

# **GIANT** **NEOSTRACK**



## **User's Manual**

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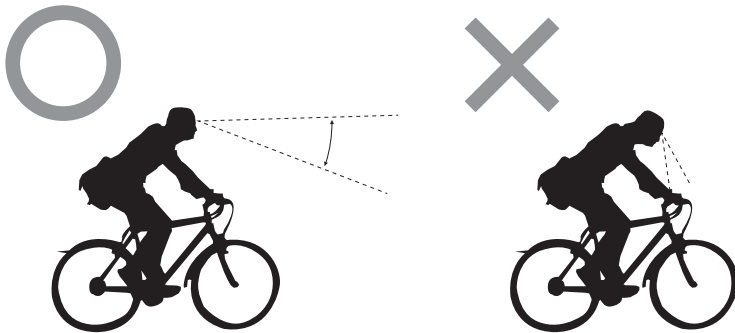
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# Introduction

## Preface



Thank you for purchasing Giant Neostrack GPS Computer.

For your safety, we recommend that you look straight ahead while riding. Avoid staring at the computer screen. This may compromise your awareness, leading to a serious accident. Ensure that the head unit has been paired with the sensor you need before using the computer. If you have any questions or problems, please contact your local Giant dealer or go to Giant's official website: [www.giant-bicycle.com](http://www.giant-bicycle.com) Let's go ride!



## Download Neostrack App

Scan the QR Code below to download the Neostrack App or go to Google Play for Android/ App Store or iTunes for iOS to search Neostrack App and download it. After adding the UUID (16 digit number) on the back of your device to your Neostrack account access the internet where your Neostrack computer will automatically update with GPS data, upload recorded activities, download planned routes from the app server and check for available firmware updates.

**Note :** Please refer to page 6: Sync Data to/from Neostrack App to learn more.



Neostrack APP web version  
[www.neostrack.com](http://www.neostrack.com)

Neostrack APP中国在线版本  
<http://china.neostrack.com>



## WARNING

Always consult your physician before you begin or modify any training program. Please read the details in Warranty and Safety Information guide in the package.

## Australian Consumer Law

Our goods come with guarantees that can not be excluded under the New Zealand and Australian Consumer Laws. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.



# Getting Started

This section will guide you on the basic preparations before you start using your Neostrack

## Accessories

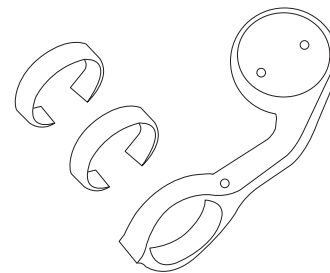
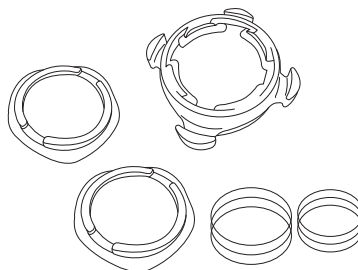
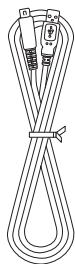
Your Neostrack computer comes with the following accessories:

• Head Unit

• USB cable

• Bike mount

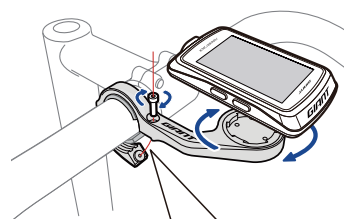
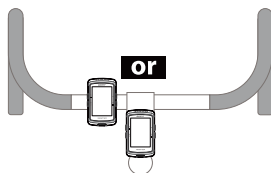
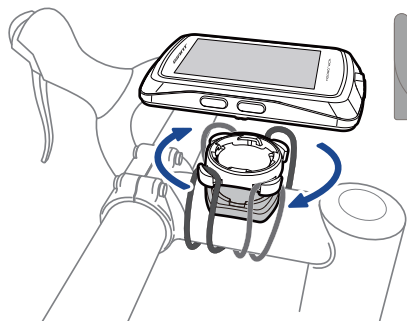
• Extension mount



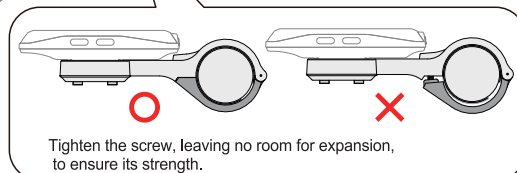
Optional items:

- Heart Rate Belt
- Ridesense
- Speed Sensor
- Cadence Sensor
- SPD/CAD Combo Sensor
- Power Meter

## Installation



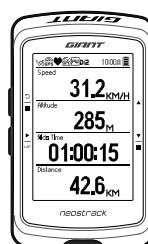
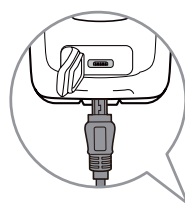
Compatible with  
25.4 / 31.8 mm  
handlebars.



## Step 1: Charging your Neostrack

Connect Neostrack to a PC or charger to charge the battery for at least 4 hours.  
Unplug the device when it is fully charged.

- You may see a white screen when the battery is really low. Keep the device plugged for several minutes, it will automatically turn-on after battery is properly charged.
- The temperature suitable for charging battery is 0 °C ~ 40°C (32F - 104F). Beyond this temperature range, charging will be terminated and the device will draw power from battery.



## Step 2: Turn On Neostrack

Press  to turn on the device.

## Step 3: Initial Setup



When turning Neostrack on for the first time, the setup wizard appears on screen. Follow the instructions to complete setup.


1. Select the display language.
2. Select the unit of measurement.




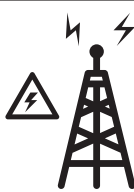

**NOTE:** Only when you choose English for the display language, will you need to select the unit of measurement. Otherwise, default would be metric unit.

## Step 4: Acquire Satellite Signals

Once the Neostrack is turned on, it will automatically search for satellite signals. It may take 30 to 60 seconds to acquire signals. Please make sure you acquire the satellite signal for the first time use.

The GPS signal icon (/) appears when GPS is fixed.

- If the GPS signal is not fixed, an  icon appears on the screen.
- Please avoid the obstructed environments since they might affect the GPS reception.

				
Tunnels	Inside rooms, building, or underground	Under water	High-voltage wires or television towers	Construction sites and heavy traffic




**NOTE:** To improve the GPS accuracy, you can set 1 sec mode as your recording frequency ( page 25 ) and update GPS regularly by using Sync (WLAN) function ( page 6 ) to update GPS data.


## Step 5: Ride Your Bike with Neostrack

- **Free ride:**

In meter view, measurement starts and stops automatically in sync with the movement of the bicycle.

- **Start an exercise and record your data:**

In meter view, press  to start recording, press  to pause, press  again to stop.

**NOTE:** If you continue to proceed without pressing  to record, your Neostrack computer will ask you if you want to record when it detects motion. To set the frequency of start reminder please go to page 27.

# Basic Operation

This section will guide you on the basic operations before you start using your Neostrack.

## Neostrack

### 1 BACK / STOP ( )

- Press to return to the previous page or cancel an operation.
- When recording, press to pause recording. Press it again to stop recording.

### 2 OK / LAP ( )

- In Menu, press to enter or confirm a selection.
- In free cycling\*, press to start recording.
- When recording, press to mark the lap.

### 3 ON or OFF / BACKLIGHT ( )

- Press to turn the device on.
- Press and hold to turn the device off.
- Press to turn on/off backlight.

### 4 DOWN / MENU ( )

- In Menu, press to move down to scroll through menu options.
- In Meter view, press to switch meter screen page.
- In free cycling mode, long press to return to Main Menu.
- When recording, long press to enter into Shortcut Menu.











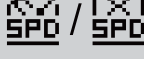

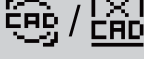

\* Free cycling is a mode with no recording. **Neostrack** syncs with the movement of bicycles. It starts when you start pedaling, allowing you to view real time data without recording.

### 5 UP ( )




- In Menu, press to move up to scroll through menu options.
- In Meter view, press to switch meter screen page.

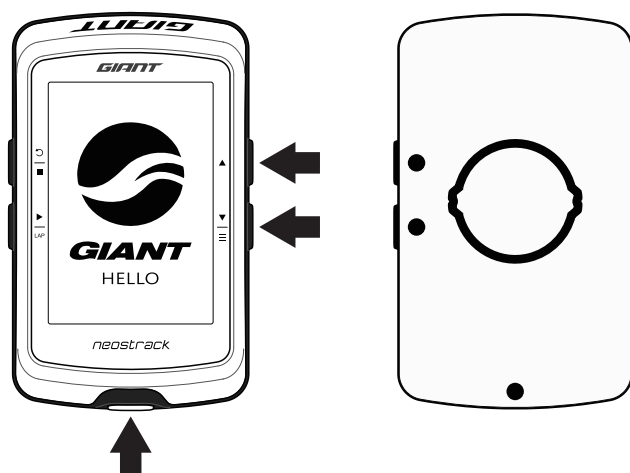


## Icon Descriptions

	Bike 1-7		Combo Sensor active / inactive
	No Signal (not fixed)		Power Sensor active / inactive
	Weak Signal (fixed)		Power Status
	Strong Signal (fixed)		Log Record in Progress
	Heart Rate Sensor active / inactive		Recording is paused
	Speed Sensor active / inactive		Current speed is faster/ slower than average speed
	Cadence Sensor active / inactive		Di2 Sensor Active

## Reset Neostrack

Long press all three keys (  /  /  ) at the same time to reset the device.



