

Heart Rate Monitor with PC Distance and Speed USB dongle MODEL: SE833 . AD162

INTRODUCTION

Thank you for selecting the Oregon ScientificTM Heart Pate Monitor with PC Distance and Speed (SE833). Apart from being an advanced heart rate monitor, this watch is also designed with PC compatibility to allow users to store exercise data for analysis and fitness management. Other functions such as speed and distance measurement, exercise timer with laps and exercise profiles are available for users to ontimize their workout

2.4GHz-ANT Sports System is used in this watch to achieve reliable transmission linkage with other accessories, such as chest belt, foot pod or bike pod.

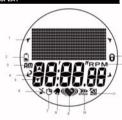
IMPORTANT This watch is for sport purposes only and is not meant to replace any medical device

CONTROL BUTTONS



- 1. / SP: Toggle options; decrease value; pause/stop during exercise
- 2. MODE : Toggle modes; return to previous
- page
 3. SET : Confirm settings; set alarm on/off in
- 4. 6 : Activate backlight; lock / unlock
- ST / LAP / + : Toggle options; increase value: mute/un-mute in Time mode

DISPLAY





or : Indicates battery power is low

3. RM/PM: 12 hour clock

4. Press the key to exit

: Indicates up / down or upper / lower

: Indicates been tone is off 3

Indicates exercise timer is activated

8. : Indicates alarm is on

: Indicates heart rate signal is received or heart rate chest belt is paired

10. : Indicates speed and distance signal is received or foot pod is paired

11. : Indicates bike and cadence signal is received or bike pod is paired

12. RPM : Resolutions per minute (unit of cadence)

STARTING YOUR WATCH (FIRST TIME)

After removing the watch from the nackage

The watch will prompt you to set your user

profile. The screen below will be shown.

the dienlay is shown

GENDER MALE

SET to confirm

activate it by pressing and holding MODE until

Press ST/LAP/+ to select option, then press

to the following order: year of birth, month of birth, day of birth, weight unit and weight

Continue setting your user profile according

value, by pressing the following buttons

ST/LAP/+ to increase value or select

SET to confirm selected option
 After your user profile is set, the screen

You can continue setting other profiles

(exercise or watch profiles) by pressing

EXERISE PROFILE" or "SET WATCH

SET WATCH?

ST/LAP/+ repeatedly. Refer to "SET

SET PROG ?

IMPORTANT To ensure accurate calculations

set the watch and user profiles before

NOTE When the watch is left idle for 30

CONNECTING WITH PC SOFTWARE

2 Plug in the USB dongle AD162

3. Open the PC application software.

4. Press MODE repeatedly to select FFC

screen will display "FAILED", press

ST/LAP/+ then SET to try again

Processor: Pentium 4 or above

Hard disk free space: Min. 512MB

Screen Display Area: 1024 x 768 pixels

To ensure accurate calculations with your

exercise, you are strongly required to set

profiles after every battery replacement or

seconds during set up, it will automatically exit

1. Press MODE repeatedly to select \$5ET.

the watch and user profiles before

Remember to set the watch and user

NOTE When the watch is left idle for 30

Press SET to start connecting.

If connection is successful, the screen will

display "DONE". If connection fails, the

NOTE The recommended PC requirements are:

Operating system: Microsoft Windows XP

On the PC

software

SP2 or Vista

xercising.

RAM: Min. 512MB

SETTING UP YOUR WATCH

with your exercise, you are strongly required to

seconds during set up, it will automatically exit

Your watch can connect wireless with the PC

application software via the USB dongle AD162

Insert the CD and install the PC application

-/SP to decrease value

below will be shown

SET USER ?

13. : Indicates keypad is locked

ontions Press ST/LAP/+ or -/SP to select the option

WATCH"

3. Press SET to enter watch profile setting to set; set alarm, set time, set date, set unit, eat alart* eat view**

2. Press ST/LAP/+ repeatedly to select "SET

 Press SET and start setting the selected option by pressing the following buttons:

• ST/LAP/+ to increase value or select

ontion

-/SP to decrease value

SET to confirm selected option

* During exercise, when the heart rate is out of the target zone, the watch will send out visual and cound alart. You can calact to turn on/off the sound alert in the "SET ALERT" option. For details of target zone, refer to "TARGET ZONE" section in this manual.

