



# Star2

Star 2 GPS Sports Watch







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




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# 1 Safety Precaution

## 1.1 Icons for Safety Precautions

Icon	Definition
 Warning	This icon indicates actions that may cause serious injury or even death if neglected and should be read prior to the use of the product.
 Attention	Indicates information that should be read prior to the use of the product, if neglected may cause damage to the product.
 Note	This icon indicates important or practical information that helps you to understand the product better.
 Useful Tips	This icon indicates some helpful tips for you to use Star 2.

## 1.2 Safety Precautions

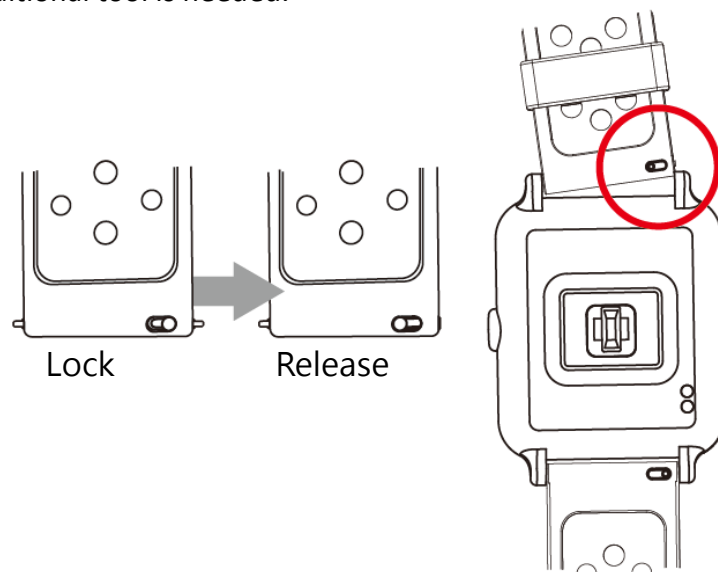
-  Warning: Keep the device away from medical devices such as artificial pacemakers, as well as items operated by magnetic particles such as key cards, credit cards, and similar items. The device may produce magnetic interference that impacts the operation of medical or other electronic devices and items with magnetically stored data.
-  Warning: All our products are produced in accordance with regulated standards; however, skin allergy may occur to certain individuals, please stop using the product and consult a physician if such situation does occur.
-  Warning: Please consult your physician before starting any training plan. Overtraining may cause serious injury.
-  Warning: This device is for recreational use only; it is not a medical device.
-  Warning: Please do not rely solely on the GPS or battery life. Consult a map or other assisting equipment to ensure your safety.
-  Warning: Please do not apply any solvent on the product, or the surface may be damaged.
-  Attention : Please do not apply insect repellent or insecticide of any kind for it may damage the surface.
-  Attention: Please follow in accordance with the local waste disposal act to discard this device to preserve the environment; do not toss it away as trash.
-  Attention: Please do not knock or crash the device on hard surfaces for it may be damaged.
-  We use advanced sensor and algorithms to produce data and analysis. All the reports are for your reference to improve your training and workout experience, do not read it as medical diagnosis.

## 2 Set up Star 2

Please charge **Star 2** before your initial use and install the **Ala Connect App** onto your device. Please update according to the instructions on screen for operations and system upgrade.

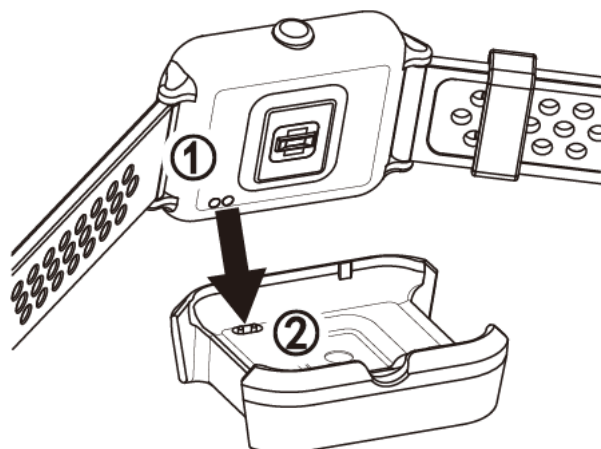
### 2.1 Installing the Watch Band

The watch band has quick-release pins, *slide the spring bar to the left* to release or installing new band. NO additional tool is needed.




### 2.2 Charging for Star 2

- 1) Plug the USB cable into a USB dock on your computer or a USB wall charger.
- 2) Put the watch into the charging dock ② once the charge contacts ① are aligned.
- 3) Begin to charge until it shows **100%** on the bottom of the screen.




👉 A fully charged **Star 2** can standby up to 20 days. Under activity modes with GPS on, the longest battery life is up to 10 to 13 hours.

 Actual battery life may vary due to charge cycle or other factors.

## 2.3 Setting up Star 2


When turning on **Star 2** for the first time, a tutorial for the screen and button operation will be displayed on the watch screen. The installation process will be shown on the screen:

- 1) Select language.
- 2) Watch the tutorial.

 Be sure to follow the instruction on screen to operate and be familiarized with the touch screen and button.

- 3) Pair with your phone: **Yes, please see [2.4 Pair with Ala Connect APP](#)** °  
**No, please key in the user info on screen.**


- 4) Set up for user info: Gender/units/age/height/weight/time zone/date and time.


 For more information on setting up the time zone, please see [8.8 System Management](#) and [11.1 Time Zone Table](#).

## 2.4 Pair with Ala Connect App

**Ala Connect App** can enrich your user experience. You will be able to:


- Register and log in on your **Ala Account**.
- Adjust settings on **Star 2**: Once you save your preference on the app, the information will be overwritten on your watch after synchronization.
- Software Update: Download the most up to date version and update your **Star 2** through synchronization.
- Synchronize your workout or activity data to your **Ala Connect** account or other activity platforms, such as **Strava**.
- It helps you to share activity, use smart notification, acquire workout analysis, and activate your **Fitpair** profile in group training.

 System requirement: iOS 14.0 or later,  
Android 7.0 or later,  
Bluetooth 4.0

 Some functions and services require Wi-Fi and/or Cellular connection, there may be additional charge for your own cellular usage according to the plans or regulations of your local carriers.

### How to pair your Star 2 with Ala Connect?

- 1) Go to the App Store, Google Play, or scan the QR code on the package and install **Ala Connect**.
- 2) Open **Ala Connect**; if Bluetooth® is off on your device, please turn it on in your device's control center.
- 3) Follow the instructions on your APP to set up your account and preferences.

 Please key in the accurate personal information so that the system could use the right data to provide personalized workout analysis and training menu. Your data is

not public by default.

- 4) On your device, select **Device > Add a Device**, shown as **[+] > select Star 2**. You should be able to see the **Star 2** image on screen for you to select.
- 5) From the search bar, find your watch via the serial number (the SN number on the back of the watch).
- 6) Key in the PIN numbers on the watch screen to your device to finish pairing.

👉 Some phones or devices do not automatically show the key-in bar, below is one of the solution for OPPO device:

- Swipe down from the top of the screen.
- Select “Bluetooth® pairing” to pair your device with the watch (represents by SN numbers). See *Figure 1*.
- Enter the PIN numbers. See *Figure 2*.

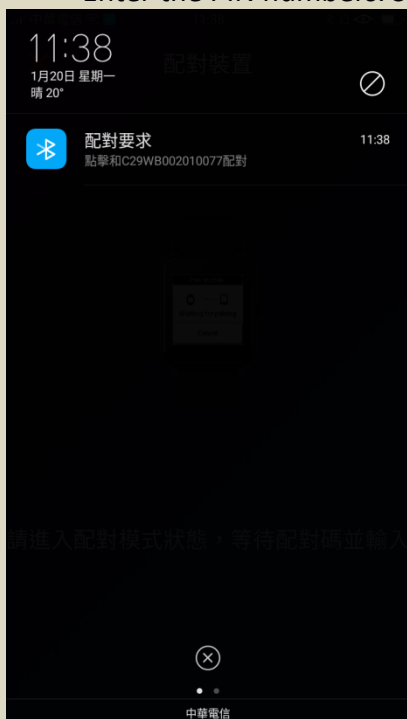


Figure 1.

