

EKHO FIT9 Heart Rate Monitor

Operation Manual

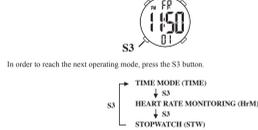
EKHO SL385 MANUALENGLESH
 SIZE:W140X.H105 (mm)
 BY WING T5U 3/12/08 TO VENDOR 02/01/09

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This Operation Manual is part of this product and should be kept in a safe place for future reference. It contains important information on setup and operation. Please ensure you use your product correctly and safely; read these Warnings and the entire user manual before using the product.

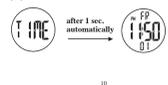
1-Introduction	
WARNINGS	
- This product is a precision instrument. Never attempt to temper the internal mechanism. Contact the retailer or professional service center if the product requires servicing.	
- The chest belt (transmitter) is a radio frequency transmission device. Do not use the chest belt in aircrafts or hospitals. The use of radio frequency products may cause malfunctions in the control of other equipment.	
- Do not allow the product to any unwanted impact or shock.	
- Maintain good and regular checking of your device. Always check the functions before usage. Clean the product when necessary with a damp cloth, do not use any aggressive or abrasive cleaning agents and solvents.	
- Remove the batteries before storing the product for a long period of time.	
- Take precautions when handling all battery types. When disposing of this product or batteries, follow your local waste disposal regulations.	
Dear EKHO Customer,	
Congratulations on your purchase of the FIT9 Heart Rate Monitor. The watch displays and records your heart rate and target zone enabling you to fine-tune your fitness program to get maximum results.	
Please Note:	
People with cardio-pacemakers must not use this heart rate monitoring watch due to possible interference effects. Please note that this heart rate monitoring watch is not a piece of medical equipment. It is important that you consult your doctor to define your personal limits for heart rate, exercise intensity and duration.	
Parts and Accessories	
- FIT9 Heart Rate Monitor	
- TL-15 Transmitter with elastic strap	
- Bike Mount	
- Owners manual	

4.3 Operating modes



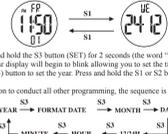
4.4 Programming the time

- Press the S1 (MODE) button as shown above in order to reach the TIME operating mode. "TIME" will be indicated in the display for one second.



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- If you press the S1 button while still in the "TIME" operating mode the date (weekday, month and day) will be displayed. Pressing the S1 button again will return to the time display.



Information:

- The year can be set from 2000 to 2099.
- The date format is D:M or M:D (D=Day, M=Month).
- As soon as you have programmed everything press the S4 button to leave the setup mode. The watch will then begin running at 00 seconds, if the time has been set.
- The weekday in the date display is automatically determined by the date entered. The display is in English (MO, TU, WE, TH, FR, SA, SU).

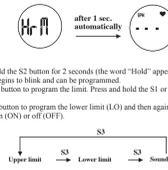
Please note:
 If in the setup mode, for the duration of approx. 1 minute, no button is pressed, the watch automatically switches back into the time operating mode and the settings will be taken over.

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2-Information regarding functions and features of the watch	
Activate the watch	
If your watch does not show any numbers on the display after purchasing, then it has to be activated first. In order to do this, please press and hold the CHRONO and MODE buttons simultaneously until numbers appear on the display.	
Operating buttons and features	
The heart rate is monitored with the use of the chest belt or transmitter belt.	
The watch has 3 operating modes: time, heart rate and stopwatch.	
All buttons have a beep tone for confirmation. If there is no beep then this button does not have a function for the mode in effect or the word "hold" will appear. In this case please continue to press the button until you hear a beep and the element to be set appear on the display.	

Battery:	CR2032 (3V button cell), one each in watch and belt.
Display:	LCD with blue EL backlight (activated for 3 seconds by pressing button)
Operating temp.:	0°C to 55°C
Water resistance:	The watch is water resistant against rainwater, water during showering and normal bathing and swimming. Do not under any circumstances push any buttons when under water or use the watch for diving. Warning: Wild or jerky movements under water and also athletic swimming can cause unwanted activation of buttons allowing water to enter into the watch!
HRM functions:	Measuring rate 30-240 heart beats per minute and corresponding display
Training monitoring:	Programming training zones with optimal alarm function when beyond training zone. Upper limit adjustable from 31-240, lower limit from 30-239. Display of hours, minutes and seconds (12 or 24 hr format) Calendar with month, day and weekday for the years 2000-2099
Watch functions:	Stopwatch with 1/100 resolution for the first hour thereafter 1 second resolution LAP (lap time) function Time measuring up to 99 hours 59 minutes 59 seconds

