



USER MANUAL – EN
IN 8123 Sporttester inSPORTline Cord



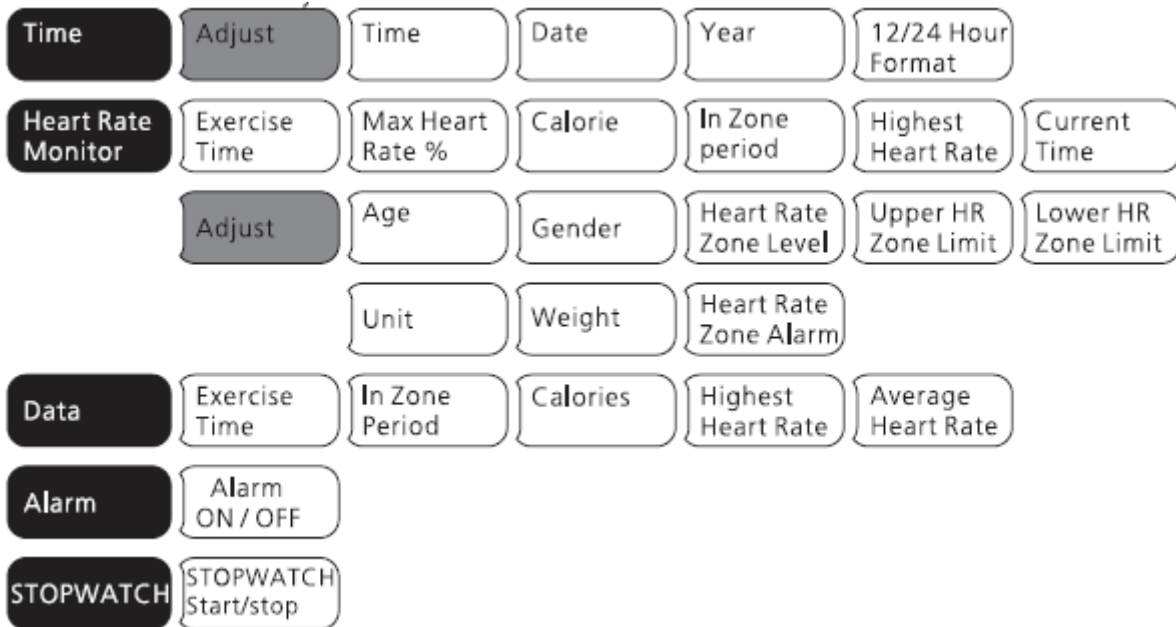
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INTRODUCTION


Your congratulation for purchasing this highly reliable Heart Rate Monitor. It is a use-friendly fitness toll to keep track of your personal fitness level. To develop basic understand and gain maximum benefit from this Heart Rate Monitor, please red this manual carefully. We wish you an enjoyable workout with it.

FUNCTIONS AND SUMMARY



- Heart rate monitor
- Chronograph
- Calorie counter
- Time/Date/Alarm

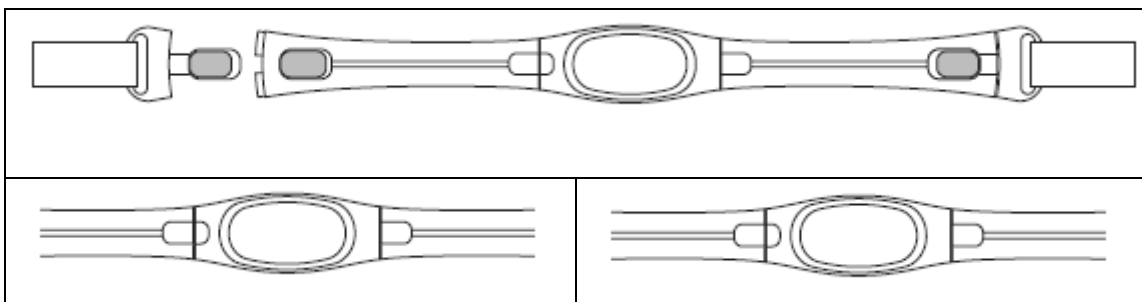
KEYS AND FUNCTIONS

	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"> • Light activation • Entering the setting sequence for each setting mode • Clearing the session data
	START/STOP <ul style="list-style-type: none"> • Increases variable in setting sequence • Pauses time in HRM mode
	RESET <ul style="list-style-type: none"> • Decreases variable in setting sequence. • Toggles through sub modes • Toggles between pounds/kilograms • Ends session

