



EX²

900

User Manual

NM-703.1

www.newbalance-watch.com



New Balance 900 GPS

Thank you for selecting the New Balance 900 GPS, our premier satellite-based navigational system that tracks Speed, Distance, Pace and Heart Rate. The New Balance 900 GPS utilizes advanced satellite-based navigational technology and a digitally-coded heart rate transmitter to provide you with a sophisticated, user-friendly sports monitor that can help take your training to the next level.

- Components included:
- GPS-Enabled Watch
 - 2.4 GHz Heart Rate Transmitter with Elastic Band
 - USB Charging Cable
 - Instruction Manual

Please visit www.newbalance-watch.com to download GPS software and view additional information.

WARNINGS & CAUTIONS

WARNING: This product is an advanced training and fitness tool. Before starting any exercise program, we strongly suggest that you visit your doctor for a complete physical and to discuss your exercise plans.

PLEASE READ all of the information in this instruction manual before using this unit. Make sure that you fully understand the functions and limitations of this product before using it.

WARNING: This product is NOT designed to be used as a PRIMARY altitude instrument for flying, skydiving, hang gliding or other sports where sudden significant changes in altitude may occur or when there is a need for industrial precision.

NOTICE TO PEOPLE WEARING PACEMAKERS: While the heart rate monitor is a passive system and should have no direct effect on a pacemaker, we strongly recommend anyone fitted with such a device contact their physician or cardiologist before using this product or starting an exercise program.

NOTE: The Heart Rate mode in this watch is a supplementary device for measuring heart rate; it is NOT a substitute for medical devices.

CAUTION: The New Balance 900 GPS is a satellite-based navigational system which functions in conjunction with a network of 24 or more satellites. Poor weather conditions, tall buildings and dense tree canopies may interfere with GPS accuracy.

NOTE: Please allow the watch time to acquire GPS signal; data recorded without properly allowing time to sync to GPS may not be accurate.

WARNING: While this watch is 10M Water Resistant, it is not intended to be used while swimming. We strongly suggest that you remove the watch before showering, swimming or any activity in which the watch may come in contact with water. Prolonged water submersion may cause electronic shorting in the unit.

NEVER push the buttons underwater, when the watch is wet or when you are cleaning or rinsing the unit. You are actually pushing water inside the watch.

DO NOT use the watch in a hot tub or extremely hot shower/bath. High temperatures and steam can damage the rubber seals.

DO NOT expose the watch to sudden changes of temperature. This can make the rubber seals contract and allow water / moisture to penetrate.

DO NOT wear the watch in a soapy dish water or bubble bath. The alkali contained in soaps can damage the rubber seals.

DO NOT use cleaning solvents to clean your watch. Solvents WILL damage the integrity of the plastic. The watch can be wiped clean with a lightly moistened cloth.

ALWAYS rinse the watch with clear tap water after exposure to salt water. Salt is highly corrosive and can damage both the rubber seals and the watch case.

PROTECT the watch from extreme heat, shocks and excessive exposure to direct sunlight.

NEVER expose the watch to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellent, sunscreen and other toiletries, as they may damage the unit.

DO NOT charge or connect the unit with the USB clip when it is wet. Wipe dry and air dry before using.

NOTE: There may be discoloration for light color and transparent straps after normal wear for some time.

WARNING: In case if there is any severe or persistent skin reaction, such as severe redness, itching, rash or hives, you should stop wearing this watch, and consult your doctor.

CARE AND MAINTENANCE

- This watch contains electronic components. Never attempt to open the case or remove the back cover.
- Avoid exposing the watch to extreme temperature, chemicals which will damage the watch.
- Keep the watch away from the conditions of strong electric field and static electricity.
- Avoid rough usage or severe impact. The watch is designed to withstand impact under normal use. It is advisable to subject it to severe impact or rough usage.
- Store the watch in a dry place when it is not in use.

New Balance 900 GPS Features

- Navigation:**
- Satellite-Based Navigational Technology (GPS)
 - Up to 10 Paths / 99 Waypoints per Path
 - 3 Navigation Modes:
 - Waypoint, Forward, Backward
 - Trackpoints: 44,470 Points Stored

- Digital Compass:**
- Range 360° / 16 Cardinal Point Bearings
 - Resolution 1°
 - Digital Compass Calibration
 - Adjustable Declination
 - Cardinal North Indicator

- Speed & Distance:**
- Monitors: Speed, Distance and Pace

- Heart Rate (HR):**
- 2.4 GHz Digitally-Coded Chest Strap (for no crosstalk)
 - Auto or Custom HR Zones
 - Displays Time In / Above / Below Set Zones
 - Audible Alerts in Target HR Zones

- Display:**
- 5 Customizable Profiles (via Watch or PC Software)
 - 3-Line Multi-View for Each Profile

- Chronograph:**
- Range 100 Hours
 - 120 Run Memory
 - 11,880 Laps / Splits
 - Comprehensive Data Lap Recall
 - Auto Lap

- Time / Alarms:**
- 12-Hour or 24-Hour Format
 - Time / Day / Date
 - Dual Time Zone
 - 5 Daily Alarms

- Other:**
- Easy-to-Use PC Software
 - Displays in Metric or Imperial Units
 - EL Backlight / Smart EL Backlight System
 - 10M Water Resistant
 - Dual-Processor Design for Optimal Battery Life
 - Fully Charged Watch (Battery Life):
 - Without Active GPS: Up to Six Months
 - With Active GPS: Up to 14 Hours
 - Rechargeable Battery (Watch) via USB Charging Cable
 - User Replaceable Battery (Chest Strap Only)



CHARGING THE WATCH

The New Balance 900 GPS has a built-in rechargeable battery. It is IMPORTANT to charge the watch for at least 3 hours before using. The battery can be fully charged / discharged 500 times.

