



USER MANUAL – EN
IN 2713 Sport Tester inSPORTline FIT



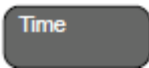
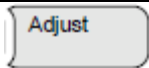
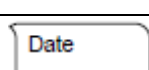
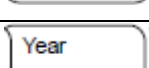
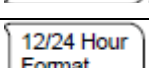
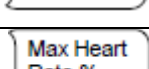
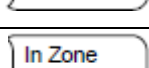
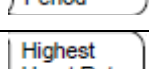
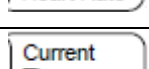
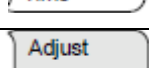
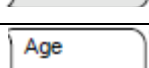
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INTRODUCTION


Thank you for purchase of a highly reliable Heart Rate Monitor. Your new ECG-FIT is a user-friendly fitness tool to keep track of your personal fitness level. To develop basic understanding and gain maximum benefits from the ECG-FIT, read this manual carefully. We wish you an enjoyable workout with your new ECG-FIT.

Functions and summary:

	Time
	Adjust
	Time
	Date
	Year
	12/24 Hour format
	Heart rate monitor
	Exercise time
	Max. heart rate %
	Calorie
	In Zone Period
	Highest Heart Rate
	Current time
	Adjust
	Age
	Gender
	Heart Rate Zone Level
	Upper HR Zone Limit

Lower HR Zone Limit	Lower HR Zone Limit
Unit	Unit
Weight	Weight
Heart Rate Zone Alarm	Heart Rate Zone Alarm
Data	Data
Exercise Time	Exercise time
In Zone Period	In Zone Period
Calories	Calories
Highest Heart Rate	Highest Heart Rate
Average Heart Rate	Average Heart Rate
Alarm	Alarm
Alarm ON / OFF	Alarm ON/OFF

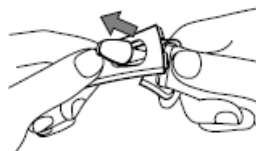
KEYS AND FUNCTIONS

	MODE <ul style="list-style-type: none"> • Scrolls through various modes of the watch • Advances to next variable in setting sequence
	ADJUST/LIGHT <ul style="list-style-type: none"> • Activates light • Enters the setting sequence for each setting mode • Clears session data
	START/STOP <ul style="list-style-type: none"> • Increases variable in setting sequence • Pauses time in HRM mode
	BROWSE <ul style="list-style-type: none"> • Decreases variable in setting sequence • Toggles through sub modes • Toggles between lb/kg • End session

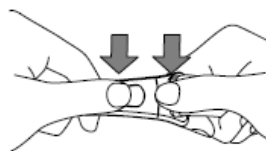
WEARING THE CHEST BELT

Follow these steps to wear it before using.

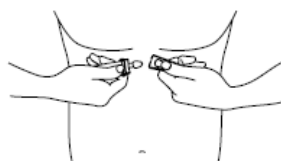
1. Push the tab through a slot on one side of the chest belt.



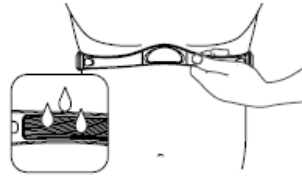
2. Press down until the tabs are secure under surface and flush so they don't wiggle.



3. Attach the other side around your chest. Position on rib cage under the chest. Make sure the chest belt is positioned correctly and against your skin.



4. Lift the belt slightly from the skin and wet both grooved areas on the back to ensure strong connection between your pulse and the belt.



QUICK START

	5. Enter HRM mode
	6. Choose zone
	7. Start run

LEVEL 1: 55-70% - Sustain healthy heart and lose weight

LEVEL 2: 70-80% - Develop endurance and increase stamina.

