

Art No. GM300-BR-GB-APA  
GPS

# GPS INSTRUCTION MANUAL

## RANGE OF APPLICATION

The GPS device is a navigation system. By using the 24 satellite network circling the earth, the position of user can be determined. This is possible at any time and everywhere in the world.

- The GPS device is designed for use as a global positioning system.
- The GPS device serves mainly for the measurement of distances, speed, altitude and navigation by using the US-American 24 satellite network.
- The device is not suitable for demanding applications such as paragliding, sky diving or soaring.
- The GPS device is designed for private use and not suitable for commercial use.

A use different other than described in this instruction manual is not advisable and can lead to damage or injury. We assume no liability for damages resulting from improper use. Further directions and explanations can be found in the instruction manual.

## GPS Reception

To use the GPS function of your GPS device optimally, it is imperative that the following instructions are followed:  
The GPS device is a global positioning system (GPS), which mainly serves for the measurement of distances, speed, altitude and navigation by using the US-American 24 satellite network. The United States of America operates this 24 satellite network and is responsible for its accuracy and maintenance.

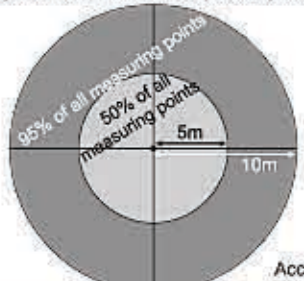
Only during clear weather (clear sky) and suitable reception area - open area and clear view of the sky - can a faultless satellite reception be ensured.

Since satellite signals react very sensitively to outside influences, bad weather conditions (such as strong winds) as well as a disturbed reception area (GPS device is covered by clothing or other objects, high buildings or narrow valleys and groups prevent reception) can seriously impair the performance and accuracy of the GPS device. The GPS reception in buildings is very reduced or impossible. Near windows, as well as in rooms with large windows and free sight of the sky, the position can be determined in certain circumstances, depending on the current position of the satellites. In closed rooms and in cases the GPS reception is practically always impossible.

**WARNING!** Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

## TECHNICAL DATA

Data GPS device  
Memory for GPS data 351 hours  
Accuracy GPS: 5 metres  
The indication of the accuracy is derived from the so called 50% CEP (Circular Error Probability). This means that 50% of all measurements during very good satellite reception are within the stated radius of 5m. However this also means that half of the measured points are outside this radius. It is furthermore the case that 95% of all measured points are within a circle of twice the stated radius. This means that during very good satellite reception almost all points are within a circle of 10m radius. The determined position in the worst case practically always accurate to about 10m.



Accuracy of Positioning

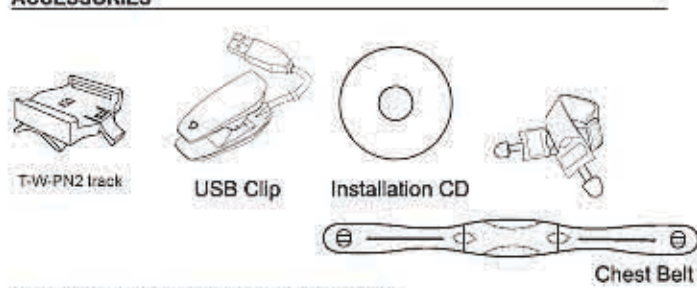
## BACKLIGHT

Backlight will be turn on for 5 sec by pressing button B  
Backlight will be turn on for one hour by Holding button B. Holding Button B again will turn off the prolong backlight.

