O-SYNCE MOBILE APP MANUAL
WITH **COACH**SMART AND USEE

CONTENT

IM HANDBUCH NAVIGIEREN!

1.1 INSTALL THE APP

Download the o-synce mobile app in the Apple App Store:
https://itunes.apple.com/de/app/o-synce-mobile/id878973037?mt=8

or in the Google Play Store:
https://play.google.com/store/apps/details?id=eu.virtualtraining.outdoor.osynce&hl=de
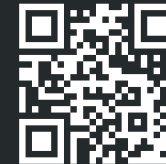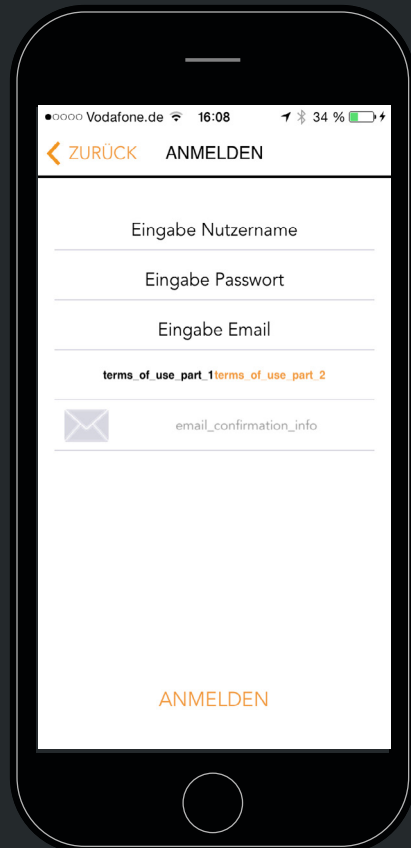
iOS   Android

After starting a tour, the screen of the phone can be switched off for energy saving and stored safely in a pocket or back pack. Depending on various circumstances the connection remains stable up to 20 meters.

1.2 SIGN UP AND LOG IN

o_synce

OR

SIGN UP for free if you want to
- share your performance with friends
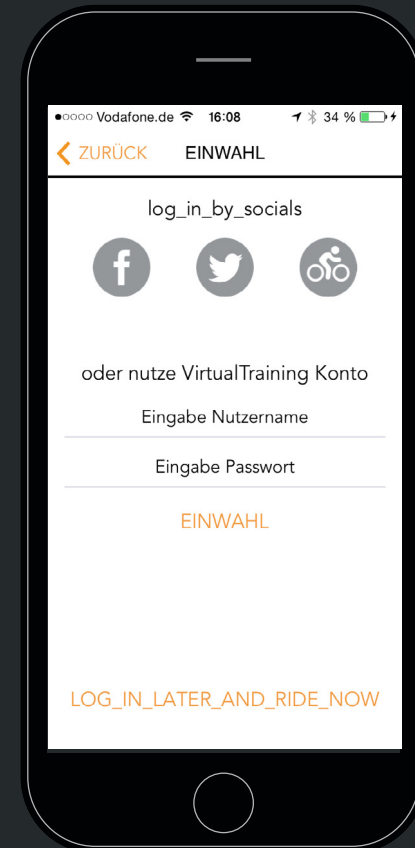- analyse your training on virtualtraining.eu

You can sign up with your Facebook, Twitter or MapMyRide account, or create an own account with your personal email.

After signing up please make sure to confirm your account in the email we sent you!

You can also **SKIP** the log-in and sign up later to use all functions.

LOG IN if you already have a virtual-training-account

1.3 USE THE APP

Profile Avatar

Select your profile

Select your activity
(You can choose the activity you are starting with in any of your profiles and it will automatically be used on the STRAVA site)

Total Height (all recorded data)

Total Distance (all recorded data)

START the record

Open record ride screen
(this screen)

Settings:
Set up the app, new profiles, pair sensors and smart screens

Access your activities
and show details

Connect the smart screen
and adjust settings

Screen text:
●○○○○ Vodafone.de 15:16 23 %

new bike
MTB

0 km   0 m

START

NEU   PROTOKOLL   Smart screen   EINSTELLUNGEN

1.4 RECORDING

The screen displays all information from paired and active sensors and/or GPS data from the smartphone.

