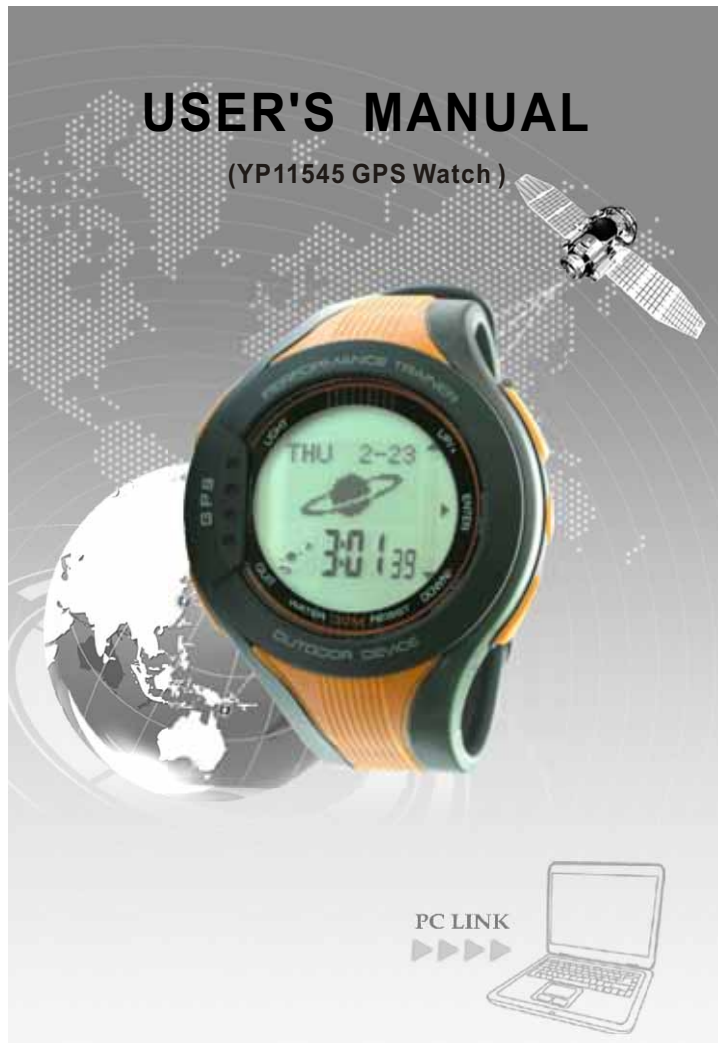
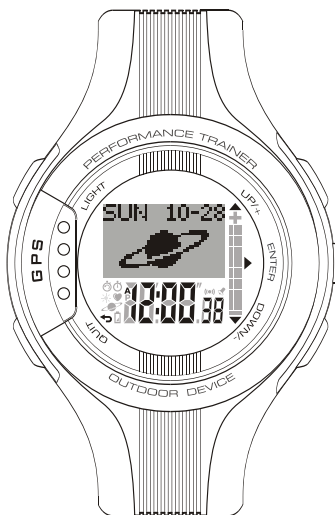


USER'S MANUAL

(YP11545 GPS Watch)





GPS



Heart Rate



Holter



Chime



Stopwatch



Countdown Timer



5 Alarms



World time



Low voltage
indicator



50 Years
Calendar



30M Water
Resistant



EL Backlight

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Summarize

Thank you for purchasing a GPS watch, this watch has a GPS adjust time, location and tracking function, and can record exercise during the march of time, speed, pace, distance, calories burned, lap and other relevant data

2.4GHz wireless heartbeat measurement technology can monitor your heart rate changes at any time. And PC communication then convenient to view the training results, connected to the PC can view your location information on Google maps, built-in lithium-ion batteries can also charge via the PC's USB interface. At the same time, the watch has a 12/24 hour, alarm, stopwatch, countdown timer, dual time, check power, low power and other functions.

1.1 About GPS

GPS is global positioning system's abbreviation, by the U.S. department of defense to develop and operate.

About 21,000km above the earth, around the earth's rotation three more satellites form a GPS system. The GPS device receives the radio signal, according to the distance of each satellite and orbit, can be calculated present position through the triangulation principle.

The satellites continuously transmit the GPS determination of the time required for information, a one second pulse (Coordinated Universal Time), the satellite's orbit information (ephemeris data), all other satellite orbit information (almanac data), and other information, this watch analysis of the data received from GPS satellites to determine the present position, and calculate the distance and direction you move.

- Tracking and Control Center (TACC) control signal by the U.S. GPS system, the center according to their own judgment to reduce the precision of the signal and stop signal launch.
- This watch need to receive satellite radio waves, therefore may be subject to environmental interference.
- Make watches of the following places are subject to interference to GPS signals can not be accepted.
 - 1: From time to time in the building underground;;
 - 2: In the high-rise buildings;;
 - 3: The motor vehicle;;
 - 4: In the forest;;
 - 5: Near power lines;
 - 6: Watch under sleeve;.

1.2 Water Resistant

This watch has a 3ATM waterproof design, can resistant to 30 meters depth pressure, when the watch is immersed in water, please dry and Air-dried the watch before use and charging.

This watch can't use in the swimming, a long time be submerged in water may cause a short circuit, which may cause minor skin burns and stimulate.

Don't operation the key underwater.

1.3 Watch maintenance

Please use a mild detergent solution and a damp cotton cloth and wipe the watch and heart rate belt, and then dry cloth, do not use that may damage the plastic components of chemical cleaning agents or solvents.

Don't put the watch in hot place(such as car trunk) or it may cause permanent damage to the product.

- This watch belongs to the general navigation level receiver, does not apply to do a precision measurement work.
- This watch is a precision electronic navigation aids, but is still possible because the operation of user error, external interference or failure factors and soon, and become unsafe, so use at your own risk.
- This watch can enhance the security of users in the wild, but can not completely replace any orientation tool (for example: compass, compass, maps and other navigational instruments, etc.) please notice.

Packaging content

After opening the package, be careful to check the package should contain the following

- GPS Watch
- 2.4GHz Heart Rate Monitor
- Charging clip
- CD
- Quick Reference Guide

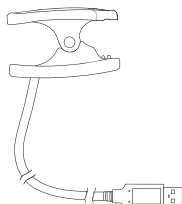
GPS Watch



2.4GHz Heart Rate Monitor



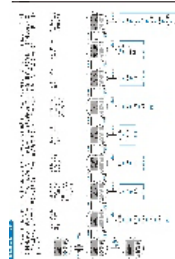
Charging clip



CD



Quick Reference Guide

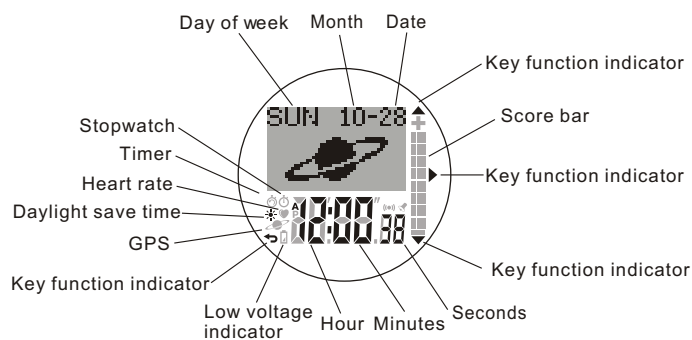


Tip: If the object is missing or broken, please contact.

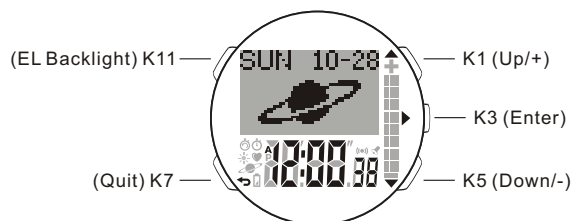
Getting Started

3.1 Know your watch

Display



Buttons



Button Function

- K1 -- Up/Increase/Fast increase/Start/Lap
- K3 -- Enter/Confirm/Save/Pause
- K5 -- Down/Decrease/Fast decrease
- K7 -- Quit
- K11 -- EL Backlight

3.2 Charge

You should charge at least 4 hours before first use, the battery charging time will be different according to the actual use conditions, use, it is recommended that regular intervals of 1-2 month on a regular basis to re-charge in order to maintain the good condition of the battery, charging through the PC& USB interface, please follow these steps:

3.2.1 Start PC, connect USB cable into PC USB interface;

3.2.2 Will charge clip and watch the back of the terminal alignment;



3.2.3 Connect the charge clip with watch, watch display shows "Charging";



3.2.4 when the battery shows full grid, remove the USB cable from PC, at the same remove the charge clip, the watch can be used.

3.3 Reset the watch

After charge the first time, press K1, K5, K7 and K11 reset the watches, then restore the watch parameters back to factory default values.

- Reset the watch doesn't mean the watch is abnormal.
- When in the course of the event of unforeseen circumstances (for example, by the strong electric field, strong magnetic field interference), please reset the watch.

3.4 Low battery indicator

When the remaining capacity of the electric field as low as 30%, "🔋" display.

When the remaining capacity of the electric field as low as 20%, GPS and HRM can not be opened, "Low battery" display 3 second.

When the remaining capacity of the electric field as low as 10%, every minutes display "Low battery" 3 second.



When the remaining battery capacity in the use of GPS and HRM as low as 10% of the GPS and HRM will automatically turn off.

Warning: this table containing Lithium-ion rechargeable battery, in order to reduce the risk of fire or burns, do not disassemble, crush, puncture, short-term exposure or exposure to fire or water, use only the manufacture of battery of a specific manufacturer, proper recycling or discard the used battery..

3.5 Set your watch

Before use the GPS watch, you must set the relevant parameters of the watch(See setting mode).

3.6 Acquire Satellite signals

In order to get the correct time and use your GPS watch, you must obtain a GPS signal to get the GPS signal, you may need to take a few minutes.

3.6.1 To go out to an open area, far away from tall buildings and trees, so that the GPS antenna to the sky to get the best reception, the antenna in the watch the 6 o'clock position.



3.6.2 In time mode, press and hold the K7 about three seconds, then the watch began to receive the satellite signals received satellite signals, watch the time and date automatically updated(see timekeeping mode).

- Receive the satellite signals will be completed within 5 minutes.
- To the satellite signal is received, "📶" icon that day will show.
- Time and date will update the time zone set in the setup mode, if not set the time zone, time may be calibrated in your area and time inconsistency.

