

# TABLE OF CONTENTS

<b><u>INTRODUCTION</u></b>	<b><u>2</u></b>
<b>SAFETY PRECAUTIONS</b>	<b>2</b>
<b>PACKAGE CONTENTS</b>	<b>3</b>
<b>DEVICE OVERVIEW</b>	<b>3</b>
<b>BUTTON OPERATION SUMMARY</b>	<b>4</b>
<b><u>BASIC OPERATION</u></b>	<b><u>5</u></b>
<b><u>HEART RATE ZONE ALERT MODE</u></b>	<b><u>6</u></b>
<b><u>DAILY ALARM MODE</u></b>	<b><u>8</u></b>
<b><u>CHRONOGRAPH MODE</u></b>	<b><u>9</u></b>
<b><u>COUNTDOWN TIMER MODE</u></b>	<b><u>10</u></b>
<b><u>CALORIE COUNTER MODE</u></b>	<b><u>11</u></b>
<b><u>DUAL TIME MODE</u></b>	<b><u>11</u></b>
<b><u>POWER SAVING MODE</u></b>	<b><u>11</u></b>

Thank you for purchasing **CANYON CNS-SW4**, a multi-functional watch device with ECG heart rate monitoring function. You have made an excellent choice and we hope you will enjoy all of its exciting features. To fully utilize the functions and features of **CANYON CNS-SW4**, please read through the user manual carefully before using the product, and follow all of the procedures in the manual to fully enjoy all features of the product.



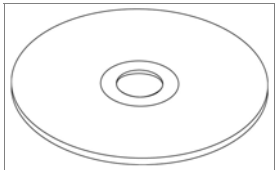
## Introduction

### Safety Precautions

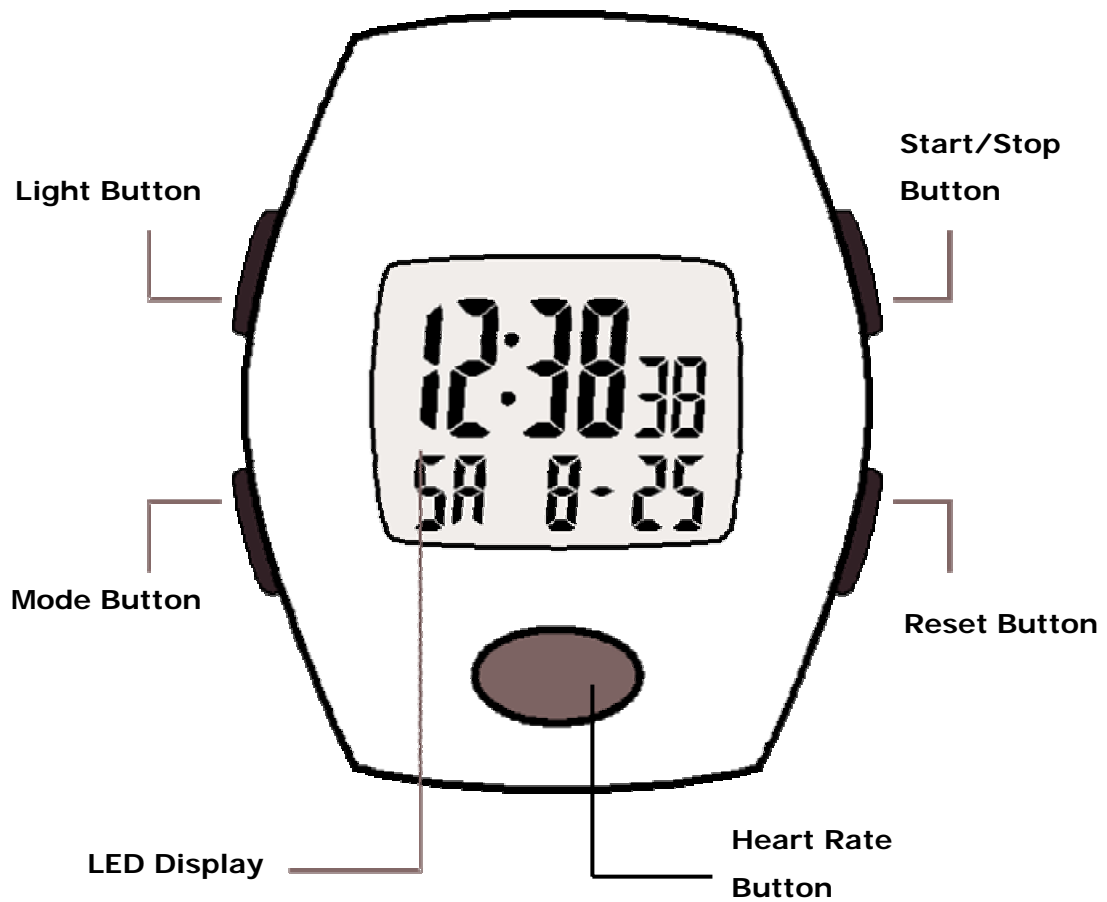
Please observe all safety precautions before using the device. Please follow all procedures outlined in this manual to properly operate the device. The heart rate monitoring function is intended only to be a supplementary method for measuring heart rate. It is **NOT** a substitute/alternative device for professional medical devices. The heart rate readings from **CANYON CNS-SW4** should be periodically cross-checked with readings from medical devices dedicated to heart rate monitoring.