** During exercise, the watch will toggle display your exercise information. You can select to urn on/off the toggle display in the "SET VIEW" option

SET LISER PROFILE

IMPORTANT Reset the user profile if the watch will be used by another person

1. Press MODE repeatedly to select SET Press ST/LAP/+ repeatedly to select "SET

IISED" 3. Press SET to enter user profile setting options.

4 Follow stens 1 and 2 in "STARTING YOUR WATCH (FIRST TIME)" section in this

IMPORTANT Reset the exercise profile if the vatch will be used by another persor

You can set exercise profiles for your training and workout. The watch has 3 exercise options: Cardio, Run and Cycling.

1. Press MODE repeatedly to select %SET.

 Press SET to enter exercise options.
 Press ST/LAP/+ or -/SP to select the exercise to set: set cardio, set run, set

4 Press SFT to confirm selection then continue to set the profile* of the selected exercise by pressing the following buttons:

• ST/LAP/+ to increase value or select

-/SP to decrease value

. SET to confirm selected option

* The profile setting options are as follows:

Warm up time

Interval training on/off

Number of interval (2-5)
 Exercise time for each exercise or

Rest time for each interval

Exercise by distance or by time Target heart rate zone (1-5) [For details. refer to "TARGET ZONE" section in this

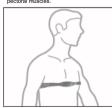
manual 1 Recovery timer on/off

WEARING CHEST BELT

 Wet the conductive pads on the underside of the chest belt with a few drops of water or



2. Strap the chest belt across your chest. To ensure an accurate heart rate signal, adjust the strap until the belt sits snugly below your pectoral muscles.



TIPS

 The position of the chest belt affects its formance Move the chest belt along the strap so that it falls above your heart.

· Avoid areas with dense chest hair.

 In dry_cold climates, it may take several minutes for the chest belt to function steadily. This is normal and should improve with several minutes of exercise

PAIRING AND CALIBRATING DEVICE

IMPORTANT To ensure accurate calculations with your exercise, you should pair and calibrate the watch with SZ909 chest helt. This chest belt allows pairing of both heart rate and foot pod functions

The watch can also pair with other chest helts and devices such as foot pod and bike pod that use the ANT Snorts System. However, other chest belts can only allow pairing of heart rate function

NOTE If pairing is weak and unstable: Shorten the distance between the device and watch.

Re-adjust the position of the device.

Check the hatteries. Replace them when

1. Press MODE repeatedly to select MDEV 2. Press SET to enter "PAIR DEVICE"

· Press SET to start pairing

 If the watch is already paired with device, you can continue to set the paired device by pressing the following buttons:

ST/LAP/+ to increase value or select option*

❖ -/SP to decrease value

· SET to confirm selected option

3. If pairing is successful, the watch will



NOTE For SZ909 chest belt, pairing is only considered successful when both HR belt and foot pod are found.

* The watch will not show any setting options (such as "WHEEL SIZE", "CAL DEVICE**" or "REMOVE DEVICE") if no device is paired.

** The SZ909 chest belt should be calibrated both by running and walking. To accurately calibrate the bike pod, wheel size should be inputted. For details of bike wheel size, refer to "BIKE WHEEL SIZE" section in this manual

CONDUCTING EXERCISE

IMPORTANT To ensure accurate calculations with your exercise, you should pair and calibrate the watch with SZ909 chest belt or

However, if without pairing, the chest belt can only receive heart rate signal.

There are 2 options for exercise: AUTO and

PROG AUTO refers to conducting exercise

without setting exercise profile.

PROG refers to conducting exercise with exercise profile set: Cardio, Running, Cycling (refer to "SET EXERCISE PROFILE" section in this manual

Press MODE to select *EXE.

 To exercise without exercise profile, press
 ST/LAP/+ to select "AUTO". To exercise with exercise profile, press ST/LAP/+ to select "PROG".

3. Press SET to confirm selection, then

continue by pressing the following buttons: . ST/LAP/+ to select option, add a lap or resume from pause

. -/SP to select option, pause or (by pressing and holding) stop exercise. then save into memory and exit

SET to start exercise or view data during

 MODE to exit (after pressing -/SP) without saving

WARNING Adjust your exercise if the upper or lower heart rate limit is exceeded. The watch will warn by beeping and displaying:





NOTE If connection with device is lost during exercise, press SET to search for device and

VIEWING EXERCISE RECORD

NOTE Memory Mode will not display when no evercise record is stored

 Press MODE repeatedly to select @MEM. Your watch will display the number of

 You can either choose to clear all stored. memories by pressing ST/LAP/+ or enter to view exercise record by pressing SET.

