

USER MANUAL KIPRUN GPS 500/550



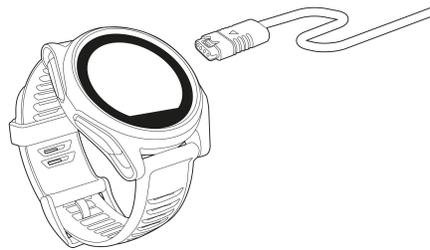
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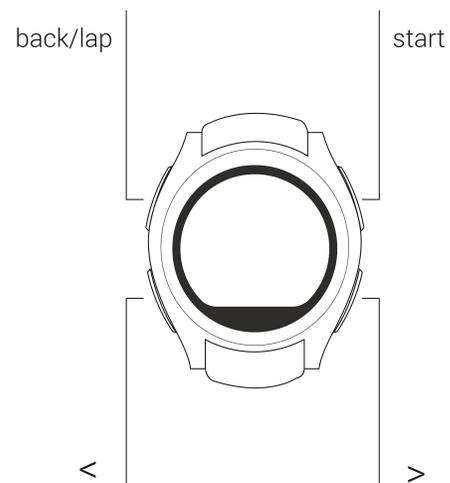
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1. INTRODUCTION

1.1 Contents of the packaging



1.2 How the watch works



1.3 Heart rate measurement

Measurement on the wrist:

The KIPRUN GPS 550 has an optical sensor to measure the heart rate on the wrist.

To ensure your heart rate is measured accurately:

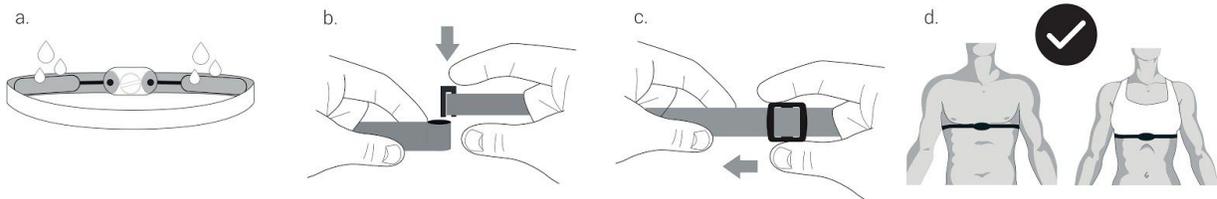
- Wear the watch with the dial on the top of your wrist
- The watch should be positioned behind the bone, in contact with your skin
- Adjust the strap so that it is tight but does not bother you
- The watch should not turn or move on your wrist

The measurement of the wrist heart rate is optimal when practising sports with repetitive movements such as running or walking. It is advisable to use a heart rate monitoring belt for sports such as fitness, bodybuilding, etc.

Warning: Read [12. SAFETY PRECAUTIONS](#) before using the heart rate monitor.

Measuring with a belt:

- Moisten the belt electrodes to optimise the heart rate signal reception
- Undo the belt using the clip on the side of the belt
- Position the belt on your chest and do it up again
- Tighten the belt correctly, making sure the electrodes are tight against your chest



To pair your belt with your watch, follow the steps in paragraph [9.7 HEART RATE](#)

1.4 Changing the strap

Your watch strap can be removed without the use of any tools by simply pulling the catch on the pin of the strap.

To put the strap back on, insert the pin into the hole in the watch, pull the catch then place the strap between the two horns of the watch. Release the catch and gently wiggle the strap to make sure the catch is securely in place.

1.5 Charging your watch

You can charge your watch using the USB cable supplied with your watch via a computer or any USB power outlet.

Ensure the cable is connected the right way round in the watch by positioning the 2 arrows to face each other.

A full charge takes is 2h30.

1.6 First time start-up

- Hold down the "START" button for 2 seconds
- Choose "CONNECT" to configure the watch with the smartphone or "MANUAL" to configure the watch manually.

