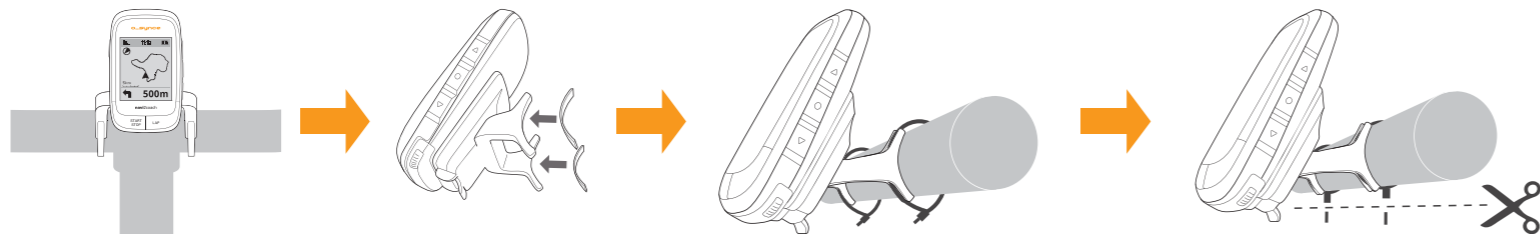
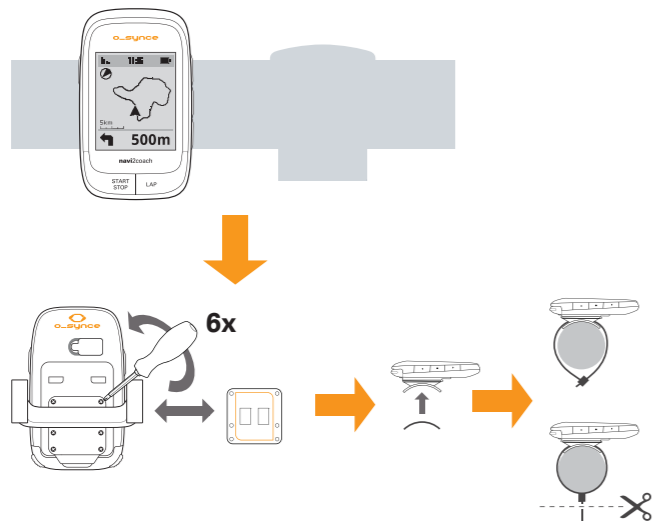


# 1

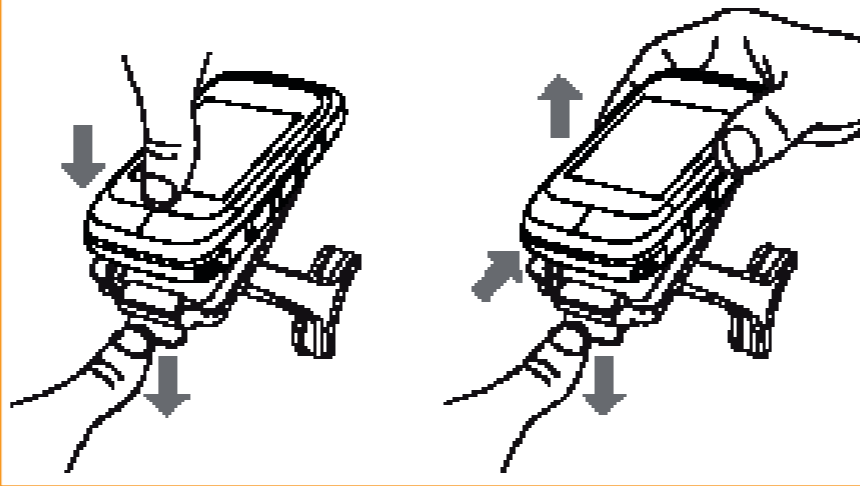
## FITTING Option A



## Option B

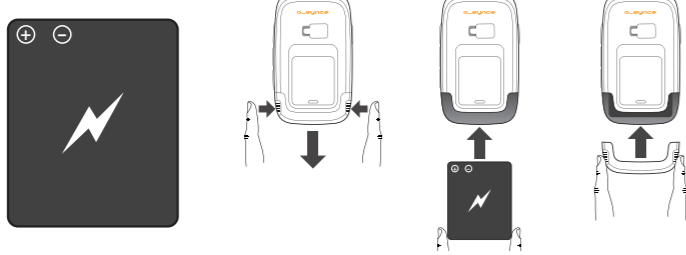


### Fit the device to & release it from the mounting bracket



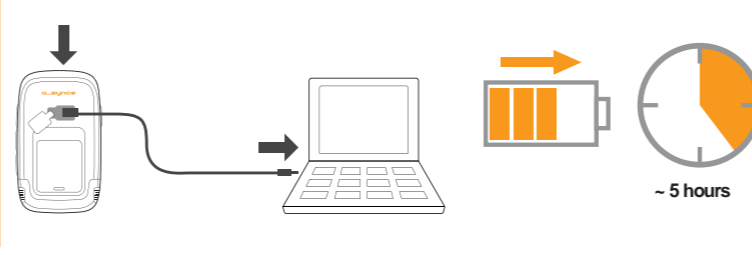
# 2

## INSERT THE BATTERY



# 3

## CHARGING THE BATTERY



# 4

## BASIC ADJUSTMENTS

Switch on the navi2coach by pressing and holding the **POWER-button**, for 2 seconds. When switched on for the first time the navi2coach takes you through the most important basic settings and allows you pair optional ANT+ sensors with the device.  
Fit and switch on your sensors at the same time as switching on the navi2coach so that you can pair them straight away.  
You can access basic adjustments at any time in the **main menu Settings**.  
In this menu you can also access add-on functions at a later time.



If your navi2coach is not connected to an ANT+sensor, you didn't start a recording and no button has been used for more than ten minutes, the navi2coach will turn itself off for power-saving.

# 5

## RECORD TRAINING

In the main menu press the **START/STOP-button**, or select **Quickstart**. The Sport mode is selected and the device automatically searches for paired sensors. The **START/STOP** button activates recordings, whilst recording use the **START/STOP** button to end or pause training.



# 6

## TRAINING SOFTWARE

Download our free **trainingLab-Software** from the o-synce website. This program allows you to transfer and analyse training data. Using the integrated **Workout editor** you can quickly and easily create training sessions on your PC.



### TRAINING PLANS

The online portal **Traininglab.com** can automatically generate a customised training plan for you without you requiring specialist knowledge. You can load the data direct to your navi2coach device.

# 7

## START NAVIGATION

If you don't already have planned routes use one of the popular planning portals e.g. **Gpsies.com** to create a route in either GPX or FIT format. Alternatively you can use commercially available mapping software e.g. **MagichMaps**.  
Connect the **navi2coach** to your computer and wait until it is recognised as an external drive with the name **navi2coach**. Open the drive and copy the file created into the **Import** folder.  
You can access your data and start a ride from the menu **Navigation > Routes**.



# 8

## USING THE TRAINING FUNCTIONS

The navi2coach utilises the **FIT-File Format** in order to access instructions during a workout.  
You can create workout-FIT-Files using our training software or download one from the many online training portals which use this file format. Transfer the workout file onto the device using **trainingLab** or by copying the file into the device **Import** folder when the navi2coach is shown as an external hard drive (see step 7).  
In the menu **Training > Workouts** you can access and begin a workout

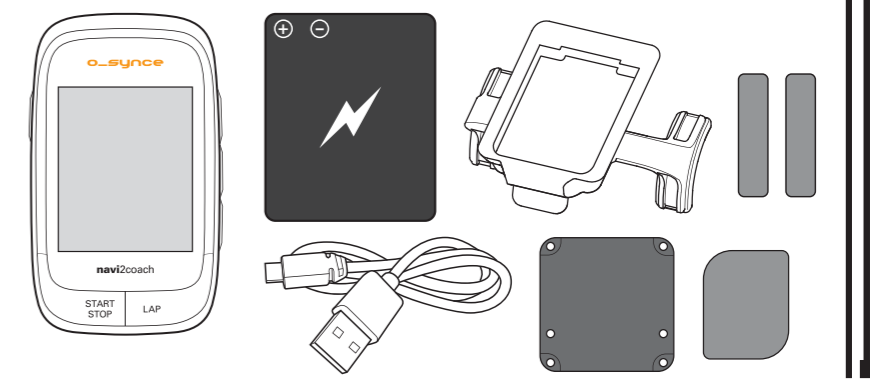
# 9

## DETAILED MANUAL ONLINE

Find more detailed information about your navi2coach at [www.navi2coach.com](http://www.navi2coach.com).  
You can also download the full instruction manual as a PDF file at our homepage.



## IN THE BOX



## KEY FUNCTIONS

### POWER-button

Long key stroke  
Turn device on-or-off  
Menu - short key stroke  
Leave current menu  
Sport mode - short key stroke  
Pause the recording

### START & STOP-button

Main menu - short key stroke  
Open the Sport mode and start the Sensor search  
Sport mode - short key stroke  
Start or pause a recording  
Sport mode - long key stroke  
End and save the current recording

### LAP-button

Sport mode - short key stroke  
Save an interim time  
Sport mode - long key stroke  
Set a POI



### Upper button

Menu  
Scroll up through the menus  
Sport mode  
Display training data: open further pages (forwards)  
Navigation view: zoom function (+)

### Middle button

Menu  
Confirm selection  
Sport mode  
Change between the display categories (Data & Navigation)

### Lower button

Menu  
Scroll down through the menus  
Sport mode  
Display training data: open further pages (backwards)  
Navigation view: zoom function (-)

Accessories (optional)  
You can complement the navi2coach perfectly with our range of o-synce ANT+ accessories and enjoy the complete functionality of your training computer.

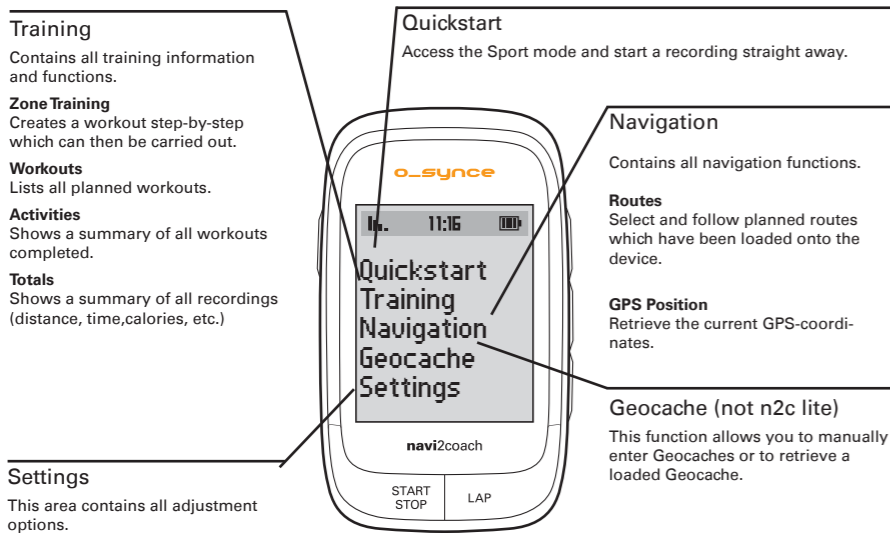
Speed & cadence  
ANT+speed  
ANT+speed&cadence  
macro2sx.com  
macro2sx speed  
ANT+ power measuring

Heart rate  
heart2feel x  
ANT+ scales  
ANT+remote

**!ATTENTION PAIRING!**  
If you want to use ANT+ accessories with the navi2coach you must pair/connect them first. The pairing function is described in Settings >> Pairing.

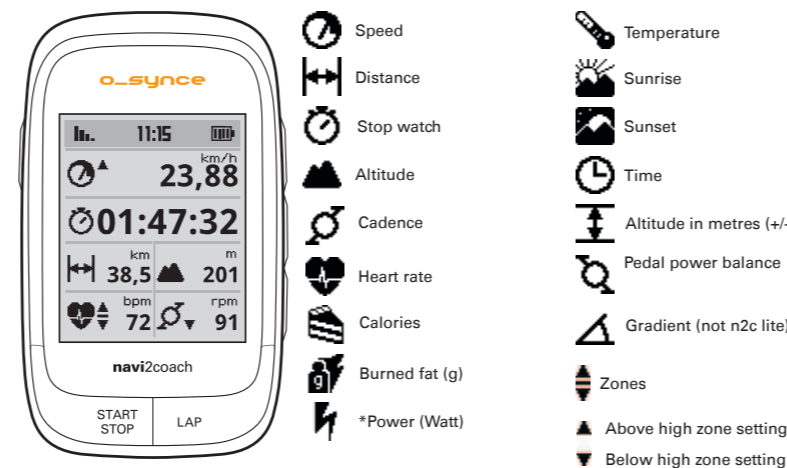
## OVERVIEW MAIN MENU

Use the upper and lower buttons to scroll through the menus, confirm the selection with the middle button.



## DATA VIEW

You can view any data relevant to your training here. Using the menu **Settings > Display Pages** you can freely configure the data fields. You can create multiple data pages and access them with the +/- buttons.

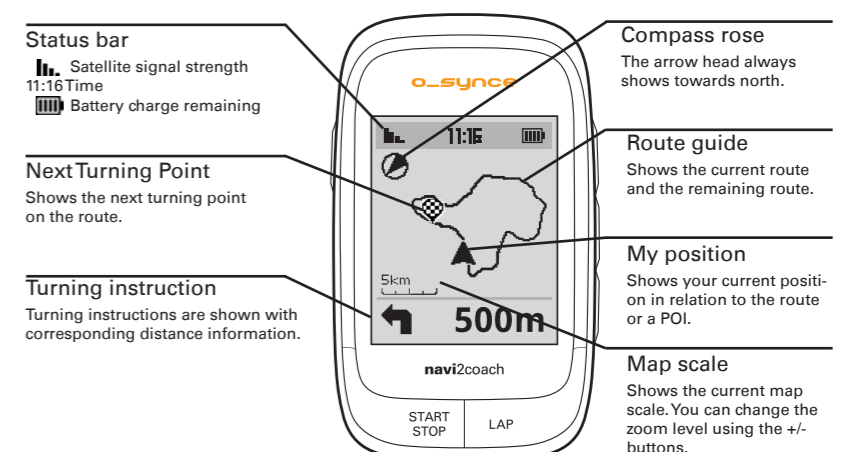


\*With an ANT+ power meter

\*IF Intensity factor (training load factor measured by time)  
\*NP Normalized Power  
\*TSS Training stress score (Training load factor measured by time and + distance)

