

**B**  
**E** Batterie vrijgesteld van  
milieutaks. Inleveren bij  
een Bebat-inzameipunt.  
**B**  
**A** Pile exonérée d'écotaxe.  
**T** À retourner à un point  
de collecte Bebat.



Made in China  
Hecho en China  
制造法国

**decathlon**  
**creation©**



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Réf pack : 814 . 041





**CW600.T**  
Cardio fréquencemètre  
Heart rate monitor

**Congratulations on your purchase of the CW600.T heart rate monitor. Passionate and regular participants of an endurance sport, the CW600.T will allow you to optimize the effectiveness of your training. With its target range indicator, its passing alarm and its automatic summary, you can target the desired physiological impact for each type of session. The design and comfort of this product have both been carefully studied to suit all body types.**

## **Limited guarantee**

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DECATHLON guarantees the initial purchaser that this CW600.T heart rate monitor is free from any faults linked to the material or manufacture of the charger pack for a period of 2 years from the date of purchase. **Please retain your receipt as proof of purchase.**

- This guarantee does not cover damage resulting from improper use, failure to respect the terms of use or accidents, neither does it cover damage resulting from improper maintenance or use of the item for business purposes.
- This guarantee does not cover damage resulting from repairs carried out by parties not authorized by DECATHLON.
- The guarantees contained here replace all other guarantees including the implicit guarantee of fair and trade quality and/or adaptation to use. DECATHLON cannot under any circumstances be held responsible for any damage, whether direct or indirect, general or specific, caused by or linked to these directions for use and the products they relate to.
- During the guarantee period, the item can either be repaired free of charge by a repair service authorized by DECATHLON or replaced for free (depending on distributor).
- The guarantee does not cover receptor and sensor cells or cracked or broken watch faces where signs of a blow are evident.
- The guarantee does not cover the elastic strap of the belt, which is a wearing part.

## **Guidelines governing use**

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**Normal conditions of use :** This heart rate monitor consists of a watch and a chest belt.

The watch is designed to be worn on the wrist or on its bicycle support during the practice of various light sports in a temperate climate. It indicates time and date and measures intervals of time manually with its stopwatch function.

The pectoral belt must be placed on the chest. If it is positioned correctly, it transmits information on your heart rate to the watch. If placed in the reception cone, the watch then displays your heart rate and sounds an alarm if you exceed the "target zone" that you are able to program yourself.

The purpose of this information is the planning and optimization of your shape-up program or training.

## **Restrictions on use / guidelines governing use**

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- **Waterproof design:** This watch is waterproof to 5 atmospheres. It can therefore be use in humid conditions, in heavy rain, in the shower and for swimming. However, avoid diving and wearing the watch at a depth of below 5 meters. Do not move the buttons underwater.
- The chest belt is only "water-resistant". It is therefore impermeable to sweat and can be used in the rain or under damp clothing. It must not be worn in the shower, however, and must not be used while swimming.
- Treat the watch with care; do not drop it or bang it.
- Do not dismantle the watch. This will render the guarantee invalid and could cause damage and loss of waterproofing.

- Please read guidelines carefully before use. Retain these guidelines for as long as you have the watch.
- Do not manipulate the buttons under water, and do not go beyond the depth indicated by the following table with the watch.
- Do not subject the watch to extremes of temperature. If the watch is subjected to direct sunlight for a long period, the display may darken temporarily, but will go back to normal once the temperature has dropped again.
- Clean the watch and the belt with a soft, damp cloth only. Do not use detergents since they may damage the materials of your watch. Only the elastic of the belt may be machine washed (30°).



### **CAUTION!!!**

This device is designed for use in sports and leisure activities. This is not a medical monitoring device. The information provided by this device or this booklet are for information only and must not be used for monitoring a pathology except after consultation with and the agreement of your physician.

Even athletes in good health must take into account that the determination of your maximum heart rate and your personal training zone is a vital element in the scheduling of effective, risk-free training.

