Oregon SCIENTIFIC

Heart Rate Monitor with PC
MODEL: SE833L (including SZ912 and AD112)
USER MANUAL

EN

INTRODUCTION

Thank you for selecting the Oregon Scientific™ Heart Rate Monitor with PC. Apart from being an advanced heart rate monitor, this watch is also designed with PC download function and Internet connection to allow users to store exercise data and upload to the web for analysis and fitness management. Other functions such as stopwatch with laps and user profiles are available for users to optimize their workout.

2.4GHz-ANT Sports System is used in this watch to achieve reliable transmission linkage with other accessories, such as chest belt (SZ912) and USB dongle (AD112) as well as foot pod and bike pod.
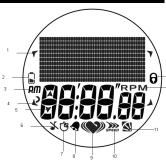
IMPORTANT This watch is for sport purposes only and is not meant to replace any medical device.

CONTROL BUTTONS

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

DISPLAY

1. ▲ : Key to press indicator
2. 🔋 or 🔋 : Indicates battery power is low or empty
3. **AM/PM** : 12 hour clock
4. ↩ : Press the key to exit
5. ▲▼ : Indicates up / down or upper / lower limit
6. 🔔 : Indicates beep tone is off
7. ⏱ : Indicates chronometer (stopwatch) is activated
8. 🔔 : Indicates alarm is on
9. ♥ : Indicates heart rate signal is received or heart rate chest belt is paired
10. 🚴 : Indicates bike and cadence signal is received or bike pod is paired
11. **RPM** : Resolutions per minute (unit of cadence)
12. 🔒 : Indicates keypad is locked

STARTING YOUR WATCH (FIRST TIME)

After removing the watch from the package, activate it by pressing and holding **MODE** until the display is shown.

The watch will prompt you to set your profile. The screen below will be shown.

1. Press **ST/LAP/+** to select option, then press **SET** to confirm.
2. Continue setting your profile according to the following order: year of birth, month of birth, day of birth, weight unit and weight value, by pressing the following buttons:
   - **ST/LAP/+** to increase value or select option
   - **-/SP** to decrease value
   - **SET** to confirm selected option
3. After your profile is set, the screen below will be shown.

You can continue to set the watch profile by pressing **ST/LAP/+** to select **"SET WATCH"** option. Refer to **"SET WATCH PROFILE"** section in this manual.

IMPORTANT To ensure accurate calculations with your exercise, you are strongly required to set the watch and user profiles before exercising.

NOTE When the watch is left idle for 30 seconds during set up, it will automatically exit and display the time.

CONNECTING WITH COMPUTER SOFTWARE

Your watch can connect with the computer Application Software via the USB dongle (AD112).

1. Insert the AD112 USB dongle in the computer.
2. Press **MODE** to select 🖥**PC**.
3. Press **SET** to start connecting.
4. If connection is successful, the screen will display **"DONE"**. If connection fails, the screen will display **"FAILED"**, press **ST/LAP/+** to try again.

SETTING UP YOUR WATCH

IMPORTANT
- To ensure accurate calculations with your exercise, you are strongly required to set the watch and user profiles before exercising.
- Remember to set the watch and user profiles after every battery replacement or power reset.

NOTE When the watch is left idle for 30 seconds during set up, it will automatically exit and display the time.

SET WATCH PROFILE

1. Press **MODE** to select 🕐**SET**.
2. Press **ST/LAP/+** to select **"SET WATCH"**.
3. Press **SET** to enter watch profile setting options.
4. Press **ST/LAP/+** or **-/SP** to select the option to set: set alarm, set time, set date, set unit, set alert*, set view**.
5. Press **SET** and start setting the selected option by pressing the following buttons:
   - **ST/LAP/+** to increase value or select option
   - **-/SP** to decrease value
   - **SET** to confirm selected option

* During exercise, when the heart rate or speed rate is out of the target zone, the watch will send out visual and sound alert. You can select to turn on/off the sound alert in the **"SET ALERT"** option.

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

SET USER PROFILE

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

1. Press **MODE** to select 🕐**SET**.
2. Press **ST/LAP/+** to select **"SET USER"**.
3. Press **SET** to enter user profile setting options.
4. Follow steps 1 and 2 in **"STARTING YOUR WATCH (FIRST TIME)"** section in this manual.

SET EXERCISE PROFILE

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

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

1. Press **MODE** to select 🕐**SET**.
2. Press **ST/LAP/+** to select **"SET PROG"**.
3. Press **SET** to enter exercise options.
4. Press **ST/LAP/+** or **-/SP** to select the exercise to set: set run, set cycling, set cardio.
5. Press **SET** 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 option
   - **-/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 interval
- Rest time for each interval
- Exercise by time
- Target heart rate zone (1-5)
- Recovery timer on/off

PAIRING AND CALIBRATING DEVICE

IMPORTANT To ensure accurate calculations with your exercise, you are strongly required to pair and calibrate the watch with the AZ112 heart rate chest belt, foot pod and bike pod before exercise.

The bike pod and foot pod should be purchased separately and should be compatible with ANT Sports System.

