

Casio GBD-100-1

Casio G-Shock GBD-100-1 G-Squad Power Trainer Digital Watch User Manual

INTRODUCTION

This manual provides instructions for the Casio G-Shock GBD-100-1 G-Squad Power Trainer Digital Watch. This timepiece is designed to support daily training and fitness activities with advanced features and smartphone connectivity.

Key features include Bluetooth capabilities for continuous smartphone connection, GPS linking for accurate distance measurements, running pace tracking, an Auto Lap feature, a step tracker (pedometer), interval timers, lap time measurement, and calorie burned measurement. The watch utilizes a high-definition MIP LCD for clear readability and Super Illuminator for visibility in low light. The soft urethane band ensures comfort during wear.

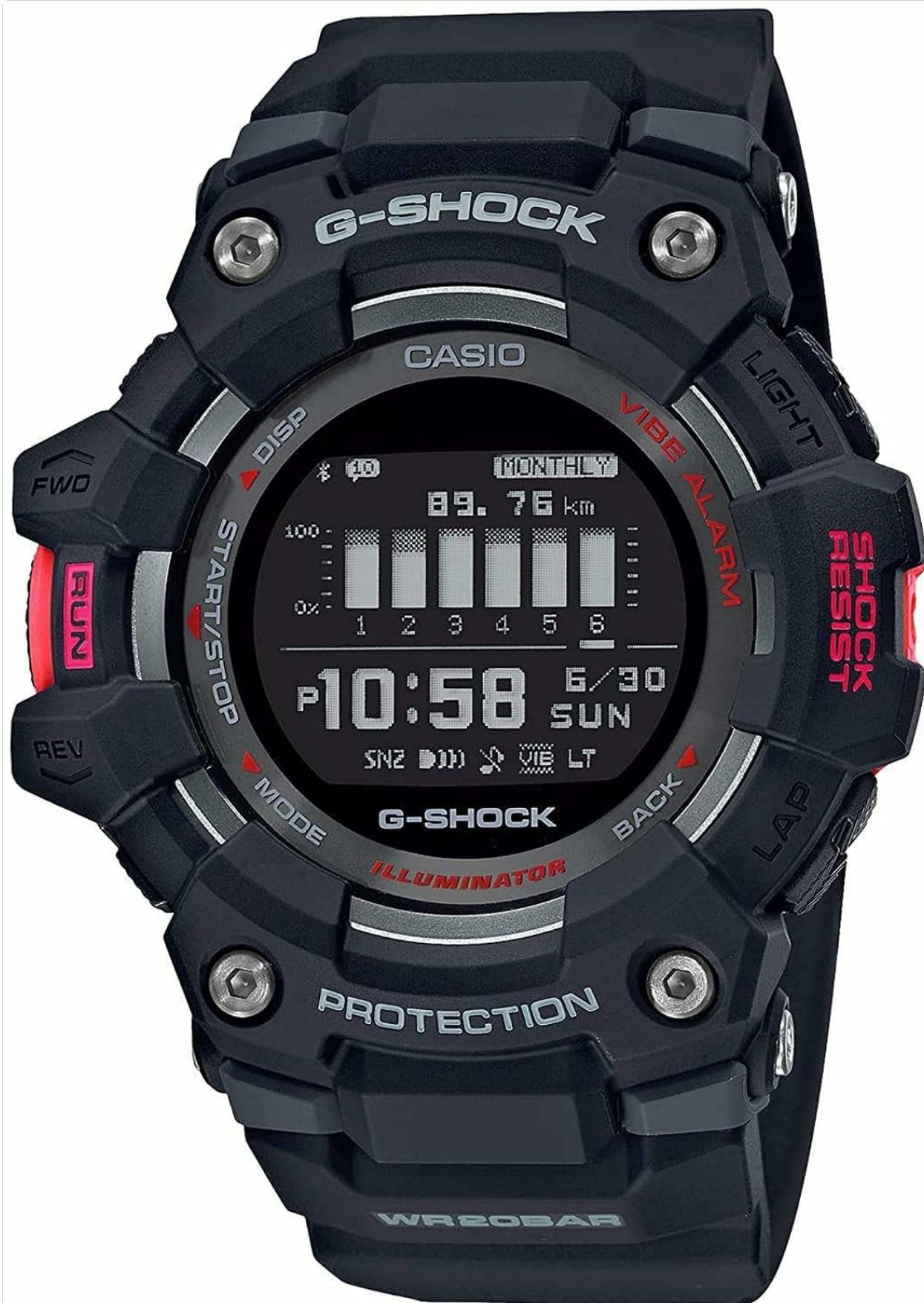


Figure 1: Front view of the Casio G-Shock GBD-100-1 watch.