GPS signal on/off
Signal Strenght

Icons show the status of sensors
- ♥ Heartbeat
- ⊘ Speed
- ⌀ Cadence
- ⚡ Power

- ● inactive
- ● active

Press to start a new LAP

press to STOP or PAUSE the record

1.5 SETTINGS

go to: settings

o_synce

LOG IN/LOG OUT

Set your personal data (Only available when logged in)

Set up your sensors and bike profile

Social sharing settings (Only available when logged in)

More information and help

Enable to only use WiFi to connect to cloud services.

Enable to automatically activate energy saving mode for display.

Use metric or imperial units (only available without login).

enable to auto-pause the record when not in motion (no motion detected by speed sensor and/or GPS)

EINSTELLUNGEN LOG OUT

NUTZEREINSTELLUNG

Profiles

CLOUD SERVICES

INFO DATENBANK

ÜBER APP

Upload nur wenn WiFi aktiv

Auto Schlafmodus

Auto Pause

Einheiten   Metrisch

NEU   PROTOKOLL   Smart Screen   EINSTELLUNGEN
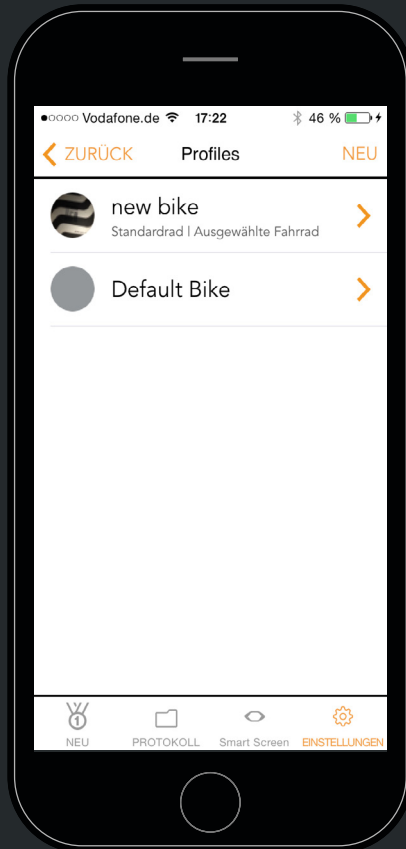
1.6 USER SETTINGS

go to: settings - user settings

Personalize your user details so the
online analysis is more accurate
(if logged into virtualtraining.com)
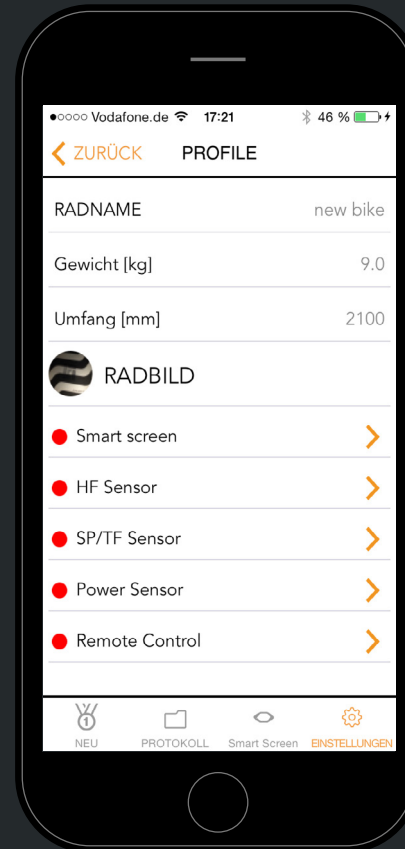
Press 'Apply' to save your changes.

