

TOPCOM®

HB 6M00



USER GUIDE

V 1.1



UK The CE symbol indicates that the unit complies with the essential requirements of the directive 89/336/EEC.

UK The features described in this manual are published with reservation to modifications.

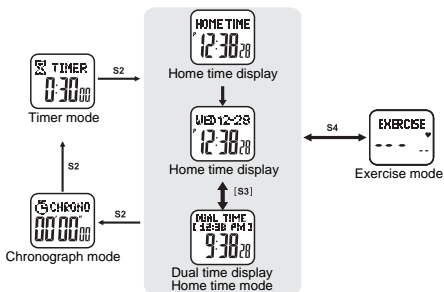
This product is in compliance with the essential requirements and other relevant provisions of the R&TTE directive 89/336/EEC.
The Declaration of conformity can be found on :

<http://www.topcom.be/cedeclarations.asp>

1 INTRODUCTION

Congratulations on your purchase of the HB 6M00. We hope that you will enjoy using the heart meter and the benefits it offers. In exercise or sports, your heart naturally speeds up in pumping blood to the body in accordance with the increased energy level. The heart meter can calculate this increase expressed as the number of beats per minute (bpm) to determine a target heart rate safe for each individual. The HB 6M00 watch supports 5 user modes:

1. Current time mode
2. Dual time
3. Chronograph mode
4. Countdown timer mode
5. Exercise mode



More information about the target heart rate zone, maximum heart rate etc... can be found on:
www.topcom.net/sports/heartbeat.asp

2 SAFETY NOTES

Using a heart monitor is NOT a substitute for professional medical attention. If you suffer from heart disorder, illness or have recently taken up fitness training, it is advisable that you seek a doctor or talk to your trainer and work out a fitness plan that suits you.

The watch should only be used as a guide in maintaining a safe heart beat rate for exercises. It should NOT be relied upon as a medical heart rate monitor. If you are uncertain about how your exercise program will impact on your heart, please consult a physician.

3 CARE AND MAINTENANCE

DO NOT expose the watch to extreme weather conditions or cleaning agents and solvents. Avoid dropping or rough handling of the watch. Avoid fastening the strap too tightly. Clean the watch with a dry soft cloth or a soft cloth moistened with water and mild detergent. Store the watch in a dry place when not in use.

4 CHANGING THE BATTERY

If you are not confident with electronics, let the battery be changed by a professional. Do not open the watch yourself.

4.1 WATCH



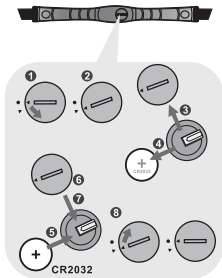
THIS WATCH HAS ALREADY A BATTERY INSIDE, so no need to place this battery when you just bought it. To turn the watch on, see "5.1 Power save mode" .

- Remove the back cover of the watch with a small screwdriver.
- Remove the old battery.
- Install the new 3V (CR2032) battery with the positive (+) pole facing up and replace the cover.



4.2 CHEST BELT

- Remove the battery cover from the bottom of the belt using a small coin.
- Remove the old battery.
- Install the new 3V (CR2032) battery with the positive (+) pole facing the battery cover and replace the cover.



5 BUTTONS



The buttons are mentioned in the manual as follows:

- S1 = Press S1 once
- [S1] = Press & hold S1
- S2 = Press S2 once
- [S2] = Press & hold S2
- S3 = Press S3 once
- [S3] = Press & hold S3
- S4 = Press S4 once
- [S4] = Press & hold S4

5.1 POWER SAVE MODE

This watch is sold with a power save function so that the battery can last longer. To turn this watch (display) on, press button S4.

To activate the power save mode press button S4 for 5 seconds.

5.2 MASTER RESET

Press and hold S1, S2, S3 and S4 simultaneously to reset the watch.

