Wrist / Outdoor GPS Device

GH-625

Quick Start Guide

ESC/LAP   (1)

POWER   (2)

PG   (3)

(4)   UP

(5)   OK / ENTER

(6)   DOWN
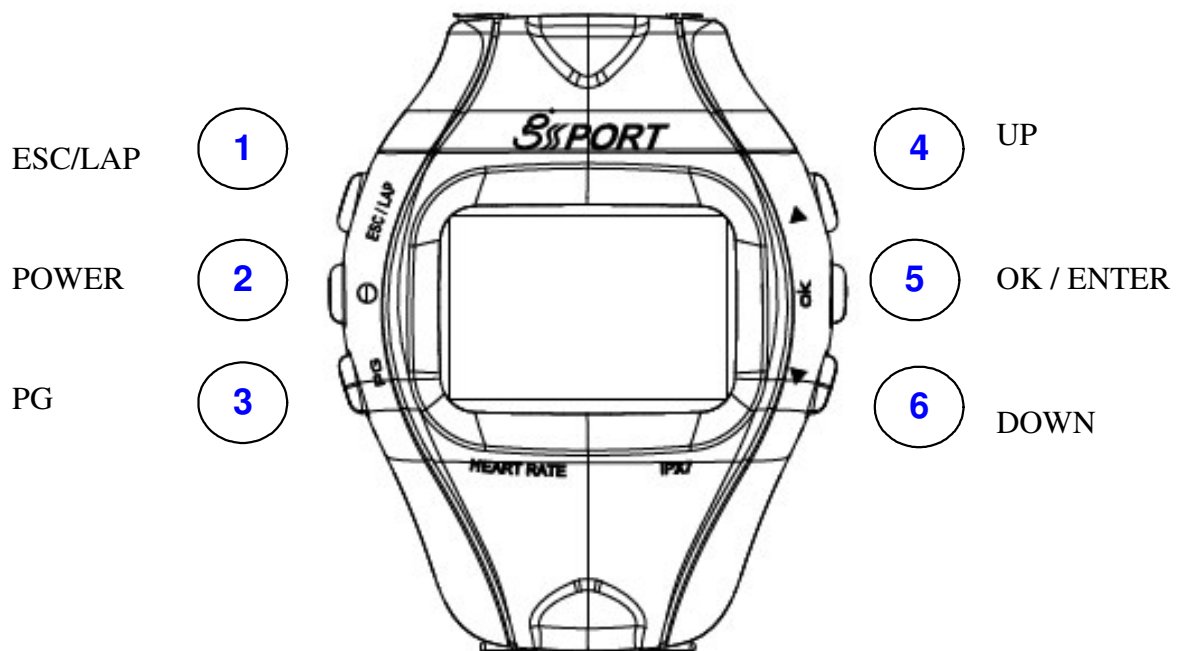
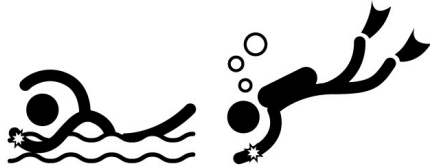**GlobalSat**

www.globalsat.com.tw

What is **GPS**?

GPS stands for Global Positioning System. For 3D fix, it needs at least four satellites signal to get fix. Normally the accuracy of GPS under open sky without any obstructions is around 3-10 meters per second even get 3D fix. Therefore, the GPS performance sometimes will be not reliable when signal is not stable. Nowadays, some GPS consumer products have built in adjust algorithm and assisted method to extend capability of GPS to optimize the performance of GPS reception.

What is **IPX7**?

Protected against the effects of temporary immersion in water. Under specific conditions of pressure and duration, water must not enter a temporarily submerged headlamp in quantities that would cause adverse operational effects.

The IPX7 waterproof standard is for device one meter under water within 30 minutes protection. Waterproof standards usually measure by the pressure of water. IPX7 standard provides device protection to be exposed the rain and sprayed over water. However, the pressure of swimming or diving should exceed IPX7 standard.

