SPORTMED APPROVED RETAIL PRODUCTS

USER MANUAL

HEARTRATECOACH T1 (HRC-T1)

SEPTEMBER 2019

INTRODUCTION:

Congratulations and thank you very much for purchasing a HRC-T1. The HRC-T1 is a unique product that combines the functions of a heart rate monitor and a data carrier. Your HRC-T1 is a piece of state-of-the-art technology that makes use of the unique Blue Robin® technology enabling digital data transfer by means of wireless communication. In other words, by making use of a HRC-USD dongle (Interface), wireless communication between your HRC-T1 and your computer (via your personal www.sportmedonline.com website) is possible. Thanks to this wireless communication, the HRC-T1 is probably the most user-friendly heart rate monitor that will not bother you with complicated settings before you can start training.

As you have acquired a HRC-T1, we suspect that you have also had an appointment with your Physical Coach. Should this not be the case, we can strongly recommend you to do so.

BENEFITS OF THOROUGH COACHING

"… I really do know: working out on regular basis, in the correct way, really does me a world of good. Unfortunately, I often lack the time to do so. What I need is a made-to-measure 'physical exercise strategy' that takes into account both my personal and professional obligations as well as my hobbies. A physical exercise model that really 'sets me in motion'. Either with friends or on my own, inside or outside, in the morning, in the evening, depending on the way I feel, whether I am in the mood for it or not ………., but then in the correct way...!"

(Quoted by a person in need of exercise)

77% of all people admit the need for adopting a more active lifestyle. **Unfortunately, very few of them know how to go about it**.

We have 'forgotten' how to move in the correct manner and it is just this lack of knowledge that, on the one hand, generates a certain amount of fear and on the other hand causes our lack of interest ('unknown is unloved') as far as physical exercise and sports are concerned:

'… how much is enough, when it is too much, too heavy, too long, too short…'

Thorough coaching can be an important element in doing away with these bottlenecks.

A reliable Physical Coach, who provides appropriate advice can put you in the right direction and make sure that you stay motivated, is an important parameter for those who have the intention and also want to lead a more active life.

Research within our own company has shown that people who are coached work out **more regularly, more efficiently and longer** get more joy out of it and really feel the result.

HRC-T1, THE PERFECT TOOL FOR YOU AND YOUR COACH

The HRC-T1 can provide fantastic support for both you as well as your coach by ensuring that you regularly work out in a responsible way. This is because the HRC-T1 functions as your own personal digital coach when you are on the road, anytime and anywhere. It provides you with the freedom to exercise **wherever, whenever and however you wish to do so**. And this in an efficient and safe manner! In addition, the HRC-T1 is the perfect tool to communicate with your personal Physical Coach, enabling continuous monitoring and carrying out changes where necessary. Together with your personal physical exercise coaching, or, at a more enhanced level, training coaching, your personal SportMed Online app and of course your HRC-T1, you have the ability to use a unique combination of tools aimed at helping you work out/train on a regular basis in the most efficient manner.
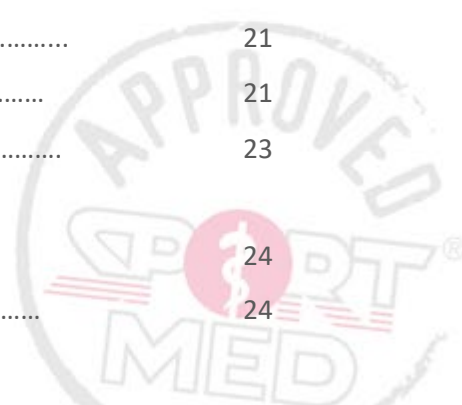
For further information, please visit www.sportmed-portal-en.com

BEFORE YOU START USING THE HRC-T1, READ THIS MANUAL THOROUGHLY TO ENSURE AN OPTIMUM USE!

HAVE FUN TRAINING !

CONTENTS:

HRC-T1 COMPONENTS:

BASIC COMPONENTS:

1. THE HEART RATE MONITOR (RECEIVER – WRIST UNIT)

The heart rate monitor is of course the 'heart' of your HRC-T1 set. The wrist unit contains the receiver for picking up your heart rate during your training sessions and stores the training results. It allows you to exchange the training data with your personal SPOL App or potential other compatible software packages.

2. THE HEART RATE TRANSMITTER (CHEST STRAP) + ELASTIC TENSION STRAP

The chest strap transmits your heart rate to the wrist unit during your training session. Thanks to its unique coding, it will not disturb another HRC-T1 user e.g., during group training sessions.

ADDITIONAL (OPTIONAL) COMPONENTS:

3. THE HRC-USB DONGLE

The HRC-USB dongle is necessary when you wish to link your wrist unit to your PC. In this case, the HRC-USB dongle acts as interface hardware.

4. YOUR PERSONAL ACCOUNT IN THE SPOL APP
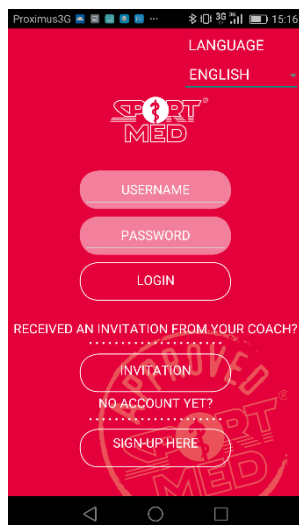
Your physical trainer or coach will invite you to download and install the SPOL App. When you receive your invitation code from your physical trainer or coach, you can register on this app. You immediately have all test and training information on your smartphone or tablet.
When you also purchase an HRC-USB dongle, you can exchange data between your wrist unit and your personal site.

GENERAL INFORMATION ON YOUR HRC-T1:

MANUAL OR AUTOMATED USE:

The HRC-T1 can be used in two different manners. There is the so-called 'Manual use' and the 'Automated use'.

MANUAL USE:

When you set the HRC-T1 into manual use (cf. chapter on how to set the HRC-T1 into the manual mode), you can use it as a 'traditional' heart rate meter, allowing you to set your own personal training zone and consulting training information on your last training session. Its functions and instructions can be found in the following chapter: 'Part 2: Manual use of the HRC-T1'.

AUTOMATED USE:

It goes without saying, however, that the automated use will not only provide the best results, but will also be beneficial to the HRC-T1's user-friendliness. Please read the following instructions carefully (Part 1: Automated use) so that you are quickly familiarized with the use of your HRC-T1.

YOUR HRC-T1 UNIQUE SERIAL NUMBER

Each HRC-T1 has a unique serial number, which is what makes each HRC-T1 unique. It can be found when the HRC-T1 has been put into the automated mode and you press Scroll up (Top right-hand corner) when you are in the basic display (Time/Date indication). The below screen then appears (Sync mode – more information to follow) where the serial number is shown in the bottom line:
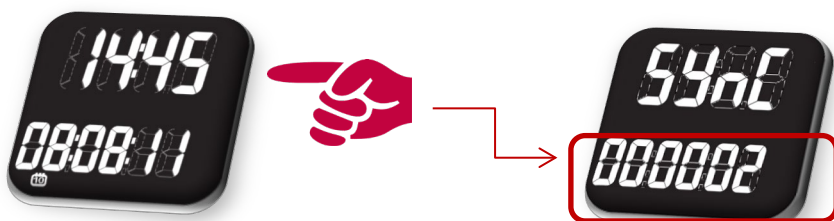
LOCKING/UNLOCKING THE BUTTONS ON YOUR HRC-T1:

In some cases, it can be practical if the buttons on your HRC-T1 are locked so that they cannot be pressed unintentionally. For this, you can make use of the 'Automatic Lock' function (cf. 'Set' function) or you can choose to lock the buttons yourself at some point. This can be done by pressing the 'Lock' button (Bottom left-hand corner) until 'Loc' appears on the display. Press this button again to unlock the buttons.

COMPLETELY 'RESETTING' YOUR HRC-T1:

When you wish to delete all the information stored in your HRC-T1, you can do a 'full reset'. In this case, keep all the buttons (except the light button) pressed down at the same time. The following display will appear:

After all the data has been deleted, your HRC-T1 will return to its basic display. Your HRC-T1 has now been completely reset.

