



**USER MANUAL – EN**  
**IN 6840 Sport Tester inSPORTline Diverz**



Picture for illustration purpose only.

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## SAFETY PRECAUTIONS


- Never try to open the case or to remove the back cover.
- Do not operate buttons under water.
- If moisture appears inside the watch, contact the service to avoid corrosion of metal components.
- This watch has been designed to withstand normal usage. Avoid rough using and don't drop it.
- Protect it from extreme temperature.
- Wipe the watch only with a dry and soft cloth. Don't use chemicals to avoid damage of plastic parts.
- Don't use it in electromagnetic or static conditions.

## SYMBOLS

	Heart Rate		Body Mass Index
	EL Backlight		Stopwatch
	Dual Time		Countdown Timer
	Chime		3 Alarms
	50 years Calendar		Pacer
	100M Water Resistant		Battery (CR2032)





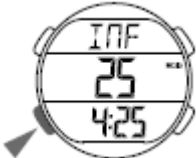




## BUTTONS

The functions of buttons are indicated by using the letters shown in the illustration.

	A) Reset
	B) Mode
	C) EL Backlight
	D) Start/Stop

## MODE SELECTION

Press "B" to change the mode in the following sequence: Timekeeping Mode – Stopwatch Mode – Heart Rate Mode – Record Mode – Information Mode – Countdown Timer Mode – Alarm Mode – Dual Time Mode – Pacer Mode.

	<p>1. Timekeeping</p> <ul style="list-style-type: none"> <li>• 12/24H Format</li> <li>• Hour, Minutes, Seconds, Month, Date, day of week</li> <li>• 50 years Calendar (2000-2049)</li> </ul>
	<p>2. Stopwatch</p> <ul style="list-style-type: none"> <li>• 1/100 second unit</li> <li>• 8 LAPs, splits</li> <li>• Measuring range: 0:00'00"~23:59'59"</li> </ul>
	<p>3. Heart Rate</p> <ul style="list-style-type: none"> <li>• 4 target heart rate zones</li> </ul>
	<p>4. Record</p> <ul style="list-style-type: none"> <li>• 25 exercise records</li> </ul>
	<p>5. Information</p> <ul style="list-style-type: none"> <li>• Sex, Age, Unit, Tall, Weight can be set in</li> <li>• 3 levels BMI (Body Mass Index) indicated</li> </ul>
	<p>6. Countdown</p> <ul style="list-style-type: none"> <li>• Countdown timer range: 23:59'59"~0:00'00"</li> </ul>
	<p>7. Alarm</p> <ul style="list-style-type: none"> <li>• 3 alarms</li> <li>• Chime</li> </ul>
	<p>8. Dual Time</p> <ul style="list-style-type: none"> <li>• The time for second time zone.</li> </ul>
	<p>9. Pacer</p> <ul style="list-style-type: none"> <li>• 16 tempi</li> </ul>

## TIMEKEEPING

### 12/24H FORMAT

In the timekeeping mode press “D” to switch the time format (select between 12H and 24H).



### TIME SETTING

1. In the timekeeping mode, press and hold “A” until the seconds start to flash (flashing indicates you can set in).



2. Press “C” or “D” to reset the seconds.



3. Press “B” to switch to next selection.



4. Press “D” to increase the number. Press “C” to decrease the number. Press and hold to adjust at high speed.



5. Repeat step 3 and 4 for selection in following sequence: Seconds – Hour – Minutes – Year – Month – Date – DST (Daylight Save Time).
6. Press “A” to exit the set state after setting. The day of week is automatically displayed depending on the year, month and date setting.



## STOPWATCH

1. In the stopwatch mode press “D” to start it.



2. Stop the stopwatch by pressing "D" again.



3. Press "A" to reset the stopwatch.



## SPLIT TIME



1. In the stopwatch mode press "D" to start the stopwatch.



2. Press "A" to display the split time (Auto running after 2 seconds).



3. Repeat step 2. You can measure the multi-split time.



4. Press "D" to stop the stopwatch.



## RECALL DATA

### LAP



1. In the stopwatch mode press "B" to recall the LAP time when the stopwatch has multi-split time.



2. Press "D" to browse forward the LAP1 – LAP8 time.



3. Press "C" browse backwards the LAP8 – LAP1 time.



4. Press "A" to recall the split data.



5. Press "D" to browse forward the SPLIT1-SPLIT8 time.



6. Press "C" to browse backwards the SPLIT8-SPLIT1.




7. Press "A" to return to the stopwatch mode.

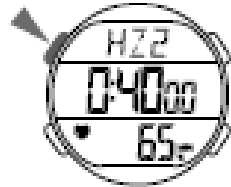




# HEART RATE

## TARGET HEART RATE ZONE SELECTION

<p>In the heart rate mode, press “C” to change the heart rate zone in the following sequence: HZ1 – HZ2 – HZ3 – HZ4.</p> <p>HZ1 – light intensity          HZ2 – moderate intensity          HZ3 – heavy intensity          HZ4 – user define intensity</p>	
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<p>In the heart rate mode, press “A” to browse the maximum % and minimum % of your target heart rate (Your limited heart rate is 220 decreased your age. Your target heart rate zone is a range between the min. and max. heart rate expressed as % of your limited heart rate).</p>	
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## TARGET HEART RATE ZONE DEFAULT SETTING

