Motorola MOSWZ100-PB

Motorola Moto Watch 100 User Manual

Model: MOSWZ100-PB | Brand: Motorola

1. Introduction

The Motorola Moto Watch 100 is a sleek, stylish, and lightweight smartwatch designed for 24/7 wear and an active lifestyle. It features a 42-millimeter aluminum case, a black silicone band, and a 1.3-inch circular LCD display. Weighing only 29g, this device offers extended battery life, dynamic health-tracking features, and compatibility with both Android and iPhone systems.

This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Moto Watch 100.



Figure 1: Motorola Moto Watch 100 Smartwatch.

2. What's in the Box

Upon unboxing your Moto Watch 100, please ensure all the following components are present:

- Black Aluminum Case
- Black Silicone Strap
- Magnetic Charging Cradle
- Quick Start Guide



Figure 2: Contents of the Moto Watch 100 retail package.

3. Setup and Initial Use

3.1 Charging the Device

Before first use, fully charge your Moto Watch 100. Connect the magnetic charging cradle to a USB power source and attach the watch. A full charge takes approximately 60 minutes and provides up to 2 weeks of battery life.



Figure 3: Charging the Moto Watch 100.

3.2 Pairing with Your Smartphone

1. Download the Moto Watch app from your smartphone's app store (compatible with Android and iPhone systems).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Moto Watch app and follow the on-screen instructions to pair your watch. You may need to press a button on the watch to activate pairing mode.
4. Confirm the pairing code on both your watch and smartphone.

4. Operating Your Moto Watch 100

4.1 Navigating the Interface

The Moto Watch 100 features a simple and intuitive MotoWatch OS. Swipe left/right or up/down on the circular LCD display to access various functions and notifications. Use the physical buttons on the side for quick access to specific features or to return to the home screen.



Figure 4: Moto Watch 100 display and interface.

4.2 Health Tracking Features

The watch is equipped with an accelerometer, a gyroscope, a heart-rate monitor, and an SpO2 sensor to provide comprehensive health tracking. These features allow you to monitor:

- **Heart Rate:** Continuous monitoring of your heart rate throughout the day.
- **SpO2 (Blood Oxygen):** Measurement of your blood oxygen saturation levels.
- **Sleep Quality:** Tracks sleep patterns and provides insights into your sleep health.
- **Activity Tracking:** Records steps, distance, and calories burned.



Figure 5: Utilizing sport modes for an active lifestyle.

4.3 Sport Modes and GPS

The Moto Watch 100 supports more than 26 sport modes, allowing you to track various activities with precision. The built-in GPS provides accurate location and distance tracking for outdoor workouts without needing your phone.



Figure 6: Key features of the Moto Watch 100.

5. Maintenance and Care

5.1 Water Resistance

The Moto Watch 100 is 5 ATM water-resistant, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming and showering, but it is not recommended for diving or high-pressure water activities.



Figure 7: Water resistance of the Moto Watch 100.

5.2 Cleaning Your Watch

To maintain your watch, regularly clean the case and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

6. Troubleshooting

6.1 Connectivity Issues

- **Watch not connecting to phone:** Ensure Bluetooth is on for both devices. Restart both the watch and the phone. Re-pair the devices through the Moto Watch app.
- **Notifications not appearing:** Check app permissions on your phone to ensure the Moto Watch app has access to notifications. Verify notification settings within the Moto Watch app.

6.2 Battery Life Concerns

- **Shorter than expected battery life:** Frequent GPS usage, continuous heart rate monitoring, and high screen

brightness can reduce battery life. Adjust settings to optimize. Ensure the watch is fully charged using the provided magnetic cradle.

6.3 Health Tracking Inaccuracies

- **Inaccurate heart rate/SpO2 readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Tattoos on the wrist can interfere with sensor readings; try wearing the watch on the other wrist or slightly higher on the arm.

7. Specifications

Feature	Detail
Product Dimensions	1.65 x 1.81 x 0.47 inches
Item Weight	1.62 ounces (45.8 Grams)
Model Number	MOSWZ100-PB
Batteries	1 AA batteries required (included)
Standing Screen Display Size	1.32 Inches
Memory Storage Capacity	3000 MB
Operating System	Moto Watch OS
Special Features	GPS, Heart Rate Monitor, Oxymeter (SpO2), Sleep Monitor, Multisport Tracker, Calorie Tracker, Notifications, Accelerometer, Music Player
Battery Capacity	355 Milliamp Hours
Connectivity Technology	Bluetooth
GPS	Built-in GPS
Water Resistance	5 ATM

8. Warranty and Support

For detailed warranty information and customer support, please refer to the official Motorola website or the full User Manual PDF available online.
Official User Manual (PDF): Download Here
For further assistance, contact Motorola customer service.