

Fossil FTW4026

Fossil Gen 5 Carlyle Smartwatch Instruction Manual

Model: FTW4026

Brand: Fossil

PRODUCT OVERVIEW

The Fossil Gen 5 Carlyle Smartwatch is a sophisticated touchscreen device powered by Wear OS by Google. It integrates advanced health and fitness tracking, GPS, contactless payments, and smartphone notifications into a sleek stainless steel design.

Key Features

- Powered by Wear OS by Google, compatible with iPhone and Android Phones.
- 44mm case size, 22mm interchangeable band.
- 24+ hour battery life with multi-day extended mode; charges up to 80% in under an hour.
- Optical Heart Rate & Activity Tracking via Google Fit, built-in GPS, 3ATM swimproof design.
- Wellness enhancements: sleep history, restfulness monitoring, sleep goals.
- Always-on display with customizable watch faces.
- Access to hundreds of apps for fitness, payments, music, social, news, and more.
- Notifications for calls, texts, apps, automatic time/time zone/calendar syncing.
- Answer and make calls directly from the watch.



Front view of the Fossil Gen 5 Carlyle Smartwatch, highlighting its round touchscreen display and the brown leather strap. The screen displays the time, date, and icons for heart rate, Google Assistant, and notifications.

PACKAGE CONTENTS

- Fossil Gen 5 Carlyle Smartwatch
- USB Charging Cable
- Quick Start Guide
- Warranty Booklet

INITIAL SETUP

Charging the Smartwatch

Before first use, fully charge your smartwatch.

1. Connect the USB charging cable to a power source (e.g., USB wall adapter, computer USB port).
2. Align the magnetic charger with the rings on the watch caseback. The charger will snap into place.

3. Allow the watch to charge until the battery indicator shows full. Charging to 80% typically takes less than an hour.

Powering On and Pairing

1. Press and hold the crown button (middle button on the side) until the Fossil logo appears.
2. On your smartphone (iPhone or Android), download and install the Wear OS by Google app from the App Store or Google Play Store.
3. Open the Wear OS by Google app on your phone and follow the on-screen instructions to pair your smartwatch. Ensure Bluetooth is enabled on your phone.
4. Accept all permissions requested by the app to ensure full functionality.

OPERATING YOUR SMARTWATCH

Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus, notifications, and quick settings. Tap to select items.
- **Crown Button:** Press to access the app drawer or return to the watch face. Rotate to scroll through lists and notifications.
- **Customizable Buttons:** The two additional buttons on the side can be customized to quickly launch your favorite apps or functions.

Changing Watch Faces

To change your watch face, long-press on the current watch face. Swipe left or right to browse available faces and tap to select. You can also customize watch faces via the Wear OS app on your phone.



This image provides a side view of the smartwatch, illustrating the slim profile of the watch case and the three buttons on the right side: a rotating crown in the center and two customizable pushers above and below it.

HEALTH AND FITNESS

The Fossil Gen 5 Carlyle Smartwatch is equipped with multiple sensors to help you monitor your health and track your fitness activities.

- **Heart Rate Monitoring:** The optical heart rate sensor continuously tracks your heart rate throughout the day. View your heart rate data in the Google Fit app.
- **Activity Tracking:** Track steps, distance, calories burned, and active minutes using Google Fit.

- **Built-in GPS:** For accurate distance tracking during outdoor activities like running or cycling, even without your phone.
- **Swimproof Design (3ATM):** Suitable for swimming and showering. Avoid diving or high-velocity water sports.
- **Sleep Tracking:** Monitor your sleep patterns, history, and restfulness. Set sleep goals to improve your sleep quality.

This video provides an overview of the Fossil Gen 5/5E Smartwatch, showcasing its design and various features, including health tracking and customization options.

SMART FEATURES

- **Notifications:** Receive alerts for calls, texts, and app notifications directly on your wrist.
- **Answering Calls:** With the built-in speaker and microphone, you can answer and make calls directly from your watch when connected to your phone.
- **Contactless Payments:** Use Google Pay for secure payments directly from your wrist. Set up your cards in the Google Pay app on your phone.
- **Google Assistant:** Access Google Assistant by long-pressing the crown or saying "Hey Google" to get answers, set reminders, and control smart home devices.
- **Music Control:** Control music playback on your phone directly from your smartwatch.

This video highlights the Fossil brand's smartwatches, emphasizing their blend of classic design with modern technology and smart functionalities.

BATTERY LIFE AND CHARGING

The Fossil Gen 5 Carlyle Smartwatch offers flexible battery modes to suit your needs.

- **Daily Mode:** Provides 24+ hours of battery life with full functionality.
- **Extended Mode:** Extends battery life over multiple days by selectively disabling certain features.
- **Custom Mode:** Allows you to choose which features to enable or disable to optimize battery life according to your preferences.
- **Charging:** The magnetic USB charging cable allows for quick charging, reaching up to 80% in less than an hour.

CARE AND MAINTENANCE

- **Cleaning:** Regularly wipe the watch case and band with a soft, damp cloth. For stainless steel, a mild soap solution can be used. Avoid harsh chemicals.
- **Water Exposure:** While swimproof, it's recommended to dry the watch thoroughly after exposure to water to prevent skin irritation and maintain device longevity.
- **Band Replacement:** The 22mm bands are interchangeable. To replace, locate the quick-release pins on the underside of the band and slide them to detach.





This image displays the back of the smartwatch, featuring the optical heart rate sensor in the center and the magnetic charging rings around it, which are used for connecting the charging cable.

TROUBLESHOOTING

- **Watch Not Turning On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Pairing Issues:** Make sure Bluetooth is on on your phone and the Wear OS app is open. Try restarting both your phone and smartwatch.
- **Inaccurate Heart Rate/GPS:** Ensure the watch is snug on your wrist. For GPS, ensure you have a clear view of the sky.
- **Poor Battery Life:** Adjust your battery mode settings (e.g., use Extended or Custom mode) and disable unnecessary features like always-on display or frequent heart rate monitoring.
- **Software Glitches:** Try restarting the watch. If issues persist, a factory reset via the Wear OS app may be necessary (note: this will erase data on the watch).

TECHNICAL SPECIFICATIONS

Feature	Detail
Product Dimensions	5 x 5 x 0.7 inches; 2.82 ounces
Item Model Number	FTW4026
Department	Mens
Batteries	1 CR2 batteries required (included)
Date First Available	August 11, 2019
Manufacturer	Fossil
ASIN	B07SSVWD1X
Material	Stainless Steel
Operating System	Wear OS by Google
Processor	Qualcomm Snapdragon Wear 3100
Sensors	Optical Heart Rate, Ambient Light, Barometric Altimeter, GPS, Accelerometer, Gyroscope, Microphone, Speaker



This image illustrates the physical dimensions of the Fossil Gen 5 Carlyle Smartwatch, indicating a height of 53mm and a length of 48mm for the watch case.

WARRANTY AND SUPPORT

Your Fossil Gen 5 Carlyle Smartwatch comes with a manufacturer's warranty. Please refer to the included Warranty Booklet for detailed terms and conditions. For further assistance, visit the official Fossil support website or contact customer service.