

HEART RATE MONITORS



MODEL NUMBER	HR-210	HR-310
FEATURES/BENEFITS		
Backlight	✓	✓
Clock	✓	✓
Date	✓	✓
Calories Burned	✓	✓
Water Resistant	✓	✓
Alarm	✓	✓
Stopwatch	✓	✓
Continuous Heart Rate		✓
Average Heart Rate		✓
Percentage Heart Rate		✓
Access Data w/Tap On Lens	✓	✓
Chest Strap		✓
Storage Case		
OTHER INFORMATION		
Warranty	1 Year	1 Year
Battery	✓	✓

Q: Why is it important to monitor your heart rate when you exercise?

A: Whether you are a beginner or a serious exerciser, monitoring your heart rate can help you maximize your workouts to achieve your fitness or weight loss goals. Omron Heart Rate Monitors are simple, easy and accurate to use for all levels.

Q. What are Training Zones?

A. There are several training zones that are relevant to a fitness program. The most popular zone range is from 50% to 80% of your maximum heart rate. This is where you achieve cardiovascular benefits, burn fat, and become fitter. When programming your watch, the lower percentage of the zone you choose becomes your lower heart rate limit and the higher percentages becomes the upper heart rate limit.

Q. How can you achieve maximum health benefits from your workout program?

A. To help achieve maximum health benefits from your workout program, it is important to know your:

- Maximum heart rate (MHR)
- Upper heart rate limit
- Lower heart rate limit

MHR is expressed in beats per minute. You can get your MHR from an MHR test, or you can estimate it by using the following formula:

$$220 - \text{age} = \text{MHR}$$

Q. What is the difference between a heart rate monitor watch that comes with a strap and one that is strapless?

A. A strapless heart rate monitor watch operates without using a chest strap. You place two fingers over the face of the watch for 6 – 10 seconds to receive your heart rate reading. A heart rate monitor watch with a chest strap transmits a continuous heart rate signal to the watch.