# Sync Data with Neotrack app/ STRAVA/TrainingPeak

## Add UUID to Neotrack app account

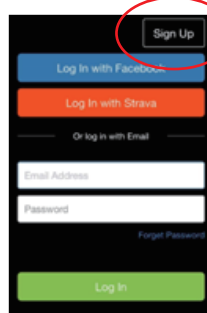
With access to the internet, your Neotrack computer automatically updates GPS data, uploads recorded tracks, downloads planned trips from app server and checks for available firmware updates. To sync data correctly from/to your device, you must add your device UUID (16 digit number on the back of the device) to your account before syncing data for the first time.

- a. Go to Setup>System>UUID. After entering, you will see a QR code (It requires the Neotrack App scanner to scan it).



**Note:** UUID is the 16 digit number on the back of the device.

- b. After installing Neotrack APP, Please (1) sign up for first time users , (2) Log in for users who already have an account.



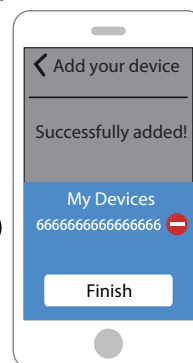
Sign Up

- c. After logging into Neotrack App, pair your device using the WLAN option, and just tap "SCAN NOW" to add your device to your Neotrack app account.



**Note:** Each device has its own unique UUID. And each UUID can only be added to 1 account.

- d. If a "Successfully added!" message pops up on your Neotrack App, it means you have successfully added your device UUID to your account. If not, please press "Retry" to scan again or enter your 16 digit UUID number on the back of your device manually.



### Optional Sync

- e. Neotrack APP> Setup> Enable Strava/Trainingpeaks



MyProfile

MySetup

STRAVA Sync

TRAININGPEAKS

About

Log Out



STRAVA Sync

You are now connected with STRAVA, any activities uploaded to Giant App will automatically sync to STRAVA within minutes.

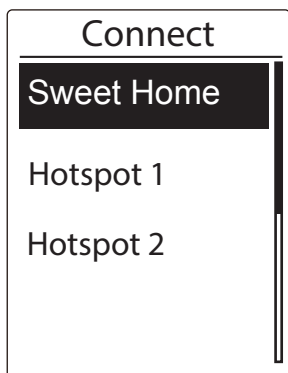


TrainingPeaks Sync

You are now connected with Training Peaks, any activities uploaded to Giant App will automatically sync to Training Peaks within minutes.

## Connect To A Network

It is required to set up a connection to a network before syncing data.



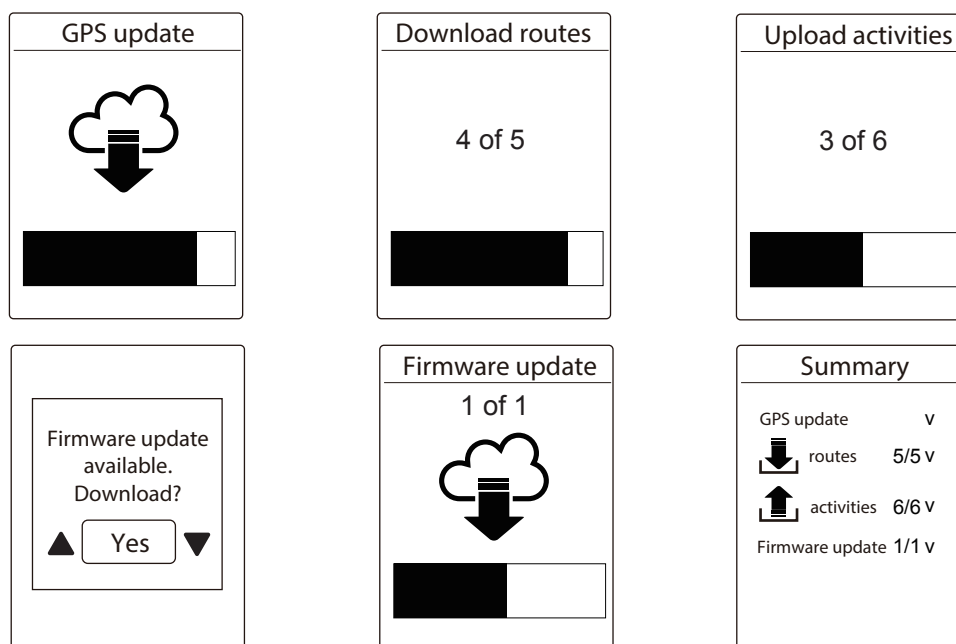
1. In Main menu, press to select **Sync(WLan)** and press .
2. Press / to choose one available network or hotspot and press ok.
3. Press / to enter password and choose “√” to confirm password.
4. A “Connected. Please press any button to exit.” message pops up. Press any button to start syncing data.

**Note:** If a “AP/Password Incorrect” message pops up, it means your saved network is not available or your password of saved network has been changed. Please go to page 30: Network (WLAN) to learn how to set up a new network connection.

## Sync Data

To perform Sync(WLan), please make sure your device UUID is successfully added to your Neostrack app account and connected to a wireless network; then, just let your device smartly guide you through the syncing process.

First of all, the device will start to update GPS data in your device. Then, if you have planned routes in Neostrack App, it will download the planned routes. Thirdly, it will upload your tracks Neostrack App last, if there is new firmware update, it will pop up a message to ask your permission to update firmware. Select “Yes” to update it. After completing data sync, you will see a summary of the syncing data.



**Note:** Firmware updates usually take longer to download and install, select “NO” if you prefer to update it on your next sync.

# Routes


Neostrack provides 3 ways for you to create tracks: 1. Plan routes via Neostrack App. 2. Use previous rides from History. 3. Download .gpx tracks online. With turn by turn navigation the device offers info for distance and direction before every turn.

**Note:** Turn by turn navigation function only supports trips planned by Neostrack App.

## Create Routes

### Plan Routes via Neostrack App









1. On Neostrack APP, tap "Plan Route" and enter city, location or street name to start search.
2. Tap "📍", Neostrack App will begin to plan starting from your location to destination. If you would like to change starting point, tap **From Your Location** to edit.
3. Tap "📶" to upload planned trips to server.
4. If you would like to edit the name of your trips, tap the default name to edit. Tap "📍" to customize your route.
5. Tap "Upload" to confirm.
6. Download the planned trips to the device via **Sync(WLAN)**.
7. In the device Main Menu, select **Routes > Route** and select the planned trip and press  to start following the track.

**Note:** Please refer to page 6~17 to learn how to download planned trips via Sync(WLAN).


### From Device History

View
Summary
Detail
Lap
Analysis
Create Routes

1. In the Main Menu, select **History > View** and press  to select the desired tracks and press  to confirm selection.
2. Press  to select **Create Route**
3. Enter a name of the track and select "✓" and press  to save it.
4. Press  to be back to the Main Menu.
5. In Main Menu, select **Routes > View** and select the saved route and press  to start following the route.

# From 3rd Party Websites

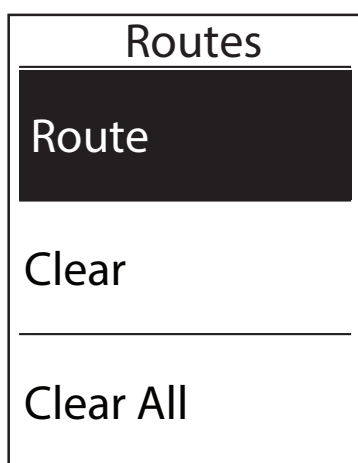


1. Download .gpx files to your computer.
2. Use your USB cable to connect the device to your computer.
3. Copy the .gpx files from your computer and paste them to the **AddFiles** folder of the device.
4. Remove USB cable.
5. In the device Main Menu, select **Routes > View** and select the planned route and press  to start following the route.





**Note:** Only .gpx files can be imported into the device.

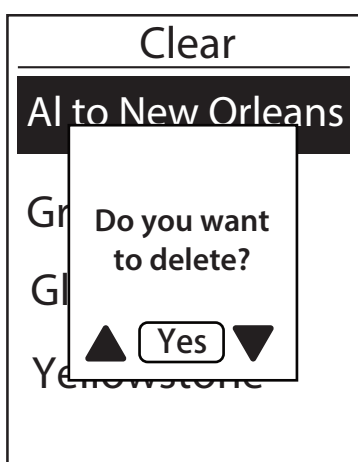
## View/Delete Routes

You can view and delete your tracks.










View Routes:

1. In Main Menu, press  to select **Routes>Route** and press .
2. Press  to select the routes and press  to view the route.



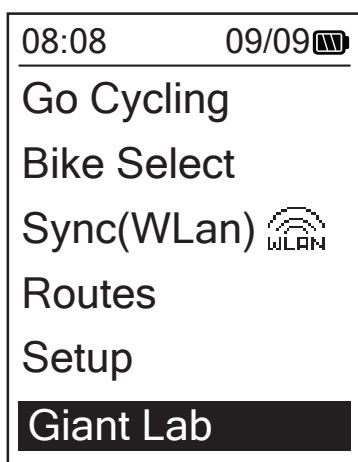
Delete Your Routes :


1. In the Main Menu, press  to select **Routes >Clear** and press .
2. Press  to choose the route and press .
3. A message "Do you want to delete?" pops up. Press  /  to select Yes and press  to confirm selection.

# Giant Lab (Train & Test)

Bicycling is one of the best types of exercise for your body. It helps you to burn calories, lose weight, and increase your overall fitness. With Giant Neostrack Training feature, you can set simple/interval workouts and use Giant Neostrack to track your training or workout progress.

**Note:** Before setting workouts, please make sure you have input your personal information into user data. Please refer to page 27: Personalizè User Profile to learn how to change it.



1. In the main menu, press  to select **Giant Lab**

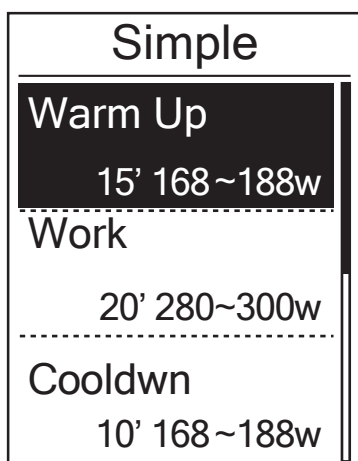
2. Press  to enter the Training menu.

## Plan Workout

You can set simple workouts by entering your time or distance goals.




Neostrack offers you three types of simple workouts: Time, Distance, and Calories.

### Simple



1. To set a simple workout, select **Plan workout> Simple > Warm Up, Work , Cooldown.**

- **Warm Up:**  
Duration (calorie,time, distance),  
Target (FTP,MAP, HR, MHR, LTHR).
- **Work:**  
Duration (calorie, time,distance), Target  
(FTP,MAP, MHR%, LTHR%, HR, MHR, LTHR,  
Off).
- **Cooldown:**  
Duration (manual, calorie,time, distance),  
Target (FTP,MAP,HR, MHR, LTHR).

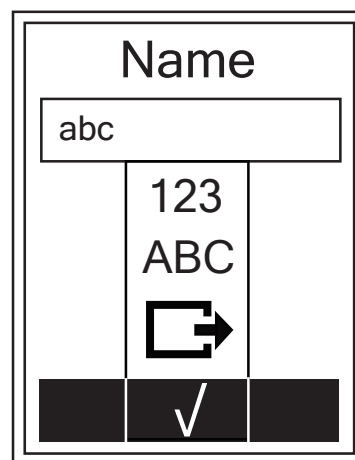
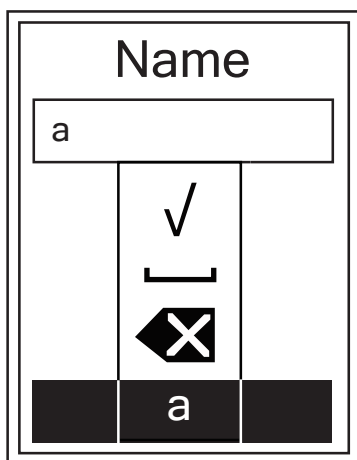
2. Press  /  to set your target and press  to confirm.

3. Choose **Save** and enter the workout name using the on-screen keyboard.

4. Go for a ride.

Go to **Giant Lab > My Workout > View** and choose the saved workout. Press  to start training and record log.

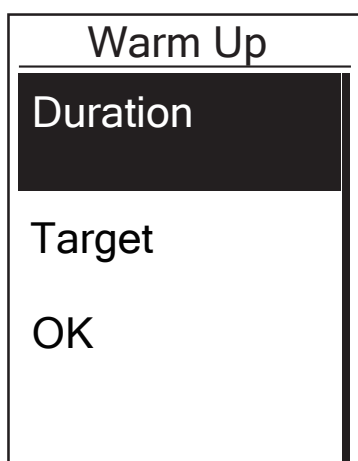
## Using the On-screen Keyboard



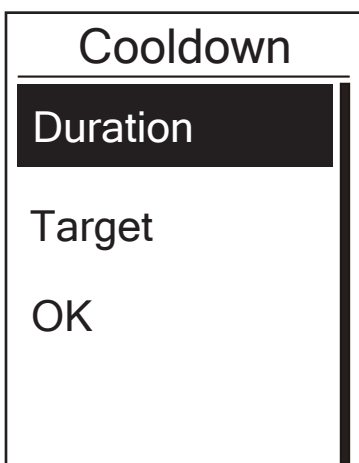
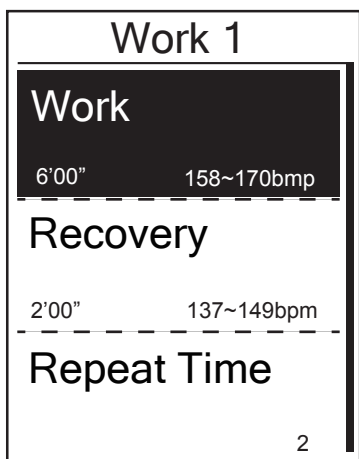
1. Press ▲ / ▼ to select the input character.
  - Select to erase the data.
2. Press to confirm the selection.
3. When finished, press ▲ / ▼ to select and press to confirm.

## Interval Workouts

With the Interval training feature, you can use your device to customize interval workouts which include the warm up, interval, and cool down sections.



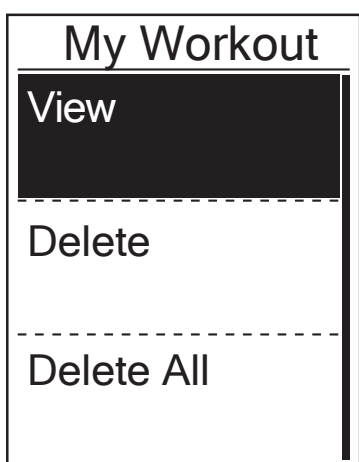
1. In the **Giant Lab** menu, press ▼ to select **Plan Workout** > **Interval** and press to enter.
2. A "Set warm up?" message appears on the screen. Press ▼ to select **Yes** to set the "Warm up". After the settings are complete, select **OK** and press to continue.



3. Set the interval workout settings (Work, Recovery, and Repeat Time). When finished, press to select **Next** and press .
4. A "Create a new main set?" message appears on the screen. To create another set of interval workouts, select **Yes** and press to confirm.
5. A "Set cool down?" message appears on the screen. Select **Yes** to set the "Cool down". After the settings are complete, select **OK** and press to continue.
6. A "Save to My Workout" message appears on the screen. Select **Yes** and press to continue. Press / to enter the workout name. When finishing the name, press and press to save the workout.

## My Workout

With My Workout feature, you can start your workout using the training plan that you have saved in **Plan Workout** menu.












1. In the Giant Lab menu, press to select **My Workout** and press .
2. Press to select **View** and press to enter its submenu.
  - Press to select your desired training plan and press to confirm.
  - Go for a ride. Press to start training and record log.
3. To choose which workouts to delete, select **Delete**.
4. To delete all workouts to delete, select **Delete All**.

**NOTE:** If the selected workout includes several interval settings, workout details appear on the screen. Select "Start" and press to proceed with the workout.

## Testing

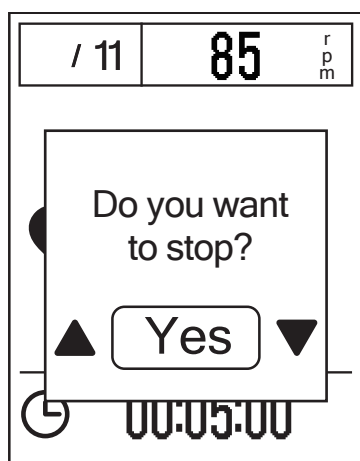
Testings are preloaded on Neostrack. Testing includes four test courses to help you measure your MHR, LTHR, FTP and MAP. Knowing your MHR, LTHR, FTP and MAP gives you a benchmark of your overall efficiency. It also helps you to judge progress over time and measure your exercise intensity.






1. In the main screen, press  to select **Giant Lab** and press  to enter Training menu.
2. Press  to select **Testing** and press  to enter Giant Test.
3. Press  to select your desired test workout and press  to enter the selected workout.
4. The selected workout details appear on the screen. Press  to start exercise.
5. When finished with the Giant Test, press  and  to save the result.

**NOTE:** The moment you save the result, your personal information in user data will be changed accordingly.

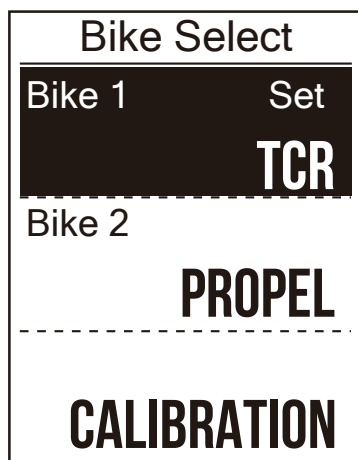
## Stop Training

You can stop the current training after you have reached your goal or when you decide to end the current training.







1. Press  to pause the recording and press  again to stop the recording.
2. A "Do you want to stop?" message appears on the screen. To stop the current training, press  /  to select **Yes** and press  to confirm.

## Bike Select



Select Your Bike

1. In the main menu, press  to elect Bike select and press .
2. Press  to choose the bike and press .

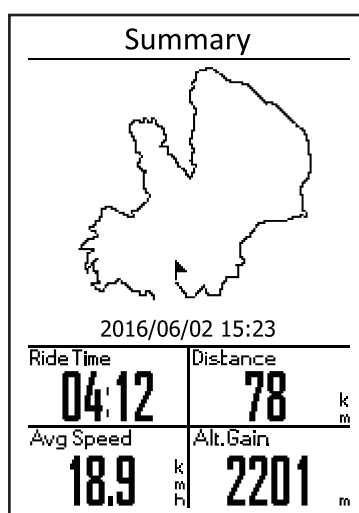
Note: Calibration will only display when the power meter is activated and paired. Please refer to page 19 to learn how to add bike data and pair sensors.

## History






### View Activities/Training History

Neostack provides graphical track summary, detailed workout data, lap data and graphical analysis for you to have a better idea of your workout performance.

### Summary



To view workout summary:






1. In the main screen, press  to select **History > View** and press .
2. Press  to select an activity history from the list and press  to enter.
3. Select **Summary** and press  to view workout summary.

**NOTE:** You can also upload your history to Neostack app to keep track all of your data.

# Detail

Detail			
Time			
Trip Time	04:50:38		
Ride Time	04:12:26		
Distance			
Distance	78	km	
Speed			
AvgSpd	18.9	km/h	
MaxSpd	38	km/h	
Altitude			
Alt. Gain	2201	m	
Alt. Loss	400	m	






To view detail workout:

1. In the main menu, press  to select **View History** > **View** and press .
2. Press  to select an activity history from the list and press  to enter.
3. Select **Detail** and press  to view detail workout.

# Lap







Lap			
Lap	Dist. km	Speed km/h	Time
1	10.0	16.4	36:25
2	10.0	15.7	38:10
3	10.0	14.9	40:05
4	10.0	15.4	38:43
5	10.0	15.2	39:17
6	10.0	14.9	40:15
7	10.0	15.3	39:05
8	08.0	29.0	20:38

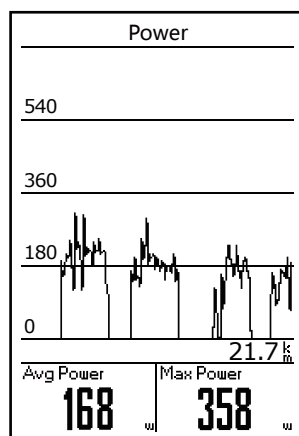
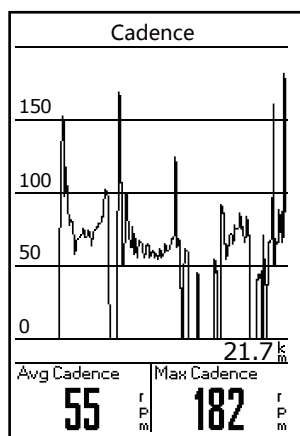
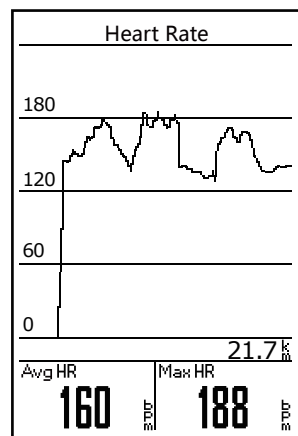
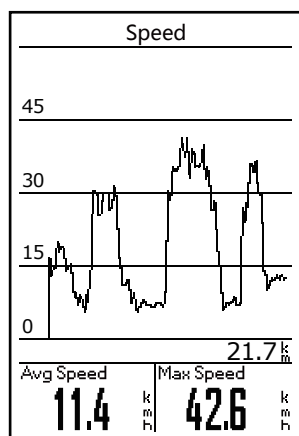
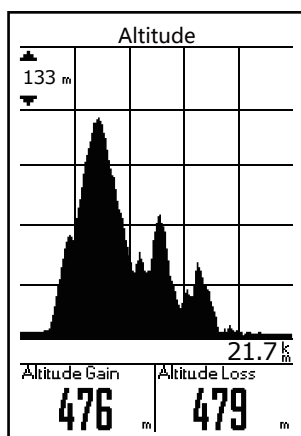
To view lap data:

1. In the main menu, press  to select **View History** > **View** and press .
2. Press  to select an activity history from the list and press  to enter.
3. Select **Lap** and press  to view lap data.

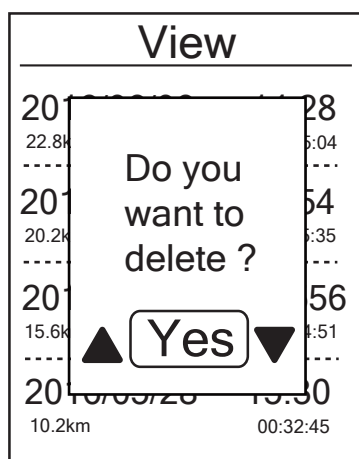
## Analysis

To view graphical analysis.








1. In the main menu press  to select **View History** > **View** and press .
2. Press  to select an activity history from the list and press  to enter.
3. Select **Analysis** and press  to start viewing graphical analysis.
4. Press  to view analysis of **Altitude, Speed, Heart Rate, Cadence** and **Power**.



## Delete History



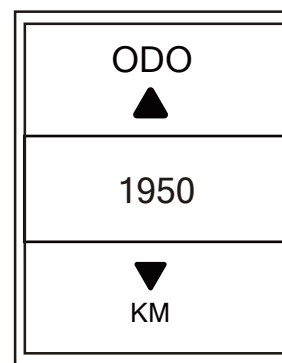
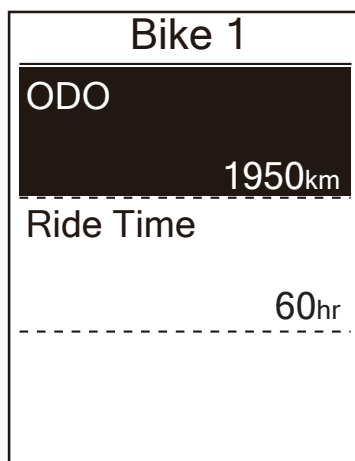
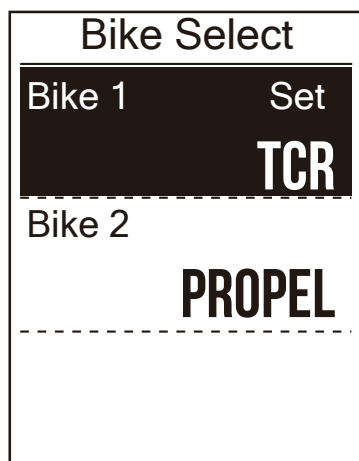
To delete your history:

1. In the main menu, press  to select **History** > **Delete** and press .
2. Press  to select an activity history from the list and press  to delete the selected history.
3. A "Do you want to delete?" message appears on the screen. To delete the data, press  /  to select **Yes** and press  to confirm.

# Statistic

You can make adjustment of the distance and ride time of Bike 1-7.

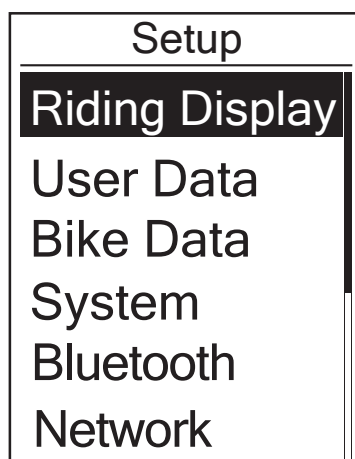
## View Statistic / Reset ODO



1. In the main menu, press to select Statistic and press to confirm.
2. Press to select the desired bike and press to confirm.
3. Press to view ODO or Ride Time and press to adjust values.
4. Press to exit this menu.

# Setup

With the Setup feature, you can customize riding display settings, altitude, system settings, bluetooth, network, reminder sensor settings, bike and user data.

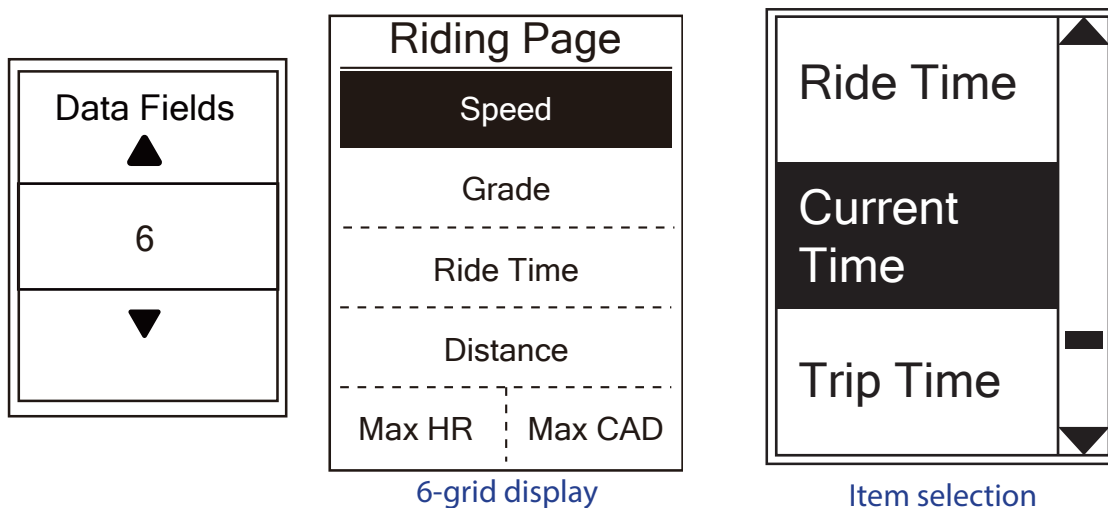


1. In the main menu, press to select **Setup**.
2. Press to enter the Setup menu.

## Riding Display

You can set the display settings for Meter and Lap.

### Meter Display










1. In the Setup menu, press to select **Riding Display** and press to confirm.
2. Press to enter **Data Page > Riding Page 1, Riding Page 2, Riding Page 3, Riding Page 4, Riding Page 5, Riding Page 6, Route and Altitude** and press to confirm.
3. Press to select the number of data fields and press to confirm.
4. Press to select the item field that you want to customize, and press to confirm the selection.
5. Press to select the desired setting and press to confirm.
6. Press to exit this menu.

## Personalize User Data

You can change your personal information.

User Profile	
Name	
Gender	Male
-----	
Birthday	1982/11/10
-----	
Height	177 cm

**NOTE:** Please enter correct personal information since it might affect the analysis. If you are unfamiliar with how to set up your Max HR/LTHR/FTP/MAP, you can use Giant Lab to test your own exercise intensity. Please refer to page 14: Giant Lab to learn how to do the test.








1. In the Setup menu, press  to select **User Data** and press .
2. Press  to select the setting that you want to change and press  to enter its submenu.
  - Name: set your name
  - Gender: select your gender.
  - Birthday : set your Birthday
  - Height: set your height.
  - Weight: set your weight.
  - Max HR: set your maximum heart rate.
  - LTHR: set your lactate threshold heart rate.
  - FTP: set your functional threshold power.
  - MAP: set your maximum aerobic power.
3. Press  to adjust the desired setting and press  to confirm.
4. Press  to exit this menu.

## Personalize Bike Data

You can customize and view your bicycle(s) profile.

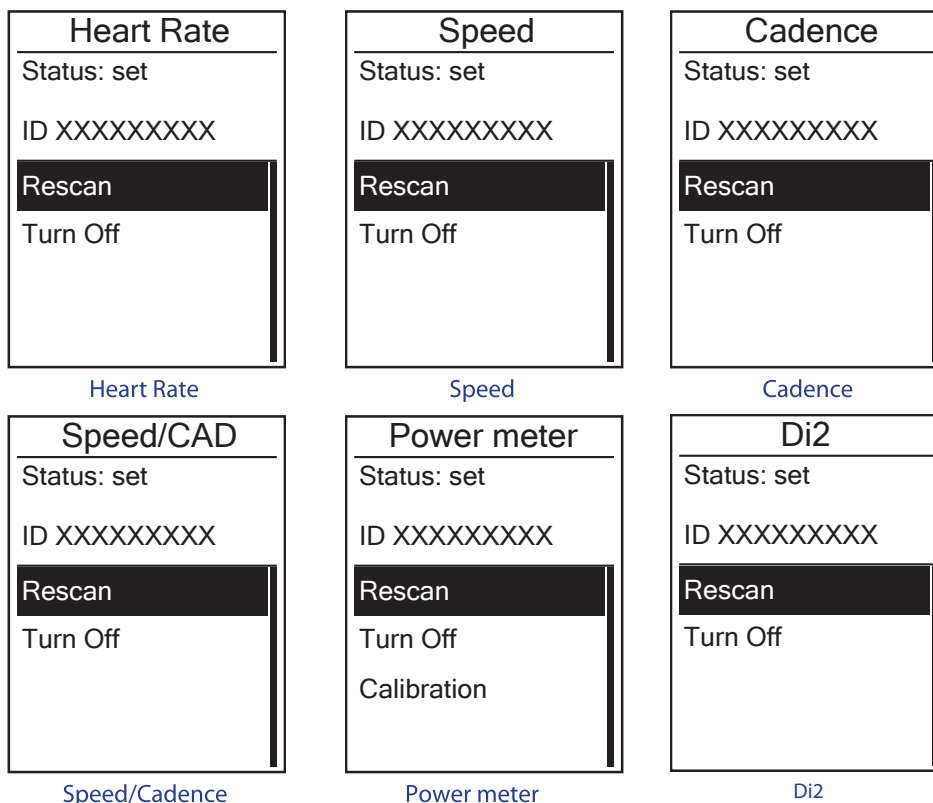
Bike 1	
Name	TCR
-----	
Sensors	
-----	
Wheel	2096mm
-----	
Speed source	

**NOTE:** Please refer to page 20 & 38 to learn how to pair sensor.

1. In the Setup menu, press  to select **Bike Data > Bike 1, Bike 2, Add or Delete** and press .
2. Press  to select the setting that you want to change and press  to enter its submenu.
  - Bike Name: set your bike name
  - Speed Source: set the priority of the speed sources
  - Sensor : pair your sensor
  - Wheel: set the bike wheel size.
3. Press  to adjust the desired setting and press  to confirm.
4. Press  to exit this menu.

## Sensors

You can customize the respective sensor settings such as enable/disable the function or rescan the sensor for the device.



1. In the Setup menu, press to select **Bike Data > Bike 1 or Bike 2 > Sensors > Heart Rate, Speed, Cadence, Power or Di2** and press .
2. Press to have more options. Press to select the desired setting and press to confirm.
  - Rescan: rescan to detect the sensor.
  - Turn on/Turn off: enable/disable the sensor.
3. Press to exit this menu.

### NOTE:

- When the heart rate monitor is paired, the heart rate icon appears on the main screen. While pairing your speed/cadence sensor/the heart rate belt and power meter, please make sure there is no other cadence/speed sensor/power meter within 5 m. When the cadence sensor is paired, the cadence sensor icon appears on the main screen.

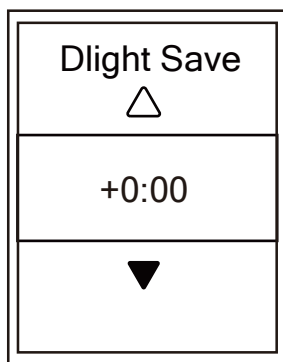
### NOTE:

Neotrack provides data storage for a maximum of seven bikes. Each bike has its respective sensor setting. Simply activate the bike you choose to ride in Bike data setting and you are ready to go. Please refer to page 14 to learn how to select the bike.

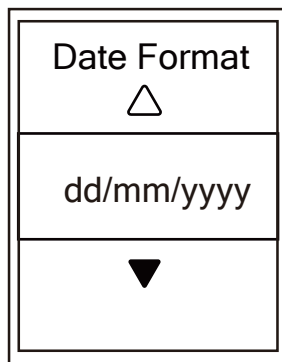
## System

You can customize the device system settings such as backlight off, key tone, time/unit ,GPS status, sound, contrast, configure auto scroll, smart pause, recording, file saving, ODO setup, altitude, start reminder, memory%, reset data, language, device UUID, about(version)

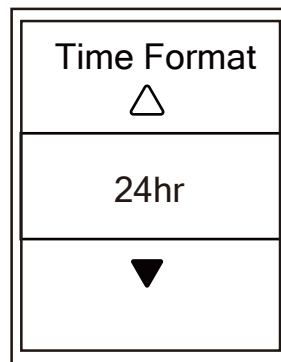
### Time/Unit



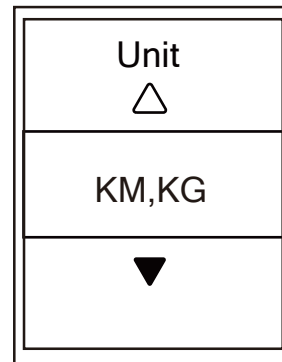
Daylight Save



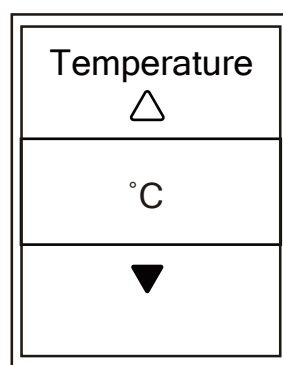
Date format



Time format



Unit

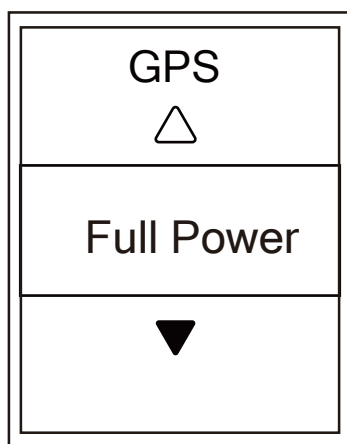


Temperature

1. In the Setup menu, press to select **System > Time/Unit > Daylight Save, Date format, Time format, Unit Temperature** and press .
2. Press / to select the desired setting/format and press to confirm.
3. Press to exit this menu.

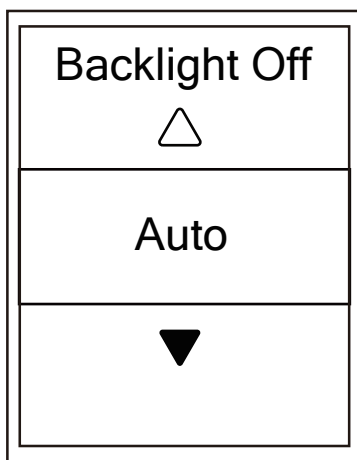
### View GPS Status








You can view the GPS signal information that your device is currently receiving.





1. In the Setup menu, press to select **System > GPS** and press .
2. To set the signal search mode, press to confirm.
3. Press / to select the desired setting and press to confirm.
  - Off: Turn-off GPS functions. Choose this to save power when GPS signal is not available, or when GPS information is not required (such as indoor use).
  - Full Power: maximum position and speed accuracy, consumes more power.
  - PowerSaving: Achieves longer battery life when used in good GPS signal condition, but less accurate.

## Backlight Off

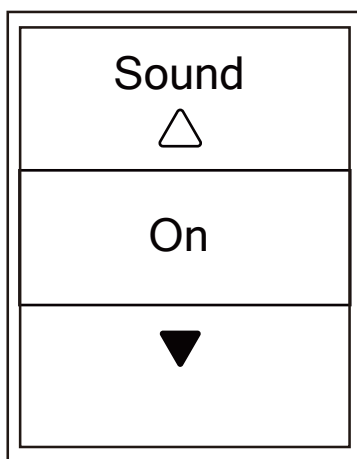








1. In the Setup menu, press  to select **System > Backlight Off** and press .
2. Press  /  to select the desired setting and press  to confirm.
3. Press  to activate backlight.
4. Press  to exit this menu.

### NOTE:

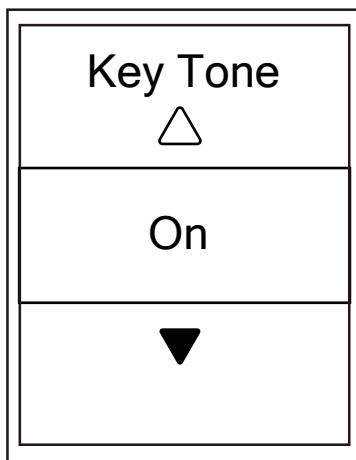
If you select Auto or Never as your backlight setting, after pressing  to turn on backlight, you can press again to turn off backlight. If you choose 2 min, 1 min, 30 sec, 15 sec or 5 sec as your backlight setting, you can extend another 2 min, 1 min, 30 sec, 15 sec or 5 sec by pressing  again.







## Sound



1. In the Setup menu, press  to select **System > Sound** and press .
2. Press  /  to select the desired setting and press  to confirm.
3. Press  to exit this menu.

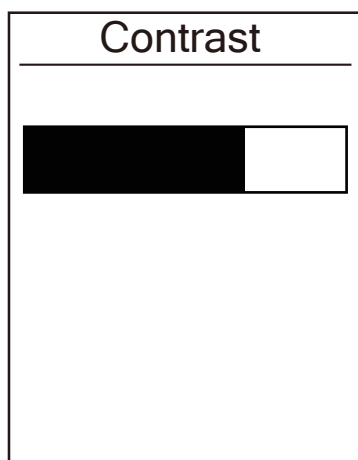
## Key Tone








1. In the Setup menu, press  to select **System > Key Tone** and press .
2. Press  /  to select the desired setting and press  to confirm.
3. Press  to exit this menu.

## Contrast

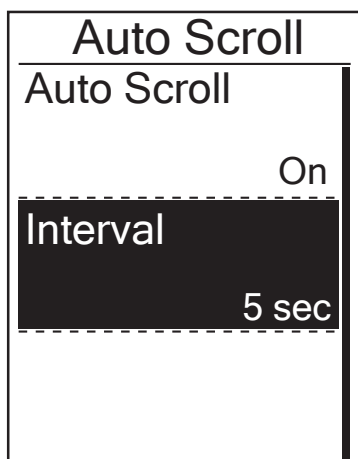
You can adjust contrast on your device.











1. In the Setup menu, press  to select **System > Contrast** and press .
2. Press  /  to adjust desired contrast.
3. Press  to exit this menu.

## Auto Scroll

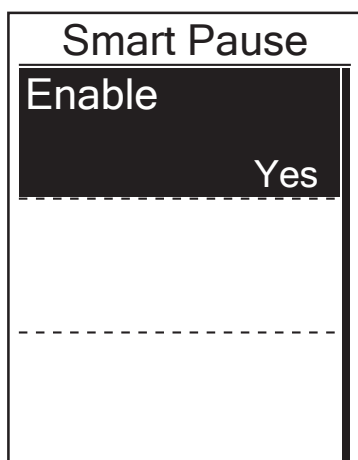
When the feature is enabled, the data will automatically switch pages at the preset time.





1. In the Setup menu, press  to select **System > Auto Scroll** and press .
2. Press  to select the setting that you want to change and press  to enter its submenu.
  - Auto scroll: enable/disable the auto switch.
  - Interval: set the interval time.
3. Press  /  to adjust the desired setting and press  to confirm.
4. Press  to exit this menu.

## Smart Pause

When you have a lot of obstacles along your route such as traffic lights, crosswalk, etc., this can really impact your recorded data. When the Smart Pause function is activated, the time and distance will automatically pause once you stop moving and resume once you start riding to enhance your data efficiency.

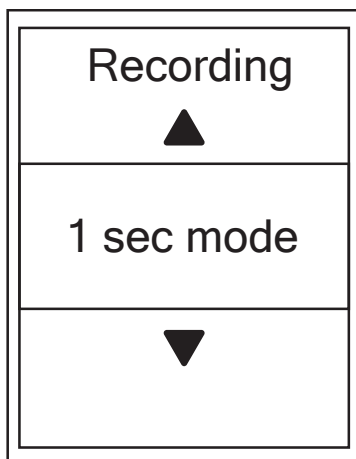









1. In the Setup menu, press  to select **System > Smart Pause** and press  to enter its submenu.
2. Select **Yes** to enable the function.

## Recording

With Data Record function, you can set your odometer and activate 1 second mode to get more accurate data.

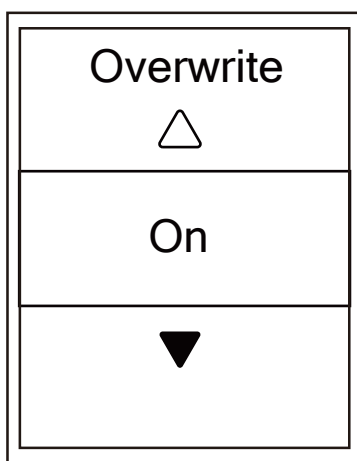
### Enable 1sec Mode










1. In the Setup menu, press  to select **System > Recording** and press .
2. Press  to enter its submenu and press  /  to select **Yes**, and press  to confirm.
3. Press  to exit this menu.

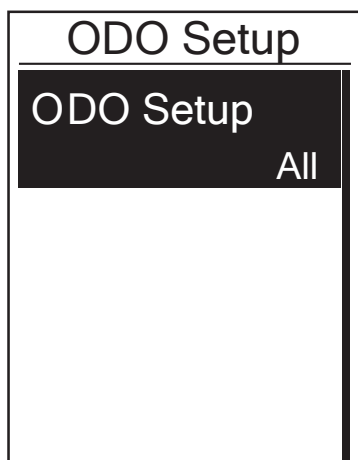
### Enable File Saving Mode






When the feature is enabled, the device will automatically overwrite from your oldest records when memory storage is full.



1. In the Setup menu, press  to select **System > File Saving** and press .
2. Press  to enter its submenu and press  /  to adjust the desired setting and press  to confirm.
3. Press  to exit this menu.

## Set ODO



1. In the Setup menu, press  to select **System > ODO Setup** and press .
2. Press  to enter its submenu and press  to select the desired setting, then press  to confirm.

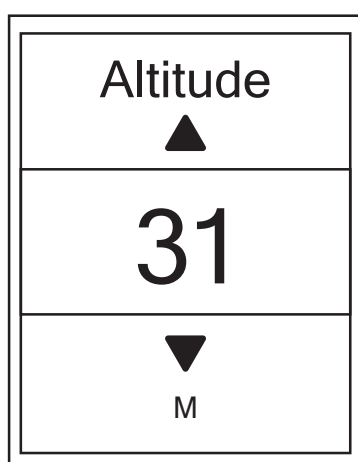
**NOTE:** "All" means the odometer would show the cumulative distance of all trips; "Recorded" would only show the cumulative distance of recorded trips.






**NOTE:** If you would like to reset ODO, please refer to page 17: Reset ODO.

## Altitude

You can set the altitude setting for the current location and four other locations.

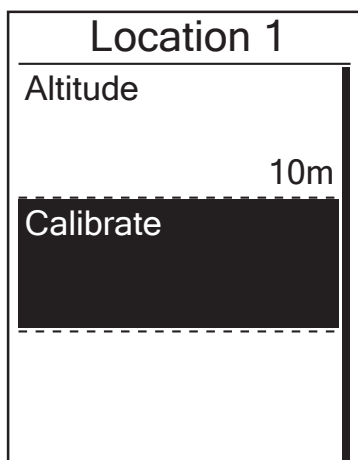
### Current Altitude













1. In the Setup menu, press  to select **System > Altitude** and press .
2. Press  to adjust the desired altitude and press  to confirm the setting.
3. Press  to exit this menu.

**Note:** The value of altitude on the meter mode will be changed once current altitude is adjusted.

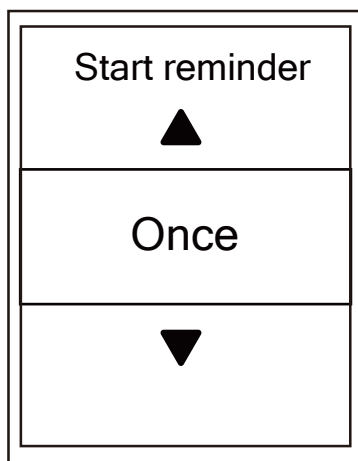
## Other Location Altitude










1. In the Setup menu, press  to select **Altitude > Location 1, Location 2, Location 3, Location 4, Location 5** and press .
2. To set the altitude, press  to select **Altitude** and press  to confirm.
3. Press  /  to adjust the desired altitude and press  to confirm the setting.
4. To calibrate the set altitude, press  to select **Calibrate** and press  to confirm.
5. Press  to exit this menu.

## Start Reminder

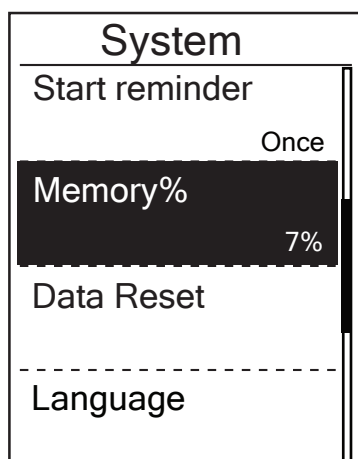
When Neostrack detects motion of your bike, a reminder pops up to ask you if you would like to record or not. You can set the frequency of the start reminder.




1. In the Setup menu, press  to select **System > Start Reminder** and press .
2. Press  to enter its submenu and press  /  to adjust the desired setting and press  to confirm.
3. Press  to exit this menu.

## View Memory Usage

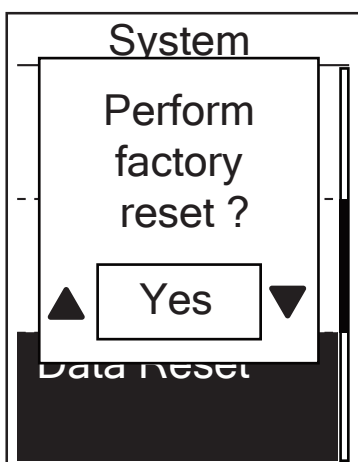
View the storage status of the device.








1. In the Setup menu, press  to select **System > Memory %**. The storage status is displayed next to Memory %.

## Reset Data

You can restore your Neostrack to factory settings.









1. In the Setup menu, press  to select **System > Data Reset** and press .
2. Press  /  to adjust the desired setting and press  to confirm.

**NOTE:** Factory reset operation will restore the device to factory default settings. In addition to deleting all the activities, it will also delete pre-paired sensors and pre-loaded Tests but will not remove UUID from the account you added in.



## Language



1. In the Setup menu, press  to select **System > Language** and press .
2. Press  /  to select the desired setting and press  to confirm.
3. Press  to exit this menu.




## UUID



1. In the Setup menu, press  to select **System > UUID** and press .
2. QR Code for pairing Neostrack APP.

## View Software Version

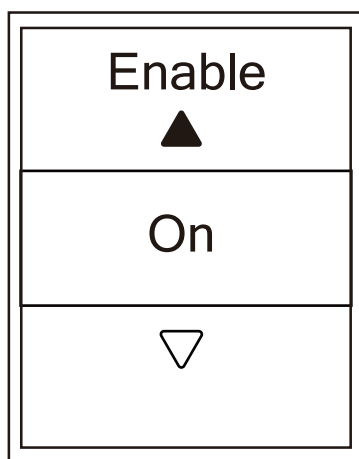
You can view your device current software version.







1. In the Setup menu, press  to select **System > About**.
2. Press  to confirm.  
The current software version is displayed on the screen.
3. Press  to exit this menu.

## Bluetooth

Before pairing Neostrack with your bluetooth enabled mobile phone, make sure the bluetooth function of your mobile phone and Neostrack is turned on.

### Enable Bluetooth



1. In the Setup menu, press  to select **Bluetooth** and press .
2. Press  /  to select on and press  to confirm.
3. Press  to exit this menu.

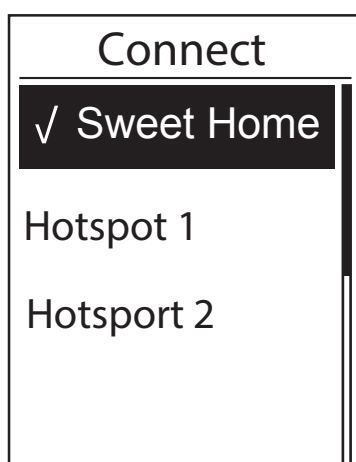
## WLAN. With access to the internet









Neostrack supports WLAN. With the access to the internet, the device will automatically sync data to/from Neostrack App. Once the connection to a network or hotspot is successfully set up, next time the device will automatically link to the same network or hotspot when detected. You can also forget a network or hotspot and set up a new one.

**Note:** Please refer to page 7 to learn how to sync data via WLAN.

## Connections

Before syncing data, please make sure you have set up a connection to any network or hotspot.

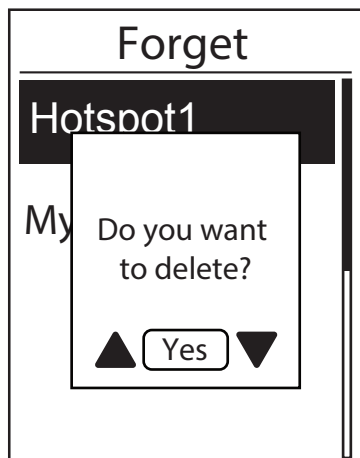











1. In Setup menu, press  to select **Network** > **Connect** and press .
2. Press  /  to choose one available network or hotspot and press .
3. Press  /  to enter password and choose "√" to confirm selection. If a network is marked "√", it means this network is successfully set up.
4. Press  to exit this menu.

**Note:** WLAN will be automatically activated during setting and transferring data and turned off once setting and transferring data is completed.

## Forget Network

You can view networks or hotspots which have been set up and unlink connections to networks or hotspots.

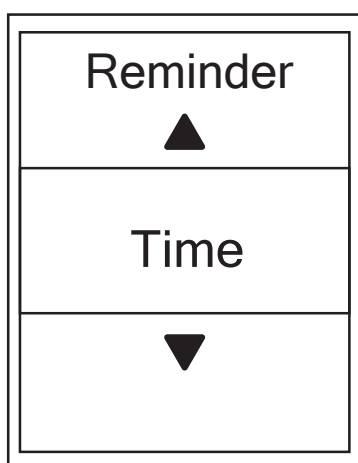








1. In Setup menu, press  to select **Network** >**Forget** and press .
2. Press  /  to choose a network or hotspot and press .
3. **"Do you want to delete ?"** a message pops up and press  /  to select **"Yes"** and press  to confirm delete.
4. Press  to exit this menu.

## Set Reminder

With the Reminder feature, the device displays a message to notify you if:

- your heart rate exceeds or drops below a specific number of beats per minute (bpm).
- you exceed or drop below a custom speed setting during your ride.
- your cadence speed exceeds or drops below a specific number of revolutions of the crank arm per minute (rpm).
- you reach a certain amount of distance for the long workouts.
- you reach a certain amount of time for the long workouts.




1. In the Setup menu, press  to select **Reminder** and press  to enter its submenu.
2. Select **Time**, **Distance**, **Speed**, **HR**, or **Cadence** and press  to configure the necessary settings.
3. Press  /  to select the desired setting and press  to confirm.

# Appendix

## Specifications Giant Neostrack

ENGLISH

Item	Description
Display	2.6" FSTN positive transfective dot-matrix LCD
Physical Size	92.9 x 57 x 20.3 mm
Weight	78g
Operating Temperature	-10°C ~ 50°C
Battery Charging Temperature	0°C ~ 40°C
Battery	Li polymer rechargeable battery
Battery Life	30 hours with open sky
ANT+™	Featuring certified wireless ANT+™ connectivity. Visit <a href="http://www.thisisant.com/directory">www.thisisant.com/directory</a> for compatible products 
GPS	Integrated high-sensitivity GPS receiver with embedded antenna
BLE Smart	Bluetooth smart wireless technology with embedded antenna
Water Resistant	Withstand immersion in water up to 1meter for up to 30 minutes
Wireless Local Area Network	IEEE 802.11 b/g/n



# Wheel Size and Circumference

The wheel size is marked on both sides of the tires.

Wheel Size	L(mm)
12x1.75	935
12x1.95	940
14x1.50	1020
14x1.75	1055
16x1.50	1185
16x1.75	1195
16x2.00	1245
16x1-1/8	1290
16x1-3/8	1300
17x1-1/4	1340
18x1.50	1340
18x1.75	1350
20x1.25	1450
20x1.35	1460
20x1.50	1490
20x1.75	1515
20x1.95	1565
20x1-1/8	1545
20x1-3/8	1615
22x1-3/8	1770
22x1-1/2	1785
24x1.75	1890
24x2.00	1925
24x2.125	1965
24x1(520)	1753
24x3/4 Tubular	1785
24x1-1/8	1795
24x1-1/4	1905
26x1(559)	1913
26x1.25	1950
26x1.40	2005
26x1.50	2010
26x1.75	2023
26x1.95	2050
26x2.10	2068
26x2.125	2070
26x2.35	2083

Wheel Size	L(mm)
26x3.00	2170
26x1-1/8	1970
26x1-3/8	2068
26x1-1/2	2100
650C Tubular 26x7/8	1920
650x20C	1938
650x23C	1944
650x25C 26x1(571)	1952
650x38A	2125
650x38B	2105
27x1(630)	2145
27x1-1/8	2155
27x1-1/4	2161
27x1-3/8	2169
27.5x1.50	2079
27.5x2.1	2148
27.5x2.25	2182
700x18C	2070
700x19C	2080
700x20C	2086
700x23C	2096
700x25C	2105
700x28C	2136
700x30C	2146
700x32C	2155
700C Tubular	2130
700x35C	2168
700x38C	2180
700x40C	2200
700x42C	2224
700x44C	2235
700x45C	2242
700x47C	2268
29x2.1	2288
29x2.2	2298
29x2.3	2326

## Basic Care For Your Neostrack

Taking good care of your device will reduce the risk of damage to your device.

- Do not drop your device or subject it to severe shock.
- Do not expose your device to extreme temperatures and excessive moisture.
- Use the non-adhesive generic screen protectors to help protect the screen from minor scratches.
- Use diluted neutral detergent on a soft cloth to clean your device.
- Do not attempt to disassemble, repair, or make any modifications to your device. Any attempt to do so will make the warranty invalid.



For better environmental protection, waste batteries should be collected separately for recycling or special disposal.

# Data Field

Category	Data Field	Complete Data Field Name
Power	Power	Current Power
	Left Power	Current Left Power
	Right Power	Current Right Power
	Avg Power	Average Power
	LapAvgPW	Lap Average Power
	LLapAvgPW	Last Lap Average Power
	Max power	Maximum Power
	LapMaxPW Lap	Maximum Power
	LLapMaxPW	Last Lap Maximum Power
	3s AvgPW	3 Seconds Average Power
	10s AvgPW	10 Seconds Average Power
	30s AvgPW	30 Seconds Average Power
	FTP%	Functional Threshold Power Percentage
	FTP Zone	Functional Threshold Power Zone
	MAP%	Maximum Aerobic Power Percentage
	MAP Zone	Maximum Aerobic Power Zone
	NP	Normalized Power
	TSS	Training Stress Score
	IF	Intensity Factor

# Data Field

Category	Data Field	Complete Data Field Name
Pedal Balance	CPB-LR	Current Left and Right Power Balance
	APB L-R	Average Left and Right Power Balance
	CPS L-R	Current Left and Right Pedal Smoothness
	APS L-R	Average Left and Right Pedal Smoothness
	MPS-LR	Maximum Left and Right Pedal Smoothness
	CTE-LR	Current Left and Right Torque Effectiveness
	ATE-LR	Average Left and Right Torque Effectiveness
	MTE-LR	Maximum Left and Right Torque Effectiveness
Heart Rate	Heart Rate	Current Heart Rate
	Avg HR	Average Heart Rate
	Max HR	Maximum Heart Rate
	LapAvgHR	Lap Average Heart Rate
	L'stLpAvHR	Last Lap Average Heart Rate
	LapMaxHR	Lap Maximum Heart Rate
	LTHR%	Lactate Threshold Heart Rate Percentage
	LapLTHR%	Lap Average LTHR Percentage
	LTHR Zone	Lactate Threshold Heart Rate Zone
	MHR%	Maximum Heart Rate Percentage
	LapMHR%	Lap Average MHR Percentage
Speed	Speed	Current Speed
	AvgSpeed	Average Speed
	Max Speed	Maximum Speed
	LapAvgSpd	Lap Average Speed
	LapMaxSpd	Lap Maximum Speed
	LastLapAvSpd	Last Lap Average Speed

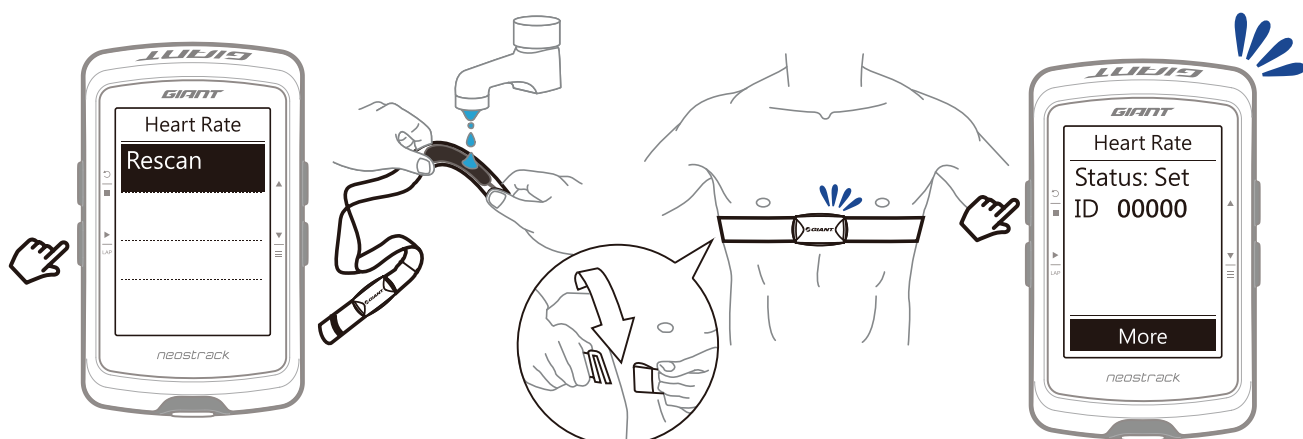
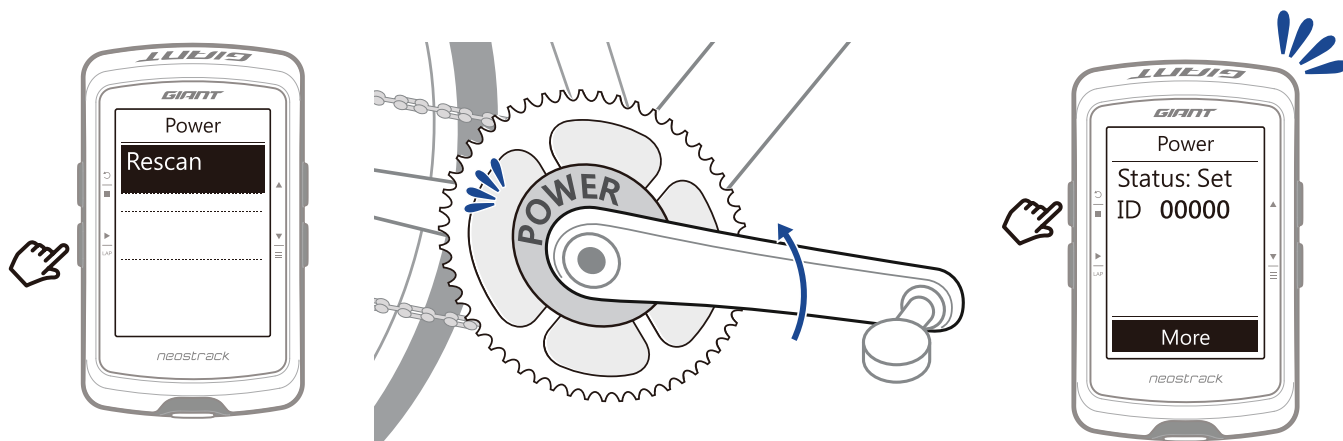
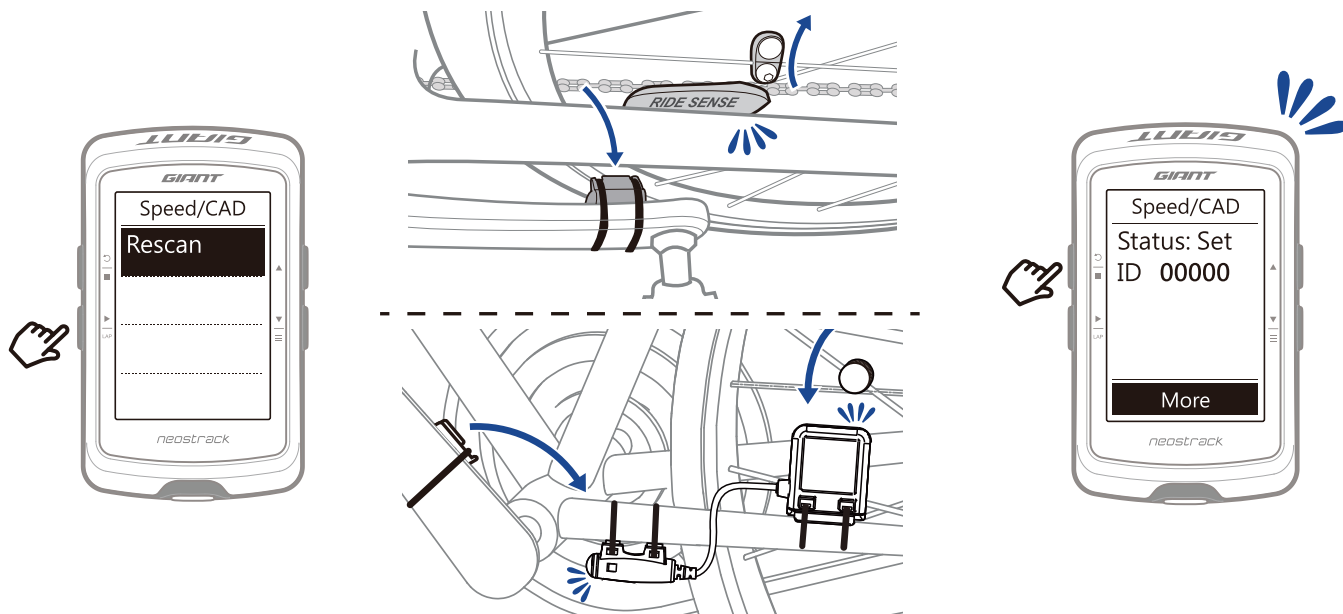
## Data Field

Category	Data Field	Complete Data Field Name
Cadence	Cadence	Current Cadence
	AvgCAD	Average Cadence
	MaxCAD	Maximum Cadence
	LapAvgCAD	Lap Average Cadence
	LastLapAvgCad	Last Lap Average Cadence
Distance	Distance	Current Distance
	LapDist	Lap Distance
	LastLapDist	Last Lap Distance
	ODO	Odometer
Time	Time	Current Time
	RideTime	Ride Time
	LapTime	Lap Time
	LapCount	Lap Count
	LastLapTime	Last Lap Time
Temperature	Temperature	Current Temperature
Altitude	Altitude	Current Altitude
	Max Alt.	Maximum Altitude
	Alt. Gain	Altitude Gain
	Alt. Loss	Altitude Loss
	Grade	Gradient
Energy	Kilojoules	Power Kilojoules
	Calories	Calories (Kcal)
E-Shifting	Di2 Battery	Di2 Battery Info.
	Front Gear	Front Gear Info.
	Rear Gear	Rear Gear Info.
	Gears	Gears Info.
	Gear Combo	Gear Combo Info.
	Gear Ratio	Gear Ratio Info.

# Sensor Pair

ENGLISH

In the Main Menu, select **Setup>Bike Data>Bike 1>Sensors>Heart Rate,Speed,Cadence,Speed/CAD,Power >More>Rescan**





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