

TECH⁴O[®]
NOTHING'S BEYOND YOU.

**Accelerator Pro & Accelerator Pro Plus
Sports & Fitness Watches**

1.0 INTRODUCTION

1.1 What the Buttons Do

2.0 TIMEKEEPING & SENSOR MENUS

3.0 CURRENT TIME MODE - SET THE WATCH

4.0 ALARM MODE - SETTING ON/OFF

4.1 Alarm Mode - Setting Alarms

5.0 CHRONOGRAPH MODE - HOW TO USE

5.1 Chronograph Mode - Recall Lap Time

6.0 TIMER MODE - SET A TARGET TIME

6.1 Timer Mode - Establish User Presets

6.2 Timer Mode - Use the Countdown Timer

7.0 PACE TIME MODE - HOW TO USE

7.1 Pace Mode - Set a Pace

7.2 Pace Mode - Use Pace with Chronograph

8.0 DUAL TIME MODE

9.0 SENSOR MODE - STOP/START THE SENSOR, TIMER & LOGBOOK

9.1 Sensor Mode - Reset Screen, Session & Timer

10.0 DISTANCE MODE OVERVIEW

10.1 Distance Mode - Capturing the Data

10.2 Distance Mode - Display

10.3 Distance Mode - Supplementary Function Menu

10.3.1 Distance Mode - Menu 1 Save a Session

10.3.2 Distance Mode - Menu 2 Session Review

10.3.3 Distance Mode - Menu 3 Daily Record Review

10.3.4 Distance Mode - Menu 4 Sleep Time Setting

10.3.5 Distance Mode - Menu 5 Sense Sensitivity Setting

11.0 HEART RATE MODE FUNCTIONS

11.1 Heart Rate Mode - Chest Strap

11.2 Heart Rate Mode - Capture the Data

11.3 Heart Rate Mode - Function Display

11.4 Heart Rate Mode - EMHR and % EMHR

11.5 Heart Rate Mode - Zone Alert Limits

11.6 Heart Rate Mode - Turn ON/OFF Zone Alert

11.7 Heart Rate Mode - No Signal or Long Response Time

11.8 Heart Rate Mode - Supplementary Function Menu

11.8.1 Heart Rate Mode - Function Menu 1 Save Session

- 11.8.2 Heart Rate Mode - Function Menu 2 Session Review
- 11.8.3 Heart Rate Mode - Function Menu 3 Daily Record
- 11.8.4 Heart Rate Mode - Menu 4 Zone Setting

12.0 USER MODE FUNCTION MENU

- 12.1 User Mode - Capture the Data
- 12.2 User Mode - Change the Display
- 12.3 User Mode - Supplementary Function Menus
 - 12.3.1 User Mode - Menu 1 Save Session
 - 12.3.2 User Mode - Menu 2 Save Review
 - 12.3.3 User Mode - Menu 3 Daily Record Review
 - 12.3.4 User Mode - Menu 4 Display Setting

13.0 LOGBOOK MODE FUNCTION MENU

- 13.0.1 Logbook Mode - Menu 1 View
- 13.0.2 Logbook Mode - Menu 2 Logbook Stop/Start
- 13.0.3 Logbook Mode - Menu 3 PC Link
- 13.0.4 Logbook Mode - Menu 4 Log Rate Setting
- 13.0.5 Logbook Mode - Menu 5 Log Auto Start
- 13.0.6 Logbook Mode - Menu 6 Erase Session for Logbook
- 13.0.7 Logbook Mode - Menu 7 View Free Memory

14.0 PC LINK INSTALLATION

- 14.0.1 PC Link - Pair the Watch & Chest Strap with the Program
- 14.0.2 PC Link - Send Data to a PC through the PC Pod
- 14.0.3 PC Link - Download, Analyze & Save Data from the Watch
- 14.0.4 PC Link - Analyze & Save Real Time Data from the Chest Strap

15.0 REPLACE THE BATTERIES

16.0 SLEEP MODE

LIMITED WARRANTY

Note: All of the above information in this color, refers to the Accelerator Pro Plus only.

1.0 INTRODUCTION

Thank you for purchasing this Tech4o Accelerator Pro Series Watch! We've done everything possible to insure that your watch is easy to use, with a logical screen flow using up/down buttons, and a one button escape.

Stride length is important for accurate measures. Visit www.tech4o.com to use the stride length calculator on our customer support pages.

1.1 What the Buttons Do

As a convention, we use ▲ to indicate pressing the **ST/STP** button and ▼ to indicate pressing the **LAP/RESET** button in all the illustrations. Also, these icons appear in the watch display whenever they are available. See fig 1.

ESC- ☼

- Selects between Time & Sensor mode.
- Returns to previous screen or function.
- Exits Sensor mode.
- When held, turns on backlight.

MODE - M

- Selects among: Current Time, Daily Alarm, Chrono, Timer, Pacer & Dual Time modes.
- Selects among: Distance, Heart Rate, User & Logbook modes.
- Selects among items in Setting Display.



ST/STP ▲

- Scrolls upward.
- Increases values in Setting Mode.
- Stops/Starts functions in Timer & Chrono modes.

LAP/RESET ▼

- Scrolls downward.
- Decreases values in Setting Mode.
- Activates the Reload function in Timer.
- Resets the laps to zero in Chrono.

fig. 1

2.0 TIMEKEEPING MENUS: See fig 2.

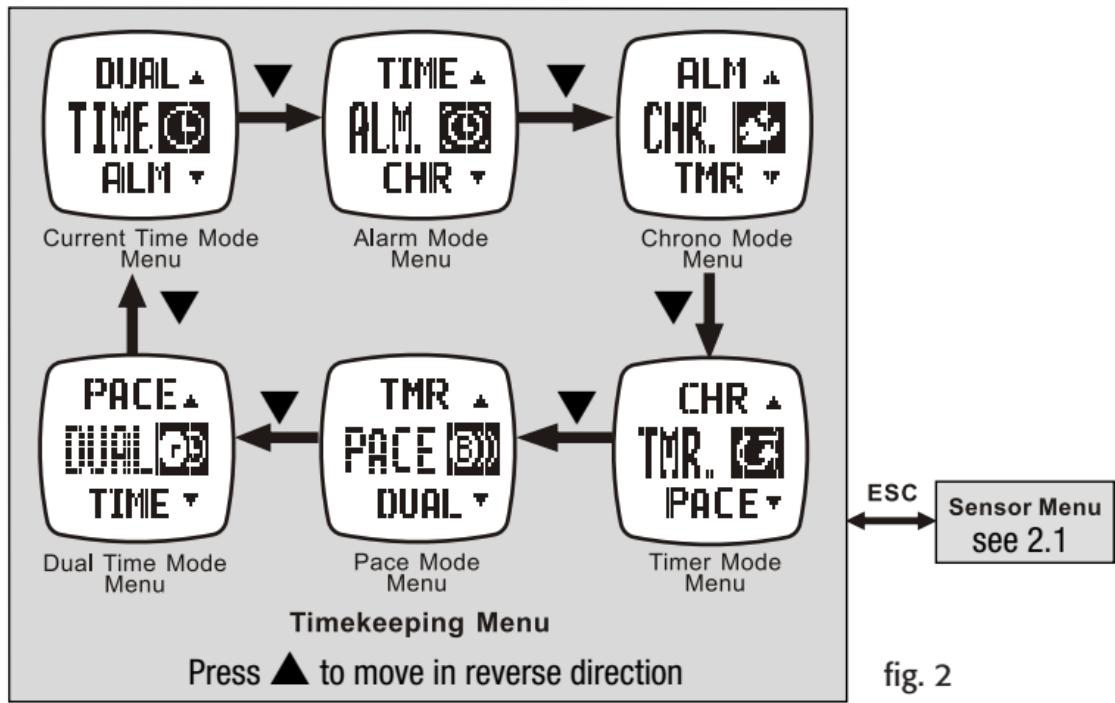
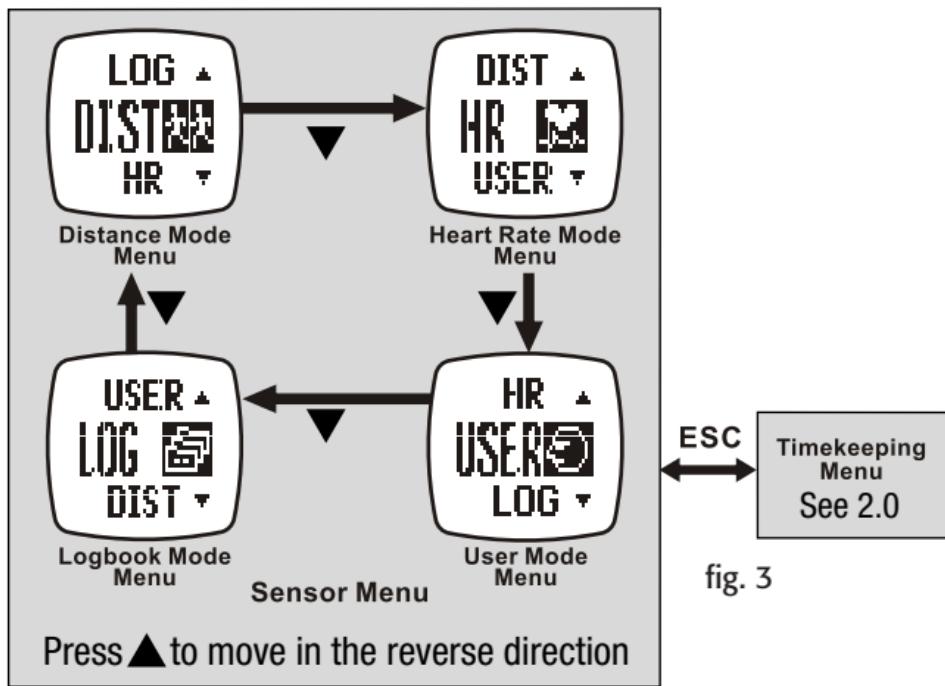


fig. 2

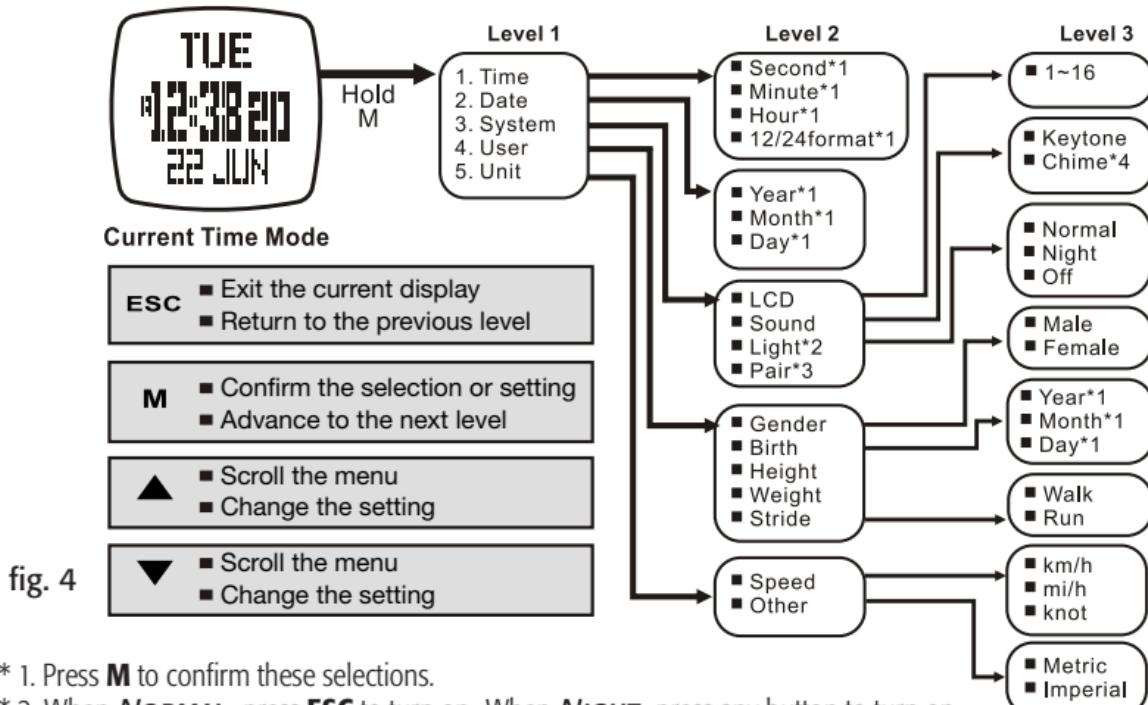
Whenever you land on any of the Mode Menus, they will automatically enter their respective Function Menu after a few seconds or press **M** to go instantly to the function. Press **ESC** if you wish to back out of a Function Menu.

SENSOR MENUS: See fig. 3.



Whenever you land on any of the Mode Menus, they will automatically enter their respective Function Menu after a few seconds. Press **ESC** if you wish to back out of a Function Menu.

3.0 CURRENT TIME MODE - SET THE WATCH See fig. 4



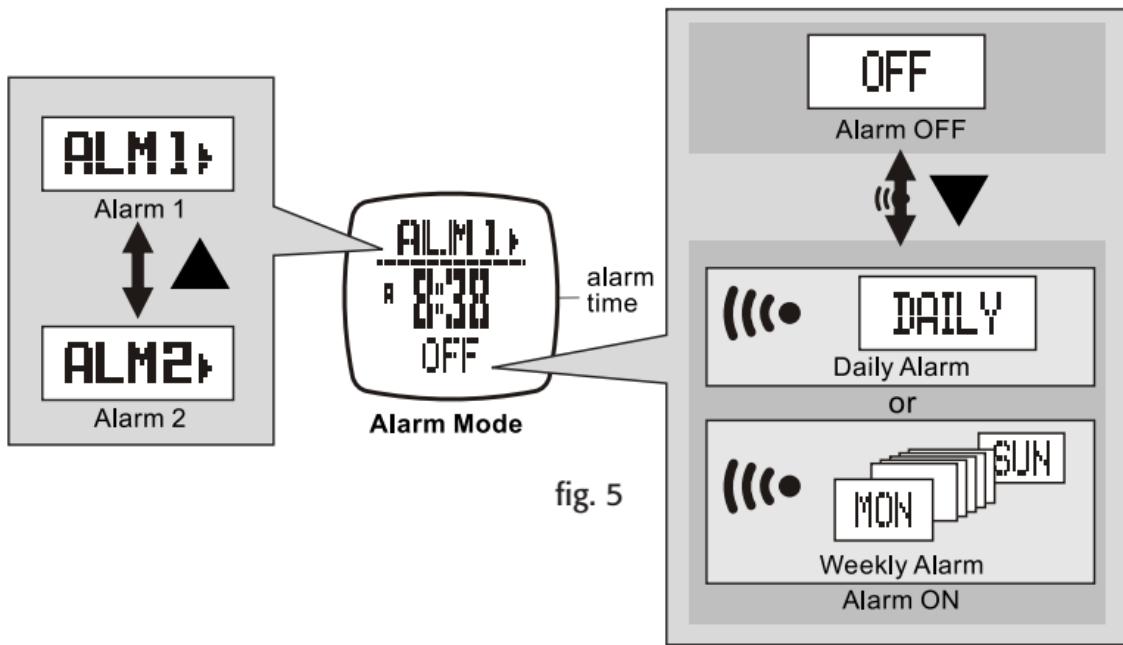
- * 1. Press **M** to confirm these selections.
- * 2. When **NORMAL**, press **ESC** to turn on. When **NIGHT**, press any button to turn on.
- * 3. The **HEART RATE CHEST STRAP** must be worn for this to work.
- * 4. If **CHIME** is on , the watch will beep once every hour on the hour.

