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NAVMAN



# W300

USER GUIDE

English

W300

## Welcome

Navman's GPS Sport.Tool 300 series provides an affordable and reliable way to track and store a variety of personal performance indicators.

Please read this guide carefully and familiarize yourself with the interface and functions, as well as the intended use and limitations of the Navman W300 GPS Sport.Tool.

This product complies with CE, FCC, Canada 210, and C-Tick regulations.

Operation is subject to the following two conditions:

- (1) this device may not cause interference
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

**WARNING: Entering information or handling the Navman Sport.Tool while moving is unsafe and may cause you to be distracted or fail to observe safe practices necessary to avoid death, serious injury, collisions or accidents to you or others. Use the memory functions to review data when you are not moving.**

**CAUTION: The Navman W300 GPS Sport.Tool is intended for recreational use only. Do not use this product for obtaining measurements that require professional or industrial precision. Consult your physician before starting or changing any exercise programs.**

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## 1.0 General information

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### 1.1 Checklist

The W300 package should contain the following items:

- Navman W300 GPS Sport.Tool
- armband
- quick guide
- user guide
- 1 x AA battery
- registration card

### 1.2 Care and maintenance

Do not attempt to disassemble the W300; there are no user serviceable components in this product.

The W300 is of robust design. However, care should be taken to protect from shocks or extreme heat.

Clean using only a soft cloth with mild soap and warm water. Do not use abrasive cleaning materials or products. We recommend rinsing the W300 with fresh water after any exposure to salt water.

**CAUTION: Please ensure battery cover is in place during cleaning.**

Store the W300 away from direct sunlight or extreme heat sources. (Remove battery before storing for an extended period.)

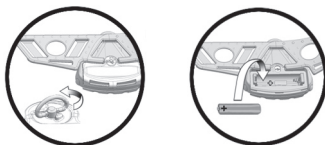
### 1.3 Water resistance

The Navman W300 GPS Sport.Tool is water resistant.



## 1.4 Changing the battery

Always shut down the W300 before changing the battery.

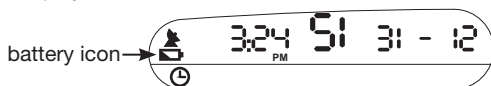
**Note: All system settings, and the calculated data that was stored at the last controlled shutdown\*, are retained when the battery is removed. This information persists indefinitely until updated or reset.**




1. Turn D-ring anti-clockwise and slide enclosure cover down to open battery enclosure.
2. Insert battery with «+» end as indicated inside enclosure.
3. Replace enclosure cover (ensuring lugs at the bottom of the cover are aligned with slots in the enclosure surround), turn D-ring clockwise to seal.

**!** **For best performance:**  
**General use =  Alkaline**  
**Below 5 °C =  NiMH**

If battery power becomes low during operation the battery icon is displayed.



 constant = low power

 flashing = approx. 5 min before automatic shutdown\*\*

\* Press and hold  to perform a controlled shutdown.

\*\* When battery power becomes too low to continue operation, a controlled shutdown is automatically executed (current data is saved).

## 2.0 Navman W300 interface

### 2.1 Button functions



There are two control buttons, ● and ▶. These buttons are pressed separately or together to turn the unit on and off, cycle through modes, and select mode options.

Throughout this guide the button icons are used as follows:

- = press this button
- ▶ = press this button
- ▶ = press both buttons together

**Note:** where it is required to press and HOLD buttons, a countdown begins. To perform the required action continue to hold until the counter reaches zero; if you release the button sooner the action will not be performed.

### 2.2 Display screen



The illustration above shows the complete display capability of the W300. Only a sub-set of these elements appear at any time during operation.

The upper screen section displays the antenna and battery icons, as well as all values and units. The lower screen section displays the mode icons and the setup icon (SYSTEM SET).

#### Mode Icons

Clock		Speed (Average)	AVG
Timer		Odometer	873
Speed		Calories	Cal



## 3.0 Getting started

### 3.1 Be outdoors

The W300 is not intended for operation indoors or under water as it uses Global Positioning System (GPS) satellites to get time and date information, and to calculate distance and speed. For best results, always use the W300 outdoors with an unobstructed view of the sky.





