EN

ONmove 200 GPS

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USB cable to:

- Recharge the battery,
- Transfer your activities to myGeonaute,

Heart rate monitor:
Flashing = searching
Fixed = signal detected

GPS signal:
Flashing = searching
Fixed = signal detected

Alarm on

Battery level

Return / Stop

Start / Pause /
Validation / Switch on /
Switch off

Backlighting
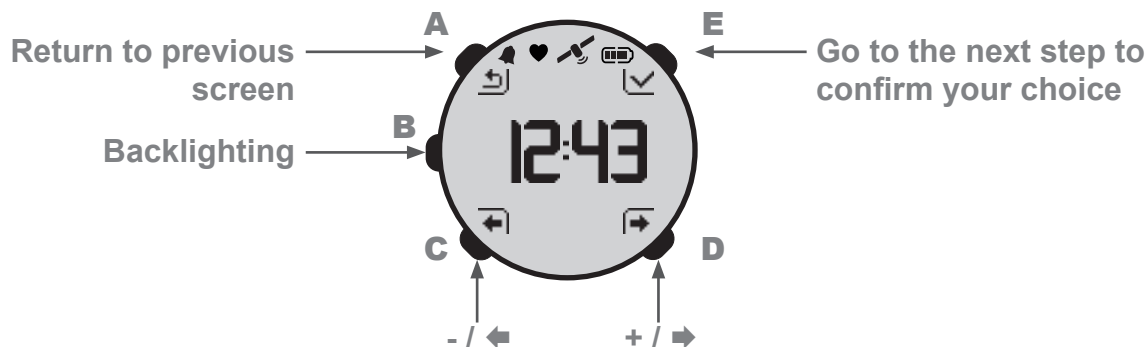
Time

Bottom or "-"

Top or "+"

1   SETTINGS

1.1   Intuitive guide

Adjustment method for each setting:

For every setting, use the **C** and **D** buttons to adjust the values

Return to previous screen → **A**

Backlighting → **B**

E ← Go to the next step to confirm your choice

12:43

C **D**

- / ←   + / →

The settings marked ⧉ allow fast scrolling through the values when pressing and holding the **E** button

Certain settings or displays cause a beep represented by the ♫ icon.

1.2   Setting the device for the first time

E	♫ GEONAUTE	English Hello! E C - D +	Year 31.12.2013 E C - D +	Month 31.12.2013 E C - D +	Day 31.12.2013 E C - D +
	1 s.	Language	Year	Month	Day

Format dd.mm.yyyy E C - D +	Hour 14:45 E C - D +	Minute 14:45 E C - D +	Format 24h E C - D +	Units cm/kg E C - D +	Gender Man E C - D +
Date format	Time	Minute	12/24 time format	Unit	Type

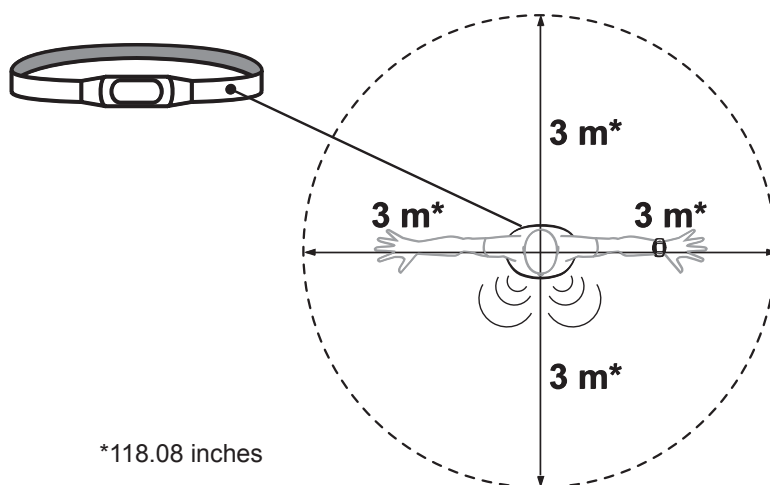| Birthdate 31.12.1980 E C - D +	Birthdate 31.12.1980 E C - D +	Birthdate 31.12.1980 E C - D +	✓ Settings saved	12:43
Year of birth	Month of birth	Day of birth	Recorded parameters	Auto 3 s.

1.3 Heart rate belt

Your ONmove 200 is compatible with the heart rate belts using the Bluetooth® Smart protocol.

Installing the belt:

1. Moisten the electrodes on the belt to optimise the heart rate signal reception

2. Place the belt onto your torso

3. Carefully tighten the belt, making sure the electrodes are pressed firmly against your torso.

Signal detection: When your ONmove 200 is searching for the heart rate signal, make sure your ONmove 200 is within the transmission range of your belt:

3 m*

3 m*

3 m*

3 m*

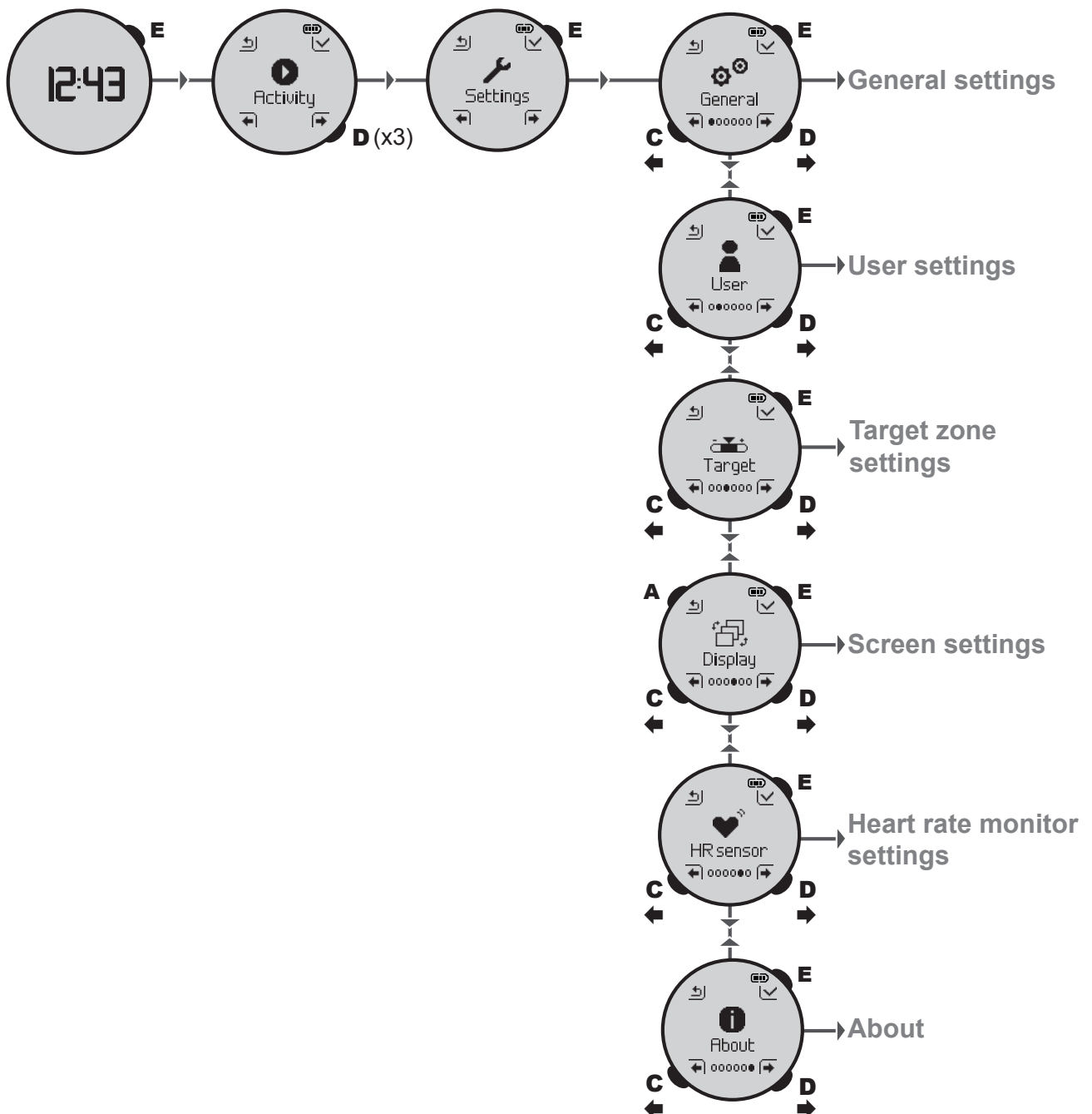*118.08 inches

1.4 Access to Settings mode

This menu gives you access to the different settings of your ONmove 200:

- General settings.
- User settings.
- Target zones.
- Screen customisation.
- Activation of the heart rate monitor.

■ In watch mode, press **E** to access the main menu.

Browse the menus using the **C** (◀) and **D** (➡) keys until you reach the "Settings" mode.
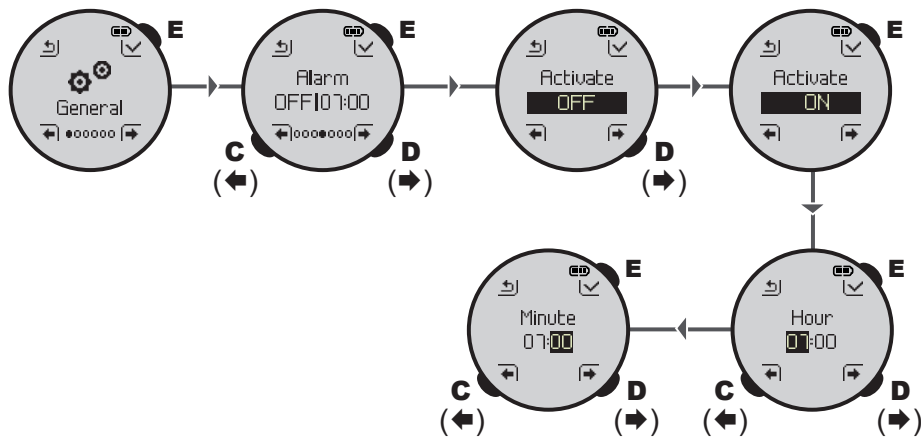
■ Press **E** once again to enter the "Settings" menu.
■ Press **A** to return to the previous menu.

General settings

User settings

Target zone settings

Screen settings

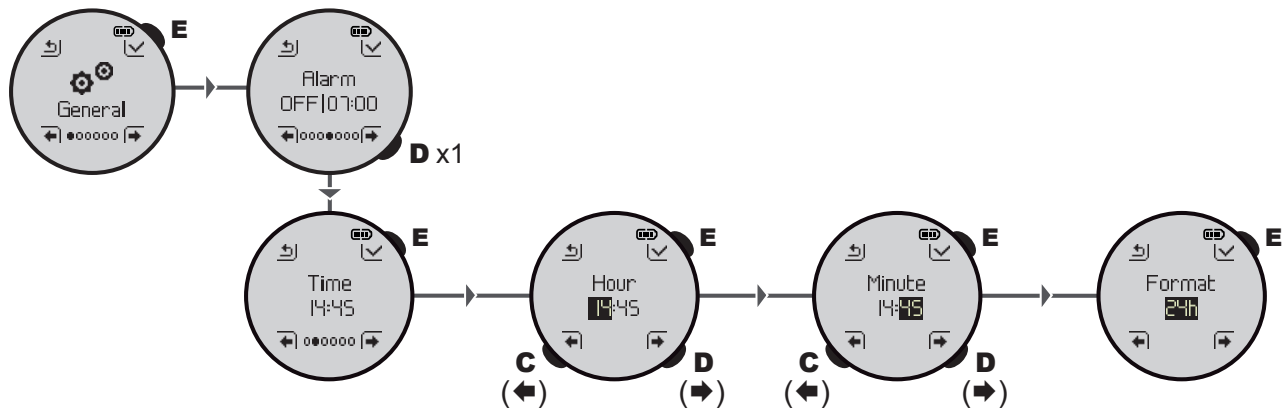**Heart rate monitor settings**

About

1.5   General settings

Note: The default values of the different menus are those defined when setting the device for the first time.
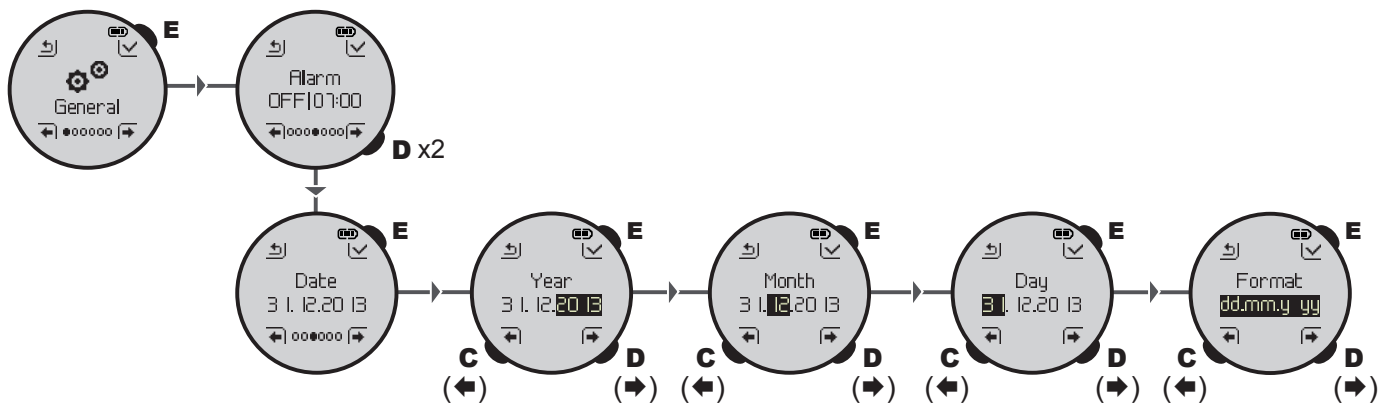
1.5.1   Setting the alarm
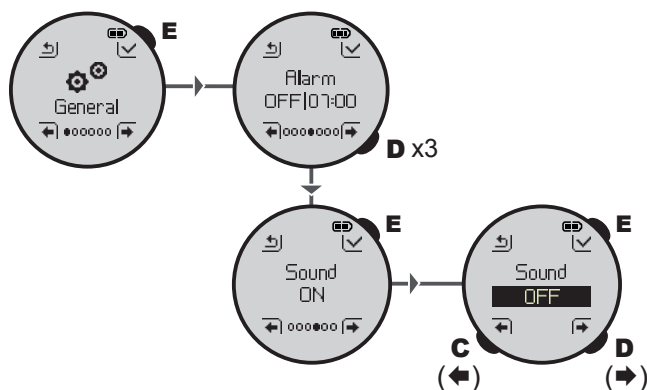

1.5.2   Setting the time
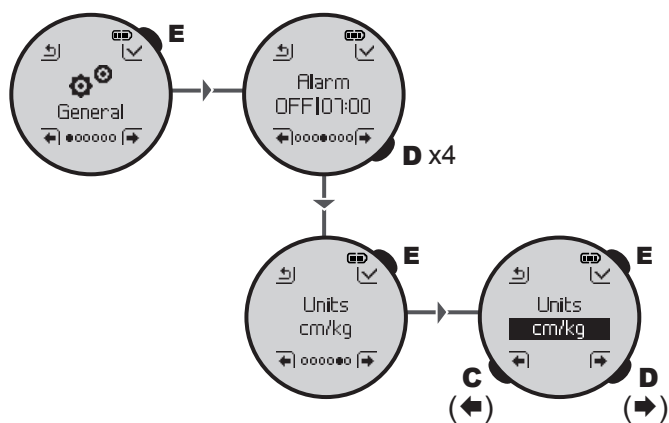

1.5.3   Setting the date
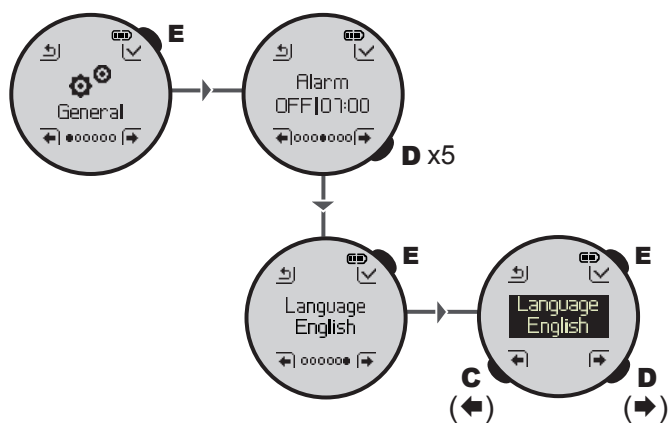
1.5.4 Setting the sound

Note: This setting does not concern the alarm sound. If it is set to "*OFF*", the alarm sound will remain active.
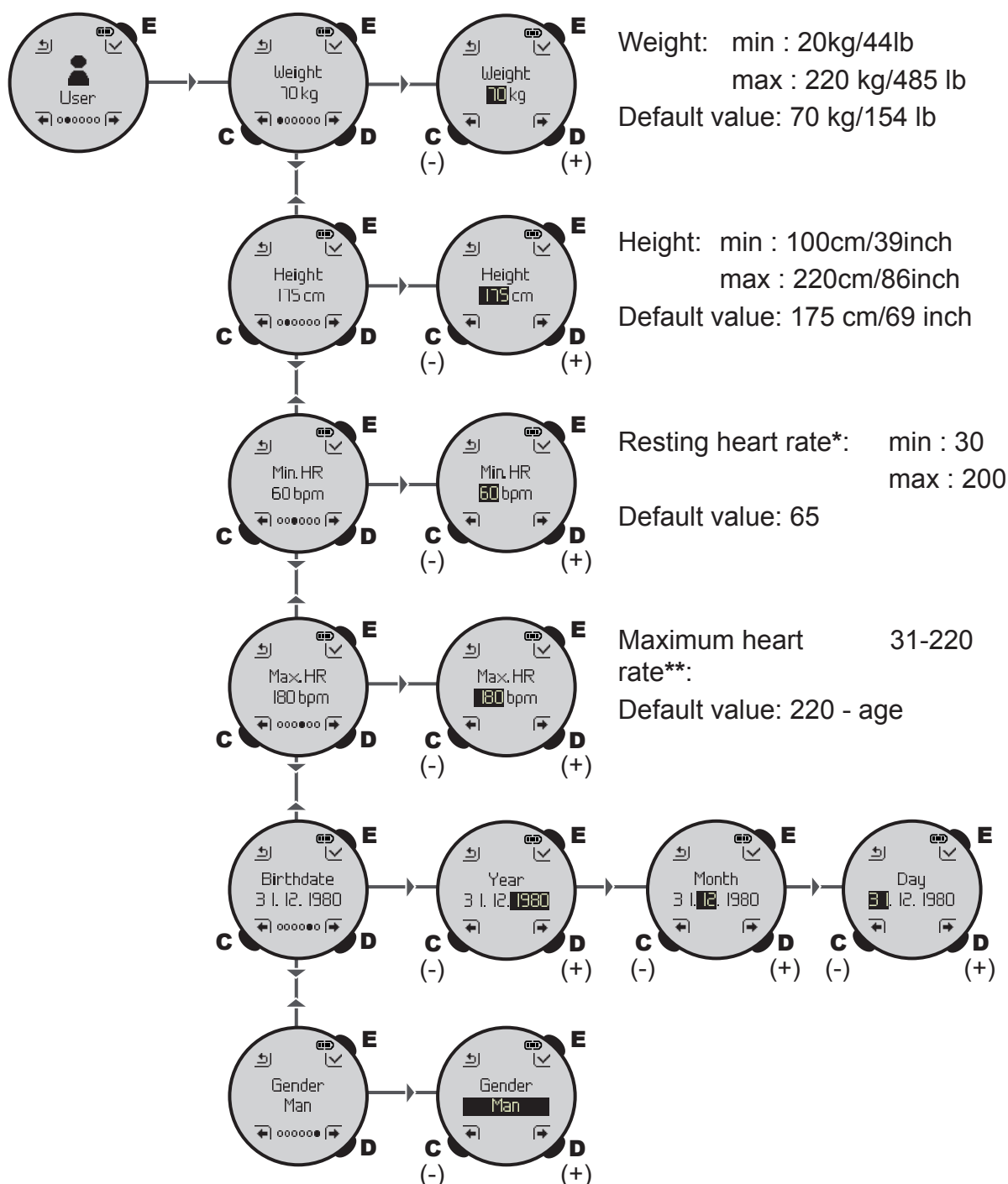

1.5.5 Setting the units

1.5.6 Setting the language

1.6 User parameters

The user's personal parameters are also synchronised automatically when you log on to your myGeonaute account (*see § 6*).

Weight: min : 20kg/44lb
         max : 220 kg/485 lb
Default value: 70 kg/154 lb

Height: min : 100cm/39inch
        max : 220cm/86inch
Default value: 175 cm/69 inch

Resting heart rate*:   min : 30
         max : 200
Default value: 65

Maximum heart rate**:   31-220
Default value: 220 - age

---

* **Note**: This value represents your resting heart rate. It helps calculate your calories burned more accurately. To determine this value, stay lying down after waking up and measure your heart rate. You can also measure it at any time by lying down quietly for 5 minutes.

** **Note**: This value represents the highest heart rate you can reach during exercise. By default it is calculated in accordance with the following formula: 220 - age = max bpm
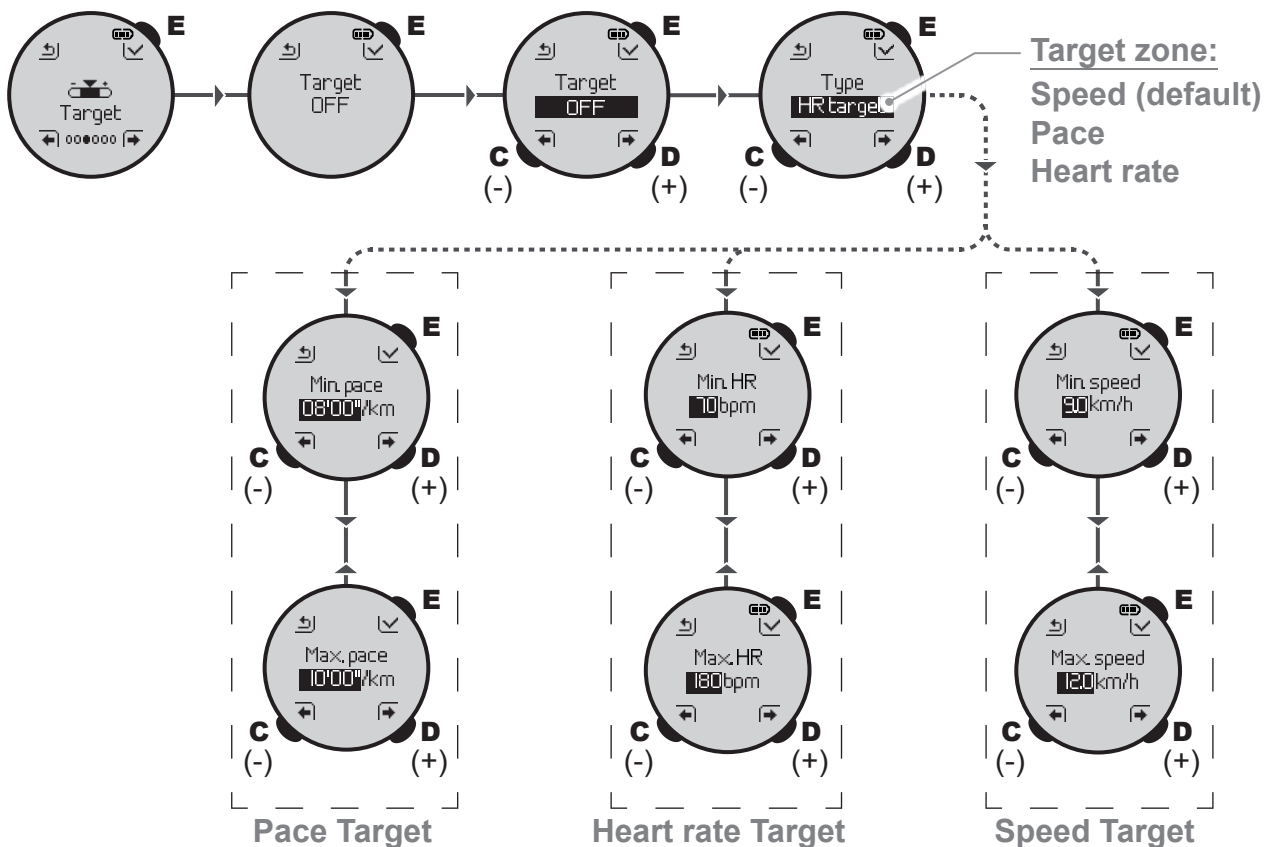
1.7 Target zone parameters

Setting a target zone helps you manage your effort by helping you stay within a determined effort zone.
There is a beep every time you exit a zone.
3 types of target zone are available: speed, pace and heart rate monitor

Note: The "*Heart rate target*" setting is only available if the heart rate monitor is activated (*see § 1.8*).

When a target zone is activated, a 4th screen showing a graphic indication of your target zone is available during the activity.

Target zone:
Speed (default)
Pace
Heart rate

Pace Target   **Heart rate Target**   **Speed Target**

Settings values of the different target zones.

Pace target zone:

- Min pace : 2' 00"" to 60' 00", (default value: 10' 0")
- Max pace : 1' 00"" to 59' 00", (default value: 8' 0")

Heart rate target zone:

- Min heart rate : 30 to 200 bpm
- Max heart rate : 40 to 220 bpm

Speed target zone:

- Min speed : 1 to 98km/hr, (default value: 9 km/hr)
- Max speed : 2 to 99 km/hr, (default value: 12 km/hr)
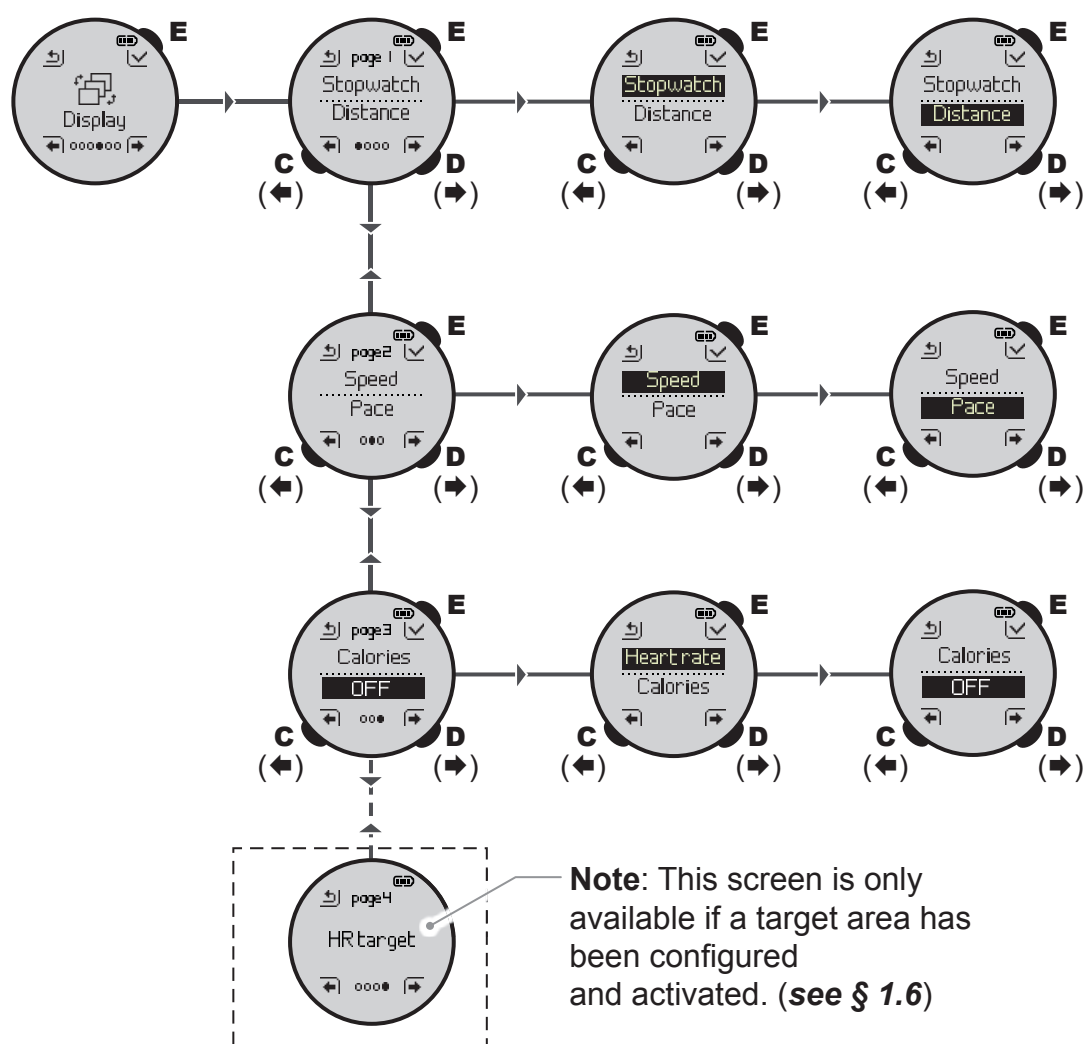
1.8 Display parameters

This configuration helps select the information shown during an activity.
Every screen displays one or two indications defined by the user.

Note: At least one value must be selected on the 3 screens.

The size of the message adapts to the number of values selected. The display is therefore larger when a single value is selected per screen.

Example:

• Screen 1: Stopwatch + *Distance*,
• Screen 2: Speed + *Pace*,
• Screen 3: Calories*.*

Note: This screen is only available if a target area has been configured and activated. (*see § 1.6*)

List of available values:

■ Stopwatch
■ Instantaneous speed
■ Average speed
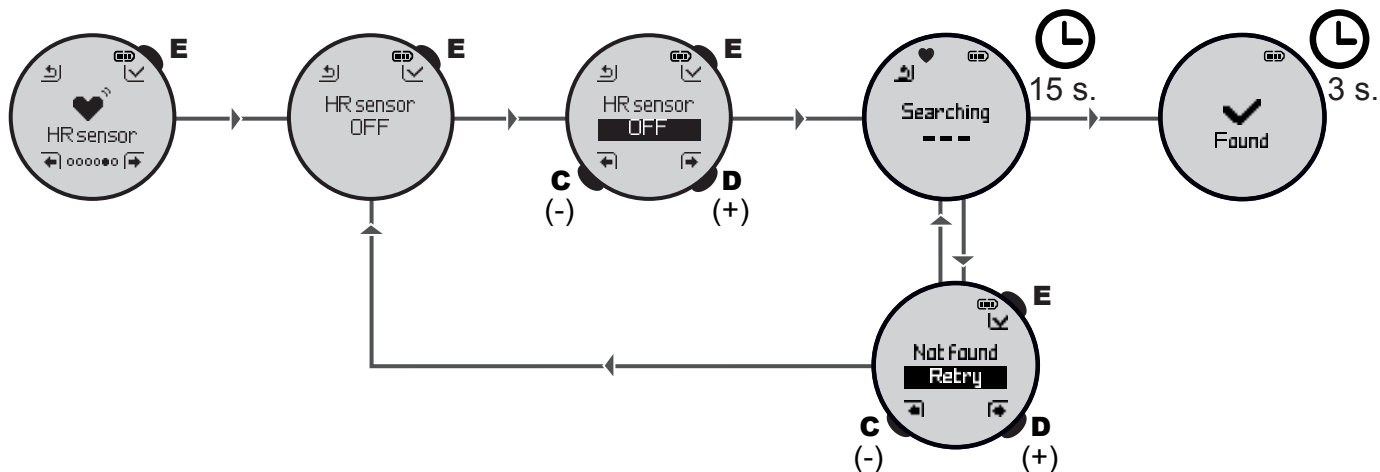■ Instantaneous pace
■ Average pace
■ Calories

Heart rate Note: the heart rate monitor must be activated before selecting the heart rate value. (*see § 1.8*)

1.9 Setting the heart rate monitor

1.9.1 Activating the heart rate monitor

OFF: (default value), the sensor will not be searched for when an activity starts.

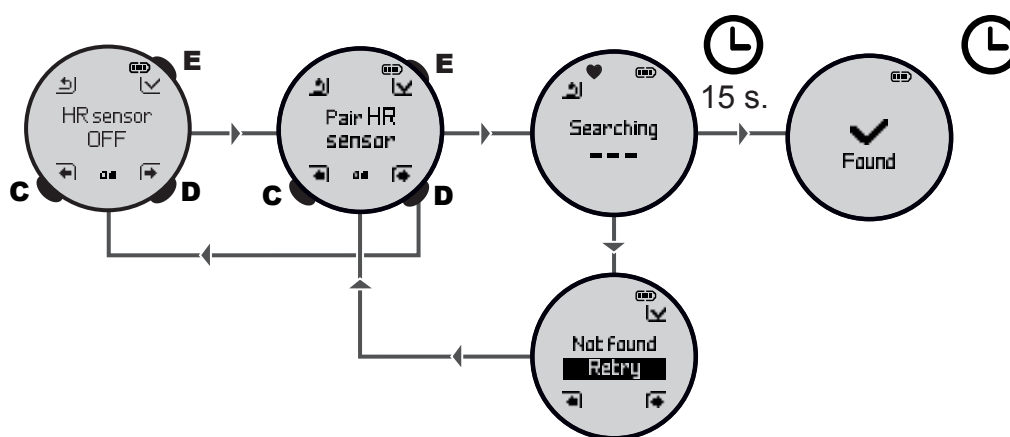**ON**: the sensor will be automatically searched for when an activity start.

When activating the heart rate monitor for the first time, the search for your belt is launched automatically. This search makes it possible to associate your belt with your ONmove 200; this action is referred to as "Pairing".
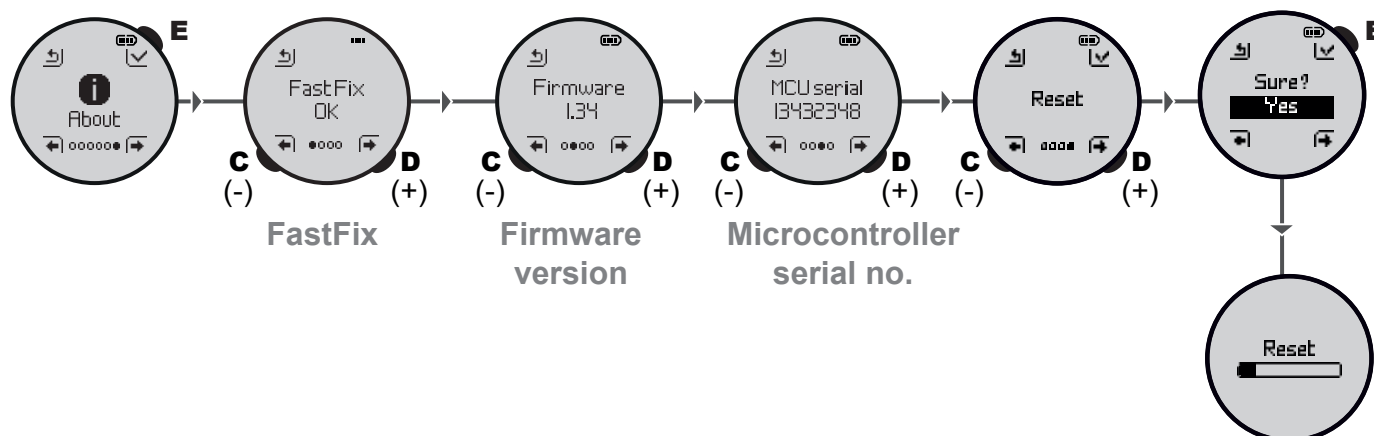
Once the pairing has been completed, your belt is stored in the memory.

Pairing must be performed when first using your belt, when you change your belt or after resetting your ONmove 200.

1.9.2 Pairing a belt

1.10 About

1.10.1 FastFix

Your ONmove 200 needs to detect at least 4 satellite signals to define your position.
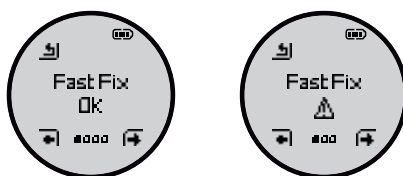
The FastFix system enables your ONmove 200 to predict the trajectory of the satellites for 7 days.

Therefore your ONmove 200 knows the exact location of these satellites even before the search is launched.

You can detect a signal within 30 seconds even if the signal is weak or if the area is partially covered.

You can see whether or not your FastFix is up to date at any time in the "About" menu.

To update your FastFix, simply synchronise your product with the ONconnect software.

1.10.2 Firmware

Firmware is the internal software of your watch. It can be updated to provide your watch with patches or new functionalities.

You are informed of the new updates when you synchronise your product with the ONconnect software.

Make sure you have the latest update to benefit from the latest patches.

1.10.3 MCU Serial

Our customer service department may ask you for this number if there is a problem with your product.

1.10.4 Reset

This function is to reset your watch. Warning: all your sessions, settings and personal parameters will be deleted.
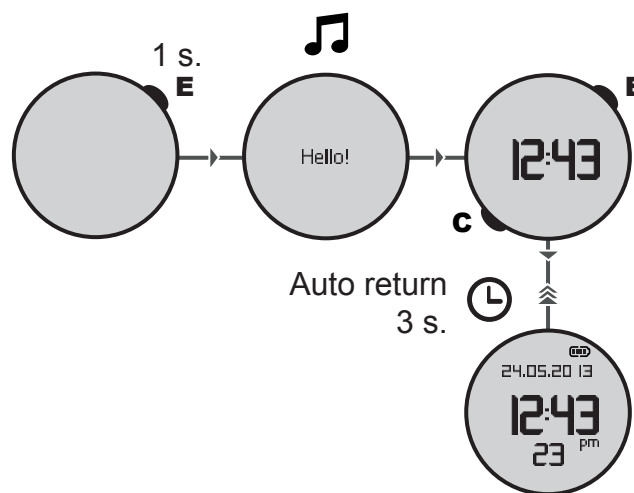
2 USE

2.1 Charging

We recommend that you fully charge the ONmove 200 before using it for the first time. Full charging time is approximately 1 1/2 hours. A full charge will give you a 7 hour life span in GPS mode and 10 days in clock mode. The ONmove 200 can be charged simply by connecting it to a USB port on your computer or a 5 V-1A. USB adapter.

2.2 Watch mode

The watch mode is permanently accessible when the watch is on.

To switch on the watch, press the E button for 1 second.

2.3 Activity mode

■ To access the activity mode, press E from the watch mode.

Note: When the memory of your ONmove 200 is full, a beep can be heard and the screen displays "***Memory full***". You are then invited to:
- free up memory space by deleting sessions.
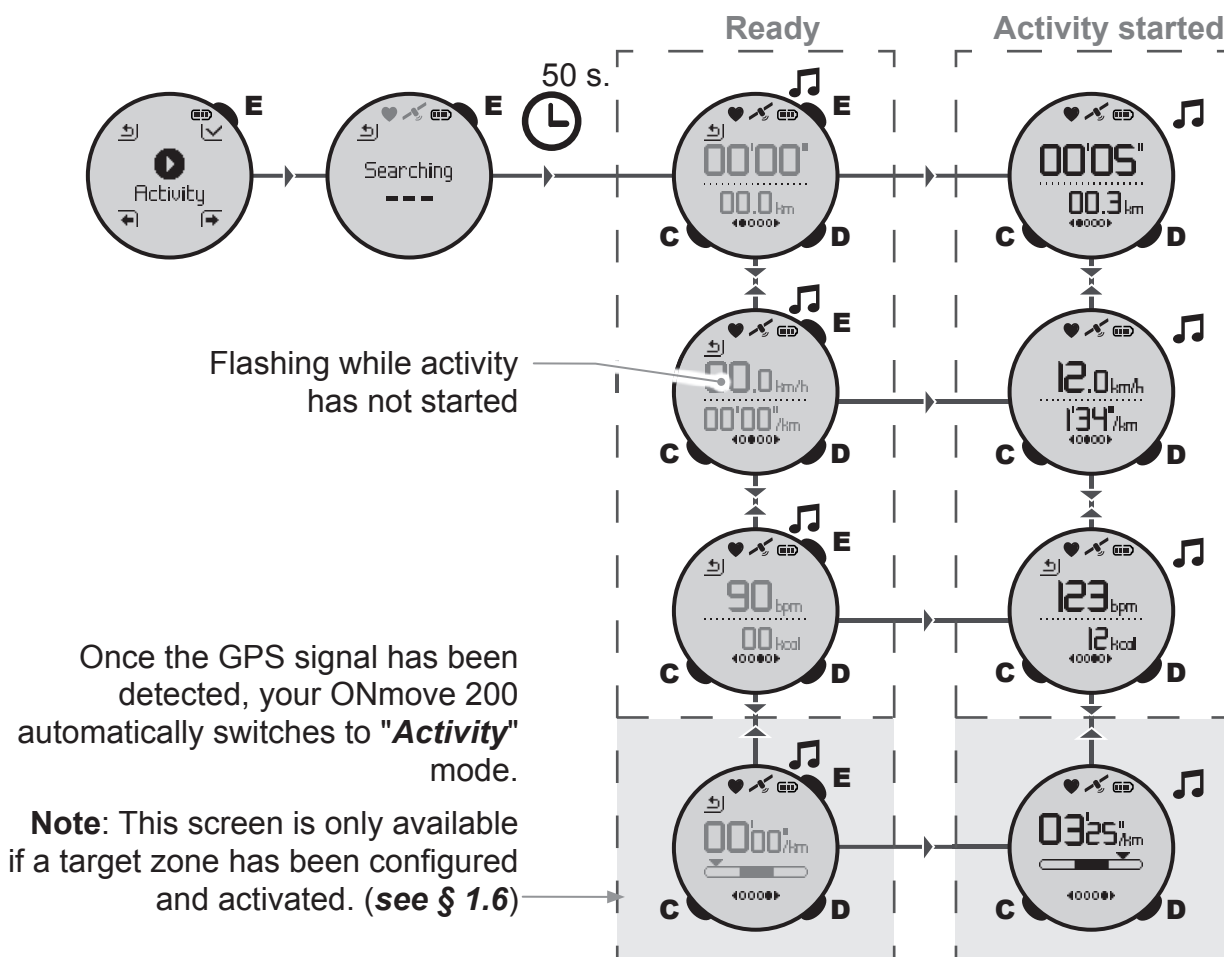- or automatically overwrite the oldest training session.

■ Select the Activity mode by pressing the **E**. button. The search for the GPS and/or heart rate monitor signal will launch automatically.

During this search, the ♥ and 🛰 icons are flashing. The search for the GPS signal can take 15 seconds to 1 minute depending on the reception conditions.
When the GPS signal has been found, there is a beep.

Note: The quality of the satellite signal reception is significantly affected by the environment and movements. To facilitate reception, we recommend whenever possible that you:
• Position yourself in an open space, away from surrounding buildings and not under a tree.
• Do not move while the signal is being detected.

• To optimise the reception of the satellite signal, do not forget to update the FastFix by synchronising your product with the ONconnect software. *(See§ 1.9.1)*

50 s.

Flashing while activity
has not started

Once the GPS signal has been
detected, your ONmove 200
automatically switches to "*Activity*"
mode.

Note: This screen is only available
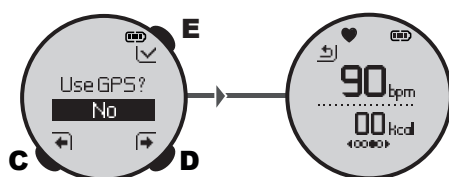if a target zone has been configured
and activated. (*see § 1.6*)

■ Press **E** to start the activity; a beep can be heard.

During the activity, press **C** or **D** to modify the screen displays defined in the display
parameters (*see § 1.7*).

2.3.1   GPS or Heart rate monitor not detected
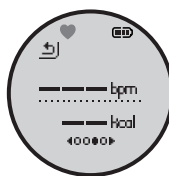
Case 1: GPS signal not found.

You can start the activity without a GPS.
The "*Speed*", "*Pace*", "*Distance*" values
and the icon will no longer be
displayed.

Case 2: heart rate monitor not found.

You can start the activity without a heart rate
monitor. The "*BPM*" and "*Calories*" values
will no longer be displayed. The search for
your heart rate monitor's signal will continue
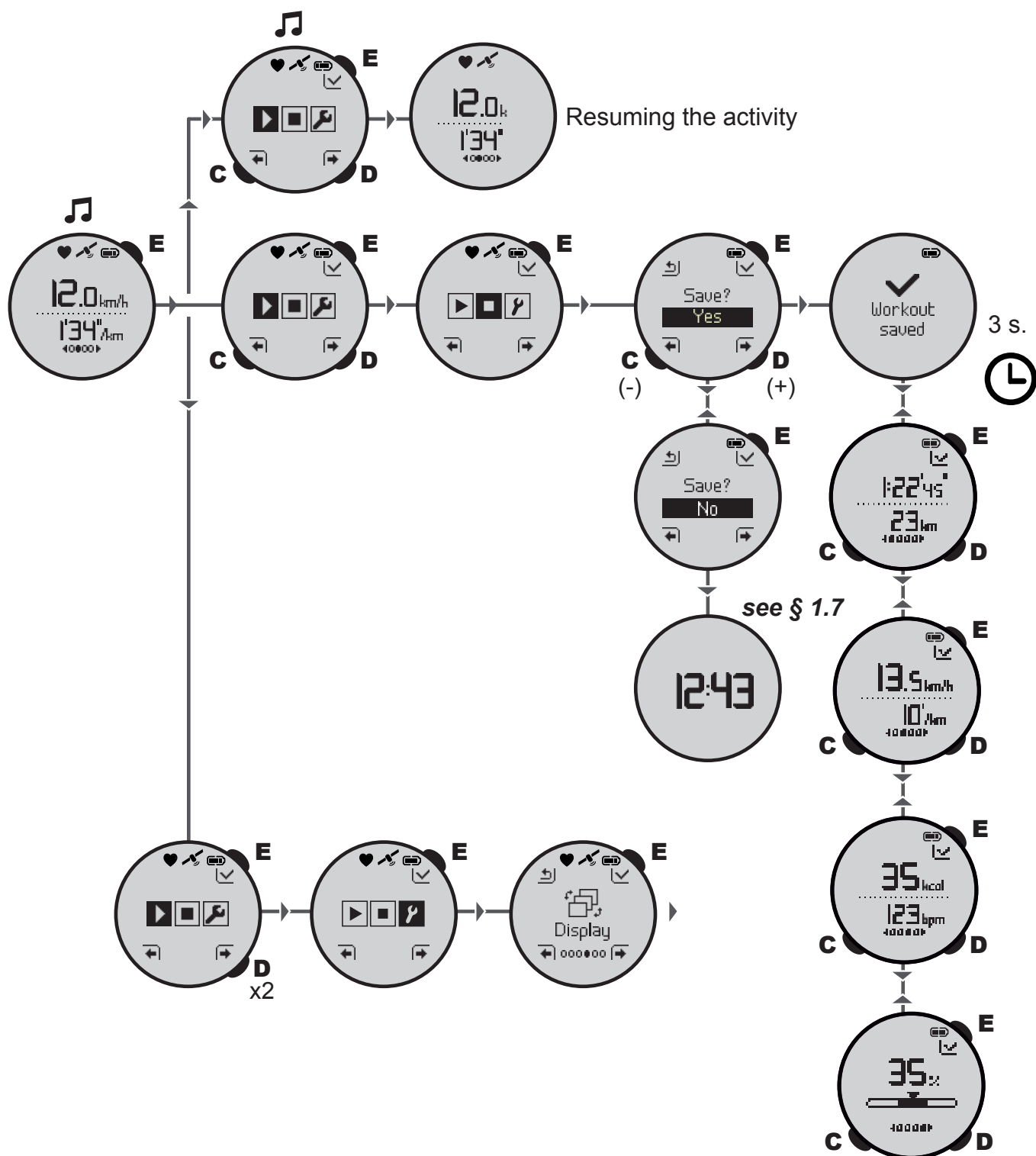for 15 minutes and the ♥ icon will flash.

