1. Press the **MENU** button on the measurement screen to switch to the menu top screen.
Switch to the **SEnSOR-ID** screen using the **M1/+** and **M2/-** buttons, and confirm with the **SSE** button.

Menu top: MENU (Back)
Changing the menu: M1/+ M2/- (or) Confirm: SSE

2. Select the sensor ID to be checked.
Select it from "**Hr** (heart rate sensor)", "**SP1** (speed sensor 1)", and "**SP2** (speed sensor 2)" using the **M1/+** and **M2/-** buttons.

Selecting the sensor: M1/+ M2/- (or)

3. Check whether the heart rate sensor is worn properly when you selected "**Hr**", or whether the speed sensor is mounted properly when you selected "**SP1**" or "**SP2**".
4. Press the **SSE** button to start searching the ID.
Spin the rear wheel or crank when you selected "**SP1**" or "**SP2**".
When the heart rate or speed (cadence) is displayed with "**ID-OK**" on the screen, synchronization is completed.

Start searching: SSE

5. Pressing the **MENU** button returns to the menu top screen (**SEnSOR-ID** screen), and confirm the change(s).
Pressing it again returns to the measurement screen.

To the menu top/measurement screen: MENU (Back)

* This unit enters the search mode for 5 minutes after starting the ID synch. While "**ID-SKIP**" is indicated, press the **SSE** button in the search mode to cancel the ID synch, and "**ID-SKIP**" is displayed. Unless a sensor signal is received in 5 minutes, "**ID-ERROR**" is displayed.
When "**ID-SKIP**" or "**ID-ERROR**" is displayed, the ID has not been synchronized properly. In such a case, the sensor ID retains the previous ID setup.
Be sure to check the sensor/mounting condition before you check the ID again.
* **SP2** is used when a computer is commonly used for second bicycles. By synchronizing the ID of the second bicycle equipped with a second speed/cadence sensor and the computer with **SP2**, re-synchronizing and the computer with **SP2**, synchronizing the ID is not required every time you move the computer between first bike to the second bike.

Lower display data

Elapsed time
Displays the elapsed time from the start of measurement to the 1/10 second. When it exceeds 99:59'59", it repeats from 00'00"0.
* When the elapsed time reaches 1 hour, the 1/10 second is not displayed.

Trip distance
Displays the trip distance from the start of measurement.

Countdown distance (page 21)
Displays the countdown distance to the target distance.

⑩ **Lap number** (page 20)
Displays the number of current lap.

⑪ **Average lap speed in real time**
Displays the average lap speed of the current lap in real time.

⑫ **Lap timer**
Displays the elapsed time of the current lap in real time.

Trip lap distance in real time
Displays the trip distance of the current lap in real time.

⑬ **Date**
Displays the day, month, and year (last 2 digits).
* Display format is different depending on display set up.

⑭ **Clock**
Displays the current time of day in the 24- or 12-hour system.

Calorie Consumption
Displays the estimated calorie consumption from the start of measurement based on the heart rate.

⑮ **Total time**
The total time is accumulated time since purchase. It can only be reset with Format (page 11).

⑯ **Total distance**
The total distance is accumulated distance. It is updated independently of starting/stopping measurement.
It can be edited to desired value.

Measurement screen

Upper and middle display data

① **Current speed**
Displays the current speed.
Updated every second.

② **Heart rate**
Displays the heart rate in real time.
Updated every second.

③ **Cadence**
Displays the number of pedal rotations per minute.
Updated every second.

④ **Average speed** *1
Displays the average speed after the start of measurement.

⑤ **Average heart rate** *2
Displays the average heart rate after the start of measurement.
The average will not be reflected when the heart rate is not measured.

⑥ **Average cadence** *3
Displays the average cadence after the start of measurement.
The average will not be reflected when you stop pedaling.

⑦ **Maximum speed**
Displays the maximum speed after the start of measurement.
Updated independently of starting/stopping measurement.

⑧ **Maximum heart rate**
Displays the maximum heart rate after the start of measurement.
Updated independently of starting/stopping measurement.

⑨ **Maximum cadence**
Displays the maximum cadence after the start of measurement.
Updated independently of starting/stopping measurement.

