

TomTom GPS Watch User Manual

2.0



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Welcome

This User Manual explains everything you need to know about your new TomTom Runner 3, TomTom Spark 3, or TomTom Adventurer watch.

If you want a quick read of the essentials, we recommend that you read the [Getting started](#) page. This covers downloading TomTom MySports Connect and using the desk dock.

Here are some good starting points:

- [About your watch](#)
- [Starting an activity](#)
- [Fitness Age](#)
- [Workouts](#)
- [Activity tracking](#)
- [Music](#)
- [Using your Adventurer watch](#)

Tip: There are also frequently asked questions (FAQs) at tomtom.com/support. Start typing the product name to see a list of products to choose from.

We hope you enjoy reading about and, most importantly, achieving your fitness goals using your new TomTom GPS Sports Watch!

Note: The Music feature and built-in Heart Rate Sensor are not available on all watch models.

What's new

What's new in this release

TomTom Runner 2, TomTom Runner 3, TomTom Spark, TomTom Spark 3, TomTom Adventurer

Fitness Age

TomTom Fitness Age is an indication of how well your body functions physically, relative to how well it should work, based on things like your heart rate during activities, maximum and resting heart rates, activity, gender, age, height, and weight.

The more effective activity you do, the better your Fitness Age becomes. Start working on your Fitness Age by earning Fitness Points. You earn Fitness Points when you record your activity on a TomTom Sports watch with heart rate monitoring.

To learn more, go to [Fitness Age](#) in this manual.

Workouts

To work out more effectively, you can now select one of 50 personalized workouts that are downloaded automatically to the watch after connecting it to the TomTom Sports website or app. There are workouts for both running and cycling activity types, and they come in 5 categories: Fitness, Fat Burn, Endurance, Speed, and Power.

To learn more, go to [Workouts](#).

Music improvements

Your watch now remembers where you stopped in a music track or audiobook when you disconnect your headphones. You can also skip within a music track in 10 second increments by long pressing left and right on your watch.

To learn more, go to [Music](#).

Automatic pausing during activities

You can now set your watch to automatically pause and resume an activity based on movement. This is controlled by a new per activity setting.

To learn more, go to [Pausing and stopping an activity](#).

Control of syncing and alerts

New settings give you more control over when and how your watch syncs with your mobile device. You can also control whether you want to receive phone notifications on your watch or not.

To learn more, go to [Phone](#).

User Manual Improvements

New section added on the menu options that are available AFTER starting an activity.

To learn more, go to [Activity settings](#).

Improved sections added about pairing and syncing.

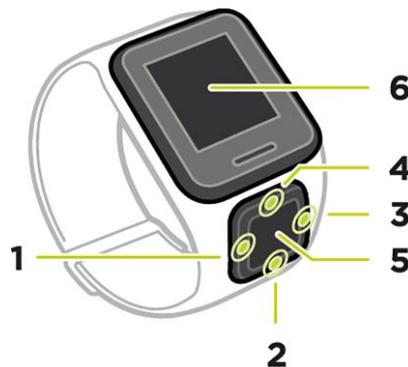
To learn more, go to [Pairing with your mobile device](#) and [How to sync data](#).

Your watch

About your watch

When you use your watch, you start from the clock screen. This screen shows the [time and date](#). The hour number is shown slightly dimmed and the minutes are shown brighter so you can see the precise time more clearly.

Use the button to press up, down, left, or right to go to other screens on your watch.



1. Press left - opens the [ACTIVITY TRACKING](#) screen.
2. Press down - opens the [SETTINGS](#) menu.
3. Press right - opens the [ACTIVITIES](#) menu.

Tip: Do a long press to automatically scroll through the Activity menu, Activity metrics screens, and settings.

4. Press up - opens the [MUSIC](#) screen.
5. GPS receiver. While wearing the watch, the GPS receiver should face upwards.
6. Cover the screen with your palm briefly to turn on the backlight.

The clock screen shows the time and date. You can choose to show the time in 12 hour or 24 hour format by pressing down to open the [SETTINGS](#) menu, then selecting **CLOCK**.

Using your watch

Press up or down to select items in a menu.

Press right to select an item and open the menu for that item.

Press left to exit a menu.

To select an option in a menu, make sure it is highlighted when you leave the menu. Your watch remembers the option you highlighted.

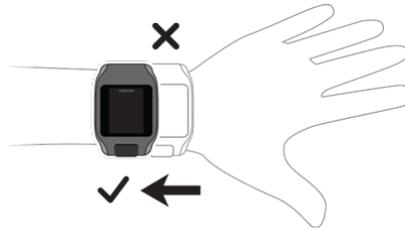
If an option in a menu switches on and off, press up or down to change the setting.

Important: Your watch sleeps if it isn't used for a while. Press any button once to wake up your watch. Your watch will then start syncing with the Sports app automatically and you can carry on using it.

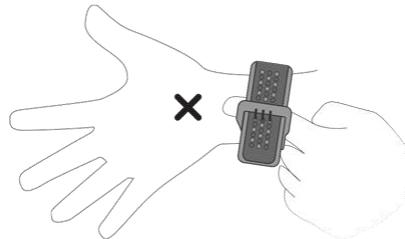
Wearing your watch

The way you wear your watch is important because it can affect the performance of the Heart Rate Sensor. For more information on how this sensor works, see [The heart rate sensor](#).

- Wear the watch in the normal way, with the watch face on top of your wrist and the bottom of the watch touching your skin, away from the wrist bone.



- Do the strap up so that it is tight to your wrist without being uncomfortable.



- You get the most accurate results from the heart rate sensor when you are warmed up.

Important: To improve accuracy, KEEP STILL until your heart rate is detected.

Cleaning your watch

It is recommended that you clean your watch once a week if you use it frequently.

- Wipe the watch with a damp cloth as needed. Use mild soap to remove oil or dirt.
- Do not expose your watch to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents. Chemicals can damage the watch's seal, case, and finish.
- After swimming, rinse your watch with tap water and dry it with a soft cloth.
- Clean the heart rate sensor area and connection pads with mild soap and water as needed.
- Do not scratch the heart rate sensor area. Protect it from damage.

The heart rate sensor

If your watch has a built-in heart rate sensor it can help you train more efficiently.

You can choose to use the built-in heart rate sensor or an external sensor if the watch is mounted on your bike handlebars, or not to use a sensor at all.

Note: If your watch doesn't have an integrated heart rate monitor, you can also buy a separate chest strap to record the same information at tomtom.com/sportsaccessories.

How the sensor works

Your heartbeat is measured by using light to measure changes in your blood flow. This is done on the top of your wrist by shining light through the skin onto the capillary veins just below the skin and detecting the changing light reflections.

The performance of the heart rate sensor is not affected by body fat percentage or body hair. It IS however affected by how you wear the watch on your wrist and by whether you have warmed up or not.

Using the heart rate sensor

To get the best performance from the heart rate sensor, see [Wearing your watch](#). Continuous heart rate tracking is switched OFF by default. To switch it, see [About 24/7 heart rate monitoring](#).

Note: The sensor cannot measure your heart rate while swimming.

Removing your watch from the strap

You may want to remove your watch from the wrist strap in order to charge it or before placing it in the holder before using the bike mount.

To remove your watch from the wrist strap, do the following:

1. Press inwards on the TomTom logo while holding the watch strap.



2. Remove the watch from the strap.



Charging your watch using the desk dock

Important: You can also use any USB wall charger to charge your watch. Place your watch in the desk dock and then connect the USB connector from the desk dock to your USB wall charger.

You can use the desk dock when your watch is in the wrist strap or you can remove your watch from the wrist strap first.

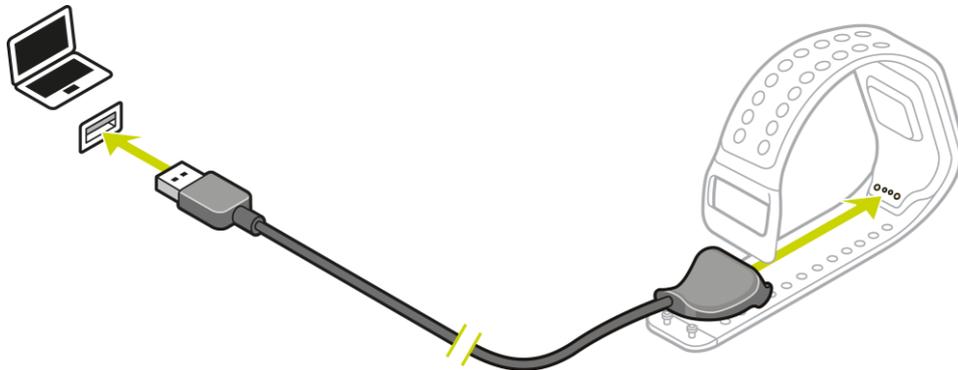
Removing the watch from the strap

For more information, see [Removing your watch from the strap](#).

Charging using the desk dock

To place your watch in the desk dock, do the following:

1. Slide the watch into the dock, following the curve of the back of the watch.
2. Push the watch in again until you hear a click and get a full connection.



Important: When you place your watch in the dock, you may get one of two types of connection:



Charging using a wall socket or USB socket with no data capabilities.



Full connection including access to Sports.

3. To remove your watch from the desk dock, pull the watch away from the dock, following the curve of the back of the watch.

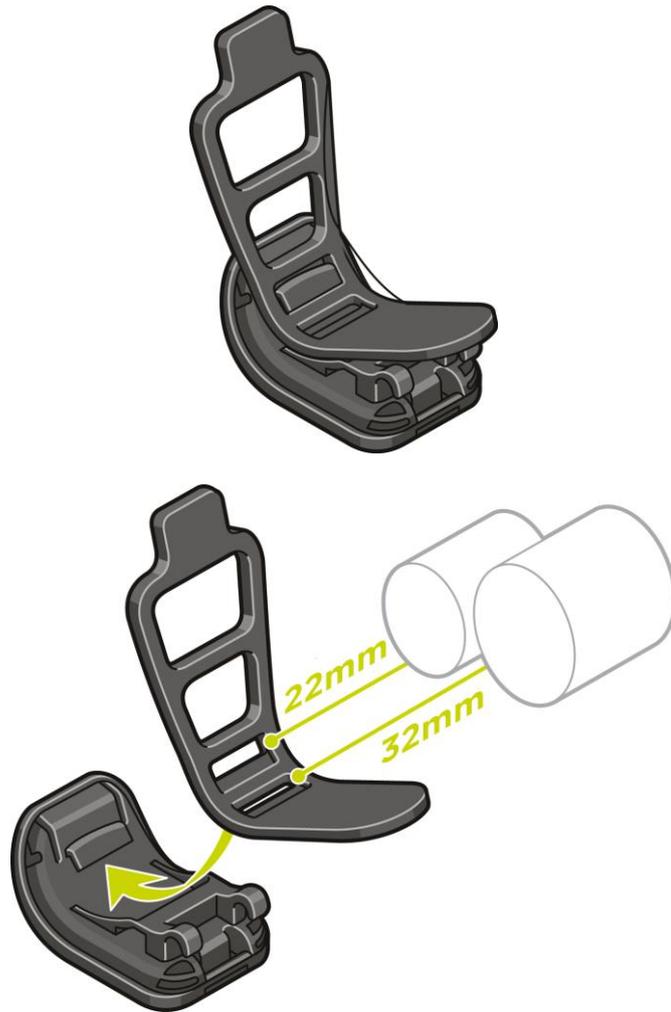
Using the bike mount

If you have purchased the bike mount accessory, the mount consists of a holder for your watch and a handlebar strap to attach the clip to your handlebars.

Important: These instructions show you how to attach the holder to the handlebars and THEN insert the watch.

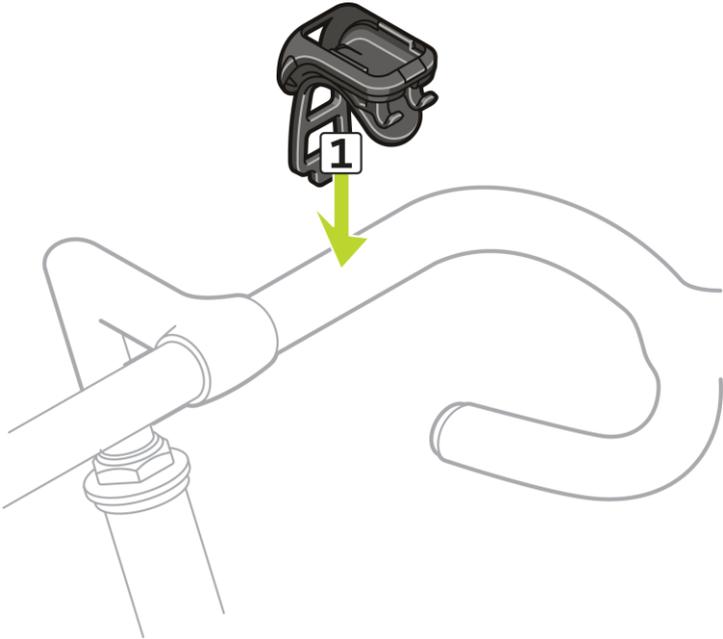
To use the bike mount, do the following:

1. Slide the handlebar strap into the hook at the back of the watch holder. Choose the right length for the size of your handlebars.

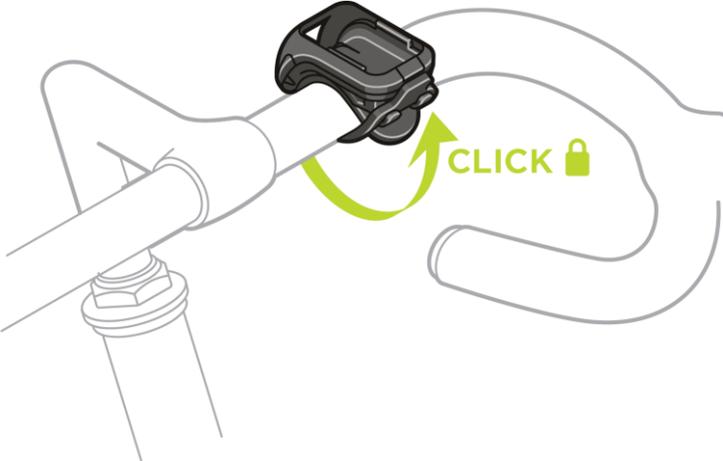


Tip: The strap has two holes so that it fits a range of different sizes of handlebars from 22 mm to 32 mm. Select the hole that fits your handlebars best.

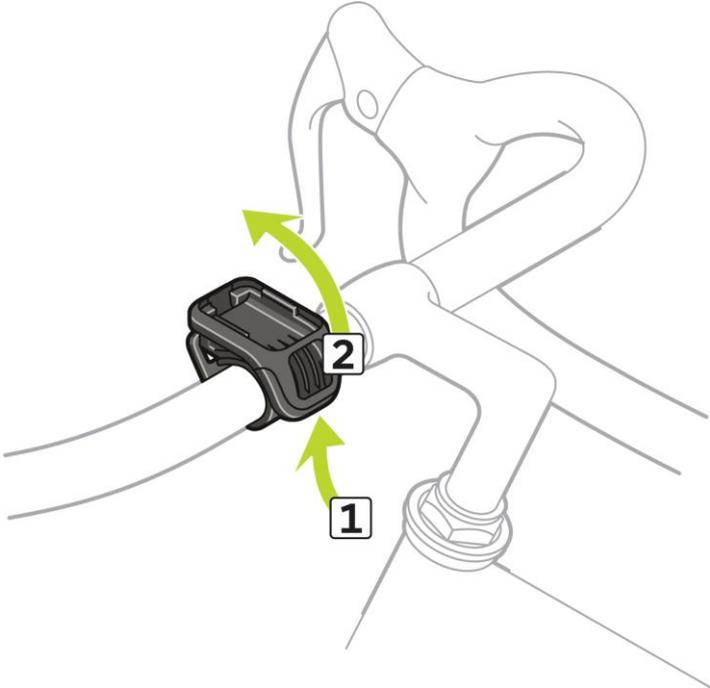
2. Place the watch holder on your handlebar and wrap the strap around the bar.



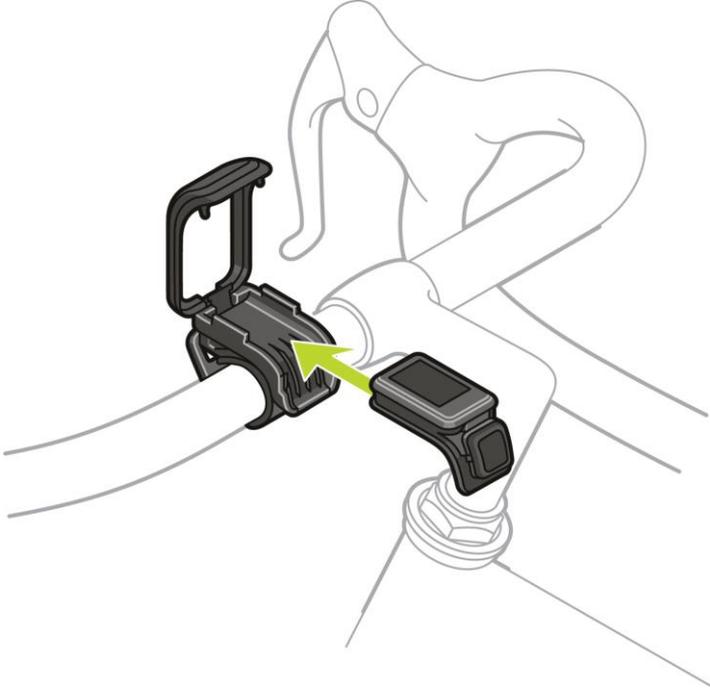
3. Use the clip on the bottom of the holder to attach the handlebar strap. The strap should now be attached securely around the handlebar.