UNIQUELY CODED CHEST STRAP (HEART RATE TRANSMITTER)

Each HRC-T1 chest strap has its own unique serial number, which can be found at the back of the centre part of the chest strap:

0001955
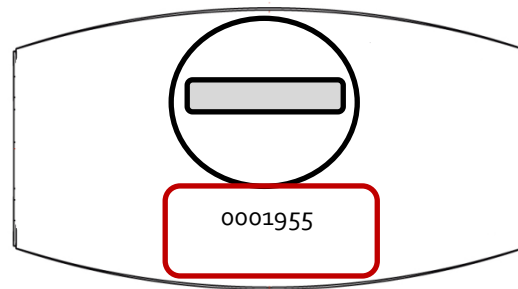
- Pairing your uniquely code chest strap with your HRC-T1: will be featured later in the manual.
- Wearing the chest strap in the correct manner:

1. Fix one side of the elastic strap to the chest strap. Make sure that the strap is firmly fixed!

2. Adapt the length of the elastic strap to your chest width. Make sure that the chest strap does not bother you during your training, but tighten it sufficiently so that it does not fall off. Now fix the chest strap around your chest. The centre piece should be positioned above the breastbone and the contact areas (rough, grooved areas on both sides of the centre piece) need to be placed on the ribs.

3. Moisten the contact areas.

4. Check if everything is correctly positioned and the HRC-T1 logo is right in the centre of your chest. Always wear the chest strap **directly onto the skin!**

DISPLAY SYMBOLS:

Heart rate icon: Appears when the heart rate receiver is activated. If the icon flashes, there is a clear reception of the heart rate.

Sound icon: Appears when the sound has been activated. It consists of a 'beep' signal that occurs during training sessions and when pressing the buttons.

Inside/Outside/Above training zone icon: Shows if the heart rate that is received during the training session is inside, above or below the zone. It also shows the amount of time spent inside, above and/or outside the zone during the training sessions.

Date icon

WATER PROOF

The water resistance rating of your HRC is engraved on the case bottom. However, the degree of water resistance should not be interpreted literally: it is a standardized manufacturing standard that indicates the pressure to which your HRC wrist unit can withstand and that confirms that all elements and seals that make your HRC watertight comply. The HRC will remain watertight for longer or shorter depending on how it is used. Every new waterproof HRC comes with a two-year waterproof warranty. After this period, no guarantee can be given on the watertightness.

For the HRC to remain watertight, there are a few rules to observe:

- Never open the HRC wrist unit yourself
- Never use the push buttons under water.
- After a dive in seawater, rinse the HRC wrist unit very well so that no salt residue remains.
- After a battery replacement, no guarantee can be given on watertightness, even if the HRC was still watertight before.

The classification can be read on the case back of the HRC:

- 30m water resistent

HOW TO READ YOUR MANUAL:

DISPLAYS:

In the rest of the manual, we will show you as many of the displays as possible that you should normally encounter during your training sessions.

All available resources were used to try to make appropriate texts. In certain cases, however, this did not work out.
English is the language chosen for the display indications.

Yellow figures or letters denote a 'flashing status'.

ARROWS:

A red finger shows the button that needs to be pressed (momentarily) at the sides of the wrist unit.

Double arrows mean that the button needs to be kept pressed down till the display changes.

HEART RATE MONITOR BUTTONS AND MENU STRUCTURE:

START /STOP /CONFIRM

NEXT SCREEN (SCROLL UP)

DISPLAY VERLICHTING

RETURN/(UN)LOCK/PAUSE

PREVIOUS SCREEN (SCROLL DOWN)

EXPLANATION:

START/STOP/CONFIRM:

- **START:** By pressing this button in the Time/Date display, a new training session can be started. More specifications to follow.
- **STOP:** When the display has been put into the training registration mode, it can be ended by pressing this button.
- **CONFIRM:** When your HRC-T1 is not in the Time/Date display mode, the visible display can be 'opened' and/or certain choices can be confirmed by pressing this button.

RETURN/(UN)LOCK/PAUSE:

- **RETURN:** When you have accessed the wrong display, you can return to the previous display by pressing this button once (cancelling the current display) or by keeping the button pressed down to return to the Time/Date display (basic display).
- **(UN)LOCK:** By pressing this button in the Time/Date display, you can (un)lock all other buttons.
- **PAUSE:** By pressing this button, a recording pause can be inserted during a training session.

NEXT SCREEN (SCROLL UP):

- Use this button to access the next display.

PREVIOUS SCREEN (SCROLL DOWN):

- Use this button to access the next display in the opposite direction.

DISPLAY LIGHTING:

- The display will be lighted as long as you keep this button pressed down.

PART 1:
HRC-T1 AUTOMATED USE
(UNITS ON)

SYNCHRONIZING YOUR HRC-T1 WITH YOUR OWN PERSONAL TRAINING SCHEME:

INTRODUCTION:

One of your HRC-T1's unique characteristics is its ability to be fully automatically uploaded. Gone are the days of endless looking for the correct displays for setting your training information …

If you want to 'upload' your HRC-T1 you have two options:

- You can have your HRC-T1 uploaded by your coach, which does not require you to do anything.
- You can charge your HRC-T1 yourself via the HRC Sync home application that you have installed. Read more about how this works further on.

SYNCHRONIZATION BY YOUR COACH WITH YOUR PERSONAL FILE:

Your coach, who probably sold you your HRC-T1, possesses the necessary tools to upload your HRC-T1 with your personal training scheme.

(You can still change a number of settings – see further down.)

SYNCHRONIZATION OVER THE HRC SYNC HOME APPLICATION

If your physical trainer or coach has invited you to register for a personal account in the SPOL app and you have a personal HRC-USB dongle, you can synchronize your HRC-T1 from anywhere. For this you use the HRC Sync Home application (only compatible with a Windows computer!), which you can download for free from Support | SportMed International (sportmed-portal-en.com)

Further instructions for this can be found on the download page.

## SETTINGS TO BE CHANGED MANUALLY: 'SET' FUNCTION

INTRODUCTION:

By employing the automated use, most HRC-T1 parameters are set through synchronization. A few options do however remain that you can change/set according to your own preferences.

SWITCHING YOUR HRC-T1 TO THE 'SET' FUNCTION:

- Always start from the 'Time/Date' display (Keep the 'Back/(Un)Lock/Pause' button pressed down until the 'Time/Date' display appears).
  - Push the 'Next screen (Scroll up)' button twice:

- 'Open' the 'Set' function with the 'Start/Confirm/Stop' button. You now see the display of the first manual setting that you could carry out, i.e. the 'Sound on/oFF' setting.
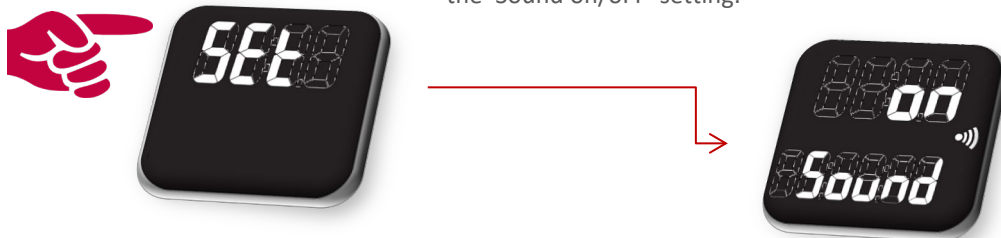
When you do not wish to change the 'Sound on/oFF' setting, you can scroll down by pressing one of the right-hand side buttons. We will always be using the 'Scroll up' button in this description. You can, however, also do everything in the opposite direction by using the 'Scroll down' button. This enables you to scroll through the 'settings'.
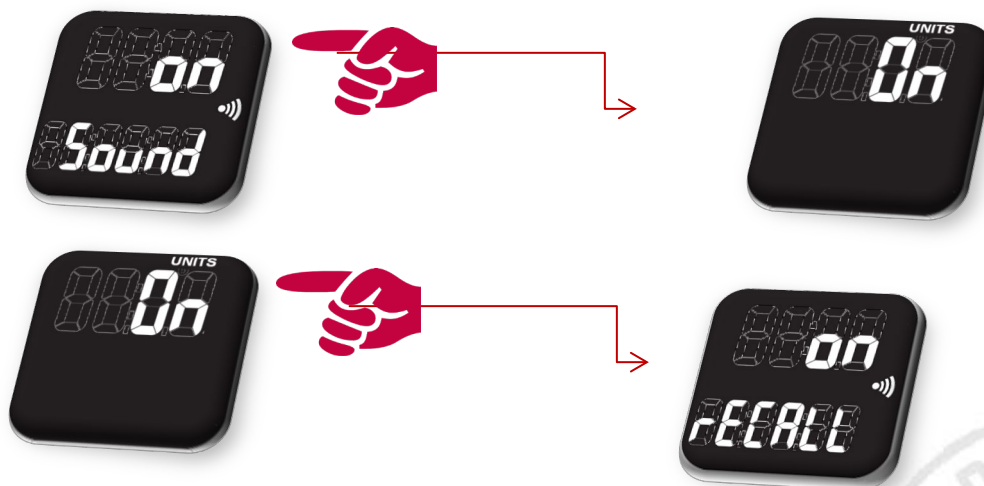
...ETC.

