



Target heart rate zone	Zone 1 to 5
Lower heart rate range	30 to 220 bpm
Upper heart rate limit range	80 to 240 bpm
Distance measurement range	0 to 9999.99 unit (unit is km or mile)
Step measurement range	0 to 99999
Maximum lap count	99
Cadence measurement range	1 to 199 rpm
Number of interval training	2 to 5
Calorie range	0 to 9999 kcal
Fat burn percentage range	0 to 100%
Fitness Index range	1 to 66
<b>POWER</b>	
Watch	1 x CR2032 3V lithium battery
SZ909 chest belt	1 x CR2032 3V lithium battery
<b>OPERATING ENVIRONMENT</b>	
Operating temperature	<b>For watch</b> 0°C to 40°C (32°F to 104°F)  <b>For SZ909 chest belt</b> 5°C to 40°C (41°F to 104°F)
Storage temperature	<b>For watch and SZ909 chest belt</b> -20°C to 60°C (-4°F to 140°F)

#### PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the watch thoroughly after each training session. Never use the product in hot water or store it when wet.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not bend or stretch the transmitter part of the chest belt.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

**NOTE** The technical specifications for this product and the contents of the user manual are subject to change without notice.

**NOTE** Features and accessories will not be available in all countries. For more information, please contact your local retailer.

#### ABOUT OREGON SCIENTIFIC

Visit our website ([www.oregonscientific.com](http://www.oregonscientific.com)) to learn more about Oregon Scientific products.

If you're in the US and would like to contact our Customer Care department directly, please visit:

[www2.oregonscientific.com/service/support.asp](http://www2.oregonscientific.com/service/support.asp)

For international inquiries, please visit:  
[www2.oregonscientific.com/about/international.asp](http://www2.oregonscientific.com/about/international.asp)

#### EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Heart Rate Monitor with PC, Distance and Speed (model SE833) is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.



#### FCC / IC STATEMENT

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 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.

#### DECLARATION OF CONFORMITY

The following information is not to be used as contact for support or sales. Please visit our website at [www2.oregonscientific.com/service](http://www2.oregonscientific.com/service) for all enquiries.

#### We

Name: Oregon Scientific, Inc.  
Address: 19861 SW 95<sup>th</sup> Ave., Tualatin, Oregon 97062 USA  
Telephone No.: 1-800-853-6883

#### declare that the product

Product No.: SE833  
Product Name: Heart Rate Monitor with PC, Distance and Speed  
Manufacturer: IDT Technology Limited  
Address: Block C, 9/F, Kaiser Estate, Phase 1, 41 Man Yue St., Hung Hom, Kowloon, Hong Kong

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