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Timex websites offer beneficial information to help you optimize your Heart Rate Monitor. Register your product at www.timex.com. Visit www.timextrainer.com for more on Timex® Health & Fitness products, Timex ® sports watches, and training information. 6 Zone % Goal Benefit 1 50% to 60% Light exercise Maintain a healthy heart and get fit

Digital Heart Rate Monitor - Timex

Digital Heart Rate Monitor Before You Begin Once you have determined your fitness goal and maximum heart rate, Timex recommends you input this information into the HRM SETUP Mode. This will allow you to tailor your Digital Heart Rate Monitor to your personal parameters. For information on HRM SETUP Mode, refer to pages 28 to 32.

Digital Heart Rate Monitor - Timex

Digital Heart Rate Monitor should ever need servicing, send Monitor was purchased, together with a completed original Repair Coupon it to Timex as set forth in the Timex International Warranty or addressed to: or, in the U.S. and Canada only, the completed original Repair Coupon or a HOTLINE WATCH SERVICE, P.O.

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Prepare Your Heart Rate Monitor for First Use Once you have determined your fitness goals and maximum heart rate, Timex recommends you pair the watch with your Heart Rate Sensor, set the time, and set other important data in HRM Setup Mode before using your Heart Rate Monitor. Note:For best results, Timex recommends that you wash your heart rate

Digital Heart Rate Monitor - Timex India

Heart Rate Monitor Timex 0400156-W-29 Fitness Manual Digital heart rate fitness system instruction book (14 pages) Heart Rate Monitor Timex NA632-095000 Instruction Manual

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W184_NA_Rev.03.qxd 11/1/06 11:24 AM Page 2 Heart Rate Monitor 3. Start the Heart Rate Monitor: Refer to the user manual for your watch for detailed instructions on viewing heart rate data. How the Digital Heart Rate Monitor Works Warning The Heart Rate Monitor is a combination of a Heart Rate Sensor and a sport watch.

TMXM640 Heart Rate Monitor User Manual W184_NA_Rev.03.qxd ...

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