

- (A) ----- Clock
- (B) ----- ↑ & ↓ Out of Target Zone Pointer
- (C) ----- Alarm ON Symbol
- (D) ----- Day/Month/Date Calendar
- (E) ----- Current Heart Rate Display
- (F) ----- Flashing Heart Rate Symbol

## ***Apex E600 Heart Rate Monitor***

### **Health Notification**

This product is designed for displaying heart rate only during exercise and can not predict the exercise intensity level that is safe for you. It is not intended for any medical diagnostic purpose nor for the prevention of future cardiac problems. If you are overweight, have high blood pressure, have been inactive for a period of time and have a history of cardiac related illness, consult with your physician before you begin any exercise program. If you use a pacemaker, please do not train with a heart rate monitor until you have consulted with your doctor.

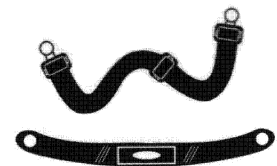
### **Specification**

#### **Digital Heart Rate Sports Watch**

- |                         |                                  |
|-------------------------|----------------------------------|
| ● Heart Rate Range      | 30 to 240 beats per minute (BPM) |
| ● Heart Rate Accuracy   | 1 beat per minute                |
| ● Operating Temperature | 0~10C                            |
| ● Storage Temperature   | 0~50C                            |
| ● Power Supply          | 3V Lithium battery CR2032        |
| ● Weight                | 38 grams                         |

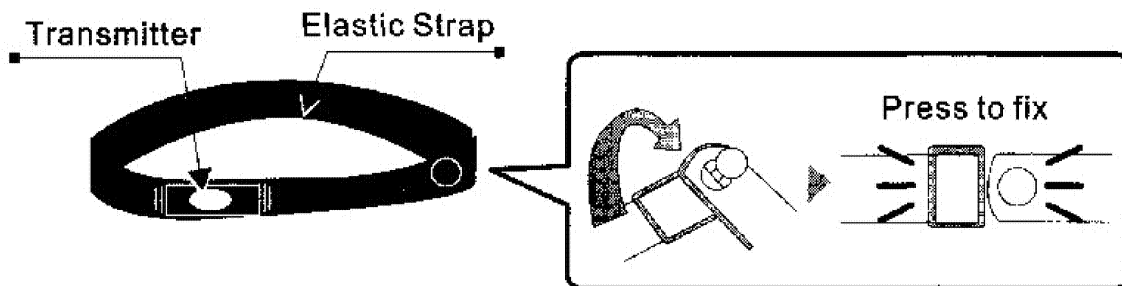
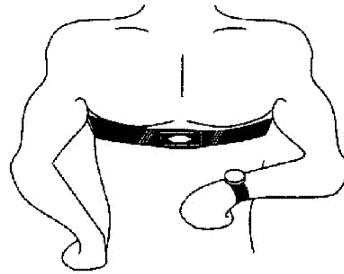
#### **Wireless Chest Transmitter**

- |                      |                           |
|----------------------|---------------------------|
| ● Wireless Frequency | 5khz $\pm$ 10%            |
| ● Power Supply       | 3V Lithium battery CR2032 |
| ● Weight             | 66 grams                  |
| ● Chest Belt         | One size fully adjustable |



## Positioning the Transmitter

The wireless chest transmitter is a non intrusive device that can detect your heart rate and transmit real-time data to the watch. The transmitter should be positioned right below the chest muscle. Adjust the elastic strap of the transmitter so that wearing it feels comfortable while allowing the rubber surface of the transmitter to come in direct contact with your skin. If you are not able to maintain a close contact, for example, due to body hair, moisten the transmitter with water or apply some gel to the rubber electrode.



