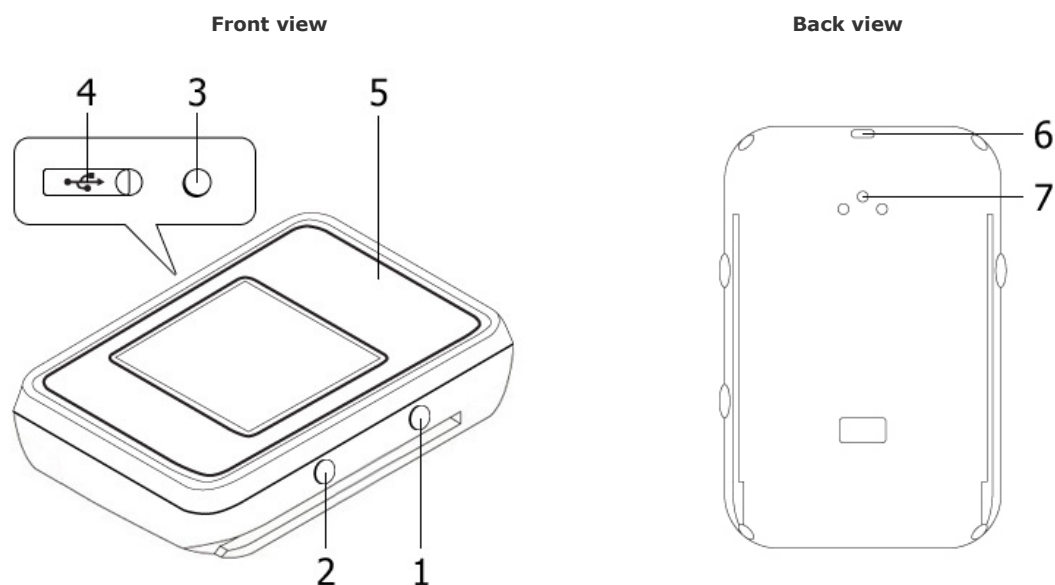


## GPS Computer

### Buttons

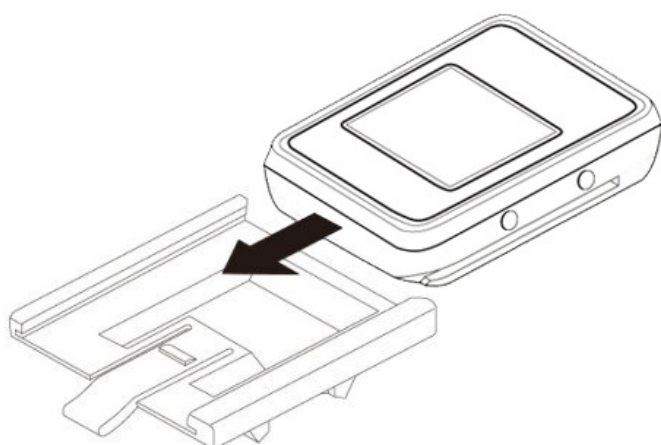


1. Up
2. Down
3. Menu
4. USB Port
5. GPS
6. Carrying Strap Hole
7. Speaker

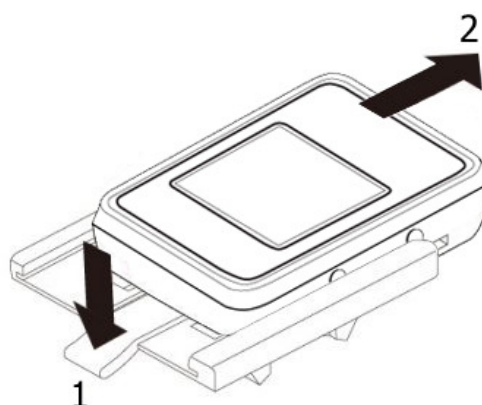
**Note:** Please make sure USB port is securely sealed to prevent unexpected water inleakage.

### Bike Mount

Attach to a bike mount



Detach from a bike mount



1. Press down the wrench on the bike mount.
2. Slide out the GPS Computer as directed.

### Power/Menu button

1. When the GPS device is turned off or in Clock mode, pressing the **Power/Menu** button for 2 seconds turns **ON** the GPS device.
2. When the GPS device is turned on, pressing the **Power/Menu** button for 2 seconds brings up the main menu. Selecting **Mode & Power > Power Off** option from the main menu allows you to turn **OFF** the GPS device.
3. When the GPS device is powered on, long pressing the **Power/Menu** button for 2 seconds brings up the main menu. To select an option shown on the main menu, press the **Power/Menu** button again.