### 3.2 Fit the W300

The W300 is designed to be worn on the left upper arm. The easiest way to fit the unit is to feed the strap through the fastener to create a loose enclosure. Then slide your left arm through the enclosure and tighten the strap after the unit is in a comfortable position.



### 3.3 Startup


Press and hold  to turn the power on and enter setup, OR press  to turn the power on and start normal operation. First start may take up to 80 seconds to get all the satellite data

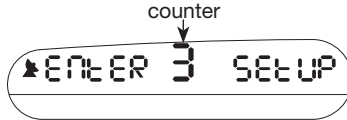
-  Flashing = seeking GPS data
-  Constant = GPS data obtained


**!** Always enter setup first if you wish to change settings.  
**■** To enter setup after starting normal operation, you will need to shut down and re-start the unit.

### 3.3.1 Enter setup

#### To enter setup

Press and hold  to turn the power on and enter setup.

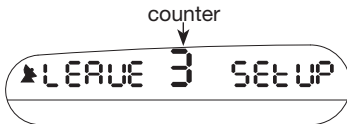



When the counter reaches zero, the W300 will enter setup. If you release  before the counter reaches zero the W300 will immediately start normal operation.

**Note:** To enter setup after starting normal operation you will need to restart the W300. For details about changing settings see Section 4.0.

#### To leave setup

Press and hold  to leave setup and start normal operation.



When the counter reaches zero, the W300 will leave setup and start normal operation in Speed mode. If you release  before the counter reaches zero the W300 will remain in setup.

**Note:** you must leave setup first if you want to turn the power off.

### 3.3.2 Start normal operation

#### To start normal operation

Press  to turn the power on and start normal operation.

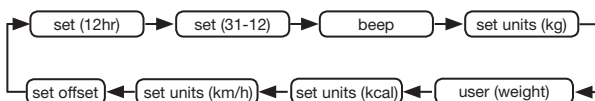
When starting directly into normal operation, the W300 will start in the mode it was in at last shutdown. (Speed mode is always displayed first when starting normal operation after leaving setup.) For details about normal operating modes see Section 5.0.

## 4.0 Setup

### 4.1 Setting options

Press and hold **⏻** to turn the power on and enter setup.  
Press **▶** repeatedly to step through the setting options.

Setting options are accessed in the order shown below. See subsequent sections for details about editing settings.



#### Set (12hr)

lets you set 12hr or 24hr time format

#### Set (31-12)

lets you set dd-mm or mm-dd date format

#### Beep

When beep is ON a beep will sound when the buttons are pushed.

#### Set units (kg)

lets you set weight units to kg or lb

#### User (weight)

lets you enter a value for your weight

This value will be used to calculate calories burned.

#### Set units (kcal)

lets you set energy units to kcal or kJ

These units are used to display energy burned in Cal mode.

#### Set units (km/h)

lets you set the speed units to km/h or mph

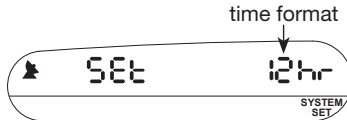
#### Set offset

lets you adjust the W300 to display local time

Press and hold **⏻** to leave setup and start normal operation.

### 4.1.1 Set time format

Set 12hr or 24hr time display format.



#### To access this option

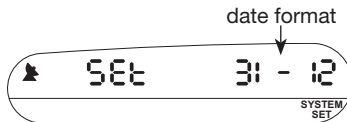
If necessary, press and hold **⏻** to turn the power on and enter setup. Press **⏻** repeatedly until the screen appears as shown above.

#### To set time format

- 1) Press **⏻** to start editing (time format option flashes).
- 2) Press **⏻** or **▶** to select 12hr or 24hr.
- 3) Press **⏻** to stop editing.
- 4) Press **▶** to go to the next option, or hold **⏻** to leave setup.

### 4.1.2 Set date format

Set 'dd-mm' or 'mm-dd' date display format.



#### To access this option

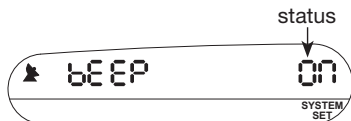
If necessary, press and hold **⏻** to turn the power on and enter setup. Press **⏻** repeatedly until the screen appears as shown above.

