

QUICK SETUP GUIDE - GPS 1.0

I'm ready to run, how do I work this thing?

Almost time to get started, but first let's set up your new SOLEUS Fit GPS 1.0 watch. A few quick settings will adjust the watch to YOU and allow you to get the most out of your runs. It won't take long, we promise.

1 SET MODE NAVIGATION BASICS:

1. Press **MODE** button to reach **SET** mode
2. Use **+** and **-** buttons to scroll through available settings:
(Auto Lap > Alarm > Key Tone > Contrast > Night > User > Unit > Time)
3. Press **ENTER** button to edit settings for that selection.
4. Use **+** and **-** buttons to adjust values
5. Press **ENTER** button to confirm changes and advance to next step
6. Press **MODE** button to back out of any setting screen

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AUTO LAP setting:

AUTO LAP allows you to choose a pre-defined lap distance which will automatically save for you to review after your run.

1. Set the distance (Off > 0.5 > 1 > 2 > 3 > 4 > 5)
2. Enable/Disable lap alert beep and glow (ON > OFF)

ALARM setting:

You can set up to 5 unique alarms.

1. Choose the alarm (AL-1 > 2 > 3 > 4 > 5)
2. Set alarm time (HOUR > MINUTE)
3. Set alarm time zone (T1 > T2)
4. Enable/Disable alarm (ON > OFF)
5. Enable/Disable key tone beep (ON > OFF)

KEY TONE setting:

Button beeps each time they are pressed.

1. Enable/Disable key tone beep (ON > OFF)

CONTRAST setting:

Adjust the brightness or darkness of the display.

1. Adjust contrast level (1 - 19)

NIGHT setting:

Activates EL light from any button from 6:00pm - 7:00am (T1).

1. Enable / Disable Night mode setting (ON - OFF)

USER setting:

Individual user information used for calorie calculation.

1. Set gender (MALE > FEMALE)
2. Set Age (7 - 99)
3. Set Weight (44 - 561 lbs / 20 - 255 kg)
4. Set Height (2'11" - 7'10" / 91 - 241 cm)

UNIT setting:

All units of measurement shown in standard or metric format.

1. Set format (MI - MILES > KM - KILOMETERS)

TIME setting:

Sets 2 time zones automatically or manually.

1. Choose time zone to set (T1 > T2)
2. Select time setting method (AUTO > MANUAL)
Note: if AUTO is selected, time will update next time GPS is active
3. Press **ENTER** to confirm choice

If AUTO setting is selected:

- a. Select world time code
- b. Enable/Disable Daylight Savings (ON > OFF)
- c. Select time display format (12hr > 24 hr)
- d. Select date display format (MM-DD > DD-MM)

If MANUAL setting is selected:

- a. Set time (HOUR > MINUTE > SECOND)
- b. Set date (YEAR > MONTH > DAY)
- c. Select time display format (12hr > 24hr)
- d. Select date format (MM-DD > DD-MM)

Okay, all set. How do I start?

*Now that the watch is personalized to your preferences, all that's left is the running part. When you are ready to start, walk outside and push the GPS button and let the watch get a GPS signal from the satellites. (Hint: standing still helps) Once it gets a signal, it will beep and display the run info. Just press **START** and you're off....*