2.4GHz
TRAINING SYS.

Your Personal Training System

2.4GHz PC Link USB

Owner's Manual

Back cover

Front cover

What is 2.4 GHz Fitness-Sport Training System ?

This system is designed for Fitness and Sport Training program for athletes. The system consists of a watch controller, a chest strap heart rate receiver , a lace-up satellite receiver (GPS Pod), a body fat scale and a PC link kit (2.4GHz PC Link USB). And this system is capable to partner with other 2.4G sports devices.

By exploiting the advanced 2.4 GHz Radio Frequency Wireless Transmission Technology, each component of this system can send/receive data to/from the controller and download data to PC without any hassle. Thus, the progress of the training program and the body status of the athlete can be monitored and managed easily through the system.

What are the Benefits to the User ?

Keep Track on Exercise and Body Status - This System collects the data from exercise like heart rate (from Chest Strap), exercise time, and run/walk steps, etc. and also information of body from Body Fat Scale like weight, body water, and muscle mass etc. These data and information together can give a clearer picture on the result of exercise as well as your body status which help you to decide your own exercise plan.

For Both Indoor and Outdoor Exercise - With the GPS tracking ability of the System, this System is ready to be used in outdoors activities like hiking, biking, etc. On the other hand, functions for indoor exercise like chronograph, timer, heart rate monitoring are also available in this system.

Reliable Wireless Communication - 2.4GHz high Frequency of wireless connection can ensure that the communication will not be interrupted easily by other devices. Also, with the coded pairing technology, even with the same system using around, there will not have any cross-talk between different user.

Analyze your work with PC With the use of the 2.4GHz PC Link USB , any information and data from the Watch, Chest Strap, GPS Pod or Body Fat Scale can be transferred to PC wirelessly. Also, these data can be stored for the future analysis or track back with the bundled program.

Body Fat Scale

GPS Pod

Watch

Chest Strap

2.4GHz PC Link USB

Personal Computer
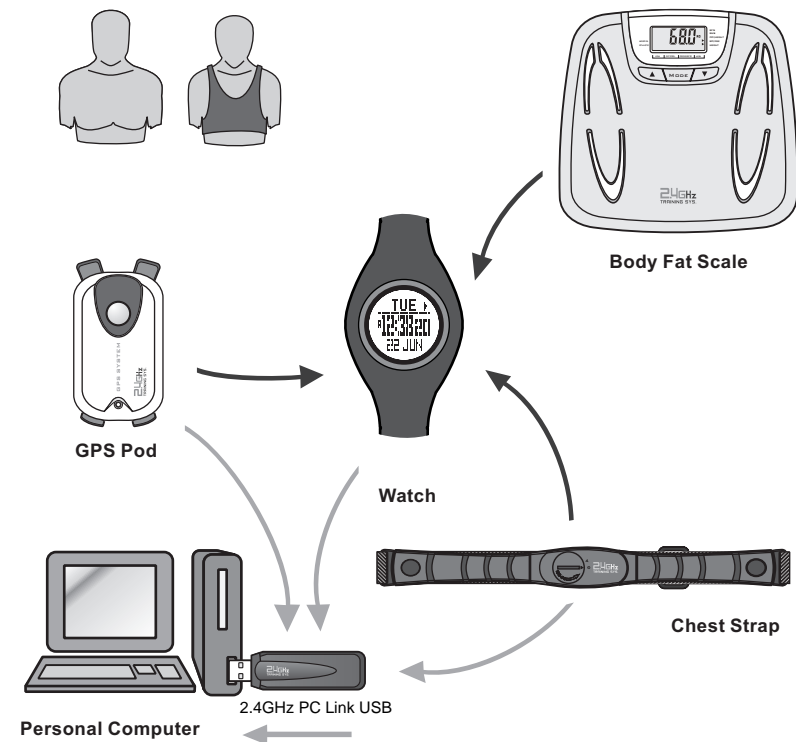
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.

