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CASIO®

Module No. 2981

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に移動



6

User's Guide

Warranty Card

Bedienungsanleitung

Bon de garantie

Mode d'emploi

Tarjeta de garantía

Guía del usuario

Guida dell'utilizzatore

Cartão de Garantia

Guia do Usuário

Module No. 2981

6

CASIO®

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[de] Deutsch [German]	Hiermit erklärt [CASIO Europe GmbH, Bornbarch 10, 22848 Norderstedt, Germany], dass sich das Gerät [Heart rate monitor Model CHR-200 and CHR-200WC with the exclusive accessories, Chest strap CBD-2C] in Übereinstimmung mit den grundlegenden Anforderungen und den übrigen einschlägigen Bestimmungen der Richtlinie 1999/5/EG befindet.
[en] English	Hereby, CASIO Europe GmbH, Bornbarch 10, 22848 Norderstedt, Germany, declares that this Heart rate monitor Model CHR-200 and CHR-200WC with the exclusive accessories, Chest strap CBD-2C] is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.
[es] Español [Spanish]	Por medio de la presente [CASIO Europe GmbH, Bornbarch 10, 22848 Norderstedt, Germany] declara que el [Heart rate monitor Model CHR-200 and CHR-200WC with the exclusive accessories, Chest strap CBD-2C] cumple con los requisitos esenciales y cualesquiera otras disposiciones aplicables o exigibles de la Directiva 1999/5/CE.
[fr] Français [French]	Par la présente [CASIO Europe GmbH, Bornbarch 10, 22848 Norderstedt, Germany] déclare que l'appareil [Heart rate monitor Model CHR-200 and CHR-200WC with the exclusive accessories, Chest strap CBD-2C] est conforme aux exigences essentielles et aux autres dispositions pertinentes de la directive 1999/5/CE.
[it] Italiano [Italian]	Con la presente [CASIO Europe GmbH, Bornbarch 10, 22848 Norderstedt, Germany] dichiara che questo [Heart rate monitor Model CHR-200 and CHR-200WC with the exclusive accessories, Chest strap CBD-2C] è conforme ai requisiti essenziali ed alle altre disposizioni pertinenti stabilite dalla direttiva 1999/5/CE.
[pt] Português [Portuguese]	[CASIO Europe GmbH, Bornbarch 10, 22848 Norderstedt, Germany] declara que este [Heart rate monitor Model CHR-200 and CHR-200WC with the exclusive accessories, Chest strap CBD-2C] está conforme com os requisitos essenciais e outras disposições da Directiva 1999/5/CE.

伊訳者より

this Heart rate monitor, exclusive accessories, Chest strapが主語なら、isではなく、are?

Use of this watch may not be allowed in certain EU peripheral countries.
Example: Bulgaria, Croatia, Rumania, Turkey

This equipment is the short range radio data transfer to the watch in
frequency 131kHz.



This mark applies in EU countries only.

Diese Markierung trifft nur auf EU-Länder zu.

Cette marque ne s'applique qu'aux pays de l'UE.

Este símbolo es válido sólo en países de la UE.

Questo marchio vale soltanto nei paesi dell'UE.

Esta marca aplica somente nos países da União Européia.

U.S.A

Heart Rate Monitor

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a ClassB digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that **interference** will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

Caution:

Changes or modification to the product not expressly approved by CASIO could void the user's authority to operate the product.

interferenceにしました。

CANADA

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

L'utilisation de ce dispositif est autorisée seulement aux conditions suivantes: (1) il ne doit pas produire de brouillage et (2) l'utilisateur du dispositif doit être prêt à accepter tout brouillage radioélectrique reçu, même si ce brouillage est susceptible de compromettre le fonctionnement du dispositif.

In order to comply with FCC radio-frequency radiation exposure guidelines for an uncontrolled exposure, this device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.

Introduction

Thank you for purchasing this CASIO product. To ensure that it can provide you with the years of service for which it is designed, be sure to read this manual carefully and follow the instructions contained herein. Pay particular attention to the Safety Precautions on the following pages. Be sure to read the Safety Precautions before trying to use this product. Keep this manual in a safe place for future reference.

Safety Precautions



Danger

Never use this product if you are wearing a cardiac pacemaker.

Do not use this product in the vicinity of anyone who is wearing a cardiac pacemaker or any other type of medical device.

Should you ever feel any discomfort or any other abnormal feeling while using this product, immediately stop using it and contact your physician.

Do not use this product inside of an aircraft.



Warning!

Do not use this product during scuba diving or other type of diving that requires special equipment.

- This product is not a diving watch. Improper use can lead to serious accident. Do not wear the chest strap while you are immersed in water.

For Safe Operation

Do not use this product in the vicinity of a microwave oven, TV, computer, or cell phone, or while inside of an automobile or train. This product may not produce correct readings if used in the vicinity of a TV or radio transmitter.

Do not leave this product on the dashboard of an automobile or in any other location that is subject to very high temperatures. Never put on the chest strap after it has been in a very hot location for a long time. Doing so creates the risk of burn injury.

If you do not have the stamina to exercise for long periods, if you are suffering from any type of ailment, or if you are unsure of your physical condition, consult a physician before using this product. Should you ever start to feel discomfort or any other abnormal feeling while using this product, immediately stop using it and remove the chest strap.

Always take care of the situation around you whenever operating or using this product.

Keep the chest strap out of the reach of young children.



Warning!

Handling Batteries

Whenever removing the button type battery that powers the watch, take care to ensure that the battery is not swallowed accidentally. Special care is required where young children are present.

Keep batteries out of the reach of small children. Should a battery ever be swallowed accidentally, contact a physician immediately.



Caution!

Skin Irritation

Should you ever experience any skin irritation or any other abnormality while wearing the chest strap, immediately take it off.

Since the watch and the chest strap come into direct contact with the skin, the following conditions may cause irritation of the skin.

- When a wearer is allergic to metal or leather
- When the watch or chest strap is rusty dirty, sweaty, etc.
- When the wearer is in poor physical condition
- Tightening the chest strap too tightly can cause you to sweat, and can make it hard for air to pass under the strap, which can lead to skin irritation. Do not over-tighten the chest strap.
- Should you ever notice any abnormality, immediately stop using the product and consult a physician.

Caring for Your Watch

To clean the product, wipe it with a soft, dry cloth, or with a cloth that has been moistened in weak solution of water and a mild neutral detergent. Wring out all excess liquid from the cloth before wiping. Never use thinner, benzene, alcohol, or any other volatile agent to clean the product.



Caution!

Use of the Product

When putting on or taking off the chest strap, make sure you do not twist, bend, or stretch it excessively.

Take care not to drop the product or otherwise subject it to strong impact.

To avoid unexpected accidents, always check around you to ensure you are in a safe place before looking at the display of the watch. Looking at the watch while marathoning or jogging on the open road, while riding a bicycle, or operating a motor vehicle can lead to accidents.

Takes care to avoid running into others.

Should the watch stop running, have the battery replaced as soon as possible.

Take care to avoid breaking your fingernails when fastening and unfastening the band. Particular care is required by people with long fingernails.

To avoid skin irritation due to unexpected injury or allergy, do not wear the watch while sleeping.

When picking up or otherwise coming into contact with a child, remove the watch from your wrist to avoid injury to the child or causing irritation of the child's skin.



Caution!

Never try to take the watch apart!

Never try to take the watch apart. Doing so creates the risk of personal injury and malfunction of the watch.

Battery Replacement

When the watch's battery is replaced, foreign matter adhering to contact surfaces can cause a loss of water resistance. In order to ensure water resistance is maintained and the watch performs at the level for which it is designed, make sure you always request battery replacement from your dealer or CASIO distributor.

Keep backup copies of data!

Make sure you always keep separate written copies of important data to protect against its loss. Malfunction, repair, and battery replacement can cause memory contents to be deleted.

Features

■ Heart Rate Monitor

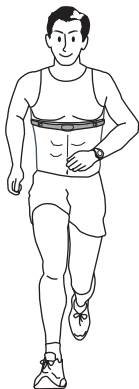
Keeps track of your heart rate, exercise intensity, and exercise time.

Measurement system:

Constant monitoring of electrocardiogram by strap type electrodes

Transmission method:

Heartbeat picked up by the sensor bar is calculated and sent to the watch together with anti-interference code



■ Stopwatch

100 hours maximum, 1/100 second, lap/split times

■ Lap/split memory

● Number of lap/split memories: 300 max.

- Lap time, split times, lap average heart rate, lap average intensity

● Exercise data memory:

Total exercise time, exercise time within target heart rate range, exercise time in excess of target heart rate range, exercise time below target heart rate range, best lap time, average heart rate, high heart rate, energy consumed, cumulative exercise time, cumulative energy consumed

■ Timer

Number of timers: 2

Measurement unit: 1/10 second

Measurement range: 100 hours

Setting unit: 10 seconds

Number of repeats: 1 to 99, endless

- Settable number of repeats; single/twin switching

■ World Time

31 cities (29 time zones), summer time ON/OFF

■ Alarms

Three (hour and minute setting, ON/OFF)

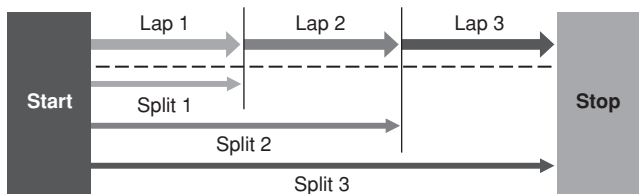
Hourly Time Signal (ON/OFF)

■ Display Illumination

For easy reading in the dark

Lap Time and Split Time

A lap time is the time that elapses during a specific portion of the race, such as a lap around a track, while a split time is the time spent from the beginning of a race up to a certain point.



