



INSTRUCTION MANUAL

STRAPLESS HEART RATE MONITOR

Model: HR-210

ENGLISH

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INTRODUCTION

Thank you for purchasing the OMRON® HR-210 Strapless Heart Rate Monitor.

Fill-in for future reference

DATE PURCHASED: _____

- *Staple your purchase receipt here*
- *Register your product on-line at www.register-omron.com*

The HR-210 is a very practical sports and fitness aid as it monitors your heart rate without requiring you to wear a heart rate transmitter. It is equipped with calorie measurement along with a real-time clock, stopwatch, backlight and keypad lock functions.

Your HR-210 Strapless Heart Rate Monitor comes with the following components:

Heart Rate Monitor Watch
Battery (Installed)
Instruction Manual

IMPORTANT SAFETY INFORMATION

To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL



CAUTION

Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

OPERATING THE DEVICE

- ⚠ Do not scratch hard objects against the LCD display as this may cause damage.
- ⚠ Do not throw the battery into the fire. The battery may explode.
- ⚠ Do not use a battery not specified for this unit. Do not insert the battery with the polarities in the wrong direction.
- ⚠ Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- ⚠ Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device.
- ⚠ Dispose of the device, battery and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.
- ⚠ Due to printing limitations, the displays shown in this manual may differ from the actual display.
- ⚠ The contents of this manual may not be reproduced without the permission of the manufacturer.

CARE AND MAINTENANCE

- ⚠ Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the watch thoroughly after each training session. Never use the product in hot water or store it when wet.
- ⚠ Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
- ⚠ Do not subject the unit to strong shocks, such as dropping the unit on the floor.
- ⚠ Do not submerge the unit or any of the components in water.

IMPORTANT SAFETY INFORMATION

NOTES:

- Consult your doctor before beginning any exercise program.
- This product is not to be used for diagnostic purposes or to prescribe medication.
- The technical specifications for this product and the contents of the user manual are subject to change without notice.
- Features and accessories will not be available in all countries. For more information, please visit our web site at www.omronhealthcare.com.

KNOW YOUR UNIT

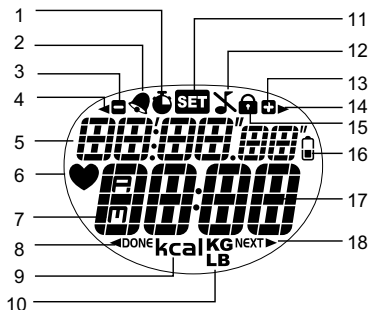
MAIN UNIT



1. -: Toggle between setting sub-modes; decrease values
2. **MODE**: Toggle between modes, confirm and exit settings
3. **ST/SP/+**: Start / stop stopwatch; toggle between setting sub-modes; increase values
4. / : Activate backlight; lock keypad
5. **SET/RST**: Enter setting sub-mode; confirm setting; reset stopwatch and calorie values
6. Top metallic plate: Touch to enter Heart Rate Mode and take heart rate measurement
7. Bottom metallic plate: Touch to enter Heart Rate Mode and take heart rate measurement

KNOW YOUR UNIT

LCD



1. : Indicates you are in Stopwatch Mode or the stopwatch is running
2. : Indicates alarm is On
3. : Smart indicator to decrease values
4. : Smart indicator to toggle between setting sub-modes
5. Displays stopwatch, date or mode banners
6. : Indicates a heart rate reading is detected
7. : 12 hour clock
8. **▲DONE**: Smart indicator to quick exit and return to previous mode
9. **kcal**: Calorie unit
10. **KG/LB**: Weight unit
11. **SET**: Indicates you are in setting sub-modes
12. : Indicates beep tone is Off
13. : Smart indicator to increase values
14. : Smart indicator to toggle between setting sub-modes
15. : Indicates keypad is locked
16. : Indicates battery is worn out
17. : Indicates battery power is low
17. Displays time or calorie reading
18. **NEXT▶**: Smart indicator to confirm setting and move to the next setting

GETTING STARTED

ACTIVATE WATCH (FIRST TIME USE ONLY)

Press and hold any key until the screen is activated.



SET TIME AND USER DATA

To effectively use the watch for calculating calories burned (based on the user's age, weight, heart rate reading and exercise time), you are advised to set the time and your personal data in Set Up Mode. Refer to "Time Setting Mode" and "User Data Setting Mode" in Set Up Mode.

IMPORTANT:

Remember to set the time and user data after every battery replacement or power reset.

BATTERY REPLACEMENT

The watch uses a CR2032 3V battery, which has already been installed. If  or  flashes, it means battery power is low and should be replaced. If battery power is low, alarm beeping, backlight and heart rate measuring functions will be disabled. To assure the water resistance take the watch to a local jewelry store for battery replacement. Improper replacement will void the warranty.

HEART RATE MEASUREMENT

You can measure your heart rate anytime (except in setting sub-modes).

