EGP
ENER GYM PRO

Professional GPS Training Watch
Quick Instruction Manual

To ensure that you are notified of future updates to your watch, subscribe to our firmware update newsletter: www.energympro.com/newsletter

DSW ENERGYMPRO watch

Thank you for choosing the DSW ENERGYMPRO GPS watch. We sincerely

hope that you will enjoy your GPS device and all its interactive features to help you achieve your fitness goals. We recommend you take the time to read this guide before using the watch to fully understand its operation and features.

Features

● A GPS sports watch that provides accurate speed, distance, altitude and directions data;
● Four fully-customizable training screens;
● A USB connection to Google map to review and analyse your workout data with sports software and web applications;
● Run against the clock/ghost function: set personal goals and challenge yourself;
● Customize your interval training to improve your performance;
● Can be used indoors: know your speed and distance without the GPS data;
● Built-in electrical compass to provide more reliable directions;
● Map, location (waypoint) and trackback: avoid getting lost;
● Comfortable elastic heart rate monitoring strap: know your fitness level;
● Automatic workout pausing depending on the speed;
● Automatic laps based on time or distance;
● Training alarms based on heart rate, speed/pace, cadence, time or distance;
● Standard clock and alarm functions. Up to ten days with a full charge and GPS OFF;
● Up to seven hours training time with GPS ON;
● 3 ATM water-resistant design;
● Backlight for night use;
● Built in rechargeable Li-Poly battery

Before you start…

Before using the watch for the first time, make sure it is fully charged. Use the clip provided to connect your watch to a powered USB plug and wait until the display shows 100%.

Always make sure that all the components of the watch and the clip are dry before charging or transferring data.

Turning the Watch ON or OFF

Press the upper left button for two seconds to turn the watch ON or OFF.

Display Time

To save battery power, the watch will automatically switch to standby mode after displaying the time page for more than 10 seconds. This means that the screen will still display time, but the GPS chipset will be deactivated. To reactivate, navigate to another screen using any buttons except the power button.

NOTE: The watch will automatically set the time according to GPS satellites. However, you must set the correct Time Format, Time Zone and Time Mode by navigating the MENU Screen.

Use the Up and Down buttons at the right to navigate through the MENU page. Once there press the OK button (lower left of the watch). Use the OK button again to select SETUP, scroll up and down to select SYSTEM and then TIME. You'll be displayed three options: the Time Format (12h/24h), the Time Zone and the Time Mode (Standard or Daylight Saving). Make your selection and use the RETURN button (upper left) to go back to the main menu.

To Use the Heart Rate Monitor

If you don't have heart rate strap, ignore this section and jump to "***Start Your Workout***"

If your product comes with an Ant+ heart rate strap, attach the transmitter to the strap. To start monitoring your heart rate, pair and sync the heart rate strap to your watch using the watch menu:

Enter the MENU page, select SETUP then SENSOR. Put the Heart Rate strap around your chest, directly on your skin.* Now select CARDIO. The watch will automatically detect the Ant+ transmitter and display your Heart Rate. Use the ESCAPE button to exit and return to the main menu.

NOTE: As with every other watch configuration, the pairing and syncing between the watch and the heart rate strap will be saved until you reset the watch parameters or install a new firmware.

For best results, you can wet the glossy areas of the chest before wearing it.

Starting a workout

To start an outdoor workout, you must have a **3D FIX** GPS connection. While on the TIME screen, press the UP button on the upper right until you are brought to the 3D FIX status screen. Remain under an open sky and wait until **3D FIX** appears in the top screen and a beeping is heard.   Remember that the connection time will always be longer when the sky is cloudy, when connecting for the first time, and when connecting after a firmware update.

After obtaining a **3D FIX**, use the UP and DOWN buttons to go to the MENU page. Select TRAINING, get ready. Select RUN to start a training session. The recording will start immediately. During the workout, press the OK button to move across the training screens. Note that you can customize the data on the training screens #2 to #5 if you go to SETUP->SET PAGES.

When recording a workout, press the lower right SPLIT button to split your workout into different laps.

To pause a workout, press the upper right UP button. Once a workout is paused, you can restart it by pressing the UP button again or end your workout by pressing the DOWN button**.**

At the completion of your workout (after pressing the DOWN button on a paused workout), you will have three choices:

    SAVE: Workout data will be saved and you will be redirected to the main menu.

    ESC: You will return to the paused workout and have the possibility to restart it.

