

NEXTRK Sporthorloge

USER MANUAL

EN



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1 Intended use

The NEXTRK is an advanced sports watch that can be used to record various (sports) activities. The product is used in combination with the Orunning app. The activities can be viewed with this app. In addition to sporting activities, the sports watch also records your sleep rhythm and heart rate. In addition, the Strava app can be used to share activities with friends. The product is intended for consumer use, not for professional use.

2 Safety

2.1 Labels in this manual

-  **WARNING** A warning means that injury is possible if the instructions are not obeyed.
-  **CAUTION** A caution means that damage to the equipment is possible.
-  A note gives additional information, e.g. for a procedure.

2.2 General safety instructions

General

-  To prevent damage or malfunctions: Please take time and read the general safety instructions. This will avoid fire, explosions, electric shocks or other hazards that may result in damage to property and/or severe or fatal injuries.
-  The manufacturer is not liable for cases of material damage or personal injury caused by incorrect handling or non compliance with the safety instructions. In such cases, the warranty will be voided.

WARNING

-  Do not put force on the appliance.
-  Only use original accessories from the manufacturer.
-  Never leave children unattended with the packaging material. The packaging material represents a danger of suffocation. Children frequently underestimate the danger. Always keep children away from the packaging material.

CAUTION

- ⚠ Do not put the appliance near a heat source. This could damage the appliance.
- ⚠ Check the product, cable and (if applicable) adapter for any damage before use. If there is any visible damage, strong odour, or excessive overheating of components, unplug the product.

Remarks

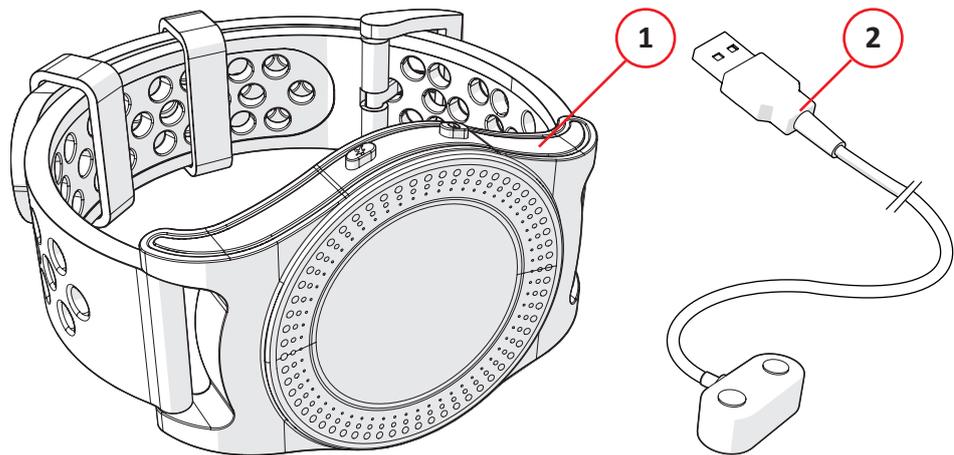
- ⚠ **WARNING** It is not permitted to open the product yourself or to have it opened, neither is it permitted to repair the product yourself or to have it repaired. This will void the warranties. Please let any maintenance be carried out by certified maintenance personnel.

3 Preparations for use

3.1 Unpacking

- Unpack the appliance carefully.
- Check the package contents as described below. If any item is missing, please contact your reseller.
- We recommend that you retain the original carton and packaging materials in case it ever becomes necessary to return your product for service. This is the only way to safely protect the product against damage in transit. If you do dispose of the carton and the packaging materials, please remember to recycle with due care to the environment.