*1: When the trip distance (**DST**) exceeds 10,000 km [mile], or the elapsed time (**TM**) exceeds 100 hours, [E] appears indicating further measurement is impossible. Clear the data by resetting (page 17).
*2: This device stops calculating the average when the heart rate sensor is detached, and resumes the calculation when the heart rate sensor is worn again. This feature produces actual averages with the heart rate sensor worn.
*3: This device calculates the average excluding the time when you stop pedaling. This feature produces actual averages, which are different from those with conventional models that calculate it for the entire measurement time period.

Setting the measurement unit

Change the unit (**km** or **mile**).
* Stop measurement and perform the resetting operation (page 17) before you change the unit. Unless you perform the resetting operation, "**DATA RESET**" appears on the screen, preventing from changing the unit.

1. Press the **MENU** button in the measurement screen to switch to the menu top screen.
Switch to the **UnIT** screen using the **M1/+** and **M2/-** buttons, and confirm with the **SSE** button.

Current speed unit

Menu top: MENU (Back)
Changing the menu: M1/+ M2/- (or) Confirm: SSE

2. Select the speed unit using the **M1/+** and **M2/-** buttons.

km <-> **mile**: M1/+ M2/- (or)

3. Pressing the **MENU** button returns to the menu top screen (**UnIT** screen), and confirm the change(s).
Pressing it again returns to the measurement screen.

To the menu top/measurement screen: MENU (Back)

* After the unit is switched, the total distance measured in the past is automatically converted to the new unit.

Total distance manual entry

You can enter any value to the total distance.
The total distance in the past can be input after formatting or to a new computer.

1. Press the **MENU** button in the measurement screen to switch to the menu top screen.
Switch to the **ODO InPUT** screen using the **M1/+** and **M2/-** buttons, and confirm with the **SSE** button.

Current total value

Menu top: MENU (Back)
Changing the menu: M1/+ M2/- (or) Confirm: SSE

2. Enter the total distance using the **M1/+** and **M2/-** buttons, and move digits using the **SSE** button.
* The total distance shall be entered with a positive value.

Increase/decrease: M1/+ M2/- (or) Move digits: SSE

Continue

Changing the computer configuration

Pressing the **MENU** button in the measurement screen switches to the menu screen.
In the menu screen, you can view and delete the files saved, and view and change various configurations.
* Use the **M1/+** and **M2/-** to change menu items.
* Leaving the menu screen without any operation for 2 minutes returns to the measurement screen.
* After changes are made, be sure to review the setting(s) and confirm by pressing the **MENU** button.
and changes are not saved.

Measurement screen → MENU (Back) → **Menu top screen**

FILE VIEW — Viewing and deleting files (page 24)
CLOCK.DATE — Changing the clock/date (page 28)
WHEEL — Selecting wheel and changing the tire circumference (page 29)
SENSOR-ID — Synchronizing the heart rate and speed cadence sensor ID. (page 29)
UnIT — Changing the measurement unit (page 31)
ODO InPUT — Total distance manual entry (page 31)
AUTO MODE — On/off of the auto-mode Setting the auto-mode (page 32)
C.D. DST — Setting the countdown distance input (page 32)
SOUnD — On/off of the HR alarm, and button operation sound Setting sound (page 33)
HR.ZONE — Selecting the zone, and changing the upper/lower limit Setting the target heart rate zone (page 34)

Viewing the lap data

View the lap data in a file saved in the computer.
Select the file number you want to view from the menu screen "File view" (page 24).

1. Press the **LAP** button to view the lap data contained in the file selected.
Press the **LAP** button again to return from the lap data.
The average and maximum values are displayed alternately as follows.

Viewing/exiting lap data: LAP

File number
Number of laps used in a file

Average values
① Average lap speed
② Average lap heart rate
③ Lap number
④ Lap time
⑤ Trip lap distance

Maximum values
⑥ Maximum lap speed
⑦ Maximum lap heart rate
⑧ Split time

Date of file creation
Time of the start

(Displayed alternately)

2. Switch the laps, if applicable, using the **M1/+** and **M2/-** buttons.

Switching the lap number: M1/+ M2/- (or)

3. Pressing the **MENU** button returns to the menu top screen (**FILE VIEW** screen). Pressing it again returns to the measurement screen.

To the menu top/measurement screen: MENU (Back)

Target heart rate zone

During measurement, on the screen displays the target heart rate status.
(constant) : The target zone is set to any of **HR.ZONE:1** to **4**.
(flashing) : The current heart rate is out of the selected zone.
(off) : The target zone is set to off.

