

wena 3  
band guide



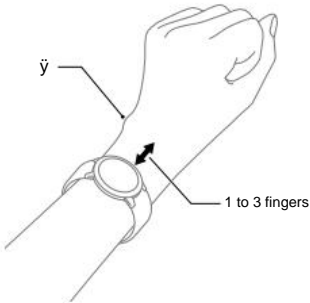
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This manual explains how to attach the head and how to adjust the band. For customers using rubber bands, please see the surface. For customers using metal or leather bands, please see reverse side.

**Note**  
Depending on the type of band you are using, accessories and optional parts may differ. Be careful not to accidentally purchase or install the wrong type of accessory.

How to wear the band for more accurate heart rate measurement

When using the heart rate measurement function, it is recommended that you wear the watch slightly away from your wrist for accurate measurement. As shown in the figure below, wear it about 1 to 3 fingers below the raised part (ȳ) slightly below your wrist (on the elbow side). You may be able to measure more accurately by attaching the device closer to your elbow.



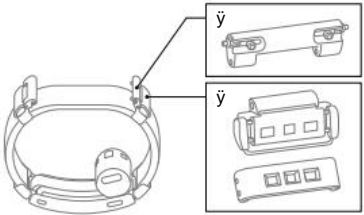
- When measuring your heart rate, wear the watch so that the heart rate sensor is in constant contact with your skin. Accurate measurements may not be possible if the contact of the heart rate sensor is unstable, such as when the band is misaligned. •Be careful not to tighten the band too tightly, as this may lead to poor blood circulation, which may lead to inaccurate measurements or rashes.
- If the band on the heart rate sensor side is too long, the heart rate sensor will easily separate from your skin. Make sure the heart rate sensor is in proper contact with your skin when adjusting the band length.

For details on other heart rate measurement functions, see "About heart rate measurement" in the reference guide.

rubber band

Precautions when installing the head

The following parts (sold separately) are required to attach the watch head to the wena 3 rubber band. ȳ End piece ȳ End piece connector



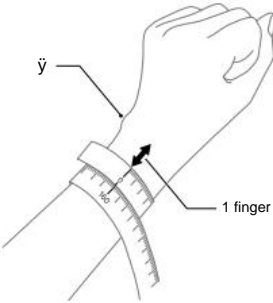
adjust the length of the band

There are two ways to adjust the length of the band: ȳ 6 mm intervals Cut rubber band by positions on the band (step 2) and attach it. Select rubber band by positions on the band (step 2) and attach it.

The rubber band attached to this unit at the time of purchase is the maximum size (3L). Please follow the steps below to adjust the length of the rubber band yourself.

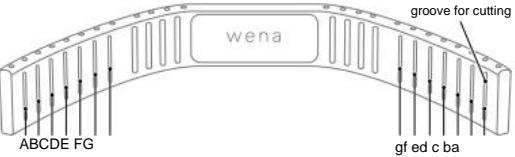
1Check your wrist size

The device should be worn on the part slightly away from the wrist. Wrap the tape measure around one finger's width below (on the elbow side) from the protuberance (ȳ) slightly below the wrist on which the watch is to be worn. For accurate sizing, do not over tighten your arm with the tape measure.



2 Cut the rubber band according to the size

Cut along the cut grooves (6 mm intervals) of the rubber band with scissors. Please refer to the size chart and check the cut position (A-G, a-g) based on your wrist size, then cut along the groove for cutting. Be careful not to cut the four holes on the left and right sides of the wena logo as they are for attaching the base plate.

