

Make something you love.

SD1
by Borofone

SD1 Smart Digital Watch

USER GUIDE



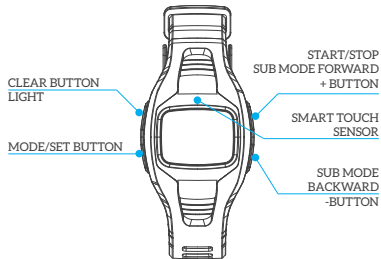
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BOROFONE

V1.0

1. BASIC OPERATION BUTTONS



LIGHT/CLEAR BUTTON

Turns light on for 5sec. In **TIMER** mode press and hold to reset **TIMER**

MODE/SET BUTTON

Switches **MAIN** modes. In **SETTING** mode: Press & hold to edit the settings

START/STOP/ SUB MODE FORWARD/+ BUTTON

In **TIMER** mode: Starts or Stops timer. Switches **SUB** modes (**FORWARD**)

In **SETTING** mode: Increases values (press & hold to fast forward value selection). Hold to turn Heart Rate Lock **ON/OFF**

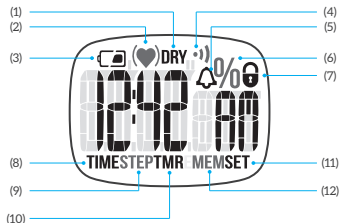
SMART TOUCH SENSOR

Touch anywhere on sensor to take your heart rate

SUB MODE BACKWARD/-BUTTON

Switches **SUB** modes (BACKWARD) In **SETTING** mode: Decreases values (press &hold to fast backward value selection)

2. SCREEN DISPLAY



- (1) Sensor needs to be dried
- (2) Heart Rate
- (3) Low Battery
- (4) Hourly Chime
- (5) Alarm
- (6) % of Maximum Heart Rate

- (7) Heart Rate Lock
- (8) Time Mode
- (9) Pedometer Mode
- (10) Exercise Timer
- (11) Settings
- (12) Memory Mode

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20. DISCLAIMER

The material in the instruction guide & website is for information purposes only. The SD1 watch described is subject to change without prior notice, due to the manufacturer's continuous development program. The SD1 watch & instruction guide are intended to support a sensible approach to health & fitness. They are not intended to replace professional medical advice related to diet, exercise or weight loss. Physical enterprises shall not be liable for any damages, direct or incidental, consequential or special, arising out of, or related to, the use of SD1 watch & accompanying documents. If you experience severe or prolonged discomfort or pain at any time, see your doctor immediately. The information in the instruction guide is intended to be used as a general guide only & may not be appropriate to specific users. In particular: maximum heart rate. Consult a doctor to determine your personal maximum heart rate. Borofone uses complex formulae that generally predict the hr based upon studies of subjects with healthy hearts. The percentage of maximum calculations are not to be relied upon especially if you have a history of heart disease, stroke, high or low blood pressure, diabetes, asthma or other circulatory or respiratory conditions. Calorie target & expenditure: reliance on inappropriate intake & expenditure targets may result in excessive weight gain or loss, fainting, dietary deficiencies or other adverse medical consequences. Consult a doctor to determine what caloric intake & expenditure targets are appropriate for you. The SD1 watch, while designed to provide an ekg-accurate heart rate, is neither designed nor warranted for medical use & should not be relied upon for medical purposes. Always consult a doctor before beginning a new exercise regime or diet program of any kind.

3. ACTIVATING SD1

- 1) Remove your SD1 from the packaging and peel off the protective film on the display.
- 2) Press and hold the **START** button (the upper right button) to wake up the watch. The display will be switched on.

4. QUICK START

To get started, your SD1 will ask you to set several parameters.

- » Press **+** or **-** to increase and decrease the values
- » Holding **+** or **-** will rapidly change the values
- » Press **SET** to confirm the value and move to the next parameter

For detailed information on setting up your SD1, please see Section 14.