1.7 PROFILES | CREATE YOUR BIKE PROFILE

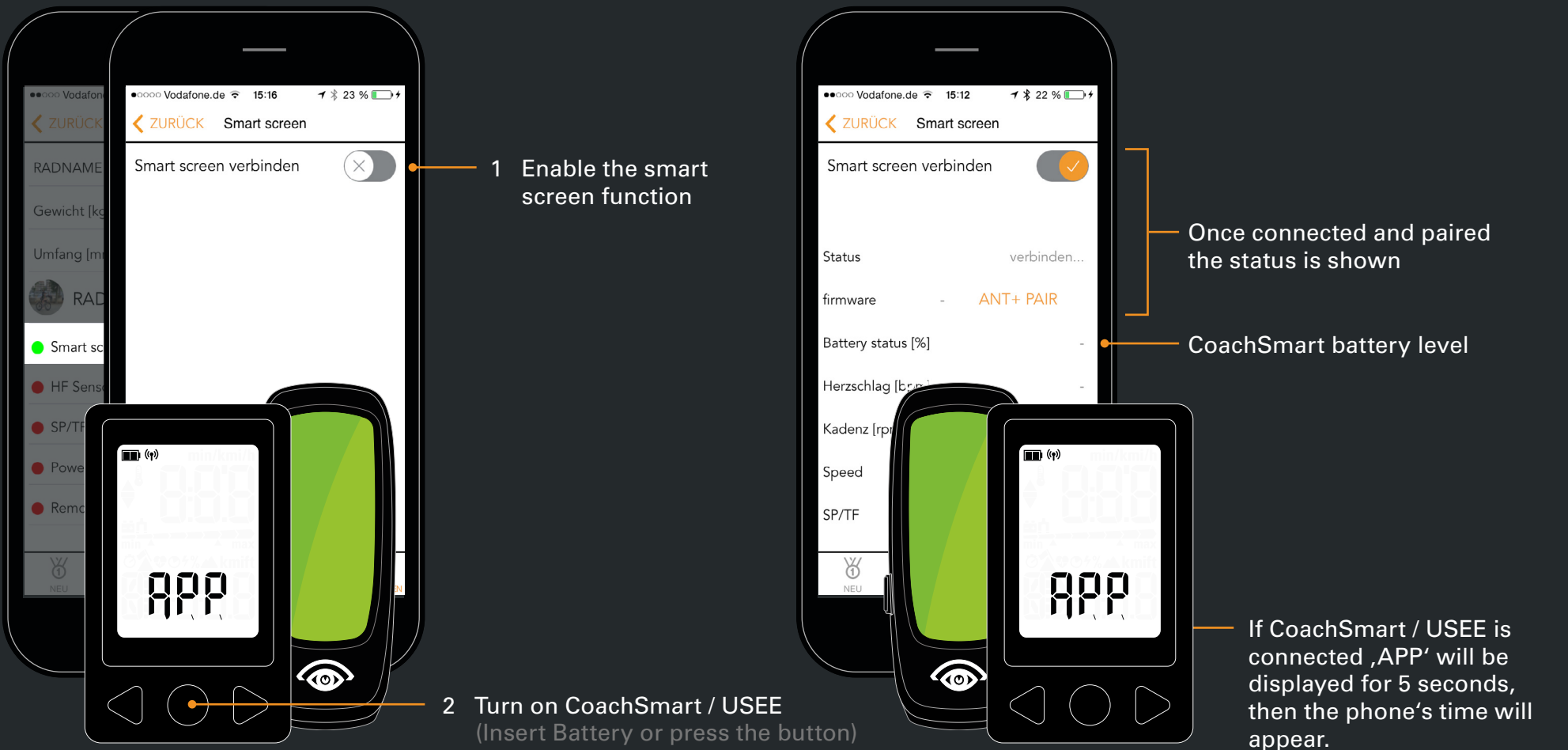go to: settings - profiles - select your profile/create new profile

o_synce

Profiles screen:

- ZURÜCK — Profiles — NEU
- new bike — Standardrad | Ausgewählte Fahrrad >
- Default Bike >

NEU — PROTOKOLL — Smart Screen — EINSTELLUNGEN

select a profile or press ADD

PROFILE screen:

- ZURÜCK — PROFILE
- RADNAME — new bike
- Gewicht [kg] — 9.0
- Umfang [mm] — 2100
- RADBILD
- ● Smart screen >
- ● HF Sensor >
- ● SP/TF Sensor >
- ● Power Sensor >
- ● Remote Control >

