

G-Shock GBD-200-1JF

CASIO G-Shock GBD-200-1JF G-Squad Watch Instruction Manual

1. INTRODUCTION

This manual provides essential information and instructions for the proper use and maintenance of your CASIO G-Shock GBD-200-1JF G-Squad watch. This timepiece is engineered for durability and functionality, featuring a high-contrast Memory-in-Pixel (MIP) LCD display, 20 ATM water resistance, and smart features for activity tracking and smartphone connectivity.



Figure 1: The CASIO G-Shock GBD-200-1JF watch shown from various perspectives, highlighting its robust design and digital display.

2. SETUP

2.1 Initial Power-On

Upon first use, the watch may require initial setup. Press and hold the 'MODE' button (top-left) to enter the timekeeping mode. The watch will prompt you to set the time and date.

2.2 Time Setting and Bluetooth Pairing

For accurate timekeeping and access to smart features, pair your watch with the G-SHOCK Connected smartphone application. Download the app from your device's app store. Follow the on-screen instructions within the app to establish a Bluetooth connection. This will automatically synchronize the watch's time and date with your smartphone.

- Ensure Bluetooth is enabled on your smartphone.
- Open the G-SHOCK Connected app and follow the pairing wizard.
- Press and hold the 'START' button (top-right) on the watch to initiate pairing mode if prompted.

3. OPERATING THE WATCH

3.1 Button Functions

- **MODE (Top-Left):** Cycles through different watch modes (Timekeeping, Step Tracker, Workout Timer, Stopwatch, Notifications).
- **DISP (Bottom-Left):** Changes the display content within a mode.
- **START (Top-Right):** Initiates or stops functions, confirms selections.
- **LAP (Bottom-Right):** Records lap times, navigates menus, adjusts settings.
- **Light Button (Front-Center):** Activates the LED backlight for illumination.

3.2 Navigating Modes

Press the 'MODE' button repeatedly to cycle through the available functions. The current mode will be indicated on the display.

3.3 Backlight Operation

Press the front-center button to illuminate the display. The backlight duration can be configured via the G-SHOCK Connected app.



Figure 2: A close-up view of the watch face, showing the digital display and the labels for each button, including MODE, DISP, START, and LAP.

4. FEATURES

4.1 Memory-in-Pixel (MIP) Display

The GBD-200-1JF features a high-resolution MIP LCD display, offering exceptional readability in various lighting conditions, including direct sunlight. This display technology provides clear, crisp visuals for all watch functions.

4.2 Step Tracker and Activity Monitoring

Equipped with an accelerometer, the watch accurately tracks your daily steps, distance, and running speed. Access these metrics in the Step Tracker mode. The G-SHOCK Connected app provides detailed analysis of your activity data.

4.3 Workout Timer and Stopwatch

Utilize the dedicated Workout Timer for interval training or custom workout sessions. The Stopwatch function provides precise time measurement for various activities.

4.4 Bluetooth Connectivity and Notifications

Connect your watch to your smartphone via Bluetooth to receive notifications for calls, emails, and other app alerts directly on your wrist. The app also allows for automatic time adjustment and detailed watch settings customization.

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Video 1: An overview video showcasing the CASIO G-Shock GBD-200-1JF watch, highlighting its durable construction, clear MIP display, and various functions like the step tracker and workout modes.

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Video 2: A comparison video between the CASIO G-Shock GBD-200 and GBX-100 models, focusing on their respective MIP displays, activity tracking, and other features to help users understand the differences.

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Video 3: A detailed review of the CASIO G-Shock GBD-200-1JF watch, covering its design, functionality, and user experience, including insights into its durability and smart features.

5. MAINTENANCE

5.1 Cleaning

Wipe the watch regularly with a soft, dry cloth to remove dirt and moisture. For stubborn grime, use a mild soap solution and rinse thoroughly with fresh water, then dry completely. Avoid harsh chemicals or abrasive materials.

5.2 Water Resistance (20 ATM)

The GBD-200-1JF is water-resistant up to 200 meters (20 ATM), making it suitable for swimming, showering, and snorkeling. Do not operate buttons underwater. After exposure to saltwater, rinse the watch with fresh water and dry it thoroughly.

5.3 Battery Information

The watch uses 1 Lithium Metal battery (included). Battery life varies depending on usage of features like Bluetooth and backlight. When the battery is low, the display may dim or certain functions may become unavailable. Consult a qualified technician for battery replacement.



Figure 3: The rear view of the watch, displaying the stainless steel case back with model information and the durable urethane strap.

6. TROUBLESHOOTING

- **Watch not displaying time:** Check battery level. If low, consider battery replacement.

- **Bluetooth connection issues:** Ensure the watch is in pairing mode and Bluetooth is active on your smartphone. Try restarting both devices.
- **Inaccurate activity tracking:** Ensure the watch is worn snugly on your wrist. Calibrate the step tracker via the G-SHOCK Connected app if available.
- **Display is dim or unreadable:** Adjust backlight settings or check ambient light conditions. The MIP display performs best in bright environments.

7. SPECIFICATIONS

Model Number	GBD-200-1JF
Manufacturer	CASIO
Water Resistance	20 ATM (200 meters)
Display Type	Memory-in-Pixel (MIP) LCD
Connectivity	Bluetooth
Sensors	Accelerometer (Step Tracker)
Battery Type	1 Lithium Metal battery (included)
Clasp Type	Tang Buckle
Dimensions	4.41 x 3.62 x 3.31 inches (Package)
Weight	2.05 ounces (Package)



Figure 4: The CASIO G-Shock GBD-200-1JF watch displayed on a wrist, illustrating its size and fit.

8. WARRANTY AND SUPPORT

Your CASIO G-Shock GBD-200-1JF watch is covered by a manufacturer's warranty. For specific warranty terms, duration,

and service procedures, please refer to the warranty card included with your product or visit the official CASIO website. For technical support or further assistance, contact CASIO customer service.