### Up and Down buttons

1. Pressing either one of the buttons toggles between different menu pages.
2. Pressing the **Down** button for 2 seconds on main display turns ON/OFF the backlight.
3. Pressing the **Up** button for 2 seconds on the main display sets up a POI of your current location.

### Power ON/OFF

1. The GPS device automatically turns on when connected to external power via a power adapter, or connected to PC via USB.
2. The GPS device automatically re-starts logging (counter/pedometer/GPS data resets, etc.) at 00:00:00 everyday.

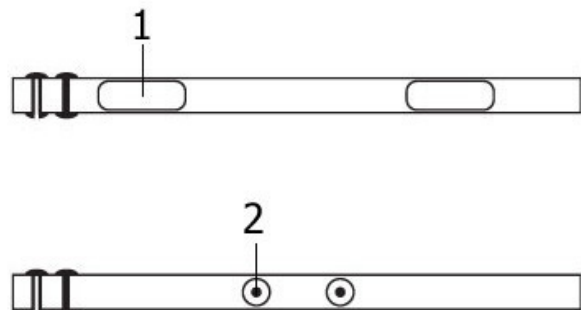
### Hardware Reset

- Pressing down both the **Up** and **Down** buttons simultaneously for 5 seconds resets hardware settings.

### Next

## Heart Rate Monitor

**Note:** This is an accessory available for purchase optionally.



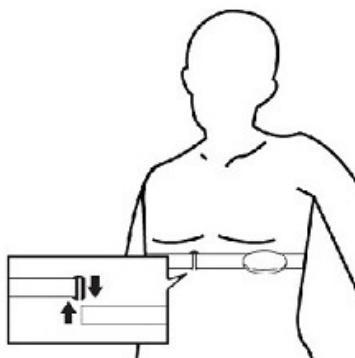
1. Electrodes
2. Fastening buttons

### How to wear the Heart Rate Monitor

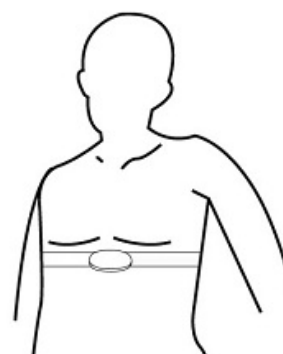
1.



2.



3.






1. Wet the electrodes as shown above.
2. Fasten up with the clips on both ends. Adjust the strap to assure it's not too tight or loose, so as to detect accurate heart rate data.
3. Wear it slightly below your chest. Adjust the sensor position to the center of your body, while electrodes must be pressed against your skin.

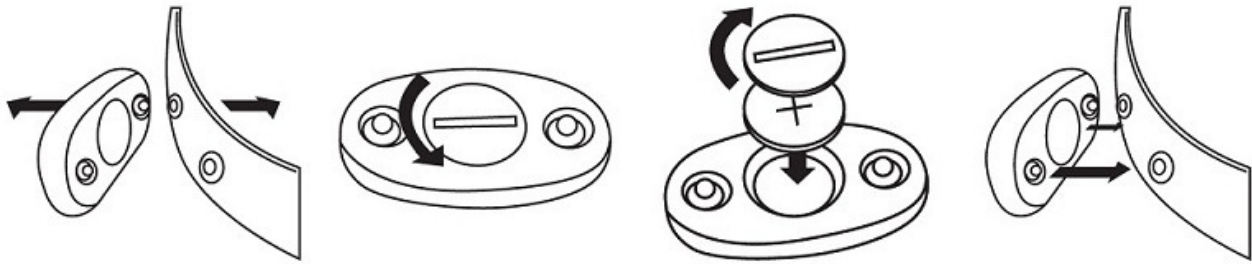
**Note:**

- Before washing the device, detach the main part of Heart Rate Monitor where electrodes are located. This part is not washable.

-  : While washing the straps, make sure water is no higher than 30°C.

-    : Ironing, bleaching or heating is prohibited.

### How to assemble and change battery



1. Detach the Heart Rate Monitor from the strap.
2. Use a coin to unclinch the back cover.
3. Remove the battery inside with a new one.
4. Close the back cover onto the device.

