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Thank you for purchasing **CANYON CNS-SW8**, 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-SW8**, 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.



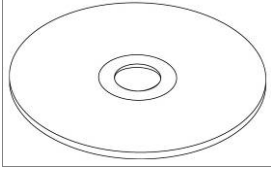
Introduction

Safety Precautions

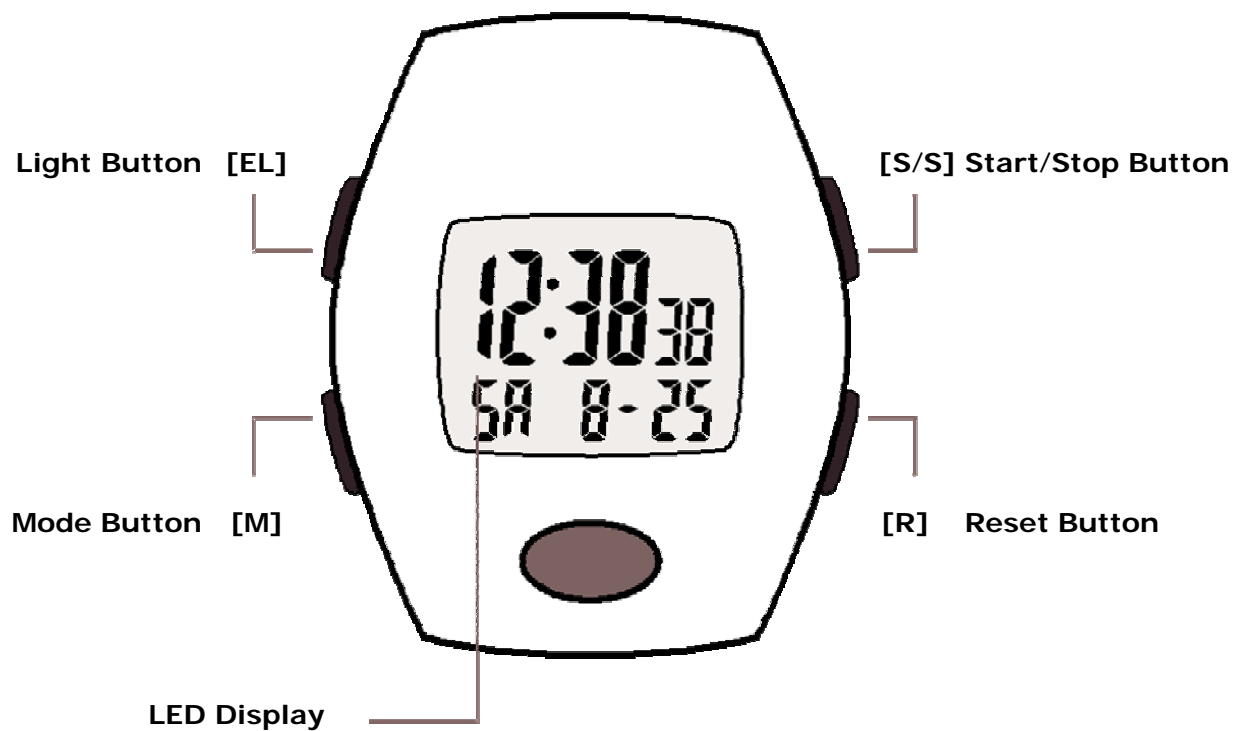
Please observe all safety precautions before using the device. Please follow all procedures outlined in this manual to properly operate the device. The heart rate monitoring function is intended only to be a supplementary method for measuring heart rate. It is **NOT** a substitute/alternative device for professional medical devices. The heart rate readings from **CANYON CNS-SW8** 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-SW8 Main Unit
	Quick Guide
	Documentation CD

Device Overview



Button Operation Summary

Mode Button [M]

- Press to cycle through 3 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 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 Mode.
- Press to decrease values at Settings Mode.