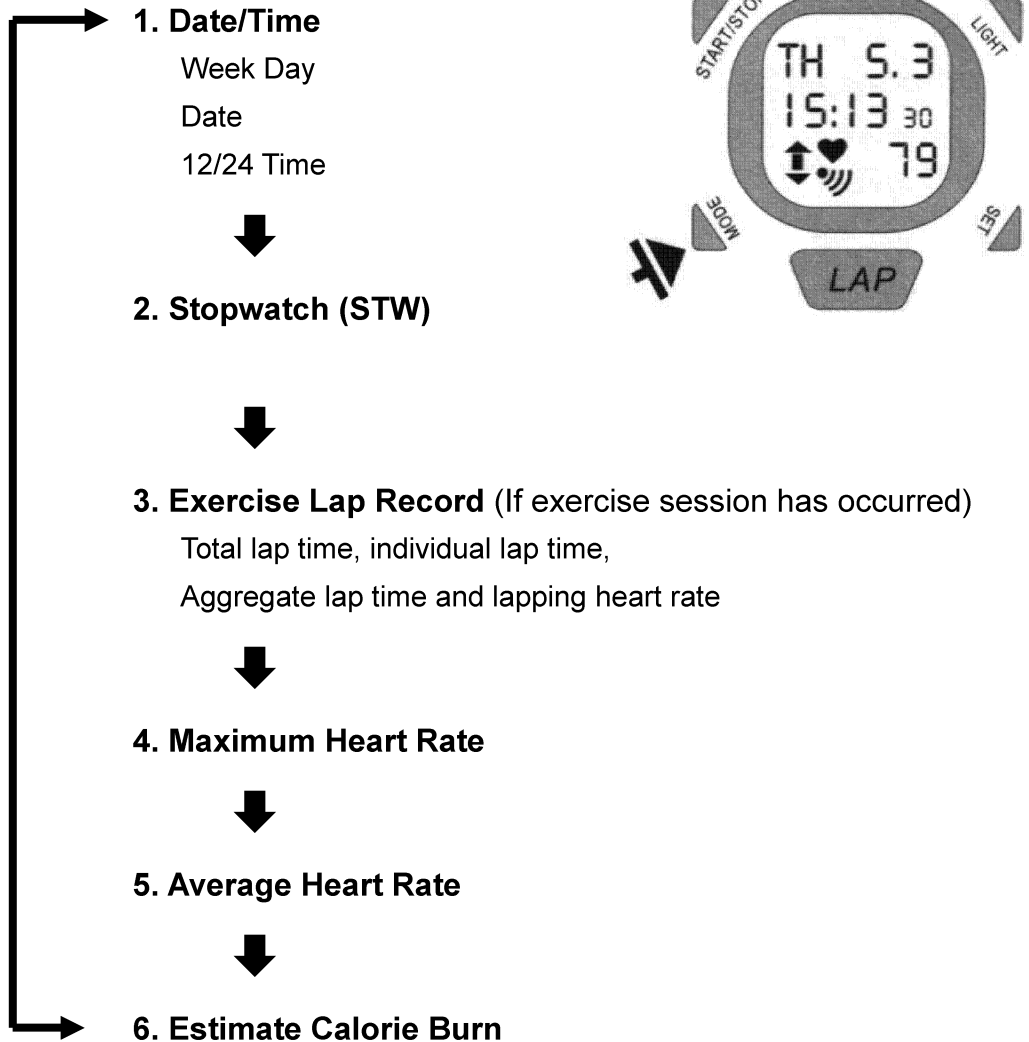
**Note:** Do not use the heart rate monitor when near a high voltage power source or close to other frequency generating equipments such as a computer.

## Basic Features:

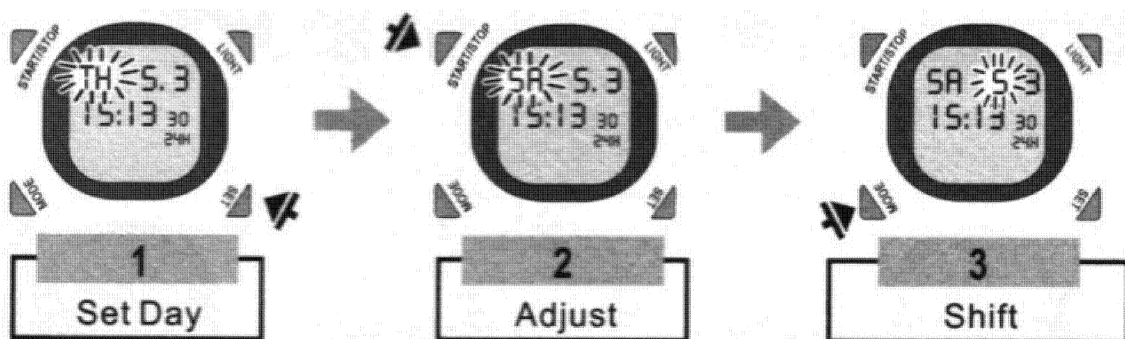
- Clock
- Calendar
- Stopwatch with lapping
- Three segments alphanumeric LCD with back light
- 30 Laps memory with lap time, aggregate time and heart rate memory
- Current/Average/Maximum heart rate display
- Target zone setting with zone pointer and alarm
- Alarm On/Off
- Calorie burn during exercise period
- 10 Meters water resistant
- Single user male/female personal setting
- Wireless ECG accurate

