

M15-019D GPS watch User Manual

MKTGSAMSW01005

Introduction

Thank you for purchasing the GPS Turbo. This GPS watch is packed with personal Training features like speed, trip time, laps, etc. GPS can display your current location in an electronic map. Watch functions/features include but not limited to the following:

- 12/24H Time format
- Chronograph
- World time
- 5 daily Alarms
- Run mode
- Chronograph mode
- Data mode
- 6 segment Timer mode
- Set mode
- Night mode
- Vibration

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 resistant:

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

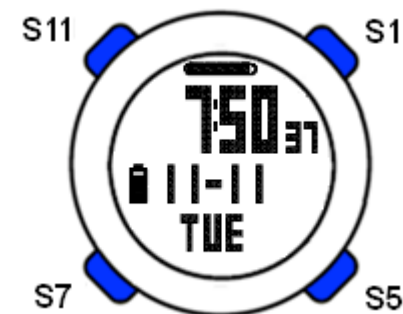
Caution:

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 / hold Save / +

S5 – View / Light

S7 – Mode / Exit

S11 – Lap / 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 also 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 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 CHARGE and the percentage charge level of the battery. There is also a scrolling line at the middle.

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 “ 100% FULL CHARGE”.

Battery low condition:

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

When the battery is almost low and you still perform your exercise, your data may not be saved. 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:

- 3.1) Before using your GPS watch, you may set the following parameters in SET mode: AUTO LAP, TIME, UNIT, USER details, NIGHT, CONTRAST, CHIME, ALARM, TIMER, VIEW, TARGET PACE and AUTO PAUSE.
- 3.2) TIME, NIGHT, CONTRAST, & CHIME can also be set in TIME SET mode.
- 3.3) AUTO LAP, UNIT, USER, VIEW, TARGET PACE/SPEED and AUTO PAUSE can also be set in RUN SET mode.
- 3.4) TIMER can also be set in TIMER SET mode.
- 3.5) ALARM can also be set in ALARM SET mode.

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 the GPS:

Following are the 3 ways to turn on the GPS.

4.3.1) Press S1 while in TIME mode.

- o The watch will start to search for GPS signal and go to “GPS GO” screen (once Satellite signal is received).

4.3.2) Press S7 to go to RUN mode.

- o The watch will start to “search GPS” signal and go to “GPS GO” screen (once Satellite signal is received).

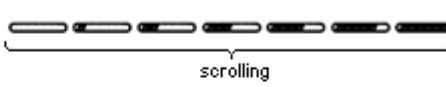


4.3.3) Press S7 to go to TIMER mode.

- o The watch will display GPS/ INDOOR.
- o Press S1/S11 to select GPS
- o Press S5 to enter. The watch will start to search for GPS signal and go to “GPS GO” screen (once Satellite signal is received).

4.4) How to turn OFF the GPS:

- 4.4.1) Press and hold S7 from any mode while GPS is initially ON.
 - o The watch will display “GPS OFF”.

GPS signals and its meaning:

Searching GPS signal	
Received GPS signal	
No GPS signal	

Step 5) Go for a Run:

5.1) Using Run mode:

- 5.1.1) Press S7 or S1 from Time mode to go to RUN mode. The watch will start to search for GPS signal and go to "GPS GO" screen (once Satellite signal is received).
- 5.1.2) Press S5 to change the following views in **Line 1**:
 - **Chrono** / Pace / GPS GO
 - **Pace** / Distance / Chrono
 - **Speed** / Distance / Chrono
 - **Calorie** / Distance / Chrono
 - **Clock** / Distance / Chrono
 - **Chrono** / Distance / Chrono
 - **Distance** / Distance / Chrono
- 5.1.3) Press S1 to Start.
- 5.1.4) Press S11 to take manual LAP. If AUTO LAP is set, the watch will take LAP automatically based on auto lap setting in SET mode.
- 5.1.5) Press S1 to stop after completing your run.
- 5.1.6) While the chronograph is stopped, press S5 to view your current data before saving. Following are the views as you press S5:
 - Stop / Distance / Chronograph
 - Calorie / Ave Pace / Max Pace
 - Calorie / Ave Speed / Max Speed
- 5.1.7) Press and hold S1 or press S11 to save your data.

