



navi2coach

User's guide - ENGLISH

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1 GENERAL

Congratulations on your purchase of a **navi2coach**. The ultimate bike training computer allows you a workout on professional level. Through its multiple training functions **navi2coach** leaves no wishes desired when it comes to recording and displaying of data.

navi2coach offers the following core functions:

- **Data transfer via ANT+ permits connection through following sensor types of all ANT+ producers:**
 - ❖ *Heart rate sensor (heart2feel x)*
 - ❖ *Bike speed sensor (macro2sx speed)*
 - ❖ *Cadence sensor (macro2sx cad)*
 - ❖ *Combo sensor for bike speed and cadence (macro2sx com)*
 - ❖ *Power meters (power distribution right-left, TSS and IF supported)*
 - ❖ *ANT+ remote control (ANT+ remote)*
 - ❖ *ANT+ scale*
- Altimeter via barometric sensor
- Temperature display
- GPS-recording and track navigation
- Recording exact to the second
- Freely configurable data fields
- Workout function which displays current and proximate training step
- Extensive training functions (zone training, coaching)
- Extensive powermeter functions (right-left comparison, TSS, IF, FTP and many more)
- **Exchangeable battery** (for long distances or in case your battery starts suffering from loss of power)
- **Optional remote control for the ultimate ease of use.**
- Multiple workout timers which create individual messages (such as „please eat & drink now“)
- „Recharge while riding“-function: Device does not switch to computer mode if supplied with power.
- Up to 4 sport profiles with individual sensor combinations and display settings (such as road bike, time trial bike, mountain bike, city bike).
- Simple configuration and workout scheduling via PC software **trainingLab**
- Use of FIT file format for maximum compatibility with training software or online training platforms of third party providers.

1.1 General information

You regularly perform one or more sports and want to achieve progress in your workout? Then **navi2coach** is the perfect tool for you. Its concept of operation relies on numerous functions that allow a broad operational range which can be additionally enlarged by various ANT+ sensors.

This user guide helps you to understand the basic functions of your **navi2coach**.

For further product information or questions about optional accessory and the free software **trainingLab** please have a look at our website **www.o-synce.com**.

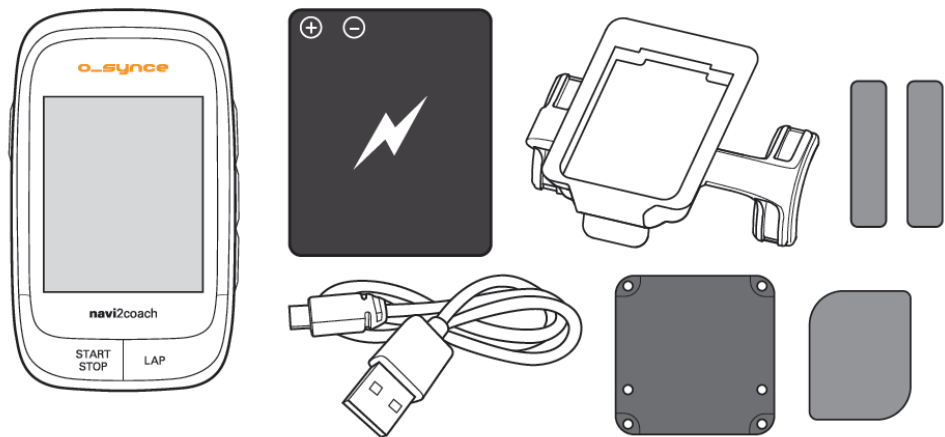
ATTENTION! Please consult a medical doctor before you start training, especially if you wear a cardiac pacemaker or other electronic implants.

Strong electromagnetic fields or other wireless 2.4 GHz transmitters can affect the connection to your heart rate belt or to further accessory. Sources of interference can be power lines, electric motors, microwaves, 2.4 GHz mobile phones, wifi connections or radio-controlled traffic lights. By gaining distance from sources of interference, all data should be displayed normally again.

2 Scope of delivery

Your **navi2coach** package contains the following parts:

- 1x **navi2coach**
- 1x 750mAh battery pack
- 1x Micro USB cable
- 1x bike holder with fastening parts
- 1x Quickstart guide



2.1 Compatible o_synce accessories (optional)

o_synce offers the following accessories for the use with navi2coach. For further information about compatible accessories please visit www.o-synce.com.

Some of the functions which are described in this manual can only be used with additional accessories (marked as “optional”).

- Heart rate sensor (**heart2feel x**)
- Bike speed sensor (**macro2sx speed**)
- Cadence sensor (**macro2sx cad**)
- Combo sensor for bike speed and cadence (**macro2sx com**)
- ANT+ remote control (**ANT+ remote**)



For details on accessories have a look under [ANT+ Accessories](http://www.o-synce.com/en/products/accessories/ant-accessories.html) on our website (<http://www.o-synce.com/en/products/accessories/ant-accessories.html>).

2.2 How to use compatible accessories of o_synce (optional)

2.2.1 Use of ANT+ remote

2.2.1.1 Pairing ANT+remote with *navi2coach*

1. Remove yourself at least 40m for the "pairing" process from other similar ANT+ devices.
2. Bring the **ANT+**remote in the near (1m) of the o_synce head unit (e.g. *navi2coach*).
3. Please press and hold the upper and lower button (▲ and ▼) for about 2 seconds until the Status LED lights flashes **green** and **red** together for 2 seconds.
4. Now the **ANT+**remote is looking for a head unit (status LED flashes **green** and **red** together)
5. If required, follow the specific instructions for "pairing" in the User's Guide of your o_synce head unit or smartphone.
6. Once the status LED is flashing **green**, the **ANT+**remote is connected to the head unit successfully.



After replacing the battery, the ANT+remote must be paired to the head unit (e.g. *navi2coach*) again.

