RANGER WATCH W-10

User Manual

Brand: SHO-U

Model Name: Ranger Watch W-10

1. Introduction of Ranger Watch W-10

1.1 Specification

Spec	GTI-W10
Language	English/ Traditional Chinese / Simplify Chinese
Weight	72 g
Dimension	61.5x 49.7 x 14.8 mm
Display size	1.3" 160x100
Battery	Rechargeable lithium-ion battery pack, 620mAh
Battery life	around 30 days
Battery life (training mode)	up to 20 hours
Waterproof rating	5ATM, IPX8
GPS	Yes
ANT+	Yes
Bluetooth	Bluetooth 2.1 + 4.0 BLE
Sync with PC/NB	USB
Alarm	Yes
Vibration	Yes
Swimming mode	Yes
Cycling mode	Yes

Running mode	Yes
Other mode	Yes
Temperature condition	-20℃ ~ 60℃
History	1,000 laps
Build-in memory	8MB
Barometer	Yes (optional)
Altitude	Yes
HR zone	Yes
Heart rate monitor	Compatible
Bike cadence sensor	Compatible
Bike speed sensor	Compatible
Foot pod	Compatible
Power meter	Compatible
BLE Finder	Yes
Notications	Incoming call/Facebok/SMS/Line/WeChat...
Location manager	Yes
GoldTek Express	Compatible
Auto lap	Yes
Auto pause	Yes

Austo scroll	Yes
Multisport	Yes
Course	Yes
Customized workouts	Yes
Vibration alert	Yes
Time/distance alert	Yes
Interval training	Yes
Calories	Yes
Customizable screen	Yes
Tempo meter	Yes

1.2   Keys

No.	Keys	Function
①	⏻	1. Long press ⏻ to turn on/ off the device, or enter power saving. 2. Short press ⏻ to ● Check or adjust GPS ON/OFF 、 Bluetooth ON/OFF 、turn on or adjust the backlight (0%, 50%, or 100%), ● Check Time, Sensor status, battery status, sports mode, etc.
②	▲▼	1. Short press to scroll the menus. 2. Long press to quickly scroll the menus. 3. Short press to scroll the training tables in training mode.
③	ENTER	Short press to choose the item and to acknowledge a message.
④	START/STOP	Short press to start/ stop the timer.
⑤	LAP/RESET	1. Short press to start a new lap. 2. Long press to save your workout and

		reset the timer.
⑥	MODE	1. Short press to switch the display among time/ workout/ menu/ compass modes. 2. Short press to exit a menu or page. 3. Long press to change sport modes.

1.3 Getting Started

1.3.1 Charging and turning on the device

1. Plug the USB connector into computer or AC adapter, then attach the charging clip on Ranger Watch. It will take about 4 hours to complete the charging process. Please make sure it's full charged by checking the battery status on the display (show as photo).

2. Long press ⏻ to turn on the Ranger Watch, and you will see the time mode as default.

1.3.2   Backlight

1. Press shortly any key to turn on the backlight.

2. Short press the power key ⏻ to open the quick setting screen ➜Select up key ▲
    or down key ▼ to select BLON (Backlight always on) or BL (Backlight brightness
    adjustment) item, and press [ENTER] key to adjust brightness (0%, 50%, or 100%)
    and backlight ON/OFF.

1.3.3   Icons

✦ : GPS on and searching for the satellites

▣ : GPS fixed.

⌂ : GPS is off.

ℵ : Cadence sensor connected

⏱ : Timer on

♥ : Heart rate strap connected

△ : Multi sports mode

👣 : Foot pod connected

≋ : Open water swimming mode

🏊 : Pool swimming mode

🏃 : Running mode

🚴 : Cycling mode

⚓ : Other sport mode

🅱 : Bluetooth connected

🅱 : Bluetooth on

📡 : ANT+ connected

📶 : ANT+ on

⏰ : Alarm on

2. System Setting

The System settings can be used commonly among all sport modes.

Press 〔MODE〕key to menu page ➔Select「Settings」➔ Select「System」

2.1 Language

1. Enter「System」➔ Press up key ▲ and down key ▼to「Language」➔Press〔ENTER〕

   key to enter language setting page.

2. Select〔ENTER〕to show the options.

3. Press up key ▲and down key ▼to choose the language version and〔ENTER〕to

   confirm➔Press〔MODE〕key to leave.
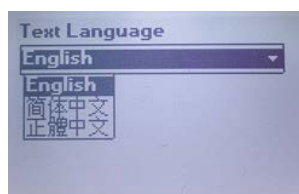
2.2 Tones and vibration

1. Enter「System setting」➔Select ▲▼to choose 「Tones/ Vibration」➔Select〔ENTER〕.

2. Select ▲▼to choose function➔Select〔ENTER〕to display the options.

3. Select ▲▼ to choose on/off ➔Select〔ENTER〕to confirm ➔Select〔MODE〕to leave.
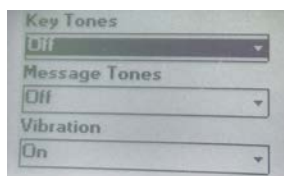
2.3 Display

Setting of backlight time out and Brightness

1. Enter「System setting」➔Select ▲▼ to choose「Display」➔Select〔ENTER〕.

2. Select ▲▼to choose function➔Select〔ENTER〕to display the options.

3. Select ▲▼to choose on/ off➔Select〔ENTER〕to confirm➔Select〔MODE〕to leave.
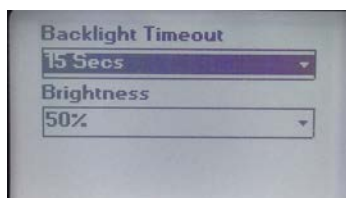
2.4 Theme

We offer two kinds of theme: Digital and Indicator.

1. Enter「System setting」➔ Press up key ▲ or down key ▼ to choose 「Theme」

   ➔Select〔ENTER〕.

2. Press〔ENTER〕key to display the options.

3. Press up key ▲ or down key ▼ to choose ➔Press〔ENTER〕key to confirm➔Press

   〔MODE〕key to leave.
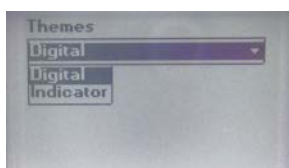
2.5 Time setting

1. Press〔MODE〕key to menu page, select 「Setting」➔ select 「System」, and press

   〔ENTER〕key to enter「System setting」page ➔ Press up key ▲ or down key ▼ to

   choose 「Time」➔Select〔ENTER〕.

2. Press up key ▲ or down key ▼ to choose function➜Select〔ENTER〕
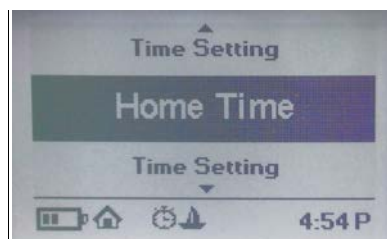
- Home time：manual time setting

  (1) Press up key ▲ or down key ▼ to choose function➜Select〔ENTER〕to

  display the options.

  (2) Press up key ▲ or down key ▼ to choose➜Select〔ENTER〕to

  confirm➜Select〔MODE〕to leave.
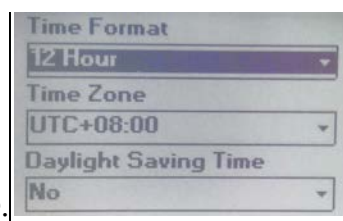
- Time setting：time setting whether by automatic GPS update or not.

  (1) Select〔ENTER〕to display the options➜ Press up key ▲ or down key ▼ to

  choose yes/ no➜Select〔ENTER〕to confirm➜Select〔MODE〕to leave.
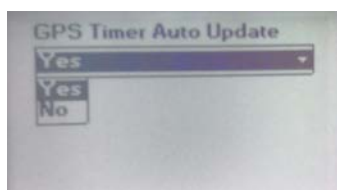
2.6 Alarm setting

We offer four alarms.

1. Enter「System」 setting page➜ Press up key ▲ or down key ▼ to choose「Alarm」

   ➜Select〔ENTER〕.

2. Press up key ▲ or down key ▼ to choose Alarm 1~4➔Select〔ENTER〕to enter.

3. Press up key ▲ or down key ▼　to choose function➔Select〔ENTER〕to display the

    options, days and time.

4. Select〔ENTER〕to confirm➔Select〔MODE〕to leave.
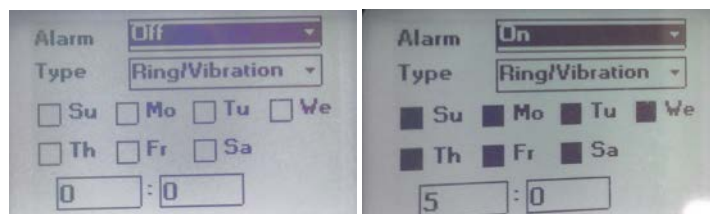
2.7 **Unit**

1. Enter「System setting」➔ Press up key ▲ or down key ▼ to choose「Unit」➔Select

    〔ENTER〕.

2. Press up key ▲ or down key ▼ to choose function➔Select〔ENTER〕to display the

    options.

3. Press up key ▲ or down key ▼ to choose➔Select〔ENTER〕to confirm➔Select

    〔MODE〕to leave.
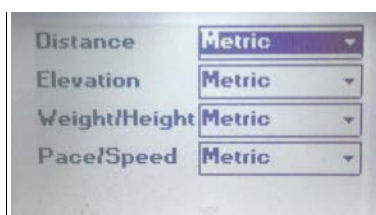
2.8 **Auto Suspend**

1. Enter「System setting」➔ Press up key ▲ or down key ▼ to choose「Auto suspend

    」➔Select〔ENTER〕.

2. Press up key ▲ or down key ▼ to choose function➜Select〔ENTER〕to display the

   options.

3. Press up key ▲ or down key ▼ to choose on/ off and adjust the value➜Select

   〔ENTER〕to confirm➜Select〔MODE〕to leave.
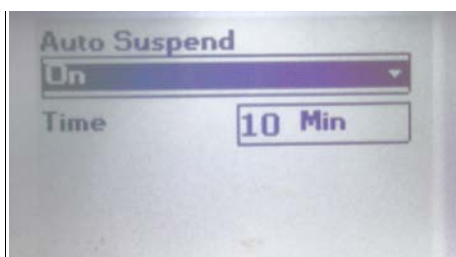
2.9 **Data Recording**

1. Enter「System setting」➜ Press up key ▲ or down key ▼ to choose 「Data

   Recording」➜按〔ENTER〕進入。

2. Select〔ENTER〕to display the options➜ Press up key ▲ or down key ▼　to choose

   ● 「Smart Recording」：Data will be recorded when the speed/ distance has

     changed.

   ● 「Every 3 seconds」：Data will be recorded every 3 seconds, it will take more

     space in the memory.

3. Press up key ▲ or down key ▼ to choose➜Select〔ENTER〕to confirm➜Select

   〔MODE〕to leave.

2.10 **Initial Setup：**

1. Enter「System setting」➔ Press up key ▲ or down key ▼ to choose「Initial Setup」

    ➔Select〔ENTER〕.

2. Select〔ENTER〕to display the options➔ Press up key ▲ or down key ▼ to choose

    yes/ no. Ranger watch will change the setting to default and turn off automatically

    if you choose「Yes」.