3.7 Pair your Heart Rate Monitor

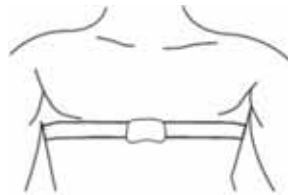
Heartbeat with in the standby mode, ready to send data when the wear edge and chest, and direct contact with the skin, will begin operation, use, need to be properly adjust the heartbeat with the elastic, so the heart rate with maintained at a fixed location while running in order to be able to detect.

3.7.1 Remove from package heartbeat with;

3.7.2 Wet chest conductive adhesive tape position;



- 3.7.3 Put the chest strap worn on the chest, and adjust the length of the elastic band to the appropriate location;



- 3.7.4 Set watches and heart rate within 3 meters into the setting mode / HR Link (see setting mode), watch and heart rate zone between the link matching, success will be prompted to "success" then K7 exit, this when you can monitor your heart rate information;
- 3.7.5 If there is no heart rate value, or irregular heart rate values, please following the tips below, if any exist, you may want to re-link matching.
- 1: Determine the heartbeat with a close to the body;;
 - 2: Water, saliva or conductive gel application heartbeat with the electrode;
 - 3: Clean electrode, stains and sweat may interfere with heart rate signal;
 - 4: Activities allowed, wearing a cotton shirt or T-shirt wet, synthetic fiber clothing may rub against each other with the heartbeat with static electricity and interference with heart rate;
 - 5: Keep away from strong electromagnetic fields and other wireless sensors, so as not to interfere with your heart rate zone, resulting in interference sources may include high-pressure points and lines, electric motors, microwave ovens, 2.4GHZ cordless phones and wireless LAN access point.

General Operations

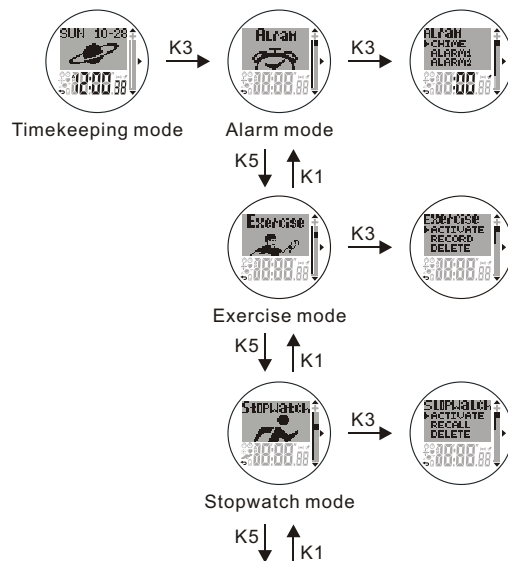
The watch has the following modes: Timekeeping mode, Alarm mode, Exercise mode, Stopwatch mode, Timer mode, Holter mode, Tracking mode, world mode, Setting mode.

In the timekeeping mode, press K3 to alarm mode, in the alarm mode, Press K5 to change mode to mode in the following Sequence:

Alarm mode→Exercise mode→Stopwatch mode→Timer mode→
Holter mode→Tracking mode→world mode→Setting mode.

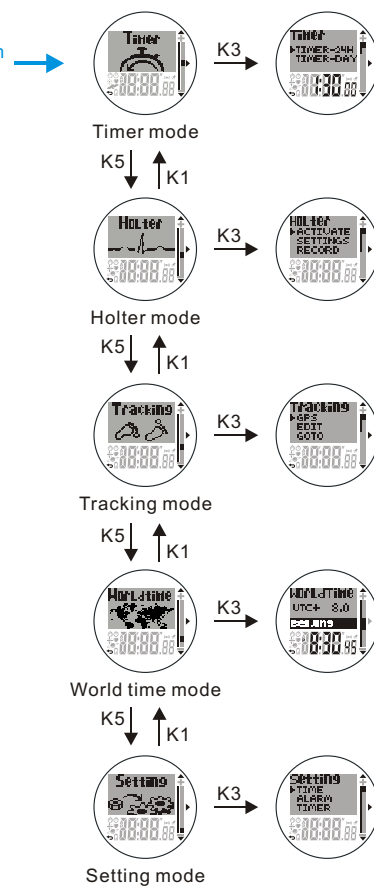
Press K1 to change mode to mode in the following reverse. Press K3 to enter the next level.

Press K7 return to timekeeping mode.



→ Next page

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previous page



4.1 Timekeeping mode

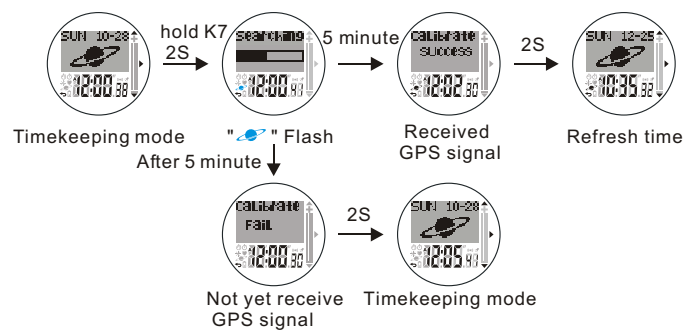
In timekeeping mode, you can better watch the remaining capacity of the GPS than the query watch.

4.1.1 GPS time service

In timekeeping mode, press and hold K7, 2 seconds after the search GPS signals, "📶" flash. Press K7 to waive the GPS time service and return to timekeeping mode.

Within 5 minutes if the received GPS signal, display "Success", 2 seconds after the refresh time and return to timekeeping mode, "📶" the day of show.

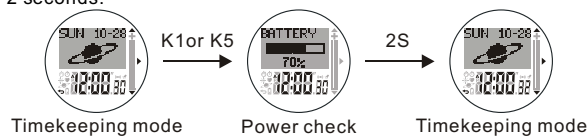
if you don't receive the GPS signal within 5 minutes, display "Fail", 2 seconds after the hold time to return to timekeeping mode, "📶" close.



Please set the time zone of your area in setting mode before adjust the GPS.

4.1.2 Power check

In the timekeeping mode, press k1 or k5 to check the remaining capacity of the watch, then automatically back to timekeeping mode after 2 seconds.



4.2 Alarm mode

In the Alarm Mode, you can browse the chime time and alarm set in the setting mode.

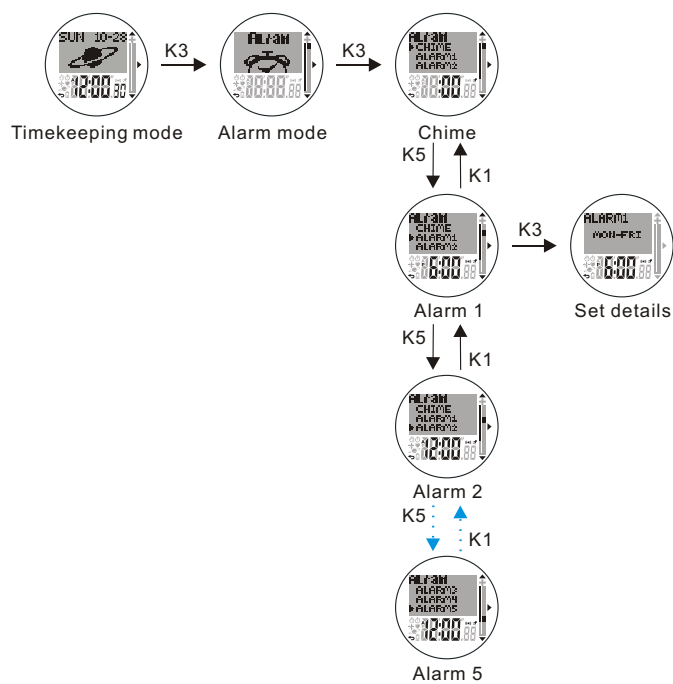
In the timekeeping mode, press K3 to alarm mode. In the alarm mode, press K3 to alarm browse state, press K5 to browse in the following sequence:

Chime→Alarm 1~Alarm 5

Press K1 to selection in reverse order.

In the alarm browse state, press K3 to browse the alarm set details.

Press K7 return to previous.



- The alarm sounds at the preset time each day for about 60 seconds, press any button to break it.
- The way to view details of settings alarm 1 ~ alarm 5 is the same.
- If setting\alarm item is OFF, in the alarm mode is not browse.
- Chime ON: "🔔" display.
- Alarm ON: display alarm time and "🕒", Press K3 to view details of the settings.

4.3 Exercise mode

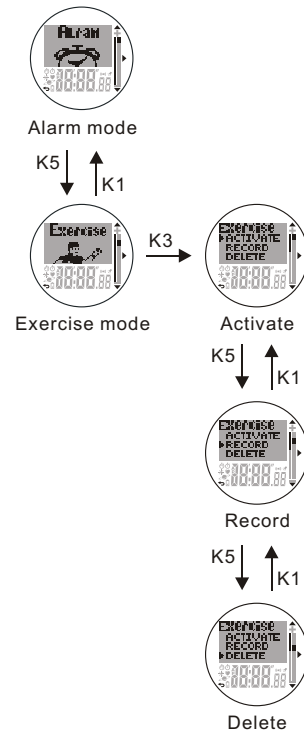
In the exercise mode, you can on the training data records, browse and delete.

In the alarm mode, press K5 to exercise mode. Press K3 enter to the next level, press K5 to selection in the following sequence:

Activate→Record→Delete

Press K1 to selection in reverse order.

Press K7 return to previous.



4.3.1 Activate

In the ACTIVATE item, press K3 to selection in the following sequence:
Use GPS→HR Belt→Auto Lap
Press K7 return to previous.

Use GPS: press K1 or K5 select the "NO" or "YES", press K7 return to previous.

"Use GPS \ YES " means GPS is on. (watch began searching satellite's signal, "📶" flashing. When received signal, "📶" display.)

Use GPS \OFF means GPS function is OFF.

HR Belt: press K1 or K5 select the "NO" or "YES", press K7 return to previous.

HR Belt \ON means HRM is ON(If not set the menu under setting mode\ HR Link to let watch and heart rate belt paired connecting, the watch will turn automatically to HR Link view).

HR Belt \OFF means HRM is OFF.

Auto Lap: You can set distance range of the Auto lap in setting mode:
OFF→0.4km→1km→2km→3km→4km→5km
Default:1km.

When moving distance arrive the range. watch will record it and automatically record the number of laps.

