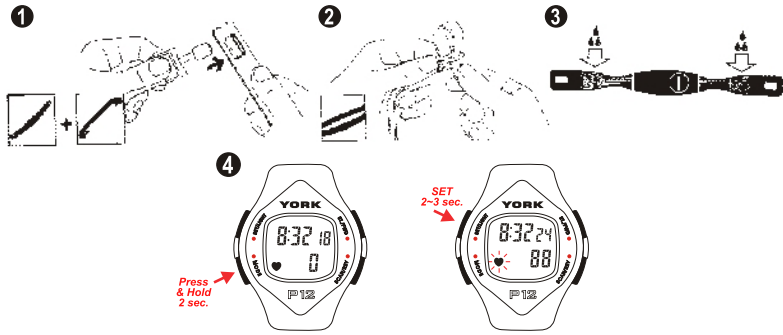
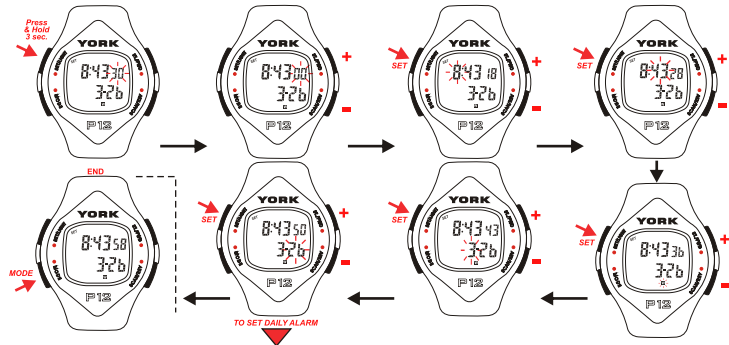


# YORK P 12 Heart Rate Monitor Quick-Start Guide

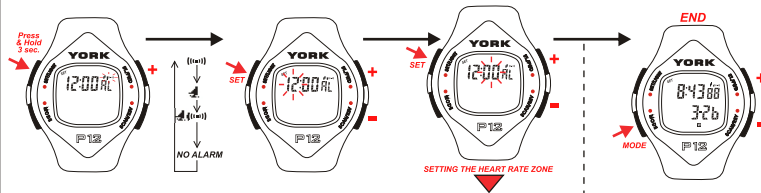
## A Quick Start



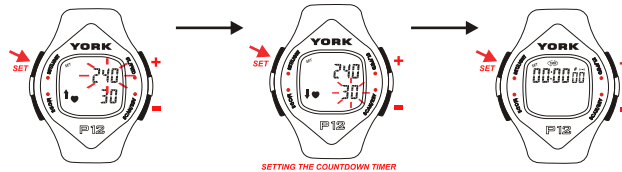
## B Setting Time of Day



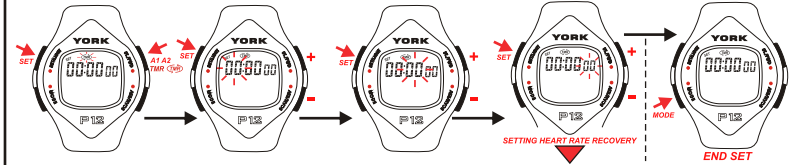
## C Setting Daily Alarm



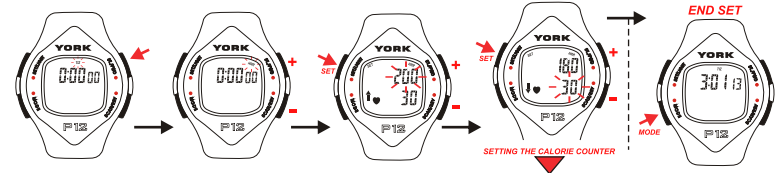
## D Setting The Heart Rate Zone



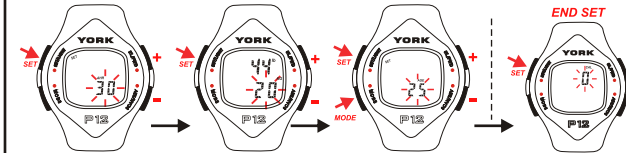
## E Setting The Countdown Timer Alarm



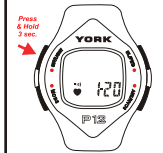
## F Setting The Heart Rate Recovery



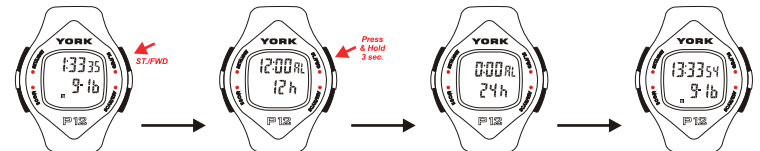
## G Setting The Calorie Counter



## H Set = 1)



## I Set 12 / 24 hr



## J Reset STW



## K Reset TiZ



## L Reset CAL

