User Manual: SG007 - GPS Sole

Introduction

Thank you for purchasing the GPS Sole. This GPS watch is packed with personal Training features like speed, trip time, laps, etc.

Watch features include:

➢ 12/24H Time format
➢ Chronograph
➢ World time
➢ Vibration Alarm function (5 daily Alarms)
➢ Run mode
➢ Chrono mode
➢ Timer
➢ HRM mode (2.4 GHz)
➢ Data
➢ Set mode
➢ Night mode (settable start/end time)

❖ This watch can communicate with a PC to store and review your performance.
❖ This watch uses a rechargeable battery that can be charged through PC USB port.

Warnings & Cautions:

Caring for your GPS watch:

Clean your GPS watch with a dampened cloth preferably with mild detergent solution. Wipe dry using a dry cloth. Do not use chemical cleaners and solvents that may damage plastic components.

Do not store your GPS watch to prolonged exposure to extreme temperatures as this may result to permanent damage to your unit.

About GPS:

Global Positioning System (GPS) is a satellite- based navigation system made up of a network of 24 or more satellites. GPS works best in clear weather condition, anywhere in the world, 24 hours a day. Tall buildings may interfere with GPS accuracy. When 3 satellite signals are received, the watch will have 2D GPS fixed (Latitude and Longitude). When 4 or more satellite signals are received, the watch will have 3D GPS Fixed.

Water immersion:

This GPS watch is designed to be water resistant up to 3 ATM. It can resist water pressure up to 30 meters. After submersion to water, please make sure to wipe dry and air dry the unit before using or charging.

Caution: Prolonged water submersion may cause electronic shorting in the unit which may cause minor skin burn or irritation.

Getting Started

Step 1) Know your watch:

Push button location:

Push button Main function:

S1 – Start / Stop / **+**
S5 – View / Lap
S7 – Mode
**S11** – Light / Set / Save / **-**

Step 2) Charging the Battery:

Charge the unit for at least 4-5 hours before first use. The length of time for a fully charged battery will last depending on the actual usage. It is recommended to regularly re-charge your battery every 1-2 months even if it is not used to maintain good battery condition.

2.1) Plug your USB cable/charging clip to your PC.
2.2) Align the charging clip with the 4 contact pins on the back of the watch.

2.3) Connect the charging clip securely to the watch. The watch will display the charge level of the battery and the lower bar scrolling. This is the display if there is no communication between the PC and the watch. When you start to down load the data to the PC, the display will change to **PC LINK** with the scrolling bar at the bottom.
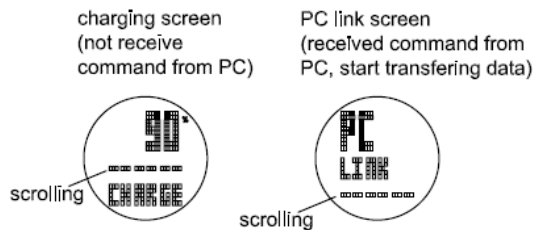
Note: Please thoroughly dry the charging contacts and surrounding area to ensure proper electrical contact and prevent corrosion.

When the battery is low, it is time to charge the GPS watch. Once the battery is full, it will display CHARGE 100% FULL.

Battery low condition:

You cannot turn ON the GPS when the battery is low. The watch will display BATT LOW. You need to recharge the battery in order to use the GPS again.

Please make sure the battery have enough battery power before doing your exercise in order not to lose your data.

When the battery level becomes very low, the watch will automatically turn OFF the display (blank-screen).

Step 3) Configure your watch:

Before using your GPS watch, User can opt to do the following.

3.1) Go to **SET** mode to set the following parameters: AUTO LAP, TIME, UNIT, USER details, HRM, LINK HRM, NIGHT, CONTRAST, CHIME, ALARM, TIMER, and VIEW.

3.2) You can also enter individual set modes of specific modes by press & hold S11 for 2-3 seconds while the Chronograph is stop or save/reset. Following are the parameters to set in individual modes when you press & hold S11:
  - RUN mode: AUTO LAP/ UNIT / USER/ VIEW
  - TIMER mode: set the 6 timers, Timer Alert ON/ OFF.
  - HRM mode: LINK HRM / HRM.
  - ALARM mode: set the 5 alarms.

Step 4) Acquire Satellite signals:

To get the correct time of day and begin using your GPS watch, you have to acquire GPS signals. It may take few minutes to acquire the satellite signals.

4.1) Go outside to an open area away from tall buildings and trees. Orient the GPS antenna towards the sky for best reception. The antenna is located at the 6 o'clock position of the watch.
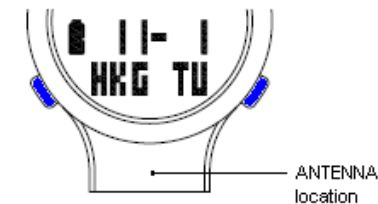
Note: In order to accurately navigate the GPS, you need to have a good line of sight to the satellites.

4.2) Stand still and do not begin moving while locating the Satellite until the signals are already received.

4.3) How to turn ON GPS:

Following are the possible ways:
  - **Press & hold S7** for 2-3 seconds while the GPS is initially OFF will turn ON the GPS. The watch will display GPS ON and start searching for GPS Signal.
  - Every time you enter **RUN** mode, **CHRONOGRAPH** mode, **HRM** mode, and **TIMER** mode, the watch will automatically search for GPS signal. If GPS is already ON, it will directly go to the first view.
  - Press S1 from Time mode and the watch will display the **GPS/ INDOOR** screen. Select GPS by pressing S1 or S11 and then press S5. The watch will then start searching for the GPS signal.

4.4) How to turn OFF the GPS:

- In TIME mode, Press and hold S7 and the watch will display **GPS OFF**, and then go back to TIME mode.
- Press & hold S7 while GPS is initially ON, the watch will display GPS OFF. The GPS will be turned OFF and the watch will go back to previous screen.

GPS signal and its meaning:

GPS signal searching	scrolling
GPS signal received	
Standby	
No GPS signal	

- ➢ You will hear a beep sound when the watch received a GPS signal or when the GPS signal has been lost. LOST GPS SIGNAL will also be displayed in the screen.
- ➢ If no Satellite signal is received within 15 minutes, the watch will auto return to Time mode.
- ➢ When CHRONO is stopped or reset, if no key operation after 15 minutes, it will automatically return to Time mode. GPS will be on standby for the next 5 hours, after that time, the GPS will be turned OFF.

Step 5) Pair your Heart Rate monitor:

The HRM belt is on standby and ready to send data to your watch. Wear the belt directly on your skin just below your breastplate. It should be snug enough to stay in place during your run.

5.1) Push one tab on the strap through the slot in the HRM transmitter.

5.2) Wet both electrodes with a damp cloth on the back of the HRM belt. This will help create a strong electrical connection between your chest and the HRM transmitter.

Slots

ELECTRODES
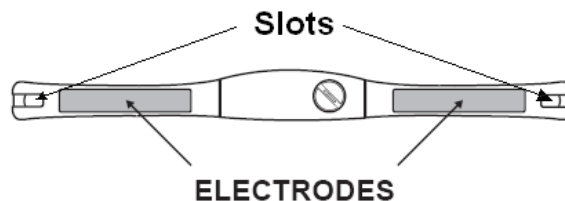
5.3) Wrap around the chest belt around your rib cage just below the pectoral muscles and attach the other end of the strap to the HRM transmitter. The elastic strap should be adjusted so that it is snug enough so that it will not move during use but not so tight as to restrict breathing.

HRM
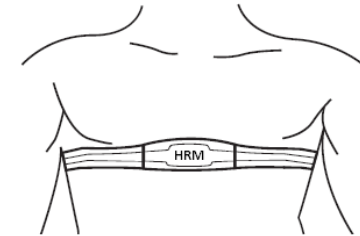
5.4) Bring the GPS watch within range of the HRM transmitter.

5.5) Go to SET mode/ LINK HRM mode and link the HRM belt to the watch. The watch will then automatically go to **RUN** mode. Your Heart rate information will now be displayed in the watch (see below on how to link the HRM "**Setting HRM LINK"**).

