

[Manuals.plus](#) /

> [Honor](#) /

> Honor Watch GS Pro - Multisport Smartwatch with 25-Day Battery Life, Military Standard Certified, GPS, 1.39 inch AMOLED Touch Screen, IP68 Water Resistance, Heart Rate Tracking for Outdoors, Blue

Honor KAN-B19

Honor Watch GS Pro Instruction Manual

Multisport Smartwatch with 25-Day Battery Life



1. INTRODUCTION

The Honor Watch GS Pro is a rugged multisport smartwatch designed for outdoor enthusiasts. It features a durable build with 14 military-grade certifications, extended battery life, and comprehensive health and fitness tracking capabilities. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Image 1.1: The Honor Watch GS Pro in blue with a camouflage strap, showcasing its display.

HONOR

Best of IFA 2020

BEST OF
PHANDROID
IFA
2020



Image 1.2: A display of three Honor Watch GS Pro models, highlighting its recognition at IFA 2020.

2. SETUP

2.1 Initial Charging

Before first use, fully charge your Honor Watch GS Pro. Connect the charging cable to the charging port on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

2.2 Pairing with Your Smartphone

1. Download and install the latest **Huawei Health app** from your device's app store (HUAWEI AppGallery, iOS App Store, Google Playstore).
2. Open the Huawei Health app and log in or register an account.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the Huawei Health app, navigate to 'Devices' and tap 'Add device'. Select 'Smartwatches' and then 'Honor Watch GS Pro'.

5. Follow the on-screen instructions in the app to complete the pairing process. Confirm the pairing request on both your phone and the watch.

2.3 Basic Settings

Once paired, the watch will automatically synchronize time and language settings from your phone. You can further customize watch faces, notification preferences, and other settings through the Huawei Health app.

3. OPERATING YOUR HONOR WATCH GS PRO

3.1 Navigation

- **Touch Screen:** Swipe up, down, left, or right to navigate through menus and notifications. Tap to select items.
- **Up Button:** Press to access the app list or return to the home screen.
- **Down Button:** Press to access workout modes or customize its function via the app.

3.2 Workout Modes

The Honor Watch GS Pro supports over 100 workout modes, including outdoor running, cycling, swimming, mountaineering, and more. To start a workout:

1. Press the Down Button or navigate to 'Workout' from the app list.
2. Select your desired workout mode.
3. Tap 'Start' to begin tracking.

103 Workout Modes



Open water



Rowing machine



ski



Outdoor cycling



Outdoor running



Outdoor walking



Mountaineering



Free training



Trail running



Swimming



Elliptical machine



on foot



Indoor running



Indoor bicycle



Indoor walking



Image 3.1: A visual representation of the extensive range of workout modes supported by the watch.

3.3 GPS and Route Back Functionality

Equipped with built-in GPS + GLONASS, the watch provides accurate positioning and route tracking. The unique 'Route Back' feature helps you retrace your steps, ensuring you can find your way back to your starting point, even in unfamiliar terrain.

Route Back

Keeping Your Adventures on Track

The high-precision built-in dual satellite navigation systems enable Route Back to help track your way back, even when taking the road less travelled.



Image 3.2: The 'Route Back' feature in action, guiding users back along their original path.

3.4 Health Monitoring

The watch continuously monitors various health metrics:

- **Heart Rate Tracking:** 24/7 heart rate monitoring.
- **SpO2 Monitoring:** Measures blood oxygen saturation levels.
- **Sleep Monitoring:** Tracks sleep stages and provides insights for better sleep.
- **Stress Monitoring:** Helps manage daily stress levels.

