

  
**kinetik**  
WELLBEING



Heart Rate Monitor

User Manual

HRM4 Series

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# Introduction

Thank you for buying the Kinetik Wellbeing Heart Rate Monitor.

At Kinetik Wellbeing our mission is for every home to own affordable healthcare products that help people to manage their wellbeing. Taking regular exercise and increasing your heart rate above its resting level can help to lower blood pressure, improve your circulation and strengthen your heart and lower your risk of heart disease.

The Kinetik Wellbeing Heart Rate Monitor is designed to keep a check on your heart rate during physical activities.

If you are concerned or in any doubt about your fitness levels or heart rate, always consult your doctor. If you are embarking on a change of lifestyle, diet or exercise regime you should always consult with a healthcare professional before doing so.

**Before using the Kinetik Watch and Heart Rate Monitor, please read the instructions included in this user manual.**

# Features

- Large LCD Display
- Alarm
- Clock (12/24 hour)
- Stopwatch
- Workout Memory
- Exercise Timer
- In-Zone Timer
- % of Max. Heart Rate
- Maximum Heart Rate
- 3 Selectable Heart Rate Zones
- Average Heart Rate
- Audio and Visual Alarm in Target Zone
- Upper & Lower Heart Rate Zone Alarm
- Calories Burnt Counter
- EL Backlight

## Parts



**Heart Rate Monitor**



**Adjustable Chest Strap**

# Keys and Functions



## MODE

- Scrolls through various modes of the watch
- Advances to next variable in setting sequence

## ADJUST/LIGHT

- Activates Light
- Enters the setting sequence for each setting mode
- Clears session data

## START/STOP

- Increases variable in setting sequence
- Pauses time in HRM mode

## RESET

- Decreases variable in setting sequence
- Toggles through sub modes
- Toggles between pounds/kilograms
- Ends session

## Quick Start Wearing the Chest Belt

Follow steps **1.** through **4.** to wear the chest belt and go for a run.



**1.** Open the chest belt.

**2.** Insert the tab into the hole, make sure tab and hole are on the same level.

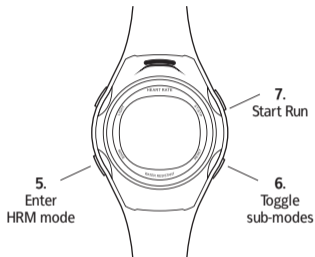


**3.** Position on rib cage under the chest. Make sure the chest belt is positioned in the right direction and worn directly against the skin.



**4.** Lift the belt slightly from the skin and wet both grooved areas on the back to ensure strong connection between your pulse and the chest belt.

## Quick Start Zone Selection



### No Signal

Three dash lines will appear if the watch is not receiving transmission from the chest belt.

### LEVEL 1

55 – 70%

Sustain a healthy heart and lose weight.

### LEVEL 2

70 – 80%

Develop endurance and increase stamina.

### LEVEL 3

80 – 100%

Sustain excellent fitness condition and increase muscle strength.

### Graphical representation of Maximum Heart Rate



Current HR reach less than 60% of your max. heart rate.



Current HR reach 60-85% of your max. heart rate.

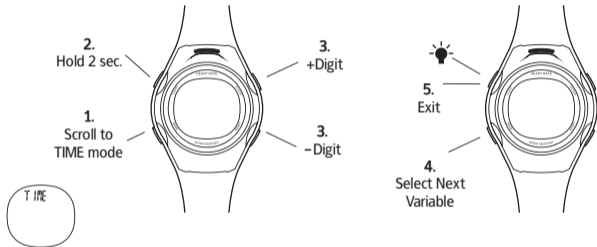


Current HR reach 85% or above of your max. heart rate.



# Time Set Time

In TIME mode you can set the Time, Date, and Hour Format. Follow steps 1. through 5. to set the time and date.



