

VISION  FITNESS



*Owner's
Guide*

**VF•I, VF•II, & VF•III
HEART RATE MONITORS**



Table of Contents

PART 1 - GETTING STARTED	
HEART RATE MONITOR PARTS	2
ADJUSTING & POSITIONING	3
MONITOR MODELS & THEIR BUTTON FUNCTIONS	4
MODES & THEIR FUNCTIONS	6
PART 2 - SETTING YOUR MONITOR	
SETTING THE TIME-OF-DAY	8
SETTING THE DATE	10
USING THE STOPWATCH	12
SETTING YOUR TARGET ZONE	14
PART 3 - TARGET ZONE INFORMATION	
MAXIMUM HEART RATE FORMULA	16
TARGET ZONE CHART	17
PART 4 - FUNCTIONS DURING USE	
VIEWING YOUR HEART RATE	18
ILLUMINATE THE DISPLAY	18
TARGET ZONE ALARM	19
AVERAGE HEART RATE	19
PART 5 - EXERCISE BASICS	
STRETCHING	20
WARM UP & COOL DOWN	21
EXERCISE GUIDELINES	22
FURTHER READING	24
PART 6 - MAINTENANCE	
BATTERY REPLACEMENT	25
PRECAUTIONS	26
BASIC TROUBLESHOOTING GUIDE	27
WARRANTY	28

Congratulations on choosing a VISION FITNESS Heart Rate Monitor. You've taken an important step in developing and sustaining your exercise program!

Your VISION FITNESS Heart Rate Monitor is a motivation tool that can be used with almost any aerobic activity to help you achieve your personal fitness goals. Regular aerobic exercise can improve the quality of your life.

The key to reaping these benefits is to develop the exercise habit. Your new VISION FITNESS Heart Rate Monitor will help you by providing ECG accurate feedback on your exercise intensity that will allow you to modify your workout to achieve the maximum benefit. This Owner's Guide provides you with the basic information you need on using a Heart Rate Monitor. For more detailed information, see the Further Reading materials section in this Owner's Guide.

Thank you for choosing VISION FITNESS!

IMPORTANT REMINDERS!

- Adjust the strap length tight enough, and wet the electrodes to ensure proper function.
- Never twist or bend the electrodes.
- Do not push the buttons on the wrist monitor under water. Rinse with water and dry the transmitter after each use; never store wet.
- Avoid placing the monitor in direct sunlight for long periods of time.
- Do not use in extreme hot or cold temperatures.

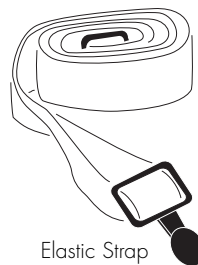
WARNING: NOT A MEDICAL DEVICE

This Heart Rate Monitor is not a medical device, but a useful tool for monitoring the intensity of your workouts by displaying your heart rate. VISION FITNESS makes no claims of guaranteed health or fitness benefits from the use of this product. Always consult your physician before beginning any exercise program.

VISION FITNESS HEART RATE MONITOR PARTS



Transmitter Strap



Elastic Strap



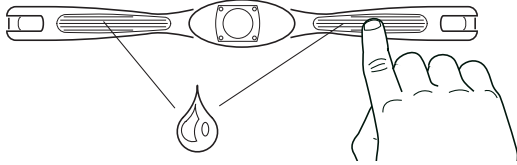
VF-I Wrist Monitor



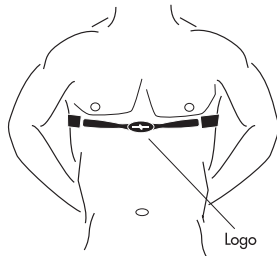
VF-II Wrist Monitor



VF-III Wrist Monitor



Moisten the transmitter rubber contact pads with water or saliva.

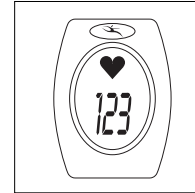


Position the chest transmitter just below the breast or pectoral muscles with the Vision Fitness logo facing out. Adjust the elastic strap length as to avoid bouncing or sliding.

3

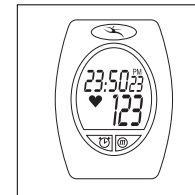
Wear the wrist monitor like a conventional watch. Keep the wrist monitor within range of the chest transmitter (30 inches).

MONITOR MODELS AND THEIR BUTTON FUNCTIONS



VF•I HEART RATE MONITOR

This no-button model is the ultimate in simplicity; simply wear the transmitter to activate the monitor and view your heart rate.