## Operating the rolling menu via the MODE button

Press the **MODE** button for



## Date/Time Mode

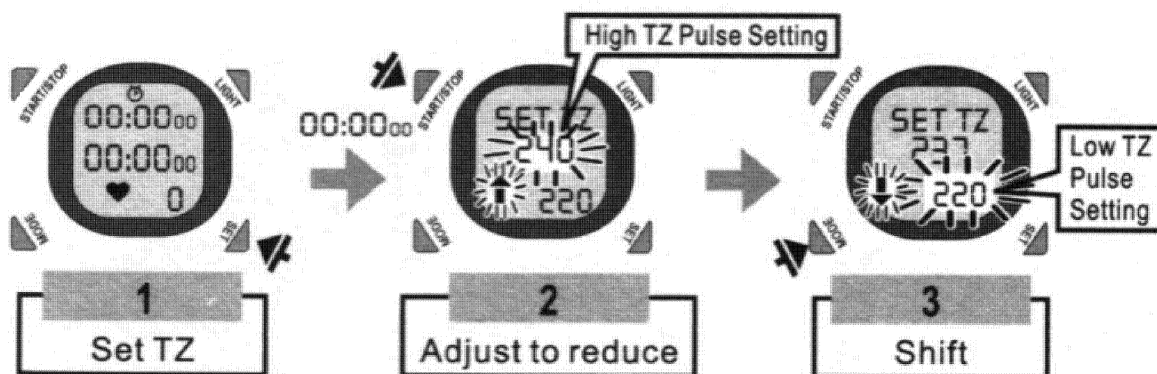


- Under the Date/Time mode, press **SET** to activate setting. Press **START/STOP** to adjust setting. Repeat step 2 and 3 to set up month, date, 12/24h clock, hour, minute, second and press **SET** again to save setting.

## Back Light Display (Night viewing)

Press the **LIGHT** button to activate back light. The LCD back light will turn off after 4 seconds. During this time the heart rate display will temporarily freeze.

