Training Gym Pro
Instruction Manual

Version 1.2.9

The instruction manual uses for version 1.2.9 or later.

Table of Content

1. How To Install PC Software Application

1.1 Installing the USB driver

<u>For GH-625</u>:

The USB driver is required to recognize your device via USB when it is connected to your PC.

1. Insert the CD into the CD-ROM drive, and the Auto-run will begin.
2. Select the appropriated driver base on your system to install driver to your PC.
3. Follow the instructions to complete the installation.

To check Computer Management＞Device Manager, you may see the Virtual COM port has been detected while the device was plugged in.

<u>For Others:</u>

1. Insert the CD into the CD-ROM drive, and the Auto-run will begin.
2. Click on the "GS-Sport Training Gym Pro" to install driver to your PC.
3. Follow the on-screen instructions to complete the installation.
➢ Step 1 : Use auto-run to install the USB driver or select the installation file from the CD-ROM
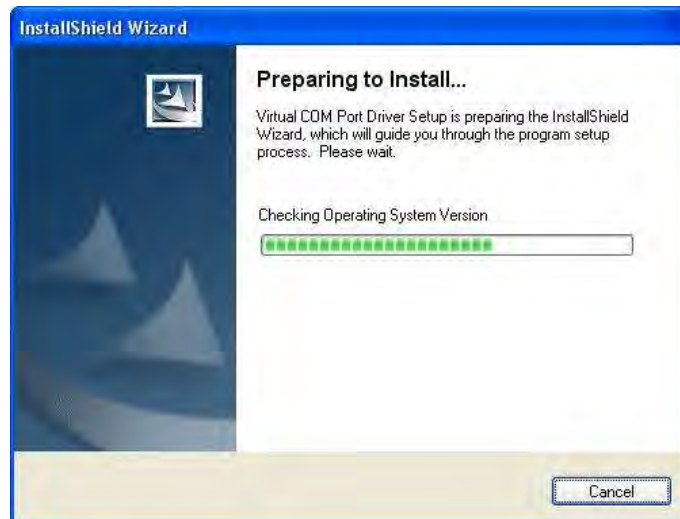
➢   Step 2: Connect the device to your PC and follow the instructions below circled in red.

"Please, connect your device, the "Found New Hardware Wizard" window will pop up; cancel it to ignore automatic hardware installation."
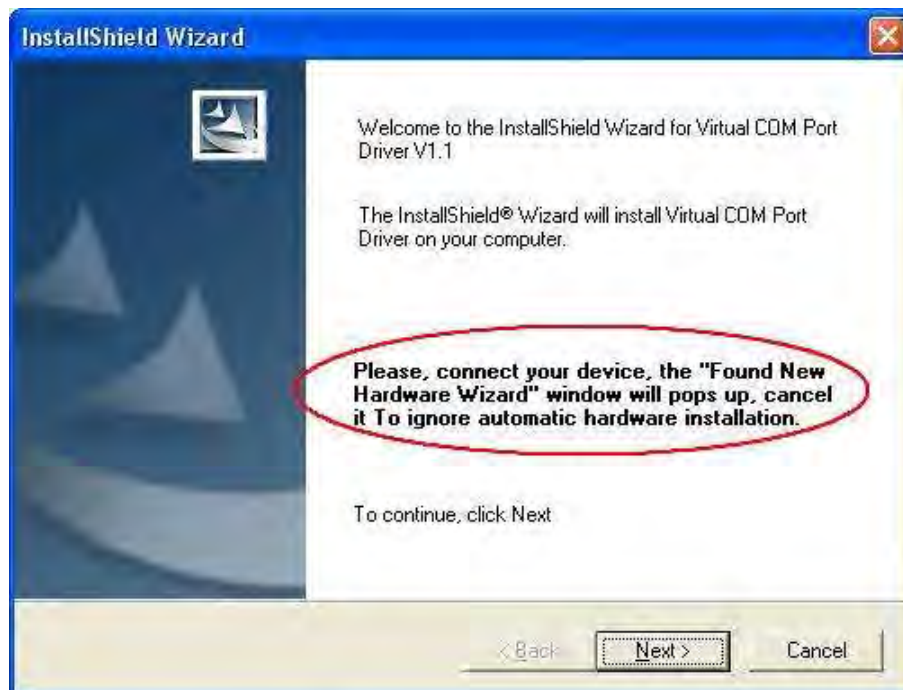
➢ Step 3: The USB driver installation has been accomplished.

To check Computer Management＞Device Manager, you may see the STM Virtual COM port has been detected.

1.2 Installing the Training Gym Pro

- Install Framework v2.0 or above

To check the Microsoft Framework version in your system go to: ''Control Panel > Add/Remove Programs''

Note: Originally, the Framework version in Windows XP SP2, SP3 and Vista or above should be version 2.0.

- Installing the GS-Sport Training Gym Pro

Use auto-run to install GS-Sport Training Gym Pro or select the installation file from the CD-ROM.

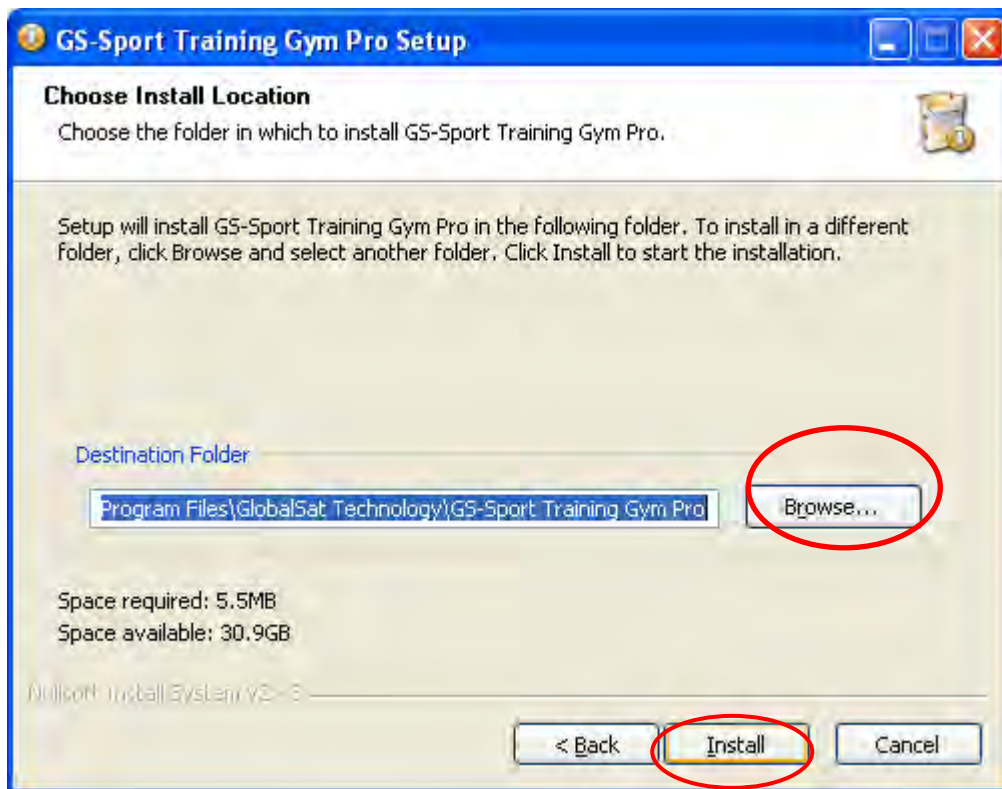➢ Step 1**:** Click Setup.exe to install the Training Gym Pro.
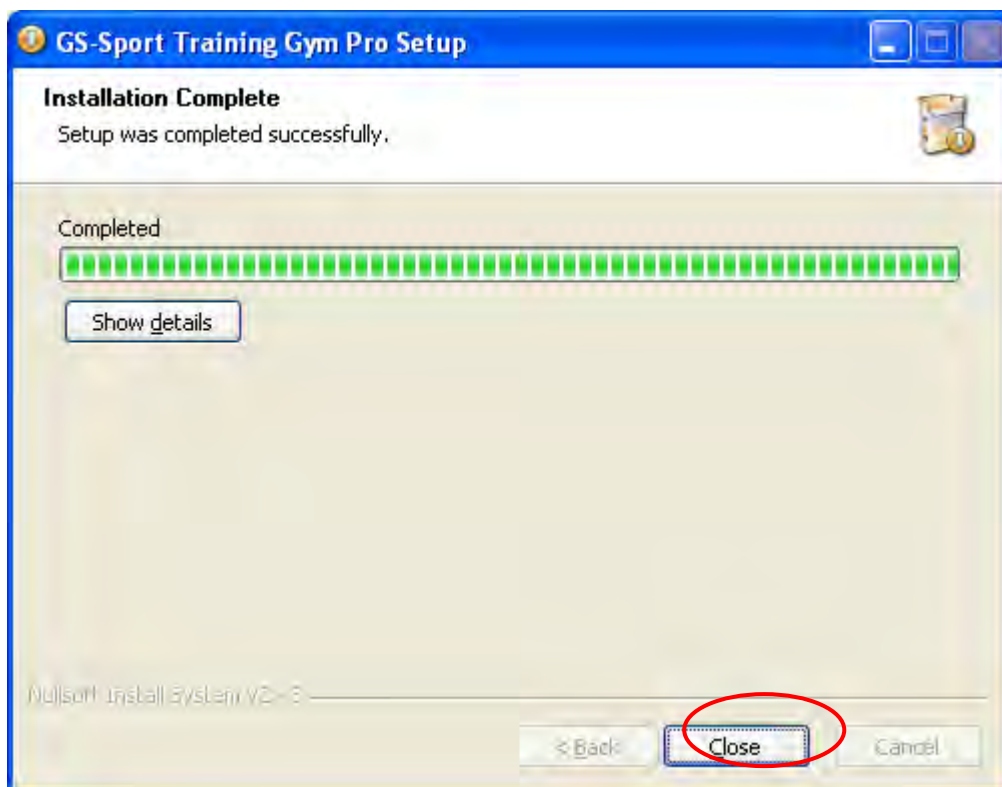