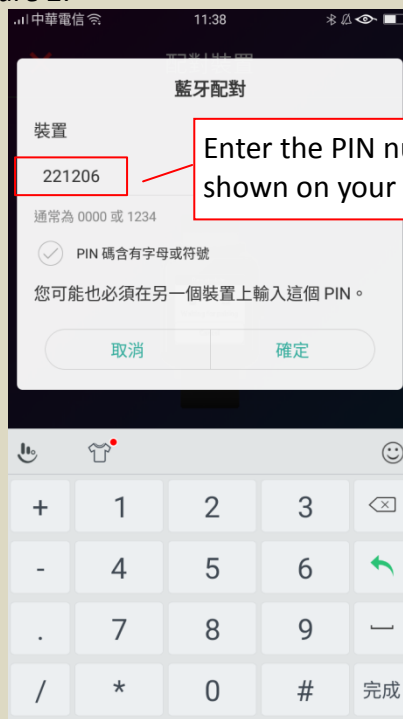


Figure 2.

- 7) Once the device is added, **Ala Connect** will overwrite the setting into **Star 2**.

## 2.5 Update and Set Up Star 2

Once the device is paired, you can check and perform system update your **Star 2** :

- 1) Ensure on your device the Wi-Fi and Bluetooth® is turned on.
- 2) Turn on **Ala Connect**, wait until the synchronization between the app and your watch is completed
- 3) *Click on* the upper left corner with an icon of three horizontal lines **☰**.
- 4) Go to **Device > Star 2 > Check the latest version**, download and update to the latest version. Once update is completed, turn off Ala Connect.

📝 Wi-Fi or Bluetooth® devices might be ineffective in an environment with wireless interference. If errors do occur during the downloading process, please consider the

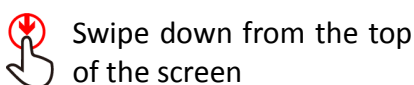
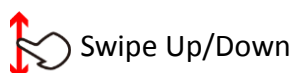
following steps:

- Turn off the Bluetooth<sup>®</sup> and Wi-Fi on your device and turn it back on.
  - Close **Ala Connect**, and reopen it again.
  - If you receive a message: [ ⚠ Time out, please restart], turn off **Star 2** and then press and hold the button to restart it.
  - Avoid any interfering signals, such as power cable, microwave oven, wireless camera, or wireless phone.
- 5) Re-open **Ala Connect**, wait until synchronization is completed.
  - 6) Go to **Device >(select your Star 2 device )> Device Setting** for general set up
  - 7) *Click on **Your Profile Picture/Avatar***, and set your **Activity Preference** and your **Daily Tracking goals**.
  - 8) Once you have completed, your preference will be set on **Star 2** in the next synchronization.

# 3 Touch Screen and Button

**Star 2** has only one button, most operations can be done with the touch screen.

For the screen:



**Press the Button**

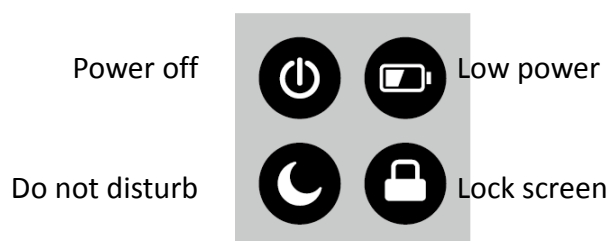
- Home (Time)
- Start Recording
- Lap Key

**Press and Hold**


- Pausing Record

## 3.1 On the Time Screen


- *Swipe down from the top of the watch screen for the **Control Center**.*




👉 In **Control Center**, if no additional operation is performed, you can return to the **Time Screen** by *swiping upward or pressing the button*.

Tap  to turn off **Star 2**, if you would like to turn it back on, *press and hold the button*.

Tap  to lock the screen, to unlock the touch screen, simply *press the button*.

Tap  to enable do not disturb mode for the entire day, and *press the button* to return to the **Time Screen**.

Tap  to turn on battery preserve mode, and *press the button* to return to the **Time Screen**.

- On the **Time Screen**, *swipe up or down* to view the **Widgets**.

👉 Under specific **Widgets**, *swipe left* to view more function.


- *Press and hold the button* to enter **Menu**.
- *Press the button* to enter **Activities**.


## 3.2 On the Menu

- On the **Time Screen**, *press and hold the button* to enter **Menu**.
- *Swipe up or down* to view.
- *Tap* on the selected option.
- *Swipe left* to enter more setting pages.
- *Swipe right* to cancel and or return to the previous page.
- *Press the button* to cancel and return to the **Time Screen**.

## 3.3 In Activity Modes

- On the **Time Screen**, *press and hold the button* to enter **Activities**.
- *Swipe up or down* to view and then *select* the activity of your choice.
- *Press the button* to start recording.
- During the recording period:
  - Swipe up or down*: to scroll the pages and view the real-time data.
  - Press the button*: for lap and segment.
  - Press and hold the button*: to pause, after that, you will be asked to **Resume**, **Save**, or **Delete** the activity.
- Once the activity is saved, *press the button* to return to the **Time Screen**.

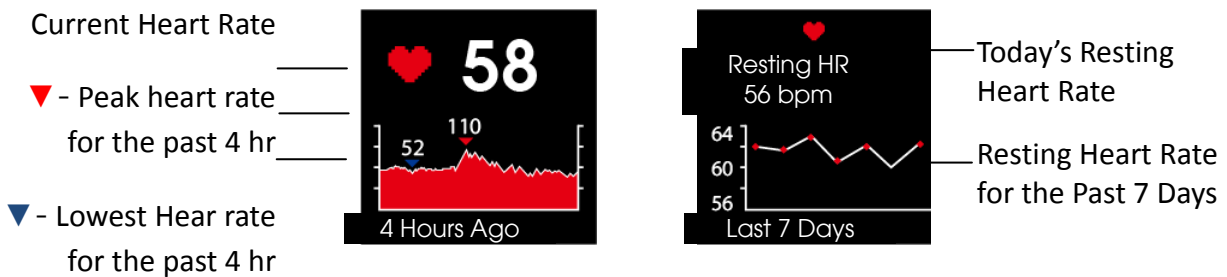
 Attention: the touch screen cannot be operated underwater. Underwater activities, such as swimming will have other operation method.

 For more detailed on activity mode operation, please see [9. Activities](#).

# 4 Optical Heart Rate Monitor

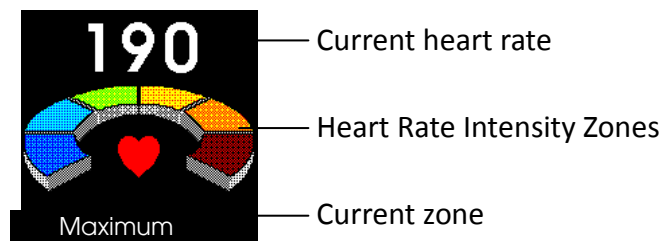
## 4.1 Optical Heart Rate Technology

**Star 2** has built-in optical heart rate sensor that uses light to measure the changes in tissue caused by blood circulation under the area of the sensor. When you are wearing **Star 2**, the optical heart rate monitor can track your heart rate and collect the changes throughout the day; it can also collect your heart rate for the past 7 days.



## 4.2 Heart Rate Zones and Training Outcome

**Star 2** can track your heart rate during activities and use a color chart to indicate your current heart rate intensity. No matter if you are inactive or a fitness guru, you can train with this chart efficiently and safely.



The heart rate zones chart is an object way to measure one's current workout intensity and recover situation.

Heart Rate Zone		Training Intensity%%		Effort	Feel	Training Functions	Purpose
		%MHR	%HRR				
<Z1	Daily Life	~50	~55				
Z1	Warm Up	50~60	55~60	Easy	Fully relax	Facilitate warm-up & energy recovery	Get fit
Z2	Fat Burn	60~70	60~65	Steady	Talking while exercising	Improve metabolism	Lose excess weight
Z3	Aerobic	70~80	65~75	Moderate	Tired & hard to keep talking	Enhance aerobic power	Aerobic fitness
Z4	Anaerobic	80~90	75~85	Hard	Feeling	Increase speed	Get faster &

					strenuous, can't talk comfortably	& lactate threshold	stronger
Z5	Maximum Effort	90~	85~	Very Hard	Out of breath & short heartbeat	Explosive power	Explosive power


















## 4.3 Possible Reasons for Inaccurate Measurement

Optical heart rate sensor has been widely applied for its accuracy and applicable quality. To ensure you receive the most accurate reading possible, please read through some of the tips regarding wearing methods and movements. Please also note that under some circumstances, the optical heart rate sensor may not be as accurate:

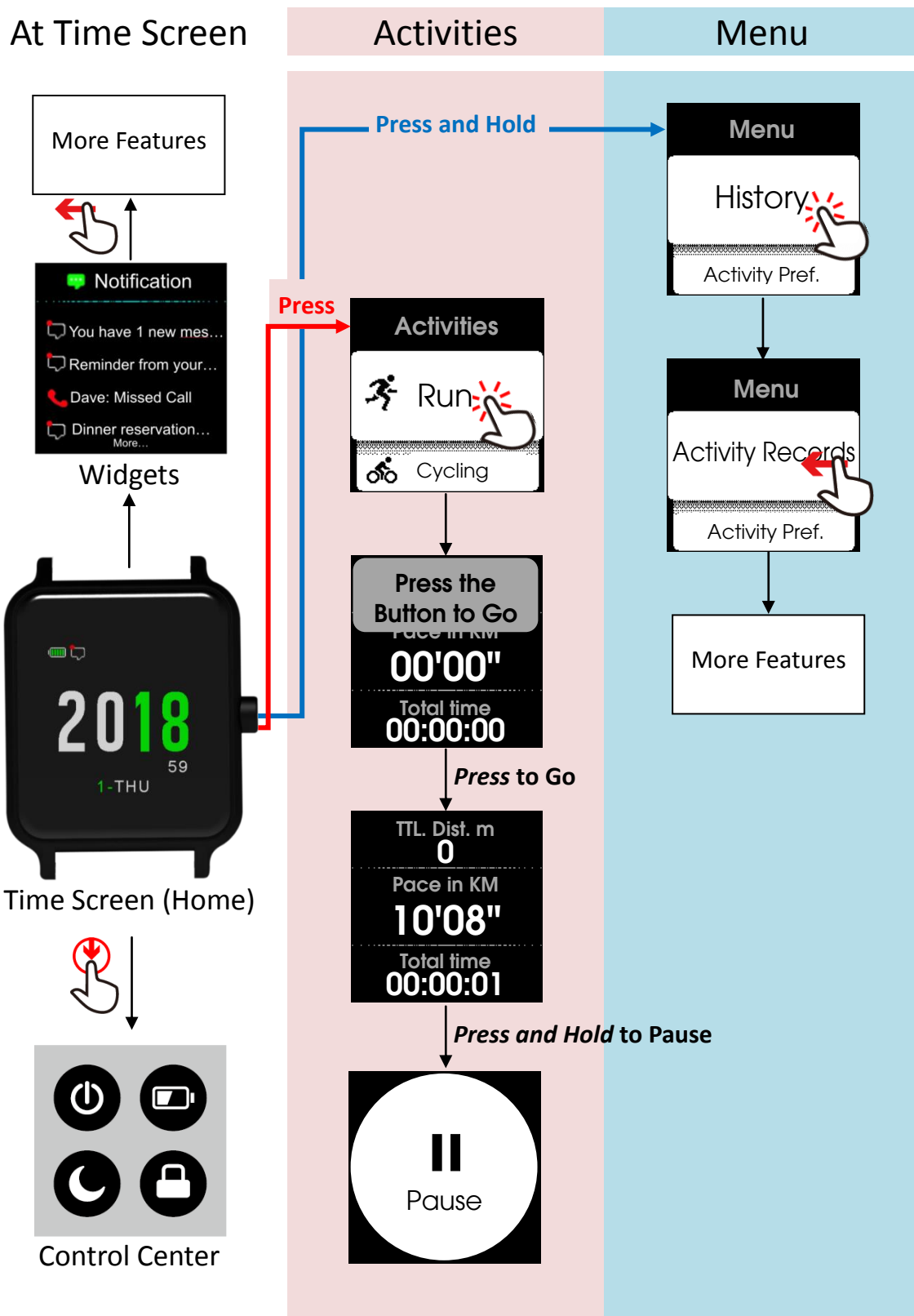
- Your method of wearing the watch:
  - Please be sure to have direct contact between your skin and the optical sensor.
  - Please avoid wearing your watch right on top of your wrist bone, as this may create gaps between the skin and the sensor and preventing them from direct contact. Another reason not to do so is that the watch may slide, and the sensor could not receive accurate reading when it is moving. It is suggested to wear it on your forearm, beside your wrist bone.
- Before your activity, please warm up to enhance blood circulation, this is both beneficial for your personal safety as well as allowing the sensor to have a better reading.
- Arm movements and flexing muscles, such as gripping a tennis racket, can change the accuracy of the sensor readings.
- Tattoo and darker skin tones may cause inaccurate reading of the sensor due to the characteristic of optical technology; light is hard to bounce back on a dark surface.
- Depending on the condition of use, heart rate might be inaccurate in underwater activities.
- Compare to the electrocardiography (ECG) heart rate strap, Optical Heart Rate monitor is a more comfortable and accessible solution. However, if you prefer heart rate chest strap, you can also look up **ALATECH** Heart Rate Strap (Model: CS010 、CS011 、CS012)

⚠ Warning: Optical heart rate sensor may not be suitable for every user. The heart rate may be higher or lower than the actual data depending on the user's physical condition or the activity type.

# 5 Icons

	Power off
	Low Power mode (in Control Center)
	Do not disturb
	Screen lock
	Low Battery
	Low Power Mode (on the Time Screen)
	Charging
	New (unread) notification
	Phone call
	Screen lock (on the Time Screen)
	Heart Rate
	Heart Rate Broadcast mode
	Lost Bluetooth <sup>®</sup> Connection
	Not paired with phone
	Temperature
	Altitude
	Pressure above sea level

# 6 Display Breakdown



# 7 Widgets

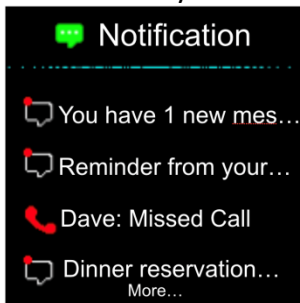
**Star 2** is built-in with many useful widgets. You can *swipe up or down* on the **Time Screen** to view them.

☞ If you can't see the following widgets, please see [8.3.1 Widget Management](#) to enable your widgets.

☞ Some widgets have line graphs to indicate changes. You can see the most recent information on the right and the oldest on the left.

## 7.1 Notification

You can view your messages from your smartphone in **Notification**.



- 1) *Swipe down* from the **Time Screen** to see **Notification**.
- 2) *Swipe left* to view the pop-up list.
- 3) *Swipe left again* to view messages or lookup caller number.
- 4) *Press the button* to return to the **Time Screen**

☞ **Notification** will only be enabled when connecting with a compatible device via **Ala Connect**.

☞ How to enable phone call and message notification?

- **If you have an iOS device:**

- 1) To pair your device with **Star 2**, See [2.4 Pair with Ala Connect App](#).
- 2) The iOS system will automatically turn on all the Bluetooth<sup>®</sup> compatible notifications. If you would like to receive notification from a certain apps, go to your **Device > Setting > Notification**, and select **Ala Connect** to make sure it is authorized to receive information from other apps.
- 3) Go to **Ala Connect > ≡ > Device > Star 2 > Device Setting > Message Mode** to set up your preference during both the **Activity Mode** and **Non-Activity Mode**.

- **If you have an Android device:**

- 1) To pair your device with **Star 2**, See [2.4 Pair with Ala Connect App](#).
- 2) Go to **Ala Connect > ≡ > Setting > Notification Center**, agree on [Get **Notification Access**], and select the apps you wish to see notification from.
- 3) Go to **Ala Connect > ≡ > Device > Star 2 > Device Setting > Message Mode** to set up your preference during both the **Activity Mode** and **Non-Activity Mode**.

☞ If you are still unable to receive information from your mobile device, please try the following:


- After the set up, restart your mobile device.
- Reset the Wi-Fi and Bluetooth<sup>®</sup> on your mobile device.
- Restart **Ala Connect**, make sure authorization for notification is enabled.

- Make sure **Ala Connect** and **Star 2** are successfully connected.

A ✓ will appear when they are connected successfully.



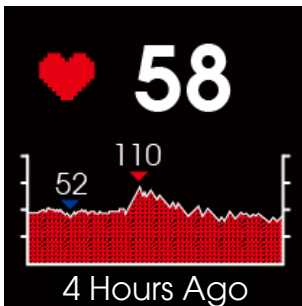
If this icon shows, it means the connection is lost, or no connection was made.


- Make sure **Star 2** and the mobile device is not over 6 meters (19.7ft) apart.
- Make sure **Do Not Disturb** function is off. You can check by seeing if this icon  is on the top of the **Time Screen**.



## 7.2 Heart Rate

On the **Heart Rate** pages, you can see your current heart rate, the resting heart rate, and the resting heart rate for the past 7 days.

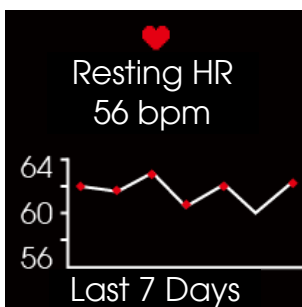
### 7.2.1 Current Heart Rate




- 1) On the **Time Screen**, *swipe up* for the **4 Hours Ago Heart Rate**.
- 2) Your current heart rate will show up beside the icon , the chart below shows your heart rate in the past 4 hours.
  - ▼ Demonstrates the peak heart rate in the past 4 hours
  - ▼ Demonstrates the lowest heart rate in the past 4 hours
- 3) *Press the button* to return to the **Time Screen**.


 If you have enabled **Low Power Mode**, the **4 hours ago heart rate** cannot be displayed. If you ought to turn off **Low Power Mode**, *swipe down from the top of the Time Screen* for the **Control Center**. *Tap* on the icon  to turn it off; it should turn from green to black.

### 7.2.2 Resting Heart Rate



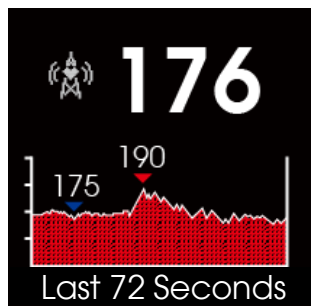
- 1) On the **Time Screen**, *swipe up* for the **4 Hours Ago Heart Rate**.
- 2) Once you are there *swipe left* to see **Today's Resting Heart Rate** (shown as **Resting HR** on screen).
- 3) The number showed in bpm is your resting heart rate of the day, and the chart below shows the resting heart rate of the past 7 days.
- 4) *Press the button* to return to the **Time Screen**.

 Be sure to wear **Star 2** for the entire day to get accurate reading of your resting heart rate.


 Through recording and observing your **RHR** (Resting Heart Rate), you can evaluate your training routine and determine a better recovery period. If you are not fully recovered, it may have negative impact on your performance and increase the possibility of injury!


## 7.2.3 Heart Rate Broadcast Mode

Once you have pair **Star 2** with compatible Bluetooth® or ANT+ devices and switch on the **Heart Rate Broadcast Mode** on your **Star 2**, your heart rate data will be displayed on the device or equipment.



- 1) On the **Time Screen**, *swipe up* for the **4 Hours Ago Heart Rate**.
- 2) *Swipe left* pass **Today's Resting HR** then to **Last 72 Seconds (the Broadcast Mode)**.
  - ▼ Demonstrates the peak heart rate in the past 72 seconds
  - ▼ Demonstrates the lowest heart rate in the past 72 seconds
- 3) Since every device and equipment has its own pairing method, be sure to read the user's manual of the device you wish to pair **Star 2** with. Once you have paired the watch with the compatible sensors and devices, your watch can broadcast the heart rate from this page to other devices.
- 4) If you ought to exit the **Broadcast Mode**, *swipe right* and select **[Exit]**.
- 5) *Press the button* to return to the **Time Screen**.

 Due to battery preservation, other pages are not available when the watch is under **Heart Rate Broadcast Mode**.

 Each compatible Bluetooth® and ANT+ device or equipment has different paring method. Please consult each of its user manual.


- Cycling computer
- Fitness equipment, such as **ATTACUS** Treadmill, Spinning Bike, and Rower.
- Mobile application, such as **Wahoo Fitness** and **Nike Run Club**.

## 7.3 Daily Step Count

**Daily Step Count** collects your daily steps and moving distance. It also compares your day-to-day record for the past 7 days.



- 1) On the **Time Screen**, *swipe up* to **Daily Step Count**. The page will collect your step count of the day in bigger numbers; the smaller number below is the step goal.
- 2) *Swipe left* to see the distance and elevation of the day.
- 3) *Swipe left again* to see your average step count of the past 7 days in a bar char, you can analyze your activity base by compare and contrast your daily performance.
  - The y-axis:** Every 1,000 steps is present in K, i.e. 5.6K is 5,600 steps.
  - The X-axis:** The step count of past 7 days in bar chart.
- 4) *Press the button* to return to the **Time Screen**.

 You can use the default goal or manually set personalized step count goals. See [8.3.5](#)

[Step Tracking](#) to adjust your preference. Or, you can also go to **Ala Connect** > *Click on Your Profile Picture/Avatar* > **Life Tracking Target** and set up your preference. For more information, see [2.5 Update and Set Up Star 2](#). Your new preference will be overwritten to **Star 2** in your next synchronization.

## 7.4 Calories Tracking

**Calories Tracking** will show your daily calories consumption base on basal metabolic rate and activity consumption.



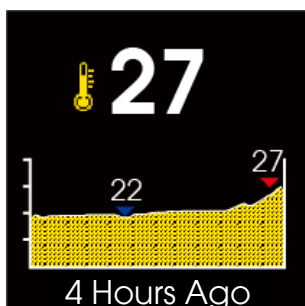
- 1) On the **Time Screen**, *swipe up* to **Calories Tracking**, the bigger number on top will show you your current calories consumption; the smaller number on the bottom shows your calories consumption goal. And the bar in the middle will show the consumption of the following:
  - Basal metabolic rate
  - Activity consumption
- 2) *Swipe left* to see today's calories information, the unit is Cal.
- 3) *Press the button* to return to the **Time Screen**.

👉 Your watch will estimate your basal metabolic rate and consumption goal based on your input gender, age, height, and weight. You can set your calories consumption goal on the app. go to **Ala Connect** > *Click on Your Profile Picture/Avatar* > **Life Tracking Target** and set up your preference. It will be saved to **Star 2** in your next synchronization. For more information, see [2.5 Update and Set Up Star 2](#).


📖 **BMR** (Basal Metabolic Rate) is the basic consumption that sustains life; whereas **TDEE** (Total Daily Energy Expenditure) is the sum of your BMR and calories consumed in activities. Through BMR and TDEE, you can estimate the suitable calories intake of the day to achieve diet goals, such as losing weight. However, please also note that over restricting your diet may cause loss in muscle rate. It is highly recommended to you to establish routine exercise habit and gain muscle through right amount of weight training. Strong muscles can also help with calories consumption during rest time.

## 7.5 Temperature

You can view the current temperature around the sensor and observe changes in **Temperature** throughout the past 4 hours



- 1) On the **Time Screen**, *swipe up* to **Temperature**.
 

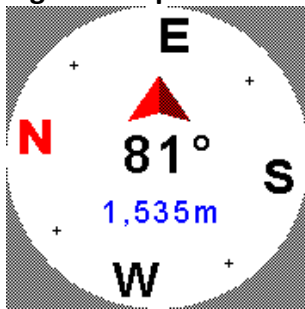
On the **Temperature** page, you will see icon  and the current temperature beside it. The graph below indicates the changes in temperature in the past 4 hours:

  - ▼ Peak temperature in the past 4 hours
  - ▼ Lowest temperature in the past 4 hours.
- 2) *Press the button* to return to the **Time Screen**.

- ☞ There are two temperature units you can choose from: Celsius (°C) and Fahrenheit (°F). To set up your prefer units, see [8.8 System Management](#) or set up on **Ala Connect** via **Ala Connect > ≡ > Device > Device Setting > Units**. For more information see [2.5 Update and Set up Star 2](#). The changes will be overwritten to **Star 2** in your next synchronization.
- 📄 The temperature reading may vary under the influence of body temperature, exposure of sunlight, and humidity. For more accurate temperature reading, you can remove the watch from your hand and leave it in a dry and ventilated area with no direct sunlight for 20 to 30 minutes.

## 7.6 Digital Compass

**Digital Compass** shows north and the azimuth of the target direction.

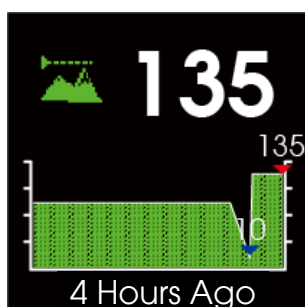


- 1) On the **Time Screen**, *swipe up* to **Digital Compass**.
- 2) Keep the watch on a flat and even surface, and pointed the **red arrow** toward your direction of interest, and on the screen the azimuth of the target object will appear under the **red arrow**. Underneath the azimuth, the blue number indicates your current altitude in the chosen units.
- 3) *Press the button* to return to the **Time Screen**.


- ⚠ Warning: Please do not rely solely on the digital compass; it is only for minor assistance. Please do not use it to determine precise routes or change plan. As you may get offset or lost.
- ⚠ Attention: You will not be able to receive accurate reading in house, car, plane, or other environment with magnetic disturbance.
- ⚠ Attention: Please avoid exposing the watch under magnetic field for it may have impact on the reading of the compass. Please store it away from the following:
  - Magnetic product.
  - Metal pieces.
  - High-voltage electric towers and telephone poles.
  - Antenna.
  - Motor of any kind.
  - Home use electronic device, such as TV, computer, and phone.

## 7.7 Altimeter

Your current altitude is measure by the altimeter.





- 1) On the **Time Screen**, *swipe up* to **Altitude**.

On the **Altitude** page, there is an icon  with your current altitude beside it. The graph below shows the changes in elevation throughout the past 4 hours.

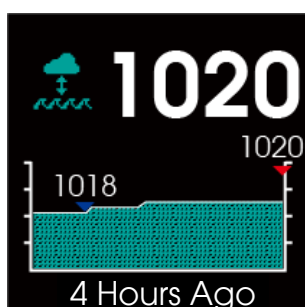
- ▼ Peak altitude in the past 4 hours.
- ▼ Lowest altitude in the past 4 hours.

- 2) *Press the button* to return to the **Time Screen**.


 You can set up your preferred units (meter or inches) for your altitude. See [8.8 System Management](#) Or set up on **Ala Connect** via **Ala Connect** >  > **Device** > **Device Setting** > **Units**. For more information see [2.5 Update and Set up Star 2](#). The changes will be overwritten to **Star 2** in your next synchronization.

## 7.8 Barometer

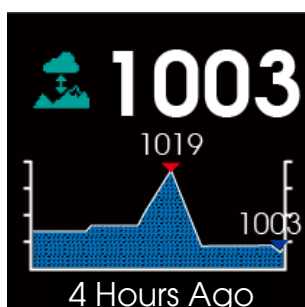
On this widget, you can see both the sea-level and current barometric pressure.




- 1) On the **Time Screen**, *swipe up* to **Barometric Pressure**.

On the **Barometric Pressure** page, there is an icon , indicating Sea-level pressure (QNH) You can also view the changes in Sea-level pressure of the past 4 hours on the graph below:



- ▼ Peak Sea-level pressure for the past 4 hours.
- ▼ Lowest Sea-level pressure for the past 4 hours.



- 2) *Swipe left again*, you will see an icon  indicating pressure at the current location (QFE), The graph below shows the changes in pressure at the current location of the past 4 hours.


- ▼ Peak pressure at the current location for the past 4 hours.
- ▼ Lowest pressure at the current location for the past 4 hours.

- 3) *Press the button* to return to the **Time Screen**.


 You can select your preferred units for barometric pressure: hPa, mbar mmHg. See [8.8 System Management](#) Or set up on **Ala Connect** via **Ala Connect** >  > **Device** > **Device Setting** > **Units**. For more information see [2.5 Update and Set up Star 2](#). The changes will be overwritten to **Star 2** in your next synchronization.

 The increase in air pressure indicates better weather and increase in temperature. On

the other hand, if the pressure begin to drop, it means the temperature is about to drop and the weather condition is getting bad.

 Generally speaking, standard air pressure is by 1013.25 hPa (1,013.25 mbar, or 760 mmHg). In Taiwan, the air pressure usually raises in the winter and drops in the summer. It also varies by elevation, and the rate will decrease as one gets to relatively higher location:


- When one moves from sea level up 1,500m: the air pressure will drop by 1 hPa in every 9 meter.
- From 1,500 to 3,000m: the air pressure will drop by 1 hPa in every 10m meter.
- From 3,000 to 4,000m: The air pressure will drop by 1 hPa in every 11-12 meters.

 When a certain location has significantly low air pressure compared to other surrounding area, it is likely that a storm is about to hit. This is usually accompanied by visible rain cloud and/ or rain.

# 8 Menu

## 8.1 History

**History** keeps all your saved activity data and sorts them into best record, daily tracking, etc.

 When the memory is full, the system will begin to overwrite from the oldest records to accommodate the newly saved data.

### 8.1.1 Activity Records

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **History>Activity Records**.
- 3) *Select* a file.
- 4) *Swipe up or down* to view the entire record.
- 5) Once finished, *press the button* to return to the **Time Screen**. If you would like to see more activity records, *swipe right* to view more files.

### 8.1.2 Best Records

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **History> Best Records**.
- 3) *Select* an activity.
- 4) *Swipe up or down* to view the entire record.
- 5) Once finished, *press the button* to return to the **Time Screen**. If you would like to see more records, *swipe right* to view more files.

### 8.1.3 Activity Totals


- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **History>Activity Totals**.
- 3) *Select* an activity.
- 4) *Swipe up or down* to view the entire record.
- 5) Once finished, *press the button* to return to the **Time Screen**. If you would like to see more activity totals, *swipe right* to view more files.

### 8.1.4 Daily Tracking Log

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **History> Daily Tracking Log**.
- 3) *Select* a log.
- 4) *Swipe up or down* to view the entire log.
- 5) Once finished, *press the button* to return to the **Time Screen**. If you would like to see more records, *swipe right* to view more files.

## 8.1.5 Delete

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **History > Delete**, you can delete records according to your needs: **Delete All History, Delete Best Records, Delete Activity Totals, Delete All Daily Tracking Logs**.


 This action will delete the saved records on **Star 2** for more memory, please be sure to synchronize all the data on your device before you delete anything on **Star 2** (once synchronized, all the information will be store to your device).

- 3) Once finished, *press the button* to return to the **Time Screen**.


## 8.2 Activity Preference

You can adjust your activity preference for each activity type.


- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **Activity Pref**.
- 3) *Select* the activity you wish to edit.
- 4) Adjust your **Field Display**:
  - *Select* the **Data Screen** you wish to edit, there are 6 screens in total.
  - **Screen Status**: *Select the switch icon* to turn this displaying screen on or off. This will determine the data seen when you are in activity mode.
  - **Field**: You can *select which data you want to view on one screen*, 4 is the maximum of data displayed on one screen.
  - *Select* the **Field Content**, *tap on a field* and you will see options of data. *Select the preferred data*.


 There are some options that can only be shown on one individual screen, such as the heart rate zone chart. If you choose such options, you will not be able to choose multiple displays for 1 screen.

- 5) **Adjustment**:
  - **Auto Scroll**: *Tap on the switch icon* to turn it on or off.
  - **Hold Time**: *Select how many seconds* you like each screen to stop in **Auto Scroll**.
- 6) **Touch lock**: *Tap on the switch icon* to turn it on or off.


 When you enable this function, the screen will be locked automatically once you start your activity. You can only operate by the button.

- 7) **Lap**: *Select* your preferred lap mode or manually set for the distance of each lap.

 If you have set a specific **Distance** (automatic measurement), the watch will vibrate every time you reach a lap and show you the time of completion of the current lap.

 If you select manual lap count, aka, **lap key**, once you have complete a lap, **press the button**; the watch will vibrate and show the time of completion of the current lap.

- 8) **Auto pause**: *tap on the switch icon* to enable the function.

 Once **Auto Pause** is on, the ongoing activity timer will be paused when you are not moving; the watch will resume automatically once you continue to move.

- 9) Once all the settings are completed, *press the button* to return to the **Time Screen**.

## 8.3 Widget Settings

You can open or close the default widgets in **Widget Settings**. This is also where you calibrate your altimeter and digital compass.

### 8.3.1 Widget Management

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **Widget Settings > Widget Management**.
- 3) Under each widget, there is a check box to ensure which page is shown under **Time Screen**. Please check or uncheck according to your needs.

👉 When a widget is turned on, it can be edited for other settings.

- 4) Once completed, *swipe right* back to **Widget Settings** for more settings.

### 8.3.2 Watch Face

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **Widget Settings > Watch face**.
- 3) **Select Watch Face**: *swipe up or down* to view options. *Tap on the selected one*.
- 4) **Show Seconds**: you can *select On/Off by swiping up or down*, and *tap on the selected option*.
- 5) Once completed, *press the button* to return to the **Time Screen**.

### 8.3.3 Notification

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **Widget Settings > Notification**.
- 3) **Remove**: You can remove **Notification** by selecting **Remove**; you can turn it back on in **Widget Management**.
- 4) **Activity Mode**: You can set up your preference for notification during activities.
- 5) **Non-Activity Mode**: You can set up your preference for daily use, which is when you are not exercising.
- 6) **Seconds of Message Displaying**: You can adjust how long you want the notification pop-up to remain on your screen.
- 7) **Do Not Disturb at Night**: This is different from the **Do Not Disturb** function in your **Star 2 Control Center**. This function will only be activated when you are using **Ala Connect** for set up. Depending on the sleep time you provided on the app, the **Do Not Disturb at Night** function will keep the notification muted during this time.


👉 When **Do Not Disturb at Night** is activated; your watch will turn off the vibration and backlight for notification. You can go to **Ala Connect > click on Your Profile Picture/Avatar > Preference > set up your Sleep Time and Wake Up Time**. The time for **Do Not Disturb at Night** will be adjusted to this time period accordingly. See [2.5 Update and Set up Star 2](#) for more information. Your action on app will be overwritten to the watch in your next synchronization.

- 8) Once you completed your settings, *press the button* to return to the **Time Screen**.

👉 You can leave step 4 to 6 to your **Ala Connect** App to do the job for you. See step 5,

### 8.3.4 Heart Rate

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **Widget Settings > Heart Rate**.
- 3) **Remove**: You can remove **Heart Rate** by selecting **Remove**; you can turn it back on in **Widget Management**.
- 4) **Enable Heart Rate Broadcast**: *Select the switch icon* to enable heart rate broadcast. The button icon should turn green when you enable the function.

 Heart rate broadcast allows **Star 2** to be a heart rate accessory. Once connected with a compatible device, **Star 2** can transmit heart rate data to the device or equipment. See [7.2.3 Heart Rate Broadcast Mode](#).


- 5) When you are all set, *press the button* to return to the **Time Screen**.


### 8.3.5 Step Tracking

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **Widget Settings > Step Tracking**.
- 3) **Remove**: You can remove **Step Tracking** by selecting **Remove**; you can turn it back on in **Widget Management**.
- 4) **Auto Step Goal**: *Click on the switch icon* to enable default step count goal.
- 5) **Manual Step Goal**: You can also *type* in your preferred step count goal *manually* instead of using the auto step goal.
- 6) **Goal Achieved Notice**: *Click on the switch icon* to enable a notification that notifies you when you achieved your goals. The watch will inform you through vibration.
- 7) When you are all set, *press the button* to return to the **Time Screen**.

### 8.3.6 Digital Compass

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **Widget Settings > Digital Compass**.
- 3) **Remove**: You can remove **Digital Compass** by selecting **Remove**; you can turn it back on in **Widget Management**.
- 4) **Calibrate**:
  - Please follow the on-screen instruction to calibrate.
  - When the word **[Failure]** appears on the screen, *swipe right* to exit the page and calibrate again.
  - Once calibration is successful, **[OK]** will appear on screen. *Press the button* to return to the **Time Screen**.

 Please calibrate the digital compass before hiking or when you find its result different from other magnetic compass.

 **Attention**: Please calibrate the digital compass in an outdoor open space. Places with strong magnetic disturbance may cause inaccurate readings or failure in calibration.

## 8.3.7 Altimeter

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **Widget Settings > Altimeter**.
- 3) **Remove**: You can remove **Altimeter** by selecting **Remove**; you can turn it back on in **Widget Management**.
- 4) **Calibrate Elevation**:
  - **Key in Altitude**: *Key in* your current altitude to calibrate.
  - **GPS Calibration Altitude**: To perform this function, please go to an outdoor open space to calibrate. It may take a few minutes for the watch to catch up satellite signals. Once calibration is completed, it will exit the page automatically.
- 5) **Auto Calibrate Elevation**: *Select the switch icon* to enable auto correction.
- 6) When you are all set, *press the button* to return to the **Time Screen**.

👉 To ensure the accuracy of the reading, it is highly recommended for you to constantly calibrate your altimeter base on the altitude of your current location. You can get a more accurate reading from navigating the following:

- Altitude of current location, such as the triangulation stations
- Maps
- Credible sources such as [Google Earth](#)

## 8.3.8 Barometer

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **Widget Settings > Barometer**.
- 3) **Remove**: You can remove **Barometer** from your widgets by selecting **Remove**; you can turn it back on in **Widget Management**.
- 4) **Storm Alert**: Set up specific units of barometric change you would like receive a storm alert from.
  - *Select Rate Range* from 2.0 to 6.0 units.
  - If you would like undo the changes, *swipe right* to cancel and return to the previous step. Or *press the button* to return to the **Time Screen**.

👉 The default storm alert is 4hPa/3hr. This means that the watch will alert you by vibration and pop-up when the pressure has drop for 4hPa or more within the past 3 hours.

## 8.4 Clock

### 8.4.1 Alarm Clock

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) Go to **Clock > Alarm Clock**.
- 3) **Add Alarm**: Set up sets of alarm clock based on your preference.
- 4) When you are all set, *press the button* to return to the **Time Screen**.

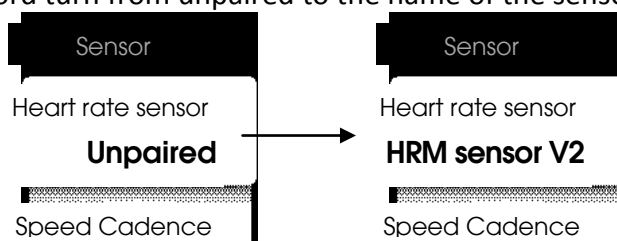
👉 You can also set up your routine alarm clock via **Ala Connect**. See step 5, 6, 8 on [2.5 Update and Set up Star 2](#).

## 8.5 Sensors

**Star 2** is compatible with other sensors. You can see wireless sensors by **ALATECH** below. Prior to your initial use, please pair the sensor with the watch.

Activities	Models Selected Accessories	Wireless Technology	
		Bluetooth®	Dual Bluetooth® /Ant+
	Heart Rate Strap	CS009 、 CS010 、 CS011	CS012
	Speed & Cadence	SC001BLE	SC002
	Speed Sensor		SC003
	Cadence Sensor		SC003

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) *Swipe down* to **Sensor**; to enter, you can either *swipe left* or *tap* on it.
- 3) *Select* the sensor of your choice. Once paired, it will automatically exit the pairing page. You can see the word turn from unpaired to the name of the sensor.



- 4) When you are all set, *press the button* to return to the **Time Screen**.

- 👉 During the pairing process, please keep your sensor and watch within the distance of 10cm, and 20m away from other Bluetooth® and/or ANT+ accessories.
- 📝 Once paired successfully, the watch will automatically collect data in activities if the accessories are properly worn. When the pairing process is completed, *press the button* to begin.
- 📝 If you have paired a chest heart rate strap, the watch will only receive heart rate data from the strap during activities and the optical heart rate sensor will be off.

## 8.6 Mobile Device


When you need to pair your watch with a new device, go to **Ala Connect App > Device > Star 2 > select Remove the Device**. And then, on the watch surface, follow the instructions below:

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) *Swipe down* to **User's Setting**; to enter, you can either *swipe left* or *tap* on it.


- 3) **Bluetooth Unpaired:** Select [**Confirm**] to release the pairing of **Star 2** and the old device. See the instruction on [2.4 Pair with Ala Connect App](#) to pair your new device with **Star 2** again.
- 4) When you are all set, *press the button* to return to the **Time Screen**.

## 8.7 User's Setting

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) *Swipe down* to **User's Setting**; to enter, you can either *swipe left* or *tap* on it.
- 3) Input your personal information, for instance, gender, age, height, weight, heart rate, bicycle wheel diameter...etc.

 Some of the input setting can be completed when you turn on **Star 2** for the first time.

 You can also set up your profile via **Ala Connect**. See step 5, 6, 8 on [2.5 Update and Set up Star 2](#).

 You can find the conversion of wheel size and circumference in Appendix [11.2 Wheel Size and Circumference Table](#).


## 8.8 System Management

- 1) On the **Time Screen**, *press and hold the button* to enter **Menu**.
- 2) *Swipe down* to **System Management**; to enter, you can either *swipe left* or *tap* on it.
- 3) You can set up your preference on time, backlight, lock and return to home, units, language, etc.

### ● Time


**Time Format:** 12 or 24 hours.

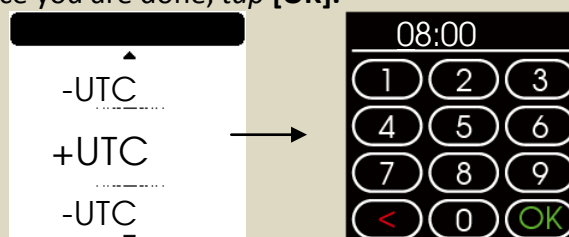
**Sync Time with Mobile:** *Tap* on the switch icon to enable or disable the watch to show the same time as shown in your mobile device after synchronization.


 This function will only be enabled when your watch and mobile device are connected.

**Time:** When you disabled **Sync Time with Mobile**, you have to adjust time manually.

**Time Zone:** When you disabled **Sync Time with Mobile**, you have to adjust time zone manually.

 The **Time Zone** on **Star 2** is set UTC+08:00 by default. During your initial use, your watch will ask you to set your time zone. Please consult sources, such as [Wikipedia](#), or [11.1 World Time Zone Table](#) to set the right time zone manually. For instance, the time zone in Taiwan is UTC+8, *select* +UTC and *key in* 08:00. You can delete number by *tapping* [**<**]; once you are done, *tap* [**OK**].




 **UTC** (Coordinated Universal Time) is world regulated time standard, also known as GMT. It is used globally on GPS, navigation, etc.


**Select Date:** When you disabled **Sync Time with Mobile**, you have to adjust date manually.


**GPS Time:** You can update time on **Star 2** through connecting with GPS. Please go to an outdoor open space. It might take a few minute to update the time. Once calibration is successful, the watch screen will automatically return to the previous step.

- **Backlight:** For both backlight and gesture backlight, select the time frame in seconds for the backlight to be on.
- **Lock and Home:** Set up **Auto Lock Screen** after selected time (in seconds or minutes) of no action. Set up return to the **Time Screen** after selected time (in seconds or minutes) of no action.


 When the screen is locked, *press the button* to unlock.

- **Units:** Set up your preferred units system on distance, speed, height, weight, altitude, temperature, air pressure, etc.
- **Language:** Select your language preference.

 When you turn on **Star 2** for the first time, the system would allow you to set up your language, units, and time.









 You can also set up **System Management** via **Ala Connect**. See step 5, 6, 8 on [2.5 Update and Set up Star 2](#).

- 4) **Instruction:** Watch a brief tutorial on screen and button operation to know more about how to use **Star 2**.
- 5) **Restore Default Settings:** Restore your watch to default settings.


 This action will delete all the data store in **Star 2**. Be sure to synchronize all the data to your mobile device before you perform this action.
- 6) **About:** View your watch's serial number, software update status, etc
- 7) When you are all set, *press the button* to return to the **Time Screen**.

# 9 Activities

In **Activities**, you can start any of the following activity:

Applications Activities	GPS Track	HR	Cadence	Swim Stroke	Muscle Parts	Altitude	Speed Cadence
 Run	○	○	○	×	×	×	×
 Cycling	○	○	×	×	×	×	◎
 Indoor Run	×	○	○	×	×	×	×
 Indoor Cycling	×	○	×	×	×	×	◎
 Indoor Run	×	○	○	×	×	×	×
 Bike	×	○	×	○	×	×	×
 Aerobic	×	○	×	×	○	×	×
 Swim	○	○	○	×	×	○	×

○ : On by default  
 × : Off by default  
 ◎ : Need additional connected sensor to record data.


 If you have paired with compatible heart rate strap prior to the activity, your watch will connect to the chest strap automatically, and receive heart rate data from it; the optical heart rate sensor will be off. If you would like to use the optical heart rate sensor instead, please go to **Menu > Sensors > Heart Rate Sensor**, and select **Off**.

## 9.1 Starting an Activity

- 1) On the **Time Screen**, *press the button* to enter **Activities**.
- 2) *Select* the activity of your choice.
- 3) When you *select* either **Swim** or **Strength Training**, please either *tap* or *swipe left* to make additional editing:
  - **Swim**: Insert size of the pool, it is 25m by default, you can also select 25 yards, 25 meters, and 50 meters.
  - **Strength Training**: Select muscle parts.
- 4) Once a pop-up [**Press the Button to Go**] appears, *press the button* to start recording. If you would like to cancel and return to the previous page, *swipe right*.

## 9.2 During Your Activity

- 1) **Real-Time data**: *Swipe up or down* to scroll through the Fields and view your data.

 Under **Swim Mode**, the touch screen will be automatically locked to avoid accidental operation. You will see your data through auto scroll, and you can set up your preferred time frame via **Menu > Activity Pref. > Swim > Auto Scroll**.

2) **Lap or Sets:**

- **Run, Cycling, Swim:** *Press the button* to manually count a lap.
- **Strength Training:** *Press the button* to rest and start the next sets.

## 9.3 Ending an Activity

1) If you would like to end an activity, *press and hold the button* to pause. You will be given the option of **[Resume]**, **[Save]**, or **[Delete]**.

- If you do not want to end the activity, *select* **[Resume]**.
- If you want to end and save the activity, *select* **[Save]**.
- If you want to end and do not want to save, *select* **[Delete]**.

👉 On **Swim Mode**, if you *press and hold the button*, it will automatically end and save the activity for you.

2) **Activity Summary:** *swipe up or down* to view a brief summary of your activity.

3) When you are all set, *press the button* to return to the **Time Screen**.

# 10 Specification

- Product Name: Star 2 GPS Sport Watch
- Model: WB002
- Size: L43.4×W37.6×D13.3mm
- Screen: Colored touch screen 176×176 pixel
- Weight: 25.1g
- Waterproof: 5 ATM
- Operation Temperature: -10~60°C (14~140°F)
- Charging temperature: 10~40°C (50~104°F)
- Wireless platform: Bluetooth® 、ANT+
- Wireless Transferring Frequency: 2.402~2.480GHz
- Battery: Chargeable lithium-battery
- Power: 5Vdc/0.02A
- Built-in Sensors : Wrist Optical Heart Rate Sensor, Digital Compass, Barometric Altimeter, Gyroscope, GPS
- Compatible Software: Ala Connect App (Android/iOS)
- Cloud Integration: [gptfit.com](http://gptfit.com)
- Standard Set: Watch, Charging Dock, GPT Card, and Quick-Guide.
- Selective Accessories:
  - ALATECH Chest strap CS009/CS010/CS011/CS012
  - ALATECH Speed & Cadence Sensor SC001BLE/SC002/SC003

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Manufacturer

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# 11 Appendix

## 11.1 World Time Zone Table

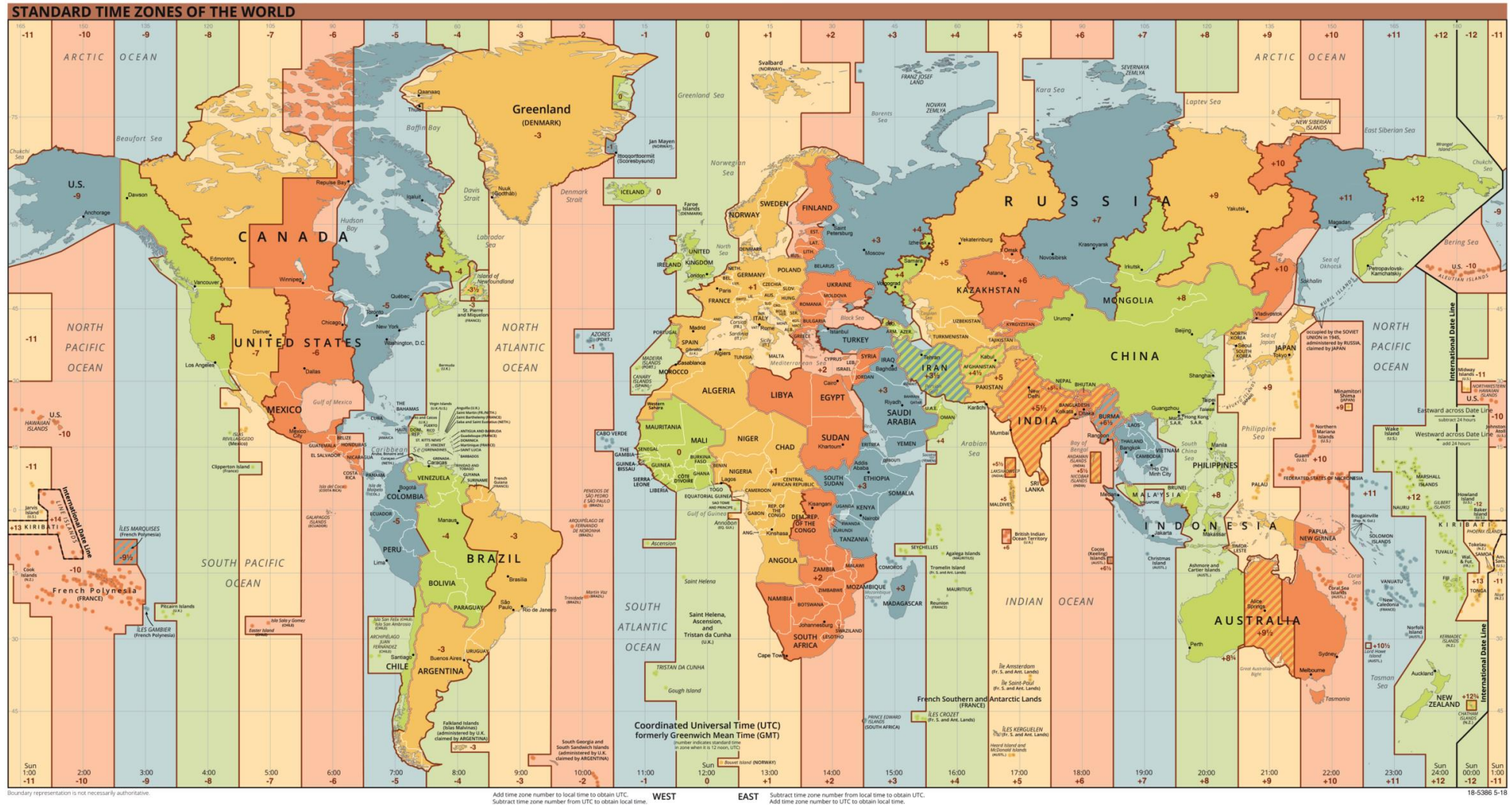



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## 11.2 Wheel Size and Circumference

Wheel size is usually marked on both sides of the wheel; you can use it to find the diameter in the chart below.

ETRTO	Wheel Size	Circumference (mm)	ETRTO	Wheel Size	Circumference (mm)
47-203	12×1.75	935	57-559	26×2.125	2070
54-203	12×1.95	940	58-559	26×2.35	2083
40-254	14×1.50	1020	75-559	26×3.00	2170
47-254	14×1.75	1055	28-590	26×1-1/8	1970
40-305	16×1.50	1185	37-590	26×1-3/8	2068
47-305	16×1.75	1195	37-584	26×1-1/2	2100
54-305	16×2.00	1245	25-630	27×1(630)	2145
28-349	16×1-1/8	1290	28-630	27×1-1/8	2155
37-349	16×1-3/8	1300	32-630	27×1-1/4	2161
32-369	17×1-1/4(369)	1340	37-630	27×1-3/8	2169
40-355	18×1.50	1340	54-622	29×2.1	2288
47-355	18×1.75	1350	60-622	29×2.3	2326
32-406	20×1.25	1450		650×20C Tubular 26×7/8	1920
35-406	20×1.35	1460	20-571	650×20C	1938
40-406	20×1.50	1490	23-571	650×23C	1944
47-506	20×1.75	1515	25-571	650×25C 26×1(571)	1952
50-406	20×1.95	1565	40-590	650×38A	2125
28-451	20×1-1/8	1545	40-584	650×38B	2105
37-451	20×1-3/8	1615	18-622	700×18C	2070
37-501	22×1-3/8	1770	19-622	700×19C	2080
40-501	22×1-1/2	1785	20-622	700×20C	2086
25-520	24×1(520)	1753	23-622	700×23C	2096
47-507	24×1.75	1890	25-622	700×25C	2105
50-507	24×2.00	1925	28-622	700×28C	2136
54-507	24×2.125	1965	30-622	700×30C	2146
	24×3/4 Tubular	1785	32-622	700×32C	2155
28-540	24×1-1/8	1795		700C Tubular	2130
32-540	24×1-1/4	1905	35-622	700×35C	2168
25-559	26×1(559)	1913	38-622	700×38C	2180
35-559	26×1.25	1950	40-622	700×40C	2200
37-559	26×1.40	2005	42-622	700×42C	2224
40-559	26×1.50	2010	44-622	700×44C	2235
47-559	26×1.75	2023	45-622	700×45C	2242
50-559	26×1.95	2050	47-622	700×47C	2268
54-559	26×2.10	2068			

 **ETRTO** stands for European Tyre and Rim Technical Organisation. This organization operates a unified system ratified by the International Organization for Standardization (ISO 5775).



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