

Kalenji:

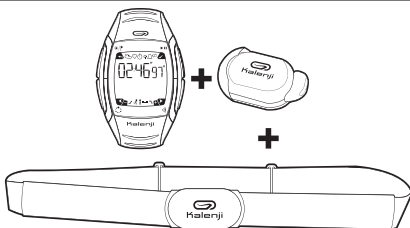
User manual for the 500 SD watches with accelerometer



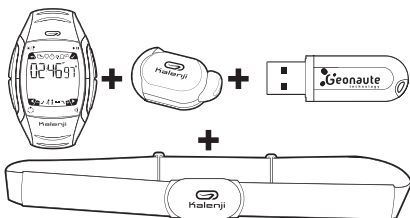
W 500 SD Watch with accelerometer



CW 500 SD Heart rate monitor with accelerometer



CW 500 SD PC Heart rate monitor with accelerometer and PC connection

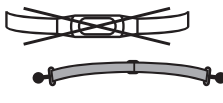


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1 Usage and precautions for use.

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The watch is designed to be worn on the wrist during running sessions in a temperate climate.

WARNING!!! For the models with a heart rate monitor function (CW 500 SD-CW 500 SD PC).



This equipment is designed for sports and leisure use. It is not a medical monitoring device. The information provided by this equipment or manual is only used by way of example and must only be used to monitor a medical disorder after consulting and obtaining agreement from your doctor. Similarly, healthy athletes must be aware of the significant impact that the personal training zone settings will have on programming an effective and risk-free training session.





We recommend that you seek the advice of your doctor or health adviser to set your maximum heart rate, your upper and lower heart rate limits and the frequency and duration of exercise that is suitable for your age, physical condition and desired results. Finally, as a result of possible disturbances caused by the radio transmission system, we do not recommend that users of heart stimulators use a heart rate monitor which uses this form of technology. Not observing these precautions may put your life at risk.

2. A word from the product manager.

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Thank you for choosing this Kalenji product for your running sessions. Depending on the model you have chosen, you will be able to measure your speed and distance covered when running (W 500 SD), as well as your heart rate (CW 500 SD) and transfer your data to your PC (CW 500 SD PC). Thanks to the technology used, this product will allow you to measure speeds and distances covered with 98% accuracy. This product was designed so that you can get even more enjoyment from your running sessions. That's why it is fitted with a large, highly legible screen, menu navigation help using the help symbols as well as Ant + technology to facilitate the use of the different sensors: accelerometer and heart rate monitor belt. Good luck with your running sessions using your new aid.

3. Contents of the box.

	W 500 SD	CW 500 SD	CW 500 SD PC
 Watch	•	•	•
 Accelerometer	•	•	•
 Heart rate monitor belt		•	•
 USB flash drive for data transfer to a PC "S&D Connect"			•

4. Watch configuration.

4.1. Functions of the buttons.

This watch has 4 buttons:



- 1 Light / Lap: to activate the backlight (long press) or to indicate a new lap.
- 2 Mode: to access the different modes: FREE, INTERVALS, CHALLENGE, to the DATA of the previous sessions or to the SETTINGS of your watch.
- 3 Start/Stop: to start or pause the stopwatch and the recording.
- 4 View: to scroll through the indicators displayed on the 2nd and 3rd row (short press) during your session.

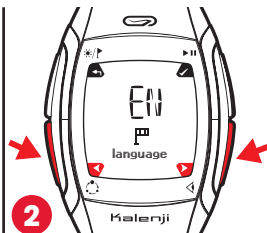
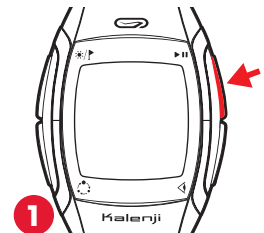
To navigate through the menus, select or enter values, these 4 buttons have other functions. These functions are then identified by the symbols shown at the corners of the screen, next to the buttons:




- 1 Return to the previous screen up to the TIME mode.
- 2 Previous selection in the list or: Reduce the value.
- 3 Confirm a selection.
- 4 Next selection in the list or: Increase the value.

4.2. Start-up and configuration.

When using for the first time, you must configure your watch. Switch the watch on by holding down the button shown.



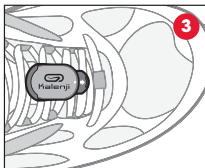
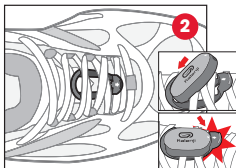
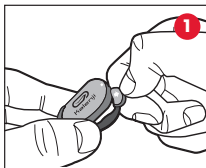
Configure your product by entering your language, units, gender, age, weight, height, the time and date.

If your watch is already on, you can access the SETTINGS by pressing the  button several times.

5. Fitting the different sensors.

5.1. Accelerometer.

5.1.1 Positioning on the shoe.



- Slide the lace clip under the laces, lengthwise, on the flattest part of the shoe (inaccurate readings will occur if its angle from horizontal is greater than 30°);
- Clip the accelerometer (oval capsule) under the rear trough of the lace clip, with the accelerometer notch pointing forwards;
- Press the front section of the lace clip and the front of the accelerometer at the same time to lock the notch of the accelerometer in the clip's slot;
- Tighten your laces enough to keep the accelerometer in place.

Removing the accelerometer: Press the tab at the front of the lace clip to remove the accelerometer.

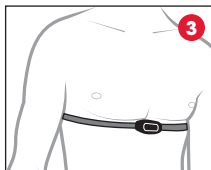
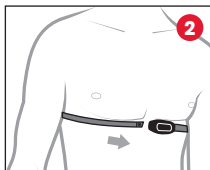
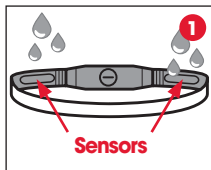
5.1.2. Positioning in the shoe.



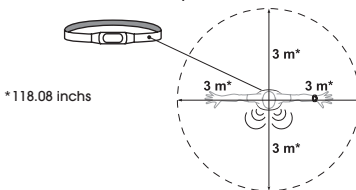
Some models of shoe have a housing, under the insole to accommodate the accelerometer. In this case, you do not need the lace clip. You just have to make sure that the accelerometer is pointing in the right direction in the shoe's housing. It must be positioned with its back pointing upwards (you can identify this by the ANT+ logo and the battery compartment).

5.2. Heart rate monitor belt (except W 500 SD).

Setting up:



Reception cone:



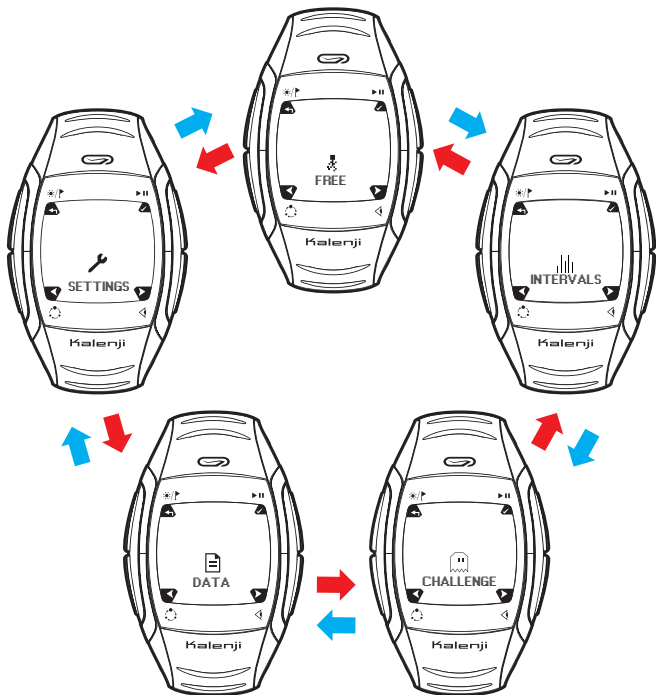
6. Homepage screen: TIME.

