Trainer Watch
TW-100

My Watch

Turn on or off the light

Turn on or off the watch

Mark Lap

Go back to previous page

Charging light

UP | +

OK | Menu

Resume
Save
Discard

(During sport modes, Running | Cycling | Training)
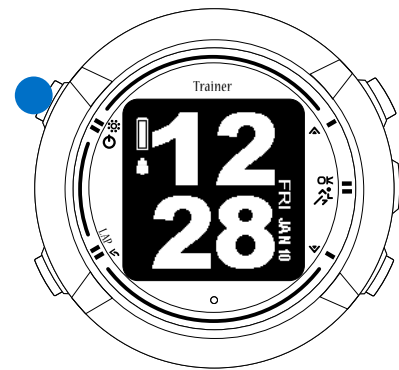
Down | -

Trainer

Turn On

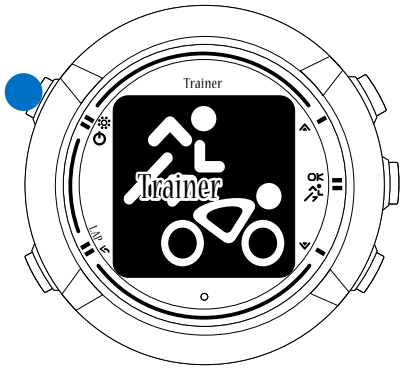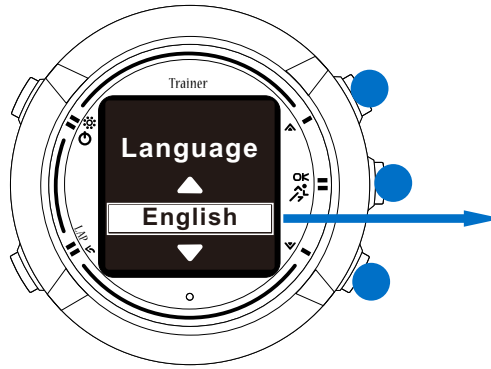**Hold the "Power" button for " 2~3 " seconds to turn on.**

Turn Off

Hold the "Power" button for " 3 " seconds to turn on.
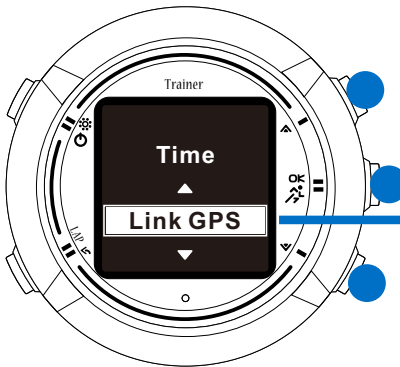
Let's GO
My friend

Start

Hold the "Power" button
for 2~3 seconds to turn on.

Language
English
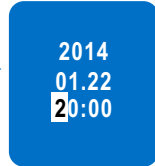
English
繁體中文
简体中文
日本語
Deutsch

1. Press the "Up" or "Down" buttons to choose your language.
2. Press the OK button to accept your choice.

Time
Link GPS

Link GPS
Custom

2014
01.22
20:00

1. Press the "Up" or "Down" button to choose the method of the time and date setting, Link GPS or Custom.
2. Press the "OK" button to accept your choice.
3. When the watch isn't linked GPS or choose Custom, setting time by yourself.
4. When setting it by yourself, pressing the "Up" or "Down" buttons to change the number. Then pressing the "OK" button to accept your setting and go to next option.
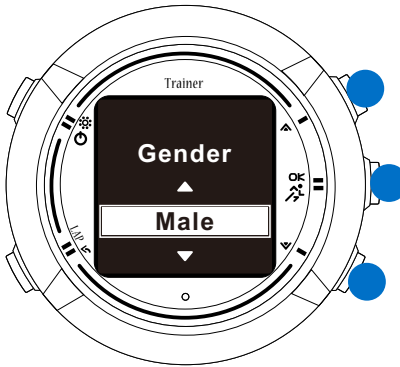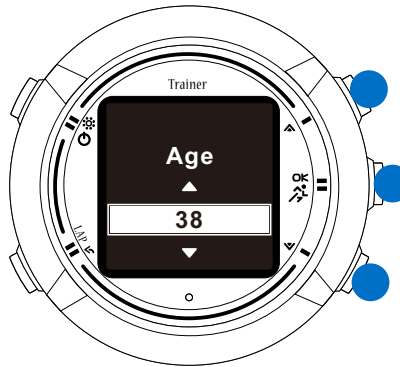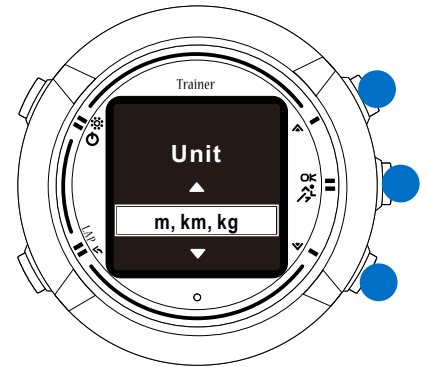
Gender
Male

Age
38

Unit
m, km, kg

1. Press the "Up" or "Down" button to choose your gender.
2. Press the "OK" button to accept your choice.

1. Press the "Up" or "Down" button to change the number of your age .
2. Press the "OK" button to accept your setting.

1. Press the "Up" or "Down" buttons to choose your unit.
2. Press the "OK" button to accept your choice.

Height
180 cm

Weight
080 kg

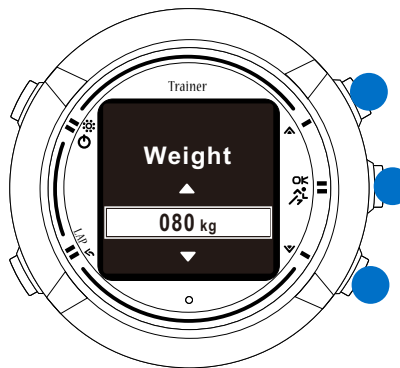**MAX Hear Rate**
176 bmp
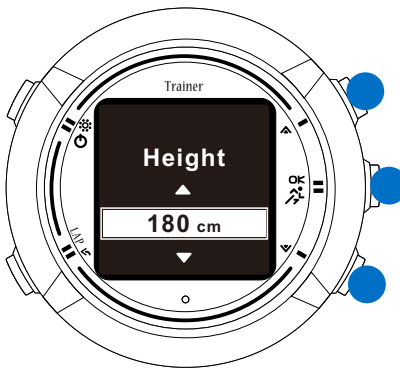
1. Press the "Up" or "Down" buttons to change the number of your height.
2. Press the "OK" button to accept your setting.

1. Press the "Up" or "Down" buttons to change the number of your weight.
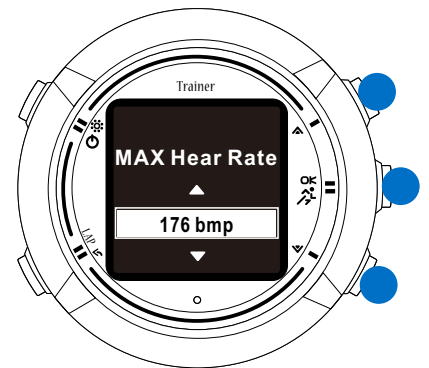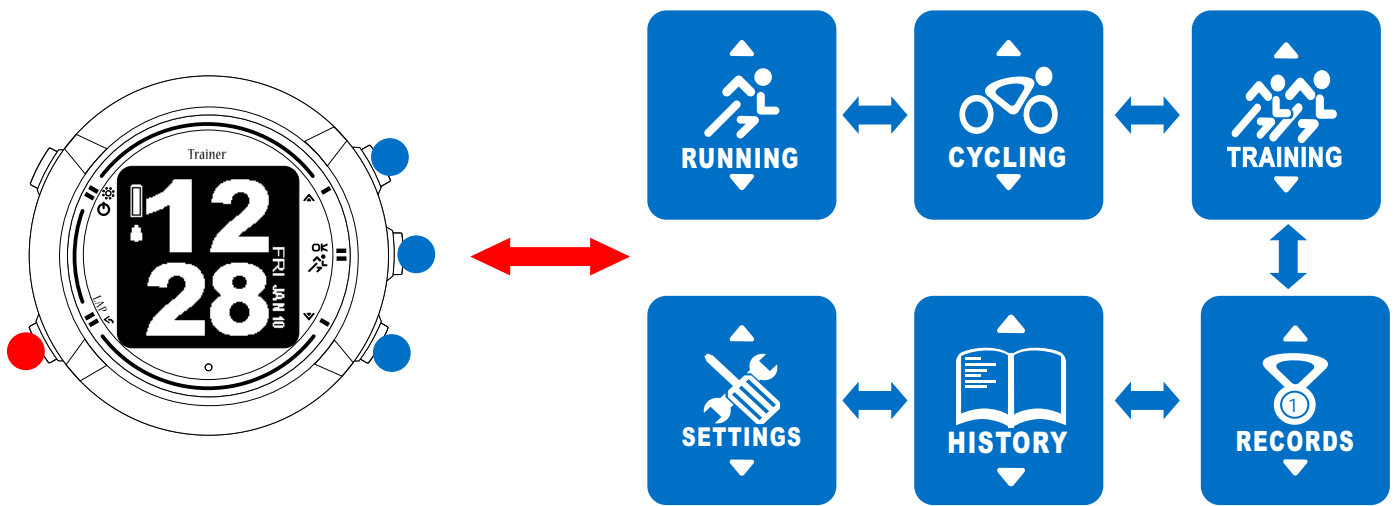2. Press the "OK" button to accept your setting.

1. Press the "Up" or "Down" buttons to change the number of your max hear rate.
2. Press the "OK" button to accept your setting.

Function Mode & Icon

RUNNING ↔ CYCLING ↔ TRAINING

SETTINGS ↔ HISTORY ↔ RECORDS

1. Press the "Up" or "Down" buttons to choose your function modes, Running | Cycling | Training | Records | History | Setting.
2. Press the "OK" button to accept your choice.
3. Press the "Back" button to go back to the watch mode from any function modes.
4. Function Mode:
4-1. Running: Running Mode
4-2. Cycling: Cycling Mode
4-3. Training: Running and Cycling Plan Mode
4-4. Records: Record Mode (Fastest, Longest)
4-5. History: Historical Data Mode
4-6. Setting: Setup Mode

Battery Level
Alarm
Hour
Minute
Week
Month
Date
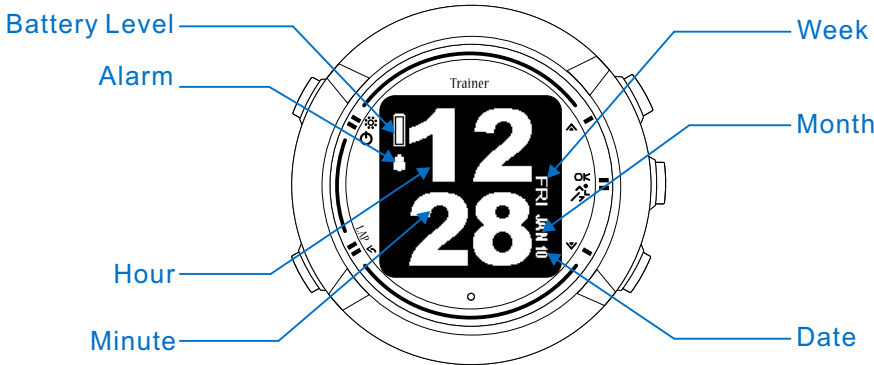
Battery

🔋	Full battery
🔋	Half battery
🔋	Low charging
🔋	Battery is depleted
🔋	Battery charging

Function

⚠️	Notification
🏃	Running made
🚴	Cycling made

GPS

	Link GPS
	GPS is not linked (Not fixed)
	GPS signal is good
	GPS signal is normal
	GPS signal is weak

Bluetooth (BT)

	Link Bluetooth
	Bluetooth function is unable
	Bluetooth function is enable

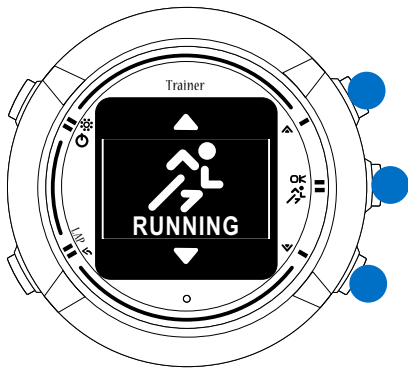## Heart rate sensor

	Link Heart rate sensor
	Heart rate sensor is not active (BT is enable)
	Heart rate sensor is active (BT is enable)

Cadence sensor

|	
	Link cadence sensor
	Cadence sensor is not active (BT is enable)
	Cadence sensor is active (BT is enable)

Sport
Mode

Running Mode

1. Press the "Up" or "Down" buttons to choose your activity, Outdoor GO or Indoor GO.
2. Press the "OK" button to accept your choice.
3. Displayed information varies on exercise mode and preference. Refer to "Settings" section for more information.

Outdoor GO
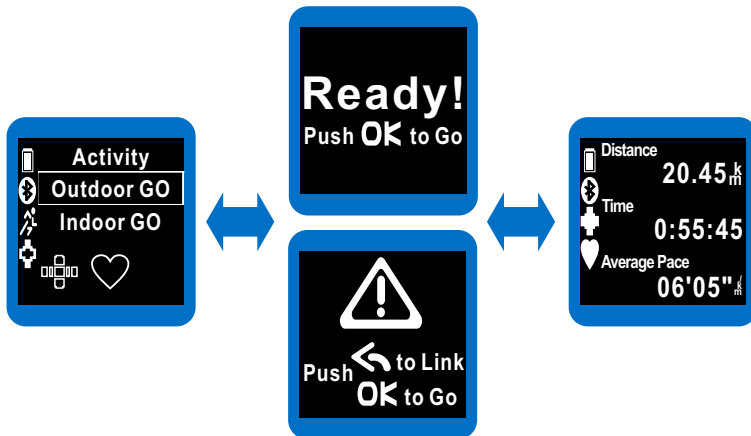
1. GPS signal is OK, and then pushing the "OK" button to run.
2. If Bluetooth is enable, the watch is linked your heart rate sensor.
3. When GPS or Heart rate sensor is not linked , the watch is displayed the notification. Then choose to push the "Back" button to link sensors again or push the "OK" button to run.

Indoor GO

1. Press the "OK" button to run.
2. If Bluetooth is enable, the watch is linked your heart rate sensor.
3. When Heart rate sensor is not linked , the watch is displayed the notification. Then choose to push the "Back" button to link the sensor again or push the "OK" button to run.
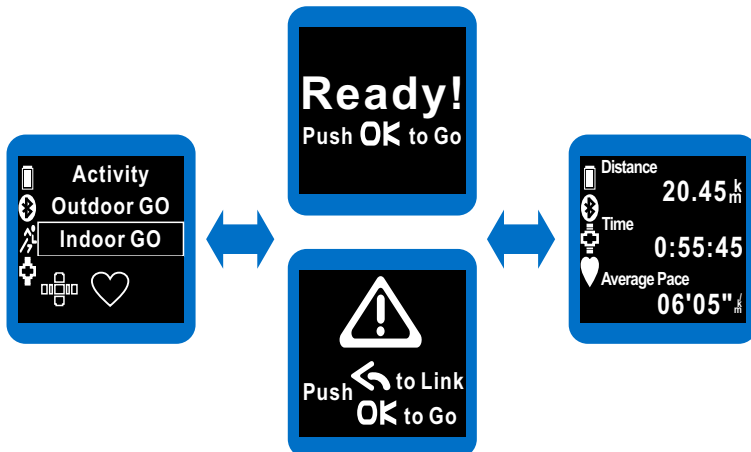
Cycling Mode

1. Press the "Up" or "Down" buttons to choose your activity, Outdoor GO or Indoor GO.
2. Press the "OK" button to accept your choice.
3. Displayed information varies on exercise mode and preference. Refer to "Settings" section for more information.
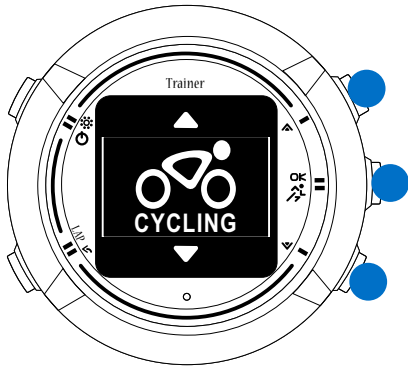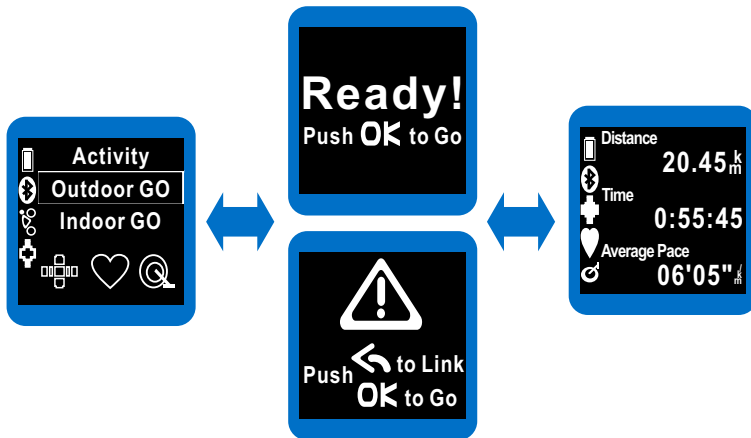
Outdoor GO

1. GPS signal is OK, and then pushing the "OK" button to cycle.
2. If Bluetooth is enable, the watch is linked your heart rate and cadence sensors.
3. When GPS ,Heart rate sensor or Cadence sensor is not linked , the watch is displayed the notification. Then choose to push the"Back"button to link sensors again or push the "OK" button to cycle.