With a fully charged battery (depending on GPS and EL Backlight usage), the GPS battery will perform as follows:

- Without Active GPS: Up to Six Months
- With Active GPS: Up to 14 Hours

NOTE: To prevent corrosion or damage, ensure that there is no contamination, sweat, moisture or dirt between the contacts of the charging cable and the back of the watch, by gently wiping the back of the watch with a dry cloth.

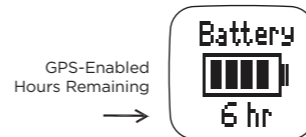
Connecting the Charging Cable & the Watch

- Align the 4 contacts on the back of the watch with the 4 prongs on the charging cable.
- Make sure that the clip is securely positioned.
- Plug the USB end of the cable into your computer or charging source.

Battery Status Indicator

In TIME mode, PRESS VIEW to view the battery status indicator (GPS-Enabled Hours Remaining).

NOTE: Once the battery nears depletion, the GPS and EL Backlight will become disabled. The watch, however, will continue to display the time for an additional 2 weeks.

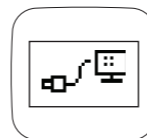


INSTALL PC SOFTWARE

PC Requirements: Windows XP or newer, minimum 256 MB of RAM; minimum 100 MB of free hard drive space; CD-ROM drive; USB Port.

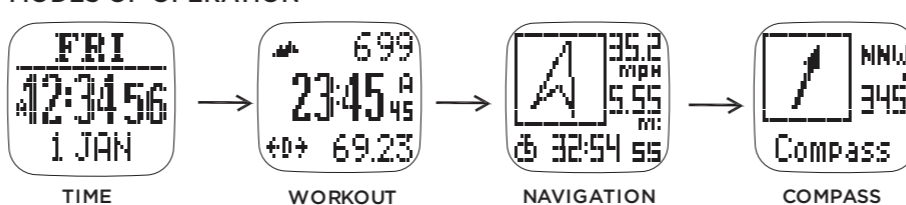
Windows is a registered trademark of Microsoft Corporation in the United States and other countries.

Please install the New Balance 900 GPS software or download from: www.newbalance-watch.com. Once the software has been downloaded, connect the charging cable to your watch and plug into a USB port on your computer. With the watch connected to the computer, open (run) the PC software.



With the watch connected to the computer, open (run) the PC software. The 'charging icon' will appear in the watch display to denote a successful connection.

MODES OF OPERATION



SETTING THE WATCH

The New Balance 900 GPS is designed to provide important feedback about your training session. It is important to set up all information for optimal data processing.

Set-Up via PC Software (Quick Option): The WORKOUT PROFILES, USER DATA and UNITS OF MEASURE can be set-up quickly via the SETTINGS TAB of the PC Software.

Set-Up via Watch (Complete Option): All system settings can be modified manually on the watch.

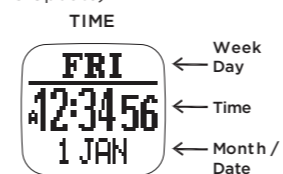
ENTERING SETTING SEQUENCE

- To enter the SETTING SEQUENCE MENU, PRESS & HOLD MODE for 3 seconds.
- To toggle through the MENU OPTIONS, PRESS ST / STP or LAP / RESET.
- To enter an OPTION, PRESS VIEW.
- To return to the MAIN modes, PRESS MODE until you exit the SETTING SEQUENCE.

SETTING TIME / DATE

The New Balance 900 GPS has dual time capability. The time can either be set to your specifications (manually) or automatically set via the satellite's atomic clock (GPS Update).

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select SETTINGS, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select TIME/DATE, then PRESS VIEW.



HOME TIME > DUAL TIME > FORMAT

Setting Home Time (Set Current Time of Day):

- From the TIME/DATE setting, PRESS ST / STP or LAP / RESET to select HOME TIME, then PRESS VIEW.

GPS UPDATE:

NOTE: The GPS must be active for this option. Once GPS signals are acquired, the watch will sync with the satellite signals to update the time. DST will not be reflected in this setting.

- PRESS ST / STP or LAP / RESET to select GPS UPDATE, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to toggle ON / OFF, then PRESS MODE to confirm and return to HOME TIME setting sequence.

TIME ZONE:

NOTE: Set a time zone for your current location relative to GMT or Longitude. GPS must be active to operate this function. DST will not be reflected in this setting.

- PRESS ST / STP or LAP / RESET to select TIME ZONE, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the desired option, then PRESS MODE to confirm and return to HOME TIME setting sequence.

AUTOMATIC TIME ZONE: If Longitude is selected, the watch will automatically update the current time based on current GPS location.

MANUAL TIME ZONE: Manually set the time zone relative to GMT for your location (+12:00 to -12:00 in half hour increments).

MANUAL (Manually set the time of day, year and date):

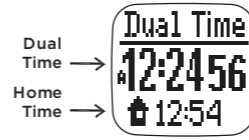
- PRESS ST / STP or LAP / RESET to select MANUAL, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to make changes & VIEW to move to next value:

SECOND > MINUTE > HOUR > YEAR > MONTH > DATE

- PRESS MODE to confirm and return to HOME TIME setting sequence.
- PRESS MODE to return to the TIME/DATE setting.

Setting Dual Time (Set Time of Day for a Secondary Location):

- From the TIME/DATE setting, PRESS ST / STP or LAP / RESET to select DUAL TIME, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to set the DUAL TIME relative to the HOME TIME (in half hour increments).
- PRESS MODE to confirm and return to the TIME/DATE setting.



View Dual Time

- From the TIME mode, PRESS VIEW until DUAL TIME appears in the display.

Setting Format (Select 12-Hour or 24-Hour Format):

- From the TIME/DATE setting, PRESS ST / STP or LAP / RESET to select FORMAT, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to toggle between 12-Hour and 24-Hour Format, then PRESS MODE to confirm and return to the TIME/DATE setting.
- PRESS MODE to return to the Setting Sequence.
- To return to the MAIN modes, PRESS MODE until you exit the SETTING SEQUENCE.