**Note:** Please make sure the back cover is securely sealed to prevent unexpected water leakage.

[Next](#)

## Getting Started with GPS Device

To get started with the GPS device, please follow the steps described below:

1. Install **Travel & Sports Suite** software from the CD.
2. Connect the GPS device to your PC using the USB cable.
3. Keep the GPS device connected to PC and charge for at least 4 hours prior to first use.
4. Unplug the GPS device from PC once fully charged, and press the **Power/Menu** button for 2 seconds to power on.
5. On the GPS device, enter your [user profile](#) for calculation of Maximum Heart Rate and Calories burned.
6. Connect with [Heart Rate Monitor](#):
  - On the main menu, select: **Bluetooth > Scan**.
  - Once paired, select **Connect**.

**Note:**

- This step is only necessary for those who purchased Heart Rate Monitor. Make sure Heart Rate Monitor is properly worn before proceeding this step.
- Heart Rate Monitor is an optional accessory for purchase.
- Pairing is only necessary for the first time.

7. On the GPS device, [select a display language](#), [set the time](#), and [select a measurement unit standard](#).

**Note:** Before setting time, please go outdoors to obtain a GPS fix first.

[GPS Computer](#)



[Heart Rate Monitor](#)

[GPS Watch](#)



Cadence/Speed Sensor



(Available for purchase optionally)











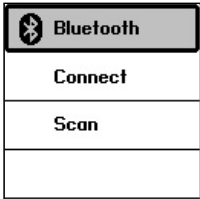
**Next**


## Main Menu

1. On the main display, long press the **Menu** button for 2 seconds to return to the main menu.
2. Use the **Up** and **Down** buttons to toggle between menu pages, and then press the **Menu** button once to select your option.
3. To exit the main menu without selecting any option, long press the **Menu** button for 2 seconds.

**Note:** Menu pages will vary upon different models and firmware versions.

## Menu Settings

 <b>Counter Reset</b>	<ul style="list-style-type: none"> <li>• This resets the counter on specific GPS main displays, such as Stopwatch, Lap, GPS and etc.</li> </ul>
 <b>Mode &amp; Power</b>	<ul style="list-style-type: none"> <li>• This allows you to choose a sports mode, or turn off the GPS device.</li> <li>•  <b>Power Off:</b> This turns off the device. When device is turned off or in clock mode, pressing the menu button for 2 seconds will turn on the device.</li> <li>•  <b>Clock:</b> While in clock mode, pressing on the <b>Up</b> or <b>Down</b> button turns on the backlight, and turns it off while button is let go.</li> </ul> <p><b>Note:</b> The screen will be turned off automatically to save power when the device is left motionless.</p> <ul style="list-style-type: none"> <li>•  <b>Running/</b>  <b>Cycling/</b>  <b>Travel:</b> Each mode indicates the type of your current activity in process. Calories consumed are calculated differently in each mode.</li> </ul> 
 <b>Backlight</b>	<ul style="list-style-type: none"> <li>• This allows you to turn ON/OFF the backlight display.</li> </ul>
 <b>Bluetooth</b>	<ul style="list-style-type: none"> <li>• This function can be used to connect and pair with Heart Rate Monitor. Make sure Heart Rate Monitor has been well set before connecting for the first time. Press <b>Scan</b> and the device will start searching and getting paired automatically.</li> <li>• If previously paired, simply press <b>Connect</b> to complete connection via Bluetooth.</li> <li>• When the GPS device is turned on and start logging, it will attempt to connect with devices previously paired automatically.</li> </ul> <p><b>Note:</b> In order to save power, if Heart Rate Monitor was still being used after device was powered off, the device will automatically establish bluetooth connection when device is powered on again. Otherwise, simply press <b>Connect</b> to start connection manually.</p> 

 <b>Display Setup</b>	<ul style="list-style-type: none"> <li>• This allows you to customize 6 <a href="#">function pages</a> on the main display, including self-defined measurement data.</li> </ul> <ol style="list-style-type: none"> <li>1. Press the <b>Menu</b> key to enable/disable the screen.</li> <li>2. After enabled, press the <b>Up</b> or <b>Down</b> button to toggle between different data fields.</li> <li>3. At the highlighted data field, press the <b>Menu</b> key, and the field will start blinking, indicating ready for further setting.</li> <li>4. When the field is blinking, use the <b>Up</b> or <b>Down</b> button to switch between various data information, and press the <b>Menu</b> key to set the selected data to be displayed.</li> <li>5. Repeat the steps above to set another function page if needed, or press the <b>Up</b> button to scroll back to the last function page defined, and press the <b>Menu</b> key to save settings and exit. (See the illustration shown below for more details.)</li> </ol>
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**General Setup**

