

OMRON®

INSTRUCTION MANUAL

Heart Rate Monitor

Model **HR-100C**



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INTRODUCTION

Thank you for purchasing the Omron HR-100C Heart Rate Monitor.

Fill-in for future reference

DATE PURCHASED: _____

SERIAL NUMBER: _____

Staple your purchase receipt here.

The heart rate monitor can help ensure you receive the maximum benefit from your exercise program. You can increase the effectiveness of your exercise program by monitoring and quantifying your results every step of the way.

Your HR-100C comes with the following components:

- Receiver Wrist Monitor
- Receiver Mounting Bracket
- Transmitter
- Transmitter Strap
- 2 Lithium CR2032 Batteries
(1 Receiver, 1 Transmitter - installed)
- Storage Case
- Instruction Manual

Read all the information in the instruction book before using the unit.

WARNING

The signals used by this monitor may interfere with a pacemaker or other implanted devices. Consult the manufacturer of the implant device and your physician before using this monitor.

SAVE THESE INSTRUCTIONS

COMPONENTS

RECEIVER WRIST MONITOR

Sets the operating modes and heart rate limits.



RECEIVER MOUNTING BRACKET

Attaches the monitor to your bike or exercise machine.



TRANSMITTER

Counts your heartbeat and sends the data to the receiver.



TRANSMITTER STRAP

Adjustable strap attaches to the transmitter for a comfortable fit.



STORAGE CASE

Compact case holds all components.



YOUR PERSONAL DATA

MAXIMUM HEART RATE

It is important you know your maximum heart rate (MHR) training zone, upper heart rate limit and lower heart rate limit before you begin. They help you achieve the maximum health benefits out of your workout. MHR is expressed in beats per minute. Use the following formula to estimate your MHR:

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

$$\text{Women} \quad 230 - \text{age} = \text{MHR}$$

There are several training zones that produce specific results in your fitness program. The most common zones range between 50% to 80% of your MHR. This is where you achieve cardiovascular benefits, burn fat, and become more physically fit. When setting your watch, the lowest % of the zone you choose becomes your lower heart rate limit and the highest % becomes the upper heart rate limit.

50%	Moderate Activity
60%	Weight Management Zone
70%	Aerobic Zone
80%	Anaerobic Threshold Zone
90%	Red Line Zone (maximum capacity)
100%	

Calculate the lower and upper heart rate limits by multiplying your MHR by the percentages for the selected training zone.

For example:

40-year-old man training for Weight Management.

$$\text{His Lower Heart Rate Limit} \quad (220-40) \times 60\% = 108$$

$$\text{His Upper Heart Rate Limit} \quad (220-40) \times 70\% = 126$$

30-year-old woman training for Aerobic Zone.

$$\text{Her Lower Heart Rate Limit} \quad (230-30) \times 70\% = 140$$

$$\text{Her Upper Heart Rate Limit} \quad (230-30) \times 80\% = 160$$

PERSONAL DATA

WARNING

Consult your physician or healthcare provider to help you determine your maximum heart rate, upper and lower limits, the exercise frequency and duration appropriate for you and your specific goals.

Determining your individual training zone is a critical step in the process toward a safe and efficient training.

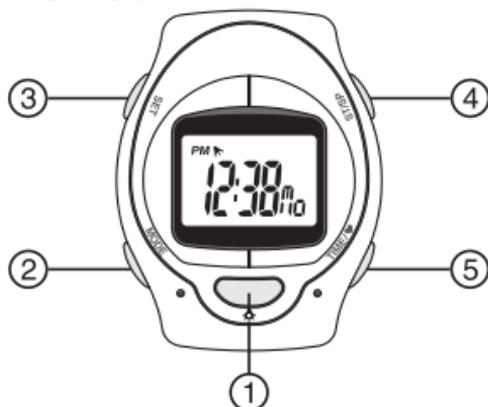
Start slowly. Select the training zone most suitable for your needs. Exercise regularly for 20 to 30 minutes, three to four times a week for a healthier cardiovascular system. Gradually step up your training zone as you become more physically fit.

TRAINING ZONES

- The **Weight Management** zone has the lowest training intensity. This zone is good for beginners and those who want to strengthen their cardiovascular systems.
- The **Aerobic** zone increases strength and endurance. It works within the body's oxygen intake capability, burns more calories and can last longer.
- The **Anaerobic Threshold** zone generates speed and power. It works at or above the body's oxygen intake capability, builds more muscle and cannot be maintained for a long time.

CONTROL BUTTONS

The Control Buttons on the Receiver Wrist Monitor are used to select and set the operating modes, add your personal data, and use the features of the heart rate monitor.



