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HEART RATE MONITOR

SF-1000/SF-2000/3000

USER MANUAL



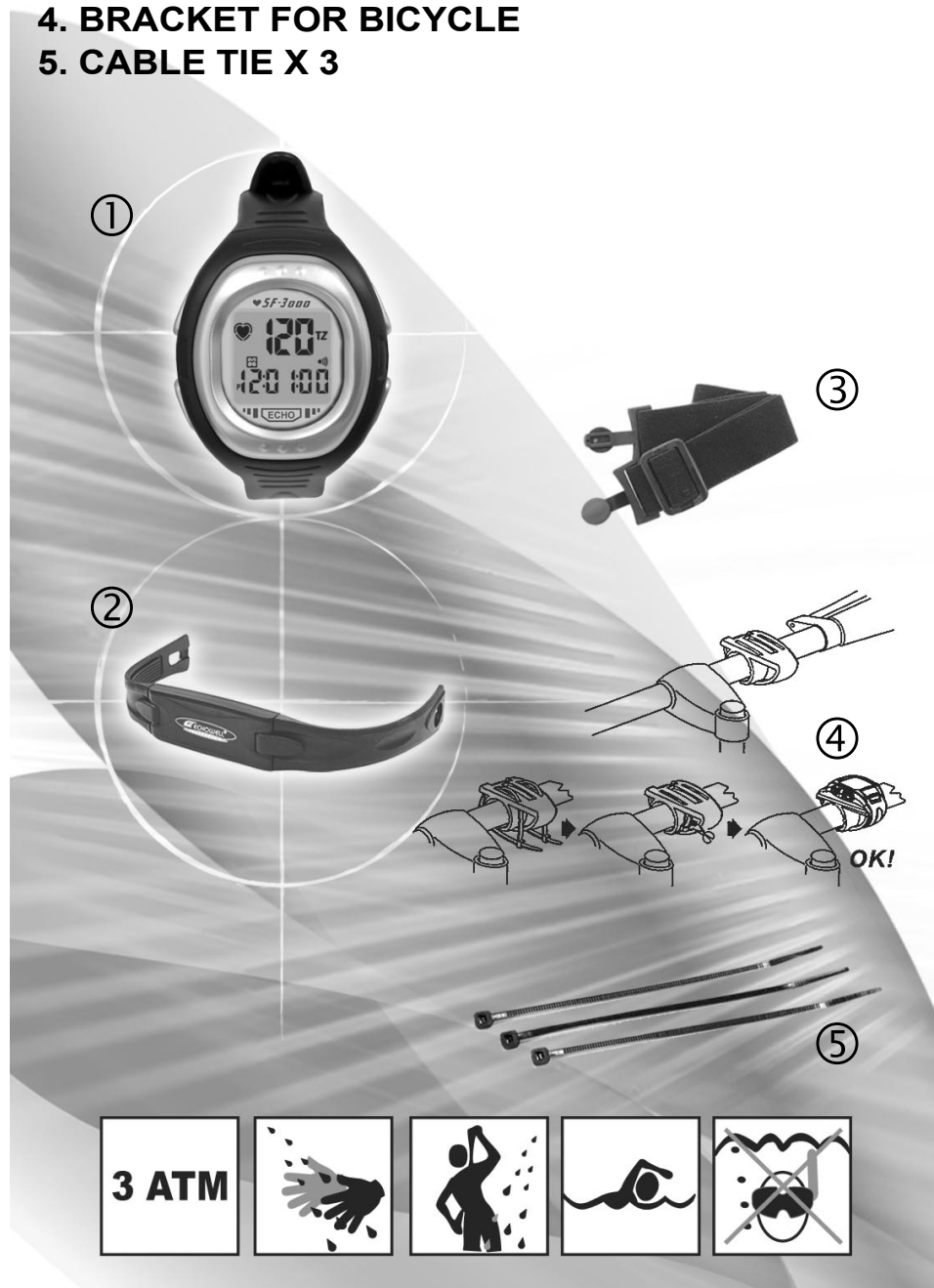
ECHOWELL

HEART RATE MONITOR

SF-1000/SF-2000/SF-3000

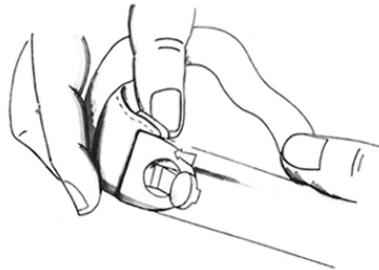
Your Special Force consists of 5 parts:

- 1. SF-1000/SF-2000/SF-3000 MAIN UNIT**
- 2. CHEST BELT**
- 3. ELASTIC STRAP**
- 4. BRACKET FOR BICYCLE**
- 5. CABLE TIE X 3**



INSTALLATION

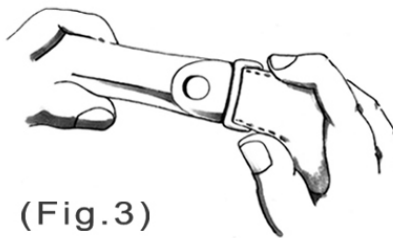
How to wear the chest belt?



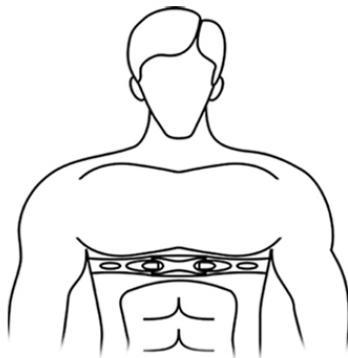
(Fig.1)



(Fig.2)



(Fig.3)



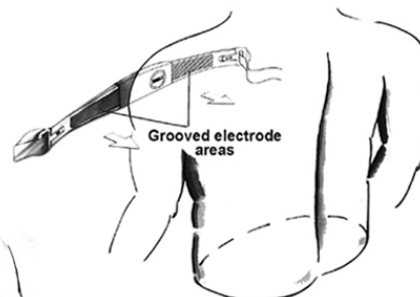
(Fig.5)



(Fig.4)



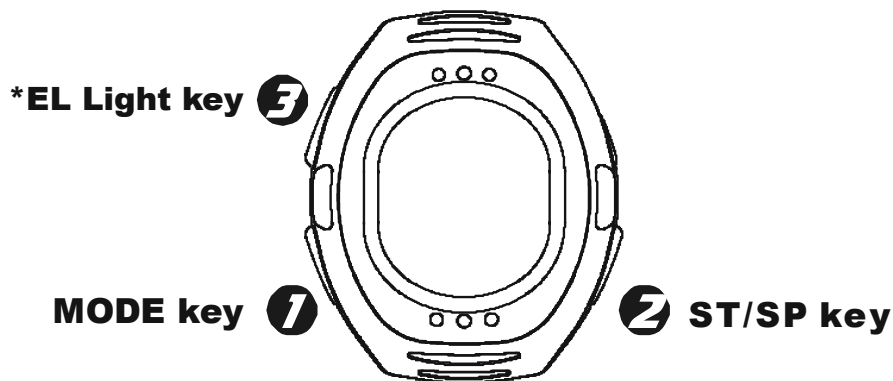
(Fig.7)



(Fig.6)

1. Fasten the fastener at one end, put the chest belt on your chest and loosen the stretch band. **(Fig. 1, 2, and 3)**
2. Adjust the length of the stretch band until you feel conformable, but the stretch band must cling to the chest; then fasten the fastener at the other end. **(Fig. 4)**
3. Adjust the sensor to the center of your chest and be sure the backside of the sensor is clings to your chest and touches the skin. **(Fig. 5, 6)**
4. The chest belt has to be worn while using the heart rate function. The distance transmission should be less than 1 meter (3 feet).
5. Do not bend or fold the chest belt to preventing damage. **(Fig. 7)**

