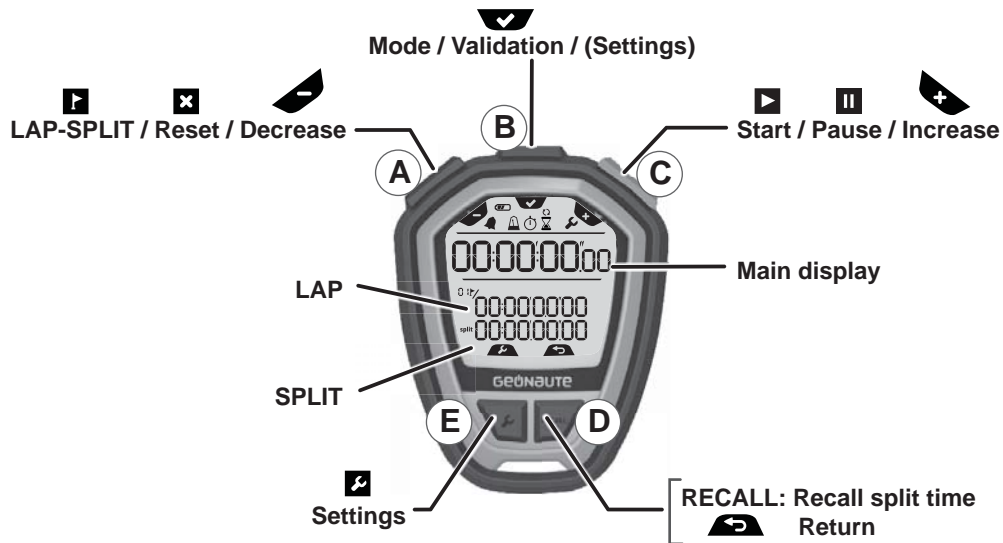




## 1 Intuitive guide



## 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

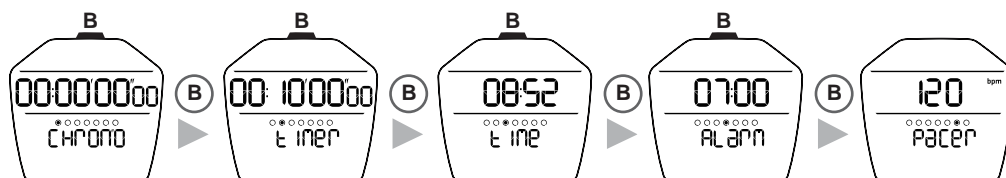
**NOTE:** ONstart 310 can be switched to standby manually if the stopwatch and timer are at zero. ONstart 310 switches to standby mode automatically after 24 hours.

## 3 Accessing the functions

Press the Mode button (**B**) in succession to access the various functions.

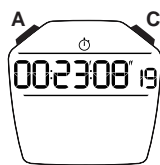
- **STOPWATCH:** Stopwatch (1/100s up to 99h59min59s) with 50 split times
- **TIMER:** 3 types of countdown:
  - *MATCH:* countdown with several programmable times (see page 3/8)
  - *COACH:* with several customisable workouts (see page 3/8)
  - *UPDOWN:* countdown followed by a stopwatch (see page 4/8)
- **TIME:** Time and date
- **ALARM:** Alarm
- **PACER:** Sets a cadence (from 1 to 240 beeps/min)

**Note:** For each function, when set for the first time, ONstart 310 will switch automatically to settings mode.



## 4 Stopwatch Mode

### 4.1 - Using the stopwatch

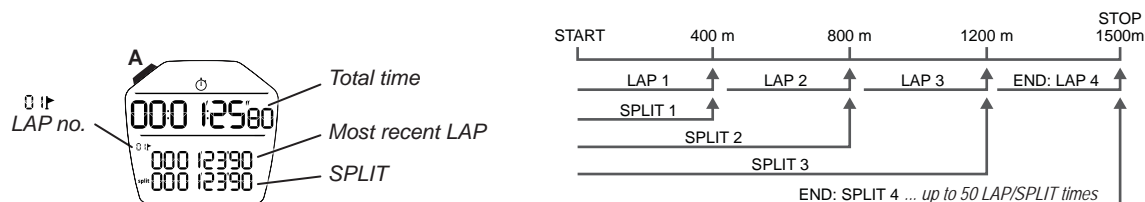


- Start the stopwatch      ► Press **C**
- Pause                      ► Press **C**
- Reset                      ► Press **A** when the stopwatch is paused.

### 4.2 - Using split times

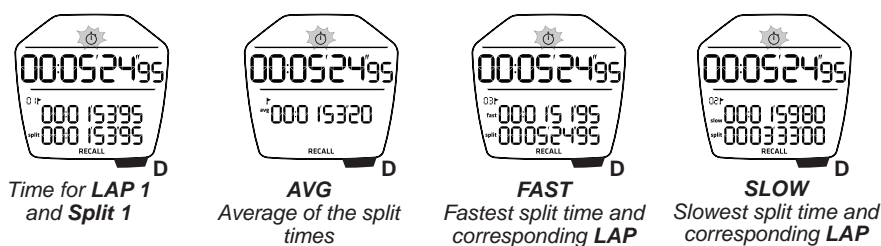
**ONstart 310** measures split times (SPLIT: the time taken from the start up to a given point) and lap times (LAP: the time taken since the previous partial measurement up to the given point).

