

**DECATHLON**

***ONMOVE***  
***500***



EN

FR

ES

DE

IT

NL

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FA

## 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.

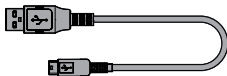
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

### 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.

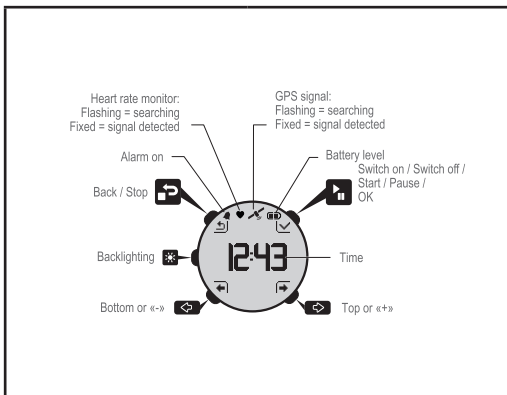
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USB cable to:

- Recharge the battery,
- Transfer your activities

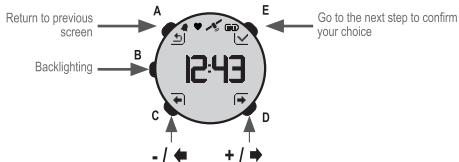


# 1. SETTINGS

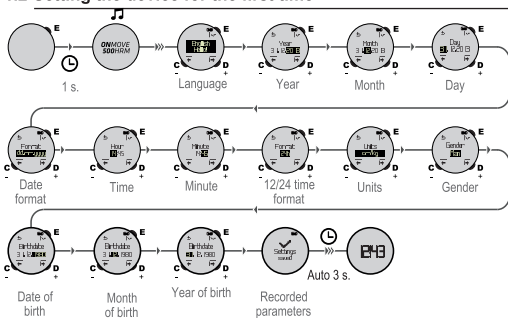
## 1.1 Intuitive help

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 monitor belt

Your OnMove 500 has a heart rate monitor with an optical sensor to help you be more efficient during your workout.

To ensure accurate measurement of your heart rate:

- wear the watch with the dial on top of your wrist
- the watch must be positioned after the bone, in contact with your skin



- Adjust the strap so that it is tight but does not bother you

The watch should not rotate or move on your wrist.

Note: heart rate measurement with a wrist heart rate monitor (optical sensor) is optimal when practising sports with repetitive movements such as running or cycling. It is advisable to use a heart rate belts for fitness sports (bodybuilding, etc.)

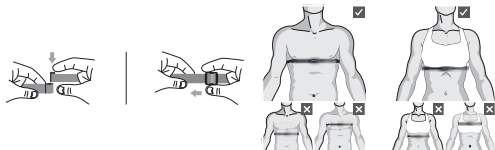
Your ONmove 500 is also compatible with the heart rate belts using the Bluetooth® Smart protocol.

**When using a belt (see 1.9.1), follow these steps:**

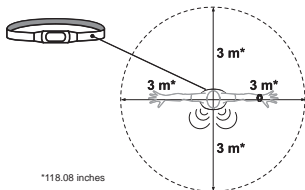
- 1 - Moisten the electrodes of your belt.



- 2 - Place the belt onto 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 500 is searching for the heart rate signal, make sure your ONmove 500 is within the transmission range of your belt:



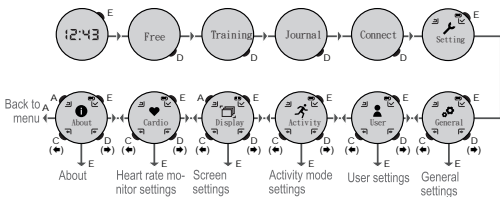
## 1.4 Access to Settings mode

This menu gives you access to the different settings of your ONmove 500:

- General settings.
- User settings.
- Activity mode settings
- Screen customisation.
- Activation of the heart rate monitor. -
- In watch mode, press E to access the main menu.

Browse the menus using the C (←) and D (→) keys until you reach the «Settings» mode.

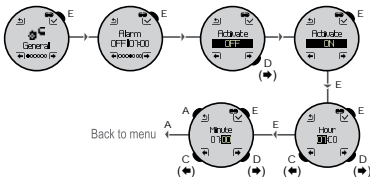
- Press E once again to enter the «Settings» menu.
- Press A to return to the previous menu.