3. All the setting, user's profile and training data will be cleared after holding ⏻to

    turn on the device.
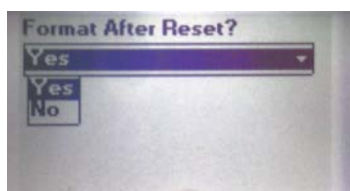
2.11 Compass Calibration

1. Press〔MODE〕key to menu page ➔Select「Settings」➔ Select「System」➔Select「

    Compass Calibration」.

2. Press〔ENTER〕 key to enter calibration page, then start the compass calibration.

3. Calibration requirement: each side of the Ranger watch need to ever face North of

Earth. Simply move the wrist with Ranger Watch by ∞ path, until the six blocks on

screen have been changed to black color, and the screen shows "Compass calibration

OK" message.

4. Press〔ENTER〕key to finish the calibration.

2.12 User profile

1. Select〔MODE〕to the menu➔ Select「Settings」➔ Select「User Profile」

2. Press up key ▲ or down key ▼ to choose items ➔Select〔ENTER〕to display

   options.

3. Press up key ▲ or down key ▼ to choose and adjust ➔Select〔ENTER〕to confirm

4. Select〔MODE〕to leave.

3. Sport Setting

3.1 Change Sport Mode

You can do the setting for each discipline before you start to use Ranger Watch.

How to select the sport mode:

There are 2 ways to change the sport mode (Run/Bike/Other/Outdoor Swim/Indoor

Swim/Auto Multi Sport) before setting.

The 1st way:

- Hold〔MODE〕at any page➔「Change Sport」menu will pop up

- Press up key ▲ or down key ▼ to choose sport mode➔Select〔ENTER〕to confirm.

The 2nd way:

- Press〔MODE〕key to menu➔ Press up key ▲ or down key ▼ to choose「Change Sport」➔Press 〔ENTER〕 key to enter Change Sport page.

- Press up key ▲ or down key ▼ to choose sport mode (Run/Bike/Other/Outdoor Swim/Indoor Swim/Auto Multi Sport)➔Select〔ENTER〕to confirm.

3.2 Run setting

Please set your sport mode as『Run』before setting.

3.2.1 Data Fields

You can set the display of Data Fields in any sport mode.

There are four pages for each sport mode, up to four columns of each page, and also available for optional data.

★**Note**：Part of data will only display in specific sport mode. Ex: Stroke will only display in the swim mode.

1. Press〔MODE〕key to menu➔ Select [Settings]➔Select [Run settings] ➔ Select [Data Fields]

2. Press up key ▲ or down key ▼ to choose page number(Run1～4)➔ Press〔ENTER〕

key to enter [Run 1/2/3/4] setting page.

3. Press up key ▲ or down key ▼ to choose the number of columns you would like to

   display（0～4）➔ Press〔ENTER〕key to confirm the number of columns.

   ● The page won' t display anything if you choose「0」at page 2~4 which means

   「Off」.

4. Press up key ▲ or down key ▼ to choose column➔ Press〔ENTER〕key to display

   data options.

5. Press up key ▲ or down key ▼ to choose ➔Select〔ENTER〕to confirm➔Select

   〔MODE〕to leave.

3.2.2 Run Alerts

The user can use the Alerts function with distance, time, calories, heart rate, speed ,

 and Cadence, etc, to help the self-training.

3.2.2.1 Cycle Alert: Time Alert、Distance Alert、and Calories Alert

1. Press〔MODE〕key to menu page ➔Select「Settings」➔ Select「Running Settings

   」➔ Select「Run Alerts」

2. Select「Time Alert」、「Distance Alert」、 or「Calories Alert」

3. Turn ON: Press〔ENTER〕key to enter the setting page, and press ▲、▼ key to move

   to「On/Off」, select On to enable the alert, and press〔ENTER〕 key to confirm.

4. Adjust value to alert: Press ▲、▼ keys to the setting field—Alert At ➔ Press〔ENTER〕

   key to start value adjusting of **Time Alert**、**Distance Alert**、 or **Calories Alert** ➔

   Press 〔ENTER〕 key to confirm ➔ Press 〔MODE〕 key to leave the setting page.

As the user start the sport with pressing [START] key, and reach the alert point, Ranger

Watch will notify the user with message on display, and Message tone and vibration,

depending on the setting of Tone/Vibration in System setting.

3.2.2.2 Alert with upper limit and lower limit – Cadence Alert, Speed Alert, HR Alert

The user needs to enable the Maximum Alert and Minimum Alert, and adjusts the alert

values before starting sport activity.

● 「Cadence Alert」 to remind the user to run with consistent cadence, not too fast,

   and not too slow cadence.　As the Running cadence over the Maximum Cadence

   Alert, or lower than Minimum Cadence Alert, Ranger Watch will notify the user

   with message on display, and Message tone and vibration.(Cadence by spm: steps

   per minute)

- 「Speed Alert」 to remind the user to run with consistent speed, not too fast, and not too slow.　As the Running speed over the Maximum Speed Alert, or lower than Minimum Speed Alert, Ranger Watch will notify the user with message on display, and Message tone and vibration.

- 「HR Alert」 to remind the user regarding Heart Rate.　If the heart rate is too low, it means the sport stress is not enough, and the user should be able to speed up. If the heart rate is too high, the user should check the health status, or the sport stress is too much, and then the user should slow down. (Heart rate with bpm: heart beats per minute.)

3.2.2.3 Run/Walk Alert

The user can use Run/Walk Alert for regular intervals for running program. For example, the user can run for 5 minutes, and walk for 1 minute, and repeat it until the end of running.　At the same time, auto LAP will work correctly.

1. Press〔MODE〕key to menu page ➔Select「Settings」➔ Select「Running Settings」➔ Select「Run Alert」

2. Select「**Run/Walk Alert**」

3. Enter「Run/Walk Alert」setting page➔Select「On」to enable.

4. Adjust「Run Alert」time, and「Walk Alert」time.

3.2.3 Auto Lap

There are three modes for Auto Lap: by distance, time, or position.

★Note：Auto Lap is not available in Interval, customized workout and Indoor swim

mode.

Sport	Default distance	Default time
Run	3km/1.86mile	30min
Bike	3km/1.86mile	30min
Outdoor Swim	3km/1.86mile	30min
Other	3km/1.86mile	30min

Auto Lap by distance/ time：

You can mark laps automatically by setting Lap distance/ time in Auto Lap, and then

you can check the fitness status by comparing data obtained from different laps.

1. Press〔MODE〕 key to menu page➔ Press up key ▲ or down key ▼ to choose

   [Settings]➔ Press〔ENTER〕key to enter Setting page.

2. Press up key ▲ or down key ▼ to choose「Run Settings」➔Press〔ENTER〕 key to

   enter Run setting page.

3. Press up key ▲ or down key ▼ to choose「Auto Lap」➔ Press〔ENTER〕 key to enter

   Auto Lap setting page.

4. Press〔ENTER〕key to display the options. Press up key ▲ or down key ▼ to choose

「By Time/ By Distance」.

5. Press up key ▲ or down key ▼ to move to value setting, and press〔ENTER〕 key to

start the value setting. Press up key ▲ or down key ▼ to adjust the distance/time,

and press 〔ENTER〕 key to confirm the distance/time ➔ Press 〔MODE〕 key to

leave.

6. Auto Lap will start after press〔START〕key.

Auto Lap by Position：

You can mark laps automatically by position in Auto Lap.

According to this function, you can compare the fitness data obtained by different

laps.

1. Press〔MODE〕key to menu page➔ Press up key ▲ or down key ▼ to choose

[Settings]➔ Select〔ENTER〕.

2. Press up key ▲ or down key ▼ to choose「Run Settings」➔Select〔ENTER〕➔ Press

up key ▲ or down key ▼ to choose「Auto Lap」➔Select〔ENTER〕.

3. Select〔ENTER〕to display the options, Press up key ▲ or down key ▼ to choose「By

Position」.

4. Press up key ▲ or down key ▼ and〔ENTER〕to choose 「Lap Press Only/ Start and

Lap/ Mark and Lap」.

- **Lap Press Only**：Select **Lap Press Only** to trigger the lap counter every timewhen you select [**LAP**]and pass any of those positions again.

- **Start and Lap**：Select **Start and Lap** to trigger the lap counter at the GPS location where you select [**START**]‚and at any location during the run where you select [**LAP**].

- **Mark and Lap**：Select **Mark and Lap** to trigger the lap counter at a specific GPS location marked before the run (use **Mark Position**) and at any location during the run where you select [**LAP**].

3.2.4 Auto Pause

★**Note**：

1. The paused time is not saved with your history data.

2. Auto Pause function is not available in Interval, customized training and swim mode.

You can use Auto Pause to pause the timer automatically when you stop moving or when your speed drops below a specified value. Ex: Waiting for the traffic light.

1. Select〔MODE〕to the menu➜Choose「Settings」➜Choose「Run Settings」 (Bike settings will display in the Bike Mode, Other Settings will display in the Other Mode.) ➜Choose「Auto Pause」.

2. Select〔ENTER〕to display the options:

   ● 「When stopped：The timer will pause automatically if you stop moving.

   ● 「Custom pace：The timer will pause automatically when your speed are below

     the customized pace.

3.2.5 Auto Scroll

You can use the Auto Scroll feature to automatically cycle through all of the training

data pages while the timer is running.

1. Select〔MODE〕to the menu➜Select「Settings」➜Select 「Run Settings」」➜Select

「Auto Scroll」.

2. Select〔ENTER〕to display the options:「Off」、「Slow」、「Medium」、「Fast」.

3. Press up key ▲ or down key ▼ to choose and press〔ENTER〕 key to confirm.

3.2.6 Heart Rate Monitor

Please pair the Ranger Watch with the ANT+ or Bluetooth heart rate monitor before

starting sport activity with Ranger Watch.

Next time the Ranger Watch will pair the HRM automatically.

To connect with ANT+ heart rate monitor：

★**Notice**：ANT+ heart rate monitor should be worn on the chest of user, and distance

between HRM and Ranger Watch is better within 3 meters.

1. Press〔MODE〕key to menu page➜select「settings」➜enter「Run Settings」。(If the sport is 「Bike」, then please select「Bike Settings」;If the sport is 「outdoor swim」, then please select「Outdoor Settings」。If the sport is 「Other」, then please select「Other Settings」.)

2. Select「Heart Rate」, and press 〔Enter〕key to enter Heart Rate page.

3. Select 「ANT+ HR」,and press 〔Enter〕key to enter ANT+ HR page.

4. The page is to set "Heart Monitor Present?". Press [Enter] to pop up the option Yes/No. Select「Yes」。and move to "Search" icon, press〔ENTER〕 key to search and pair the available ANT+ HR device.

5. As Ranger Watch pair with ANT+ HR successfully, the screen will show ♥ at status column, and to check "Details" of HRM page will show the HRM ID number.
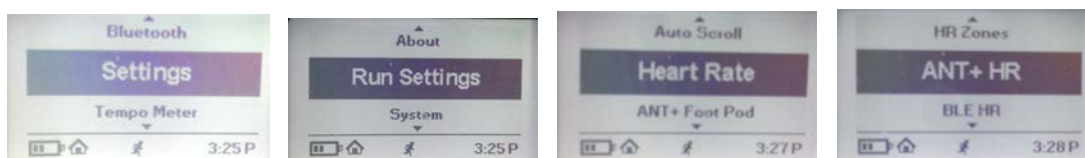
To connect with Bluetooth Heart Rate monitor：

★**Notice**：The heart rate monitor should be worn on the chest of user, and distance between HRM and Ranger Watch is better within 3 meters.