4.5 Programming the training zone	
In order to monitor the heart rate with the training zone you must follow the setup below. But please note: If you do not want a training zone then you can go directly to chapter 5.6.	
Programming information for pulse monitoring with training zones:	
Press the S3 button until you reach the heart rate monitoring mode, in the display "HRM" appears for 1 second.	
Then press and hold the S2 button for 2 seconds (the word "Hold" appears) to get to the setup mode. The upper limit (H) begins to blink and can be programmed.	
Press the S1 or S2 button to program the limit. Press and hold the S1 or S2 button for a faster changing of values.	
Note: press the S3 button to program the lower limit (LO) and then again to set the acoustic training zone alarm ("BEEP") on (ON) or off (OFF).	

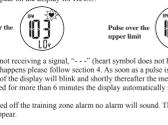


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The acoustic training zone alarm "BEEP" is switched on (ON) or (OFF) with the S1 button.	
As soon as you have made all adjustments leave the setup mode with the S3 button.	
Please note:	
1. The programming of the limit values lies between 30 and 240 BPM (beats per minute). Attention: The upper limit must be higher than the lower!	
2. If in the setup mode, for the duration of approx. 1 minute, no button is pressed the watch automatically switches back into the heart rate monitoring mode.	
3. To use the heart rate monitoring chest belt please read chapter 4 (Important information on heart rate monitoring).	

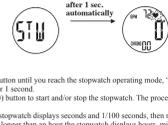
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4.6 Heart rate monitoring	
Press the S3 (MODE) button until you reach the heart rate monitoring mode in the display "HRM" appears for 1 second.	
The heart symbol blinks when a signal is being received from the chest belt and your heart rate is shown in the middle of the display. If the heart symbol does not blink, please read section 4 carefully.	
If you have activated the training zone alarm 2 "beep signals" will sound every 14 seconds if your pulse drops below the "lower limit" and every 14 seconds 4 "beep signals" if your pulse goes over the "upper limit".	
Following signals appear on the display for HRM:	
Pulse under the lower limit	Pulse over the upper limit
Please note:	
1. If the chest belt is not receiving a signal, "--" (heart symbol does not blink) will appear in the middle of the display. If this happens please follow section 4. As soon as a pulse is being received the heart symbol on the upper right of the display will blink and shortly thereafter the measured heart rate will be shown. If no signal is received for more than 6 minutes the display automatically switches back to the TIME mode.	
2. If you have switched off the training zone alarm no alarm will sound. The warning displays (LO and H) will still appear.	



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4.7 Stopwatch	
Press the S3 (MODE) button until you reach the stopwatch operating mode, "STW" (for stopwatch) will appear on the display for 1 second.	
Press the S1 (CHRONO) button to start and/or stop the stopwatch. The procedure (start/stop) can be repeated endlessly.	
For the first minute the stopwatch displays seconds and 1/100 seconds, then minutes, seconds and 1/100 seconds. For measuring longer than an hour the stopwatch displays hours, minutes and seconds (without 1/100 seconds).	
Lap times (LAP)	
Up to 15 lap times can be recorded with the "LAP" button when the stopwatch is activated. The lap number (1-15) will be shown and then the display will immediately return to the time being measured (when all 15 memories are used, the text "FULL" will be shown on the display). The stopwatch with the totally elapsed time continues to run in the background until you stop the stopwatch with the S1 (CHRONO) button.	



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3-Important information for heart rate monitoring	
General information	
Please consult your doctor for your ideal and non-harmful training information (maximum pulse rate) if you have problems with your heart or have, in your lifetime, had a medical intervention on your heart.	
If you have just begun your training or are you planning on beginning regular training we strongly recommend that you set up a training plan with a doctor or fitness coach.	
Heart rate monitoring with a chest belt	
For persons with intensive physical activities (sports such as cycling, jogging etc.) and trainings where a focus is placed on the size of training zones, using a heart rate monitor is of great value.	
Following rules apply hereby:	
The wireless pulse rate transmission distance from the chest belt to the watch is up to 1 meter or approximately your arm's length.	
Monitoring requires a good contact of the measuring surface to your body. The belt must be well attached to the body (so that the transmitter containing the battery is in the middle of the body or rather over the heart in the upper part of the chest muscle and just below the base of the breastbone). Avoid areas with a lot of hair.	
Moisten the contact surfaces (left and right of the transmitter) with a conductive fluid (contact gel is ideal, sweat or saliva. Normally tap water is also suitable).	
In a dry and cold climate it may take a while for the transmitted values to become stable. This problem will resolve itself as soon as you begin to sweat from physical activity.	