    RESET, your workout data will be erased and you will be redirected to the main menu
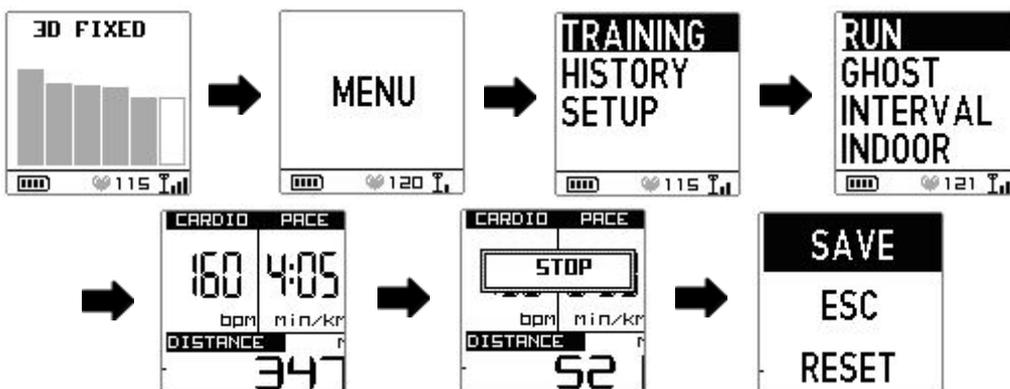
Backlight

The display backlight is by default in night mode. In this mode the backlight will light up for 15 seconds every time you'll press any of the four buttons. You can change this timing, turn off the backlight (night mode OFF) or set the backlight to always ON in the display settings: MENU-> SETUP-> SYSTEM-> DISPLAY.

Upload And Analyse Your Workout

You can use different applications to analyse your workout:
- **GPS Visualizer**: Check your workout on a map.
  Plug your watch to your computer. Go on www.gpsvisualizer.com and select your workout file directly from your watch and click GO.
- **Running Ahead:** Log your workouts online and analyse them.
  Subscribe for free on www.runningahead.com. Plug your watch to your computer. Go to TRAINING LOG->UPLOAD GPS DATA FROM FILE, then choose ENERGYMPRO (.CPO) and select your workout file directly from your watch.
- **MySportWorld:** A Windows application to log and analyse your workouts. Use the CD that came with your watch to install the windows software. Plug your watch to your computer and upload your workouts into the app using the file menu.

Button Operation

1. Power/ESC	- Press 2 seconds to turn device on/off. - When the unit is turned on, press quickly this button to activate the

	backlight (even if night mode is OFF). - Press this button to return to the previous page or move upward through the menu structure. - Press and hold this button for 10 seconds to reset the parameters when watch is turned off.
2. OK	- Select and go to next step - Browse through the training screens during a workout
3. UP/START/STOP	- Browse between time screen, GPS status screen, compass screen and MENU screen. - Move up into different menus - Pause and restart training.
1 DOWN/SPLIT/ SAVE	- Browse between the time screen, the MENU screen, the compass screen AND the GPS status screen. - Move down into the different menus. - Split a recording workout into laps. - Save or delete a paused workout.

Install a firmware update dowloaded from www.energympro.com

1. Turn OFF the device.
2. Use the clip to connect the watch to your computer.
3. Your OS system (windows, mac, linux, etc.) will recognize the watch as a new mass storage USB device.
4. Drag and drop the .cpw file into the "DEVICE FIRMWARE UPGRADE" folder of the device.
5. Eject the watch from your computer and turn your watch ON.
6. The firmware update will be auto-executed and the device will power OFF by itself.

NOTE: DO NOT interrupt the updating process and make sure the battery is fully charged prior updating.

Troubleshooting

Why does it take so long to get the 3D FIX?

1. The problem may happen if your GPS watch has not been turned on for several days or because it operates under poor GPS signal environment.

2. Stand and face the GPS antenna towards the sky (the antenna is located under the GPS letters on your watch).

3. If the GPS connection is still slow, try a GPS COLD START: MENU->SETUP->STATUS->GPS SET.

Why can't the device receive the heart rate signal?

1. Make sure the heart rate belt is based on 2.4GHz ANT+ protocol and it is worn correctly.
2. Wet the sensor area (glossed rubber parts of the strap) of the heart rate belt and put it on again.
3. Check if you paired the belt and the watch correctly as previously directed in this guide.
4. If still not working, change the Heart Rate transmitter battery in the back.

The watch is not responding?

If the watch is unresponsive and you are unable to turn it off, press the POWER button for at least 10 seconds. This will force the watch to turn off. Turn the device back on, go to SETUP-> STATUS and perform a RESET.

Federal Communications Commission (FCC Notices)
This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and
(2) This device must accept any interference received, including interference that may cause undesired operation.

FCC RF Exposure requirements:

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

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

CAUTION

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE USED BATTERIES ACCORDING TO YOUR LOCAL RECYLING REGULATIONS.