

## 810 GPS watch User Manual (Preliminary)

Ref: UI-10487-04

### Introduction

Thank you for purchasing the GPS watch. This GPS watch is packed with personal Training features like speed, trip time, laps, etc. GPS navigation features were integrated in various modes like Run mode and Waypoint mode. GPS can display your current location in an electronic map. It has also an Altimeter function based on GPS. Watch features include 12/24H Time format, Chronograph, World time, 5 daily Alarms, Data, and Set modes. This watch can communicate with a PC to store and review your performance. This watch also has a power saving mode to increase operating hours. It uses a rechargeable battery that can be charged through USB port of your PC. It also uses HRM belt (optional unit) with 5.3 KHz technology to monitor your heart rate for all your HR related information.

#### Caring for your GPS watch:

Clean your GPS watch and heart rate monitor with a dampened cloth preferably with mild detergent solution. Wipe dry using a dry cloth. Do not use chemical cleaners and solvents that may damage plastic components.

Do not store your GPS watch to prolonged exposure to extreme temperatures as this may result to permanent damage to your unit.

#### About GPS:

Global Positioning System (GPS) is a satellite- based navigation system made up of a network of 24 or more satellites. GPS works best in clear weather condition, anywhere in the world, 24 hours a day. Tall buildings may interfere with GPS accuracy. When 3 satellite signals are received, the watch will have 2D GPS fixed (Latitude and Longitude). When 4 or more satellite signals are received, the watch will have 3D GPS Fixed (Latitude, Longitude, and Altitude).

#### Water immersion:

This GPS watch is designed to be water resistant up to 3 ATM. It can resist water pressure up to 30 meters. After submersion to water, please make sure to wipe dry and air dry the unit before using or charging.

**Caution:** This unit is not intended to be used while swimming. Prolonged water submersion may cause electronic shorting in the unit which may cause minor skin burn or irritation.

## Getting Started

### Step 1) Know your watch:

Push button location:



#### Push button Function:

- S1** – Start/ Lap/ Increase adjust/ Fast increase adjust
- S3** – View /OK
- S5** – Stop / Save/ Clear/ Decrease adjust/ Fast decrease adjust
- S7** – Mode/ Exit
- S9** – GPS ON/ hold 5-6 seconds to turn OFF GPS
- S11** – EL back light

Note: Actual color of the watch and artwork may vary from style to style.

### Power Saving Screen:

This watch has a power saving feature to prolong battery life. When GPS is OFF, HRM is not linked, and no key operation for 1 minute, the display will auto go to Power saving screen. In power saving Screen, Press S7 to go to Run mode. Press any other key will go from power saving screen to Time mode.

Power saving screen



Note: If GPS is ON or Chronograph is running, it will not go to power saving screen.

The watch will display only the date, battery level indicator and time in power saving screen.

### Step 2) Charging the Battery:

The watch is shipped in shipment mode to conserve battery. Charge the unit for at least 4 hours before first use. The length of time for a fully charged battery will last depending on the actual usage. It is recommended to regularly re-charge your battery every 1-2 months even if it is not used to maintain good battery condition.

2.1) Plug your USB PC link cable to your PC

2.2) Align the charging clip with the contacts on the back of the watch.



4 Pins on the USB Clip



4 contacts at the back of the watch

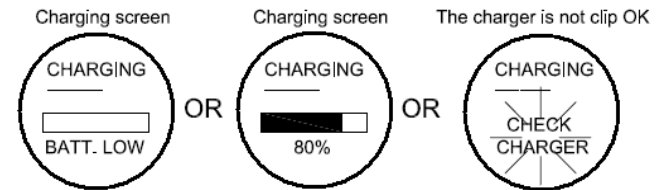
2.3) Connect the charging clip securely to the watch.



Charging Clip

Note: Please thoroughly dry the charging contacts and surrounding area to ensure proper electrical contact and prevent corrosion.

When the battery is low, it is time to charge the GPS watch. Following are the possible screens when you charge your watch.

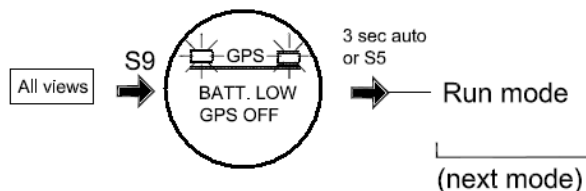


When it displays check the charger, re-adjust the clip and make sure there are no contamination or dirt between the contacts of the clip and the back of the watch.

Once the battery is full, it will display CHARGING COMPLETE.

### Battery low condition:

You cannot turn on the GPS when the battery is low. The watch will display BATT LOW GPS OFF and proceed to Run mode. The battery icon will also blink. The GPS signal icon will blink into low battery icon alternately. You need to recharge the battery in order to use the GPS again.



When the battery is almost low and you still perform your exercise, your data may not be saved if the battery becomes low. Please make sure the battery have enough battery power before doing your exercise in order not to lose your data.

When the battery level becomes very low, the watch will automatically turn OFF the display (blank screen). If you press any key in this condition, the watch will display LOW BATTERY and display is turned OFF again after 10 seconds.

### Step 3) Configure your watch:

Before using your GPS watch, you have to do the following:

- 3.1) Set the time 1, Time 2, Alarm, and display format. Go to **Time sub modes** for the details on how to set these parameters. Time can also be set in **SET** mode.
- 3.2) Set your personal **USER** details, **AUTOLAP**, **SET TIME**, and **SYSTEM**. Go to **SET** mode to set these parameters,

### Step 4) Acquire Satellite signals:

In order to get the correct time of day and begin using your GPS watch, you have to acquire GPS signals. It may take a few minutes to get the signals.

- 4.1) Go outside to an open area away from tall buildings and trees. Orient the GPS antenna towards the sky for best reception. The antenna is located at the 6 o'clock position of the watch.



- 4.2) Stand still and do not begin moving while performing the following steps until the GPS signals are already received.
- 4.3) **How to Turn ON the GPS:** Press S9 to turn ON the GPS. The Bike computer will start locating the satellites. After receiving the satellite signals, it will automatically go to BIKE mode ready for the exercises. When you are receiving the satellite signals, the computer will display the relative signal strength on the upper right side of the display.