RUN setting mode:

You can set the AUTO LAP/ UNIT/ and USER in RUN mode. You can also do this setting in SET mode.

- Press and hold S11 until AUTO LAP blinks.
- Press S1/S11 to toggle through between **AUTO LAP, UNIT, USER, VIEW, TARGET PACE/SPEED and AUTO PAUSE.**
- **AUTO LAP setting in RUN mode:**
 - Press S5 while AUTO LAP is blinking. Auto lap 1 will start to blink.
 - Press S1/S11 to change the setting. Auto lap preset settings are: 0.4, 1, 2, 3, 4, 5, and OFF.
 - Press S5 to confirm and set Lap Sound ON or OFF.
 - Press S1/S11 to change the setting.
 - There is a beep sound for every auto lap taking when Lap sound is set to ON.
 - Press S5 to confirm setting.
- **UNIT setting in RUN mode:**
 - Press S5 while UNIT is blinking. KM will start to blink.
 - Press S1/S11 to change the unit.
 - Press S5/S7 to confirm setting.

○ USER setting in RUN mode:

- Press S5 while **USER** is blinking. MALE will start to blink.
- Press S1/S11 to change the gender.
- Press S5 to confirm and set the AGE. Age digits will start to blink.
- Press S1/S11 to change the age digits.
- Press S5 to confirm and set the WEIGHT. Weight digits will start to blink.
- Press S1/S11 to change the weight digits.
- Press S5 to confirm and set the HEIGHT. Height digits will start to blink.
- Press S1/S11 to change the height digits.
- Press S5 to confirm.

○ VIEW setting in RUN mode:

You can change Line 2 and Line 3 display information for RUN mode

- Press S5 while VIEW is blinking.
- Press S5 to select between Line 3 or Line 2.
- Press S5 to confirm selection.
- While Line 3 is blinking, Press S1/S11 to change the information/select the following; Chronograph, Distance, Pace, Speed, Calorie, and Clock.
- Press S5 to confirm and Line 2 will start to blink.
- Press S1/S11 to change the information/select the following: Distance, Pace, Speed, Calorie, Clock, and Chronograph.
- Press S5 to confirm setting.
- Press S7 to exit.

When you return back to RUN mode, the watch will now display the information in Lines2 & 3 you have selected.

○ TARGET PACE/SPEED setting in RUN mode:

- Press S5 while TARGET PACE is blinking.
- Press S1/S11 to select target PACE or target SPEED.
- Press S5 to confirm selection. The digit will start to blink
- Press S1/S11 to change the blinking digit (hour & minute).
- Press S5/S7 to confirm and set the target pace.
- Press S1/S11 to change the setting ON or OFF.
- Press S5/S7 to confirm and set the target sound.
- Press S1/S11 to change the setting ON or OFF.
- Press S5/S7 to confirm and set the target vibration.
- Press S1/S11 to change setting ON or OFF.
- Press S5/S7 to confirm setting.
 - Follow procedure above in setting the target Speed

○ AUTO PAUSE setting in RUN mode:

- Press S5 while AUTO PAUSE is blinking.
- Press S1/S11 to change the setting ON or OFF.
- Press S5/S7 to confirm setting.

5.2) Using CHRONO mode:

- 5.2.1) Press S7 from **RUN** mode to go to **CHRO** mode.
- 5.2.2) Press S1 to Start.
- 5.2.3) Press S11 to take manual LAP. If AUTO LAP is set, the watch will take LAP automatically based on auto lap setting in SET mode.
- 5.2.4) Press S1 to Stop.
- 5.2.5) Press and hold S1 or press S11 to save data.