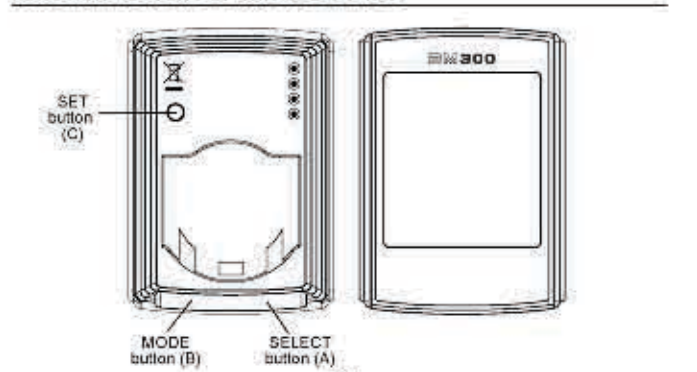
## FAULT TROUBLESHOOTING

No Satellite Reception  
We recommend placing the GPS sport computer in an open area with free view of the sky some minutes before you start your training. Please see notes as stated in "GPS Reception".

## ACCESSORIES



## FUNCTION BUTTONS OF THE GPS DEVICE



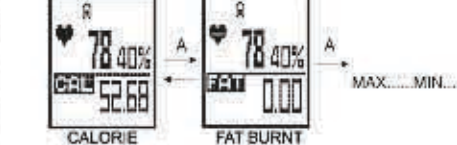
## CLEANING AND MAINTENANCE

- Clean the GPS device only with a soft, moist, lint free cloth.
- Do not use solvents, acidic or gaseous cleaning agents.
- Take care not to leave any water drops on the display of the GPS device. Water can cause permanent discolorations.
- Do not expose the display to bright sunlight nor to ultraviolet radiation.
- On the display of the GPS device is a transparent protective film. The reception could be distinctly reduced by this. You can read more about GPS reception in item "GPS Reception".

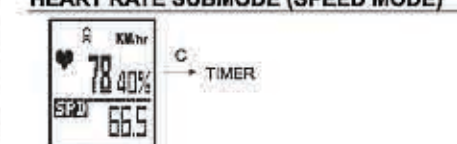
Please take care that the GPS device has a clear view of the sky to ensure a faultless reception of the signals. Otherwise limitation of the performance and the accuracy could result. Take care that the GPS device is not covered by clothing... The reception could be distinctly reduced by this. You can read more about GPS reception in item "GPS Reception".

## HEART RATE SUBMODE (CALORIE/FAT BURNT)

By pressing the RECALL button(B) you can change the readout in the lower part of the display as follows:

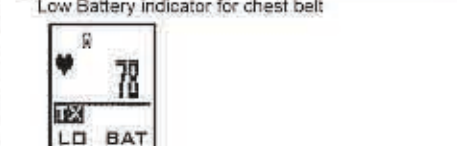


## HEART RATE SUBMODE (SPEED MODE)



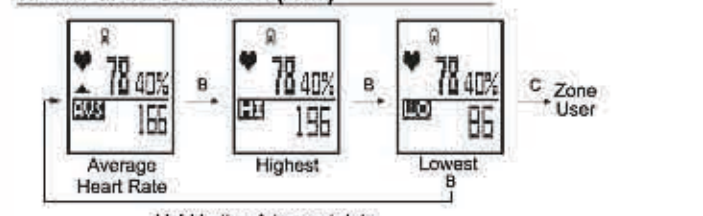
Speed only works when GPS signal is received.

Low Battery indicator for chest belt



When battery of the chest belt require replacement, in Heart Rate mode, the lower portion will display TX LO BAT (Transmitter Low Battery), please change battery according to the instruction in changing battery.

## HEART RATE SUBMODE (AVG)



Hold button A to reset data

## KNOW YOUR LIMITS AND DETERMINE YOUR PERSONAL EXERCISE ZONE

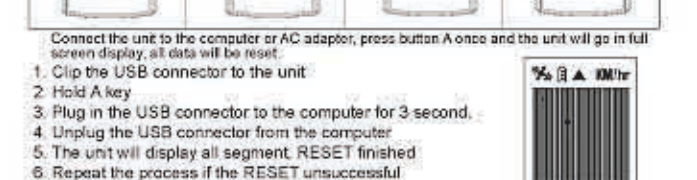
Exercise zones are established by setting Upper and Lower Heart Rate Limits. These limits constitute a certain percentage of your Maximum Heart Rate (MHR).  
You may already know your MHR if you are an avid athlete or if you have already taken a Max. HeartRate test. If not, the following formula will help you to make an educated guess:

1. Clip the USB connector to the unit
2. Hold A key
3. Plug in the USB connector to the computer for 3 seconds.
4. Unplug the USB connector from the computer
5. The unit will display all segment, RESET finished
6. Repeat the process if the RESET unsuccessful

## Recharging the battery

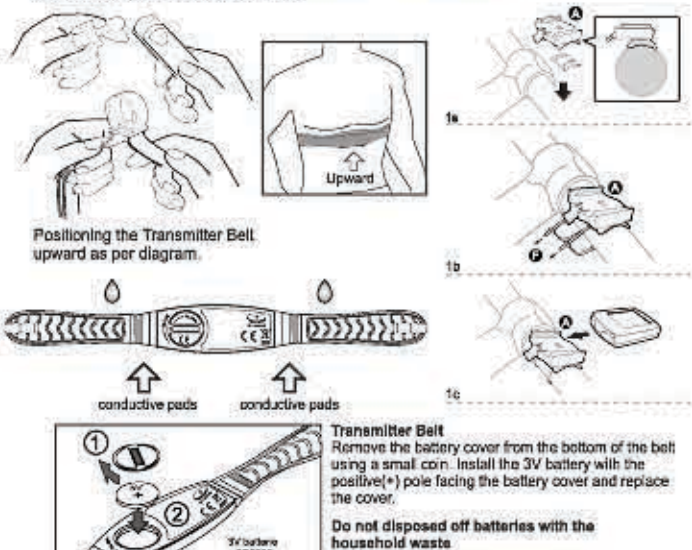


Please follow the procedure of the attached diagram to recharge:  
1. Attach the clip to the bike computer with the four pins matching the four contacts at the back of the unit. Please do not press any button during the procedure.  
2. Plug the USB cable to the computer or AC adapter.  
3. If successfully charging, a charging icon will display on the screen of the computer.  
4. When fully charged, all 3 segments of the battery icon will be displayed.  
5. Unplug the USB from the computer or AC adapter before disconnect the clip from the unit.



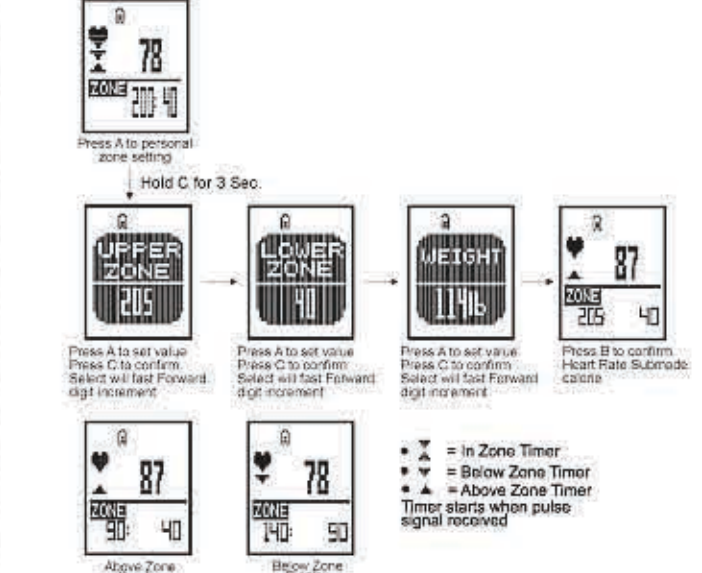
## WEARING THE TRANSMITTER BELT

Adjust the elastic belt so that it fits lightly around your chest just below the pectoral muscles. Make sure the transmitter's conductive pads with saliva or ECG-gel (available at your local chemist's) in order to ensure a good contact with the skin at all times.



