

Quick Reference Manual 3475



ENGLISH

Congratulations upon your selection of this CASIO watch.

For a full Operation Guide and Q&A information about this product, go to the website below.



<https://world.casio.com/manual/wat/>

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The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by CASIO COMPUTER CO., LTD. is under license.

This product has a Mobile Link function that lets it communicate with a Bluetooth® capable phone to perform automatic time adjustment and other operations.

- This product complies with or has received approval under radio laws in various countries and geographic areas. Use of this product in an area where it does not conform to or where it has not been approved under applicable radio laws may be punishable under local laws. For details, visit <https://world.casio.com/ce/BLE/>.
- Use of this product inside of an aircraft is restricted by the aviation laws of each country. Be sure to obey instructions provided by flight personnel concerning use of devices such as this product.

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Charging the Watch

Your watch can be charged using solar charging or a charger cable.

- Use the charger cable in the cases below.



Battery indicator

- To charge quickly or to bring the watch to a full charge before going out
- When the battery indicator shows only one or two bars, or when the watch display is blank
- If the watch will not charge because you left it with a blank display for a long period contact your original retailer.
- Watch functions become disabled as battery power goes low. Regular charging once a day is recommended.

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Solar Charging

Remove the watch from your wrist and place it in a brightly lit area.

- The watch may become hot when exposed to light for charging. Take care to avoid burn injury.
- Avoid charging in locations where it is very hot.

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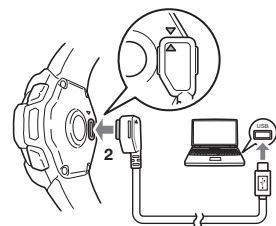
Charging with the Charger Cable

Your watch does not come with an AC adaptor. Use the charger cable that comes with the watch to charge as described below.

- When charging on a desk or other work surface, keep other articles away from the charger cable and watch.
- Use only the charger cable that comes with the watch for charging.

Important!

- USB charging compatible devices and power supply devices (which are sold as usable for USB charging) normally meet specific standards. Do not use an inferior device or one that does not meet the required standards. Doing so can cause malfunction or failure of this watch. Also note that there are various types of USB-AC adaptors with different standards that must be met in specific countries. CASIO COMPUTER CO., LTD. shall be held in no way liable for any malfunction or failure of the watch due to the use of inferior devices or devices that do not meet required standards.



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1. Turn on your USB port-equipped device and connect the charger cable to it.
2. Connect the end of the charger cable with the special watch connector to watch charger terminal.
 - This starts charging (⏻ flashes).



- ⏻ disappears from the display when a full charge is reached.

Important!

- Should water get onto the watch or charger cable during charging, immediately disconnect the charger cable and stop charging.
- If an ongoing charging operation stops, disconnect the watch from the charger cable. After checking for and eliminating problems, try charging again.
- Make sure that the charger cable connector is oriented correctly when you connect it.

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Charging by Connecting to a Non-computer USB Port

You can charge using power from a USB port (Type-A) that meets USB standards.

- Voltage: 5 V
- Current: 0.5 A min.

Other Charging Precautions

- This watch can be charged from a device that has a USB port that is USB 2.0 specification or higher.
- Operation is not guaranteed in the case of a computer built or modified by you. Even in the case of a commercially available computer, certain USB port specifications may make it impossible to charge via the charger cable.
- Charging the watch's battery may cause interference with TV and radio reception. If this happens, use a power outlet that is further away from the TV or radio for charging.
- Actual charging time depends on the current battery charge level and watch usage conditions.

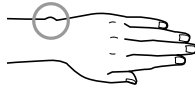
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Wearing the Watch

How you wear the watch on your wrist affects the accuracy of heart rate monitor values. Position the watch as described below.

- With the watch fastened loosely on your wrist, place at least one finger to the right of the pressure sensor (right side of the watch)* (Figure (1)).
 - If the watch covers the protruding bone of your wrist (your ulna, which is circled in the nearby figure), keep adding fingers until it doesn't anymore.
 - The location and shape of this bone differ from person to person.
 - * If you wear the watch on your right wrist, place your finger(s) to the left of ©.
- Position the watch so there is at least one finger width between it and your wrist joint when you bend your hand back (Figure (2)).



