

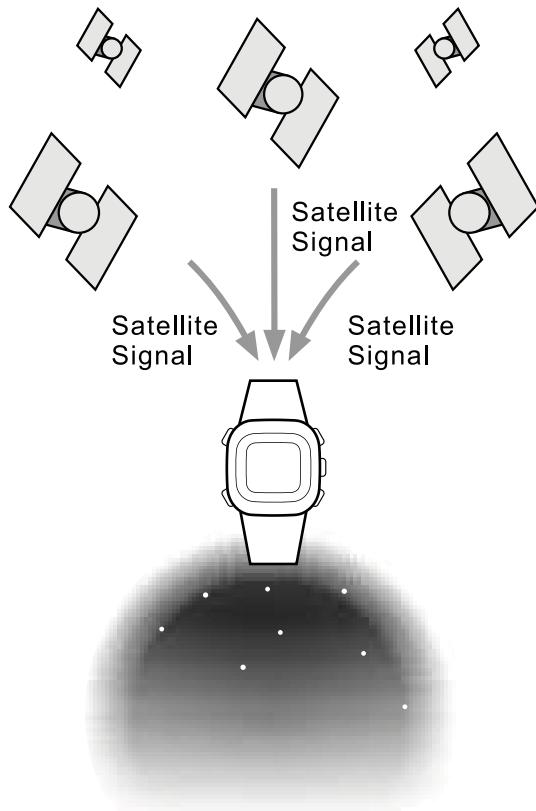
GPS Watch

GLOBAL POSITIONING SYSTEM
with Heart Rate Monitor

OWNER'S MANUAL

A. Introduction

A-01



GPS Watch combines personal training and navigation functions into one compact wrist computer. It is among the world's smallest of its kind and yet fully water resistance. It can withstand immersion in 30 meters of water. The GPS navigation function locates and tracks your position wherever you go. GPS Watch is powered by a highly sensitive chip that tracks your position even at weak signal condition. It can be adopted for various kinds of outdoor activities such as Jogging, Running, Biking, Hiking, Skiing, Sailing, hunting, etc.

This package comes with a digitally coded Heart Rate Monitor (HRM) chest strap and a USB dedicated cable. The HRM listens to your physical condition and gives you warning reliably as you do your workout. The USB clip cable allows fast battery charging and data transfer to and from PC in a snap. Data transfer is done by GPS Master. It is a PC software that assists you with your workout analysis, route planning and training summary reporting. It is a helpful partner that accompanies you to explore your physical limits and beyond.

A. Introduction: Warnings and Cautions

A-02

WARNING !

- Make sure that you fully understand the functions and limitations of this product before using it.
- The performance of this product, like most Global Positioning System equipment, depends on the satellites which are operated by the United States government. The above satellite system may be subject to change which could affect the accuracy and performance of this product and all GPS equipment.
- This product is an assistant device for navigation, and it is NOT a substitute for getting the navigating information from charts, maps, observations and experienced navigators. DO NOT use this product for the navigation that requires precise navigation or is devoted to vital matters.
- This Watch and Chest Strap is a supplementary device for measuring heart rate; it is NOT a substitute for medical devices. You should periodically compare the heart rate readings acquired by this watch and Chest Strap with the readings from a doctor.
- Consult a doctor or trainer before setting your Upper and Lower heart rate limits.
- This product set, like most electronic or magnetic devices that may interfere with pacemaker. While it is safe for patients with pacemakers to check with their doctors before using this product set.
- In case, there is doubt about the directions and positions of the way of the navigation, consult the park administration office before starting the navigation.
- DO NOT expose your watch to extreme hot or extreme cold situation.
- DO NOT use this Watch and Chest Strap for commercial or professional purposes.
- DO NOT charge or connect the unit with the USB clip when it is wet. Wipe dry and air dry before using.
- Although this unit is water resistance, you cannot wear it for swimming. The GPS and chest strap heart rate function do not work under water.

CAUTION

- This product can only locate positions in an outdoor environment or open area. The more open the area is, the more accurate and faster information it can collect to locate the position.
- The first position can be located within 1 minute at cold start, and 10 seconds for hot start.
- To use workout and navigation functions with GPS, turn on the GPS receiver and get the position updated beforehand. Otherwise, the GPS related features are not working according to the current situation as the receiver collects satellite data constantly as long as the GPS of the watch is on.
- The Altitude is taken at Mean Sea Level in meter/feet.
- Rinse and wash the Chest strap with tap water and wipe your it dry after each use.
- DO NOT take heart rate measurement when diving or under water.
- DO NOT use hand cream on the skin that is in contact with the sensor; it will insulate the reception of the signals from the skin to the sensor.

**FCC
Compliance
Statement**

(For US)

- 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 radiates radio frequency energy. If it is not installed and used in accordance with the instructions, it 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.

CARE

MAINTENANCE

- The watch is carefully designed and produced. In order to utilize the features, it is advisable to use the watch in conformity with below notes:
- Avoid exposing the watch to extreme conditions for an unreasonable time, and avoid rough uses or severe impacts on the watch.
- Clean the watch occasionally with a soft and moist cloth.
- Brush the clip contacts at the bottom of the watch regularly. Dirt building up on the surface of the contact points may affect normal charging and data transfer.
- DO NOT expose the watch to strong chemicals such as gasoline and alcohol as they will damage the watch.
- Store the watch in a dry place when it is not in use.
- Remove the battery from the Chest Strap when it will not be used for a long time.
- Rinse and wash your Chest Strap with tap water and wipe it dry after each use.
- Do not bend or stretch the contact strips on the Chest Strap, especially while transmitting.
- Under the environment with high electrostatic discharge, the PC connect operation may not be maintained. It is advisable for users to reconnect the watch to the PC again until normal operation.

A. Introduction

- Water resistance up to 30 meters
- Heavy duty mineral glass lens
- Compact size: measurement 46x71x16 mm and Weight 55g only.
- Dual-processor design optimizes the battery life. The Battery of a fully single charge keeps the watch running for a year without using GPS function. Heavy usage of GPS can last for around 8.5 hours.

• Workout functions

- 5 fully customized profiles for fast workout setup. Profiles can be configured from the watch or through PC software.
- 3 configurable Views (screens) for each profile
- 3 programmable fields for each view
- A single workout log can have a maximum of 48,170 waypoints. If the number of workout log files increases, the total number of waypoints is slightly reduced. The memory of this watch is able to keep 120 workout logs.
- Smart Lap

B-01

• Heart Rate Monitor

- Digitally coded 2.4GHz wireless chest strap
- 4 target heart rate zones
- Above/In/Below Zone timer
- Audio above/In/Below zone alert

• Navigation functions

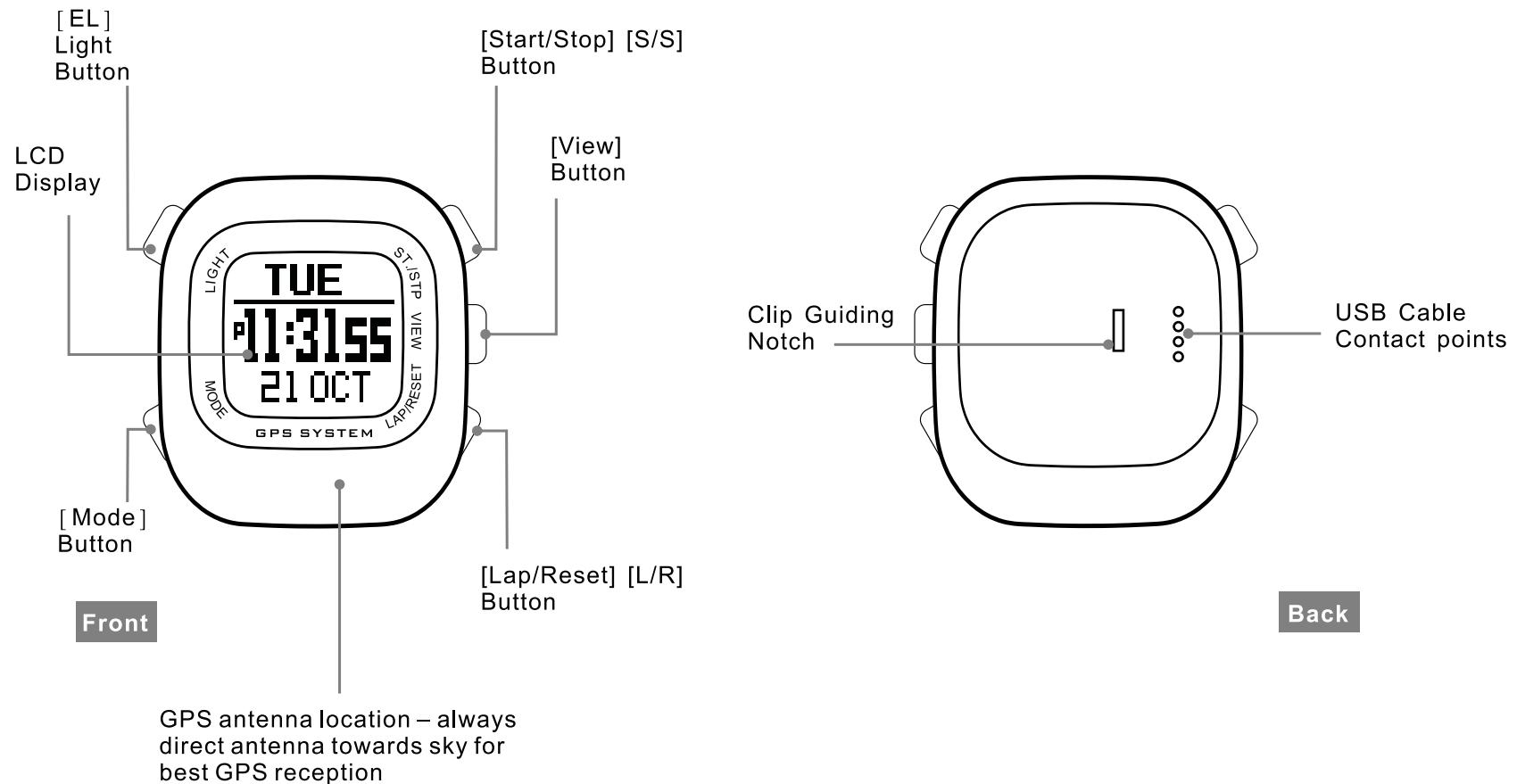
- Total 10 paths (routes) with a maximum of 99 waypoints for each path
- 3 Navigation Modes: Waypoint, Forward, Backward
- Heading pointer
- Current speed, distance to waypoint and destination, estimated time of arrival
- Manual and automatic waypoint marking (Smart Lap)