5.6) The HRM belt is now paired to your watch. The serial number is now saved in the memory of the watch. If you turn OFF the HRM function, then turn ON again, the HRM belt is still linked to the watch. There is no need to re-link the HRM belt.

5.7) You can turn **ON** or **OFF** the connection between the HRM belt and the watch by press & hold S5 for 2-3 seconds. The watch will display HRM ON or OFF and then go back to previous screen. If HRM is OFF, you cannot receive HRM data to the watch.

5.8) If the heart rate data does not appear on the watch, or if you have erratic data, follow the tips below. If the problem persists, you may have to pair the HR belt again.

- **5.5.1)** Make sure the HR belt is snugly fit to your body.
- **5.5.2)** Reapply water or electrode gel to the electrode of the HR belt.
- **5.5.3)** Clean the electrodes from possible contamination that may interfere with heart rate signals.
- **5.5.4)** Wear a cotton shirt or if possible, wet your cotton shirt. Synthetic fabric that rubs with your skin may create static electricity and interfere with the heart rate signal.
- **5.5.5)** Move away from strong electromagnetic fields and other wireless sensors which can interfere with your heart rate sensor. Possible sources of wireless interference may include high voltage power lines, electric motors, microwave ovens, cordless phones, and wireless LAN or access points.

Step 6) Go for a Run:

6.1) Using Run mode:

6.1.1) Press S1 or S7 from **TIME** mode to go to **RUN** mode.
   a. If GPS is initially **OFF**, the watch will automatically search for GPS signal. It will then display the remaining battery level, remaining Track memory, and then **GPS GO** start screen (if Satellite signal already received) or **INDOOR** start screen (if no GPS signal received).
   b. If GPS is already **ON,** press S5 the watch will go directly to GPS GO start screen.

6.1.2) Press S1 to START / STOP / RESTART.

6.1.3) Press S11 to take manual Lap. The Lap number/ Lap time, & Split Time will display for 10 seconds and then continue running.
(The watch will take Auto Lap based on the Distance set in Auto Lap setting).
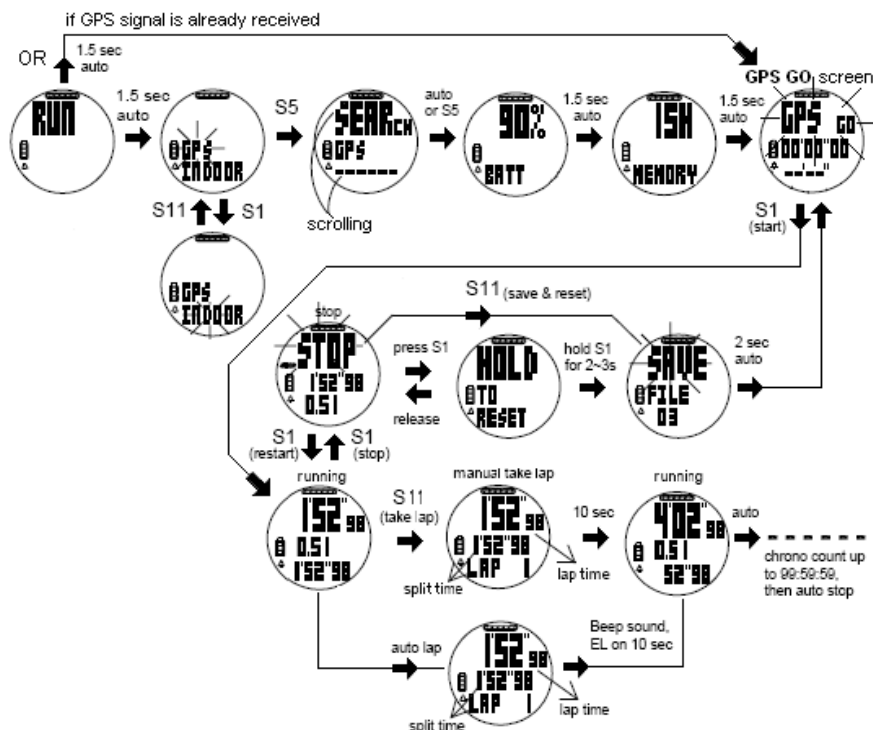
6.1.4) While the chronograph is stopped, Press and hold S1 or just press S11 to save the current data. The watch will display the saved file number and go back to **GPS GO** (with GPS signal) or **INDOOR** (no GPS signal) screen.

6.1.5) Press S5 to change views. The information displayed in Line 1 will change as you press S5. You can select either Pace, Speed, HRM, Calorie, Clock, Chronograph, or Distance to display in Line 1.
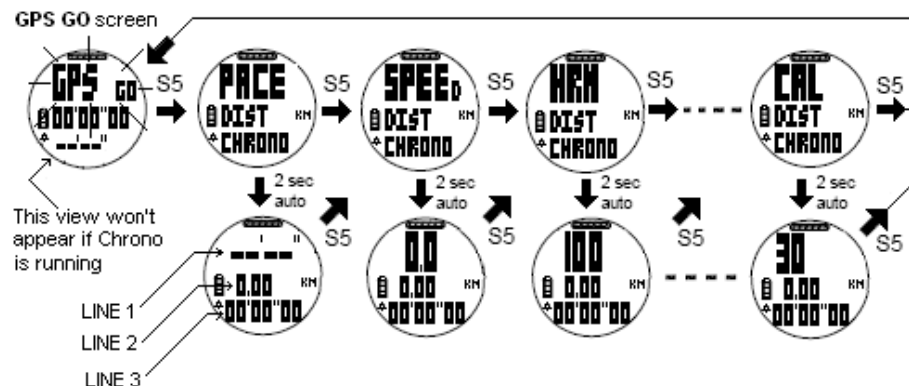
❖ Information displayed in Line 2 & 3 can be changed in SET mode/ VIEW.

6.1.6) Press S5 to view your current data before saving while the chronograph is stopped.

Following are the information as you press S5:
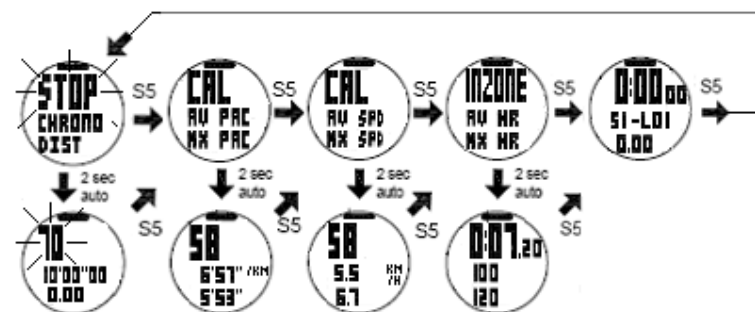
RUN SETTING mode:

While the chronograph is in reset and not running, you can set the Auto lap, Units, User or View in Rrun mode. Follow the steps below:

➢ Press and hold S11 and the watch will display HOLD SET. 2 to 3 seconds later it will display AUTO LAP blinking.
➢ Press S1/S11 to select between **AUTO LAP**, **UNIT**, **USER** or **VIEW** to set.
➢ Press S5 to enter selected parameter to set.
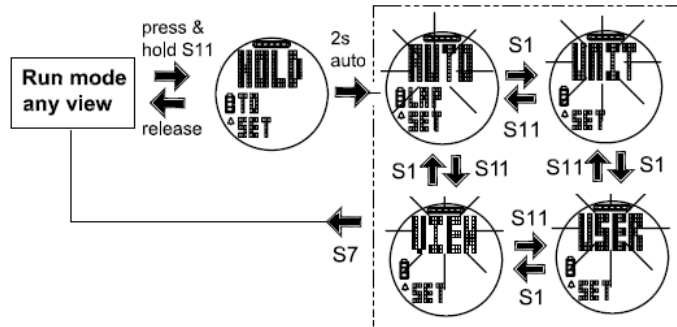
- **AUTO LAP** setting:
  o Press S5 while **AUTO LAP** is blinking. Auto lap number will start to blink
  o Press S1/S11 to change the setting. Auto lap setting range: 0.4, 1,2,3,4, and 5 KM. Default value is 1 KM.
  o Press S5/S7 to set the **ALERT** ON or OFF.
  o Press S1/S11 to change the setting
  o Press S5/S7 to confirm new setting and exit setting screen.
  o Press S7 to exit
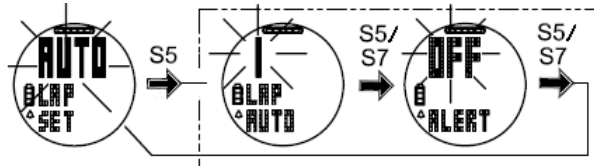
- **UNITS** setting:
  o Press S5 while **UNIT** is blinking. The unit **KM** or **MI** will start flashing.
  o Press S1/S1 to change the unit.
  o Press S5/S7 to confirm new setting and go back to **UNIT** setting screen
  o Press S7 to exit
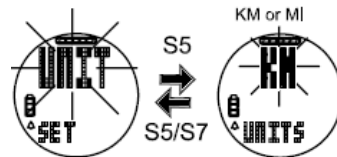
- **USER** setting:
  o Press S5 while **USER** is blinking. MALE will start blinking
  o Press S1/S11 to change the gender
  o Press S5/S7 to set the AGE.
  o Press S1/S11 to change the age
  o Press S5/S7 to set the WEIGHT
  o Press S1/S11 to change the weight
  o Press S5/S7 to set the HEIGHT
  o Press S1/S11 to change the height
  o Press S5/S7 to go back to **USER** setting screen
  o Press S7 to exit.

- **VIEW** setting:
  o Press S5 while VIEW is blinking. The watch will display VIEW/DIST/ CHRONO. (CHRONO is blinking in line 3)
  o Press S1/S11 to change the information in line 3. You can select Chronograph, Distance, Pace, Speed, HRM, Calorie, or Clock.
  o Press S5 to enter. Line 2 will start to blink.
  o Press S1/S11 to change the information displayed in Line 2. You can select Chronograph, Distance, Pace, Speed, HRM, Calorie, or Clock.
  o Press S5 to go back to line 3 setting.
  o Press S7 to exit.

6.2) Using Chronograph mode:

RUN mode and **CHRONOGRAPH** mode has the same CHRONO counter. When the chronograph is started or stopped in RUN mode, the same thing happens in Chronograph mode.

6.2.1) Press S7 from **RUN** mode to go to **CHRO** mode.
  a. If GPS is initially **OFF**, the watch will automatically search for GPS signal. It will then display the remaining battery level, remaining Track memory, and then **GPS GO** start screen (if Satellite signal already received) or **INDOOR** start screen (if no GPS signal received).
  b. If GPS is already **ON,** press S5 the watch will go directly to GPS GO start screen.
6.2.2) Press S1 to START / STOP / RESTART.

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6.2.3) Press S11 to take manual Lap. The Lap number/ Lap time, & Split Time will display for 10 seconds and then continue running.
(The watch will also take Auto-lap based on the Distance set in Auto Lap setting).

6.2.4) While the chronograph is stopped, Press and hold S1 or just press S11 to save the file. The watch will display the saved file number and go back to **GPS GO** (with GPS signal) or **INDOOR** (no GPS signal) start screen.
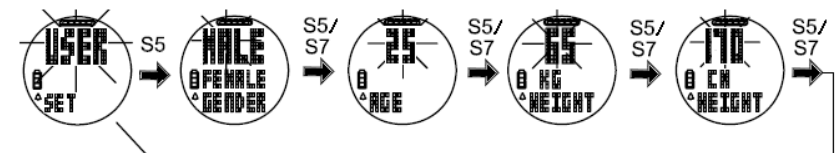
6.2.5) Press S5 to change views in Line 2. You can select either Distance, Pace, Speed, HRM, Calorie or Clock to display in Line 2.
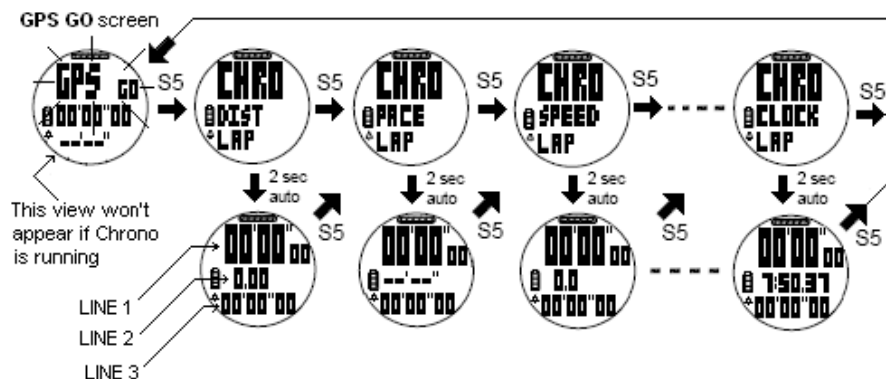
6.2.6) Press S5 to view your current data before saving while the chronograph is stopped.

Following are the information as you press S5:
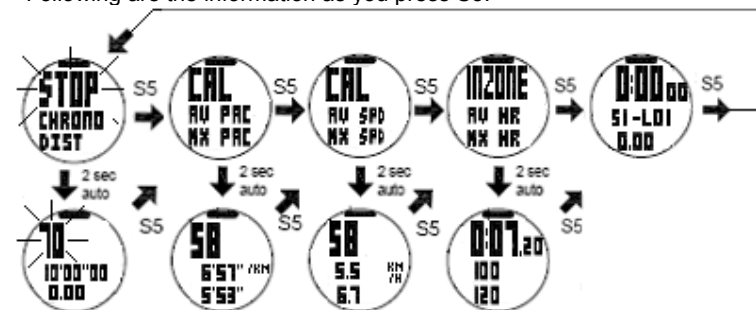
6.3) Using TIMER mode:

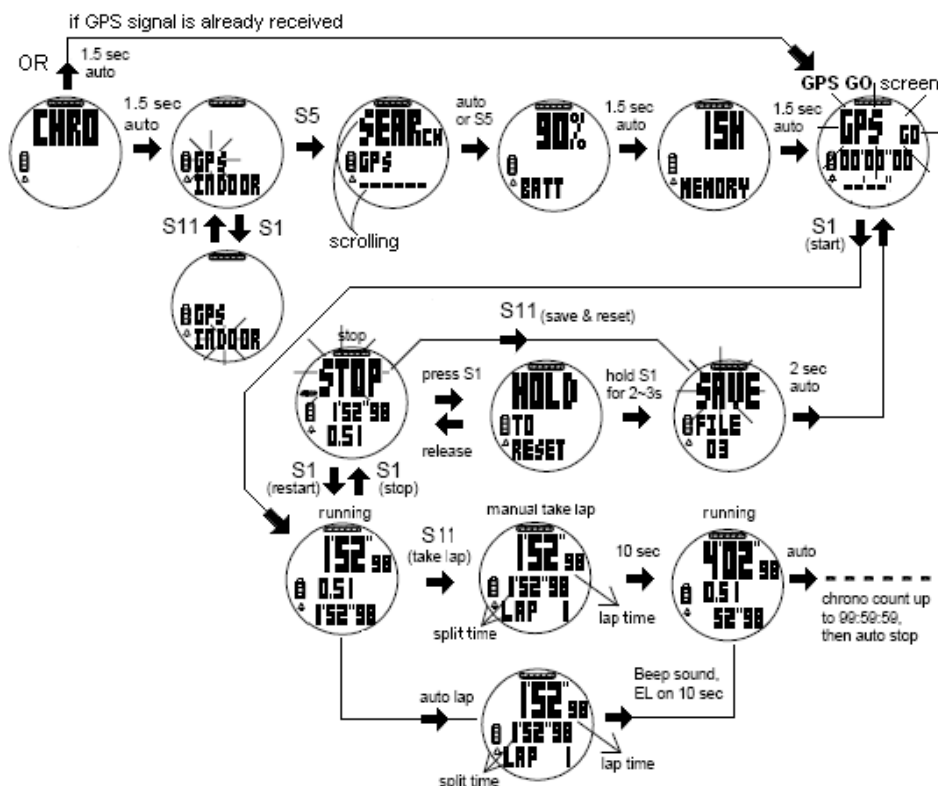**RUN** mode and **TIMER** mode has the same CHRONO counter. When the chronograph is started or stopped in RUN mode, the same thing happens in Chronograph mode. The watch has 6 interval timers which can be set individually. Go to SET mode/ TIMER to set the timers. You can also press & hold S11 to enter Timer setting mode.