2.2.1.2 Adjusting the assembly side of **ANT+**remote



Depending on mounting position, of the remote you may need to adjust the key settings.

Assembly on the left side of the handlebar

After you have installed the **ANT+**remote on the left side, please press and hold the upper and middle buttons (▲ and ●) for about 2 seconds. Once the Status LED turns **green** for 2 seconds, the remote control is set to the left side of the handlebar.

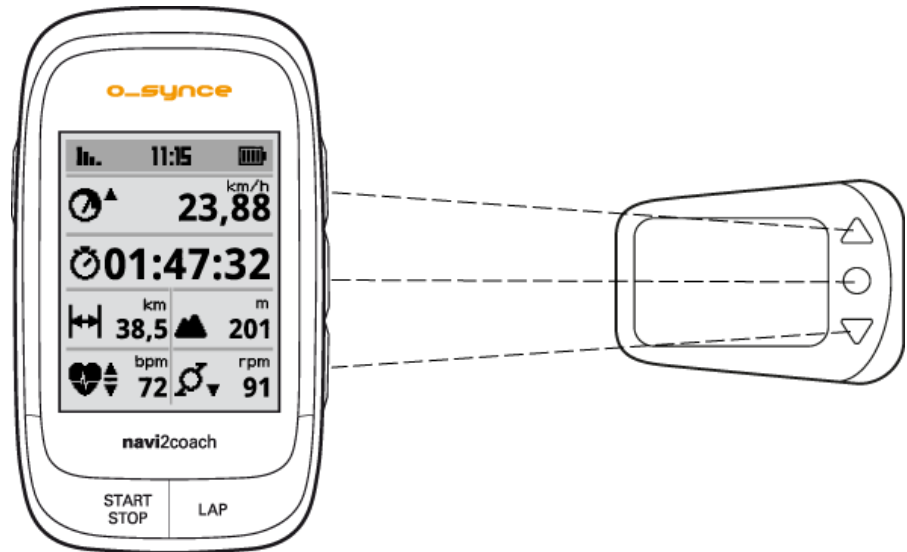
Assembly on the right side of the handlebar

After you have installed the **ANT+**remote on the right side, please press and hold the upper and middle buttons (▲ and ●) for about 2 seconds.

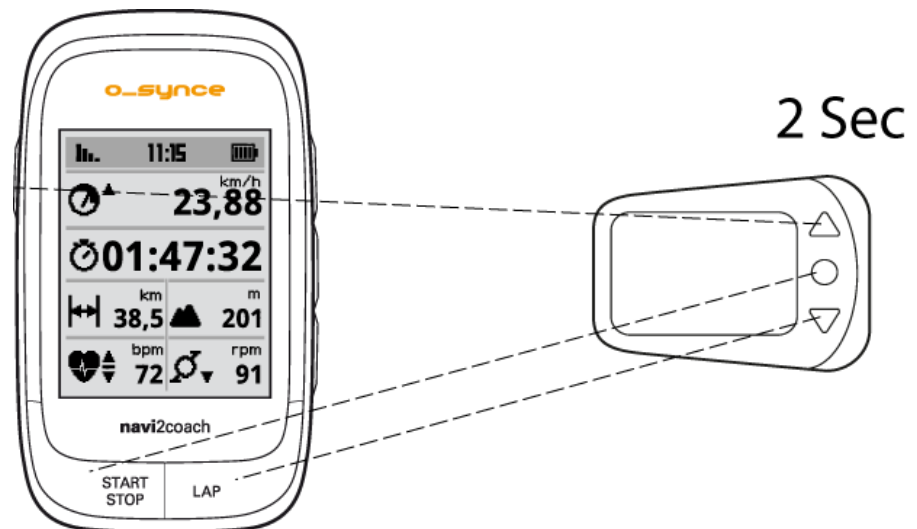
Once the Status LED turns **red** for 2 seconds, the remote control is set to the right side of the handlebar.

2.2.1.3 Key function during workout

When you push the remote keys (▲, ● & ▼) they will have the same functionalities as the keys on the right hand side of **navi2coach**.



When you hold the keys for 2 seconds they will have following functions: **Power** (▲), **Lap** (▼) and **Start/Stop** (●).



2.3 Compatible ANT+ accessories of other producers

To find out which accessories of other producers is compatible with your **navi2coach** visit the following website
(http://www.thisisant.com/modules/mod_product-directory.php)

Following sensor types are supported by **navi2coach**:

- *Heart rate sensors*
- *Bike speed sensors*
- *Cadence sensors*
- *Combo sensors for bike speed and cadence*
- *Power meter sensors (Power2max, SRM, Rotor, Quarq, Cycleops, e.g.)*
- *ANT+ remote control (currently only from o_synce)*
- *ANT+ scale (such as Beurer, Tanita)*

Producers of ANT+ sensors are for example Garmin, Bontrager, Adidas, VDO or Cycleops. If you buy sensors please pay attention to the ANT+ symbol.



3 First steps



Additional to the quick start guide this manual supplies you with further information concerning functions and settings.

As the quick start guide explains important basics and the installation of your navi2coach please read it before you continue.

If you have lost your quick start guide, just download it [here](#).

3.1 Welcome menu

The first time you switch on your device, you will be guided through the most important settings. Once you reach the menu item **READY**, you will be redirected to the main menu by confirming the selection.

3.2 Start and stop recording

You can start recording by pushing the **START/STOP** button at any time, no matter if you are in the main menu or currently using the workout, navigation or geocaching mode. To stop recording just press the **START/STOP** button again. To leave the recording mode press the **power** key once.

To save your recording and to return to the main menu chose **Stop Training**.

3.3 Change settings or load additional functions during recording – Intermediary menu

Once you stop recording and chose the intermediary menu by pushing the **POWER button** you'll find standard functions like **Resume** and **Stop Training**. You also find **Sport Profiles** and the **Advanced** menu whose following functions you may change or add during recording.