1. To enable Bluetooth. Press〔MODE〕key to menu➜Select 「Bluetooth」➜ 「Bluetooth

Status」➔Bluetooth Enable「Yes」, then main page will show「⚡」 that means the

Bluetooth is enabled.

2. Press 〔MODE〕key to menu page➔select「settings」➔enter「Run Settings」。(If the

sport is 「Bike」, then please select「Bike Setting」;If the sport is 「outdoor swim」,

then please select「Swim Setting」。If the sport is 「Other」, then please select「Other

Setting」.)

3. Select「Heart Rate」, and press 〔Enter〕key to enter Heart Rate page.

4. Select 「BLE HR」, and press 〔Enter〕key to enter BLE Heart Rate page.

5. BLE HR enable? Set as 「Yes」, and move to 「Scan」 and press〔ENTER〕key.

6. As Ranger Watch find Bluetooth HRM，it will show the BLE HR ID on the screen.

7. Select the BLE ID, and press〔ENTER〕 key➔Select 「More」➔Select 「Connect」.
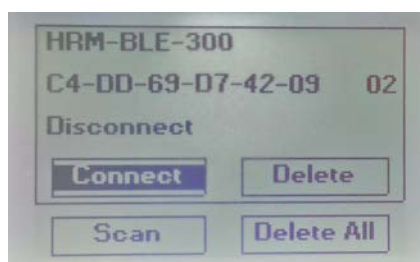
8. As Ranger Watch pair with BLE HRM successfully, the screen will show 🟦 & 🖤 at

status column。

Remark：

1. If Ranger Watch can't pair and connect with the BLE HR, please renew the battery

pack with BLE HRM.

2. If the HRM is away from user's body, Ranger Watch will disconnect with the HRM

automatically.

Heart Rate Zone：

1. Press〔MODE〕key to menu page➔select「settings」➔enter「Run Settings」➔ Select

「Heart Rate」➔ Select 「HR Zone」.

2. HR Zone: Adjust Maximum Heart Rate & Resting Heart Rate for calculating HR%.

3. 「Edit HR Zone」: Define the Zone 1 ~ Zone 5

3.2.7 ANT+ Foot Pod

As GPS is not available, like indoor jogging, the user can use ANT+ Foot Pod with

RANGER WATCH, in order to get the step count data, and consequent distance.

Before starting your exercise, please pair the ANT+ Foot Pod with RANGER WATCH.

★**Note**：The Foot Pod must be placed within 3 meters from Ranger Watch.

To connect with ANT+ Foot Pod:

1. Press〔MODE〕key to menu page➔Select 「Settings」➔Enter 「Running Settings」.

2. Select 「ANT+ Foot Pod」➔「Foot Pod sensor Present」select 「Yes」.

3. Move to 「Search」, and press〔ENTER〕key.

4. As Ranger Watch pair with ANT+ HR successfully, the screen will show ⬚ at

status column.
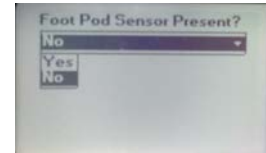
3.2.8 Calibrate Step Distance

★Note： You can get the step distance by adjusting the step distance by up key ▲ or

down key ▼，or calibrating the step distance by the calibration function.

Press〔MODE〕key to menu page➜Select「Settings」➜Enter「Running settings」

➜Select「Step Distance」➜「Calibrate」。
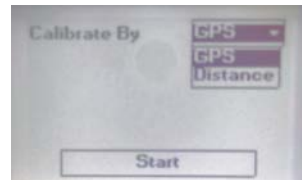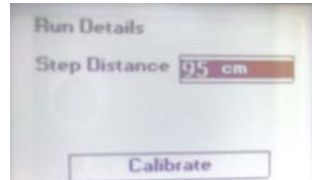
There are two ways to calibrate step distance as following.

1. Calibrate by Distance：

In order to get the best result of step distance calibration, we recommend the user had

　better do the calibration with 400 meters standard run way.

1. On「Calibration」page，press「Calibrate」.Then calibrate by page, please select「

　Distance」。

2. The default value is「400m」(The length of standard run way is 400 meters）. The user

　can adjust it with need.

3. Move to「Start」icon, and press [Enter] key, and the user can run or walk through

　the distance.

4.Press 「Save」 to complete the calibration.

2. Calibrate by GPS：

The user must wait for GPS fixed before starting the calibration.

1. On 「Calibration」 page，press 「Calibrate」.Then calibrate by page, please select

「GPS」。

2. Move to 「Start」 icon, and press [Enter] key, and the user can run or walk through

the distance.

3. Press 「Save」 to complete the calibration.

3.2.9 Workouts

3.2.9.1 Interval Workouts

The user can create interval workouts with distance or time, and decide whether to

include warm up and cool down.

- Warm Up: As the user includes warm up, then Ranger Watch will start with warm,

  LAP 1, until LAP key is pressed by user, and change to Interval plan.

- Reps: Define the Repeat cycles. If the number is 3, then the total LAPs will be 6

  LAPs.

  The 1st cycle: Sport as LAP1. Rest as LAP2.

The 2nd cycle: Sport as LAP3, Rest as LAP4.

The 3rd cycle: Sport as LAP5, and Rest as LAP6.
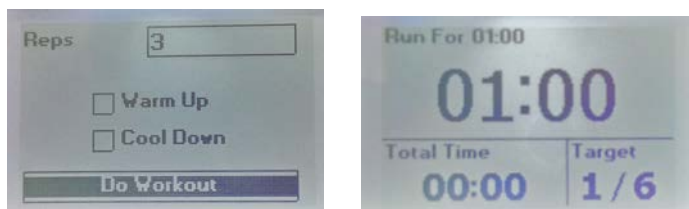
- Cool Down: As the user includes cool down in the Interval Workout plan, the last LAP will be cool down, and will be completed by pressing LAP key to finish this interval workout activity.

- Save: Finally please long-press LAP key to pop up save manager, and press Enter key to save the workout data.

Prepare Interval Workout：

1. Press〔MODE〕 key to menu page ➔ Select「Settings」➔Select「Run Settings」➔ Select「Workouts」➔ Select「Interval」.

2. Press〔ENTER〕key to enter「Type」 selection ➔ Select「Time」 or「Distance」, and edit the value at below field.

3. Press〔ENTER〕key to enter「Rest Type」 selection ➔ Select「Time」 or「Distance」, and edit the value at below field.

4. Move to「More」icon, and press〔ENTER〕 to next page.
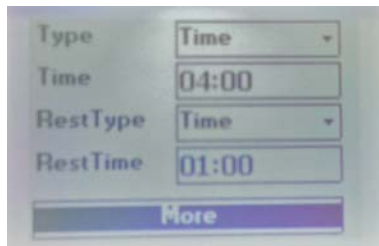
5. Press〔ENTER〕 key to enter「Repeat--- Reps」, and modify the times of repeat.

6. The user can select「Worm up」and「Cool Down」.

7. Move to「Do Workout」to enter Interval Workout data page.
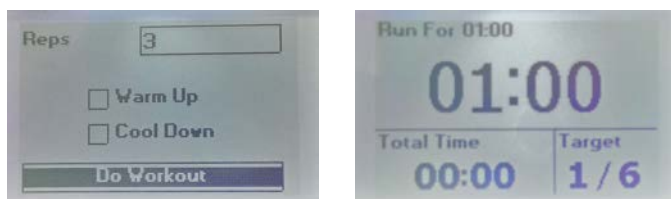
8. Press〔START〕 key to start the Interval Workout.

9. If Warm Up is selected, then the 1st LAP will be Warm Up, that will be transited to Interval Workout by pressing 〔LAP〕key.

10. If Cool Down is selected, then the last LAP will be Cool Down, that will be stopped by pressing 〔LAP〕key to finish, or pressing 〔START/STOP〕key to stop.

11. Finally please remember to long-press 〔LAP〕key to save the Interval Workout data.

3.2.9.2 Custom Workout

Add a custom workout：

1. Press〔MODE〕 key to menu page ➔ Select「Settings」➔Select「Run Settings」➔

   Select「Workouts」➔ Select「Custom」.➔Select「More」➔ Select「Add」for a

   new workout
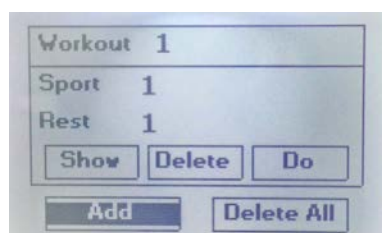
2. Select the ID (Identification) field of workout: ① is the ID (Identification) of workout

   ② is the steps of workout.
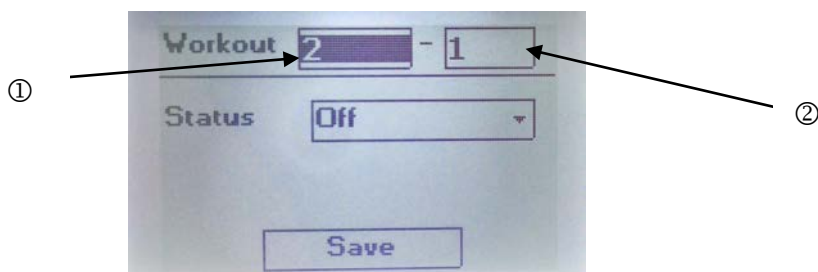
3. Select ② for steps editing (There are 0~11 steps available for editing.)

   ● Move to「Status」, and press [ENTER] key to get the items, (Off, Execute, Rest,

   Warm Up).

   ● Move to「Type」to select the type for duration ending : Lap Press, Time,

   Distance, HR> (or HR<), Calories.
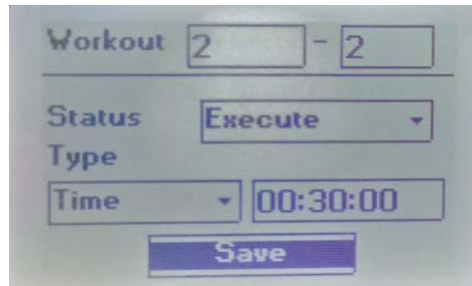
- Move to「Save」icon, and press [ENTER] to store the step setting.

4. Edit next step:

- Move to「Edit」icon, and press [ENTER]
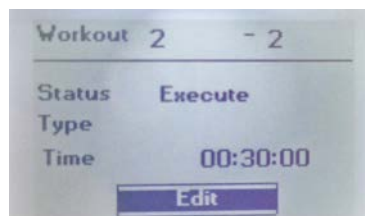
- Move to「Step」Field, and press [ENTER] key to get step number, and press up key ▲ or down key ▼ to change the number, and press [ENTER] key to confirm.