Borofone Tip: Locking the heart rate sensor will prevent unwanted heart rate readings while setting up the watch. See Section 8 for more information.

Time

- » Hour (12 hour format)
- » Minute
- » Second (whenever **+** or **-** is pressed the second will be reset to zero)
- » Hour format (12 hour or 24 hour format)

Date

- » Date format
(Month-Day or Day-Month)
- » Year
- » Month
- » Day

Personal Information

- » Unit Format (KG/CM or LB/IN)
- » Body Weight
- » Height
- » Gender (Female or Male)
- » Birth Year

After finishing the quick first time setup, the watch will go to Time mode.

You can switch the display between time and date/weekday in Time mode by pressing + or - button.

For daily usage, you don't need to fasten your watch too tightly on your wrist. During intensive exercise, we recommend that you tighten the watch band for better heart rate readings.

5. BEFORE USING

SD1's Smart Touch Heart Rate (HR) measurement is EKG-accurate, however this product is not a medical device. You should always consult your doctor before starting any new fitness regime, if you are planning to use the product while pregnant, or if you have a pacemaker fitted.

6. MODES OF OPERATION

Your SD1 has 5 main modes. You can press the **MODE** button to move to the next mode. You can take your Heart Rate from any mode (except while changing settings).



TIME MODE

Displays 12/24 hour time, date, and weekday

19. LIMITED ONE YEAR WARRANTY

Borofone Innovations LLC warrants the workmanship and all parts of this product against material or workmanship defects for a period of 1 year from the date of original purchase for use. This warranty should be effective only if the warranty card is fully completed and mailed to the authorized dealers for registration .

The consumers return the defective product to the authorized dealers in your country for repair or replacement after getting a response to the completed warranty card from the authorized dealers.

This warranty is null and void if the unit and or its components therein have been damaged or tampered with by improper handling use or unauthorized repair .in all cases of damage during shipment for repair a claim must filed with the shipping carrier by the purchaser .and not with Borofone innovations LLC in all events the manufacturers agree to repair or replace the defective parts .but never to exceed the Purchase price as said . As this is a limited warranty. Borofone innovations LLC 'S liability for consequential and incidental Damages is expressly disclaimed and shall nor exceed the purchase price paid.

17. SPECIFICATIONS

- » 12/24 hr clock (date & weekday)
- » Daily alarm
- » Exercise Timer: 99 hr 59min 59sec
- » Max Heart Rate Percentage: 99%
- » Max Readable HR: 230 BPM
- » Min Readable HR: 30 BPM
- » Water Resistance: 50 meters
- » Lens: Acrylic
- » Watchcase: ABS
- » Caseback: Stainless steel
- » Strap: Medical silica gel
- » Buckle: Stainless steel
- » Battery: Lithium type CR.2032
- » Expected Battery Life: 1 year

Specifications Subject to change without notice

18. CARE AND MAINTENANCE

- » Never attempt to disassemble or service your watch.
- » Protect your watch from extreme heat, shocks and long time exposure to direct sunlight.
- » Watch can be wiped clean with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose your watch to strong chemicals such as gasoline, clean solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and finish.
- » Store your watch in a dry place when you are not using it.
- » Avoid allowing the watch to come into direct contact with hair liquids, colognes, sun block creams, and other toiletries, which can cause deterioration of the plastic parts of the watch. Whenever the watch comes into contact with these or other toiletries, wipe it off immediately with a dry, soft cloth.
- » Do not wear your SD1 in shower/sauna or other similar environments.
- » Do not push buttons under water.



PEDOMETER

Displays Steps, Activity Calories, Distance, Active Time and Pace



EXERCISE TIMER

Displays exercise time for 3 types of counters



MEMORY

Displays Total Steps, Calories burned, Distance, and Active Time for Today, This Week, Last Week, and each of the last 7 days



SETTINGS

Set clock alarm, time, hourly chime, button tone, display scroll, user information (units of measure, weight, height, gender, birth year), and Maximum Heart Rate (MHR)

7. TAKING YOUR HEART RATE



1) Place any finger or your palm anywhere on the Smart Touch sensor.