6.3.1) Press S7 from **CHRONO** mode to go to **Timer** mode.
  a. If GPS is initially **OFF**, the watch will automatically search for GPS signal. It will then display the remaining battery level, remaining Track memory, and then **GPS GO** start screen (if Satellite signal already received) or **INDOOR** start screen (if no GPS signal received).
 b. If GPS is already **ON,** press S5 the watch will go directly to GPS GO start screen.

6.3.2) Press S1 to START / STOP / RESTART.

6.3.3) Press S11 to take manual Lap. The Lap number/ Lap time, & Split Time will display for 10 seconds and then continue running.
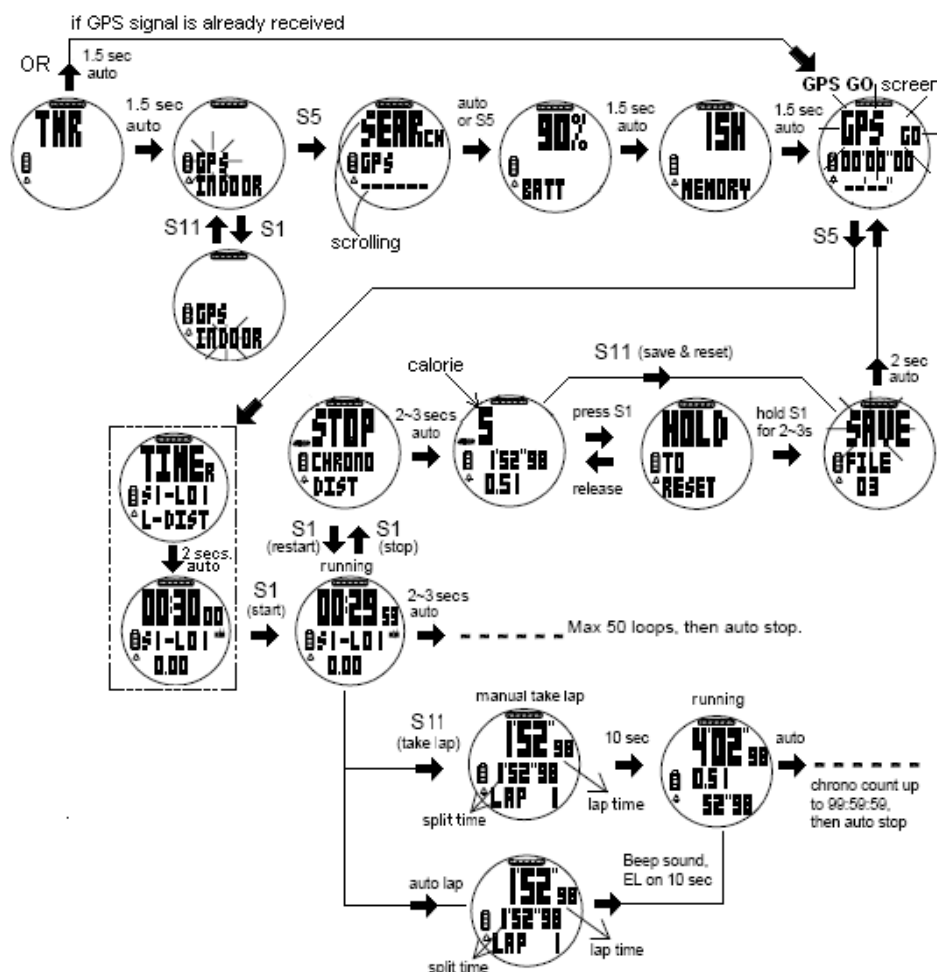

6.3.4) While the chronograph is stopped, Press and hold S1 or just press S11 to save the data. The watch will display the saved file number and go back to **GPS GO** (with GPS signal) or **INDOOR** (no GPS signal) start screen.

6.3.5) Press S5 to change views in Line 2. You can select either PACE, Speed, HRM, Calorie, Clock, Chrono, or Distance to display in Line 2.
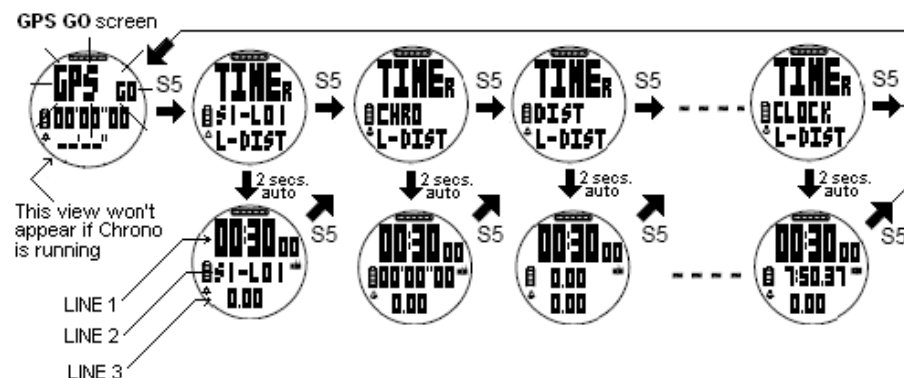
6.3.6) Line 1 will display the countdown Timer. Line 3 will display the distance.

6.3.7) When the segment timer reaches zero, Line 1 will blink. Line 2 will display the Distance; Line 3 will display the Segment # and Loop number.

6.3.8) The timer will auto loop for 50 times and auto stop.

TIMER setting mode:

You can set the timers in the TIMER mode. Follow the steps below:

➢ Press and hold S11 and the watch will display HOLD TO SET. The segment number will start to blink.
➢ Press S1/S11 to change the number
➢ Press S5 to set the HOUR. The hour digit starts to blink.
➢ Press S1/S11 to change the digits
➢ Press S5 to set the MINUTE. The minute digit starts to blink.
➢ Press S1/S11 to change the digits
➢ Press S5 to set the SECONDS. The second's digit starts to blink.
➢ Press S1/S11 to change the digits
➢ Press S7 to exit.

GPS GO screen

This view won't appear if Chrono is running

Timer Data screen

Press & hold S11 (after data is saved or reset)

Timer Setting screen

6.4) Using HRM mode:

**HRM** mode and **RUN** mode has the same CHRONO counter. When the chronograph is started or stopped in RUN mode, the same thing happens in HRM mode. They just differ in the views. This mode is dedicated to HRM views

You have to Link your HRM belt first. Go to SET mode/ HRM LINK mode. After the HRM is linked, you can turn ON or OFF the HRM connection by press & holding S5 for 2-3 seconds in any mode. The Watch will display HRM ON or OFF and then go back to previous screen. If HRM is OFF, you will not be able to receive HRM signals from the HRM belt and the watch will display "**- -**".

6.4.1) Press S7 from **TIMER** mode to **HRM** mode.

    a. If GPS is initially **OFF**, the watch will automatically search for GPS signal. IT will then display the remaining battery level, remaining Track memory, and then **GPS GO** start screen (if Satellite signal already received) or **INDOOR** start screen (if no GPS signal received).

   b. If GPS is already **ON,** press S5the watch will go directly to GPS GO start screen.

6.4.2) Press S1 to START / STOP.

6.4.3) Press S11 to take manual Lap. The Lap number/ Lap time, & Split Time will display for 10 seconds and then continue running.

6.4.4) If AUTO LAP is turned ON in SET mode, the watch will take Laps based on the setting.

6.4.5) Press S5 to change views in line 2. You can select either PACE, Speed, HRM, Calorie, Clock, Chrono, or Distance to display in Line 2.

6.4.6) While Chrono is running, line 1 will display the current HR value. Line 3 will display the Chrono.