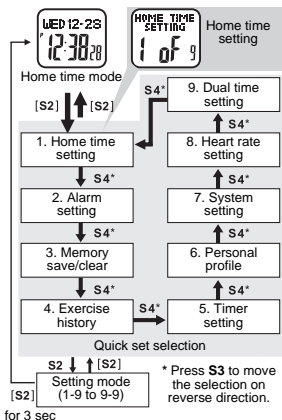


All set information will be lost, also the time.

5.3 BACK LIGHT

Press S1 briefly to active the back light of the display for 3 seconds.

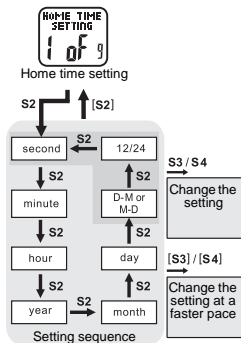
6 QUICK SET MODE



The are nine different settings/
functions for the watch:
In normal time mode (time on display):

- [S2]: '1 of 9' will be shown.
- S3 or S4: To scroll among different settings (1-9).
- S2: To confirm and enter the setting.
- [S2] When the setting is done (see below explanation for each 9 different settings).
- [S2] again to leave and go back to the home time.

6.1 HOME TIME/DATE SETTING (1-9)



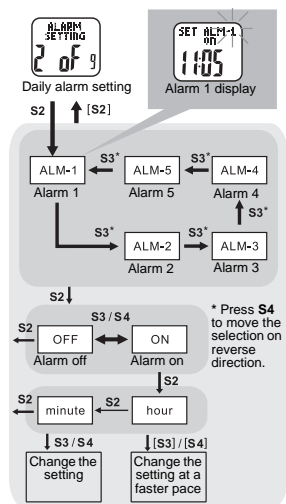
- S3 or S4: To reset the seconds.
- S2: Confirm. Minutes will blink.
- S3 or S4: Adjust minutes up or down. [S3] or [S4]: Adjust minutes quickly.
- S2: Confirm. Hour will blink.
- S3 or S4: Adjust hour up or down. [S3] or [S4]: Adjust hour quickly.
- S2: Confirm.
- S3 or S4: Adjust year up or down. [S3] or [S4]: Adjust year quickly.
- S2: Confirm

- S3 or S4: Adjust month up or down. [S3] or [S4]: Adjust month quickly.
- S2: Confirm.
- S3 or S4: Adjust day up or down. [S3] or [S4]: Adjust day quickly.
- S2: Confirm.
- S3 or S4: To set the month format in month-day ('M-D') or day-month ('D-M').
- S2: Confirm.
- S3 or S4: To set the time format in 12HR or 24 HR.
- S2: Confirm.
- [S2]: To leave the time/date setting.

6.2 DAILY ALARM SETTING (2 - 9)

This watch includes 5 daily alarms for home time.

When the daily alarm is on, the watch will beep for 30s at the alarm time every day. When the alarm beeps, press any button to stop the alarm.



- S3 or S4: To select alarm 1-5.
- S2: Confirm.
- S3 or S4: To turn 'ON' or 'OFF'
- S2: Confirm

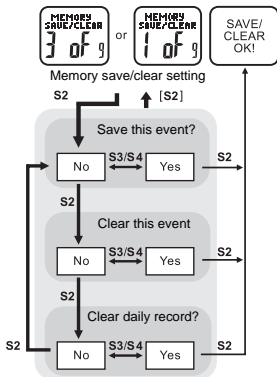
When 'ON' is selected:

- S3 or S4: Adjust hour up or down. [S3] or [S4]: Adjust hour quickly.
- S2: Confirm.
- S3 or S4: Adjust minutes up or down. [S3] or [S4]: Adjust minutes quickly.
- S2: Confirm.
- [S2]: To leave the alarm setting.



When one or more alarm is on, the daily alarm indicator (ⓘ) appears on the display in all modes.

6.3 MEMORY SAVE/CLEAR SETTINGS (3 - 9)



The current exercise session can be saved (will be accumulated into a daily record) or cleared with this setting.