5.3) Using TIMER mode:

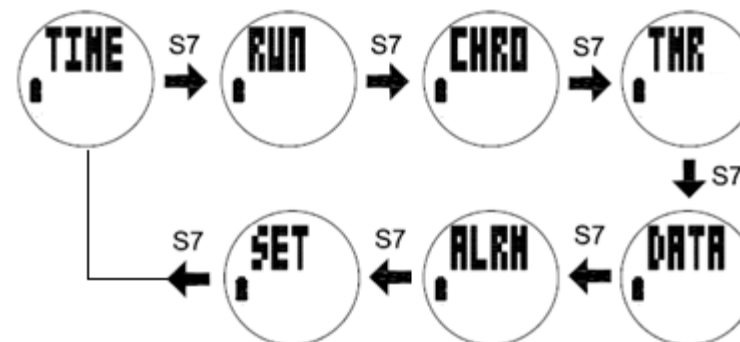
- 5.3.1) Press S7 from **CHRONO** mode to **TIMER** mode. The watch will momentarily display TMR and then display GPS/ INDOOR.
- 5.3.2) Press S1/S11 to select between GPS and INDOOR. Press S5 to enter.
- 5.3.3) If INDOOR is selected, you will have your exercise without GPS data. If GPS is selected, the watch will start to search for GPS signal and go to "GPS GO" screen (once Satellite signal is received).
- 5.3.4) Press S1 to Start or Stop.
- 5.3.5) Press and hold S11 to reset timer.
 - ◆ Please set the TIMERS first before using this mode.
 - ◆ The watch has 6 interval timers (SG 1 to SG 6) segment 1 to segment 6.
 - ◆ The default values for all segments are 0:00 00.
 - ◆ When a segment reaches zero, there will be a beep sound. The cycle will loop for 50 loops (LO1 to L50) and stop.

Setting the TIMER in Timer mode:

- Press and hold S11 until the segment number "SG 1" starts to blink.
- Press S1/S11 to change the segment number.
- Press S5 to confirm. Hour digit will start to blink.
- Press S1/S11 to set the hour
- Press S5 to confirm. Minute digit will start to blink.
- Press S1/S11 to set the minute
- Press S5 to confirm. Second digit will start to blink.
- Press S1/S11 to set the seconds
- Press S5 to confirm setting.
- Press S7 to set Timer sound.
- Press S1/S11 to select timer sound ON or OFF.
- Press S5/S7 to confirm and set the timer vibration.
- Press S1/S11 to select timer vibration ON or OFF.
- Press S5/S7 to confirm setting.

General Operations

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



Watch reset:

The user can reset the watch by pressing and holding S1, S5, S7 and S11 together.

EL backlight:

- This watch has a **Night mode** function.
 - Following are the options in SET mode and their functions:
 - 10 SECONDS** – Press S5 will turn ON the Light for 10 seconds.
 - 20 SECONDS** – Press S5 will turn ON the Light for 20 seconds.
 - NIGHT ON** – Light will continuously ON when GPS is ON and CHRONO is running from 5:00 pm to 7:00 am by default. However, Start time and END Time for the NIGHT function can be changed in Set mode.

TIME mode

- Press S7 from **SET** mode to **TIME** mode.

TIME/NIGHT/CONTRAST/CHIME setting in 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.

TIME 1/ TIME 2 setting in TIME mode:

- Press S5 while “TIME” is blinking. The watch will display T1 or T2 (Time 1 or Time 2).
- Press S1/S11 to choose between T1 or T2 to set.
- Press S5 to set the selected time (T1 or T2). The watch will display GPS or MANUAL.
- Press S1/S11 to select GPS or 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.

GPS setting:

- While “GPS” is blinking, Press S5 to set the Time zone.
- Press S1 or S11 to change the time zone (there are 36 city codes to select).
- Press S5 to confirm and set DST ON or OFF.
- Press S1/S11 to change the setting.
- Press S5 to confirm and set 12H/ 24H format setting.
- Press S1/S11 to change the setting.
- Press S5 to confirm and set M-D or D-M format setting.
- Press S1/S11 to change the setting.
- Press S5 to confirm setting.

