

Thank You

Read this before Using

ALATECH Technology Limited sincerely thanks you for choosing **ALATECH** Heart Rate Monitor Outdoor Watch.

To get the most out of your purchase, please read the user manual carefully. Kindly keep this manual in a safe place for future reference.

Package Contents

- Heart Rate Monitor Outdoor Watch
- Heart Rate Transmitter (inclusive of elastic belt)
- User Manual
- Warranty Certificate
- Water-Resistant Ring for Batteries

Warning

- This watch is only to be used for general applications; it is not designed for medical treatment.
- The displayed values are generated via accurate measurements in the watch.
- If you wear this watch during dangerous or life-threatening activities, such as mountain climbing or any activity where misdirection is dangerous, please bring along a compass to ensure maximum safety.
- ALATECH does not assume any responsibility for any loss caused by this product.
- ALATECH reserves all rights to update any hardware and software specifications as described in the user manual without any prior notice.

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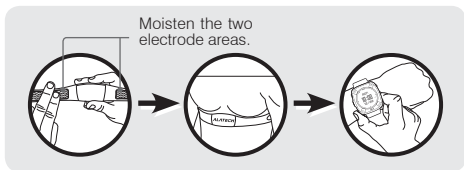
Getting Acquainted

1. This watch enables you to track your heart rate during exercise in accordance to your gender, age, weight, height, maximum and minimum heart rate etc. These personal data will serve as measurement standards to help you monitor the training intensity, exercise duration and calorie consumption of your fitness regime. The watch also helps you to plan your fitness regime and realize your fitness goals.
2. It is embedded with sensors such as a digital compass, barometer, thermometer and altimeter to give you accurate measurements when you are engaging in outdoor activities.
3. For new watches, please insert new batteries into watch. Switch on the watch to calibrate sensors and input your personal data to ensure accurate measurements. (Please refer to the relevant chapters in this user manual for more instructions.)

How to Wear the Transmitter

The transmitter will measure your real-time heart rate and transmit the signal to your watch. You will be able to see the data on the main screen. Before you start exercising, please follow the following instructions to wear your transmitter properly.

1. Attach one end of the transmitter to the elastic belt.
2. Adjust the length of the belt so that you feel comfortable and it fits snugly to the contours of your body. Make sure it will not loosen or slip off during exercise.
3. Moisten the two electrode areas on the reverse side of the transmitter with water.
4. The logo should face outwards, attach the other end of the transmitter against the chest muscle or bust, and then attach the other end of the transmitter to the elastic belt.
5. Switch your watch to exercise mode and within 15 seconds, the watch will automatically start measuring your heart rate and display the data on your watch. If the watch does not receive any heart rate signal from the transmitter in 15 seconds, the screen will reset to "0". At this moment, please check if the transmitter is snug on your body, or if the electrodes are adequately moistened.



How to Recognize and Set a Suitable Training Intensity Goal for Yourself

The following table is a reference for you to set a suitable training intensity goal for yourself at bpm^1 (training heart rate). It is calculated by age in 5-year intervals with the %HRmax formula.

Age	HRmax ² (unit: bpm ¹)	Training Intensity ³ (unit: bpm ¹)		
		Light Zone ⁴ (60~70 %HRmax)	Moderate Zone (70~80 %HRmax)	Hard Zone (80~90 %HRmax)
10~20	200	120~140	140~160	160~180
25	195	117~137	137~156	156~176
30	190	114~133	133~152	152~171
35	185	111~130	130~148	148~167
40	180	108~126	126~144	144~162
45	175	105~123	123~140	140~158
50	170	102~119	119~136	136~153
55	165	99~116	116~132	132~149
60	160	96~112	112~128	128~144
65~99	155	93~109	109~124	124~140

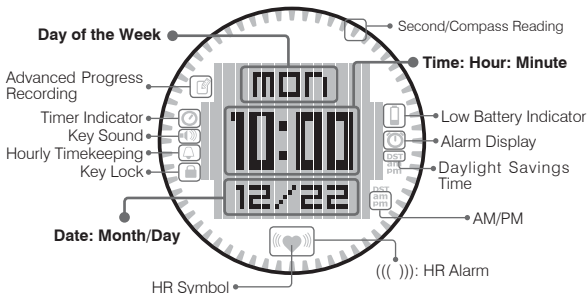
- Heart rate (abbreviated as "HR") is calculated as the number of heartbeats/minute and expressed as "beats per minute, bpm".
- $\text{HRmax} = 220 - \text{Age}$

Maximum Heart Rate (MHR), or HRmax is the highest number of heartbeats/minute (bpm) during maximum physical exertion. It is frequently used to calculate THR (which is a helpful index when setting your training intensity range). The most accurate way of measuring MHR is via an Exercise Stress Test by an electrocardiogram (ECG) in a laboratory under doctors or experts supervision. The "Age Formula" is the most common way to estimate MHR.

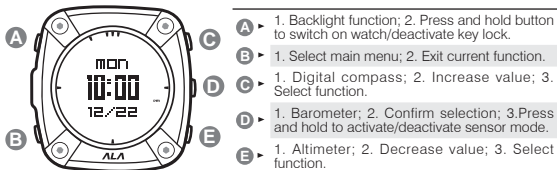
3. $\%HR_{max} = \text{Target Heart Rate} = \text{percentage of exercise intensity (\%)} \times HR_{max}$
Target Heart Rate (THR), or **Training Heart Rate**, which is a desired range of heart rate reached during aerobic exercise for one's heart and lungs to receive the most benefit from a workout. You can calculate the lower and upper limits of THR via the "%HRmax Formula".
4. User with lower physical strength is advised to exercise within the Light Zone, and THR limit to not exceed 60%HRmax.


Operating Instructions

Overview of Keys and Display Screen



The watch has a total of 5 keys as illustrated as below:

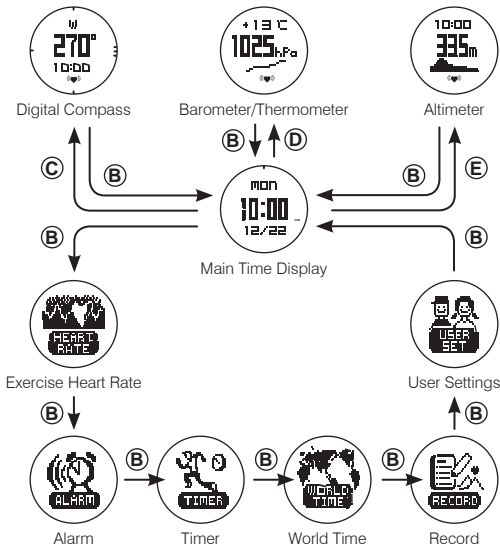


1. Press and hold "A" to activate backlight, backlight will appear for approximately 2 seconds. It may not be as effective under direct sunlight.
2. This watch has a key lock function to prevent mistaken key presses. Press "A" and hold for 2 seconds at main screen to activate key lock function. When  appears at the bottom left hand corner of the main screen, the key lock function is activated. Repeat the steps above to deactivate key lock.
3. Low Battery Power Indicator: When the low battery indicator

symbol  appears on the display screen backlight, buzzer and sensor functions will be deactivated.

