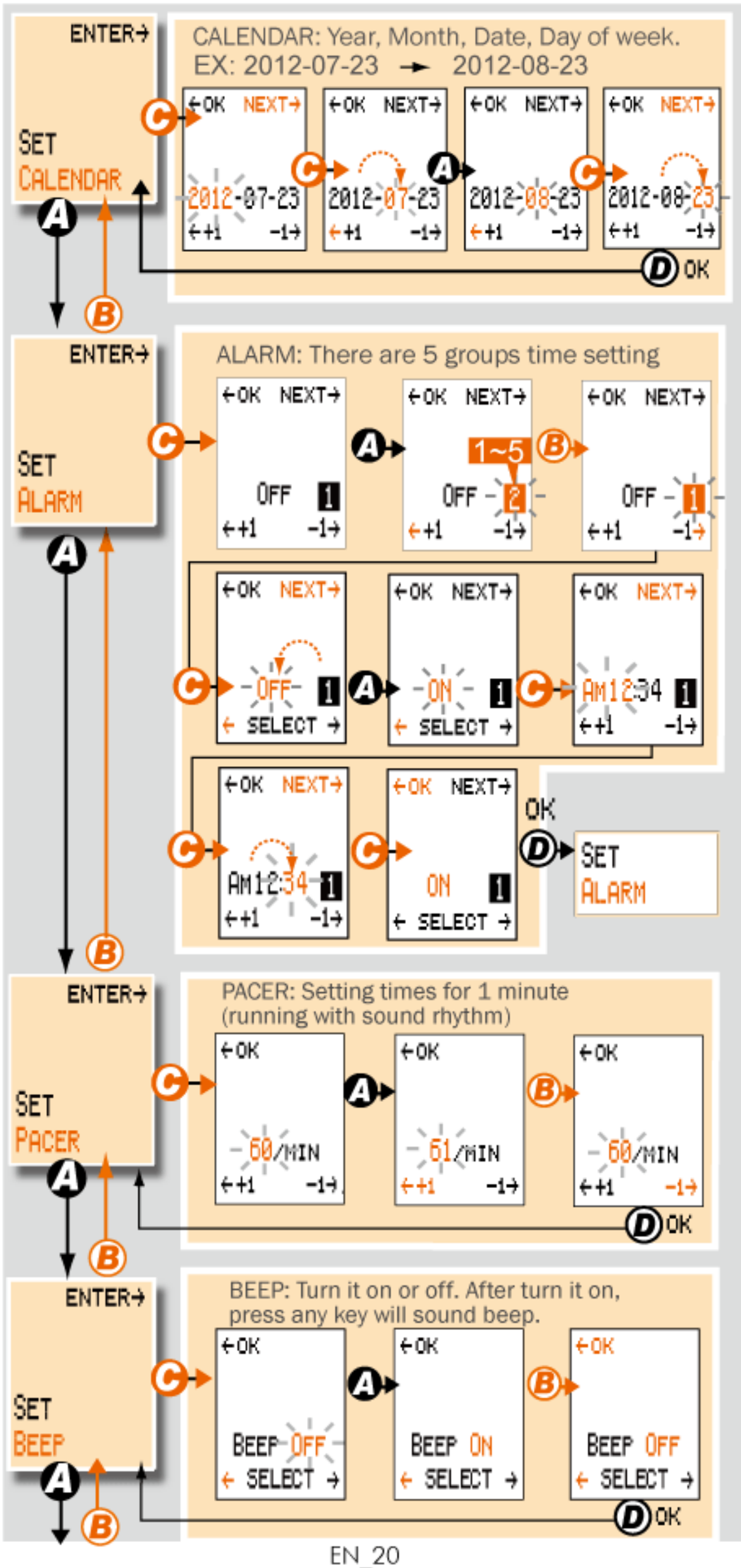
UNIT
USER DATA
T-ZONE
MAXIMUM HR
T.CALORY
T.FAT LOSS
T.WEIGHTLOSS

