
TIMEX®

DIGITAL FITNESS SYSTEM

Register your product at www.timex.com

The Timex® Digital Fitness System incorporates the very latest digital technology from Timex with methodologies used by fitness experts and personal trainers. As the world leader in sports timing devices, Timex has created a fitness system that combines the digital accuracy demanded by world-class athletes with features anyone at any age can use to stay “fit for life.”

Note: This manual may describe features or functions that are not available on all models. A digital heart rate sensor may be purchased separately.

Resources on the Internet

The Timex web site (www.timex.com) is an excellent source of information to help you get more out of your Timex® Digital Fitness System:

www.timex.com/hrm - Information on Timex Digital Heart Rate Monitors, including product feature listings and simulations.

www.timex.com/fitness - Fitness and training tips using the Timex Digital Heart Rate Monitors.

Note: Always consult your physician before beginning or modifying an exercise program.

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digital fitness system guide



Digital Fitness System

English	page 1
Français	page 0?
Español	página 0?
Português	página 0

DIGITAL FITNESS SYSTEM FEATURES

Watch

- Time with 12-hour (AM/PM) or 24-hour format
- Day, month and date with Month/Date or Date/Month format
- Optional hourly chime
- 24-hour chronograph with Lap or Split time
- 99-lap counter
- Daily alarm with 5-minute backup
- INDIGLO® night-light

Pedometer System

- Step counter (0 - 999,999) with step goal feature
- Distance traveled (miles or kilometers)
- Automatic activity timer
- Calories burned
- Speed (miles or kilometers per hour)
- Step rate (steps per minute)

Heart Rate Monitor

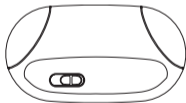
(with Optional Digital Heart Rate Sensor)

- Continuous heart rate
- Average heart rate during activity

OVERVIEW



WATCH (RECEIVER)



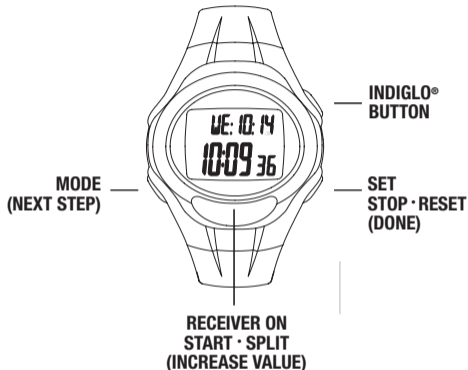
PEDOMETER
(TRANSMITTER)



DIGITAL HEART RATE SENSOR
(OPTIONAL)

WATCH FUNCTIONS

BASIC OPERATION



(Button functions during setting are shown in parentheses)

Press MODE repeatedly to step through the modes: Time, Pedometer, Heart Rate Monitor (appears when optional heart rate sensor is worn), Chronograph, Alarm, and Setup. Press MODE to exit the current mode and return to Time mode.

SETTING TIME AND DATE

To set time, date, and options:

- 1) With time and date showing, press and hold SET.
- 2) Hour flashes. Press START·SPLIT to change Hour (including AM/PM); **hold button to scan values.**
- 3) Press MODE. Minutes flash. Press START·SPLIT to change Minutes.
- 4) Press MODE. Seconds flash. Press START·SPLIT to set Seconds to zero.
- 5) Press MODE. Month flashes. Press START·SPLIT to change Month.
- 6) Press MODE. Day flashes. Press START·SPLIT to change Day.
- 7) Press MODE. Year flashes. Press START·SPLIT to change Year.
- 8) Press MODE to set options. Press START·SPLIT to change value and then press MODE to go to next option. Available options are:
 - Time: 12-hour (AM/PM) or 24-hour format.
 - Date: MM-DD (Month/Day) or DD.MM (Day/Month) date format.
 - Chime: When chime is on, $\sqrt{\quad}$ appears and watch beeps on every hour.
 - Beep: The watch beeps for all button presses.
- 9) Press SET at any step to save your settings and exit to Time.


CHRONOGRAPH

This mode provides a chronograph (stopwatch) function. Press MODE repeatedly until CHRONO appears.

Watch will display lap or split times; their differences are explained in the following diagrammed example.