NEU — PROTOKOLL — Smart Screen — EINSTELLUNGEN

1 Enter your bikes' name, weight and wheel circumference (for speed sensors)

2 Press the avatar placeholder and chose an image

3 Connect Bluetooth Smart sensors
   ● not paired
   ● paired, active
   ☼ searching
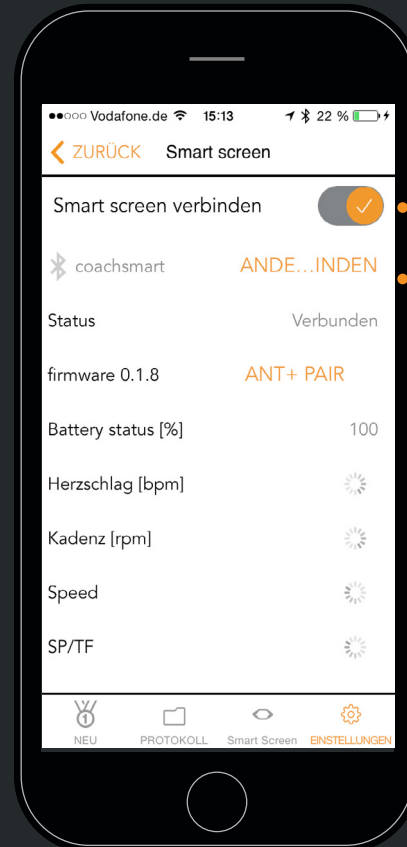
1.8 PAIR THE COACHSMART / USEE

go to: <u>settings</u> - <u>profiles</u> - <u>select your profile</u> - <u>smartscreen</u>

1   Enable the smart screen function

2   Turn on CoachSmart / USEE
(Insert Battery or press the button)

Once connected and paired the status is shown

CoachSmart battery level

If CoachSmart / USEE is connected ‚APP' will be displayed for 5 seconds, then the phone's time will appear.

1.9 PAIR ANT+ SENSORS

The connected CoachSmart / USEE must be active to pair ANT+ sensors!

o_synce

1. Make sure the CoachSmart / USEE is connected!
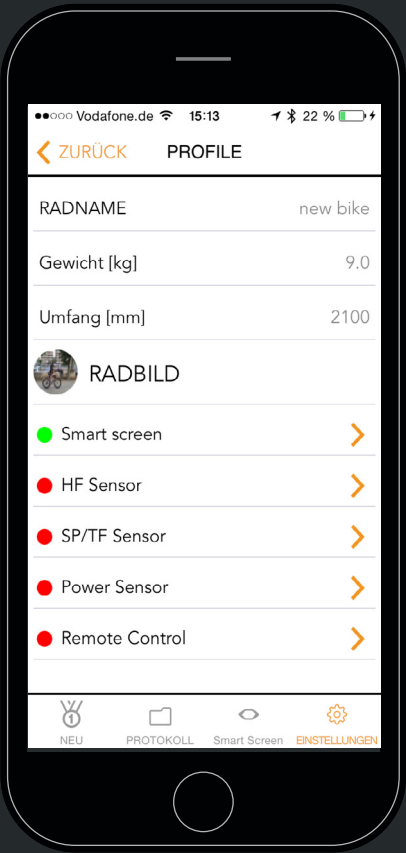2. Press to pair ANT+ Sensors.

ANT+ Sensor ID

-     No sensor paired
- 1234   Sensor paired, inactive
- 1234   Sensor paired, active
- ☀   Search

3. All active ANT+ sensors in up to 25 m distance will be paired. This will take up to 30 seconds. Please remove all foreign ANT+ Sensors from the area.
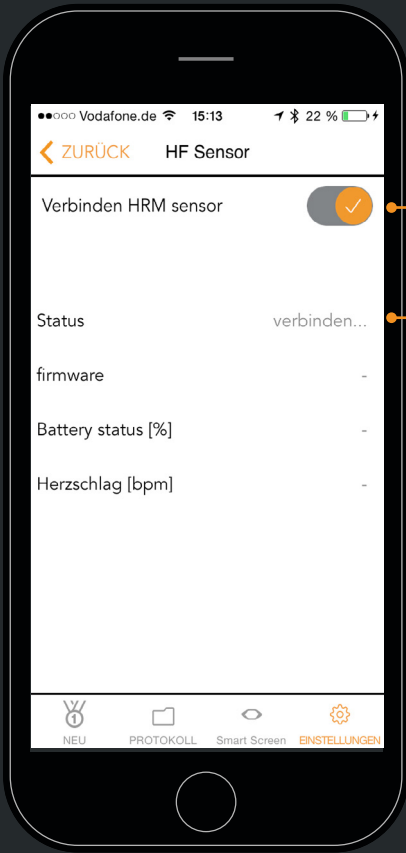
Phone screen content:

●●○○○ Vodafone.de 📶 15:13 ⚡ ✳ 22 % 🔋⚡

‹ ZURÜCK   Smart screen

Smart screen verbinden   ✓

✳ coachsmart   ANDE…INDEN

Status   Verbunden

firmware 0.1.8   ANT+ PAIR

Battery status [%]   100

Herzschlag [bpm]   ☀

Kadenz [rpm]   ☀

Speed   ☀

SP/TF   ☀

NEU   PROTOKOLL   Smart Screen   EINSTELLUNGEN

1.10 PAIR BLUETOOTH SMART SENSORS

go to: <u>settings</u> - <u>profiles</u> - <u>your profile</u>
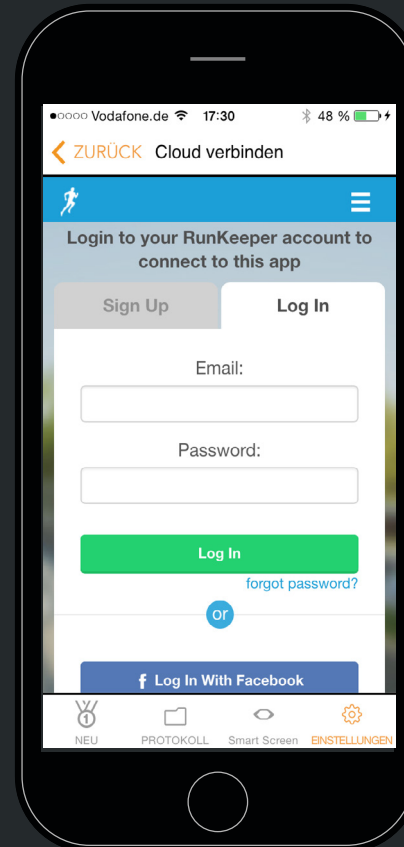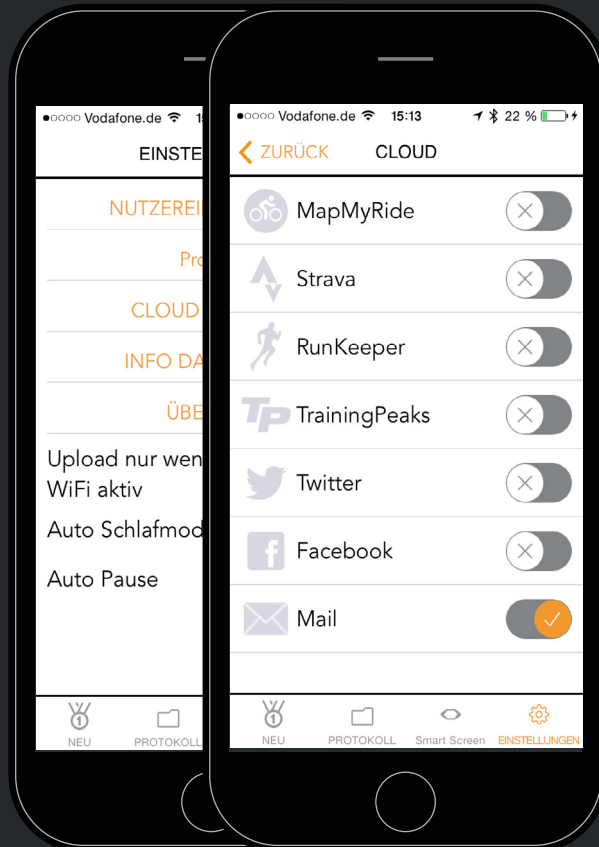

1 Activate the sensor and put it in pairing mode (check the sensor's manual if you need help)

2 Enable the sensor in the app. The phone is now searching for the sensor.

pairing status

detailed sensor information

Select the sensor type you want to pair.

● not paired
● paired, active

1.11 CLOUD SERVICES

go to: settings - cloud services

You can use the cloud service by saving your recording in your VirtualTraining account.

You can share your training and recorded data with most of the common sport and social network services automatically after finishing your exercise.
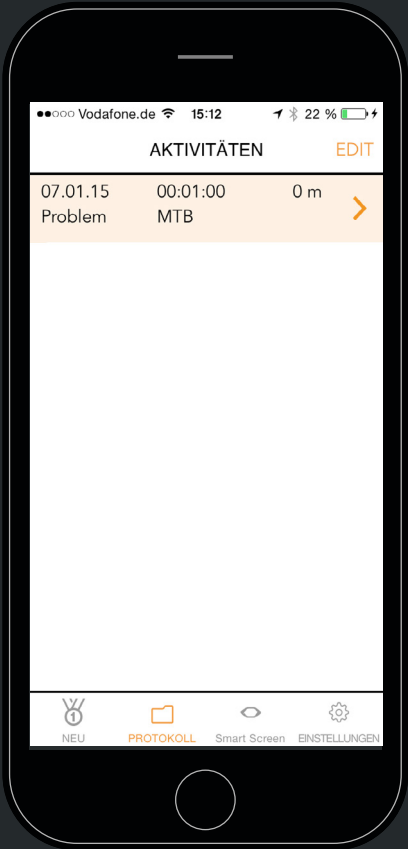
1. Chose a network in the list and activate it.

