

S4 Monitor Quick Start Guide

Turning Monitor On

Press on/reset button

Resetting Monitor

Press and hold on/reset button until screen flashes

Distance Workout

Press "workout programs" button once, use arrows, scroll to desired distance. Press "OK". Row

Duration Workout

Press "workout programs" button twice, use arrows, scroll to desired time. Press "OK". Row

Distance Interval Workout

Press "workout programs" button three times, so "workout interval 1" appears.

Use arrows to scroll to first workout distance. Press "OK".

Use arrows to scroll to first rest duration. Press "OK".

Use arrows to scroll to second workout distance. Press "OK".

Use arrows to scroll to second rest duration. Press "OK".

Continue until desired number of workouts is reached.

Press "OK" twice to end sequence. Row.

Duration Interval Workout

Press "workout programs" button four times so "workout interval 1" appears.

Use arrows to scroll to first workout duration. Press "ok".

Use arrows to scroll to first rest duration. Press "ok".

Use arrows to scroll to second workout duration. Press "ok".

Use arrows to scroll to second rest duration. Press "ok".

Continue until desired number of workouts is reached.

Press "OK" twice to end sequence. Row.

Heart Rate Zone Setting

Press "zones" button once.

Use arrows to scroll to upper heart rate limit. Press "OK".

Use arrows to scroll to lower heart rate limit. Press "OK". Row.

Intensity Zone Setting

Press "units" button once and use arrows to scroll intensity options.

Press "OK" when desired units are flashing

Press "zones" button twice and scroll until desired upper intensity limit is reached. Press "OK".

Use arrows to scroll to lower intensity limit is reached.

Press "OK". Row