In TIME mode:

- An initial press on the ◀ button displays the date;
- A subsequent press on ◀ controls the alarm mode status.

After 5 secs, the date or alarm display disappears from the screen.

7. Navigation in the modes.




From the Time screen, press the ⚙ button to access the FREE mode. Pressing on the button indicated by the ▶ symbol will scroll through the menus set out below in clockwise order (▶). Pressing on the button indicated by the ◀ symbol will scroll through the menus set out below in anticlockwise order (◀).

8. FREE Mode

In TIME mode:



The FREE mode allows you to run as you want, depending on your mood, while controlling different parameters: running time, speed, distance, heart rate (except model W 500 SD), calories burnt...

To exit the mode, press the button shown by the  symbol as many times as is necessary (except when the stopwatch is running, in which case you will have to stop the session to exit the mode).



8.1. Configuration in FREE mode.

8.1.1. Target zone.

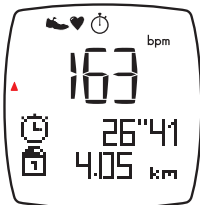
By default, it is not active, "NO" is displayed on the screen. You can configure a target zone based on the following selection:

- HR: the heart rate, (except W 500 SD);
- SPEED: the speed in km/h;
- PACE: the pace in min / km;
- CAL: the calories per hour.

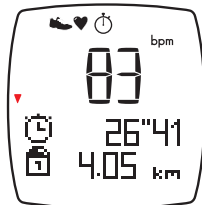
The speed and pace parameters are interdependent. A change in the speed parameter will be converted to the equivalent pace parameter and vice versa.

Whatever the type of target zone selected, you will set your upper (max) and lower (min) limit and activate the beep or not. During your exercise, the beep will warn you if you are going outside your target zone. A  or  arrow will show you whether you are above or below your target zone.

Above the
target zone



Below the
target zone




8.1.2. Lap information

You can also see the autolap information in terms of one of the following 2 parameters:

- **DIST:** the distance, for each lap, the watch will show you the time taken to cover the selected distance. You can choose a distance from the list available from 0.1 km to 5 km or specify your own by selecting **USER** in the list.
- **TIME:** the time, for each lap, the watch will show you the distance covered. You can choose a time from the list available from 30 secs to 10 mins or specify your own by selecting **USER** in the list.




The lap information cannot be less than 30 secs or 0.1 km. If a lower value is confirmed, the  symbol will appear and the entered value will flash for 3 seconds before you can enter a new value.





A beep will warn you at each lap and the information relating to the completed lap will appear for 5 seconds (split time since the beginning of the session, lap number, lap time or distance).



8.2. Search for sensors.

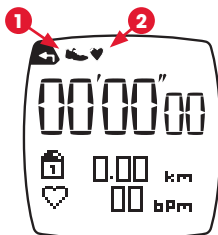
Once the configuration of your target zone and/or the lap information has been completed, you can go on to the next stage by selecting  (OK).

The watch will then search for available sensors: accelerometer and heart rate monitor (except W 500 SD).



In the search screen, the sensors found are identified by the  symbol and the sensors not found by the  symbol.

The heart rate monitor belt is symbolized by the  symbol and the accelerometer by the  symbol.



1 Accelerometer found.

2 Heart rate monitor belt found.

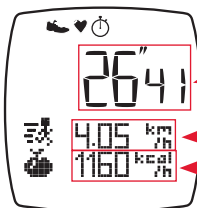
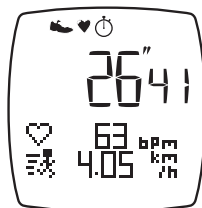
Once the sensors have been found, you can start your exercise. The sensors found are displayed at the top of the screen:

If the sensors cannot be found by the watch, please refer to [section 13 Troubleshooting](#).

8.3. Using the FREE mode.

8.3.1. Changing the indicators displayed on the screen.

Press to scroll through the indicators displayed in the 2nd and 3rd rows.

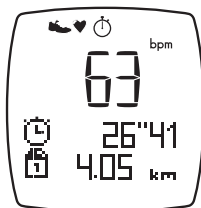
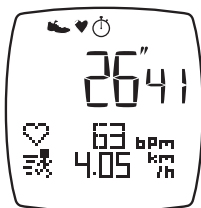


1 Information row 1.

2 Information row 2.

3 Information row 3.

1 long press on allows you to shift the indicator on the 2nd row up to the first row (the first row and 2nd row flash). The indicator on the 1st row moves to the 2nd row.



To choose your indicators and manage their order in the list, refer to [section 12.4 Your display](#).

8.3.2. Start / stop the stopwatch and its recording.

Press ►|| to start the stopwatch. The recording begins.



The stopwatch appears. The recording has begun.
The time is counted down.

A subsequent press on ►|| will pause the stopwatch and the recording. The stopwatch symbol ⏸ and the first row flash to indicate this pause mode. You can then choose from the following selection:

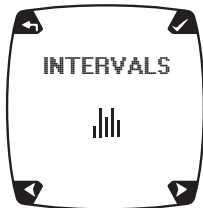
- ▶: Resume: restarts your stopwatch;
- ■: Stop: stops your recording and gives you the following choice:
 - □: Save?: your record;
 - ▤: Clear? your record.
- ⚙: Settings: go to settings.

8.3.3. Recording manual laps.

The ⌘/▶ button allows you to count a lap manually and view:

- The split time (from the beginning of the session) in the 1st row;
- The lap number in the 2nd row;
- The lap time in the 3rd row.

9. INTERVALS



It allows you to manage repeated exercises that alternate between action and recovery phases. In this way, you can let your watch guide you throughout the exercise so that you can concentrate on your pace.

To exit the mode, press the button shown by the ⏪ symbol as many times as is necessary (except when the stopwatch is running, in which case you will have to stop the session to exit the mode).

9.1. Configuration in INTERVALS mode.

You can configure a session as follows: 20 min warm-up - 2 series of 4 repeated 300 m intensive - 100m recovery runs.

-  warm-up: allows you to configure a warm-up. The warm-up time will be recorded in your session. You do not need to plan its time period.


-  action: plan an intensive running time or distance according to preference.

- TIME: the intensive running time, 15 sec, 30 sec, 45 sec, 1 min, 1min 30 sec, 2 min, 3 min, 4 min, 5 min, 6 min, 8 min, 10 min, 12 min, 15 min;

- DIST: the intensive running distance (100 m, 150 m, 200 m, 400 m, 600 m, 800 m, 1000 m, 2000 m, 3000 m, 5000 m); You can choose on the values from the list shown above or specify your own. In this case, select USER in the list.




The lap information cannot be less than 30 secs or 0.1 km. If a lower value is confirmed, the  symbol will appear and the entered value will flash for 3 seconds before you can enter a new value.

-  rest: plan a recovery time (TIME), or a distance (DIST), or a heart rate (HR) to reach in order to start the following action phase (except W 500 SD). By default, the watch shows you a recovery heart rate (75% of the maximum heart rate), but you can adjust the value yourself by selecting USER in the list.

-  repeats: allows you to plan the number of times you want to repeat the Action + rest phases;

-  series: allows you to plan the number of times you want to repeat the series;



-  cool: allows you to configure a warm-down phase. The warm-down time will be recorded in your session. You do not need to plan its time period.



9.2. Search for sensors.

Once the configuration of your exercise has been completed, you can go on to the next stage by selecting  (OK).

The watch will then search for available sensors: accelerometer and heart rate monitor (except W 500 SD).



In the search screen, the sensors found are identified by the  symbol and the sensors not found by the  symbol.

The heart rate monitor belt is symbolized by the  symbol and the accelerometer by the  symbol.

Once the sensors have been found, you can start your exercise. The sensors found are displayed at the top of the screen.

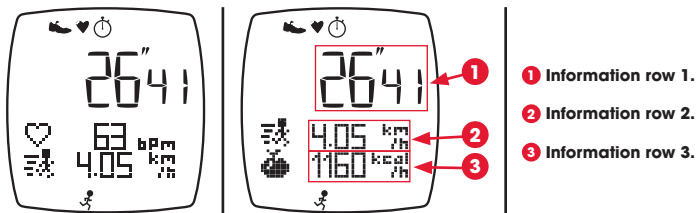
If the sensors cannot be found by the watch, please refer to [section 13 troubleshooting](#).

9.3. Using the INTERVALS mode.

9.3.1. Changing the indicators displayed on the screen.

In this menu, the first row is fixed and cannot be swapped with the second row. During the warm-up phases, series breaks and warm-down, it is devoted to the stopwatch. During the action or rest phases it is devoted to the timer, the distance or the heart rate depending on the criteria you have chosen.

Press  to scroll through the indicators displayed in the 2nd and 3rd rows.

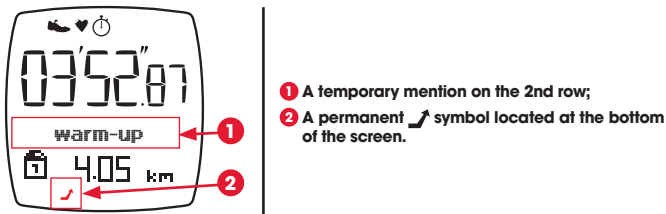


To choose your indicators and manage their order in the list, refer to [section 12.4 Your display](#).

9.3.2. Warm-up phase.

Press  to start the stopwatch. The recording starts and the training begins with the warm-up phase if you have configured it. The stopwatch appears, showing that it has started and that the recording has begun.

The watch shows you that you are in the warm-up phase with:



Press ►|| to stop the warm-up. The stopwatch and the recording will pause. The stopwatch symbol and the first row flash to indicate this pause mode.

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You can then choose from the following selection:

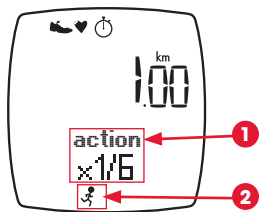
- ▶ resume: restarts your stopwatch in warm-up mode;
- ▶▶ go to series: to start your first series (choice by default);
- ■ stop: stops your recording and gives you the following choice:
 - 📁 save ? your record;
 - 🗑 clear ? your record.
- 🔧 Settings: go to settings.

9.3.3. 1st series.

After the warm-up, if you have chosen - ▶▶ go to series, the stopwatch stops in countdown mode and displays the time or the distance chosen for the action phase. Pressing ►|| a second time triggers the stopwatch.

If you have not planned a warm-up, you can immediately begin your training with a series.

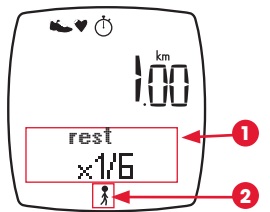
The watch shows you that you are in the warm-up phase with:



- 1 A temporary "ACTION" message and the number of repeats in progress and the number of programmed repeats.
- 2 A permanent 🏃 symbol located at the bottom of the screen.

During the action phase, the indicator that you chose (time or distance) will be displayed in the first row. Your remaining intensive running time (or distance) will be counted down until the recovery phase.

At the end of the intensive running phase, begin the recovery phase. The watch shows you that you are in the recovery phase with:



- 1 A temporary "rest" message and the number of repeats in progress and the number of programmed repeats.
- 2 A permanent 🧑 symbol located at the bottom of the screen.

The sequence of action and rest phases will continue in this way until you have reached the programmed number of repetitions.

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At any time during an action or rest phase you can pause your stopwatch using the ►|| button. You can then choose from the following selection:

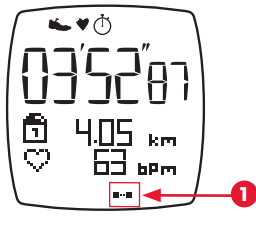
- ► resume: restarts your stopwatch at the point where you had stopped it;
- ►► rest: if you were in an action phase, selecting this takes you to the next rest;
- ►►► action: if you were in a rest phase, selecting this takes you to the next action;
- ►►► go to cool: takes you directly to the go to cool phase if it has been programmed;
- ■■ Stop: stops your recording and gives you the following choice:
 - ■ save ? your record ;
 - ■ clear ? your record.
- ⚙ Settings: go to settings.

9.3.4. Series break and following series.



If you have programmed several series, you will be offered a rest series break with a temporary series break screen, at the end of the first series.

The watch shows you that you are in a series break phase with:



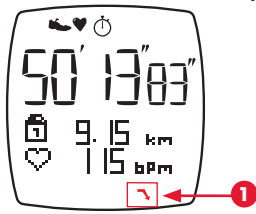
1 A permanent symbol located at the bottom of the screen.

You can stop this series break phase and start the next series using the ►|| button and you will get the following selection:

- ► resume: restarts your stopwatch in series break mode.
- ►► action: to the 1st action phase of the next series.
- ■ stop: stops your recording and gives you the following choice:
 - 📁 save ? your record;
 - 🗑 clear ? your record.
- ⚙ Settings: go to settings.

9.3.5. Warming down.

This phase must be configured at the beginning of the exercise in order to be offered at the end of your last series. The watch shows you that you are in a go to cool phase with:



- 1 A permanent pictogram located at the bottom of the screen.

As with the warm-up or series break phases, its time period cannot be configured. You end it when you want using the ►|| button and you get the following selection:

- ► resume: restarts your stopwatch in go to cool mode.
- ■ stop: stops your recording and gives you the following choice:
 - 📁 save your record;
 - 🗑 clear your record.
- ⚙ Settings: go to settings.

10. CHALLENGE mode 🏠



This allows you to run against a virtual rival represented by a ghost 🏠 by being constantly informed of your position and the gap between you and your rival.


To exit the mode, press the button shown by the 🏠 symbol as many times as is necessary (except when the stopwatch is running, in which case you will have to stop the session to exit the mode).