4. Remove your watch from the wrist strap. Open the holder by pressing as shown below. Lift the cover.



5. Slide your watch into the holder as shown.



6. Make sure your watch clicks securely into place.

7. Close the holder over the top of the watch, ensuring that it clicks as you close it. You are now ready to go cycling!

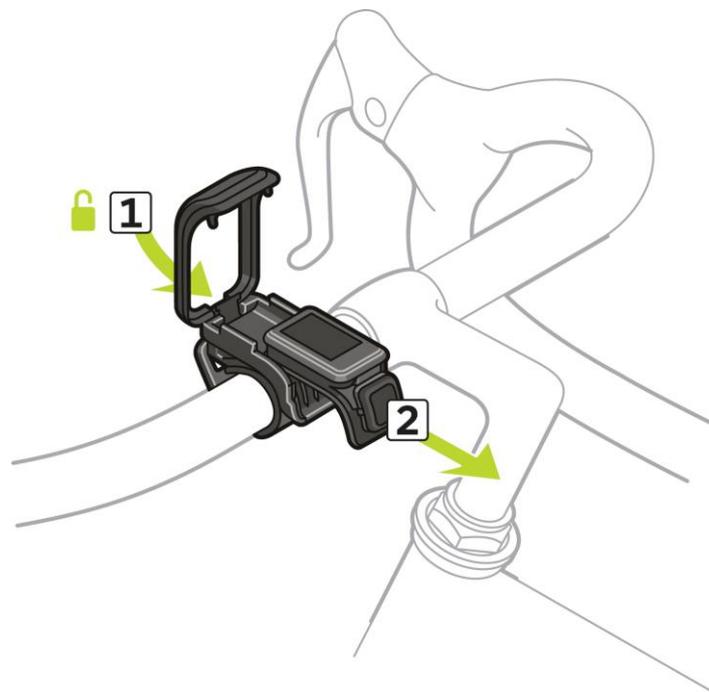


Removing your watch from the holder

You may want to remove your watch from the holder in order to charge it or while attaching the bike mount to your handlebars.

To remove the watch from the holder, do the following:

1. Open the holder by pressing as shown below and then lift the cover.



2. Push the watch back towards you to unlock it from the holder.
3. Slide the watch out towards you into the palm of your hand.

Using an O-ring

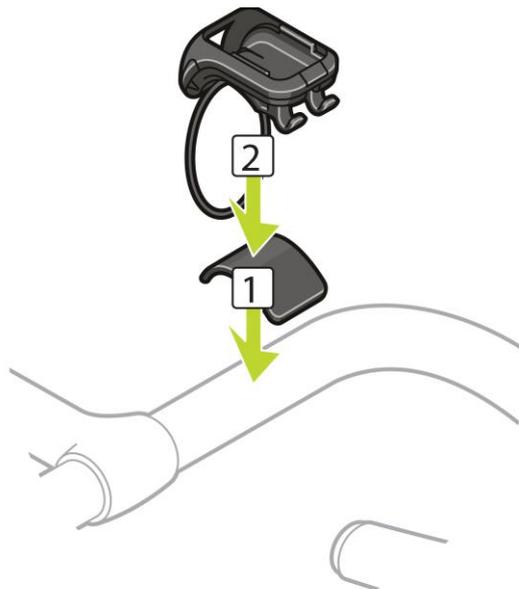
If you lose your bike mount strap, you can use a standard O-ring to mount your watch on your handlebars.

To use an O-ring, do the following:

1. Turn the watch over and insert the O-ring in the hook nearest the front of the watch.



2. Find a piece of rubber, for example, a piece of an old bicycle inner tube. This is needed to sit between the mount and handle bars and prevents slipping.
3. Place the mount onto the handle bars so that the piece of rubber is sandwiched between the mount and the bars.



4. Wrap the O-ring around the handle bars and lift it over the back hooks.



About screen

From the clock screen, press **DOWN**. Press **UP** until you see **ABOUT** at the top of the menu. Press **RIGHT** to open the About screen.

The About screen shows the following information:

- **BATTERY** - the battery power left in your watch.
To charge the battery, place the watch in the desk dock and [connect the dock to your computer](#).
- **STORAGE** - the amount of space used up on your watch.
If you are running out of space, connect your watch to your computer. TomTom Sports Connect transfers the workouts or activities to your computer. You can choose to have activities uploaded automatically to your account on the TomTom Sports website or another website you have chosen.

Tip: The history, which is the summary of your last 10 workouts, remains on your watch. Older workouts are sent to Sports.

- **QUICKGPS** - the status of the QuickGPSFix information on your watch.
QuickGPSfix helps your watch find your precise location quickly so that you can start your activity and helps to extend battery life. To update the QuickGPSfix information on your watch, connect your watch to your computer. TomTom Sports Connect automatically updates QuickGPSfix on your watch. QuickGPSfix information is valid for three days after you download it.

These symbols are used to show the status of QuickGPSFix:



QuickGPSFix on your watch is up to date.



QuickGPSFix on your watch is out of date. If the QuickGPSFix information on your watch is out of date, your watch still works as usual. It may, however, take longer to get a GPS fix when you want to [start an activity](#).

- **VERSION** - the software version number. You may need this information if you contact Customer Support. Every time you connect your watch to your computer, TomTom Sports Connect checks if a software update is available for your watch.

- **SERIAL NUMBER** - the serial number of your watch. You may need this information if you contact Customer Support.

Performing a Reset

Soft reset

A soft reset is performed each time you disconnect your watch from a wall charger or computer.

To perform a soft reset on your watch, follow these steps:

1. Connect your watch to a wall charger or computer.
Wait until your watch shows a battery symbol.
If you are using a computer, wait until Sports Connect finishes updating your watch.
2. Disconnect your watch from the wall charger or computer.
The software on your watch restarts. This performs a soft reset on your watch.

Recovery mode

The recovery mode allows you to reinstall the software on your watch without deleting any personal data and settings.

To perform a reset on your watch using the recovery mode, follow these steps:

1. Place your watch in the dock BEFORE you connect the dock to the computer.
2. On your watch, press down and keep the button pressed.*
3. Connect the dock to the computer, keep pressing the button until your watch shows tomtom.com/reset.
4. Release the button and wait for Sports Connect to show **Update**.
5. Click **Update** in Sports Connect.

* If the USB port on your computer is not easily accessible, connect the dock to the computer without the watch. Then press down from the clock screen while you slide the watch into the dock.

Factory reset

Important: When you perform a factory reset in Sports Connect, all personal data and settings, including your export settings for Sports Connect, are deleted from your watch. This action cannot be undone.

You should only use a factory reset as a last resort to restore your watch or if you really want to remove all your data and settings.

A factory reset reinstalls the software on your watch and this removes the following:

- Your activities.
 - Your settings on the watch.
 - Your settings for uploading activities in Sports Connect.
-

Important: When performing a factory reset, do not disconnect your watch before Sports Connect has finished restoring your watch. This takes several minutes. Check any messages shown in Sports Connect and on your watch before you disconnect your watch.

To perform a factory reset on your watch, follow these steps:

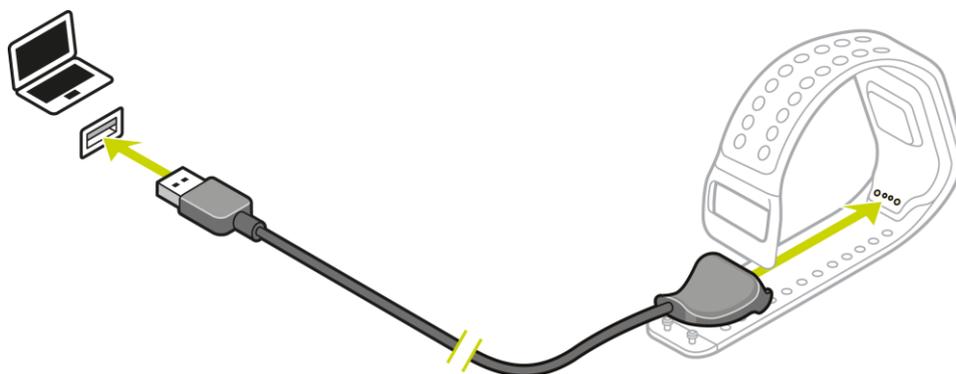
1. Connect your watch to your computer and wait until Sports Connect finishes updating your watch.
2. Expand **SETTINGS** in Sports Connect.
3. Click **FACTORY RESET** at the bottom of Sports Connect.
Sports Connect downloads the latest version of the software for your watch.
4. Keep your watch connected when the window for Sports Connect closes.
Sports Connect installs the software on your watch.
5. Keep your watch connected when the window for Sports Connect opens again.
6. Follow the instructions in Sports Connect to set up your watch.

Getting started

Before you start training, it's a good idea to charge your watch, download any software updates and your personalized workouts, and download QuickGPSfix.

Note: QuickGPSfix helps your watch get a GPS fix and find your location quickly. It also saves your battery and prolongs its life.

1. Download [TomTom Sports Connect](http://tomtom.com/123) from tomtom.com/123 and install it on your computer. TomTom Sports Connect is available for free.
2. Place your watch in the [desk dock](#) and connect the dock to your computer. Follow the instructions that TomTom Sports Connect gives you.



After your watch is charged, you can [start your first activity](#).

Tip: Your watch is fully charged when the battery animation stops moving and shows a full battery.

You should connect your watch to your computer regularly to charge it, upload activities, download software updates and download QuickGPSFix information.

Battery life

When the battery is fully charged, your watch can be used for up to 11 hours of activities that need GPS reception, such as running and cycling. The battery is used more quickly if you do any of the following:

- Use the [Music](#) feature in combination with a wireless headset.
- Use the [backlight](#) on your watch frequently or [all the time](#).
- Use the built-in [heart rate sensor](#).
- Connect the watch to external sensors, such as the [Heart Rate Sensor](#) or [Cadence and Speed Sensor](#).

Your watch will last longer on a battery charge if you turn off [night mode](#) and touch the screen to turn on the backlight only when you need it.

TomTom Sports app

You can download the TomTom Sports app for free from your usual app store or by going to tomm.com/app.

To learn more, go to [TomTom Sports mobile app](#) in this guide.

Pairing your watch with your mobile device

To learn more, go to [Pairing with your mobile device](#) in this guide.

Pairing with your mobile device

Pairing with an Android device

The TomTom Sports mobile app allows you to automatically upload your sports activity data from your TomTom GPS Sports Watch to the TomTom Sports Cloud using your smartphone. It also allows automatic uploads to a number of other websites. In addition, the app downloads your personalized workouts, trails, and QuickGPSfix data to your watch.

To pair your Android™ device with your watch follow these steps:

1. Make sure that your watch and Android device are close to each other.
2. Start the TomTom Sports mobile app on your Android™ device and make sure you're logged into your TomTom account.
3. Tap Get started at the top of the Latest tab.
4. From the Clock screen on your watch, press down to open the **SETTINGS** screen, then select **PHONE** and press right. Select **PAIR NEW**.



The watch starts looking for the Sports mobile app pairing request.

5. On your Android device, tap watch on the Activate your Device page. Your Android device shows Searching.
6. When the name of your watch appears in the list on the Searching screen, tap on it and accept the request to pair.
7. In the Sports mobile app, enter the PIN code shown on your watch.

Your watch and your Android device are now paired.



As long as you have the mobile app active or running in the background on your Android device, the watch automatically tries to connect when it has a new recorded activity to upload or when the QuickGPSfix data is out of date.

If you open the mobile app on your Android device and it is trying to connect to your watch, you may need to wake up your watch by pressing down from the clock screen. It can take up to 30 seconds to connect to your watch.

If you are upgrading your Android device version, then you usually have to fully un-pair and re-pair your watch.

Note: If you have trouble pairing your watch, the first thing to try is to go to the phone's Bluetooth® settings and un-pair your TomTom watch before following the steps above again.

Pairing with an iOS device

The TomTom Sports mobile app allows you to automatically upload your sports activity data from your TomTom GPS Sports Watch to the TomTom Sports Cloud using your smartphone. It also allows automatic uploads to a number of other websites. In addition, the app downloads your personalized workouts, trails, and QuickGPSfix data to your watch.

To pair your iOS device with your GPS Sports Watch follow these steps:

1. From the clock screen on your watch, move down to open the **SETTINGS** screen, then select **PHONE** and move right.
2. Move right to start pairing.
3. Start the Sports mobile app and tap Get started.
4. Tap watch.
5. When the name of your watch appears, tap on it.

6. On your iOS device, tap Pair, then enter the PIN code shown on your watch.



The devices should now be paired. [Click here](#) for troubleshooting instructions if you experience issues with pairing your watch.

As long as you have the mobile app active or running in the background on your phone or mobile device, the watch automatically tries to connect when it has a new activity to upload or when the QuickGPSFix data is out of date.

If you open the mobile app on your phone and it is trying to connect to your watch, you may need to wake up your watch by moving away from the clock screen. Move down, left or right from the clock screen.

How to sync data

You can upload or "sync" your activity data from your watch to the Sports mobile app using your smartphone. Alternatively you can sync by connecting your watch to your computer.

Important: When you disconnect your watch from a power source after charging a dead battery, you see a blinking 0:00 time on the screen. This means that your watch needs to be synced.

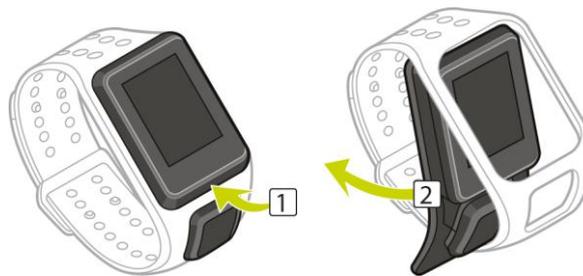
Using your smartphone

1. On your phone, ensure that you have a working internet connection and that Bluetooth is switched on.
2. Make sure that your watch and smartphone are paired with each other.
3. Make sure that your watch and smartphone are close to each other.
4. On your watch, tap the button to wake up the display.
5. On your smartphone, open the Sports app.
6. Go to the Activities screen.
7. Swipe down until you are shown a green circle.

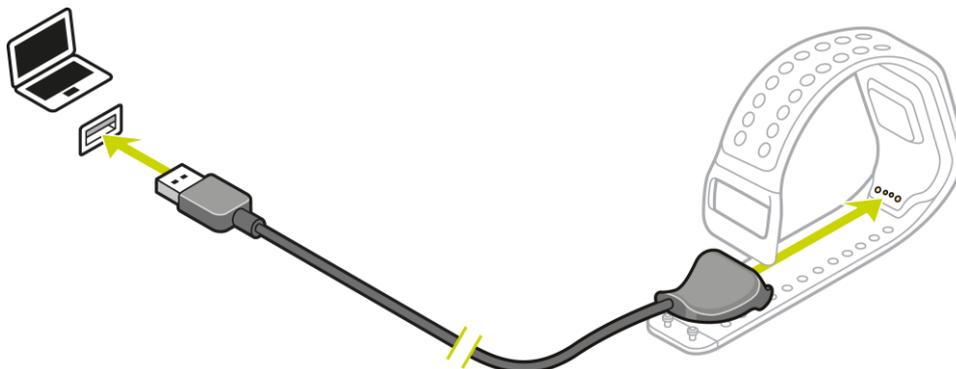
The app syncs your activity data settings with your watch.

Using your computer

1. To connect your watch to your computer, [remove your watch from the strap](#).



2. Using the USB cable you received with your watch, connect the module to your computer.



Sports Connect opens automatically when your watch is connected to your computer.

Sports Connect automatically syncs your activity data settings with your watch.

Syncing data using mobile device or website

To sync the activity data on your watch with the Sports app, do the following:

1. Start the Sports app on your smartphone.
2. Place your watch near the phone and press down from the clock screen to wake up the watch.
3. In the app, pull down on the Latest tab or Activities tab to start syncing. Syncing may also start automatically when your watch is detected.

To sync your activity data on your watch with the Sports website, do the following:

1. Connect your watch to your computer using the supplied cable.

Sports Connect opens, syncs the data, and carries out any updates.

Troubleshooting

You can upload or "sync" your activity data from your watch to the Sports mobile app using your smartphone. Alternatively you can sync by connecting your watch to your computer.

If you cannot connect your watch to your Android™ device, make sure your Android device meets the following requirements:

- The app works with Android version 4.4 using Bluetooth® Low Energy 4.1 or higher. Click [READ MORE](#) in Google Play for a list of tested devices.
- Check our list of known issues.
- Use the latest version of Android for your device:
- Settings > About > Phone or About Device > Android™ Version.
- Use the latest version of the Sports Connect desktop application for updating your watch. An outdated version may not offer the latest software for your watch.
- Use the latest version of the watch software: Connect your watch to the computer. Sports Connect then checks if newer software is available for your watch,
- Use the latest version of the TomTom Sports mobile app. If a newer version is available it is listed in the Google Play Store.
- Switch on Bluetooth on your Android device: Settings > Connections > Bluetooth.
- Use your Android™ device with only one Bluetooth® device at a time. When using additional devices like headsets, car kits, speakers, or while transferring files, your Android™ device may fail to pair or sync with your watch.
- The Sports mobile app needs a reliable internet connection.
- Switch off Power Savings Mode on your Android device. This mode might disable Bluetooth.

If you cannot connect your watch to the Sports app, fully un-pair it from your Android device, then pair it again following these steps:

1. In the Bluetooth Settings menu of your Android device, un-pair or forget your watch.
2. Un-install and re-install Sports mobile app from the Play Store.
3. Restart your Android device.
4. Switch off Bluetooth and switch it on again.
5. Start the TomTom Sports mobile app on your Android device and make sure you're logged in to your TomTom account.

6. Tap Get started at the top of the Latest tab.
7. From the Clock screen on your watch, press down to open the **SETTINGS** screen, then select **PHONE** and press right. Select **PAIR NEW**.
The watch starts looking for the Sports app pairing request.
8. On your Android device, tap watch on the Activate your Device page.
Your Android device shows Searching.
9. When the name of your watch appears in the list on the Searching screen, tap on it and accept the request to pair.
10. In the Sports mobile app, enter the PIN code shown on your watch.

If you are still not able to connect your watch to your Android device, try the following:

- Factory reset your watch and make your Android device un-pair or forget your watch again.
- Sync your watch using Sports Connect on your computer. Your data always shows in both the Sports website and the Sports mobile app.

Activities

About activities

Note: Not all activities are available on all watch models.

In the activities menu, you can start one of the activities available on your watch:



When you select **RUN**, **CYCLE**, **FREESTYLE**, **TRAIL RUN**, **HIKE**, **SKI**, or **SNOWBOARD** your watch uses its internal GPS receiver to measure your speed and to record the route you have taken.

If your watch has a heart rate sensor and the [heart rate sensor](#) is set to ON, your heart rate is shown during your activity. This includes running, cycling, treadmill and freestyle.

When you select **SWIM** or **TREADMILL**, your watch uses its internal motion sensor to measure your strides on the treadmill and strokes and turns in the swimming pool. Your watch uses this information to estimate your speed and the distance you have covered.

When you select **INDOOR** for indoor cycling, your watch uses the connected [Cadence and Speed Sensor](#) to show your speed, heart rate information if available and calories burned vs time.

Select **GYM** to show heart rate information and calories burned over time. You need an external or internal heart rate sensor for this activity.

Select **FREESTYLE** when you want to do an activity other than running, cycling or swimming. This means that you can keep clean histories and totals for running, cycling and swimming.

When you select **STOPWATCH**, you can use your watch to show elapsed time, mark laps and see times for your current and previous laps.

About calorie estimation

Calories are estimated based on the type of sport, your gender, your weight, and the intensity and duration of the exercise.

24/7 calorie estimation is based on your BMI and then adjusted for steps, active time, sports activities, etc., to generate a theoretical total for the day. Heart rate is not used during 24/7 calorie counting because it would drain the watch battery too quickly.

Note: Not all activities are available on all watches.

Running, cycling, swimming, trail running, hiking, treadmill, or indoor cycling

For running, cycling, swimming, trail running, hiking, treadmill, or indoor cycling, the calorie calculations are based on metabolic equivalent of task tables (MET or simply metabolic equivalent).

We use the MET tables of Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. 2011 Compendium of Physical Activities: a second update of codes and MET values. *Medicine and Science in Sports and Exercise*, 2011;43(8):1575-1581.

Freestyle, gym, ski, and snowboard

Calories for freestyle, gym, ski, and snowboard activities are based on heart rate. For other activities, calories are linked to that specific sport, but for freestyle, gym, ski, and snowboard the watch doesn't know which sport you are doing. Hence when no heart rate measurement is available, calories are not shown for these four activities.

Tracker

The calorie metric measures how many calories you burn during the day including your basal metabolic rate (BMR). Your BMR represents the minimum amount of energy that you need to keep your body functioning, including breathing and keeping your heart beating. Because BMR is included, your calorie metric in the tracker will be higher than your calorie metric in an activity.

About 24/7 heart rate monitoring

Your TomTom GPS Watch allows you to monitor your heart rate during the day. It takes a reading every 10 minutes for 24/7 tracking versus every second for sports tracking.

Note: Continuous heart rate monitoring is only available on watch models with an optical sensor.

Switching on 24/7 heart rate monitoring on your watch

Continuous heart rate monitoring is OFF by default. To switch on 24/7 heart rate monitoring on your watch, follow these steps:

1. From the Clock screen, press down to open the **SETTINGS** menu.
2. Select **TRACKER**.
3. Select **HEART**.
4. Select **ON**.
5. Synchronize your watch by connecting it to Sports Connect on your computer or to the Sports mobile app.

Your watch is now measuring your heart rate when you wear it.

Note: 24/7 heart rate monitoring requires software version 1.2.0 or higher.

Viewing your heart rate on the Sports website or in the Sports app

See the TomTom Sports App User Manual on the TomTom website.

Starting an activity

Note: Not all activities are available on all watch models.

To start an activity on your watch, do the following.

1. From the clock, press right.
2. Select one of the activities, then press right.



Run



Swim



Treadmill



Ski



Trail run



Snowboard



Hike



Gym



Cycle



Freestyle



Indoor



Stopwatch

3. For all non-cycling activities, until your watch has a GPS fix; you see the message **Please wait**, and the GPS icon flashes in the top left-hand corner of the screen. When it's ready to start an activity, your watch shows the message **GET GOING** and the GPS icon stops flashing.



Tip: To select a music playlist, press down when you see the **GO** message on starting an activity.

4. For cycling and indoor activities, if you are using a [Cadence and Speed Sensor](#), once your watch is connected to the sensor your watch shows the message **GO**. The Cadence & Speed Sensor is then used to provide speed and distance information about your activity. Your watch may not have a GPS fix at this point. If you would like to track the route of your activity, wait until the GPS icon stops flashing before starting your activity.

Note: It can take a moment to find your GPS position, especially the first time you use your watch or if the QuickGPSFix information is not up to date. Moving does not speed up getting a fix so stay still and wait until your position has been found.

To ensure good GPS reception, make sure you are outdoors with a clear view of the sky. Large objects such as tall buildings can sometimes interfere with reception.

If your watch has a **heart rate sensor**, you may see a message saying "Warm up" at the start of an activity while your watch gets a GPS position. This is because the sensor performs most accurately when you are warmed up with good circulation in your arms.

From this screen, press in one of these directions to choose an option:

- Right - start your activity, once your watch has a GPS fix.
- Down - select a [workout](#) or [training program](#) or set the information displayed while you train.
- Up - see your past activities.
- Left - go back to the list of activities.

Press right to start your activity.

5. When you are doing an activity, your watch shows information such as the distance, time, pace, and heart rate if you have a monitor. Press up and down to change the information that you see.
6. You can [pause](#) the activity if you're just taking a break, or [stop](#) the activity completely.

For each type of activity, you can select different [training programs](#) and select to see different information while you are training.

Activity settings

When starting an activity you can choose "in-activity" settings.

To start an activity on your watch, do the following.

1. From the Clock screen, press right.
2. Select one of the activities, then press right.
3. When you see "Please wait" or "Get going", press down.

You then see a selection of these menu options depending on which activity you are in:

- [WORKOUTS](#)
- [TRAINING](#)

- [METRICS](#)
- [PLAYLISTS](#)
- [PHONE](#)
- [SPLITS](#)
- [ROTATION](#)
- [TRAILS](#)
- [PAUSE](#)
- [POOL SIZE](#)
- [WHEEL SIZE](#)

Click the links in the list to get more information about each activity setting.

Pausing and stopping an activity

Automatic pause (auto pause)

You can set your watch to automatically pause and resume an activity based on movement. This is controlled by a setting accessed as follows:

1. From the Clock screen, press right.
2. Select one of the activities, then press right.

Tip: Auto pause can be used when running, cycling, trail running, hiking, freestyle, skiing, and snowboarding.

3. When you see "Please wait" or "Get going", press down.
4. Select **PAUSE**.
5. Select **ON** or **OFF**.

There are some important things you need to know about auto pause:

- This setting is set PER ACTIVITY and can be set on your watch or using the Sports website.
- When auto-paused, your watch keeps recording and just pauses the display of metrics and your averages.
- Settings for auto pause are not synced between your watch and the Sports website.
- If auto pause is set to OFF on the Sports website and ON on the watch, the watch takes control and auto pause is shown as ON in the activity and the metrics.
- Auto pause can't be used with workouts or training apart from goals, laps, and zones.

Note: If you switch on auto pause on the Sports website, your activity history is also changed and some averages, personal bests, and trends may go up.

Manually pausing an activity

During an activity, press and hold left to stop the clock and pause your activity.

To restart the activity again, press right.

How manual pause works

If you upload your activity to your Sports account and view it on a map, you see your whole course with the pause shown as a straight line.

GPS tracking stops and the start pause and end pause locations are linked together. When you start your activity again after a pause, your location is known immediately.

The averages shown are calculated for the time that the watch wasn't paused. For example, if you run 5 km, then pause and walk for 2 km, then start and run for another 5 km, you see your entire route, but your average is only valid for the 10 km.

Tip: Your watch turns itself off if you leave it paused for too long to prevent draining the battery. We recommend not leaving the watch paused for too long if possible.

Stopping an activity

To stop the activity completely, press left to pause the activity, then press left again.

Choosing which metrics to display

Before you start an activity you can choose a [training program](#) and also decide what information you would like to see as you train.

While you train, three different metrics are available at any one time:

- One main metric is shown in a larger figure in the main part of the screen.
- Two minor metrics are shown at the bottom of the screen.

Changing the main metric

As you train, you can change the information shown by the larger figure by moving UP and DOWN. The text above the main metric shows which information is currently being displayed.

Setting the minor metrics

Do the following to choose the information shown by the smaller figures:

1. From the activity start screen, press down to the **SETTINGS** menu.
2. Select **METRICS**, then press right.
3. Select **DISPLAY**, then press right.
4. Select left or right to set the metric shown on the left or the right.
5. Select the metric to be displayed from the list.

The metrics that are available depend on your current activity.

Some examples of metrics available:

- **PACE** - your current pace. For swimming, this is shown in minutes per 100m.
- **AVG PACE** - your average pace for the current activity.
- **HEART RATE** - your heart rate. This metric is only available if you have a [Heart Rate Sensor](#) connected.
- **SPEED, PACE** or **BOTH** - for activities other than swimming, you can choose to see speed, pace or both metrics at once.
- **SWOLF** - this metric is only given for swimming activities. The SWOLF score is calculated by adding the time in seconds and the number of strokes you make to swim one length of the pool. SWOLF shows your swimming efficiency. The lower the score, the better. The word SWOLF is a portmanteau of swimming and golf.

- **CALORIES** - Calories for the freestyle activity are based on heart rate. For other activities calories are linked to that specific sport but for freestyle, the watch doesn't know which sport you are doing. Hence when no heart rate measurement is available, calories are not shown for the freestyle activity.

For activity tracking, sports and activities, the calorie metric measures how many calories you burn during the day including your basal metabolic rate (BMR). Your BMR represents the minimum amount of energy that you need to keep your body functioning, including breathing and keeping your heart beating.



Icons on the screen

The following icons can be shown along the top of the screen while you are training:



This symbol shows the strength of GPS reception. While your watch is looking for GPS satellites, the satellite images flashes.



The heart symbol shows that your watch is connected to a [Heart Rate Sensor](#). When your watch is trying to connect to the Heart Rate Sensor, the heart flashes.



The chainring symbol shows that your watch is connected to a [Cadence and Speed Sensor](#). When your watch is trying to connect to the Cadence & Speed Sensor, the chainring flashes.



This symbol shows the [battery status](#).

Settings for Running

Before you start an activity you can choose a [training program](#) and also decide what information you would like to see as you train.

There are a wide range of metrics that you can choose to see while running, including calories, heart rate, heart rate zone and distance.

Choosing other metrics to display

Note: To get help on choosing which metrics you want to see during an activity, see [Choosing which metrics to display](#).

To choose to see just one metric for speed, average speed, pace, or average pace, press down to the **SETTINGS** menu. Select **METRICS**, then press right. Select **SPEED, AVG SPEED, PACE** or **AVG PACE**.

To choose to see speed, pace, or both metrics, press down to the **SETTINGS** menu. Select **METRICS**, then press right. Select **SPEED**, then press right. Select **SPEED, PACE** or **BOTH**.

Settings for Outdoor Cycling

You can log your heart rate, speed, and location using the integrated sensors when cycling.

If you want to review your performance while cycling, in the interest of your own safety it is best to mount the GPS watch using the optional [bike mount](#) so that you can keep both hands on the handle bars.

If you want to review your heart rate while cycling, we recommend connecting an optional external heart rate sensor so that you can review your heart rate safely.

Setting the wheel size for use with a Cadence & Speed Sensor

If you are using a [Cadence and Speed Sensor](#), you should set the **WHEEL SIZE** setting to increase the accuracy of the metrics provided by the sensor. This setting is the circumference of your rear tire in millimeters (mm).

To set your wheel size, do the following:

1. From the activity start screen, press down to open the **SETTINGS** menu.
2. Select **WHEEL SIZE**, then press right.
3. Set the size so it's correct for your rear wheel.

To find the circumference of your rear wheel, you can either measure the wheel yourself using a tape measure or look up the value in an online calculator. For example, on this site you can find the circumference using the diameter of the wheel and the thickness of the tire:

www.bikecalc.com/wheel_size_math

For example, if your wheel size is 700c and the tires are 25 mm thick, the circumference is 2111 mm. This is the value you should enter.

Note: To get help on choosing which metrics you want to see during an activity, see [Choosing which metrics to display](#).

Settings for Swimming

Note: TomTom GPS watches are water-resistant. You can swim with these watches. However, the built-in Heart Rate Monitor does not work under water.

Before you start a swimming activity, you should check the **POOL SIZE** setting for the pool where you are swimming. This setting is the length of the pool in meters or yards.

As you swim, your watch registers your strokes and the number of turns you make in the pool. To calculate the distance you have swum and your speed, your watch uses the pool size and the number of turns you have made. If the pool size is not accurate, the metrics for your swimming activity cannot be worked out correctly.

To change the **POOL SIZE** settings, do the following:

1. From the activity start screen, press down to open the **SETTINGS** menu.
2. Select **POOL SIZE**, then press right.
3. Set the size so it shows the nominal length of the pool, then move right.
4. Set the fraction size so it shows the additional fraction length of the pool, then move right.
5. Set the measurement unit to meters or yards.
6. Press right to go immediately back to the activity screen.

When you select **SWIM**, your watch does not use its internal GPS receiver.

To set which metrics to display do the following:

1. From the activity start screen, press down to the **SETTINGS** menu.
2. Select **METRICS**, then press right.
3. Select **DISPLAY**, then press right.
4. Select left or right to set the metric shown on the left or the right.
5. Select the metric to be displayed from the list, such as **STROKES** or **LENGTHS**.

Settings for Treadmill

Your height is set on the very first use of your watch. Before you start an activity on the treadmill for the first time, you should check that your height has been set correctly. You can do this in your TomTom Sports account or on your watch.

As you run on a treadmill, your watch registers the number of times you swing your arm back and forth and how quickly. This matches the number of strides you make as you run. Your watch uses your height to calculate the length of your stride, and from this the distance you have run and your pace.

To check your height on your watch, do the following:

1. From the clock, press down to open the **SETTINGS** menu.
2. Select **PROFILE**, then press down.
3. Select **HEIGHT**, then press right.
4. Set your height.

Calibrating your watch for Treadmill activities

The distance measurements your watch makes for Treadmill activities are less accurate than for Run activities. When you run outdoors, your watch uses GPS to measure the distance you cover.

You are not asked to calibrate each single treadmill activity. You get a reminder to do so in the following situations:

- Your activity distance is 400 meters or more.
- Your activity duration is 1 minute or longer.
- Your number of steps is 60 or more.
- You have done less than 6 calibrated runs.

If you calibrate your watch, the distance measurements for Treadmill activities become more accurate.

Tip: You are always asked if you want to change your distance at the end of a treadmill session.

To calibrate your watch, do the following:

1. When prompted to calibrate your watch, pause the treadmill.
To pause your watch, press left during the activity.
2. On your watch, press down to open the **SETTINGS** menu.
3. Select **CALIBRATE**, then press right.
4. Change the distance to match the distance shown on the treadmill.
5. Press right to go immediately back to the activity screen.

Choosing other metrics to display

Note: To get help on choosing which metrics you want to see during an activity, see [Choosing which metrics to display](#).

To choose to see just one metric for speed, average speed, pace, or average pace, press down to the **SETTINGS** menu. Select **METRICS**, then press right. Select **SPEED, AVG SPEED, PACE, or AVG PACE**.

To choose to see speed, pace, or both metrics, press down to the **SETTINGS** menu. Select **METRICS**, then press right. Select **SPEED**, then press right. Select **SPEED, PACE** or **BOTH**.

Settings for Gym activities

Before you start an activity you can choose a [training program](#) and also decide what information you would like to see as you train.

There are a wide range of metrics that you can choose to see while in the gym including calories, heart rate, heart rate zone, and duration.

Choosing other metrics to display

Note: To get help on choosing which metrics you want to see during an activity, see [Choosing which metrics to display](#).

To choose to see just one metric for speed, average speed, pace, or average pace, press down to the **SETTINGS** menu. Select **METRICS**, then press right. Select **SPEED, AVG SPEED, PACE, or AVG PACE**.

To choose to see speed, pace, or both metrics, press down to the **SETTINGS** menu. Select **METRICS**, then press right. Select **SPEED**, then press right. Select **SPEED, PACE** or **BOTH**.

Settings for Cycle activities

You can log your heart rate and speed when cycling indoors.

If you want to review your performance while cycling, in the interest of your own safety it is best to mount the GPS watch using the optional [bike mount](#) so that you can keep both hands on the handle bars.

If you want to review your heart rate while cycling, we recommend connecting an optional external heart rate monitor so that you can review your heart rate safely.

Setting the wheel size for use with a Cadence & Speed sensor

If you are using a [Cadence and Speed Sensor](#), you should set the **WHEEL SIZE** setting to increase the accuracy of the metrics provided by the sensor. This setting is the circumference of your rear tire in millimeters (mm).

To set your wheel size, do the following:

1. From the activity start screen, press down to open the **SETTINGS** menu.
2. Select **WHEEL SIZE**, then press right.
3. Set the size so it's correct for your rear wheel.

To find the circumference of your rear wheel, you can either measure the wheel yourself using a tape measure or look up the value in an online calculator. For example, on this site you can find the circumference using the diameter of the wheel and the thickness of the tire:

www.bikecalc.com/wheel_size_math

For example, if your wheel size is 700c and the tires are 25 mm thick, the circumference is 2111 mm. This is the value you should enter.

Note: To get help on choosing which metrics you want to see during an activity, see [Choosing which metrics to display](#).

Using the stopwatch

To use the stopwatch, do the following.

1. From the clock, press right.
2. Select **STOPWATCH**, then press right.
Your watch shows an image of a stopwatch and the word **GO**.
3. Press right to start the stopwatch.
The stopwatch starts and shows the elapsed time.
4. To pause the stopwatch, press left. Press right to resume counting.

Tip: When paused, to see more of your previous laps, press down and press up.

5. To mark each lap, touch the right side of the watch screen while the stopwatch is running, or press right.

The big number is the total elapsed time of all your laps added together.

Your current lap time, for example lap 12 below, is shown under the total elapsed time. Your previous laps, here laps 11 and 10, are shown under your current lap.



To see more of your previous laps, press down and press up.

6. To leave the stopwatch activity, press left twice.

Tip: The stopwatch does not run in the background after you leave the stopwatch activity. No GPS information or activity information is stored.

Tip: To reset the stopwatch, leave the stopwatch activity and then go back into it again.

Training programs

About training programs

For each type of activity, the following training programs are available:

- [NONE](#)
- [GOALS](#)
- [INTERVALS](#)
- [LAPS](#)
- [ZONES](#)
- [RACE](#)

From the clock screen, do the following to see the list of training programs:

1. Press right and then select your choice of activity.
2. Press right.
3. Press down and select **TRAINING**.
4. Press right and choose a training program.

When you select a training program, your watch remembers which program you are using and any options you have selected for that program.

Tip: If you want to start a program immediately after selecting it, press right to go straight to the activity screen.

none

How to get there: Activity screen > Press down > **TRAINING** > **NONE**

Select this option to do your activity without using a training program. In this mode, your watch records your activity and shows metrics for your activity.

Goals

How to get there: Activity screen > Press down > **TRAINING** > **GOALS** > **DISTANCE, TIME, or CALORIES**

Select this option to set yourself training goals.

You can set yourself three types of goals:

- **DISTANCE** - select this option to set yourself a distance to cover in your activity.
- **TIME** - select this option to set yourself a duration for your activity.
- **CALORIES** - select this option to set yourself a number of calories to burn during your activity. The calories burned can be calculated more accurately if you set your [profile](#).

Watching your progress

To see an overview of your progress towards your goal, press right from the activity progress screen.

This screen shows the percentage of your target you have reached and the remaining distance, time or number of calories.



Tip: When running, you can head away from home until your progress reads 50% and then turn and come back again.

Progress alerts

When training to a goal, your watch alerts you at these stages:

- 50%
- 90%
- 100%
- 110%

Intervals

How to get there: Activity screen > Press down > **TRAINING** > **INTERVALS** > **WARMUP, WORK, REST, # SETS, or COOLDOWN.**

Select this option to use interval training.

Interval training is short periods of exercise followed by rest. The main aim of interval training is to improve speed and cardiovascular fitness. For example, during a 20 minute walk-jog workout you could do an 8 minute fast walk, followed by 3 sets of 1 minute running and 2 minutes walking, then a 5 minute walk to cool down.

For warm-up, work, rest and cool-down, you can set either a time or a distance. For sets, you choose the number of sets you want to include in your interval training program.

Tip: If you press right after setting the warmup details, you are then in the correct place to setup the rest of that interval set including work, rest, etc.

During interval training, you see an alert for the next stage of interval training:



You see the name of what you are doing and how long this part of the set is in either time or distance.

You are also warned with beeps and buzzes when you need to switch to the next stage in your interval training.

Tip: When you use interval training on the watch, interval sections are marked as laps so you can better track pace and other metrics for each interval section.

Laps

How to get there: Activity screen > Press down > **TRAINING** > **LAPS** > **TIME, DISTANCE, or MANUAL.**

Select this option to measure your activity against set lap times, distances or by manually recording when you complete a lap.

You can set up your watch to measure laps in three ways:

- **TIME** - select this option to set a duration for a lap. After you start your activity, your watch alerts you when the time for each lap passes. If you set a lap time of 1 minute, your watch alerts you each minute and the screen shows the number of laps completed.
- **DISTANCE** - select this option to set the length of a lap. After you start your activity, your watch alerts you whenever you reach the target distance for one lap. If you set a lap distance of 400 m, your watch alerts you after each 400 m you cover and the screen shows the number of laps completed.

MANUAL - select this option to record yourself when you complete a lap. To mark the end of a lap, cover the screen with your palm. Your watch shows the number of laps completed and alerts you that a lap is complete.

Splits

How to get there: Activity screen > Press down > **TRAINING** > **SPLITS.**

Select this option to switch ON or OFF split times for any GPS-based activity. Splits are off by default but when switched on, you get an alert and a split time for your current pace at the end of each mile or kilometer.

Splits can be used with any GPS-based activity or outdoor activity.

Note: Split times can be used together with other training modes.

Zones

How to get there: Activity screen > Press down > **TRAINING** > **ZONES** > **PACE, SPEED, HEART,** or **CADENCE**.

Select this option to train within a target zone.

You can select from the following training zones, depending on the activity:

- **PACE** - select this option to set your target time per mile or kilometer. You can set your target time and a minimum and maximum above and below the target that you allow yourself.
- **SPEED** - select this option to set your target speed and a margin above and below the target that you allow yourself.
- **HEART** - select this option to set your target heart rate using a custom heart rate zone or choose a predefined heart rate zone. For your watch to be able to measure your heart rate, it must be connected to a [Heart Rate Sensor](#).
- **CADENCE** - select this option to set your target [cadence](#) for your cycling activity. For your watch to be able to track your cadence, it must be connected to a [Cadence and Speed Sensor](#). You can set your target cadence and a margin above and below the target that you allow yourself. Not all watches are able to connect to a Cadence & Speed Sensor.

Setting a zone for Heart and Pace

If you want to set up a custom heart rate zone or a pace zone, choose a minimum and maximum as shown below:



Setting a zone for Speed and Cadence

If you want to set up a speed or cadence zone, choose a target value and allowed percentage to deviate as shown below:



Monitoring your progress

From activity progress screen, press the right to see a graphical overview of how close your training is to the zone you set. The graph shows if you are above or below your target zone and by how much, throughout your activity.

You regularly receive alerts to tell you if you are in your zone or outside your zone:

- If you are outside your training zone, an alert is played and the screen shows if you are above or below your zone.
- When you are back in your training zone, an alert is played and the screen shows a target symbol.



Heart rate zones

Note: For your watch to be able to measure your heart rate, it must be connected to a [Heart Rate Sensor](#).

Your watch uses heart rate zone boundaries based on your age. Using [TomTom Sports](#), you can adapt these heart rate zone boundaries and they are then synchronized with your watch.

To train using a heart rate zone, do the following:

1. Press right from the clock screen and then select your choice of activity.

2. Press right.
3. Press down and select **TRAINING**.
4. Press right and choose **ZONES**.
5. Press right and choose **HEART**.
6. Press right and choose from the following heart rate zones:
 - **PEAK** - select this zone when using interval training.
 - **PERFORM** - select this zone for high tempo training to improve your speed and fitness.
 - **ENDURE** - select this zone for moderate to high tempo training to improve your lung and heart capacity.
 - **FAT BURN** - select this zone for moderate tempo training that is great for weight loss.
 - **EASY** - select this zone for easy tempo training, mostly used for warm up and cool down.
 - **CUSTOM** - select this option to set your own minimum and maximum heart rate.

Monitoring progress in a heart rate zone

Note: For your watch to be able to measure your heart rate, it must be connected to a [Heart Rate Sensor](#).

From the activity progress screen, press right to scroll through graphs showing how close your training is to the zone you set. The graph shows if you are above or below your target zone and by how much, throughout your activity.



The zone you are using is highlighted in white. Press **RIGHT** to see the heart rate zone summary.



This graph, shown above, is a heart rate zone summary. It shows the percentage of time spent in each zone with your current zone highlighted in white.



This graph shows your heart rate over the last 2.5 minutes of activity and the percentage of time spent in each heart rate zone after an activity.

Tip: You can view your progress in a heart rate zone even when you are using a Graphical Training Partner like Race or Goal. During training, from the screen showing a [main metric](#), press right to see the graphical training screen. Press down to see the heart rate zone screens as described above.

Recovery

About heart rate recovery

Heart rate recovery is your heart's ability to return to a normal rate after an activity within a specific amount of time. In general, a faster heart rate recovery from an activity is an indication of an improved fitness level.

Heart rate recovery has two decreasing phases. During the first minute after exercise the heart rate drops sharply. After the first minute, during the resting plateau, the heart rate gradually decreases.

Your TomTom GPS watch shows you the difference between the heart rate at the start and the end of the minute as well as a “score” for your recovery.

How do you measure heart rate recovery?

For activities that use a heart rate sensor, your watch shows you how your heart rate is recovering when you pause an activity. After a period of one minute your watch gives a score for your heart rate recovery. The faster your heart rate drops after exercise, the fitter you are.

Monitoring of heart rate recovery works with the built-in Heart Rate Sensor or an external Heart Rate Sensor.

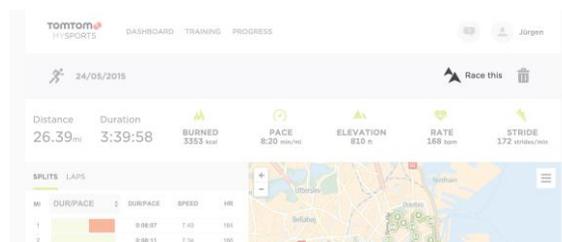
Race

How to get there: Activity screen > Press down > **TRAINING** > **RACE** > **RECENT** or **SPORTS**.

Select this option to race against one of your ten most recent activities or race against an activity from the Sports website. You can use race for running, treadmill, freestyle, and cycling activities.

Tip: To add more races to the website, click **RACE THIS** on the activity details page for a particular activity on the Sports website.

Note: If your watch is already connected to the website and you make changes to your races, the changes won't get synchronized automatically - you need to disconnect and reconnect your watch.



The activity or race from the Sports website consists of a distance and a time.

When you use the Race training program, you can see if you are ahead or behind in the race and by how much, as you train.

On your watch, press right from the activity screen to see a representation of the race. The graphics screen shows whether you, as shown by the black arrow, are pacing ahead or behind your previous activity, as shown by the shaded arrow.

The distance at the top of the screen shows the remaining distance in the race, and the distance at the bottom shows how much you are ahead or behind.



Your watch alerts you so you know whether you are in front (#1) or behind (#2) in your race. In this example you are 23 meters (75 ft.) behind your previous activity and you have a remaining race distance of 2.3 kilometers (1.4 mi).

Tip: To get information on adding previous activities to your watch, go to tomtom.com/support and read the FAQ.

Activity history

Whenever you train, your activity is logged by your watch for that type of activity. To see the summary or history of your training for each type of activity on your watch, do the following:

1. From the activity start screen, press up to open the **HISTORY** for that type of activity.
2. From the list, select the activity you want to look at. The list shows the date you started the activity and distance covered.
3. Press right.

Information about the activity is shown, for example, fastest pace/speed and the time spent in each heart rate zone. The information available depends on the activity.

Transferring your activities to TomTom Sports

[Connect your watch to your computer](#) to transfer details of your activities to TomTom Sports or another sports website that you choose, using [TomTom Sports Connect](#). You can also transfer details about the activity to your computer in several different file formats.

See: [Exporting your activities to other websites and file types](#)

Exporting your activities to other websites and file types

When you connect your watch to [Sports Connect](#) on your computer or to the [Sports mobile app](#), your new activities are automatically uploaded to Sports. You can also choose to automatically upload your activities to various other websites or file types.

To configure the export of activities in Sports, follow these steps:

1. Go to mysports.tomtom.com/app/settings/exporters.

2. Click the + next to the exporter you wish to add.
3. To configure automatic export of your activities to a third party application, go to **Select your Sports Sites**, select the application, click **Log in** , and log into the application of your choice.
4. To configure automatic backup of your activities on your computer, go to **Save your Computer** and select a file type.

Once a new sports website or file type is added, all new activities are also transferred to that website or file type.

Note: Files cannot be generated using the Sports mobile app. You can only generate files by connecting to Sports Connect on your computer.

Automatic export of your activities from the Sports website

- Endomondo (<https://www.endomondo.com/>)
- Jawbone (<https://jawbone.com/>)
- MapMyFitness (<http://www.mapmyfitness.com/>)
- MyFitnessPal (<https://www.myfitnesspal.com/>)
- NikePlus (http://www.nike.com/us/en_us/c/nike-plus)
- Runkeeper (<https://runkeeper.com/>)
- Strava (<https://www.strava.com/>)
- TaiwanMySports (<http://www.mysports.net.tw/>)
- TrainingPeaks (<https://www.trainingpeaks.com/>)
- TulipSport (<http://www.tulipsport.com/>)
- Edoon (<https://edoon.com/>)

Other applications you can export your activities to

You can use your TomTom Sports device with many more third party applications that are integrated with the Sports website. To do this, you need to go to one of the following third party applications and connect it to Sports. After this has been done, all your TomTom Sports device activities will be automatically exported to these third party applications every time you connect your device to Sports Connect on your computer or to your Sports mobile app.

- Discovery Vitality
- Fetcheveryone
- FitnessSyncer
- Running Heroes
- Running Coach
- Smashrun
- SportTracks

Automatically saving activities

When you connect your TomTom Sports device to Sports Connect on your computer, you can choose to save your activities on your computer automatically in one of the following formats.

Tip: To get the best results, we recommend that you use .FIT files. If this format does not give you the desired results, try .TCX, and then try .GPX.

- GPX – GPS Exchange format. This is an open standard for location data that stores the track and time stamps of your workout. Only locations, elevation, and time are stored, no heart rate, cadence, or other information can be stored in this file format.
- KML – The native file format from the Google Earth™ mapping service. Stores location (track) with elevation and time. Heart rate and other sensor information are stored as additional information and are shown as 'labels' in Google Earth
- TCX – Garmin Training Centre file format. This is a file format dedicated to sports and fitness and captures location/elevation, time, and all of the sensor data.
- FIT – ANT+/Garmin format, smaller and more advanced than TCX.
- PWX - dedicated format for TrainingPeaks.

Fitness Age

All about TomTom Fitness Age

TomTom Fitness Age is all about getting you active, inspiring you to get fitter, and improving your fitness level. You'll learn how effective your activities are, and you'll see personal recommendations to help you choose the best activity for you.

Finding out how fit you are requires some complex calculations! TomTom Fitness Age is an indication of how well your body functions physically, relative to how well it should work, based on things like your heart rate, activity, gender, age, and weight.

Your VO_2 max rate is used to calculate your Fitness Age, and this is the standard method used to determine a person's physical fitness. VO_2 max is the maximum rate of oxygen that your body can use during exercise per second, per body weight unit. Becoming fitter means your body can use more oxygen, so your VO_2 max increases as your fitness level increases.

TomTom Fitness Age will help you get going to improve your Fitness Age and help you learn more about your fitness activities:

- How fit am I really?
- Have I done enough during this activity or should I do more?
- Did I do enough this week or do I need more exercise?
- Is this an effective activity or is another activity better for me?
- What should I do next?

Important: This product feature uses advanced heart rate analytics provided by Firstbeat. The information provided by TomTom Fitness Age is an estimation of your fitness level and does not constitute medical advice, nor is it meant to cure, treat, or prevent a disease. We advise you to consult your doctor before starting a new exercise program.

To learn more about Fitness Age and Fitness Points, see the [TomTom Fitness Age User Manual](#).

Viewing Fitness Points on your watch

You can see your overall daily Fitness Points on your TomTom Sports watch.

Note: You can only earn Fitness Points when your watch can measure your heart rate. When your watch is not on your wrist, for example when it's worn over your ski jacket or when you're using the bicycle mount, your heart rate is not measured unless you are wearing a heart rate monitor and chest strap. Heart rate is not measured in the **Swim** activity.

Press left from the Clock to go to the Activity Tracking screen. Press down to find the Fitness Points screen. You'll see your daily Fitness Points total together with the fitness level you have currently reached and the number of stars you've earned in the last 7 days.

Tip: Set Fitness as a goal in the Tracker menu to show your Fitness Points first in the Activity Tracking screen.

For example, the watch below shows you that all your activities today have earned you more than 500 points, so you're improving your fitness. The 3 stars show you that you've earned more than 500 points 3 times in the last 7 days.



You can also see your total Fitness Points while you are in an activity, so you can see if you've reached your goal or whether you should do more. You'll get alerts when you've reached **Active**, **Improving**, or **Overdrive**.

Tip: After seeing an overdrive alert, it will become increasingly hard to earn more Fitness Points that day. This is because your body needs time to recover before you do more exercise.



To learn more about Fitness Age and Fitness Points, see the [TomTom Fitness Age User Manual](#).

Workouts

About workouts

To work out more effectively, select one of 50 personalized workouts that are downloaded automatically to the watch after connecting it to TomTom Sports website or App.

Note: Workouts can be used with any running, cycling, or freestyle activity.

There are 5 categories of workouts available:

- **Fitness** - These workouts will improve all aspects of your physical ability, helping you become a fitter you and proving that your age is really only a number.
- **Fat burn** - These workouts get you to just the right level of effort to burn those few extra grams and then keep you there.
- **Endurance** - These workouts start stretching your boundaries so you can keep going longer at higher levels of intensity.
- **Speed** - These workouts might push you to the edge of what you thought was possible, but in doing so will give you an increase in speed and get you ready for that fast race.
- **Power** - These workouts will truly challenge your physical and mental capabilities with hard-core sprint training designed to build your explosive power.

Within each category, there are 5 workouts to choose from with varying degrees of difficulty, hence 25 workouts available for both running and cycling.

Each workout is adapted to your VO₂ max and is made up of several steps including warm-up, work, rest, and cooldown.

Tip: VO₂max is calculated when you do an activity that involves heart rate measurement. VO₂ max is the maximum amount of oxygen your body can utilize during exercise, per second, per unit of body weight. It is the standard method used to determine physical fitness and is an indication of your overall aerobic fitness level. Studies show that individuals with a high VO₂max tend to live longer and have a much lower risk of cardiovascular and other diseases.

Quick start for workouts

To do a workout when in an activity, do the following:

1. Press right and select, for example, **run**.
2. Press right and when you see **please wait** or **Get going** press down.

3. Press workouts.



4. Press right to choose from the following types of workouts:

- None
- Fitness
- Fat burn
- Endurance
- Speed
- Power

5. Press right to choose a workout from a category. For example, choose 25 mins easy from Fitness.



6. Your watch then scrolls back to the Get Going message. Press right to start your activity.
7. Your watch guides you through your workout, which may include several steps such as warm-up, work, rest, and cooldown. During your activity, press up and down to scroll through activity metrics.
8. Press right to see how you are doing with your workout. If you are on target with your workout, the band is in the middle of the screen. If you are outside of a workout zone, the band moves to show you if you need to work harder or less hard.



IN ZONE



OUT OF ZONE

Tip: When doing a workout, try to stay within the optimal training range for any given step. Heart rate zones have specific top and bottom values, whereas speed, pace, cadence, etc. have a single specific target value that you want to stay near. When in a recovery or rest step, try to lower your heart rate to a lower training zone by getting below the top heart rate value for that zone.

9. When you reach the end of your workout you see stats for how you did.

Tracking your fitness

About activity tracking

You can use your TomTom GPS watch to track how active you are. Here are some of things you can do:

- Track steps, time spent being physically active, calories burned and distance moved.
- Set a daily goal for one of these metrics on your watch.
- Use a weekly goal that is automatically generated based on your daily goal multiplied by 7.
- See your daily and weekly progress for your set goal.
- Upload your activity tracking metrics to the [TomTom Sports](#) website and [TomTom Sports mobile app](#).

Activity Tracking Accuracy

Activity tracking aims to provide information to encourage an active and healthy lifestyle. Your watch uses sensors that track your movement. The data and information provided is intended as a close estimation of your activity, but may not be completely accurate, including step, sleep, distance and calorie data.

Setting a daily activity goal

Activity tracking is switched ON by default and 10,000 steps is automatically pre-set as a goal for you. To change or set an activity tracking goal for the day, do the following:

1. From the Clock screen, press down to open the **SETTINGS** menu.
2. Select **TRACKER**.
3. Select **GOALS**.
4. Select the goal you want to set: **STEPS, TIME, CALORIES** or **DISTANCE**.
5. Press right.
6. Set your goal for, for example, the number of steps you want to achieve.
7. Press right to go back to the **TRACKER** screen.
8. Press left twice to go back to the clock screen.

Tip: Some examples of typical goals are 30 minutes of active time per day or 10,000 steps per day.

Note: Unless you have an alarm switched on, when you reach a goal you see a badge on the watch screen and hear an alert.

Switch off activity tracking

To switch activity tracking off, do the following:

1. From the Clock screen, press down to open the **SETTINGS** menu.
2. Select **TRACKER**.

3. Select **GOALS**.
4. On the **GOALS** screen, select **OFF**.

Monitoring your activity

To see how active you have been, do the following:

1. From the Clock screen, press left to see how you are progressing towards your goal.
2. Press up or down to see distance, time, or calories, depending on the goals you have set.
3. To see steps per week, press left again.
4. Press right twice to go back to the Clock screen.

Sharing your activities

You can share Sports activities using the Social Sharing feature of your Sports account.

To start sharing, do the following:

1. Log in to Sports.
2. Select an activity from your Sports dashboard.
3. Click the **Share** button in the top-right corner.
4. Choose, for example, **Facebook** or **Twitter** and add a comment to personalize your post.

Route Exploration

About viewing trails

Note: Available for all GPS-based activities: Run/Cycle/Freestyle (Runner3 and Spark3) and Trail running/Hiking/Skiing/Snowboarding (TomTom Adventurer)

To view a trail while doing an activity, do the following:

1. Start an activity that uses a trail, for example, trail running.
2. To see your trail, press right and then press up from the Heart Rate Zone screen.

Tip: If a trail has been pre-selected, you see it automatically.

You see the full trail displayed as a thin line. You also see the start of the activity marked by a home icon, the start of trail marked by a flag, and the end of the trail marked by a finish line icon.



Your position is indicated by the arrow. The arrow tells you which direction you are facing when standing still and which direction you are headed when moving. A thicker line shows your breadcrumb trail, displaying where you have been.

3. To zoom in, press right to go to a zoomed-in view of your trail, and press left to zoom back out.



Tip: A scale bar is shown at the bottom of the screen.

Note: Trail orientation is controlled by a setting. Start an activity, press down from the "please wait/get going" screen and then select **ROTATION**. Choose **ON** to orient the trail in the direction you are heading and **OFF** to orient the trail to the North.

Following a new trail

Note: Available for all GPS-based activities: Run/Cycle/Freestyle (Runner3 and Spark3) and Trail running/Hiking/Skiing/Snowboarding (TomTom Adventurer)

You can use your TomTom Adventurer Watch to follow a new trail that has been uploaded to your watch from [Sports](#). During your trail run you see the same metrics as for a run but with the addition of elevation information.

To run a new trail, do the following:

1. Press right from the clock screen and then press up or down to select **TRAIL RUN**.
2. Press down to go to the **SETTINGS** screen and select **TRAILS**.

Tip: While in SETTINGS you can also choose a [training program](#), set [metrics](#), choose a [playlist](#), or switch [splits](#) on or off.

3. Select a trail from the list.

For more information about what you see on the screen, see [About viewing trails](#).

Note: It is important to regularly [calibrate the compass](#) to ensure its accuracy.

Manage trails with Sports

Note: Available for all GPS-based activities: Run/Cycle/Freestyle (Runner3 and Spark3) and Trail running/Hiking/Skiing/Snowboarding (TomTom Adventurer)

You use the Sports app or website to preload a trail onto your TomTom GPS Watch for use during an activity and to manage trails.

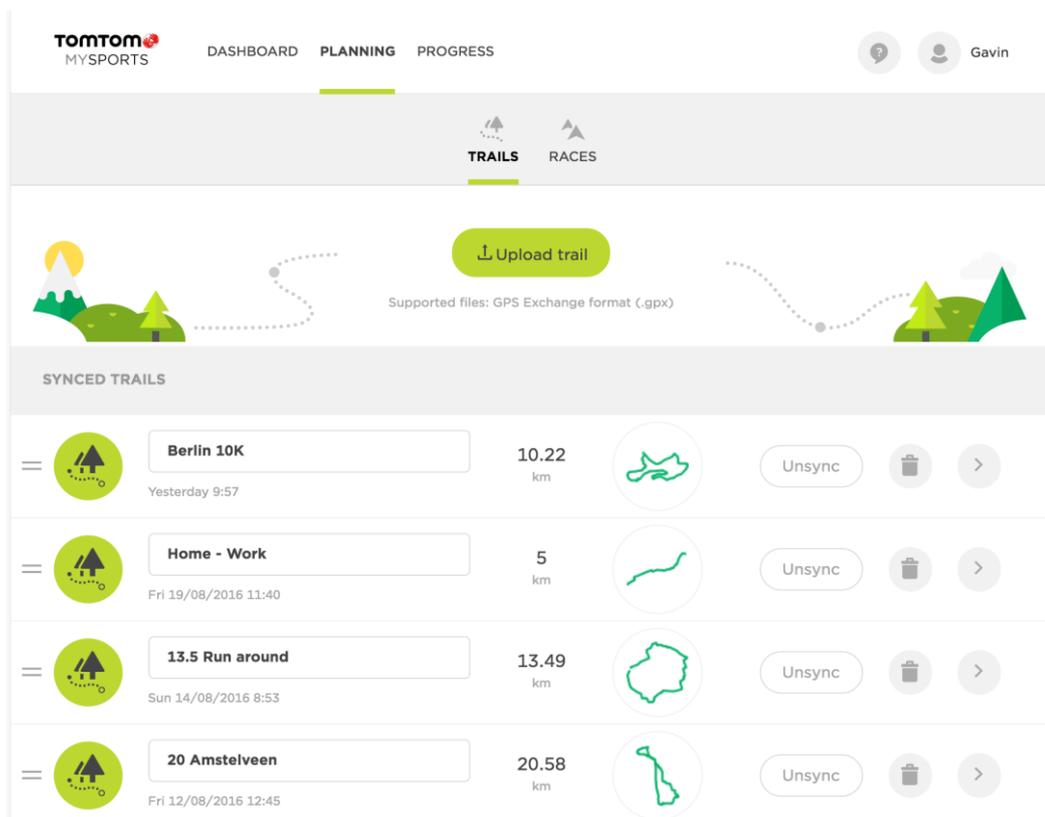
Upload trails from Sports to your watch

15 trails can be stored on your watch. Any changes are automatically synced using the Sports Mobile app or the Sports website.

Uploading a trail from a GPX file

To upload a trail to your watch from a .GPX file do the following:

1. Download a GPX file from a third party website such as Strava.com, RidewithGPS.com, Mapmyrun.com, etc.
2. Log into the Sports website.
3. Click the **Planning** tab.
4. Click **Upload trail**.



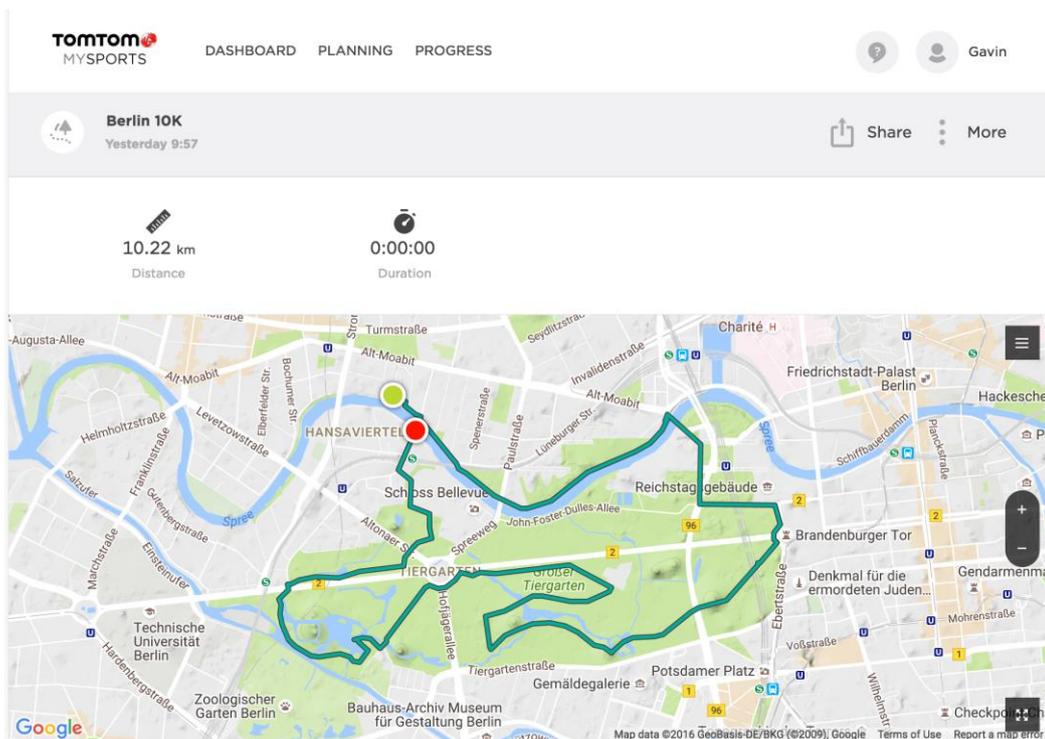
5. Double-click a GPX file on your computer. Sports uploads the trail.
6. Click the name if you want to change it.
7. Connect your watch to your computer. Your trail is automatically uploaded to your watch when a synchronization is done.

Converting an activity to a trail

To convert a previous GPS activity to a trail on your watch, do the following:

1. Log into the Sports website.

2. Open one of your previous GPS activities.
3. Click **More** in the top right-hand corner of the screen.



4. Click **COPY TO TRAILS**.
The trail then appears in the trails list of the **PLANNING** section.
5. Connect your watch to your computer. Your trail is automatically uploaded to your watch when a synchronization is done.

Using breadcrumb trails

Note: Available for all GPS-based activities: Run/Cycle/Freestyle (Runner3 and Spark3) and Trail running/Hiking/Skiing/Snowboarding (TomTom Adventurer)

Your TomTom GPS Watch can draw a breadcrumb trail for all activities that use GPS. Breadcrumb trails allow you to see an overview of your route and understand the steps necessary to get back to your starting point.

Breadcrumb trails show the following information:

- Your current GPS position is shown with a chevron in the center of the screen.
- Your starting point is shown with a home icon.
- The arrow tells you which direction you are facing when standing still and which direction you are headed when moving.
- The breadcrumb trail is shown in a North-up view.
- You can switch between a detailed view and an overview depending on the total length of the breadcrumb trail.

Important: If you are using your watch for the first time, you need to [calibrate the compass](#).

To use a breadcrumb trail, do the following:

1. From the Clock screen, press right and choose an activity that uses GPS, for example, running.
2. After starting your activity, press right to review your heart rate if you have a Cardio watch and you'll automatically see the breadcrumb trail.



For more information about what you see on the screen, see [About viewing trails](#).

Using the compass

Note: Available for all GPS-based activities: Run/Cycle/Freestyle (Runner3 and Spark3) and Trail running/Hiking/Skiing/Snowboarding (TomTom Adventurer)

Your TomTom GPS Watch has a compass so that you can instantly see which direction you are going. This is particularly useful when you are not moving, as the rotation of the watch indicates your direction.

1. From the Clock screen, press right and choose an activity that uses GPS, for example, running.
2. After starting your activity, press right from the activity screen, then press up.

Tip: If are following a trail, just press up.

The compass shows your current direction, in this example North East.



The compass works best when the watch is kept level. If the compass doesn't show the correct direction, you need to [calibrate the compass](#).

Note: The compass may not work correctly when the watch is close to a magnetic object, such as when it is mounted on the steel handlebars of a bicycle.

Calibrating the compass

It is important to regularly calibrate your compass to maintain its accuracy.

To calibrate your compass, follow these steps:

1. From the Clock screen, press down to go to **SETTINGS**.
2. Select **SENSORS**, and press right.
3. Select **COMPASS**, and press right.
4. Remove your watch from your wrist and rotate the WATCH itself around each of the three axes as follows:

a. One full rotation sideways.



b. One full rotation forwards.



c. One full rotation with the screen facing you.



Repeat steps a-c until the compass is calibrated. When calibrated the watch gives an alert and shows a check mark.

To see a video of how to calibrate your watch, go to <https://youtu.be/6pnQResxJRU>

Adventurer activity types

This section of the manual covers features that are specific to the TomTom Adventurer watch.

Trail running

You can use your TomTom Adventurer Watch for trail running. During your run, you see the same metrics as for a run but with the addition of elevation information, as follows:

- 3D distance
- Gradient
- Altitude
- Altitude delta
- Total ascent or climb.

To run a trail, do the following :

1. Wait for a GPS signal and then press right from the clock screen and then press up or down to select **TRAIL RUN**.
1. Press right to start your trail run.
2. During your run, scroll up or down to see a range of metrics.
3. To see your trail, press right and then press up from the Heart Rate Zone screen.

Tip: If a trail has been pre-selected, you see it automatically.

For more information about what you see on the screen, see [About viewing trails](#).

Note: It is important to regularly [calibrate the compass](#) to ensure its accuracy.

Note: If your watch gets dirty or wet, clean the holes around the barometer so that it can measure pressure accurately.

Hiking

You can use your TomTom Adventurer Watch to hike a trail. During your hike, you see information including the following:

- 3D distance
- Gradient.
- Altitude
- Altitude delta
- Total ascent or climb.
- Average pace.

Tip: When hiking, your watch has a battery life of up to 24 hours assuming you have updated [QuickGPSfix](#). If you don't use the music feature or 24/7 heart monitoring, you should be able to do several long walks of 6+ hours over a long weekend on a single charge.

To hike a trail, do the following:

1. Press right from the clock screen, and then press up or down to select **HIKE**.
1. Press right to start your hike.
2. During your hike, scroll up or down to see a range of metrics.
3. To see your trail, press right and then press up from the Heart Rate Zone screen.

Tip: If a trail has been pre-selected, you see it automatically.

For more information about what you see on the screen, see [About viewing trails](#).

Note: It is important to regularly [calibrate the compass](#) to ensure its accuracy.

Note: If your watch gets dirty or wet, clean the holes around the barometer so that it can measure pressure accurately.

Skiing and snowboarding

Note: Available on TomTom Adventurer watches only.

You can use your TomTom Adventurer Watch for skiing and snowboarding. You can get an overview of your whole day on the mountain when using these activities. You see the same information when choosing skiing or snowboarding, but if you do both sports in one day, you can keep your stats separate by choosing separate activities.

When skiing or snowboarding, your watch can detect when you are on a run or in a lift.

To go skiing or snowboarding, do the following:

1. Press right from the clock screen and then press up or down to select **SKI** or **SNOWBOARD**.
1. While on a run, press up or down to cycle through a range of metrics including:
 - Total duration
 - Total distance
 - Heart rate
 - Speed
 - Altitude
 - Change in Altitude (delta)
 - Descent (total cumulative)
 - Run count
2. When you are in a lift, your watch shows a summary of your previous run including these metrics:
 - Run number
 - Maximum speed
 - Descent (cumulative for that run)
 - Maximum gradient of your trail

Press any button to stop seeing the summary.

Note: It is important to regularly [calibrate the compass](#) to ensure its accuracy.

To change the metrics you see while skiing or snowboarding do the following:

1. Press right from the clock screen and then press up or down to select **SKI** or **SNOWBOARD**.
2. Press down to go to the **SETTINGS** screen, and select **METRICS**.

Tip: While in SETTINGS, you can also choose a [playlist](#) or switch [splits](#) on or off.

1. To learn more, go to: [Choosing which metrics to display](#).

Sleep tracking

About sleep tracking

You can track how much you sleep using your TomTom GPS Watch. Here are some of things you can do:

- Track your how long you are sleeping each day, week, month or year.
- You can upload your sleep tracking metrics to the [TomTom Sports](#) website and [TomTom Sports mobile app](#).

Your watch measures sleep based on motion and it makes an assumption that when you are not moving after a certain time in the afternoon, you are asleep.

The day 'resets' at 16:00 and your watch starts counting a new 'night' at that point.

Activity Tracking Accuracy

Activity tracking aims to provide information to encourage an active and healthy lifestyle. Your watch uses sensors that track your movement. The data and information provided is intended as a close estimation of your activity, but may not be completely accurate, including step, sleep, distance and calorie data.

Tracking your sleep

To track your sleep, you need to wear your TomTom GPS Watch when you sleep.

Sleep tracking is switched ON by default but you change this setting in [TRACKER](#) in the **SETTINGS** menu.

To see how long you slept the previous night, press left from the Clock screen, then press up.

Press left to see your cumulative amount of sleep for that week.

Monitoring sleep using the mobile app

You can upload your sleep activity to both [TomTom Sports](#) and the [TomTom Sports mobile app](#).

Viewing your sleep activity on the mobile app

See the TomTom Sports App User Manual on the TomTom website.

Music

About music

You can store and play music on your TomTom GPS Watch and listen to it during your activities. After you have paired your headset and started an activity, you see a music screen.

- Pairing headphones to watch
- Wearing your headphones
- [Putting music on your watch](#)
- Playing music

Note: Music is not available on all watch models.

Charging supplied headphones

Some TomTom GPS watches are supplied with their own headphones for listening to music.

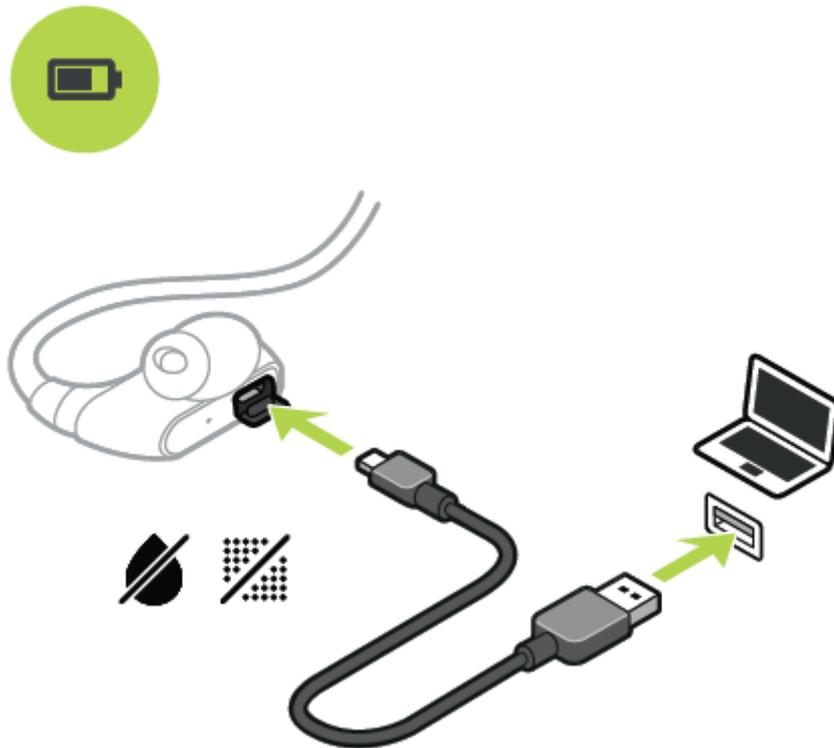
Tip: The headphones are supplied with approximately a 50% battery charge.

Note: The headphones can also be charged using a computer USB port but you cannot use the headset as computer headphones.

To charge the headphones supplied with your watch, do the following:

1. Open the USB socket cover.
2. Connect the USB cable.
3. Plug the other end of the USB cable into your computer or a wall charger and switch the power supply on.

Your headphones are now charging. They take 2.5 hours to charge from empty.



Note: When the USB socket cover is open, be careful not to get dirt, sand or water, etc. in the socket.

Pairing headphones to watch

Some TomTom GPS watches are supplied with their own headphones for listening to music. Alternatively you can use most Bluetooth headsets or speakers to listen to music played on your watch.

Tip: If you wish to use or buy your own headphones, search for the 'Headphone Compatibility' FAQ at [tomtom.com/support](https://www.tomtom.com/support) to see a list of compatible headphones.

To pair your supplied Bluetooth headphones with your watch, do the following:

1. Switch the headphones **OFF**.
2. To enter pairing mode, hold the center button down on the headset control for **10 seconds**.

Tip: Blue and red lights alternately flash when the headphones are in pairing mode.

You could also put one earbud in one ear so you can hear the audio feedback during pairing.



3. Press up from the Clock screen.
Your watch searches for headphones.



4. If only one set of headphones is found, pairing starts.

Note: If more than one set of headphones are found, move at least 10m away from the other sets of headphones.

5. When pairing between your watch and headphones is successful, a check appears with the name of your headphones shown.

You can now start listening to music played on your watch!

When you start an activity, you see a music screen with your current playlist.

Important: If pairing is not successful, switch OFF your headphones and try again.

Changing earbuds

Some TomTom GPS watches are supplied with their own headphones for listening to music.

The supplied headphones come with either the medium or large earbuds fitted, and with other sizes in the box.

To change the earbuds for the supplied headphones so that they are the correct size, pull the bud off the stalk and swap it as shown below:



Wearing your headphones

We want to make sure that your headphones are correctly fitted so they will stay in place while you are doing activities.

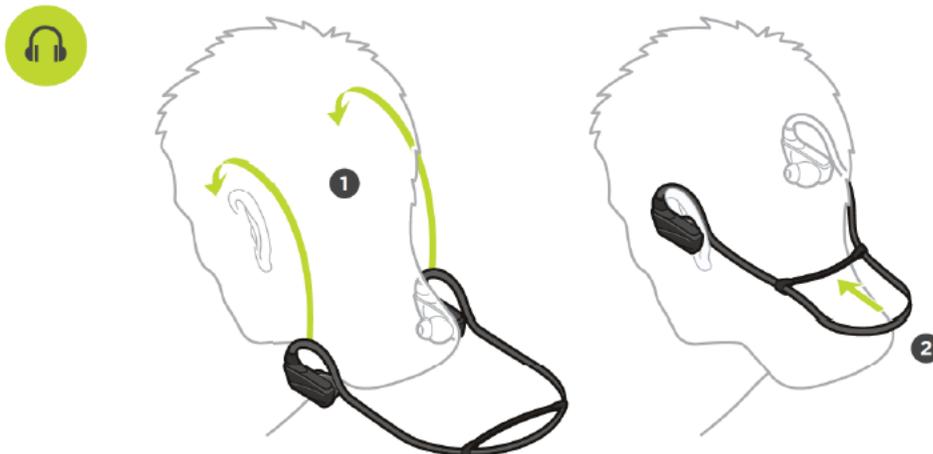
To put on the supplied headphones, do the following:

1. Hold the earbuds so that the one marked **L** is on your left and the one marked **R** is on your right.

Tip: When **L** and **R** are the right way up, the headphones are ready to be inserted.

2. Lift the headphones up and over your head from **BEHIND** so that the cord sits behind your head and neck. The cables should lie behind your ears as shown below.

3. Fit the earbuds and then tighten the cable to ensure a snug fit.



Putting music on your watch

You can store and play music on your TomTom GPS Watch and listen to it during your activities. Your watch supports the following music file types:

MP3

- Sample rate: 16 kHz to 48 kHz
- Bit rate: 8 kbps to 320 kbps
- Mono/stereo channels and joint stereo.
- Artist, track title and length are displayed for the following languages: English, Czech, Danish, German, Spanish, French, Italian, Dutch, Norwegian, Polish, Portuguese, Finnish and Swedish. Other languages display correctly if the characters used are available in a supported language.

AAC

- MPEG2 and MPEG4 AAC-LC and HE-AACv2 are supported.
- Sample rate: up to 48 kHz
- Bit rate: up to 320 kbps
- Mono/stereo/dual mono are supported.
- Artist, track title and length for AAC is not supported.
- The watch does not support files with DRM of any type.

Uploading and syncing music

You can upload complete playlists of music from iTunes and Windows Media Player on your computer to your watch.

Note: You cannot sync playlists using the Sports mobile app.

To sync music playlists with your watch, follow these steps:

1. Connect your music watch to your computer.
Sports Connect opens and checks for updates.
2. In Sports Connect, select the **MUSIC** tab.

Sports Connect scans your computer for music playlists and lists them on the left-hand side. If you don't see all of the playlists on your computer in the list, click **SCAN**.

3. Click the + next to a playlist to copy the playlist to your watch.

You can now play the playlists on your watch.

How much music fits on the watch?

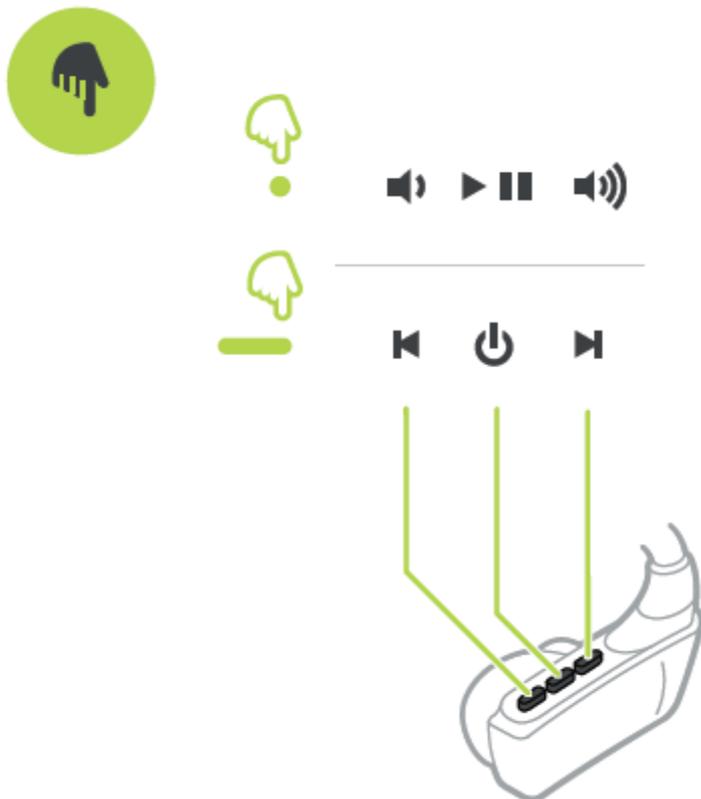
There is around 3 GB of space for music on your watch. Depending on the size of the tracks, this is enough space for 500 songs.

Playing music

You can store and play music on your TomTom GPS Watch and listen to it during your activities.

Switching the headphones on and off

1. Press the middle button for 2 seconds to switch on the headphones - the blue light flashes twice.
2. Press the middle button for 3 seconds to switch off the headphones - the red light flashes twice.



Using the headset controls

To play music using the controls on the supplied headset, do the following:

- | | |
|-------|---|
| PLAY | Press the middle button to play music. |
| PAUSE | Press the middle button to pause the music. |

Tip: You can also press UP on your watch to pause a track.

| | |
|----------------|---|
| VOLUME UP | Press the right-hand button as shown in the image above to increase the volume. |
| VOLUME DOWN | Press the left-hand button as shown in the image above to decrease the volume. |
| NEXT TRACK | Hold down the right-hand button for 2 seconds to go to the next track. |
| PREVIOUS TRACK | Hold down the left-hand button down for 2 seconds to go to the previous track. |

Using the watch

To play music using your watch, do the following:

1. Switch the headphones on following the instructions supplied with your headphones.
2. Press up from the Clock screen.
A track starts to play.
3. Press up to pause a track.

Note: You cannot play music while swimming or using the stopwatch.

4. To select the next song, press right.
5. To skip within a music track in 10 second increments, long press left or right on your watch.
6. If more than 3 seconds of the track has played, press left to restart the track. Pressing left again takes you to the previous song.

Tip: When you are carrying out an activity, the Music player screen can be found at the very top of the metric list. The same player controls apply.

Tip: To select a music playlist, press down when you see the **GO** message on starting an activity. You can also select from different Playlists in Settings when you are not doing an activity, or by pressing down when paused.

Note: When you disconnect your headphones, your watch remembers where you stopped in the audiobook or music track so you can resume playback from that point next time.

Backing up music on your watch

To back up the music on your watch, follow these steps.

Windows

1. Connect your watch to your computer.
2. Press the **Windows logo key** + **E**.
3. Double-click your watch in the Devices with Removable Storage list. Your watch should be listed as **MUSIC**.

Note: Your watch might not have a label or name, but only a drive letter.

4. Double-click the SportsConnect folder.
5. Right-click the Music folder and select **Copy**.

6. Choose a location on your computer where you want to store your backup, right-click it and select **Paste**.

To restore music to your watch, follow these steps:

1. Click the Sports Connect icon in the notification area and click **Exit**.
2. Connect your watch to your computer.
3. Press the Windows logo key.
4. Copy your backed-up Music folder back into the Sports Connect folder on your watch.
5. Restart Sports Connect from **All Programs > TomTom**.

Mac

1. Connect your watch to your computer.
2. Open Finder.
3. Select the watch in the Finder side bar. It should be listed as **MUSIC**.
4. Double-click the SportsConnect folder.
5. Control-click (right-click) the Music folder and choose **Copy "Music"**.
6. Choose a location on your Mac where you want to store your backup, control-click (right-click) it and select **Paste Item**.

To restore music to your watch, follow these steps:

1. Connect your watch to your computer.
2. Open Finder.
3. Click the Sports connect icon in the status bar and click **Exit**.
4. Copy your backed-up Music folder back into the Sports Connect folder on your watch.
5. Restart Sports Connect from Launchpad or from the Applications folder.

About the voice coach

When playing music, a voice coach guides you through the important stages of your training.

The voice coach is on by default and you hear the voice coach every time the watch beeps or buzzes with a message that needs your attention. As you are listening to music, the buzzer in the watch cannot be heard so your watch interrupts the music with a brief message.

General prompts:

- Watch ready, Demo mode, Bluetooth® not working when swimming.

TrainingPartner prompts:

- Zone: in zone, above zone, below zone.
- Goal: at 50%, 90% 100% and 110% of goal.
- Race: ahead, behind, lost, won.

Note: You can switch off the voice coach by pressing down to open the **SETTINGS** menu, then select **PROFILE** and press right to open the **PROFILE** menu. Press **VOICE** and select **NONE**.

You can also change the language of the voice coach using the same **VOICE** option within **PROFILE**.

Headphones troubleshooting

Some TomTom GPS watches are supplied with their own headphones for listening to music.

If you experience gaps or clicks in the music, this may be due to your body blocking the Bluetooth signal between your watch and the headset controls.

Try wearing the watch on the other wrist to improve the reception and audio quality. The best position for the watch is on the right wrist.

Adding sensors

About sensors

Sensors are external devices which you can link to your watch to provide information about your activity. Two types of sensors can be used with your watch:

- **External Heart Rate Sensor** - this measures your heart rate as you train. The external TomTom Heart Rate Sensor is included in some products and available as an accessory for others.
- **Cadence & Speed Sensor** - this measures your cadence and speed as you cycle. The TomTom Cadence & Speed Sensor is included in some products and available as an accessory for others.

Cadence

Cadence measures the rate at which you pedal in revolutions per minute (rpm). In a low gear, you may have a very high cadence but a lower speed. In a high gear, you may have a low cadence but a higher speed. Cyclists train to find the balance between cadence and speed which allows them to cycle as efficiently as possible.

External Heart Rate Sensor

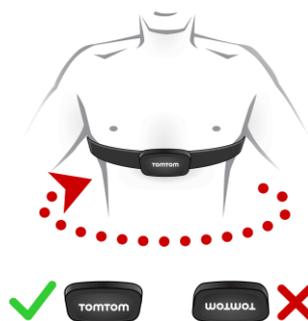
To use the external TomTom Heart Rate Sensor with your watch, do the following:

1. Attach the monitor to the strap.



2. Attach the strap around your chest, so the monitor sits just above the base of your breast-bone.

Make sure the monitor is the right way up so that the word **TomTom** is the right way up for someone standing in front of you.



Tip: Wet the sensors on the inside of the strap before placing it around your chest. This makes it easier for the sensor to pick up your heartbeat.

3. From the Clock screen on your watch, press down.
4. Select **SENSORS**, then press right.
5. Select **HEART**, then press right to turn it on.
6. When you begin an activity, your watch connects to the sensor and you see a heart icon at the bottom of the screen.



When your watch is trying to connect to the sensor, the heart flashes.

The first time your watch tries to connect to your sensor, if it finds more than one sensor, your watch doesn't know which sensor to connect to. Move to a place where there are no other sensors within range of your watch.

When you have connected to your sensor once, your watch always reconnects to your sensor.

While you train, you can choose to show your heart rate.

You can also use a [training program](#) to train to a target [heart rate zone](#).

You can also use the external Heart Rate Sensor with other Bluetooth® Smart Ready devices and apps. See the documentation that comes with your product or app for more information.

To change the CR2032 battery in the sensor, use a coin to open the back of the sensor. The battery must be recycled or disposed of according to local laws and regulations.

Cadence and Speed Sensor

The TomTom Cadence & Speed Sensor consists of the following parts:



1. Spoke magnet
2. Crankarm magnet
3. Chainstay sensor
4. Cable ties

To use the TomTom Cadence & Speed Sensor with your watch, do the following:

1. Attach the chainstay sensor to the chainstay on your bike, using three of the cable ties provided. Use two ties for the main body of the sensor and one tie for the smaller part of the sensor. You may need to adjust the position of the sensors, so don't tighten the ties completely just yet.

Important: The smaller part of the sensor needs to face the crankarms and should not be attached to the top of the chainstay. You may have to tilt the main body of the sensor towards the wheel depending on your bike. You should make this adjustment after you have attached the spoke magnet.



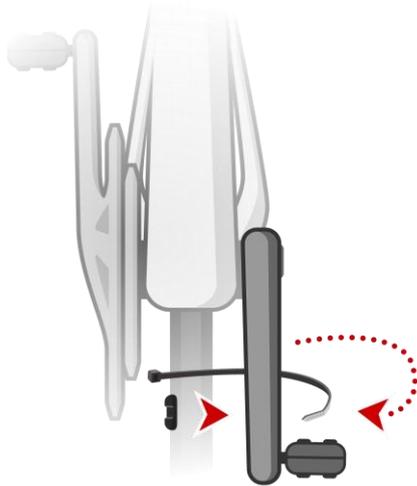
2. Attach the spoke magnet to one of the spokes on your bike. The magnet should face the chainstay where you attached the chainstay sensor.



3. Adjust the position of the spoke magnet and the chainstay sensor so that when the wheel turns the spoke magnet passes the tip of the main body of the chainstay sensor.

Important: The distance between the chainstay sensor and the spoke magnet should not be more than 2 mm when they pass each other. On some bikes you may have to tilt the main body of the sensor towards the wheel.

4. Attach the crankarm magnet to one of the crankarms on your bike. The magnet should face the chainstay where you attached the chainstay sensor.



Tip: Make sure the different parts of the Cadence & Speed Sensor are lined up correctly on your bike. The spoke magnet should pass the main body of the chainstay sensor and the crankarm magnet should pass the tip of the sensor.



Once you have adjusted the sensors to the right position, tighten the cable ties so they are held securely in place.

5. On your watch, [set the wheel size](#) to help increase the accuracy of the metrics provided by the sensor. The wheel size is the circumference of your tire in millimeters (mm).
6. Move your bike or its crankarm so that at least one of the magnets passes the sensor. This switches on the sensor.
7. From the Clock screen, press down.
8. Select **SENSORS**, then press right.
9. Select **BIKE**, then press right to turn it on.
10. When you begin a workout, your watch connects to the sensor and you see an icon of a chainring at the bottom of the screen.



When your watch is trying to connect to the Cadence & Speed Sensor, the chainring flashes.

The first time your watch tries to connect to your sensor, if it finds more than one sensor, your watch doesn't know which sensor to connect to. Move to a place where there are no other sensors within range of your watch.

When you have connected to your sensor once, your watch always reconnects to your sensor.

When the chainring icon has stopped flashing, your watch is ready to measure your speed and cadence. You can start cycling with no GPS fix, but for proper GPS tracking wait until the GPS icon has also stopped flashing before you start your cycling activity.

Tip: When you are using the Cadence & Speed Sensor for cycling activities, you are warned when no speed data is being received from the sensor.

While you train, you can choose to show your current cadence or change the display to see your cadence.

You can also use a [training program](#) to train to a target cadence [zone](#).

You can also use the Cadence & Speed Sensor with other Bluetooth® Smart Ready devices and apps. See the documentation that comes with your product or app for more information.

To change the CR2032 battery in the sensor, use a coin to open the back of the sensor. The battery must be recycled or disposed of properly according to local laws and regulations.

Settings

About settings

From the clock screen, press down to open the **SETTINGS** menu. These settings determine the overall behavior of your watch. For each activity, there are also settings related to that activity.

The following settings are available for your watch:

- [CLOCK](#)
- [TRACKER](#)
- [PLAYLISTS](#)
- [PHONE](#)
- [SENSORS](#)
- [AIRPLANE mode](#) (older watch models only)
- [OPTIONS](#)
- [PROFILE](#)
- [STANDARDS](#)

These settings are available for activities:

- [Settings for Running](#)
- [Settings for Outdoor Cycling](#)
- [Settings for Swimming](#)
- [Settings for Treadmill](#)
- [Settings for Gym](#)
- [Settings for Indoor Cycling](#)

Clock

From the Clock screen, press down to open the **SETTINGS** menu, then select **CLOCK** and press right to open the **CLOCK** menu.

ALARM

Select **ALARM** to turn the alarm on and off and to set the alarm time.

When the alarm goes off, you can choose to stop it or snooze. If you snooze the alarm, it goes off again in 9 minutes.

TIME

Select **TIME** to set the time on your watch. The time is either set using the 12 or 24 hour clock, depending on the setting for **24HR**.

Tip: The watch uses a UTC (Coordinated Universal Time) time stamp for 24/7 activity tracking. This is automatically set by the factory, Sports mobile app, Sports Connect, or GPS. Based on UTC the watch gets the date. You can only change the date by changing the time.

24HR

Select **24HR** to switch between using the 12 hour clock and the 24 hour clock to display and set the time. Right to switch between **ON** and **OFF** for this setting.

Tracker

Switching off activity tracking

From the Clock screen on your watch, press down to open the **SETTINGS** menu, then select **TRACKER**. Activity tracking is ON by default so select **OFF** to switch off activity tracking.

GOALS

From the Clock screen on your watch, press down to open the **SETTINGS** menu, then select **TRACKER**. Press right to select **GOALS**.

For more information, see [Setting a daily activity goal](#).

SLEEP

From the Clock screen on your watch, press down to open the **SETTINGS** menu, then select **TRACKER**. Press right to select **SLEEP**, and then press right again to switch sleep tracking on or off.

Note: You cannot set a sleep goal.

Playlists

Choosing a playlist when starting an activity

1. From the Clock screen, press right.
2. Select one of the activities, then press right.
3. When you see "Please wait" or "Get going", press down.
4. Select **PLAYLISTS**.
5. Choose a playlist.

Choosing a playlist when not in an activity

From the Clock screen on your watch, press down to open the **SETTINGS** menu, then select **PLAYLISTS**. Choose a playlist.

Sensors

From the Clock screen, press down to open the **SETTINGS** menu, then select **SENSORS** and press right to open the **SENSORS** menu.

You can switch on and off two types of sensors:

- **HEART** - this is a built-in or external heart rate sensor.
- **BIKE** - this is a cadence and speed sensor.

You can also calibrate the compass:

- **COMPASS** - this is a built-in compass that needs [calibrating](#) before first use and on a regular basis thereafter to maintain accuracy.

Tip: To help your watch last for up to 20% longer on a battery charge, turn off sensors that you are not using. Your watch keeps searching for sensors even if you are not using a sensor.

You can check if a heart rate sensor is working without having to start an activity. See [Testing a heart rate sensor](#).

Testing a heart rate sensor

You can check if a heart rate sensor is working without having to start an activity. Do the following:

1. From the Clock screen, press down to open the **SETTINGS** menu.
2. Select **SENSORS**, and press right to open the **SENSORS** menu.
3. Select **HEART**, and press right.

You see **ON**, **OFF** or **EXTERNAL**. If the setting is set to **ON** or **EXTERNAL** you see **bpm** which means that your heart rate is measured in beats per minute.

You then see either your heart rate shown immediately or dashes which blink to show that your watch is searching for the heart rate sensor.

Tip: When the heart rate is detected, the monitor stays active for another 30 seconds in case you want to start an activity right away.

Phone

For information as to why you should want to pair your watch with your phone or mobile device, see [TomTom Sports app](#).

To pair your watch with a phone or mobile device, see [Pairing with your mobile device](#).

Controlling alerts from your mobile device

Important: The Alerts option is only available when SYNCING is switched ON.

You can control the phone notifications that are shown on your watch. You can choose to be alerted to incoming calls and texts or to switch notifications off.

From the Clock screen on your watch, press down to open the **SETTINGS** screen, select **PHONE** and then press right. Select **MANAGE** and then **ALERTS**.

Select **ON** to receive alerts on your watch from your mobile device or **OFF** to switch them off. Your watch shows a "Do not disturb" icon (phone with ZZZ) on the Clock screen when alerts are off.

Controlling the synchronization of your activities

You can change when and how your activities are uploaded to your TomTom Sports account by using this setting.

From the Clock screen on your watch, press down to open the **SETTINGS** screen, then select **PHONE** and press right. Select **MANAGE** and then **SYNCING**. Choose from the following options:

- **ON** - Assuming your watch and mobile device are paired, automatic syncing of your activities to your Sports account happens when you open the Sports app. Syncing also occurs in the background when the app is closed.
- **OFF (previously "Airplane mode")** - This setting saves your battery without you having to un-pair your watch. No syncing can occur, either manual or automatic, and you receive no alerts.
- **MANUAL** - When set to MANUAL, you need to press a button on your watch to wake up your watch. Syncing then occurs when the Sports app is opened. This option also allows you to control battery use. You receive no alerts.

Airplane mode

Note: Only available on older watch models. This has been removed on newer models because TomTom GPS watches do not, and never have, produced radiation that can interfere with a plane's systems.

From the Clock screen on your watch, press down to open the **SETTINGS** screen, select **AIRPLANE mode**, and then press right.



Press up or down to turn on airplane or flight mode.

When airplane mode or flight mode is switched on, an airplane icon is shown on the clock screen and all Bluetooth connectivity is disabled.

To turn airplane mode off, press up or down again.

Options

From the Clock screen, press down to open the **SETTINGS** menu, then select **OPTIONS** and press right to open the **OPTIONS** menu.

UNITS

Select **UNITS** to set the distance and weight units used on your watch. You can select any combination of miles or kilometers, and pounds or kilograms.

CLICK

Select **CLICK** to set what your watch does as you move through menus. Your watch can make a clicking sound, which you can turn on or off.

DEMO

Select **DEMO** to turn the demo mode on and off. In demo mode, your watch behaves as if it has a GPS fix and you are training, even if you are not. Any activities completed in demo mode are not added to your history of activities.

NIGHT

Select **NIGHT** to turn the night mode on or off. If the night mode is on, the [backlight](#) comes on and stays on during an activity. When you stop the activity, the light goes off again.

Note: The battery will run down much more quickly than normal if you use the night mode while training.

Lock

Select **Lock** to turn the activity lock function on and off. The lock function prevents your current activity being [paused or stopped](#) if you accidentally press left.

Profile

From the Clock screen on your watch, press down to open the **SETTINGS** menu, then select **PROFILE** and press right to open the **PROFILE** menu.

Select the following options to set your data in each case:

- **LANGUAGE**
- **VOICE**
- **WEIGHT**
- **HEIGHT**
- **AGE**
- **GENDER**

Information from your profile is used for the following:

- To work out the number of calories you burn during an activity.
- To set the target heart rates for you in the [heart rate training zones](#). The zones are worked out by your TomTom Sports account.
- To work out your stride length if you are [training on a treadmill](#).

LANGUAGE

Select **LANGUAGE** to set the language used for menus and messages on your watch.

VOICE

Select **VOICE** to change the language for the [voice coach](#) or to switch it off.

Standards

To see certification information on your watch, press down from the Clock screen to open the **SETTINGS** menu.

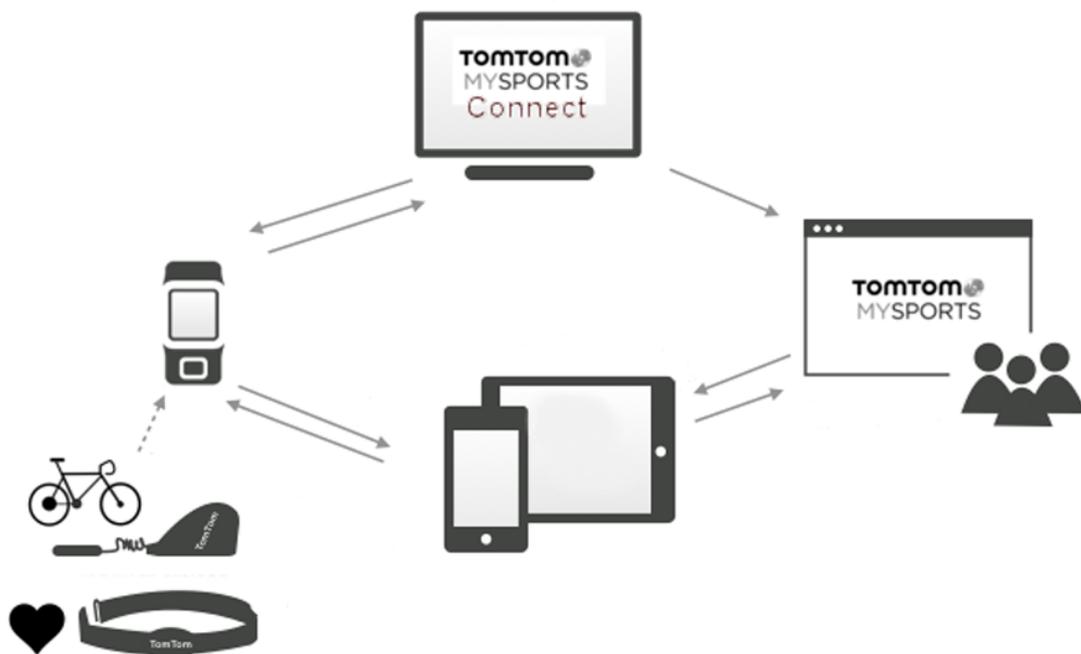
Select **STANDARDS**, and then press right to scroll through the certification information.

TomTom Sports account

Your TomTom Sports account is a central storage location for all your training and fitness information.

To create an account, click the button in TomTom Sports Connect or go directly to the website: mysports.tomtom.com

As you can see from the diagram below, you can transfer your activities to your Sports account using either TomTom Sports Connect or the TomTom Sports app.



If you transfer your activities to your TomTom Sports account, you can store, analyze, and view your previous activities. You can view the routes you have taken and all the metrics associated with your activities.

Using TomTom Sports Connect on your computer, you can also choose to transfer your activities to your account on other sports websites.

Note: If you use an export file format such as CSV, FIT, or TCX files, you should not use the TomTom Sports mobile app to transfer activities to other sports websites. However, any automatic uploads using, for example RunKeeper, will work.

TomTom Sports Connect

TomTom Sports Connect does the following:

- Helps you set up your watch.
- Updates the software on your watch when new versions become available.
- Transfers your activity information to your TomTom Sports account or another sports website that you choose. We can currently transfer activity information to Endomondo, Strava, Map-MyFitness, RunKeeper, Jawbone, and Nike+.

TomTom Sports Connect can also transfer activity information to your computer in a number of file formats.

See: [Exporting your activities to other websites and file types](#)

- Transfers any settings you make on TomTom Sports to your watch.
- Updates the QuickGPSFix information on your watch.

Installing TomTom Sports Connect

You can download TomTom Sports Connect for free from here: tomtom.com/123/

Once installed, connect your watch to your computer using the desk dock.

TomTom Sports mobile app

Important: See the TomTom Sports app User Manual on the TomTom website.

The TomTom Sports mobile app does the following:

- Transfers your activity information to your TomTom Sports account automatically when in range of your phone. See: [Exporting your activities to other websites and file types](#)
- Transfers any settings you make on TomTom Sports to your watch.
- Updates your personalized workouts, trails, and the QuickGPSfix information on your watch.
- Provides an alternative to TomTom Sports Connect for transferring activity information to your Sports account and updating QuickGPSfix.

Supported phones and mobile devices

iOS

The TomTom Sports app is supported on all Apple iPhones, iPod Touch, and iPad running iOS 8 or later.

Android

The TomTom Sports app requires Bluetooth Smart (or Bluetooth LE) and Android 4.4 or higher to communicate with your watch. A range of Bluetooth Smart-enabled Android devices have been tested to confirm their compatibility with the Sports app. Check your phone's compatibility with the Sports app by visiting the [Google Play Store](#).

Note: You can pair your watch with several Android Lollipop or later devices to upload your activities. For compatibility visit the [Google Play Store](#).

Important: You must update your Sports mobile app to version 1.3.0 for Android and 1.0.9 for iOS or higher. After this update you need to pair your watch with your smartphone again.

Before using the TomTom Sports app

You can download the TomTom Sports app for free from your usual app store or by going to tomtom.com/app.

Addendum

WARNINGS AND INDICATIONS FOR USE

Important! Read before use!

Death or serious injury could result from failure or partial failure to follow these warnings and instructions. Failure to properly set up, use, and care for this device can increase the risk of serious injury or death, or damage to the device. These warnings and instructions apply to all TomTom Sports products unless explicitly stated otherwise.

Indications for use and accuracy

Monitors heart rate, tracks body composition (some models only), counts steps, calories burned, distance walked, active time, and sleep time. These metrics will assist you in maintaining an active lifestyle. The information provided is a close estimate of your activity. Interference with the signal from external sources, poor contact with your wrist, and other factors may prevent accurate data analysis. Please take measurements at the same time of the day in the same conditions and follow the instructions in the box/the FAQs online.

The Global Positioning System (GPS)

The Global Positioning System (GPS) is a satellite-based system that provides location and timing information around the globe. GPS is operated and controlled by the Government of the United States of America, which is solely responsible for its availability and accuracy. Changes in GPS availability and accuracy, or in environmental conditions may impact the operation of this device. TomTom disclaims any liability for the availability and accuracy of GPS.

Warning - This is not a medical device

This is not a medical device. The information provided does not constitute medical advice, nor is it meant to cure, treat, or prevent a disease. Always consult a physician before starting an exercise program.

High volume warning - TomTom Wireless Headphones

Do not listen to these headphones at a high volume for a long period of time. Prolonged exposure to loud sounds can cause hearing loss.

Warning - Devices with body composition feature

Do not use this device if you are pregnant or have a pacemaker or other internal medical device. This device contains electrodes which may interfere with the signal from the medical device.

Warning - Heart rate monitor

If you have a pacemaker or other implanted electronic device, consult a physician or the manufacturer of the device before use. This device contains sensors/magnets which may interfere with the signal.

Choking hazard

This is not a toy. This device and its accessories contain small parts, which can be a choking hazard. Please keep it away from children. Seek immediate medical assistance if ingestion occurs.

Splashproof - Fitness Trackers

Splashproof and showerproof (IPX7) if worn and used correctly. Do not immerse in water, for example, swimming, surfing, or bathing.

Water resistance of GPS watches

The water resistance limit of 40 m (5 ATM) depends on water pressure, salinity, depth, contamination, temperature, and other environmental factors. Rapid movement at 40m (5 ATM) may damage your device.

Warning - Off-road navigation

Your device may suggest routes that take you away from the road. These routes are meant to serve as an aid. Use your best judgment and be mindful of your surroundings and the weather conditions. Ensure that you have appropriate equipment and training before taking a new or challenging route. Never follow a route that may put you or others in danger or cause you to break the law.

Caring for your sports device

It is recommended that you clean your device once a week. Wipe the device with a damp cloth. Use mild soap to remove oil or dirt. Don't expose your device to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, sunscreen, or insect repellents. Chemicals can damage the device's seal, case, and finish. If your device has a heart rate monitor, don't scratch the heart rate sensor area and protect it from damage. After immersing in water (only water-resistant devices), remove the module from the strap, rinse both with clean water, and dry with a soft cloth. Make sure that the charging port and cable are clean and dry before you connect them.

Fitness Age (some models only)

This product uses advanced heart rate analytics provided by Firstbeat.

DEVICE AND BATTERY SAFETY

Your device

Do not disassemble, crush, bend, deform, puncture, or shred your device. Do not put, store, or leave the device in a humid, wet, and/or corrosive environment, a high temperature location, in or near a heat source, in direct sunlight, in a microwave oven, or in a pressurized container. Avoid dropping the device. If the device is dropped and you suspect damage, please contact Customer Support. Use the device only with the cable provided. For TomTom approved replacements, go to tomtom.com.

Device battery (non-replaceable)

This product contains a non-replaceable lithium polymer battery. Do not attempt to pierce, insert foreign objects into, open, or disassemble the battery. Do not expose to water, liquids, fire, explosion, or other hazard. Do not short circuit a battery or allow conductive objects to contact battery terminals. Unless the battery is user replaceable, do not attempt to replace or remove it and seek assistance from a qualified professional.

Caution: Risk of explosion if the battery is replaced by an incorrect type. If you have an issue with the battery, please contact Customer Support.

The stated battery life is the maximum possible battery life which is based on an average usage profile and can only be achieved under specific atmospheric conditions. Learn more in the online FAQs.

Failure to follow these guidelines may cause the battery to leak acid, become hot, explode, or ignite and lead to injury/damage to the product. If the battery leaks and you come into contact with the fluids, rinse thoroughly with water and seek medical attention immediately. Charging will not occur at temperatures below 32°F / 0°C or over 113°F / 45°C.

Battery waste disposal

This product contains a battery that must be recycled or disposed of according to local laws and regulations. Always keep separate from household waste to help preserve the environment.



WEEE - e-waste disposal

In the EU/EEA, this product is marked with the separate collection symbol on its body and/or packaging as required by Directive 2012/19/EU (WEEE). This product shall not be treated as household waste or be disposed of as unsorted municipal waste. You can dispose of this product by returning it to the point of sale or bringing it to your local municipal collection point for recycling.

Outside of the EU/EEA, the separate collection symbol may not have the same meaning. More information about national recycling options can be requested from a responsible local authority. It is the responsibility of the end user to comply with local law when disposing of this product.



Operating temperatures

Operating temperatures: -20°C (-4°F) to 60°C (140°F). Do not expose to temperatures beyond this.

CE and Radio Equipment Directive compliance



This device can be used in all EU Member States. The Bluetooth frequency band in which this device operates is 2402 MHz - 2480 MHz and the maximum radio frequency emission power is 5.5 dBm. Hereby, TomTom declares that the radio equipment type TomTom Sports device is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: http://www.tomtom.com/en_gb/legal/declaration-of-conformity/



Federal Communication Commission Interference Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC ID Fitness Trackers: S4L1AT00

FCC ID GPS watches: S4L4REM, S4L4RFM

FCC ID Bluetooth Sports Headset: S4L4R01

IC ID Fitness Trackers: 5767A-1AT00

IC ID GPS Watches: 5767A-4REM, 5767A-4RFM

IC ID Bluetooth Sports Headset: 5767A-4R01

FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Radiation Exposure Statement

The product complies with the FCC portable RF exposure limit set forth for an uncontrolled environment and is safe for intended operation as described in this manual. Additional RF exposure reduction can be achieved if the product can be kept as far as possible from the user's body or by setting the device to a lower output power if such a function is available.

Responsible party in North America

TomTom, Inc., 2400 District Avenue, Burlington, MA 01803, Tel: 866 486-6866 option 1
(1-866-4-TomTom)

Emissions information for Canada

Operation is subject to the following two conditions:

- This device may not cause interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

Operation is subject to the condition that this device does not cause harmful interference. This Class B digital apparatus complies with Canadian ICES-003 CAN ICES-3(B)/NMB-3(B). The Country Code Selection feature is disabled for products marketed in the US or Canada. Equipment is certified to the requirements of RSS-247 for 2.4 GHz.

Industry Canada statement:

This device complies with ISED's license-exempt RSSs. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Radiation Exposure Statement:

The product complies with the Canada portable RF exposure limit set forth for an uncontrolled environment and is safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Certification for Australia



This product displays the Regulatory Compliance Mark (RCM) to show that it complies with relevant Australian regulations.

Certification for New Zealand

This product displays R-NZ to show it complies with relevant New Zealand regulations.

Customer support contact for Australia and New Zealand

Australia: 1300 135 604 New Zealand: 0800 450 973

Model numbers

TomTom GPS Watch: 4REM

TomTom GPS Cardio Watch: 4RFM

TomTom GPS Watch Cable: 4R00

TomTom Fitness Trackers: 1AT00

TomTom Bluetooth Sports Headset: 4R01

TomTom Sports App

Access to the TomTom Sports app is required in order to use some features of this product.

Accessories supplied with these devices

USB charging cable, Headphones supplied with some models, User Guide

Terms and Conditions: Warranty and EULA

Our terms and conditions, including our limited warranty and end user license terms, apply to this product. Please go to tomtom.com/legal.

How TomTom uses your information

Information regarding the use of personal information can be found at: tomtom.com/privacy.

Certification information for the user

To see certification information on your watch, press down from the clock screen to open the Settings menu. Select **Standards** and then press right to scroll through the certification information.

For the headset, see the label attached to the cable that connects the earbuds.

For your tracker, see this manual.

Note: The certification information referenced in this addendum may not apply to your product. Where a given section is product-specific, the products to which it applies are explicitly specified.

Country of origin

This device was made in China.

Year of manufacture

Year of manufacture: 2017

Triman logo



BF Type Equipment



Contact details for manufacturer

TomTom International B.V., De Ruyterkade 154, 1011 AC Amsterdam, The Netherlands, Tel: +31 (0)20 757 5000

Certification for China

CMIIT ID TomTom Fitness Trackers (1AT00) : 2016DJ4417

CMIIT ID TomTom GPS Watch (4REM): 2015DJ4909

CMIIT ID TomTom GPS Watch Cardio (4RFM): 2015DJ4910

CMIIT ID TomTom Bluetooth Sports Headset (4R01): 2016DJ498

RoHS for China



TomTom Fitness Trackers: 1AT00 / TomTom Bluetooth Sports Headset: 4R01 / TomTom GPS Watch Cable: 4R00



TomTom GPS Watch: 4REM / TomTom GPS Watch: 4RFM

依据中国《电器电子产品有害物质限制使用管理办法》，简称《管理办法》或《China RoHS》之规定，列出产品中可能含有的有害物质的名称及含量于以下表格中

| 手環 | | | | | | |
|------|--------------|--------------|--------------|--------------------|------------------|--------------------|
| 部件名称 | 有害物质 | | | | | |
| | 铅 (Pb) 及其化合物 | 汞 (Hg) 及其化合物 | 镉 (Cd) 及其化合物 | 六价铬 (Cr(VI)) 及其化合物 | 多溴联苯 (PBB) 及其化合物 | 多溴二苯醚 (PBDE) 及其化合物 |
| 手環主體 | X | O | O | O | O | O |
| 電池 | O | O | O | O | O | O |
| 腕帶 | O | O | O | O | O | O |
| 充电线 | O | O | O | O | O | O |

本表格依据 SJ/T 11364 的编制

* 手環主體组件包括印刷电路板及其构成的零部件，如电阻、电容、集成电路、连接器等

○：表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572 规定的限量要求以下

x：表示该有害物质至少存在于该部件的某一均质材料中，是因为目前业界还没有成熟的替代技术，以致含量虽然超出 GB/T 26572 规定的限量要求；但仍然符合欧盟 RoHS 指令所容许的豁免条款

Importer for Taiwan

建達國際股份有限公司

新北市新店區中正路 531 號 5 樓

Tel: (02) 2219-1600

Certification for Taiwan

NCC ID TomTom Fitness Trackers: CCAI17LP0430T1

NCC ID TomTom GPS Watches: CCAI15LP1840T6

NCC ID TomTom Bluetooth Sports Headset: CCAJ16LP6280T1



本產品符合低功率電波輻射性電機管理辦法第十二條、第十四條等條文規定：

第十二條

經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

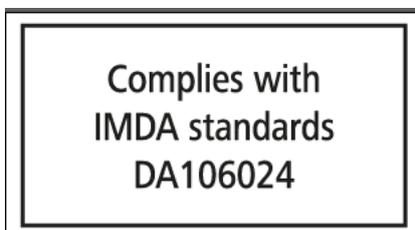
第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Certification for Singapore



Certification for India

Certificate ID (1AT00): NR-ETA/4696 Fitness Tracker

Certificate ID (4REM): NR-ETA/3393 TomTom GPS watch

Certificate ID (4RFM): NR-ETA/3405 TomTom GPS Cardio watch

Certificate ID (4R01): ETA-3123/16-RL0 TomTom Bluetooth Sports Headset

Certification for South Africa

These products display the ICASA logo to show they comply with all relevant South African radio equipment certifications.

TomTom Fitness Trackers:



TomTom GPS Watches:



TomTom Bluetooth Sports Headset:



Certification for Brazil

The following ANATEL 506 statement applies to all devices covered by this legal addendum and certified before August 27, 2017.

"Este equipamento opera em caráter secundário, isto é, não tem direito à proteção contra interferência prejudicial, mesmo de estações do mesmo tipo e não pode causar interferência a sistemas operando em caráter primário."

The following ANATEL 680 statement applies to all devices covered by this legal addendum and certified after August 27, 2017.

"Este equipamento não tem direito à proteção contra interferência prejudicial e não pode causar interferência em sistemas devidamente autorizados". This is unofficially translated to: "This device must not be protected against harmful interference and it may not cause interference in authorized systems"

TomTom Fitness Trackers:



TomTom GPS watches:



TomTom Bluetooth Sports Headset:



Certification for United Arab Emirates



Certification for Japan

TomTom Fitness Trackers: R-201-160580

TomTom GPS Sports Watches: R-201-152769

TomTom Bluetooth Sports Headset: R-204-620243



Certification for South Korea

TomTom Fitness Trackers: MSIP-CRM-NSW-1AT00

TomTom GPS Sports Watches: MSIP-CMM-NSW-4RFM



해당 무선설비는 운용 중 전파혼신 가능성이 있음

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B 급 기기

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Calorie calculations

Calorie calculations in this products are based on MET values from:

Ainsworth BE, Haskell WL, Herrmann SD, Meckes N, Bassett Jr DR, Tudor-Locke C, Greer JL, Vezina J, Whitt-Glover MC, Leon AS. 2011 Compendium of Physical Activities: a second update of codes and MET values. *Medicine and Science in Sports and Exercise*, 2011;43(8):1575-1581.