- 4.4) If you press S9 again, the computer will momentarily display GPS / INDOOR. User can select GPS/ INDOOR by pressing S1/S3. If you select GPS, it will display your current location, and then go to **BIKE** mode. If you select INDOOR (GPS OFF), the computer will go direct to BIKE mode and you will have no GPS function.
- 4.5) **How to turn OFF the GPS:** If you wish to turn OFF the GPS, press and hold S9 for 6 seconds and the computer will momentarily display GPS OFF and then return to Time view. If the Chronograph is running or stopped but not saved in any exercise modes, you cannot turn OFF the GPS. You have to save the current exercise first before turning OFF the GPS.

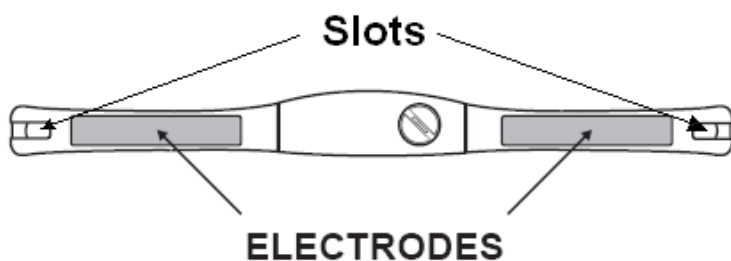
### GPS signals and its meaning:

GPS signal searching (cold start)	
GPS signal searching (warm start)	
GPS signal received	
No GPS signal	

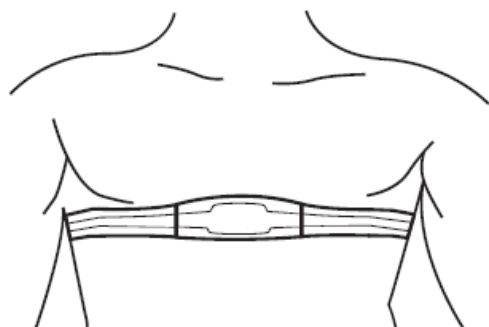
## Step 5) Using your Heart Rate monitor: (HRM belt is optional and is sold separately)

The HRM belt is on standby and ready to send data to your watch. Wear the belt directly on your skin just below your breastplate. It should be snug enough to stay in place during your run.

- 5.1) Push one tab on the strap through the slot in the HRM transmitter.
- 5.2) Wet both electrodes with a damp cloth on the back of the HRM belt. This will help create a strong electrical connection between your chest and the HRM transmitter.



- 5.3) Wrap around the chest belt around your rib cage just below the pectoral muscles and attach the other end of the strap to the HRM transmitter. The elastic strap should be adjusted so that it is snug enough so that it will not move during use but not so tight as to restrict breathing.



- 5.4) Bring the GPS watch within range of the HRM transmitter (3 meters). The HRM belt will automatically communicate with the watch. The watch will then display the heart rate data and heart icon.

- 5.5) If the heart rate will not be displayed, or you have an erratic heart rate data, follow the following tips :

- 5.5.1) Make sure the HR belt is snugly fit to your body
- 5.5.2) Reapply water, saliva, or electrode gel to the electrode of the HR belt
- 5.5.3) Clean the electrodes from possible contamination that may interfere with heart rate signals
- 5.5.4) Wear a cotton shirt or if possible, wet your cotton shirt. Synthetic fabrics that rubs with your skin may create static electricity and interfere with the heart rate signal
- 5.5.5) Move away from strong electromagnetic fields and other wireless sensors which can interfere with your heart rate sensor. Possible sources of wireless interference may include high voltage power lines, electric motors, microwave ovens, cordless phones, and wireless LAN or access points.

Note: Set your Heart rate zone in setting mode.

## Step 6) Go for a Run:

### 6.1) Using Run mode:

Before going for a run, it is highly recommended that you set your user profile first so that the calories will be calculated properly. Go to **SET** mode to do this.

- 6.1.1) Press S1 or S7 from Time mode to go to RUN mode.
- 6.1.2) The watch will prompt you to select **GPS** or **INDOOR**. Press S1/S5 to select. If you select **GPS**, The watch will automatically search for GPS signal. If you select **INDOOR**, you will be performing your exercise without **GPS** signal.
- 6.1.3) After your selection, the watch will display the remaining **BATTERY** power level, remaining **DATA TRACK MEMORY** and then display view 1. Press S11 to change views.
- 6.1.4) Press S1 to START or TAKE LAP. If auto lap function is set, the watch will take lap automatically based on auto lap setting.
- 6.1.5) Press S5 to stop after completing your run.
- 6.1.6) Press S5 again to save your run data.

### 6.2) Using GOTO waypoint function in WAYPOINT mode

If there is no **GPS** signal, **RUN** mode, or **GO BACK / GO TO** function of Run Data mode is running, you cannot use **GOTO** waypoint function. Also there should also be a waypoint save in the memory to go to.

- 6.2.1) Press S7 from Run Data mode to go to Waypoint mode. The watch will display the list of available waypoints.
- 6.2.2) Press S1/S5 to select which waypoint to go to.
- 6.2.3) Press S5 to open **GOTO/ EDIT/ DELETE** sub modes.
- 6.2.4) Press S5 to select **GOTO** sub mode. The chronograph will automatically start.
- 6.2.5) Press S3 to change views.

- 6.2.6) Press S1 to START or TAKE LAP. If auto lap function is set, the watch will take lap automatically based on auto lap setting.
- 6.2.7) Press S5 to STOP after you complete your exercise.
- 6.2.8) Press S5 again to save your exercise.

**6.3) Using GOTO/GOBACK function in RUN DATA mode:**

If there is no GPS signal, **RUN** mode, or **GO TO WAYPOINT** function is running, you cannot use **GOTO/ GO BACK** function.

- 6.3.1) Press S7 from Run mode to go to RUN DATA mode. The watch will display the list of available files.
- 6.3.2) Press S1/S5 to select which file to open.
- 6.3.3) Press S3 to view the details of the selected file. Press S1/S5 to scroll through the details
- 6.3.4) Press S3 to open the RUN DATA sub modes: GO BACK, GOTO, VIEW, EDIT, and EXIT.
- 6.3.5) Press S1/S5 to select which sub mode to use. In this case select GO BACK.
- 6.3.6) Press S1 to start your exercise. The chronograph will auto start.
- 6.3.7) Press S2 to change views
- 6.3.8) Press S1 to START or TAKE LAP. If auto lap function is set, the watch will take lap automatically based on auto lap setting.
- 6.3.9) Press S5 to STOP after you complete your exercise.
- 6.3.10) Press S5 again to save your exercise.

Note: **GOTO** means going from your current location to the end point of the data file. **GO BACK** means going from your current location to the starting point of the selected data file.

