



ON Move 220 GPS

DECATHLON

AR TH ZT JA ZH VI RU TR SL HR BG SV CS SK RO HU PL PT NL IT DE ES FR EN

Federal Communication Commission Interference Statement

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.

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 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.

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Radiation Exposure Statement:

The product comply with the FCC portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.



USB cable to:

- Recharge the battery.,
- Transfer your activities to decathloncoach.com

Heart rate monitor:
Flashing = searching
Fixed = signal detected

Alarm on

**Return /
Shutting down**

Backlight

Bottom or "-"

GPS signal:
Flashing = searching
Fixed = signal detected

Battery level

**Start / Pause /
Validation / Switch on /
Switch off**

Time

Top or "+"

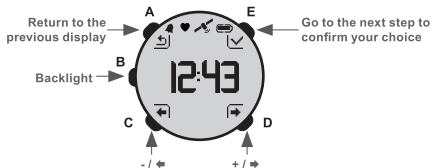


1 SETTINGS

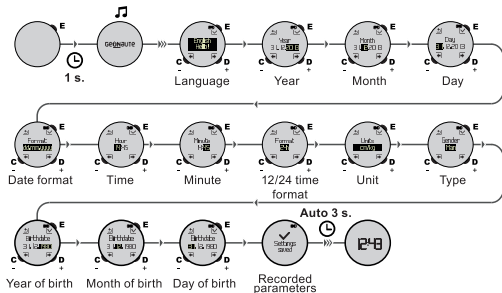
1.1 Intuitive guide

Adjustment method for each setting:

For every setting, use the **C** and **D** buttons to adjust the values



1.2 Setting the device for the first time



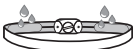


1.3 Heart rate belt (Option accessory)

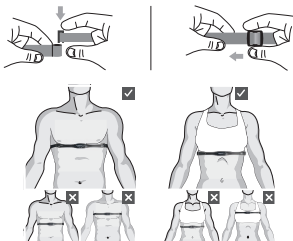
Your ONmove 220 is compatible with the heart rate belts using the Bluetooth® Smart protocol.

Installing the belt:

1 - Moisten the sensors on your belt.

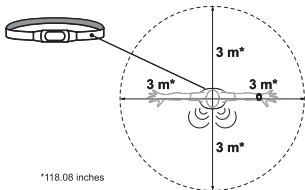


2 - Place the belt around your torso and tighten it.



3 - Carefully tighten the belt, making sure the electrodes are pressed firmly against your torso.

Signal detection: When your ONmove 220 is searching for the heart rate signal, make sure your ONmove 220 is within the transmission range of your belt:



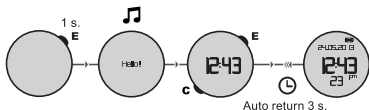
2 USING THE DEVICE

2.1 Charging

We recommend that you fully charge the ONmove 220 before using it for the first time. Full charging time is approximately 1 1/2 hours. A full charge will give you a 7 hour life span in GPS mode and 10 days in clock mode. The ONmove 220 can be charged simply by connecting it to a USB port on your computer or a 5 V-1A. USB adapter.

2.2 Watch mode

he watch mode is permanently accessible when the watch is on.
To switch on the watch, press the E button for 1 second.



2.3 Activity mode "Free"

- To access the "Free" activity mode, press E from the watch mode.
- Select the "Free" activity mode by pressing the E button. The search for the GPS and/or heart rate monitor signal will launch automatically.

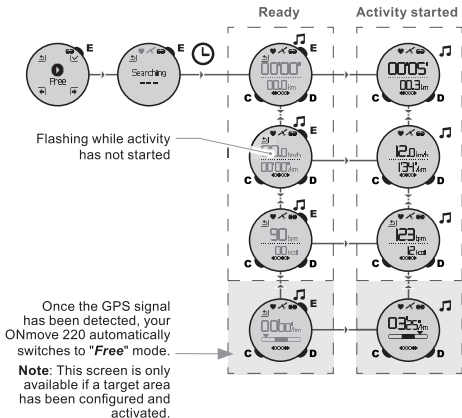
During this search, the ♥ and 📶 icons are flashing. The search for the GPS signal can take 15 seconds to 1 minute depending on the reception conditions. When the GPS signal has been found, there is a beep.

Note: The quality of the satellite signal reception is significantly affected by the environment and movements. To facilitate reception, we recommend whenever possible that you:

Position yourself in an open space, away from surrounding buildings and not under a tree.

Do not move while the signal is being detected.

To optimise the reception of the satellite signal, do not forget to update the FastFix by synchronising your product with the ONconnect. software



- Press **E** to start the activity; a beep can be heard.

During the activity, press **C** or **D** to modify the screen displays defined in the display parameters

2.3.1 Stopping (or pausing) the activity

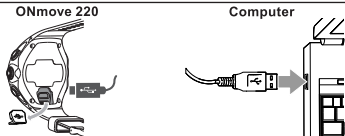
This action allows the user to:

- Save the activity
- Quit the activity
- Access the product settings



3 TRANSFERRING AND VIEWING YOUR DATA ON "DECATHLON COACH"

3.1 Transfer from a computer



- Connect your ONmove 220 to your computer and go to the following website: start.geonaute.com
- Download and install the ONconnect software in accordance with the instructions.
- Launch the ONconnect software then create your account or log on if you already have one.
- Your sessions are displayed on the ONconnect application.
- Select the sessions you wish to transfer as well as the desired sport and click on "Decathlon Coach" / "MyGeonaute.com".
- Once the sessions have been sent, go to your decatloncoach.com to view them in detail.

3.2 Transfer from a smart phone or tablet

Your ONmove 220 allows you to transfer your sessions very easily from a smart phone or tablet equipped with the Bluetooth® Smart technology.

You can check your phone compatibility at support.geonaute.com/bluetooth

- Download the myGeonaute connect application from start.geonaute.com
- Activate Bluetooth® on your phone



- Launch the application and select "detect a new product"
- Follow the application instructions to connect your product, transfer and view your sessions.

Note: Bluetooth® Smart products such as the ONmove 220 do not appear in the list of the phone's Bluetooth® devices. The watch and the smart phone can only be linked (paired) from the myGeonaute connect application.

4 CONTACT US

We would like your feedback on the quality, functionality and use of our products:
<http://support.geonaute.com>

We will reply as soon as possible.

Download the full instruction manual and ask questions at:
www.support.geonaute.com

5 PRECAUTIONS FOR USE



6 LEGAL NOTICES

6.1 EC DECLARATION OF CONFORMITY



DECATHLON hereby declares that the ONmove 220 device complies with the essential requirements and other relevant provisions of the 1999/5/EC directive.

The EC compliance declaration is available at the following web link:
<http://support.geonaute.com/en-GB/declaration-of-conformity>

6.2 RECYCLING



This product and the battery it contains cannot be disposed of with household waste. They must be disposed of via selective waste sorting. Take the used battery and electronic product to an authorised collection point for recycling. Recycling your electronic waste protects the environment and your health.