1. Press **MODE** to select 🏃**DEV**.
2. Press **SET** to enter **"PAIR DEVICE"**.
   - Press **SET** to start pairing.
   OR
   - 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 display:

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

** To accurately calibrate the bike pod, wheel size should be inputted.

CONDUCTING EXERCISE

IMPORTANT To ensure accurate calculations with your exercise, you are strongly required to pair and calibrate the watch with devices such as heart rate chest belt, foot pod and bike pod before exercise.

There are 2 options for exercise: AUTO and PROG.
- AUTO refers to conducting exercise (with stopwatch running) without setting exercise profile.
- PROG refers to conducting exercise (with stopwatch running) with exercise profile set: Running, Cycling, Cardio (refer to **"SET EXERCISE PROFILE"** section in this manual).

1. Press **MODE** to select 🏃**EXE**.
2. 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 and save into memory
- **SET** to start exercise or view data during exercise

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 re-connect.

VIEWING EXERCISE RECORD

NOTE Memory Mode will not display when no exercise data is stored.

1. Press **MODE** to select ⏱**MEM**. Your watch will display the number of exercise record.
2. You can either choose to clear all stored memories by pressing **ST/LAP/+** or enter to view exercise record by pressing **SET**.
3. Continue viewing your exercise record 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, or
- 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 km).
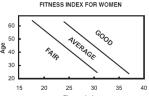
IMPORTANT Ensure your watch is already paired and calibrated with heart rate chest belt before doing the fitness test.

1. Press **MODE** to select 🏃**EXE**.
2. Press **ST/LAP/+** to select **"FITNESS TEST"**.
3. Press **SET** to confirm. Your watch will automatically search for device.
   - If device found, press **SET** to start running.
   - 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 you are. The diagrams below provide a general guide as to what your fitness index means.

FITNESS INDEX FOR MEN

FITNESS INDEX FOR WOMEN

OTHER OPERATION AND SETTING

ACTIVATE BACKLIGHT

Press ☀ / 🔒 to turn backlight On for 5 seconds.

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

LOCK / UNLOCK KEYPAD

Press and hold ☀ / 🔒 for 2 seconds to lock or unlock keypad. 🔒 indicates keypad is locked.

SET ALARM ON / OFF

1. In time/date display, press **SET**.
2. Press **ST/LAP/+** to turn alarm On or Off. 🔔 indicates the alarm is turned On.
3. Press **MODE** or **SET** to exit.

To silence alarm:
- Press any button to stop the alarm and it will activate again 24 hours later.
  OR
- Set the alarm to Off.

SET BEEP TONE ON / OFF

In time/date display, press **ST/LAP/+**. 🔔 indicates the beep tone is turned Off.
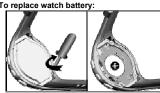
REPLACE BATTERY

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

To replace watch battery:
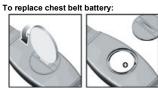

1. Use a small screwdriver to open the battery compartment lid.
2. Remove the old battery and insert a new CR2032, 3V lithium battery.
3. Secure the lid by screwing it back into place.

To replace chest belt battery:

1. Use a coin to open the battery compartment lid by turning it anticlockwise.
2. Remove the old battery and insert a new CR2032, 3V lithium battery.
3. Secure the lid by turning the coin clockwise.

USEFUL REFERENCE

PHYSICAL CONDITION AND WORKOUT

To help achieve maximum health benefits from your workout program, 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:
220 - age = MHR

TRAINING ZONES

There are several training zones that are relevant to a fitness program. 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. When programming your watch, the lower percentage of the zone you choose becomes your lower heart rate limit and the higher percentage becomes the upper heart rate limit.

There are three training zones, as described below:

TRAINING ZONE	MHR%	DESCRIPTION
Health Maintenance	65-78%	This is the lowest training intensity level. It is good for beginners and those who want to strengthen their cardiovascular systems.
Aerobic Exercise	65-85%	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.
Anaerobic Exercise	78-90%	Generates speed and power. It works at or above the body's oxygen intake capability, builds muscle, and cannot be maintained for a long period of time.

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

For example:
A 40-year-old training for basic health maintenance:
- His Upper Heart Rate Limit [220 - 40(age)] x 78%
- His Lower Heart Rate Limit [220 - 40(age)] x 65%

IMPORTANT Always warm up before exercise and select the training zone that best suits your physique. Exercise regularly, 20 to 30 minutes per session, three to four times a week for a healthier cardiovascular system.

WARNING Determining your individual training zone is a critical step in the process towards an efficient and safe training program. Please consult your doctor or health professional to help you determine exercise frequency and duration appropriate for your age, condition and specific goals.

USE IN WATER

The SE833 is water-resistant up to 50 meters (164 feet).

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.

SPECIFICATIONS

Clock	12/24 hour format with hour / minute / second
Stopwatch	00:00:00 to 99:59:59 (hrs: min: sec)
Lower heart rate limit range	30 - 220 bpm
Upper heart rate limit range	80 - 240 bpm
Calorie range	0 - 9999 kcal
Power	1 x CR2032 3V lithium battery
Operating temperature	0°C to 40°C (32°F to 104°F)
Storage 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 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) 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.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.

COUNTRIES RTTE APPROVAL COMPLIED
All EU Countries, Switzerland and Norway

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

We

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

declare that the product

Product No.:	SE833
Product Name:	Heart Rate Monitor with PC
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.