- Do NOT attempt to disassemble or alter any part of the device that is not described in this guide.
- Do NOT place the device in contact with water or any other liquids. The device is NOT designed to be liquid proof of any sort.
- In the event of liquid entry into device interior, immediately disconnect the device from the computer. Continuing use of the device may result in fire or electrical shock. Please consult your product distributor or the closest support center.
- To avoid risk of electrical shock, do not connect or disconnect the device with wet hands.
- Do NOT place the device near a heat source or directly expose it to flame.
- Never place the device in vicinity of equipments generating strong electromagnetic fields. Exposure to strong magnetic fields may cause malfunctions.
- Avoid exposing the device to extreme temperatures.
- Avoid strong impacts for it will damage the device permanently.

## Package Contents

Product Image	Item Name
	CANYON CNS-SW4 Main Unit
	User Manual
	Driver and Documentation CD

## Device Overview



# Button Operation Summary

## Mode Button [M]

- Press to cycle through 7 functional modes.
- Press and hold to enter/exit Setting Mode.
- During Settings Mode, press to cycle through different settings.

## Start/Stop Button [S/S]

- Press to switch daily alarm on/off at Daily Alarm Mode.
- Press to start/stop time counting at Chronograph, Timer and Calorie Counter Mode.
- Press to increase values at Settings Mode.

## Reset Button [R]

- Press to switch hourly reminder on/off at Daily Alarm Mode.
- Press to reset time counting at Chronograph and Calorie Counter Mode.
- Press to reset target time at Timer Mode.
- Press to decrease values at Settings Mode.

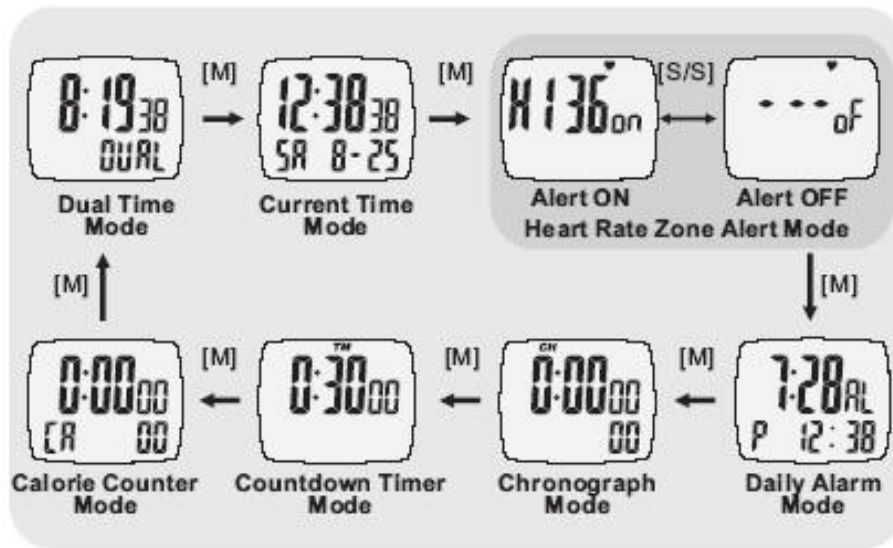
## Light Button [L]

