Gebrauchsanleitung

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1 DESCRIPTION

ONcoach is an MP3 heart rate meter player with vocal feedback. Its main advantage is music coaching based on your heart rate.

Just select a training workout and your preferred music and let yourself be guided!

ONcoach will select the most appropriate music for each change in exercise rhythm and your trainer will guide and encourage you in achieving your objective.

Over 80 guided workouts prepared by Jiwok trainers are available based on 4 motivational channels: Let off steam, keep in shape, progress and relax.

To go further, there are also numerous training plans which are optionally available enabling you to easily achieve your long-term goals (train for a marathon, lose 5 kg, etc.).

Accessing the menu (M)

Scroll up/Increase

Activate vocal feedback

Down/Reduce

Previous screen

Next screen

Play/Pause/Confirm

USB connection (charging the battery)

Audio output

ON/OFF/Lock button
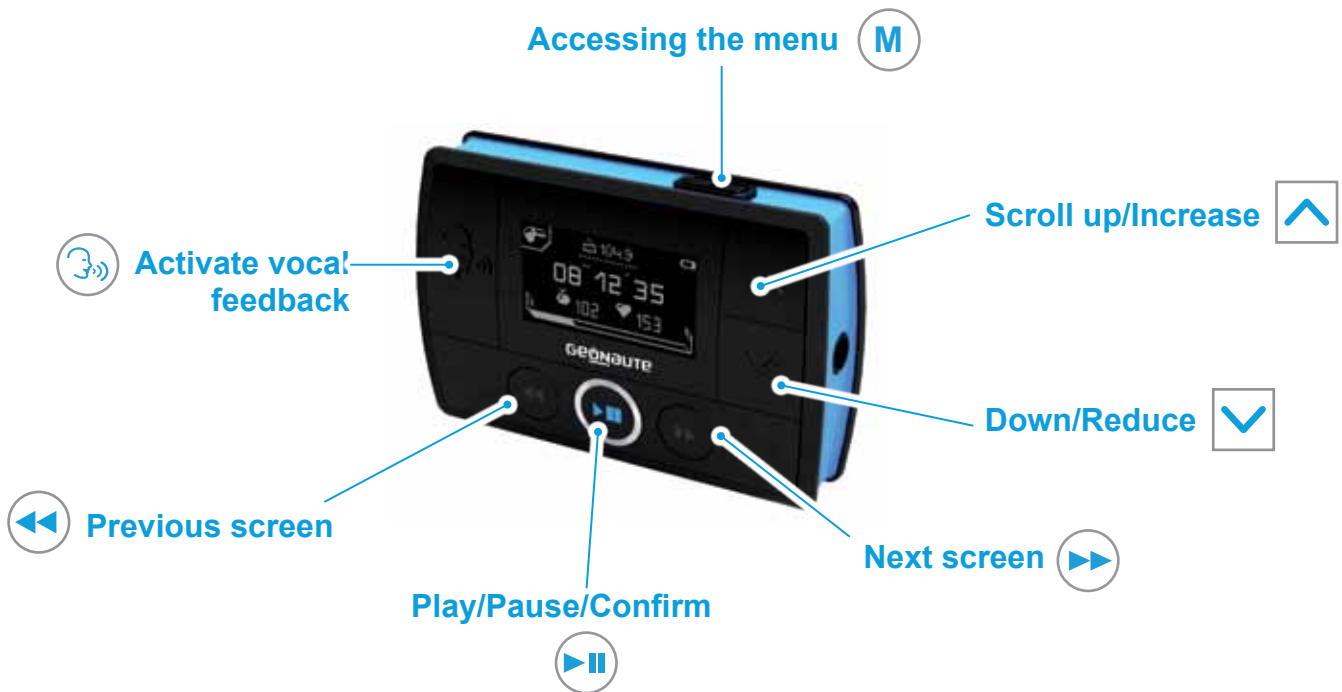
2   GETTING STARTED

2.1   Product installation

We recommend that you charge the ONcoach fully before first use. Charge time is approximately 2 1/2 hours. When fully charged, 8 hours of exercise or 6 hours in radio mode are available. The ONcoach can be charged simply by connecting it to a USB port on your computer or a 5V USB adapter.

2.2   When you first connect to your computer

To fully enjoy your product and avail of its benefits, you should create an account on **myGeonaute.com** and install the **ONconnect.** software.

The ONconnect software links your personal myGeonaute area with your product. Your music can also be scanned and transferred to your product. Connect the ONcoach to your computer (Windows XP, Vista, 7, MAC OS 10.6, 10.7, 10.8) with the USB cable.

Go to **www.start.geonaute.com** and select your product from the list.

When the product has been selected, follow the instructions and install the ONconnect software.

When connected to the ONconnect software, your product will automatically synchronise with your account and your personal settings (age, weight, max heart rate, etc.).

The ONconnect software will also download the vocals for training plans to your product. This process only occurs once and can take a while, be patient and don't disconnect your product!

2.3   Music library

To fully benefit from all the functionalities of your ONcoach, your musical pieces must be uploaded to the ONconnect software library. To do this, go to the " **Bibliothèque PC (PC library)** " area of the ONconnect software.

2.3.1   Importing music

To import your music, click on " **Ajouter de la musique (Add music)**",
Then choose to either import a whole file or just one piece.

To clear one or more pieces, select them and click on **recycle bin**.

2.3.2 Music and exercise level association

Your music is transferred to your library and then scanned to determine what level of exercise to be associated with: Calm, Rhythmic or Energetic. Based on these levels ONcoach will select the music for your training workout.
When the piece has been scanned, it is allocated a colour bullet point according to the exercise rhythm:

● Calm

● Rhythmic

● Energetic

● Not determined

The association of a piece to an exercise level automatically occurs as a background task.