Lap Time Example

Measuring the lap time for one lap of a track event, car race, etc.

Split Time Example

Measuring the split at the 5 km and 10 km points of a marathon.

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Procedure Lookup

This following is a handy reference list of all the operational procedures contained in this manual.

<i>To use the stopwatch</i>	<i>E-16</i>
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<i>To display an alarm screen</i>	<i>E-47</i>
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<i>To turn an alarm or the hourly time signal on or off</i>	<i>E-49</i>
<i>To stop the alarm beeper</i>	<i>E-49</i>
<i>To test the alarm</i>	<i>E-49</i>

Read this first!

This product is intended for use as an exercised support tool only. It is not a medical device.

- Never use this product if you are wearing a cardiac pacemaker or any other type of medical device.
- Do not use this product in the vicinity of anyone who is wearing a cardiac pacemaker or any other type of medical device.
- Do not wear this product while riding on an aircraft. Doing so creates the risk of interference with the aircraft's equipment.
- Do not wear this product while swimming. The water resistance of the sensor bar does not cover immersion in water. Communication between the sensor bar and watch is not possible in water.
- Do not use this product if the strap causes skin irritation or any other abnormality.
- To clean the product, wipe it with a soft, dry cloth, or with a cloth that has been moistened in weak solution of water and a mild neutral detergent. Wring out all excess liquid from the cloth before wiping. Never use thinner, benzene, alcohol, or any other volatile agent to clean the product.

Display Illumination

In any mode, press the (F) button to illuminate the display for easy reading in the dark.



You can specify 1.5 seconds or 3 seconds as the duration of display illumination (page E-50).

Important!

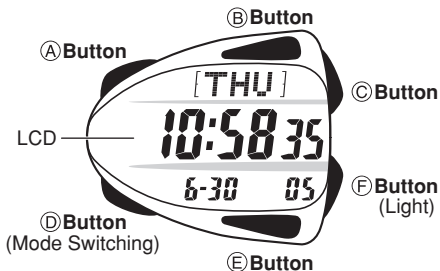
- The light may be difficult to see if you turn it on under bright sunlight.
- If you press the (B) button or if an alarm operation starts while the display is illuminated, illumination will turn off.
- You may notice a slight sound from the watch while the face is illuminated. This is the sound of EL panel vibration, and does not indicate malfunction.

(英文変更)
操作確認音が出るボタンを押した場合、

左記変更をしようとしたのですが、英訳者から「この説明では意味がないので、はっきりとどのボタンかを指示するべき」との回答です。ボタン名は(B)だけでいいでしょうか？

General Guide

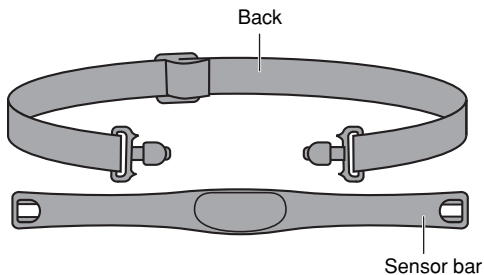
Watch



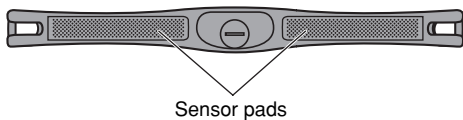
- **Selecting 12-hour or 24-hour Timekeeping**

Each press of the (B) or (E) button toggles the timekeeping format between 12-hour and 24-hour.

Chest Strap



Sensor Bar, Inside Surface



Modes and Display Screens

Timekeeping Mode

Hour, minute, second —  Day of the week
Month, day, year

⬆️ (D)

Personal Data Mode



⬆️ (D)

Alarm Mode



⬆️ (D)

World Time Mode



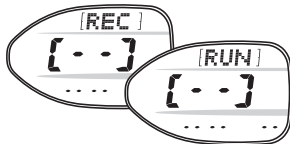
⬆️ (D)

Stopwatch Mode



⬆️ (D)

Data Recall Mode



⬆️ (D)

Timer Mode



Using the Stopwatch

This section provides information about the stopwatch, and some basic information about the heart rate monitor.

Using the Stopwatch

- **Measuring Unit:** 1/100 second
- **Measuring Capacity:** 99:59'59.99"
- **Lap/Split Count Range:** 999
- **Cumulative Exercise Time:** 9,999 hour, 59 minutes
- **Cumulative Consumed Energy:** 239,005 kcal (999,999 kJ)

To use the stopwatch

Before measuring heart rate and exercise intensity, be sure to first configure your personal information and put on the chest strap (page E-20).

To enter the Stopwatch Mode, press the **(D)** button once while in the Timekeeping Mode.



■ Elapsed Time Measurement

- Stop
- Reset (Data to memory)



- Start

Whenever you press the ⓑ button to reset the stopwatch to all zeros, the data from the last measurement operation are stored in memory.

• Cumulative Time Measurement

Pressing the ⓔ button to restart the stopwatch without resetting it to all zeros resumes elapsed time measurement from where it was last stopped.

■ Recording Lap/Split Times

- Stop
- Reset (Data to memory)



- Start
- Lap/Split

The watch will exit the lap/split screen automatically after about eight seconds.

Stopwatch Mode Screens

Reset Screen

Number of remaining laps



Current time

Elapsed Time Screen

Lap time
(Hours, Minutes,
Seconds,
1/100 second)

Number of laps



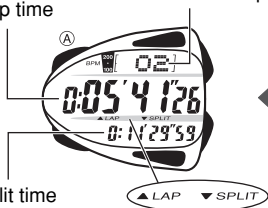
Split time
(Hours, Minutes, Seconds, 1/100 second)

To switch between lap time and split time

Each press of the (A) button switches the display between lap time and split time.

Lap time

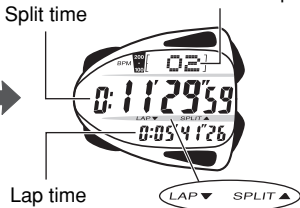
Number of laps



Split time

Split time

Number of laps

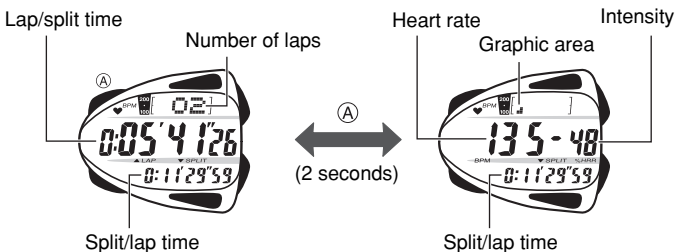


Lap time

To display the heart rate screen

Hold down the (A) button for about two seconds to switch from the lap time or split time screen to the heart rate screen.

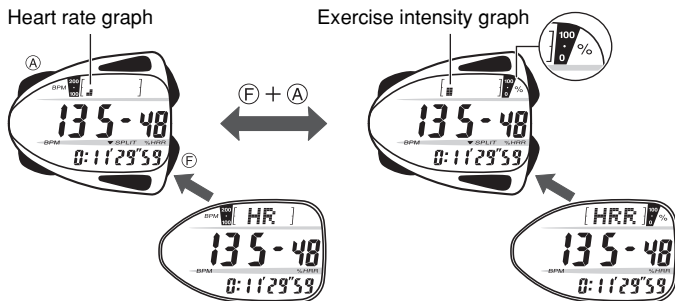
- Pressing the (A) button while the heart rate screen is displayed will switch between lap time and split time screen.



To switch between graph types

While the heart rate screen is on the display, hold down the (F) button as you press the (A) button. This will cause the graph at the top of the display to switch between the heart rate graph and exercise intensity graph.

- The graph you select here will also appear in the Data Recall Mode.



- The data shown on the heart rate graph and exercise intensity graph represents readings at one-minute intervals.

Configuring Personal Information

Before the watch can calculate the energy you consume and your exercise intensity, you need to configure a number of personal information settings. When configuring personal information, you can also turn the target alarm on or off, and specify the units of measurement to use for energy and body weight.

Personal information settings are configured in the Personal Data Mode, which you enter by pressing the **(D)** button six times while in the Timekeeping Mode.



Personal Data

~~Data Setting~~ Mode Screen

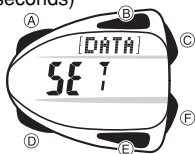


Important!

- You will not be able to perform the following procedure if the Stopwatch Mode is not reset to all zeros. If you have trouble performing the following procedure, enter the Stopwatch Mode (page E-16) and press the **(B)** button to reset it to all zeros.

To configure personal data settings

(2 seconds)



1. In the Personal Data Mode, hold down the (A) button for about two seconds until the ALM screen appears with either OFF or On flashing at the bottom of the display.
2. Configure your personal data settings.
 - Use the (D) button to scroll between setting screens.
 - Use the (E) and (B) buttons to change the currently selected setting. Holding down either button changes the setting at high speed.
 - For information about each setting, see “Personal Information Settings” on page E-22.
3. After all the settings are the way you want, press the (A) button to exit the setting screen.
 - The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

Personal Information Settings

■ Target Alarm On/Off



Press the **(E)** button to toggle the target alarm on and off.

- When turned on, the target alarm will sound whenever your heart rate goes outside of the target range you set. The target alarm will also sound every minute if your heart rate remains outside of the target range.