- Press to turn on back light for 3 seconds

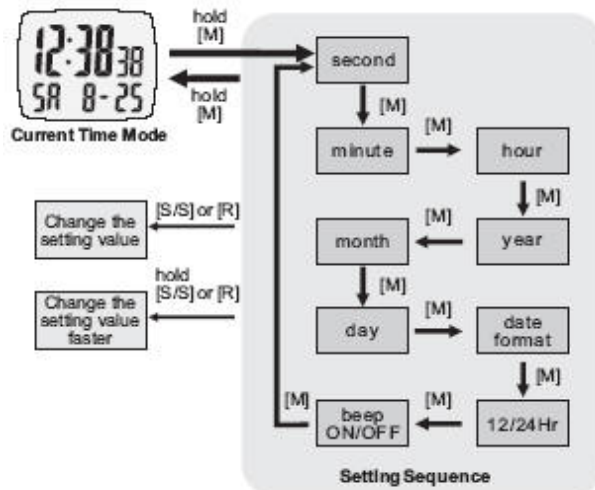
## Heart Rate Button [S1]

- Press and hold while wearing the device on wrist to measure heart rate.

## Basic Operation

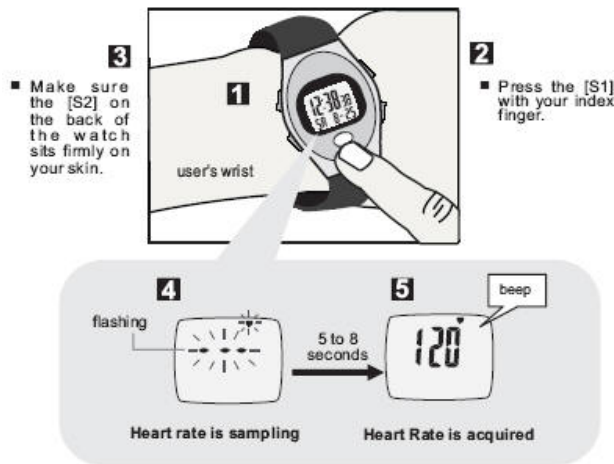


**CANYON CNS-SW4** is a multi-functional watch device that contains 7 functional modes including Current Time Mode, Heart Rate Zone Alert Mode, Daily Alarm Mode, Chronograph Mode, Countdown Timer Mode, Calorie Counter Mode, and Dual Time Mode. Press **[M]** to cycle through 7 functional modes as shown above.



- Press and hold **[M]** to enter Settings Mode.
- Press **[M]** to cycle through different digits and settings. Press **[S/S]** and **[R]** to adjust values or to switch between options.
- Press and hold **[M]** to save modified settings and exit Settings Mode.

## Heart Rate Zone Alert Mode



- Make sure to put on the device on the wrist before measuring heart rate.
- Press and hold **[S1]** with index finger while the back of the device **[S2]** is firmly attached to the wrist.
- Hold the index finger on **[S1]** until a “beep” sound is heard. The heart rate readings and the percentage of estimated maximum heart rate will be displayed for 5 seconds.