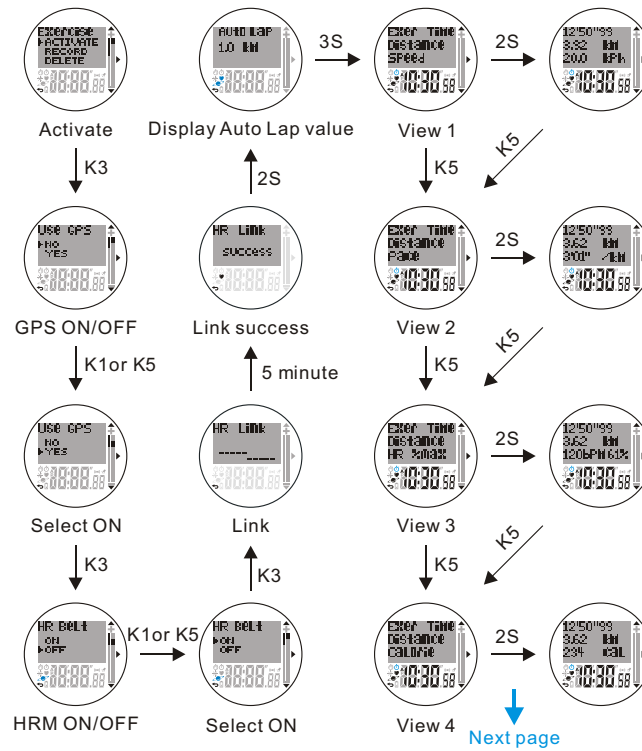
"❤️" display, means the watch received heart rate signal.

In athletic process, "📶" or "❤️" flashing, means the watch is not receive GPS or HR signal, not yet receive signal within 5 minute, GPS or HRM is automatically OFF.

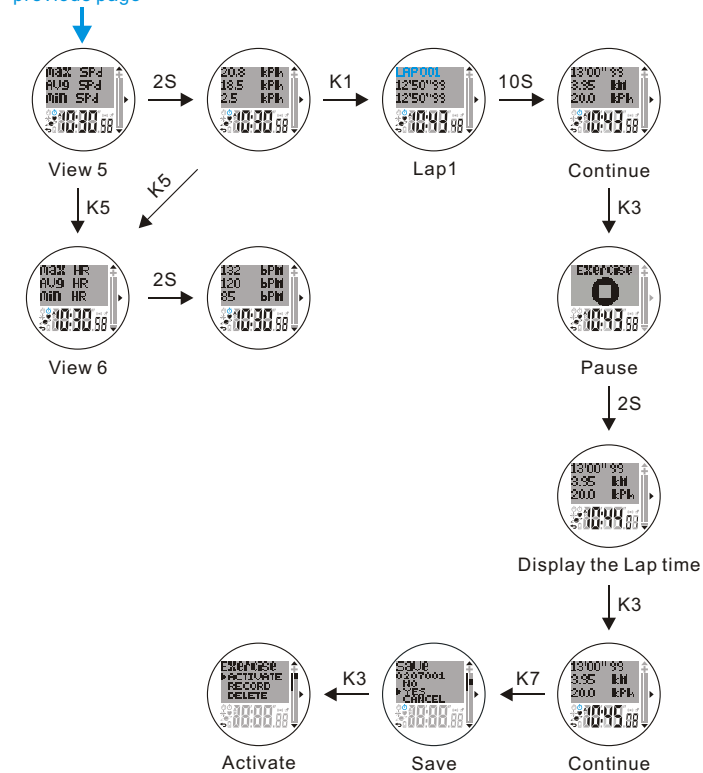
3 second after, the watch automatically enter to exercise state, after you ser. Press K5 can look over different view images and content:

- View 1→ Exercise time/Distance/ Speed
- View 2→ Exercise time/Distance/ Pace
- View 3→ Exercise time/Distance/HR%Max
- View 4→ Exercise time/Distance/Calorie
- View 5→ Max Speed/Avg Speed /Min Speed
- View 6→ Max HR/Avg HR/Min HR

In the view 1~6, press K3 to pause the exercise, to continue the exercise by pressing K3 again.
 press K1 to take lap data.
 Press K7 to appear the exit view, press K1 or K5 select:
 NO→YES→CANCEL
 Select NO will exit and not save exercise data, press K3 to exit.
 Select YES will exit and save exercise data, press K3 to exit.
 Select CANCEL will cancel the exiting, press K3 return to current view.



Continued from
previous page



- Speed range: 0- 999.9 km/h (mph)
- Distance range: 0- 9999.99 Km (Mile)
- Stopwatch range: 00:00"00 ~ 23:59'59
- HR range: 30-240bpm
- Calorie: 0-99999 Kcal

4.3.2 Record

In the RECORD item, press K3 enter to the next level, press K5 to selection in the following sequence:

Total→MMDD001~MMDD100

Press K1 to selection in reverse order.

Press K7 return to previous.

In the TOTAL item, press K3 enter to the next level, press K5 can look over different view images and content:

View 1→ Elapse time/Distance/Calorie

View 2→ Max/Min Speed

View 3→ Max/Min Pace

View 4→ Max/Min HR

Press K1 to selection in reverse order.

In the view 1~4, press K7 return to TOTAL item.

In the MMDDnnn item, press K3 enter to the next level, press K5 can look over different view images and content:

View 1→ Elapse time/Distance/Calorie

View 2→Max/Min Speed

View 3→Max/Min Pace

View 4→Max/Min HR

View 5→Lap value (Lap001~Lap100)

Press K1 to selection in reverse order.

In the view 1~4, press K7 return to MMDDnnn Sub-item.

About MMDDnnn:

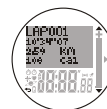
MM show month in 2 elements.

DD show date in 2 elements.

nnn show the No. of record.

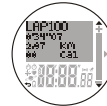


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previous page



View 5

K5: ▲
▼: K1



- The capacity of exercise data record is 50. the maximum laps of a record is 100.
- When record number reach 50, the first will be covered.

4.3.3 Delete

In the DELETE item, Press K3 enter to the next level, press K5 to selection in the following sequence:

All→MMDD001~MMDD100

Press K1 to selection in reverse order.

Press K7 return to previous.

In the ALL item, press K3 enter to the next level, press K1 or K5 select YES.

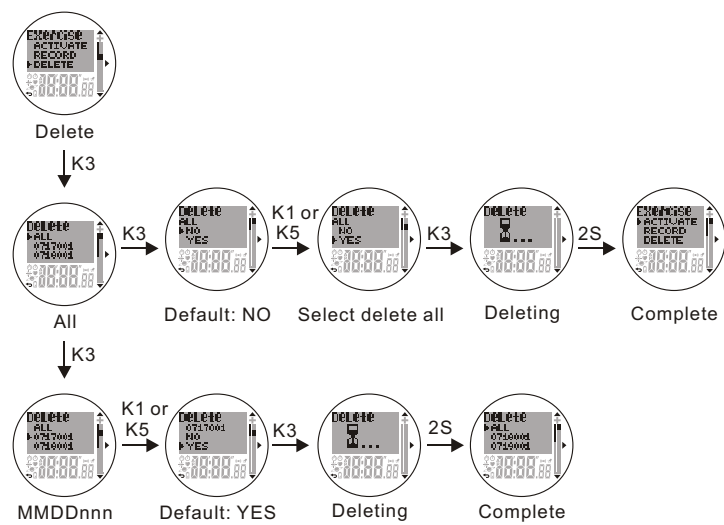
Press K3 Confirm to delete the all recorded data.

Press K7 return to previous.

In the MMDDnnn item, press K3 enter to the next level, press K1 or K5 select YES.

Press K3 confirm to delete the MMDDnnn data.

Press K7 return to previous.



- In the ALL item and MMDDnnn item, select NO of the item, press K3 return to current item.
- When delete MMDDnnn exercise record, default: YES.
- When delete ALL exercise record, default: NO.

4.4 Stopwatch mode

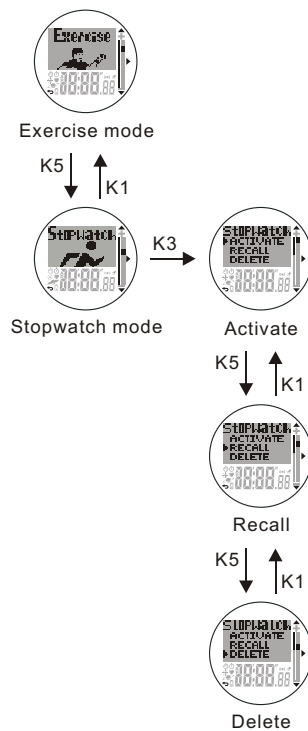
In the stopwatch mode, you can stopwatch data records, browse and delete.

In the exercise mode, press K5 to stopwatch mode. Press K3 enter to the next level, press K5 to selection in the following sequence:

Activate→Recall→Delete

Press K1 to selection in reverse order.

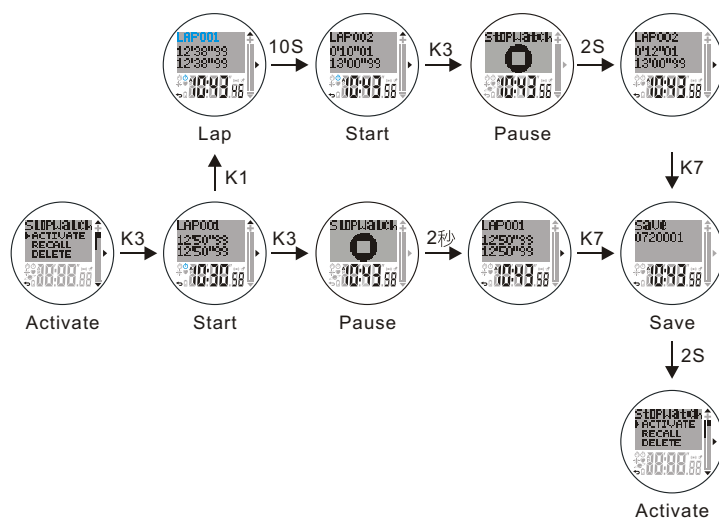
Press K7 return to previous.



4.4.1 Activate

In the ACTIVATE item, press K3 to start the stopwatch.
To stop the stopwatch by pressing K3 again.
Press K7 to save and exit.

In the ACTIVATE item, press K3 to start the stopwatch.
Press K1 to display the Lap time, auto change to running state after 10 seconds, repeat press K1, you can measure the multi split time.
Press K3 to pause the stopwatch.
Press K7 to save and exit.



- Only stopwatch was pause, can press K7 to save and exit.

4.4.2 Recall

In the RECALL item, press K3 enter to the next level, press K5 to selection in the following sequence:

Laps→Splits

Press K7 return to previous.