3.2 Package contents

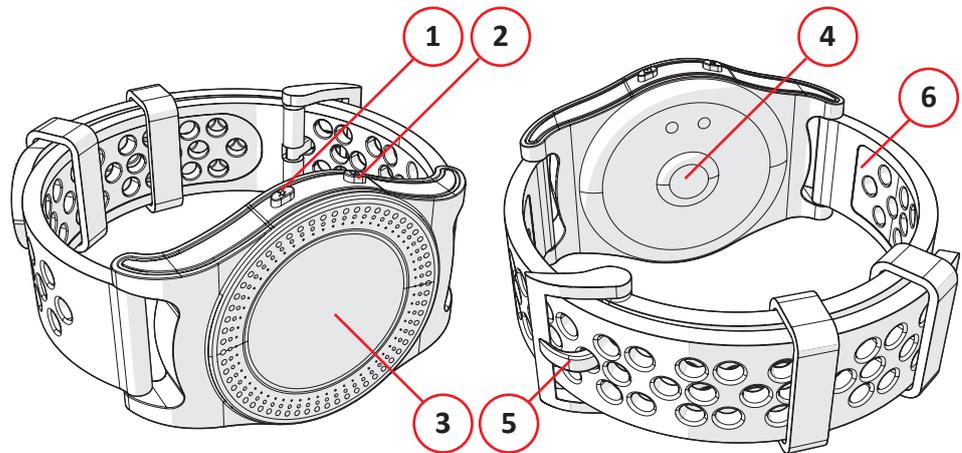


The following items are included in the received package:

1. Sports watch
2. USB connecting cable

4 Functions

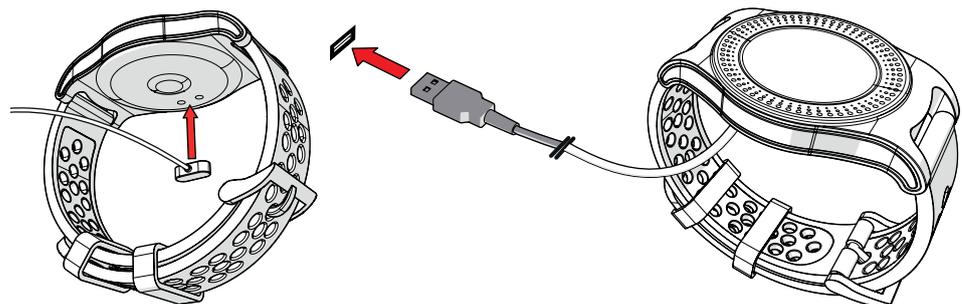
4.1 Main components



Sports watch

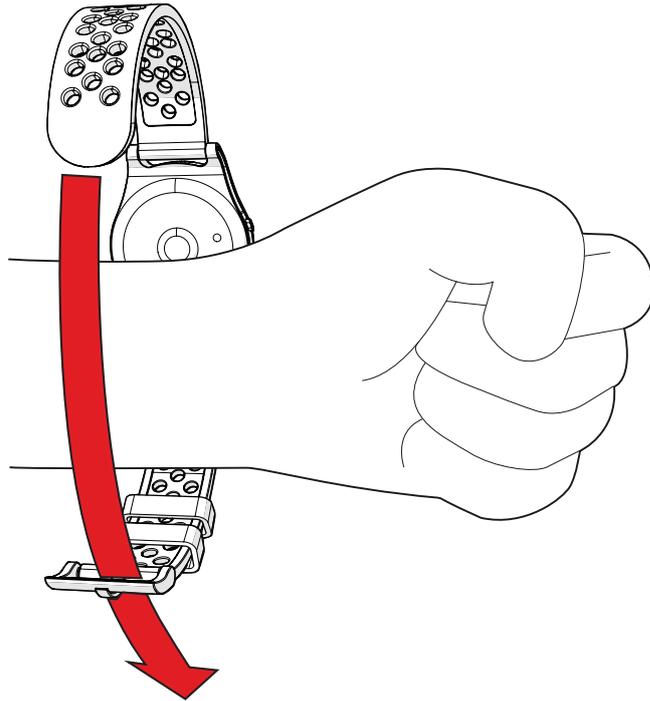
1. Sports button
2. On/Off button
3. (Single) touch screen
4. Heart rate sensor
5. Buckle
6. Strap