RPM LIMIT
WHEEL SIZE
ODOMETER
T.RIDINGTIME

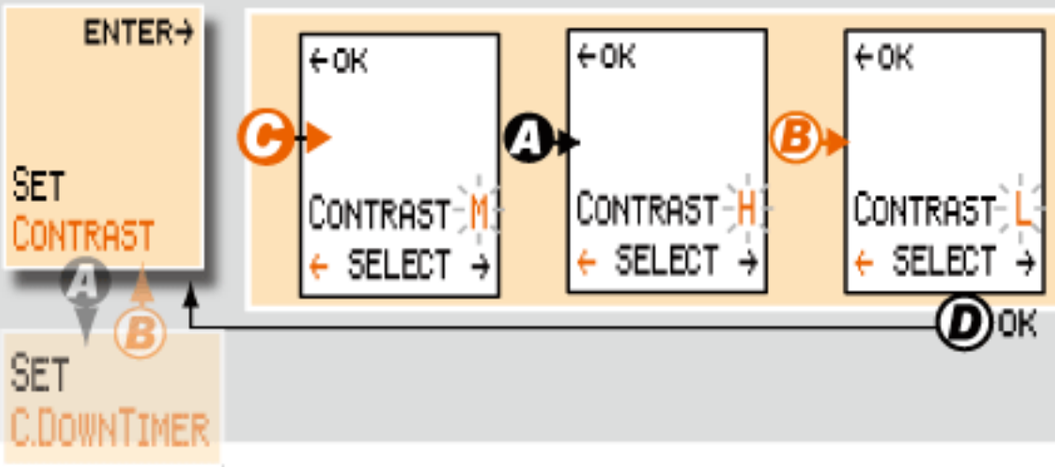
HEART RATE
SPEED
CADENCE
COMBO

Data setting mode selection


ENTER→
WATCH
SETTING
C
D
ENTER→
SET
C.DOWNTIMER
A
B
←BACK
SET
T1 CLOCK
A
B
ENTER→
SET
CLOCK T2
COUNTDOWN TIMER pre setting
EX: 0:00:00 → 0:30:45
←OK NEXT→
0:00:00
←+1 -1→
0:00:01
0:00:45
1's
0:00:45
0:59:45
0:30:45
0:30:45
OK
SET
C.DOWNTIMER
CLOCK[A][B]: There are dual time zones setting.
There are two formats for option 12H and 24H.
24H
12H
← SELECT →
12:34:56
←+1 24H -1→
12:34:56
←0 24H 0→
12:34:00
or
SET
T1 CLOCK
SET
CLOCK T2

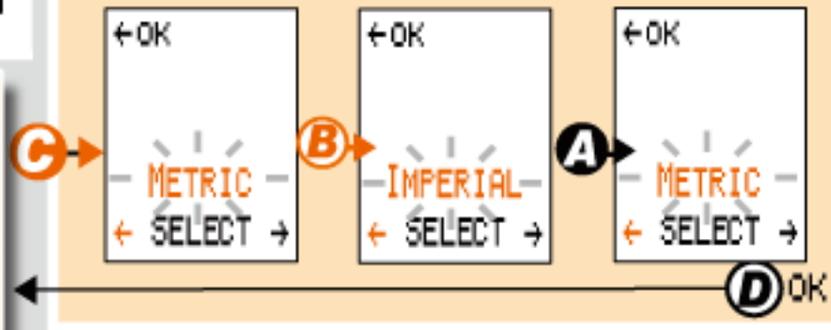

ENTER→
SET CALENDAR
CALENDAR: Year, Month, Date, Day of week.
EX: 2012-07-23 → 2012-08-23
←OK NEXT→
2012-07-23
2012-07-23
2012-08-23
2012-08-23
←+1 -1→
OK
SET ALARM
ALARM: There are 5 groups time setting
OFF 1
1~5
OFF 2
OFF 1
OFF
ON
AM12:34
SELECT
ON 1
SET ALARM
SET PACER
PACER: Setting times for 1 minute
(running with sound rhythm)
60/MIN
61/MIN
60/MIN
SET BEEP
BEEP: Turn it on or off. After turn it on,
press any key will sound beep.
BEEP OFF
BEEP ON
BEEP OFF

CONTRAST: Contrast adjust have 3 grades adjust the brightness. adjust the brightness Contrast will also affect the EL back-light