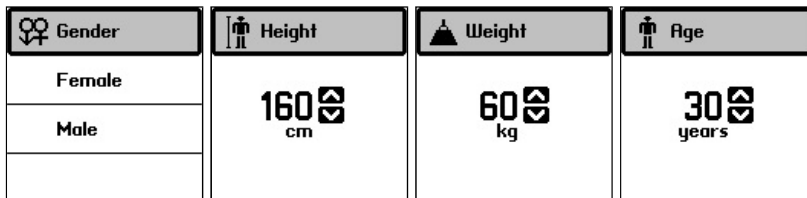
**Language**

- This allows you to choose a language for screen display.



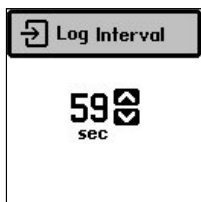
**User Profile**

- This allows you to input your basic information, including **Gender, Height, Weight** and **Age**.



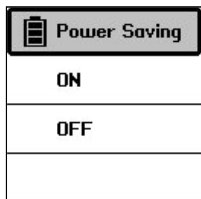
**Log Interval**

- This allows you to set the log interval by using the **Up** and **Down** buttons.



**Power Saving**

- This allows you to activate/de-activate the power saving feature. When power saving is ON, GPS precision will be lower, while GPS precision is higher when it is OFF.



**Time Settings**

- This allows you to set the time of the GPS device. Before setting time, please go outdoors to obtain a GPS fix first.
- Pressing the menu key allows you to choose a time format for display: **24 hour** or **12 hour**.



	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>Time Settings</b></p> <p>DD-MM-YYYY</p> <p>00-00-0000</p> <p>HH:MM</p> <p>00:00 </p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>Time Format</b></p> <p>24 Hour</p> <p>12 Hour</p> </div> </div>
<p> <b>Unit Options</b></p>	<ul style="list-style-type: none"> <li>This allows you to select either Metric (km) or Imperial (mile) standard as the measurement unit.</li> </ul> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p><b>Unit options</b></p> <p>Metric (km)</p> <p>Imperial (mile)</p> </div>
<p> <b>Sound</b></p>	<ul style="list-style-type: none"> <li>This allows you to turn On/Off the sound alert.</li> </ul> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p><b>Sound</b></p> <p>ON</p> <p>OFF</p> </div>
<p> <b>Device Reset</b></p>	<ul style="list-style-type: none"> <li>This resets all the device settings back to factory default values, while all data stored in memory will also be cleared.</li> </ul> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p>All device settings are to be restored back to factory defaults, while all data stored in memory will be cleared. Continue?</p> <p>Yes    No</p> </div>

<p> <b>Alert Setup</b></p>	
<p> <b>Heart Rate Alert</b></p>	<ul style="list-style-type: none"> <li>This allows you to set up a maximum and a minimum heart rate value (bpm) for alert.</li> </ul> <div style="display: flex; justify-content: space-around; margin: 10px auto;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>Heart Rate Alert</b></p> <p>&gt; 126 bpm</p> <p>2 </p> <p>Zone</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>Heart Rate Alert</b></p> <p>OFF </p> <p>Zone</p> </div> </div>
<p> <b>Duration</b></p>	<ul style="list-style-type: none"> <li>This allows you to set up an alert when time duration (min) has reached the value configured.</li> </ul> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p><b>Duration</b></p> <p>180 </p> <p>min</p> </div>
<p> <b>Distance</b></p>	<ul style="list-style-type: none"> <li>This allows you to set up an alert when the distance (km) travelled has reached the value configured.</li> </ul>



**Calibration**

- This allows you to calibrate Pedometer Sensitivity, Auto Pause, and Altimeter.

