

Instruction Manual

Congratulations!
You've bought an OMNI Heart Rate Watch!

About ourselves

OMNI is a young, innovative German company. OMNI stands for innovative sports watches, heart rate watches and high-quality accessories at reasonable prices. Designed and engineered in Germany. You can find out more about our products by looking at our internet site:
www.omnisports.de

Here's some information on your OMNI Heart Rate Watch.

Health

Your OMNI Heart Rate Watch provides you with an ECG-accurate display of your heart rate as well as other data which are calculated from it. This makes possible a considerably more healthy approach to taking part in sports, allowing you the same degree of activity as if your heart rate weren't being checked. **Nevertheless, it is important to calculate the limits within which your heart works most efficiently and at its healthiest.** These limits are very different from one person to another. Factors such as age, weight, fitness and health can have an enormous effect on your ideal training range. This is why **you should always ask your doctor whether you can take part in sports with a Heart Rate Watch and if so, how intensively.** If you have a pacemaker, we don't recommend the use of a Heart Rate Watch with a chest transmitter. Our tip is for you to use the OMNI Express Heart Rate Watch, which operates without a chest transmitter and is the better choice. You should ask your retailer or have a look at our homepage to get more information on the OMNI Express.

Calculating heart rate limits

If your doctor gives you the green light to use the Heart Rate Watch, the LumiTrac One now offers you to enter your heart rate limits. You enter your limits manually. It's easy to calculate these yourself in advance using the formula described below.

Formula for men:

The calculation is based on the assumed value of 220, so you deduct your age from 220.

Formula for women:

Multiply your age by 0.7. Now deduct this value from 220.

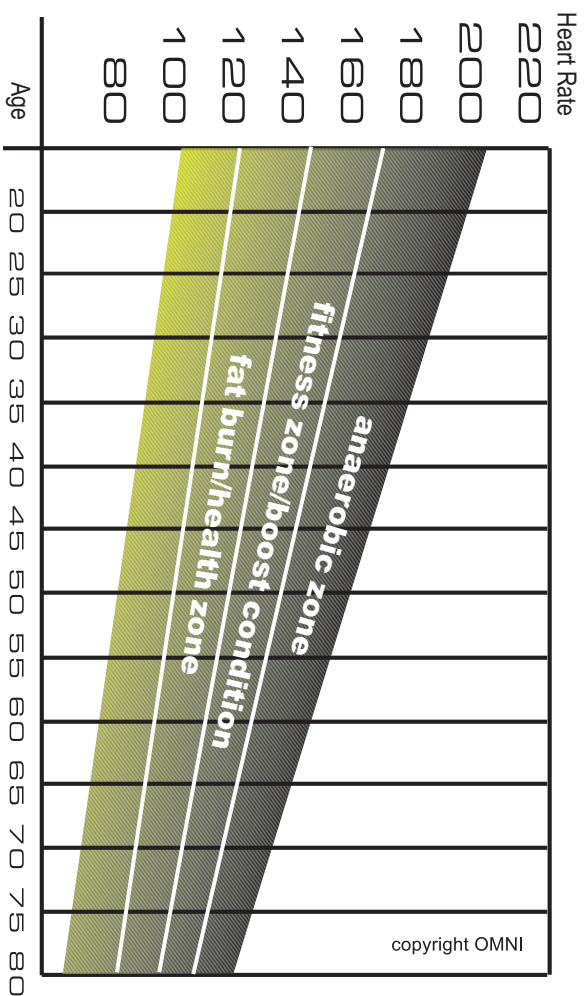
This gives you the maximum heart rate which applies to your age and sex. For health reasons, you should never exceed this heart rate.

The lower and upper limits for effective and healthy cardiovascular training (according to the American Heart Association) are between 65% and 80% of your personal maximum heart rate. This means that the nearer you are to 80%, the more you improve your fitness level, while the nearer you are to 65%, the more you stimulate your lipid fat metabolism and increase your health.