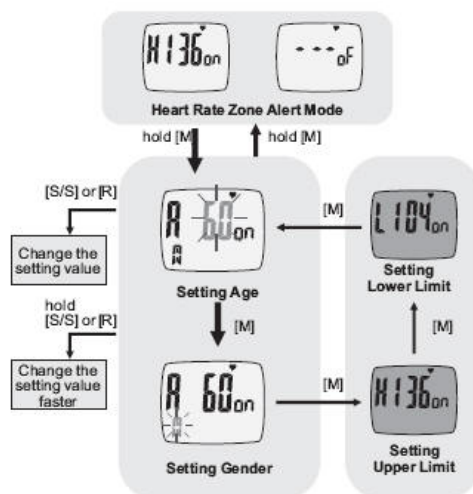
### NOTE:

- The estimated maximum heart rate and its relative percentage calculated by the following formula:

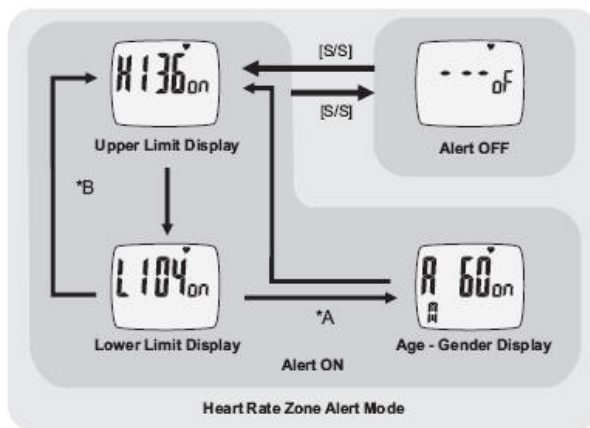
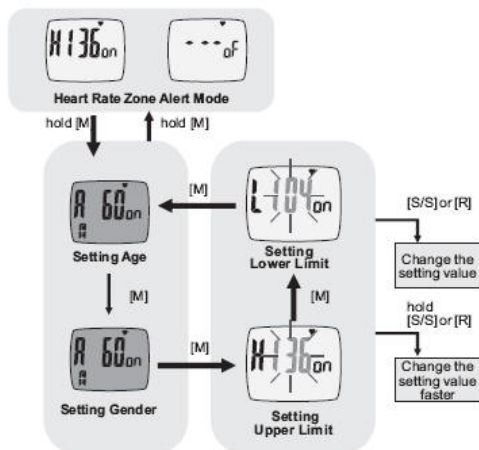
$$\text{EMHR} = 220(\text{male}) | 226(\text{female}) - \text{user age}$$

$$\% \text{EMHR} = \text{Acquired Heart Rate} / \text{EMHR} \times 100\%$$

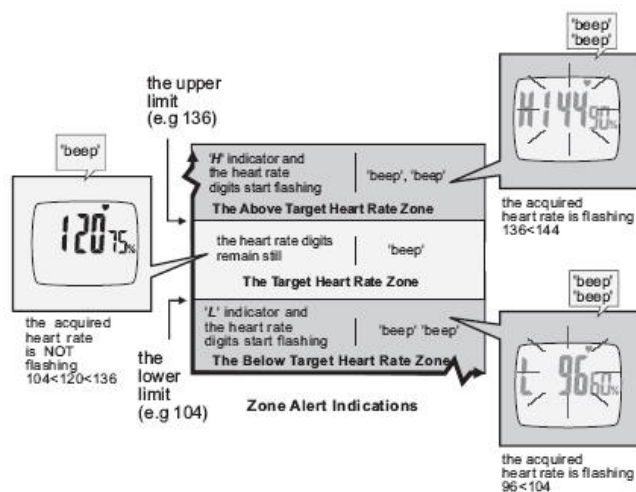
- Relative Heart Rate is a percentage that compares one’s acquired heart rate with estimated maximum heart rate. The number is primarily used to determine cardio fitness of an individual. Please consult with professional doctors for more details on its implication.
- To activate %EMHR function, user age and gender must be correctly input and Heart Rate Zone Alert function must be switched on. Please refer to below section for more information.



- Press and hold **[M]** to set zone alert by user age and gender. An icon ‘A’ will be displayed on the screen.
- Press **[M]** to switch between age and gender options. Press **[S/S]** and **[R]** to adjust values and options.
- Press and hold **[M]** to save modified settings and exit Settings Mode.