6.4.7) While the chrono is stopped, Press and hold S1 or just press S11 to save the data. The watch will display the saved file number and go back to **GPS GO** (with GPS signal) or **INDOOR** (no GPS signal) start screen.

HRM setting in HRM mode: You can **LINK** your HRM belt or set the HR zone, High and Low limits, and Zone Alarm ON/OFF in this mode.

    ➢ Press and hold S11 in HRM mode to enter HRM SET mode. HRM LINK will start to blink.

    ➢ Press S1/ S11 to toggle between **SET HRM** and **SET LINK HRM**.

    ➢ Press S7 to exit

LINK HRM:

    ➢ Press S5 while **LINK HRM** is blinking. The watch will display **LINK HRM** with a scrolling bar at the top (1st line). Properly wear your HRM belt on your chest.

    ➢ Within 1 minute, it will display your heart rate and the ID and then go to **HRM** screen. After 2-3 seconds, it will go to GPS/INDOOR screen then press S5 (see below function flow or watch actual operation).

    ➢ If after 1 minute the watch cannot receive the HRM signal, it will display "**FAIL HRM**" and go to "**LINK HRM SET**" screen.


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HRM SET:
➢ Press S5 while **HRM SET** is blinking. The watch will display **HR ZONE** number.
➢ Press S1/S11 to change the setting.
➢ Press S5/S7 to set the **LOW** limit**.**
➢ Press S1/S11 to change the **LOW** limit setting.
➢ Press S5/S7 to set the **HIGH** limit
➢ Press S1/S11 to change the value
➢ Press S5/S7 to set **ZONE ALERT ON** or **OFF**
➢ Press S1/S11 to change the setting
➢ Press S5/S7 to confirm and go back to **HRM SET** screen.
➢ Press S7 to exit.
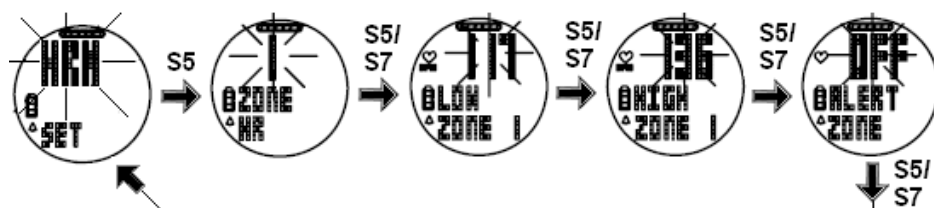
General Operations

The watch has the following main modes: Time, Run, Chronograph, Timer. HRM, Data, Alarm and Set modes. Press S7 to scroll through these modes.

Shortcut: Press S1 or S7 will change mode from **TIME** to **RUN** mode.
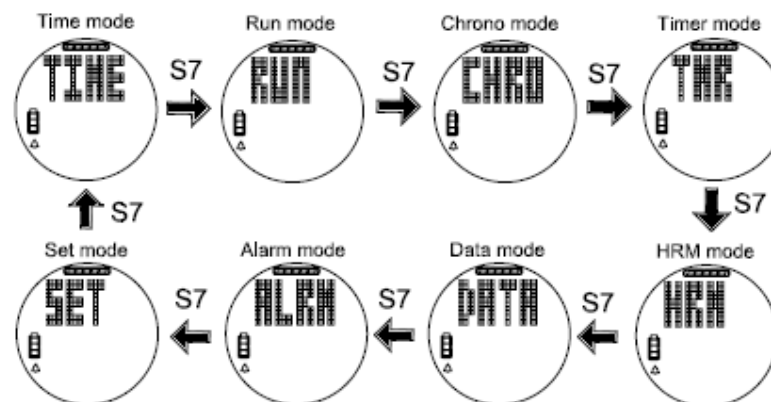
EL backlight:

This watch has a **Night mode function**. Following are the options in SET mode and their functions:

10 SECONDS – Press S11 will turn ON the Light for 10 seconds.
20 SECONDS – Press S11 will turn ON the Light for 20 seconds.
NIGHT ON – Light will continuously ON when GPS is ON and CHRONO is running within the preset time period from 5 pm to 7 am. Outside the preset time period, pressing any button will turn ON the El for 10 seconds.

The User's can opt to manually set the Night time (Start and End time). Please refer to SET mode (for Night ON setting option) in the later page of this manual.

Vibration Alarm function

The vibration Alarm function is coupled with the Chime and Alarm function. Whenever you hear a beep sound or an Alarm sound, you will also feel the vibration alarm. For example:
•   If the CHIME is ON, you will hear a beep sound and feel the vibration alarm every time you push any key.
•   During alarm time, the alarm sounds and the vibration alarm is also activated.
•   During Auto lap, if the auto lap Alert is ON, you will hear the beep sound and also feel the vibration alarm.

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Watch reset operation

- Press the 4 buttons at the same or when you change the battery will reset the watch.
- The watch will display the following screens at 2 seconds interval: display all, two's (with light ON), fives (with beep sound), all digits, software code, and go to TIME mode.
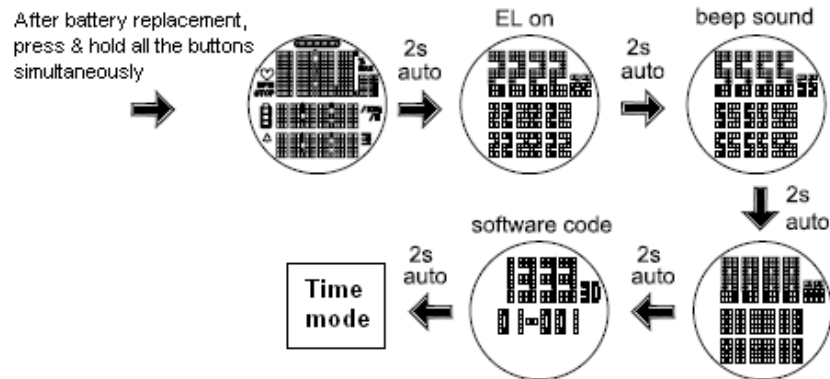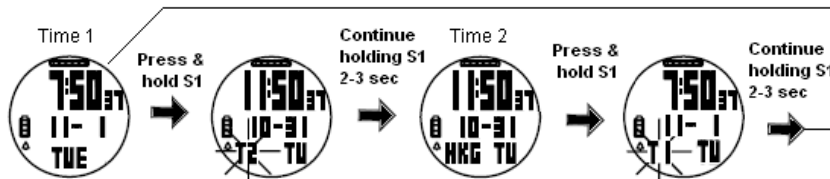

TIME mode

- Press S7 from **SET** mode to **TIME** mode. The watch will display TIME and then display time 1.
- Pres S1/ S7 will go to RUN mode.
- Press and hold S7 for 2 seconds 2 will turn ON or **OFF** the GPS. The watch will display GPS OFF and go back to previous screen.
- Press & hold S5 for 2-3 seconds will turn ON or OFF the HRM function. The watch will display HRM ON or OFF and then go back to previous screen.
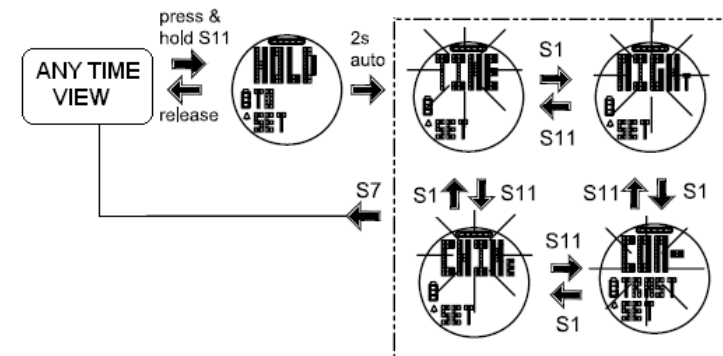
Viewing Time 1/ Time 2 in TIME mode:

- Press & hold S1 to change Time 2 from Time 1. T2 will start to blink and then change to time 2.
- Same procedure to change from Time 2 to Time 1.
- Time 1 will not display T1 or the City code. Only Time 2 will display T2 or the City code.