4.0 ALARM MODE - SETTING ON/OFF See fig. 5

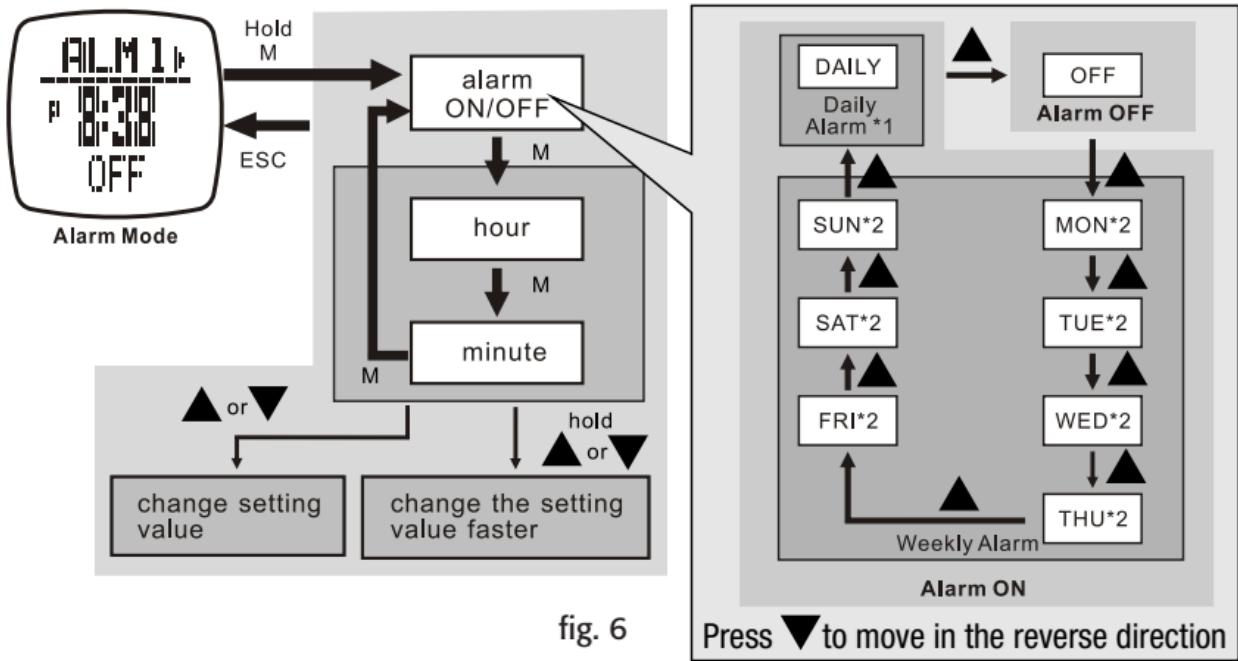
If an Alarm is on , the watch will beep at your predetermined time, either daily or weekly.

The Alarm will beep for 30 seconds. Press any button to stop it.

ALARM1 and **ALARM2** can be set independently for either daily or weekly.



4.1 Alarm Mode - Setting Alarms See fig. 6



* 1. When selected, **DAILY** will beep at the same time every day of the week.

* 2. When selected, **WEEK DAY** will beep once a week at the same time on the same day of the week.

5.0 CHRONOGRAPH MODE - HOW TO USE See fig. 7

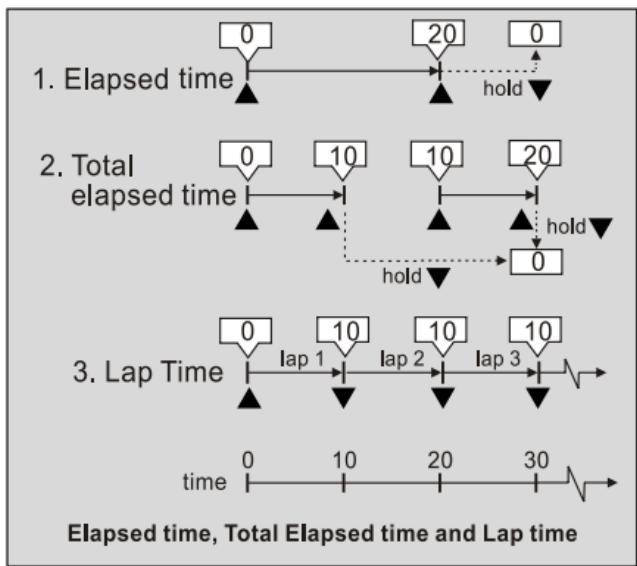
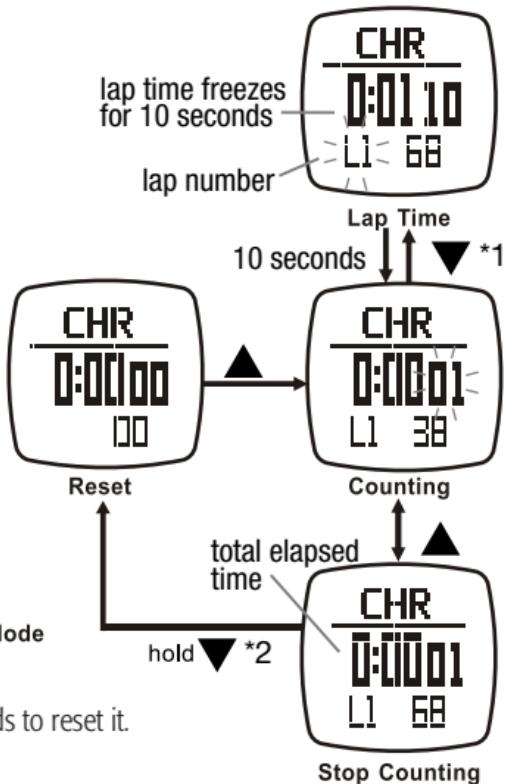


fig. 7

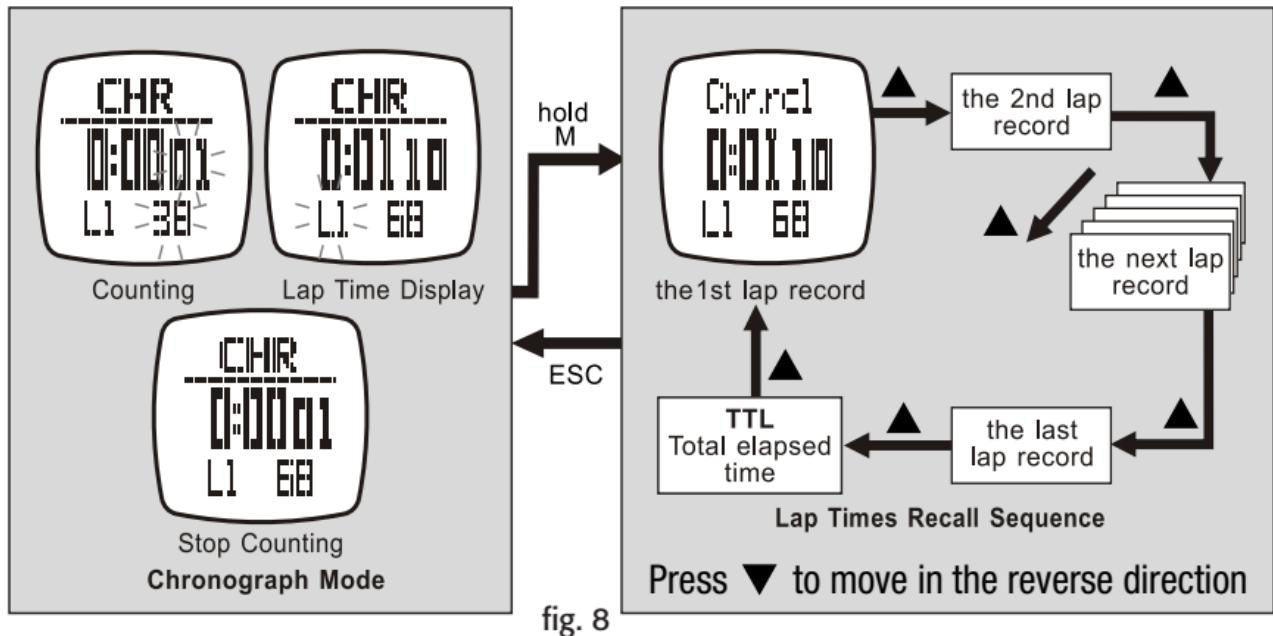
Chrono Mode

* 1. The **CHRONOGRAPH** can record up to 50 lap times.

* 2. With the **CHRONOGRAPH** stopped, press and hold ▼ for 2 seconds to reset it.
When reset, all recorded lap times will be erased.

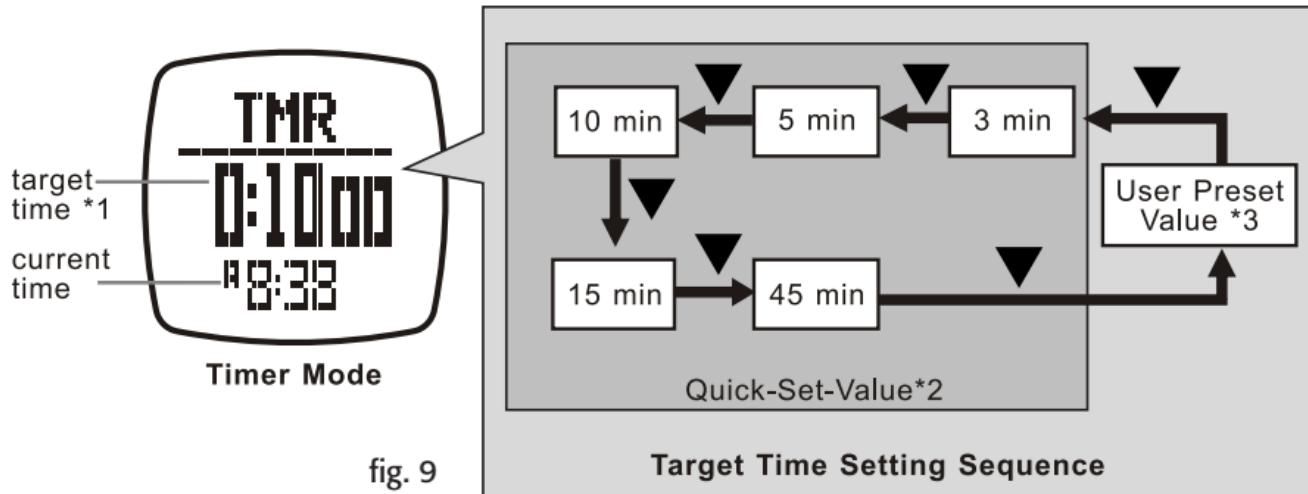


5.1 Chronograph Mode - Recall Lap Time See fig. 8



See the previous section to erase recorded lap times.

6.0 TIMER MODE - SET A TARGET TIME See fig. 9

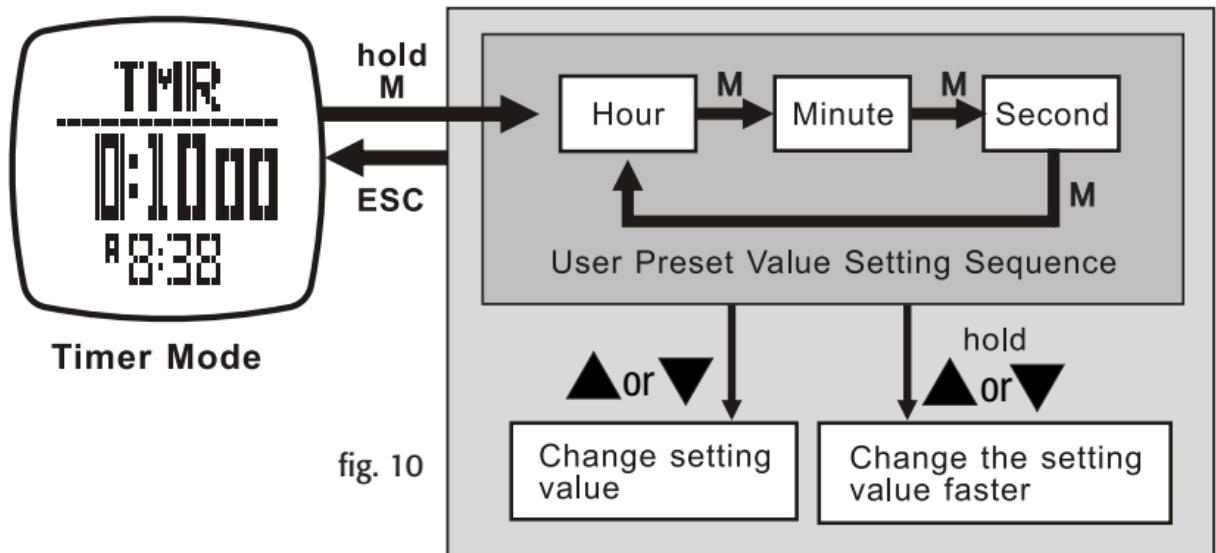


* 1. The **TIMER** counts down from the **TARGET TIME** to Zero.

* 2. The **TIMER** includes 5 **QUICK-SET-VALUES**: 3, 5, 10, 15 and 45 minutes. These are programmed into the software and cannot be changed.

* 3. The **TIMER** also provides for a **USER** determined **PRESET VALUE**. See the next section to set a value.

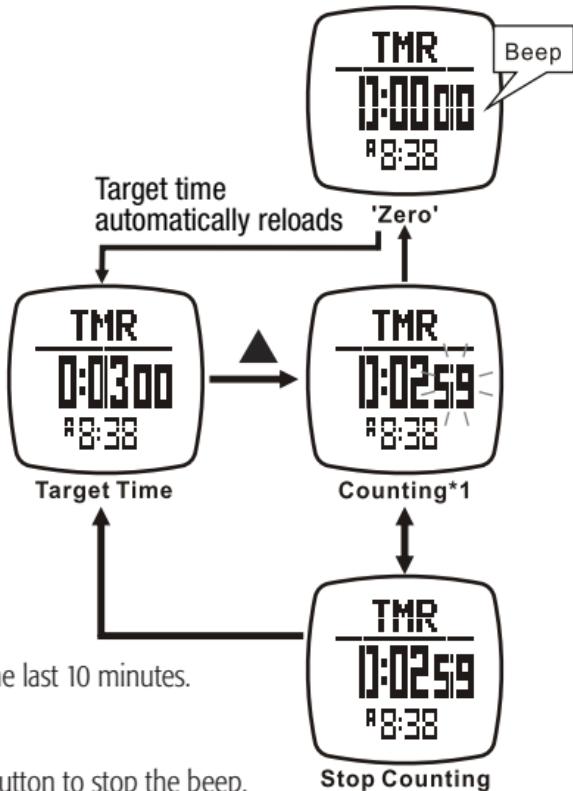
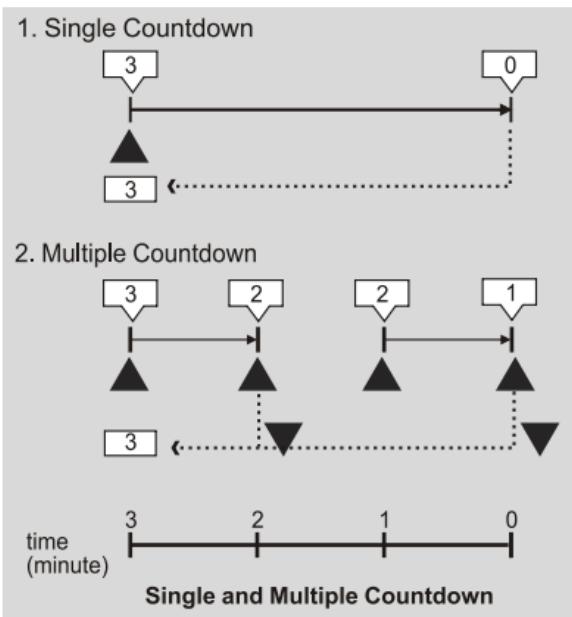
6.1 Timer Mode - Establish User Presets See fig. 10



The setting range is up to 99 hours, 59 minutes and 59 seconds.

6.2 Timer Mode - Use the Countdown Timer See fig. 11

fig. 11

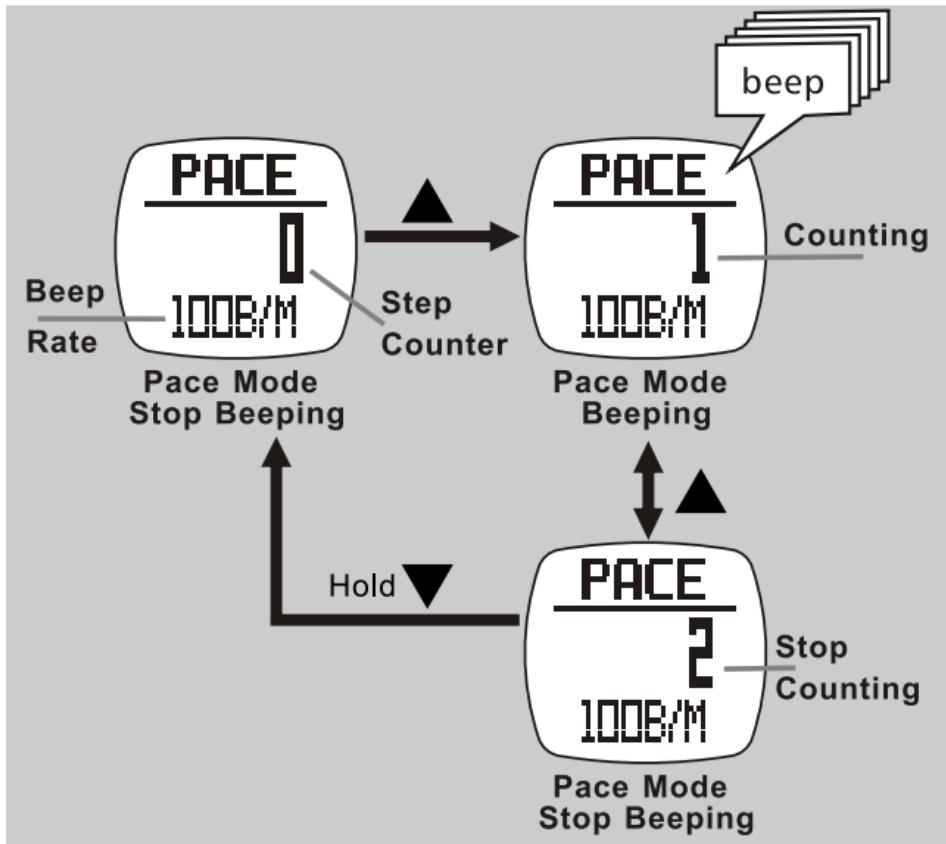


* 1. The **COUNTDOWN TIMER** beeps once every minute for the last 10 minutes.