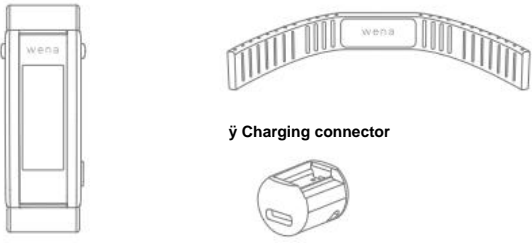


size chart

size	wrist size	Cut position	
		left	right
3L	204-209mm	-	-
LL+	198-203mm	-	a
LL	192-197mm	A.	a
L+	186-191mm	A.	b
L	180-185mm	B.	b
M+	174-179mm	B.	c
M.	168-173mm	C.	c
S+	162-167mm	C.	d
s.	156-161mm	D.	d
SS+	150-155mm	D.	e
SS	144-149mm	E.	e
3S+	138-143mm	E.	f
3S	132-137mm	F.	f
4S+	126-131mm	F.	g
4S	120-125mm	G.	g

Check the contents

ȳ wena 3 rubber body ȳ rubber band



ȳ Charging connector

**Note** •If the rubber band is cut short, it can **not** be lengthened. Cut the band **slightly larger than the measured size using the cutting** groove, and adjust the length while actually wearing the band on your arm in step 3 to check it. •If the band is loose, you may not notice the vibration of the notification or keep your heart rate correct.

Accurate measurement may not be possible.

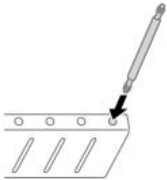
If you cut the rubber band too much

Rubber bands can be purchased on the wena.jp product page or at some wena dealers. Please check <http://wena.jp/> for dealers.

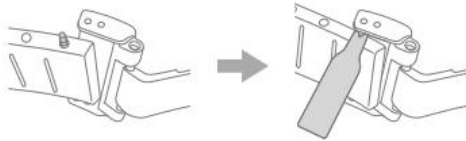
3 Attach the rubber band

Attach both ends of the cut rubber band to the band connector.

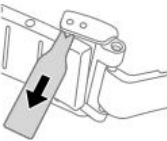
ȳ Insert the spring bar into the outermost spring bar hole of the cut rubber band, plug in.



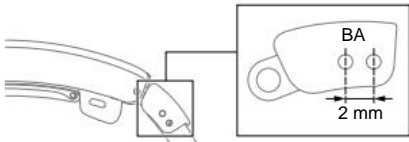
ȳ Align one side of the spring bar passed through the rubber band with the hole inside the band connector. Use the spring bar remover to press the side that matches the hole and the opposite side to the rubber band side and attach it to the hole inside the band connector.



ȳ Pull out the spring bar remover.



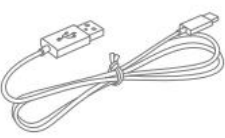
**Please note that** the spring bar is easy to jump. Be careful when handling the spring bar, as it may jump suddenly and cause an injury or accident. The band connector has two mounting holes (A, B). If necessary, change the mounting holes to fine-tune the band length.



If the band is still loose even after making fine adjustments (attaching both sides to B), cut the rubber band at one cut position shorter.

**Note**  
The maximum value for the "wrist size" in the size chart is the size when the spring bar is inserted into the horizontal holes A on both ends of the band connector.

ȳ USB Type-C® cable



ȳ Spring bar (for installation x 2, spare x 2)



ȳ Spring bar removal



attach the head

An end piece and an end piece connector (sold separately) are required to attach the watch head to the watch. For purchase and installation of end pieces and end piece connectors, please check the wena support page. Please check the same page for the recommended watch sizes that wena 3 can be attached to.



<http://wena.jp/support.html>

1 Attach end piece to end piece connector

**Note** :  
Since special tools are required, we recommend that you ask a watch repair shop for installation.

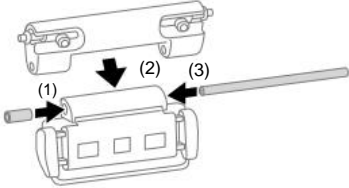
Bring the following items to your local watch repair shop to have the end piece installed.

- Target width end piece • End piece connector • Band guide (this document)

To watch repair shops

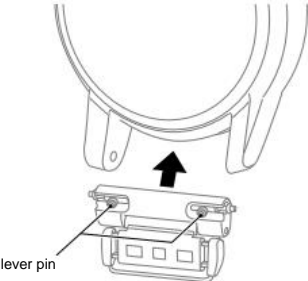
- (1) Insert the C-ring into the end piece connector from the direction shown below.
- (2) Align the holes of the end piece and the end piece connector.
- (3) Drive the pin in from the opposite side of the C-ring.