- S2: To scroll through the settings.
- S3 or S4: To select 'YES' or 'NO'.
- S2: Confirm.

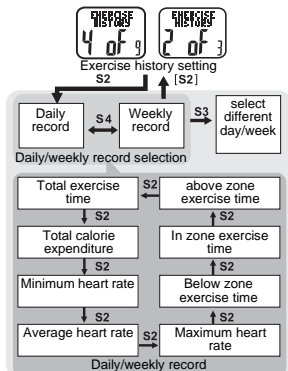
If no exercise information is stored, the 'SAVE THIS EVENT' or 'CLEAR THIS EVENT' will not be shown.

- [S2]: To leave the save/clear setting.



In exercise mode you can also save/clear all event date (see "9.10.1 How to save the exercise information").

6.4 EXERCISE HISTORY RECALL (4 - 9)



In this history you can see the current daily exercise record and the record of the last 7 days. Also the weekly record of the last 10 weeks can be reviewed.

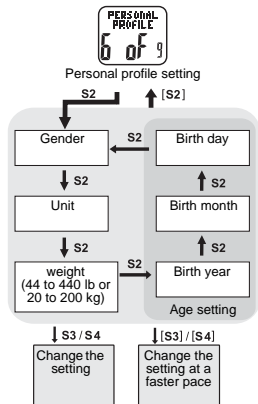
- S4: To select different day/week.
- S3: To switch between daily and weekly records.
- S2: To see all different records
- [S2]: To leave the history.

6.5 COUNTDOWN TIMER SETTINGS (5 - 9)

The count down timer can be set to 23h, 59 min and 59s.

- S3 or S4: Adjust hour up or down. [S3] or [S4]: Adjust hour quickly.
- S2: Confirm.
- S3 or S4: Adjust minutes up or down. [S3] or [S4]: Adjust minutes quickly.
- S2: Confirm.
- S3 or S4: Adjust seconds up or down. [S3] or [S4]: Adjust seconds quickly.
- [S2]: To leave the timer settings.

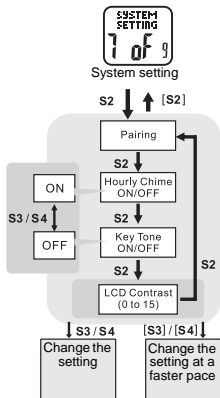
6.6 PERSONAL PROFILE SETTINGS (6 -9)



Set the personal profile before using this watch for exercises. Based on this information the watch will calculate the max. heart rate and zones.

- S2: To scroll through the different settings and confirm the actual setting.
- S3 or S4: Adjust the different settings. [S3] or [S4]: Adjust the settings quickly.
- [S2]: To leave the personal profile settings.

6.7 SYSTEM SETTINGS (7 - 9)




To pair your chest belt and to set the hourly chime, key tone and LCD contrast.

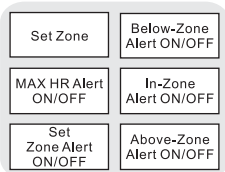
- S2: To scroll through the different settings and confirm the actual setting.
- S3 or S4: Adjust the different settings. [S3] or [S4]: Adjust the settings quickly.
- [S2]: To leave the personal profile settings.

When 'PAIRING DEVICE ?' is shown, press S3 to start the pairing. Touch the left/right contacts of the chest strap during pairing. If the pairing is done, 'FOUND HR' is displayed.



When hourly chime is set 'ON', the  icon will appear in all modes. A short beep will be heard every hour, i.e. 1:00, 2:00, etc ...

6.8 HEART RATE SETTINGS (8 - 9)



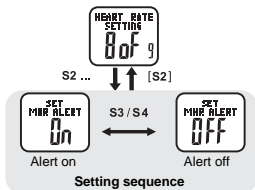
This set include the following 6 settings: In the heart rate alert zone settings you can select one from the 4 heart rate zones. Each zone has his upper and lower limit. For zone 1-3 these limits are fixed and calculated by the watch based on your age and gender. In these zones you can only set the zone alerts ON/OFF.

