

# INSTRUCTIONS

## SPORTBEEPER PRO

### 024300/024301



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### RECOMMANDATIONS:

The *SportBeeper Pro* has been originally designed to work outdoors, therefore **its acoustic signal is particularly strong.**

When using for the first time, when setting up on the console and when operating indoors, It is important to warn anyone close to the equipment of its sound power. Also, we recommend never placing *SportBeeper Pro* equipment within 50 cm of your ear.



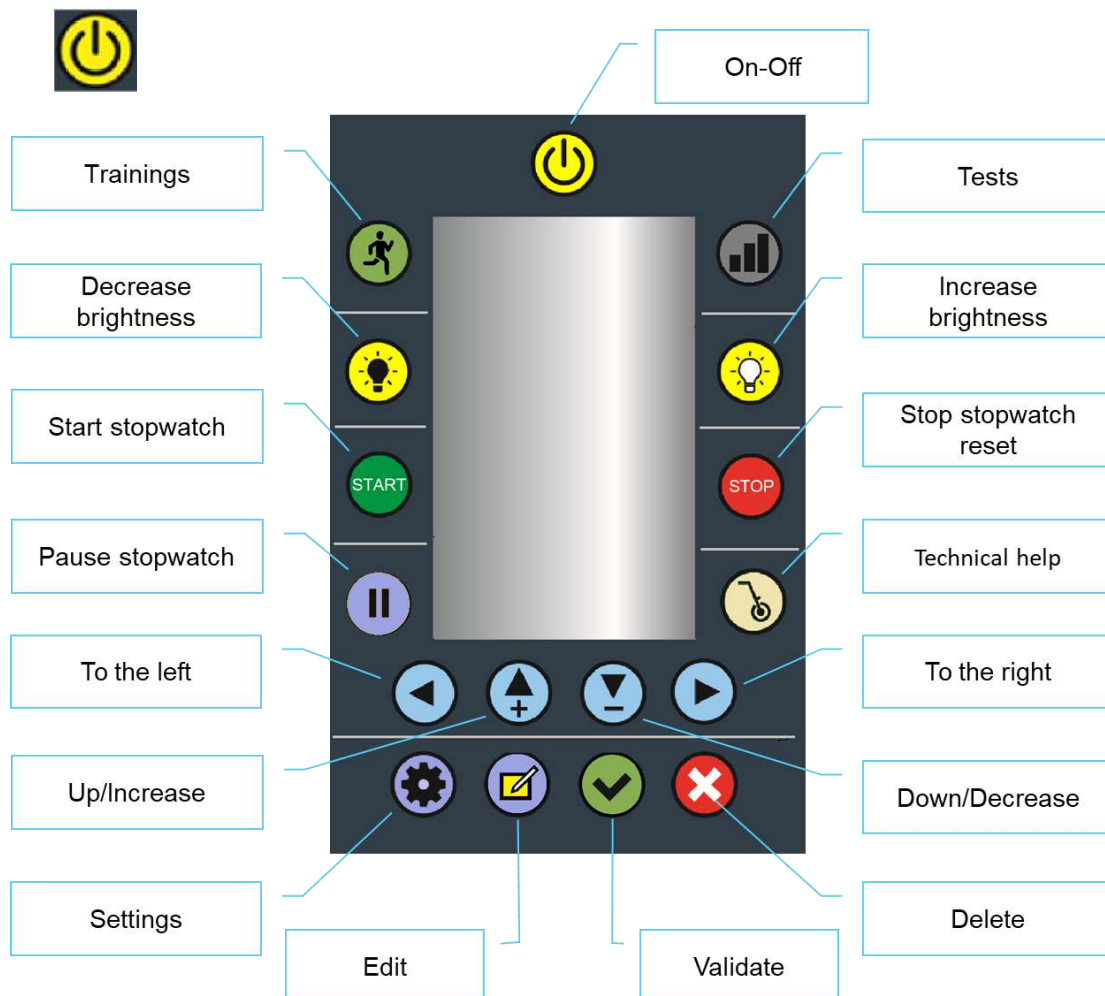
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## 1. Control panel







SportBeeper PRO control panel has 17 buttons which provide fast access to the various functions.

## 2. Functions of the control buttons



-  On-Off
-  Start the chronometer. A temporazer gives you a few seconds before the start sound to move away from the sportbeeper.
-  Stop the chronometer  
Press twice to reset the chronometer.
-  Pause the chronometer.
-  Test library.

Displays the TEST list, use direction arrows to navigate the list. The first test of the list is highlighted in yellow (or the last TEST done). When a test is highlighted just press the Start the chronometer button.



-  2-function button: « **Up** » in a table :  
« **Up/increase** » in a table.  
OR « **more** » after pressing the « **Edit** » button, this will highlight the yellow cell and allows to increase the value step by step.
-  Training library.  
Displays the list of training exercise library.
-  2-function button : « **Down** » in a table.  
OR « **less** » after pressing the « **Edit** » button, this will highlight the yellow cell and allows to decrease the value step by step.
-  Navigation button « **previous** ».  
Press the left arrow to navigate the different menus or to navigate into a setting grid.
-  « **Setting** »  
Allows to select the preferred language (French or English).
-  « **Edit** » a value.






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This button becomes usable as soon as a table from the «**Training** » menu or from the «**TEST** » menu is displayed on the screen. It allows to adjust values. A black square indicates the adjustable line, move it up or down by pressing the navigation button «**Up**» or «**Down** ». Press the « **Edit** » button to highlight in yellow the first cell of the table , the value can be changed with the « **more** » or « **less** » buttons.

Please mind to end by pressing the « **validate** » button to register the change (this cancel the highlighting too).

Proceed in the same way for other cells.

-  Navigation button « **next** ».  
Press the right arrow to navigate the different menus or to navigate into a setting grid.
-  « **Validate** » or save a modification.  
Opens the functional window of a TEST or a TRAINING EXERCISE, Validates and registers a change.

-  « Delete ». Deletes a value, a time or an exercise. Warning, to be able to delete an exercise you must first press validated and see ✓ appear.
  
-  « Odometer ». Displays a scrolling table of distances to be covered by speed for the type of intermittent sequences programmed.
  
-   Screen brightness. 

👉 **CAUTION, the brighter the screen is, the more energy it consumes.** It is recommended to set a low to medium brightness to save the battery.

### 3. Settings

#### 3.1. Language

SportBeeper is configurable in French or English.

#### 3.2. About

The screen provides the manufacturing characteristics of the Sportbeeper PRO.

- UDI Number .....-.....-.....
- The version of the device.

