Fossil FTW6051

Fossil Women's Sport Smartwatch User Manual

Model: FTW6051

1. INTRODUCTION

Welcome to the user manual for your new Fossil Women's Sport Smartwatch. This ultra-lightweight 41mm smartwatch, featuring a durable silicone strap, is designed to enhance your daily life with advanced features. It allows you to track your heart rate, monitor workouts (including swimming), customize your watch face, and much more. Powered by Wear OS by Google, this smartwatch is compatible with both iPhone and Android phones, offering seamless integration with your digital world.

2. SAFETY INFORMATION

Please read all safety instructions before using your smartwatch to ensure safe and proper operation.

- **Water Resistance:** The smartwatch has a swimproof design with 5 ATM water resistance. Avoid prolonged submersion in deep water or exposure to high-velocity water.
- **Battery Safety:** Use only the magnetic USB rapid charger provided. Do not attempt to open or replace the battery yourself. Dispose of batteries according to local regulations.
- **Medical Devices:** If you have a pacemaker or other internal electronic medical device, consult your physician before using a heart rate monitor.
- **Skin Irritation:** If you experience skin irritation, discomfort, or redness, discontinue use and consult a physician.
- **Cleaning:** Clean the device regularly to prevent skin irritation.

3. PRODUCT OVERVIEW

The Fossil Women's Sport Smartwatch combines elegant design with powerful technology.

Front view of the Fossil Sport Smartwatch, showcasing its blue silicone strap and the vibrant digital display. The watch face indicates the current time, date, and heart rate.

Side profile of the Fossil Sport Smartwatch, highlighting the functional crown and two customizable pushers for navigation and quick access to features.

Key Features:

- **Compatibility:** Works with iPhone and Android phones.
- **Health Tracking:** Heart rate and activity tracking using Google Fit.
- **Built-in GPS:** For accurate distance tracking during workouts.
- **Swimproof Design:** Water resistance up to 5 ATM.
- **Google Assistant:** Access your personal Google Assistant for quick help.
- **Google Pay:** Speed through checkout with your watch.
- **Notifications:** Receive smartphone notifications and app alerts.
- **Music Control:** Manage your music directly from your watch.
- **Third-Party Apps:** Download your favorite apps.
- **Customization:** Customize your watch face.
- **Sensors:** Accelerometer, Altimeter, Ambient Light, Gyroscope.
- **Battery Life:** Extended battery life with smart battery modes.
- **Rapid Charging:** Charges up to 80% in under an hour.

4. SETUP

4.1 Initial Charging

Before first use, fully charge your smartwatch.

1. Connect the magnetic USB rapid charger to a power source.
2. Place your smartwatch onto the magnetic charger. Ensure the charging pins align correctly.
3. The watch will display a charging indicator. A full charge takes approximately one hour.

4.2 Pairing with Your Smartphone

To unlock all features, pair your smartwatch with your smartphone using the Wear OS by Google app.

1. Download the *Wear OS by Google* app from the App Store (for iPhone) or Google Play Store (for Android).
2. Open the Wear OS by Google app on your smartphone.
3. Follow the on-screen instructions in the app to pair your smartwatch. This typically involves selecting your watch from a list of nearby devices and confirming a pairing code.
4. Ensure Bluetooth is enabled on your smartphone.

5. OPERATING YOUR SMARTWATCH

5.1 Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select items.
- **Crown:** Rotate the crown to scroll through lists or adjust settings. Press the crown to return to the watch face or access the app drawer.
- **Pushers:** The two additional pushers can be customized to launch specific apps or functions.

5.2 Health and Fitness Tracking

Utilize Google Fit for comprehensive health and fitness monitoring.

- **Heart Rate:** The watch continuously tracks your heart rate. View your current heart rate on the watch face or in the

Google Fit app.

- **Activity Tracking:** Track steps, distance, calories burned, and active minutes.
- **GPS:** For outdoor activities, the built-in GPS accurately records your route and distance without needing your phone.
- **Swim Tracking:** The swimproof design allows you to track swimming workouts.

5.3 Smart Features

- **Notifications:** Receive alerts for calls, texts, emails, and app notifications directly on your wrist.
- **Google Assistant:** Press and hold the crown or say "Hey Google" to activate the Google Assistant.
- **Google Pay:** Set up Google Pay in the Wear OS app to make contactless payments.
- **Music Control:** Control music playback on your phone or download music directly to your watch for offline listening.
- **Customization:** Change watch faces, download new ones, and customize complications to display information important to you.
- **Alarms & Timers:** Set alarms, timers, and use the stopwatch function.
- **Weather:** Get real-time weather updates.
- **Flashlight:** Use the screen as a flashlight in low-light conditions.

6. MAINTENANCE

6.1 Cleaning Your Smartwatch

Regular cleaning helps maintain the appearance and functionality of your watch.

- Wipe the watch case and strap with a soft, damp, lint-free cloth.
- For silicone straps, you can use mild soap and water, then rinse thoroughly and dry.
- Avoid using abrasive cleaners or solvents.

6.2 Battery Management

To optimize battery life:

- Utilize the smart battery modes available in the Wear OS settings.
- Turn off features like "Always-on display" or "Tilt-to-wake" if not needed.
- Reduce screen brightness.
- Limit background app refresh.

7. TROUBLESHOOTING

If you encounter issues with your smartwatch, try the following solutions:

Problem	Solution
Watch not turning on/charging	Ensure the charger is properly connected and the watch is correctly seated on the magnetic charger. Try a different USB port or power adapter.
Poor battery life	Adjust battery settings in Wear OS (e.g., disable always-on display, reduce brightness). Limit background app usage. Charge daily.
Watch not connecting to phone	Ensure Bluetooth is enabled on both devices. Restart both the watch and phone. Re-pair the devices through the Wear OS app.

Problem	Solution
Watch is slow or unresponsive	Restart the watch. Close unnecessary apps. Ensure the Wear OS app on your phone is up to date.
Heart rate or GPS not tracking accurately	Ensure the watch is snug on your wrist. For GPS, ensure you have a clear view of the sky. Update Google Fit app.

8. SPECIFICATIONS

Feature	Detail
Model Number	FTW6051
Case Size	41mm
Band Size	18mm (interchangeable with all Fossil 18mm bands)
Material Type	Nylon
Water Resistance	5 ATM (Swimproof)
Sensors	Accelerometer, Altimeter, Ambient Light, Gyroscope
Product Dimensions	3.6 x 3.5 x 1.5 cm; 99 g
Battery Type	Rechargeable Lithium-ion (charged via magnetic USB rapid charger)

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Fossil website or contact their customer service directly. Keep your proof of purchase for warranty claims.

Online Support: Visit www.fossil.com for FAQs, troubleshooting guides, and contact information.

Related Documents

	Fossil Hybrid Smartwatches User Guide A guide to setting up and using your Fossil Hybrid Smartwatches, including instructions for charging, pairing, and tracking heart rate and blood oxygen levels.
	Fossil Q Hybrid Smartwatch Quick Start Guide A guide to setting up and using the Fossil Q Hybrid Smartwatch, including notifications, customizable buttons, changing the battery and straps, tracking activity, and staying connected.

	[Fossil Hybrid Smartwatches: Setup and Features Guide](#) A comprehensive guide to setting up and using your Fossil Hybrid Smartwatch, including instructions for charging, pairing with the Fossil Smartwatches app, and utilizing features like heart rate and blood oxygen tracking.
	[Fossil Q Smartwatch Quick-Start Guide](#) A quick-start guide for the Fossil Q Smartwatch, covering navigation, charging, notifications, apps, and staying connected.