

TIMEX

Activity Tracker & Easy Touch Heart Rate

QUICK START GUIDE	1
GUÍA DEL INICIO RÁPIDO	1
GUIDE DE DÉMARRAGE RAPIDE	2

05S096000 5.8.2023

Register your product at <https://www.timex.com/product-registration>

Registra tu producto en <https://www.timex.com/product-registration>

Enregistrez votre produit sur <https://www.timex.com/product-registration>

This Watch may ship in 'Sleep Mode' to conserve battery power. Press and hold any button for 3 seconds to wake up the watch and begin using.

TIME AND USER SETTING MODE:

Press button C (Mode) until the display shows "TIME". The watch will enter the time display view with Hours, Minutes, Seconds, Weekday, Month, Date and Day.



IN TIME MODE:

1. Press and hold button A (Set/Indiglo) to activate the Setting mode. Hour digits will start to flash.
2. Press button B (Start/Stop/+) or D (Reset/Lap/-) to change the setting digits. You can select the next setting by pressing button C (Mode) once. The sequence of setting is Hour, Minute, Second, Year, Month, Date, 12-24 Hour, Contrast, Units, Gender, Age, Height, Weight.
3. Press B (Start/Stop/+) to increase the setting digits and D (Reset/Lap/-) to decrease the setting digits.
4. Press and hold button A (Set/Indiglo) to exit the setting mode.

Note: Entering your accurate Age, Weight, Height provides better activity tracking.

EASY TOUCH HEART RATE:

In order to check your heart rate you must be wearing the watch on your wrist with the case back in good contact with your skin. In any mode, except setting mode, press down and hold top button E (Heart Rate) with your finger for approximately 8-10 seconds to measure your heart rate. The heart rate icon will flash on the display to indicate that heart rate is being measured.

DAILY ACTIVITY TRACKER:

The watch will monitor your daily activity every day, tracking your Steps, Distance and Calories burned. You can view the records for the previous 7 days. In Time mode, press button B (Start/Stop/+) to view daily activity data (Step, Distance and Calories).

©2023 Timex Group USA, Inc. TIMEX is a registered trademark of Timex Group USA, Inc. in the US and other countries

ES

El reloj puede enviarse en 'Modo de reposo' para que la pila no se gaste. Mantén pulsado cualquier botón durante 3 segundos para activar el reloj y comenzar a usarlo.

MODO DE AJUSTE DE LA HORA Y DEL USUARIO:

Pulsa el botón C (Modo) hasta que la pantalla muestre "HORA". El reloj entrará en la pantalla de visualización de la hora con Horas, Minutos, Segundos, Día de la semana, Mes, Fecha y Día.



EN EL MODO DE HORA:

1. Mantén pulsado el botón A (Ajustar/Indiglo) para activar el modo de Ajuste. Los dígitos de la hora comenzarán a parpadear.
2. Pulsa el botón B (Inicio/Parada/+) o D (Puesta a cero/Vuelta/-) para cambiar los dígitos de ajuste. Puedes seleccionar el siguiente ajuste pulsando una vez el botón C (Modo). La secuencia de ajuste es Hora, Minutos, Segundos, Año, Mes, Fecha, 12-24 horas, Contraste, Unidades, Sexo, Edad, Altura, Peso.
3. Pulsa B (Inicio/Parada/+) para aumentar los dígitos de ajuste y D (Puesta a cero/Vuelta/-) para disminuir los dígitos de ajuste.
4. Mantén pulsado el botón A (Ajustar/Indiglo) para salir del modo de ajuste.

Nota: si introduces con precisión tu Edad, Peso y Altura, obtendrás un mejor seguimiento de tu actividad.

FRECUENCIA CARDÍACA CON SOLO PULSAR:

Para comprobar tu frecuencia cardíaca debes llevar el reloj en la muñeca con la parte posterior de la caja en buen contacto con la piel. En cualquier modo, salvo en el modo de ajuste, mantén oprimido el botón superior E (Frecuencia cardíaca) con el dedo durante unos 8 a 10 segundos para medir tu frecuencia cardíaca. El icono de frecuencia cardíaca destellará en la pantalla para indicar que se está midiendo la frecuencia cardíaca.

