INFORMATION
For more information on Lezyne products, visit: http://lezyne.com

WEEE NOTICE & PRODUCT DISPOSAL:
The symbol of the crossed waste container means that, in accordance with 2002/96/EC Waste Electrical and Electronic Equipment Directive (WEEE), once the product reaches the end of its lifecycle, in the European Union it is subject to special waste disposal. In addition to the present device, this rule is also applied to all items carrying such a symbol. Do not dispose of these products as undifferentiated urban waste but put away for material differentiated recycling.

CE RF Compliance—Meets the EU Requirements:
The equipment complies with the RF Exposure Requirement 1999/519/EC, Council Recommendation of 12 July 1999 on the limitation of exposure of the general public to electromagnetic fields (0–300 GHz). Changes or modifications to this product not authorized by the manufacturer could void the EMC compliance and negate your authority to operate the product. This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, telecommunications, and other electronic devices. We, hereby, declare that this cellular Wi-Fi radio is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. Products with CE marking comply with the EMC Directive (2004/108/EC) and the Low Voltage Directive (2006/95/EC) issued by the Commission of the European Community. Compliance with these directives implies conformity to the following European Norms (in parentheses are the equivalent international standards).

FCC & IC User Warning Notice:
Any changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

NOTE:
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
— Reorient or relocate the receiving antenna.
— Increase the separation between the equipment and receiver.
— Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
— Consult the dealer or an experienced radio/TV technician for help.

Labeling Requirement Notice:
Any Changes or modifications not expressly approved by the grantee of this device could void the users authority to operate the equipment.

This device complies with Part 15 of the FCC Rules and Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation of the device.

FCC:
This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
RF Exposure Warning:
This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. The equipment must not be co-located or operating in conjunction with any other antenna or transmitter.

Canada, Industry Canada (IC) Notices:
This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Radio Frequency (RF) Exposure Information
This device is a radiating product. The radiated output power of the Wireless Device is below the Industry Canada (IC) radio frequency exposure limits. The Wireless Device should be used in such a manner such that the potential for human contact during normal operation is minimized.

This Device has also been evaluated and shown compliant with IC RF Exposure limits under portable exposure conditions. (antennas are less than 20cm of person’s body)

Information concerning l’exposition aux frequences radio (RF)
La puissance de sortie emise par l’appareil de sans fil est inferieure a la limite d’exposition aux frequences radio d’industrie Canada (IC). Utilisez l’appareil de sans fil de facox a minimiser les contacts humains lors du fonctionnement normal.
Ce peripherique a egalement ete evalu et demontre conforme aux limites d’exposition aux RF d’IC dans des conditions d’exposition a des appareils portables. (les antennes sont moins de 20cm du corps d’une personne)

Lezyne is a trademark of Lezyne USA, Inc. and registered both in the United States and internationally. Any unauthorized use is expressly prohibited. Bluetooth is a trademark of Bluetooth SIG, Inc.
ANT+ is a trademark of Dynastream Innovations, Inc.
The term Strava, the Strava logos and product and service names are the exclusive trademarks of, and are owned by, Strava Inc.
Shimano is a trademark of Shimano Inc.
Training Peaks is a trademark of Training Peaks, LLC.
WARRANTY
Lezyne GPS devices carry a one (1) year warranty from the original purchase date to the original owner (proof of purchase is required.) This warranty covers materials and manufacturing defects on the GPS housing, electronics, and the mounting bracket supplied. Issues not covered by the warranty include normal wear and tear, consumable parts, such as batteries, unless product damage has occurred due to defect in material or manufacturing, improper installation, attempting to access electronics, modifying electronics, damage or failure due to accident, misuse, abuse, or neglect.
Because of possible user resealing error of the USB port, this product is not warrantied against water in the housing from improper sealing or any resulting damage. Please review and follow the instructions carefully when sealing the USB port.
This product is intended to be used only as an activity tracker and must not be used for any purpose requiring precise measurement of direction, distance, location or topography. Lezyne makes no warranty as to the accuracy or completeness of map data in this product.
In no event shall Lezyne be liable for incidental or consequential damages for any traffic fines or citations, relating to or resulting from the use of this product or any of its parts. Lezyne assumes no liability for any accident, injury, death, loss, or other claim related to or resulting from the use of this product.

IMPORTANT
Do not become distracted by the device—always operate vehicles in a safe manner. Lezyne USA, Inc. does not accept any liability for injuries or other damages resulting from the use of this product in any circumstances.

DO NOT SUBMERGE UNDER WATER
Lezyne GPS devices are water resistant under normal conditions, but are not waterproof. If moisture gets inside device body, air-out until completely dry.

DO NOT ATTEMPT TO REMOVE ELECTRONICS
Doing so will void warranty.
Do not operate or store outside of temperature range (-20–60° C). Battery life may be affected at temperature extremes.
Location and surroundings may affect GPS signal. For best results, use the device outdoors with an unobstructed view of the sky. It may take up to 60 seconds to acquire GPS signals.

This GPS device is not a calibrated measuring tool. It should not be used for surveying purposes. GPS based elevation measurements may vary. Calorie readings are an estimation for reference only.

CA PROPOSITION 65 WARNING:
This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm (California law requires this warning to be given to customers in the State of California). For more info: www.lezyne.com/prop65
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GETTING STARTED

Modes

The Lezyne GPS Watch is not only a great cycling device for recording speed, distance and sensor information; it can also be used as a watch to track steps and running/hiking activities.

Lifestyle, Hiking, Running Modes have preset data pages for popular metrics used during those activities. Lifestyle mode is best for a long battery life and to track daily steps.

Each Mode has its own menu set. This is to control their specific layouts and open up features only available in specific modes. Personal information, Time, and Phone features are the same in all modes and only need to be setup once.

<table>
<thead>
<tr>
<th>Modes</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifestyle</td>
<td>Watch, Steps, Movement, Temperature, Phone Status, Notifications (Calls, Texts, Emails)</td>
</tr>
<tr>
<td>Hiking</td>
<td>Elevation, Ascent, Descent, Heart Rate, Avg. HR, Max HR, Distance, Temperature, Time, Trip Recording, Lezyne Track, Breadcrumb Map, Navigation, Notifications, Strava Live Segments</td>
</tr>
<tr>
<td>Running</td>
<td>Pace, Average Pace, Max Pace, Heart Rate, Average HR, Max HR, Distance, Temperature, Time, Trip Recording, Lezyne Track, Breadcrumb Map, Navigation, Notifications, Strava Live Segments</td>
</tr>
<tr>
<td>Biking</td>
<td>Up to 5 customizable pages (See Pg. 18), Breadcrumb Map, Navigation, Lezyne Track, Notifications, Strava Live Segments</td>
</tr>
</tbody>
</table>
### GETTING STARTED

#### Buttons

<table>
<thead>
<tr>
<th>Button</th>
<th>Functions</th>
</tr>
</thead>
</table>
| ![Backwards Arrow](image) ![Power Symbol](image) | - Hold for 2 seconds to turn device **ON**.
- Hold for 2 seconds to switch between **Lifestyle, Biking, Hiking, and Running Modes** or to turn **OFF**.
- Press to scroll left through the data pages.
- Press for back function in device menu. |
| ![Enter Symbol](image) | - Press to **Enter** a selection in the device menu.
- Press to turn backlight **ON/OFF**.
- During navigation, hold for 2 seconds to **Reroute**. |
| ![Menu Symbol](image) ![Up Arrow](image) | - Press to scroll right through the data pages.
- Hold for 2 seconds to access the **Device Menu**.
- Press to move **Up** in the device menu. |
| ![Lap Symbol](image) ![Down Arrow](image) | - Press to start a ride/activity.
- During a ride/activity, press to start a new **Lap**.
- Hold for 2 seconds to pause or end a ride/activity.
- Press to move **Down** in the device menu. |
GETTING STARTED

**Button Functions**

- Turn On*
- Turn Off / Switch Activity Mode*
- Scroll Left
- Back / Return Function
- Select
- Backlight
- Force Navigation Reroute*
- Enter Menu*
- Scroll Up
- Start Ride / Start new Lap
- Pause / End Ride*
- Scroll Down

*Hold for 2 seconds

**Screen Icons**

- GPS Status
- Phone Connection
- Battery Status
- Sensor Status

**Sensor Status**

- Lezyne Track
- Power Sensor
- Heart Rate Sensor
- Cadence Sensor
- Speed Sensor
- Di2 / Etap Shifting Sensor
GETTING STARTED

Charging

Before using your Lezyne GPS watch for the first time, fully charge the battery. It is also recommended to visit lezyne.com/gpsroot, setup a free account and update your GPS device to the latest firmware.

1. Remove exterior moisture.
2. Open USB cover.
3. Connect micro USB cable and device to powered USB port.
   For best results, use the supplied Lezyne cable.

If your device does not display the charging symbol when plugged in, selected USB port may not be powered – try another USB port.

IMPORTANT: ALWAYS SEAL THE USB COVER AFTER CHARGING!

