



Sport Performance Recorder

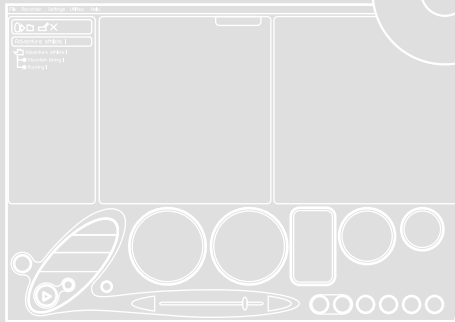
QUICK MANUAL

ADDICTION  
ACTIVATED

## CONGRATULATIONS ON YOUR DECISION

to become the owner of the **FRWD** Sport Performance Recorder.

The following information helps You to get started with the **FRWD** sports experience.





# THE PUSH AND GO

The **FRWD** Sport Performance Recorder is used for recording and replaying outdoor sport performances.

The **FRWD** Sport Performance Recorder consists of a **FRWD** Recorder Unit worn at the upper left arm and the **FRWD** Replayer PC-software. A Heart Rate Transmitter Belt is also needed.

During the sport performance the GPS-based route, speed & distance, heart rate, altitude and climate information is recorded every second and permanently stored into the **FRWD** Recorder Unit.

After the activity the recorded performance is first downloaded and then replayed, analyzed and compared by using the **FRWD** Replayer PC-Software. The software enables a comprehensive analysis with a variety of features, such as animated 3D-graphics and possibility to compare performances in the race-mode.

Browse through this Quick Manual for quick recording and replaying instructions and an overview of the product usage and its most common features.

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**PACKAGE  
CONTAINS**



**FRWD** Recorder Unit



Arm Strap



**FRWD** Replayer PC-Software CD



Quick Manual



Heart Rate Transmitter Belt  
[Not included in FRWD 0200]



Data Transfer Cable



Battery Charger (240 V AC)  
with four re-chargeable batteries  
[In FRWD 0200 replaced with two AA-batteries]



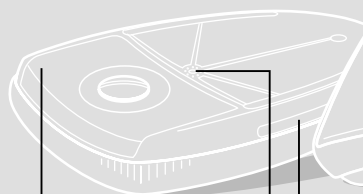
Unit Storage Bag

## **FRWD** Recorder Unit

RECORDER KEY

GPS STATUS INDICATOR LED

HEART RATE INDICATOR LED

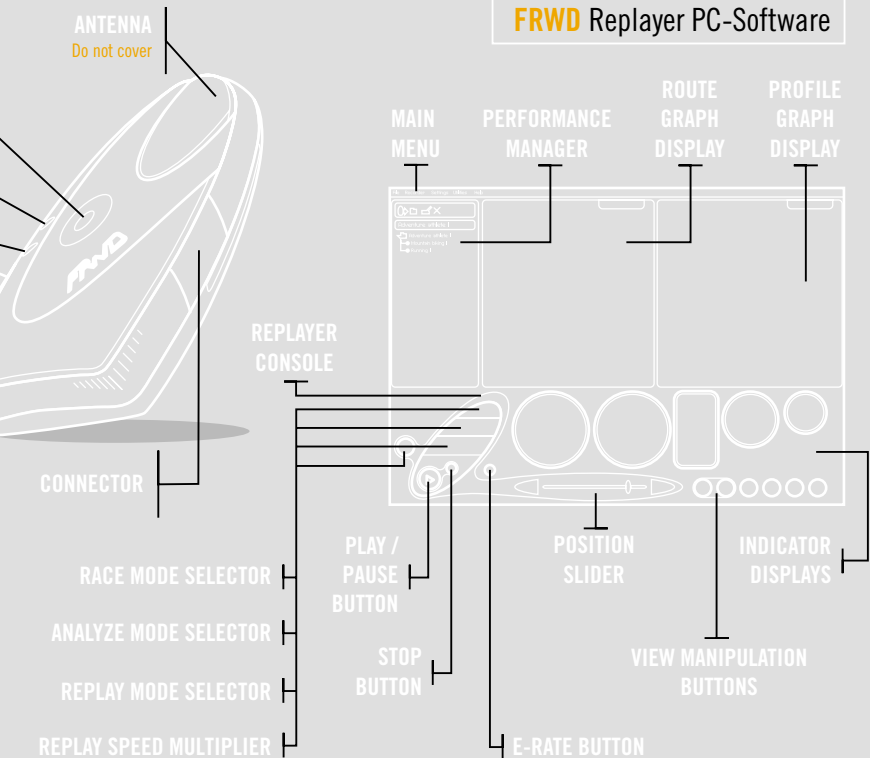


BATTERY COVER

BAROMETER  
Do not cover

ARM STRAP  
HOLES

# FRWD Replayer PC-Software



# GETTING READY

## to record and replay with FRWD Sport Performance Recorder

### 1. Charge the rechargeable batteries with the Battery Charger.

(FRWD 0200 users can move to the next step since the Rechargeable batteries and the Battery Charger are not included in the FRWD 0200 package.)