Start the custom workout：

1. Press〔MODE〕key to menu page ➜ Select「Settings」➜Select「Run Settings」➜ Select「Workout」➜ Select「Custom」.

2. Press ▲、▼ key to select a workout➜ Press〔ENTER〕key at「More」icon
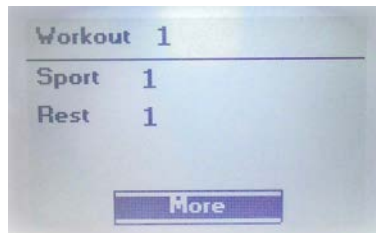
3. Select 「Do」, and Press〔ENTER〕key to start the workout.
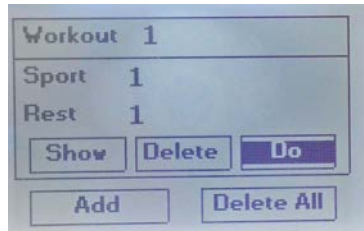
Stop Workouts：

- At any time, press〔LAP〕 key to end an interval step or workout step.

- At any time, press〔STOP〕key to stop the timer.

- After stopping workout, please long-press〔LAP/RESET〕 key to save the data.

Delete a workout：

1. Press〔MODE〕 key to menu page ➔ Select 「Settings」➔Select 「Run Settings」➔

   Select 「Workout」➔ Select 「Custom」.

2. Press ▲ 、▼ key to select a workout➔ Press〔ENTER〕key at 「More」icon

3. Select 「Delete」, and then select 「Yes」
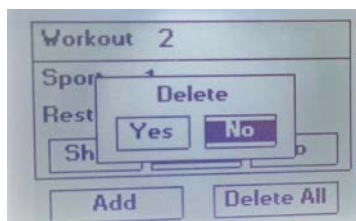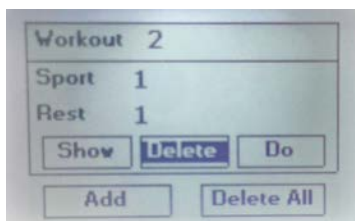
3.2.10 Pace/Speed

1. Setting of Pace/Speed : Press〔MODE〕key to menu page➜Select「Settings」

   ➜Enter「Running Settings」➜Select「Pace/Speed」➜Select「Pace/Speed」.

   ● The setting will influence the unit as pace or speed of following pages :「

   Datalog」、「Workout」、&「Auto Pause」.

2. Speed Zone or Pace Zone : Press〔MODE〕key to menu page➜Select「Setting」

   ➜Enter「Running Setting」➜Select「Pace/Speed」➜Select「Pace Zone」or「

   Speed Zone」. Then the 10「Pace Zone」or「Speed Zone」can be edited.

3.2.11 Countdown Timer

You can use the countdown time to prepare for sport training activities before starting.

The countdown time will not be included in the sport activities time of datalog.

1. Press〔MODE〕key to menu page➜Select「Settings」➜Enter「Running Settings」

   ➜Select「Countdown Timer」

2. Enter「Countdown Timer」setting page ➜ Select「On」, and adjust Countdown

   Time: 1 ~ 20 seconds.

As you press 〔START〕key, the Ranger Watch will start with count down time for you to

prepare, and 5 beep sounds for last 5 seconds, and then start timer to store the sport

activities data log.

3.2.12 Start for Run Sport or Training

★**Note**：Before starting to use Ranger Watch for Run sport, please make sure that the GPS has been fixed.

1. Press〔MODE〕key to training/sport data page, press〔START〕 key as you start the sport or workout, and then the related sport data will be collected while the real-time data are showing at the sport data pages. There are 4 pages available to show, and users can check different pages by pressing ▲、▼ key.

2. Press 〔STOP〕key to suspend or stop the sport, press〔START〕key to resume the activity.

3. Long-press〔LAP/RESET〕key to pop up the save manager, and press〔ENTER〕key to save the sport data, and Ranger Watch will reset the timer, in order to start next activity.

4. Transmit the sport data to website.(Please refer to 『4.4 SHOU-orbit website』)

3.3 Bike Setting

Please set your sport mode as『Bike』before starting bike setting. Please refer to 3.1.

1. If only Bike 1, i.e. the user has not enabled Bike 2 and Bike 3, and then Ranger

Watch will automatically skip Bike # selection. (Default as Bike 1)
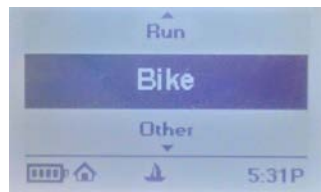
2. At most the user can have 3 bikes data in RANGER WATCH W-10。

Other Bikes: Enable or Disable Bike2 、Bike3

If user enables the other bike(s) by Settings→Bike Settings →Other Bikes,
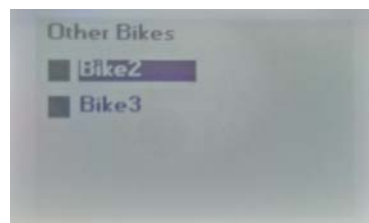
then the user will need to select Bike #.
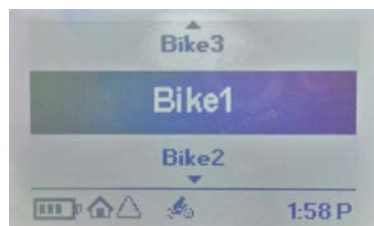
3.3.1 Bike Details

1. Press〔MODE〕key to menu page➔ Select「Settings」➔ Select「Bike Setting」➔Select

「Bike 1」(As the user change sport mode as Bike, and select Bike1, then it shows Bike1;

if the user select Bike3, then it will show Bike3) ➔Select「Bike Details」.

2. Press ▲ or ▼ key to adjust the Bike details, including Weight, Wheel size, Odometer.

3. If the cadence sensor or power meter is used, it is recommended to do calibration.

- Calibration:

    Please move to 「Calibrate」, and press〔ENTER〕key to start the calibration process.

    - Calibrate by 「GPS」:

        Ranger Watch will calculate the Wheel size based on the distance from GPS.
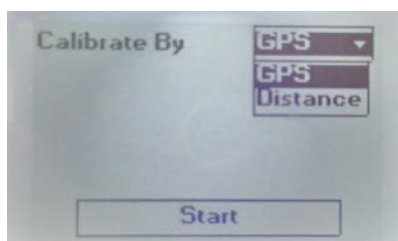
    •Calibrate by「Distance」:

        Ranger Watch will calculate the wheel size based on the distance.

3.3.2 Speed / Cadence

Connect with ANT+ Speed/Cadence：

1. Press〔MODE〕key to menu page➜ Select 「Settings」➜ Select 「Bike Setting」➜Select

    「Bike 1」(As the user change sport mode as Bike, and select Bike1, then it shows Bike1; if the

    user select Bike3, then it will show Bike3) ➜Enter 「ANT+ Spd/Cad」.

2. Bike Sensors Present? To select 「Yes」, and move to 「Search」, press〔ENTER〕key

3. As the pairing and connection is done successfully, the screen will show 𝆗.

Connect with Bluetooth Speed/Cadence：

1. Enable bluetooth, and the symbol 「 」 will be shown.

2. Press〔MODE〕key to menu page➔ Select 「Settings」➔ Select 「Bike Setting」➔Select

   「Bike 1」(As the user change sport mode as Bike, and select Bike1, then it shows Bike1; if the

   user select Bike3, then it will show Bike3) ➔Enter 「BLE Spd/Cad」.

3. BLE Spd/Cad ? Yes/No➔Select 「Yes」, and move to 「Search」, press〔ENTER〕key.

4. As Ranger Watch finds BLE Spd/Cad, the screen will show the identification of BLE

   Spd/Cad.

5. Select the BLE Spd/Cad, and press〔ENTER〕key➔Select「More」➔ Select「Connect」.

6. As the connection is successful, the screen will show 🟦 for Bluetooth connected.

3.3.3 Data Fields

1. Press〔MODE〕key to menu page➔ Select 「Settings」➔ Select 「Bike Setting」➔Select

   「Data Fields」

2. There are 4 pages: 「Bike 1」、「Bike 2」、「Bike 3」、and 「Bike 4」·(Please refer to 3.2.1.)

3.3.4 Bike Alert

The user can use the Alerts function with distance, time, calories, heart rate, pace , and

 Cadence, etc, to help the self-training.

3.3.4.1 Cycle Alert: Time Alert、Distance Alert、and Calories Alert

1. Press 〔MODE〕 key to menu page ➔Select「Settings」➔ Select「Bike Settings」

   ➔ Select「Bike Alert」

2. Select「**Time Alert**」、「**Distance Alert**」、 or「**Calories Alert**」

3. Turn ON: Press〔ENTER〕key to enter the setting page, and press ▲、▼ key to move

   to「On/Off」, select On to enable the alert, and press〔ENTER〕 key to confirm.

4. Adjust value to alert: Press ▲、▼ keys to the setting field of Alert At ➔Press〔ENTER〕

   key to start value adjusting of **Time Alert、Distance Alert、 or Calories Alert** ➔

   Press 〔ENTER〕 key to confirm ➔ Press 〔MODE〕 key to leave the setting page.

As the user start the sport with pressing [START] key, and reach the alert point, Ranger

Watch will notify the user with message on display, and Message tone and vibration,

depending on the setting of Tone/Vibration in System setting.
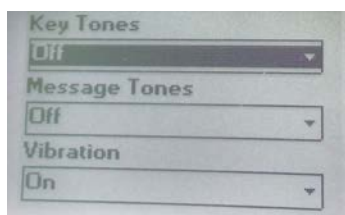
3.3.4.2 Alert with upper limit and lower limit – Cadence Alert, Pace Alert, HR Alert

The user needs to enable the Maximum Alert and Minimum Alert, and adjusts the alert values before starting sport activity.

- 「Cadence Alert」 to remind the user to run with consistent cadence, not too fast, and not too slow cadence. As the Running cadence over the Maximum Cadence Alert, or lower than Minimum Cadence Alert, Ranger Watch will notify the user with message on display, and Message tone and vibration. (Cadence unit by rpm: Revolutions per minute)

- 「Pace Alert」 to remind the user to run with consistent pace, not too fast, and not too slow. As the pace over the Maximum Pace Alert, or lower than Minimum Pace Alert, Ranger Watch will notify the user with message on display, and Message tone and vibration.

- 「HR Alert」 to remind the user regarding Heart Rate. If the heart rate is too low, it means the sport stress is not enough, and the user should be able to speed up. If the heart rate is too high, the user should check the health status, or the sport stress is too much, and then the user should slow down. (Heart rate with bpm: heart beats per minute.)

3.3.5 Auto Lap

There are three modes for Auto Lap: by distance, time, or position.

★Note：Auto Lap is not available in Interval, customized workout and Indoor swim mode.

Sport	Default distance	Default time

Run	3km/1.86mile	30min
Bike	3km/1.86mile	30min
Outdoor Swim	3km/1.86mile	30min
Other	3km/1.86mile	30min

Auto Lap by distance/ time：

1. Press〔MODE〕key to menu page➜ Select 「Settings」➜ Select 「Bike Settings」 ➜

   Select 「Auto Lap」

2. Press〔ENTER〕key to display the options:「By Time/ By Distance」.

3. Press up key ▲ or down key ▼ to adjust value setting (Time/Distance):

   - Press〔ENTER〕 key to start the value setting.

   - Press up key ▲ or down key ▼ to adjust the distance/time, and

   - Press 〔ENTER〕 key to confirm the distance/time

   Auto Lap will start after press〔START〕key.