# Heart Rate Monitor Getting Started

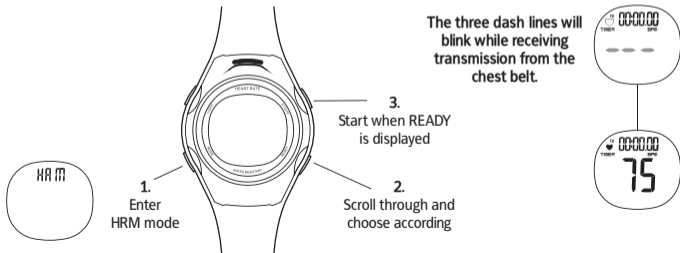
## PRINCIPLE OF THE HEART RATE ZONE

It is important that you know your maximum heart rate, 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. We recommend consulting a medical practitioner or registered physician before setting your personal training-schedule and target. Or you can set your own upper and lower limit using the following as a reference guide:

Calculation of Maximum Heart Rate: Male =  $220 - \text{Age}$ , Female =  $226 - \text{Age}$

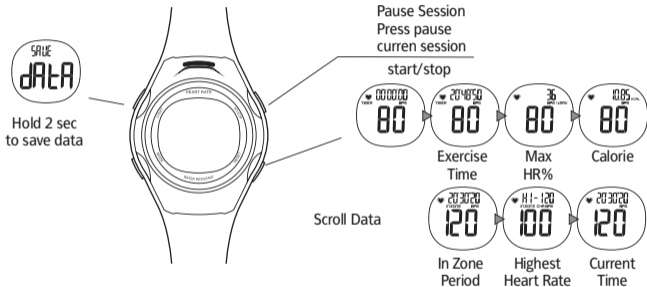
## Getting Started

Follow steps 1. through 3. to get ready and start your run.



# Heart Rate Monitor Data Display/Zone Range

The exercise time is displayed under the heart rate by default. Press the START/STOP key to view other information.



**In-Zone**  
Your heart rate is within your zone range

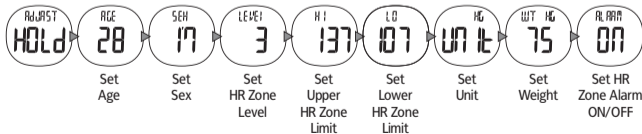
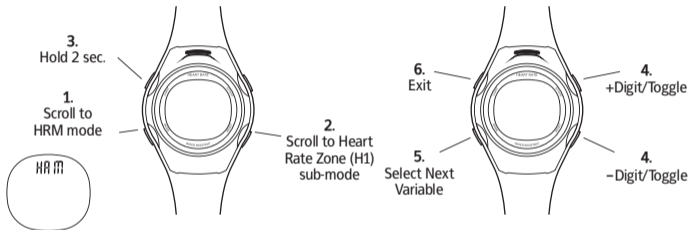


**Out-Zone**  
If your heart rate is out of zone, the High or Low arrows will display



# Heart Rate Monitor User Settings

Your heart rate is measured in beats per minute (bpm) and setting a heart rate zone allows you to work with an upper and lower heart rate limit. Follow steps 1. through 6. to adjust the User Settings.



# Heart Rate Intensity Chart

This is an alternative to check your heart rate zones based on gender, age and weight. Starting with your Max Heart Rate (MHR), use the chart to calculate your zones depending on the intensity of your workout. Please note that this chart may not be suitable for everyone.

**Max Heart Rate**  
Male=220-Age  
Female=226-Age

**Level 1(55-70%)**  
Sustain a healthy heart and lose weight

**Level 2(70-80%)**  
Develop endurance and increase stamina

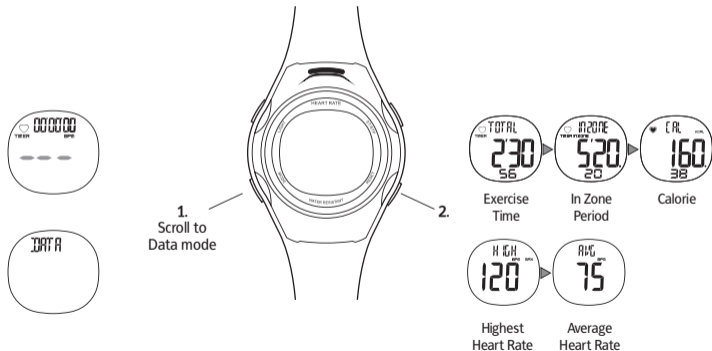
**Level 3(80-100%)**  
Sustain excellent fitness condition and increase muscle strength