RASTREADOR DE ACTIVIDAD DIARIA:

El reloj controlará tu actividad diaria todos los días, registrando tus Pasos, Distancia y Calorías quemadas. Puedes ver los registros de los 7 días anteriores. En el modo Hora, pulsa el botón B (Inicio/Parada/+) para ver los datos de la actividad diaria (Pasos, Distancia y Calorías).

©2023 TIMEX es una marca registrada de Timex Group USA, Inc. en Estados Unidos y otros países;

FR

Cette montre peut être livrée en « mode veille pour économiser l'énergie de la batterie. Appuyez sur n'importe quel bouton pendant 3 secondes pour réveiller la montre et commencer à l'utiliser.

HEURE ET MODE DE RÉGLAGE DE L'UTILISATEUR :

Appuyez sur le bouton C (Mode) jusqu'à ce que l'affichage affiche « HEURE ». La montre passera



MODE IN TIME :

1. Appuyez longuement sur le bouton A (Set/Indiglo) pour activer le mode de réglage. La valeur des heures se mettra à clignoter.
2. Appuyez sur le bouton B (Start/Stop/+) ou D (Reset/Lap/-) pour modifier les chiffres de réglage. Vous pouvez sélectionner le prochain réglage en appuyant une fois sur le bouton C (Mode). La séquence des réglages est Heures, Minutes, Secondes, Années, Mois, Date, 12-24, Contraste, Unités, Sexe, Age, Taille, Poids.
3. Appuyez sur B (Start/Stop/+) pour augmenter les chiffres de réglage et sur D (Reset/Temps de tour/-) pour diminuer les chiffres de réglage.
4. Appuyer et maintenir enfoncé le bouton A (Set/Indiglo) pour quitter le mode configuration.

Remarque : La saisie de votre âge, poids et taille précis permet un meilleur suivi de l'activité.

FRÉQUENCE CARDIAQUE EASY TOUCH :

Afin de vérifier votre fréquence cardiaque, vous devez porter la montre au poignet avec le dos du boîtier en contact avec votre peau. Dans n'importe quel mode, à l'exception du mode de réglage, maintenez enfoncé le bouton supérieur E (fréquence cardiaque) avec votre doigt pendant environ 8-10 à 10 secondes pour mesurer votre fréquence cardiaque. Le symbole de fréquence cardiaque clignotera sur l'écran pour indiquer la prise de mesure de la fréquence cardiaque.

SUIVI QUOTIDIEN DE L'ACTIVITÉ :

La montre vous permet de suivre vos activités tous les jours, calculant votre nombre de pas, la distance et le nombre de calories brûlées. Vous pouvez consulter les activités enregistrées sur les 7 jours précédents. Dans le mode Time (Temps), appuyer sur le bouton B (Start/Stop/+) pour voir les données des activités quotidiennes (Pas, Distance et Calories).

©2023 TIMEX est une marque déposée de Timex Group USA, Inc. aux États-Unis et dans d'autres pays.

TIMEX INTERNATIONAL WARRANTY

[HTTPS://WWW.TIMEX.COM/PRODUCTWARRANTY.HTML](https://www.timex.com/productwarranty.html)

TIMEX

TIMEX® ACTIVITY TRACKING AND HEART RATE WATCH

[USER GUIDE](#) 1

05S096000-02 3.31.23

Register your product at <https://www.timex.com/product-registration.html>

NOTES:

* This Watch may ship in 'Sleep Mode' to conserve battery power.
Press and hold any button for 2-3 seconds to wake up the watch.