LAP 1 = 7.11	LAP 2 = 7.50	LAP 3 = 7.08	LAP 4 = 7.30
SPLIT 1 = 7.11			
SPLIT 2 = 15.01			
SPLIT 3 = 22.09			
SPLIT 4 = 29.39			

When the Chrono is reset (00.00.00), press STP-RST to switch between lap and split times. LAP or SPL will be displayed.

To start, press START-SPLIT. Chrono counts up by hundredths of a second up to one hour, then by seconds up to 24 hours. The stopwatch icon  flashes to indicate that the Chrono is running.

To stop, press STP-RST. The stopwatch icon  stops flashing to indicate the Chrono is stopped. To resume, press START-SPLIT, or to reset (clear) Chrono, press and hold STP-RST.

While the Chrono is running, press START-SPLIT to take a lap or split. Lap number and lap or split time is displayed while the Chrono continues to run. After 10 seconds, the display of the running Chrono appears, or press MODE to display immediately.

Chrono continues to run, even if you exit the Chrono mode. Stopwatch icon  appears in Time mode if the Chrono is running.

ALARM

Watch has a daily alarm. Press MODE repeatedly until ALARM appears.

To set alarm:

- 1) Press and hold SET.
- 2) Hour flashes. Press START-SPLIT to change Hour (including AM/PM); **hold button to scan values.**
- 3) Press MODE. Minutes flash. Press START-SPLIT to change Minutes.
- 4) Press SET, at any step, when done to save settings.

To turn alarm ON/OFF, press START-SPLIT.

When Alarm is ON, alarm clock icon  appears in this mode and in Time mode.

When the Alarm sounds, the INDIGLO® night-light flashes. Press any button to silence the Alarm. If no button is pressed, the Alarm will sound for 20 seconds and sound again five minutes later.

Alarm repeats daily unless turned OFF.

INDIGLO® NIGHT-LIGHT

Press INDIGLO® button to illuminate watch display for 3 seconds. Patented (U.S. pat. 4,527,096 and 4,775,964) electroluminescent technology used in the INDIGLO® night-light illuminates watch display at night and in low light conditions.

PEDOMETER SYSTEM

MEASURING YOUR STRIDE LENGTH

In addition to step count, the Pedometer System provides estimations of distance traveled, speed, and calories burned. These calculations require that you know and set your stride length.

To measure your stride length:

- 1) Find an area where you can walk (or jog, or run) 10 steps (or strides) in a straight line.
- 2) Mark the starting line and place your foot behind that line.
- 3) Take 10 steps (or strides) and make a line in front of your foot at your last step.
- 4) Measure distance between two lines (feet or cm). If measuring in feet, round distance to nearest foot.
- 5) Divide distance by 10. This is your stride length.

You can improve the calculation for stride length by using a longer pre-measured distance on a playing field or running track, and counting the number of strides to complete that distance.

Note that if you change your activity, you should measure that new stride length and set the watch accordingly.

SETUP

To use all of Pedometer System's features, the watch must be set up. Press MODE repeatedly until SETUP (then GOAL) appears.

To set up the Pedometer System for the first time, press and hold SET:

- 1) GOAL - the number of steps you want to take daily
 - Press START SPLIT to change value of each digit and press MODE to go to the next digits. Press MODE to go to:
- 2) STRIDE - the length of each step or stride
 - Stride unit flashes. Press START-SPLIT to change unit (feet - FT or centimeters - CM).
 - Press MODE. Set each digit of stride length by pressing START-SPLIT to change digit and MODE to go to next digit. Press MODE to go to:
- 3) WEIGHT - used to calculate calories burned
 - Weight unit flashes. Press START-SPLIT to change unit (pounds - LB or kilograms - KG).
 - Press MODE. Set each digit of weight by pressing START-SPLIT to change digit and MODE to go to next digit. Press Mode to go to:
- 4) ACTIVITY - used to calculate calories burned
 - Press START-SPLIT to change activity (walk, jog, or run). Press MODE to go to:
- 5) HRM - to determine the heart rate monitor display. This setting is applicable only if you have digital heart rate monitor chest strap.
 - Press START-SPLIT to select whether to HIDE or SHOW HRM mode.
 - If you select HIDE, the HRM mode will only appear (between Pedometer and Chrono modes) if the watch is receiving signals from the digital heart rate sensor.
 - If you select SHOW, the HRM mode will always appear.
- 6) Press SET, at any step, when done setting. Watch shows item last set.