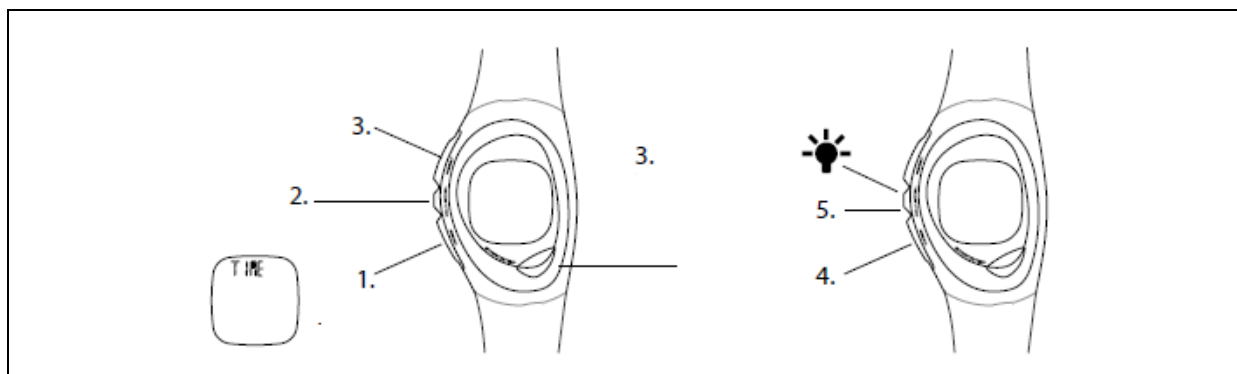
LEVEL 3: 80-100% - Sustain excellent fitness condition and increase muscle strength.

NO SIGNAL: Three dash lines will appear if the watch is not receiving transmission from the chest belt.











TIME

In the TIME mode, you can set the Time, Date, Hour Format. Follow steps from 1 to 5 to set in the time and date.



1	Scroll to the TIME mode
2	Hold for 2 sec.
3	Digit/Digit toggle key Tone ON/OFF
4	Select next variable
5	Exit

							
	Set Hour	Set Minute	Set Seconds	Set Month	Set Day	Set Year	Choose 12/24 Hour Clock

HEART RATE MONITOR

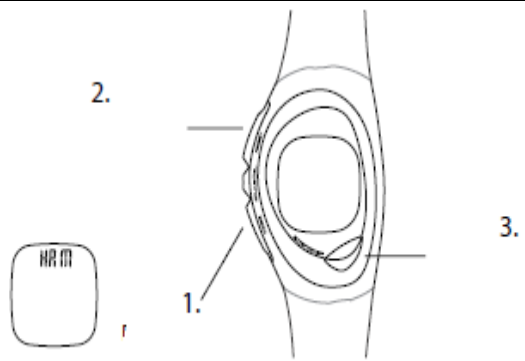
HEART RATE ZONE

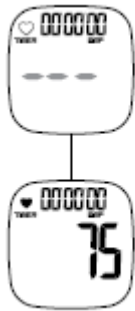
It is important to know your maximum heart rate, training zone, upper heart rate limit and lower heart rate limit before starting for the best training benefits. Before setting in your training data, consult it with your physician. Or you can set in your upper and lower limit following this guide:

Calculation of maximum heart rate: MALE=220-Age, FEMALE=226-Age

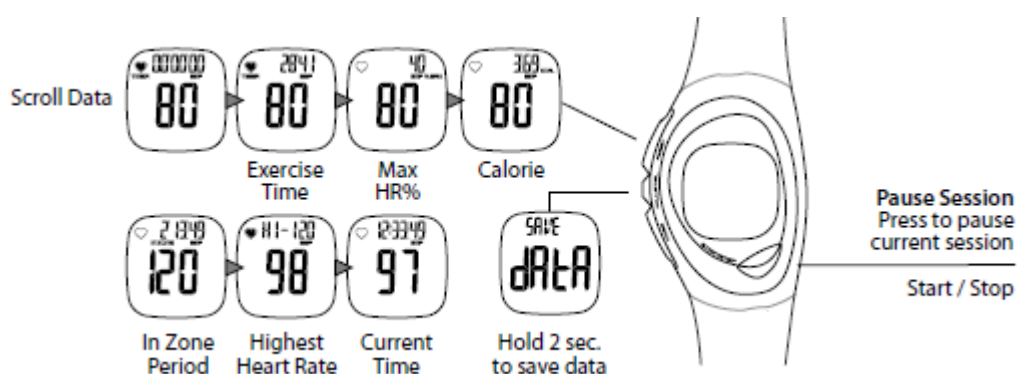
STARTING



Follow steps 1-3 to get ready and to start your running.

	1) Enter HRM mode
	2) Scroll through and choose accordingly
	3) Start when READY is displayed

	<p>The three dash lines will blink while receiving transmission from the chest belt.</p>
---	--

The exercise time is displayed under the heart rate by default. Press the START/STOP key to view other information.



