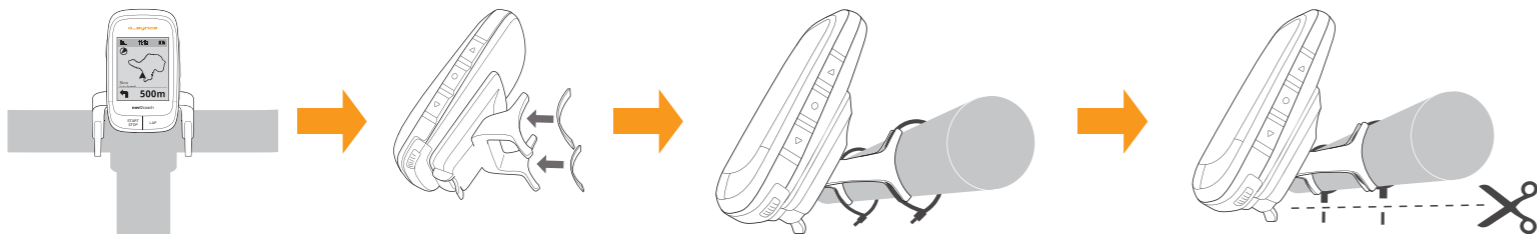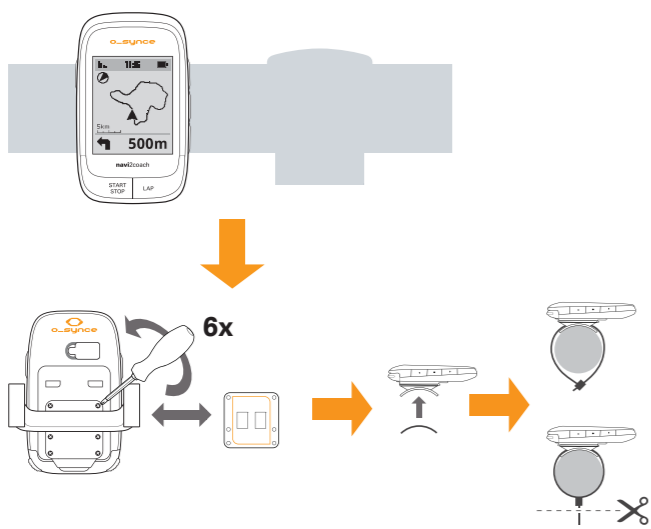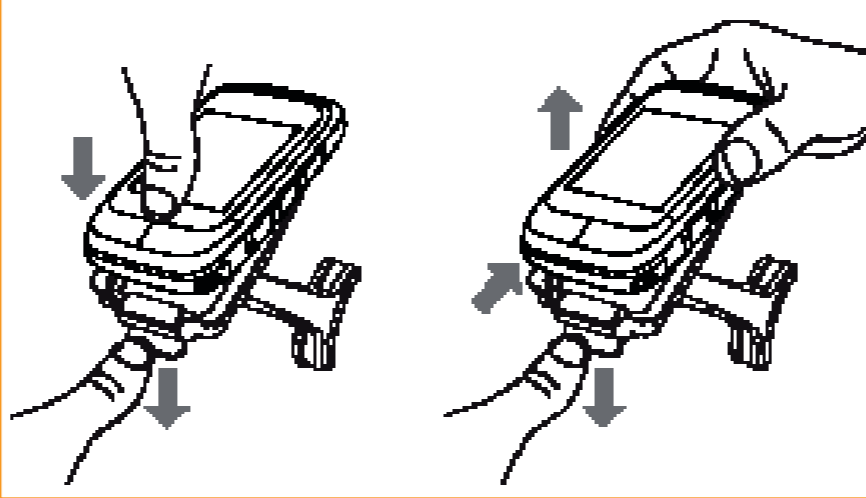# 1 FITTING

Option A

Option B

6x

Fit the device to & release it from the mounting bracket

o_synce
be in motion

navi2coach

quick start guide
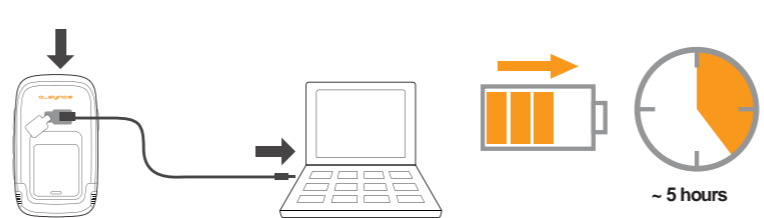English/Deutsch (Rückseite)

DE EN

---

2 INSERT THE BATTERY
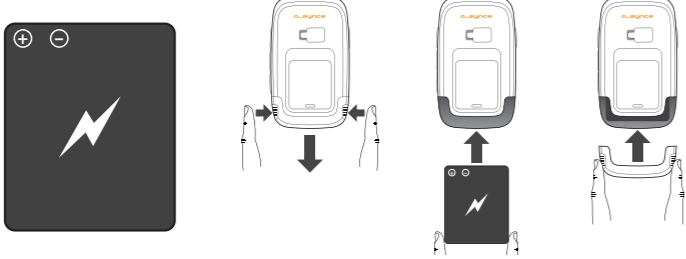
3 CHARGING THE BATTERY

~ 5 hours

IN THE BOX

---

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 of for power-saving.

