

Golf/Sport GPS Watch User Manual



NOTICE

1. Please charge the device before use.
2. Due to double rubber band waterproof design, please press buttons firmly on the first use.
3. Make sure to receive GPS signal outdoor.

WARNING

Please use 5V output USB charger that comply with CE standard. The warranty does not apply to the damage or defective which been caused from non-certified charger.

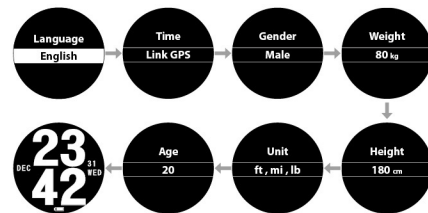
82-203G-01010_V.1

1. Device Overview



- 1 Power/Backlight**
Hold 3 seconds to turn the device on/off. Press to turn the backlight on/off.
- 2 Back/Lap**
Press to return to the previous page/ Set a lap.
- 3 Up**
Press to scroll up the menu.
- 4 OK/Menu/Save**
Press to accept an entry or to move forward on a menu.
- 5 Down**
Press to scroll down the menu.

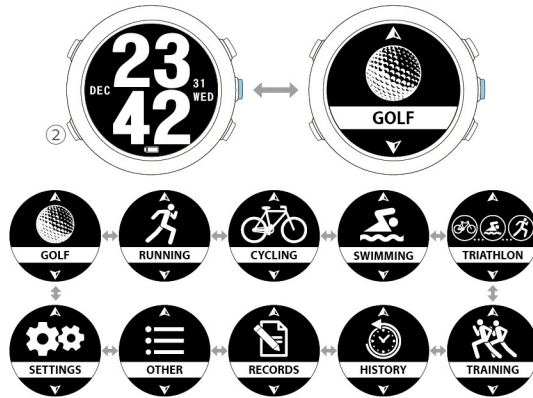
2. Starting with the Watch



Complete watch profile setting by following steps when use for the first time use, after factory reset, or after update software.
Choose Language → Time set up (by GPS <1> or by Manual) → Gender set up → Weight set up → Height set up → Display unit set up → Age set up

- <1> To insure GPS positioning run smoothly, please follow below instructions:
- Make sure to receive GPS in an open space. (Recommend to do it in a park or top of the building.)
 - GPS receiver is located at the bottom of the watch where marked with "GPS". During GPS positioning, please do NOT cover the receiver, and make the receiver face to the up side.
 - GPS locating : Warm boot 45-75 seconds / Hot boot 3-20 seconds.

3. Watch Menus



1. Press 4 to enter main menu.
2. Press 3/5 to scroll up/down the menu.
3. Choose a selected mode and press 4 to enter.

4. Fitness Calculators/Bluetooth



- Under the Time Mode, press 3/5 to browse the walking step/distance, calories burned of today, or turn on/off Bluetooth.
- The Fitness calculator will be reset at 00:00am daily.

5. Watch Settings

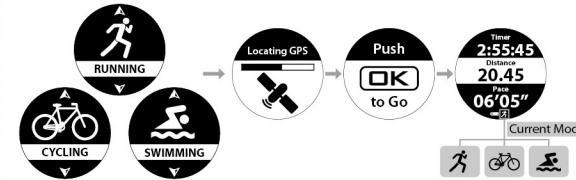


Press 4 to enter main menu. Use 3/5 to scroll to [SETTINGS]. Once in [SETTINGS], you will find below options:

- [System]: Language, Clock, Backlight, Alert, Unit, Geolocation, SmartBand, Orientation, Format, Key Lock-<2>, Factory Reset, About Watch.
- <2> To unlock Key Lock, press 2+3, and release them together.
- [Personal]: Gender, Age, Height, Weight, Max Heart Rate, Weight of bike, Wheel Size.
- [Sensors]: Pairing your Heart Rate sensor or Cadence sensor with watch. (Limited to the models with Bluetooth 4.0)
- [Running/Cycling/ Swimming]: Smart Screen, Sport Alert, Smart Pause, Smart Lap, Smart scroll.

6. Sport Mode

6-1 Running/Cycling/Swimming Mode



1. Press 4 to enter main menu, select [RUNNING / CYCLING / SWIMMING], and press 4 to enter
2. Locating Satellites automatically <1>
3. After GPS locating completed, press 4 to start to exercise.
4. Press 3/5 to browse sport's figures.
5. To finish the sport mode, press 4, then Press 3/5 to select [Resume / Save / Discard] then press 4 to confirm.

6-2 Triathlon Mode

Enter [TRIATHLON] mode (Follow the same procedure as 6-1). Press 2 to switch sport mode, the sport icon will become flicker (to record the mode switch preparation time). To start next mode, press 2 again to confirm.

6-3 Training Mode

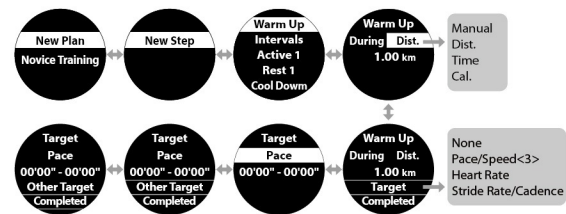
It is your personal virtual trainer which can create the best training plan according to your requirements.