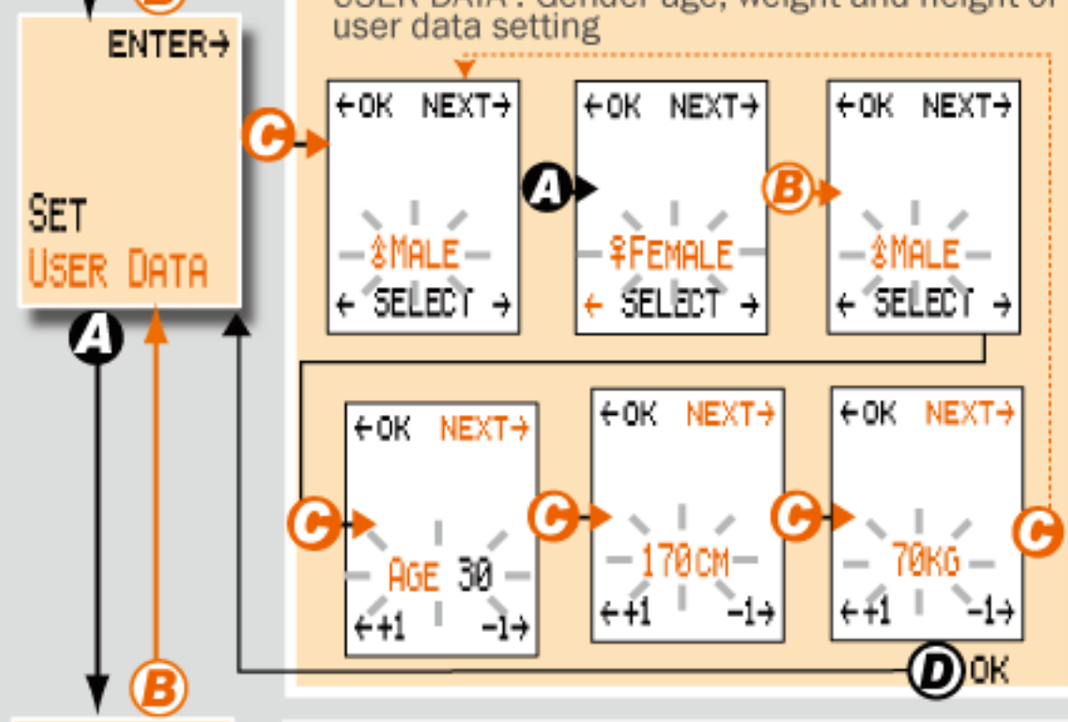


Pulse Setting

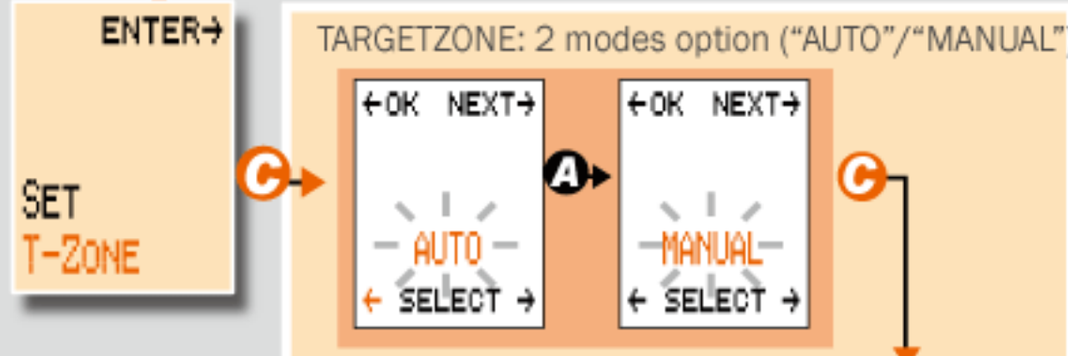
UNIT: To selection "IMPERIAL"or"METRIC" .