» Remove the plastic separator before charging the batteries.



» Charge the batteries overnight prior to use.

**DO NOT OPEN BATTERIES, DISASSEMBLE, HEAT OR DISPOSE IN FIRE OR SHORT CIRCUIT. MISUSAGE MAY CAUSE BURNS. PROPER CHARGING REQUIRED. DO NOT MIX BATTERY TYPES.**

» If a battery has not been used for a long period of time, it can be recovered by charging it 2 to 3 times.

### 2. Place the batteries into the FRWD Recorder Unit.



### 3. Attach the Arm Strap into the Recorder Unit.

» Thread the elastic band through the holes in the Recorder Unit and the buckle in the Arm Strap.



### 4. Place the battery into the Heart Rate Transmitter Belt. (FRWD 0200 users can move to the next step since the Heart Rate Transmitter Belt is not included in the FRWD 0200 package.)



### 5. Install the FRWD Replayer PC-Software into your computer.

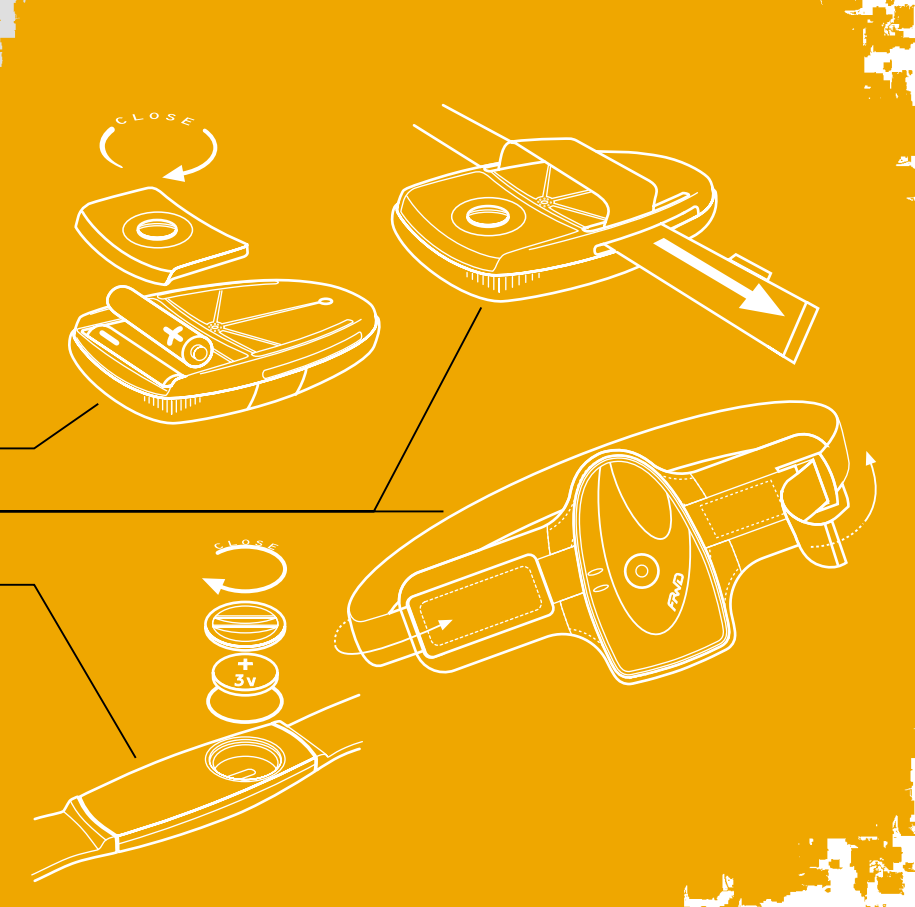
» Place the CD into your computer's CD-ROM drive or DVD drive

» The program starts to install automatically. Follow the instructions given to you in every step of the installation process.

» A FRWD Replayer icon appears on the desktop automatically.

» When launched for the first time the program requests for a license code. (Fill in the license code to the blank fields. The code is printed on the back of the CD case. If you do not have a valid licence code you can run the demo version by clicking "demo". To later upgrade to a fully functional version of the software, choose "Licence" in the "Help" menu and fill in the code.)





# RECORDING

## performances with the **FRWD** Recorder Unit

① Put the Heart Rate Transmitter Belt on.

- » For best heart rate detection performance apply water to moisture the conductive rubber areas which will be in contact with your chest skin.



- » Place the Heart Rate Transmitter Belt around your chest under your pectorals and make sure that the Belt fits firmly your chest and the conductive rubber areas are in good contact with your skin.

② Proceed to the outdoor location where you are going to record your sport performance and select an open space.

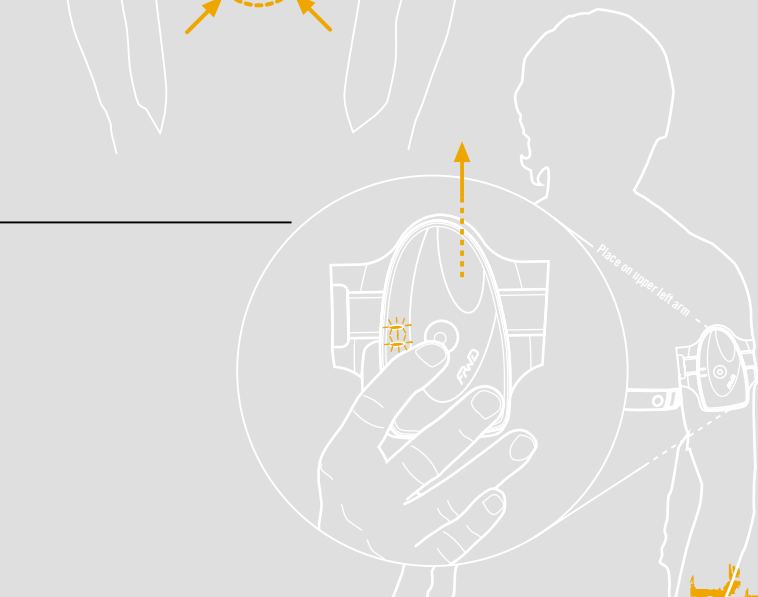
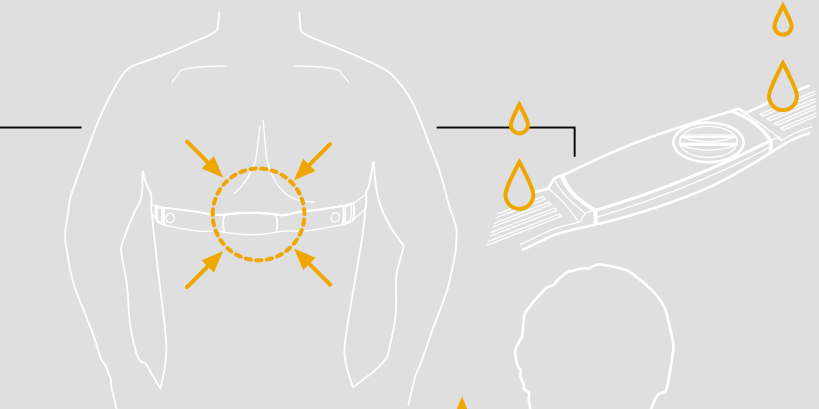
- » The GPS in the **FRWD** Recorder Unit needs a line-of-sight connection between the receiver and the satellites to ensure a good position measurement. Water containing objects (e.g. people, trees), rocks, buildings and any metallic materials can disturb the signal. The signal will pass through clouds, thin glass and plastic.
- » The GPS works 24 hours a day regardless of the weather.

③ Switch on the **FRWD** Recorder Unit from the Recorder Key with a long press.



- » A green led light appears and you hear a short signal sound ( . ).
- » While the green light flashes the GPS is looking for the satellites. Point the **FRWD** Recorder Unit up to the sky and hold it steady. Make sure you are located in an open area so that the Unit has a clear view to the sky. You can for instance place the **FRWD** Recorder Unit on the roof of your car. It takes up to a minute to form the connection with the satellites. Do not move the Recorder Unit and stay in an open area to minimize the duration.
- » A steady green light and a new short signal sound ( ) indicate that the satellites are found. The Unit is now ready.
- » The Recorder key in the **FRWD** Recorder Unit is a multifunction key. In different stages of the recording process the key has different functionality. The functionality also changes whether the press is a short one (shorter than one second) or a long one (longer than two seconds).

CONTINUES »



# RECORDING

## » performances with the **FRWD** Recorder Unit

4. Place the **FRWD** Recorder Unit on to your upper **left** arm.
- » Make sure that the **FRWD** Recorder Unit is pointing up to the sky.
  - » The red led indicates that the Unit receives your heart rate.



5. Start recording your sport performance with a short press.
- » The led lights start to flash and you hear a starting signal ( ... \_\_\_\_\_ ). Recording has started and You can start to move. The **FRWD** Recorder Unit is now recording the route, speed, distance, heart rate, altitude, and temperature and air pressure.



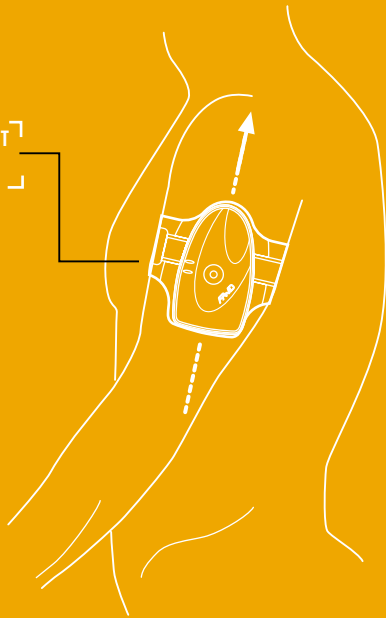
6. During the recording:
- » Steadily flashing green led indicates that the **FRWD** Recorder Unit has connection with the satellites.
  - » A continuously repeating beeping sound ( ..... ) and rapidly flashing green led indicate that the **FRWD** Recorder Unit has lost the connection with the satellites.
  - » The flashing red led indicates that the device receives your heart rate.
  - » Two short signal sounds ( .. ) every 30 seconds indicate that the batteries are running low.
  - » Three short signal sounds ( ... ) every 2 seconds indicate that the memory (where the performance data is stored) is full.
  - » During the recording an unlimited amount of route marks can be stored by pressing the recorder key for one second. A short signal sound ( . ) indicates that the route mark is stored.



7. Stop recording with a long press.
- » The red led flashes once and you hear a signal. The **FRWD** Recorder Unit is now switched off. A new performance can be recorded immediately by starting again from step one (assuming that the memory of the Unit is not full)



PLACE THE FRWD RECORDER UNIT  
ON TO YOUR UPPER LEFT ARM.



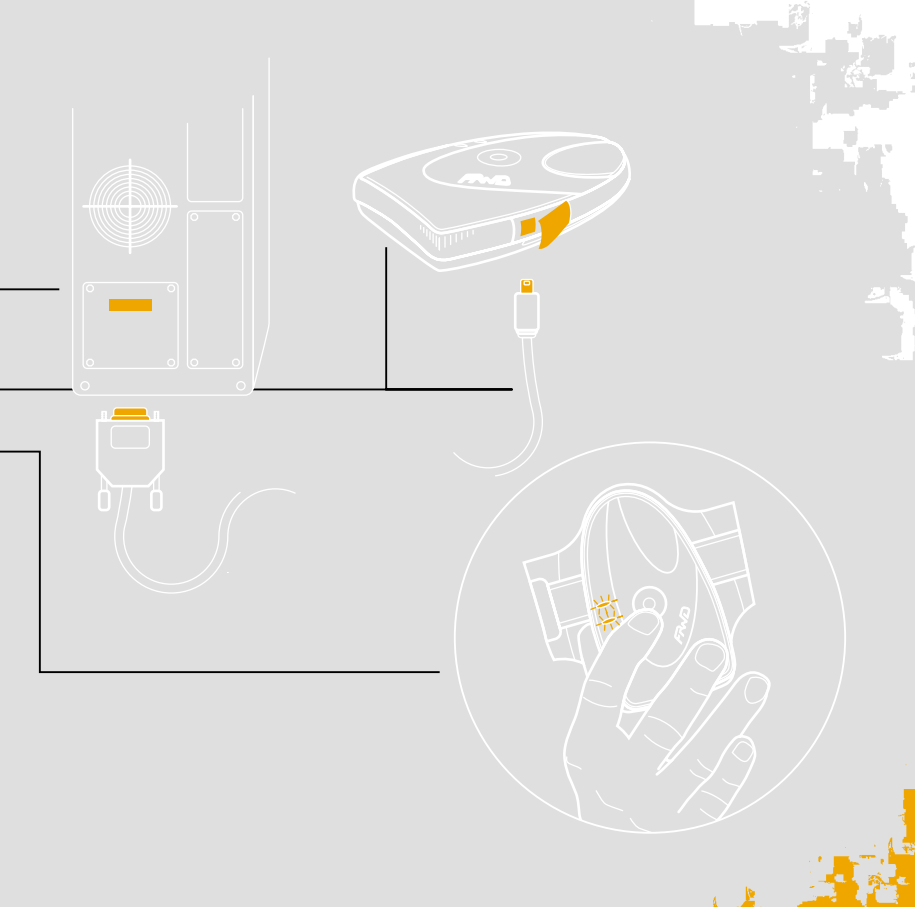
# REPLAY AND RACE ANALYZE

» in the **FRWD** Replayer PC-Software

1. Plug the Data Transfer Cable to the serial port of your computer.
  - » Use USB to serial adapter if necessary. The adapter must support 115200 baud data transfer rate. Suitable USB-adapters are available at our web-store at: <http://www.frwd.com>.
2. Open the connector lid of the FRWD Recorder Unit and plug in the other end of the Data Transfer Cable.
3. Switch on the FRWD Recorder Unit with a long press.
4. Launch the FRWD Replayer PC-Software
  - » If you have not installed the software, see section "Getting ready to record and replay with the **FRWD** Sport Performance Recorder" and install the software.
5. Login
  - » Select a user name and click "OK" or create a new user by clicking "New" and filling in the New User dialog.



CONTINUES »



# REPLAY AND RACE ANALYZE

» in the FRWD Replayer PC-Software

## 6. Click "Download Performances" icon in the Performance Manager.

- » If downloading does not succeed check the COM-port number and try other port numbers. Check also that the Recorder Unit is switched on and the Data Transfer Cable is properly attached.
- » If you use a USB port with a serial adapter make sure that you have the appropriate drivers installed.
- » Once the performance(s) have been downloaded fill in the Performance Data dialog.

## 7. Replay performances

- » You can open performances by selecting "Open" from the "File" menu or by double-clicking them in the Performance Manager window or by dragging and dropping performances to the Route Graph window.
- » Click Play button in the Replayer Console. You can pause (by clicking play again) and stop replaying the performance anytime you want.

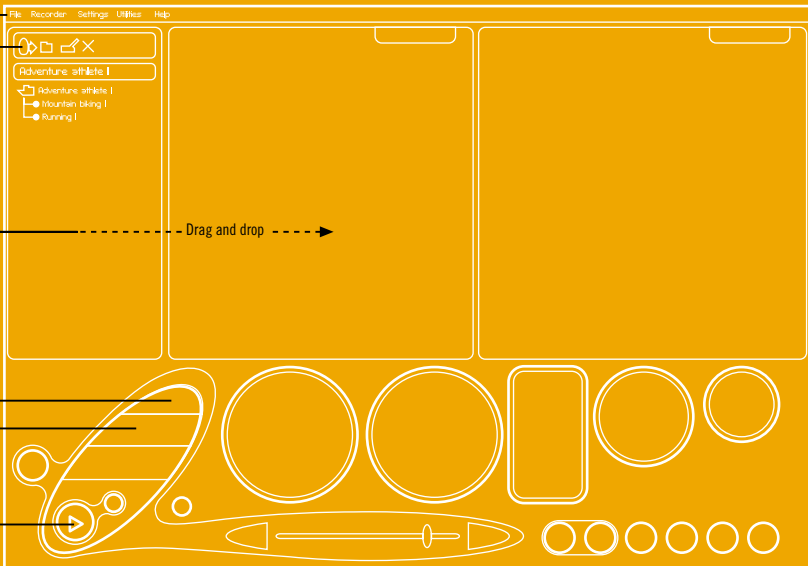


## 8. Analyze performances

- » Click the Analyze mode selector button in the Replayer Console.

## 9. Race and compare performances

- » Click the Race mode selector button in the Replayer Console. Select other performances into the Competitors List by clicking "Add" in the Competitors List tab. Performances can also be dragged and dropped into the list from the Performance Manager window.



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