4.1 Charging the sports watch



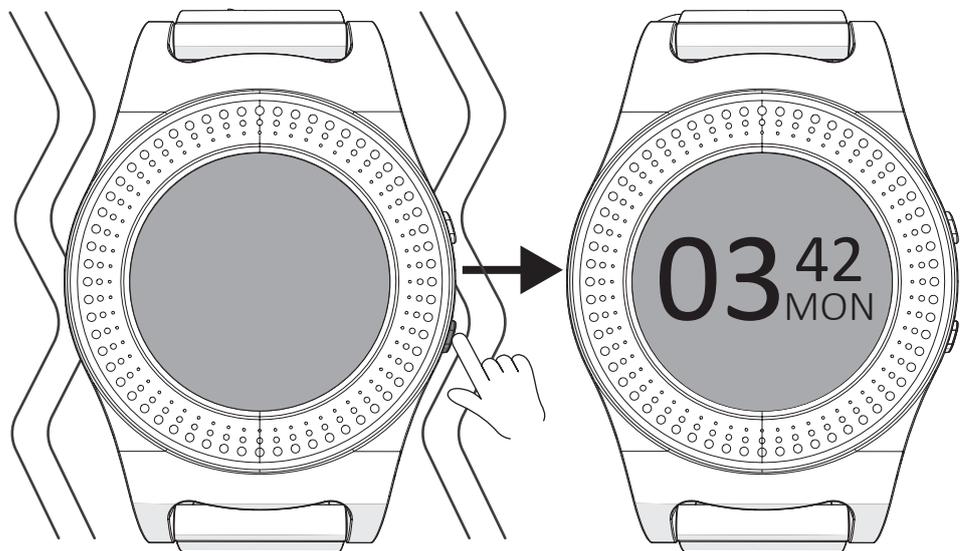
- Connect the charging connector to the sports watch. There is only one way to connect the product.
- Insert the USB plug into a USB port of a computer/laptop/adaptor.

4.2 Wearing the sports watch

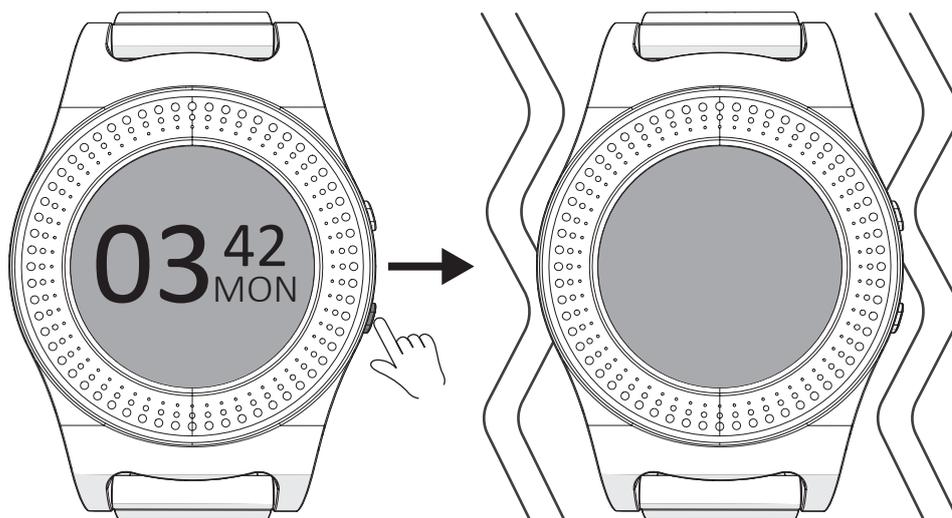


- Place the sports watch on your wrist.
- Slide the strap through the buckle.
- Close the buckle.

4.3 Turning the sports watch On or Off



- Keep the On/Off button pressed for 2 seconds.
- The screen of the sports watch is on.
- The device has now been turned on.



- Keep the On/Off button pressed for 2 seconds.
 - The device has now been turned off.
- i** The sports watch goes into sleep mode after 1 minutes. Press and hold the On/Off button for 2 seconds to use the sports watch again.

4.4 Explanation of the icons on the display



1. Time
2. Day
3. Bluetooth
4. Battery level
5. Time
6. Pedometer
7. Heart rate

4.5 Navigating through the menu

4.5.1 On/Off button

i The clock is displayed by default when you turn on the sports watch.

Swipe to the right to select the following functions:

- Pedometer
- Sports
- Heart rate
- Sleep
- More

Swipe up to select the following function:

- Weather

Swipe to the left to select the following function:

- Messages

4.5.2 Sports button

Swipe down to select the following functions:

- Walking
- Running (outdoor)
- Running (indoor)
- Cycling
- Hiking
- History

4.6 Explanation of functions of the sports watch



4.6.1 Clock

Shows the time, date and/or day.