- Read this Owner's Manual and 2.4GHz PC Link USB and make sure that you fully understand the limitations and operations of this system before using it

- The system is not intended for professional usage; it is intended for home or consumer use only.

- This system is an assistant device for training only, and it is NOT a substitute for getting the health condition from a doctor and trainer.

- DO NOT disassemble any unit of the system as incorrect handling may damage the unit and it might even cause injury.

- DO NOT overload the scale, otherwise permanent damage to the scale will occur.

In order to utilize these features of your product set, it is advisable to read the following notes:

- Avoid exposing your product set to extreme conditions for an unreasonable time.

- Avoid rough usages or severe impacts to your product set.

- DO NOT render service to your product set unless a certified service agency because your product set contains precise electronic sensors and components.

- Clean your product set with a soft moisten cloth occasionally that working for a longer life cycle of your product set.

- Keep your product set away from magnets or the appliances which contains magnetic substances such as mobile phones, speakers and motors.

- Store your product set in a dry place when it is not in use.

- Put the connecting device in the place within 6 meters from the 2.4GHz PC Link USB, otherwise the 2.4GHz PC Link USB MAY NOT receive the data from the device.
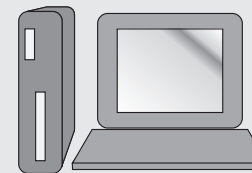
2.4GHz PC Link USB   **CD ROM**   **Quick Started Guide**

Quick
Started
Guide

Note: The appearance of these products may be different from the drawing, and varied from market to market.

Personal Computer

To download the data to PC, it has to install the bundled PC interface software into the target PC.
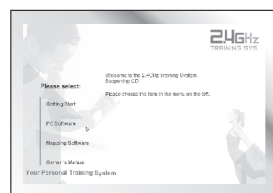
The system requirements for the PC as follows:

- Pentium II 300MHz or higher
- 128MB Main memory or higher
- 20MB hard disk space or more
- Window ME/2000/XP/Vista operation system
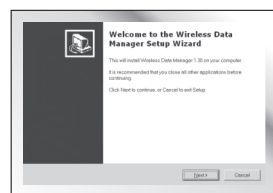- CD-ROM drive
- USB port

Personal Computer

1 Insert the bundled CD into the CD drive of the target PC. The menu will show automatically.

2.4GHz

Welcome to the 2.4GHz Training Station Superchip CD.

Please choose the here in the menu on the left.

Please select:

Getting Start

PC Software

Mapping Software

General Menus

Your Personal Training System

Welcome to the Wireless Data Manager Setup Wizard

This will install Wireless Data Manager 1.00 on your computer.

It is recommended that you close all other applications before continuing.

Click Next to continue, or Cancel to exit Setup.

Next >   Cancel
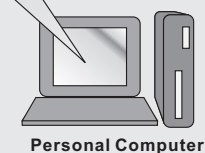
Personal Computer

Personal Computer

2 Click the 'PC Software' button from the side menu and then the 'here' button to execute the installation wizard.

3 Follow the instructions to install the program into the target PC.

It's the first time that you use this software. Please insert the PC Pod to your PC to setting up.
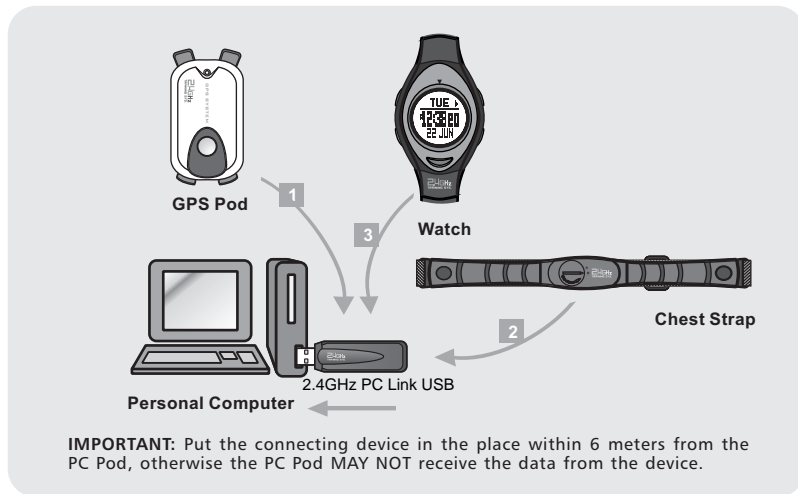
確定