Setting up the watch using the app:

- When you choose "CONNECT" the watch launches the smartphone search
- Download the Decathlon Connect app from the stores
- Launch the Decathlon Connect app and log in to your Decathlon account
- Follow the instructions on the app

Note:

When the watch is set up with the smartphone, the language, time, date and your personal settings (age, size, weight etc.) are set automatically.

Setting up the watch manually:

- Press the **LEFT** and **RIGHT** buttons to change the values
- Press the **START** button to confirm
- Push the **BACK** button to go back

1.7 Main screens

From the "Time" screen you can access the following screens by pressing the **LEFT** and **RIGHT** buttons:

- **Daily heart rate/Resting heart rate:**

The daily heart rate measurement can be switched on or off from the settings

- **Daily activity:**

By default, the watch shows you daily activity as steps, with a goal of 10,000 steps. From settings, you can also choose to have daily activity presented in the form of: calories, distance or active time. You can also change the daily goal.

- **Last activity:**

Pressing down the **START** button from this screen gives you direct access to a summary of your last session

- **Running week:**

This screen displays the total running distance you have achieved during the week

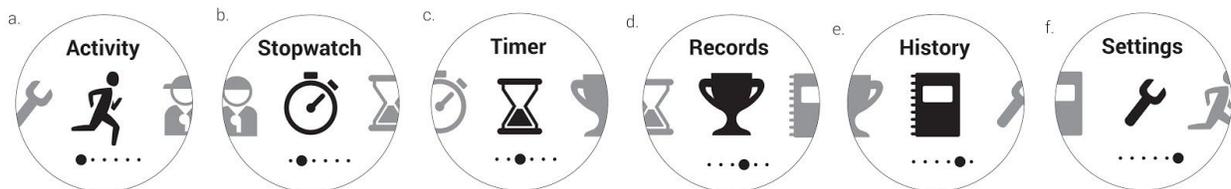
- **Status:**

This screen displays your battery level, whether or not your phone is connected, whether or not an alarm is programmed and whether your watch sounds are activated or not.

1.8 Main menu

From the "Time" screen, press **START** to access the main menu. This one gives you access to:

- Activity mode
- The stopwatch
- The countdown timer
- Records
- The activity log
- The settings



2. FREE ACTIVITY

Activity mode gives you access to 7 types of sports: Running, Cycling, Hiking, Walking, Trail, Indoor activity, Outdoor activity.

2.1 Start a free activity

1. From the "Time" screen press **START**
2. Select "Activity" mode
3. Select the sport
4. Select "Free", the satellite signal search and heart rate monitoring start automatically.

Note:

Your watch may need a few moments to determine your GPS position, especially at first use or when used in a location far from the last use location or if the FASTFIX is not up to date.

We recommend that you remain still until signal detection is complete.

To optimise the reception of the signal, you are recommended to position yourself in as clear a location as possible, away from surrounding buildings and not under any trees.

If you want to skip the signal search, you can press **START** and select **YES**.

Note:

If you start your session without a GPS signal, you will have very little opportunity to detect it later.

For a running or walking session, the accelerometer will measure speed and distance. The accelerometer measurement is less precise and will not provide you with a route.

5. Once the signal is received, the watch automatically switches to the activity screen. To start the activity press the **START** button and the timer will begin as well as the speed and distance measurement.
6. Scroll through the different screens with the **LEFT** and **RIGHT** buttons

2.2 Pausing and stopping an activity

1. To pause an activity press **START**
2. A screen appears on which you can see the total time of your activity as well as 3 menus:
 - Go: resume your session
 - Stop: stop your session
 - Summary: see the summary of your session
3. To stop your session, choose "Stop" and select whether you want to save your session, continue it later or cancel it and not save it.

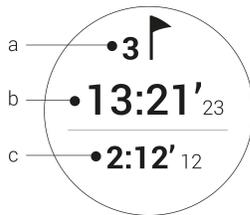
Viewing the different activity screens

To view the different activity screens, press the < and > buttons

Activity screens can be completely customised from the Settings/Activity> Screens menu

2.3 Manually taking a lap

At any time during a free session, you can take a lap by pressing the **BACK/LAP** button



An information message appears:

- a. Lap number
- b. Total time
- c. Lap time

You can find detailed information about each lap on the Decathlon Connect app.