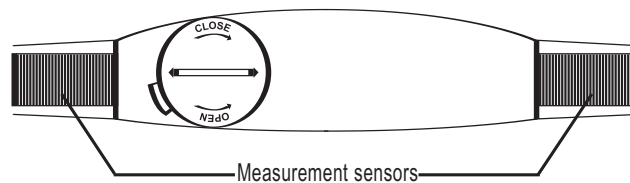
The advice of your physician or health professional is recommended for determining your maximum heart rate, your upper and lower cardiac limits and the frequency and duration of exercise adjusted for your age, physical condition and targeted results.

Finally, because of possible disturbances generated by the radio transmission system, we do not recommend that persons who wear pacemakers use a heart rate monitor utilizing this technology, like the CW600.T

**Not taking these precautions may entail serious risk.**

### **Wearing the chest belt.**

The chest belt acts as a sensor and emitter. It measures the differences in potential created on the surface of the skin by the beating of your heart. Then it sends this information to the watch by radio signal.

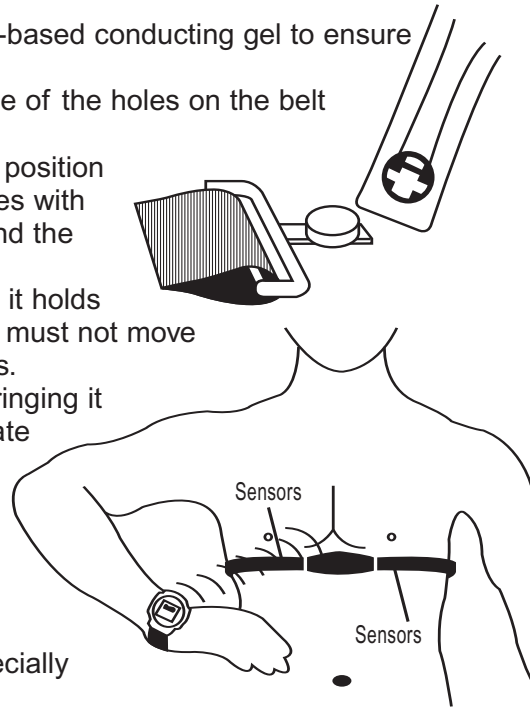


The quality and precision of the measurements depends on correct positioning, but also the comfort during practice.

As indicated in drawing 1, the sensors are the surfaces of black rubber on both sides of the central part.

## Installation procedure

- 1 Wet the sensors with water or a water-based conducting gel to ensure good contact.
- 2 Introduce one rib of the elastic into one of the holes on the belt provided for this purpose.
- 3 Attach the belt around the chest, then position the belt just below the pectoral muscles with one of the sensors under the heart and the other under the right pectoral.
- 4 Adjust the length of the elastic so that it holds firmly but is still comfortable. The belt must not move around if you jump or move your arms.
- 5 Check the positioning of the belt by bringing it to 50 cm from the watch. The heart rate should flash on the display. If it does not flash normally:
  - reduce the distance between the belt and the watch
  - adjust the position of the belt and wet the sensors well
  - check that the batteries are good, especially in the belt
  - go to cardio mode (procedure in paragraphs 6 and 7) and press **S1** to test the connection



### **ATTENTION :**

Avoid positioning the sensors in areas that are too hairy.

In cold and dry climates, the belt may need several minutes to function correctly. This is normal because sensors need a film of sweat to ensure contact with the skin.

When it first begins measuring, the watch may indicate very elevated values for about 20 seconds. This is because the algorithm is initializing.

The display will stabilize at correct values after this interval of time.

Take precautions when fixing the elastic strap in the hole of the belt provided for this purpose. Maintain the ergot by placing your finger behind the belt.

## Navigation system

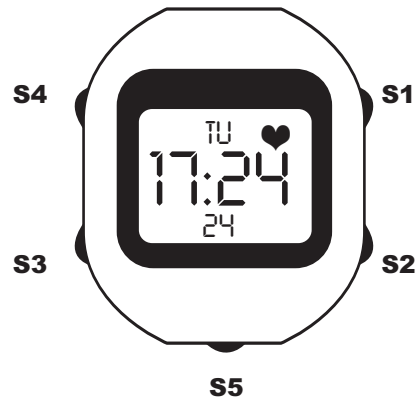
The CW600.T has 4 functioning modes: the hour, cardio, stopwatch and alarm modes. You go from one to the other by pressing S3.