■ Target Range Upper Limit



Use the **(E)** (+) and **(B)** (-) buttons to change the displayed value in the range of 1 to 220.

■ Target Range Lower Limit



Use the **(E)** (+) and **(B)** (-) buttons to change the displayed value in the range of [resting heart rate setting plus 1] to [target range upper limit minus 1].

■ Resting Heart Rate



Use the **(E)** (+) and **(B)** (-) buttons to change the displayed value in the range of 30 to [target range lower limit minus 1] (145 maximum).

- Measure your heart rate before getting up when you awake in the morning. This is your resting heart rate.

■ Age



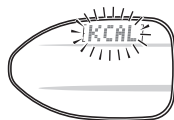
Use the **E** (+) and **B** (–) buttons to change the displayed value in the range of 15 to 70.

■ Gender



Use the **E** or **B** button to toggle between MALE and FEMALE.

■ Consumed Energy Unit



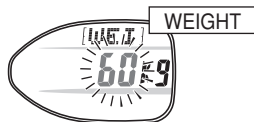
Use the **E** or **B** button to toggle between KCAL (kilocalories) and KJ (kilojoules).

■ Body Weight Unit



Use the **E** or **B** button to toggle between kg (kilograms) and lb (pounds).

■ Weight



Use the **E** (+) and **B** (–) buttons to change the displayed value in the range of 20 to 200 kilograms or 40 to 440 pounds.

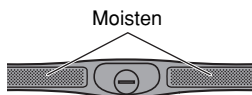
Monitoring Your Heart Rate During Exercise

This section explains what you need to do to monitor your heart rate while exercising. This section assumes that you have already configured your personal information settings (page E-20).

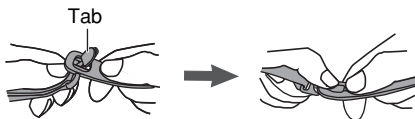
Getting Ready

Before exercising, you need to attach the chest strap to your chest and synchronize the signal between the sensor bar and watch.

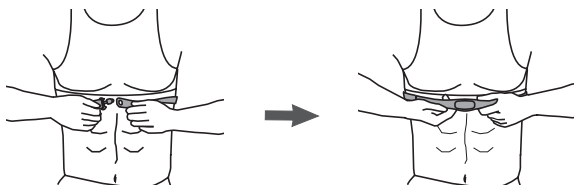
To attach the chest strap to your chest



1. Slightly moisten the two sensor pads (diamond pattern areas) on the inside surface of the sensor bar. This will provide better contact for the sensor pads.
2. Insert one of the tabs on either end of the belt into one of the holes in the sensor bar, from the inside of the sensor bar. Secure the tab in place so it lays down flat as shown in the illustration.



3. Wrap the chest strap around your chest so it is in direct contact with your skin, and secure the tab at the other end of the strap to the other hole of the sensor bar. Fasten the strap securely to ensure that it does not slip down while you are exercising.
4. Make sure that the sensor pads are located above your rib cage.
 - Take care that you do not fasten the chest strap too tightly.



Synchronizing the Watch with the Sensor Bar

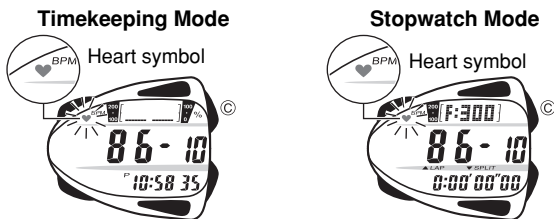
Before you start exercising, make sure that the watch is receiving the anti-interference code transmitted from the sensor bar, and synchronize the watch with the sensor bar. See “Anti-interference Code” on page E-27 for more information.

- If you don't synchronize the watch with your sensor bar, your watch may start picking up the signal transmitted from another sensor bar.
- The sensor bar starts transmitting automatically as soon as you put on the chest strap and the sensor pads start picking up your heart beat.

While you are wearing the chest strap, press the © button while the watch is in the Timekeeping Mode, Stopwatch Mode, or Timer Mode to start synchronization.

After synchronization is complete, the watch will receive the signal from the sensor bar and display your heart rate and exercise intensity.

- The heart symbol will flash on the display while your heart rate is being monitored.
- Pressing the © button while the watch is monitoring your heart rate will perform synchronization again.
- Synchronization will be cancelled automatically if the watch is not able to receive any signal from the sensor bar for about 60 seconds.



Important!

- Never use this product if you are wearing a cardiac pacemaker or any other type of medical device.
- Do not use this product in the vicinity of anyone who is wearing a cardiac pacemaker or any other type of medical device.
- Do not wear this product while riding on an aircraft. Doing so creates the risk of interference with the aircraft's equipment.
- Do not wear this product while swimming. The water resistance of the sensor bar does not cover immersion in water. Communication between the sensor bar and watch is not possible in water.
- Do not use this product if the strap causes skin irritation or any other abnormality.

Anti-interference Code

The anti-interference code is a special unique code the sensor bar sends to the watch to identify its signals, which ensures that the watch is able to know what signal is coming from the sensor bar. If there are people around you who are also using this type of watch, anti-interference codes ensure that the watches don't accidentally pick up the signal from another watch by mistake.

In some rare cases, two watches that are near each other may end up using the same anti-interference code. When this happens, you could simply move away from the person whose watch is using the same code to avoid picking up its signal by mistake. If this is impossible for some reason, perform the following steps to change the anti-interference code of your watch.

To eliminate signal interference

1. Take off the chest strap, and leave it off for about 90 seconds. Then, put it back on again.
 - If the chest strap cannot detect a pulse for more than 90 seconds, it will change to a new anti-interference code automatically.
2. In the Timekeeping Mode, Stopwatch Mode, or Timer Mode, press the watch's © button to start signal reception.
 - The watch will receive the new anti-interference code from the sensor bar and synchronize with it.
 - If there is someone nearby using the same type of watch the first time your watch receives a signal from the sensor bar, your watch may synchronize with the wrong anti-interference code. Be sure to move away from any other people who are also using this type of watch before starting signal reception.
 - If your watch synchronizes with the wrong anti-interference code, move away from the other person and press the © button while in the Timekeeping Mode, Stopwatch Mode, or Timer Mode. Perform the synchronization procedure again so your watch synchronizes with your chest strap.
 - If you are about to run a race or in some other event with a large number of people, be sure no one around you is using the same type of watch at the start. If someone is, move away from them to avoid synchronizing with the wrong anti-interference code. It is best to perform the first receive from the sensor bar before starting the race.

Heart Rate Monitor Troubleshooting

If this happens:	Check this:
No heart rate appears on the display, or displayed values are excessive or vary widely.	☐ Is the strap attached to your chest correctly? • Your heart rate cannot be detected correctly if the strap is not attached to your chest correctly. • See page E-24. ☐ Are the sensor bar's sensor pads (diamond pattern areas) wet? • Your heart rate cannot be detected if your skin is dry. • Warm up until you start sweating or moisten the sensor pads with water. ☐ Are the sensor bar's sensor pads dirty? • Dirty sensor pads interfere with stable heart rate pickup. • Clean the sensor pads as required. To clean the sensor pads, wipe them with a soft, dry cloth, or with a cloth that has been moistened in weak solution of water and a mild neutral detergent. Wring out all excess liquid from the cloth before wiping. Never use thinner, benzene, alcohol, or any other volatile agent to clean the sensor pads. ☐ Is the sensor bar's battery dead? • If so, contact your dealer or CASIO distributor to have the battery replaced. ☐ Is there some source of electromagnetic waves (high-tension power lines, TV, cell phone, etc.) nearby? • Electromagnetic waves can make normal heart rate detection and communication impossible. • Possible sources of electromagnetic waves are: signal equipment, overhead railway cables, electric bus cables, streetcars, automobiles, motorcycles, computers, motorized fitness equipment, medical devices, electronic security gates, radios, railway crossings, TV transmitters, radar sites, etc.

If this happens:	Check this:
No heart rate appears on the display, or displayed values are excessive or vary widely.	☐ Do you have heart trouble? • Normal readings are not possible if you have a heart abnormality that causes changes in the waveform of an electrocardiograph, or if you are suffering from arrhythmia. ☐ Is the watch too far from the chest strap? • The maximum allowable distance between the strap and watch is about 90 cm (35.4 in). Communication is not possible when they are too far apart. ☐ Do you have a hairy chest? • Hair on the chest can interfere with heart beat detection.
Heart rate measurement suddenly stops automatically. 	☐ Did more than one minute pass without the watch detecting any signal from the chest strap? • This will cause measurement to stop automatically. Restart the measurement operation. ☐ Did the battery of the chest strap or watch go dead during measurement? • The RECOV indicator will appear on the watch's display when its battery is low. If the RECOV indicator appears frequently, have the watch's battery replaced. • If communication is not possible and the RECOV indicator is not displayed, it could mean that the chest strap battery is dead or that the system is malfunctioning. Take the watch in to your dealer or CASIO distributor. Important! • Data in the watch's memory will be deleted when you have the battery replaced.
Interference in the signal from the chest strap.	☐ Is someone nearby using the same type of watch as this one? • See "Anti-interference Code" on page E-27 for more information.

If this happens:	Check this:
The watch does not calculate energy consumed.	☐ Is your heart rate above 90 bpm? • The watch will not calculate energy consumed unless your heart rate is 90 bpm or higher.
The energy consumed value is strange.	☐ Are your personal information settings correct? • The watch calculates energy consumed using your heart rate and personal information. Make sure your personal information settings are correct and up to date.