**Step 7) Download your data to PC:**

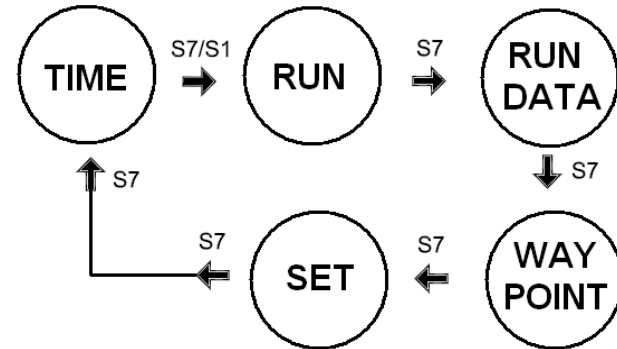
The watch comes with PC software to make communication between your watch and PC easy and enjoyable. Please install the PC software to your PC using the installer provided. The watch is using a USB PC link cable which is around 50 cm (approximately 1 1/2 ft) long to connect the watch to PC.

Run the GPS PC software on your PC. Plug the USB cable with the watch clamped in the other end of the cable. PC software will then prompt you to download the data. Click the download button to begin downloading. The watch will then display SEND COMPLETE. The PC software will prompt to delete the data in the watch. User has the option to delete the data in the watch or not.

The PC software installation and instruction guide can be found at the end of this manual. Please take time to read the guide.

**General Operations**

The watch has the following main modes: Time, Run, Run Data, Waypoint, and Set modes. Press S7 to scroll through these modes.



Note: Press S1 or S7 from TIME mode will go to RUN mode.

**EL backlight:**

This watch has a night mode function. When Night mode is **ON**, pressing any key will turn on the EL back light for 5-6 seconds from 6:00 pm to 7: am every day. When night mode is OFF, pressing S5 can turn **ON** the EL back light for 5-6 seconds in anytime of the day. Pushing other buttons will not turn **ON** the EL back light. Night mode function is by default **ON**. You can set the night mode function in SET mode.

**TIME MODE**

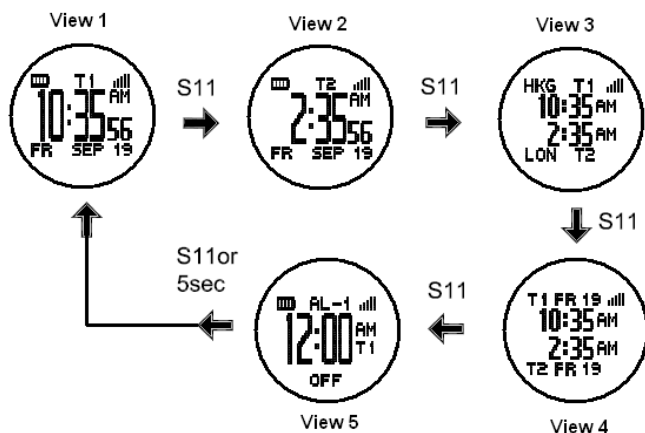
Press S7 from **SET** mode to **TIME** mode. There are 5 views in time mode. Press S1 or S5 to scroll through the five views. Following are the views with the corresponding information displayed:

- View 1** → Time 1, Week day, Date, Battery level indicator, GPS relative signal strength
- View 2** → Time 2, Week day, Date, Battery level indicator, GPS relative signal strength,
- View 3** → Time 1, Time 1 location (city code), Time 2, Time 2 location (city code), GPS relative signal strength. City codes will only appear if the time setting mode is set to AUTO. If it is set to MANUAL, it will be blank. Please refer to the last portion of

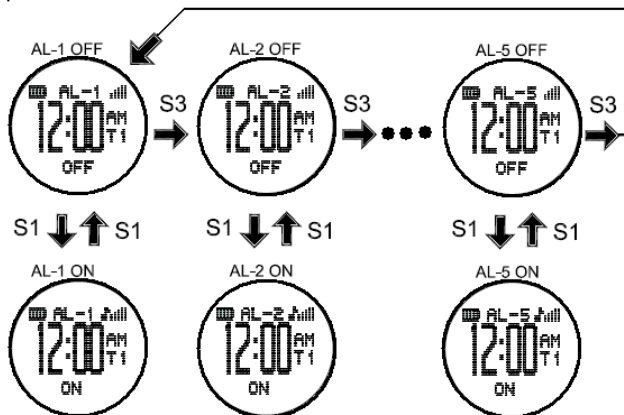
this manual for the complete list of city codes and corresponding GMT differential time.

**View 4** → Time 1, Date of Time 1, Time 2, Date of Time 2, GPS relative signal strength.

**View 5** → Alarm time (1-5), Alarm referred to Time 1 or timer 2, battery level indicator, GPS relative signal strength. While in view 5, press S5 to scroll through alarm 1 to 5. Press S1 to turn ON or OFF the selected alarm. View 5 will automatically go to view 1 after 5 seconds.



While in view 5, press S5 to scroll through alarm 1 to Alarm 5. To turn ON or OFF the selected alarm, press S3.



**TIME sub modes:**

From any view in TIME mode, press S5 (if EL is ON) or double press S5 (if EL is OFF) to enter the time sub modes. In these sub modes, you can set the **ALARM**, **TIME 1**, **TIME 2**, and display **FORMAT**. Press S1/S3 to scroll through these sub modes.

#### Alarm setting:

- Select **ALARM** by pressing S3
- Select **ALARM 1** to **ALARM 5** by pressing S1 or S5 and then press S3 to enter.
- Set the **HOUR**. Press S1/S5 to change values. Press S3 to enter
- Set the **MINUTE**. Press S1/S5 to change values. Press S3 to enter
- Set the alarm time referred to **TIME 1** or **TIME 2**. Press S1/S5 to change values. Press S3 to enter
- Set the alarm **ON** or **OFF**. Press S1/S5 to change values. Press S3 to enter

#### TIME 1 setting:

You have two options in setting the watch, **AUTO** or **MANUAL**. In manual setting, you can manually set the time. If you select the AUTO option, the watch will be automatically set base on the data and time data from GPS satellites.

- Select **TIME 1** by pressing S3
- Select **AUTO** or **MANUAL setting** by pressing S1 or S5 and then press S3 to enter.