➢ Step 2 : Choose language

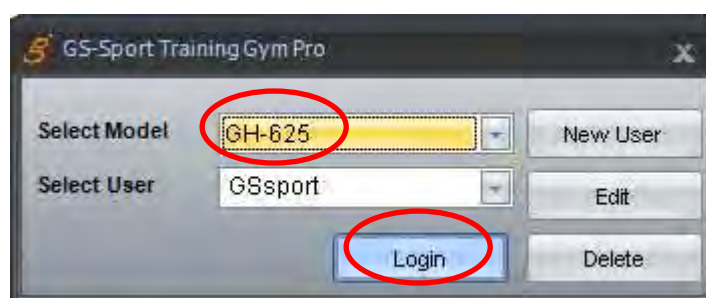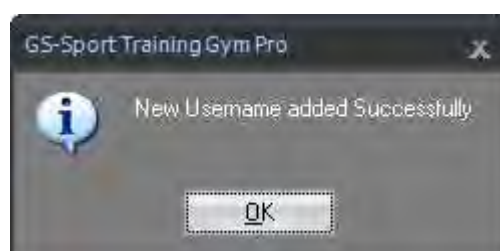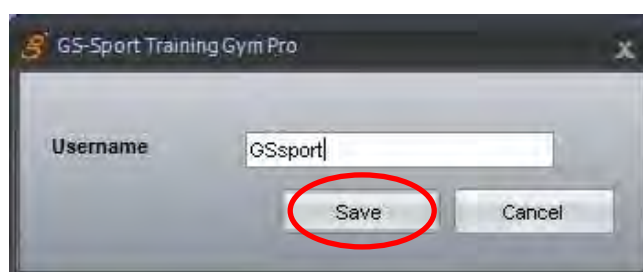➢ Step 3 : Press ''OK''

➢ Step 4 : Press ''Install''

➢   Step 5: Installation process and press "close" to enter the Training Gym Pro application.

➢   Step 6 The software will execute and connect the database automatically.

➢ Step 7: Create a user account and select model.

Note: Please base on your device type to select Model before use.

➢ Step 8 : The process bar will detect connection via the USB cable.(please connect USB cable and device before open the software for application detecting the com port)

2. Running GS-Sport Training Gym Pro Application

You can run the GS-Sport Training Gym Pro by double clicking on the " GS-Sport Training Gym Pro " short-cut icon from desktop. Or go to **Start** > **All Programs** > **GlobalSat GS-Sport** > **GS-Sport Training Gym Pro.**

GS-Sport Training Gym Pro.exe

# 3. PC Software Application Introduction

3.1 System Requirement

For better performance, the following system requirements are recommended for GS-Sport Training Gym Pro:

- CPU: Pentium III Processor or higher.
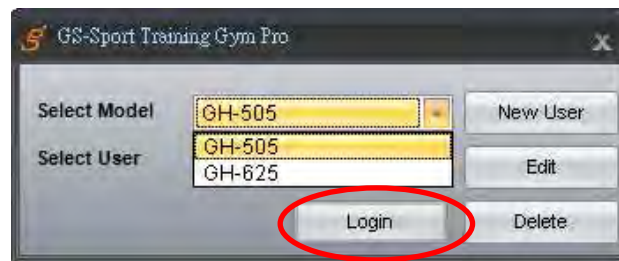- At least 512 MB of RAM

- Windows XP or Vista

- Internet Explorer 6.0 or higher

- Framework 2.0 or higher

3.2 How to Create/Login Software

- You should have been prompted to create a user name when you installed the software
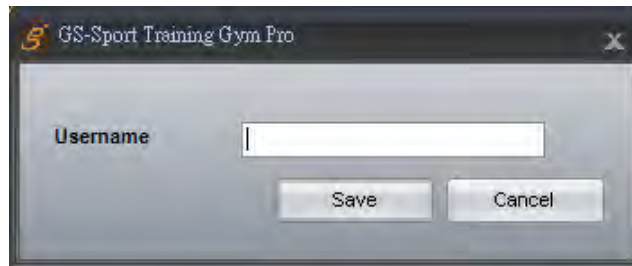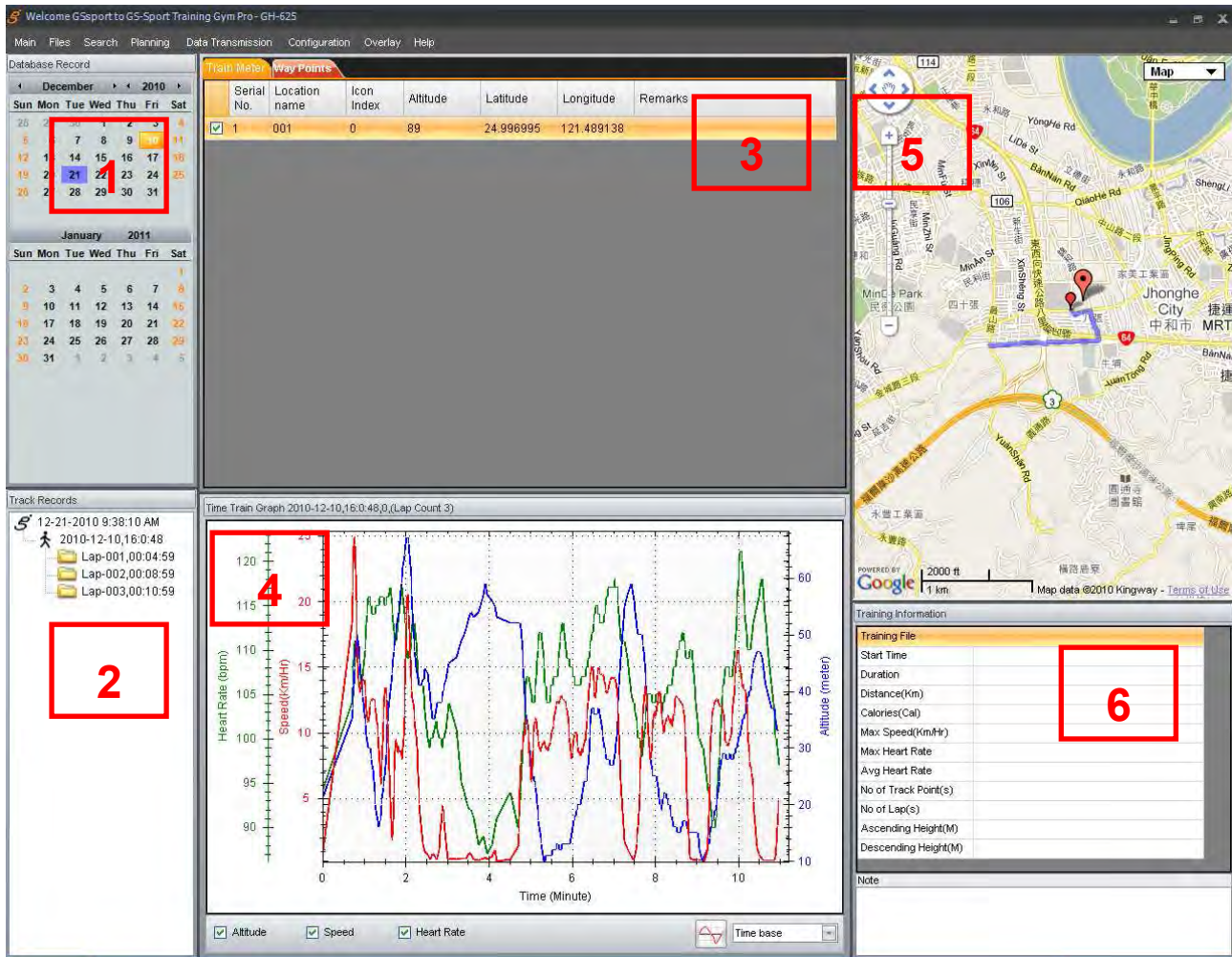

- Login

- GS-Sport Training Gym Pro software

Note:

1. You can create other user names to login and import backup database as well.

2. Please be sure that you are connected to the Internet before the software is opened

3.3 Section Description of Training Gym Pro

No.	Description		
1	Training database saved by calendar		
2	Track record	🚶 Sport Type : Walking	
		🥾 Sport Type : Hiking	
		🏃 Sport Type : Running	
		🚴 Sport Type : Biking	
		🕐 By Time	
3	Train meter, table list for record and waypoints		
4	Statistics Analysis Chart	Attitude graph	
		Speed graph	
		Heart rate graph	
		Smooth curve	
		RPM (Available for GH-505)	

5	Maps	Google Maps(satellite, terrain, hybrid)
		Open Street Map (Cycle Maps)
		Open Street Map (Mapnik Maps)
		Open Street Map (Osmarender Maps)
6	Training Records Information	

3.4 Menu Structure of Training Gym Pro

Main	Import Activity	Import training data
	Export Activity	Export training data
	Capture Google Map	Capture current Google Map window as **JPG** or **BMP** format
	Show on Google Map	Show Training data on Google Map.
	Show on Google Earth	Show Training data on Google Earth. You can see the training data which be selected on google earth.
	Log out	Log out and use another username
	Exit	Exit Training Gym Pro software
Files	Open	Open file (support **gpx**, **kml** format)
	Save	Save file (support **gpx**, **kml** format))
Search Data	Search by Date	Search records from database by selecting "start date" and "End date"
	Search by Sport	Search records from database by selecting "start date" and "End date"
Planning	Add address to create waypoints	
Data Transmission	Track Points	Download from device
		Upload from device
		Delete all from device
	Way Points	Download from device
		Upload from device
		Delete all from device
Configuration	Com port Setting	Device Com port setting
	Device Configuration	Edit or modify your device information.
	Firmware Upgrade	Upgrade the latest firmware

		Metric
	Unit Exchange	Mile system
		Nautical
		English
		Chinese
		Spanish
	Language	German
		Italian
		French
		Japanese
Overlap	Time base Distance base	Altitude
		Speed
		Heart Rate
		Pace
Help	About GS-Sport	GS-Sport introduction
	About US	The team information

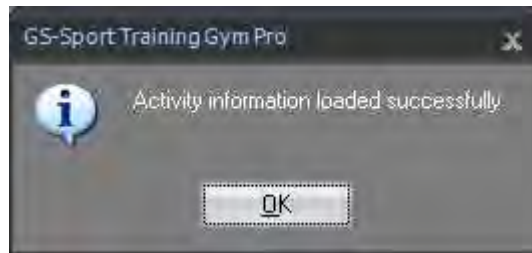# 4. PC Software Application

4.1 Main Menu

4.1-1 Import Activity

In GS-Sport Training Gym Pro, click *[Main] > [Import Activity]*

You can import any serial of GSsport Training Gym to Training Gym Pro software

● Select the .act file of training data and then click" Open"
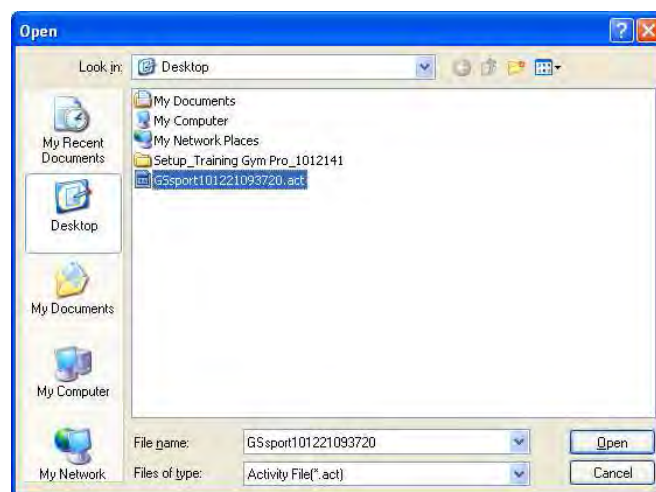
● Will pop a message when activity information be loaded successfully.

● The listed of loaded activity information showed on left bottom of column
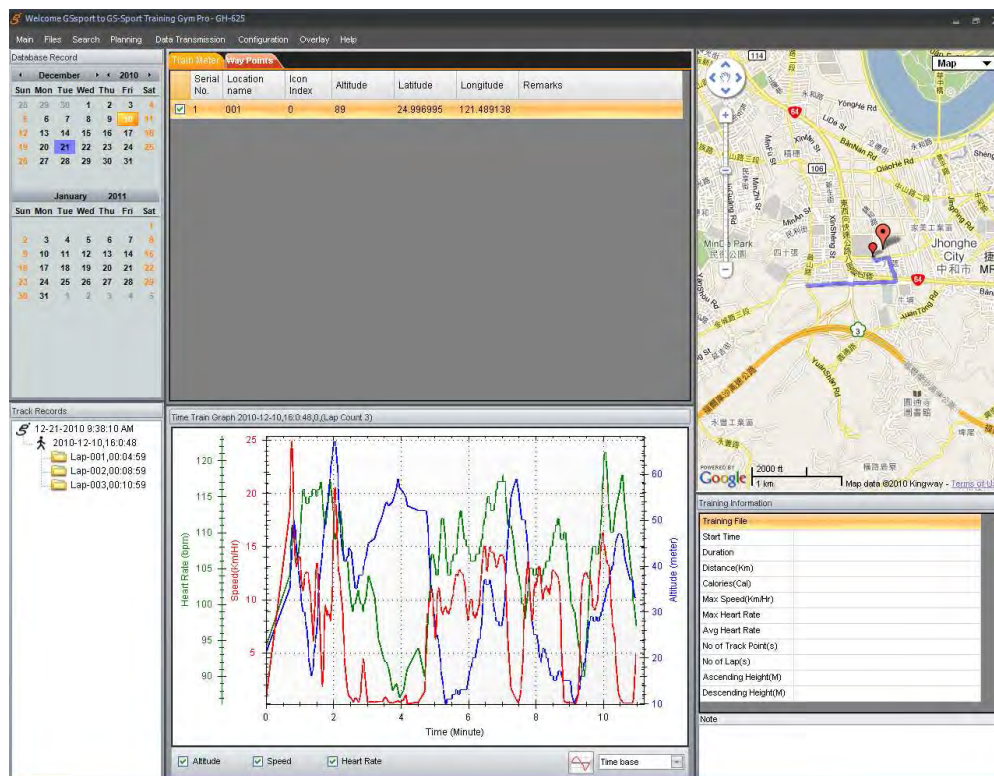
4.1-2 Export Activity

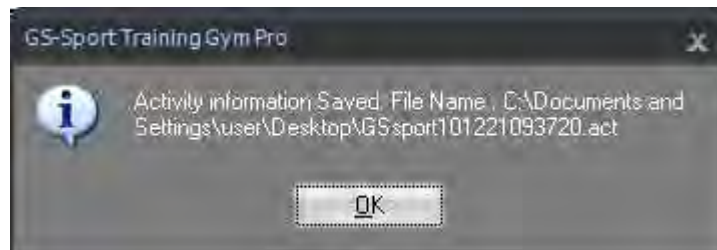In GS-Sport Training Gym Pro, click *[Main] > [Export Activity]*

● Choose a training file you want to save name it on note column.
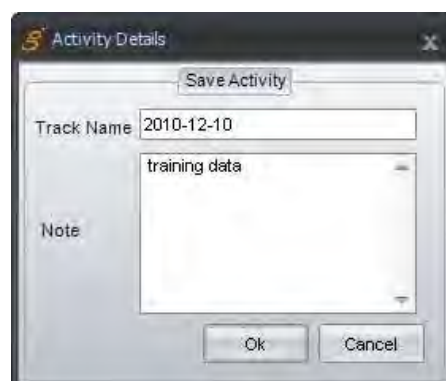
● To Save it.
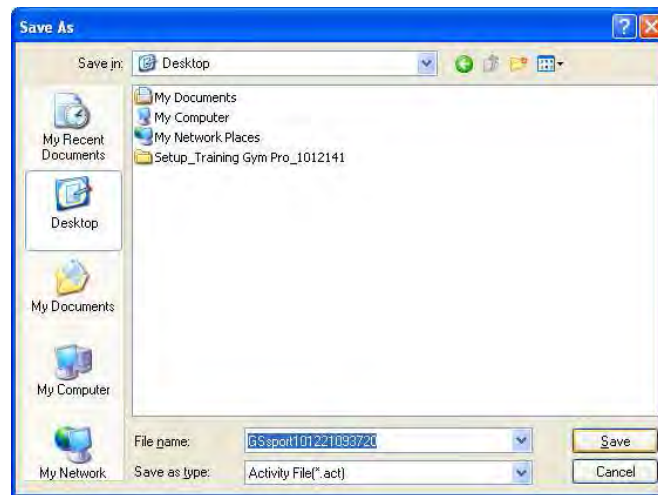
- Will pop a message to let you know the file name and file be saved.