- Beeps once every 10 seconds for the last minute.
- Beeps once every second for the last 10 seconds.
- Beeps for 30 seconds when it reaches Zero. Press any button to stop the beep.

7.0 PACE TIME MODE - HOW TO USE PACER See fig. 12

fig. 12



7.1 Pace Mode - Set a Pace See fig. 13

The **PACE** sets a rate in increments of 5 beeps per minute. i.e. 30, 35, 40, 45,... and has a setting range from 30 to 180 bpm.

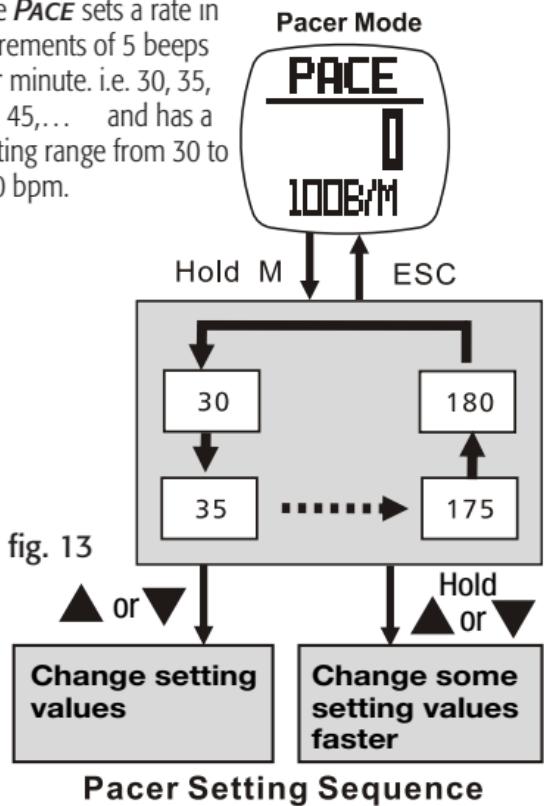


fig. 13

7.2 Pace Mode - Use Pace with Chronograph See fig. 14

With **PACE** running, press **M** 4 times to access the **CHRONOGRAPH** Mode. Press **▲** to Stop/start the **CHRONOGRAPH** counting.

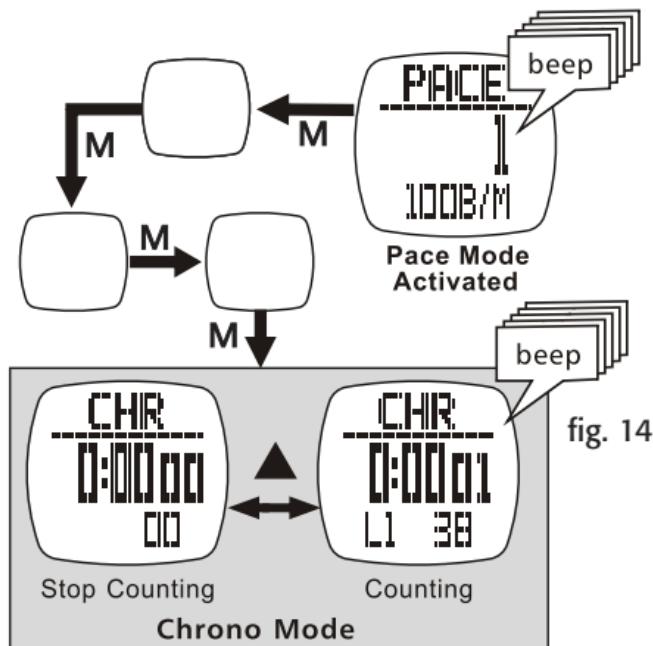


fig. 14

8.0 DUAL TIME MODE see fig. 15

The "seconds" in Dual Time and the "seconds" in Current Time are synchronized, and therefore always the same.

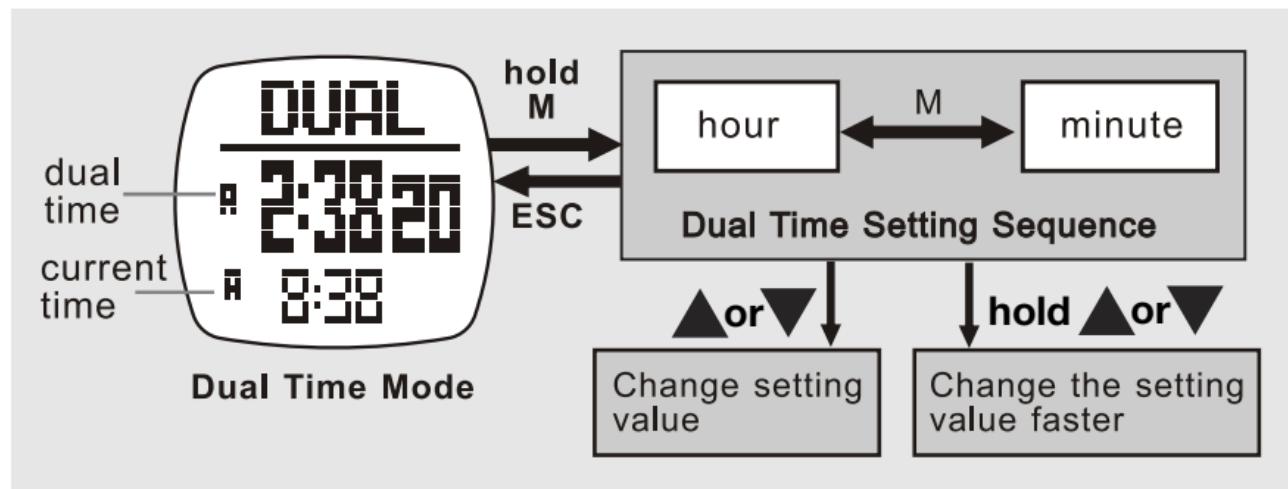


fig. 15

9.0 SENSOR MODE - STOP/START THE SENSOR, TIMER & LOGBOOK see fig. 16

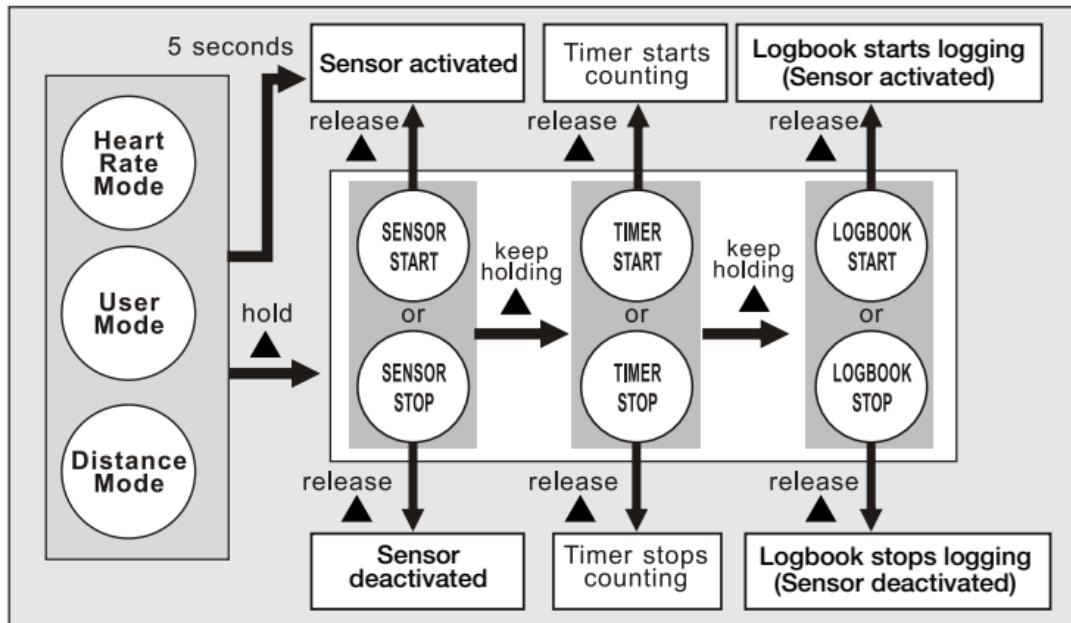
When you enter Heart Rate, User or Distance modes, Sensor automatically starts after 5 seconds.

When Sensor is active, Logbook will automatically start if it is set to "Auto".

When Logbook is active, **LOG** will flash.

When in Heart Rate, User and Distance modes, the stand-alone count up timer will gather all the accumulated exercise time.

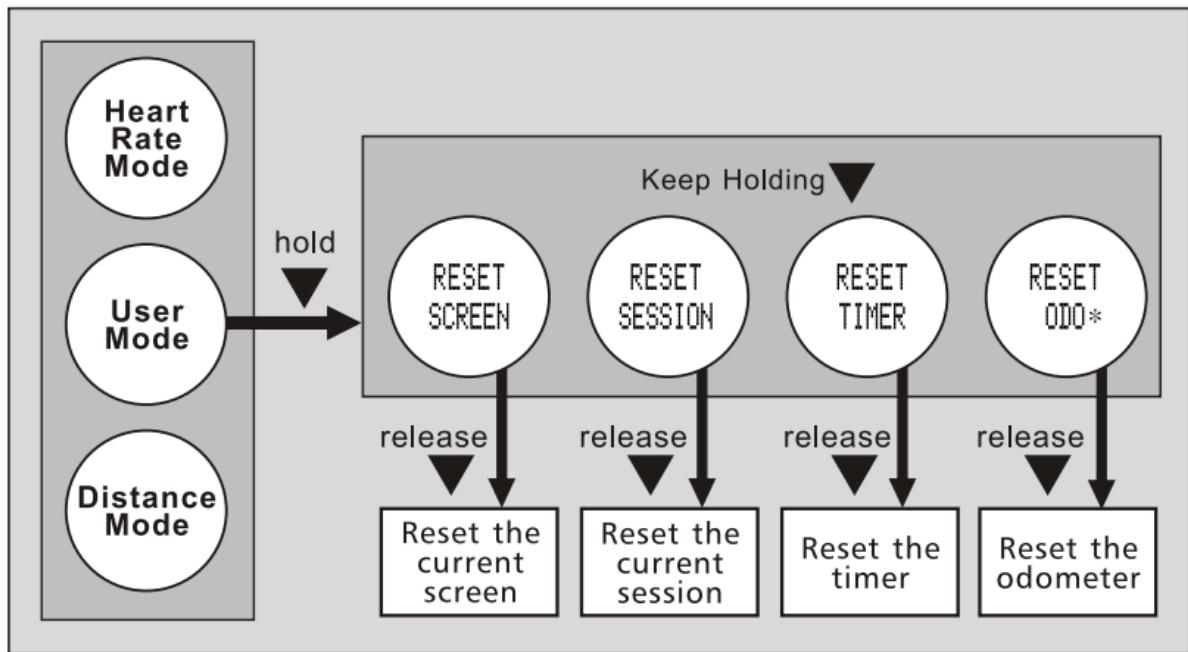
fig. 16



9.1 Sensor Mode - reset Screen, Session & Timer see fig. 17

This diagram only works in **USER MODE**. If you wish to ignore the last exercise, follow the diagram below to reset the Screen and/or Session. Also, follow it to reset the Timer or Odometer.

fig. 17

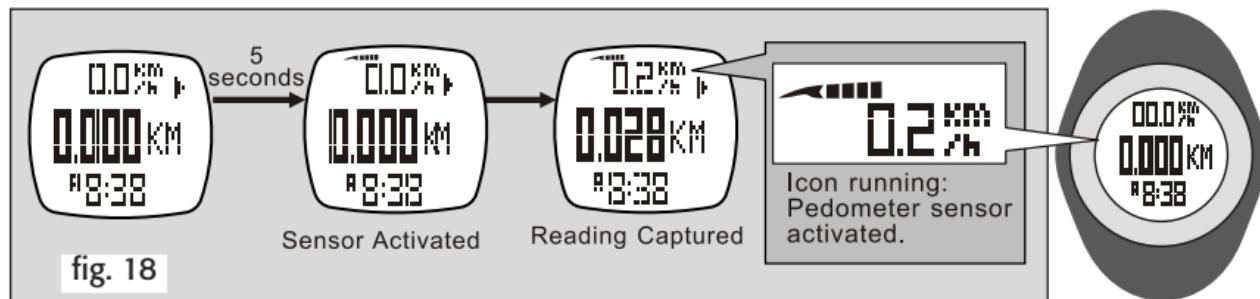


10.0 DISTANCE MODE OVERVIEW

- CURRENT SPEED:** A real time display of your current speed
MAXIMUM SPEED: Your peak speed within the current walk/run
AVERAGE SPEED: Your average speed within the current walk/run
CURRENT PACE: Amount of time needed to travel one Kilometer/Mile at your current rate
STEP: Total number of steps within the current walk/run
CALORIES BURNED: Total number of calories burned within the current walk/run
DISTANCE: Total distance traveled within the current walk/run
EXERCISE TIME: Total amount of time you have been moving

10.1 Distance Mode - Capturing the Data see fig. 18

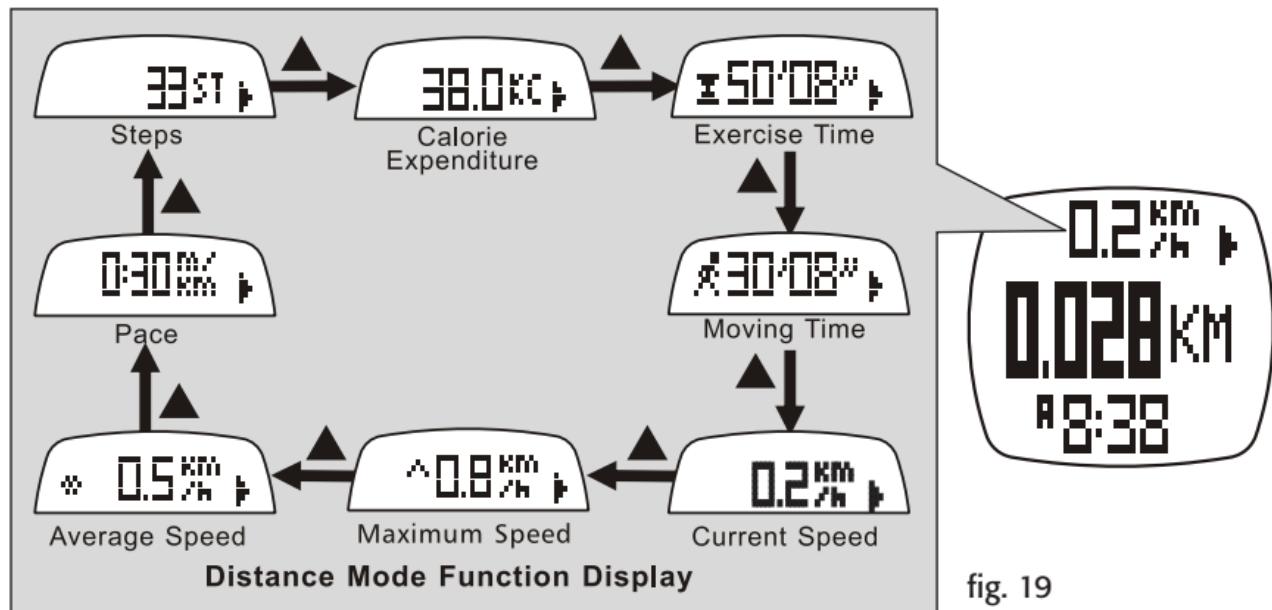
When you enter **DISTANCE MODE**, the **SENSOR** automatically activates after 5 seconds. To manually activate the Sensor; see section 9.0. When the sensor is active, it gathers data into the current **SESSION**. The current Session data is saved into the **DAILY RECORD** or reviewed in the **DISTANCE FUNCTION MENU**. The watch stores up 10 Daily Records. To reset the current Session; see section 9.1.