** Prolonged exposure to salt water and sunlight may result in discoloration over time.

FEATURES:

- Easy Touch Heart Rate
- Daily Activity Monitor
- Workout Mode
- Time/Date (12/24 hour format)
- Chronograph
- Timer
- Daily Alarm
- INDIGLO® night-light

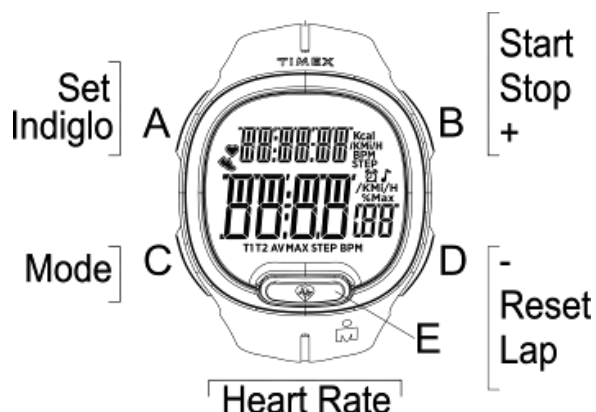
KEY FUNCTIONS:

There are 4 side buttons A (Set/Indiglo), B (Start/Stop/+), C (Mode) and D (Reset/Lap/-). There is a metal button E (Heart Rate) at the 6H position solely for Heart Rate measurement.

Press button C (Mode) to change modes.

The sequence of modes is > Time, Workout, Chrono, Data, Timer, Alarm.

Button E (Heart Rate) is solely for heart rate measurement.



EASY TOUCH HEART RATE:

Heart rate can be measured using electrodes on the watch that are located on the metal case back and button E. In order to check your heart rate you must be wearing the watch on your wrist with the case back in good contact with your skin.

In any mode, except setting mode, press and hold button E (Heart Rate) with your finger for approximately 8-10 seconds to measure your heart rate. The heart rate icon will flash on the display to indicate that heart rate is being measured.

GUIDELINES FOR MEASURING HEART RATE:

- Do not measure heart rate under water.
- Always press the sensor, button E (Heart Rate), directly with the finger. The finger should press button E (Heart Rate) with the watch worn tightly around the wrist.
- If your fingers are very cold this might affect the time it takes to take your heart rate measurement.
- If you have very dry skin, moisten the fingertip and the skin on the wrist with some water.
- Use of hand creams and lotions can affect the heart rate measurement.
- Clean the back of the watch from time to time with a few drops of water and wipe it dry with a cloth to remove any grease or oils.
- If the message "**do not move**" is displayed, try to slow down your body movement in order to take a more accurate heart rate measurement.
- The heart rate measurement may not work correctly if you have an irregular heartbeat.

Heart rate will be displayed with unit BPM (Beats Per Minute) and at the same time % of Max.
Heart rate is displayed at the bottom right corner.

The **maximum pulse** is calculated as below:

Example: Age = 50 (Refer to Time Mode section for "Age" setting)

Maximum pulse = 220 – age

Maximum pulse = 220 – 50 = **170**

The **% of the maximum pulse** is calculated as below:

Example: Pulse = 102

% of the maximum pulse = pulse x 100 / maximum pulse

% of the maximum pulse = 102 x 100 / 170 = **60 %**

HEART RATE ALARM:

Heart rate boundaries can be set in the Run mode setting. There are three levels for selection. You also can manually adjust the lower and upper limits for the heart rate in setting mode. Refer to "Workout Mode" section for Heart Rate Training settings.

If the measured heart rate is out of the boundary and Heart Rate Alert is set to On, then, there is beep alert and flashing icon alert on the LCD. Refer to "Workout Mode" section for Zone Alarm on/off setting.

DAILY ACTIVITY TRACKER:

The watch will monitor your daily activity every day, tracking your Steps, Distance and Calories burned. You can view the records for the previous 7 days.

1. In Time mode, press button B (Start/Stop/+) to view daily activity data (Step, Distance and Calories).
2. Press button D (Reset/Lap/-) to activate the last 7 days recall function.
3. Then press button B (Start/Stop/+) to recall the last 7 days information one by one.
4. Press button D (Reset/Lap/-) to review the data of "Step", "Distance" and "Calories" for that day.

