



PULSESENSE RUNSENSE

www.epson.co.uk/pulsense
www.epson.co.uk/runsense

EPSON[®]
EXCEED YOUR VISION

PULSENSE

Start making moves that make a difference.

Pulsense is the next generation heart rate and activity monitor. It measures heartbeat and activity 24 hours a day, tracking your steps, distance, calories, sleep quality, heart rate zones and more.



RUNSENSE

Dig deeper. Go further. Maximise your potential.

Runsense GPS sports monitors let you plan your training and accurately monitor your performance like never before.



PULSENSE

EVERYTHING COUNTS



Pulsense measures heart rate and activity 24 hours a day, tracking your steps, distance, calories, sleep quality and heart rate across five zones. You can also use the sleep phase wake-up alarm to get you out of bed at the optimal time, so you can start your day the right way.

Set targets, exercise more effectively and stay motivated, making everyday activities count. Available in a choice of sizes and colours to fit everyone.

PULSENSE
PS-100



BUILT-IN HEART
RATE SENSOR



PULSENSE
PS-500



BUILT-IN HEART
RATE SENSOR



- Continuously monitor your heart rate and activity
- Set personal health and fitness targets
- Automatic daily goals and weekly target summary emails
- Heart rate zone training
- Calorie tracker
- Count steps and calculate distance
- Sleep monitoring and sleep phase wake-up alarm
- Your data is held securely in our system

SET TARGETS AND REVIEW YOUR PROGRESS

Pulsense will automatically set targets based on the goals you want to achieve, helping you plan weight loss and fitness programmes. Bluetooth Smart connectivity and the free smartphone app make it easy to input calories and other data and monitor progress on your smart device. It even emails a weekly summary report, to keep you motivated and focused.



HEART RATE



EXERCISE



CALORIES



SLEEP



MIND



STEPS

RUNSENSE

DARE YOURSELF

Runsense GPS sport monitors combine highly accurate GPS tracking with a built-in Smart Stride Sensor¹ to learn your technique, measuring distance and pace whatever the conditions.

You can view real time data at a glance on four customisable screens. With up to 30 hours of GPS tracking you can dare yourself to run another mile.

RUNSENSE
SF-310



RUNSENSE
SF-510



RUNSENSE
SF-710



RUNSENSE
SF-810



BUILT-IN HEART
RATE SENSOR

Available in two colours

HELPING YOU TO TRAIN SMARTER

Runsense lets you set long-term targets and short-term goals designed to improve your performance. It even lets you view your estimated finishing time or distance based on a set target.

The Runsense View portal and Run Connect app help you customise your product settings and monitor, analyse, compare and even share your stats to maximise your potential.



TIME



DISTANCE



PACE



CALORIES



PITCH¹



STRIDE¹



STEPS¹



SPEED



ASCENT²



DESCENT²



HEART RATE³

PULSESENSE FEATURES	PS-100	PS-500
24hr heart rate monitoring/zone training	•	•
Track exercise, steps, distance, calories burned, real time heart rate	•	•
Sleep monitoring & sleep phase wake-up alarm	•	•
Set goals & receive automatic daily target suggestions	•	•
Monitor & track progress with free Epson app (iOS & Android)	•	•
Log weight, body fat percentage & calorie intake	•	•
Sync with Bluetooth Smart	•	& USB
Receive weekly target summary emails	•	•
Water resistant	3bar	3bar
Incoming call, e-mail & calendar notification	•	•
Display	LED indicator lights	LCD & LED indicator lights
Time & date	—	•
Internal storage	480hrs	480hrs
Battery life (with continuous heart rate monitoring)	36hrs	36hrs

RUNSENSE FEATURES	SF-310	SF-510	SF-710	SF-810
Highly accurate Epson GPS sensor	•	•	•	•
Long battery life (GPS on)	30hrs	30hrs	30hrs	20hrs
Heart rate	Optional chest strap	Optional chest strap	Optional chest strap	Built-in
Pace/Speed/Distance/Calories/Interval training	•	•	•	•
Laps (Time, Distance or Manual)	Yes	Yes	Program-mable	Program-mable
Pitch & Stride measurement/Smart Stride Sensor	—	•	•	•
Analyse, manage, compare & share your performance	•	•	•	•
Free app to manage settings & fast GPS connection	•	•	•	•
Internal storage	400 laps	400 laps	400 laps	400 laps
Screen size (diameter) & pixels	28.2mm / 128 x 96	28.2mm / 128 x 96	28.2mm / 128 x 128	28.2mm / 128 x 128

1. Not available on the SF-310.
2. Not available on the SF-310/SF-510.
3. Optional chest strap required for the SF-310/SF-510/SF-710.

For more information please contact:

Telephone: 01952 607111 (UK)* / 01 436 7742 (Republic of Ireland)

* Local call rate.

E-mail: enquiries@epson.co.uk / **Chat:** etalk.epson-europe.com / **Fax:** 0871 222 6740

Web: www.epson.co.uk / www.epson.ie

Trademarks and registered trademarks are the property of Seiko Epson Corporation or their respective owners. Product information is subject to change without prior notice.