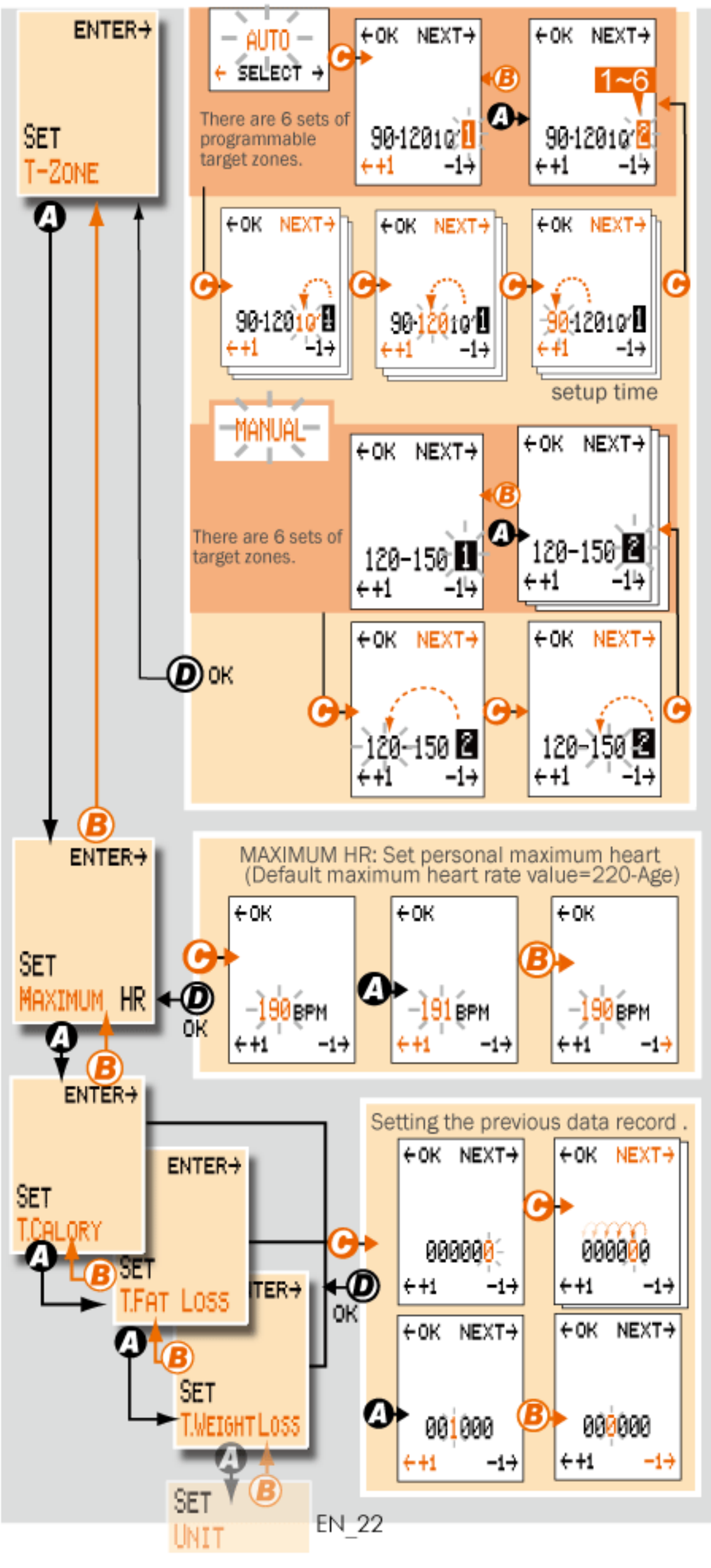


USER DATA : Gender age, weight and height of user data setting



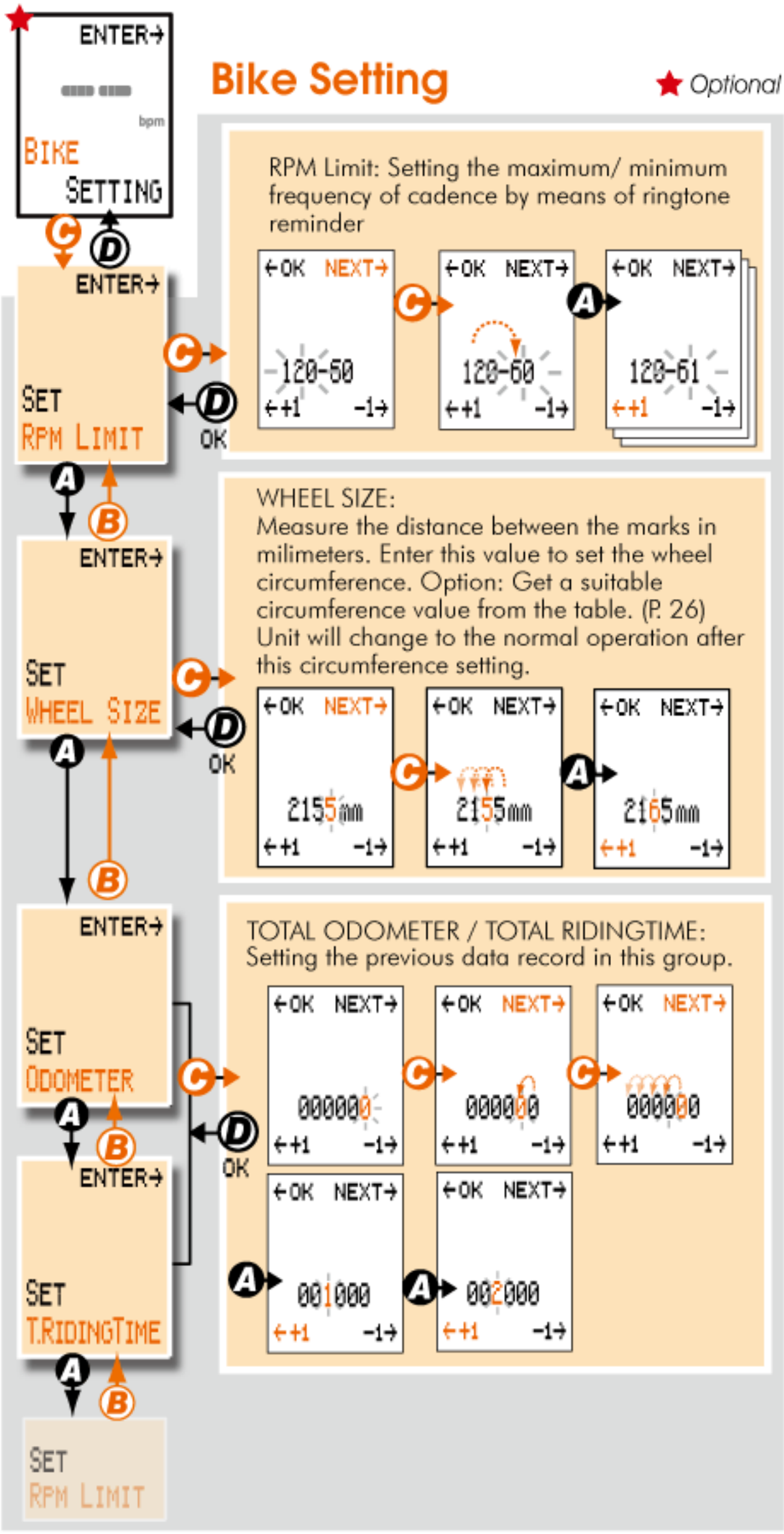
TARGETZONE: 2 modes option ("AUTO"/"MANUAL")




ENTER→
SET
T-ZONE
AUTO
SELECT
There are 6 sets of programmable target zones.
←OK NEXT→
90-120 10' 1
←+1 -1→
1~6
90-120 10' 2
90-120 10' 3
90-120 10' 4
90-120 10' 5
setup time
MANUAL
There are 6 sets of target zones.
120-150 1
120-150 2
120-150 3
120-150 4
OK
ENTER→
SET
MAXIMUM HR
MAXIMUM HR: Set personal maximum heart
(Default maximum heart rate value=220-Age)
190 BPM
191 BPM
SET
T.CALORY
SET
T.FAT LOSS
SET
T.WEIGHT LOSS
SET
UNIT
Setting the previous data record .
000000
001000
000000