10.2 Distance Mode Display See fig. 19

The **EXERCISE TIMER** counts independently, even with the Sensor OFF or the screen changed. The same exercise time can be checked from Heart Rate, Distance or User modes.

CALORIE EXPENDITURE is calculated from Heart Rate & Pedometer and continues even if you change screens. The Sensor must be ON. The same calorie data can be checked from Heart Rate, Distance or User modes.



10.3 Distance Mode - Supplementary Function Menus:

Menu 1 - Save save the current session into today's record

Menu 2 - Session review statistical data of current session

Menu 3 - Daily Record review 10 days of daily records

Menu 4 - Sleep set the auto-sleep time for the pedometer

Menu 5 - Sense set sensitivity of the pedometer

10.3.1 Distance Mode - Menu 1 - Save a Session see fig. 20

When in the *DISTANCE MODE*, press and hold **M** to access the supplementary features of the *DISTANCE FUNCTION MENU*.

If you have not saved your last *SESSION*, the watch will auto-save it into today's record at midnight.

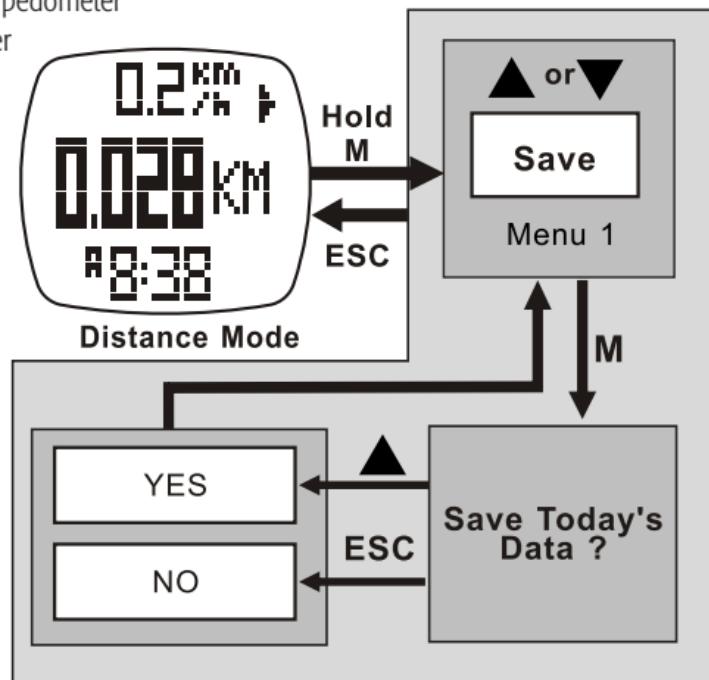
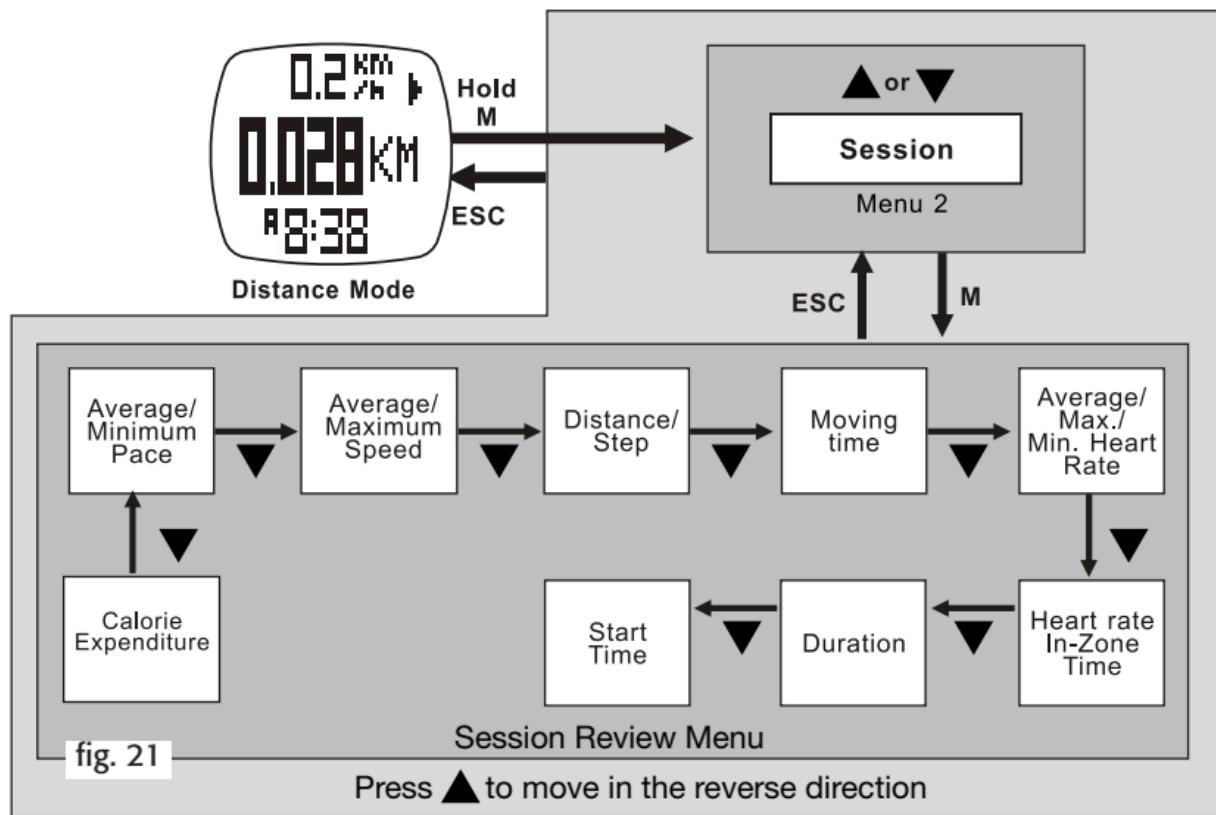
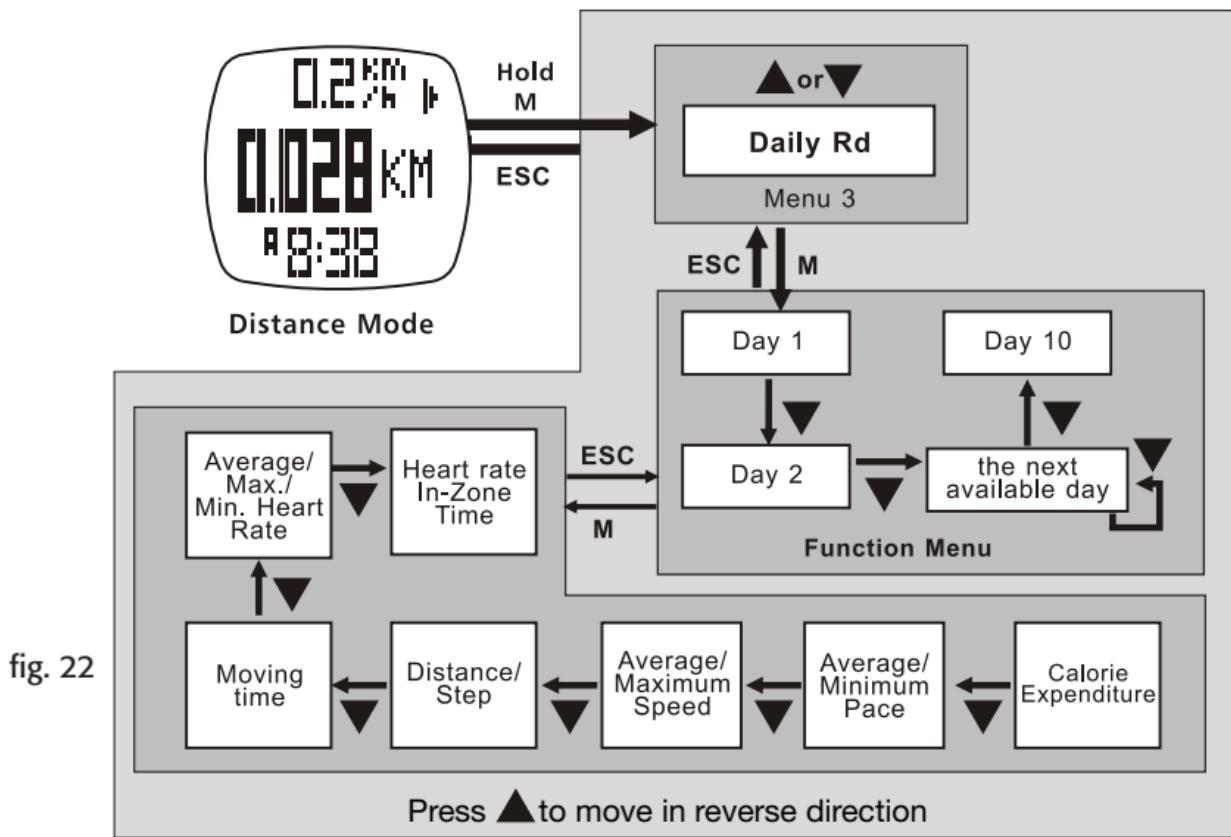


fig. 20

10.3.2 Distance Mode - Menu 2 - Session Review see fig. 21



10.3.3 Distance Mode - Menu 3 - Daily Record Review See fig. 22



10.3.4 Distance Mode - Menu 4 - Sleep Time Set See fig. 23

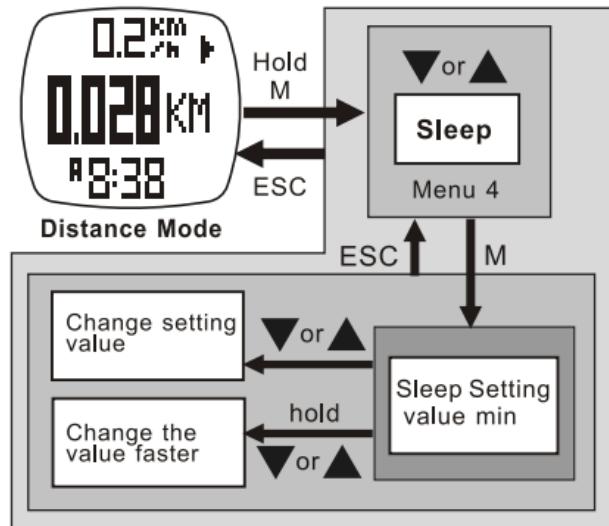


fig. 23

10.3.5 Distance Mode - Menu 5 - Sense Sensitivity Setting See fig. 24

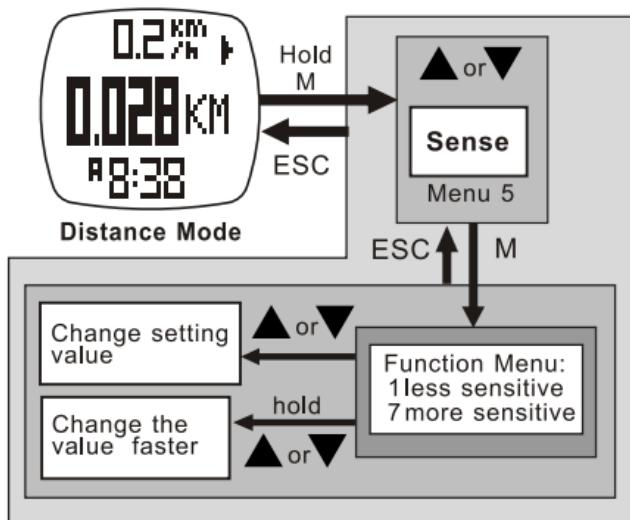


fig. 24

11.0 HEART RATE MODE- FUNCTIONS:

Current Heart Rate - A real time display of your current heart rate in beats per minute and as a percentage of your maximum heart rate.

HR Zone Alert - An alert that warns you whenever your heart rate falls below or rises above the defined zone.

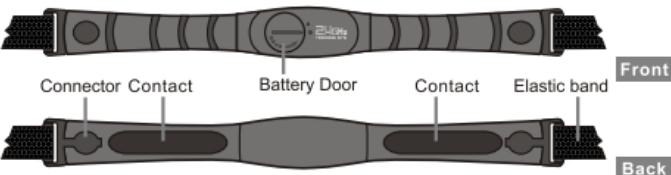
Calories Burned - A real time display of calories burned.

HR Statistics - Displays your average , maximum and minimum heart rate.

In Zone Timer - Displays the elapsed time your heart rate was in the zone.

Save/View Sessions & Daily Records - Logs your heart rate along with the other readings into a session and saves them into a Daily Record. Views both the Session and Daily Record.

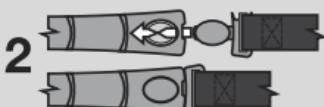
11.1 Heart Rate Mode - Chest Strap See fig. 25
DO NOT wear the chest strap over your clothes. It must be in direct contact with bare skin to receive a heart rate signal.



Adjust the elastic band to fit your chest



Connect one end of the strap to the sensor



If not already wet, moisten your chest with water or conductive jell. Wrap the strap around your chest and connect the ends



Adjust the tension of the strap for a snug fit and position the sensor to make firm contact with your skin

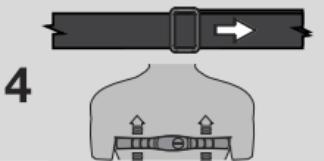


fig. 25

11.2 Heart Rate Mode - Capture the Data See fig. 26

When you enter **HEART RATE MODE**, the **SENSOR** automatically activates after 5 seconds.

To manually activate the Sensor; see section 9.0.

When active, the sensor collects exercise data into the current **SESSION**.

The current Session data can be saved into a **DAILY RECORD** or reviewed in the

HR FUNCTION MENU.

Daily Records can also be reviewed in the HR Function Menu.

The watch stores up 10 Daily Records.

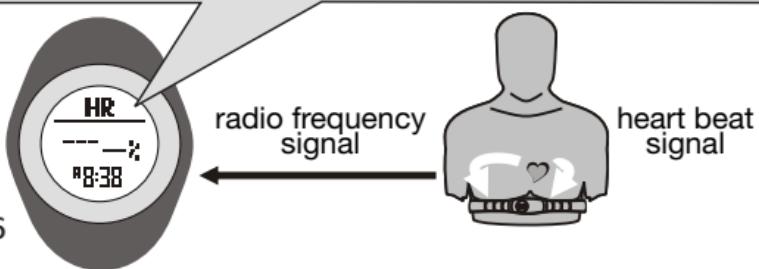
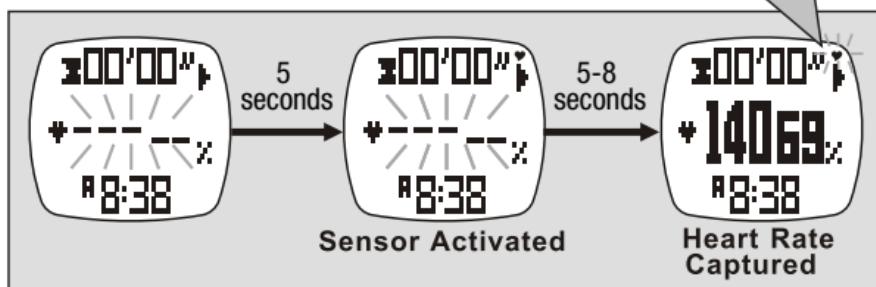
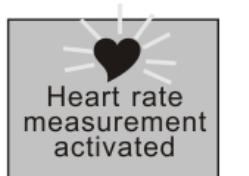


fig. 26

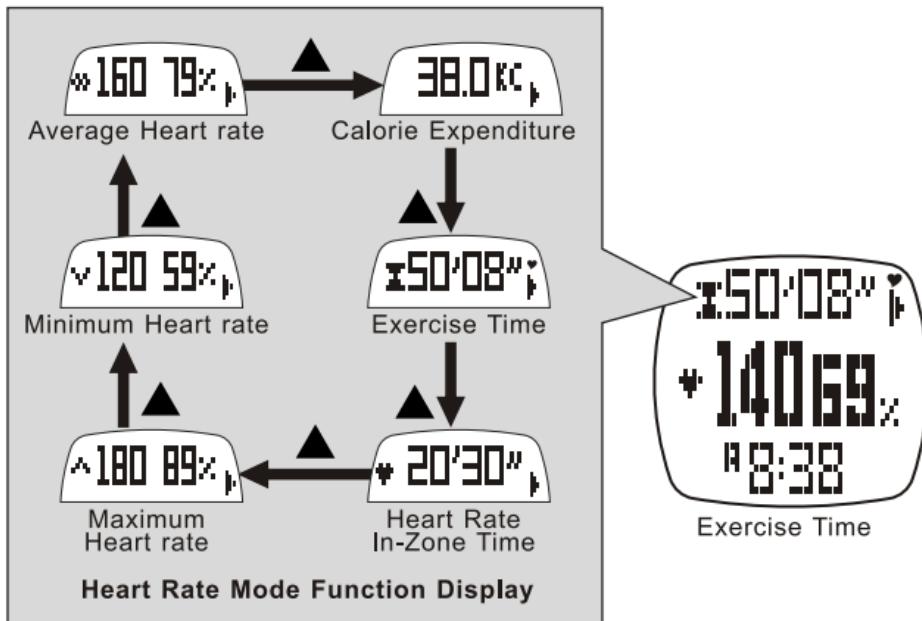
11.3 Heart Rate Mode - Function Display See fig. 27

The **EXERCISE TIMER** counts independently, even with the Sensor OFF or the screen changed. The same exercise time can be checked from Heart Rate, Distance or User modes.