Auto Lap by Position：

1. Press〔MODE〕key to menu page➜ Select [Settings]➜ Select〔Bike Settings〕➜

   Select 「Auto Lap」

2. Press 〔ENTER〕 key to display the options, and Press up key ▲ or down key ▼ to

   choose「By Position」.

3. Press up key ▲ or down key ▼to choose 「Lap Press Only/ Start and Lap/ Mark and

Lap」 and 〔ENTER〕.

- **Lap Press Only**：Select **Lap Press Only** to trigger the lap counter every time when you press [**LAP**] **key** and pass any of those positions again.

- **Start and Lap**：Press [**Start**] **and** [**Lap**] **key** to trigger the lap counter at the GPS location where you select [**START**], and at any location where you select [**LAP**] during the run.

- **Mark and Lap**：Select **Mark and Lap** to trigger the lap counter at a specific GPS location marked by **Mark Position** before the run, and at any location where you press [**LAP**] **key** during the run.

(Please refer to 3.2.3.)

3.3.6 Auto Pause

You can use Auto Pause to pause the timer automatically when you stop moving or when your speed drops below a specified value. Ex: Waiting for the traffic light.

Press〔MODE〕key to menu page➔ Select [Settings]➔ Select〔Bike Settings〕➔ Select 「Auto Pause」

(Please refer to 3.2.4.)

★Note：

- The paused time is not saved with your history data.
- Auto Pause function is not available in Interval, customized training and swim mode.

3.3.7 Auto Scroll

You can use the Auto Scroll feature to automatically cycle through all of the training data pages

while the timer is running.

1. Select〔MODE〕to the menu➔Select「Setting」➔Select「Bike Setting」」➔Select「Auto Scroll」.

2. Select〔ENTER〕to display the options:「Off」、「Slow」、「Medium」、「Fast」.

3. Press up key ▲ or down key ▼ to choose and press〔ENTER〕key to confirm.

3.3.8 Heart Rate Monitor

1. Press〔MODE〕key to menu page➔ select「Settings」➔「Bike Settings」➔Select「

    Heart Rate」.(Please refer to 3.2.6 regarding「Connect with ANT+ Heart Rate

    Monitor」or「Connect with Bluetooth Heart Rate」.)

2. Enter「Heart Rate」page, and select 「HR Zone」for editing Heart Rate Zone.

    (Please refer to 3.2.6 regarding「Heart Rate Zone」).

3.3.9 Other Bikes

Other Bikes: Enable or Disable Bike2 、Bike3

If user enables the other bike(s) by Settings➔Bike Settings ➔Other Bikes, then the

    enabled Bikes can be selected for Bike sports.
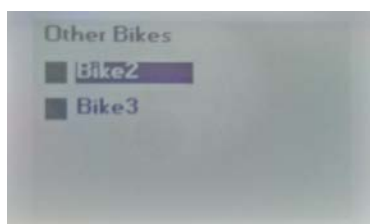
3.3.10 Workouts

Press〔MODE〕key to menu page➔ select「Settings」➔「Bike Settings」➔Select「

Workouts」(Please refer to 3.2.9 regarding Interval Workouts & Custom Workouts.)

3.3.11 Pace/Speed

Press〔MODE〕 key to menu page➔ select「Settings」➔「Bike Settings」➔Select「Pace/Speed」(Please refer to 3.2.10 regarding Pace/Speed.)

3.3.12 Countdown Timer

You can use the countdown time to prepare for sport training activities before starting. The countdown time will not be included in the sport activities time of data log.

1. Press〔MODE〕key to menu page➔Select「Settings」➔Enter「Bike Settings」➔Select「Countdown Timer」

2. Enter「Countdown Timer」setting page ➔ Select「On」, and adjust Countdown Time: 1 ~ 20 seconds.

As you press 〔START〕key, the Ranger Watch will start with count down time for you to prepare, and 5 beep sounds for last 5 seconds, and then start timer to store the sport activities data log.

3.3.13 Start Bike sport / training

★Note： Before starting Bike sport/training, please turn on GPS, and get GPS fixed.

1. Press〔MODE〕key to training/sport data page, press〔START〕 key as you start the sport or workout, and then the related sport data will be collected while the real-time data are showing at the sport data pages. There are 4 pages available to show, and users can check different pages by pressing ▲、▼ key.

2. Press 〔STOP〕key to suspend or stop the sport, press〔START〕key to resume the

    activity.

3. Long-press〔LAP/RESET〕key to pop up the save manager, and press〔ENTER〕key

    to save the sport data, and Ranger Watch will reset the timer, in order to start next

    activity.

Transmit the sport data to website.(Please refer to 『4.4 SHOU-orbit website』)

3.4 Other (Sport) Settings

Please set your sport mode as『Other』before starting Other setting.

Please refer to 3.1.

3.4.1 Data Fields

Press〔MODE〕key to menu page➜ Select「Settings」➜ Select「Other Settings」➜Select「

Data Fields」

There are 4 pages:「Other 1」、「Other 2」、「Other 3」、and 「Other 4」·(Please refer to 3.2.1)

3.4.2 Other Alert

The user can use the Alerts function with distance, time, calories, heart rate, speed ,

 and Cadence, etc, to help the self-training.

3.4.2.1 Cycle Alert: Time Alert、Distance Alert、and Calories Alert

1. Press 〔MODE〕 key to menu page ➜Select「Settings」➜ Select「Other Setting」

   ➜ Select「Other Alert」

2. Select「**Time Alert**」、「**Distance Alert**」、 or「**Calories Alert**」

3. Turn ON: Press〔ENTER〕key to enter the setting page, and press ▲、▼ key to move

   to「On/Off」, select On to enable the alert, and press〔ENTER〕 key to confirm.

4. Adjust value to alert: Press ▲、▼ keys to the setting field—Alert At ➜Press〔ENTER〕

   key to start value adjusting of **Time Alert、Distance Alert、 or Calories Alert** ➜

   Press 〔ENTER〕 key to confirm ➜ Press 〔MODE〕 key to leave the setting page.

As the user start the sport with pressing [START] key, and reach the alert point, Ranger

Watch will notify the user with message on display, and Message tone and vibration,

depending on the setting of Tone/Vibration in System setting.

3.4.2.2 Alert with upper limit and lower limit – Cadence Alert, Speed Alert, HR Alert

The user needs to enable the Maximum Alert and Minimum Alert, and adjusts the alert values before starting sport activity.

● 「Cadence Alert」to remind the user to run with consistent cadence, not too fast,

and not too slow cadence.　As the Running cadence over the Maximum Cadence Alert, or lower than Minimum Cadence Alert, Ranger Watch will notify the user with message on display, and Message tone and vibration.(Cadence by spm: steps per minute)

- 「Speed Alert」 to remind the user to run with consistent speed, not too fast, and not too slow.　As the Running speed over the Maximum Speed Alert, or lower than Minimum Speed Alert, Ranger Watch will notify the user with message on display, and Message tone and vibration.

- 「HR Alert」 to remind the user regarding Heart Rate.　If the heart rate is too low, it means the sport stress is not enough, and the user should be able to speed up. If the heart rate is too high, the user should check the health status, or the sport stress is too much, and then the user should slow down. (Heart rate with bpm: heart beats per minute.)

3.4.3 Auto LAP

There are three modes for Auto Lap: by distance, time, or position.

★Note：Auto Lap is not available in Interval, customized workout and Indoor swim mode.

Sport	Default distance	Default time
Run	3km/1.86mile	30min

Bike	3km/1.86mile	30min
Outdoor Swim	3km/1.86mile	30min
Other	3km/1.86mile	30min

Auto Lap by distance/ time：

1. Press〔MODE〕 key to menu page➔ Select 「Settings」➔ Select「Other Settings」

   ➔ Select 「Auto Lap」

2. Press〔ENTER〕key to display the options:「By Time/ By Distance」.

3. Press up key ▲ or down key ▼ to adjust value setting (Time/Distance):

   ● Press〔ENTER〕 key to start the value setting.

   ● Press up key ▲ or down key ▼ to adjust the distance/time, and

   ● Press 〔ENTER〕 key to confirm the distance/time

   Auto Lap will start after press〔START〕key.

Auto Lap by Position：

1. Press〔MODE〕key to menu page➔ Select [Settings]➔ Select〔Other Settings〕➔

   Select「Auto Lap」

2. Press 〔ENTER〕 key to display the options, and Press up key ▲ or down key ▼ to

   choose「By Position」.

3. Press up key ▲ or down key ▼to choose 「Lap Press Only/ Start and Lap/ Mark and

   Lap」and〔ENTER〕.

- **Lap Press Only**：Select **Lap Press Only** to trigger the lap counter every time

  when you press [**LAP**] **key** and pass any of those positions again.

- **Start and Lap**：Press [**Start**] **and** [**Lap**] **key** to trigger the lap counter at the GPS

  location where you select [**START**],and at any location during the run where

  you select [**LAP**].

- **Mark and Lap**：Select **Mark and Lap** to trigger the lap counter at a specific GPS

  location marked before the run (use **Mark Position**) and at any location during

  the run where you press [**LAP**] **key**.

 (Please refer to 3.2.3.)

3.4.4 Auto Pause

You can use Auto Pause to pause the timer automatically when you stop moving or
when your speed drops below a specified value. Ex: Waiting for the traffic light.

1. Press〔MODE〕key to menu page➜ Select [Settings]➜ Select〔Other Settings〕➜
   Select「Auto Pause」

(Please refer to 3.2.4.)

★Note：

- The paused time is not saved with your history data.
- Auto Pause function is not available in Interval, customized training and swim
  mode.

3.4.5 Auto Scroll

You can use the Auto Scroll feature to automatically cycle through all of the training data pages while the timer is running.

1. Select〔MODE〕to the menu➔Select「Setting」➔Select 「Other Setting」」➔Select 「Auto Scroll」.

2. Select〔ENTER〕to display the options:「Off」、「Slow」、「Medium」、「Fast」.

3. Press up key ▲ or down key ▼ to choose and press〔ENTER〕 key to confirm.

3.4.6 Heart Rate

1. Press〔MODE〕 key to menu page➔ select「Settings」➔「Other Settings」➔Select「Heart Rate」.(Please refer to 3.2.6 regarding「Connect with ANT+ Heart Rate Monitor」or「Connect with Bluetooth Heart Rate」.)

2. Enter「Heart Rate」page, and select 「HR Zone」for editing Heart Rate Zone. (Please refer to 3.2.6 regarding「Heart Rate Zone」).

3.4.7 **Workouts**

Press〔MODE〕 key to menu page➔ select「Settings」➔「Other Settings」➔Select「Workouts」(Please refer to 3.2.9 regarding Interval Workouts & Custom Workouts.)

3.4.8 Pace/Speed

Press〔MODE〕key to menu page➜ select「Settings」➜「Other Settings」➜Select「

Pace/Speed」(Please refer to 3.2.10 regarding Pace/Speed.)

3.4.9 Countdown Timer

You can use the countdown time to prepare for sport training activities before starting.

The countdown time will not be included in the sport activities time of data log.

1. Press〔MODE〕key to menu page➜Select「Settings」➜Enter「Other Settings」

    ➜Select「Countdown Timer」

2. Enter「Countdown Timer」setting page ➜ Select「On」, and adjust Countdown

    Time: 1 ~ 20 seconds.

