

Fitness Monitor Features

A general guide to features typically included.

	Chrono Watch	Ped-ometer		Speed & Distance		Heart Rate Monitor		Altimeter Watch	
	Basic	Basic	Advanced	Basic	Advanced	Basic	Advanced	Basic	Advanced
Clock	X	X	X	X	X	X	X	X	X
Date	X		X	X	X	X	X	X	X
Daily Alarm	X		X	X	X	X	X	X	X
Dual Time Zones	X		X	X	X	X	X	X	X
Stopwatch	X		X	X	X	X	X	X	X
Water Resistant	X		X	X	X	X	X	X	X
Splits/Laps	X		X	X	X	X	X		
Countdown Timer							X		
Counts Steps		X	X						
Measures Distance		X	X						
Speed			X	*	X	*	X		
Distance		X	X	*	X	*	X		
Calories Burned		X	X	X	X	X	X		
Heart Rate Display				X	X	X	X		
Chest Sensor Strap				X	X		X		
Target Rate Zone				X					
No. Heart Rate Target Zones				3		5	5		
Time in Target Zone				X		X	X		
Average Heart Rate Mode				X		X	X		
Recovery Heart Rate Mode						X	X		
Heart Rate Memory/Recall						X	X		
High/Low Target Heart Rate				X		X	X		
GPS			X		X		X		
Touch Button, Scroll Screen			X		X		X		
Mark Locations					X		X		
Find Locations					X		X		
Running Route			X		X		X		
Elevation Profile					X		X		
Cycling Speed & Distance					*		*		
Cadence					**		**		
Computer Compatible			X		X		X		
USB ANT stick					X		X		
Online Training Programs			X		X		X		
Barametric Altimeter								X	X
Rate of Ascent or Descent									X
Total Ascent & Descent									X
Altitude Alarm									X
Altimeter/Barometer Lock									X
Weather Alarm									X
Temperature								X	X
Altimeter								X	X
Compass								X	X
Barometer								X	X
Vertical Ascent									X
Descent Rate									X

*Optional with foot pod

**Optional with cadence sensor