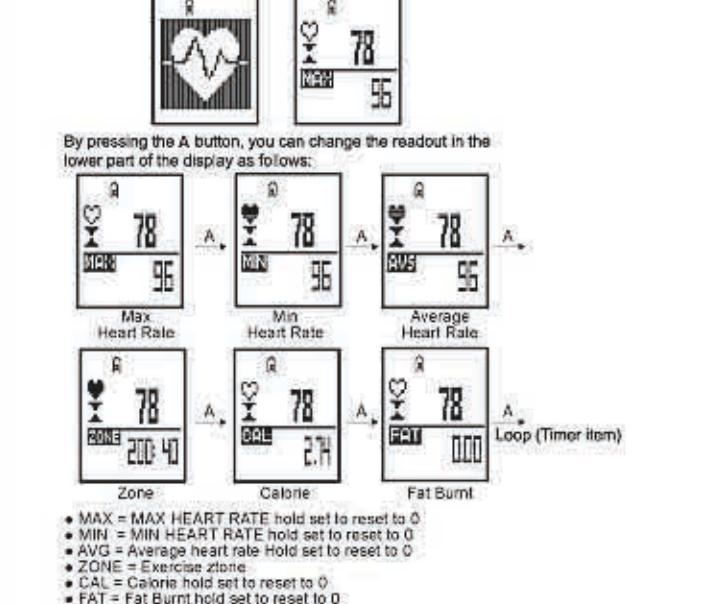
## HEART RATE SUBMODE

By pressing button B you can change the readout in the lower part of the display as follows:



## HEART RATE MODE

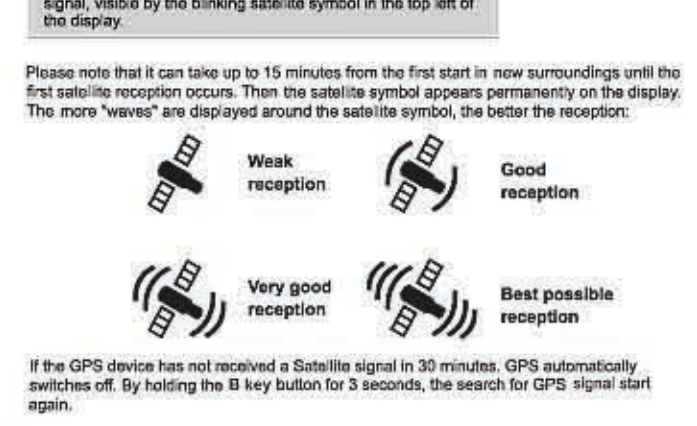
Press the B button until you are in the heart rate mode, as shown in the following readout(graphics on the left).



## GPS RECEPTION

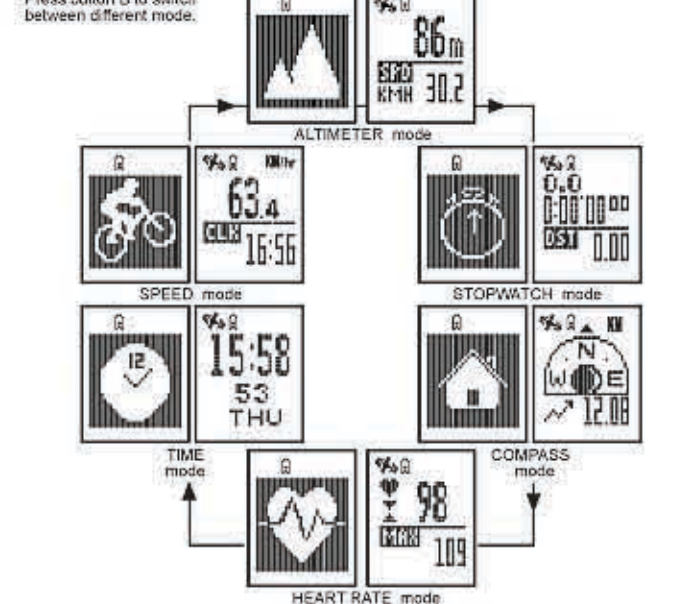
Tip:  
Hold the GPS still for a few minutes in an open area before you start your journey or drive in an open area with free sight of the sky and switch it on, press and hold the B button for about 3 seconds.

