

P30

HEART RATE MONITOR

SYSTEM 122™



INSTRUCTION MANUAL

YORK
FITNESS

05/2005

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HOW DOES THE YORK P30 WORK?

Parts.

YORK P30 consists of three parts:

The transmitter (SYSTEM₁₂₂[™])

Grooved electrode areas are on the back



The elastic strap

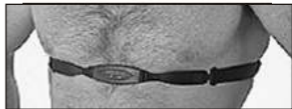


The watch



Wearing the YORK P30

1. Attach the P30 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 P30 transmitter (SYSTEM₁₂₂[™]).
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.



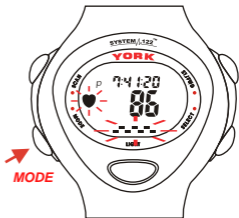
*It is recommended that you wear the transmitter against your bare skin.
However if you wish to wear the transmitter over a shirt, moisten the shirt well under the electrodes.*

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

QUICK START

The YORK **P30** has a variety of features. To set these up you will need to read the instructions. However, if you just want to see how the hear rate feature works, follow those steps:

1. Put on the transmitter.
2. Attach the monitor to your wrist.
3. Press and hold the **MODE** key until the heart symbol appears.
4. After a few seconds the heart symbol will start flashing and your hear rate will appear.



SETTING THE **P30** HEART RATE MONITOR

Setting Loop

The York **P30** has one setting loop, which is entered from the (Time of Day) screen.

Once you enter the loop, each press and release of **SELECT** takes you to the next setting in the loop and finally returns to the time of day screen.

- The setting loop for **P30** is seconds, hours, minutes, day of week, month, date, alarm mode, daily alarm hour, daily alarm minute, heart zone high limit, heart zone low limit, countdown timer single or auto-repeat, countdown timer hours, minutes, seconds, heart rate recovery high, heart rate recovery low, ambient hear rate, weight, age then back to time of day.



SETTING THE P30 HEART RATE MONITOR

Setting the Time of Day & the Date

1. In the time of day screen, press and hold **SELECT** until the seconds flash.

Note: A press of the **MODE** button at any stage in the setting loop takes you back to the time of day screen.

2. Press and release **ST./FWD** or **SCAN** to reset seconds to zero.

Note: If seconds are over 30 when you reset, minutes will advance by 1.

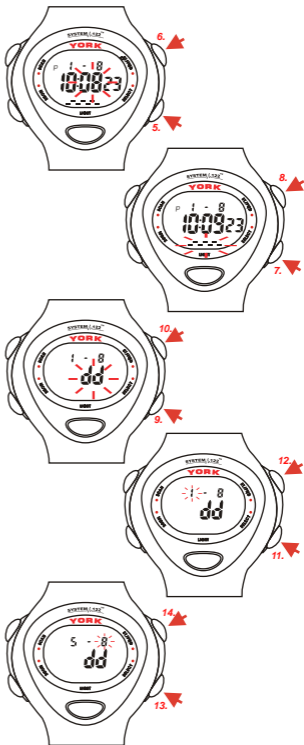
3. Press **SELECT** to move to hours.
4. Press and release **ST./FWD** to increase, or **SCAN** to decrease the hours.

Note: A press and hold of **ST./FWD** will 'fast forward' or **SCAN** will 'fast reverse' the number.



SETTING THE P30 HEART RATE MONITOR

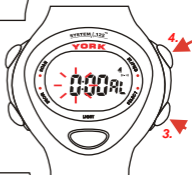
5. Press **SELECT** to move to minutes.
6. Press and release **ST./FWD** to increase, or **SCAN** to decrease the minutes.
7. Press **SELECT** to move to day of the week.
8. Press and release **ST./FWD** to advance, or **SCAN** to move back the day of the week.
9. Press **SELECT** to move to date display.
10. Press and release **ST./FWD** to change display arrangement between date/month and month/date.
11. Press **SELECT** to move to month.
12. Press and release **ST./FWD** to increase, or **SCAN** to decrease the month.
13. Press **SELECT** to move to date.
14. Press and release **ST./FWD** to increase, or **SCAN** to decrease the date.