2 Sek.

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.

Quickstart
Training
Navigation
Geocache
Scales
Settings

23,88
01:47:32
38,5 201
72 91

KEY FUNCTIONS

POWER-button
Long key stroke
Turn device on-or-off
Menus ~ short key stroke
Leave current menu
Sport mode - short key stroke
Pause the recording

START & STOP -button
Main menus - 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
Menus
Scroll up through the menus
Sport mode
Display training data: open further pages (forwards)
Navigation view: zoom function (+)

Middle button
Menus
Confirm selection
Sport mode
Change between the display categories
(Data & Navigation)

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

---

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.

Traininglab.com

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. MagicMaps.
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.

navi2coach

Activities
Courses
Import
Pois
Schedules
Settings
Sports
Totals

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

ANT+

!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.

---

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).
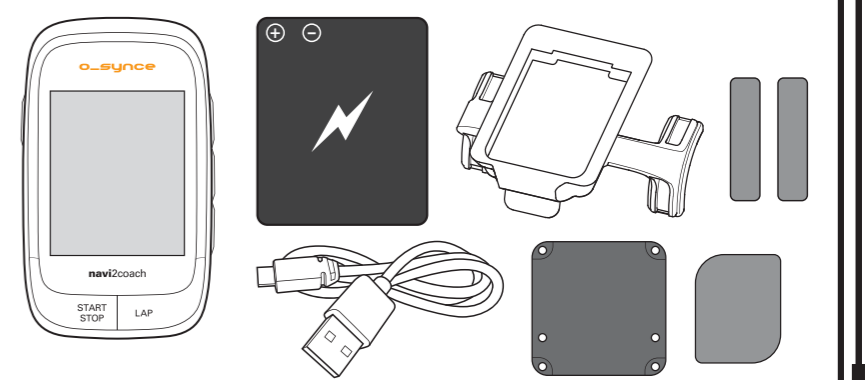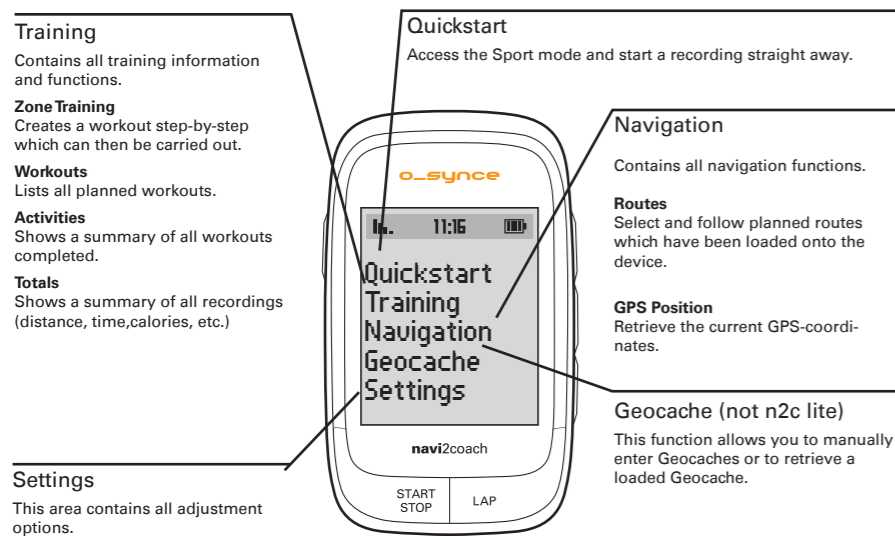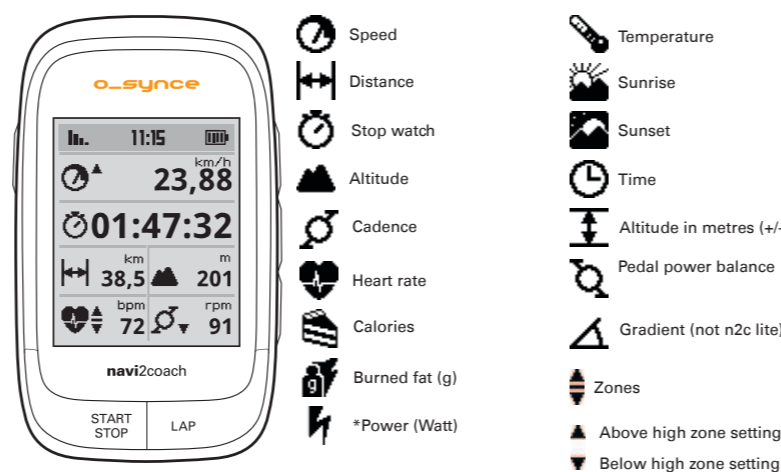In the menu Training > Workouts you can access and begin a workout

9 DETAILED MANUAL ONLINE

Find more detailed information about your navi2coach at www.navi2coach.com
You can also download the full instruction manual as a PDF file at our homepage.