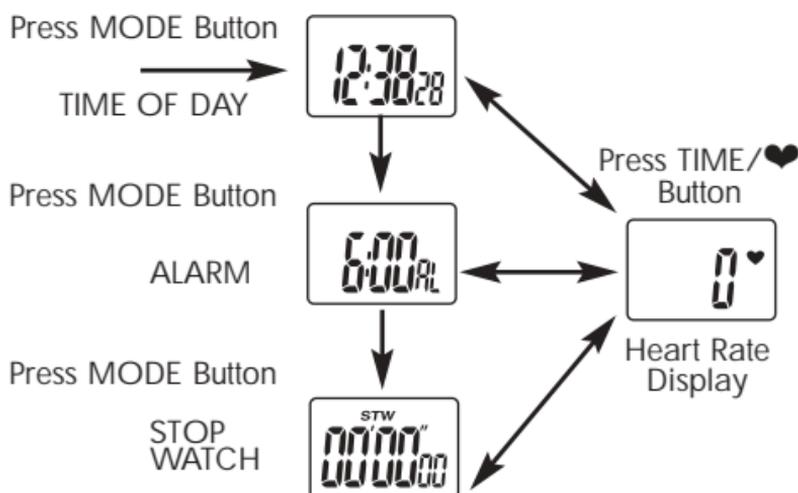
1. ⚙ Backlight Button
2. **MODE** Button
3. **SET** Button
4. **ST/SP** Stopwatch Button
5. **Time/♥** Heart Rate Button

SELECTING THE OPERATING MODE

Press the **MODE** button to toggle between the following operating modes:

Time of Day
Alarm
Stopwatch

Press the **TIME/♥** button to toggle between the operating modes and the Heart Rate Display.



BASIC SETTING INSTRUCTIONS

1. **Press and hold** the MODE button to enter the setting mode.
2. **Press** the SET button to adjust the blinking digits. Press and hold the SET button to increase the digits faster.
3. **Press** the MODE button to go to the next setting option or exit the setting mode.

NOTE: *If no button is pressed the monitor will automatically exit the setting mode after 60 seconds.*

SETTING THE TIME AND DATE

Press the MODE button to select the Time of Day operating mode.



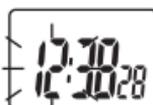
1. Press and hold the MODE button.

12/24 hr blinking



2. Press the SET button to choose the 12-hour AM/PM or 24-hour universal clock. Press the MODE button.

Hour blinking



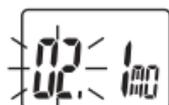
3. Press the SET button to adjust the hour. Press the MODE button.

Minutes blinking



4. Press the SET button to adjust the minutes. Press the MODE button.

Month blinking



5. Press the SET button to change the month. Press the MODE button.

Date blinking



6. Press the SET button to change the date. Press the MODE button.

Day blinking



7. Press the SET button to change the day. Press the MODE button to exit the setting mode. The date and time is set.

DISPLAYING THE DATE

1. Press the MODE button to select the Time of Day operating mode.
2. Press the SET button to display the date.
3. Press the MODE button to return to the Time of Day.

NOTE: *If no button is pressed the monitor will return to the Time of Day after 10 seconds.*



SETTING THE ALARM

Press the MODE button to select the Alarm operating mode.



1. Press and hold the MODE button.

Hour blinking



2. Press the SET button to adjust the hour. Press the MODE button.

Minutes blinking



3. Press the SET button to adjust the minutes. Press the MODE button to exit the setting mode. The Alarm time is set.

ACTIVATING THE ALARM

1. Press the SET button to turn the alarm on or off.



When the alarm is activated, the alarm will go off at the set time every day. Press any button to stop the alarm signal.

SETTING THE HEART RATE LIMITS

The Heart Rate Limits help you determine if you are exercising within your training zone. When you go above or below your limits, an indicator will flash to warn you.

Press the TIME/♥ button to select the Heart Rate display.



SETTING THE HEART RATE LIMITS

1. Press and hold the MODE button.

Lower Limit blinking



2. Press the SET button to enter your training zone lower limit. Press the MODE button.

Upper Limit blinking



NOTE: The upper limit must be greater than the lower limit. The monitor will automatically adjust the upper limit range based on the data entered.

3. Press the SET button to enter your training zone upper limit. Press the MODE button to exit the setting mode. The training zone limits are set.

SETTING THE HEART RATE ALERT

1. Press and hold the TIME/♥ button to turn the alert indicator on or off.



OFF



2. Press the TIME/♥ button. The alert indicator is set.

USING THE BACKLIGHT FEATURE

Press the ⚙ Backlight button.

The screen will illuminate for approximately 5 seconds.

USING THE STOPWATCH FEATURE

1. Press the MODE button to select the Stopwatch operating mode.
2. Press the ST/SP button to start the stopwatch.
3. Press the ST/SP button to stop the stopwatch.
4. Press and hold the SET button to reset the stopwatch.



THE TRANSMITTER

The transmitter counts your heartbeat and sends the data to the receiver.