1ST SETTING: SOUND ON/OFF

Your HRC-T1's standard mode is 'Sound on', which means that a number of actions are accompanied by a 'beep' sound. E.g. when during a training session you are not inside the ideal heart rate zone, this will be denoted by means of a 'beep' sound. The same happens when you press a button. You can avoid this beep sound by switching the HRC-T1 into the 'Sound oFF' mode. For this, you need to proceed in the following manner:

- 'Open' the relevant setting by pressing the 'Confirm' button.

The 'on' indication starts flashing.
Change 'on' into 'oFF' by pressing the 'Next screen' button (Scroll up):

Confirm by pressing the 'Confirm' button.

The 'oFF' indication stops flashing. The setting has been changed.
You can repeat this procedure to return the HRC-T1 to the 'Sound on' mode.

2ND SETTING: UNITS ON/OFF:

Your HRC-T1's standard mode is 'Units on' as you have probably purchased your HRC-T1 to upload it with you own personal programme. When, however, you wish to use the HRC-T1 as a traditional heart rate meter, you can opt for the 'Units oFF' mode. These functions will be described in detail further on in 'Part 2: Manual use'. To change the mode, you need to proceed as follows:

- 'Open' the setting by pressing the 'Confirm' button.

The 'on' indication starts flashing.

Change 'on' into 'oFF' by pressing the 'Next screen' button:

Confirm by pressing the 'Confirm' button.

The 'oFF' indication stops flashing. You have changed the setting.
After you have pressed 'Confirm' the screen will return to the 'Time/Date' display, because the 'Set' functions in the Units on mode differ from those in the Units oFF mode.

3RD SETTING: rECALL ON/oFF:

Your HRC-T1's standard mode is 'rECALL on'.

- **What is the purpose of the 'rECALL' function?**
  When you set the rECALL function in the 'on' position, your HRC-T1 will remind you after three days of inactivity (no training registered) that the time has come to take up your training efforts again. Your HRC-T1 will make this clear in the following way:
    - Each hour of the day, your HRC-T1 will switch to the 'reminder' function for 15 seconds by beeping for 15 seconds.
    - At the same time, the display will start flashing and show you your weekly training status.
  After 15 seconds, your HRC-T1 will revert to the 'Time/Date' screen.

In order to change the function, you need to proceed as follows (see also 'Sound on/oFF' mode):
- 'Open' the setting by pressing the 'Confirm' button:

- The 'on' indication starts flashing.
- Change 'on' into 'oFF' by pressing the 'Next screen' button.
- Confirm by pressing the 'Confirm' button.
- The 'oFF' indication stops flashing. You have changed the setting.
- You can repeat the procedure to return the HRC-T1 to the 'rECALL on' mode.

4ᵀᴴ SETTING: A-LOC ON/OFF:

The standard mode of your HRC-T1 is 'A-Loc oFF'.

- **What is the purpose of the 'A-Loc' function?**

  A-Loc denotes the **'Automatic Lock'** function, which can be used to activate the automatic button locking function. This means that when not a single button is pressed for 30 seconds, they will be locked automatically. This can be handy when e.g. you also use your HRC-T1 as a watch and permanently wear it and want to avoid 'accidentally' starting a training session. Or e.g. when during a training session, you were to unintentionally stop the training registration. The A-loc function is a sort of 'safeguard' which protects you from accidentally pressing buttons.

  When all the buttons are locked (Loc status), they can be unlocked by pressing the 'Unlock' button (below left). Keep the 'Unlock' button pressed down until the following display appears:

In order to change the function, you need to proceed as follows (see also 'Sound on/oFF' mode):

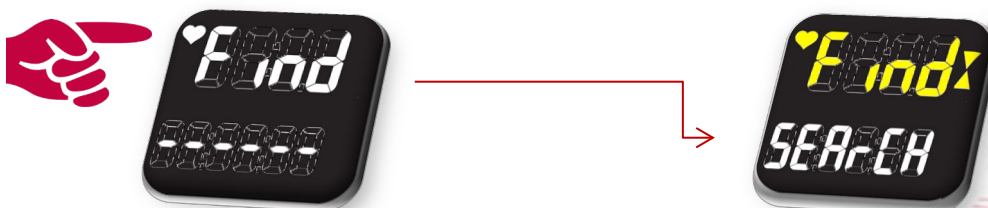- 'Open' the setting by pressing the 'Confirm' button:

- The 'oFF' indication starts flashing.
- Change 'oFF' into 'on' by pressing the 'Next screen' button.
- Confirm by pressing the 'Confirm' button.
- The 'on' indication stops flashing. You have changed the setting.
- You can repeat the procedure to return the HRC-T1 to the 'A-Loc oFF' mode.

5ᵀᴴ SETTING: FIND

This setting enables you to pair a new chest strap (with a unique code) with your HRC-T1. For this, you need to proceed as follows:

When no chest strap has been paired yet, the bottom line will be filled with dashes. When a chest strap has already been paired, its serial number (check the back of the chest strap to find the serial number, which has been engraved into it) will appear on the display.

- 'Activate' the 'Find' function by pressing the 'Confirm' button. The HRC-T1 will then start looking for a recordable chest strap. During this search, the top line will be flashing and the bottom line will feature the word 'Search'.

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- After a successful search, the serial number of the chest strap emitting the best signal will appear.
  - Confirm by pressing the 'Confirm' button. The flashing stops and the chest strap has been paired.

- After an unsuccessful search during which no compatible chest strap was found, the following message will appear:
  - Use the 'Return' button to try again or exit the setting.

You have now gone through all settings. Return to the basic 'Time/Date' display by pressing the 'Return' button.

REGISTERING A TRAINING SESSION WITH YOUR HRC-T1:

PREPARING YOUR TRAINING SESSION:

- Fit your chest strap (See 'General information on your HRC-T1').
- Put on your wrist unit.

### STARTING YOUR TRAINING SESSION RECORDING:

- Make sure that your HRC-T1 shows the 'Time/date' display (If necessary, use the 'Return/(Un)Lock/Pause' button).
- **Step 1:** Press the 'Start (/Confirm/Stop)' button.

  When no programme has been uploaded onto your HRC-T1, the following display will appear: You will therefore first need to upload your HRC-T1 with a programme before you can continue training in the 'Units on' mode. You have the following options:
    - *Upload a programme through synchronization (via your www.sportmedonline.com website or via your coach).*
    - *Switch to the 'Units oFF' mode (see 'Set function') and manually set your training parameters.*

  When a valid programme has been uploaded onto your HRC-T1, the following display will appear:
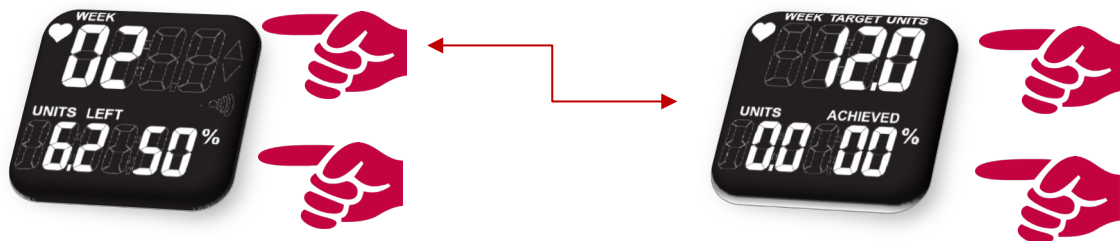
  One where you can see your current weekly status in the following manner:
   - Week number (Week)
    - Units to be achieved (Units Left)
    - Percentage of units to be achieved (%)

  Or you can use the 'Scroll up/down' button to switch to the weekly status display where you can find the following information:
    - Total number of units to be achieved in the respective week (Week Target Units)
    - Units already achieved in the respective week (Units Achieved)
    - Percentage of units to be achieved in the respective week (%)

  Remark:
  It can occur that no more active programmes are uploaded onto the HRC-T1 (The number of weeks during which the programme is valid has been exceeded). The following screens will then appear alternately:
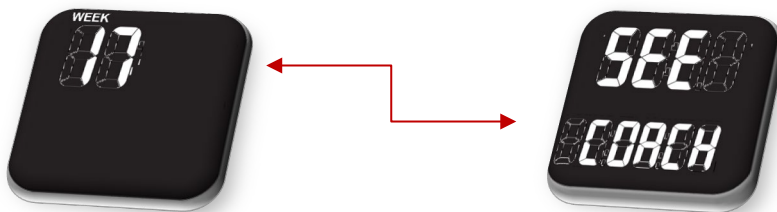
 *This of course means that it is advisable to make an appointment with your coach to discuss a new programme. You can, however, continue training after a number of programme settings have 'expired'. You will still be able to have your training intensity managed by your HRC-T1 and (limited) training information can still be stored (as long as the HRC-T1 memory is not yet overloaded). The recording stops after 20 weeks.*

- **Step 2:** Press the 'Start' button again to go to the next phase. This will take you to a display, which shows the training values (**Intensity/Training score**) of one (out of a maximum of three) of the training intensities of which training information was uploaded onto the HRC-T1. (This will either be training intensity 1 or the intensity set during your last training session.)