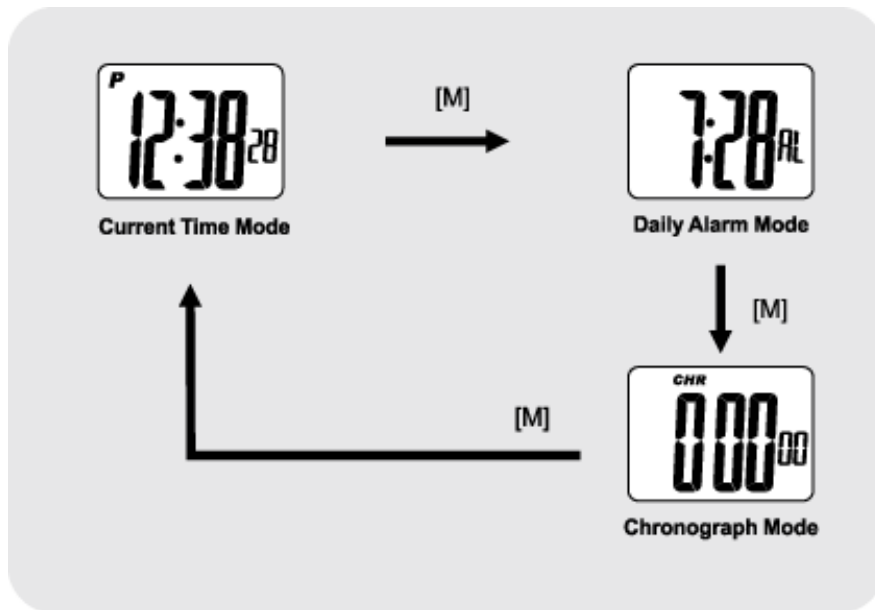
Light Button [L]

- Press to turn on back light for 3 seconds

Heart Rate Button [S1]

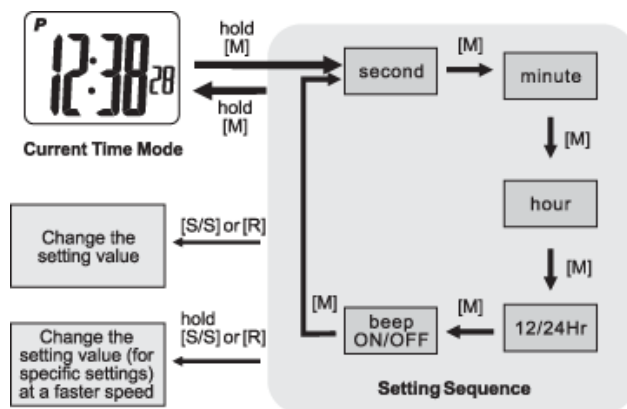
- Press and hold while wearing the device on wrist to measure heart rate.

Basic Operation



CANYON CNS-SW8 is a multi-functional watch device that contains 3 functional modes including Current Time Mode, Daily Alarm Mode, and Chronograph Mode. Press **[M]** to cycle through 3 functional modes as shown above.

Current Time Mode

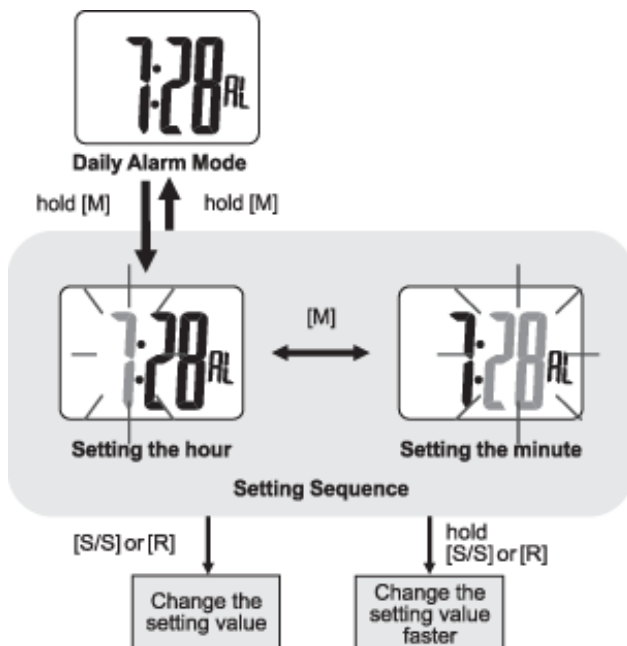
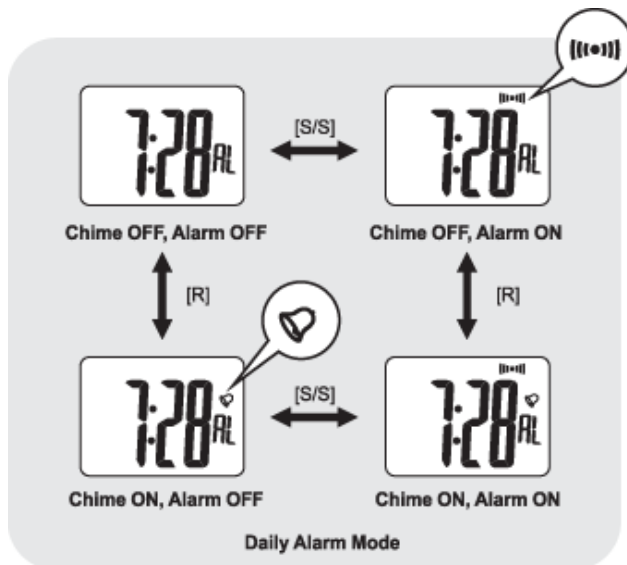