In the LAPS item, press K3 enter to the next level, press K5 to selection in sequence.

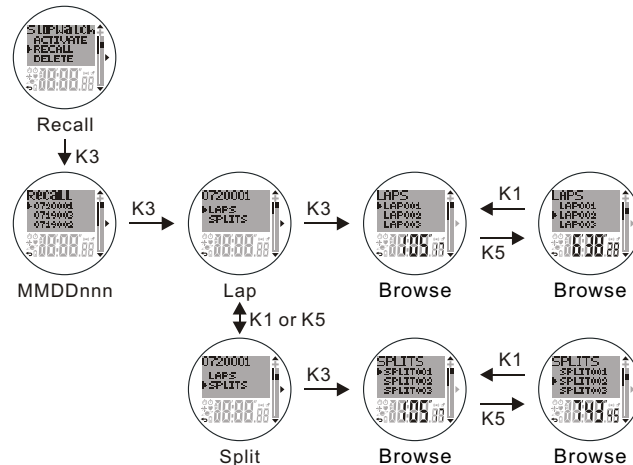
Press K1 to selection in reverse order.

Press K7 return to previous.

In the SPLITS item, press K3 enter to the next level, press K5 to selection in sequence.

Press K1 to selection in reverse order.

Press K7 return to previous.



- The capacity of stopwatch data record is 50. the maximum laps of a record is 100.
- When record number reach 50, the first will be covered.

4.4.3 Delete

In the DELETE item, press K3 enter to the next level, press K5 to selection in the following sequence:

All→MMDD001~MMDD100

Press K1 to selection in reverse order.

Press K7 return to previous.

In the ALL item, press K3 enter to the next level, press K1 or K5 Select YES.

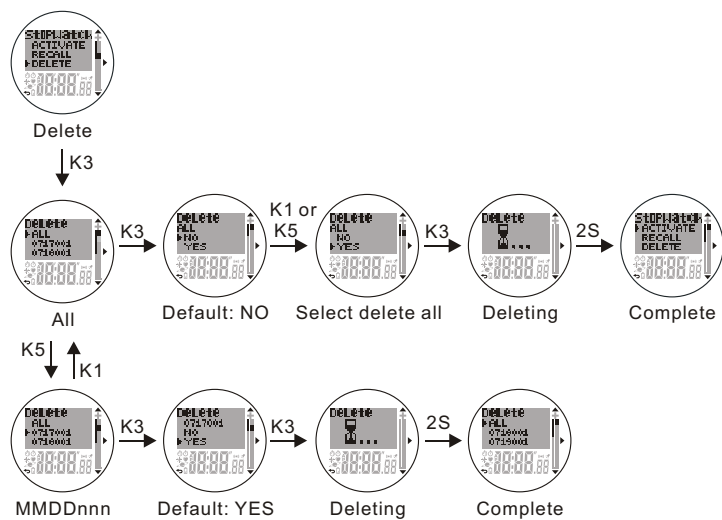
Press K3 Confirm to delete the all recall data.

Press K7 return to previous.

In the MMDDnnn item, press K3 enter to the next level,press K1 or K5 Select YES.

Press K3 Confirm to delete the MMDDnn data.

Press K7 return to previous.



- In the ALL item and MMDDnnn item, select NO of the item, press K3 return to current item.
- When delete MMDDnnn stopwatch record, default: YES.
- When delete ALL stopwatch record, default: NO.

4.5 Timermode

In the timer mode, you can view the Timer-24H and Timer-day settings details in the setting mode.

In the stopwatch mode, press K5 to timer mode. Press K3 enter to the next level.

Press K1 or K5 select the item:

Timer-24H→Timer-day

Press K7 return to previous.

In the TIMER-24H item, press K3 start the timer.

To stop the timer by pressing K3 again.

Press K1 2S to reset the timer and return to TIMER-24H item.

Press K7 return to previous(Now timer still run normally).

Before use Timer-24H, set the time of the timer by setting mode\ Timer-24 item(see setting mode).

In the TIMER-DAY item.

Press K3 start the timer.

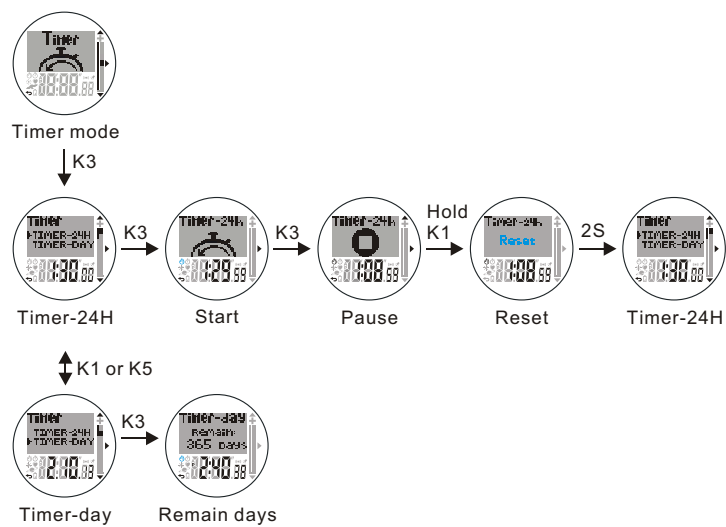
Press K7 return to previous(Now timer still run normally).

Before use Timer-day, set the date of the timer by setting mode\ Timer-day item (see setting mode).

If Timer-day was set to OFF in the Set mode, the timer was not use.



Setting mode\Timer-Day is OFF



- Timer-24H is running, "⌚" flashing, when the timer-24H reaches zero, the alarm sounds 1 minute and "⌚" flashing. After alarm finished, "⌚" OFF. When Timer-24H was paused, press K7 return to Timer-24H item, "⌚" display.
- Timer-day is running, "⌚" display, when the timer, when the timer-day reaches the day(0:00'00), the alarm sounds 1 minute and "⌚" flashing. After alarm finished, "⌚" keep flashing until to 23:59'59 .

4.6 Holter mode

In the holter mode, three holter pattern can be on your heart rate data recorded at the same time heart rate data can be stored in the browse and delete.

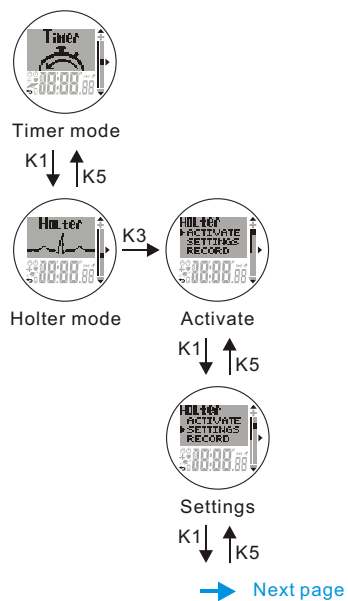
In the timer mode, press K5 to holter mode. Press K3 enter to the next level.

Press K5 to selection in the following sequence:

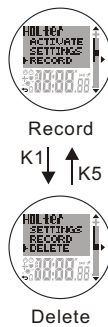
Activate→Settings→Record→Delete

Press K1 to selection in reverse order.

Press K7 return to previous.



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previous page →



4.6.1 Activate

Before use the Holter, please put the chest strap worn on the chest and in the setting mode/HR Link (see setting mode), watch and heart rate zone between the link matching.

In the ACTIVATE item, press K3 enter to the next level. (If not set the menu under setting mode\HR Link to let watch and heart rate belt paired connecting, the watch will turn automatically to HR Link view).

Press K5 can look over different view images and content:

View 1→ Remain time

View 2→ Max HR/Avg HR/Min HR

View 3→ Current HR

Press K1 to selection in reverse order.

In the View 1-3, press K3 to pause/start the holter.

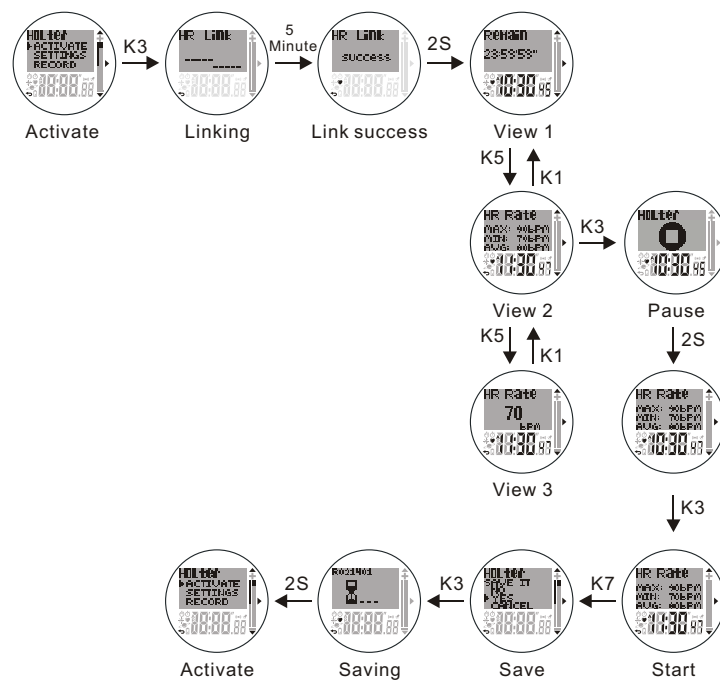
Press and hold K7 return timekeeping mode (Now holter still run normally, enter ACTIVATE item again in the view 1).

Press K7 to appear the exit view,

Press K1 or K5 select:

NO→YES→CANCEL

Select NO will exit and not save holter data, press K3 to exit.
 Select YES will exit and save holter data, press K3 to exit.
 Select CANCEL will cancel the exiting, press K3 return to current view.



- " ♥ " display, means the watch received HR signal.
- " ♥ " flashing, means the watch and HR belt link success, but the watch not receive HR signal.

4.6.2 Settings

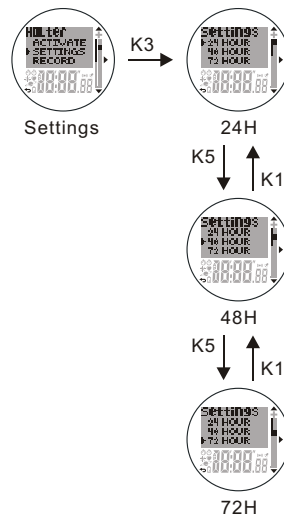
In the SETTINGS item, press K3 enter to the next level, press K5 to selection in the following sequence:

24 Hour→48 Hour→72 Hour

Press K1 to selection in reverse order.

