



Nitro GPS sports watch

User Manual

Nitro_UM_V002 2015

Index:

Button configuration -----	3
Special button functions under any mode-----	4
Special button functions under any mode-----	5
Special button functions under Exercise preparation mode-----	6
Special button functions under exercise-----	7
Initial Setup-----	9
Saving, browsing or sharing-----	11
Start Exercising / Interval Training -----	14
Records & Sync Log -----	15
Alarm Setting -----	16
Setting/ Exercise /Page Setting -----	17
Auto Pause Setting -----	19
Auto Lap Setting -----	20
Log Interval Setting -----	21
Tempo / Auto Play Setting -----	22
Pace alarm Setting -----	23
HRM Alarm Setting -----	24
Data Source / Calories Mode Setting -----	25
<i>Stride Setting</i> -----	26
<i>Sensor & Cellular Phone Setting</i> -----	27
<i>System Setting</i> -----	28
<i>Unit & Vibrator Setting</i> -----	29
<i>Backlight/ Language/Display Setting</i> -----	30
<i>Message / Date time Setting</i> -----	31
<i>Time zone / Daylight / Date format Setting</i> -----	32
<i>Time format /Personal Setting</i> -----	33
<i>Birthday / Height / Weight /MAX HR / Wheel Setting</i> -----	33,34,35
Clear Log & Default-----	36
About the Watch-----	37
Part 15 of the FCC Rules-----	38

Welcome:

Welcome to using the Nitro GPS sports watch. Your watch has a built-in GPS and is able to record the distance you ran, your pace, time passed and the amount of calorie consumption. Please connect the watch to the USB port of a computer after exercising to upload the running record to the Internet, and to view your running location, set personal goals, challenge your friends and search for the optimal route.

Package content:

1. Nitro GPS sports watch * 1
2. Nitro charger * 1
3. Quick start guide
4. Warranty card.

Getting familiar with your NITRO GPS sports watch

Button configuration :



The Nitro GPS sports watch has 3 usage modes:

1. Time Mode.
2. Exercise preparation mode: Allows selection of Exercise Mode or set exercise goals.
3. Exercise Mode: Entered exercise stopwatch information page.



Time mode



Exercise preparation mode



Exercise mode

Special button functions under any mode:

- ◆ Press and hold the Power/Backlight button: NITRO watch powers off.



Shutdown

- ◆ Quickly press the Power/Backlight button: Turns the backlight on or off.
- ◆ Press the Setting/Return button and Down button simultaneously to capture the screen image.

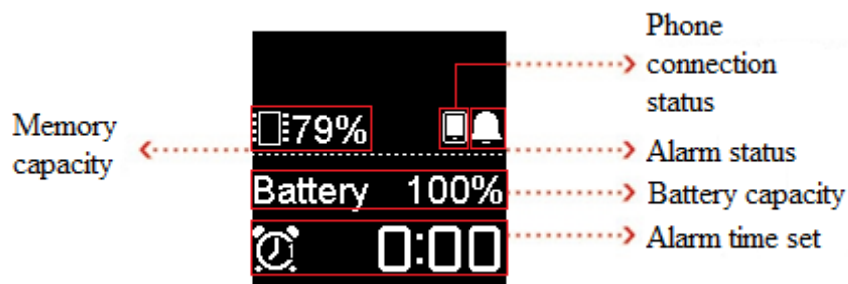
Description: Vibrating 2 times means screen was successfully captured. A maximum of 16 screen images can be captured; if 16 screen images have already been saved, please upload them to Nitro Space first before using this function again.

Special button functions under Time mode:

- ◆ Press and hold the Up button under Time Mode: Connects/Disconnects with the smartphone (message notification function).



- ◆ Press and hold the OK button under Time Mode: Displays the memory capacity, connection status of the phone, alarm status, remaining battery power and the alarm time set.



- ◆ Quickly press the OK button under Time Mode: Enters the Exercise preparation mode page directly.

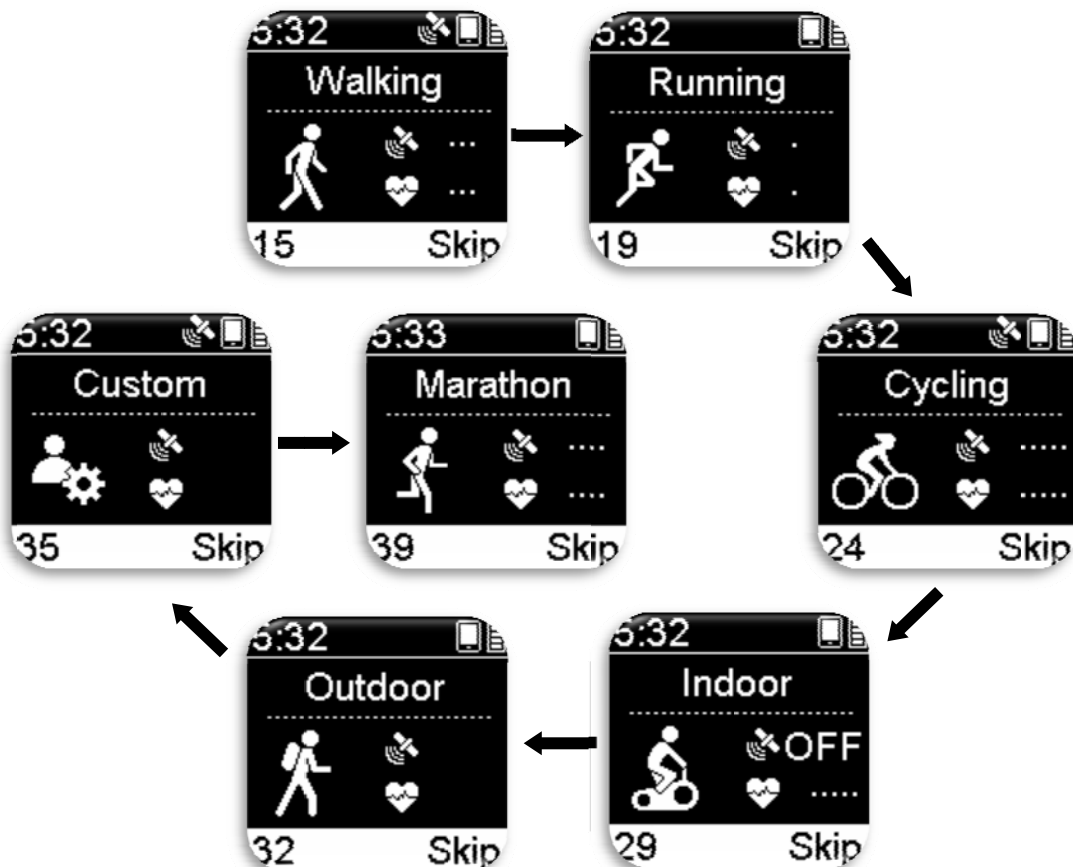


- ◆ Press and hold the Down button under Time Mode: Switches display method between normal Auto play and special effects Auto play.



Special button functions under Exercise preparation mode:

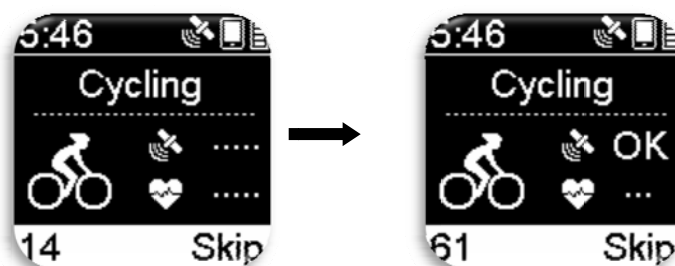
- ◆ Quickly press the Up or Down button under Exercise preparation mode:
Switches between Exercise Modes (7 in total).
Once entered Exercise preparation mode, the GPS function will automatically start and search for GPS signal.
Description: The number displayed at the bottom-left corner is the number of seconds for GPS positioning.



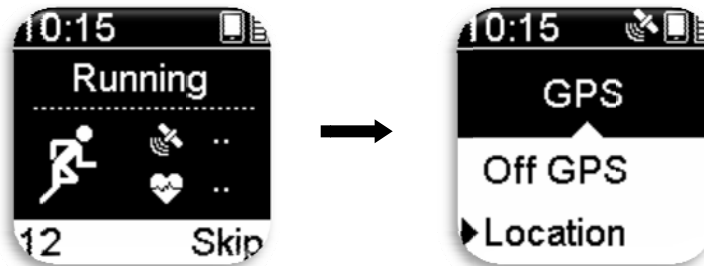
Description: If GPS has already positioned, GPS OK will be displayed on the page and it will vibrate once as a reminder.

Please press the OK button to start recording and enter Exercise Mode (Exercise stopwatch information page).

If the GPS lost its positioning under Exercise Mode, it will vibrate twice as a reminder.



Description: The Skip text at the bottom-right corner is a reminder (not button description). There is no need to wait for GPS positioning, quickly press the OK button to enter GPS options. If you choose to wait for positioning, “Exercise Mode” will automatically start once GPS positioning is complete.



- ◆ Press and hold the OK button under exercise preparation mode: Enters the goal setting option.



- ◆ Press the Setting/Return button: Exits Exercise preparation mode.

Special button functions under exercise:



Description: The information displayed on the exercise stopwatch information will differ according to the exercise type or personal settings; to customize display settings, please refer to the “Page Setting Function” chapter.

- ◆ Quickly press OK button under Exercise Mode: Allows viewing of heartrate information.



- ◆ Press and hold the OK button under Exercise Mode: Allows manual lap count.



- ◆ Press and hold the Up button under Exercise Mode: Turns Auto play off or on.



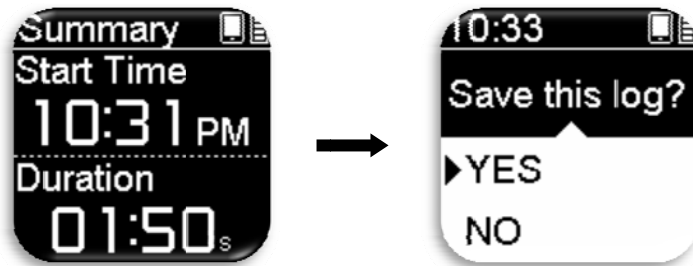
- ◆ Press and hold the Down button under Exercise Mode: Turns Tempo off or on.



- ◆ Quickly press the Setting/Return button under Exercise Mode: Allows selecting between “Continue/Exit/Pause/Restart” training.



Description: If “Exit” is selected, the summary page for this exercise record will be displayed; please press the “Setting/Return” button and select either “Yes/No” for saving the record.



Initial Setup:

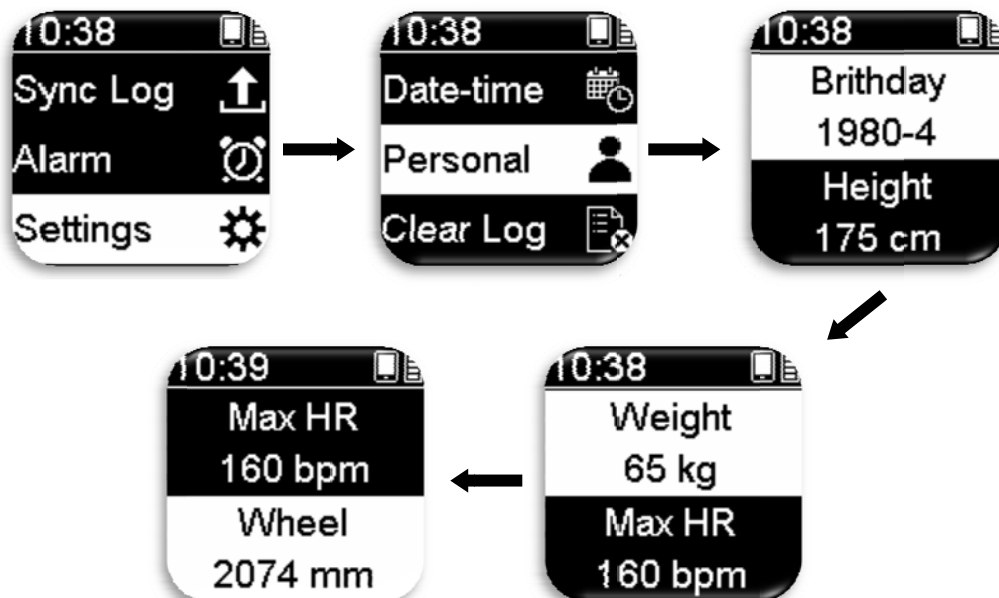
Step 1: Charge the Battery

Please charge for at least three hours before using the Nitro GPS sports watch for the first time.

1. Connect the Nitro GPS sports watch onto the Nitro charger.
2. Connect the cable on the other end of the Nitro charger to the USB Type A interface of the computer.

Step 2: Setting Personal Information

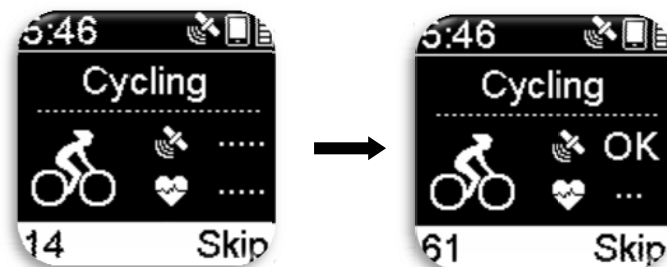
In order to allow the exercise information to be more accurate, please first set your personal information before use: quickly press the Setting/Return button>Setting>Personal Information and set your birthday/height/weight/maximum heartrate and the diameter of your bicycle wheel.



Step 3: Getting started

Quickly press the OK button under Time Mode to quickly enter Exercise Preparation Mode; you can press the Up/Down buttons to select the Exercise Mode you want.

To acquire GPS satellite signal, please go outdoors and try to use it in open space (avoid tall buildings and under thickets). Please do activities while remaining at the same place during the positioning process; facing the screen of the watch towards the sky can speed up positioning time. Once the GPS is positioned, it will display “OK” on the screen; when everything is ready, quickly press the OK button to start the exercise training.



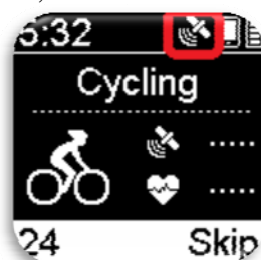
Once Exercise Mode is enabled, the Nitro GPS sports watch will automatically search for satellite signal; the no signal page might display on the screen during the signal search process, which means that there is no GPS signal or that the GPS signal is weak. It would be difficult for the device to position under this environment because you might be in the city where there are tall buildings all round; if that is the case, please move to open space outdoors in order to acquire better GPS signal.



Note: When searching for GPS signal the first time, please go to an open space outdoors with no shelter and remain there for at least ten minutes in order to acquire the optimal satellite signal. This will help acquire more accurate exercise records. If GPS signal still cannot be acquired after trying for minutes, please move to another more open space to reposition the GPS.

GPS signal acquisition:

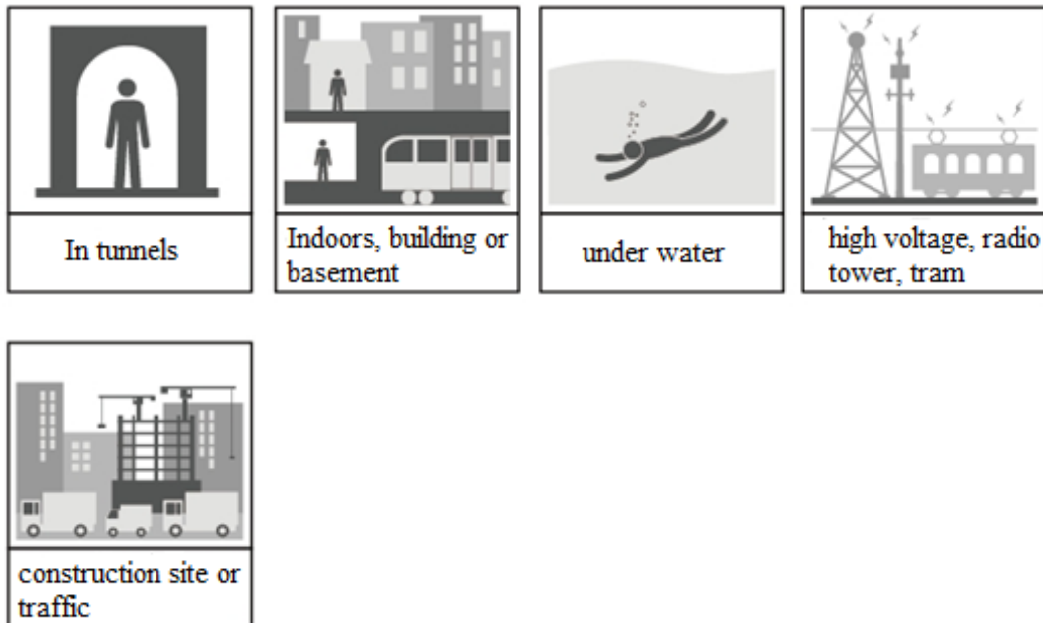
When the GPS is turned on, the satellite symbol at the top-right corner will start flashing, which means that GPS is positioning. When the satellite symbol on the top-right corner remains static, it means that GPS positioning is complete.



The best way to acquire GPS signal is to wear the watch on your wrist, and face the surface of the watch upwards. Please avoid facing the surface of the watch downwards or covering the reception antenna of the GPS with your fingers.



Please avoid searching for GPS signals under the following environments because these environments might interfere with signal reception.



Saving, browsing or sharing:

The Nitro GPS sports watch can save 3 types of data: Exercise records, captured screen page images and gpx files.



You can use the Nitro Mate smartphone APP or computer application program that is provided for free to upload the record data saved on the sports watch to Nitro Space (Nitro cloud storage), and log into the account at any time to browse the records.

- ◆ Nitro Mate smartphone APP: Supports Android (4.4 and above) or iOS (7.0 and above) version smartphones, and can be downloaded from Apple iStore or Google Play store.
- ◆ Nitro Mate computer application program: Supports WIN7/WIN8/WIN10.

Using the Nitro Mate smartphone APP: Sync Log

1. Turn on the Bluetooth function on the phone.
2. Open the Nitro Mate APP.

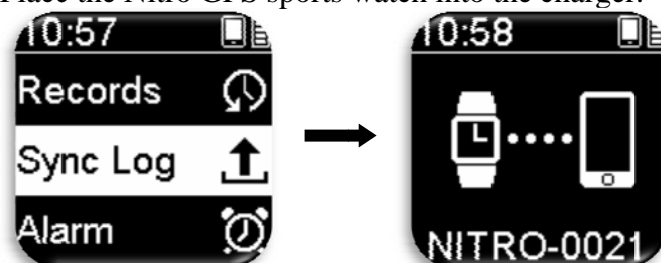
3. On the sports watch, press Setting/Return> Smartphone Setting> Set Pairing Settings > On.
4. On the sports watch, Press Setting/Return > Sync Log.
5. Select the record to upload using the APP.





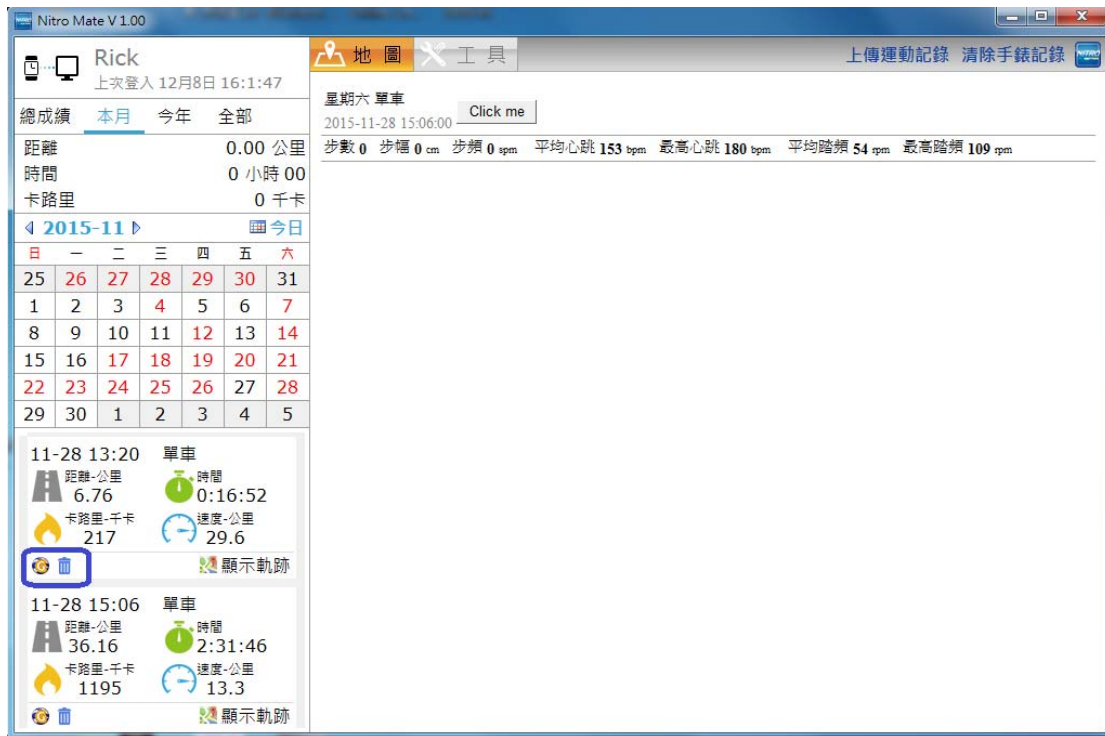
The Nitro Mate computer application program can also be used to capture the screen page into an image or gpx file to save onto your PC. You can upload these files to public exercising societies to share them.

Using the Nitro Mate computer application program:

1. Insert the charger into the USB slot of the computer.
2. Press Setting/Return > Sync Log.
3. Place the Nitro GPS sports watch into the charger.



4. Open the Nitro Mate computer application program.
 - Download exercise record gpx files onto the PC:
Press  at the bottom-left corner of a record entry > select the save path > save. °
 - Delete single exercise record entry: Press  at the bottom-left corner of a record entry.



- Save the captured screen page image to the PC. °



Description: The internal firmware of the Nitro GPS sports watch can also be updated by using the Nitro Mate computer application program.

Start Exercising :

The Nitro GPS sports watch provides 7 different Exercise Modes for the user to choose from.



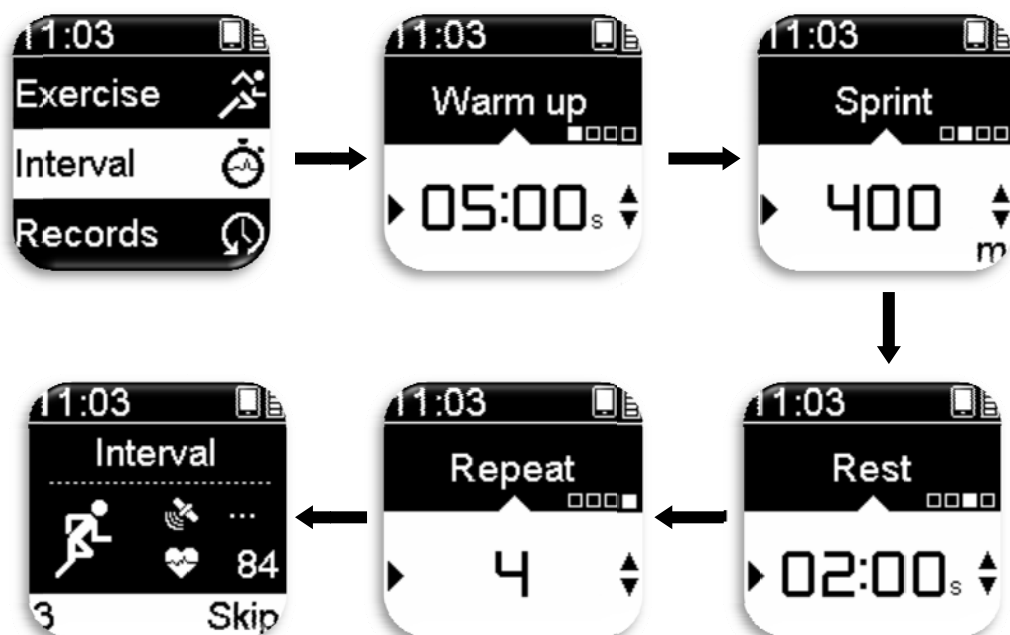
1. Press Setting/Return to enter the Setting Menu Mode.
2. Exercise>Press Up/Down >Select exercise item (walking/running/cycling/indoor/outdoor/custom/marathon).
3. It is now in “Exercise preparation mode”; please press and hold the OK button to set the exercise goal.



Interval Training :

The Nitro GPS sports watch and provide users with interval training plans, including: warm up/sprint/rest/repeat.

1. Press Setting/Return to enter Setting Menu Mode > Interval.
2. Set your warm up time (1-59 minutes).
3. Set your sprint distance (10 to 10000 meters).
4. Set your rest time (30 seconds-30 minutes).
5. Set your repeat times (1-100 times).
6. Exercise.



Records Setting :

You can see every one of your exercise record entries in Records, and you can view or delete every entry.

1. Press Setting/Return to enter Setting Menu Mode.
2. Select an exercise record entry, press OK>select view record/view laps/clear record.



Sync Log Setting :

Sync the exercise records in your Nitro GPS sports watch to the Nitro Space cloud so that you can browse them anywhere and anytime using your smartphone or computer.

1. Press Setting/Return to enter Setting Menu Mode>Sync Log.
2. Records that can be uploaded/saved include exercise records, captured screen page images and gpx files.



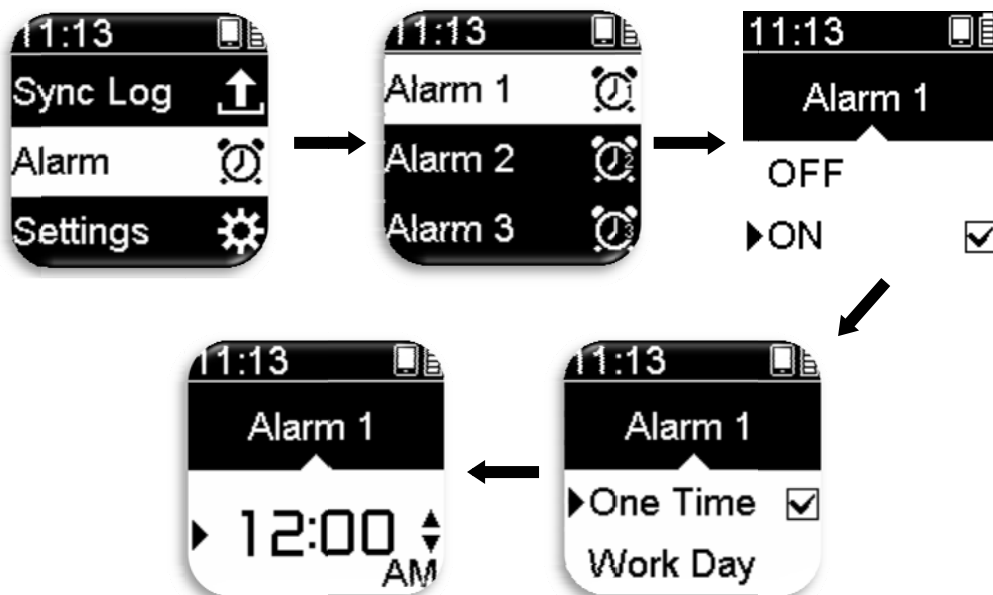
Description: Please use the Nitro Mate computer program to save captured screen page images and gpx files.

Note: The sports watch must be operated under this page when synchronizing exercise records, saving files, or updating the firmware.

Alarm Setting :

The Nitro GPS sports watch provides three sets of alarms for the users to set; users can also set the repeat frequency of the alarm.

1. Press Setting/Return > Alarm 1/Alarm 2/Alarm 3.
2. Select alarm > OK > On/Off.
3. If alarm is enabled > OK > select repeat frequency "once/workday (Monday ~ Friday)/ Everyday" > OK > Set time > OK.



Description: Under Time Mode, press and hold OK: The alarm display will differ according to the "On/Off" and "Repeat frequency" settings.

Alarm Off for the day



**Alarm On for the day with
alarm time set as 8:00AM**



Alarm set as Workday and it was weekend that day.

Setting:

When under Exercise Mode, the screen will switch to the stopwatch information page; the stopwatch information page display will differ according to personal settings. Please first set the basic exercise item settings before start exercising.

Exercise Setting:

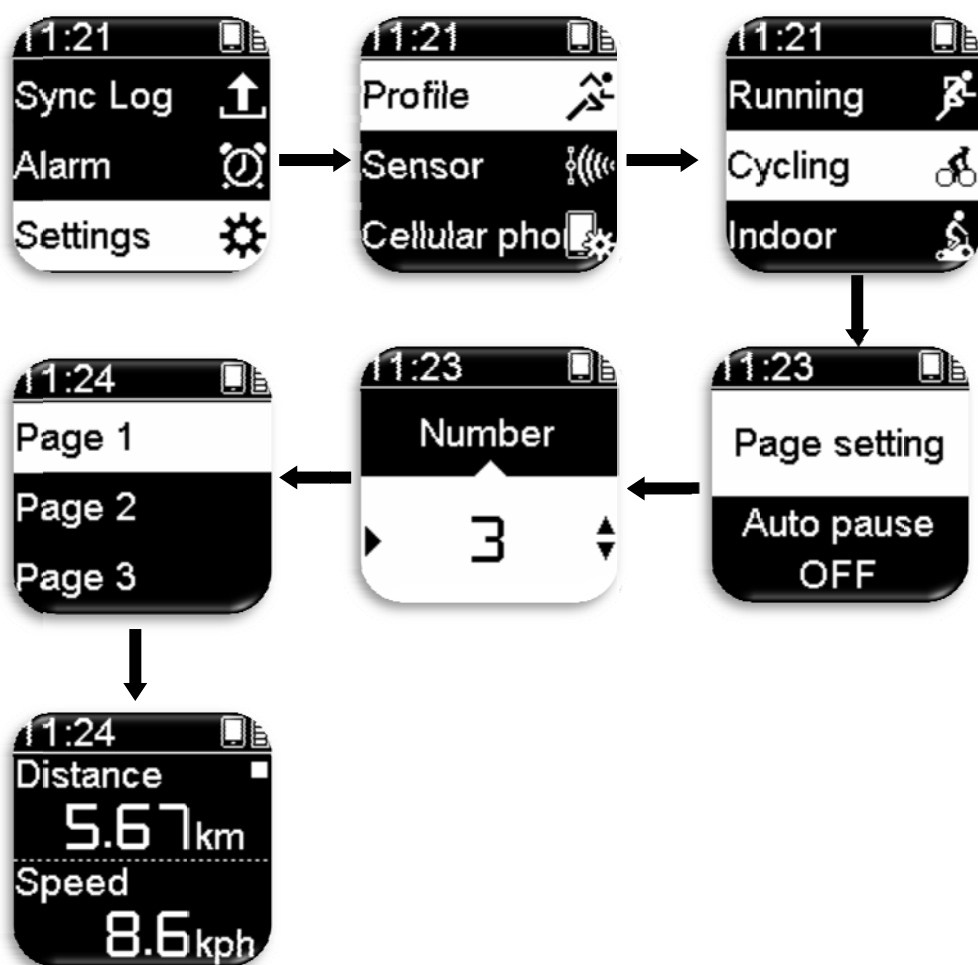
1. Press Setting/Return>enter Setting Menu Mode.
2. Select the Exercise Mode you want to set.



Description: Basic settings can be set individually for each exercise item.

Page Setting:

1. Press Setting/Return>enter Setting Menu Mode.
2. Profile > select Exercise Mode > Page Setting> Number (total number of stopwatch information pages; one page minimum and six pages maximum).
3. Select a page, adjust the stopwatch information item you need (please refer to Table 1-3 for stopwatch information).
4. There are 2 types of information that can be displayed on every page; press Up/Down to select the information item on top>OK>set the information below>OK.



Stopwatch information Table 1-3

Category	Item	Description
Distance	Distance	The total distance from the start of the exercise until now.
	Lap.dist	Exercise distance of current lap.
	Prev.lap.dist	Exercise distance of previous lap.
Time	Duration	Duration of exercise.
	Clock	Time of current location.
	Dist lead	Estimated advanced distance.
	Estimate	Estimated time of arrival.
	Lap.time	Exercise time of current lap.
	Prev.lap.time	Exercise time of previous lap.
Calories	Calories	Calories consumed.
Heart Rate	Heart rate	Number of heart-beats per minute while exercising (bpm).
	Max.hr	The maximum heart rate reached from the beginning of exercise until now.
	Avg.hr	The average heart rate from the beginning of exercise until now.
	HR area	The total number of hours in the heart rate interval set.

Category	Item	Description
	HR trace	Total number of hours measuring the heart rate.
	HR track	The statistical figure of the heart rate from the beginning of exercise until now.
Pace	Max.pace	Maximum pace reached from the beginning of exercise until now.
	Avg.pace	The average pace from the beginning of exercise until now.
	Pace track	The statistical figure of the pace from the beginning of exercise until now.
	Lap.pace	Pace of current lap.
	Prev.lap.pace	Pace of previous lap.
Speed	Speed	Current speed.
	Max.speed	Maximum speed from the beginning of exercise until now.
	Avg.speed	Average speed from the beginning of exercise until now.
Altitude	Altitude	Current altitude.
	Max.alt	Maximum altitude reached from the beginning of exercise until now.
	Avg.alt	Average altitude from the beginning of exercise until now.
	Ascent	Total distance travelled ascending.
	Descent	Total distance travelled descending.
Cadence	Cadence	Current cadence per minute while cycling (rpm).
	Max.cad	Maximum cadence until now while cycling.
	Avg.cad	Average cadence per minute until now while cycling.
Location	Coordinate	Latitude and longitude coordinates of the current location.
Pitch	Steps	The number of steps for the current exercise.
	Stride	The average distance per step while running.
	Pitch	The current stepping frequency per minute while running (spm).

Auto Pause Setting :

If you are forced to pause while exercising due to the following situations (for example: traffic light, intersection and traffic control etc.), this pausing might affect your data record (for example: time extended and speed lowered etc.). Therefore if “Auto Pause” is turned on, it will automatically pause the calculation of time and distance when you are in situations mentioned above, and it will continue recording after resuming the exercise.

1. Press Setting/Return>enter Setting Menu Mode.

2. Profile > select Exercise Mode > Auto pause > On/Off.
3. If you chose to turn on Auto pause > Set the speed (1.0kph~10.0kph).



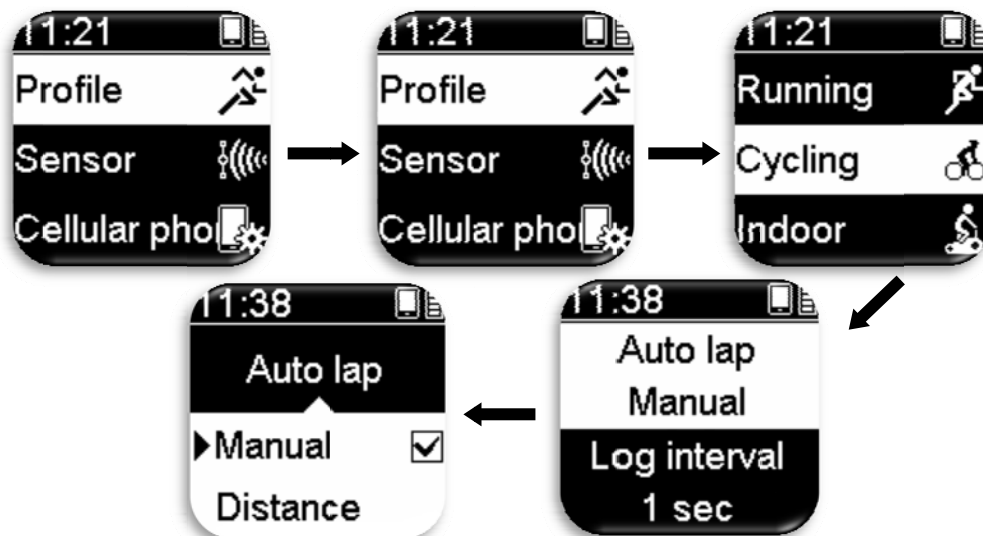
Description: If the Auto pause function is turned on, the following screen will appear when the conditions set are reached.



Auto Lap Setting :

Auto lap can count the laps according to the time/distance/GPS location set by the user; when the time/distance set is reached or when passed the specified GPS location, the Nitro GPS sports watch will automatically count laps.

1. Press Setting/Return>enter Setting Menu Mode.
2. Profile > select Exercise Mode > Auto lap > Manual/Distance/Time/GPS.
 - Time: Count laps according to the time set, for example: 30 seconds per lap.
 - Distance: Count laps according to the distance set, for example: one kilometer per lap. °
 - GPS location: Count laps according to the specified locations; suitable for running on sports fields or exercising on repeated routes.



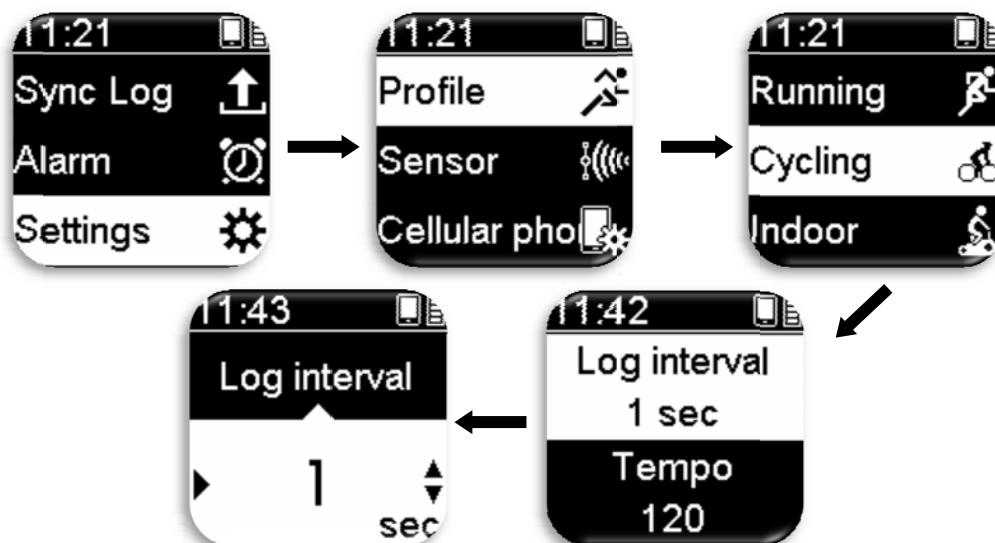
Description: Press and hold OK under Exercise Mode: Enables manual lap count.



Log Interval Setting :

Sets the log interval time; settable range is between 1-60 seconds.

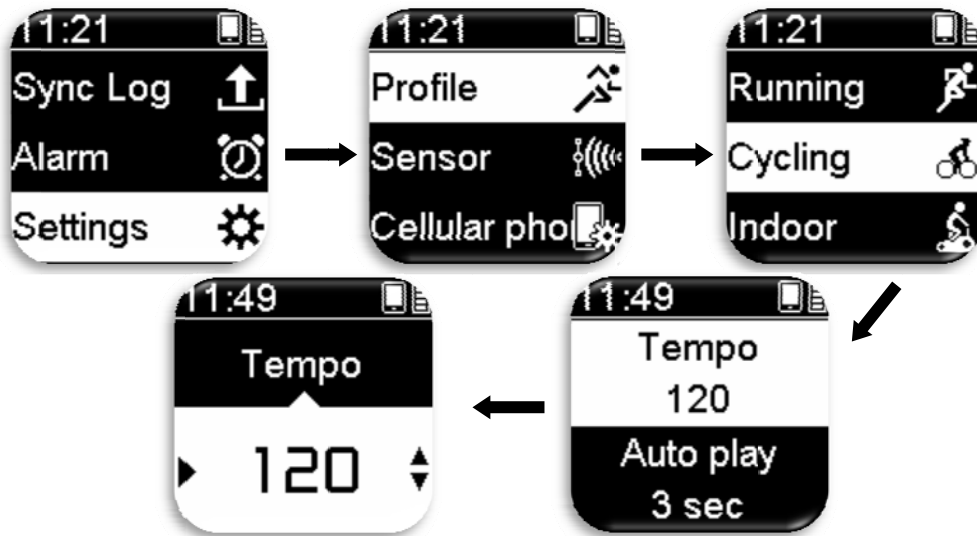
1. Press Setting/Return>enter Setting Menu Mode.
2. Profile > select Exercise Mode > Log interval > Set interval time.



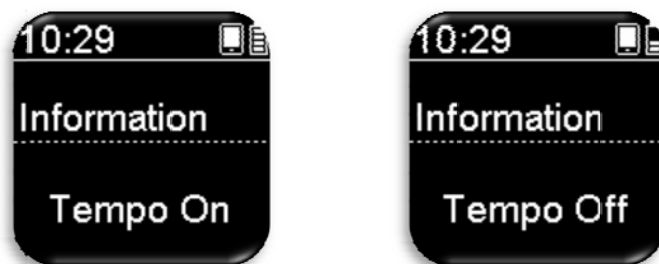
Tempo Setting :

The tempo built-in the Nitro GPS sports watch can help you adjust your pitch. When the tempo function is turned on, the tempo will play a tempo according to user settings; users just need to run with the tempo to maintain a steady pitch.

1. Press Setting/Return > enter Setting Menu Mode.
2. Profile > select Exercise Mode > tempo > set tempo rhythm; settable range is between 60-180.
- 3.



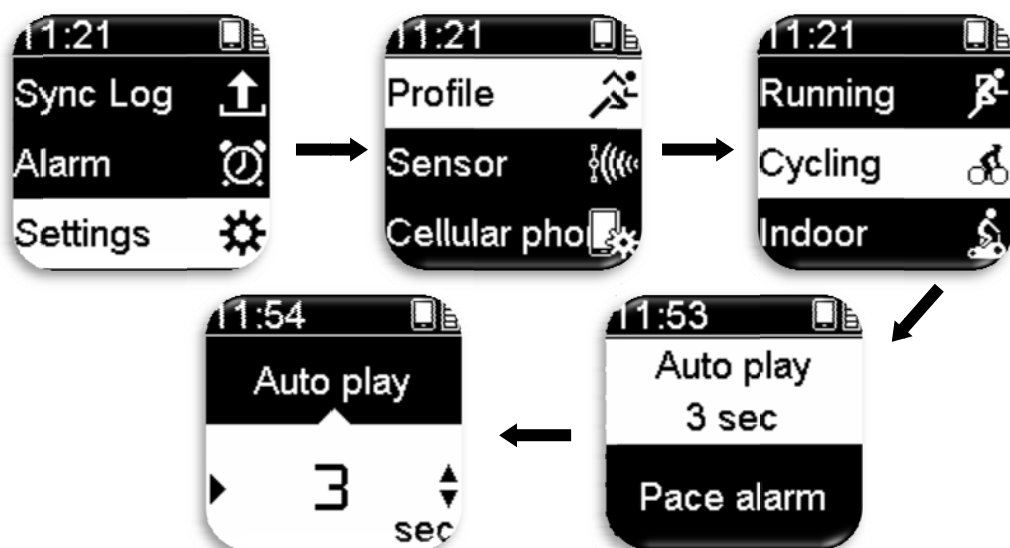
Description: Press and hold Down under Exercise Mode: Turns the tempo on or off.



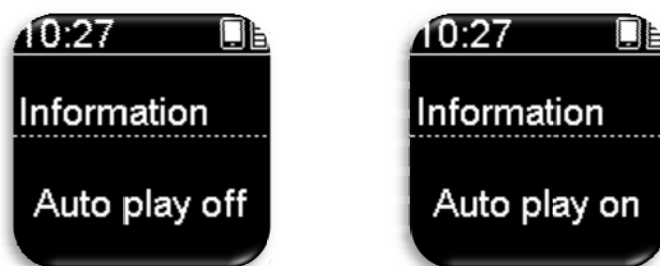
Auto Play Setting :

Sets Auto play time; settable range is between 3~12 seconds.

1. Press Setting/Return > enter Setting Menu Mode.
2. Profile > select Exercise Mode > Auto play> Auto play time.



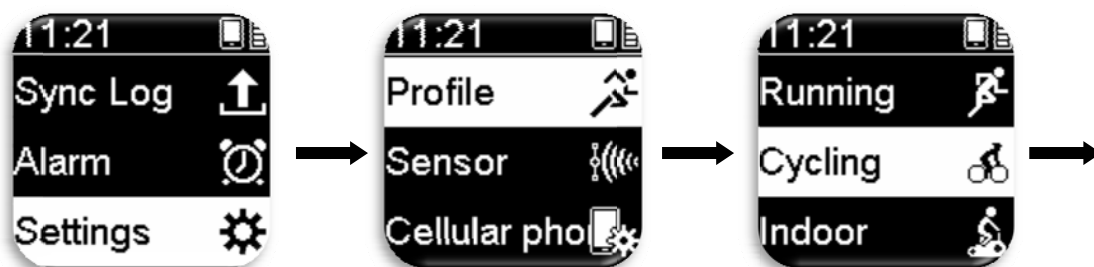
Description: Press and hold Up under Exercise Mode: Turns Auto play On or Off.



Pace alarm Setting :

Allows setting of pace alarm range; when you go higher or lower than the pace time set, the Nitro GPS sports watch will sound an alarm to remind the user to increase or decrease their pace.

1. Press Setting/Return>enter Setting Menu Mode.
2. Profile > select Exercise Mode > Pace alarm > Set maximum speed >On/Off.
3. Set minimum speed > On/Off.
4. Set view scale; settable range is between 2~120 minutes.

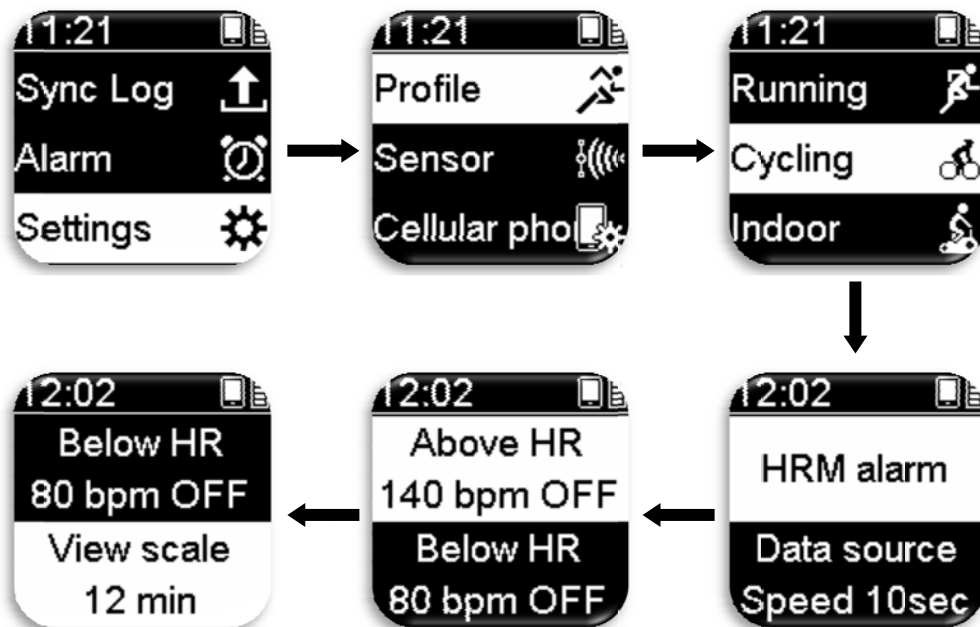




HRM Alarm Setting :

This function must be used with the HRM belt; it allows setting of the HRM alarm range. When the heart rate goes higher or lower than the heart rate range set, the Nitro GPS sports watch will sound an alarm to remind the user to adjust their heart rate.

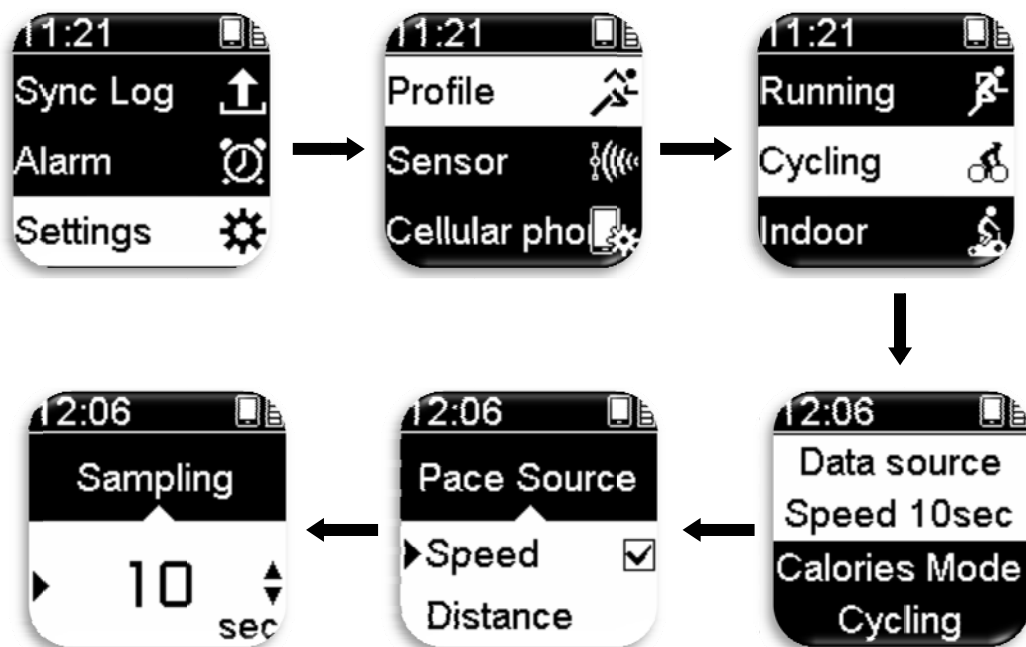
1. Press Setting/Return > enter Setting Menu Mode.
2. Profile > select Exercise Mode > HRM alarm > set max HR > On/Off.
(Setting range: 60-180bpm).
3. Set min HR > On/Off. (Setting range: 60~180bpm).
4. Set view scale; settable range is between 2~120 minutes.



Data Source Setting :

Sets the source, speed or distance of the pace data.

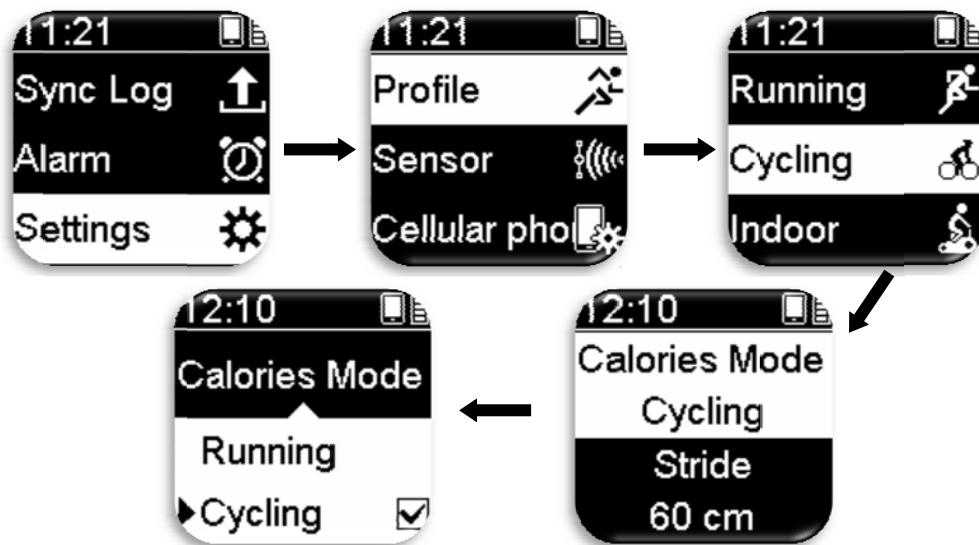
1. Press Setting/Return>enter Setting Menu Mode.
2. Profile > select Exercise Mode > Data source > select pace source (speed or distance).
3. Set sampling time.
 - Speed: Pace source is calculated according to speed --- sampling range (10-60 seconds).
 - Distance: Pace source is calculated according to distance --- sampling range (10-60 seconds).



Calories Mode Setting :

Different exercise items have different calculation methods for calories; selecting the correct calories mode allows your calorie consumption to be more precise.

1. Press Setting/Return>enter Setting Menu Mode.
2. Profile > select Exercise Mode > Calories Mode> Select Walking/Running/Cycling.

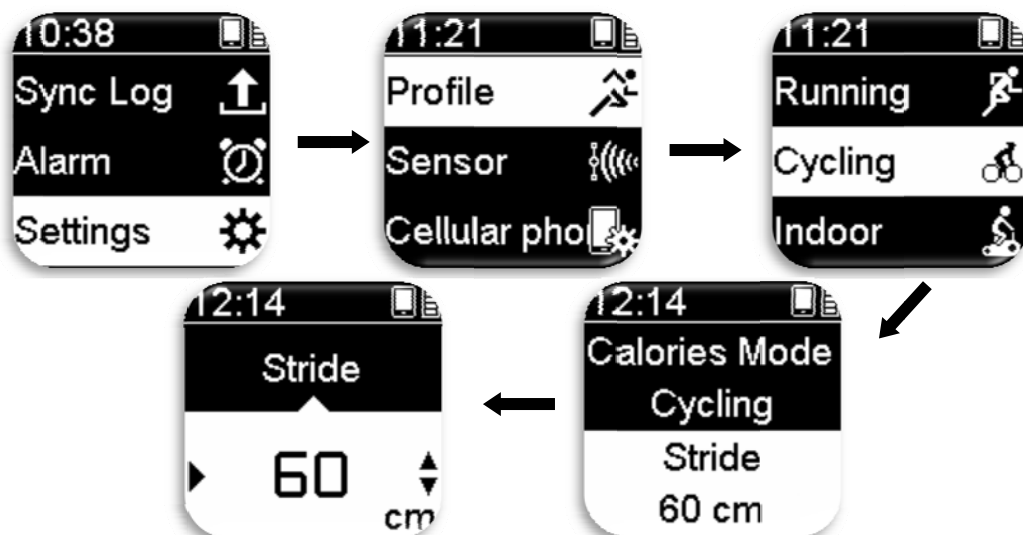


Stride Setting:

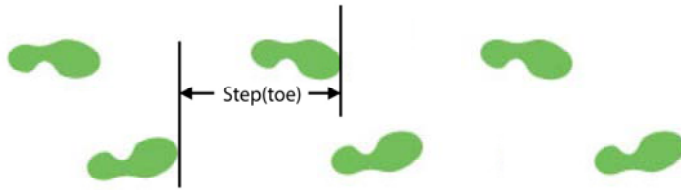
Stride Setting :

Entering your correct stride allows your distance and speed to be more accurate.

1. Press Setting/Return>enter Setting Menu Mode.
2. Profile > select Exercise Mode > Stride > Set stride size. (Setting range: 30~180cm).



Description: Stride refers to the length between two steps.



Sensor Setting :

Turns the ANT+ sensor function On or Off; heart rate monitor or cadence device can be purchased separately.

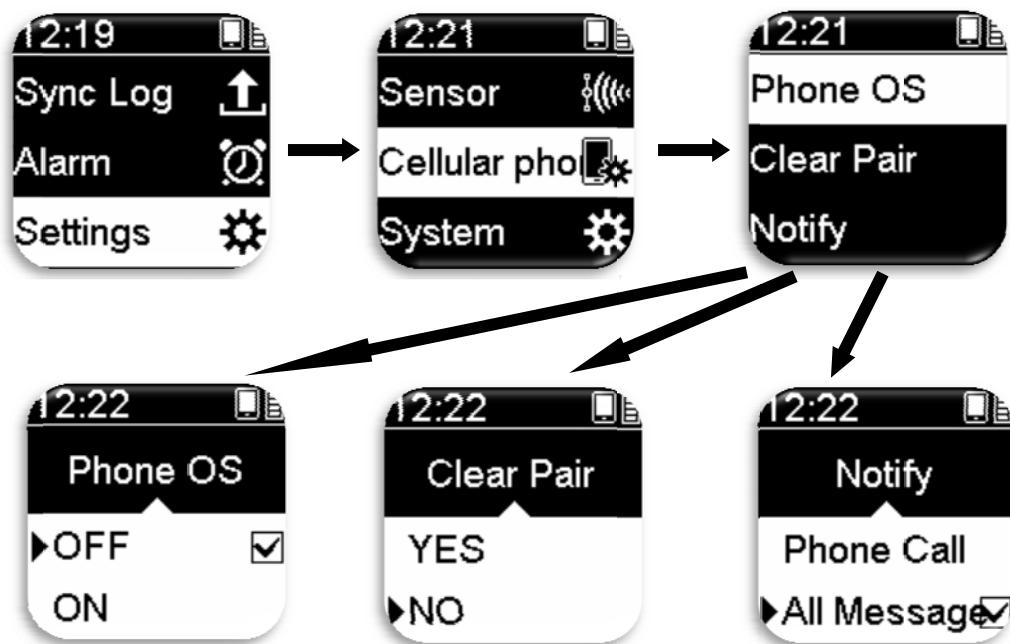
1. Press Setting/Return>enter Setting Menu Mode.
2. Sensor > Select sensor type > On/Off.



Cellular Phone Setting :

Sets the notification method of cellular phone messages and clears the pairing setting with the cellular phone.

1. Press Setting/Return>enter Setting Menu Mode.
2. Cellular phone > Pairing Setting > On/Off.
3. Cellular phone > Clear Pair > Yes/No.
4. Cellular phone > Notify > Phone Call/All Message.



Description: Press and hold Up under Time Mode: Connects to smartphone/Disconnect phone (information notify function).



Note: If your smartphone setting is incorrect, the notification function may not be completed.

Press and hold OK under Time Mode to display phone connection status.



Not connected to phone



with cellular phone icon



Connected to phone
Connection to phone failed

System Setting :

Sets Nitro GPS sports watch functions, including unit (metric or imperial), buzzer (On or Off), vibrator (On or Off), backlight On time, display language, display method and message.

Unit Setting:

Sets the measuring unit (metric or imperial).

1. Press Setting/Return>enter Setting Menu Mode.
2. System> Unit > select Metric/Imperial.



When this function is enabled, there will be sounds every time a button is pressed.

1. Press Setting/Return>enter Setting Menu Mode.
2. System > Buzzer > On/Off.



Vibrator Setting:

When this function is enabled, the button will vibrate every time a button is pressed.

1. Press Setting/Return>enter Setting Menu Mode.
2. System> Vibrator > On/Off.



Backlight Setting :

Sets the time to turn off the backlight.

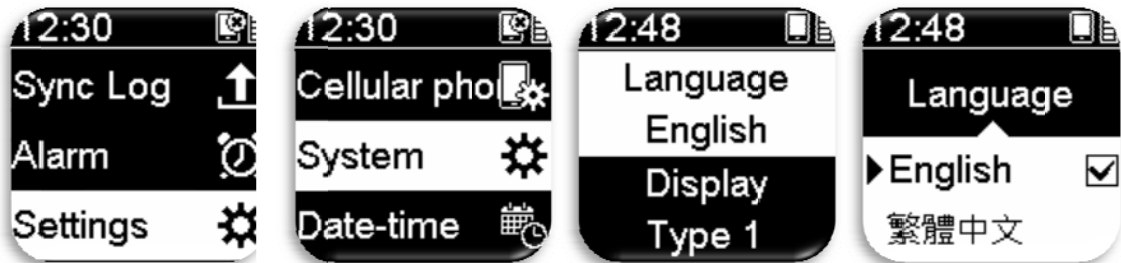
1. Press Setting/Return>enter Setting Menu Mode.
2. System> Backlight > Select backlight off time: 10 seconds/20 seconds/30 seconds/60 seconds/Always On.



Language Setting :

Sets the display language of the screen.

1. Press Setting/Return>enter Setting Menu Mode.
2. System > Language > Select display language: English/Traditional Chinese/Simplified Chinese/Japanese.



Display Setting :

Sets the display method of the screen to black background white text (Type 1) or white background black text (Type 2).

1. Press Setting/Return>enter Setting Menu Mode.
2. System > Display > Type 1/Type 2.



Message Setting :

Sets the display time length of the notification messages on the screen.

1. Press Setting/Return>enter Setting Menu Mode.
2. System> Message > Set message display seconds (3~30 seconds). °



Date-time:

Sets related settings of Nitro GPS sports watch: Time settings include use GPS/time zone/daylight (daylight saving time)/date format/time format.

Set Time:

Use GPS to calibrate the time of the Nitro GPS sports watch; time calibration can only be performed once the watch is outdoors and has received GPS signal.

1. Press Setting/Return>enter Setting Menu Mode.
2. Date-time>Set time using GPS > press OK > go outdoors to complete GPS positioning to calibrate time.



Time zone Setting:

Select your time zone.

1. Press Setting/Return>enter Setting Menu Mode.
2. Date-time > Time zone > Set time zone range (UTC -12:00 ~ +14: 00).
- 3.



Daylight Setting :

Select whether to turn on daylight (daylight saving time).

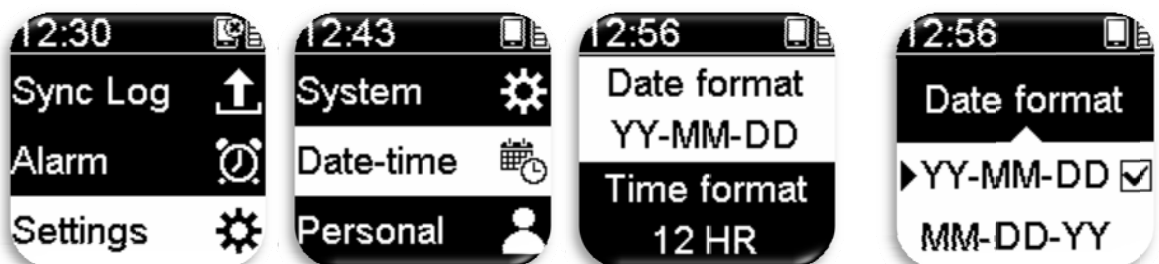
1. Press Setting/Return>enter Setting Menu Mode.
2. Date-time > Daylight > On/Off.



Date Format Setting :

Select your date format display.

1. Press Setting/Return > enter Setting Menu Mode.
2. Date-time > Date format > Select:
Year-Month-Day/Month-Day-Year/Day-Month-Year.
- 3.



Time Format Setting :

Select your time format: 12 or 24 HR.

1. Press Setting/Return>enter Setting Menu Mode.
2. Date-time > Time format > Select: 12 HR or 24 HR.



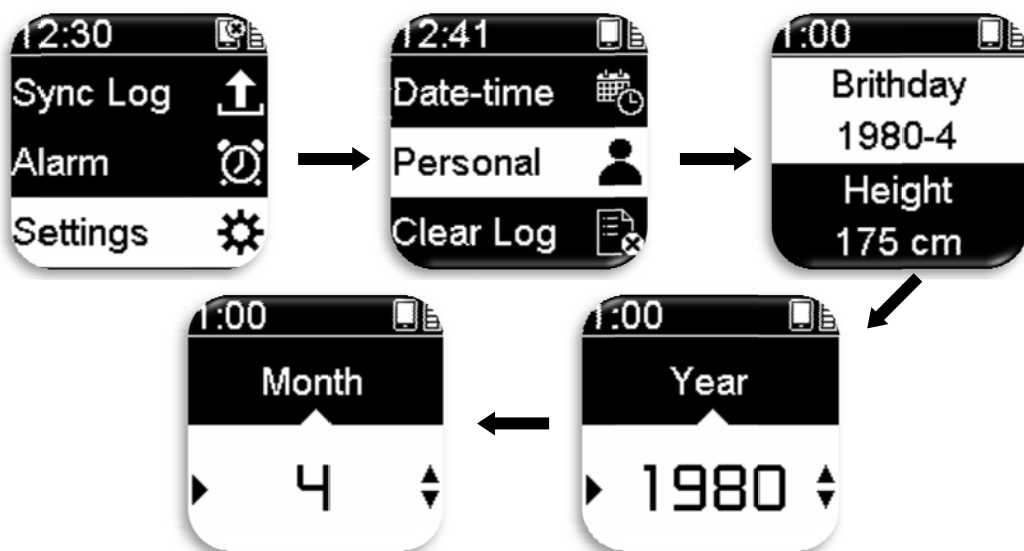
Personal

In order to allow the exercise information to be more accurate, please set your personal information before start using: birthday/height/weight/max HR/wheel.

Birthday Setting :

Set your birthday (A.D.).

1. Press Setting/Return> enter Setting Menu Mode.
2. Personal > birthday > set year > set month.
- 3.



Height Setting :

Set your height.

1. Press Setting/Return > enter Setting Menu Mode.
2. Personal > Height > Set your height.



Weight Setting :

Set your weight.

1. Press Setting/Return > enter Setting Menu Mode.
2. Personal > weight > Set your weight.



Max HR Setting :

Set your maximum heart rate.

1. Press Setting/Return > enter Setting Menu Mode.
2. Personal > Max. HR > Set your max HR (90~220bpm).

Description: Calculation method is as follows

Max HR = 220 - age

Low-medium strength exercise HR = (220-age) x 60% ~ (220-age) x 80%



Wheel Setting :

Set the wheel diameter of your bicycle; please refer to the “Wheel size and circumference table” Table 1-5.

1. Press Setting/Return>enter Setting Menu Mode.
2. Personal > Wheel > Set the wheel diameter of your bicycle.



Wheel size and circumference (Wheel diameter size is usually marked on both sides of the tire).

Table 1-5

Wheel diameter size	Length〈 mm 〉
12 x 1.75	935
14 x 1.5	1020
14 x 1.75	1055
16 x 1.5	1185
16 x 1.75	1195
18 x 1.5	1340
18 x 1.75	1350
20 x 1.75	1515
20 x 1-3/8	1615
22 x 1-3/8	1770
22 x 1-1/2	1785
24 x 1	1753
24 x 3/4管狀	1785
24 x 1-1/8	1795
24 x 1-1/4	1905
26 x 2.10	2068
26 x 2.125	2070
26 x 2.35	2083

Length 〈 mm 〉	Length〈 mm 〉
24 x 1.75	1890
24 x 2.00	1925
24 x 2.125	1965
26 x 7/8	1920
26 x 1(59)	1913
26 x 1(65)	1952
26 x 1.25	1953
26 x 1-1/8	1970
26 x 1-3/8	2068
26 x 1-1/2	2100
26 x 1.40	2005
26 x 1.50	2010
26 x 1.75	2023
26 x 1.95	2050
26 x 2.00	2055
700 x 19C	2080
700 x 20C	2086
700 x 23C	2096

26 x 3.00	2170
27 x 1	2145
27 x 1-1/8	2155
27 x 1-1/4	2161
27 x 1-3/8	2169
650 x 35A	2090
650 x 38A	2125
650 x 38B	2105
700 x 18C	2070

700 x 25C	2105
700 x 28C	2136
700 x 30C	2170
700 x 32C	2155
700C 管狀	2130
700 x 35C	2168
700 x 38C	2180
700 x 40C	2200

Clear Log:

Deletes all exercise records on the Nitro GPS sports watch.

1. Press Setting/Return > enter Setting Menu Mode.
2. Clear Log > Yes/No.

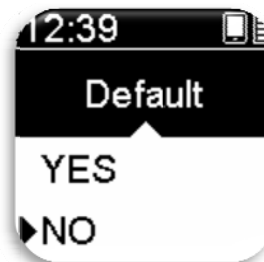


Note: Please confirm whether the data has been uploaded to Nitro Space cloud before clearing the logs.

Default:

Resets all parameter settings of the Nitro GPS sports watch back to the factory default values.

1. Press Setting/Return > enter Setting Menu Mode.
2. Default > Yes/No.



About the Watch:

Allows viewing of related information on the software version of the Nitro GPS sports watch etc.

1. Press Setting/Return > enter Setting Menu Mode.
2. About > View information.



Basic maintenance of the Nitro GPS sports watch

Maintaining the Nitro GPS sports watch properly can lower the risk of damaging the device.

- Do not drop or bang the Nitro GPS sports watch.
- Do not expose the Nitro GPS sports watch under extremely cold or hot or highly humid environments.
- The surface of the watch can be easily scratched; please use a non-adhesive screen protector to protect the screen.
- Use soft cloth dipped with diluted neutral detergent to clean the Nitro GPS sports watch.
- Do not try to dismantle, repair or modify the Nitro GPS sports watch as doing so will void the warranty.

15.105(b)

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.

FCC RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.19

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 of the device.