Bike Setting

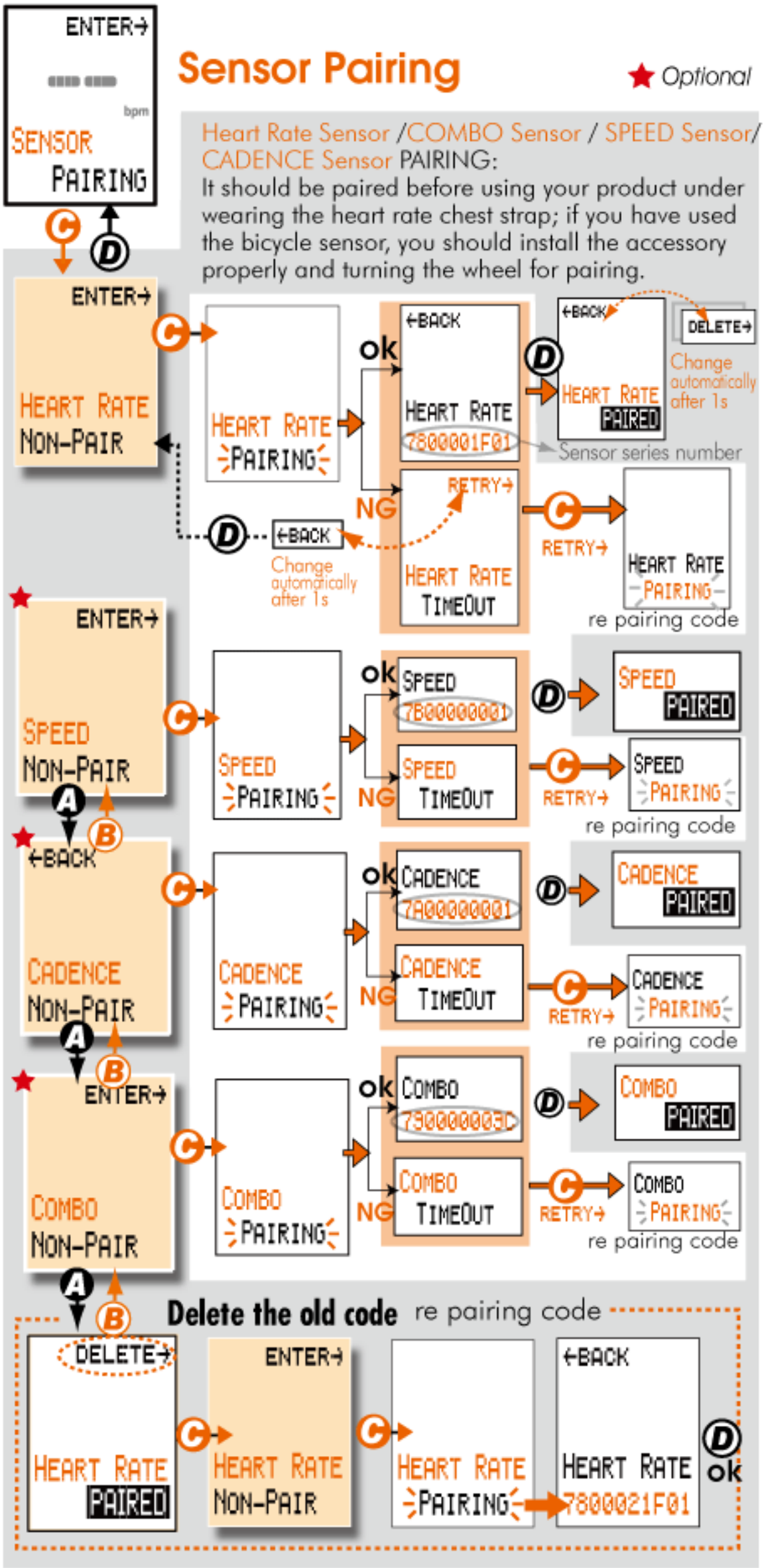
★ Optional



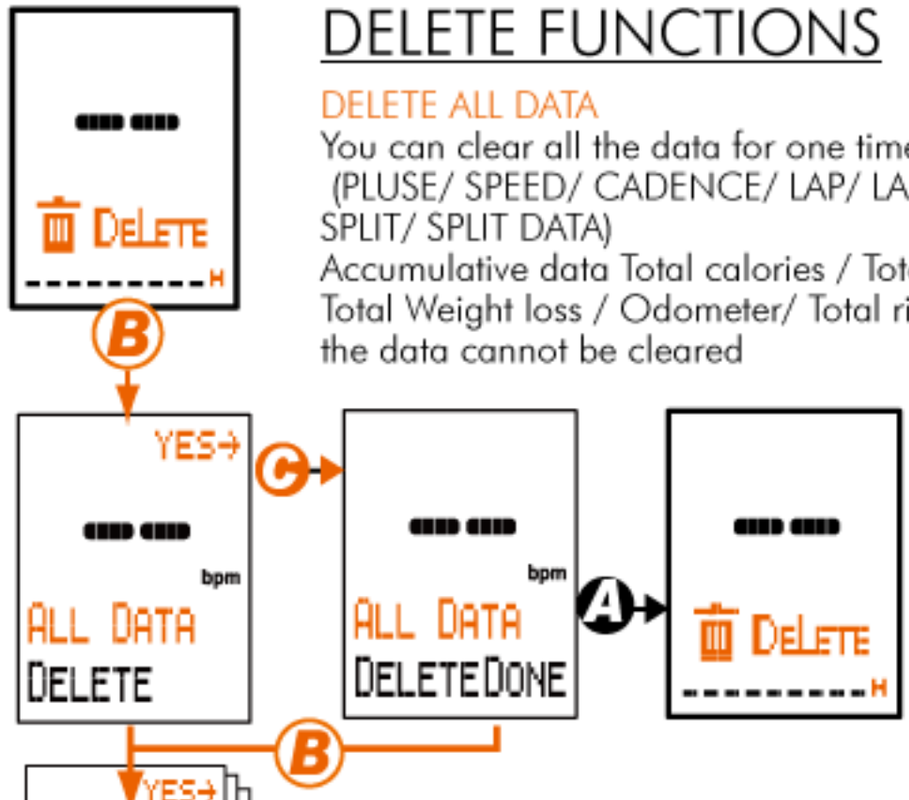
Sensor Pairing

★ Optional

Heart Rate Sensor /COMBO Sensor / SPEED Sensor/ CADENCE Sensor PAIRING:
It should be paired before using your product under wearing the heart rate chest strap; if you have used the bicycle sensor, you should install the accessory properly and turning the wheel for pairing.



DELETE FUNCTIONS



DELETE ALL DATA

You can clear all the data for one time.
(PLUSE/ SPEED/ CADENCE/ LAP/ LAP DATA/ SPLIT/ SPLIT DATA)
Accumulative data Total calories / Total fat loss / Total Weight loss / Odometer/ Total riding time the data cannot be cleared

DELETE PULSE

Only delete the data record for pulse function, except for the total calories/ total fat loss/total weight loss cannot be cleared.