Personal Computer

Note: During the pairing:
(1) The Watch MUST be switched to PC-Link Display of the Logbook Mode, and activate the PC-link function.
(2) The Chest Strap MUST be worn on the chest or press the two contacts (i.e heart rate signal is sampling)
(3) The GPS Pod MUST be turned ON.

1 When the installation is completed. execute the 'Wireless Data Manger' Program from the Window program menu bar.

2 The wizard will guide you to pair the Watch, Chest Strap and GPS Pod with the program.

3 When the pairing is done. The ID of the Watch, chest strap and GPS Pod will be saved into the program.

Tips: For some instance, the Watch, Chest Strap and GPS Pod can be paired with the program again under the 'Option' top menu and the 'Setting' option.
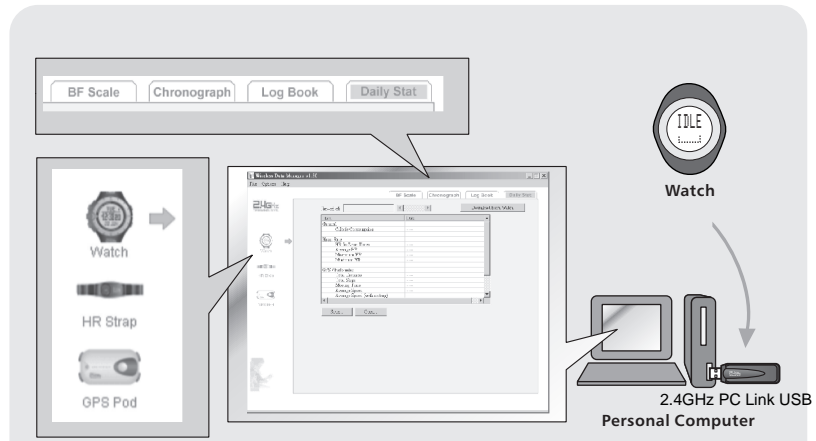
GPS Pod

Watch

Chest Strap

Personal Computer

2.4GHz PC Link USB

IMPORTANT: Put the connecting device in the place within 6 meters from the PC Pod, otherwise the PC Pod MAY NOT receive the data from the device.

1 The Data Send to PC from the GPS Pod:
(1) Track logs e.g Date/Time, Speed, Heading direction, Distance, Longitude and Latitude, etc.
(2) Rea-time data e.g Speed, Heading, Distance, Longitude and Latitude, etc.

2 The Data Send to PC from the Heart Rate Chest Strap:
(1) Real-time data e.g Time, Current Heart Rate, Average Heart Rate, Mininum Heart Rate and Maximum Heart Rate, etc.

3 The Data Send to PC from the Watch:
(1) Scale logs, e.g Date/Time, Weight, Body Fat, Body Water, Bone Mass etc.
(2) Chronograph logs, e.g Lap time, Maximum/Average/Minimum Lap time, etc.
(3) Logbook logs, e.g Session info (Start time,log rate, no. of record, duration, etc) and Session summary (Calorie expenditure, Distance, Steps, etc.)
(4) Daily Statistic logs, e.g calorie reading, heart rate readings and GPS/Pedometer readings.

