- Current Heart Rate
- Programmable Target Zone
- Out of Zone Alarm
- Time in Zone
- 10 Hour Stopwatch
- 10 Hour Countdown Timer

- Heart Rate Recovery Timer
- Calorie Counter
- Time of Day
- Calendar
- Daily Alarm
- Scan showing Maximum, Average and Minimum Heart Rate

1200C HEART RATE MONITOR
Before you begin your exercise program, get an assessment of your overall fitness level. You are advised to get clearance from your doctor that it is safe for you to exercise.

Important Tips
1- You must make a long press of Mode in any main screen before you can get a heart rate reading.

2- If you get into a set up screen by mistake, a press and release of Mode takes you back to a main screen. Successive presses of Mode will scroll you through all main screens.

3- For proper heart rate readings, it is essential that there is sufficient moisture (water) between the electrodes on the transmitter and your skin. Insufficient moisture can cause no reading, frozen readings or erratic readings.

4- When using a wireless heart rate monitor near computers, electric motors, high voltage power lines, televisions, other heart rate monitors and mobile phones, erratic readings may occur.

5- You can wear the Focus monitor when swimming, but do not push any of the buttons while the receiver (watch) is underwater.

Putting on the transmitter
• Attach one end of the adjustable elastic strap to the transmitter.
• Moisten the rubber electrodes of the belt with either water or saliva as shown.

• Position the transmitter on the chest just below the breastbone, with the ‘N’ logo the right way up.
• Pass the elastic strap around your chest and attach to the other end of the transmitter.
• Adjust the strap to give a close but comfortable fit.

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Quick Start
The Nashbar 1200C has a variety of features. To set these up you will need to read the instructions. However, if you just want to see how the heart rate feature works, follow these steps:

1. Put on the transmitter.
2. Attach the monitor to your wrist.
3. Press and hold the Mode key until the heart symbol appears.
4. After a few seconds the heart symbol will start flashing and your heart rate will appear.

Setting up your Nashbar 1200C
The 1200C has one setting loop, which is entered from the Time of Day (ToD) screen.

Once you enter this, each press and release of Select takes you to the next setting in the loop and returns to the Time of Day screen.

The setting loop proceeds from seconds to hours, minutes, day of week, month, date, alarm mode, daily alarm hour, daily alarm minute, heart zone high limit, heart zone low limit, countdown timer single or auto-repeat, countdown timer-hours, minutes, seconds, heart rate recovery, high, heart rate recovery low, ambient heart rate, weight, age, then back to Time of Day.

Entering the setting loop
In the ToD screen, press and hold Select until the seconds flash and the SELECT icon appears on the display.

Note: A press of the Mode button at any stage in the setting loop takes you back to the main screen for that setting.

Setting time and the calendar
Press and release St/fwd or Scan to reset seconds to zero.

Note: if seconds are over 30 when you reset, minutes will advance by 1.

Press Select to move to hours.

Press and release St/fwd to increase, or Scan to decrease the hours.

Note: A press and hold of St/fwd will ‘fast forward’ or Scan will ‘fast reverse’ the number.

Press Select to move to minutes.

Press and release St/fwd to increase, or Scan to decrease the minutes.

Press Select to move to day of the week.

Press and release St/fwd to advance, or Scan to move back the day of the week.

Press Select to move to month.

Press and release St/fwd to increase, or Scan to decrease the month.

Press Select to move to date.

Press and release St/fwd to increase, or Scan to decrease the date.

Setting daily alarm
Press Select to move to daily/hourly alarm.

Press and release St/fwd to select one of four alarm modes: Hourly chime only; daily alarm only; both on; both off.

Press Select to move to daily alarm hours.

Press and release St/fwd to increase, or Scan to decrease the hours.

Press Select to move to daily alarm minutes.

Press and release St/fwd to increase, or Scan to decrease the minutes.