Target heart rate zone

* The Target heart rate zone is set from the menu screen "Setting the target heart rate zone" (page 34).

Deleting files

Delete the file saved in the computer.
You can select deleting only the file specified, or all files.
Switch to the menu screen "File view" (page 24).

1. Simultaneously press the **SSE** button and the **M1/+** or **M2/-** button to switch to the deleting screen.

Switching to the deleting screen: SSE M1/+ (or) SSE M2/- (Simultaneously press) (Simultaneously press)

File number
Number of laps used in a file
Date of file creation
Time of the start

2. Select the file number you want to delete from the date/clock of file creation. To delete all files, select "**aLL**".

Switching the file number: M1/+ M2/- (or)
01 ⇔ 02 ⇔ 03 ··· aLL ⇔ 01

Selecting delete screen

3. Press the **SSE** button to delete the file.

Deleting files: SSE

(Displayed alternately)

4. Pressing the **MENU** button returns to the menu top screen (**FILE VIEW** screen). Pressing it again returns to the measurement screen.

To the menu top/measurement screen: MENU (Back)

* When the computer has no files (**F-00**) the delete file operation is not operable.
* Once a file is deleted, all lap data associated with that file is also deleted.
* Once a file is deleted, it cannot be restored.

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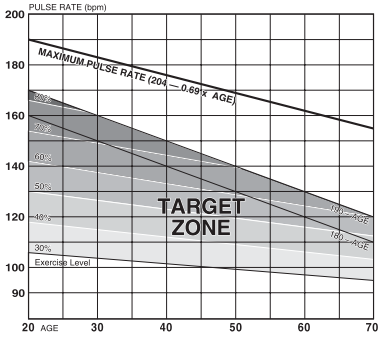
Heart rate training

This section is just a general overview of training with heart rate data. For more complete information, there are books and websites with more in-depth information.
Generally, the heart rate increases during exercise, getting higher in conjunction with the intensity of the workout. Measurement the rate of your heart beat is a good indicator of the intensity of your workout. By setting target HR (heart rate) zones and sticking to preset exercises, you will be able to work out more efficiently. Before beginning a training program, be sure to first consult a medical specialist or sports trainer.

1. Improving general fitness

Bicycling is one of the best activities to improve your general fitness. To improve your overall fitness through bicycling, set a target heart rate zone from between 30% and 70% of your maximum HR, depending on your physical strength. For best results, exercise consistently in this zone for periods of at least 20-30 minutes, 3 or more times a week.
To obtain your target zone, see the table below, which illustrates the correlation between heart rate and training level. For beginners, it is recommended to start with the level of 30% of your max. From this point, gradually increase the level according to your fitness level and experience. Training at levels over 70% of your HR max will focus more on anaerobic exercise, and less on aerobic exercise. Weight loss usually occurs through longer rides (over 1 hour) at lower HR levels.



Continue

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Utilisation correcte du CatEye V3

Respectez les instructions suivantes pour une utilisation en toute sécurité.

Signification des icônes du manuel :

⚠ **Avertissement !!!** : Les chapitres marqués de cette icône sont essentiels pour une utilisation de l'appareil en toute sécurité. Veillez à respecter ces instructions.

Précaution : Remarques concernant les précautions importantes liées à l'utilisation et au fonctionnement du V3.
* Des astuces utiles sont mises en valeur par des astérisques.

⚠ Avertissement !!! :

- Les personnes portant un pacemaker ne doivent jamais utiliser cet appareil.
- Ne vous concentrez pas sur les données en roulant. Roulez prudemment.
- Ne pas laisser les piles à portée des enfants. Mettre les piles au rebut conformément à la loi en vigueur.
  En cas d'ingestion d'une pile, consultez un médecin immédiatement.