OVERVIEW MAIN MENUE

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

Training
Contains all training information and functions.
Zone Training
Creates a workout step-by-step which can then be carried out.
Workouts
Lists all planned workouts.
Activities
Shows a summary of all workouts completed.
Totals
Shows a summary of all recordings (distance, time,calories, etc.)

Settings
This area contains all adjustment options.

Quickstart
Access the Sport mode and start a recording straight away.

Navigation
Contains all navigation functions.
Routes
Select and follow planned routes which have been loaded onto the device.
GPS Position
Retrieve the current GPS-coordinates.

Geocache (not n2c lite)
This function allows you to manually enter Geocaches or to retrieve a loaded Geocache.

Quickstart
Training
Navigation
Geocache
Settings

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.

11:15
23,88 km/h
01:47:32
38,5 201 km m
72 91 bpm rpm

Speed
Distance
Stop watch
Altitude
Cadence
Heart rate
Calories
Burned fat (g)
*Power (Watt)

Temperature
Sunrise
Sunset
Time
Altitude in metres (+/-)
Pedal power balance
Gradient (not n2c lite)
Zones
Above high zone setting
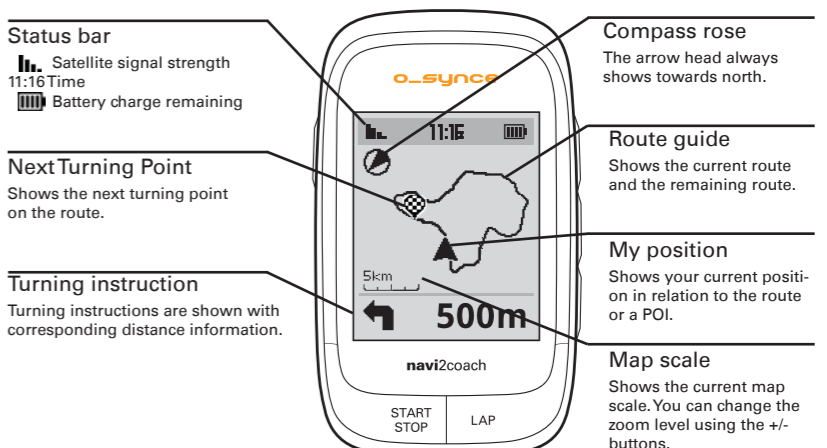Below high zone setting

*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)

AVG Average value
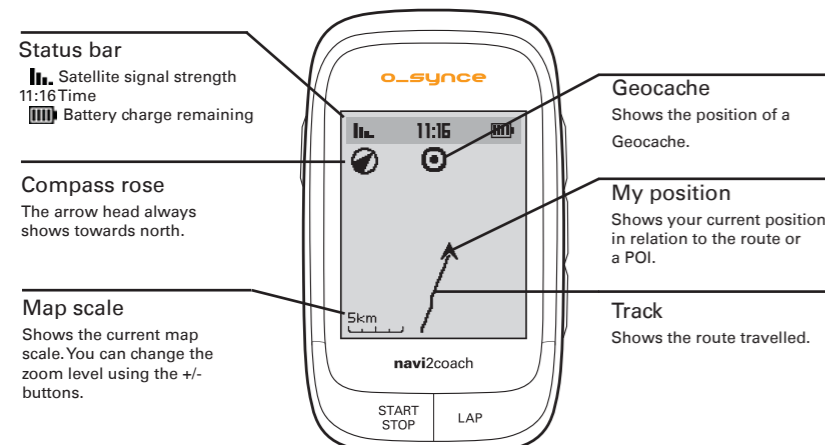MAX Maximum value

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.

Status bar
Satellite signal strength
11:16 Time
Battery charge remaining

Next Turning Point
Shows the next turning point on the route.

Turning instruction
Turning instructions are shown with corresponding distance information.

11:15
5km
500m

Compass rose
The arrow head always shows towards north.

Route guide
Shows the current route and the remaining route.

My position
Shows your current position in relation to the route or a POI.

Map scale
Shows the current map scale. You can change the zoom level using the +/- buttons.

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.

Status bar
Satellite signal strength
11:16 Time
Battery charge remaining

Compass rose
The arrow head always shows towards north.

Map scale
Shows the current map scale. You can change the zoom level using the +/- buttons.

11:16
5km

Geocache
Shows the position of a Geocache.

My position
Shows your current position in relation to the route or a POI.

Track
Shows the route travelled.

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.

1 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.

2 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 sensors 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:

1 Go to Settings under the profile to edit from: Settings> Sports Profiles> Profile 1-4

2 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. Please keep your purchase receipt or a copy of it in a safe place.

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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