Depending on the programme type that you have chosen, the training intensity can represent a heart rate zone of a certain activity that was selected by you or your coach. (You can upload up to 3 different zones, which in this case represent three different activities – e.g. running, cycling, walking or other activities depending on your choice.) It is also possible to upload three different zones for one single activity, from which you will be able, depending on your programme, chose the corresponding intensity. You will be able to find more specific information in your personal programme. The following indications will appear:

- o Training intensity 1, 2 or 3 indication
- o The corresponding heart rate zone (Min/Max)
- o Unit values per training unit (This information can be found in your training programme.)

You can choose another activity by pressing the scroll up (Next activity) or scroll down (Previous activity) button.
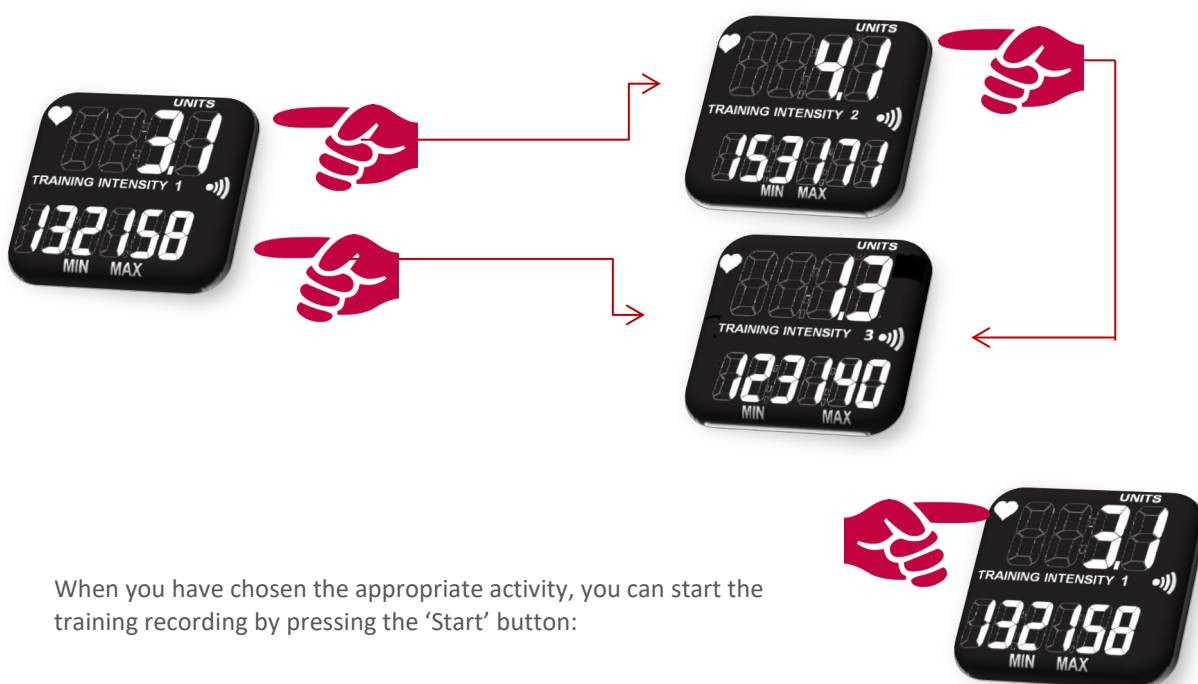
When you have chosen the appropriate activity, you can start the training recording by pressing the 'Start' button:

When one of the training intensities has not been uploaded, the following display will appear:

Remark:

- o *In order to be able to start your training, it is important that your HRC-T1 receives a clear enough signal from the paired chest strap. When **no clear signal** is received, the following screen will appear:*
- o

Check the following items:

- o *Has a chest strap been paired with your HRC-T1? (cf. 'Set function' to pair a chest strap)*
- o *Has the right chest strap been paired with your HRC-T1? (Check the serial number at the back of the chest strap and compare it to the serial number in the 'Set function' under 'Find'.)*
- o *Has your chest strap been properly fitted?*
- o *Moisten the chest strap's electrodes sufficiently. (Alternatively, use a contact gel / spray to obtain an improved transmission. Especially in case of a dry skin, reception of the heart rate can sometimes take a while.).*
- o *Is the chest strap's battery still alright or does it need replacing?*

Tip:
When the right chest strap has been paired with your HRC-T1 and the chest strap has been properly fitted, you can start your training session. In due course, your heart rate should normally be picked up (e.g. when you start perspiring or when you had just entered a magnetic disturbance area, …). When it is impossible to pick up your heart rate, contact your nearest sales point for further instructions.

When your heart rated has been picked up correctly, the below training display will appear:
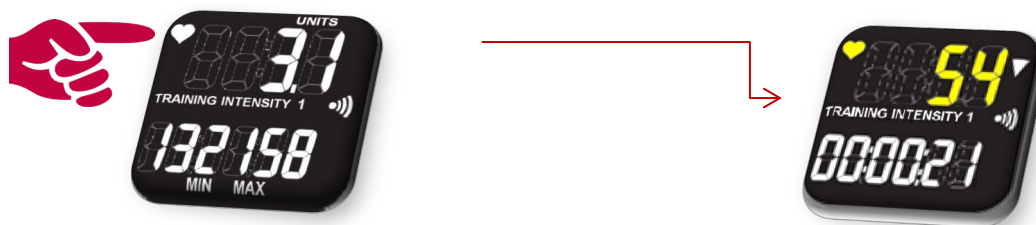
As long as the heart rate icon flashes, the HRC-T1 is receiving a clear signal:

Information in the training display:
- ▪ Current heart rate:
  - • When it is above or below the training zone:
    - o The heart rate indication will blink.
    - o The 'Below/Above zone' indication is on.
    - o You will also hear a beep sound (in case of 'Sound on').
  - • When the heart rate is within the training zone:
    - o The heart rate does not flash.
    - o The 'In zone' indication is on.
    - o There is no beep sound.
- ▪ Indication of the current training intensity to which the HRC-T1 will guide you (1, 2 or 3).
- ▪ Total training time since the start of your training: HH:MM:SS indication.

USEFUL FUNCTION DURING YOUR TRAINING REGISTRATION: SOUND ON/OFF
By pressing the button in the lower left-hand corner, you can switch the beep sound from the 'on' into the 'oFF' position.

STOP RECORDING THE TRAINING:

- In order to stop recording your training session, press the '(Start/Confirm/)Stop' button (Top left-hand corner) from no matter what display that is active during your training session. The below displays will appear in an alternating manner:
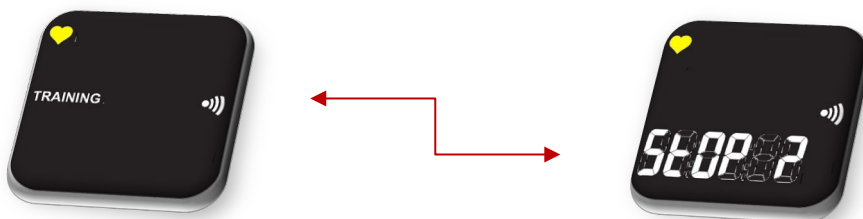

- In order to cancel, press the 'Return button' (lower left-hand corner), which will take you back to the training recording screen. You can continue recording your training session.

