

CNR-SW1 Manual v1.0

Canyon SportMaster

INTRODUCTION

WARNING :Always consult your physician before starting a fitness programme. A pulse computer is not a medical device. It is a training tool designed to measure and display your heart rate.

USE A PRECISE TRAINING METHOD

All the experts agree: the heart is the most important muscle in the body and, like all muscles, should be exercised regularly to remain strong and efficient. But how can you determine whether you are exercising your heart both safely and effectively? Fortunately, the heart itself provides you with key information that will help you to examine the effectiveness and the degree of safety of your training method. Your heart rate, which is expressed in a single number (Beats Per Minute), gives a constant account of your body's state of health. Your heart rate will tell you how fast you are using energy or whether you are exercising too hard or too lax.

Obviously, your body does not benefit from a training method if your heart rate is too low. If it is too high, you run the risk of injury and you will suffer from fatigue. It does not matter whether your goal is to win athletics meetings, lose weight or simply to improve your overall health. What is important is that you can refine your training method by keeping your heart rate within a certain target zone. In order to accomplish this, you would obviously need to know your precise heart rate at any given moment throughout your training session. Modern technology has now enabled us to present you with wireless electronic pulse computers. Monitoring your heart rate with one of these computers is easy and fun to do.

KNOW YOUR LIMITS AND DETERMINE YOUR PERSONAL EXERCISE ZONE

Exercise zones are established by setting Upper and Lower Heart Rate Limits. These limits constitute a certain percentage of your Maximum Heart Rate (MHR).

You may already know your MHR if you are an avid athlete or if you have already taken a Max. Heart Rate test. If not, the following formula will help you to make an educated guess:

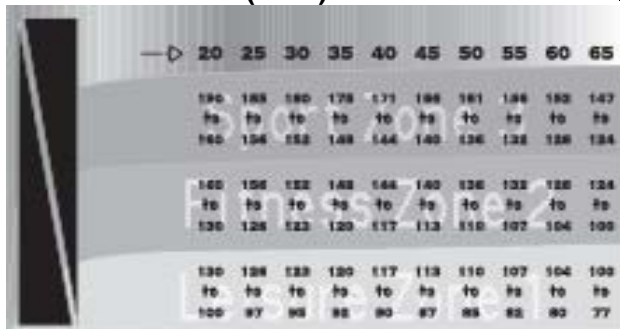
$MHR = 220 - (\text{Your age})$

e.g. Age : 20

$MHR : 220 - 20 = 200$

For instance, the current heart rate is 150, then 75% will be shown.

EXERCISE ZONE (BPM)



BURNING GLYCOGEN

BURNING FAT

AGE

Zone 3

PERFORMANCE

80-95 % MHR

Zone 2

FITNESS

65-80 % MHR

Zone 1

HEALTH

50-65 % MHR

Zone 1 - Health (50% - 65% of the MHR)

This exercise zone is meant for long training sessions of low intensity. Exercising in this zone will improve both your mental and physical healthy.

Zone 2 - Fitness (65% - 80% of the MHR)

This exercise zone is used by athletes who wish to increase their strength and improve their endurance while burning a greater number of calories.

Zone 3 - Performance (80% - 95% of the MHR)

This training zone is ideal for short and very intensive training sessions. Competitive athletes use this zone in order to build greater speed and explosive power. Exercising in this zone will create an "oxygen debt" and increase the degree of lactic acid in the muscular tissue.

FEATURES

If necessary, you can consult the table on the gift box.

1. Current heart rate
2. Average Heart Rate
3. Maximum Heart Rate
4. Minimum Heart Rate
5. % of Maximum Heart Rate (MHR)
6. Exercise Zone Bar Display
7. Preset MHR per age input
8. 3 Automatic Target Zone per age input
9. 1 Freely programmable Target Zone
10. Target Zone visual alarm
11. Target zone audible alarm
12. Target Zone re-selectable and re-checkable
13. Hazard warning alarm for MHR
14. 3 different audible alarms (High/ Low/ MHR)
15. Alarm Sound ON/OFF
16. Alarm Sound Selectable (Zone-below/ Zone-above/ both)
17. Auto Exercise Timer (Zone-in/ Zone- above/ Zone-below/ Total)
18. Professional Stopwatch
19. Calorie Counter

- 20. Fat Burnt Counter (in gram)
- 21. Auto Calender (Year/ Month/ Date/ Week-day)
- 22. Clock (12/24 Hour Selectable)
- 23. Daily Alarm Watch
- 24. Backlight Display
- 25. Key tones
- 26. Countdown Timer 9hr 59min 00sec
- 27. Recovery Timer 5min
- 28. Fitness Index

- ECG Heart Rate Measurement
- Easy Usage by Direct Key Operation
- All Heart Rate Information in One Display
- Quick Release Bike Mount
- Wireless Data Transmission
- Water Resistant
- Large LCD Display

BATTERY INSTALLATION

Computer Watch

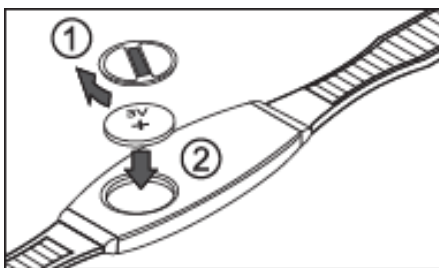
Remove the back cover of the watch with a screwdriver, install the 3.0V-battery with the positive (+) pole facing up and replace the cover. Remove the battery and reinsert it if the LCD displays irregular figures. This will clear and restart the watch's microprocessor.



3V battery CR2016

Transmitter Belt

Remove the battery cover from the bottom of the belt using a small coin. Install the 3V battery with the positive (+) pole facing the battery cover and replace the cover.



3V battery
CR2032

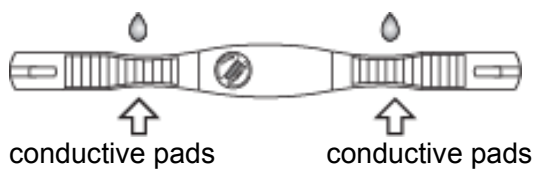
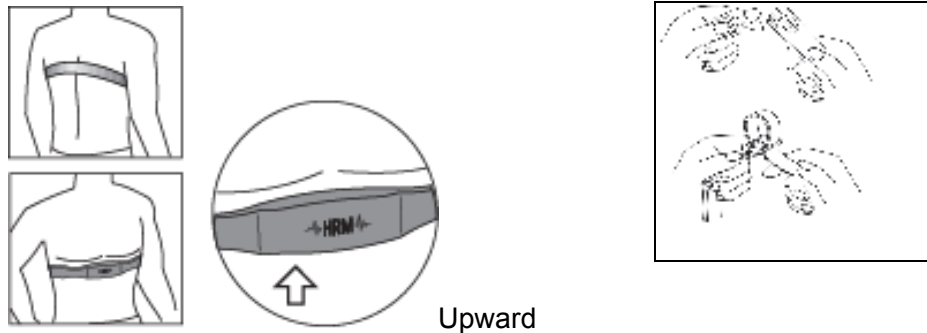
Do not disposed off the batteries with the household waste.

WEARING THE TRANSMITTER BELT

Adjust the elastic belt so that it fits tightly around your chest just below the pectoral muscles. Moisten the transmitter's conductive pads with saliva or

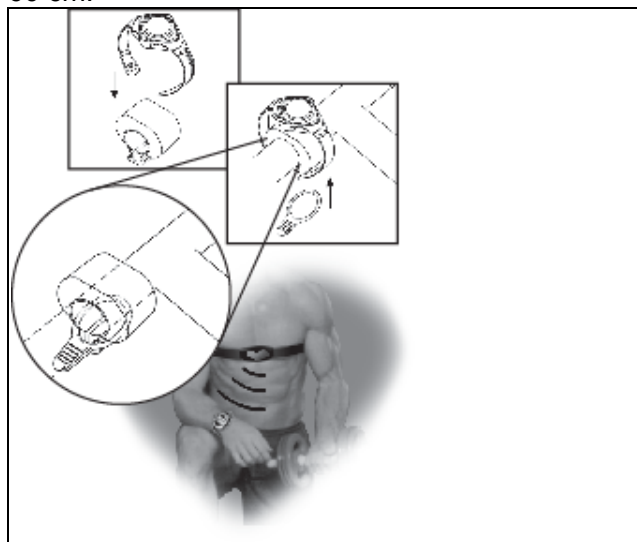
ECG-gel (available at your local chemist's) in order to ensure a good contact with the skin at all times.

Positioning the Transmitter Belt upward as per diagram.



HOW TO USE THE COMPUTER WATCH

The computer can be worn like a watch on your wrist or it can be fixed on the handle bar of your bike with the optional mounting system. Keep the computer and the transmitter within a maximum operating distance of 60 cm.



PROBLEMS, POSSIBLE CAUSES AND SOLUTIONS

Problem

No heart rate is displayed

Possible Cause(s) and solutions

- Transmitter belt is not positioned as it should
 - The conductive pads are dirty or were not moistened prior to use
 - Atmospheric or RF interference
- Check or replace the battery of

	the transmitter
Incorrect heart rate is displayed	<ul style="list-style-type: none"> • The conductive pads are dirty or were not moistened prior to use • The elastic belt is too loose • Weak batteries • Atmospheric or RF interference
Display fades	<ul style="list-style-type: none"> • Weak computer battery, Replace it immediately
Irregular figures on the display	<ul style="list-style-type: none"> • Remove the computer battery and reinsert it.

ACCESSORIES



Elastic Belt



Mounting Shoe



Transmitter battery
(3V / CR2032)



Computer battery
(3V / CR2016)



Transmitter Belt

KEYS OPERATION

Button A (MODE)

-Press to toggle CLOCK or PULSE mode

Button B (SELECT)

-In PULSE mode, press to select different features:

TMR / SW / MEM / ZN / CAL / FAT

-In CLOCK mode, press to enter ALARM mode

-In SETTING mode, press to adjust digits

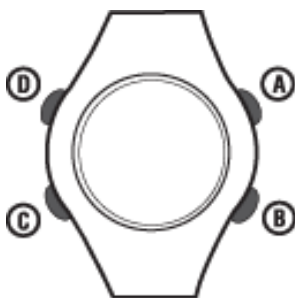
Button C (SET)

-In PULSE mode, hold to clear data or to enter setting mode

-In CLOCK mode, hold to enter setting mode or press to confirm the setting.

Button D (LIGHT)

-Press to turn on the back light.



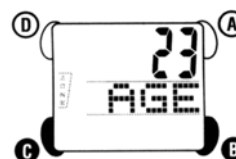
HOW TO INSTALL AN EXERCISE ZONE

Hold button B and button C simultaneously to enter personal information setting mode.

Enter your Age (AGE is displayed)

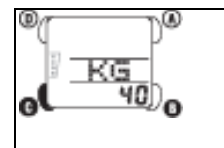
The pre-set age (23) starts to flash:

Press button B to set the flashing number to the desired age (0 to 99). Acknowledge the setting by pressing button C.



Enter your weight (KG starts to flash)

The pre-set weight of 40 KG is displayed. Press button B to select either kilograms (KG) or pounds (LB) and press button C to confirm your selection. Now set your weight by pressing button B. Acknowledge the setting by pressing button C.



User-defined training zone U (LZN or HZN is displayed)

Press button B to select U ZN and press button C to confirm your selection.

You can now set the limits of the user-defined training zone U yourself. Press button B repeatedly until the desired value for the lower limit of the training zone (LZN) is set. Acknowledge the setting by pressing button C. The upper limit of the training zone (HIGH ZONE or HZN is displayed) begins to flash. Set this too using button B and again acknowledge the setting by pressing button C.

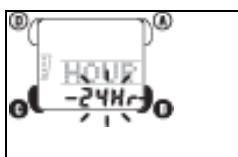


The heart rate monitor automatically calculates your maximum heart rate (MHR) on the basis of your age as well as your personal upper and lower limits of the 3 preset training zones (Zone 1: 50-65% of the MHR, Zone 2: 65-80% of the MHR, Zone 3: 80-95% of the MHR).

The heart rate monitor now returns automatically to the time mode (displayed by CLOCK or SAT).

CLOCK SETTING

In clock mode, hold button C to enter the clock setting mode.



- Press button B to select 12 hour or 24 hour format.
- Press button C to confirm setting.

For the calendar clock setting, press button B to adjust the digits and then press button C to confirm setting.



Hour setting Minute setting Year setting

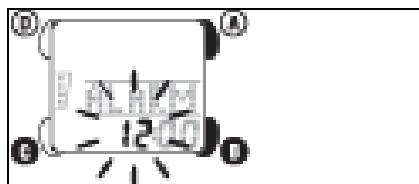
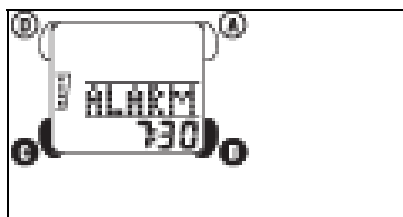


Month setting DAY setting

DAILY ALARM TIME SETTING

(1) ALARM TIME SETTING

- In CLOCK mode, press button B to enter ALARM mode
- Hold button C to enter alarm time setting mode and the hour digits will then flash.
- Press button B to adjust the digits and press button C to confirm.
- Repeat the same process to set minute digits.



To stop alarm sound, press any button or wait one minute for automatically stop.

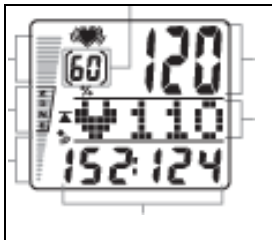
(2) DAILY ALARM ON/OFF

- In CLOCK mode, press button B to enter ALARM mode
- In alarm mode, press button C to turn the alarm on (🔔) or off.
- Press button B to CLOCK mode.




PULSE MODE DISPLAY

Percentage of Maximum Heart Rate

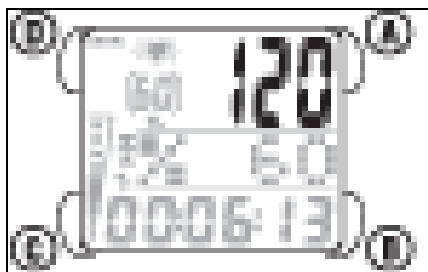
T A R G E T	V I S U A L	Upper- Zone Range		Current Heart Rate
		In- Zone Range		
		Below- Zone Range		
Z O N E	A L A R M			Average Heart Rate

CURRENT HEART RATE

Press button A to return to the PULSE mode display. The current heart rate is displayed on the upper line of the LCD.

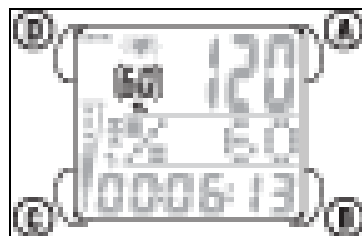
The  symbol in the upper left corner will start to flash if a signal is received from the transmission belt. The symbol will freeze and the last heart rate record will be displayed if no signal is received.

For power saving, the watch will automatically return to clock mode if no signal is received for about 5 minutes.



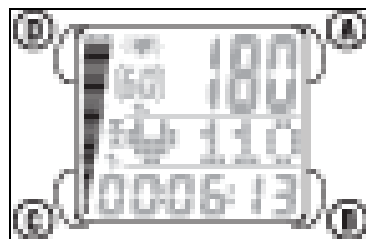
% OF MHR (Maximum Heart Rate)

This is the data showing the percentage of Current Heart Rate comparing to Maximum Heart Rate (MHR by age). It is useful to monitor your heart performance safely and effectively during exercise



TARGET ZONE VISUAL ALARM AND THE BAR DISPLAY


This is the graphical direct relationship between Current Heart Rate and Maximum Heart Rate. The bar moves up and down not only to present a visual alarm for Zone-Below, Zone-In, Zone-Above and over MHR; but also to show the extensiveness of your heart rate. It is a very important and effective tool to monitor your workout both safely and effectively.



TARGET ZONE AUDIBLE ALARM

(1) Alarm Sound On/ Off

-In pulse mode, press button B to the Target Zone mode (ZONE).

-Press button C to select alarm sound on () or off.



(2) Exercise Zone Alarm Activation (\overline{A} , \overline{X} or \overline{Z})

-In pulse mode, press button B to the Target Zone mode (ZONE).

-Hold button C until \overline{Z} flash

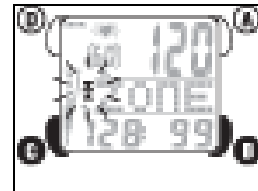
-Press button B to select the target zone for the alarm:

(\overline{A}) alarm will be activated only when your heart rate exceeds the upper limit.

(\overline{X}) alarm will be activated only when your heart rate drops below the lower limit

(\overline{Z}) alarm will be activated both when your heart rate exceeds the upper or drops below the lower limit.

-Press button C to confirm



(3) Exercise Zone Selection

-Right after the Zone Alarm Activation, press button B to select Zone (1), (2), (3) and (U)

-Press button C to confirm



AVERAGE HEART RATE

-The average heart rate is displayed on the second row of the LCD.

-To reset average heart rate and timer, press button B to enter exercise timer mode (E.TMR) and then hold button C until data is clear.



AUTO EXERCISE TIMER (E.TMR) - 99 hour 59 min 59 sec Zone in, Zone below, Zone above and total exercise time

-In pulse mode, press button B to enter the timer mode (E.TMR).

-The timer is activated automatically whenever pulse signal is received.

-Press button C to read timer for different zones

-To reset average heart rate and timer, press button B to enter timer mode (E.TMR) and then hold button C until data is clear.



Zone below time



Zone in time



Zone above time



Total exercise time

MAXIMUM AND MINIMUM HEART RATE (MEM)

-In pulse mode, press button B to enter the memory mode (MEM).

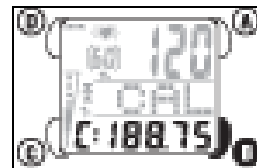
-Press button C to check the maximum heart rate (HI) and minimum heart rate (LO).

-Hold C to reset the data.



AUTO CALORIE COUNTER (CAL)

- In pulse mode, press button B to enter the Calorie mode (CAL).
- The approximate energy consumption in CALORIE will be counted automatically whenever pulse signal is received.
- Hold button C to reset



AUTO FAT BURNT COUNTER (FAT) IN GRAMS

- In pulse mode, press button B to enter the Fat burnt mode (FAT).
- The approximate fat burnt in grams will be counted automatically whenever the achievement (65% of MHR) is reached.
- Hold button C to reset the data.



FITNESS LEVEL

In heart rate mode, immediately after training (with the chest belt) press button B repeatedly until FITNESS LEVEL appears on the display.

Press button C to start a 5-minute countdown. Your heart rate and fitness level will be displayed after the countdown (= recovery phase).



Fitness Level
Level 6
Level 5
Level 4
Level 3
Level 2
Level 1

heart rate after 5min
> 130
130-120
120-110
110-105
105-100
< 100

Countdown Mode Setting the Countdown

Press button A to enter countdown mode (indicated by DOWN TIMER or D.TMR). Press and hold button C. The hours position flashes on the display.



Set the hours using button B and acknowledge with button C. The minutes position flashes on the display. Set the minutes using button B and acknowledge with button C. A maximum of 9 hours 59 minutes 00 seconds can be set.

Starting the Countdown

Press button A to enter countdown mode (indicated by DOWN TIMER or D.TMR). The countdown starts to run with the time set.

The countdown is stopped or continued by pressing button C. The countdown is reset to the time set by pressing and holding button C (displayed by HOLD TO RESET).

A 1-minute alarm sounds as soon as the time set has expired and the heart rate monitor begins to count the time up again (= time that has elapsed since the alarm sounded). The 1-minute alarm may be switched off using any button.

Note: ERR will be displayed if you have entered 0:00 by accident. In this case, wait 5 seconds until the ERR display disappears and you can re-enter the countdown time.

Stopwatch Mode

Press button A to enter stopwatch mode (indicated by STOPWATCH or STW).

Press button C to start or stop the stopwatch. Press and hold button C (indicated by HOLD TO RESET) to reset the stopwatch.

A maximum of 9 hours 59 minutes 59 seconds can be displayed.



BACKLIGHT

-Press button D to turn on the light.