Indoor GO

1. Press the "OK" button to cycle.
2. If Bluetooth is enable, the watch is linked your heart rate sensor.
3. When Heart rate sensor or Cadence sensor is not linked , the watch is displayed the notification. Then choose to push the"Back"button to link sensors again or push the "OK" button to cycle.
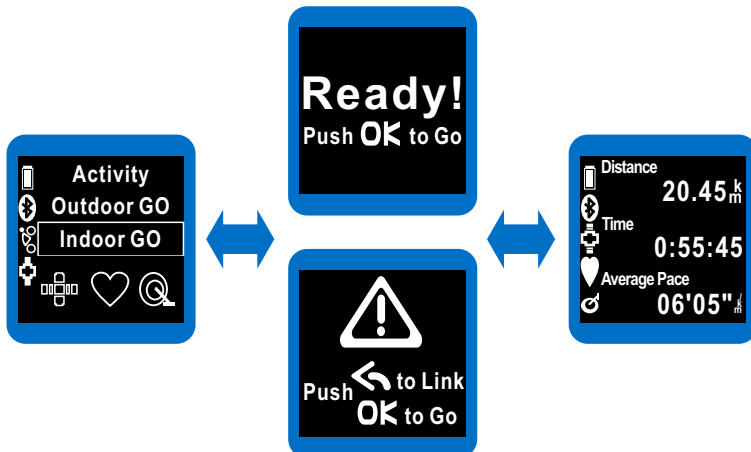
Training Mode - Create a New Plan
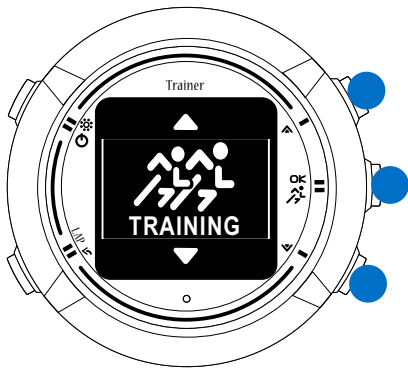
1. Press the "Up" or "Down" buttons to choose your activity, Running or Cycling.
2. Press the "OK" button to accept your choice.
3. Training program design with Personalized and Flexibility :
3-1. Setting each steps with planning function: User can easy setting multi-plans or single-plan for Warm up, Intervals, Active 1,Rest 1 and Cool Down.
3-2. Each step of target can be trusted with "Personal sport setting" or the training value of "Single- plan" with user setting)
3-3. Other Target: You can have a professional plan. Ex. General professional sports only set speed, but will ignore the remind with pace and additional physical loss.
4. Displayed information varies on exercise mode and preference. Refer to "Settings" section for more information.
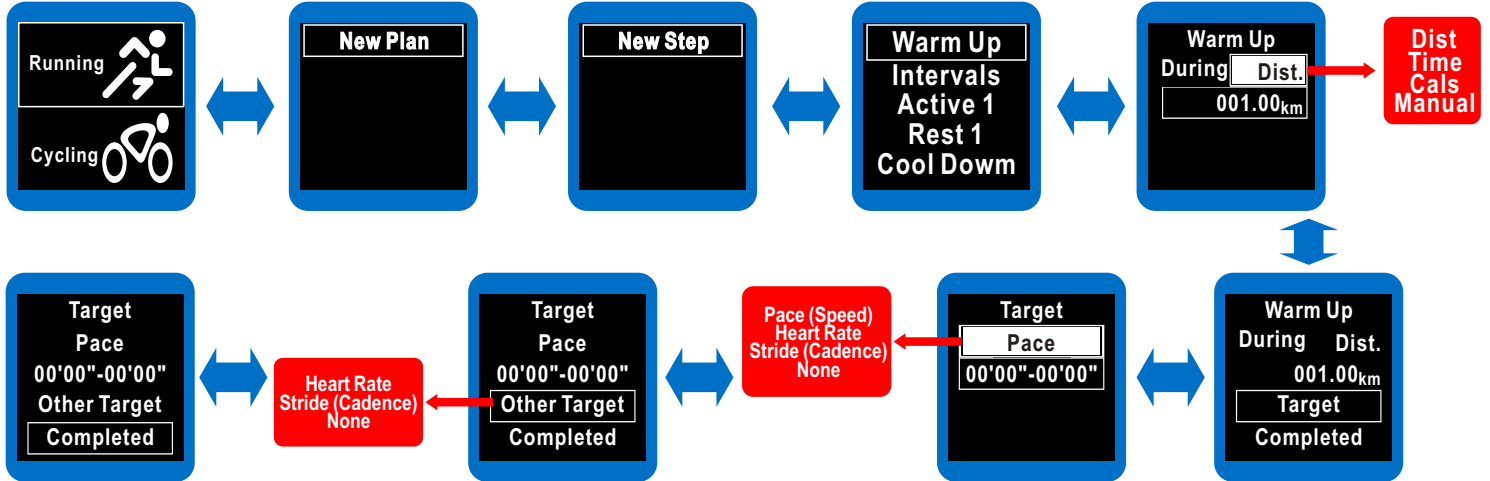
Create a new Plan (Warm UP, Active, Rest, Cool Down)

1. Press the "OK" buttons to enter the setting and accept your choice.
2. Press the "Up" or "Down" buttons to change the choice and number.
3. Press the " Back" button two times to go back to previous page during setting the step.

Create a new Plan (Intervals)
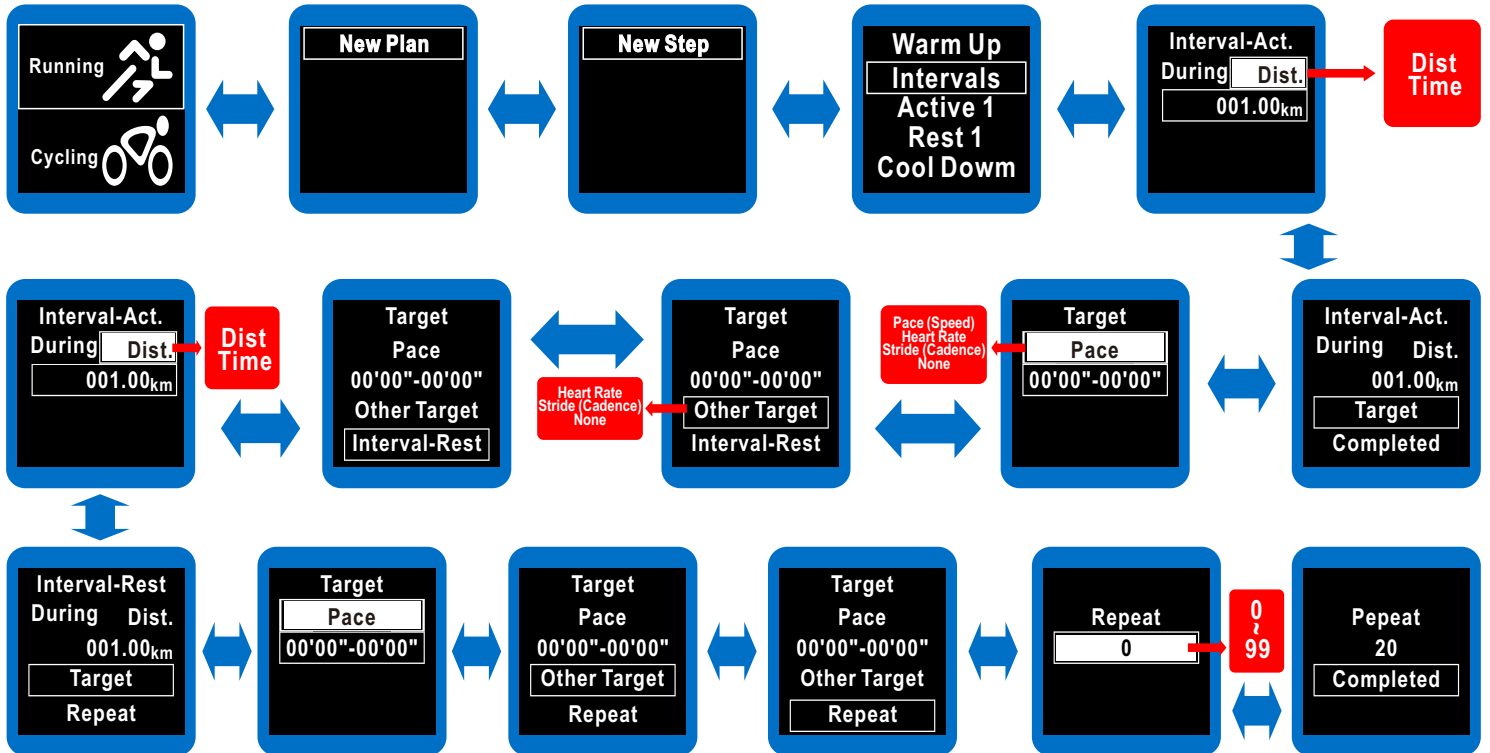
1. Press the "OK" buttons to enter the setting and accept your choice.
2. Press the "Up" or "Down" buttons to change the choice and number.
3. Press the " Back" button two times to go back to previous page during setting the step.

Play the Plan

Trainer
Run Plan 01

Go
Edit
Delete

Activity
Outdoor GO
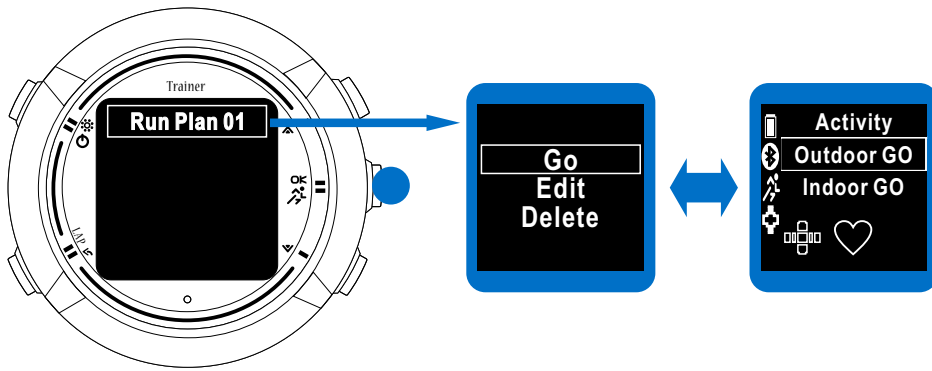Indoor GO

1. Press the "OK" button to enter the plan, and then choose the "GO" icon to play the plan.
2. Press the "UP" or "Down" buttons to choose your activity, Outdoor GO or Indoor GO. (Refer to the user manual of "Running mode" or "Cycling mode" for setting)
3. Press the "OK" button to accept your choice.

Edit the Plan

Trainer
Run Plan 01

Go
Edit
Delete

Warm Up
Intervals
Active 1
Rest 1
Cool Dowm
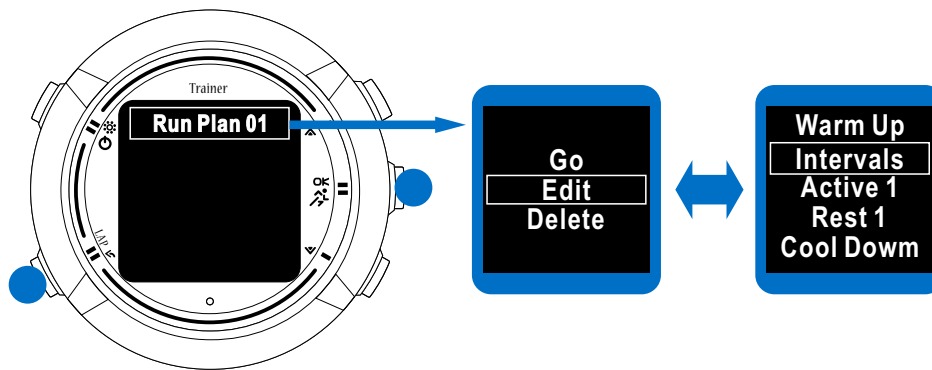
1. Press the "OK" button to enter the plan, and then choose the "Edit" icon to edit the plan.
2. Press the "Back" buttons to go back to previous page.
3. Press the "OK" button to accept your choice.

Edit the Step

Trainer
Warm Up
Active 1
Rest 1
Active 2
Rest 2

Edit
Delete
Insert

Warm Up
During   Dist.
001.00km
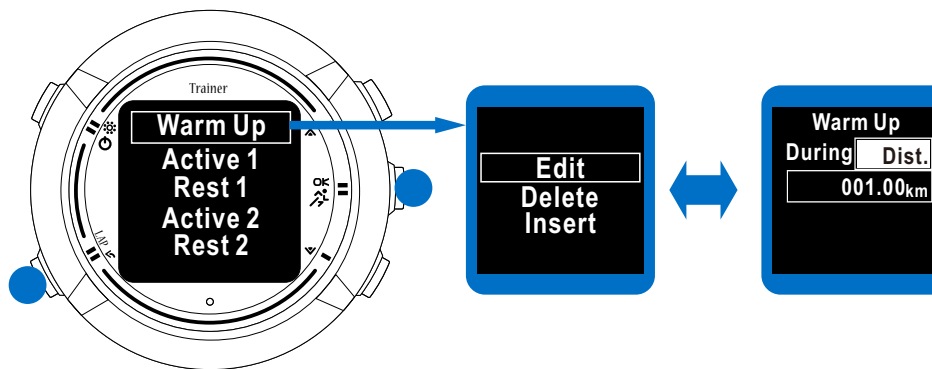
1. Press the "OK" button to enter the step, and then choose the "Edit" icon to edit the step. (Refer to the user manual of "Training mode-create a new plan" for setting)
2. Press the "Back" buttons to go back to previous page.
3. Press the "OK" button to accept your choice.

Insert the Step

Trainer
Warm Up
Active 1
Rest 1
Active 2
Rest 2

Edit
Delete
Insert

Warm Up
During   Dist.
001.00km
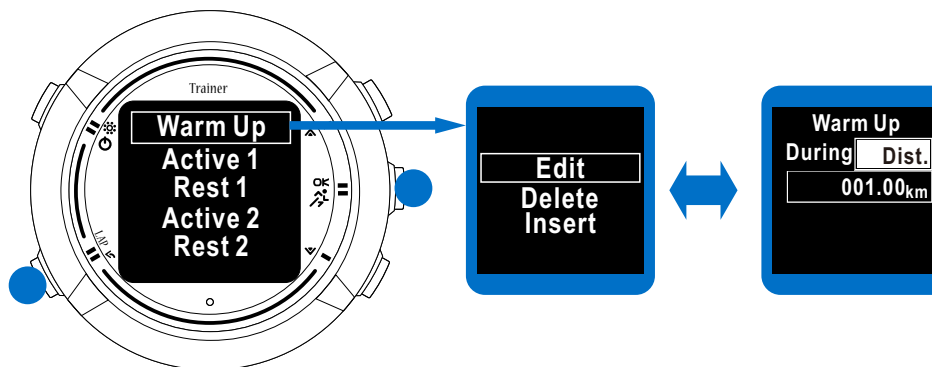
1. Press the "OK" button to enter the step, and then choose the "Insert" icon to insert a new step in the front of your choosing step. (Refer to the user manual of "Training mode-create a new plan" for setting)
2. Press the "Back" buttons to go back to previous page.
3. Press the "OK" button to accept your choice.

7

Lap

Laps can marked by two ways.
1. Smart Lap can automatically mark laps based on a defined distance.
2. When recording, press the " LAP" button to mark lap.

Smart Lap

1. Smart Lap is in Running or Cycling of settings mode, and then choose "by Distance" or "Manual".
2. By Distance: Mark laps based on a defined by your setting, such as every kilometer or every mile.
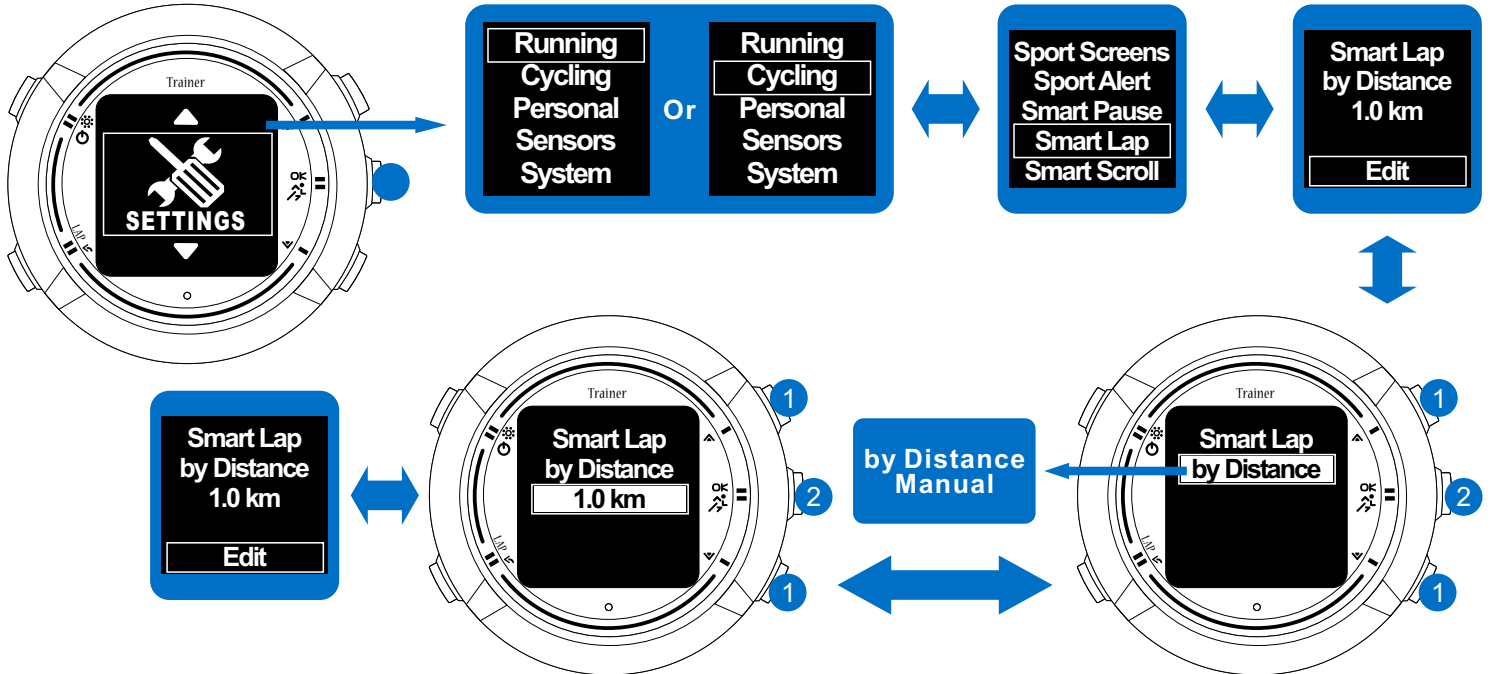
Mark Lap during recording

1. When recording, press the " LAP" button to mark lap.
2. Go back the recording page automatically after marking laps.
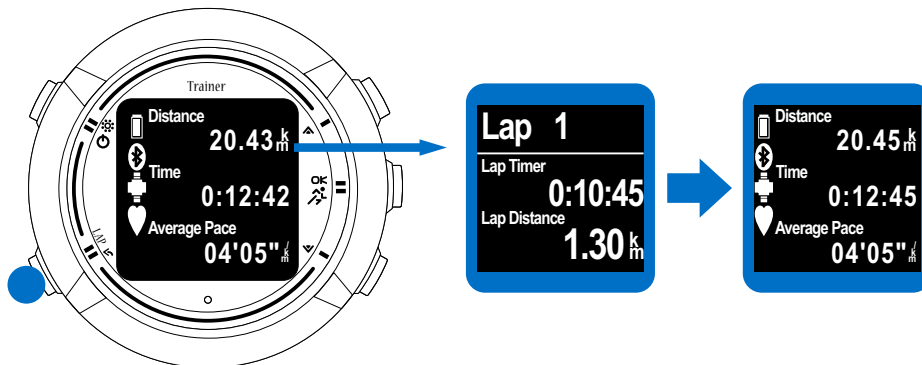
View the data during recording

There are two ways to view this date during recording.
1. Smart Scroll can automatically scroll based on a defined setting.
2. Scroll pages can manually operated by pressing the " Up" or "Down" button to view this data.
Displayed information varies on exercise mode and preference. Refer to "Settings" section for more information.