VF•II HEART RATE MONITOR

STOPWATCH Button  Functions

Activate your target heart rate zone audio alarm On/Off

Adjust your settings

Start/Stop the stopwatch

4

MODE Button  Functions

Move through each of the four display modes

Choose your settings

Store your selections

Activate your heart rate display



Vf•/// HEART RATE MONITOR

LIGHT/ALARM Button

Backlight On

Activate your target heart rate zone audio alarm On/Off

START/STOP Button

Start/Stop the stopwatch

Adjust your settings

MODE Button

Move through each of the four display modes

Switch settings

Activate your heart rate display

SET Button

Choose your settings

Store your selections

5

MODES AND THEIR FUNCTIONS


Vf•I HEART RATE MONITOR

MONITORING

See your heart rate reading



Vf•II HEART RATE MONITOR

Use the MODE Button  to view the four different display modes

TIME

see the time of day

see your heart rate reading



DATE

see the date

see your heart rate reading



STOPWATCH

use the stopwatch

see your heart rate reading



AVERAGE HEART RATE

see your average heart rate

see your heart rate reading



6

VF•III HEART RATE MONITOR

Use the MODE Button to view the four different display modes

TIME

see the time of day
see your heart rate reading



DATE

see the date
see your heart rate reading



STOPWATCH

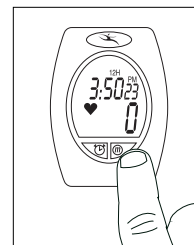
use the stopwatch
see your heart rate reading



7

AVERAGE HEART RATE

see your average heart rate
see your heart rate reading



SETTING THE TIME

VF•II HEART RATE MONITOR

Press MODE to select Time.

Press and hold MODE to begin; 12H or 24H will flash.

Press STOPWATCH to adjust.

Press MODE to lock the selection; the Hour will flash.

Press STOPWATCH to adjust.

Press MODE to lock the selection; the Minutes will flash.

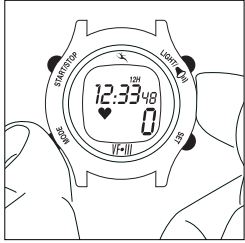
Press STOPWATCH to adjust.

Press MODE to lock the selection; the Seconds will flash.

Press STOPWATCH to adjust.

Press and hold MODE to lock the settings and exit.

8



SETTING THE TIME

VF•III HEART RATE MONITOR

Press **MODE** to select Time.

Press **SET** to begin; 12H or 24H will flash.

Press **START/STOP** to adjust.

Press **MODE** to lock the selection; the hour will flash.

Press **START/STOP** to adjust.

Press **MODE** to lock the selection; the minutes will flash.

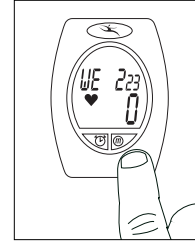
Press **START/STOP** to adjust.

9

Press **MODE** to lock the selection; the seconds will flash.

Press **START/STOP** to adjust.

Press and hold **SET** to lock the settings and exit.



SETTING THE DATE

VF•II HEART RATE MONITOR

Press **MODE** to select Date.

Press and hold **MODE** to begin; the Day will flash.

Press **STOPWATCH** to adjust.

Press **MODE** to lock the selection; the Month will flash.

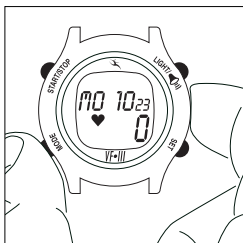
Press **STOPWATCH** to adjust.

Press **MODE** to lock the selection; the Date will flash

Press **STOPWATCH** to adjust.

Press and hold **MODE** to lock the settings and exit.

10



SETTING THE DATE

VF•III HEART RATE MONITOR

Press MODE to select Date.

Press SET to begin; the Day will flash.

Press START/STOP to adjust.

Press MODE to lock the selection; the Month will flash.

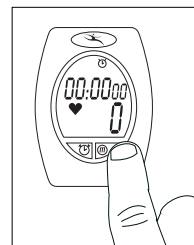
Press START/STOP to adjust.

Press MODE to lock the selection; the Date will flash

11

Press START/STOP to adjust.

Press SET to lock the settings and exit.



USING THE STOPWATCH

VF•II HEART RATE MONITOR

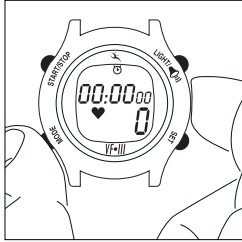
Press MODE to select Stopwatch.

