

PACER 300

HEART RATE MONITOR



INSTRUCTION MANUAL

YORK



FITNESS

YORK PACER 300 QUICK-START GUIDE

1. Attach the **YORK** transmitter to the elastic strap.
2. Adjust the strap length to fit snugly and comfortably.
3. Wet the grooved electrode areas on the back of the transmitter belt.
4. Secure the strap around your chest, below the buckle. Lock the buckle.

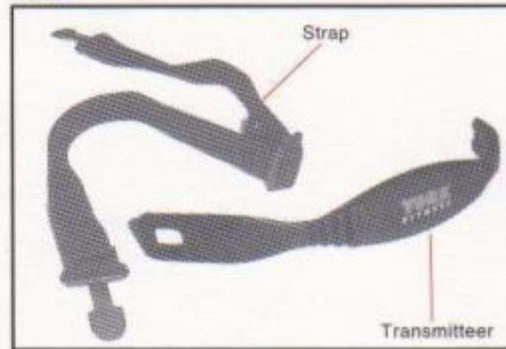
It is recommended that you wear the transmitter against your bare skin to ensure flawless operation. However if you wish to wear the transmitter over a shirt, moisten the shirt well under the electrodes.

5. Check that the grooved and wet electrode areas are against your skin and the **YORK** logo is in a central upright position.
6. Put on the watch (receiver) as you would put on an ordinary watch.
7. Make sure the watch is not on the alarm screen (AL) If AL is displayed, press **MODE** once.
8. Now you are not in alarm mode, press and hold the MODE button.
9. After a few seconds, the heart symbol will appear and will start flashing and your heart rate will be displayed.

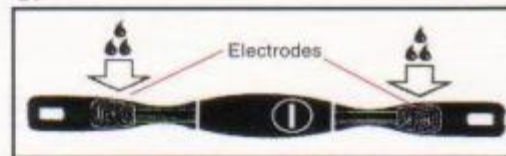
If you have a problem:-

- Check Electrodes are wet.
- Adjust position of transmitter to get better contact with chest.

1&2.



3.



4&5.



Heart Symbol.

Heart Rate.

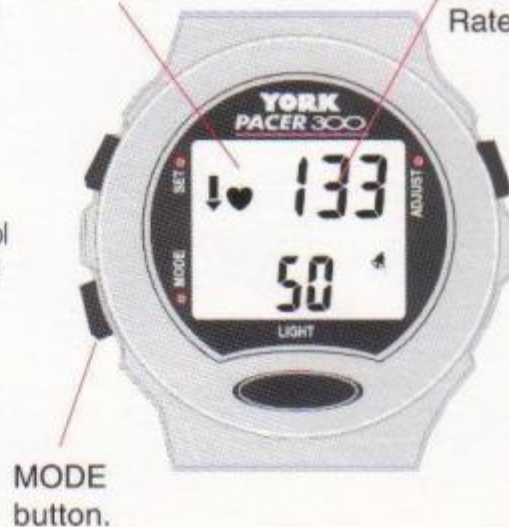


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HOW DOES THE YORK PACER 300 WORK?

Parts.

YORK PACER 300 consists of three parts:

The transmitter

Grooved electrode areas are on the backside



The elastic strap



The watch

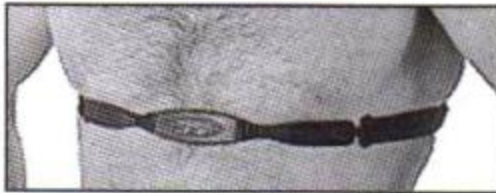


Wearing the YORK PACER 300

1. Attach the PACER 300 transmitter to the elastic strap.
2. Adjust the strap length to fit snugly and comfortably.
3. Wet the **grooved electrode areas** on the backside of the YORK PACER 300 transmitter.

THE KEY TO FLAWLESS OPERATION IS TO WET THE GROOVED ELECTRODE AREAS CAREFULLY.

4. Secure the strap around your chest, below the buckle. Lock the buckle.
5. Check that the grooved and wet electrode areas are against your skin and the YORK logo is in a central upright position.



It is recommended that you wear the transmitter against your bare skin to ensure flawless operation. However if you wish to wear the transmitter over a shirt, moisten the shirt well under the electrodes.

6. Put on the receiver as you would put on an ordinary watch.

SETTING THE WATCH

NOTE: By pressing **MODE** key, you can scan through the different functions of the watch in order.