DELETE SPEED

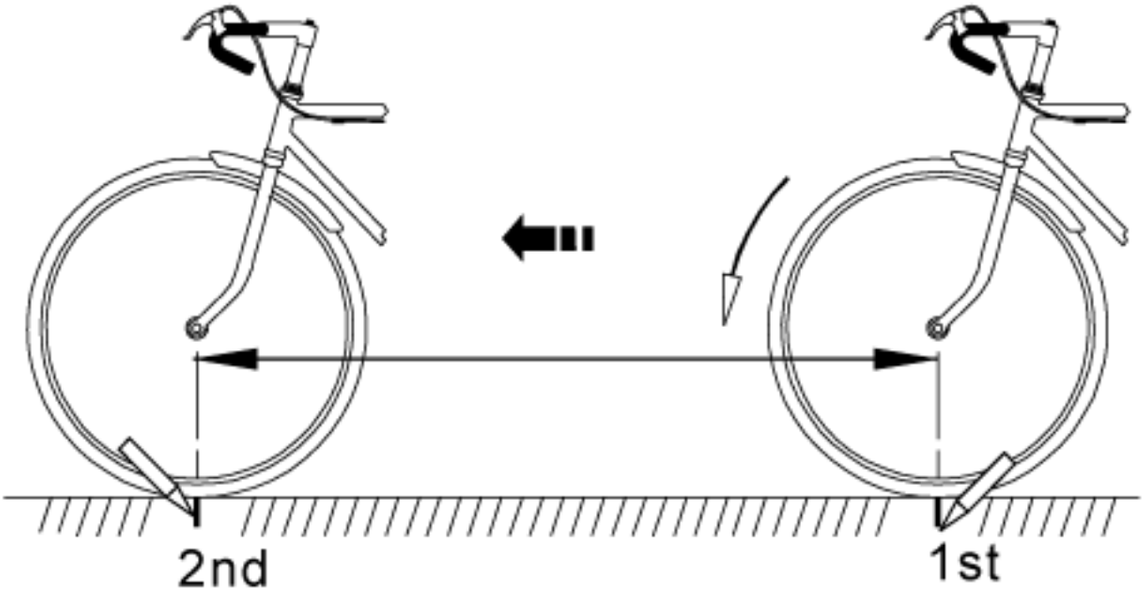
Only delete the data record of speed function, except for the odometer/total riding time cannot be cleared.

DELETE CADENCE / LAP/ LAP data/ SPLIT/ SPLIT data

Under exceptional deleting mode, press "yes" to delete all the data records.

★ *Optional*

Wheel Circumference Measurement



- Precise Measurement
  Roll the wheel until the valve stem is at the lowest point of the wheel and nearest to the ground. Then mark this first point on the ground. Get on the bicycle and have a helper push you until the valve stem returns to the lowest point . Mark the second point on the ground. Measure the distance between the marks. Enter this value to set the wheel circumference.
- Quick Table : Get a suitable circumference value from the table.

