
1 GENERAL

Congratulations on purchasing this advanced multifunctional **screeneye x**. Take a moment to read this guide carefully.

1.1 General Information

These resources provide important setup information and are designed to help you to get the most from your device.

If you regularly carry out a sporting activity or wish to step up your training, the **screeneye x** is the perfect choice for you. An option would be to use several accessories like the **maxrun**, an accelerometer sensor that will be attached under your shoe layers. Another sensor would be the **heart2feel x** heart rate belt which can transmit your heart rate to the **screeneye x** visor.

The design of this product have also been specifically developed to suit all body types and for easy use during your sport.

This is a manual which can help you to use your **screeneye x** basic functions. For the latest product information and more details of the optional accessories and the free **traininglab** software, visit the o_synce Web site at **www.o-synce.com**

CAUTION! Always consult your physician before beginning or modifying any exercise program. If you have a pacemaker or other implanted electronic devices, consult your physician before using a heart rate monitor.

2 Scope of delivery



Strong electromagnetic fields and some 2.4 GHz wireless sensors can interfere with your heart rate monitor and other accessories. Sources of interference may include very high voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN (Wi-Fi) access points. After you move away from the source of interference, the displayed rate data should return to normal.

2.1 In the Box

1x casing **screeneye x**



Fig. 1 casing **screeneye x**

1x **screeneye x**



Fig. 2 **screeneye x**

1x USB cable

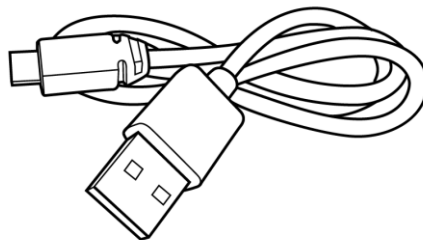


Fig. 3 USB cable

2.2 Optional Compatible Accessories

For more information about optional compatible accessories go to www.o-synce.com



Some functions which are described in this manual are only accessible with the optional accessories. Such functions are marked as “optional”.

heart2feel x



Fig. 4 **heart2feel x** heart rate belt

The **screeneye x** visor is ready to use with the **heart2feel x** heart rate belt. For more information about optional accessories, go to www.o-synce.com. You can also contact your o-synce dealer to purchase accessories.

maxrun



Fig. 5 **maxrun** foot pod sensor for running












The **screeneye x** visor is ready to use with the **maxrun** foot pod sensor for running. For more information about optional accessories, go to www.o-synce.com. You can also contact your o-synce dealer to purchase accessories.

3 GETTING STARTED



Before starting your very first exercise, you will need to pair the accessories with the **screeneye x**. Pairing is the connecting of sensors, between the **screeneye x** and the heart rate belt. Keep enough distance to other sensors while pairing. To pair optional sensors, select "SETTING" and press the middle button, then go to "PAIR" with front or rear button and select with middle button. When "YES" is blinking, be sure, that your sensors are activated, then confirm by pressing the middle button again. When pairing is done, "PAIRED" appears in the display.

3.1 Icons in the display

	Above high zone setting		Below low zone setting
	Timer mode		Heart rate sensor active (optional)
	Cadence (optional)		Temperature
	Current time		Lap time
	Heart rate in % of maximum heart rate (optional)		Minutes per km Minutes per mile (optional)
	Distance in km Distance in miles (optional)		

3.2 Function keys at the main menu

Menu navigation The navigation is working with the front and rear button. Enter a menu by pressing the middle button.



Fig. 6 Functions keys

Front button	Switch between the menus. Scroll through the menus. Return to the main menu by pressing the front button for 3 seconds.
Middle button	Select a menu. Start/Stop the stopwatch by pressing the middle button for 3 seconds. Reset the recorded values. Start a new lap.
Rear button	Switch between the menus. Scroll through the menus. Start the coach mode by pressing the rear button for 2 seconds.
<i>Turn on the display</i>	Press middle button for 5 seconds, to activate the display. The display goes into sleep mode if there is no interaction within 5 minutes.
<i>Display illumination</i>	The lightning is supplied by the green field on the visor and needs brightness.

