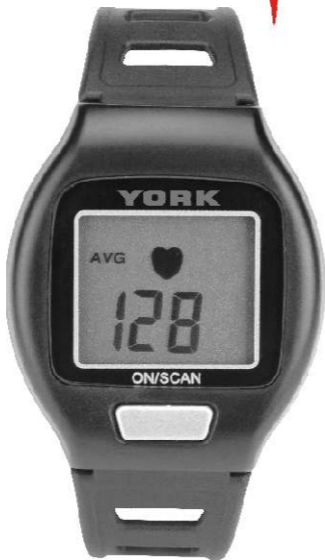


GO

HEART RATE MONITOR



INSTRUCTION MANUAL

YORK
FITNESS

05/2005

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HOW DOES THE YORK GO WORK?

Parts.

YORK GO consists of three parts:

The transmitter

Grooved electrode areas are on the back



The elastic strap

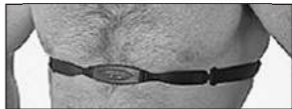


The watch



Wearing the YORK GO

1. Attach the GO 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 YORK GO transmitter.
TO MAXIMISE EFFECTIVE USE WET THE GROOVED ELECTRODE AREAS CAREFULLY.
4. Secure the transmitter around your chest with the elastic strap.
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.
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.

HOW TO START THE HEART RATE MEASUREMENT?

Quick Start Sequence

1. Press and hold the **ON/SCAN** button until the ♥ symbol appears in the main screen.
2. The display will initially show a heart rate of "0".

After a few seconds, your current heart rate will be shown on the display.

Switching YORK GO HRM ON and OFF

- When "GO" is shown on the display, press and hold the **ON/SCAN** button to switch **ON** the heart rate monitor. At the same time, the session of Timer, Maximum, Average and Minimum heart rate also starts for the current session.
- To switch **OFF**, press and hold the **ON/SCAN** button until "GO" appears on the screen.



HOW TO USE THE SCAN

Using Scan

Current Session Scan
(during exercising.)

When heart rate is on, a press and release of the **ON/SCAN** button starts a single scan through the Timer, Maximum, Average and Minimum heart rate (3 seconds for each) since heart rate was switched on.

The first screen shows the session **TIMER** in hours, minutes and seconds (TMR). This is the time since the heart rate was switch on with the press and hold of the **ON/SCAN** button.

The Timer stops when the heart rate is switch OFF.

The second screen shows the Maximum Heart Rate (MAX) since this session began.

The third screen shows the Average Heart Rate (AVG) since this session began.

The fourth screen shows the Minimum Heart Rate (MIN) since this session began.

The display will returns to the main screen shows the current heart rate.

A press and release of the **ON/SCAN** button during the scan will takes you back to the main screen you were in.



Previous Session Scan

(after exercising.)

With “GO” showing on the screen, a press and release of the **ON/SCAN** button starts a single scan through the Timer, Maximum, Average, and Minimum heart rate for the previous session.

This is stored in memory, and cleared automatically when heart rate is switched on by a press and hold of the **ON/SCAN** button to start the next session.

Press and release of the **ON/SCAN** button during the **SCAN** will take you back to the main screen shows “GO”.



USING YOUR YORK GO 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 GO heart rate monitor and to achieve your targets.

Determine your readiness for physical activity

Before beginning any type of exercise program consult your doctor, this is particularly IMPORTANT:

- 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.

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.

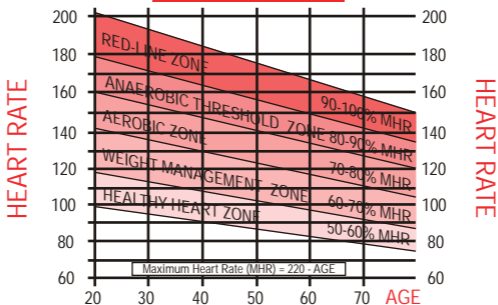
ZONE 5. - Red Line - 90 to 100% of Max Heart Rate.

For professional supervised athletes only.

SELECTING THE ZONE

Max HR	Age	Percentage of Max Heart rate (Beats per Minute)				
		ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5
		Healthy Heart	Weight Loss	Aerobic	Anaerobic	Red line
		50 - 59%	60 - 69%	70 - 79%	80 - 89%	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 heart rate mode will be switched off automatically after two minutes if no regular heart rate signal has been received.

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 GO 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.

TROUBLE SHOOTING

● *NO HEART RATE READING*

1. Check that the elastic strap is tight enough.
2. Check that the electrodes of the YORK GO Transmitter are wet 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 GO 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 GO monitor

Heart rate range	30 to 240 beats per minute (bpm)
Maximum session timer	99 hrs 59 mins 59 secs
Maximum session timer for average heart rate	24 hours
Sampling interval for average heart rate	2 seconds
Duration of long press of ON / SCAN key	at least 2 seconds
Battery	3 Volt Lithium 2025 cell
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 an event YORK shall 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.

TWN 13A428



MADE IN TAIWAN

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FITNESS