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N4 FEATURES AND SPECIFICATIONS

Analog Heart Rate Monitor
12 / 24 Hour Clock
50 Year Calendar
Daily Alarm
Backlight
Customized User Settings
User Selectable Chronograph Views
• % Maximum Heart Rate
• Total Calories
• Total Time In Heart Rate Zone
• Upper Heart Rate Limit
• Lower Heart Rate Limit
• Total Time
24 Hour Chronograph
9 Run Memory
Accumulated Memory of last 9 Runs
Preset Heart Rate Intensity Zones
Heart Rate Zone Alarm
Comprehensive Run Data Mode
• Run Date
• Total Time
• Total Time In Heart Rate Zone
• Total Calories
• % Fat Burned
• Maximum BPM
• Average BPM

WARNINGS AND CAUTIONS

WARNING: This product is an advanced training and fitness tool. Before starting any exercise program, we strongly suggest you visit your doctor for a complete physical and to discuss your exercise plans.

NOTICE TO PEOPLE WEARING PACEMAKERS: While the heart rate monitor in the monitor unit is a passive system and should have no direct effect on a pacemaker, we strongly recommend anyone fitted with such a device contact their physician or cardiologist before using this product or starting an exercise program.

NOTICE TO SWIMMERS: The heart rate monitors are designed to be water resistant. This means that water should not enter the unit during normal swimming. However, operating heart rate monitors while in the water may cause other operational problems for a variety of other reasons. First, water may interfere with the ability of the sensors to detect a heart rate signal from the body. Overall, the likelihood of experiencing problems using a heart rate monitor will be much higher when the unit is used in a water environment.

NEVER push the buttons underwater, when the watch is wet or when you are cleaning or rinsing the unit. You are actually pushing water inside the watch.

DO NOT use the watch in a hot tub or extremely hot shower or bath. High temperatures and steam can damage the rubber seals.

DO NOT expose the watch to sudden changes of temperature by going from a hot tub to cold water. This can make the rubber seals contract and allow water to penetrate.

DO NOT wear the watch in a soapy dish water or bubble bath. The alkali contained in soaps can damage the rubber seals.

DO NOT use cleaning solvents to clean your watch. Solvents WILL damage the integrity of the plastic.

ALWAYS rinse the watch with clear tap water after exposure to salt water. Salt is highly corrosive and can damage both the rubber seals and the watch case.

WEARING THE HEART RATE TRANSMITTER

The heart rate transmitter strap consists of two conductive electrodes attached to a small radio transmitter housed in the center of the strap. The electrodes sense the electrical potential created each time your heart contracts and the radio transmitter sends a signal to the watch each time the electrodes sense the heart beat.

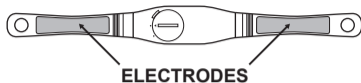
For the best performance, a layer of sweat should be built up between your skin and the electrodes of the transmitter. This makes it easier for the electrodes to “see” the electrical signal.

On cool days or at the beginning of your workout, it may be necessary to moisten the electrodes on the back of the transmitter using saliva or one of the commercially available conductive creams.

DO NOT use tap water to moisten the electrodes as tap water will act as an insulator rather than a conductor and may actually reduce the performance of the system.

The transmitter should be worn around the rib cage, just below the pectoral muscles. The elastic strap of the system should be adjusted so that it is snug enough so it does not move during use, but not so tight as to restrict breathing.

While the wearing of the transmitter strap may feel a bit strange initially, most people become used to it within a few days and cease to even notice they are wearing it.



TIME MODE

In TIME mode, you can set the time of day and date for your local time zone. Other TIME mode settings include the clock format and display contrast.

Setting Time and Date

- Press and hold LIGHT / SET for 3 seconds to adjust time settings.
- Press START / STOP or VIEW to modify settings.
- Press MODE to move to next setting.
- Press LIGHT / SET to exit time mode settings.

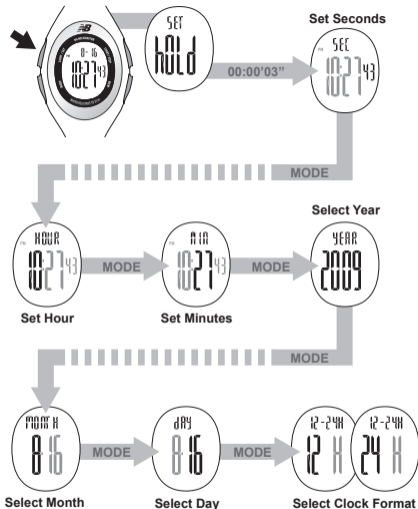
Turning Button Chime ON or OFF

- In TIME mode, press START / STOP to toggle the button chime ON or OFF.
- With the button chime ON, a short beep will sound upon each button press and at the top of each hour.