Memory

The watch maintains exercise records that contain a wealth of information about each workout. An exercise record is created for your last workout that you timed in the Stopwatch Mode and stored automatically whenever you clear the stopwatch to all zeros.

Note that memory is shared by lap/split time records and exercise records. There is also a cumulative record that keeps track of long-term cumulative totals.

The following will give you some idea about how much memory capacity is available.

- If you use memory to store lap/split time records only (no exercise records), you can store up to 300 records during a single workout.
- If you use memory to store exercise records only (Start ➡ Stop ➡ Reset), you can store up to 62 records.

Memory Data

The following details the contents of each type of record that can be stored in memory.

■ Lap Record Data

- Lap/split times
- Average heart rate and exercise intensity per lap

■ Exercise Record Data

- Date
- Exercise time
- Exercise time within target heart rate range
- Exercise time in excess of target heart rate range
- Exercise time below target heart rate range
- Best lap time
- Average heart rate and average exercise intensity
- High heart rate and high exercise intensity
- Energy consumed during exercise

■ Cumulative Data

- Cumulative exercise time: 9,999 hours, 59 minutes
- Cumulative energy consumed: 239,005 kcal (999,999 kJ)
- Average heart rate and average exercise intensity per workout

Data Save Timing

The following shows what data is stored in memory when you perform a particular Stopwatch Mode operation.

■ When you start an elapsed time operation (from all zeros)

- Date

■ When you record lap/split times

- Lap time
- Split time
- Average heart rate and exercise intensity per lap

■ When you reset the stopwatch to all zeros

- Exercise time
- Exercise time within target heart rate range
- Exercise time in excess of target heart rate range
- Exercise time below target heart rate range
- Best lap time
- Average heart rate and average exercise intensity
- High exercise heart rate and high exercise intensity
- Energy consumed during exercise

The following data items are also updated when you reset the stopwatch to all zeros.

- Cumulative exercise time
- Cumulative energy consumed
- Average heart rate and average exercise intensity per workout

Memory Full

Storing data when memory is full automatically deletes the oldest record currently in memory to make room for the new data.

Example 1: When the exercise record currently being created is the only one currently in memory

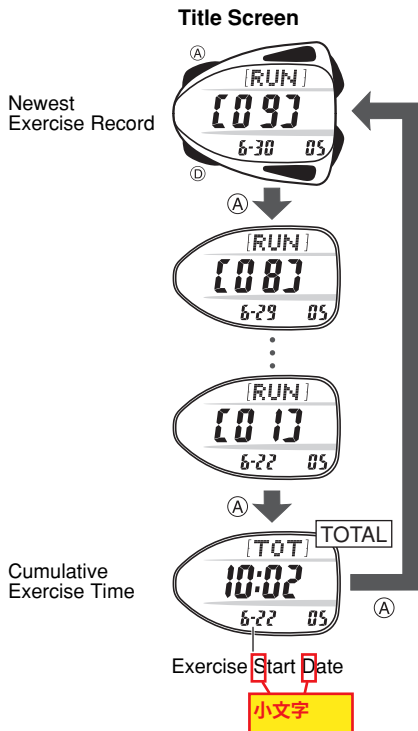
Recording a new lap/split time while memory is full causes the oldest lap/split time currently in memory to be deleted to make room for the new one.

Example 2: When there are already exercise records in memory

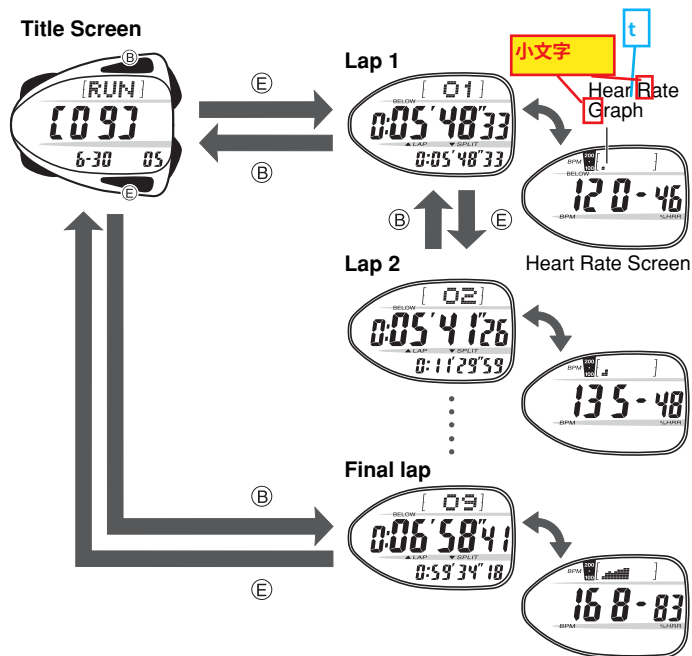
All of the data of the oldest exercise record is cleared to make room for the new data.

To recall memory contents

1. In the Timekeeping Mode, press the (D) button twice to enter the Data Recall Mode.
2. Use the (A) button to scroll through the exercise records currently in memory.



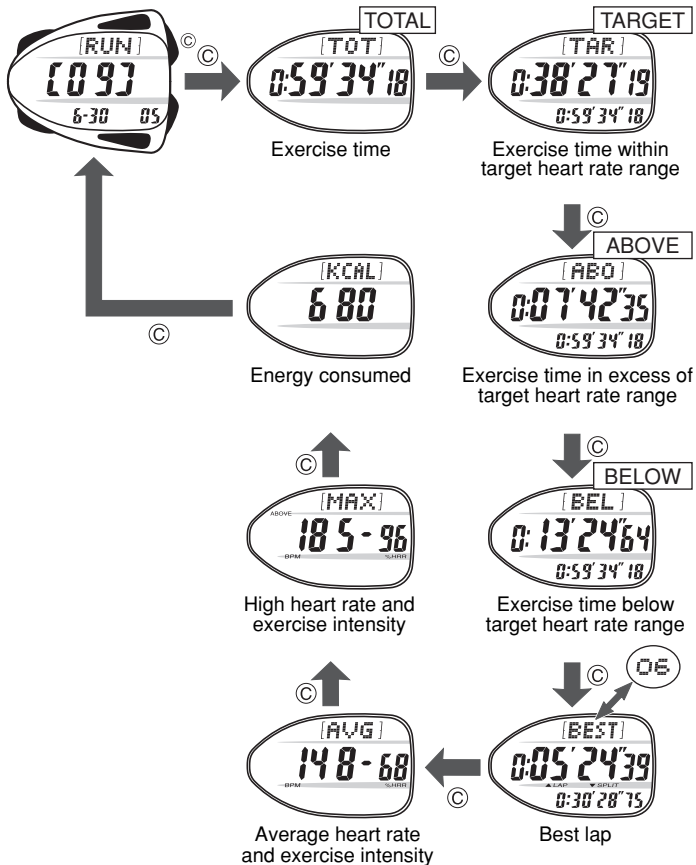
- While the exercise record whose contents you want to view is displayed, use the (E) and (B) buttons to scroll through the record's lap data.



- If you turned on display of the exercise intensity graph in the Stopwatch Mode (page E-19), it will also appear in the Data Recall Mode.
- The heart rate graph and exercise intensity graph show data from the average heart rate or intensity of each lap.

4. Use the **C** button to scroll through the data for the currently displayed exercise record.

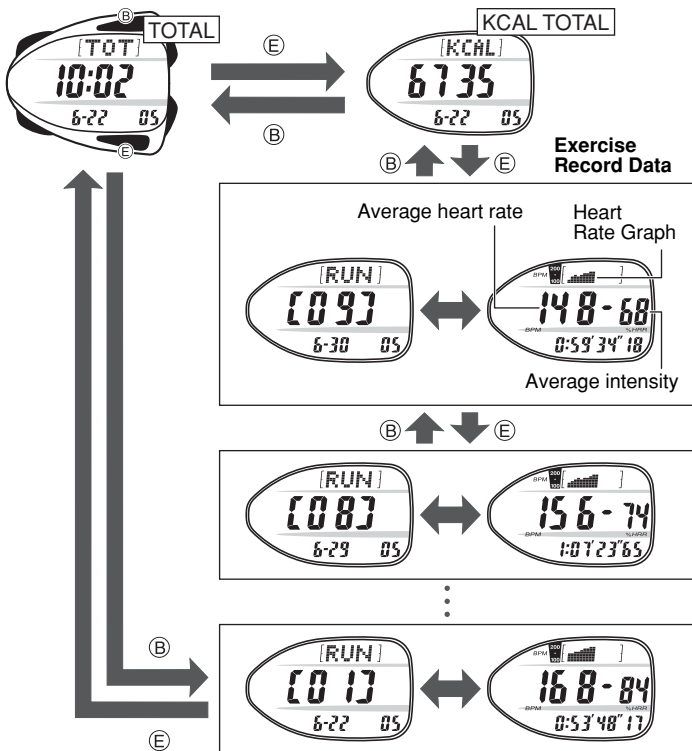
Title Screen



5. After displaying the Exercise Time (TOT) screen in step 4, use the (E) and (B) buttons to display cumulative energy burned or cumulative exercise intensity.

Cumulative exercise time

Cumulative energy consumed



- The heart rate graph and exercise intensity graph show data from the average heart rate or intensity of each lap.



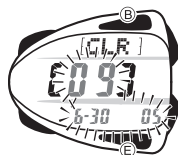
- After viewing all the data you want, press the (D) button five times to return to the Timekeeping Mode.