**Note** :  
The end piece connector does not have an arrow pointing to the driving direction like the adjuster.



2 Attach the end piece to your head

While pinching the lever pin of the band, align it with the band attachment hole on the head and release the lever pin.



ȳ Start Guide

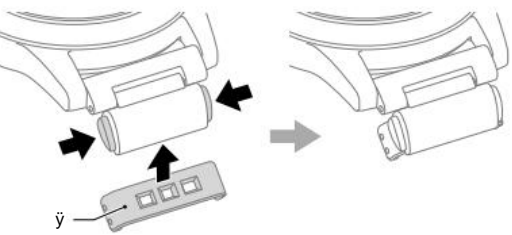
ȳ Band Guide (this document)

ȳ Reference Guide

ȳ Band warranty

3 Attach the base plate to the end piece connector

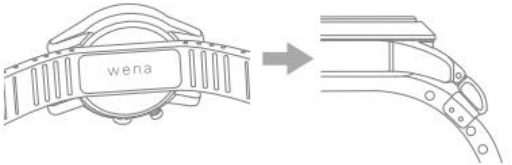
With the buttons on both ends of the end piece connector pushed in, align the holes in the base plate (ȳ) with the projections on the back of the end piece connector, release the buttons, and attach. At this time, make sure that the base plate does not come off from the end piece connector. Attach the base plate to the other end piece connector in the same way.



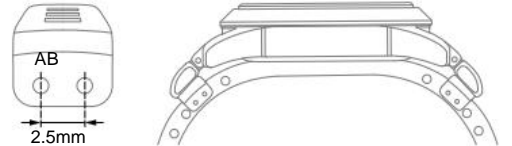
Attach the base plate to the rubber band

Four

Align your head with the band so that the wena logo on the band is in the center, check the positions of the base plate and the holes in the band, and attach.



The base plate can be attached to the band using the same procedure as "3 Attaching the rubber band" in "Adjusting the length of the band". Attach both baseplates to the band.



The base plate has two holes (A, B) spaced 2.5 mm apart for fine adjustment of the mounting position.

For details on adjusting the band length, refer to the help guide on the wena support page (<http://wena.jp/support.html>).

- Note**
- We do not accept returns or exchanges on the grounds that it cannot be attached to your head. In addition, we are not responsible for any damage caused to the customer in connection with the removal of the wena 3 rubber band model, such as removing the band will void the manufacturer's warranty" of the customer's watch.
  - Damage caused by breaking the end piece by applying excessive force. We are not responsible for any damage.
  - If the rubber band is pulled continuously, it may be suddenly torn off, so attach the base plate in a position where the rubber band has room to spare.

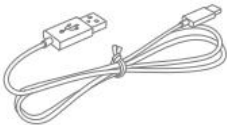
\*For the manufacturer's warranty for your watch, please contact us directly. Please contact the manufacturer.

Check the contents

Wena 3 metal body



USB Type-C® cable



Start Guide

Band Guide (this manual)

