

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
- | | | | |
|--|---------|--------------------------------------|-------|
| | 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

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