• Electronic Compass

- North Pole pointer
- 1 degree resolution with 16 cardinals

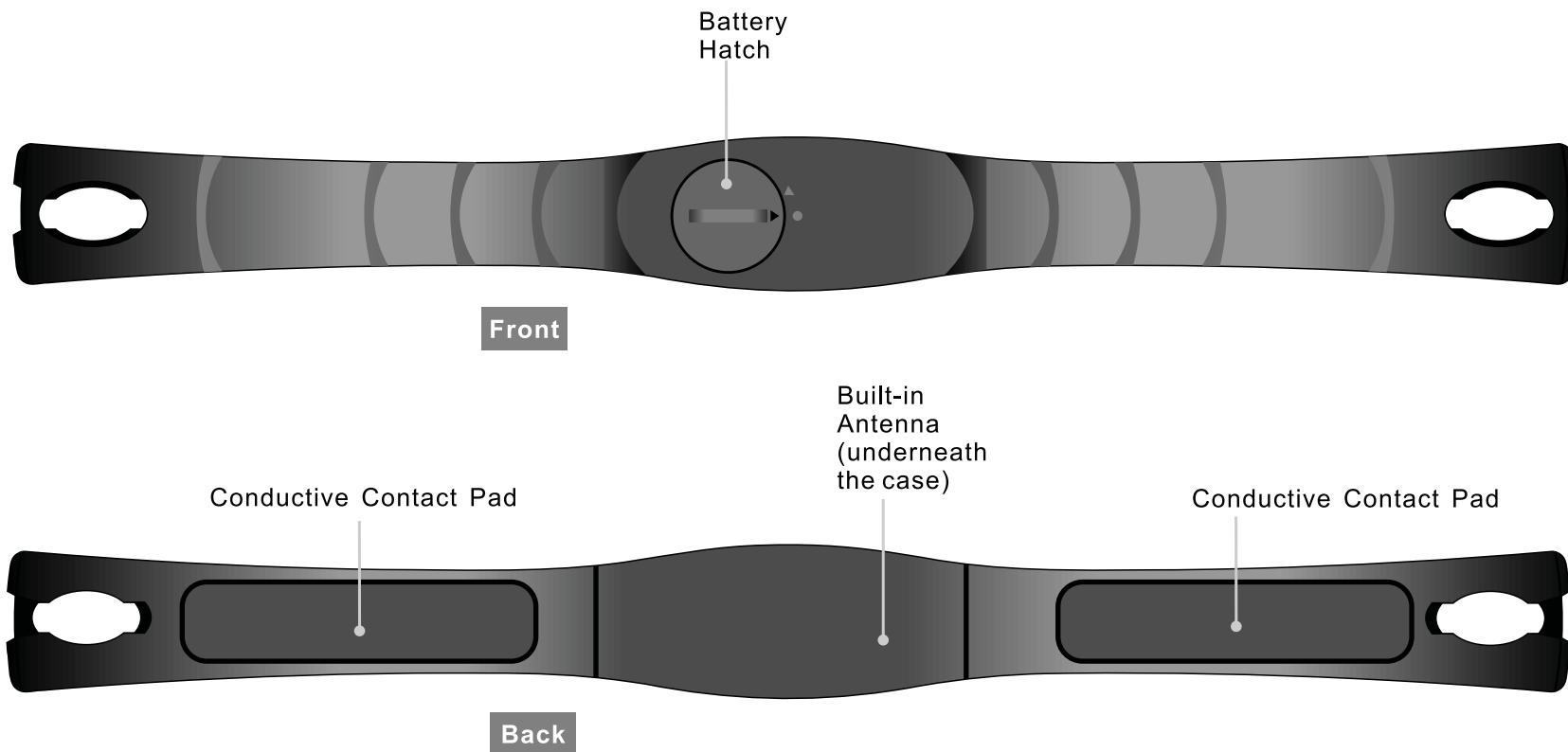
B. Unit Overview: Name of the Parts (Watch)

B-02



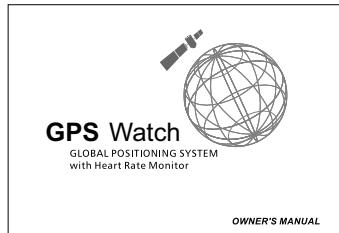
B. Unit Overview: Name of the Parts (Chest Strap)

B-03

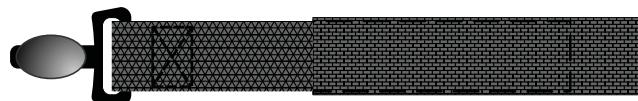


B. Unit Overview: Major Functions Part 4

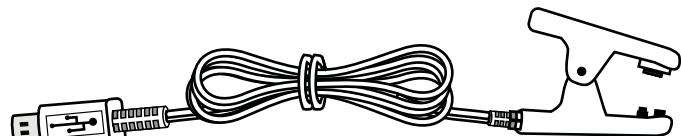
B-04



Manual



Elastic Bend



USB Cable

Manual

- Instruction on how to use the watch

USB cable

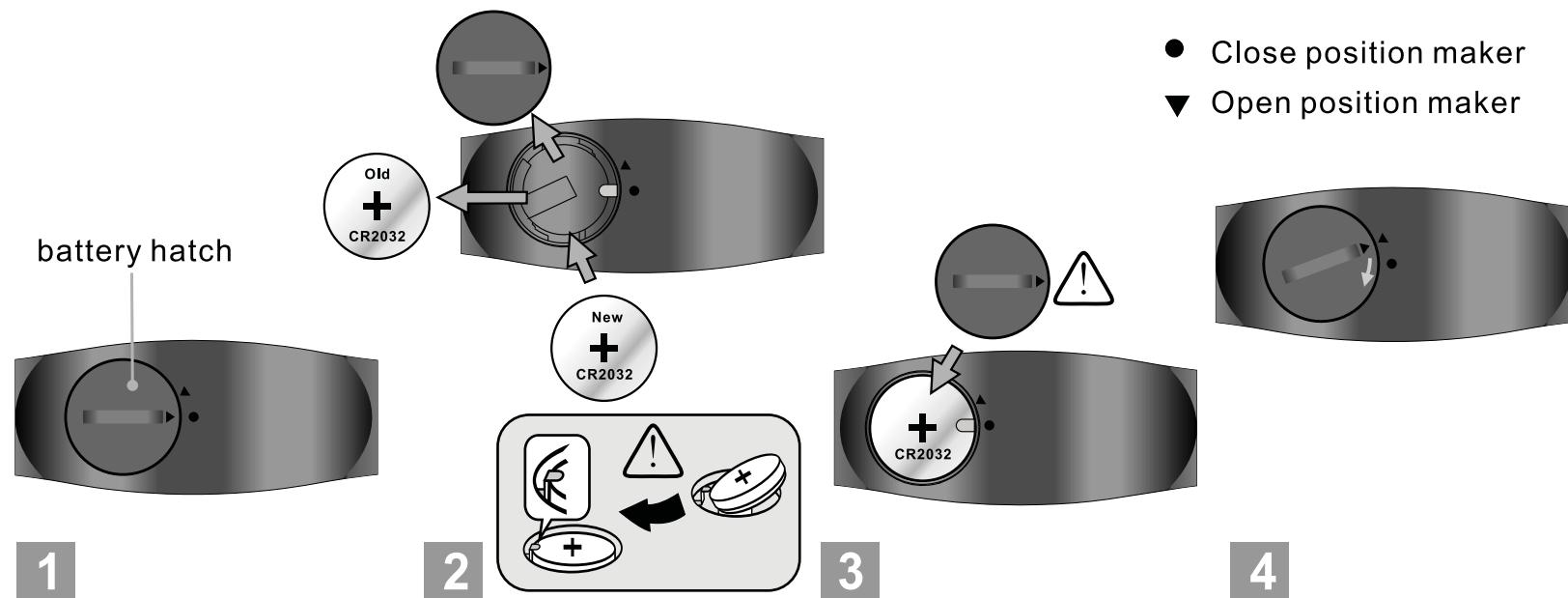
- To charge the battery of the watch
- To communicate with PC

Elastic Bend

- Mount the Chest Strap on users chest

C. Setting Up: Replace Battery for the Chest Strap

C-01



1
Turn the battery hatch anticlockwise until the arrow aligns with the open position marker (arrow). Then turn one step further slightly until the battery hatch pops up.

2
Put aside the battery hatch. Replace the old battery with a new CR2032 battery with the "+" side facing upward.
IMPORTANT: Be sure that the battery sits beneath the metal battery hook.

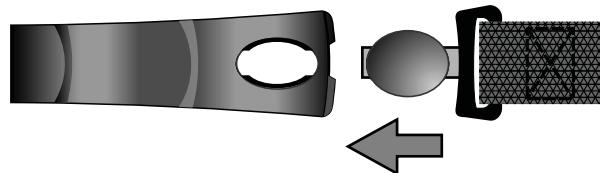
3
Re-install the battery hatch.
IMPORTANT: Be sure that the O-Ring is placed on its original position (battery hatch) and all the surfaces are clean.