10.1. Configuration in CHALLENGE mode.

10.1.1. Distance .

You can configure a distance selected from the list (2 km, 3 km, 5 km, 8 km, 10 km, 12 km, 15 km) or specify your own (USER).



The distance cannot be less than 0.1 km. If a lower value is confirmed, the  symbol will appear and the entered value will flash for 3 seconds before you can enter a new value.

You can also choose not to configure the distance. (NO)


10.1.2. Time / speed .

If you have configured the distance, you can choose to configure a time or a distance in km/h or a pace in min/km (time/speed). If you have not configured the distance, you will not be able to configure a speed or a pace.

The speed, pace and time can be entered without restriction (no preset list).

Confirming a parameter systematically corrects the value of the other parameters. Example: you have configured a distance of 10 km to complete in one hour. Your speed will consequently be adjusted to 10 km/h (that is a pace of 6 min/km).



The lap challenge time cannot be less than 30 seconds. If a lower value is confirmed, the  symbol will appear and the entered value will flash for 3 seconds before you can enter a new value.

10.1.3. Lap information .

You can also have the autolap information in terms of one of the following 2 parameters :

- **DIST:** the distance, for each lap, the watch will show you the time taken to cover the selected distance. You can choose a distance from the list available from 0.1 km to 5 km or specify your own by selecting **USER** in the list;

- **TIME:** the time, for each lap, the watch will show you the distance covered. You can choose a time from the list available from 30 secs to 10 mins or specify your own by selecting **USER** in the list.



The lap information cannot be less than 30 secs or 0.1 km. If a lower value is confirmed, the  symbol will appear and the entered value will flash for 3 seconds before you can enter a new value.



A beep will warn you at each lap and the information relating to the completed lap will appear for 5 seconds (split time since the beginning of the session, lap number, lap time or distance).


10.2. Search for sensors.

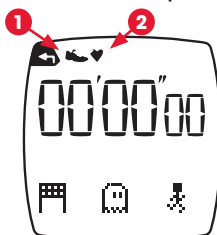
Once the configuration of your lap information has been completed, you can go on to the next stage by selecting **»** (OK).

The watch will then search for available sensors: accelerometer and heart rate monitor (except W 500 SD).



In the search screen, the sensors found are identified by the ✓ symbol and the sensors not found by the ? symbol.

The heart rate monitor belt is symbolized by the ♥ symbol and the accelerometer by the  symbol.



1 Accelerometer found.

2 heart rate monitor belt found.

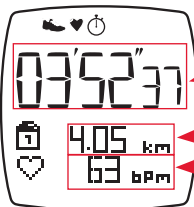
Once the sensors have been found, you can start your exercise. The sensors found are displayed at the top of the screen.

If the sensors cannot be found by the watch, please refer to [section 13 troubleshooting](#).

10.3. Using the CHALLENGE mode.

10.3.1. Changing the indicators displayed on the screen.

Press **◀** to scroll through the indicators displayed in the 2nd and 3rd rows.

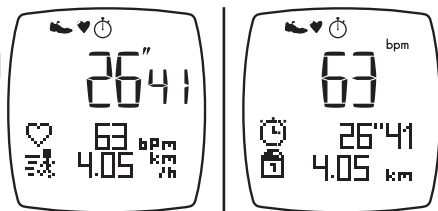


1 Information row 1.

2 Information row 2.

3 Information row 3.

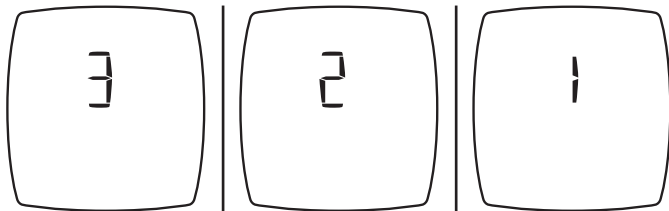
1 long press on **◀** allows you to shift the indicator on the 2nd row up to the first row (the first row and 2nd row flash). This function is not activated for the animated feature showing the gap between you and your rival. The indicator on the 1st row moves to the 2nd row. Exception: the animated feature showing the gap between you and your rival cannot be moved up to row 1.



To choose your indicators and manage their order in the list, refer to [section 12.4 Your display](#).

10.3.2. Start / stop you challenge.

Press ►|| to start the stopwatch. A 3-sec countdown starts to show start time.

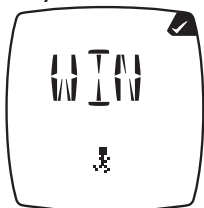


By default the watch shows you the gap between you and your rival in the 2nd row. You are represented by the 🏃 symbol and your rival is represented by the 👻 symbol. The right hand symbol is the one leading the run.

A subsequent press on ►|| will pause the stopwatch and the recording. The stopwatch symbol ⌚ and the first row flash to indicate this pause mode. You can then choose from the following selection:

- ▶ resume: restarts your stopwatch and your recording;
- ■ stop: stops your recording and gives you the following choice:
 - 📁 save ? your record;
 - 🗑️ Clear ? your record.
- 🔧 settings: go to settings.

Once you have reached the distance that you have configured, the watch will show who won the challenge, you 🏃 or your rival 🏠.



You have won
the challenge



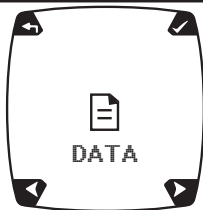
Your rival won
the challenge.

10.3.3. Recording manual laps

The 🏁/🏠 button allows you to count down a lap and view:

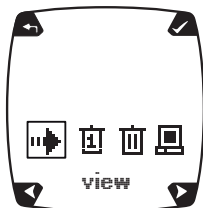
- The split time (from the beginning of the session);
- The lap number;
- The lap time.

11. DATA.



The DATA mode allows you to view the detailed reports of your last 10 sessions. To exit this mode, press the button shown by the 🏠 symbol as many times as is necessary.

11.1. Using the DATA mode.



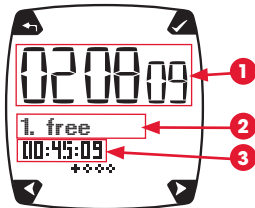
You can then choose from the following selection:

- 📊 view: consult your data;
- 🗑️ clear: delete a session;
- 🗑️ clear all: delete all your sessions;
- 💻 transfer: to transfer and analyse your sessions on your PC (only CW 500 SD PC or as an option on the W 500 SD and CW 500 SD using the Kalenji SD Connect data transfer USB flash drive);
- 📄 memory: shows the available recording capacity.
 - 📄 available sessions: number of sessions that can still be recorded (10 sessions maximum);
 - 📄 avail. laps: number of laps that can still be recorded (130 laps maximum);
 - 📄 remaining time: number of hours that can still be recorded (30 hours maximum).

11.2. Viewing data

The most recent session is displayed first. The older sessions can be accessed using the right and left scroll buttons.

How to identify the session for which you want to view the content?



- 1 Row 1 => session date.
- 2 Row 2 => No. of the session (the most recent has the no. 1) and the mode used (FREE, INTERVALS or CHALLENGE).
- 3 Row 3 => the time period (FREE) or the number of repeats (INTERVALS) or the distance (CHALLENGE).