Clearing Memory Data

To clear a specific exercise record



Confirmation message



- In the Data Recall Mode, display the exercise record whose data you want to clear (page E-34).
- While holding down the (B) button, hold down the (E) button.
- When the confirmation message appears, keep the (B) and (E) buttons depressed to clear the data.
 - If you do not want to clear the data, release the (B) and (E) buttons when the confirmation message appears.

To clear all data in memory



- In the Data Recall Mode, display the cumulative exercise time screen or the cumulative energy burned screen.
 - While holding down the (B) button, hold down the (E) button.
 - When the confirmation message appears, keep the (B) and (E) buttons depressed to clear the data.
- If you do not want to clear the data, release the (B) and (E) buttons when the confirmation message appears.
 - After data is cleared, the date memory was cleared will appear at the bottom of the display.
 - The all data clear operation does not clear data in individual exercise records.

Using the Timer

The twin timer supports interval training by letting you use one timer for the high-intensity phase and the other timer for the recovery phase of your workout.

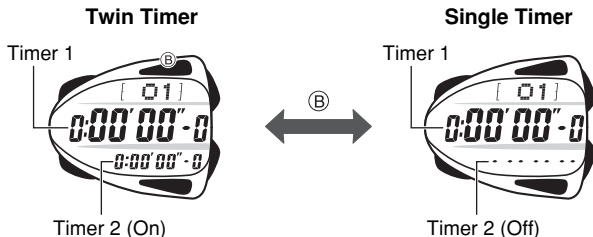
- You can select either a single timer or twin timer.

To enter the Timer Mode, press the **(D)** button three times while in the Timekeeping Mode.



To select the timer type

- In the Timer Mode, check the display to make sure the timer is stopped and reset to all zeros.
 - If the timer is running, press the **(B)** button to stop it. To reset the timer to all zeros, press the **(B)** button again.
- Press the **(B)** button to toggle between the single timer and twin timer.



To configure timer settings

(2 seconds)



1. In the Timer Mode, check the display to make sure the timer is stopped and reset to all zeros.
 - If the timer is running, press the (B) button to stop it. To reset the timer to all zeros, press the (B) button again.
2. Hold down the (A) button for about two seconds until the number of repeats at the top of the display starts to flash.
 - This is the setting screen.
3. Configure the timer settings as shown below.
 - Use the (D) button to move to the next setting. Use the (E) (+) and (B) (-) buttons to change the currently selected setting.
 - Holding down the (E) or (B) button changes the current setting at high speed.
 - For a starting time of 100 hours, set 0 hours 00 minutes 00 seconds.
4. After all the settings are the way you want, press the (A) button to exit the setting screen.
 - The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.



■ Number of Repeats

Range: 1 to 99 repeats, or unlimited (when "—" is displayed)

Buttons: (E) (+), (B) (—)

■ Timer 1 Hours

Range: 0 to 99

Buttons: (E) (+), (B) (—)

■ Timer 1 Minutes

Range: 0 to 59

Buttons: (E) (+), (B) (—)

■ Timer 1 Seconds

Range: 0 to 50 (10-second increments)

Buttons: (E) (+), (B) (—)

■ Timer 2 Hours

Range: 0 to 99

Buttons: (E) (+), (B) (—)

■ Timer 2 Minutes

Range: 0 to 59

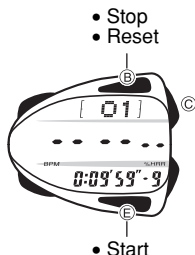
Buttons: (E) (+), (B) (—)

■ Timer 2 Seconds

Range: 0 to 50 (10-second increments)

Buttons: (E) (+), (B) (—)

To use the timer



Before measuring heart rate and exercise intensity, be sure to first configure your personal information and put on the chest strap (page E-20).

- Heart rate and exercise intensity values measured in the Timer Mode are not stored in memory.

In the Timer Mode, press the (E) button to start the countdown, and the (B) button to stop it.

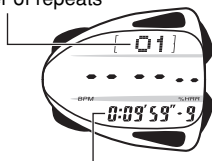
To start heart rate reception from the chest strap, press the (C) button.

- Pressing the (B) button while the countdown is stopped resets the display time to the start time.
- Pressing the (E) button while the timer countdown is stopped restarts the countdown.

Timer Mode Screens

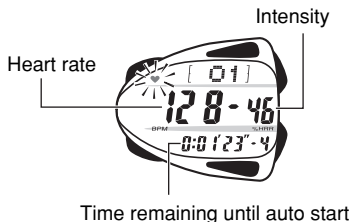
Countdown Screen

Number of repeats



Remaining time

Countdown Screen with Heart Rate Monitor



- The number of repeats flashes while Timer 2 is counting down.

Timer Alarm

The alarm sounds for five seconds when the end of each countdown is reached. The alarm sounds for 10 seconds when the end of the final countdown is reached.

To stop the alarm beeper

Press any button. Pressing a button will stop the alarm only, without performing the normal function assigned to that button.

Using World Time

World time lets you display the current time in any one of 31 cities (29 time zones) around the world.

- When you enter the World Time Mode, the screen for the city that was displayed when you last exited the mode appears first.
- The seconds count in the World Time Mode is linked with the Timekeeping Mode seconds count.
- The same 12-hour/24-hour format you select for the Timekeeping Mode time is also applied in the World Time Mode.

Important!

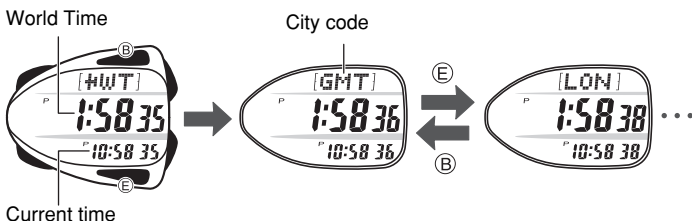
- If the World Time Mode time is incorrect, correct the setting of the current time in the Timekeeping Mode (page E-50).

To enter the World Time Mode, press the **(D)** button four times while in the Timekeeping Mode.



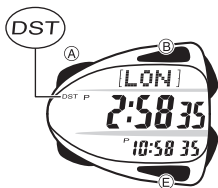
To search for a city code

In the World Time Mode, use the **(E)** (westward) and **(B)** (eastward) buttons to scroll through city codes.



- Holding down either button scrolls at high speed.
- See the “World Time City Code List” on page E-46 for the meaning of each city code and the sequence that city codes appear.

To turn summer time on and off



1. In the World Time Mode, use the (E) and (B) buttons to select the city whose summer time setting you want to change.
 2. Hold down the (A) button for about two seconds to toggle the summer time setting for the currently displayed city on and off.
- The “DST” indicator appears on the display and timekeeping is advanced by one hour when summer time is turned on.
 - You can turn summer time on or off independently for each World Time Mode city. Note, however, that you cannot change the summer time setting for the “GMT” (Greenwich Mean Time) zone.
 - If you turn on summer time for the city that you are using for your Home Time city, summer time is also turned on in the Timekeeping Mode.

Summer time, or Daylight Saving Time (DST) as is it is called in some countries, calls for setting clocks ahead one hour during the summer season. Note that the use of summer time depends on the country and even the local area.

World Time City Code List

City Code	City Name	GMT Differential	City Code	City Name	GMT Differential
GMT	Greenwich Mean Time	±0	SEL	Seoul	+9
LON	London	±0	TYO	Tokyo	+9
PAR	Paris	+1	ADL	Adelaide	+9.5
BER	Berlin	+1	SYD	Sydney	+10
ATH	Athens	+2	NOU	Noumea	+11
CAI	Cairo	+2	WLG	Wellington	+12
JRS	Jerusalem	+2	---		-11
JED	Jeddah	+3	HNL	Honolulu	-10
THR	Teheran	+3.5	ANC	Anchorage	-9
DXB	Dubai	+4	LAX	Los Angeles	-8
KBL	Kabul	+4.5	DEN	Denver	-7
KHI	Karachi	+5	CHI	Chicago	-6
DEL	Delhi	+5.5	NYC	New York	-5
DAC	Dhaka	+6	CCS	Caracas	-4
RGN	Yangon	+6.5	RIO	Rio De Janeiro	-3
BKK	Bangkok	+7	---		-2
HKG	Hong Kong	+8	---		-1
BJS	Beijing	+8			

- The contents of the above table are current as of December 2004.
- Time differentials in the above table are in accordance with Universal Time Coordinated (UTC).

Using the Alarms and Hourly Time Signal

Your watch comes with three alarms and an hourly time signal.

Daily Alarms (AL 1, AL 2, AL 3)

The watch beeps for about 10 seconds when an alarm time is reached.

Hourly Time Signal

The hourly time signal causes the watch to beep every hour on the hour.

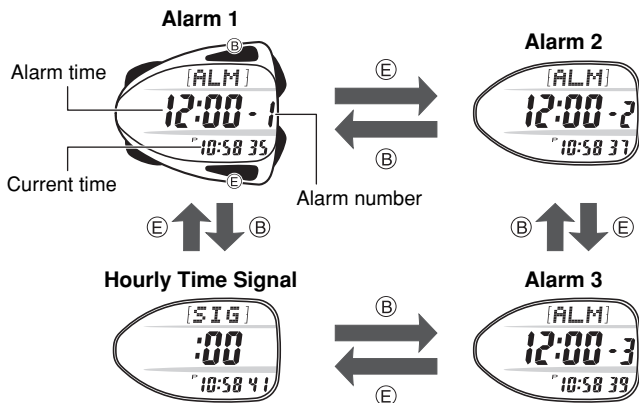
Alarm and hourly time signal settings are configured in the Alarm Mode, which you enter by pressing the (D) button five times while in the Timekeeping Mode.