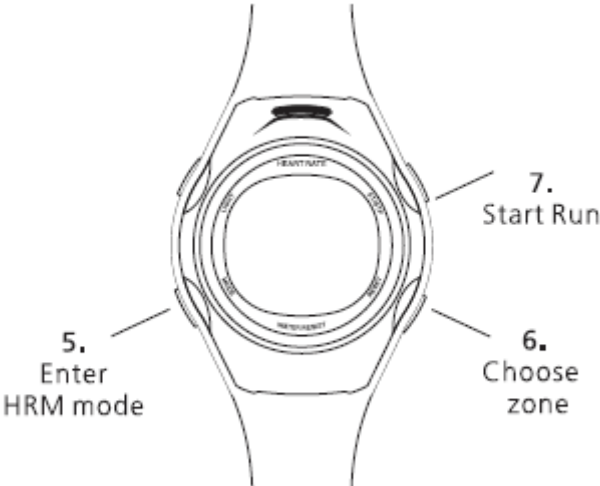
QUICK START (WEARING THE CHEST BELT)

NOTE: Follow the steps from 1 to 4 to wear the chest belt and to go run.

1. Open the chest belt.
2. Insert the tab into the hole. Make sure tab and hole are on the same level.
3. Position on rib cage under the chest. Make sure that the chest belt is positioned in the right direction and worn directly against the skin.
4. Lift the chest belt slightly from the skin and wet both grooved areas on the back to ensure strong connection between your pulse and the chest belt.



QUICK START (ZONE SELECTION)



	<p>NO SIGNAL</p> <p>Three dash lines will appear if the watch is not receiving transmission from the chest belt.</p>
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- 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.

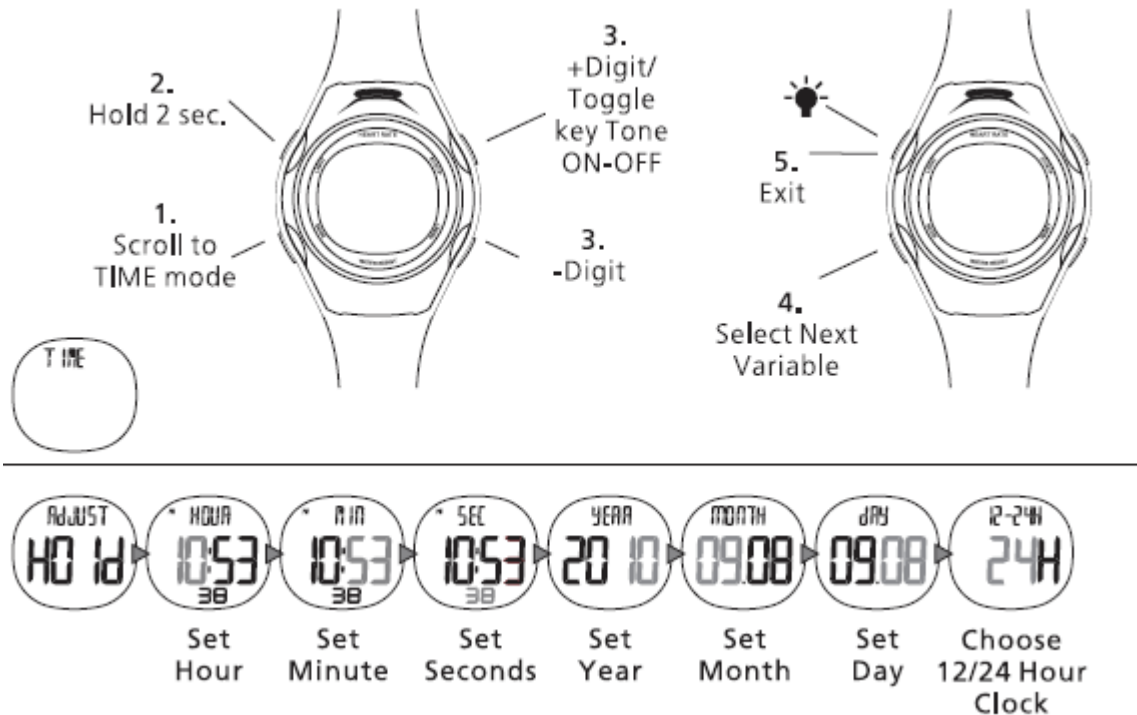
Graphical representation of maximum Heart Rate:

