

Please read Page 5 for initial setting in the first use.

INDEX

Product Features	02
Description of LCD Display and Buttons	03
Operation Flow Chart	04
First Use (Time Setting Mode)	05
Temperature Mode	06
Operations of Easy Mode	07
Operations of Training Mode	08
Input of Personal Physiological Data	10
Low Battery Warning	12
Replacing the Battery	12
Notes for Operation	13
How to Use the Storage Box	14
Target Heart Rate Zones	15
Specifications	16

Thank you for purchasing **pulse plus** Heart Rate Monitor Ring! Please carefully read and follow instructions listed in the user manual.

PRODUCT FEATURES

1. Easy Mode (Real-time continuity) (Refer to Page 7).
2. Training Mode (Input of Personal Physiological Data) (Refer to Page 8 & 10).
3. Automatic conversion of heart rate percentage by an user's age (Refer to Page 11 & 15).
4. Displays switchable in Training Mode (Refer to Page 8).
 - Heart Rate Percentage
 - Cumulative Training Time
 - Average Heart Rate
 - Calories Burned Cumulatively
5. Setting of MAX/MIN heart rate limits (Refer to Page 11).
6. Display flashing and sound warning for heart rates greater than the MAX target limit or less than the MIN target limit. (Refer to Page 3 & 11).
7. 12-Hour Clock Function (Refer to Page 5).
8. Ambient Temperature Detection (Refer to Page 6).
9. Low Battery Warning (Refer to Page 12).
10. Large LCD Display (Refer to Page 3).

DESCRIPTION OF LCD DISPLAY

Main Display
Time (Hour and Minute)
Heart Rate

Minor Display
Time (Second)
Unit Setting

Warning icon for higher than the preset MAX limit
Flash and sound warning for higher than the preset MAX limit

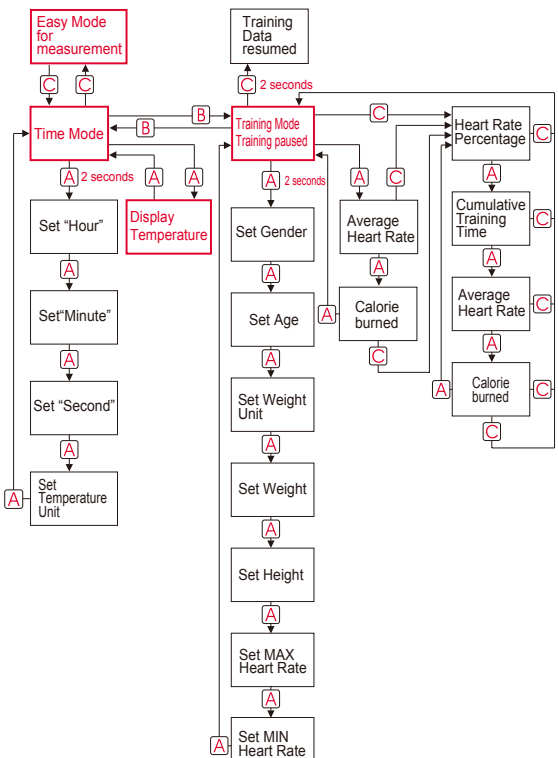
Warning icon for less than the preset MIN limit
Flash and sound warning for less than the preset MIN limit

Buttons

- Button B (Mode)**
Enter Training Mode
Set a reduced value
- Button A (Set)**
Enter Set Mode by pressing for 2 seconds.
Press once to enter the next setting.
Set personal data at Training Mode.
Press once to display ambient temperature.
Set a reduced value.
- Button C (Start / Stop)**
Start heart rate detection
Pause heart rate detection
Start Training Mode
Pause Training Mode
Set an increased value

Operation details for all buttons, please refer to all functional operations.

OPERATION FLOW CHART



FIRST USE (Time Setting Mode)

Clock Function is disabled ex-factory. Press any button to enable this function. Please comply with the following steps to set time for your heart rate ring. Without setting, 00:00 00 is the default for the system.

At Time Mode, continuously press Button A for 2 seconds to enter Time Setting Mode.

1. Hour Setting (12-hour clock system)

Press Button C to increase.
Press Button B to decrease.
Press Button A to enter the next step.

2. Minute Setting

Press Button C to increase.
Press Button B to decrease.
Press Button A to enter the next step.

3. Second Setting

Press Button C to resume.
Press Button B to resume.
Press Button A to enter the next step

4. Temperature Unit Setting



Press Button C to switch.
Press Button B to switch.
(°F = Fahrenheit , °C = Celsius)



Press Button A to confirm setting.
A long beep hints setting completed.

Note!