To Turn on/off GPS, go to GPS mode  
Hold B key to GPS on/off Screen  
Press SEL to toggle between on/off, Press B to confirm



## TO TURN ON AND DISPLAY DIFFERENT MODE

1. Press and hold SATELLITE ON/OFF (B) button for 3 seconds to turn on the GPS device.
2. Press MODE (B) button to switch between different mode.

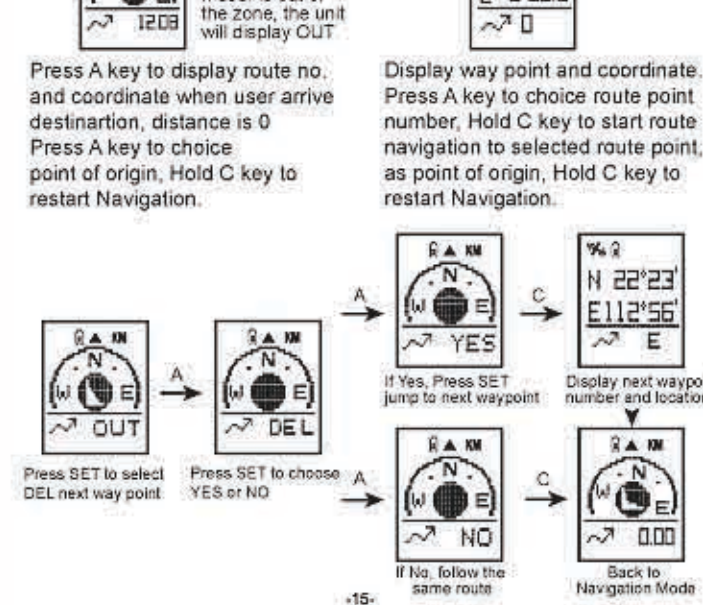


Download route from computer works on Route Navigation mode only Route record by watch can only use for return home function

Display of Position:  
When the GPS device is connected to the satellites, the latitude and longitude for every position is displayed. An N is added to the latitude (north of the equator) or S (south of the equator).  
A W is added to the longitude (west of the prime meridian) or E (east of the prime meridian).  
N = North → northern latitude  
S = South → southern latitude  
E = East → eastern longitude  
W = West → western longitude  
The position is displayed in the common format degrees ° minutes ' seconds ".  
Example:  
N 48° 5' 41.4"  
E 14° 0' 43.0"  
= 48 degrees 5 minutes 41.4 seconds northern latitude  
14 degrees 0 minutes 43.0 seconds eastern longitude  
Note: During Route Navigation or Return Home, you must stay in Route Navigation Submode otherwise the GPS device will not keep you tracking along the route.

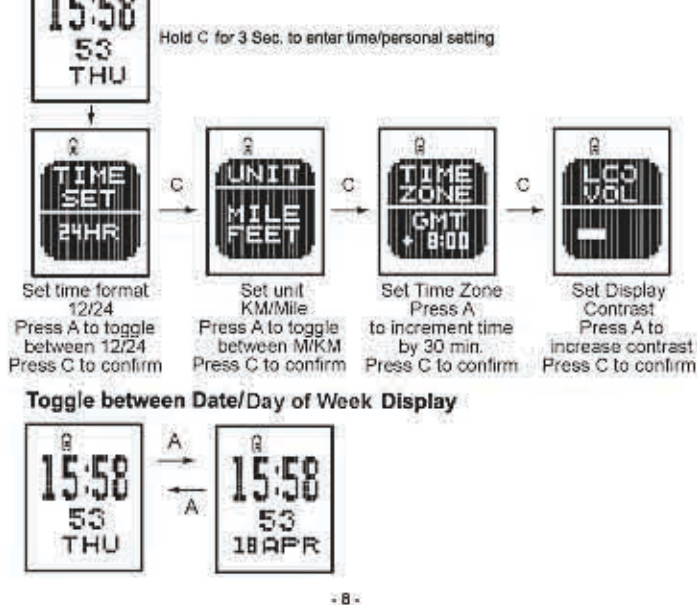
## Compass Mode (Function only with Satellite Signal)