KEY OPERATIONS



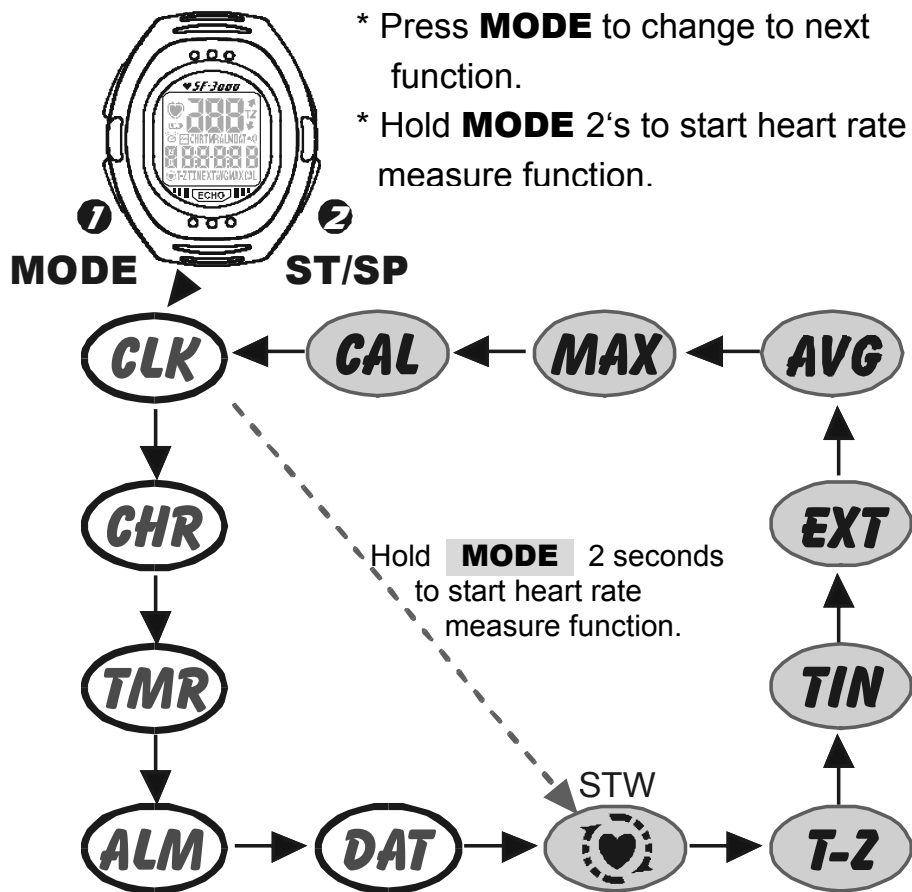
BASIC KEY OPERATIONS

- 1** - Press to change display mode.
 - Hold 2's to ON/OFF heart rate measure function.
- 2** - Press to START/STOP data record function.
 - Hold 2's to reset data.
 - Hold 4's to enter data setting mode.
- 3** - Press to on EL Light 3's. (SF-2000 / SF-3000)

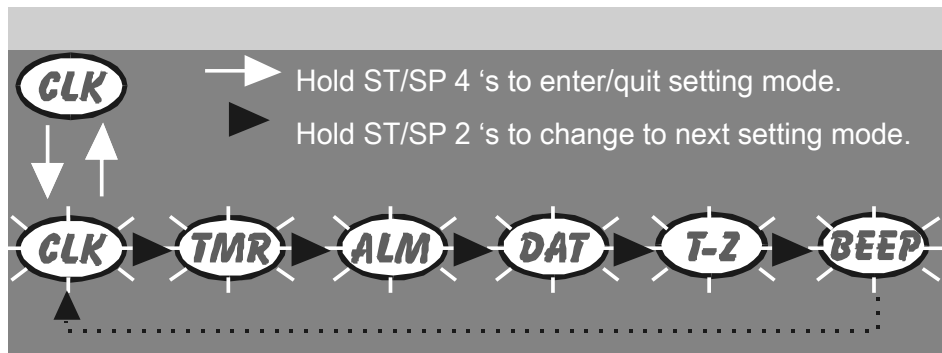
DATA SETTING KEY OPERATIONS (IN CLOCK MODE)

- 1** - Press to change or increase setting value.
 - Hold to auto increase.
- 2** - Press to change to next setting digit.
 - Hold 2's to change to next setting mode.
 - Hold 4's to quit setting mode.

