

Endomondo Sports Tracker Android App User Guide – App version 5.1.X

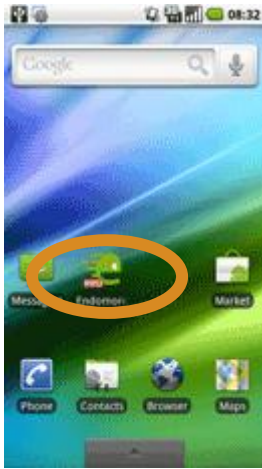
Demo Models Used: Motorola Milestone / HTC Desire
August 2011



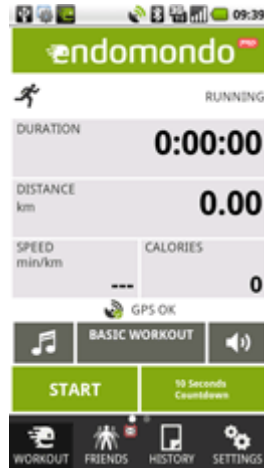
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1. Start up



1. User can launch the app from:
- The home screen
 - The app list



2. The first time you will be asked to sign up/log in, the following times you will see the 'Workout' screen first

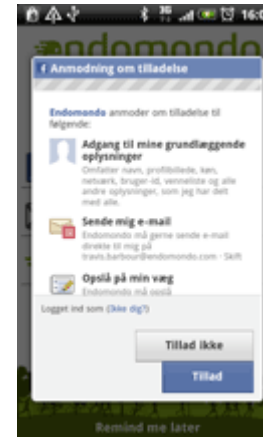
2. Sign up and Log in



1. You will need to log in or sign up to use some sections of the app fully



2. Sign up with Facebook requires you to log in to your Facebook account



3. You will need to allow Facebook and Endomondo to share data



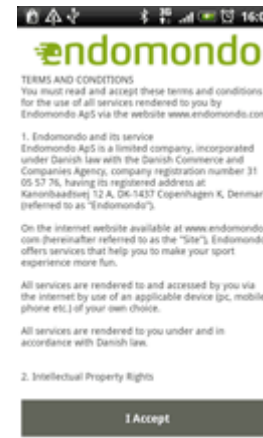
4. To sign up with an email address, enter your address and create a password



5. If you have an Endomondo account, choose to log in with Facebook or email



6. Enter the Facebook details or email details that you used to sign up



7. All new or returning users will need to accept the Endomondo Terms of Service

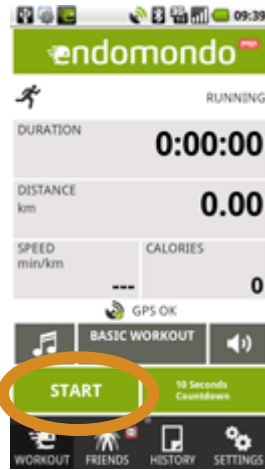


8. Press 'Done' to finish or add friends using the steps found at section 4.2

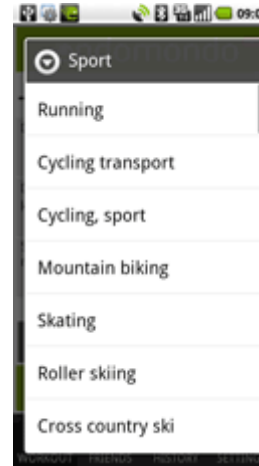
3.1 Basic Workout – and navigating the workout screen



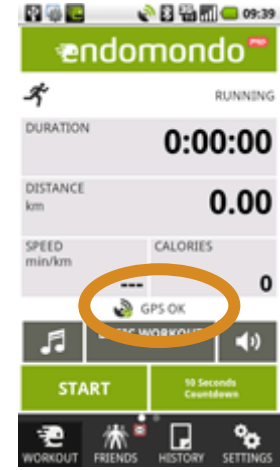
1. When loading the app, the workout screen is shown first



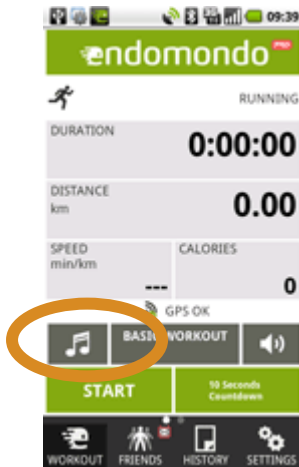
2. Press 'Start' to begin your workout or choose to have a countdown