To display an alarm screen

In the Alarm Mode, use the (E) (+) and (B) (-) buttons to scroll through the alarm screens.

- Holding down either button scrolls at high speed.

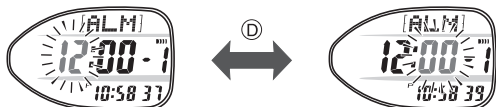


To set an alarm time

(2 seconds)



1. In the Alarm Mode, display the screen of the alarm whose setting you want to change.
2. Hold down the (A) button for about two seconds until the hour digits of the current alarm time start to flash. This is the setting screen.
 - Displaying the setting screen also turns on the alarm automatically and causes the alarm on indicator to appear on the screen.
3. Use the (E) (+) and (B) (-) buttons to change the hour setting.
 - Holding down either button changes the setting at high speed.
 - When setting the hour, make sure you specify AM or PM (P) correctly when using 12-hour timekeeping, or that you specify the correct 24-hour time. The same 12-hour/24-hour format you select for the Timekeeping Mode time (page E-50) is also applied in the Alarm Mode.
 - The timekeeping system (12-hour or 24-hour) used in the Alarm Mode is the same one you select for the Timekeeping Mode (page E-50).
4. Press the (D) button to move the flashing to the minutes.



5. Use the (E) (+) and (B) (-) buttons to change the minute setting within the range of 0 to 59.
 - Holding down either button changes the setting at high speed.
6. After all the settings are the way you want, press the (A) button to exit the setting screen.
 - The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

To turn an alarm or the hourly time signal on or off

While the screen for an alarm or the hourly time signal is on the display, press the © button to toggle it on (alarm on indicator displayed) and off (indicator not displayed).

- When any alarm is turned on, the alarm indicator is displayed in all other modes.

Alarm



Alarm on indicator

Hourly Time Signal



Hourly time signal on indicator

To stop the alarm beeper

Press any button.

To test the alarm

In the Alarm Mode, hold down the © button to sound the alarm.

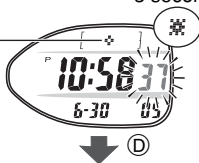
Configuring Home Time Settings

(2 seconds)



1. In the Timekeeping Mode, hold down the (A) button for about two seconds until the seconds digits of the current time start to flash. This is the setting screen.
2. Configure the Home Time settings as shown below.
 - Use the (D) button to move to the next setting. Use the (E) (+) and (B) (-) buttons to change the currently selected setting.
 - Holding down the (E) or (B) button changes the current setting at high speed.
3. After all the settings are the way you want, press the (A) button to exit the setting screen.
 - The watch also will exit the setting screen automatically if you do not perform any operation for about two or three minutes.

1.5 seconds 3 seconds



■ 00 Reset/Illumination Duration

00 Reset: Press the (E) button.

- 00 to 29, no change in minutes.
- 30 to 59, increases minutes by 1.

Illumination Duration: Press the (B) button.

- Switches between 1.5 seconds and 3 seconds.
- Current setting indicated in the upper display.

the と button
入れました。



■ Summer Time (DST)

Press the **(E)** button to switch.

Settings: On, OFF

■ Home City

Use the **(E)** (westward) and **(B)** (eastward) buttons to select.

See page E-46 for city codes.

■ Hour

Use the **(E)** (+) and **(B)** (-) buttons to change.

■ Minute

Use the **(E)** (+) and **(B)** (-) buttons to change.

Range: 00 to 59

■ Year

Use the **(E)** (+) and **(B)** (-) buttons to change.

Range: 00 to 99 (2000 to 2099)

■ Month

Use the **(E)** (+) and **(B)** (-) buttons to change.

Range: 1 to 12

■ Day

Use the **(E)** (+) and **(B)** (-) buttons to change.

Range: 1 to 31 (auto month length setting)

- When setting the hour, make sure you specify AM (no indicator) or PM (P) correctly, or that you specify the correct 24-hour time.
- You can set a date in the range of January 1, 2000 to December 31, 2099.
- The day of the week is set automatically in accordance with the date you set.
- The watch makes adjustments for leap years and month lengths automatically.
- Summer time, or Daylight Saving Time (DST) as is it is called in some countries, calls for setting clocks ahead one hour during the summer season. Note that the use of summer time depends on the country and even the local area.

Specifications

Accuracy:

Within ± 15 seconds average per month

Basic Functions:

Year, month, day, day of the week, hour, minute, second,
a.m./p.m. (P)/24-hour time format
Full Auto Calendar (2000 to 2099)

Stopwatch

Measuring Unit: 1/100 second

Measuring Capacity: 99:59'59.99" (100 hours)

Lap/Split Count Range: 999

Cumulative Exercise Time: 9,999 hour, 59 minutes

Cumulative Consumed Energy: 239,005kcal (999,999kJ)

Heart Rate Signal System: Wireless transmission
(Approximate Range: 90cm (35.4 in))

Heart rate (presettable target range), exercise intensity

Lap/split memories: 300 maximum

- Lap times, split times, lap average heart rate, lap average exercise intensity, total exercise time, exercise time within target heart rate range, exercise time in excess of target heart rate range, exercise time below target heart rate range, best lap time, average heart rate, high heart rate, energy consumed, cumulative exercise time, cumulative energy consumed

Timer:

Countdown timers: 2

Measuring unit: 1/10 second

Setting unit: 10 seconds

Setting range: 100 hours

Number of repeats: 1 to 99, unlimited

Timer Alarm Duration: 5 seconds, 10 seconds for final countdown

Single/twin switching

Caps&Lowにします

World Time:

31 cities, 29 time zones

Hour, minute, second (second count coordinated with Timekeeping Mode time)

Summer time on/off

Alarms:

- Daily alarms: 3
- Settings: Hour, minute
- Beeper: 10 seconds
- Hourly Time Signal
- Beeps twice every hour on the hour

Settings:

- Current time and date; seconds reset (± 30 -second adjust); Home Time city; summer time on/off; target alarm on/off; target heart rate upper/lower limits; resting heart rate; age; gender; energy consumed unit; body weight

Other:

- Auto return from setting screens; 12/24-hour timekeeping; EL (electro luminescent) backlight; alarm test
- Chest strap size: 70cm to 120cm, 27.5 in to 47 in (under bust)

Batteries:

- Watch: CR2025 (sold separately)
- Chest strap: CR2032 (sold separately)

Battery Life:

- Watch: Approximately 2 years
 - 1.5-second light operation, 10 seconds beeper operation per day; 300 minutes of heart rate measurements per week
- Chest strap: Approximately 500 hours
 - Continuous use

User Maintenance

Battery: You should have battery that is loaded at the factory replaced by your dealer or CASIO distributor at the first sign of low power (frequent display of RECOV indicator).

Water Resistance: This watch will withstand the ingress of water at the static pressure indicated on its case (50, 100, or 200 meters), and immersion in salt water at the depth indicated. Note, however, that dynamic pressure generated by movement underwater is greater than static pressure. Note the following.

*Rank	Case Designation	Splashes, rain, etc.	Swimming, car-washing, etc.	Snorkeling, diving, etc.	Scuba diving
I	—	No	No	No	No
II	WATER RESISTANT	Yes	No	No	No
III	50M WATER RESISTANT	Yes	Yes	No	No
IV	100M WATER RESISTANT	Yes	Yes	Yes	No
V	200M WATER RESISTANT 300M WATER RESISTANT	Yes	Yes	Yes	Yes

*Notes

I *Not water-resistant. Avoid all moisture.*

III *Do not operate buttons underwater.*

IV *If watch is exposed to salt water, wash thoroughly and wipe dry.*

V *Usable while scuba diving (except at depths that require helium-oxygen gas).*

- Your water-resistant watch has been tested in accordance with the International Organization for Standardization regulations ISO2281 and FTC (USA) "GUIDE FOR THE WATCH INDUSTRY," Guide 5.
- Some water-resistant watches come with leather bands. Be sure to dry a leather band thoroughly whenever it becomes wet. Wearing of the watch with a wet band may reduce the life of the band and cause it to discolor. It may also cause skin irritation.

Care of your watch

- Never try to open the case or remove its back cover.
- Exposure to very strong electrostatic charge can cause the watch to display the wrong time and can even damage watch components.
- Magnetism can adversely affect data communication. Because of this, heart rate monitoring is not possible in the vicinity of a microwave oven, TV, computer, cell phone, or other similar device, or while riding in an automobile or train.
- Electrostatic charge can also cause lines, which resemble circuitry, to appear momentarily on the display. This does not have any effect on the function of the watch.
- You should have the rubber seal that keeps out water and dust replaced every 2 to 3 years.
- Should moisture appear inside the watch, have it checked immediately by your dealer or a CASIO distributor.
- Avoid exposing the watch to temperature extremes.
- Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
- Do not fasten the band too tightly. You should be able to insert your finger between the band and your wrist.
- To clean the watch and band, use a dry soft cloth or a soft cloth moistened in a solution of water and a mild neutral detergent. Never use volatile agents (such as benzine, thinner, spray cleaners, etc.).
- Avoid allowing the watch to come into direct contact with hair liquids, colognes, sun block lotions, and other toiletries. Contact with such toiletries can cause deterioration of the plastic parts of the watch. Whenever the watch comes into contact with these or other toiletries, wipe it off immediately with a dry, soft cloth.
- Store your watch in a dry place when you are not using it.
- Avoid exposing the watch to gasoline, cleaning solvents, aerosol sprays, adhesive agents, paint, etc. Chemical reactions with such agents will destroy seals, case and finish.
- Painted finishes can be discolored and worn by very strong pressure, long-term rubbing, scraping, friction, etc.
- Some models feature silk screen printing on their bands. Be careful when cleaning such bands so that you do not rub on the printed designs too hard.
- Always keep batteries out of the reach of small children. If a battery is swallowed accidentally, contact your physician immediately.