Smart Scroll

Smart Scroll is in Running or Cycling of settings mode, and then choose "Fast", "Slow" or "Off".
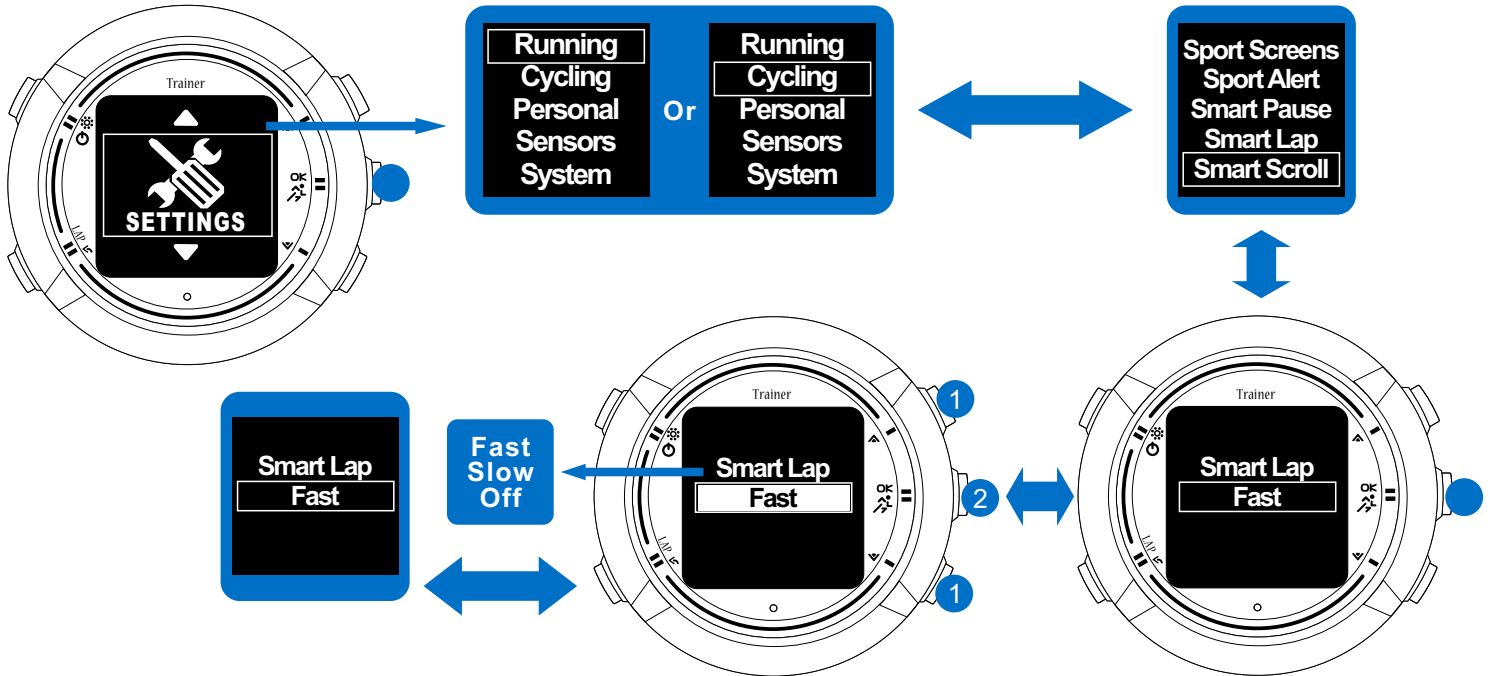
Manually Operate

Press the " Up" or "Down" button to view this data.
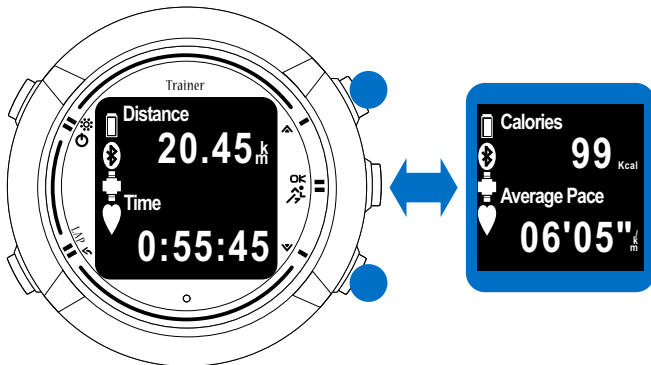
Timer Stopped

1. Press the "OK" button to enter the " Timer Stopped " function during sport modes, Running | Cycling | Training.
2. Press the "Up" or "Down" button to choose your needs, Resume | Save | Discard.

Resume
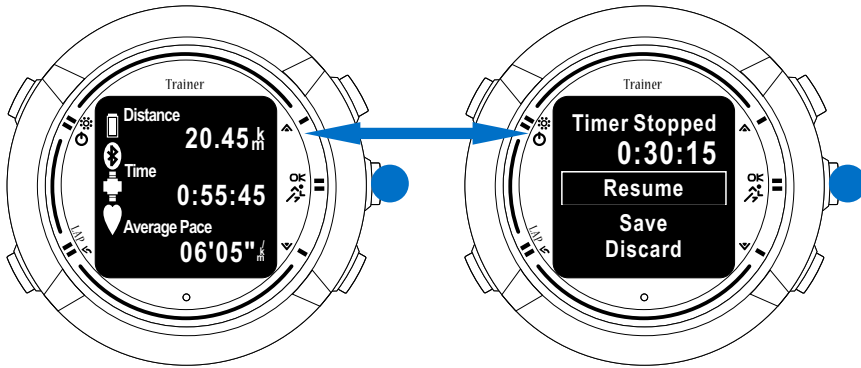
Press the "OK" button to resume your sport in " Time Stopped" function mode. Then pressing again to return the previous sport mode.

Save
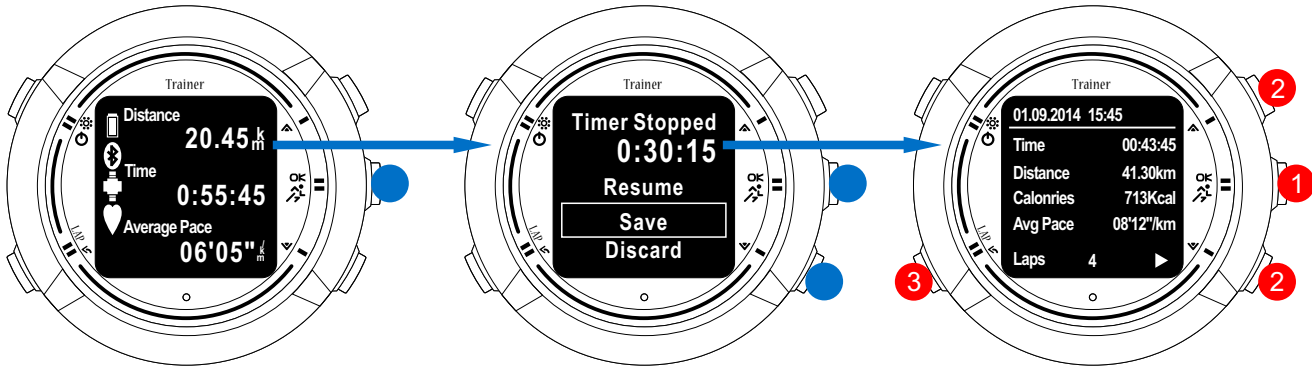
After saving this sport data, you could view it by some operations.
1. Press the "OK" button to view the data.
2. Press the"Up"or"Down"button to get more information every lap.
3. Press the "Back" button to leave this sport mode.

Discard
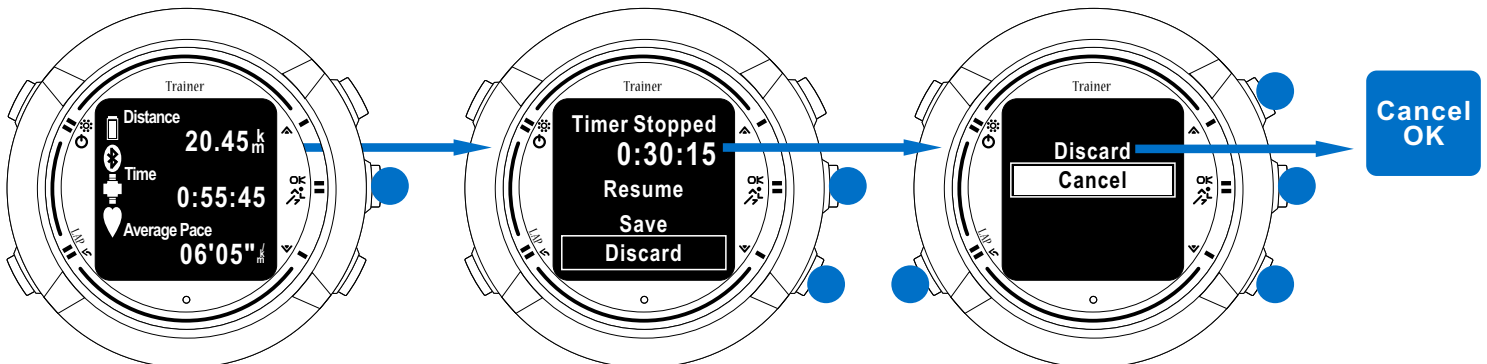
1. Choose "Cancel" to go back the previous page, and then choose other functions, Resume or Save.
2. Choose "OK" to delete this sport data, and leave this sport mode.

Records
Mode

Records mode

The record can automatically update based on a best grade.

Running / Cycling

Fastest 1 km 0:03:42
Fastest 5 km 0:05:52
Fastest 10 km 0:00:00

Longest Run 0:00:00
Fastest Marathon 0:00:00
Fastest Half Marathon 0:00:00

Running / Cycling

Fastest 1 km 0:01:52
Fastest 5 km 0:03:32
Fastest 10 km 0:00:00

Fastest 20 km 0:00:00
Fastest 40 km 0:00:00
Longest Ride 0:00:00

History Mode

History Mode
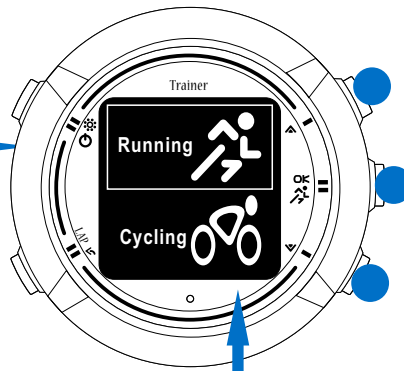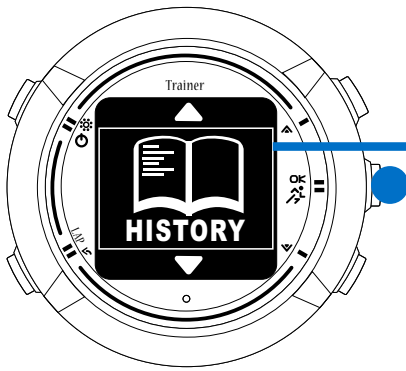
1. Press the "Up" or "Down" button to choose the sport that you want to view.
2. Press the "OK" button to enter the data.
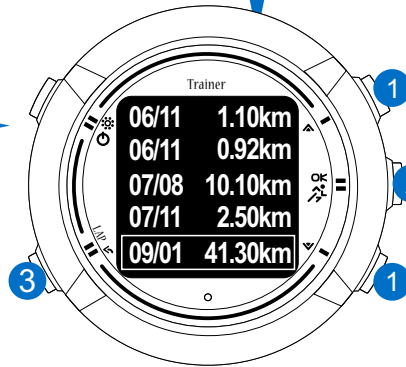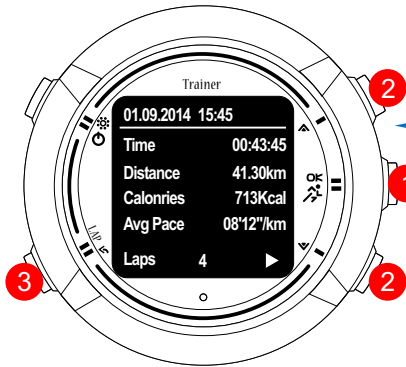
1. Press the "Up" or "Down" button to choose the data.
2. Press the "OK" button to enter the data.
3. Press the "Back" button to leave the data.

1. Press the "OK" button to view the detail.
2. Press the "Up" or "Down" button to get more information every lap.
3. Press the "Back" button to leave the lap.

Settings
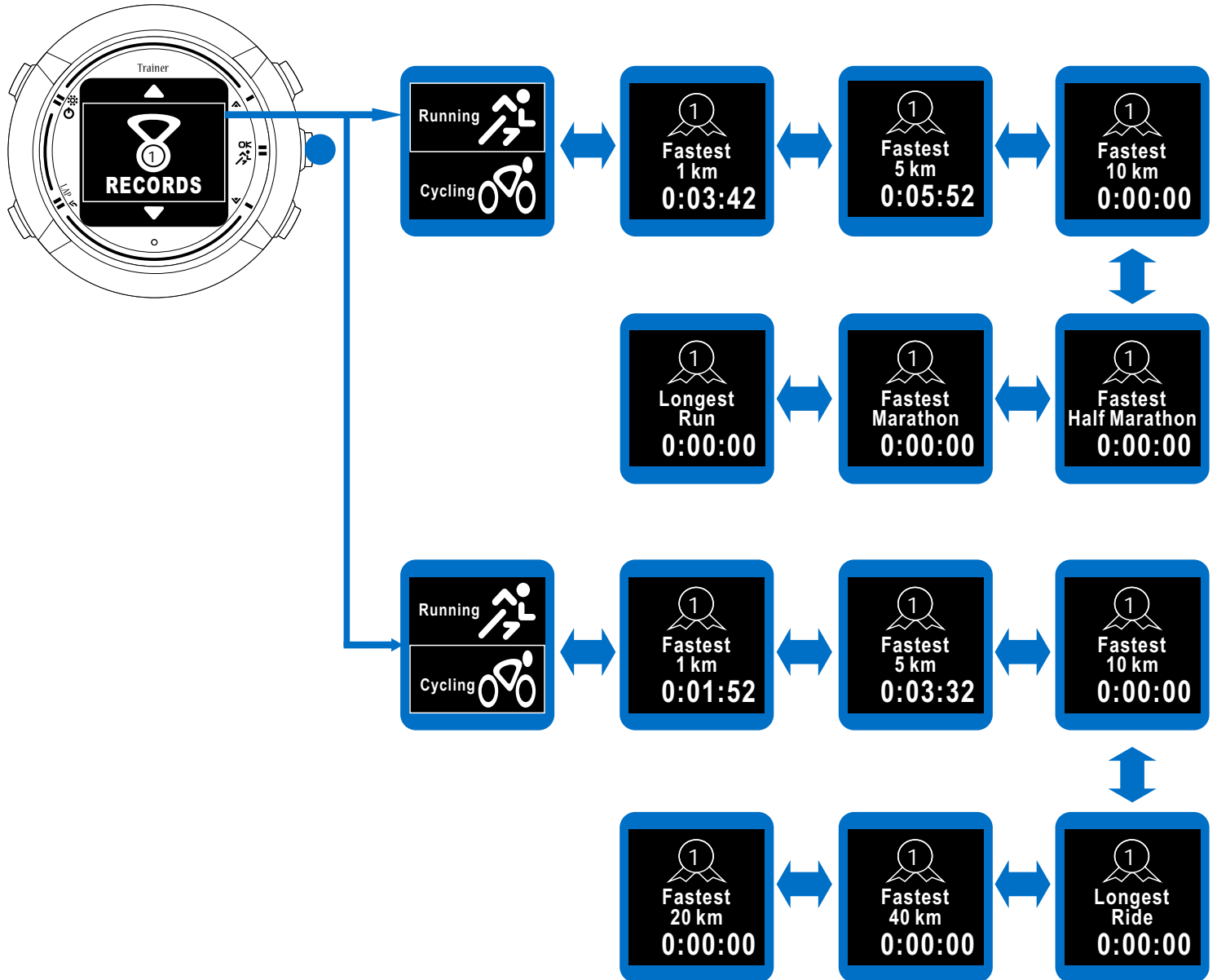# Mode

Settings Mode

Trainer

SETTINGS

Running
Cycling
Personal
Sensors
System

Running

Sport Screens
Sport Alert
Smart Pause
Smart Lap
Smart Scroll

Cycling

Sport Screens
Sport Alert
Smart Pause
Smart Lap
Smart Scroll

Personal

User Profile
Bike Profile

Sensors

Hear Rate
Cadence

System

Language
Clock
Backlight
Alert
Unit
Orientation
GPS
Format
Factory Reset
about Watch