- In order to stop the registration and save your training efforts, press the 'Stop' button again. You will now receive a concise report on your training results. The full result can be checked under 'See training files' (see further down):
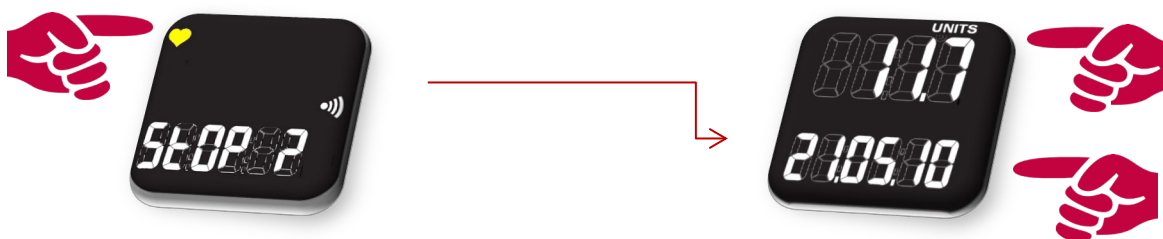
By using the 'Scroll up/down' buttons, you can access additional information about your most recent training session and the weekly status.

After a short while, the HRC-T1 will automatically return to the basic display (Time/Date) or this can be done immediately by pressing the 'Return' button.

USEFUL INFORMATION

For each training session, a file is only set up if it meets the following conditions:

- At least 0,1 training units were achieved.
- The registration lasted longer than 5 minutes.

In all other cases, the training session is not stored as a file.

ACTIONS THAT CAN BE TAKEN DURING THE RECORDING OF YOUR TRAINING WITHOUT HAVING TO INTERRUPT THE RECORDING ITSELF:

CHANGING YOUR TRAINING ACTIVITY:

Numerous examples can be given of training sessions with different training intensities. Take e.g. a training session in a health club where a range of cardiac equipment (Running belt, bicycle, ellipse cross trainer, stairs, …) is used or in the case of a triathlon training, where one switches from cycling to running during one and the same training session, or in the case of interval-based training sessions, where you need to train at different intensities for the same activity, …

When you have programmed multiple intensities (3 at the most) into your HRC-T1, you can switch from one intensity to another during a single training session, without having to interrupt your training recording. This can be done in the following manner:

- Irrespective of the display currently being used for recording your training, just press one of the right-hand buttons (Scroll up/down) until the training activity changes:
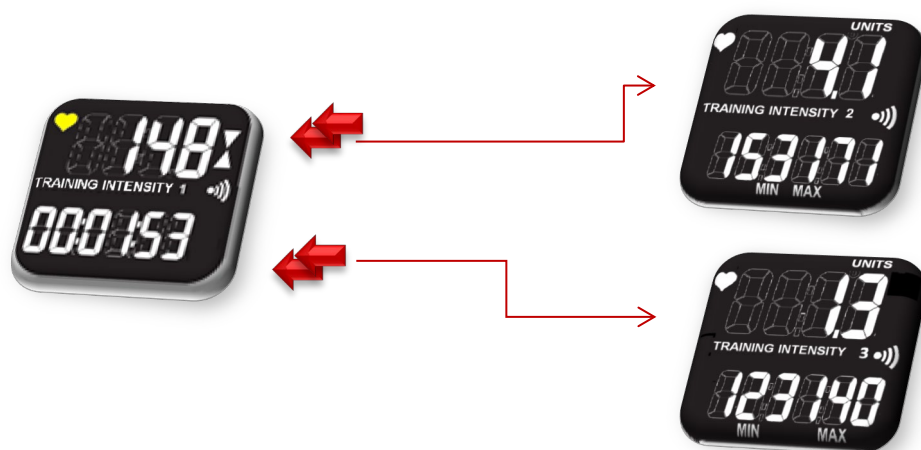
You will now see the specifications of the 'new' training intensity. When this is your chosen intensity, you do not need to do anything. The display will automatically return to the training recording screen from which you started out and your training session will continue with the specifications of your newly chosen training intensity.

During a training session, you can change the intensity as often as you like.

CHOOSING ANOTHER INFORMATION DISPLAY:

Depending on your personal preferences, you can also access other information displays that you wish to see during your training session. For this, you will need to proceed as follows:

- Press the 'Scroll up' or 'Scroll down' button. Below, we will go through the routine during which we always press the Scroll up (Top right-hand corner) button.

Screen 1:
  - Heart rate
  - Units achieved during this training session
  - % of the fixed weekly total achieved during this training session
- Continue by pressing 'Scroll up':
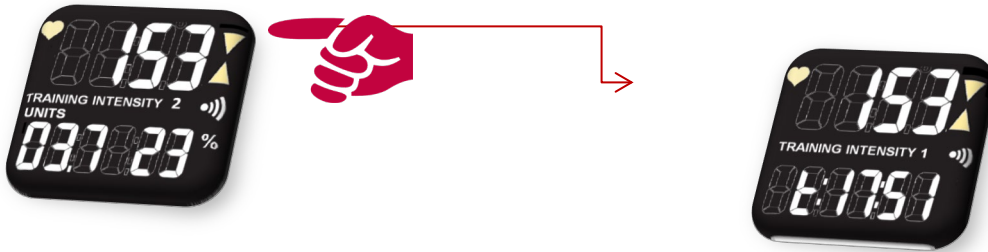
Screen 2:
- o Heart rate
- o Current time

- Continue by pressing 'Scroll up':
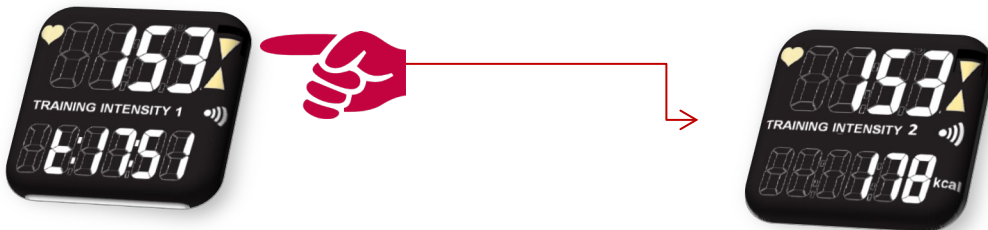
Screen 3:
- o Heart rate
- o Amount of kcal already burned during this training session (For more information, check the specifications on the kcal calculation.)

- Continue by pressing 'Scroll up':
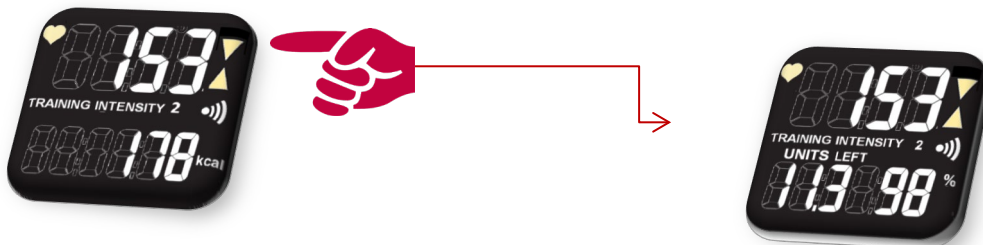
Screen 4:
- o Heart rate
- o Number of units still to be achieved this week
- o Training amount left for this week, expressed in percentage

- Continue by pressing 'Scroll up':
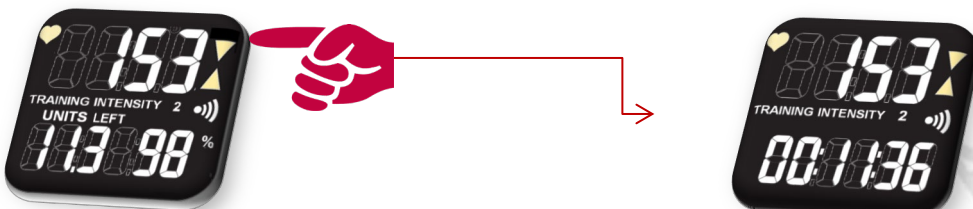
We have now seen everything and returned the basic screen for recording your training.

While switching between screens, the recording continues!

INSERTING A BREAK:

When, no matter for what reason (You need to go to the toilet, you take a break to have a chat with someone, you need to adjust something on your bicycle, you need to tie a shoelace, …), you wish to insert a break during your training session, this can be done in the following way:

- Press the '(Return/(Un)Lock/) Pause' button (at the bottom left-hand corner), irrespective of the display you are currently in.

- Press the 'Pause' button again to return to the training recording.

