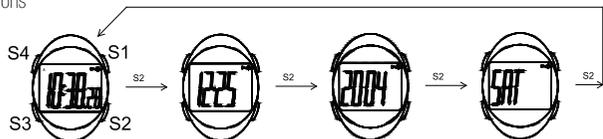


(A) FEATURES

RFT101/102 is a heart rate monitor watch that also provides time, chronograph and alarm functions



The main features are listed as follow:

- 4 operation modes: Time, HRM, Chrono and Alarm.
- Signal Time presents weekday, hours, minutes, seconds (or month and day) and year can also be set.
- 12/24-hour display formats selectable.
- Auto calendar from 2000 to 2050.
- Hourly chime signal, chime "on" with button confirmation sound.
- 1/100-second chronograph with working range up to 24 hours.
- "Hi/Lo Zone", and "In Zone Time" can be displayed.
- 20 seconds daily alarm.
- 3 seconds light up EL back light.

(B) EL BACK LIGHT

Press S4 for EL back light with 3 seconds auto light up.

(C) BASIC OPERATION OF BUTTONS

- S1: - TOGGLE CHIME ON OR OFF
- START CHRONOGRAPH
- TOGGLE ALARM ON OR OFF
- FORWARD SETTING (SET)
- S2: - TOGGLE "MONTH AND DAY" OR "WEEKDAY AND DATE" DISPLAY
- STOP CHRONOGRAPH
- RESET CHRONOGRAPH (PRESS AND HOLD WITH CHRONOGRAPH STOPPED)
- REVERSE SETTING (SET)
- S3: - MODE CHANGE
- SELECT SETTING (SET)
- S4: - SET (PRESS AND HOLD)
- RE-LINK WATCH AND TRANSMITTER
- EXIT (SET)
- EL



(D) MODE CHANGE OPERATION

Press S3 for mode change operation. The sequence is shown as follow:



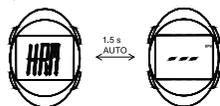
Remark:

At any mode, press and hold S3 for 3 seconds will change to Time mode directly.

(E) HOW TO PREPARE FOR HEART RATE MEASUREMENT

To use the heart rate measuring function, follow these steps:

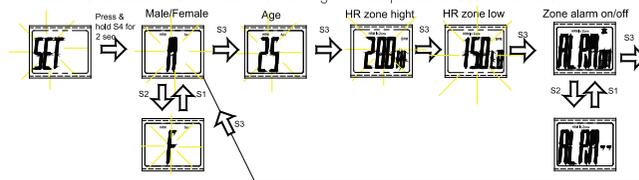
(1) Enter data for heart rate monitor



- Press S3 to show Pulse mode, mode prompt "HRM" will be displayed for 1.5 second first.
- Press and hold S4 for 2 seconds to enter setting mode. Flashing "on" will be shown
- Press S1 (forward) or S2 (reverse) to set the data (flashing). Press and hold S1 or S2 for fast

setting.

- Press S3 to select the next data for setting. The sequence is shown as follow:



- After all data are entered, press S4 to exit setting mode.

Remarks:

1. If both heart rate zone and zone alarm are set to "on", 1 "Beep" sound will be given every 5 seconds when heart rate is below "Zone Low Limit" and 2 "Beep" sounds will be given every 5 seconds when heart rate is above "Zone High Limit".
2. If heart rate zone is set to "off", there will be no zone alarm and "Time in Zone" will not be shown in Chronograph mode. Preset "Zone High Limit" and "Zone Low Limit" are produced after sex and age are entered (or changed) User can set his own limits after entering sex and age.
3. Age can set from 1 to 99.
4. Both "Zone High Limit" and "Zone Low Limit" can be set from 30 to 240 BPM (Beat Per Minute).
5. If there is no button operation for about 3 minutes in setting mode, the watch will return back to HRM mode automatically.

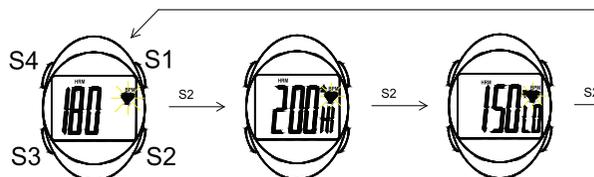
(2) Equipping the transmitter (chest strap)

- Wet the grooved electrode areas of the transmitter with water.
- Attach the transmitter to the elastic strap provided.
- Secure the transmitter on your chest, below the chest muscle, with the grooved electrode areas against your skin. Check that the logo is in a central upright position.

Remarks:

1. Transmitter electrodes should be moistened to ensure flawless heart rate measurement.
2. It is recommended that you wear the transmitter against your bare skin to ensure flawless operation.

(F) HEART RATE MEASURING AT HRM MODE



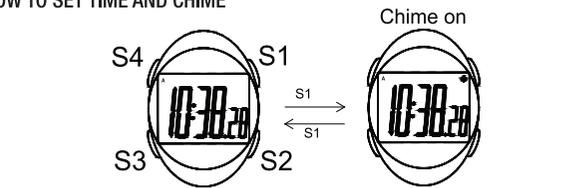
- Press S3 to show Pulse mode, mode prompt "HRM" will be displayed for 1.5 second first.
- Heart icon flashes when heart rate signal is received from the transmitter and the heart rate is shown at the middle row of the display.
- If both heart rate zone and zone alarm are set to "on", 1 "Beep" sound will be given every 5 seconds when heart rate is below "Zone Low Limit" and 2 "Beep" sounds will be given every 5 seconds when heart rate is above "Zone High Limit".