- **Sport Screen**
  1. Screen
  2. Smart Partner

- **Sport Alert**
  1. None
  2. Speed / Pace
  3. Heart Rate
  4. Stride Rate

- **Smart Pause**
  1. Off
  2. On

- **Smart Lap**
  1. Manual
  2. by Distance

- **Smart Scroll**
  1. Off
  2. Fast
  3. Slow

- **Sport Screen**
  1. Screen
  2. Smart Partner

- **Sport Alert**
  1. None
  2. Speed / Pace
  3. Heart Rate
  4. Cadence

- **Smart Pause**
  1. Off
  2. On

- **Smart Lap**
  1. Manual
  2. by Distance

- **Smart Scroll**
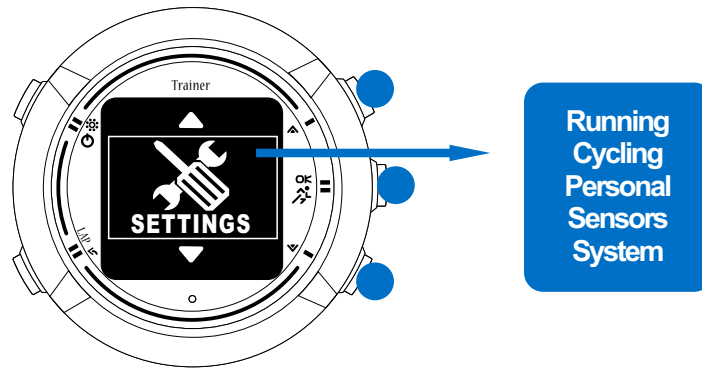 1. Off
  2. Fast
  3. Slow

- **User Profile**
  1. Gender
  2. Age
  3. Height
  4. Weight
  5. Max Hear Rate

- **Bike Profile**
  1. Bike 1
  2. Bike 2

- **Hear Rate**
  Scan Sensor

- **Cadence**
  Scan Sensor

- **Language**
  1. English
  2. 繁體中文
  3. 简体中文
  4. 日本語
  5. Deutsch

- **Clock**
  1. Alarm
  2. 24-Hour
  3. Time
  4. Summer Time

- **Backlight**
  1. 15 sec
  2. 30 sec
  3. 60 sec
  4. 120 sec

- **Alert**
  1. Sound
  2. Light
  3. Vibrate

- **Unit**
  1. m, km, kg
  2. ft, mi, lb

- **Orientation**
  1. Non-rotate
  2. Rotate 180°

- **GPS**
  1. Full Power
  2. Power Saving

- **Format (Speed/Pace)**
  1. Running
  2. Cycling

- **Factory Reset**
  1. Cancel
  2. OK

- **about Watch**
  Version

Settings Mode- Sport Screens

Sport Screens-Screen

Running		Running		Sport Screens		Screen1
Cycling	Or	Cycling		Sport Alert		Screen2
Personal		Personal		Smart Pause		Screen3
Sensors		Sensors		Smart Lap		Screen4
System		System		Smart Scroll		Smart Partner

Timer Group
Distance Group
Calories Group
Speed Group
Pace Group
Stride / Cadence Group
Heart Rate Group
Other Group

Timer Group
Distance Group
Calories Group
Speed/Pace Group

Disabled
2 Fields
3 Fields

Disabled
2 Fields
3 Fields

嚴重的錯誤，一定要改
1. 應該都要有 speed,pace
2. 當跑步區有stride,
   當腳踏區要cadence
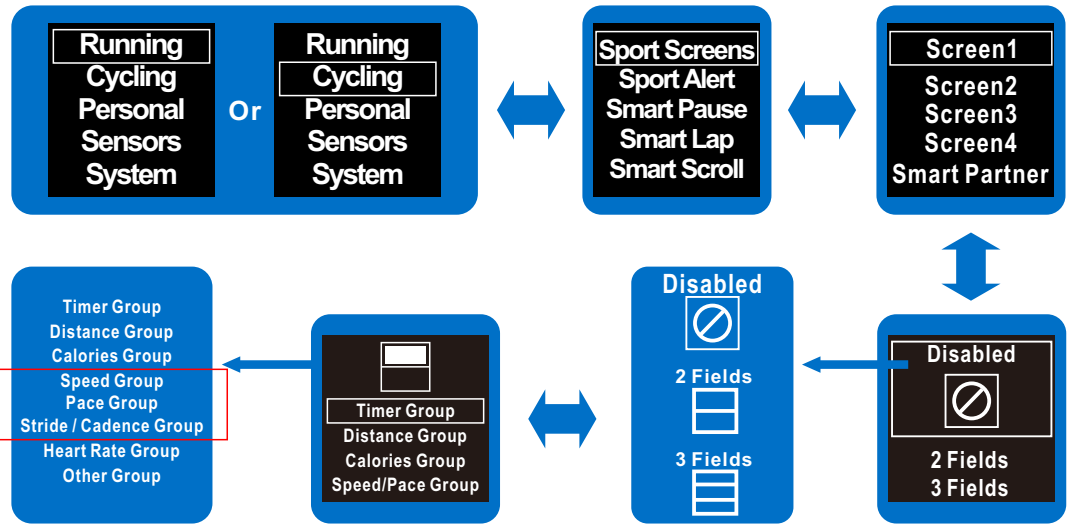
- **Timer Group**
  1. Timer
  2. Lap Timer

- **Distance Group**
  1. Distance
  2. Lap Distance

- **Calories Group**

- **Speed Group**
  1. Speed
  2. Avg. Speed
  3. Lap Speed

- **Pace Group**
  1. Pace
  2. Avg. Pace
  3. Lap Pace

- **Stride Group |**
  1. Step Count
  2. Stride Rate
  3. Avg. Stride Rate
  4. Lap Stride Rate

- **Cadence Group**
  1. Cadence
  2. Avg. Cadence
  3. Lap Cadence

- **Heart Rate Group**
  1. Heart Rate
  2. Heart Rate Zone
  3. HR % Max
  4. Avg. Heart Rate
  5. Lap Heart Rate
  6. Distance

- **Other Group**
  1. Current Time
  2. Elevation
  3. Lap Count

Sport Screen-Smart Partner

Running		Running		Sport Screens		Screen1
Cycling	Or	Cycling		Sport Alert		Screen2
Personal		Personal		Smart Pause		Screen3
Sensors		Sensors		Smart Lap		Screen4
System		System		Smart Scroll		Smart Partner

Pace
6'00" /km
Turn ON
Turn Off
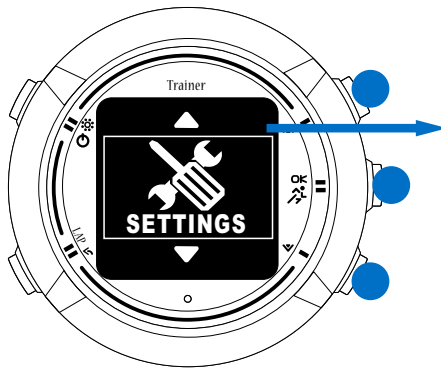
Pace
0'00" /km

1. This setting is only used in the "Running" or "Cycling" mode.
2. Show "Pace" or "Speed" based on the "Format" setting of the "System".
   (Settings mode >> System >> Format >> "Running" or "Cycling")
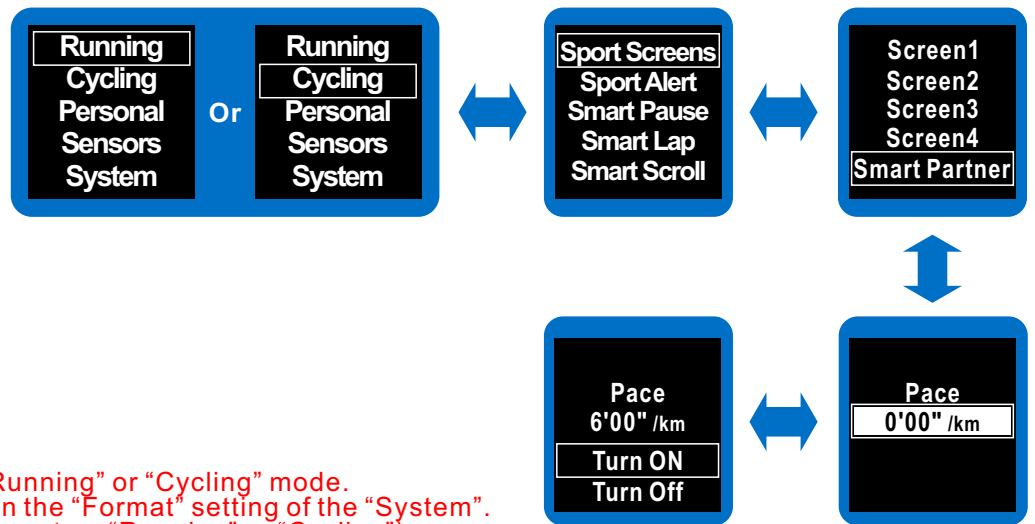
Settings Mode- Sport Alert & Smart Pause

Sport Alert

Trainer

SETTINGS

Running		Running
Cycling	Or	Cycling
Personal		Personal
Sensors		Sensors
System		System

Sport Screens
Sport Alert
Smart Pause
Smart Lap
Smart Scroll

Sport Alert
None

Edit

Sport Alert
Pace
00'00"-00'00"

Edit

Sport Alert
Pace
00'00"-00'00"

None
Pace / Speed
Heart Rate
Stride Rate / Cadence

Sport Alert
None
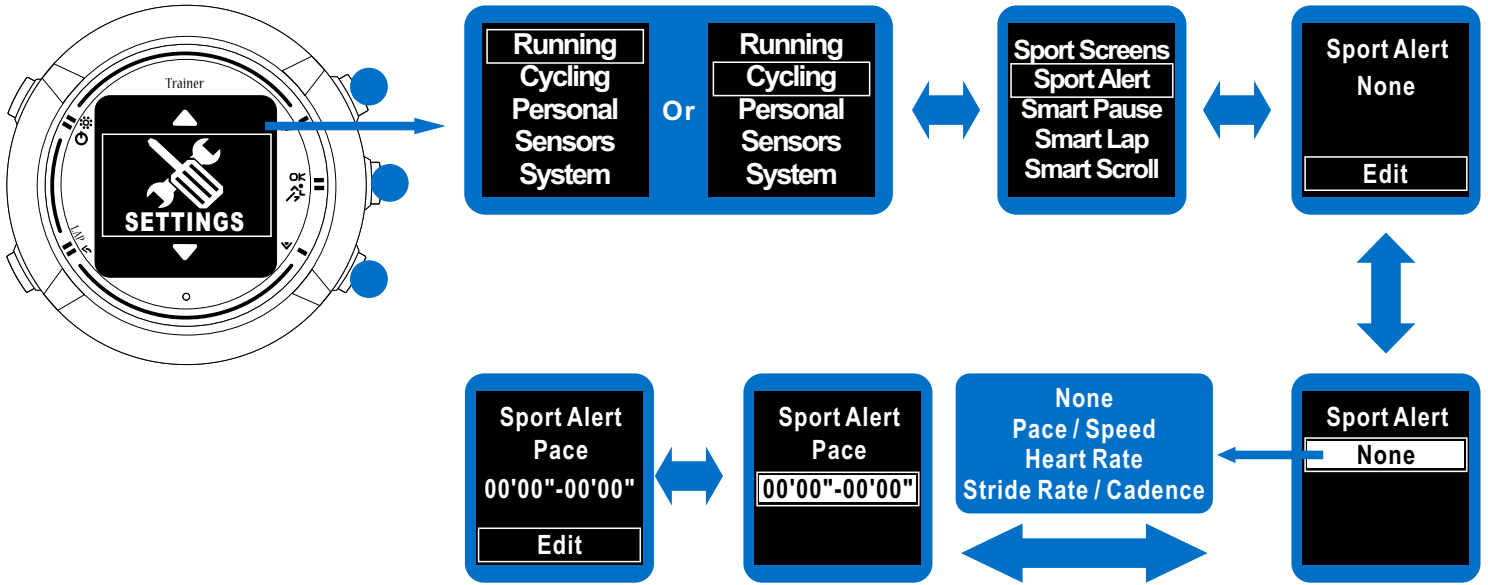
1. Press the "Edit" icon to change the choices.
2. These settings are only used in the "Running" or "Cycling" mode.
3. Show "Pace" or "Speed" based on the "Format" setting of the "System".
   (Settings mode > System > Format (Speed / Pace) > "Running" or "Cycling")

Smart Pause

Trainer

SETTINGS

Running		Running
Cycling	Or	Cycling
Personal		Personal
Sensors		Sensors
System		System

Sport Screens
Sport Alert
Smart Pause
Smart Lap
Smart Scroll

Smart Pause
On

On
Off

Trainer

Smart Pause
On

Trainer
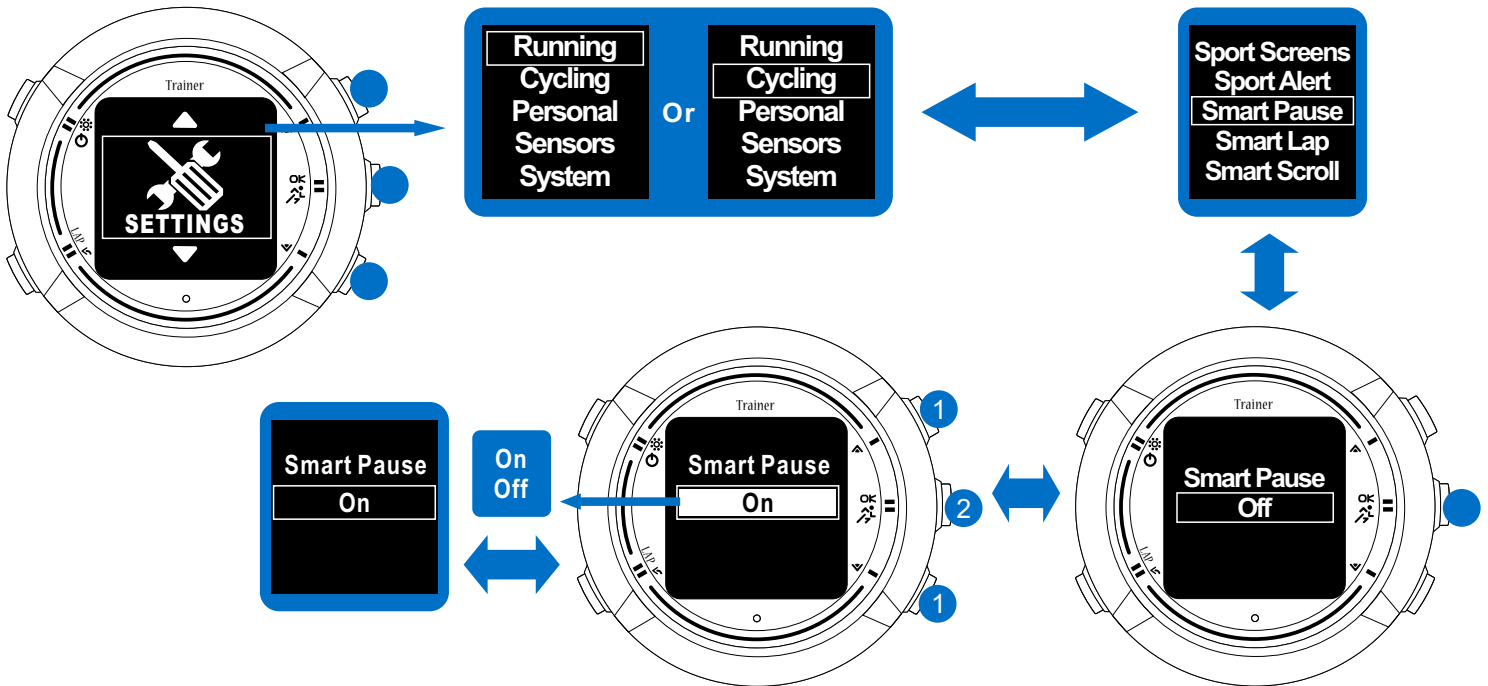
Smart Pause
Off

1. Smart Pause can automatically pausing based on a smart analysis.
2. Press the "Up" or "Down" buttons to change the choice.
3. Press the OK button to accept your choice.