3. TRAINING MODE (RUNNING ACTIVITY ONLY)

KIPRUN GPS 500/550 watches let you program, save and track workouts of all types.

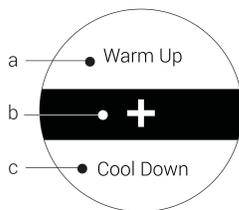
They have a default of 8 pre-programmed workouts.

Training mode can be accessed from the Activity > Running menu

3.1 Programming a workout

1. Scroll through the pre-program workout list until you reach the “+” symbol
2. Select the “+” symbol
3. Choose the desired interval category:

- Interval without target zone: option of setting up an interval workout without a target speed or cardio zone
 - Interval with target zone: option of setting up an interval workout with a target speed or cardio zone
 - Workout in the target zone: option to set up a session with target speed or cardio zone and no interval training
 - Pyramid: option of setting up an interval pyramid workout
4. Once the category has been selected, you arrive at a screen showing the different stages of your interval workout:



- a. Warm up
- b. Adding a workout phase
- c. Cool down

5. Select "Warm up" or "Cool down" to access the settings for the warm up or cool down phases:

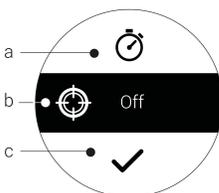
Warm up / Cool down:

- > Activating/deactivating the warm-up
- > Setting its duration
- > Programming a speed zone (pace, speed or percentage of VMA) or a cardio zone (predefined zone, BPM, or percentage of Heart Rate Max)

6. Select "+" to add an action or rest phase:

Action/Rest:

- > Adding an action/rest in duration or distance
- > Programming a speed zone (pace, speed or percentage of VMA) or a cardio zone (predefined zone, BPM, or percentage of Heart Rate Max)



- a. Setting the duration
- b. Setting the zone
- c. Confirmation

7. Once you have finished creating your workout, you can exit by pressing the **BACK** button. Your workout will be automatically named and saved in the workout list.

3.2 Following a workout

1. Select the desired workout from the workout list
2. Select the ► symbol, the signal search will start automatically.
3. Once the signal has been picked up, press **START** to start the workout

Warm up:

When the warm-up time is complete, press **START** to launch the next stages.

To skip the warm-up, press on the **BACK/LAP** button

Action/Rest:

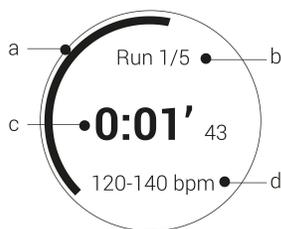
To skip a stage, press the **BACK/LAP** button

Relaxation:

Once the rest time is over, the watch continues to measure activity until you stop the session.

Workout screen:

During a workout, an additional screen is added to your measurement screens to give you the following information:



- a. Gauge indicating the time or distance remaining before the next stage
- b. Name and number of the stage
- c. Countdown to the goal in time or distance
- d. Target zone defined over the stage

At each new stage, this screen appears to inform you of the next action.

When a target zone is set, another screen is added. This lets you know if you are outside or inside the target zone:



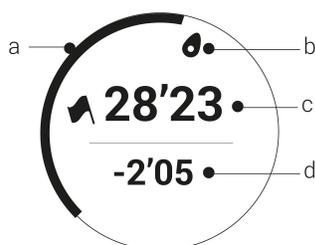
To scroll to the measurement screens, press the < or > buttons

4. PACER MODE (RUNNING ACTIVITY ONLY)

The pacer mode accompanies you as you run to show you the correct pace for reaching your goal. It is accessible from the menu Activity > Running > Pacer

1. Select **PACER** mode
2. Choose the distance of your run:
 - 1 km
 - 1 mile
 - 5 km
 - 10 km
 - Half Marathon
 - Marathon
 - Customised distance
3. Choose the time you are aiming for and press **START** to confirm. The satellite signal search and heart rate monitoring start automatically.
4. Once the satellite signal has been detected, press **START** to start the session

In addition to the standard activity information, PACER mode offers you an additional screen with the following information:



- a. Gauge your current progress
- b. Progress gauge for your goal
- c. Estimated final time based on your speed and distance already travelled
- d. Difference in time from your goal. If the value is positive, you are ahead. If it's negative, you're behind.