Now calculate 65% of your personal maximum heart rate (or the value you wish to use) and enter this value as your **lower heart rate limit**.

Now calculate 80% of your personal maximum heart rate (or the value you wish to use) and enter this value as your **upper heart rate limit**.

You may find the calculation easier using the table overleaf.



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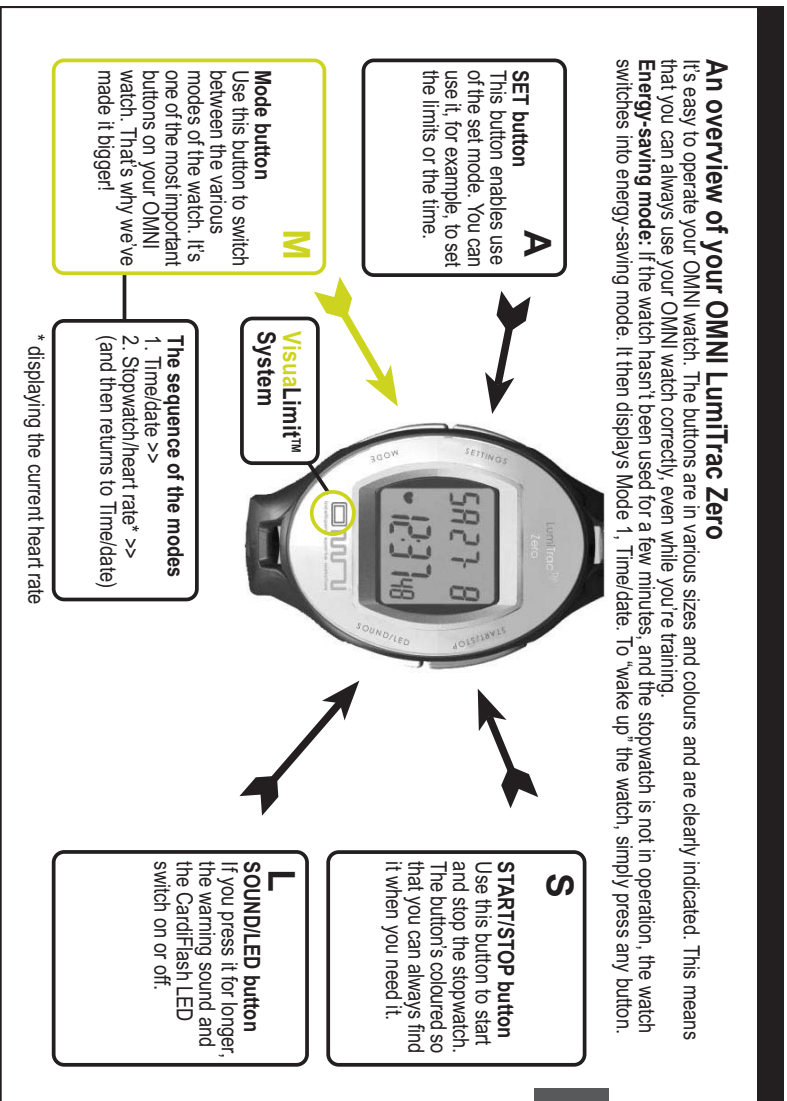
Limits Table

This scientifically designed table shows you at a glance the approximate heart rate range that is appropriate for your training, depending on whether you want to boost your condition, lose fat or simply improve your health. Note: The table applies only to healthy people of medium ability.