As you press 〔START〕key, the Ranger Watch will start with count down time for you to

prepare, and 5 beep sounds for last 5 seconds, and then start timer to store the sport

activities data log.

3.4.10 Start Other sport

★**Note**： Before starting sport/training, please turn on GPS, and get GPS fixed.

1. Press〔MODE〕key to training/sport data page, press〔START〕 key as you start the

    sport or workout, and then the related sport data will be collected while the

    real-time data are showing at the sport data pages. There are 4 pages available to

    show, and users can check different pages by pressing ▲、▼ key.

2. Press 〔STOP〕key to suspend or stop the sport, press〔START〕key to resume the

   activity.

3. Long-press〔LAP/RESET〕key to pop up the save manager, and press〔ENTER〕key

   to save the sport data, and Ranger Watch will reset the timer, in order to start next

   activity.

Transmit the sport data to website.(Please refer to 『4.4 SHOU-orbit website』)

3.5 Outdoor Swim

Please set your sport mode as『Outdoor Swim』before starting Outdoor Swim setting.

Please refer to 3.1.

3.5.1 Data Fields

1. Press〔MODE〕key to menu page➜ Select「Settings」➜ Select「Outdoor Settings」

   ➜Select「Data Fields」

2. There are 4 pages:「Swim 1」、「Swim 2」、「Swim 3」、and 「Swim 4」·(Please refer to

   3.2.1.)

3.5.2 Swim Alerts

The user can use the Alerts function with distance or time to help the self-training.

Time Alert and Distance Alert

1. Press〔MODE〕key to menu page ➔Select「Settings」➔ Select「Outdoor Settings

   」➔ Select「Swim Alerts」

2. Select「**Time Alert**」or「**Distance Alert**」

3. Turn ON: Press〔ENTER〕key to enter the setting page, and press ▲、▼ key to move

   to「On/Off」, select On to enable the alert, and press〔ENTER〕 key to confirm.

4. Adjust value to alert: Press ▲、▼ keys to the setting field—Alert At ➔Press〔ENTER〕

   key to start value adjusting of **Time Alert or Distance Alert** ➔ Press 〔ENTER〕 key

   to confirm ➔ Press 〔MODE〕 key to leave the setting page.

As the user start the sport with pressing [START] key, and reach the alert point, Ranger

Watch will notify the user with message on display, and Message tone and vibration,

depending on the setting of Tone/Vibration in System setting.

3.5.3 Auto LAP

There are three modes for Auto Lap: by distance, time, or position.

★Note：Auto Lap is not available in Interval, customized workout and Indoor swim

mode.

Sport	Default distance	Default time
Run	3km/1.86mile	30min
Bike	3km/1.86mile	30min
Outdoor Swim	3km/1.86mile	30min
Other	3km/1.86mile	30min

Auto Lap by distance/ time：

1. Press〔MODE〕key to menu page➜ Select 「Settings」➜ Select 「Outdoor Settings

   」➜ Select 「Auto Lap」

2. Press〔ENTER〕key to display the options:「By Time/ By Distance」.

3. Press up key ▲ or down key ▼ to adjust value setting (Time/Distance):

   ● Press〔ENTER〕 key to start the value setting.

   ● Press up key ▲ or down key ▼ to adjust the distance/time, and

   ● Press 〔ENTER〕 key to confirm the distance/time

   Auto Lap will start after press〔START〕key.

Auto Lap by Position：

1. Press〔MODE〕key to menu page➜ Select [Settings]➜ Select〔Outdoor Settings〕

   ➜ Select 「Auto Lap」

2. Press 〔ENTER〕 key to display the options, and Press up key ▲ or down key ▼ to

   choose「By Position」.

3. Press up key ▲ or down key ▼to choose「Lap Press Only/ Start and Lap/ Mark and Lap」and〔ENTER〕.

- **Lap Press Only**：Select **Lap Press Only** to trigger the lap counter every time when you press [**LAP**] **key** and pass any of those positions again.

- **Start and Lap**：Press [**Start**] **and** [**Lap**] **key** to trigger the lap counter at the GPS location where you select [**START**],and at any location during the run where you select [**LAP**].

- **Mark and Lap**：Select **Mark and Lap** to trigger the lap counter at a specific GPS location marked before the run (use **Mark Position**) and at any location during the run where you press [**LAP**] **key**.

(Please refer to 3.2.3.)

3.5.4 Auto Scroll

You can use the Auto Scroll feature to automatically cycle through all of the training data pages while the timer is running.

1. Select〔MODE〕to the menu➔Select「Setting」➔Select 「Outdoor Setting」」➔Select「Auto Scroll」.

2. Select〔ENTER〕to display the options:「Off」、「Slow」、「Medium」、「Fast」.

3. Press up key ▲ or down key ▼ to choose and press〔ENTER〕 key to confirm.

3.5.5 Countdown Timer

You can use the countdown time to prepare for sport training activities before starting.

The countdown time will not be included in the sport activities time of data log.

1. Press〔MODE〕key to menu page➔Select「Settings」➔Enter「Outdoor Settings」

   ➔Select「Countdown Timer」

2. Enter「Countdown Timer」setting page ➔ Select「On」, and adjust Countdown

   Time: 1 ~ 20 seconds.

As you press〔START〕key, the Ranger Watch will start with count down time for you to

   prepare, and 5 beep sounds for last 5 seconds, and then start timer to store the sport

   activities data log.

3.5.6 Start Outdoor Swim

★**Note**： Before starting sport/training, please turn on GPS, and get GPS fixed.

1. Press〔MODE〕key to training/sport data page, press〔START〕 key as you start the

   sport or workout, and then the related sport data will be collected while the

   real-time data are showing at the sport data pages. There are 4 pages available to

   show, and users can check different pages by pressing ▲、▼ key.

2. Press 〔STOP〕key to suspend or stop the sport, press〔START〕key to resume the

   activity.

3. Long-press〔LAP/RESET〕key to pop up the save manager, and press〔ENTER〕key

   to save the sport data, and Ranger Watch will reset the timer, in order to start next

   activity.

Transmit the sport data to website.(Please refer to 『4.4 SHOU-orbit website』)

3.6 Indoor Swim

Please set your sport mode as『Indoor Swim』before starting Indoor Swim setting.

Please refer to 3.1.

Select Pool Size:

Select pool size：「25 meters」、「50meters」、「25Yards」、「Custom Yard」、or「Custom

Meter」.

3.6.1 Data Fields

1. Press〔MODE〕key to menu page➜ Select「Settings」➜ Select「Indoor Settings」

    ➜Select「Data Fields」

2. There are 4 pages:「Swim 1」、「Swim 2」、「Swim 3」、and「Swim 4」.(Please refer to

    3.2.1.)

3.6.2 Pool Size

If the user wants to modify the poor site, please do the following settings.

1. Press〔MODE〕key to menu page➜ Select「Settings」➜ Select「Indoor Settings」

➔Select 「Pool Size」.

2. Select pool size : 「25 meters」、「50meters」、「25Yards」、「Custom Yard」、or 「Custom Meter」.
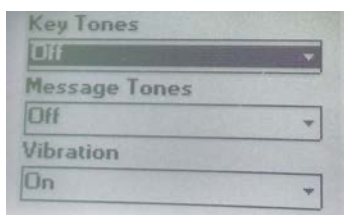
3.6.3 Swim Alert

The user can use the Alerts function with distance or time to help the self-training.

Time Alert and Distance Alert

1. Press 〔MODE〕 key to menu page ➔Select 「Settings」➔ Select 「Indoor Settings」➔ Select 「Swim Alerts」

2. Select 「**Time Alert**」 or 「**Distance Alert**」

3. Turn ON: Press〔ENTER〕key to enter the setting page, and press ▲、▼ key to move to 「On/Off」, select On to enable the alert, and press〔ENTER〕 key to confirm.

4. Adjust value to alert: Press ▲、▼ keys to the setting field—Alert At ➔Press〔ENTER〕key to start value adjusting of **Time Alert or Distance Alert** ➔ Press 〔ENTER〕 key to confirm ➔ Press 〔MODE〕 key to leave the setting page.

As the user start the sport with pressing [START] key, and reach the alert point, Ranger Watch will notify the user with message on display, and Message tone and vibration, depending on the setting of Tone/Vibration in System setting.

3.6.4 Auto Scroll

You can use the Auto Scroll feature to automatically cycle through all of the training data pages while the timer is running.

1. Select〔MODE〕to the menu➔Select「Settings」➔Select 「Indoor Settings」」➔Select「Auto Scroll」.

2. Select〔ENTER〕to display the options:「Off」、「Slow」、「Medium」、「Fast」.

3. Press up key ▲ or down key ▼ to choose and press〔ENTER〕 key to confirm.

3.6.5 Countdown Timer

You can use the countdown time to prepare for sport training activities before starting.

The countdown time will not be included in the sport activities time of datalog.

1. Press〔MODE〕key to menu page➔Select「Settings」➔Enter「Indoor Settings」

   ➔Select「Countdown Timer」

2. Enter「Countdown Timer」setting page ➔ Select「On」, and adjust Countdown

   Time: 1 ~ 20 seconds.

As you press〔START〕key, the Ranger Watch will start with count down time for you to

prepare, and 5 beep sounds for last 5 seconds, and then start timer to store the sport

activities data log.

3.6.6 Start Indoor Swim

1. Press〔MODE〕key to training/sport data page, press〔START〕 key as you start the sport or workout, and then the related sport data will be collected while the real-time data are showing at the sport data pages. There are 4 pages available to show, and users can check different pages by pressing ▲、▼ key.

2. Press 〔STOP〕key to suspend or stop the sport, press〔START〕key to resume the activity.

3. Long-press〔LAP/RESET〕key to pop up the save manager, and press〔ENTER〕key to save the sport data, and Ranger Watch will reset the timer, in order to start next activity.

4. Transmit the sport data to website.(Please refer to 『4.4 SHOU-orbit website』)

3.7 Multi Sport

You can do multi sports workouts in manual way, or create a multi sports workout in advance, and then do multi sports with automatic sport change for saving time.

3.7.1 Manual Multisport workout：

1. Start a workout in any sport.

2. As you are ready to change to next sport, please hold〔MODE〕key to select the next sport, and press〔ENTER〕key to confirm.

3. The timer will change to new sport data fields, and the Multi timer will accumulate total sports duration and show the current sport.

4. Press ▲ 、 ▼ key to view the sport data.

5. Hold〔LAP/RESET〕key to pop up save manager, and select「Save」to save all the sports data into data logs.

3.7.2 Auto Multi Sports workout

If you will participate in a triathlon race, you can use Auto Multi Sport to save time. To change to next stage, you just simply press 〔LAP〕 key.

1. Press〔MODE〕key to menu page➜Select「Change Sport」➜ Select「Auto Multi Sport」.

2. Set sports in sequence, and decide whether to include transition for separating the sports data. Then you can analyze the specific sport performance, and transition time.

For example：Sports in sequence as「Swim」→「Bicycle」→「Run」. 3 stages.