POPULAR TIRE CIRCUMFERENCE REFERENCE TABLE

Tire Size		Circumference Number	Tire Size		Circumference Number
47-350	16x 1.75x 2	1217	32-630	27x 1 1/4	2199
47-406	20x 1.75x 2	1590	28-630	27x 1 1/4fifty	2174
37-540	24x 1 3/8A	1948	40-622	28x 1.5	2224
47-507	24x 1.75x 2	1907	40-622	28x 1.75	2268
23-571	26x 1	1973	40-635	28x 1 1/2	2265
40-559	26x 1.5	2026	37-622	28x 1 1/8x 1 5/8	2205
44-559	26x 1.6	2051	18-622	700x 18c	2102
47-559	26x 1.75x 2	2070	20-622	700x 20c	2114
50-559	26x 1.9	2089	23-622	700x 23c	2133
54-559	26x 2.00	2114	25-622	700x 25c	2146
57-559	26x 2.215	2133	28-622	700x 28c	2149
37x590	26x 1 3/8	2105	32-622	700x 35c	2174
37-584	26x 1 3/8x 1 1/2	2086	37-622	700x 35c	2205
20-571	26x 3/4	1954	40-622	700x 40c	2224

Specifications

Watch	
Count Down Timer	0H00M00S-9H59M59S
Chronometer	0H00M00S.00-99H59M59S.99
Alarm	0H00M-23H59M
	1H00M-12H59M AM PM
Calendar	2000-2099
12H/24H Clock	0H00M00S-23H59M59S
	1H00M00s-12H59M59SAM PM
Dual Time Zone	0H00M00S-23H59M59S
	1H00M00S-12H59M59SAM PM
SPLIT	0H00M00S.00-9H59M59S.99
SPLIT Data	50 sets
Pace Reminder	1-200 step per minute
EL backlight	Press For Light 3"S
Battery Low Indicator	<2.4V
ANT+ Chest belt	
Current HR	30-240 BPM
HR Intensity	0-100%
Stopwatch	0H00M00S-99H59M59S
Average HR	30-240 BPM
Maximum HR	30-240 BPM
Target Zone	30-240 BPM
(Manual / Auto change)	6 sets
Time In Target Zone	0H00M00S-99H59M59S
Time Over Target Zone	0H00M00S-99H59M59S
Calory Per Hour	0-9999 Kcal
Calory Consumption	0-9999.9Kcal
Total Calory Consumption	0-999999 Kcal
Target Zone Pacer	Compare With Target Zone
%FAT	0-50%
Fat loss	0-9999.9 g
Weight Loss	0-9999.9 g
Total Fat Loss	0-999999 g
Total Weight Loss	0-999999 g
Recovery 1 minute	
Recovery 2 minute	
USER DATA INPUT	Gender: Male, Female
	Age : 5-99
	Weight : 10-199 Kg, 30-430 Lb
	Height : 100-230 cm,39-91 in
Maximum Heart rate input	100-240 BPM
BPM . Intensity display changeable	
☆ **ANT+ Speed sensor , ANT+ Combo sensor**	
Current Speed	0-199 Km/h 0-120M/h
Average Speed	0-199 Km/h 0-120M/h
Maximum Speed	0-199 Km/h 0-120M/h
Trip Distance	0-999.99 Km 0-620.00 Mile
Odometer	0-999999 Km 0-620000 Mile
Trip Riding Time	0H00M00S-99H59M59S
Total Riding Time	0H00M-9999H59M
Speed Pacer	Compare With Average Speed

ANT+ Cadence sensor , ANT+ Combo sensor	
Current RPM	0-199 RPM
Average RPM	0-199 RPM
Maximum RPM	0-199 RPM
RPM Limit (Up/Low)	0-199 RPM
RPM Limit Pacer	Compare With RPM Limit
Lap	
Stopwatch	0H00M00S-9H59M59S
Average Speed	0-199 Km/h 0-120M/h
Maximum Speed	0-199 Km/h 0-120M/h
Trip Distance	0-99.9 Km 0-62.0 Mile
Riding Time	0H00M00S-9H59M59S
Average RPM	0-199 RPM
Maximum RPM	0-199 RPM
Average HR	30-240 BPM
Maximum HR	30-240 BPM
Calory	0-9999.9 Kcal
Time In Target Zone	0H00M00S-9H59M59S
Time Over Target Zone	0H00M00S-9H59M59S
Other	
MEMORY BACK-UP	
Beep	
LCD brightness Adjust	L , M , H
Unit Selection	Metric , Imperial
Circumference Input	0-3999 mm
Waterproof	3 ATM