5. STOPWATCH

1. Select **STOPWATCH** mode
2. Press on **START** to start the stopwatch
3. Press on **START** to pause the stopwatch
4. Press on < to reset the stopwatch to zero

6. COUNTDOWN TIMER

1. Press on > to access the countdown timer setting.
2. Set the countdown timer using the < and > buttons and confirm by pressing **START**
3. Press on **START** to start the countdown timer
4. Press on **START** to pause the countdown timer
5. Press on < to reset the countdown timer to zero

You can exit countdown timer mode while it is running. A message and an audible signal will alert you that the countdown timer has ended.

7. RECORDS

Your watch automatically detects when you have broken one of your records. A message appears at the end of the session to tell you that a record has been broken.

The list of your records appears in the RECORDS menu accessible from the main menu.

To delete a record:

1. Access the record you want to delete from the **RECORDS** menu
2. Press on **START** and confirm the deletion of the record by pressing **START** again.

8. LOG

The log menu shows you the sessions saved in your watch.

Each session is identified by:

- The date of the session
- The sport practised
- The time of the activity

To access detailed information about the session, select the session with the **START** button and scroll using the < and > buttons

To delete a session, press **START** to select a session then scroll to the end of the list to access the **DELETE** menu.

Select **DELETE** with the **START** button and press the **START** button again to confirm.

9. SETTINGS

9.1 General

Watch screen:

The **WATCH SCREEN** menu allows you to choose from 3 different time display styles: SPORT, CITY or ANALOGUE

Alarm:

To set the alarm, activate it from the **ALARM** menu and set the time at which you want it to be activated.

You can find out the status of the alarm at any time from the **STATUS** screen, accessible from the **TIME** screen ([paragraph 1.7](#))

Time:

Press the < button to decrease and > to increase. This can be confirmed with the **START** button.

When your watch is connected to the smartphone, the time is automatically set at each synchronisation.

Date:

Press the < button to decrease and > to increase. This can be confirmed with the **START** button.

When your watch is connected to the smartphone, the date is automatically set at each synchronisation.

Sound:

You have the option of enabling or disabling the sound independently:

All: sound activated during exercise and in watch mode

Exercise: sound only active during exercise

Watch: sound only active in watch mode

Vibration:

You have the option of enabling or disabling the vibration independently:

All: vibration activated during exercise and in watch mode

Exercise: vibration active only during exercise

Watch: vibration active only in watch mode

Lighting:

Enable or disable lighting at each button press

Do not disturb:

The **DO NOT DISTURB** function automatically disables all notifications for a specified duration. You can enable or disable the **DO NOT DISTURB** function and set the start and end time of its activation.

Units:

Units in Metric or Imperial format

Languages:

there are 10 available languages: French, English, Spanish, Italian, German, Portuguese, Russian, Polish, Hungarian, Dutch, traditional Chinese (only for Asian version watches), simplified Chinese (only for Asian version watches)

When your watch is connected to the smartphone, the language automatically syncs with that of your smartphone.

9.2 User

Height:

Setting the height of the user. This information provides improved precision when calculating the distance without GPS (daily activity and running/walking without GPS).

When your watch is connected to the smartphone, your height is automatically set according to the data configured in the app

Weight:

Setting the weight of the user. This information provides improved precision when calculating the calories burned.

When your watch is connected to the smartphone, your weight is automatically set according to the data configured in the app

Resting HR:

Setting the user's resting heart rate. This information provides improved precision when calculating heart rate zones.

