Endomondo Sports Tracker app

For Symbian Touch phones

Release 4.0.X

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Install: from OVI store

1. Press Menu key in your phone
2. Select Ovi Store icon
3. App is loading...
4. Loading...
5. Enter Endomondo in search box and validate by tapping Search
6. App has been found: tap icon
7. Tap Launch to start downloading and installation process
8. Downloading...
9. App has been successfully installed on your phone
10. You can start tracking with Endomondo right away, just tap green Endo icon
Install:
from Endomondo site

1. Press Menu key in your phone
2. Select Internet icon
3. Select Web icon
4. Tap Options
5. Select Go to and New web page
6. Enter address m.endomondo.com and validate with green tick
7. Tap Go to
8. Select connection
9. Tap underscored here in the text
10. Select Symbian
11. Tap OK
12. Tap OK

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Install:
from Endomondo site

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13. Downloading...
14. Preparing installation...
15. Choose location
16. Tap OK to accept
17. Installing...
18. App has been successfully installed on your phone

19. You can start tracking with Endomondo right away, just tap green Endo icon
Install:
from phone memory

1. Press Menu key
2. Select Settings icon
3. Select Application mgr.
4. Select Installation files
5. Select EndomondoSport...
6. Tap OK
7. Select location
8. Tap OK
9. Installing...
10. App has been successfully installed on your phone
11. You can start tracking with Endomondo right away, simply tap green Endo icon

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**Sign up & Log in:**

**Home Screen**

1. **HOME SCREEN**
   
   Start app, Auto Wizard is started: choose one option

2. Tap within email box

3. Enter your email address and tap green tick to validate

4. Tap OK to validate

5. Tap within password box

6. Enter your password and tap green tick to validate

7. Tap OK to validate

8. Select Network connection

9. Connecting...

10. You are logged in
**Sign up & Log in: Settings**

1. **SETTINGS**
   - Start app, open Options

2. Select Settings

3. Select User

4. Select Sign up or Log in

5. Enter your email and validate with green tick

6. Tap OK to accept

7. Tap inside box to open keyboard

8. Enter your pass and validate with green tick

9. Tap OK to accept

10. Select Network connection

11. You have successfully logged in

12. Your user email or user name is now displayed in Settings
Changing Sport:
Home Screen & Settings

1. HOME SCREEN
   Start app, tap sports icon on top

2. List of sports will be displayed

3. Select sport you want to practice

4. You have successfully changed sport to Walking...

1. SETTINGS
   Open Options, go to Settings

2. Select sport

3. Select sport you want to practice

4. Leave Settings, tap Back to go to Workout screen

5. You have successfully change sport to Skating

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Changing Zones:
Home Screen & Settings

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1. **HOME SCREEN**
   - Start app

2. Long tap Zone of your choice

3. List of possible values

4. Select value of your choice, e.g. Speed

5. Relevant zone display has been switched from Duration to Speed

1. **SETTINGS**
   - Open Options

2. Select Settings

3. Select Zone of your choice

4. Select value of your choice, e.g. Heart Rate

5. Go back to Home Screen via Back

6. Relevant zone display has been switched from Calories to Heart Rate
Weight & Units

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1. **WEIGHT**
   - Start app, open Options

2. **Select Settings**

3. **Select Weight**

4. Tap within field to open keyboard

5. Enter your weight (be honest! ;-)), tap green tick to validate

6. Tap OK to validate

7. **Weight value has been successfully updated!**

8. **As soon as you start a workout, calories counter will be updated**

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1. **UNITS**
   - Select Units on Settings list

2. **Select Miles and tap OK to validate**

3. You have changed units from Kilometers to Miles; weight is automatically converted into pounds

4. Values zones changed on Home Screen
Goal Distance

1. Start app, tap speaker icon to enter goal settings
2. Tap Goal Distance
3. Tap within field to open keyboard
4. Enter goal distance you want to reach during workout
5. Validate with green tick icon in upper left corner
6. Validate value with OK
7. Your goal has been set successfully – remember to set Audio Coach ON
8. Audio Coach must be switched to ON, if you want to hear voice feedback regarding goal distance
Audio Coach & Peptalk: Home Screen & Settings

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HOME SCREEN
Start app, tap speaker icon to enter Audio Coach Settings

1. HOME SCREEN
Start app, tap speaker icon to enter Audio Coach Settings

2. Open Options

3. Select Play Sample: you can hear “3km in 15 minutes and 28 seconds, lap time 5 minutes 11 seconds”

4. Once you are logged in, you can receive voice feedback during your workout

5. Make sure Audio Coach and/or Peptalk are set to ON

6. Speaker icon is indicating now Audio Coach status accordingly

SETTINGS
Select Settings

1. SETTINGS
Select Settings

2. Select Audio Coach

3. Select Off

4. Audio Coach is now set to Off, Select Peptalk

5. Select Off

6. Peptalk is now set to Off, your friends will not be able to send you peptalks
Heart Rate Monitor

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1. Start app, tap broken heart icon
2. Tap OK
3. Tap Yes
4. Look for more devices if it is the 1st time you connect your HR Monitor to this phone
5. Select your HR device
6. Your Heart Rate is now indicated in one of zones, whether you are working out or not
Workout Details & Live Map

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1. **WORKOUT DETAILS & MAP**
   - Start app, start workout

2. Stop workout, open Options

3. Tap directly Map or first tap Show Details

4. Tap world icon to view map of your workout

5. Workout is visible right away, map is being uploaded

6. Upload of map is complete; you can zoom in (tap +) or zoom out (tap -)

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1. **LIVE MAP**
   - Start workout, open Options

2. Tap Map

3. Wait until map is uploaded

4. Follow your position on Live Map...

5. Use + or – to zoom in or zoom out map view

6. Open Options to Pause or Stop workout or Exit app
Upload: Manual after Workout

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1. **MANUAL UPLOAD WITH AUTOMATIC UPLOAD OFF**
   Start app, start workout

2. Stop workout: Sign up Wizard is started, choose one option

3. Enter your email address and tap OK to validate

4. Enter your password and validate

5. Select network connection

6. Connecting...

7. You are logged in now, your workout has been uploaded to your profile (check in History)

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1. **UPLOAD SINGLE WORKOUT FROM HISTORY**
   History list is displayed with status of each workout

2. Open Options, select Upload

3. Connecting...

4. Successful upload is confirmed on History list with each workout status
Upload: Manual Single and All from History

1. **MANUAL UPLOAD SINGLE**
   Start new workout

2. Stop workout, tap OK

3. Open Options

4. Select Upload

5. Connecting...

6. Workout has been uploaded, its status is accordingly updated

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1. **MANUAL UPLOAD ALL**
   Go to History list, select whichever workout

2. Open Options, select Upload All

3. Connecting...

4. Workouts have been uploaded, workout status are accordingly updated
Delete Workout: Single and All

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1. **DELETE SINGLE WORKOUT**
   - Start app,
   - Open Options
   - Select History

2. You are on History list: select desired workout and tap Options

3. Select Delete to delete single workout

4. Selected Workout has been successfully deleted from phone

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1. **DELETE ALL WORKOUTS**
   - open Options (with whichever workout selected

2. Select Delete All

3. All workouts have been deleted from your phone
Uninstall Endomondo Sports Tracker app for Symbian Touch | rel. 4.0.X demonstrated on Nokia 5230

1. Press phone middle Menu key
2. Select Settings
3. Select Application mgr.
4. Select Installed apps.
5. Select Endomondo and tap Options
6. Select Uninstall
7. Tap Yes
8. Removing...
9. Removed
10. Quit Application mgr. By tapping Back
11. App has been successfully removed from your phone
Have fun tracking with