- **Backtrack**
Shows your previous track reversed for riding it back to your starting point.
- **Navigation**
Spontaneously load a track which you wish to follow during your training.
- **Geocaching**
Load a POI (place of interest) which will be displayed in the navigation mode.
- **Sport Profiles**
Change profiles if you want to switch bikes or sport activities during a workout session.

4 Summary of functions

4.1 Training

For an effective workout varied training sessions with specific pausing times are absolutely essential. To plan an adequate workout you should consult a coach or a training platform such as **Trainingsplan.com**. Before starting a specific workout program please consult a medical doctor to check your fitness/health.

4.1.1 Training schedule

Most workout sessions are divided into different parts like warm-up, main workout and cool down. **navi2coach** allows you to plan detailed workout parts ahead and continually displays the current and following workout step. Therefore you always know how long your training will last which allows you to mentally prepare for following workout steps.



NOTE: To use the workout feature you need to add the function **“Workout”** and **“Workout (next step)”** to one of your data pages to see your workout steps. Ex works the data page 4 has them already preset.

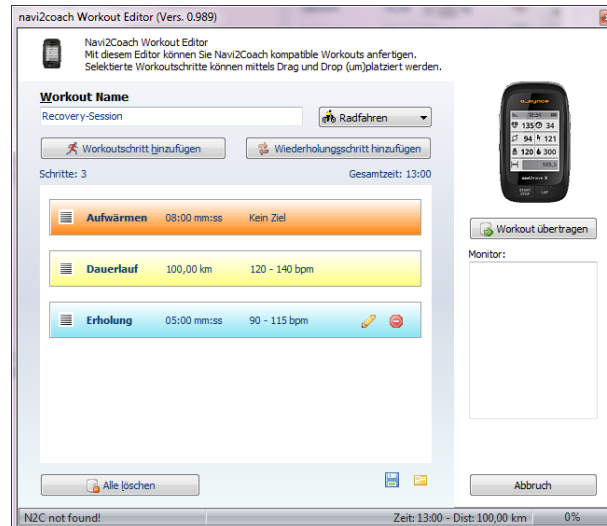


In addition to preset workout sessions **navi2coach** also offers you the well-known zone training. (4.1.5 Menu: Zone training – page 10).

You would like to use the miscellaneous **navi2coach** training functions? Just read through the following workout functions.

4.1.2 Planning a workout session

trainingLab software helps you to plan your workout in a few simple steps with your PC. Therefore you select the **Workout Editor**, then plan a workout by creating training steps and afterwards transfer the created workout session onto your **navi2coach**.



Training portals like Trainingsplan.com and Trainingspeaks also allow you to download preset workout sessions directly onto your device. Just transfer the FIT file into the **Import**-folder of your device.

4.1.3 Menu item: Workouts

This function registers all workouts created by you. You can start them by choosing the desired one.