Setting the heart rate target zone
The Nashbar 1200C has a programmable target zone, making it easier to control the intensity of your workout (see “Training with your 1200C” for suggested zone selection).

Caution: The default heart zone settings are not intended as suggested or recommended upper and lower zone values. These values should be carefully adjusted according to your fitness level.

Press Select to move to the target zone high setting.

Press and release St/fwd to increase or Scan to decrease, to set the required number.

Press Select to move to the target zone low setting.

Press and release St/fwd to increase or Scan to decrease, to set the required number.

Note: There is always a 5 beat per minute difference between the high and low limit.
Setting the countdown timer

Press Select to move to countdown timer. The repeat icon will be flashing around TMR. The countdown timer counts down from up to 10 hours. You can now set it so that it automatically resets and continues counting down repeatedly, or times a single event.

Press St/fwd or Scan to select repeat (both the repeat and TMR icon will be displayed).

Press St/fwd or Scan to select single countdown (just the TMR icon will be displayed).

Setting heart rate recovery (HRR)
The 1200C automatically measures HRR. HRR refers to the time it takes for your heart rate to drop from the preset high to the preset low recovery limit after you have finished your workout. In general, as your recovery time decreases, your fitness level is improving. However, it is recommended that you experiment with values that will make the recovery time a useful number for your application. It is only a comparative value with your earlier efforts, and not a meaningful number in itself.

Press Select to move to HRR high.

Press and release St/fwd to increase, or Scan to decrease, to set the required number.

Note: as a guideline, note what your heart rate drops to at the end of your workout after 2 minutes (using the stopwatch), and use this value as your HRR low setting.

Setting the calorie counter

The calorie counter shows the number of calories burned during exercise, using heart rate intensity. You need to enter

- your Ambient Heart Rate (AHR) value - this is your typical heart rate at rest before starting exercise
- your weight
- your age

Note: You can also use the Quick Set feature in the main calorie screen to set AHR (see "Operating the Calorie Counter").

Press Select to move to ambient heart rate.

Press and release St/fwd to increase or Scan to decrease, to set the required number.

A further press of Select takes you back to Time of Day.

Using your Nashbar 1200C

Switching on heart rate

The Nashbar 1200C has five main screens: Time of Day, Stopwatch, Countdown Timer, Time in Zone and Calorie Counter.

Press and hold Mode in any main screen to turn on and display your heart rate.
The heart icon and a zero heart rate value will appear in the lower row of the display.

After a few seconds (provided you are wearing the chest transmitter) the heart icon will begin to flash, followed by your current heart rate reading.

An up arrow (displayed to the left of the heart icon) means you are above your zone.

A down arrow means you are below your zone.

A double arrow means you are within your zone.

Switching off heart rate
Press and hold the Mode button in any main screen.

The 1200C also features an Auto-off after 2 minutes if no heart rate signal is received.

**Alarms**

**Hourly alarm**
This will give 2 beeps on the hour.

**Daily alarm**
Press Mode to move to the time of day screen.

To view the current alarm setting (displayed for 2 seconds) press and release St/fwd.

The alarm sounds for thirty seconds. To silence the alarm, press any button.

Note: The button pressed will not perform its usual function.

**Out of Zone alarm**
The out of zone alarm will sound in rhythm with your heart rate when you go above or below the zone limits.

Note: To turn on the alarm, heart rate must be on.

Press and hold Select. An alarm icon will appear.

To turn off the alarm press and hold Select until the icon disappears.

**Heart rate recovery alarm**
The 1200C automatically records the amount of time it takes your heart rate to drop from a pre-set upper limit to a pre-set lower limit. Timing begins automatically when your heart rate drops below the upper limit, and continues until your heart rate drops below the lower limit.

When heart rate recovery is completed and timing stops, the Heart Rate Recovery alarm gives four continuous beeps. The alarm cannot be switched off.

Note: To view the HRR time, move to the TiZ main screen and press St/fwd.