Continue viewing your exercise records by pressing the following buttons:

 ST/LAP/+ to select option -/SP to select option

SET to view record details

 MODE to return to previous page NOTE When memory is full, your watch will beep and display:



 Press SET to overwrite old memories. o Press MODE to exit without overwriting. memories. New exercise data will not be recorded

KNOWING YOUR FITNESS INDEX

Your watch will generate a fitness index based on your aerobic exercise (by running 1 mile or 1.60

IMPORTANT Ensure your watch is already paired and calibrated with heart rate chest belt before doing the fitness test.

1. Press MODE to select XEXE Press ST/LAP/+ repeatedly to select

"FITNESS TEST" Press SET to confirm. Your watch will

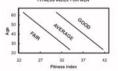
automatically search for device . If device is found, press SET to start

If fail to find device, either press SET to

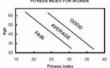
search again or press MODE to exit.

4. After completing the run, your watch will automatically calculate and show your fitness index. The higher the index, the fitter von are. The diagrams below provide a general guide as to what your fitness index mean

FITNESS INDEX FOR MEN



FITNESS INDEX FOR WOMEN



OTHER OPERATION AND SETTING

Press - 1 to turn backlight On for 5

NOTE The backlight function will not operate if or 🗗 is displayed.

LOCK / UNLOCK KEYPAD

Press and hold - 1 for 2 seconds to lock or unlock keypad. 6 indicates keypad is

SET ALARM ON / OFF

1. In Time mode, press SET.

3. Press MODE or SET to exit.

2. Press ST/LAP/+ to turn alarm On or Off. indicates the alarm is turned On.

To silence alarm:

Press any button to stop the alarm and it will activate again 24 hours later.

· Set the alarm to Off.

SET BEEP TONE ON / OFF

In Time mode, press ST/LAP/+. Indicates the been tone is turned Off

avatem low battery

SYSTEM LOW BAT

If the battery power of your watch or chest belt is low, the watch will display:

> HR BEL or



1. Use a small screwdriver to open the battery compartment lid. Remove the old battery and insert a new

CR2032, 3V lithium battery.

3. Secure the lid by screwing it back into place.



Use a coin to open the battery compartment lid

by turning it anticlockwise. Remove the old battery and insert a new CR2032 3V lithium battery

Secure the lid by turning the coin clockwise

USEFUL REFERENCE

220 - age = MHR

To help achieve maximum health benefits from your workout programme, it is important to

know your: Maximum Heart Rate (MHR)

Upper heart rate limit

 Lower heart rate limit MHR is expressed in beats per minute. You can get your MHR from an MHR test, or you can estimate it by using the following formula:

The watch is pre-programmed with 5 target

| zone options, each with its lower and upper | | |
|---|-------------|-------------|
| heart rate limit, as listed in the table below. | | |
| | Lower Limit | Upper Limit |
| Zone 1 | 50% x MHR | 60% x MHR |
| Zone 2 | 60% x MHR | 70% x MHR |
| Zone 3 | 70% x MHR | 80% x MHR |
| Zone 4 | 80% x MHR | 90% x MHR |
| Zone 5 | 90% x MHR | 100% x MHR |

The most popular zone range is from 50% to 80% of your Maximum Heart Rate. This is where you achieve cardiovascular benefits, burn fat and become fitter

50% Moderate Activity 60% Weight Management 70% erobic Zone 80% erobic Threshold Zone 90% 100%

There are three categories of training as described in the table below

TRAINING DESCRIPTION CATEGORY This is the Inwest tra intensity level. It is good for beginners and those who wan to strengthen their Aerobic Increases strength and endurance. It works within the body's oxygen intake capability, burns more calories and can be maintained for a long period of time. Generates speed and power. It works at or above the body's

The upper and lower heart rate limits are calculated by multiplying your MHR by the percentages of the selected training category

For example: A 40-year-old training for basic health

maintenance: His upper heart rate limit [220 - 40(age)] x

IMPORTANT Always warm up before exercise and select the training category that best suits your physique. Exercise regularly, 20 to 30

WARNING Determining your individual training category is a critical step in the process towards an efficient and safe training programme. Please consult your doctor or health professional to help you determine

