

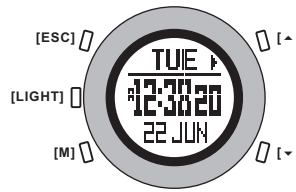


# Pulse Track 51

Built-in Compass, Altimeter, Barometer, Thermometer and also Heart rate measurement

## Quick Guide

### 1.0 Button Operation



#### Mode Button [M]

- To select the current function or menu.
- Hold down to select setting mode.

#### Escape Button [ESC]

- To select between timekeeping and sensor mode.
- To exit from setting mode.
- To go back to previous screen or function level.

#### Up Button [->]

- To scroll the menu upward.
- To select among different sub-function.
- To activate the 'start' or 'stop' function.

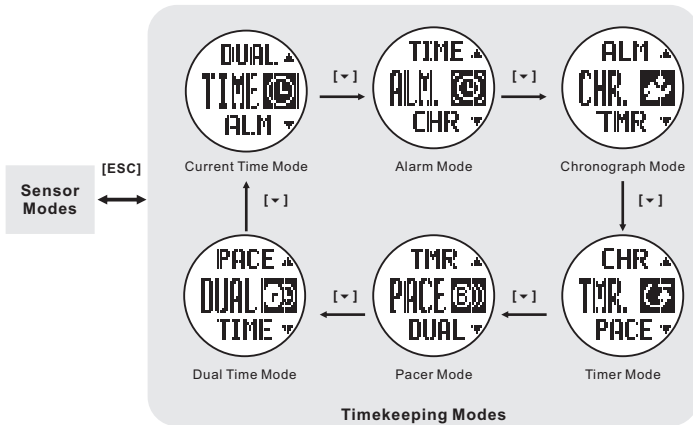
#### Down Button [v]

- To scroll the menu downward.
- To select among different sub-function.
- To activate the 'lap' or 'reset' function.
- To activate the 'fast' sampling function during Altimeter and Barometer Mode.

#### Light Button [Light]

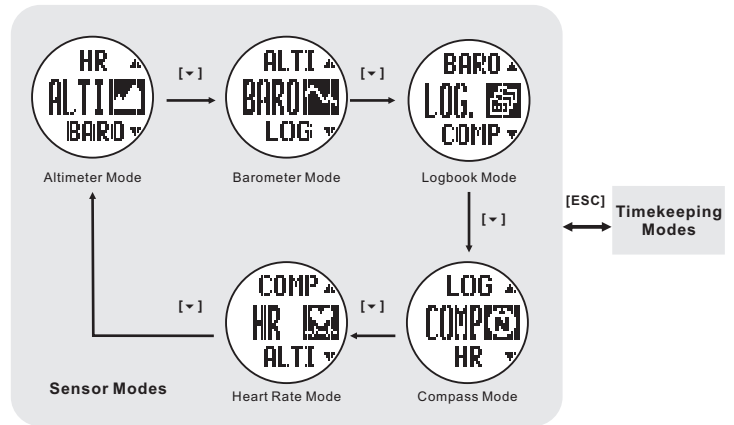
- To turn on the EL back light for about 3 seconds.

### 2.0 Major Function Flow - Timekeeping Mode



\* Press the [->] button to move the selection in the reverse direction.

### 2.0 Major Function Flow - Sensor Mode



\* Press the [->] button to move the selection in the reverse direction.

### 3.0 Function Overviews - Timekeeping Modes

#### Current Time Mode

Day of Week/  
Weather forecast/  
Temperature/  
Pressure History/  
Altitude History

Weather Forecast: Sunny, Cloudy, Cloudy with Sun, Raining

Time (Hour, minute, second)

Date

- Hold down [M] for 2 seconds to enter Current Time setting display.
- Press [->] to select Day of Week, Weather forecast, Temperature, Pressure History and Altitude History display.

#### Alarm Mode

Alarm ID

Alarm Time (Hour, minute)

Alarm ON Indicator

Alarm ON/OFF (Daily or Weekly)

- Hold down [M] for 2 seconds to enter Alarm setting display.
- Press [->] to select Alarm 1 or Alarm 2.
- Press [v] to turn ON / OFF Alarm.

### 3.0 Function Overviews - Timekeeping Modes

#### Timer Mode

Target Time (Hour, Minute, Second)

Current Time

- Press [->] to start counting.
- Press [->] again to stop counting.
- Press [v] to reset the counter when stop counting.
- Hold down [M] for 2 seconds to enter Timer setting display.

#### Pacer Mode

Steps

Beeping rate

- Press [->] to start / stop pacer.
- Press [v] to reset steps counter when stop.
- Hold down [M] for 2 seconds to enter beeping rate setting display.
- When the Pacer is activated, press [M] to go to Chronograph Mode and press [->] to start counting and beeping at the same time.

### 3.0 Function Overviews - Timekeeping Modes

#### Chronograph Mode

Elapsed Time (Hour, Minute, Second)

Lap Number

Counting display

Stop counting

Reset display

- Press [->] start counting.
- Press [v] to take Laps.
- Press [->] again to stop counting.
- Hold [v] to reset the chronograph when stop counting.
- Hold down [M] for 2 seconds to enter Laps recall display.