	<p>IN-ZONE</p> <p>Your heart rate is within your target zone.</p>
	<p>OUT-ZONE</p> <p>If your heart rate is out of the zone, the high or low arrows will display and the digits will flash.</p>

Your heart rate is measured in beats per min. (bpm) and setting a heart rate zone allows you to work with an upper and lower heart rate limit. Follow steps 1-5 to adjust the user settings.

1	Scroll to the HRM mode.
2	Hold for 2 sec.
3	Digit (+Digit/Toggle)
4	Select next variable (Press to scroll data).
5	Exit

	Set age	Set sex	Set HR zone level	Set upper HR zone limit	Set lower HR zone limit	Set unit	Set weight	Set HR zone alarm ON/OFF

HEART RATE INTENSITY CHART

This is an alternative to check your heart rate zones based on sex, age and weight. Starting with your max. heart rate (MHR), use the chart to calculate your zones depending on the intensity of your workout. Please note that this chart may not be suitable for everyone.

Max. heart rate Male=220-Age Female=226-Age			Level 1 (55-70%) Sustain and healthy heart and lose weight.				Level 2 (70-80%) Develop endurance and increase stamina.				Level 3 (80-100%) Sustain excellent fitness condition and increase muscle tension.			
AGE	MALE	FEMALE	MALE		FEMALE		MALE		FEMALE		MALE		FEMALE	
20	200	206	110	140	113	144	140	160	144	164	160	200	164	206
25	195	201	107	136	110	140	136	156	140	160	156	195	160	201
30	190	196	104	133	107	137	133	152	137	156	152	190	156	196

35	185	191	101	129	105	133	139	148	133	152	148	185	152	191
40	180	186	99	126	102	130	126	144	130	148	144	180	148	186
45	175	181	96	122	99	126	122	140	126	144	140	175	144	181
50	170	176	93	119	96	123	119	136	123	140	136	170	140	176
55	165	171	90	115	94	119	115	132	119	136	132	165	136	171
60	160	166	88	112	91	116	112	128	116	132	128	160	132	166
65	155	161	85	108	88	112	108	124	112	128	124	155	128	161
70	150	156	82	105	85	109	105	120	109	124	120	150	124	156
75	145	151	79	101	83	105	101	116	105	120	116	145	120	151

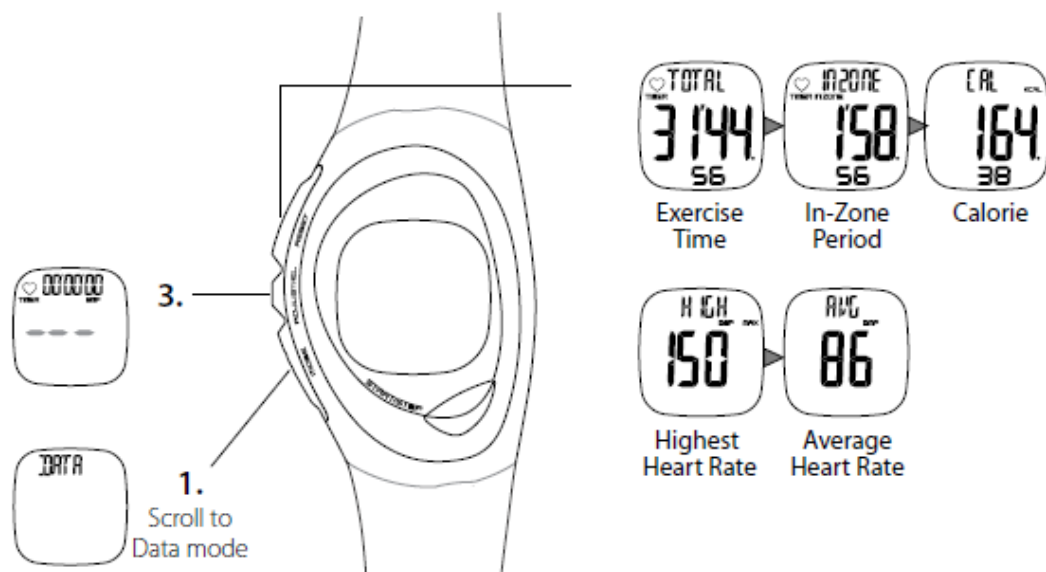
DATA

In the DATA mode, you can view of your stored data from last session.

Follow steps 1-3 to manage your data. Only one session data can be stored.

