

dBASE dB300 Heart Rate Monitor

1.0 INTRODUCTION

Congratulations on your purchase of the dBASE dB300 Heart Rate Monitor by FILZER Enterprises Inc. You've taken an important step in developing and sustaining an exercise program! Your Heart Rate Monitor is a motivating tool that can be used with almost any Cardio activity to help you achieve your personal fitness goals. Regular aerobic exercise can improve the quality of your life in so many ways.

Your new Heart Rate Monitor will help you by providing ECG accurate feedback of your exercise intensity that will allow you to modify your workout to achieve the maximum benefit.

WARNING: NOT A MEDICAL DEVICE

The dBASE dB300 Heart Rate Monitor is a monitoring tool for training and fitness. Before beginning any exercise or fitness program, you should consult a physician. If you use a pacemaker or other implanted electronic device, consult your physician prior to using any heart rate monitor. This heart rate monitor is not a medical device. We make no claims of guaranteed health or fitness benefits from use of this product.

2.0 FUNCTIONS

- Heart Rate Display
- Time of day

3.0 BUTTON OPERATION

The dBASE dB300 has one operating button.

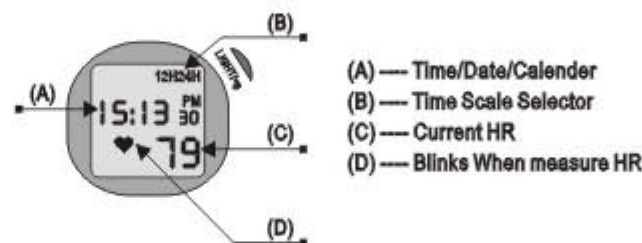
IMPORTANT:

The dBASE dB300 can be worn while swimming, but the keys should not be pressed while the wrist unit is under water. This may allow water to enter the case. Do not submerge the unit more than 10 feet.

SELECT BUTTON

Use the "SELECT" button to activate the Heart Rate Mode.

Pulse Watch



4.0 PROGRAMMING AND OPERATION

TIME OF DAY SETTING

SET 12 or 24 HOUR CLOCK

To set the time, press and hold the SELECT button for three seconds. "12H" or "24H" will flash in the upper right corner of the display. Press the SELECT button to choose between a 12-hour or a 24-hour clock format. Once the desired mode is displayed, wait six seconds until the hours begin to flash.

SET HOUR

While the hour digits are flashing, press the SELECT button to adjust the hours. Each press of the button will increase the hours by one. Once the correct hour is displayed, wait six seconds until the minutes begin to flash.

SET MINUTES AND SECONDS

While the minutes digits are flashing, press the SELECT button to adjust the minutes. Each press of the button will increase the minutes by one. Once the correct minutes are displayed, wait six seconds until the seconds begin to flash.

SET SECONDS

While the seconds are flashing, press the SELECT button to reset seconds to zero (if the seconds are greater than 30, the minutes will increase by one). To exit the time of day setting, press and hold the SELECT button for three seconds, or wait for 8 seconds after resetting the seconds to zero.

5.0 POSITIONING THE TRANSMITTER BELT

5.1 Moist Transmitter Contacts

Before wearing the transmitter strap, moisten the 2 rectangular rubber pads (electrodes) located on the inside surface of the chest transmitter. Use water or saliva to moisten these pads.

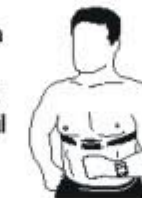


5.2 Adjusting the Strap

The strap should be worn tight enough to prevent the transmitter from moving or sliding, but not so tight as to be uncomfortable.

5.3 Positioning the Transmitter

The transmitter should be positioned just below the breast or pectoral muscles with the logo centered on the chest, and facing out (with dBASE logo right side up). The transmitter will begin sending a signal as soon as it is worn.



5.4 Wrist Monitor Placement

The wrist monitor is worn on your wrist like a conventional watch (on your left or right wrist). You also have the option of strapping the monitor to your bicycle handlebar or exercise machine. The monitor should be placed within 36" (1 meter) of the transmitter to receive a consistently strong signal. A foam band and Velcro strap are included for mounting the monitor to your bike handlebars.



5.5 Checking for a Signal

To activate the heart rate display, press the SELECT key. A ♥ icon and a zero will appear in the lower portion of the display. When a signal from the transmitter is detected, the ♥ icon will flash. After a few seconds your heart rate (in beats per minute) will be displayed. If the ♥ icon is not flashing, then no signal is being received. First try applying more moisture to the rubber pads on the back of the transmitter, and repositioning the transmitter until the heart icon begins to flash. Sometimes it is necessary to shift the transmitter to the left, or move it down further on the chest to get a better transmission signal.