Basic Functions

This watch has 7 basic functions (Current Time Display, Exercise Heart Rate, Alarm, Timer, World Time, Recording, and User Settings) and 3 sensor modes (Digital Compass, Barometer/Thermometer and Altimeter). Main Functions:



1. Press "B" to select any function (as shown above) at main screen, press "D" to confirm selection.
2. Press "C", "D", "E" at main screen to enter digital compass, barometer and altimeter modes. Press "B" to exit sensor mode and return to the main screen.

Sensor Calibration

Please calibrate sensors when your watch is new or you have just replaced the batteries. The following chapters will provide more instructions.

Digital Compass Calibration

You will need to calibrate your digital compass when the north pointer is pointing at the wrong direction, its reaction is slow or you have just replaced the watch batteries. When the watch is in an environment with high magnetic sources such as electrical wires, microphone, magnets or magnetic fields, compass calibration is needed to ensure accuracy.

Two types of digital compass calibrations: (1).North Pointer Calibration (CALIB); (2).Magnetic Declination Correction (DECLIN).

1. Press "B" at main screen to select **USER SET** , press "D" to go to next step.
2. Press "C" or "E" to select **COMP** , press "D" to enter calibration mode.



How to Calibrate the North Pointer (CALIB)

1. Kindly ensure that the watch is parallel to the ground surface before calibration
2. When you are in **COMP** mode, press "C" or "E" to **CALIB** select , press "D" to start calibration.
3. There will be a 5-second countdown; calibration will start when countdown reaches "0".
4. When "CALIB" displays on screen, please slowly turn the watch 360 degrees clockwise.
5. When "CALIB OK" appears on screen, calibration is successful.
6. When "ERROR" appears on screen, calibration is unsuccessful. Return to **COMP** mode to re-calibrate (step 2.).
7. If calibration error persists, kindly ensure that your existing

location is not in a high-magnetic field environment or you can remove high-magnetic sources and proceed with the calibration again.

- After calibration, check the digital compass with an actual compass. If there is a huge difference, it means that the compass sensor is being magnetized by other sources of higher magnetic field. Locate and contact your vendor for more accurate testing.

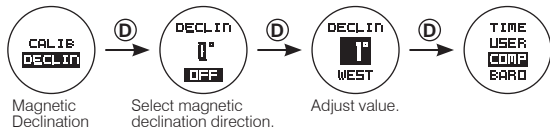


Calibration

How to Correct Magnetic Declination (DECLIN)

The difference between true north and magnetic north can be compensated by correcting the magnetic declination. Please refer to local maps for the magnetic declination angle.

- Kindly ensure that watch is parallel to the ground surface.
- Press "C" or "E" at **COMP** mode and select **DECLIN**, press "D" to enter calibration mode.
- Press "C" or "E" to select magnetic declination direction (OFF/W/E), press "D" to confirm.
- Press "C" or "E" to adjust magnetic declination angle, press "D" to confirm, screen will return to main menu.
- To exit magnetic declination correction mode, please repeat step 4 and select "OFF", press "D" to confirm.



Barometer Calibration Operation

To use the altimeter and barometer properly, you will need to first input the current sea level barometric readings to serve as measurement standards. Refer to your local weather forecast station or any international station for sea level barometric values.

How to Set Sea Level Barometric Values

1. Press "B" to select **USER SET** at main screen, press "D" to go to next step.
2. Press "C" or "E" to select **BARO**, press "D" to enter calibration mode.
3. Press "C" or "E" to adjust value (inert pressure value: 1,013 hPa/ 29.9 inHg).
4. Press "D" to confirm adjustment and return to main menu.

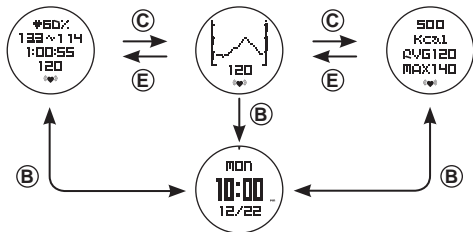


Exercise Mode

The exercise mode can help you set your targeted minimum and maximum heart rate. You will also be able to decide on your training intensity and exercise heart rate display, and receive fitness data such as, exercise duration, %HRmax, heart rate variability, highest heartbeats, average heartbeats, calorie consumption etc.

How to Switch to Exercise Mode

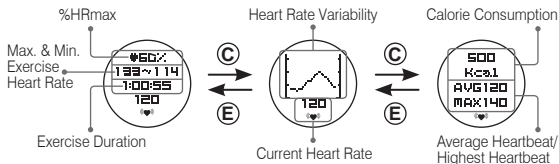
1. Press "B" to select **HEART RATE** at main screen, press "D" to switch to exercise mode.
2. Press "C" or "E" to set maximum and minimum heart rate, press "D" to change column, and "D" again to confirm setting. Start your exercise.
3. Press "C" or "E" anytime during your exercise to check data from your previous exercise session.
4. Press "D" anytime during your exercise to pause/ resume measurement, when **PAUSE** appears on screen, it means that heart rate measurement is paused, press "C" or "E" to select **STOP**, press "D" to conclude measurement. Screen will display results for the session.
5. Press "B" anytime during your exercise to return to main screen. Press "B" again to return to the exercise mode.



How to Check Data from Previous Exercise Sessions During Exercise

Press "C" or "E" when in exercise heart rate mode to check %HRmax, maximum and minimum exercise heart rate, exercise

duration, current heart rate, heart rate variability, calorie consumption, average heartbeat and highest heartbeat.



How to Switch to Sensor Mode During Exercise Mode

1. When in exercise heart rate mode, press "B" to return to main screen and activate sensor mode.
2. When in sensor mode, heart rate data transmission will be deactivated for a short while. This is to prevent the electronic signals from interfering heart rate signals during measurement.
3. When ♥ appears on screen, it means that heart rate measurement is activated. To prevent pausing the heart rate measurement for too long resulting in incomplete data, you are recommended to complete all sensor measurements and switch back to heart rate measurement mode.
4. When you are finished with sensor measurements, press "B" to return to the main screen, press "B" to return to heart rate measurement screen.
5. When you activate advanced progress recording function, the following measurement functions will be deactivated: exercise duration, average heartbeat and calorie consumption.

How to Make Sure that Exercise Heart Rate Signals Are Being Properly Transmitted

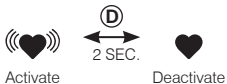
If your watch does not receive a signal for more than 15 seconds, the heart rate value remains at "0" for more than 1 minute, "---" appears on screen and beeping sounds occur (approximately once/minute), please check that your transmitter is being worn properly (for more information, please check page 6~7).

When signals are being properly transmitted, the watch will continue from where the last signal was transmitted. If the signal is lost for more than 10 minutes, the watch will automatically display exercise results.

■ How to Activate Heart Rate Alarm

If your heart rate exceeds the maximum heart rate during exercising, the heart rate alarm will be activated and a beeping sound will be heard. It is highly recommended that you consider adjusting training intensity to prevent risk of exercise-induced tachycardia.

1. Please refer to "User Settings" on page 38 to set your maximum heart rate or activate/ deactivate heart rate alarm.
2. Press "D" and hold for 2 seconds during your exercise to activate / deactivate heart rate alarm.




- The watch needs to receive more than 1 minute of heart rate data to display an accurate heart rate value.
- Heart rate variability will display the heart rate variability graph for the past 30 minutes of exercise.
- Measurement unit for training duration: 1 minute (up to 24 hours)
- Heart rate display measurement unit: bpm, measurement and display limit: 40~220 bpm.