	<p>Current HR reaches less than 60% of your max. heart rate.</p>
	<p>Current HR reaches less than 60-85% of your max. heart rate.</p>
	<p>Current HR reaches 85% or above of your maximum heart rate.</p>

TIME SETTING

In the TIME mode, you can set the TIME, DATE, HOUR FORMAT.

Follow steps from 1 to 5 to set the time and date.



HEART RATE MONITOR (GETTING STARTED)

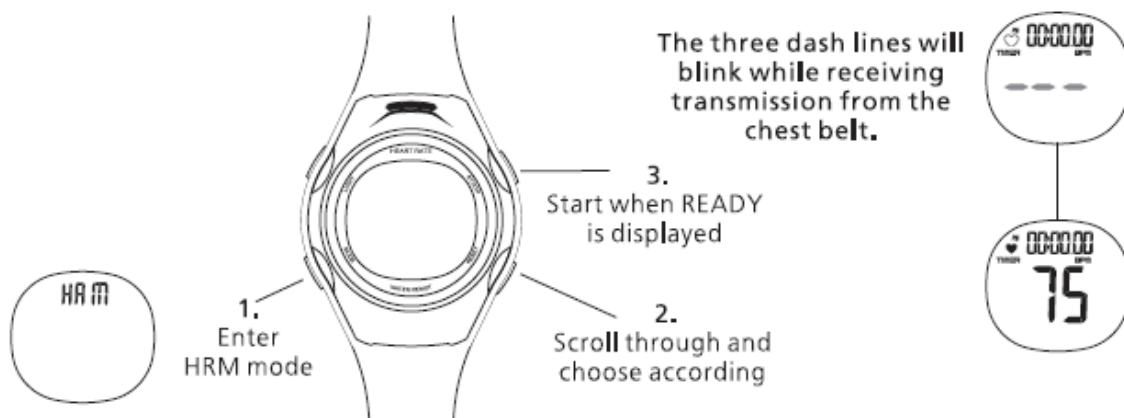
PRINCIPLE OF THE HEART RATE ZONE

It is important that you know your maximum heart rate, training zone, upper heart rate limit and lower heart rate limit before you begin. They help you achieve the maximum health benefits out of your workout. We recommend consulting a medical practitioner or a registered physician before setting your personal training schedule and target. Or you can set your own upper and lower limit using the following as a reference guide.