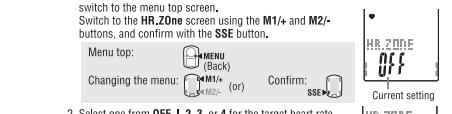
Précaution :

- Vérifiez régulièrement la position des aimants et des capteurs de vitesse/cadence et assurez-vous qu'ils sont bien fixés. Resserrez-les fermement s'il y a du jeu.
- Ne pas exposer l'unité principale / le capteur sans fil à la lumière du soleil pendant de longues périodes.
- Ne pas démonter le compteur, le capteur de fréquence cardiaque ou le capteur de vitesse.
- Ne pas exposer le compteur, le capteur de fréquence cardiaque ou le capteur de vitesse à un choc important; faites également attention à ce qu'ils ne tombent pas.
- Ne pas utiliser de solvant ou d'alcool pour nettoyer l'appareil.
- Cessez d'utiliser l'appareil en cas d'irruption cutanée causée par la ceinture thoracique ou le tampon d'électrode.
- Ne pas tordre ou tirer fortement sur le capteur de fréquence cardiaque.
- Le capteur de fréquence cardiaque risque de se détériorer après une longue utilisation. Remplacez le capteur de fréquence cardiaque si les erreurs de mesure deviennent fréquentes.
- A cause de la nature des écrans à cristaux liquides, les lunettes de soleil à verres polarisants risquent de limiter la visibilité.

Système numérique sans fil 2,4GHz

La technologie numérique sans fil à la fréquence de 2,4GHz, identique à celle utilisée pour les réseaux sans fil, sert à la fois au capteur de vitesse intégré vitesse/cadence et au capteur de fréquence cardiaque. Cette technologie élimine quasiment toute interférence de bruits externe et de brouillage avec d'autres appareils sans fil, et vous permet d'enregistrer des données d'une très grande fiabilité. Dans de rares occasions cependant, certains objets ou lieux peuvent générer des ondes électromagnétiques puissantes et des interférences, ce qui pourrait fausser les mesures :
- Téléviseurs, PC, radios, moteurs, ou si vous vous trouvez dans une voiture ou un train.
- Aux passages à niveau ou à proximité de voies de chemins de fer, aux environs de stations émettrices de télévision ou de radar.
- Autres ordinateurs sans fil ou lumières à commande numérique.

FR



Setting the target heart rate zone

HR.ZOnE

You can select the target heart rate zone, and change the upper/lower limit.

* Stop measurement and perform the resetting operation (page 17) before you can change the target heart rate zone. Unless you perform the resetting operation, "**DATA RESET**" appears on the screen, preventing from changing the target heart rate zones.
* For details of the target zone, see "Use of the target zone" (page 37).

1. Press the **MENU** button in the measurement screen to switch to the menu top screen.
   Switch to the **HR.ZOne** screen using the **M1/+** and **M2/-** buttons, and confirm with the **SSE** button.

   Menu top: MENU (Back)
   Changing the menu: M1/+ / M2/- (or) Confirm: SSE

   Current setting

2. Select one from **OFF**, **1**, **2**, **3**, or **4** for the target heart rate zone using the **M1/+** and **M2/-** buttons.
   When using the target zone, select from 1 to 4, confirm with the **SSE** button, and then proceed to Step 3.
   When not using the target heart rate zone, select **OFF**, and then proceed to Step 4.

   Select the zone: **OFF ↔ 01 ↔ 02 ↔ 04 ↔ OFF** M1/+ / M2/- (or) Confirm: SSE

3. Enter the lower limit for the selected zone using the **M1/+** and **M2/-** buttons, and enter the upper limit in the same way after pressing the **SSE** button.

   Increase/decrease: M1/+ / M2/- (or) Confirm: SSE

4. Pressing the **MENU** button returns to the menu top screen (**HR.ZOnE** screen), and confirm the change(s).
   Pressing it again returns to the measurement screen.

   To the menu top/measurement screen: MENU (Back)

* You can enter any upper/lower limit to each zone; however, the upper limit is adjusted automatically to the lower limit + 1 when the entered lower limit exceeds the upper limit. In case of the upper limit, vice versa, the lower limit is adjusted in the same way.
* The upper limit is displayed with the digit in a small numeric when it exceeds 199.

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Spare accessories

Standard accessories

#160-2380 Parts Kit	#160-2385 Speed sensor kit	#160-2390 Heart rate sensor kit

#160-2395 HR Strap	#160-0280 Bracket band	#160-2193 Bracket

#169-9691 Wheel magnet	#169-9766 Cadence magnet	#166-5150 Lithium battery (CR2032)

Maintenance

Perform the daily care according to the following instructions.
- Regularly check that the positions of the magnets and sensors are correct, and they are secured firmly.
- When the computer, heart rate sensor, and speed sensor are dirty, wash them with water or wipe them with a soft cloth dampened with diluted neutral detergent, then wipe with dry cloth. Do not use solvents such as benzine or rubbing alcohol as they may damage the surfaces.
- The heart rate strap absorbs sweat easily, and leaving it as such is unsanitary. Wash with neutral detergent.