4
Turn the battery hatch clockwise until the arrow aligns with the close position marker (dot).

C. Setting Up: Fasten the Chest Strap on one's chest

C-02

1



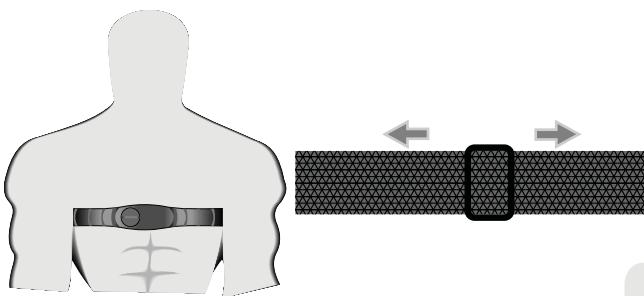
Insert the connector of the elastic band into the hole at the end of the chest strap.

2



Twist the elastic band so that the whole connector is completely lodged into the chest strap.

3



Center the Chest Strap against your chest as high under your breasts as comfortable. Adjust the Chest Strap with the elastic band comfortably and allow for normal breathing.

4

Lodge the free connector into the other end of the Chest Strap as Step 1 and 2.

Note:

- ✓ Wetting the contacts with water or saliva can increase the conductivity.
- ✓ Make sure that the contacts are made firm contact with the user's skin during measurement.
- ✓ Clean the contacts occasionally by moist paper towel, and wipe it dry with dry paper to remove grease.
- ✓ Use the Chest Strap in a place within 3 meters from the Watch, otherwise the Watch CANNOT receive the data from the Chest Strap.

WARNING:

- ✗ DO NOT adjust the Chest Strap too tight, it may hinder the blood circulation and breathing.
- ✗ Avoid doing any awkward motion during measurement, it may create an inaccurate heart rate reading.

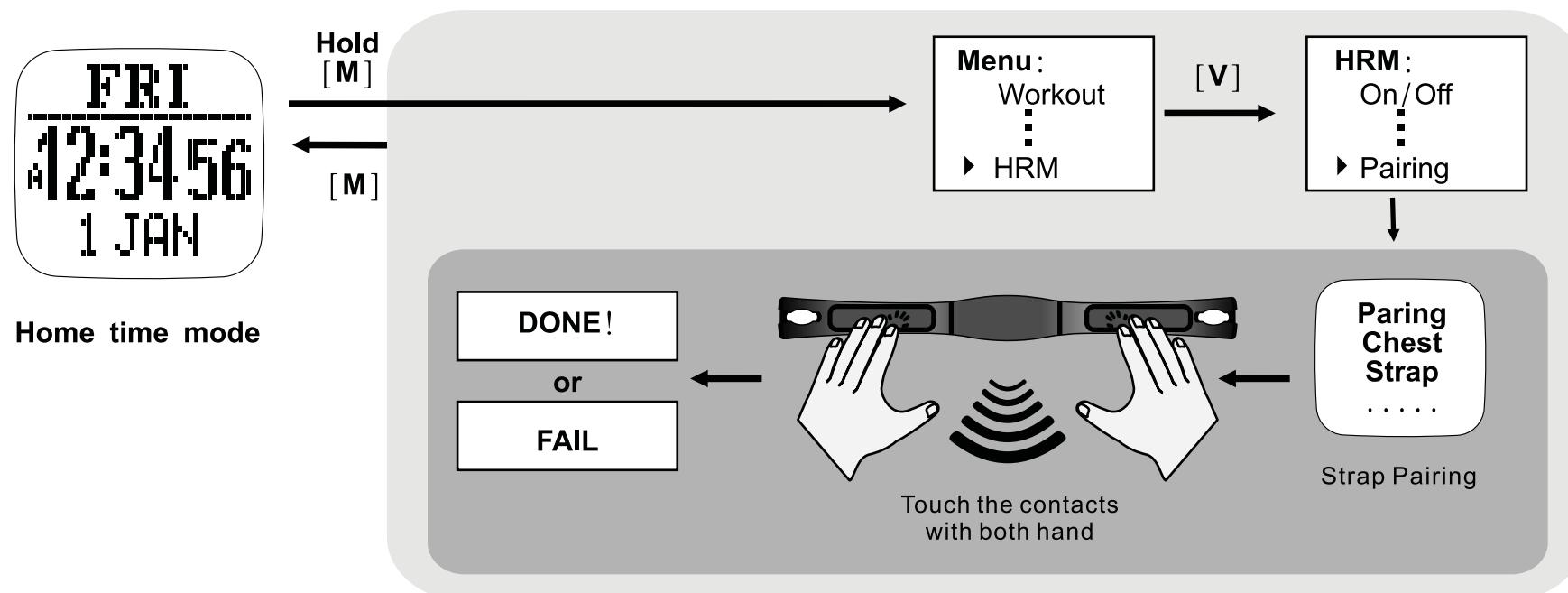
C. Heart rate Monitor Function: Strap Pairing

C-03

Strap Pairing

Every Chest Strap (HRM) is assigned a unique ID when it was manufactured in the factory. The watch has to be paired up with it before use. This is to avoid interference with other users who are using the same equipment. Pairing has been done in the factory. Should you replace the HRM with a new one, you have to pair the new strap again.

To do the pairing, Hold [M] to go to Menu --> HRM--> Pairing. Then touch and hold the 2 conductive pads on the Chest Strap for a few seconds. If the pairing is successful, the message “DONE!” will be displayed on the watch.



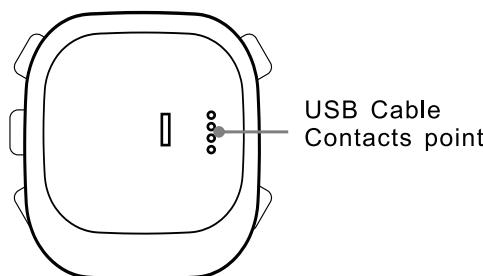
C. Charge the Battery

C-04

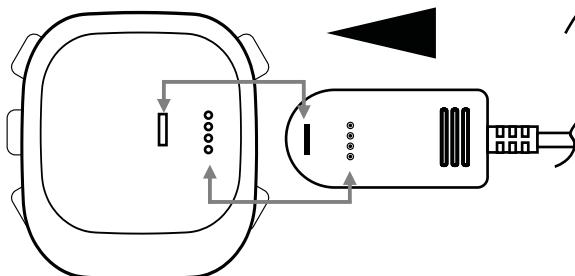
The watch has built-in a rechargeable lithium polymer battery. Charge it for at least 3 hours if it is going to be used for the first time. If the battery is empty, the charging cycle will be completed in less than 2 hours. If the battery is not empty, the charging time will be shorter. A quick 15-minute charging may keep GPS running for around 1.5 hours. The Battery of a single charge depends upon its usage. If the GPS is not activated, it can run for around a year. If the GPS is ON, the battery is expected to run for approximately 8.5 hours. This rechargeable battery is good for at least 500 charging cycles. Battery gauge function is provided. The approximate remaining time left, when working with GPS, is calculated by pushing the [V] button once in TIME mode. This only serves as a rough estimation. The actual life may vary as the operating conditions change. If the battery level is nearly empty, GPS and Heart Rate Monitor functions will be disabled automatically. At this stage, the watch can still run for another 2 weeks with normal time keeping functions.

To charge the battery:

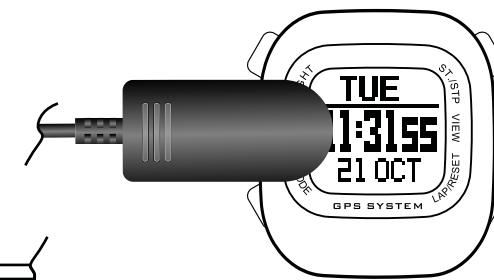
- 1) Align the clip guide and pins with the notch and contacts at the bottom of the watch
- 2) Make sure the clip is secured
- 3) Plug USB cable into any of the PC's USB connectors



Back



Back



Front

Waypoint

Waypoints are a set of coordinates that identify points in physical space. For the purpose of terrestrial navigation, these coordinates usually include longitude and latitude, and sometimes altitude. The Waypoint name is limited to 10 characters long. It can be named or renamed in GPS Master. Renaming can be done easily by just kicking and dragging on the waypoint names.

Path

Path is a collection of waypoints. It can be treated independently as scattered waypoints; or linked in sequential order (either forward or backward). Linked waypoints form a PATH (or route). Nav Master has 10 Paths. Each path has a maximum of 99 waypoints. Paths can be created by Lap-To-Waypoint function. Or they can be created by GE (Google Earth) or GMaps (Google Maps) then they are imported to the watch through GPS Master. The Path name can be 32 characters long.

Workout log

After workout/navigation has started, Nav Master collects all the information into a log. The sampling interval is controlled by the values in the TrackLog setting. Workout logs contain: starting time and date, workout summary, lap details, speed, distance, HR and track data.

Pace

PACE is commonly used by runners to estimate the time required to go to a destination. It is defined as the elapsed time needed per Km / Mile. It is another interpretation of speed but in reverse unit. The unit of PACE is specified in Menu-->Settings-->System-->Units-->General.

E.g. if the unit is Km and PACE is 6 then it means that you are running at 6 minutes per Kilometer. It is equivalent to $60/6 \Rightarrow 10$ KmH. If PACE is smaller, it means that you are running faster.

Compass bearing

Compass bearing is equivalent to azimuth bearing. An azimuth bearing uses all 360° of a compass to indicate direction. The compass is numbered clockwise with north as 0° , east 90° , south 180° , and west 270° . So a bearing of 42° would be northeast and a bearing of 200° would be southwest, and so on.

D. Getting Start: Glossary

D-02

Lap-By-Distance (LBD)

Create a lap after the preset lap distance has reached

Lap-To-Waypoint (L2WP)

Create a waypoint at the end of a selected path whenever a lap is marked.