In SETUP, press START-SPLIT repeatedly to step through the Setup items. You may set a particular item by displaying that item and then pressing and holding SET. Watch will allow setting of that item immediately, as described previously.

The following table shows how the watch uses setup values.

Calculation	Setup Value Used		
	Stride Length	Weight	Activity Type
Distance	✓		
Speed	✓		
Calories Burned	✓	✓	✓

WEARING THE Pedometer (TRANSMITTER)

Squeeze the top of the spring clip on the back of the pedometer (Figure A) to open the clamp. Slide the pedometer completely onto your belt or waistband (Figure B) as close to your hip bone as possible, so that the switch faces away from your body (Figure C). Pedometer should be on same side of body as watch. Be sure the pedometer remains firmly attached during your activity.



Figure A

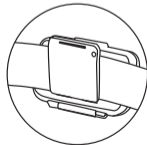


Figure B



Figure C

To activate the pedometer transmitter, slide ON/OFF switch to ON. When done tracking activity, slide pedometer switch to OFF.

To conserve battery power, pedometer transmitter automatically goes to low-power mode after 120 minutes of inactivity, even when switch is ON. The pedometer will start transmitting once motion is detected.

USING Pedometer SYSTEM

To display data from the pedometer system, you must activate watch (receiver) in one of two ways:

- 1) In Time mode, press RECEIVER ON., or
- 2) Press MODE repeatedly until PEDOM appears.


The stick figure icon in the watch display shows the status of the link between the watch receiver and the transmitter. When receiver is activated, a standing stick figure appears. When data is being received, the stick figure is either flashing or walking. TMR appears in display to show that Activity Timer is recording elapsed time. Even if your activity stops, the standing stick figure will flash to indicate that the transmitter and receiver are still electronically linked.



RECEIVER ON WITH
COMMUNICATION
NOT ESTABLISHED



RECEIVER ON WITH
COMMUNICATION
ESTABLISHED

Note that when receiver is activated, watch will also listen for the digital heart rate sensor and heart icon () will appear (See HEART RATE MONITOR).

Once communication has been established, there are two ways to display pedometer data on the watch.

In Time mode, press START-SPLIT to briefly see the Step Count.

To view pedometer data, press MODE repeatedly until PEDOM appears.

In Pedometer mode, press START-SPLIT repeatedly to see the data: Step Count, Distance, Activity Timer, Calories Burned, Speed, Step Rate and Steps To Go (for Goal). Your pedometer system will continue to accumulate data for as long as you need -- up to 999,999 steps. To reset ALL the data to zero, go to Pedometer mode, and press and hold STP-RST.

Note that the stride length must be changed for each activity. Selecting WALK, JOG or RUN only effects the Calories Burned calculation.

NOTE ON STEP COUNT

Pedometer counts every step it detects, but watch display updates every few seconds. **Therefore, it is normal for the step count display on the watch to increase more than 1 step at a time.** For example, if you take three steps between transmissions from pedometer to watch, step count on watch will jump by three.

For problems with pedometer system, see TROUBLESHOOTING.

PEDOMETER DATA SUGGESTIONS

1. TIMER automatically tracks activity time as you walk, jog, or run. No elapsed time is accumulated while you are standing still. Use CHRONO mode to

track total time of an activity (including pauses).



2. CAL (calories burned) provides insight to exertion during activity. The more strenuous the activity, the more calories that are burned.
3. Set the number of steps for your GOAL. TO GO tracks the steps remaining to reach that goal. This is useful when you want to maintain a certain level of activity per day.
4. SPEED and RATE (steps per minute) show pace of activity. This is useful as a tool to judge and increase exercise intensity and calorie consumption.

HEART RATE MONITOR (OPTIONAL)

USING HEART RATE MONITOR

When combined with a digital heart rate sensor, your watch becomes part of an overall fitness system. The heart rate sensor records your heart rate and transmits it to the watch. Just glance at watch during exercise to make sure you are in the desired heart rate zone to maintain or improve your fitness objectives (see any fitness guide for target heart rate zones).

To monitor your heart rate:

- 1) **Put heart rate sensor on your chest.** For details on how the heart rate sensor should be worn, refer to the Fitness Sensor User Guide that accompanies the heart rate sensor. The instructions in this section assume the heart rate sensor is being worn as recommended.
- 2) **Start the heart rate monitor function.** In Time mode, press RECEIVER ON or press MODE repeatedly to go to PEDOM or HRM mode. A hollow heart symbol () appears in the display as the watch waits for the heart rate sensor signal. When the watch begins receiving data, heart symbol becomes solid () and begins flashing.

