Heart Rate Monitor with Speed and Distance
MODEL: SE302

USER MANUAL

1. LCD screen
2. MEM: Display training modes, decrease setting
3. MODE: Display training modes, increase setting
4. ST / SP / +: Enter setting mode; confirm setting; display SET
5. MEM / -: Confirm training data; display MEM
6. LITTLE ATHLETE: Manual change of activity
7. MODE: Enter setting mode; confirm setting; display SET
8. MEM / -: Change activity; confirm activity
9. CLEAR: Cancel activity
10. ST / SP / +: Enter setting mode; confirm setting; display SET

GETTING STARTED

1. Open the battery cover of the monitor.
2. Insert two AAA batteries. Make sure the + and - ends are facing the correct way.
3. Replace the battery cover.

TO WEAR THE CHEST BELT:

1. Check if the strap is too long or too short. Adjust the strap so that it sits snugly below your pectoral muscles.
2. Apply a few drops of conductive gel to the chest belt.
3. Make sure the strap is aligned correctly.
4. Press and hold MODE to switch between display modes.

SET TIME

1. Press MODE to select TIME display.
2. Press ST / SP / + to select the time format.
3. Press SET to confirm setting.

SET DISTANCE

1. Press MODE to select DISTANCE display.
2. Press ST / SP / + to select the distance format.
3. Press SET to confirm setting.

SET HEART RATE

1. Press MODE to select HEART RATE display.
2. Press ST / SP / + to select the heart rate zone.
3. Press SET to confirm setting.

SET SPEED

1. Press MODE to select SPEED display.
2. Press ST / SP / + to select the speed format.
3. Press SET to confirm setting.

SET DISTANCE

1. Press MODE to select DISTANCE display.
2. Press ST / SP / + to select the distance format.
3. Press SET to confirm setting.

SET HEART RATE

1. Press MODE to select HEART RATE display.
2. Press ST / SP / + to select the heart rate zone.
3. Press SET to confirm setting.

SET SPEED

1. Press MODE to select SPEED display.
2. Press ST / SP / + to select the speed format.
3. Press SET to confirm setting.

SET DISTANCE

1. Press MODE to select DISTANCE display.
2. Press ST / SP / + to select the distance format.
3. Press SET to confirm setting.

SET HEART RATE

1. Press MODE to select HEART RATE display.
2. Press ST / SP / + to select the heart rate zone.
3. Press SET to confirm setting.

SET SPEED

1. Press MODE to select SPEED display.
2. Press ST / SP / + to select the speed format.
3. Press SET to confirm setting.

SET DISTANCE

1. Press MODE to select DISTANCE display.
2. Press ST / SP / + to select the distance format.
3. Press SET to confirm setting.

SET HEART RATE

1. Press MODE to select HEART RATE display.
2. Press ST / SP / + to select the heart rate zone.
3. Press SET to confirm setting.

SET SPEED

1. Press MODE to select SPEED display.
2. Press ST / SP / + to select the speed format.
3. Press SET to confirm setting.

SET DISTANCE

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2. Press ST / SP / + to select the distance format.
3. Press SET to confirm setting.

SET HEART RATE

1. Press MODE to select HEART RATE display.
2. Press ST / SP / + to select the heart rate zone.
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2. Press ST / SP / + to select the distance format.
3. Press SET to confirm setting.

SET HEART RATE

1. Press MODE to select HEART RATE display.
2. Press ST / SP / + to select the heart rate zone.
3. Press SET to confirm setting.
To enter the SMART TRAINING PROGRAM:

1. Press MEM / - to enter TRAIN mode.

To view memory:

1. Press MEM / - to enter TRAIN mode.

2. Press and hold ST / SP / + to scroll through memory. Each record will display the following:

   - Distance
   - Speed
   - Time
   - Upper or lower heart rate limit reached
   - Calories burned
   - Pace
   - Health / Maintenance
   - Underweight
   - Normal
   - Obese
   - FA
   - RAG

3. Replace the battery compartment lid by twisting it back on the case.