NOTE: Turning the button chime ON, does effect the overall battery life. You will experience a longer battery life if you leave the button chime OFF.

Switching Upper Display in Time Mode

- In TIME mode, press VIEW to toggle between Day-of-the-Week / Day and Month / Day in the upper display.



HRM MODE

HRM mode is the performance chronograph mode where you view current HRM, percentage maximum HRM, total calories burned, total running time and your heart rate zones.

Using the Preset Heart Rate Intensity Levels

The N4 has the ability to automatically set the users heart rate zone based the following equations. The setting can be found in HRM mode user settings.

Male Maximum Heart Rate = $214 - (0.8 * \text{age})$

Female Maximum Heart Rate = $209 - (0.7 * \text{age})$

L1 (Light Intensity Workout) = 60% Max. HR to 70% Max. HR

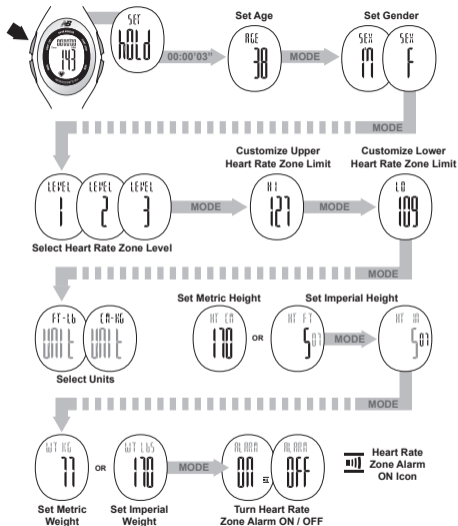
L2 (Medium Intensity Workout) = 70% Max. HR to 80% Max. HR

L3 (Heavy Intensity Workout) = 80% Max. HR to 90% Max. HR

HRM Mode User Settings

NOTE: The chronograph must be reset to 00'00"00 to enter the user settings.

- Press and hold LIGHT / SET for 3 seconds to adjust HRM user settings.
- Press START / STOP or VIEW to modify settings.
- Press MODE to move to next setting.
- Press LIGHT / SET to exit HRM user settings.



Heart Rate Zone Alarm and Limit Indicators

The N4 will notify you if you are outside your heart rate zone in two ways

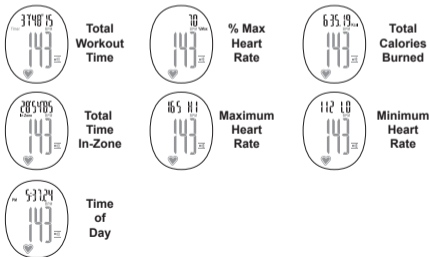
- A zone indicator icon will flash in the display depending where you are outside your set heart rate zone.
- The watch will beep along with the flashing the corresponding zone indicator.



Switching HRM Mode Views

You can change the upper display by pressing VIEW at any time during a workout.

Below is a list of HRM Mode Views



Saving Workout to Data Mode or Clearing Workout without Saving to Data Mode

- Press and hold VIEW for 3 seconds to save workout to data mode and reset HRM mode for next workout.
- Press and hold LIGHT / SET for 3 seconds to clear HRM mode without saving to DATA mode.

NOTE: All workout data will be lost if you clear HRM mode without saving.

DATA MODE

DATA mode can store a total of 9 individual workouts and one accumulated record of the 9 runs within memory.

Below is a list of the information stored within data mode for each workout and accumulated record.

- Workout Date
- Total Workout Time
- Total Time Within Heart Rate Zone
- Total Calories Burned
- Percentage Fat Burned
- Maximum Heart Rate
- Average Heart Rate

DATA MODE

Reviewing Stored Workouts

- Press MODE until you enter DATA Mode.
- Press START / STOP to select desired workout or accumulated record.
- The stored information for each workout will begin to auto-scroll at 4 second intervals.