All activity data will be cleared to zero at 12am each day.

TIME MODE:

Press button C (Mode) until the display shows "TIME". The watch will enter the time display view with Hours, Minutes, Seconds, Weekday, Month, Date and Day.

In Time mode,

1. Press and hold button A (Set/Indiglo) to activate the Setting mode. Hour digits will start to flash.
2. Press button B (Start/Stop/+) or D (Reset/Lap/-) to change the setting digits. You can select the next setting by pressing button C (Mode) once. The sequence of setting is Hour, Minute, Second, Year, Month, Date, 12-24 Hour, Contrast, Units, Gender, Age, Height, Weight.
3. Press B (Start/Stop/+) to increase the setting digits and D (Reset/Lap/-) to decrease the setting digits.
4. Press and hold button A (Set/Indiglo) to exit the setting mode.

TIME MODE



WORKOUT MODE:

1. Press button C (Mode) until the display shows "WORKOUT". The watch will enter the workout display view with chrono time (Workout time) on the top line and Dist (Distance) at the lower row.
2. Press button B (Start/Stop/+) to start measurement for the exercise. The message "START" will display at the upper row for 2 seconds.
3. Press B (Start/Stop/+) again to stop the measurement. The message "STOP" will be displayed for 2 seconds on the upper row. Use button B (Start/Stop/+) for the run and stop operation.
 - Press button D (Reset/Lap/-) to select the view for other data such as Speed (Spd), PACE, STEP, Calorie (CAL), Clock (CLK) and Distance (DIST).
4. Press and hold button D (Reset/Lap/-) to reset the timer and clear all data and ready for next new measurement.

WORKOUT MODE



↓ 2 Sec Auto



Workout Setting Mode

1. When workout is stopped, press and hold button A (Set/Indiglo) to enter the Workout Setting mode. The heart rate training level will start to flash.
 2. Press button B (Start/Stop/+) or D (Reset/Lap/-) to select level 1, 2 or 3. There are three levels (1,2,3) for heart rate zone default setting to select. Be sure you entered your "Age" in the Time setting section as this will be used as reference for your Max. HR.
- To manually adjust the Heart Rate Zone High and Low to your desired settings, proceed to step 3/4.

Heart Rate Zone Level	Default Setting
1	60% of Max. HR to 70% of Max. HR
2	70% of Max. HR to 80% of Max. HR
3	80% of Max. HR to 90% of Max HR

3. Press button C (Mode) to select next setting field. The setting sequence is Heart Rate Training Level, Heart Rate Zone High (Hr-Hi), Heart Rate Zone Low (Hr-LO), INZONE Alarm on/off, Target steps.
4. Press button B (Start/Stop/+) to increase setting digits and D (Reset/Lap/-) to decrease the setting digits. Press and hold button for fast setting.

Setting Group	Adjustment
Hr-HI	Enter the upper heart rate threshold. If your heart rate goes above

	this threshold, the alert sounds. The highest setting is 240 BPM.
Hr-LO	Enter the upper heart rate threshold. If your heart rate goes below this threshold, the alert sounds. The lowest setting is 30 BPM.
INZONE Alarm	Select ON to alert you when your heart rate is outside the Low or High settings, or OFF to disable the heart rate zone alert.
TARGET Step	Enter your desired Target steps from 100 to 9900 steps

5. Press and hold button A to exit the setting mode.

CHRONOGRAPH MODE:

1. Press button C (Mode) until the mode prompt shows "CHRO". The watch will enter the chronograph display with prompt "CHRONO" displayed on the upper row. The Time of the Chronograph is displayed at the lower row.
2. Press button B (Start/Stop/+) to start or stop the Chronograph. Press button D (Reset/Lap/-) while chronograph is running to take "Lap" time measurement. "Lap" time view will be released in 5 sec automatically.
3. Press and hold button D (Reset/Lap/-) while chronograph is stopped to clear the chronograph.