If you want to include transition stage, the sports data will be as「Swim」→「Transition」

→「Bicycle」→「Transition」→「Run」. 5 stages.
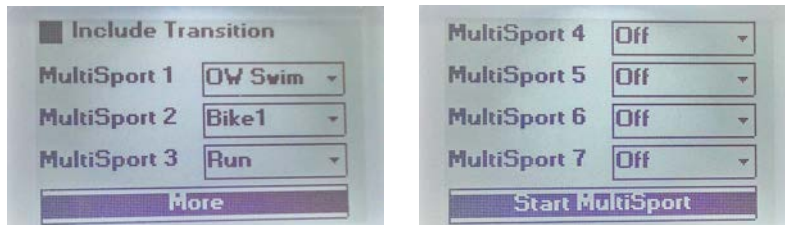
Start Auto Multi Sport:

1. Select「Start Multi Sport」,

2. Press〔START〕key to start timer.

3. Press〔LAP〕key to next stage

4. As you complete the Multi Sports, hold 〔RESET/LAP〕 for 3 seconds, then Ranger

    Watch will pop up save manager.

    ● Select「Save」to store the sports data and reset timer for next activity.

    ● Select「Discard」to give up the sport data and reset timer for next activity.

    ● Select「Resume」to continue the timer for Multi Sports.

Stop Multi Sport：

1. Press〔MODE〕 key to menu page➔ select「Change Sport」➔Select「Stop Multi

    Sport」.

2. Press〔STOP〕key

3. Hold〔RESET/LAP〕 key for 3 seconds, then Ranger Watch will pop up save manager.

4. Datalog

Ranger Watch W-10 can store the workout and activities data. But, if the memory is full,

it will not store new activities data any more.

In order to avoid the problem to users, Ranger Watch W-10will show warning message

as the user press [START] key, in case that the memory is used more than 80%.

★**Note**： While the timer is suspended or stopped, the activities data will not been

stored in Datalog.

4.1 Read Datalog

The user can get date, time, distance, speed or pace, sport time, steps, cadence, and

calories, etc.

● Press 〔MODE〕 key to menu page.➔ select「Datalog」. Then 2 subjects can be

selected：「**activities**」、「**Summary**」

Read Activities：

1. Enter「Datalog」page，select「Activities」

2. Press ▲、▼ key to check the stored activities data.

3. Select an activity, and press [ENTER] key to check more information.

4. Further actions：

● Select「Lap」to check the detail data of each lap.

● Press ▲、▼ key to delete the activity, or delete all activities.

4.2 Check summary for each sport mode

1. Enter 「Datalog」 page，select 「Summary」

2. Select the sport mode, like Run, Bike, Swim, Other, or Total

3. The user can check the total distance and total time of the sport mode.

4. Press ▲、▼ key to move to 「Delete」 icon, and press [ENTER] key to delete the

    summary data.

4.3 Check Memory Details

1. Press〔MODE〕key to menu page➜Select 「Settings」、「System Setting」➜Select 「

    Memory Details」.

2. Press [ENTER] key to check the memory used status.

4.4 SHOU-orbit website

SHOU-orbit website is for following purposes.

● sport activities data storage, and further analysis,

● share with friends in the website, and

● you can post the sport data with route on google map to Facebook.

As there have been sport data in Ranger Watch W-10, the user can transmit the sport

data to SHOU-orbit website by "Ranger Watch Express" APP on computer.

1. Link with http://www.shou-orbit.com/, and download ＂Ranger Watch Express＂APP.

   Please complete the installation process of ＂Ranger Watch Express＂APP.

2. If you have registered on SHOU-orbit website, please log in with your identification. Otherwise, please register with new account.

3. Connect Ranger Watch W-10 with personal computer through USB cable.

4. Click ＂Upload＂ icon on http://www.shou-orbit.com/ website.

5. After completing the upload process, you can read all the data of activities.

6. The user can post the selected sport data to Facebook by clicking Facebook icon on the Web page.
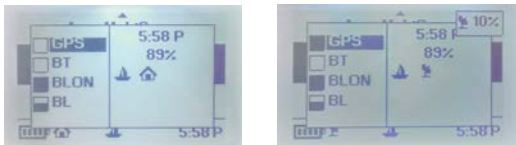
5. GPS function

5.1 GPS ON/OFF

There are 2 ways to change Bluetooth ON/OFF.

- The 1st way:

Short press the power key ⏻ to pop out the quick setting screen ➜Press up key ▲ or

down key ▼ to select GPS item, and press [ENTER] key to adjust GPS ON/OFF.

- **The 2nd way:**

1. Press〔MODE〕key to menu page, select "GPS", then select「GPS Status」

2. In the GPS enable page, select「ON/Off」, and then the GPS function is turned on

or off.

5.2 To mark position

If you are at the location that you want to mark, and want to visit again, you can mark

the location. Then you can find and go to the locations in future.

1. Turn on GPS, and go to the location that you want to mark.

2. As you are at the location and GPS is fixed, press〔MODE〕key to menu page, select

"GPS", then select "Location Manager"

3. Select the GPS number for the interested location.

4. Press ▲、▼ key to move to 「Save」 icon, and press [ENTER] key to save the GPS data of the marked location.

★**Note**： It is recommended that the data in the fields of location should not been modified, unless the user know the exact GPS information. Otherwise the marked location will be changed.
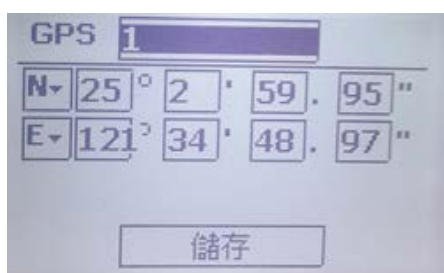
To mark the location with known GPS data：

As you have got the GPS data for the location that you want to mark, you can do it with the following procedure.

1. Press〔MODE〕key to menu page, select "GPS", then select "Location Manager"

2. Input the GPS data to the fields of location.

3. Press ▲、▼ key to move to 「Save」 icon, and press [ENTER] key to save the GPS data of the marked location.

## 5.3 Guiding by GPS to the stored location.

1. Press〔MODE〕key to menu page, select "GPS", then select "Location Manager"

2. Press 〔ENTER〕key to pop up the GPS number, and press ▲、▼ key to select the GPS number for the interested location.

3. Press 〔ENTER〕 key to confirm the GPS number.

4. Ranger Watch will show the direction of the destination for guiding.

5. Follow the guiding direction to arrive the destination.

5.4 Edit or delete the stored location

1. Press〔MODE〕key to menu page, select "GPS", and then select "Location Manager"

2. Press 〔ENTER〕key to pop up the GPS number, and press ▲、▼ key to select the GPS number for the interested location.

3. Press ▲、▼ key to move to "More" icon, and press 〔ENTER〕key to edit or delete the GPS data.

5.5 Back to Start

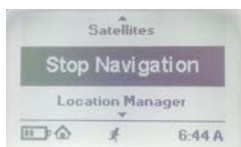Press〔MODE〕key to menu page ➜Select「GPS」➜Select「Back to Start」.
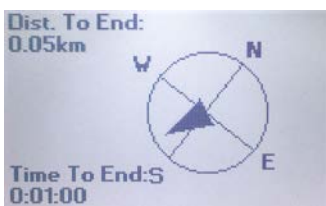
1. In order to make sure that the compass can work well, please execute Compass

Calibration first.(Please refer to section 2.4.1.8)。

2. The arrow on the screen indicates the direction to the start location.

3. Dist. To End: the distance to the start location.

4. Time To End: Estimated arrival time required.

5.6 Stop Nanigation

Press〔MODE〕key to menu page, select "GPS", then select「Stop Navigation」. Then

the navigation function is stopped.

5.7 Check GPS Satellites status

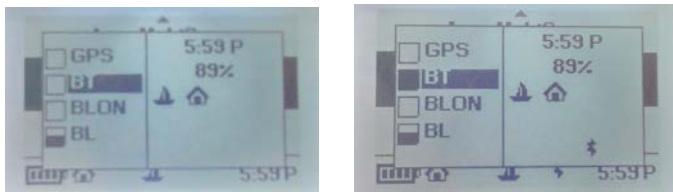Press〔MODE〕key to menu page, select "GPS", then select「Satellites」。

- The length of black bars means the strength of the specific satellite signal.

6. Bluetooth

There are 2 ways to change Bluetooth ON/OFF.

● The 1st way:

Short press the power key ⏻ to open the quick setting screen ➔Press up key ▲ or

down key ▼ to select BT (Bluetooth) item, and press [ENTER] key to adjust Bluetooth

ON/OFF.

● The 2nd way:

1. Enter「System setting」➔ Press up key ▲ or down key ▼ to choose 「Bluetooth」

   and press〔ENTER〕 key to enter Bluetooth setting page.

2. Select「Bluetooth status」and press〔ENTER〕 key to enter the Bluetooth Enable

   setting page.

3. Press〔ENTER〕 key to show On and Off.

4. Press〔ENTER〕 key to choose On/ Off➔ Press〔ENTER〕 key to confirm➔ Press

   〔MODE〕 key to leave.

7. Notification

7.1 Features

➢ Ranger Watch can show related messages from mobile phone, including Incoming call, missed calls, short messages, and the messages from real-time communication applications, including LINE, FACEBOOK, in order to remind the user to read the related message.

➢ The users can assign the messages as notification or non-notification by setting page of Mobile phone APP.

7.2 Operation procedure

➢ Ranger Watch: press 〔MODE〕 key to switch display to menu，select「Bluetooth」➔「Bluetooth Status」➔「Enable」，select「On」➔

➢ Search Ranger W-Link.apk from Android play market or iPhone web store, and install Ranger W-Link.apk for the mobile phone.

