

### Summary of display layout

1. **Time format**  
In 12-hour mode you can see whether the time shows morning (AM) or afternoon (PM)
2. **Alarm**  
The alarm symbol shows you that the alarm function is activated.
3. **Stop watch**  
If the stop watch symbol can be seen, the stop watch is running.
4. **Countdown**  
If the countdown symbol can be seen, the time period set by you is counting backwards to zero.
5. **Menu indication**  
This indication bar shows you what point you are at in the respective menu.

### Button allocation

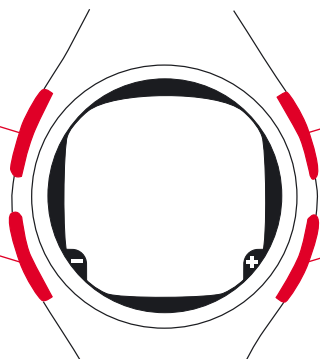
#### Function button 1

Button allocation can be seen in the display.

#### Minus function button

Scroll backwards in a menu level...

...or reduce the value displayed.



#### Function button 2

Button allocation can be seen in the display.

#### Plus function button

Scroll forwards in a menu level...

...or increase the value displayed.

#### Activating the light

Press the plus and minus buttons simultaneously.

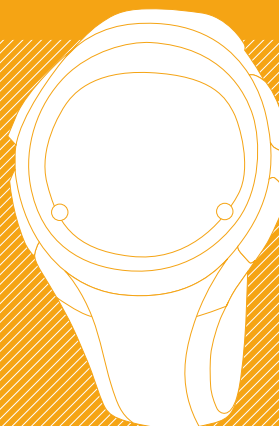
### ONYX PRO menu tree

Training			Time	Memory		Setting		
Endurance	Interval	Other	Clock	Memory	Total values	User	Unit	Training
Recovery Run	Extensiv	Free Training	Date	Memory 1	Per week	Gender	Language	Endurance
Long	Intensiv	Lap Training	Stopwatch	Memory 2	Per month	Birthday	Date	Interval
Medium	Program	Marathon	Countdown	Memory 3	Since reset	Weight	Clock	
Own			Alarm	Memory 4		HR max	Volume	
				Memory 5		1. HR zone	Button-tones	
				Memory 6		2. HR zone	Zone-alarm	
				Memory 7		3. HR zone	Training-tones	
						IAT	My name	



ONYX  
PRO

## QUICK START GUIDE



ONYX

ENGLISH

### Starting the ONYX PRO



Your ONYX PRO is switched off.



To activate your ONYX PRO, hold down any button for 2 seconds.



You can change between the menus by pressing the plus and minus buttons.



To open a menu item, press on of the two (top) navigation buttons.



The current button allocation now appears in the top part of the display.



Press again to open a menu for example. If you know the time, simply do a quick double click.

### Display lighting



**Activating the light**  
Press the plus and minus buttons simultaneously.



**Switching on light**  
Press any button. The light stays on for 3 secs.

Whilst the light is on from pressing any button, you can navigate through the menus as usual.



**Deactivating the light**  
Press the plus and minus buttons simultaneously.

### Button allocation for languages



In order to change the language using a code, the ONYX PRO must be in sleep mode!

- **English:**  
Press 2, 4 and 3 simultaneously.
- **French:**  
Press 1, 4 and 3 simultaneously.
- **Italian:**  
Press 1, 2 and 3 simultaneously.
- **Spanish:**  
Press 1, 2 and 4 simultaneously.