① Intuitive guide

Mode / Validation / (Settings)

LAP-SPLIT / Reset / Decrease

Start / Pause / Increase

Main display

LAP

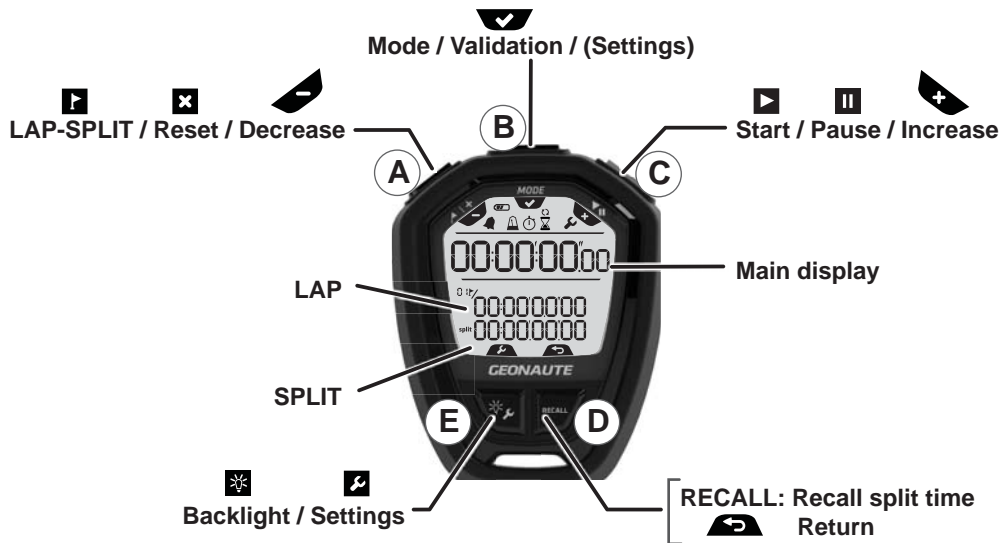**SPLIT**

RECALL: Recall split time
⮐ Return

Backlight / Settings

② Start / Standby

This product can be switched to standby to increase battery life.

- To start ► Press **C** for 2 seconds
- To switch to standby ► Go to "*TIME*" or *"ALARM"* mode
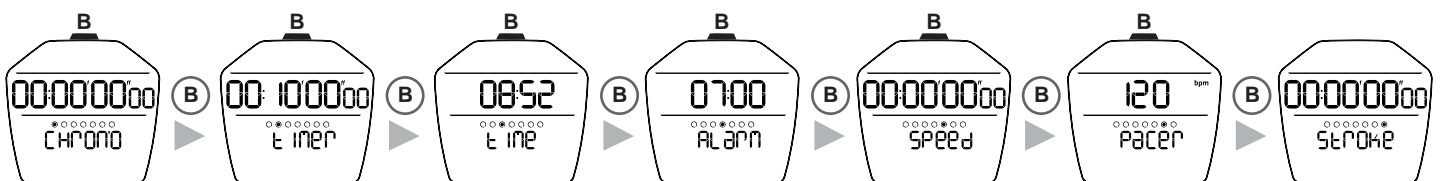 ► Press **C** for 5 seconds

NOTE: **ONstart 710** can be switched to standby manually if the stopwatch and timer are at zero.
ONstart 710 switches to standby mode automatically after 24 hours.

③ Accessing the functions

Press the Mode button (**B**) in succession to access the various functions.
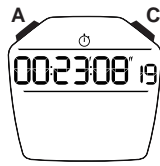- **STOPWATCH**: Stopwatch (1/100s up to 99h59min59s) with 300 split times
- **TIMER**: 3 types of countdown:
  - *MATCH*: countdown with several programmable times (see page 3/8)
  - *COACH*: with several customisable workouts (see page 3/8)
  - *UPDOWN*: countdown followed by a stopwatch (see page 4/8)
- **TIME**: Time and date
- **ALARM**: Alarm
- **SPEED**: Calculates speed over a set distance according to time (kms or miles)
- **PACER**: Sets a cadence (from 1 to 240 beeps/min)
- **STROKE**: Measures average frequency (from 2 to 99 cycles)

Note: For each function, when set for the first time, **ONstart 710** will switch automatically to settings mode.

B		**B**		**B**		**B**		**B**		**B**		**B**
00:00:00ₒₒ CHRONO	ⓑ ►	00:10:00ₒₒ t ːmer	ⓑ ►	08:52 t ːme	ⓑ ►	07:00 ALARM	ⓑ ►	00:00:00ₒₒ SPeed	ⓑ ►	120 bpm PaCer	ⓑ ►	00:00:00ₒₒ StroKe

④ Stopwatch Mode

4.1 - Using the stopwatch



- ■ Start the stopwatch   ► Press **C**
- ■ Pause   ► Press **C**
- ■ Reset   ► Press **A** when the stopwatch is paused.
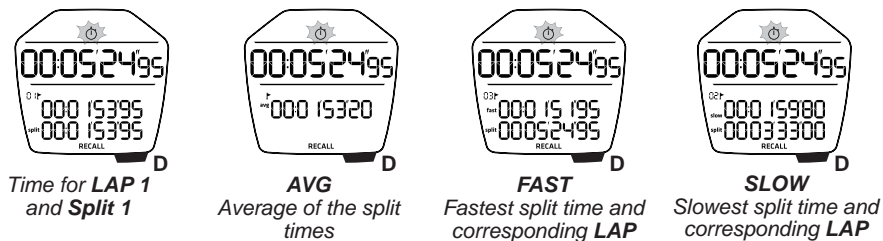
4.2 - Using split times

ONstart 710 measures split times (SPLIT: the time taken from the start up to a given point) and lap times (LAP: the time taken since the previous partial measurement up to the given point).

- ■ Taking a split time when the stopwatch is on   ► Press **A**

- ■ Each time **A** is pressed, the latest LAP and SPLIT times are shown below the total time.
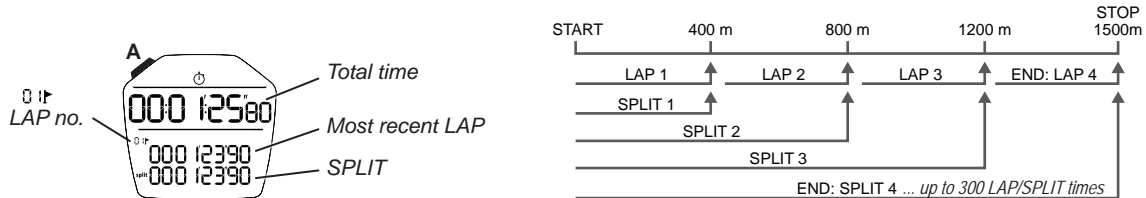
4.3 - Viewing split times

- ■ To view the split times for each LAP/SPLIT (when the stopwatch is on ► Press **D**
  or off)
- ■ To scroll through the various split times as well as the average time, ► Press **D**
  the quickest time and the slowest time

| *Time for **LAP 1** and **Split 1*** | *AVG Average of the split times* | *FAST Fastest split time and corresponding **LAP*** | *SLOW Slowest split time and corresponding **LAP*** |

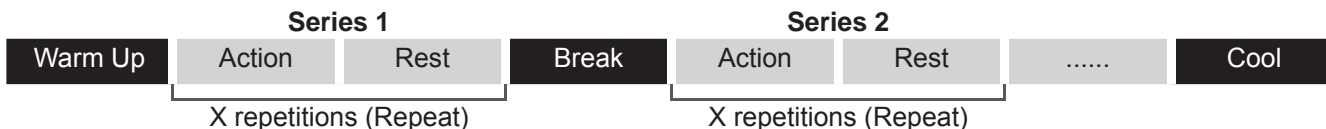**Note**: It is possible to view only the latest activity timed with the stopwatch.

⑤ Timer mode (countdown)

ONstart 710 has 3 different countdown modes.

- **MATCH**: Countdown with several programmable times (up to 9 blocks and 99 repetitions).
  Perfect for refereeing a match with several half-times.

Block 1	Block 2	......	Block no.

X repetitions (Repeat)

- **COACH**: Coach with several customisable workouts (up to 99 Action + Rest series and 99 repetitions for each series).

	Series 1			**Series 2**			
Warm Up	Action	Rest	Break	Action	Rest	......	Cool

X repetitions (Repeat)   X repetitions (Repeat)

This type of countdown is designed for programming a workout session made up of blocks that vary in intensity and length. Perfect for interval training.

WARM UP	Warm up phase
ACTION	Acceleration phase
REST	Deceleration phase
BREAK	Recovery time between 2 series
COOL	Cool down time

- **UpDown**: Countdown linked to a stopwatch. When the countdown is over, the stopwatch starts automatically.
  Perfect for the start of a race using a countdown (sailing in a regatta, for example).
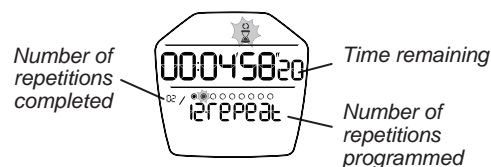
5.1 - Selecting the countdown

► Go to *"TIMER"* mode by pressing **B**.
► Use **A** and **C** to select the countdown and press **B** to confirm.
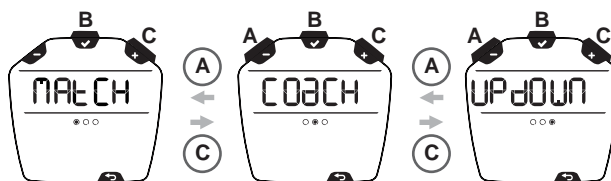
5.2 - Setting the "*MATCH*" countdown
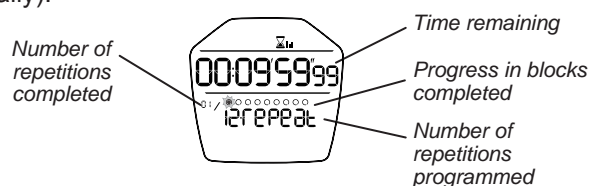
► Go to countdown mode then select *"MATCH"* mode
► Press and hold the **E** button to access the settings
  (when setting for the first time, you will arrive there automatically).
► Set the countdown times and the repetitions
  by pressing the **A**(-) and **C**(+) buttons and press the
  B button to confirm.

Number of repetitions completed   *Time remaining*   *Number of repetitions programmed*

5.3 - Setting the "*COACH*" countdown

For *"COACH"* mode, 9 different schedules can be saved.
► Go to countdown mode then select *"COACH"* mode
► If you have already created several workouts,
  select the one you want to set.
► Press and hold the **E** button to access the settings
  (when setting for the first time, you will arrive there automatically).
► Choose your settings by pressing the
  A(-) and **C**(+) buttons and press the
  B button to confirm:
- **Edit**: modify a workout programme.
- **Delete**: delete a workout programme.
- **Rename**: rename an existing programme.
- **Create**: create a workout programme.

Number of repetitions completed   *Time remaining*   *Progress in blocks completed*   *Number of repetitions programmed*

5.3.1 - "*EDIT*" programme

After selecting *"EDIT"* for the relevant programme, set the countdown time for each exercise, the number of series (from 1 to 99) and repetitions (1 to 99) by pressing the **A**(-) and **C**(+) buttons and press the **B** button to confirm.

	Series 1			**Series 2**			
Warm Up	Action	Rest	Break	Action	Rest	......	Cool
	X repetitions (Repeat)			X repetitions (Repeat)			

5.3.2 - "*DELETE*" programme (only if at least one programme has been saved)

After selecting *"DELETE"* for the relevant programme, select **YES** to delete the programme by pressing the **A**(-) and **C**(+) buttons and press the **B** button to confirm.

5.3.3 - "*RENAME*" programme (only if at least one programme has been saved)

After selecting *"RENAME"* for the relevant programme, select **YES** to rename the programme by pressing the **A**(-) and **C**(+) buttons and press the **B** button to confirm each letter.

5.3.4 - "*CREATE*" programme

After selecting *"CREATE"*, set the various countdown times, the number of series (from 1 to 99) and repetitions (1 to 99) by pressing the **A**(-) and **C**(+) buttons and press the **B** button to confirm.

	Series 1			**Series 2**			
Warm Up	Action	Rest	Break	Action	Rest	......	Cool
	X repetitions (Repeat)			X repetitions (Repeat)			
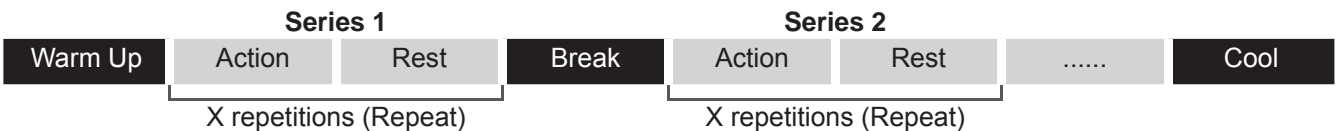
By default, the name of the workout programme is "*COACH 1*", "*COACH 2*", etc.

If you want to change this, go to the *"RENAME"* STEP.

"MEMORY FULL" appears if the memory is full. One or more programmes will need to be deleted by going to the *"DELETE"* STEP.

5.4 - Setting the *"UPDOWN"* COUNTDOWN

► Go to countdown mode then select *"UPDOWN"* mode
► Press and hold the **E** button to access the settings (when setting for the first time, you will arrive there automatically).
► Set the countdown times by pressing the **A**(-) and **C**(+) buttons and press the **B** button to confirm.

5.5 - Using the countdown

► Go to the desired countdown mode.
► For *"COACH"* mode, select the desired saved workout by pressing the **A**(-) and **C**(+) buttons and press the **B** button to confirm.

■ Starting the countdown	► Press Start/Pause (**C**)
■ Pause	► Press Start/Pause (**C**)
■ Reset	► Press Reset/LAP (**A**)

6 PACER mode

The "*PACER*" can be used to set a per-minute pace with beeps at a set frequency. The pacer is used in combination with a stopwatch.


Pace value set

Stopwatch
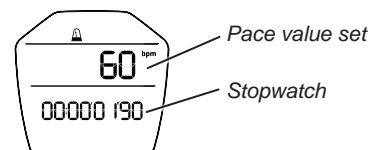
Setting the PACER

► Go to "*PACER*" mode
► Press and hold the **E** button to access the settings.
► Set the per-minute frequency (1, 2, 3, 4, 5, 10, 15, 20, 30, 40, 50, 60, 80, 100, 120, 140, 150, 140, 180, 200 or 240 bpm) by pressing the **A** (-) and **C**(+) buttons and press the **B** button to confirm.

Using the PACER

■ Start the pacer and the stopwatch   ► Press Start/Pause (**C**)

■ Pause   ► Press Start/Pause (**C**)

■ Reset   ► Press Reset/LAP (**A**)

7 Speed mode

The "*SPEED*" function is used to determine speed over a programmed distance, according to the time measured.

Stopwatch on
Speed adjusted
Distance to cover
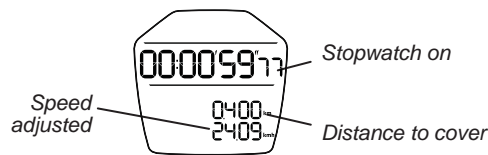
Setting the SPEED mode

► Go to *"SPEED"* mode
► Press and hold the **E** button to access the settings.
► Set the unit (km/h or mph) and the distance to be covered by pressing the **A**(-) and **C**(+) buttons and press the **B** button to confirm.

Using the SPEED mode

■ Start the stopwatch   ► Press Start/Pause (**C**)

■ Pause   ► Press Start/Pause (**C**)

■ Reset   ► Press Reset/LAP (**A**)

Using split times in SPEED mode

The stopwatch measures LAPS (time taken since the last partial time recording up to the given point) in *"SPEED"* mode.

■ Taking a split time when the stopwatch is on   ► Press Reset/LAP (**A**)

Each time RESET/LAP is pressed, the latest LAP number and time appear on the screen as well as the average time since the last split time was taken.