Zone 4 (Z4) upper and lower HR limits can be set by the user:

- S3 or S4: Select zone 4. (See also "9.10 Daily/weekly records")
- S2: Confirm.
- S3 or S4: Adjust the user defined zone (Z4) lower level in %. [S3] or [S4]: Adjust level quickly.
- S2: Confirm.

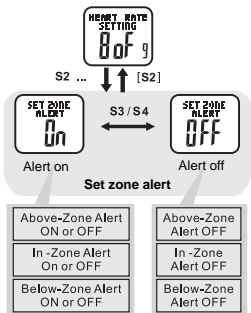
- S3 or S4: Adjust the user defined alert zone (Z4) lower level in BPM. [S3] or [S4]: Adjust level quickly.
- S2: Confirm.
- S3 or S4: Adjust the user defined alert zone (Z4) upper level in %. [S3] or [S4]: Adjust level quickly.
- S2: Confirm.
- S3 or S4: Adjust the user defined alert zone (Z4) upper level in BPM. [S3] or [S4]: Adjust level quickly.
- S2: Confirm.

6.8.1 EMHR and zone alert on/off



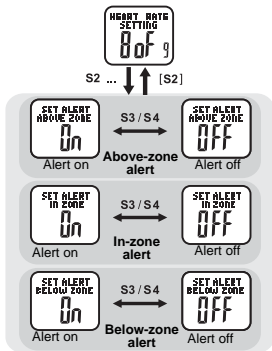
After selecting a zone or, after setting zone 4 lower and upper level, you can set the EMHR (estimated maximum heart rate) and zone alert on or off:

- S3 or S4: to set the EMHR alert 'ON' or 'OFF'.
- S2: Confirm.



- S3 or S4: to set the zone alert 'ON' or 'OFF'.
- S2: Confirm.

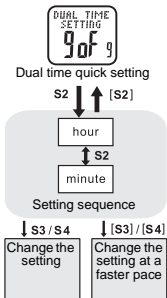
Turning off this setting will turn off the above-, in-, and below-zone heart rate zone alert.



When above setting (zone alert) is turned on you can set each zone (in, above and below) alert on or off:

- S3 or S4: to set the above-zone alert 'ON' or 'OFF'.
- S2: Confirm.
- S3 or S4: to set the in-zone alert 'ON' or 'OFF'.
- S2: Confirm.
- S3 or S4: to set the below-zone alert 'ON' or 'OFF'.
- S2: Confirm.
- [S2]: To leave the setting.

6.9 DUAL TIME SETTING (9 - 9)



To set the dual time:

- S3 or S4: To set the hours.
- S2: Confirm.
- S3 or S4: To set the minutes.
- S2: Confirm.
- [S2]: To leave the setting.

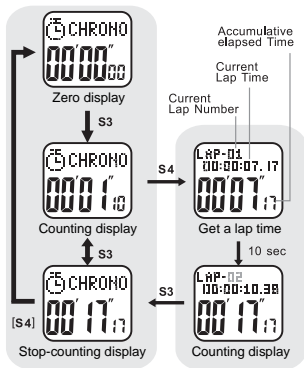


Normal time mode will be displayed when NO key is pressed for 1 minute.

7 CHRONOGRAPH MODE



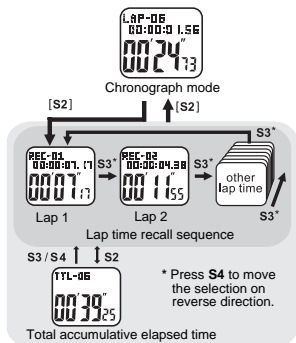
The chronograph counts up to 23 hours, 59 minutes and 59 seconds and has a memory of 50 laps.



In normal time mode:

- S2: To go to chronograph mode
- S3: Start / stop chrono.
- S4: To save the time when chrono is running (lap time). The lap time counter is frozen, it will resume back after 10s.
- [S4]: Reset the chrono (only when chrono is stopped) and erase all lap times.