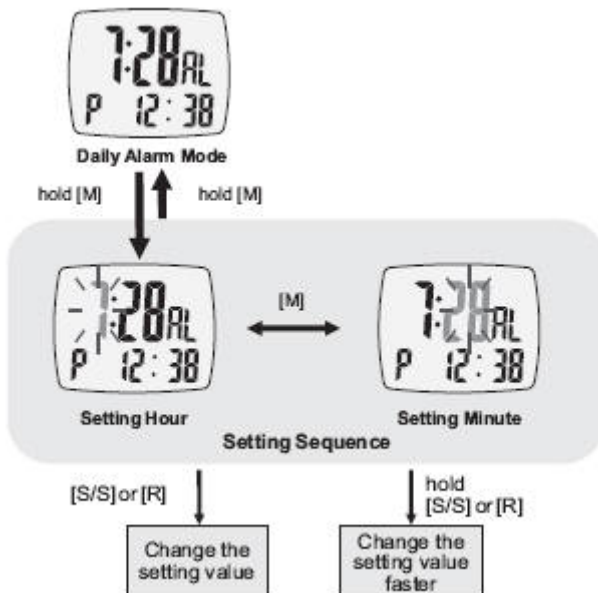
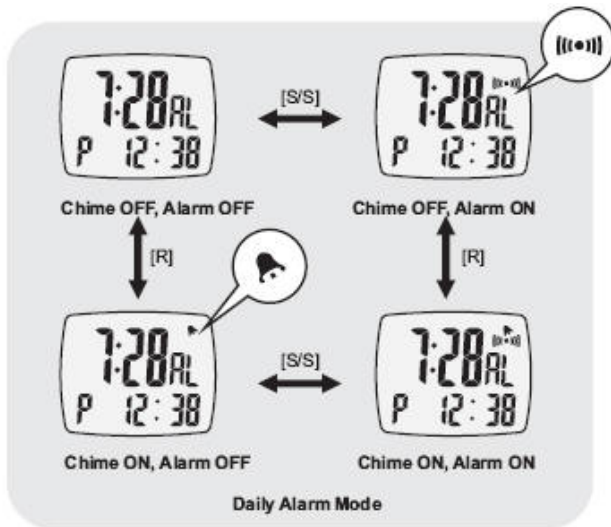


**NOTE \*A:** If the zone alert is set by using user's age and gender.  
**NOTE \*B:** If the zone alert is set by inputting the upper and lower heart rate limit directly.



- Press and hold **[M]** to set zone alert by defining upper and lower heart rate limits. An icon 'A' will be displayed on the screen.
- Press **[M]** twice until the icon 'H' is displayed.
- Press **[M]** to switch between upper and lower limits. Press **[S/S]** and **[R]** to adjust values
- Press and hold **[M]** to save modified settings and exit Settings Mode.
- Press **[S/S]** to switch the function on/off during Heart Rate Zone Alert Mode.
- The information about user including age, gender, upper/lower heart rate limits will be displayed on screen as shown.
- The device will indicate whether the acquired heart rate is within, above or below the target heart rate zone.
- The device will beep once when the acquired heart rate falls in between limits.
- The device will beep twice and shows 'H' or 'L' when the acquired heart rate is above or below the limits.