After a battery replacement, please press any button to activate Time Mode. **Continuously press Button A for 2 seconds to enter Time Setting Mode for a renewal.** Without setting, 00:00 00 is the default for the system.

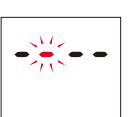
TEMPERATURE MODE

At Time Mode, press Button A to display ambient temperature and press Button A one more time to return to Time Mode. Temperature is updated once every minute. Ambient temperature detected by the system cannot be displayed immediately but after 3-minute response time.

Note!

The device's temperature measurement function provides the ambient temperature information for reference purpose only and can not be used to measure body temperature or surface temperature.

OPERATIONS OF EASY MODE (Easy Mode)

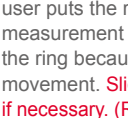


1. At Time Mode, press Button C to activate Easy Mode for measurement of heart rates. At Easy Mode, only the measured heart rate per minute along with the real time heartbeat icon are displayed.



As shown in the left, device starting to detect heart rate signals.

2. Display the current heart rates per minute. Press Button C to terminate heart rate measurement.



As shown in the left, the current heart rate is 72 per minute.



Note! For better performance, it is recommended that the user puts the ring on one finger which fits best, so that measurement accuracy will not be affected by the sway of the ring because of improper fitness and/or vehement movement. **Slightly clench the fist to keep a stable measurement if necessary. (Refer to Page 13)**

No Heart Rate Signal Detected



As shown in the left, the heart rate signals cannot be detected because of the ring improperly put on or taken away. With heart rate signals not detected by the device for 30 seconds continuously, the operation mode will be switched to Time Mode by the system. To continue measurement, please put on the ring properly and press Button C to activate Easy Mode again.

OPERATION OF TRAINING MODE

Contents provided in Training Mode are current heart rate & strength percentage, cumulative training time, average heart rate, and calorie burned.

Prior to exercising Training Mode, the personal physiological data described in Page 10 shall be input first to ensure the accuracy of system data when training.



1. At Time Mode, press Button B to enter Training Mode with 00:00 00 shown on the display waiting start of Training Mode.



2. Put on your ring snugly and press Button C to start Training Mode. The system begins to continuously record cumulative values. As shown in the left, the heart rate and the exercise strength is 110 per minute and 58%, respectively.



3. With Button C pressed to pause during exercise, a blinking display as shown in the left indicating a cumulative training time of 1 hour 2 minutes and 3 seconds. To check other training data at a pause, press Button A once to indicate the average heart rate, twice to indicate the calorie burned, and thrice to return to Pause Mode. Press Button C to continue training.

4. Check Training Data.

Successively press Button A to check training data with training exercised uninterruptedly. As shown in the left, the average heart rate during training is 105 per minute.



5. As shown in the left, 750 calories have been consumed during training. Then return to the display for training finally.

6. To start a new training session, continuously press Button C for 2 seconds at a pause of training. As shown in the left, a hint along with a long beep indicates training data having been resumed.

Note!

If the device can not detect any heartbeat signals within 30 seconds at Training Mode, it will pause automatically (Step 3). To continue, press Button C; or press Button B to stop training and return to Time Mode. Prior to entering Training Mode, ensure the icon as shown in Step 1. For a system status of pause (the icon as shown in Step 3), the last training data is waiting to be erased. Continuously press Button C for 2 seconds to reset data and start a new training session.

INPUT OF PERSONAL PHYSIOLOGICAL DATA

Continuously press Button A for 2 seconds under Training Mode at a pause (as shown in Figure 3, Page 8) and enter personal physiological data setting. If the ring is to be used by another user, please reset the data to avoid any error resulting from reference data supplied by the system.

1. Gender setting



Press Button C or Button B for switch. Gender indicated: F (Female) or M (Male). Then press Button A to the next step.

2. Age setting



Press Button C to increase the age. Press Button B to decrease the age. Then press Button A to the next step.

3. Weight & Height unit setting



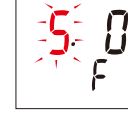
Press Button C or Button B for switch. Unit: F (Feet) and Lb (Pound) or C (Centimeter) and Kg (Kilogram). Then press Button A to the next step.

4. Weight setting



Press Button C to increase the setting. Press Button B to decrease the setting. Then press Button A to the next step.

5. Height setting (F = feet)



Press Button C to increase the setting. Press Button B to decrease the setting. Then press Button A to the next step.

Height setting (In = inch)



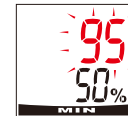
Press Button C to increase the setting. Press Button B to decrease the setting. Then press Button A to the next step.

6. Maximum Heart Rate Setting



Press Button C to increase the maximum. Press Button B to decrease the maximum. Your exercise strength percentage will be calculated automatically by the system (Refer to instructions in Page 15). Then press Button A to enter the next step.