An overview of your OMNI LumiTrac Zero

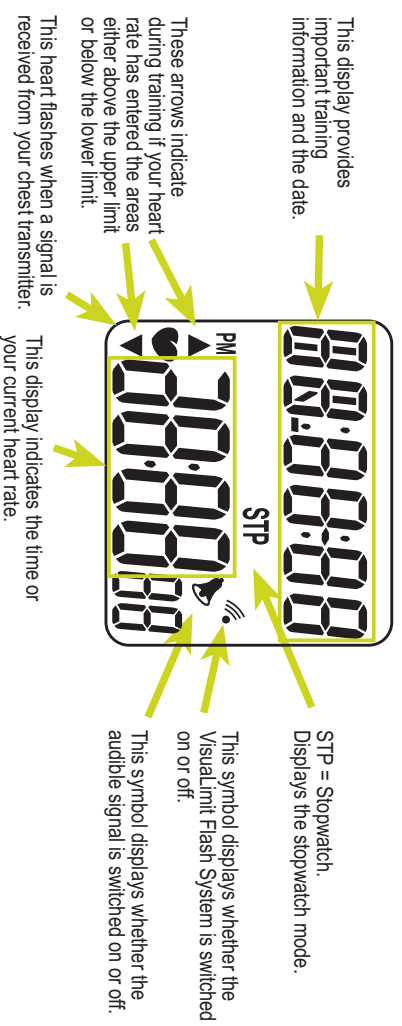
It's easy to operate your OMNI watch. The buttons are in various sizes and colours and are clearly indicated. This means that you can always use your OMNI watch correctly, even while you're training.

Energy-saving mode: If the watch hasn't been used for a few minutes, and the stopwatch is not in operation, the watch switches into energy-saving mode. If then displays Mode '1', Time/date. To "wake up" the watch, simply press any button.



The displays of your OMNI LumiTrac Zero

Each of the displays on your watch has a specific function. You can see below which display applies to which function.



The innovative VisualLimit™ System and the audible signals.

The innovative VisualLimit™ System quickly and unmistakably provides a visible display as to whether your heart rate has entered the areas either above the specified upper limit or below the specified lower limit. This is indicated by a flashing LED light that backlights the **O** of the OMNI lettering. A single glance is enough, no matter whether you're in daylight or pitch darkness. You can see at any time whether you're still performing healthy training. In addition, there is a flash to confirm each press of a button.

Single flash approx. every 3 sec = below the lower limit
Double flash approx. every 2 sec = above the upper limit

It's also possible to switch on audible signals that can be clearly heard if you enter the areas outside the limits as well as in confirmation of pressing a button. Warning sounds and the VisualLimit™ System can be used individually or in combination. You can also switch off both warning systems.

WARNING 1: If set incorrectly, both warning systems can greatly reduce battery life! The system's there to warn you, not to keep you entertained! So always set your heart rate limits in such a way that you aren't constantly entering the areas either above the upper limit or below the lower limit. If you are, you're either training incorrectly or you've entered your values incorrectly. Neither makes any sense and may have corresponding consequences.

WARNING 2: Both warning functions may have a slight effect on the repeat frequency of the heart rate measurement at frequencies of less than 100 beats per minute. Please take account of this if you want to take measurements in the low ranges.



Switching on the audible signal

Press any button to switch the watch from energy-saving mode to standard mode.

Hold "L" button for approx. 2 seconds until this symbol appears.



Switching on the audible signal and VisualLimit™ System

Hold down "L" again for about 2 seconds until both these symbols appear.



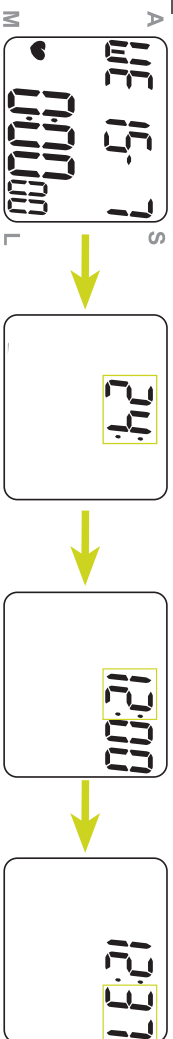
Switching on VisualLimit™ System only

Hold "L" again for approx. 2 seconds until only this symbol appears.

