

# **EKHO WMP-88 Heart Rate Watch**

*USER MANUAL*



## ***To Turn Your Watch On:***

1. Remove the LCD display sticker on the watch face.
2. Hold any button for 3 seconds until the screen turns on.

## ***Introduction to Your EKHO WMP-88 Heart Rate Watch***

Our **S-Pulse™** technology measures the electronic signals that pass through your body as a result of the beating of your heart. This measurement is obtained by the watch's two sensors: the top heart rate sensor and back battery door. The battery door is actually the primary sensor plate that measures these electronic signals off your arm.

The ECG (electrocardiogram) measurement is done when you place your fingers from the opposite hand onto the top sensor of the watch. This creates a loop across your body the watch can now read.

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## *Watch Display and Button Overview*

\* Image may vary  
from actual watch

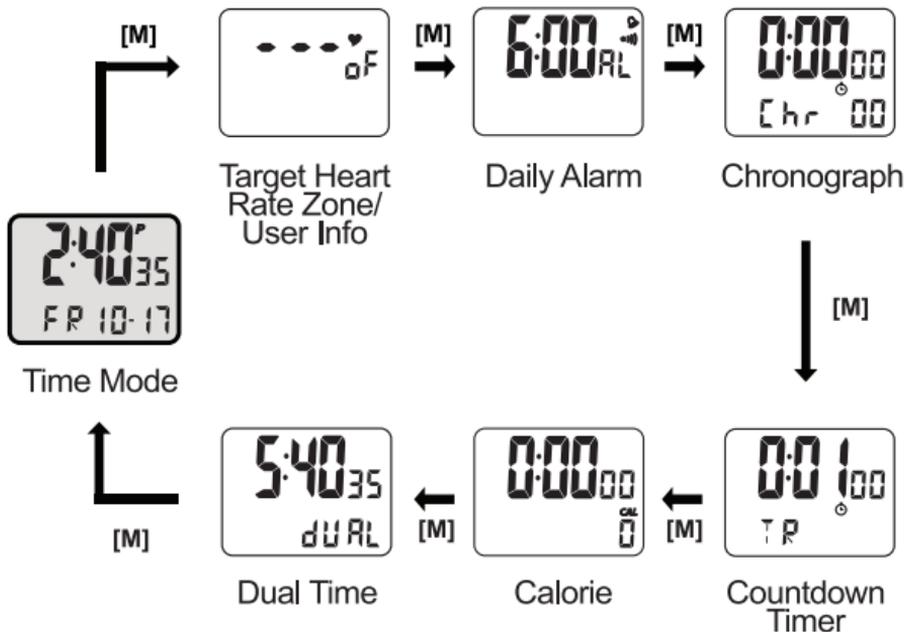


⚠ ***The watch buttons are not intended for use in or under water as this may force water past the seals.***

## *Display Icons and Descriptions*

Icon	Description
 <b>HEART RATE</b>	Indicates heart rate values; flashes during acquisitions
 <b>RELATIVE HEART RATE</b>	Indicates percentage of maximum heart rate
 <b>HEART RATE LOCK</b>	Indicates heart rate function is disabled
<b>P</b>	Indicates PM time
 <b>ALARM</b>	Indicates alarm function is ON
 <b>HOURLY CHIME</b>	Indicates hourly chime function is ON
 <b>CHRONO / TIMER</b>	Indicates Chronograph and Timer modes; flashes when mode is ON

# Operation Overview



## Measuring Your Heart Rate

To get your heart rate reading, follow these three simple steps:

1. Strap the watch snugly around your wrist.
2. Place your fingers on the watch's **Heart Rate Sensor** and touch gently for 3-8 seconds.
3. Once detected, a beep tone sounds and your heart rate will be displayed in beats per minute (bpm). It's that easy!



Your % of maximum heart rate will display along with your heart rate reading if Target Heart Rate Zone is turned ON (refer to *Target Heart Rate Zone*; p.9). Your reading will remain displayed for 6 seconds after you release the **Heart Rate Sensor**.

This watch is a sensitive monitoring device that reads your ECG signals and reading times may vary. If you do not get a reading, wait a couple of minutes and try again, or refer to page 18 (*Troubleshooting - Heart Rate*).

## *Heart Rate Lock*

To prevent triggering the heart rate feature from accidental contact and environments where excessive water/moisture are present. An example would be in a pool where the watch is submerged in water. Since water acts as a natural conductor, it can accidentally trigger the heart rate feature.

1. In Time mode, hold **Reset** for 3 seconds.
2. The “🔒” icon will appear.
3. To unlock the heart rate feature, repeat Step 1.



## *Relative Heart Rate*

Relative Heart Rate is your current heart rate divided by your maximum heart rate, and can be a useful reference to manage how hard you are working during your exercise.

- Maximum Heart Rate is calculated as:

Male: 220 minus your age (220 – your age)

Female: 226 – your age

- Your Relative Heart Rate will be displayed as a percentage when displaying your heart rate.

☛ *Example of Relative Heart Rate:*

*Tom is 30 years old.*

*Maximum Heart Rate:  $220 - \text{age } 30 = 190 \text{ bpm}$ .*

*His current heart rate measured at: **133 bpm**.*

*$133/190 = 70\%$  is Tom's Relative Heart Rate.*

## ***Target Heart Rate Zone***

The Target Heart Rate Zone feature helps you compare your acquired heart rate with your targeted heart rate zone.

- **If your heart rate is within the target zone**, the watch will beep once and your heart rate will display.



- **If your heart rate is lower** than your target zone lower limit, the watch will beep twice and your heart rate will display with the letter "L".



- **If your heart rate is higher** than your target zone upper limit, the watch will beep twice and your heart rate will display with the letter "H".



☛ *Example: Debbie's target zone is 80 bpm (L) to 120 bpm (H). After 5 minutes of walking, Debbie measures her heart rate.*

*If Debbie's heart rate is "72", she is under her target zone and can decide to pick up her pace so her next reading falls within her zone.*

## ***Target Heart Rate Zone - Standard Setup***

By entering your gender, the watch will provide a recommended standard heart rate range (H/L).

1. In Target Heart Rate Zone/User Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:  
- Gender (male/female)
3. Edit this setting by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.



## ***Target Heart Rate Zone - Manual Setup***

You can manually override the standard heart rate range to those of your own preference.

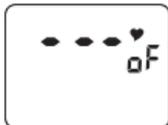
1. In Target Heart Rate Zone/User Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
  - Target Zone Upper Limit (H)
  - Target Zone Lower Limit (L)
3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.



## *Heart Rate Zone Alert*

While in Target Heart Rate Zone/User Info mode, press **Start/Stop** to toggle the Heart Rate Zone Alert function ON or OFF.

● **When OFF**, your upper and lower limits will be "hidden" and your Heart Rate Zone Alert function will be disabled.



● **When ON**, your upper and lower limits will appear in the display and your Heart Rate Zone Alert function will be enabled.



## *User Information Setup*

To use your Calorie mode properly and ensure accurate data, it is important to first set your user information.

1. In Target Heart Rate Zone/User Info mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
  - Age
  - Gender (male/female)
3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.



## *Calorie*

Calorie mode is coupled with an exercise timer and will inform you of your calories burned. Calorie is calculated from the **last heart rate acquired**. So for more accurate readings, obtain your heart rate often throughout your workout.

1. In Calorie mode, press **Start/Stop** to begin timer.
2. Touch the **Heart Rate Sensor** gently until your heart rate is acquired (refer to p.7).
3. Press **Start/Stop** again to stop timer.
4. To reset the calorie and timer data, press **Reset** (the timer must be stopped).



## *Time and Date Setup*

1. In Time mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
  - Seconds
  - Minutes
  - Hours
  - Year
  - Month
  - Day
  - Month/Day format
  - 12/24 hr format
  - Key Beep (beep with every button press)
3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.



## *Alarm and Hourly Chime Alert*

1. In Alarm mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
  - Hours
  - Minutes



3. Edit these settings by using **Start/Stop** or **Reset**.
  4. To save the new settings, hold **Mode** for 3 seconds.
- ☛ *In Alarm mode, press **Start/Stop** to toggle the Alarm alert ON/OFF (●||); press **Reset** to toggle the Hourly Chime alert ON/OFF (🔊).*

## *Chronograph*

1. In Chronograph mode, press **Start/Stop** to begin timing.
2. Press **Start/Stop** again to stop timing.
3. To reset the chronograph, press **Reset** (the chronograph must be stopped).



## *Countdown Timer - Setup*

1. In Countdown Timer mode, hold **Mode** for 3 seconds until the display flashes.



2. Press **Mode** to advance thru settings:
  - Seconds
  - Minutes
  - Hours
3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

### *Countdown Timer - Operation*

1. In Countdown Timer mode, press **Start/Stop** to begin the timer.
2. Press **Start/Stop** again to stop the timer.
3. To reset the countdown timer, press **Reset** (the timer must be stopped).

### *Dual Time*

Dual Time is the watch's secondary form of time.

1. In Dual Time mode, hold **Mode** for 3 seconds until the display flashes.
2. Press **Mode** to advance thru settings:
  - Hours
  - Minutes



3. Edit these settings by using **Start/Stop** or **Reset**.
4. To save the new settings, hold **Mode** for 3 seconds.

## *Care and Maintenance*

To ensure proper function of your Heart Rate Watch:

- The watch buttons are not intended for use in or under water as this may force water past the seals.
- Avoid rough usage or severe impacts to the watch
- Keep the top sensor and back metal plate free from dirt, oils, or other contaminants.
- Periodically clean the watch using a soft cloth with mild soap and water, or similar cleaning solution.
- Keep the watch out of extreme heat or cold.
- Do not expose the watch to intense direct sunlight for long periods of time.
- Do not expose the watch to chemicals such as gasoline, alcohol, or solvents.