5.6 Avoiding Interference

Your heart rate monitor receives a signal from the transmitter. As with most electronic receiving devices, electrical interference can sometimes cause inaccurate readings. Avoid using your heart rate monitor near common sources of electrical interference. Common sources of electrical interference include high voltage power lines, motors, fluorescent lights, wristwatches, electronic exercise equipment and computers.

6.0 HEART RATE FUNCTION AND OPERATION

6.1 Heart Rate Function

This dBASE dB300 Heart Rate Monitor is the ultimate in simplicity. The monitor only displays pulse and time.

Press the "SELECT" button to activate the heart rate display.

To activate the heart rate mode, attach the transmitter around your chest as described in PART 5. A heart icon will flash to indicate the receiver is receiving your pulse rate. Your current heart rate will then be displayed. If the heart icon ♥ does not flash, and you do not get a readout, repeat the transmitter positioning steps in PART 5. Try applying more moisture to the rubber pads, or repositioning the transmitter until the heart icon begins to flash. Sometimes it is necessary to shift the transmitter to the left, or move it down further on the chest to get a better transmission signal.

6.2 SLEEP MODE

If no heart rate signal is received or no keys are pressed for approximately 5 minutes, the dBASE heart rate monitor will automatically enter sleep mode to prolong battery life. Press the SELECT key to "wake up" the unit.

6.3 BATTERY INSTALLATION

The dBASE heart rate monitor is a precision technical instrument. To ensure proper operation and maintain the waterproof seals, we recommend having the wrist unit and transmitter batteries replaced at your local Jeweler or watch repair shop. If the O-ring is not correctly positioned when the monitor or transmitter covers are resealed, water leakage may damage the components. Monitor failure due to incorrectly replacement of the batteries is not covered under the warranty terms.

The batteries in your heart rate monitor can be expected to last for more than one year under normal use, which is estimated at 20 minutes per day. Your monitor uses 2 Lithium CR2032 batteries, one for the transmitter, and one for the wrist unit. Should your display become faint, or if the monitor only picks up the transmitter signal at a very close distance, it is time to replace the batteries. Always replace both batteries at the same time.

7.0 TROUBLE SHOOTING

7.1 NO HEART RATE DISPLAY:

- Transmitter belt is not positioned correctly or is not sufficiently snug.
- Transmitter is too far from wrist unit (must be within 36" or 1 meter).
- Transmitter belt conductive rubber (against skin) is not moist.
- Too close to electrical interference source (e.g. power lines, exercise equipment).
- Weak or dead transmitter battery.

7.2 DISPLAY IS BLACK:

Ambient temperature is above proper operating limit (130 °F or 55 °C).

7.3 DISPLAY FADES:

Weak watch battery-replace battery as soon as possible.

8.0 DETERMINING TARGET HEART RATE

One of the first steps in using a heart rate monitor is to determine your target heart rate zone. It is always best to consult with your physician first, and it is especially important if you have any history of heart problems. Never use a heart rate monitor if you have a pacemaker without first consulting your physician. Below are some general guidelines for your reference.

8.1 Target Heart Rate Zone

The most common method for calculating your target heart rate is to first find your maximum heart rate. The standard formula to determine maximum heart rate is:

$$220 - \text{Your Age} = \text{Maximum heart rate.}$$

You do not want to workout at your maximum heart rate; you want to workout in your Target Heart Rate Zone. Your Target Heart Rate Zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. If you are just beginning an exercise program, exercise between 50% and 60% of your maximum heart rate. If you have already been exercising regularly and are looking to improve your performance, you can consider exercising in the athletic Target Heart Rate Zone of 75% to 90% of your maximum heart rate. You may find the chart below helpful for a quick reference.

8.2 TARGET HEART RATE TRAINING ZONE BY AGE & LEVEL

AGE	BEGINNING	AEROBIC	ATHLETIC
	50%-60% MAX	60%-75% MAX	75%-90% MAX
20	100-120	120-150	150-180
25	97-117	117-146	146-175
30	95-114	114-142	142-171
35	92-111	111-138	138-166
40	90-108	108-135	135-162
45	87-105	105-131	131-157
50	85-102	102-127	127-153
55	82-99	99-123	123-148
60	80-96	96-120	
65	77-93	93-116	
70	75-90	90-113	



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