Remarks:

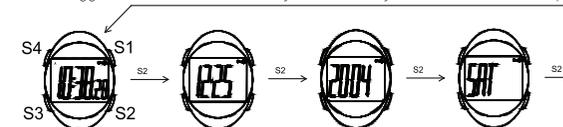
1. There is no leading zero in HR mode
2. Auto stop after 24 hours
3. The word "FULL" will be display when memory is full
5. If HR Zone On, Hi/Lo icons show up in all views
6. If no heart rate signal is received for 1 minute, the link between the watch and the transmitter will be cut off automatically, and "--" (not flashing) will be shown at the middle row of the display. To re-link, press S4, and "--" will start flashing or heart rate will be shown.
7. Heart rate measurement will not be taken when EL back light is "on" or alarm is sounding.
8. If heart rate zone is set to "off", there will be no zone alarm or high/low limit indication.
9. If no heart rate signal is received and there is no button operation for about 3 minutes in

Pulse mode, the watch will change to Time mode automatically.

(H) HOW TO SET TIME AND CHIME



- Press S3 to show Time mode, mode prompt "TIME" will be displayed for 1.5 second first.
- Press S2 to toggle between "Month and Day" or "Weekday and Date" or "Year" displays.



- Press and hold S4 for 2 seconds to enter setting mode. The second digits start flashing.
- Press S1 (forward) or S2 (reverse) to adjust the flashing digits. Press and hold S1 or S2 for fast setting.
- Press S3 to select the next digits or 12/24Hr for setting. The sequence is shown as follow:

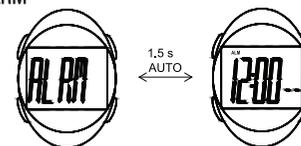


- When setting seconds, pressing S1 or S2 while the second digits count between 30 to 59 will reset the second digits to 00 and 1 will be added to the minute digits.
- Year can be set from 2000 to 2049.
- When setting 12/24Hr, press S1 or S2 to toggle 12-hour or 24-hour display formats. If 24-hour display format is selected, there will be no "PM" flag.
- After all adjustments are completed, press S4 to exit the setting mode and weekday will be adjusted automatically.
- Press S1 to toggle the chime function on or off. If the chime function is "on", the chime icon will be shown.

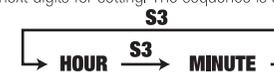
Remarks:

1. If the chime function is set to "on", a "Beep" sound will be given on every full hour and there will be button confirmation sound.
2. If there is no button operation for about 3 minutes in setting mode, the watch will return back to Time mode automatically.

(I) HOW TO SET ALARM

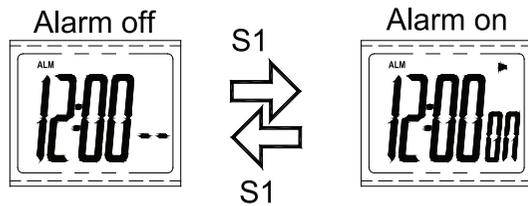


- Press S3 to show Alarm mode, mode prompt "ALRM" will be displayed for 1.5 second first.
- Press and hold S4 for 2 seconds to enter setting mode. The hour digits start flashing.
- Press S1 (forward) or S2 (reverse) to adjust the flashing digits. Press and hold S1 or S2 for fast setting.
- Press S3 to select the next digits for setting. The sequence is shown as follow:



- After all adjustments are completed, press S4 to exit the setting mode.
- Press S1 or S2 to toggle the alarm function on or off. If the alarm function is "on", the alarm

icon will be shown.

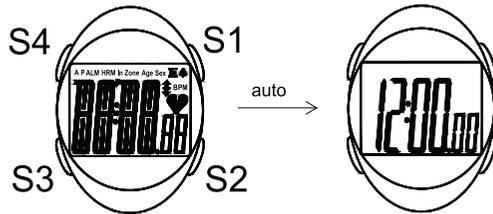


Remarks:

1. The alarm sounds daily for 20 seconds at alarm time if the alarm function is "on". Press any button to stop the alarm sound.
2. The alarm function is automatically set to "on" when entering setting mode.
3. If 24-hour display format is selected for Time mode, there will be no AM flag "A" or PM flag "P" for alarm time.
4. If there is no button operation for about 3 minutes in setting mode, the watch will return back to Alarm mode automatically.

(J) HOW TO RESET THE WATCH

- Press and hold S1, S2, S3 and S4 simultaneously for 1 second, all segments will be "off", then release the buttons and the watch will be reset. After reset, test patterns will be displayed for a few seconds, and finally the display will be as follow:



(K) BATTERY REPLACEMENT

Replace the exhausted battery with a cell recommended as follow:

1. Watch – CR2032 or equivalent.
2. Transmitter – CR2032 or equivalent.