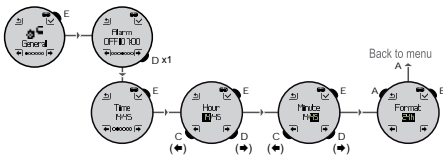
## 1.5 General settings

Note: The default values of the different menus are those defined when setting the device for the first time.

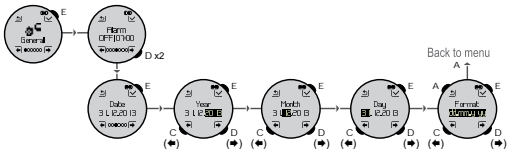
### 1.5.1 Setting the alarm



### 1.5.2 Setting the time



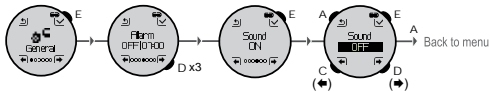
### 1.5.3 Setting the date



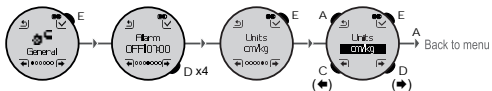


### 1.5.4 Setting the sound

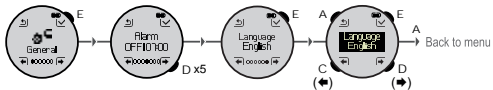
Note: This setting does not concern the alarm sound. If it is set to «OFF», the alarm sound will remain active.



### 1.5.5 Setting the units

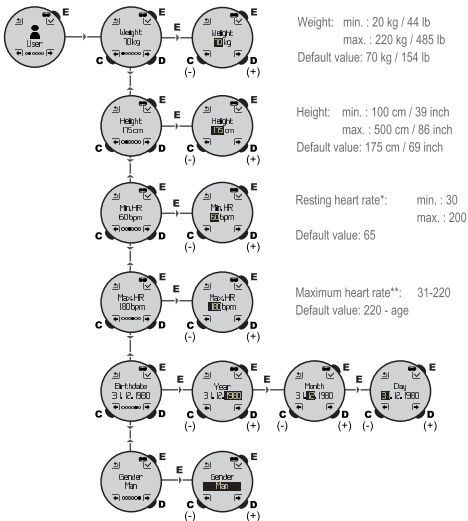


### 1.5.6 Setting the language



## 1.6 User parameters

The user's personal parameters are also synchronised automatically when you log on to your myGeonaute account (see § 6).



\* Note:

This value represents your resting heart rate. It helps calculate your calories burned more accurately. To determine this value, stay lying down after waking up and measure your heart rate. You can also measure it at any time by lying down quietly for 5 minutes.

\*\* Note:

This value represents the highest heart rate you can reach during exercise. By default it is calculated in accordance with the following formula:  $220 - \text{age} = \text{max bpm}$

## 1.7 Activity settings

### Auto-pause mode

Thanks to auto-pause, the stopwatch pauses automatically when you stop and restarts as soon as you start again (function enabled = ON / disabled = OFF)

### Auto-lap mode

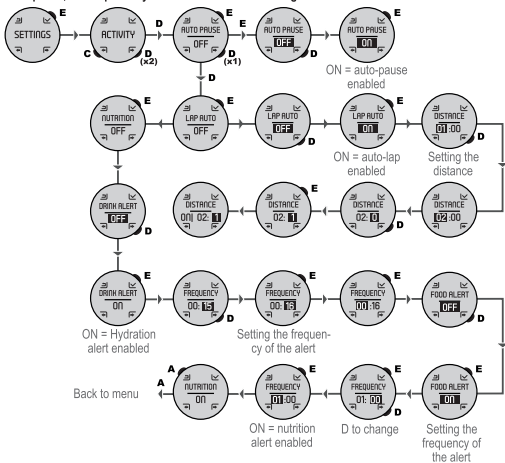
With auto-lap, your OnMove 500HRM automatically tells you your time according to the distance set.

### Hydration & Nutrition alert mode

Your OnMove 500HRM watch can remind you, at a time set by you, when to eat or drink.

By default, your alarm is set to 15 minutes for hydration and 60 minutes for nutrition.

### Auto-pause, auto-lap and hydration /nutrition alert settings



## 1.8 Display parameters

You can configure different information depending on the sport.

This configuration allows you to select the information visible during an activity.

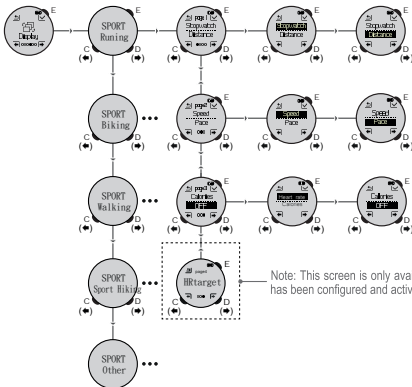
Every screen displays one or two indications defined by the user.

**Note: At least one value must be selected on the 3 screens.**

The size of the message adapts to the number of values selected. The display is therefore larger when a single value is selected per screen.

Example:

- Screen 1: Stopwatch + Distance,
- Screen 2: Speed + Pace,
- Screen 3: Calories.



Note: This screen is only available if a target area has been configured and activated. (see § 1.6)

### List of available values:

- Stopwatch
- Instantaneous speed
- Average speed
- Instantaneous pace
- Average pace
- Calories
- Altitude (current altitude)
- total + (positive elevation change)
- total - (negative elevation change)
- % cardio (% relative to the max. HR entered)

### Note:

- Altitude: altitude and totals are calculated from the information calculated by the GPS.

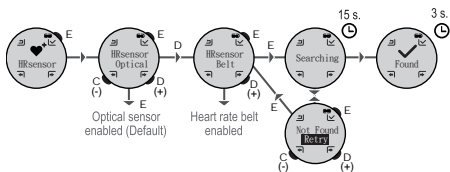
When transferring data, altitude and totals are recalculated using the map data. It is therefore possible that you notice discrepancies.

- Heart rate: the heart rate monitor must be activated before selecting the heart rate value. (see § 1.8)

## 1.9 Setting the heart rate monitor

### 1.9.1 Activating the heart rate monitor

Choose whether to use the built-in heart rate monitor or a heart rate monitor belt.



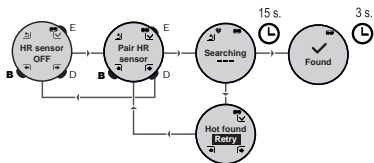
If you use a heart rate monitor belt.

When activating the heart rate monitor for the first time, the search for your belt is launched automatically. This search makes it possible to associate your belt with your ONmove 500; this action is referred to as «Pairing».

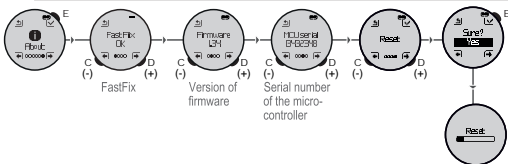
Once the pairing has been completed, your belt is stored in the memory.

Pairing must be performed when first using your belt, when you change your belt or after resetting your ONmove 500.

### 1.9.2 Pairing a belt



## 1.10 About



### 1.10.1 FastFix

Your ONmove 500 needs to detect at least 4 satellite signals to define your position. The FastFix system enables your ONmove 500 to predict the trajectory of the satellites for 7 days. Therefore your ONmove 500 knows the exact location of these satellites even before the search is launched. You can detect a signal within 30 seconds even if the signal is weak or if the area is partially covered. You can see whether or not your FastFix is up to date at any time in the «About» menu. To update your FastFix, simply synchronise your product with the ONconnect software by connecting it by USB to a computer.



### 1.10.2 Firmware

Firmware is the internal software of your watch. It can be updated to provide your watch with patches or new functionalities. You are informed of the new updates when you synchronise your product with the Onconnect software. Make sure you have the latest update to benefit from the latest patches.

### 1.10.3 MCU Serial

Our customer service department may ask you for this number if there is a problem with your product.

### 1.10.4 Reset

This function is to reset your watch. Warning: all your sessions, settings and personal parameters will be deleted.

## 2. USE

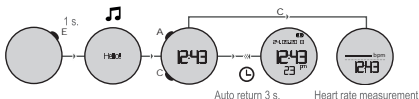
### 2.1 Charging

We recommend that you fully charge the ONmove 500 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 500 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

The 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» mode, press E from the watch mode.

Note: When the memory of your ONmove 500 is full, a beep can be heard and the screen displays «Memory full». You are then invited to:

- free up memory space by deleting sessions.,
- or automatically overwrite the oldest training session.

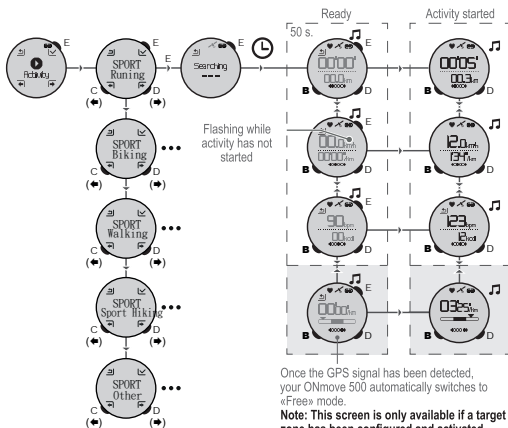
Select the «Free» mode by pressing the E. button. The search for the GPS and/or heart rate monitor signal will launch automatically.

During this search, the ♥ and 📶 icons will flash. 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:

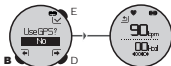
- Position yourself in an open space, away from surrounding buildings and not under a tree.
- Do not move while the signal is being detected.
- To optimise the reception of the satellite signal, do not forget to update the FastFix by synchronising your product with the ONconnect software. (See § 1.10.1)



- 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 (see § 2.5).

### 2.3.1 GPS or Heart rate monitor not detected

**Case 1: GPS signal not found.**  
You can start the activity without a GPS. The «Speed», «Pace», «Distance» values and the icon 🚶 will no longer be displayed.



**Case 2: heart rate monitor not found.**  
You can start the activity without a heart rate monitor. The «BPM» and «Calories» values will no longer be displayed. The search for your heart rate monitor's signal will continue for 15 minutes and the ❤️ icon will flash.  
If, after 15 minutes, no signal is detected, the search will stop automatically and the ❤️ icon will no longer be displayed.

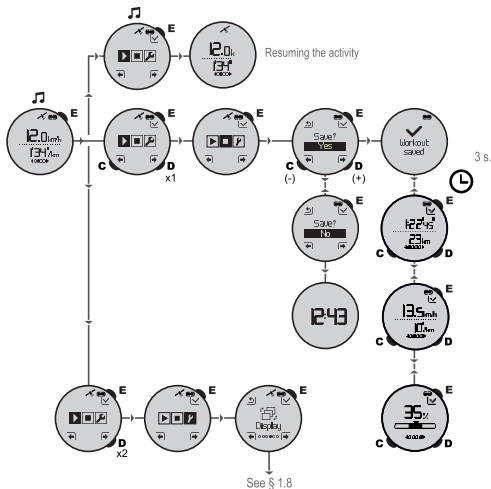




### 2.3.2 Stopping (or pausing) the activity

This action allows the user to:

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



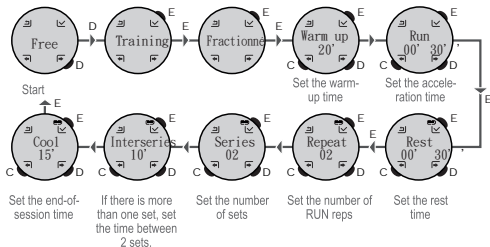
## 2.4 Workout mode

### 2.4.1 Perform interval training

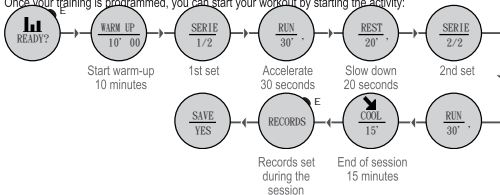
If you want to lose weight, improve your performance and make progress, it is essential to split your efforts during your workout. This involves alternating between fast exercises and slower exercises. Create your workout to split your effort.

Define:

- WARM UP: your warm-up time
- RUN: your acceleration / fast exercises time
- REST: your recovery / slow exercises time
- REPEAT: the number of accelerations (RUN) and recoveries (REST) in a set
- SETS: the number of sets of RUN+REST exercises
- BREAK: your time between 2 sets of RUN+REST exercises
- COOL: your end of session / stretch time



Once your training is programmed, you can start your workout by starting the activity:



- Pause: Press E
- Go to the next exercise: Press E then press D twice then E
- Stop the exercise: Press E then D then E

## 2.4.2 Perform a workout with target zones.

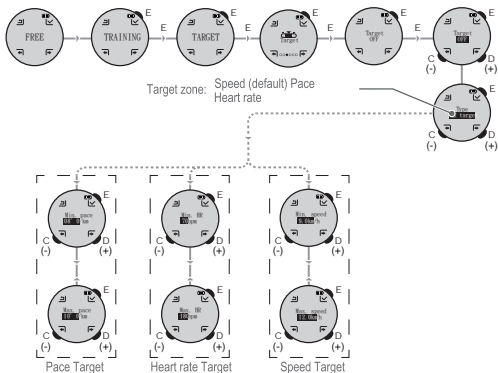
Setting a target zone helps you manage your effort by helping you stay within a determined effort zone.

