

DIGITAL HEART RATE MONITOR

# CARDIO

OPERATING  
INSTRUCTIONS

NOTICE D'EMPLOI

MANUAL DE  
INSTRUCCIONES

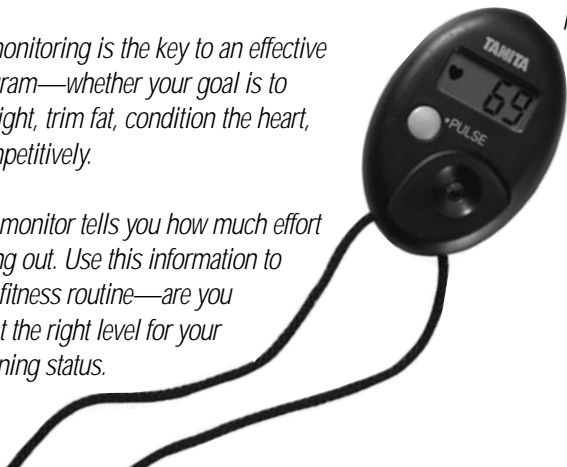


**TANITA**  
Monitoring Your Health

## ***Why Heart Rate Monitoring Is The Smart Way To Exercise:***

- Knowing your heart rate helps you to better understand the state of your current health. And monitoring your heart rate lets you track changes over time.*
- Heart rate monitoring is the key to an effective fitness program—whether your goal is to stabilize weight, trim fat, condition the heart, or train competitively.*
- A heart rate monitor tells you how much effort you're putting out. Use this information to gauge your fitness routine—are you exercising at the right level for your age and training status.*

- Achieve the results you want by knowing when to increase the intensity or slow down.*
- CARDIO is an easy-to-use device that provides a precise pulse reading. Use it to get the maximum benefit from each and every workout.*

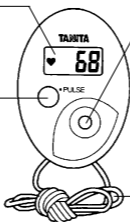


# ENGLISH: Operating Instructions

## Front Side

**Digital Display:** Shows heart rate and time of day.

**Pulse/Clock Control Button:** Button switches between pulse meter and clock mode.

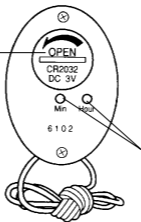


**Pulse Sensor:** Reads pulse in seconds when fingertip is placed on the sensor pad.

**Neck Strap:** Wear **CARDIO** around your neck for use during exercising.

## Back Side

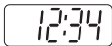
**Battery Cover**



**Time-setting Buttons**

*Battery used 3 V DC (CR2032). Battery included.*

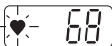
## How to Use Your **CARDIO** Heart Rate Monitor



**1.** Press the pulse/clock control button to switch the mode from clock to pulse meter.



**2.** When the heart icon appears, place your fingertip lightly on the surface of the pulse sensor pad. The pad is very sensitive and will not read accurately if you move your finger or apply too much pressure. The heart icon will blink while the sensor is reading your pulse.



**3.** After a few seconds, the heart icon will blink and your heart rate will appear on the display. Be sure to keep your finger on the pad until a reading shows.

*If an "E" appears, there was an error during measurement. Repeat steps 1-3.*

**4.** To set the time, push the pulse control button to access the clock mode. Using a pin, push the hour and minute buttons on the back of **CARDIO** to set the correct time of day.

### **To Assure an Accurate Reading:**

- Place your finger gently on the sensor pad—pressing too hard or moving your finger may result in an incorrect measurement.
- Make sure your hands are not cold or dirty. Washing hands before using **CARDIO** helps assure accuracy.
- When determining your resting heart rate, take a few readings and then calculate the average. Time of day, temperature, recent meals, alcohol consumption, cigarette smoking, and your state of mind can affect your heart rate.
- Avoid measuring in direct sunlight.

## Maximum Heart Rate

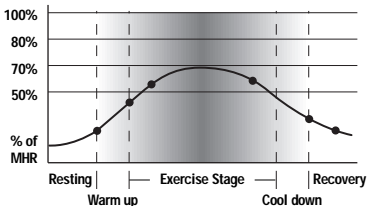
The chart below shows how various levels of exertion produce different heart rates. By targeting the appropriate rate during activity, you can get the most out of your fitness routine. To calculate your Maximum Heart Rate (MHR) per minute, subtract your age from 220.

Age	% of Maximum Heart Rate				
	40%	50%	60%	70%	80%
	Moderate Training		Strenuous	Intense Training	
20 yrs. old	80	100	120	140	160
30 yrs. old	76	95	114	133	152
40 yrs. old	72	90	108	126	144
50 yrs. old	68	85	102	119	136
60 yrs. old	64	80	96	112	128
70 yrs. old	60	75	90	105	120

$$220 - (\text{Age}) = \text{MHR}$$

## Heart Rate Pattern During Exercise

When you achieve the maximum from any specific exercise, your heart rate should follow the pattern shown in the chart below. Measure heart rate during your exercise routine where indicated by (•). Warm-up and cool-down periods are important to obtain best results.



## Troubleshooting

An error occurs, and CARDIO is unable to read your pulse. Make sure that:

- Your finger is not cold
- You hold your finger still during the reading
- Your finger is clean and free of cuts
- You are not pressing too hard on the pad

The display is unclear or completely blank:

- The battery may need replacing. Use a coin to remove the battery cover, and insert a new one. You will need to reset the time after changing the battery.

## Care and Maintenance

- Store CARDIO in a dry area that is protected from direct sunlight or extreme temperatures.
- Clean your unit using a soft cloth—do not use alcohol or other cleaners.
- If storing CARDIO for a long period of time, it is recommended that you remove the battery.

### **SPECIFICATIONS: Model 6102 CARDIO Heart Rate Monitor**

<b>Capacity:</b>	30-250 pulses per minute
<b>Precision:</b>	± 5% (30-200 pulses per minute)
<b>Clock:</b>	Hour-minute display (12-hour display)
<b>Power:</b>	3 V DC
<b>Dimension:</b>	63 x 43 x 15mm (height/width/depth)
<b>Weight:</b>	23 g (includes battery)

**For further assistance contact:**

Customer Service 1-800-TANITA-8  
Internet Web site <http://www.tanita.com>

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Service à la clientèle 1-800-TANITA-8  
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**TANITA**

Monitoring Your Health

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