Press the B button until you are in the compass mode, as shown in the following readout:



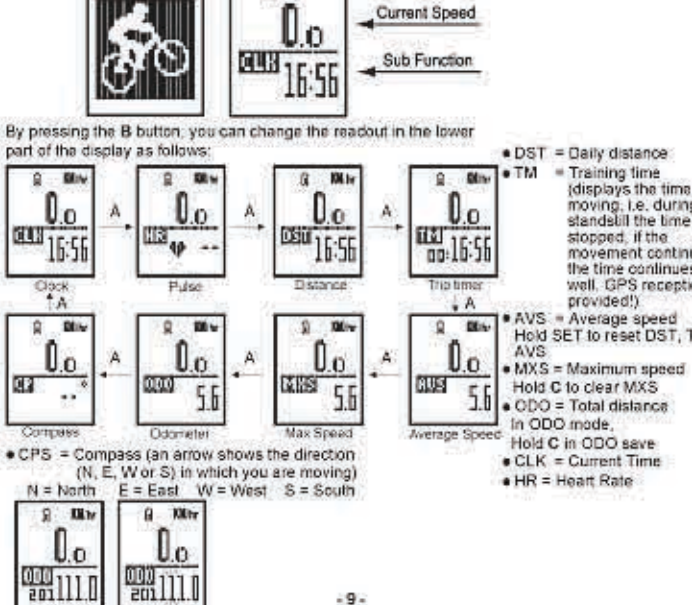
## ALTIMETER MODE

To set a different time zone, please follow:



## SPEED MODE

Press the A button until you are in the speed mode, as shown in the following readout (graphics on the left).



## HOME Navigation

The arrow pointing at Home, the bottom digit is the distance from HOME

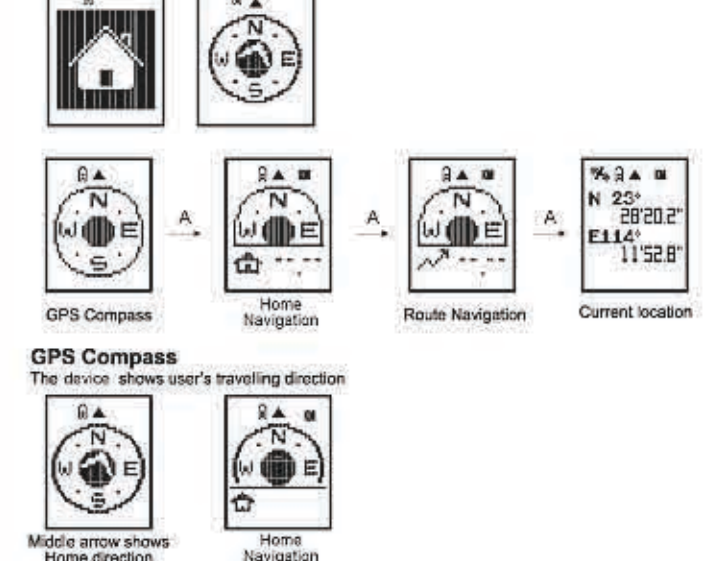
User can set the current location as home by press A key. Press C key to view home location, Press C key again to go into Home Navigation mode.  
When user reach HOME, the arrow will change into the HOUSE icon