These functions are :-

TIME OF DAY > DAILY ALARM > STOPWATCH > TIME IN ZONE >

(AL) (STW) (TIZ)

NOTE: By pressing the **LIGHT** button during a setup, you can return to the previous stage.

Setting Time of day

1. Press the **MODE** button until the time of day and date are displayed.
2. Press the **SET** button to enter time setting mode. (*Seconds now flash.*)
3. Press the **ADJUST** button to change the time setting and confirm by pressing the **SET** key.
4. Repeat step 3 for hours, minutes, month and day.
5. After changing the date & pressing **SET**, the watch will move into Alarm set mode. If you do not wish to set alarm press **LIGHT**, otherwise go to 3 (below)



Once set, pressing & holding **ADJUST** will change the time format from 12h to 24h.

Setting Alarm Clock

1. Press the **MODE** button until the daily alarm screen is displayed (AL)
2. Press the **SET** button to enter the alarm setting mode (*Digits flash.*)
3. Press the **ADJUST** button to set the required alarm time. Press **SET** to confirm.
4. Repeat stage 3 to set the Minutes.
5. After setting the alarm time, the watch will automatically move into the mode which sets your target zones. If you do not wish to set these now, press **LIGHT** otherwise go to 3 (setting target zones.) (PTO)



To activate, press and hold **ADJUST** whilst in alarm mode
🔔 = Alarm Sound Enabled.

When the alarm sounds, simply press any key to stop.
The alarm will sound for 1 minute if a key is not pressed.

SETTING THE TARGET ZONE

1. Press the **MODE** button until the Time in Zone (TiZ) screen is displayed.



2. Press the **SET** button. The Upper Zone limit will flash in the upper line of the display.

3. Set the upper heart rate zone as required by pressing the **ADJUST** button.

4. Confirm the upper heart rate zone by pressing the **SET** button. The lower limit will now flash.



5. Set the lower heart rate zone as required by pressing the **ADJUST** button.

6. Confirm the lower heart rate zone by pressing the **SET** button.



Set-up is now complete and the watch is ready to use.

HOW TO START THE HEART RATE MEASUREMENT?

1. Press the **MODE** button, and go to any screen except alarm (AL.)
2. Now press and hold the **MODE** button to activate the heart rate function. A \uparrow symbol and a "zero" heart rate will appear.

After a few seconds and provided that you are wearing the chest strap correctly, the upper display will now show your heart rate along with a flashing heart symbol.

On the left hand side of the display, is a bar with arrows on each end. If all three segments are displayed, this indicates that your heart rate is within the target zone.

If the bar and "up" arrow are displayed, then you are operating above target zone, and bar and "down" arrow indicates that you are operating below the target zone.

Whilst monitoring your heart rate, you can switch between the various functions (stopwatch / time & date) by pressing the **MODE** button.

You can de-activate the heart rate function by simply pressing and holding the **MODE** button. The watch will automatically exit the heart rate function after two minutes if no signals are received.



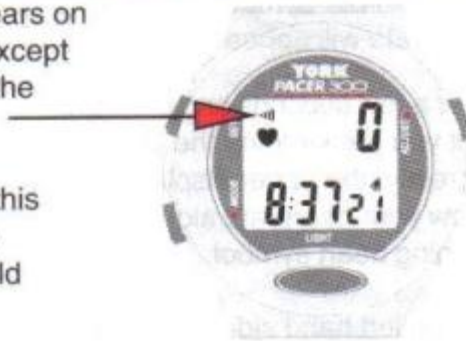
TARGET ZONE LIMIT ALARM

This is an alarm which pulses in rhythm with your heart rate if you are above or below your defined target zone.

ACTIVATING TARGET ZONE LIMIT ALARM

1. Whilst the heart symbol appears on screen, go to any function, except Alarm. Now press and hold the **SET** button.

A small symbol will appear, this means that it is activated. To de-activate, just press and hold the **SET** button.
(again not in alarm function.)



HOW TO USE THE STOPWATCH

1. Press the **MODE** button until you reach the stopwatch screen. The letters "STW" will appear.
2. To start and stop the stopwatch press the **ADJUST** button. You can do this as many times as you wish.
3. To reset the time back to 0.00.00 you must first stop the timer from counting. Then you can press and hold the **ADJUST** button. The time will initially count up, then after a short delay will reset.