7.1 LAP MEMORY



You can review the lap record no matter chrono is running or not:

- [S2]: To enter the chrono lap records.
- S3 or S4: to scroll between the lap times (1-50).
- S2 : To switch between total accumulative elapse time (TTL) and lap time
- [S2]: To return back to normal chrono mode.

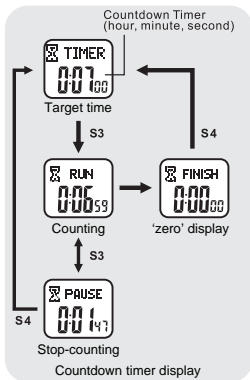
8 COUNTDOWN MODE



The maximum counting down time is 23 hours, 59 and minutes 59 seconds. The initial setting of the timer is 1 minute.

During the last minute the watch will beep ones every 10 seconds and during the last 5 seconds the watch will beep once per second, and 10 seconds when it reach zero.

When the timer is counted to zero, it will automatically reload the preset value.



To set the countdown time:

- 2 x S2: To toggle to countdown mode.
- [S2]: Hours will blink.
- S3 or S4: Adjust hour up or down.
- [S3] or [S4]: Adjust hour quickly.
- S2: Confirm. Minutes will blink.
- S3 or S4: Adjust minutes up or down.
- [S3] or [S4]: Adjust minutes quickly.
- S2: Confirm. Seconds will blink.
- S3 or S4: Adjust seconds up or down.
- [S3] or [S4]: Adjust seconds quickly.
- [S2]: To confirm the count down time.

To start the count down:

- S3: Start the counting.
- S3: Stop / pause the counting. [S4]: To reset the counting timer (when it's stopped or paused).

9 HEARTBEAT MEASUREMENT

9.1 PRECAUTIONS

- Avoid fastening the strap too tight.
- Do not bend or fold the chest belt for preventing damage.
- Wetting the skin, where there is contact with the conductive area of the chest belt will improve the conduction and get a more stable signal.
- The physical condition of an individual might effect the intensity of measured signal.
- Avoid using the heart rate monitor close to a trolley car, a tram stop, transformer, electric substation and high-tension distribution lines etc. The radio signal will be affected under influence of the environment from high voltage and strong electromagnetic fields.

9.2 USING THE TRANSMITTER BELT

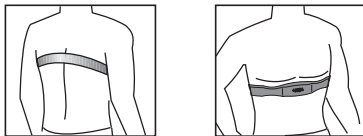


THE CHEST STRAP MUST BE PAIRED WITH THE WATCH.
See "6.7 System settings (7 - 9)" for detailed pairing operation.

Fasten the fastener at one end. Try the chest belt on your chest and loosen the stretch band if necessary.



Adjust the length of the stretch band until it feels conformable. The stretch band must cling to the chest. Fasten the fastener at the other end. Adjust the sensor to the center of your chest and be sure the backside of the sensor clings to your chest and touches the skin.



The chest belt has to be worn while using the heart rate function.



Moisten the chest belt conductive pads with saliva of ECG-gel (available at you local pharmacy) in order to ensure good contact with the skin at all time.



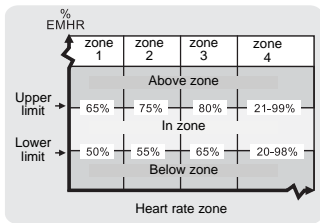
9.3 EXERCISE ZONES

Exercise zones are established by setting the upper and lower heart rate limits. These limits constitute a certain percentage of your estimated maximum heart rate (EMHR).