CALORIE EXPENDITURE is calculated from Heart Rate & Pedometer and continues even if you change screens.

The Sensor must be ON. The same calorie data can be checked from Heart Rate, Distance or User modes.

fig. 27



11.4 Heart Rate Mode - EMHR and % EMHR See fig. 28

Generally, you will use the Estimated Maximum Heart Rate to set your custom Zone Alert targets.

Example: the upper target can be set to 78% and the lower target limit can be set to 58%.

CAUTION: The **ZONE ALERT** depends upon your health status, have your **EMHR** determined by your Personal Trainer or Physician before you start an exercise program or use the Zone Alert function.

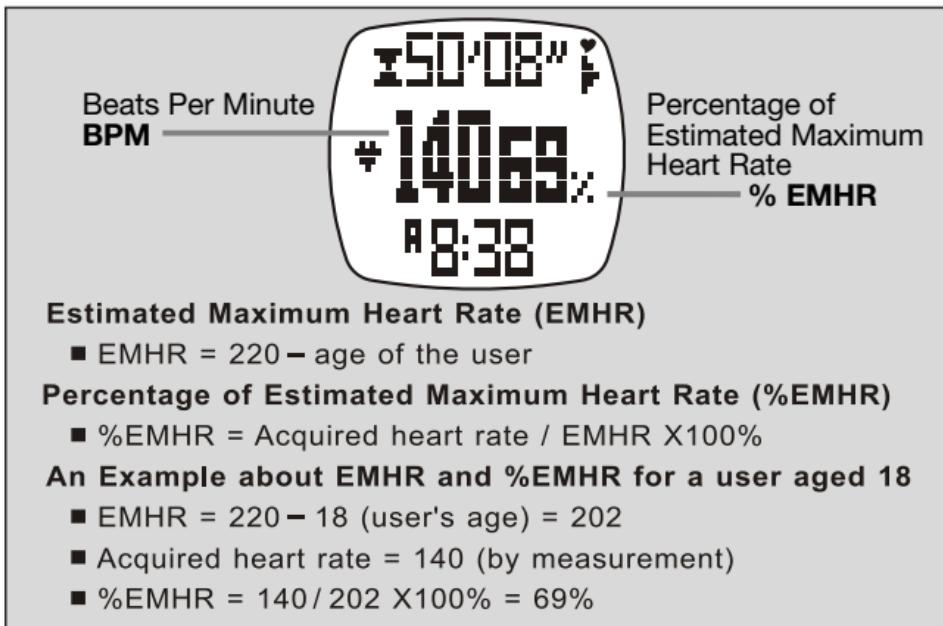
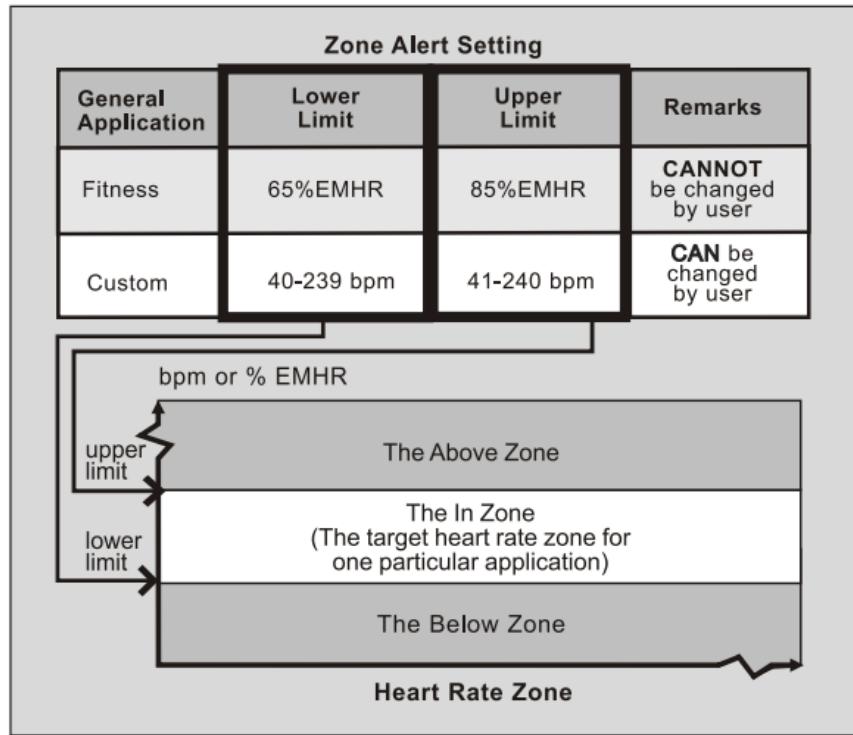


fig. 28

11.5 Heart Rate Mode - Zone Alert Limits See fig. 29

To set custom Upper and Lower Limits, see section 11.8.4.

fig. 29



11.6 Heart Rate Mode - Turn ON/OFF Zone Alert See fig. 30

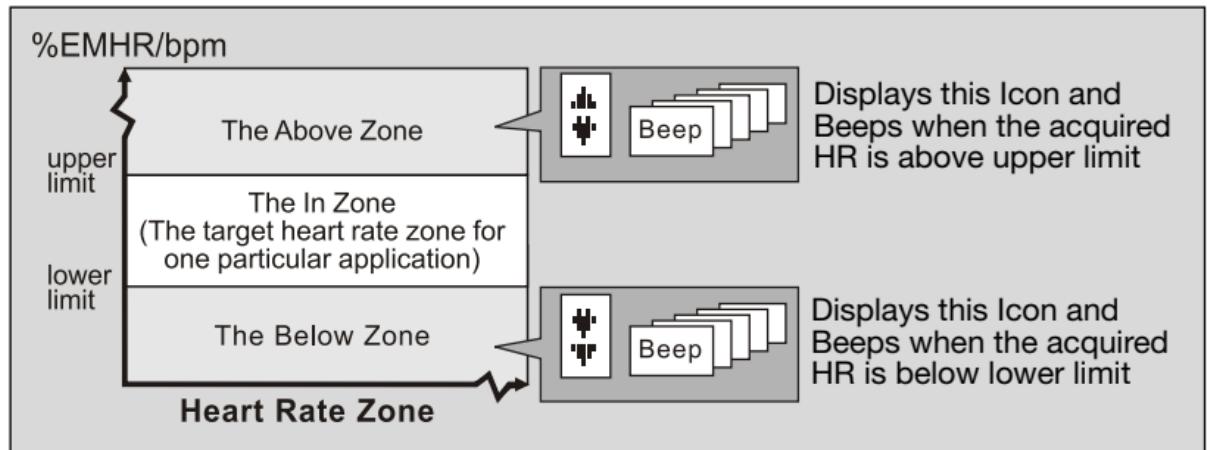
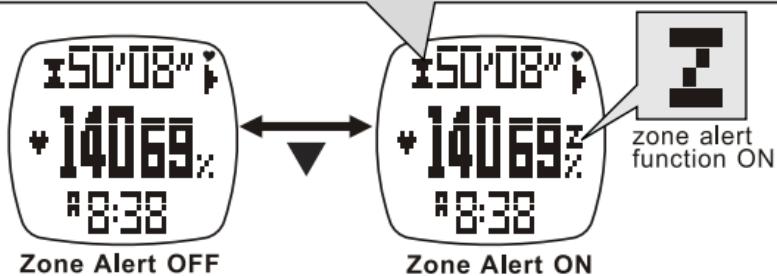


fig. 30



11.7 Heart Rate Mode - No signal or Long Response Time

POOR CONTACT BETWEEN YOUR SKIN AND SENSORS.

- Dry or Dead Skin. Solution: Scrub chest with a towel and apply conductive gel or saliva.
- Oily Skin Insulates the Sensor. Solution: Wipe chest and sensors. An alcohol wipe works best.
- Loose chest strap. Solution: Readjust the strap and tighten the elastic band to a firm fit.

MUSCLE TREMORS FROM A VERY TIGHT CHEST BAND.

Solution: Loosen the elastic band slightly. Properly worn, the band will provide a consistent reading even with arm movement when running or jogging.

IRREGULAR HEARTBEAT. It is very difficult to consistently read the heart rate for those with arrhythmia. There is no solution.

LOW BATTERY. Erratic readings may be caused by a low power battery in the chest strap. Solution: Replace the battery.

11.8 Heart Rate Mode - Supplementary Function Menus:

When in the **HEART RATE MODE**, press and hold **M** to access the supplementary features in the **HEART RATE FUNCTION MENU**.

If you have not saved your last **SESSION**, the watch will auto-save it into today's record at midnight.

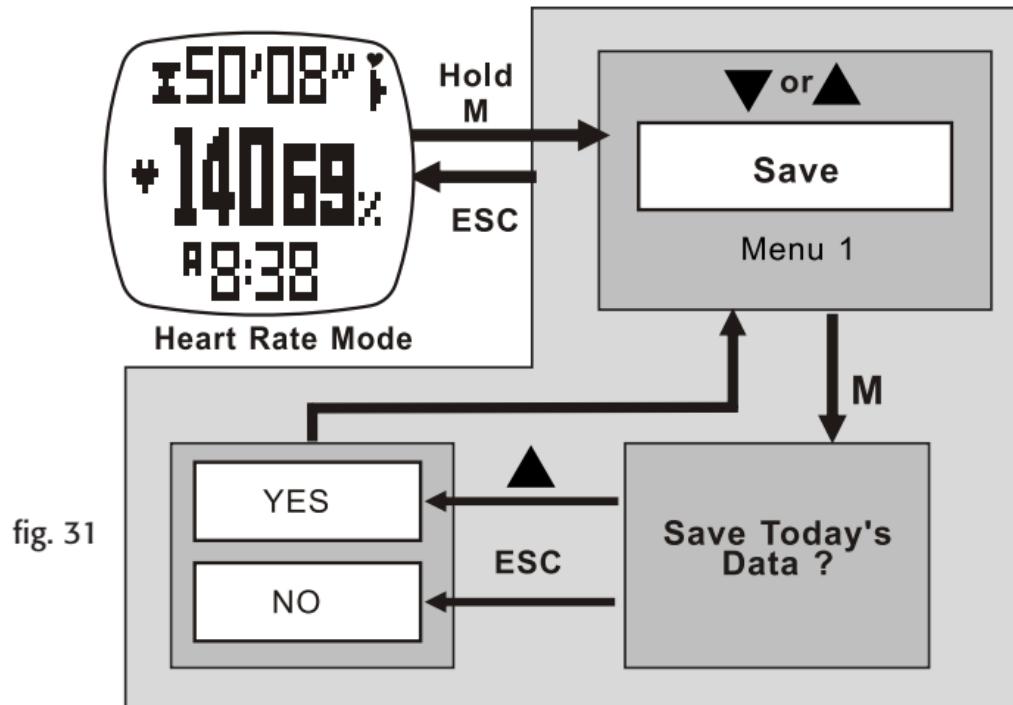
Menu 1 - Save save the current session into today's record

Menu 2 - Session review statistical data of current session

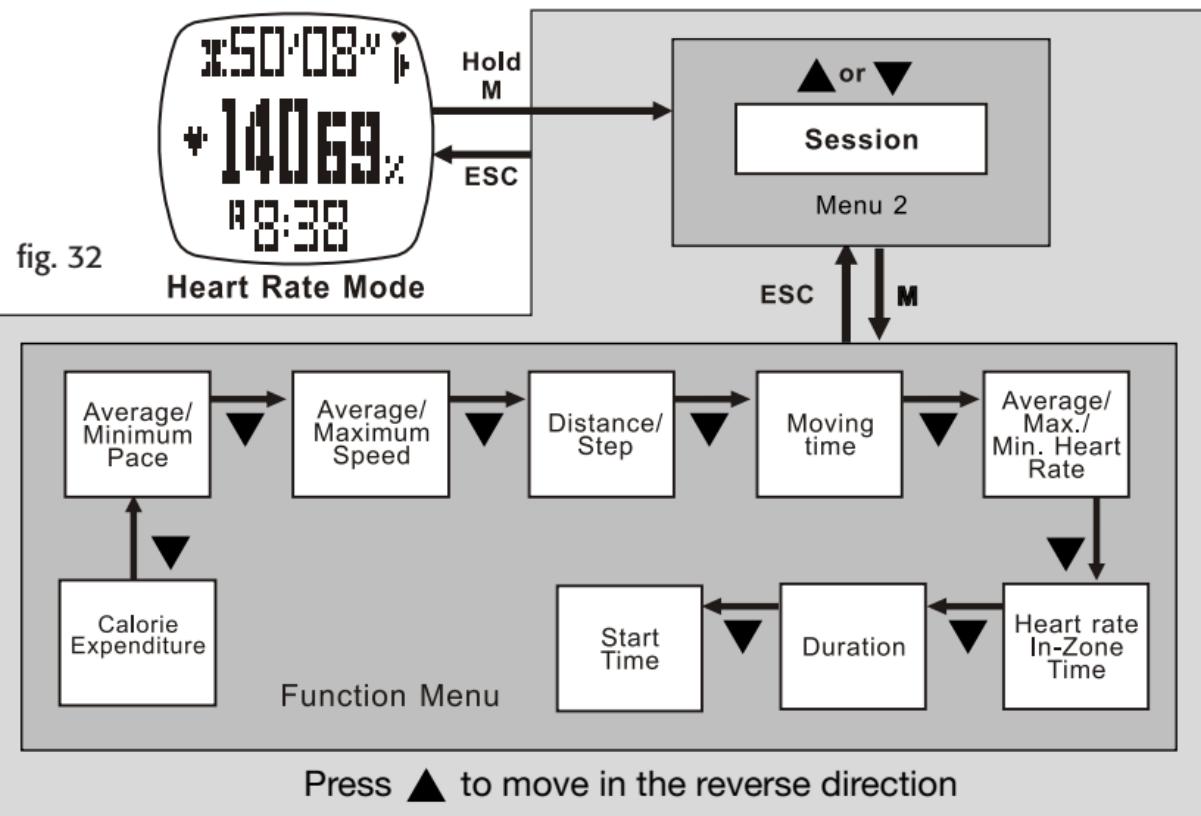
Menu 3 - Daily Record review 10 days of daily records

Menu 4 - Zone set the upper and lower limits for the Zone Alert

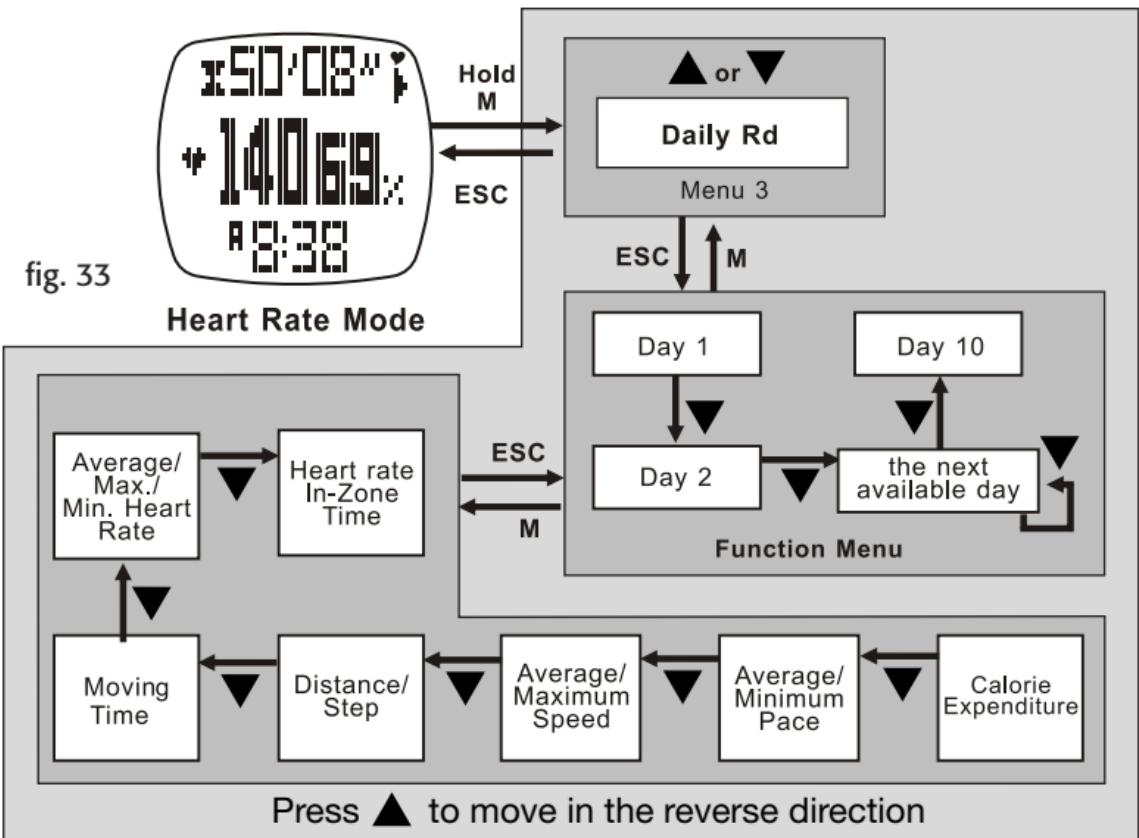
11.8.1 Heart Rate Mode - Function Menu 1 - Save Session See fig. 31



11.8.2 Heart Rate Mode - Function Menu 2 - Session Review See fig. 32

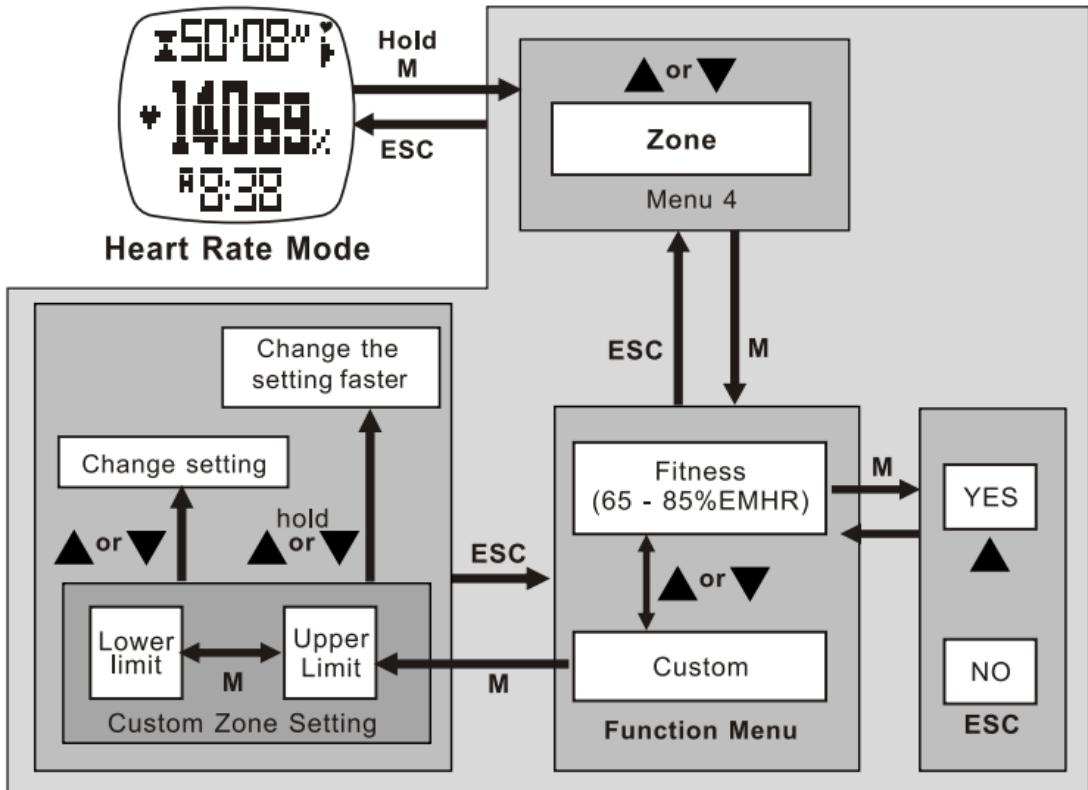


11.8.3 Heart Rate Mode - Function Menu 3 - Daily Record Review See fig. 33



11.8.4 Heart Rate Mode - Menu 4 - Zone Setting See fig. 34

fig. 34



12.0 USER MODE FUNCTION MENU

You can select any one of the functions to show in the top, middle or bottom row of the display. This mode only works with the chest strap. See the list below.

Current Speed

Maximum Speed

Average Speed

Pace

Step

Odometer

Distance

Moving Time

Current Heart Rate

Maximum Heart Rate

Minimum Heart Rate

Average Heart Rate

Zone Time

Real Time

Calorie Expenditure

Exercise Time

User Mode Function List

12.1 User Mode - Capture the Data See fig. 35

When you enter **USER MODE**, the **SENSOR** will automatically activate after 5 seconds. Also, you can manually activate the Sensor; see section 9.0.

When the sensor is active, it will collect exercise data into the current **SESSION**.

The data in the current Session can be saved into a **DAILY RECORD** or reviewed in the **USER FUNCTION MENU**.

Daily Records can also be reviewed in the HR Function Menu. The watch stores up 10 Daily Records. You can reset the current Session; see section 9.1.

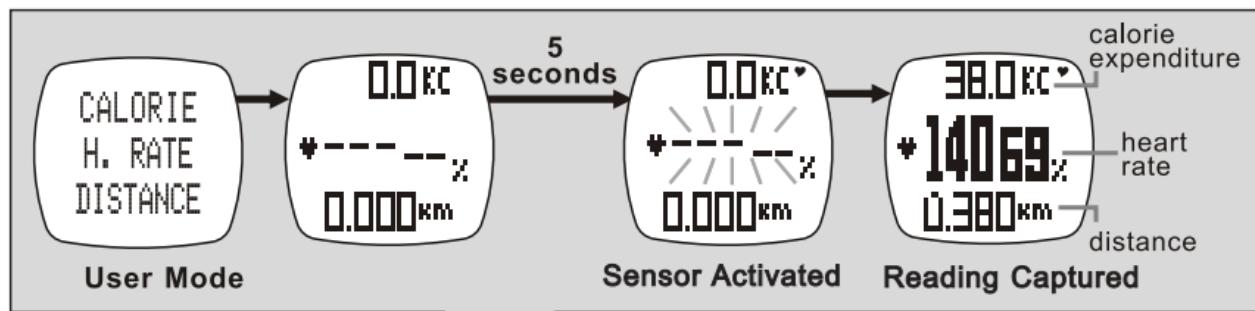
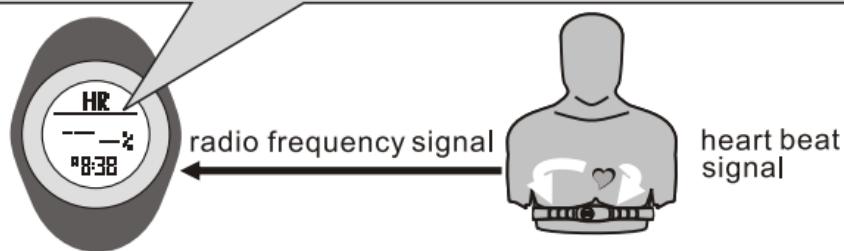


fig. 35



12.2 User Mode - Change the Display See fig. 35

To change the top row, see section 12.3.4.

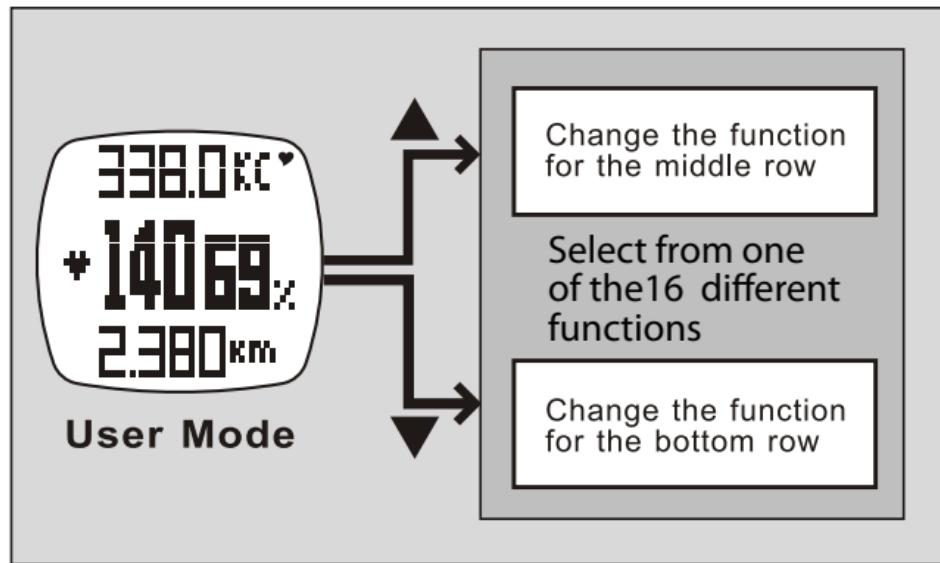


fig. 36

12.3 User Mode - Supplementary Function Menus:

When in the **USER MODE**, press and hold **M** to access these supplementary features in the **USER FUNCTION MENU**.

Menu 1 - Save save the current session into today's record

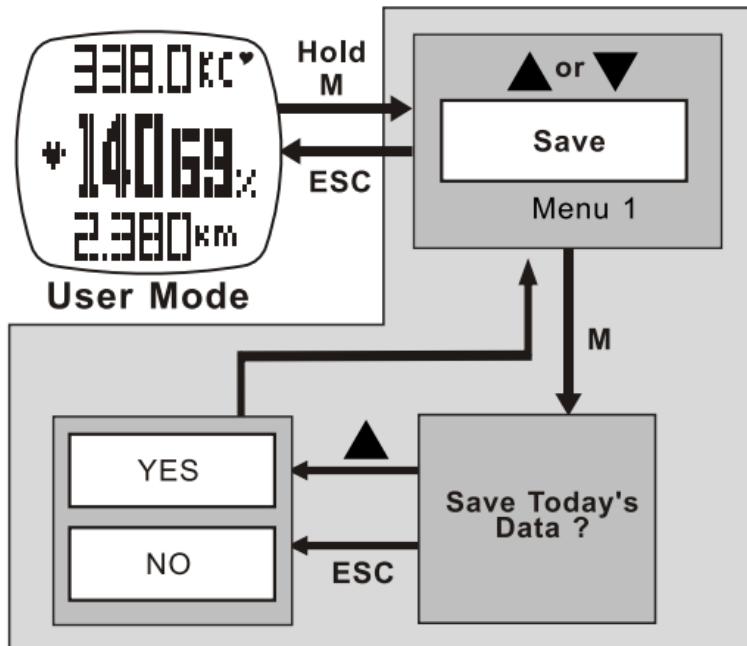
Menu 2 - Session review statistical data of current session

Menu 3 - Daily Record review 10 days of daily records

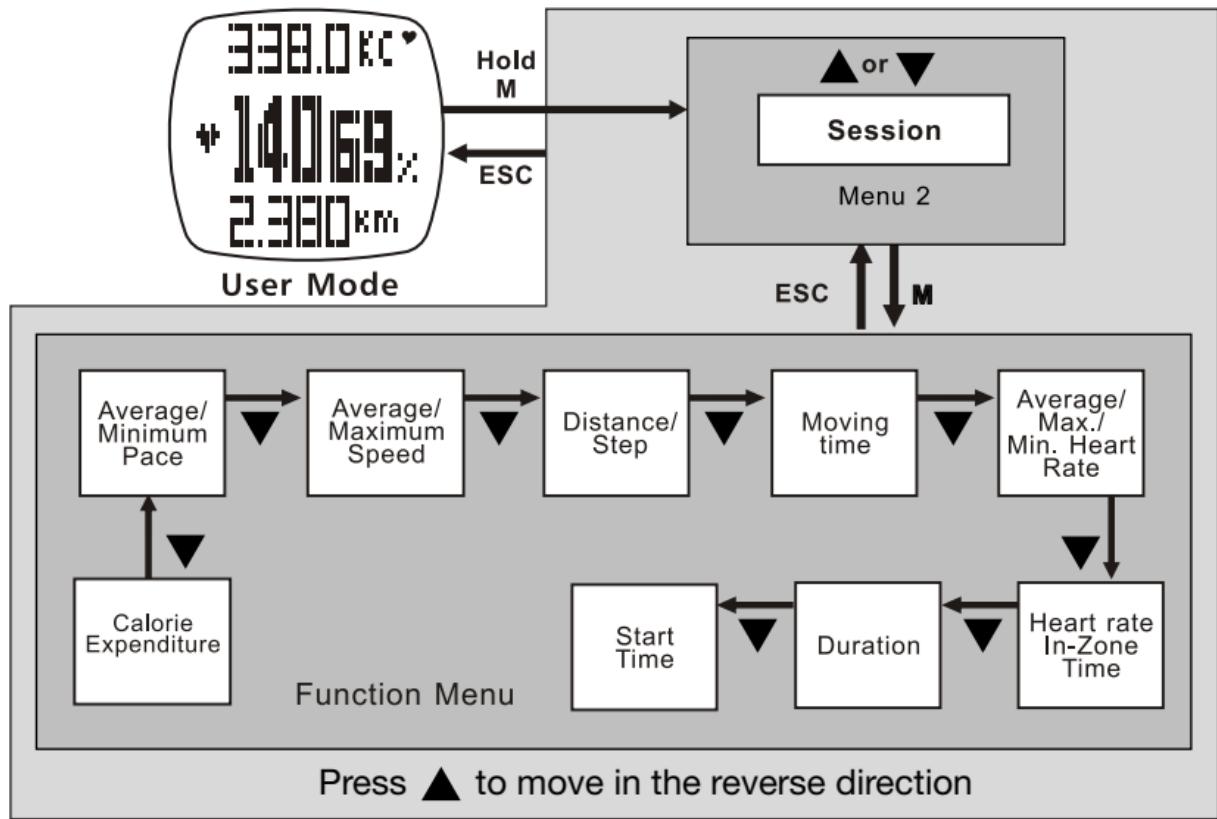
Menu 4 - View change the display function. select any one of 16

fig. 37

12.3.1 User Mode - Menu 1 - Save Session See fig. 37



12.3.2 User Mode - Menu 2 - Session Review See fig. 38



12.3.3 User Mode - Menu 3 - Daily Record Review See fig. 39

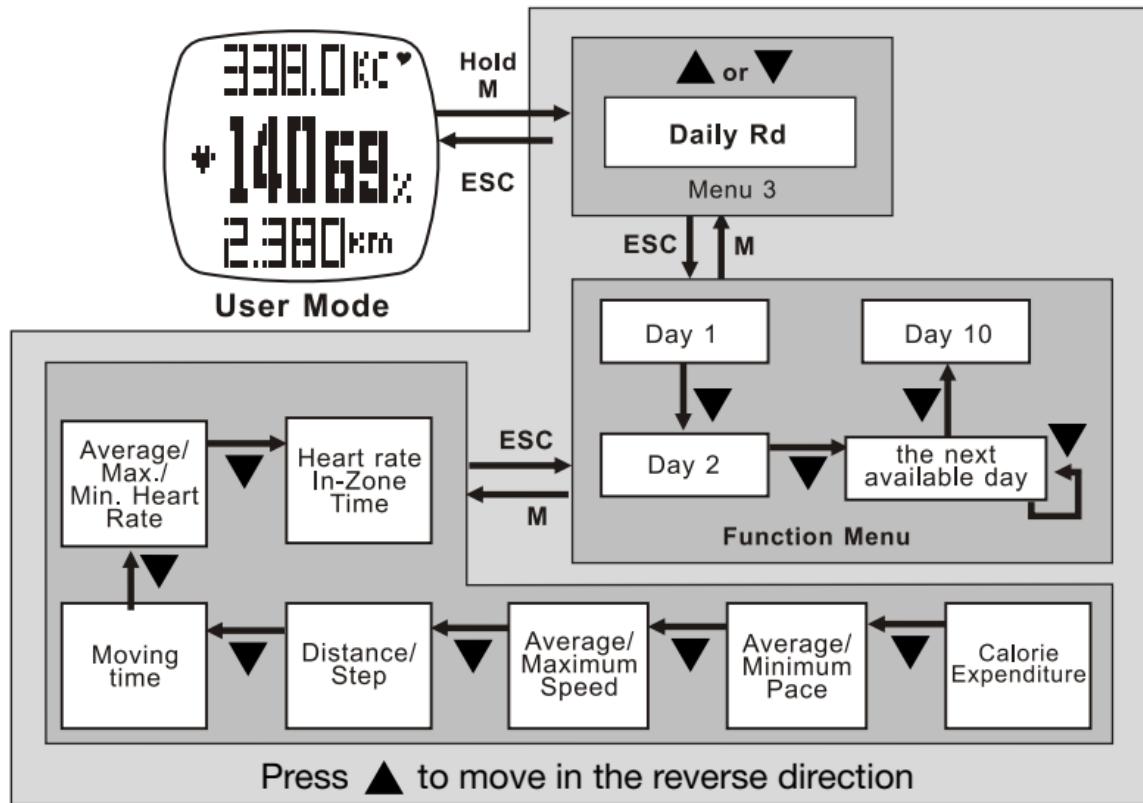
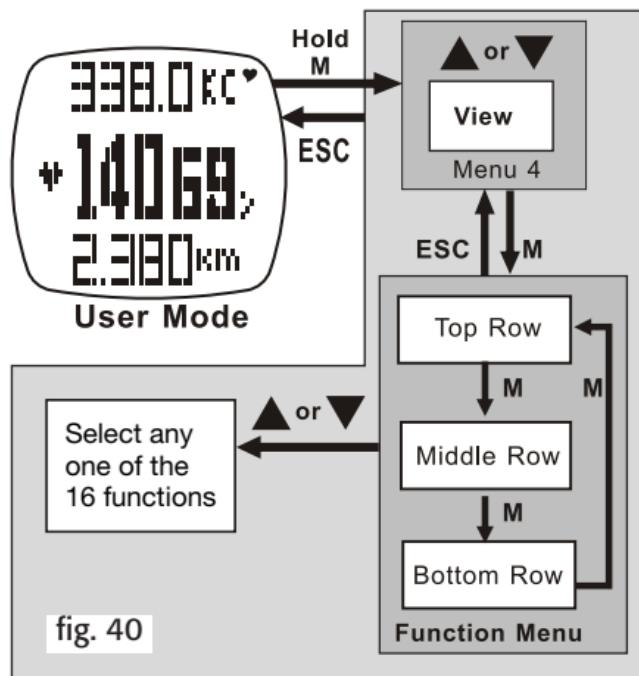


fig. 39

12.3.4 User Mode - Menu 4 - Display Setting

See fig. 40



13.0 LOGBOOK MODE SUPPLEMENTAL FUNCTION MENUS:

When in the **LOGBOOK MODE**, press and hold **M** to access these supplementary features in the **LOGBOOK FUNCTION MENU**.

Menu 1 - View Recalls details of a logged record

Menu 2 - Stop/Start Starts and stops the logging function

Menu 3 - PC Link Pairs the watch with the Wireless Data Manager. Uploads data from the watch to a PC

Menu 4 - Log Rate Sets the sampling rate for the logging function

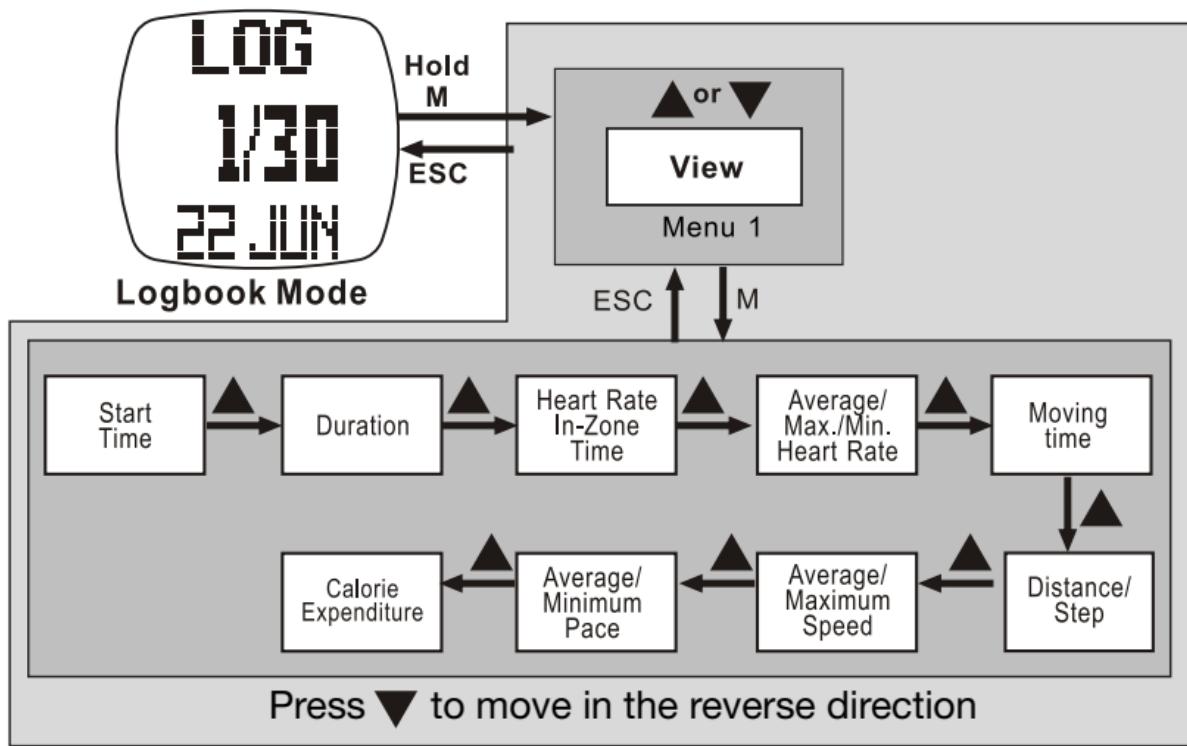
Menu 5 - Auto Sets the Auto-Start log function

Menu 6 - Erase Clears a logged record

Menu 7 - Mem Displays amount of free memory

13.0.1 Logbook Mode - Menu 1 - View See fig. 41

If a **LOG** is started, the **SESSION** cannot be viewed.



13.0.2 Logbook Mode - Menu 2 - Logbook Stop/Start See fig. 42

When the **LOG** is started, **LOG** will flash and the watch will create a new log session and collect the reading into a **RECORD** at a pre-defined rate.

The **LOG** function can also be started/stopped in Heart Rate, Distance and User modes. Press and hold **▲**. See section 9.0.

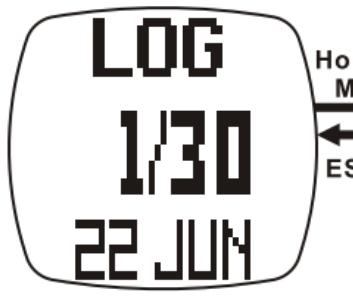
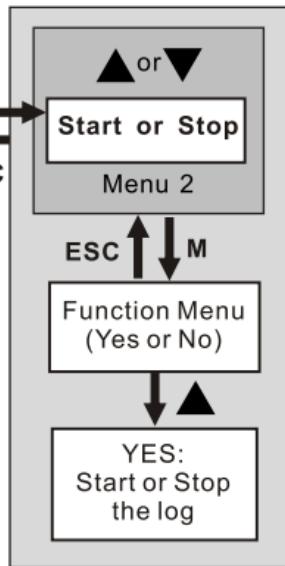


fig. 42



13.0.3 Logbook Mode - Menu 3 - PC Link See fig. 43

This only works with the **PC Pod** and a **PC**. See section 15.0 before you attempt to up-load data. Install the software **DATA MANAGER** onto a PC. Activate Data Manager. Connect the PC Pod to a USB port on the PC. Start the upload from the watch.

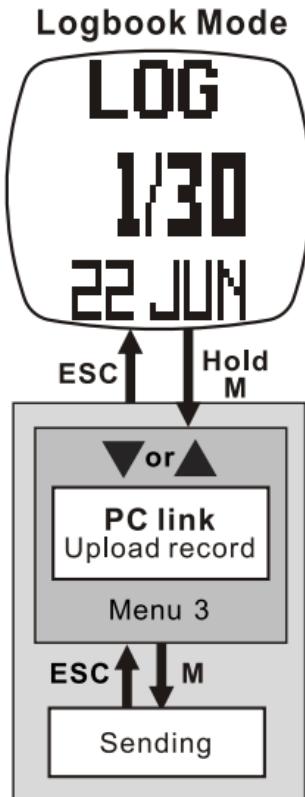


fig. 43

13.0.4 Logbook Mode - Menu 4 -Log

Rate See fig. 44

IMPORTANT: When the **LOG** is started, the log rate cannot be changed.

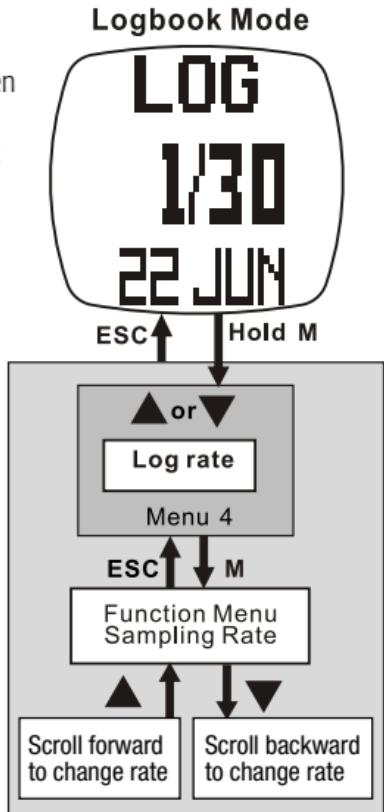


fig. 44

13.0.5 Logbook Mode - Menu 5 - Log Auto

Start See fig. 45

* If **ON** is selected, whenever you activate the Sensor in Heart Rate, Distance or User modes, the Log Function will start automatically.

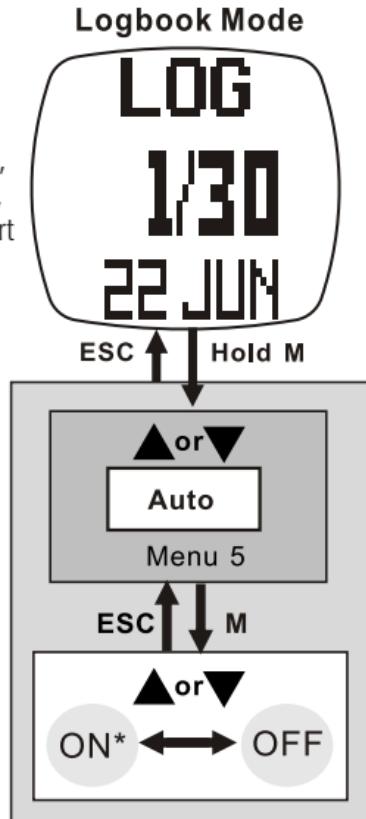


fig. 45

13.0.6 Logbook Mode - Menu 6 - Erase Session for Logbook See fig. 46

Press ▲ or ▼ to select a target session [i.e. 1/30 , 2/30, 3/30...] to erase.

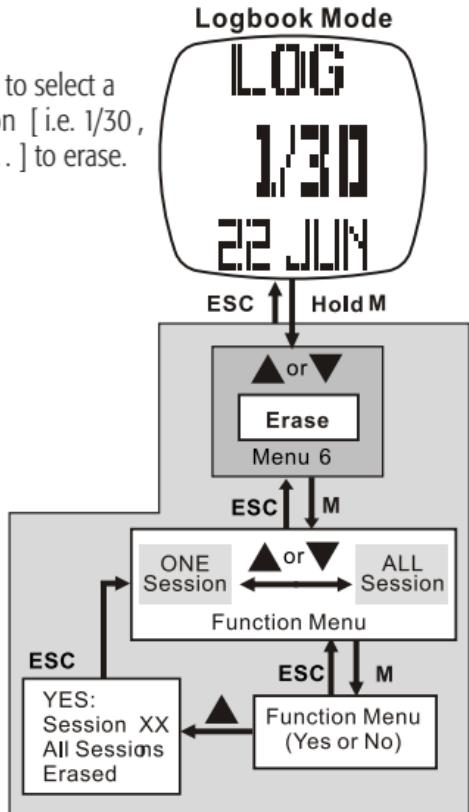


fig. 46

13.0.7 Logbook Mode - Menu 7 - View Free Memory See fig. 47

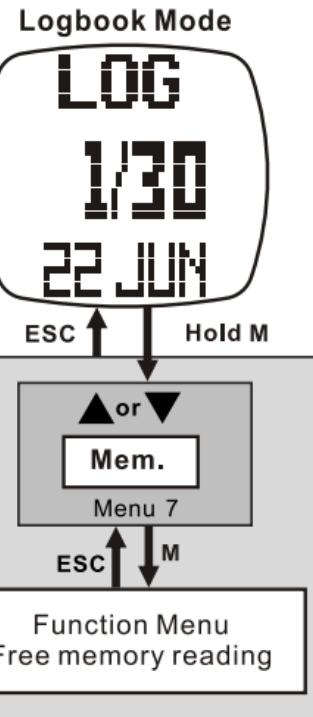


fig. 47

14.0 PC LINK INSTALLATION See fig. 48

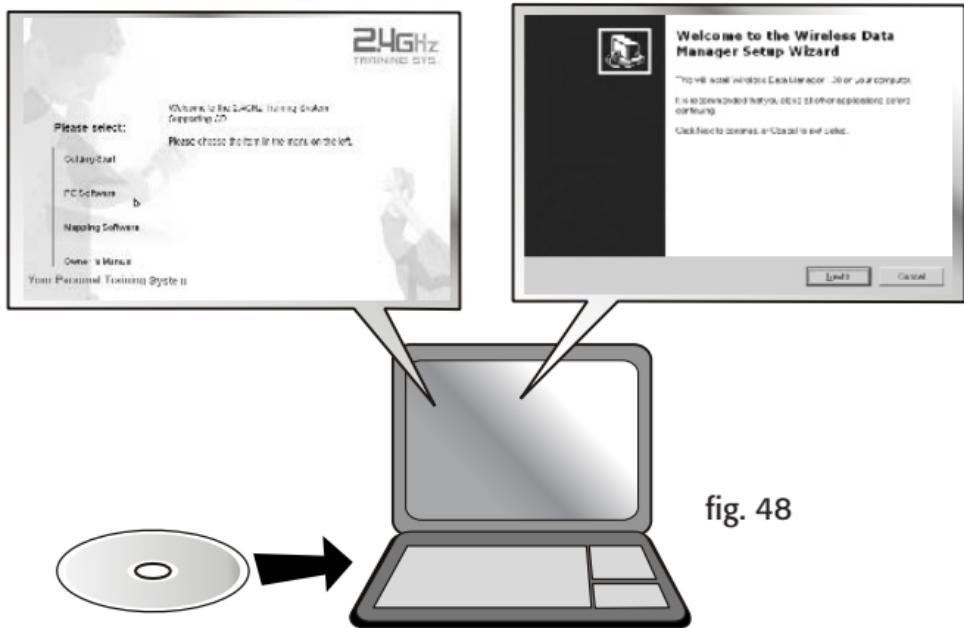


fig. 48

1. Insert the included CD and execute the installation software. A menu will display.
2. Click on the "PC Software" button that's on the side menu. Then click the "Here" button to initiate the installation wizard.
3. Follow the on screen instructions to load the software into the target drive.

14.0.1 PC Link - Pair the Watch & Chest Strap with the Program

See fig. 49

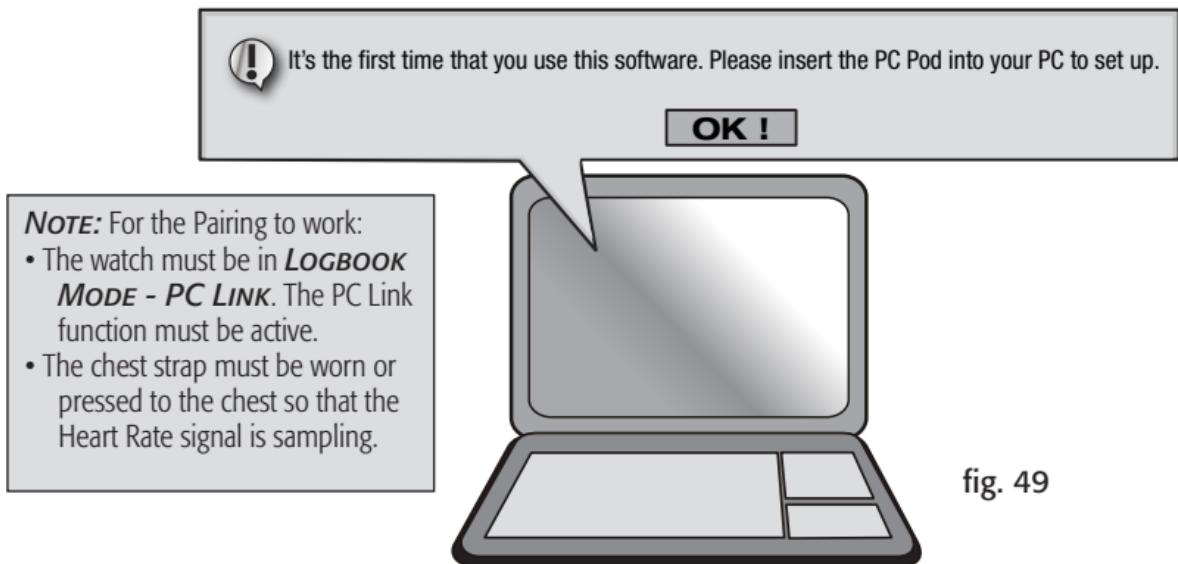


fig. 49

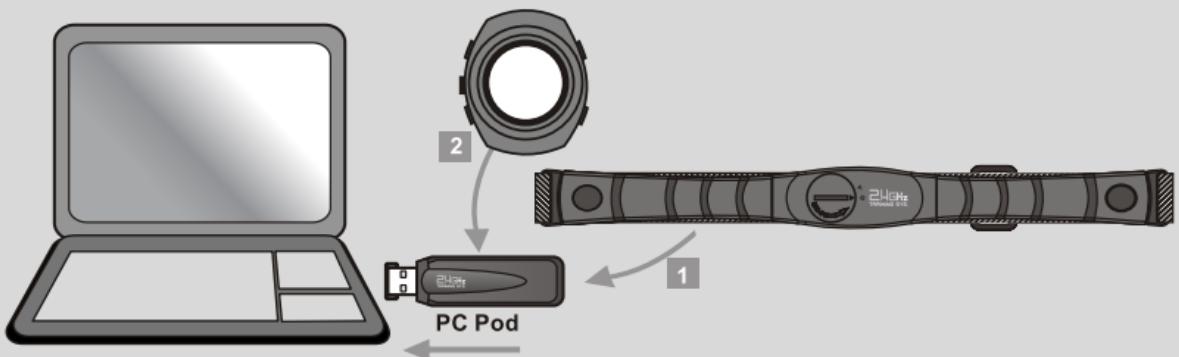
1. When the download is complete, execute the **WIRELESS DATA MANAGER** program from the program window menu bar.

2. The wizard will guide you to pair the watch & chest strap with the program.

3. When the paring is finished, the ID of the watch & chest strap will be saved into the program.

The watch & chest strap can be paired with the program again under the **OPTION** menu using the **SETTING** option.

14.0.2 PC Link - Send data to a PC through the PC Pod See fig. 50



Important: To transfer information, place the Watch or Chest Strap within 20 ft. of the PC Pod or the Pod may NOT be able to receive the data .

fig. 50

1. THE CHEST STRAP SENDS:

- Real Time Heart Rate
- Average Heart Rate
- Minimum Heart Rate
- Maximum Heart Rate

2. THE WATCH SENDS:

- Chrono Logs- Lap and Split Lap Time for Every Lap, Maximum, Average, Minimum and Total Lap Times
- 48 Hour Logs- Altitude, Temperature and Pressure Readings
- Logbook Logs- Session Info [Start Time, Log Rate, No. of Session, Duration ...] and Data Summary of Session [Calorie count...]
- Daily Statistic Logs- Data Summary for [Speed, Distance, Calorie, HR ...]

14.0.3 PC Link - Download, Analyze & Save Data From the Watch See fig. 51

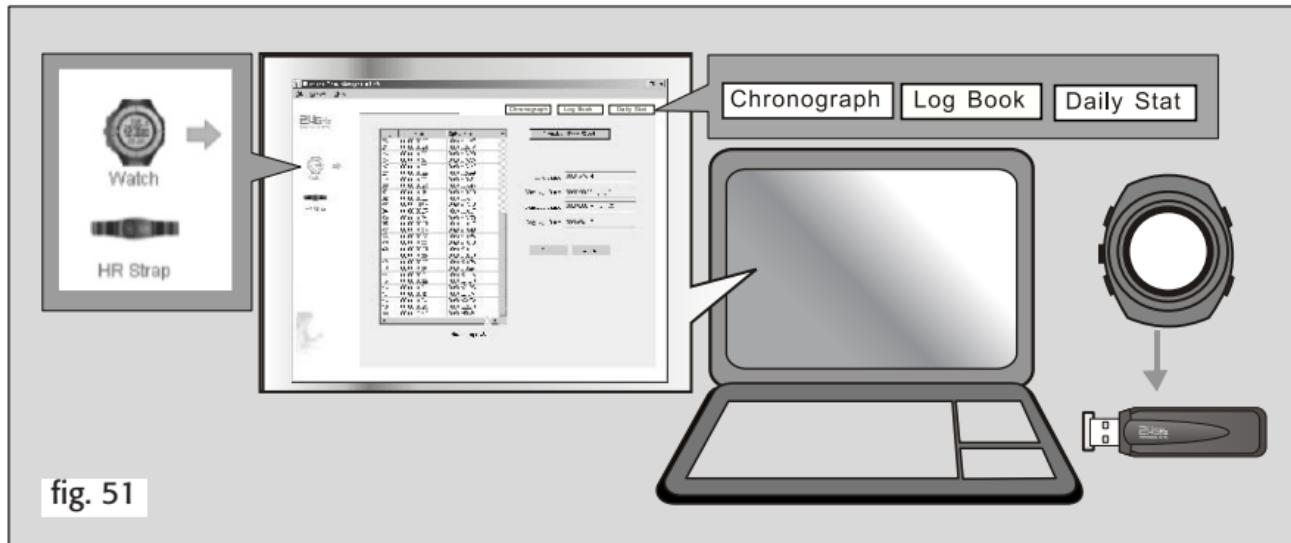


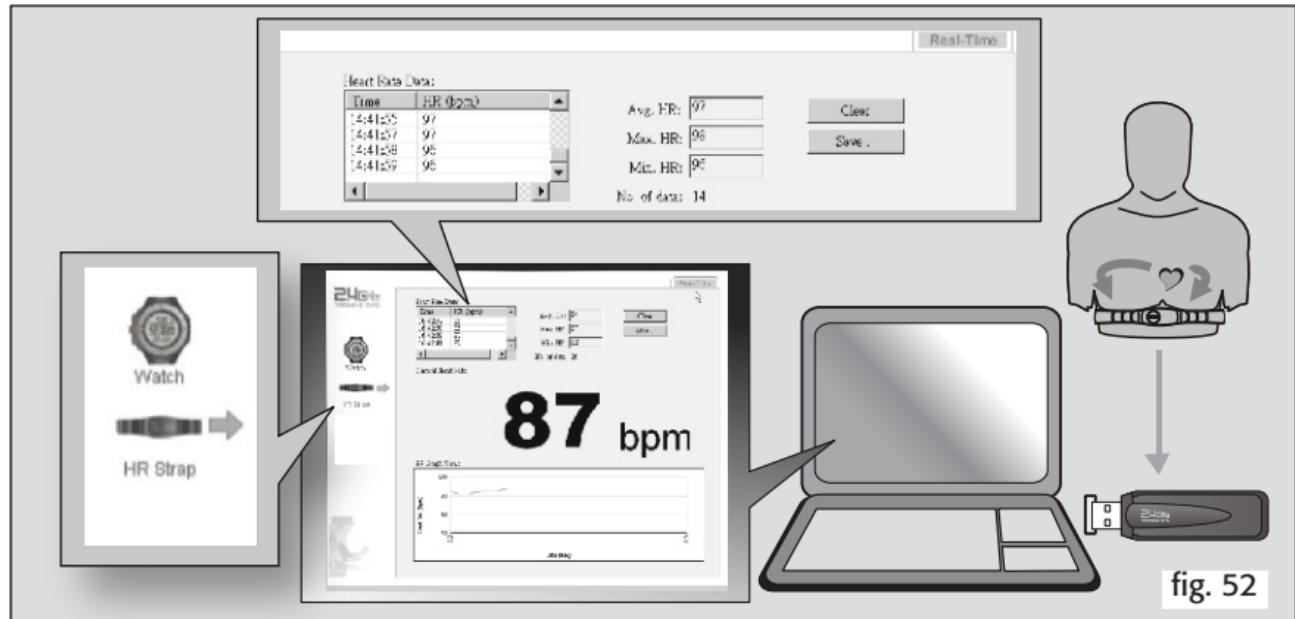
fig. 51

The watch must be in **LOGBOOK MODE - PC LINK DISPLAY**. The PC Link function must be active.

1. Click on the **WATCH ICON** in the side menu to access the watch screen.
2. Select **CHRONOGRAPH**, **LOGBOOK** or **DAILY STAT** from the top menu.
3. Click **DOWNLOAD** button to transfer data from the watch.
4. Analyze the **Data** on the PC with the options provided by the program. Save the data.

14.0.4 PC Link - Analyze & Save Real Time Data From the Chest Strap

See fig. 52



The HR Strap must be worn & active for this to work.

1. Click on the **HR STRAP ICON** in the side menu to access the chest strap screen
2. Real Time **HR WILL DISPLAY**
3. **ANALYZE THE DATA** on the PC with the options provided by the program.
4. **SAVE THE DATA** to your PC

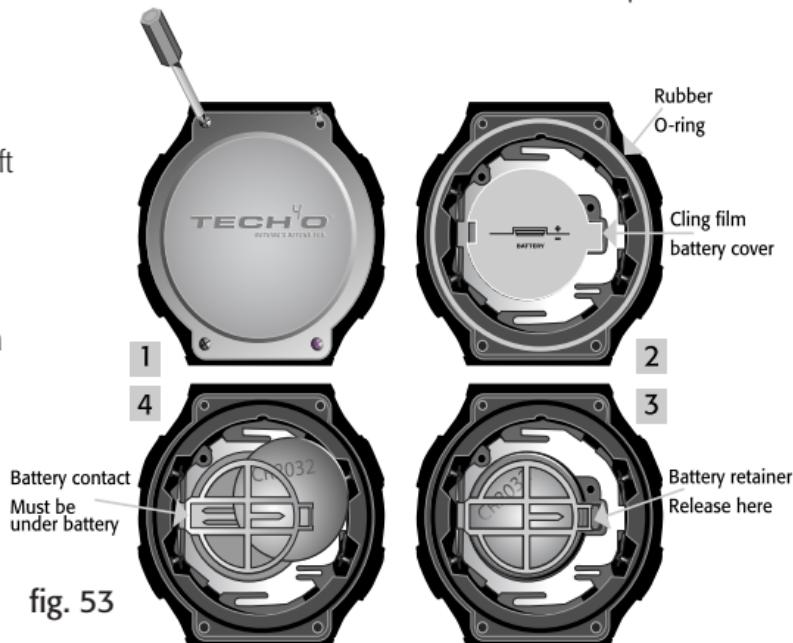
15.0 REPLACE THE BATTERIES

Watch: See fig. 53

ALL OF THE WATCH MEMORY WILL BE ERASED WHENEVER THE BATTERY IS CHANGED.

We recommend that you take the watch to a jeweler or service center to replace the battery. However, if you have the proper tools, you may try the following:

1. With a jewelers Phillips screwdriver remove the 4 screws and case back. Remember to save all watch parts as you will need to re-install them.
2. Remove the cling film battery cover
3. Fit a stiff pin into the notch of the battery retainer. Push it out and up to release the retainer. Take care as this is delicate work. Lift the spent battery out and recycle.
4. Insert a new CR2032 battery with the **+** facing up. Take care to slide the battery up and over the battery contact. Should you crush the contact against the side, the watch will not work and this is not covered by the warranty.
5. Make sure that the rubber O-ring is still in place. This O-ring must sit properly to maintain water resistance. Refit the cling film over the battery. Lastly, place the case back to its original position and screw it down.



Chest Strap: See fig. 54

1. With a coin in the cover slot, turn the small cover arrow just past the strap arrow and the cover will pop up for easy removal.
2. Be sure to slip the battery underneath the metal contact arm.
3. Refit the battery cover, aligning the arrows, and turn clockwise to close.

NOTE: If the chest strap fails to initialize [no signal], reset it.

- A. Remove the battery and turn it upside down.
- B. With the positive side of the battery facing down, lay it under the plus and on the minus contacts inside the battery well. This will reset the strap.
- C. Re-install the battery with the positive side up.

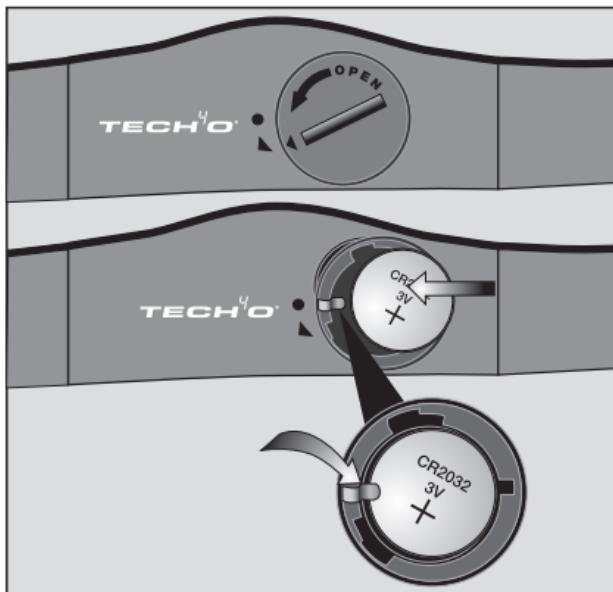


fig. 54

16.0 SLEEP MODE

When in Current Time Mode, press and hold ▼ for 5 seconds.

This puts the watch in a power saving mode. The display will shut down but the time-keeping functions will continue to run.

Press any button to return to normal display.

LIMITED WARRANTY:

What is covered? Johnson Outdoors Gear LLC warrants your Tech4o® brand product to be free from defects in materials or workmanship and to perform accurately for one (1) year from date of original purchase provided it has not been damaged by the causes described in the next paragraph.

What is not covered? Normal wear and tear, damage due to misuse, alteration, accidents, abuse, improper maintenance and non-compliance with written instructions and precautions are not covered by this warranty. Watches & Electronic instruments are water resistant, they are not waterproof. Damage resulting from excessive exposure to water, heat or cold is not covered under this warranty. The replaceable battery is not covered under the warranty.

THERE ARE NO OTHER EXPRESS WARRANTIES BEYOND THE TERMS OF THIS LIMITED WARRANTY. IN NO EVENT SHALL JOHNSON OUTDOORS GEAR LLC BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Some states do not allow exclusion or limitation of incidental or consequential damages, so the above exclusion may not apply to you.

How to obtain warranty service. Should a defect covered by this warranty appear in your product, call our Consumer Service Department toll-free at 1.800.572.8822 for return authorization and instructions. (You must pay the cost of returning the unit to us). If the product is found to be defective in material or workmanship, we shall, at our option, either repair or replace it without charge, and will pay the cost of return shipment to you.

How State law relates to this warranty: This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

FCC STATEMENT:

This device complies with part 15 of the FCC Rules.

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed

to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

U.S.A.: Johnson Outdoors Gear LLC

625 Conklin Road, PO Box 966

Binghamton, New York 13902

Phone: 607.779.2222 Toll Free: 1.800.572.8822

Canada: Johnson Outdoors Canada Inc.

4180 Harvester Road

Burlington, Ontario Canada L7L 6B6

Phone: 905.634.0023 Toll Free: 1.800.263.6390

Europe: Nigor Net BV

Kabelweg 100

1014 BC Amsterdam

Phone: +31 (0)20-5818550

Web: www.tech4o.eu E-mail: info@nigor.net

For technical help: www.tech4o.com



JOHNSON OUTDOORS GEAR LLC