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Settings Mode- Smart Lap & Smart Scroll

Smart Lap

Laps can marked by two ways.
1. Smart Lap can automatically mark laps based on a defined distance.
2. When recording, press the " LAP" button to mark lap.
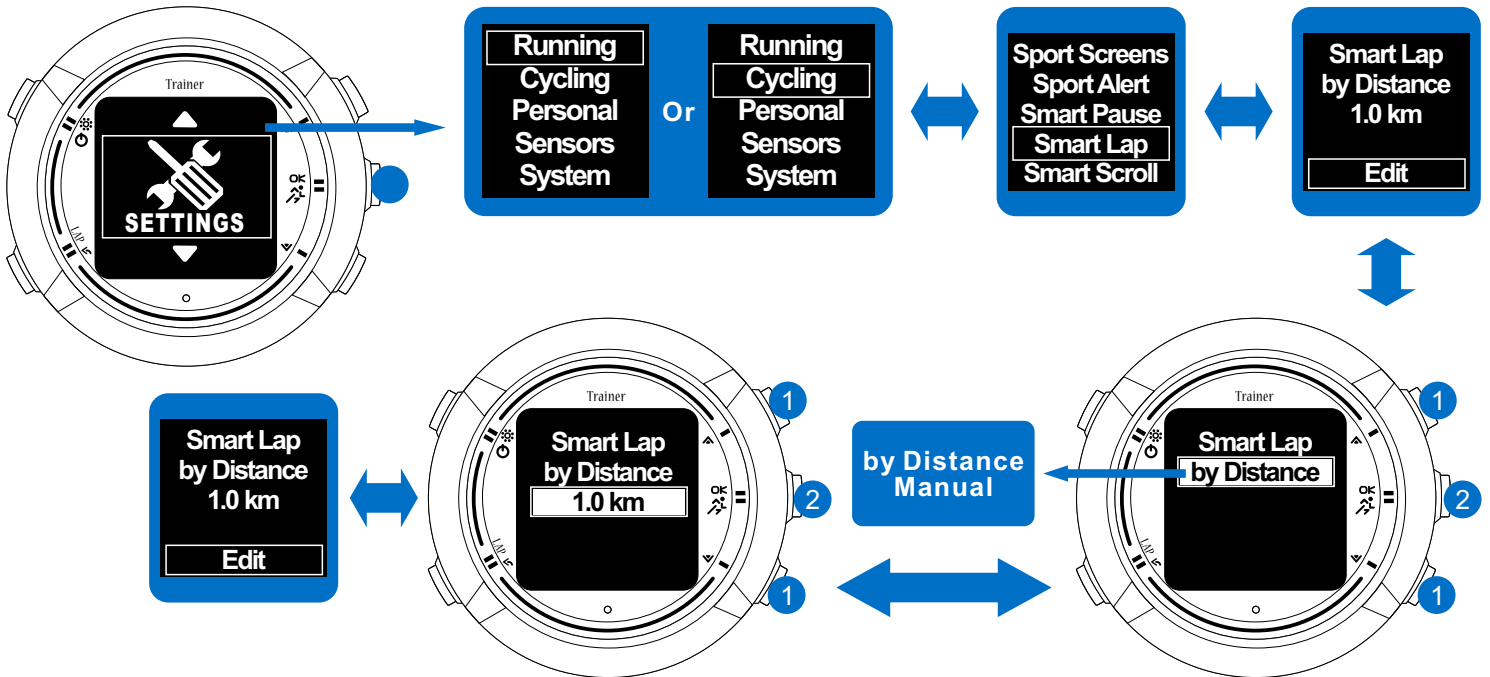
1. Smart Lap is in Running or Cycling of settings mode, and then choose "by Distance" or "Manual".
2. By Distance: Mark laps based on a defined by your setting, such as every kilometer or every mile.

Smart Scroll

There are two ways to view this date during recording.
1. Smart Scroll can automatically scroll based on a defined setting.
2. Scroll pages can manually operated by pressing the " Up" or "Down" button to view this data.

Settings Mode- Personal

User Profile

You can change your personal information.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
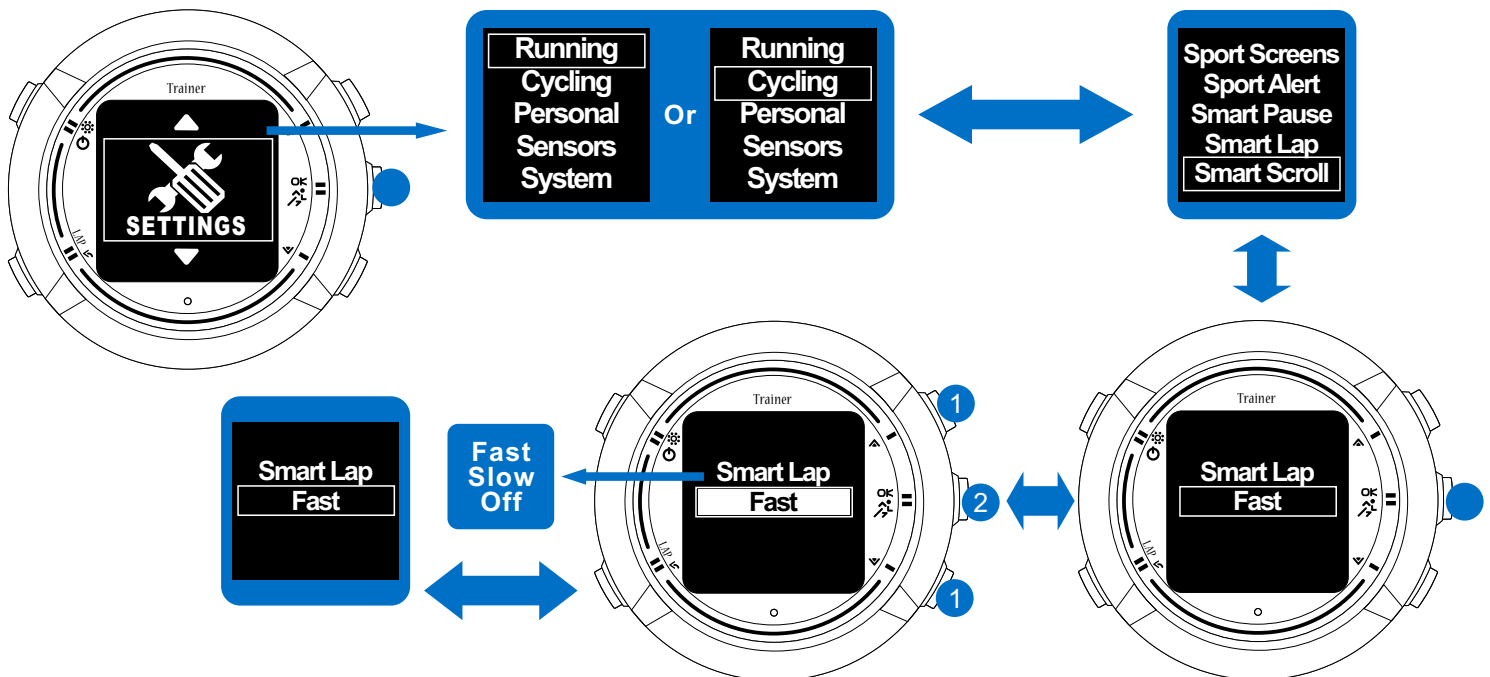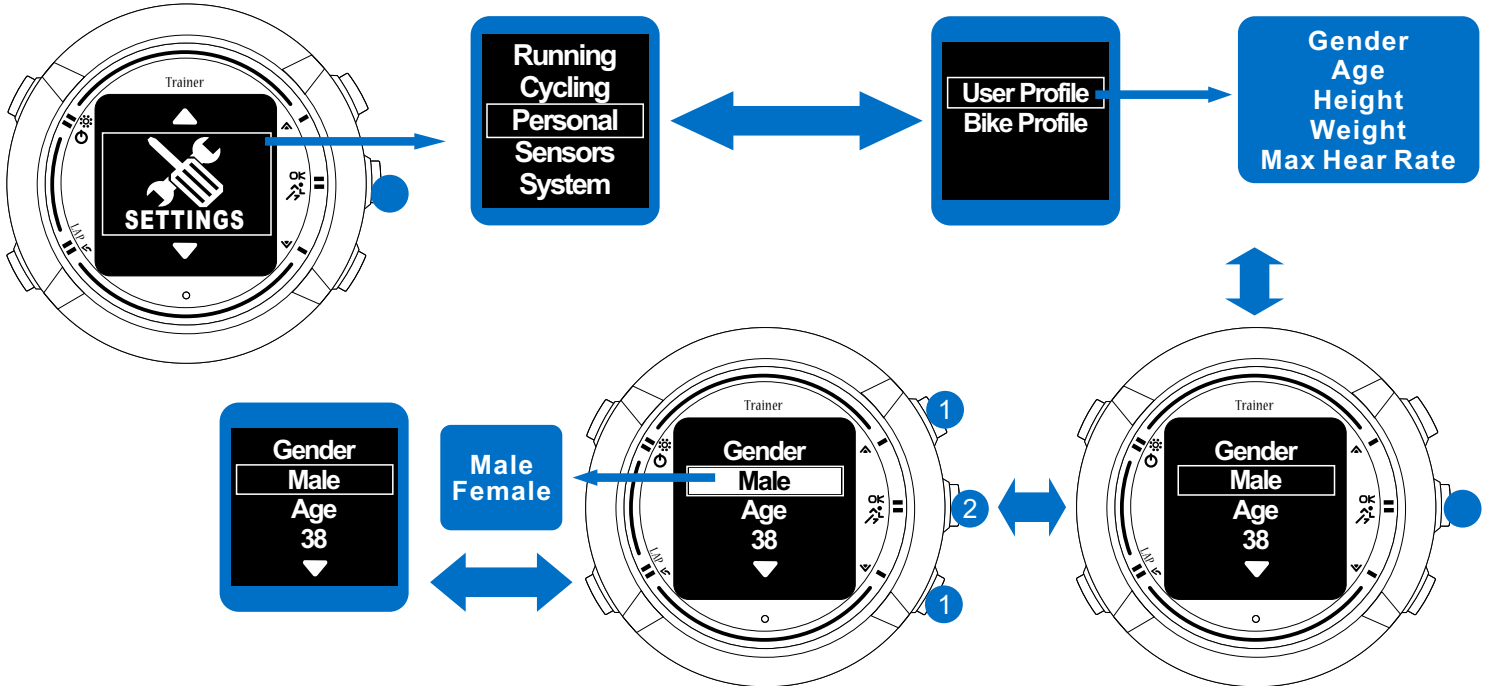2. Press the "Up" or "Down" button to choose "Personal" > "User Profile", and press "OK" button to enter its submenu.
3. Choose the desired option and configure the necessary settings.
3-1. Gender: Choose your gender
3-2. Age: Set your age.
3-3. Height: Set your height.
3-4. Weight: Set your weight
3-5. Max Hear Rate: Set your maximum heart rate.

Bike Profile

You can change the information of your bike, and choose your bike for this cycling.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "Personal">"Bike Profile", and press the "OK" button to enter its submenu.
3. Press the "Up" or "Down" button to choose your bike for setting or implementing.
4. Choose the desired option and configure the necessary settings.
4-1. Weight: Set the weight of your bike
4-2. Wheel Size: Set the wheel size of your bike.
4-3. Active: Choose your bike for this cycling.

Settings Mode- Sensor
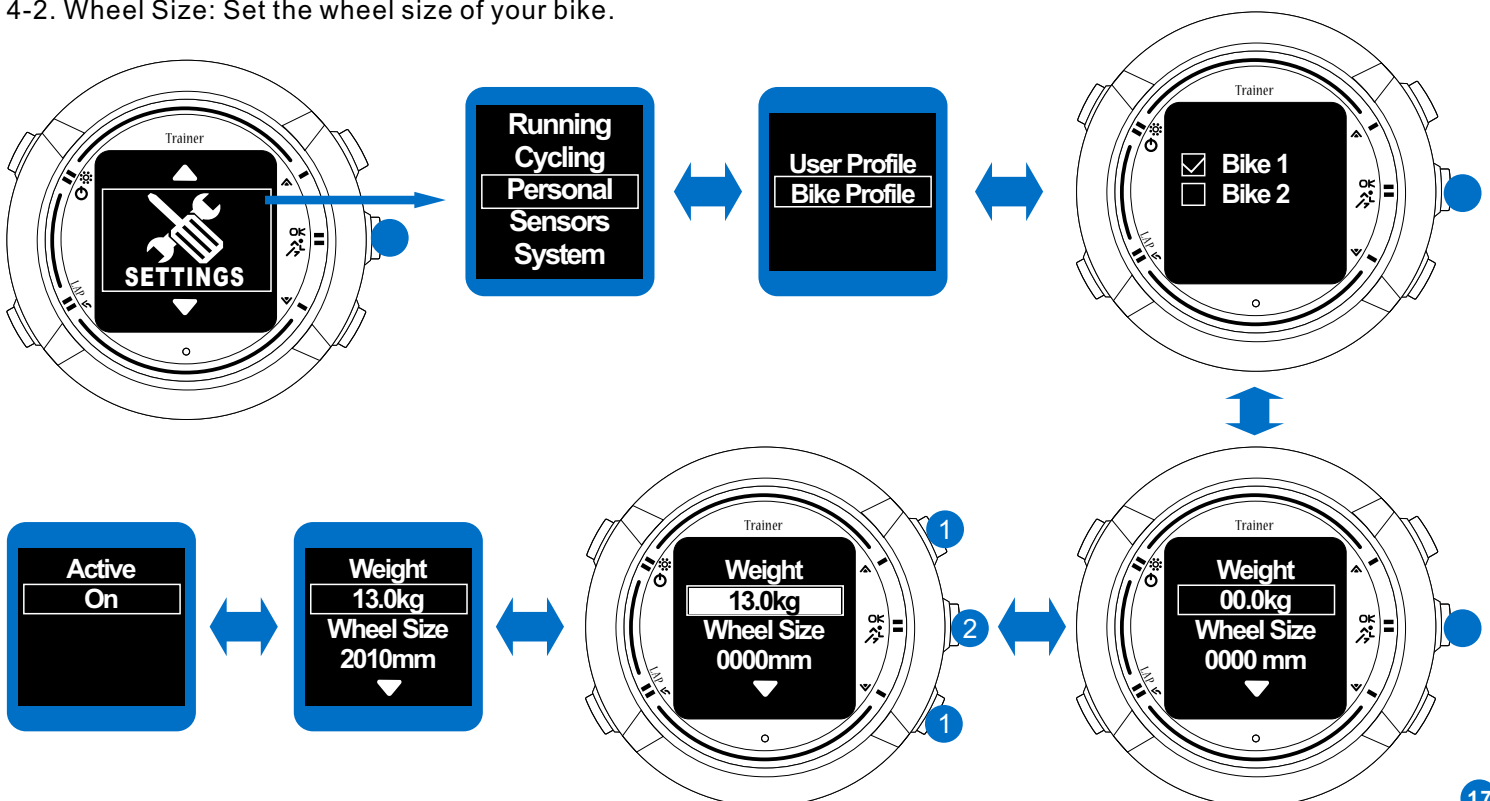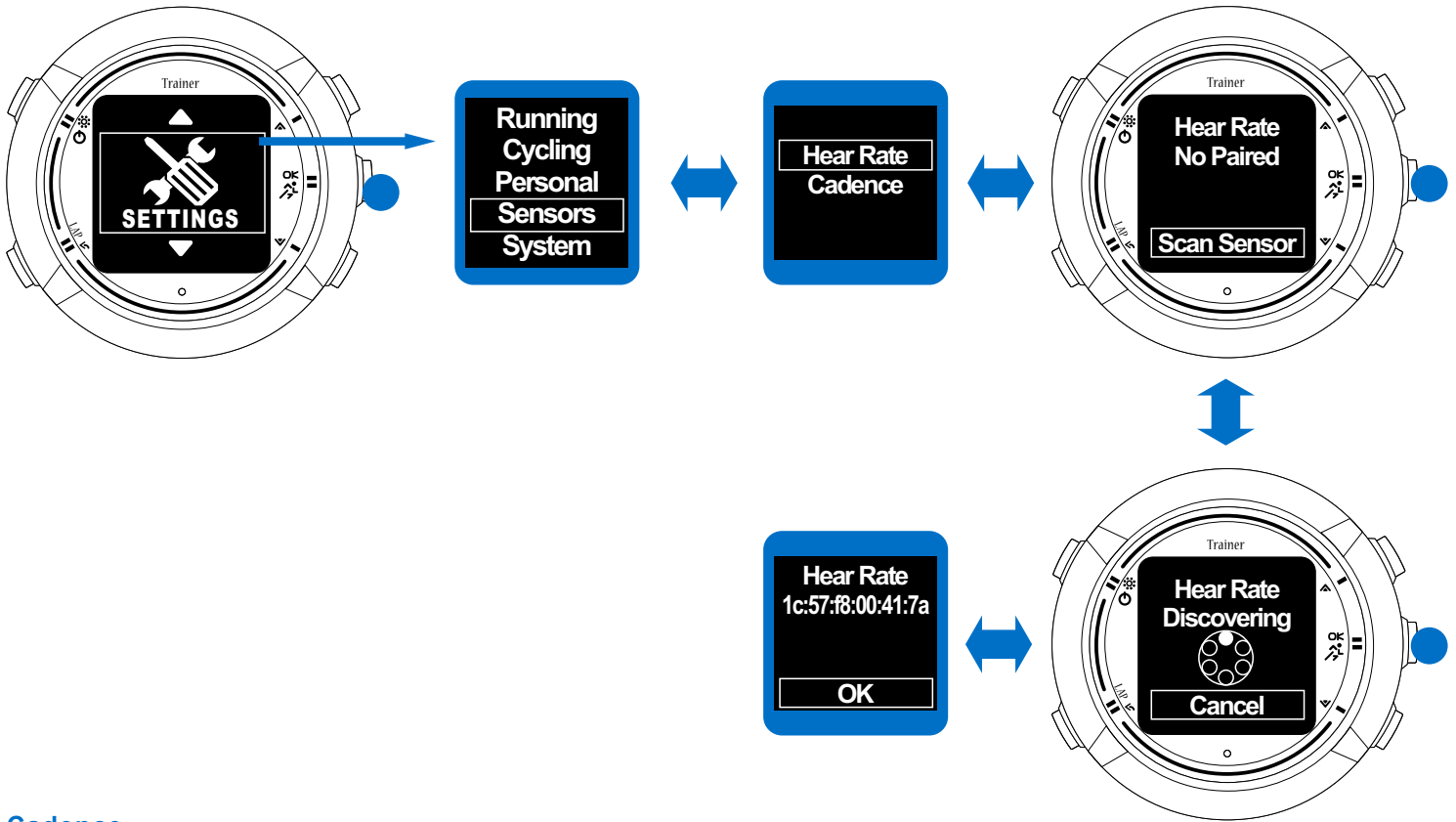
Hear Rate

Link your hear rate.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "Sensor" > "Hear Rate", and press the "OK" button to enter its submenu.

Running	
Cycling	
Personal	
Sensors	
System	

Hear Rate
Cadence

Trainer
Hear Rate
No Paired
Scan Sensor

Trainer
Hear Rate
Discovering
Cancel

Hear Rate
1c:57:f8:00:41:7a
OK

Cadence

Link your cadence.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "Sensor" > "Cadence", and press the "OK" button to enter its submenu.

Running	
Cycling	
Personal	
Sensors	
System	

Hear Rate
Cadence

Trainer
Cadence
No Paired
Scan Sensor

Trainer
Cadence
Discovering
Cancel

Cadence
1a:46:e7:00:41:5b
OK

Settings Mode- Language & Alarm
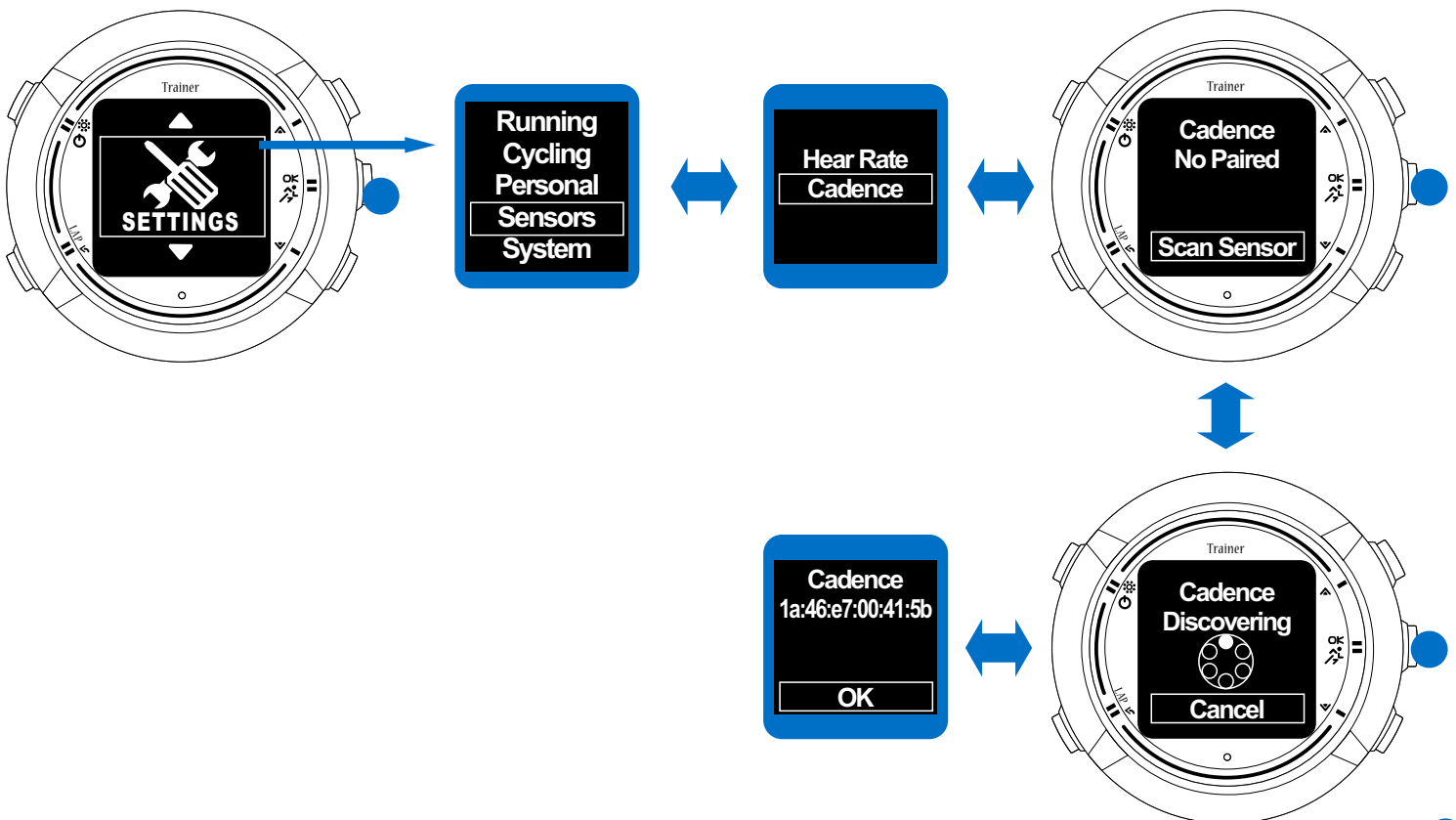
Language

You can change your language.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System" > "Language", and press the "OK" button to enter its submenu.
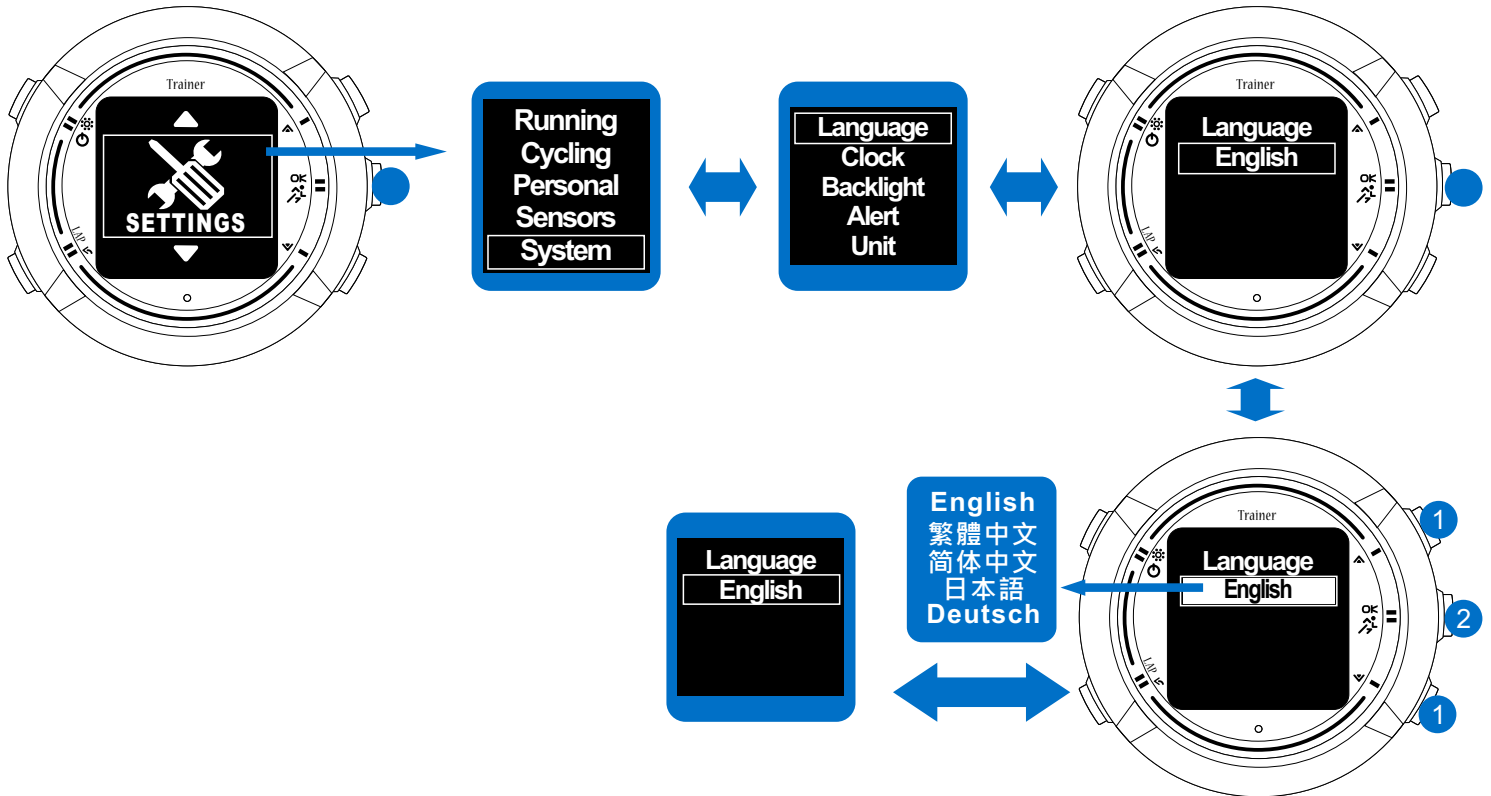
Alarm

You can change your Alarm.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System" > "Clock" > "Alarm", and press the "OK" button to enter its submenu.

Settings Mode- 24-Hour & Time

24-Hour

You can change the setting of 24-Hour.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System" > "Clock" > "24-Hour", and press the "OK" button to enter its submenu.
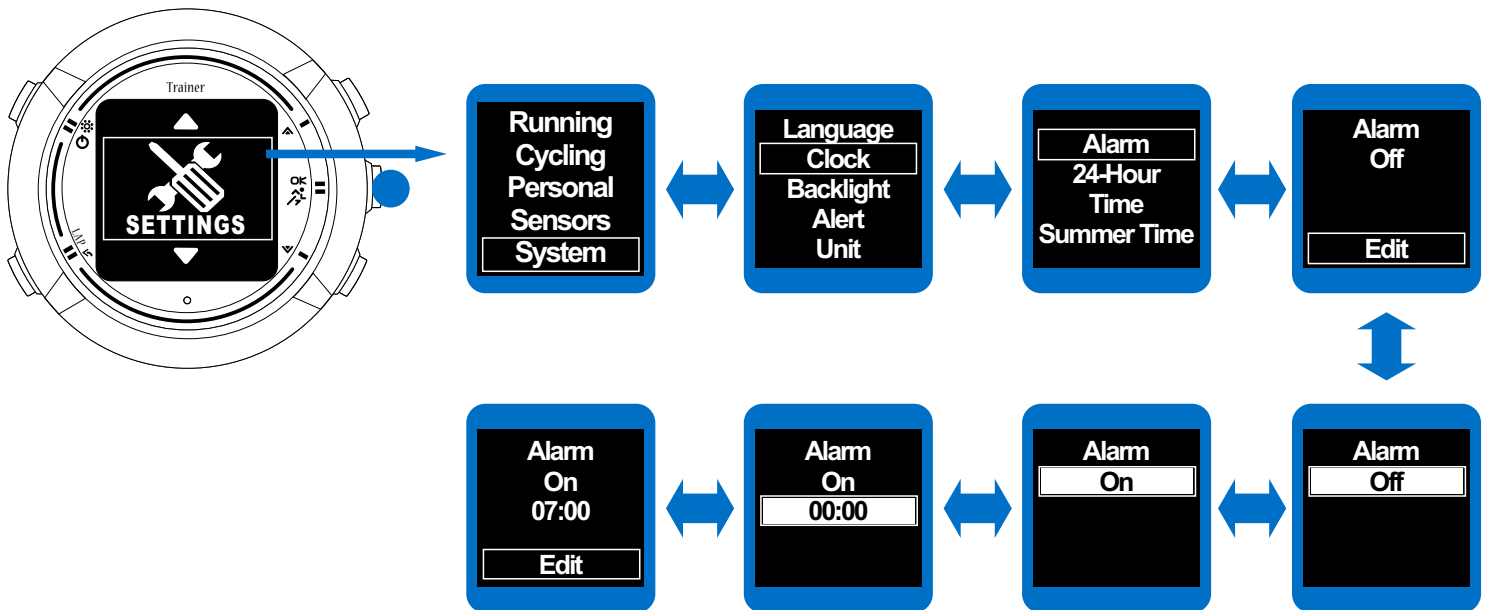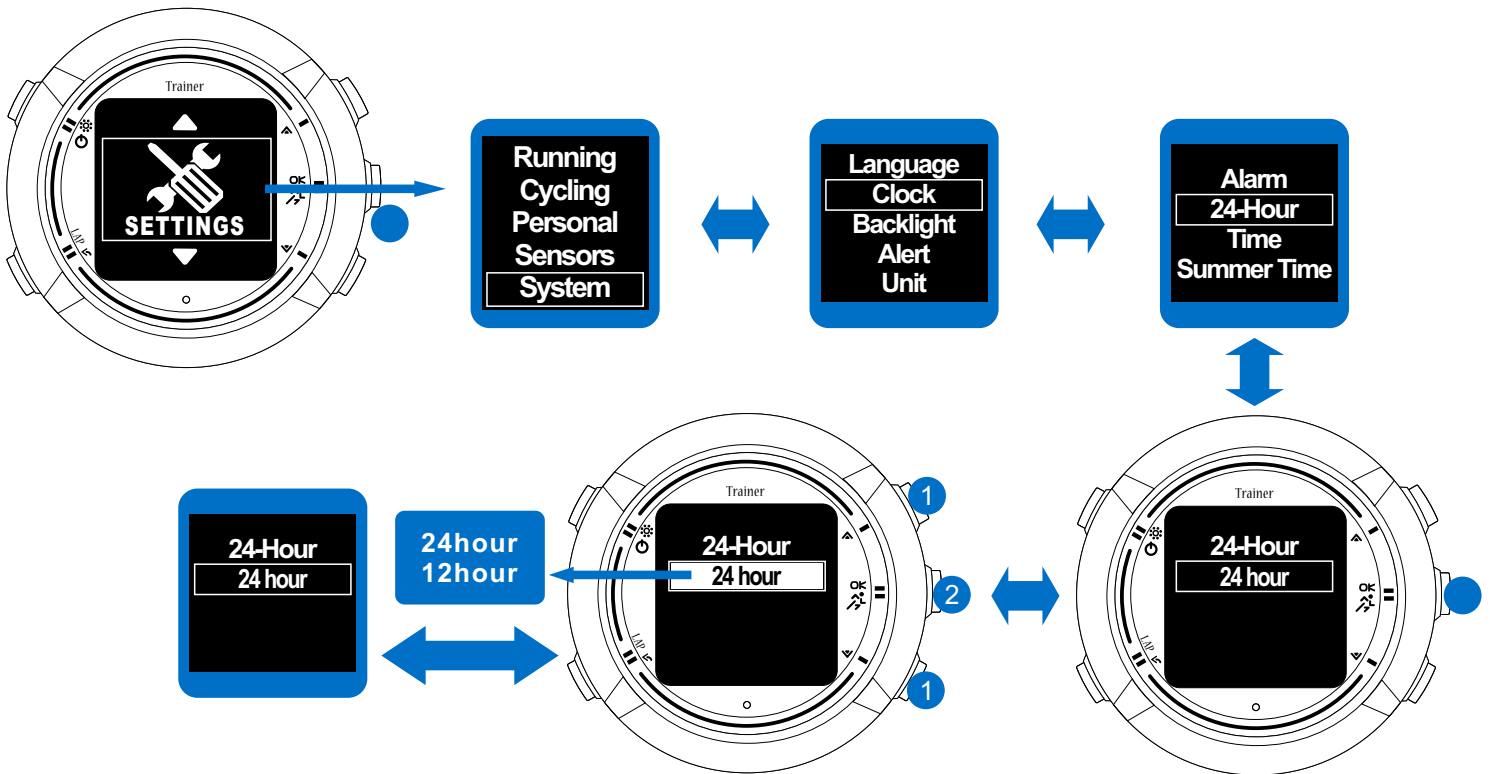
| SETTINGS | | Running
Cycling
Personal
Sensors
System | | Language
Clock
Backlight
Alert
Unit | | Alarm
24-Hour
Time
Summer Time |

| 24-Hour
24 hour | | 24hour
12hour | | 24-Hour
24 hour | | 24-Hour
24 hour |

Time

You can change the time setting.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System" > "Clock" > "Time", and press the "OK" button to enter its submenu.

| SETTINGS | | Running
Cycling
Personal
Sensors
System | | Language
Clock
Backlight
Alert
Unit | | Alarm
24-Hour
Time
Summer Time |

| Time
Link GPS | | Link GPS
Custom | | Time
Link GPS | | Time
Link GPS |

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Settings Mode- Summer Time & Backlight

Summer Time

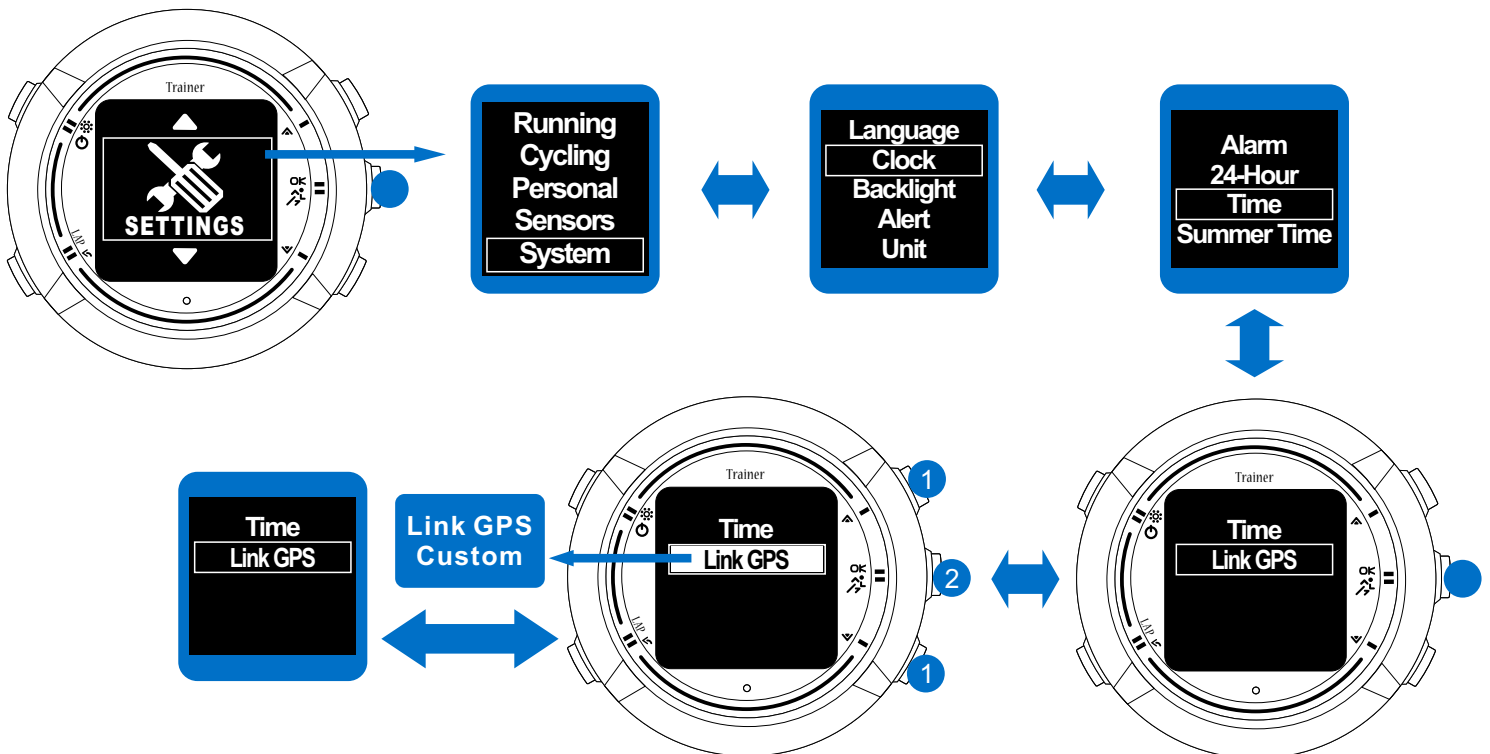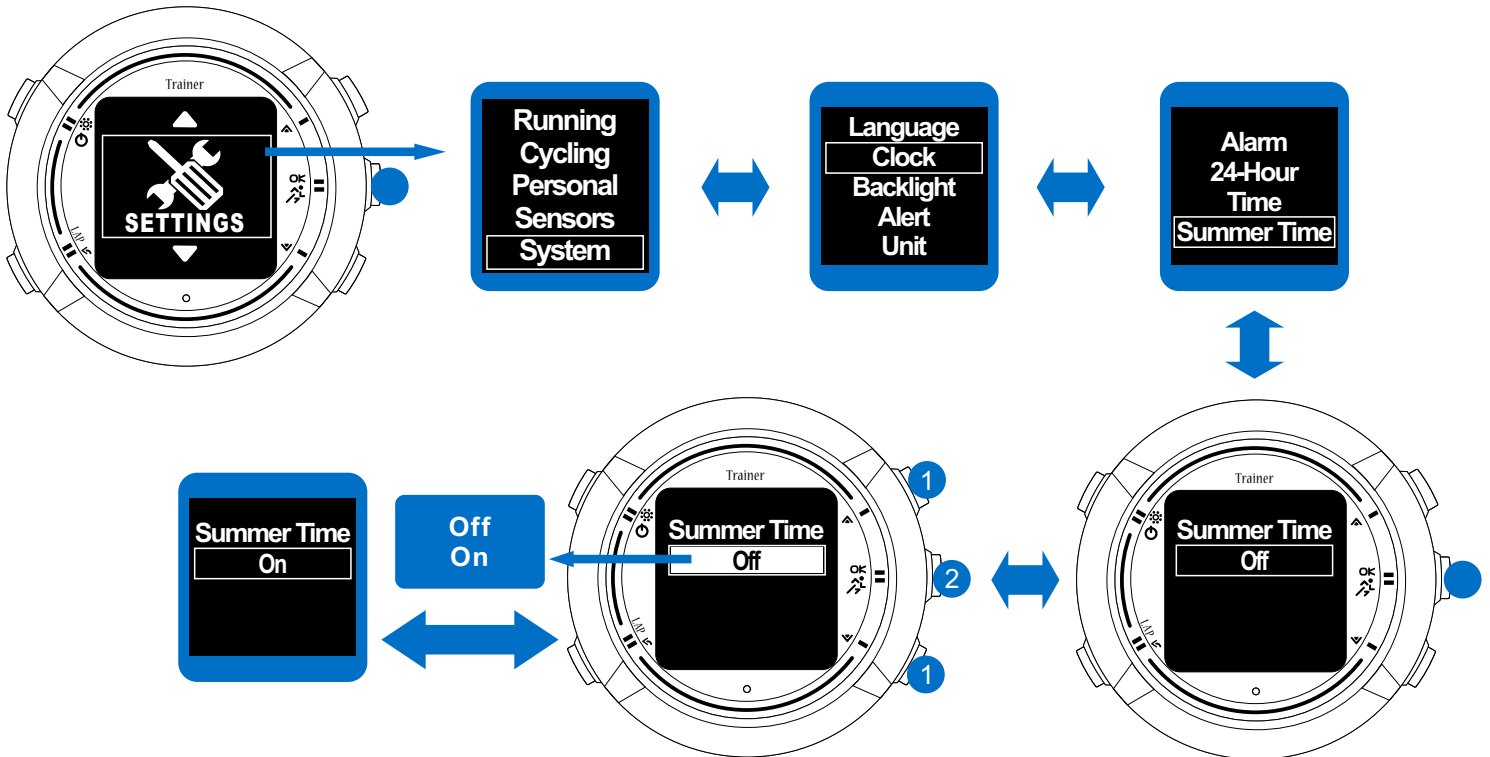You can change the setting of summer time.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System" > "Clock" > "Summer Time", and press the "OK" button to enter its submenu.

Backlight

You can change the setting of backlight.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose " System " > " Backlight ",and press the "OK" button to enter its submenu.

Settings Mode- Alert Mode & Unit
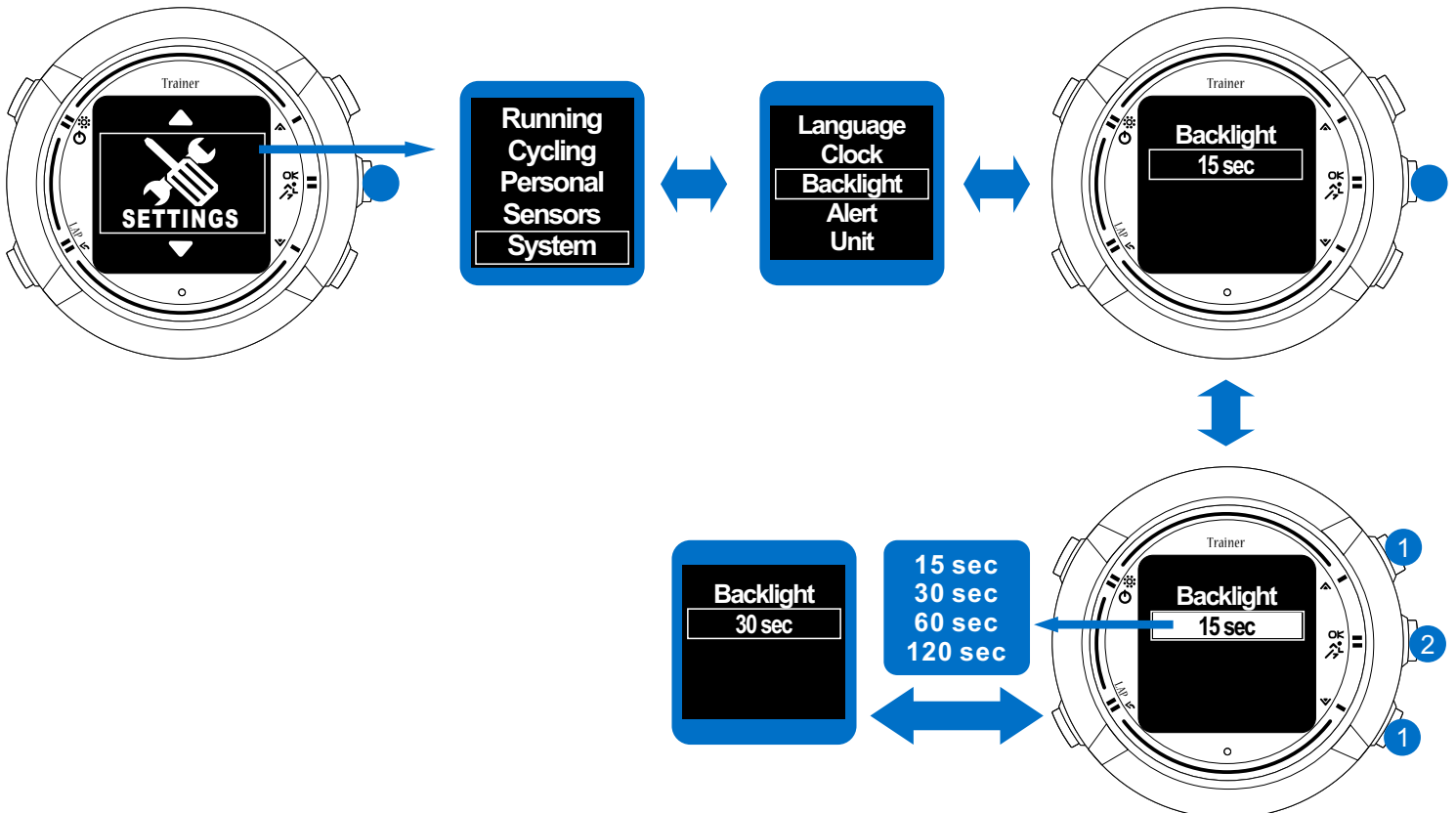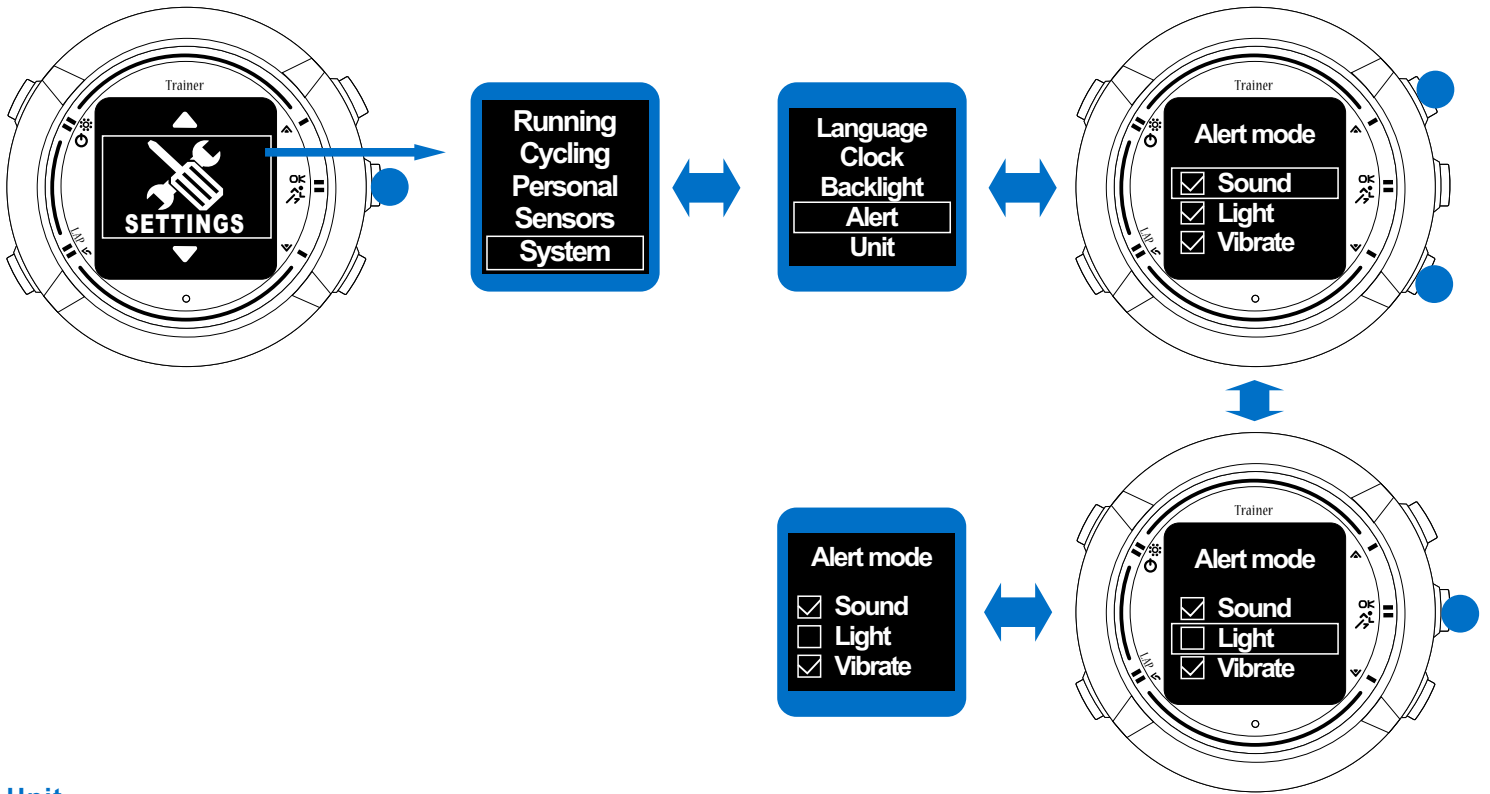
Alert Mode

You can change the alert mode.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System" > "Alert", and press the "OK" button to enter its submenu.
3. Press the "OK" the button to enable or disable it during choosing the function, and press the "Back" button to leave and save the setting.

Unit

You can change the unit.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose " System " > " Unit ", and press the "OK" button to enter its submenu.

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Settings Mode- Orientation & GPS Mode

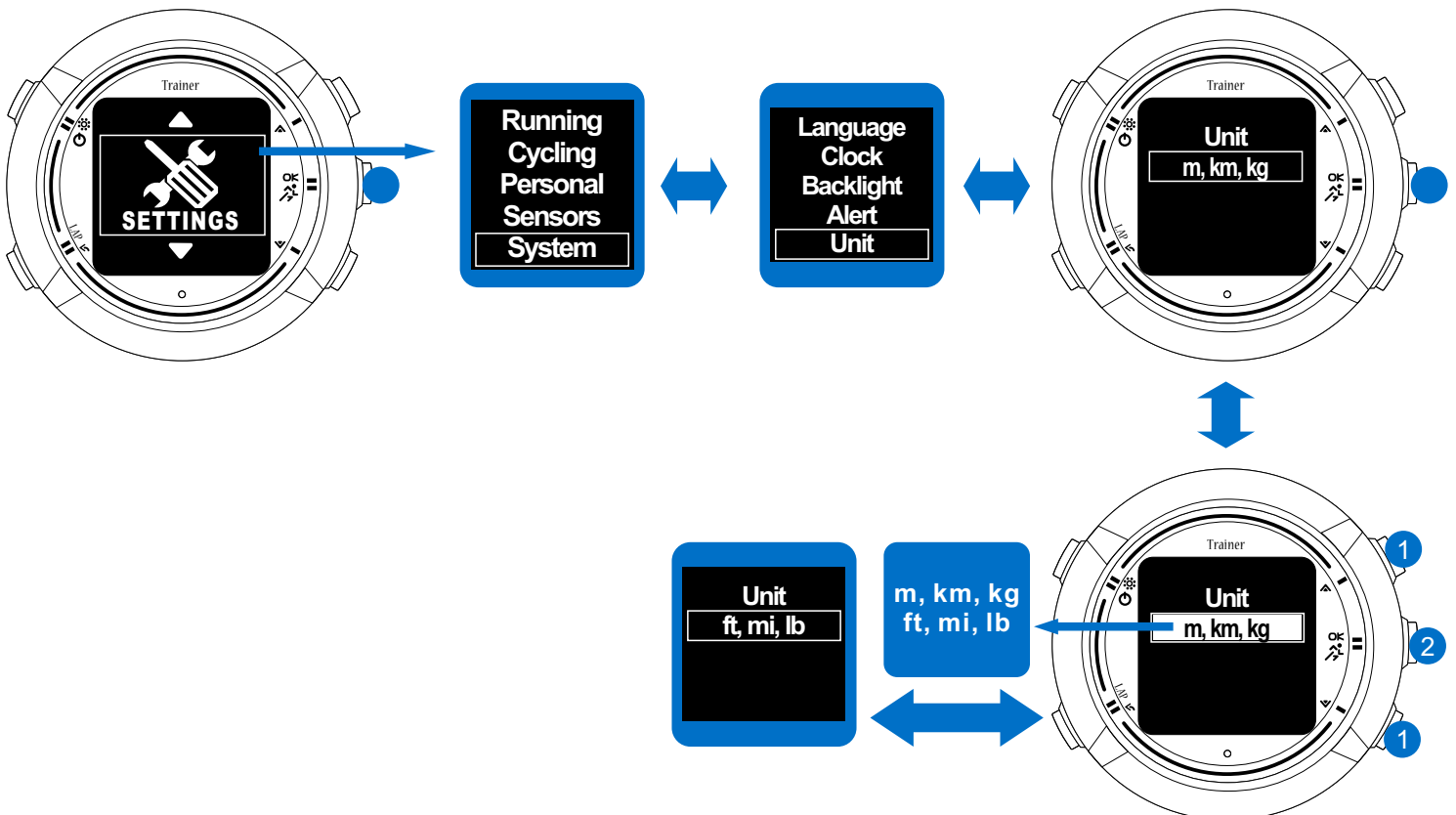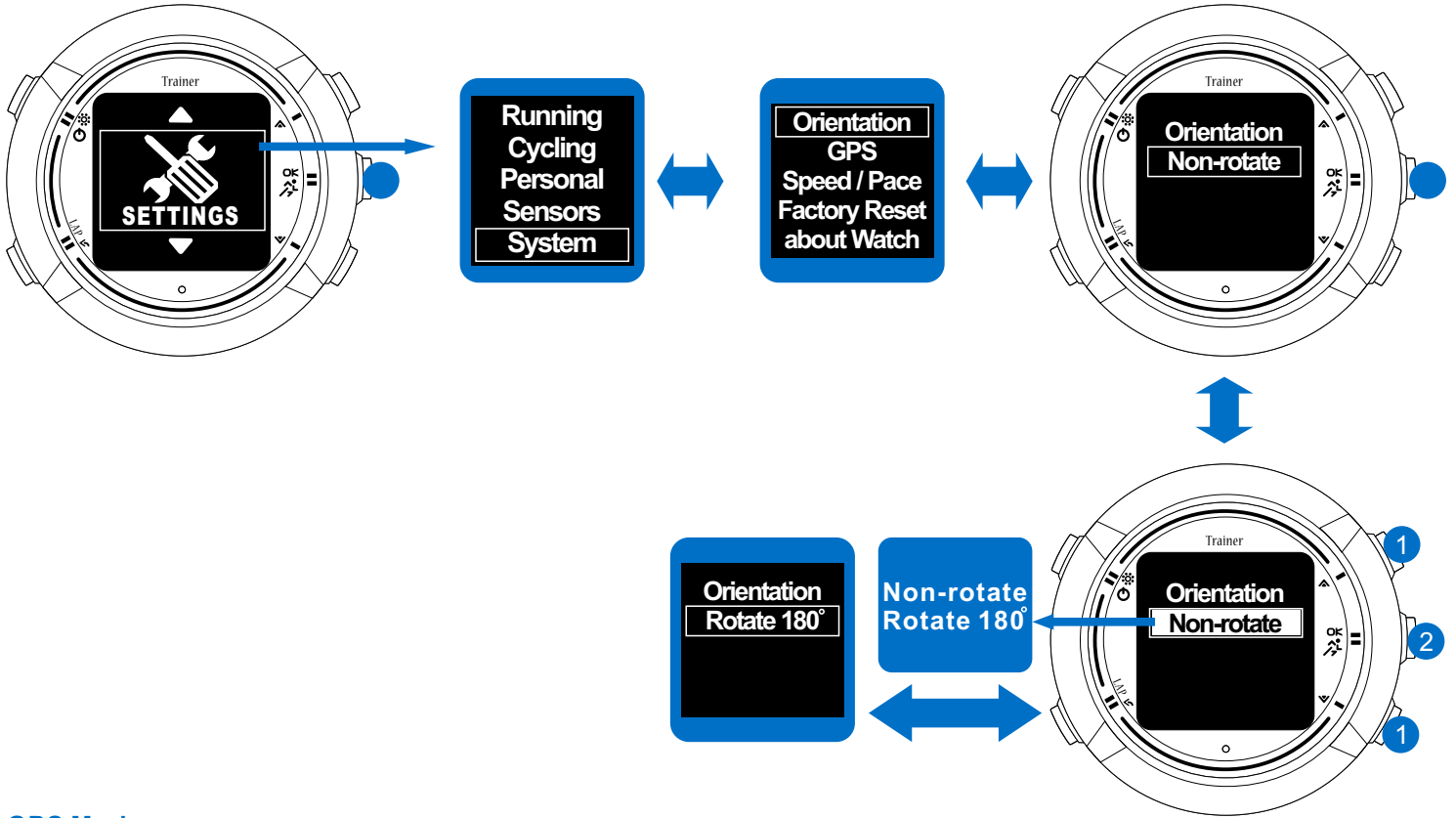## Orientation

You can change the orientation of the screen.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose"System">"Orientation", and press the "OK" button to enter its submenu.

SETTINGS

Running
Cycling
Personal
Sensors
System

Orientation
GPS
Speed / Pace
Factory Reset
about Watch

Orientation
Non-rotate

Orientation
Rotate 180°

Non-rotate
Rotate 180°

Orientation
Non-rotate
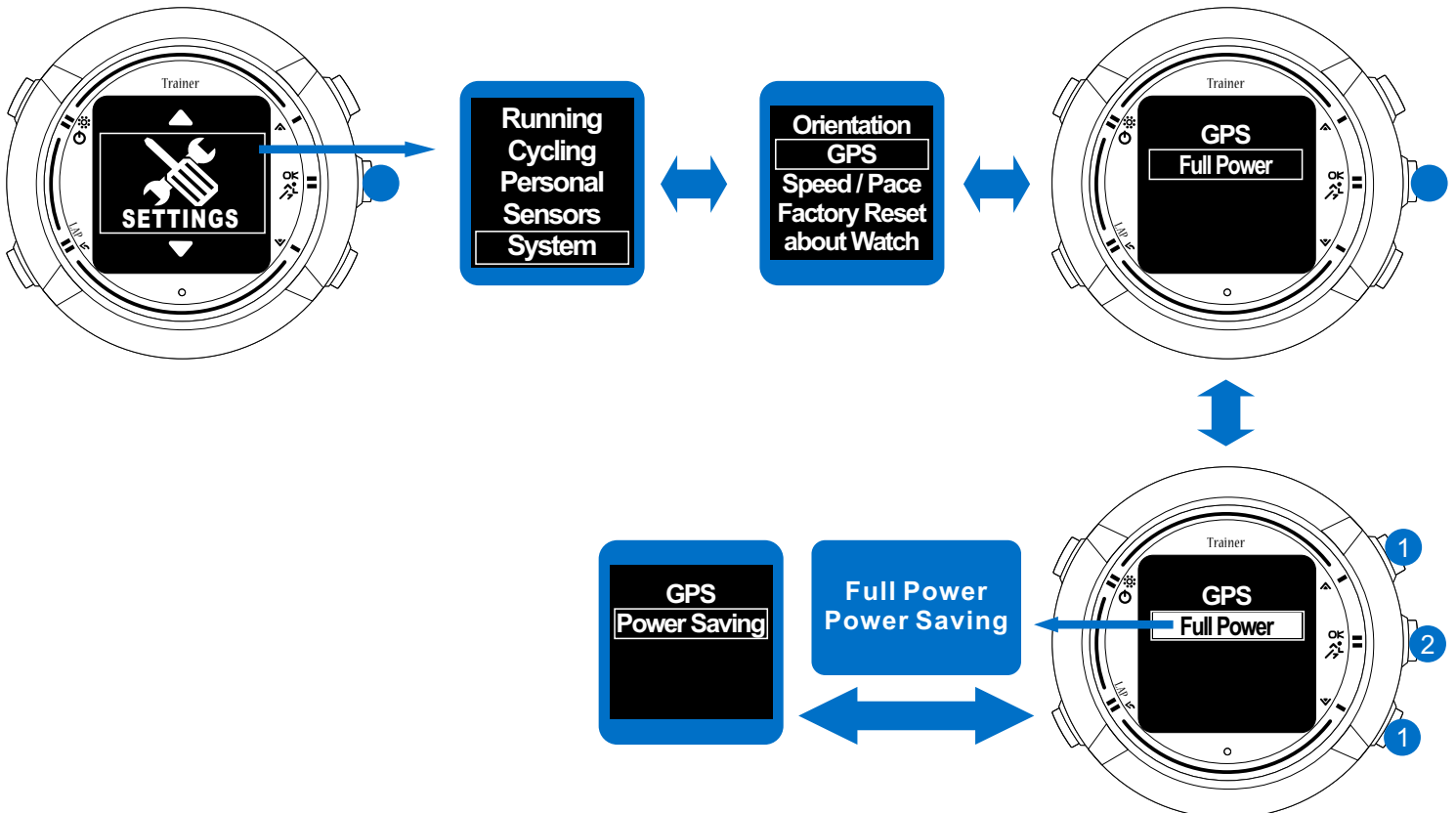
GPS Mode

You can change the GPS mode.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose " System " > " GPS ", and press the"OK"button to enter its submenu.

SETTINGS

Running
Cycling
Personal
Sensors
System

Orientation
GPS
Speed / Pace
Factory Reset
about Watch

GPS
Full Power

GPS
Power Saving

Full Power
Power Saving

GPS
Full Power

Settings Mode- Speed / Pace

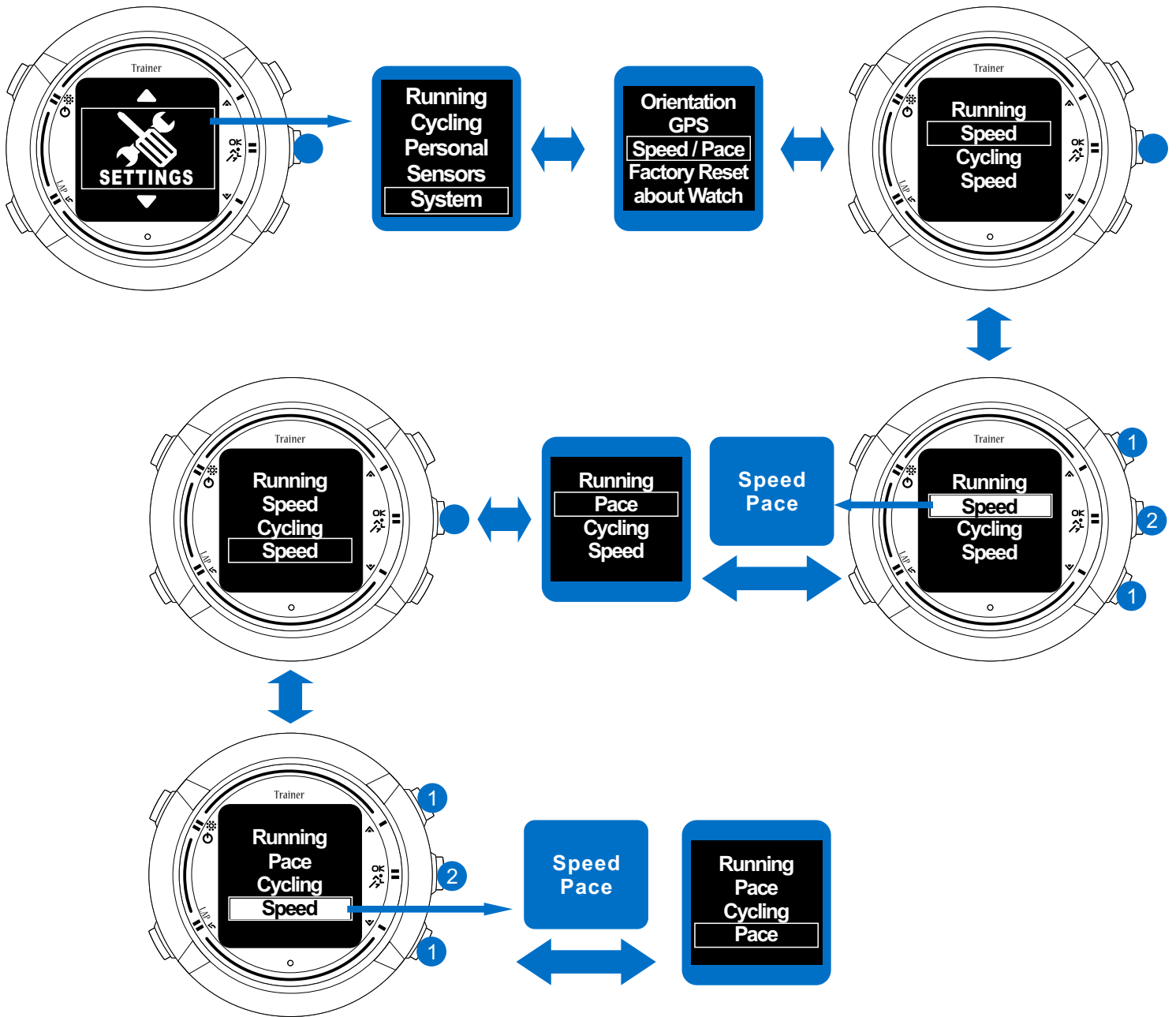You can choose the speed mode based on "Speed" or "Pace" to remind.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System" > "Speed/Pace", and press the "OK" button to enter its submenu.

Settings Mode- Factory Resst & About Watch

Factory Reset

You can reset the watch to factory setting and "**delete your all dates**".
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the"Up"or"Down"button to choose"System">"Factory Reset", and press the"OK"button to enter its submenu.
3. You finished to reset the setting, and then your watch is powered down. Lastly please hold the "Power" button for 2~3 seconds to turn on, and you will give the watch a another life.
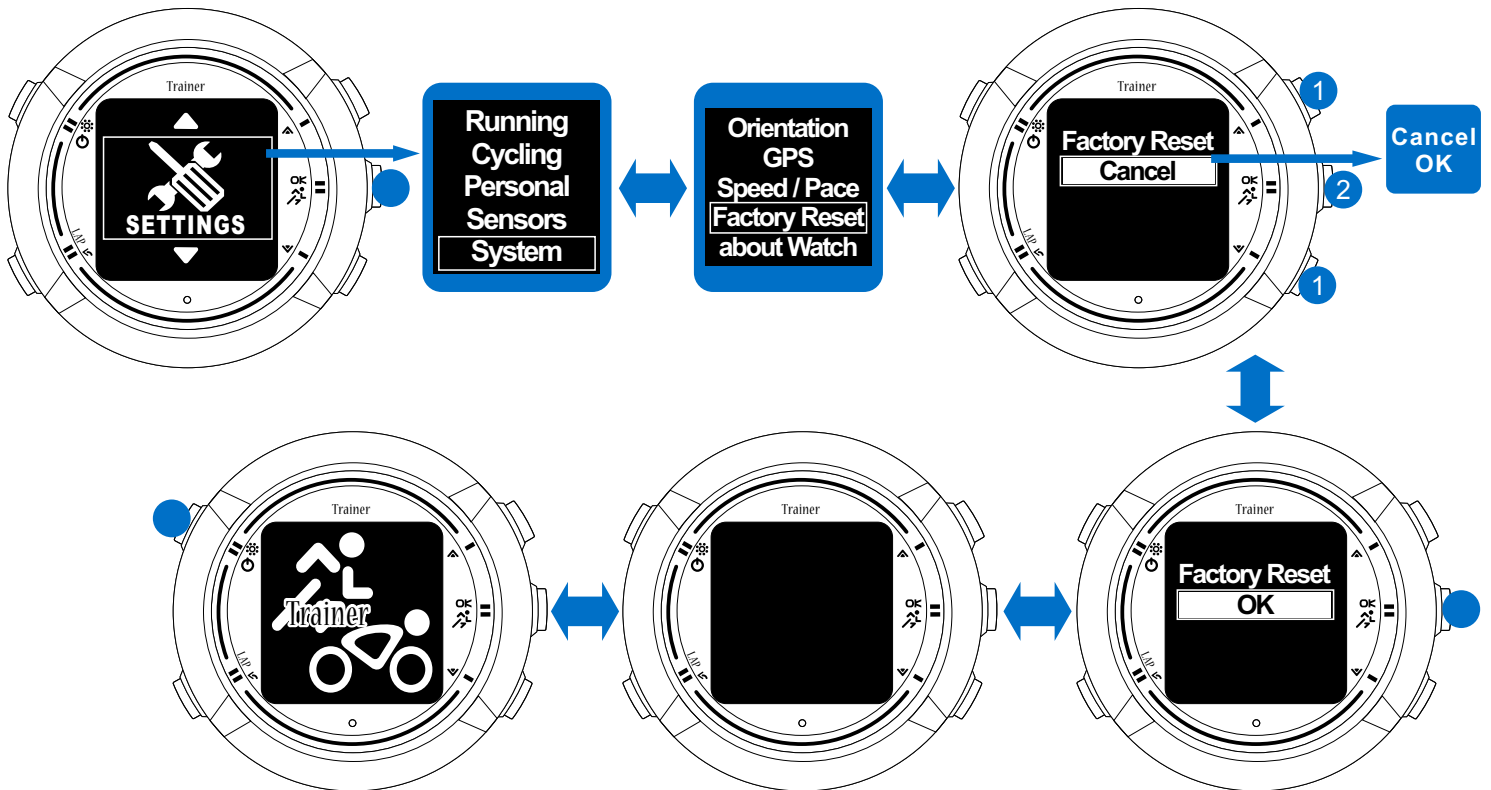
About Watch

You can check the version of your watch .
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the"Up"or"Down"button to choose "System" > "about Watch",and press the"OK"button to enter its submenu.
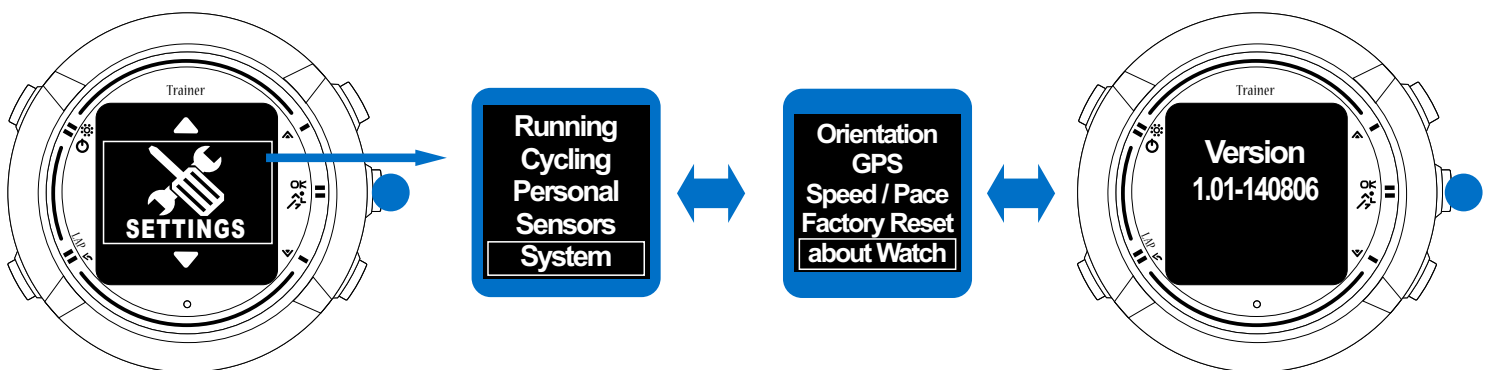
FCC Notices

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.

CAUTION: Change or modification not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

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.

CAUTION:
Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment.

RF exposure warning:
The equipment complies with FCC RF exposure limits set forth for an uncontrolled environment. The equipment must not be co-located or operating in conjunction with any other antenna or transmitter.