2) Hold to activate Smart Touch sensor. Make sure the back plate is in contact with your wrist. Heart icon and 'TESTING' will flash.



3. Wait for EKG-accurate heart rate readout (3 - 8 seconds). SD1 will beep when the reading is ready. Your heart rate and % of max heart rate will remain displayed for 5 seconds after you remove you finger from the sensor.

USER INFORMATION (USER)

- » User is the 4th sub-mode in SETTING mode.
- » Press and hold SET to edit User values: Unit of Measure (lb/in or kg/cm), Weight, Height, Gender, and Birth Date.
- » Press + or - to increase and decrease the values. Press SET to confirm and move to next value.

MAXIMUM HEART RATE (MHR)

- » MHR is the 5th sub-mode in SETTING mode.
- » Press and hold SET to edit MHR value.
- » Press + or - to increase and decrease the value. Press SET to confirm.

Note: SD1 will suggest your Maximum Heart Rate (MHR) automatically based on your birth year and gender, but you can override it and set your own value.

Press SET to return to TIME mode after changing settings.

15. BACKLIGHT

To switch on the backlight, press the **LIGHT** button. It will last for 5 seconds. If you press any button when the backlight is still ON, the backlight will be extended for another 5 seconds. Please note that the backlight consumes battery power, excess backlight use may lead to a shortened battery life.

16. REPLACING THE BATTERY

We recommend that battery replacement be done by a watch repair service center to ensure the water seals are not compromised.


IMPORTANT: Improper battery replacement may cause water damage and void the Limited Warranty. Please see Warranty details.

14. CHANGING SETTINGS

There are five sub-modes in SETTING: Alarm, Time, Watch, User, and MHR. To go to Setting Mode:

- » Press SET 4 times from Time mode to enter Setting mode.
- » Scroll through the sub-modes by using the + or - button.
- » To start editing the values of the selected sub-mode, press and hold SET .


ALARM

- » Alarm is the 1st sub-mode in SETTING mode.
- » Press and hold SET to edit Alarm values: Alarm Time ON/OFF.
- » Press + or - to increase and decrease the values. Press SET to confirm.
- » Press + or - to toggle the Alarm (ALM) ON/OFF. When the alarm is ON,  will display.

TIME

- » Time is the 2nd sub-mode in SETTING mode.
- » Press and hold SET to edit Time values: Hr/Min/Sec, 12H or 24H, Date format (DDMM or MMDD), Year, Month, and Day.
- » Press + or - to increase and decrease the values. Press SET to confirm and move to next value.

WATCH SOUNDS AND DISPLAY (WATCH)

- » Watch is the 3rd sub-mode in SETTING mode.
- » Press and hold SET to edit Watch values: Hourly Chime ON/OFF, Button Tone ON/OFF, Display Scroll ON/OFF (for pedometer and memory modes).
- » Press + or - to toggle the sound ON/OFF. Press SET to confirm and move to next value.
- » When the hourly chime is ON,  will display.

SMART TOUCH TECHNOLOGY

With SD1 Smart Touch Technology, obtaining your on demand heart rate has never been easier. You can get a reading by placing your finger tips, palms or just about any part of your hand on the stainless steel sensor. Experiment to find your own preference.

A one-time read out of your Heart Rate (HR) in beats per minute (BPM) will display. The small digits at the right of the display show the percentage of your maximum heart rate (up to 99%).

- » For continuous reading, keep pressing the sensor.
- » For best accuracy, left and right hands should not be in contact during the test.
- » You can take your Heart Rate from any mode (except while changing settings).

TROUBLESHOOTING POINTERS

If you don't get your heart rate (HR) within 10 seconds, moisten your finger(s) and watch caseback and try again. It helps to wear your SD1 for a little while to allow a layer of moisture to build up between the back of the watch and your arm/wrist.