- Keep this manual and any other documentation that comes with the watch in a safe place for future reference.

For watches equipped with resin bands...

- You may notice a whitish powdery substance on the band. This substance will not harm your skin or clothing, and can be removed by simply wiping it with a cloth.
- Leaving the resin band wet with sweat or water, or storing it in an area subjected to high humidity can cause the band to deteriorate, break, or crack. To ensure long life for the resin band, wipe off dirt or water with a soft cloth as soon as possible.

For watches equipped with fluorescent bands and cases...

- Long-term exposure to direct sunlight can cause fluorescent coloring to fade.
- Long-term contact with moisture can cause fluorescent coloring to fade. Be sure to wipe all moisture from the surface of the watch as soon as possible.
- Long-term contact with any other surface while the watch is wet can cause discoloration of fluorescent colors. Be sure to keep moisture from fluorescent surfaces and avoid contact with other surfaces.
- Strongly rubbing a printed fluorescent surface with another surface can cause the color of the printing to transfer to the other surface.

Caution

The following causes all data stored in memory to be deleted.

Malfunction or repairs/Dead battery/Battery replacement

Be sure to always keep separate written copies of all important data.

In no event will CASIO be liable for loss of data or any damages arising out of such loss.

CASIO COMPUTER CO., LTD. assumes no responsibility for any loss, or any claims by third parties that may arise through the use of this watch.



WARRANTY CARD
BON DE GARANTIE
TARJETA DE GARANTÍA
CARTÃO DE GARANTIA



CASIO Limited Warranty

THIS WARRANTY CARD IS VALID ONLY FOR SERVICE IN THE COUNTRY OF PURCHASE.

This product, except consumables or articles with limited resistance (e.g. battery, band, case), is warranted to the original purchaser to be free from defects of quality at the time of delivery for a period of one year from the date of purchase ("warranty period"). During the warranty period, and upon proof of purchase, the product will be repaired using CASIO reconditioned replacement parts or the product will be replaced with the same or a similar reconditioned replacement model within a reasonable period of time. To obtain these warranty services, please take or send the product, postage paid, with a copy of your sales receipt or other proof of purchase that shows the date of purchase, to a CASIO Service Center or the store where purchased. There will be no parts or labor charge to you for valid warranty services. Due to the possibility of damage or loss during shipping, it is recommended when sending the product for service that you package the product securely and send it insured, return receipt requested.

The customer shall NOT have any claim under this warranty for repair or adjustment expenses if:

- (1) The problem is caused by improper, rough or careless treatment;
- (2) The problem is caused by a fire or other natural calamity;
- (3) The problem is caused by improper repair or adjustment made by anyone other than a CASIO service center;
- (4) The case, band, glass or battery is damaged or worn;
- (5) The proof of purchase is not presented when requesting service; or
- (6) The warranty period has expired.

NEITHER THIS WARRANTY NOR ANY OTHER WARRANTY OR GUARANTEE, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OR CONDITION OF MERCHANTABILITY OR OF FITNESS FOR A PARTICULAR PURPOSE, SHALL EXTEND BEYOND THE WARRANTY PERIOD. NO RESPONSIBILITY IS ASSUMED FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES, INCLUDING, WITHOUT LIMITATION, DAMAGES RESULTING FROM INACCURACY OR MATHEMATICAL INACCURACY OF THE PRODUCT OR LOSS OF STORED DATA. SOME STATES OR JURISDICTIONS DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS AND SOME STATES OR JURISDICTIONS DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, OR THE EXCLUSION OR LIMITATION BY A PARTY OF LIABILITY FOR DEATH OR PERSONAL INJURY CAUSED BY THAT PARTY'S NEGLIGENCE. SO THE ABOVE LIMITATIONS OR EXCLUSIONS SHALL NOT IN SUCH CASES APPLY. THIS WARRANTY GIVES YOU SPECIFIC RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE, JURISDICTION TO JURISDICTION, OR COUNTRY TO COUNTRY. NOTHING IN THIS WARRANTY AFFECTS YOUR STATUTORY RIGHTS.

THANK YOU FOR CHOOSING CASIO.

CASIO is here to *HELP* You

If you have any problems with this product, please contact one of the following.

	U.S.A.	Canada	Other Countries
Customer Support	CASIO, INC. 1-800-962-2746	CASIO CANADA LTD. 1-800-962-2746	Please contact the store where purchased.
Repair/ Warranty	CASIO TECHNO USA CORPORATION 1-800-708-1651	CASIO CANADA LTD. 1-800-661-2274	
URL	http://www.casio.com/		http://www.casiotechno.com/

- US residents may register their product online at www.casio.com/support.

Garantie limitée de CASIO

CE BON DE GARANTIE NE VISE QUE LES SERVICES FOURNIS DANS LE PAYS DE L'ACHAT.

Pour le consommateur, ce produit, à l'exception des consommables ou pièces à résistance limitée (ex. pile, bracelet, boîtier) est garanti contre tout défaut de qualité au moment de la vente, pour une période d'un an, à compter de la date d'achat ("période de garantie"). Au cours de la période de garantie, sur présentation de la preuve d'achat, le produit de l'acheteur sera réparé à l'aide de pièces CASIO remises à neuf ou de rechange, ou bien il sera remplacé par un modèle identique ou semblable remis à neuf ou de rechange dans un délai raisonnable. Si vous voulez vous prévaloir de ces services de garantie, vous devez apporter ou envoyer (port payé) le produit à un centre de service CASIO ou au magasin où vous avez effectué votre achat (voir les détails ci-dessous), fournir une copie de votre reçu de vente ou une autre preuve d'achat qui indique la date d'achat. Dans le cadre de ces services de garantie, les pièces et la main d'œuvre seront gratuites. Pour éviter que le produit ne soit égaré ou endommagé lors de l'expédition, nous vous conseillons de l'emballer soigneusement et de l'envoyer en recommandé avec avis de réception.

Un client NE POURRA PAS se prévaloir de cette garantie pour demander le remboursement d'une dépense de réparation ou de mise au point si :

- (1) Le problème est dû à une utilisation inadéquate, à un mauvais traitement du produit ou à la négligence;
- (2) Le problème est dû à un incendie ou à une autre catastrophe naturelle;
- (3) Le problème est dû à une réparation ou à une mise au point inadéquate, faite ailleurs qu'à un centre de service CASIO;
- (4) Le boîtier, le bracelet, le verre ou la pile sont endommagés ou usés;
- (5) La preuve d'achat n'est pas présentée lors de la demande de service après-vente; ou
- (6) La période de garantie est expirée.

NI CETTE GARANTIE, NI AUCUNE AUTRE, EXPLICITE OU IMPLICITE, Y COMPRIS TOUTE GARANTIE IMPLICITE OU CONDITION DE QUALITÉ MARCHANDE OU D'APTITUDE À UNE FIN PARTICULIÈRE, NE SERA VALABLE APRÈS LA PÉRIODE DE GARANTIE PRÉVUE. CASIO N'ASSUME AUCUNE RESPONSABILITÉ EN CAS DE DOMMAGE ACCESSOIRE OU CONSÉCUTIF À UN INCIDENT, NOTAMMENT EN CAS DE DOMMAGE ATTRIBUABLE À L'IMPRÉCISION (MATHÉMATIQUE OU AUTRE) DU PRODUIT OU À LA PERTE DE DONNÉES STOCKÉES. CERTAINS ÉTATS, PROVINCES OU JURIDICTIONS INTERDISSENT DE LIMITER LA DURÉE D'UNE GARANTIE IMPLICITE OU INTERDISSENT D'EXCLURE OU DE LIMITER LES DOMMAGES ACCESSOIRES OU CONSÉCUTIFS À UN INCIDENT, OU INTERDIENST D'EXCLURE OU DE LIMITER LA RESPONSABILITÉ D'UN TIERS POUR LA MORT OU LES BLESSURES CAUSÉES PAR SÉNÉLIGENCE. PAR CONSÉQUENT, LES LIMITATIONS OU EXCLUSIONS CI-DESSUS NE S'APPLIQUENT PAS SI TEL EST LE CAS. CETTE GARANTIE VOUS DONNE DES DROITS SPÉCIFIQUES, MAIS VOUS POUVEZ ÉGALEMENT EN AVOIR D'AUTRES, CES DROITS VARIANT D'UN ÉTAT À UN AUTRE, D'UNE PROVINCE À UNE AUTRE, D'UNE JURIDICTION À UNE AUTRE. RIEN DANS CETTE GARANTIE NE MODIFIE VOS DROITS PRÉVUS PAR LA LOI.

MERCI D'AVOIR CHOISI UN PRODUIT CASIO.

CASIO est à votre disposition pour vous AIDER

Pour tout problème concernant ce produit, veuillez contacter un des endroits suivants.