SETTING THE P30 HEART RATE MONITOR

Setting the Alarm

1. Press and hold **SELECT** to move to daily/hourly alarm.
2. Press and release **ST./FWD** to select the alarm from either hourly chime only; daily alarm only; both **ON**; both **OFF**.
3. Press **SELECT** to move to daily alarm hours.
4. Press and release **ST./FWD** to increase, or **SCAN** to decrease the hours.
5. Press **SELECT** to move to daily alarm minutes.
6. Press and release **ST./FWD** to increase, or **SCAN** to decrease the minutes.



Hourly Alarm

- This will give two beeps on the hour.

Daily Alarm

- To view the current alarm setting (displayed for 2 seconds) press and release **ST./FWD**.
- The alarm sounds for thirty seconds. To silence the alarm, press any button.

Note: The button pressed will not perform its usual function.



SETTING THE **P30** HEART RATE MONITOR

Setting the Heart Rate Zone

1. Press and hold **SELECT** to move to the high heart zone setting.
2. Press and release **ST./FWD** to increase or **SCAN** to decrease, to set the required number.
3. Press **SELECT** to move to the low heart zone setting.
4. Press and release **ST./FWD** to increase or **SCAN** to decrease, to set the required number.

Note: *There is a minimum 5 beat per minute difference between the high and low limit.*



Setting Heart Rate Recovery (HRR)

- The **YORK P30** automatically measures **HRR**. **HRR** refers to the time it takes for your heart rate to drop from the preset high to the preset low recovery limit after you have finished your workout. In general, as your recovery time decreases, your fitness level is improving.
 - However, it is only a comparative value with your earlier efforts, and not a meaningful number itself.
1. After setting your heart zone low, press **SELECT** to move to HRR high.
 2. Press and release **ST./FWD** to increase or **SCAN** to decrease, to set the required number.

Note: It is suggested that this be set 5bpm below the heart zone high limit.

3. Press **SELECT** to move to HRR low.
4. Press and release **ST./FWD** to increase or **SCAN** to decrease, to set the required number.

Note: As a guideline, note what your heart rate drops to at the end of your workout after 2 minutes (using the stopwatch), and use this value as your HRR low setting.



SETTING THE P30 HEART RATE MONITOR

Setting the Count Down Timer

● Press and hold **SELECT** to move to countdown timer. The repeat icon will be flashing around TMR. The countdown timer counts down from up to 10 hours.

● You can set it so that it automatically resets and continues counting down repeatedly, or times a single event.

1. Press **ST./FWD** or **SCAN** to select repeat (both the repeat and TMR icon will be displayed).
2. Press **ST./FWD** or **SCAN** to select single countdown (just the TMR icon will be displayed).

Note: *The maximum actual time that can be set is 9 hours 59 minutes 59 seconds.*

3. Press **SELECT** to move to countdown timer hours.
4. Press and release **ST./FWD** to increase, or **SCAN** to decrease the hours.
5. Press **SELECT** to move to countdown timer minutes.
6. Press and release **ST./FWD** to increase, or **SCAN** to decrease the minutes.
7. Press **SELECT** to move to countdown timer seconds.
8. Press and release **ST./FWD** to increase, or **SCAN** to decrease seconds.
9. A further press of **SELECT** to move to Ambient Heart Rate (AHR).



SETTING THE P30 HEART RATE MONITOR

Setting the Calorie Counter

The calorie counter shows the number of calories burnt during exercise, using heart rate intensity.

You need to enter:

- Your **Ambient Heart Rate (AHR)** value this is your typical heart rate at rest before starting exercise
- Your weight
- Your age

Note: You can also use the Quick Set feature in the main calorie screen to set AHR (see operating the Calorie Counter).

1. Press and hold **SELECT** to move to ambient heart rate (AHR)

Note: Once set, calorie expenditure will be calculated from 5 beats per minute above this figure.