Specifications

Display functions	Upper display	Current speed	0.0 (4.0) – 150.0 km/h (0.0 (3.0) – 93.0 mph)
		Average speed	0.0 – 150.0 km/h (0.0 – 93.0 mph)
		Maximum speed	For 27-inch tire size (0.0 (4.0) – 150.0 km/h (0.0 (3.0) – 93.0 mph)
	Middle display	Heart rate	0 (30) – 299 bpm
		Average heart rate	0 – 299 bpm
		Maximum heart rate	0 (30) – 299 bpm
		Average cadence	0 (20) – 199 rpm
		Maximum cadence	0 (20) – 199 rpm
	Lower display	Date	'07.01.01 – '99.12.31(display format can be switched)
		Clock	AM 1:00:00" – PM 12:59:59"(both 12 and 24-hour modes can be selected)
		Odometer	0.00:00" – 25:59:59"
		Total time	0 – 99999 hour
		Elapsed time	0.0 – 9999.9/10000 – 999999 km (mile)
		Trip distance	0.00 – 9999.99 km (mile)
		Countdown distance	9999.90 – 0.00 km (mile)
		Lap number	L-01 – L-99
		Lap timer	00.00.0" – 59:59'9 / 01:00:00" – 99:59:59"
		Average bp speed in real time	0.0 – 150.0 km/h (0.0 – 93.0 mph)
		Trip bp distance in real time	0.00 – 9999.99 km (mile)
	Lap	Upper display (Average bp speed,maximum bp speed)	
		Middle display (Average bp heart rate,Lap number,maximum bp heart rate)	
		Lower display (trip bp distance,bp time,split time)	
Control system	4-bit one-chip microcomputer, crystal oscillator		
Display system	Liquid crystal display (EL backlight)		
Speed/cadence sensor signal detection system	Noncontact magnetic sensor		
Sensor signal transmission and reception	2.4 GHz ISM Band		
Communication range	5 m (做5 m, transmission distance may vary due to environmental conditions)		
Operating temperature range	32 °F – 104 °F (0 °C – 40 °C) (This product will not function appropriately when exceeding the Working Temperature range. Slow response or black LCD at lower or higher temperature may happen respectively.)		
Storage temperature range	-4 °F – 122 °F (-20 °C – 50 °C)		
Wheel circumference set range	0100 – 2399 mm		
Power supply/battery life	Computer	: CR2032 x 1 / Approx. 1 years (When using 1 hour/day)	
	Heart rate sensor	: CR2032 x 1 / Approx. 1 years (When using 1 hour per day)	
	Speed sensor	: CR2032 x 1 / Approx. 1 years (When using 1 hour/day)	
Dimensions/Weight	Computer	: 2-7/32" x 1-1/2" x 11/16" (56.0 x 38.0 x 17.3 mm) / 0.98 oz (28 g) (With the batteries)	
	Heart rate sensor	: 12-13/16" x 1-1/4" x 1/2" (325.0 x 31.4 x 12.2 mm) / 1.41 oz (40 g) (With the batteries)	
	Speed sensor	: 2-9/16" x 2-9/16" x 9/16" (65.0 x 65.0 x 14.4 mm) / 1.25 oz (36 g) (With the batteries)	

* When the elapsed time exceeds 100 hours, or the trip distance exceeds 9999.99 km/h, "E" appears in place of the average speed.
* Designs and specifications are subject to change without notice, due to modifications or improvements.

Trouble shooting

If a malfunction occurs, check the following before contacting CatEye or your retailer for repair or service.