If, after 15 minutes, no signal is detected,
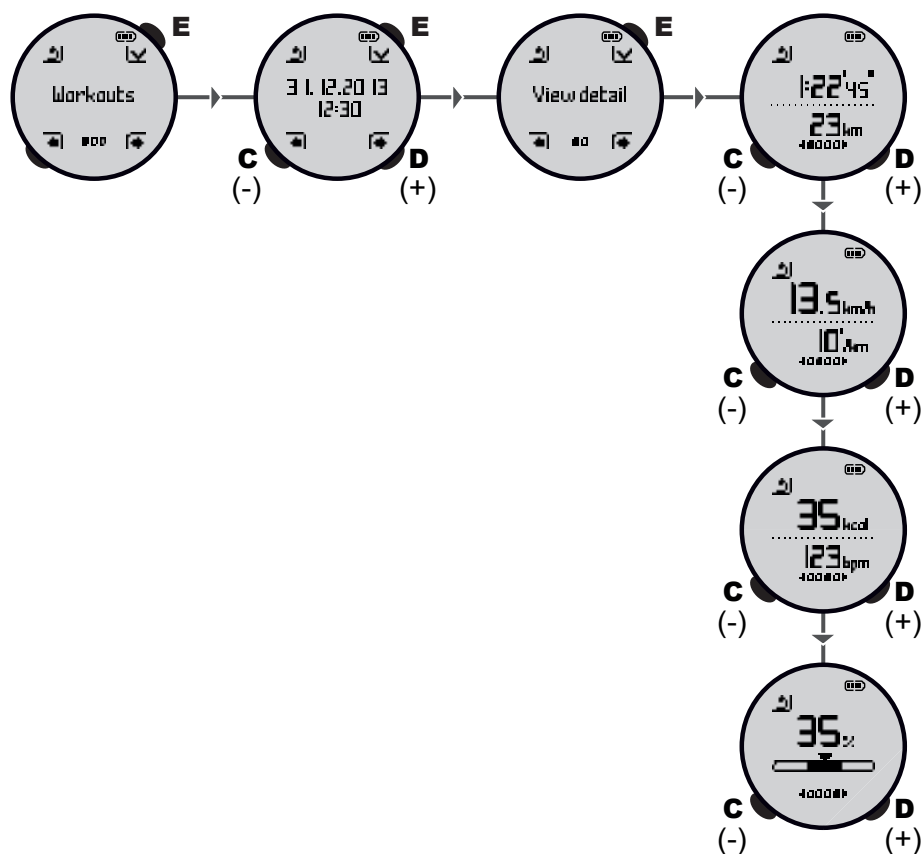the search will stop automatically and the ♥
icon will no longer be displayed.

2.3.2 Stopping (or pausing) the activity

This action allows the user to:

- Save the activity
- Quit the activity
- Access the product settings

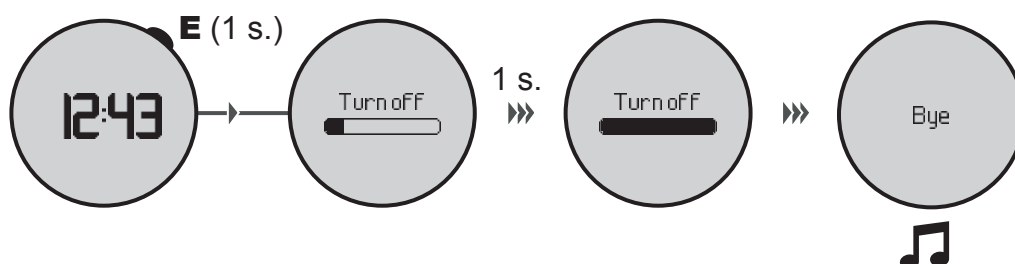
Resuming the activity

see § 1.7

3 s.

2.3.3 viewing the activity after saving

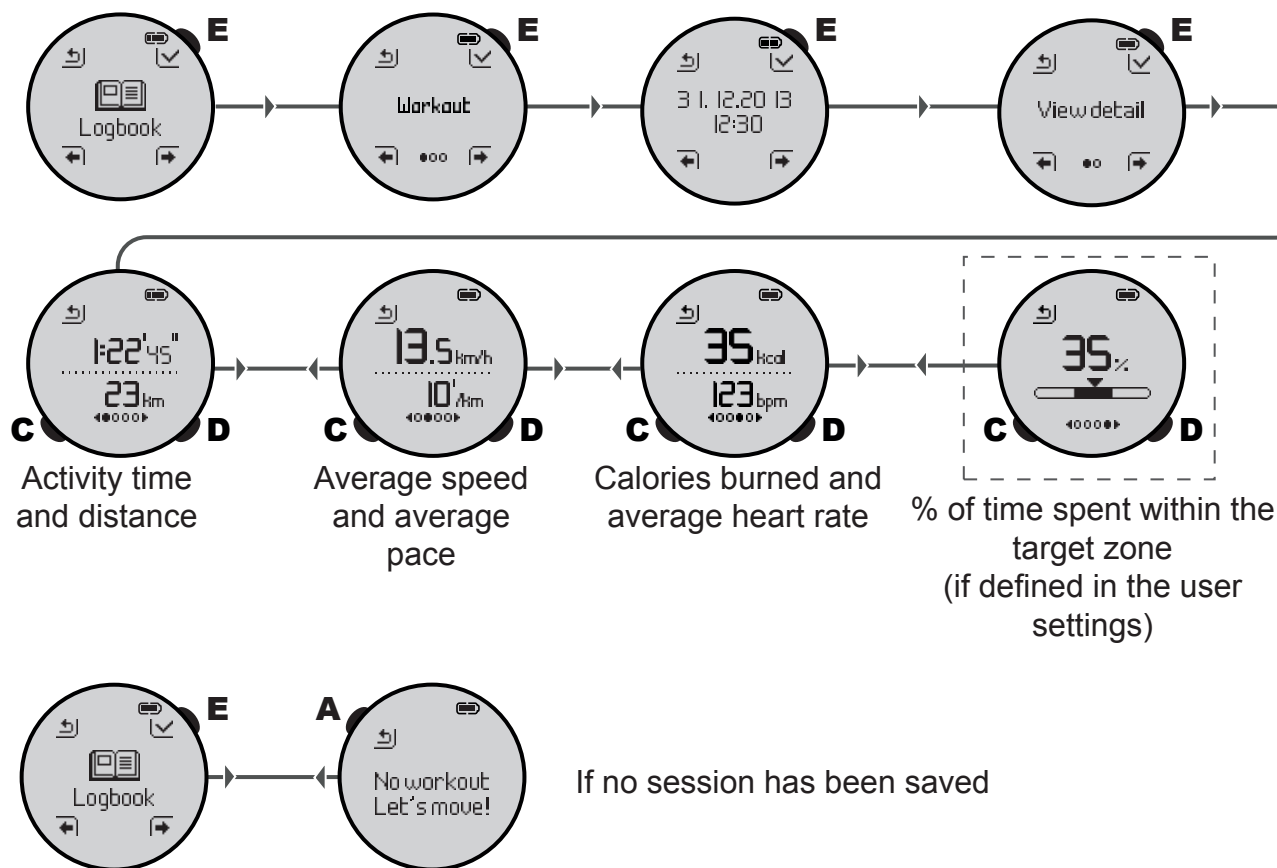## 2.4 Switching off the ONmove 200

To save battery, and with the exception of specific cases (see Activity Mode), you can switch off your ONmove 200 at any time.

■ Press **E** (1 second)

3   LOGBOOK

3.1   Session logbook

Activity time and distance

Average speed and average pace

Calories burned and average heart rate

% of time spent within the target zone
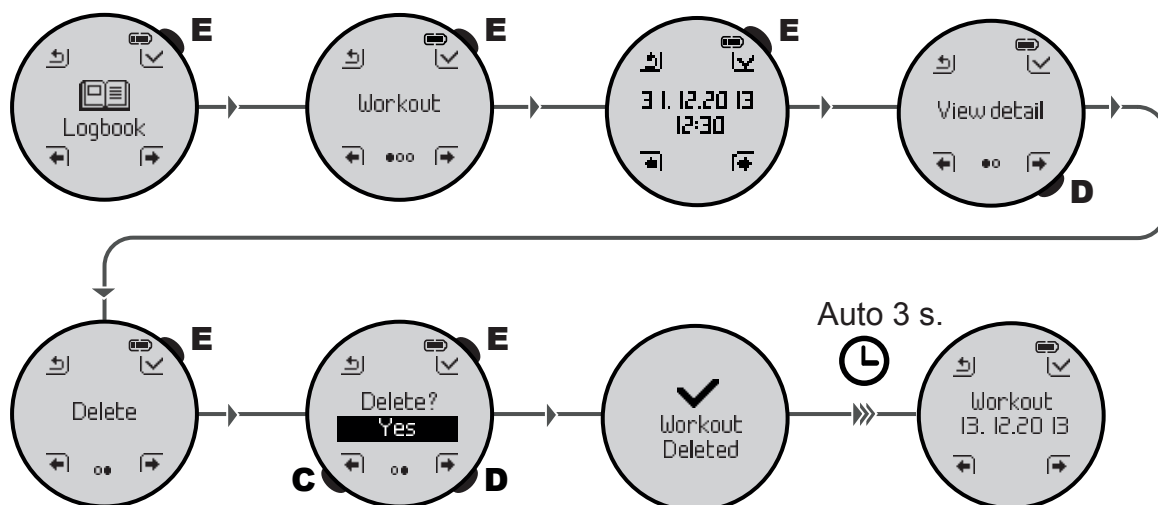(if defined in the user settings)

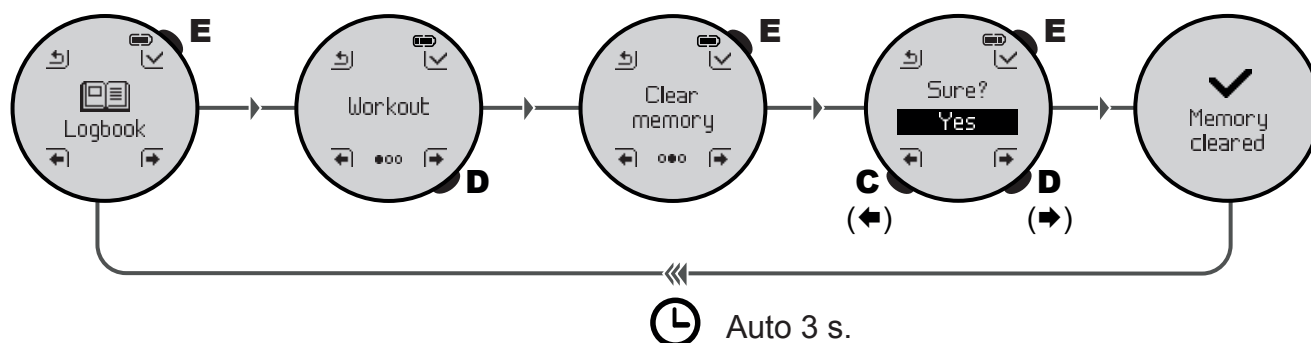If no session has been saved

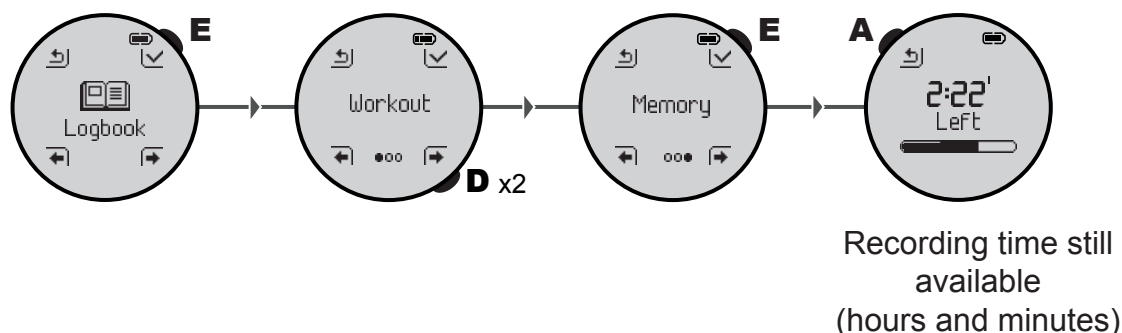## 3.2   Deleting a session

Auto 3 s.

After deleting a session, the display will return to the last session saved.

■ Press **A** to return to the logbook menu.

3.3 Deleting the memory

E → Logbook → Workout → Clear memory → Sure? Yes → Memory cleared

D / C (◄) / D (►) / E

🕐 Auto 3 s.

3.4 Memory status

E → Logbook → Workout → Memory → 2:22' Left

D x2 / E / A

Recording time still
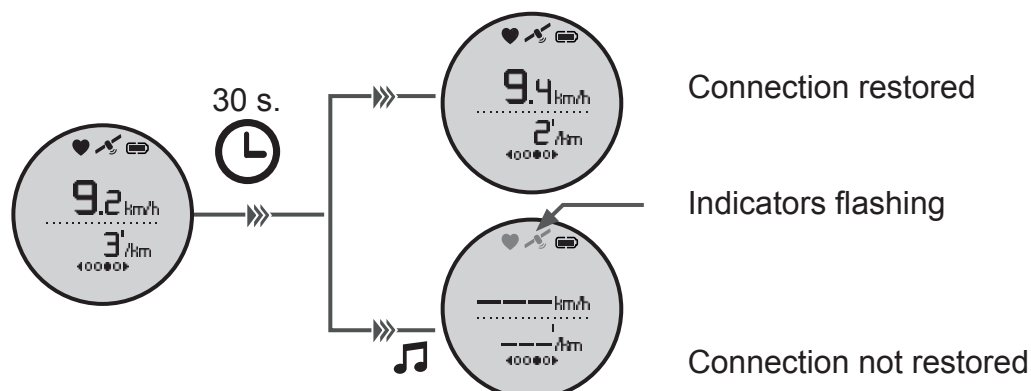available
(hours and minutes)

4 MESSAGES

4.1 GPS and/or heart rate monitor signal lost

When the GPS or heart rate monitor connection is lost, a 30-second search starts automatically.

In the meantime, the values displayed are blocked and the ♥ and 📡 indicators are flashing.

If, after 30 seconds, the connection is not restored, the screen displays < - - - > instead of the "*Speed*" and "*Pace*" values, the "*Distance*" display remains blocked and a beep can be heard.

The search will continue automatically and the ♥ and 📡 indicators will keep flashing until the connection is restored.

30 s.

9.2 km/h 3'/km → 9.4 km/h 2'/km   Connection restored

Indicators flashing

----km/h ---/km   Connection not restored

4.2 Battery level

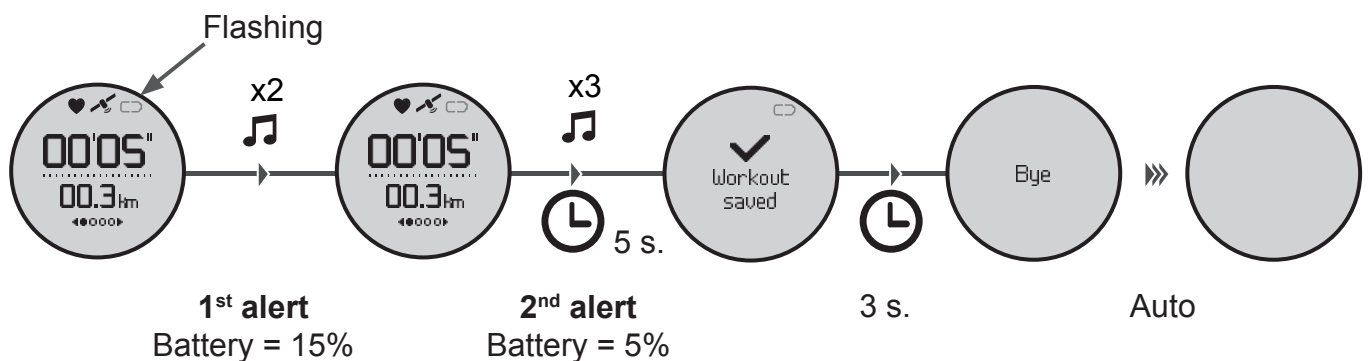### 4.2.1 ONmove 200 battery

There are 3 alert levels:

• When the battery is at 15%, 2 beeps can be heard and the indicator flashes.
• When the battery is at 10%, 2 beeps can be heard.
• When the battery is at 5%, 3 beeps can be heard.
the product switches off when the battery is completely discharged.

If an activity is underway, it is automatically saved in the logbook before the ONmove 200 switches off

■ Recharge the battery (*see § 5*)
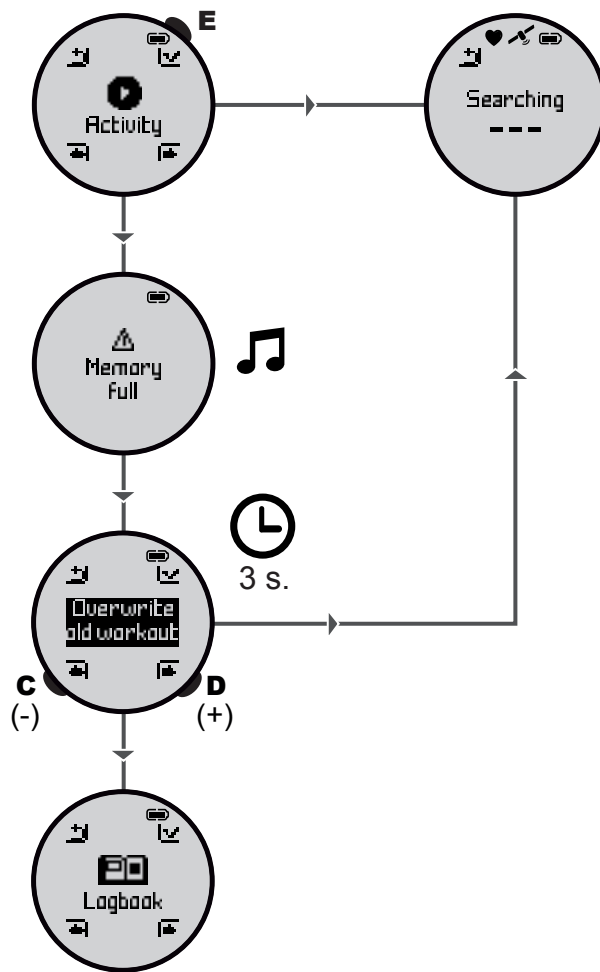

4.2.2 Heart rate belt battery

An indication appears when the battery of your heart rate belt is low.
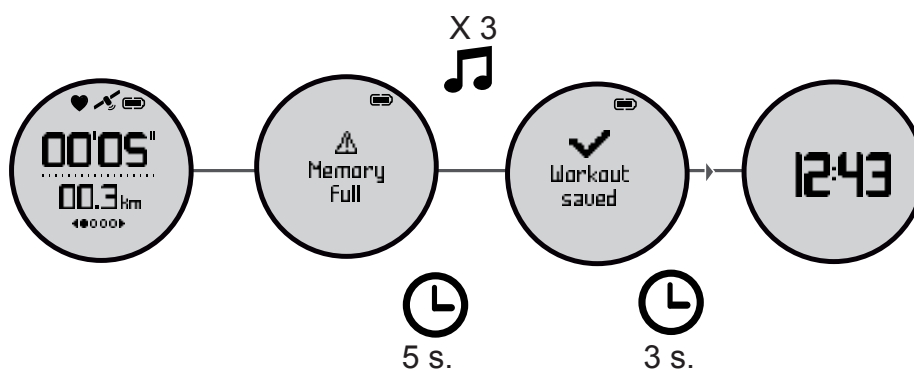

Don't forget to change the battery of your heart rate belt (refer to the user manual of your heart rate belt)

4.3 Memory full

4.3.1 Memory full before the activity

4.3.2 Memory full during the activity

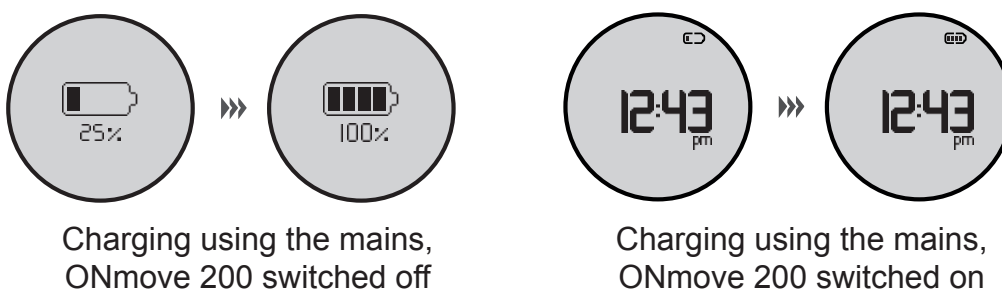# 5   CHARGING THE BATTERY

There are 2 ways to charge your product:

■ Computer charge:
When charging on a computer, the USB screen appears and the battery indicator is activated to show the charge level. You cannot access the different menus.
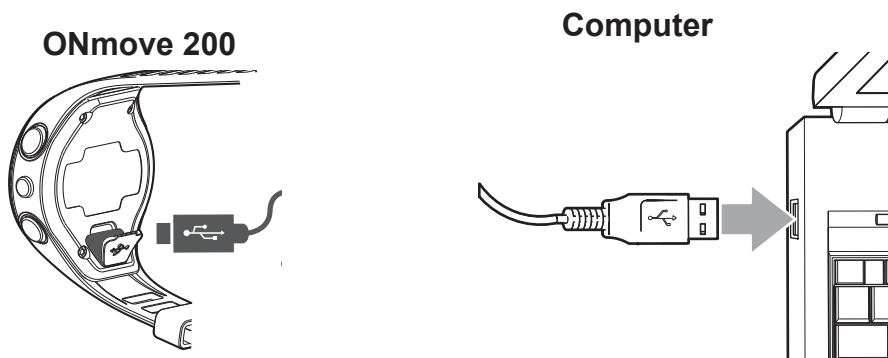

■ Charging using the mains (adapter not included) or an autonomous battery:
When charging using the mains, the battery screen is displayed to show the charge level.
This charging method means the product can be used while charging.

Charging using the mains,
ONmove 200 switched off

Charging using the mains,
ONmove 200 switched on

6   TRANSFERRING AND VIEWING YOUR DATA ON MYGEONAUTE

6.1   Transfer from a computer

ONmove 200   **Computer**

■ Connect your ONmove 200 to your computer and go to the following website:
support.geonaute.com
■ Download and install the ONconnect software in accordance with the instructions.
■ Launch the ONconnect software then create your account or log on if you already have one.
■ Your sessions are displayed on the ONconnect application.
■ Select the sessions you wish to transfer as well as the desired sport and click on "Send to myGeonaute".
■ Once the sessions have been sent, go to your myGeonaute.com account to view them in detail.

6.2 Transfer from a smart phone or tablet

Your ONmove 200 allows you to transfer your sessions very easily from a smart phone or tablet equipped with the Bluetooth® Smart technology.

You can check your phone compatibility at support.geonaute.com/bluetooth

- Download the **myGeonaute connect** application from the App Store™ or Google Play™
- Activate Bluetooth® on your phone

Android   **iPhone**

- Launch the application and select 'detect a new product'
- Follow the application instructions to connect your product, transfer and view your sessions.

  Note: Bluetooth® Smart products such as the ONmove 200 do not appear in the list of the phone's Bluetooth® devices. The watch and the smart phone can only be linked (paired) from the myGeonaute connect application.
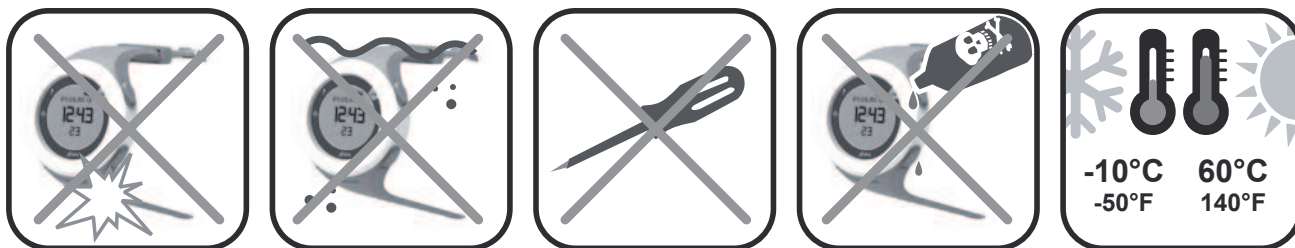
7 TECHNICAL CHARACTERISTICS

Specifications	
Weight	51g/0.1lb/1.8oz
Battery	Rechargeable, lithium ion
Watertightness	IPX7 (resistant to splashes)
Connection	Micro USB
Range	7 hours in GPS mode 6.5 hours in GPS and heart rate mode 10 days in watch mode
Charging time	1.5 hours

8 CONTACT US

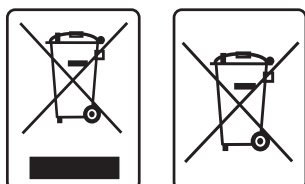We would like your feedback on the quality, functionality and use of our products: http://support.geonaute.com

We will reply as soon as possible.

9   PRECAUTIONS FOR USE AND WARRANTY

-10°C **60°C**
-50°F **140°F**

$C\epsilon$ OXYLANE hereby declares that the ONmove 200 device complies with the essential requirements and other relevant provisions of the 1999/5/EC directive.

The EC compliance declaration is available at the following web link: https://www.geonaute.com/fr/declaration-de-conformite

This product and the battery it contains cannot be disposed of with household waste. They must be disposed of via selective waste sorting. Take the used battery and electronic product to an authorised collection point for recycling. Recycling your electronic waste protects the environment and your health.

GEONAUTE.com

Made in Taiwan
Fabricado em Taiwan
Произведено в Тайване
İmal edildiği yer Tayvan
台湾制造
臺灣製造

合格品

迪脉 (上海) 企业管理有限公司
上海市浦东新区银霄路393号五层东侧

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台灣迪卡儂有限公司台灣台中市408南屯區大墩南路379號諮詢電話: (04) 2471-3612

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