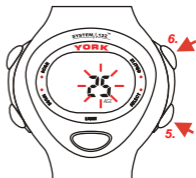
2. Press **ST./FWD** to increase (120bpm maximum) or **SCAN** to decrease the ambient heart rate (30bpm minimum).
3. Press **SELECT** to move to set weight. The kilogram value will be flashing.

Note: The weight range is from 20~150kg (44~330lbs).

4. Press and release **ST./FWD** to increase or **SCAN** to decrease, to set your weight.




Note: "kg" and "lbs" are displayed and changed at the same time.

5. Press **SELECT** to move to set age.
6. Press and release **ST./FWD** to increase or **SCAN** to decrease, to set your age.
7. A further press of **SELECT** takes you back to Time of Day.



Activating Heart Rate Mode

The YORK P30 has five main screens: Time of Day, Stopwatch, Countdown Timer, Time in Zone and Calorie Counter.

1. Press and hold **MODE** in any main screen to turn on and display your heart rate. The heart icon and a zero heart rate value will appear in the lower row of the display.
2. After a few seconds (provided you are wearing the chest transmitter) the heart icon will begin to flash, followed by your current heart rate being displayed.
3. An up arrow  (displayed to the left of the heart icon) means you are above your zone.
4. A down arrow  means you are below your zone.
5. A double arrow  means you are within your zone.





De-Activating Heart Rate Mode

1. The YORK P30 also features an Auto-Off function. After 2 minutes if a heart rate signal is not received, it will switch off the heart rate.
2. Press and hold the **MODE** to take you back to time of day.

Out of Zone Alarm

- The out of zone alarm will sound in rhythm with your heart rate when you go above or below the zone limits.

Note: To turn on the alarm, heart rate must be activated.

1. Press and hold **SELECT**. An alarm icon “” will appear.
2. To turn off the alarm press and hold **SELECT** until the icon “” disappears.



1. Hold for appear



2. Hold for disappear

Heart Rate Recovery Alarm

The YORK P30 automatically records the amount of time it takes your heart to drop from a pre-set upper limit to a pre-set lower limit. Timing begins automatically when your heart rate passes through the upper limit, and continues until your heart rate drops below the lower limit. When timing stops, the Heart Rate Recovery alarm gives four continuous beeps whenever a heart rate recovery is completed. The alarm cannot be switched off.

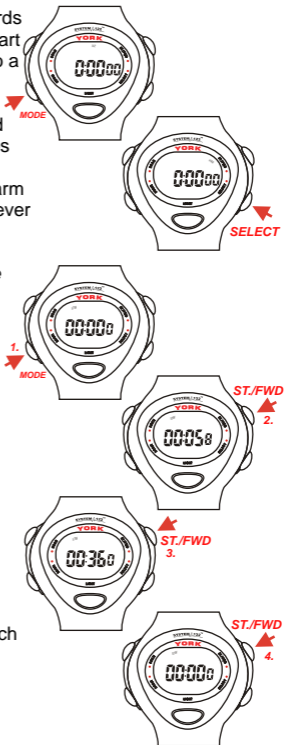
Note: To view the HRR time, move to the TIZ main screen and press **SELECT**.

Using the Stopwatch

Stopwatch can be used with or without heart rate activated, and is operated in the same way for either modes.

1. Press **MODE** until you reach the stopwatch screen.
2. The letter "STW" will appear.
To **start** stopwatch, press and release **ST./FWD**.
3. To **stop** stopwatch, press and release **ST./FWD**.
4. To **reset** stopwatch, press and hold **ST./FWD** when the stopwatch is not running.

Note: Maximum stopwatch time is 9 hours, 59 minutes, 59.9 seconds.



USING THE P30 HEART RATE MONITOR

Using Countdown Timer

Countdown timer can be used with or without heart rate activated.

When the time has counted down to zero, an audible alarm sounds for 10 seconds.