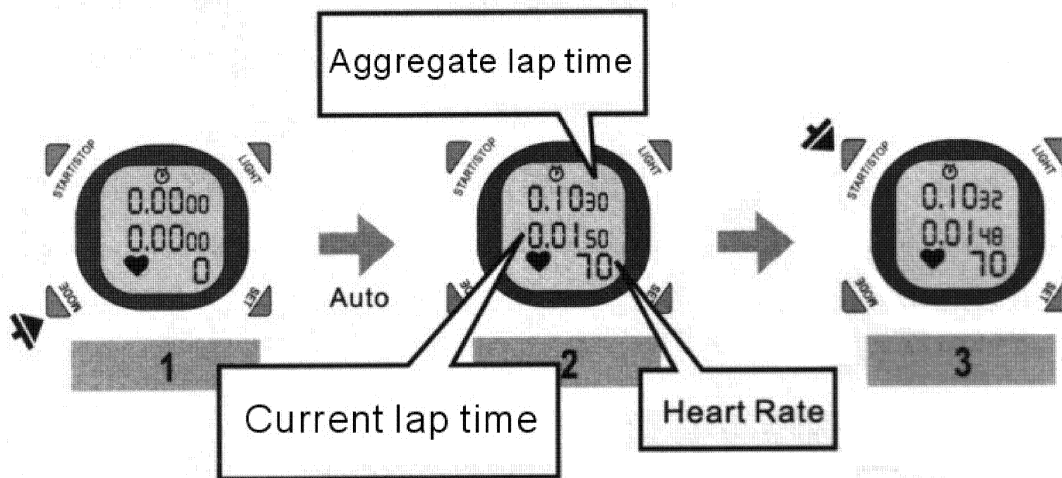
## Target Zone Setting



- Under the stop watch menu, hold **SET** to bring out the target zone menu. Use the **START/STOP** button to adjust the upper target zone. Once this is completed, press **MODE** to switch to the lower target zone. When holding the **START/STOP** button, the digit will jump with a 5 beats per minute decrement (BPM). The min. gap between upper and lower target zone is 10 BPM.

## Timing Mode

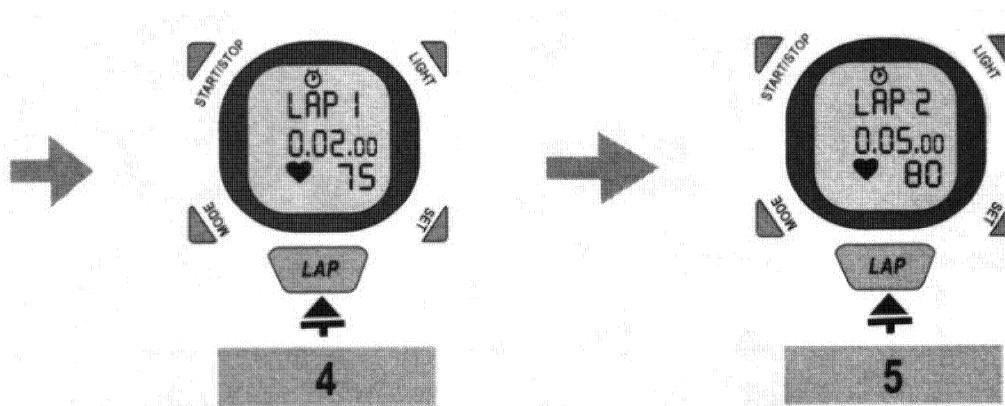
### Stop Watch



Using the Stop Watch:

- Press **MODE** to the stop watch menu and use the **START/STOP** button to start, hold and resume timing. Hold button for 2 seconds to clear all time.

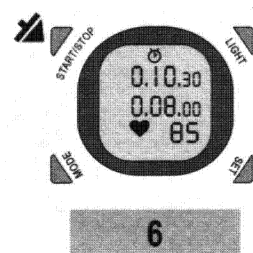
## Lapping



Using the lapping feature:

- To use the lapping feature, first start the stop watch. Press the **LAP** button to complete timing of your first lap. When you are ready to record the next lap, press the **LAP** button again for up to 30 laps.