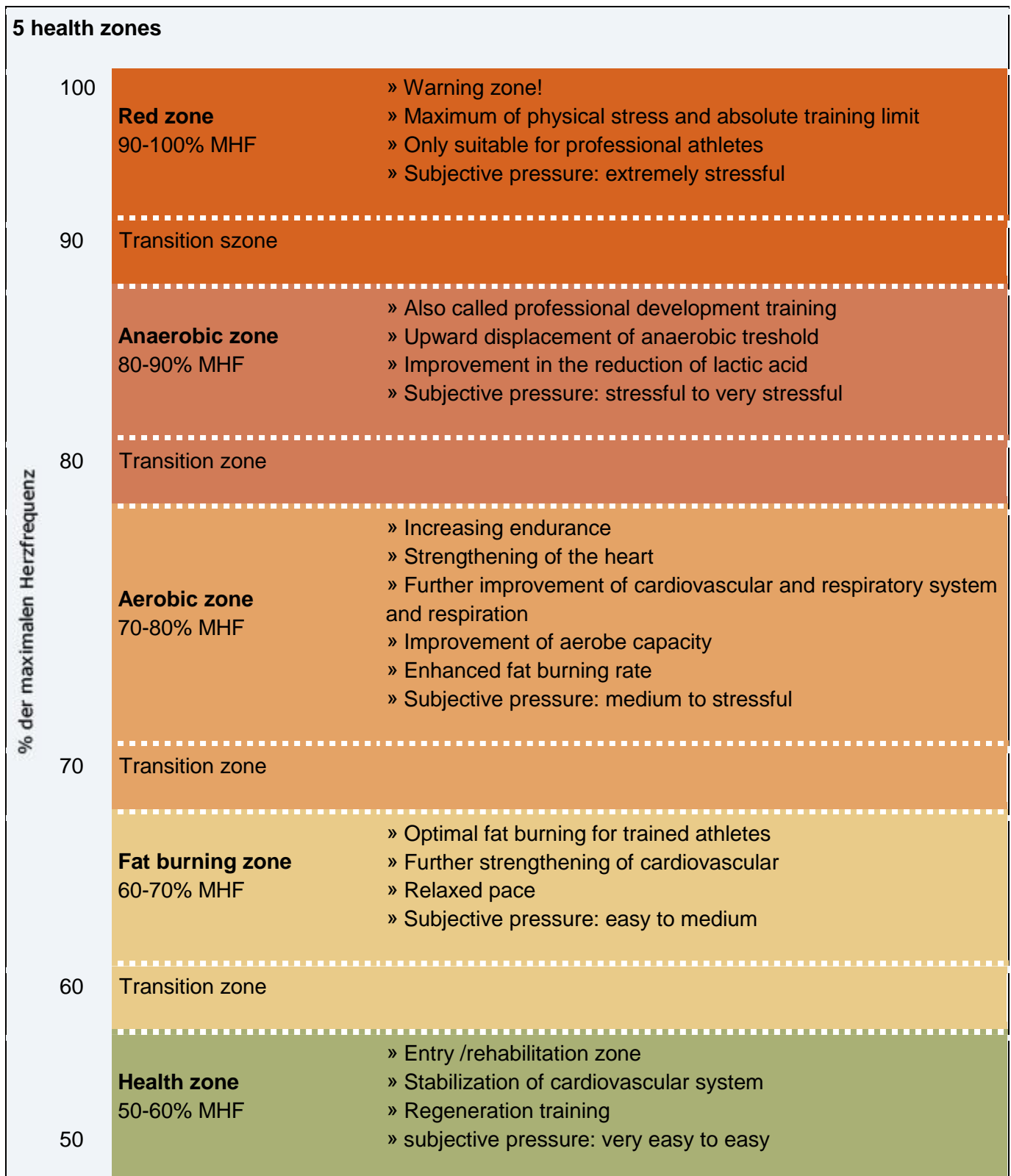


NOTE: To use the workout feature you need to add the function **“Workout”** and **“Workout (next step)”** to one of your data pages to see your workout steps. Ex works the data page 4 has them already preset. The navigation screen will always display your current workout step.

4.1.4 Menu item: Zone Training

Define a training zone in which you want to perform your workout. You can either train by heart rate zone or, in case you are using an ANT+ powermeter, by power zone. Choose the appropriate zone for your workout session. To change your zone setting, enter the setup menu. You'll find detailed information under Setup > Sport Profiles. During the workout **navi2coach** will indicate if you are still in your designated training zone.

Depending on your training goal we recommend the following heart rate zones:



Source: http://www.lauftechnik.de/lt_pulsmessung_Die_5_Herzfrequenzonen.shtml

4.2 Navigation

navi2coach allows you to follow a route via track view and through the indication of turning points. In order to perform navigation, transfer a **GPX** or **FIT** file onto your device and open it.

4.2.1 Where do I get GPX routes?

You can download preset routes from the following websites or create your own ones.

- <http://www.gpsies.com>
- <http://www.bikeroutetoaster.com>
- <http://openrouteservice.org>
- <http://maps.cloudmade.com>

Fee-based software:

- www.Magicmaps.de

Currently the indication of turning points is only supported by the online application **Cloudmade**.

4.2.2 How can I transfer routes onto my device?

Transfer the planned route as GPX or FIT file onto your PC.

Connect your **navi2coach** to your computer. Your windows PC will show you a new removable drive. On a MAC a new device "**navi2coach**" will be recognized. Copy the file into the folder „**Import**“. Now the route is saved on your **navi2coach** and ready to get selected.

4.2.3 Start Navigation

Select **Navigation** >> **Routes** in the main menu and choose your desired route from the displayed list.

4.2.4 Follow routes again (Loading a track)

You have recorded a route and wish to follow it again? Recall the saved route through **Training** >> **Activities**. Choose the desired track and select **Load as Track**. The track can be followed now.

4.2.5 Delete route or track.

Connect the device to your PC or MAC. Navigate to the device directory Courses and delete any track you want to remove from your **navi2coach**.

4.3 Geocaching

The geocaching function allows you to enter GPS coordinates into your device and to display them. Alternatively you may use the **trainingLab** software to load POI (places of interest) into your device and recall them.

The POI and your current position will be displayed.

4.4 Weighing – ANT+ weight function

You find this function under **Setup >> User Data >> Weight**. (Menu item: Weight, page 16).

4.5 Deleting workout sessions and data

4.5.1 In the device

- Delete a recording
Training >> Activities >> Select the session you want to delete >> Delete
- Delete a POI
Geocaching >> Select the POI you want to delete >> Delete
- Delete a workout session
Training >> Workouts >> Select a workout session >> Delete
- Reset a profile
Training >> Totals >> Select a profile >> Totals reset

4.5.2 Via trainingLab

In the device setup menu of your **trainingLab** software you can delete all training data at once.

5 Setup

You can adjust all **navi2coach** functions under the menu item **Setup** in the main menu of your device.

TIP: You may easily adjust all settings on your PC by installing the **trainingLab** software, then selecting **device >> setup device >> navi2coach** and following the setup dialogue.

5.1 User data

Create your personal profile under menu item **Setup >> User Data**. The entered data will be used to calculate accurate measurement results concerning burnt calories, burnt fat, definition of your training zones and will additionally affect other training functions.

5.1.1 Menu item: Weight

Enter your current body weight.

5.1.2 Menu item: Gender

Select your gender: male or female.

5.1.3 Menu item: Birthday

Enter your date of birth and allow **navi2coach** to calculate your age.

5.1.4 Menu item: Height

Please enter your body size.

5.1.5 Menu item: HRT max

Please enter your maximum heart rate.

TIP: to find out your maximum heart rate you should perform a VO2max test (endurance test) under medical supervision. Alternatively you may calculate your maximum heart rate by using the following, approximate value:

$$220 - \text{age} = \text{maximum heart rate}$$

This value is just an approximate reference which may vary considerably in each individual.

5.1.6 Menu item: Resting heart rate

Please enter your resting heart rate.



You can measure your resting heart rate before getting up and leaving the bed in the morning. The night before put your **navi2coach** and your heart rate belt beside your bed. On the following morning you put on your heart rate belt without leaving the bed and start a recording. Just relax and observe how low your heart rate falls in the next 5 minutes. Use the lowest value as your resting heart rate.

5.1.7 Menu item: Scale

The scale recalls the weighing function. Activate this function by selecting "**Weigh**" and step on an ANT+ compatible scale. Your data will be saved after the weighing process.