USING YOUR YORK PACER 300 HEART RATE MONITOR

By exercising regularly you can sustain and improve your health as well as feel and look better. Your heart rate tells you the exertion level of your body during exercise. Your changes in heart rate can be monitored by a YORK heart rate monitor wirelessly, continuously and accurately during most types of activities.

The following steps will help you to get the most out of your YORK PACER 300 heart rate monitor and to achieve your targets.

Determine your readiness for physical activity

Before starting exercise it is important to determine your readiness for physical activity.

Before beginning any type of exercise program consult your doctor

- if you are over 35 years of age.
- if you have not been following a regular exercise program during the past 5 years.
- if you smoke.
- if you have signs of high blood pressure.
- if you have signs of high blood cholesterol.
- if you have any signs or symptoms of any disease or if you use a pacemaker or another implanted electronic device.

HEART ZONE SELECTION GUIDELINES

In order to set your personal target heart zone, you will need to:

- Calculate your maximum heart rate.
- Select a zone based on your current fitness level.

Calculating your maximum heart rate

The standard method for calculating heart rate training zones is based on estimating maximum heart rate using the formula 220 minus the person's age in years. Some practitioners believe that a woman's estimated maximum heart rate can be calculated more accurately by using 226 instead of 220.

The important issue with all estimating calculations is that in reality they can vary by plus or minus 15 bpm and at best are only an indication of actual results.

$$\text{Estimated Maximum Heart Rate} = 220 - \text{Age (Years)}$$

SELECTING THE ZONE

If you have not exercised for some time begin your exercise program in the Healthy Heart Zone. Start slowly for the first few weeks, and gradually progress up to the zone that meets your personal fitness goal.

ZONE 1. - Healthy Heart - 50 to 59% of Max Heart Rate.

If you are a beginner with the goal of improving overall fitness, losing weight or reducing stress, exercise in this zone.

ZONE 2. - Weight Management - 60 to 69% of Max Heart Rate.

If you already exercise regularly with the aim of losing body fat, exercise in this zone.

ZONE 3. - Aerobic - 70 to 79% of Max Heart Rate.

Progress to this zone if your goal is to improve your aerobic conditioning.

ZONE 4. - Anaerobic Threshold - 80 to 89% of Max Heart Rate.

This is the zone in which to improve anaerobic threshold. Exercising in this zone requires a high degree of fitness, and should not be used by those who are unfit.

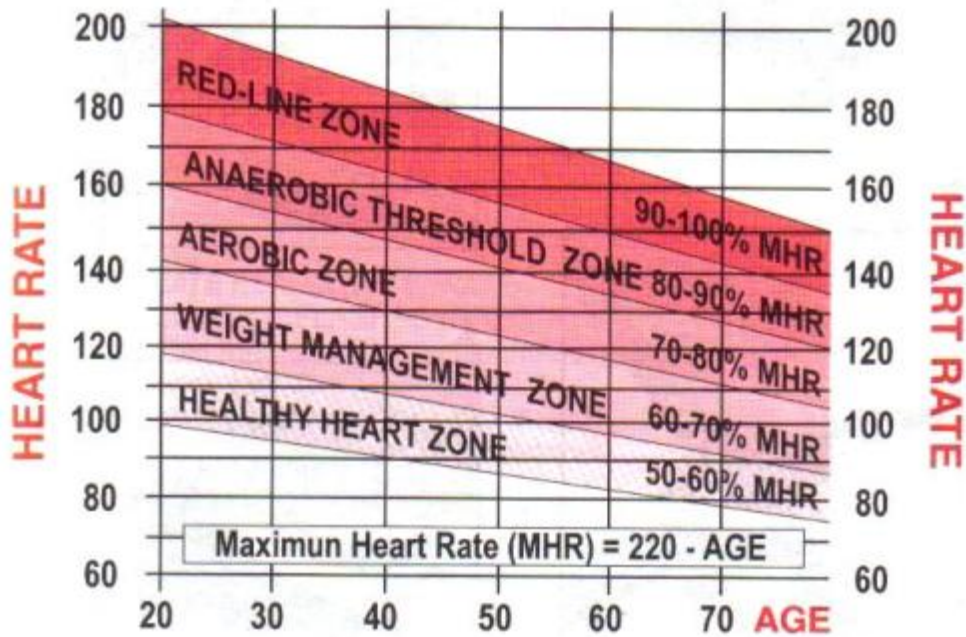
ZONE 5. - Red Line - 90 to 100% of Max Heart Rate.

For professional supervised athletes only.