- i** The clock is displayed by default when you turn on the sports watch.
- i** The clock can be adjusted to show other options. See **Adjusting the display** for more information.

4.6.2 Pedometer

The pedometer displays the number of steps walked and calories burnt for the current day.

4.6.3 Sports

Open the sports activities and displays the last sport activity.



4.6.4 Walking

Activate this option to start the **Walking** activity.

4.6.5 Running (outside)

Activate this option to start the **Running (outside)** activity.

4.6.6 Running (indoor)

Activate this option to start the **Running (indoor)** activity.



4.6.7 Cycling

Activate this option to start the **Cycling** activity.

4.6.8 Hiking

Activate this option to start the **Hiking** activity.

4.6.9 History

View the history of sports activities.



4.6.10 Heart rate

Records the heart rate and displays the current heart rate.

- i** Make sure the watch fits properly on your wrist. A sports watch that is too loose can get lost and does not record the heart rate. A sports watch that is too tight may cause discomfort.

4.6.11 Sleep

Displays the time of last night's light and deep sleep.

4.6.12 More

Swipe down on this screen to open the options below:



- Stopwatch
- Find phone
- Info



4.6.13 Weather

Displays the temperature and weather at the current location.

- i** If the weather does not match your current location, navigate to **Settings, Advanced settings**, then select the current location under **Weather**.

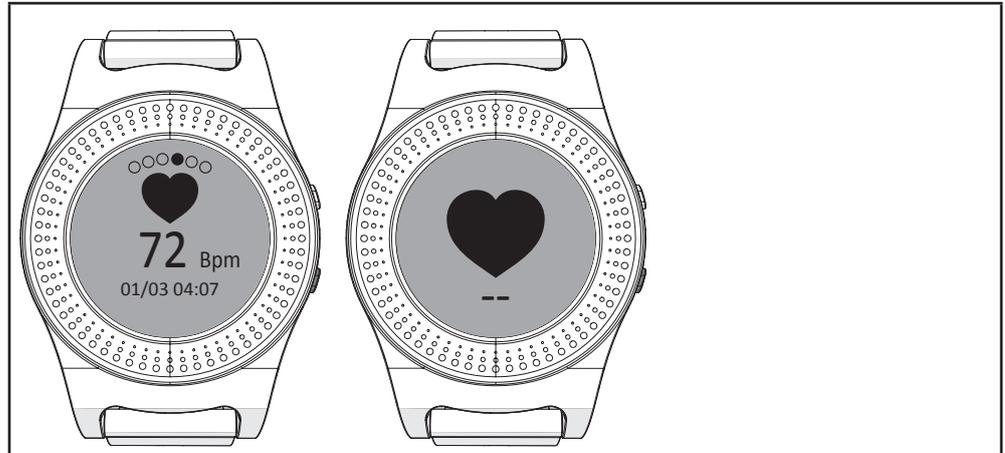
4.6.14 Messages

Displays messages received on the phone.

- i** In the app, navigate to **Settings, Notifications**, to select the apps that can send messages to your sports watch.

5 Usage

5.1 Measuring your heart rate



- Navigate to **Heart rate**.
- Press the display to measure your heart rate.

i Make sure the watch fits properly on your wrist. A sports watch that is too loose can get lost and does not record the heart rate. A sports watch that is too tight may cause discomfort.

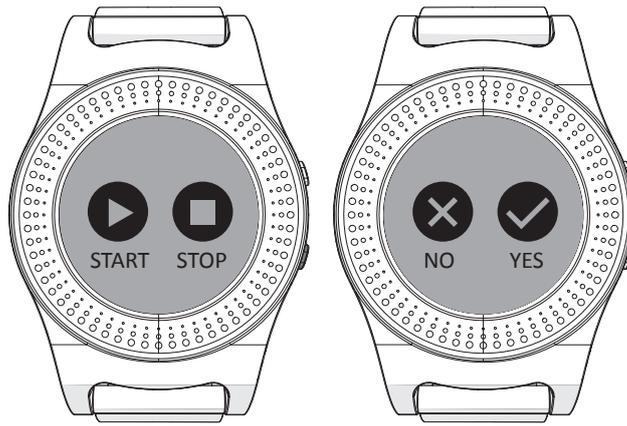
5.2 Start/stop a sports activity



- To start a sports activity, select the desired sports activity.

i The sports watch now searches for a GPS signal.