**Note:** Altimeter option is only available in "Pro" models where barometric altimeter is available.

- Pedometer Sensitivity
- Auto Pause
- Altimeter

<p><b>Pedometer Sensitivity</b></p>	<p>Adjust the sensitivity of the pedometer function.</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">  Pedometer Sensitivity         </div> <p>High</p> <p>Normal</p> <p>Low</p>	
<p><b>Auto Pause</b></p>	<p>Use the <b>Up</b> and <b>Down</b> buttons to set a speed value in km/h. Movements or waypoints slower than the configured speed will not be included in GPS statistics.</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">  Auto Pause         </div> <p>If slower than:</p> <p style="text-align: center;">1 </p> <p style="text-align: center;">km/h</p> <p style="text-align: center;">OK</p>	<p><b>Note:</b></p> <ol style="list-style-type: none"> <li>Configuration of 0 km/h will disable Auto Pause function.</li> <li>When Auto Pause is enabled, elapsed time will not be counted, unless the device obtains a GPS fix with a faster speed than the one configured here.</li> <li>Stopwatch and Lap functions will not be affected when Auto Pause is enabled.</li> </ol>
<p><b>Altimeter</b></p>	<p>Use the <b>Up</b> and <b>Down</b> buttons to adjust the altitude if needed:</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>Altitude by GPS:</p> <p style="text-align: center;">00125 m</p> <p>Altitude adjusted:</p> <p style="text-align: center;">00125 </p> <p style="text-align: center;">m</p> </div>	<p><b>Note:</b> The altitude detected by Altimeter may vary upon the change of barometric pressure and temperature daily. However, the adjusted altitude after calibration will be more accurate and stable than the one detected by GPS.</p>

**Screen**






- This allows you to rotate the screen display to either a vertical or horizontal view.

Rotate

 History

- This allows you to look up a list of history logs.
- Press the **Power/Menu** button and select History to see more options. Five types of history logs are available for selection: **Laps**, **Odometer**, **Pedometer**, **GPS Records**, and **Calories**.
- Each history log page displays different GPS data:

Laps	Odometer	Pedometer	GPS Records	Calories																																																																																																																						
<table border="1"> <thead> <tr> <th>Lap Time</th> <th>Dist.</th> <th>Spd.</th> </tr> <tr> <th>km</th> <th>km/h</th> <th>km/h</th> </tr> </thead> <tbody> <tr><td>01</td><td>23:59:59</td><td>99.9</td><td>99.9</td></tr> <tr><td>02</td><td>23:59:59</td><td>99.9</td><td>99.9</td></tr> <tr><td>03</td><td>23:59:59</td><td>99.9</td><td>99.9</td></tr> <tr><td>04</td><td>23:59:59</td><td>99.9</td><td>99.9</td></tr> <tr><td>05</td><td>23:59:59</td><td>99.9</td><td>99.9</td></tr> <tr><td>06</td><td>23:59:59</td><td>99.9</td><td>99.9</td></tr> <tr><td>07</td><td>23:59:59</td><td>99.9</td><td>99.9</td></tr> <tr><td>08</td><td>23:59:59</td><td>99.9</td><td>99.9</td></tr> <tr><td>09</td><td>23:59:59</td><td>99.9</td><td>99.9</td></tr> </tbody> </table>	Lap Time	Dist.	Spd.	km	km/h	km/h	01	23:59:59	99.9	99.9	02	23:59:59	99.9	99.9	03	23:59:59	99.9	99.9	04	23:59:59	99.9	99.9	05	23:59:59	99.9	99.9	06	23:59:59	99.9	99.9	07	23:59:59	99.9	99.9	08	23:59:59	99.9	99.9	09	23:59:59	99.9	99.9	<table border="1"> <thead> <tr> <th>Time</th> <th>Distance</th> </tr> <tr> <th>9999.9 hrs</th> <th>99999.9 km</th> </tr> <tr> <th>Elapsed</th> <th>km km/h</th> </tr> </thead> <tbody> <tr><td>D</td><td>23:59:59 999.9 99.9</td></tr> <tr><td>-1</td><td>23:59:59 999.9 99.9</td></tr> <tr><td>-2</td><td>23:59:59 999.9 99.9</td></tr> <tr><td>-3</td><td>23:59:59 999.9 99.9</td></tr> <tr><td>-4</td><td>23:59:59 999.9 99.9</td></tr> <tr><td>-5</td><td>23:59:59 999.9 99.9</td></tr> <tr><td>-6</td><td>23:59:59 999.9 99.9</td></tr> <tr><td>-7</td><td>23:59:59 999.9 99.9</td></tr> </tbody> </table>	Time	Distance	9999.9 hrs	99999.9 km	Elapsed	km km/h	D	23:59:59 999.9 99.9	-1	23:59:59 999.9 99.9	-2	23:59:59 999.9 99.9	-3	23:59:59 999.9 99.9	-4	23:59:59 999.9 99.9	-5	23:59:59 999.9 99.9	-6	23:59:59 999.9 99.9	-7	23:59:59 999.9 99.9	<table border="1"> <thead> <tr> <th>88888888</th> </tr> <tr> <th>Pedometer Steps</th> </tr> </thead> <tbody> <tr><td>D</td><td>999999</td></tr> <tr><td>-1</td><td>999999</td></tr> <tr><td>-2</td><td>999999</td></tr> <tr><td>-3</td><td>999999</td></tr> <tr><td>-4</td><td>999999</td></tr> <tr><td>-5</td><td>999999</td></tr> <tr><td>-6</td><td>999999</td></tr> <tr><td>-7</td><td>999999</td></tr> </tbody> </table>	88888888	Pedometer Steps	D	999999	-1	999999	-2	999999	-3	999999	-4	999999	-5	999999	-6	999999	-7	999999	<table border="1"> <thead> <tr> <th>88888888</th> </tr> <tr> <th>GPS records</th> </tr> </thead> <tbody> <tr><td>D</td><td>999999</td></tr> <tr><td>-1</td><td>999999</td></tr> <tr><td>-2</td><td>999999</td></tr> <tr><td>-3</td><td>999999</td></tr> <tr><td>-4</td><td>999999</td></tr> <tr><td>-5</td><td>999999</td></tr> <tr><td>-6</td><td>999999</td></tr> <tr><td>-7</td><td>999999</td></tr> </tbody> </table>	88888888	GPS records	D	999999	-1	999999	-2	999999	-3	999999	-4	999999	-5	999999	-6	999999	-7	999999	<table border="1"> <thead> <tr> <th>102733</th> </tr> <tr> <th>Calories kcal</th> </tr> </thead> <tbody> <tr><td>D</td><td>734</td></tr> <tr><td>-1</td><td>869</td></tr> <tr><td>-2</td><td>1735</td></tr> <tr><td>-3</td><td>2200</td></tr> <tr><td>-4</td><td>2633</td></tr> <tr><td>-5</td><td>1196</td></tr> <tr><td>-6</td><td>572</td></tr> <tr><td>-7</td><td>641</td></tr> </tbody> </table>	102733	Calories kcal	D	734	-1	869	-2	1735	-3	2200	-4	2633	-5	1196	-6	572	-7	641
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 <b>Laps:</b>	This page includes the data of <b>Lap Time</b> , <b>Distance</b> , and <b>Speed</b> logged for each lap.
 <b>Odometer:</b>	<p>This page includes the data of total <b>Time</b> and <b>Distance</b> accumulated everyday.</p> <ul style="list-style-type: none"> <li>• The first row shows the total time and distance accumulated to date.</li> <li>• <b>D</b>: This row shows the total time and distance accumulated within today.</li> <li>• <b>-1</b>: This row shows the total time and distance accumulated within yesterday, and so on.</li> </ul>
 <b>Pedometer:</b>	<p>This page includes the data of total <b>Steps</b> accumulated everyday.</p> <ul style="list-style-type: none"> <li>• The first row shows the total steps accumulated to date.</li> <li>• <b>D</b>: This row shows the total steps accumulated within today.</li> <li>• <b>-1</b>: This row shows the total steps accumulated within yesterday, and so on.</li> </ul>
 <b>GPS Records:</b>	<p>This page includes the data of total <b>GPS Records</b> accumulated everyday.</p> <ul style="list-style-type: none"> <li>• The first row shows the total GPS Records accumulated to date.</li> <li>• <b>D</b>: This row shows the total GPS Records accumulated within today.</li> <li>• <b>-1</b>: This row shows the total GPS Records accumulated within yesterday, and so on.</li> </ul>
 <b>Calories</b>	<p>This page includes the data of total <b>Calories</b> accumulated everyday.</p> <ul style="list-style-type: none"> <li>• The first row shows the total calories accumulated to date.</li> <li>• <b>D</b>: This row shows the total calories accumulated within today.</li> <li>• <b>-1</b>: This row shows the total calories accumulated within yesterday, and so on.</li> </ul>

 Exit

- This exits the main menu and get you back to the previous main screen.