For each one of the sessions in free or challenge mode, you can view the following data:

- time: session time;
- distance: distance covered during the session in km or miles (see [section 12.1 Your user parameters](#) for selecting the unit);
- speed avg: the average speed in km/h or mph;
- speed max: the maximum speed in km/h or mph;
- HR avg: the average heart rate in Beats Per Minute. Except W 500 SD;
- HR max: the maximum heart rate in Beats Per Minute. Except W 500 SD;
- cal/h avg: the average calories burnt per hour in kcal/hour;
- cal/h max: the maximum calories burnt per hour in kcal/hour;
- calories: the total calories burnt in the session in kcal;
- fat: the grams of fat eliminated;
- time in zone: the time spent in the target zone;
- lap x: the time for each lap 1, 2, 3..... if they have been counted down (Free or Challenge Mode);

Pressing on the button indicated by the symbol will show you the following data for each one of the selected laps:

- the time: lap time;
- the distance: lap distance;
- speed avg: the average lap speed;
- speed max: the maximum speed for the lap;
- HR avg: the average heart rate for the lap (Except W 500 SD);
- HR max: the maximum heart rate for the lap (Except W 500 SD).

In intervals mode, the lap information is replaced with information on the action and rest phases. You also have access to the details of these phases (press to view the details of the selected phase). When viewing the action and rest phases, the last line in the display will show you the indicator viewed lap after lap (example: average speed) and the series to which the viewed action or rest phase belongs.

11.3. Transferring data .

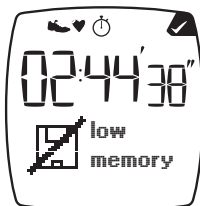
The CW 500 SD PC watch has an ANT+ data transfer USB flash drive that allows you to transfer your data to your PC and analyse it with Géonaute Software.



Please refer to the Géonaute Software instructions to install the program, transfer your data to your PC and use your data.

11.4. Memory management.

Whatever the mode used, your watch will alert you when the remaining capacity reaches the following threshold levels:



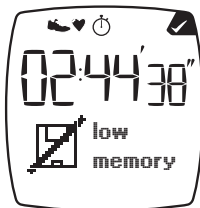
Only one session available.

Only 15 laps available.

Only 2 hours available.

You will be informed at the start of your run if one of these thresholds has been reached. In this case, it is advisable to go to the DATA mode to delete one or more sessions and free up the memory space.

If one of these thresholds is reached during the run, your watch will alert you with a flashing display warning. Example: the 15 lap threshold has been reached.



2s

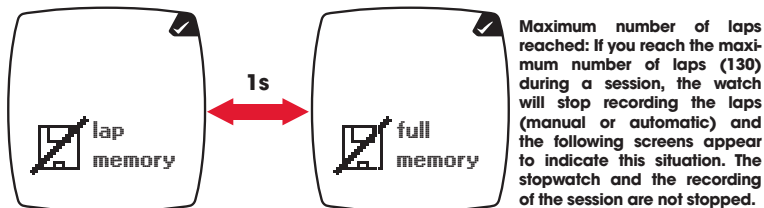


You can override this memory alert by confirming  the information.



Before going on a long run like a half marathon or a full marathon for example, we recommend that you check that there is enough memory available and free up some space by deleting some sessions if necessary.

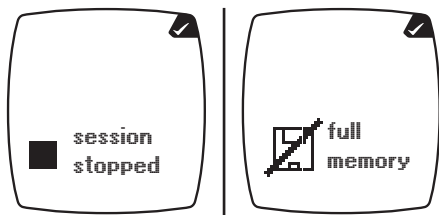
Saturation of the memory during the run:



You must confirm  this information in order to return to the first screen.

Maximum number of hours reached:

If you reach the total memory capacity during your run, your recording will stop:



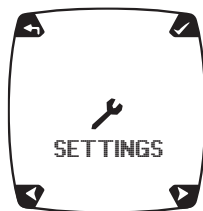
You will only be able to reuse the run modes (FREE, INTERVALS or CHALLENGE) once you have freed up the memory capacity. ([section 11.1 Using the DATA mode](#)).



The memory capacity is set out in [section 14 Technical features](#).

12. SETTINGS mode.

EN



The **SETTINGS** mode allows you to configure your product so that you it provides you with the information you need with the highest level of accuracy possible.

To exit this mode, press the button shown by the  symbol as many times as is necessary.

12.1. Your user settings: .

 language: French, English, Italian or Spanish.

 gender: required for calculating the calories and the fat burnt.


 age: required for calculating the theoretical maximum heart rate.

 weight: required for calculating the calories and the fat burnt.


 height: required for calculating the calories and the fat burnt.

 HR max: maximum heart rate. If you know this, it will help to calculate the calories and fat you burn off more accurately and the suggested rest rate during your intervals training.

This is measured using a heart rate monitor (function available on the CW 500 SD and 500 SD PC) during an intense exercise session over a relatively short period, for example, after a good warm-up followed by an uphill run. It is also possible to begin with 1 lap on a 400 metre track or finish off your warm-up, then carry out a second run at a moderate speed and a third run at a faster speed, accelerating over the final lap and finishing with a sprint over the final 100 m. The heart rate reading is the one displayed as you cross the finishing line. Warning, do not try this type of exercise without consulting your doctor beforehand and discussing with him the type of exercise that you want to carry out.

 HR rest: heart rate at rest: this will help to calculate the calories and fat you burn off more accurately and the suggested rest rate during your intervals training.

It can also be measured with a heart rate monitor. The best time to carry this out is in the morning, when you are totally relaxed, lying down in bed.

 units: The date format and the distance and speed measurement unit will depend on the European (EUR), English or American units.

12.2. Run intensity .

By activating these parameters, the watch will check whether you are in the effort zone that you have selected for your sessions.

12.2.1. Target zone



EN



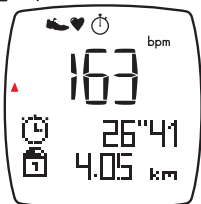
By default, it is not active, «NO» is displayed on the screen. You can configure a target zone based on the following selection:

- HR: the heart rate, (except W 500 SD);
- SPEED: the speed in km/h;
- PACE: the pace in min / km;
- CAL: the calories per hour.

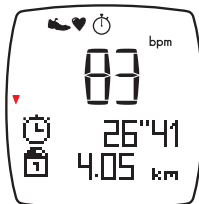
The speed and pace parameters are interdependent. A change in the speed parameter will be converted to the equivalent pace parameter and vice versa.

Whatever the type of target zone selected, you will set your upper (max) and lower (mini) limit and activate the beep or not. During your exercise, the beep will warn you if you are going outside your target zone. A  or  arrow will show you whether you are above or below your target zone.

Above the
target zone



Below the
target zone



12.2.2. Lap information



You can also have the autolap information in terms of the following 2 parameters:

- DIST: the distance, for each lap, the watch will show you the time taken to cover the selected distance. You can choose a distance from the list available from 0.1 km to 5 km or specify your own by selecting USER in the list;
- TIME: the time, for each lap, the watch will show you the distance covered. You can choose a time from the list available from 30 secs to 10 mins or specify your own by selecting USER in the list.









The lap information cannot be less than 30 secs or 0.1 km. If a lower value is confirmed, the  symbol will appear and the entered value will flash for 3 seconds before you can enter a new value.



A beep will warn you at each lap, the information relating to the completed lap will appear for 5 seconds (split time since the beginning of the session, lap number, lap time or distance).

12.3. Your watch .

You can set the following parameters in this menu:

-  The time.
-  The date.
-  The alarm: when this is activated, the alarm will sound for 1 minute. If the  button is pressed, the alarm stops and starts again 5 minutes later. Pressing on the other buttons will definitively stop the alarm for the day. It will sound on the following day if it is not deactivated.
-  The beep: beep sounds when pressing buttons.
-  The light: this is where you can activate a rapid mode. In rapid mode, a single press of any button triggers the back light for 5 seconds. A subsequent press triggers the function. This gives you rapid access to the light when running at night. This mode is deactivated after a period of 3 hours.

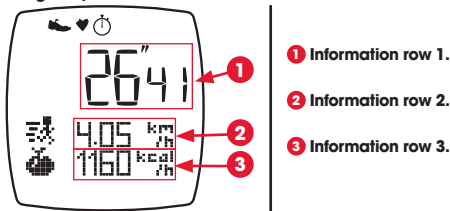
In normal mode, only a single press on the  button triggers the backlight.

12.4. Your display .

This is how to manage the list of indicators through which you can scroll in your 3 modes: FREE, INTERVALS and CHALLENGE. Initially you select the line number that you want on the screen during your running sessions and then, secondly, you select your indicators.

12.4.1. Number of indicators on the screen .

By default, the watch gives you 3 on-screen indicators:



- 1 Information row 1.
- 2 Information row 2.
- 3 Information row 3.


The 2-line mode allows you to display the 2nd row in a bigger format:



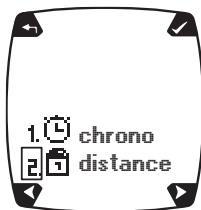
12.4.2 Manage your list of favourite indicators

Your watch gives you a default list of indicators.

But, this menu allows you to select up to 10 indicators from the list below:

1	 stopwatch: the stopwatch
2	 lap time: the lap time
3	 speed: the immediate speed
4	 speed avg: the average speed
5	 lap speed: the lap speed
6	 pace: the immediate pace
7	 pace avg: the average pace
8	 lap pace: the lap pace
9	 distance: the distance covered
10	 lap dist.: the lap distance
11	 Hr: the immediate heart rate
12	 hr avg: the heart rate, (except W 500 SD)
13	 lap hr avg: the average heart rate for the lap (except W 500 SD)
14	 cal/h: the immediate calories burnt per hour
15	 cal/h avg: the average calories burnt / hour
16	 calories: the total calories burnt in the session
17	 time: the time
18	End

To modify the content of the list, position the cursor on the row with the indicator that you want to modify ( or ) and confirm this selection () :



Then scroll through the list of available indicators ( or ) and confirm your choice ().

Restart this operation for the rows to be modified.

As long as the watch shows you a dotted line, you can select this row and add an indicator.

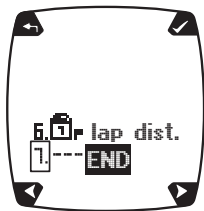
EN



Your list of indicators cannot exceed 10 rows.



Tip: it is cumbersome to have a long list of favourites that takes a while to scroll through when running. Initially try to stick to the most important indicators for you, until you get used to your list.




From the 4th row onwards, you can easily shorten your list. In order to do this, just enter the value "END" after your last favourite indicator. The rows following the "END" row will be deleted.



Special case n°. 1:

The INTERVALS mode is special in that the first row of the display is fixed. Consequently, in this mode, the first indicator that you will set will be located in the second row, the second indicator in the third row and so on.

Special case n°. 2:

In CHALLENGE mode, an animation showing your position in relation to your virtual rival and the gap between you appears, by default, in the second row. Pressing on  allows you to see the indicators on the screen in the order in which you configured them.

During your run, you can change the order of your indicators ([chapter 8.3.1. Changing the indicators displayed on the screen](#)). The changes made during the run will immediately affect your settings.

12.4.3. Display mode without sensor.

In the event you are not using any of the sensors (accelerometer and heart rate monitor belt), the number of indicators displayed is automatically reduced:

In Free mode:

- Row 1 = stopwatch;
- Row 2 = the lap time (by default) or the time (press on the button <I>).

- In Intervals mode:

- Row 1 = stopwatch;
- Row 2 = the phase in progress (warm-up, action...) or the time (press on the button <I>).

- In Challenge mode:

- Row 1 = stopwatch;
- Row 2 = the lap time (by default) or the time (press on the button <I>).

Challenge mode without the use of the accelerometer is of no use in that the essential information required by this mode (speed and distance) is not being recorded.

12.5. Your sensors

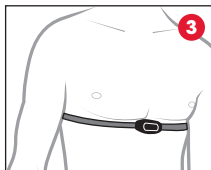
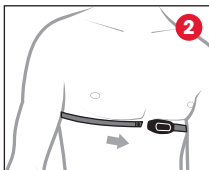
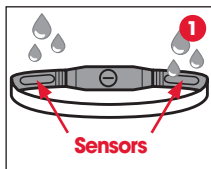
Your sensors are represented by the following symbols on your watch:

- Accelerometer.
- Heart rate monitor belt.
- "S&D Connect" data transfer USB flash drive.

12.5.1. Pairing the sensors

Each sensor (accelerometer or heart rate monitor belt) has a unique identification number that cannot be changed. When a sensor is activated, it automatically transmits its identification number to the watch.

- The accelerometer is activated as soon as it begins to move. After a few minutes without movement, it automatically switches to power-saving mode and no longer transmits.
- The heart rate monitor belt is activated as soon as it is moistened and fitted to the chest.



The pair function allows the watch to detect the activated sensors located within 10 metres and memorizes their identification numbers.



You must move away from any other sensors in the vicinity during this phase to prevent your watch from pairing with them.



Pairing: detecting the active sensors



Accelerometer and Belt detected by the watch



Belt not detected / Accelerometer detected

If the pairing is unsuccessful within a period of 30 seconds, the pairing process will stop by itself. You can shorten the pairing phase by pressing ► II.

If the pairing procedure fails see [section 13.5. detecting](#) the sensors in section 13.0. Troubleshooting.



IMPORTANT:

By default, the watch is supplied paired with the contents inside the package. It is therefore not necessary to use the "pair" function before using it for the 1st time.

However, the "pair" function may be used in the following situations:

- Replacing the battery of one of the sensors;
- Adding or replacing a sensor.

12.5.2. Searching for sensors:

Before starting an exercise (FREE, INTERVALS, CHALLENGE), the watch "seeks" only the active sensors, the identification numbers of which were memorized during the pairing procedure, thereby preventing any accidental connections with the sensors of another runner using the same technology (ANT+). A sensor is not active once it has been voluntarily deactivated ([see section 12.5.4. Forced activation of sensors](#)).



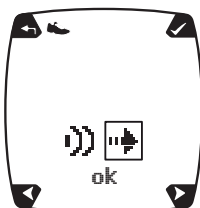
2 scenarios can occur:

1



The watch detects the sensors corresponding to the memorized identification numbers: the exercise can start.

2



If the search does not find your sensors or either of them within a period of 20 seconds, the pairing process will stop by itself.

In this case, the watch asks you if you want to restart the pair function. But you can also continue without the sensors. You can shorten the pairing phase by pressing ►||.

If the pairing procedure fails, see section 13.5 detection of the sensors (Troubleshooting).

12.5.3. Calibrating the accelerometer

Every runner has a different stride length. These differences can affect the accuracy of the measurement. The accelerometer must therefore be calibrated to ensure a high degree of reliability.

How to calibrate your accelerometer?

In order to calibrate your accelerometer, you must run a course, of 1 km or more preferably, for which you have an accurate distance measurement (ideally on an athletics track).

To find out the weightage to be configured, make the following calculation: Actual distance ran / distance measured by the watch = weightage.



Example, you have run 2½ circuits of an athletics track, that is 1000 m, and your watch shows 950 m. The weightage to be configured = $1000 / 950 = 1.05$.

Some stride types may need to be adjusted by up to 20%.



For greater accuracy, it is advisable to put the accelerometer in the same position when calibrating as in normal use (right or left foot, position on the shoe). Example: if you have calibrated your accelerometer on the right foot, attached with the lace clip, it is advisable to put it on the right shoe each time you use it. Similarly, if you calibrated your accelerometer with the sensor located in the housing provided in the sole of your shoe, it is advisable to put the accelerometer in this place each time you use it.

12.5.4. Activating the sensors

Deactivating a sensor will prevent the watch from searching for a sensor that you do not want to use and will avoid unnecessary energy consumption. All the indicators connected with this sensor will no longer be accessible. You can deactivate the heart rate monitor belt for the CW 500 SD and CW 500 SD PC. You can deactivate the "S&D Connect" data transfer PC flash drive for the CW 500 SD PC.

You can reactivate a sensor that you have deactivated.

12.6. Default settings

This menu allows you to find the original configuration for your product without deleting you recorded data or changing the language selection.

12.7. Battery management.

When the battery is low, a message indicating this status appears at top of the current screen for a period of 3 seconds:



When the battery is low, a message indicating this status appears at top of the current screen for a period of 3 seconds.



The watch then asks you if you want to switch to power saving mode.

Confirming the power saving mode will prevent:

- access to the 3 running modes (FREE, INTERVALS and CHALLENGE).
- the back-lighting.
- pairing with sensors.



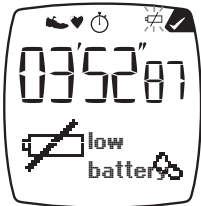
It will enable you to prolong the battery life of your watch until you can replace it.

The  symbol flashes as a reminder.



The power saving Mode is not reversible.

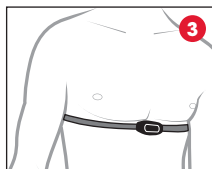
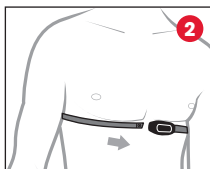
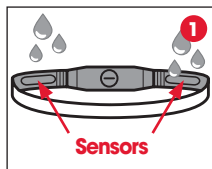
In order to recover all the functions of your watch, you must replace the battery (see [section 17 Battery replacement](#)). You can recover all your watch's functions by removing and putting the used battery back in but you run the risk of losing power suddenly when using the functions that consume a lot of power.



The watch will also warn you when the accelerometer battery is running low (low battery message +  pictogram).

13. Troubleshooting.

13.1. Abnormal heart rhythm.



Check that the belt is properly fitted and that the sensors are moistened:

Interferences occurring in the surrounding area caused by electromagnetic disturbances may lead to temporarily unstable or inaccurate heart beat readings. These generally occur near to overhead power lines, catenaries, traffic lights, televisions, motors, cars, some types of motorized sports equipment, mobile phones, computer screens, microwave ovens or when crossing store security checkpoints.

There may be other reasons for a change in heart beat readings:

- You have paired the belt with another user. Move at least 10 metres away for the other runners and restart pairing ([Section 12.5.1. Pair the sensors](#)).
- Clothing that slaps against the belt or is strongly charged with static electricity.
- A very hairy chest.
- Traces of dirt.

If heart beat readings are unstable, check first of all that the problem cannot be attributed to any of these potential causes.

13.2. Abnormal speed and distance.

The distance displayed by the watch does not correspond to the known actual distance covered: check that the accelerometer is properly positioned on the shoe and calibrate it ([Section 5.1.1. Positioning on the shoe](#)).

It is advisable to put the accelerometer on the same foot for running as that used for calibrating.

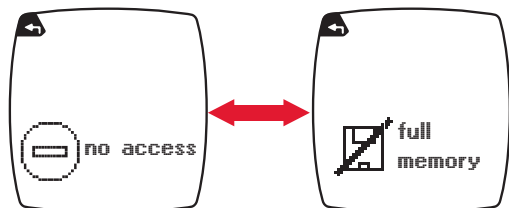
Example: if the accelerometer was calibrated on the right foot, it must be used on the right foot. See ([Section 12.5.1 Pair the sensors](#)).

Check that you have not paired the accelerometer with another user. Move at least 10 metres away from the other runners and restart pairing ([Section 12.5.1 Pair the sensors](#)).

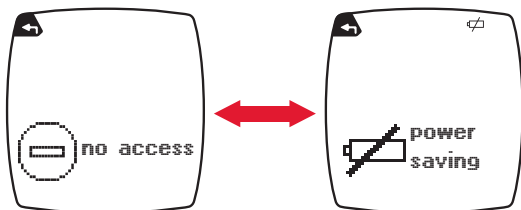
13.3. Low battery for the watch.

: the battery is low and needs replacing.

13.4. No access to certain modes or functions.



The memory is full and memory space must be freed up by deleting recorded sessions ([section 11.1. Using the data mode](#)).



or the power saving mode is activated ([section 13.3. Low battery for the watch](#)).

the watch is in power saving mode, the following functions cannot be accessed :

- back-lighting.
- pairing the sensors.
- running mode (FREE, INTERVALS, CHALLENGE).

13.5. Detecting the sensors.

EN

Sensors not detected:

- Move at least 10 metres from other potential users of heart rate monitor belts or accelerometers.
- Bring the sensors close to the watch.
- Activate the accelerometer (shake it).
- Position the moistened belt correctly ([section 13.1. Abnormal heart rate](#)).
- Restart the pairing ([section 12.5.1. Pairing the sensors](#)).
- Replace the sensor batteries.
- Check that the sensor is activated in the watch's settings ([section 12.5.4. Activating the sensors](#)).

13.6. Inability to configure lap information.

The time is in your list of indicators by default. Press  until it appears on the 2nd or 3rd row of your display. If this indicator is no longer in your list, refer to [section 12.4. Your display](#) to put it back.

13.7. Inability to configure lap information.





The lap information cannot be less than 30 secs or 0.1 km. If a lower value is confirmed, the  symbol will appear and the entered value will flash for 3 seconds before you can enter a new value.

13.8. Restore the factory settings.

Restoring the factory settings is done in the **SETTINGS** / default settings mode.

14. Technical features.

EN

	Watches	Accelerometers	Heart rate monitor belt	Data transfer USB flash drive
Waterproof	5 ATM	1 ATM	1 ATM	Not waterproof
Battery life depending on the sports use of the product (with the sensors)				
1 hour / week	18 months	12 months	5 years	Self-powered by the USB port
4 hours / week	12 months	9 months	2 years	
Memory	10 sessions 130 laps 30 hours The memory is full when one of the 3 limits is reached.			
Range of values allowed:				
Heart rate target zone	40 - 240 beats per minute			
Speed target zone:	1.0 - 40.0 km/h			
Pace target zone:	60 - 1.0 min/km			
Lap information in distance	0.1 - 99.9 km			
Lap information in distance	30" to 99:59:59"			
Intervals mode distance	0.1 - 9.9 km			
Intervals mode time	15" to 99:59:59"			
Heart rate	40 - 240 beats per minute			
Challenge distance	0.1 - 99.9 km			
Challenge time	30" to 99:59:59"			
Challenge speed	1.0 - 40.0 km / h			
Communication protocols				
Transmission range	3 m in use 10 m when pairing	3 m in use 10 m when pairing	3 m in use 10 m when pairing	5 m
Operating temperatures	-10°C to 50°C	-10°C to 50°C	-10°C to 50°C	-10°C to 50°C
Batteries	CR 2032	CR 2032	CR 2032	Not applicable
Weight	61 g.	9 g.	46 g.	7 g.

15. Guarantees.

OXYLANE guarantees the initial purchaser of this product that it is free from defects in materials or workmanship. This product is guaranteed for two years from the purchase date. Please keep your receipt as proof of purchase. The warranty does not cover:

- damage resulting from misuse, from a failure to respect the precautions for use, from accidents, from improper maintenance or from commercial use of the product;
- damage resulting from repairs carried out by persons not authorized by OXYLANE;
- batteries, cracked or broken casing or casing that shows signs of being knocked.

During the warranty period, the item will either be repaired free of charge by an authorized repair service or replaced free of charge (depending on the distributor).

16. Compatible accessories.



ANT + Heart Rate Monitor Belt



Geonaute Software +
Data transfer USB flash drive

The W 500 SD is compatible:

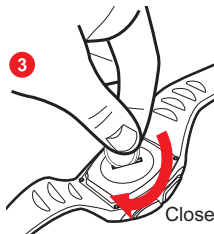
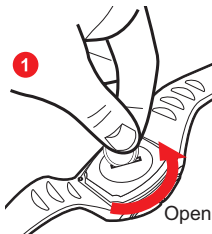
- with a Kalenji ANT+ heart rate monitor belt (available in Decathlon workshops);
- the "Kalenji S&D Connect" data transfer USB flash drive (that enables the transfer of data towards the Geonaute Software analysis and saving software).

In order to be detected by the watch, the belt and flash drive must be activated ([section 12.5.4. Activating the sensors](#)).

CW 500 SD devices are compatible with the "Kalenji S&D Connect" data transfer USB flash drive.

17. Battery replacement.

17.1. Replacing the watch's battery.

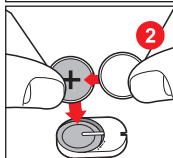


17.2. Replacing the accelerometer's battery.

EN



Unlock the circular cover of the accelerometer's battery compartment by turning it anti-clockwise. The point on the cover and the back of the arrow on the accelerometer must be aligned.

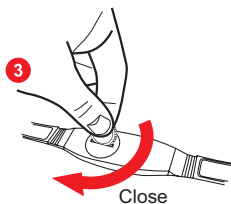
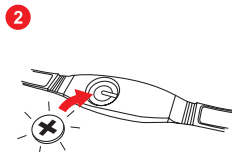
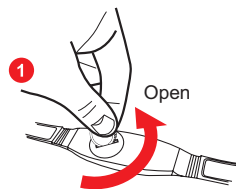


Remove the battery cover. Wait for 30 seconds before inserting the new battery that must be positioned with the + pole pointing upwards.



Replace the cover by aligning the point on the cover with the back of the arrow and screw clockwise. The point on the cover and the point of the arrow must be aligned.

17.3. Replacing the heart rate monitor belt's battery.



Except W 500 SD



The "crossed-out bin" symbol means that this product and the batteries it contains must not be thrown away with general household waste. They are subject to a specific type of sorting. Please take the batteries and your unusable electronic product to an authorised collection point for recycling. This treatment of your electronic waste will protect the environment and your health.



This camera complies with section 15 of the FCC Regulation. Operation is subject to the following two conditions :

- 1 This camera has no risk of producing harmful interference.
- 2 This camera must accept all interference which occurs, including those which risk producing an undesirable functioning.

This equipment has been tested and certified as complying with the limits of Class B numerical apparatus, under the provisions of Section 15 of the FCC. Those limitations are imposed to ensure reasonable protection against intrusive interference within a residential installation. This equipment generates, uses and emits radio energy frequencies and, if it has not been installed in accordance with the instructions, could provoke harmful interference to radio communications. However, there is no guarantee that it will produce no interference in any particular installation.

If this equipment provokes intrusive interference with radio or television reception, interference which can be ascertained by the camera off and then switching it on again, it is recommended that the user take one of the following measures to remedy such interferences :

- Reorientate or move the reception antenna.
- Increase the distance between the apparatus and the receiver.
- Link the equipment to a power supply on a circuit other than the one to which the receiver is linked.
- Seek advice from the vendor or from a radio/television technician.

Warning:

Any change or modification which has not been expressly authorised by Décathlon is liable to delete the authorisation granted to the user for the use of the equipment.

18. Contact us.

www.kalenji.com

We will reply as soon as possible.



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2

2 YEAR GUARANTEE SUBJECT TO NORMAL USAGE - GARANTIE 2 ANS EN USAGE NORMAL - GARANTIA: 2 ANOS DE USO NORMAL - GARANTIE 2 JAHRE BEI NORMALER VERWENDUNG - GARANZIA 2 ANNI IN USO NORMALE - 2 JAAR GARANTIE BIJ NORMAAL GEBRUIK - GARANTIA DE 2 ANOS NO MODO DE UTILIZAÇÃO NORMAL - GWARANCJA 2 LETNIA W WARUNKACH NORMALNEGO UŻYTKOWANIA PRODUKTU - 2 EV GARANCIA RENDELTESSZERŰ HASZNÁLAT ESETÉRE - ГАРАНТИЯ 2 ГОДА ПРИ НОРМАЛЬНОМ ИСПОЛЬЗОВАНИИ - GARANTIE 2 ANI ÎN CONDIȚII DE UTILIZARE NORMALĂ - PRI BEZNMOM POUŽÍVANÍ ZÁRUKA 2 ROKY - ZÁRUKA 2 ROKY PRI BEŽNÉM POUŽITÍ - 2 ÁRS GARANTI VID NORMALT SLITAGE - ВРЕДЕН ЗА ВОДНИТЕ ОРГАНИЗМИ, МОЖЕ ДА ИМА ДЪЛГОСРОЧНО ОТРИЦАТЕЛНО ВЪЗДЕЙСТВИЕ БЪРХУ ВОДНАТА ОКОЛНА СРЕДА - NORMAL KULLANIMDA 2 SENEKİ GARANTI - ГАРАНТОВАНО ПРОТЯГОМ 2 РОКІВ ПРИ НОРМАЛЬНОМУ ЗАСТОСУВАННІ - 正常使用情况下质保期为2年 正常情況下使用，可保質2年
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