- The sports activity starts when the sports watch has a good GPS connection.



- To stop a sports activity, press and hold the button for seconds.
- Select **STOP**.
- Select **YES**.

5.3 Adjusting the display

- Press and hold display for 3 seconds.
- Select the desired layout for the display.
- Briefly press the display to confirm.

6 Controlling the sports watch from your phone

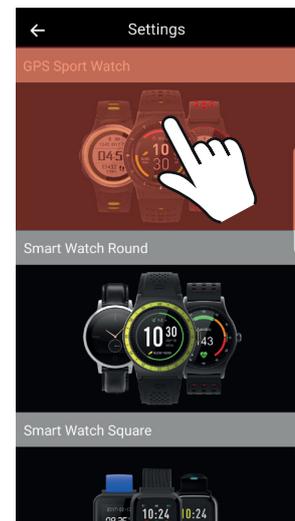
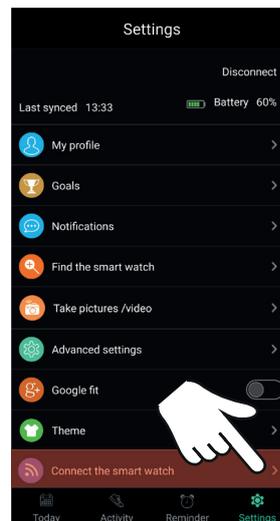
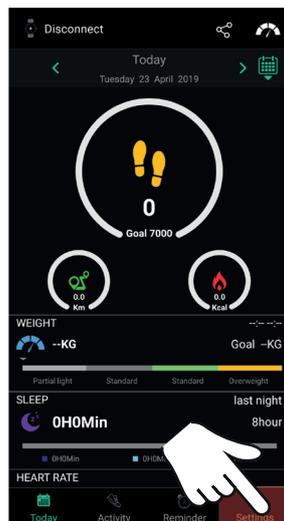
6.1 Installing the Orunning app



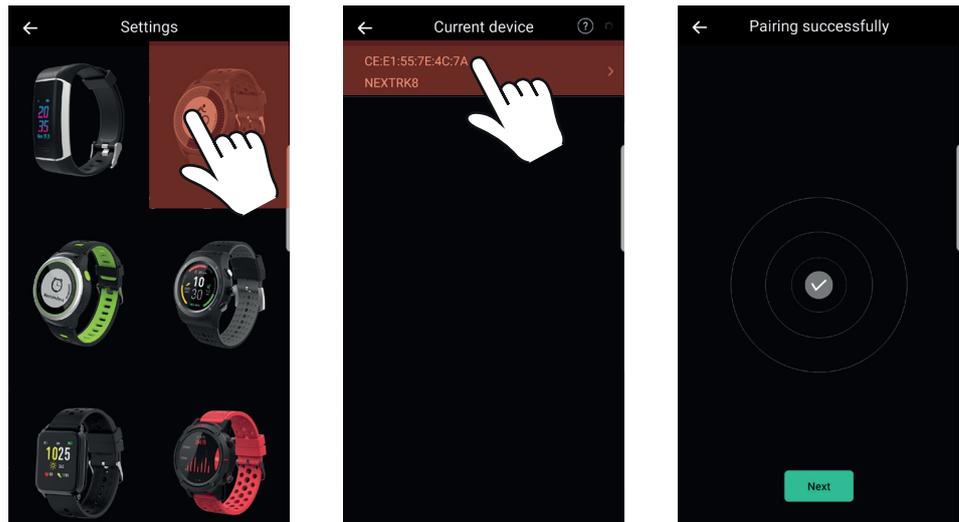
- Download the Orunning app for Android or iOS onto your phone via Google Play or the Apple App Store.

6.2 Connecting the sports watch

- Turn on the Bluetooth function of your device.
- Open the Orunning app on your mobile phone.



- Navigate to **Settings**.
- Select **Connect the smart watch**.
- Select **GPS Sport Watch**.



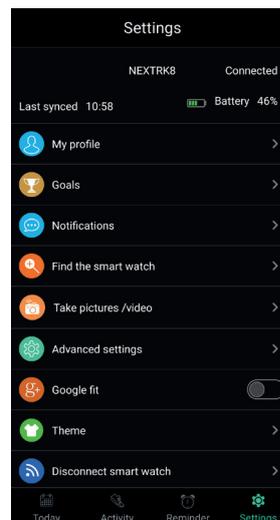
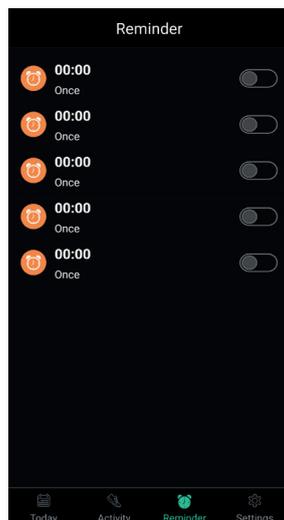
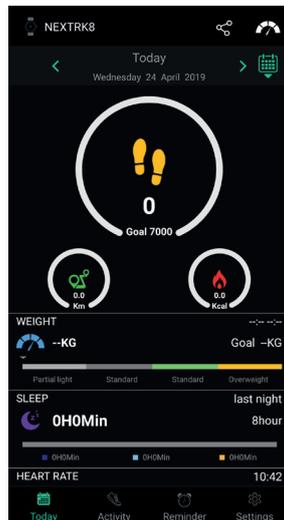
- Select the right sports watch.
- Search Bluetooth devices and select NEXTRK8 to establish connection.
- The sports watch is now connected to your mobile phone.

6.3 Using the Orunning app

i Regularly synchronise the sports watch with the app.

- Open the Orunning app on your mobile phone.

i The **Today** panel opens automatically.



Today

- Displays the number of steps walked, distance and calories burnt for the current day. Also displays weight, sleep and heart rate.

Activity

- Displays all the activities that the sports watch has recorded. By clicking on the activity, this will be shown.

Reminder

- Displays all alarms/reminders. These can be set manually.

Settings

- Displays the settings. Here you can set the profile and targets, among other things. The connection to the sports watch can also be set up here.