Alarm Mode

When the alarm is activated, under any mode, the alarm will start beeping when designated time has reached. The watch will "beep" continuously for 20 seconds, until you stop the alarm by pressing any key.

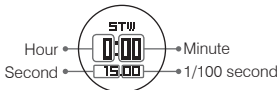
How to activate alarm

1. Press "B" to select **ALARM** at main screen, press "D" to go to next step.
2. Press "C" or "E" to activate/ deactivate alarm, once alarm is activated, alarm symbol  will appear on the screen.
3. Press "D" to set alarm time.
4. Press "C" or "E" to adjust time, press "D" to switch to next column.
5. Press "B" to confirm setting and return to the main screen.

Timer Mode

This watch has two types of timer modes- stopwatch and countdown timers. Each will be introduced clearly as below:


STW Stopwatch: To measure elapsed time, split time or two finishes.



TMR Countdown Timer: To countdown, countdown limits: 1 minute~24 hours. The watch will "beep" when the countdown reaches "0".



How to Activate Timer Mode

1. Press "B" to select **TIMER** at main screen, press "D" to go to next step.
2. Press "C" or "E" to select **STW** or **TMR**, press "D" to do to next step.
3. When in timer mode, press "B" to return to main screen,  will appear on screen. To return to timer mode, repeat steps 1 and 2.

How to Activate Stopwatch

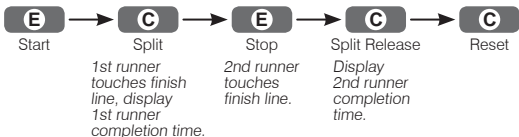
1. When in **STW** mode, follow the instructions below according to your timer needs.
2. To measure elapsed time:



3. To measure split time:



4. To measure two finishes:



- Stopwatch time measurement unit is 1/100s. Measurement limit is 23 hours, 59 minutes, 59.99 seconds.
- If the stopwatch is not stopped, it will continue until it reaches the limit, and will then reset to "0".
- When screen displays " : ", it means that the stopwatch is undergoing split time calculation.
- When the watch switches to Exercise Heart Rate Mode, Countdown Timer, Advanced Progress Recording Mode, Stopwatch will automatically reset to "0".

■ How to Set Countdown Timer Starting Time

1. Select **TIMER** and press "D" to set countdown timer.
2. Press "C" or "E" to adjust timer, press "D" to confirm setting.

■ How to Activate Countdown Timer

1. When you finish setting the countdown timer, press "E" to start countdown.
2. Press "E" anytime during countdown to pause the countdown, press "E" again to resume countdown.
3. To discontinue timer, press "E" anytime during countdown and then press "C" to reset.
4. When the countdown reaches "0", the watch will beep for approximately 10s. Press any key to stop the beeping. When the watch stops beeping, the timer will automatically reset.
 - Countdown Timer Measurement Unit: 1 second.
 - Countdown Timer Measurement Range: 1 minute~24 hours.
 - To set countdown timing as 24-hour format, set timer to "00:00:00".
 - When the watch is switched to Exercise Heart Rate Mode, Stopwatch or Advanced Progress Recording Mode, Countdown Timer will automatically reset to "0".

World Time

World Time displays the current time in 30 cities (29 time zones) around the world.

How to Activate World Time Function

1. Press "B" to select **WORLD TIME**, press "D" to go to next step.
2. Press "B" to return to main screen.

How to Check International Cities Time

Press "C" (towards the west), or "E" (towards the east) to scroll through the city codes. Please refer to the "International City Code Table"

- When the currently selected time zone is one that includes mostly ocean, a value indicating the zone's Greenwich Mean Time differential appears in place of a city code.

How to Toggle a city code time between Standard Time and Daylight Saving Time (DST)

In World Time Mode, press "D" and hold for 2 seconds to activate DST of the current city, press "D" again to return to Standard Time. (**DST** will disappear)

- You cannot toggle between DST and Standard Time if the displayed city code is **GMT**.
- Note that the DST/ Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

International City Codes Table

City Code	City Name	Time Difference with GMT	Other Cities with Similar Time Zone
-11		-11.0	Pago Pago
HNL	Honolulu	-10.0	Papeete
ANC	Anchorage	-09.0	Nome
LAX	Los Angel	-08.0	San Francisco, Las Vegas, Vancouver, Seattle/ Tacoma, Dawson City
DEN	Denver	-07.0	El Paso, Edmonton

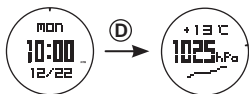
City Code	City Name	Time Difference with GMT	Other Cities with Similar Time Zone
CHI	Chicago	-06.0	Houston, Dallas/ Fort Worth, New Orleans, Mexico City, Winnipeg
NYC	New York	-05.0	Montreal Detroit, Miami, Boston, Panama City, Havana, Lima, Bogota
CCS	Caracas	-04.0	La Paz, Santiago, Port of Spain
RIO	Rio De Janeiro	-03.0	Sao Paulo, Buenos Aires, Brasilia, Montevideo
	-02	-02.0	
	-01	-01.0	Praia
GMT		+00.0	Dublin, Lisbon, Casablanca, Dakar, Abidjan
LON	London	+00.0	
PAR	Paris	+01.0	Milan, Rome, Madrid, Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm
BER	Berlin	+01.0	
ATH	Athens	+02.0	Helsinki, Istanbul, Beirut, Damascus, Cape Town
CAI	Cairo	+02.0	
JRS	Jerusalem	+02.0	
JED	Jeddah	+03.0	Kuwait, Riyadh, Aden, Addis, Ababa, Nairobi, Moscow
THR	Tehran	+03.5	Shiraz
DXB	Dubai	+04.0	Abu Dhabi, Muscat
KBL	Kabul	+04.5	
KHI	Karachi	+05.0	Male
DEL	Delhi	+05.5	Mumbai Kolkata Colombo
DAC	Dhaka	+06.0	
RGN	Yangon	+06.5	
BKK	Bangkok	+07.0	Jakarta, Phnom Penh, Hanoi, Vientiane
HKG	Hong Kong	+08.0	Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar
SEL	Seoul	+09.0	Pyongyang
TYO	Tokyo	+09.0	
ADL	Adelaide	+09.5	Darwin
SYD	Sydney	+10.0	Melbourne, Guam, Rabaul
NOU	Noumea	+11.0	Port Vila
WLG	Wellington	+12.0	Christchurch, Nadi, Nauru Island

Weather Mode

This watch has a barometer and thermometer to measure barometric pressure and weather temperature changes. Whether you are mountain climbing, hiking, camping or traveling, you can leverage these tools to receive the latest weather condition information.

How to Activate Weather Mode

1. Press "D" at main screen to activate the barometer, the screen will display temperature/ barometric pressure readings after 4~5 seconds. The watch will update readings every 5 seconds.



2. To exit barometer mode, press "B" to return to main screen.

Barometric Pressure Graph

The barometric pressure graph shows the readings of previous measurements for the past 24 hours. From this graph, you can observe weather changes, and interpret the weather conditions.

- The horizontal axis of the graph represents time, with each dot standing for 1 hour. The vertical axis of the graph represents barometric pressure with each dot standing for the relative difference between its reading and that of the dots next to it. Each dot represents 1 hPa.



- A rising graph generally means improving weather.



- A falling graph generally means deteriorating weather.



Note: If there are sudden changes in weather or temperature, exceeding +5 hPa or -4 hPa, barometric pressure graph will automatically clear previous readings, and will from bottom left hand corner, re-scan the pressure.