If the ONconnect software cannot determine the rhythm or if you think that the associated rhythm is not right, you can change it by clicking on the colour bullet point.
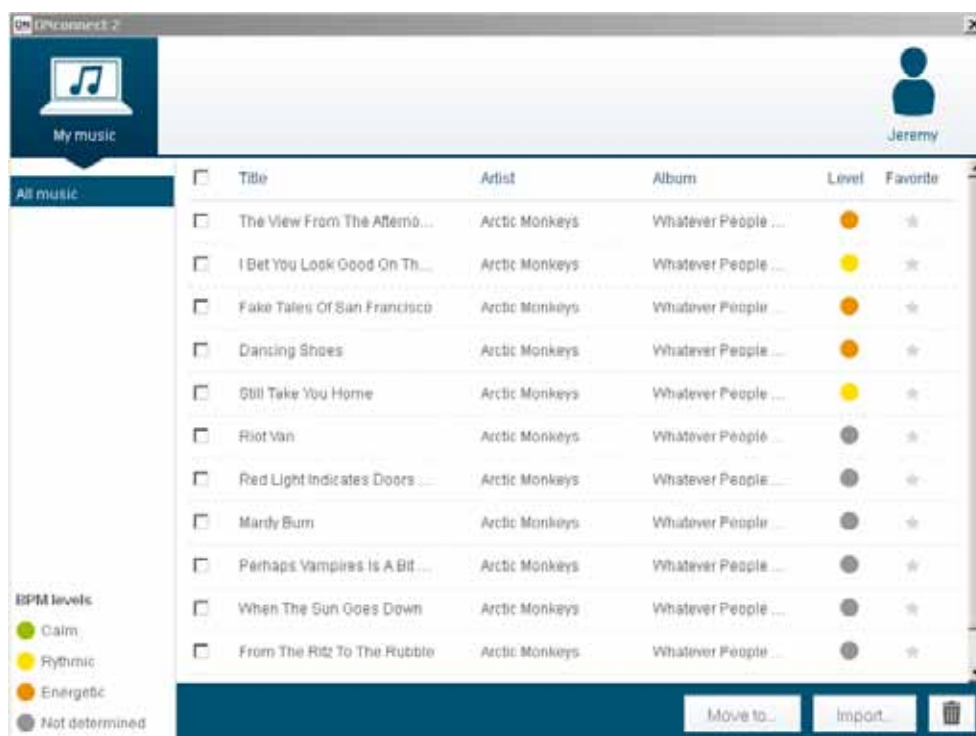
2.3.3 Exporting music to your ONcoach

Once music has been scanned, you can send your selected pieces of music to your ONcoach.
To do this click on "**Déplacer vers (Go to...)** " and select "**ONcoach** ".

When the transfer is complete, the musical content of your ONcoach can be seen by clicking on the " **ONcoach** " tab and going to the **Music only** " section.

Attention:
- Check that all your pieces have been scanned before doing the transfer. Should this not be the case, ONcoach is unable to select a piece suited to your exercise rhythm.
- Ensure that the correct music has been transferred to your product to fully benefit from the ONcoach experience.

When your music has been transferred to your ONcoach, you can select your training!

2.4 Training module on myGeonaute.com

The training module on myGeoonaute.com offers two types of training:

- **Guided workouts**: completely free and unlimited, these workouts train you as you wish: Let off steam, Relax, Keep in shape or Progress.

- **The training programmes (optional)**:depending on your goal, our trainers will develop a training plan for you over several weeks allowing you to easily achieve your goal.

Workouts are available for running, elliptical training or using an exercise bicycle.

2.4.1 Guided workouts

Guided workouts train you according to how you wish:

- **Let off steam** : workouts alternating different exercise rhythms.

- **Relax**: gentle workouts alternating low to moderate intensity phases.

- **Keep in shape**: workouts for the heart rate zone focused on losing fat

- **Progress**: Split workouts to improve performance.

These workouts can be selected according to 3 criteria:

- **Sport**: running, elliptical training or exercise bicycle

- **Duration**: durations can range from 35 minutes to 1 h 20 minutes.

- **Level**:

    - Sedentary: ideal for people not doing any sport who wish to start
    - Beginner: suitable for occasional athletes
    - Intermediate: designed for regular athletes

Selecting a guided workout

You can select one or more guided workouts by simply clicking on it.

Once selected, the workout is shown in blue. To deselect it, click on the workout again.

Your selection can also be completely cleared by clicking on **recycle bin**.

Note: *No more than 20 workouts can be selected.*

For more details about a workout, point your mouse on the workout and click on **Plus de détails (More info)** ".

Description and workout details

Graph: view the various heart rate zones quickly which will be requested by the trainer throughout the workout.

< Retour   Détail de la séance   + Ajouter à ma sélection

60 min.
Intermédiaires

Séance fractionnée visant le développement de la VMA.

Lors de cette séance, vous débuterez par 30 minutes d'échauffement en courant à 70% FCM . Puis, vous effectuerez: 10 fois : 1 minute courue très vite à 95 % FCM (VMA) + 1 minute de récupération trottinée à 70% FCM . Enfin, vous courrez 10 minutes à 70% de FCM. Cette séance durera 60 minutes . Lors de la réalisation de votre séance vous pourrez prendre une marge de +/-3% par rapport au pourcentage de FCM indiqué.

FCM : Fréquence Cardiaque Maximale

Conseils du coach

Profitez des 30 minutes en endurance pour bien vous mettre en train, accélérez légèrement en fin d'échauffement pour préparer la séance. Lors des accélérations, soufflez bien, allongez la foulée tout en conservant de la fréquence. Contrôlez votre attitude et votre technique, partez vite mais pas à fond.

Historique

Séance du 24/01/13 | 14% de réussite   Voir la séance

History: If you have already done this workout, your progress can be viewed as well as the details of each workout.

Advice from trainer: Your trainer will advise you on how to do your workout in the best conditions.

6

Confirmation and sending your workout selection to your ONcoach

When your selection is complete, click on **Confirmer et envoyer à mon ONcoach (Confirm and send to my ONcoach)** " then click on "**OK**".