Press K3 to confirm .

Press K7 return to previous.



4.6.3 Record

In the RECORD item, press K3 enter to the next level, press K5 to selection in the following sequence:

MMDD01~MMDD10

Press K1 to selection in reverse order.

Press K7 return to previous.

In the MMDDnn item, press K3 enter to the next level.

Press K5 can look over different view images and content:

View 1→ Exercise date

View 2→ Duration

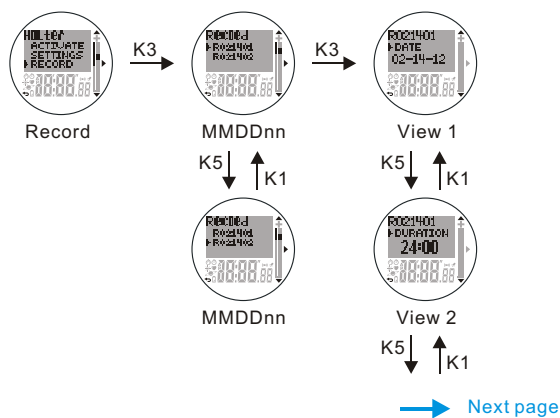
View 3→ Max HR

View 4→ Min HR

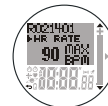
View 5→ Avg HR

Press K1 to selection in reverse order.

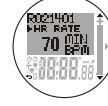
In the view 1-5, press K7 return to MMDDnn item.



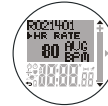
Continued from
previous page →



View 3



View 4



View 5

- The capacity of holter data record is 10.
- When record number reach 10, the first will be covered.

4.6.4 Delete

In the DELETE item, press K3 enter to the next level, press K5 to selection in the following sequence:

All→MMDD01~MMDD10

Press K1 to selection in reverse order.

Press K7 return to previous.

In the ALL item, press K3 enter to the next level, press K1 or K5 select YES.

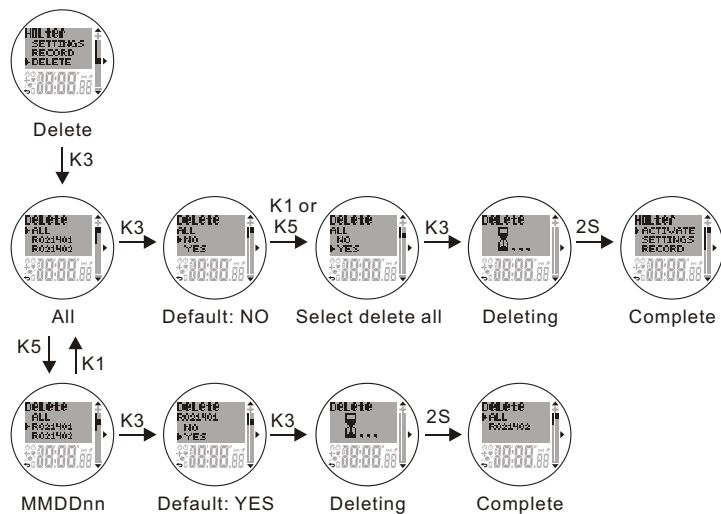
Press K3 confirm to delete the all recorded data.

Press K7 return to previous.

In the MMDDnn item, press K3 enter to the next level, press K1 or K5 select YES.

Press K3 confirm to delete the MMDDnn data.

Press K7 return to previous.



- In the ALL item and MMDDnnn item, select NO of the item, press K3 return to current item.
- When delete MMDDnnn holter record, default: YES.
- When delete ALL holter record, default: NO.

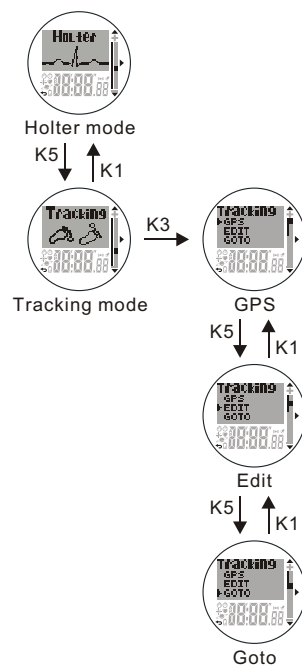
4.7 Tracking mode

In the tracking mode, you can position coordinates of the location of the records, using the GOTO function can return you to the location of relevant data and record the return process, you can also locate the records re-naming and deleted.

In the holter mode, press K5 to tracking mode. Press K3 enter to the next level, press K5 to selection in the following sequence:
GPS→Edit→Goto

Press K1 to selection in reverse order.

Press K7 return to previous.



4.7.1 GPS

In the GPS item, press K3 to start searching the GPS signal, "📶" flash.

Press K7 to cancel searching and return to previous.

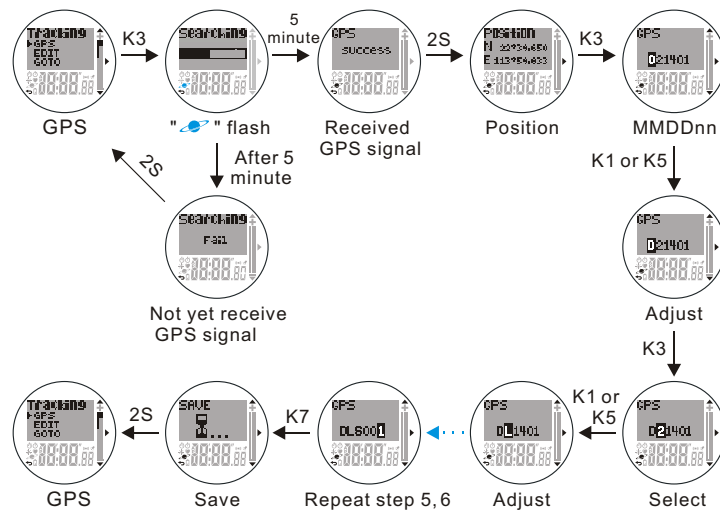
Within 5 minutes if the received GPS signal, "success" display and position.

Press K7 return to GPS item.

Press K3 to display MMDDnn.

Press K7 save and return to GPS item, "📶" off.

if you don't receive the GPS signal within 5 minutes, display "Fail", 2 seconds after return to GPS item, "📶" off.



- The capacity of positin data record is 100.
- When record number reach 100, this feed to save the positioning record will display the Record full , 3 seconds to save the positioning record and the first will be covered.

4.7.2 Edit

In the EDIT item, press K3 enter to the next level.(If not save position, press K3 don't enter to the next level).

press K1 or K5 to selection in the following :

Rename→Delete.

Press K3 to confirm.

Press K7 return to previous.

In the NENAME item, press K3 enter to the next level, press K5 to selection in the following sequence:

Press K1 to selection in reverse order.

Press K3 to confirm and enter to the next level.

Press K7 save and exit.

In the DELETE item, press K3 enter to the next level, press K5 to selection in the following sequence:

All→MMDD01~MDD00

Press K1 to selection in reverse order.

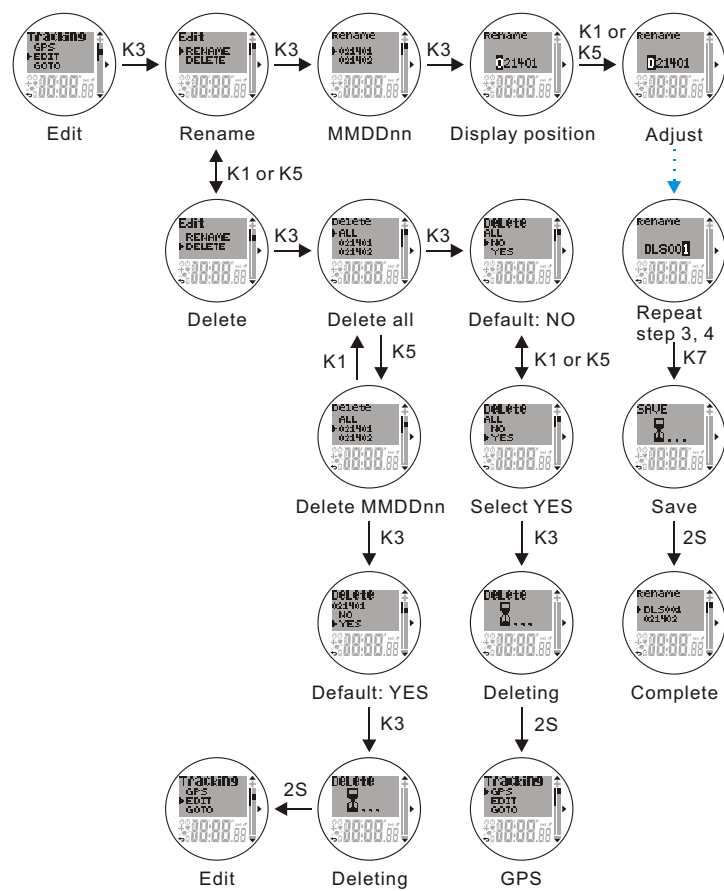
Press K3 to confirm.

Press K7 return to previous.

In the ALL item, press K3 enter to the next level, press K1 or K5 select YES.

Press K3 confirm to delete the all data.

In the MMDDnn item, press K3 enter to the next level, press K1 or K5 select YES.
Press K3 confirm to delete the MMDDnn data.



- In the ALL item and MMDDnnn item, select NO of the item, press K3 return to current item.
- When delete MMDDnnn position record, default: YES.
- When delete ALL position record, default: NO.

4.7.3 Goto

In the GOTO item, press K3 enter to the next level, press K5 to selection in the following sequence:

MMDD01~MDD00

Press K1 to selection in reverse order.

Press K3 to start searching the GPS signal, "📶" and "📶" flash.

Press K7 return to GOTO item.

Within 5 minutes if the received GPS signal, "📶" display, press K5 can look over different view images and content:

View 1→ Compass

View 2→ Bearing/Distance

View 3→ Exercise time/Distance/Speed

View 4→ Exercise time/Distance/Pace

View 5→ Exercise time/Distance/Max HR

View 6→ Exercise time/Distance/Calorie

View 7→ Max Speed/Avg Speed/Min Speed

View 8→ Max HR/Avg HR/Min HR

In the view 1-8, press K3 to pause the Goto.

To continue the Goto by pressing K3 again.

Press K1 to take Lap.