## TIME / NIGHT / CONTRAST / CHIME setting in Time mode:

- From any views of TIME mode, press and hold S11 until the "TIME" blinks.
- Press S1 or S11 to select any of the sub views: TIME, NIGHT, CONTRAST and CHIME setting.
- Press S5 to enter selected sub-views.
- Press S1 or S11 to change the value.
- Press S7 to exit setting.

### TIME 1/ TIME 2 setting in Time mode:

You have two options in setting the watch, **GPS** or **MANUAL**. In manual setting, you can manually set the time. If you select the GPS option, the watch will be automatically set based on the data and time data from GPS satellites.

- Press S5 while **TIME** is blinking.
- Press S1/S11 for Time 1 or Time 2 setting
- Press S5 to select T1 or T2. GPS or MANUAL will blink.
- Press S1/S11 to select between **GPS** or **MANUAL**
- Press S5 to confirm selection.

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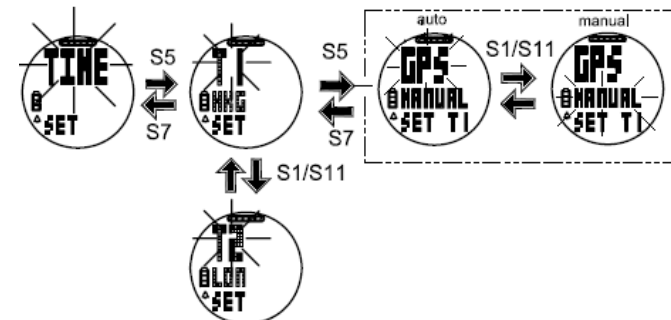
GPS setting:
- Press S5 while **GPS** is blinking. The watch will display the TIME ZONE blinking.
- Press S1 or S11 to change the TIME ZONE. There are 36 city codes to choose from.
- Press S5 to set next parameter DST ON or OFF
- Press S1/S11 to turn ON or OFF the DST.
- Press S5 to set the next parameter 12/24Hour format.
- Press S1/S11 to change the format.
- Press S5 to set the next parameter M-D or D-M date format
- Press S1/S11 to change the format.
- Press S5 to confirm and go back to TIME setting screen.
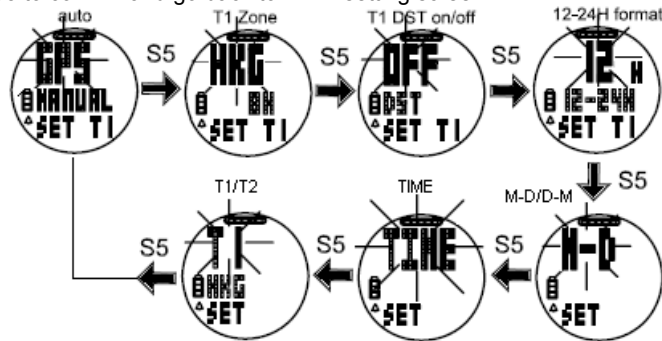
MANUAL setting:
- Press S5 while **MANUAL** is blinking. Hour digit will start to blink.
- Press S1/S11 to change the hour digits
- Press S5 to set the minutes. Minute digits will start to blink.
- Press S1/S11 to change the minute digits
- Press S5 to set the seconds digits. Seconds digits will start to blink.
- Press S1/S11 to zero the second digit. If it is more than 30 seconds, 1 minute will be added to the minutes digit
- Press S5 to set the YEAR. Year digits will start to blink.
- Press S1/S11 to change the year.
- Press S5 to set the MONTH. Month's digits will start to blink.
- Press S1/S11 to change the month
- Press S5 to set the DAY. Day digits will start to blink.
- Press S1/S11 to change the date
- Press S5 to set the 12H/24H format.
- Press S1/S11 to change the 12H/24H format
- Press S5 to set the M-D or D-M format.
- Press S1/S11 to change the M-D or D-M format
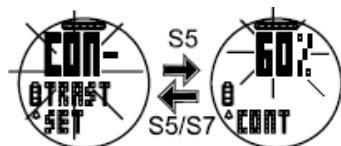- Press S5 to confirm and go back to TIME setting screen.
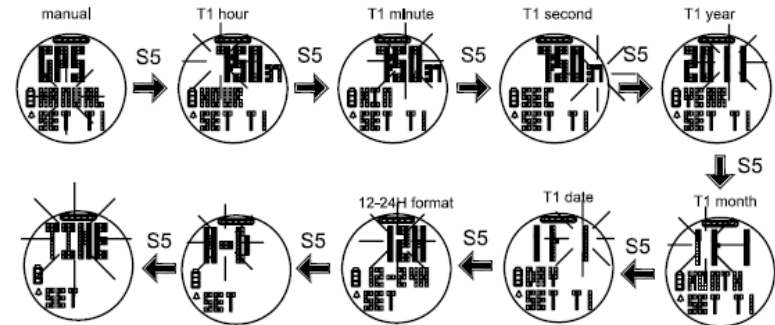
NIGHT mode setting in TIME mode:
- Press S5 while NIGHT is blinking. **10** sec will start to blink.
- Press S1/S11 to change to **20** sec or **NIGHT ON**.
- While on 10 SEC or 20 SEC setting, Press S5 to accept the setting and go back to NIGHT setting screen.
- Press S5 to set the **START** or **END** time for continuous light ON. Start TIME will start to blink.
- Press S1/S11 to toggle between START TIME and END TIME.
- Press S5 or 3 seconds auto the HOUR digit will start to blink.
- Press S1/S11 to change the hour setting.
- Press S5 to change the MINUTE. Minute digits will start to blink.
- Press S1/S11 to change the minute setting.
- Press S5 to go back to NIGHT setting screen.

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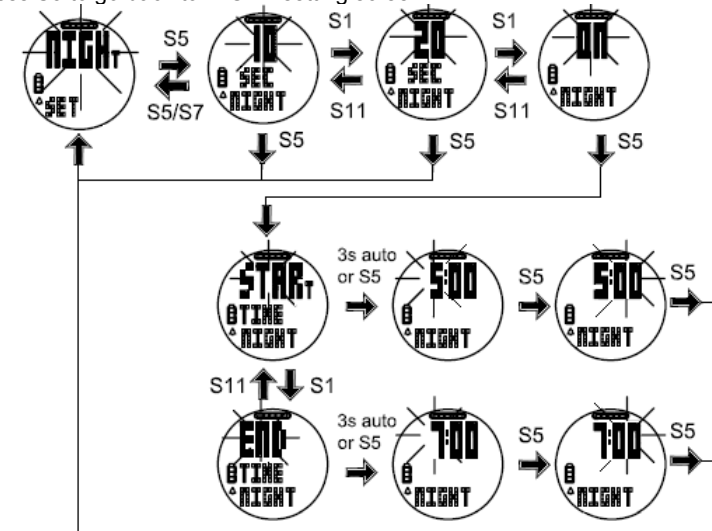
CONTRAST setting in TIME mode:
➢ Press S5 while CONTRAST is blinking. Contrast percentage will start to blink.
➢ Press S1/S11 to change to your desired value. LCD Contrast range is from 10 to 100%.
➢ Press S5/S7 to exit to CONTRAST setting screen

CHIME setting in TIME mode:
➢ Press S5 while CHIME is blinking. The watch will display CHIME ON.
➢ Press S1/S11 to change to CHIME OFF or ON.
➢ Press S5/S7 to confirm and exit to CHIME setting screen
➢ When Chime is ON, there is beep sound and vibration alert every time you push a button.

