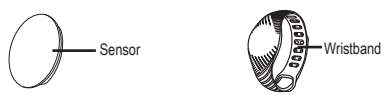
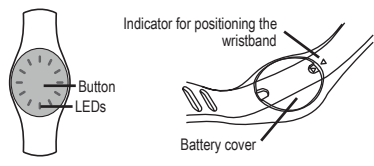


1. CONTENTS



2. PRESENTATION



Button
Short press: display time and target
Double press: start and stop recording a sports session

3. WRISTBAND FASTENING

Be sure to place the indicator upward to correctly orient your ONcoach 100



4. FIRST USE

1. Rotate the battery cover a 1/4 of a turn
2. Access the site start.geonaute.com from your smartphone and download the ONcoach application (also available on the Apple store and Google Play).

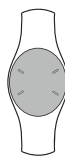


To stop recording, press the button twice. Two LEDs rotating anticlockwise indicate that recording has stopped.



At the next synchronisation, the ONcoach application will ask you to choose the sport you were doing and will automatically calculate the calories burned during the activity. For a walking or running session, the activity is automatically recognised and the distance and speed information will be automatically calculated.

When Workout mode is active, it is not possible to transfer data to your smartphone or view the time of your target gauge. When you press the button, an LED informs you that you are in Workout mode.



8. PAIRING WITH A NEW SMARTPHONE

For use with a new smartphone it is necessary to pair once again ONcoach 100:

1. Start the pairing mode.
 2 s

2. Launch the ONcoach application and follow the instructions to pair your ONcoach 100.



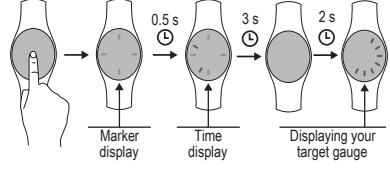
3. Launch the ONcoach application
4. Create an account or log in if you already have one.
5. Follow the instructions on the application to pair your ONcoach 100 to your ONcoach account

5. DATA SYNCHRONISATION WITH THE ONCOACH APPLICATION

1. Turn on Bluetooth on your phone
2. Launch the ONcoach application
3. Hold your ONcoach 100 near your phone; it will synchronise automatically.

6. TIME AND DAILY TARGET

6.1 See the time and your daily target



9. MAINTENANCE

9.1 Changing the battery

In normal use, your ONcoach 100 has a battery life of up to 6 months. You can check the battery level by connecting to the ONcoach application.

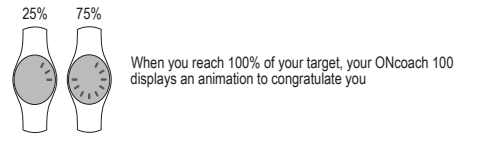
1. Remove the sensor from the wristband
2. Rotate the battery cover a 1/4 of a turn
3. Remove the old battery from the cover using the black tab
4. Insert a CR2032 battery into your ONcoach 100, ensuring the negative terminal is positioned on the outside
5. Close the cover by aligning the two arrows.
6. Rotate the battery cover a 1/4 of a turn
7. Place the sensor in the wristband, ensuring that the two arrows are one in front of the other

6.2. Reading the time

Hour: LED
Minute: Flashing LED
If the hour and minute LEDs are in the same position, only one LED flashes.



6.3. Reading your daily target gauge



7. MEASUREMENT OF ACTIVITY AND SLEEP

7.1 Measurement of everyday walking activity

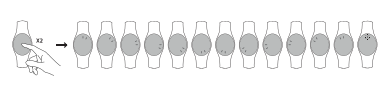
Your ONcoach 100 automatically detects when you are walking. You therefore do not have to take any action to initiate this measurement.

7.2 Measurement of sleep quality

Your ONcoach 100 automatically detects when you fall asleep and when you wake up. You therefore do not have to take any action to initiate this measurement.

7.3 Workout mode

Your ONcoach 100 lets you measure other sports practices than daily walking. To start recording a sports session, press the button twice. Two LEDs rotating clockwise indicate that recording has started.



Please note: Changing the battery resets the time and date. Synchronise your ONcoach 100 with the ONcoach application to set the time and date before use. Your data will not be lost.

9.2. Placing the sensor in the wristband



Place the sensor in the wristband, ensuring that the two arrows are one in front of the other

9.3 Precautions for use

- The ONcoach 100 has been designed for use in sports and leisure. It was developed and tested to ensure reliable estimation of your business and, for the largest number of users. The information provided by this device are however indicative and should not be used for medical purposes.
- Battery life may be shortened in case of intensive use.
 - Prolonged exposure to salt water or chemically treated water can reduce the water resistance.
 - Improper installation of the sensor may impair the watertight seal.
 - The ONcoach 100 contains small parts that can present a strangulation hazard.
 - If the battery is swallowed, consult a doctor immediately, as this can result in serious physical injury.

DECATHLON

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