#### To set the date format

- 1) Press **⏻** to start editing (date format example flashes).
- 2) Press **⏻** or **▶** to select dd-mm or mm-dd.
- 3) Press **⏻** to stop editing.
- 4) Press **▶** to go to the next option, or hold **⏻** to leave setup.

### 4.1.3 Set button beep status

Set beep ON or beep OFF. When beep is ON, an audible ‘beep’ will sound when buttons are pressed.



#### Access this option

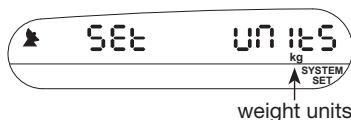
If necessary, press and hold **⏻** to turn the power on and enter setup. Press **⏪** repeatedly until the screen appears as shown above.

#### To set button beep status

- 1) Press **⏻** to start editing (setting status flashes).
- 2) Press **⏻** or **⏩** to select On or OFF.
- 3) Press **⏻** to stop editing.
- 4) Press **⏩** to go to the next option, or hold **⏻** to leave setup.

### 4.1.4 Set weight units

Set the weight units (kg or lb) for entering user weight value.



#### Access this option

If necessary, press and hold **⏻** to turn the power on and enter setup. Press **⏪** repeatedly until the screen appears as shown above.

#### To set weight units

- 1) Press **⏻** to start editing (weight units flash).
- 2) Press **⏻** or **⏩** to select kg or lb.
- 3) Press **⏻** to stop editing.
- 4) Press **⏩** to go to the next option, or hold **⏻** to leave setup.

### 4.1.5 Edit user weight

Edit the user weight value (used for calculating calories burned).



#### Access this option

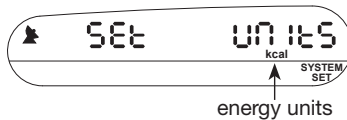
If necessary, press and hold **⏻** to turn the power on and enter setup. Press **⏪** repeatedly until the screen appears as shown above.

#### To edit user weight

- 1) Press **⏪** to start editing (weight value flashes).
- 2) Press **⏪** repeatedly to increase value by 1 (hold **⏪** to increase values quickly), or press **⏩** repeatedly to decrease value by 1 (hold **⏩** to decrease values quickly).
- 3) Press **⏪** to stop editing.
- 4) Press **⏪** to go to the next option, or hold **⏻** to leave setup.

### 4.1.6 Set energy units

Set energy units (kcal or kJ) for displaying energy (calories) burned when using Cal mode (see Section 5.1.4).



#### Access this option

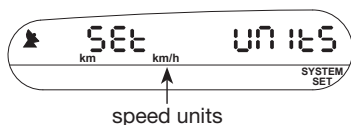
If necessary, press and hold **⏻** to turn the power on and enter setup. Press **⏪** repeatedly until the screen appears as shown above.

#### To set energy units

- 1) Press **⏪** to start editing (energy units flash).
- 2) Press **⏩** or **⏪** to select kcal or kJ.
- 3) Press **⏪** to stop editing.
- 4) Press **⏪** to go to the next option, or hold **⏻** to leave setup.

#### 4.1.7 Set speed units

Set units for speed (km/h or mph).



##### Access this option

If necessary, press and hold **⏻** to turn the power on and enter setup. Press **⏻** repeatedly until the screen appears as shown above.

##### To set speed units

- 1) Press **⏻** to start editing (speed units flash).
- 2) Press **⏻** or **▶** to select km/h or mph.
- 3) Press **⏻** to stop editing.
- 4) Press **▶** to go to the next option, or hold **⏻** to leave setup.

**Note:** Distance is displayed in units that correspond to the selected speed units. For example, if you select speed units 'km/h', then distance is displayed in 'km'.

### 4.1.8 Set offset (set local time)

This option lets you adjust the W300 to display local time\*. You only need to do this once, unless operating the unit in a new time zone.

(\* By default the W300 displays GPS time. The W300 will perform all functions accurately without adjusting the offset to display your local time.)

Note: If you attempt to change the time offset before all GPS data are obtained, the screen displays 'no GPS' and the antenna icon flashes until all GPS data are received.

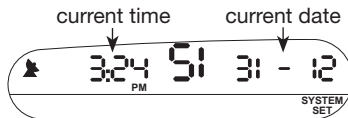


#### Access this option

If necessary, press and hold **⏻** to turn the power on and enter setup. Press **⏪** repeatedly until the screen appears as shown above.