	Etats-Unis	Canada	Autres pays
Assistance clientèle	CASIO, INC. 1-800-962-2746	CASIO CANADA LTD. 1-800-962-2746	Contactez le magasin où le produit a été acheté.
Réparation/ Garantie	CASIO TECHNO USA CORPORATION 1-800-708-1651	CASIO CANADA LTD. 1-800-661-2274	
URL	http://www.casio.com/		http://www.casiotechno.com/

- Les résidents aux États-Unis peuvent enregistrer leur produit en ligne à www.casio.com/support.

Garantía Limitada de CASIO

ESTE TARJETA DE GARANTÍA ES VÁLIDO SOLAMENTE PARA SERVICIOS EN EL PAÍS DE LA COMPRA.

Este producto, excepto los elementos consumibles o artículos con duración limitada (por ej. la pila, la correa, la carcasa), está garantizado al comprador original de estar libre de defectos de calidad en el momento de la entrega por un período de un año de la fecha de compra ("período garantía"). Durante el período de garantía, y con prueba de la compra, el producto será reparado usando piezas CASIO de reemplazo o piezas reacondicionadas o el producto será reemplazado por el mismo modelo o uno de reemplazo o reacondicionado similar, dentro de un período de tiempo razonable. Para obtener el servicio de garantía, por favor llevar o enviar el producto, con gastos de correo pago, con una copia de su recibo de ventas u otra prueba de la compra que muestre la fecha de tal compra, a un Centro de Servicios CASIO o a la tienda en donde ha hecho la compra. Usted no tendrá cargos por las piezas o el servicio. Dada la posibilidad de daño o pérdida durante el envío, se recomienda que cuando envíe el producto que empaque o cierre bien el producto y que lo envíe asegurado y con acuse de recibo.

El cliente NO tendrá reclamo alguno bajo esta garantía para gastos de reparaciones o ajustes si:

- (1) El problema es causado por un trato incorrecto, maltrato o descuido;
- (2) El problema es causado por un incendio u otra desgracia natural;
- (3) El problema es causado por la reparación o ajuste inadecuado hecho por alguien que no pertenece a un centro de servicio CASIO;
- (4) La caja, correa, vidrio o pila está dañada o gastada;
- (5) La prueba de compra no se presenta cuando se solicita el servicio; o
- (6) El período de garantía ha expirado.

NI ESTA GARANTÍA O NINGUNA OTRA GARANTÍA O CERTIFICADO, ESTATUTO EXPRESO O IMPLÍCITA, INCLUYENDO CUALQUIER GARANTÍA IMPLÍCITA O CONDICIÓN DE LA COMERCIABILIDAD O DE ADAPTACIÓN PARA UN PROPÓSITO PARTICULAR, SERÁ EXTENDIDA MÁS ALLÁ DEL PERÍODO DE GARANTÍA. NO SE ASUMIRÁ RESPONSABILIDAD POR DAÑOS INCIDENTALES O CONSECUENTES, INCLUYENDO, SIN LIMITACIONES, DAÑOS QUE RESULTEN DE LA INEXACTITUD O INEXACTITUD MATEMÁTICA DEL PRODUCTO O PÉRDIDA DE LOS DATOS ARCHIVADOS. ALGUNOS ESTADOS O JURISDICCIÓNES NO PERMITEN LIMITACIONES SOBRE CUANTO TIEMPO DURA UNA GARANTÍA IMPLÍCITA Y ALGUNOS ESTADOS O JURISDICCIÓNES NO PERMITEN LA EXCLUSIÓN O LIMITACIÓN DE DAÑOS ANTERIORES O CONSECUENTES, O LA EXCLUSIÓN O LIMITACIÓN POR UNA PARTE DE RESPONSABILIDAD POR MUERTE O LESIONES PERSONALES OCASIONADOS POR NEGLIGENCIA DE ESA PARTE DE MANERA QUE LAS LIMITACIONES O EXCLUSIONES DE ARRIBA NO LE SEAN APLICABLES EN TALES CASOS. ESTA GARANTÍA LE DA DERECHOS ESPECÍFICOS, Y PUEDE QUE USTED TAMBIÉN TENGA OTROS DERECHOS QUE VARÍAN DE ESTADO A ESTADO, DE JURISDICCIÓN A JURISDICCIÓN, O DE PAÍS A PAÍS. NADA EN ESTA GARANTÍA AFECTA SUS DERECHOS LEGALES.

MUCHAS GRACIAS POR USAR CASIO.

CASIO está aquí para AYUDARLE

Si tiene cualquier problema con este producto, comuníquese a los siguientes números.

	EE.UU.	Canadá	Otros países
Soporte al cliente	CASIO, INC. 1-800-962-2746	CASIO CANADA LTD. 1-800-962-2746	Por favor comuníquese con la tienda en donde hizo la compra.
Reparación/ Garantía	CASIO TECHNO USA CORPORATION 1-800-708-1651	CASIO CANADA LTD. 1-800-661-2274	
URL	http://www.casio.com/		http://www.casiotechno.com/

- Residentes de los EE.UU. pueden registrar su producto en conexión directa en: www.casio.com/support.

Garantia Limitada da CASIO

ESTE CARTÃO DE GARANTIA SÓ É VÁLIDO PARA OBTER ASSISTÊNCIA TÉCNICA NO PAÍS ONDE FOI EFETUADA A COMPRA.

Este produto, exceto os itens consumíveis ou com resistência limitada (e.g. pilha, pulseira, caixa), é garantido ao comprador original contra defeitos de qualidade no momento da entrega, por um período de um ano a contar da data da compra ("período da garantia"). Durante o período da garantia, e mediante o comprovante da compra, o produto será consertado utilizando peças de substituição recondiçionadas da CASIO, ou será substituído pelo mesmo modelo ou por outro modelo de substituição recondiçionado similar dentro de um período de tempo razoável. Para obter esses serviços de garantia, por favor leve ou envie o produto, com porte pago e uma cópia da sua nota fiscal ou outro comprovante de compra, que mostre a data de compra, a uma Assistência Técnica CASIO ou à loja onde o comprou. Nenhuma peça ou mão de obra será cobrada para os serviços dentro da cobertura da garantia. Dada a possibilidade de danos ou perda durante o transporte, recomendamos que embale bem o produto ao despachá-lo para serviço, e que providencie um seguro e um comprovante de entrega.

O cliente NÃO terá direito à realização de consertos ou ajustes pela assistência técnica, segundo os termos desta garantia, se:

- (1) O problema for causado por tratamento inadequado, bruto ou descuidado;
- (2) O problema for causado por um incêndio ou outra calamidade natural;
- (3) O problema for causado por um conserto ou ajuste inadequado, realizado por uma pessoa/entidade que não seja a assistência técnica da CASIO;
- (4) A caixa, pulseira, vidro ou pilha estiverem danificados ou desgastados;
- (5) O comprovante de compra não for apresentado quando a assistência for solicitada; ou
- (6) O prazo da garantia já venceu.

NEM ESTA GARANTIA NEM QUALQUER OUTRA GARANTIA OU CONDIÇÃO, EXPRESSA OU IMPLÍCITA, INCLUINDO QUAISQUER OUTRAS GARANTIAS IMPLÍCITAS DE COMERCIALIZAÇÃO OU DE ADEQUAÇÃO PARA UM DETERMINADO FIM, SERÃO PRORROGADAS APÓS A EXPIRAÇÃO DO PERÍODO DA GARANTIA. EM NENHUMA HIPÓTESE A CASIO SERÁ RESPONSÁVEL POR DANOS INCIDENTAIS OU CONSEQUENCIAIS, INCLUINDO, MAS NÃO SE LIMITANDO A, DANOS DECORRENTES DA IMPRECISÃO MATEMÁTICA OU OUTRAS IMPRECISÕES DO PRODUTO, OU AINDA A PERDA DOS DADOS ARMAZENADOS. ALGUNS ESTADOS OU JURISDIÇÕES NÃO PERMITEM LIMITES QUANTO À DURAÇÃO DE GARANTIAS IMPLÍCITAS, E ALGUNS ESTADOS OU JURISDIÇÕES NÃO PERMITEM A EXCLUSÃO OU LIMITAÇÃO DE DANOS INCIDENTAIS OU CONSEQUENCIAIS, OU A EXCLUSÃO OU LIMITAÇÃO POR TERCEIROS DA RESPONSABILIDADE POR MORTE OU FERIMENTOS CAUSADOS PELA NEGLIGÊNCIA DE TAIS PESSOAS. PORTANTO, OS LIMITES OU EXCLUSÕES ACIMA NÃO SÃO APLICÁVEIS EM TAIS CASOS. ESTA GARANTIA LHE CONFERE DIREITOS ESPECÍFICOS, MAS VOCÊ TAMBÉM PODE GOZAR DE OUTROS DIREITOS QUE VARIAM DE ACORDO COM O ESTADO, JURISDIÇÃO OU PAÍS. NENHUMA DAS PROVISÕES DESTA GARANTIA AFETA OS SEUS DIREITOS PREVISTOS PELA LEI.

AGRADECEMOS POR TER ESCOLHIDO A CASIO

A CASIO está aqui para AJUDÁ-LO

Se você tiver problemas com este produto, por favor contate os seguintes locais.

	Estados Unidos	Canadá	Outros países
Atendimento ao cliente	CASIO, INC. 1-800-962-2746	CASIO CANADA LTD. 1-800-962-2746	Por favor contate a loja onde comprou o produto.
Consertos/ Garantia	CASIO TECHNO USA CORPORATION 1-800-708-1651	CASIO CANADA LTD. 1-800-661-2274	
URL	http://www.casio.com/		http://www.casiotechno.com/

- Os residentes nos Estados Unidos podem registrar o seu produto na Internet, no portal www.casio.com/support.