CHRONO MODE



LOOP TIMER MODE:

Press button C (Mode) until the mode prompt shows "TIMR". The watch will enter the Loop Count Down Timer display with segment (SG-1 .. SG-6) displayed on the left upper row. The loop counter is displayed at the right upper row. The Count Down Time is displayed at the lower row.

Press button D (Reset/Lap/-) to select the segment from SG-1 to SG-6. Press button B (Start/Stop/+) to start or stop the timer operation. Press and hold button D (Reset/Lap/-) while timer is stopped to clear all count down time and reload the preset times again.

TIMER MODE



Timer Setting Mode

1. Press button C (Mode) until the mode prompt shows "TIMR".
2. Press and hold button A (Set/Indiglo) to enter the Loop Timer Setting mode.
3. Press B (Start/Stop/+) or D (Reset/Lap/-) to select SEG 1-6.
4. Press button C (Mode) to set Timer Second. Press B (Start/Stop/+) or D (Reset/Lap/-) to adjust to your desired "Second" setting.
5. Press button C (Mode) to set Timer Minute. Press B (Start/Stop/+) or D (Reset/Lap/-) to adjust to your desired "Minute" setting.
6. Press button C (Mode) to set Timer Hour. Press B (Start/Stop/+) or D (Reset/Lap/-) to adjust to your desired "Hour" setting.
7. Press and hold button A (Set/Indiglo) to exit the setting mode.

The timer alert beep sound will be generated when each timer counts down to zero. Next segment of the timer will be loaded and start to count down automatically. The number of loops is 20. Timer will stop automatically.

DAILY ALARM MODE:

Press button C (Mode) until the mode prompt shows "ALRM". The Alarm-1 prompt "AL-1" will be displayed at the upper row. The alarm time is displayed at the lower row.

Press button D (Reset/Lap/-) to select Alarm-1 (AL-1), Alarm-2 (AL-2) and Chime (Hourly chime function).

Press button B (Start/Stop/+) to turn the function on / off. If alarm is turned on, "on" will be displayed at the bottom right corner. If "--" is displayed, the alarm is turned off.



Alarm Setting Mode

1. In Alarm mode, press and hold button A to enter the Alarm Time Setting mode.
2. Press button B (Start/Stop/+) or D (Reset/Lap/-) to select AL-1 or AL-2.
3. Press button C (Mode) to select the Hour or Minute setting.
4. Press button B (Start/Stop/+) or D (Reset/Lap/-) to change the selected setting digits.
5. Press and hold button A (Set/Indiglo) again to exit the setting mode.

Press any button while alarm sound is active to turn off the sound alert.

INDIGLO® night-light:

The watch provides INDIGLO® backlight for reading the display in dark environments. Press button A in any mode to turn on the backlight. It lights up the display for 3 seconds.

BATTERY:

The watch operates with a 3V CR2032 battery. Below are some instructions for using and changing battery.

- Never expose the battery to excessive heat such as sunlight, fire or the like.
- Do not short-circuit the battery and do not take it apart.
- If necessary, clean the battery and unit contacts before inserting the battery.
- Dead batteries should be immediately removed from the device.
- Only replace the battery with a 3V CR2032 battery.

EXTENDED WARRANTY

Available in U.S. only. Extend your warranty for an additional 4 years from date of purchase for \$5. You can pay with AMEX, Discover, Visa or MasterCard by calling 1 800-448-4639 during normal business hours. Payment must be made within 30 days of purchase. Name, address, telephone number, purchase date, and 5-digit model number required. You can also mail a check for \$5 to: Timex Extended Warranty, P.O. Box 1676, Dept. EF, Little Rock, AR 72203.

©2020 Timex Group USA, Inc. TIMEX and INDIGLO are registered trademarks of Timex Group USA, Inc and its subsidiaries.

For more brand information, please visit www.IRONMAN.com. IRONMAN® and the "M-DOT" logo are registered trademarks of World Triathlon Corporation. Official Product of the IRONMAN® TRIATHLON. Used here by permission.