1. Press **MODE** until you are in the timer screen (TMR).
2. To **start** countdown timer, press and release **ST./FWD**.
3. To **stop** countdown timer, press and release **ST./FWD**.
4. To **reset** countdown timer, press and hold **ST./FWD** when the countdown timer is not running.

Note: Maximum countdown time is 9 hours, 59 minutes, 59.9 seconds



Current Session Scan

- When heart rate is activated, a press and release of **SCAN** starts a scan through the maximum, average and minimum heart rates (3 seconds for each) since heart rate was switched on.
- A press and release of **SCAN** during the scan takes you back to the main screen you were in.



Previous Session Scan

- In any main screen, a press and release of **SCAN** starts a single scan through maximum, average and minimum heart rate for the previous session.
- This is stored in memory, and cleared automatically when heart rate is next switched on.



Using the Time in Zone (TiZ)

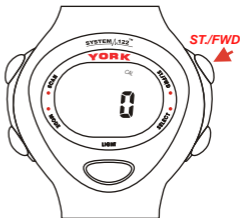
- Time in Zone is a heart rate controlled feature that displays the amount of time you have spent in your heart zone. Typically, exercise programs comprise a warm-up, workout for a specified time (in a zone) and cool down.
 - The TiZ feature can be used to show the time in your zone as you actually workout.
 - If you go above or below your zone, the timer will stop until you are back in your zone.
1. To view **TiZ**, press **MODE** until the **TiZ** icon appears.



Using the Calorie Counter

- The calorie counter accumulates all the calories you have burned while heart rate is activated. This is done automatically.
1. To view the calories burned, press **MODE** until the **CAL** icon appears
 2. To reset calories to zero, press and hold **ST./FWD** until the display shows zero.

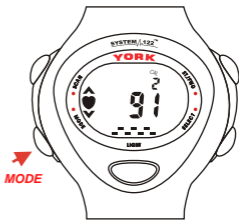
Note: *If you just want the calories for your actual workout, reset just as you begin the session.*



Calorie Counter Ambient Heart Rate (AHR) Quick Set

- The **P30** has a quick set feature, allowing you to set your **AHR** quickly just before you begin your workout.
 - Calories will be counted from 5bpm above this value.
 - You need to be wearing the transmitter and monitor, and have heart rate switched on.
1. Move to the **CAL** main screen. Press and hold **SCAN** to set the current displayed heart rate as your **AHR**.

Note: If your heart rate is above 120bpm, the monitor will default to the setting already stored.



USING YOUR YORK **P30** 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 **P30** 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.

HEART RATE ZONE SELECTION GUIDEINGS

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 persons age in years. 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.

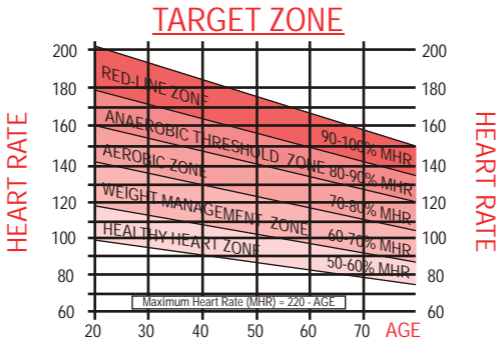
This is the zone in which to improve anaerobic threshold. Exercising in this zone requires a high degree of fitness, and should not be used by those who are unfit.

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)				
		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



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 P30 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

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

A long press of the **MODE** 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 P30 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 P30 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 P30 monitor

Heart rate accuracy	± 1bpm
Heart rate range	30-240 beats per minute
Stopwatch resolution	0.1 sec
Maximum stopwatch time	9 hr 59 min 59.9 sec
Heart zone high limit value	80 to 240 bpm in 1bpm increments
Heart zone low limit value	30 to high limit value minus 5bpm in 1bpm increments

Transmitter

	5kHz +/- 10%
Emitted frequency	Approx 2 yrs when used 60 min/day
Battery life	
Range	Up to 80cm (31.5 inches) watch to 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 13A430



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