- Press and hold **[M]** for 2 seconds to enter Settings Mode.
- Press **[M]** to cycle through different digits and settings. Press **[S/S]** and **[R]** to adjust values or to switch between 12hr/24hr time formats and toggle beep on/off.
- Press and hold **[M]** to save modified settings and exit Settings Mode.

NOTE:

The device automatically exits Settings Mode if no action is performed for 1 minute.

Daily Alarm Mode

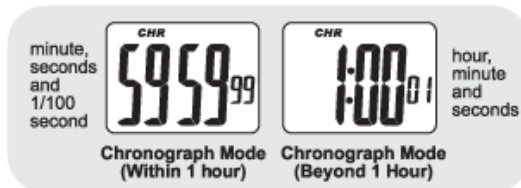
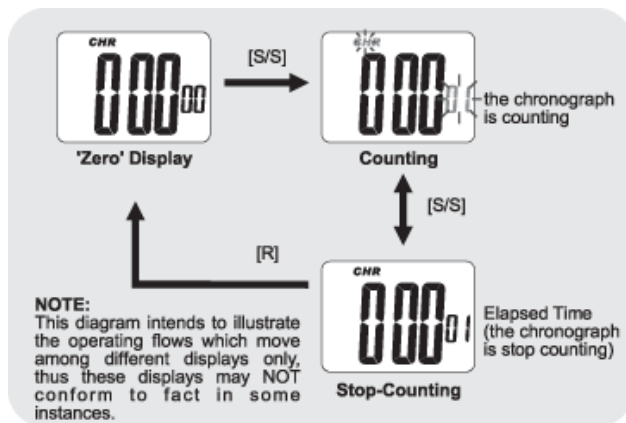
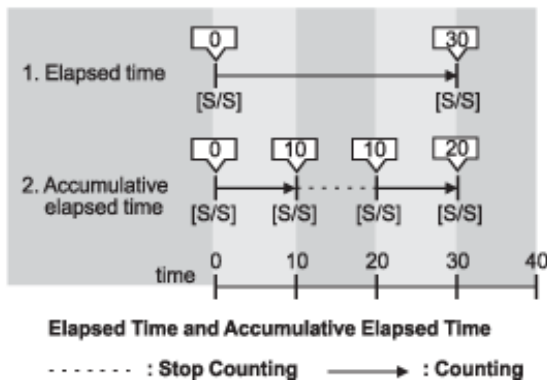
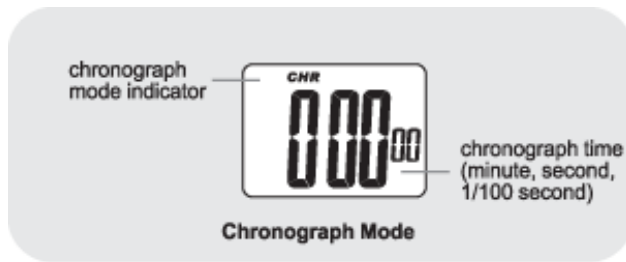


- Press **[S/S]** to switch daily alarm on/off. A daily alarm indicator "||||" will be displayed on the screen as illustrated. The alarm will ring continuously for 30 seconds.
- Press **[R]** to switch hourly chime on/off. An hourly chime indicator "♥" will be displayed on the screen as shown. The device will beep once every hour.
- Press any button except **[EL]** to stop beeping.
- Press and hold **[M]** for 2 seconds 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.