■ Things to Note When Taking Barometric Pressure Readings

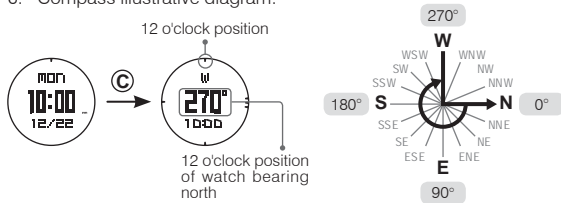
1. Barometric pressure is displayed in units of 1 hPa or 0.01 inHg. You will discover that in some areas, barometric pressure is expressed in millibars (mb) instead of hectopascals (hPa), it does not make any difference because 1 hPa=1 mb.
2. Barometric pressure range= 300~1,100 hPa (or 8.90~32.40 inHg).
3. When barometric pressure falls outside of the range, the displayed barometric pressure value will change to "--- hPa" (or "---inHg"), and the barometric pressure graph will not appear.
4. Temperature is displayed in units of 1 °C (or 1 °F).
5. Temperature range= -10.0~+50.0 °C (or 14~122 °F).
6. When the measured temperature falls outside of the range, the displayed temperature value will change to ---°C (or ---°F).
7. You can select "hPa" or "inHg" (inch of mercury) as the measurement unit for barometric pressure, selecting °C or °F as measurement unit for temperature. Please refer to page 38 under "User Setting > How to Select Measurement Unit for Barometric Pressure, Temperature Unit and Altitude" for more instructions.
8. These tracking numbers reflect changes in weather temperature, and can accurately forecast weather conditions for your reference.

Digital Compass

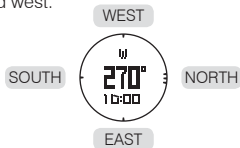
This watch has a built-in bearing sensor to detect terrestrial magnetic north and indicates one of the 16 directions on the screen. Directional readings can be stored in Bearing Memory, and the readings can be displayed as you take subsequent readings.

How to Activate Digital Compass

1. Before using the compass, please ensure that your watch is parallel to the ground surface.
2. Press "C" to switch to digital compass mode at main screen. At this moment, letters appear on the main screen to indicate the direction that the 12 o'clock position of the watch is pointing.
3. Angle measurement difference is ± 5 degrees, pointer difference is ± 1 degree.
4. The direction reading on the screen is updated each second for up to 30 seconds, after which the measurement stops automatically. Press "C" to reset compass measurement.
5. Press "B" to return to main screen.
6. Compass illustrative diagram:



7. 4 pointers will appear on the screen to indicate magnetic north, south, east and west.



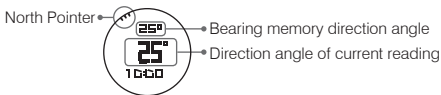
8. The following table shows the meanings of each of the direction abbreviations that appear on the screen.

Direction	Meaning	Direction	Meaning	Direction	Meaning	Direction	Meaning
N	North	NNE	North-northeast	NE	Northeast	NEN	East-northeast
E	East	ESE	East-southeast	SE	Southeast	SSE	South-southeast
S	South	SSW	South-southwest	SW	Southwest	WSW	West-southwest
W	West	WNW	West-northwest	NW	Northwest	NNW	North-northwest

How to Activate Bearing Memory Mode

Bearing Memory allows you to store a direction reading and display that reading as you take subsequent readings. The Bearing Memory screen displays the direction angle for the stored direction. When you take compass readings while the Bearing Memory screen is on the display, the direction angle for your current bearing, stored bearings and perimeter north pointer are also shown.

1. Press "C" at main screen to enter digital compass mode, press "D" and hold for 2 seconds anytime during measurement to record the 12 o'clock position bearing of the watch. The upper part of the screen will display the recorded direction.
2. Press "D" and hold for 2 seconds to deactivate Bearing Memory Mode.
3. Bearing Memory Illustrative Diagram



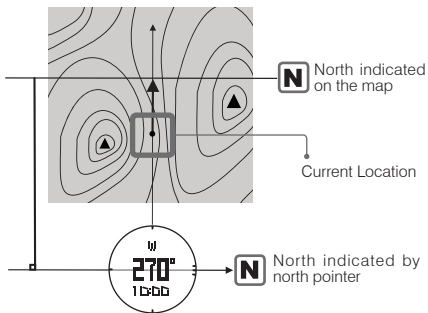
Using the Digital Compass While Mountain Climbing or Hiking

Having an idea of your current location is important when mountain climbing or hiking. To do this, you need to "set the map" which means to align the map so the directions indicated on it are aligned with the actual directions of your location. Generally speaking, what you are doing is aligning north on the map with north as indicated by the watch.

When the watch is configured to indicate magnetic north, rotate the watch so that the northerly direction indicated on the map matches north as indicated by the watch (please refer to page 12 for more details on "Magnetic Declination Correction"). If the watch has been configured with a declination to correct to true north, align the map's true north with the watch's indication.

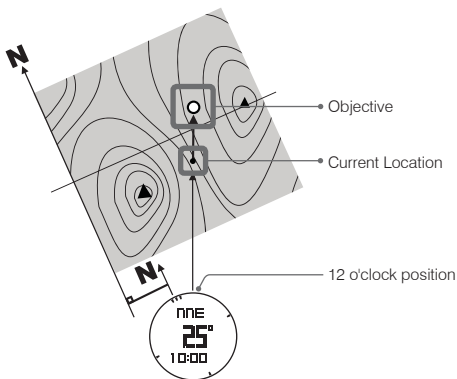
1. Find Your Current Location:

- 1-1. Put down the map and find your current location.
- 1-2. Confirm your location by checking the geographic contours around you.



2. Finding the bearing to an objective:

- 2-1. Check the geographic contours around you to confirm your current location.
- 2-2. Set the map so the direction you want to travel on the map is pointed straight in front of you.



3. To determine the direction angle to an objective on a map and head in that direction.
 - 3-1. After determining the location of your objective, press "D" and hold for 2 seconds to record the bearing of your objective.
 - 3-2. When the bearing displayed on the digital compass is the same as the recorded bearing of the objective, it means that your current bearing is the same as the objective.
 - 3-3. Press "D" and hold to deactivate bearing memory mode.

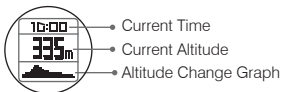
■ Things to Note before Using the Digital Compass

This watch features a built-in magnetic bearing sensor that detects terrestrial magnetism. This means that north indicated by this watch is magnetic north, which is somewhat different from true polar north. The magnetic north pole is located in northern Canada, while the magnetic South Pole is in southern Australia. Note that the difference between magnetic north and true north as measured with all magnetic compasses tends to be greater as one gets closer to either of the magnetic poles. You should also remember that some maps indicate true north (instead of magnetic north), so you should make allowances when using such maps with this watch.

1. Take note of the following environments:
 - 1.1. Taking a direction reading when you are near a source of strong magnetism can cause large errors in readings. Therefore, you should avoid taking direction readings while in the vicinity of the following types of objects: permanent magnets, concentrations of metal, high tension wires, aerial wires, household appliances.
 - 1.2. Accurate direction readings are impossible while in a train, boat, air plane etc.
 - 1.3. Accurate readings are also impossible indoors, especially inside ferro-concrete structures.
2. Storage:
 - 2.1. Precision of the bearing sensor may deteriorate if the watch becomes magnetized. Therefore you should ensure that the watch is stored away from sources with strong magnetism.
 - 2.2. Whenever you suspect that the watch may have become magnetized, perform one of the calibration procedures under "Digital Compass Calibration" on page 11.
 - 2.3. After you calibrated the compass, should the compass still be unable to display accurate readings, please locate and contact your vendor to check your watch.