Incorrect or missing transmission of data can be caused by the following:	
The chest belt has insufficient contact with the body (skin is too dry or chest belt does not fit correctly)	
Weak or empty batteries in the chest belt or in the watch	
Electric magnetic disturbances in the area (transformer station, electrical overhead lines, thermionic screens from PCs and TVs, electric motors, in the car etc.)	
Please note that the transmission distance of approximately 1 meter from a transmitter belt of a person in your immediate area can also be received on your watch. The overlapping of the signal from your belt and the foreign belt usually leads to very high measured rates. This is also possible with chest belts from other brands! A bit of extra distance between you and the other person or wearing the watch on the other wrist usually solves this problem.	
High amounts of chlorine in swimming pools and the salt content in sea water can, because of increased conductivity, affect monitoring.	

When the stopwatch is stopped the total time elapsed ("end time") is displayed. At this point you can use following functions:	
Button S2 (LAP/SET):	
Each time you press this button you can view the lap times from 1 - 15. The heart rate shown in the display is the pulse measured at the end of the corresponding round. By press and hold this button for 3 seconds, all recorded lap times and elapsed time is deleted.	
Button S3 (MODE):	
After reading the lap times you can return to the end time by pressing this button twice.	
Pulse display:	
In this mode the heartbeats per minute are also shown on the top line. When the pulse signal is received by the chest belt the heart symbol blinks and your pulse is displayed. It is irrelevant hereby whether the stopwatch is running or not.	
If you have activated the training zone alarm 2 "beep signals" will sound every 14 seconds if your pulse drops below the "lower limit" and every 14 seconds 4 "beep signals" if your pulse goes over the "upper limit".	



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Please note:	
1. If the chest belt is not receiving a signal, "--" (heart symbol does not blink) will appear in the middle of the display. As soon as a pulse signal is received the heart symbol on the upper right of the display will blink and shortly thereafter (in about 6-10 seconds) the measured pulse will be displayed.	
2. For the first hour the stopwatch has a resolution of 1/100 seconds, for measuring longer than an hour the stopwatch displays a resolution of one second. Measuring up to 24 hours is possible, thereafter the stopwatch stops automatically.	
3. If you have deactivated the training zone alarm no alarm will sound. The warning displays (LO and H) will still appear.	
4.8 "RESET" THE WATCH	
Simultaneously press and hold the S1, S2, S3, and S4 buttons for approx. 3 seconds.	
The watch, or rather the processor in the watch, will be restarted. After this all display elements will appear followed by the display "0:00".	
Attention: All settings will be lost and must be reset as described in this user manual. A reset is recommended directly after changing the battery in the watch or if the watch, for unknown reasons, does not function correctly.	

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4-Operating the watch	
The EKHO FIT9 offers heart rate monitor with time / date and a stop watch. With its five push buttons, it is very easy to operate.	
4.1 Backlight	
Press button S4 to activate the EL backlight for 3 seconds. If during this time another button is pressed, the light is re-activated for 3 seconds.	
4.2 Button Functions	
S4 (LIGHT)	
Press shortly: EL backlight is activated for 3 seconds	
Light remains activated as long as another button is pushed within the 3 seconds. During this time other buttons can also be operated.	
S1 (CHRONO)	
Time display (in TIME mode)	
Activation of connection between chest belt and watch (in HRM mode)	
START/STOP for the stopwatch (in STW mode)	
"*" adjustments in setup mode	



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5- Care instructions and battery changing	
It is recommended, after each training and competition, to carefully clean the watch and the chest belt with warm water perhaps also with a bit of skin kind soap, rinse off and cleanse from sweat and skin particles. Then please time well and dry with a soft towel. At no time should aggressive cleaning solutions be used!	
According to use it may sooner or later become necessary to change the batteries. You can change the batteries in the watch and in the belt yourself! In each case you must pay close attention that on the watch as well as on the belt the seals are replaced correctly. Putting in the reserves and watchband bodies requires a bit of routine and patience, any damage caused by the instruments hereby do not fall under the warranty. In case of doubt we recommend having the batteries exchanged in a good specialist shop.	
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