3.3 Charging battery

The **screeneye x** visor has a built in battery. It is to be charged by connecting the visor via USB to a computer or the optional charger. The battery charging time takes approximately 45 minutes.

4 Mode

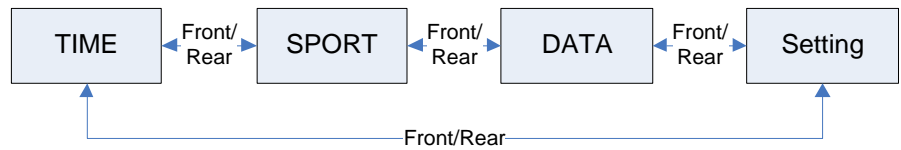


Fig. 7 Main menu

4.1 Mode - SETTING

In the setting mode you can adjust most settings of the **screeneye x**. If the **screeneye x** is active and the time is displayed, select “Setting” by pressing the front button 3 times. Press the middle button to open the “SETTING”.

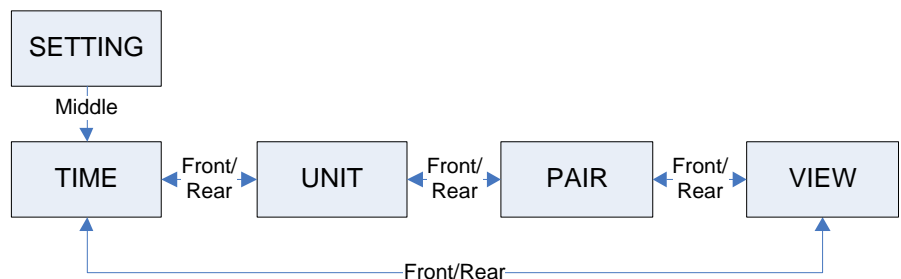


Fig. 8 Menu SETTING

4.1.1 Setting - TIME

You can set the clock and date of the **screeneye x** here. Press the front button or the rear button and choose “TIME”. Open the menu “TIME” by pressing the middle button.

The current value is blinking. Adjust the value by pressing the front or rear button. Confirm with the middle button.

The values appear in the following order:

Hour / Minutes / Year / Month / Day

4.1.2 Setting - UNIT

You can set the units of speed, distance and temperature here. Press the front button and choose “UNIT”. Open the menu “UNIT” by pressing the middle button.

- | | |
|-------------------------|--|
| <i>DISTANCE km / mi</i> | The current setting is blinking. Switch between “km” or “mi” with the front or the rear button and confirm with the middle button. (optional) |
| <i>PACE/SPEED</i> | The current setting is blinking. Switch between “min/km – min/mi” (PACE) or “km/h – mi/h” (SPEED) by pressing the front or rear button, confirm with the middle button. (optional) |
| <i>CALIBRATE</i> | Press the front button to set a calibration factor between 0.5 and 1.5. The first digit is blinking, adjust the value by pressing the front or rear |

button, confirm with the middle button. Proceed the same way with the remaining digits. (optional)

The calibration factor can only be set, if the EXPERT View is active (see chapter 4.1.4 VIEW)

Calibration of the stride sensor improves the accuracy of speed, pace and distance measurements. It is recommended that you calibrate the stride sensor before using it for the first time, if there are significant changes in your running style, if you have new shoes or if you switch the sensor from your right shoe to your left one. The calibration should be done at the speed you normally run.

The calibration factor is calculated from the measurement results in relation to the known path length.

calibration factor = known path length / measured length with sensor

Example:

known path length = 10km

measured length with sensor = 9,940km

calibration factor = $10 / 9,940 = 1.006$

TEMP The current setting is blinking. Choose the temperature scale “C” or “F” by pressing the front button and confirm with middle button.



The temperature is displayed only. It is not stored and not transmitted when reading the data into the computer.

