

THE LEIKR WATCH

KEYS AND BASIC NAVIGATION RULES

Single Press and Double press functions.

Leikr watch utilizes 4 keys to navigate through the menu. Every key has a function when short pressed and a different function when long pressed. The functions of each key will change according to the screen and the position in the menu.

Functions names: short press and long press functions are explicitly labeled with a text shown on the display in proximity of the key. A slash is placed between the name of the function of the short press and the name of the function of the long press. Here an example: Light/Zoom.

When pressing the key: when pressing the key you can feel a vibration: release the key after the first vibration to access the short press function. If the key is kept pressed for a longer time, the Leikr watch vibrates a second time: release the key after the second vibration to access the long press function.

Powering on and powering off.

Powering on: the Leikr watch is powered on by pressing the power key (Key 1, marked with the power logo). When powering on the device vibrates and the screen light turns on for a second. The Leikr logo appears on the screen.

Powering off: to power off the device the power key (Key 1, marked with the power logo) should be kept pressed for approximately 6 seconds. During this period the Leikr watch vibrates three times and the screen light turns on. Release the power button immediately after the third vibration.

Navigating a menu list.

The logic to go through a menu list is consistent through-out the whole menu.

A short press of the "Select/back" key always opens the menu item which is highlighted by a blue box. Long pressing the "Select/Back" brings back to the upper level of the menu. Scroll up and down the menu list by pressing the keys "Up" and "Down".

Changing distance, time and calories settings, on the watch by toggling through the digits.

Both in "Settings" menu and "Training targets" menu there are numerical fields that can be modified through the watch keys. A number can be modified by toggling through the digits. Select the line you want to modify by pressing the keys "Up" or "Down". The box of the line currently selected is blue. If the line contains a number that can be modified, pressing the key "Select" will highlight the first digit to the right. Increase or decrease the value by pressing the keys "Up" or "Down". Press select to move to the next digit to the left. Once you have walked through all the digits of the number, the next select key press will bring you out of the number and back to the menu item.

THE ACTIVE SCREEN AND MAPS SCREEN

Main area: when you turn on your Leikr watch, you are presented with the “Active screen”. In the main area of the active screen you can see two types of information: on the left side you have the duration parameters, Time, Distance and Calories. They will increase progressively through your training. On the right hand side of the “Active screen” you can find the target parameters that would fluctuate during your training: Speed, Instant Pace and Heart Rate.

Header: in the top-center part of the “Active Screen” you can read the sport you have selected: the calories calculation will depend from the sport selected. The watch default sport is “Running” (see the paragraph “How to select your sport” to learn how to change sport).

Footer: when you turn on your Leikr watch and the “Active screen” appears. At the bottom-center part of the “Active Screen” you can see two icons: the battery Icon to the left and the Satellite Icon to the right. The Battery Icons show the power level of the device (4 bars when the battery is full). The icon will toggle through the battery bars when the watch is charging. The satellite icon blinks when the watch is searching for the satellite connection. The satellite icon will turn steady once the GPS connectivity is achieved. When the GPS connection is established, a clock will appear in the idle of the footer (between the battery icon and the satellite icon). The clock gets the time from the satellite, however it is possible to override the clock time by setting a different off-set to the GMT (see the paragraph “Adjust the watch settings directly from the watch menu” to learn how to change the time).

Maps: Pressing the “View” button, you can change from “Active screen” view to “Maps” view. When the watch has GPS connectivity, the “Maps” view shows the area where the watch is located. It is possible to change the zoom level of the maps by pressing the key “Zoom”. The watch has 3 zoom levels, shown in a 3 presses carousel. On the maps screen a single tile with the most significant parameter for the selected sport is shown in the upper right corner.

HOW TO START, STOP, PAUSE AND SAVE A TRAINING SESSION

Press the key “Start” to begin your training session. The same Key then turns into a “Stop” key. Press the “Stop” key to pause the workout. Once you pause a workout, the same key turns into a “Resume” key. Press the “Resume” key to continue your workout or press the key “Reset” to save the workout in the “Workout History” menu.

HOW TO SELECT YOUR SPORT

Either from the “Active screen” or from the “Maps” screen, press the “Menu” key. The first Menu item on the list is called “Sport”. Press “Select” to access the list of sports (Menu->Sport). Press “Up” and “Down” to choose your favorite sport and then press “Select”. Long pressing “Select/Back” will bring you back to the “Active screen”. On the header you will see the name of the sport selected.

