

Echo Series

User Manual



MAGELLAN®

Safety

It is strongly recommended to consult a doctor before starting any exercise program. If you have a pacemaker or other implemented device, consult your doctor before using the heart rate monitor.

Use only Magellan cables and accessories; the use of non-Magellan cables and accessories (other than compatible ANT+ wireless accessories) may severely degrade performance or damage the device, and will void the warranty.

Lithium-ion battery: Never store the device or the battery in a high temperature location. Do not disassemble, puncture or incinerate the battery. Do not attempt to remove the battery. Please contact Magellan Technical Center for issues related to the battery.

Do not use the device outside of the following temperature range: -4°F to 131°F (-20°C to 55°C).

The information provided in this document is subject to change without notice. Improvements and enhancements to the product may occur without any formal notification. Check the Magellan website (active.magellanGPS.com/start) for product updates and additional information.

The IEC 60529/IPX7 is a European system of test specification standards for classifying the degrees of protection provided by the

enclosures of electrical equipment. An IPX7 designation means that the unit withstands immersion in one meter (approx 3ft) of still water for up to 30 minutes. Magellan guarantees this grade provided the battery door and all jack covers are properly and securely closed. This device is not IPX8 grade; water-pressure such as washing the unit with running water may cause damage to the unit and voids warranty.

Declaration of conformity

Note: For regulatory identification purposes, Echo is assigned a model number of N448.

CE



Products with the CE marking comply with Radio & Telecommunication Terminal Equipment Directive (R&TTE) (1999/5/EC), the Electromagnetic Compatibility Directive (2004/108/EC) and the Low Voltage Directive (2006/95/EC) - issued by the Commission of the European Community.

Compliance with these directives implies conformity to the following European Standards:

EN301489-1: Electronic compatibility and Radio spectrum Matters (ERM), ElectroMagnetic Compatibility (EMC) standard for radio equipment and services; Part 1: Common technical requirements

EN301489-17: Electronic compatibility and Radio spectrum Matters (ERM), ElectroMagnetic Compatibility (EMC) standard for radio equipment and services; Part 17: Specific conditions for 2,4 GHz wideband transmission systems and

5 GHz high performance RLAN equipment

EN 300 328: Electromagnetic compatibility and Radio spectrum Matters (ERM); Wideband Transmission systems; Data transmission equipment operating in the 2,4 GHz ISM band and using spread spectrum modulation techniques; Harmonized EN covering essential requirements under article 3.2 of the R&TTE Directive

EN55022: Radio disturbance characteristics

EN55024: Immunity characteristics

EN61000-3-2: Limits for harmonic current emissions

EN61000-3-3: Limitation of voltage fluctuation and flicker in low-voltage supply system

IEC 60950-1:2001: Product Safety

The manufacturer cannot be held responsible for modifications made by the User and the consequences thereof, which may alter the conformity of the product with the CE Marking.

Hereby, Masternaut declares that this N382 is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

WEEE



This product must not be disposed of as normal household waste, in accordance with the EU directive for waste electrical and electronic equipment (WEEE - 2002/96/EC). Instead, it should be disposed of by returning it to the point of sale, or to a municipal recycling collection point.



Federal Communications Commission (FCC) Statement

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 or more 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.

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

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

FCC RF Radiation Exposure Statement

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

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.

This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body.

IC

This Class B digital apparatus complies with Canada ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

The abbreviation, IC, before the registration number signifies that registration was performed based on a Declaration of Conformity indicating that Industry Canada technical specifications were met. It does not imply that Industry Canada approved the equipment.

To prevent radio interference to the licensed service, this device is intended to be operated indoors and away from windows to provide maximum shielding. Equipment (or its transmit antenna) that is installed outdoors is subject to licensing.

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Canada, avis d'Industry Canada (IC)

Cet appareil numérique de classe B est conforme aux normes canadiennes ICES-003 et RSS-210.

Son fonctionnement est soumis aux deux conditions suivantes :

(1) cet appareil ne doit pas causer d'interférences et

(2) cet appareil doit accepter toute interférence, notamment les interférences qui peuvent affecter son fonctionnement.



MiTAC Digital Corp.

471 El Camino Real Santa Clara, CA 95050 USA

USA & Canada: 800-707-9971

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Echo Fundamentals

Connecting Your Echo Watch

The Magellan Echo watch can be connected with iOS and Android devices (smartphones/tablets) which have Bluetooth Smart. Please visit www.magellangps.com/echo/devices for a list of the latest compatible devices.

To connect the watch, activate the Bluetooth function on your device and select the Echo watch from the list of connected devices.

Echo Settings

The settings of the watch can be changed using the Magellan Echo App.

Please download the Magellan Echo App on your device to change the settings of the watch and to customize the screens.

The app allows you to:

- Set the time and date notation
- Set the correct time and date
- Add remove specific data fields on the watch

Updates

By connecting the watch with the Magellan Echo App, the watch will automatically set to the correct time and date (depending on time zone). Software updates will be offered automatically when available.

It is recommended that you connect the watch to the Magellan Echo App regularly.

Using the Watch

The watch has 4 buttons and a screen tap function that can be used to control one of the compatible running apps. The functions of these buttons might vary from app to app. Please consult the instructions of the compatible app to find out more information.



- **Power** button: to turn the watch on and off.
- **Lap** button: to manually start and stop a new lap.
- **Music** button: to play, pause and switch songs.
- **Record** button: to start and stop recording an activity.
- Tap screen: to turn the page to show additional data screens.

A list of compatible apps can be found on www.magellangps.com/echo/apps.

Power

Turning Echo On / Off

Press the **Power** button briefly to turn Echo on.

Press and hold the **Power** button to turn Echo off.

Battery

The Echo watch works on a CR2032 battery and with an estimated battery lifetime of 10 months.

Note: The battery lifetime depends on usage of the Echo watch (calculations have been done on 12h non connected usage + 1h/day workout).

To replace the CR2032 battery, simply open the battery lid at the back of the watch.



Replace the battery with the POSITIVE side up and place the battery lid back in place.



Note: After replacing the battery, make sure that the O-ring is seated properly into the groove before closing the battery lid.

Note: When closing the battery lid, make sure that the lid fits properly on all corners and then press to lock the lid in place with a click sound.

Warranty

This Two-Year Limited Warranty applies to Hardware Products (except USB cable) manufactured or distributed by MiTAC Digital Corp. (“Magellan”) under the Magellan brand name. Magellan offers, at no additional charge, to repair or replace defective parts with new parts during the two-year warranty period in Europe (excluding United Kingdom and Ireland*), Australia and New Zealand.

The warranty period for refurbished Hardware Products (except USB cable) is one year after the date of original purchase.

* One-year limited warranty applies.

Magellan’s obligations with respect to Software distributed by Magellan under the Magellan brand name are set forth in the applicable end-user license agreement. Non-Magellan Hardware and Software Products are provided on an as is basis. However, non-Magellan manufacturers, suppliers, or publishers may provide their own warranties.

Terms of the Warranty

Magellan warrants that the Hardware Product you have purchased from Magellan or from a Magellan authorized reseller is free from defects in materials or workmanship under normal use during the warranty period. The warranty period commences on the date of

purchase. Your sales receipt is your proof of the date of purchase. This warranty extends only to you, the original Purchaser. It is nontransferable. It excludes expendable parts.

During the warranty period, Magellan will, at no additional charge, repair or replace defective parts with new parts or, at the option of Magellan, serviceable used parts that are equivalent or superior to new parts in performance.

All exchanged parts and Products replaced under this warranty will become the property of Magellan. This Limited Warranty extends only to Products purchased from Magellan or from a Magellan authorized reseller.

This Limited Warranty also does not extend to any Product that has been damaged or rendered defective (a) as a result of accident, misuse, or abuse; (b) as a result of an act of God; (c) by operation outside the usage parameters stated in the Product's User's Manual; (d) by the use of parts not manufactured or sold by Magellan; (e) by modification of the Product; or (f) as a result of service by anyone other than Magellan, a Magellan authorized reseller, or a Magellan authorized service provider. Magellan is not responsible for damage to or loss of any programs or data. Contact your local Magellan authorized service provider for geographic restrictions, proof-of-purchase requirements, response time commitments and other specific on-site service requirements.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, MAGELLAN MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. MAGELLAN EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS EXPRESS LIMITED WARRANTY.

Limitation of Remedy

Magellan is not liable for any damages caused by the Product or the failure of the Product to perform, including any lost profits, lost savings, incidental damages, or consequential damages. Magellan is not liable for any claim made by a third party or made by you for a third party.

This limitation applies whether damages are sought, or a claim made, under this warranty or as a tort claim (including negligence and strict product liability), a contract claim, or any other claim. This limitation cannot be waived or amended by any person. This limitation of liability will be effective even if Magellan or an authorized representative of Magellan has been advised by you of the possibility of any such damages. This limitation of liability, however, will not apply to claims for personal injury.

Addendum A - Resting Heart Rate

Measuring Your Resting Heart Rate

The measurement of resting heart rate or pulse rate (the number of heart beats per minute) should be taken after a few minutes upon waking while still lying in bed. Give your body some time to adjust to the change from sleeping before taking your pulse (2-5 minutes). If you are not able to take a measurement first thing in the morning, make sure you lie down for at least 10 minutes before taking a measurement. Take a radial or carotid measurement.

Carotid Pulse (neck) - To take your heart rate at the neck, place your first two fingers on either side of the neck. Be careful not to press too hard, then count the number of beats for a minute.

Radial Pulse (wrist) - place your index and middle fingers together on the opposite wrist, about 1/2 inch on the inside of the joint, in line with the index finger. Once you find a pulse, count the number of beats you feel within a one minute period.

For an adult, a normal resting heart rate ranges from 60 to 100 beats a minute. For a well-trained athlete, a normal resting heart rate may be closer to 40 beats a minute. For healthy adults, a lower heart rate at rest generally implies more efficient heart function and better cardiovascular fitness.