MODE CIRCULATION



SETTING CIRCULATION



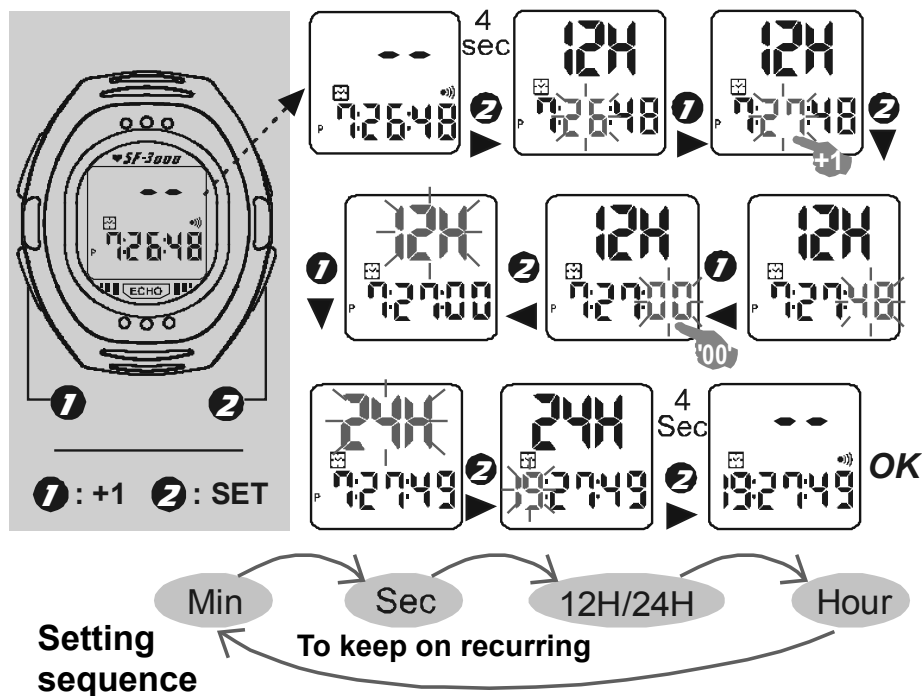
WATCH FUNCTION DESCRIPTIONS



CLOCK MODE



1. 12H or 24H switchable.
2. **Clock setting:**
 - a). Press **MODE** to change to “ **CLOCK** ” mode.
 - b). Hold **ST/SP** 4 seconds to enter clock setting mode.
 - c). Press **ST/SP** to change to next setting digit.
 - d). Press **MODE** to increase the value, hold to increase the value automatically.
 - e). Press **MODE** to select 12H or 24H mode.
 - f). Press **MODE** to reset the seconds to “ 00 ”.
 - g). Hold **ST/SP** 4 seconds to complete setting and quit.



Chronometer mode

CHR

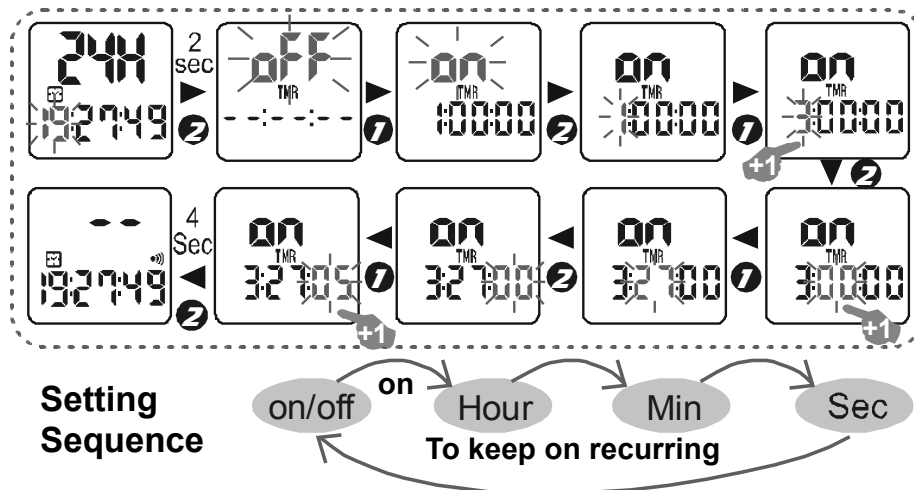
1. Press **ST/SP** to start/stop chronometer.
2. Hold **MODE** 2 seconds to reset chronometer data.
3. The range of **CHR** is from 00M00S.00 to 99M59S.99.