MANUAL setting:

- While “MANUAL” is blinking, Press S5.
- Set the HOUR by pressing S1 or S11 and press S5.
- Set the MINUTE by pressing S1 or S11 and press S5.
- Set the SECOND by pressing S1 or S11 and press S5.
- Set the YEAR by pressing S1 or S11 and press S5.
- Set the MONTH by pressing S1 or S11 and press S5.
- Set the DATE by pressing S1 or S11 and press S5.
- Set the 12/24H by pressing S1 or S11 and press S5.
- Press S5 to confirm and set M-D or D-M format setting.
- Press S1/S11 to change the setting.
- Press S5 to confirm setting.

Night setting in TIME mode:

- Press S5 while NIGHT is blinking. The watch will display **10** seconds blinking.
- Press S1/S5 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.
- While on NIGHT ON setting screen Press S5 to accept the ON setting. The watch will display the START TIME.
- Press S1/S11 to toggle between **START TIME** and **END TIME**.
- Press S5 or 3 seconds auto to set the START TIME. 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 START TIME setting screen.
- Press S1/S11 to set the END TIME. Hour digit will start to blink. Follow above procedure in setting the END TIME.
- Press S7 to exit to NIGHT ON setting.

CONTRAST setting in TIME mode:

- Press S5 while **CONTRAST** is blinking. The watch will display the Contrast percentage.
- Press S1/S11 to change to your desired value (LCD Contrast range: 10% to 100%).
- Press S5/S7 to confirm setting.

CHIME Setting in TIME mode:

- Press S5 while CHIME is blinking. The watch will display CHIME ON or OFF.
- Press S1/S11 to change the setting CHIME ON or OFF.
- Press S5/S7 to confirm and set the Chime sound.
- Press S1/S11 to change the setting chime sound ON or OFF.
- Press S5/S7 to confirm and set the Chime vibration.
- Press S1/S11 to change the setting chime vibration ON or OFF.
- Press S5/S7 to confirm setting

G – Data with GPS, **H** for data without GPS

Using DATA mode

View details and delete Data:

- Press S7 from **TIMER** mode to enter **DATA** mode. The watch will momentarily display DATA and then the latest data file. If there is no data available, it will display DATA - - - -.
- Press S1 to scroll through the various data files.
- Press S5 to enter the selected data file. The watch will display the Start time/ End Time/ Distance.
- Press S1/S5 to forward view the details. Press S11 to view the previous detail.

Following are the details when you press S1/S5:

- Start Time / End Time / Distance
- Chrono /Distance / Calorie
- Chrono / Ave Pace / Max Pace
- Chrono/ Ace Speed/ Max Speed
- Lap time / Lap Distance / Lap 01
- VIEW/ DEL / DELETE ALL sub menus (press S1/S11 to select).
- Press S7 to exit

Deleting Data/ All Data:

- Enter data mode.
- Press S1/S11 to select data to be deleted.
- Press S5 repeatedly until the VIEW / DEL / DEL All screen appears.
- Press S1 to select VIEW / DEL / DEL All.
- Press and hold S5 to delete selected data if you select **DEL**.
- Press and hold S5 again to delete all data if you select **DEL All**.

Data numbering system/ Legend:



Sample data number: **D04- 03 0712-1 02 G**

- D04** – Total number of Files
- 03** –file number
- 07** – Month
- 12** – Day
- 1** – Time referred to Time 1, **2** if referred to Time 2
- 02** – File number of the day

Using ALARM mode

- Press S7 from **DATA** mode to enter **ALARM** mode. The watch will momentarily display ALRM and then alarm 1. The watch has five alarms that can be set individually.
- Press S5 to view Alarm 1 to Alarm 5 and Chime. Press S1 to turn ON or OFF the selected alarm or CHIME.
- 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.

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.
- Press S1/S11 to change setting.
- Press S5 to set the alarm T1 or T2 setting. The alarm time will be referred to Time 1 or Time 2.
- Press S1/S11 to change setting T1 or T2.
- Press S5 to confirm and set the HOUR digit.
- Press S1/S11 to change the hour digit.
- Press S5 to confirm and set the MINUTE digit.
- Press S1/S11 to change the minute digit.
- Press S5 to confirm and set Daily alarm.
- Press S1/S11 to change ON or OFF.
- Press S5 to confirm setting
- Press S7 to set alarm sound.
- Press S1/S11 to change ON or OFF.
- Press S5/S7 to set the alarm vibration.
- Press S1/S11 to change ON or OFF.
- Press S5/S7 to confirm.