Altimeter

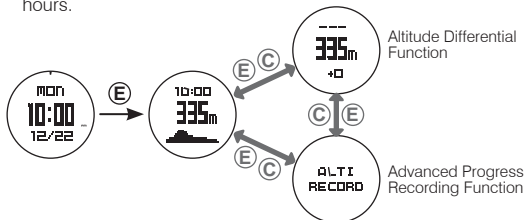
This watch's altimeter provides instant altitude readings, altitude change graph, altitude differential, advanced progress recording etc. Below are more details to those functions.



How to Activate the Altimeter Mode

The diagram shows current altitude and altitude change graph:

1. Press "E" to enter altimeter mode at main screen, the watch will automatically measure current altitude, after 4~5 seconds, the screen will display current altitude reading and altitude change graph.
2. Altitude measurement method: The initial 3-minute measurement (1 measurement/ 5 seconds), after 3 minutes, the altimeter measures once every 30 seconds, for a total of 24 hours.

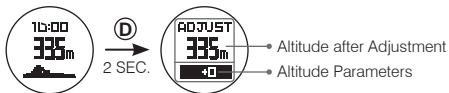


How to Adjust Altimeter Parameters

This watch's altimeter uses a pressure sensor to detect current air pressure; therefore, readings maybe affected by changing weather conditions and air pressure in different locations. Please refer to local altitude readings and calibrate your altimeter to ensure higher accuracy of your altimeter.

1. When in altimeter mode, press "D" and hold for 2 seconds to enter altitude parameter adjustment mode. Press "C" or "E"

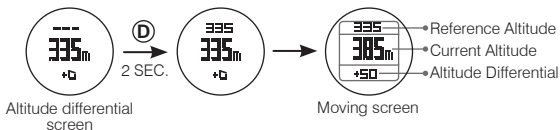
to adjust parameters until the altitude which appears on the screen is close to your current altitude. Press "D" and hold for 2 seconds to confirm the setting.



How to Activate Altitude Differential Mode

The diagram shows the difference between reference altitude and current altitude:

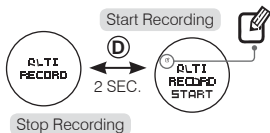
- When in altimeter mode, press "C" or "E" to switch to altitude differential mode. "+0" will appear on lower part of the screen, press "D" and hold for 2 seconds to set current altitude as reference altitude. The reference altitude will be shown at the upper part of the screen, the altitude differential between current altitude and reference altitude will be shown in lower part of the screen.
- To reset reference altitude, press "D" and hold for 2 seconds to remove value.



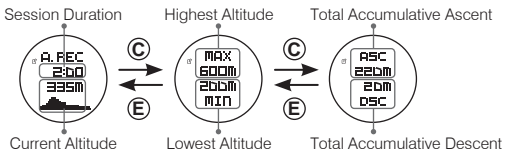
How to Activate Current Session Record

This watch enables you to record altitude changes when mountain climbing. Some functions such as Timer Function in Exercise Heart Rate Mode, Average Heart Rate, Calorie Consumption etc will be deactivated during altitude progress recording.

- When in altitude progress recording mode, press "D" and hold for 2 seconds to activate recording. A pencil icon will appear on the upper left hand corner of the screen to indicate that recording has started.



- Once recording starts, press "D" at altitude recording mode screen to enter recording mode. Press "C" or "E" to check current session date and duration, highest and lowest altitude, total accumulative ascent and descent. Press "B" to return to Altitude Recording Mode.



- At altitude recording mode, press "D" and hold for 2 seconds to conclude progress recording function and save session.
 - The watch can save up to 24 hours of altitude differentials in 8 sessions.
 - The maximum total ascent and total descent value is 99,999 meters (99,999 feet). Each value resets to "0" after the maximum is reached.

Things to Note When Using the Altimeter

- The watch's altimeter uses a pressure sensor to detect current air pressure, which is then used to estimate the current altitude based on ISA (International Standard Atmosphere) preset values.
- This watch estimates altitude based on air pressure, this means that altitude readings for the same location may vary if air pressure changes.
- The semiconductor pressure sensor used by the watch for altitude measurements is also affected by temperature. To avoid the effect of sudden temperature changes during measurement, keep the watch on your wrist in direct contact with your skin.
- Do not rely upon this watch for altitude measurements when engaging in any activity where there is the chance of sudden altitude changes such as sky-diving, hang gliding, paragliding etc.
- Remember that the air inside of a commercial aircraft is pressurized. Therefore the readings produced by this watch will not match the altitude readings announced or indicated by the flight crew.

6. Do not use this watch for measuring altitude in applications that demand professional or industrial level precision.
7. The atmospheric pressure means the weight of the air mass above the observer: at a higher altitude means there is less air than at a lower altitude. Therefore the principle of an altimeter is to measure the different air pressure between different altitudes. Consequently, the air pressure difference between two altitudes is also dependent on temperature. The altitude calculation of this watch is based on the air pressure at certain normal temperatures, thus the watch will modify altitude readings according to the difference between the actual atmosphere temperature and the normal atmospheric temperature.
8. To achieve the most accurate temperature readings, remove the watch from your wrist and place in well-ventilated locations with no direct sunlight.

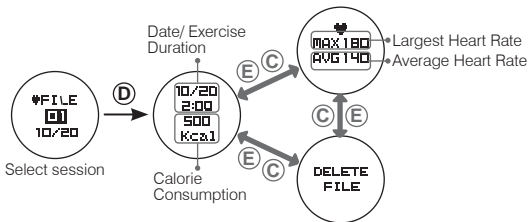
Recording Mode

This watch can recall exercise and training data, tally exercise and training data or recall mountain-climbing recording data. Each will be introduced in detail as below:

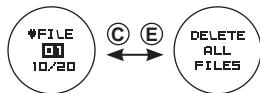
How to Recall Exercise Training Data

You can record and recall up to 30 exercise and training sessions.

1. Press "B" at main screen to switch watch to **RECORD** mode. Press "D" to go to user settings.
2. Press "C" or "E" to select **FILE**, press "D" to adjust settings.
3. Press "C" or "E" to recall desired session according to date (up to 30 sessions), press "D" to proceed.
4. When in session recall mode, press "C" or "E" to scroll through sessions which are divided into 3 pages. The sessions are divided according to "Date/ Exercise Duration/ Calorie Consumption" page, "Largest/ Average Heart Rate" page and "Delete Session" page.
5. Press "B" anytime to return to previous menu.
6. How to Delete Session: Press "C" or "E" to scroll screen into "Delete File". Press "D" to confirm the deletion.



7. How to delete all sessions: Press "C" or "E" to scroll screen into "Delete All Files". Press "D" to confirm the deletion.



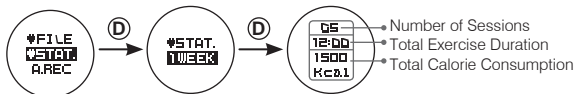
File 01~30,
Delete All Files.

■ How to Tally HR statistics

1. At recording mode, press "C" or "E" to select **#STAT.**. Press "D" to go into settings.
2. Press "C" or "E" to set time limits, press "D" to proceed.