- After you determine the best wrist position, tighten the band snugly so the watch does not slide on your wrist.

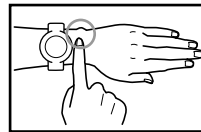


Figure (1)

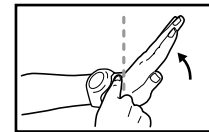


Figure (2)

Important!

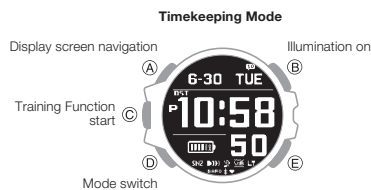
- A band that is snugly tightened for heart rate monitoring can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. During normal wear, when you do not need to monitor your heart rate, make sure the band is loose enough to allow you to insert a finger between it and your wrist.

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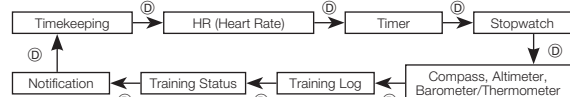
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Using the Watch

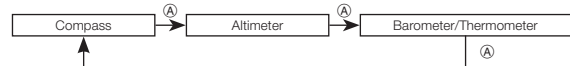
Navigating Between Modes



Each press of © cycles through the modes as shown below.



Use © to cycle between the Compass, Altimeter, and Barometer/Thermometer Modes.



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- To return to the Timekeeping Mode, hold down © for at least one second.
- For details, refer to the Operation Guide at the CASIO website.

Adjusting the Time Setting

Immediately after purchasing the watch or moving to another time zone, perform a GPS signal receive operation to acquire position info.

- In the Timekeeping Mode, hold down © for at least two seconds.
- Use © and © to select [TIME ADJUSTMENT].
- Press ©.
- Use © and © to select [AUTO].
- Press ©.
- Use © and © to select [TIME+POSITION (GPS)].

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- Move to a location where the sky is clearly visible and orient the watch so its display is pointed straight upwards.
- Press ©.
 - This starts GPS signal reception. After location info is acquired, [ADJUSTED] appears on the display along with the current time in your current location.
 - Location info acquisition takes anywhere from about 40 to 80 seconds. In some cases it can take as long as 13 minutes.

Configuring Time Settings

After acquiring location info, use the procedure below to configure time settings.

- In the Timekeeping Mode, hold down © for at least two seconds.
- Use © and © to select [TIME ADJUSTMENT].
- Press ©.
- Use © and © to select [AUTO].
- Press ©.

- Use © and © to select [TIME (GPS)].
- Move to a location where the sky is clearly visible and orient the watch so its display is pointed straight upwards.
- Press ©.
 - This starts GPS signal reception. After time info is acquired, [ADJUSTED] appears on the display along with the current time.
 - Time adjustment takes anywhere from about 10 to 65 seconds. In some cases it can take as long as 13 minutes.

Using a Phone to Configure Time Settings

For details visit the website below.

<https://world.casio.com/manual/wat/>

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Training Function

You can use the Training Function of this watch to make your running and other workouts more efficient and enjoyable.

- Use GPS to keep track of your distance and pace.
- Use heart rate measurement to keep your training efficient and safe.
- Keep informed about the effectiveness of your training.
- Use maximum oxygen uptake (VO2max) measurement to keep track of your current endurance level.

You can also use the G-SHOCK MOVE phone app for this watch to perform the types of training described below.

- Intuitive analysis of daily training
- Creation of personalized training plans in line with your goals

For information about installing the application, refer to the Operation Guide at the CASIO website.