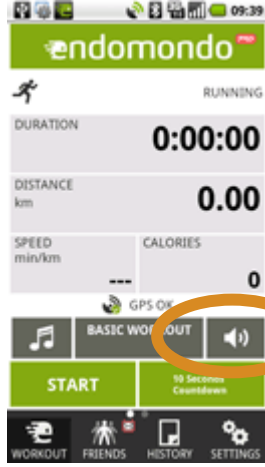
3. Change the Sport Type by pressing the currently selected sport



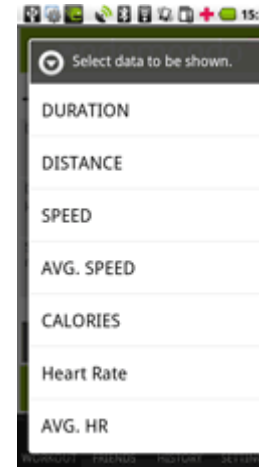
4. Check that your GPS Status is 'GPS OK' for successful tracking



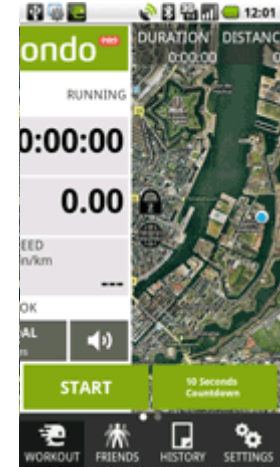
5. Press the music note icon for music whilst you workout (see 6.1)



6. Press the sound icon to mute the Audio Coach

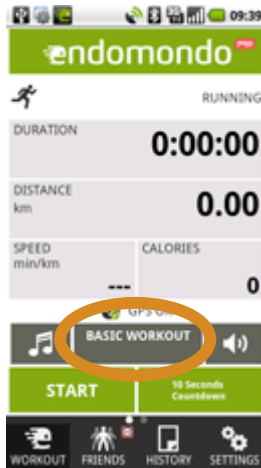


7. Long-press on one of the four display fields e.g. Duration to change the data shown



8. Swipe from right to left to see your real-time location during your workout

3.2 Set a Goal (Time and Distance)



1. Start from the Workout screen and press 'Basic Workout'



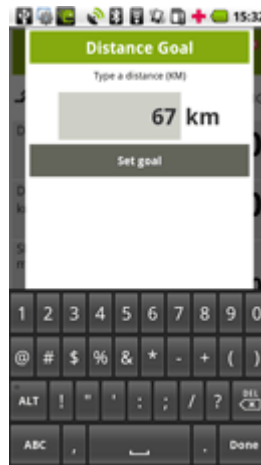
2. Select 'Set a Goal' from the list



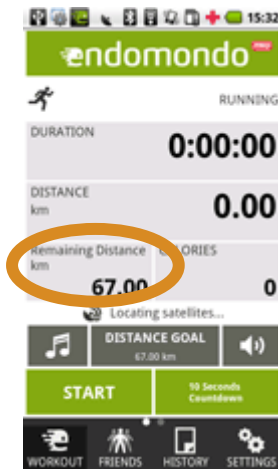
3. Select Distance or Time Goal (PRO Only)



4. Select a pre-determined amount or select a custom goal



5. Use the keypad to enter the distance and press 'Set Goal'



6. Start your workout with the goal displayed on-screen

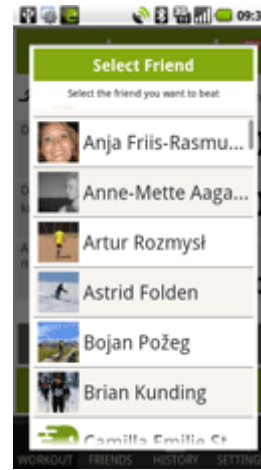
3.3 Beat a Friend



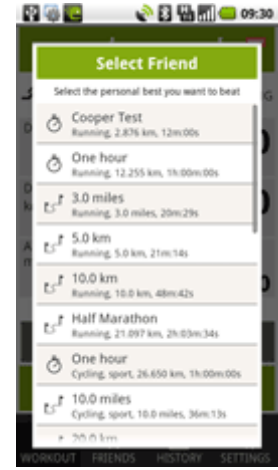
1. Start from the Workout screen and press 'Basic Workout'