1. Press 4 to enter main menu, and select [TRAINING].
2. Choose [Running /Cycling] and press 4 to enter.
3. Choose [New Plan / Novice Training] and press 4 to enter.

6-3-1 New Plan

Please follow below procedure to design your own training plan, it includes Warm up, Interval, Activity, Rest, and Cool Down settings.

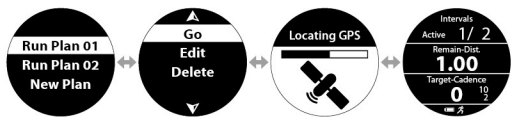


<3> Modify the format at [SETTING -> SYSTEM -> Format].

1. Press 4 to enter [Warm up / Intervals / Active / Rest / Cool Down].
2. At During Setting, press 3/5 to select [Manual / Dist. / Time / Cal.], press 4 to enter; Press 3/5 to enter a figure (ex: 3 km or 00:15 min or 500 Kcal), then press 4 to enter.

3. Press 4 to enter [Target]. Press 3/5 to select [None / Pace (Speed) / Heart Rate / Stride Rate], enter target figure, then press 4 to enter
4. If 2nd target is required, press 4 to enter [Other Target] and repeat step 4.
5. Under [Intervals] setting, you can set how many times you want to repeat the training program.
6. Press 4 to enter [Completed]
7. Press 4 to enter the above plan, and then you can [Edit / Delete / Insert] the settings.

After your create the training plan:



1. Press 4 to enter [Run Plan 01] or [Run Plan 02].
2. Press 3/5 to select [Go / Edit / Delete] this plan.
3. Select [Go], start to locate satellites automatically.
4. Start your training activity, press 3/5 to browse current figure and achievement.

6-3-2 Novice Training



Enter Novice Training. Press 3/5 to select a target and press 4 to confirm, then select [OK] and press 4 to start.

7. Time Mode



8. History



1. Press 4 to enter main menu
2. Press 4 to enter "History"
3. Press 4 to select a sport mode, and to view the history record.
4. To exit, press 2.

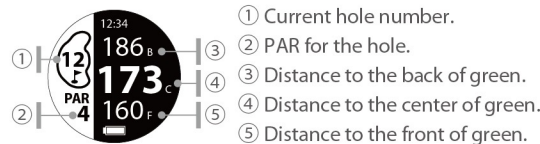
9. Golf Mode

This product is a smart GPS golf watch. It embedded global golf course maps inside. The watch can not only locate where you are and list the golf courses by distance sequence, but also can detect your distance to hole, show hazard, and record your score.

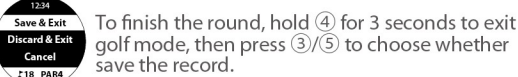
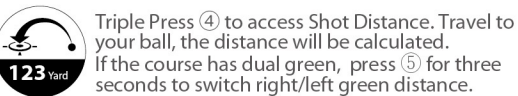
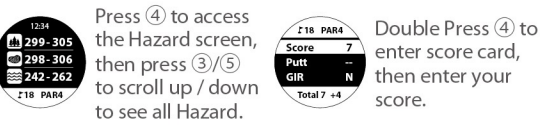
9-1 Play Golf



9-2 On The Course



- Press 3/5 to go to previous / next hole. (The default unit is Yard. To switch the display unit, please refer to 5. Watch settings)
- If the course has dual green, press 5 for three seconds to switch right/left green distance.



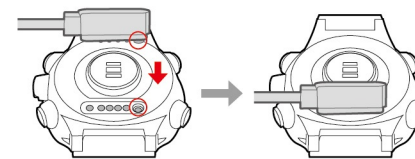
9-3 Golf Score History



10. Charge the watch

Battery / Charging Information

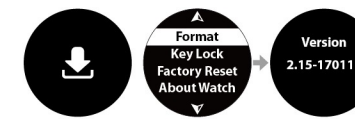
Battery Specifications : 3.7V / 340mAh
Charging Specifications : 5V / 500mA



Connect the charger clip end on watch, and plug USB end into computer USB port or CE certified AC adapter.

11. Update

- Step 1: Connect the device to the computer USB port.
- Step 2: Right click on [Golf disk], and then choose Format Disk.
(If the watch has old course data, please format the golf disk first; If no course data, jump to step 3 directly.)
- Step 3: Update course data → unzip new "course.rar". Update Firmware → unzip new "update.rar".
- Step 4: Drag the unzipped folder from step 3 (Do Not change folder's name) into the Golf disk (Course update will take around 10 minutes, Don't remove device during update.)
- Step 5: Remove the charging clip, the watch will switch on and update automatically (refer to Photo 1). The updating will take 3-5 minutes.
- Step 6: Enter [About Watch] to re-confirm the new firmware/course data been updated.



NOTICE Format Disk will delete sport's history records, please upload your record to APP or copy on computer before step 2.

12. Troubleshooting

If the watch occur any error or malfunction, use hardware reset for troubleshooting.



Press 3+4 together, then press 1, release three buttons at same time.

FCC Statement

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.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.
- To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.