7 Exporting the data of your sports watch

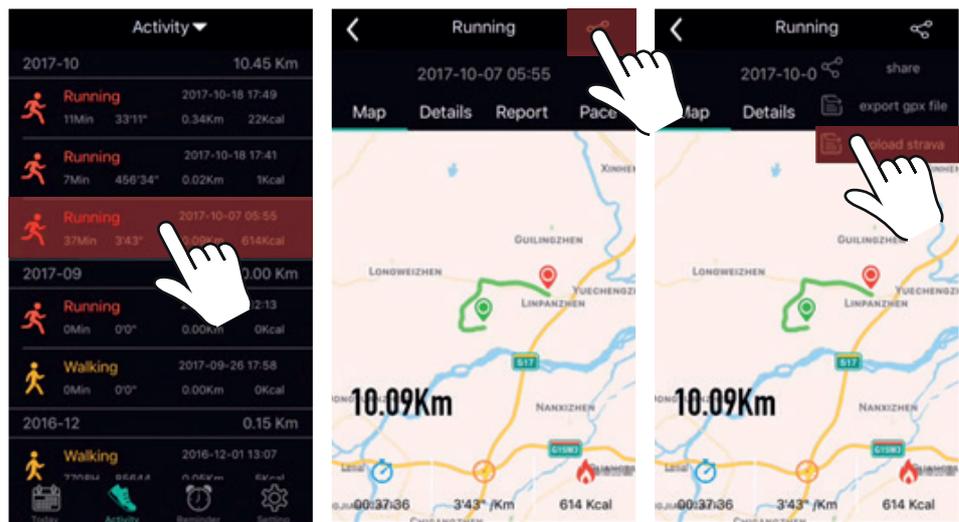
7.1 Installing the Strava app



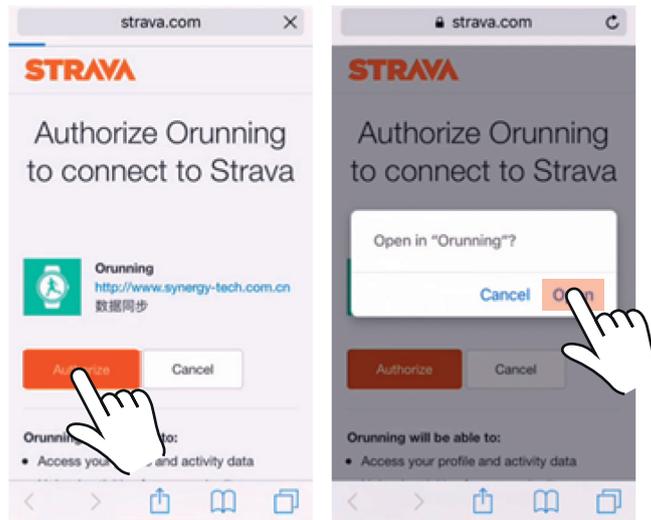
- Download the Orunning app for Android or iOS onto your phone via Google Play or the Apple App Store.

7.2 Uploading an activity to the Strava app

- Open the Orunning app on your mobile phone.
- i** During the first export of an activity, the Strava app will request permission to access the Orunning app.
- Select the **Activity** panel.



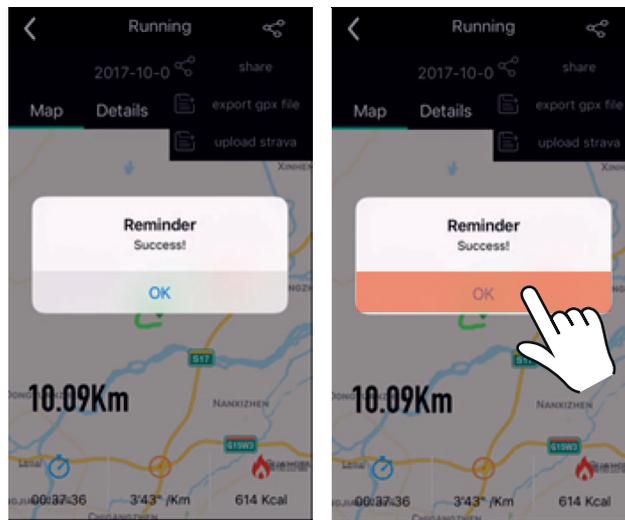
- Select the activity for which an export is desired.
- Select the Share ∞ icon.
- Select **upload strava**.
- The app automatically opens the Internet browser.



- Select **Authorize** on the opened web page.
- Press **Open** to confirm your selection.
- The web page closes and the Orunning app opens.

The Strava app has been successfully connected with the Orunning app.

- Select the Share ☰ icon.
- Select **upload strava**.



- Once the upload is successful, a pop-up screen will appear.
- Press on **OK**.
- The activity has been successfully uploaded to the Strava app.

8 Cleaning and maintenance

- Rinse the sports watch with water after intensive participation in (salt) water sports. Sea salt and chlorine can damage the sports watch.
- Do not use aggressive chemical cleaning agents such as ammonia, acid or acetone when cleaning the product.

9 Technical specifications

- Model number: NEXTRK
- Weight: 40 g
- Dimensions: 265 x 45 x 13.5 mm
- Screen size: 1.1" / 28 mm
- Ram: 64 kB
- Rom: 512 kB
- Connectivity: Bluetooth 4.0
- Water resistance: IP68
- Language options: English, German, French, Spanish, Italian

10 Disposal of used electric and electronic equipment



The meaning of the symbol on the material, its accessory or packaging indicates that this product shall not be treated as household waste. Please, dispose of this equipment at your applicable collection point for the recycling of electrical and electronic equipments waste. In the European Union and other European countries which there are separate collection systems for used electrical and electronic product. By ensuring the correct disposal of this product, you will help prevent potentially hazardous to the environment and to human health, which could otherwise be caused by unsuitable waste handling of this product. The recycling of materials will help conserve natural resources. Please do not therefore dispose of your old electrical and electronic equipment with your household waste.

For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.