To finish sending your workout selection to your product, don't forget to synchronize it using the ONconnect software.

Synchronise my ONcoach

2.4.2   Training programmes

Selecting a training programme

Several training programmes are optionally available on the myGeonaute portal from €9.90.

A programme list will be displayed according to various criteria:

• **Your objective:**

- I want to do sport
- I want to stay in shape
- I want to prepare for a race
- I want to progress
- I want to keep fit between 2 races
- I was injured and I want to resume sport
- I want to train in a gym or indoors
- I want to lose weight

• **Your level:**

- Sedentary: ideal for people not doing any sport who wish to start
- Beginner: suitable for occasional athletes
- Intermediate: designed for regular athletes
- Confirmed: athletes exercising 1 to 2 times a week
- Expert: athletes exercising 3 to 5 times a week

• **The frequency of weekly exercise: 1, 2, 3 or 4 times a week**

Once this criteria is selected, you access a list of programmes corresponding to your search.

For further clarity, you can also filter these programmes by sport with " **filtre par activité (filter by exercise)** "

For more information about a programme, click on "**Plus de détails (More info)** "

The following window opens:

Summary of your training plan

Progress of your training: view the progress of your training and access details of the various workouts.

History: If you have already done this workout, your progress can be viewed as well as the details of each plan.

Advice from trainer to do your plan in the best conditions

Explanation of the over-all objective of the plan

Graph: Quickly view the various heart rate zones which will be requested by the trainer throughout the workout.

Description, details of the workout and advice from trainer

Once your training plan has been selected, you can select it by clicking on "**Choisir ce programme d'entraînement (Select this training programme)** " and follow the payment instructions.

Sending your training plan to your ONcoach

Once payment has been made, click on " **Commencer l'entraînement (Start training)** " and then on " **OK** ".

To finish sending your training plan to your product, don't forget to synchronize it using the ONconnect software.

You can cancel your training plan at any time by clicking on "**Arrêter ce programme (Stop this programme)**".

You can resume this plan later by selecting it on the home page of the training plan section in the " **Training** " module.

3 USE

3.1 Switching on, off and locking

3.1.1 Switching on

To switch the ONcoach on, slide the ON/OFF button to ⏻ and release.

The progress bar changes as initialisation advances

3.1.2 Shutting down

To switch the ONcoach off, hold the power button towards ⏻ for 2 seconds, and then release.
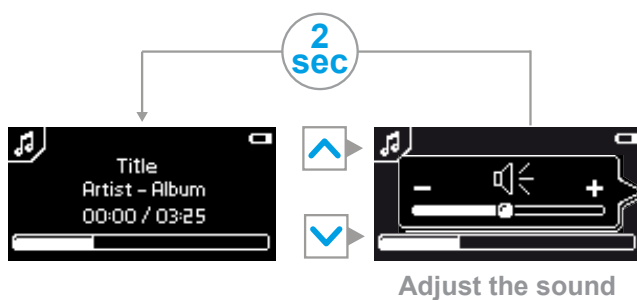

2 s.

3.1.3 Locking

To lock, block the power button towards 🔒, to the left.

During your exercise, it is recommended locking your product. All the buttons will be deactivated apart from the vocal feedback one, thereby avoiding any improper handling.

3.2 Sound setting

Adjust the sound

3.3 Adjustment principle for each setting

Scroll   Confirm your selection
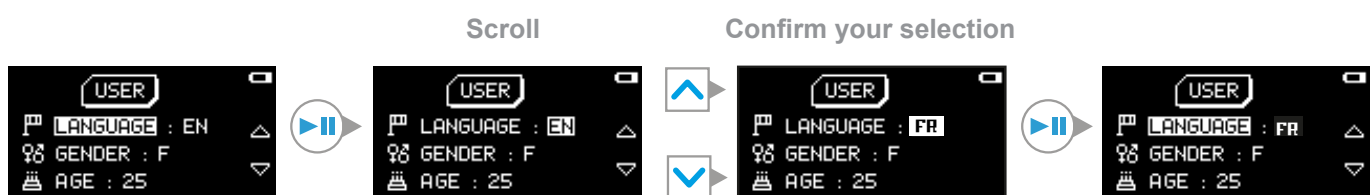
ℹ️ Irrespective of the screen, pressing on Ⓜ takes you back to the main menu.

The ⏪ button goes back to the previous screen.

3.4   Installing accessories

3.4.1   Attachment clip

ONcoach has a clip enabling it to be attached to wherever you want it (belt, pocket, T-shirt, etc.).
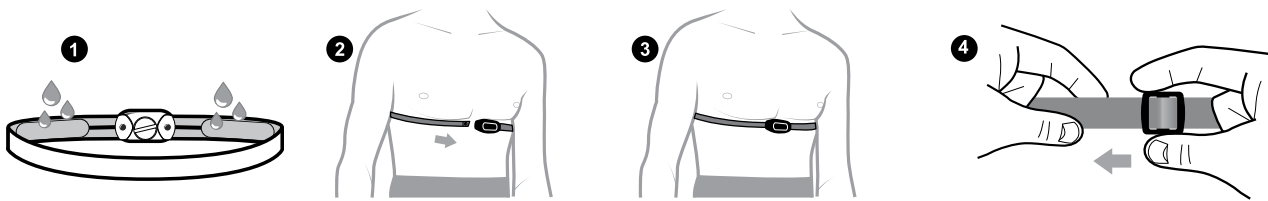
3.4.2   Headphones

Find the left and right headphones and put them in your ears whilst placing the ear clip behind your ear. It can also be adjusted by pressing on it for a better hold.

3.4.3   Heart rate meter and accelerometer (optional)

When starting a workout in Free or Training mode, the ONcoach searches for the signal from the heart rate meter belt for the heart rate and/or accelerometer to measure speed and distance.

To enable your ONcoach to detect your heart rate, the belt must be properly positioned and moistened.