Your training (recording) will now simply continue.
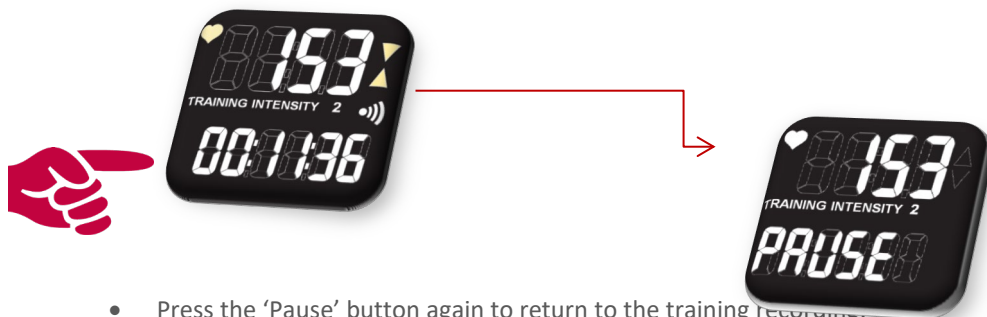
DID YOU FORGET YOUR PRESCRIBED TRAINING INTENSITY?

When during the training registration, you have forgotten what exactly your training zone is, simply hold the wrist unit close to the transmitter to recall this zone. The training zone will then appear for a few seconds before the display will return to the training indication.

'SEE TRAINING FILES' FUNCTION

INTRODUCTION:

During the complete course of your training programme, you can retrieve training information on each training session since you started recording. You also have the possibility of checking the data collected per training week and access the totals of a number of parameters since you started your training programme. Below, we will describe the routines used for retrieving your training information.

'OPENING' THE TRAINING MEMORY:

- Make sure that your HRC-T1 has been switched to the 'Time/date' display (If necessary, press the 'Return/(Un)Lock/Pause' button).
- Press the 'Scroll up' button 3 times (or the 'Scroll dDown' button once)
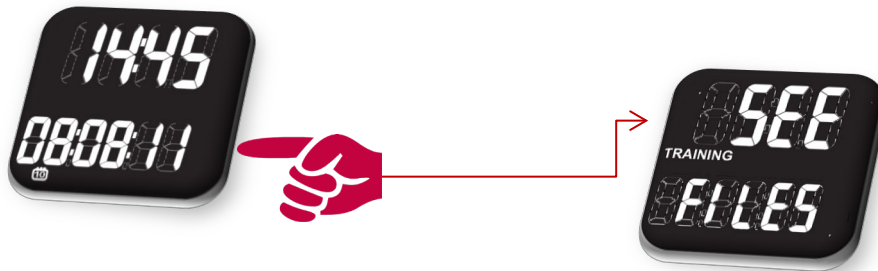
- Press the 'Confirm' button to access this function:

RETRIEVING A SPECIFIC TRAINING FILE (DAY TRAINING FILES):

- Press the 'Confirm' button when the 'Day Training Files' display is active:

- The most recently recorded training session (Training week number and date) will appear on the display. You now have the following options:
  - **Scroll to the previous file:**
    - Make use of the 'Scroll down' button (Bottom right-hand side), which will take you back one training session at a time.
    - When you have arrived at your first training session and you press the 'Scroll down' button again, you will arrive at your last training session and you can then scroll through all the previous training sessions again.

o **Scrolling to the first training file:**
  - Press the 'Scroll up' button (Top right-hand corner), which will immediately take you back to the first recorded training session.
  - Each time you press the Scroll Up button, you will recall a later training session on your display.
  - When you have reached the final training session (from which you started out) and you press the 'Scroll up' button once again, you will return to your first training session.

o **Accessing the required training file:**
  When you have accessed the requested training date and wish to see information on this training session, press the 'Confirm' button (top left-hand corner).

The below information can be accessed:
  - **Screen 1:**
    - Number of units achieved during this training session (Units)
    - Training time inside the correct heart rate zone during this training

Continue by pressing 'Scroll up' (or 'Scroll down' for the opposite direction)
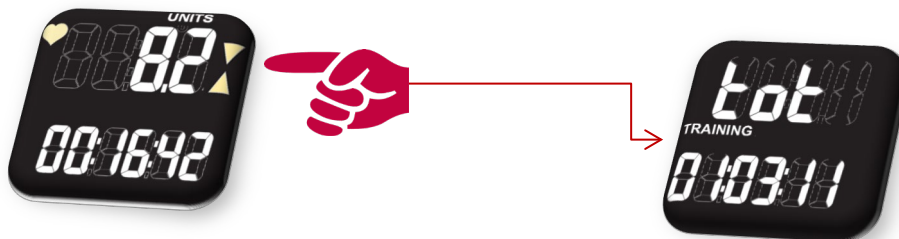
  - **Screen 2:**
    - Total time that the training was recorded (Period of time under, inside and above the training zone)

Continue by pressing 'Scroll up'
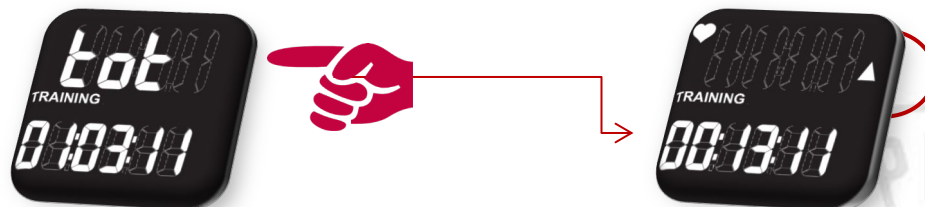
  - **Screen 3:**
    - Period during which the heart rate was above the training zone

Continue by pressing 'Scroll up'

- ▪ **Screen 4:**
  - • Period during which the heart rate was below the training zone

Continue by pressing 'Scroll up'
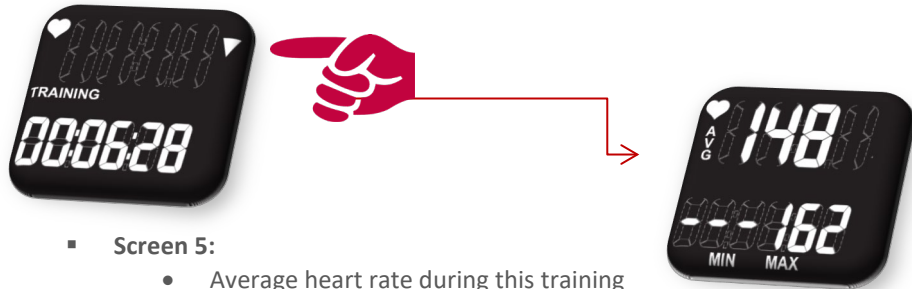
- ▪ **Screen 5:**
  - • Average heart rate during this training session (AVG)
  - • Maximum heart rate during this training session

Continue by pressing 'Scroll up'

- ▪ **Screen 6:**
  - • Amount of kcal burned during the training session

Continue by pressing the 'Scroll up' button, which will then take you back to screen 1.

COLLECTING WEEKLY RESULTS

In order to collect the weekly results, you will need to scroll from the 'Day Training Files' display by pressing the 'Scroll up' button.

- Press the 'Confirm' button when the 'WE Training Files' display has been activated:

- The current training week (Week number) will now appear on the display and provides you with the following options:
  - Scroll to the next week:
    - By pressing the 'Scroll down' button (Bottom right-hand corner), you will go back one week at a time.
    - When you have arrived at the first training week and you press the 'Scroll down' button once again, you will return to the current training week and you can scroll through all previous training weeks again.

  - Scroll to the first training week:
    - By pressing the 'Scroll up' button (Top right-hand corner), you will immediately jump to the first (recorded) training week.
    - Each time you press the 'Scroll up' button, the following week will be displayed.
    - When you have reached the last week (where you actually started from) and you press the 'Scroll up' button once again, you will return to the first training week.

  - Accessing the requested training week:
    When you have selected the requested training date and you wish to consult this session's training information, just press the 'Confirm' button (Top left-hand corner).


The following information can be requested:

- **Screen 1:**
  - Number of training units achieved during this training week (Units)
  - Total training time inside the correct heart rate zone during this training week

Continue by pressing Scroll up (or Scroll down in the opposite direction)

- **Screen 2:**
  - Number of training units set for this week
  - % achieved:

Continue by pressing Scroll up

- **Screen 3:**
  - Amount of kcal burned during this training week

Continue by pressing Scroll up, which will now take you back to screen 1.