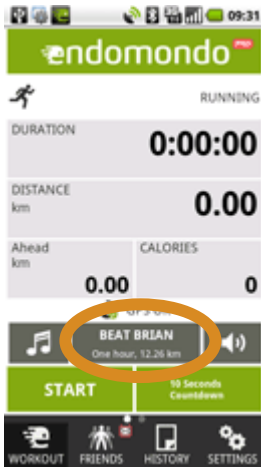
2. Choose 'Beat a Friend' from the list



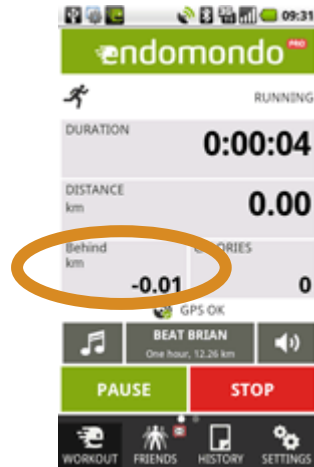
3. Choose the friend you want to compete against by selecting their name



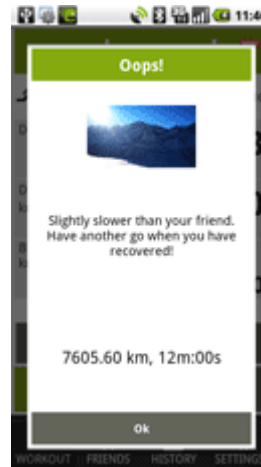
4. Choose the Personal Best that you want to attempt to beat



5. Start your workout with your friend's name and target time or distance on screen

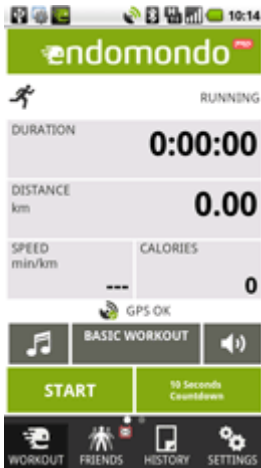


6. See whether you are ahead or behind your friends time



7. After completing the distance, get feedback on your result!

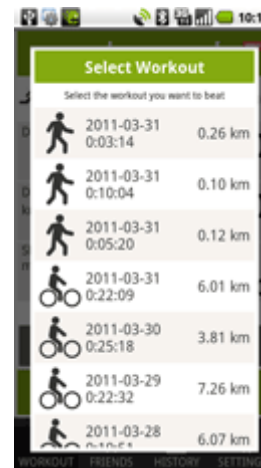
3.4 Beat Yourself – PRO Only Feature



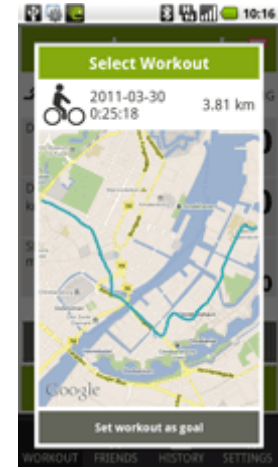
1. Start from the Workout screen and press 'Basic Workout'



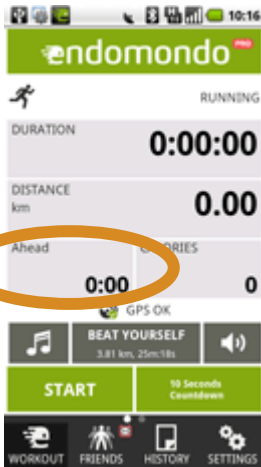
2. Choose 'Beat Yourself' from the list



3. Choose one of your workouts that are saved in the history list

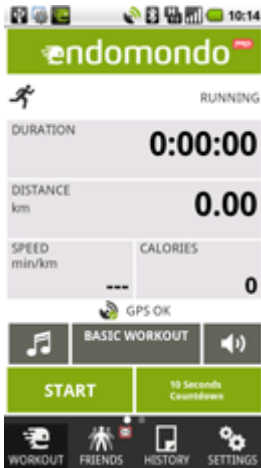


4. View the route for the chosen workout on the phone. Press 'Set Workout as Goal' to start



5. See whether you are ahead or behind your previous time

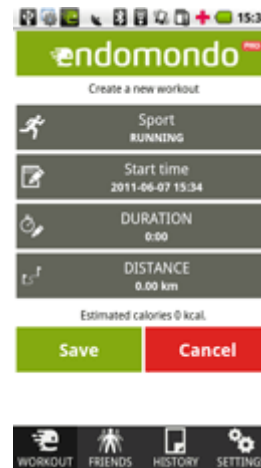
3.5 Manual Entry



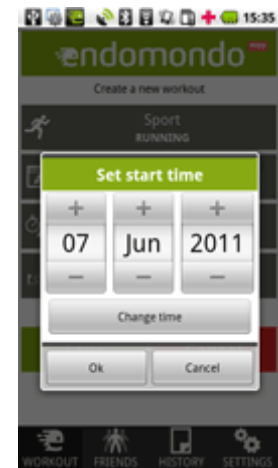
1. Start from the Workout screen and press 'Basic Workout'