Heart Rate Zone	During Time	Max. Percentage	Min. Percentage
HZ1	25 mins	65%	55%
HZ2	40 mins	75%	65%
HZ3	40 mins	85%	75%
HZ4	0:00'00"	90%	50%

**NOTE:** HZ4 target heart rate zone can be set MAX/MIN heart rate (%) by user.

## HZ4 SETTING

1. In the HZ4 state, press and hold “A” until the hour starts to flash (flashing indicated in set mode).



2. Press “C” or “D” to reset hour (zero state).



3. Press “B” change to the next selection.




4. Press “C” or “D” to reset minutes (zero state).



- Repeat steps 3 and 4 for selection in following sequence: Hour – Minutes – maximum % - minimum %.
- Press “A” to exit the set state after you set.  
Set the original time to 0:00’00” before using the HZ4 again.

## USE HEART RATE MONITOR

- In the heart rate mode, press “D” to start receiving heart rate signal from the transmitter (symbol  flashes and the heart rate will appear on quickly).



- Press “A” to browse the maximum % and minimum % of your target heart rate.



- Press “C” to browse the current maximum, minimum and average of your heart rate.



- Press “D” to stop receiving heart rate signal from the transmitter (the record of this exercise will be saved automatically if the exercise time lasts for more than 1 min).



### WARNING:

- Keep the watch within 1 meter (3 feet) of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbance.
- The current time appears on if no button pressed after 1 minute.
- In the HZ1-3 state, the exercise time will count down to zero then count up if user do not stop it. In the HZ4 state, the exercise timer will count up directly.
- The HZ4 maximum time of count up is 0:59’59”.
- The alarm will sound and the symbol “MAX” or “MIN” will flash when the heart rate is out of the range (of the maximum % or minimum %).
- The heart rate monitor will stop automatically in 10 minutes when the transmitter is not ready.
- The other functions of the watch are disable in the heart rate mode (e.g.: alarm, chime etc.).

## RECORD

### BROWSE RECORDS

1. In the record mode, the total exercise time and total number of burned calories will appear on. Push "D" to browse the record for weight loss.



2. Press "A" to browse the latest exercise record (R01).



3. Press "D" to browse the item of the record:

Exercise during time, Exercise date – Exercise time – Maximum heart rate – Minimum heart rate – Average heart rate – Burned calories – Weight loss



4. Press "A" to browse the next record (up to 25 records).



**NOTE:** All the data (burned calories, weight loss) are only for reference.

## INFORMATION

### INFORMATION SETTING

1. In the information mode, press and hold "A" until the male or female starts to flash (flashing indicates you can set in).



2. Press "C" or "D" to switch the sex between male and female.



3. Press "B" to switch to next selection.



4. Press "D" to increase the number or press "C" to decrease the number. Press and hold to adjust at high speed.



5. Repeat steps 3 and 4 for the selection in following sequence:  
Sex – Age – Unit – Tall – Weight
6. Press "A" to exit the set state after you have set in.

## BROWSE INFORMATION

Press "D" to browse the information in the following sequence:

Age, Sex – Tall – Weight – BMI



### NOTE:

BMI (Body Mass Index):

- O Overweight
- L Too light
- F Fitness

## COUNTDOWN

When the countdown timer reaches zero, the alarm sounds for about 60 seconds. Press any button to break it.

## COUNTDOWN TIMER SETTING

1. In the countdown mode, press and hold "A" until the hour starts to flash (flashing indicates you can set in).



2. Press "D" to increase hours, press "C" to decrease them. Press and hold to adjust at high speed.



3. Press "B" to go to next selection.



4. Press "D" to increase the number, press "C" to decrease the number. Press and hold to adjust at high speed.



5. Repeat steps 3 and 4 for selection in following sequence:  
Hours – Minutes – Seconds
6. Press "A" to exit the set state after you have set in.



## USE COUNTDOWN TIMER

1. Press "D" to start the countdown timer.



2. Press "D" again to pause it.

## ALARM

The alarm sounds for about 60 seconds at the pre-set time every day. To break it, push any button.

## CHIME AND ALARM

- In the alarm mode press "C" to select chime, alarm 1~alarm 3.



- In the chime state press “D” to on/off the chime . In the alarm 1~alarm 3 state, press “D” to on/off the alarm .



## ALARM 1 TIME SETTING

1. In the alarm 1 state, press and hold “A” until the hour starts to flash. The indicator appears (flashing indicates you are in the in-set mode).