Cold Start

If GPS has been suspended for a long time, Satellite data collected earlier are not valid anymore. It takes about 30 seconds to collect sufficient satellite data to locate your position. This is known as the cold start.

Hot Start

If GPS has been terminated for only a short period of time before re-starting, satellite data is still valid. It takes only a few seconds to locate your position. This is known as the Hot start.

GPS Master

GPS Master is a PC application software which is written to work with GPS Watch. Workout log and paths can be downloaded / uploaded easily via the USB cable. GPS Master provides a much better means for workout analysis, path creation and manipulation.

%EMHR

%EMHR = percentage of HR with respect to the Estimated Maximum Heart Rate.

Estimated maximum HR is calculated as $220 - \text{your age}$

Target HR Zone (Target Zone)

The region of HR is what you would like your expected highest and lowest HR to be during exercise.

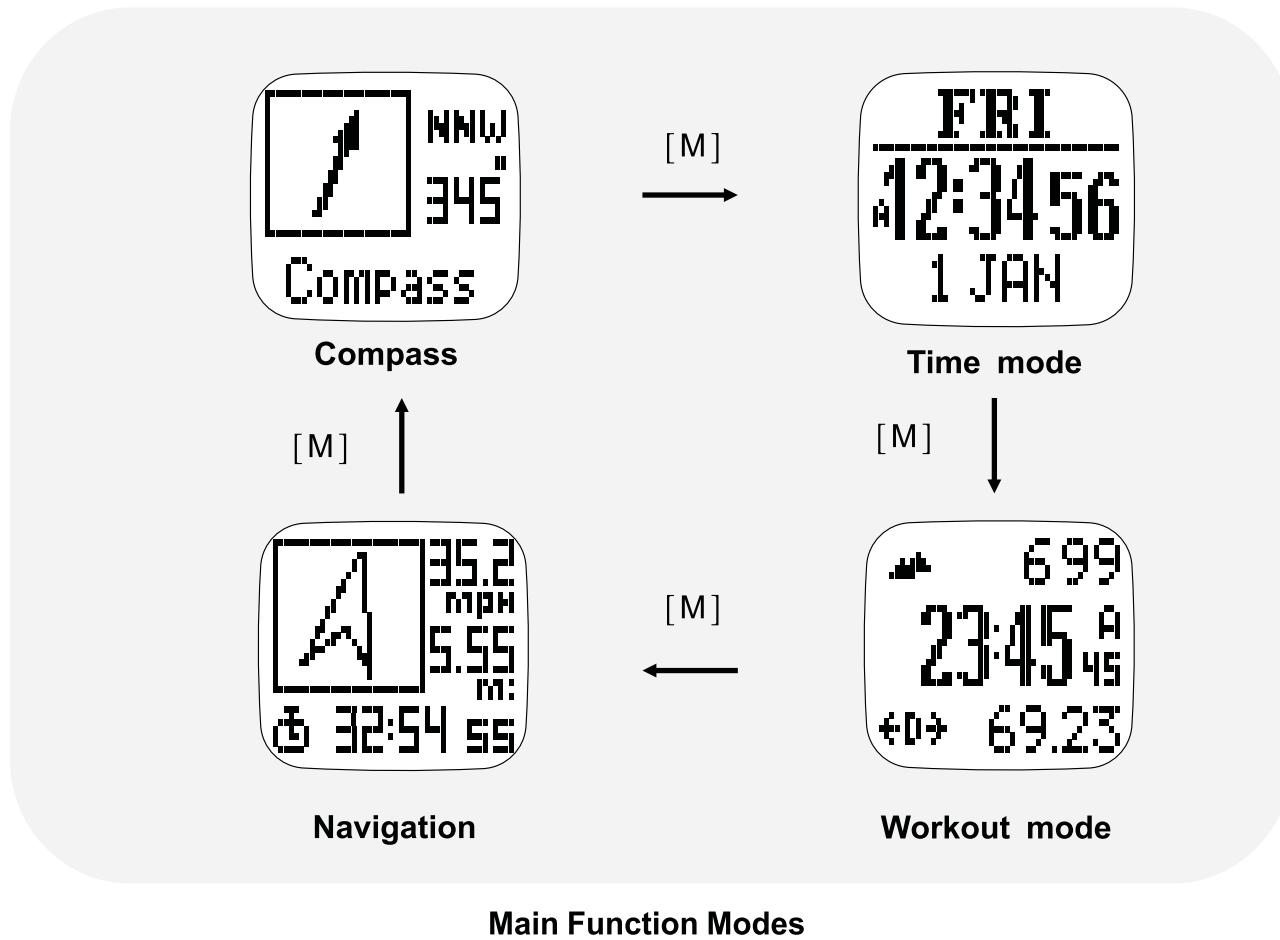
D. Getting Start: Buttons Functions Summary

D-03

Buttons Names	Major Functions
Light	Press to turn ON the EL back light for about 3 seconds Hold to enter Night Mode (Press once to exit)
Mode	Press to select among the functional displays Hold to enter the setting mode Hold to fast exit to function modes when you are several levels down the menu Press to exit setting or go back one level up the menu
ST. / STP	Press to move forward Press to increase watch data Press to Start/Stop workout / Chronograph
VIEW	Press to enter sub-modes or workout views Press to make selection/confirmation Hold to turn on GPS at Workout / Navigation Mode
LAP/RESET	Press to move backward Press to decrease watch data Press to Start/Stop Workout / Chronograph Press to take laps in Workout Mode Hold to save Waypoint at Navigation Mode Hold to clear workout data

D. Getting Start: Main Function Modes

D-04



E. Workout Mode

E- 01

Workout mode records and displays your current performance. You can keep records of and review your performance as you are running or navigating in the wilderness. The workout mode shows speed, distance traveled, workout time from the start, heart rate and other useful data regarding your current workout. It keeps records of your speed, heart rate and altitude that you can view them on a PC graphically.

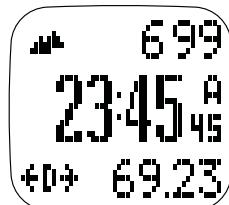
Workout mode works together with the Navigation mode. Start, stop, lap, GPS shortcut operations are common to both modes. Performing these actions in either of these modes has the same effect.

About the Workout Mode

The watch offers 5 activity profiles (defaults are Running, Cycling, Hiking, Sailing and User). Name editing of these profiles can only be done in the PC application software. Text editing is quite a painful task if it is done by a watch which only has 4 buttons. Each profile has 3 views (or screens). Each view has 3 data fields. Data fields can be selected freely from a list of fields. This allows users to review selected fields in their own interest. Profile configuration can also be done through the PC software quickly. You can store as many profiles as you want in the PC. Its massive storage capacity is virtually no limit to the number of possible profile combinations that you can think of.

E. Workout Mode

E- 01



Workout mode

How to start the Workout Mode

- Press [M] in Time mode to enter the Workout mode
- Press [S/S] to Start/Stop the Workout. GPS and HRM functions are turned ON automatically at start if it has not been done manually.

Mark Laps

- Press [L/R] to take Laps. The maximum number of laps for a single workout session is 99.

Reset Workout / Navigation

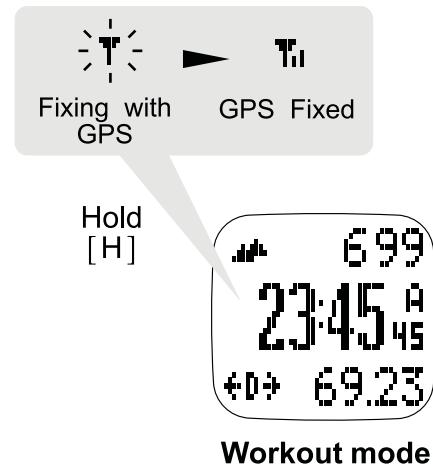
- When workout has been stopped, hold [L/R] until you see the RESET popup message to reset workout/navigation. This clears the current session of workout data and prepares you to start another new workout. Workout data are recorded and stored automatically in the memory at reset. If you don't want to keep it, you have to erase it manually. Here is the key sequence: **Menu> Workout > Delete > Del Last**.
- Summary of workout history can be viewed from:
Menu > Workout > History.

How to change the Workout view

- Press [V] to select among the 3 preset displays. These 3 displays will be shown one by one cyclically if the ViewScan function has been selected. Each display stays for about 3 seconds. To set/reset the ViewScan: **Menu > Workout > ViewScan > On/Off**
- **Note:** See next chapter to select the Workout profiles, customize the display data and review the workout history.

E. Workout Mode - GPS

E- 02



How to turn ON the GPS manually:

If GPS receiver has been stopped for a long time, say more than 2 hours, it is recommended to start the GPS manually, especially when you want to have track logging done at the beginning of workout. It is because the GPS cold start time is long. Usually it takes approximate half a minute. During the cold start period, track information is not available. you should have the GPS position updated beforehand. To do this you can do either of the followings:

a) **Menu> GPS> GPS ON or OFF** (turn GPS ON); or Simply hold [V] for 2 seconds at Workout / Navigation modes to toggle GPS either **ON or OFF**.

b) **Menu> GPS> Timeout**

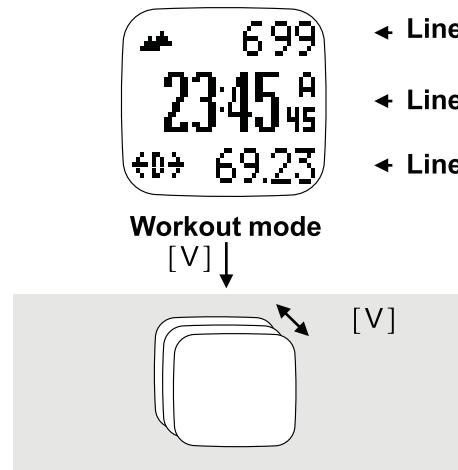
It can be chosen either 5 or 30 minutes. If GPS is lost and 30 minutes timeout is selected, the watch will try re-locate it position via satellites in 30 minutes.

