Start your device

Double tap the device on the screen with a fast and firm double tap. It needs to be a quick double tap that can trigger the onboard accelerometer to wake-up the device.
After a preset time of inactivity the device will shut-down.

Login or create a new profile

Upon starting the device, first time user will need to create a new profile.
TAP-UP/DOWN to scroll characters, TAP-RIGHT/LEFT to add/remove characters.

Using the buttons

The buttons are located on the outer sides of the display area where the grey print button markings are located. Use a flat finger to make maximum surface area contact. You need to use a quick tap to activate a button press.
After a preset time, the buttons will hide and you will need to first touch any button region to re-draw the buttons before they are active. You can change the preset "BUTTON HIDE" time under display settings in the main menu.

Change button sensitivity for different sport environments in the menu:
ADVANCED>SETTINGS>TAP TOUCH>MODE.
When using full fingered gloves or the silicone pouch then use "POUCH MODE".
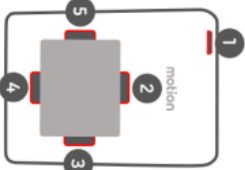
1) 1) RETURN - Go Back / Enter: when quick tapped
2) SHIFT: when touched briefly (combine with TAP buttons to change volume and skip music tracks).
3) ENTER MENU: when held down longer

2) TAP-UP - Navigate up / Double-tap to unlock buttons

3) TAP-RIGHT - Enter sub-menu

4) TAP-DOWN - Navigate down

5) TAP-LEFT

Select and Start your Sport Type

Once your profile has been created, you will be taken directly to a menu where you can select one of the two default Sport Type recording options. If you have created your own custom Sport Types in the Motion Experience Centre PC Software then these will be added to this menu.

- "Default 1" is suited for sports such as cycling.
- "Default 2" has rotated displays suited for use when wearing the Motion on your lower arm when running.

Select the Sport Type that you want to record and press the "Tap-Right" button.
This will take you to a GPS warm-up screen. When the device is ready to record, the horizontal bar will be completely filled and a "ready" status will be shown. You can now press the "TAP DOWN" button to start the recording.

How to end your recording

Quick tap the "RETURN" button. A short menu with three options is shown:
- Data Views – Takes you back to your data views
- Pause – Will pause the recording (Once paused, this will change to "Continue")
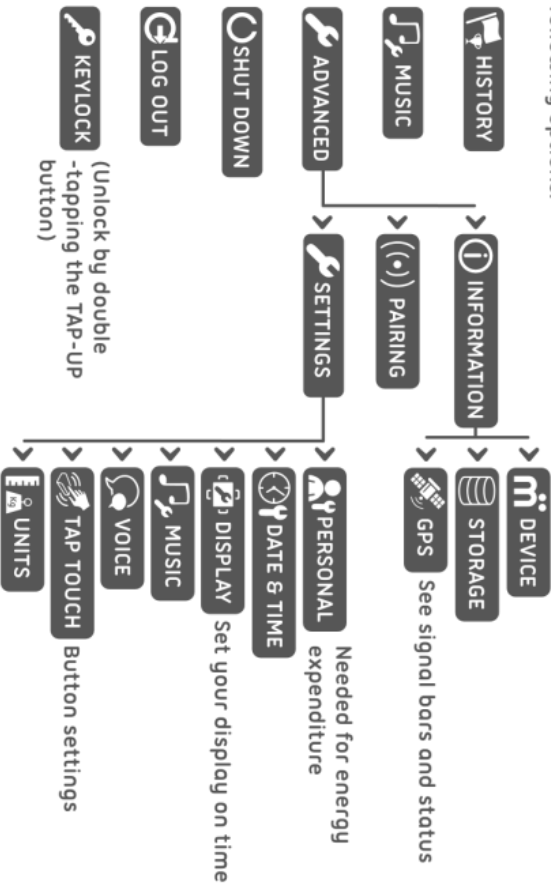- Stop – This ends the recording

Pairing ANT+ Equipment

The pairing screen will allow you to search for compatible ANT+ Sport devices and when successfully paired, the pairing will be saved to the device. The pairing screen will automatically be shown when starting a recording that requires ANT+ equipment that cannot be located.

If you would like to manually pair a new ANT+ item then navigate to
MENU>ADVANCED>PAIRING to search for and add compatible devices.
If you know the serial number, then you can also easily add a new ANT+ Sport device via the Motion Experience Centre.

Using the Main Menu

Press and hold the "Return" button. The main menu is now shown and contains the following options:

🎵 MUSIC

📢 HISTORY

ⓘ INFORMATION
  └ 📡 GPS — See signal bars and status
  └ 🗄 STORAGE
  └ ⓜ DEVICE

📞 SETTINGS
  └ 👤 PERSONAL — Needed for energy expenditure
  └ 🕐 DATE & TIME
  └ 🖥 DISPLAY — Set your display on time
  └ 🎵 MUSIC
  └ 🎧 VOICE
  └ ✋ TAP TOUCH — Button settings
  └ 📊 UNITS

((•)) PAIRING

⟳ ADVANCED

⏻ SHUT DOWN

⟲ LOG OUT

🔑 KEYLOCK (Unlock by double-tapping the TAP-UP button)

Install PC Software (Motion Experience Centre)

When you connect the Motion M01 to your computer, browse its contents folder and click on "Setup.exe". Alternatively, download the software from www.mobii.com.