### 3.3. Features of beeps

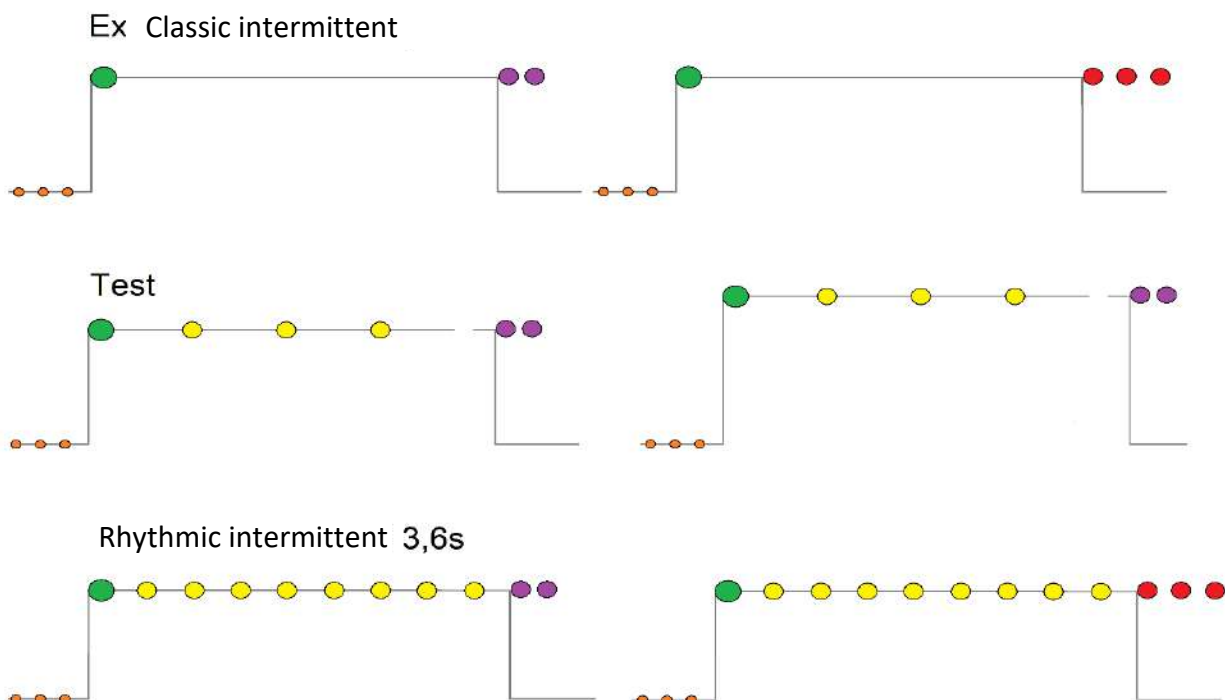
The SportBeeper PRO produces 5 types of beeps with specific durations and pauses when they are played in sequence:

<b>CR: Compte à Rebours</b>	<b>Défaut (3 bips)</b>				
	200 ms / 800 ms				
		<b>Paramétrage</b>	<b>Personnalisation</b>		
<b>DP: Bip de Départ</b>	<b>Défaut (1 bip)</b>	<b>Bip unique</b>	<b>Court (1-3 bips)</b>	<b>Moyen (1-3 bips)</b>	<b>Long (1-3 bips)</b>
	500 ms	500 ms	300 ms / 200 ms	400 ms / 200 ms	500 ms / 200 ms
<b>FS: Fin de Séquence</b>			<b>Personnalisation</b>		
	<b>Défaut (2 bips)</b>	<b>Bip unique</b>	<b>Court (1-3 bips)</b>	<b>Moyen (1-3 bips)</b>	<b>Long (1-3 bips)</b>
	300 ms / 300 ms	500 ms	300 ms / 200 ms	400 ms / 200 ms	500 ms / 200 ms
<b>SV: Synchronisation Vitesse</b>	<b>Défaut (1 bip)</b>				
	300 ms				
<b>FP: Fin de Programme</b>	<b>Défaut (3 bips)</b>				
	300 ms / 500 ms				

### 3.4. Configuring Sequence Beeps

#### 3.4.1 Default settings

Simplified illustration of default beep types



You can customize the start and end times of the intervals in the exercise sequences as described in the previous paragraph.

### 3.4.2 Turn the countdown timer on or off

By default, the countdown is enabled, but you can mute it by following these steps. This option is useful when performing very short intervals, such as 5s-15s or 10s-10s, for example, to limit the number of beeps.

- Go to “Settings,” select “Sound Alerts,” then “Countdown”



- Click the “Edit” button to highlight the cell in the row in yellow and make it editable.
- Use one of the two arrow buttons (“Up” or “Down”) to replace ‘Yes’ with “No”
- Save your selection by clicking the “Confirm” button; the edited cell will no longer be highlighted in yellow, your choice will be saved, and the countdown will stop.
- To reactivate the countdown, simply select “Yes” again from the menu.

### 3.4.3 Select a single beep for the start and end of sequences (Long beep)

You can set the same long beep for the start and end of each sequence. This option is recommended when groups of athletes are working opposite each other.

- From the “Settings” menu, select “Beeps”
- Use the “minus” arrow button to scroll down and select “Single beep start/end”
- Press the “Edit” button to highlight the cell in the row in yellow and make it editable.
- Use the “plus” or “minus” arrow buttons to change “No” to “Yes”
- Save your selection by pressing the “Confirm” button; the edited cell will no longer be highlighted, and your setting is saved.



This type of workout can be done with or without a countdown timer.

### 3.4.4 Customize the start and end of sequences (1, 2, or 3 beeps).

We've made it possible to pair 1 to 3 beeps of your choice to customize the start and end of intervals in interval training exercises. This feature allows you to distinguish between two or more devices used in close proximity (for example, two straight sections of a track, or two opposing sides of a field or gym) and thus prevent athletes from confusing their different programs.

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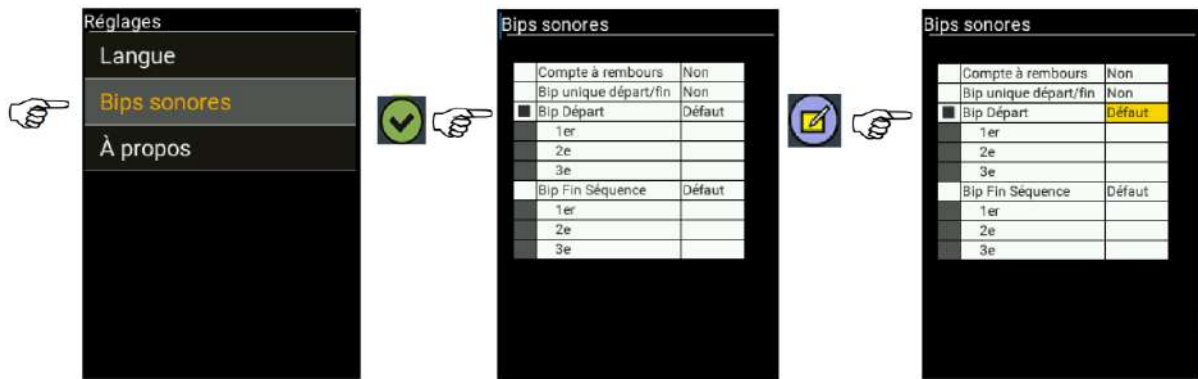
The table below summarizes the various characteristics of the beeps to help you pair them.