GPS status indicator

- When GPS is collecting satellite information, an “ANTENNA” icon is flashing at the top right for most of the workout views.
- If GPS has a 2D location located, “GPS fixed” message will pop-up and it will last for a few seconds. Icon at the top left is as shown here.
- If more satellites are captured, GPS has a 3D location located. Icon will be like this.
- If GPS loses contact with satellites and cannot fix its position, GPS “GPS Lost” pop- up message will appear. It stays on the LCD until any of the button is pressed.

E. Workout Mode - Workout Profile

E- 03



- ◀ Line 1
- ◀ Line 2
- ◀ Line 3

How to select Workout Profile

- Hold [M] under any mode to enter **Setting Menu** > **Workout** > **Profiles** > **Select**
 - Press [V] to confirm

How to customize the Workout view data

- Hold [M] under any mode to enter **Setting Menu > Workout > Profiles > Customize > Select the desire profile > Select View 1 to 3**; Line 1-3 data according to the table below.

How to reset to default setting

- Hold [M] under any mode to enter **Setting Menu > Workout > Profiles > Reset**

Line 1 and 3				Line 2			
- Altitude	▲ 999	- Lap distance	■ 99.99	- Distance	■ 999.9	▼ 999.9	▼ 999.9
- Calories	Cal 999	- Lap number	Lap 23	- Current heart rate	▼ 145	▼ 145	▼ 145
- Distance	± 99.99	- Lap Time	⌚ 23'45"ss	- Lap distance	■ 999.9	▼ 999.9	▼ 999.9
- Heading	① 359°	- Average Pace	Avg ▲ 9:59	- Latitude & Longitude	23.45°S 167.89°W	23.45°S 167.89°W	23.45°S 167.89°W
- Average Heart Rate	Avg 12455%	- Maximum Pace	↑ ▲ 9:59	- Average Pace	■ Avg 3455	▼ Avg 3455	▼ Avg 3455
- Max Heart Rate	↑ 12455%	- Current Pace	▲ 9:59	- Average Speed	▼ Avg 345	▼ Avg 345	▼ Avg 345
- Min Heart Rate	↓ 12455%	- Average Speed	Avg □ 9.9	- Current Speed	▼ □ 345	▼ □ 345	▼ □ 345
- Current Heart Rate	⌚ 12455%	- Maximum Speed	↑ □ 9.9	- Time of Day	▼ □ 3:45	▼ □ 3:45	▼ □ 3:45
- Above target zone time	⌚ 9:99ss	- Current Speed	□ 9.9	- Workout Time	⌚ 59'59"ss	⌚ 59'59"ss	⌚ 59'59"ss
- Below target zone time	⌚ 9:99ss	- Time of Day	AM 12:5945				
- Within target zone time	⌚ 9:99ss	- Workout Time	⌚ 55'55"ss				

How to review Workout History from the watch

- Hold [M] under any mode to enter **Setting Menu > Workout > History**
- Then the summary of the latest record will be shown.

View Workout summary:

- Workout data summary occupies 3 pages. At the Top right corner of first page is the record number. Change the record number by pressing [S/S] or [L/R] button. The 2nd and 3rd lines are time and date of the record. The last line is the total number of laps for this workout. This page stays for 5 seconds. Then it is replaced by the next one. Pages 1, 2, and 3 are shown once at a time for 5 seconds sequentially. The 2nd page shows workout time, distance, and average pace. The 3rd page shows calorie consumption, average heart rate and average speed. After several cycles of display, it will go back to the Time mode automatically. If you want to take a look at the details of individual laps, press [V] to go into Lap Summary view. When you finish, press [M] to go back to previous menu or hold [M] 2 seconds to go back to the Time mode directly.

View Lap summary:

- Lap summary consists of 2 pages. Record number is at the top left while current lap number is at the top right corner .Change the lap number by pressing [S/S] or [L/R] button. Like the data summary, these pages are shown alternatively. Page 1 shows lap time, lap distance, and lap average pace. Page 2 shows the split time (elapse time from starting to this lap), average heart rate for this lap and the lap speed.
- Press [v] to switch back to Workout Summary view. If you finish, press [M] to go back to the Workout menu or hold [M] 2 seconds to go back to the Time mode directly.

How to Delete the last or All records

- Hold [M] under any mode to enter **Setting Menu > Workout > Delete last one/Delete all**.
- Press [V] to confirm

Note: Number of Records depends on the size of the Memory.

E. Workout Mode - Smart Lap

E- 05

Smart Lap is a concept of marking laps or waypoints automatically. You can make use of Smart Lap to achieve the following functions:

Lap-By-Distance (LBD): Menu>Workout>SmartLap>ByDist

When this function is turned ON, you can specify a fixed distance such that a new lap is marked automatically whenever the lap distance is reached with the preset target. You just focus on your workout. It is no need for you to push the lap button anymore. You are free to mark any new laps manually in between the Lap-By-Distance period.

* If Alert is switched ON, a single beep will sound once when a new lap is marked.

Lap-To-Waypoint (L2WP) : Menu>Workout>SmartLap>"Lap->WP"

This is a very useful feature for creating a PATH by the watch alone. One of the 10 PATHs has to be dedicated for this purpose. This path is specified in the Lap->WP setting screen. If this function is ON, the selected path is cleared at the beginning of Workout/Navigation. After that, whenever a new lap is created, disregarding if it is added by Lap-By-Distance or by pushing lap button manually, the current location is added as the latest waypoint of the dedicated path. The number of waypoints allowed is the same as that defined in the regular paths.

E. Workout Mode - Application example - Backward tracking

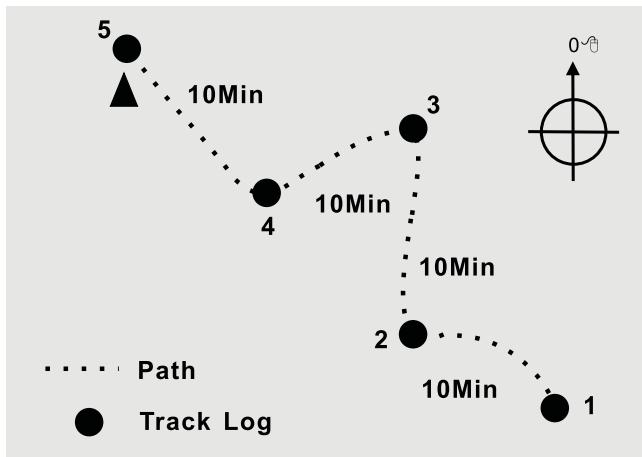
E- 06

A typical application for this is backward tracking. If you are going to explore the wilderness without planning and want to return on the same path, you may:

- Set LBD to, say 200 meters, and turn it ON: **Menu>Workout>SmartLap>ByDist>[ON, 200]**.
Remember that the maximum number of waypoints for a path is limited to 99. Set minimum LBD distance accordingly and yet it will not exceed the limit. Waypoints beyond the path limit are ignored.
- Set L2WP path to Path9, and turn it ON: **Menu>Workout>SmartLap>" Lap->WP" >[ON, Path9]**
- Start Workout/Navigation trip: Navigation [S/S]
 - If you want to stop and return, then press [S/S] to stop and hold [L/R] to reset and then you are ready to return on the same path.
- Turn OFF L2WP: **Menu>Workout>SmartLap>"Lap->WP">[OFF]**
- Select Path9 as the current path for navigation. **Menu>Navigation>SelPath>Path9**
- Set navigation mode to backward. **Menu>Navigation>NavMode>Backward**
- On the Navigation-Goto screen, select the last waypoint of Path9 as the current waypoint
 - Start Navigation, follow the Heading Pointer. The watch will guide you from the last waypoint to the starting point precisely.

E. Workout Mode - TrackLog interval

E- 07



Example: TrackLog has been set for 10Min

GPS Watch records your track continuously. The sampling interval is specified by the value in the TrackLog setting. Default is 4 seconds. It can be set from 1 second to 10 minutes per point.

How to set the TrackLog time

- Under any mode, Hold [M]
- Menu > Workout > Tracklog
- Press [S/S] or [L/R] to set the time

Note:

- 1% of the memory can store approximately 480 points. Percentage of memory used for a workout period can be estimated as Expected Workout Time per TrackLog Interval divided by 48000 times 100%.
- % of memory used = $(\text{Expected workout Time}/\text{TrackLog interval})/48000 \times 100\%$

Navigation mode has 2 screens: Navigation and Goto screen. Navigation screen gives you all the information you need when you are navigating to a waypoint. Goto screen allows you to pick a waypoint from the current path.

Introduction

GPS Watch is able to keep 10 paths simultaneously. But you can work on a single path at a time. This is known as the current path. To select the current path: **Menu > Navigation > SelPath**. Each path has a maximum of 99 waypoints. Waypoints, in a path, may or may not have relationship with each other. If they have no relationship, this path is just a collection of scattered waypoints. Waypoints can be linked sequentially to form a route. You can navigate up or down a linked path until the first or last waypoint has been reached. Select your navigation mode before navigation

Navigation modes

There are 3 navigation modes: Waypoint, Forward, and Backward modes. To pick your desired mode with this key sequence – **Menu > Navigation > Nav Mode**.

Waypoint mode

The active waypoint is the destination. Select this mode if you want to go to the individual waypoints in the current path. Then, pick the active waypoint on the Goto screen. This active waypoint is actually the destination.

Forward mode

The last waypoint is the destination. Select this mode if you want to navigate from the first waypoint to the last one in current path. Pick the nearest waypoint as the active waypoint on the Goto screen before you start. If the active waypoint is reached, it will navigate to the next waypoint in the path. This repeats until the destination (last waypoint) is reached.

