

To establish a successful connection between the watch and the computer, please do the following:

PC-Link Heart Rate Watch



1. Save the exercise data onto the watch



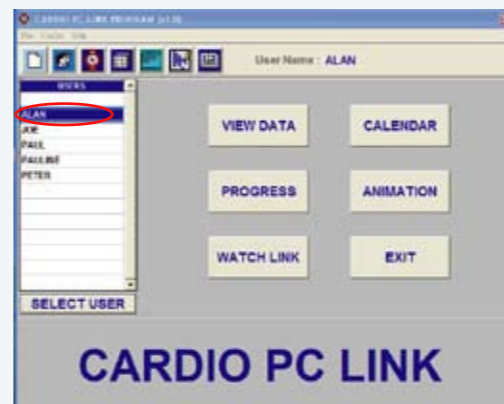
2. Clip the connector to the watch



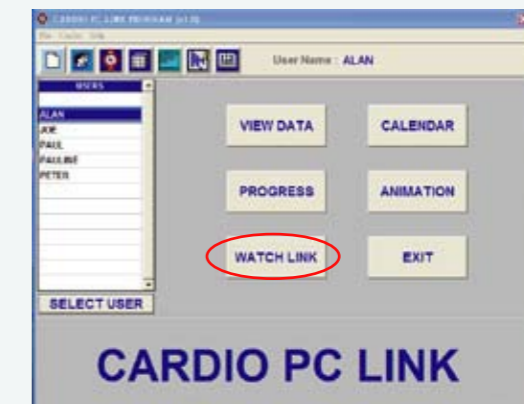
3. Press the MODE button until you see the COMM screen and wait for PC-LINK to appear



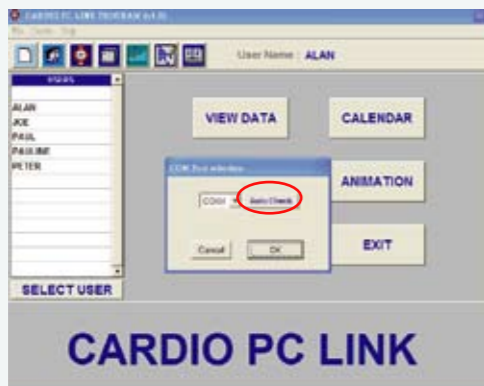
4. Plug the USB connector to the computer before opening the interface program



5. Select the user before uploading any data from the watch on the interface program.



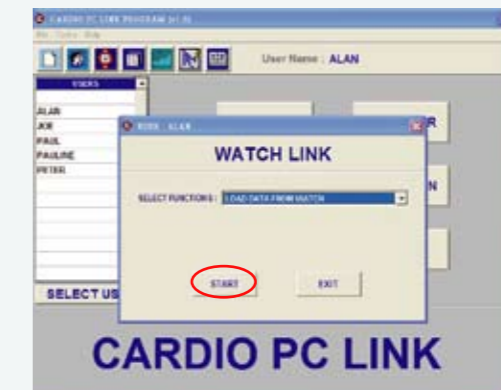
6. Press WATCH LINK to establish the connection.



7. A display will pop up for COM PORT route, press the Auto check button and then it will indicate which COM PORT it is using.



8. Then choose the COM PORT route accordingly and confirm by pressing OK.

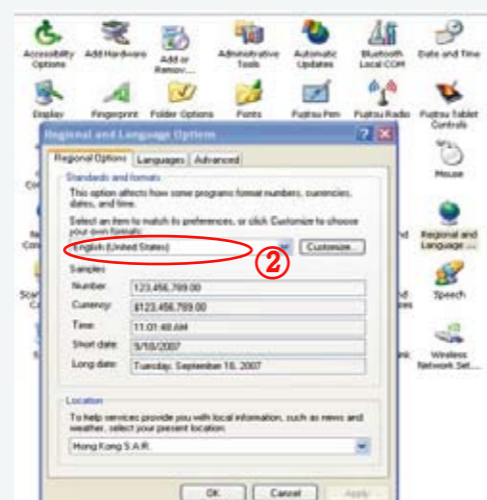
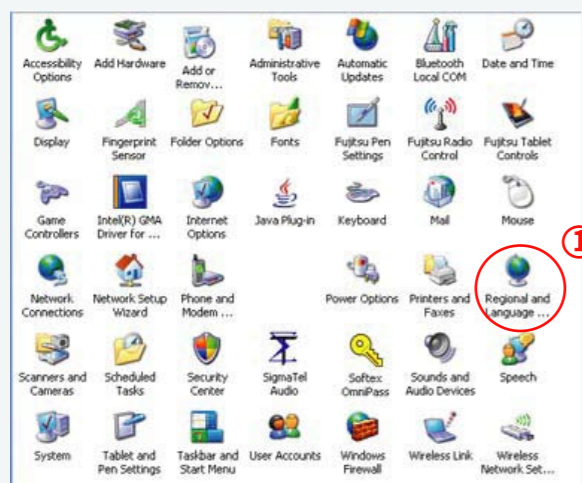


9. A screen will pop up and user will choose whether to upload the data from the watch to the computer, load user setting to the computer or download user setting from the computer. Then press START.

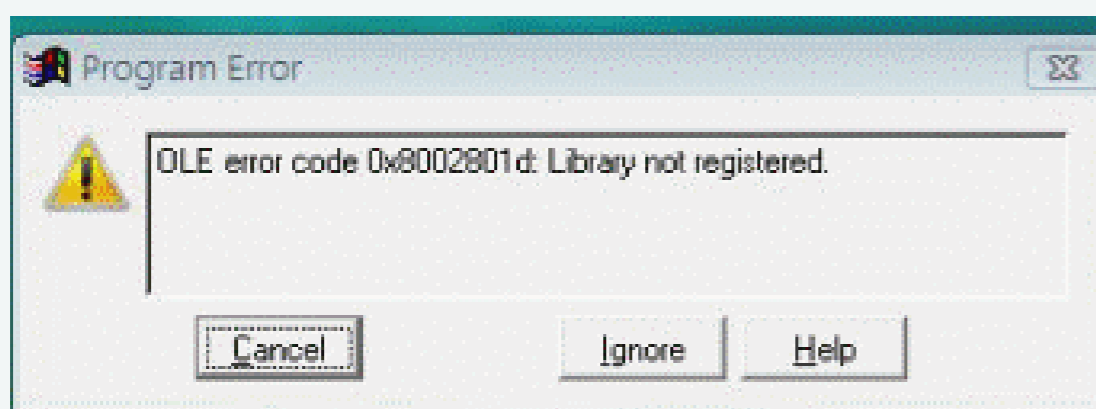


Remarks:

1. Please make sure the USB connector does not have dust or dirt or water.
2. Make sure to clip the USB to watch and then to computer before opening interface program.
3. If the first time is unsuccessful, plug it out, close the program and follow the steps once more.



The only time when you have to adjust the language in the regional settings of language is when the computer is unable to decode the installation program. This program can accommodate Windows 98, 2000, XP and Vista but due to some internal modifications or settings by user, it may require a change in the regional settings of language.



As Windows Vista is still a newly developed software, there may be compatibility issues and conflicts with other softwares. If in any case, an error message should appear, ignore and continue, and the program will run smoothly.