CLEAR SESSION

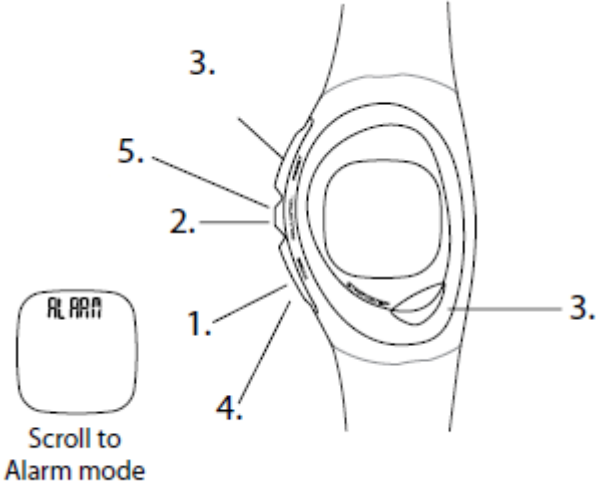
You can start a new session when the current data is cleared. Hold for 2 sec. to clear the data. Data must be cleared to start a new session.



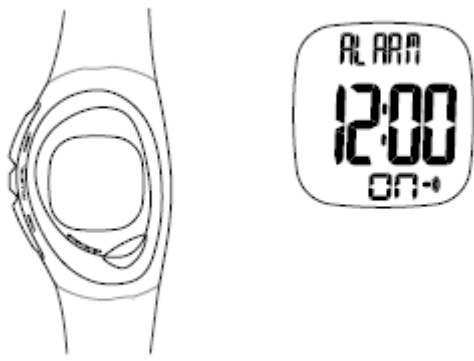
ALARM


In the ALARM mode, you can toggle ON/OFF for the alarm and adjust the time.

Follow steps 1-5 to adjust alarm setting.







1	-
2	Hold for 2 sec.
3	Digit (+Digit/Toggle)
4	Select next variable
5	Exit



Turn ALARM ON/OFF. The alarm icon  appears in any mode of the display when the alarm is turned ON.

The setting will be automatically updated once the alarm time is adjusted.

			
		Set hour	Set minute

BATTERY


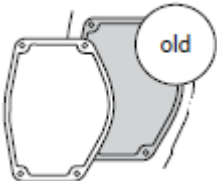
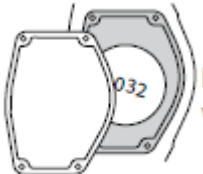

WARNING!

- Keep the battery away from children. Choking hazard.
- Battery contains chemicals. Dispose it accordingly with local laws.

WATCH:

Battery type: CR2032 Lithium

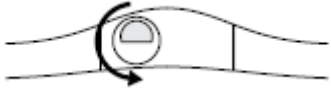


Battery lifetime: approx. 1 year depending on using frequency

	Unscrew all four corners to remove the back cover.
	Remove old battery.
	Insert a CR2032 lithium battery with the writing facing you.
	Put the cover again.

CHEST BELT:

Battery type: CR2032 Lithium

Battery lifetime: approx. 1 year (using one hour a day)

	Use a coin to unscrew the battery hatch on the watch by turning counter-clockwise.
	Remove the old battery and insert a CR2032 lithium battery (writing facing you).
	Put the hatch back.

NOTE: Make sure, the O ring (rubber ring surrounding the battery) is still on its place. To replace the battery, contact a professional service. Don't do it yourself.

TROUBLESHOOTING

Heart rate des not display on watch.	<ul style="list-style-type: none">• The chest belt is not correctly positioned.• The grooved sensors are not wet enough.• The sensors are not directly on your skin.
Heart rate reading on watch is inconsistent or stops.	<ul style="list-style-type: none">• Replace the battery in the chest belt.• Some interference occurs.
Continual beeping.	<ul style="list-style-type: none">• If the zone alarm is on and your heart rate is not in any of the zone ranges, the watch will beep to indicate you are out of the zones.
Display is frozen.	<ul style="list-style-type: none">• The display may be frozen because of static electricity or recent battery replacements. Push all 4 side buttons at the same time to reset to the factory setting.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

**SEVEN SPORT s.r.o.**

Registered Office:

Headquarters:

Warranty & Service Centre:

CRN:

VAT ID:

Phone:

E-mail:

Borivojova 35/878, 130 00 Praha 3, Czech Republic

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reklamacie@insportline.sk

servis@insportline.sk

Web:

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Date of Sale:

Stamp and Signature of Seller: