Trainer Watch
TW-100

My Watch

Turn on or off the light

Turn on or off the watch

Mark Lap

Go back to previous page

Charging light

UP | +

OK | Menu

Resume
Save
Discard

(During sport modes, Running | Cycling | Training)
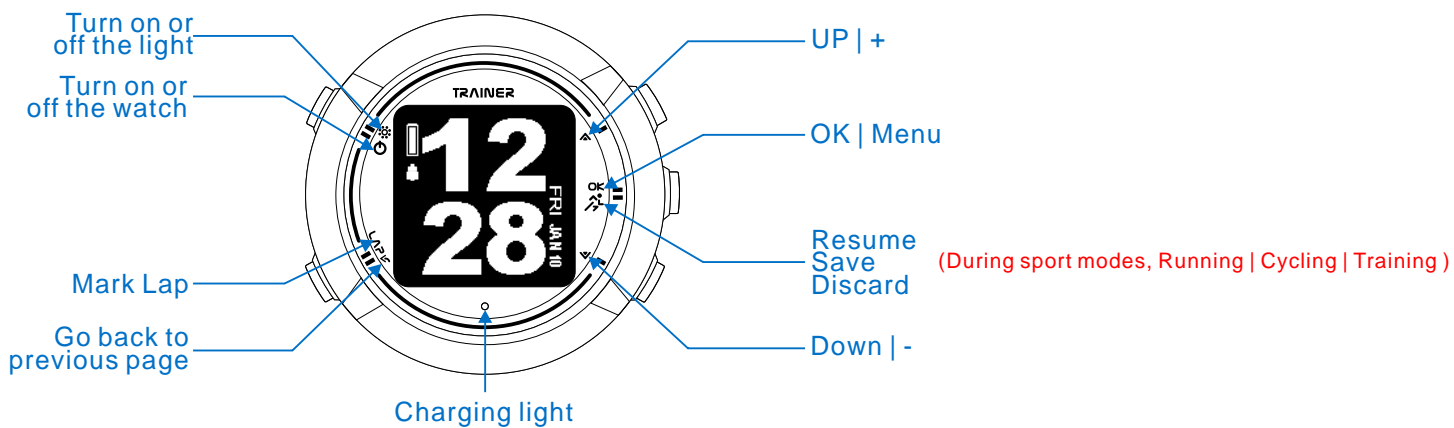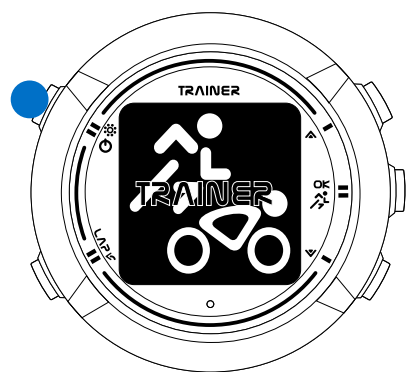
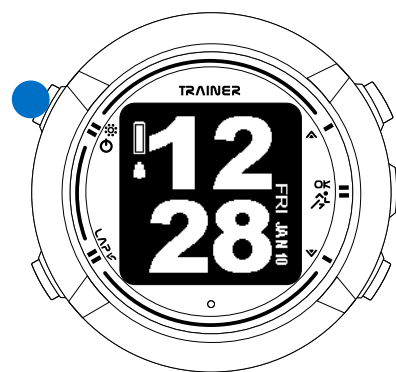Down | -

Turn On

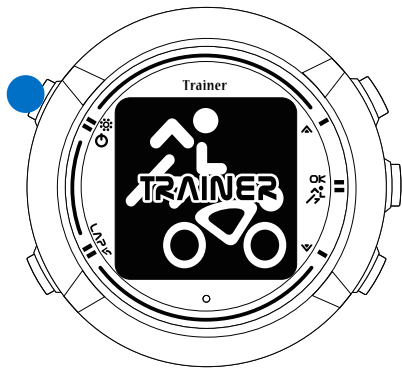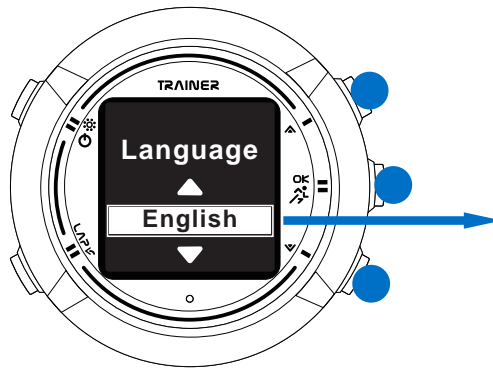Hold the "Power" button for " 2~3 " seconds to turn on.

Turn Off

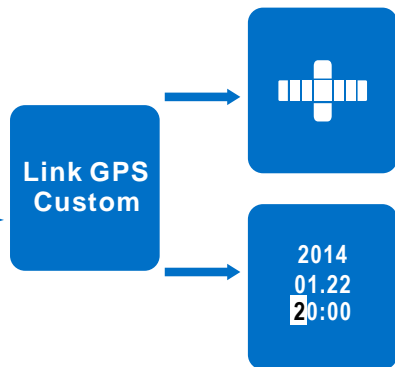Hold the "Power" button for " 3 " seconds to turn on.
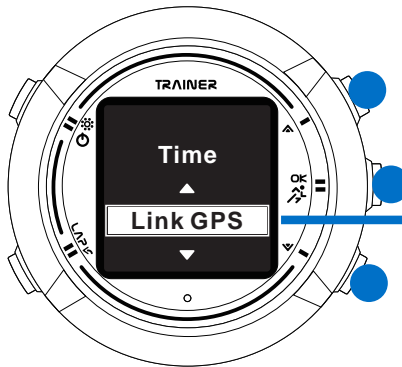
Let's GO
My Friend

Start

Hold the "Power" button
for 2~3 seconds to turn on.

English
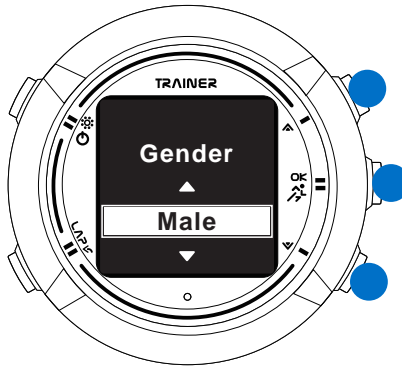**繁體中文**
简体中文
日本語
Deutsch

1. Press the "Up" or "Down" buttons to choose your language.
2. Press the OK button to accept your choice.

Link GPS
Custom

2014
01.22
20:00

1. Press the "Up" or "Down" button to choose the
   method of the time and date setting, Link GPS
   or Custom.
2. Press the "OK" button to accept your choice.
3. When the watch isn't linked GPS or choose
   Custom, setting time by yourself.
4. When setting it by yourself, pressing the "Up"
   or "Down" buttons to change the number.
   Then pressing the "OK" button to accept your
   setting and go to next option.

1. Press the "Up" or "Down" button
   to choose your gender.
2. Press the "OK" button to accept
   your choice.

1. Press the "Up" or "Down" button
   to change the number of your age .
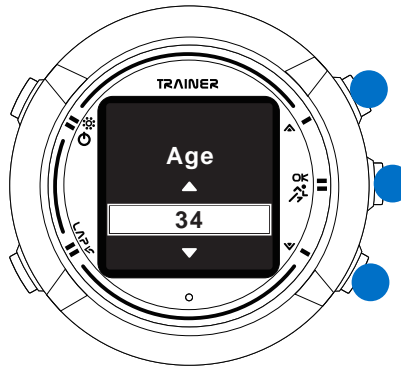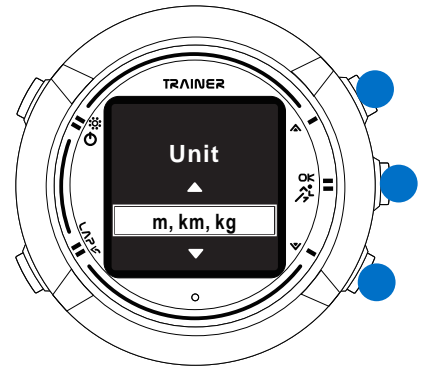2. Press the "OK" button to accept
   your setting.

1. Press the "Up" or "Down" buttons
   to choose your unit.
2. Press the "OK" button to accept
   your choice.
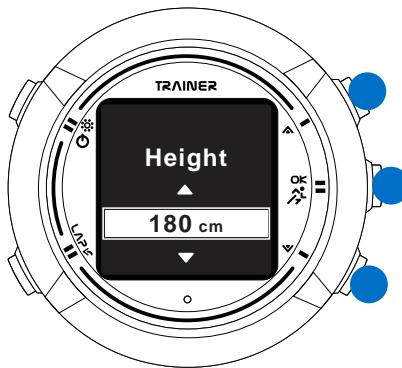
1. Press the "Up" or "Down" buttons
   to change the number of your
   height.
2. Press the "OK" button to accept
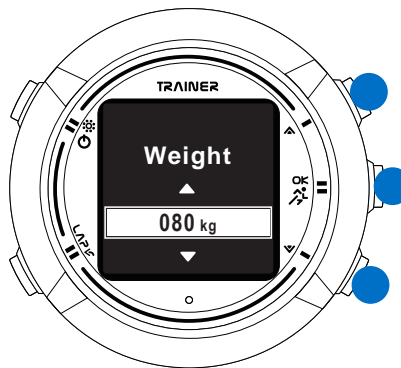   your setting.

1. Press the "Up" or "Down" buttons
   to change the number of your
   weight.
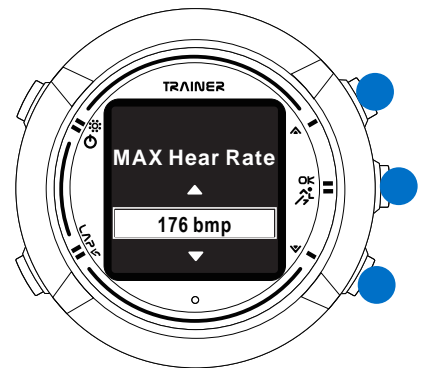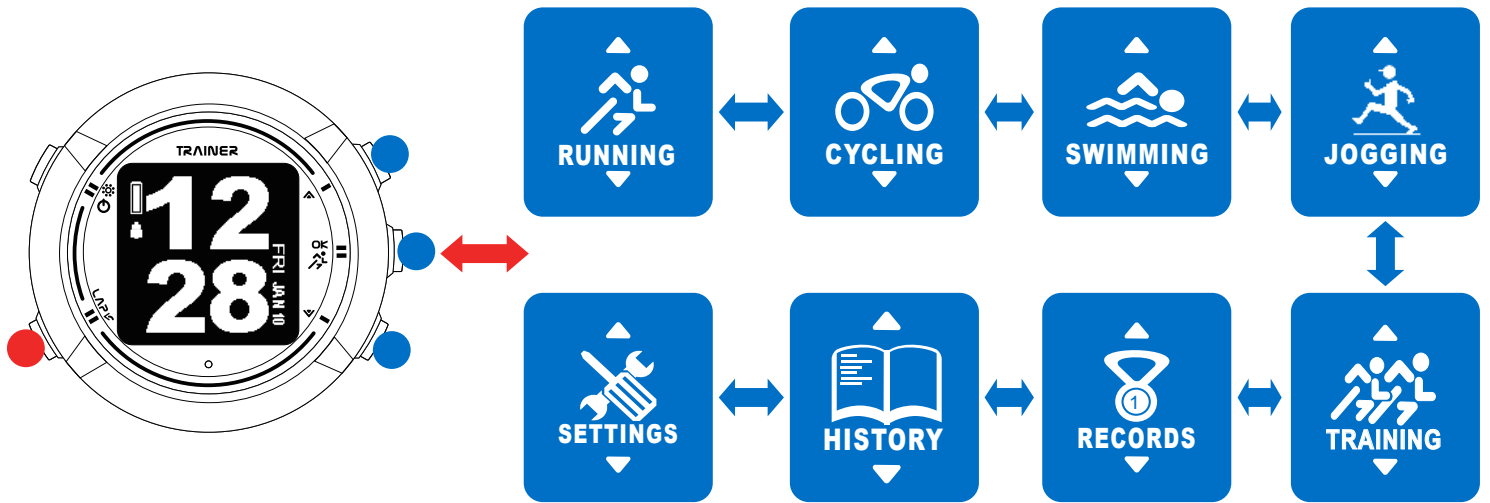2. Press the "OK" button to accept
   your setting.

1. Press the "Up" or "Down" buttons
   to change the number of your max
   hear rate.
2. Press the "OK" button to accept
   your setting.

Function Mode & Icon

RUNNING	CYCLING	SWIMMING	JOGGING

SETTINGS	HISTORY	RECORDS	TRAINING

1. Press the "Up" or "Down" buttons to choose your function modes, Running | Cycling | Training | Records | History | Setting.
2. Press the "OK" button to accept your choice.
3. Press the "Back" button to go back to the watch mode from any function modes.
4. Function Mode:
4-1. Running: Running Mode
4-2. Cycling: Cycling Mode
4-3. Training: Running and Cycling Plan Mode

4-4. Records: Record Mode (Fastest, Longest)
4-5. History: Historical Data Mode
4-6. Setting: Setup Mode

Battery Level
Alarm
Hour
Minute

Week
Month
Date
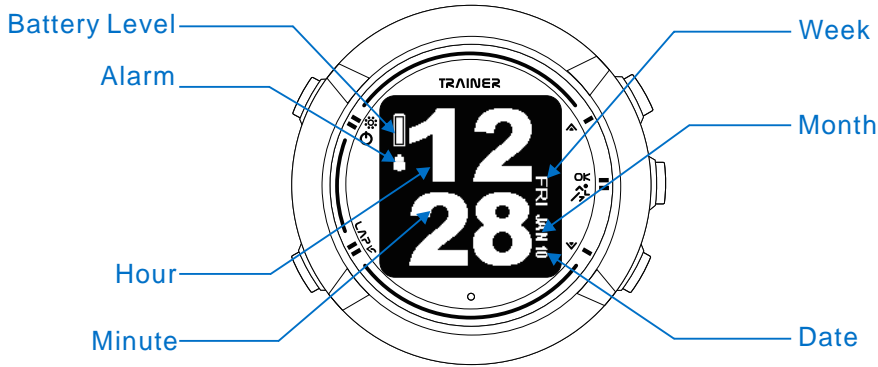
Battery

	Full battery
	Half battery
	Low charging
	Battery is depleted
	Battery charging

Function

	Notification
	Running mode
	Cycling mode
	Swimming mode
	Jogging mode

GPS

	Link GPS
	GPS is not linked (Not fixed)
	GPS signal is good
	GPS signal is normal
	GPS signal is weak

Bluetooth (BT)

	Link Bluetooth
	Bluetooth function is unable
	Bluetooth function is enable

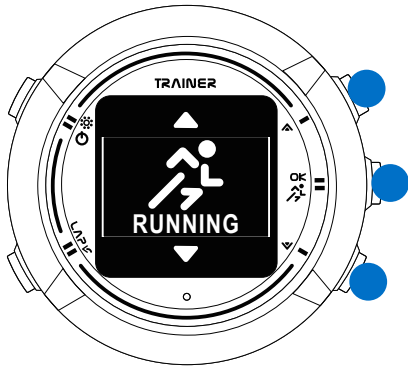## Heart rate sensor

	Link Heart rate sensor
	Heart rate sensor is not active (BT is enable)
	Heart rate sensor is active (BT is enable)

Cadence sensor

	Link cadence sensor
	Cadence sensor is not active (BT is enable)
	Cadence sensor is active (BT is enable)

Sport
Mode

Running Mode

1. Press the "Up" or "Down" buttons to choose your activity, Outdoor GO or Indoor GO.
2. Press the "OK" button to accept your choice.
3. Displayed information varies on exercise mode and preference. Refer to "Settings" section for more information.

Outdoor GO
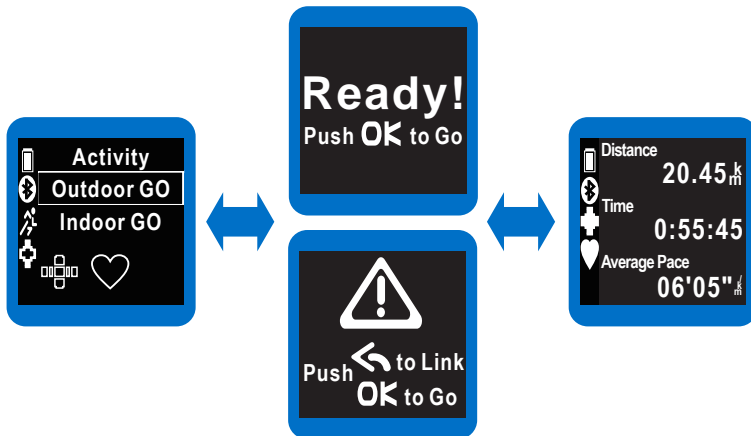
1. GPS signal is OK, and then pushing the "OK" button to run.
2. If Bluetooth is enable, the watch is linked your heart rate sensor.
3. When GPS or Heart rate sensor is not linked , the watch is displayed the notification. Then choose to push the "Back" button to link sensors again or push the "OK" button to run.

Indoor GO

1. Press the "OK" button to run.
2. If Bluetooth is enable, the watch is linked your heart rate sensor.
3. When Heart rate sensor is not linked , the watch is displayed the notification. Then choose to push the "Back" button to link the sensor again or push the "OK" button to run.

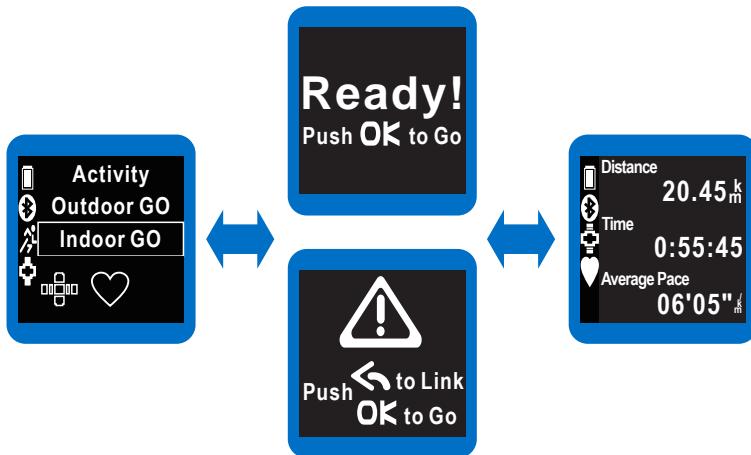# Cycling Mode

1. Press the "Up" or "Down" buttons to choose your activity, Outdoor GO or Indoor GO.
2. Press the "OK" button to accept your choice.
3. Displayed information varies on exercise mode and preference. Refer to "Settings" section for more information.
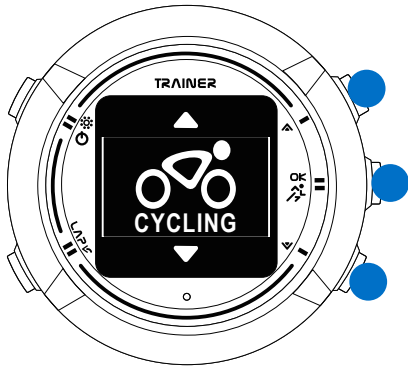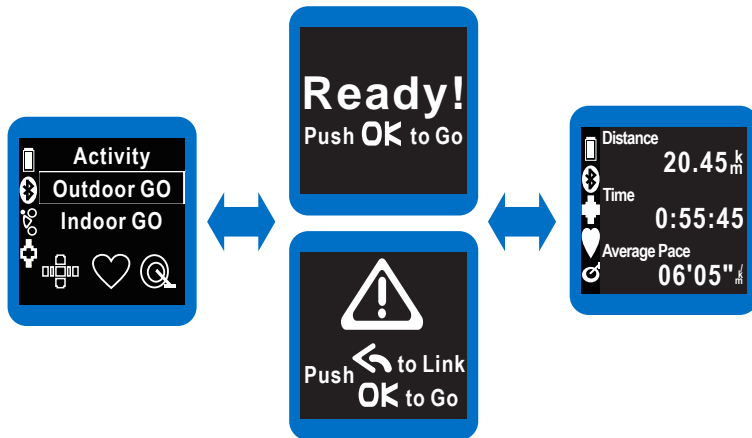
Outdoor GO

Activity
Outdoor GO
Indoor GO

Ready!
Push OK to Go

Push ⤺ to Link
OK to Go

Distance
20.45 k m
Time
0:55:45
Average Pace
06'05" m

1. GPS signal is OK, and then pushing the "OK" button to cycle.
2. If Bluetooth is enable, the watch is linked your heart rate and cadence sensors.
3. When GPS ,Heart rate sensor or Cadence sensor is not linked , the watch is displayed the notification. Then choose to push the"Back"button to link sensors again or push the "OK" button to cycle.

Indoor GO

Activity
Outdoor GO
Indoor GO

Ready!
Push OK to Go

Push ⤺ to Link
OK to Go

Distance
20.45 k m
Time
0:55:45
Average Pace
06'05" m

1. Press the "OK" button to cycle.
2. If Bluetooth is enable, the watch is linked your heart rate sensor.
3. When Heart rate sensor or Cadence sensor is not linked , the watch is displayed the notification. Then choose to push the"Back"button to link sensors again or push the "OK" button to cycle.

Swimming Mode

1. Press the "Up" or "Down" buttons to choose your activity, Outdoor GO.
2. Press the "OK" button to accept your choice.
3. Displayed information varies on exercise mode and preference. Refer to "Settings" section for more information.

Outdoor GO

Ready!
Push OK to Go

Push ↰ to Link
OK to Go

Activity
Outdoor GO

Distance
20.45 km
Time
0:55:45
Average Pace
06'05" /km

1. GPS signal is OK, and then pushing the "OK" button to run.
2. If Bluetooth is enable, the watch is linked your heart rate sensor.
3. When GPS is not linked, the watch is displayed the notification. Then choose to push the "Back"button to link sensors again or push the "OK" button to run.

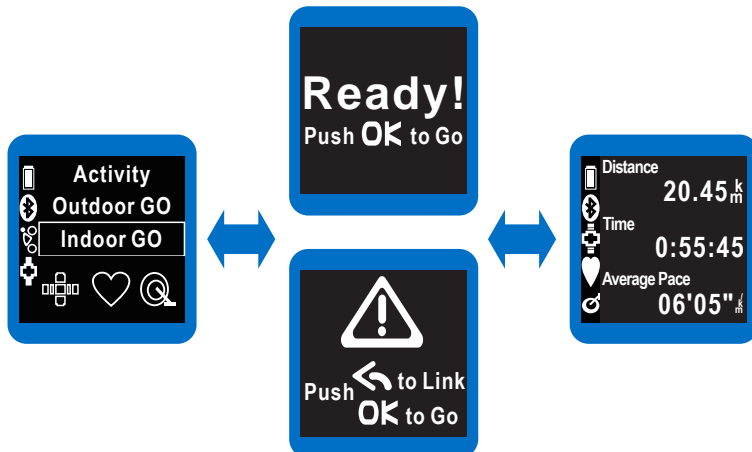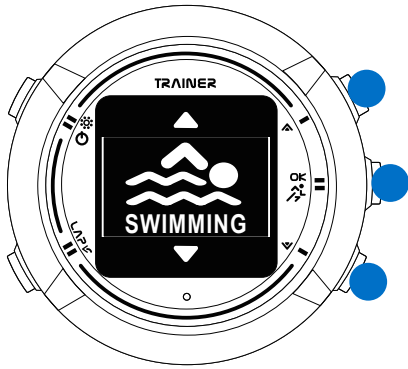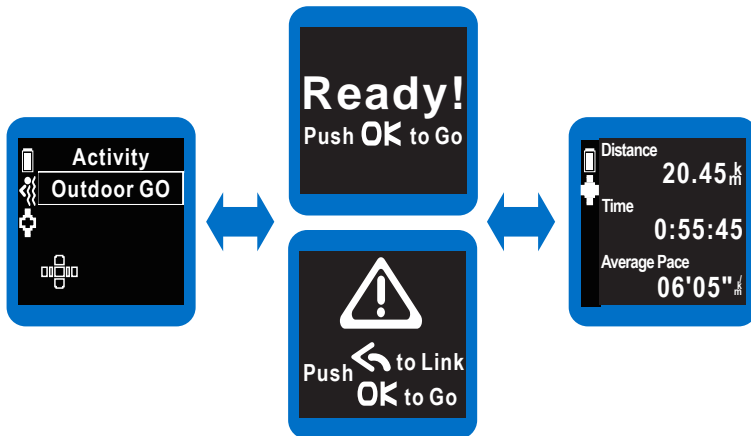**Attention:** Can't operate this device in the water

Jogging Mode

1. Press the "Up" or "Down" buttons to choose your activity, Outdoor GO or Indoor GO.
2. Press the "OK" button to accept your choice.
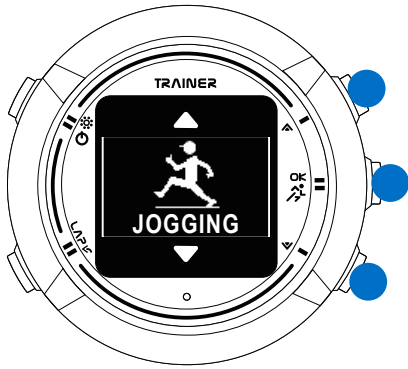3. Displayed information varies on exercise mode and preference. Refer to "Settings" section for more information.

Outdoor GO

Ready!
Push OK to Go

Push ↰ to Link
OK to Go

Activity
Outdoor GO
Indoor GO

Distance
20.45 km
Time
0:55:45
Average Pace
06'05"

1. GPS signal is OK, and then pushing the "OK" button to run.
2. If Bluetooth is enable, the watch is linked your heart rate sensor.
3. When GPS or Heart rate sensor is not linked , the watch is displayed the notification. Then choose to push the "Back" button to link sensors again or push the "OK" button to run.
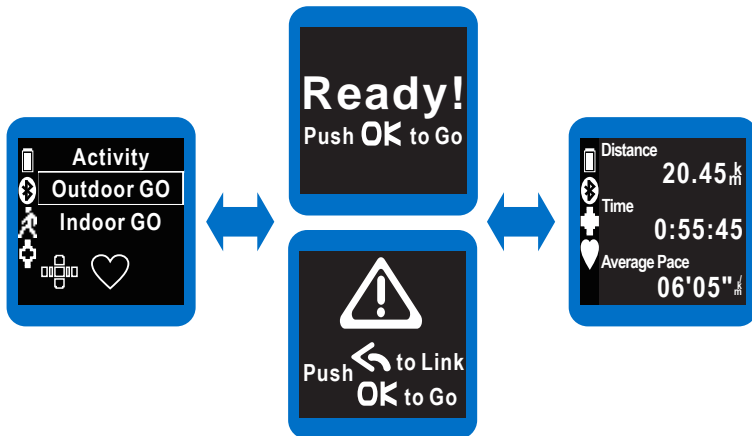
Indoor GO

Ready!
Push OK to Go

Push ↰ to Link
OK to Go

Activity
Outdoor GO
Indoor GO

Distance
20.45 km
Time
0:55:45
Average Pace
06'05"

1. Press the "OK" button to run.
2. If Bluetooth is enable, the watch is linked your heart rate sensor.
3. When Heart rate sensor is not linked , the watch is displayed the notification. Then choose to push the "Back" button to link the sensor again or push the "OK" button to run.

Training Mode - Create a New Plan

1. Press the "Up" or "Down" buttons to choose your activity, Running or Cycling.
2. Press the "OK" button to accept your choice.
3. Training program design with Personalized and Flexibility :
3-1. Setting each steps with planning function: User can easy setting multi-plans or single-plan for Warm up, Intervals, Active 1,Rest 1 and Cool Down.
3-2. Each step of target can be trusted with "Personal sport setting" or the training value of "Single- plan" with user setting)
3-3. Other Target: You can have a professional plan. Ex. General professional sports only set speed, but will ignore the remind with pace and additional physical loss.
4. Displayed information varies on exercise mode and preference. Refer to "Settings" section for more information.
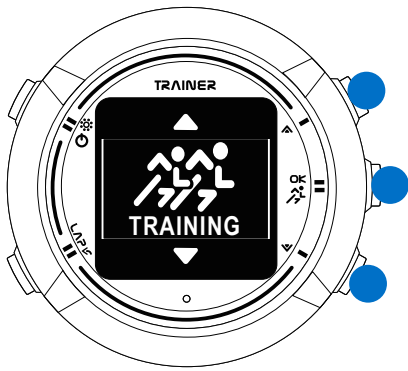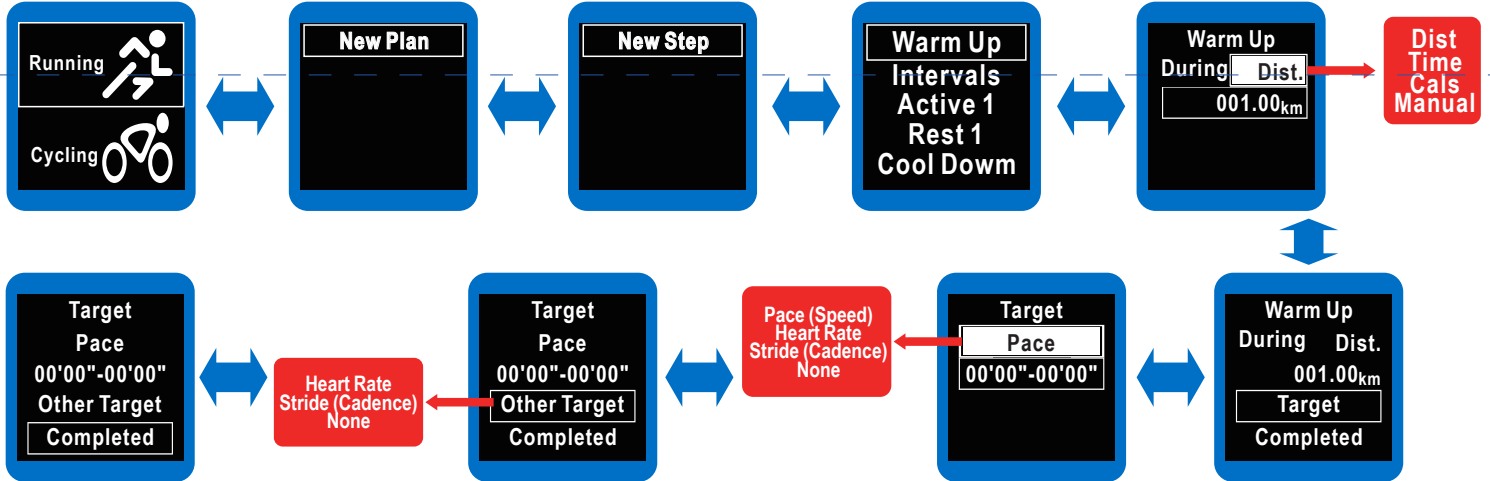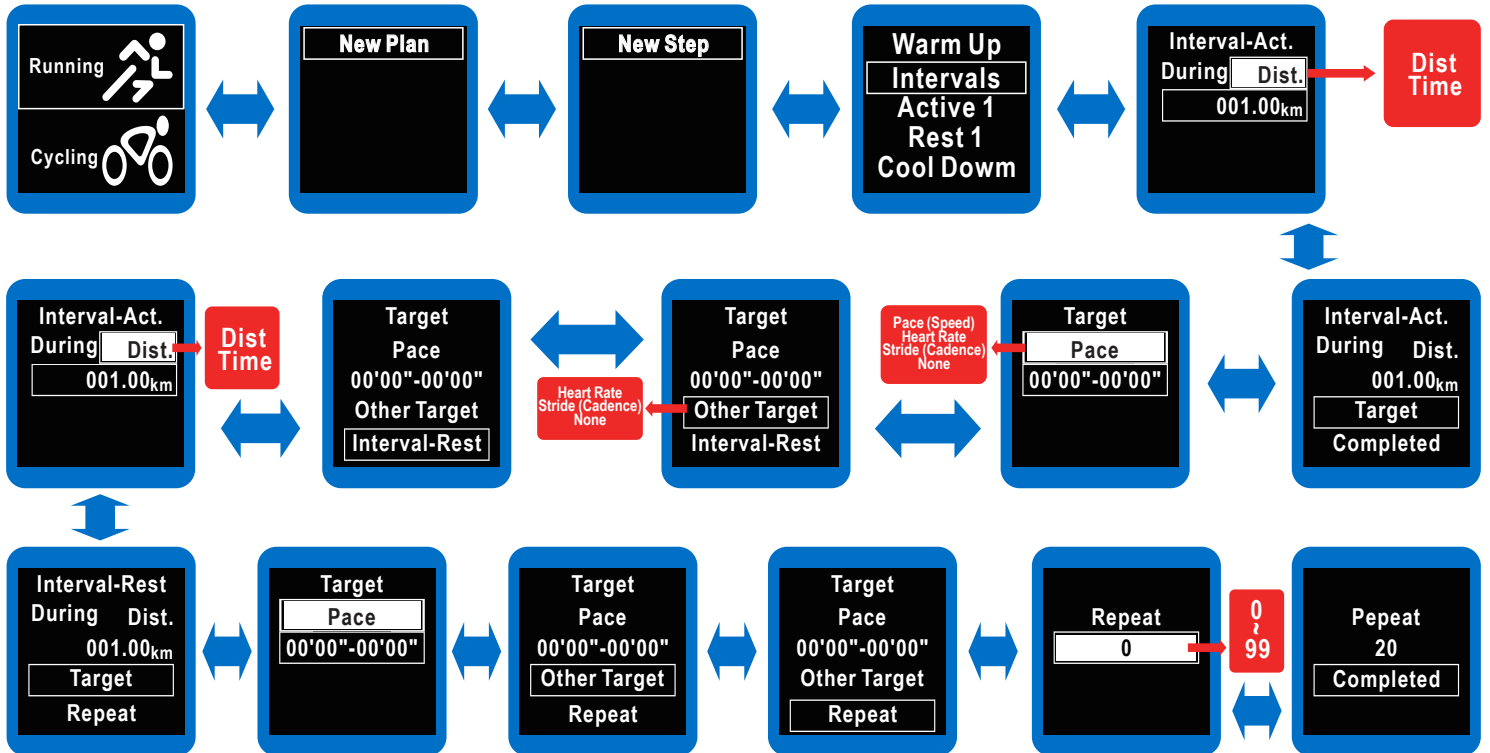
Create a new Plan (Warm UP, Active, Rest, Cool Down)

Running / Cycling	New Plan	New Step	Warm Up / Intervals / Active 1 / Rest 1 / Cool Dowm	Warm Up During Dist. 001.00km → Dist Time Cals Manual

Target Pace 00'00"-00'00" Other Target Completed	Target Pace 00'00"-00'00" Other Target Completed ← Heart Rate Stride (Cadence) None	Pace (Speed) Heart Rate Stride (Cadence) None ← Target Pace 00'00"-00'00"	Warm Up During Dist. 001.00km Target Completed

1. Press the "OK" buttons to enter the setting and accept your choice.
2. Press the "Up" or "Down" buttons to change the choice and number.
3. Press the " Back" button two times to go back to previous page during setting the step.

Create a new Plan (Intervals)

Running / Cycling	New Plan	New Step	Warm Up / Intervals / Active 1 / Rest 1 / Cool Dowm	Interval-Act. During Dist. 001.00km → Dist Time

Interval-Act. During Dist. 001.00km → Dist Time	Target Pace 00'00"-00'00" Other Target Interval-Rest	Target Pace 00'00"-00'00" Other Target Interval-Rest ← Heart Rate Stride (Cadence) None	Pace (Speed) Heart Rate Stride (Cadence) None ← Target Pace 00'00"-00'00"	Interval-Act. During Dist. 001.00km Target Completed

Interval-Rest During Dist. 001.00km Target Repeat	Target Pace 00'00"-00'00"	Target Pace 00'00"-00'00" Other Target Repeat	Target Pace 00'00"-00'00" Other Target Repeat	Repeat 0 → 0 ~ 99	Pepeat 20 Completed

1. Press the "OK" buttons to enter the setting and accept your choice.
2. Press the "Up" or "Down" buttons to change the choice and number.
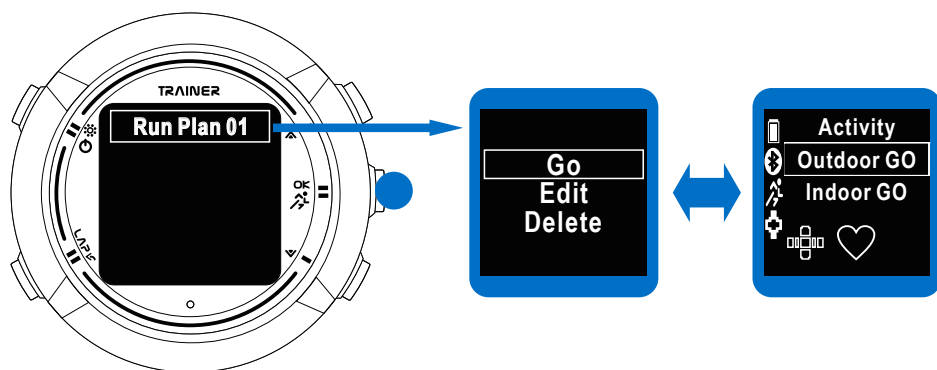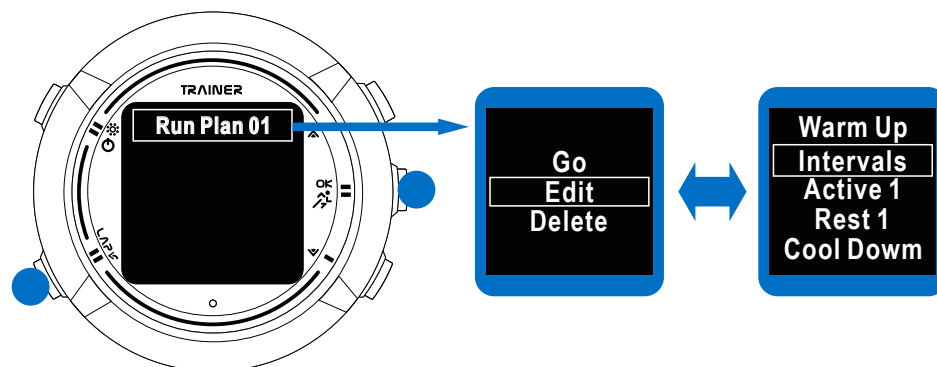3. Press the " Back" button two times to go back to previous page during setting the step.

Training Mode- Play, Edit the Plan & Edit, Delete & Insert the Step

Play the Plan

Run Plan 01

Go
Edit
Delete

Activity
Outdoor GO
Indoor GO

1. Press the "OK" button to enter the plan, and then choose the "GO" icon to play the plan.
2. Press the "UP" or "Down" buttons to choose your activity, Outdoor GO or Indoor GO. (Refer to the user manual of "Running mode" or "Cycling mode" for setting)
3. Press the "OK" button to accept your choice.

Edit the Plan

Run Plan 01

Go
Edit
Delete

Warm Up
Intervals
Active 1
Rest 1
Cool Dowm

1. Press the "OK" button to enter the plan, and then choose the "Edit" icon to edit the plan.
2. Press the "Back" buttons to go back to previous page.
3. Press the "OK" button to accept your choice.

Edit the Step

Warm Up
Active 1
Rest 1
Active 2
Rest 2

Edit
Delete
Insert

Warm Up
During Dist.
001.00km
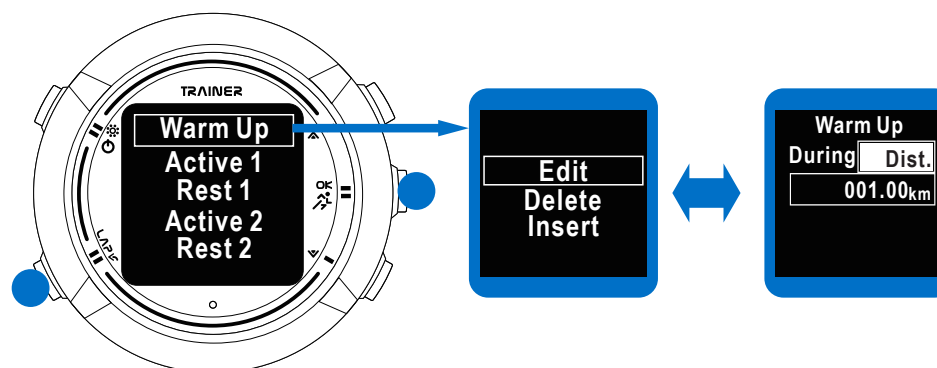
1. Press the "OK" button to enter the step, and then choose the "Edit" icon to edit the step. (Refer to the user manual of "Training mode-create a new plan" for setting)
2. Press the "Back" buttons to go back to previous page.
3. Press the "OK" button to accept your choice.

Insert the Step

Warm Up
Active 1
Rest 1
Active 2
Rest 2

Edit
Delete
Insert

Warm Up
During Dist.
001.00km
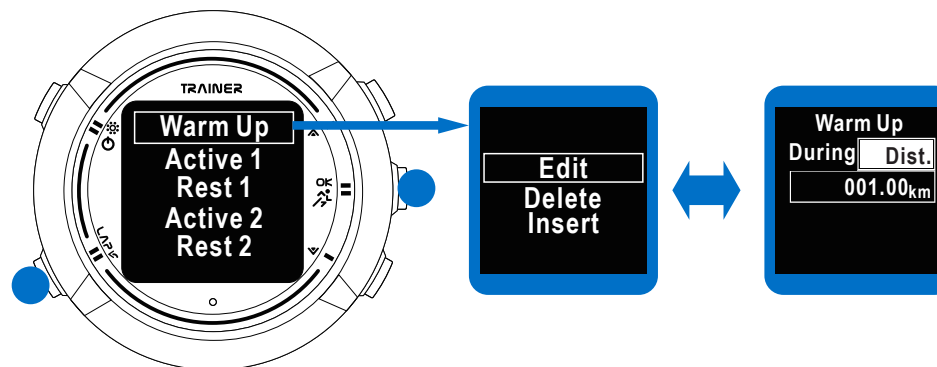
1. Press the "OK" button to enter the step, and then choose the "Insert" icon to insert a new step in the front of your choosing step. (Refer to the user manual of "Training mode-create a new plan" for setting)
2. Press the "Back" buttons to go back to previous page.
3. Press the "OK" button to accept your choice.

Lap

Laps can marked by two ways.
1. Smart Lap can automatically mark laps based on a defined distance.
2. When recording, press the " LAP" button to mark lap.

Smart Lap

1. Smart Lap is in Running or Cycling of settings mode, and then choose "by Distance" or "Manual".
2. By Distance: Mark laps based on a defined by your setting, such as every kilometer or every mile.
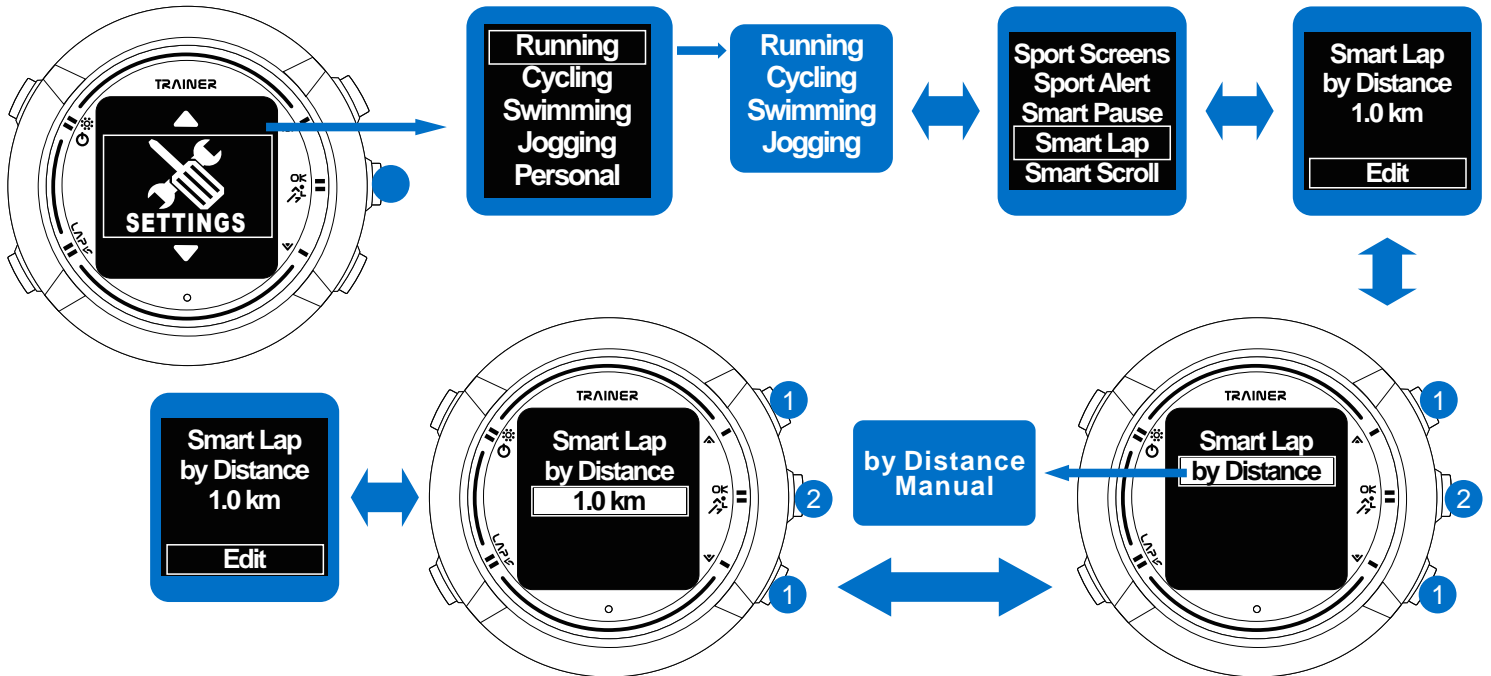
Mark Lap during recording

1. When recording, press the " LAP" button to mark lap.
2. Go back the recording page automatically after marking laps.
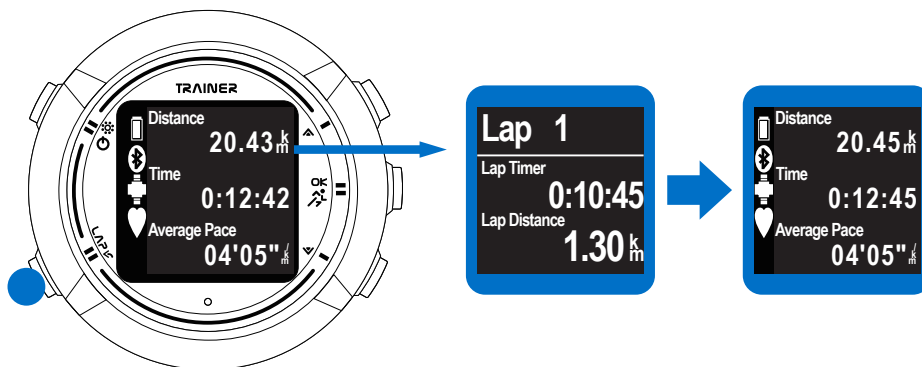
View the data during recording

There are two ways to view this date during recording.
1. Smart Scroll can automatically scroll based on a defined setting.
2. Scroll pages can manually operated by pressing the " Up" or "Down" button to view this data.
Displayed information varies on exercise mode and preference. Refer to "Settings" section for more information.
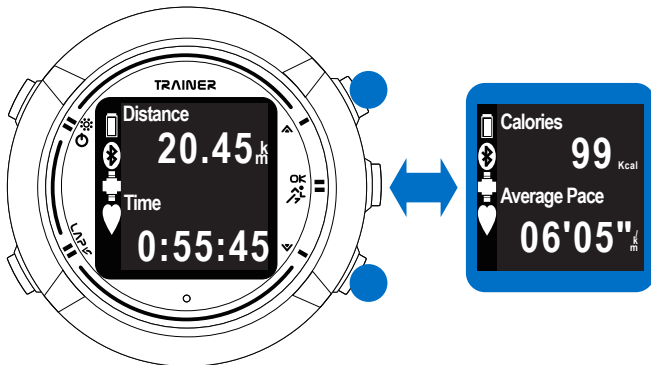
Smart Scroll

Smart Scroll is in Running or Cycling of settings mode, and then choose "Fast", "Slow" or "Off".
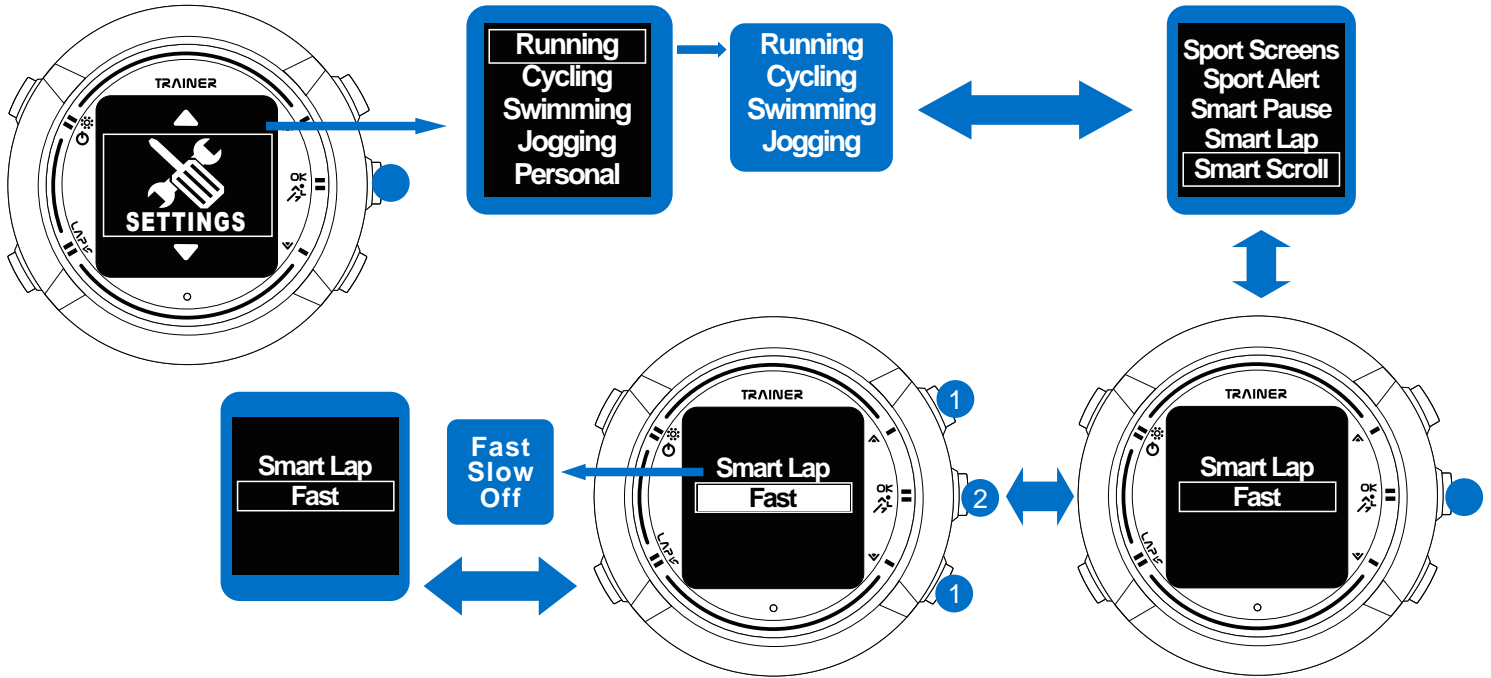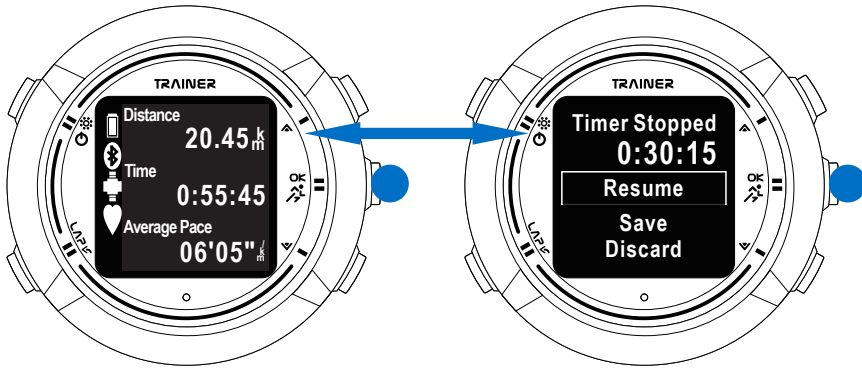

Manually Operate

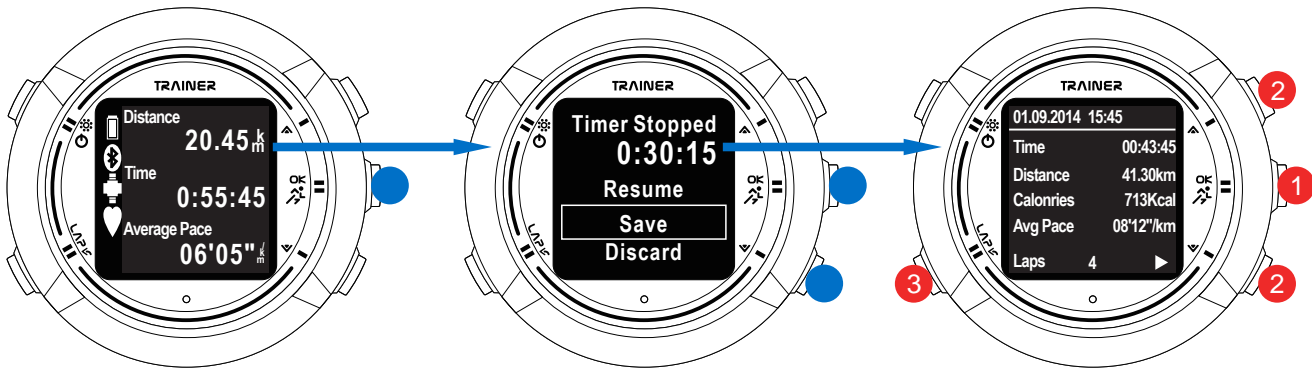Press the " Up" or "Down" button to view this data.

Timer Stopped

1. Press the "OK" button to enter the " Timer Stopped " function during sport modes, Running, Cycling, Swimming, Jogging and Training.
2. Press the "Up" or "Down" button to choose your needs, Resume, Save and Discard.

Resume

Press the "OK" button to resume your sport in " Time Stopped" function mode. Then pressing again to return the previous sport mode.
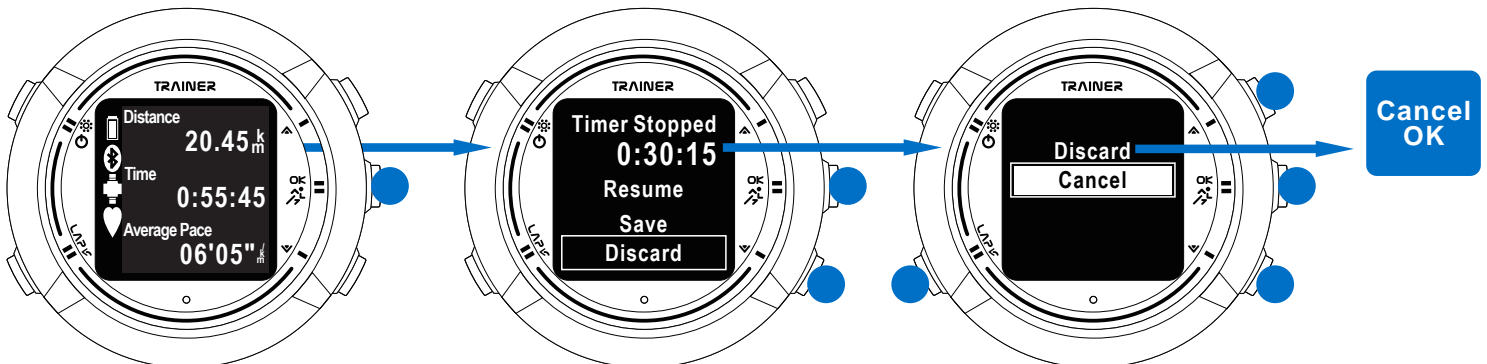
Save

After saving this sport data, you could view it by some operations.
1. Press the "OK" button to view the data.
2. Press the "Up"or"Down"button to get more information every lap.
3. Press the "Back" button to leave this sport mode.
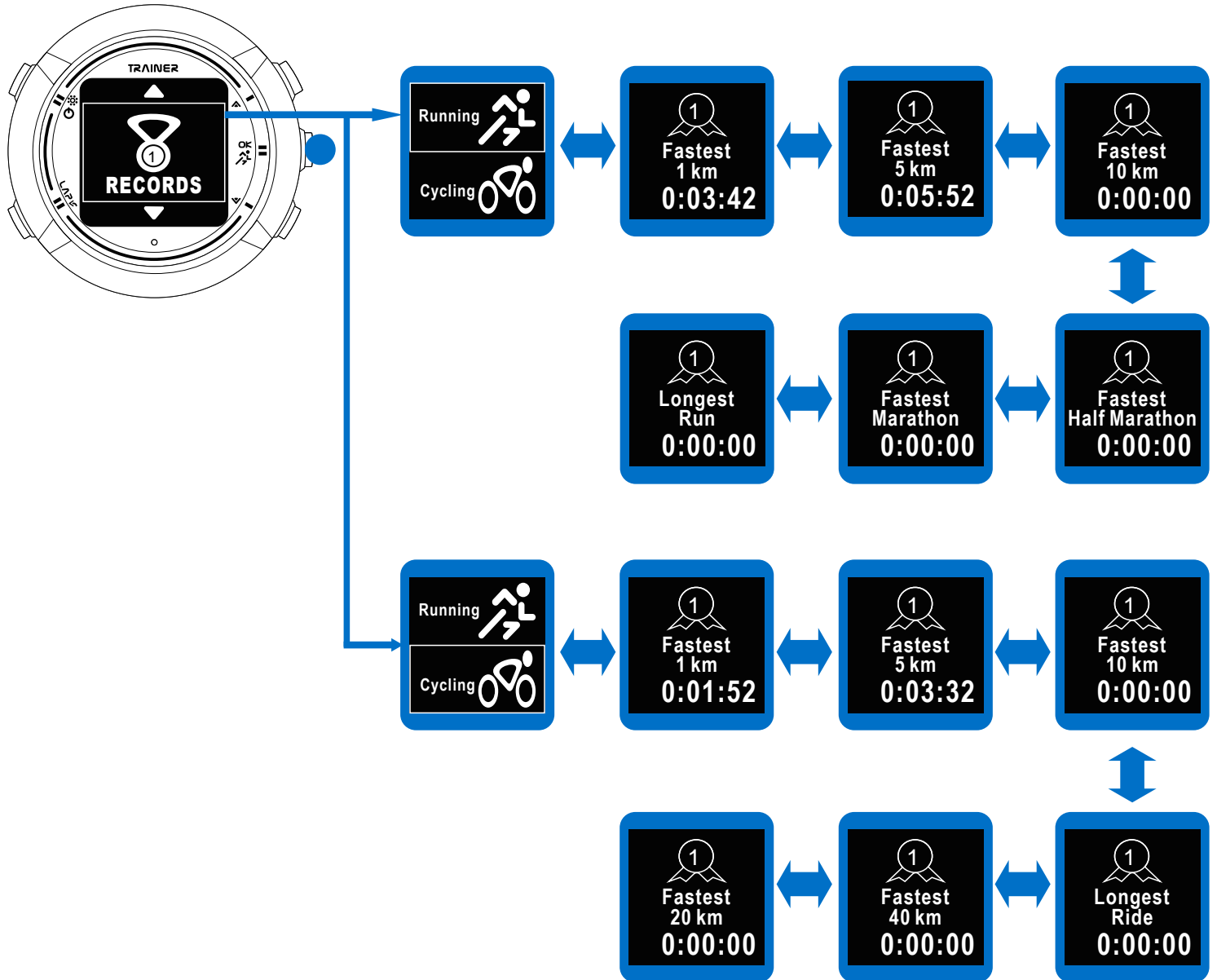
Discard

1. Choose "Cancel" to go back the previous page, and then choose other functions, Resume or Save.
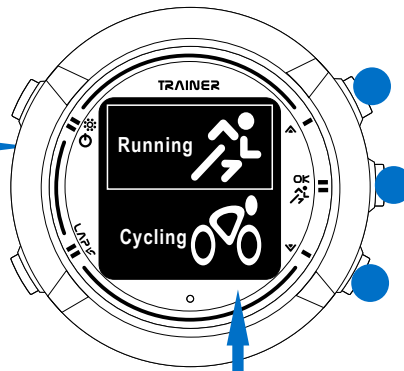2. Choose "OK" to delete this sport data, and leave this sport mode.

Records
Mode

Records mode

The record can automatically update based on a best grade.

Running / **Cycling**	
Fastest 1 km 0:03:42	
Fastest 5 km 0:05:52	
Fastest 10 km 0:00:00	
Longest Run 0:00:00	
Fastest Marathon 0:00:00	
Fastest Half Marathon 0:00:00	

Running / **Cycling**	
Fastest 1 km 0:01:52	
Fastest 5 km 0:03:32	
Fastest 10 km 0:00:00	
Fastest 20 km 0:00:00	
Fastest 40 km 0:00:00	
Longest Ride 0:00:00	

History Mode

History Mode
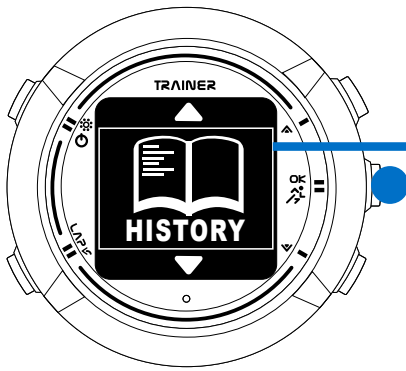
1. Press the"Up"or"Down"button to choose the sport that you want to view.
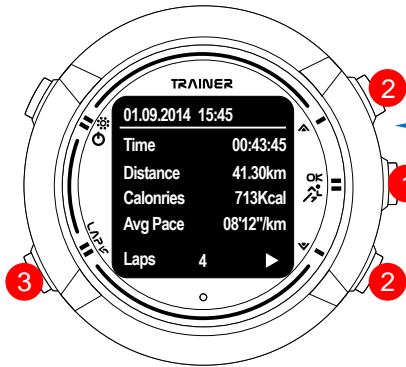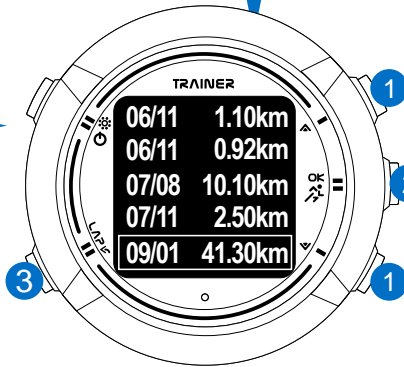2. Press the "OK" button to enter the data.

1. Press the "Up" or "Down" button to choose the data.
2. Press the "OK" button to enter the data.
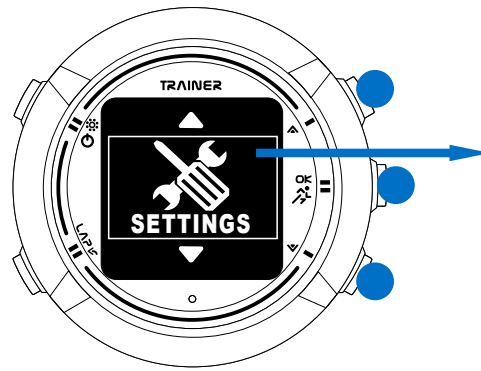3. Press the "Back" button to leave the data.

1. Press the "OK" button to view the detail.
2. Press the "Up" or "Down" button to get more information every lap.
3. Press the "Back" button to leave the lap.

Settings Mode

Settings Mode

Running
Cycling
Personal
Sensors
System

Running	**Cycling**	**Swimming**	**Jogging**	**Personal**	**Sensors**	**System**
Sport Screens Sport Alert Smart Pause Smart Lap Smart Scroll	Sport Screens Sport Alert Smart Pause Smart Lap Smart Scroll	Sport Screens Sport Alert Smart Pause Smart Lap Smart Scroll	Sport Screens Sport Alert Smart Pause Smart Lap Smart Scroll	User Profile Bike Profile	Hear Rate Cadence Compass Pedometer Bubble Level Geolocation	Language Clock Backlight Alert Unit Geolocation Orientation GPS Format Key Lock Factory Reset about Watch

- **Sport Screen**
  1. Screen
  2. Smart Partner

- **Sport Alert**
  1. None
  2. Speed / Pace
  3. Heart Rate
  4. Stride Rate

- **Smart Pause**
  1. Off
  2. On

- **Smart Lap**
  1. Manual
  2. by Distance

- **Smart Scroll**
  1. Off
  2. Fast
  3. Slow

- **Sport Screen**
  1. Screen
  2. Smart Partner

- **Sport Alert**
  1. None
  2. Speed / Pace
  3. Heart Rate
  4. Cadence

- **Smart Pause**
  1. Off
  2. On

- **Smart Lap**
  1. Manual
  2. by Distance

- **Smart Scroll**
  1. Off
  2. Fast
  3. Slow

- **Sport Screen**
  1. Screen
  2. Smart Partner

- **Sport Alert**
  1. None
  2. Speed / Pace
  3. Heart Rate
  4. Cadence

- **Smart Pause**
  1. Off
  2. On

- **Smart Lap**
  1. Manual
  2. by Distance

- **Smart Scroll**
  1. Off
  2. Fast
  3. Slow

- **Sport Screen**
  1. Screen
  2. Smart Partner

- **Sport Alert**
  1. None
  2. Speed / Pace
  3. Heart Rate
  4. Cadence

- **Smart Pause**
  1. Off
  2. On

- **Smart Lap**
  1. Manual
  2. by Distance

- **Smart Scroll**
  1. Off
  2. Fast
  3. Slow

- **User Profile**
  1. Gender
  2. Age
  3. Height
  4. Weight
  5. Max Hear Rate

- **Bike Profile**
  1. Bike 1
  2. Bike 2

- **Hear Rate**
  Scan Sensor

- **Cadence**
  Scan Sensor

- **Compass**
  Scan Sensor

- **Pedometer**
  Scan Sensor

- **Bubble Level**
  Scan Sensor

- **Geolocation**
  Scan Sensor

- **Language**
  1. English
  2. 繁體中文
  3. 简体中文
  4. 日本語
  5. Deutsch

- **Clock**
  1. Alarm
  2. 24-Hour
  3. Time
  4. Summer Time

- **Backlight**
  1. 15 sec
  2. 30 sec
  3. 60 sec
  4. 120 sec

- **Alert**
  1. Sound
  2. Light
  3. Vibrate

- **Unit**
  1. m, km, kg
  2. ft, mi, lb

- **Geolocation**
  1. dd mm ss.ss
  2. dd.dd
  3. dd mm.mm

- **Orientation**
  1. Non-rotate
  2. Rotate 180°

- **GPS**
  1. Full Power
  2. Power Saving

- **Format (Speed/Pace)**
  1. Running
  2. Swimming
  3. Jogging

- **Key Lock**
  1. Off
  2. On

- **Factory Reset**
  1. Cancel
  2. OK

- **about Watch**
  Version

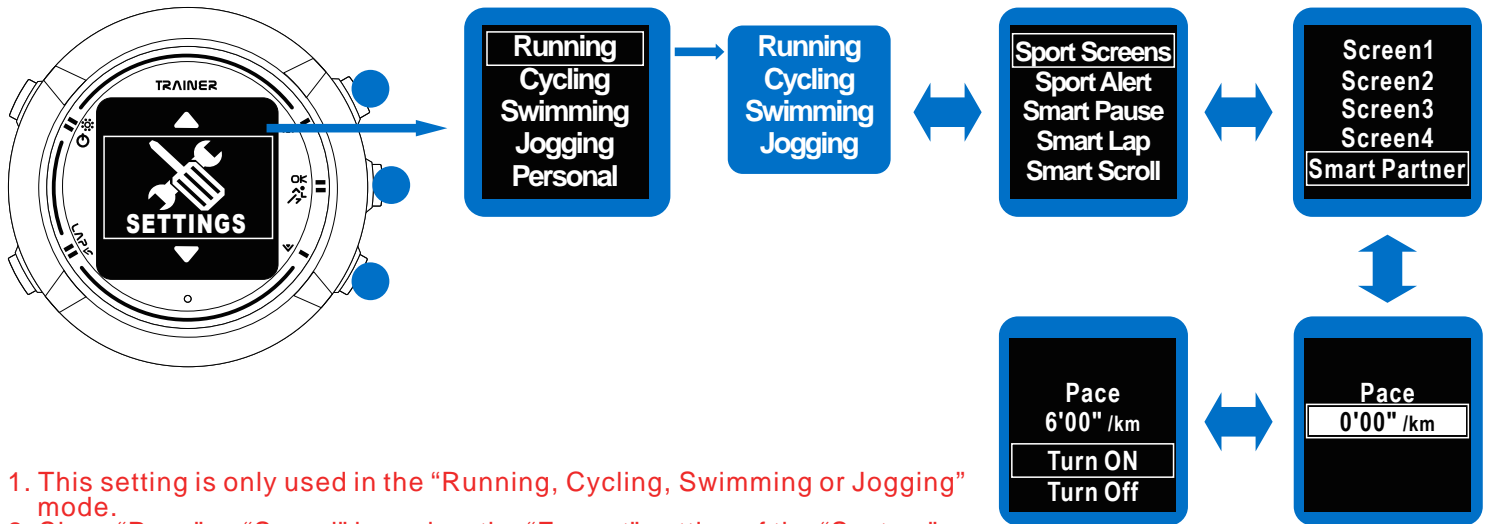# Settings Mode- Sport Screens

Sport Screens-Screen
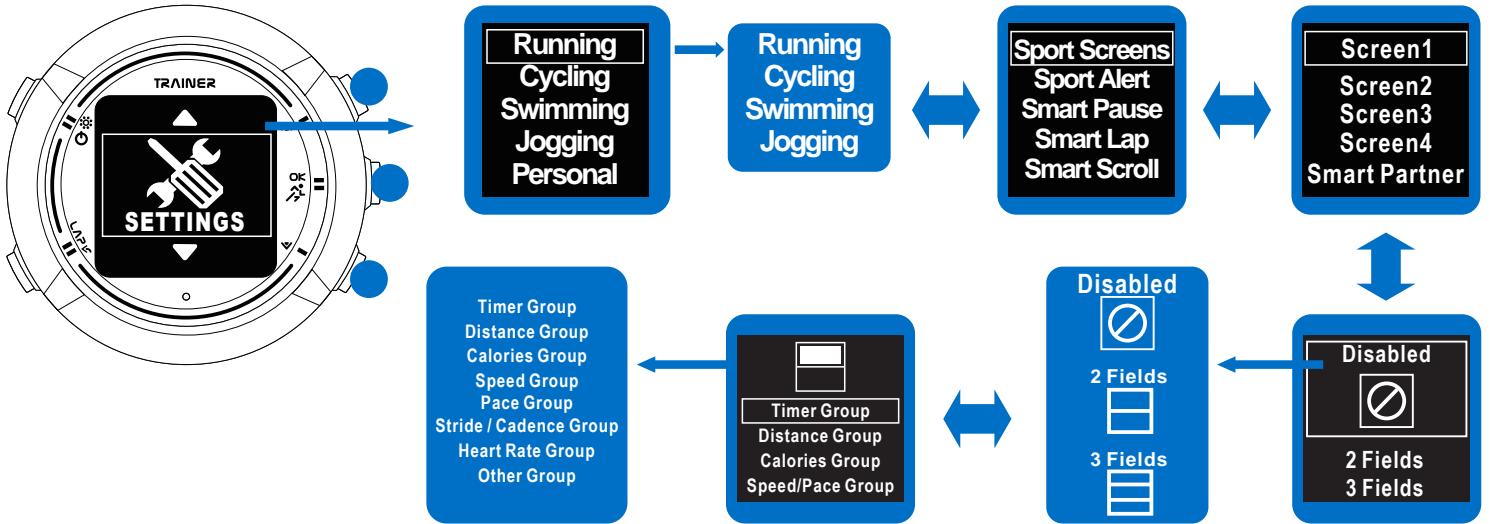
- **Timer Group**
  1. Timer
  2. Lap Timer

- **Distance Group**
  1. Distance
  2. Lap Distance

- **Calories Group**

- **Speed Group**
  1. Speed
  2. Avg. Speed
  3. Lap Speed

- **Pace Group**
  1. Pace
  2. Avg. Pace
  3. Lap Pace

- **Stride Group |**
  1. Step Count
  2. Stride Rate
  3. Avg. Stride Rate
  4. Lap Stride Rate

- **Cadence Group**
  1. Cadence
  2. Avg. Cadence
  3. Lap Cadence

- **Heart Rate Group**
  1. Heart Rate
  2. Heart Rate Zone
  3. HR % Max
  4. Avg. Heart Rate
  5. Lap Heart Rate
  6. Distance

- **Other Group**
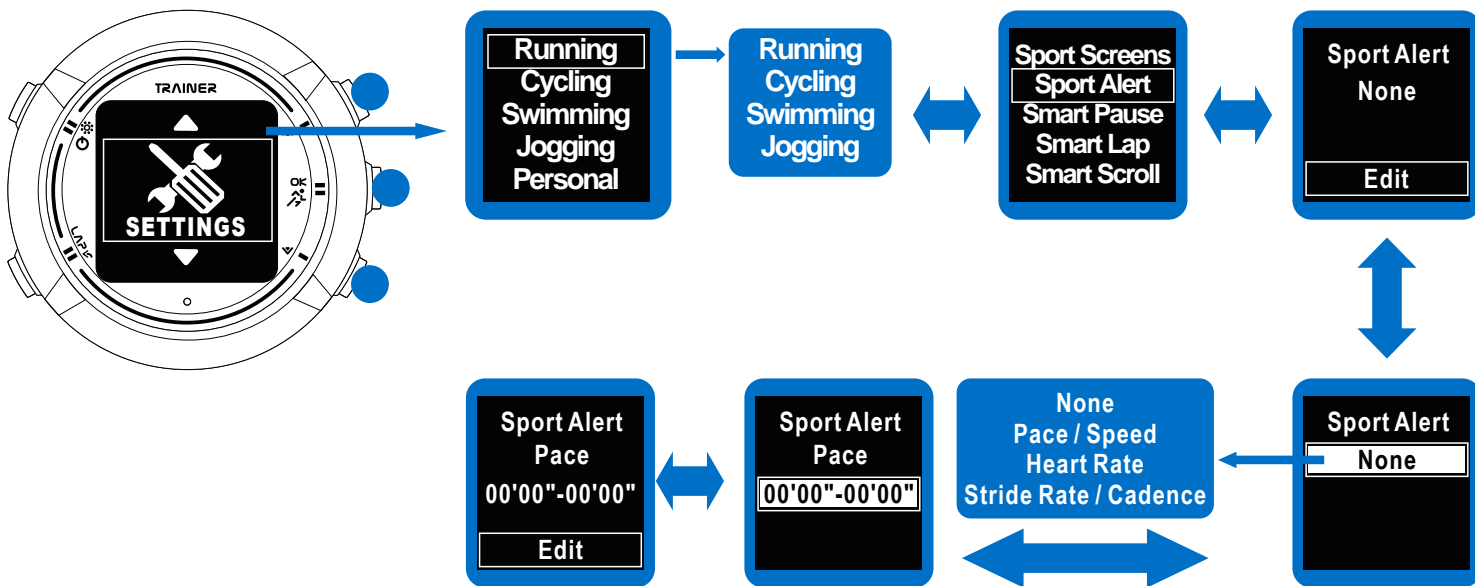 1. Current Time
  2. Elevation
  3. Lap Count

Sport Screen-Smart Partner

1. This setting is only used in the "Running, Cycling, Swimming or Jogging" mode.
2. Show "Pace" or "Speed" based on the "Format" setting of the "System". (Settings mode >> System >> Format >> "Running, Cycling, Swimming or Jogging")
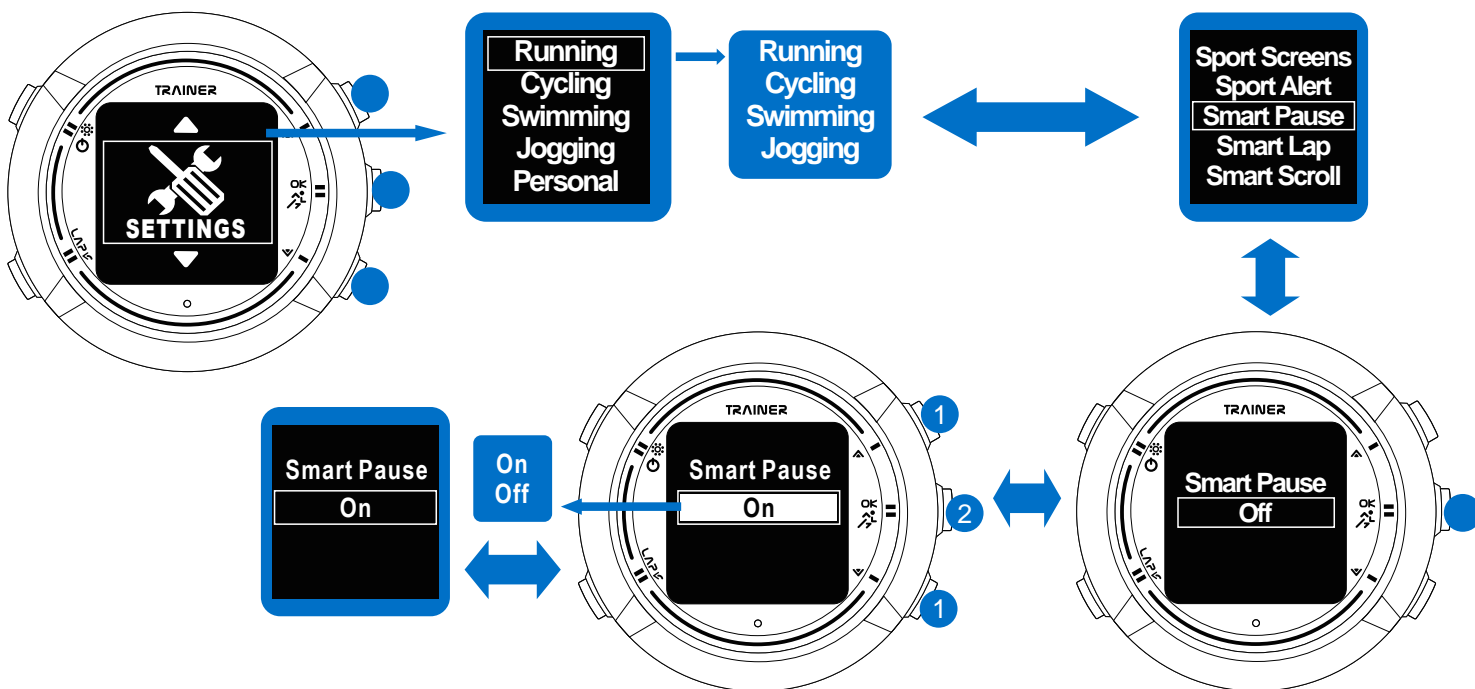
Settings Mode- Sport Alert & Smart Pause

Sport Alert

Running / Cycling / Swimming / Jogging / Personal → Running / Cycling / Swimming / Jogging ↔ Sport Screens / **Sport Alert** / Smart Pause / Smart Lap / Smart Scroll ↔ **Sport Alert** / None / Edit

↕

Sport Alert / Pace / 00'00"-00'00" / Edit ↔ **Sport Alert / Pace / 00'00"-00'00"** ↔ None / Pace / Speed / Heart Rate / Stride Rate / Cadence ← **Sport Alert / None**

1. Press the "Edit" icon to change the choices.
2. These settings are only used in the "Running" or "Cycling" mode.
3. Show "Pace" or "Speed" based on the "Format" setting of the "System".
   (Settings mode > System > Format (Speed / Pace) > "Running, Cycling, Swimming or Jogging")

Smart Pause

Running / Cycling / Swimming / Jogging / Personal → Running / Cycling / Swimming / Jogging ↔ Sport Screens / Sport Alert / **Smart Pause** / Smart Lap / Smart Scroll

↕

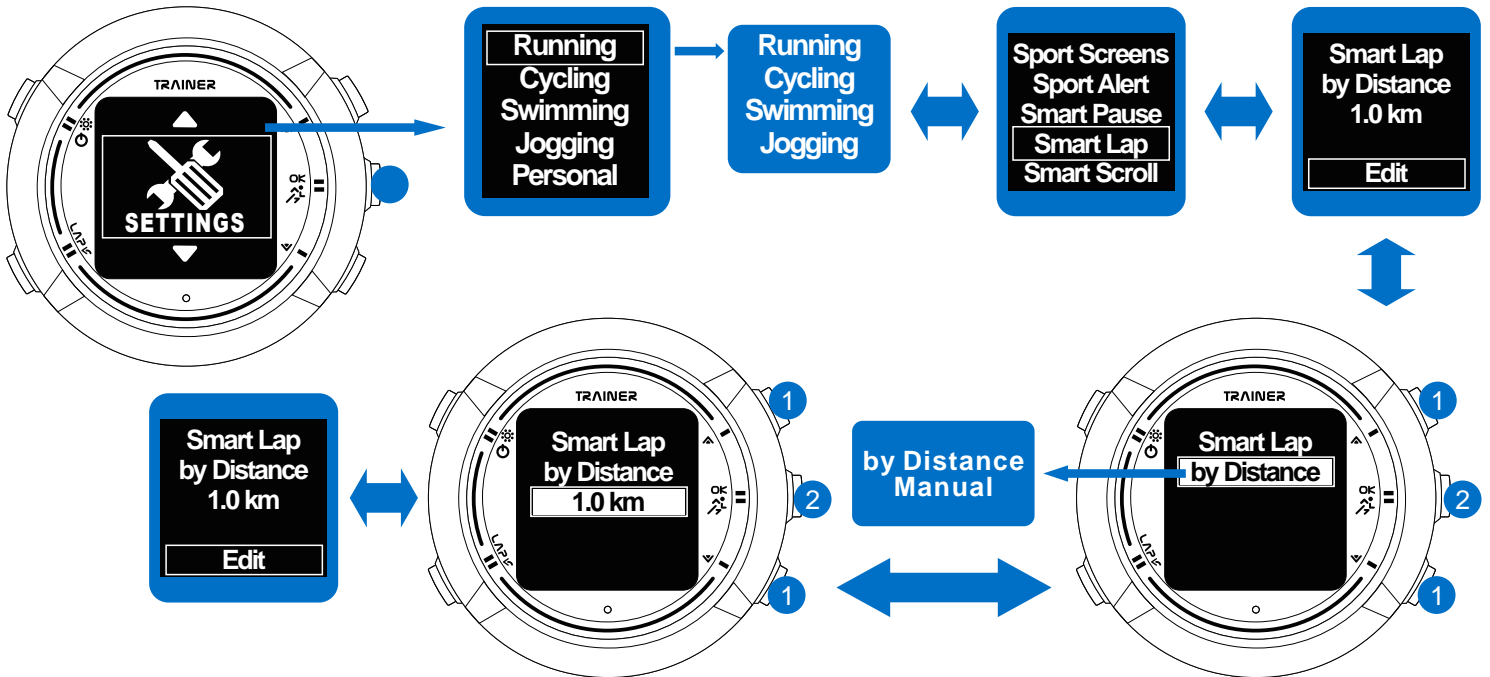**Smart Pause / On** ↔ On / Off ← **Smart Pause / On** ↔ **Smart Pause / Off**

1. Smart Pause can automatically pausing based on a smart analysis.
2. Press the "Up" or "Down" buttons to change the choice.
3. Press the OK button to accept your choice.

Settings Mode- Smart Lap & Smart Scroll

Smart Lap

Laps can marked by two ways.
1. Smart Lap can automatically mark laps based on a defined distance.
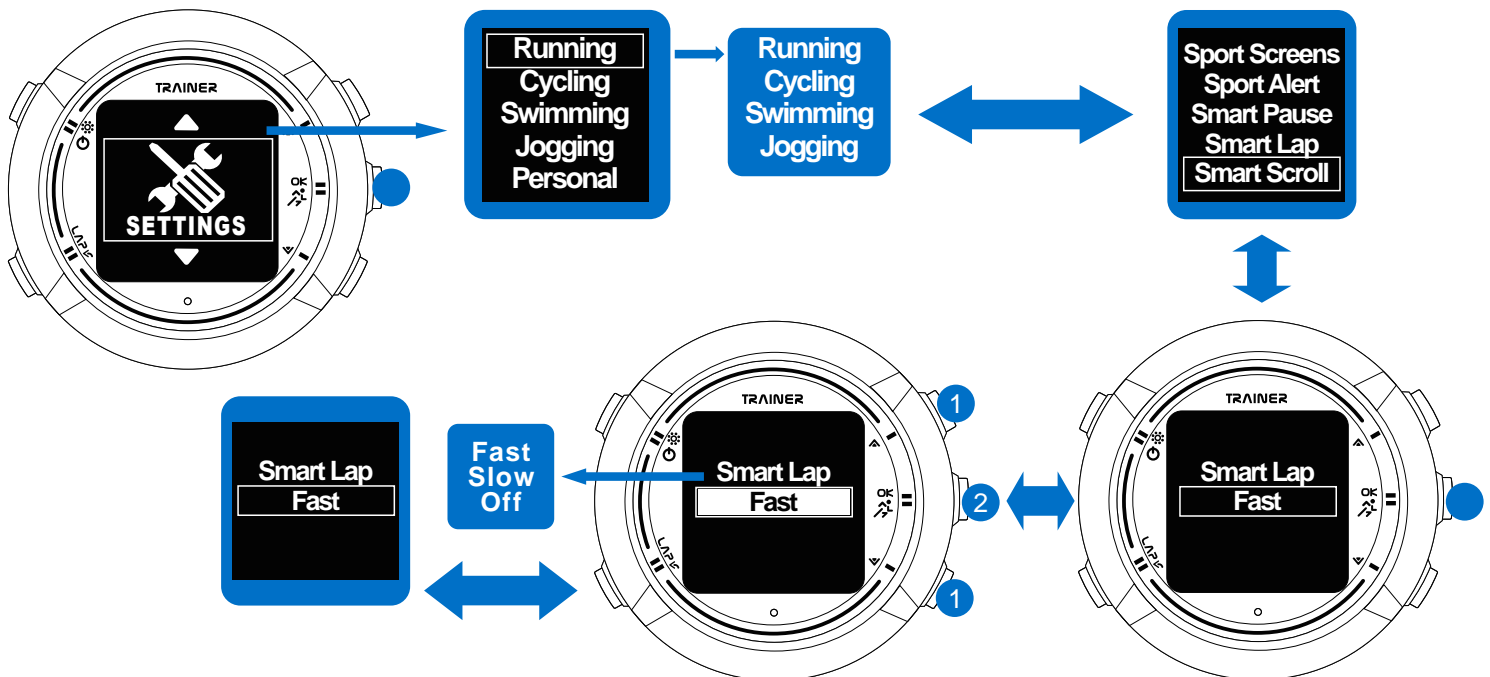2. When recording, press the " LAP" button to mark lap.

Running
Cycling
Swimming
Jogging
Personal

Running
Cycling
Swimming
Jogging

Sport Screens
Sport Alert
Smart Pause
Smart Lap
Smart Scroll

Smart Lap
by Distance
1.0 km
Edit

Smart Lap
by Distance
1.0 km
Edit

Smart Lap
by Distance
1.0 km

by Distance
Manual

Smart Lap
by Distance

1. Smart Lap is in Running, Cycling, Swimming or Jogging of settings mode, and then choose "by Distance" or "Manual".
2. By Distance: Mark laps based on a defined by your setting, such as every kilometer or every mile.

Smart Scroll

There are two ways to view this date during recording.
1. Smart Scroll can automatically scroll based on a defined setting.
2. Scroll pages can manually operated by pressing the " Up" or "Down" button to view this data.

Running
Cycling
Swimming
Jogging
Personal

Running
Cycling
Swimming
Jogging

Sport Screens
Sport Alert
Smart Pause
Smart Lap
Smart Scroll

Smart Lap
Fast

Fast
Slow
Off

Smart Lap
Fast

Smart Lap
Fast

Settings Mode- Personal

User Profile
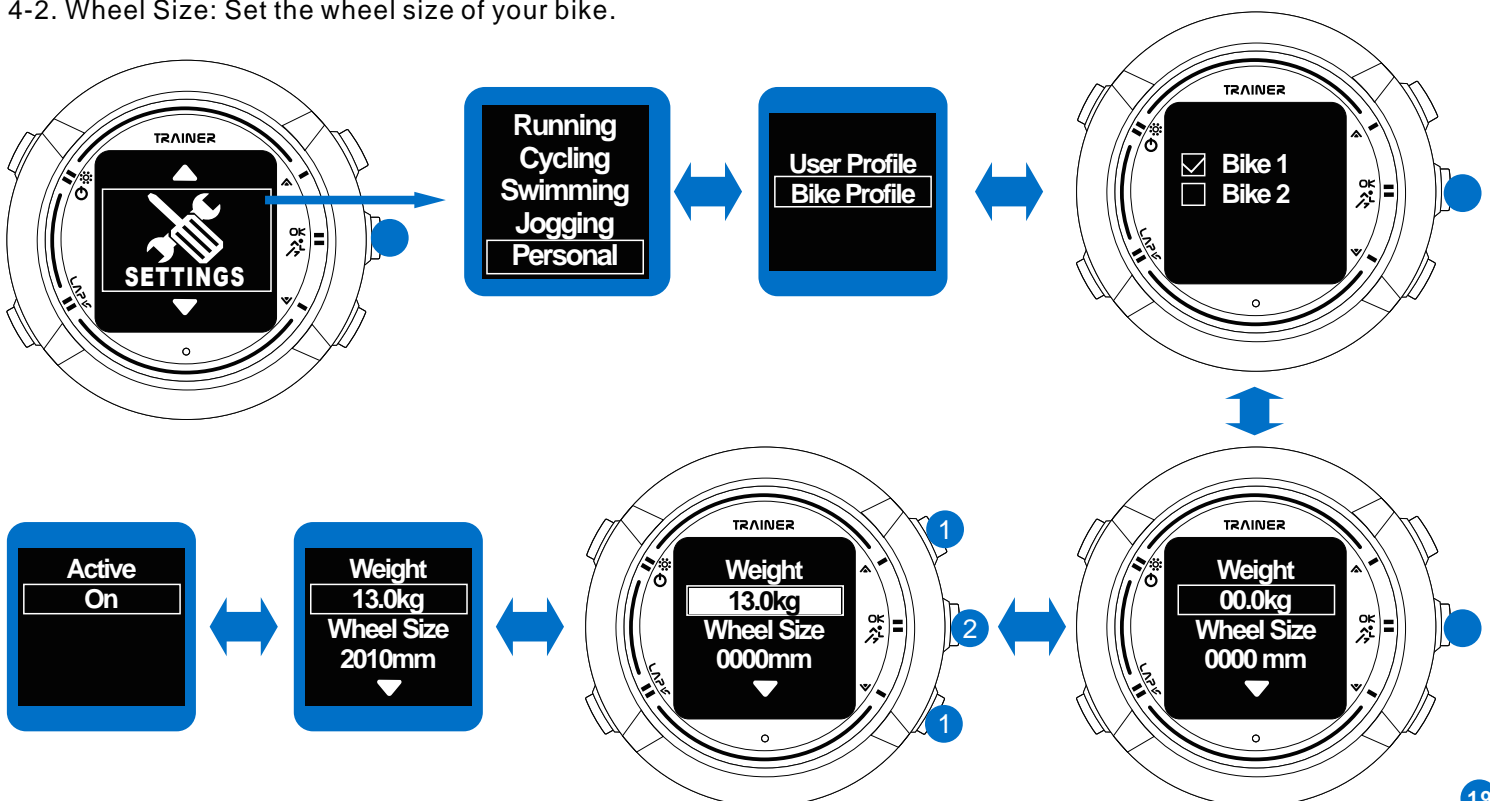
You can change your personal information.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "Personal" > "User Profile", and press "OK" button to enter its submenu.
3. Choose the desired option and configure the necessary settings.

3-1. Gender: Choose your gender
3-2. Age: Set your age.
3-3. Height: Set your height.

3-4. Weight: Set your weight
3-5. Max Hear Rate: Set your maximum heart rate.
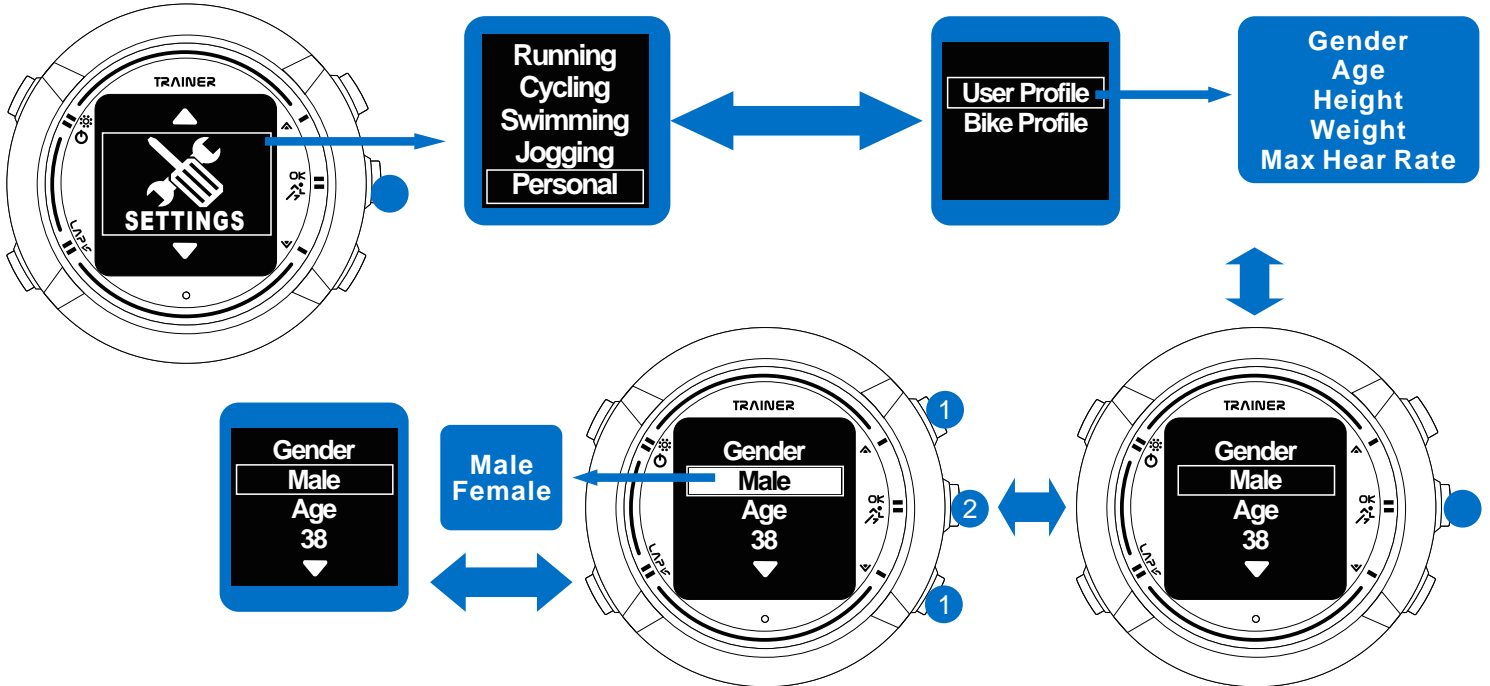
Bike Profile

You can change the information of your bike, and choose your bike for this cycling.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "Personal" > "Bike Profile", and press the "OK" button to enter its submenu.
3. Press the "Up" or "Down" button to choose your bike for setting or implementing.
4. Choose the desired option and configure the necessary settings.

4-1. Weight: Set the weight of your bike
4-2. Wheel Size: Set the wheel size of your bike.

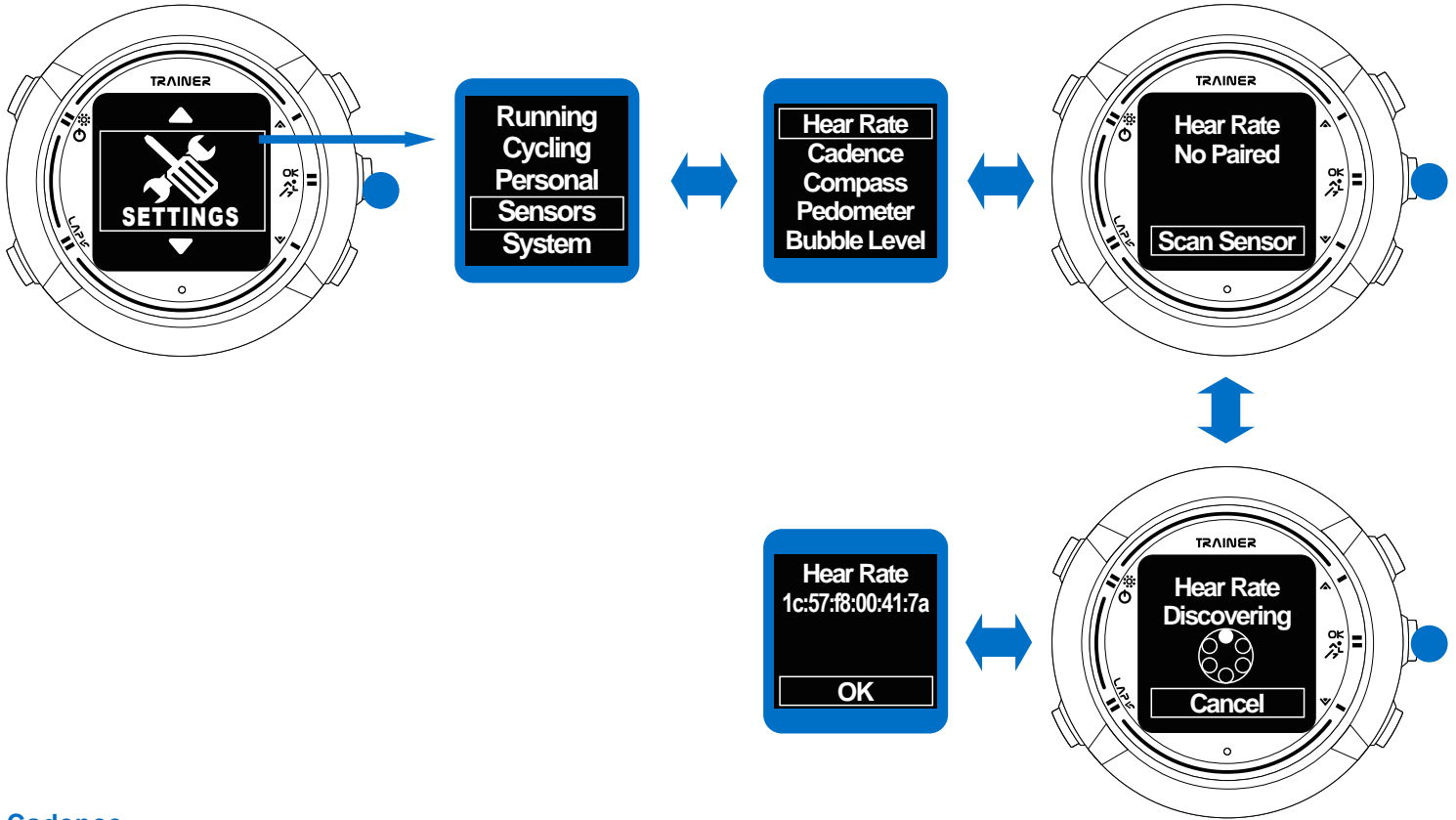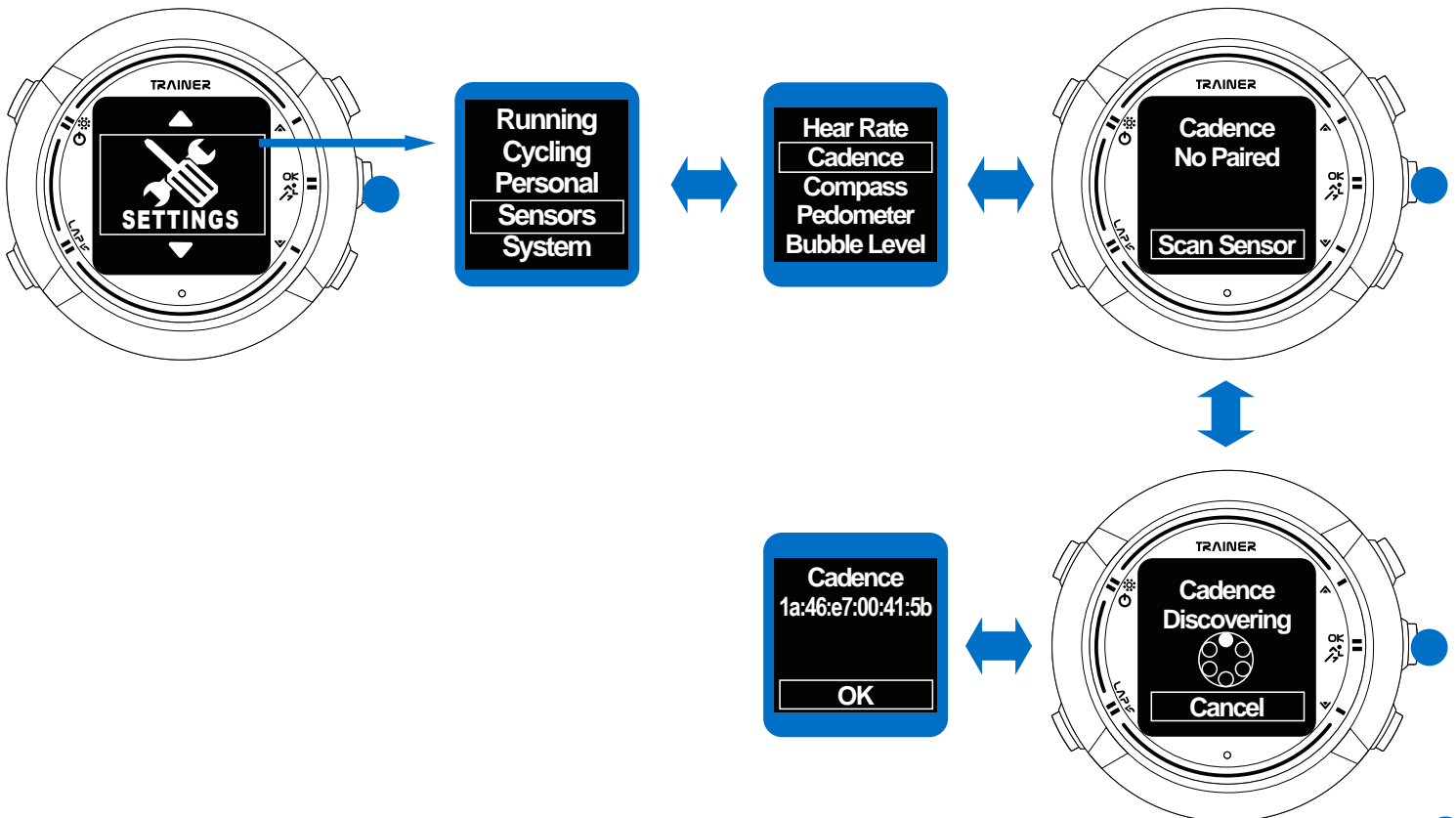4-3. Active: Choose your bike for this cycling.

Settings Mode- Hear Rate & Cadence

Hear Rate

Link your hear rate.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "Sensor" > "Hear Rate", and press the "OK" button to enter its submenu.

```
Running
Cycling
Personal
Sensors
System
```

```
Hear Rate
Cadence
Compass
Pedometer
Bubble Level
```

```
Hear Rate
No Paired

Scan Sensor
```

```
Hear Rate
1c:57:f8:00:41:7a

OK
```

```
Hear Rate
Discovering

Cancel
```

Cadence

Link your cadence.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "Sensor" > "Cadence", and press the "OK" button to enter its submenu.

```
Running
Cycling
Personal
Sensors
System
```

```
Hear Rate
Cadence
Compass
Pedometer
Bubble Level
```

```
Cadence
No Paired

Scan Sensor
```

```
Cadence
1a:46:e7:00:41:5b

OK
```

```
Cadence
Discovering

Cancel
```

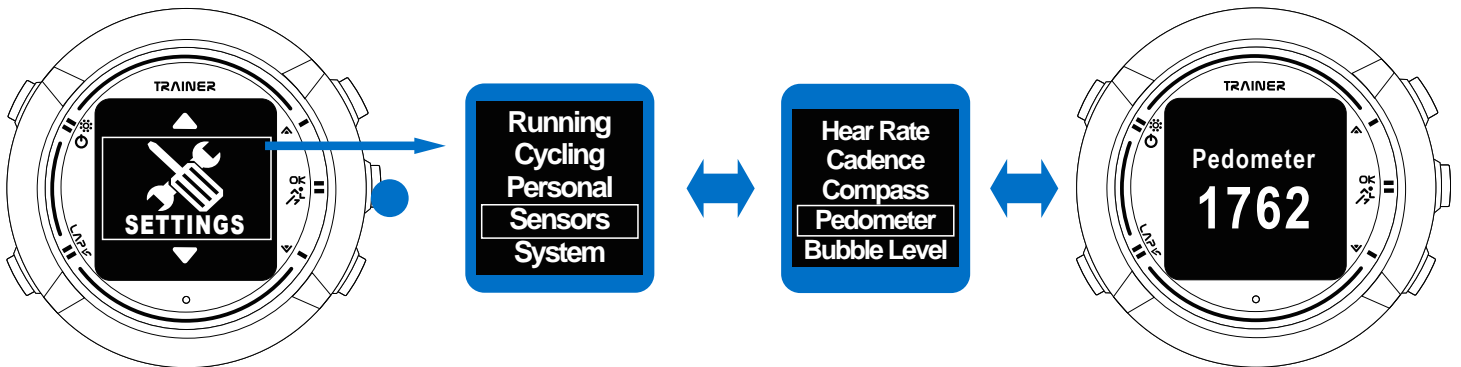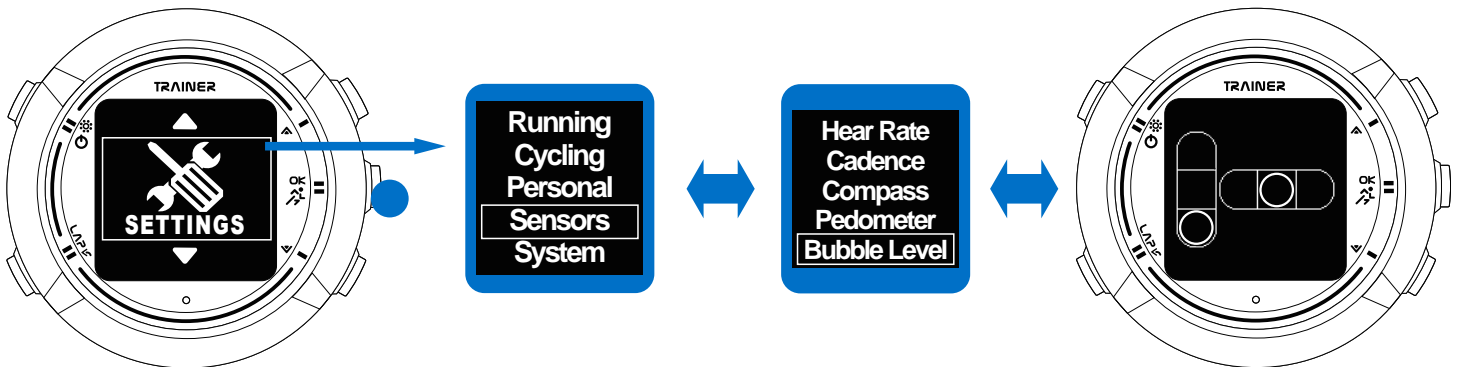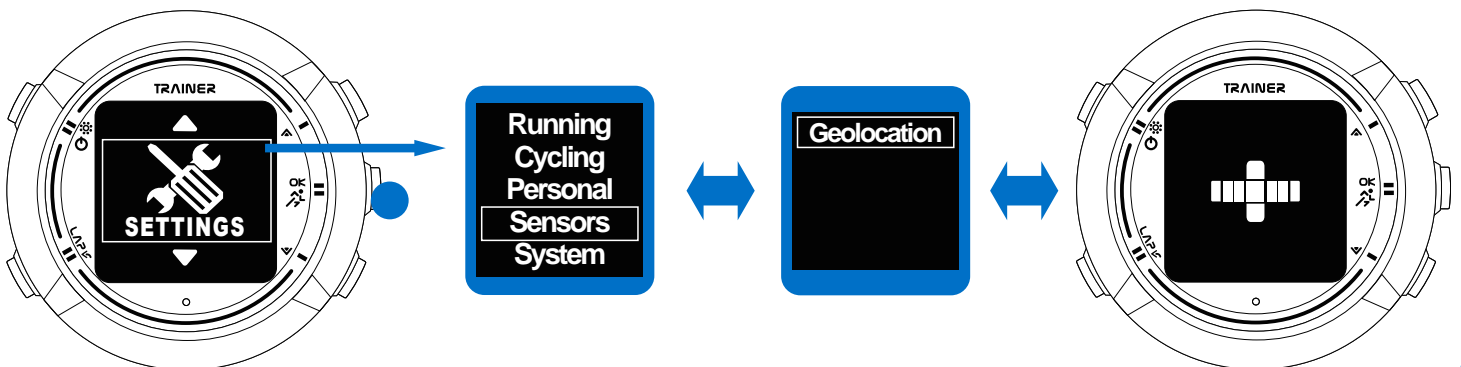# Settings Mode- Compass, Pedometer, Bubble Level & Geolocation

Compass

1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "Sensor" > "Compass".
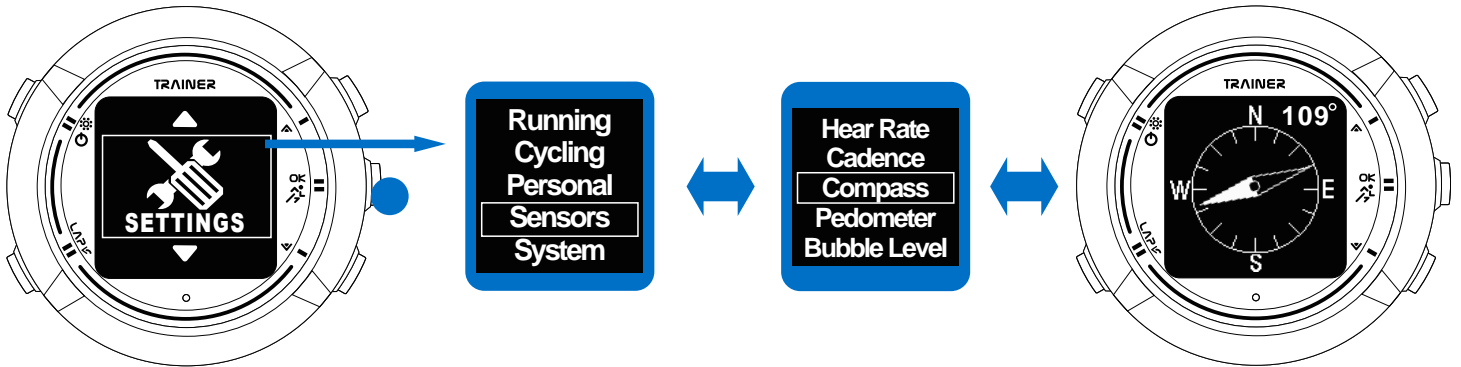
Pedometer

1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "Sensor" > "Pedometer".

Bubble Level

1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "Sensor" > "Bubble Level".

Geolocation

1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
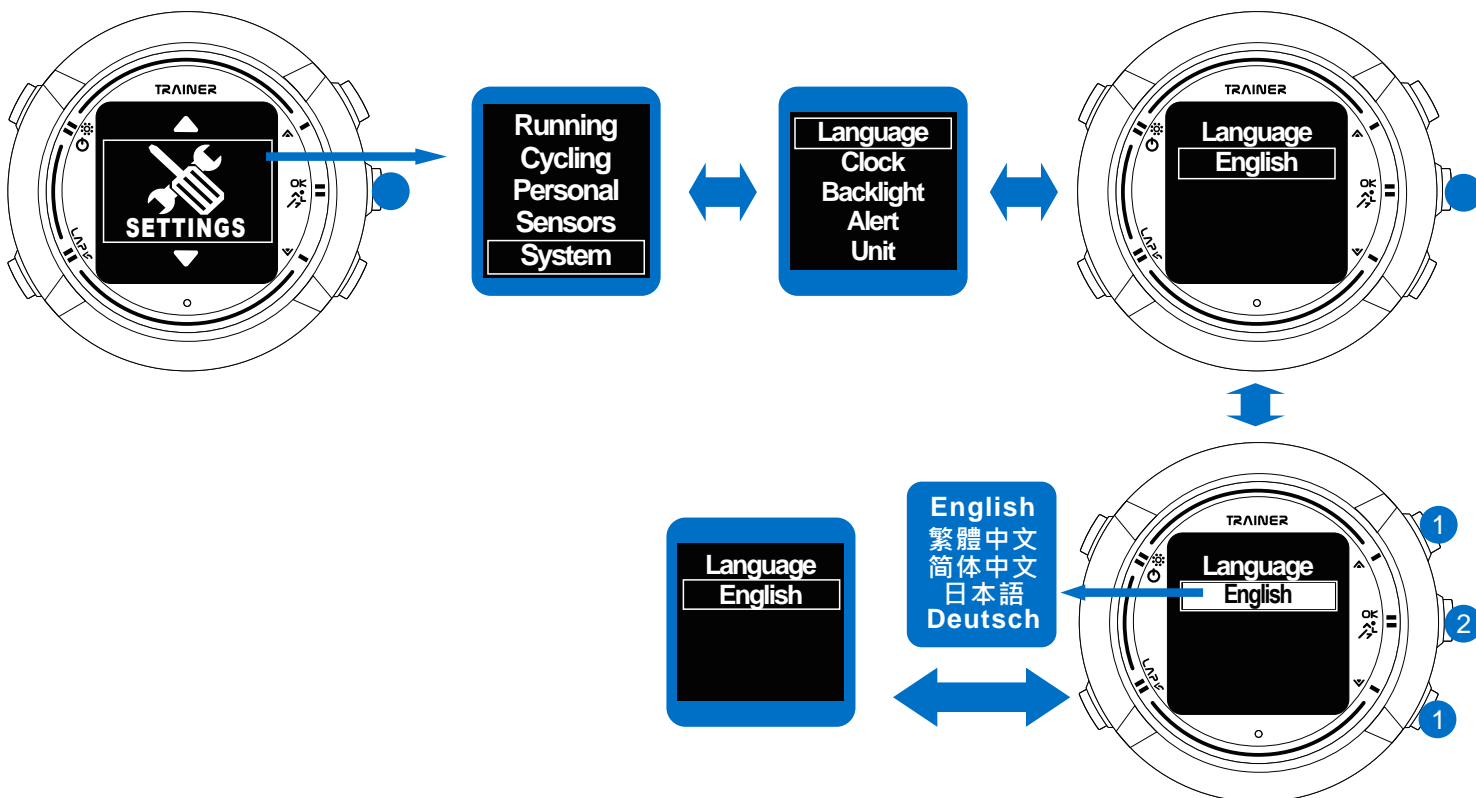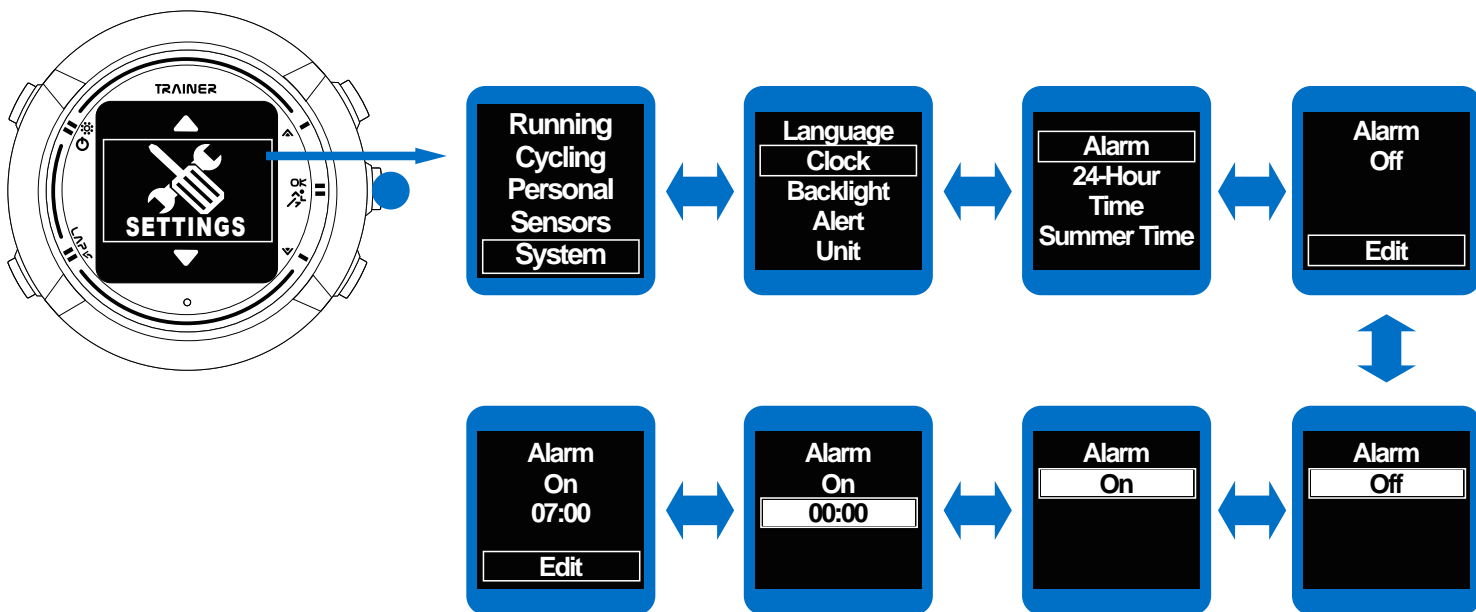2. Press the "Up" or "Down" button to choose "Sensor" > "Geolocation".

Settings Mode- Language & Alarm

Language

You can change your language.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System" > "Language", and press the "OK" button to enter its submenu.
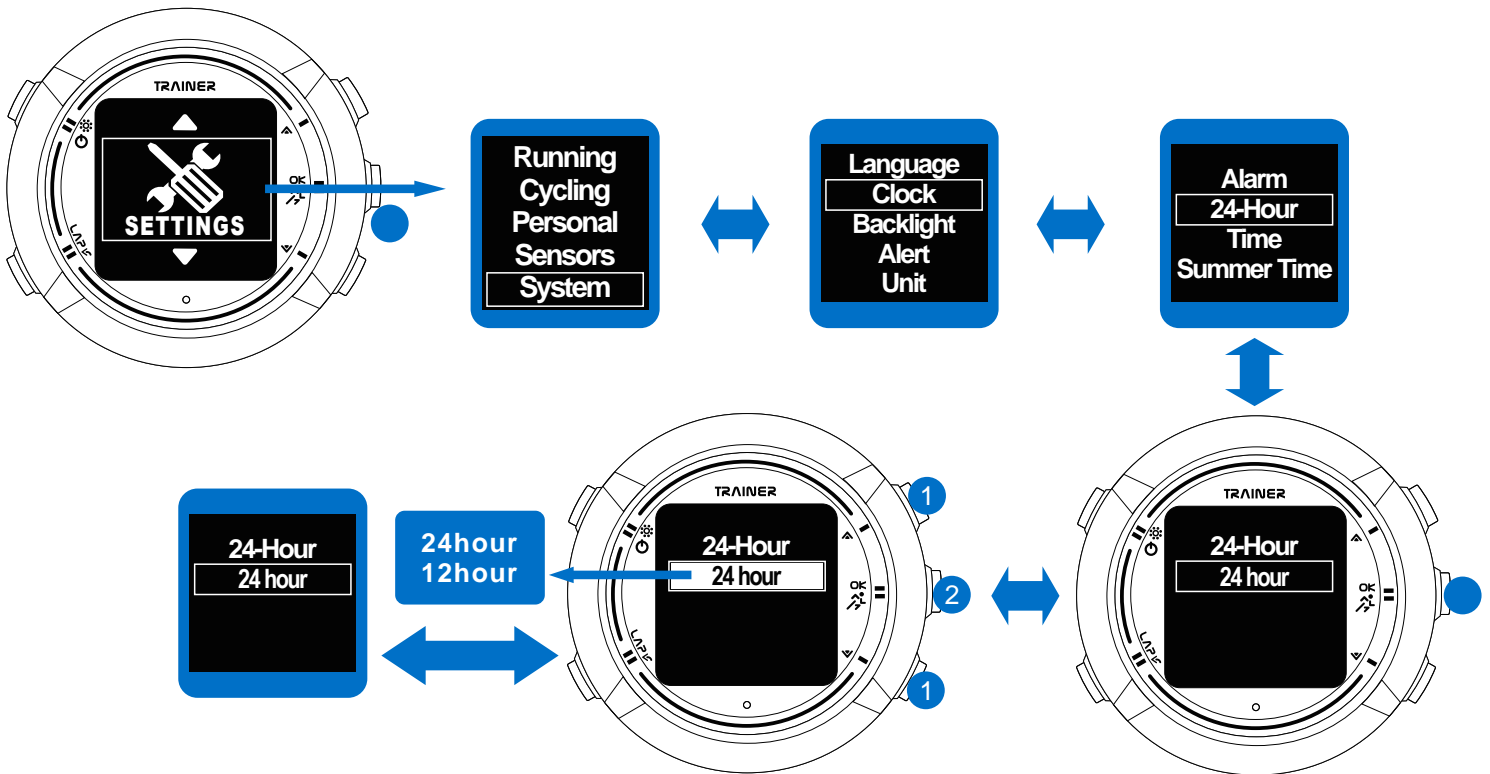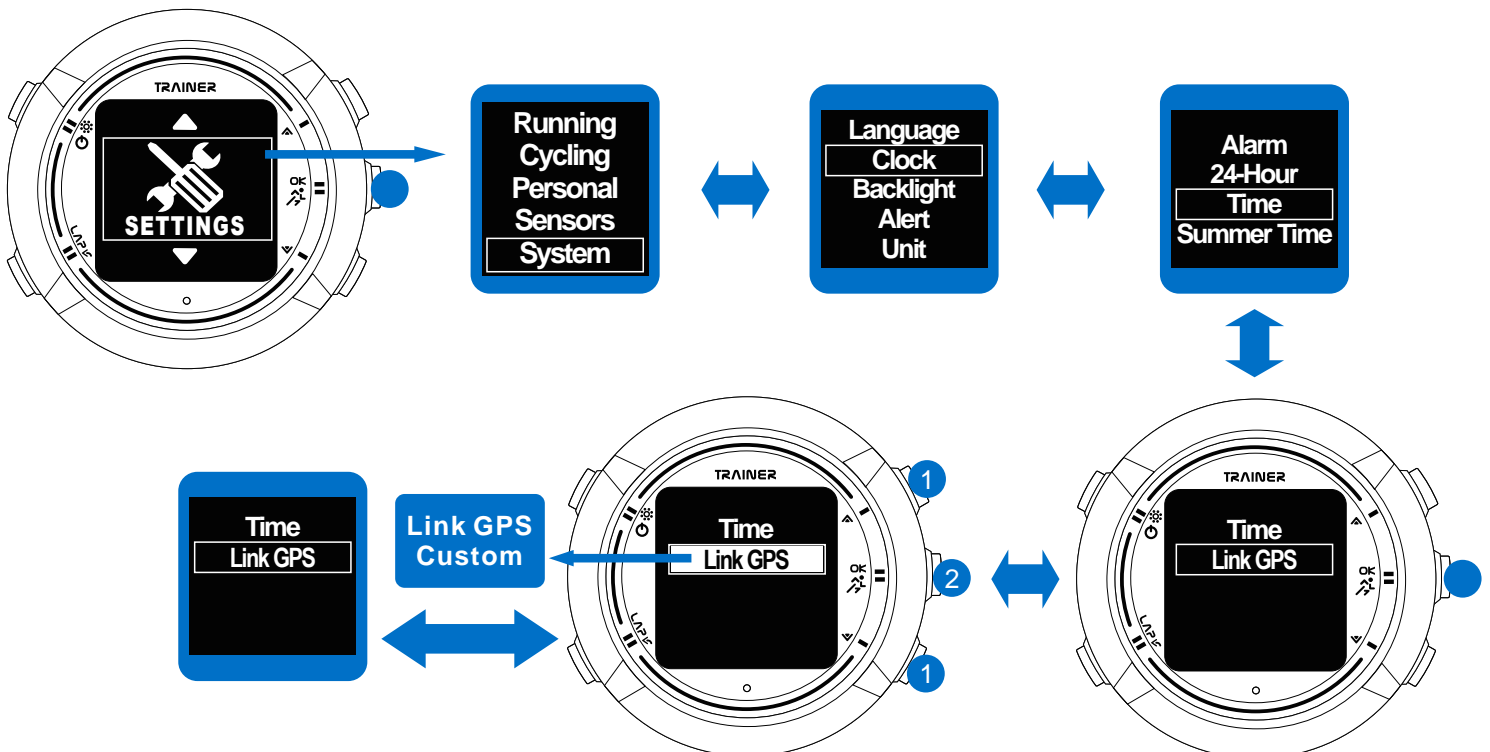

Alarm

You can change your Alarm.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System">"Clock">"Alarm", and press the "OK" button to enter its submenu.

Settings Mode- 24-Hour & Time

24-Hour

You can change the setting of 24-Hour.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the"Up"or"Down"button to choose"System">"Clock">"24-Hour", and press the"OK"button to enter its submenu.

Time

You can change the time setting.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the"Up"or"Down"button to choose "System" >"Clock">"Time", and press the"OK"button to enter its submenu.
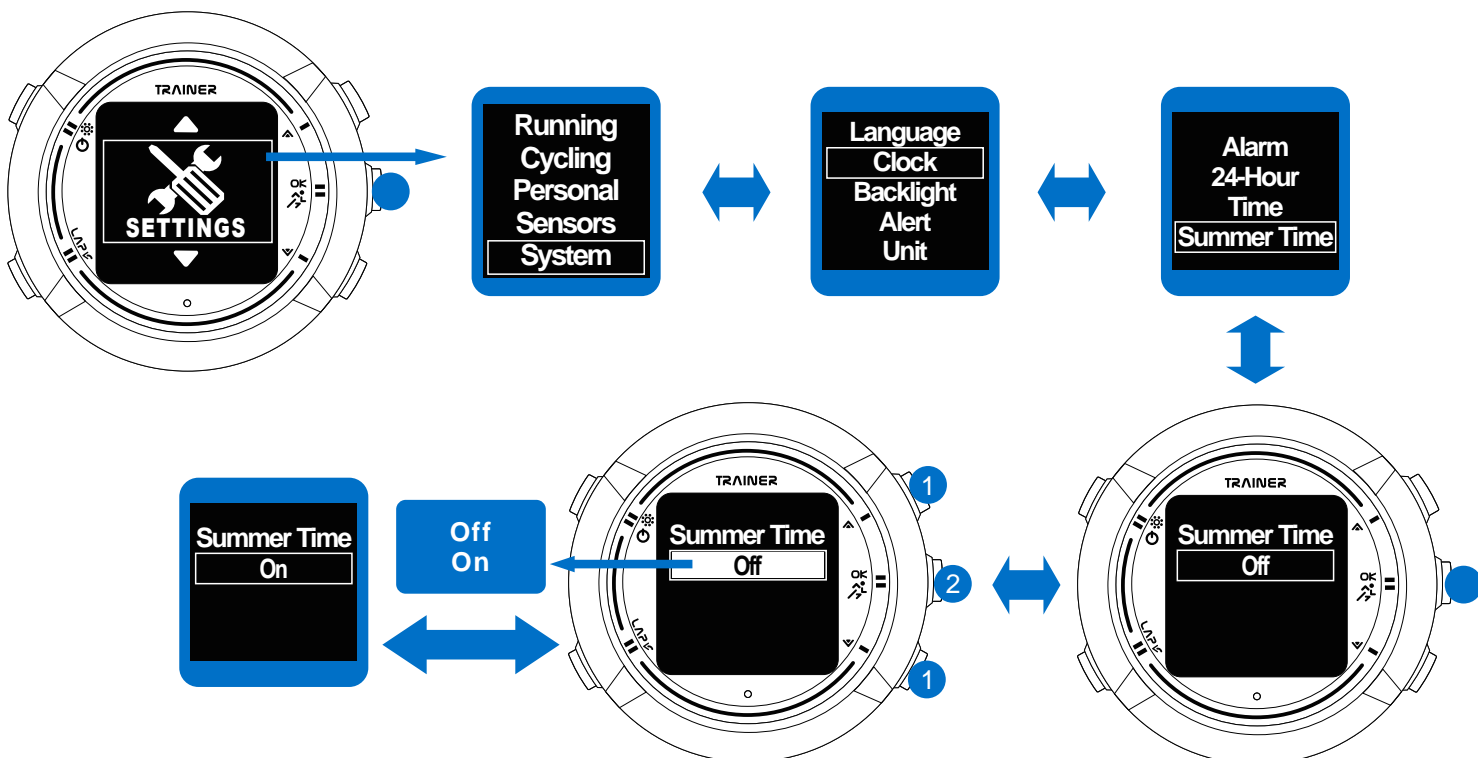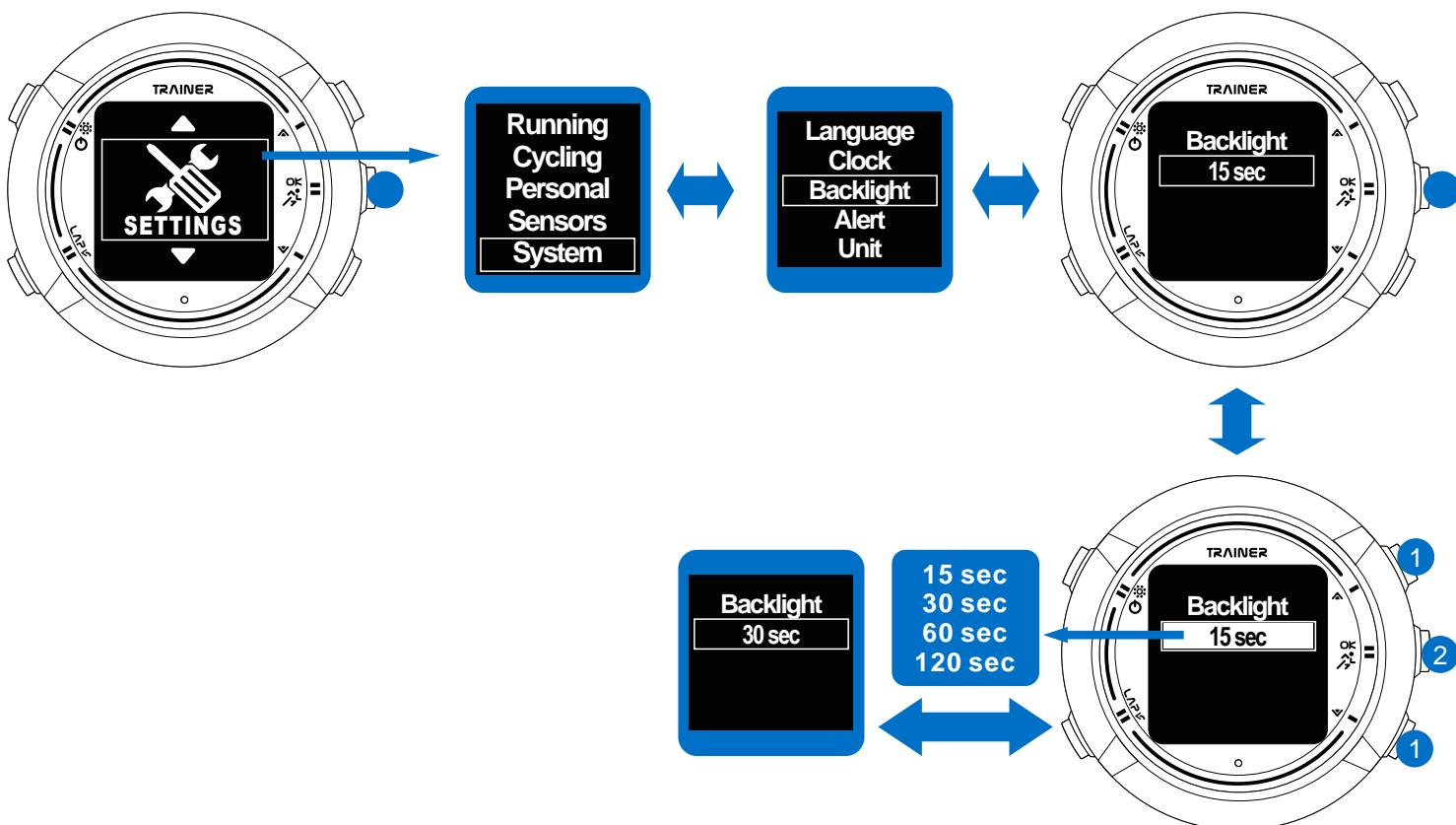
Settings Mode- Summer Time & Backlight

Summer Time

You can change the setting of summer time.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System"> "Clock" > "Summer Time", and press the "OK" button to enter its submenu.

Backlight

You can change the setting of backlight.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose " System " > " Backlight ",and press the "OK" button to enter its submenu.
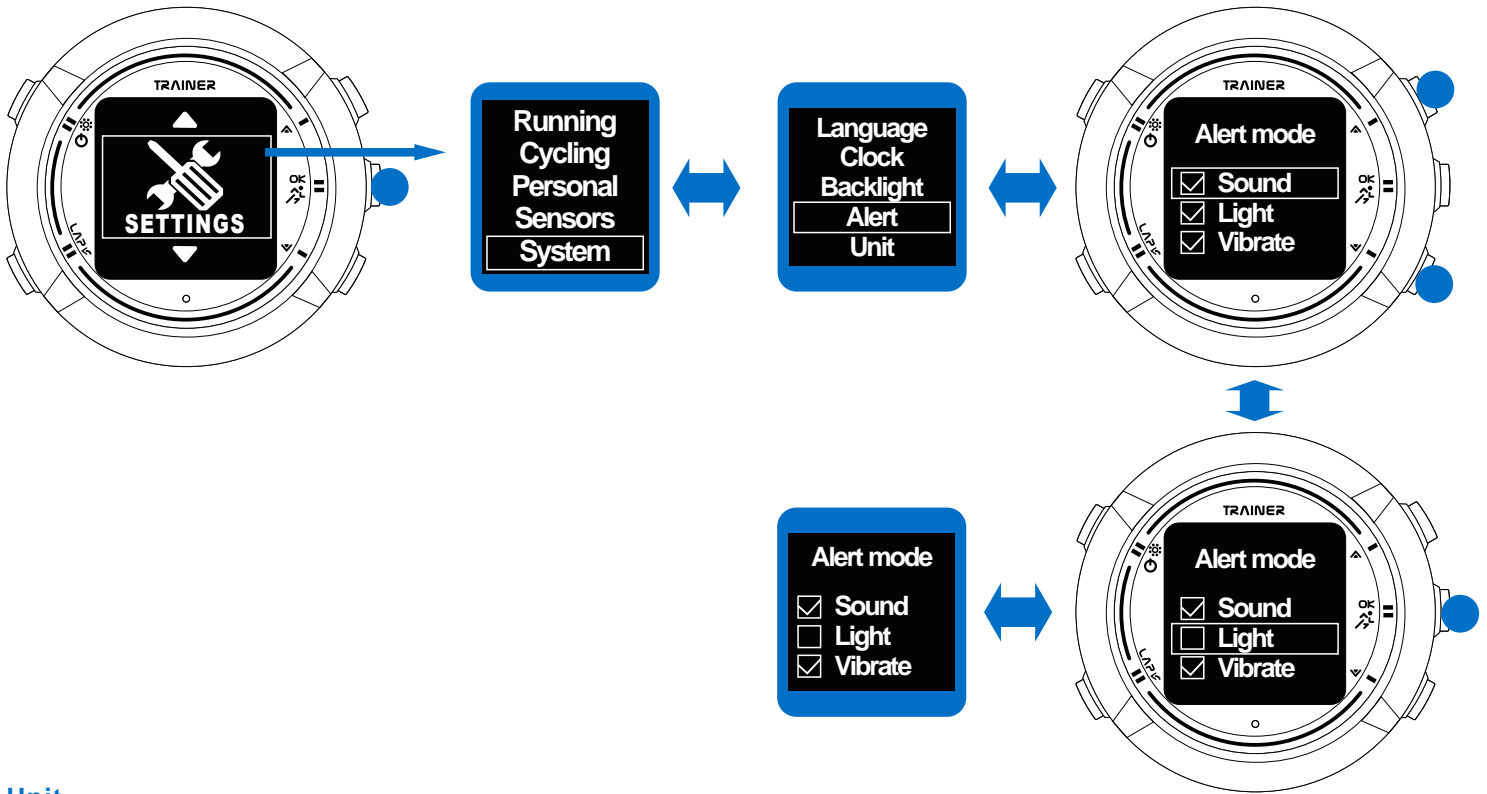
Settings Mode- Alert Mode & Unit
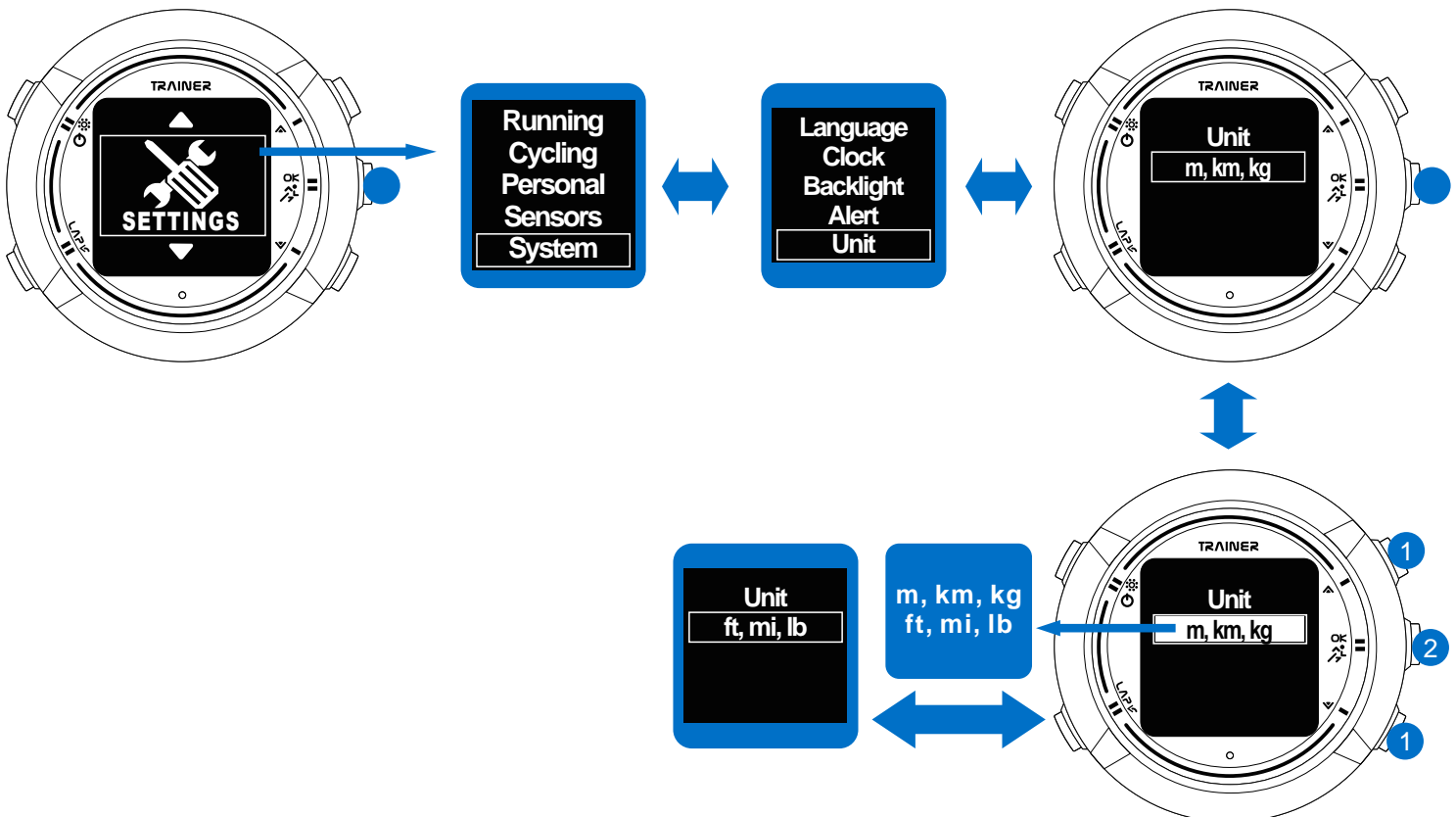
Alert Mode

You can change the alert mode.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System" > "Alert", and press the "OK" button to enter its submenu.
3. Press the "OK" the button to enable or disable it during choosing the function, and press the "Back" button to leave and save the setting.

Unit

You can change the unit.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose " System " > " Unit ", and press the "OK" button to enter its submenu.
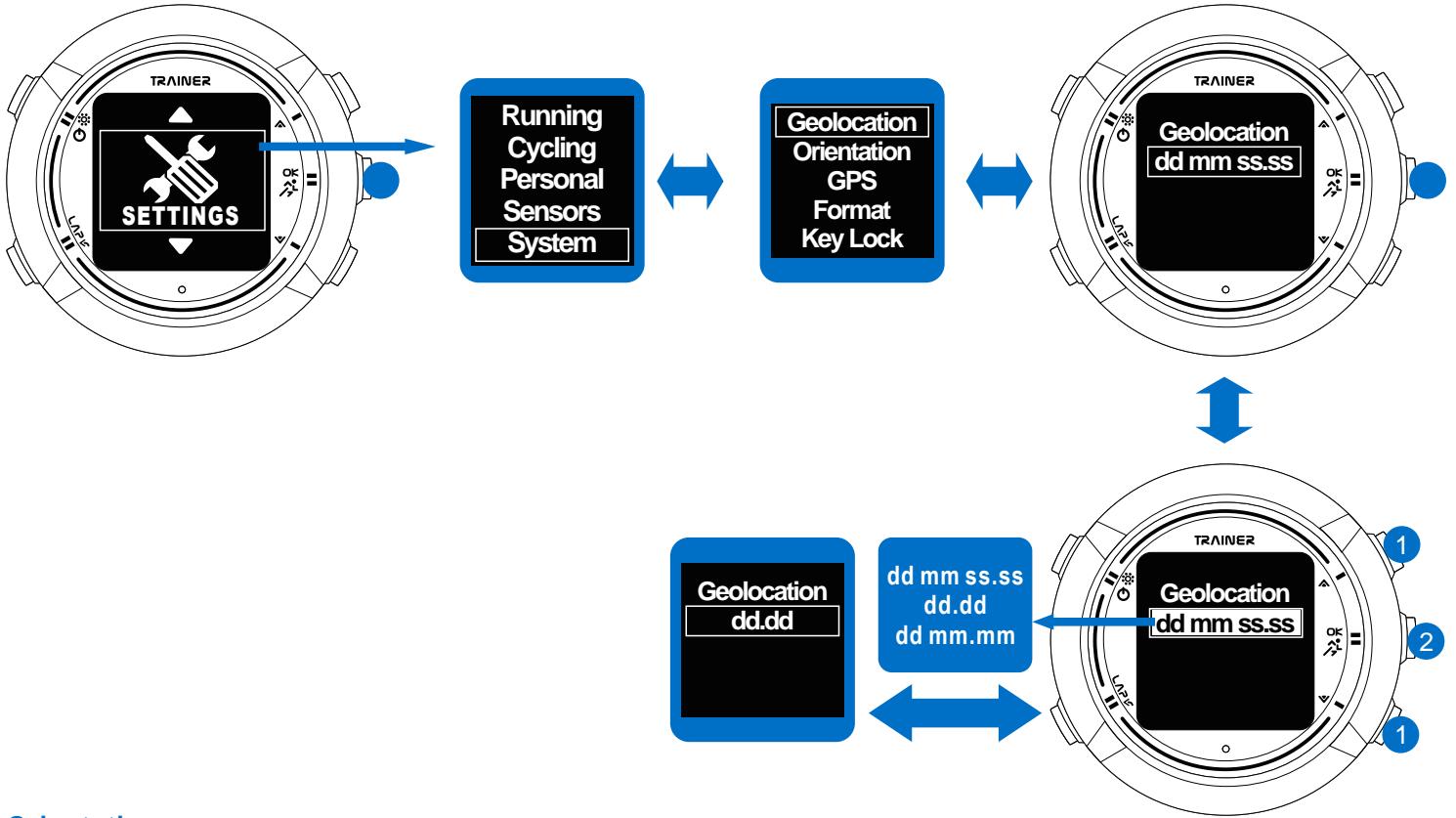
Settings Mode- Geolocation & Orientation

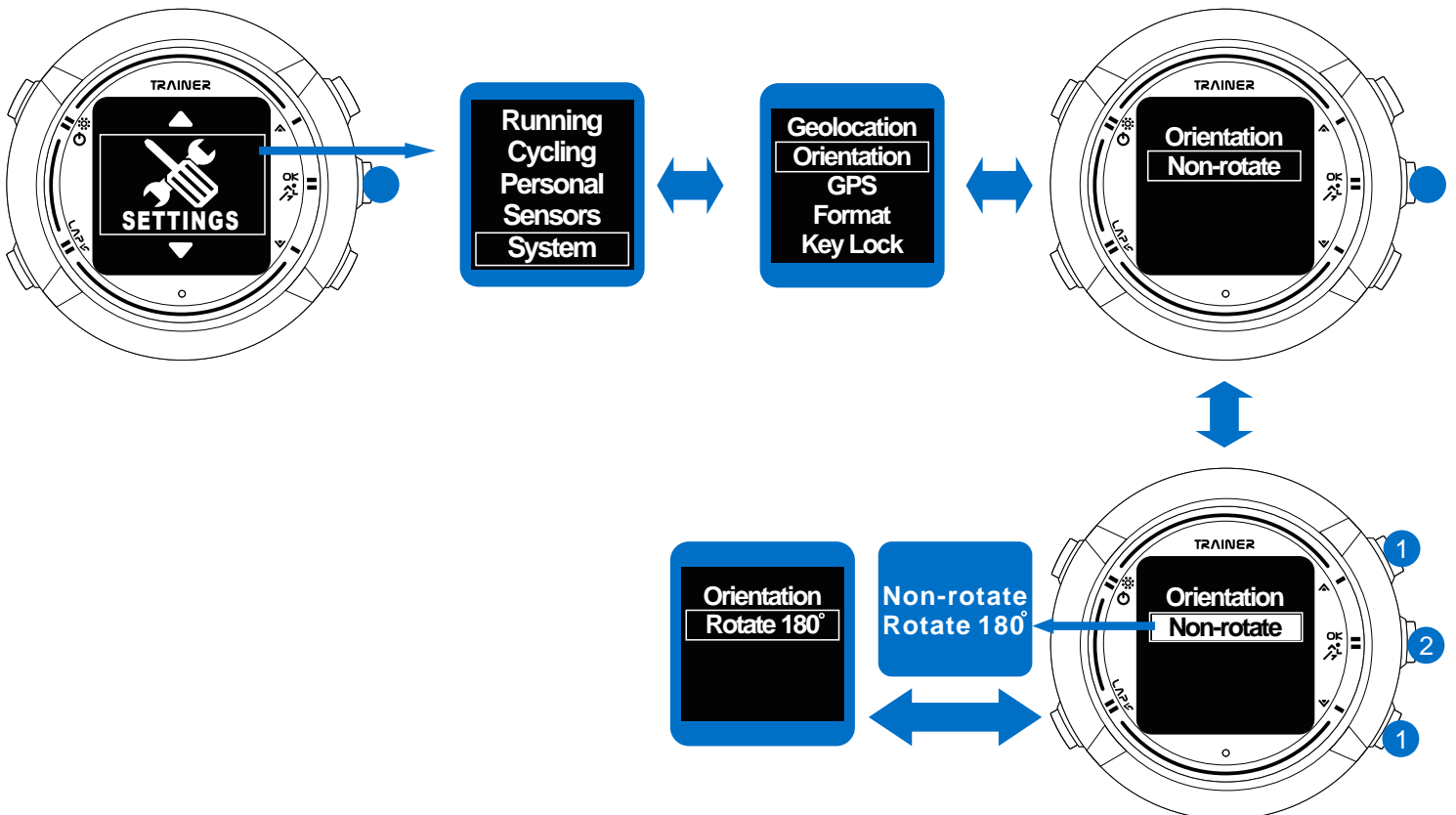## Geolocation

You can change the orientation of the screen.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose"System">"Geolocation", and press the "OK" button to enter its submenu.

Orientation

You can change the orientation of the screen.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
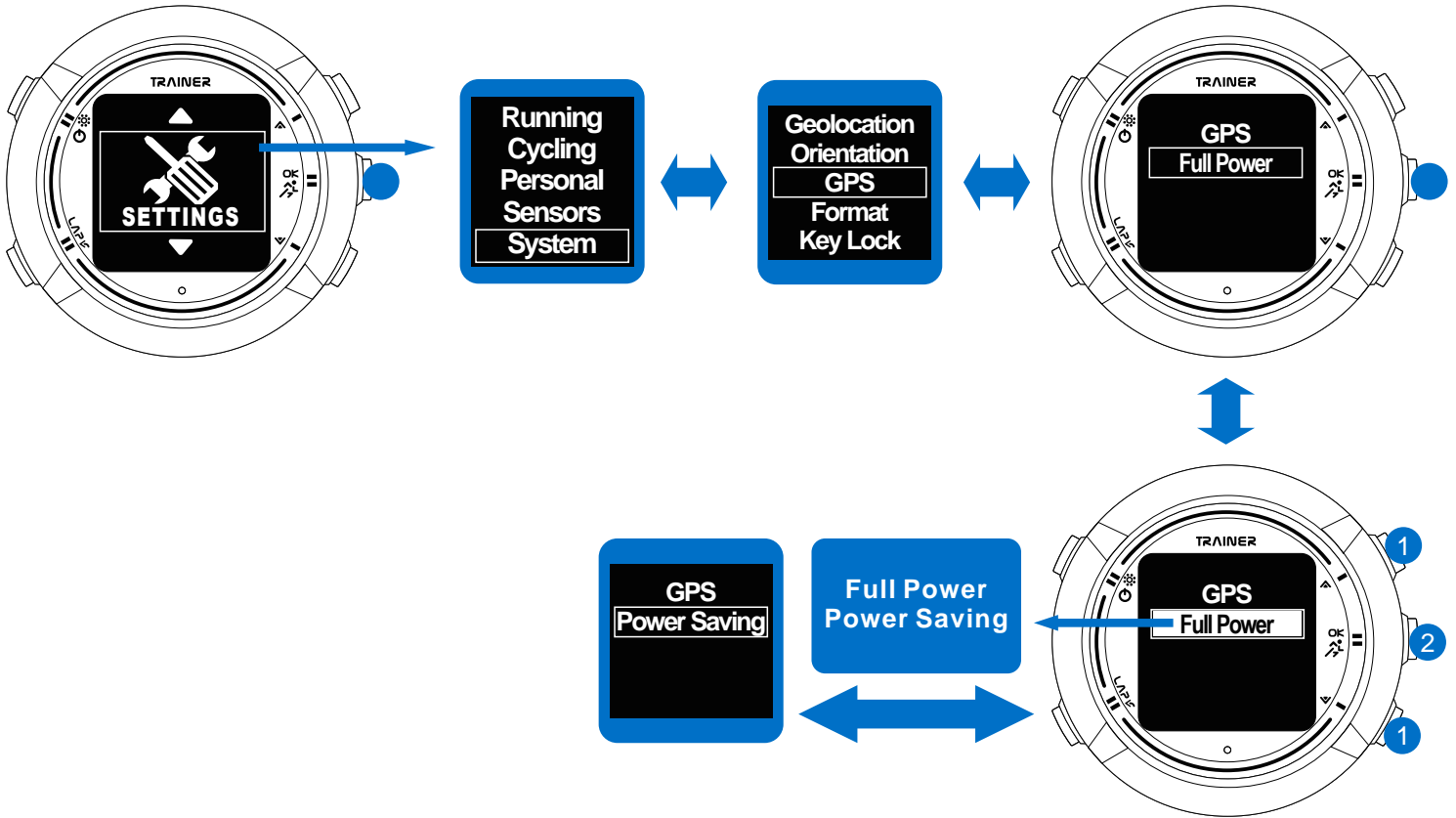2. Press the "Up" or "Down" button to choose"System">"Orientation", and press the "OK" button to enter its submenu.

Settings Mode- GPS Mode & Format (Speed / Pace)

GPS Mode

You can change the GPS mode.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose " System " > " GPS ", and press the"OK"button to enter its submenu.

Format

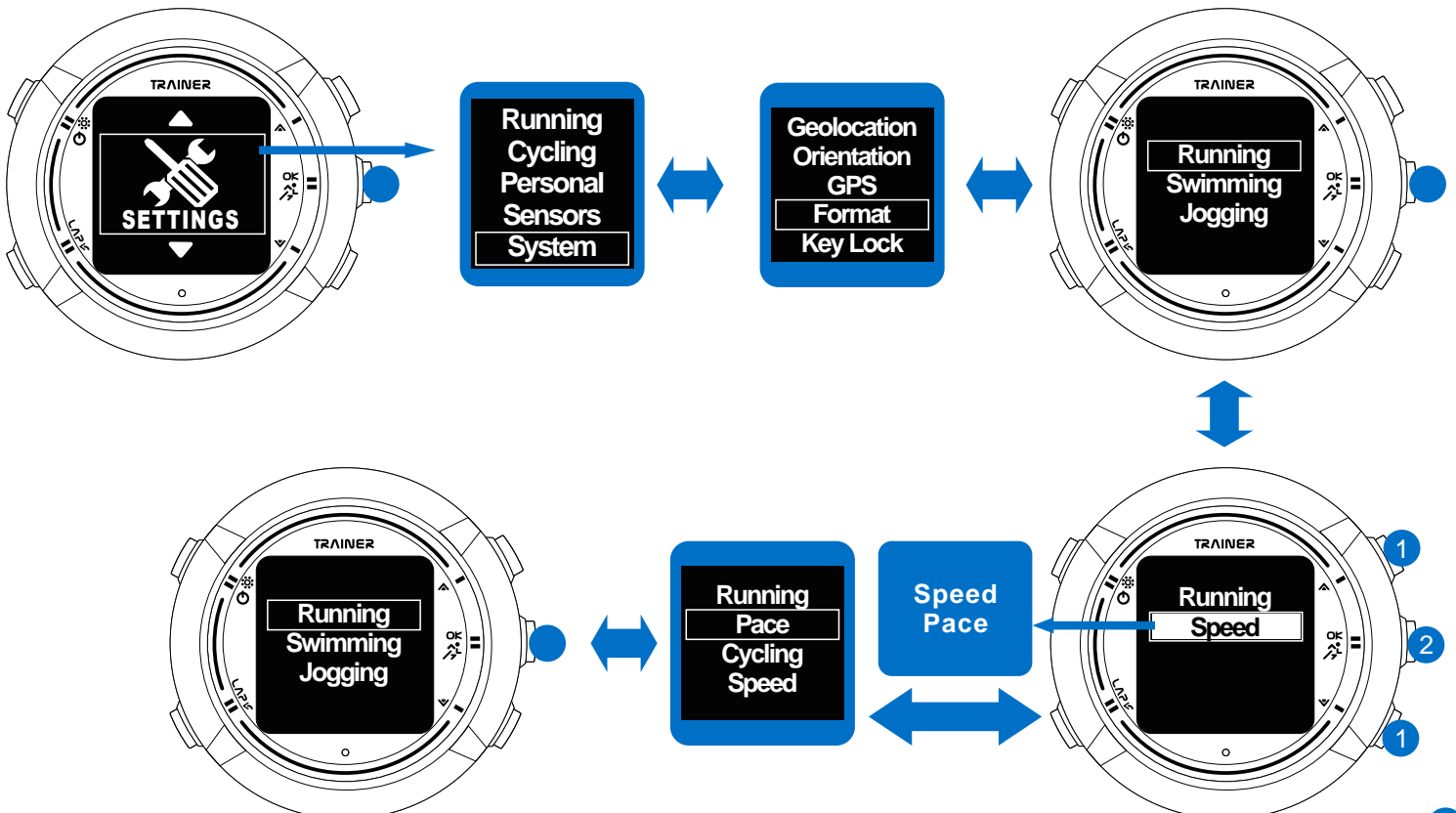You can choose the speed mode based on "Speed" or "Pace" to remind.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the"Up"or"Down"button to choose"System"> "Format" >"Speed or Pace", and press the"OK"button to enter its submenu.
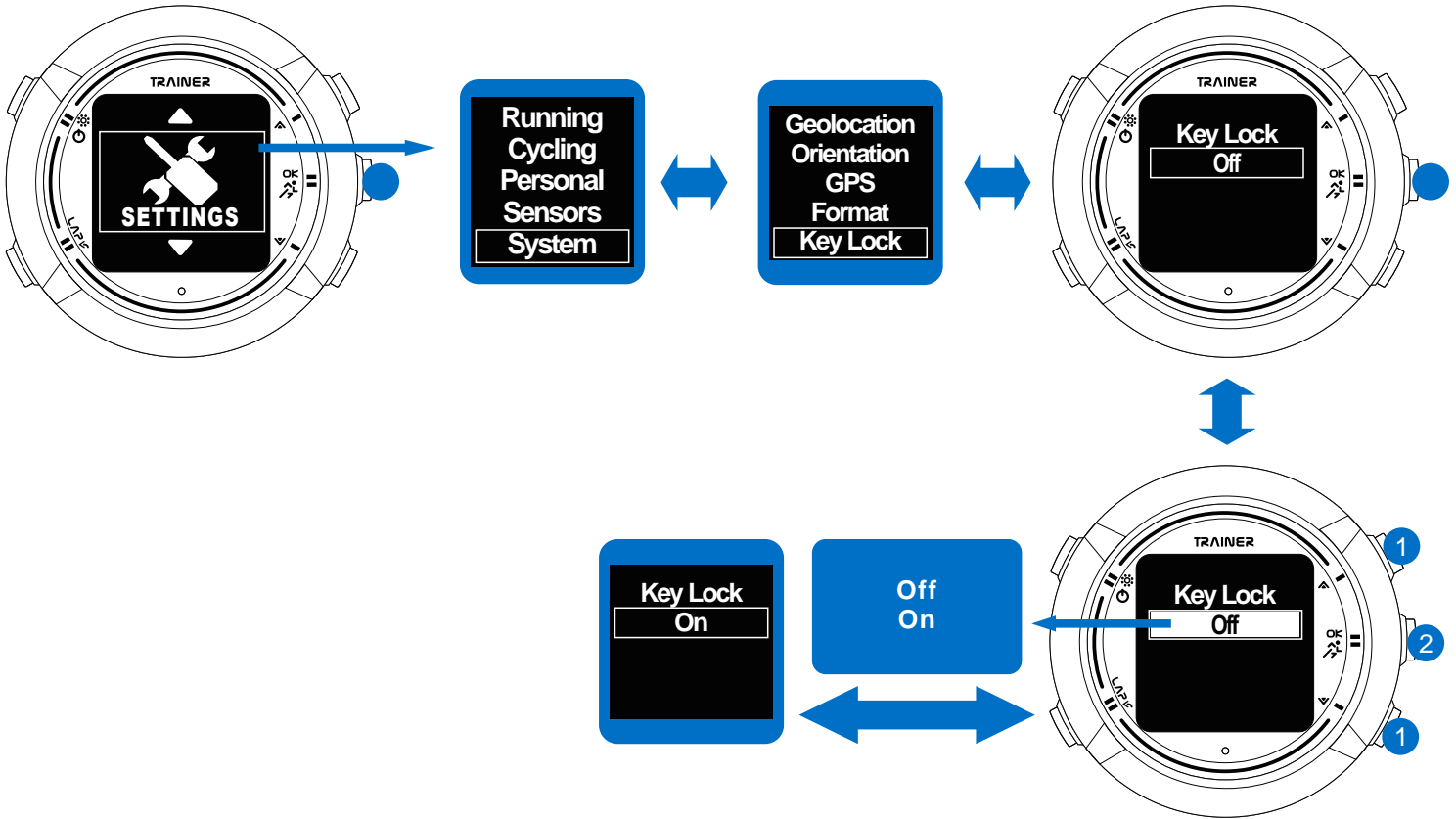
Settings Mode- Key Lock & Factory Reset

Key Lock

You can change the Key Lock mode.
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose " System " > " Key Lock", and press the"OK"button to enter its submenu.

Factory Reset

You can reset the watch to factory setting and "**delete your all dates**".
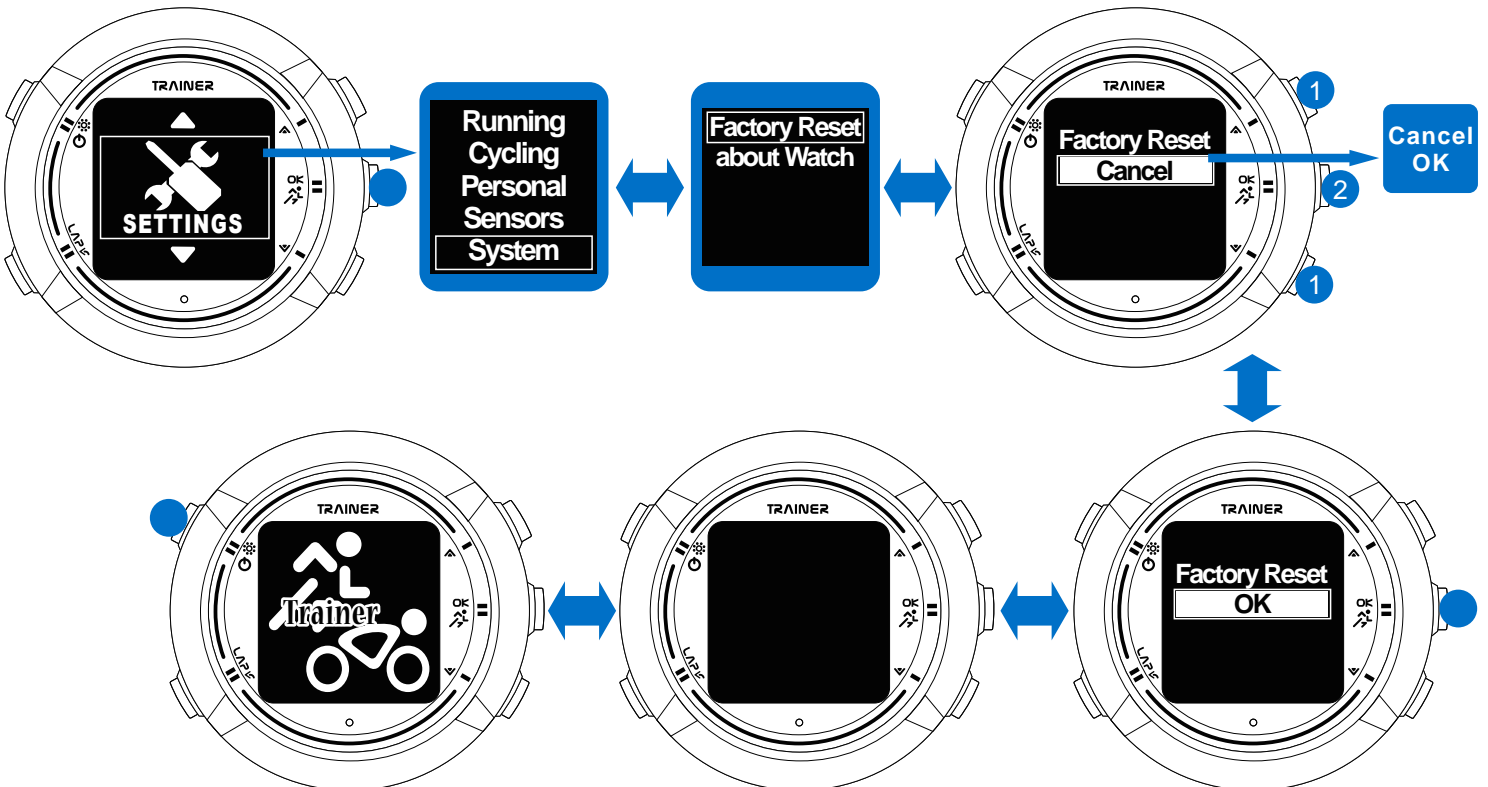1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the"Up"or"Down"button to choose"System">"Factory Reset", and press the"OK"button to enter its submenu.
3. You finished to reset the setting, and then your watch is powered down. Lastly please hold the "Power" button for 2~3 seconds to turn on, and you will give the watch a another life.
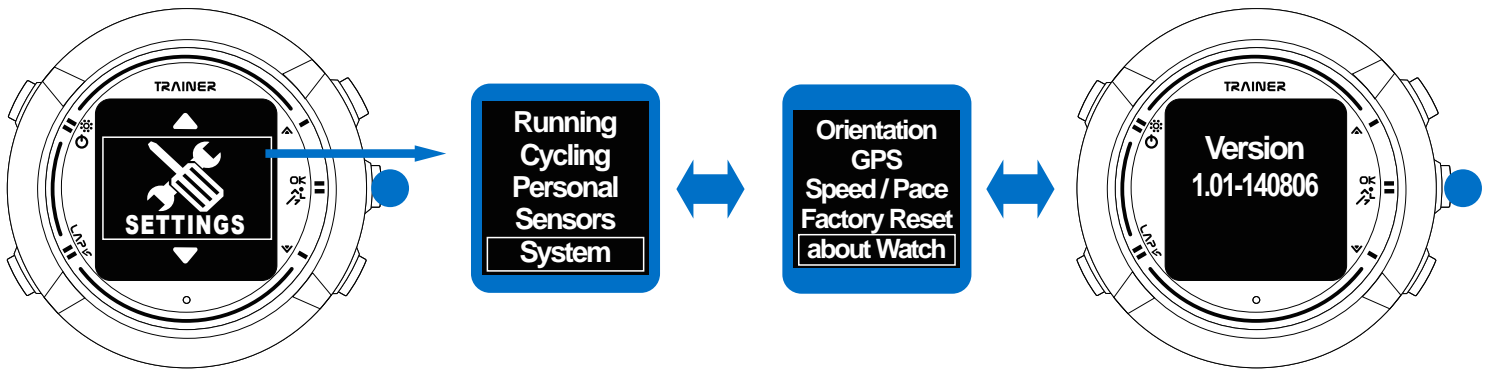
Settings Mode- About Watch

About Watch

You can check the version of your watch .
1. Press the "OK" button to enter the menu mode, and press the "Up" button to choose the settings mode.
2. Press the "Up" or "Down" button to choose "System" > "about Watch", and press the "OK" button to enter its submenu.

SETTINGS

Running
Cycling
Personal
Sensors
System

Orientation
GPS
Speed / Pace
Factory Reset
about Watch

Version
1.01-140806

Warranty Card

Warranty

Thank you for purchasing **Trainer Watch** products. Trainer Watch is a wearable sporting watch, and with training functions. Before shipping out of the factory, each unit has been tested to comply with related quality and regulatory requirements. Provide the following warranty for this product:

1. Provide one year free repair and maintenance service as of the date of purchase for product failures form normal use.

2. The exceptions of the warranty shall include:

   A. Force majeure, such as natural disasters, fire, earthquake, ext and human negligence.
   B. Users have disassembled and/or modified the unit.
   C. Natural wear and tear of components and consumables.
   D. Failure and/or damage due to handling and being dropped after purchase.
   E. Failure and/or damage after warranty has expired.
   F. Alteration or forgery of any part of this warranty.

3. If you have any problems or need to have your Trainer Watch repaired, please contact with your dealer

.