Countdown timer mode

TMR

1. Press **ST/SP** to start/stop countdown timer.
2. There will be a 10 seconds beep when count down to zero, and **OVER** will display on the **LCD**.
3. Stop beep and reload pre-set data by pressing any key.
4. Reload pre-set date at any time by holding **ST/SP** 2 seconds.
5. The range of **TMR** is from 00H00M00S to 99H59M59.
6. **Countdown timer setting:**
 - a). Hold **ST/SP** 2 seconds to enter countdown timer setting mode when under clock setting mode.
 - b). Press **MODE** to set countdown timer On or Off.
 - c). Refer the **Data Setting key operations** to adjust the Timer data.

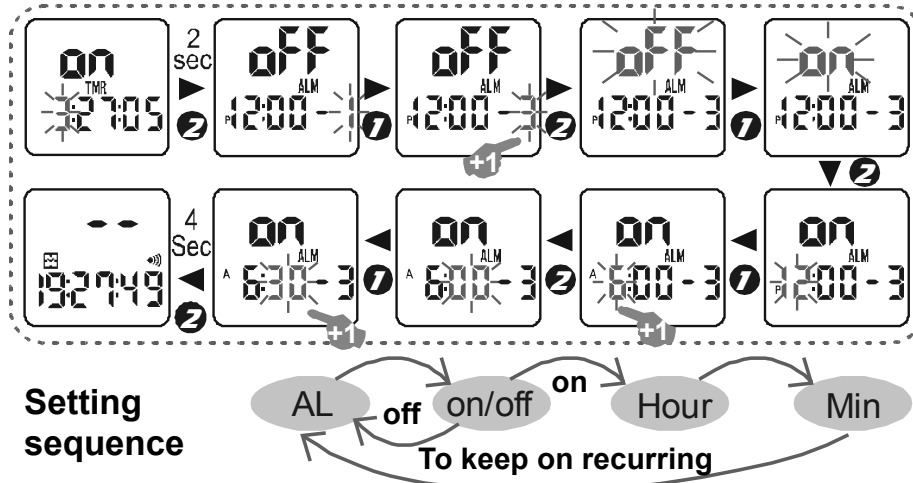


Alarm mode



1. Press **ST/SP** to change alarm sets. (SF-2000 1 Set, SF-3000 3 Sets).
2. The “” symbol will display after alarm setup.
3. The alarm is a 30 seconds beep and the “” symbol will blink.
4. Stop the beep by pressing any key.
5. Take note of the time mode you have selected 12H or 24H.
6. **Alarm setting:**
 - a). Hold **ST/SP** 2 seconds to enter alarm setting mode when under countdown timer setting mode.

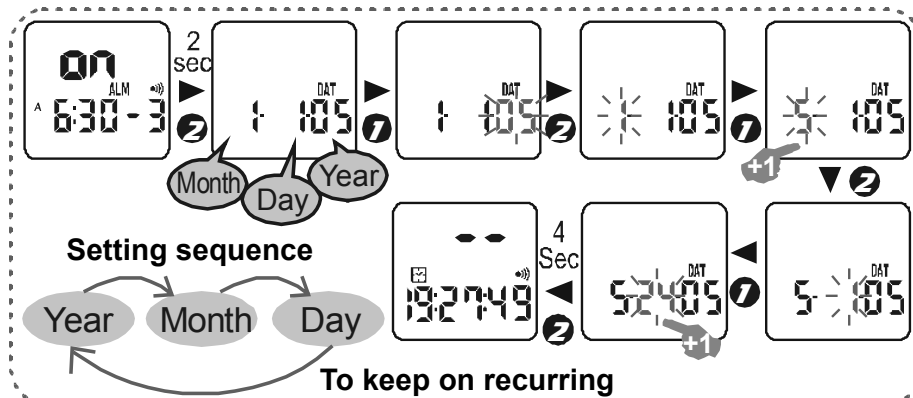
- b). Press **MODE** to select setting alarm.
- c). Refer the **Data Setting key operations** to adjust the Alarm data.
- d). Press **MODE** to set Alarm ON/OFF.
- e). Repeat steps b). to step d). to set the other alarm data.