#### To set local time

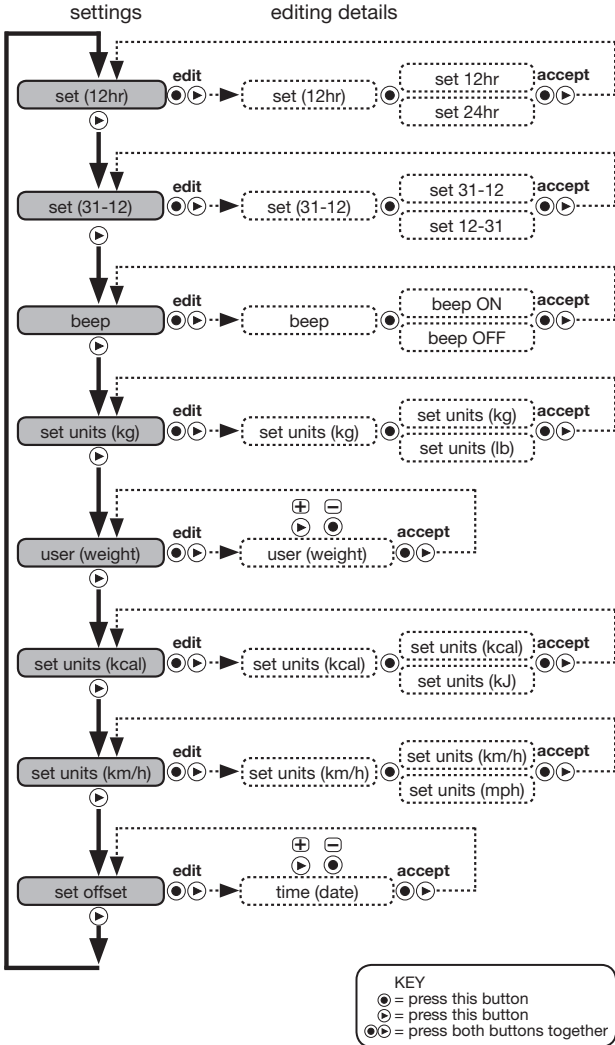
1) Press **⏪** to start editing (the screen now appears as shown below). The current time value flashes. The date is displayed to ensure that adjustments are made in the correct direction.



- 2) Press **⏪** repeatedly to set time display forward (press and hold **⏪** to set time display forward quickly), or press **⏩** repeatedly to set time display backward (press and hold **⏩** to set time display backward quickly).
- 3) Press **⏪** to stop editing.
- 4) Press **⏪** to go to the next option, or hold **⏻** to exit setup.



### 4.1.9 Editing settings (overview)



## 5.0 Normal operation

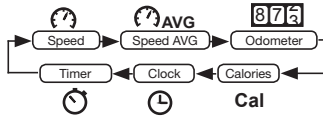
### 5.1 Modes

Press **⏻** to turn the power on start normal operation.

Press **▶** repeatedly to step through the modes (press and hold

**▶** to cycle through the modes quickly).

Modes are accessed in the order shown below. See subsequent sections for details about using different modes.



#### Speed

shows distance, speed and pace\*

#### Speed (AVG)

shows distance, average speed and pace

#### Odometer

shows total distance since last odometer reset

#### Calories

shows calories burned

#### Clock

shows current time and date

GPS time is displayed unless you set local time, see Section 4.1.8.

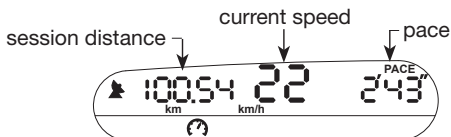
#### Timer

shows session\* time



(\*See glossary.)

### 5.1.1 Speed mode



This mode lets you monitor session distance, current speed and pace.



#### To access this mode

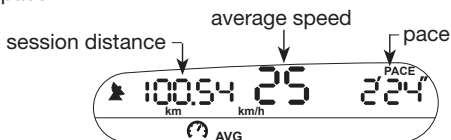
If necessary, press  to turn the power on and start normal operation. Press  repeatedly until the screen appears as shown above.