There is a beep every time you exit a zone.

3 types of target zone are available: speed, pace and heart rate monitor

Note: The «Heart rate target» setting is only available if the heart rate monitor is activated (see § 1.8).

When a target zone is activated, a 4th screen showing a graphic indication of your target zone is available during the activity.



Settings values of the different target zones.

### Pace target zone:

- Min pace : 2' 00» to 60' 00», (default value: 10' 0»)
- Max pace : 1' 00» to 59' 00», (default value: 8' 0»)

### Heart rate target zone:

- Min heart rate : 30 to 200 bpm
- Max heart rate : 40 to 220 bpm

### Speed target zone:

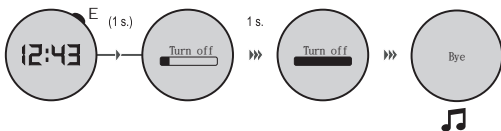
- Min speed : 1 to 98 km/h, (default value: 9 km/hr)
- Max speed : 2 to 99 km/hr, (default value: 12 km/hr)

Once your workout is programmed (see page ...), you can begin your training by starting the activity:

## 2.5 Switching off the ONmove 500

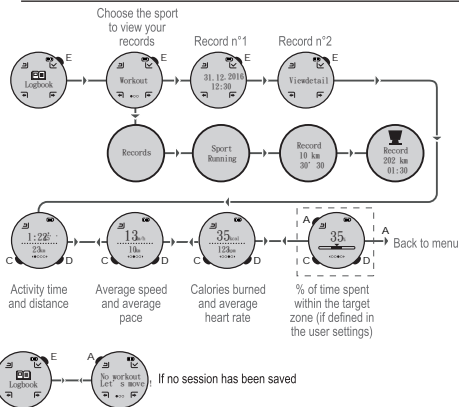
To save battery, and with the exception of specific cases (see Activity Mode), you can switch off your ONmove 500 at any time.

- Press E (1 second)

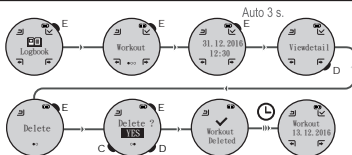


## 3. LOGBOOK

### 3.1 View your record sessions



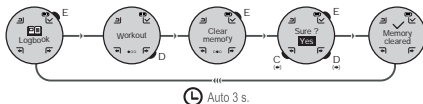
### 3.2 Deleting a session



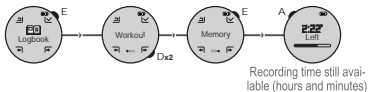
After deleting a session, the display will return to the last session saved.

- Press A to return to the logbook menu.

### 3.3 Deleting the memory






### 3.4 Memory status

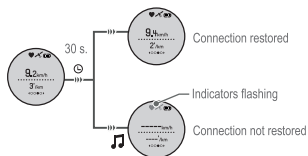


## 4. MESSAGES

### 4.1 GPS and/or heart rate monitor signal lost

When the GPS or heart rate monitor connection is lost, a 30-second search starts automatically. In the meantime, the values displayed are blocked and the  and  indicators are flashing. If, after 30 seconds, the connection is not restored, the screen displays  instead of the «Speed» and «Pace» values, the «Distance» display remains blocked and a beep can be heard.

The search will continue automatically and the  and  indicators will keep flashing until the connection is restored.



## 4.2 Battery level

### 4.2.1 ONmove 500 battery

There are 3 alert levels:

- When the battery is at 15%, 2 beeps can be heard and the indicator flashes.
- When the battery is at 10%, 2 beeps can be heard.
- When the battery is at 5%, 3 beeps can be heard.

The product switches off when the battery is completely discharged.

If an activity is underway, it is automatically saved in the logbook before the ONmove 500 switches off.

- Recharge the battery (see § 5)



### 4.2.2 Heart rate belt battery

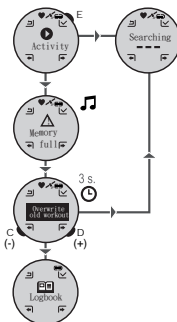
An indication appears when the battery of your heart rate belt is low.



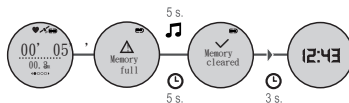
Don't forget to change the battery of your heart rate belt (refer to the user manual of your heart rate belt).