Press STOPWATCH to start the Stopwatch.

Press STOPWATCH to stop the Stopwatch.

Press and hold STOPWATCH to reset the Stopwatch.
Your average heart rate will also reset to "0" when the Stopwatch is reset.

12



USING THE STOPWATCH

VF•III HEART RATE MONITOR

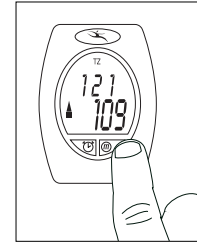
Press MODE to select Stopwatch.

Press START/STOP to start the Stopwatch.

Press START/STOP to stop the Stopwatch.

Press and hold START/STOP to reset the Stopwatch.
Your average heart rate will also reset to "0" when the Stopwatch is reset.

13



SETTING YOUR TARGET ZONE

VF•II HEART RATE MONITOR

Press MODE to select Stopwatch.

Press and hold MODE; upper Target Zone will flash.

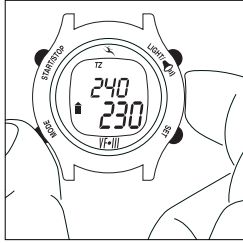
Press STOPWATCH to adjust.

Press MODE to lock selection; lower Target Zone will flash.

Press STOPWATCH to adjust.

Press and hold MODE to lock the settings and exit.

14



SETTING YOUR TARGET ZONE

VF•III HEART RATE MONITOR

Press MODE to select Stopwatch.

Press SET; upper Target Zone will flash.

Press START/STOP to adjust.

Press MODE to lock selection; lower Target Zone will flash.

Press START/STOP to adjust.

Press SET to lock the settings and exit.

15

DETERMINING YOUR TARGET HEART RATE

One of the first steps to using a Heart Rate Monitor is to determine your Target heart rate Zone (TZ). It is always best to consult with your physician first, and it is especially important if you have a history of heart disease. Never use a Heart Rate Monitor if you have a pacemaker without first consulting your physician. Below are some general guidelines for your reference.

TARGET HEART RATE ZONE

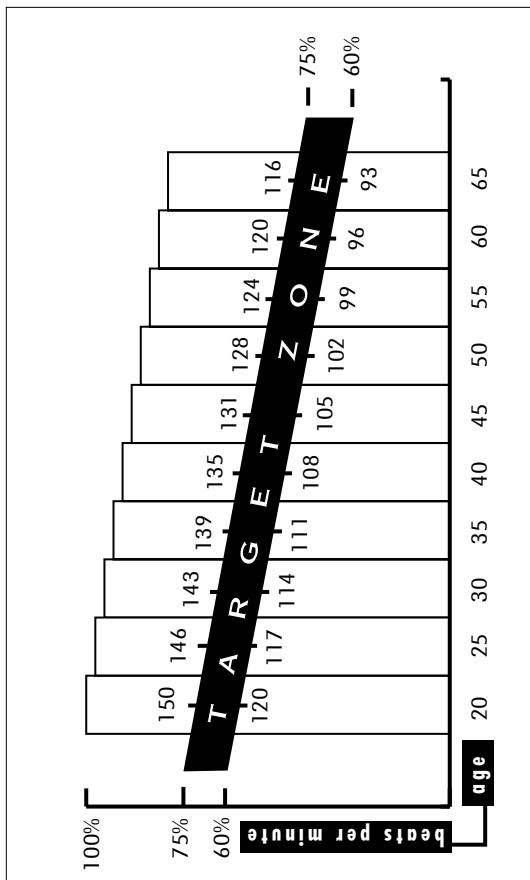
The American Heart Association recommends the following formula for calculating your Target heart rate. First find your maximum heart rate:

$$220 \text{ minus Your Age} = \text{Maximum Heart Rate}$$

Your Target heart rate Zone is a percentage of your maximum heart rate (see chart on opposite page). The American Heart Association recommends working out at a Target Zone of between 60% and 75% of your maximum heart rate. If you are just beginning an exercise program, exercise between 50% and 60% of your maximum heart rate. If you have already been exercising regularly and are looking to improve your performance, you can consider exercising in the athletic training Target Zone of 75% to 90% of your maximum heart rate.

16

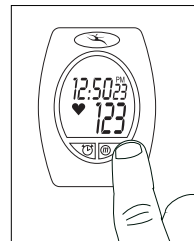
Use this chart to determine your Target Zone (TZ) for estimated ages.



VIEWING HEART RATE

VF•I HEART RATE MONITOR

This no-button model is the ultimate in simplicity; simply wear the transmitter to activate the monitor and view your heart rate after.