Date mode

DAT

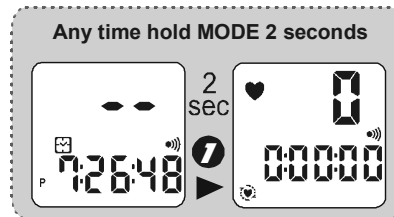
1. Calendar from the year 2000 to 2099.
2. **Date setting:**
 - a). Hold **ST/SP** 2 seconds to enter date setting mode when under alarm setting mode.
 - b). Refer the **Data Setting key operations** to adjust the Date data.






HEART RATE FUNCTION DESCRIPTIONS

1. Start /Stop heart rate measure function

1. Hold **MODE** 2 seconds to start heart rate measurement function.
2. When the function is operating, the LCD will display the signal as follow:
3. Hold **MODE** 2 seconds to stop heart rate measurement function.
4. If a signal is not received for 5 minutes, the function will turn off automatically.




2. Start/Stop heart rate data record function

1. Hold **MODE** 2 seconds to start heart rate measure function.
2. Press **MODE** to change to  function.
3. Press **ST/SP**, the signal shown as " ♥ " at the left of the display will change to , it means the data record function is started. Stop by pressing **ST/SP**, the signal will change to " ♥ ".
4. , **TIN**, **EXT***, **AVG****, **MAX****, **CAL*** —these functions will work only while the record function is start.
5. **CAL*** mode will be calculated when the heart rate is equal or over 90 bpm.

* SF-3000 only ** available on SF-2000 and SF-3000

3. Reset heart rate record data


1. Press **MODE** to change to  mode.
2. Hold **ST/SP** 2 seconds to reset the record data.

4. Heart rate display descriptions

Range of heart rate measurement is from 40 bpm to 240 bpm.

5. Stopwatch mode



1. Stopwatch will auto calculate when heart rate data record function start.
2. The range of  is from 00H00M00S to 99H59M59S.

6. Time in Target zone

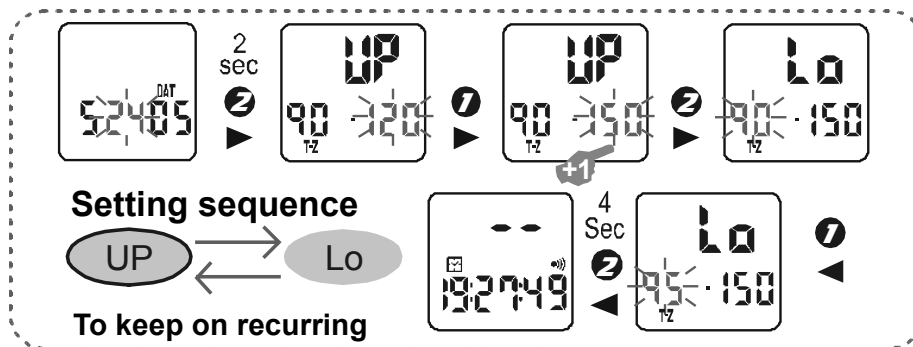
TIN

1. Calculates and records the exercise time within the target zone.
2. The range of **TIN** is from 00H00M00S to 99H59M59S.