Exercising vigorously with a lot of arm movement or body motion can cause muscle noise[®] that may prevent proper detection of a HR signal. You should tighten the watch to your wrist and apply a stronger force to the top metal plate in order to reduce the movement of the watch during the exercise. Also relax your watch arm when taking the reading.

If your HR varies, note that fluctuations are normal in a healthy heart; in fact, the healthier your heart is, the more variation you could see. However, if SD1's calculations start to vary significantly from what you have come to expect, replace SD1's battery.

To optimize readings, occasionally clean the back of your SD1 case and the Sensor Ring with a clean, soft cloth.

8. MANUAL HEART RATE LOCK

To prevent the Smart Touch Heart Rate sensor from accidentally reading your heart rate (e.g. the sensor comes into contact with clothing or skin), you can use the Heart Rate Lock feature. This will also help to prolong your SD1's battery life.



- » To turn the HR Lock on, in any mode (except while changing settings), press and hold the START button. The HR lock icon will display.
- » To turn HR Lock off, press and hold START button.

Note: If you try to measure your heart rate when this lock is activated, the 'HR Lock' screen will display to remind you to unlock manually.

9. AUTOMATIC HEART RATE LOCK

Your SD1 is not suitable for heart rate measurement during any underwater activity (such as swimming or showering). The watch will automatically shut down the Smart Touch sensor during these kinds of activities in order to preserve the battery life. That means you can still wear and use your SD1 as a regular watch while underwater (see Specifications & Limited Warranty details), but HR measurement function will not be available until you dry your watch.



Once your SD1 is locked due to contact with water, the DRY icon will flash to remind you to dry your watch. This lock will be disabled automatically once the watch is thoroughly dry. Use

- » Press START to start the timer.
- » To pause, press STOP . Press START to resume.
- » Timer will beep during last 15 seconds of the countdown and alert you when countdown reaches zero. Timer will then repeat the countdown until you have completed all your repetitions.
- » To stop the timer, press STOP .
- » To reset timer to starting condition, hold CLEAR until beep (2 seconds).

13. MEMORY MODE

SD1 helps you to track your progress by remembering your activity record for TODAY, THIS WEEK (from Sunday to Saturday), and LAST WEEK (from previous Sunday to previous Saturday). You can use this data to analyze your performance. Each of the records contains the following data: Total Steps, Calories, Distance, and Active Time.

TO VIEW YOUR RECORDS

- » Press MODE 3 times to get from TIME to MEMORY.
- » Total values for TODAY will scroll on the display: Steps, Calories, Distance, and Active Time.
- » Press START to move to THIS WEEK's record.
- » Press START again to move to LAST WEEK's record.
- » Repeat pressing START to see daily totals for each of the last 7 days.
- » Press - to move through the values within any record.
- » To exit, press MODE (to return to TIME Mode, press MODE twice from MEMORY Mode)

TO CLEAR YOUR RECORD

- »»In MEMORY mode, press START to select the record that you want to clear.
- »»Hold CLEAR for 2 seconds.

- » If you want to adjust the HR LOWER and UPPER LIMIT, press + or - to adjust; otherwise press SET .
- » Press ST ART to start the timer.
- » To pause, press STOP . Press ST ART to resume.
- » To reset timer to zero, hold CLE AR until beep (2 seconds).

TO COUNT DOWN TO ZERO AND STOP

(suitable for walking with time limit)

- » The timer must be stopped.
- » Hold SET until beep (2 seconds).
- » Press + or - to adjust the TIMER TYPE to DOWN. Press SET .
- » Press + or - to adjust the HOURS. Press SET .
- » Repeat for MINUTES and SECONDS.
- » Press + or - to adjust the EXERCISE TYPE. Press SET .
- » If you want to adjust the HR LOWER and UPPER LIMIT, press + or - to adjust; otherwise press SET .
- » Press START to start the timer.
- » To pause, press STOP . Press START to resume.
- » Timer will beep during last 15 seconds of the countdown and alert you when countdown reaches zero.
- » To reset timer to starting condition, hold CLE AR until beep (2 seconds).