Press K7 to appear the exit view, press K1 or K5 select:

NO→YES→CANCEL

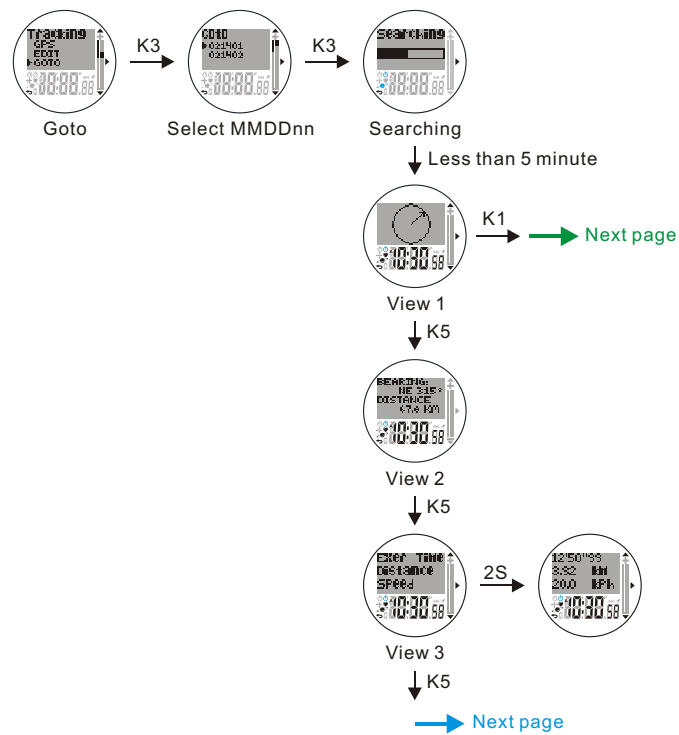
Select NO will exit and not save exercise data, press K3 to exit.

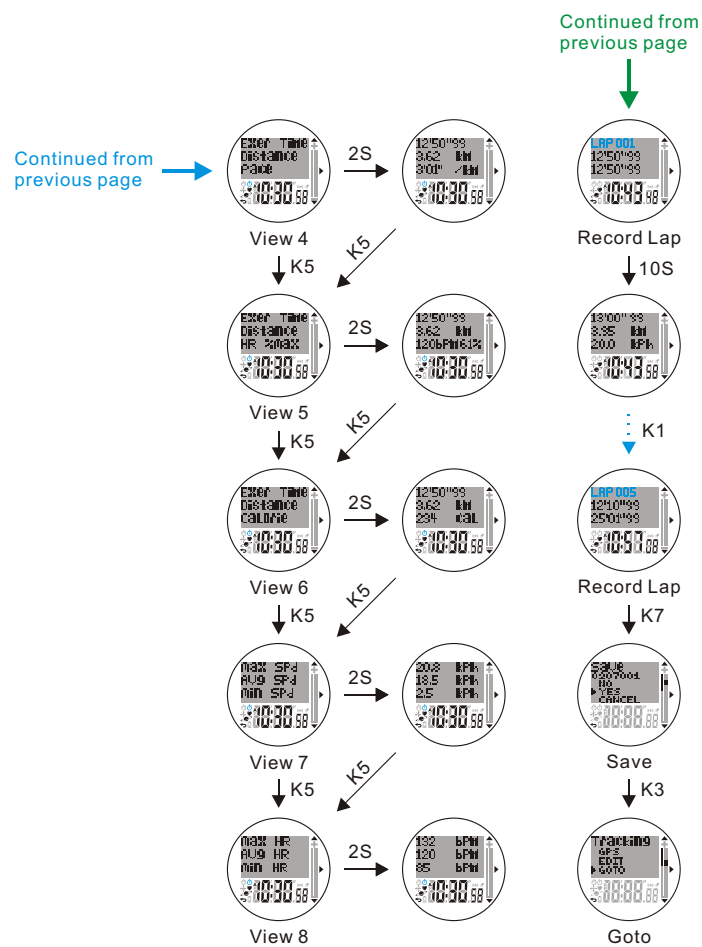
Select YES will exit and save exercise data, press K3 to exit.

Select CANCEL will cancel the exiting, press K3 return to current view.

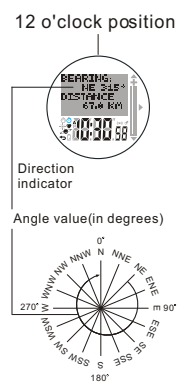
Within 5 minutes if not receive GPS signal, display "Fail", after 2 second return to tracking mode, , "GPS" and "GOTO" off.

In tracking process, if GPS signal pause 5 minutes or pause tracking, Within 5 minutes if not yet receive GPS signal or continue tracking, GPS was off, "GPS" off.





The direction value that appears on the display represents the clockwise angle formed between magnetic north(which is 0degrees) and the displayed direction.



4.8 World time mode

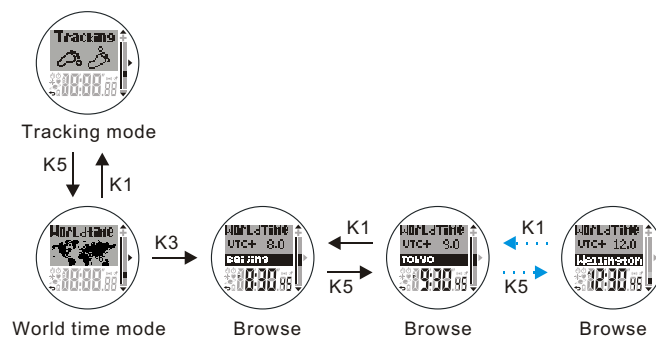
In the world time Mode, you can browse the time of the different time zones.

In the tracking mode, press K5 to world time mode. Press K3 enter to the next level.

Press K5 to sequence browse the world time.

Press K1 to reverse browse the world time.

Press K7 return to previous.



• default time zone and city name: UTC+8.0, HongKong.

City code table

UTC [⌘] Differential	City Name [⌘]	UTC [⌘] Differential	City Name [⌘]
-11.0 [⌘]	Pago Pago [⌘]	+3.0 [⌘]	Jeddah [⌘]
-10.0 [⌘]	Honolulu [⌘]	+3.5 [⌘]	Tehran [⌘]
-9.0 [⌘]	Anchorage [⌘]	+4.0 [⌘]	Dubai [⌘]
-8.0 [⌘]	Los Angeles [⌘]	+4.5 [⌘]	Kabul [⌘]
	San Francisco [⌘]	+5.0 [⌘]	Karachi [⌘]
	Vancouver [⌘]		Male [⌘]
-7.0 [⌘]	Denver [⌘]	+5.5 [⌘]	Delhi [⌘]
-6.0 [⌘]	Chicago [⌘]	+6.0 [⌘]	Dhaka [⌘]
	Mexico city [⌘]	+6.5 [⌘]	Yangon [⌘]
-5.0 [⌘]	Miami [⌘]	+7.0 [⌘]	Bangkok [⌘]
	New York [⌘]	+8.0 [⌘]	Hong Kong [⌘]
-4.0 [⌘]	Caracas [⌘]		Singapore [⌘]
-3.0 [⌘]	Rio De Janeiro [⌘]		Beijing [⌘]
	Buenos Aires [⌘]	+9.0 [⌘]	Tokyo [⌘]
0.0 [⌘]	London [⌘]		Seoul [⌘]
+1.0 [⌘]	Berlin [⌘]	+9.5 [⌘]	Adelaide [⌘]
	Milan [⌘]	+10.0 [⌘]	Guam [⌘]
	Paris [⌘]		Sydney [⌘]
	Rome [⌘]	+11.0 [⌘]	Noumea [⌘]
+2.0 [⌘]	Cairo [⌘]	+12.0 [⌘]	Wellington [⌘]
	Istanbul [⌘]	⌘	⌘
	Jerusalem [⌘]	⌘	⌘

4.9 Setting

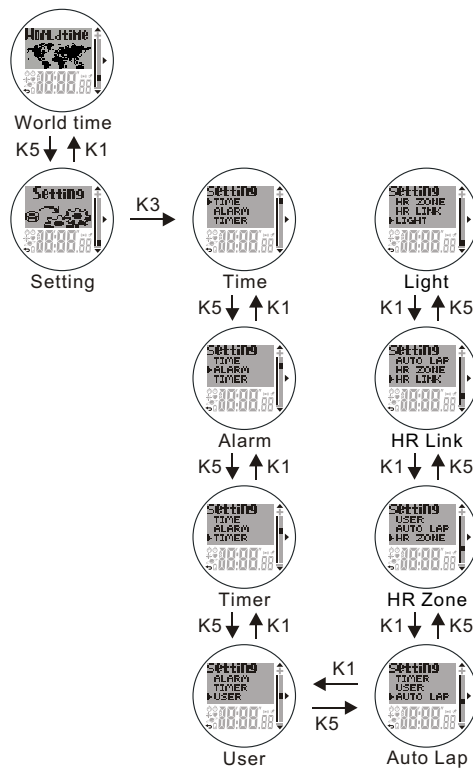
In the world time mode, press K5 to setting mode. Press K3 enter to the next level.

Press K5 to selection in the following sequence:

Time→Alarm→Timer→User→Auto Lap→HR Zone→HR Link→Light

Press K1 to selection in reverse order.

Press K7 return to previous.



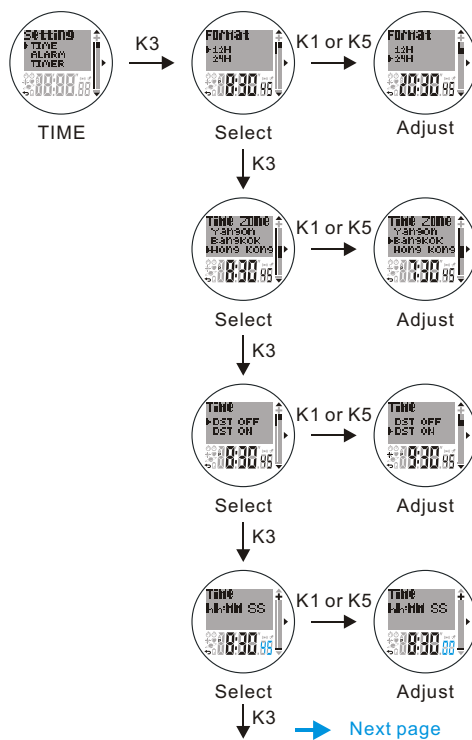
4.9.1 Time

In the TIME item, you can set the 12/24H Format, Time Zone, DST, Time and date.

