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You can read the recommendations in the user guide, the technical guide or the installation guide for JUNSD JS-702 PULSE WATCH. You'll find the answers to all your questions on the JUNSD JS-702 PULSE WATCH in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

**User manual JUNSD JS-702 PULSE WATCH**  
**User guide JUNSD JS-702 PULSE WATCH**  
**Operating instructions JUNSD JS-702 PULSE WATCH**  
**Instructions for use JUNSD JS-702 PULSE WATCH**  
**Instruction manual JUNSD JS-702 PULSE WATCH**



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**Manual abstract:**

Press RECALL again to exit the memory recall. Refer to Fig 5. Note:After press SPLIT to reset, press RECALL to enter Recall mode and press SPLIT or ST./SP. to recall all stored data. I J t \---=-zJ\*fryt.no"\*fsEl \ . -RECALL Fig.5 u-/ "".

9^ ) 2 .HEART RATE MEASUREMENT When firstly using the pulse watch, set user's age. Otherwise, the heart rate percentage would be incorrect. To set heart rate limits to determine if you are exercising within your training zone A.How to set age and heart rate limit In Heart rateAge mode, hold RECALL for 2 seconds to enter age setting.

Press SPLIT to increase the value, while press ST./SP. to decrease it. Press RECALL again to enter the heartrate Note: The upper limit must be higher than the lower limit to activate heart rate alarm. B.

Heart rate measurement In any Heart Rate mode, slightly place two finger from on hand on the two sensors on the top of the watch attached to your opposite arm.This creates a loop across your body,that the watch can read your heart rate. LOWER limit ( display LO) , Fig.8 Press SPLIT to increase the value, while press ST./SP. to decrease. Press RECALL again to enter the heartrate UPPER limit (display HI) Press SPLIT to increase the value, while press ST./SP. to decrease. When the watch detect pulse,the 9 signal will start to flash.

The range is from 40-240BPM(beat per minute). If no signal received within 2 minutes, the watch will not perform Heart Rate function and turn into clock mode. When do pulse measurement, you may press ST./SP.to change into pulse/time mode to measure.The dynamic dial of outer circle displays second, and upper row displays minute. The timer will stop if switch to other mode. When back to Heart Rate mode, the timer will start automatically. Press ST./SP. to stop counting and press ST./SP again to reset. Refer to Fig.9 Fig.7 I [ "g ""J+[ U1\_-z Fise @rmTra n lsr.

rsp. @--TA I y0\*,1 Uy 1 .Calend ar and alarm Time, date mode: hour, minute, second, month, rg \*l When the heart rate signal flashes the heart rate percentage received (including 60%), When the heart rate signal flashes the heart rate percentage received in Green zone) is within 60% in Blue zone, is between day ,week,l2l24H 1 00 years calendar:2000-2099 Alarm: 1 daily alarm (hour: minute) 2 .Chronometer/Timer:9H5 9M5 9 .99 S, with second 1 / 1 00 The first 10 split time memory can be recalled Split time: 0-99.

3.Heart Rate measurement Heart rate rang e:40-240 hpm 60%\*85%(including 8 5 %). When the heartrate signal flashes in Red zone, the heart rate percentage received is in 60%-85%(including 8 5%). Remark: 1.The pulse watch must be wore around your wrist to do pulse measurement. When you wear the pulse watch, it can not measure other person 's heart rate. 2. In some situations, one-sensor-touching may also display the value,but it is not garranteed in correct result.Please touch both sensor to ensure accuracy. 3.

Sometimes it may be necessary to slightly moisture the back of the watch and the fingers touching the sensors to obtain better electrical contact, although it is not generally required. Resolution: 1 bprn Accuracy +/- l bpm Green region: heart rate percentage( 60% Blue region: 60o/o[heartrate percentage[ 85% Red region: heart rate percentage]S5o% Operation:0"C-+5 Time for heart rate measuring: 99M59S 2.Environment 0"C Storage:- 1 0"C-+60"C At 10% . 95% RH(relative humidity) Water resistance:not actuating keys to 30m 5..



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