DATA mode

➢ **Press S7** from HRM mode to enter DATA mode. The watch will momentarily display DATA and then display the data files. The file counter will be flashing.
➢ **Press S1** to select which file to view. Notice the flashing number will change and will loop back to the first file after reaching the last file.
➢ **Press S5** to enter. The watch will display START/ END/ DIST.
➢ **Press S1/S5** to view START TIME/ END TIME/ DISTANCE/ CHRONO/ Ave PACE/ Max PACE/ Ave SPEED/ Max SPEED/ Ave HRM/ Max HR/ IN ZONE time/ individual LAP times/ Individual LAP distances. **Press S11** to reverse the sequence
➢ When you are in the LAP #/ LAP distance/ LAP time screen, the lap # is flashing.
  • Press S1/S11 to view the details of other lap numbers
  • Press S5 to go to VIEW/ DEL/ DEL ALL screen.
➢ When VIEW /DEL / DEL ALL sub menu will display, **Press S1** to select which action you want to do.
➢ **Press & hold S5** to confirm and execute the action.
➢ **Press S7** to exit
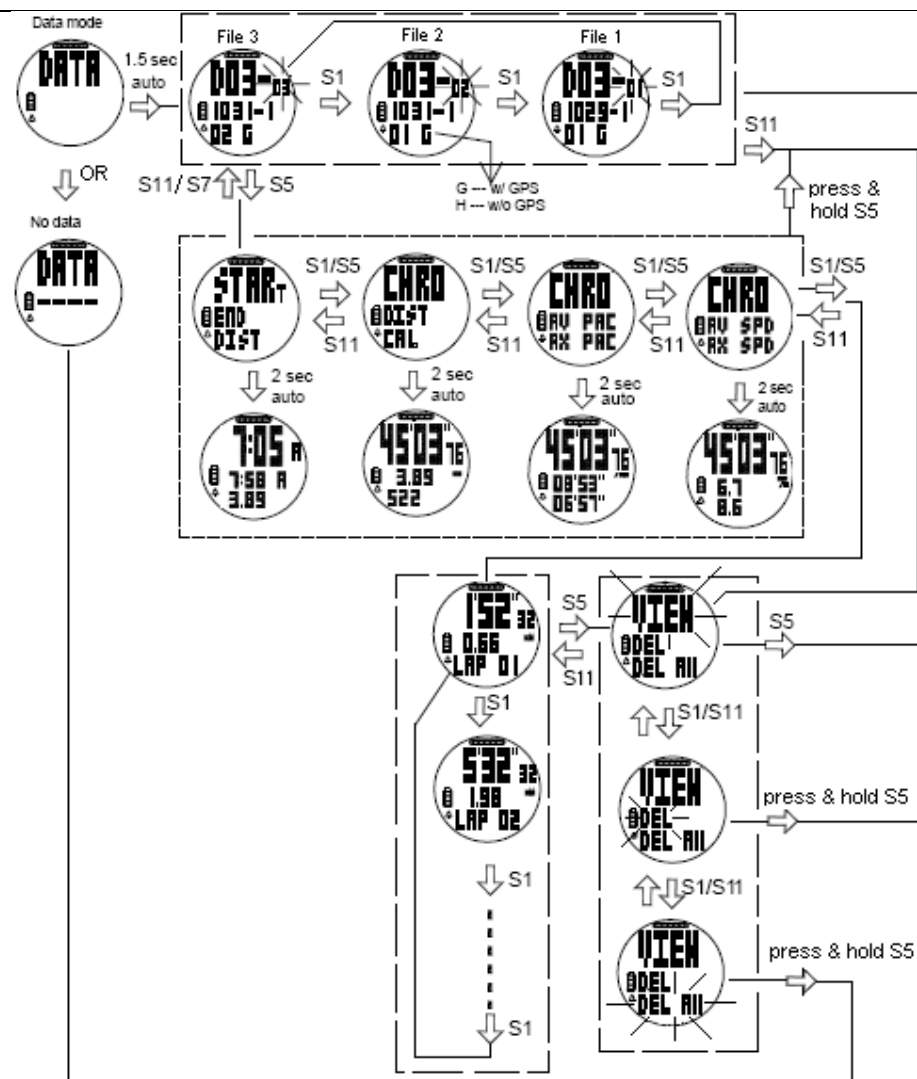
Data numbering system/ Legend:

Following is the data numbering system.

Sample data number: **D12 – 05 11 17 – 2 03 G**

D12- Total number of files saved (12)
05 – File counter
11 - Month
17 - Day
02 – Related to Time 2, 1 for Time 1
03 - File number of the day
G – GPS workout, H for Indoor workout

Useful DATA information:

- o 15 hours track record can be saved in memory
- o Maximum of 30 data files can be saved.
- o 100 LAPS maximum for each data file. If the Lap memory is already full, the watch will display LAP FULL. If FILE memory is full, the memory will be managed in First in- First out basis. The oldest file will be automatically deleted and replaced by the latest file.
- o Speed range : 0 to 999.9 KPH (MPH)
- o Distance range: 0 to 9999.99 KM (Miles)
- o Chrono range: 0 to 99:59:59 hours
- o Heart Rate range: 30 to 240 BPM
- o Calorie range: 0 to 99999 KCAL

ALARM mode

Press S7 from **DSATA** mode to enter **ALARM** mode. The watch will display the alarm view. The watch has five alarms that can be set individually. Press S5 to view Alarm 1 to Alarm 5. Press S1 to turn ON or OFF the selected alarm. Alarm will sound for 20 seconds during alarm time. Pressing any button will stop the sound without the button function. When any 1 alarm is ON, Alarm icon will be displayed in **TIME** mode and **ALARM** mode.

Setting ALARM in ALARM mode:

- ➢ Press and hold S11 and the watch will display HOLD TO SET. AL-1 will start to blink.
- ➢ Press S1/S11 to toggle through Alarm 1 to alarm 5. The watch has 5 alarms which can be set individually
- ➢ Press S5 to set the selected Alarm number. The HOUR digit will start to blink.

- ➢ Press S1/S11 to change the hour digit.
- ➢ Press S5 to confirm and set the MINUTE digit. The minute digit starts to blink.
- ➢ Press S1/S11 to change the minute digit.
- ➢ Press S5 to confirm and set the T1 or T2 setting. T1 or T2 starts to blink. The alarm time will be referred to Time 1 or Time 2.
- ➢ Press S5 to confirm. Alarm ON or OFF will start to blink.
- ➢ Press S1/S11 to change the setting.
- ➢ Press S5 to confirm and go back to HOUR setting screen
- ➢ Press S7 to exit

SET mode

Press S7 from **ALARM** mode to **SET** mode. 1.5 seconds later the watch will display the setting options. The ff. sequence are as follows; **AUTO LAP, TIME, UNIT**, **USER**, **HRM**, **HRM LINK**, **NIGHT, CONTRAST, CHIME, ALARM, TIMER, and VIEW**. Press S1/S11 to toggle trough these parameter. Press S5 to enter selected parameter to set. Press S1/S11 to change values. Press S7 to exit setting to Time mode.

Setting the Auto Lap:

- ➢ While **AUTO LAP** is blinking, Press S5 to set. 1.0 KM will start to blink
- ➢ Press S1/S11 to change values. Preset range for auto lap is 0.4, 1, 2, 3, 4, 5 KM. Default value is 1 KM, ON
- ➢ Press S5/S7 to confirm setting and exit setting screen.

SETTING THE TIME:

TIME 1/ TIME 2 setting:

- ➢ Press S5 while **TIME** is blinking. The watch will display TIME1
- ➢ Press S1/S11 to change TIME1 or TIME 2.
- ➢ Press S5 and the watch will display **GPS** / **MANUAL**. You have two options in setting the watch, **GPS** or **MANUAL**. In manual setting, you can manually set the time. If you select the GPS option, the watch will be automatically set based on the data and time data from GPS satellites.
- ➢ Press S1/S11 to choose between **AUTO** and **MANUAL**

GPS setting:

- • Press S while GPS is blinking. The watch will display the time zone.
- • Press S1/S11 change the time zone. There are 36 city codes to choose from.
- • Press S5 to set DST ON or OFF.
- • Press S1/S11 to change the setting
- • Press S5 to set 12H/ 24H
- • Press S1/S11 to change the values
- • Press S5 to set the M-D or D-M format
- • Press S1/S11 to change the setting
- • Press S5 to confirm. And the watch will go back to TIME setting screen.