4.1-3 Capture Google Map

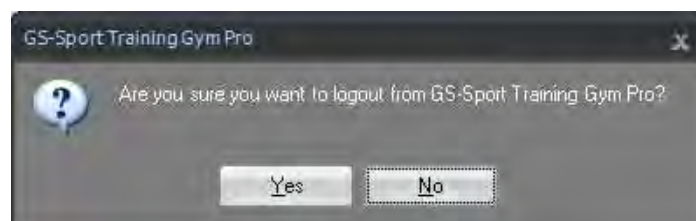Capture current Google map window and save it as JPG format

4.1-4 Show on Google Map

Show the trained information on Google map directly.

4.1-5 Show on Google Earth

Show the training data on Google earth directly(please download google earth in advance)

4.1-6 Log Out

You can log application out and change other username to login.

4.1-7 Exit

When you click the exit, system will exit the software.
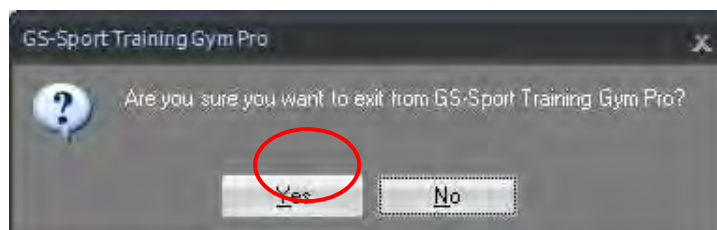
4.2 File Menu

4.2-1 Open

Choose the several kind of log file you want to load into Training Gym Pro software besides, it supports KML, GPX, CSV, NMEA, TXT format.

4.2-2 Save

Choose the file from data base you want to save it. Right now it supports KML, GPX, CSV, NMEA, TXT format.

4.3 Search Menu

4.3-1 Search by date

Check ''search by date '' and select the period of date to get completely training information.
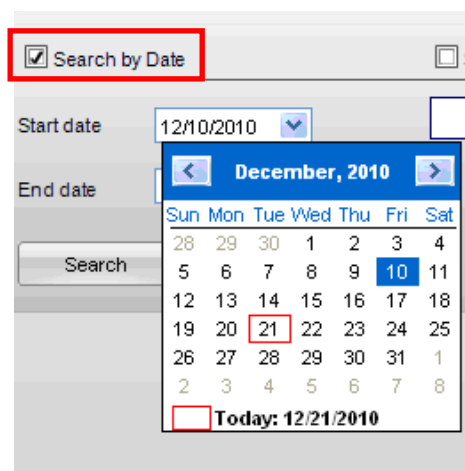
4.3-2 Search by sport type

You can seek the sport you interest by search by sport types

- Check ''Search by date'' or 'Search by sport'' to find the training data. Or select both at the same time to find accuracy data
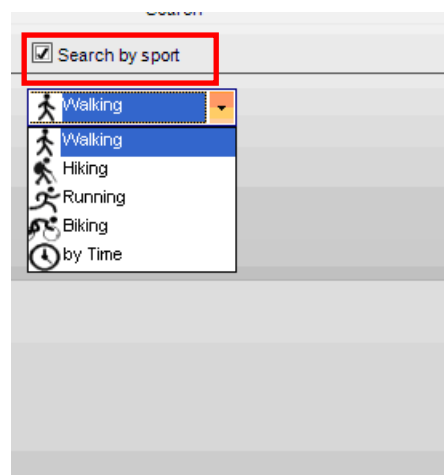
● The completely training information will still show on the left bottom of column..
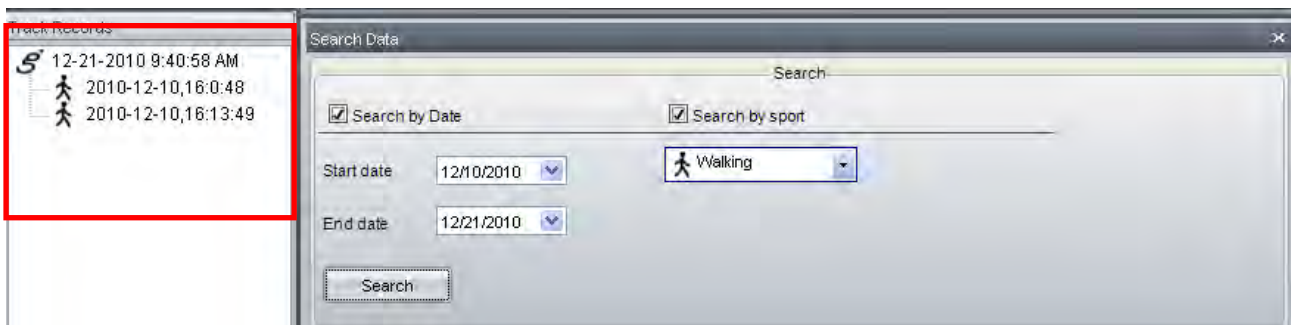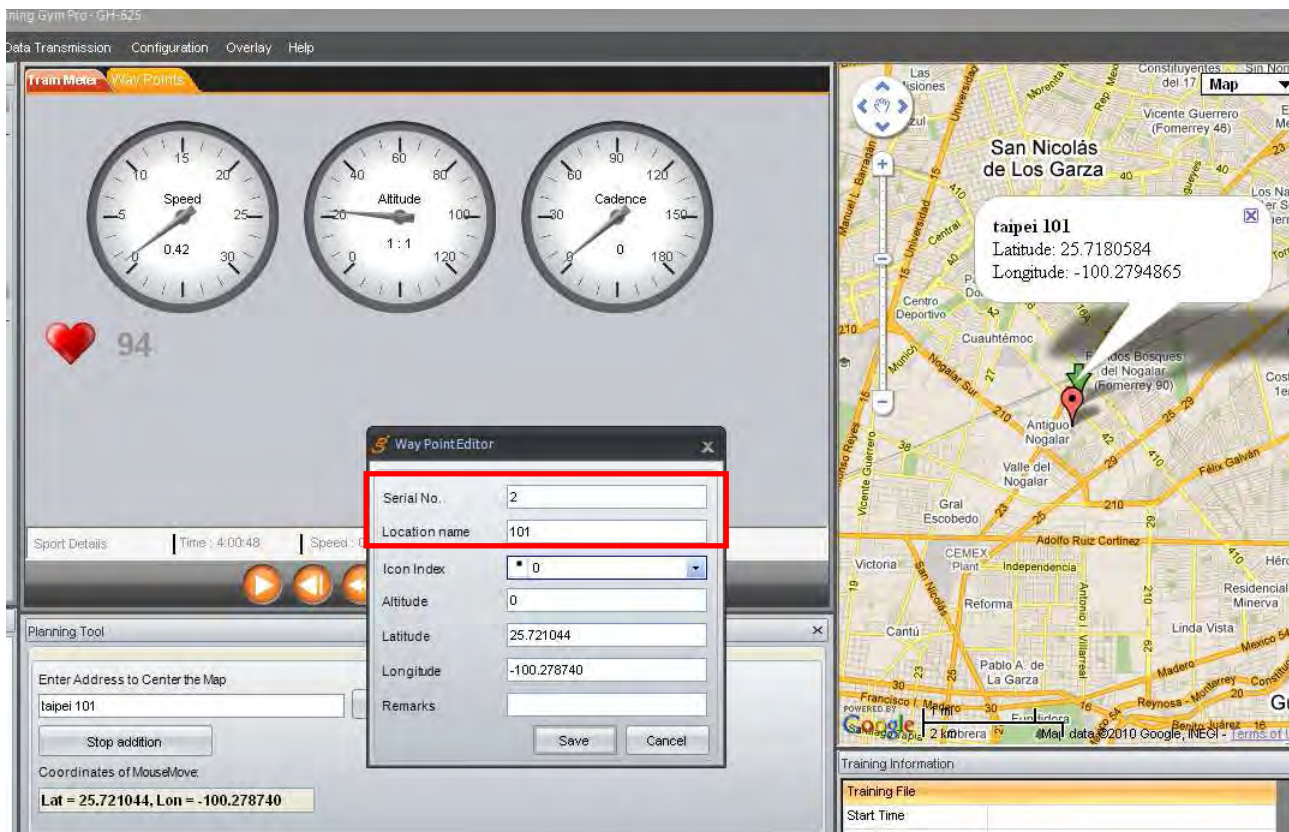

4.4 Planning Menu

You can plan your waypoints or finding somewhere through Planning Menu.

● Please enter a address or a name then press search
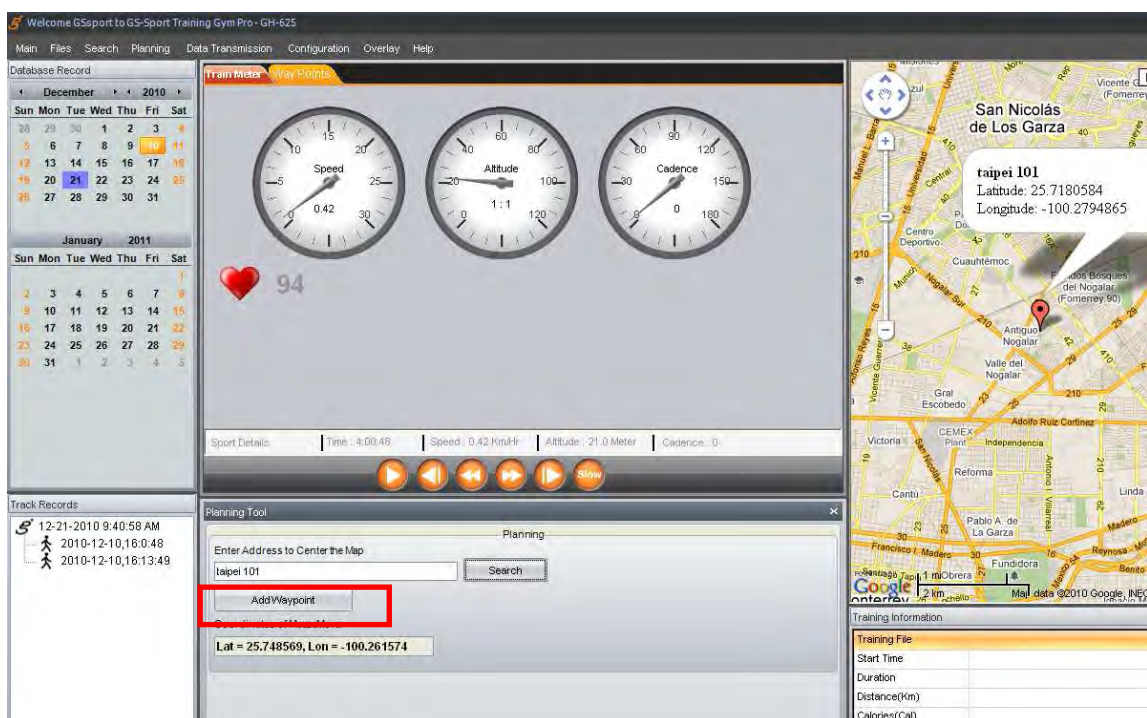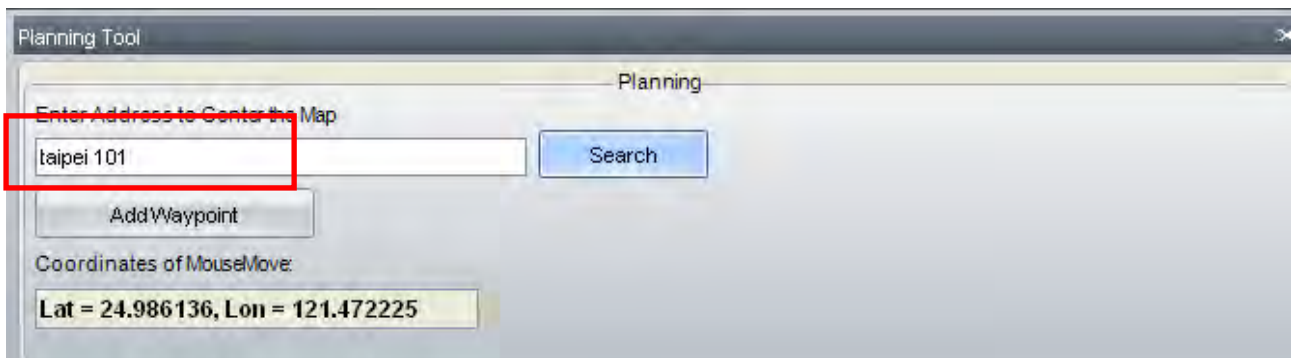
- Add the waypoint on Google map then name it (limitation 6 characters) and save it. And The map will show every waypoint you just added.
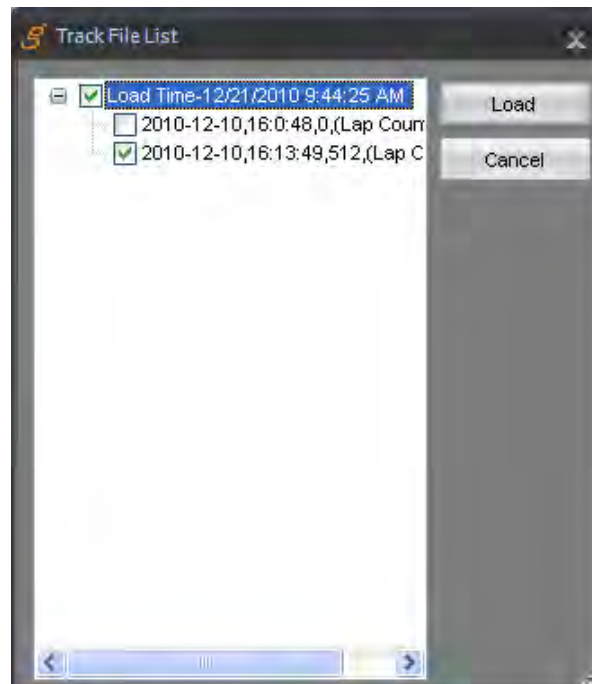
4.5 Data Transmission Menu

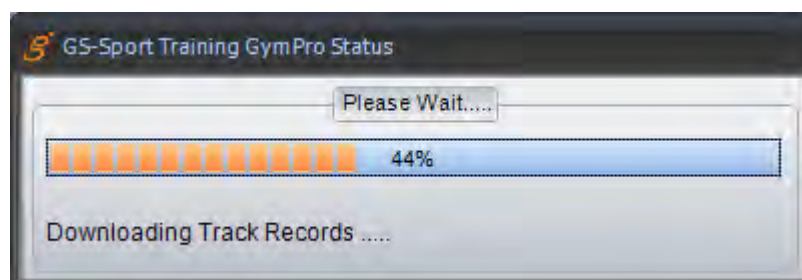## 4.5-1 Track Point

4.5-1.1 Download from device

- When you click [Data Transmission] > [Track Point] > [Download from device], the system will search device and the progress bar shows as below
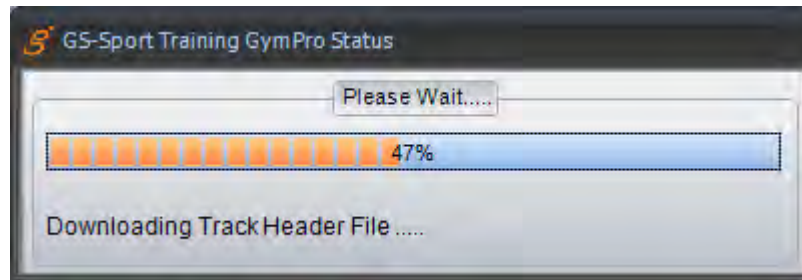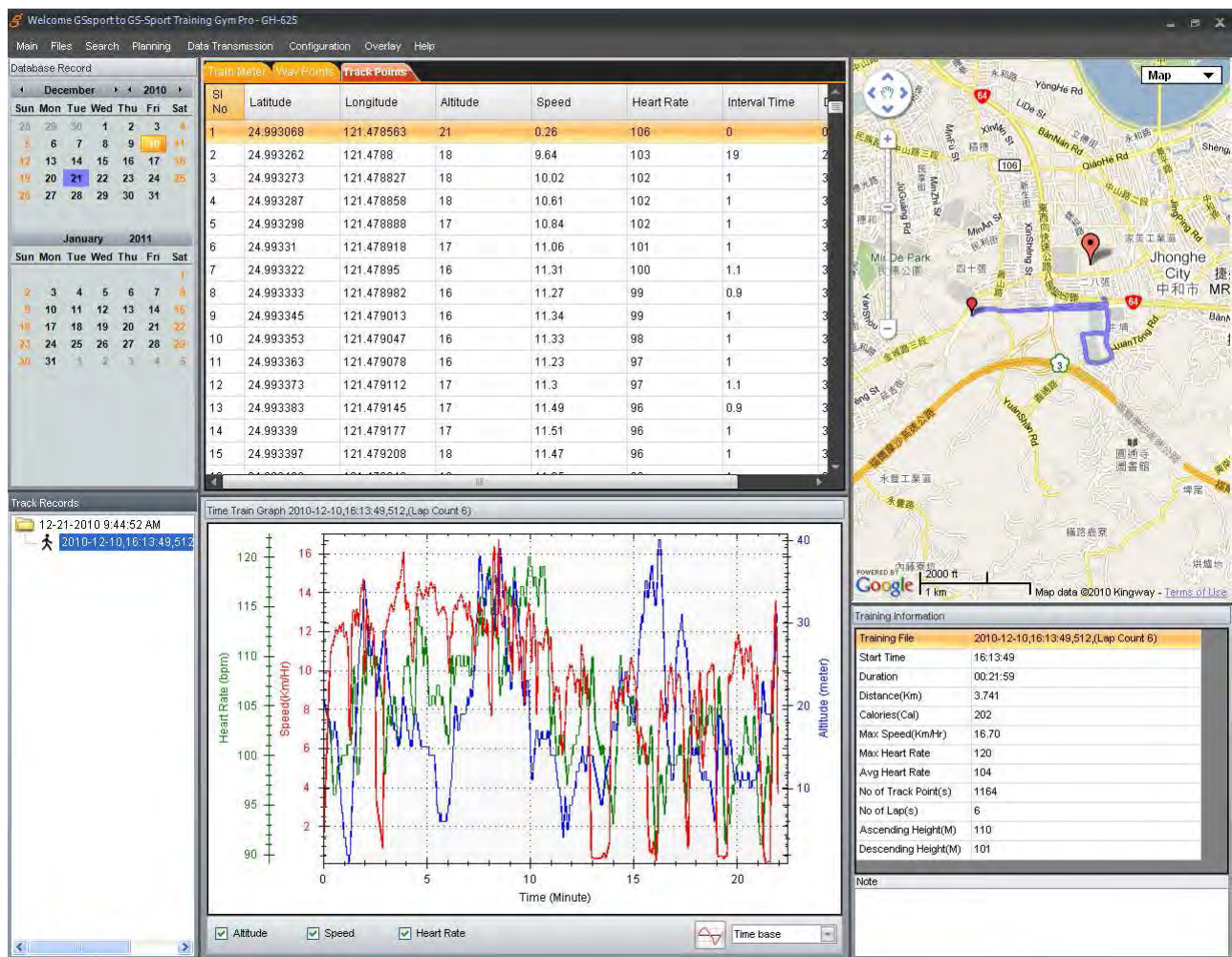
- All list of training data will show.

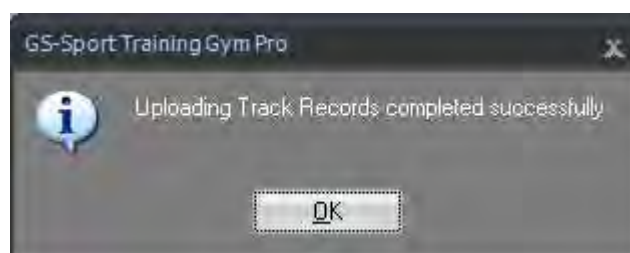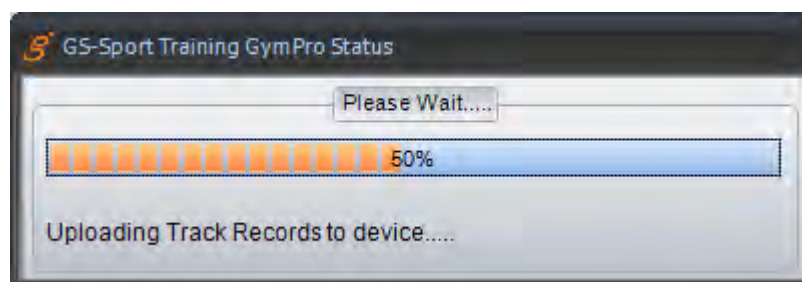

- Download training data progressing bar

- Training data and statistics will show on left column after downloaded from device

4.5-1.2 Upload to device

● You can click [Data Transmission] > [Track Point] > [Upload to device] to select your specific file to transfer to device.
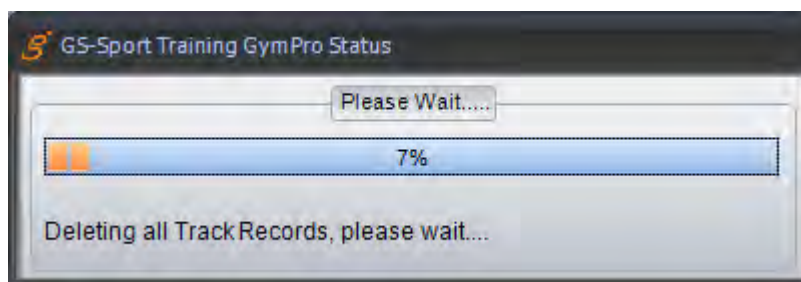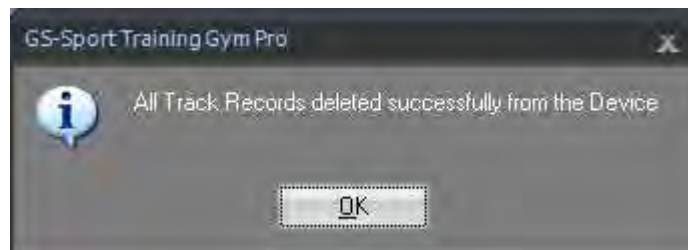
4.5-1.3 Delete all from device

● When you click [Data Transmission] > [Track Point] > [Delete all from device] will pop a message to double confirm as are you sure you want to delete all Track Record from device. Click "Yes"
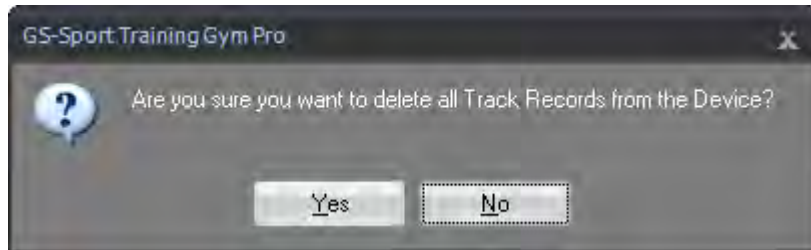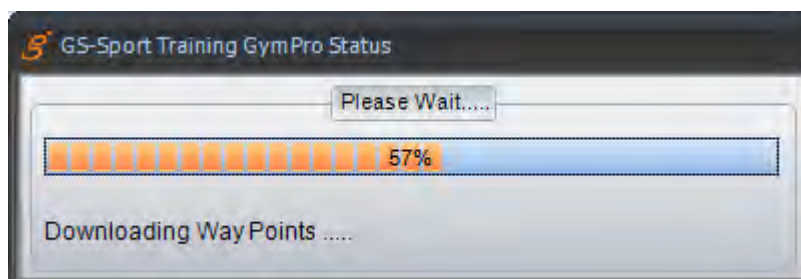

● Start to delete all data from device

● All Track Records deleted successfully from the device.
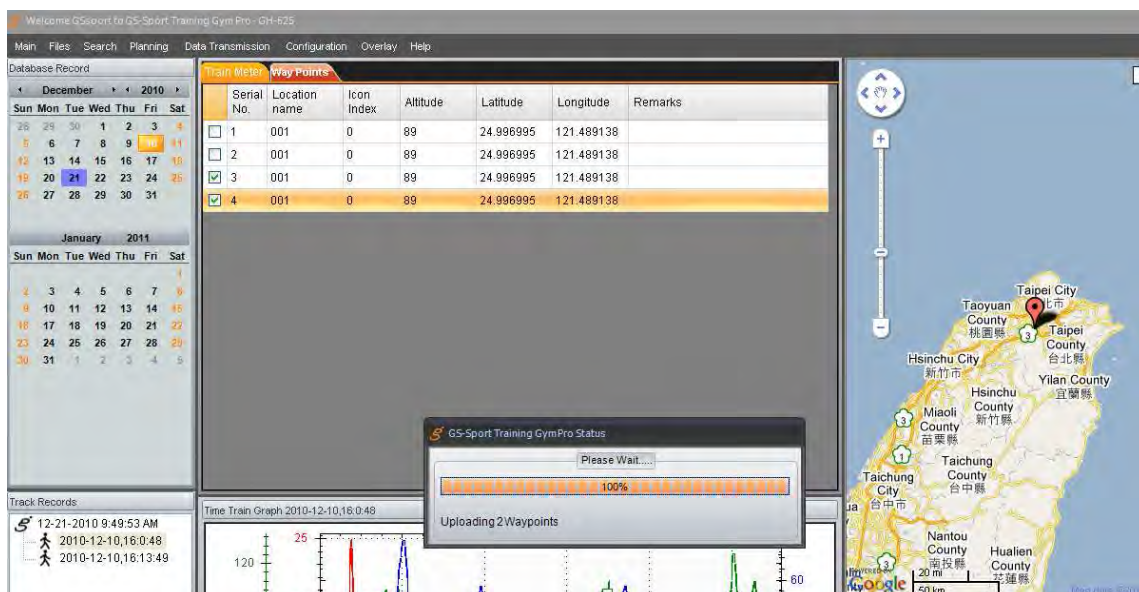

4.5-2 Waypoint

4.5-2.1 Download from device

● You can click [Data Transmission] > [Waypoint] > [Download from device], to download waypoints from device to PC Software.

● All list of waypoint will transmitting directly and show on the top column.
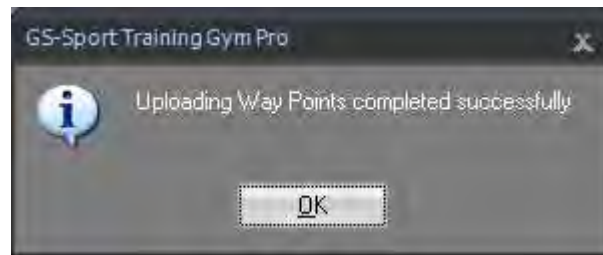
4.5-2.2 Upload to device

- You can click [Data Transmission] > [Waypoint] > [Upload to Device] to transfer waypoints from PC Software to device.
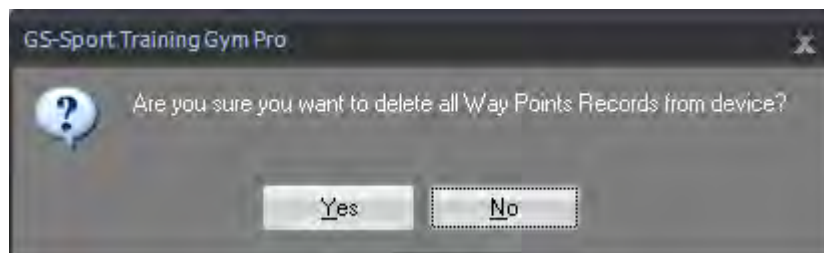- Select the waypoint you want to transmit to device.

- Uploading waypoint completed successfully when finished.

4.5-2.3 Delete all from device

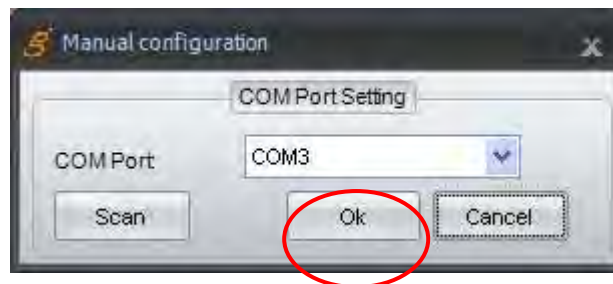- You can click [Data Transmission] > [Waypoint] > [Delete all from device] to delete the all waypoints of device.
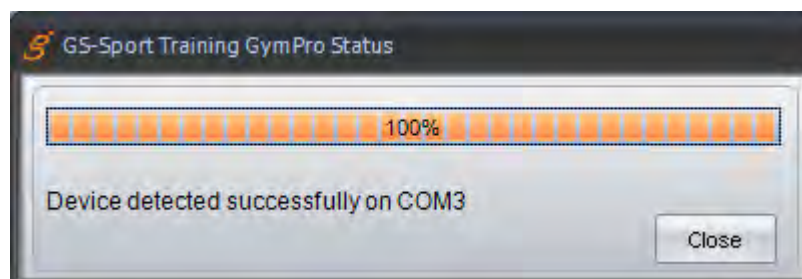

4.6 Configuration Menu

4.6-1 Com Port Setting

You can scan COM port to build synchronization between device and computer.

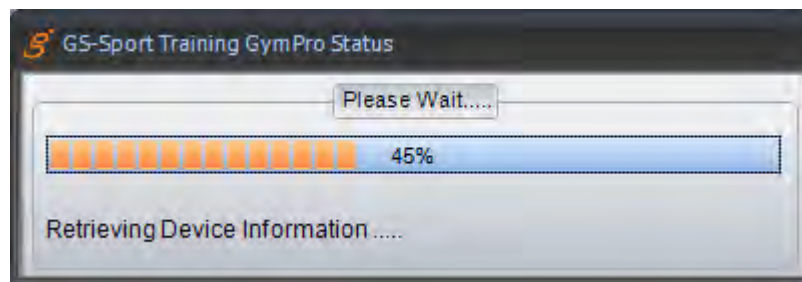- Please scan the comport before your start uploading or download data to device

- Comport scan finished

4.6-2 Device Configuration

● The application will retrieve device information and all configurations. And you also can configure them.

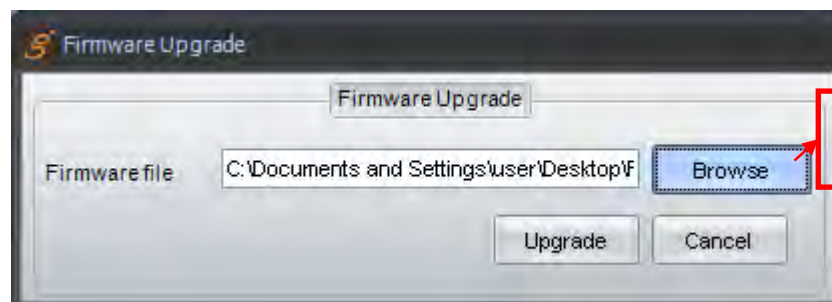You can save the configuration as a log file or direct to configure device.

Note: There is something difference of configuration items base on different Model.
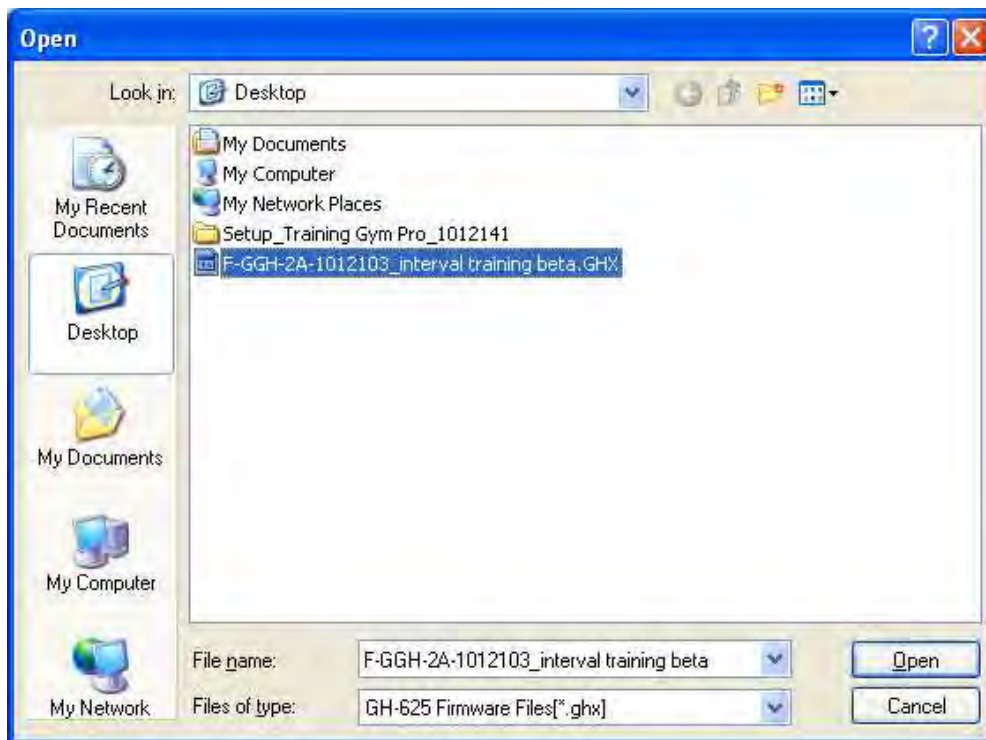
4.6-3 Firmware Upgrade

You can update your firmware of device by using this item.

● Click "Browse" to select the latest firmware file (*.ghd) to upgrade.
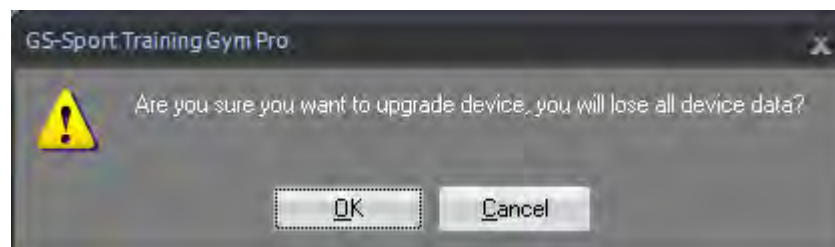

● To select the firmware version and open it

- Press Update to get new firmware

Step :2
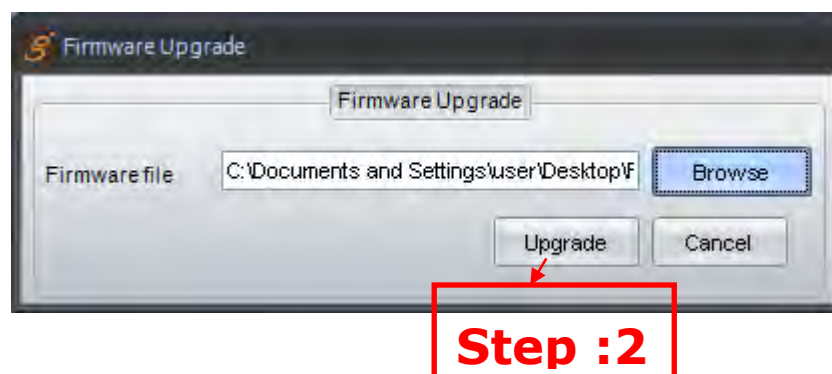
- Are you sure you want to update device, you wil lose all device data , Press OK

(If you need save old data of device, please save it before you update new firmware)

4.6-4 Unit Exchange

There are three measurement units for selection. (Metric, Mile system, Nautical)

4.6-5 Language

There are English, Chinese, Spanish, German, Italian, French and Japanese languages for selection.

Once you chose a language, the Training Gym Pro will change accordingly.

4.7 Overlay

To get comparison with multiple records, you can use Overlay to get start.

Click Overlay to active the control window and select data folder you interest to make comparison.
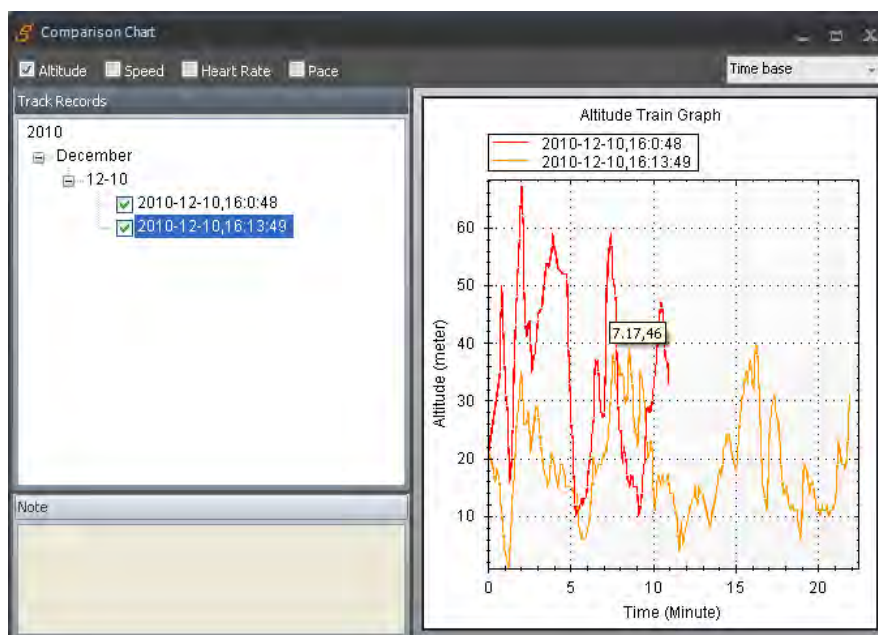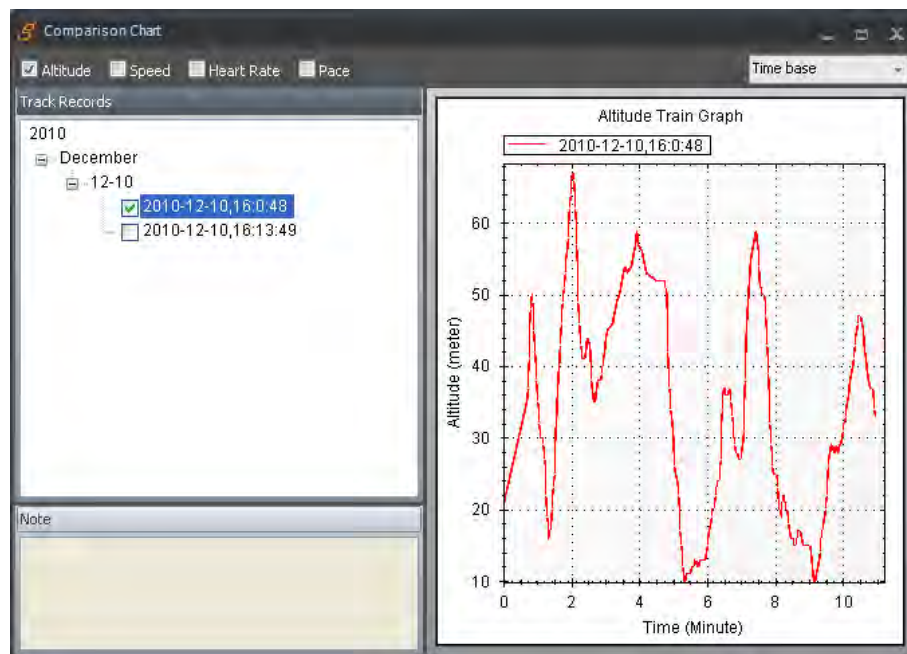
4.8 Help Menu

4.8-1 About GS-Sport

You will see the version of Training Gym Pro.

4.8-2 About Us

Will connect to GS-Sport website directly: www.gs-sport.com.tw

5. Map types

There are two main popular webpage instant Map available in Training Gym Pro software. Google map and Open Street Map which includes Cycle map, Mapnik map, Osmarender Map:

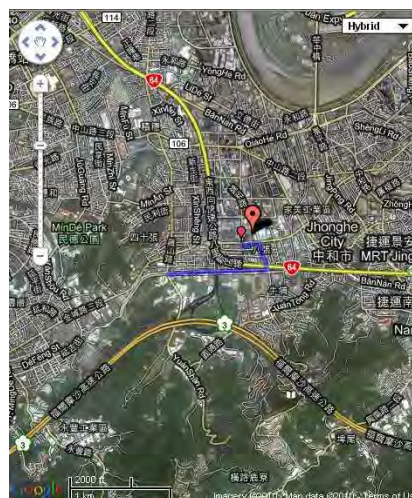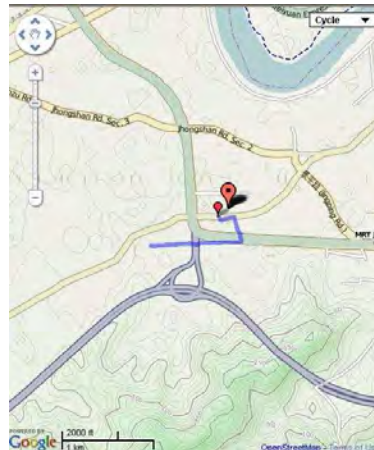# 5.1 Google Map (Google Map)

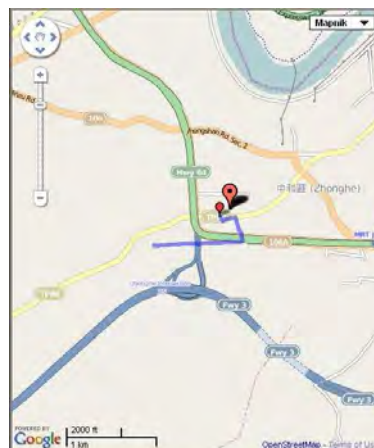# 5.2 Satellite Map (Google Map)

5.3 Terrain Map (Open Street Map)

5.4 Hybrid Map (Open Street Map)

5.5 Cycle Map (Open Street Map)

5.6 Mapnik Map (Open Street Map)

5.7 Osmarender Map (Open Street Map)

6. Troubleshooting & FAQ

1. Why does it show "PC com port error" when I download data?

Solution:

    (1). Please check if the USB driver is installed or not.

    (2). Please check the USB driver supports your system or not.

    (3). Connect to your PC with the USB cable.

    (4). Double click the "GS-Sport Training GYM Pro" icon from desktop to start the application.

    (5). From menu bar click "Configurations", and click "Scan COM Port" button. COM port will be automatically scanned.

2. How do I backup the data base from Training Gym Pro?

Solution:

Right Now Training Gym Pro uses XML data base system. It is easy to get the data base. You can find it in :

C:\Program Files\GlobalSat Technology\GS-Sport Training Gym Pro\Data

And copy the folders and then uninstall the Training Gym Pro.

FCC Notices

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.

FCC RF Exposure requirements:

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

NOTE: THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.