F. Navigation Function

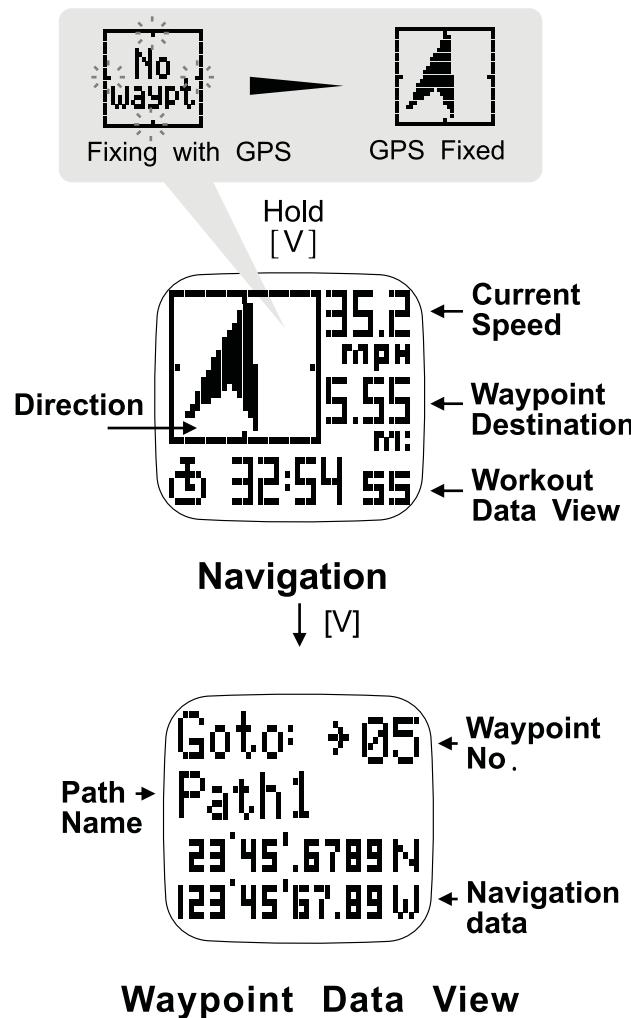
F- 02

Backward mode

The first waypoint is the destination. Select this mode if you want to navigate along the path in reverse order. For example: from the last waypoint to the first one on the current path. Pick the nearest waypoint on the Goto screen before you start. If the active waypoint is reached, it will navigate you to the previous waypoint on the path. This repeats until the destination (first waypoint) is reached.

Set Waypoint radius

You are treated as arrival at the active waypoint when you fall into the region of the waypoint within the radius set in WP Radius setting. It can be adjusted in **Menu > Navigation > WP Radius**. The Default is 30 meters (100 ft). The range is 10m~250m.



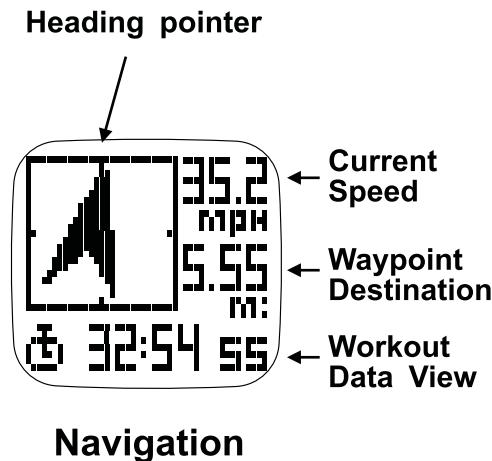
Setup the path and navigation mode as described before. Turn ON GPS by Holding [V]. Or if you want to have workout logged, just press [S/S] to start workout. Then wait for GPS to be fixed. At the same time, you can pick the active waypoint by pressing [V] to switch to the Goto screen.

Set Active Waypoint

On the Goto screen, browse the waypoints up and down on the current path with [S/S] and [L/R] buttons. The sequence number of the waypoint is shown at the top right. The Path name is in the 2nd line. Other details of the waypoint are shown consecutively in lines 3 and 4 across 3 pages.

- Page 1 shows the time, date, and name of a waypoint. The name of the waypoint is limited to 10 characters long. Editing of the waypoint name can only be done in the PC Master. A Default name "WayptXX" is assigned to a waypoint automatically by the watch when it is marked manually or created by Smart Lap. Where XX is a sequence number going from 00 to 99.
- Page 2 shows the distance between the current position and the heading to this waypoint if GPS has been fixed.
- Page 3 shows the latitude and longitude of this waypoint

Press [V] once again to go back to Navigation after the active waypoint has been selected.

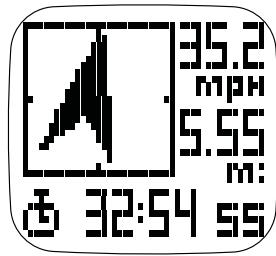


Follow the heading pointer

Once GPS has been fixed, the heading pointer starts to work. Make sure that the electronic compass has been calibrated properly (See compass calibration details in the System Setting chapter) and the watch is maintained at horizontal position. Tilting away from the horizontal position will affect the accuracy of the heading pointer. If everything is properly set, the pointer always points to the active waypoint.

Your current speed and distance to the active waypoint figures are shown at the top right of Navigation screen. Time of Day, Workout Time, Distance to Destination, Estimated Time to Destination, and Current HR are scrolling out once at a time at the bottom line. When there is no HR datum, it will not be shown at all and this part will be skipped.

When you are approaching the WP region of the active waypoint within the preset radius, 3 beep tones will sound. Beep tones will be suppressed if the Key Tone setting is turned OFF. If you are navigating with Forward / Backward mode, it directs you to the next waypoint automatically. This process repeats until you arrive at the final destination.



Navigation

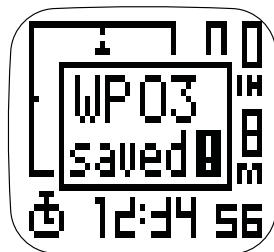
How to create Waypoints or a path in the PC

Note: You should have GPS Master installed in the PC first. See the GPS Master installation and user's manual for details.

- Run GPS Master
- Activate the Path Manager (Path-->Path Manager)
- Click NEW on the Current Path
- Locate the desired position in the embedded Google Maps (GMAP) and left click the mouse button. A new waypoint is just created. It is assigned with a default name. If you want to change this name, double click the waypoint place mark. A dialogue box will appear. You can input a meaningful name there. The name of waypoints is limited to 10 characters long.
- Add as many points as you want. Waypoints are linked sequentially.
- Click Save Path as you finish adding waypoints. They will save into the Current Path table.
- Clip the watch and plug in the USB cable. Then Click the “PC->Watch” button in GPS Master. Path(s) in the Current Path table will be transferred to the watch in seconds.

How to Start/Stop Workout session and Take Laps while navigating

- Press [S/S] to Start Workout. Push [S/S] again to Stop Workout
- Press [L/R] to take Lap



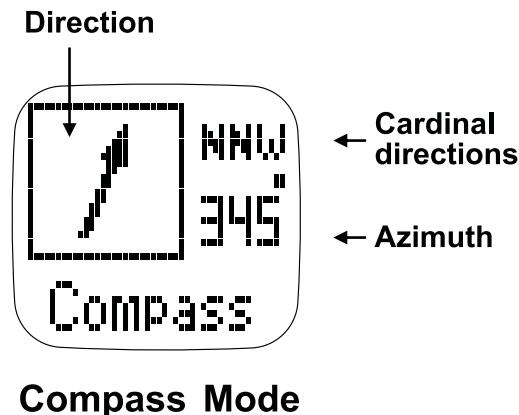
Navigation

How to save waypoint of current location?

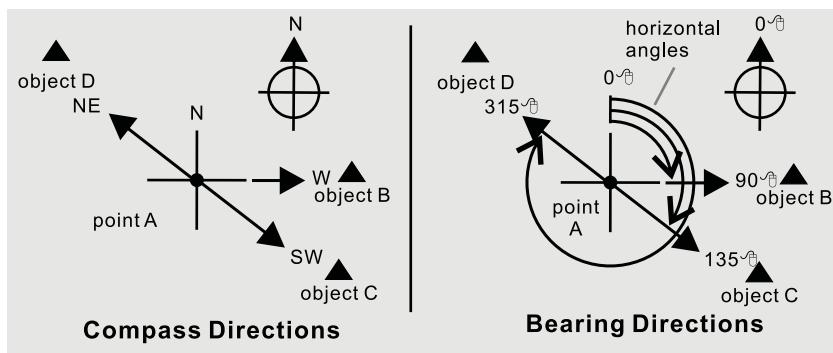
- To save current waypoint, please make sure the GPS signal of the GPS watch is fixed. Hold [View] to turn on GPS function and wait for pop-up box “GPS fixed”
- Hold [M] to setting mode, then select “Navigation” → “Sel Path” and select a new path if you want to save the waypoint in a new path. You can also select an existing path and add the new waypoint on it. Press [M] to go to Navigation Mode.
- Hold LAP/RESET button to save the waypoint of the desire current location.
- When the waypoint is saved, the pop-up box “WP XX saved!” will appear.
- To activate the save waypoint, please see section F-03 of the manual for details.

G. Compass Mode Function

G-01



Compass Mode



The Direction of an Object

The direction of an object from a point can be specified in either cardinal direction or azimuth. This watch includes both cardinal direction and azimuth.

The 16 cardinal directions

Cardinal directions are the most commonly used forms of directions. They include North, South, East and West. This electronic compass has Primary (NE, NW, SE, SW) and Secondary (NNE, ENE, ESE, SSE, SSW, WSW, WNW, NNW) InterCardinal directions as well. Cardinal direction is shown at the top left corner.

The Azimuth

Azimuth is defined as the horizontal angle between the North and the object measured clockwise. (The North is 0 degree). Azimuth is shown in the middle right.