A.LAP Off is blinking, press the front button to turn on the lap mode. The current distance is shown. Press middle button to set the distance for a lap. The first digit is blinking, adjust the value by pressing the front or rear button, confirm with the middle button. Proceed the same way with the remaining digits. (optional)

The A.LAP value can only be set, if the EXPERT View is active (see chapter 4.1.4 VIEW)

This value is the specific distance for one lap. If it is set, the lap will increase automatically (while the stopwatch is running) when the distance is reached (this function is optional and works only with the **maxrun** foot pod sensor). Read chapter 4.3.1 Stopwatch for further information.

4.1.3 Setting - PAIR



What is pairing?

*Pairing is the connecting of sensors, e.g. your heart rate monitor with the **screeneye x**. After you have paired the first time, your **screeneye x** automatically recognizes the paired sensor each time it is activated. This process occurs automatically when you turn on the **SPORT** mode and only takes a few seconds when the sensors are activated and begin functioning correctly. Once paired, your **screeneye x***

exclusively receives data from your own sensors, and you can go close to other sensors without interference.



*Move away (40 m) from other sensors while the **screeneye x** is trying to pair with your sensor for the first time. Bring your sensor within range (3 m) of the **screeneye x**.*

Press the front button and choose “PAIR”. Open the menu “PAIR” by pressing the middle button.

Pair YES is blinking, choose “yes” or “no” by pressing the front button and confirm with the middle button. Pairing is blinking for 15 seconds. After that it is shown which device has been paired. (SPD = Foot pod; HRM = Heart Rate Monitor; Radar = multisport sensor) “Pair” appears and the sensor is paired.

4.1.4 VIEW

Press the front button or the rear button and choose “VIEW”. Open the menu “VIEW” by pressing the middle button. The current mode is blinking. Switch between “SIMPLE” and “EXPERT” by pressing the front button and confirm your choice by pressing the middle button.

The following options are only accessible in EXPERT-Mode.

- Coach-Mode (chapter 4.3.2)
- Detailed values of a single lap (chapter 4.4.2 Sessions)
- Access to calibration factor and A.Lap at the unit “setting dialog”



*The expert view is automatically activated if a workout is transferred with the **traininglab** software to the **screeneye x** (chapter 5.2.3 Workout editor).*

4.2 Mode - TIME

Press the middle button for 5 seconds to activate the display. “TIME” appears, and within 3 seconds the current time is shown.

Navigate with the front or rear button to “TIME” and the current time is shown within 3 seconds.

The time mode is invoked automatically after a minute of inactivity from any other mode (except from the “SPORT” mode).

4.3 Mode - SPORT

Press the front button or the rear button and choose “SPORT”. Open the menu “SPORT” by pressing the middle button.

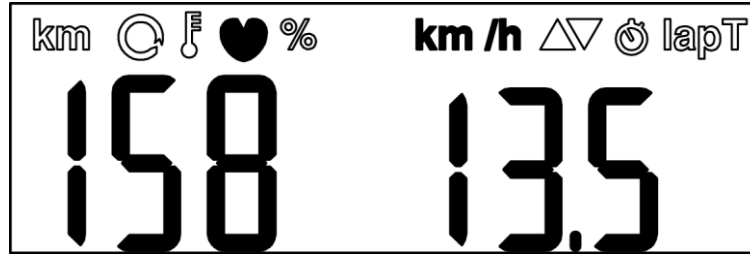


Fig. 9 Mode - SPORT

The display is divided into two parts which can show different values.

Scroll through left screen part by pressing the front button.



Indicates which percentage of maximum heart rate is achieved (optional). The maximum heart rate can be set via **traininglab** (see chapter 5)



Shows the current covered distance (optional).



Indicates the current Cadence (optional).



Shows the current temperature (in °C or °F)



Displays the current heart rate (optional).

Scroll through right screen part by pressing the rear button.



Shows the current speed depending on the settings made in chapter 4.1.2 Setting - UNIT (optional).



Stopwatch (h:mm:ss) or (mm:ss)



Displays the time for the current lap (h:mm:ss) or (mm:ss)




Shows the current time (hh:mm)

123 Current HRT (Will skip Current HRT if it is shown on left hand side already. Optional.)




If no sensor has been paired, only the current temperature is shown and the stopwatch is working. If a paired sensor is not linked at the beginning of the training (e.g. outside operating range), the corresponding modes will be also turned off.