General Setting

Device Pairing

Proxy and Serial Port Setting

Personal Computer
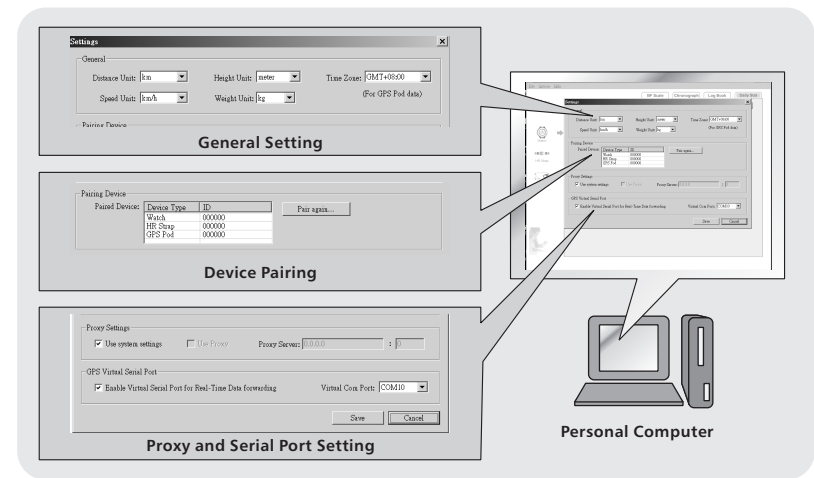
1 Execute the 'Wireless Data Manger' Program from the Window program menu bar.

2 Click the 'Options' from the top menu bar, and then select 'Settings' to pop the Setting page.

3 There are 4 types of function/setting in Setting page - General Setting, Device Pairing, Proxy Setting and Port Setting.

4 **General Setting** - Setting the unit for height, speed, weight and distance. Setting the time zone for GPS Pod.

5 **Device Pairing -** Pairing the Watch, Chest Strap and GPS Pod with the program. See B04 for the 'Note' during paring.

6 **Proxy Setting** - Setting the parameter for internet connection.

7 **Port Setting** - Set-up a virtual port for third party map software to obtain the real time data of GPS Pod.

Watch

2.4GHz PC Link USB
Personal Computer

Watch
HR Strap
GPS Pod

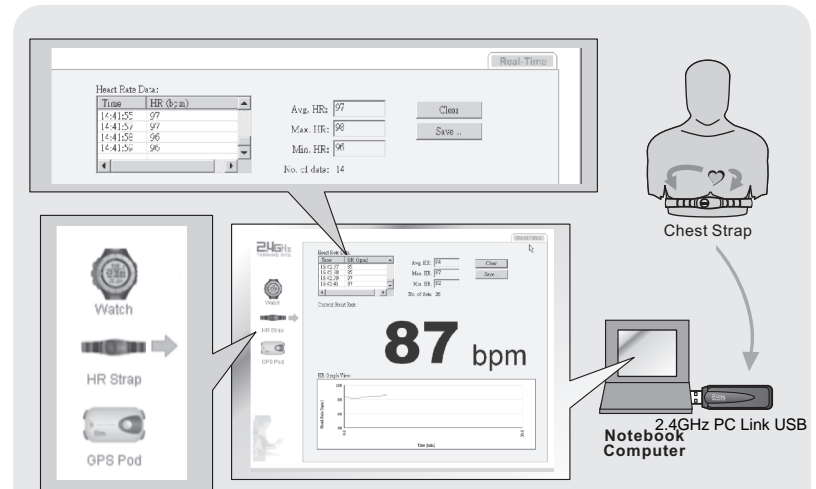BF Scale | Chronograph | Log Book | Daily Stat

Note:
(1) This is functioned with the Watch, see the separated Owner's Manual of the Watch before the connection.
(2) The watch MUST be switched to PC-Link Display of the Logbook Mode, and activate the PC-

1 Click the ' Watch' icon from the side menu to pop the 'Watch' Page.

2 Select the 'Scale', 'Chronograph', 'Logbook' or 'Daily Stat' page from the top menu.

3 Click 'Download' button to download the data from the Watch through the corresponding page. The respective data will be shown on the screen after a while.