## 4.3 Memory full

### 4.3.1 Memory full before the activity



### 4.3.2 Memory full during the activity



## 5. CHARGING THE BATTERY

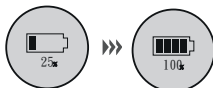
There are 2 ways to charge your product:

- Computer charge:

When charging on a computer, the USB screen appears and the battery indicator is activated to show the charge level. You cannot access the different menus.



- Charging using the mains (adapter not included) or an autonomous battery:  
When charging using the mains, the battery screen is displayed to show the charge level. This charging method means the product can be used while charging.



Charging using the mains, ONmove 500 switched off



Charging using the mains, ONmove 500 switched on

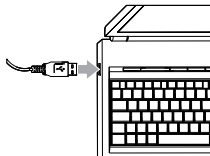


## 6. TRANSFERRING AND VIEWING YOUR DATA

### 6.1 Transfer from a computer



Onmove 500



Computer

- Wipe your product before connecting it
- Connect your ONmove 500 to your computer and go to the following website: [start.geonaute.com](http://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 Send to «Decathlon Coach» / «MyGeonaute.com».
- Once the sessions have been sent, go to your [deathloncoach.com](http://deathloncoach.com) account to view them in detail.

### 6.2 Transfer from a smart phone or tablet

Your ONmove 500 allows you to transfer your sessions very easily from a smartphone or tablet equipped with the Bluetooth® Smart technology.

You can check your phone compatibility at [support.geonaute.com/bluetooth](http://support.geonaute.com/bluetooth)

- Download the myGeonaute connect application on the Store of your smartphone (Android or iPhone) (link available at [start.geonaute.com](http://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 500 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**

## 7. TECHNICAL CHARACTERISTICS

### Specifications

Weight	51 g / 0.1 lb / 1.8 oz
Battery	Rechargeable lithium-ion
Watertightness	IPX7 (resistant to splashes)
Connection	Micro USB
Range	7 hours in GPS mode
6.5 hours in GPS and heart rate mode	10 days in watch mode
Charging time	1.5 hours

## 8. 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.

## 9. PRECAUTIONS FOR USE



## 10. LEGAL NOTICES

### 10.1 EC declaration of conformity



DECATHLON hereby declares that the ONmove 500 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/fr-FR/declaration-de-conformite>

## 11. RECYCLING



Made in Taiwan - Fabricado na/em Taiwan - Произведено в Тайване - İmal edildiği yer Tayvan - ผลิตในไต้หวัน

**DECATHLON**

Производитель и адрес, Франция:  
DECATHLON - 4 Boulevard de Mons - BP 299  
59650 Villeneuve d'Ascq cedex - France

Импортер/уполномоченное изготовителем лицо: ООО «Октоблус»,  
141031, Россия, Московская область, Мытищинский район, МКАД  
84-й км., ТПЗ «Алтуфьево», влад. 3, стр. 3, +7(495)6414446 -  
GPS-часы - Не подлежит обязательному подтверждению  
соответствия - для занятий спортом

進口/委製商台灣迪卡儂有限公司 - 台中市南屯區大墩南路379號 -  
04-24713612 - 品名: GPS藍芽運動手錶Onmove 500 HRM - 主要材  
質: PC錶殼及TPU錶帶 - 適用電池: 可充電鋰電池 - 工作電壓及電流:  
2.8V-4.2V DC 1A Max - 製造日期: 可由產面背面序號追溯

Importado Para o Brasil por IGUASPORT Ltda  
CNPJ:02.314.041/0001-88

540-0011, 大阪市中央区農人橋1-1-22, 大江ビル10階, ノヴァデック  
ジャパン株式会社

上海華威運動品有限公司, 上海市闵行区申北路2号 邮编:201108 - 产品名称: GPS蓝牙  
运动手表Onmove 500 HRM - 频段/功率: 2400-2483.5 MHz / 20dBm(EIRP) - 工作电  
压: 2.8-4.2V - 电池类型: 可充电锂电池 - 产品等级: 合格品 - 质检证明: 合格 - 商标 :DE-  
CATHLON - 执行标准: GB/T 22780-2008 - CMIT ID: - 制造商:

TURKSPORT Spor Ürünleri Sanayi ve Ticaret Ltd.Şti Osmaniye  
Mahallesi Çobançeşme Koşuyolu Bulvarı No: 3 Marmara Forum  
Garden Office 0B Blok 01 Bakırköy 34146 İstanbul, TURKEY



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**WWW.DECATHLON.COM**