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

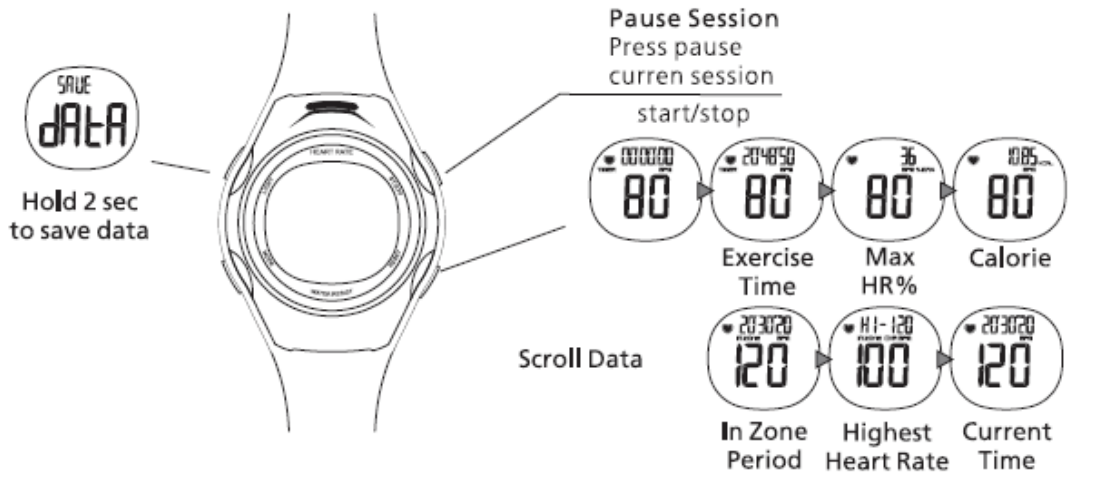
Getting started

Follow steps from 1 to 3 to get ready and to start your run.



HEART RATE MONITOR (DATA DISPLAY/ZONE RANGE)

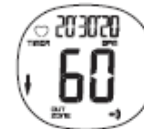
The exercise time is displayed under the heart rate by default. Press the START/STOP key to view other information.