5.2 Sport Profiles

Under menu item **Sport Profiles** you can either activate a certain sport profile or you can adjust the sport profile settings. Sport profiles allow you to use your **navi2coach** for multiple sport activities or for different bikes. You may relate multiple sensors, individual data views, profile-specific training zones or variable wheel sizes to each sport profile. Furthermore you can preset

individual workout alerts which remind you to perform something (eat, drink, pause, e.g.) after a defined time, distance or calorie consumption. You find more details further down.

5.2.1 Activate sport profile

To switch between sport profiles choose the desired sport profile in the list of sport profiles. By selecting a sport profile it becomes automatically activated and you will end up in the underlying sport profile setup menu. If you do not wish to change the settings of a sport profile just leave the menu.

5.2.2 Configure sport profiles

Select the sport profile you want to set up from the list of sport profiles. Now you can adjust the sport profile settings by choosing different menu items which are individually adjustable.

5.2.2.1 *Menu item: Sensors*

In this menu you can set up and pair all sensors. By choosing a sensor you may set up and pair it individually or you may alternatively pair all sensors at the same time by selecting the menu item "Pair all".

In the latter case the device will search for all active ANT+ sensors in a radius of 10 meters. Pay attention to only be surrounded by sensors you really want to use for your chosen profile and which are definitely active within the 10 meter radius of your **navi2coach**.

5.2.2.2 *Pair and set up sensors individually*

Select the sensor you want to pair or set up in the desired sport profile. The following information and functions are available:

- **Connected (yes/no)** indicates an already existing connection to an active sensor.
- **Sensor ID** shows you the identification number of the paired sensor.
- **Enabled (yes/no)** allows you to decide if the paired sensor will be used or not. If you change an active state to “no”, the device will no longer search the enabled sensor but ignore it.
- **Pair again** starts a new search for the chosen sensor type (within a radius of 10 meters) and pairs it if the device is active.
- **Calibration** is only possible in the power sensor setup and is used to calibrate it. You'll find further information under

- 5.2.2.3 Power sensor (Power meter) , page 20.
- **Sensor Info** Some sensors send additional information to your **navi2coach** (battery level, e.g.). You can recall this information under **Sensor Info**.



ATTENTION: With the exception of the heart rate sensor you may choose different ANT+ sensors for speed, cadence, power and remote control within each sport profile. Only if you change the heart rate sensor it will be changed in every other sport profile, too.
The use of different heart rate sensors with differing profiles is not intended.

5.2.2.3 Power sensor (Power meter) calibration

Where: Setup >> Sport Profiles >> Name of profile >> Sensors >> Power >> Calibration

In the setup of **Sensors** select **Power**. In the next menu choose **Calibration** and you will find the following setup options:

- Auto Zero
- Manual Zero

For further specific information about the calibration of your power meter have a look into the manual of its manufacturer.

5.2.2.4 Set up your wheel size (Menu item: Wheelsize)

Where: Setup >> Sport Profiles >> Name of profile >> Wheelsize

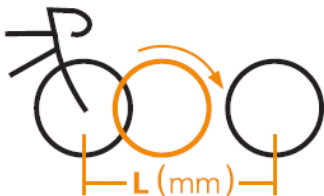
If you use an additional ANT+ sensor for speed measuring it is necessary to adjust your wheel size.

Choose the sport profile for your bike, select **Wheelsize** and adjust the size of your wheel.

You'll find an overview of common wheel sizes on **page 32**.



NOTE: Due to the fact that air pressure, abrasion of the rim and weight of the cyclist have a great impact on the wheel circumference the precise wheel size can only be determined by your own measurement.



1. Mark a starting point on the floor (using tape, chalk, e.g.).
2. Position the front wheel of your bike with the valve exactly onto your floor mark.
3. Rotate the front wheel with some pressure on the handle bar (simulation of your weight) one time until the valve is in the floor position again. Here you mark a second point on the floor.
4. Now measure the distance between the marked points. The distance in millimeter corresponds with the wheel size you can now enter into your **navi2coach**.

5.2.2.5 Define your heart rate and power zones (Menu item: HRT Zones / PWR Zones)

Where: Setup >> Sport Profiles >> Name of Sport profile >> HRT Zones or PWR Zones

You can individually set up different values for each sport profile. Your setup options are:

- Maximum values for pulse and FTP-performance. The FTP-performance value is required to display the percentage of your training zones.
- Display the percentage of your maximum heart rate / the percentage of your FTP-performance or display the heart beats per minute (BPM) / your watt performance.
- Upper limits of up to 5 training zones. Training Zone 6 results from the upper limit of Training Zone 5.

If you wish to define your training zones in % (percentage), it is **obligatory** to know your maximum heart rate / FTP value.

To set up your training zone you have to define the upper limit of each zone. The lower limit always results from the upper value of the previous zone.

Example of a zonal structure in %

Zone 1 – Upper limit 45% / Zone 0-45%

Zone 2 – Upper limit 55% / Zone 46% - 55%

Zone 3 – Upper limit 65% / Zone 56% - 65%

Zone 4 – Upper limit 75% / Zone 66% - 75%

Zone 5 – Upper limit 85% / Zone 76% - 85%

Zone 6 is automatically Zone 86% - 100%

You'll find further information concerning the Zone Training on page 12 (4.1.4 Menu item: Zone Training)

5.2.2.6 Menu item: SmartBreak

This function allows you to pause a recording you have already started because your pace has fallen under the 2.5 km/h mark. If you continue with your movement, the recording restarts automatically at its previous point.

5.2.2.7 Automatic lap times (Menu item: AutoLap)

The **AutoLap** function allows an automatic setting of split times. The following settings are possible:

- Lap time after distance – By covering a certain distance (for example every 2 km) a lap time will be set.
- Lap time after time – A lap time will be set after a certain amount of time (for example every 10 minutes).