4.3.1 Stopwatch

At any mode, pressing the middle button for 2s will automatically switch to stopwatch mode and start the stopwatch function. The icon  is blinking while the stopwatch is running.

Pressing the middle button at any time the stopwatch is running will increase the lap. The current lap # and its time will be shown for 2 seconds. If a specific distance for the lap is set (see A.LAP in chapter 4.1.2 Setting - UNIT), the lap will increase automatically when the distance is reached (this function is optional and works only with the **maxrun** footpod sensor).

Choosing  will display the elapsed time for the current lap.

To stop the stopwatch press the middle button for 2 seconds. The display shows "STOP". After two more seconds "SAVED" indicates that the data is stored. Press the front or the rear button to return to the SPORT-Mode.

Each training unit recorded with the stopwatch is stored as a new run. See chapter 4.4.2 Sessions



The watch icon is blinking if the data are recorded. The icon turns on without blinking when no data is recording because of low battery or low memory.

It can store up to 62 laps during a training unit.

If the device runs out of memory, the stopwatch is stopped.

4.3.2 Coach

At any mode, pressing the rear button for 2s will automatically switch to coach mode. "COACH" appears and after 3 seconds "START" indicates the readiness to run the loaded workout unit.

Start the workout by pressing the middle button.



Make sure that a previously created workout was loaded onto the visor. Otherwise "NO WKOUT" is shown and the coach mode will not start.

The display is divided into two parts. The left side displays different values you can scroll through. The right side displays the duration (time or distance) of your current workout step as a count down.

Scroll through left screen part by pressing the front button.



Displays the current heart rate (optional).





Shows the actual covered distance (optional).



Indicates the current Cadence (optional).



Shows the current speed depending on the settings made in chapter 4.1.2 Setting - UNIT (optional).

The down arrow  or the up arrow  is blinking if the current value is below or over the target range which is set for the actual workout step. If no target is set, the arrows won't appear.

Pressing the middle button at any time the coach mode is running will switch to the next workout step. The current lap # and its time will be shown for 2s.

To stop the coach mode press the middle button for 2 seconds. The display shows "STOP". After two more seconds "SAVED" indicates that the data is stored. Press the middle button to return to the coach mode. Now you can leave the mode by pressing the front button for 2 seconds.

Each training unit recorded with the coach mode is stored as a new run. See chapter 4.4.2 Sessions



If the device runs out of memory, the coach mode is stopped. The coach mode will be locked if the stopwatch is running and when battery or memory are low.

4.4 Mode - DATA

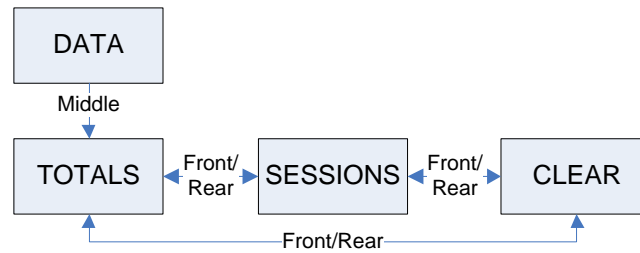


Fig. 10 Menu DATA

4.4.1 Totals

Shows a total summary of all training units.

Press the front or the rear button to scroll through the following values. Press the middle button to leave the menu.

- DST* Shows the total distance covered.
- T* Shows the total training time.
- CAL* Displays the total calories burned during all training units.
- FAT* Displays the total amount of fat (in gram) burned during all training units.

4.4.2 Sessions

Each training unit recorded with the stopwatch is stored as a single run “R1, R2, ...”. The date of this run is displayed on the right side.

- R1, R2, R3, ..., Rx* Scroll through the stored training units by pressing the front or rear button. Call the desired training unit by pressing the middle button.



Depending on the temperature setting in chapter 4.1.2 Setting - UNIT the date format of the record is displayed in a different way. If degree “C” is set, the date format will be (d)d.mm. If degree “F” is set, it will be (m)m.dd

SIMPLE View



If the SIMPLE View is set (see chapter 4.1.4 VIEW) only the totals of the displayed training unit will be shown.

Press the front or rear button to scroll through the values. Press the middle button to leave the menu.

DST Shows the covered distance of the run.

T Shows the training time.

CAL Displays the calories burned during the training unit.

FAT Displays the amount of fat (in gram) burned during the training unit.

EXPERT View



If the EXPERT View is set (see chapter 4.1.4 VIEW) it is possible to get detailed values of each lap of the training unit.

Press the front or rear button to scroll through the laps. Press the middle button to open a single lap. Press the front button for 2 seconds to get back to choose another training unit.

TOTALS Press the middle button for a total summary of the stored training unit. Press the front or rear button to scroll through the values (explained above in SIMPLE View). Press the middle button to leave the section.

LAP 1, LAP 2, ..., LAP x Press the middle button to get various values of the recorded lap. Scroll through by pressing the front or rear button. Press the middle button to switch to the next lap in current mode. Press the front button for 2 seconds to get back to lap choice.

Values of the recorded lap.

L1 Displays the total time of the lap

DST Shows the covered distance of the lap

IN Indicates the time within the training pulse range

LO Indicates the time below the training pulse range

HI Indicates the time above the training pulse range

AVG Displays the average heart rate.

Max Displays the maximum heart rate.

AVG Displays the average speed.

MAX Displays the maximum speed.



*The **screeneye x** visor can record up to 62 laps during a single training unit. Depending on the amount of the recorded data it can store up to 99 training sessions.*

4.4.3 Clear

Press the front or the rear button to scroll through the following values. Press the middle button to delete the chosen data.

- ALL Clr* Clear all recorded training units including total values.
- r1 Clr, r2 Clr, ..., rx Clr* Delete a specific training unit.
- Totals Clr* Clear all total values.


5 Analyse the data with the traininglab software

5.1 Download & Installation

Go to download area on www.o-synce.com and download the **traininglab** software. Follow the instructions and install the software.

5.2 Upload & download the data

Connect the **screeneye x** to an available USB port on your computer. The **screeneye x** displays “PC LINK”. Open the **traininglab** software

on your PC and select the “Device” section  **Device**.

5.2.1 Setup device



Press the “Setup device” icon and select the **screeneye x**. Receive the current settings by pressing “Receive Settings” button. The following settings can be easily done.

- Time and date
- Gender, age, weight, size
- Setting for a single lap (auto stopwatch)
- Heart rate settings
- Units (distance, speed/pace, temperature, view)
- A.Lap settings
- Footpod settings

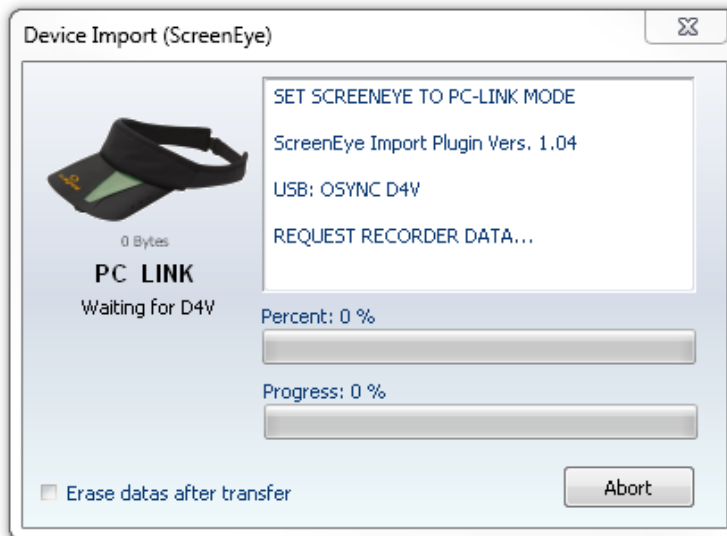


Transfer your settings to the visor by pressing the “Transfer Settings” button.

5.2.2 Import device



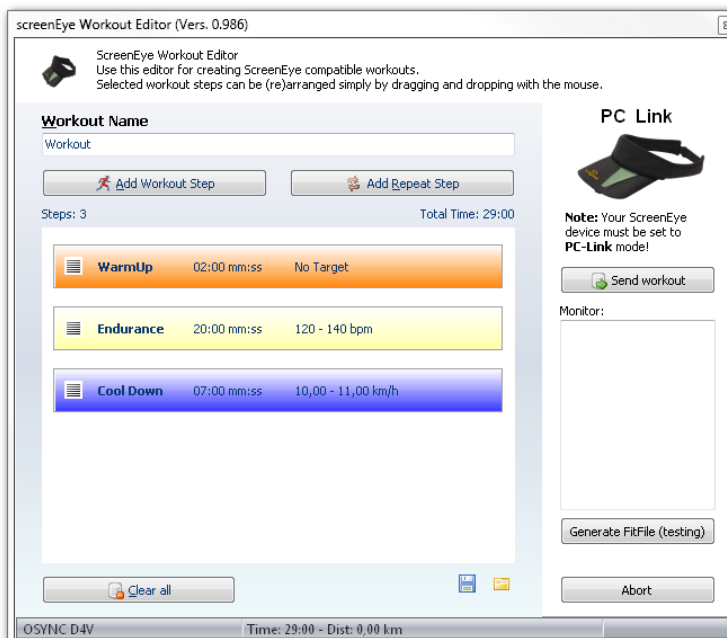
Press the “Import device” icon and select the **screeneye x**. The software automatically starts to download the stored training sessions.



5.2.3 Workout editor



Press the “Workout editor” icon to create a workout for the coach mode. Up to 20 steps can be added to a single workout. Transfer the workout by pressing the “Send workout” button



6 TROUBLESHOOTING

If you have any problems, please take a look on our website
<http://www.o-synce.com/faq/>

- Sensors cannot be paired* If pairing does not work, or if you get wrong data, or if the signal is temporarily lost, please check, if the distance to other sensors while pairing was bigger than 40 meters.
- Make sure, that there are no other sensors of the same kind nearby (within 40m)
- Make sure that the sensors are activated.
- Wet both sensors on the back (rubber area) of the **heart2feel** x heart rate belt to create a strong connection between your chest and the transmitter.
- Activate the **maxrun** foot pod with a few movements.
- Lost in the menu* Pressing the front button for 2 seconds takes you a menu level back.

7 ANNEX

7.1 Specifications

<i>Length headband</i>	Size M/L = 57 cm (adjustable +/- 3 cm)
<i>Resistance to water</i>	splash water protected
<i>Built-in battery</i>	120 mAh, battery lasts about 20 h
<i>PC connection</i>	Micro USB Port
<i>Data storage</i>	More than 50 hours (depending on the features used, HF and speed need more memory than just HF), max. 62 laps per session, up to 9:59 hours per training
<i>Record rate</i>	Every 2 seconds

8 LIMITED WARRANTY

This o_synce product is guaranteed to be free from defects in materials or workmanship for one year in the Countries of America and Asia and two years in the European Countries and Switzerland from the date of purchase. Within this period, o_synce will, at its sole discretion, repair or replace any components that fail in normal use.

Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer is responsible for any transportation cost.

This warranty does not cover failures due to abuse, misuse, accident, or unauthorized alteration or repairs nor does it include batteries. To obtain warranty service, contact your local o_synce authorized dealer or call o_synce Product Support in Germany for shipping instructions and an RMA tracking number. Securely pack the unit and a copy of the original sales receipt, which is required as the proof of purchase for warranty repairs. Write the tracking number clearly on the outside of the package. Send the unit, freight charges prepaid, to any o_synce warranty service station. Online Auction Purchases: Products sold through online auctions are not eligible for rebates or other special offers from o_synce. Online auction confirmations are not accepted for warranty verification. To obtain warranty service, an original or copy of the sales receipt from the original retailer is required. O_synce will not replace missing components from any package purchased through an online auction.

International Purchases: A separate warranty is provided by international distributors for units purchased outside Germany. This warranty is provided by the local in-country distributor and this distributor provides local service for your unit. Distributor warranties are only valid in the area of intended distribution.