EXACTOSPEED PULSE

PROFESSIONAL STOPWATCH
100 LAP MEMORY + PULSE READER

FEATURES:

- Time mode: Display hour, minute, second, date, month, day of week, 2 time zones and 12 / 24 hour display formats selectable by user; auto calendar from 2005 to 2035.
- Chro mode: Measure and record lap times and split times up to 100 laps, with Fastest laps alarm.
- Chro Data mode: Recall lap and split times for each individual runs and lap times, total time, fastest lap, and average times. 1/100 second stop watch with working range to 23 hours 59 minutes 59 seconds.
- Pulse mode: Pulse monitor with working range of 50 BPM to 240 BPM. User can set age, gender and high-low limits. Out of zone alarm. The Pulse rate monitor functions are operated by finger touch.
- Alarm mode: 2 different alarm time.
- Pacer mode: The pacer value can be adjusted from 10 to 240 counts per minute.

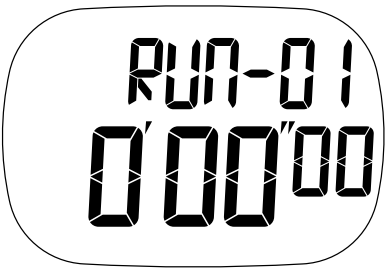
TIME MODE

- To set TIME: Press S1 to show Time Mode. "TIME" Prompt will be displayed for 0.5 second.
- Press and hold S4 for 2 second to enter set mode. "ADJUST" Prompt and "HOLD" will flash and displayed for 1 second. The Time – 1 start flashing. Toggle between the S2 and S3 to select your time zone. Press S1 to confirm, and the Hour digits start flashing.
- Press S3 to increase the flashing digits, and S2 to decrease the digits. Hold the button

for fast scrolling. Press the S1 to confirm. Same setting method is applied to Minute, Month, Day. Press either S2 or S3 to reset the Second.

- Press S1 to set YEAR. Press S3 to increase the flashing digit, S2 to decrease the digits. Hold the button for fast scrolling. YEAR can be set from 2004 to 2035.
- The Chime setting is flashing. Toggle the Chime ON/OFF by S2 or S3 key. Press S1 to confirm. The 12H / 24H time display format is flashing.
- When setting the 12H/24H time, press either S2 or S3 to toggle between 12-hour or 24-hour display formats. If 24-hour display format is selected, there will be no AM / PM symbols. Press S4 to confirm all the setting.

CHRONO MODE



Measure and record lap times and split times up to 100 laps, with Fastest lap alarm.

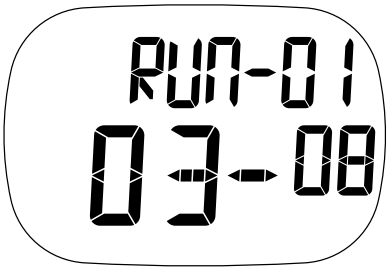
To measure times with the chronograph:

- Press S3 key. The lap/split time display begins with 1/100 seconds, then seconds, then minutes. If the accumulated times in a run proceed to hours, the elapsed hours appear above the primary display and replace 1/100 seconds in the secondary display.
- The upper roll of digit display the lap time, and the lower roll of digit display the split time. The upper top left corner display the current no. of lap.
- Every time you finish one lap, press the S2 key to record the lap time. The current lap time and the current recorded lap will be flashing for 2 second. Any of the lap

are the fastest lap (including the 1st lap), the FASTEST icon will also flash and an special audio tone will play to indicate you just make the fastest lap.

- The upper roll of digit will return to shows the elapsed time for the next lap after flash, and the lap no. will be update. The lower roll of digit will remain display the split time non-stop.
- Press S3 key to pause / stop the stopwatch. Prompt “PAUSE” will displayed and the total elapsed time + current lap no. are flashing alternatively. You can either press the “S2” to resume the stopwatch, or you can press the S3 key to stop the stopwatch.
- If you want to store the chronograph data, you can hold the S3 key for 2 second, and the prompt “STORE DATA” will appear. It will switch to another run after data stored.
- If you want to clear the data, you can hold the S4 key for 2 second to clear the chronograph data (the prompt “ CLEAR DATA” will flash while you hold the key, and it will return into RUN –01. Please notice that ALL the data inside the Chrono data will be erased, and the display will return to RUN –01.

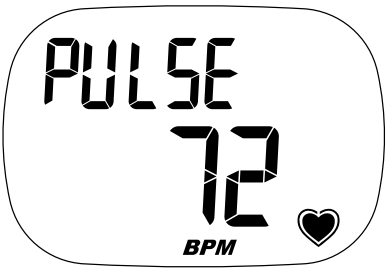
CHRONO DATA MODE



Recall lap and split times for each individual runs and lap times, total time, fastest lap, and average times.

- To recall the chronograph data, press S2 key to browse the no. of Run you want to recall. Press the S3 key to enter into the data of the run you select.
- Press the S3 key to browse the data lap by lap, and the sequence will be from individual lap time, total elapsed time, best lap time and average lap time.

PULSE READING MODE



- The pulse limit aims to define the “Aerobic Pulse Rate Zone”. The unit itself will generate a suggested High and Low pulse rate limit that is calculated based on your age. You can also adjust it based on your personal health condition.

Upper and Lower Pulse Limit Setting

- Press & hold S4 key from Pulse reading mode to enter your age. Press the S3 key to increase the digits, and S2 key to decrease the digits, press S1 to confirm. Then it will appear prompt “UPPER” for you to set the High pulse rate limit setting. Press S3 key to increase the digits, S2 key to decrease the digits. Hold the button for fast scrolling. Press S1 key to confirm the setting
- A prompt “LOWER” appeared. Set the Low pulse rate limit setting. Press S3 key to increase the digits, S2 key to decrease