Reference Guide

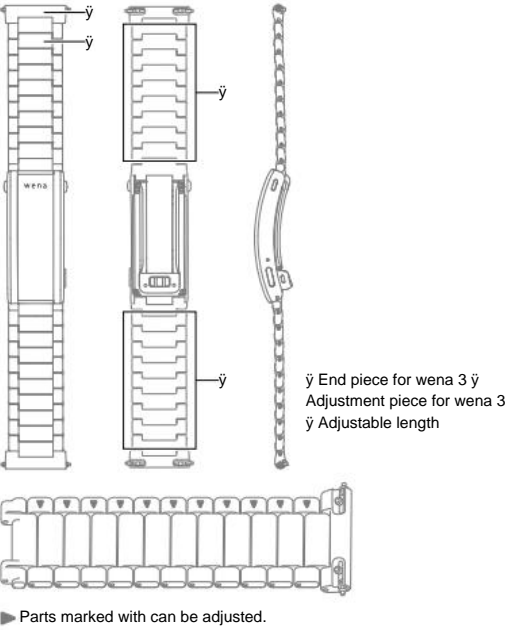
Band warranty

Charging connector



adjust the length of the band

When adjusting the length of the band, there is a risk of damaging small parts or injuring yourself during work, so we recommend that you have the band adjusted by a watch repair shop. The length of the band at the time of purchase is the maximum size. The length can be adjusted by removing the adjustment piece. If the band is loose, you may not notice the vibrations and may not be able to accurately measure your heart rate.



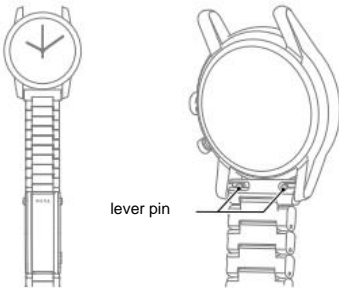
attach the head

The end piece supplied with this unit is the wena 3 metal end piece 22 mm (for lug widths of 22 mm or more and less than 23 mm). An end piece (sold separately) is required to attach a head with a lug width other than 22 mm or more and less than 23 mm. For purchase and installation of end pieces, please check the wena support page. Please check the same page for the recommended watch sizes that wena 3 can be attached to.



<http://wena.jp/support.html>

As shown in the figure below (left), attach the end piece near the 6 o'clock side of the head and the wena logo on the band. The figure below (right) is attached by pinching the lever pin of the band, aligning it with the hole for band attachment on the head, and releasing the lever pin.



Note

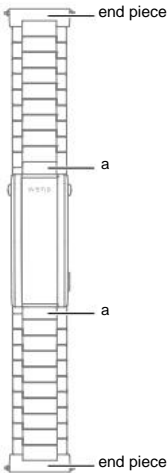
•We do not accept returns or exchanges on the grounds that it cannot be attached to your head. In addition, we are not responsible for any damage caused to the customer in connection with the removal of the wena 3 metal band model, such as the removal of the band voiding the manufacturer's warranty\* of the customer's watch. • Damage caused by breaking the end piece by applying excessive force. We are not responsible for any damage.

\*For the manufacturer's warranty for your watch, please contact us directly. Please contact the manufacturer.

Ask a watch repair shop to adjust the length

Bring the following items to your local watch repair shop to have the end piece installed.

- This unit
- Parts required for length adjustment
- Band guide (this document)



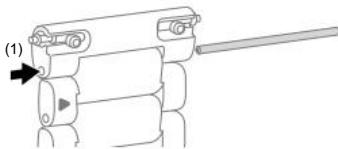
To watch repair shops

Band length adjustment method

How to remove the adjustment piece and end piece

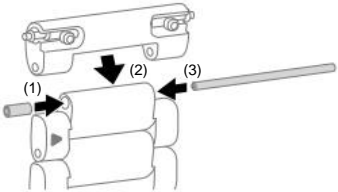
Only the end piece and the adjustment piece with the mark on the back side of the band can be removed.

► Punch out the pin in the direction of (1). After removing the pin and C-ring, Please be careful not to lose it.



How to attach the adjustment piece and end piece

► Insert the C-ring in the direction of (1). Align the holes of the parts with the holes of the parts (2), and drive the pin in from the opposite direction (3).



If the band on the heart rate sensor side is too long, the heart rate sensor will easily come off the skin. Make sure the heart rate sensor is in proper contact with your skin when adjusting the band length.

leather band

Check the contents

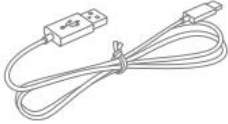
Wena 3 leather body



Charging connector



USB Type-C® cable



Leather band



Spring

bars (for mounting x 2, spare x 2) Band guide (this document)



Reference Guide

Band warranty

Spring bar removal



attach the head

The leather band that comes with this unit is 22 mm (for a lug width of 22 mm or more and less than 24 mm). A separately sold leather band is required to attach a head with a lug width other than 22 mm or more and less than 24 mm. For information on purchasing and installing a leather band, please check the wena support page. Please check the same page for the recommended watch sizes that wena 3 can be attached to.