## Stop Lapping

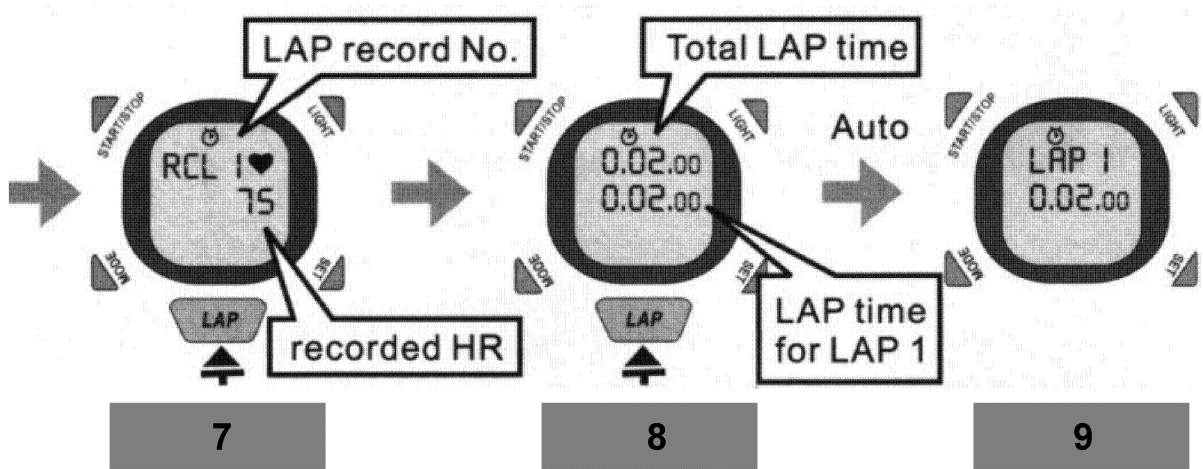


### Stopping the stop watch at end of work out:

- Quick press **START/STOP** to stop lapping. Remember not to hold this button for more than 2 seconds as this will clear all data.

## Recalling Lap Data

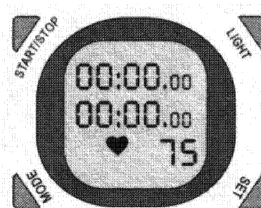
The E600 model can hold up to 30 laps of exercise record.



### Recalling the recorded lap data:

- With the stop watch in the hold mode, press the **LAP** button repeatedly to recall data. Each lap's session lap time, aggregate lap time and recorded heart rate will be displayed in order.

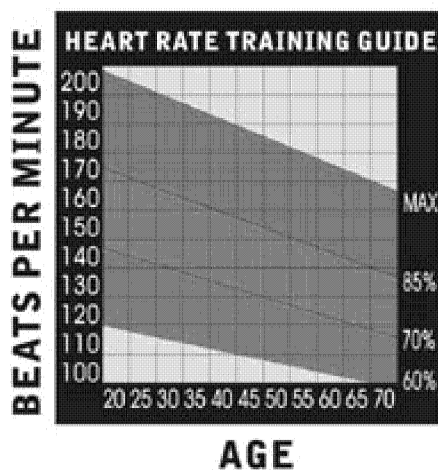
## Resetting the Stop Watch



3 seconds

Hold the **START/STOP** button for 3 seconds. All data from previous session will be erased.

## Target Zone Training Guide



### Your Maximum Heart Rate (MHR)

MHR = Age-220 (most common method)

### Training area as a % of your MHR

50-60% = maintain fitness

60-70% = endurance training

70-80% = resistance training

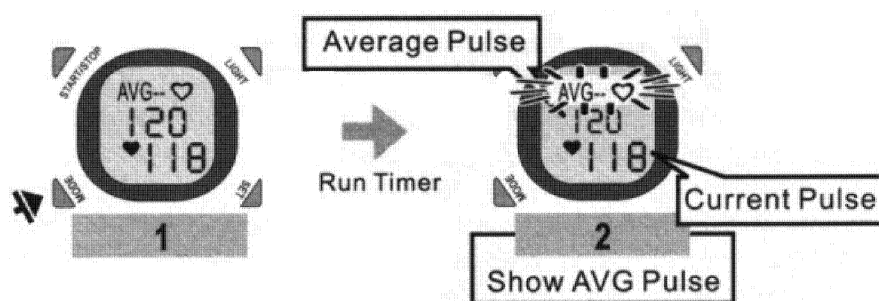
80-90% = Sustained resistance training

### Recovering Heart Rate

This is often measured at a fixed point immediately after your exercise.

**NOTE:** Maximum heart rate varies significantly between individuals. Factors include general fitness, age, training goal, existing medical consideration and more. A certified fitness trainer can help you determine your detail maximum heart rate using more advance methods.