TO COUNT DOWN TO ZERO AND REPEAT

(suitable for training)

- » The timer must be stopped.
- » Hold SET until beep (2 seconds).
- » Press + or - to adjust the TIMER TYPE to REPEAT. Press SET .
- » Press + or - to adjust the HOURS. Press SET .
- » Repeat for MINUTES and SECONDS.
- » Press + or - to adjust the EXERCISE TYPE. Press SET .
- » If you want to adjust the HR LOWER and UPPER LIMIT, press + or - to adjust; otherwise press SET .

a towel to gently dry the watch; do not put it into contact with any extreme heat (such as a hair dryer).

Note: The watch will show the 'PLEASE DRY' screen every 10 seconds to remind you to dry the watch.

10. TIME MODE

TIME mode is the default mode. Press SET to rotate back to TIME mode from other modes.

- » TIME mode displays current values for: Time and Date (Day, Month, and Day of the Week).
- » Press + or - to alternate display from Time to Date.

11. Pedometer Mode

Your SD1 features an advanced sensor that detects your steps. The pedometer automatically begins when it detects movement.

Using your personalized information for height and weight, it calculates and displays distance, pace, active time, steps, and calories burned. SD1 calculates your calories burned based on your pace and body weight. Distance is calculated using a stride length estimated by your height. Current pedometer information is displayed in Pedometer Mode. See MEMORY Mode instructions for viewing saved pedometer information.

GO TO Pedometer Mode

- » Press SET once from TIME mode to enter Pedometer mode.
- » Pedometer mode displays current values for: Distance, Pace, Active Time, Steps, and Calories burned.
- » Press + or - to move from value to value faster or if you have turned Scroll OFF (see SETTING mode, Watch sub-mode in Section 14).

TO CLEAR PEDIOMETER INFORMATION

- » In PEDIOMETER mode, hold the CLEAR button for 2 seconds. "HOLDrst" will display.
- Pedometer values are automatically reset to zero at midnight.
Pedometer values are saved for Today, This Week, and Last Week.
View in MEMORY Mode.

12. EXERCISE TIMER MODE

Your SD1 has an easy-to-use exercise timer that helps you to manage your exercise sessions and monitor your heart rate.

There are 3 types of timer. Choose the one that is suitable for your exercise:

- » Count up from zero
- » Count down to zero and stop
- » Count down to zero and repeat (up to 99 times)

There are 5 options for Exercise Type: None, Warm Up, Burn Fat, Fitness, and Training.

The timer will determine a HR zone (upper and lower limit) for you based on your Exercise Type setting. You can disable the HR zone alert by selecting None in Exercise Type. If you wish to override the predetermined upper limit and lower limit, you can use the + or - buttons to adjust the values. If your HR is out of the HR zone, audio & visual warnings will alert you.

TYPES	HR LOWER LIMIT	HR UPPER LIMIT
None (Default)	Disable alert	
Warm Up	50%	60%
Burn Fat	60%	70%
Fitness	70%	80%
Training	80%	90%

OPERATING IN TIMER MODE

- » Press SET twice from Time mode to enter Timer mode
- » Press START button to start the timer
- » Press the STOP button (the same button as START) to stop/pause the timer
- » You can resume the timer by pressing the START button again
- » To reset the timer to zero, press and hold CLEAR button for 2 seconds (all digits will become zero)
- » The timer will also be reset to zero at midnight daily

Note: When the time is under one hour, it will show 1/100th of a second. Once the time reaches one hour, it will show HOUR:MIN.SEC instead. **Timer default is 5 min.** Maximum is 9 hr, 59 min, 59 sec.

TO COUNT UP FROM ZERO

(suitable for walking or exercises that require timing)

- » The timer must be stopped.
- » Hold SET until beep (2 seconds).
- » Press + or - to adjust the TIMER TYPE to UP. Press SET .
- » Press + or - to adjust the EXERCISE TYPE. Press SET .