Age	Max Heart Rate		Level 1(55-70%)				Level 2(70-80%)				Level 3(80-100%)			
	Male	Female	Male		Female		Male		Female		Male		Female	
20	200	206	110	140	113	144	140	160	144	164	160	200	164	206
25	195	201	107	136	110	140	136	156	140	160	156	195	160	201
30	190	196	104	133	107	137	133	152	137	156	152	190	156	196
35	185	191	101	129	105	133	139	148	133	152	148	185	152	191
40	180	186	99	126	102	130	126	144	130	148	144	180	148	186
45	175	181	96	122	99	126	122	140	126	144	140	175	144	181
50	170	176	93	119	96	123	119	136	123	140	136	170	140	176
55	165	171	90	115	94	119	115	132	119	136	132	165	136	171
60	160	166	88	112	91	116	112	128	116	132	128	160	132	166
65	155	161	85	108	88	112	108	124	112	128	124	155	128	161
70	150	156	82	105	85	109	105	120	109	124	120	150	124	156
75	145	151	79	101	83	105	101	116	105	120	116	145	120	151

## Data Overall Information of Performance

In DATA mode you can view your stored data from the last session.

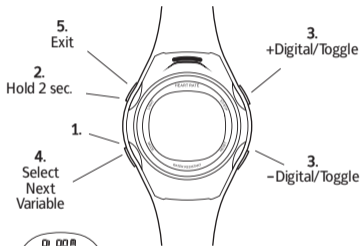
Follow steps 1. through 2. to manage your data. *\*Please note only one session worth of data can be stored.*




# Alarm

In ALARM mode you can toggle ON/OFF for the alarm and adjust the time.

Follow steps 1. through 5. to adjust alarm settings.



Turn Alarm ON/OFF

The alarm icon  will show in any mode of the display when the alarm is turned ON.



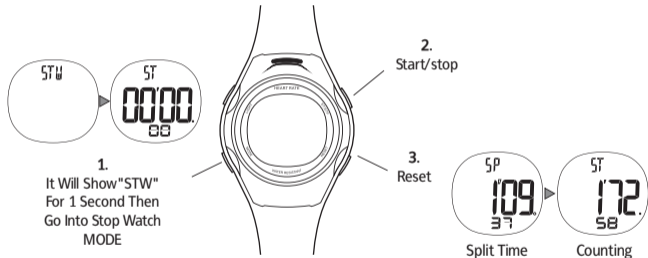
Scroll to Alarm mode

\* The settings will be automatically updated once the alarm time is adjusted.



# Stopwatch

In stopwatch mode, you can measure the amount of time elapsed from a particular time that the watch is activated to the time that the watch is deactivated. Follow steps 1. through 3. to use the stopwatch.



If you want a split time, start the timer and then press the reset button. The watch will continue to measure the amount of time that has passed. To see the time elapsed, press the start button until the timer is live again.



# Troubleshooting

## **Heart rate doesn't display on watch**

- The chest belt may not be positioned correctly.
- The grooved sensors may not be wet enough, wet and try again.
- It is recommended that the grooved sensors are directly on your skin.

## **Heart rate reading on watch is inconsistent or stops**

- The battery may need to be replaced in the chest belt.
- Sources of electromagnetic fields can cause interference. (Appliances, computers, and power lines)

## **Watch beeps continuously**

- If the zone alarm is on and your heart rate is not in any of the zone ranges, the watch will beep to indicate you are out of the zones.

## **Watch display may be frozen due to static electricity**

- The display may be frozen due to static electricity or recent battery replacements, If this occurs, press on all 4 side buttons at the same time to reset to factory settings.

## Care & Maintenance

Avoid extreme force, shock, dust temperature, or humidity. Such conditions may cause malfunctioning, a shorter electronic life span, damaged batteries, or distorted parts.

Rinse the watch with fresh water to avoid materials building up that can interfere with the reception of the pulse.