#### AUTO setting:

- Select **TIME ZONE** by pressing S1/S5 and then press S3 to enter. There are 106 cities to select in this time zone setting.
- Select **DST ON** or **OFF** by pressing S1/S5 and then press S3 to enter.
- The watch will display the **CONFIRM** screen and then go back to view 1 of Time 1

#### MANUAL setting:

- Set the **HOUR** by pressing S1/S5 and then press S3 to enter.
- Set the **Minute** by pressing S1/S5 and then press S3 to enter.
- Set the **SECOND** by pressing S1/S5 and then press S3 to enter.
- Set the **YEAR** by pressing S1/S5 and then press S3 to enter..
- Set the **MONTH** by pressing S1/S5 and then press S3 to enter.
- Set the **DATE** by pressing S1/S5 and then press S3 to enter.
- The watch will display the **CONFIRM** screen and then go back to view 1 of Time 1

#### TIME 2 setting:

You have two options in setting the watch, **AUTO** or **MANUAL**. In manual setting, you can manually set the time. If you select the AUTO option, the watch will be automatically set base on the data and time data from GPS satellites.

The procedure in setting time 2 is the same with time 1 setting.

#### Display **FORMAT** setting:

You can select **12H** or **24H** format. Press S3 to enter setting mode. Press S1 or S5 to select 12H or 24H format. Press S3 to confirm and exit.

## EXERCISE MODES

The watch has the following major exercise modes: **RUN** mode, and **WAYPOINT** mode. You can also use the **GO BACK** and **GO TO** function of the **RUN DATA** mode. After setting the watch and wearing your HRM belt (optional) the user can now start doing the various exercise modes.

### RUN mode:

Press S1 or S7 from Time mode to enter RUN mode. The watch will display the following in succession:

**RUN** → **RUN/ GPS/ INDOOR** → **BATTERY** level → **DATA TRACK MEMORY** → **view 1** of **RUN** mode

The power level is displayed with an increment of 10%, from 10% to 100%. In Memory display, the watch will display the remaining hours available in Track memory. Total capacity is 60 Hours. Interval memory time per file is 0.5 hours.

If the power level of the battery is low, the GPS cannot be turned on. The watch will display **BATT.LOW** after the screen **RUN GPS INDOOR** (GPS OFF).

#### Different views in RUN mode/ GPS ON:

Following are the various views that user can choose by pressing S11 in RUN mode.

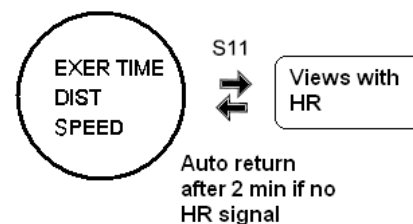
#### GPS ON/ With HRM (14 Views):

View 1 → Exercise time/ HR / Speed

View 2 → Exercise Time/ Distance  
View 3 → HR/ %Max HR/ Speed  
View 4 → PACE/ Calorie  
View 5 → Exercise time/ Distance/ HR  
View 6 → Exercise time/ Distance/ Clock  
View 7 → Exercise time/ Distance / Speed  
View 8 → Exercise time/ Distance/ Pace  
View 9 → Exercise time/ Distance/ Calorie  
View 10 → Exercise time/ HR/ %Max HR/ Calorie  
View 11 → Exercise time/ Distance/ Speed/ Calorie  
View 12 → Exercise time/ Distance/ Pace/ Calorie  
View 13 → Exercise time/ HR/ %Max/ Calorie/ In Zone  
View 14 → Track map with Speed/ Distance/ Exercise Time

#### GPS ON/ Without HRM :

The views will follow the views above because every time you will push S11 to change views, the watch will start to search for HRM signal. But if there is no HR signal after 2 minutes, the watch will display Exercise Time, Distance, and Speed.

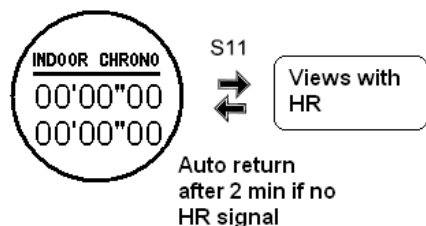


#### GPS OFF with HRM:

View 1 → HRM/ % Max/ Exercise Time  
View 2 → Exercise Time/ HRM/ % Max  
View 3 → HR/ %Max HR/ Calorie/ In Zone  
View 4 → HR/ %Max HR/ Calorie/ Clock  
View 5 → Exercise Time/ HRM/ % Max HRM/ calorie/ In Zone

#### GPS OFF/ Without HRM

If you press S11 to change views, the watch start searching for HR signal and display views with HR. After 2 minutes without HR signal, it will automatically change to Chronograph view w/out HR.



When you enter Run mode and the GPS signal is not yet received, the watch will display LOCATING SATELITE.

While in Run mode, then the GPS signal suddenly becomes weak for any reason, the watch will display LOST GPS RECEPTION until it receives GPS signal again.

In Run mode without HRM, calorie is calculated when speed is less than 25Km/hour.

#### Performance specs:

- Maximum of 60 hours track record can be saved in memory.
- Total of 25,000 track points. Track point sampling time is 5 sec.
- If track record is full, the oldest data will be overwritten.
- Maximum of 50 data files for Run mode
- Maximum of 300 laps for each data files
- Speed range: 0- 199.9 km/h (mph)
- Distance range: 0- 9,999.99 Km (Mile)
- Heart rate range: 30- 240 BPM
- Chrono range: 00:00''00 – 99:59'59''
- Calorie range: 0 – 99,999 Kcal

## RUN Sub-modes:

While in **RUN**, **GOTO** waypoint, **GO BACK**, and **GOTO** modes, press S3 (if EL is ON) or double press S3 (if EL is OFF) to enter the sub modes. Press S1/S5 to scroll through the various sub-modes. Press S7 to go back Main Screens of **RUN**, **GOTO** Waypoint, **GO BACK** and **GOTO**. The following are the views of sub-modes:

**AUTOLAP**  
**NIGHT**  
**ALERT**  
**GOBACK**  
**START/STOP**  
**SCALE**  
**SAVE**  
**DELETE**  
**EXIT**

If no key operation, after 1 minute, the watch will automatically exit to previous main view.

#### AUTOLAP sub mode:

You can use auto lap to automatically take the lap at specific traveled distance. This setting is helpful for comparing your performance over different part of the RUN.

To set the Auto lap:

1. Press S3 to set the Auto lap.
2. Press S1/S5 to select the various settings. Following are the auto lap preset range: OFF, 0.5 Km, 1 Km, 2 Km, 3 Km, 4 km and 5 Km. Default value is 1.0 KM.
3. Press S5 to save the selection and exit.