	Personnalisation		
<b>DP: Bip de Départ</b>	<b>Court (1-3 bips)</b>	<b>Moyen (1-3 bips)</b>	<b>Long (1-3 bips)</b>
	300 ms / 200 ms	400 ms / 200 ms	500 ms / 200 ms
	Personnalisation		
<b>FS: Fin de Séquence</b>	<b>Court (1-3 bips)</b>	<b>Moyen (1-3 bips)</b>	<b>Long (1-3 bips)</b>
	300 ms / 200 ms	400 ms / 200 ms	500 ms / 200 ms

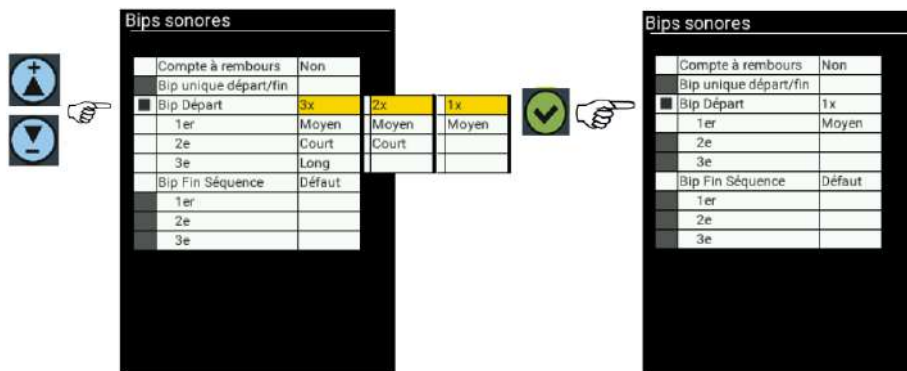
Please note that this setting option must be compatible with the duration of the sequence. For a 30-second-on, 30-second-off exercise, there is no issue; however, for a 5-second-on, 15-second-off exercise, if you set three long beeps for both the start and end of the sequence, the SportBeeper PRO will essentially be beeping continuously throughout the entire exercise.

To customize the sequence, start, and end of the sequence, first choose the number of beeps (1, 2, or 3), then the type of beep (short, medium, or long).

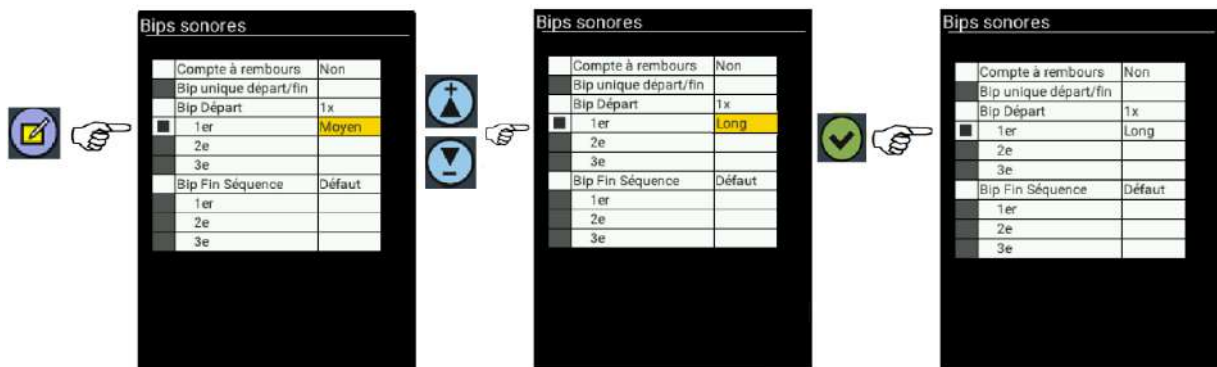
- From the “Settings” menu, select “Beeps.” Use the ‘minus’ arrow button to scroll down and select “Start Beep.”
- Press the “Edit” button to highlight “Default” in yellow.



- Use the “plus” or “minus” arrow button to replace ‘Default’ with “3.2.1” and select the number of beeps you want.



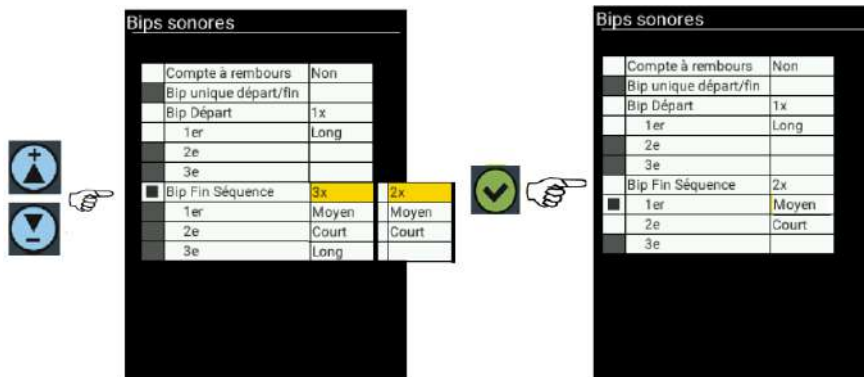
- Save your selection by clicking the “Confirm” button; the modified cell will no longer be highlighted in yellow, and your setting will be saved.
- Use the “plus” or ‘minus’ arrow buttons to position the small black square on the line of the first beep, then click “Edit” to highlight the cell you want to modify.
- If the beep type does not suit you, select the beep type: “Medium,” “Long,” or “Short.”



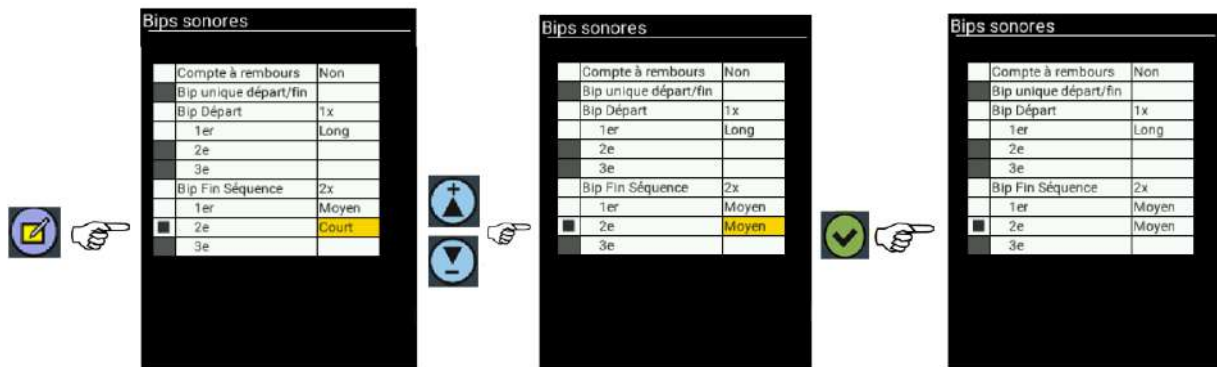
- Save your selection by clicking the “Confirm” button; the modified cell will no longer be highlighted, and your selection will be saved.

Follow the same steps for “End of sequence beep.”

- Use the “plus” or “minus” arrow buttons to change ‘Default’ to “3.2.1” and select the number of beeps you want.



- Then, using the “plus” or “minus” arrow buttons, position the small black square at the line corresponding to the first beep, and click ‘Edit’ to highlight the cell to be modified in yellow. Repeat this process to select the beep type: “Medium,” “Long,” or “Short.”