THE TRAINING HISTORY MENU

Either from the “Active screen” or from the “Maps” screen, press the “Menu” key. The second Menu item on the list is called “Training history”. Press “Select” to access the list of training sessions you have performed (Menu->Training history). The training sessions are labeled with the date and the starting time. Press “Up” and “Down” to browse your workout and press “Select” to open the training session highlighted in blue. The screen will show the summary of your workout: elapsed time, total distance and calories, average speed and pace, average heart rate. Important: before the watch is used the first time the “Training history” list is empty.

HOW TO SET A TRAINING TARGET

Either from the “Active screen” or from the “Maps” screen, press the “Menu” key. The third Menu item on the list is called “Training management”. Press “Select” to access the menu list. The first item on the list is called “Training targets”: press again “Select” to open the target list (Menu->Training management->Training targets). The available training targets are: “Distance”, “Time” and “Calories”. By pressing “Select” you can switch on or off the target highlighted (“Target: on/off”). The target value can be changed by toggling through the numbers as explained in the paragraph “Changing distance, time and calories settings, on the watch by toggling through the digits”. Important: targets are mutually exclusive; you cannot turn “on” more than one target at the time. If you have chosen a target before performing a training session, a vibration goes off when the target is reached during the training: together with the vibration a message notification appears on the screen.

HOW TO CHOOSE A ROUTE

Either from the “Active screen” or from the “Maps” screen, press the “Menu” key. The third Menu item on the list is called “Training management”. Press “Select” to access the menu list. The second item on the list is called “Routes”: press again “Select” to open the target list (Menu->Training management->Routes). The “Routes” menu items are “Routes” downloaded to the watch from Endomondo. Once you have selected a route by pressing the key “Select”, the route appears as a solid line on the Maps screen once you start the training session. Important: to visualize a route on the maps, the route should belong to the area where you are starting your training session.

ADJUST YOUR SETTINGS DIRECTLY FROM THE WATCH MENU

Either from the “Active screen” or from the “Maps” screen, press the “Menu” key. The fourth Menu item on the list is called “Settings”. Press “Select” to access the setting menu (Menu->Settings).

Auto Lap: Toggle auto lap “on” or “off” to enable or disable the function. When “Auto lap” is set to “on”, a lap summary appears on the watch every time you complete the set lap distance during a training session. The summary appears after a short vibration and stay on the screen for approximately eight seconds. The “Auto lap” screen displays: elapsed distance, elapsed time, calories per lap, average speed, average pace and average heartbeat per lap. To make the information more recognizable the “Auto lap” screen shows red lines on the tile boxes.

Setting the Lap distance: The “Lap distance” is the distance of a lap in Kilometers and fractions, and can be changed by toggling through the numbers as explained in the paragraph “Changing distance, time and calories settings, on the watch by toggling through the digits”.

Auto pause: Toggle auto pause “on” or “off” to enable or disable the function. When “Auto pause” is set to “on”, the device stops the counters every time the GPS detects that you have stopped moving.

Backlight time: It is possible to define for how long the display back light stays on every time you press the key “light”. The options for the “Backlight time” are: 2, 4, 15 seconds or “on/off”. If the “Backlight time” is set to on/off, a key press is needed to shut off the light.

Vibration alert: Toggle auto lap “on” or “off” to enable or disable the function. When “Vibration alert” is set to “on” the watch will vibrate when: a target is reached (providing that a “Training target” is set to “on”), a lap is completed (providing that “Auto lap” is set to “on”), a workout step is completed (providing that a “Workout” has been selected). Vibrations that are not related to an event occurring during a training session, such as the vibration for the acquisition of a GPS signal or the vibration for the long and short Key presses, or power up and power down vibrations are not affected by the “Vibration alert” setting.

Time zone: The watch clock gets the time from the satellite as soon as a GPS connection is established, however it is possible to override the clock time by setting a different off-set to the GMT. Highlight “Time zone” from the “Settings” menu list and toggle through the Time offsets with the “Select”.

Restore factory settings: “Restore factory settings” restore all the watch settings to the original default values. Important: the Wi-Fi configuration is also lost, connection to the WiFi need to be re-initiated by docking the watch in the charger connected to the PC and transferring the configuration file (see the paragraph “Establishing network connectivity”).

FCC Caution.

§ 15.19 Labelling requirements.

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.

§ 15.21 Information to user.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

§ 15.105 Information to the user.

Note: 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.