7. Target zone

T-Z

1. Input target zone in advance.
2. "**TZ**" will display when the heart rate within the target zone. (No Beep sound).
3. "Lo" will display when the heart rate is **below** the lower limit of the target zone. (Beep should sound).
4. "Hi" will display while the heart rate is **above** the upper limit of target zone. (Beep should sound).
5. **Target zone setting:**
 - a). Hold **ST/SP** 2 seconds to enter Target Zone setting mode when under date setting mode.
 - b). Refer the **Data Setting key operations** to adjust the Target zone data.



8. Exercise time mode

EXT

1. Calculation and recording the exercise time when the heart rate over the lower limit of the target zone.
2. Total efficient exercise time will be recorded, including the time in and above the target zone.
3. The range of **EXT** is from 00H00H00S to 99H59M59S.

9. Average Heart Rate

AVG

1. Calculates the average heart rate during exercise: using this value we can tell if the cardiopulmonary condition has improved for the same intensity of exercise.
2. The range of **AVG** is from 40bpm to 240bpm.

10. Maximum Heart Rate**MAX**

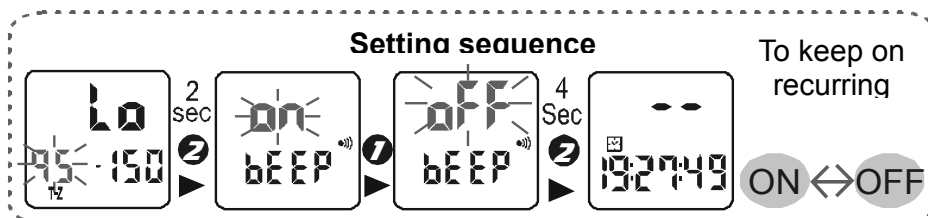
1. Monitors and records the maximum heart rate during exercise.
2. The range of **MAX** is from 40bpm to 240bpm.

11. Calory mode**CAL**

1. Calculates the calories expended for the whole exercise process, not only from exercise.
2. Males expend more calories than females at the same heart rate, likewise, the female heart rate will be higher than male heart rate when doing the same amount of exercise.
3. The unit for **CAL** is Kcal.
4. The range of **CAL** is from 0 Kcal to 9999.99 Kcal.
5. **CAL** mode will be calculated when the heart rate is equal or over 90 bpm.

12. Beep

1. Chime and key beep function.
2. **Beep setting:**
 - a). Hold **ST/SP** 2 seconds to enter beep setting mode when under Target Zone setting mode.
 - b). Press **MODE** to select beep ON/OFF.
 - c). Hold **ST/SP** 4 seconds to complete setting and quit.

**13. Low battery indicator****LOW**

1. The symbol " **LOW** " will appear to indicate the battery is nearly exhausted. Replace the battery with a new battery within a few days after the symbol was appeared.
2. Please change the battery by watch shop, and do not break the watch down by your own.

PRECAUTIONS

1. Take care of you chest belt. Wash the chest belt by suds, then flush out with water. Let it dry it naturally, avoiding putting the chest belt under the environment of high temperature or touching the corrosive as strong acid or alkalis material.
2. Wetting the skin, where will contact the conductive area of the chest belt will improve the conduction and get more stable signal.
3. The physical condition of individual might effect the intensity of measured signal.
4. Avoiding using the heart rate monitor close to trolley car, tram stop, transformer, electric substation and high-tension distribution line etc. Because the radio signal will be affected under the environment as high voltage and strong magnetic field.
5. Although the water resist of this watch has been approved as 30 meter, but please do not operate any button of the watch under water. This watch is not designed for diving.
6. Battery can be used for 1 year according to daily use for 2 hours. Please change the battery by watch shop, and do not break the watch down by your own.

SPECIFICATIONS

ECHO SF-1000/SF-2000/SF-3000 Pulse Chest belt:

- Battery type: CR2032
- Battery life: Average 1300 hours.
(You can change the battery by yourself.)
- Operating temperature: 0°C~50°C (14°F~122°F)

ECHO SF-1000/SF-2000/SF-3000 Pulse watch:

- Battery type: CR2025
- Battery life: About 1 year.
- Operating temperature: 0°C~50°C (14°F~122°F)
- Water resistance: 3 ATM