There are 2 settings modes:

AUTO: resting heart rate is set according to the one measured by your watch. This means it is faithful to your level of fitness that day and will therefore be able to adapt your work zones each day.

MANUAL: resting heart rate is set manually. It remains fixed whatever your level of fitness.

HR Max:

Setting the user's maximum heart rate. This information provides improved precision when calculating heart rate zones.

There are 2 settings modes:

AUTO: the maximum heart rate is set automatically thanks to the calculation: $HR_{max} = 220 - \text{age}$

MANUAL: resting heart rate is set manually.

Age:

Setting the user's age. This information provides improved precision when calculating the calories burned.

When your watch is connected to the smartphone, your age is automatically set according to the data configured in the app

Gender:

Setting the user's gender. This information provides improved precision when calculating the calories burned.

Wrist:

Setting of the wrist on which your watch is worn. This information provides improved precision when measuring the number of steps.

When your watch is connected to the smartphone, the information about the wrist on which your watch is worn is automatically set according to the data configured in the app

9.3 Daily activity

From the **DAILY ACTIVITY** menu you can enable or disable daily activity measurement (daily activity and daily heart rate) and set their parameters.

Daily activity:

Indicator settings: Number of steps, Distance, Calories, Active time, Disabled

Active time is the amount of time during which you have been active for at least 10 minutes. Activities of less than 10 minutes duration are not taken into account. The World Health Organization (WHO) recommends 30 minutes of physical activity per day in sections of 10 minutes minimum.

9.4 Exercise

The activity menu allows you to configure the different activity parameters for each of the sports independently.

The configurable parameters are:

Screens:

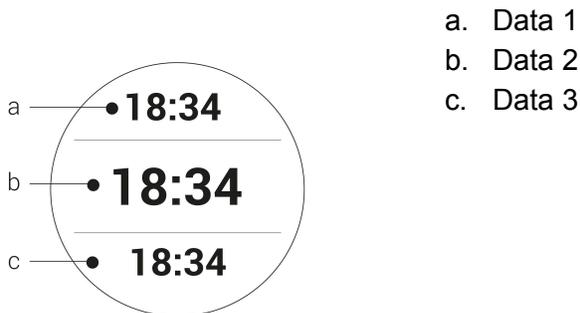
Up to 5 screens are available with the ability to display up to 3 data elements per screen.

Configure a screen's data:

1. Choose the screen to configure from the 4 screens available as default: Screen 1, Screen 2, Screen 3, Screen 4
2. Then choose the data to modify from the 3 data elements available: Data 1, Data 2 Data 3
3. Choose the desired data from the list of available data:
 - --- : No data
 - Time
 - Stopwatch
 - Stopwatch for the current lap
 - Stopwatch for the previous lap
 - Distance
 - Distance for the current lap
 - Distance for the previous lap

- Speed at that instant
- Average speed for the current lap
- Average speed for the previous lap
- Average speed for the current lap as a percentage of MAS (Maximum Aerobic Speed)
- Average speed for the previous lap as a percentage of MAS (Maximum Aerobic Speed)
- Pace at that instant
- Average pace for the current lap
- Average pace for the previous lap
- Average pace for the current lap as a percentage of MAS (Maximum Aerobic Speed)
- Average pace for the previous lap as a percentage of MAS (Maximum Aerobic Speed)
- Number of steps
- Number of steps on the current lap
- Number of steps on the previous lap
- Heart rate
- Heart rate as a percentage of Heart Rate Max (HRmax)
- Heart rate zone
- Calories

The position of the data is managed according to the order in which you placed the data:



The size of the data adapts automatically according to the number of data elements selected:

The heart rate zone graph appears only when only heart rate data is selected

Adding a screen:

To add a screen, select the "+" symbol at the bottom of the list of available screens.

Deleting a screen:

To delete a screen, select the "trash" symbol at the bottom of the list of available screens and choose the screen you want to delete.