The following formula will help you to make an educated guess:

$$\text{EMHR} = 220 - (\text{Your age})$$

Use the following heart rate zone Chart to select the zone you wish to exercise in. **You should consult a medical professional when selecting a training zone, especially if you have a heart condition.**

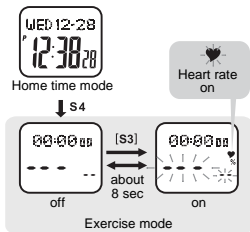


Heart rate zone

There are 4 heart rate alert zones, zone 1 -4:

- Zone 1- 3 are predefined as shown in the table above:
Zone 1 = health
Zone 2 = fitness
Zone 3 = performance
- Zone 4 can be user defined. See "6.8 Heart rate settings (8 - 9)".

9.4 HEART RATE MEASUREMENT



In time mode:

- S4: To go to heart rate mode.
- After 8 seconds the watch will automatically start the heart measurement.
- [S3]: To start and stop the exercise function manually.
- When heart rate is received from the belt the following will be showed:

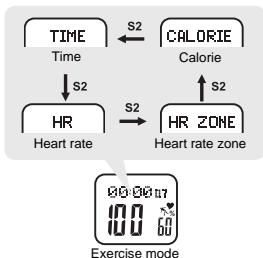


- The heart rate in beats per minutes
- Percentage of estimated maximum heart rate %EMHR (= current HR / EMHR * 100%)



If no heart rate is received the watch will return to idle mode.

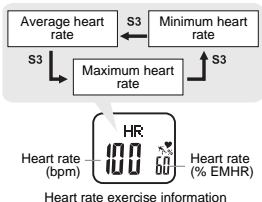
9.5 EXERCISE INFORMATION DISPLAY



The exercise information can be read from the top row of the display instantaneously or saved into record.

- S2: to view different exercise information (see below for more details).

9.6 AVERAGE, MAXIMUM AND MINIMUM READING (HR)

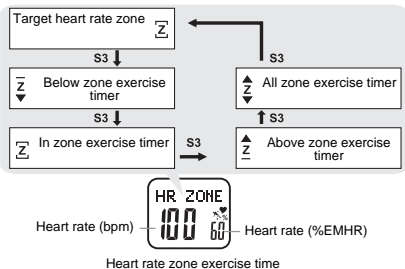


In heart rate measurement:

- S2: until 'HR' (heart rate display) is displayed.
- S3: to toggle from average (AVG) to maximum (MAX) and minimum (MIN).
- [S4]: To reset the current reading.

9.7 HEART RATE ZONE EXERCISE INFORMATION (HR ZONE)

During exercise, the exercise timer will keep a record of the above/within/below heart rate zone. These different kind of exercise times can be showed:

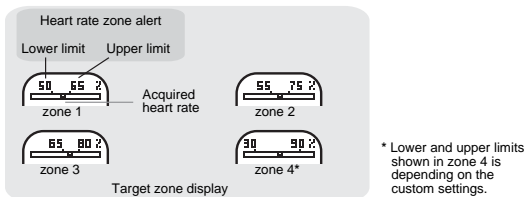


See also “6.8 Heart rate settings (8 - 9)” to select the zone.

In heart rate measurement:

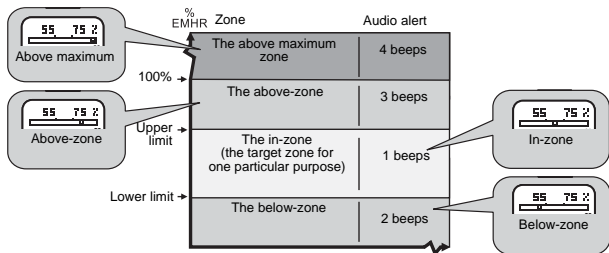
- S2: until 'HR ZONE' is displayed. The exercise timer (i.e. above, below or within exercise **zone**) will be shown conform the current heart rate situation.
- S3: to toggle between the different reading.

When target heart rate zone is selected \bar{Z} , the watch will show a visual indication with the zone limits in % on a line as shown below:



The lower and upper limits in zone 4 are depending on the custom settings.

When the heart rate zone alarm is set

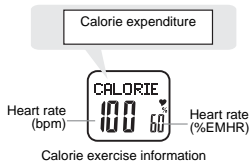


The watch will beep depending as shown above. See also “6.8 Heart rate settings (8 - 9)” how to turn on/off each alert.