To switch off both systems, hold "L" again for 2 seconds. Both symbols disappear.

The first step: Setting the time

This first step is very easy. You just take the watch out of the packaging, and if no button's been pressed for some time, you'll find the watch in energy-saving mode. This is where we start from.



Initial display

Press "M" until the time mode appears.

Then hold "A". The "hold" display appears. Release "A" as soon as "hold" disappears.

12/24-hour mode

Either a "12" or a "24" is now flashing. You can alternate between the two by pressing "S".

Press "M" to confirm.

Setting the hour

The hour display is now flashing. You can now set the hour by pressing "S". Keep "S" held down for rapid change.

Press "M" to confirm.

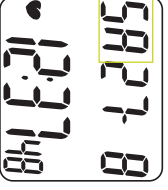
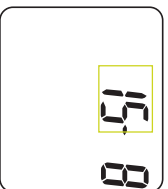
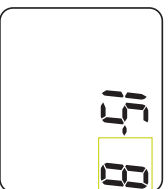
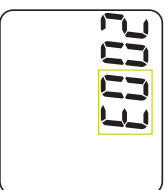
Setting the minutes

The minute display is now flashing. You can now set the minutes by pressing "S". Keep "S" held down for rapid change.

Press "M" to confirm.

Setting the date (continuation from previous page)

The date can be set after setting the time. The weekday is automatically displayed as soon as you've set the year, month and day.



Setting the year

The year display is now flashing. You can now set the year by pressing "S". Keep "S" held down for rapid change.

Press "M" to confirm.

Setting the month

The month display is now flashing. You can now set the month by pressing "S". Keep "S" held down for rapid change.

Press "M" to confirm.

Setting the day

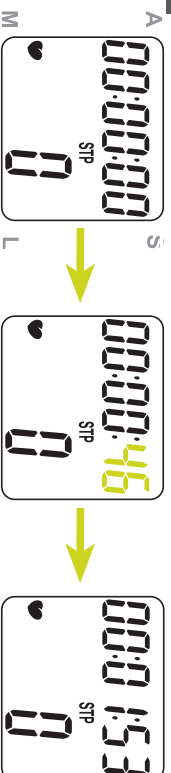
The day display is now flashing. You can now set the day by pressing "S". Keep "S" held down for rapid change.

Press "M" to confirm.

Weekday

The weekday is set automatically.

The stopwatch
The stopwatch of your OMNI LumiTrac Zero can store up to 20 hours. You can use it with or without heart rate function.



Initial display

Press "M" until the "STP" display appears.

(If you keep "S" held down for 2 seconds, the stopwatch will be reset, if required.)

Starting the stopwatch

You can start the stopwatch by pressing "S". The stopwatch counts in seconds up to 19 hours, 59 minutes and 59 seconds. It then goes back and begins counting again.

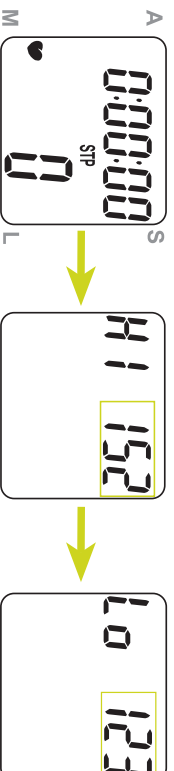
Stopping the stopwatch

You can stop recording the time by pressing "S". If you keep "S" held down for 2 seconds, the stopwatch will be reset.

Manually setting your heart rate limits

You can here enter the heart rate limits calculated on the previous pages. When you enter your values, any saved values are overwritten.

Please consult your doctor and have him carry out an exercise ECG to determine your personal limits. Alternatively, have him confirm the values that you've calculated.



Initial display

Press "M" until the "STP" display appears.

Now hold "A". The "hold" display appears.

Release "A" as soon as "hold" disappears.

Setting the upper limit

The upper limit value is now flashing. You can now set this value by pressing "S". Keep "S" held down for rapid change.