Period	Description
1WEEK	Overall exercise statistics of all your sessions during the past one week
2WEEK	Overall exercise statistics of all your sessions during the past two weeks
3WEEK	Overall exercise statistics of all your sessions during the past three weeks
1MONTH	Overall exercise statistics of all your sessions during the past one month
TOTAL	Overall exercise statistics of all your sessions

3. The following statistics will be displayed on screen: Number of Sessions/ Total Exercise Duration/ Total Calorie Consumption.

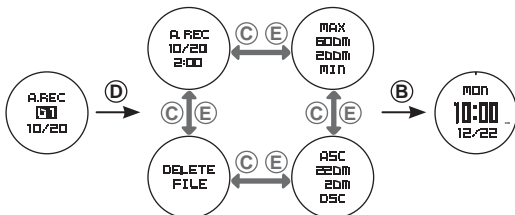


4. Press "B" to return to previous menu.

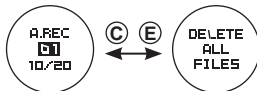
■ How to Recall Mountain-Climbing Data

This watch can record data of up to 8 mountain-climbing sessions; you can activate recording function anytime during the session and recall the data afterwards.

1. At recording mode, press "C" or "E" to select **A.REC**, press "D" to go into settings.
2. Press "C" or "E" to recall desired session according to date, press "D" to proceed.
3. When in session recall mode, press "C" or "E" to scroll through sessions which are divided into 4 pages. The sessions are divided according to "Date/ Exercise Duration" page, "Largest Altitude/ Smallest Altitude" page, "Total Ascent/ Total Descent" page, and "Delete Session" page.



4. Press "B" anytime to return to previous menu.
5. How to Delete Session: Press "Delete File" at bottom of page. Press "D" to confirm the deletion.
6. How to delete all sessions: Press "C" or "E" at "Date/ Exercise Duration" page to select "Delete All Files" option. Press "D" to confirm the deletion.



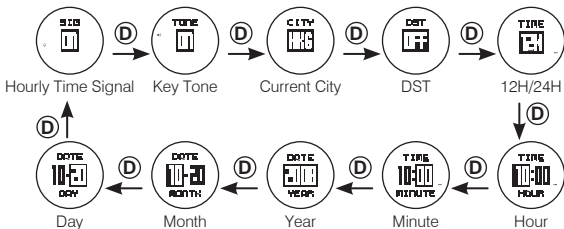
File 01~08,
Delete All Files.

User Settings



User Settings allows you to set and manage 4 types of user data and references, including time, user data, digital compass, barometer calibration. Each will be introduced in detail as below:

Time Setting

1. At main screen, press "B" to switch to **USER SET**, press "D" to go into user settings.
2. Press "C" or "E" to select **TIME**, press "D" to set time.
3. Press "C" or "E" to select option or font size, press "D" to confirm the settings and go into the next option.
4. Upon completion, press "B" to return to the previous menu.



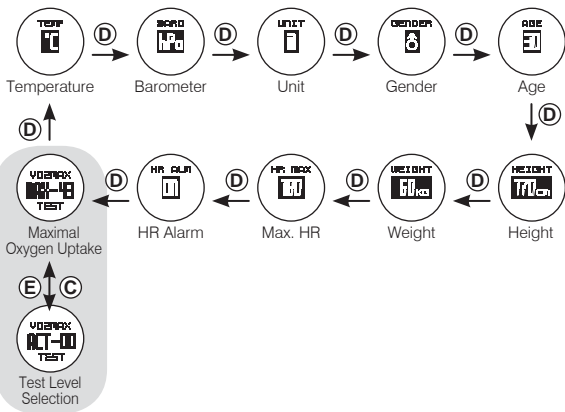
Setting Process:

1. **How to Set SIG (Hourly Time Signal):** Press "D" at Time Setting Mode **TIME** to enter the hourly time signal mode. Press "C" or "E" to turn alarm  on or off. Press "D" to confirm the setting.
2. **How to Set Tone:** Press "C" or "E" to turn tone  on or off. Press "D" to confirm the setting.
3. **How to Set City Code:** Press "C" or "E" to select current city code. Press "D" to confirm the setting.
4. **How to Set DST (Daylight Saving Time):** Press "C" or "E" to turn **DST** function on or off. Press "D" to confirm the setting.
5. **How to Set Hour Format:** Press "C" or "E" to select format (12H/24H). Press "D" to confirm the setting.

- How to Set Time:** Press "C" or "E" to adjust time. Press "D" to enter the next column (HOUR>MINUTE). Press "D" again to confirm the setting.
- How to Set Date:** Press "C" or "E" to adjust date. Press "D" to enter the next column (YEAR>MONTH>DAY). Press "D" again to confirm the setting.
- How to exit user setting:** Press "B" at setting mode to return to Time Setting Mode **TIME**.

Personal Data Setting

- At main screen, press "B" to switch to **USER SET**, press "D" to enter user settings.
- Press "C" or "E" to select **USER**, press "D" to set personal data.
- Press "C" or "E" to select option or font size, press "D" to confirm the settings and enter the next option.
- Upon completion, press "B" to return to previous menu.



■ Setting Process:

- 1. How to Set Temperature Unit:** At Personal Data Setting Mode **USER**, press "D" to enter the temperature unit setting mode. Press "C" or "E" to select measurement unit (°C/°F), press "D" to confirm the setting.
- 2. How to Set Barometric Pressure Unit:** Press "C" or "E" to select format (hPa/ inHg). Press "D" to confirm the setting.
- 3. How to Set Common Parameter:** Press "C" or "E" to select parameter (m/ ft), press "D" to confirm setting.
- 4. How to Set Gender:** Press "C" or "E" to select gender (male/ female). Press "D" to confirm the setting.
- 5. How to Set Age:** Press "C" or "E" to adjust age. Press "D" to confirm the setting. Preset age is 30 years, age limit is between 10~99 years.
- 6. How to Set Height:** Press "C" or "E" to adjust value (cm/ ft-in). Press "D" to confirm the setting. Preset height is 170 cm (5 feet 7 inch), height limit is 140~200 cm (4 feet 7 inch~6 feet 6 inch).
- 7. How to Set Weight:** Press "C" or "E" adjust value (kg/lb). Press "D" to confirm the setting. Preset weight is 60 kg (133 pounds), weight limit is 40~140 kg (89~308 pounds).
- 8. How to Set HRmax:** Press "C" or "E" to adjust value. Press "D" to confirm the setting (Preset HRmax is 220-age). Please note it is recommended that you change the HRmax value only when you know your laboratory-measured value by a doctor or expert.
- 9. How to Set HR Alarm:** Press "C" or "E" to activate/ deactivate heart rate alarm. Press "D" to confirm the setting.
- 10. How to Set VO2max:** After setting HR Alarm, press "D" to enter the VO2max setting mode. The screen will indicate your current highest VO2max. Press "D" to confirm the setting.
 To be able to get more accurate VO2max value, please refer to "VO2max Test" chapter for more instructions.
- 11. How to Exit Option:** Press "B" to return to Personal Data Setting Mode **USER**.

VO₂max Test

VO₂max (Maximal Aerobic Power) is also called "Maximal Aerobic Uptake". It is a common description for the assessment of one's physical fitness of cardio-respiratory endurance (CR Fitness). CR Fitness refers to cardio-pulmonary vascular system in the body of oxygen transport and the use of physical activity as the ability to use.

