

GLOBAL TRAINER™

GPS SPEED+
DISTANCE

USER GUIDE



TIMEX IRONMAN

Update to Version 2.8X

Table of Contents

Important Safety Instructions and Warnings	1
Introduction	1
Global Trainer™ Software Version	1
Feature Overview	1
Operational Buttons and Icons	2
Charge Your Global Trainer™ Watch	3
Turn the Global Trainer™ Watch On and Off	3
Initial System Setup	4
Time of Day	4
Language and Personal Information	4
Performance Mode	5
Customizing Workout Screens	5
Configure Calorie Expenditure Settings	5
Choose the Number of Fields and Select Performance Data	6
Start a Workout	7
Take a Lap or Split	7
Change Views During a Workout	8
Stop a Workout	8
Lock Performance Mode	8
Timers and Performance Pacer	9
Set Up Timers and Performance Pacer	9
Customize a Timer	9
Customize Intervals	10
Add a Saved Workout to Performance Pacer	11
Remove a Course from Performance Pacer	11
Select a Course for the Performance Pacer	11
Set Performance Pacer Benchmarks Manually	12
Choose to Pace Against a Course or Manual Benchmarks	12
Multisport Mode	12
Set Up Multisport Mode	13
Start a Workout	13
Enter Transition	13
Pause a Workout	14
Stop a Workout	14
Change Views During a Workout	14
Lock Multisport Mode	14
Navigate Mode	15
Waypoints	15
Save a Waypoint	15
View the Waypoint List	16
Rename a Waypoint	16
Delete a Waypoint	16
GOTO to a Waypoint	16

Delete All Waypoints.....	16
<i>Routes</i>	16
Create a Route	17
View the Route List.....	17
Follow a Route.....	17
Delete a Selected Route.....	17
Delete All Routes	17
<i>Compass</i>	18
Navigate Using the Compass	18
<i>Map</i>	18
Navigate Using the Map	18
Change Map Resolution	18
Review Mode	19
View a Workout Summary	19
View Lap Summary Data	19
View a Workout on the Map	20
Track Back Along a Workout Route.....	21
Delete a Selected Workout.....	21
Delete All Workouts	21
Configure Mode	21
<i>Hands Free</i>	21
Configure Hands Free Settings	21
Auto Start and Auto Resume	22
Auto Stop.....	22
Auto Split	22
Auto Timer	22
<i>Alerts</i>	23
Configure Alerts Type	23
Configure Alerts Settings	23
Distance Alert	23
Speed / Pace Zone.....	24
Altitude.....	24
Heart Rate Zone	24
Cadence Zone	25
Power Zone	25
<i>Sensors</i>	25
Configure Sensor Settings.....	25
<i>User Info</i>	26
Language and Personal Information	26
Select Language.....	26
Configure Personal Settings.....	27
<i>Watch</i>	27
Configure Watch Settings.....	27
<i>Alarm</i>	27
Configure Alarm Settings.....	28
<i>Heart Rate</i>	28

Configure Heart Rate Settings.....	28
<i>Recovery</i>	28
Configure Recovery Timer.....	29
<i>Bike</i>	29
Configure Bike Settings.....	29
Calculate Bike Wheel Circumference.....	29
<i>Power Meter</i>	30
Configure Power Meter Settings.....	30
<i>GPS</i>	30
Configure GPS Settings	31
Version.....	31
Upgrade the Firmware.....	31
Reset the Global Trainer™ Watch	32
Satellite View	32
<i>Units</i>	32
Configure Units Settings.....	33
<i>Modes</i>	33
Configure Mode Settings	33
PC Sync Mode	33
Create a Timex Trainer Account	34
Install the Timex Device Agent	34
Download Settings from a Computer to the Watch	34
Upload Workout Data from the Watch to a Computer	34
ANT+™ Sensors	34
Heart Rate Sensor Usage and Data Recording During a Workout	34
Bike Sensor Usage and Data Recording During a Workout.....	35
Care and Maintenance	35
Watch	35
Heart Rate Sensor.....	35
Warranty & Service	36
FCC Notice (U.S.) / IC Notice (Canada)	37
Declaration of Conformity	38

Important Safety Instructions and Warnings

1. To prevent risk of fire, chemical burn, electrolyte leak and/or injury from the internal Lithium-polymer battery:
 - A. Do not attempt to remove the case-back or exterior shell of the product or remove the non-user-replaceable battery.
 - B. Do not leave unit exposed to a heat source or in a high temperature location (such as in the sun or in an unattended vehicle). To prevent damage store it out of direct sunlight.
 - C. Do not puncture or incinerate.
 - D. When storing for an extended time, store within the following temperature range: 32°F to 77°F (0°C to 25°C).
 - E. The Global Trainer™ watch should only be charged within a temperature range of 32°F to 113°F (0°C to 45°C).
 - F. Do not operate the unit outside of the following temperature range: -4°F to 131°F (-20°C to 55°C).
 - G. Contact your local waste disposal department to properly recycle/ dispose of the unit/battery.
2. Use only the Pihong PSB05R-050Q power adapter supplied with this product.
3. This is not a medical device and is not recommended for use by persons with serious heart conditions. You should always consult your physician before beginning or modifying an exercise program.
4. Consulting the speed+distance system while moving is unsafe and distracting, and could result in accident or collision. Use the memory functions to later review your performance data. See the instructions for details.
5. Interference with the radio signal, poor contact between your skin and the chest strap, and other factors may prevent accurate transmission of heart rate data.

Introduction

While all of the settings described in the User Guide can be made on the Global Trainer™ watch, it is easier to use your computer to customize your watch through the Timex® Device Agent software. See www.timexironman.com/deviceagent for the Timex Device Agent made for your computer's operating system.

Global Trainer™ Software Version

Because the Global Trainer™ watch can be customized to show languages in addition to English for its displays and messages, the screens shown in these instructions will be available on your watch in your selected language. The exceptions are: the default View Screen names (SWIM, BIKE, RUN, CUSTOM 1, CUSTOM 2), the default TIMER names, the default COURSE names, and the default BIKE settings.

The Timex® Ironman® Global Trainer™ Bodylink® System is a comprehensive performance-monitoring device that incorporates SiRFstarIII® GPS technology and ANT+™ sensor integration for multiple activities to provide a powerful workout and training tool. To view or print a copy of any of the instructions for the Global Trainer™ watch or its accessories, go to: http://www.timex.com/info/Product_Instruction_Guides_Downloads

This guide reflects the latest instructions for Global Trainer software version **2.8X**. To determine your watch's version; press MODE to go to CONFIGURE, press ▼ to GPS, press ▼ to VERSION and press ↵. You can update the Global Trainer software through instructions posted on the Timex Device Agent downloadable to your computer desktop.

For more information on the Timex Ironman Global Trainer watch and its capabilities, please visit the Videos section of the Training Resources page at www.timexironman.com

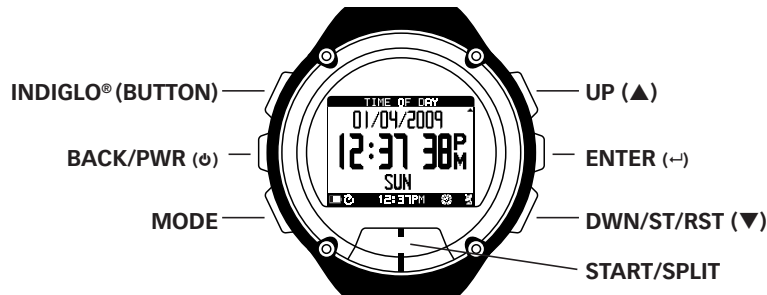
Feature Overview

- **INDIGLO® Night-Light with Night-Mode® Feature and Continuous Illumination** – The INDIGLO® night-light illuminates the display with the press of the INDIGLO® button. When activated, the Night-Mode® feature illuminates the display with any button press.

For added convenience during low-light conditions, the Global Trainer™ watch comes with an option for continuous illumination of the display. See the section on Operational Buttons and Icons for further details.

- **Performance Mode** – Keep track of multiple variables during your workout, including speed, distance, elapsed time, pace, and calories burned.
- **Multisport Mode** – Incorporate several activities and transition periods into a single workout, and track all of them together.
- **Customizable Screen Displays** – View up to four workout metrics of your choosing in each of five view screens for either Performance or Multisport Modes, so your unique workout information is always at your fingertips.

- **PERFORMANCE PACER** – Test yourself against your saved workouts to track your progress and improvement over time.
- **GPS** – Pinpoint your location and store your favorite workout routes, and save locations as waypoints for later use in workouts.
- **TRACK BACK** – Calculate a route from your current position to any stored waypoint.
- **Computer Integration** – Send settings from your computer to your Global Trainer™ watch for easy customization, and transfer your workouts to your computer to track your progress.
- **ANT+™ Wireless Sensors** – Monitor your Heart Rate to maintain the level of activity that matches your personalized workout needs. Use Bike Speed, Cadence, and Power Meter data to integrate cycling into your workouts.



Operational Buttons and Icons

INDIGLO® (BUTTON)

Press the INDIGLO® button at any time to activate the INDIGLO® night-light for a few seconds.

Hold the INDIGLO® button for 4 seconds to activate the Night-Mode® feature; the watch beeps to confirm. When the Night-Mode feature is active, any button you press illuminates the night-light for a few seconds.

The Global Trainer watch also has an INDIGLO® feature for continuous illumination. Hold the INDIGLO® button for 8 seconds to activate this feature; the watch double-beeps to confirm.

The Night-Mode® feature and continuous illumination remains active for 8 hours, but you can hold the INDIGLO® button for 4 seconds to deactivate either before 8 hours elapses.

BACK / PWR (⌚)

Hold ⌚ for 2 seconds to turn the Global Trainer™ watch on or off. In any mode, press ⌚ to go back to the previous item. If you are setting a value or a label, those numbers or characters will be recorded.

MODE

Press MODE to cycle through the Global Trainer™ watch's operational modes. At any point, hold MODE for 1 second to see the time and date. Release MODE to go back to the screen you were viewing.

UP (▲)

In a menu, press ▲ to highlight the item above or to the left of the currently selected one.

In Performance or Multisport Mode, press ▲ to go to the next view screen.

ENTER (↵)

Press ↵ to select the highlighted item for setting or change. Press ↵ to confirm the entry or changed item.

In Performance or Multisport Mode, press and hold ↵ for 2 seconds to lock all buttons except the INDIGLO® button. Press and hold ↵ for 2 seconds to unlock all buttons.

DWN / STP / RST (▼)

In a menu, press ▼ to highlight the item below or to the right of the currently selected one.

In Performance or Multisport Mode with the chronograph stopped and reset, press ▼ to display the previous view screen.

In Performance Mode with the chronograph running, press ▼ to stop (or pause) the chronograph. If the chronograph is stopped (or paused), hold ▼ to reset the chronograph (follow the directions on the screen).









In Multisport Mode, press ▼ to transition to the next sport. Hold ▼ to pause the workout. If MULTISPORT Mode is paused, press ▼ to reset the chronograph (follow the directions on the screen).

START / SPLIT

Press START / SPLIT in Performance or Multisport Mode to begin timing a workout. Press it again when the chronograph is running to take a split and to time laps individually.

Status Bar

The status bar appears at the bottom of all screens. It shows the battery charge remaining, the current time, and status icons to give an at-a-glance view of the Global Trainer™ watch's status.

	Battery icon	Shows the approximate charge of the battery. More dark segments indicates a higher charge. The icon shows the charge remaining while charging, plus the remaining section to charge blinks.
	Chrono icon	Appears when the chronograph is running.
	Alarm icon	Appears when the alarm is set.
	Timer icon	Appears when the chrono is running and a timer has been enabled.
2:00 PM	Time of Day text	Current time
	Heart icon	Solid: Heart rate monitor is communicating properly. Blinking: Device is pairing or has received no useful data for 15 seconds.
	RPM icon	Solid: Bike speed or cadence sensor is communicating properly. Blinking: Device is pairing or has received no useful data for 15 seconds.
	Power icon	Solid: Power meter is communicating properly. Blinking: Device is pairing or has received no useful data for 15 seconds.
	Satellite icon	Solid: GPS has a satellite fix. Blinking: GPS is seeking a satellite fix. None: GPS cannot locate a satellite.

Charge Your Global Trainer™ Watch

Before you use the Global Trainer™ watch for the first time, the lithium-ion battery must be charged. A depleted battery takes approximately 2 1/2 to 3 1/2 hours to fully charge.

CAUTION: The Global Trainer™ watch should only be charged within a temperature range of 32°F - 113°F (0°C - 45°C).

Charge Using the USB Cable

1. Insert the large USB-A plug on the download/charging clip into a USB port on any powered computer.
2. Attach the download/charging clip to the back of the Global Trainer™ watch.
3. Make sure the four contacts on the clip touch the four metal discs on the back of the watch. Match the red dot on the watch with the red dot on the connector for proper orientation.
4. Secure the clip to the watch caseback by placing the fixed end of the clip into the slot adjacent to the red dot and locking the hinged end of the clip into the other slot.

Charge Using the AC Adaptor


1. Insert large USB-A plug on the download/charging clip into the USB port on the AC adaptor, and plug the AC adaptor into an electrical outlet.
2. Attach the download/charging clip to the back of the Global Trainer™ watch, as instructed above in steps 3 and 4.

The Power Off Function is set to SHOW TIME, so the date and time will display during charging. A blinking battery icon appears during charging. A solid battery icon appears when charging is complete.

 Use only the Pihong PSB05R-050Q power adaptor supplied with this product.

NOTE: To prevent corrosion, please dry the download/charging contacts and the surrounding area on the back of the Global Trainer™ watch.

Turn the Global Trainer™ Watch On and Off

To turn the Global Trainer™ watch on or off, press and hold  for 2 seconds until you hear a three-note tone. The tone ascends in pitch when powering on, and descends in pitch when powering off.

Because the Power Off Function is set to SHOW TIME, the date and time will display when the Global Trainer™ watch is turned off. The POWER OFF label will appear in the upper status bar.

When the Power Off Function is set to TURN OFF DISPLAY, better standby battery life is obtained. To learn more about the Power Off Function, refer to the CONFIGURE (Mode) and the MODES sections of this USER GUIDE.

NOTE: The display contrast can change due to temperature changes. To adjust the contrast level, follow these steps.

1. From powered down mode, press and hold **⏻** for 2 seconds to turn on the watch.
2. When **TIMEX IRONMAN** appears, press the **▲** or **▼**. A corresponding bar graph shows the contrast level.
3. Press **▲** to increase the contrast or **▼** to decrease the contrast.
4. When satisfied with your selection, press **⏻** to exit contrast setting.

Initial System Setup

Time of Day

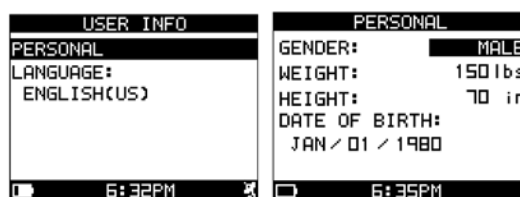
The time, date, and day of week are set by the GPS based on selections you make.

1. Press MODE until CONFIGURE displays and press **▼** to highlight WATCH.
2. Press **▼** and **↵** and press **▼** to select and change Time Format, Time Zone, Date Format and other watch functions.

Language and Personal Information

To accurately measure the performance of your workouts and to assist in calculating your heart rate zones, enter your Gender, Weight and Date of birth.

1. Press MODE until CONFIGURE appears.
2. Press **▼** until USER INFO is highlighted, and press **↵**.



3. Press **▲** or **▼** to select Personal and press **↵**.
4. Press **▲** or **▼** to choose the setting group to change, then press **↵** to open the setting change window.
5. Press **▲** or **▼** to highlight a selection in the setting change window, then press **↵** to confirm your selection.

Select Language

1. Press MODE until CONFIGURE displays.
2. Press **▼** to highlight USER INFO, then press **↵**.
3. Press **▲** or **▼** to highlight the Language displayed, then press **↵** to open the setting change window.
4. Press **▲** or **▼** to highlight a selection, then press **↵** to confirm your selection.

NOTE: If you change the language selection, the watch will go back to the initial Configure Mode display in the revised language.

Configure Personal Settings

1. Press MODE until CONFIGURE displays.
2. Press **▼** to highlight USER INFO, then press **↵**.
3. Press **▲** or **▼** to highlight the setting to change, then press **↵** to open the setting change window.
4. Press **▲** or **▼** to highlight a selection in the setting change window, then press **↵** to confirm your selection.

Setting Group	Adjustment
GENDER	Select MALE or FEMALE.
WEIGHT	Enter your weight, then press ⏻ to close the setting change window. The minimum is 50. The maximum is 400.
HEIGHT	Enter your height, then press BACK/PWR to close the setting change window. The minimum is 10 and the max is 999.
DATE OF BIRTH: MONTH	Select your month of birth.
DATE OF BIRTH: DAY	Enter your day of birth. Press ⏻ to close the setting change window.
DATE OF BIRTH: YEAR	Enter the year you were born. Press ⏻ to close the setting change window.

Performance Mode

Performance Mode tracks data for up to 20 workouts and up to 1000 laps. Keep track of multiple variables during your workout, including speed, distance, elapsed time, pace, and calories burned. See data during your workout in five customizable view screens, each with up to four fields for displaying data.

Performance Mode Terminology

- **View screen:** View screens display performance data in a customized layout.
- **Chronograph:** The chronograph records timed segments for the duration of your workout.
- **Lap:** Lap time records the time or duration of individual segments of your workout.
- **Split:** Split time records the total elapsed time since the beginning of your current workout.
- **Taking a lap or split:** When you take a lap or split, the chronograph records the time for the current segment and automatically begins timing a new one.
- **Interval:** A period of the workout customized for length of time and an optional heart rate intensity.
- **Repetitions (Reps):** A series of intervals which is repeated during a workout.

Example of Laps and Splits

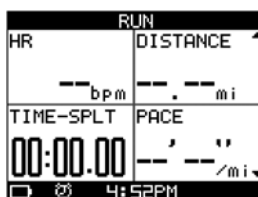
Lap time is the length of an individual segment of activity. Split time is the time elapsed from the beginning of the workout through the current segment.

The graph below represents the lap and split times for a workout in which 4 laps were taken.

LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1	15:01 MIN		
	SPLIT 2	22:09 MIN	
		SPLIT 3	29:39 MIN
			SPLIT 4

Customizing Workout Screens

These are 5 view screens on the Global Trainer™ Bodylink® System watch: SWIM, BIKE, RUN, CUSTOM 1, and CUSTOM 2. You can customize the name of the view screen, the number of fields displayed on each view screen, the activity associated with the view screen and the performance data displayed in each field.



Open the Display Menu

1. Press MODE until PERFORMANCE appears, then press ←.
2. Press ▲ or ▼ if necessary to highlight DISPLAY, then press ←.

Name the View Screen

You can rename any of the view screens. Each name may contain up to 8 characters.

1. Open the Display menu.
2. Press ▼ to highlight the view screen to customize, then press ←.
3. Press ▼ to highlight VIEW NAME field, then press ← to open the setting change window.
4. Press ▲ or ▼ to highlight a character, then press ← to select the character.
5. Continue selecting characters until the desired name displays.
6. Press ⏻.

Configure Calorie Expenditure Settings

To ensure proper calculation of CALORIES performance data, configure the settings in the Activity Setup menu to reflect the type and intensity of activity you will engage in.

1. Open the Display menu.
2. Press ▲ or ▼ to highlight the view screen to customize, then press ←.
3. Press ▲ or ▼ to highlight ACTIVITY SETUP, then press ←.

- Press ▲ or ▼ to highlight the field to customize, then press ↵.
- Press ▲ or ▼ to highlight the performance data to select the choice or edit the setting in the field, then press ↵.

Setting Group	Adjustment
ACTIVITY	Choose the activity to be monitored by this view screen. Choices, in order of lowest to highest calorie expenditure, are: BIKE, WALK, HIKE, SWIM, RUN.
LEVEL	Choose the level of intensity for this view screen. Choices in order of lowest to highest calorie expenditure are: VERY SLOW, SLOW, MEDIUM, HIGH, VERY HIGH.
EXTRA WEIGHT	Enter the amount of extra weight carried during this activity. Press ⏏ to close the setting change window. More extra weight will result in higher calorie expenditure.
POWER EFFICIENCY	A scaling factor selectable from 0.18 to 0.25. This value can be configured after getting metabolic testing with a bike power meter.

Choose the Number of Fields and Select Performance Data

- Open the Display menu.
- Press ▲ or ▼ to highlight the view screen to customize, then press ↵.
- Press ▲ or ▼ to highlight Field Layout, then press ↵.
- Press ▲ or ▼ to choose the number of fields for the view screen, then press ↵.
- Press ▲ or ▼ to highlight the field to customize, then press ↵.
- Press ▲ or ▼ to highlight the performance data to include in the field, then press ↵.
- Continue selecting fields and selecting performance data until the view screen contains desired data.

NOTE: Additional data is tracked during your workout beyond the data in the display screens. Review your workouts in Review Mode to see all tracked data.

Performance data options:

ALTITUDE	your current altitude above sea level
ALTI-INZN	amount of time spent in your defined altitude zone
ALTI-MAX	highest altitude reached during this workout
ALTI-MIN	lowest altitude reached during this workout
ASC-TOTAL	total ascent during this workout
ASC-AVG	average ascent over distance traveled
CADENCE	current RPM of bike crank
CAD-AVG	average RPM of bike crank
CAD-INZN	amount of time spent in your defined cadence zone
CAD-BEST	highest RPM reached during this workout
CALORIES	calories burned NOTE: To accurately calculate calories burned, configure the view screen using ACTIVITY SETUP on the Display menu.
DSC-TOTAL	total descent during this workout
DSC-AVG	average descent over distance traveled
DISTANCE	total distance traveled
DIS-LEFT	total distance remaining when tracking back to a waypoint or to a route
HR	current heart rate
HR-AVG	average heart rate over entire workout
HR-PEAK	highest heart rate reached during this workout
HR-INZN	amount of time spent in your defined heart rate zone
PACE	time per mile/km at current speed
PACE-AVG	average time per mile/km over entire workout
PACE-BEST	fastest time per mile/km reached in this workout
PACE-INZN	amount of time spent in your defined pace zone
POWER	current power output
POWER-AVG	average power in watts over entire workout
PWR-INZN	amount of time spent in your defined power zone

PWR-PEAK	highest power in watts reached during this workout
PACER	amount of time ahead or behind selected target set in Performance Pacer
SPEED	current speed
SPD-AVG	average speed over entire workout
SPD-INZN	amount of time spent in your defined speed zone
SPD-MAX	fastest speed reached during this workout
TIME-LAP	time for current lap
TIME-LEFT	estimated time to reach the next waypoint
TIME-STOP	total rest time during workout
TIME-SPLT	total time elapsed since beginning of workout
TIME-SGMT	total time elapsed since the beginning of this activity as selected in Multisport Mode
TIME-EVT	total time of event including transition and rest periods
TIME DAY	current time of day
TIMER-1 TIMER-2 TIMER-3 TIMER-4 TIMER-5	custom timers which can be set to include multiple repetitions and intervals

Start a Workout

1. Press MODE until PERFORMANCE appears.
2. Press ▲ or ▼ to select a view screen.
3. Press START/SPLIT to start the chronograph and begin your workout.

NOTE: If the GPS is not fixed on a satellite, this message displays:



If you select NO, the chronograph will not start. Move into a position with a clear view of the sky where the Global Trainer™ watch can receive and fix onto the GPS signals.

NOTE: The first time you wear the Global Trainer™ watch, this GPS signal fix may take several minutes. For subsequent sessions, the GPS signal fix should take 30 to 90 seconds. If a subsequent session takes longer than 2 minutes for GPS signal fix, this message displays:



If you select YES, the GPS signal fix will go into full search mode, which may take several minutes.

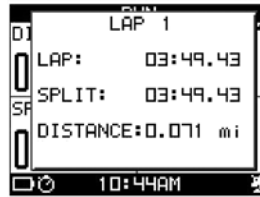
NOTE: The maximum time the chronograph will measure is 20 hours. If this time is reached, you must save or reset the workout.

Take a Lap or Split

Press START/SPLIT when the chronograph is running to take a lap or split. Up to three displays will appear in sequence.

NOTE: While the lap data is being displayed, the chrono has begun timing the next lap.

- The first display shows the lap number, lap time, split time, and distance.



- The second display shows the lap number, average heart rate, average pace, and average speed for the lap.



- The third display shows the average cadence and power values from the bike sensors.



NOTE: If sensors are not connected to the Global Trainer™ Bodylink® System watch, their corresponding data is not shown.

Change Views During a Workout

You can change view screens during a workout to see different performance data.

1. Start the workout as described above.
2. Press ▲ to change view screens.

NOTE: The chronograph will continue to run, as indicated by the chrono icon on the status bar, until you press ▼ to stop the workout.

Stop a Workout

1. While the chronograph is running, press ▼. The CHRONO STOPPED message displays.
2. Hold ▼ for 2 seconds. The SAVE WORKOUT AND RESET? Screen displays.



3. Press ▲ or ▼ to highlight YES, NO, or RESET ONLY, then press ↵ to confirm your choice.
- If you select YES, the chronograph will reset and the workout data will appear in Review mode.
- If you select NO, the chronograph is not reset. Press START/SPLIT again to continue your workout.
- If you select RESET ONLY, the chronograph will reset and no workout data is recorded.

Lock Performance Mode

1. Press and hold the ↵ for 2 seconds.
2. A message appears confirming that the watch is locked, and a 🔒 appears in the right corner of the title bar.
3. To unlock, hold ↵ again for 2 seconds. The "WATCH UNLOCKED" message confirms deactivation. When locked, the MODE button cannot be activated and splits cannot be taken.

Timers and Performance Pacer

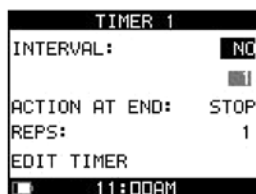
In addition to customizing the Performance Mode view screens to show your specific workout data, you can set up custom Timers to help manage repetitions and intensity during your workout. You can also use the Performance Pacer feature to measure your workout against your own saved workouts, or against target times you choose.

Set Up Timers and Performance Pacer

In addition to customizing the view screens to show your specific performance data, you can set up custom timers to help manage repetitions and intensity during your workout. You can also use the Performance Pacer feature to measure your workout against your own saved workouts, or against target times you choose.

Timers

There are five custom timers you can view in the performance data fields.



Open the Timer Menu

1. Press MODE until PERFORMANCE displays.
2. Press ↵. The Performance Setup screen displays.
3. Press ▲ or ▼ to highlight TIMER, then press ↵.

Customize a Timer

1. Open the Timer menu.
2. Press ▲ or ▼ to highlight the timer to customize, then press ↵.
3. Press ▲ or ▼ to highlight EDIT TIMER, then press ↵. The Edit Timer screen displays.
4. Press ▲ or ▼ to choose the setting group to change, then press ↵ to open the setting change window.
5. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
INTERVAL	Select Yes to activate intervals, or No to edit as a standard countdown timer.
NUMBER OF INTS	Enter the number of intervals for the timer. Press ⏏ to close the setting change window. Maximum intervals is 20. NOTE: This setting is only available if Interval is set to YES.
ACTION AT END	Select Stop to end the workout after one interval, or Repeat to repeat for the number of repetitions selected.
REPS	Enter the number of times to repeat the interval group. Press ⏏ to close the setting change window. Maximum reps is 100.

Change the Timer Name

1. Open the Timer menu.
2. Press ▼ to highlight the timer to rename, then press ↵.
3. Press ▼ to highlight the timer name, then press ↵. The setting change window opens.
4. Press ▼ to highlight a character. Press ↵ to select the character.
5. Continue selecting characters until the desired name displays. Each name can contain up to 8 characters.
6. Press ⏏ to close the setting change window.

Edit a Standard Countdown Timer

1. Open the Timer menu.
2. Press ▼ to highlight the timer to customize, then press ↵.
3. Press ▼ to highlight EDIT TIMER, then press ↵.
4. Make sure the INTERVALS setting is set to NO.
5. Press ▼ to highlight EDIT TIMER, then press ↵.
NOTE: This feature is only available if the Interval setting is set to No.

- Press ▼ to highlight an interval to customize, then press ↵. The Edit Timer screen displays.



- Press ▲ or ▼ to choose the setting group to change, then press ↵ to open the setting change window.
- Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
HOURS	Enter the number of hours for the timer. Press ⏏ to close the setting change window and move to the next setting. The maximum number of hours is 2.
MINUTES	Enter the number of minutes for the timer. Press ⏏ to close the setting change window and move to the next setting. The maximum number of minutes is 59.
SECONDS	Enter the number of seconds for the timer. Press ⏏ to close the setting change window and move to the next setting. The maximum number of seconds is 59.

Customize Intervals

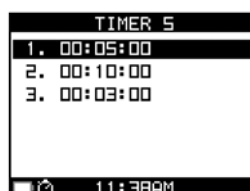
- Open the Timer menu.
- Press ▼ to highlight the timer to customize, then press ↵.
- Press ▼ to highlight EDIT TIMER, then press ↵.
- Make sure the Intervals setting is set to Yes.
- To edit intervals, press ▼ to highlight VIEW INTERVALS, then press ↵.
NOTE: This feature is only available if the Interval setting is set to Yes.
- Press ▼ to highlight an interval to customize, then press ↵. The Edit Interval screen displays.



- Press ▲ or ▼ to choose the setting group to change, then press ↵ to open the setting change window.
- Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
HOURS	Enter the number of hours for the timer. Press ⏏ to close the setting change window and move to the next setting. The maximum number of hours is 2.
MINUTES	Enter the number of minutes for the timer. Press ⏏ to close the setting change window and move to the next setting. The maximum number of minutes is 59.
SECONDS	Enter the number of seconds for the timer. Press ⏏ to close the setting change window and move to the next setting. The maximum number of seconds is 59.
HR ZONE	Choose the heart rate zone to maintain for this interval, or choose NONE to use the interval in any zone.

Repeat this process for each interval in the timer.



Example of Using Intervals

You wish to integrate interval running into your training routine. You set up several intervals to help you track both time and heart rate for the workout. Your first week's intervals might look like this:

Interval	Time	Heart Rate Zone
Interval 1	00:05:00	NONE
Interval 2	00:10:00	ZONE 2
Interval 3	00:05:00	ZONE 3
Interval 4	00:03:00	ZONE 4
Interval 5	00:05:00	ZONE 3
Interval 6	00:05:00	ZONE 1

You use Interval 1 as a warmup. Intervals 2 through 5 are the core of the workout. Finally, Interval 6 represents a cool-down period.

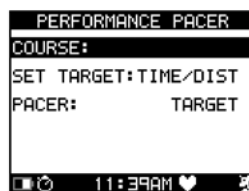
Performance Pacer

The Performance Pacer feature lets you measure your progress against a previously saved workout, or a manually entered time and distance.

When Performance Pacer is selected as a view screen option, you will see how far you are ahead or behind the time loaded in Performance Pacer.

Open the Performance Pacer Menu

1. Press MODE until PERFORMANCE displays.
2. Press \leftarrow . The Performance Setup window displays.
3. Press \blacktriangle or \blacktriangledown to highlight PERFORMANCE PACER, then press \leftarrow . The Performance Pacer screen displays.



Open the Course Menu

1. Open the Performance Pacer menu.
2. Press \blacktriangle or \blacktriangledown to highlight Course:, then press \leftarrow .

Add a Saved Workout to Performance Pacer

1. Open the Course menu.
2. Press \blacktriangledown to highlight <CREATE NEW>, then press \leftarrow .
3. Press \blacktriangledown to highlight a workout to add, then press \leftarrow .
4. Press \blacktriangledown to highlight the first letter of the course name.
5. Press \blacktriangledown to highlight a character. Press \leftarrow to select the character.
6. Continue selecting characters until the desired name displays.
7. Press \odot .
8. Press \blacktriangledown to highlight CONFIRM?, then press \leftarrow .

Remove a Course from Performance Pacer

1. Open the Course menu.
2. Press \blacktriangledown to highlight the course to remove, then press \leftarrow .
3. Press \blacktriangledown to highlight Delete Course, then press \leftarrow .

Select a Course for the Performance Pacer

1. Open the Course menu.
2. Press \blacktriangledown to highlight the course to pace against, then press \leftarrow .

- Press ▼ to highlight Select This Course, then press ↵.

Set Performance Pacer Benchmarks Manually

- Open the Performance Pacer menu.
- Press ▼ to highlight Set Target:Time/Dist, then press ↵. The Set Target screen displays.



- Press ▲ or ▼ to choose the setting group to change, then press ↵ to open the setting change window.
- Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
DISTANCE	Enter the distance to compare against. Press ⌂ to close the setting change window, and move to the next setting. The maximum distance is 99.99.
TIME	Enter the time to compare against. Press ⌂ to close the setting change window, and move to the next setting. The maximum time is 10:59:59.

Choose to Pace Against a Course or Manual Benchmarks

- Open the Performance Pacer menu.
- Press ▲ or ▼ to highlight PACER, then press ↵.
- Press ▲ or ▼ to highlight Course to pace against the loaded course, or Target to pace against the manual benchmark.

Use Performance Pacer During Your Workout

- Set up the Performance Mode data fields in the view screen you will use Performance Pacer with.
- In one of the fields, choose PACER as the Performance Mode data to display.
- Start the chronograph and start your workout.
- The PACER field updates constantly and indicates how far you are ahead or behind pace based on the course or benchmarks you set.

Performance Mode Notes & Tips

- During a workout, the chronograph continues to run in the background even if the chronograph is not visible in any of the performance view screens.
- The Global Trainer™ Bodylink® System watch tracks more workout data than just the items in the Performance Mode view screens. When your workout is complete, use Review Mode to see all recorded data for your workout.

Multisport Mode

While Performance Mode tracks performance data for one activity, Multisport Mode links up to five sports together, and manages transitions between sports as well. Choose the performance data for each of up to five sports, and use the transition periods in between sports to prepare for the next activity in the MULTISPORT sequence. For example, use the transition period between MULTI-BIKE and MULTI-RUN to change from cycling shoes to running shoes.

Multisport Mode Terminology

- Transition:** A period of stoppage in between two activities to prepare for the next sport in sequence, tracked by the TIME-STOP performance data option.

Multisport Mode View Screens

The titles of the view screens are prefixed by the term MULTI- (for example, RUN is MULTI-RUN in Multisport Mode), but the fields and performance data on the screens are identical to those in Performance Mode. Customize the number of fields and data displayed following the steps in the View Screens section of Performance Mode, above.

Set Up Multisport Mode

You can use custom timers, intervals, calorie expenditure settings, and the Performance Pacer feature in Multisport Mode by following the steps in the To Set Up Performance Mode section above. You can also arrange the sequence of activities you want to use in Multisport Mode.

Set Up Activities

1. Press the MODE button until MULTISPORT displays.
2. Press \leftarrow .
3. Press \blacktriangledown to highlight SELECT SPORTS, then press \leftarrow .



4. Press \blacktriangledown to highlight the activity to change, then press \leftarrow .
5. Press \blacktriangledown to highlight the activity to include in the multisport sequence, then press \leftarrow to confirm your choice. You can also select NONE if you wish to use a sequence of less than 5 activities.
6. Repeat steps 4 and 5 until up to 5 activities have been chosen. When you start a workout in Multisport Mode, the activities (with transitions in between) will take place in the order you selected.

Start a Workout

1. Press MODE until MULTISPORT displays.
2. Press START/SPLIT to start the chronograph and begin your workout. A message will prompt you to begin the first activity in the Multisport sequence you have defined. The view will switch to the first sport selected when you set up the workout.

NOTE: If the GPS is not fixed on a satellite, this message displays:



Press \blacktriangledown to highlight YES or NO, then press \leftarrow to confirm your choice.

If you select YES, many GPS related performance data options, such as distance, speed, or altitude will not function.

If you select NO, the chronograph will not start.

NOTE: The maximum time the chronograph will measure is 20 hours. If this time is reached, you must save or reset the workout.

NOTE: Press \blacktriangle to manually switch between view screens. At the beginning of each event, the view will automatically switch to the view screen for the active sport.

Enter Transition

1. While the Multisport Mode chronograph is running, press \blacktriangledown . All timers but the Stoppage Time (TIME-STOP) timer will cease counting, and the TRANSITION message displays.



2. Prepare for the next activity in the sequence.
3. Press \blacktriangledown . A message displays prompting you to start the next activity.

4. Begin the next activity.
5. Repeat these steps until your workout is complete.

Pause a Workout

You can pause a workout during an activity or end of an activity without entering transition. No time will be kept on the chronograph during this time.

1. While the chronograph is running, press and hold ▼ for 1 second. The WORKOUT PAUSED message displays.
2. Press START/SPLIT to resume the chronograph.

Stop a Workout

When your workout is complete, you can stop the workout, reset the chronograph, and save the workout data for review.

1. While the chronograph is running, press and hold ▼ for 1 second. The WORKOUT PAUSED message displays.
2. Press ▼. The SAVE WORKOUT AND RESET? Screen displays.



3. Press ▼ to highlight YES, NO or RESET ONLY, then press ↵ to confirm your choice.

If you select RESET ONLY, the workout data will be deleted.

If you select YES, the chronograph will reset and workout data will appear in Review mode.

If you select NO, the chronograph is not reset. Press START/SPLIT again to continue your workout.

Take a Lap or Split

Press START/SPLIT when the chronograph is running to take a lap or split. Three displays will appear in sequence:

- The first displays the lap number, lap time, split time, and distance.
- The second displays the lap number, average heart rate, average pace, and average speed for the lap.
- The third displays the average cadence and power values from the bike sensor.

The chronograph will begin timing a new lap.

NOTE: If sensors are not connected to the Global Trainer™ Bodylink® System watch, their corresponding data is not shown. All data will be moved up one place in the screens for each reading not shown. If enough data is omitted, only one or two screens will display.

Change Views During a Workout

You can change view screens during a workout to view different performance data.

1. Start the workout as described above.
2. Press ▲ to change view screens.

NOTE: The chronograph will continue to run, even if no timers are visible on the selected view screen, until you press BACK/STP/RST to stop the workout.

Lock Multisport Mode

1. Press and hold the ↵ for 2 seconds.
2. A message appears confirming that the watch is locked, and a 🔒 appears in the right corner of the title bar.
3. To unlock, hold ↵ again for 2 seconds. The "WATCH UNLOCKED" message confirms deactivation. When locked, the MODE button cannot be activated, transitions cannot be made, and splits cannot be taken.

Multisport Mode Notes & Tips

- Multisport Mode and Performance Mode use the same custom view screens to display your workout data. Changes you make in either mode will affect the displayed data in the other mode.
- To keep track of your transition times, make sure to include TIME-STOP in one of the performance data fields. You can also look at the cumulative stoppage time in Review Mode.

- Do not forget that you can use custom timers and the Performance Pacer feature in Multisport Mode just like you can in Performance Mode.

Navigate Mode

Use Navigate mode to find your position at any time using GPS technology. You can also create a waypoint at any time, saving your current position in the Global Trainer™ Bodylink® System watch memory. Combine these waypoints in any combination you wish to create workout routes. During your workout, view the compass feature to find your direction and speed, and view the map to see where you have been during your workout.

Navigate Mode Terminology

- **Waypoint:** A GPS marker which can be saved to the Global Trainer™ Bodylink® System watch memory, indicating the latitude and longitude of your current location.
- **Route:** A collection of waypoints similar to a breadcrumb trail, organized in an order of your choosing, which you can follow as part of your workout routine.
- **GOTO:** Navigate from current location to a selected waypoint.
- **Follow:** Navigate to multiple waypoints along a route.
- **Latitude:** Distance north or south of the equator, measured in degrees, minutes, and seconds.
- **Longitude:** Distance east or west of the prime meridian, measured in degrees, minutes, and seconds.

Peek to Performance Data

During a workout, you can view your performance data from any screen in Navigate Mode. Press and hold START/SPLIT to view the currently selected performance data screen. Release START/SPLIT to return to Navigate Mode.

NOTE: You cannot use Peek to Performance Data while there is a popup message on the display.

Location

Find your current position anywhere on the globe with the Location feature.

1. Press the MODE button until NAVIGATE displays.
2. Press ▼ to highlight LOCATION, then press ↵.

Your current latitude and longitude (in degrees, minutes, and seconds) and altitude (in feet or in meters, based on configuration) display. The location will update every 2 seconds for as long as the GPS is fixed on a satellite.

NOTE: If the GPS cannot fix on a satellite, this message displays:



Waypoints

Waypoints are GPS markers you can save to the Global Trainer™ Bodylink® System watch memory. You can track back to them later, or you can string them together to build routes to follow for your workout.

Open the Waypoints Menu

1. Press the MODE button until NAVIGATE displays.
2. Press ▼ to highlight WAYPOINTS, then press ↵.

Save a Waypoint

Any location can be saved as a waypoint to the Global Trainer™ Bodylink® System watch memory. You can save up to 100 waypoints.

1. Open the Waypoints menu.

2. Press ▼ to highlight SAVE, then press ↵. Your current position displays.



3. Press ▲ or ▼ to select YES, then press ↵ to save the waypoint and return to the Waypoint List. Select NO, then press ↵ to return to the Waypoint List without saving.

NOTE: You can edit the latitude and longitude. Press ▲ to move to the latitude field. Press ↵ to edit the degrees, minutes, seconds, or fractional seconds. Press ▼ to select Save, then press ↵ to save your changes.

View the Waypoint List

1. Open the Waypoints menu.
2. Press ▼ to highlight LIST ALL, then press ↵. The Waypoint List displays.
3. Press ▼ to highlight a waypoint, then press ↵ to view the waypoint details.

Rename a Waypoint

1. Open the Waypoint List.
2. Press ▼ to highlight a waypoint, then press ↵ to view the waypoint details.
3. Press ▼ to highlight RENAME, then press ↵.
4. Press ↵ to open the character list. Press ▼ to highlight the desired character, then press ↵ to confirm your selection. Continue selecting characters to spell the desired waypoint name. The waypoint name can contain up to six characters. Press ⌂ when the desired name is entered.

Delete a Waypoint

1. Open the Waypoint List.
2. Press ▼ to highlight a waypoint, then press ↵ to view the waypoint details.
3. Press ▼ to highlight DELETE, then press ↵.
4. Press ▼ to highlight YES, then press ↵ to delete the waypoint and go back to the Waypoints menu. Press ▲ or ▼ to highlight NO, then press ↵ to go back to the waypoint details without deleting the waypoint.

GOTO to a Waypoint

Use the GOTO feature to plot a route from your current location to a saved waypoint.

1. Open the Waypoint List.
2. Press ▼ to highlight a waypoint, then press ↵ to view the waypoint details.
3. Press ▼ to highlight GOTO? then press ↵.

A pop-up message asks if you would like to store your workout data for this event. The map displays. Your current location is in the center of the map. A line connects your current location to the waypoint.

Press ↵ to switch to the compass view. The compass arrow indicates the direction to the waypoint.

If the chronograph is running in Performance Mode, the chronograph will automatically take a split when you reach a waypoint. A message alerts you that the waypoint has been reached, and the chronograph begins timing a new split.

Delete All Waypoints

1. Open the Waypoints menu.
2. Press ▼ to highlight DELETE ALL, then press ↵.
3. Press ▼ to highlight YES, then press ↵ to delete all stored waypoints and go back to the Waypoints menu. Press ▼ to highlight NO, then press ↵ to go back to the Waypoints menu without deleting the waypoints.

Routes

Routes are collections of waypoints organized in a sequence of your choosing. You can follow a route during a workout, then save the workout data for later use with the Performance Pacer feature.

Open the Routes Menu

1. Press the MODE button until NAVIGATE appears.

2. Press ▼ to highlight ROUTES, then press ↵.

Create a Route

Organize waypoints stored in the Global Trainer™ Bodylink® System watch into routes. You can create and save up to 50 routes.



1. Open the Routes menu.
2. Press ▼ to highlight CREATE NEW, then press ↵.
3. Press ▲ or ▼ to highlight the empty slot in the list, then press ↵ to open the Waypoint List.
4. Press ▲ or ▼ to highlight a waypoint to add, then press ↵ to add the waypoint to the route.
5. Repeat steps 3 and 4 until the route is complete.
6. Press ⌂ to save the route and return to the Routes menu.

View the Route List

1. Open the Routes menu.
2. Press ▼ to highlight LIST ALL, then press ↵. The list of routes displays.

Follow a Route

Use the Follow feature to travel through each waypoint in a stored route. You can start at either the first or the last waypoint in the route sequence. The Global Trainer™ Bodylink® System watch plots a course from your current location to either the first or last waypoint in the sequence (based on your selection), and directs you through the waypoints in the route.

1. Open the Routes List.
2. Press ▼ to highlight the route to follow, then press ↵.
3. Press ▼ to highlight FOLLOW?, then press ↵.
4. Press ▼ to highlight the first or the last waypoint, then press ↵ to confirm your selection.
5. Press ▼ to select YES (to record) or NO (to not record) your workout data. If you select YES, Performance Mode will be activated.

The map screen displays. Your current location is in the center of the map, and the line indicates the route to the next waypoint in the sequence.

Press ↵ to toggle between the map and the compass view, which shows a directional arrow pointing toward the next waypoint.

Press ▲ to decrease the map resolution and zoom out. Press ▼ to increase the resolution and zoom in.

NOTE: You must be at the location of the first waypoint within the route to track back. If you don't know how to get to the beginning of the route, use the Waypoint function to navigate to the first waypoint. Once there, you can track back along the selected route.

Delete a Selected Route

1. Open the Routes List.
2. Press ▼ to highlight the route to delete, then press ↵.
3. Press ▼ to highlight DELETE?, then press ↵.

The route is removed from the list.

Delete All Routes

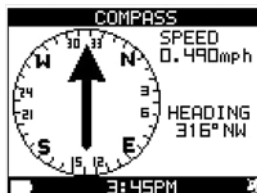
1. Open the Routes menu.
2. Press ▼ to highlight DELETE ALL, then press ↵.
3. Press ▼ to highlight YES, then press ↵ to delete all routes and return to the Routes screen, or highlight NO, then press ↵ to return to the Routes screen without deleting.

Compass

Use the Compass feature to determine your current speed and the direction you are heading. The Global Trainer™ Bodylink® System watch must have a GPS fix to use this feature, and direction and speed are only reported while you are in motion.

Navigate Using the Compass

1. Press the MODE button until NAVIGATE appears.
2. Press ▼ to highlight COMPASS, then press ↵.



An arrow points to the 12 o'clock position while the compass ring spins around indicating the direction you are moving. Your current speed and your current heading (in direction and degrees) are listed to the right of the compass.

If the Global Trainer™ watch has no GPS fix, an alert message will indicate this.

Map

The Map feature shows your current location in relation to the waypoints you have stored in the Global Trainer™ Bodylink® System watch.

Navigate Using the Map

1. Press the MODE button until NAVIGATE appears.
2. Press ▼ to highlight MAP, then press ↵.



Your current position appears in the center of the map.

Icons representing stored waypoints appear on the map relative to your current position.

These symbols appear on the map:

	Compass rose	points North
	Human figure	your current position (when stopped and/or there is no GPS signal)
	Arrow	direction you are currently heading
	Scale indicator	indicates the current resolution of the map
	Flag icon	Shows where you are currently positioned relative to the route
	Beginning tag	the first waypoint in the workout
	End tag	the last waypoint in the workout

Change Map Resolution

1. Press the MODE button until NAVIGATE appears.
2. Press ▼ to highlight MAP, then press ↵.
3. Press ▲ to increase the scale and zoom out. Press ▼ to decrease the scale and zoom in.

The Map feature supports resolution settings in various increments from 20 ft (5 m) — 100 miles (200 km).

Navigate Mode Notes & Tips

- A battery save feature turns off the watch after 30 minutes of inactivity. To navigate without the watch turning off, go to Performance Mode and activate the chronograph or answer YES to RECORD YOUR WORKOUT DATA.
- If you delete a waypoint, routes including that waypoint are deleted as well.
- For more accurate positioning, but with a slower refresh rate, turn the WAAS/EGNOS setting to ON in Configure Mode. For more frequent GPS updates, but with a wider margin of error, turn the WAAS/EGNOS setting OFF.
- The compass displays your heading and speed only when you are moving, never while stationary.

Review Mode

Use Review Mode to inspect the details of your workouts. While Performance Mode and Multisport Mode allow you to monitor at most four workout statistics on each view screen, additional data is recorded during your workouts, and you can view all of this data in Review Mode. You can also view the data for individual laps.

You can view the course of the workout plotted on the map as well, and track back along the workout route to repeat the workout or to find your way back to your starting point.

Review Mode Terminology

- **Workout summary:** A list of all data recorded for the entire workout.
- **Lap summary:** A list of all data recorded for individual laps within a workout.
- **Track back:** Follow a saved workout either forward or backward.

View the Workout List

Press the MODE button until REVIEW appears. The list of workouts displays. Each line on the list indicates the date of the workout, the time of the workout, and the number of laps in the workout.



DAY	TIME	LAPS
04-AUG	05:29:34PM	1
04-AUG	03:43:32PM	1
03-AUG	05:28:39PM	2
01-AUG	10:15:44AM	1

DELETE ALL

Memory used

11:15AM

The Memory Used bar at the bottom of the screen indicates how much of the workout memory is used. You can store up to 20 workouts on the Global Trainer™ Bodylink® System watch, and the total number of laps in these workouts cannot exceed 1000.

Select a Workout to View

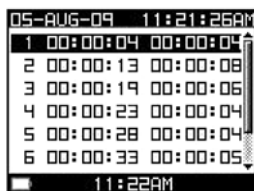
1. Press the MODE button until REVIEW appears.
2. Press ▲ or ▼ to highlight the workout to view, then press ↵.

View a Workout Summary

1. Select a workout to view.
2. Press ▼ to highlight WORKOUT SUMMARY, then press ↵.
3. Press ▲ or ▼ to scroll through the four data screens.

View Lap Summary Data

1. Select a workout to view.
2. Press ▼ to highlight VIEW LAPS, then press ↵. The Laps List appears.



LAP	TIME	DIST
1	00:00:04	00:00:04
2	00:00:13	00:00:08
3	00:00:19	00:00:06
4	00:00:23	00:00:04
5	00:00:28	00:00:04
6	00:00:33	00:00:05

11:22AM

3. Press ▼ to highlight the lap to view, then press ↵.
4. Press ▲ or ▼ to scroll through the four data screens.

The lap number appears at the top of the screen.

This data appears in the workout and lap summary (items marked * will only display data if the necessary sensors were connected during the workout):

Data	Description	In Workout Summary	In Lap Summary
TOTAL TIME	total time elapsed since beginning of workout	✓	
DISTANCE	total distance traveled	✓	✓
SPLIT TIME	total time elapsed since beginning of workout		✓
LAP TIME	time for this lap only		✓
AVG SPEED	average speed over entire workout	✓	✓
AVG PACE	estimate of time per mile/km over entire workout	✓	✓
AVG HR*	average heart rate over entire workout	✓	✓
STOP TIME	total rest time during workout	✓	
MAX SPEED	fastest speed reached during this workout	✓	✓
BEST PACE	fastest estimate of time per mile/km reached during this workout	✓	✓
PEAK HR*	highest heart rate reached during this workout	✓	✓
MIN HR*	lowest heart rate reached during this workout	✓	✓
IN ZONE*	amount of time spent in your defined heart rate zone	✓	✓
ZONE RANGE*	heart rate range used to track time-in-zone	✓	✓
CALORIES	calories burned over entire workout	✓	✓
CAL/HR	average calories burned per hour	✓	✓
ROTATION*	total number of times the bicycle crank was turned during the workout	✓	✓
MAX CAD*	highest RPM reached during this workout	✓	✓
AVG CAD*	average RPM of bike crank	✓	✓
MAX ALTI	highest altitude reached during this workout	✓	✓
MIN ALTI	lowest altitude reached during this workout	✓	✓
AVG ASC	average RPM of bike crank	✓	✓
AVG DESC	average descent over distance traveled	✓	✓
AVG POWER*	average power in watts over entire workout	✓	✓
PEAK POWER*	high power in watts over entire workout	✓	✓

View a Workout on the Map







You can view the workout route on the map. Nearby waypoints will also display on the map.

1. Select a workout to view.
2. Press ▼ to highlight View On Map, then press ↵.

Your current position appears in the center of the map.

Icons representing stored waypoints appear on the map relative to your current position.

These symbols appear on the map:

	Compass rose	points North
	Human figure	your current position
	Scale indicator	indicates the current resolution of the map
	Waypoint icons	customized icons assigned to waypoints when you created them
	Beginning tag	the first waypoint in the workout
	End tag	the last waypoint in the workout

Press ▲ to decrease the resolution and zoom out. Press ▼ to increase the resolution and zoom in.

The Map feature supports resolution settings in various increments from 20 ft (5 m) — 100 miles (200 km).

Track Back Along a Workout Route

Use the Track Back feature to follow the route of a stored workout. You can follow a route from beginning to end or in reverse.

1. Select a workout to view.
2. Press ▼ to highlight TRACK BACK, then press ↵.
3. Press ▲ to highlight TRACK TO START or TRACK TO END then press ↵. Choose TRACK TO START to follow the workout route from the end to the beginning, or choose TRACK TO END to follow the workout route from beginning to end.

The map screen displays. Your current location is in the center of the map, and the line indicates the route to the next waypoint in the sequence.

Press ↵ to toggle between the map and the compass view, which shows a directional arrow pointing toward the next waypoint.

Press ▲ to decrease the map resolution and zoom out. Press ▼ to increase the resolution and zoom in.

Delete a Selected Workout

1. Press the MODE button until REVIEW displays.
2. Press ▲ or ▼ to highlight the workout to delete, then press ↵.
3. Press ▼ to highlight DELETE, then press ↵.
4. Press ▲ to highlight YES, then press ↵ to delete the workout and return to the Workout List, or highlight NO, then press ↵ to keep the stored workout.

Delete All Workouts

1. Press the MODE button until REVIEW displays.
2. Press ▼ to highlight DELETE ALL, then press ↵.
3. Press ▼ to highlight YES, then press ↵ to delete all workouts and return and return to the Workout List, or highlight NO, then press ↵ to return to the Workout List without deleting.

Review Mode Notes & Tips

- While Performance Mode only displays up to four workout metrics, Review Mode gives you more details about a workout by recording all available workout metrics.
- Use the workouts saved in Review Mode as benchmarks for the Performance Pacer feature in Performance or Multisport mode.
- The Track Back feature is useful for repeating a favorite workout or for finding your way back to your starting location.

Configure Mode

Use Configure Mode to customize all of the settings on the Global Trainer™ Bodylink® System watch, from time settings to sensor pairing to GPS settings.

Hands Free

Hands Free settings control automatic starting, stopping, and splits on the chronograph.

Configure Hands Free Settings

1. Press MODE until CONFIGURE displays.



2. Press ▼ to highlight HANDS FREE, then press ↵.
3. Press ▼ to highlight a submenu, then press ↵. The selected configuration screen opens.
4. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
5. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Settings on each Hands Free submenu are detailed below.

Auto Start and Auto Resume



Setting Group	Adjustment
AUTO START	Select ON to start the chronograph automatically when you move at or above the speed threshold. Select OFF to disable auto start.
AUTO RESUME	Select ON to restart the chronograph automatically after you stop and then begin moving again at or above the speed threshold. Select OFF to disable auto resume.
SPEED THRESHOLD	Enter the speed at which the chronograph will automatically start. Press ⬅ to close the setting change window. The minimum is 0.10. The maximum is 99.99.

Auto Stop



Setting Group	Adjustment
AUTO STOP	Select ON to stop the chronograph automatically when you go below the speed threshold. Select OFF to disable auto stop.
SPEED THRESHOLD	Enter the speed at which the chronograph will automatically stop. Press ⬅ to close the setting change window. The minimum is 0.1. The maximum is 99.99.

Auto Split



Setting Group	Adjustment
AUTO SPLIT	Select DISTANCE to automatically take a split when you reach a multiple of the selected distance. Select BY TIME to automatically take a split each time the selected time interval elapses. Select OFF to disable auto split.
DISTANCE	Enter the distance at which to automatically take a split. Press ⬅ to close the setting change window. The minimum is 0.10. The maximum is 99.99. NOTE: This setting is only available if the Auto Split setting is set to DISTANCE.
TIME	Enter the elapsed time at which to automatically take a split. Press ⬅ to close the setting change window. The minimum is 00:00:01. The maximum time is 9:59:59. NOTE: Time settings are only available if the Auto Split setting is set to BY TIME.

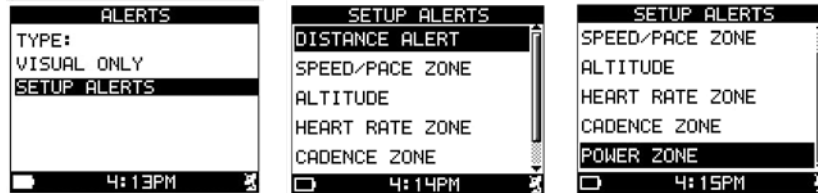
Auto Timer



Setting Group	Adjustment
AUTO TIMER	Select ON to take a split every time the Countdown Timer ends/repeats or at the end of each Interval.

Alerts

Use the Alerts menu to set up visual and audible alerts in response to several conditions, including speed and heart rate.



You can set minimum and maximum values for SPEED, HEART RATE, CADENCE, AND POWER. These values define the target zone for the setting. If the watch detects a value outside of this zone, the alert is triggered.

Configure Alerts Type (Visual Only or Audible and Visual)

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight ALERTS, then press ↵.
3. Press ▼ to highlight VISUAL ONLY or (AUDIBLE AND VISUAL).
4. Press ↵ to confirm your selection.

The visual alert will display a message on top of the display for 2 seconds. It will indicate which data (speed, heart rate, cadence, or power) is outside the target zone, and whether the reading is low or high.

If more than one reading is outside its target zone, each reading will be listed in the same alert message.

The alert message will display once every 30 seconds for as long as the reading is outside the target zone.

The audible alert tone will sound once every 30 seconds for as long as the reading is outside the target zone.

Configure Alerts Settings

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight ALERTS, then press ↵.
3. Press ▼ to highlight SETUP ALERTS, then press ↵.
4. Press ▲ or ▼ to highlight the alert to change, then press ↵ to open the alert change window.
5. Press ▲ or ▼ to highlight a selection in the set up and press ↵ to confirm your selection.
6. Repeat these steps as necessary to customize your alerts.

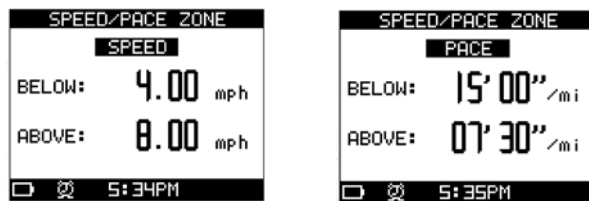
Settings on each Alerts submenu are detailed below.

Distance Alert



Setting Group	Adjustment
DISTANCE ALERT	Select ON to alert you once when the Alert At: distance is reached, REPEAT to alert you each time the Alert At: distance is traveled, or OFF to disable the distance alert.
ALERT AT / ALERT EVERY	Enter the distance at which to sound the alert. Press ⏻ to close the setting change window. The minimum is 0.01. The maximum is 99.99.

Speed / Pace Zone



Setting Group	Adjustment
SPEED / PACE ZONE	Select SPEED to alert you when you move faster or slower than the selected speed zone, PACE to alert you when you move faster or slower than the selected pace, or OFF to disable the speed/pace zone alert.
SPEED: BELOW	Enter the minimum speed threshold. If you go below this speed, the alert sounds. Press ⏏ to close the setting change window. The minimum is 0.00. The maximum is 999.99.
SPEED: ABOVE	Enter the maximum speed threshold. If you go above this speed, the alert sounds. Press ⏏ to close the setting change window. The minimum is 0.00. The maximum is 99.99.
PACE: BELOW	Enter the minimum pace threshold. If you go below this pace, the alert sounds. Press ⏏ to close the setting change window. The minimum is 0:00. The maximum is 59:59.
PACE: ABOVE	Enter the maximum pace threshold. If you go above this pace, the alert sounds. Press ⏏ to close the setting change window. The minimum is 0:00. The maximum is 59:59.

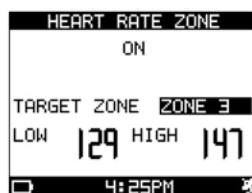
Altitude



Setting Group	Adjustment
ALTITUDE	Select ON to alert you when you ascend above or descend below the selected altitude zone, or OFF to disable the altitude alert.
BELOW	Enter the minimum altitude threshold. If you go below this altitude, the alert sounds. Press ⏏ to close the setting change window. The range is -2000 to 60000.
ABOVE	Enter the maximum altitude threshold. If you go above this altitude, the alert sounds. Press ⏏ to close the setting change window. The range is -2000 to 60000.

NOTE: The units used for Distance, Speed/Pace, and Altitude Alerts can be changed under the Units menu in Configure Mode.

Heart Rate Zone

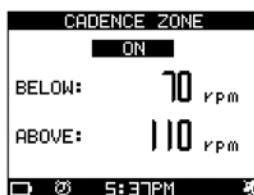


Setting Group	Adjustment
HEART RATE ZONE	Select ON to alert you when your heart rate is outside the Low or High settings, or OFF to disable the heart rate zone alert.
TARGET ZONE	Select CUSTOM to enter Low and High values manually, or Zones 1 through 5 to use ranges based on your user info.

LOW	Enter the minimum heart rate threshold. If your heart rate goes below this threshold, the alert sounds. Press ⏏ to close the setting change window. The range is 30 to 240.
HIGH	Enter the maximum heart rate threshold. If your heart rate goes above this threshold, the alert sounds. Press ⏏ to close the setting change window. The range is 30 to 240.

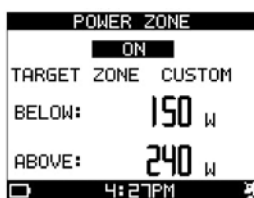
NOTE: If the Low value is set above the High value, the High value is automatically set to 5 beats higher than the Low value. If the High value is set below the Low value, the Low value is automatically set to 5 beats lower than the High value. If either value is set outside the acceptable range, the previous settings are retained.

Cadence Zone



Setting Group	Adjustment
CADENCE ZONE	Select ON to alert you when your bike crank rpm is outside the Below or Above settings, or OFF to disable the cadence zone alert.
BELOW	Enter the minimum rpm threshold. If you go below this cadence, the alert sounds. Press ⏏ to close the setting change window. The range is 0 to 200.
ABOVE	Enter the maximum rpm threshold. If you go above this cadence, the alert sounds. Press ⏏ to close the setting change window. The range is 0 to 200.

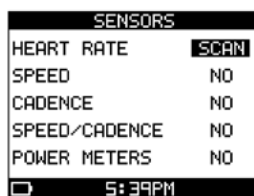
Power Zone



Setting Group	Adjustment
POWER ZONE	Select ON to alert you when generating fewer or more watts than the Below or Above settings, or OFF to disable the power zone alert.
BELOW	Enter the minimum power threshold. If you generate less power than this, the alert sounds. Press ⏏ to close the setting change window. The range is 0 to 999.
ABOVE	Enter the maximum power threshold. If you generate more power than this, the alert sounds. Press ⏏ to close the setting change window. The range is 0 to 999.

Sensors

Use the Sensors menu to search for, pair, and manage ANT+™ sensor devices such as heart rate monitors, cadence and speed sensors, and power meters.



Configure Sensor Settings

1. Press MODE until CONFIGURE displays.
2. Press **▼** to highlight SENSORS, then press **↵**.
3. Press **▲** or **▼** to highlight the setting to change, then press **↵** to open the setting change window.
4. Press **▲** or **▼** to highlight a selection in the setting change window, then press **↵** to confirm your

selection. Select NO to prevent the Global Trainer™ watch from searching for the selected sensor or to disconnect a sensor. Select SCAN to search for and connect a sensor.

To complete the pairing process, activate the sensor's transmitter by wetting the pads and wearing the HRM sensor or spinning the cranks and/or wheel for the applicable bike sensor. You can also pass the magnet alongside an uninstalled bike sensor to generate a signal for device pairing.

When the sensor is successfully paired, an abbreviation appears in the field to the right of the sensor name:

Sensor	Abbreviation
HEART RATE	HR
SPEED	SPD
CADENCE	CAD
SPEED / CADENCE	SPC
POWER METER	PWR

NOTES: If you turn any of the sensors OFF, you can go back and select a previously paired sensor without having to pair again.

You can connect only up to four ANT+™ sensor devices at one time. If you try to connect a fifth, the last device connected is disconnected.

User Info

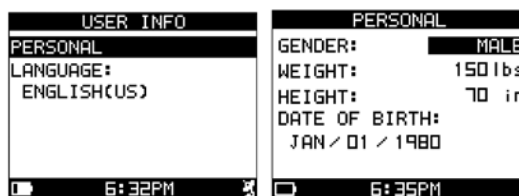
Input your personal information into the Global Trainer™ Bodylink® System watch to provide watch text in your preferred language, or in determining heart rate zones, calorie expenditure, and default screens in Performance Mode.



Language and Personal Information

To accurately measure the performance of your workouts and to assist in calculating your heart rate zones, enter your Gender, Weight and Date of birth.

1. Press MODE until CONFIGURE appears.
2. Press ▼ until USER INFO is highlighted, and press ↵.



3. Press ▲ or ▼ to select Personal and press ↵.
4. Press ▲ or ▼ to choose the setting group to change, then press ↵ to open the setting change window.
5. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Select Language

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight USER INFO, then press ↵.
3. Press ▲ or ▼ to highlight the Language displayed, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection, then press ↵ to confirm your selection.

NOTE: If you change the language selection, the watch will go back to the initial Configure Mode display in the revised language.

Configure Personal Settings

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight USER INFO, then press ↵.
3. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
GENDER	Select MALE or FEMALE.
WEIGHT	Enter your weight, then press ⏻ to close the setting change window. The minimum is 50. The maximum is 400.
HEIGHT	Enter your height, then press BACK/PWR to close the setting change window. The minimum is 10 and the max is 999.
DATE OF BIRTH: MONTH	Select your month of birth.
DATE OF BIRTH: DAY	Enter your day of birth. Press ⏻ to close the setting change window.
DATE OF BIRTH: YEAR	Enter the year you were born. Press ⏻ to close the setting change window.

Watch

Adjust settings for the time of day function, including time zone, date format, and whether or not to adjust for daylight savings time.



Configure Watch Settings

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight WATCH, then press ↵.
3. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
BUTTON BEEP	Select ON to enable a tone which sounds every time you press a button, or select OFF to disable the tone.
HOURLY CHIME	Select ON to enable a tone which sounds on the hour, or select OFF to disable the tone.
TIME FORMAT	Select 12 HOUR or 24 HOUR. For example, 3:00 pm will display as 3:00PM in 12-hour format, and as 15:00 in 24-hour format.
TIME ZONE	If your representative city or time zone is not found, you can select CUSTOM which allows you to offset UTC in 30-minute increments. Selecting CUSTOM eliminates the DAYLIGHT SAVINGS setting.
DAYLIGHT SAVING	Select ON to use daylight savings time, or OFF to keep standard time.
DATE FORMAT	Select the date format to display. You can choose mm/dd/yyyy, dd.mm/yyyy, or yyyy/mm/dd.

Alarm

Set an alarm which will sound at the selected times and days. The alarm will sound even when the watch is powered down, so long as the Power Off function is set to SHOW TIME.



When the alarm sounds, a message displays indicating the time and days the alarm is set to sound.

Configure Alarm Settings

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight ALARM, then press ↵.
3. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
ALARM	Select ON to sound an alarm at the selected frequency, or select OFF to disable the alarm.
TIME	Enter the time at which the alarm will sound. Press ⏻ to close the setting change window.
TIME: AM OR PM	Select AM or PM. NOTE: This setting is only available if the time format is set to 12-hour in the Watch menu.
FREQUENCY	Select the frequency at which the alarm will sound. You can choose a specific day of the week, weekends only, weekdays only, or daily.

Heart Rate

Set up how the Global Trainer™ Bodylink® System watch calculates and displays heart rate zones.

Initially, maximum heart rate is automatically calculated as 220 minus your age, but this can be changed manually.

HEART RATE	HEART RATE	HEART RATE
MAX HR: 190 VIEW: bpm ZONES: USE MAX	MAX HR: 200 VIEW: bpm ZONES: CUSTOM	MAX HR: 200 VIEW: % ZONES: CUSTOM
1 95 bpm - 113 bpm	1 80 bpm - 90 bpm	1 50 % - 59 %
2 114 bpm - 132 bpm	2 91 bpm - 100 bpm	2 60 % - 69 %
3 133 bpm - 151 bpm	3 101 bpm - 110 bpm	3 70 % - 79 %
4 152 bpm - 170 bpm	4 111 bpm - 120 bpm	4 80 % - 89 %
5 171 bpm - 190 bpm	5 121 bpm - 130 bpm	5 90 % - 100 %
12:03PM	11:33AM	11:34AM

Configure Heart Rate Settings

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight HEART RATE, then press ↵.
3. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
ZONES	Select USE MAX to calculate all zones by maximum heart rate, or select CUSTOM to enter ranges for the five zones.
MAX HR	Enter a value for the maximum heart rate in beats per minute. The range is 30 – 240.
VIEW	Select bpm to display zone values as beats per minute, or select % to display zone values as a percentage of your maximum heart rate.
Minimum / Maximum Values for ZONES 1-5	Enter the minimum and maximum values for each custom zone. Press ↵ to close the setting change window. All five CUSTOM zones must appear in ascending order and their values cannot overlap. The acceptable values are from 30 - 240 bpm or 1 - 100%.

Recovery

Select and then set up your recovery timer. Heart rate recovery is only available in Performance Mode when the Chronograph is stopped. A valid heart rate signal is required for the duration of the timer.

RECOVERY
TIMER: OFF
TIME: 30 SECONDS
11:42AM

Configure Recovery Timer

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight Recovery, then press ↵.
3. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
TIMER	Select ON to initiate the Recovery Timer over the duration selected, or OFF to disable the feature.
TIME	Select from the durations of 30 seconds, 1, 2, 3, 4, 5, or 10 minutes.

Bike

Manage profiles for up to five bikes. The Global Trainer™ Bodylink® System watch uses the settings in these profiles to calculate speed, distance, and calorie use.



Configure Bike Settings

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight BIKE, then press ↵.
3. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
BIKE SELECTION	Select the bike number you wish to edit.
NAME	Enter a name for the bike. The bike name can contain up to 8 characters. Press ⌫ when the desired name is entered.
WEIGHT	Enter the bike weight. Press 8 to close the setting change window. The range is 1 – 999 (pounds or kilograms).
WHEEL SIZE	Enter the bike wheel circumference. Press ↵ to close the setting change window. The range is 1500mm - 2500mm.

Calculate Bike Wheel Circumference

The table below indicates the circumference of some common sizes of bike wheels for standard adult bicycles.

Tire Size	Approx. Circumference (mm)
700 X 56	2325
700 X 50	2293
700 X 44	2224
700 X 38	2224
700 X 35	2168
700 X 32	2155
700 X 28	2136
700 X 25	2105
700 X 23	2097
700 X 20	2086

27 X 1 3/8	2169
27 X 1 1/4	2161
27 X 1 1/8	2155
27 X 1	2145
26 X 2.125	2070
26 X 1.9	2055
26 X 1.5	1985
26 X 1.25	1953
26 X 1.0	1913
26 X 1/650 C	1952
26 X 1 3/8	2068

You can also use the “roll-out” method to measure your wheel circumference.

1. Place your front wheel on the ground with the valve stem in the 6 o'clock position.
2. Mark the position of the valve stem on the floor.
3. Roll the bike forward, keeping pressure on the handlebars, until the valve stem is again at the 6 o'clock position.
4. Mark the position of the valve stem on the floor.
5. Measure the distance between the two marks.

Power Meter

Set up how the Global Trainer™ Bodylink® System watch calculates and displays power meter zones.

POWER METER			
THRESHOLD: 300 VIEW: W			
ZONES: USE THRESHOLD			
1	0 W	-	165 W
2	166 W	-	225 W
3	226 W	-	270 W
4	271 W	-	315 W
5	316 W	-	363 W
6	364 W	-	999 W
6:32PM			

POWER METER			
THRESHOLD: 300 VIEW: W			
ZONES: CUSTOM			
1	75 W	-	155 W
2	156 W	-	200 W
3	201 W	-	270 W
4	271 W	-	315 W
5	316 W	-	363 W
6	364 W	-	999 W
6:34PM			

POWER METER			
THRESHOLD: 300 VIEW: %			
ZONES: CUSTOM			
1	40 %	-	49 %
2	50 %	-	59 %
3	60 %	-	69 %
4	70 %	-	79 %
5	80 %	-	89 %
6	90 %	-	100 %
6:35PM			

Configure Power Meter Settings

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight POWER METER, then press ↵.
3. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
THRESHOLD	Enter the threshold power in watts. The range is 0 to 600.
VIEW	Select watts or % of threshold.
ZONES	Select USE THRESHOLD to automatically calculate values, or select CUSTOM to enter ranges for the six zones.
Minimum / Maximum Values for ZONES 1-6	Enter the minimum and maximum values for each custom zone. Press ↵ to close the setting change window. The minimum is 1. All six CUSTOM zones must appear in ascending order and their values cannot overlap. The acceptable range is 1 - 999 watts or 1 - 100%.

GPS

Configure options for the GPS, view device version information, and view satellites. You can also reset the watch and update the firmware from this menu.

GPS	
GPS:	ON
WAAS/EGNOS:	ON
PACE SMOOTH:	LOW
ALTITUDE SMOOTH:	ON
VERSION	
SATELLITE VIEW	
11:52AM	

Configure GPS Settings

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight GPS, then press ↵.
3. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
GPS	Select OFF to turn the GPS system off. Select ON to turn the GPS system on. Setting to OFF will increase battery life but workouts will not have positional or GPS speed and distance information.
WAAS / EGNOS	Select OFF to use standard GPS positioning, which updates more quickly. Select ON to enable WAAS/EGNOS, which is more accurate.
PACE SMOOTH	Select from VERY LOW, LOW, MEDIUM, or HIGH settings. NOTE: Smoothing reduces large variations in data due to GPS fluctuation.
ALTITUDE SMOOTH	Select OFF to update altitude data more quickly. Select ON to apply an averaging filter to get more manageable altitude data.

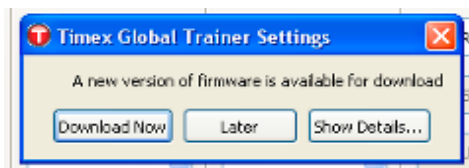
Version



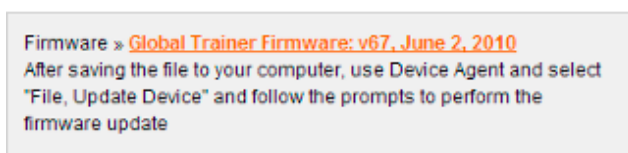
Press ▼ to highlight VERSION, then press ↵ to view the firmware version.

Upgrade the Firmware

1. Insert the large USB-A plug on the download/charging clip into a USB port on the computer.
2. Attach the download/charging clip to the back of the Global Trainer™ watch.
3. Power on the Global Trainer™ watch, press MODE until PC SYNC appears along with the message "WAITING FOR PC ...".
4. Open the Timex Device Agent on your computer desktop. See the PC SYNC section of the User Guide for instructions to download the Timex Device Agent.
5. Click on the **Settings** button. You will go to the Display tab under Performance & Multisport (Mode).
6. If you are connected to the Internet, the Device Agent will check if a new firmware version is available. If a new version is available, select the **Download Now** button.



7. This will open the Internet browser and take you to the Firmware Download link. Click the link to download the firmware, and save the file to your Desktop. You will be redirected to the TrainingPeaks web site for download, and be sure to allow access to the web site if it is blocked.



NOTE: When you download new firmware to your Global Trainer™ watch, your configuration settings, as displayed in the Device Agent Settings tab, are erased from the watch unless you save them.

8. To save your configuration settings, select the **Configure** tab (at the top of the Timex Device Agent Settings screen), and select **GPS** on the left hand side.

- Click on **Export** to save the Settings to a file. Specify the file name and click OK (or Save).



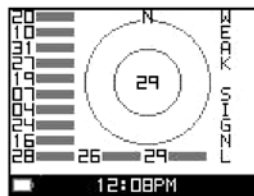
- Click on **Cancel** to close the Settings window.
- On the Global Trainer™ watch, press MODE until CONFIGURE displays. Press ▼ to select GPS and press ↵ to confirm. Press ▼ to select VERSION and press ↵ to confirm.
- Press **and hold** the START/SPLIT button for 2 seconds to put the watch in Firmware Upgrade mode.
- Press ▼ to highlight YES, and press ↵ to confirm. If you need to abort during the firmware update process, press ↵ and START/SPLIT simultaneously.
- Go to the **File** menu in the Timex Device Agent and select **Update Device**.
- When asked for the upgrade file, select the file saved to your Desktop from **Step 7**.
- The watch will show a progress bar on the screen indicating that the Global Trainer™ watch firmware is being upgraded. **DO NOT DISCONNECT THE WATCH FROM THE COMPUTER.**
- The Global Trainer™ watch will reset and shut down when the upgrade is completed.
- Power on the Global Trainer™ watch. Press MODE until PC SYNC appears along with the message "WAITING FOR PC ...".
- To restore your configuration settings, click on the **Settings** button on the Timex Device Agent .
- Select the **Configure** tab at the top of the Settings screen, then select **GPS** on the left hand side.
- Click on **Import** to retrieve the settings. Select the file from **Step 9** and click **OK**. Click **Save** to save the settings back to your Global Trainer™ watch.

Reset the Global Trainer™ Watch

- While viewing the version screen, hold ↵ for 2 seconds.
- Press ▼ to highlight YES or NO, then press ↵ to confirm your selection. Select YES to reset, or select NO to return to the version screen without resetting. If you select YES, all of your customized selections will be erased, and the watch will return to its default settings.

When reset is complete, the watch will power off.

Satellite View



Press ▼ to highlight SATELLITE VIEW, then press ↵ to view a graphical representation of the satellites the Global Trainer™ Bodylink® System watch is fixed upon.

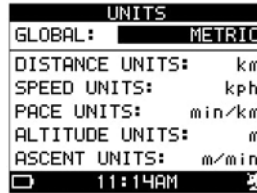
Each number indicates a satellite, and the highlighted bars represent the signal strength for each satellite.

A message to the right of the graphic indicates the overall strength of the GPS fix.

When the Global Trainer™ Bodylink® System watch is ready, 3D FIX will be shown.

Units

Configure the type of units the Global Trainer™ Bodylink® System watch uses when tracking performance data. You can choose from English, Metric, and Nautical units.



Configure Units Settings

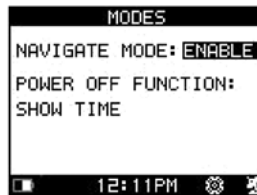
1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight UNITS, then press ↵.
3. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
GLOBAL	Select ENGLISH, METRIC, or NAUTICAL. This globally changes all units listed below. Units for specific measurements can be changed individually, but changing the global setting overrides all specific changes to individual units mentioned below.
DISTANCE UNITS	Select miles to report distance in miles, km to report in kilometers, or nm to report in nautical miles.
SPEED UNITS	Select mph to report speeds in miles per hour, kpm to report in kilometers per hour, or kn to report in knots.
PACE UNITS	Select min/mi to report pace in minutes per mile, min/km to report in minutes per kilometer, or min/nm to report in minutes per nautical mile.
ALTITUDE UNITS	Select ft to report altitude in feet, or m to report in meters.
ASCENT UNITS	Select ft/min to report ascent/descent in feet per minute, or m/min to report ascent in meters per minute.

All measurement data in Performance, Multisport, or Review modes will be expressed using the units you selected.

Modes

Activate or deactivate Navigate Mode and associated functions, and configure power off behavior.



Configure Mode Settings

1. Press MODE until CONFIGURE displays.
2. Press ▼ to highlight MODES, then press ↵.
3. Press ▲ or ▼ to highlight the setting to change, then press ↵ to open the setting change window.
4. Press ▲ or ▼ to highlight a selection in the setting change window, then press ↵ to confirm your selection.

Setting Group	Adjustment
NAVIGATE MODE	Select ENABLE to make Navigate mode and the Track Back feature available, or select DISABLE to turn off these features.
POWER OFF FUNCTION	Select SHOW TIME to display the date and time when the Global Trainer™ watch is powered off, or select TURN OFF DISPLAY to make the display blank.

PC Sync Mode

Use PC Sync Mode to make setting changes to the Global Trainer™ Bodylink® System watch from your computer. All Global Trainer™ watch settings can be changed from the device agent and downloaded to the watch. You can also upload workout data from the Global Trainer™ watch to your computer for long-term tracking, and use this data with your Timex Trainer powered by TrainingPeaks account to optimize your workout program.

PC Sync Mode Terminology

- **Device Agent:** The computer software enabling communication between the Global Trainer™ watch and the computer.
- **Timex Trainer powered by TrainingPeaks:** The online tool used to store and track your uploaded workout data.

Create a Timex Trainer Account

1. In your web browser, navigate to <https://timextrainer.trainingpeaks.com/>.
2. Click on "Create a new account" link. If you already have a TrainingPeaks account, skip to Install the Timex Device Agent below.
3. Fill out your personal information and click Submit.

Install the Timex Device Agent

1. Download the Timex Device Agent desktop software applicable to your operating system by opening the "Download the Device Agent" link or go to: www.timexironman.com/deviceagent

NOTE: If you are downloading to a PC, select the 32-bit or 64-bit Windows operating system device agent. Most PC's run the 32-bit version. Verify this by right clicking on **My Computer** in Windows XP (or **Computer** in Vista or Windows7) and selecting **Properties**. If your copy of Windows is the 64-bit version, it will show there.

2. Install the device agent. Allow the driver to be installed when you see the warning that this is not certified. The following icon will appear on your computer desktop.



Download Settings from a Computer to the Watch

1. Insert the large USB-A plug on the download/charging clip into a USB port on the computer.
2. Attach the download/charging clip to the back of the Global Trainer™ watch.
3. Power on the Global Trainer™ watch, and press MODE until COMPUTER SYNC displays, followed by "WAITING FOR PC . . ."
4. Open the Timex Device Agent.
5. Click on Configure button to change settings on the Global Trainer™ watch. Change your watch preferences and click on Save to send the settings to the Global Trainer™ watch. "Communication in progress" displays on the Global Trainer™ watch.
6. When settings finish uploading, "Transfer complete" displays on the Global Trainer™ watch.
7. Close the device agent on the computer.
8. Remove the USB cables from the Global Trainer™ Bodylink® System watch.

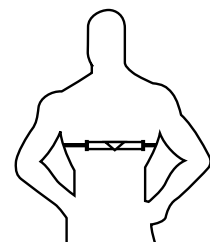
Upload Workout Data from the Watch to a Computer

1. Insert the large USB-A plug on the download/charging clip into a USB port on the computer.
2. Attach the download/charging clip to the back of the Global Trainer™ Bodylink® System Watch.
3. Press MODE button until COMPUTER SYNC displays. "WAITING FOR PC . . ." displays on the Global Trainer™ Bodylink® System Watch.
4. Open the Timex Device Agent on the computer desktop.
5. Click on Download from Device button in the device agent. "Communication in progress" displays on the Global Trainer™ Bodylink® System watch.
6. When workout data finishes uploading, "Transfer Complete" displays on the Global Trainer™ watch.
7. Close the Timex Device Agent on the computer.
8. Remove the USB cables from the Global Trainer™ Bodylink® System watch.

ANT+™ Sensors

Heart Rate Sensor Usage and Data Recording During a Workout

1. Wet the heart rate sensor pads, and fasten the sensor firmly to your chest, just below your sternum.
2. In Performance or Multisport Mode, press START/SPLIT to begin your workout.
3. When your workout is complete, press ▼ to stop the chronograph.
4. Remove the heart rate strap from your chest to stop recording heart rate data.



5. View complete heart rate data in Review Mode.

NOTE: If you want to see live heart rate data during your workout, select a field in your view screen that displays heart rate data -- HR, HR-AVG, etc.

Bike Sensor Usage and Data Recording During a Workout

Several types of bike sensors can be used with the Global Trainer™ Bodylink® System watch. Look for the ANT+™ symbol on the bike sensor to confirm its compatibility.

Installation of bike sensors varies by the manufacturer and model. Consult the sensor owner's manual for instructions on installing them on your bike. These sensors must be paired with the Global Trainer™ watch before bike speed, cadence, and power data can be tracked and saved.

NOTE: If a bike speed sensor is installed and active, it will be used to track speed and distance, and the GPS sensor will be used to capture route and altitude data.

1. In Performance or Multisport Mode, press START/SPLIT to begin your workout.
2. When your workout is complete, press ▼ to stop the chronograph.
3. View complete bike sensor data in Review Mode.

NOTE: If you want to see live bike data during your workout, select a field in your view screen that displays that data -- CADENCE, SPEED, POWER, etc.

Care and Maintenance

Watch

Water Resistance

- The Global Trainer™ Bodylink® System watch is water resistant to a depth of 50 meters and to a pressure of 86 p.s.i. This is equivalent to 164 feet below sea level.
- Water resistance is only maintained while the lens, pushbuttons, and case are intact.
- Rinse the Global Trainer™ watch with fresh water after any exposure to salt water.

CAUTION: TO MAINTAIN WATER RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

Heart Rate Sensor

Heart Rate Sensor Maintenance

After use, rinse the heart rate strap in fresh water to avoid buildup of materials that interfere with heart rate measurement. With the transmitter removed, the Flex Tech™ heart rate sensor is also machine washable in cold water. Hang the sensor to dry away from direct sunlight or heat.

Sensor Battery Life

The battery on the Digital 2.4 Heart Rate Sensor should last more than two years if the sensor is used an average of one hour each day. More frequent or longer use will decrease the battery life. Replace the sensor transmitter battery if either of these conditions arise:

- When the sensor is properly placed on your chest, the Global Trainer™ watch cannot read heart rate data.
- Heart rate error messages (such as SEARCHING FOR HEART RATE . . .) appear more frequently.

Replace the Sensor Battery

1. Use a coin to open the battery compartment cover on the back of the sensor.
2. Insert a new CR2032 battery (or equivalent) with the positive (+) facing you.
3. Reinstall the battery compartment cover.

Test the Sensor After Battery Replacement

1. Move away from sources of radio or electromagnetic interference, such as other heart monitors or bike sensors.
2. Wet the heart rate sensor pads.
3. Fasten the sensor firmly to your chest, just below your sternum.

Turn on the Global Trainer™ Bodylink® System watch, and go to Performance Mode. Make sure that the view screen contains a live heart rate data field.

If the heart rate sensor is functioning correctly, a solid heart icon appears in the status bar, and a flashing heart icon appears in the HR field on the performance view screen.

If these icons do not appear:

- Reinstall the battery, and test again.

-OR-

- Re-pair the Digital 2.4 Heart Rate Sensor to the Global Trainer™ Bodylink® System watch using the instructions in the Sensor section for Configure Mode.

Water Resistance

The Digital 2.4 Heart Rate Sensor is water resistant to a depth of 30 meters and to a pressure of 60 p.s.i. This is equivalent to 98 feet below sea level.

NOTE: Heart rate data will not be received when the sensor or Global Trainer™ watch is underwater.

Warranty & Service

Timex International Warranty (U.S. Limited Warranty)

Your Timex® Heart Rate Monitor is warranted against manufacturing defects by Timex for a period of ONE YEAR from the original purchase date. Timex Group USA, Inc. and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your Heart Rate Monitor by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.

IMPORTANT: PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR HEART RATE MONITOR:

1. after the warranty period expires;
2. if the Global Trainer Bodylink System was not originally purchased from an authorized Timex retailer;
3. from repair services not performed by Timex;
4. from accidents, tampering or abuse; and
5. lens or crystal, strap or band, Heart Rate Monitor case, attachments or battery. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE.

TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your Heart Rate Monitor to Timex, one of its affiliates or the Timex retailer where the Heart Rate Monitor was purchased, together with a completed original Repair Coupon or, in the U.S. and Canada only, the completed original Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your Heart Rate Monitor to cover postage and handling (this is not a repair charge): a US\$8.00 check or money order in the U.S.; a CAN\$7.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE ANY ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call +55 (11) 5572 9733. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda, and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany/Austria, call +43 662 88921 30. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Timex retailer or Timex distributor for warranty information. In Canada, the U.S., and in certain other locations, participating Timex retailers can provide you with a postage-paid, pre-addressed Repair Mailer for your convenience in obtaining factory service.

TIMEX INTERNATIONAL WARRANTY REPAIR COUPON
Original Purchase Date: _____ (attach a copy of sales receipt, if available)
Purchased by: _____ (name, address, telephone number)
Place of Purchase: _____ (name and address)
Reason for Return: _____ _____

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FCC Notice (U.S.) / IC Notice (Canada):

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: Changes or modifications to this unit 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.

This Class [B] digital apparatus complies with Canadian ICES-003. Cet appareil numérique de la classe [B] est conforme à la norme NMB-003 du Canada.

Declaration of Conformity

Manufacturers Name: Timex Group USA, Inc.
555 Christian Road
Middlebury, CT 06762
United States of America

declares that the product:

Product Name: Timex® Global Trainer™ Bodylink® System

Model Numbers: M229, M503

conforms to the following specifications:

R&TTE: 1999/05/EC

Standards: ETSI EN 300 440-1 - V1.4.1 :2008 (M503)
ETSI EN 300 440-2 - V1.2.1 :2008 (M503)
ETSI EN 300 440-1 - V1.5.1 :2008 (M229)
ETSI EN 300 440-2 - V1.3.1 :2008 (M229)

ETSI EN 301 489-1 V1.8.1:2008 (M229 and M503)
ETSI EN 301 489-3 V1.4.1:2002 (M229 and M503)
EN 55022/2006 Class B, EN 6100-3-2/2006, EN6100-3-3/2008, EN6100-4-2/2009,
EN6100-4-3/2006, EN6100-4-4/2004, EN6100-4-5/2006
EN6100-4-6/2009 & EN6100-4-11/2004 (M229)

LVD: 2006/95/EC

Standards: CENELEC EN 60950-1/A11:2009 (M503)
CENELEC EN 60950-1:2005 (M229)

Supplemental Information: The product herewith complies with the requirements of the Radio & Telecommunications Terminal Equipment Directive 1999/05/EC, the Low Voltage Directive 2006/95/EC, and carries the CE marking accordingly.

Agent: 

Roger H. Hunt
Quality Regulatory Engineer
Date: 2 August, 2010, Middlebury, Connecticut, U.S.A.