MANUAL <u>setting</u>:
- Press S5 while MANUAL is blinking. The HOUR digit will start to blink.
- Press S1/S11 to change the hour.
- Press S5 to set the MINUTE. Minute digit will start to blink.
- Press S1/S11 to change the minute.
- Press S5 to set the SECONDS. Second digits will start to blink.
- Press S1/S1 to zero the seconds. If the value is more than 30, 1 minute will be added to minute digits.
- Press S5 to set the YEAR. Year digit will start to blink.
- Press S1/S11 to change the year.
- Press S5 to set the MONTH. Month digit will start to blink.
- Press S1/S11 to change the month.
- Press S5 to set the DATE. Date digit will start to blink.
- Press S1/S11 to change the day.
- Press S5 to set the 12H/24H. 12H or 24H digit will start to blink.
- Press S1/S11 to change the value.
- Press S5 to set the M-D or D-M format setting
- Press S1/S11 to change the setting
- Press S5 to confirm. The watch will go back to TIME setting screen.

Setting the UNIT:
- Press S while **UNIT** is blinking. KM or MI will start to blink.
- Press S1/S11 to change the value.
- Press S5 to confirm and the watch will go back to **UNIT** setting screen.

Setting the User's information:
- Press S5 while USER is blinking. MALE or FEMALE will start to blink.
- Press S1/S11 to change the gender.
- Press S5/S7 to set the AGE. Age digits will start to blink.
- Press S1/S11 to change the age digits.
- Press S5/S7 to set the WEIGHT. Weight digits will start to blink.
- Press S1/S11 to change the weight digits.
- Press S5/S7 to set the HEIGHT. Height digits will start to blink.
- Press S1/S11 to change the height digits.
- Press S5/S7 to confirm and the watch will go back to USER setting screen.

Setting HRM:
- Press S5 while HRM is blinking. ZONE 1 will start to blink.
- Press S1/S11 to change the zone. There are 3 preset zones
- Press S5 and the watch will display the LOWER limits of the selected zone. LOW limit digit will start to blink.
- Press S1/S11 to change the low limit value.
- Press S5 to confirm. High limit digit will start to blink.
- Press S1/S11 to change the high limit value.
- Press S5 to confirm. The watch will display ZONE ALERT ON or OFF.
- Press S1/S11 to change ON to OFF or vice versa
- Press S5 to confirm and the watch will go back to HRM setting screen.

Setting HRM LINK: This is where you LINK your HR belt to the GPS watch
- Press S5 while HRM LINK is blinking. Make sure you are properly wearing the HRM belt on your chest. The watch will start to search for the HRM signal from the HRM belt.
- Within 1 minute of searching, the watch will display your Heart Rate and % Max.
- The watch will automatically go to HRM mode.
- If the LINK fails, it will display FAIL. Please try linking again.

Setting the NIGHT mode:
- Press S5 while NIGHT is blinking. 10 sec will start to blink.
- Press S1/S11 to change to 20 sec or NIGHT ON.
- While on 10 SEC or 20 SEC setting, Press S5 to accept the setting and go back to NIGHT setting screen.
- Press S5 to set the START and END time for continuous light ON. NIGHT START TIME will start to blink.
- Press S1/S11 to change to NIGHT START TIME. 3 seconds auto or press S5, the HOUR digit will start to blink.
- Press S1/S11 to change the hour setting.
- Press S5 to change the MINUTE. Minute digits will start to blink.
- Press S1/S11 to change the minute setting.
- Press S5 to go back to NIGHT setting screen.

Light conditions for the various night mode settings:

10 SECONDS – Press S11 will turn ON the Light for 10 seconds.
20 SECONDS – Press S11 will turn ON the Light for 20 seconds.
NIGHT ON – Light will continuously ON when CHRONO is running within the preset duration time (5:00 pm to 7:00 am). However, the User can opt to manually set the Night time (Start time and End time).

Setting the CONTRAST (LCD contrast):
- Press S5 while CONTRAST is blinking. 50% will start to blink.
- Press S1/S11 to change to your desired value. LCD Contrast range is from 10 to 100%.
- Press S5/S7 to exit to CONTRAST setting screen

Setting the Chime:
- Press S5 while CHIME is blinking. The watch will display CHIME ON.
- Press S1/S11 to change to CHIME OFF or CHIME ON
- Press S5/S7 to confirm and exit to CHIME setting screen

Note: When Chime is ON, there is an hourly Chime and the Key tone will automatically ON. There is also a confirmation sound every time you press a button. The Chime icon also appears in all modes. If Chime is OFF the Key tone will automatically OFF.

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Setting ALARM:
➢ Press S5 while ALARM is blinking. AL-1 will start to blink.
➢ Press S1/S11 to toggle through Alarm 1 to alarm 5. The watch has 5 alarms which can be set individually
➢ Press S5 to set the selected Alarm number. The HOUR digit will start to blink.
➢ Press S1/S11 to change the hour digit.
➢ Press S5 to confirm and set the MINUTE digit. The minute digit starts to blink.
➢ Press S1/S11 to change the minute digit.
➢ Press S5 to confirm and set the T1 or T2 setting. T1 or T2 starts to blink. The alarm time will be referred to Time 1 or Time 2.
➢ Press S5 to confirm. Alarm ON or OFF will start to blink.
➢ Press S1/S11 to change the setting.
➢ Press S5 to confirm and go back to HOUR setting screen
➢ Press S7 to exit to ALARM setting screen

Setting TIMER:
➢ Press S5 while TMR is blinking. The segment number will start to blink.
➢ Press S1/S11 to change the segment number
➢ Press S5 to set the HOUR. The hour digit starts to blink.
➢ Press S1/S11 to change the digits
➢ Press S5 to set the MINUTE. The minute digit starts to blink.
➢ Press S1/S11 to change the digits
➢ Press S5 to set the SECONDS. The second digit starts to blink.
➢ Press S1/S11 to zero the digits. If the value is more than 30 seconds, 1 minute will be added to the minute digits
➢ Press S5 to confirm and exit to TIMER setting screen.
  ❖ In any Timer setting screen, press S7 will go to TIMER ALERT ON or OFF setting.

Setting the VIEW:
➢ Press S5 while VIEW is blinking. The watch will display VIEW/DIST/ CHRONO. CHRONO is blinking in line 3.
➢ Press S1/S11 to change the information in line 3. You can select Chrono, Distance, Pace, Speed, HRM, Calorie, or Clock.
➢ Press S5 to enter. Line 2 will start to blink.
➢ Press S1/S11 to change the information displayed in Line 2. You can select Chrono, Distance, Pace, Speed, HRM, Calorie, or Clock.
➢ Press S5 to go back to line 3 setting.
➢ Press S7 to exit.

Battery:

Watch is using a rechargeable Lithium Ion battery that will require approximately 4-5 hours charging time using the USB cable. While battery is charging, the watch cannot be used and all buttons are disabled. User needs to recharge the battery when the watch indicates a "LOW BATT".

Note:
Battery Life (fully charge battery): 8 hrs typical of continuous run with GPS ON and CHRONO ON.

Watch ttroubleshooting guide:

PROBLEM/ QUESTION	SOLUTION/ ANSWER
I cannot get a GPS signal	Take your GPS watch outdoors and away from trees and tall buildings. Remain stationary and try acquiring GPS signal again. Be sure that the antenna is pointing towards the sky for better signal reception.
Can I reset the watch?	You can reset the watch by pressing S1, S5, S7, and S11 together. The date and time will be reset to default values. You can set it again manually or automatically thru GPS.
Will my data and personal settings be lost after watch reset?	Your data and personal settings are saved in the flash memory and will not be lost after watch reset.
The battery indicator does not seem to be accurate	Allow your GPS watch to fully discharge and then fully charge it without interruption. It is recommended to regularly re-charge your battery every 1-2 months even if it is not used to maintain good battery condition.
My heart rate data seems inaccurate.	- Make sure the HR belt is snugly fit to your body - Reapply water or electrode gel to the electrode of the HR belt - Clean the electrodes from possible contamination that may interfere with heart rate signals - Wear a cotton shirt or if possible, wet your cotton shirt. Synthetic fabrics that rubs with your skin may create static electricity and interfere with the heart rate signal - Move away from strong electromagnetic fields and other wireless sensors which can interfere with your heart rate sensor. Possible sources of wireless interference may include high voltage power lines, electric motors, microwave ovens, cordless phones, and wireless LAN or access points.