EZON 宜准

Professional GPS Running Series

Operation Instruction Manual

CONTENTS

1.Introduction

We thank you for purchasing EZON GPS running sport watch and please read this operation instruction carefully to know the function, the way of operation and the safety information of the watch.

This is a multi-functional watch combines GPS receiver. Apart from time, calendar, and alarm, the watch can reset time by GPS and measure the distance, pace, speed and calories burned, etc. during your exercise. The watch can save and display 10 exercise records, and has long battery life.

📝 The watch factory-set is in the sleeping status, you must remove the sleeping status referring to chapter 5 before using.

2.Function

🛰️	GPS		
🏃	Exercise Distance	⏱️	Exercise Speed
📋	Exercise Records	🔥	Calories Burned
⏰	Alarm	📅	50Year Calendar
🏊 50	5 ATM	☀️	Backlight

1

3.Symbols on the screen
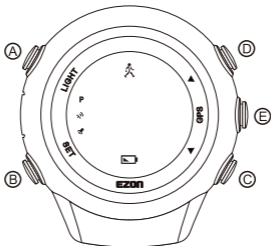
🏃 GPS on   ⚐ Alarm on
P PM Indicator   🔋 Low Battery
📶 GPS Signal Strength Indicator

4.Function of Buttons

Whenever except in the sleeping status, press button [A] to turn backlight on.

In the time mode:

1) Press button [B] to scroll through the view . Press down button [B] to enter the setting menu.

2) Press button [C] to enter the record mode.

3) Press button [D] to enter the stopwatch mode.

4) When the GPS is deactivated, press down button [E] to search for the GPS signal. When the GPS is activated, press button [E] to enter the GPS mode.

In the setting menu:

1) Press button [B] to return to the time mode.

2) Press button [C] or [D] to scroll through the menu.

3) Press button [E] to confirm.

In the setting status:

1) Press button [B] to confirm setup and enter the previous item.

2) Press button [C] to change setup or minus value.Press down button [C] to minus value quickly.

3) Press button [D] to change setup or plus value. Press down button [D] to plus value quickly.

4) Press button [E] to confirm setup and enter the next item.

In the stopwatch mode:

1) Press button [B] to return to the time mode.

2) After making laps, press button [C] to view the lap record, then press button [B] to exit from the data display.

3) When the stopwatch is running, press button [D] to make a lap; When the stopwatch stops, press down button [D] to reset the stopwatch.

4) Press button [E] to start or stop the stopwatch.

In the GPS mode:

1) Press button [A] twice to make a lap.

2) Press button [B] to return to the time mode.

3) Press button [C] to enter the record mode.

4) Press button [D] to enter the stopwatch mode.

5) Press button [E] to scroll through the views. Press down button [E] to pause the GPS.

6) When the GPS pauses, press button [E] to restart the GPS, or press down button [E] to turn off the GPS.

In the record mode:

1) Press button [B] to return to the calorie histogram or the time mode.

2) Press button [C] to view the previous records or data.

3) Press button [D] to view the next records or data.

4) Press button [E] to view the current record.

5) Press down button [E] to delete the records.

5.Sleeping Status

If you do not wear this watch for a long time, please make the watch into the sleeping status.

When the GPS is activated, in the time mode, press down button [A][B][C][D] at the same time to enter the sleeping status. In the sleeping status, the watch keep time only without displaying to save battery energy.

In the sleeping status, press down button [A][B][C][D] at the same time to remove the sleeping status, the watch returns to the time mode and displays the current time.

6.Charging the Battery

     Clip the watch with the clamps of the USB cable, and the location strip in the clamp must be plugged into the concave at the back of the watch to ensure their electrodes are contacted. Connect another side of the USB cable to a power source. The battery is being charged when the watch displays the charging animation.

     The charging animation stops when the battery is charged fully. It takes 2-3 hours to make full charging if the battery has run down. Please make full charging before using every time. It is no use pressing any button while charging.

