Strapless Sports Heart Rate Monitor Watch
KAWTCHMWRTA
Quick Start Guide

The Strapless Sports Heart Rate Monitor is the ideal device for anyone leading an active lifestyle. With this unique multi-mode device, fitted with custom settings, you can record data without discomfort and keep an eye on your health and fitness.

Product Checklist

The following items are included:
- Strapless Sports Heart Rate Monitor
- USB adapter w/ charging cable

Specifications

Screen : 96*96 pixel

Work temperature: -20℃～75℃
Size: 50×47×14.5mm
Battery: 230mAh
G.W.: 70g
Bluetooth: V2.0

Note: The image above is a guide only.
There may be small changes between guide image and the final product.

Getting Started / Charging Instructions

1. Position the monitor within the charging clip so its underside connects with the charging clip's corresponding prongs. The monitor should be nestled firmly within the charging clip to facilitate charging.

2. Take the USB end of the charging clip and connect it to the corresponding port of the AC adapter. Plug the adapter into a power socket and switch on the power. The monitor will begin to charge, as indicated by the animated battery icon on the LCD display. Note: alternatively, you may plug the USB end of the charging clip into a powered device – eg. PC/Mac – to charge the monitor.

3. Upon first use, you will be asked to set a profile for the monitor. Note: if this step has not occurred, you will need to reboot the device. To reboot, press and hold both the Up (C) button and Down (E) button at the same time.

4. When the 'Please Set Profile' text appears, press the Confirm (D) button to continue. You will be required to set values for height, weight, etc. To do so, use the Up (C) button and the Down (E) button to adjust the values and the (D) button to confirm and continue. Once this initial setup process has been completed, the monitor will display a 'Welcome' text. Press Confirm (D) to begin using the monitor. The first display screen will be the MODE 1 display screen.

Understanding the LCD Display

MODE 1 – STOPWATCH with TIME/DATE

This screen displays the monitor's time and date, in addition to providing stopwatch data. To activate the stopwatch, press the Confirm (D) button. To pause/reactivate the stopwatch, press the Confirm (D) button. To reset the stopwatch, hold down the Confirm (D) button.

MODE 2 – DATA SCREEN

This screen displays/records data as the monitor is being used. To activate press the Confirm (D) button. Two icons will appear in the top half of the LCD display and two green LEDs will illuminate on the underside of the monitor. To select which data the monitor displays whilst in this mode, press the Up (C) button and the Down (E) button. (you can cycle between time-based statistics and km/calorie statistics with each button respectively)

MODE 3 – TARGET

To activate the target / reverse stopwatch, press the Confirm (D) button. To pause/reactivate the stopwatch, press the Confirm (D) button. To reset the stopwatch, hold down the Confirm (D) button. Press and hold the Down (E) button view data/records.

SETTINGS MENU

To access the settings menu, press the Menu (B) button. To cycle through and highlight the setup sub-menus, use the Up (C) and Down (E) button. To confirm your selection and enter the sub-menu, press Confirm (D) when the desired sub-menu is highlighted. Note: if you press Confirm (D) when 'Return' is highlighted, you will be returned from the settings menu to the previous screen. Pressing the Menu (B) button also exits from the current menu interface.

* Target

This sub-menu will enable an exercise/activity target to be set for the user (to be utilised via MODE 3). Press Confirm (D) to enter the 'Tar. Setup', then use the Up (C) and Down (E) buttons to adjust the time/distance values. Press Confirm (D) to set each value and to return to the Target sub-menu. Highlighting 'Start' and pressing (D) returns the user to MODE 3. Data recording will automatically commence. 'High Score' displays the user's best records. Selecting 'Return' will exit the menu. Pressing the Menu (B) button exits from the current menu interface.

* MS View

This sub-menu pertains to the storage of sport and phone data. It is possible to link the monitor with a phone via Bluetooth functionality. Note: to activate the monitor's Bluetooth functionality, press and hold the Mode (A) button whilst on one of the MODE screens, until the monitor vibrates and a Bluetooth icon appears on the display. 'Sport' and 'Phone' allows access to recorded sport and phone data (when Bluetooth is activated) respectively, whereas 'DEL MS' can be used to delete data. Pressing the Menu (B) button exits from the current menu interface.

* Sys Setup

This sub-menu pertains to the system setup of the monitor.
'Profile' enables the user to edit the height, weight and gender data entered upon initially booting the monitor, using the Up (C) and Down (E) button buttons to adjust each specific value. 'Time and Date' enables the user to edit the monitor's time and date. Pressing the Menu (B) button exits from the current menu interface. The 'Heartbeat' menu allows the user to toggle heartbeat on/off. 'Bluetooth' is the menu in which the user can activate Bluetooth functionality. (this can also be achieved by pressing and holding the Mode (A) button whilst on one of the MODE screens).
'Alarm' allows the user to set an alarm for the monitor in accordance with the time/date set, using the Up (C) and Down (E) buttons to adjust each specific value. 'Version' displays the monitor's ID.

Miscellaneous Functions

Quick-access to data – Press and hold the Down (E) button whilst in one of the MODE screens.

Monitor backlight – Press and hold the Up (C) button until the backlight activates. Note: the backlight is only temporary.

Reboot – Press and hold the Up (C) and Down (E) buttons simultaneously to reboot.

Warnings / Disclaimers

- Do not submerge in water or use in the shower.

- Do not disassemble the product.

- Any misuse of the product will void warranty. In the event of product misuse, Kogan will not be responsible for damage or injury if applicable.

- If you believe this device has malfunctioned or requires repair, please refrain from attempting to repair it yourself. Refer all servicing matters to qualified personnel, or contact the Kogan Customer Support Team.