Trouble on display

Trouble	Check items	Remedy
Display motion becomes slower.	Is the surrounding temperature low (below zero degree Celsius or 32 degrees Fahrenheit)?	Temperatures below freezing may result in slower screen response. Data is not affected.
Flashes on the screen.	The remaining battery capacity for the computer is low.	Replace it with a new battery (CR2032) immediately. After replacement, be sure to perform the resetting operation (page 11).
No displays appear.	Is the battery for the computer empty?	Replace it with a new battery (CR2032).
Meaningless display appears.	Have you detached the sensor from somebody else's sensor?	Perform the resetting operation (page 11).
Cannot measure the trip speed (cadence)	Check the speed sensor (1) or (page 29) for **SP1** (speed sensor 1) or **SP2** (speed sensor 2).	Is the Speed and Cadence sensor icon on ? The computer cannot not receive data. Press the **M1/+** or **M2/-** button once to turn on the icon.
	Check whether the distance between the speed (cadence) sensor and the magnet is too large.	Adjust the position of the speed (cadence) sensor and the magnet (page 6).
	Is the sensor zone of the speed (cadence) sensor off the center of the magnet?	Press any button on the computer to cancel the power-saving function.
	Has been activated the power-saving function only datelclock on the screen?	After replacement, be sure to press the **RESET** button on the speed sensor.
	Is the battery for the speed sensor empty?	Replace it with a new battery (CR2032).
	Have you detached the sensor from somebody else's sensor?	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Is the electrode pad vertically dry?	Replace it with a new heart rate sensor.
	Is the battery for the heart rate sensor used up?	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Check whether the remaining battery capacity for the computer is low.	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Is the electrode pad overly worn and damaged after long use?	Replace it with a new heart rate sensor.
	Is the electrode pad being worn correctly?	To wear the electrode pad properly, for low the instructions for wearing the heart rate sensor (page 9).
Fluctuation in the heart rate indicator, for example it returns to zero and then the heart rate is measured again.	Is the electrode pad being worn correctly?	To wear the electrode pad properly, for low the instructions for wearing the heart rate sensor (page 9).
	Check whether the moving the main unit away from your body will prevent measurement of the heart rate.	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Check whether the remaining battery capacity for the computer is low.	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Is the battery for the heart rate sensor used up?	Replace it with a new battery (CR2032).
	Check whether the remaining battery capacity for the computer is low.	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Dry skin (particularly in winter)	Slightly moisten the electrode pad for the heart rate sensor.
	Is the battery for the heart rate sensor used up?	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Is the heart rate sensor attached securely to your body?	Adjust the electrode pad with its rubber surface to have a good contact with the body.
	If the heart rate sensor icon is off the computer cannot receive the heart rate data. Press the **M1/+** or **M2/-** button once to turn on the icon.	Press any button on the computer to cancel the power-saving function.
	Check the speed sensor ID (page 29) for the (heart rate sensor).	Is the heart rate sensor icon is off the heart rate sensor icon ?
	Is the battery for the computer is low.	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Check whether the remaining battery capacity for the computer is low.	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Pressing the **LT** button does not turn on a light.	Check whether the lights up on the computer screen. After replacement, be sure to perform the resetting operation (page 11).

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Heart rate training

This section is just a general overview of training with heart rate data. For more complete information, there are books and websites with more in-depth information.
Generally, the heart rate increases during exercise, getting higher in conjunction with the intensity of the workout. Measurement the rate of your heart beat is a good indicator of the intensity of your workout. By setting target HR (heart rate) zones and sticking to preset exercises, you will be able to work out more efficiently. Before beginning a training program, be sure to first consult a medical specialist or sports trainer.

1. Improving general fitness

Bicycling is one of the best activities to improve your general fitness. To improve your overall fitness through bicycling, set a target heart rate zone from between 30% and 70% of your maximum HR, depending on your physical strength. For best results, exercise consistently in this zone for periods of at least 20-30 minutes, 3 or more times a week.
To obtain your target zone, see the table below, which illustrates the correlation between heart rate and training level. For beginners, it is recommended to start with the level of 30% of your max. From this point, gradually increase the level according to your fitness level and experience. Training at levels over 70% of your HR max will focus more on anaerobic exercise, and less on aerobic exercise. Weight loss usually occurs through longer rides (over 1 hour) at lower HR levels.

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Setting the target heart rate zone

HR.ZOnE

You can select the target heart rate zone, and change the upper/lower limit.

* Stop measurement and perform the resetting operation (page 17) before you can change the target heart rate zone. Unless you perform the resetting operation, "**DATA RESET**" appears on the screen, preventing from changing the target heart rate zones.
* For details of the target zone, see "Use of the target zone" (page 37).