VF•III & VF•III HEART RATE MONITORS

When MODE is pressed you can see your heart rate in beats per minute. A flashing heart symbol ♥ indicates a heart rate measurement, when a VISION FITNESS transmitter is worn.



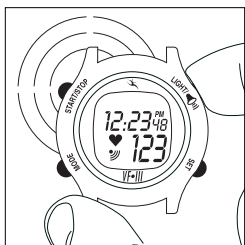
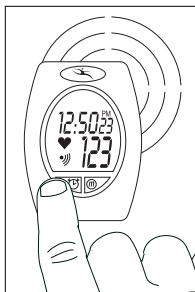
ILLUMINATE THE DISPLAY (VF•III only)

Press LIGHT; backlight is activated for a few seconds.

TARGET ZONE ALARM

VF•II HEART RATE MONITOR

Press STOPWATCH when your heart rate is displayed, and you will hear an Alarm sound if you go above the upper limit or below the lower limit of your Target Zone (see Page 17 to determine your Target Zone).



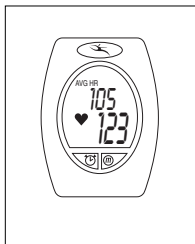
VF•III HEART RATE MONITOR

Press LIGHT when your heart rate is displayed, you will hear an alarm sound if you go above the upper limit or below the lower limit of your Target Zone (see Page 17 to determine your Target Zone).

19

AVERAGE HEART RATE (VF•II & VF•III)

Press START/STOP to start the Stopwatch. Press MODE, your heart rate and average heart rate will be displayed. This function will only be active when the stopwatch is running. To reset, reset Stopwatch to 00:00.



EXERCISE BASICS

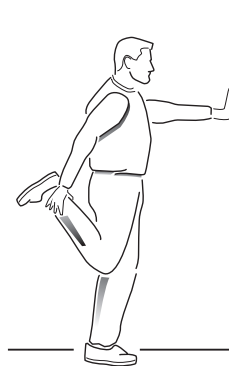
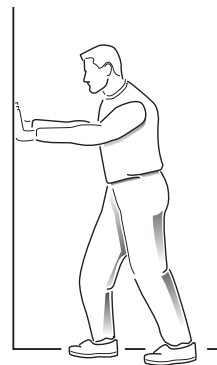
Consult your physician before beginning any exercise program.

STRETCHING

Before beginning any exercise program, it is best to spend a few minutes doing a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise-related injury. Ease into each of these stretches with a slow gentle motion.

WALL PUSH

Stand 18" from a wall and lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 10. Do not bounce.



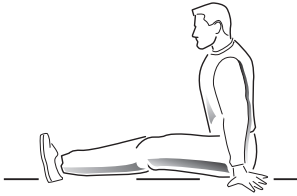
STANDING QUADRICEPS STRETCH

Using a wall or chair to provide balance, grab your left ankle with your left hand and hold your foot against the back of your thigh for a count of 10. Repeat with your right foot and hand.

20

SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 10. Do not bounce.



WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm up will limber your muscles and prepare them for more strenuous exercise.

21

COOL DOWN

You should never stop exercising suddenly! A cool down period allows your heart to readjust to the decreased demand. Exercise at low intensities during the cool down to gradually lower your heart rate. After the cool down, repeat the stretching exercises described to loosen and relax your muscles.

EXERCISE GUIDELINES

HOW OFTEN?

The American Heart Association recommends that you exercise at least 3 or 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit.

Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before your shower, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted.

If you are to be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

22

HOW LONG?

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 32 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity.

If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD?

How hard you workout is also determined by your goals. Regardless of your long-term goals, always begin a new exercise program at a low intensity. Aerobic exercise does not have to be painful to be beneficial! A wireless heart rate monitor is the most accurate method to measure your exercise intensity.

FURTHER FITNESS READING

ACSM Fitness Book
American College of Sport Medicine
Leisure Press

Exercise and Your Heart
Pamphlet by the American Heart Association
See your local American Heart Association Office

The New Fit or Fat
Covert Bailey
Houghton Mifflin Company

Fit or Fat for the 90's A 60 Minute Video
Covert Bailey
Pacific Arts

The Aerobics Program for Total Well Being
Kenneth H. Cooper, MD
Bantam Books

The Heart Rate Monitor Book
Sally Edwards

MAINTENANCE

- Wipe off perspiration with a damp towel and dry the transmitter after **each** use.
- Never store the transmitter wet; moisture on the transmitter electrodes activates the transmitter and will drain battery power during storage.
- Store in a breathable, dry place away from sweaty clothes, wet towel, etc..
- Never twist or bend the electrodes.
- Do not use in extreme hot or cold temperatures.
- Avoid placing the monitor in direct sunlight for long periods of time.