**Using the stopwatch**
The Stopwatch can be used with or without heart rate activated, and is operated in the same way for either mode.

To start stopwatch, press and release St/fwd.

To stop stopwatch, press and release St/fwd.

To reset stopwatch, press and hold St/fwd when the stopwatch is not running.

Note: Maximum stopwatch time is 9 hours, 59 minutes, 59.9 seconds.

**Using Scan**

**Current session scan**
When heart rate is on, a press and release of Scan in any main screen starts a scan through the maximum, average and minimum heart rates (3 seconds for each).

A press and release of Scan during the scan takes you back to the main screen you were in.

**Previous session scan**
In any main screen, a press and release of Scan starts a single scan through maximum, average and minimum heart rate for the previous session. This is stored in memory, and cleared automatically when heart rate is next switched on.

**Using Time in Zone (TiZ)**
Press Mode until the TiZ icon appears.

To stop countdown timer, press and release St/fwd.

To reset countdown timer, press and hold St/fwd when the countdown timer is not running.

Note: Maximum countdown time is 9 hours, 59 minutes, 59.9 seconds.
Time in Zone is a heart rate controlled feature that displays the amount of time you have spent in your target heart rate zone.

Typically, exercise programs comprise a warm-up, workout for a specified time (in a zone) and cool down. The TiZ feature can be used to show the time in your zone during your workout.

If your heart rate rises above or falls below your target zone, the timer will stop until you are back in your zone.

Using the Calorie Counter

Press Mode until the Cal icon appears.

The calorie counter starts automatically once heart rate is turned on.

To reset calories to zero, press and hold St/fwd until the display shows zero.

Note: if you just want the calories for your actual workout, reset just as you begin the session.

Calorie Counter Ambient Heart Rate (AHR) Quick set

The 1200C has a quick set feature, allowing you to set your AHR quickly just before you begin your workout. Calories will be counted from 5 bpm above this value.

You need to be wearing the transmitter and monitor, and have heart rate switched on.

Move to the Cal main screen. Press and hold Scan to set the current displayed heart rate as your AHR.

Note: if your heart rate is above 120bpm, the monitor will default to the setting already stored.

Training with your 1200C

Exercising at the right heart rate intensity is key to meeting your fitness and performance goals. The first step is to determine your maximum heart rate (MHR). Using a formula based on age or taking a sport-specific exercise assessment does this.

The formulas:
- Sedentary individuals use 220 minus your age to calculate your approximate maximum.
- If you exercise/train aerobically 3 or more times a week, use 205 minus half your age.

Example: For a person aged 30, 220 - 30 = 190 beats per minute (bpm).

Intensity of Exercise

If you are a beginner with the goal of improving overall fitness, losing weight or reducing stress, exercise in the healthy heart zone, which is 50-59 percent of your maximum heart rate.

If you already exercise regularly and are aiming to lose body fat, exercise in the fat burning zone, which is 60-69 percent of your maximum heart rate.

If your goal is to improve aerobic capacity or athletic performance, exercise in the aerobic zone, which is 70-79 percent of your maximum heart rate.

Competitive athletes usually incorporate interval training sessions into their program in the anaerobic threshold zone, which lies between 80-89 percent of MHR (152 to 169 bpm).

However, train sensibly at the upper limits. Exercising regularly at a heart rate intensity that is too high does not produce additional aerobic benefits and increases the risk of injury.

Example: A 30 year old just starting on an exercise program with the aim of getting fitter would start exercising at a gentle intensity of 50-59% of MHR (50% of 190 = 95 bpm, 59% of 190 = 112bpm). If they wanted to lose weight, then a slightly higher intensity of 60-69% MHR (114 to 131 bpm) would be required. If the same 30 year old is already fit and wants to improve aerobic capacity or athletic performance, a higher intensity of 70-79% MHR (133 to 150 bpm) is required. If interval training sessions are incorporated into the training program, this should be done in the anaerobic threshold zone, which lies between 80-89% MHR (152 to 169 bpm).
The F.I.T.T. Method
(Frequency, Intensity, Time and Type of exercise)

Frequency of Exercise
Exercise in the zone that you have set at least 3-5 times per week, with no more than 48 hours between sessions. Even on ‘rest days’ gentle exercise such as a leisurely walk can be beneficial.