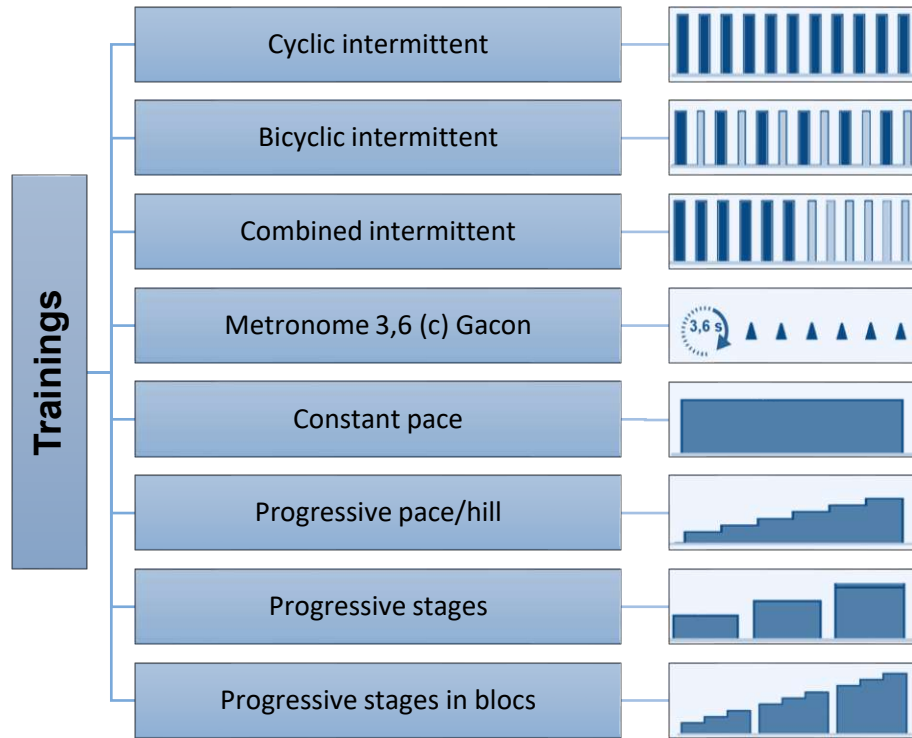
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- Save your selection by clicking the “Confirm” button; the modified cell will no longer be highlighted in yellow, and your selection will be saved.

#### 4. « TRAININGS » Menu

Allows to control the workouts with intermittent and continuous efforts.

FYI : an intermittent exercise is a composition of sequences, a short « **effort** » followed by a « **counter-effort** » (of short duration too) that you repete for several minutes. This type of training is aimed primarily at the aerobic system, therefore the VMA is the reference speed for developing the different loads and it requires to be evaluated beforehand. The TEST menu contains the main tests.

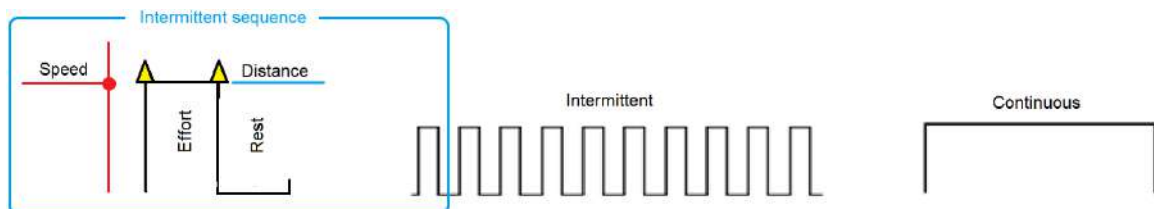


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Intermittent we are talking about is the one developed by P.O Astrand, and the Scandinavians, however the SportBeeper Pro allows you to do inter-training too, the way W. Gerschler describes it.

During an intermittent exercise the speed is translated into a distance to be covered in a given time. Therefore the training speeds correspond to a distance to be covered in the given time.

On the other hand, continuous exercises imply to maintain a constant speed (Km/h) for a scheduled duration.

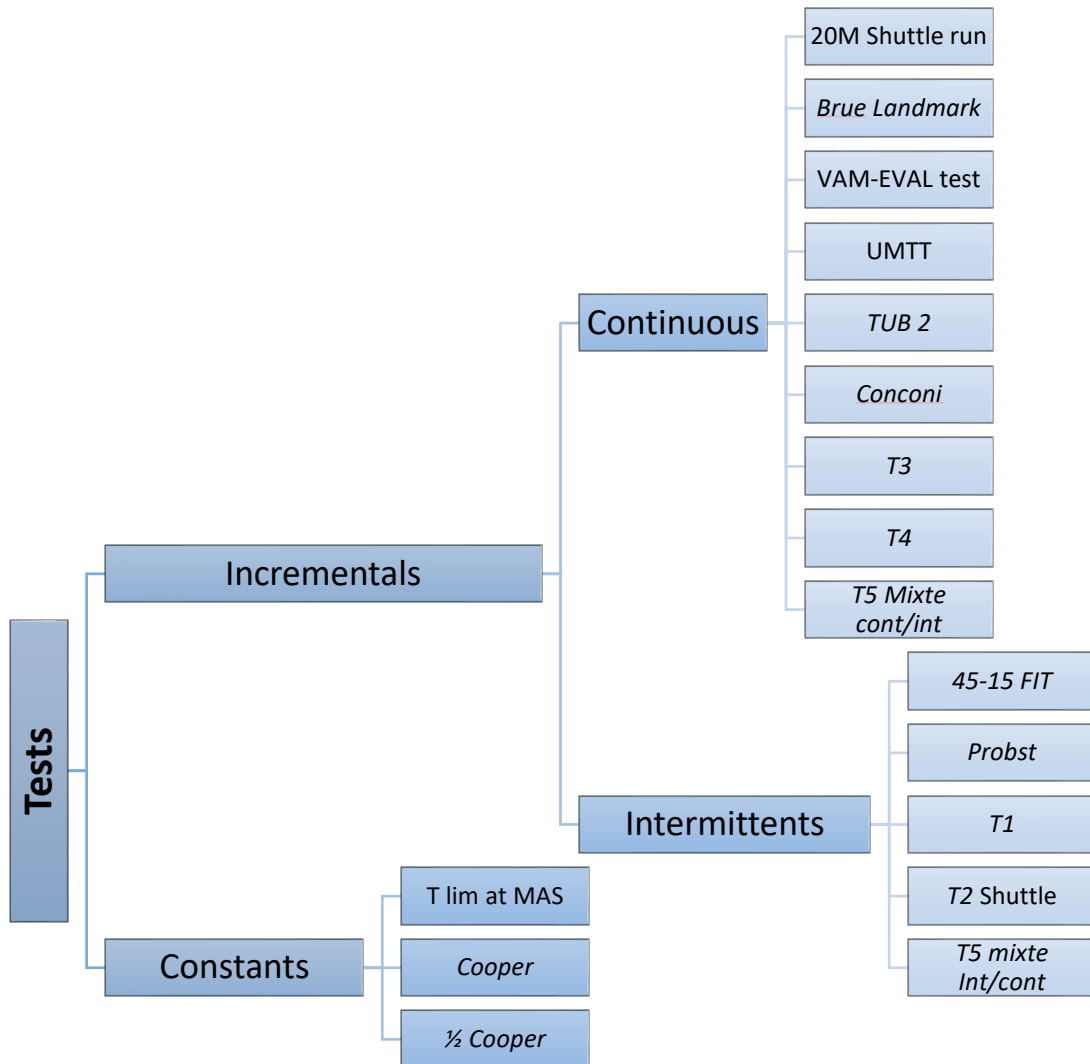


## 5. « TESTS » Menu

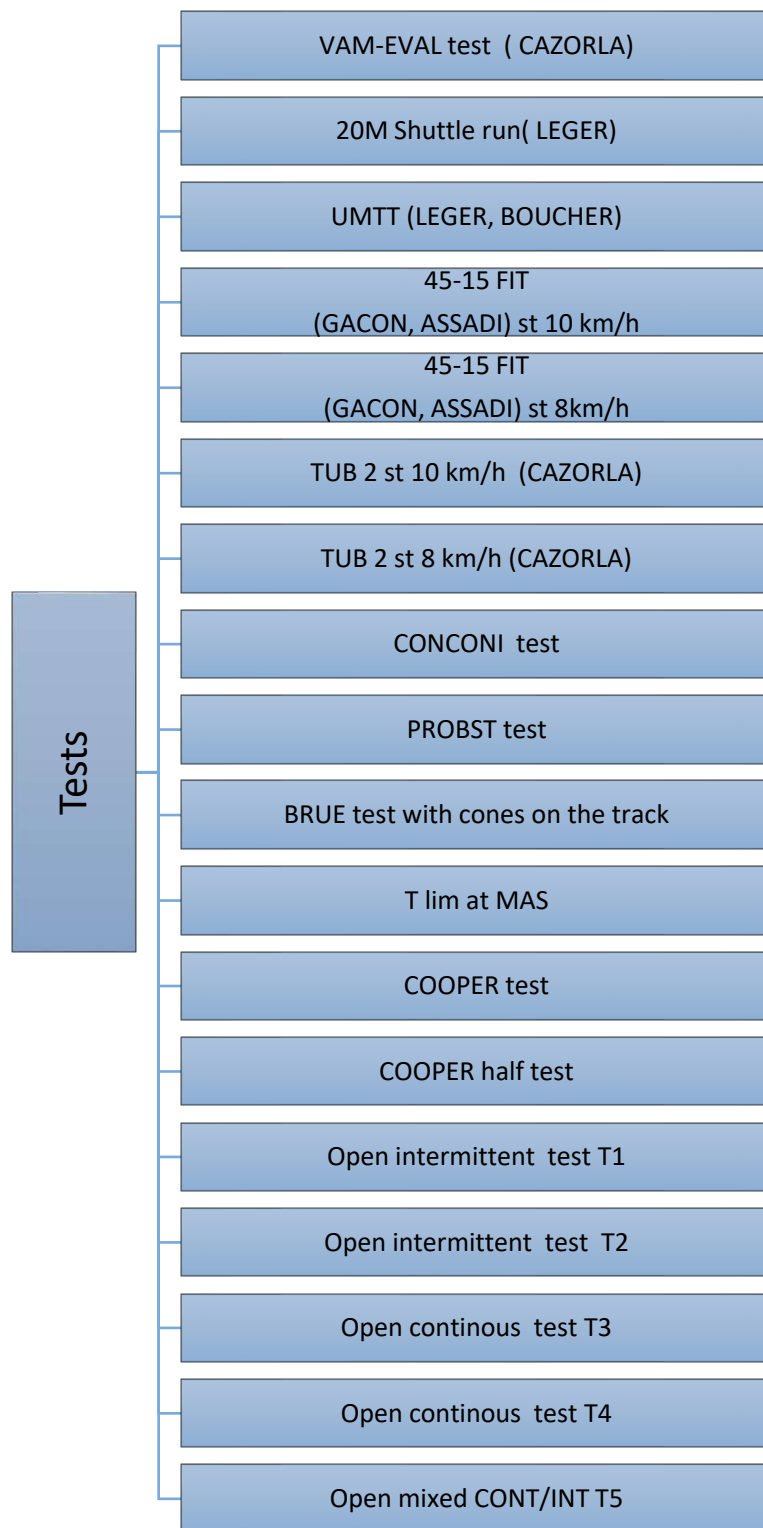
The “Test” menu consists of 17 tests, 5 of which are fully customizable (T1 through T5).

### 5.1. Types of tests

The SportBeeper Pro offers 4 types of tests, rectangular (constant intensity) or triangular (progressive intensity) and both can be continuous or intermittent.



## 5.2. « TESTS » Menu flowchart



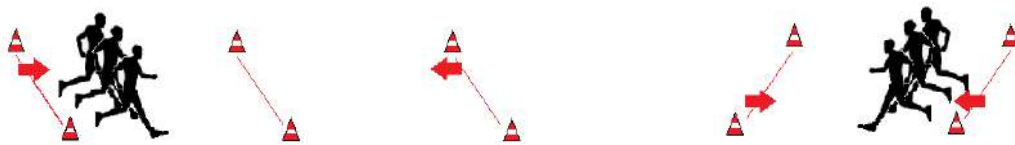
### 5.3. Peculiarities of « Open » Tests

#### 5.3.1. Test T1



This test allows you to set up an intermittent in line test in the form of "round trip" this means that the "go" start is fixed (point zero) and that the "return" start is done after progressing a distance corresponding to the increment level. For example, the 48-12 (default test) is 6.66 M per level). The SportBeeper emits countdown, start, end-of-level, and end-of-test beeps.

#### 5.3.2. Test T2.



This test allows you to set up an intermittent shuttle type test, this means that the start of the new level can be done from any line, so that the athlete can easily position himself for the next level without efforts during recovery time. The SportBeeper beeps for countdown, start, end of stop, end of test and speed adjustment based on the distance between the cones you have programmed.

*Recommendation: This type of test is not recommended for high level athletes (notably middle distance athletes) with a high VMA 23/24 km/h. The blockages for performing the U-turns are very aggressive and can even be unfeasible or cause injuries.*

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#### 5.3.3. Continuous open Tests T3 et T4

These tests are of continuous triangular type. You can configure the start speed, (possibly the end speed too), the increment level and the distance between the cones. The SportBeeper beeps for countdown, start, end of stop, speed adjustment based on the distance between the cones you programmed and end of test.

#### 5.3.4. Continuous and intermittent mixed open Test T5

This test allows you to configure a mixed test where a group of levels (often grouped by 3) are linked without any break and these blocks are interspersed with a technical break (in order to take lactates or simply recover) and repeated n times according to the chosen values. The SportBeeper beeps for countdown, start, end of stop, end of test and speed adjustment based on the distance between the cones you have programmed.

## 6. Setup Process

### 6.1. Select and execute an exercise

Open the exercises library then choose the type of exercise using the « **Up / Down** » buttons.

To select another exercise, use the « **Up / Down** » buttons as necessary to move the black square to the exercise.

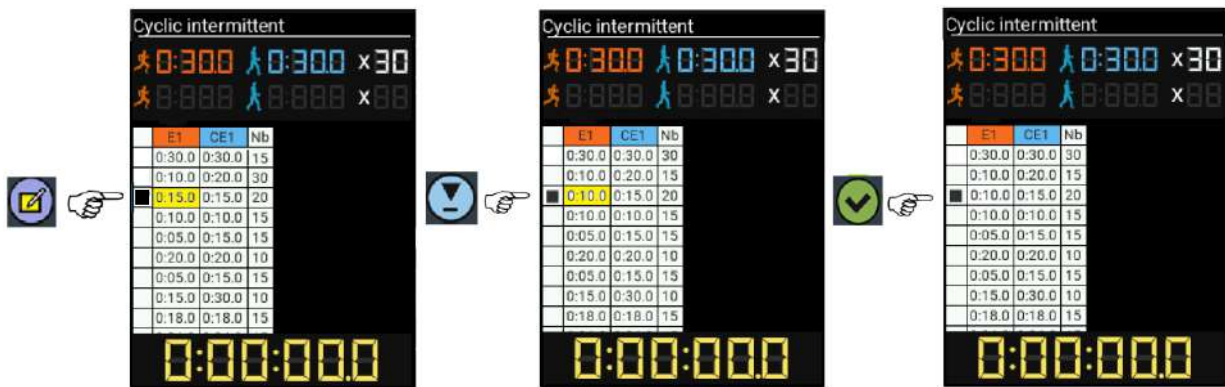
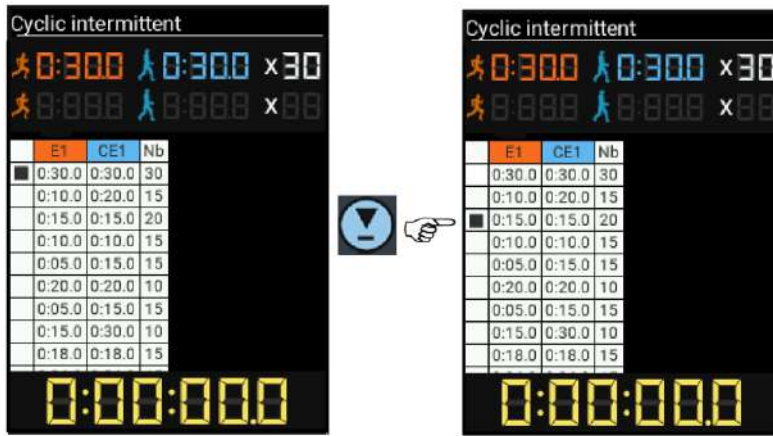


After choosing an exercise indicated by the black square, press « **START** » to start the stopwatches, the one of the main clock and the one of the exercises.

## 6.2. Exercise parameters modification in the «TRAINING» library

When an exercise is selected (paragraph 6.1) identified by the black square, you can modify its technical parameters: duration of the effort « **E1, E2** », duration of the counter-effort « **CE1 CE2** » and number of sequences « **NB** ».

- Press the « **edit** » button to highlight in yellow the first cell of the line, and make it editable.
- Change the value using the « **Up/Increase** » or « **down/decrease** » button as required.
- Use the navigation button « **the right** » to move to the next cell if necessary, it becomes highlighted in yellow. Please replicate for all the cells of the row if need it.
- Proceed in the same way if you have to modify other values.

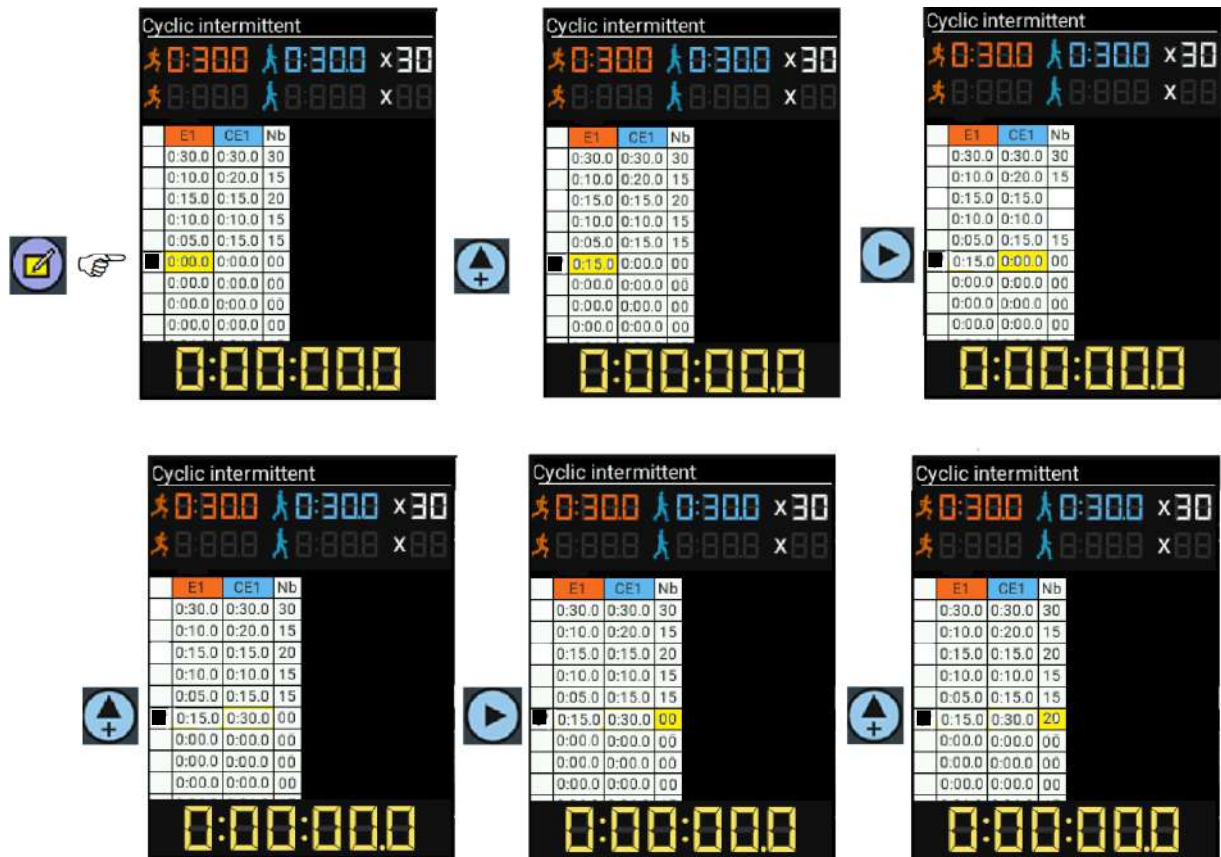


- When all the values have been adjusted, save your choice using the « **validate** » button, the last modified cell becomes white again, the exercise is saved in its entirety.

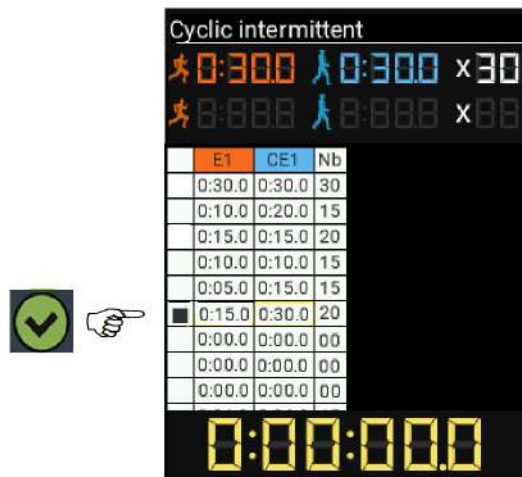
### 6.3. Add a new exercise in the library

Go to the first non-set exercise and do the same operation as in paragraph 6.2, the only difference is that the default value is zero.





Press the « **validate** », the highlighting is reset, the exercise is saved.

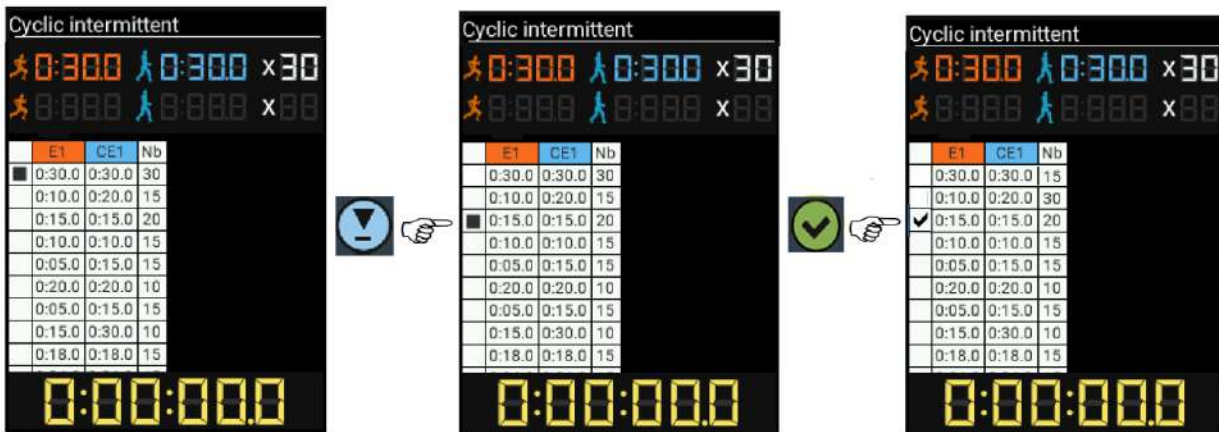


#### 6.4. Change the exercises order in the « TRAINING » library

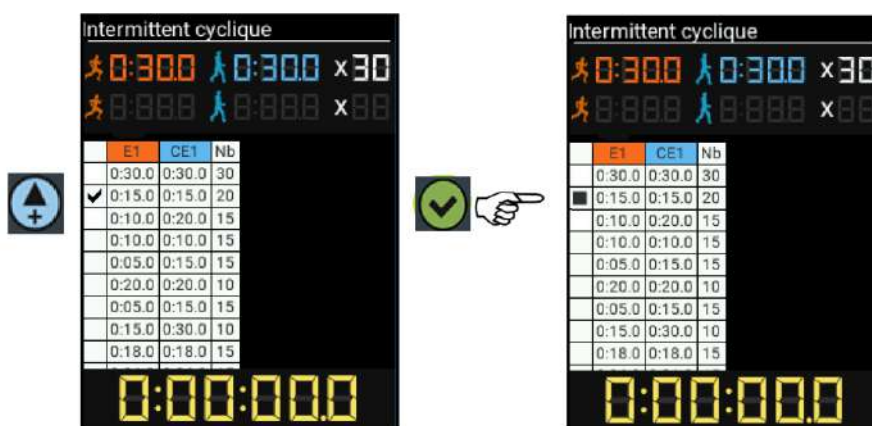
It is possible to change the exercises order in a library. You can downgrade the first exercise if it is not used often and similarly you can put the most used exercises first.

By default, the black square indicating the selected of an exercise is positioned on the first line. If you want to sort up or down an exercise, scroll with the up / down arrows, select the exercise with the button « **validate** », the square is replaced by a comma, scroll again with the buttons « **Up** » or « **down** » and when the exercise is in the right place press the « **validate** » button to save your choice, the comma is replaced by a black square, the exercise is in its new rank.

Example: Move 15-15 up. Move the black square down to 15-15 using the « **down/decrease** » button, press the « **validate** » button, the tick mark indicates that the exercise is selected.



Move the exercise up using the « **up/increase** » button, press the « **validate** » button, the thick mark is replaced by the black square, the exercise is in its new rank.



### 6.5. Use the odometer

This tool helps you set up cones in the field, it displays the distance to be covered during the intermittent exercise selected.

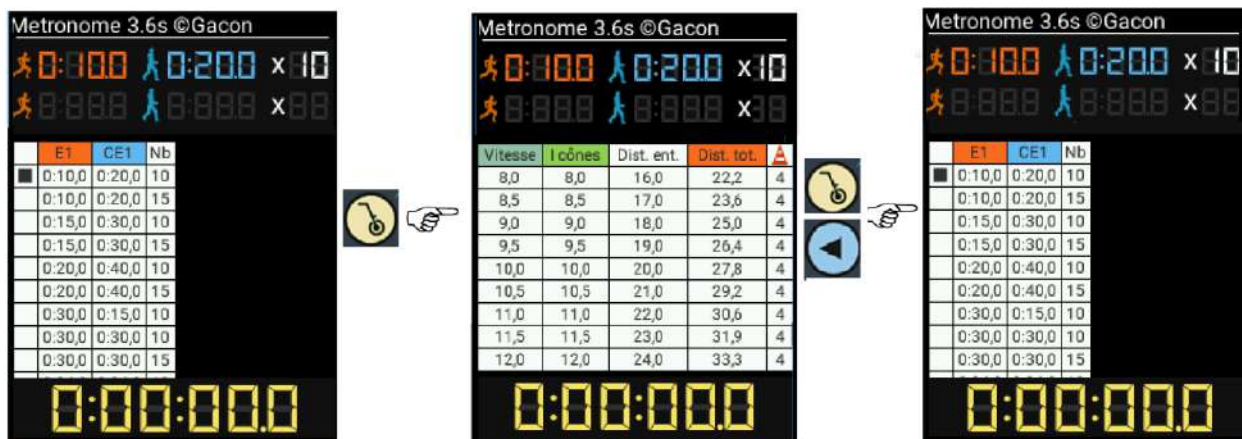


Press the « **odometer** » button to display the distances to be traveled depending on the speed, (there are 18 choices displayed) if the range is right for you, press the « **odometer** » button to return to the exercise.

If the speed you are interested in is not displayed on the screen, you can scroll through the table using the « **up/increase** » or « **down/decrease** » buttons. The last screen is kept in memory for all the exercises in the library.

### 6.6. Use the metronome 3,6s ©G.GACON

This tool is particularly useful to set precisely the movement speed. Therefore it is very useful for calibrating running speed during a re-athleticization. It helps the athlete to run at a constant speed. However the first interval is tricky due to the start, its distance must be slightly reduced, proceed by trial to find the right distance reduction (1 to 2 m). The other solution is to start running from the second beep of the countdown.



It is recommended to be focused to avoid being surprised by the start signal.

Press the « **odometer** » button to display the help table for setting up the cones. The distance between the cones in meters corresponds to the speed in Km / h. This table provides, in addition to the speed and the distance between the cones, the distance traveled with whole intervals, the total distance and the number of cones.

For example, for an effort of 10 seconds at 12 km / h, it has 2 whole intervals of 12m or 24m and a total distance of 33.3m which gives a last interval of 9.3m. You can scroll through the table to display the correct training or re-athleticization speeds using the « **up/down** » buttons.

Metronome 3.6s ©Gacon

	0:00		0:200	x 10
	8:888		8:888	x 88
Speed	l cones	Multiple i	Tot. dist.	▲
7.5	7.5	15.0	20.8	4
8.0	8.0	16.0	22.2	4
8.5	8.5	17.0	23.6	4
9.0	9.0	18.0	25.0	4
9.5	9.5	19.0	26.4	4
10.0	10.0	20.0	27.8	4
10.5	10.5	21.0	29.2	4
11.0	11.0	22.0	30.6	4
11.5	11.5	23.0	31.9	4

0:00:00.0

### 6.7. Set up a constant pace

You can only configure cells indicated by the small black square on the left column. If a cell is grayed out you cannot change it, the value is either fixed or calculated by the SportBeeper.

There is only one parameter per line, which must be saved before proceeding to the modification.

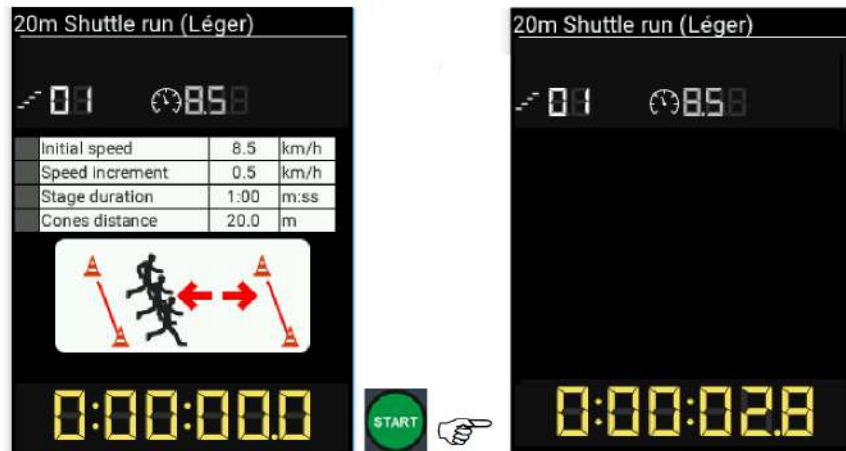


- Press « **edit** » to highlight in yellow the first cell of the line and make it editable.
- Modify the value using the « **up/increase** » or « **down/decrease** » button as needed.
- Save your choice using the « **validate** » button. The modified cell is not highlighted anymore, the value is saved.
- Proceed in the same way for all of the values of the column.

After having modified and saved the changes, the update is directly loaded in the technical window too.

### 6.8. Run a test

- Open the test library to display the list of tests.
- Choose a test from the list and press the « **validate** » button to display the initial screen.
- Just press the « **Start** » button to start the test.



### 6.9. Timer

This tool allows you to pilot a circuit-training with workshops of the same duration that follow one another without any break.



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### 6.10. Set up an open test

Some tests are preprogrammed, nothing can be changed, they can be identified with the selection column (far left) which is grayed out.

On the other hand if the square cursor is active you can modify the value of the column according to your needs. The modifications are made line by line so before going to the bottom line, do not forget to validate to save the change.

The modification procedure is identical to the one described in paragraph 6.7.



## 7. Level battery display

The equipment is delivered with a battery charger. Upon receipt, the equipment can be used immediately (after having learned about its use) since it is delivered with the battery charged. A visual indicator allows you to see the battery level at a glance.

## 8. Additional informations

The equipment can be fixed on a tripod (digital camera type).

## 9. Assistance

For any assistance relating to *Sportbeeper Pro* equipment use, you can send your questions by email to [contact@sportbeeper.com](mailto:contact@sportbeeper.com) or contact your dealer.

## 10. Compliance

Your dealer hereby guarantees that *the SportBeeper Pro* equipment described in this user manual complies with the provisions and standards relating to the CE directives.

## 11. Safety precautions



Do not open or disassemble the elements of the *SportBeeper Pro*, otherwise you will void the warranty and can damage its components (seals...)



The sound power being very high, we recommend anyone handling it for the first time to cover the siren with the mute accessory to attenuate the sound.



Keep the *SportBeeper Pro* out of children's reach.



The *SportBeeper* must not be stored with a fully discharged battery, otherwise the battery will be irreversibly damaged.



Unplug the charger when the equipment is not in charge.

Please note that the battery must be charged in a room at a temperature between 10 ° C and 35 ° C (otherwise the battery will be damaged). So if the *SportBeeper* has been exposed to cold (<5 ° C), wait a few hours in a room between 10 ° C and 35 °

C before charging (it gives the battery time to warm up).  
Only use the supplied charger to charge *Sportbeeper Pro*.  
While charging the sound is deactivated.



For use in the rain, we recommend placing the equipment in an airtight environment (transparent plastic bag) or in an upright position, if positioned on a tripod. Sudden temperature changes can cause condensation inside the product. Wait a moment for the droplets formed by the condensation to evaporate.

## 12. Maintenance and repairs

For the charger only, we recommend unplugging the power cable before cleaning the charger.

Do not attempt to repair or replace components of SportBeeperPro hardware. Your dealer cannot be held responsible for damages due to the opening, replacement or repair of components and / or any other parts carried out by unauthorised after-sales services. System components do not require performance monitoring or calibration. The parts of each product have been tested and verified. These parts do not deteriorate if the product is used appropriately. If the equipment does not work properly, please contact your supplier.

## 13. Recycling

This product must not be disposed of with household waste. In accordance with current regulations on waste electrical and electronic equipment (WEEE), it must be taken to a designated collection point for recycling. The materials and components of this appliance can be reused or recycled. For further information on available collection points, please contact your local council or retailer. The crossed-out wheellie bin symbol on the product indicates this requirement.

## 14. Warranty

The *SportBeeper Pro* equipment is guaranteed for 2 years from the date of purchase from your retailer.

During the warranty period, the authorised after-sales service will repair or replace the defective product and / or its components. If the warranty is to be used and the equipment repaired and / or replaced, the warranty will neither be extended nor renewed.

The warranty covers the components of the *SportBeeper Pro* equipment against any faults related to raw materials or manufacturing. This warranty is limited and does not cover wear and tear due to normal use of the product. It also does not cover damages related to accidents, shock, improper use of the product, non-compliance with the instructions in the user manual, poor maintenance, insufficient protection against humidity, immersion, extreme or sudden changes in temperature or environment, opening, alterations or repairs carried out by unauthorised after-sales services. **The device must be used exclusively with the charger supplied by the manufacturer; the use of any other charger or power accessory that does not comply with the specifications will invalidate the warranty.**

The warranty is valid only by presenting a copy of the invoice and/or the shipping sheet

For any equipment control and / or exchange, within the warranty period (2 years), the shipping of the *SportBeeper Pro* is the responsibility of the customer. The cost of shipping controlled and / or exchanged material is borne by *SportBeeper Pro*. After the warranty period, the same conditions relating to the costs incurred by the shipment of the equipment by both parties will be applied.

## 15. After sales services

For any after-sales service enquiries, please contact your retailer, who will advise you on the procedure to follow.

## 16. Responsibility

Your retailer declines all responsibility in the event of failure to comply with the information contained in this user manual, or in the event of misuse of the device.