## Average Heart Rate

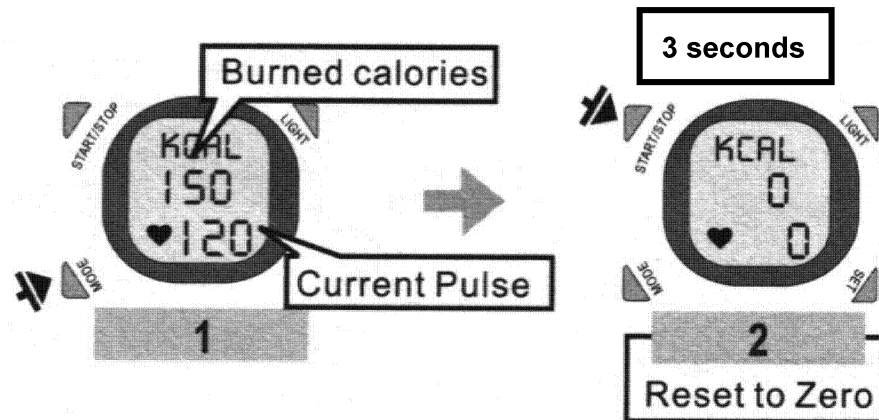


- Average heart rate of your last training session will display as long as the stop



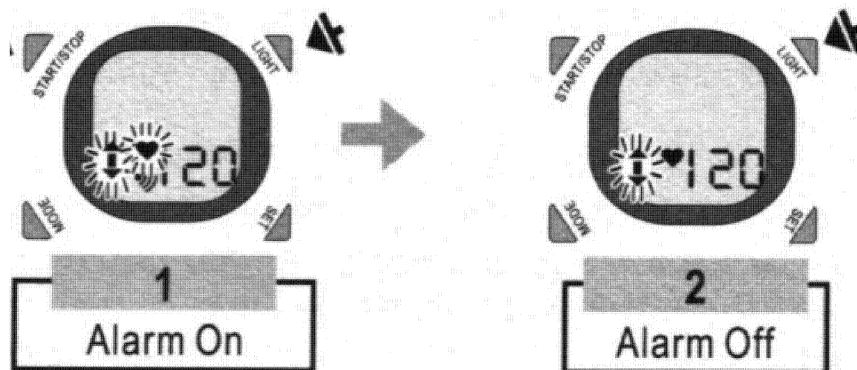
watch is on hold.

## Calorie



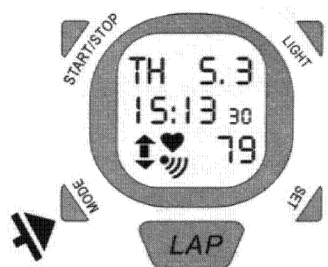
- Press **MODE** to bring out the KCAL menu. Calorie consumption will continue to accumulate as long as the stop watch is still in hold mode.

## Zone Alarm



- The alarm will sound and the target zone arrows will flash indicating whether your current heart rate is above or below your programmed target heart rate zone. Press the **LIGHT** button to turn on/off the alarm.

## Recalling Maximum Heart Rate



Press **MODE** button to the Max Heart Rate menu. Max HR will continue to display as long as the stop watch is in the hold mode.

## Personal Setting

Press the **MODE** button to KCAL menu. Press **SET** button to bring out the personal setting menu. Use the **MODE** button to choose from sex, weight, age and use the **START/STOP** button to customize these settings. Weight setting can be entered in KG or Lb.

## Maintenance

### Wireless Chest Transmitter:

Electrodes are embedded in both ends of the flexible rubber chest transmitter. Never excessively bend or twist the rubber. Wash the transmitter with warm water after using it and keep it stored in room temperature. Avoid leaving the chest transmitter in direct sun light for long period of time.

### Battery Replacement:

When the LCD becomes faint, it is time to replace the battery. Consider changing the battery of the chest transmitter at the same time. Replace only with premium brand 3V lithium battery part number CR2032. Unscrew the cover plate at the back of the chest transmitter. Be gentle not to damage the screw or strip the thread in the case. Remove and replace with new battery. Before putting back the battery cover, make sure the O-Ring is securely seated in the groove surrounding the battery housing. To replace battery in the watch, remove the four screws on the stainless steel plate. Unscrew the two smaller screws located on the 4 & 8 o'clock position on the circuit board. Replace battery and follow the reverse procedure to re-install the cover plate. Once again, make sure the O-Ring is securely seated before putting back the stainless steel plate and don't drop the screws!

### Warranty:

This Apex E600 heart rate monitor comes with 2 years international warranty covering parts and labor. Contact tech support at [warranty-cs@apexhrm.com](mailto:warranty-cs@apexhrm.com) for all your technical and service related questions.

***Eat healthy, stay fit and keep running!***