ABOUT THE TIMER

The timer can count up from zero or count down from a pre-set time. Starting from zero the timer can count to a maximum time of 29 hours, 59 minutes, and 59 seconds (29:59' 59''). The unit will also count from 29 hours, 59 minutes, and 59 seconds to zero. In count-down timer mode, once the unit reaches zero, if not stopped, the unit will continue counting upward to 29 hours, 59 minutes, and 59 seconds again.

To indicate that the unit is in count-up timer mode an up [▲] arrow will display. Respectively, the count-down mode display is indicated by a down [▼] arrow.

To use the count-up timer:
1. If the clock is displayed, press [MODE / SET] to enter the count-up / down timer mode [FIG. G]. From pulse mode, press [PULSE] to exit pulse mode followed by [MODE / SET] to toggle between clock and count-up / down timer modes.
2. If the count-up timer display does not show zero hours, minutes, and seconds, Press and hold [RESET] for 2 seconds to reset the count-up timer to zero.
3. Press [START / STOP] to start the timer.
4. Press [START / STOP] again to stop and pause the timer.
5. Press and hold [RESET] for 2 seconds to reset the timer to zero.

To use the count-down timer:
1. If the clock is displayed, press [MODE / SET] to enter the count-up / down timer mode [FIG. H]. From pulse mode, press [PULSE] to exit pulse mode followed by [MODE / SET] to toggle between clock and count-up / down timer modes.
2. To set the count-down timer, press and hold [MODE / SET] for 2 seconds, the hour digits will flash.
3. Press [▲, ▼, RESET / ADV] to advance the numbers until the appropriate minute digit is displayed. Holding down the button will increase the value rapidly.
4. Press [MODE / SET], the minute digits will flash.
5. Again, press [▲, ▼, RESET / ADV] to advance the numbers until the appropriate minute digit is displayed.
7. Press [START / STOP] to start the count-down timer.
8. Press [START / STOP] again to stop and pause the timer.
9. When the timer reaches zero an alarm will sound for 30 seconds. The timer will continue to count in an upwards direction indicated by a corresponding up [▲] arrow.

To stop the count-down timer alarm:
Press any key, the alarm and timer will stop.

RESETTING THE COUNT-DOWN TIMER

The count-down timer can be reset to the originally-set count-down time.
To return to the originally-set count-down time:
1. Press [START / STOP] to stop the count-down timer.
2. Press [▲, ▼, RESET / ADV] and hold for 2 seconds. The display will return to the originally-set count-down display.

To clear the count-down timer to zero:
1. Press [MODE / SET] and hold for 2 seconds. The hour digits will flash.
2. Press [MODE / SET] to bypass the hour, minute and second/decimal digits. The timer function will return to zero.

THE PULSEMETER

A person's pulse rate indicates the number of times that the heart beats within a given amount of time. This unit attempts to calculate approximately how many times a heart will beat in one minute. Many factors such as smoking, eating, breathing and stress can affect the rate at which a person's heart will beat. Monitoring pulse rate can be useful for determining how hard the heart is working at a given level of activity. Such information can be used to plan an effective exercise routine.

HOW TO USE THE PULSEMEATER:

1. In either current-time or timer display, press [PULSE] the display will show a heart.
2. Position your right index finger so that the padded portion over the pulse sensor.
3. Maintain a steady position, holding too forcefully or too lightly may result in an incorrect reading.

4. After several seconds a pulse rate will display [FIG. I]

Note: When your finger is positioned properly, the heart icon on the display will flash. This indicates that the unit is reading a pulse.

5. To exit pulse mode display, press to [PULSE] followed by [MODE / SET] to toggle between clock and count-up / down timer modes.

THE BACK LIGHT (PM138E)

Ideal for nighttime viewing of the display, the LCD can be illuminated. The EL back light casts a greenish-blue light evenly across the LCD making information easy to read.

To activate the back light:
Press [▲, ▼, RESET / ADV]

SPECIFICATIONS

Operating Modes
- Clock mode, timer mode and pulse mode
- Real-time clock : 12 hr / 24 hr with hour/minute/second display
- Count-up timer : To 29 hours, 59 minutes, 59 seconds
- Count-down timer : From 29 hours, 59 minutes, 59 seconds
- Pulse range : 40 to 237 bpm
- Weather resistance : Weather proof for use under normal weather conditions
- Power source : 1 x CR2032 3V lithium cell
- Expected Battery Life : Approximately one year (once-per-day pulse measurement and backlight usage)
- Product size : 11 (D) x 40 (W) x 54 (L) mm
- Weight : 23.25g (without wrist strap)

MAINTENANCE

1. Do not immerse the unit in water. If the unit comes in contact with water, dry it immediately with a soft lint-free cloth.
2. Do not clean the unit with abrasive or corrosive materials. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.
3. Do not subject the unit to excessive force, shock, dust, temperature, or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or distorted parts.
4. Do not tamper with the unit’s internal components. Doing so will terminate the unit’s warranty and may cause damage. The unit contains no user-serviceable parts.
5. Only use new batteries as specified in this instruction manual.

Read this instruction manual thoroughly before operating the unit.