If you had previously input your personal data accurately, this watch will estimate your Maximal Aerobic Power automatically. To get a more accurate VO₂max value, you can perform the VO₂max Test with this watch. Kindly read the following instructions before taking the test.

1. Please see the instructions on page 6~7 to wear the Transmitter below your chest properly and make sure you input accurate personal data. Pay attention to the following guidelines before taking the test:
 - 1-1. No smoking and excessing food 2~3 hours before the test. Avoid alcoholic beverages, medication or strenuous physical efforts a day before the test.
 - 1-2. The test should be performed in a quiet environment without disturbances such as TV, telephone, radio, people talking etc.
 - 1-3. In order to receive your heart rate signal effectively, please ensure the transmitter is fitted snugly on your chest muscle and well-moistened.
 - 1-4. Lie down and relax for 1~2 minutes before the test.
 - 1-5. The VO₂max Test takes about 2~3 minutes. It is recommended that you keep your body laying flat, limit body movements or talk with people when you are taking the test.
2. Take the following steps after you are ready to take the VO₂max Test:
 - 2-1. Select an appropriate ACT grade for yourself (refer to page 40 for the PAR)
 - 2-2. Start the test.
 - 2-3. Press "B" to stop the test anytime.

Physical Activity Status Scale (PAR)

The ACT Grade you selected should be the average description of your daily activity level over the past one month.

Grade	Description
Sedentary to Light Exercise	
ACT-00	Avoid walking or exertion, e.g., always use elevator, drive whenever possible instead of walking.
ACT-01	Walk for pleasure, routinely use stairs or occasionally exercise sufficiently to cause heavy breathing or perspiration.
Recreational Activity (golf, bowling, yard work)	
ACT-02	10 to 60 minutes per week.
ACT-03	Over one hour per week.
Heavy Aerobic Exercise (run or brisk walking or comparable activity, such as basketball, tennis, racquetball, aerobic dance...)	
ACT-04	Run about 1 mile per week or walk about 1.3 miles per week or spend about 30 minutes per week in comparable physical activity.
ACT-05	Run 1 to 5 miles per week or walk about 1.3 to 6 miles per week or spend 30 to 60 minutes per week in comparable physical activity.
ACT-06	Run 6 to 10 miles per week or walk about 7 to 13 miles per week or spend in 1 to 3 hours per week in comparable physical activity.
ACT-07	Run 11 to 15 miles per week or walk about 14 to 20 miles per week or spend in 4 to 6 hours per week in comparable physical activity.
ACT-08	Run 16 to 20 miles per week or walk about 21 to 26 miles per week or spend in 6 to 8 hours per week in comparable physical activity.
ACT-09	Run 21 to 25 miles per week or walk about 27 to 33 miles per week or spend in 9 to 11 hours per week in comparable physical activity.
ACT-10	Run over 25 miles per week or walk over 34 miles per week or spend over 12 hours per week in comparable physical activity.

Source: National Aeronautics and Space Administration.

■ Percentile Value for Maximal Aerobic Power

Maximal Aerobic Power can improve with training and decrease with age; world class athletes typically have high VO₂max. Research suggests that when the VO₂max is below the 20th percentile, it is often indicative of a sedentary lifestyle and associated with increased risk of death from all causes. Compare your VO₂max value with the table below to gain a better understanding of your cardiovascular health.

(Unit: ml/kg/min)

Percentile Value for Maximal Oxygen Uptake in Men					
Percentile	Age				
	20~29	30~39	40~49	50~59	Over 60
90	55.1	52.1	50.6	49.0	44.2
80	52.1	50.6	49.0	44.2	41.0
70	49.0	47.4	45.8	41.0	37.8
60	47.4	44.2	44.2	39.4	36.2
50	44.2	42.6	41.0	37.8	34.6
40	42.6	41.0	39.4	36.2	33.0
30	41.0	39.4	36.2	34.6	31.4
20	37.8	36.2	34.6	31.4	28.3
10	34.6	33.0	31.4	29.9	26.7

Percentile Value for Maximal Oxygen Uptake in Women					
Percentile	Age				
	20~29	30~39	40~49	50~59	Over 60
90	49.0	45.8	42.6	37.8	34.6
80	44.2	41.0	39.4	34.6	33.0
70	41.0	39.4	36.2	33.0	31.4
60	39.4	36.2	34.6	31.4	28.3
50	37.8	34.6	33.0	29.9	26.7
40	36.2	33.0	31.4	28.3	25.1
30	33.0	31.4	29.9	26.7	23.5
20	31.4	29.9	28.3	25.1	21.9
10	28.3	26.7	25.1	21.9	20.3

Data were obtained from the initial examination of apparently health men and women enrolled in the Aerobics Center Longitudinal Study(ACLS), 1970 to 2002.

Product Specifications

Heart Rate Monitor Outdoor Watch

- Module No.: M005.
- Operating Temperature: -10~+50 ° C/ 14~122 ° F.
- Accuracy: ± 0.5 seconds/day at normal temperature. (77 ° F/ 25 ° C)
- Water Resistance: 3 ATM.
- Battery Type: CR2032.
- Battery Life: 6 months on average. (7 days a week, approximately 1hr of exercise each day, using EL, weather reporting and digital compass functions 3 times each day.)
- Low Battery Power Indicator: When the indicator lights up, backlight, buzzer, sensors will be deactivated.
- Backlight: EL.

Calendar and Clock

- Calendar: 2000~2099. (Automatic, pre-programmed calendar)
- Time Display Format: 12-hour or 24-hour.

Stopwatch

- Measuring Unit: 1/100 second.
- Measuring Limit: 23 hours 59 minutes 59.99 seconds.
- Measuring Mode: Elapsed time, Split time or Two finishes.

Countdown Timer

- Measuring Unit: 1 second.
- Setting Limits: 1 minute ~ 24 hours.

User Settings

- Measurement Unit: Metric System/ U.S. Customary.
- Gender Options: Male/ Female.
- Age Range: 10~99 years old.
- Height Range: 140~200 cm. (4 feet 7 inch~6 feet 6 inch)
- Weight Range: 40~140 kg. (89~308 pounds)
- User HRmax Value: Program automatically calculated.
- Heart Rate Alarm: Activate/ Deactivate.
- User VO2max Value: calculation and measurement with program.

■ Recording Functions

- 5 types of statistical periods to choose from; can save data of up to 30 exercise and training sessions.
- Up to 8 sessions of advanced progress recording.

■ Exercise Heart Rate

- Manual setting of training intensity zones.
- Heart rate display unit: 1 bpm. (beats per minute)
- Heart rate measurement and display range: 40~220 bpm.
- Heart rate accuracy: ± 1 bpm. (steady state)
- Exercise duration measurement unit: 1 minute.
- Exercise duration measurement capacity: 24 hours.

■ Digital Compass

- Direction measurement accuracy: ± 5 degrees.
- Direction indication symbol accuracy: ± 1 degree.

■ Thermometer

- Display range: $-10 \sim +50$ °C / $14 \sim 122$ °F.
- Display resolution: 1 hpa / 0.01 inhg.

■ Barometer

- Display range: 300~1,100 hpa / 8.90~32.40 inhg.
- Display resolution: 1 hpa / 0.01 inhg.

■ Altimeter

- Display range: $-500 \sim +9,000$ m / $-1,600 \sim +29,500$ ft.
- Display resolution: 1 m / 1 ft.