1. Press the **MENU** button in the measurement screen to switch to the menu top screen.
   Switch to the **HR.ZOne** screen using the **M1/+** and **M2/-** buttons, and confirm with the **SSE** button.

   Menu top: MENU (Back)
   Changing the menu: M1/+ / M2/- (or) Confirm: SSE

   Current setting

2. Select one from **OFF**, **1**, **2**, **3**, or **4** for the target heart rate zone using the **M1/+** and **M2/-** buttons.
   When using the target zone, select from 1 to 4, confirm with the **SSE** button, and then proceed to Step 3.
   When not using the target heart rate zone, select **OFF**, and then proceed to Step 4.

   Select the zone: **OFF ↔ 01 ↔ 02 ↔ 04 ↔ OFF** M1/+ / M2/- (or) Confirm: SSE

3. Enter the lower limit for the selected zone using the **M1/+** and **M2/-** buttons, and enter the upper limit in the same way after pressing the **SSE** button.

   Increase/decrease: M1/+ / M2/- (or) Confirm: SSE

4. Pressing the **MENU** button returns to the menu top screen (**HR.ZOnE** screen), and confirm the change(s).
   Pressing it again returns to the measurement screen.

   To the menu top/measurement screen: MENU (Back)

* You can enter any upper/lower limit to each zone; however, the upper limit is adjusted automatically to the lower limit + 1 when the entered lower limit exceeds the upper limit. In case of the upper limit, vice versa, the lower limit is adjusted in the same way.
* The upper limit is displayed with the digit in a small numeric when it exceeds 199.

Utilisation correcte du CatEye V3

Respectez les instructions suivantes pour une utilisation en toute sécurité.

Signification des icônes du manuel :

⚠ **Avertissement !!!** : Les chapitres marqués de cette icône sont essentiels pour une utilisation de l'appareil en toute sécurité. Veillez à respecter ces instructions.

Précaution : Remarques concernant les précautions importantes liées à l'utilisation et au fonctionnement du V3.
* Des astuces utiles sont mises en valeur par des astérisques.

⚠ Avertissement !!! :

- Les personnes portant un pacemaker ne doivent jamais utiliser cet appareil.
- Ne vous concentrez pas sur les données en roulant. Roulez prudemment.
- Ne pas laisser les piles à portée des enfants. Mettre les piles au rebut conformément à la loi en vigueur.
  En cas d'ingestion d'une pile, consultez un médecin immédiatement.

Précaution :

- Vérifiez régulièrement la position des aimants et des capteurs de vitesse/cadence et assurez-vous qu'ils sont bien fixés. Resserrez-les fermement s'il y a du jeu.
- Ne pas exposer l'unité principale / le capteur sans fil à la lumière du soleil pendant de longues périodes.
- Ne pas démonter le compteur, le capteur de fréquence cardiaque ou le capteur de vitesse.
- Ne pas exposer le compteur, le capteur de fréquence cardiaque ou le capteur de vitesse à un choc important; faites également attention à ce qu'ils ne tombent pas.
- Ne pas utiliser de solvant ou d'alcool pour nettoyer l'appareil.
- Cessez d'utiliser l'appareil en cas d'irruption cutanée causée par la ceinture thoracique ou le tampon d'électrode.
- Ne pas tordre ou tirer fortement sur le capteur de fréquence cardiaque.
- Le capteur de fréquence cardiaque risque de se détériorer après une longue utilisation. Remplacez le capteur de fréquence cardiaque si les erreurs de mesure deviennent fréquentes.
- A cause de la nature des écrans à cristaux liquides, les lunettes de soleil à verres polarisants risquent de limiter la visibilité.

Système numérique sans fil 2,4GHz

La technologie numérique sans fil à la fréquence de 2,4GHz, identique à celle utilisée pour les réseaux sans fil, sert à la fois au capteur de vitesse intégré vitesse/cadence et au capteur de fréquence cardiaque. Cette technologie élimine quasiment toute interférence de bruits externe et de brouillage avec d'autres appareils sans fil, et vous permet d'enregistrer des données d'une très grande fiabilité. Dans de rares occasions cependant, certains objets ou lieux peuvent générer des ondes électromagnétiques puissantes et des interférences, ce qui pourrait fausser les mesures :
- Téléviseurs, PC, radios, moteurs, ou si vous vous trouvez dans une voiture ou un train.
- Aux passages à niveau ou à proximité de voies de chemins de fer, aux environs de stations émettrices de télévision ou de radar.
- Autres ordinateurs sans fil ou lumières à commande numérique.

