

Full Product Specification

Timex 30 Lap Heart Rate Monitor

Code T5C401

The Timex Digital Heart Rate Monitor incorporates the very latest digital technology from Timex in conjunction with the fitness experts and personal trainers of the Ironman Institute. As the world leader in sport timing devices, Timex has created a Digital Heart Rate Monitor that offers the digital accuracy demanded by world-class athletes with the functions that anyone of any age could use.

Product Information

Whether training for a 10K race or exercising to lose weight, the Timex Digital Heart Rate Monitor helps you make the most of your workouts. This 30 lap heart rate monitor comes with a built in calorie counter, fitness test and 5 training zones. Timex has produced a heart rate monitor specifically for people new to fitness and health that require an understanding of the body during exercise. This unit offers 5 training zones with Audio and Visual Alarms giving a greater spectrum of intensity to train at. Additionally, the calorie counter allows the user to monitor the energy consumption during each exercise session.

Digital transmitter allows the user to train in a gym environment without experiencing cross talk from other heart rate monitors. Crossover interference is much more likely to happen with an analogue transmitter, which again may show inaccurate heart rate readings. Crossover interference means signals from two or more heart rate transmitters interfering with each other. To download the heart rate data to a PC software package, the user needs the Timex Data Recorder 2 (more information on this product is available on request).

Product Features & Specifications

Heart Rate Features

- Target zones
- Average and max heart rate
- Time in zone
- Calorie counter
- Recovery heart rate timer
- Owner replaceable battery
- Digital transmission
- Data Recorder compatible
- HRM strap water resistant 30m

Watch Features

- **INDIGLO**® night-light with NIGHT-MODE® feature
- 100-hour chronograph with lap and split
- 30-lap memory with average heart rate per lap, in zone and of total workout
- 2-line display with flipping system for easy reading
- 100-hour, 3-mode countdown timer
- Alarm with 5 minute back-up
- Month/day/date with 12/24 hour time
- Double-shot polyurethane strap
- Watch: 2.5 year battery life**
- Watch: Water-resistant 50m



For details of our complete range, please contact our Sales Team.