	SUITABLE	UNSUITABLE
WATER RESISTANCE		

Wearable while water is being splashed but not under any pressure.
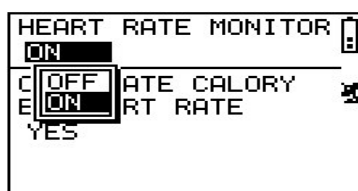
Note for Upgrading Firmware

- **Do not interrupt during upgrading the firmware**

- **When the upgrading firmware fail, please**

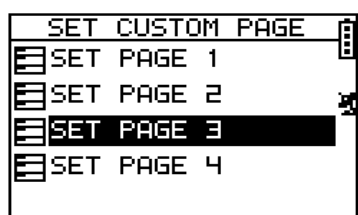**go over the process again**

- **Choose the firmware file carefully**

How To Active Heart Rate Monitor

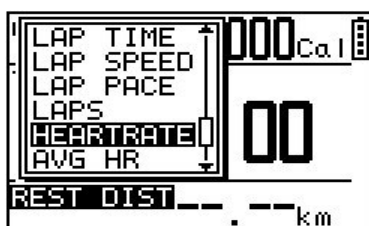*[MAIN MENU] > [CONFIGURATION] > [HEART RATE SETTIN] > [CARDIO MODE]*

1. Set the Heart Rate Monitor to "ON".
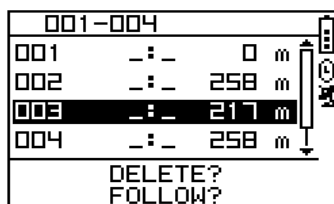
2. Set the custom page.

3. Select any column you want to show the heart rate information.

4. Select the Heart Rate coefficient you want.
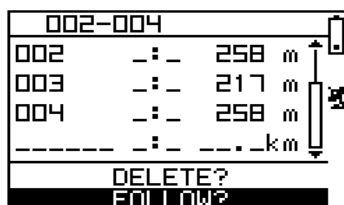
Create A Route

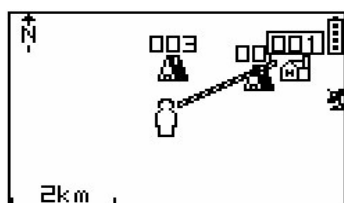*[MAIN MENU] > [NAVIGATION] > [ROUTES] > [CREATE NEW ROUTE]*

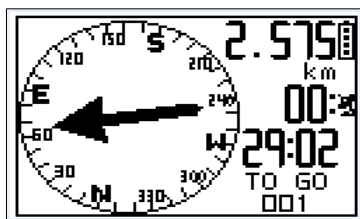1. Press OK button to add waypoint from waypoint list.

2. Add waypoint by selecting the "INSERT" function menu.

3. Select ''FOLLOW''choose your destination point and press OK button.
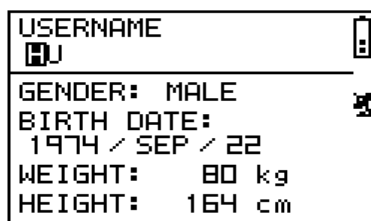
4. The Map screen appears showing you the current position and the route.

5. You can press PG button to switch to compass screen and check the direction to you destination point and time left.

Calories Setting

[MAIN MENU] > [ACTIVITY] > [ACTIVITY SETTING] > [CALORIES SETTING]
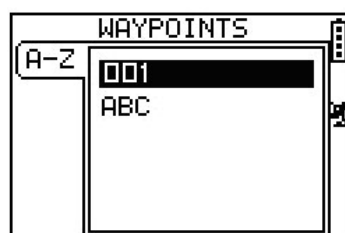

1. Input your basic information.

2. Choose your sport type.

3. Press OK to start the timer for your training.
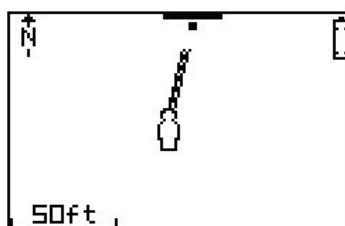
Find a Waypoint

[MAIN MENU] > [NAVIGATION] > [FIND WAYPOINT] > [LIST WAYPOINT]

1. Choose the waypoint as you want to go, then press OK button.

2. Select "GOTO" and press OK button.

3. The Map screen appears showing you the current position and the destination point.

4. You can press PG button to switch to compass screen and check the direction of the destination point and time left.

To stop the GOTO, press *[MAIN MENU] > [NAVIGATION] > [STOP GOTO].*