## ***Troubleshooting - Heart Rate***

If you are having difficulty measuring your heart rate, you may want to try the following steps. Try each of these in succession until you are able to measure your heart rate:

1. Make sure the watch is snugly strapped to your wrist.  
A loose fit makes it more difficult to properly measure your heart rate.
2. When touching the heart rate sensor, make sure you are using the soft, flat *pads* of your fingers and not the tips of your fingers.
3. Touch gently with enough pressure to activate the heart rate measure mode. Muscle “noise” from pressing too hard can make it difficult to measure your heart rate.
4. Make sure the back metal plate (battery door) of the watch is laying flat on your skin.
5. Make sure your wrist and fingers are clean and free from dirt, oils, or lotions.

(CONTINUED ON NEXT PAGE)

## ***Troubleshooting - Heart Rate***

6. Stay still and relax your arms on a stable surface while taking your heart rate.
7. Clean the top sensor and back metal plate with a mild soap and water, or similar cleaning solution.
8. Moisten with water the pads of the fingers you are using to contact the top sensor on the face of the watch.
9. Moisten with water the surface between the back metal plate of the watch and the skin on your wrist.
10. If the watch was exposed to excessive water/moisture, such as being in a pool or in the shower, dry the watch before attempting to acquire a heart rate.

## *Specifications*

### Heart Rate

Heart Rate Range: 30-240 BPM  
Upper and lower limit heart rate zones/alerts  
Percentage of maximum heart rate (%MHR)

### Calorie

Calorie range: 0-9999  
Exercise timer range: 99 hours, 59 minutes, 59 seconds

### Time

AM, PM, hour, minute, second  
12/24 hour format  
Calendar: month, date, day display with auto leap  
year adjustment  
Dual time

### Alarm

One (1) alarm time  
Hourly chime  
Alarm duration: 30 seconds

### Chronograph

Resolution: 1/100 second  
Measuring range: 99 hours, 59 minutes, 59 seconds

### Countdown Timer

Resolution: 1 second  
Measuring Range: 99 hours, 59 minutes, 59 seconds

Other

Electroluminescent (EL) backlight  
Water resistant up to 50 meters  
Key beep ON/OFF

## ***Battery***

Battery replacement will be required from time to time, and should occur when:

- The display fades in part or completely
- The Heart Rate function will not activate

The battery life will vary depending on usage of the light and heart rate features (which have high power consumption).

We recommend battery replacement be done by a watch repair service center to ensure the water seals are not compromised during the process.

The watch uses one (1) standard lithium replacement battery: **CR2032**

## *Power Off Mode*

To conserve the battery's lifetime during long periods of inactivity, hold the "**Mode**", "**Start/Stop**" and "**Reset**" buttons for 3 seconds. The watch will turn off and enter Power Off Mode. To activate the watch again, simply hold any button for 3 seconds until the screen turns on.

• **CAUTION:** *Entering Power Off Mode will reset the watch and all of its data.*

## *Patents*

The Heart Rate Watch and **S-Pulse™** technology are a result of, and protected by, the following patents:

US: 5,738,104 & 5,876,350

Europe: EPO 0861045B1

## *Limited Five (5) Year Warranty*

Your Heart Rate Watch is warranted for a period of **five (5) years** from the date of purchase from an authorized retailer.

If defective, return the watch with the original receipt, or copy, to your original retailer or to EKHO for a **replacement watch**.

This warranty covers defects in materials and workmanship only. It does not cover the battery, damage due to abuse or misuse, accidents, or any commercial use.

## *Limitations*

The following limited warranty services will be performed for the original owner of EKHO Brand Americas, LLC (EKHO) products (the Products). Defects in materials and workmanship present at the time of purchase of the Products by the original purchaser will be repaired or replaced, at EKHO's sole discretion, at no charge to the original purchaser. Products subject to EKHO warranty service must be returned to their original place of purchase and their return must be within the warranty period. Products returned for warranty service must be repacked into their original packaging or other suitable packaging offering the same or a similar amount of protection to the Products. Notwithstanding the above, each Product must be individually wrapped if shipped along with other EKHO Products. You are responsible for delivery of the Products to their original place of purchase. All warranty returns must include a Proof of Purchase (i.e. receipt) or a copy of the Product Registration Form.

The above limited warranty does not apply to the following: 1) batteries, 2) use for other than its intended purpose, 3) Product abuse or accidents, 4) cracked or broken cases, 5) negligence by the user, 6) misuse by the user, 7) improper maintenance and 8) warranty service by anyone other than EKHO. The Product limited warranty is void if any work is performed on the EKHO Products by anyone other than EKHO.

THERE ARE NO OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

## ***Contact Information***

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## ***Disclaimer***

The Heart Rate Watch is not a medical device, nor intended for use in medical or patient monitoring applications. It is not intended for use in any commercial application.

Always consult a physician before starting any physical activity.

The features and/or images of your watch may vary slightly from those described in this instruction manual. The information in this manual is intended to be for informational purposes only, and is subject to change without notice.

