Thank you for choosing ALATECH Star ONE GPS Running Watch!

This smart sports watch features various transmission technologies including GPS, Bluetooth and ANT+. To link with ALA CONNECT app (developed by ALATECH), the device can pair with different sensors independently. This watch is your best partner for daily activity and workout.

How to use

⏻ LIGHT

Click: turn on/off backlight.

Hold:
1) turn on/off the device
2) lock/unlock the screen
3) don't disturb mode

∧ UP

Click: to menu

Hold:
1) hold to contents menu.
2) hold to manually set on /off of certain functions under timer screen.

∨ DOWN

Click: to menu

🏃 START/STOP

Menu Mode:
1) Click to confirm.
2) ON/OFF switch.
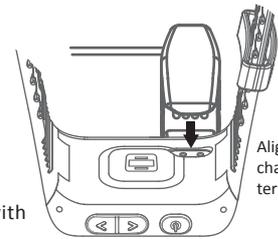
Activity Mode:
Click to start, pause activity.

↩ BACK/LAP

Menu Mode:
Click to back the perious page.

Activity Mode:
Click to manual lap switch.

📝 🏃 + ⏻ Compound key：click **"START"** and **"LIGHT"** to QUICKY unlock the device.

(Watch display: ALATECH / 0935 / JUL-24 THU / 53)

Notice -Battery Charge

When using the device for the first time, please charge it. To prevent corrosion, please make sure dry and clean of charing clip and back side of the device charging terminal area before charing device.
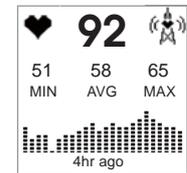
Alignment charging terminal

1) Align charging terminal of charging clip with back side of the device charging terminal.
2) Connect the charging clip securely to the device. After charging the device completely, please remove charging clip.

Broadcast Heart Rate

Star One has the function of broadcast heart rate. You can use the device as sensor of heart rate and also can be paired with compatible devices BLE 4.0 or ANT+.

♥ **92** ((⚡))
| 51 MIN | 58 AVG | 65 MAX |

Sign of Broadcast Heart Rate

4hr ago

Heart Rate Page

1) Click ∨ ∧ to view heart rate screen.
2) On Heart Rate Screen, click 🏃 to turn on the function of broadcast heart rate.
2) Read the compatible devices instruction of heart rate sensor,and pair the watch with the devices. The heart rate monitor is paired and the heart rate screen is already enabled.
4) Click ↩ turn off broadcast heart rate. Click ↩ again, exit to time screen.

REMINDER

Under broadcast heart rate mode, not only is unable to view other screen, but also other operating functions. It has to turn off broadcast heart rate, then operate the device.
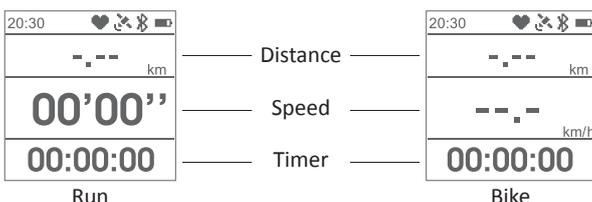
Start running

This watch, heart rate sensor and other ALATECH accessories are only consumer electronics and assistive devices. The detected heart rate is for reference only and ALATECH is not responsible for any incorrect value. Please consider your physical condition when doing the activity. DO NOT only rely on the heart rate detected by the assistive device and do activities with excessive intensity.

Please wear Star ONE GPS running watch on your wrist during the workout to ensure correct detection of heart rate. The built-in optical heart rate monitor in Star ONE Watch can directly detect heart rate from the wrist, it takes about 12~15 seconds to detect and please remain stable to ensure accurate detection of heart rate.

1) In time display (standby mode)
2) Click 🏃 to enter quick menu, select ∨ ∧ Run/Bike and automatically connect to GPS, optical heart rate or sensor. When the watch device display "Start The Timer To Begin Workout" means GPS and optical heart rate sensor are completed on connection. (Accessories sensors such as heart rate strap and speed and cadence sensor must be paired in advance).

Apps	
🏃	Run
🏃	Run indoor

START the timer to begin workout

3) Click 🏃 to start activity. During the activity, click ∨ ∧ to check in time the activity information. Hold ∧ to revise the training setting.

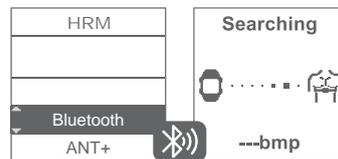| 20:30 ♥⚡⚡🔋			20:30 ♥⚡⚡🔋	
-.-- km	— Distance —		-.-- km	
00'00''	— Speed —		--.- km/h	
00:00:00	— Timer —		00:00:00	
Run			Bike	

4) Click 🏃 again to pause timer.
   • Save: Stop the activity and save activity information. Click ∨ ∧ to check this activity information.
   • Resume: Resume timing and continue activity.
   • Discard: Delete this activity information.
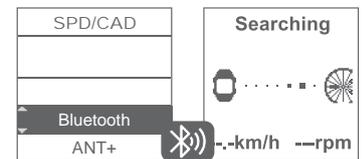   • Calibration: Pace calibration.

Sensor Setting   Hold ∧ → Setting → Sensors

You can purchase on the selection of the heart rate strap BLE 4.0 or ANT+, and speed and cadence sensor. When using the sensors for the first time, please pair with the watch.

HRM		Searching
Bluetooth		
ANT+ ((⚡))		---bmp

SPD/CAD		Searching
Bluetooth		
ANT+ ((⚡))		-.-km/h ---rpm

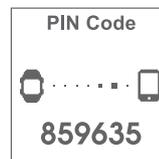Pair with Heart Rate Strap · Pair with Speed and Cadence Sensor

Remove sensors from the watch device: Hold ∧ → Setting → Sensors → select HRM or SPD/CAD → select Remove.
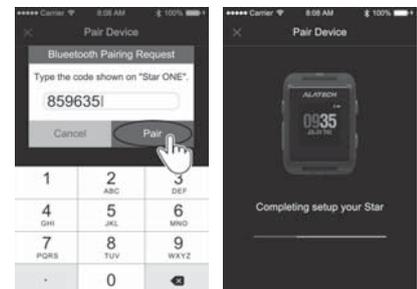
Connect Mobile   Hold ∧ → Setting → Bluetooth → Pair Mobile

You can use ALA CONNECT APP to set up Star ONE, and also use Bluetooth to synchronize the information.

1) Download APP from Google Play. (ALA Connect)
2) Open and register APP. Make sure to turn on Bluetooth and WiFi of mobile.
3) The watch device: Hold → Setting → Bluetooth → Pair Mobile and follows up APP screen to match it.
4) The watch device will pop up a PIN CODE, and key in to the mobile. If your mobile doesn't pop up the "PIN CODE", please try to pull down notification toggle then get the pair PIN code from the watch device.

App Requirement :
Android 5.0 or Later
Bluetooth 4.0 or Later

PIN Code

□ · · · · · · □

859635

**Remove the pair device:
ALA CONNECT APP →
Device → Unpair.**

Workout Settings

General mode: Hold ∧ → Setting → Application

Activity Mode: Hold ∧ → ∨ ∧ Select Modification Item → 🏃 reset Settings

Set activity information display and training Alerts according to your needs.

1. **Data Screen**：You can set the Screen1/2/3, Virtual Partner and HR Zone.
2. **Training Alert**：Training alert can be used to remind you of each training, including heart rate, speed, pace, cadence, distance, run/walk, time and calories.
3. **Auto Lap**：
   Distance：To mark a lap at a specific distance automatically. (For example, you can set every 1 mi, or 5 km)
   Off：Turn Auto Lap off, the lap calculate by click ⬅ manual lap.
4. **Auto Pause**：
   On: To pause the timer automatically when you stop moving or waiting for stop lights. The history is not recorded while the timer is paused.
   Off: Turn the Auto Pause off.

History   Hold ∧ → History

History includes recode of Activites, Tracking, Total. You are also allowed to delete activities and reset totals from History Menu. Please make sure all data have been synchronized to app before deleting.

Personal Settings   Hold ∧ → Setting → System → User Profile

You can enter Gender, Age, Height, Weight and Wheel Size by yourself. The watch device will automatically calculate Heart Rate Zone according to the entered age.

REMINDER

You can customize your device with Alarm, Backlight, Watch faces, and other system settings from ALA CONNECT mobile app as well, all your personalized settings will be transferred to the watch from the mobile app after your next sync.

System Settings   Hold ∧ → Setting → System

You can set the Time, Date, Backlight, Key Vibration, Units, Restore Defaults Software Update, and check the watch version from About.

Alarm Clock   Hold ∧ → Clock

You can set alarm clock and timer in the watch device by yourself. Alarm clock setting includes Once, Daily, Weekday and Weekend.

Home Screen

You can click ∨ ∧ to switch the information displayed on the home screen, including activities, current heart rate and notification. Wear the Star One 24 hours and set your target steps, target sleep hour, target calories burned etc from Mobile app->Settings->Life Target, to get your life tracking status on "My Life" screen of the mobile app.

Software Declaration

ALETECH only grants the right the software embedded in the watch device Star One GPS Running Watch. Ownership and intellectual property of the source code belong to ALATECH. Software structure and configuration and the commercial value of source code in the watch device belong to ALATECH. User is not allowed to compile, combine, modify, change combination or engineering or decrease use.

ALATECH has the rights to change or improve Star ONE GPS Running Watch functions without any notification to any person or organization, including existing or future customers. Please contact ALATECH customer service if you have any question about functions.

Special statement

The copyright of this manual belongs to ALATECH. Anyone or any organization is prohibited to reproduce, print, copy, modify or scan to store all or part content (including text and images) in this manual for selling or use of others without written approval.

- Please download the newest user guide and manual at: www.alatech.com
- Product use the lithium battery, please recycle according to related local regulations.
- Product image is for illustration purposes only.

Troubleshooting

Unable to pair with the sensors:
The Star ONE can only connect to one chest Heart Rate Strap and one Speed Cadence sensor each. Please remove the pairing record from the watch device Setting -> Sensors, and pair with the sensors again if you purchase new one.

Unable to pair with the Smartphone:
1) Make sure you have update to the latest Mobile operation system version.
2) Make sure you have update to the latest ALA Connect mobile app version.
3) Make sure your phone is within the range of 3 m from your Star ONE.
4) Make sure your phone has Bluetooth and WIFI turned on, and airplane mode/flight mode is not turned on.
5) Make sure your Star ONE is waiting for pairing under below setting, Setting->Bluetooth->Pair Mobile.
6) Disable the mobile app and login again, following the pairing instruction from the mobile app and Star ONE.
7) If you are unable to do it, please write us an Email via our official website.

Unable to sync. with the Smartphone or received smart notification:
1) Make sure the Notification access is allowed on your mobile app, Setting -> APP -> Notification -> ALA Connect.
2) Make sure the setting is down, Setting -> APP -> Notification -> Select App.
3) Make sure your phone is within the range of 3 m from your Star ONE.
4) Make sure your phone has Bluetooth and WIFI turned on, and airplane mode/flight mode is not turned on.
5) Make sure the mobile connection icon ▯ is displayed on top right of watch screen, otherwise, please disable the mobile app and login again.

GPS satellite reception:
1) The GPS satellite reception is related to the weather and the surrounding environment. Please go outdoors and away from tall buildings and trees. For best GPS performance, wear Star One on your wrist with the display facing up. Keep it in a horizontal position in front of you and away from your chest. Keep your arm stationary and raised above the level of your chest during the search. Stand still and hold the position until the Star One display " START the timer to begin workout" , click 🏃 to start your session.
2) The GPS track, Heart rate reading, Speed Cadence sensor will have incomplete workout date if the session starting before "START the timer to begin workout" display on the watch.
3) If you do not want to activate GPS during your session, please select Run indoor or Bike indoor under Select Activity.

Unstable Heart Rate reading or the watch fails to display in workout:
1) The ♥ flashing icon display on the top of watch screen means the watch is searching for the signal, please clean and dry your arm before putting on the watch device. The devices should be snug but comfortable and avoid placing the sensor right on the tattoos on the skin as it may prevent accurate readings. It takes about 12~15 seconds to detect and please remain stable to ensure accurate detection of heart rate.
2) The ♥ flashing icon display on the top of watch screen means the watch is searching for the chest Heart Rate strap signal, please make sure the battery is not in low battery and moistened the heart rate sensor zone. It takes about 12~15 seconds to detect and please remain stable to ensure accurate detection of heart rate.

Unstable Speed Cadence sensor data or the watch fails to display in workout:
When the SC icon displayed on the top of watch screen, please check if it is low battery and try to pairing with watch again. Please check with the manual for more information.

When the watch device automatically terminate the workout :
1) The watch device will automatically start to overwrite the oldest data when the memory is full.
2) The watch device will automatically terminate to workout record and store when the watch device is running out of battery.
3) Before long distance activity, make sure the watch has fully charged and please synchronize data stored in the watch device to app.

Pace calibration:
When the displayed distance is not identical to actual distance, you can select Calibration to manually enter the actual distance of your activity. Recommended with stable pace running 1600M in the flat road to improve the accuracy of step correction.