<http://wena.jp/support.html>

1Attach the spring bar to your head

Insert the spring bar into one side of the hole in the lug of the head.



Please

**note that** the spring bar is easy to jump. Be careful when handling the spring bar, as it may jump suddenly and cause an injury or accident.

Use the spring bar removal tool to push in the spring bar and insert the will be included.

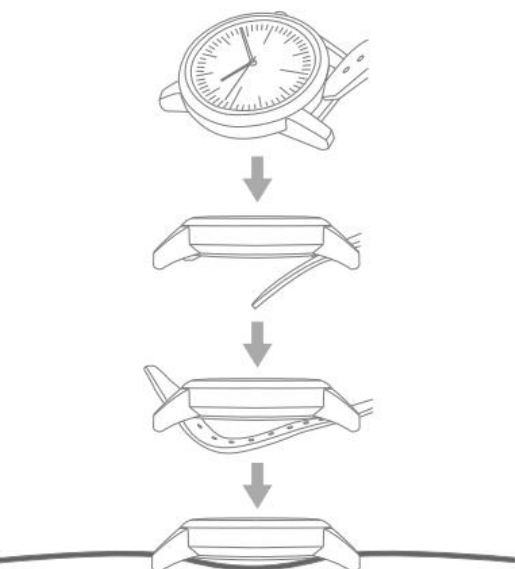


Install the spring bar on the other side in the same way.



Attach the leather band to your head 2

Pass the leather band through the head as shown below so that the wena logo on the band is directly behind the head and can be seen on the outside (wrist side).



Note

•Returns/exchanges due to inability to attach to your head is not acceptable. We are also not responsible for any damages you may incur in connection with putting on or taking off the wena 3 leather model, such as removing the band voids your watch's manufacturer's warranty\*.

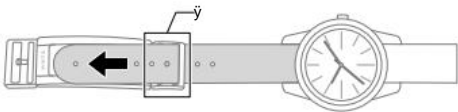
\*For the manufacturer's warranty for your watch, please contact us directly. Please contact the manufacturer.

adjust the length of the band

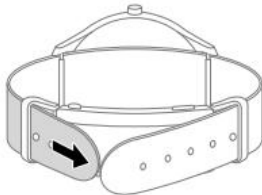
If the band is loose, you may not notice the vibrations and may not be able to accurately measure your heart rate. Please follow the steps below to adjust the length of the leather band yourself.

Adjust the size of one band

Pass the end of the leather band on the 12 o'clock side through the band connector (y) without the wena logo on the main unit. Secure it by passing the fastener through the hole in the leather band.



Secure the 6 o'clock side through the band connector in the same way.

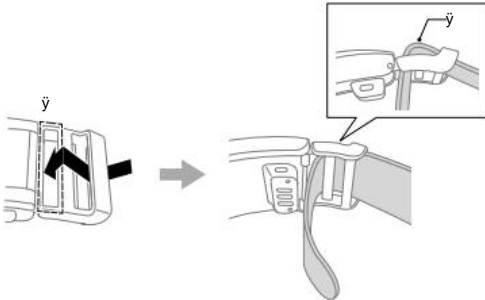


In this state, pass your arm through and adjust the size.

When adjusting the size, remove the leather band from the clasp, change the position of the hole little by little, and fix the clasp through the hole at the optimum position.

2Attach the leather band

Please attach from the band connector without the wena logo. Pass the tip of the leather band through the band connector from front to back (y). At this time, be careful not to let the slack (y) become too large.



Pass the tip of the leather band passed through the back through the loop on the back side of the band connector. Again, be careful not to let the slack (y) become too large.



Pass the leather band through the other band connector in the same way.



For details on adjusting the band length, see the help guide on the wena support page (<http://wena.jp/support.html>).