To ensure a clear signal, stand at least 6 feet (2 meters) away from anyone else using a digital heart rate sensor.

If the watch does not receive the transmission from sensor, the watch stops searching for it. Repeat Step 2 to restart.

- 3) **Read your heart rate.** When the watch receives data from sensor, your heart rate (BPM) may be viewed in Time mode or HRM mode.
- In Time mode, press START-SPLIT. Heart rate will be displayed if the pedometer is not active. If the pedometer is active, step count will be displayed first. In that case, press START-SPLIT again to view the heart rate.
 - Press MODE repeatedly until HRM appears. Current heart rate is then displayed. Press START-SPLIT to view average heart rate since watch started receiving heart rate data.

Heart rate monitor automatically shuts off when no data from the heart rate sensor has been received for 60 seconds. You may turn off heart rate monitor manually by pressing and holding START-SPLIT for 3 seconds in HRM mode.

For problems with heart rate monitor, see TROUBLESHOOTING

TROUBLESHOOTING

Pedometer System

The stick figure is not walking, or I see the message NO POD DATA on my watch, yet the pedometer transmitter is ON.

- Make sure pedometer is worn on the same side of the body as the watch.
- Replace the battery in the pedometer.

Heart Rate Monitor

I'm having trouble getting a first reading, or the heart rate numbers appear to be incorrect during operation.

- Liberally reapply moisture to the textured contact pads on the back of the heart rate sensor.
- Tighten the chest strap until it fits snugly and makes good contact with the skin. Make sure the sensor is secure against your skin and is placed with TIMEX facing up.
- Move away from other digital heart rate sensors and other sources of radio signals and static electricity, such as exercise equipment and other electrical machinery.
- Wait a couple of minutes and try again.

Sometimes I see dashes on the display bracketing my heart rate, or the heart rate displayed remains unchanged for an extended period of time. What does this mean?

This usually indicates that either the sensor pads need moisture, or the chest unit is not snug on your chest which causes poor electrical contact with your skin. Moisten the sensor pads and adjust the transmitter, so that both pads are making good contact with your chest.

Sometimes the heart stops flashing briefly.

As long as the heart is flashing, the watch is receiving a clear signal from the monitor. As with any radio system, there may be occasional interference or brief jamming of the signal. If this occurs, the watch suspends the flashing of the heart. Usually the problem resolves itself and the flashing resumes. If the interruption continues, the watch alerts you with the error message described below.

The message “NO HRM DATA” appears on the display.

This error message is displayed if the watch is not receiving regular heart rate updates from the sensor. However, as long as the sensor is on the chest, its pads are wet, and the battery in the transmitter is not weak, the watch will usually recover without intervention on your part. If it does not recover, try the following:

- The sensor pads on the chest transmitter may have lost contact with your chest for a few seconds. Be sure the transmitter is snug on your body.
- The sensor pads may be dry. Liberally moisten them and readjust the chest transmitter if necessary.
- The battery in the chest transmitter may be weak and need replacing. (See instructions in the Fitness Sensor User Guide for battery replacement.)

WATCH MAINTENANCE AND WARRANTY

Maintenance

The heart rate monitor transmitter and its strap should be rinsed in fresh water to avoid the build-up of materials that can interfere with the measurement of your heart rate. The watch does not need to be rinsed.

Watch Battery Replacement

The watch battery should last approximately 22 months using the pedometer system and/or heart rate monitor up to 1 hour per day.

To avoid the possibility of permanently damaging the watch, TIMEX STRONGLY RECOMMENDS TAKING YOUR WATCH TO A LOCAL RETAILER OR JEWELER TO HAVE THE BATTERY REPLACED.

Pedometer Transmitter Battery Life and Replacement

Battery life of the pedometer transmitter should exceed 17 months, based upon using it an hour a day. Greater usage will shorten the battery life. Replace transmitter battery when any of the following occur:

- The watch no longer receives pedometer information from the pedometer transmitter when properly worn and powered on.
- Stationary stick figure and error messages (NO POD DATA) appear on the display with increased frequency.