9.8 CALORIE EXERCISE INFORMATION

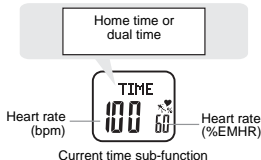
In heart rate measurement:

- S2: until 'CALORIE' is displayed (KC = Kilo calories).



By getting the exercise time and heart rating this watch can estimate the calories burnt.

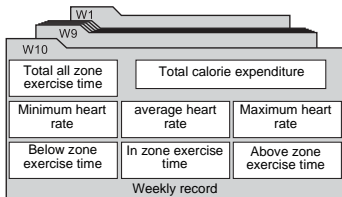
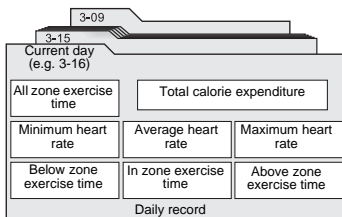
9.9 TIME DURING EXERCISE



This mode shows the home time in exercise mode. When dual time is selected also the dual time in exercise mode will be shown.

- S2: until 'TIME' is displayed.

9.10 DAILY/WEEKLY RECORDS



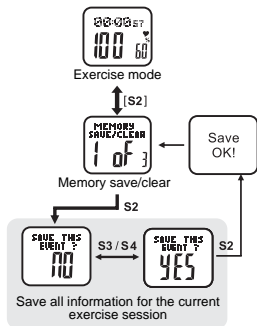
The watch will keep the daily records from Sunday to Saturday into the weekly records automatically (MM-DD).

The watch will also keep the weekly records for the last 10 weeks. (W1 -W10).

The oldest record will be deleted when a new daily or weekly record is added.

To review the saved daily or weekly exercise information, see "6.4 Exercise history recall (4 - 9)".

9.10.1 How to save the exercise information

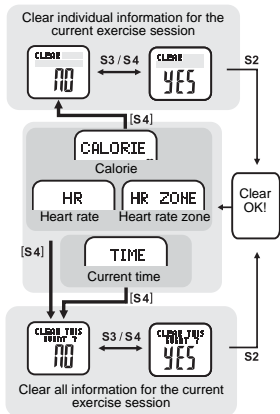


In exercise mode:

- [S2]: Until 'MEMORY SAVE/CLEAR' is displayed.
- S2: Confirm. 'SAVE THIS EVENT' will be shown.
- S3 or S4: To select 'YES' or 'NO'
- S2: Confirm.

If no data is stored the 'SAVE THIS EVENT' will not be shown but 'CLEAR DAILY RECORD ?' (see also "6.3 Memory save/clear settings (3 - 9)").

9.10.2 How to clear the exercise information



To clear individual information:

- [S4]: until 'CLEAR' is displayed. Depending in which exercise mode you are this date will be asked to clear.
- S3 or S4: To select 'YES' or 'NO'.
- S2: To confirm.

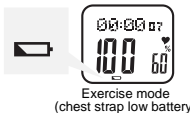
To clear all information:

- Press S4 for 4 seconds in any exercise mode or press S4 for 2 seconds in time mode: until 'CLEAR THIS EVENT' is displayed.
- S3 or S4: To select 'YES' or 'NO'.
- S2: To confirm.

9.11 LOW BATTERY



If the battery low icon appear in time mode, the watch of the battery is almost empty.



If the battery low icon appear in exercise mode, the belt strap battery is almost empty. See "4 Changing the battery" how to replace the battery.