Note: By pressing S3 for 3 seconds in any mode, you will return directly to the Time mode.

### Explanation of each mode



## 1 - Time mode (TIME):



**S1** : activation / deactivation of chimes      **S4** : settings mode (press and hold for 3 seconds)  
**S2** : date display  
**S3** : Go to cardio mode      **S5** : Electroluminescence

### Setting of the time, date and 12/24h mode :

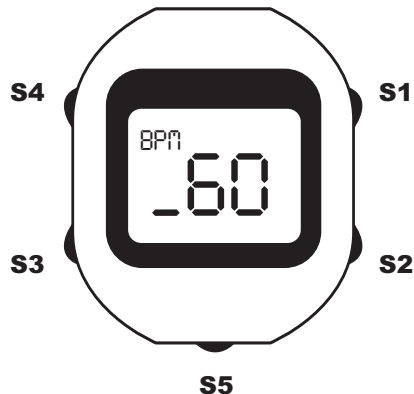
- In the time mode (TIME), press **S4** for 3 seconds.
- Press **S1** to increase the hour (keep the button pressed down to make the numerals scroll by more quickly).
- Press **S2** to decrease it.
- When the hours number is set, press **S3** each time to set, in the same fashion:
  - > minutes "min" (press **S1** or **S2** to make the numerals scroll by),
  - > seconds "sec" (press **S1** or **S2** to make the numerals scroll by)
  - > the year "yr" (press **S1** or **S2** to make the numerals scroll by, to set for any year from 2000 to 2039),
  - > the month "mth" (press **S1** or **S2** to make the numerals scroll by),
  - > the day "day" (press **S1** or **S2** to make the numerals scroll by),
  - > 12/24h display (press **S1** or **S2** to go from 12h mode to 24h mode and vice versa.)

Press **S4** to quit settings mode (The day of the week is automatically calculated depending on the date selected.)

#### Note :

If no button is pressed for 2 or 3 seconds in the settings mode, the watch will automatically return to normal time mode.

## 2- Cardio mode (PULS) :



**S1** : Increase value (settings mode)      **S4** : Setting parameters  
**S2** : Decrease value (settings mode)      **S5** : Electroluminescence  
**S3** : Go to stopwatch mode

## Setting parameters :

Before anything else, you must enter your personal parameters so that the device can provide you with the most personally accurate measurements possible..

After you have entered the heart rate monitor mode (PULS) by pressing successively on the S3 button as indicated in paragraph 6.

Press for 3 seconds on S4, and the letters "zone Hr" will be displayed and the "on" light will flash at the bottom of the screen.

Set the parameter flashing by pressing S1 (increase) or S2 (decrease). Hold the button down for rapid scrolling.

After selecting the correct value, press S3 to go to the settings mode for the following parameter.

The parameters that need to be set are the following :

- Activation of the target zone (Zone Hr): possible values On, Off
- Sex: man (Male), woman (Female)
- Metric system or English system (unit): KG(kilograms) or LB(pounds)
- Your weight (wt) in the units previously selected: from 20 to 300
- Your age (age) (from 1 to 99 years)
- The upper limit of the target zone (HI) (in beats per minute (BPM))
- The lower limit of the target zone (LO)
- Alarm for when the target zone is exceeded (zone ALM): possible values On/Off.



### ATTENTION :

It is imperative that you check that this data is entered correctly before use in order to ensure the reliable functioning of the heart rate monitor.

If the target zone function is deactivated (**zone Hr = OFF**), there will be no sounding alarm when you exceed the target zone and no display of the time spent in the target zone in the reporting function of the stopwatch mode (see stopwatch mode).

If the **UNIT** parameter or the weight is changed, the stopwatch will be reset to 0 and the data erased.

### To start using :

See **paragraph "Wearing the chest belt"** for positioning the belt.

Once everything is installed, bring the watch to within less than 50 cm of the belt and then press **S1** to test the connection..

The heart on the display begins to flash and a value is displayed.



### ATTENTION :

Disregard the values indicated before the device stabilizes (about 20 seconds). This is the time necessary for the calculation algorithm to provide smooth, reliable numbers.



### ATTENTION :

The pectoral belt does not have an encoded emitter; interference is to be expected if you are located too close (about 1 meter) to other heart monitor wearers..