1. Wear the watch on your wrist and place fingertips (suggest to use index finger and middle finger) on both metallic plates to enter Heart Rate Mode. A beep tone will be heard, "HR" banner is displayed and ♥ will flash to indicate the watch is detecting heart rate reading. It will take between 6-10 seconds to detect a heart rate reading.
2. If a valid heart rate reading is detected, the screen below will be displayed. Remove your fingers.



3. To exit Heart Rate Mode, remove your fingers for 3 seconds or press any key.

TIPS:

For an accurate heart rate reading, make sure:

- you are not currently running, swimming or doing exercise
- to wear the watch on your wrist and that your fingertips touch the 2 metallic plates

If you cannot get your heart rate reading within 10 seconds or if any unusual condition occurs during heart rate reading:

- moisten your fingertips
- make sure your fingertips are warm and steady
- do not press too hard on the metallic plates
- make sure the metallic plates and the back of your watch are clean
- make sure the back face of your watch is in close contact with your skin



HEART RATE MEASUREMENT

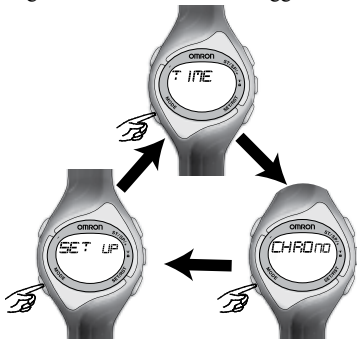
NOTES:

- Heart rate measurement cannot be activated if keypad is locked or battery power is low.
- Clean the watch with a soft dry cloth.
- The 2 metallic plates are very sensitive. Accidentally touching them will trigger heart rate measurement. Hence, to prevent from accidentally activating heart rate measurement, you can select to lock the keypad.
- If the battery power is low, the screen below will be displayed.



OPERATING MODES

The watch has 3 operating modes. Press **MODE** to toggle between these modes.



TIME MODE

- This mode displays the real-time clock and date.
- To set the time and date, refer to “Time Setting Mode” in Set Up Mode.



STOPWATCH MODE (CHRONO)

You can take your calorie reading in this mode.

OPERATING MODES

To start or stop stopwatch:

Press **ST/SP/+**.



To take calorie reading:

Take a heart rate reading while the stopwatch is running in order to view the calories burned. Refer to “Heart Rate Measurement”.

The calorie reading shown in Stopwatch Mode represents an average of the calories lost during the time elapsed.

TIP: The more frequent you provide a heart rate reading, the more accurate the calorie calculation.

To reset stopwatch and calorie value:

Stop or pause the stopwatch, then press and hold **SET/RST** for 2 seconds.



NOTES:

- Set Up Mode cannot be accessed while stopwatch is running.
- If stopwatch is running, pressing **MODE** will go to Time Mode.
- Unless you stop the stopwatch, the **ST/SP/+** button will blink to remind you that the stopwatch is still timing.

OPERATING MODES

SET UP MODE

There are 4 setting sub-modes in Set Up Mode.



- Press - or **ST/SP/+** to toggle between these sub-modes.
- Press **MODE** anytime to return to Time Mode.

NOTE: **SET** icon will be displayed in setting sub-mode.

TIME SETTING MODE

To set time and date:

1. In Time Setting Mode, press **SET/RST** to enter settings.
2. Press - or **ST/SP/+** to set the values. Press and hold - or **ST/SP/+** to rapidly change the values. The setting sequence is as follows: 12 / 24-hour time; hour; minute; year; day-month / month-day; month; day.
3. Press **SET/RST** to confirm and to move to the next setting.
4. Press **MODE** anytime to confirm and exit settings.

OPERATING MODES

ALARM SETTING MODE

To set alarm:

1. In Alarm Setting Mode, press **SET/RST** to enter settings.
2. Press - or **ST/SP/+** to turn alarm On or Off. 📞 indicates the alarm is turned On. If alarm Off is selected, press **MODE** to confirm and exit settings. If alarm On is selected, press **SET/RST** to confirm and set the alarm time.
3. Press - or **ST/SP/+** to set the values. Press and hold - or **ST/SP/+** to rapidly change the values. The setting sequence is as follows: hour; minute.
4. Press **SET/RST** to confirm and to move to the next setting.
5. Press **MODE** anytime to confirm and exit settings.

To silence alarm:

- Press any button to stop the alarm and it will activate 24 hours later.

OR

- Turn the alarm Off in Alarm Setting Mode.

BEEP TONE SETTING MODE

To turn beep tone On or Off:

1. In Beep Tone Setting Mode, press **SET/RST** to enter settings.
2. Press - or **ST/SP/+** to turn beep tone On or Off. 📞 indicates the beep tone is turned Off.
3. Press **Mode** anytime to confirm and exit settings.

USER DATA SETTING MODE



To enjoy the full benefits of this watch, set up your personal data before you exercise. This will enable the watch to calculate the level of calories burned while exercising. This information helps you track your progress over time.