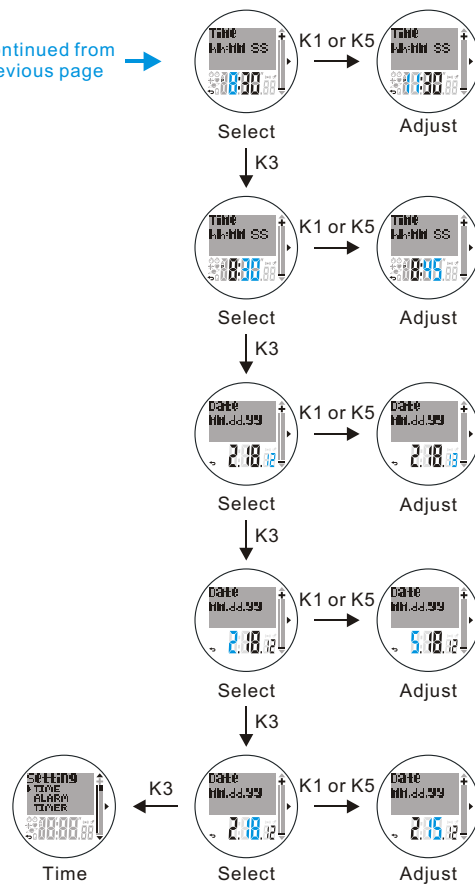
In the TIME item, Press K3 to selection in the following sequence:
12/24H Format→Time Zone→DST ON/OFF→Second→Hour→Minute→
Year→Month→Date→Exit

Press K1 or K5 to adjust.

Press K7 return to previous.



Continued from
previous page →



• When DST is ON , "☀️" display.

4.9.2 Alarm

In the ALARM item, you can set the chime ON/OFF, alarm time and wise.

In the ALARM item, press K5 to selection in the following sequence:
Chime→Alarm1~Alarm5

Press K1 to selection in reverse order.

In the CHIME item, press K3 enter to the next level, press K1 or K5 select the alarm ON/OFF.

Press K3 to confirm.

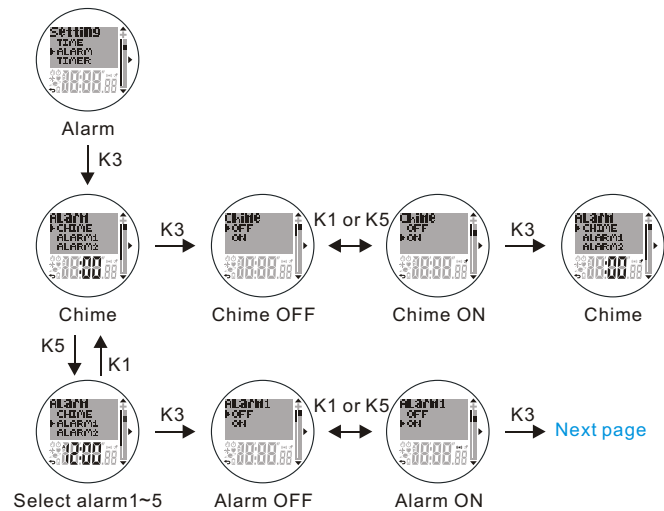
Press K3 to fast exit.

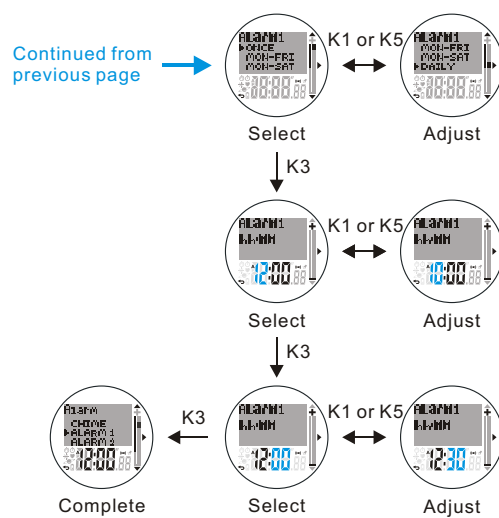
In the ALARM1~ALARM5 item, press K3 to selection in the following sequence:

Alarm ON/OFF→Alarm method→Hour→Minute→Exit

Press K1 or K5 to adjust.

Press K7 return to previous.





- When chime is ON, "🔔" display.
- When alarm is ON, "🔔" display.
- The way to set alarm2 ~ alarm5 is the same.

You can browse the chime and alarm set in the alarm mode.

About alarm:

- ONCE: When time arrive, alarm raise one time (60 seconds) and then turn off, "🔔" off.
- MON-FRI: When time arrive, alarm only arise from Monday to Friday.
- MON-SAT: When time arrive, alarm only arise from Monday to Saturday.
- DAILY: When time arrive, alarm arise everyday.

4.9.3 Timer

In the TIMER item, you can set the timer time.

In the TIMER item, press K3 enter to the next level, press K1 or K5 to selection:

Timer-24H→Timer-day

Press K7 return to previous.

In the TIMER-24H item, press K3 to selection in the following sequence:
Hour→Minute→Second→Exit

Press K1 or K5 to adjust.

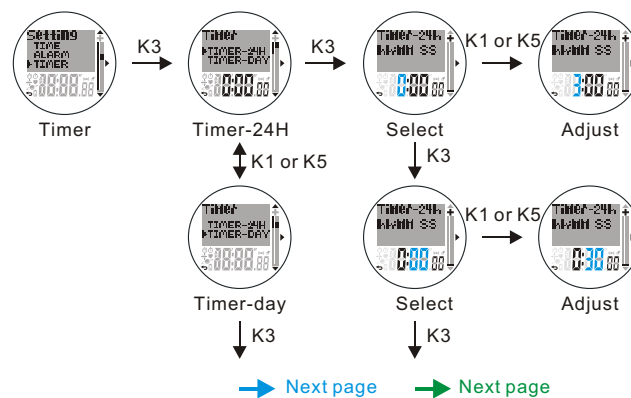
Press K7 return to previous.

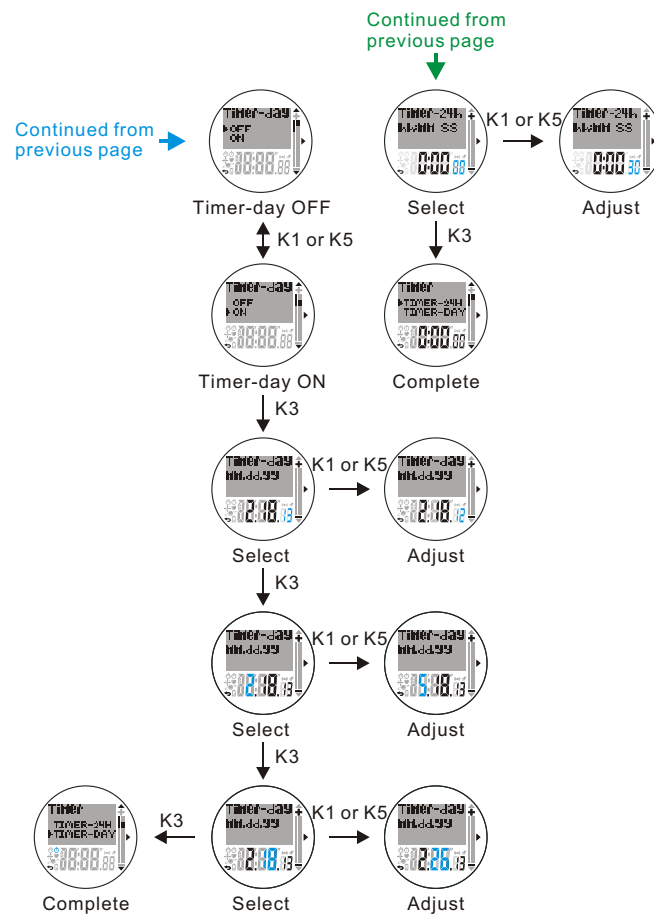
In the TIMER-day item, press K3 to selection in the following sequence:
Timer-day ON/OFF→Year→Month→date→Exit

Press K1 or K5 to adjust.

Press K7 return to previous.

After you set, "🕒" display. You can browse the remain day in the timer mode.





- When running Timer-24 in timer mode, can not make setting under setting mode.
- Only when Timer-day is on can make other items' setting. Timer-day only can be set after current date.

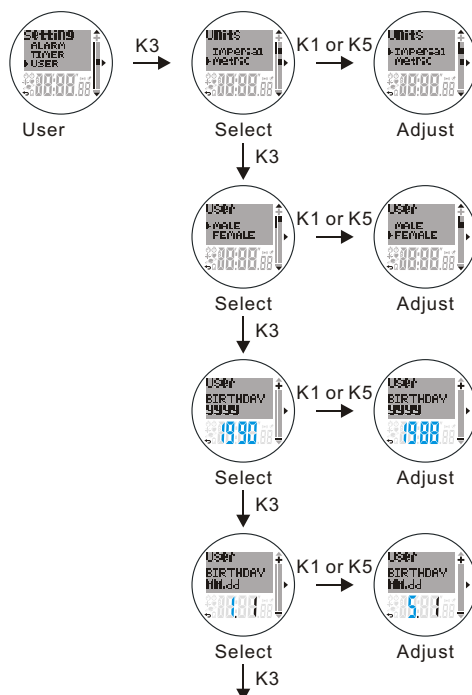
4.9.4 User

In the USER item, you can setting the gender, age, weight, height.

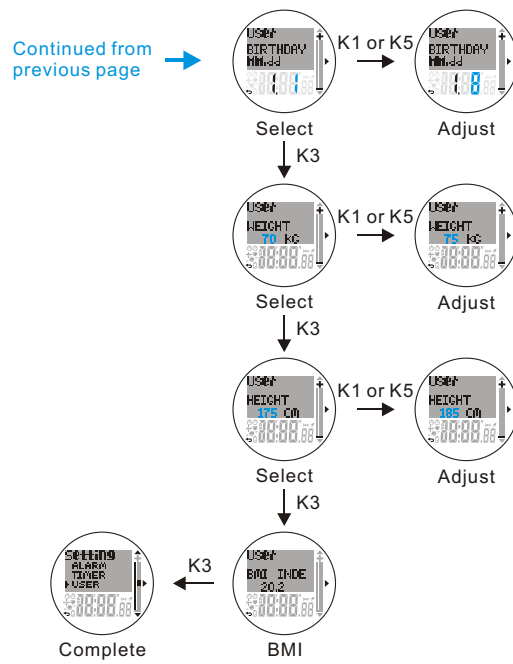
In the USER item, press K3 to selection in the following sequence:
Units→Gender→Year→Month→Date→Weight→Height→BMI→Exit

Press K1 or K5 to adjust.

