

# ePulse<sup>2</sup> Personal Fitness Assistant (PFA)® Quick Start Guide

The Quick Start guide will show you how to put on and immediately begin using your ePulse2. Please read the entire user manual to fully understand all of the operational, care and safety features of ePulse2.

## Controls and Functions



= Scroll Up



= On/Off



= Scroll Down



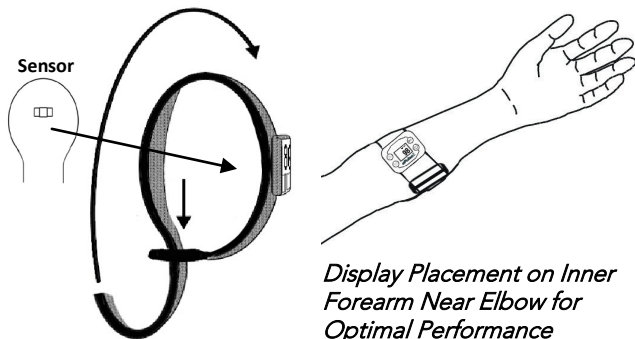
**SEL** = "Select": Accesses Stored Data, Reset and Enter Data functions. Used to select Personal Data settings.

**Step 1: Before initial operation, charge your ePulse2** for 12 hours or until the display shows "charge complete," using the enclosed wall charger.

- The micro USB connector on the device is located on the right side of the ePulse2. Remove the dust cap for access to the charging port.
- After initial charge, you may charge the ePulse2 for 3 hours or until the display shows "charge complete" and turns off.
- The battery discharge indicator is on the upper right of the display and will turn red when approximately 30 minutes of charge remain. *ePulse2 will typically require recharging after 6.5 hours of continuous use.*

**Step 2: Wear your ePulse2**

- **Armband Placement:** Loop the strap through the buckle, around your arm and back on itself.
- Tighten the strap snugly. For smaller arms the strap may be folded back on itself.
- ePulse2 is designed to be worn high on either forearm, with the display in view.



**Step 3:** Click the Button to turn your ePulse2 on and

remain still. Your heart rate will appear. **Continue to remain still** and within 25 seconds a heart will appear on the display indicating that ePulse2 is locked to your heart rate and you can begin exercise activity.

Use the scroll buttons to view different preset display options:

- Basic HR
- Calories Burned and HR (requires entry of personal data)
- Exercise Time and HR
- Stop Watch (see user manual for instructions)
- Cardio HR Target Zones (requires entry of personal data)
- Fat Burning Target Zones (requires entry of personal data)
- Calorie Count Down (requires entry of personal data)

**IMPORTANT NOTE:** It is not necessary to enter personal data in order to view basic heart rate or most other data.

**Step 4 (Optional): Enter Personal Data.**

- Use the *Enter Data Menu* to automatically calculate Basal Metabolic Rate, calories burned and cardio and fat burning target exercise zones by pushing and then pushing the button as per the on screen prompt.
- The first option is NAME. Press SEL again to enter the letter selection. To select each letter, use the buttons and then press . When complete, move to the lower right *enter icon* and press to save your name.
- You will now enter the GENDER option. Push SEL again and when the *display turns white*, use the buttons to choose male or female. Press to save.
- Next, you will automatically be taken to the AGE option. Again, press SEL to turn the display white and use the buttons to adjust age. Press to save.
- Continue this process through each of the settings.
- **NOTE: To SAVE your data you MUST scroll through all "windows" until you reach "EXIT?" and press SELECT.**

**Full List of Data Entry Options:**

- Name (optional)
- Gender
- Age
- Weight in Pounds
- Height in Inches
- Resting Heart Rate
- Custom Zone =Personal Target Heart Zone – Enabled or Disabled (optional)
- Calorie Countdown (optional)
- Display View = Continuous (default) or On-Demand (On Demand Mode conserves power 2x by turning off the display unless accessed by the user. To view the display press one of the scroll buttons to see live data for five seconds.)
- Display Color=Normal (default) uses multiple colors. Outdoor option is all green for ease of viewing in bright sunlight.
- Operating Method=Mode 1 (default) is for heavy exercise activity. Mode 2 may be used as an alternate operating method for lighter activity.
- Exit to return to the main HR display

Please see User Manual for additional details and features such as *Reviewing Stored Data* and using the *Stopwatch* and *Review Split Time* Functions.

**WARNING!** The ePulse2 is not a medical device. The ePulse2 is intended for recreational use only and no claims are made or implied in the results obtained by the use of our equipment. Consult your doctor before undertaking any exercise using the ePulse2.