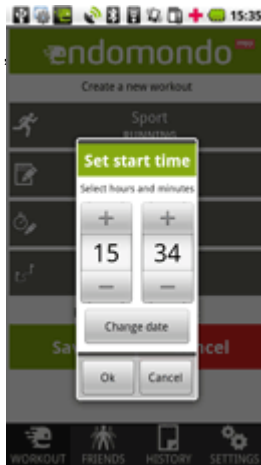
2. Choose 'Manual Entry' from the list



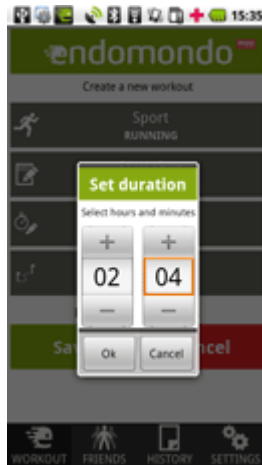
3. Select each box and enter the details for the workout



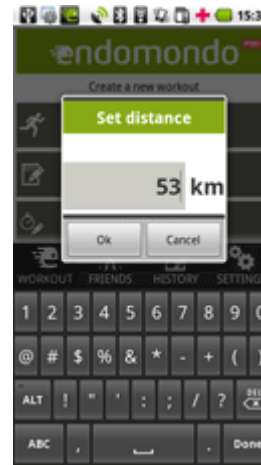
4. Enter a start date and then press 'Change Time' to enter a time



5. Enter the workout start time in hours/minutes



6. Choose a Duration in hours/minutes



7. Choose a Distance in kilometres



8. Estimated calories are shown. Press 'Save' to add the workout to history

3.6 Audio Coach Details

Audio Coach is enabled by default in the app and it works for both offline and online tracking (TextToSpeech engine needed for offline mode). The information given by the Audio Coach depends on the type of workout. Below is an overview of what the user will hear for each workout type.

Basic Workout

Distance, duration and the time of each lap will be read to you in English via headphones, headset or speaker.

Set a Goal

Distance, duration and the time of each lap will be read to you in English via headphones, headset or speaker. An estimated finish distance (for a time goal) or an estimated finish time (for a distance goal) will also be included.

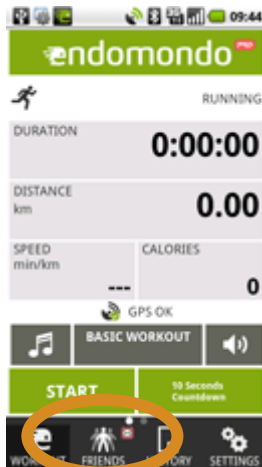
Beat a Friend

Distance, duration and the time of each lap will be read to you in English via headphones, headset or speaker. The amount of time that you are ahead or behind your friend will also be included.

Beat Yourself

Distance, duration and the time of each lap will be read to you in English via headphones, headset or speaker. The amount of time that you are ahead or behind your target workout will also be included.

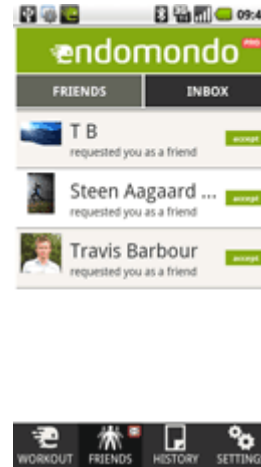
4.1 Friends – Activity List and Inbox



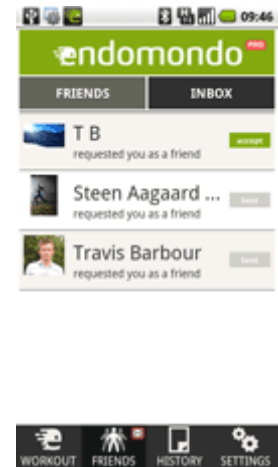
1. Press the 'Friends' tab to see recent activity and requests



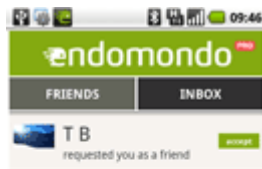
2. Information about your friends' last workout will be shown. The most recent is at the top



3. Press the 'Inbox' tab to see friend requests

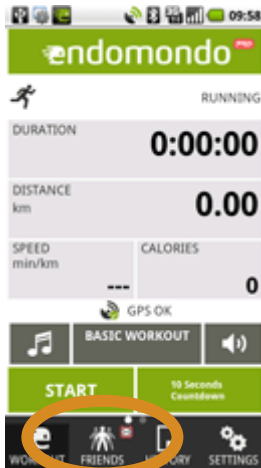


4. Press the green 'accept' button to become friends on Endomondo

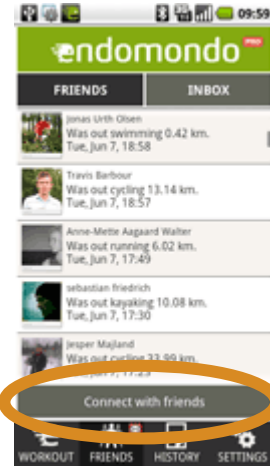


5. Any unaccepted requests will stay in your inbox

4.2 Friends – Sending Requests & Invites



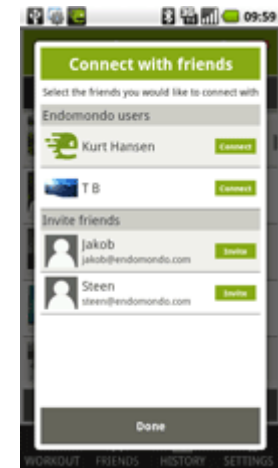
1. Press the 'Friends' tab



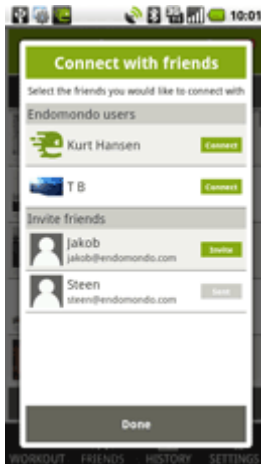
2. Press the 'Connect with Friends' button



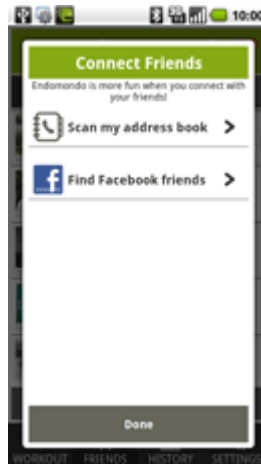
3. Look for Endomondo users in your phone contact list or on Facebook



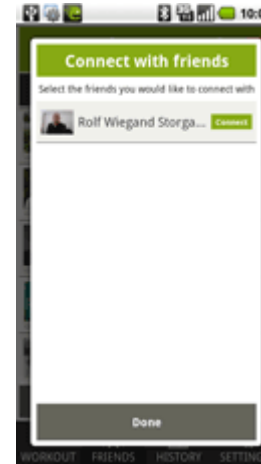
4. You can connect with contacts that use Endomondo or invite contacts that are not yet Endomondo users



5. Press the green 'connect' or 'invite' buttons



6. Select the Facebook option to add even more friends to Endomondo



7. All of your Facebook friends that are also Endomondo users are shown

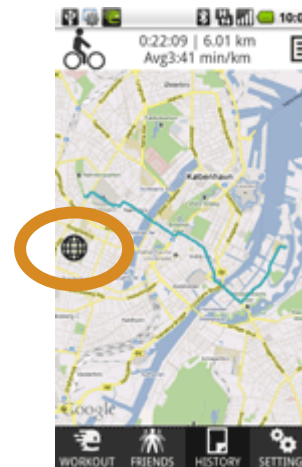
5.1 History – Workout Details and Statistics



1. Press the 'History' tab to see all locally saved workouts



2. Sport type, date, duration, distance, calories and upload status are all shown at-a-glance



3. Press a workout to see more details such as the route. Press the globe icon for different views



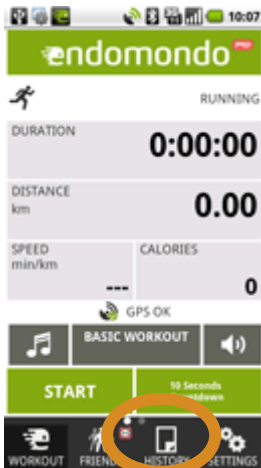
4. Press the list icon in the upper right corner for lap time information

km	Lap time	Split
1	04:23	04:23
2	03:50	08:13
3	03:23	11:36
4	02:54	14:30
5	03:21	17:51
6	04:12	22:03



5. The turtle and the rabbit show your slowest and fastest laps

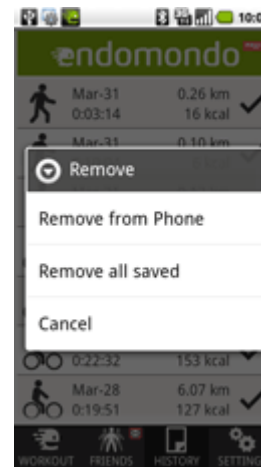
5.2 History – Removing and Manually Uploading Workouts



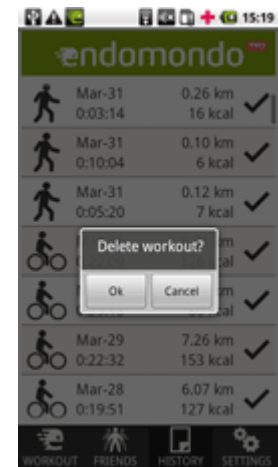
1. Press the 'History' tab to view all workouts stored on the application



2. Workouts that have been uploaded (marked with a tick) can be removed



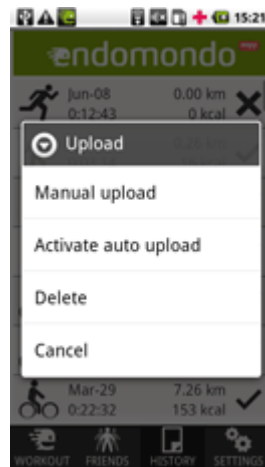
3. Long press (touch and hold) on a workout to open the 'Remove' menu



4. Choose to remove a single workout or all workouts and confirm your selection



5. Any workouts that are not uploaded (marked with an exclamation) can be manually uploaded

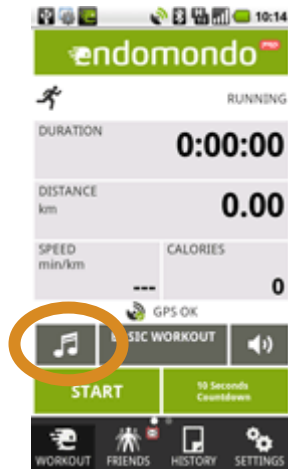


6. Long press on the workout for upload options

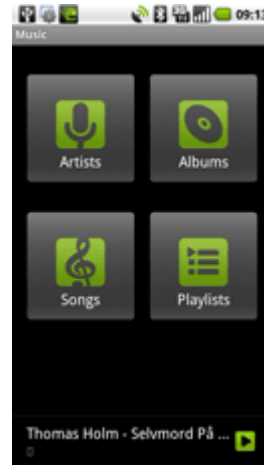


7. Select 'Manual Upload' for a one-time upload or activate auto-uploads

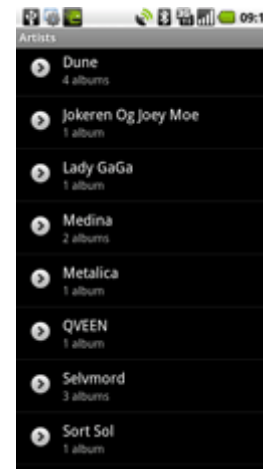
6. Music During Workouts



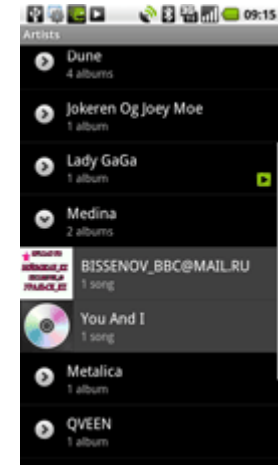
1. Press the 'music' icon



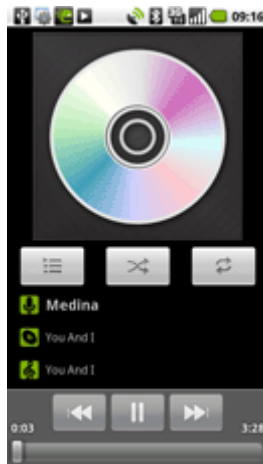
2. Choose from the options to find the song/playlist you want



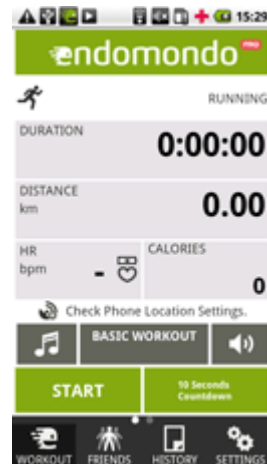
3. Navigate through the next set of menus



4. Tap on the song that you want to hear



5. The selected song will play. Navigate back to the Endomondo app



6. The music will play whilst you workout using Endomondo

7.1 Device Integration – Compatibility

Compatible devices

Bluetooth:

- Heart rate monitors from Polar Wearlink Transmitter with Bluetooth and Zephyr HRM HxM Bluetooth
- Jabra SPORT headset – incl. special headset features
- Other Bluetooth headsets (normal features)

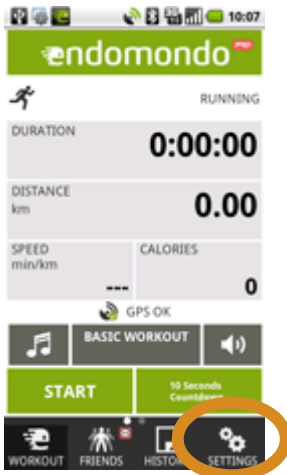
ANT+:

- Bike speed sensors
- Cadence sensors
- Bike speed and cadence sensors
- Heart rate monitors

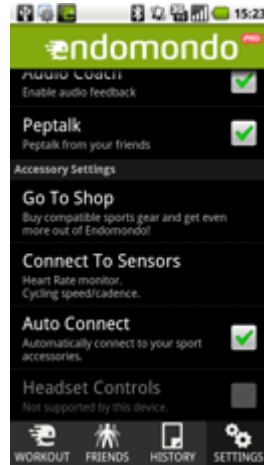
Others:

- Corded headsets – incl. special headset features

7.2 Device Integration – Bluetooth and ANT+



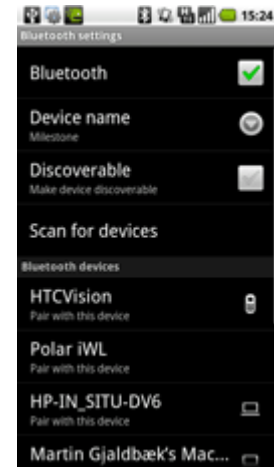
1. Press the 'Settings' tab



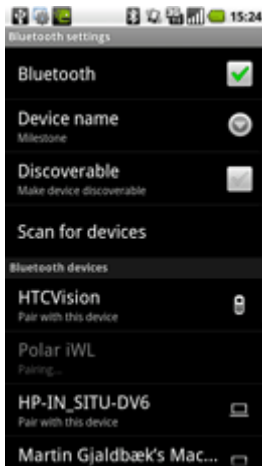
2. Scroll down to 'Accessory Settings' and then press 'Connect to Sensors'



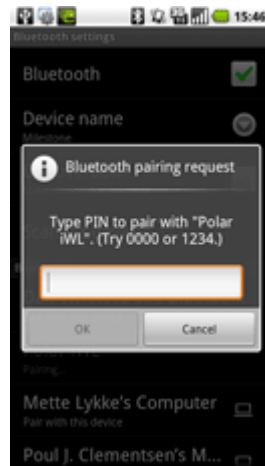
3. Ensure you are wearing your HR monitor correctly and press 'Scan'



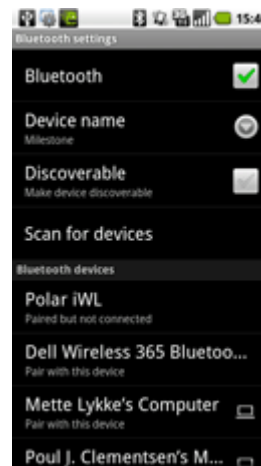
4. Your phone will show all Bluetooth devices that you can connect to



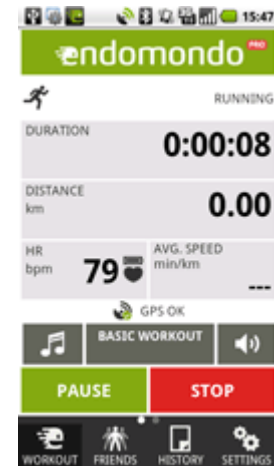
5. Select the device that you want to connect to. It will 'pair' with your phone



6. You may be asked for a PIN code. It will be '0000' or '1234' depending on device

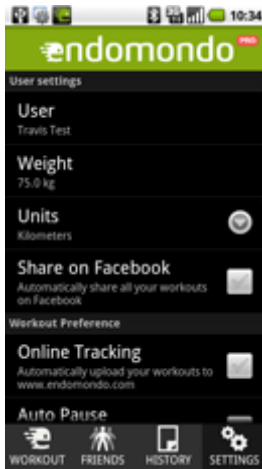


7. The device will be 'paired but not connected'. Launch Endomondo to connect



8. Your live heart rate will show up on the workout page

8. Facebook Auto-Posting



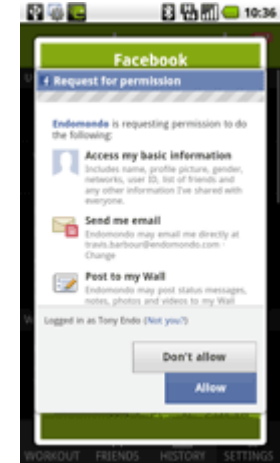
1. Access the 'Settings' tab and check 'Share on Facebook'



2. You will be asked to log in with Facebook



3. Now enter your Facebook log in details and press 'log in'



4. Press 'allow' to give Endomondo the shown permissions

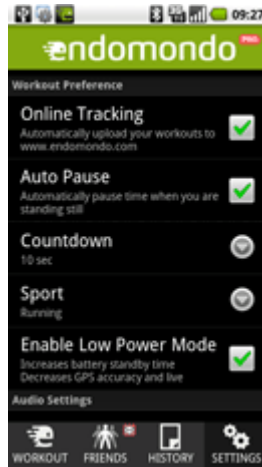


5. Workouts will now be automatically posted to Facebook!

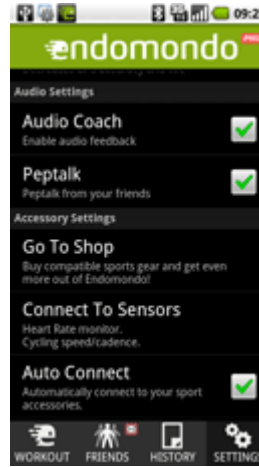
9. Settings



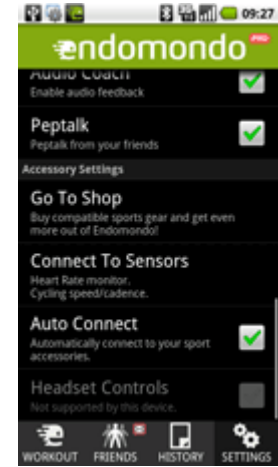
1. Press the 'Settings' tab to view and edit different settings like, user, weight and units



2. Enable/disable Online Tracking, Auto-Pause, Countdown and lots of other settings



3. In Audio Settings you can edit your Audio Coach and Peptalk settings













4. Connect to heart rate sensors and enable Headset Controls












5. The Endomondo Store. We are improving the mobile experience

endomondo features

Endomondo Sports Tracker is your personal coach and training partner for running, cycling, walking and other distance based sports. Bring your HTC phone on the go and working out will be so much more fun. It's time to free your endorphins!

-  **Real-time GPS tracking**
Let the app track your time, distance, speed, and calories in real-time
-  **Heart rate monitoring**
Use the app with a heart rate device from either Polar or Zephyr
-  **Audio feedback**
Get voice updates on your performance for every mile or km
-  **Real-time peptalks**
Allow friends to follow you live and type in short messages that are then read aloud to you
-  **Maps**
Navigate by viewing your current position and route on Google Maps™
-  **Music integration**
Start your media player from the app and your playlist will be recorded
-  **History with lap times**
View previous workouts including lap times for each km or mile
-  **Auto-pause**
Let the app pause and resume automatically when you're not moving
-  **Manual entry**
Enter a workout manually, e.g., a treadmill run
-  **Low power mode**
Enable power saving during tracking to be able to track very long workouts

-  **Set a goal**
Choose a time or distance target and let the audio coach guide you according to this goal
-  **Beat yourself**
Set a previous workout as your target and the audio coach will help you do better
-  **Beat a friend**
Set a previous workout done by a friend as your target and let the audio coach help you beat it
-  **Invite friends**
Scan your address book or Facebook to find friends already on Endomondo
-  **News feed**
See what activities your friends have been up to lately
-  **Facebook sharing**
Post workouts to Facebook - either a single workout or automatic posting
-  **ANT+ integration**
Integrate with bike speed & cadence sensors via ANT+
-  **Headset control**
Hit the headset media button to get audio feedback on your current status or long press it to pause and resume a workout
-  **Online community**
Go to Endomondo.com to challenge your friends, see what they've been up to and follow them live