- 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 or off)      ► Press **D**
- To scroll through the various split times as well as the average time, the quickest time and the slowest time      ► Press **D**



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

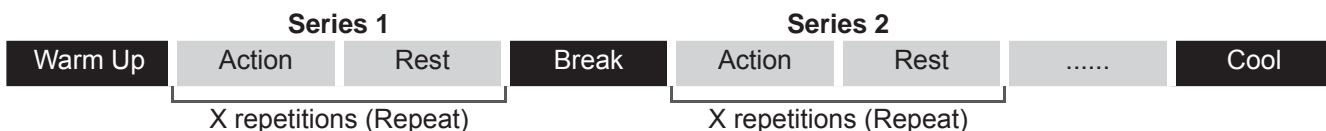
## 5 Timer mode (countdown)

ONstart 310 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.



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



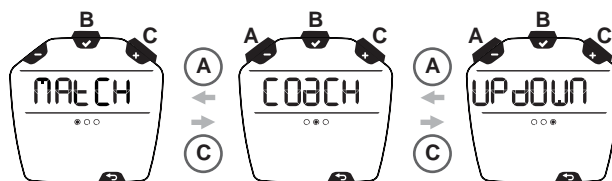
This type of countdown is designed for programming a workout session made up of blocks that vary in intensity and length. Perfect for interval training.

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).

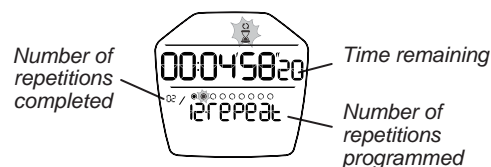
### 5.1 - Selecting the countdown

- ▶ 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

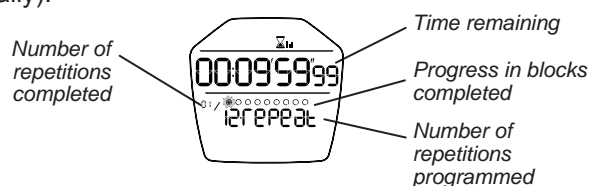
- ▶ Go to countdown mode then select **"MATCH"** mode
- ▶ Press and hold the **E** button to access the settings (when setting for the first time, you will arrive there automatically).
- ▶ Set the countdown times and the repetitions by pressing the **A(-)** and **C(+)** buttons and press the **B** button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



### 5.3 - Setting the "COACH" countdown

For **"COACH"** mode, 9 different schedules can be saved.

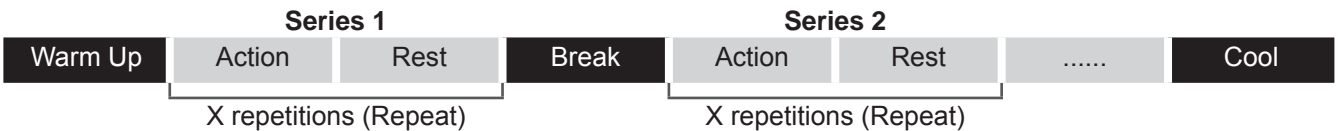
- ▶ Go to countdown mode then select **"COACH"** mode
- ▶ If you have already created several workouts, select the one you want to set.
- ▶ Press and hold the **E** button to access the settings (when setting for the first time, you will arrive there automatically).
- ▶ Choose your settings by pressing 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.

### 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.



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

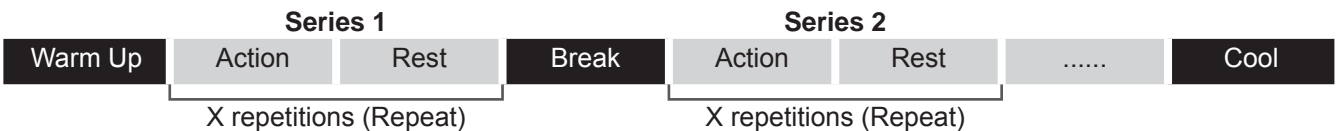
After selecting "**DELETE**" for the relevant programme, select **YES** to delete the programme by pressing the **A(-)** and **C(+)** buttons and press the **B** button to confirm.

### 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.



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.

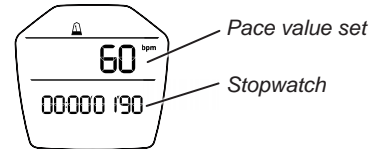
## 5.5 - Using the countdown

- ▶ 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.



### 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.

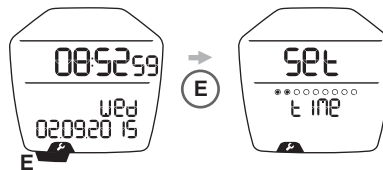
### Using the PACER

- Start the pacer and the stopwatch ▶ Press Start/Pause (**C**)
- Pause ▶ Press Start/Pause (**C**)
- Reset ▶ Press Reset/LAP (**A**)

## 7 Time Mode

### Setting the time mode

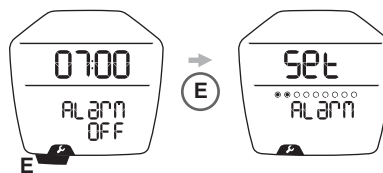
- ▶ Go to the "**TIME**" mode
- ▶ Press and hold the **E** button to access the settings.
- ▶ In turn, set the hours, minutes, format for the time, year, month, day and the date format by pressing the **A**(-) and **C**(+) buttons and press the **B** button to confirm.



## 8 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.

## 9 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.

## 10 Contact Us

Download the instruction manual and contact us at [www.support.geonaute.com](http://www.support.geonaute.com)

# GEONAUTE.COM

Made in China - Fabricado na/em China

Произведено в Китае - Imal edildigi yer Çin

中国制造 - 中國製造 - ผลัดใบจน

以下标示仅在中国大陆地区适用

中国 制造 - 中國 製造

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编:201108

商标: GEONAUTE

产品等级: 合格品 - 质检证明: 合格

执行标准: GB/T 227782008



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