Training Gym Pro Instruction Manual

Version 1.0



The instruction manual uses for version 1.2.9 or later.

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1. How To Install PC Software Application

1.1 Installing the USB driver

For GH-625:

The USB driver is required to recognize your device via USB when it is connected to your PC.

- 1. Insert the CD into the CD-ROM drive, and the Auto-run will begin.
- 2. Select the appropriated driver base on your system to install driver to your PC.
- 3. Follow the instructions to complete the installation.

To check Computer Management>Device Manager, you may see the Virtual COM port has been detected while the device was plugged in.

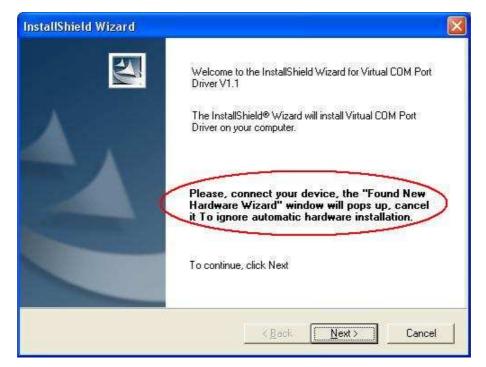
For Others:

- 1. Insert the CD into the CD-ROM drive, and the Auto-run will begin.
- 2. Click on the "GS-Sport Training Gym Pro" to install driver to your PC.
- 3. Follow the on-screen instructions to complete the installation.
- Step 1 : Use auto-run to install the USB driver or select the installation file from the CD-ROM



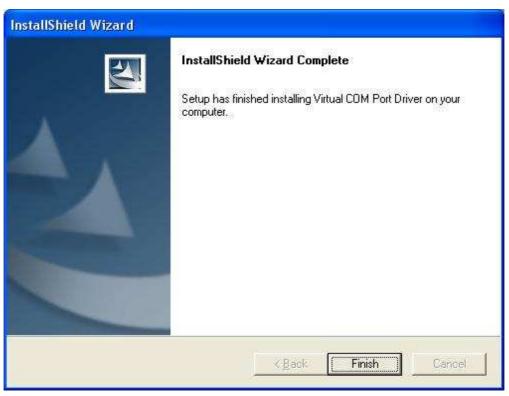
> Step 2: Connect the device to your PC and follow the instructions below circled in red.

"Please, connect your device, the "Found New Hardware Wizard" window will pop up; cancel it to ignore automatic hardware installation."





Step 3: The USB driver installation has been accomplished.



To check Computer Management > Device Manager, you may see the STM Virtual COM port has been detected.

1.2 Installing the Training Gym Pro

Install Framework v2.0 or above

To check the Microsoft Framework version in your system go to: "Control Panel > Add/Remove Programs" **Note**: Originally, the Framework version in Windows XP SP2, SP3 and Vista or above should be version 2.0.

• Installing the GS-Sport Training Gym Pro

Use auto-run to install GS-Sport Training Gym Pro or select the installation file from the CD-ROM.

Step 1: Click Setup.exe to install the Training Gym Pro.



Step 2 : Choose language

Installer Language		
	Please select a language.	
	English	~
	Chinese (Traditional) Deutsch	
	English	
	Español French	
	Italiano Japanese	

Step 3 : Press "OK"



Step 4 : Press "Install"

O GS-Sport Training Gym Pro Setup	
Choose Install Location Choose the folder in which to install GS-Sport Training Gym Pro.	
Setup will install GS-Sport Training Gym Pro in the following folder. To install in a diff folder, click Browse and select another folder. Click Install to start the installation.	erent
Destination Folder Program Files\GlobalSat Technology\GS-Sport Training Gym Pro Browse	
Space required: 5.5MB Space available: 30.9GB	
Nullsoft Install System v2.45	Cancel

> Step 5: Installation process and press "close" to enter the Training Gym Pro application.

GS-Sport Training Gym Pro Setup	
Installation Complete Setup was completed successfully.	
Completed Show <u>d</u> etails	
Nullsoft Install System v2,45 < <u>B</u> ack Close	Cancel

Step 6 The software will execute and connect the database automatically.



Step 7: Create a user account and select model.

🥳 GS-Sport Train	ing Gym Pro	x
Username	GSsport Save	Cancel
GS-Sport	Training Gym Pro New Usemame added Su <u>D</u> K	X Iccessfully
🥳 GS-Sport Trainir	ng Gym Pro	x
Select Model	GH-625	New User
Select User	GSsport	Edit
	Login	Delete

Note: Please base on your device type to select Model before use.

Step 8 : The process bar will detect connection via the USB cable.(please connect USB cable and device before open the software for application detecting the com port)



2. Running GS-Sport Training Gym Pro Application

You can run the GS-Sport Training Gym Pro by double clicking on the "GS-Sport Training Gym Pro " short-cut icon from desktop. Or go to **Start > All Programs > GlobalSat GS-Sport > GS-Sport Training Gym Pro.**



3. PC Software Application Introduction

3.1 System Requirement

For better performance, the following system requirements are recommended for GS-Sport Training Gym Pro:

- CPU: Pentium III Processor or higher.
- At least 512 MB of RAM

- Windows XP or Vista
- Internet Explorer 6.0 or higher
- Framework 2.0 or higher

3.2 How to Create/Login Software

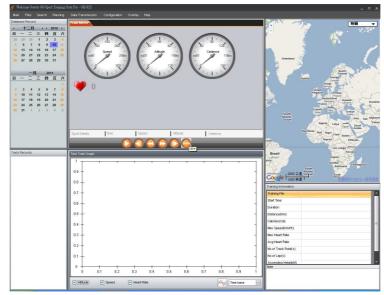
• You should have been prompted to create a user name when you installed the software



Login

🥑 GS-Sport Trai	ung Gym Pro	х
Select Model	GH-505	New User
Select User	GH-505	
Scieut User	GH-625	Edit
	Login	Delete

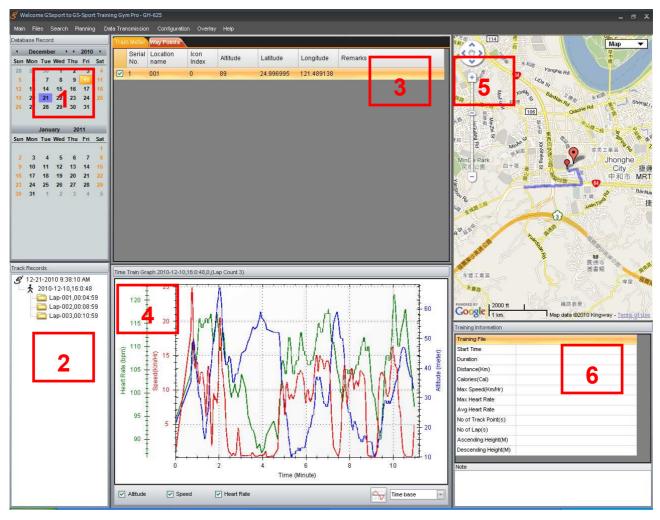
• GS-Sport Training Gym Pro software



Note:

- 1. You can create other user names to login and import backup database as well.
- 2. Please be sure that you are connected to the Internet before the software is opened

3.3 Section Description of Training Gym Pro



No.	Description				
1	Training database saved by calendar				
2	Track record	 ★ Sport Type : Walking Sport Type : Hiking ★ Sport Type : Running ● Sport Type : Biking ● By Time 			
3	Train meter, table list for record and	waypoints			
		Attitude graph			
	Statistics Analysis Chart	Speed graph			
4		Heart rate graph			
		Smooth curve			
		RPM (Available for GH-505)			

	E Mara	Google Maps(satellite, terrain, hybrid)		
5		Open Street Map (Cycle Maps)		
5 Maps	Maps	Open Street Map (Mapnik Maps)		
		Open Street Map (Osmarender Maps)		
6	Training Records Information			

3.4 Menu Structure of Training Gym Pro

	Import Activity	Import training data			
	Export Activity	Export training data			
	Conturo Coogle Man	Capture current Google Map window as JPG or			
	Capture Google Map	BMP format			
Main	Show on Google Map	Show Training data on Google Map.			
		Show Training data on Google Earth. You can			
	Show on Google Earth	see the training data which be selected o			
		google earth.			
	Log out	Log out and use another username			
	Exit	Exit Training Gym Pro software			
Files	Open	Open file (support gpx, kml format)			
Files	Save	Save file (support gpx , kml format))			
Search Data	Search by Date	Search records from database by selecting "start date" and "End date"			
	Search by Sport	Search records from database by selecting "start date" and "End date"			
Planning	Add address to create waypoints				
		Download from device			
	Track Points	Upload from device			
Data Transmission		Delete all from device			
Data Transmission		Download from device			
	Way Points	Upload from device			
		Delete all from device			
Configuration	Com port Setting	Device Com port setting			
	Device Configuration	Edit or modify your device information.			
	Firmware Upgrade	Upgrade the latest firmware			

		Metric
	Unit Exchange	Mile system
		Nautical
		English
		Chinese
		Spanish
	Language	German
		Italian
		French
		Japanese
		Altitude
Overlap	Time base	Speed
	Distance base	Heart Rate
		Pace
	About GS-Sport	GS-Sport introduction
Help	About US	The team information

4. PC Software Application

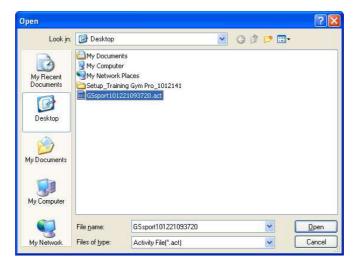
4.1 Main Menu

4.1-1 Import Activity

In GS-Sport Training Gym Pro, click [Main] > [Import Activity]

You can import any serial of GSsport Training Gym to Training Gym Pro software

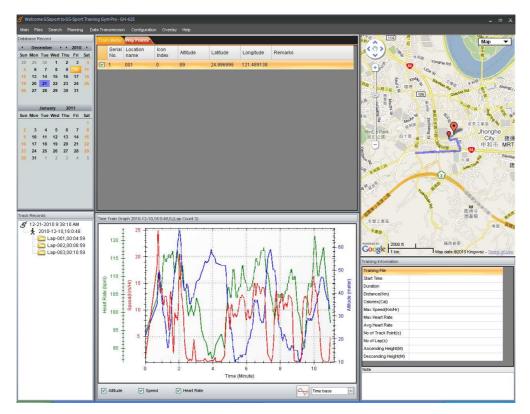
• Select the .act file of training data and then click" Open"



• Will pop a message when activity information be loaded successfully.



• The listed of loaded activity information showed on left bottom of column



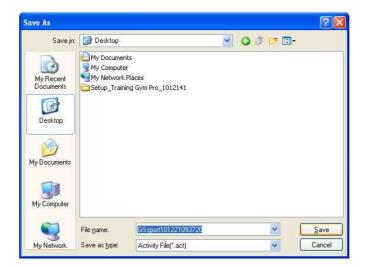
4.1-2 Export Activity

In GS-Sport Training Gym Pro, click [Main] > [Export Activity]

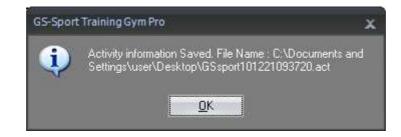
• Choose a training file you want to save name it on note column.

	Save Activity	
Frack Name	2010-12-10	
Note	training data	^
		Ŧ

To Save it.



• Will pop a message to let you know the file name and file be saved.



4.1-3 Capture Google Map

Capture current Google map window and save it as JPG format

4.1-4 Show on Google Map

Show the trained information on Google map directly.

4.1-5 Show on Google Earth

Show the training data on Google earth directly(please download google earth in advance)

4.1-6 Log Out

You can log application out and change other username to login.



4.1-7 Exit

When you click the exit, system will exit the software.



4.2 File Menu

4.2-1 Open

Choose the several kind of log file you want to load into Training Gym Pro software besides, it supports KML,

GPX, CSV, NMEA, TXT format.

4.2-2 Save

Choose the file from data base you want to save it. Right now it supports KML, GPX, CSV, NMEA, TXT format.

4.3 Search Menu

4.3-1 Search by date

Check "search by date " and select the period of date to get completely training information.

Search by D	ate							s
Start date	12/10	D/201	0	~				
End date	<	D	ecei	mbei	, 201	0	>	
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	28	29	30	1	2	3	4	
Search	5	6	7	8	9	10	11	
	12	13	14	15	16	17	18	
	19	20	21	22	23	24	25	
	26	27	28	29	30	31	1	
	2	3	4	5	6	7	8	
		Τοσ	lay: ′	12/21	/2010			

4.3-2 Search by sport type

You can seek the sport you interest by search by sport types

• Check "Search by date" or 'Search by sport" to find the training data. Or select both at the same time to find accuracy data



• The completely training information will still show on the left bottom of column..

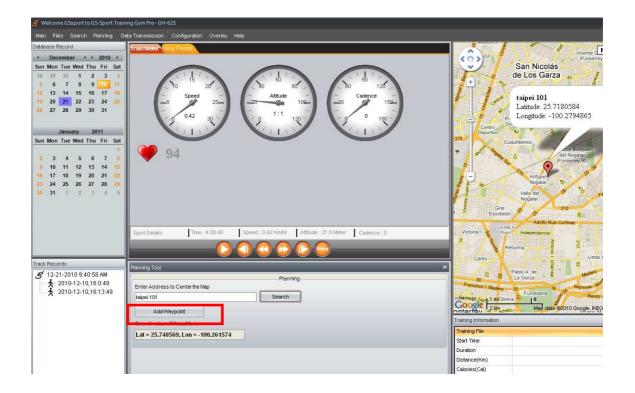
Track Records	Search Data	×
 12-21-2010 9:40:58 AM 2010-12-10,16:0:48 2010-12-10,16:13:49 	Search by Date	Search Search
	Start date 12/10/2010 💌	Valking
	End date 12/21/2010	
	Search	

4.4 Planning Menu

You can plan your waypoints or finding somewhere through Planning Menu.

• Please enter a address or a name then press search

k	Planning Tool					
	Planning					
	Enter Address to Center the Map taipei 101 Search					
	AddWaypoint Coordinates of MouseMove: Lat = 24.986136, Lon = 121.472225					



Las Velones Ulu San Nicolás de Los Garza
Vicente Guerrero (Formerrey 46)
taipei 101 Latitude: 25.7180584 Longitude: -100.2794865 Deportivo Cuautitémoc Cuautitémoc Cuautitémoc Cuautitémoc Cuautitémoc Carto Deportivo Cuautitémoc Carto Deportivo Cuautitémoc Carto Componentio Carto Componentio Carto Componenti
Valle del 19 70 Polic Canven Gral Escobedo 19 210 R Adolfo Ruiz Continez Iorria CEMEX Independencia Reforma B 8 8 Mercus
Cantu Dependent Depe

Train Meter Way Points							
	Serial No.	Location name	lcon Index	Altitude	Latitude	Longitude	Remarks
	1	001	0	89	24.996995	121.489138	
	2	101	0	0	25.721044	-100.278740	
	3	erwe	0	0	25.715322	-100.284061	

• Add the waypoint on Google map then name it (limitation 6 characters) and save it. And The map will show every waypoint you just added.

4.5 Data Transmission Menu

4.5-1 Track Point

4.5-1.1 Download from device

• When you click [Data Transmission] > [Track Point] > [Download from device], the system will search device and the progress bar shows as below

g GS-Sport Training GymPro Status				
	Please Wait	1		
47%				
Downloading T	ack Header File			

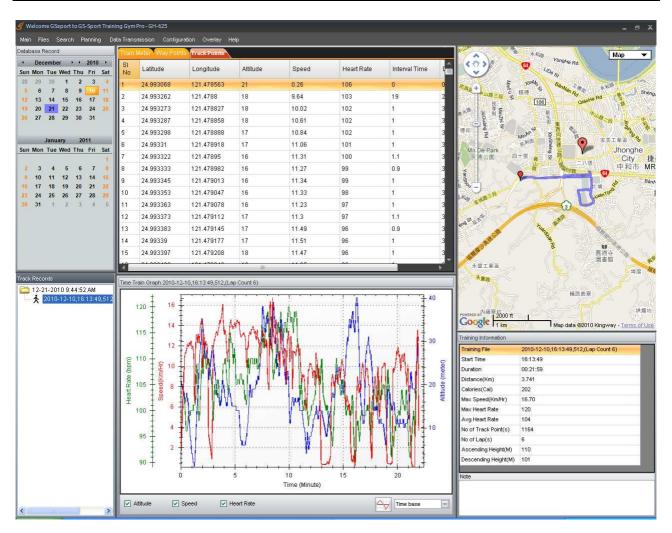
• All list of training data will show.

🖋 Track File List	x
☐ ✓ Load Time-12/21/2010 9:44:25 AM ☐ 2010-12-10,16:0:48,0,(Lap Courr	Load
🔽 2010-12-10,16:13:49,512,(Lap C	Cancel
< <u> </u>	

• Download training data progressing bar

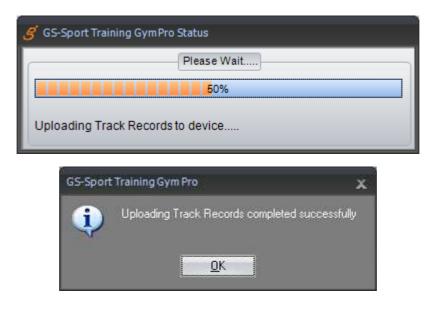
g GS-Sport Training GymPro Status				
Please Wait				
44%				
Downloading Track Records				

• Training data and statistics will show on left column after downloaded from device



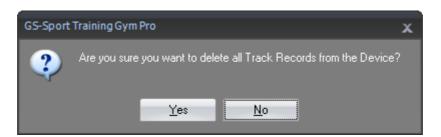
4.5-1.2 Upload to device

 You can click [Data Transmission] > [Track Point] > [Upload to device] to select your specific file to transfer to device.



4.5-1.3 Delete all from device

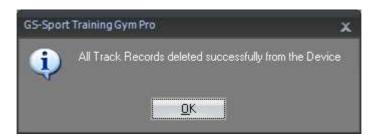
• When you click [Data Transmission] > [Track Point] > [Delete all from device] will pop a message to double confirm as are you sure you want to delete all Track Record from device. Click "Yes"



• Start to delete all data from device

g GS-Sport Training GymPro Status				
Please Wait				
7%				
Deleting all Track Records, please wait				

• All Track Records deleted successfully from the device.

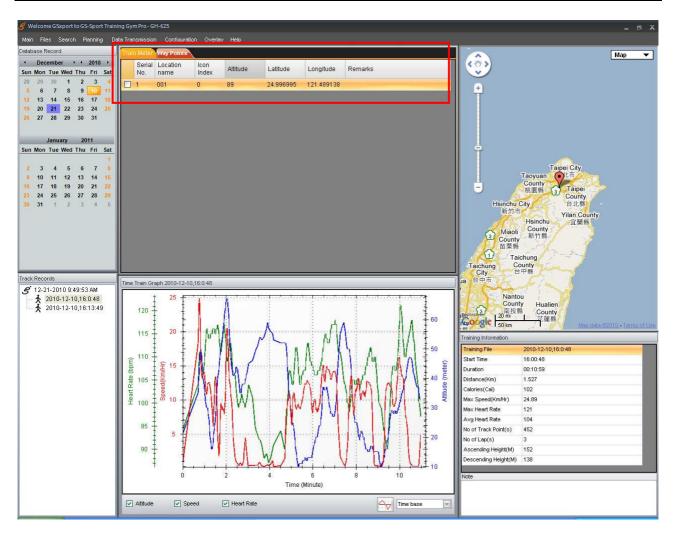


4.5-2 Waypoint

4.5-2.1 Download from device

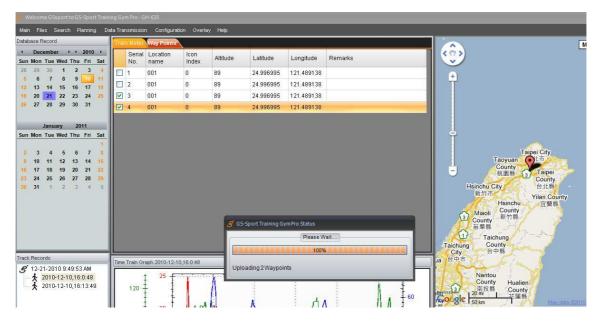
- You can click [Data Transmission] > [Waypoint] > [Download from device], to download waypoints from device to PC Software.
- All list of waypoint will transmitting directly and show on the top column.

	🥑 GS-Sport Training GymPro Status				
I	Please Wait				
l	57%				
l	Downloading Way Points				

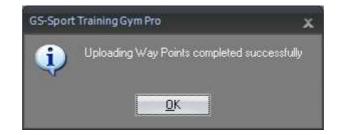


4.5-2.2 Upload to device

- You can click [Data Transmission] > [Waypoint] > [Upload to Device] to transfer waypoints from PC Software to device.
- Select the waypoint you want to transmit to device.

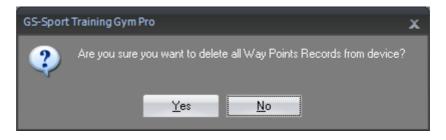


• Uploading waypoint completed successfully when finished.



4.5-2.3 Delete all from device

 You can click [Data Transmission] > [Waypoint] > [Delete all from device] to delete the all waypoints of device.



4.6 Configuration Menu

4.6-1 Com Port Setting

You can scan COM port to build synchronization between device and computer.

• Please scan the comport before your start uploading or download data to device



• Comport scan finished

🥑 GS-Sport Training GymPro Status
Device detected successfully on COM3

4.6-2 Device Configuration

• The application will retrieve device information and all configurations. And you also can configure them.

You can save the configuration as a log file or direct to configure device.

	g' G	5-Sport Training GymPro	Status		
			Please Wait		
	Ret	rieving Device Informat	tion		
Device Information			× g Device Information		x
	UserP	rofile		UserF	Profile
Device type	:	GH-625M	Device type	:	GH-625M
Firmware version	:	F-GGH-2A-1012103	Firmware version	:	F-GGH-2A-1012103
Username	:	USER NAME	Username	:	USER NAME
Date of Birth	:	1-February-1982	Date of Birth	:	01- February -1982 💉
Gender	:	Male/ 28	Gender	:	💿 Male 🔘 Female
Weight	:	150 lb/ 68 kg	Weight	:	150 😂 Lb 68 😂 Kg
Height	:	70 Inch /178 cm	Height	:	70 😂 Inch 178 🗢 Cm
No. of Way Points	:	1	No. of Way Points	:	1
No. of Track Record	:	2	No. of Track Record	:	2
No. of Route	:	0	No. of Route	:	0
		Edit	Rese	t [Save

Note: There is something difference of configuration items base on different Model.

4.6-3 Firmware Upgrade

You can update your firmware of device by using this item.

• Click "Browse" to select the latest firmware file (*.ghd) to upgrade.

🥑 Firmware Upg	rade		
Firmwarefile	Firmware Upgrade	Browse	Step :1
	Upgrade	Cancel	

• To select the firmware version and open it

Open						? 🛛
Look jn:	🕝 Desktop		~	G Ø	🥲 🛄 •	
My Recent Documents Desktop			ΥX			
My Documents						
	File <u>n</u> ame:	F-GGH-2A-1012103_interval	training	beta	*	<u>Open</u>
My Network	Files of type:	GH-625 Firmware Files[*.ghx]		*	Cancel

• Press Update to get new firmware

S Firmware Upgrade							
	Firmware Upgrade						
Firmwarefile	C: \Documents and Settings\user\Desktop\F Browse						
		Upgrade	Cancel				
1		Step :2					

• Are you sure you want to update device, you will lose all device data, Press OK (If you need save old data of device, please save it before you update new firmware)



4.6-4 Unit Exchange

There are three measurement units for selection. (Metric, Mile system, Nautical)

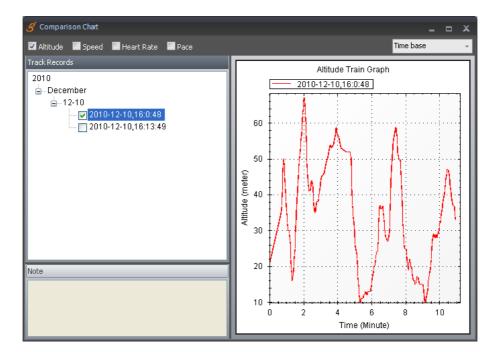
4.6-5 Language

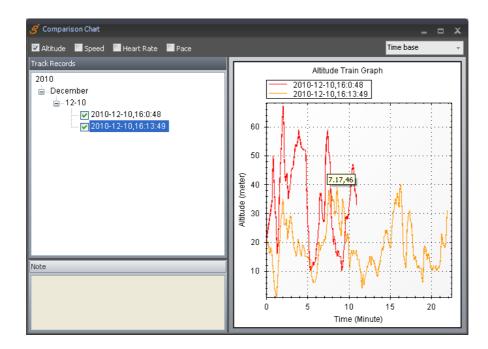
There are English, Chinese, Spanish, German, Italian, French and Japanese languages for selection. Once you chose a language, the Training Gym Pro will change accordingly.

4.7 Overlay

To get comparison with multiple records, you can use Overlay to get start.

Click Overlay to active the control window and select data folder you interest to make comparison.





4.8 Help Menu

4.8-1 About GS-Sport

You will see the version of Training Gym Pro.



4.8-2 About Us

Will connect to GS-Sport website directly: <u>www.gs-sport.com.tw</u>

5. Map types

There are two main popular webpage instant Map available in Training Gym Pro software. Google map and Open Street Map which includes Cycle map, Mapnik map, Osmarender Map:

5.1 Google Map (Google Map)



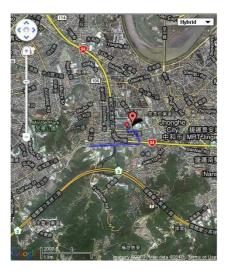
5.2 Satellite Map (Google Map)



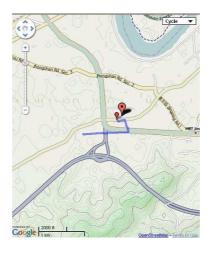
5.3 Terrain Map (Open Street Map)



5.4 Hybrid Map (Open Street Map)



5.5 Cycle Map (Open Street Map)



5.6 Mapnik Map (Open Street Map)



5.7 Osmarender Map (Open Street Map)



6. Troubleshooting & FAQ

1. Why does it show "PC com port error" when I download data?

Solution:

- (1). Please check if the USB driver is installed or not.
- (2). Please check the USB driver supports your system or not.
- (3). Connect to your PC with the USB cable.
- (4). Double click the "GS-Sport Training GYM Pro" icon from desktop to start the application.
- (5). From menu bar click "Configurations", and click "Scan COM Port" button. COM port will be automatically scanned.

2. How do I backup the data base from Training Gym Pro?

Solution:

Right Now Training Gym Pro uses XML data base system. It is easy to get the data base. You can find it in :

C:\Program Files\GlobalSat Technology\GS-Sport Training Gym Pro\Data And copy the folders and then uninstall the Training Gym Pro.

FCC Notices

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.

FCC RF Exposure requirements:

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

NOTE: THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.