Press "M" to confirm.

Setting the lower limit

The lower limit value is now flashing. You can now set this value by pressing "S". Keep "S" held down for rapid change.

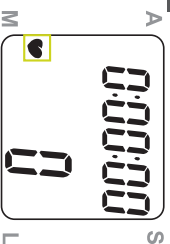
Press "M" to confirm.

Basic setting of the limits

The watch is factory-preset to the basic limit values of **123** for the lower limit and **152** for the upper limit. These values are also displayed after resetting the watch (cf. Troubleshooting) or after changing the battery.

Heart rate training

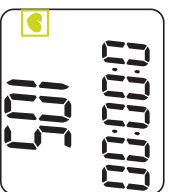
You can read your current heart rate in all modes except the energy-saving mode and the time mode. Please attach the chest transmitter correctly. (It will be explained later how to do this.)



Heart display

Press "M" to leave the time mode. A heart can be seen at the bottom left.

(If the heart isn't flashing, no signal is being received. However, the watch is ready to receive a signal.)



Flashing heart

Your watch needs approx. 5 - 8 seconds before the first current heart rate is displayed.

The flashing heart indicates that heart data are already being received. The current heart rate appears.



Warning signal/ flashing display

If you hear a warning signal and/or the heart display and/or the LED begin to flash, this doesn't mean that there isn't a heart rate being transmitted but that you've entered the areas either above the upper limit or below the lower limit.

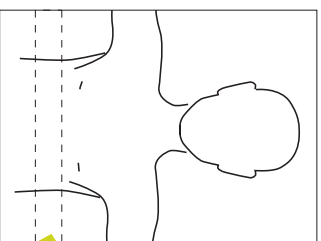
Training notes

How to use the OMNI Funk 02 chest transmitter

Your chest transmitter is one of the most sophisticated products on the market. A new process has been applied to manufacture it as a single piece, and this makes it extremely strong. You will get years of fun from it. It operates with your OMNI Heart Rate Watch and, of course, with almost all fitness equipment. Its large surfaces enable you to determine your heart rate reliably with ECG accuracy.

The transmitter is waterproof to 5 metres, and you can wear it when you go swimming. However, like any other commercially available transmitter, it doesn't function in salt water.

Note: No guarantee claims may be raised if you wear the transmitter when diving to a depth of more than 5 metres.



Before you use it for the first time, adjust the elastic strap so that the transmitter has a fit that's firm but without restricting movement. **The transmitter MUST be worn with the logo facing the right way, otherwise, it won't function properly. It must be worn tightly in the middle below your chest over the ribs.** If your skin is dry or if you have a lot of chest hair, you should apply a specially high-conductive ECG gel to the grooved contact surfaces on the inside of the transmitter each time before you use it. However, you can also use water or saliva.

This is the correct area for the chest belt.

Changing the battery, general notes, troubleshooting

Changing the battery

You can change the chest transmitter battery yourself. You'll need a suitable coin and a new **CR2032 battery**. (Tip: if you aren't confident of being able to do it yourself, take the device to a watchmaker.) Use a coin to open the battery cover on the back of the transmitter. Turn the cover in an anti-clockwise direction. Remove both the cover and the old battery. Insert the new battery with the labelled side facing upward. *Warning: On no account touch the contact surfaces. If you do, the battery will discharge!* Now use the coin to close the cover, turning firmly in a clockwise direction. Done! *Warning: Never change the watch battery yourself! Consult your dealer or send the watch to us. We'll replace the battery for a small charge.*

Energy-saving mode

Your watch goes into energy-saving mode after approx. 1.5 minutes have elapsed without any entry being made or the transmitter emitting any signal. In this mode, your watch displays the current time and date. The energy-saving mode comes to an end when you press a button.

Use in water

There's no problem about using the watch and transmitter in freshwater. But please note that neither the watch nor the transmitter should be exposed to a high pressure of water or to salt water (maximum depth 5 metres). In no circumstances must the watch buttons be operated under water.