Clearing Stored Workouts

- Select workout you wish to clear from memory.
- Press and hold LIGHT / SET for 3 seconds to clear the selected workout.
- Continue to hold LIGHT / SET for a total of 5 seconds to clear all workout memory.

NOTE: If you have the accumulated record selected, all workout memory will be cleared after holding LIGHT / SET for only 3 seconds.

USING THE BACKLIGHT

- In ANY mode, press LIGHT / SET to activate the 3 second backlight.

NOTE: Heavy use of the backlight will effect the overall battery life. Although we recognize the backlight as an extremely valuable feature of any watch, avoiding unnecessary activating or pressing the backlight button in rapid succession should be avoided.

ALARM MODE

Setting the Daily Alarm

- Press and hold LIGHT / SET for 3 seconds to adjust alarm time.

NOTE: ALARM mode adjustment works just like TIME mode adjustment. You can only set the hour and minutes which correspond to the desired time of day you wish the alarm to sound.

- Press START / STOP or VIEW to set the desired hour of day.
- Press MODE to move to the minutes setting.
- Press START / STOP or VIEW to set the desired minutes.
- Press LIGHT / SET to exit alarm settings.

NOTE: The Alarm will automatically turn ON upon exiting the alarm settings.

Turning the Alarm ON or OFF

- Within ALARM mode, press START / STOP to toggle the alarm ON or OFF.

N4 Watch Water Resistance

50 Meter / 5 BAR / 5 ATM

Suitable for surface swimming and bathing

NOTE: Environments with steam or extremely high humidity levels could cause water damage.

NOTE: Water damage may occur if buttons are pressed underwater.

*NOTE: Keep watch batteries away from children.
If swallowed contact physician immediately.*

*NOTE: Watch batteries contain chemical substances.
They should be disposed properly under local regulations.*

*NOTE: Lithium Batteries contain Perchlorate Material.
In California, special handling may apply.*

See www.dtsc.ca.gov/hazardouswaste/perchlorate.

N4 Watch Battery

CR2025 3v Lithium

approximately 1 year battery life

N4 Watch Mode Limits

Chronograph: 23:59'59"99"

- 1/100 second resolution for first hour
- 1 second resolution after first hour

Heart Rate BPM: 30 - 240 BPM

Calories: 0 - 9999 kcal

Maximum Runs: 10

Maximum Laps: 50

N4 Heart Rate Transmitter Water Resistance

30 Meter / 3 BAR / 3 ATM

NOTE: The Heart Rate Transmitter should not be submerged in water.

NOTE: Environments with steam or extremely high humidity levels could cause water damage.

NOTE: Water damage may occur if buttons are pressed underwater.

*NOTE: Keep watch batteries away from children.
If swallowed contact physician immediately.*

*NOTE: Watch batteries contain chemical substances.
They should be disposed properly under local regulations.*

*NOTE: Lithium Batteries contain Perchlorate Material.
In California, special handling may apply.*

See www.dtsc.ca.gov/hazardouswaste/perchlorate.

Heart Rate Transmitter Battery

CR2032 3v Lithium

approximately 700 - 800 hours battery life

N4 Heart Rate Transmitter Accuracy

+/- 1% BPM in steady state

BATTERY REPLACEMENT

Watch Battery

DO NOT remove the screws and open the caseback.

To ensure water resistance, all battery replacement on the watch should be completed by a trained watch repair technician.

Heart Rate Transmitter Battery

Due to a lower battery life than the watch, the Heart Rate transmitter has a user replaceable battery hatch so you can replace the CR2032 battery.

NOTE: The battery hatch is plastic and can be easily damaged by applying too much pressure on the coin slot. For best results, it is also recommended that you employ the assistance of a trained repair technician to replace the transmitter battery. Otherwise - take extreme care not to over-turn the battery hatch in either direction to damage the plastic battery hatch.

Follow the steps below to replace the transmitter battery.

- Using a coin, turn the battery hatch counter-clockwise 15 degrees from the horizontal closed position to the OPEN dot on the caseback.
- Remove the battery hatch. Take extreme care not to displace the rubber O-ring within the battery cavity. This will compromise the water resistance of the transmitter.
- Remove the old CR2032 battery and replace with a new one. Again, take care not to touch the O-ring.
- Align the arrow next to the coin slot with the OPEN dot on the caseback.
- Gently press the battery hatch down into the battery cavity until it is even with the caseback surface.
- Gently turn the battery hatch clockwise to the original position aligning the arrow with the CLOSED dot.