5.2.2.8 Set up training alerts (Menu item: Timer)

Where: Setup >> Sport Profiles >> Name of Profile >> Timer/Nutrition

Alerts provide the possibility to remember certain issues while you're training. You can set up to two alerts with the following parameters:

- Create individual alert messages (for example: Drink!)
- Define the time at which the alert will remind you. The entered value is a fixed moment at which the alert will be displayed repeatedly.
- An alert based on the covered distance, time or calories.

Example

To receive the alert „Drink!“ every 30 minutes, you set the timer in the following way:

Based on: Time >> Value: 30:00 >> Message: Drink!

5.2.2.9 Setup Display pages (Menu item: Display Pages)

Where: Setup >> Sport Profiles >> Name of Sport Profile >> Display Pages

navi2coach allows you to create up to 6 data pages (**5.4 Change display pages (Menu item: Display Pages), page 24**). Any number of these 6 pages can be related to each sport profile. Under menu item **Display Pages** you can define which data page will be used for the chosen sport profile.

Choose the designated data page in the list of display pages and change your settings in the following way:

The setup options are **Yes** and **No** (if you choose yes the chosen data page will be displayed, if you chose no it won't).

You can set up different data pages under **Setup >> Display Pages** (**5.4 Change display pages (Menu item: Display Pages), page 24**).

TIP: To easily configure display pages, just use the **trainingLab** setup software.

5.3 Altitude

Where: Setup >> Altitude

navi2coach uses a barometric altimeter. To supply you with accurate altitude values it should be calibrated before your training. You have the following calibration options:

- **via GPS:** In case the GPS signal is sufficient, altitude will be calibrated automatically if you start a recording.
- **at a POI:** If you are in direct proximity of a chosen POI your altitude will be calibrated after the POI's altitude.



This function is only possible if you do not move or record.

- **manually:** Enter an home-altitude which you may use for calibration at any time.

5.4 Change display pages (Menu item: Display Pages)

navi2coach allows you to arrange your data pages individually so you can decide by yourself which data you want to display. You may adjust the settings in the device itself or, more easily, by using the **trainingLab** PC software.

Choose the data page you want to set up or change.

Now you have the following options:

- **Edit** allows you to edit the chosen page.
- **Delete Page** deletes the chosen page irrevocably. You may create a new page.

5.4.1 Edit Data Pages (Menu item: Edit)

After selecting a data page for editing, the current configuration will be displayed. You can switch between each data field by using the arrow keys and choose the one you want to change. The active field is indicated by a black frame. Start editing by pressing the middle button.

Here are your options:

- **Change function:**
The menu always indicates the current function. By selecting a function with the middle button, a list of possible functions will be displayed. You may scroll through the functions by using the arrow keys. Select the function you want to edit.
- **Change field size.**
navi2coach allows you to display one or two data fields per row.

Perform the following steps to change the amount of data fields:

- **Divide a data field** (create two fields out of one)
Choose a large data field which has the size of a whole row. Select **Split Field** in the following menu. Now you can adjust the functions of the two, newly created fields as described above.
- **Connect two data fields** (reduce two data fields to one) If you have chosen a data field within a row which consists of two data fields you may delete the chosen field by using the function **Deleted Field**.

TIP: Some functions show more information if you allow them to be displayed over a whole row (for example: Power balance right/left).

The following functions are currently selected (Firmware status 15.10.2012):

5.4.1.1 Overview of possible data fields (Firmware v1.04)

Distance & Time functions

	Distance		Distance last lap
	Distance current lap		Stopwatch
	Lap time current lap		Lap time last lap
	Distance to POI		Time

Heart rate related functions

	Heart rate (Beats per minute or %, depending on your profile setup)		Average heart rate of current lap
	Average heart rate		Average heart rate of last lap
	Maximum heart rate		Calories
	Burnt fat		

Speed related functions

	Speed		Average speed of current lap
	Average speed		Average speed of last lap
	Maximum speed		

Cadance related possibilities

	Cadence		Average cadence of current lap
	Average cadence		Average cadence of last lap
	Maximum cadence		

Powermeter related possibilities

	Power (Watt)		Average power (Watt)
	Average power 30 sec. (Watt)		Average power 3 sec (Watt)
	IF (Intensity factor)		Maximum power
	Average power current lap		Average power last lap
	NP (Normalized power)		Peak power 60min
	Peak power 20min		Peak power 5min
	Peak power 30 sek.		Peak power 1min
	Peak power 3 sek.		TSS (Training Stess Score)
	Power distribution (right & left leg in %)		Average power distribution (left & right leg in %)
	Average Power distribution of current lap (right & left leg in %)		Average Power distribution of last lap (right & left leg in %)

Workout possibilities

	Target zone of current training step		Missing distance/time of current training step
--	--------------------------------------	--	--

Altitude functions

	Current altitude		Altitude difference, ascending
	Altitude difference, descending		Ascent/Descend (%)

Miscellaneous

	Temperature		Sunrise time
	Sunset time		GPS-course
	PS-Accuracy		

5.5 Compass calibration

Place the navi2coach onto flat ground and rotate it slowly clockwise until you get a confirmation from the device that it has been calibrated (sound & message). Avoid any magnetic sources close to the device like computers during calibration. To abort the calibration push the power button.

5.6 System

The menu item **System** contains all configuration options which refer to the standard settings of your **navi2coach**.

5.6.1 Language

Choose a language for the system.

5.6.2 Time and date

Select the hour format (12/24h), your time zone and decide if your device should switch automatically to daylight saving time (DST). You may also activate or deactivate daylight saving time manually.

5.6.3 Data

Set up the time interval (recording rate) of your data recordings. Possible settings are:

- 1s
- 5s

- 10
- 20s
- 30s
- 60s

5.6.4 Sounds

Set up the acoustic volume for sound signals.

5.6.5 Units

Here you can define which measuring units will be used by your **navi2coach**. Possible options are metric or english/imperial.