9.5 Auto pause

Auto Pause allows you to automatically pause the session when the speed is zero and restart it when you set off again.

9.6 Auto lap

Auto lap allows you to automatically take a lap time according to the distance travelled.

To activate auto lap:

1. Activate auto lap by selecting "ON"
2. Set the desired lap distance and confirm by pressing **START**

9.7 GPS

The GPS option enables or disables the measurement of speed and distance by GPS.

9.8 Heart rate

The Heart Rate option allows you to choose a heart rate measurement by belt, wrist sensor, or disable it.

9.9 MAS (running activity only)

The MAS option allows you to set your Maximum Aerobic Speed (MAS). This data provides an accurate display of your speed as a percentage of MAS.

9.10 Connect

The Connect menu connects your watch to the Decathlon Connect app. Please see paragraph [10. CONNECT YOUR WATCH](#) for more information

9.11 Info

The info menu allows you to obtain the following detailed information:

FASTFIX: FastFix status
GPS: GPS software version
BLE: Bluetooth software version
FIRMWARE: version of the watch software
MCU S/N: micro-controller serial number
RESET TO ZERO: Reset the watch to zero.

10. CONNECTING YOUR WATCH

10.1 Pairing

The Connect menu connects your watch to the Decathlon Connect app. Once connected the watch settings and user settings will automatically sync with the smartphone. You will also be able to transfer your sessions and update your watch.

1. Download the **DECATHLON CONNECT** app from Google Play Store or Apple Store.
2. Make sure that Bluetooth is enabled on your phone.
3. Follow the instructions in the app to add a new product.

Note:

During the pairing phase, it is recommended that you leave the phone near your watch and make sure it is sufficiently charged.

10.2 Transferring your data

Data is transferred using the DECATHLON CONNECT app.

1. Make sure the watch is close to your phone and Bluetooth is switched on.
2. Launch the app and press "SYNC DEVICE" on the dashboard of the app.
3. Syncing of your sessions starts automatically

10.3 Fastfix update

FastFix technology allows you to capture the satellite signal faster by updating your watch's satellite ephemerides. The FastFix update is done via the Decathlon Connect app from the Settings/KIPRUN GPS 550 menu.

Select "FastFix available" and the update will start automatically.

10.4 Updating the watch software (firmware)

We provide updates to improve your experience, provide new features or fix bugs.

You are informed of the availability of an update via the app. To start the update:

1. Make sure the watch is close to your phone and Bluetooth is switched on.
2. Launch the app and press "Settings"
3. Select the KIPRUN GPS 500/550 watch
4. Select "Update available". The transfer of the update file will launch automatically. You can close the app while the update file is being transferred.
5. Once the update has been transferred to your watch, it informs you that the update is ready. Press on **START** to launch the update.

Your watch will restart. Your sessions, your settings and your personal settings will be retained.



10.5 Update log

11. TURNING THE WATCH ON/OFF

To turn the watch on or off press and hold down the **START** button for 3 seconds.

12. CHARGING THE BATTERY

Your watch is charged using the cable supplied with your watch.

Ensure that you place the charger in the correct direction by positioning the arrow on the watch opposite the one on the charger.

You can charge your watch:

- Via a computer:

When charging via a computer, the "computer" screen appears. It is not possible to access the various menus

- Via mains or on autonomous battery:

When charging via mains, a charging symbol appears. It tells you the charge status of your watch. The watch can be used while charging with this type of charge.

13. PRECAUTIONS FOR USE

Using the KIPRUN GPS 500/550 watch:

This device has been designed for sport and recreational use. It is not a medical monitoring device. The information about this device or the contents of this booklet are for informational purposes only and should only be used to monitor a condition once you have consulted with your doctor and obtained their approval. Exercise carries risks. Consult a doctor before exercising. Failure to observe these precautions can be life threatening.

Using a heart rate monitoring belt:

Due to the possible disturbances caused by the radio transmission system, we do not recommend wearers of pacemakers use a heart rate monitor belt.