TROUBLESHOOTING THE WATCH

The watch is a very sensitive and sophisticated instrument. If properly cared for it should last and remain accurate for many years. It has been our experience that the majority of the problems seen by consumers with products such as this are related to dead or dying batteries.

While the estimated life of a fresh battery in the watch is approximately one year, this can be shortened considerably if the backlight feature of the watch is used extensively. Whenever you are experiencing issues related to the function of the unit it is recommended that you reset the watch to factory settings as a first course of action.

Resetting the watch to factory settings

- Press and hold all four button simultaneously until all segments activate in the display.
- The watch will automatically reset to factory defaults.

NOTE: Resetting the watch will erase ALL stored settings and workouts.

If the reset does not solve the issue, it is likely time to replace the battery especially if it has been more than a 9 months since the last time the battery was replaced.

BE AWARE: Lithium batteries of the type used in this watch are very susceptible to improper storage. Many times, batteries purchased as new are dead or weak before they are purchased. Do not assume that batteries in stores are good. If you try a new battery and problems persist, please try a second battery from another source, just to be certain.

If the battery on the watch is failing it may show itself in several ways.

Indications of a weak battery are:

- A fading or blank display. Also if the display goes blank when the backlight is operated and then comes back on when the backlight system turns off.
- Inaccurate readings from the heart rate systems.
- Reduced heart rate system reception distance

CARE OF THE WATCH

- The watch should be protected from shocks, extreme heat and extended exposure to direct sunlight.
- As the owner of the product you should only perform service procedures related to the changing of the battery as shown in this manual. You should NEVER attempt to disassemble or otherwise service your watch.
- When not in use, your watch should be stored in a clean, dry area at room temperature.
- If the watch gets dirty it should be carefully wiped clean using a moist cloth.
- Care should be taken when cleaning the lens not to rub dirt into the surface as it can become scratched and hard to read.

TROUBLESHOOTING THE HEART RATE TRANSMITTER

Ensure Proper Placement and Alignment of Transmitter on Chest

If you are not getting a good connection, you may be wearing the transmitter too high or too low on the chest. Adjust the position on the chest to see if the connection changes to satisfactory results. You may be experiencing issues with connection due interference with workout shirts, under garments or sports bras. Ensure that the transmitter is 100% in contact with the skin and not on top of any clothing. Slightly moisten the electrodes using clear water. Water helps to ensure a good contact between the electrodes and the skin. Do not apply too much water. A thin layer on the electrodes only should ensure a good connection.

Cross-talk

Exercising in close proximity to other people using heart rate monitors may cause your watch to pick up signals from chest straps other than your own. This is known as Cross-talk. To avoid problems associated with Cross-talk it is recommended that you separate yourself from others wearing heart rate monitors by a minimum of 3 feet or 1 meter in all directions.

TROUBLESHOOTING THE HEART RATE TRANSMITTER

Transmission Range

The heart rate monitor system has an effective range of 28 - 30 inches (.75 meters). If the monitor is separated from the transmitter strap by a greater distance than this, you may not be able to receive a heart rate signal. Additionally, the orientation of the watch and transmitter must be such that the reading direction of watch face is not aligned perpendicular to the transmitter.

Having the system in this orientation will significantly reduce the transmitter's range.

Avoiding Environmental Interference with the Heart Rate Transmitter.

For reasons of size, cost and battery life, heart rate monitors function using a very low transmission frequency. Because of this they are susceptible to interference from a variety of electromagnetic and microwave sources. High-tension power line, traffic light controls, home and automotive electronics, powered exercise equipment; home security and wireless LAN systems and other things may interfere with the ability of the system to register a heart rate.

Intermittent readings of zero or of very high heart rates (exceeding 210 beats) are an indication of some type of interference. In general, the interference caused by these sources is localized. After a few seconds or at most minutes, you should pass from the area of interference and the operation of the watch should return to normal.

CARE OF THE HEART RATE TRANSMITTER

- After every use you should rinse the transmitter strap and elastic in warm fresh water and dry with a dry cloth.
- Do not store the transmitter when wet as this may shorten the battery life.
- The transmitter should be stored flat rather than folded and should never be bent or stretched as this may damage the electrodes.
- Never lay your heart rate transmitter on a metal surface, as this will quickly drain the battery.