If the radio connection between the watch and the belt is interrupted for more than 1 minute, " --- " will be displayed on the middle line. To reactivate the connection, press **S4**.



In the "cardio" function, if the heart rate displayed is higher than the upper limit of the target zone, the display indicates this with the following symbol (fig a.). If it is lower than the lower limit, the symbol displayed is the one in figure b.

If the passing alarm is activated (ON), the watch will emit 1 beep every 6 seconds if your heart rate is LOWER than the Target Zone.

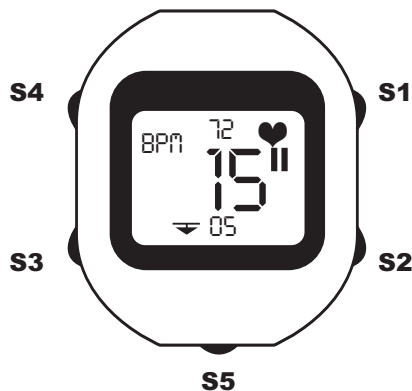


**ATTENTION :**

In the settings mode, if no buttons are pressed for 2 to 3 minutes, the watch will return automatically to cardio mode.

In the cardio mode, if no cardio signal is being received and if the buttons are not pressed for 2 to 3 minutes, the watch will return automatically to time mode.

**4 - Stopwatch mode (CHRONO)**



**S1** : start stopwatch, intermediate time

**S2** : Stop stopwatch

**S3** : Go to stopwatch mode

**S4** : Reset to 0

**S5** : Electroluminescence



**ATTENTION :**

The following explanations as well as the diagrams on the screen assume that the user is wearing the chest belt and is using the heart rate monitor function in parallel. If a heart rate signal is received correctly by the watch, the symbol "heart" will flash in the bottom line. If this is not the case, the display of the heart rate on the upper line remains at - and no alarm will be triggered.

The stopwatch displays the minutes and seconds on the line in the middle and the 1/100 seconds on the upper line up to 59'59", then the hours and minutes on the middle line and the seconds on the upper line.

On the bottom line, the watch displays the current heart rate of the user.



**! ATTENTION :**

No measure of heart rate when the electroluminescence function is activated or the alarm sounds.

### The stopwatch function

#### In stopwatch mode (CHRONO) :

Press **S1** to start the stopwatch.

Press **S2** to stop the stopwatch.

Press **S4** when the stopwatch has stopped to reset it to 0.

### Intermediate time

#### In stopwatch mode :

Press **S1** to start the stopwatch.

Press **S1** to measure the intermediate time (the letters CHR flash to indicate that the stopwatch is running). The intermediate time is displayed for about 10 seconds, and then the display returns to the current stopwatch value (attention, the values cannot be saved in memory).

Press **S1** to measure the following intermediate time.

Press **S2** to stop the stopwatch (**CHR** stops it from flashing).

#### "Training report" function :

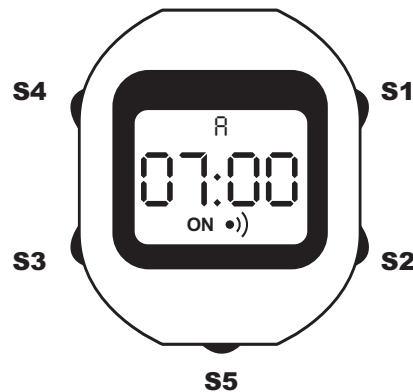
If the "zone Hr" function is activated (On) after stopping the stopwatch, the watch displays a training report. The following information is displayed sequentially, each for 5 seconds. (You can also press **S2** to scroll the information) :

- Overall time
- Average heart rate
- Time spent in heart rate zone
- Calories burnt

**! ATTENTION :**

If the watch does not detect any cardiac signal when it enters the stopwatch mode, only the duration of the stop watch measurement is displayed when the stopwatch is stopped.

## 5 - Alarm mode (ALRM)



**S1** : Activation / deactivation of the alarm

**S4** : Enter / leave settings mode

**S2** : Activation / deactivation of the alarm

**S5** : Electroluminescence

**S3** : Go to time mode

#### Set the alarm

In the Alarm Mode (**ALRM**), press **S4** for 3 seconds until the numeral for the hours flashes.