#### NIGHT sub mode:

Press S3 to enter Night sub mode. Press S1/S5 to Select Night ON or OFF. When you select ON, pressing any button will activate the EL backlight for 5-6 seconds from 6 pm to 7 am. When you select OFF, Press S5 will turn on the EL backlight. Other buttons will have no light function. Default value is ON.



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**ALERT Sub mode:**

Press S5 to enter ALERT function. When alert is set to **ON**, there will be a beep sound during taking auto lap. When it is set to **OFF**, there is no beep sound. Default is ON.

**GO BACK Sub mode:**

Press S3 to enter GO BACK function. The current exercise will be save first then 3 seconds auto, the chronograph will start and you will start going back to the starting point of the exercise.

**START/STOP Sub mode:**

Press S5 to stop the chronograph.

**SCALE sub mode:**

Press S3 to select the scale range. Scale range is selectable by pressing S1 or S5. Press S7 to exit without saving. Press S3 to save the selection and exit. The default scale is AUTO scale. The available selections are: AUTO, 50 m, 100m, 200m, 400m, 800m, 1.6KM, 3.2Km, and 6.4Km.

**SAVE sub mode:**

Press S5 to save the current Run exercise. The watch will go back to reset view after saving and ready for the next exercise.

**DELETE sub mode:**

Press S5 to delete current Run exercise. The watch will go back to reset view after saving and ready for the next exercise.

**EXIT sub mode:**

Press S3 to exit sub mode.

## WAYPOINT mode

Press S7 from Run Data mode to enter Waypoint mode. In Waypoints mode, Press S3 to choose your saved waypoint. Press S1 / S5 to select or view various waypoints in memory. The "DELETE" selection will display after the last waypoint. Press S3 to delete all Waypoints. The watch will ask for your confirmation, YES or NO. Press S1/S5 to choose, Press S3 to CONFIRM.

## Going to your saved WAYPOINT

At Waypoint Mode, Press S1 / S5 to select a desired Waypoint. Press S3 to choose a waypoint. After pressing S3 you will be prompted with **GOTO / EDIT / DELETE** options. Press S1 / S5 to scroll thru these options. Press S3 to confirm. If there is no GPS signal, the user cannot use the **GOTO** waypoint function.

Choose **GOTO** to start your exercise. You will be going from your current location to the coordinates of the selected Waypoint.

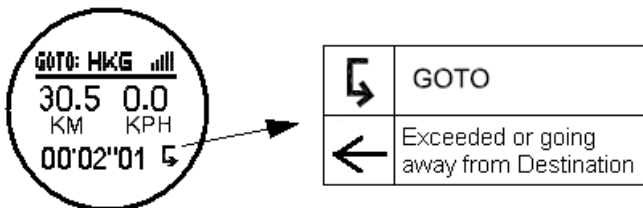
Choose **EDIT** to change the name of the saved Waypoint.

Choose **DELETE** to delete the selected Waypoint.

**GOTO function:**

1. Press S3 to confirm start after selecting the GOTO function. Chronograph will start running. 2 seconds later, the watch will the remaining distance to your destination and the chronograph time. 3 seconds later, the watch will display the electronic map of your current location and destination.
2. Press S11 to change views. The views when you press S11 are the same views in RUN modes except for View 1 and View 2
3. Upon selecting your view, you have started your exercise. Press S1 to take Lap, When Auto lap is ON, the watch will automatically take lap. . You will also hear 2 seconds beep sound.
4. Press S5 to stop. While chronograph is stopped, press S5 to save data. When memory is full, the data will have "First In, First out".

At the lower right side of the screen, there is an icon to signify you are in GOTO function, or you have exceeded or going away from your destination.



If there is no GPS signal, or the Run is running, you cannot use the **GOTO** function.

When you arrived at your destination, the watch will display '**ARRIVED DEST**'.

## Saving your WAYPOINT

1. Press and hold S11 for 2-3 seconds from any view then release. The watch will display the locations' coordinates (Latitude, longitude, and Altitude). 3 seconds later it will prompt the user to save the location. The default name of the saved waypoint is the date of Time 1. The format is MMDDXXX. The first 2 digits are for the month, the second 2 for the day, and XXX is for the unique number for the day.
2. Press S1/S5 to edit individual digits. You can edit the location name up to 7 digits.
3. Press S3 to set the next digit.
4. Press S7 to exit setting mode. If there is no key operation for 5 seconds, the watch will auto exit to previous view. After saving the location name, it will be saved in the Waypoints list. Maximum of 200 locations can be saved in memory.

When the user is saving the waypoint and the watch is not receiving the GPS signal, it will display "GPS NOT AVAILABLE".

## RUN DATA MODE

Press S7 from Run mode to enter Run DATA mode. The watch will display the Data list view. In this view you can see how many files are saved in RUN data. The watch will show the list of data files with newest on the top of the list.

1. Press S1/S5 to scroll thru the list.
2. Press S3 to enter the selected data file. Press S7 to exit.
3. Press S1/S5 to view the details of the data file. Following are the details available:
  - Start/ End Time
  - Speed Data (Exercise time/ Distance/ Ave Speed/PACE/ HR)
  - HR Data (Exercise time/Ave HR/ Max HR)
  - Track map – If the saved data has Track + Data- this will be shown. If Data Only file, this map will not be shown.
  - Lap 1 Time/ Distance/ ave speed / ave HR
  - Lap 2 Time/ Distance/ ave speed / ave HR
  - Lap 3... ETC...
4. Press S7 to exit

If there is no key operation within 20 minutes in this mode, the watch will auto exit to Time mode.

### Data numbering system/ Legend:

Following is the data numbering system.

Sample data number: **0704102 G**

- 07 - Month
- 04 - Day
- 1 - Data is referred to Time 1 or 2 for Time 2
- 02 - File number of the day
- G - Data with track (if replaced with H- data w/out track)

## Data mode Sub modes

Press S3 from any view in Data mode to enter the sub modes. Following are the sub modes:

**GO BACK**  
**GOTO**  
**VIEW**  
**EDIT**  
**DELETE**  
**EXIT**

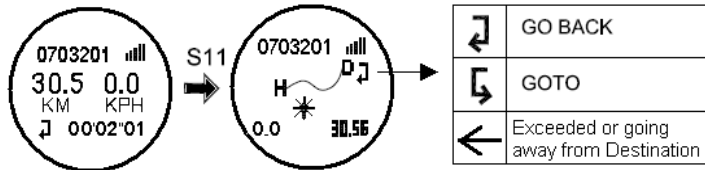
Press S1/S5 to scroll thru these sub modes.