In-Zone
Your heart rate is within your zone range

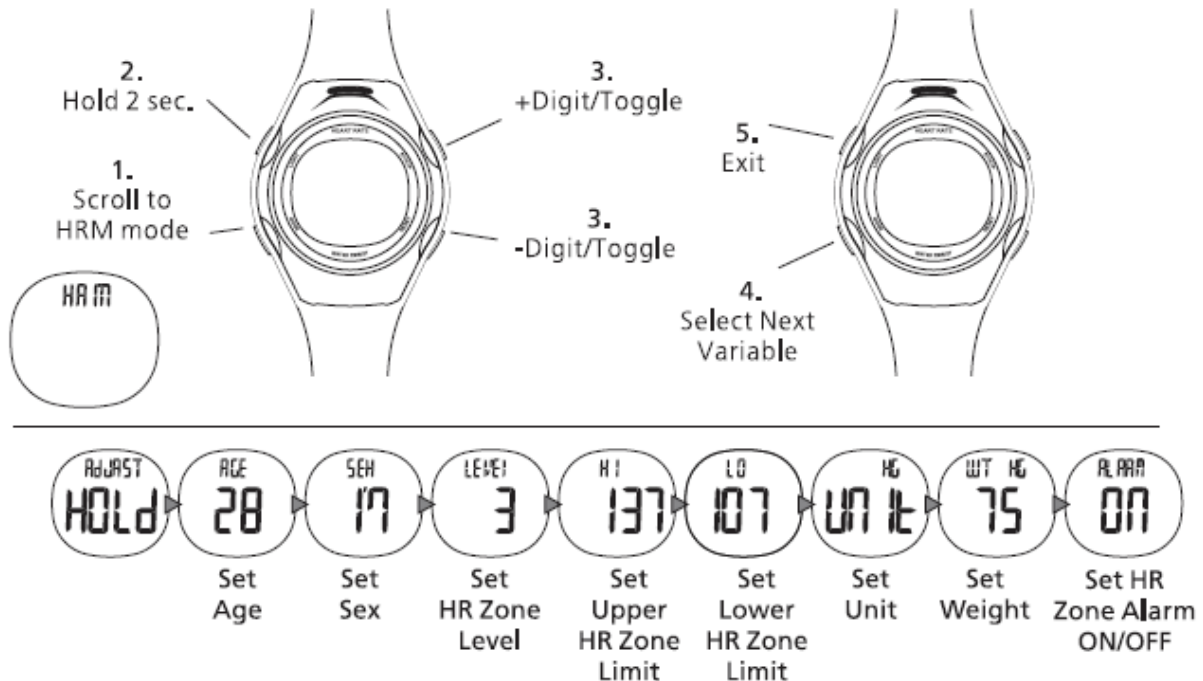


Out-Zone
If your heart rate is out of zone, the High or Low arrows will display



HEART RATE MONITOR (USER SETTINGS)

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



HR SETTING (HEART RATE INTENSITY CHART)

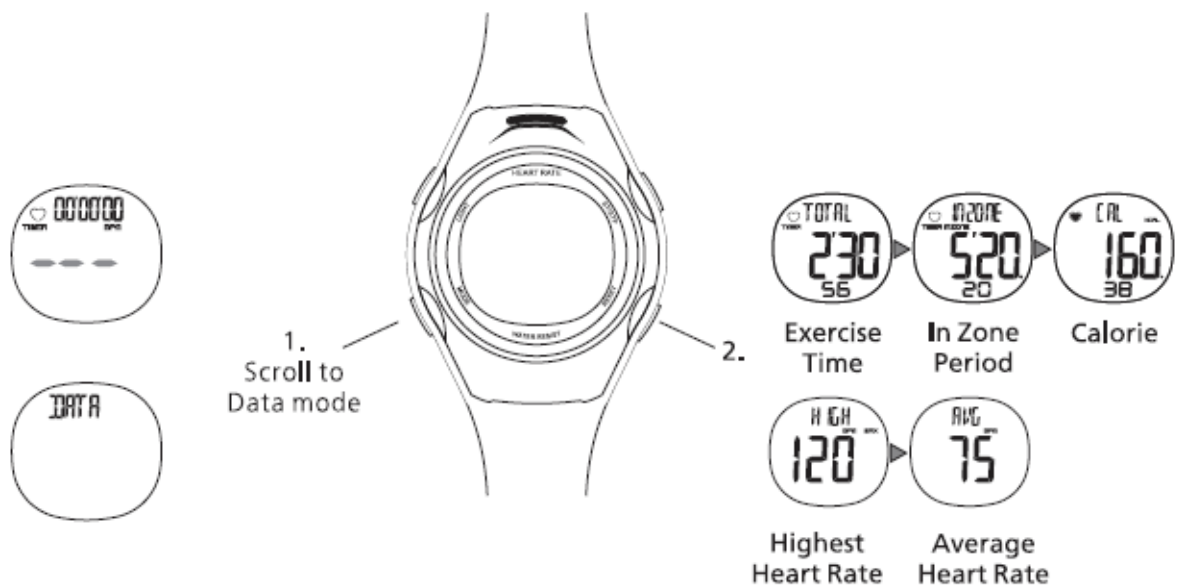
This is an alternative to check your heart rate zones based on gender, age and weight. Starting with your max. heart rate (MHR), use the chart to calculate your zones depending on the intensity of your workout. Please note that this chart may not be suitable for everyone.

Max Heart Rate Male=220-age Female=226-age			Level 1 (55-70%) Sustain a 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.			
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 OVERALL INFORMATION OF PERFORMANCE