## ROUTE NAVIGATION

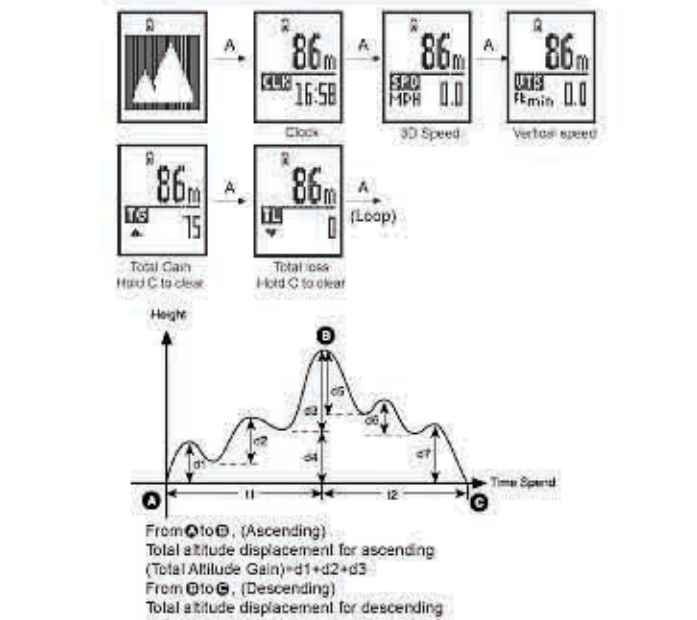
User can build a track with their computer and transfer the track to the meter, after the transfer the user can follow the direction from the meter. There are a total of 4096 route point (turns) as maximum for the whole track.

## Compass Mode (Function only with Satellite Signal)

Press the B button until you are in the compass mode, as shown in the following readout:

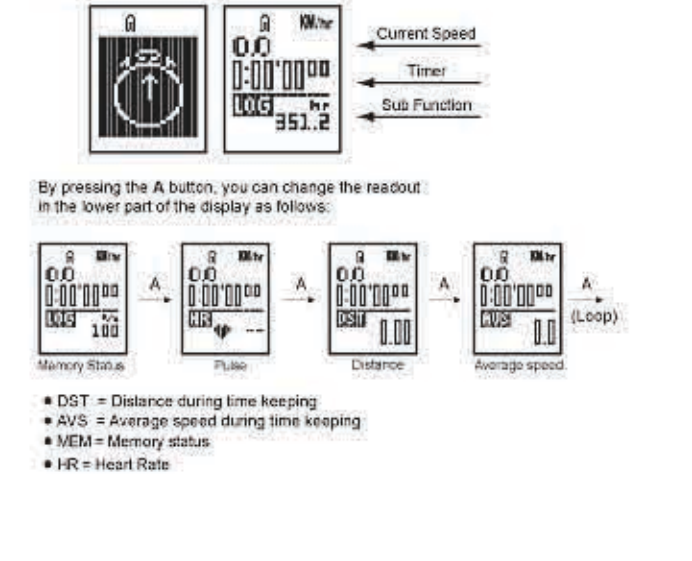


## ALTIMETER MODE



## STOPWATCH MODE

Press the B button until you are in the stopwatch mode, displayed by the following readout:



## Recording Data

Notice:  
Please note that the GPS and pulse data are saved in the GPS device only during on going timekeeping.  
You can change to all modes during timekeeping, the recording of GPS and pulse data continues until you stop the timekeeping in the stopwatch mode or the memory is full.  
1. Press the B button to start timekeeping. During ongoing timekeeping the GPS and pulse data are recorded.  
2. To stop the timekeeping and also the recording of GPS and pulse data, press the C button again.  
3. To continue the timekeeping and therefore also the recording of GPS and pulse data, press the C button again, to stop again the C button.  
4. To reset the timekeeping and save the recording of the GPS and pulse data, press the C button for about 3 seconds during stopped timekeeping. Your run or ride is now saved as one recording in the GPS device.  
5. If you start the timekeeping again with the C button again, a second recording is started, etc.  
Deleting the Memory:  
If the timekeeping is at zero, press the C button for about 5 seconds.  
CLEAR ALL STORE DATA IN WATCH  
In Stopwatch memory screen, Hold SET button(C) for 5 seconds, then select YES or No by pressing SELECT button (A) clears all memory  
To download the saved recordings follow item Transfer of GPS data to a Computer.