Electrode

USB Port

Electrode

Animation

Charging   Finish Charging
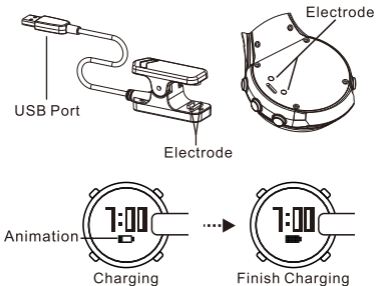
7.Fuction Mode

You must select corresponding mode before using the function. The watch has the following mode: time mode, GPS mode, stopwatch mode, record mode.

In the normal, this watch is in the time mode and displaying local time.

Apart from the stopwatch and GPS mode, the watch will return to the time mode automatically if no button is operated within 1 to 2 minutes in the other modes.

8.Time

8.1.Viewing Time

In the time mode, press button [B] to scroll through to view: time, week and date, second and battery level.

Time

Time, Week, Date

Time, Battery Level

Time, Second
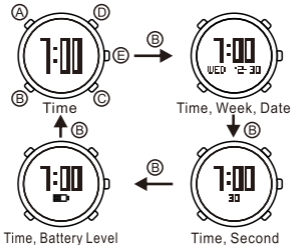
✉ The icon 🔋 indicates the battery level.
The symbol 🔋 will appear, when the battery
level is low. The symbol 🔋 will flash, before
battery runs down. Please charge the battery
as soon as possible.

8.2.Setting Time and Date
1)In the time mode, press down button [B] to
enter the setting menu.
2)In the setting menu, press button [C]/[D] to
select "Time-Date" , then press button [E] to
confirm.
3)The setting items include: city code, daylight
saving time on/off, hour, minute, second, year,
month, day, date format.
4)Press button [C]/[D] to change the setup or
value, or press down button [C]/[D] to change
the value quickly.
5)Press button [E] to confirm and enter the next
setting item, or press button [B] to confirm and
return to the previous setting item.
6)In the setting menu, press button [B] to return
to the time mode.

A D
B
E
B
Time Mode

B
USER
Time-date
ALARM
Setting Menu

E
B
E
CITY
BJS
City Code

E

FORMAT
MM-DD
Date Format

B ↓ E
DST
OFF
DST on/off

E ↑ ↓ B
DAY
2011
12-30
Day

B ↑ ↓ E
HOUR
22:30
45
Hour

E ↑ ↓ B
MONTH
2011
12-30
Mouth

B ↑ ↓ E
MINUTE
22:30
45
Minute

E ↑ ↓ B
YEAR
2011
12-30
Year

B →← E
24 H
22:30
45
12h/24h

B →← E
SECOND
22:30
45
Resetting Second

8
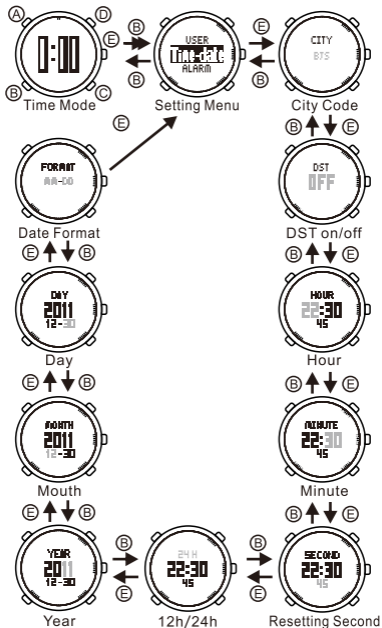
📝 Please select city code accurately, because the watch will reset time by GPS according to the city you have set when the GPS is activated.

8.3.City Code Table

City Code	City Name	Time Zone
PPG	PAGO PAGO	-11
HNL	HONOLULU	-10
ANC	ANCHORAGE	-9
YVR	VANCOUVER	-8
LAX	LOS ANGELES	-8
YEA	EDMONTON	-7
DEN	DENVER	-7
MEX	MEXICO CITY	-6
CHI	CHICAGO	-6
NYC	NEW YORK	-5
SCL	SANTIAGO	-4
YHZ	HALIFAX	-4
YYT	ST. JOHNS	-3.5
RIO	RIO DE JANEIRO	-3
FEN	FERNANDO DE NORONHA	-2
RAI	PRAIA	-1
LIS	LISBON	0
LON	LONDON	0
MAD	MADRID	+1
PAR	PARIS	+1
ROM	ROME	+1
BER	BERLIN	+1

City Code	City Name	Time Zone
STO	STOCKHOLM	+1
ATH	ATHENS	+2
CAI	CAIRO	+2
JRS	JERUSALEM	+2
MOW	MOSCOW	+3
JED	JEDDAH	+3
THR	TEHRAN	+3.5
DXB	DUBAI	+4
KBL	KABUL	+4.5
KHI	KARACHI	+5.0
DEL	DELHI	+5.5
KTM	KATHMANDU	+5.75
DAC	DHAKA	+6
RGN	YANGON	+6.5
BKK	BANGKOK	+7
SIN	SINGAPORE	+8
HKG	HONGKONG	+8
BJS	BEIJING	+8
TPE	TAIPEI	+8
SEL	SEOUL	+9
TYO	TOKYO	+9
ADL	ADELAIDE	+9.5
GUM	GUAM	+10
SYD	SYDNEY	+10
NOU	NOUMEA	+11
WLG	WELLINGTON	+12

9.Setting Alarm

1)In the time mode, press down button [B] to enter the setting menu.

2)Press button [C]/[D] to select "Alarm", then press button [E] to confirm.

3)The setting items include: alarm on/off, alarm hour, alarm minute.

4)Press button [C]/[D] to change the setup or value, or press down button [C]/[D] to change the value quickly.

5)Press button [E] to confirm and enter the next setting item, or press button [B] to confirm and return to the previous setting item.

6)In the setting menu, press button [B] to return to the time mode.


Setting Alarm

Alarm on/off

Alarm Minute

Alarm Hour
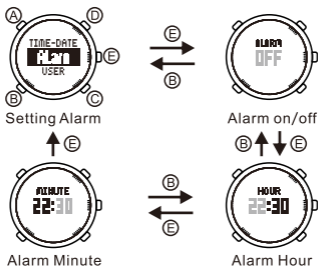
✉ If the alarm is turned on, the watch will chime for about 20 seconds while reaching the alarm time. You can stop the chime using any button .

10.Stopwatch

The maximum of stopwatch measurement is 99 hours 59 minutes and 59 seconds. It has two ways to measure: count up timer and lap timer.

10.1.Entering Stopwatch Mode

In the time mode or GPS mode, press button [D] to enter the stopwatch mode (the watch will display the mode icon for 2 seconds, then enter the stopwatch mode). Press button [B] to return to the time mode.

Time Mode   Stopwatch Icon   Stopwatch Mode
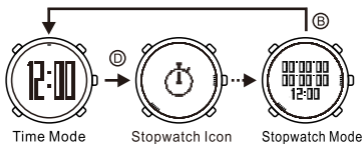
10.2.Count up Timer

　　Count up timer is available to measure the running duration of one athlete .The way is as the following:

　　In the stopwatch mode, start, stop and restart the stopwatch with button [E]. When the stopwatch stops, press down [D] to reset the stopwatch.

Reset　　　　Running　　　　Stop
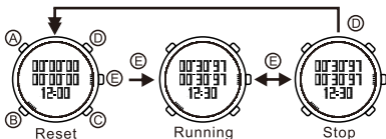
10.3.Lap Timer

　　While running or racing on the track, you can use lap timer to measure each lap duration and total duration.

　　In the stopwatch mode, press button [E] to start the stopwatch. When you finish the first lap, press button [D], the watch will display the first lap data(lap duration and total duration), and begin to measure the duration of the next lap. After about 5 seconds, the watch will return to the stopwatch running screen. In the same way, press button [D]

when you finish the other laps. At the end, press button [E] to stop the stopwatch.

When the stopwatch stops, press down [D] to reset the stopwatch.

Reset

Running

Stop

Lap Duration
Total Duration

Lap Data

14
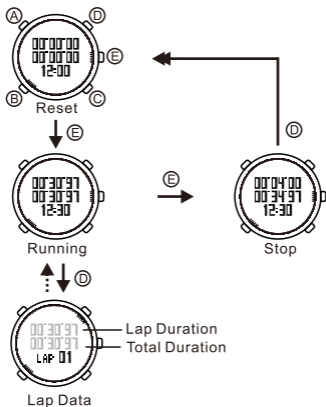
10.4.Viewing the Lap Timer Data

After making laps, in the stopwatch mode press button [C] to enter the lap data display, then press button [C] or [D] to view the previous or next lap record. Press button [B] to exit from the data display.
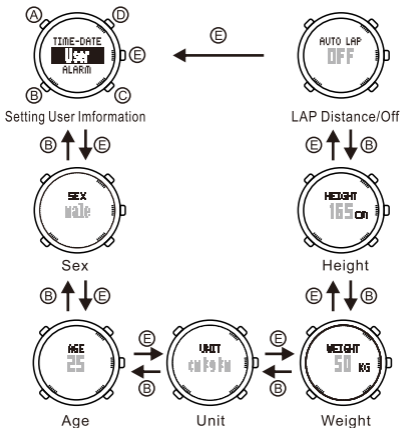

Stopwatch Mode   Lap Data
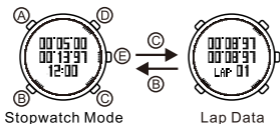
11.Setting User Information

Please input personal information into the watch before using GPS, so the other pertinent data can be calculated.
1) In the time mode, press down button [B] to enter into the setting menu.
2) Press button [C]/[D] to select "User", press button [E] to confirm.
3) The setting items include: sex, age, imperial/metric units, weight, height and LAP distance or turn the " AUTO LAP" off.
4) Press button [C]/[D] to change the setup or value, press down button [C]/[D] to change the value quickly.

5) Press button [E] to confirm and enter the next setting item, or press button [B] to confirm and return to the previous setting item.
6) In the setting menu, press button [B] to return to the time mode.

TIME-DATE
User
ALARM

Setting User Imformation

AUTO LAP
OFF

LAP Distance/Off

SEX
male

Sex

HEIGHT
165 cm

Height

AGE
25

Age

UNIT
cm to ka

Unit

WEIGHT
50 KG

Weight

12.GPS Function

12.1.GPS Introduction

GPS is Global Positioning System , The watch has a GPS receiver. It can measure the distance, speed, etc. when you do exercise.

12.2.Turn on the GPS

When the GPS is deactivated, the watch does not display the symbol 大 .

When the GPS is deactivated, in the time mode, press down button [E] for 2 seconds, the watch will begin searching for GPS signal. When the screen has displayed the prompt of "READY" and the symbol 大 , it means the watch has received the GPS signal. At the time press button [E] to turn on the GPS, and enter the GPS mode and begin to measure.

Time Mode

Searching for the GPS Signal

GPS Mode

GPS Signal Received

17
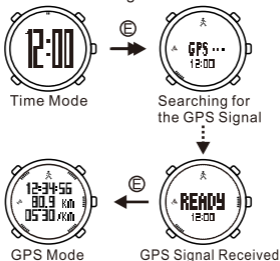
The watch will return to the time mode automatically if it fails to receive the GPS signal within 5 minutes.

In order to receive the GPS signal, please place the watch outdoors where you can see the sky, and take the antenna toward the sky. You had better not move the watch at the time.

← GPS Antenna
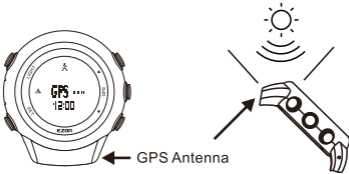
The Correct Way to Search for the GPS Signal

It may take a long time to receive signal if you use the GPS for the first time or after a long interval in an area. It will take a little time to receive signal after a short interval.

If the signal is weak, the watch can not succeed in receiving, please change a place or time to receive.

Because the GPS signal cannot penetrate solid buildings and water, please do not use the GPS in a room, in a car or under the water.
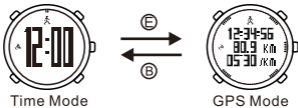
The signal will get weak on cloudy days, rainy days, in forests, or at places round buildings.

The error will get large because of weak signal.

12.3.Viewing the Real-time Exercise Data

The symbol 🏃 appeared on the screen means the GPS is activated. In the time mode, press button [E] to enter the GPS mode.

In the GPS mode, press button [B] to return to the time mode.

Time Mode   GPS Mode

In the GPS mode, press button [E] to scroll through the following views: current time, total distance, current pace, total duration, current speed, calories burned, etc.

When the GPS is activated, the static symbol 🔋 on the watch screen means that the GPS will work for 20 minutes at most. When the battery is too low, the watch will turn off the GPS and save the exercise data automatically.

12:34:56 — Total Duration
80.9 km — Total Distance
05:30 km — Current Pace

CALORIES
500.0 — Calories Burned
Battery Level

80.9 km
20:02 — Total Distance / Current Time

10.9 km/h
20:02 — Current Speed / Current Time

05:30
20:02 — Current Pace / Current Time

12:34:56
20:02 — Total Duration / Current Time
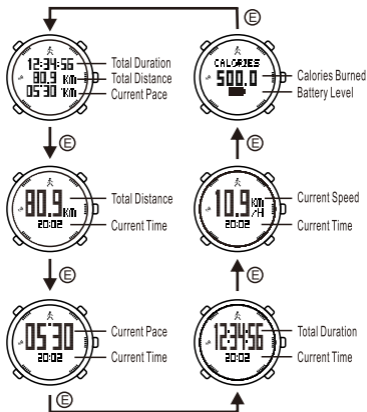
12.4. Exercise Lap

If you set "AUTO LAP"to 0.5km,1.0km, 2.0km or 5.0km(see chapter 11), after the GPS is activated, when your exercise distance is equal to the distance you have set up, the watch will make a lap automatically.

If you set "AUTO LAP" to "OFF, during exercise the watch can not make a lap auto-matically, but you can make a lap according to your requirements. Just press button [A] twice in the GPS mode.

After making a lap, the watch will save and display the lap data: lap No., lap exercise duration, lap pace, lap distance. lap average speed. After about 10 seconds the watch returns to the GPS mode.

GPS Mode   Lap No.   Lap No.
                Lap Duration   Lap Distance
                Lap Pace   Lap Speed
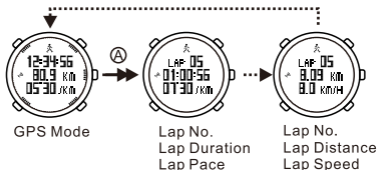
This watch can make at most 50 laps data each exercise. If "LAP FULL" is displayed on the screen, it means the watch can not make more laps.

12.5.Pausing and Turning off the GPS

In the GPS mode, press down button [E] to pause the GPS measuring. When the GPS pauses measuring, press button [E] to continue

measuring again, or press down button [E] to turn off the GPS, save the exercise record and display the exercise data alternately. Then press button [E] to return to the time mode.

It means the GPS is deactivated when the symbol 🏃 disappears.

GPS Mode

Pause

Total Duration
Total Distance

Total Duration
Total Distance
Average Pace

Total Duration
Total Distance
Average Speed
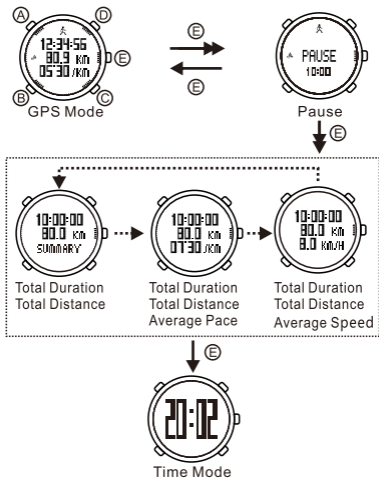
Time Mode

12.6.Viewing/Deleting Exercise Record

The watch can save the last 10 exercise records.

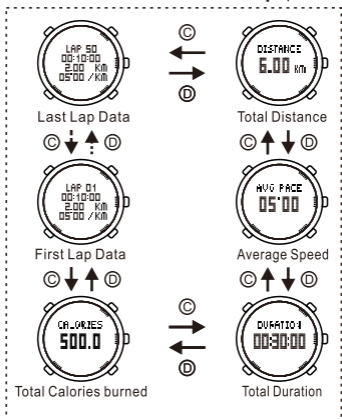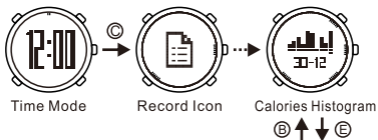1) After the watch saves the GPS exercise records, in the time mode or GPS mode, press [C] to enter the record mode(The watch displays the mode icon for 2 seconds, then displays the histogram of calories burned which a bar indicates an exercise record).

2) Press button [C]/[D] to select a record(the watch will display the saving time and date alternately at the bottom of the screen), then press button [E] to confirm.

3) Press button [C]/[D] to scroll through the following view: total distance, average speed, total exercise duration, total calories burned and each lap data. Press down button [E], the current record will be deleted. Press button [B] to return to the histogram of calories.

4) When the watch displays the histogram, press button [B] to return to the time mode, or press down button [E] to delete all records and return to the time mode.

Time Mode → Record Icon ···▶ Calories Histogram

Ⓑ ↑ ↓ Ⓔ

LAP 50
00:10:00
2.00 KM
05'00 /KM
Last Lap Data

Ⓒ ←
Ⓓ →

DISTANCE
6.00 KM
Total Distance

Ⓒ ↓ ↑ Ⓓ

LAP 01
00:10:00
2.00 KM
05'00 /KM
First Lap Data

AVG PACE
05'00
Average Speed

Ⓒ ↓ ↑ Ⓓ

Ⓒ ↑ ↓ Ⓓ

CALORIES
500.0
Total Calories burned

Ⓒ ←
Ⓓ →

DURATION
00:30:00
Total Duration

13.Backlight

Whenever except in the sleeping status, press button [A] , the screen will remain illuminated for about 5 seconds .

14.Water Resistance

This watch is water resistant to 5 ATM. It is no problem to wear the watch while washing hands, having shower with cold water and swimming. Do not wear the watch while diving or having a sauna, and so on.

In order to maintain the waterproof function:

1) Replacing the rubber ring regularly (generally 1-2 years). If not, the watch may be damp due to the aging of rubber ring.
2) Do not press any button under the water.

15.Safety Information

The function of the GPS in the watch can not be used in professional field where require high accuracy.

The watch complies with industrial standards. If there is any allergic reaction or irritation, please stop wearing it and consult a doctor it and.

The watch consists of precision electric parts, please do not dismantle by yourself or use roughly.

Please do not wear the watch in the environment of extremely cold, extremely hot, temperature changing rapidly.

Please do not wear the watch in the environment with strong magnetic or strong electric.

When cleaning the watch, please use soft cloth and clean water without detergent, solvents, pesticide.

If there is abnormal function or water mist in the watch, please take the watch to a qualified service center to repair.

16.Product Specification

Time precision: +/-1s /day (+/-30s /month)
Operating temperature: -10°C — 60°C
(14°F — 140°F)
Battery: Rechargeable polymer battery
Battery life without using GPS: About 3 months
Battery life with using GPS: About 8 hours
Water Resistance: 5 ATM (normal swimming)

EZON 宜准

M031-2