Match the ETRTO or wheel size diameter at the right hand column of the table below Input the relevant wheel size setting number

| ETRTO | Wheel size diameter | Wheel size setting |
|--------|------------------------|--------------------|
| | (inches) | (mm) |
| 25-559 | 26 x 1.0 | 1884 |
| 23-571 | 650 x 23C | 1909 |
| 35-559 | 26 x 1.50 | 1947 |
| 37-622 | 700 x 35C | 1958 |
| 47-559 | 26 x 1.95 | 2022 |
| 20-622 | 700 x 20C | 2051 |
| 52-559 | 26 x 2.0 | 2054 |
| 23-622 | 700 x 23C | 2070 |
| 25-622 | 700 x 25C | 2080 |
| 28-622 | 700 x 28 | 2101 |
| 32-622 | 700 x 32C | 2126 |
| 42-622 | 700 x 40C | 2189 |
| 47 622 | 700 v 47C | 2220 |

The SE833 is water-resistant up to 50 meters

| | Santa P | | - <u>-</u> | Ţ. | 4 |
|------|------------|---------------|--------------------|------------------|-----------------|
| | RAN | SHOWERNS | USHT | SHALLOW | SNOWELNG |
| | ETC | COOL WATER | / SHALLOW WATER | SURFING WATER | WATER DIVING |
| 5DM/ | ox | OKY) | ОК | SPORTS OX | NO. |

NOTE Set the watch before exposing it to excessive water. Pressing the keys while in the water or during heavy rainstorms may cause water to enter the watch

CLOCK

| OLOGIC | |
|-----------------|---------------------------|
| Time format | 12/24 hour format with |
| | hour / minute / second |
| Date format | DD / MM or MM / DD |
| Year range | 2008 - 2057 |
| Alarm | Alarm with daily, weekday |
| | or |
| | weekend settings |
| TRAINING | |
| Exercise time | 00:00:00 to 99:59:00 |
| range | |
| Rest time range | 00:00:00 to 99:59:00 |
| Warm up time | 00:00:00 to 00:15:00 |
| range | |
| Recovery timer | 1 to 10 minutes |
| range | |
| | |

His lower heart rate limit [220 - 40(age)] x

minutes ner session, three to four times a week for a healthier cardiovascular system

exercise frequency and duration appropriate for your age, condition and specific goals.

printed on the wheel with the wheel size setting during bike pod calibration.

| 20 | diameter (inches) | setting (mm) |
|--------|----------------------|-----------------|
| 25-559 | 26 x 1.0 | 1884 |
| 23-571 | 650 x 23C | 1909 |
| 35-559 | 26 x 1.50 | 1947 |
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| 47-622 | 700 x 47C | 2220 |

NOTE Wheel sizes on this table are for reference only as wheel size depends on the

USE IN WATER

wheel type and air pressure.

(164 feet)

| SPECIFICATIONS | |
|----------------|--|
| | |
| | |

| Target heart rate | Zone 1 to 5 |
|-----------------------------------|---|
| zone | |
| Lower heart rate | 30 to 220 bpm |
| limit range | |
| Upper heart rate | 80 to 240 bpm |
| limit range | 0.1.0000.00 317.31 |
| Distance measurement | 0 to 9999.99 unit (unit is km or mile) |
| range | km or mile) |
| Step | 0 to 99999 |
| measurement | 0 10 33333 |
| range | |
| Maximum lap | 99 |
| count | |
| Cadence | 1 to 199 rpm |
| measurement | |
| range | |
| Number of | 2 to 5 |
| interval training | |
| Calorie range | 0 to 9999 kcal |
| Fat burn | 0 to 100% |
| percentage range Fitness Index | 1 to 66 |
| | 1 to 66 |
| range POWER | |
| Watch | 1 x CR2032 3V lithium |
| Water | battery |
| SZ909 chest belt | 1 x CR2032 3V lithium |
| OZOGO GILGOT DOIL | battery |
| OPERATING ENVIR | RONMENT |
| Operating | For watch |
| temperature | 0°C to 40°C |
| | (32°F to 104°F) |
| | |
| | For SZ909 chest belt |
| | 5°C to 40°C |
| 01 | (41°F to 104°F) |
| Storage temperature | For watch and SZ909 chest belt |
| temperature | -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
- 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 manufacture

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) 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

For international inquiries, please visit: www2.oregonscientific.com/about/international.

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Heart Rate Monitor with PC, Distance and Sneed (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 ECC 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 ECC. Rules. These limits are designed to provide reasonable protection against harmful

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 communicatione. 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 for all enquiries.

Oregon Scientific, Inc. 19861 SW 95th Ave., Tualatin, Address: Oregon 97062 USA Telephone No.: 1-800-853-8883

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 ECC 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