BATTERY REPLACEMENT

The batteries in your heart rate monitor can be expected to last over one year under normal use. Note that excessive use of the backlight and the alarm signals will use the battery life more rapidly. Your monitor uses 2 lithium CR2032 batteries, one for the transmitter, and one for the receiver.

Should your display become faint, or the monitor only pick up the transmitter signal at a very short distance, it is time to replace the batteries. Always replace both batteries at the same time.

Because both the transmitter and the monitor are water resistant, it is recommended - but not required - that you have the batteries replaced by VISION FITNESS or a professional jeweler. If the O-ring is not correctly positioned when the monitor or transmitter covers are resealed, then water will damage the components. Monitor failure due to incorrect replacement of the batteries is not covered under the warranty terms.

25

BATTERY REPLACEMENT SERVICE

If you live in the US, you can return both the monitor and the transmitter to VISION FITNESS for battery replacement. We will clean both components, replace both batteries, do a full function re-test, and cover the return postage cost to you for a total service fee of \$19.99. Other repairs, should they be needed, are not covered by this service fee. This price is valid through December 31, 2001.

Please package carefully and send both the watch and the transmitter to:

VISION FITNESS, P.O. Box 280, 621-D East Lake St., Lake Mills, WI 53551, Ph: 1.800.335.4348

**Please include a check for \$19.99 with the return shipment.
Do not send cash.**

SERVICE

If you need further diagnostic help or your monitor requires repair, please call our technical service department at: 1.800.335.4348 Ext.12

PRECAUTIONS

• Interference - Your heart rate monitor receives a signal from the transmitter. As with most electronic receiving devices, there can sometimes be interference that causes inaccurate display readouts. Avoid using your heart rate monitor too near common sources of interference. These included high voltage power lines, air conditioning motor units, fluorescent light, wristwatches, computer and cellular phones.

• Water Resistance - VISION FITNESS heart rate monitors are water resistance up to 20 meters. To maintain the water resistance, do not operate the buttons of the wrist monitor while under water.

26

TROUBLESHOOTING

NO HEART RATE DISPLAY

First try applying more generous moisture to the rubber pads, and repositioning the transmitter until the heart icon ♥ begins blinking on the display. Sometimes it is necessary to shift the transmitter to the left, or move it down further on the chest to get a better transmission signal.

ERRATIC OR INCONSISTENT READOUT

This is often caused by dry electrodes or a loose chest strap. Moisture on the rubber electrodes is required for proper operation. Try a more generous coating of water on the electrodes and tightening the chest strap.

Check your exercise environment for sources of interference such as high power lines, large motor, etc. Never wear a wrist watch next to your monitor. It will cause inaccurate readouts.

LCD DISPLAY IS BLANK OR LIGHT

The LCD display is designed to be used in temperatures between 32 to 120 degrees Fahrenheit (0 to 50 degrees Centigrade). The display will operate in colder temperatures. Return to room temperature to restore operation.

27

Batteries may need replacing

LCD DISPLAY IS ALL BLACK

Avoid placing the LCD in direct sunlight for long periods of time. Do not leave below a car windshield or on an unattended bike handlebar. Return to room temperature to restore operation.

VISION FITNESS warrants our heart rate monitors and transmitters for a period of TWO YEARS from the date of original purchase against defects in workmanship and materials.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective item and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper maintenance, or water damage caused by improper replacement of the battery. The warranty does not apply to damage or failure due to accident, abuse, corrosion, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

Normal battery replacement is not covered by this warranty.

NOT A MEDICAL DEVICE

This heart rate monitor is not a medical device, but a useful tool for monitoring the intensity of your workouts by displaying your heart rate. VISION FITNESS makes no claims of guaranteed health or fitness benefits from use of this product.

28

NOTES

NOTES

*vision
fitness*

the vision to succeed



500 South C.P. Avenue • P.O. Box 280
Lake Mills. WI 53551 • toll free 1.800.335.4348
phone 1.920.648.4090 • fax 1.920.648.3373
www.visionfitness.com

©2000 Vision Fitness. All Rights Reserved. *VF•I*, *VF•II*, and *VF•III* are
Trademarks of Vision Fitness. 6.00 Part #Y0054025
OM18.01PRD
REV1