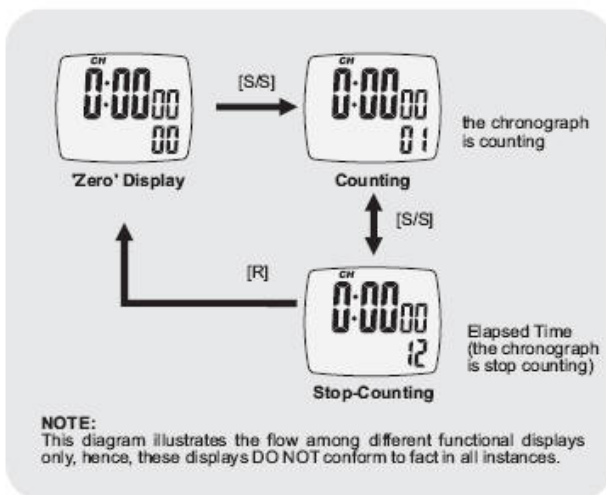
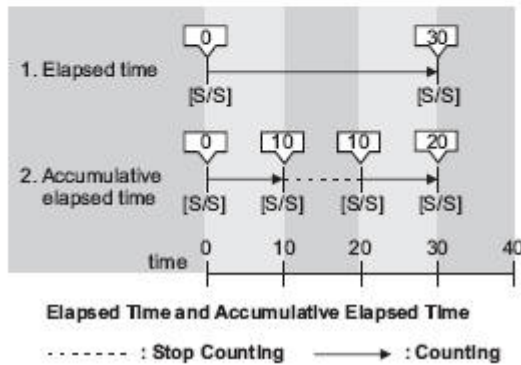
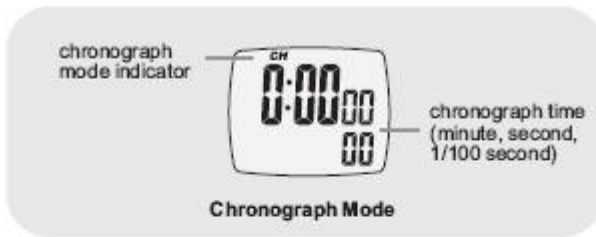
## Daily Alarm Mode



- Press **[S/S]** to switch daily alarm on/off. A daily alarm indicator will be displayed on the screen as illustrated. The alarm will ring continuously for 30 seconds.
- Press **[R]** to switch hourly chime on/off. A hourly chime indicator will be displayed on the screen as shown.
- Press and hold **[M]** to enter daily alarm setting.
- Press **[M]** to switch between hour and minute digits. Press **[S/S]** and **[R]** to adjust values.
- Press and hold **[M]** to save modified settings and exit Settings Mode.

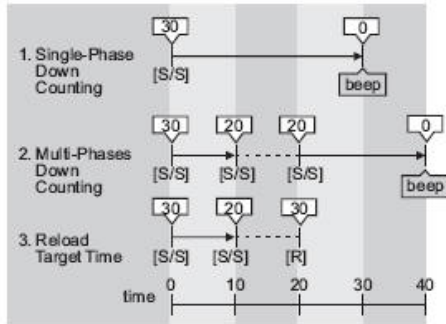


# Chronograph Mode

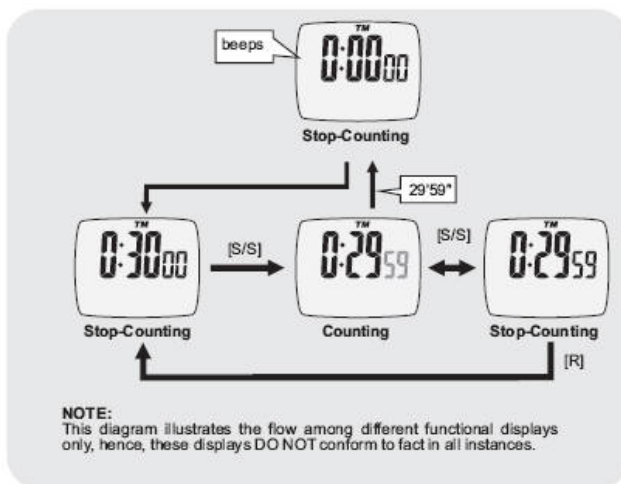
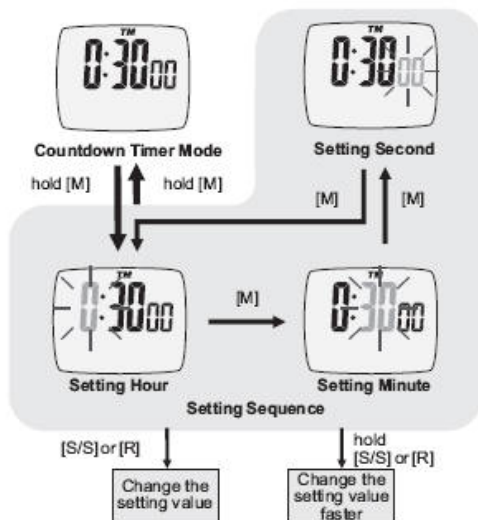


- Upon entering, the Chronograph Mode indicator **CHR** will be displayed at the top of screen.
- The device performs 2 functions: Elapsed time counting and Accumulative elapsed time counting.
- Press **[S/S]** to start counting. Press the button again to stop and the elapsed time will be displayed on the screen. Press the button the third time to resume counting.
- Press **[R]** to reset counter.