7. Minimum Heart Rate Setting



Press Button C to increase the minimum. Press Button B to decrease the minimum. Your exercise strength percentage will be calculated automatically by the system (Refer to instructions in Page 15). Then press Button A with the data confirmed. A long beep hints a personal physiological data having been set.

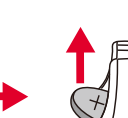
LOW BATTERY WARNING



For the low battery warning indicating a low voltage detected by the system at any status, the corresponding icon shown in the display's lower left corner will blink. Please replace the old battery to ensure the accuracy of measurement. The training data will be resumed after a battery replacement.

REPLACING THE BATTERY

Replace the battery by inserting one 3V CR2032 lithium battery with the positive side up. Comply with the following steps to remove the old battery.



1. Unscrew the battery cover. 2. Lift and draw out the cover. 3. Press one end of the battery with fingertip to bounce the battery.

Note!

Old battery should be recycled. Do not dispose of the old battery in a fire.

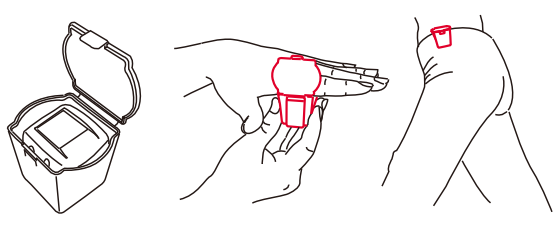
NOTES FOR OPERATION

1. Carefully read this user manual for relevant operations prior to use.
2. This is not a medical device. Do not confuse self-monitoring with self-diagnosis.
3. The device is only provided with weatherproof. Please do not immerse it into water. Water on the device shall be wiped away forthwith. **In case of water got inside, remove the battery cover and the battery to drain the device and leave it air dried.** Do not use the device until the core dried completely.
4. Stains, if any, must not be cleaned with a flush or volatile detergent but slightly wiped away with water-based furniture wax dipped on suede cloth to refresh the unit.
5. In the event that the ring is too large for your fingers (even your thumb), please line the subsidiary insert pad under the battery cover (as shown in the following figure) for better fitting.



HOW TO USE THE STORAGE BOX

Place the ring upward and securely close the storage box'es lid to avoid the ring dropped during transportation. Prior to taking a ring out, cover the opened storage box with a palm as shown in the figure. Reverse the palm to make the ring safely located on the palm. The storage box can be clamped on a waist band or backpack when taken along with the user.



TARGET HEART RATE ZONES

Minimum / maximum target heart rates applicable to every age are called the "target heart rate zones".

Formula: max HR = 220 - age.

Maximum heart rate, or max HR, is the highest number of heartbeats per minute (bpm) in an all-out effort. Training intensities can be expressed as percentages of max HR. With your personal physiological data properly set (Refer to Page 10) first, the heart rate percentage is automatically calculated by the system and the real-time heart rate percentage is indicated during exercise.

Subject to training requirements, there are three different exercise zones: Hard, Moderate, and Light.

HARD

Benefits: Maximizes performance capacity. Recommended for: Fit persons and for short exercise sessions.

MODERATE

Benefits: Improves aerobic fitness. Recommended for: Everybody, for sessions of moderate length.

LIGHT

Benefits: Manages weight and general wellness. Recommended for: Everybody, for longer sessions.

	max HR	LIGHT	MODERATE	HARD
AGE	100%	60-70%	70-80%	80-90%
20	200	120 - 140	160 - 180	
30	190	114 - 133	152 - 171	
40	180	108 - 126	144 - 162	
50	170	102 - 119	136 - 153	
60	160	96 - 112	128 - 144	
70	150	90 - 105	120 - 135	
80	140	84 - 112	112 - 126	
AGE		Beats per minute		

IMPORTANT! Please be aware that these are general guidelines. Target zones will vary from person to person. For goal setting must consult a physician or well qualified trainer who knows the individual.

SPECIFICATIONS

Heart Rate Monitor	30 ~ 250 bpm (beats per minute)
Heart Rate Accuracy	± 3 bpm (motionless)
Temperature Indicated	0°C ~ +50°C (32°F ~ 122°F)
Temperature Accuracy	± 4°F (without putting on a finger)
Clock Function	12 hour
Operating Temperature	0°C ~ +50°C (32°F ~ 122°F)
Storage Temperature	-20°C ~ +60°C (-4°F ~ 140°F)
Battery	One 3V CR2032 Lithium Battery
Calorie Calculation Capacity	9999 calories (Max.)
Age Setting	6 ~ 120
Timekeeping Capacity for Training	99 hours 59 minutes and 59 seconds (Max.)
Weight Setting Range	999 kilograms (or 999 lbs) (Max.)