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Trouble shooting

Trouble	Check items	Remedy
Heart rate signals are not received.	Have you checked the sensor ID? for (heart rate sensor).	Check the speed sensor ID (page 29)
	Is the heart rate sensor icon is off the heart rate sensor icon ?	If the heart rate sensor icon is off the computer cannot receive the heart rate data. Press the **M1/+** or **M2/-** button once to turn on the icon.
	Is the heart rate sensor attached securely to your body?	Adjust the electrode pad with its rubber surface to have a good contact with the body.
	Dry skin (particularly in winter)	Slightly moisten the electrode pad for the heart rate sensor.
	Is the battery for the heart rate sensor used up?	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Check whether the remaining battery capacity for the computer is low.	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Is the electrode pad overly worn and damaged after long use?	Replace it with a new heart rate sensor.
	Is the electrode pad being worn correctly?	To wear the electrode pad properly, for low the instructions for wearing the heart rate sensor (page 9).
Fluctuation in the heart rate indicator, for example it returns to zero and then the heart rate is measured again.	Is the electrode pad being worn correctly?	To wear the electrode pad properly, for low the instructions for wearing the heart rate sensor (page 9).
	Check whether the moving the main unit away from your body will prevent measurement of the heart rate.	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Check whether the remaining battery capacity for the computer is low.	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Is the battery for the heart rate sensor used up?	Replace it with a new battery (CR2032).
	Check whether the remaining battery capacity for the computer is low.	Replace it with a new battery (CR2032). After replacement, be sure to perform the resetting operation (page 11).
	Pressing the **LT** button does not turn on a light.	Check whether the lights up on the computer screen. After replacement, be sure to perform the resetting operation (page 11).

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Specifications

Display functions	Upper display	Current speed	0.0 (4.0) – 150.0 km/h (0.0 (3.0) – 93.0 mph)
		Average speed	0.0 – 150.0 km/h (0.0 – 93.0 mph)
		Maximum speed	For 27-inch tire size (0.0 (4.0) – 150.0 km/h (0.0 (3.0) – 93.0 mph)
	Middle display	Heart rate	0 (30) – 299 bpm
		Average heart rate	0 – 299 bpm
		Maximum heart rate	0 (30) – 299 bpm
		Average cadence	0 (20) – 199 rpm
		Maximum cadence	0 (20) – 199 rpm
	Lower display	Date	'07.01.01 – '99.12.31(display format can be switched)
		Clock	AM 1:00:00" – PM 12:59:59"(both 12 and 24-hour modes can be selected)
		Odometer	0.00:00" – 25:59:59"
		Total time	0 – 99999 hour
		Elapsed time	0.0 – 9999.9/10000 – 999999 km (mile)
		Trip distance	0.00 – 9999.99 km (mile)
		Countdown distance	9999.90 – 0.00 km (mile)
		Lap number	L-01 – L-99
		Lap timer	00.00.0" – 59:59'9 / 01:00:00" – 99:59:59"
		Average bp speed in real time	0.0 – 150.0 km/h (0.0 – 93.0 mph)
		Trip bp distance in real time	0.00 – 9999.99 km (mile)
	Lap	Upper display (Average bp speed,maximum bp speed)	
		Middle display (Average bp heart rate,Lap number,maximum bp heart rate)	
		Lower display (trip bp distance,bp time,split time)	
Control system	4-bit one-chip microcomputer, crystal oscillator		
Display system	Liquid crystal display (EL backlight)		
Speed/cadence sensor signal detection system	Noncontact magnetic sensor		
Sensor signal transmission and reception	2.4 GHz ISM Band		
Communication range	5 m (做5 m, transmission distance may vary due to environmental conditions)		
Operating temperature range	32 °F – 104 °F (0 °C – 40 °C) (This product will not function appropriately when exceeding the Working Temperature range. Slow response or black LCD at lower or higher temperature may happen respectively.)		
Storage temperature range	-4 °F – 122 °F (-20 °C – 50 °C)		
Wheel circumference set range	0100 – 2399 mm		
Power supply/battery life	Computer	: CR2032 x