#### While in Speed mode



- Press and hold  to clear all\* session data. (\*Does not clear odometer.)
- Press  to go to the next mode.

### 5.1.2 Speed (Average) mode



This mode lets you monitor session distance, average speed and pace.



#### To access this mode

If necessary, press  to turn the power on and start normal operation. Press  repeatedly until the screen appears as shown above.

#### While in Speed (Average) mode

- Press and hold  to clear all\* session data. (\*Does not clear odometer.)
- Press  to go to the next mode.

### 5.1.3 Odometer mode

This mode lets you monitor total distance.



#### Access this mode

If necessary, press **⏻** to turn the power on and start normal operation. Press **▶** repeatedly until the screen appears as shown above.

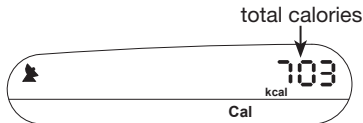
#### While in Odometer mode

- Press and hold **⏻** to clear odometer only.
- Press **▶** to go to the next mode.

**Note:** The W300 displays distance in units corresponding to speed units (see section 4.1.7).

### 5.1.4 Calories mode

This mode shows total energy burned for the session, or since last calories reset.



#### Access this mode

If necessary, press **⏻** to turn the power on and start normal operation. Press **▶** repeatedly until the screen appears as shown above.

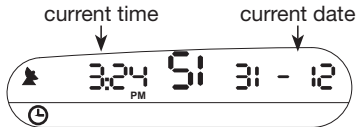
#### While in Calories mode

- Press and hold **⏻** to clear calories only.
- Press **▶** to go to the next mode

### 5.1.5 Clock mode

Clock mode shows the current time and date.

(Time is only displayed while GPS satellite signals are available. By default, GPS time is displayed. See section 4.1.8 for instructions on setting local time.)



#### Access this mode

If necessary, press **⏻** to turn the power on and start normal operation. Press **⏪** repeatedly until the screen appears as shown above.

#### While in Clock mode

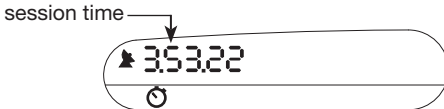
- Press and hold **⏻** to clear all\* session data. (\*Does not clear odometer).
- Press **⏪** to go to the next mode.



**Note:** If GPS signals are not yet obtained a 'no GPS' alert is displayed. The antenna icon flashes until GPS signals are received.

### 5.1.6 Timer mode

Timer mode lets you monitor session time.



#### Access this mode

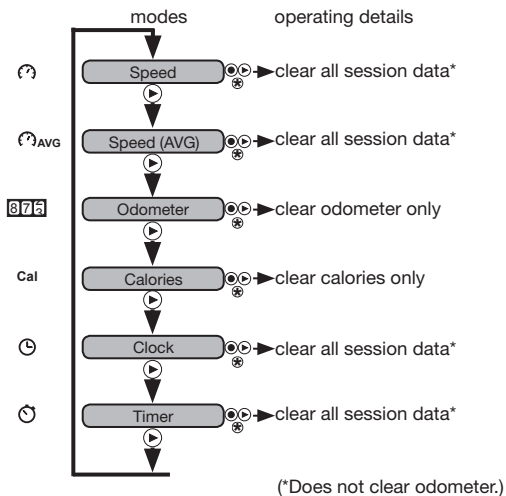
If necessary, press **⏻** to turn the power on and start normal operation. Press **⏻** repeatedly until the screen appears as shown above.

#### While in Timer mode

- Press and hold **⏻** to clear all\* session data. (\*Does not clear odometer.)
- Press **⏻** to go to the next mode.

**Note: The timer starts automatically whenever you start moving and stops whenever you stop moving.**

### 5.1.7 Mode operation (overview)







#### KEY

- = press this button
- ▶ = press this button
- ▶ = press both buttons together
- ◐ = press and hold both buttons together

## 6.0 Restoring default settings

**! WARNING: Restoring factory default settings clears all stored data and all user selected settings!**

### To restore all default factory settings

- 1) make sure the unit is off
- 2) press and hold  to turn the unit on – DO NOT RELEASE 
- 3) while holding , press  five times



### When restoring default settings

The screen displays the message 'reset all' and a counter. If you stop any time down to 1 on the counter, default settings will not be restored and all current settings and data will not be cleared. After pressing the fifth time, the 'reset done' message appears and all settings are restored to factory defaults. A controlled shutdown is executed automatically after defaults are restored.

After factory default settings have been restored, when the W300 is next turned on you will need to enter setup if you want to display local time or adjust other setting preferences.



## 7.0 Glossary

### **Global Positioning System (GPS)**

A satellite tracking system.

### **Pace**

The current pace value shows how long it would take to run one distance unit (1 km or 1 mile) at your current speed. The distance unit depends on the speed units currently being used. For example, if you are using speed units 'km/h', then the pace displayed is the time it would take you to run 1 km if you maintained your current speed.

### **Session**

A session includes all time that the Sport.Tool has been actively operating since first start-up, or since the session data was last cleared. Clearing the session data removes all stored data from the previous session except the odometer value, which must be cleared separately.

## 8.0 Copyright

This publication and its contents are proprietary to Navman and are intended solely for the use of its clients to obtain information about the operation of Navman Sport.Tool products, it should not be used or distributed for any other purpose. Proprietary information and specifications relating to this document or the Navman Sport.Tool products are subject to change without notice.

## 9.0 Additional warnings, disclaimers, and limitations on liability

It is the user's sole responsibility to set-up and use the Navman GPS Sport.Tool (the Product) in a manner that will not cause accidents, personal injury or property damage to you or others. Entering information or handling the Product while moving is unsafe and may cause you to be distracted or fail to observe safe practices necessary to avoid death, serious injury, collisions or accidents to you or others.

The user of this Product is solely responsible for observing safe practices and for following the instructions including, but not limited to, those instructions relating to the care and use of the Product in the User's Guide (this document). Failure to follow instructions provided in this document relating to the care and use of the product may cause the product not to perform in its designed potential or specifications, or may result in voiding of the warranty. Navman NZ Limited (Navman) neither owns nor maintains the Global Positioning Service (GPS). Navman assumes no responsibility for the quality or continuity of the GPS service. Navman will not accept the return of products where dissatisfaction results from any changes to the GPS service.

**EXCEPT AS SPECIFICALLY STATED IN ANY LIMITED WARRANTY ACCOMPANYING THIS PRODUCT, (A) NAVMAN PROVIDES THE PRODUCT WITH ALL FAULTS, (B) THE ENTIRE RISK AS TO SATISFACTORY QUALITY, PERFORMANCE, ACCURACY, AND EFFORT IS WITH THE PURCHASER AND USER, (C) NAVMAN MAKES NO WARRANTY AGAINST INTERFERENCE WITH ANY PURCHASER'S OR USER'S ENJOYMENT OF THE PRODUCT OR AGAINST INFRINGEMENT, AND (D) NAVMAN DOES NOT WARRANT THAT THE OPERATION OF THE PRODUCT WILL BE CONTINUOUS OR ERROR-FREE. IN NO CASE WILL NAVMAN HAVE ANY LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, PUNITIVE OR OTHER DAMAGES EVEN IF IT IS AWARE OF THE POSSIBILITY OF SUCH DAMAGES. SOME STATES AND COUNTRIES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. NAVMAN WILL NOT BE LIABLE FOR ANY LOSS OF DATA. ANY IMPLIED WARRANTIES WILL ONLY LAST FOR THE PERIOD STATED IN THE ACCOMPANYING LIMITED WARRANTY. SOME STATES AND COUNTRIES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE WARRANTY PERIOD MAY NOT APPLY TO YOU.**

Each of these disclaimers is in addition to, and does not reduce the effect of, any other disclaimer. No dealer has the authority to change this warranty. No event that voids any warranty of the Product will have any effect on these disclaimers or limitations of liability. This disclaimer will be construed under the laws of New Zealand without regard for any conflict of law rules. Navman has taken care to ensure the information in this document is accurate. However, Navman assumes no responsibility for errors or omissions in the content of this document and no warranty of accuracy is expressed or implied. As Navman is continuously improving this Product, Navman may make changes to the Product at any time which may not be reflected in this document. Please contact your nearest Navman office if you require any further assistance. Navman' is a registered trade mark of Navman NZ Limited.