4 Analyze the data on the PC by the options provided by the program. Save the data into PC for further analysis.

Real-Time

Heart Rate Data:

Time	HR (bpm)
14:41:55	97
14:41:57	97
14:41:58	96
14:41:59	96

Avg. HR: 97
Max. HR: 98
Min. HR: 96
No. of data: 14

Chest Strap

Watch
HR Strap
GPS Pod

**87** bpm

2.4GHz PC Link USB
Notebook Computer

Note:
(1) This is functioned with the chest strap, see the separated Owner's Manual of the Watch before the connection.

1 Click the 'HR Strap' icon from the side menu to pop the 'Chest Strap' Page.

2 The real-time heart rate readings will be shown on that page.

3 Analyze the data on the PC by the options provided by the program.

4 Save the data into PC for further analysis.

GPS Pod

2.4GHz PC Link USB
Personal Computer

Watch

HR Strap
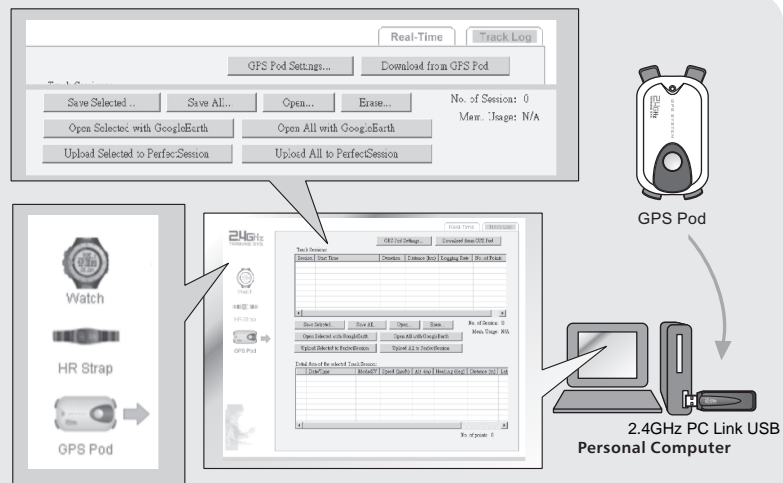
GPS Pod

Note:
(1) This is functioned with the GPS Pod (optional), see the separated Owner's Manual of the GPS Pod before the connection.
(2) The GPS Pod MUST be turned ON.

1 Click the ' GPS Pod' icon from the side menu to pop the 'GPS Pod' Page.

2 Select the 'Track Log' button. Click the 'GPS Pod Setting' to set the GPS Pod i.e Track Log period and operation mode.

3 Click 'Download' button to download the data from the GPS Pod. The respective data will be shown on the screen after a while.

4 Analyze the data on the PC by the options provided by the program. Save the data into PC for further analysis.

GPS signal

GPS Pod

Notebook Computer

Watch

HR Strap

GPS Pod

Speed:
0.0 km/h

Heading:
0°

Distance:
0.00 km

Note:
(1) This is functioned with the GPS Pod (optional), see the separated Owner's Manual of the GPS Pod before the connection.
(2) The GPS Pod MUST be turned ON and it is working under an open area with the satellites are fixed.

1 Click the ' GPS Pod' icon from the side menu to pop the 'GPS Pod' Page.

2 Select the 'Real-time' button to view the GPS Pod data. The respective data will be appeared on the screen after a while.

3 Analyze the data on the PC by the options provided by the program.

4 Save the data into PC for further analysis.

1. 2.4GHz Wireless Communucation

- Wireless communication using 2.4GHz ISM band
- Carrier: 2.45 GHz
- Modulation: FSK
- Comply with EN300440, EN301489 and FCC Part 15
- Communication Distance: > 4 meters in open area, direct line of sight