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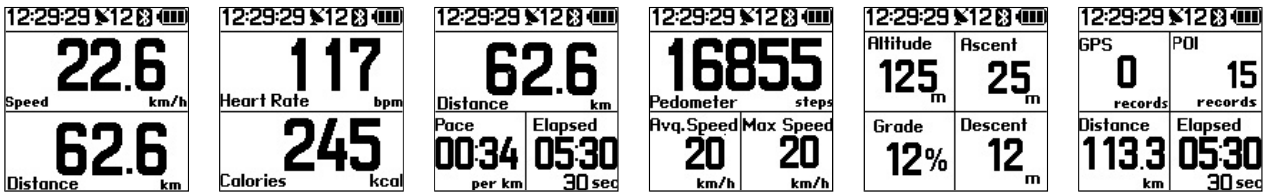
# GPS Main Display

## Icon Illustration

- 23:59:59** Current time
- 12** Number of satellites detected
- [Battery Icon]** Battery power indication
- [Bluetooth Icon]** Bluetooth (solid: connected; gray: connecting or scanning; invisible: turned off)

## Function Page

### Self-defined function page



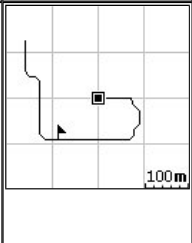


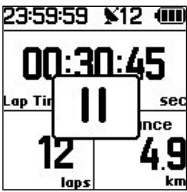
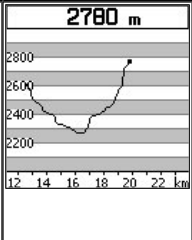


To create your own page, you may use the following available data fields:

**Speed, Distance, Elapsed, Avg. Speed, Max. Speed, Pace, Pedometer, Altitude, Grade, Ascent (Total Ascent), Descent (Total Descent), GPS, POI, Calories, Heart Rate, Avg. HR, HR %Max, Avg. %Max, and HR Zone.**

**Note:** Grade is only available in "Pro" models.

General function page					
<p><b>Compass</b></p>	<ul style="list-style-type: none"> <li>This main display shows directional information.</li> </ul> <div style="border: 1px solid black; padding: 5px;"> <p>The compass function here can be either GPS Compass or Digital Compass, depending upon different models.</p> <table border="1"> <tr> <td><b>GPS Compass</b></td> <td>The direction shown here is simulated by GPS for reference. Without GPS fixes, GPS Compass will become unavailable.  The direction detected will be more precise when the GPS device is on the move, but jiggling around when it's moving in low speed or stays motionless.</td> </tr> <tr> <td><b>Digital Compass</b></td> <td>This is only available with the "Pro" models. With Digital Compass, you'll be prompted to calibrate the compass by waving the device twice in a figure 8.</td> </tr> </table> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> <p>Wave device in figure 8 twice</p> </div> </div>	<b>GPS Compass</b>	The direction shown here is simulated by GPS for reference. Without GPS fixes, GPS Compass will become unavailable.  The direction detected will be more precise when the GPS device is on the move, but jiggling around when it's moving in low speed or stays motionless.	<b>Digital Compass</b>	This is only available with the "Pro" models. With Digital Compass, you'll be prompted to calibrate the compass by waving the device twice in a figure 8.
<b>GPS Compass</b>	The direction shown here is simulated by GPS for reference. Without GPS fixes, GPS Compass will become unavailable.  The direction detected will be more precise when the GPS device is on the move, but jiggling around when it's moving in low speed or stays motionless.				
<b>Digital Compass</b>	This is only available with the "Pro" models. With Digital Compass, you'll be prompted to calibrate the compass by waving the device twice in a figure 8.				
<p><b>Satellite</b></p> <p>Precision(m) ± 1 N 24°59'03.6" E 121°32'23.7"</p>	<ul style="list-style-type: none"> <li>The upper half of the display includes information like <b>Satellite ID</b> (numbers) and corresponding <b>signal strength</b> (bar chart).</li> <li>The lower half of the display includes information like <b>GPS precision</b> and <b>coordinates</b> of current position.</li> </ul> <p><b>Note:</b> The solid bar indicates a valid satellite detected, while the hollow bar indicates an invalid satellite detected.</p>				
<p><b>Location Navi</b></p>	<ul style="list-style-type: none"> <li>This main display includes POI information uploaded from <b>Route Planner</b>, such as <b>current distance</b> (e.g. 16.83 km), <b>estimated time of arrival</b> (e.g. 20:49),</li> </ul>				