To set personal data:



1. In User Data Setting Mode, press **SET/RST** to enter settings.
2. Press - or **ST/SP/+** to set the values. Press and hold - or **ST/SP/+** to rapidly change the values. The setting sequence is as follows: year of birth; month of birth; day of birth; weight unit; weight.
3. Press **SET/RST** to confirm and to move to the next setting.
4. Press **MODE** anytime to confirm and exit settings.

BACKLIGHT AND KEYPAD LOCK




To activate backlight:

Press  /  to turn backlight On for 3 seconds.

You can press any key to turn backlight On for another 3 seconds.

NOTE: The backlight function will not operate if “” or “” is displayed.

To toggle keypad lock On or Off:

Press and hold  /  for 2 seconds.  indicates keypad is locked.

PHYSICAL CONDITION AND WORKOUT

To help achieve maximum health benefits from your workout program, it is important to know your:

- Maximum heart rate (MHR)
- Upper heart rate limit
- Lower heart rate limit

MHR is expressed in beats per minute. You can get your MHR from an MHR test, or you can estimate it by using the following formula:

$$220 - \text{age} = \text{MHR}$$

TRAINING ZONES

There are several training zones that are relevant to a fitness program. The most popular zone range is from 50% to 80% of your maximum heart rate. This is where you achieve cardiovascular benefits, burn fat, and become fitter. When programming your watch, the lower percentage of the zone you choose becomes your lower heart rate limit and the higher percentage becomes the upper heart rate limit.

50%	Moderate Activity
60%	Weight Management
70%	Aerobic Zone
80%	Anaerobic Threshold Zone
90%	
100%	Red Line Zone (maximum capacity)

PHYSICAL CONDITION AND WORKOUT

There are three training zones, as described below:

TRAINING ZONE	MHR%	DESCRIPTION
Health Maintenance	65-78%	This is the lowest training intensity level. It is good for beginners and those who want to strengthen their cardiovascular systems.
Aerobic Exercise	65-85%	Increases strength and endurance. It works within the body's oxygen intake capability, burns more calories and can be maintained for a long period of time.
Anaerobic Exercise	78-90%	Generates speed and power. It works at or above the body's oxygen intake capability, builds muscle, and cannot be maintained for a long period of time.

The upper and lower heart rate limits are calculated by multiplying your MHR by the percentages of the selected training zone.

For example:

A 40-year-old training for basic health maintenance:

- His Upper Heart Rate Limit $[220 - 40(\text{age})] \times 78\%$
- His Lower Heart Rate Limit $[220 - 40(\text{age})] \times 65\%$

IMPORTANT:






Always warm up before exercise and select the training zone that best suits your physique. Exercise regularly, 20 to 30 minutes per session, three to four times a week for a healthier cardiovascular system.

CAUTION:

Determining your individual training zone is a critical step in the process towards an efficient and safe training program. Please consult your doctor or health professional to help you determine exercise frequency and duration appropriate for your age, condition and specific goals.

USE IN THE WATER

The HR-210 watch is water-resistant up to 164 feet (50 meters).

					
	RAIN SPLASHES ETC	SHOWERING (WARM/ COOL WATER ONLY)	LIGHT SWIMMING/ SHALLOW WATER	SHALLOW DIVING/ SURFING/ WATER SPORTS	SNORKELING/ DEEP WATER DIVING
164 FEET / 50M	OK	OK	OK	NO	NO

IMPORTANT:

- Ensure the buttons and battery compartment are secured and intact before exposing the watch to excessive water.
- Avoid pressing the buttons while in the water or during heavy rainstorms, as this may cause water to enter the watch, leading to malfunction.

SPECIFICATIONS

Model	HR-210 (HBE-210-Z)
Clock	Time format: 12 hr /24 hr Date format: D.M. / M.D. Year: 2005-2054 (auto-calendar) Alarm: Daily
Stopwatch	From 00'00"00 (min' sec" 100th sec) to 99:59'59" (hr: min' sec")
Heart rate	40 - 240 bpm
Calorie range	0 - 9999 kcal
Power	1 × CR2032 3V battery
Operating temperature, humidity	32°F to 104°F (0°C to 40°C), 30 to 85% RH
Battery life	Approx. 1 year (when used for measuring 20 times a day)

FCC STATEMENT

NOTE:

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the product and the receiver.

Connect the product into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled “Digital Apparatus”, ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: “Appareils Numériques”, ICES-003 édictée par le ministre des communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

LIMITED WARRANTY

Your OMRON® HR-210 Strapless Heart Rate Monitor, excluding the battery, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the unit. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any monitor covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Omron Healthcare's Customer Service by calling **1-800-634-4350** for the address of the repair location and the return shipping and handling fee. Information for warranty service is available on our website at www.omronhealthcare.com.

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

FOR CUSTOMER SERVICE

Visit our web site at: www.omronhealthcare.com

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