Do not use abrasive or corrosive materials to clean the watch or chest belt. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.

Avoid tampering the internal components of the watch. Doing so will terminate the sensors warranty and may cause damage.

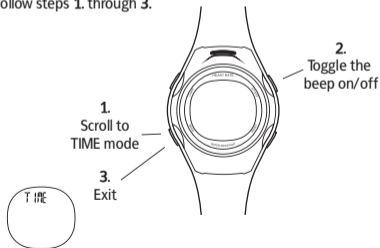
## Audible Alert How to turn on/off

### When will the Heart Rate Monitor make an audible alert?

- 1- As a button sound
- 2- Alarm
- 3- HR mode – It will beep when your max and minimum heart rate is over the target set.

### How to turn off the beep.

To turn off the beep on the Heart Rate Monitor follow steps 1. through 3.



## Watch Reset

To reset the watch, press all 4 buttons at the same time. The watch will show the below screen.



**Note:** When resetting the watch, you will lose all data and personal settings (time, date, heart rate modes, alarm) will revert to factory mode

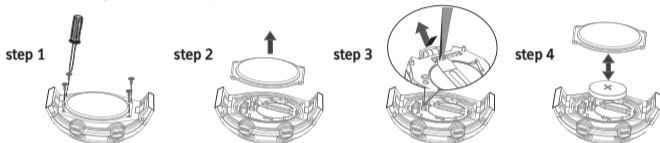
# Battery Requirement

**Warning:** Keep watch batteries away from children, If swallowed, contact a doctor immediately.

**Warning:** Batteries contain chemical substances. They should be disposed of properly according to local regulations.

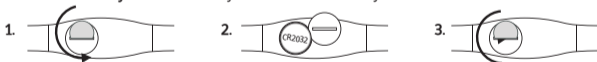
**WATCH Battery Type:** CR2032 Lithium

**Battery Life:** The battery is estimated to last 1 year depending on frequency and use of certain features.



**HR Chest Belt Battery Type:** CR2032 Lithium

**Battery Life:** The battery is estimated to last 1 year if the chest belt is used one hour per day.



Use a coin to unscrew the battery hatch on the watch by turning counter clockwise

Remove old battery and insert a CR2032 lithium battery with the writing facing you

Replace the battery hatch



\* Please make sure the O-ring (rubber ring surrounding battery) has not been removed from its place.

**WE STRONGLY RECOMMEND TAKING YOUR WATCH TO A LOCAL RETAILER OR JEWELLER TO HAVE THE BATTERY REPLACED TO AVOID THE POSSIBILITY OF PERMANENTLY DAMAGING THE WATCH.**

# Specifications

## WATCH

**Water Resistance:** 1 ATM                      Suitable for everyday use.

Splash/rain resistant. NOT suitable for showering, bathing, swimming, snorkelling, water related work and fishing. Water damage will occur if watch buttons are pressed under water. Please dry after use.

**Operating Temperatures:** -5 to 50 degree Celsius.

### Material Specifications:

**Crystal:** Acrylic                      **Case:** Acrylonitrile butadiene styrene (ABS)

**Keys:** Acrylonitrile butadiene styrene (ABS) Polyurethane

**Buckle:** Stainless Steel    **Bezel:** Stainless Steel    **Caseback:** Stainless Steel    **Strap:** Polyurethane

**Mode Limits:** Heart Rate 30-240bpm

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## HEART RATE CHEST BELT

**Water Resistance:** 1 ATM                      Suitable for everyday use.

NOT suitable for showering, bathing, swimming, snorkelling, water related work and fishing. Please dry after use.

**Operating Temperatures:** -5 to 50 degree Celsius.

### Material Specifications:

**Case:** Acrylonitrile butadiene styrene (ABS)

**Strap:** Polyurethane

**Band:** Elastic

## Explanation of Symbols on Unit



Read the instructions (actual symbol colours are white on a blue background).



Symbol for "Manufacture Date".



Symbol for "Environment Protection" – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.



Symbol for "Manufacturer".



Symbol for "Complies with EU requirements".



Symbol for "European Representative".



Model Reference.



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