Metric: km, meters, cm, km/h, kg.

English/Imperial: miles, feet, inch, mph, pounds.

5.6.5.1 *Temperature*

Select if temperature will be displayed in Celsius (°C) or Fahrenheit (°F).

5.6.5.2 *Altitude*

Select the units of altitude indication. Options are meter and feet.

5.6.6 Display

This menu allows you to setup your display by adjusting the following functions:

- Contrast
- Backlight

5.6.6.1 *Display contrast*

navi2coach offers 10 contrast nuances. Please select the nuance which is the easiest to read for you.

5.6.6.2 *Backlight*

navi2coach offers out he following setups:

- **Enabled** (yes/no) If it is enabled the backlight will be activated by pushing any button
- **Intensity** You have the choice of levels 1-10. Level 10 represents the brightest backlight level.
- **Duration** Define how long the backlight stays powered.
- **Only at night** The above settings only apply if the sun has already settled down. As a reference sunrise time (30 min. later) and sunset time (30 min. earlier) are used.

5.6.7 Totals

Here you can review and reset the statistics of each sport profile. Select **Totals Reset** if you want to reset your profile data to zero.

5.6.8 USB only charges

If you have chosen **Yes** the device can be connected to a power source without switching into PC mode. This is very useful if you want to recharge your device during a bike ride by using a battery pack.

If you select **No** your **navi2coach** switches directly into PC mode and can be read-out.



If **navi2coach** does not switch into PC-Mode upon connection to your PC or MAC, then it means that “USB only charging” has been activated. In this case switch your device off before connecting it to your PC or disable USB only charging feature in the device settings.

5.6.9 Factory Reset

If you want to reset your device back to delivery condition you can perform a factory reset. Before performing a factory reset make sure the device is connected to a power source or to your PC. Select the menu item **Factory Reset** and confirm with **Yes**.

5.6.10 Navigation

Under menu item **Navigation** you can switch off the GPS reception and also set the track orientation:

- GPS: On/off
- Track orientation: Course/North

5.6.11 About

If you think about downloading a new version, here is the place to check the version of your firmware.

6 Workout analysis and data summary

6.1 In your navi2coach

You'll find a summary of your data under menu item **Training**. Select the training menu and choose one of the following options:

6.1.1 Menu item: Activities

Registers all saved training sessions and shows a summary of each workout. Under this menu item you can not only review or delete an activity but also recall a ridden track and then ride it again.

6.1.2 Menu item: Totals

Shows a statistic summary of your training profiles:

- Stopwatch
- Distance
- Calories
- Elapsed time (net time)
- Sessions

6.2 In your PC

navi2coach uses the FIT file format to record your workout sessions. This file format is used by various training portals and software providers. Because of that you may also use other software than the o_synce **trainingLab** software to analyze your workout sessions. As o_synce currently doesn't support MAC-compatible software the following options may be of interest for MAC users:

- Trainingsplan.com
- Golden Cheetah
- Trainingspeaks.com
- 2Peak.de
- Rubitrack
- Strava
- Sporttracks und many more

To prepare for analyzing just download your training data into your software. If your software does not support the automatic download from your device, you may want to copy your data from the file "Activities" and import it into your software.

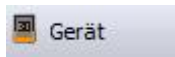
Details about our **trainingLab** software follow in the next chapter.

7 Analysis of data with trainingLab software

7.1 Download & Installation

Visit the website www.o-synce.com, select „Software” and download the **trainingLab** installation package. Follow the instructions and install the software on your PC.

7.2 Upload & download data

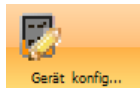


Connect your **navi2coach** via the provided micro USB cable with your PC. Now a PC symbol will appear in the display of your **navi2coach**. Open **trainingLab** software on your PC and select “Device”.



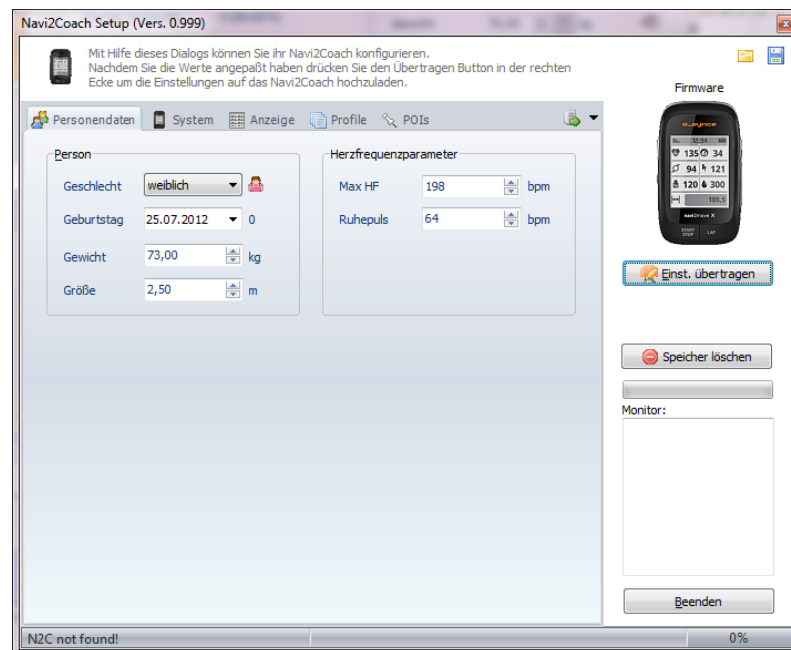
If your **navi2coach** does not switch into PC mode you have to deactivate the function „USB only charges“, which you find under Setup >> System (see **page 30, 5.6.8**).