Connection to sensors

> See p.12

Heart rate meter belt

Detected

Not detected

Accelerometer*

Search

Optional and deactivated by default.
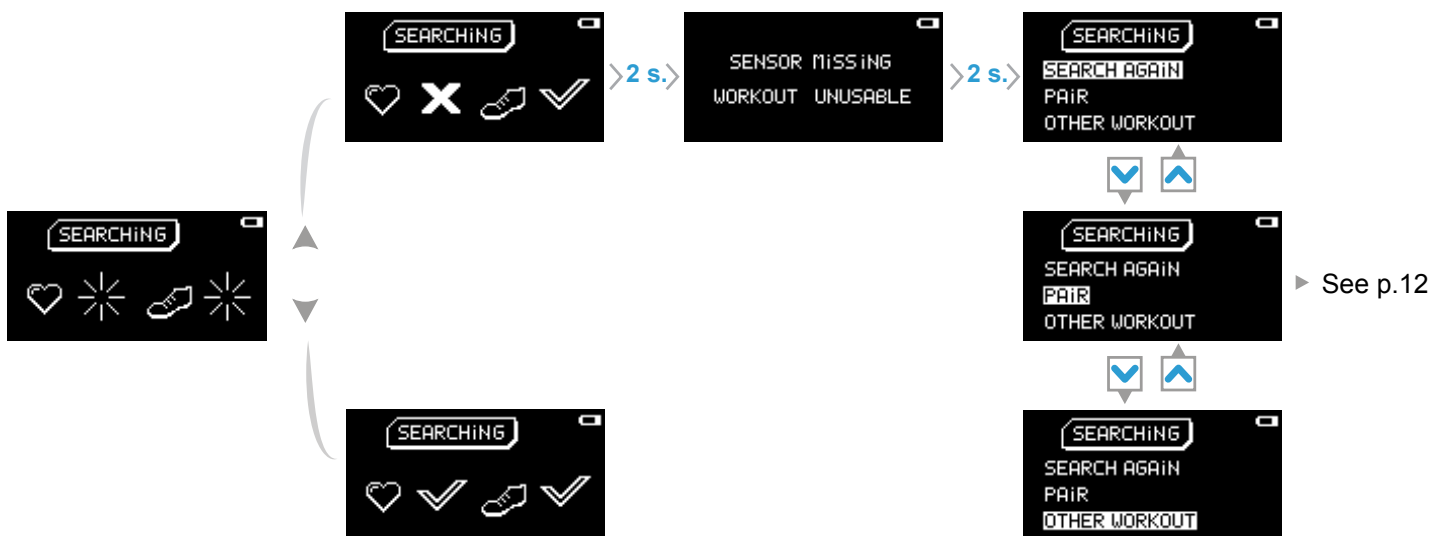
If one of the signals is not found, the ONcoach will offer:

- A new search.

- A pairing: See p.12.

- Continuing without the belt and/or accelerometer: all information about heart rate and/or speed and distance are not available.

3.5   FREE mode

The free workout enables you to do your exercise to music by benefiting from information vocal feedback.

3.5.1   Customising your workout

Before starting your workout, you can adjust certain functions:

Autolap: Adjusts an automatic lap according to time or distance covered (with optional accelerometer)

Zone: Adjusts the target heart rate or speed zone (with optional accelerometer) in which you wish to work.

Once your settings have been established, you can start exercising by pressing on "GO"

A search of your sensors will start .

3.5.2   Use in FREE mode

(►‖) : Launch/pause a workout.

When a workout is paused, you can access the following menus:

• Settings: adjusts the music and adjusts the vocal feedback settings .

• Stop a workout: stops and records your workout.

(◄◄) (►►) : Previous/next piece.

(M) (held for 2 seconds): Stop a workout.

3.6   TRAINING mode

The training mode gives you access to guided workouts or to your training plan selected on the myGeonaute.com portal.

If you have not selected guided workouts or a training plan, this mode cannot be used. Also check that you have synchronised your product using the ONconnect software .

By default, the automatic vocal feedback is deactivated for this mode.

Guided workouts and training plans work with heart rate, ensure you wear your heart rate meter belt to use these modes.
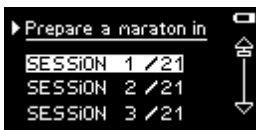
3.6.1 Guided workouts

If you have selected guided workouts on myGeonaute, all these workouts are found in the training mode classified in their respective categories.

Select the workout of your choice by pressing on ▶❙❙ .

3.6.2 Training plans

If you have selected a training plan on myGeonaute, all the workouts that are part of this plan are found in the training mode.

Select the workout of your choice by pressing on ▶❙❙ .

3.6.3 Use in guided workout or training plan mode

When you start your workout, a playlist is automatically selected according to the exercise rhythm requested by your trainer. You can then select your piece only in the set playlist.
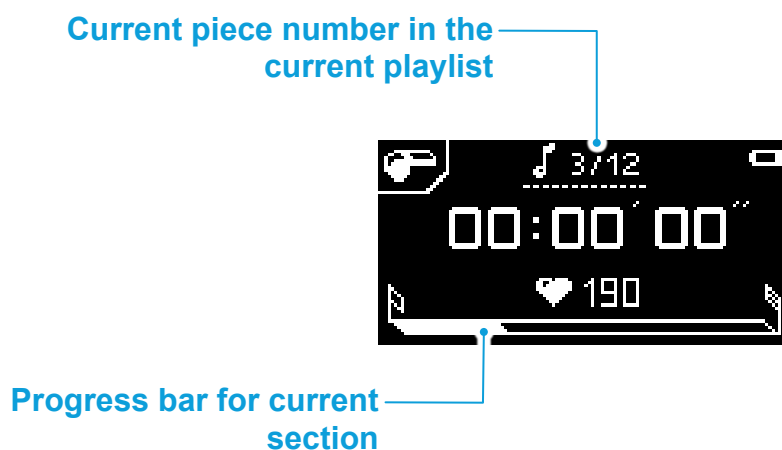
Current piece number in the current playlist

Progress bar for current section

▶❙❙ : Launch/pause a workout

When a workout is paused, you can access the following menus:

• Settings: enables vocal feedback settings to be adjusted only (see p.17).