Press **S1** or **S2** or increase or decrease the numeral for the hours. Hold down to scroll the numerals rapidly.

Once the correct value is indicated, press **S3** to set the numeral for the minutes that is flashing.

Set the minutes with S1 or S2.

Once the correct hour is indicated, press **S4** to exit the settings mode.

### **Activation of the day alarm**

In the Alarm Mode, press **S1** or **S2** to activate/deactivate the alarm. When the alarm is activated, a graphic flashes at the bottom of the screen (see drawing, paragraph 1).

### **Note**

The alarm sounds each day at the programmed hour for 20 seconds. Stop the buzzer by pressing any button.

If the hour is set in 24h mode, there is no display of A (AM) or P (PM).

## **Spécifications**

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### **Principle functions :**

- Hour (12/24h display)
- Date
- Retroillumination
- Target zone with passing alarm
- Stopwatch to 1/100 of a second (up to 1h. precision 1 second afterwards)
  
- Waterproof design of watch: 5 ATM
- Waterproof design of belt: 1ATM
  
- Temperature: from -10°C (14°F) to +50°C (122°F)
  
- Batteries :
  - Watch: CR2032 (not to be changed by the user)
  - Belt: CR2032
  - Approximate useful life of the batteries with normal use (5 hours of use per week):1 year.



### **ATTENTION :**

The use of background lighting consumes a great deal of energy (2000 times more than the normal functioning of the watch). If this function is used frequently, the useful life of the batteries may be reduced dramatically and it will be necessary to change the batteries after several hours of use.

- Target zone: can be set at 40 to 240 beats per minute.
- Radio transmission: amplitude modulation on carrier wave of 5 kHz.
- Made in China.

**Batteries :** The battery used in the chest belt is a CR 2032.

The battery used in the watch is a CR 2032.

**Watch :** We recommend that you not change the watch batteries yourself, but rather have the job done by a specialized DECATHLON repair shop. If you change the battery yourself, you may damage the seal and lose both the water tightness and guarantee on the product.

Please check the availability of the battery with your dealer before replacing it.

**Pectoral belt :** If the heart rate indications become inconsistent, or if the heart monitor light on the watch does not flash when it is close to the belt, it may be necessary to change the battery in the chest belt.

You can easily change the belt battery yourself, without the aid of any particular tool.

**Changing procedure :**

**1** unscrew with the aid of a coin, then remove the cover of the battery compartment.

**2** remove the old battery by tapping on the opposite side of the belt.

**3** replace the used battery with a lithium 3V type CR2032 battery without touching it on its 2 terminals (it may discharge), with the +terminal (printed surface) up.

**4** carefully replace the cover, then screw it down again by a quarter turn to the "CLOSED" position

If there is a problem, contact your retailer.



<b>Problem</b>	<b>Cause</b>
1 – Heart rate is not displayed.	1.1 – The electrodes are not moistened enough.
	1.2 – The belt is incorrectly positioned.
	1.3 – Belt battery low or flat.
2 – Watch display is faint or illegible.	2.1 – HRM watch battery is low.
3 – Heart rate displayed races or is unrealistically high.	3.1 – The device is capturing interference.
	3.2 – You are receiving another runner's heart rate data.
	3.3 – Belt is rubbing.
	3.4 – Poor conduction in dry and cold weather.
4 – Rate displayed at the start of a session is inconsistent.	4.1 – Algorithm is initialising.
5 – Product is malfunctioning.	5.1 – Buttons do not activate the right functions, or device appears to malfunction.
6 – Device beeps when the heart rate function is used.	6.1 – Target zone alarm is incorrectly set.

If you do not find a solution to your problem in this troubleshooting table, please contact DECATHLON after-sales service.