2. Press “D” to increase the hours, press “C” to decrease the hours. Press and hold to adjust at high speed.



3. Press “B” to select minutes.



4. Press “D” to increase minutes. Press “C” to decrease minutes. Press and hold to adjust at high speed.



5. Press “A” to exit setting. The way for setting all three alarms is the same.

## DUAL TIME

### DUAL TIME SETTING

1. In the dual time mode, press and hold “A” until the hour starts to flash (flashing indicates the in-set mode).



- Press "D" to increase hours or press "C" to decrease hours. Press and hold to adjust at high speed.



- Press "B" to select minutes.



- Press "C" or "D" to change the minutes (push once to change by 30 mins).



- Press "A" to exit the set state after you have set in.

## PACER

### PACER SETTING

- In the pacer mode, press and hold "A" until the tempo number starts to flash (flashing indicates the in-set mode).



- Press "C" or "D" to select the tempo in following sequence:  
10 – 20 – 30 – 40 – 50 – 60 – 70 – 80 – 90 – 100 – 120 – 140 – 160 – 180 – 240 – 300



- Press "A" to exit the set state after you have set in.

### USE THE PACER

- Press "D" to start.

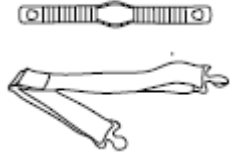






- Press "D" again to stop it.

## TRANSMITTER

Transmitter detects and transmits your heart rate signal to the watch. Wear it to measure your heart rate during exercising.

### PROPER USING

1. Take the transmitter and the elastic strap out from the package.	
2. Wet the rear surface of the conductive ribbed rubber pads with water or moisten the pads with saliva.	
3. Attach transmitter belt to the elastic strap.	
4. Adjust strap length so that the strap fits well, but not too tightly.	
5. Check that the wet conductive ribbed rubber areas fit your skin firmly.	

**NOTE:** Maintain it after each exercising following next steps:

- Wash the transmitter carefully with a mild soap and water solution.
- Rinse it with pure water.
- Use a soft towel to dry it carefully.
- Keep the watch clean and wipe off any moisture.
- Store the heart rate monitor in a dry and clean place. Dirt impairs the elasticity and functionality of the transmitter. Sweat and moisture can keep the conductive ribbed rubber pads wet and the transmitter activated. That could shorten the battery lifespan.





## BACKLIGHT


The backlight that uses an EL (electro-illuminated) causes the display to glow to make reading easier in dark or in poor visibility.

### USE EL BACKLIGHT

- In the timekeeping mode, press “C” to illuminate the display for about 3 seconds.

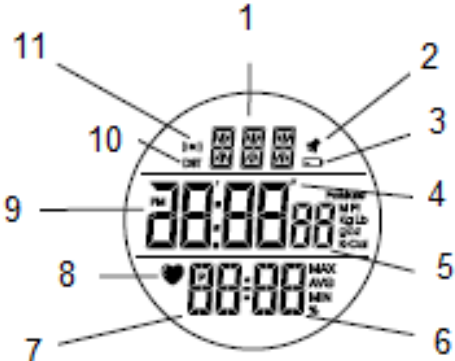


### LOW POWER

- If the battery voltage level is insufficient, the icon  appears until the battery will be replaced for a new one.



## DISPLAY

	1. Day of week
	2. Chime
	3. Low battery power
	4. Minutes
	5. Seconds
	6. Date
	7. Month
	8. Heart rate
	9. Hours
	10. Daylight save time
	11. Alarm

## MINIMISING POSSIBLE RISK OF EXERCISING

**WARNING:** Exercising may include some risks, especially for people with a sedentary job.

Before starting a regular exercise program, we recommend to you to answer following questions about your health state. If you will answer YES to any of these questions, consult a physician before starting the workout.

- Have you not exercised for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have any symptoms or diseases?
- Do you take any blood pressure or heart medication?
- Do you have breathing problems?
- Are you recovering from serious illness or medical treatment?
- Do you have a pacemaker or any implanted electronic device?
- Do you smoke?
- Are you pregnant?

**NOTE:** Medications of heart, blood pressure, psyche, asthma, breathing, using energy drinks, alcohol or nicotine, (in addition to the workout intensity) may affect the heart rate.

### **WARNING:**

- Be sensitive to your body signals during exercising. If you feel pain or fatigue, stop immediately. We recommend to start at lower intensity.
- This warning concerns all the people with a pacemaker, implanted defibrillator or other implanted electronic device. People with a pacemaker use the heart rate monitor at their own risk. Before starting using it, we recommend to do some test under medical supervision to be sure in safe and reliable using of the heart rate monitor without any negative impact to the pacemaker functionality.
- If you are allergic to any substance that meets the skin or if you see some allergic reaction during using, wear the transmitter over the shirt to avoid negative skin reaction. However, moisten the shirt well under the conductive ribbed rubber pads to ensure flawless operation.

## 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.**

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Web: www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: