FREESTYLE
endurance

#980 PULSE™ WATCH INSTRUCTIONS

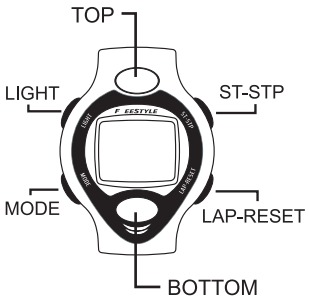
FEATURES

- **MEASURES HEART RATE AND STORES UP TO 20 READINGS**
- **42 LAP MEMORY**
- **CHRONOGRAPH**
- **COUNT DOWN TIMER**
- **DUAL TIME**
- **PACER MODE**
- **WATER-RESISTANT TO 30M**
- **NIGHT VISION™ ILLUMINATION**

WELCOME...

Chances are that if you are reading this, you have purchased the Freestyle® Pulse™ watch and are serious about improving or maintaining your overall fitness level. This watch was designed to help you reach your fitness goals. The Freestyle® Pulse™ is easy to use and includes only the features you need. There are seven modes: Time, Alarm, Heart Rate with Recall and Memory, Pacer, Chronograph with Lap Recall, Countdown Timer and Dual Time. The following instructions will guide you through each mode and give you step by step instructions on how to use them.

KEY REFERENCES



NORMAL TIME MODE

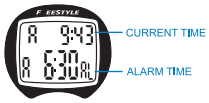


This mode displays the date and time. To set the date and time, press and hold MODE for two seconds. The seconds will flash. Press LAP/RESET to reset the seconds to zero. Press ST/STP to flash the minutes. Press LAP/RESET to set the minutes. Once the minutes are set, press ST/STP to flash the hour. Press LAP/RESET to set the hour. Continue to set the date using the same proceedure as setting the time.

You can also choose to display your time in 12 or 24 hour modes. To toggle between the two modes, simply press ST/STP. The “A” or “P” segments that represent AM or PM will turn off for 24 hour mode. Press ST/STP again to return to 12 hour mode.

This watch also has an hourly chime function that you can toggle on/off in this mode. Press LAP/RESET and you will see the chime icon (bell) turn on/off.

ALARM MODE

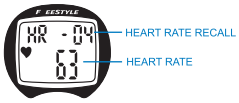


This mode displays the current time on the top row of the display and the alarm time on the bottom row.

To set the alarm, press and hold MODE for 2 seconds. The minutes will flash. Press LAP/RESET to adjust the minutes. Press ST/STP to flash the hour. Press LAP/RESET to adjust the hour. Press MODE to exit the alarm setting mode.

To turn the alarm on/off, press LAP/RESET to toggle the alarm icon (sound waves) on/off.

HEART RATE MODE



The heart rate mode toggles between two screens. The first screen displays your last heart rate reading in beats per minute (BPM) and the second screen displays the time and date of the last reading.

Note: You can measure your heart rate in any mode -You do not need to be in the heart rate mode. This mode is used to recall and erase the readings that are stored in memory.

Reading Your Heart Rate
To measure your heart rate, press the TOP contact with your index finger and the BOTTOM contact with your thumb. Continue to press firmly on the contacts for 5-8 seconds. The display will stop flashing and your heart rate will appear on the display. The reading is automatically stored in memory.

Heart Rate Recall
To view your stored heart rate readings, press ST/STP. Continue to press ST/STP to view all of the stored readings up to 20. When 20 readings are stored, each new reading will replace number 20 and erase number 1.

Deleting Your Stored Heart Rate Readings
To delete your stored heart rate readings, select the reading you want to delete. Press and hold ST/STP, and at the same time press LAP/RESET. The display will flash “ERASE”. Delete the reading by pressing MODE. Continue this process to delete additional readings.

PACER MODE

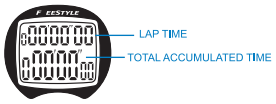


This mode is a training tool to help you pace yourself when walking or running. The pacer is measured in beats per minute (BPM). You will need to experiment a little to find a pace that is comfortable and right for you.

To set your pace, press and hold MODE for two seconds. When the pace is flashing, press LAP/RESET to set the pace. The pace will increase in increments of 5 BPM.

Once your pace is set, press LAP/RESET to start the pacer. Press LAP/RESET again to stop the pacer.

CHRONOGRAPH MODE

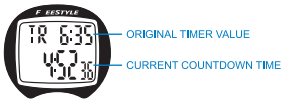


In Chronograph mode, the top line displays the lap time and the bottom line displays the total accumulated time.

To start the Chronograph, press STP/STP. To record a lap time, press LAP/RESET. The lap number and lap time will flash while the chronograph continues to run. This watch records in memory up to 42 lap times. To stop the Chronograph, press ST/STP.

To recall the lap times, press LAP/RESET. The last recorded lap time will flash. When all 42 laps have been recorded, you can clear the memory by pressing and holding LAP/RESET for three seconds. The chronograph will reset to zero and the lap times recorded in memory will be deleted.

COUNTDOWN TIMER MODE



This mode displays the original countdown timer value on the top line and the current countdown time on the bottom display.

To set the countdown timer, press and hold MODE for two seconds. The minutes will flash on the top display. Press LAP/RESET to set the minutes. Press ST/STP to flash the hour. Press LAP/RESET to set the hour. Press MODE to confirm the timer value and exit the setting mode.

Press ST/STP to start the countdown timer. Press ST/STP again to stop the timer. When the countdown timer reaches zero, a beep will sound. Reset the timer by pressing LAP/RESET. The bottom line will display the original timer value as shown on the top line.

DUAL TIME MODE



Dual time mode can be used to keep track of time in another time zone while traveling.

To set the dual time, press and hold MODE for two seconds. The minutes will flash. Press LAP/RESET to set the minutes. Press ST/STP to flash the hour. Press LAP/RESET to set the hour. Press MODE to confirm and exit the dual time setting mode.

FREESTYLE PULSE™ AND YOU

We are confident that your Pulse™ watch from Freestyle will help you reach your general fitness goals. However, please be aware that using the Pulse™ is not a substitute to seeking professional medical attention. If you suffer from a heart disorder or are starting a fitness program for the first time, it is advisable that you seek a doctor or trainer to develop a fitness plan that is suited for you.

The Pulse™ should only be used as a guide in maintaining a safe heart rate for exercise. It should not be used in place of a medical heart rate monitor. If you are uncertain about how your exercise program will impact your heart, please consult a physician.

The America Heart Association recommends that a healthy target heart rate is between 50 to 75 percent of your maximum heart rate. To calculate your maximum heart rate, subtract your age from 220.

For Example
The formula for a healty target heart rate for a 28 year old would be:

.5(220-28) <Target Heart Rate>.75 (220-26)

Using the formula above, the healthy target heart rate for a 28 year old is between 96 and 144 BPM (beats per minute).

CARE INSTRUCTIONS

1. Never force open the case or remove the back cover

2. Do not expose this watch to extreme weather conditions or cleaning agents

3. Do not use this watch while diving in water

4. Clean this watch with water and mild detergent

5. Store this watch in a dry place when not in use

WARRANTY INFORMATION

Freestyle® warrants, to the original purchaser, that its watches are free from defects in materials and workmanship for a period of ten (10) years under normal use. The warranty excludes batteries, crystal, watch case plating, and strap/ bracelet/ band. The warranty excludes normal wear and tear and abuse.

Water leakage most often occurs after improper battery replacement. We strongly recommend having a certified jeweler, watch repair technician or Freestyle's service center replace your battery. Water leakage due to improper battery replacement is not covered under warranty.

Visit our website at:
www.freestyleusa.com

TROUBLE SHOOTING TIPS

If you are having trouble getting a heart rate reading, review these helpful tips below:

1. Make sure the metal case back is clean and clear of dirt and grease. The case back must be in contact with your skin. Do not use any lotions as they will act as an insulator and block your ECG signals to the watch.

2. Be sure to firmly press down on the two metal contacts on the case with your forefinger on the top contact and your thumb on the bottom contact. For best results, do not use the tips of your fingers, lay them flat over the contacts and press down firmly.

3. In very dry climates, try licking your fingers before pressing the contacts. Saliva is conductive and will increase the ability for the watch to detect ECG signals from your body.