

## Setting your Target HRM watch

- 1) Press the **Black button** (upper right side of watch) until you see the word “**SET**” at the bottom of the screen.
- 2) Press the **Gray button** (upper left side of watch) until you see “**LIM**”. At this point the first number that you can change will be flashing. If it is not, repeat steps 1 & 2.
- 3) Once the first number is flashing, press the **Black button** (upper right side of watch) until you see the number you want as your first number. The only choices will be 1 or 2.
- 4) Once you have the number you want, press the **Red button** (bottom of watch screen) to move the flashing number to the next digit that you want to change.
- 5) To change the next digit, press the **Black button** (upper right side) until you get the digit you want and then press the **Red button** again to move to the next digit.
- 6) Each time you press the Red button the watch will move to the next digit that you want to change or keep the same.
- 7) Once you are done changing all of the digits to the numbers you want (Upper limit and lower limit), press the **Gray button until see “time”** and then the watch will rotate between screens showing you all of the setting you have made.
- 8) Press the **Black button** to get out of this mode and get back home screen, which is the time of day.