Using SET mode

Press S7 from **ALARM** mode to **SET** mode. The watch will display the setting options and the sequence are as follows; **AUTO LAP, TIME, UNIT, USER, NIGHT, CONTRAST, CHIME, ALARM, TIMER, VIEW, TARGET PACE/SPEED** and **AUTO PAUSE**.

Press S1/S11 to scroll through these parameters. Press S5 to enter selected option to set..

Setting Auto Lap:

- Press S5 while “AUTO LAP” is blinking. Auto lap **1** will start to blink.
- Press S1/S11 to change the setting. Auto lap preset settings are: 0.4, 1, 2, 3, 4, 5 and OFF.
- Press S5 to confirm and set ALERT ON or OFF.

- Press S1/S11 to change the setting.
There is a beep sound for every auto lap taking when Lap Sound is set to ON.
- Press S5 to confirm setting.

SETTING THE TIME:

TIME 1/ TIME 2 setting in TIME mode:

- Press S5 while “TIME” is blinking. The watch will display T1 or T2 (Time 1 or Time 2).
- Press S1/S11 to choose between T1 or T2 to set.
- Press S5 to set the selected time (T1 or T2). The watch will display GPS or MANUAL.
- Press S1/S11 to select GPS or 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.

GPS setting:

- While “GPS” is blinking, Press S5 to set the Time zone.
- Press S1 or S11 to change the time zone (there are 36 city codes to select).
- Press S5 to confirm and set DST ON or OFF.
- Press S1/S11 to change the setting.
- Press S5 to confirm and set 12H/ 24H format setting.
- Press S1/S11 to change the setting.
- Press S5 to confirm and set M-D or D-M format setting.
- Press S1/S11 to change the setting.
- Press S5 to confirm setting.

MANUAL setting:

- While “MANUAL” is blinking, Press S5.
- Set the HOUR by pressing S1 or S11 and press S5.
- Set the MINUTE by pressing S1 or S11 and press S5.
- Set the SECOND by pressing S1 or S11 and press S5.
- Set the YEAR by pressing S1 or S11 and press S5.
- Set the MONTH by pressing S1 or S11 and press S5.
- Set the DATE by pressing S1 or S11 and press S5.
- Set the 12/24H by pressing S1 or S11 and press S5.
- Press S5 to confirm and set M-D or D-M format setting.
- Press S1/S11 to change the setting.
- Press S5 to confirm setting.

Setting the UNIT:

- Press S5 while “UNIT” is blinking. KM will start to blink.
- Press S1/S11 to change the unit.
- Press S5/S7 to confirm setting.

Setting the User's information:

- Press S5 while “USER” is blinking. MALE will start to blink.
- Press S1/S11 to change the gender.
- Press S5 to confirm and set the AGE. Age digits will start to blink.
- Press S1/S11 to change the age digits.
- Press S5 to confirm and set the WEIGHT. Weight digits will start to blink.
- Press S1/S11 to change the weight digits.
- Press S5 to confirm and set the HEIGHT. Height digits will start to blink.
- Press S1/S11 to change the height digits.
- Press S5 to confirm setting.

Setting the NIGHT mode:

- Press S5 while “NIGHT” is blinking. The watch will display **10** seconds blinking.
- Press S1/S5 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.
- While on NIGHT ON setting screen Press S5 to accept the ON setting. The watch will display the START TIME.
- Press S1/S11 to toggle between **START TIME** and **END TIME**.
- Press S5 or 3 seconds auto to set the START TIME. 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 START TIME setting screen.
- Press S1/S11 to set the END TIME. Hour digit will start to blink.
Follow above procedure in setting the END TIME.
- Press S7 to exit to NIGHT ON setting.