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

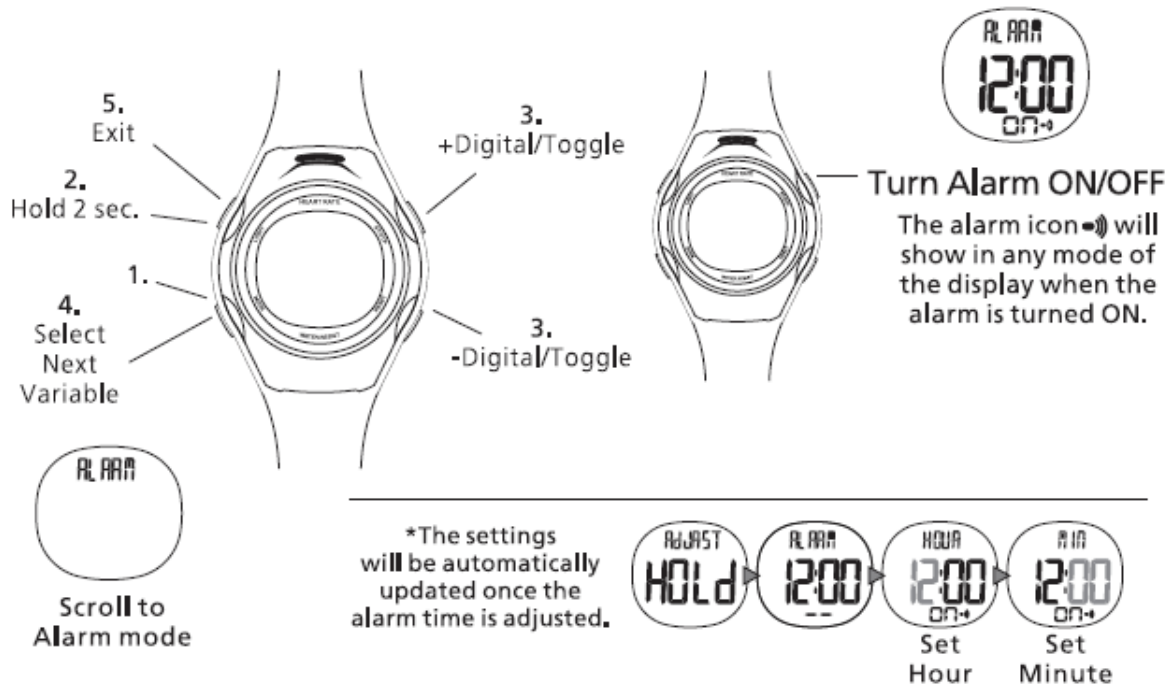
Follow steps from 1 to 2 to manage your data. Please note only one session worth of data can be stored.



ALARM (SET ALARM)

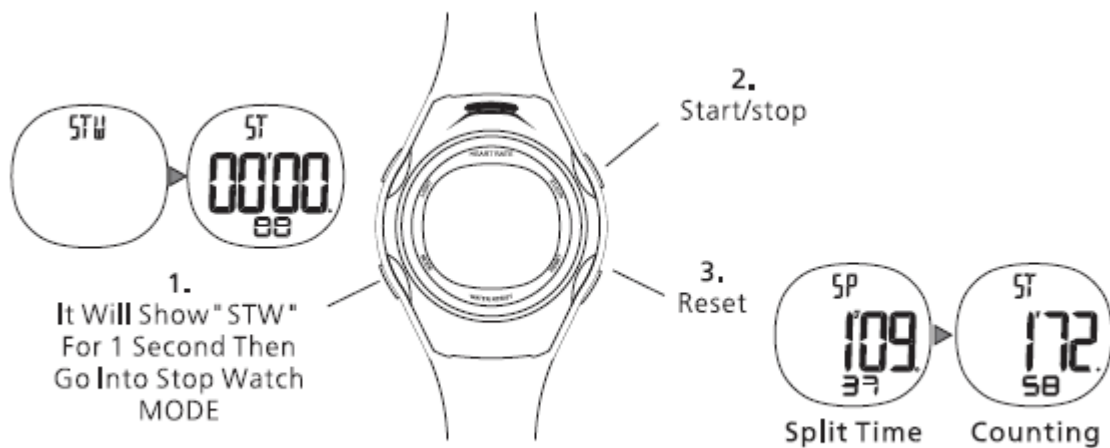
In the ALARM mode, you can toggle ON/OFF for the alarm and adjust the time.