How to calibrate the compass

- Hold [M] under any mode to enter setting mode: **Menu > Settings > System > Compass > Calibrate** While calibrating, turn the watch 360 degree horizontally. You will see the trace of dots forming the outline of a rectangular box when the watch is rotating. Calibration is done when the outline is filled completely.

Note: Press any key to exit the calibration without any changes

- **How to set the magnetic declination of the compass**

- Hold [M] under any mode to enter setting mode: **Menu > Settings > System > Compass > Declinate**
- Press [S/S] or [L/R] to change the value
- Press [V] to confirm

Note: Consult these websites for determining the declination at your location.

<http://www.magnetic-declination.com/>

<http://www.ngdc.noaa.gov/geomagmodels/Declination.jsp>

<http://geomag.nrcan.gc.ca/apps/mdcal-eng.php>

H. Heart rate Monitor Function

H-01

How to Use Heart rate Monitor (HRM)

Working with the HRM is simple. Wear the chest strap as mentioned earlier. The strap should be turned ON by itself. At the watch, press [S/S] in Workout mode. The watch will display an icon “HR” with the chest strap in a couple of seconds. During your workout, the HR is stored at the rate as defined in the TrackLog. Press [S/S] again to stop when you finish workout.

How to start the Heart Rate Monitor

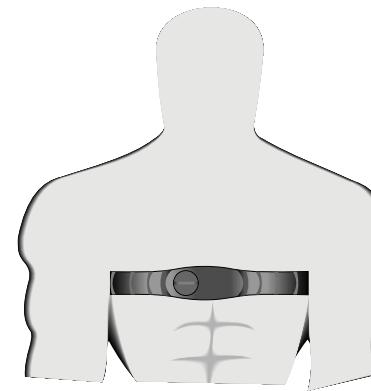
There are 2 ways to activate the Heart Rate Monitor function:

- 1) Under Workout mode, the Heart Rate Monitor will start automatically when Workout starts.
- 2) Hold [M] under any mode to enter the Setting mode: **Menu > HRM > On/Off**

Heart Rate Data

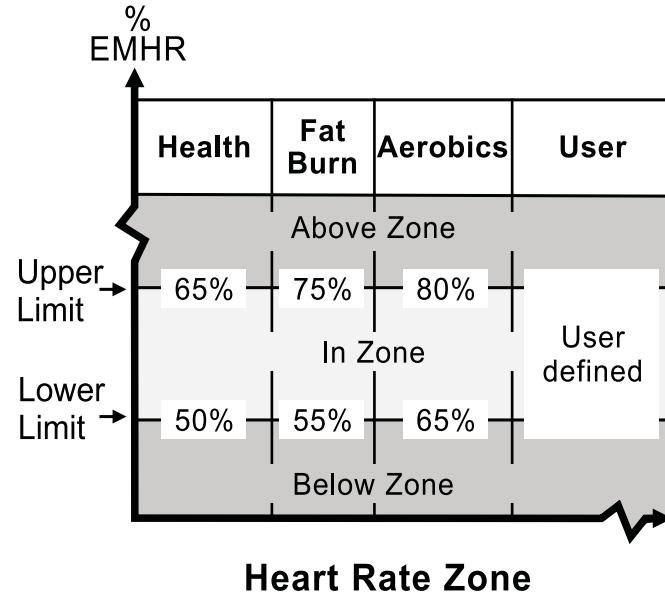


Heart Rate Data
←



H. Heart rate (HR) Zone

H- 02



How to Use Target Heart Rate Zone

Setting target HR zone is very important for your personal training plan. If you are not working in the target zone, alert beeps will sound. You can adjust your pace of exercise to maintain your HR in the target zone limits. There are 4 target zone levels: Health, Fat Burn, Aerobics and User. The limits of these zones are shown on the left table. If they do not fit your training scheme, you are free to set your own target zone limits in any of these settings.

How to select Heart Rate Zone

Hold [M] under any mode to enter **Setting Menu > HRM > HR Zone > Select**

Select among Health / Fat burn / Aerobics / User
Press [V] to confirm > “Done” will be shown

How to set the HR Zone Limits

Hold [M] under any mode to enter **Setting Menu > HRM > HR Zone > Customize**

Select among Health / Fat burn / Aerobics / User
Set the value by pressing [S/S] or [L/R]

Press [V] to confirm

How to reset all Heart Rate Zones

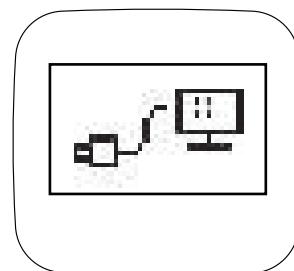
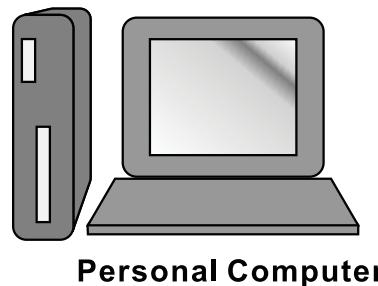
Hold [M] under any mode to enter **Setting Menu > HRM > HR Zone > ResetAll**

How to turn on or off the Heart Rate Zones alert

Hold [M] to enter Setting Menu > HR Zone > Alert > On/Off

I. PC Connection Function

I- 01



Install the bundled PC software into your PC in order to connect your watch for data transfer and making use of some special features.

- The system requirements for the PC are as follows:

- Pentium II 300MHz or higher
- 64MB Main memory or higher
- 20MB hard disk space or more
- 256 color monitor or higher
- Window XP/VISTA/7 operating system
- USB port

Follow the instructions in the GPS master setup wizard to install the program. After installation, restart your PC.

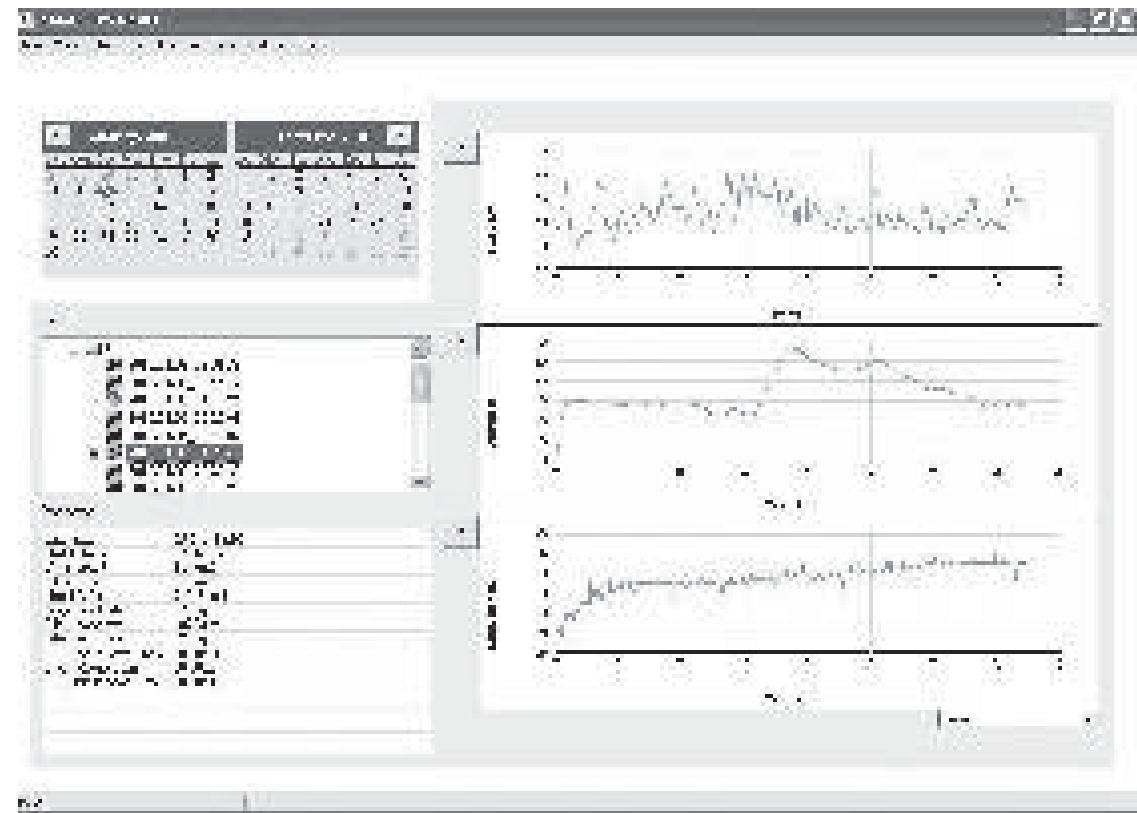
Clip the USB cable to the watch and plug the cable into the PC's USB connector. Once connected, "Connected icon " will be shown on the watch's screen.

How to setup a new user

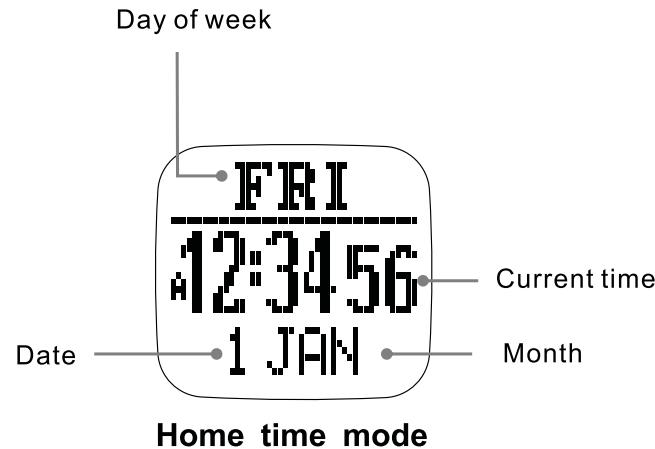
- Enter User name in the New user dialogue box
- Press 'Add'

How to synchronize data between the watch and the PC

- On PC screen > Data transfer > Receive the Watch Data
- Workout data will be shown on screen



PC Screen



How to set Time Of Day

- GPS Watch is able to synchronize its clock with the satellite's atomic clock automatically. This is done whenever the GPS has fixed its position. Auto time zone is another cool feature. It tries to set your current time zone according to the longitude. In other words, when there is a satellite and the GPS is turned on occasionally. The time is synchronized with the satellite's clock. You don't need to bother adjusting the watch. The time is always accurate. If there is no satellite coverage, manual time setting is also available.
- Hold [M] under any mode to enter **Setting Menu > Settings > Time Date**
- Select Home Time/ Dual Time or Format

Time of Day Setting

GPS Update - Menu > **Settings > TimeDate > HomeTime > GPS Upd**

Nav Master synchronized the time with the satellite atomic clock whenever a GPS is first fixed when this option has been turned ON.