Press K7 return to previous.



Continued from
previous page



- Units default is metric.
- Gender default is male.
- Age range: 1910-the year decrease 1, default is 1990.1.1.
- Weight range: 20-200Kg, default is 70Kg.
- Height range: 90-221cm, default is 175cm.
- BMI is only browse, not setting.

4.9.5 Auto Lap

In the Auto Lap item, you can set distance range of the Auto Lap.

In the Auto Lap item, press K3 enter to the next level, press K5 to selection in the following sequence:

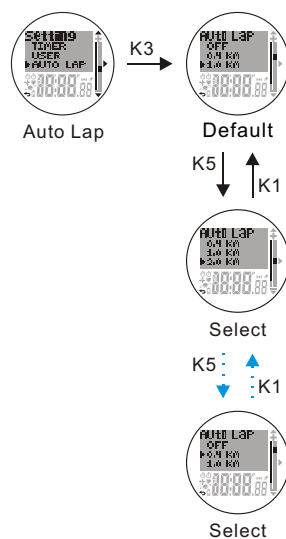
1.0km→2.0km→3.0km→4.0km→5.0km→OFF→0.4km

Default: 1.0km.

Press K1 to selection in reverse order.

Press K3 to confirm.

Press K7 fast exit.



- In exercise process, when moving distance arrive the range. watch will record it and automatically record the number of laps.

4.9.6 HR Zone

In the HR ZONE item, you can setting HR Zone for you fitness level and health condition.

In the HR ZONE item, press K3 enter to the next level, press K5 to selection in the following sequence:

HR Zone1→HR Zone2→HR Zone3

Press K1 to selection in reverse order.

Press K7 return to previous.

After you set, press K3 enter to the next level, press K5 to selection in the following sequence:

High→Low→Alarm

Press K1 to selection in reverse order.

Press K7 return to previous.

In the HIGH, LOW and ALARM item, press K3 enter to the next level.

Press K1 or K5 to adjust.

Press K3 to confirm.

Press K7 to fast exit.

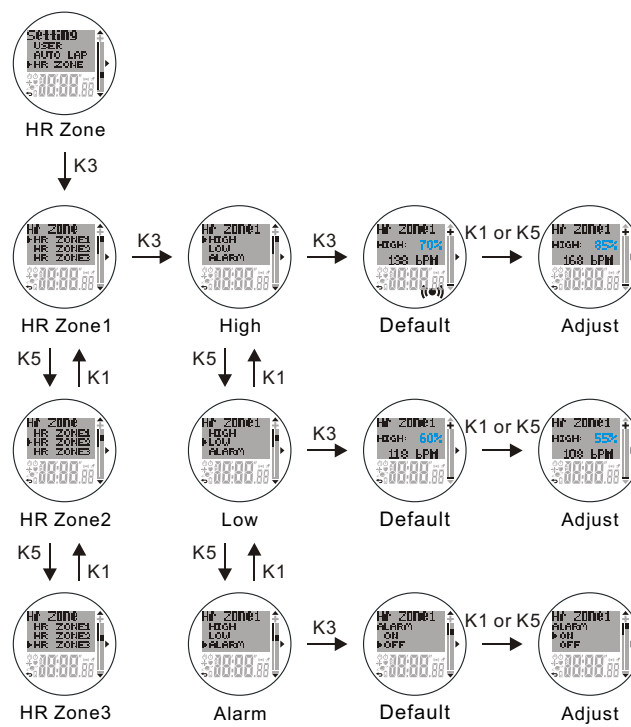
Alarm ON:

If current HRM is below preset lower zone, the watch will alert warring sound 'beep...beep...to remind the user speed up;

If current HRM is above preset upper zone, the watch will alert warring sound 'beepbeep...beepbeep... to remind the user speed down.

HR Zone table

HR Zone	1	2	3
% of Max HR	60-70	70-80	80-90



- The way to set HR Zone1~3 is the same.
- HR range: 30-240 BPM
- Max HR: 220-Age

4.9.7 HR Link

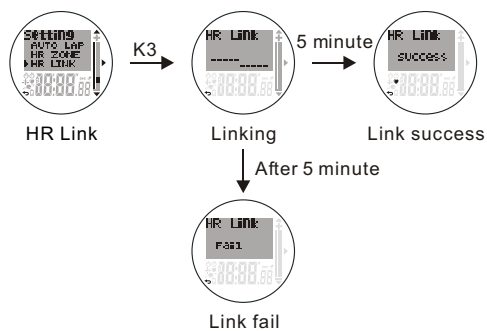
In the HR LINK item, you can make the watch and HR belt paired link.

In the HR LINK item, press K3 to start linking.

Press K7 to stop and return to HR Link item.

within 5 minutes link success, display "success", after 3 second "❤️" display, press K7 return to HR LINK Item.

within 5 minutes link fail, display "Fail", press K7 return to HR LINK item.



- Before use heart rate monitor, please make the watch and HR belt paired link.

4.9.8 Light

In the LIGHT item, You can set the method of turning on the EL.

In the LIGHT item, press K3 enter to the next level, press K5 to selection in the following sequence:

Light key→Any key→When run

Default: Light key.

Press K1 to selection in reverse order.

Press K7 return to previous.

In the ANY KEY and WHEN RUN item, press K3 enter to the next level.

Press K1 or K5 to selection ON/OFF,

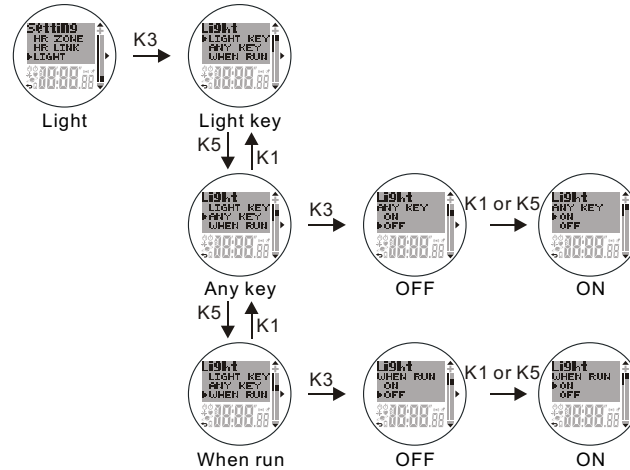
Press K3 to confirm.

Press K7 to fast exit.

LIGHT KEY: Press K11 can turn on EL for 5S.

ANY KEY: Press any key can turn on EL for 5S.

WHEN RUN: EL will be continuous on every day if stopwatch run.



PC Software

You can use PC software browse and analysis the training data.

PC Software is compatible with the following WINDOWS operating system:

- Windows 7
- Windows XP SP1, 2, 3
- Windows Vista SP1, 2
- Windows 2000 SP1, 2
- Windows 98

5.1. Installing the PC software

5.1.1 Attachment CD into the CD-ROM, and find the installer;

5.1.2 Double-click the installer;



5.1.3 Click next step;



5.1.5 Prompted the installation is complete, click Close to exit ;



5.1.4 Go on next step;



5.1.6 After the installation is complete, the GPS pro icon appears on the desktop.



5.2. How to use PC Software

5.2.1 use data lines link watch and PC.

5.2.2 Double-click the icon " " on the desktop .

5.2.3 The download data screen appears on the screen, click on the download data to your computer.



Click "Download"

5.2.4 Select the desired language and press enter, watch will display PC link and charging, said to have communication between the watch and PC, at the same time watch can be charged.



5.2.5 The top of the screen as the following icon.



[Data]: Recorded the following data stored in the watch:

Start time→Duration time→distance→Avg speed→Avg pace→
Max speed→Max pace→Max HR→Avg HR→Min Hr→Calorie.



[Lap data]: include run data and stopwatch data.

Run data recorded detailed data in the watch exercise mode.

stopwatch data recorded detailed data in the watch stopwatch mode.



[Google Map]: Record watch tracking mode route map and related information.

You can use the map mode and satellite mode for viewing on PC.

Note: View the route map, PC must link network.



[Waypoint]: Recorded watch's positioning coordinates information.

You can use the map mode and satellite mode for viewing on PC.

Note: View the waypoint, PC must link network.



[Summary]: you can view your one week or one month movement data and graphics display .



[Holter]: record watch's electrocardiogram mode data and graphics display.



[Delete]: Choose your delete data according to your request:
Run data→waypoint →Holter→stopwatch

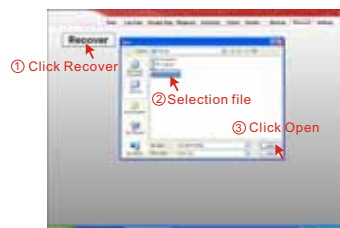


Select the photo you can choose single delete or delete all.

[Backup]: Data Backup to PC.



[Recover]: Open backup to PC data.



[Setting]: Set the watch's parameters according to the request.
 Click" save setting" , will save your setting
 Click"synchronization with your watch" , the watch will be
 synchronized with your computer.
 Click"default" , the watch will resume to default setting.



Troubleshooting

Question	Solution
Watch can't get GPS signal.	Ensure the watch's GPS has opened, outdoor use, far away from high buildings, stationary a few minutes (see 3.6).
Watch access GPS signals instability.	The visibility of the sky? Trying to watch in the sky of the high visibility. Do not watch in front of your body. Do not hand or head, on the watch above.
The remaining battery display appears to be incorrect.	After the watch's battery is completely depleted, then make the full charge (without interrupting the charging process).
Watch can't be the heart rate belt with a matching link.	Matching, the distance between your watches and heart rate with maintained at less than 3 meters, and then re-link under the watch setting mode \HRLINK. Determine the heartbeat with is sending data (for example, you need to wear a good heart rate belt)
Heart rate information is not correct	See 3.7.5.
Some information data missed from the watch.	If not the information and data backup to computer, watch the oldest data will be overwritten, regular backups of your information and data to avoid loss.
How to make a longer battery life.	The main consumption of the battery in the GPS. Does not use GPS, please try to shut down, and the prolonged use of EL backlight will accelerate the consumption of battery power.
PC software on the Windows operating system requirements?	The software is compatible with the following WINDOWS operating system: Windows 7 Windows XP SP1, 2, 3 Windows Vista SP1, 2 Windows 2000 SP4 Windows 98
Receive an error check the USB plug connection.	The USB interface is not connected properly to your watch. Check contact between pin of the plug and the back of the watch whether the dirt Use a dry cloth clear it and try again.



Non-professionals, do not disassemble.

Made in China

FCC Statement

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

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

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.