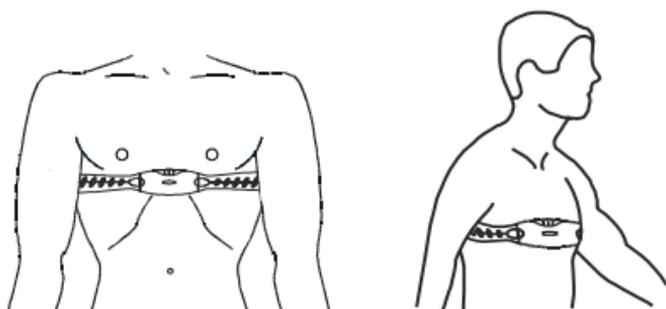
ATTACHING THE TRANSMITTER

Attach the strap to the transmitter by inserting the strap clip through the backside of the corresponding shaped hole on the transmitter. Gently push down to secure.

1. Moisten the conductive pads on the backside of the transmitter with water or a conductive gel to ensure a solid contact.



2. Strap the transmitter across your chest. Adjust the strap until the transmitter sits snugly below your pectoral muscles for an accurate heart rate signal.



THE RECEIVER

The receiver wrist monitor can be worn on your left or right wrist. You can also choose to attach the monitor to your bike or exercise machine by using the mounting bracket.



WATER RESISTANCE

The HR-100C is water-resistant and can be worn swimming or diving up to approximately 30 meters.

Note: Set the unit prior to using in the water or exposing to excessive water. Activating or changing the settings while in water or exposed to heavy rainstorms may damage the unit.

EFFECTIVE RANGE

The Transmitter and Receiver Wrist Monitor should be worn or mounted within 50 centimeters (20 inches) from each other.

Note: If no signal is sent from the transmitter to the receiver for 15 minutes the monitor will display the previous mode.

TROUBLESHOOTING

If the signals become unsteady re-adjust the position of the transmitter strap and make sure the distance between the transmitter and receiver is within the effective range.

Make sure the low battery indicator light is not displayed on the receiver.

The transmitter battery may need to be replaced.

BATTERY INSTALLATION

The Receiver Wrist Monitor uses a CR2032, 3V Lithium battery. When the battery is running low the low-battery indicator will light up. To guarantee the water resistance take the monitor to a local jewelry store for battery replacement. Improper replacement will void the warranty.

The Transmitter uses a CR2032, 3V Lithium battery. If the heart rate signals become unsteady or stop your transmitter battery may need replacing.

To change the Transmitter battery:

1. Open the transmitter battery lid with a coin by turning counterclockwise.
2. Remove the old battery.
3. Insert the new battery with the positive side facing up. DO NOT touch the contacts.
4. Replace the battery lid.

CARING FOR YOUR MONITOR

To keep your heart rate monitor in the best condition and protect the unit from damage follow these directions:

- Clean the monitor with a soft dry cloth. Do not use any abrasive or volatile cleaners.
- Always thoroughly dry off any moisture on the components before storing.
- Store your monitor in the original carrying case.
- Do not subject the monitor to extreme hot or cold temperatures, humidity and direct sunlight.
- Do not excessively twist or bend the conductive pads on the transmitter belt.
- Do not subject the transmitter or receiver to strong shocks, such as dropping on the floor.
- Use the unit consistent with the instruction provided in this manual.

SPECIFICATIONS

Model:	HR-100C
Real Time Clock:	12/24 hour with hour/minute/second
Stopwatch:	00:00:00 to 29:59:59 (hrs:min:sec)
Heart Rate Measurement:	30 - 240bpm
Upper Limit:	80 - 240bpm
Lower Limit:	30 - 220bpm
Transmitter Strap:	12 inches to 44 inches
Weight:	Watch (Receiver) - approx. 40 g (included battery) Chestbelt (Transmitter) - approx. 68 g (included battery)
Power:	Watch-1 ps CR 2032 3V battery Chestbelt-1 pc CR 2032 3V battery
Operating Temperature:	-10°C to +50°C (14°F to 122°F)
Storage Temperature:	-20°C to +60°C (-4°F to 140°F)
Water Resistance:	not actuating keys to 30 meters

WARRANTY INFORMATION

LIMITED WARRANTIES

Your HR-100C Heart Rate Monitor, excluding the batteries is warranted to be free from defects in materials and workmanship appearing within 1 year, when used in accordance with the instructions provided with the monitor. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge the monitor covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service, ship the monitor and all of the components, together with proof of purchase and a note explaining the problem with \$5.00 for return shipping and insurance to:

Omron Healthcare, Inc.
Attn: Repair Department
300 Lakeview Parkway
Vernon Hills, IL 60061

Be sure to include the model number, your name and your phone number on the enclosed note and any other correspondence.

ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THE APPLICABLE WRITTEN WARRANTY ABOVE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusions may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

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