• Stop a workout: stops and records your workout.

◀◀ ▶▶ : Previous/next piece in the current playlist

M (held for 2 seconds): Stop a workout.

3.7 MUSIC mode

The music mode enables you to listen to your music or the radio freely.

On the main menu, select if you want to:

- Listen to your music
- Use the shuffle mode
- Listen to the radio

3.7.1 My music

Various music playing modes are available:

- Play all: play all your pieces one after the other.
- Playlist: play one of your playlists
- Artist: select a piece according to the name of the artist
- Album: select a piece according to the name of the album
- Genre: select a piece according to musical genre

If there are several pieces to play, these will be played in order.

To play them out of order, activate the shuffle function.

Once your piece is selected you are taken to the following screen:

Current piece number in the current playlist or album

Title/artist/album information for piece currently being played

Progress bar for current piece

3.7.2 Play/pause button: start/pause a session

(short press): Previous/next piece in the current playlist or album.

(held for 2 seconds): Return/rapid advance.

M (short press): Return to "Music" menu.

To go back to the previous screen press on **M** a second time.

M (held for 2 seconds): Return to main menu.

To go back to the previous screen select the "Music" mode

3.7.3 Radio

ONcoach uses the headphones as an aerial, to use the radio remember to connect your headphones. For better reception, check that the headphone cable is not tangled or coiled up.

Once the radio mode is selected you are taken to the following screen:

Name of radio station


```
RDS CHANNEL NAME
Rds message
```
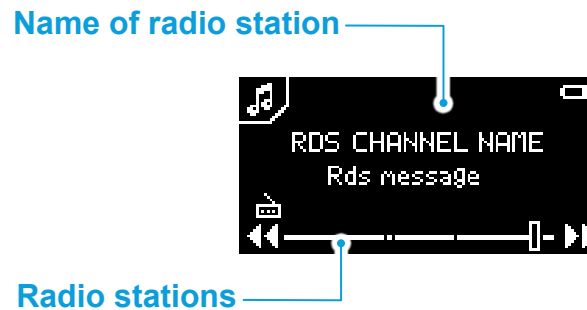
Radio stations

(►II) (short press): play/pause the radio

(►II) (held for 2 seconds): store a radio station

(◄◄) (►►) (short press): next radio station in memory

(◄◄) (►►) (held for 2 seconds): search for next station

(M) (short press): return to "Music" menu.

When you are in a stored station, press on (►II) to clear it.

4 MY SESSIONS


```
13:45
MY SESSIONS
```

The My Sessions mode allows you to view information about your previous sessions.

4.1   See a session

The most recent session is shown at the top of the list. Sessions can be identified with the following 3 items:

- The type of session: training or free
- The date
- The duration of the exercise

Duration of the exercise

Total distance covered | **Average heart rate** | **Maximum heart rate** | **Average speed**

Maximum speed | **Pace** | **Calories used** | **Time spent in the determined heart rate zone**

Amount of fat burned
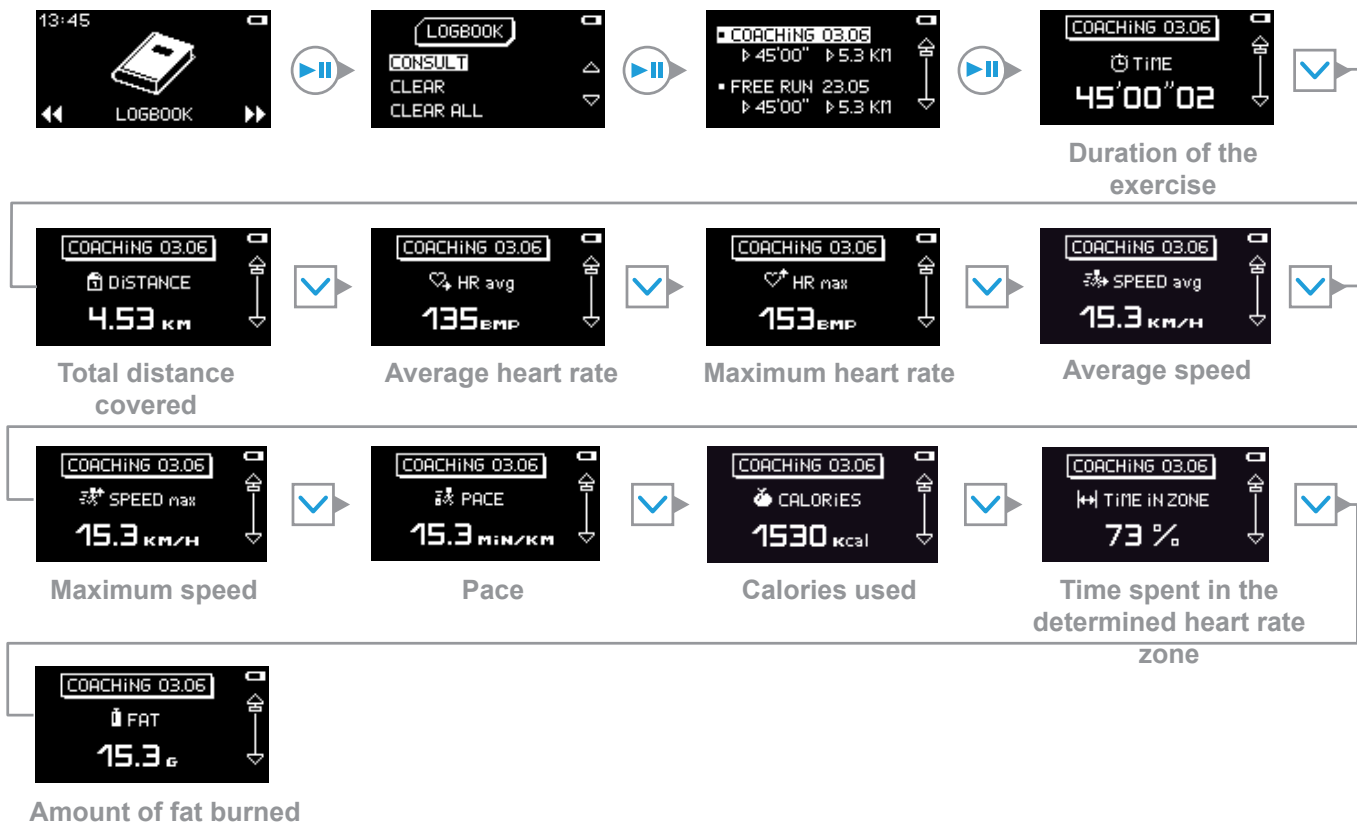
4.2 Clear a session
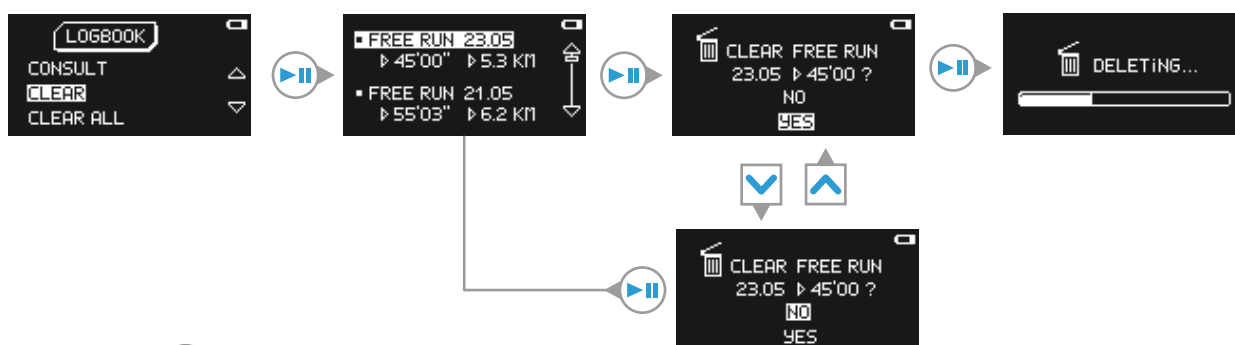
The ◀◀ button goes back to the previous screen.

4.3 Clear all sessions

The ◀◀ button goes back to the previous screen.

5 SETTINGS

The Settings menu has all the settings to configure your ONcoach.

5.1   User

This mode populates your personal settings to optimise the calculation of the various indicators such as calories, fat burned and your maximum heart rate (MHR).

The personal settings are automatically synchronised with your myGeonaute account when you connect your product to the ONconnect software.

If you want to change these settings, go to " **Mon profil (My profile)** " on myGeonaute.com. Your settings will be automatically synchronised when you next connect to the ONconnect software.

5.2   Retour vocal (Vocal feedback)

This mode activates vocal feedback and changes its two settings: its frequency and its content.

5.2.1 Frequency

Select the frequency at which you want to obtain automatic vocal feedback from your ONcoach. This setting is only accessible in the free mode.
You can obtain automatic feedback according to time or distance (with optional accelerometer)

5.2.2 Content

Select the information that you wish to hear in your ONcoach's vocal feedback:
- Stopwatch
- Distance (only with optional accelerometer)
- HR: Heart Rate
- Speed (only with optional accelerometer)
- Kcal: calories used
- % max HR: maximum heart rate percentage
- Time

5.3   Display

The display menu changes the indicators shown on the screen. You can select up to 2 indicators (other than stopwatch) from the following:
- Distance (only with optional accelerometer)
- Heart rate (if activated)
- Calories
- Speed (only with optional accelerometer)
- Average speed (only with optional accelerometer)
- % HR: maximum heart rate percentage
- None

5.4   Sensors

The sensor menu sets the heart rate and speed sensors (with optional accelerometer).

 When the sensors are deactivated, all the settings for these disappear.

5.4.1 Pairing

This procedure involves associating the sensor with its product. This does not need to be done when you first use the belt as it is associated by default with your ONcoach. However, it is recommended pairing when a battery is changed or for a new sensor.

5.4.2 Activation de la ceinture cardio fréquencemètre (Activation of the heart rate meter belt)

This menu activates or deactivates your heart rate meter belt.

5.4.3 Paramétrage de l'accéléromètre (Configuring the accelerometer)

This menu activates or deactivates your accelerometer (optional). You can also calibrate it.

Calibration gives the most accurate measurement of speed and distance.
You can choose between 2 calibration modes: automatic or manual.

Make sure that your accelerometer is installed on the same foot as the one you used to calibrate.

Manual calibration

To calibrate your accelerometer, a weighting coefficient must be entered. For this, you should do a running distance for which you know the exact distance (a distance of at least 1 km ideally on an athletics track).

To find out the weighting coefficient, do the following division:
Distance actually covered / distance measured by ONcoach = weighting coefficient

Automatic calibration

With automatic calibration, you only need to select the distance you wish to run and press on the play/pause button, once the distance has been done.
The calculation of the weighting coefficient is done automatically.

5.5 Date et heure (Date and time)

The date and time menu adjusts the date and time corresponding to your time zone.
Ensure that you set the date and time so that your sessions are transferred on the correct date to your myGeonaute portal.

5.6 Auto power off

The auto power off menu activates and sets the duration at which the product will automatically go off when it is not being used.

5.7 Écran de veille (Screen saver)

To save the battery, a screen saver can be activated.

5.8 Système (System)

This menu tells you which version of firmware your product has.

5.9 Paramètre d'usine (Default setting)

This menu completely restores your ONcoach. Beware if you select default setting you will lose all your settings.