Get a Full View of Your Health

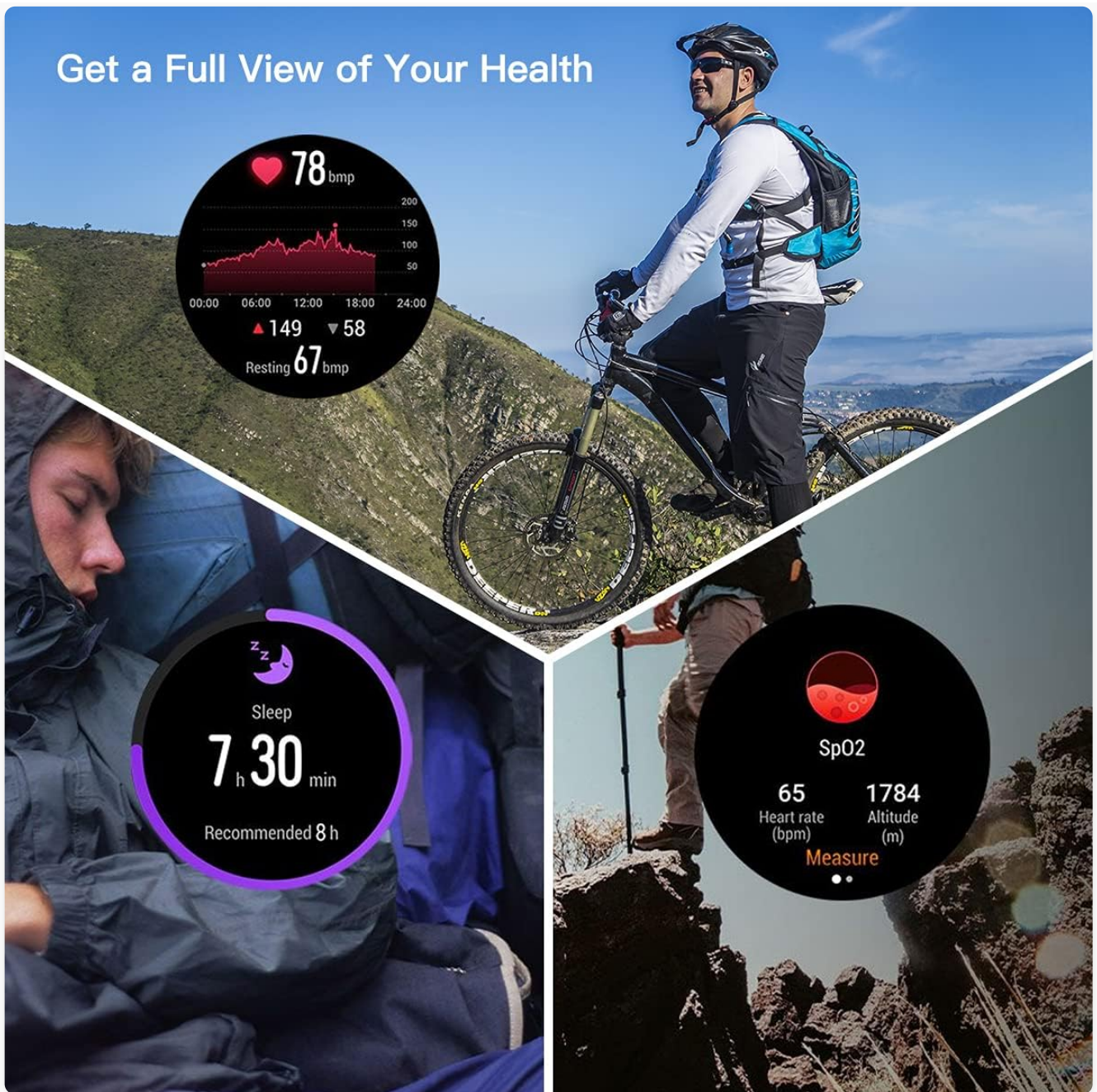


Image 3.3: Overview of health tracking features including heart rate, sleep, and SpO2.

3.5 Smart Features

Stay connected with your Honor Watch GS Pro:

- **Notifications:** Receive call, SMS, and app notifications directly on your wrist.
- **Music Control:** Control music playback on your smartphone.
- **Call Management:** Answer or reject calls from your watch.

Control Your Music Call & SNS Reminders



Image 3.4: The watch's capabilities for controlling music and receiving smart notifications.

3.6 IP68 Water Resistance

The Honor Watch GS Pro is IP68 water-resistant, allowing you to wear it during swimming, showering, or in rainy conditions. It is suitable for shallow-water activities but not for diving or high-pressure water activities.

IP68 Waterproof



You can wear the HONOR Watch GS Pro Smartwatch in the shower, pool and beyond.



Image 3.5: The Honor Watch GS Pro is designed to withstand water exposure, suitable for swimming.

4. MAINTENANCE

4.1 Cleaning and Care

- Regularly clean the watch body and strap with a soft, damp cloth.
- Ensure the charging contacts are clean and dry before charging.
- Avoid exposing the watch to extreme temperatures or harsh chemicals.

4.2 Battery Life Optimization

The Honor Watch GS Pro boasts an impressive 25-day battery life under typical usage. Battery performance can vary based on usage patterns, GPS activity, and continuous health monitoring. To optimize battery life:

- Disable continuous heart rate monitoring if not needed 24/7.
- Reduce screen brightness.

- Limit the number of apps sending notifications to the watch.
- Use power-saving modes when available.



Image 4.1: Detailed breakdown of the Honor Watch GS Pro's exceptional battery performance under various conditions.

4.3 Software Updates

Regularly check for and install software updates via the Huawei Health app to ensure optimal performance, new features, and bug fixes. Keep your app updated to the latest version for the best experience.

5. TROUBLESHOOTING

If you encounter issues with your Honor Watch GS Pro, try the following:

- **Watch not turning on:** Ensure it is fully charged.
- **Cannot pair with phone:** Ensure Bluetooth is on, the watch is discoverable, and the Huawei Health app is updated. Try restarting both devices.

- **GPS inaccuracy:** Ensure you are in an open area with a clear view of the sky. Allow the watch time to acquire a signal.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
- **Short battery life:** Refer to Section 4.2 for optimization tips.
- **Watch unresponsive:** Try a force restart by pressing and holding the Up button for approximately 16 seconds until the watch vibrates and restarts.

For persistent issues, consult the help section within the Huawei Health app or visit the official Honor support website.

6. SPECIFICATIONS

Feature	Specification
Model Name	GS Pro
Model Number	KAN-B19
Display Size	1.39 Inches AMOLED
Dimensions	1.89 x 1.89 x 0.54 inches (48 mm x 48 mm x 13.6 mm)
Item Weight	12.3 ounces
Battery Life (Typical)	Up to 25 days
GPS	Built-in GPS, GLONASS
Water Resistance	IP68
Certifications	14 Military Grade Certifications (MIL-STD-810G)
Connectivity	Bluetooth
Memory Storage Capacity	4000 MB

7. WARRANTY AND SUPPORT

For detailed information regarding the product warranty, return policy, and customer support, please refer to the official Honor website or the documentation provided with your purchase. You can also find support resources within the Huawei Health app.