	<b>Operation / Procedure</b>
	Moisten the electrodes using conducting aqueous gel or water.
	Check the positioning of the belt around your chest: it should be positioned as shown in the instruction leaflet.
	Bring the HRM watch and the belt closer together, check the above points, and then check transmission. If there is no transmission, change the belt battery as shown in the instruction leaflet.
	Please visit a DECATHLON workshop to have your HRM battery changed.
	<p>You may be in an area with a strong magnet field, a high voltage power line, radio communication equipment, etc. If this is the case, move away from this area.</p> <p>The belt does not have a coded transmitter. You will receive interference when less than 1 metre from other HRM users.</p>
	Check that the belt is tightened and that the electrodes are moistened. Rubbing of the belt sends a signal different to that of a heart rate.
	During cold and dry weather, the product may give incorrect information for a few minutes. This is normal, as a film of perspiration is necessary for good contact between the electrodes and your skin.
	For around ten seconds, the displayed value may be inconsistent with your real heart rate. This is because the algorithm is initialising.
	Hold down buttons S1, S2, S3 and S4 together for 1 second to RESET the device. Now set the device as shown in the instruction leaflet.
	The target zone alarm is probably active and you are outside of the zone. See the instruction leaflet for details of how to set or deactivate the target zone alarm.

## Principles of training

For reasons of effectiveness and safety, it is indispensable for you to know certain physiological parameters required for training. The advice that we provide here is intended for healthy, active persons who do not present any pathology. We strongly advise you to obtain the advice of your physician in order to establish your most precise training zone.



### ATTENTION :

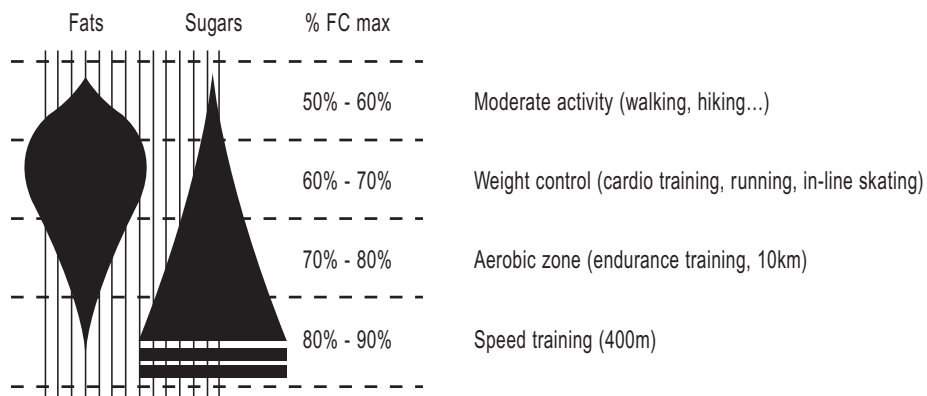
Know your limits and do not exceed them !!!

To optimize the benefits of your physical preparation, you must first know your maximum heart rate (**FCmax**) expressed in beats per minute (**bpm**).

La FCmax peut s'estimer en fonction du calcul suivant :

**FCmax = 220 - votre âge.**

During a shape-up program, several training zones will give specific results corresponding to different objectives. Depending on the intensity of the exercise, the percentage of the energy coming from the combustion of sugar and that coming from the combustion of fats changes.



Ex : A 30-year-old athlete training for aerobic endurance in order to increase his resistance to effort and improve his time in the 10,000 meter run. The most effective training zone for his objective will be 80 to 90% of his maximum heart rate.

The lower and upper limits of the target zone are calculated by multiplying your FCmax by the limit percentages of the selected training zone. This equation also measures your resting heart rate (FC rest), which you can simply measure with your heart rate monitor early in the morning when you wake up.

Limit of the target zone = FC rest + intensity %\*

(FC max - FC rest)

FCmax = 220 - 30 = 190 bpm

FC rest = 60 bpm

The upper limit of the target zone is

FC rest + 90% \* (FCmax - FC rest) = 60 + 90% \* (190 - 60) = 177 bpm

The lower limit of the target zone is

FC rest + 80% \* (FCmax - FC rest) = 60 + 80% \* (190 - 60) = 164 bpm

## **Contact**

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As we strive to continually improve the products we develop, we are interested in your feedback regarding the quality, the functionality and the usage of our products.

- In France, please call the customer service center at:  
**0810 08 08 08** (local call rate)
- For any other country, please leave a message under the relevant heading on our website: **[www.decathlon.com](http://www.decathlon.com)**

**We promise to answer you promptly.**