## GO BACK sub mode

GO BACK function means going from current location to the first point of the selected data track. User cannot use this function if GPS is OFF.

1. Select the **GO BACK** sub mode and Press S3 to start. Chronograph will start and 2 seconds later, the watch will display view 1 with the remaining distance to the destination and the chronograph time.
2. Press S11 to change view to track map (View 2). Press S11 to change view to view 3 with Speed, HRM, and Exercise time. Continue pressing S11 to change views. The views are the same with RUN mode views except for views 1 and 2.
3. Press S1 to take Lap. When Auto lap is ON, the watch will automatically take laps based on the settings.
4. Press S5 to stop. Press S1 to re-start.
5. While the chronograph is stopped, press S5 to save the current Track.
6. While Chronograph is running, you can change views by pressing S11. The views are the same with RUN mode views except view 1 and 2.

At the upper right side of the screen or lower left side, there is an indicator whether you are in GO BACK, GOTO mode, or you have exceeded or going away from your destination.



If there is no GPS signal, or the Run mode is running, you cannot use the GO BACK or GOTO function.

When the Chronograph mode is running in the background and the user wants to use the GO BACK function, the watch will display below to remind the user to stop the Chronograph first before going to GO BACK function.



When you arrived at your destination, the watch will display 'ARRIVED DEST'.

## GOTO sub mode

The same procedure GO BACK sub mode except you are going from your current location to the last point of the Track data.

### VIEW sub mode:

Press S5 to enter view mode then Press S1/S5 to change views.

### EDIT Sub mode:

1. Press S3 to edit the name of the data file.
2. Press S1/S5 to change values of the highlighted digit.
3. Press S3 to set the next digit. Press S7 to exit setting mode.

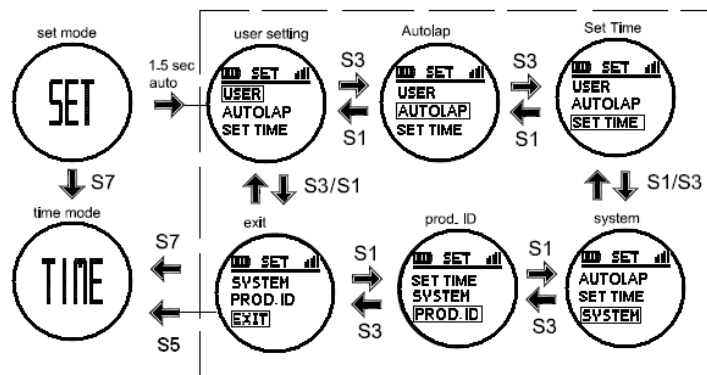
### DELETE sub mode:

1. Press S3 to enter delete sub mode. The watch will display the data list. In this view, the oldest file is on the top of the list. At the bottom of the list is the **DEL ALL** option.
2. Press S1/S5 to select which file to delete.
3. Press S3 to confirm delete.

## SET MODE

Press S7 from Waypoint mode to Set mode. 1.5 seconds later the watch will display the setting options: USER/ AUTO LAP/ SET Time/ SYSTEM/ PROD. ID/ EXIT. Press S1/S5 to scroll through these options. Press S3 to enter selected option to set. Press S7 to exit to Time mode.

If there is no key operation after 1 minute in this mode, the watch will auto exit to Time mode.



### Setting the User's information:

Press S5 when the USER option is highlighted. The sequence of setting is as follows: Units → Gender → Age → Weight → Height → HR Zone 1/2/3 → Lower Limit → Higher Limit → Zone Alarm ON/OFF. Press S1 to increase adjust. Press S3 to decrease adjust. Press S5 to set next parameter. Press S7 to exit.

Heart rate range: 30 to 240 BPM  
 Weigh range : 20 to 255 Kg ( 44 to 561 Lbs) default is 65 Kg (143 Lbs)  
 Height range: 91-241 cm(2'11"-7'10" ft' inch") default is 170 cm  
 Age Range: 7 to 99 Default is 25  
 Sex/ Gender : Male or Female, default is Male  
 Units: KM/M/KG or MI/FT/LBS  
 Max HR = 220- Age  
 Low Limit setting range = 30 BPM to High limit value  
 High Limit setting range = Low Limit Value to 240 BPM

HR Zone Table:

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

### Setting the Auto Lap:

1. Press S3 to set the Auto lap.
2. Press S1/S5 to select the various settings. Following are the auto lap preset range: OFF, 0.5 Km, 1 Km, 2 Km, 3 Km, and 5 Km. Default value is 1.0 KM.
3. Press S3 to save the selection and exit.

### SET TIME:

The procedure in setting the time is the same in time setting in TIME mode except the last step is going back to SET TIME sub menu instead of going back to TIME mode.

### Setting the SYSTEM:

1. Press S3 when System is highlighted. Parameters to set under System are: Contrast, Key tone, and Night mode.
2. Press S1/S5 to toggle through these parameters.
3. Press S3 to enter selected parameter.
4. Press S1/S5 to change values.
5. Press S3 to confirm setting.
6. Press S7 to exit.

Contrast Range is 0 to 100%.

Key tone: You can set the key tone ON or OFF. If key tone is on, there is confirmation sound every time you press a button.

When NIGHT is ON, pressing any key can turn ON EL for 5-6 seconds from 6 pm to 7 am. When Night is OFF, press S5 will turn on the EL back light. Other buttons will have no light function.

### Viewing PRODUCT ID:

Press S3 when PROD. ID is highlighted to View the current Software code of the watch. Press S7 to exit.

### EXIT :

Press S3 to exit to Time mode. Nothing to set here.

### Battery:

Watch is using a rechargeable Lithium Ion battery that will require approximately 4 hours charging time using the USB cable. While battery is charging, the watch cannot be used and all buttons are disabled. User needs to recharge the battery when the watch indicates a low battery level.

Battery Life: Approximately 8 to 10 hours in training mode.