SELECTING THE ZONE

Max HR	Age	Percentage of Max Heart rate (Beats per Minute)				
		Healthy Heart 50 - 59%	Weight Loss 60 - 69%	Aerobic 70 - 79%	Anaerobic 80 - 89%	Red line 90 - 100%
155	65	78 - 93	94 - 109	110 - 124	125 - 139	140 - 155
160	60	80 - 96	97 - 112	113 - 128	129 - 144	145 - 160
165	55	83 - 99	100 - 116	117 - 132	133 - 148	149 - 165
170	50	85 - 102	103 - 119	120 - 136	137 - 153	154 - 170
175	45	88 - 105	106 - 123	124 - 140	141 - 157	158 - 175
180	40	90 - 108	109 - 126	127 - 144	145 - 162	163 - 180
185	35	93 - 111	112 - 129	130 - 147	148 - 166	167 - 185
190	30	95 - 114	115 - 133	134 - 152	153 - 171	172 - 190
195	25	98 - 117	118 - 137	138 - 156	157 - 175	175 - 195
200	20	100 - 120	121 - 140	141 - 160	161 - 180	181 - 200
205	<18	101 - 121	122 - 141	142 - 162	162 - 182	183 - 205

TARGET ZONE



AUTOMATIC SWITCH OFF

The monitor will be switched off automatically after two minutes if no regular heart rate signal has been received and no keys have been pressed.

BIKE MOUNT

Three adapters are included with your heart rate monitor to allow you to mount the watch receiver on your bicycle or exercise equipment. Use the circular foam and watch strip in any combination that works for your equipment.

1. Circular Foam



3.



2.



4.



CARE AND MAINTENANCE

Clean the transmitter with mild soap and water regularly after use to remove dirt. Do not expose to direct sunlight or temperatures above 122 degrees Fahrenheit (50 degrees Celsius) or below 14 degrees Fahrenheit (-10 degrees Celsius). Never store the YORK PACER 300 wet.

To replace the transmitter battery, undo the battery hatch with a suitable coin and remove the old battery. Ensure that the new battery is inserted into the hatch correctly with the plus sign facing the battery hatch. Check the rubber gasket is clean, correctly fitted and not damaged, then close the hatch securely, the watch receiver should be returned to a jewellery shop for battery replacement.

TROUBLESHOOTING

- ***YOU DON'T KNOW WHERE YOU ARE IN THE SETTING PROCEDURE***

A long press of the **LIGHT** button will return you to a main screen.

- ***NO HEART RATE READING***

1. Check that the elastic strap is tight enough.
2. Check that the electrodes of the YORK PACER 300 Transmitter are moistened and that you are wearing it as described.
3. Check that the transmitter electrodes are clean.

- ***MONITOR DISPLAY IS FADED OR BLANK.***

Have the batteries checked.

- ***HEART RATE READING IS ERRATIC***

(HEART SYMBOL FLASHES IRREGULARY)

1. Check that the receiver is within the 80cm maximum distance from the transmitter.
2. Check that the transmitter strap is tight.
3. Check that the electrodes are moistened.

- ***HEART RATE VERY HIGH (ABOVE 200BPM)***

Your YORK PACER 300 is a very sensitive piece of equipment and may be temporarily affected by strong electromagnetic signals. This may cause erratic and often elevated heart rate displays. Common sources of electromagnetic interference include televisions, computers, TV antennas high voltage power lines and motor driven exercise equipment. Signals from other YORK heart rate monitors may also cause interference. Check your surroundings and move away from the source of interference.

TECHNICAL DATA

YORK PACER 300 monitor

Heart rate range	30 to 240 beats per minute (bpm)
High heart rate limit range	80 to 240 bpm in steps of 1 bpm
Low heart rate range	30 to high limit minus 5 in steps of 1 bpm
Heart rate accuracy	+/- 1 bpm
Battery	3 volt Lithium 2025 cell
LCD light	4 seconds per press.
Battery life	1 year with 60 mins/day heart rate monitoring

Transmitter

Emitted frequency	5kHz +/- 10%
Battery	3 volt Lithium 2032 cell
Battery life	2 years when used 60 mins/day
Range	80 cm maximum to watch/receiver

DISCLAIMER

This manual is intended for informational use only and YORK make no representations or warranties with respect to the contents described herein. In such event shall YORK not be liable for any damages, direct or incidental, consequential or special, arising out of or related to the use of this material or the products described herein.