#### Dual Time Mode

Dual Time (Hour, Minute, Second)

Current Time

- Hold down [M] for 2 seconds to enter Dual Time setting display.

### 4.0 Function Overviews - Sensor Modes

#### Altimeter Mode

Temperature/  
Relative Altitude/  
Altitude History

Absolute Altitude

Current Time

- Press [->] to select Temperature, Relative Altitude and Altitude history display.
- Hold [->] to change the temperature unit.
- Press [v] to change the altitude unit.
- Hold down [M] for 2 seconds to enter altimeter setting display.

#### Barometer Mode

Temperature/  
Absolute Pressure/  
Pressure History

Sea level Pressure

Current Time

- Press [->] to select Temperature, Absolute Pressure and Pressure history display.
- Hold [->] to change the temperature unit.
- Press [v] to change the pressure unit.
- Hold down [M] for 2 seconds to enter barometer setting display.

## 4.0 Function Overviews - Sensor Modes

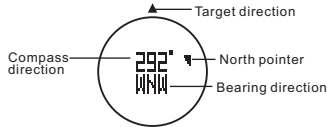
### Logbook Mode



Logbook display

- Press [▲] or [▼] to select segment to review.
- Hold [M] to enter logbook sub-function menu and press [▲] or [▼] to select.
- Press [M] to confirm sub-function selection.

### Compass Mode

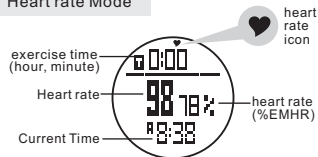


Compass display

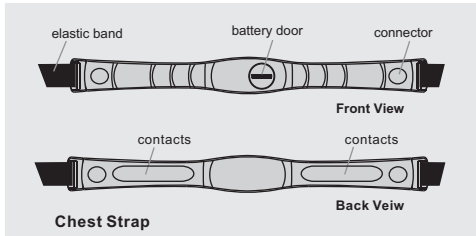
- Press [▲] to toggle normal / backward compass bearing.
- Hold [▼] to turn ON/OFF compass lock.
- Hold down [M] for 2 seconds to enter Compass setting display.

## 4.0 Function Overviews - Sensor Modes

### Heart rate Mode



- Press [▲] to start capture heart rate signal.
- Press [▼] to turn ON/OFF zone alert.
- Hold [M] to enter heart rate recall / setting sub-function menu.



Chest Strap

## 4.0 Function Overviews - Sensor Modes

### Heart rate Mode

#### Tips and Precautions when Using the Chest Strap

- Two contacts located on the back of the Chest Strap. These two contacts must make firm contact with the user's skin during the measurement.
- DO NOT take heart rate measurement when diving or under water.
- Clean the contacts occasionally by applying a few drops of water, and wipe it dry with a paper towel to remove any residual grease.
- DO NOT use body cream; it will insulate the signal between the skin and the contacts.
- Clean your skin with soap and water for better signal transmission.
- For those with extremely dry skin, apply conductive gel or water.
- Adjust the Chest Strap with the supplied elastic band until it is hold on your chest firmly to avoid loosen it when doing exercise.
- Avoid doing any awkward motion during measurement, it will create an inaccuracy heart rate reading.

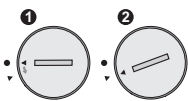
## 4.0 Function Overviews - Sensor Modes

### Heart rate Mode

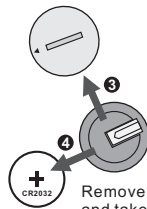
#### Potential Causes for NO Reading or Long Response Time

- 1) Cause: Dry Skin.  
Solution: Apply conductive gel or saliva thoroughly to chest area. (Even water will help if conductive gel is not available).
- 2) Cause: Chest Strap are not placed firmly over the chest.  
Solution: Make sure the Chest Strap is firmly over the chest and the Watch is placed securely on wrist.
- 3) Cause: Muscle tremors caused by holding the Chest Strap too hard on your chest.  
Solution: The contacts must make firm contact with the user's skin during measurement. This will ensure good and consistent readings even while walking or jogging with arms swung naturally.
- 4) Cause: Dead skin on wrist.  
Solution: Usually rubbing your skin with a towel will help.
- 5) Cause: A thin layer of body grease can insulate the ECG signal-basically prevents the back sensor on the Chest Strap from picking up one's ECG.  
Solution: Wipe chest and the back of Chest Strap with a tissue or soft towel.
- 6) Cause: Hairy chest.  
Solution: Apply conductive gel to chest area.
- 7) Cause: Irregular heartbeats.  
Solution: N/A It is difficult to consistently pick up a reading for those with irregular heart beats. Inconsistent response times are expected for those with arrhythmia.
- 8) Cause: Battery Low.  
Solution: It might be due to the battery level of the Chest Strap is low. Replace the battery of the Chest Strap.

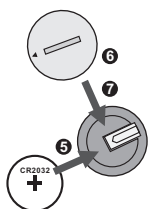
## 5.0 Battery Replacement



Twist the battery door anti-clockwise to unlock.

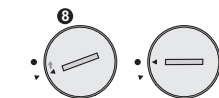


Remove the battery door and take away the old battery.



Replace the new battery and close the door.

**Note: Beware the o-ring is in the right position or not**



Twist the battery door clockwise to lock the door.