# Countdown Timer Mode



Single/multi-Phase Down Counting and Target Time Reload  
 ----- : Stop Counting    ————— : Counting



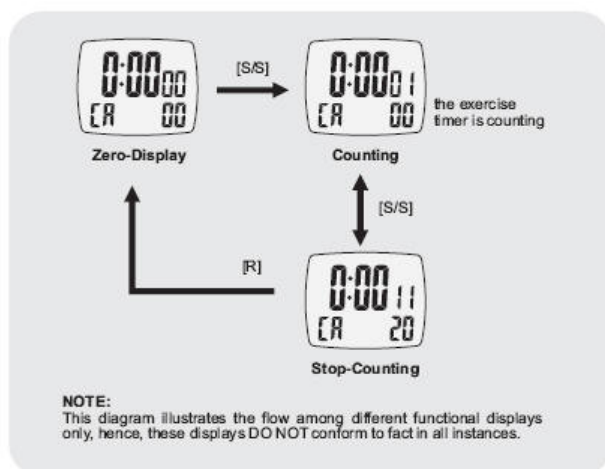
- Upon entering, the Countdown Timer Mode indicator **TMR** will be displayed at the top of screen.
- The target time is displayed on the screen as shown.

**NOTE:**

The device will beep once per second when the timer reaches last 5 seconds. It will also beep for another 10 second when timer reaches target time.

- Press and hold **[M]** to enter target time setting.
- Press **[M]** to switch between hour, minute, and second digits. Press **[S/S]** and **[R]** to adjust values.
- Press and hold **[M]** to save modified settings and exit target time setting.
- Press **[S/S]** to start countdown. The residual time will be displayed on the screen.
- Press **[S/S]** during countdown to pause. Press the button again to resume countdown.
- Press **[R]** to reset countdown timer to target time.

## Calorie Counter Mode



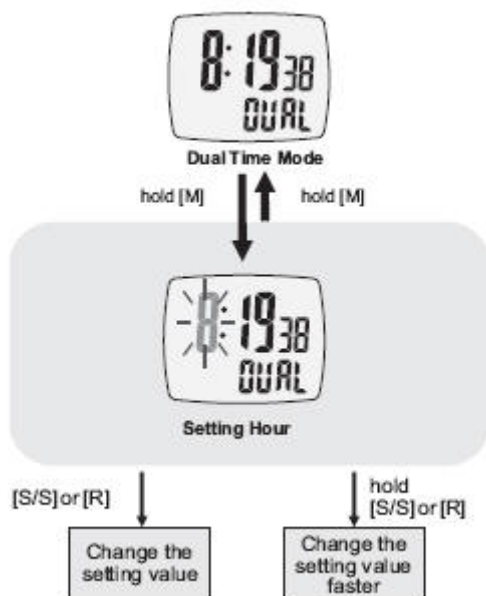
- Press **[S/S]** to start/stop the exercise timer.
- The total exercise time and the expended calorie will be updated on the screen.

### NOTE:

The amount of calories expended is estimated by the acquired heart rates (measured during the exercise) and the total exercise time.

- Press **[R]** to reset the counter.

## Dual Time Mode



- Press and hold **[M]** to enter daily alarm setting.
- Press **[M]** to switch between hour and minute digits. Press **[S/S]** and **[R]** to adjust values.
- Press and hold **[M]** to save modified settings and exit Settings Mode.

## Power Saving Mode

The device is equipped with power saving function by turning off the screen while the timekeeping function is still running.

To enter Power Saving Mode, press and hold **[M]** and **[R]** in Current Time Mode for more than 5 seconds. Press any of the buttons to exit and resume normal status.