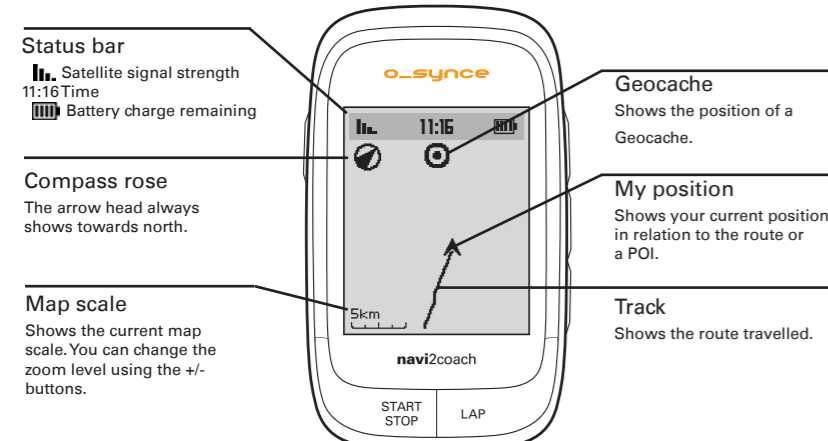
## NAVIGATION VIEW

In use the route is displayed as a track view with an additional arrow based navigation. The zoom function allows you to see the route in detail. Additional functions such as backtrack navigation, route inversion and the saving and access of POIs are possible too.



## GEOCACHING (not n2c lite)

The navi2coach allows you to join up with the popular „Geocaching“ treasure hunts.  
Simply enter the cache co-ordinates and allow the device to pilot the route. You can also plot a ride and play it back on the device.



## PAIRING - ANT+ Sensors combine

To enable the use of your ANT+ accessories with the navi2coach these accessories must be connected to the device. If the pairing with the default settings in Step 4 did not work or have been skipped, you can catch up on this as follows.

- Select all the ANT+ sensors. This occurs for example when you connect the heart rate monitor to the speed and cadence sensors or move your force power meter in motion. Make sure that all sensors are within a radius of 2m from navi2coach.
- Go to **Settings > Sports Profiles > Profile 1-4 > Sensors > Pair all**. Now, the device searches for all available sensors and stores them in profile 1.

The navi2coach allows you to save up to 4 **sport profiles**. If you want to have a second bike with other sensors, repeat the above procedure in which you select one of the sections 2-4. Make sure that you are at least 8m from the sensors that you do not want to connect with the selected profile. You can repeat the process for all 4 sports profiles.

If you want to add or change a sensor in a profile, proceed as follows:

- Go to Settings under the profile to edit from: **Settings > Sports Profiles > Profile 1-4**
- Select the menu **Sensors** and in the following menu select the existing sensor to be exchanged or edited. Now the device searches the appropriate sensor and, when found, will save it.

Do you want to for example add/exchange the speed sensor in the sports section 1, proceed as follows: **Settings > Sports Profiles > Profile 1 > Sensors > Speed > Pair**. The navi2coach will now look for a speed sensor, so make sure that it is turned on.

Note: All 4 sports profiles are automatically using the same heart rate sensor.

## SUPPORT

You can help us improve our customer service by sending your comments or questions to our email address at [www.o-synce.com](http://www.o-synce.com). Please keep your purchase receipt or a copy of it in a safe place.

Phone +49-6201 980 50-0 / Fax +49-6201 980 50-11  
Email: [support@o-synce.com](mailto:support@o-synce.com)  
o-synce Europe GmbH  
Thaddenstr. 14a  
69469 Weinheim  
Germany

## WARRANTY

We are only liable for damages in accordance to the statutory regulations in respect to our contractual partners. Batteries are excluded from warranties. In case of a warranty please contact the retailer where you purchased your device. Batteries can be returned after use.

## UPDATES

Current soft- and firmware updates can be found on [www.o-synce.com](http://www.o-synce.com)

This product is compliant with the Directive 1999/5/EC. The relevant Declaration of Conformity is available at <http://www.o-synce.com/en/customer-support>