To replace pedometer battery, follow steps below:

1. Using a #0 Phillips screwdriver, unscrew the screw on back top right of pedometer transmitter.
2. Remove old battery.
3. Replace battery with CR2032 (or equivalent).
4. Reinstall battery cover.
5. Turn pedometer transmitter on and test.

HRM Transmitter Battery Life and Replacement

Please refer to the Fitness Sensor User Guide for more information on HRM transmitter battery life and replacement.

WATER RESISTANCE

Your Watch withstands water pressure up to 86 psi (equals immersion to 164 feet or 50 meters below sea level). This 50-meter resistance remains intact so long as you keep the lens, push buttons, and case intact.

WARNING: TO MAINTAIN WATER RESISTANCE, DO NOT PRESS ANY BUTTONS WHILE UNDER WATER.

While your Watch will resist water, you should not use this Watch for diving, as it is not a diver's Watch and you should rinse your Watch with fresh water after exposure to salt water. The Watch will not display Sensor data when operated under water.

TIMEX INTERNATIONAL WARRANTY

(U.S. LIMITED WARRANTY)

Your watch is warranted against manufacturing defects by Timex Corporation for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your watch by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.

IMPORTANT: PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR PRODUCT:

- 1) after the warranty period expires;
- 2) if the product was not originally purchased from an authorized retailer;
- 3) from repair services not performed by the manufacturer;
- 4) from accidents, tampering or abuse; and

5) Case, attachments or battery. You may be charged for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your watch to the manufacturer, one of its affiliates or the retailer where the product was purchased, together with a completed original Product Repair Coupon or, in the U.S. and Canada only, the completed original Product Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your watch to cover postage and handling (this is not a repair charge): a US\$ 7.50 check or money order in the U.S.; a CAN\$6.00 cheque or money order in Canada; and a UK£ 2.50 cheque or money order in the U.K. In other countries, you will be charged for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572-9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call +43 662 88 92130. For the Middle

East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information.

TIMEX INTERNATIONAL WARRANTY — REPAIR COUPON

Original Purchase Date: _____

(Attach copy of sales receipt, if available)

Purchased by: _____

(Name, address and telephone number)

Place of Purchase: _____

(Name and address)

Reason for Return: _____

TIMEX INTERNATIONAL WARRANTY - WATCH REPAIR COUPON

Service: If your watch should ever need servicing, send it to Timex as set forth in the Timex International Warranty or addressed to:

Hot Line Watch Service P.O. Box 2740 Little Rock, AR 72203.

Street address: Hot Line Watch Service 1302 Pike Ave. North Little Rock, AR 72114

For your convenience in obtaining factory service, participating Timex retailers can provide you with a pre-addressed Watch Repair Mailer. See the Timex International Warranty for specific instructions on the care and service of your watch. For service questions, call 1-800-328-2677.

Should you need a replacement strap or pedometer, call 1-800-328-2677

FCC Notice (U.S.) / IC Notice (Canada):

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio TV technician for help.

This Class [B] digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe [B] est conforme à la norme NMB-003 du Canada

DECLARATION OF CONFORMITY

Manufacturers Name: Timex Corporation
Manufacturers Address: 555 Christian Road
Middlebury, CT 06762
United States of America

declares that the product:

Product Name: Timex Pedometer Digital Fitness System
Model Number: M597

conforms to the following Product Specifications:

R&TTE: 1999/05/EC

Standards: ETSI EN 300 330-1 - V1.3.1 (EMC) & (ERM)
ETSI EN 300 330-2 - V1.1.1 (EMC) & (ERM)

LVD: 73/23/EEC

Standards: CENELEC EN 60950-1

EMC: 89/336/EEC

Standards: CENELEC EN 55022:1998
CENELEC EN 55024-1998
EN 61000-4-2 - ESD
EN 61000-4-3 - RF Radiated Immunity
EN 61000-4-8 - Magnetics

Supplemental Information: The product herewith complies with the requirements of the *Radio & Telecommunications Terminal Equipment Directive 1999/05/EC*, the *Low Voltage Directive 73/23/EEC*, and the *EMC Directive 89/336/EEC* and carries the **CE** marking accordingly.

Agent: 

Brian J. Hudson
Director, Test Engineering and Module Development

Date: 01 March, 2006, Middlebury, Connecticut, U.S.A.