Setting the Contrast:

- Press S5 while “CONTRAST” is blinking. The watch will display the Contrast percentage.
- Press S1/S11 to change to your desired value (LCD Contrast range: 10% to 100%).
- Press S5/S7 to confirm setting.

Setting the CHIME:

- Press S5 while “CHIME” is blinking. The watch will display CHIME ON or OFF.
- Press S1/S11 to change the setting CHIME ON or OFF.
- Press S5/S7 to confirm and set the Chime sound.
- Press S1/S11 to change the setting chime sound ON or OFF.
- Press S5/S7 to confirm and set the Chime vibration.
- Press S1/S11 to change the setting chime vibration ON or OFF.

- Press S5/S7 to confirm setting.

Setting the ALARM:

- Press S5 while “ALRM” 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 alarm T1 or T2 setting.
The alarm time will be referred to Time 1 or Time 2.
- Press S1/S11 to change setting T1 or T2.
- Press S5 to confirm and set the HOUR digit.
- Press S1/S11 to change the hour digit.
- Press S5 to confirm and set the MINUTE digit.
- Press S1/S11 to change the minute digit.
- Press S5 to confirm and set Daily alarm.
- Press S1/S11 to change ON or OFF.
- Press S5 to confirm setting
- Press S7 to set alarm sound.
- Press S1/S11 to change ON or OFF.
- Press S5/S7 to set the alarm vibration.
- Press S1/S11 to change ON or OFF.
- Press S5/S7 to confirm.

Setting the TIMER:

- Press S5 while “TMR” is blinking. The segment number “SG 1” blinks.
- Press S1/S11 to change the segment number.
- Press S5 to confirm. Hour digit will start to blink.
- Press S1/S11 to set the hour
- Press S5 to confirm. Minute digit will start to blink.
- Press S1/S11 to set the minute
- Press S5 to confirm. Second digit will start to blink.
- Press S1/S11 to set the seconds
- Press S5 to confirm setting.
- Press S7 to set Timer sound.
- Press S1/S11 to select timer sound ON or OFF.
- Press S5/S7 to confirm and set the timer vibration.
- Press S1/S11 to select timer vibration ON or OFF.
- Press S5/S7 to confirm setting.

Setting the VIEW:

- Press S5 while “VIEW” is blinking.
- Press S5 to select between Line 3 or Line 2.
- Press S5 to confirm selection.
- While Line 3 is blinking, Press S1/S11 to change the information/select the following; Chronograph, Distance, Pace, Speed, Calorie, and Clock.
- Press S5 to confirm and Line 2 will start to blink.
- Press S1/S11 to change the information/select the following: Distance, Pace, Speed, Calorie, Clock, and Chronograph.
- Press S5 to confirm setting.
When you return back to RUN mode, the watch will now display the information in Lines2 & 3 you have selected.

Setting the TARGET PACE/SPEED

- Press S5 while “TARGET PACE” is blinking.
- Press S1/S11 to select target PACE or target SPEED.
- Press S5 to confirm selection. The digit will start to blink.
- Press S1/S11 to change the blinking digit (hour & minute).
- Press S5/S7 to confirm and set the target pace.
- Press S1/S11 to change the setting ON or OFF.
- Press S5/S7 to confirm and set the target sound.
- Press S1/S11 to change the setting ON or OFF.
- Press S5/S7 to confirm and set the target vibration.
- Press S1/S11 to change the setting ON or OFF.
- Press S5/S7 to confirm setting.
Follow procedure above in setting the target Speed.

Setting the AUTO PAUSE

- Press S5 while “AUTO PAUSE” is blinking.
- Press S1/S11 to change the setting ON or OFF.
- Press S5/S7 to confirm setting.

Battery:

The Watch is powered by a built-in lithium-ion battery that will require approximately 4 to 5 hours charging time using the USB cable.

Battery Life:

The battery will last for 8 hrs typical in a single charge (with continues GPS use). But this will vary depending on Customer's usage.

Battery Replacement:

The battery on this device is not User replaceable and it is highly recommended by an authorized service personnel only.

Water Resistant:

The watch can withstand up to 3ATM.

Water damage may occur if the buttons are pressed underwater.