6 TRANSFERRING YOUR DATA TO YOUR MYGEONAUTE PORTAL

Connect your product to your computer and start the ONconnect software (see p.3).

The sessions in the memory in your product will be automatically shown.

To change sport, click on the running icon and select your sport from the list.
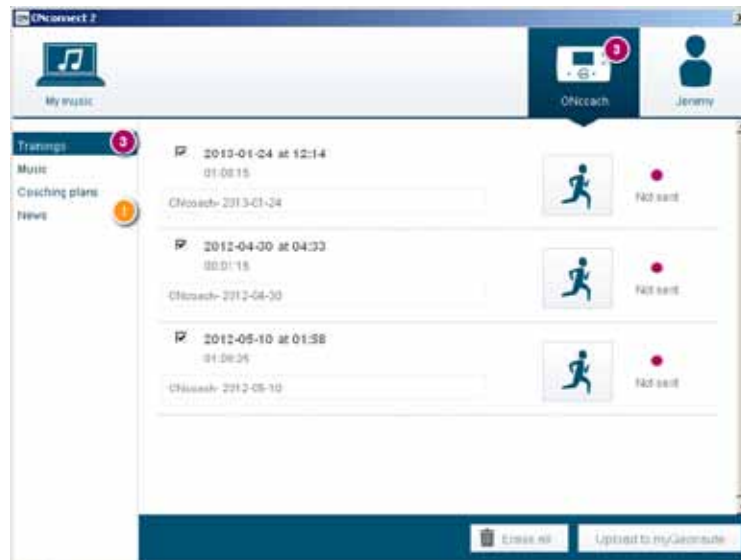
Select the sessions that you wish to transfer and click on " **Envoyer vers myGeonaute (Send to my Geonaute)** ".

When your session has been transferred, it can be consulted on the myGeonaute portal.

Once transferred your sessions will be automatically cleared from your product.

7 PRODUCT UPDATE

Firmware is your ONcoach's internal software. This firmware can be updated to provide new functionalities or make changes to your product. This update is made by the ONconnect software invisibly.

When a new update is available, it is automatically transferred to your product by the ONconnect software.

When your ONcoach is unplugged, the following screen appears:

Wait for the progress bar to finish and for your product to re-start.

Once this is done, your product is updated!

8 TROUBLE SHOOTING

8.1 Sensor detection

Your heart rate belt is not detected:

- Keep at least 10 metres away from other users of the heart rate meter belt.
- Correctly position the belt and moisten the sensors.
- Check that the sensor is activated in the Settings menu (see p. 29).
- Re-start pairing (p. 18).
- Change the battery in the belt (see p. 29).

Your accelerometer is not detected:
- Shake the accelerometer lightly when searching.
- Check that the sensor is activated in the Settings menu (see p. 29).
- Re-start pairing (p. 18).
- Change the accelerometer battery.

8.2 Abnormal speeds and distances

If the distance stated by your ONcoach does not match the actual known distance:
- Keep at least 10 metres away from other users of the accelerometer.
- Check that the accelerometer is properly positioned on the shoe.
- Calibrate the accelerometer (p. 18).

8.3 Abnormal heart rate

Environmental interference due to electromagnetic disturbances can temporarily make heart rate recordings unstable or inexact. Most of the time this happens close to power lines, catenaries, mobile phones, computers, etc.

If the heart rate stated by your ONcoach seems inconsistent:
- Keep at least 10 metres away from other users of the heart rate meter belt.
- Correctly position the belt, check that it is in the right place (see p.29).
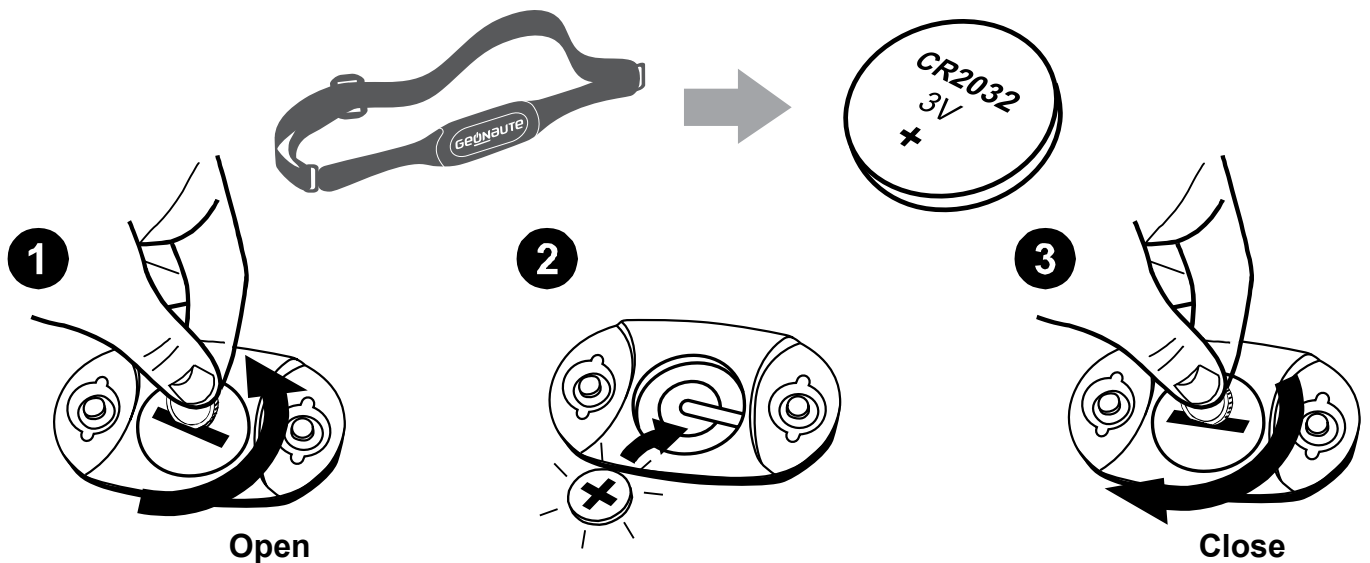- Moisten the sensors.