2. The app is now connecting to the chosen network. Please follow the set up or log in process.

Any new activity will be uploaded automatically from the phone to your selected sport or social network site.

It will just take seconds until you can see your tour on the network site.

1.12 ACTIVITIES SCREEN

go to: activities

List of all your activities.

If you are logged into your virtual training account new activities are automatically uploaded and shared with your selected social/sport networks.

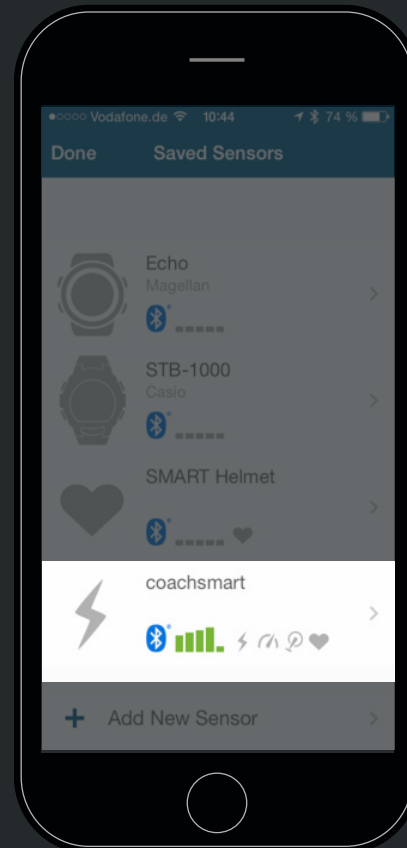select an activity and display all details of your workout.

You can:

⟳ sync activity with virtualtraining.com (if logged in)

⊗ delete the activity

INFO show the glossary

1.13 USE COACHSMART / USEE WITH OTHER APPS

You can use your CoachSmart / USEE with any sport or navigation App that has the capability of connecting with a bluetooth smart sport profile.

Example: Wahoo App
The CoachSmart / USEE will be seen in the App setting as a multi-service bluetooth smart sensor .
Therefore heart rate, speed, cadence, or speed/cad combo and power can be used if these ANT+ sensors are paired with CoachSmart / USEE. Further information on connecting bluetooth smart sensor will be found in the chosen APP info or help desk.

1.14 NAVIGATION WITH USEE

You can use worldwide turn-by-turn navigation with the Naviki App.
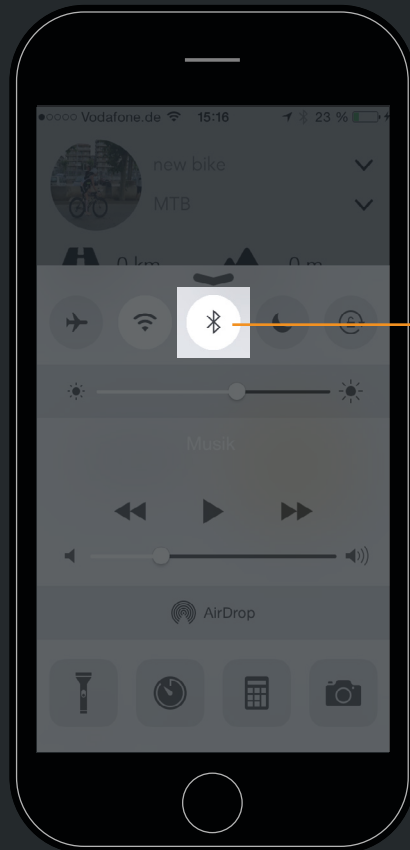
The app is available for Android and iOS.

www.naviki .org

SMARTPHONE SETTINGS AND TECHNICAL INFORMATION
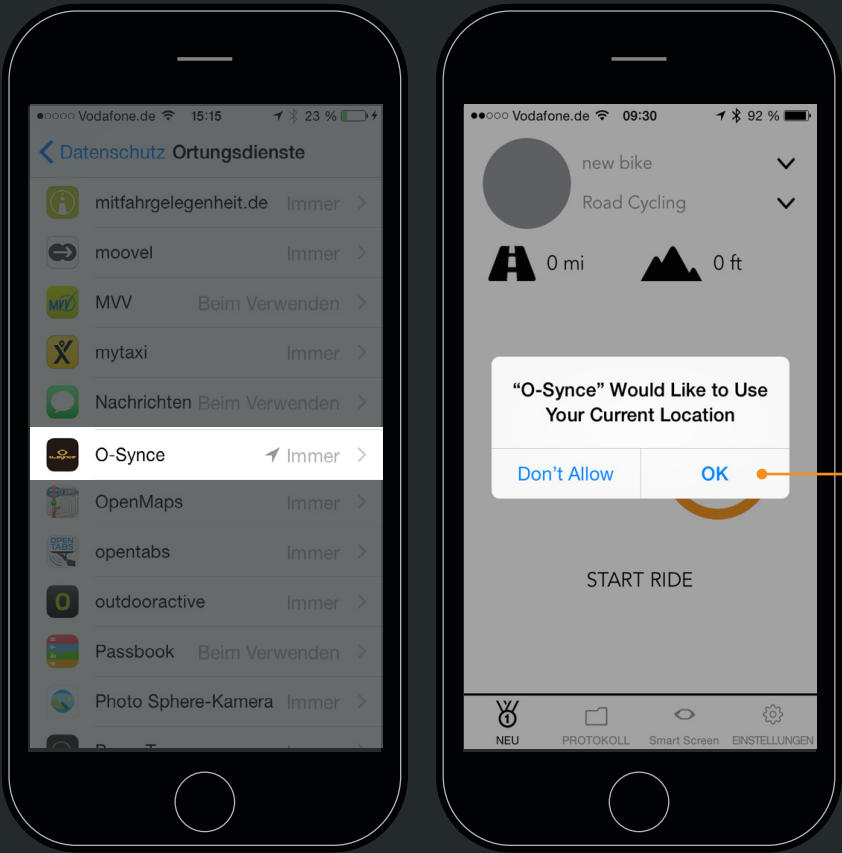
2.1 BLUETOOTH | SMARTPHONE SETTINGS

go to: settings - bluetooth

You have to enable Bluetooth, so o-synce Mobile can connect to your smart sensors and your smart screen.

Activate Bluetooth!

2.2 GPS | SMARTPHONE SETTINGS

iPhone settings

You must allow the app to use your current location, so speed and distances can be calculated. You can verify the setting in your iPhone under ‚settings' - ‚privacy' - ‚location services'.

2.3 BLUETOOTH

Bluetooth Smart (4.0) is a wireless personal area technology that is mainly being used in healthcare, fitness and home entertainment industries.
It consumes fewer energy than classic bluetooth while ensuring a similar communication range. With Bluetooth Smart you can easily connect your Smartphone to other devices and monitor/control these live.

The o-synce mobile app currently supports models from the iPhones 4S and Andriod from version 4.4.4

2.4 ANT+

ANT+ is the wireless technology that allows your monitoring devices to talk to each other. Leading brands design ANT+ into top products to ensure that you get the data you want - when and where you want it. Fundamentally, ANT+ gives you the simplest, most expandable and most reliable user experience possible.
ANT+ stands for interoperability which means that ANT+ products from multiple brands work together. Plus, because devices are compatible, you can always add to or update your monitoring system.

ANT+ allows you to mix and match products and brands with the assurance that they will ‚just work' together.

ANT+ activity icons represent the information that the product is capable of transferring. Sensors and displays with matching activity icons will work together. For example, an ANT+ heart rate strap will send heart rate data to a watch, phone, bike computer, tablet, and/or any other device that reads ANT+ heart rate.

Mix multiple displays with multiple sensors all at the same time!
For example, an enabled bike computer can read data from a power meter, speed/cadence sensor and heart rate sensor at the same time. Or have multiple displays read the same sensors at once. For example, both your watch and mobile App can read data from your sensors at the same time, allowing you to conveniently view live feedback on your watch while you work out, and track and analyse your workout with your App later.

IMPRESSUM

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correctness and accuracy of this document.

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