

heart rate watches, pedometers and timers

pedometers

Ekho® pedometers



- large digital display
- hinged protective case
- loss prevention strap
- changeable batteries

| | each | 25 each |
|--|---------------|-------------------|
| Ekho One: steps taken | 12-1940 20.00 | 12-1940-25 475.00 |
| Ekho Two: steps, distance, calories | 12-1941 22.50 | 12-1941-25 532.50 |
| Ekho Three: steps, distance, calories, activity time | 12-1942 25.00 | 12-1942-25 592.50 |

Baseline® pedometers



| | each | 25 each |
|-------------------------------------|---------------|-------------------|
| A steps taken | 12-1950 17.50 | 12-1950-25 415.00 |
| B steps, distance | 12-1952 20.00 | 12-1952-25 475.00 |
| C steps, distance, credit card size | 12-1953 32.50 | 12-1953-25 770.00 |

Ekho® wrist watch heart rate monitors



standard watch functions - time of day, date, stopwatch, water resistant, interface with heart rate interactive equipment, light, user changeable batteries in transmitter and watch

standard heart rate functions - heart rate, ECG, transmitter and strap; **PLUS FEATURES BELOW**

E-10

- standard basic HR and watch functions

| | | | |
|---|---------|------|-------|
| D | 12-2045 | E-10 | 55.00 |
|---|---------|------|-------|

FiT-8, FiT-9

- target zone, out of zone alarm

- thin watch face

| | | | |
|---|---------|-------|-------|
| E | 12-2040 | FiT-8 | 80.00 |
| F | 12-2041 | FiT-9 | 80.00 |

FiT-18, FiT-19

- target zone, out of zone alarm, average HR, max HR, time in/above/below zone, calories burned

- thin watch face

| | | | |
|---|---------|--------|--------|
| G | 12-2042 | FiT-18 | 100.00 |
| | 12-2043 | FiT-19 | 100.00 |

transmitter / straps

- standard with watches

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|--|---------|--------------------------------------|-------|
| | 12-2050 | TE-15 transmitter with elastic strap | 50.00 |
| | 12-2052 | elastic strap | 10.00 |

timer

- rings after pre-set period elapses
- extended ring time

| | | |
|---------|-----------------|-------|
| 12-2004 | 60-minute timer | 12.50 |
|---------|-----------------|-------|



metronomes

- analog; speed adjusts 40-208 BPM; sweep LED; stand; requires 9V battery
- digital; speed adjusts 40-250 BPM; includes watch battery; beep sound, swing out back; pocket size



| | | | |
|---|---------|---------------------------|-------|
| H | 12-2032 | digital, with push button | 30.00 |
| I | 12-2031 | analog, with dial | 30.00 |

stopwatch

- start-stop, timeout, split time, calendar modes
- registers 1/100th for first 30 seconds and 1 second thereafter up to 24 hours
- programmable alarm

| | | |
|---------|-----------|-------|
| 12-2100 | stopwatch | 10.00 |
|---------|-----------|-------|



Polar® wrist watch heart rate monitors



- includes strap, transmitter and manual
- heart rate BPM; HR-based target zones with visual/audible alarms; manual target zone; plus items specified below
- watches feature backlight, date/weekday, time, water resistant to 30 meters

FT1 - shows heart rate; manual heart rate target zone; displays summary of workout; records average and maximum heart rate

| | | | |
|---|---------|-----|-------|
| J | 12-2152 | FT1 | 75.00 |
|---|---------|-----|-------|

FT4 - shows when you're improving fitness based on your heart rate; displays calories burned

| | | | |
|---|----------|------------|--------|
| K | 12-2153M | FT4 Male | 105.00 |
| | 12-2153F | FT4 Female | 105.00 |

FT7 - EnergyPointer tells you if the main effect of your training is fitness improvement or fat burning; displays calories burned; compatible with FlowLink to load data to computer

| | | | |
|---|----------|------------|--------|
| | 12-2154M | FT7 Male | 125.00 |
| L | 12-2154F | FT7 Female | 125.00 |

FT60 - creates training program based on personal goals and sets new weekly training targets; gives feedback on the effect of training; measures aerobic fitness at rest and displays progress

| | | | |
|---|----------|-------------|--------|
| M | 12-2155M | FT60 Male | 180.00 |
| | 12-2155F | FT60 Female | 180.00 |

RS300X - speed, distance, and heart rate; helps you train at the right intensity with personal sport zones; measures aerobic fitness at rest and displays progress; displays calories burned

| | | | |
|---|---------|----------------------|--------|
| N | 12-2156 | RS300X Running Watch | 200.00 |
|---|---------|----------------------|--------|

RS400 - for endurance athletes and runners who rely on systematic training; measures detailed performance information; with software

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|---|---------|---|--------|
| O | 12-2157 | RS400 Advanced Running Watch | 312.50 |
| | 12-2158 | IrDA USB adapter links data to ProTrainer5 software | 65.00 |
| | 12-2159 | FlowLink data transfer device | 57.50 |