COLLECTING THE 'TOTALS'

In order to retrieve the sum of the results that were collected since the start of the training session, you need to continue scrolling from within the 'WE Training Files' by pressing the 'Scroll up' button (or scroll back from the 'DAY Training Files').

- o **Accessing the totals:**
  Press the 'Confirm' button (Top left-hand corner)

The following information can be consulted:

- **Screen 1:**
  - Number of training units achieved since the start of the training session (Units)
  - Total training time inside the correct heart rate zone since the start of the training session

Continue by pressing Scroll up (or Scroll down in the opposite direction)

- **Screen 2:**
  - Sum of the fixed training units that should have been achieved since the start of the programme
  - % achieved

Continue by pressing Scroll up

- **Screen 3:**
  - Total amount of kcal burned since the start of the programme.

Continue by pressing the 'Scroll up' button, which will take you back to screen 1.

PART 2:
MANUAL USE (UNITS OFF):

www.sportmedonline.com

'SET' FUNCTION: SETTING YOUR HRC-T1 FOR MANUAL USE

PUTTING THE HRC-T1 INTO THE 'SET' FUNCTION:

- Always start from the 'Time/date' display. (Keep the 'Return/(Un)Lock/Pause' button pressed down until the 'Time/Date' display appears)
- Press the 'Next screen' (Scroll up) button twice:

- 'Open' the 'Set' function by pressing the 'Start/Confirm/Stop' button. This will take you to the display of the first manual setting that you can carry out, i.e. the 'Sound on/OFF' setting.
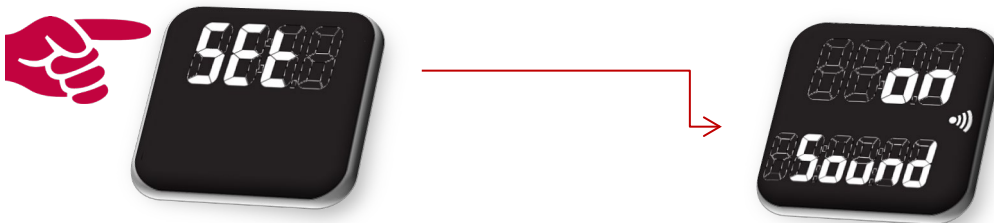
When you do not wish to change the 'Sound on/oFF' setting, you can continue scrolling by pressing one of the right-hand side buttons. In this description, we will be making use of the 'Scroll up' button. You can, however, also do everything in the opposite direction by pressing the 'Scroll down' button. This will allow you to continue scrolling through the 'settings'.
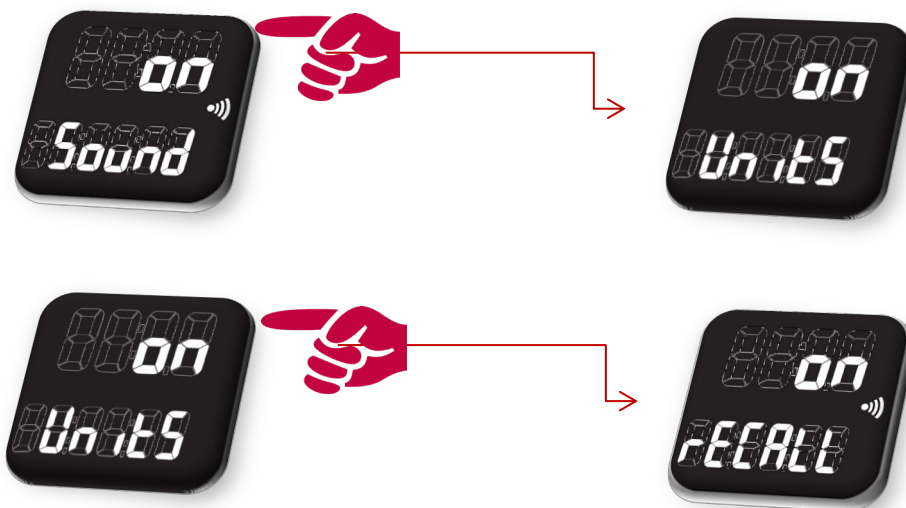
(For more information, see Part 1: 'Set function' for most of the settings.)
We will continue describing the specific settings later on in this manual.

SETTING THE TIME

In order to set the correct time display (Current time) you need to proceed as follows:
- Scroll until you reach the following display:

(It is quite possible that the indicated time is not 00:00 when the time has already been set in the past.)

- Press the 'Confirm' button. You can now set the hour:

  - Press the Scroll up or Scroll down button to change the hour
  - Set by pressing the 'Confirm' button

- You can now set the minutes:

  - Press the Scroll up or Scroll down button to change the minutes
  - Set by pressing the 'Confirm' button

SETTING THE DATE

In order to set the correct date (Current date), you need to proceed as follows:
- Scroll until you reach the following display:

(It is quite possible that the set date is not 00.00.00 when a date has already been set in the past.)

- Press the 'Confirm' button. You can now set the year:

  - Press the Scroll up or Scroll down button to set the correct year
  - Set by pressing the 'Confirm' button

This procedure should be repeated in order to set the correct month and day.

SETTING THE TRAINING HEART RATE ZONE

In order to set your preferred training heart rate zone to which you want to be directed during your training session, you need to proceed as follows:

- Open the 'Set Function'
- Scroll until you arrive at the following display:

(It is quite possible that the indicated min/max is not 80 / 160 when a heart rate zone has already been set in the past.)

- Press the 'Confirm' button. You can now set the lower limit of your desired heart rate zone:

- Press the Scroll up or Scroll down button to change the heart rate.
- Set by pressing the 'Confirm' button.

You can now set the upper limit:

- Press the Scroll up or Scroll down button to change the heart rate.
- Set by pressing the 'Confirm' button.

TRAINING WITH YOUR HRC-T1 IN MANUAL MODE

PREPARING FOR YOUR TRAINING SESSION:

- Fit your chest strap (See 'General information on your HRC-T1').
- Fit your wrist unit.

STARTING THE TRAINING RECORDING:

- Make sure that your HRC-T1 has been set in the 'Time/date' display (If necessary, make use of the 'Return/(Un)Lock/Pause' button).
- Press the 'Start' button

Your training zone will appear.
Your HRC-T1 starts looking for the heart rate signal of the paired chest strap.

Remark:

- o *An important condition to be able to start your training session is that your HRC-T1 receives a clear enough signal from the paired chest strap. When __no clear signal__ is received, the following screen will appear:*

Check the following items:

- o *Has a chest strap been paired with your HRC-T1? (See 'Set function' to pair a chest strap).*
- o *Has the correct chest strap been paired with your HRC-T1?(Check the serial number at the back of the chest strap and compare it to the one in the 'Set function' located under 'Find'.)*
- o *Has your chest strap been correctly positioned?*
- o *Moisten the chest strap's electrodes sufficiently. (If necessary, use a contact gel / spray to obtain a better reception. Especially in the case of a dry skin, the heart rate reception can sometimes take a while.)*
- o *Is your chest strap's battery still alright or does it need replacing?*

Tip:
When the right chest strap has been paired with your HRC-T1 and the chest strap has been properly fitted, you can start your training session. In due course, your heart rate should normally be picked up (e.g. when you start perspiring or when you had just entered a magnetic disturbance area …). When it is impossible to pick up your heart rate, contact your nearest sales point for further instructions.

- Press 'Start' again to confirm the training recording:

During the training session, you can opt for the 'Heart rate/time' indication by pressing one of the scroll buttons.

STOP RECORDING YOUR TRAINING:

- In order to stop your training registration, press the '(Start/Confirm/)Stop' button (Top left-hand corner), irrespective of the display that is currently active during your training session. The following displays will appear alternately:
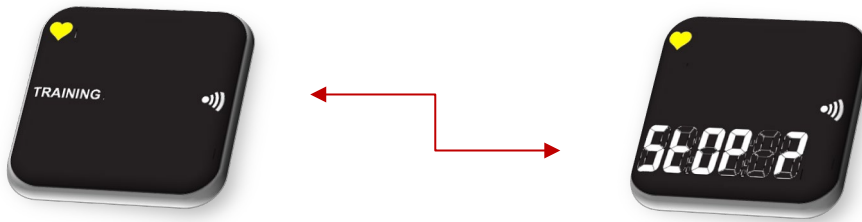
- To cancel, press the 'Return button' (Bottom left-hand corner), which will take you back to your training recording screen. You can continue recording your training session.

- To stop the recording and save your training efforts, press the 'Stop' button once again. After a short time, the HRC-T1 will automatically return to the basic display (Time/Date) or you can simply press the 'Return' button.