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**GPS watch troubleshooting guide:**

<b>PROBLEM/ QUESTION</b>	<b>SOLUTION/ ANSWER</b>
How to turn off the GPS	Press and hold S9 for 5-6 seconds from any view to turn OFF the GPS.
I cannot get a GPS signal	Take your GPS watch outdoors and away from trees and tall buildings. Remain stationary and try acquiring GPS signal again. Be sure that the antenna is pointing towards the sky for better signal reception.
Can I reset the watch?	You can reset the watch by pressing S1, S5, S7, and S11 together. The date and time will be reset to default values. You can set it again manually or automatically thru GPS.
Will my data and personal settings be lost after watch reset?	Your data and personal settings are saved in the flash memory and will not be lost after watch reset.
The battery indicator does not seem to be accurate	Allow your GPS watch to fully discharge and then fully charge it without interruption. It is recommended to regularly re-charge your battery every 1-2 months even if it is not used to maintain good battery condition.
My heart rate data seems inaccurate.	<ul style="list-style-type: none"><li>- Make sure the HR belt is snugly fit to your body</li><li>- Reapply water, saliva, or electrode gel to the electrode of the HR belt</li><li>- Clean the electrodes from possible contamination that may interfere with heart rate signals</li><li>- Wear a cotton shirt or if possible, wet your cotton shirt. Synthetic fabrics that rubs with your skin may create static electricity and interfere with the heart rate signal</li><li>- Move away from strong electromagnetic fields and other wireless sensors which can interfere with your heart rate sensor. Possible sources of wireless interference may include high voltage power lines, electric motors, microwave ovens, cordless phones, and wireless LAN or access points.</li></ul>

## Key Function Matrix

mode		key	S1	S3	S5	S7	S9	S11
<b>Time</b>	normal time		Run mode	————	press & hold to sub-mode/ EL	Run mode	GPS on/off	change view/ press & hold to mark
	sub-mode		+ve select	-ve select	confirm/ EL	exit	GPS on/off	press & hold to mark
<b>Run</b>			start/ lap	stop/ save & clear	press & hold to sub-mode/ EL	next mode	GPS on/off	change view/ press & hold to mark
	sub-mode	Auto Lap	+ve select	-ve select	confirm/ EL	exit	GPS on/off	press & hold to mark
		Night	+ve select	-ve select	confirm/ EL	exit	GPS on/off	press & hold to mark
		Alert	+ve select	-ve select	confirm/ EL	exit	GPS on/off	press & hold to mark
		Start/Stop	————	————	confirm/ EL	exit	GPS on/off	press & hold to mark
		Scale	+ve select	-ve select	confirm/ EL	exit	GPS on/off	press & hold to mark
		Save	————	————	confirm/ EL	exit	GPS on/off	press & hold to mark
		Delete	————	————	confirm/ EL	exit	GPS on/off	press & hold to mark
Exit	————	————	confirm/ EL	————	GPS on/off	press & hold to mark		
<b>Data</b>			+ve select	-ve select	confirm/ EL	next mode	GPS on/off	change view/ press & hold to mark
<b>Waypoint</b>			+ve select	-ve select	confirm/ EL	next mode	GPS on/off	change view/ press & hold to mark
<b>Set</b>			+ve select	-ve select	confirm/ EL	exit/ Time mode	GPS on/off	press & hold to mark

**City code Table:**

Following is the list of city codes used in view 3 of Time mode and the corresponding differential time with respect to GMT:

GMT Differential	CITY CODE	CITY
-11	PPG	PAGO PAGO
-10	HNL	HONOLULU
	PPT	PAPEETE
-9	ANC	ANCHORAGE
-8	YVR	VANCOUVER
	SFO	SAN FRANCISCO
	LAX	LOS ANGELES
	LAS	LAS VEGAS
	SEA	SEATTLE
	US-P	Pacific standard Time
-7	DEN	DENVER
	ELP	EL PASO
	US-M	Mountain Standard time
-6	MEX	MEXICO CITY
	CHI	CHICAGO
	HOU	HOUSTON
	DFW	DALLAS/ FORT WORTH
	MSY	NEW ORLEANS
	YWG	WINNIPEG
	US-C	Central Standard Time
	-5	MIA
NYC		NEW YORK
YUL		MONTREAL

GMT Differential	CITY CODE	CITY	
-5	DTW	DETROIT	
	BOS	BOSTON	
	PTY	PANAMA CITY	
	HAV	HAVANA	
	ATL	ATLANTA	
	YYZ	TORONTO	
	WAS	WASHINGTON	
	US-E	Eastern Standard time	
	-4	CCS	CARACAS
		LPB	LA PAZ
SCL		SANTIAGO	
-3	RIO	RIO DE JANEIRO	
	GRU	SAO PAULO	
	BUE	BUENOS AIRES	
	BSB	BRASILIA	
	MVD	MONTEVIDEO	
0	LON	LONDON	
	DUB	DUBLIN	
	LIS	LISBON	
	CAS	CASABLANCA	
	DKR	DAKAR	
	ABJ	ABIDJAN	
	+1	PAR	PARIS
MIL		MILAN	
ROM		ROME	
BER		BERLIN	
MAD		MADRID	
FRA		FRANKFURT	

GMT Differential	CITY CODE	CITY
+1	AMS	AMSTERDAM
	VIE	VIENNA
	ALG	ALGIERS
	STO	STOCKHOLM
	HAM	HAMBURG
	ZRH	ZURICH
	IST	ISTANBUL
+2	CAI	CAIRO
	JRS	JERUSALEM
	ATH	ATHENS
	HEL	HELSINKI
	DAM	DAMASCUS
	CPT	CAPE TOWN
+3	JED	JEDDAH
	MOW	MOSCOW
	KWI	KUWAIT
	ADD	ADDIS ABABA
	NBO	NAIROBI
+3.5	THR	TEHRAN
	SYZ	SHIRAZ
+4	DXB	DUBAI
	AUH	ABU DHABI
	MCT	MUSCAT
+4.5	KBL	KABUL
+5	KHI	KARACHI
	MLE	MALE
+5.5	DEL	DELHI
	BOM	MUMBAI

GMT Differential	CITY CODE	CITY
+6	DAC	DHAKA
	CMB	COLOMBO
+6.5	RGN	YANGON
+7	BKK	BANGKOK
	JKT	JAKARTA
+7	PNH	PHNOM PENH
	HAN	HANOI
+8	SIN	SINGAPORE
	HKG	HONG KONG
	KUL	KUALA LUMPUR
	TPE	TAIPEI
	PER	PERTH
	PEK	BEIJING
	MNL	MANILA
+9	SHA	SHANGHAI
	SEL	SEOUL
+9.5	TYO	TOKYO
	ADL	ADELAIDE
+10	DRW	DARWIN
	GUM	GUAM
+10	SYD	SYDNEY
	MEL	MELBOURNE
+11	NOU	NOUMEA
+12	WLG	WELLINGTON
	CHC	CHRISTCHURCH
	NAN	NADI
+12	AKL	AUCKLAND

# MIO GPS System PC software

Ref version: 1.0.9

Your GPS watch comes with PC software. This software is compatible with the following operating system:

- Windows 7
- Windows XP SP 1, 2, 3
- Windows Vista SP 1, 2
- Windows 2000 SP 4
- Windows 98

You can use the software to view and analyze your data.