SETUP

Initial Setup

Before using your GBD-100-1 watch, ensure it is properly set up. This typically involves setting the initial time

and date, which can be synchronized automatically via a smartphone connection.

Smartphone Connection

1. Download the official **G-SHOCK MOVE** application from your smartphone's app store.
2. Enable Bluetooth on your smartphone.
3. Follow the in-app instructions to pair your GBD-100-1 watch with your smartphone. This connection allows for automatic time adjustment, notification reception, and data synchronization.

GPS Calibration

For enhanced accuracy in distance measurements, link your watch with your smartphone's GPS. The G-SHOCK MOVE app facilitates this process, allowing for quicker calibration and more precise running distance tracking, even when the phone is not actively connected during a workout.

OPERATING INSTRUCTIONS

Running Distance Measurement

Utilize the watch's connection to your smartphone's GPS for accurate running distance measurements. This data, combined with the stopwatch function, allows you to monitor your running pace effectively.

Auto Lap Feature

The Auto Lap feature automatically records lap times over a specified distance, providing detailed performance metrics for your training sessions.

Activity Tracking Functions

- **Step Tracker (Pedometer):** Monitors and records your daily step count.
- **Interval Timers:** Configure up to 20 sets of five timers each for structured interval training.
- **Lap Time Measurement:** Stores up to 140 records across up to 100 runs, allowing for detailed analysis of your performance.
- **Calories Burned Measurement:** Tracks the estimated calories expended during your physical activities.

Display and Illumination

The watch features a high-definition MIP LCD for clear visibility of information. The **Super Illuminator** function provides powerful LED backlighting, ensuring readability even in dark environments.

Notifications

When connected to your smartphone, the watch can receive notifications. It will vibrate or beep to alert you to incoming calls, messages, and other app notifications. To manage which notifications appear on your watch, adjust the notification settings within the G-SHOCK MOVE app or your smartphone's system settings.





Figure 2: Side view of the Casio G-Shock GBD-100-1 watch, highlighting button placement.

Battery Life and Replacement

The GBD-100-1 watch has an approximate battery life of two years. It requires one Lithium Metal battery (included). When the battery needs replacement, it is recommended to have it performed by an authorized Casio service center to ensure water resistance and proper function.

Cleaning

Regularly clean the watch case and band to maintain its appearance and hygiene. Use a soft, damp cloth with mild soap and water. Avoid using harsh chemicals, solvents, or abrasive cleaners, as these can damage the watch's materials and finish.

TROUBLESHOOTING

Excessive Notifications

If you are receiving too many notifications on your watch, adjust the notification settings directly on your smartphone for specific applications. The watch mirrors notifications from your phone; it does not independently filter them.

Inaccurate Measurements

Ensure a stable Bluetooth connection between your watch and smartphone for accurate GPS-assisted distance measurements and data synchronization. Verify that location services are enabled for the G-SHOCK MOVE app on your smartphone.

Display Readability Issues

If the display is difficult to read, activate the Super Illuminator feature. Ensure the watch face is clean and free from smudges or debris. Check if the watch's power saving mode is active, which might reduce display brightness.

SPECIFICATIONS

- **Model Number:** GBD100-1
- **Product Dimensions:** 8 x 5 x 5 inches; 6.74 ounces
- **Department:** Men's
- **Batteries:** 1 Lithium Metal battery required (included)
- **Manufacturer:** Casio
- **Material:** Canvas (band)
- **Clasp Type:** Tang Buckle
- **ASIN:** B089C95M4J

OFFICIAL PRODUCT VIDEOS

Casio G-Shock GBD-100 Overview (6:03)

Your browser does not support the video tag.

This video provides a comprehensive overview of the Casio G-Shock GBD-100 series, detailing its features and functionalities.

Casio G-Shock GBD-100 Features (3:07)

Your browser does not support the video tag.

Watch this video for a detailed look at the key features and operational aspects of the GBD-100 watch.

WARRANTY AND SUPPORT

For detailed warranty information, service, and support, please refer to the official Casio website or contact Casio customer service directly. It is recommended to retain your purchase receipt as proof of purchase for any warranty claims.