Troubleshooting

In the event of anything not working, here are a few tips that could make premature return of the equipment unnecessary.

No heart rate display: Check whether you're wearing the transmitter the right way round and whether it's fitting firmly. Moisten the inside surface. Move away from high-tension masts and powerful electrical sources. If none of the above works, change the battery.

The display's "gone crazy": Move away from high-tension masts and powerful electrical sources. Or reset the watch by pressing all four buttons until the display disappears and reappears. The chip has now been reset. You now have to remake all the entries.

The display becomes black or difficult to read: The display may become black or very weak in certain extreme temperature ranges. This problem disappears by itself under normal temperature conditions. If, nevertheless, the display becomes weaker and weaker, you must have the watch battery changed.

Warranty

When you buy the goods, OMNI grants a 24-month warranty within the European Union as of the date of purchase. The warranty applies only to faults due to manufacture or materials. The watch glass, the watch strap, the batteries and the elastic strap of the transmitter are parts that are subject to wear and tear and as such are excluded. In the event of damage, please return the watch together with chest belt and elastic strap and a copy of the receipt to the address below.

The statutory provisions of the country in which the product was bought apply outside the EU. Contact your importer/distributor for more information. You can also find contact information at www.omnisports.de.

If there's a fault due to manufacture or materials, we will, of course, repair the product or replace it with an equivalent device at no additional cost to yourself.

If the warranty period has come to an end or if the device requires further servicing excluded under warranty, such as changing the battery, we reserve the right to make a charge for this.

Cancellation of the guarantee

The guarantee is cancelled if the device is manipulated, taken apart, or incorrectly treated or serviced. The same applies if you wear the product when diving to a depth of more than 5 metres.

Contact address in the event of making use of the warranty:

STAMM Sport & Freizeit GmbH
An der Nordheide 19
51645 Gummersbach
Germany

service@omnisports.de
www.omnisports.de

Technical data

OMNI LumiTrac Zero

Dimensions Case 43 x 54 x 14 mm
Display 20x19 mm

Materials Case ABS + polyurethane
Rear plate ABS fibre-reinforced
Lens(es) Acryl

Wristband Polyurethane with stainless steel clasp
Including battery and clasp, approx. 42 grams

Weight CR 2032

Battery Energy-saving mode 0.008-0.010 mA
Active mode 0.028 mA

Energy consumption Alarm signal 3.3 mA
Heart rate mode 0.094 mA
CardFlash LED 10 mA

OMNI Funk 02 Chest Transmitter with elastic belt

Transmitter dimensions Approx. 34,5 mm long
Approx. 33 mm wide

Materials Approx. 10 mm high
Transmitter One-Piece ABS with co-moulded PC
Conductive Rubber

Electrodes Inactive transmitter 0.000 mA
Energy consumption Active transmitter 0.000 mA

Battery CR 2032

Elastic belt Adjustable, other lengths available

Miscellaneous

Temperatures Storage -50 to +70 degrees Celsius
Use -20 to +50 degrees Celsius

Air humidity 0% to 100%

Air pressure Up to 12,000 metres above mean sea level

Waterproofness 0.5 atmospheres = 5 metres

Approx. battery life Watch Approx. 13 months
Transmitter Approx. 750 operating hours

Specifications for display and setting

Functions	Display	Units of measurement
Stopwatch	0:00:00 to 19:59:59 0:00 to 23:59 (24-hour)	SS:MM:Sec SS:MM:Sec
Countdown Timer	12:00 am – 11:59 pm 0:00:00 to 9:00:00	SS:MM:Sec SS:MM:Sec
Calendar	1.1.2003 – 31.12.2052	Gregorian
Heart rate	40 to 240 bpm	Beats per minute
Upper limit	31 to 240 bpm	Beats per minute
Lower limit	30 to 239 bpm	Beats per minute