Intensity of Exercise
Select a zone that is both within your capability and in which you can achieve consistency. Studies show that people who exercise at too high an intensity, especially in the initial stages of their program, drop out sooner, have more injuries and tend to develop a negative impression towards exercise in general. If necessary, start in a lower zone.

Time exercising
Aim for 20-60 minutes of continuous exercise in your zone each session. If you are unable to do 20 minutes initially, gradually build up to this.

Type of exercise
Choose activities that use large muscle groups and which are continuous. Some good examples are walking, swimming, running, aerobics, step and ski machines, treadmills, cycling and exercise bikes. Feel free to include more than one activity - perhaps cycle one day, swim the next and do an aerobics class on the third.

Looking after your Nashbar 1200C
Thoroughly wipe and dry your monitor and transmitter after use.
Store in a cool dry place.
Do not expose to direct sunlight or temperatures above 122 degrees Fahrenheit (50°C) or below 14 degrees Fahrenheit (-10°C).
The elastic chest strap can be machine washed in warm water.

Troubleshooting

What if the heart rate reading is erratic or totally absent?
1. Make sure the chest transmitter is sufficiently tight. The transmitter should be positioned and the elastic strap tightened so that the electrodes are flat against your skin.
2. Make sure the transmitter electrodes are sufficiently moist. Moisten the electrodes with water, saliva or electrode gel. Accumulated sweat or dirt on the electrodes may impair electrical contact, so make sure they are kept clean.
3. Make sure you have switched heart rate on, with a long press and hold of Mode in any main screen.

What if the heart rate reading becomes extremely high?
Electromagnetic signals from outside sources may cause abnormally high heart rate readings. Common sources of electromagnetic signals are high voltage power lines, electric motors and mobile phones. Your heart rate should return to normal once you move away from the source.

Technical specification
Nashbar 1200C Monitor
Heart rate accuracy: ± 1bpm
Heart rate range: 30-240 beats per minute
Stopwatch resolution: 0.1 sec
Maximum stopwatch time: 9hr 59min 59.9 sec
Heart zone high limit value: 80 to 240bpm in 1bpm increments
Heart zone low limit value: 30 to high limit value minus 5bpm in 1bpm increments.
Maximum time in zone: 9hr 59min 59.9 sec
Heart rate recovery range: 30 to 200bpm in 1 beat increments.
Ambient heart rate range: 30 to 120bpm in 1 beat increments.

Transmitter
Emitted frequency: 5kHz ±10%
Battery life: Approximately 2 years when used 60 min/day.
Range: Up to 80cm (31.5 inches) to monitor.
### Quick start

1. Set the time and date.
2. Set the daily alarm.
3. Adjust the brightness.
4. Reset the watch.

### Setting time and date

- **Step 1:** Press the **S** button for 3 seconds to enter time settings.
- **Step 2:** Use the **+** and **-** buttons to adjust the time and date.
- **Step 3:** Confirm the settings to save.

### Setting daily alarm

- **Step 1:** Press the **M** button for 3 seconds to enter alarm settings.
- **Step 2:** Use the **+** and **-** buttons to set the alarm time.
- **Step 3:** Confirm the alarm time to save.
- **Step 4:** The alarm will sound at the set time.
**D** Setting the heart zone

**E** Setting the countdown timer

**F** Setting heart rate recovery
G Setting the calorie counter

H Out of zone alarm on/off

I Set 12/24hr

J Reset STW
K Reset countdown timer

M Reset CAL

L Reset TIZ