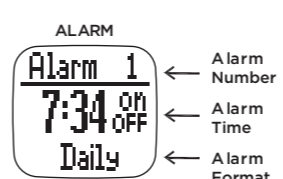
SETTING ALARMS

The New Balance 900 GPS has 5 independent daily alarms.

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select SETTINGS, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select ALARMS, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to make changes & VIEW to move to next value:
 - ALARM (1-5) > HOUR > MINUTE > ON / OFF > ALARM FORMAT (DAILY / SUN-SAT / MON-FRI)
- PRESS MODE to confirm and return to the Setting Sequence.
- To return to the MAIN modes, PRESS MODE until you exit the SETTING SEQUENCE.

View Alarms

- From the TIME mode, PRESS VIEW until ALARM appears in the display.
- PRESS ST / STP to toggle to the desired alarm.
- PRESS LAP / RESET to turn selected alarm ON / OFF.



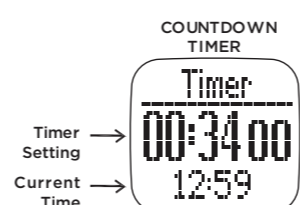
SETTING COUNTDOWN TIMER

The New Balance 900 GPS comes equipped with an 100-Hour Countdown Timer.

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select SETTINGS, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select TIMER, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to make changes & VIEW to move to next value:
 - HOUR > MINUTE > SECOND
- PRESS MODE to confirm and return to the Setting Sequence.
- To return to the MAIN modes, PRESS MODE until you exit the SETTING SEQUENCE.

View / Use Countdown Timer

- From the TIME mode, PRESS VIEW until the TIMER appears in the display.
- PRESS ST / STP to start / stop the timer.
- PRESS LAP / RESET to reset the timer.



SETTING SYSTEM INFORMATION

- PRESS & HOLD MODE to enter the SETTING Sequence.
- PRESS ST / STP or LAP / RESET to select SETTINGS, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select SYSTEM, then PRESS VIEW.

SOUND > CONTRAST > UNITS > LANGUAGE > SYSTEM RESET > COMPASS

Setting Sound

From the SYSTEM setting, PRESS ST / STP or LAP / RESET to select SOUND, then PRESS VIEW.

KEY TONE (A beep will sound every time a button is pressed):

- PRESS ST / STP or LAP / RESET to select KEY TONE, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to toggle ON / OFF, then PRESS MODE to confirm and return to SOUND setting sequence.

CHIME (An alert will sound at the turn of every hour):

- PRESS ST / STP or LAP / RESET to select CHIME, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to toggle ON / OFF, then PRESS MODE to confirm and return to SOUND setting sequence.
- PRESS MODE to return to SETTING sequence.

Setting Contrast

From the SYSTEM setting, PRESS ST / STP or LAP / RESET to select CONTRAST, then PRESS VIEW.

- PRESS ST / STP or LAP / RESET to select the desired DISPLAY CONTRAST, then PRESS MODE to confirm and return to SYSTEM setting sequence.

Setting Units

From the SYSTEM setting, PRESS ST / STP or LAP / RESET to select UNITS, then PRESS VIEW.

GENERAL (Units of measure):

- PRESS ST / STP or LAP / RESET to select GENERAL, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select desired option, then PRESS MODE to confirm and return to UNITS setting sequence.

LATITUDE / LONGITUDE (Display Lat / Long):

- PRESS ST / STP or LAP / RESET to select LATITUDE / LONGITUDE, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select desired option, then PRESS MODE to confirm and return to UNITS setting sequence.
- PRESS MODE to confirm and return to SYSTEM setting sequence.

Setting Language

From the SYSTEM setting, PRESS ST / STP or LAP / RESET to select LANGUAGE, then PRESS VIEW.

- PRESS ST / STP or LAP / RESET to select desired option, then PRESS VIEW to confirm and return to SYSTEM setting sequence.

System Reset

From the SYSTEM setting, PRESS ST / STP or LAP / RESET to select SYSTEM RESET, then PRESS VIEW.

- PRESS ST / STP or LAP / RESET to select desired option, then PRESS VIEW to confirm and return to SYSTEM setting sequence.

NOTE: Resetting the system will return all of the set values back to the original manufacturing settings. All data will be lost.

DIGITAL COMPASS

The New Balance 900 GPS is equipped with a highly accurate digital magnetic compass with a resolution of one degree. The compass can be adjusted to compensate for the magnetic declination corresponding to the area where the compass is being used.

NOTE: Household appliances and magnetic fields will affect the compass accuracy.

BE SURE to calibrate your digital compass often - especially before hiking or orienteering adventures. **NOTE:** When orienteering, always bring an analog compass to ensure multiple direction readings and accuracy.

Setting the Compass

From the SYSTEM setting, PRESS ST / STP or LAP / RESET to select COMPASS, then PRESS VIEW.

DECLINATION (Adjust magnetic declination for current location):

- PRESS ST / STP or LAP / RESET to select DECLINATION, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select desired option, then PRESS MODE to confirm and return to COMPASS setting sequence.

NOTE: The following websites are good sources for finding local magnetic declination information:

- USA: www.ngdc.noaa.gov
- CANADA: www.nrcan.gc.ca/earth-sciences/

CALIBRATE:

- PRESS ST / STP or LAP / RESET to select CALIBRATE, then PRESS VIEW.
- You will be prompted to rotate the watch 360°.
- Holding the watch level, rotate the watch CLOCKWISE slowly (revolution should last about one minute). A small box outline will move around the screen to denote that the calibration is in progress.
- Once the calibration sequence is complete, the prompt (DONE!) will appear in the display signaling that the calibration was successful.
- PRESS MODE to confirm and return to the Setting Sequence.