Time Zone

Menu>Settings>TimeDate>HomeTime>TimeZone

Set time zone according to your current location. It can be adjusted from +12:00 to -12:00 hours from GMT in 0.5 hour step. Or it can be set to be updated automatically by GPS. When this option is activated, GPS sets your time zone according to the longitude. It should work most of the time, but there are exceptions. If the time zone set by GPS does not reflect your local time correctly, adjust the time manually.

Manual time setting

Menu > Settings > TimeDate > HomeTime > Manual

Set time and date in the following sequence:

Second > Minute > Hour > Year > Month > Date

Press [S/S] or [L/R] to change the value

Dual Time Setting

Menu > Settings > TimeDate > DualTime

Press [S/S] or [L/R] to change the value per 30 min

Format

Menu > Settings > TimeDate > Format

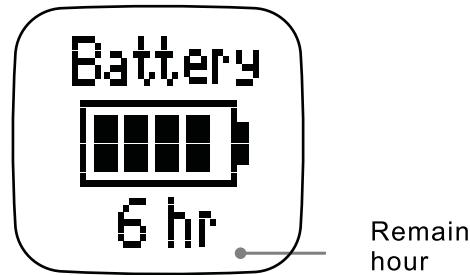
Press [S/S] or [L/R] to choose 12 / 24 Hour Format

K. Battery life - remaining power

K -01

Check Battery life - remaining power

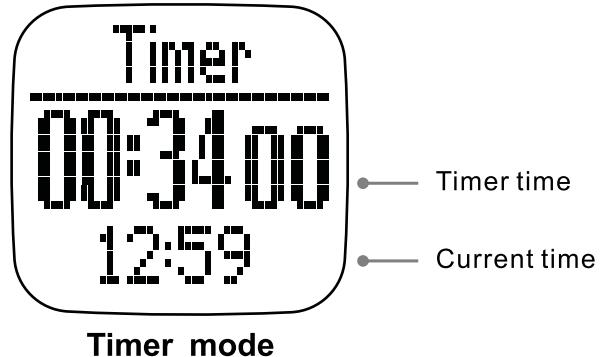
- Press [V] in Home time mode > Battery
- Battery life remaining hours will be shown



Battery Life Time

L. Timer Function

L -01



How to use Timer

- Press [V] in Home time mode > Battery > Timer

- Press [S/S] to start or stop
- Press [L/R] to reset to the preset time
- Beep sound will be heard in the last 10 seconds
- Long beep will be heard once reaching 0:00:00

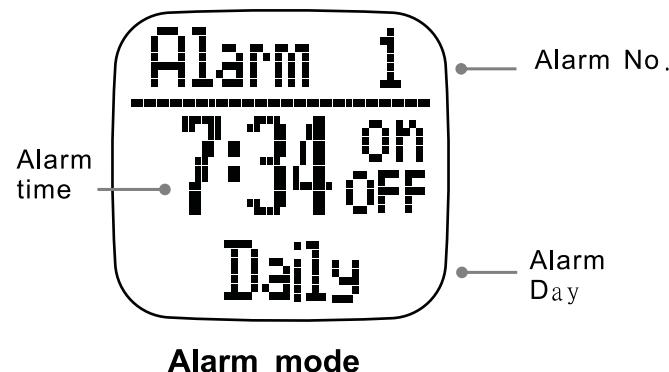
• How to set Timer

- Hold [M] under any mode to enter Setting Menu > Settings > Timer

- Press [S/S] or [L/R] to change the value:
Hour > Minute > Second

M. Alarm Function

M -01



How to use the Alarm

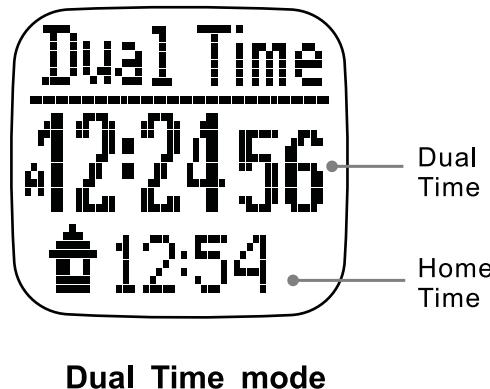
- Press [V] in Home time mode > Battery > Timer > Alarm
- Press [S/S] to select 1 - 5 Alarms
- Press [L/R] to turn the alarm On/ Off

How to set the Alarm

- Hold [M] under any mode to enter Setting Menu > Settings > Alarms
 - Alarm no. > Hour-> minutes-> On/Off-> Daily/Sun-Sat/Mon-Fri
 - Press [S/S] or [L/R] to change the value

N. Dual Time Mode

N -01



How to use Dual Time

- Press [V] in Home time mode > Battery > Timer > Alarm > Dual Time



How to set Dual Time

- Hold [M] under any mode to enter Setting Menu > Settings > Time Date > Dual Time
- Select Dual Time
- Press [S/S] or [L/R] to change the value per 30 min

O. User settings

- To get the accurate workout data, the user's data setup is important.
- Hold [M] under any mode to enter **Setting Menu > Settings > User**
- **Gender or BirthDate or Weight**

Gender

- Press [S/S] or [L/R] to select Male or female
- Press [M] to confirm

Date of Birth

- Press [S/S] or [L/R] to change the value
- Press [V] to confirm and set the following data
- **Year > Month > Day**
- Press [M] to confirm

O -01

Weight

- Press [S/S] or [L/R] to change the value. Hold the button to change the value faster
- Press [M] to confirm
- Note: To change the Unit, see the subsequent chapter

P. System settings

P- 01

For system setting

- Hold [M] under any mode to enter **Setting Menu > Settings > System**
- **Sound or Contrast or Units or Compass or System Reset**

Sound

- Select **Key Tone / Chime**
- Turn **On/ Off**
- Press [M] to confirm

Contrast

- Select from **level 3 Lighter to 16 Darker**
- Press [M] to confirm

Units

- Select **General / Latlong**
- General > **kg/M/km or lb/ft/mi**
- Bearing > **Min 'sec" or Decimal**

Compass

- Refer to the chapter - **Compass function mode settings**

Language

- Select languages
- Press [V] to confirm

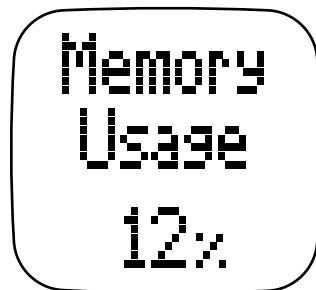
System Reset

- Select **No/Yes**
- Press [V] to confirm
- **NOTE:** This will reset the watch to the factory default settings.

All data will be cleared.

Q. Memory Usage

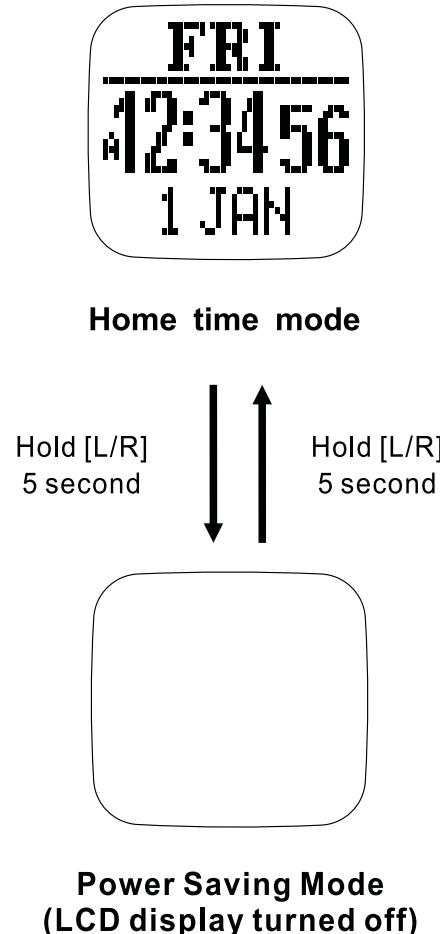
Q -04



**Memory Usage
Display**

How to check the Memory Usage

- Hold [M] under any mode to enter Setting Menu > Memory

**Shipping Mode**

- This watch is set as shipping mode to save energy
- For first time of use, hold any button for 5 seconds to turn on the LCD display

Power Saving Mode

- This Watch has a Power Saving Function which can turn off the LCD display so that the battery can last longer.
- While in the Power Saving Mode, the watch function is still working normally. (i.e. The timekeeping function is still running during the Power Saving Mode.)

How to enter/exit the Power Saving Mode

- To enter the Power Saving Mode, hold down the [L/R] button in Home Time Mode for about 5 seconds and the LCD display will be turned off.
- Press [L/R] button during Power Saving Mode will exit the mode and the LCD display will be resumed.

S. Online Data Sharing

The workout information can be transferred to the GPS Watch software for detailed analysis.

The workout information can be exported the information as “tkl” format by the GPS Watch software “tkl” is a common file format of GPS data. Therefore, the data can be imported to some sport websites, which support “tkl” format, for online data sharing.