		<p>and <b>altitude difference</b> (e.g. 165 m).</p> <ul style="list-style-type: none"> <li>Press <b>Menu</b> button once, and press down either the <b>Up</b> or <b>Down</b> button to scroll/browse through all POI records. Don't let go of the button until you find the POI you want to start navigation with.</li> </ul> <p>To return to previous display screen, press the <b>Menu</b> button once.</p>  <ul style="list-style-type: none"> <li>001 ~ 100 indicate those POI records uploaded from <b>Route Planner</b>; 101 ~ 999 indicate those POI records logged in the device.</li> <li>Long press the <b>Menu</b> button to further call out a menu page that includes more options: <b>Clear POI</b>: This allows you to clear all existing POIs when the number of POI records has reached the maximum value.</li> </ul>
<p><b>Track</b></p>		<ul style="list-style-type: none"> <li>This main display includes the track drawn upon recorded waypoints.</li> <li>The point of flag shown on the path indicates a POI.</li> <li>The solid square point shown on the path indicates your current position.</li> <li>Press the <b>Menu</b> button once, and you can adjust the size of the scale by pressing the <b>Up</b> or <b>Down</b> button. Press the <b>Menu</b> button again to complete changes.</li> <li>When returned to the main menu from this main display, you'll be given one more option - <i>Restart Track</i>, which allows you to restart tracking.</li> </ul>
<p><b>Stopwatch</b></p>		<ul style="list-style-type: none"> <li>This main display includes information like <b>Stopwatch</b> (sec), <b>Speed</b> (km/h), and total <b>Distance</b> (km).</li> <li>Press <b>Menu</b> button to start the stopwatch. Press again to pause counting time, and press again to resume.</li> <li>Long press the <b>Menu</b> button to return to the main menu, and selecting the <b>Counter Reset</b> option from the main menu also resets the counter.</li> </ul>
<p><b>Lap</b></p>		<ul style="list-style-type: none"> <li>This main display includes information like <b>Lap Time</b> (the time taken to complete one lap in seconds), <b>number of laps taken</b> (laps), and <b>Distance</b> (km).</li> <li>Press the <b>Menu</b> button once, and the GPS device will start counting laps as 1. Press the <b>Menu</b> button again, laps will be counted as 2, and so on. To reset laps, press <b>Menu</b> button for 2 seconds to return to the main menu, and select <b>Counter Reset</b>.</li> <li>While on this main display, you may press the <b>Up</b> button for 2 seconds to pause counting laps, and then press it again for 2 seconds to resume counting laps.</li> </ul> 
<p><b>Altimeter</b></p>		<ul style="list-style-type: none"> <li>This main display shows a chart that indicates the corresponding altitudes as you move.</li> <li>Press the <b>Menu</b> button once, and then use the <b>Up</b> and <b>Down</b> buttons to scroll right and left as distance increases.</li> <li>Press the <b>Menu</b> button again to return to the main display.</li> </ul>

Next



## Heart Rate

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Heart Rate is the average number of heart beats per minute. It is important to know more about heart rate measurements and use the heart rate charts to understand and help improve your overall cardio fitness.

1. What is Maximum Heart Rate?

A Maximum Heart Rate (Max HR) is the highest number of beats your heart contracts within a minute. Max HR is useful when measuring training intensity and level of exercise.

2. What is Resting Heart Rate?

A Resting Heart Rate is the number of heart beats within a minute while you're at a completely rest state. This indicates your basic overall heart health and fitness level.

3. What is a Heart Rate Zone?

A Heart Rate Zone is a heart rate range that helps you maintain an intensity level while you work out. Different heart rate zones are for different types of athletes and level of exercise you are following.

Heart Rate Zone	Intensity	% of Maximum Heart Rate
1	Relaxed, easy pace; rhythmic breathing	50% - 60%
2	Comfortable pace; slightly deeper breathing, conversation possible	60% - 70%
3	Moderate pace; more difficult to hold conversation	70% - 80%
4	Fast pace a bit uncomfortable; breathing forcefully	80% - 90%
5	Sprinting pace, unsustainable for long period of time; labored breathing	90% - 100%

**Next**



# FCC Compliance and Advisory Statement

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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.

This equipment has been tested and found to comply with the limits for a Class B digital device, according 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 correct the interference by one or more of the following measures:

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

Any special accessories needed for compliance must be specified in the instruction manual.

**Warning:** A shielded-type power cord is required in order to meet FCC emission limits and also to prevent interference to the nearby radio and television reception. It is essential that only the supplied power cord be used. Use only shielded cables to connect I/O devices to this equipment.

**CAUTION:** Any changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

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