Total time
Most recent LAP
LAP no.
Average speed since last LAP
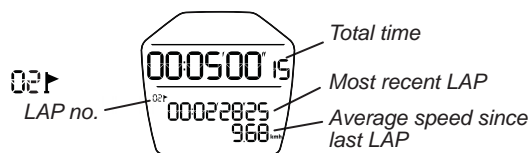
■ To view the split times for each LAP
(when the stopwatch is on or off)   ► Press the **D** button

■ To scroll through the various split times as well as the average
time/speed, the quickest time/speed and the slowest time/speed   ► Press the **D** button repeatedly

⚠ The maximum speed that can be displayed is 999 999, so if the speed calculated is higher than that, "*ERROR*" is displayed on the line above, and the value for speed will not be saved in the memory.

8 STROKE mode

The *"STROKE"* function is a counter for the frequency of an action carried out at a certain rhythm:
Example: movements for rowing or swimming, strides when running, etc.
The time it takes to complete x strokes (adjustable setting) is measured and the stopwatch displays the average frequency in strokes per minute (SPM) over the period.

Stopwatch on

Frequency adjusted

STROKE goal to be achieved
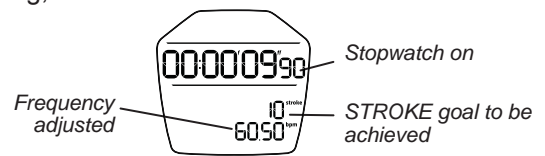
Setting the STROKE mode

► Go to *"STROKE"* mode
► Press the **E** button to access the settings.
► Set the number of strokes (STROKE NUMBER, from 2 to 99) to be completed by pressing the **A**(-) and **C**(+) buttons and press the **B** button to confirm.

Using the STROKE mode

■ Start the stopwatch ► Press Start/Pause (**C**)

■ Pause ► Press Start/Pause (**C**) to view the frequency

■ Reset ► Press Reset/LAP (**A**)

> ⚠ Be sure to use the INTERVALS between the impacts and not the impacts themselves. E.g.: impact.....impact.....impact.....impact = 3 strides, not 4
> **Notes**:
> **1.** If you press the START and STOP buttons too quickly (in less than 1/8 of a second (0.125 sec)),the screen displays "*ERROR*". This means that value that can be shown has been exceeded.
> **2.** If you press the START and STOP buttons after too much time has passed, the screen displays "*ERROR*". This means that the time taken is too long and there is no point in using the "*STROKE*" mode for analysis purposes.

9 Time Mode

Setting the time mode

► Go to the *"TIME"* mode
► Press and hold the **E** button to access the settings.
► In turn, set the hours, minutes, format for the time, year, month, day and the date format by pressing the **A**(-) and **C**(+) buttons and press the **B** button to confirm.
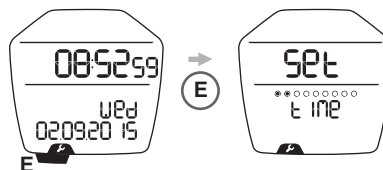
10 Alarm Mode

Setting the Alarm mode

► Go to the *"ALARM"* mode
► Press and hold the **E** button to access the settings.
► Enable (**ON**) or disable (**OFF**) the alarm then set the hour and minutes by pressing the **A**(-) and **C**(+) buttons and pressing the **B** button to confirm.
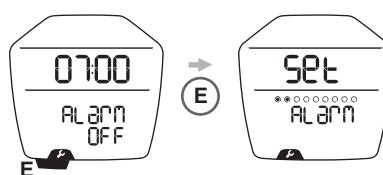
Using the alarm
► To stop an alarm ringing: press any button.

11 Light

To use the light, press the **E** button.

12 Precautions for Use

This product is waterproof (1 ATM) in wet conditions, when exposed to water spills and to rain but **cannot be submerged in water**.

To change the battery, visit the store where you purchased your product. If you change the battery yourself, you may damage the seal, affect the watch's watertightness, and void your warranty. Battery life is affected by how long the product has been at the store and how you use the product.

The "crossed out bin" symbol means that this product and its batteries cannot be disposed of with household waste. They must be disposed of via selective waste sorting. The product and batteries must be recycled at a collection point at end of life. Recycling your electronic waste protects the environment and your health. Discard your batteries in a recycling area.

13 Contact Us

Download the instruction manual and contact us at www.support.geonaute.com

GEONAUTE.Com