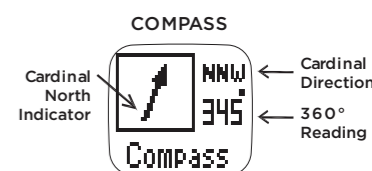
NOTE: For the optimum accuracy, the compass must be held completely level during the calibration process. We recommend placing the unit on top of a drinking glass while performing the calibration as this will make it easier to keep the compass level.

Using the Compass

PRESS MODE to enter into COMPASS mode.

NOTE: To conserve battery life, the compass will go into 'idle' mode after 5 minutes.

To reactivate the compass display, PRESS VIEW.



SETTING HEART RATE DATA

The New Balance 900 GPS uses a digitally-coded 2.4 GHz heart rate system to limit crosstalk with other components using the same radio signal.

PAIRING > ON/OFF > HR ZONE

Wearing the Heart Rate Transmitter

The heart rate transmitter strap consists of two conductive electrodes attached to a small radio transmitter housed in the center of the strap. The electrodes sense the electrical potential created each time your heart contracts and the radio transmitter sends a signal to the watch each time the electrodes sense the heart beat.

The transmitter should be worn around the rib cage, just below the pectoral muscles. The elastic strap of the system should be adjusted so that it is snug enough so it does not move during use, but not so tight as to restrict breathing.

While the wearing of the transmitter strap may feel a bit strange initially, most people become used to it within a few days and cease to even notice they are wearing it.

Linking (Pairing) the HR Transmitter to the Watch

NOTE: To LINK (Pair) the transmitter, the chest belt must be worn for this portion of the set-up. Please attach the chest belt as noted above.

NOTE: The HR Transmitter and Watch are linked at the factory and should be ready for use directly out of the box, so you should not need to follow this linking process until you change the battery. If the watch does not detect a heart rate, check the link and/or the chest strap positioning after 10 minutes.

The heart rate transmitter has a digital ID for secure connection to the watch. Before the HR Transmitter can operate properly, it must be linked to the watch. Once linked, the ID is stored on the watch until you change the battery in the HR Transmitter or reset the watch.

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select HRM, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select PAIRING, then PRESS VIEW.
- If the LINK (Pairing) was successful, the prompt (DONE!) will appear in the display.
- If the LINK (Pairing) was not successful, the prompt (FAIL) will appear in the display. Check the link and/or the chest strap positioning after 10 minutes and try again.

Turning the HRM On and Off

If the HRM is turned on, the watch will automatically search for a signal every time you enter WORKOUT mode. When you are not using the Heart Rate Monitor, you can turn this function off to avoid this process and save battery life.

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select HRM, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select ON / OFF, then PRESS VIEW.
- If the HRM was turned ON, the prompt (HRM ON!) will appear in the display.
- If the HRM was turned OFF, the prompt (HRM OFF!) will appear in the display.

Setting Heart Rate Zones

The New Balance 900 GPS has the ability to automatically set four heart rate zones based the following equation: Maximum Heart Rate = 220 - age

HEALTH	(Light Intensity Workout)	50% Max HR to 65% Max HR
FAT BURN	(Medium Intensity Workout)	55% Max HR to 75% Max HR
AEROBIC	(Heavy Intensity Workout)	65% Max HR to 80% Max HR
USER	(Customized by User - default is 50% Max HR to 65% Max HR until customized)	

Example: (35 years old) 220 - 35 = 185. Multiply 185 by the percentages to see the LO and HI levels of each intensity zone.

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select HRM, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select HR ZONE, then PRESS VIEW.

SELECT (select the Zone Setting - as noted above):

- PRESS ST / STP or LAP / RESET to select SELECT, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the HR ZONE setting that you want to use:
 - HEALTH > FAT BURN > AEROBIC > USER
- PRESS VIEW to confirm and return to the HR ZONE setting sequence.

CUSTOMIZE (user can customize each of the HR Zones (LO and HI) to fit specific needs):

- PRESS ST / STP or LAP / RESET to select CUSTOMIZE, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the ZONE you wish to customize & VIEW to enter:
 - HEALTH > FAT BURN > AEROBIC > USER
- PRESS ST / STP or LAP / RESET to set the desired LO value, then PRESS VIEW.
- REPEAT to set the HI value.
- PRESS MODE to confirm and return to the CUSTOMIZE MENU (repeat for all Zone Settings as needed)

SETTING WORKOUT INFORMATION

The New Balance 900 GPS records and displays your performance, so you can keep track of your progress. Setting the WORKOUT INFORMATION will allow you to view the details that are most important to your exercise routine.

PROFILES > VIEW SCAN > SMART LAP > TRACK LOG

REMEMBER: Set-Up via PC Software (Quick Option): The WORKOUT PROFILES (3-Line Multi-View Display) can be cumbersome to set-up via the watch, as there are multiple screen options. This can be set-up quickly via the SETTINGS TAB of the PC Software.

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select WORKOUT, then PRESS VIEW.

Setting Profiles

- From the WORKOUT setting, PRESS ST / STP or LAP / RESET to select PROFILES, then PRESS VIEW.

SELECT (select the activity that best fits your exercise routine):

- PRESS ST / STP or LAP / RESET to select SELECT, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the EXERCISE setting that you want to use:

RUNNING > CYCLING > HIKING > SAILING > USER

- PRESS VIEW to confirm and return to the WORKOUT setting sequence.

CUSTOMIZE (user can customize each of the PROFILE VIEWS to fit specific needs):

- PRESS ST / STP or LAP / RESET to select CUSTOMIZE, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the EXERCISE PROFILE you wish to customize, then PRESS VIEW:

RUNNING > CYCLING > HIKING > SAILING > USER

- Within each EXERCISE PROFILE, there are 3 VIEWS that you will need to customize.

- PRESS ST / STP or LAP / RESET to set the desired value, then PRESS VIEW to move to the next option.
- REPEAT to set all PROFILES.
- PRESS MODE to confirm and return to the CUSTOMIZE MENU (repeat for all EXERCISE PROFILES as needed)

OR

- PRESS MODE again to return to the PROFILE setting sequence.

RESET (reset the PROFILE VIEWS back to the original settings):

- PRESS ST / STP or LAP / RESET to select RESET, then PRESS VIEW.
- The prompt (DONE!) will appear in the screen to denote the action was successful.
- PRESS MODE to confirm and return to the WORKOUT setting sequence.

Display View Scanning

You can set the watch to automatically scroll through the 3-Line Multi-View Display options. If active, the watch will auto-scroll through the 3 VIEWS every 3 seconds (in WORKOUT mode).

- From the WORKOUT setting, PRESS ST / STP or LAP / RESET to select VIEW SCAN, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to toggle ON / OFF, then PRESS MODE to confirm and return to the WORKOUT setting sequence.

Setting Smart Lap (Auto Lap)

The New Balance 900 GPS has the ability to automatically take a lap based on a set distance. Once the auto-lap feature is turned ON and distance set, the watch will automatically record the set laps during any run with no need for the user to press LAP / RESET. This will continue until auto-lap is turned OFF. If the ALERT is turned ON, the watch will beep once to denote that a LAP has been marked.

- From the WORKOUT setting, PRESS ST / STP or LAP / RESET to select SMART LAP, then PRESS VIEW.

BY DISTANCE:

- PRESS ST / STP or LAP / RESET to select BY DISTANCE, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the SMART LAP DISTANCE setting that you want to use, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to toggle ON / OFF, then PRESS MODE to confirm and return to the SMART LAP setting sequence.

ALERT:

- PRESS ST / STP or LAP / RESET to select ALERT, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to toggle ON / OFF, then PRESS MODE to confirm and return to the SMART LAP setting sequence.

LAP > WAYPOINT:

The NX990 has the ability to create a PATH of WAYPOINTS via the SMART LAP > WAYPOINT option. There are a total of 10 PATHS that can be recorded, each with 99 WAYPOINTS. The WAYPOINTS / PATH will be created by the SMART LAP DISTANCE (see above) as well as the Track Log Intervals (see below).

- PRESS ST / STP or LAP / RESET to select LAP > WP, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to toggle ON / OFF, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the PATH that you want to use, then PRESS MODE to confirm and return to the SMART LAP setting sequence.
- PRESS MODE again to return to the WORKOUT setting sequence.

What is a Waypoint?

The New Balance 900 GPS can store a specific set of coordinates known as a WAYPOINT. A waypoint is a location that you store on your watch that you might want to return to later (i.e. HOME, CAR, CAMPSITE, FAVORITE VISTA, etc.). You can edit WAYPOINT names via the PC Software.

NOTE: Waypoints will only be available if the GPS is turned on and satellites have been acquired.

What is a Path?

A PATH is a collection of linked waypoints. The New Balance 900 GPS allows you to record a total of 10 different PATHS (each with a maximum of 99 WAYPOINTS). Paths can be created by the LAP > WP SMART LAP option (above) or created via MAP on the PC Software. You can also edit PATH names via the PC Software.

NOTE: Paths will only be available if the GPS is turned on and satellites have been acquired.

Setting Track Log Intervals

The New Balance 900 GPS constantly records your track log to provide accurate navigation, speed, distance, pace and heart rate data. To better facilitate your needs, the New Balance 900 GPS allows you to determine how often the watch will 'sample' data for recording.

NOTE: The sample rate is directly related to the data storage capacity, so be aware of the memory remaining when you set your sample rate.

- From the WORKOUT setting, PRESS ST / STP or LAP / RESET to select TRACK LOG, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to set the interval (sample rate), then PRESS MODE to return to the WORKOUT setting sequence.

VIEW MEMORY USAGE

- To review the data memory usage, PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select MEMORY, then PRESS VIEW.
- PRESS MODE to return to the Setting Sequence, or continue to PRESS MODE to exit.



SETTING GPS

- **NOTE: Find an open, clear area outdoors. It may take a few minutes to locate satellite signals.**
- **NOTE: To extend the battery life, ensure that the GPS is turned OFF when the function is not in use.**
- **NOTE: A beep will sound when a GPS signal has been detected or when a GPS signal has been lost. GPS LOST will also appear in the display when a GPS signal has been lost.**
- **NOTE: The GPS will not function if the watch has a low battery. To ensure that you do not lose valuable exercise data, please make sure your battery is fully charged before you begin your exercise routine;**
- you may not be able to save data if the battery becomes too weak.**

Turning GPS On / Off

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select GPS, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select ON / OFF, then PRESS VIEW.
- If the GPS was turned ON, the prompt (GPS ON!) will appear in the display.
- If the GPS was turned OFF, the prompt (GPS OFF!) will appear in the display.

ALTERNATE ON / OFF OPTION: The GPS can also be turned ON / OFF in WORKOUT and NAVIGATION modes. PRESS & HOLD VIEW for 3 seconds to activate / deactivate the GPS.

Setting GPS Timeout

If GPS signals have been lost during your exercise routine, the TIMEOUT feature allows the watch to attempt to relocate GPS signals after the specified time period.

- From the GPS Setting Sequence, PRESS ST / STP or LAP / RESET to select TIMEOUT, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select 5 MINUTE or 30 MINUTE, then PRESS MODE to confirm. Continue to PRESS MODE to exit.

GPS Status Indicators & Display Icons

A flashing icon indicates that the watch is searching for GPS signals



A 'fixed' icon with one bar indicates that GPS signals have been acquired (low strength)



A 'fixed' icon with two bars indicates that GPS signals have been acquired (high strength)



If the GPS loses signal during your exercise routine, the watch will beep and the prompt GPS LOST will appear in the display.



Upper and Lower Displays

ALTITUDE	999
CALORIES	0:1 999
DISTANCE	0:0 99.99
HEADING	0 359°
AVERAGE HEART RATE	AV 124.55%
MAXIMUM HEART RATE	124.55%
MINIMUM HEART RATE	124.55%
CURRENT HEART RATE	124.55%
ABOVE TARGET HR ZONE	2 9:99.55
BELOW TARGET HR ZONE	3 9:99.55
IN TARGET HR ZONE	z 9:99.55
LAP DISTANCE	L 99.99
LAP NUMBER	Lap 23
LAP TIME	0:23:45.55
AVERAGE PACE	AV 1:9.59
MAXIMUM PACE	1:9.59
CURRENT PACE	1:9.59
AVERAGE SPEED	AV 9.9
MAXIMUM SPEED	9.9
CURRENT SPEED	9.9
TIME OF DAY	AM 12:59:45
EXERCISE (WORKOUT) TIME	0:55:55.55

Middle Display

DISTANCE	0:00:00.9
CURRENT HEART RATE	145.75%
LAP DISTANCE	0:00:00.9
LATITUDE / LONGITUDE	43:56:48.88N 83:45:07.88W
AVERAGE PACE	1:34.55
AVERAGE SPEED	34.5
CURRENT SPEED	34.5
TIME OF DAY	3:43.0
EXERCISE (WORKOUT) TIME	0:59:59.55

WORKOUT MODE

The 3-Line Multi-View display PROFILES that you set up (SETTING PROFILES) are viewed in WORKOUT mode. To view the different display options, PRESS VIEW. If VIEW SCAN is active, the preset displays will automatically scroll every few seconds in this mode.

NOTE: If the watch is not receiving a signal from the HR Transmitter, the HR line in the display will only show dashes. Check your chest strap position and/or check the link (as noted above).

Starting a Workout / Recording Data

NOTE: If the GPS is not active, speed and distance data will not calculate. The only information that will record with the GPS OFF is the total exercise time and lap times. If the HR Transmitter is active, HR data and calories burned will also display.

NOTE: Once you activate the exercise timer, the watch will automatically search for GPS signals. If you prefer to workout with the GPS OFF, simply PRESS & HOLD VIEW for 3 seconds. The prompt (GPS OFF!) will appear in the display.

- PRESS MODE until you enter WORKOUT mode.

START WORKOUT / CAPTURE LAPS:

- PRESS ST / STP to activate the exercise timer.
- PRESS LAP / RESET to capture LAP DATA (the LAP time will appear in the display for 10 seconds).
- PRESS ST / STP to stop or pause the exercise timer, then PRESS & HOLD LAP / RESET to RECORD the exercise data.

Review Stored Exercise Data

NOTE: The data in the first position is the most recently stored run.

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select WORKOUT, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select HISTORY, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to toggle to the desired run.

NOTE: The RUN DATA summary consists of 3 screens. These screens are set to auto-scroll every 5 seconds.

- To VIEW the LAP DATA for the selected RUN, PRESS VIEW.

NOTE: The LAP DATA summary also consists of 3 screens. These screens are set to auto-scroll every 5 seconds.

- PRESS ST / STP or LAP / RESET to toggle through the RUN / LAP data.
- PRESS MODE to return to the Setting Sequence.

NOTE: Comprehensive data will be available for review via the PC Software once the data is uploaded.

Delete Stored Exercise Data

NOTE: IF YOU DELETE DATA FROM THE WATCH BEFORE YOU UPLOAD TO THE PC, ALL INFORMATION WILL BE LOST. ALTERNATELY, YOU CAN 'FAST DELETE' THE DATA FROM THE WATCH VIA THE PC SOFTWARE.

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select WORKOUT, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select DELETE, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select DELETE LAST or DELETE ALL, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select YES / NO, then PRESS VIEW.
- The prompt (DONE!) will appear in the display.
- PRESS MODE until you exit the Setting Sequence.

NAVIGATION MODE

This mode provides useful information related to WAYPOINTS in a PATH.

Setting Navigation Mode Style

There are 3 Navigation Mode Styles - each with a different navigational function.

WAYPOINT: The ACTIVE waypoint is the 'destination.' Select WAYPOINT if you want to travel to a specific waypoint in the active path. Select the ACTIVE waypoint in the GoTo function to mark your destination.

FORWARD: The LAST waypoint is the 'destination.' Select FORWARD if you want to travel to the last waypoint in the active path. Select the NEAREST waypoint in the GoTo function before you start. When the NEAREST waypoint is reached, the watch will navigate to the next waypoint in the active path until the destination (LAST waypoint) is reached.

BACKWARD: The FIRST waypoint is the 'destination.' Select BACKWARD if you want to travel to the first waypoint in the active path. Select the NEAREST waypoint in the GoTo function before you start. When the NEAREST waypoint is reached, the watch will navigate to the next waypoint in the active path until the destination (FIRST waypoint) is reached.

WAYPOINT > FORWARD > BACKWARD

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select NAVIGATION, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select NAVIGATION MODE, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the desired NAVIGATION MODE STYLE, then PRESS VIEW.

Setting Waypoint Radius

The NAVIGATION Mode provides detailed information when you are traveling to a selected waypoint. The remaining distance to the final destination is one key part of the information. The distance selected for the Waypoint Radius will mark your 'arrival' to the final destination (ranging from 50ft - 650ft).

- PRESS ST / STP or LAP / RESET to select WP RADIUS, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the desired RADIUS, then PRESS MODE.

Recording Waypoints

There are 3 ways to record waypoints:

- LAP > WAYPOINT SMART LAP (mentioned earlier)
- INDIVIDUAL WAYPOINT (via watch)
- WAYPOINT (via PC Software)

LAP > WAYPOINT SMART LAP:

BE AWARE: A maximum of 99 WAYPOINTS can be recorded in a PATH. If the WAYPOINT limit is reached during an exercise routine, all excess waypoints will be ignored.

Waypoints stored using LAP > WAYPOINT SMART LAP are automatically recorded based on the SMART LAP DISTANCE. During an exercise routine, a series of waypoints (PATH) will be created every time the SMART LAP DISTANCE is marked. If you want to use this PATH of WAYPOINTS in the NAVIGATION mode, you will need to TURN OFF the LAP > WAYPOINT before NAVIGATION.

INDIVIDUAL WAYPOINT (via watch):

In NAVIGATION mode, PRESS & HOLD LAP / RESET to record a WAYPOINT. A prompt will appear in the display to confirm the waypoint was recorded.

WAYPOINT (via PC Software):

- Run the New Balance 900 GPS PC Software, then CLICK on the PATH tab and enter the PATH MANAGER.
- Select the PATH (highlight) that you want to modify / create and review the MAP. Zoom in / out and move around as needed. Once the MAP displays your desired PATH / WAYPOINT area, you can add waypoints.
- LEFT CLICK one time to mark the first WAYPOINT (a green marker will appear on screen). If you need to move the marker, CLICK & HOLD the marker a drag to the desired position. To rename the WAYPOINT, double-click the green marker until the name prompt appears on screen. Type in the name (only the first 10 characters will display on the watch).
- Continue to create WAYPOINTS until your PATH is complete (99 waypoint maximum), then CLICK 'SAVE PATH.' This will save the PATH to the PC Software.
- To save the path to the watch, attach the watch via charging cable to the computer, then CLICK on the PC > WATCH icon. The prompt will let you know once the data transfer is complete.

Select / Delete a PATH

To select a PATH for NAVIGATION:

- PRESS & HOLD MODE to enter the Setting Sequence.
- PRESS ST / STP or LAP / RESET to select NAVIGATION, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select SELECT PATH, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the desired PATH, then PRESS VIEW.
- The prompt (DONE!) will appear in the display to confirm the selection.

To delete a PATH:

- PRESS ST / STP or LAP / RESET to select DELETE PATH, then PRESS VIEW.
- PRESS ST / STP or LAP / RESET to select the desired PATH, then PRESS VIEW.
- The prompt (DONE!) will appear in the display to confirm the selection.

NOTE: All of the WAYPOINTS recorded for the DELETED PATH will be deleted permanently.

NOTE: Paths can also be deleted via PC Software.

Using Navigation Mode

- Record WAYPOINTS / PATH

(per earlier instruction) and make sure that the GPS has an active signal.

- Select a PATH and a NAVIGATION MODE STYLE (per earlier instruction).

***NOTE: If 'NO WAYPOINT' appears in place of the ACTIVE WAYPOINT DIRECTIONAL ARROW, this either means that the GPS is searching for a signal or no waypoints have been recorded.**

GoTo Location

WAYPOINT > FORWARD > BACKWARD

- PRESS MODE until you enter NAVIGATION mode.
- PRESS VIEW to toggle into WAYPOINT VIEW.

NOTE: The PATH that you selected will display in the middle of the screen.

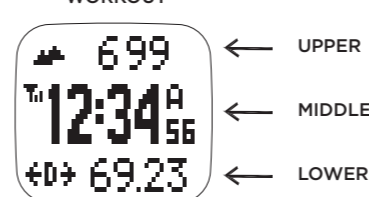
- PRESS ST / STP or LAP / RESET to toggle through the WAYPOINTS, then PRESS VIEW to return to the NAVIGATION screen.
- Follow the ACTIVE WAYPOINT DIRECTION ARROW until the WAYPOINT has been reached.

NOTE: When you reach the WAYPOINT RADIUS, the watch will beep 3 times. The KEY TONE setting must be turned ON for the audible alert to work.

NOTE: To ensure accuracy, make sure the watch is level when reviewing any directional information.

NOTE: PRESS VIEW to toggle between the NAVIGATION and WAYPOINT screens to view the GoTo Location information (speed, time/distance remaining until destination is reached, date/time that the waypoint was created and waypoint coordinates).

WORKOUT



← UPPER

← MIDDLE

← LOWER

DOWNLOAD WATCH DATA: PC INSTRUCTIONS

After you have recorded run data and/or waypoints, you can download your data and track your results with the New Balance 900 GPS PC Software.

PC REQUIREMENTS: Windows XP or newer, minimum 256 MB of RAM; minimum 100 MB of free hard drive space; CD-ROM drive; USB Port.

**** Windows is a registered trademark of Microsoft Corporation in the United States and other countries.**

Install Software

Please install the New Balance 900 GPS software or download from: www.newbalance-watch.com. Once the software has been downloaded, connect the charging cable to your watch and plug into a USB port on your computer. With the watch connected to the computer, open (run) the PC software.

Set Up User Name and Login

Upon entering the PC Software, you will be prompted to create a USER NAME and LOGIN.

- CLICK the ADD button and type your USER NAME.
- CLICK LOGIN to advance into the software system.



Click through the TABS to familiarize yourself with the PC Software:

FILE > VIEW > USER > DATA TRANSFER > PATH > SETTING > HELP

NOTE: Multiple USERS can share the same PC software system. To ADD users or SWITCH users, CLICK on the USER tab and select accordingly.

Download Watch Data

Transfer the watch data to the PC Software via the DATA TRANSFER TAB.

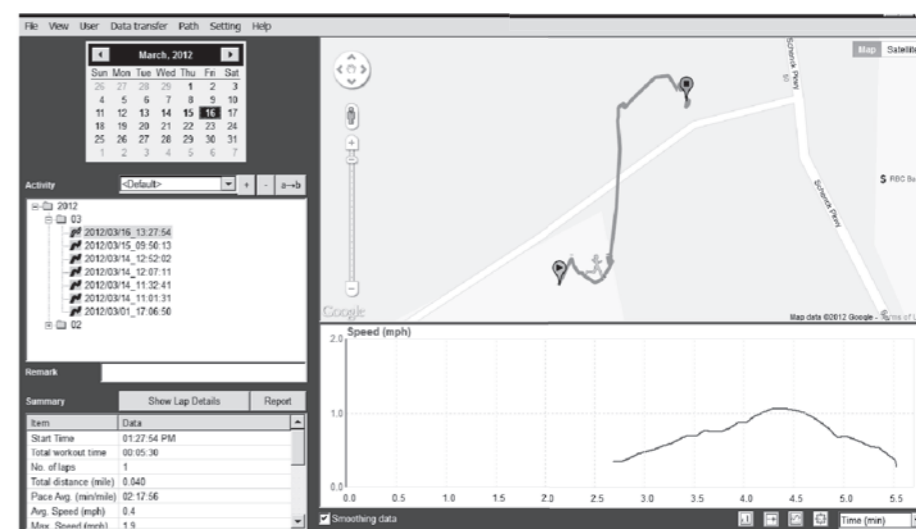
- CLICK on DATA TRANSFER, then CLICK on RECEIVE WATCH DATA.

The watch will transmit your data into the software system. Once the watch data has fully downloaded, the DATA TRANSFER box will disappear from the screen.

All WORKOUT DATA will appear in the screen for review and process tracking. The MAP will show the route of your exercise routine and pertinent exercise data will display in the graphs and charts.

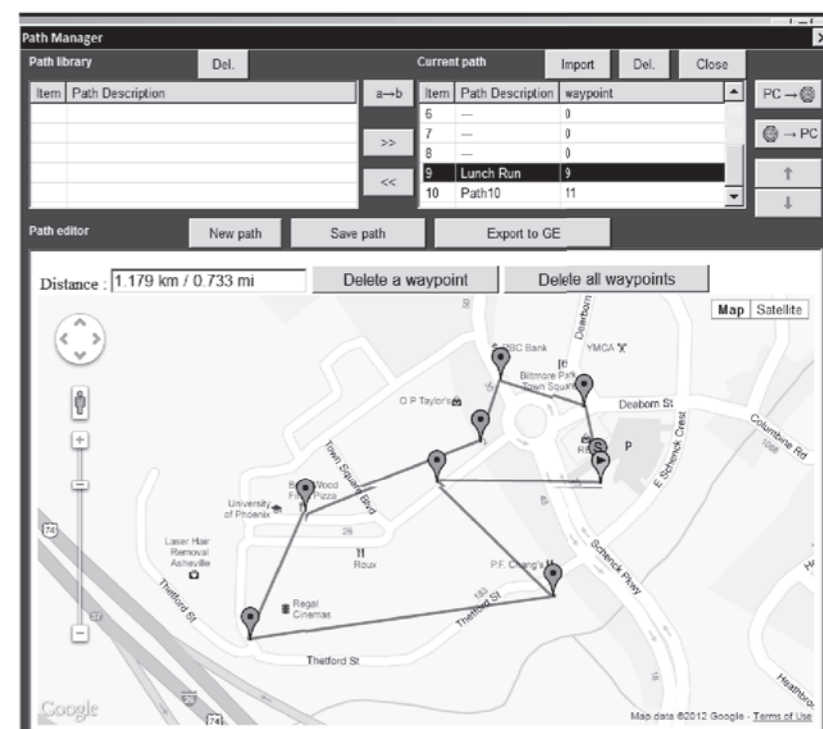
To view LAP DETAILS, CLICK on the SHOW LAP DETAILS TAB.

To view COMPARATIVE exercise data for the WEEK, MONTH, YEAR, CLICK on the REPORT TAB.



Path Manager

As mentioned earlier, you can create, delete and rename PATHS and WAYPOINTS via the PATH MANAGER tab. If you create PATHS or WAYPOINTS via the PATH MANAGER tab, REMEMBER to CLICK on the PC > WATCH BUTTON.



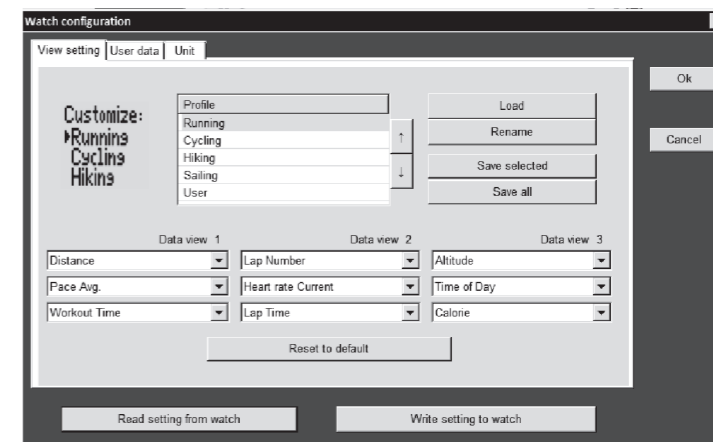
Setting Manager

As mentioned earlier, you can revise the WATCH PROFILES (displays), some USER INFORMATION and UNITS OF MEASURE via the SETTING MANAGER tab.

- CLICK on DATA TRANSFER, then CLICK on RECEIVE WATCH DATA.

VIEW SETTING > USER DATA > UNIT

- Revise all data as needed, then PRESS WRITE SETTING TO WATCH.



SETTING TAB > OPTIONS: Review the software OPTIONS and set accordingly.

NOTE: If you activate the AUTO-CLEAR MEMORY box, this prompts the software to DELETE all WORKOUT DATA from your watch upon DATA TRANSFER. This is not recommended until you are comfortable using both the watch and PC software.

For more details on the New Balance 900 GPS and the PC software system, please visit our website: www.newbalance-watch.com.



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