NOTE:

The device automatically exits Settings Mode if no action is performed for 1 minute.

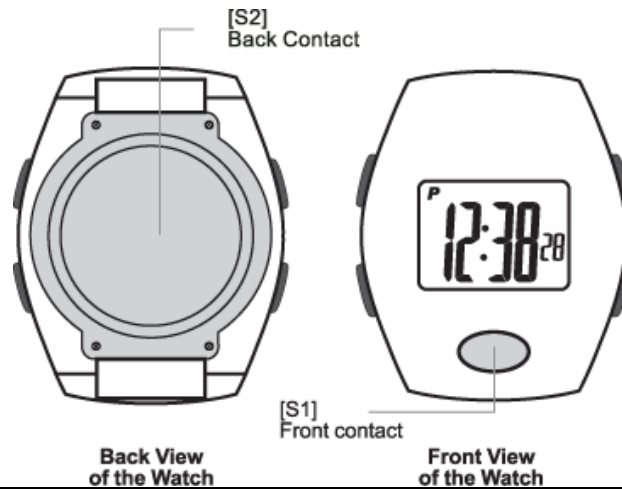
Chronograph Mode



- 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.

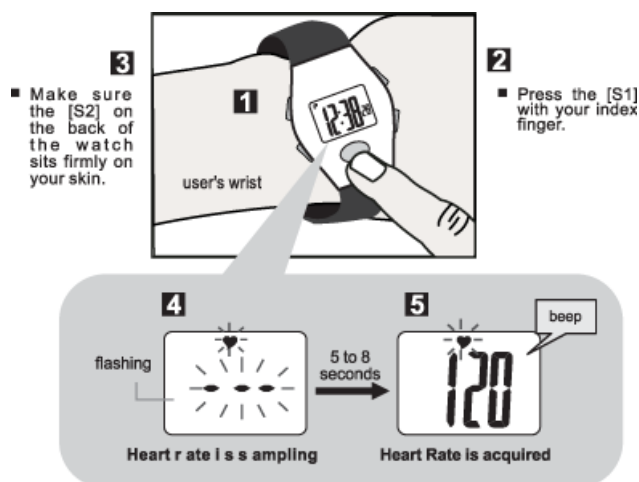
- Press **[S/S]** to start counting. Press the button again to stop and the elapsed time will be displayed on the screen. Press the button the third time to resume counting.
- Press **[R]** to reset counter.

Measuring Heart Rate



Precautions:

- Please make sure that the back contact point of device **[S2]** is in direct contact of user skin and firmly secured during measuring.
- Please hold device firmly while taking measurement while in motion.
- Do NOT take heart rate measurement when diving or under water.
- Do NOT apply hand cream or any other solutions for it will block out signal transmission between user skin and contact point of device.
- Clean contact point occasionally by applying few drops of water and dry it with paper towel to remove residual grease.
- Clean user skin with soap and water for better signal transmission. Apply conductive gel or water for users with extremely dry skin condition.



- Make sure to put on the device on the wrist before measuring heart rate.
- Press and hold **[S1]** with index finger while the back contact point 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.

Troubleshooting

Potential cause of no heart rate reading or long response time:

- **Cause: Dry Skin.**

Solution: Apply conductive gel or clean water thoroughly on the chest area.

- **Cause: Finger is not placed firmly enough over the sensors.**

Solution: Please make sure that the finger is laid flat and firmly over the sensors and the watch is securely fastened on wrist.

- **Cause: Dead skin on user wrist.**

Solution: Rubbing user skin with a soft towel will assist at better skin contact with device.

- **Cause: Body grease build up as a result of exercising.**

Solution: A thin layer of body grease may insulate the ECG signal and prevent sensor on rear side of Chest Strap from picking up user ECG. Please wipe user chest and the rear side of Chest Strap with tissue or soft towel.

- **Cause: Irregular heartbeats.**

Solution: It is difficult for Chest Strap to perform normally and consistently pick up readings from user with irregular heart beats. Inconsistent readings are expected for users with Cardiac Arrhythmia.

- **Cause: Low Battery**

Solution: Please replace the battery of Chest Strap as instructed in section above.