Follow steps from 1 to 5 to adjust alarm settings.



STOPWATCH

In the stopwatch mode, follow the instructions in section 1-3. The start operation.



BATTERY REQUIREMENTS


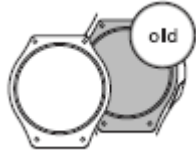


WARNING!

- Keep watch batteries away from children. If swallowed, contact a doctor immediately.
- Batteries contain chemical substances. They should be disposed properly and according to local regulations.

WATCH

Battery type: CR2032 Lithium

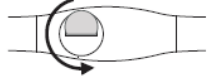
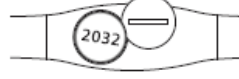


Battery life: The battery is estimated to last 1 year depending on frequency and use of certain features.

	<p>Unscrew all four corners to remove the case back.</p>
	<p>Remove old battery.</p>
	<p>Insert a CR2032 lithium battery with the writing facing you.</p>
	<p>Replace the caseback.</p>

HR CHEST BELT

Battery type: CR2032 Lithium

Battery life: The battery is estimated to last 1 year if the chest belt is used one hour per day.

	<p>Use a coin to unscrew the battery hatch on the watch by turning counter-clockwise.</p>
	<p>Remove old battery and insert a CR2032 lithium battery with the writing facing you.</p>
	<p>Replace the battery hatch.</p>
	<p>Make sure that the O-ring (rubber ring surrounding battery) has not been removed from its place.</p>

NOTE: We strongly recommend taking your watch to a local retailer or jeweler to let replace the battery to avoid product damage.

TROUBLESHOOTING

Heart rate doesn't display on the watch	<ul style="list-style-type: none"> The chest belt may not be positioned correctly. The grooved sensors may not be wet enough. Wet it and try again. It is recommended that the grooved sensors are directly on your skin.
Heart rate reading on watch is inconsistent or stops	<ul style="list-style-type: none"> The battery may need to be replaced in the chest belt. Sources of electromagnetic fields can cause interference (Appliances, computers and power lines).
Watch beeps continuously	<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.
Watch display may be frozen due to static electricity	<ul style="list-style-type: none"> The display may be frozen due to static electricity or recent battery replacements. If this occurs, press on all 4 side buttons at the same time to reset to the factory setting.

CARE AND MAINTENANCE

- Avoid extreme force, shock, dust, temperature or humidity. Such conditions may cause malfunctioning, shorter electronic lifespan, battery breakage or distorted parts.
- Rinse the watch with fresh water to avoid materials building up that can interfere with the reception of the pulse.
- Don't use abrasive or corrosive materials to clean the watch or chest belt. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.
- Avoid tampering the internal components of the watch. Doing so will terminate the sensors warranty and may cause damage.

SPECIFICATIONS

WATCH

Water resistance: The watch is water resistant under normal use up to 30 meters. Water damage will occur if the watch buttons are pressed while under water.

Operating temperature: -5 to 50 °C.

Material specifications:

Crystal	Acrylic
Case	Acrylonitrile butadiene styrene (ABS)
Keys	Acrylonitrile butadiene styrene (ABS), Polyurethane
Buckle	Stainless steel
Bezel	Stainless steel
Caseback	Stainless steel

Strap	Polyurethane
Mode limits	Heart Rate 30-240 bpm

HEART RATE CHEST BELT

WATER RESISTANCE: The watch is water resistant under normal use up to 10 meters. Wipe dry after use.

Operating temperature: -5 to 50 °C.

Material specifications:

Case	Acrylonitrile butadiene styrene (ABS)
Strap	Polyurethane
Band	Elastic

DISPOSAL AND ENVIRONMENTAL PROTECTION

This marking indicates, that this product should not be disposed with another household waste. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. You can obtain information on disposal from your local authorities.

To rerun your used device, please use the return and collection system or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.



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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Date of Sale:

Stamp and Signature of Seller: