

A silhouette of a person running on a hill against a bright sun on the horizon, creating a lens flare effect. The scene is set in a natural, hilly landscape with mountains in the background.

DISCOVER

GPS and Heart Rate Monitor Fitness Watch Manual

TECH⁴O
NOTHING'S BEYOND YOU.®



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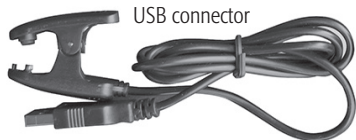
INTRODUCTION - WHAT'S IN THE BOX



Watch



Chest Strap



USB connector



Elastic Band

And a CD with: Software for your PC connection, Step by Step Installation and Setup Guides, Owner's Manual, Flow Chart for all Buttons & Settings and Warranty Information

The Tech4o DISCOVER combines personal training and navigation functions into one compact wrist watch / computer with an integral GPS. This package also includes a digitally coded Heart Rate Monitor (HRM) chest strap along with a USB data transfer cable. The Cable also charges the watch battery. The included CD provides GPSMaster software for data management and transfer to a PC.

A. Features and Specifications

- Water resistant 100 ft / 30 meters
- Heavy duty mineral glass lens
- Compact size measures 1.81 x 2.79 x .63 inches and weighs only 1.94 oz.
- The dual processors are designed to optimize battery life. Battery life of a single charge keeps the watch running for a year when not using the GPS. With heavy GPS use, it will last around 8.5 hours

WORKOUT FUNCTIONS:

- 5 fully customized profiles that can be configured from either the watch or a PC
- 3 view screens for each profile
- 3 programmable fields for each view

- A single workout log supports a maximum 48,170 waypoints. When the number of logs increases, the total number waypoints is slightly reduced. The watch can store 120 workout logs
- Smart Lap automatic waypoint marking

NAVIGATION FUNCTIONS:

- Total of 10 paths with a maximum 99 waypoints for each path
- 3 Navigation Modes: Waypoint, Forward and Backward
- Heading pointer
- Current speed, distance to waypoint and destination, estimated time of arrival
- Manual and automatic Smart Lap waypoint marking

DIGITAL COMPASS

- Magnetic North indicator
- 1 degree resolution with 16 cardinals

HEART RATE MONITOR

- Digitally Coded 2.4GHz Wireless Chest Strap
- 4 Target Heart Rate Zones
- Above/In/Below Zone Timer
- Audio Above/In/Below Zone Alert

B. Overview- Watch Parts and Button Locations



B-01. Chest Strap Features and Parts:



C. Definitions / Glossary

WAYPOINTS are sets of coordinates that identify a point in physical space. These coordinates usually include longitude and latitude, and sometimes altitude.

Waypoint names are limited to 10 characters and are named or renamed in GPSTMaster.

PATH is a collection of waypoints. It can be treated independently as scattered waypoints; or linked in order- either forward or backward. Linked waypoints form a PATH. This watch supports 10 Paths. Each path has 99 waypoints maximum. Paths can be created in the Lap-To-Waypoint function. Or created by GE (Goggle Earth) / GMaps (Google Maps); then imported through GPSTMaster. A path name can be 32 characters long.

WORKOUT LOGS are records that contain: starting time / date, workout summary, lap details, speed, distance, HR and track data. The sampling interval is controlled by the value established in TrackLog setting.

PACE is an estimated rate of travel. It is based on the elapsed time needed per Km / Mile. The unit of PACE is specified in Menu Settings V System V Units V General. If the unit is Mile and PACE -reads 6 then you are moving at 6 minutes per Mile.

COMPASS BEARING is a 360° direction indicator. The compass is numbered clockwise with north as 0°, east 90°, south 180°, and west 270°. So a bearing of 42° would be northeast and a bearing of 200° would be southwest.

LAP-BY-DISTANCE Creates a lap after the preset lap distance has been reached.

LAP-TO-WAYPOINT Creates a waypoint at the end of selected path whenever a lap is marked.

COLD START If GPS has been off for over 2 hours, the satellite data is no longer valid. It takes about 30 seconds to acquire sufficient new data and fix your location.

HOT START If GPS has been off for a short time and you re-start; satellite data is still valid. It takes a few seconds to fix your location.

"**GPSTMASTER**" is application software written to work with this watch. Workout log and paths can be downloaded / uploaded via the USB cable. GPSTMaster provides a much better means for workout analysis, path creation and manipulation.

%EMHR is the percentage of the Estimated Maximum Heart Rate. EMHR is calculated as 220 minus your age.

TARGET HR ZONE is the region in which you would like your Heart Rate to be during exercise.

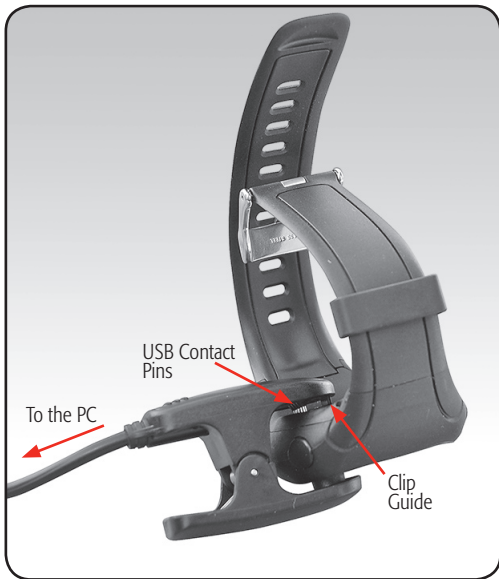
D. Charge the Battery

The watch has a built-in rechargeable lithium polymer battery. **Charge it for at least 3 hours before first use.** When exhausted, the battery charges completely in less than 2 hours. The life of a single charge depends upon usage: If the GPS is not activated, it will last up to a year. If GPS is left ON, it will last about 8.5 hours. The battery is good for at least 500 charges. Even a 15 minute charge will keep GPS running up to 1.5 hours.

To charge the battery:

1. Align the clip guide and pins with the notch and contacts at the bottom of the watch
 2. Make sure the clip is secure
 3. Plug the USB cable into the computer
- See photo on the right.

Battery energy level. In TIME MODE press **V** or when using the GPS, press **M** to view the approximate time left. This is a rough estimate. Actual life will vary as operating conditions change. When the battery nears empty, GPS and backlight will be disabled. However, normal time keeping will continue to run for another 2 weeks.



E. Button Operations

- LIGHT** Press to turn ON the 3 second back light
Hold to enter Night Mode
Press once to exit Night Mode
- MODE M** Press to move among the 4 function displays
Hold to enter setting Menu.
Hold to quickly exit to functional modes when you are several levels deep.
Press to exit setting or back up one menu level
- VIEW V** Press to enter Menu items or Workout Views
Press to confirm selection
Hold to turn on GPS in Workout / Navigation Mode
- STOP/ START S/S** Press to move up within a list
Press to increase values
Press to Start/Stop Workout / Timer
- LAP/RESET L/R** Press to move down within a list
Press to decrease values
Press to Start/Stop Workout / Timer
Press to take laps at Workout Mode
Hold to save Waypoint at Navigation Mode
Hold to clear workout data

F. Warnings and Cautions

WARNING:

- Make sure that you fully understand the functions and limitations before use.
- Performance depends upon United States satellites. This satellite system may make changes that could affect accuracy and performance.
- This product is an assistant device for navigation, and it is NOT a substitute for getting the navigating information from charts, maps, observations or an experienced guide. DO NOT use this product for navigation that requires precise vital locations.
- The Watch / Chest Strap measures heart rate and is NOT a substitute for medical devices.
- Consult a doctor or trainer before setting your Upper and Lower heart rate limits.
- Like most electronic or magnetic devices, it may interfere with pacemakers. Although safe for patients with pacemakers, be sure check with a doctor before using.
- If you have doubts about the directions and location of a route, consult a reliable source.
- DO NOT use this Watch and Chest Strap for commercial or professional purposes.
- DO NOT charge or connect the unit when it is wet.

CAUTION:

- The GPS only works in an open air environment. The more open the area, the more accurate is the information, and the faster it is to obtain your first position.
- The GPS data is not valid until the receiver is finished acquiring satellite data.
- DO NOT get lotion/sunscreen on the contacts; as they will insulate the signal.
- DO NOT expose your watch to extreme heat or cold.
- This unit is water resistant and, you can wear it for swimming. However, the GPS and Heart Rate functions will not work under water.

F-01. FCC Compliance Statement

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.

WARNING: Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

GETTING STARTED- LOAD THE SOFTWARE AND SET UP THE WATCH

Note: The quickest and easiest way to configure the watch Workout Profiles, Data Views and Personal Statistics is with GPSMASTER software on your PC. One click will upload them to your watch. Follow the DISCOVER GPSMASTER SOFTWARE INSTALLATION & USE GUIDE.PDFS on the CD for the step by step instructions and screen shots.

G. System Settings- Configured Directly On the Watch

To set the system. Hold **M** in any mode to enter the setting Menu **V** Settings **V** System **V** Sound **V** Contrast **V** Units **V** Compass **V** System Reset

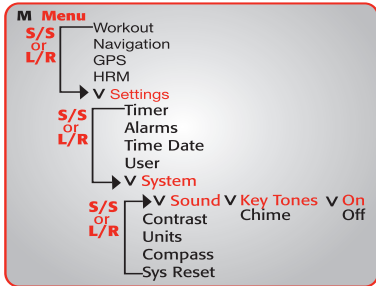
NOTE: IN THE SETTING PATHS, PRESS "**V - View**" TO ENTER A MENU ITEM. USE **S/S** OR **L/R** TO MOVE UP AND DOWN WITHIN A MENU ITEM OR TO CHANGE A VALUE.

V Sound V Key Tone / Chime **V On/Off.** On the left is a typical setting path and is an example of how to turn ON the Key Tones. Press **M** at any time to back out of a screen

V Contrast Press **S/S** or **L/R** for 1 Lightest to 16 Darkest.

V Units V General **S/S** or **L/R** for kg/M/km or lb/ft/mi
V Latlong V Min'sec" or Decimal

V Compass There are several tasks in here so please refer to section **L-01** for setup



V System Reset V No/Yes. Press **V** to confirm. YES will reset watch to factory settings and All Saved Data will be lost

WHILE YOU'RE IN THIS AREA, SETUP ANY OF THESE REMAINING ITEMS IN: **V Settings V** Timer **V** Alarms **V** Time Date **V** User

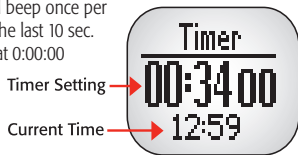
G-01. V Timer

To set a Timer: Hold **M** in any mode to enter setting Menu **V** Settings **V** Timer

- Press **S/S** or **L/R** to change the Hour V Minute V Second, then **M** to exit

To use a Timer: Press **V** twice in Home Time mode

- Press **S/S** to start or stop
- Press **L/R** to reset
- The watch will beep once per second for the last 10 sec. and longer at 0:00:00



To use an Alarm: Press **V** in Home Time mode - **V Alarm**

- Press **S/S** to select the alarm you wish (1 -5) to activate
- Press **L/R** to turn alarm On/ Off

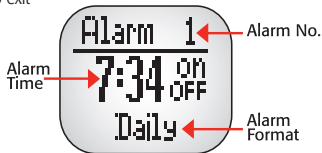
G-03. V Time Date- Home Time

The watch adjusts its internal clock from a satellite clock every time the GPS fixes a position. Auto Time Zone calculates your current time zone based on longitude. If the GPS is OFF or there's no satellite coverage, manually make the settings.

G-02. V Alarms

To set an Alarm: Hold **M** in any mode to enter setting
Menu V Settings V Alarms

- Press **S/S** to choose an Alarm (1through 5)
- Press **V** to enter Hour V Minutes V On/Off V Daily/ Sun-Sat/Mon-Fri
- Press **S/S** or **L/R** to make changes or **V** to accept
- Press **M** to exit



Time of Day Setting. GPS Update - Menu V Settings V TimeDate V HomeTime V GPS Upd. If this is ON, the watch will synchronize local time with a satellite signal **Auto Time Zone**. If this is ON, GPS automatically updates to your current time zone. It should work most of the time. If not, manually set a time zone

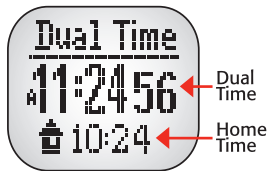
Manual Time Zone. Menu **V** Settings **V** TimeDate **V** HomeTime **V** TimeZone. Set a time zone for your current location from +12:00 to -12:00 hours GMT in 0.5 hour increments

Manual Time Of Day setting. Menu **V** Settings **V** TimeDate **V** HomeTime **V** Manual. Set time and date in the following sequence: Second **V** Minute **V** Hour **V** Year **V** Month **V** Date. Press **S/S** or **L/R** to make changes. Press **M** to exit

Dual Time Setting. Menu **V** Settings **V** TimeDate **V** DualTime. Press **S/S** or **L/R** to make changes in 30 min. increments. Press **M** to exit

To use Dual Time. Press **V** in Home Time until Dual Time displays.

Format. Menu **V** Settings **V** TimeDate **V** Format. Press **S/S** or **L/R** for a 12 or 24 Hour display. Press **M** to exit



G-04. V User:

Note: This is easier to do with the software on your PC.

Establish a personal profile. To get accurate workout information, your correct current data is essential. Hold **M** in any mode to enter setting Menu **V** Settings **V** User **V** Gender **V** Birth Date **V** Weight

V Gender. Press **S/S** or **L/R** to select. Press **M** to exit

V Birth Date. Press **S/S** or **L/R** to make changes. Set the **V** Year-**V** Month-**V** Date. Press **M** to exit

V Weight. Press **S/S** or **L/R** to change. Press **M** to exit

H. PC Software Installation

Install the GPSTMaster software from the CD into your PC.

The minimum system requirements are:

- Pentium II 300MHz
- Windows XP / VISTA / 7
- 64MB RAM
- CD-ROM drive
- USB port
- 20MB hard disk space
- 256 Color monitor

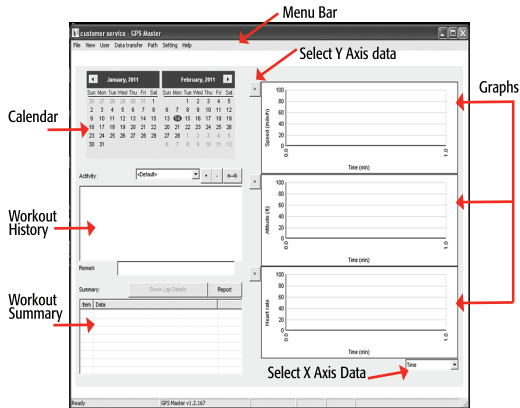
Follow the instructions in the GPSTMaster setup wizard. After installation, restart your PC.

To acquire and work with data from the watch: Attach the USB cable from the watch and to the PC. Once joined a "Connected icon" will display on the watch

H-01. PC Connection - Setup:

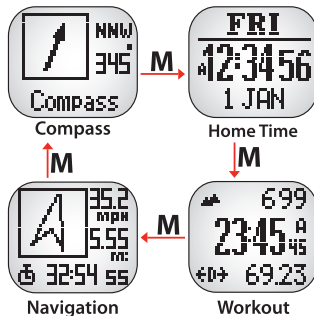
To setup a new user. Enter a User name in New user dialog box and press "Add"

To sync data between watch and PC. Select on the PC screen **V** Data transfer **V** Receive Watch Data and the workout data will display as in the illustration below



MAIN WATCH FUNCTION MODES

There are four main function screens. Press **M** to move among them. See the illustration below.



I. The Workout Mode

Workout mode displays your current performance. It shows speed, distance traveled, workout time from start, heart rate and other current data.

It creates speed, heart rate and altitude

records that you can view graphically on your PC. Workout mode works with the Navigation mode. Start, stop, lap, GPS shortcut operations are common to both.

The watch provides 5 activity profiles: *Running, Cycling, Hiking, Sailing and User*. Each profile has 3 views. Each view has 3 data fields. Data fields can be selected from a list. Profile configuration and name editing are done on the PC. You can store an unlimited number of profiles.

I-01. Use the Workout Mode

To Startup Workout Mode:

- Press **M** in Time mode to enter Workout mode
- Press **S/S** to Start or Stop Workout. If not already on, GPS and HRM will automatically start

To Mark Laps. Press **L/R** to take Laps. The maximum number of laps for a single session is 99

To Reset Workout / Navigation:

- When a workout is finished, hold **L/R** until RESET displays. This clears the current set of workout data and prepares to start a new set. Workout data is stored in memory at reset
- Erase it manually by going to: Menu **V** Workout **V** Delete **V** DelLast

To See A summary of workout history. Menu **V** Workout **V** History

To change Workout View. Press **V** to select among the 3 preset views.

To Use the ViewScan. The views will automatically scroll when ViewScan is ON. Each view lasts about 3 seconds. Menu **V** Workout **V** ViewScan **V** On/Off. Press **M** to exit

I-02. Choose a Profile:

To select a Workout Profile. Hold **M** in any mode to enter settings Menu **V** Workout **V** Profiles **V** Select **V** Running **V** Cycling **V** Hiking **V** Sailing **V** User. Press **M** to exit

To customize the Workout Views. Hold **M** under any mode to enter setting Menu **V** Workout **V** Profiles **V** Customize **V** Select the desired profile **V** Select View 1, 2 & 3 data according to the charts on the following page

To reset to default setting. Hold **M** under any mode to enter settings Menu **V** Workout **V** Profiles **V** Reset

I-03. History:

To review Workout History from the watch. Hold **M** under any mode to enter settings Menu **V** Workout **V** History and a summary of latest record will display.

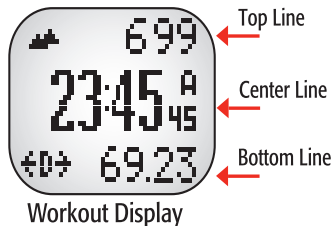
Note: The number of records is limited by the amount of available memory.

AVAILABLE DISPLAY DATA FOR THE TOP AND BOTTOM LINES

Altitude	▲ 999	Lap distance	Ⓔ 99.99
Calories	Cal 999	Lap number	Lap 23
Distance	↔ 99.99	Lap Time	Ⓔ 23'45"55
Heading	⊙ 359°	Average Pace	AV ▲ 9:59
Average Heart Rate	AV⊙ 12455%	Maximum Pace	↑ ▲ 9:59
Max Heart Rate	↑♥ 12455%	Current Pace	▲ 9:59
Min Heart Rate	↓♥ 12455%	Average Speed	AVⓂ 9.9
Current Heart Rate	♥ 12455%	Maximum Speed	↑Ⓜ 9.9
Above target zone time	⌚ 9:9955	Current Speed	Ⓜ 9.9
Below target zone time	⌚ 9:9955	Time of Day	AM 12:5945
Within target zone time	z 9:9955	Workout Time	Ⓜ 55'55"55

FOR THE CENTER LINE

Distance	ⓂⓂ 999.9
Current heart rate	↓ 145 75%
Lap distance	Ⓜ↔ 999.9
Latitude & Longitude	Ⓜ 45.67.888N Ⓜ 75.67.888W
Average Pace	Ⓜ▲ 34:55
Average Speed	ⓂⓂ 34.5
Current Speed	ⓂⓂ 34.5
Time of Day	↑ 3:45Ⓜ
Workout Time	Ⓜ59'59"55



Workout summary data occupies 3 screens:

Screen 1 displays the record number in top right corner. Press **S/S** or **L/R** to move to another record. The 2nd and 3rd lines are time and date stamps. The last line is the total number of laps for this workout. These screens scroll every 5 seconds

Screen 2 displays workout time, distance, and average pace

Screen 3 displays calorie consumption, average heart rate and average speed

- Press **V** to enter *Lap Summary* and review individual lap details
- Press **M** to go back to menu or hold **M** 2 seconds to go back to workout mode

Lap summary data occupies 2 screens: The record number displays in the top left and the current lap number in the top right corner. They scroll every 5 seconds.

Screen 1 displays lap time, lap distance, and a lap average

Screen 2 displays the split time (elapsed time from starting to this lap), average heart rate for this lap and the lap speed

- Press **V** to return to Workout Summary
- Press **M** to go back to menu or hold **M** 2 seconds to go back to the workout mode

I-04 Delete:

- Hold **M** under any mode to enter setting Menu **V** Workout **V** Delete **V** Dellast/DelALL
- Press **V** to confirm

I-05. Smart Lap

Smart Lap will automatically mark laps or waypoints:

- **LAP BY DISTANCE:** Menu **V** Workout **V** SmartLap **V** ByDist. You specify a fixed distance/target for the watch to automatically mark a new lap. You may also mark new laps manually between the Lap-By-Distance period
- **LAP TO WAYPOINT:** Menu **V** Workout **V** SmartLap **V** "Lap **▶** WP". With this feature, the watch creates a PATH. Select one dedicated PATH for this purpose in the Lap **▶** WP setting screen. When ON, the selected path is cleared at the beginning of Workout/Navigation. After that, whenever a new lap has been created; the current location is added to the end of the dedicated path
- **SET ALERT:** If Alert is ON, a single beep will sound when a new lap is marked. Menu **V** Workout **V** SmartLap **V** Alert **V** On/Off

Application Example- Backward tracking

- Set ByDist, to say 200 meters and turn it ON: Menu **V** Workout **V** SmartLap **V** ByDist **V** [ON, 200]

Note: The maximum number of waypoints for a path is 99. So set a distance that will not exceed that maximum number. Any excess waypoints will be ignored.

- Set Lap to Waypoint to Path9, and turn it ON: Menu **V** Workout **V** SmartLap **V** "Lap **▶** WP" **V** [ON, Path9]
- Start Workout/Navigation trek: Navigation **S/S**

To stop and return, press **S/S** to stop and hold **L/R** to reset and prepare to start new Workout/Navigation

- **TURN OFF LAP **▶** WAYPOINT:** Menu **V** Workout **V** SmartLap **V** Lap **▶** WP **V** [OFF]
- **SELECT PATH9 AS THE CURRENT** path for navigation. Menu **V** Navigation **V** SelPath **V** Path9
- **SET NAVIGATION MODE TO BACKWARD.** Menu **V** Navigation **V** NavMode **V** Backward. In the Navigation-Goto screen, select the last waypoint of Path9 as the current waypoint. Start Navigation, follow the Heading Pointer, and the watch will guide you from last waypoint to your start point

I.06. TrackLog

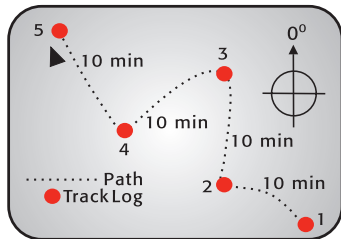
The watch records your track continuously. Set the sampling interval in TrackLog setting. Default is 4 seconds but, you can set it from 1 second to 10 minutes between points.

To set the TrackLog interval:

- In any mode, hold **M** Menu **V** Workout **V** Tracklog

- Press **S/S** or **L/R** to set the time

Note: 1% of memory can store approximate 480 points. Estimated memory for a workout period = 480 x TrackLog Interval.



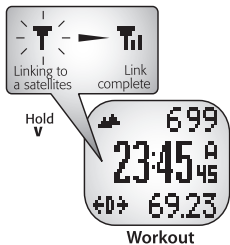
This TrackLog interval is set for 10 minutes

J. The Global Positioning System - GPS

To turn ON GPS manually: If the GPS receiver has been stopped for 2 hours or more, start the receiver manually. If you want to track data at the beginning of a workout, you will need a fixed GPS position beforehand. Either of the following will provide this:

- Menu **V** GPS **V** GPS ON/OFF ; or Hold **V** for 2 seconds when in Workout / Navigation modes to toggle GPS either ON or OFF

- **Menu V GPS V Timeout** Chose either 5 or 30 minutes.
If a signal is lost and 30 minutes timeout is selected, the watch will try for 30 minutes to re-link to the satellites
When GPS is acquiring satellite information, an "ANTENNA" icon "T" flashes in middle row on left side of most of the workout views:
If GPS has a 2D location captured, "T" will appear.
If more satellites are captured, "T" will appear.
If GPS lost the signal and could not fix a position, "GPS Lost" will display until any button is pressed.



K. The Navigation Function Screens:

Navigation has 2 screens: See illustration on the next page.

NAVIGATION SCREEN provides all the information when navigating to a waypoint.

GOTO SCREEN allows you to pick a waypoint from the current path.

The watch stores up to 10 paths. You can also work with a single (current) path.

To select the current path: Menu **V** Navigation **V** SelPath.

The waypoints can be linked sequentially to form a route.

You can then navigate up or down the route. Select of the following navigation modes before you begin

K-01. Navigation Function- Modes:

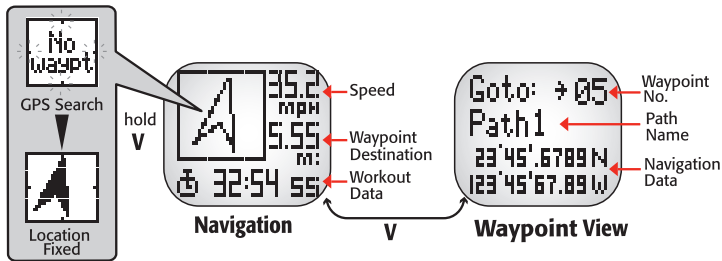
There are 3 navigation modes:

WAYPOINT, FORWARD, and BACKWARD.

Choose a mode – Menu **V** Navigation **V** NavMode.

V Waypoint: The **active** waypoint is the destination. Select this mode if you want to travel to an individual waypoint in the current path. Choose the active waypoint in Goto. This active waypoint is now your destination

V Forward: The **last** waypoint is the destination. Select this mode if you want to travel from the first to the last waypoint in a current path. Pick the nearest waypoint as the active waypoint in Goto before you start. When the active waypoint is reached, it will navigate to the next waypoint in the path. This repeats until the destination is reached



V Backward: The **first** waypoint is the destination. Select this mode if you want to travel in reverse - from the last to the first waypoint in current path. Pick the nearest waypoint in Goto before you start. If the active waypoint is reached, it will navigate to the previous waypoint in the path. This repeats until the first waypoint is reached

To Set Waypoint radius: You have "arrived" if you are within the radius set in WP Radius. You set this radius in Menu V Navigation V WP Radius. The default is 30m. The range is 10m to 250m

K-02. How to Navigate

Setup a path and navigation mode as previously explained.

To turn ON the GPS: Hold **V**. Or, if you want to have workout logged, press **S/S** to start. Wait for GPS to fix your location. Meanwhile, to choose the active waypoint, press **V** to switch to Goto screen

To Set an Active Waypoint:

- Press **S/S** or **L/R** In Goto to scroll the waypoints on a current path. The sequence number of a waypoint is shown in the top right. Path name is in the 2nd line. Other details are shown consecutively in lines 3 and 4 across 3 separate screens

Screen 1 defines the time, date, and name of waypoint. The name is restricted to 10 characters and can be edited in PC Master. Default name "WayptXX" is

assigned automatically when it is marked manually or created by Smart Lap. Number range is from 00 to 99

Screen 2 defines the distance between your current position & heading to this waypoint (for this to work, the GPS must have a fixed location)

Screen 3 defines the longitude and latitude of the waypoint

- Press **V** once again to return to Navigation after the active waypoint has been selected

K-03. Heading Pointer

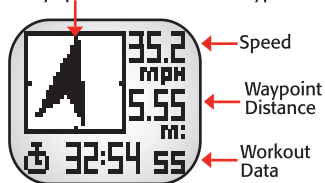
Once GPS has a fixed location, the pointer becomes active.

Important: Make sure that the compass has been calibrated and that watch is held level for pointer accuracy. See compass calibration details in **L-01**.

Your current speed & distance to an active waypoint are displayed on top right of the Navigation screen. Time of Day, Workout Time, Distance to Destination, Estimated Time to Destination, and Current HR scroll through the bottom line.

When you approach the WP Radius of active waypoint, the watch will beep 3 times. The Key Tone setting turns the beep ON/OFF. If you are navigating in Forward / Backward mode, the pointer indicates the direction to the next waypoint. This repeats until you arrive at your final destination.

Heading Pointer: When properly set always points to the active waypoint



Navigation

K-04. Create Waypoints or Paths on your PC:

- Run the "GPSMaster" software on your PC
- Activate the Path Manager - [Path V Path Manager](#)
- Click NEW in Current Path
- Locate the desired position in the embedded Google Maps (GMAP) and left click the mouse button to create a new waypoint. It is assigned a default name. Double click the waypoints place mark. A dialog box will appear and you can change the name
- Add as many points as you need. Waypoints are linked sequentially

- Click "Save Path" when you finish and it is saved into the Current Path Table
- Plug in the USB cable and attach the watch to your PC. Click "PC -V Watch" in GPSMaster. The paths in Current Path Table will be transferred to the watch

To Start/Stop workout session and take Laps while navigating:

- Press **S/S** to Start Workout.
- Press **S/S** again to Stop
- Press **L/R** to take a Lap

L. The Compass Direction Displays:

The direction of an object from a point is specified in either cardinal directions or degrees.

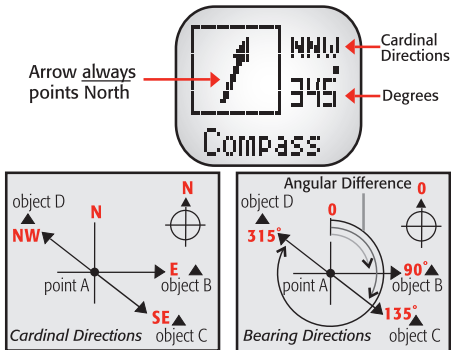
Cardinal directions Included are:

first: North, South, East and West

second: NE, NW, SE and SW

third: NNE, ENE, ESE, SSE, SSW, WSW, WNW and NNW

Degrees: They are the angular difference between Magnetic North and the object as measured clockwise. North is 0 degrees. The degrees range from 0° to 359° and display in the middle right.



L-01. Compass Calibration and Declination

To calibrate the compass: Hold **M** under any mode to enter setting Menu V System V Settings V Compass V Calibrate. Hold the watch on the horizontal and slowly turn yourself and the watch 360 degrees. The complete revolution should take about a minute. You'll see dots outline a rectangle in the display. When the outline is complete, calibration will display **Done**. Press any key to exit the calibration without change

To set for magnetic declination:

- Hold **M** under any mode to enter setting Menu **V** Settings **V** System **V** Compass **V** Declinate
- Press **S/S** or **L/R** to change the value
- Press **V** to confirm

Most topographic maps include a small arrow to show Magnetic North and declination information.

You can also acquire this information at:

- USA – USGS at www.store.usgs.gov
- Canada – Centre for Topographic Information <http://maps.nrcan.gc.ca>

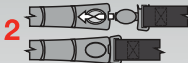
M. The Heart Rate Functions, Use the Chest Strap:

- Do not wear the chest strap over your clothes. It must make direct contact with your bare skin to get a Heart Rate signal
- Center the Strap against your chest as high under the breast as comfortable
- Clean the contacts occasionally with damp paper towel and wipe dry
- The watch must be within 3 meters from the Chest Strap for it to receive data

Adjust the elastic band to fit your chest



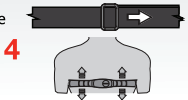
Connect one end of the strap to the sensor



If not already wet, moisten your chest with water or conductive jell. Wrap the strap around your chest and connect the ends



Adjust the tension of the strap for a snug fit and position the sensor to make firm contact with your skin



M-01. Pair the Watch to the Strap

Every Chest Strap (HRM) has been assigned a unique ID. To avoid interference, the watch and strap must be paired before use. This was done in the factory. Should you replace the HRM or change the battery, you will need to again pair the watch to the strap.

To Pair: Hold **M** to go to Menu **V** HRM **V** Pairing. Touch and hold the 2 conductive pads on the Chest Strap for 3 seconds. When the pairing is a success, **Done** will display

M-02. Heart Rate Monitor

To Use Heart Rate Monitor (HRM): Don the chest strap.

The strap will turn ON automatically

- Press **S/S** while in Workout mode. After a few of seconds, the watch will display HR from chest strap. During your workout HR is stored at the rate defined in TrackLog
- Press **S/S** again to stop

Also, you can manually start the HRM in setting Mode **V** HRM **V** On/Off

M-03. Heart Rate Target Zones

Select a target HR zone that is most appropriate for your personal training plan. If you are not working with target zone, the watch will beep. Adjust your exercise intensity to maintain HR within the target zone limits. There are 4 default target zones: **Health**, **Fat Burn**, **Aerobic** and **User**. The limits of the first 3 zones are shown in the following chart. If these limits do not fit you training scheme, just set your own **V** User.

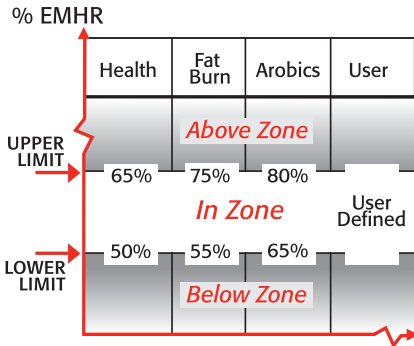
To select a Heart Rate Zone: Hold **M** in any mode to enter setting Menu **V** HRM **V** HR Zone **V** Select

- Choose among Health / Fat burn / Aerobics / User
- Press **V** to confirm. **Done** will display

To set User Zone Limits: Hold **M** in any mode to enter setting Menu **V** HRM **V** HR Zone **V** Customize

- Choose Health / Fat burn / Aerobics / User
- Press **S/S** or **L/R** to set the value
- Press **V** to confirm

To reset all Heart Rate Zones: Hold **M** in any mode to enter Setting Menu **V** HRM **V** HR Zone **V** ResetALL



N. Memory Usage

To check Memory Usage: Hold **M** in any mode to enter Setting Menu V Memory

O. Power Saving Mode

Discover has a Power Saving function that turns the display off to save battery life. While in Power Saving Mode, timekeeping continues to run.

To Use the Power Saving Mode:

- Hold down **L/R** in Home Time Mode for about 5 seconds to turn OFF the LCD
- Press and hold **L/R** again to turn it back ON

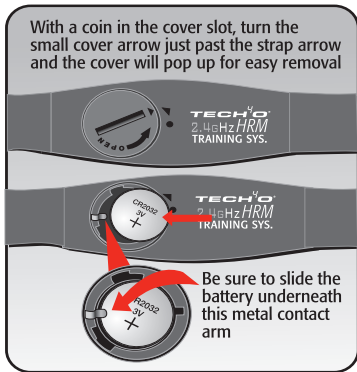
P. Care and Maintenance:

- Clean the watch occasionally with a soft damp cloth
- Brush the clip contacts at the bottom of watch regularly. Dirt build-up on the contact points may affect normal charging and data transfer
- DO NOT expose the watch to strong chemicals such as gasoline and alcohol, as they will cause damage
- Remove the strap battery for long term storage
- Wash with tap water and dry the strap after each use
- When in an area with high electrostatic discharge, the PC connection may fail. Just reconnect to the PC for normal operation

- DO NOT bend or stretch the contact strips on the strap, especially while storing
- Store in a dry place when not in use

Q. Replace the Chest Strap Battery

Replace the old battery with a new CR2032 battery. The "+" side must face up. Be sure that the O-Ring is in its original position and all the surfaces are clean. Refit the cover and realign the arrow with the \bigcirc .



R. Limited Warranty

What is covered? Johnson Outdoors Gear LLC warrants your Tech4o® brand product to be free from defects in materials or workmanship and to perform accurately, for one (1) year from date of original purchase provided it has not been damaged by the causes described in the next paragraph.

What is not covered? Normal wear and tear, damage due to misuse, alteration, accidents, abuse, improper maintenance and non-compliance with written instructions and precautions are not covered by this warranty. Watches & Electronic instruments are water resistant, they are not waterproof. Damage resulting from excessive exposure to water, heat or cold is not covered under this warranty. The replaceable battery is not covered under the warranty.

THERE ARE NO OTHER EXPRESS WARRANTIES BEYOND THE TERMS OF THIS LIMITED WARRANTY. IN NO EVENT SHALL JOHNSON OUTDOORS GEAR LLC BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow exclusion or limitation of incidental or consequential damages, so the above exclusion may not apply to you.

How to obtain warranty service. Should a defect covered by this warranty appear in your product, call our Consumer Service Department toll-free at 1.800.572.8822 for return

authorization and instructions. (You must pay the cost of returning the unit to us). If the product is found to be defective in material or workmanship, we shall, at our option, either repair or replace it without charge, and will pay the cost of return shipment to you.

How State law relates to this warranty: This warranty gives you specific legal rights, and you may have other rights which vary from state to state.



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