## A) Software installation:

- 1) Install the GPS NE PRO PC software to your computer. The installer is bundled in the box with your GPS watch.
- 2) Follow the installation guide of the software. This is just a simple installation procedure. You will be prompt on what drive you want to install the software. Default location is Program files\GPS NE PRO. You may change the location if you wish.
- 3) Click FINISH to complete the installation.
- 4) You may need to re-start your PC after installation.
- 5) GPS NE PRO icon will be placed in your desktop after installation.

## B) How to use the software:

- 1) Run the software by double clicking the icon on your desktop.
- 2) Clip the USB cable to your watch. This is the same cable used to charge the battery of the GPS watch. Make sure the four pins of the clip have a good connection to the four electrical contacts at the back of the watch.
- 3) Connect the USB cable to the USB port of your PC. The first time you do this, the PC will automatically install the drivers for the device.
- 4) The Software will prompt you to download the data. If not, Press the Download tab. The Download screen will appear.



- 5) Click on the Download Data tab. Data will be automatically downloaded to your PC. If there no proper contact between the USB clip and the watch, an error may occur

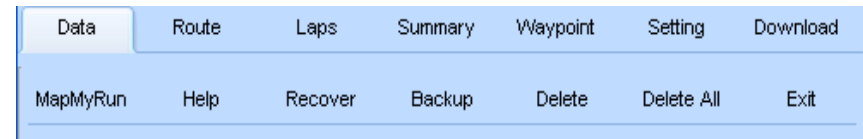
and the software will prompt you to check the cable. Repeat the downloading after checking the cable.



- 6) After downloading the data, the software will prompt you to delete all data in the GPS watch. Default option is NO. WARNING! If you select yes, all data in the watch will be deleted.



- 7) Click on any of the tabs to open up the desired window. A new window will open with the various tabs. Following are the tabs on the upper left side of the screen.



**7.1. DATA tab:** You can view on this tab the following information. Just click on the file name listed on the left side of the screen.

- 7.1.1) Date
- 7.1.2) Start Time
- 7.1.3) Duration
- 7.1.4) Run name
- 7.1.5) Distance
- 7.1.6) Average Speed
- 7.1.7) Average Pace
- 7.1.8) Average HR
- 7.1.9) In Zone Time
- 7.1.10) Calories
- 7.1.11) Graphical presentation of data
- 7.1.12) Tabulated presentation of data



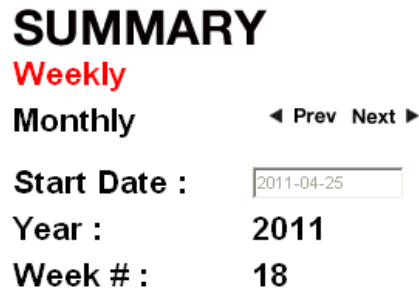
**7.2. ROUTE Tab:** In this tab you can view the route of your exercise if you perform the exercise with GPS ON. If GPS is OFF, the route or map will not be shown. You can choose 3 options in the map screen, MAP, SATELLITE, and EARTH. You can click on these tabs in the upper right side of the screen.



**7.3. LAPS tab:** You can view the following file information plus the LAP details in this tab. Just click on the file name listed on the left side of the screen.

- 7.3.1) Date
- 7.3.2) Start Time
- 7.3.3) Duration
- 7.3.4) RUN name
- 7.3.5) Distance
- 7.3.6) Average Speed
- 7.3.7) Average Pace
- 7.3.8) Average HR
- 7.3.9) In Zone Time
- 7.3.10) Calories

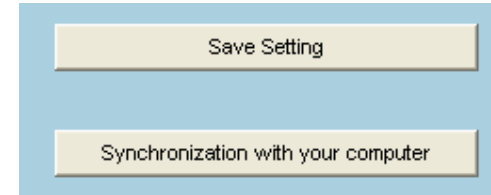
**7.4. SUMMARY tab:** You can view your data in graphical presentation. You can select Weekly or Month data summary.



**7.5. WAYPOINT Tab:** Your saved waypoints will be displayed on this tab through the Google map. Waypoints are listed on the left side of the screen with the WAYPOINT name, Latitude, Longitude.

**7.6. SETTING Tab:** You can change the setting of your watch through this tab. After changing the settings, click on the save settings tab and Synchronize with your computer tab on the lower left side of the screen. Please note that the default

unit of the PC software is Miles. If you download a data from GPS watch with KM units, the data will be downloaded with KM units. You have to change the unit to KM and save it before exiting the PC software. Otherwise the unit will be automatically converted to Miles.



**7.7. Download Tab:** click this tab after connecting your GPS watch to download the data.

**7.8. MapMyRun Tab:** Third party application. You are required to register to enjoy their services. Internet explorer will be opened when you click this tab.

**7.9. HELP Tab:** Click this tab to open the internet Help website.

**7.10. RECOVER Tab:** Use this tab to recover a previously saved data using the BACKUP tab.

**7.11. BACKUP Tab:** Use this tab to back up your data and save it in your PC.

**7.12. DELETE Tab:** use to delete a selected Run data file. You will be asked to confirm the delete operation.

**7.13. DELETE ALL tab:** Use to delete all Run data files. Be careful not to accidentally delete all your files. You will be asked to confirm the delete operation.

**7.14. EXIT tab:** Use to exit the PC software.

8) Sample screenshot of Google earth with data track.



9) Sample screenshot of **DATA** tab:



I receive an error prompt:  
"Check the connection of the  
USB plug"

The USB connector was not properly connected to your watch. Please check for any contamination between the contact pins of the plug and the contacts at the back of the watch. Clean with pins and the contacts with dry cloth and try again.

**NOTE:**

The colors in the screen shots may vary depending on the software version.

**C) PC Software troubleshooting guide:**

PROBLEM/ QUESTION	SOLUTION/ ANSWER
Is this software compatible with my windows operating system?	This software is compatible with the following windows operating system: <ul style="list-style-type: none"> <li>• Windows 7</li> <li>• Windows XP SP 1, 2, 3</li> <li>• Windows Vista SP 1, 2</li> <li>• Windows 2000 SP 4</li> <li>• Windows 98</li> </ul>
I receive an error prompt: "A script on this page is causing Internet Explorer to run slowly. If it continues to run, your computer might become unresponsive."	That message will appear when there are too many data for Google map to handle. The number of data varies with internet speed.