IMPORTANT INFORMATION CONCERNING YOUR HRC-T1:

MAINTAINING THE WRIST UNIT:

To clean the wrist unit, it is advisable to use a soft soap and water solution. Never use alcohol or aggressive (chemical) cleaning products and avoid making use of materials that can cause scratches.
Store your wrist unit in a dry place, preferably at room temperature.
Avoid exposure to direct sunlight when the wrist unit is not being worn.

MAINTAINING THE CHEST STRAP:

To extend the life span of the chest strap to the utmost, we advise you to take the following steps after each training session:

- Rinse off your chest strap with water.
- Dry it thoroughly with a soft cloth (towel). If the transmitter is moist, it continues consuming battery power!!
- Store your chest strap in a dry place at room temperature (Cold and wet surroundings will considerably shorten its life span!).

Wash the elastic strap on a regular basis for hygienic reasons.

CHANGING THE BATTERIES:

TRANSMITTER:

You can easily change the battery in the transmitter yourself. At the back of the transmitter, you will find the battery cover:
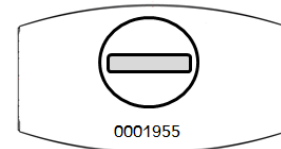
To remove the lid, take a coin (e.g. € 1), place it into the slot and turn it counter clockwise until it is halfway. The lid will now come off.

Remove the battery and place a new one (type: CR2032).
Make sure that the sealing ring has stayed in position or return it to its proper place.

Replace the cover and screw it down again.

WRIST UNIT:

When the wrist unit's battery starts getting low, this will be indicated on the display:

Advice SportMed
It is preferable to send the wrist unit (together with the chest strap) to the SportMed Service Center (SSC). Download the service document from Support | SportMed International (sportmed-portal-en.com) or make a copy of the example at the back. READ THE INSTRUCTIONS CAREFULLY!
Enclose the correctly completed service document with your shipment so that you do not risk losing your HRC.

Optional:
You can visit a watchmaker to change the battery in the wrist unit. It has the appropriate material to remove the back of the wrist unit and replace the battery. A battery of type CR2032 (or CR2025) must be placed in the wrist unit.
Great care must be taken to put the sealing ring back correctly and to treat it with a silicone oil, in order to continue to guarantee the watertightness.

What NOT to do?
Never replace the battery of the wrist unit yourself. The chance that it will no longer be waterproof is very high and the warranty is voided at this point!

Attention!
After changing the battery, the HRC-T1 needs to be reconfigured (either by synchronization or manually).

Dear HRC user,

To optimally organize the service on your SA product, we request your product, together with this completed document, to be sent to:

SportMed Service Center
Sionkloosterlaan 51
2930 Brasschaat
BELGIUM

> **Only send your HRC set in clean condition!!!**
> Clean and disinfect your HRC wrist unit and/or your chest strap before you send it so that our people get a clean device in hand.
> Dirty or unsanitary devices are returned untouched!

User info

First name & name user   ....

Tel. / Mobile: ....

E-Mail: ....

Unique Serial number HRC® T1   .... (= Sync number) *

Unique Serial number belt   .... (see back side of the belt)*

You can also download the manual from Support | SportMed International (sportmed-portal-en.com)

Support

Could you please describe as accurately as possible why you are sending in your product? This is important for the service desk to provide optimal service/support.
Ex.: black screen on the HRC I Ex.: notification of LoBat & resetting the date to 010111 – 12.00 h I ….

....

....

Costs

If the general warranty conditions no longer apply, the following service costs will be charged:

- **HRC® Wrist Unit** - Check & upgrade software version + replace battery + check watertightness guarantee € 15, -
- **HRC® Chest Strap** – battery replacement + check watertightness guarantees   € 2, - (*)

  (*) If sent together with the HRC Wrist Unit

- **Shipping costs**   € 6,-

In the event of damage that is difficult (or impossible) to repair, the SportMed Service Center will contact you.
ALWAYS send the COMPLETE HRC SET consisting of: HRC® wrist unit and HRC® chest belt, but no elastic strap.
There is no charge for the service to the User if the general warranty sales conditions apply.

Shipping & billing

Billing info
Please indicate which is applicable

❑   Private person
❑   Company

To (Name):   ....

Address: ....

Postal code/place: ....

vat-nummer (*): ....
(*) Only applicable for companies

Shipping info:

❑   Send to billing address
❑   Send to another address please:

To (Name):   ....

Address: ....

Postal code/place: ....

PRECAUTIONARY MEASURES:

PAR-Q:

Before you start exercising – even if this is in a responsible way – you should first give some thought to your physical condition. Please go through the below questions. When the answer to one of these questions is 'Yes', it is highly recommendable **to consult your doctor in order to avert unnecessary risks**.

	Yes	No
Have you ever been told by a doctor that you have a heart condition and that you should only do physical efforts when advised by a doctor?	○	○
Do you experience any chest pains during physical efforts?	○	○
Did you experience any chest pains while you were not doing any physical efforts over the last month?	○	○
Do you sometimes become unbalanced as a result of dizziness, or do you occasionally lose consciousness?	○	○
Do you have any skeletal or joint problems (such as back, knee, hip, …) that could get worse if your (physical) activities pattern changes?	○	○
Are you aware of any other reasons that would not allow you to carry out any physical efforts?	○	○
Are you currently taking any prescribed medication (such as diuretic medication, beta-blockers, …) as a result of blood pressure or heart problems?	○	○

GETTING A COACH:

When you are unfamiliar with carrying out physical efforts and you want to start doing so, a number of questions might preoccupy you.

- How often do I have to exercise?
- How intense do my efforts have to be?
- How long do I have to exercise?

If you do not have a reply to these questions, you will be unsure if you are 'doing it in the correct manner'. This uncertainty might even lead to 'fear' of starting to exercise.

A reliable 'Physical coach' can provide you with a reply to all these questions, can set your precise targets, determine the duration in which those are feasible (or not feasible), … In short, a good 'Physical coach' is someone you can trust in to support you on your way to a healthier lifestyle and this until you are able to continue doing so on your own.

If you are looking for high-quality coaching, please consult a SportMed Certified Coach at a SportMed TestPoint.

TECHNICAL SPECIFICATIONS:

1. WRIST UNIT:

Technical Specification:

Operating temperature:	-10 °C to +50 °C
Storage temperature:	-30 °C to +60 °C
Weight:	55 g
Water resistance:	30 m
Battery:	CR2032, user replaceable
Battery lifetime:	typ. 2 years when used 1 hour per day for training
Data transmission:	*BlueRobin*™
Memory:	200 trainings

2. BELT

Technical Specification:

Operating temperature:	+20 °C to +40 °C
Storage temperature:	-30 °C to +60 °C
Weight:	55 g
Water resistance:	30 m
Battery:	CR2032, user replaceable
Battery lifetime:	typ. 3 years when used 1 hour per day for training
Data transmission:	*BlueRobin*™
Transmission range:	up to 20 m

3. DONGLE

Technical Specification:

Operating temperature:	0 °C to +50 °C
Storage temperature:	-30 °C to +60 °C
Weight:	6 g
Data transmission:	*BlueRobin*™
Transmission range:	up to 20 m
Interface:	USB 1.1 and USB 2.0 compatible

DISCLAIMERS

USER RESPONSIBILITIES
This performance monitor is made for recreational use only.
IT IS NOT INTENDED FOR MEDICAL PURPOSES.

WARNINGS
Physical exertion may involve some risk. Before starting any training/exercise program, we recommend that you consult a physician. It is also recommended that you warm up and do stretching exercises before starting your workout.
Stop exercising immediately if you experience pain or if you feel faint, dizzy or short of breath.
Keep in mind that exercise intensity, medication, blood pressure, asthma, caffeine, alcohol, nicotine and essential parameters can affect your heart rate.
Notice to persons with pacemakers, defibrillators, or other implanted electronic devices: Before beginning use of this electronic sports device, it is recommended that you undergo an exercise stress test under the supervision of your physician to ensure the safety and reliability of the concurrent use of your implanted device. and guarantee this device. Use of this product is at your own risk.
Keep the heart rate belt and pulse unit out of the reach of young children.

EU DECLARATION OF CONFORMITY
The CE marking is used to indicate conformity with the European Union EMC Directives 89/336 / EEC and 99 / S / EEC. A copy of the signed and dated declaration of conformity is available on request from SportMed International bvba, Sionkloosterlaan 51, 2930 Brasschaat, Belgium.