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Specifications

Accuracy: ±15 seconds a month (no adjustment by signal information)

Basic Functions: Hour, minute, second, month, day, day of the week a.m./p.m.(P)/24-hour timekeeping Full Auto Calendar (2000 to 2099)

Mobile Link:

Function linking with a Bluetooth® device using wireless communication*

* Operation Enhanced by Mobile Link

- Auto Time Adjustment
- Simple time setting:
 - World Time: Current time in 300 cities (38 time zones, auto summer time switching), and UTC (Coordinated Universal Time) time
 - Watch setting configuration
- Phone Finder
- Data Updating:
 - Updating of time zone and summer time rule information

- Training plan creation
- Training function settings
 - Target alerts
 - Altimeter navigation settings
- Training log data management
 - Training log data and lap data management
 - Training analysis results
- Notifications

Communication Specifications:

Bluetooth®
Frequency band: 2400 to 2480MHz
Maximum transmission: 0dBm (1mW)
Range: Up to 2 meters (Depends on environment)

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Training Function:

Distance, speed, pace, and other information calculated using GPS and accelerometer data
 Auto/Manual lap time measurement
 Auto Pause
 Run measurement auto start
 Target alert (time, altitude, calories) enable/disable
 Training display customization

Training analysis:

Training status
 Fitness level trend
 Training load trend
 VO2MAX
 Recovery time

Training log data:

Up to 100 runs, up to 140 lap records per run
 Elapsed time, distance, pace, calories burned, heart rate, maximum heart rate, aerobic training effect, anaerobic training effect

Digital Compass:

Measuring range: 0° to 359°
 16-direction display
 60 seconds continuous measurement
 Auto level correction
 Bearing calibration (3-point calibration, figure 8 calibration)
 Magnetic declination correction

Barometer:

Measuring and display range: 260 to 1,100 hPa (or 7.65 to 32.45 inHg)
 Measuring unit: 1 hPa (or 0.05 inHg)
 Auto measurement interval: 2 hours
 Calibration, Barometric pressure graph, Barometric pressure change indicator

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Thermometer:

Measuring and display range: -10.0°C to 60.0°C (or 14.0°F to 140.0°F)
 Measuring unit: 0.1°C (or 0.2°F)
 Calibration

Altimeter:

Measuring range: -700 to 10,000 m (or -2,300 to 32,800 ft.)
 Display range: -10,000 to 10,000 m (or -32,800 to 32,800 ft.)
 Measuring unit: 1 m (or 5 ft.)
 Measuring interval: 2 minutes/5 seconds
 Reference altitude setting
 Altitude differential measurement: -3,000 to +3,000 m (or -9,840 to 9,840 ft.)
 Altitude graph

Wrist heart rate measurement:

Maximum measurement value: 220 bpm
 Heart rate
 Target heart rate setting
 Graphic heart rate zones
 Heart rate graph
 Maximum/minimum heart rate

Sensor Accuracy:

- Direction
 Measurement accuracy: Within ±10°
 Assured accuracy temperature range: -10°C to 60°C (14°F to 140°F)
- Temperature
 Measurement accuracy: Within ±2.0°C (±3.6°F)
 Assured accuracy temperature range: -10°C to 60°C (14°F to 140°F)
- Pressure
 Measurement accuracy: Within ±3 hPa (0.1 inHg)
 (Altitude measurement accuracy: Within ±75 m (246 ft.))
 Assured accuracy temperature range: -10°C to 60°C (14°F to 140°F)

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Step Count:

Step count measurement using a 3-axis accelerometer
 Step count display range: 0 to 99,999 steps
 Step count reset: Auto reset at midnight each day
 Step count accuracy: ±3% (According to vibration testing)

Stopwatch:

Measuring unit: 1 second
 Measuring range: 99 hours 59 minutes 59 seconds (100 hours)
 Split times

Countdown Timer:

Setting unit: 1 second
 Measuring unit: 1 second
 Maximum start time: 60 minutes
 Up to five start time settings
 Auto Repeat

World Time:

Displays current time in UTC +38 cities (38 time zones)*
 Auto Daylight Saving Time (summer time) setting
 * Time zone data may change when the watch connects with a phone.

Other:

Power Saving, LED backlight (Full Auto Light, Super Illuminator, 1.5/3-second illumination duration), Charge level indicator, Button confirmation tone enable/disable, Operation vibration, Airplane Mode, 4 alarms (with snooze)

Power Supply: One lithium-ion battery

Battery Operating Time:

Using Timekeeping Mode
 Approximately 12 months

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Accessories:

- Charger cable
- When unpackaging, check to make sure everything is included. If something is missing, contact your original retailer.

Specifications are subjected to change without notice.

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