7.2.1 Setup device



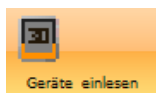
Press the „Setup device“ button und select **navi2coach**. You now may proceed with the following settings:

- System (language, time, date, units, etc.)
- User data (gender, birthday, weight, size, max. HF)
- Display (configuration of data pages and its functions)
- Profiles (Adjust sensors, display, heart rate & power zones, timer functions and autostart/autolap)
- POI (Create and manage POIs)



Transfer your settings to your **navi2coach** by pressing the „Transfer Settings“-button.

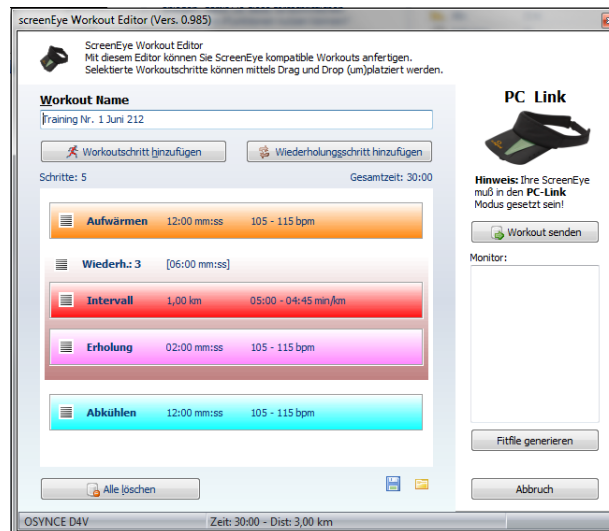
7.2.2 Import device



Press the „Import Device“-button and select **navi2coach**. The download of your recorded data starts automatically.



To create a workout, press the Button “Workout Editor” and select **navi2coach**. Now create individual workout steps and change their position via drag & drop. Transfer your finished workout session by pressing „Transfer workout“.



8 Trouble-shooting

If you struggle with questions or problems please visit our website and consult the FAQ section: <http://www.o-synce.com/faq/index.php?lang=en>

The sensors can't be paired

Make sure the sensors are active.

To provide a proper contact between your chest and the transmitter, please moisturize the sensors of your **heart2feel x** heart rate belt (rubber pads). Activate the bike sensors (speed sensor and cadence sensor) by moving a magnet along the sensor mark (in a maximum distance of 3 mm).

You can't quit the current menu

Press the power button on the left side of your device to leave the current menu.

Your device doesn't switch into PC mode

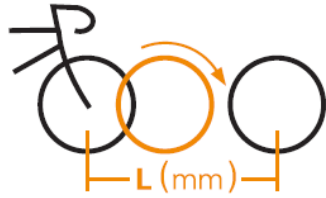
If your **navi2coach** doesn't switch into PC mode you have to deactivate the function „USB only charges“, which you find under Setup >> System (**see page 30, 5.6.8**).

The workout steps are not displayed anywhere. Where do I find them?

To use the workout feature you need to add the function “Workout” and “Workout (next step)” to one of your data pages to see your workout steps. Ex works the data page 4 has them already preset.



9 Table of wheel sizes



			47-305	16x1,75x2	1247
			47-406	20x1,75x2	1558
			44-507	24x1,75x2	1864
			37-540	24x1 3/8A	1909
			20-571	26x3/4	1915
			25-559	26x1	1934
			40-590	26x1 3/8x1 1/2	2044
35-590	26x1 3/8	2063	54-559	26x2,1	2068
40-559	26x1,5	2010	57-559	26x2,2	2075
42-559	26x1,6	2010	28-630	27x1 1/4 Fifty	2131
47-559	26x1,75x2	2029	28-630	27x1 1/4	2155
50-559	26x1,9	2045	57-584	27,5x2,25,650x57B	2220
54-559	26x1,95	2050	60-584	27,5x2,35,650x60B	2345
50-559	26x2	2055	40x635	28x1 1/2	2220
35-622	28x1 3/8x1 5/8	2161	18-622	700x18C	2060
40-622	28x1,5	2180	20-622	700x20C	2086
47-622	28x1,75	2223	23-622	700x23C	2096
54-622	29x2,10	2310	25-622	700x25C	2105
57-622	29x2,25	2325	28-622	700x28C	2136
60-622	29x2,35	2340	32-622	700x32C	2155
23-571	650x23C	1930	35-622	700x35C	2168
			40-622	700x38C	2180

10 Specifications

<i>Weight and dimensions</i>	65 g – 8,0 cm x 4,9 cm x 2,0cm
<i>Water resistance</i>	Weatherproof protection IPX7
<i>Battery</i>	750mAh, lithium battery
<i>PC interface</i>	MicroUSB cable
<i>Battery life</i>	Up to 14-16 hours, depending on outdoor temperature and used functions
<i>Data memory</i>	27 MB or up to 200 hours of workout recording
<i>Temperature range</i>	-10 °C up to +50°C. Avoid recharging the battery under a temperature of 0°

11 Terms of guarantee

We are only liable for damages in accordance to the statutory regulations in respect to our contractual partners. Batteries are excluded from warranties but can be returned after use. In case of a warranty please contact the retailer where you purchased your device.

12 Regulatory Information

This product is compliant with the Directive 1999/5/EC. The relevant Declaration of Conformity is available at <http://www.o-synce.com/customer-support/>.

o-synce Europe GmbH has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

FCC regulatory information

This equipment has been tested and found to comply with 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 residential installations. 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 interference to radio or television equipment reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

To assure continued compliance, any changes or responsible for compliance could void the users authority to operate this equipment. (Example- use only shielded interface cables when connecting to a computer or peripheral devices).

Radiation Exposure Statement

This device complies with Part 15 of the FCC Rules. Operation is subjected to the following two conditions 1) this device may not cause harmful interference and 2) this device must accept any interference received, including interference that may cause undesired operation.

Caution! The manufacturer is not responsible for any radio or TV interference caused by unauthorized could void the users authority to operate the equipment.