8.4 Battery test

A battery test in the top right of the screen shows the battery level of your ONcoach.

A "low battery" window is shown when the battery needs to be recharged (see p.3).

A window opens when your accelerometer battery is low. Should this occur, change your accelerometer battery.

8.5   Change the battery in the heart rate meter belt

Open

Close

8.6   Low memory

The memory limit is close.

To resolve this problem, you can:

- Clear sessions directly from your product,

- Transfer your sessions to your myGeonaute portal (see p.19),

- Clear sessions from your product (see p.16),

- Clear music from your product (see p.3),

8.7   Blocked ONcoach

A re-start button is found behind the product. Press this with a sharp object. Your ONcoach re-starts again. No data will be deleted and your personal settings will be preserved. Sessions may be no longer visible in the My sessions menu but will remain detected by ONconnect.

8.8   No sound

- Check that a piece is currently being played,

- If you are in training mode, check that your music has transferred from the ONconnect and also check that it has been scanned (see p.3),

- Push the cable of your headphones well into your ONcoach,

- Increase the volume of your product.

9 TECHNICAL FEATURES

Battery standby	MP3 player, screen off	>8 hours	
	FM radio reception, screen off	>6 hours	
Recharge time	~ 2.5 hours	Max < 4 hours	
Battery	Li-ion, 3.7V, 180mAh		
Headphone connection	Jack 3.5mm, 3 pin		
USB connection	USB Mini-A		
Connection to computer	USB 2.0 "Full-Speed", mass storage		
Memory capacity	2Go		
Operational temperature	0°C < … < 45°C		
Audio format supported	MP3, WMA		
FM radio frequency range	87.5MHz – 108MHz		

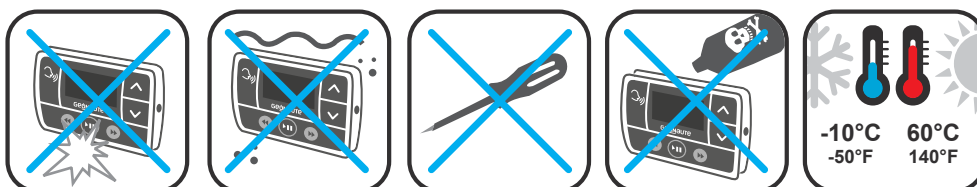# 10 PRECAUTIONS FOR USE, GUARANTEES, LEGAL WORDING

10.1 Precautions for use

Do not put it in the washing machine: check your pockets!
Do not use the ONcoach as a USB key.
Do not delete files in ONcoach.
Do not format and/or split the ONcoach.

The ONcoach is designed for leisure use. It is not a medical monitoring device. The information contained in ONcoach and its leaflet are only indicative and must only be used to monitor a disease on the advice of a doctor.

A doctor's or health professional's advice is recommended to set the frequency, duration and intensity of your physical exercise suited to your age and physical condition.

10.2 Guarantee

OXYLANE guarantees the initial purchaser of this product that this is free of material-related or manufacturing faults. This product is guaranteed for two years from the date of purchase.

Keep the receipt as proof of purchase.

The guarantee does not cover:

• damage due to improper use, not following the precautions for use or

accidents, or incorrect maintenance or commercial use of the product.

• damage caused by repairs made by unapproved persons

by OXYLANE.

• batteries, cracked or broken panels or with traces of shock.

10.3 Legal wording

10.3.1 FCC compliance

This device complies with section 15 of FCC regulations.
Its operation is subject to the following two conditions:
1. This device does not cause any harmful interference.
2. This device must support any interference received, including that which could alter its operation. Any change which is not expressly approved by the manufacturer can limit the user's right to use the equipment.

ATTENTION: This equipment was tested and declared to be compliant with class B digital devices, in accordance with section 15 of FCC regulations. These limits are designed to offer protection against any harmful interference when the device is used in a residential property. This device generates, uses and can emit radio electrical frequencies, and, if it is not installed and used in accordance with the instructions, can scramble radio communications. However, there is no guarantee that interference will not occur in a specific location. If this device creates interference that is harmful to radio phonic or televisual reception, which can be checked by switching the device off and on, the user is invited to correct them by following one or more of the following methods:

- Re-direct or move the receiving aerial.
- Move the device away from the receiver.
- Connect the device to a different electrical circuit from the one the receiver is connected to.
- Seek advice from the distributor or an experienced radio/TV installer.

10.3.2 Recycling

The "crossed out bin" symbol means that this product and its batteries cannot be disposed of with household
waste. They should be sorted. Put batteries and your obsolete
electronic equipment in an approved collection point to recycle them. This will protect
the environment and your health".

This device complies with section 15 of FCC regulations. Its operation is subject to the following two conditions:
- 1 This device does not cause any harmful interference.
- 2 This device must accept all the interferences received, including those that may cause improper operation.

This equipment was tested and declared to be compliant with the limitations of class B digital devices, in accordance with section 15 of FCC regulations.
These limitations are to ensure reasonable protection against harmful interference in the context of a residential location. This equipment generates, uses and emits radio frequency energy and, if it is not installed in accordance with instructions, can cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a specific location.

10.3.3 CE compliance

ϵ OXYLANE hereby declares that the ONcoach 300 device complies with essential requirements and with other relevant stipulations of the 1999/5/CE directive.

The CE compliance declaration is available at the following web link:
https://www.geonaute.com/fr/declaration-de-conformite

10.3.4 Sound capacity

Warning:

- *At full power, prolonged listening of the stereo can damage user's ears.*
- *Respecting the maximum sound capacity set by regulations relating to music stereos can only be guaranteed by Geonaute in the context of use with original headphones and which comply with the EN50332 standard.*

CONTACT US

Contact us on www.geonaute.com.