■ Transmitter

- Operating Temperature: $-10 \sim +50$ °C / $14 \sim 122$ °F.
- Battery life: more than 500 hours. (when heart rate mode is activated)

Maintenance

Cleaning and Maintaining Your Watch

1. Please **do not** use the watch in extreme environments. The most suitable operating temperature is between $-10\sim+50$ ° C ($14\sim122$ ° F).
2. **Do not** expose the watch under direct sunlight for a long period of time.
3. Please refer to page 42 for battery specifications. Different watch module has different types of batteries.
4. Please clean your watch with water or mild detergent, then use a soft cloth to wipe it dry. (Please **do not** use any cleaning agent with alcohol or coarse cloth or other chemical detergents.)
5. Please ensure that there are no soil or sand particles lodged near the sensors. **Do not** stuff anything into the mouth of the sensor or dismantle the sensor without professional assistance. Only use clear water or mild detergent to clean sensor if necessary.
6. Under extremely cold environments, the keys may freeze. The keys will return to normal when brought back into normal temperature environments.
7. Under extremely cold environments, when the watch is unable to display figures on the screen or the figures are very light during alarm mode, the watch will return to normal when brought back into normal temperature environments.

Cleaning and Maintenance of Transmitter

1. Under normal usage, the transmitter batteries can last for more than 500 hours.
2. Use water or mild detergent to clean the transmitter, and use a soft cloth to wipe it dry. (Do not use cleaning agents with alcohol, chemical detergents or coarse cloth to clean the transmitter.)
3. **Do not** put the transmitter into a washing machine, spin-dryer or dryer for washing.
4. **Do not** iron the transmitter.
 - *To protect the water resistance of the transmitter and its components, it is recommended that you only open the battery cover when replacing the batteries and water resistance ring.*

You can purchase the batteries or water resistance ring at any distributor.

- If you are using a transmitter with irreplaceable battery, when the battery has run out, please purchase a new one from any authorized distributors in your area. (For more details please visit: www.alatech.com.tw)

NOTE Keep the batteries away from children. If swallowed, contact a doctor immediately.

■ Heart Rate Monitor Q&As

Why is the screen not displaying heart rate value, the heartbeat symbol is not beating regularly...

1. Please ensure the transmitter is properly fitted on your chest muscle, and the electrodes are well-moistened.
2. Please check if you are near any sources of high magnetic field.
3. Check if the watch and the transmitter are within 1m (3 feet) of each other.

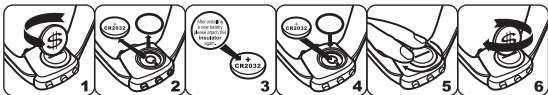
Why is the watch not responding when I press any key?

Please press and hold all the keys on the watch to switch off the watch. At this moment, the screen will "beep" and the screen will shut off by itself. Press any key to switch on the watch, and the watch will return to the preset settings. Please re-input time, date and other settings. If the watch still remains unresponsive, please check the batteries.

How to replace the batteries?

When the screen displays the low battery indicator symbol, it means that it is time to replace the batteries, to ensure maximum watch life and water resistance, please bring the watch back to the vendor or distributor to change the batteries. After replacing the batteries, please re-input time, date, other settings and re-calibrate sensors.

This is how to replace the batteries:



1. Insert a coin into the indent on the back over of the watch.

2. Turn the back cover counter-clockwise.
3. Be careful when you are removing the batteries, take away the insulation film and keep it for later use.
4. Paste the insulation film onto the new batteries (CR2032), and carefully place the new batteries back into the watch.
5. Ensure the water resistance ring are placed properly and then put the battery cover back. (It is recommended that you replace the water resistance ring when you replace the batteries).
6. When the battery cover is placed, turn the cover clock-wise.

Caution! Frequent use of alarm or back light will reduce battery life.

■ Transmitter Q&As

Why is there no signal from the transmitter?

1. Please ensure that the transmitter electrodes are well-moistened.
2. Check if the transmitter and the watch are within 1 meter (3 feet) from each other.
3. Check if the batteries are still working.
4. Please ensure that the transmitter is worn properly on your chest muscle or bust. Prevent arranging the transmitter frequently as that affects signal transmission. It is recommended that you wear that transmitter for 15 seconds before starting to exercise to ensure that the transmission is stable, and the watch is indicating heart rate readings.

Why is the heart rate symbol not beating regularly?

1. Please check if the transmitter electrodes are well-moistened.
2. Please check if you are near any sources of high magnetic fields (such as television, electronic bicycles, trains, railway cables, traffic signals, high tension cables, electronic gates, mobile phones, automobile motors etc). If you see that the watch is suffering from magnetic interferences, please leave the area or remove the transmitter or stay away from the source.
3. Please use a transmitter that suits your physical body size. You can adjust the transmitter to make sure that it is properly fitted onto your body. This will prevent the weak signal transmission.
4. It is recommended for female users to wear a sports bra when wearing the transmitter.

- Please check and confirm if there is anyone nearby wearing the same transmitter. The watch is able to cancel unwanted signals, even if heartbeat indicator symbol is not beating regularly, the heartbeat signal will still be able to display accurately. It is recommended that when the watch is measuring your heartbeat when you first start to exercise (screen displays "00"), check for transmission interference.

NOTE Please keep the Transmitter clean and dry when not in use, avoid putting it near the television, monitor screen, motor or any source with strong electromagnetic interference to prevent battery life reduction.

■ Things to Note when Exercising with Fitness Equipment

Some fitness equipment is equipped with electronic or electrically operated parts such as LED display screen, motor, electric brakes etc., which will interfere with the watch from receiving heart rate signals properly. At this moment, please follow the below instructions:

- Please remove the transmitter from your body and continue to use the fitness equipment.
- Move your watch around until the screen displays "00" reading. (Normally interference is stronger at the display screen of the fitness equipment, the interference is weaker at the sides of the machine)
- Wear the transmitter onto your chest area and try to put the watch in a area with no interference.
- If your watch is still unable to display heart rate readings, this may mean that the interference from the fitness equipment is too strong.

■ Water Resistance

- To maintain the water resistance, and to avoid under the moist environment.
- Do not** press any key of the watch under water.
- A swimming pool with high chlorinated water or in sea water where electrical conductivity is strong, may cause transmitter short circuit and thus unable to give proper heart rate readings. It is recommended that you **do not** wear the transmitter

underwater.

■ Reduce Exercise and Training Risks

1. Please **do not** use this product if you have a pacemaker, defibrillator or electronic device implanted in your body to minimize health risks. The company will not bear any consequences.
2. Before taking up a fitness training program, please answer the following questions about your health. Should you reply "yes" to any of the questions, please consult a doctor to ensure maximum safety.
 - 2-1. Have you engage in any fitness training for the past 5 years?
 - 2-2. Do you suffer from high blood pressure or cholesterol?
 - 2-3. Are you receiving treatment for high blood pressure or cardiovascular diseases?
 - 2-4. Do you have a record of respiratory illness?
 - 2-5. Are you recovering from a serious illness or operation?
 - 2-6. Do you have a pacemaker or electronic devices implanted in your body?
 - 2-7. Do you smoke?
 - 2-8. Are you pregnant?



European Union Directive
2002 / 96 / EC on Waste
Electrical and Electronic
Equipment (WEEE).



Batteries should be disposed
of properly according to
local regulations.