➢ Turn on the Bluetooth of mobile phone, and pair with Ranger Watch. (The password to pair with Ranger Watch is「0000」)。
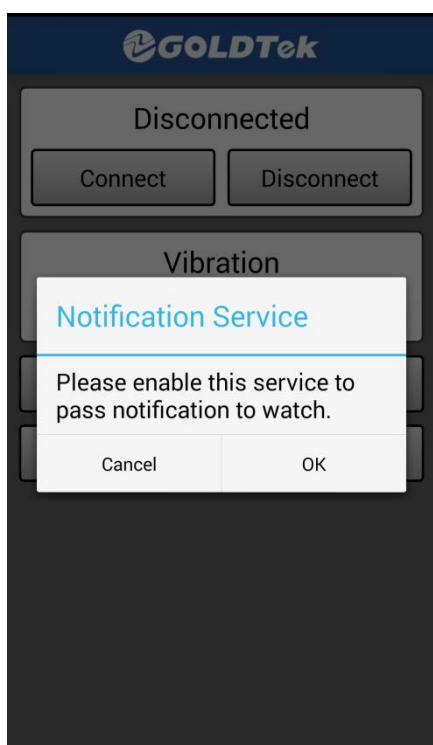
➢ Run 「Ranger W-Link」 APK on the mobile phone.
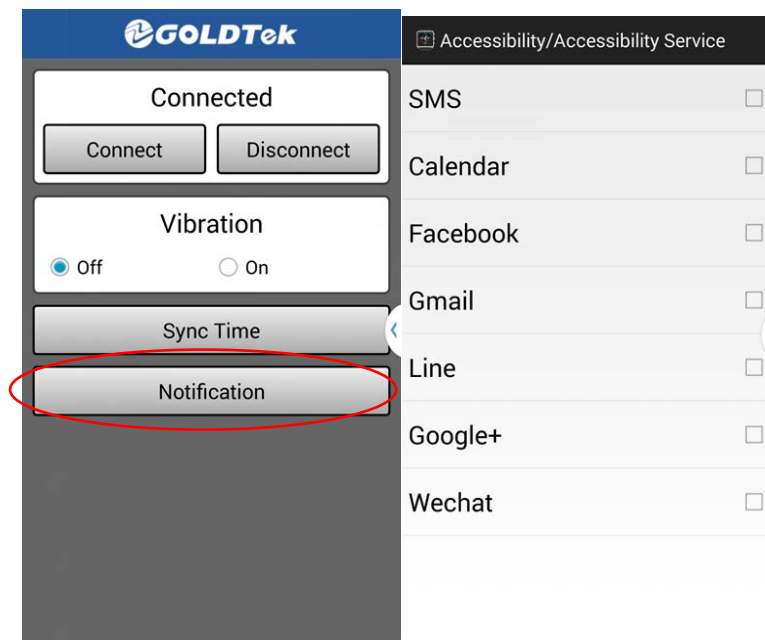
➢ Click "connect" icon，and select 「Ranger Watch」.
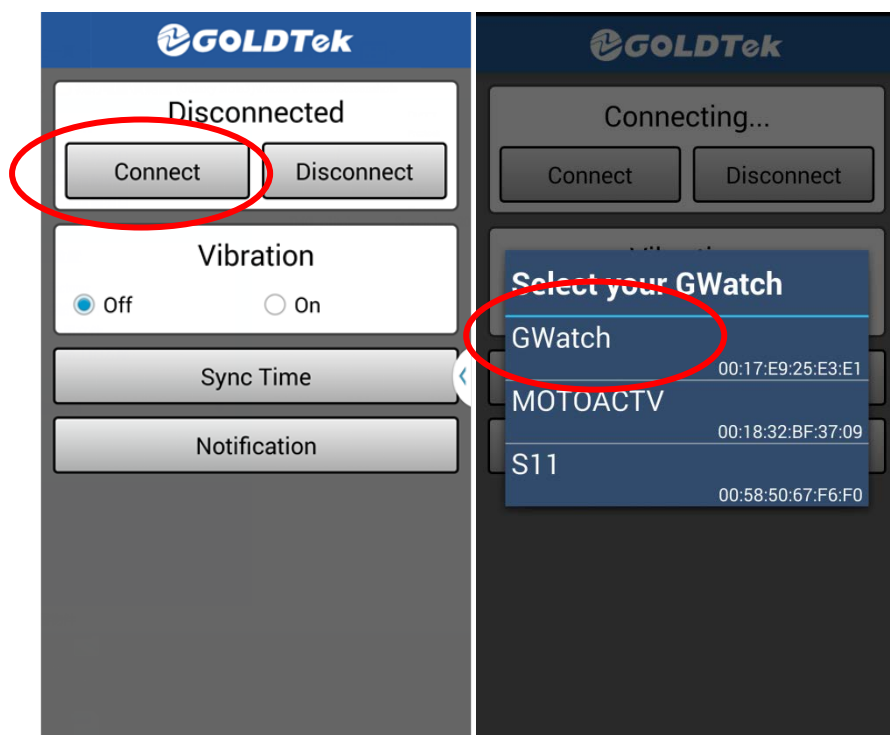
➢ As bluetooth has connected, Ranger Watch will show 「Bluetooth connected」

➢ Ranger W-Link APK on mobile phone will show 「Connected」

➢ 選擇「Notification」後， Ranger W-Link APK will check the compatible

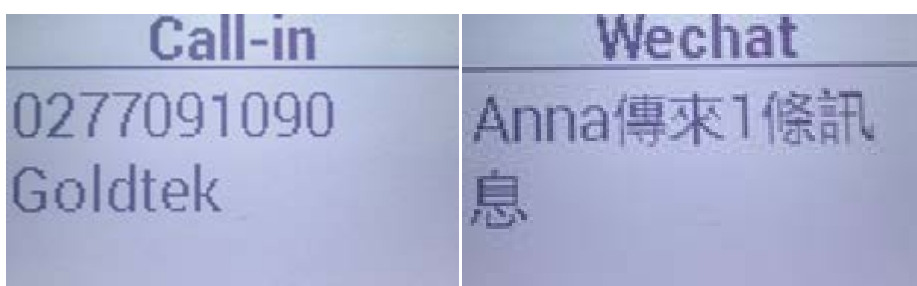application on the phone and list them in setting page.

➢ Press 「Sync Time」 icon, the time of Ranger Watch will be the same as the

time of mobile phone.

➢ 「Vibration」 as 「on」 or 「off」 will turn on or turn off vibration notification for new message.

examples: as incoming call or new message arrive, Ranger Watch will show asfollowing.

➢ To read the message records:

Press〔MODE〕 key to menu, select [Bluetooth] [Notify message]。

8. Tempo Meter

Note: The setting of tempo meter in bike mode will be independent from other modes. In other words, each sport mode will have its own setting of tempo meter, because bike tempo will not be used for running.

1. Press〔MODE〕 key to switch screen to menu➜ Select 「Tempo Meter」, and then press 〔Enter〕 key to enter 「Tempo Meter」 setting page.

2. The field of 「Tempo Meter」 include 「Ring」、「Vibration」、「Ring/Vibration」 to be

selected.

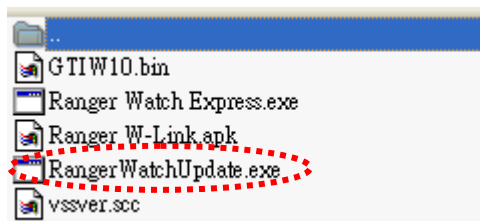3. 「Frequency」 to set the times of tempo notice per minute(spm—sound per minute)

- 「Duration of tempo notice」 to set the duration of each tempo

  notice.(~seconds per notice)
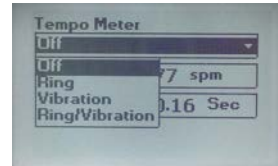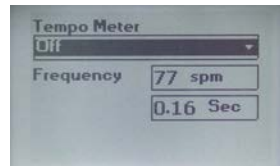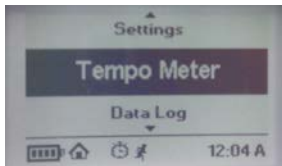
9. Update Firmware (Operation System)

9.1 Download the new version of Firmware

➢ Regarding the website to download, it will be defined later.

➢ The new Firmware package will include following files.

➢ After getting the new Firmware, and store into PC storage Disk.

9.2 Update Firmware (Operation System)

➢ Long press 〔Power〕 key to power off Ranger Watch.

➢ Hold/keep pressing 〔START〕key, and long press 〔Power〕 key to power on

  Ranger Watch. Release the 〔START〕key, as the below message appear on the

  screen.

Update FW Mode
Please open update tool.
Wait for Bluetooth connect.
GWatch
00:17:e9:25:e3:e1

➢ Connect USB cable with PC, and execute the APP

"RangerWatchUpdate.exe", until 100% updated.
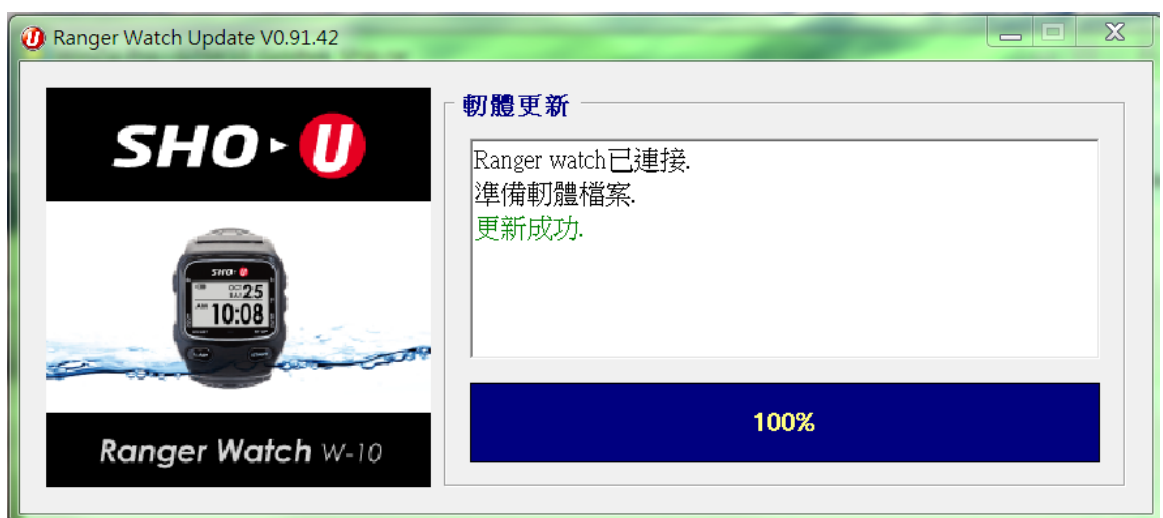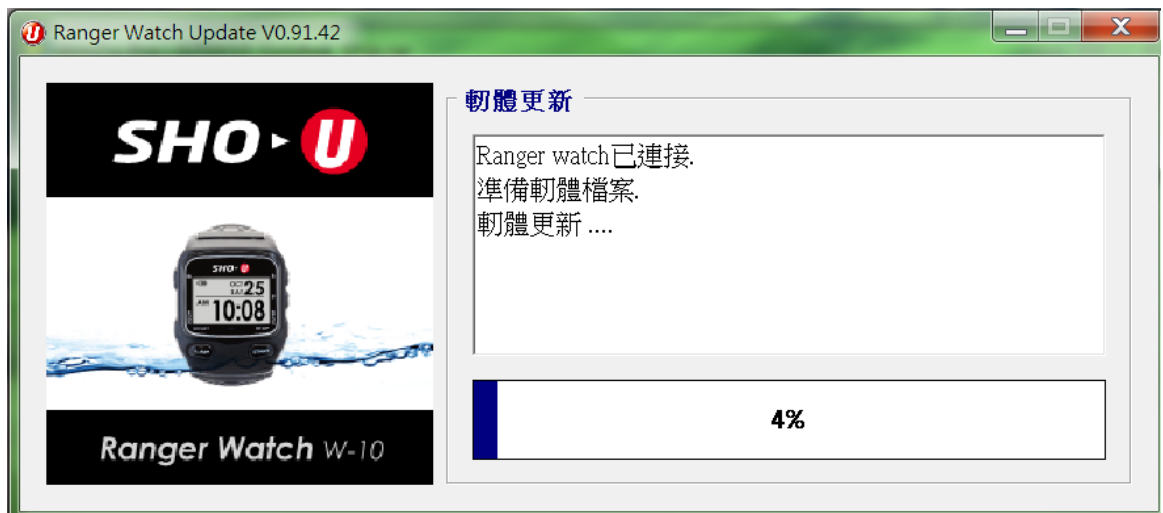
➢ Long press 〔Power〕 key to turn on Ranger Watch.

10. Important FCC notice:

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.

—Increase the separation between the equipment and receiver.

—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.

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

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.

Canada:

Le présentappareilestconforme aux CNR d'Industrie Canada applicables aux appareils radio exempts

de licence. L'exploitationestautorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareildoit accepter tout brouillageradioélectriquesubi, mêmesi le brouillageest susceptible d'encompromettre le fonctionnement.

This device   complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.