10 SPECIFICATIONS

Current Time Mode

- Hour, minute and second
- Month, day, day of week and year
- 12 / 24 hour format selectable
- Month-day / day-month selectable
- Auto calendar from year 2000 to 2099
- Birthday range from year 1900 to 2008
- Automatic age calculation from birthday for estimated maximum heart rate calculation
- Hourly chime on the hours
- Key tone ON/OFF

Heart Rate Mode

- Measuring range: 40 to 240 bpm
- 3 Pre-defined heart rate zone Setting
- 1 User-defined heart rate zone Setting
- Average, minimum and maximum heart rate records
- Selectable heart rate zone alert (Upper and lower limit)
- Heart rate alert: above maximum, below-, in-, and above zone
- Exercise memory: 7 daily and 10 weekly records

Daily Alarm Mode

- Daily alarm: 1 daily alarm
- Alarm duration: about 30 seconds

Chronograph Mode

- Resolution: 1/100 second
- Counting range: 23 hours, 59 minutes, 59.99 seconds

Countdown Timer Mode

- Resolution: 1 second
- Setting limit: 23 hours, 59 minutes, 59 seconds
- Timer sound: beep every 1 second at last 10 seconds and beep for 2 seconds when count to zero

Heart Rate Exercise Timer

- Resolution: 1 second
- Counting range: 23 hours, 59 minutes, 59 seconds
- Total zone time, below, in, and above zone time

Calorie Burnt mode

- Calorie burnt estimation
- Up to 99999Kcal

Others

- Electro-luminescent backlight

11 TOPCOM WARRANTY**11.1 WARRANTY PERIOD**

The Topcom units have a 24-month warranty period. The warranty period starts on the day the new unit is purchased. There is no warranty on standard or rechargeable batteries (AA/AAA type). Consumables or defects causing a negligible effect on operation or value of the equipment are not covered. The warranty has to be proven by presentation of the original or copy of the purchase receipt, on which the date of purchase and the unit-model are indicated.

11.2 WARRANTY HANDLING

A faulty unit needs to be returned to a Topcom service centre including a valid purchase note and a filled in service card.

If the unit develops a fault during the warranty period, Topcom or its officially appointed service center will repair any defects caused by material or manufacturing faults free of charge, by either repairing or exchanging the faulty units or parts of the faulty units. In case of replacement, colour and model can be different from the original purchased unit.

The initial purchase date shall determine the start of the warranty period. The warranty period is not extended if the unit is exchanged or repaired by Topcom or its appointed service centre.

11.3 WARRANTY EXCLUSIONS

Damage or defects caused by incorrect treatment or operation and damage resulting from use of non-original parts or accessories are not covered by the warranty. The warranty does not cover damage caused by outside factors, such as lightning, water and fire, nor any damage caused during transportation. No warranty can be claimed if the serial number on the units has been changed, removed or rendered illegible. Any warranty claims will be invalid if the unit has been repaired, altered or modified by the buyer.

SERVICE RETURN CARD - RÜCKSENDEKARTE -
CARTE DE RETOUR SERVICE - RETOURFICHE

RETURN WITH YOUR DEFECT PRODUCT

Name/Vorname/Prénom/Naam:

Surname/Familiename/Nom/Familienaam:

Street/Straße/Rue/Straat:

Nr./N°:

Box/Postfach/Boîte/Postbus:

Location/Ort./Lieu/Plaats:

Post code/Postleitzahl/Code Postal/Postcode:

Country/Land/Pays/Land:

Tel./Tél.:

E-mail:

Model name/Modellbezeichnung/Nom du modèle/Modelnaam:

Serial Nr./Seriennummer/N° série/Seriennummer:

Purchase date/Kaufdatum/Date d'achat/Aankoopdatum:

 - - (DD/MM/YYYY) - (TT/MM/JJJJ)

Fault description/Beschreibung des Defekts/Description de la panne/Beschrijving defect:

(Original Proof of Purchase has to be attached to this return card to be valid for warranty)

Model name/Modellbezeichnung/Nom du modèle/Modelnaam:

Serial Nr./Seriennummer/N° série/Seriennummer:

Purchase date/Kaufdatum/Date d'achat/Aankoopdatum:

 - - (DD/MM/YYYY) - (TT/MM/JJJJ)

Fault description/Beschreibung des Defekts/Description de la panne/Beschrijving defect:

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