Mounting

Handlebar Mount:

1. Slip included rubber mount onto handlebar
2. Strap GPS watch securely around rubber mount for a secure fit.
### Turning on the GPS

Turn on your GPS and switch between Modes by holding the left \( \bigcirc \) button.
You can choose the Modes
- Lifestyle
- Hiking
- Running
- Biking
- Power Off

Press \( \bigcirc \) for 2 seconds to turn on

### GPS Satellite Signal

Before a recorded activity can start there must be status of a GPS signal present.
This can take 30 to 90 seconds. For best results:
1. Go outside to open clear area.
2. Place the GPS device so it’s not obstructed to the sky.
3. Wait for the GPS status dots to fill in.
   * a pop up notice will appear if you try to start a ride before a GPS signal is acquired.
GETTING STARTED

Starting an Activity

1. At least 1 GPS status dots will fill solid when ready.
2. Start recording by pressing the bottom right ▶ button.
3. Activity data is recorded when the timer is running.
4. Press the top right button ▶ or top left button ▼ to scroll through the data pages.

Ending an Activity

Enter the Pause Menu by holding the bottom right button ▶ for 2 seconds. To continue recording, select the option RESUME by pressing the left button ENTER. Or, scroll through other options by pressing the top or bottom right buttons and select to SAVE or DISCARD your activity or view the MAIN MENU.
**GETTING STARTED**

**Uploading a Ride to a computer**

1. Open USB port seal
2. Connect your GPS Watch to a computer via the supplied Micro USB cable.
3. The watch will read like a USB drive with included folders
4. Within the Lezyne GPS folder find your .Fit ride files in the Activities folder to upload and share at [www.lezyne.com/gpsroot](http://www.lezyne.com/gpsroot)

**USB Seal**

It’s important to re-install the USB seal between the two seal locks to maintain a good seal against the weather and a high level of water resistance.

**GPS Device updates**

Software updates for your GPS device can be found at [http://www.lezyne.com/support-gps.php](http://www.lezyne.com/support-gps.php)
**Menu Screen**

Hold the top right button 🍳 for two seconds to enter the device **MENU**. Menu options include*:

- Alert
- Auto
- Bike
- Personal
- Records
- Phone
- Navigation
- Sensors
- Screen
- Time
- Info
- Strava

*Some Menu options will not be available in all activity modes.
**Time Format**

*Time Format* adjusts time display from *12hr* to *24hr* format. Press *ENTER* and use the right buttons to scroll for *12hr* or *24hr*. Press *ENTER* to make the selection.

**Time Zone**

*Time Zone* adjusts time based on your closest location. Press *ENTER* and use the right buttons to scroll. Press *ENTER* to make the selection.

**Daylight Savings**

*Daylight Savings* adjusts time accordingly if it applies to your location. Press *ENTER* and use the right buttons to scroll. Press *ENTER* to make the selection.
**2nd Time**  Lifestyle Mode Only

The **2nd Time** allows you to add another time zone. Turn this on and follow the same time setup steps on the previous page. Press **ENTER** and use the right buttons to scroll.

**Time Zone**

The **Time Zone** adjusts time based on your closest location. Press **ENTER** and use the right buttons to scroll. Press **ENTER** to make the selection.

**Daylight Savings**

The **Daylight Savings** adjusts time accordingly if it applies to your location. Press **ENTER** and use the right buttons to scroll. Press **ENTER** to make the selection.
SCREEN SETUP

Screen Display

Up to 5 data pages can be customized to show different data fields.
To access the Screen menu:
1. Hold the top-right Menu button for 2 seconds.
2. Scroll to Screen and press Enter.
3. Here you can customize your pages and data fields.

Data Pages

Number of Data Pages:
1. In the Screen Menu press the ENTER button to select Data Pages.
2. Press ENTER again to select No. of Pages.
3. Use 2 right button to scroll up or down between 1 to 5 pages and click enter to select.
Page Customization

There are three display options for each page:
• 1 Line of Data
• 2 Lines of Data
• 3 Lines of Data

To change the layout of a page:
1. After selecting No. of Pages, scroll up or down to the page number you want to customize and press the left ENTER button.
2. Select No. of fields and use the right button to scroll between 1 to 3 data lines.
3. Press ENTER to select.
Data Selection Customization

In the **Fields Menu** you can choose what data metrics to display for each data line. Scroll **Up** or **Down** to the field you want to change and press **ENTER**. Scroll **Up** or **Down** through the data metrics and press enter on preferred metric.

*Running and Hiking modes Do Not display every data option*

<table>
<thead>
<tr>
<th>Data Field Options</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Distance</td>
<td>Calories</td>
<td>*Left/Right Torque</td>
</tr>
<tr>
<td>Speed</td>
<td>*Heart Rate</td>
<td>Efficiency</td>
</tr>
<tr>
<td>Avg Speed</td>
<td>*Avg Heart Rate</td>
<td>Lap Distance</td>
</tr>
<tr>
<td>Max Speed</td>
<td>*Max Heart Rate</td>
<td>Lap Speed</td>
</tr>
<tr>
<td>Trip 1</td>
<td>*Cadence</td>
<td>*Lap Power</td>
</tr>
<tr>
<td>Trip 2</td>
<td>*Avg Cadence</td>
<td>*Lap Heart Rate</td>
</tr>
<tr>
<td>Odometer</td>
<td>*Power</td>
<td>*Lap Cadence</td>
</tr>
<tr>
<td>Time</td>
<td>*Avg Power</td>
<td>Lap Time</td>
</tr>
<tr>
<td>Clock</td>
<td>*3s Power</td>
<td>**Di2 Shifting</td>
</tr>
<tr>
<td>Elevation</td>
<td>*10s Power</td>
<td>*Shifting</td>
</tr>
<tr>
<td>Grade</td>
<td>*Average Power</td>
<td>Bike Selection</td>
</tr>
<tr>
<td>Ascent</td>
<td>*Power Balance</td>
<td></td>
</tr>
<tr>
<td>Descent</td>
<td>*Left/Right</td>
<td></td>
</tr>
<tr>
<td>Temperature</td>
<td>Smoothness</td>
<td></td>
</tr>
</tbody>
</table>

Data Definitions Found Here

*Separate ANT+ or Bluetooth device required to see these metrics

**Special Shimano D-Fly adapter required for Di2 Systems*
**SCREEN SETUP**

**Watch Face Display**  Lifestyle Mode Only

Change the main Watch Face clock numbers to Option 1 or Option 2. Press **ENTER** and scroll up or down, press **ENTER** to select the setting.

**Unit Format Display**

In **Unit Format** you can choose between Miles or Kilometers. Press **ENTER** and scroll up or down, press **ENTER** to select the setting.

**Background**

In **Background** you can choose to have it set to **WHITE** or **BLACK**. Press **ENTER** and use the right buttons to make the selection. When done press the **BACK** button.

**Backlight**

In **Backlight** you can adjust the brightness percentage. Press **ENTER** and use the right buttons to **INCREASE** or **DECREASE**. Use the **ENTER** button to make the select. When done press the **BACK** button.
SCREEN SETUP

Notification Display

In Notifications you can choose what font size is used to displayed phone notifications. Press ENTER and use the right buttons to scroll between large or small font. Use the ENTER button to select, use the BACK button to exit.

PERSONAL SETUP

Language Setting

Sets your desired language. Press ENTER and use the right buttons to scroll. Press ENTER to make the selection.

Age Setting

Setting your age assists in calorie calculations. Press ENTER and use the right buttons to select INCREASE or DECREASE. Use the ENTER button to select age. When done press the BACK button.
PERSONAL SETUP

Weight Setting
Setting your weight assists in calorie calculations. Press ENTER and use the right buttons to INCREASE or DECREASE. Use the ENTER button to make the selection. When done press the BACK button.

Height Setting
Setting your Height assists in calorie calculations. Press ENTER and use the right buttons to INCREASE or DECREASE. Use the ENTER button to make the selection. When done press the BACK button.

Gender Setting
Setting your gender assists in calorie calculations. Set your gender to Male or Female. Press ENTER and use the right buttons to scroll. Press ENTER to make the selection.
Pairing to a SmartPhone

1. Download the free **Lezyne GPS Ally v2** App to your smartphone.
   - Use Google Play for Android or App Store for iPhone
2. Open up the app to the **Device** tab and tap **Scan for Device**
3. On your Lezyne GPS device go into the **Main Menu**, scroll to **Phone** and press **ENTER**.
4. In **Phone**, select either **iPhone** or **Android** using the right buttons and press **ENTER**. This will start the search for the phone.
5. The **GPS Ally** App will show the Lezyne device you are looking to pair. Select the device and you will be prompted to enter a code from the device to pair with the app.

*Click to watch the Pairing video.*
Phone Pairing Reset

If issues occur pairing a phone or if it’s pairing to a phone you don’t want it to anymore then you reset the phone pairing. This will clear the stored phone info.

1. In Phone, select **Reset** using the arrow buttons and press **Enter** to make the selection.
Setup Support

Anytime you need more assistance in setup, Tap on the More option and go to Support for linked video tutorials.

GPS Settings (Device Setup)

Once the Ally App is installed on your phone and the phone is paired to the GPS device you can proceed to use the App to setup the GPS device. Tap on the More option and go to GPS Settings.
General Setup

In General Setup you can adjust settings for Alert, Auto, Personal, Navigation, Screen, Time and Strava.
Bike and Running Screen Setup

In Bike and Running Screen Setup you can create a running up to 5 Bike profiles. And then customize the screen set up for each bike profile. Set the bike profile by Name, Sport Type, Wheel Circumference, Bike Weight, and the Odometer.

Tap on selection to begin
Screen Setup

In Screen Setup you can create up to 5 pages and have them customized with 1, 2, or 3 fields of data.
1. Simply tap on the number field to change data fields
2. Tap to select the data field to be changed
3. Make the selection of which metric you want to see
4. Hit OK.
Notifications Setup

When the Lezyne GPS devices are paired with the Lezyne GPS Ally App v2 they can display Text, Email, Call Notifications and many more. See your phone settings for more on messages.

* To enable this feature you must first make sure your phone notifications are turned on for Text and Email. See your phone instructions for details.

1. In Lezyne GPS Ally App v2, go to the Settings tab and turn on Notifications.
Navigation Setup

When the Lezyne GPS Watch is paired with the Lezyne Ally v2 App you can get Turn-by-Turn directions.

In the Lezyne Ally App, on the Navigation tab, you can search by:
• Tapping the map on the location you’d like directions to.
• Typing in an address.
• Searching by name or keyword.
Once the location is determined, tap GO, and directions will be pushed to the device.

Rerouting: If your Smartphone has service it can reroute you during navigation. This can be turned on or off.
1. In the Main Menu select Navigation.
2. Select Rerouting and scroll to Automatic or Manual and hit Enter. Use the Back button to exit.
*If you choose manual, you can force a reroute by holding now Enter for 2 seconds during navigation.
Route Building

In the Lezyne GPS Root website under Device Features you can create custom Routes. Go to Lezyne GPS Root.

Saved Routes can be accessed from the Lezyne Ally v2 App and pushed to your GPS Watch for Turn-by-Turn directions.

1. Use the interactive map to search for and select a Start and Finishing point.
2. Click Calculate Route for route options and then name it and save it.
3. Go to Saved Routes to edit existing routes.
4. Add Way Points when route building or editing for a more specific route or loop.
5. Once saved, import it into your Ally v2 App under the pull-down menu in the Navigation tab and hit Go.
**Navigation Custom Routes**

Custom routes can also be created with the **Ally V2 App** when your phone is paired with your GPS device.

In the **Lezyne GPS Ally App v2**, on the **Navigation** tab, you can search by:

- Viewing the map and tapping a location where you want to start.
- Begin tapping along points where you want the route to go.

*TIP:* for a quick set up, just tap on general location and the routing will fill in a recommended course.

- Once your route is complete, hit **Save**, and it will be available in your **Saved Routes**.

---

**Select Create Routes to start**

**Tap here for Route Options**
**Breadcrumbs Mapping**

After starting a ride with your Lezyne GPS Watch a **Breadcrumbs Map** page will display where you have ridden. This helps give an idea of where you have been and can help assist navigating back to your starting point.

1. Press the lower right record button ▶ and the breadcrumb map will begin to record.

**Route Mapping**

When **Navigation** is being used, a **Route Map** will display showing the start, finish, and your real time location on that route.
**Strava Sync Set up - App**

In the Lezyne GPS Root website or in the Lezyne GPS Ally App v2, you can sync your activities to Strava, the popular social network. Activities can be set to sync automatically when uploaded or one at a time. While in the Ally App set your account to sync with Strava simply by logging in through the Settings tab in the Ally App and GPS Root website.

**Lezyne GPS Ally App v2 Sync**
1. Go into the App Settings in the More tab.
2. Tap on Connect with Strava.
3. You’ll have to have a Strava account in order to sync with the Ally App.
4. Log into your Strava account to confirm.
5. Once the connection is made you can now set the Ally App to auto sync your activities as they are uploaded or you can sync them one at a time.
**Strava Sync Set up - Website**

Strava sync setup can be done on either the Lezyne Ally V2 App or Lezyne GPS Root website.

**Lezyne GPS Root Sync -**
1. Click on **Settings** to Sync with Strava.
2. Click on **Connect with Strava** button.
3. You’ll be asked to log into Strava.
4. A page will appear to confirm the connection. Click on **Authorize** to confirm.
5. You can set rides to auto sync as you upload them or upload one at time when viewing the ride.
**Strava Segments Set up  *STRAVA Premium Membership Needed***

In the Lezyne GPS Root website or in the Lezyne GPS Ally App v2, you can sync Strava Segments from the popular social network. strava.com/premium

While in the GPS Root or Ally App set your account to sync with Strava simply by logging in through the Settings tab in the Ally App and GPS Root website.
If you are a Strava Premium member, you can Sync Strava Live Segments to your device to get a real time estimate of how you compare to either your PR or the segment’s KOM time

*All Strava Segments are managed on the Strava Site and only synced to Lezyne GPS Root and Ally App.

1. Star the Segments on the Strava Website or within the Strava App.
2. Open the Lezyne GPS Ally App v2.
3. Make sure you are paired to a Lezyne GPS Device.
4. Tap the More Tab, and tap Strava Segments.
5. Swipe Down to refresh data
6. Tap Sync and the Segments will be pushed to your Lezyne GPS device.

Manage Segment List in your Strava Account
Refresh to make sure all Segments are up to date

Tap to Sync Segments to GPS
Training Peaks is a way to track your ride data and much more.
- Speed
- Distance
- And any sensor information that you are connected to
*An Account with Training Peaks will need to be set up before you can sync.

Lezyne GPS Root/Ally App Sync
1. Click on Settings to Sync with Training Peaks.
2. Click on Connect with Training Peaks button.
3. You’ll be asked to log into Training Peaks.
4. And then a page will appear to confirm the connection. Click on Authorize to confirm.
5. You can set rides to auto sync as you upload them or upload one at time when viewing the ride.
Lezyne Track Setup

Lezyne Track is a way to share your ride information in real-time with friends, family, or whoever you decide to include. They will be emailed a link that will send them to a map showing your:

- Location
- Speed
- Distance
- And any sensor information that you are connected to

All you need is their email address to create a contact list and when you hit record on the GPS Watch a message will be sent letting them know you’re out on a ride.

1. Go to the Lezyne Ally v2 App on your smartphone.
2. Tap the More Tab and find Lezyne Track.
3. Turn on Lezyne Track.
4. Type in or search through your contacts to add people to your share list.
5. Once you hit record on your Lezyne GPS a notice will be sent to the people in your contact list.
Sensor Setup

* Before pairing to a new sensor, see the manufacturer’s instruction manual on how to pair and calibrate with a new device.

1. In the Main Menu scroll to Sensors and press ENTER. Scroll to the sensor type you want to pair with and press ENTER.
   - Heart Rate
   - Speed
   - Cadence
   - Speed & Cadence
   - Power
   - Shifting

2. Depending on your device type select either BTLE or ANT+

3. When the sensor appears, click enter to begin pairing.
   *This can take up to a couple of minutes. Also, make sure the sensor is “awake.”

Once paired the GPS watch will read Paired, and the icon will show on the Home screen

**Special Shimano D-Fly adapter required for Di2 Systems to display shift information
**Power Meter Setup**

* Before you pair your Power monitor, see the manufacturer’s instruction manual on how to set up, pair and calibrate the meter with devices.

1. In the **Sensors** menu scroll to **Power** and press **ENTER**.
2. Select Scan BLTE or Scan Ant+ depending on the sensor’s pairing protocol. Your GPS Watch will then start searching for Power sensor within range. *This can take a couple minutes. Make sure you Power Meter is “awake” or “activated” by riding your bike.*

2. Select the sensor you are trying to pair. *If multiple sensors appear, look for your sensor’s ID number. When complete the GPS watch will read **Paired**.*

3. Once paired you can:
   - Calibrate
   - Auto Zero *(ANT+ versions only)
   - Set Crank Arm length

*See manufacturer’s instructions on how to **Calibrate** and **Auto Zero**. Also note: You must connect to Ant+ for Left/Right power data.*
BIKE SETUP

Wheel Circ (Circumference) Setup

Setting your Wheel Circumference calibrates a paired Speed Sensor to accurately display your speed.
*A paired Speed Sensor will take over the speed and distance recording instead of using the GPS signal.

In the Main Menu, select Bike and press Enter. Use the right buttons to INCREASE or DECREASE wheel circumference. Use the ENTER button to select the size. When done select the BACK button to exit.

Wheel Size and Circumference

The wheel size can be found on the side of the tire. This is not an exact list but a general guide. A more specific wheel calculator can be found online. Or you can manually measure wheel circumference.

http://www.bikecalc.com/wheel_size_math

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<th>CM</th>
<th>Wheel</th>
<th>Tire</th>
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</table>
**Scroll Setting**

Auto Scroll pages on the device while recording.
In the **Main Menu**, select **Auto**. Press **ENTER** and use the right buttons to select **On** or **Off**. Press **ENTER** to make the selection.

---

**Sync Mode Setting**

This will automatically **Sync** the ride data to the phone when you stop the ride. Which can then be sent to GPS Root or other 3rd party sites set up.
Press **ENTER** and use the right buttons to select **On** or **Off**. Press **ENTER** to make the selection.

---

**Start/Stop (Pause) Setting**

The **Auto Pause** setting is an automatic Start/Stop feature that controls recording of the ride if you stop for a period of time. It will start back up once you begin to move.
In the **Main Menu**, select **Auto**. Press **ENTER** and use the right buttons to select **On** or **Off**. Press **ENTER** to make the selection.
AUTO/PRESET NOTIFICATION SET UP

Lap Preset Notification Setup

Lap preset allows you set a notification pop up based on Time or Distance goals and stores the data in your .fit file.
In the Main Menu, select Auto. Press ENTER and use the right buttons to select Time or Distance. Press ENTER to make the selection. Press ENTER and use the right buttons to INCREASE or DECREASE. When done press the ENTER button. To reset, select Off and repeat the steps.

Light Setting

The Light setting automatically turns the backlight on whenever a button is pressed.
In the Main Menu, select Auto. Press ENTER and use the right buttons to select On or Off. Press ENTER to make the selection.
Calories Alert

Set up an Alert for when you reach a burned Calories Goal

1. When in the Main Menu scroll to Alerts and select Calories and press the left ENTER button.
2. Scroll up or down to set the desired goal.

Sitting Time Alert  Lifestyle Mode Only

Set a Sitting Time Alert to notify you to get up and move!
1. In the Alert Menu, select Sitting Time. Use the two right button to scroll up or down and press enter to select your preffered Sitting Time alert.
**Step Goal Alert**  
Lifestyle Mode Only

Set an Alert to notify you for a **Step Goal** you want to hit.
1. In the **Alert Menu**, select **Step Goal**. Use the two right button to scroll up or down and press enter to select your preferred **Step Goal** alert.

**Vibrator Alert**

Set up a **Vibration** indication for the **Alerts**
1. In the **Alert Menu**, select **Vibrator**. Use the two right button to to **On** or **Off** and press **Enter** to select.
Distance Alert Setup

Distance alert gives you a pop up alert when you complete a set RIDE or RUN distance goal.
In the Alert Menu, select Distance. Use the two right button to Increase or Decrease distance. Press enter to select your preferred Distance alert.

Time Alert Setup

Time alert gives you a pop up alert when you complete a set a RIDE or RUN goal for an amount of time. In the Alert Menu, select Time. Use the two right button to Increase or Decrease time. Press enter to select your preferred Time alert.
Calories Alert Setup

Calories alert gives you a pop up alert when you complete a set goal. In the Alert Menu, select Calories. Use the two right button to Increase or Decrease calories. Press enter to select your preferred Calories alert. To reset, select Off and repeat the steps for set up.

Minimum HR (Heart Rate) Alert Setup

Minimum Heart Rate alert gives you a pop up alert when you drop below a set Heart Rate. In the Alert Menu, select Min HR. Use the two right button to Increase or Decrease min. Heart Rate. Press enter to select your preferred min. Hear Rate alert. To reset, select Off and repeat the steps for set up.
Maximum HR (Heart Rate) Alert Setup

Maximum Heart Rate alert gives you a pop up alert when you above a set Heart Rate. In the Alert Menu, select Max HR. Use the two right button to Increase or Decrease max Heart Rate. Press enter to select your preferred max Hear Rate alert. To reset, select Off and repeat the steps for set up.

Vibrator Setup

The Vibrator setting turns it on when ever a button is pressed or an Alert comes through. Press ENTER and use the right buttons to select On or Off. Press ENTER to make the selection.
**RECORDS**

**Review**

Review lets you see the metric details of stored rides on the device.

In the Main Menu select Records. Press ENTER and use the right buttons to select the ride you want to see by day and time. Press ENTER to make the selection.

**Erase All**

Erase All will delete all rides recorded and stored on the device.

In the Main Menu select Records. Press ENTER on Erase All and use the right buttons to select Yes or No. Press ENTER to make the selection.
Erase Oldest

Erase Oldest will delete the oldest ride recorded and stored on the device. This is for when you need more device memory and know the oldest file is not important but want to keep other rides.
In the Main Menu select Records. Press ENTER on Erase Oldest and use the right buttons to select Yes or No. Press ENTER to make the selection.

Memory

This lets you know how many hours of recording time you have remaining.
Reset Trip 1

This allows you to delete the recorded distance in Trip 1.
In the Main Menu select Records. Press ENTER on Reset Trip 1 and use the right buttons to select Yes or No. Press ENTER to make the selection.

Reset Trip 2

This allows you to delete the recorded distance in Trip 2.
In the Main Menu select Records. Press ENTER on Reset Trip 2 and use the right buttons to select Yes or No. Press ENTER to make the selection.
Reset Odo (Odometer)

This allows you to delete the accumulated distance on the Odometer.
In the Main Menu select Records. Press ENTER on Reset Odo and use the right buttons to select Yes or No. Press ENTER to make the selection.

INFO

Device

This indicates the device type.

Firmware

The numbers in Firmware indicates which version is currently being used on the device.
**INFO**

**HDOP, VDOP**

This is the quality of the GPS data.

**HDOP**: Horizontal Dilution of Precession.

**VDOP**: Vertical Dilution of Precession.

**Battery**

The current battery voltage.
FCC ID
FCC certification number for the device

IC
Industry Canada certification number

RCM
The three existing compliance marks (C-Tick, A-Tick and RCM) are being consolidated into a single compliance mark—the RCM

Bluetooth LE
Software version of Bluetooth LE

ANT+™
Software version of ANT+™
<table>
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<th>SPECIFICATIONS</th>
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<table>
<thead>
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<th>Battery Type</th>
<th>Rechargeable Lithium polymer, 280 mAh</th>
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<tr>
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<td>Up to 14hrs w/GPS  Up to 100hrs in Lifestyle mode</td>
</tr>
<tr>
<td>Memory Size</td>
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<td>Charging Temperature Range</td>
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<tr>
<td>Water Rating</td>
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</table>

*USB Plug Must Be Sealed Securely.*
**DATA METRICS EXPLAINED**

**Ascent:** The total measurement of elevation gained during current activity.

**Auto Scroll:** The device automatically scrolls through data pages every 10 seconds.

**Auto Start/Stop:** During an activity this will automatically pause a recording when no movement is detected and will automatically resume recording once movements starts.

**Breadcrumb Map:** Graphical display element that keeps track of where you have been.

* **Cadence:** Current crank arm revolutions per minute.
* **Avg Cadence:** The average crank arm revolutions per minute.

**Calories Alert:** A pop up notification when you hit a set calorie goal.

**Calories:** The amount of calories burned during a current activity. This estimation is calculated based on your personal settings.

**Clock:** The current time of day.

**Descent:** The total measurement of elevation lost during current activity.

**Distance:** The distance of the current activity.

**Distance Alert:** A pop up notification when you hit a set distance goal.

**Elevation:** Your current measurement of distance above sea level.

* **Heart Rate - Avg HR:** The average heart rate during a current activity.

* **Heart Rate - Max HR:** The maximum heart registered during an activity.

* **Heart Rate:** Your heart rate in beats per minute (bpm)

**Lap Preset:** An automatic notification to mark a lap based on a preset distance or time.

**Odometer:** The accumulated distance of all recorded activities.

**Pace:** Consistent and continuous speed in walking or running.

* **Power - 10s Power:** A 10 second average output of watts.

* **Power - 3s Power:** A 3 second average output of watts.

* **Power - L/R % Smoothness:** The measure of how smooth power is being applied during a full pedal revolution.

* **Power - L/R % Tq Effectiveness:** The measure of how effective power is being distributed through a full pedal revolution.

* **Power Balance:** The balance of power between left/right.

* **Power:** The output of watts recorded by a power meter.

**Shifting:** Display on screen gear indication via ANT+ shifting profiles or Shimano Di2 profile.

**Sitting Time:** A set amount of time you are stationary.

**Speed - Avg Speed:** The average speed during an activity.

**Speed - Max Speed:** The maximum speed during an activity.

**Speed:** The current rate of speed.

**Temperature:** The current outside measurement of heat or coldness.

**Time Alert:** A pop up notification when you hit a set time goal.

**Time:** The accumulated time of an activity.

**Trip 1:** The distance of a trip. The accumulated distance of all recorded activities for Trip 1.

**Trip 2:** The distance of a trip. The accumulated distance of all recorded activities for Trip 2.

---

* Separate ANT+ or Bluetooth device required to see these metrics.
* Special Shimano D-Fly adapter required for Di2 Systems.
TROUBLESHOOTING

Updating Software

Software updates/manuals can be found at http://www.lezyne.com/support-downloads.php

1. Connect your device to your computer with the supplied USB cable
2. Go to the GPS Root website Download page and choose the software update that works with your GPS Watch
3. Allow the program to download and run on your computer
4. Follow the on screen instructions and do not disconnect your computer until the update is complete

*In the Info Menu of the GPS Watch look for Firmware to see its current version.

Support

How to videos, manuals, FAQ can be found on the Support tab at http://www.lezyne.com/support-downloads.php

• Videos describing and explaining the device
• FAQ – Frequently Asked Questions related to the device
• Downloads – manuals and software updates
• Contact US

Force Shutdown

If the device stops responding you can simply force it to turn off.

*Force shutdown may delete settings and files.

• Hold ENTER and MENU for 25 seconds
• The device will shut off
• Hold for 2 seconds to turn device back on