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## COROS COROS APEX 2 GPS Outdoor Watch Grey

# COROS APEX 2 GPS Outdoor Watch User Manual

Model: COROS APEX 2 GPS Outdoor Watch Grey

## PRODUCT OVERVIEW

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The COROS APEX 2 GPS Outdoor Watch is a robust and feature-rich device designed for outdoor enthusiasts and athletes. It combines durable construction with advanced GPS capabilities, comprehensive training solutions, and extended battery life to support various activities.



Figure 1: Front view of the COROS APEX 2 GPS Outdoor Watch, showcasing its display and physical buttons.

### Key Features:

- **Built to Last Design:** A sapphire glass screen and grade 5 titanium alloy bezel protect the electronic components inside.
- **Extended Battery Life:** Up to 14 days of regular use or 40 hours of full GPS tracking.
- **Next Level GPS Accuracy:** All-Satellite GNSS chipset for precise data.
- **Offline Maps:** Downloadable global Landscape and regional Topo maps for navigation.
- **Advanced Training Solutions:** Features like training load trend, recovery timer, and workout builder.



Figure 2: The COROS APEX 2 GPS Outdoor Watch packaging and its contents.

Upon opening the box, you should find the following items:

- COROS APEX 2 GPS Outdoor Watch
- Charging Cable
- Documentation (Quick Start Guide, Safety Information)

## SETUP

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### 1. Initial Charging

Before first use, fully charge your COROS APEX 2 watch. Connect the provided charging cable to the watch's charging port and a USB power source. A full charge typically takes less than 2 hours.

### 2. Powering On and Pairing

Press and hold the Digital Dial (crown) to power on the watch. Follow the on-screen instructions to select your language. To pair with your smartphone, download the COROS app from your device's app store. Open the app and follow the pairing instructions. Ensure Bluetooth is enabled on your phone.

### 3. Software Updates

It is recommended to check for and install any available software updates via the COROS app after initial setup to ensure optimal performance and access to the latest features.

## OPERATING THE WATCH

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### Navigation and Controls

The COROS APEX 2 features a combination of a Digital Dial (rotary crown) and a touchscreen for navigation.

- **Digital Dial:** Rotate to scroll through menus and data screens. Press to select an item or return to the main watch face.
- **Back Button:** Press to go back to the previous screen. Hold to access the toolbox menu.
- **Touchscreen:** Swipe up/down to scroll, tap to select.

# Easy-To-Use Dial

Our simple button design features a large digital dial, so you can easily change settings on your watch using a few simple clicks even with gloves.



Figure 3: The easy-to-use digital dial and touchscreen interface of the COROS APEX 2.

## GPS and Navigation

The watch utilizes an All-Satellite GNSS chipset for enhanced GPS accuracy. It supports downloadable global Landscape and regional Topo maps.

- **Starting an Activity:** From the main watch face, press the Digital Dial to enter the activity menu. Select your desired activity (e.g., Run, Hike). Wait for GPS signal acquisition before starting.
- **Using Offline Maps:** Maps can be downloaded via the COROS app and synced to your watch. During an activity, access the map screen to view your current location and pre-loaded routes.





Figure 4: The COROS APEX 2 displaying GPS data and an offline map for navigation.



Figure 5: A close-up of the COROS APEX 2 watch face showing global offline landscape and topographical maps.

## Heart Rate Monitoring

The watch features a next-generation optical heart rate sensor for continuous heart rate and HRV tracking.



Figure 6: The COROS APEX 2 worn on a wrist, displaying real-time heart rate data.

## Training Features

The COROS APEX 2 integrates with COROS EvoLab and COROS Training Hub for advanced training insights and planning.

- **Training Load and Recovery:** Monitor your training intensity and recovery status to optimize performance.
- **Workout Builder:** Create custom workouts with specific intensities and intervals.
- **Training Plans:** Download pre-designed training plans or sync plans from your coach via the COROS Training Hub.





Figure 7: Screenshot of the COROS EvoLab app displaying running fitness and training metrics.



Figure 8: The COROS Training Hub interface on a desktop, showing personalized training data and activity logs.

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Video 1: An official video from COROS Wearables demonstrating the features and usage of the APEX 2/2 Pro watch in various outdoor activities.

## MAINTENANCE

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### Cleaning Your Watch

Regularly clean your watch to maintain its appearance and functionality. Use a soft, damp cloth to wipe the screen and watch body. For the optical heart rate sensor on the back, ensure it is free of debris for accurate readings.

### Water Resistance

The COROS APEX 2 has a 5 ATM water resistance rating, suitable for swimming and showering. Avoid pressing buttons underwater to prevent water ingress.



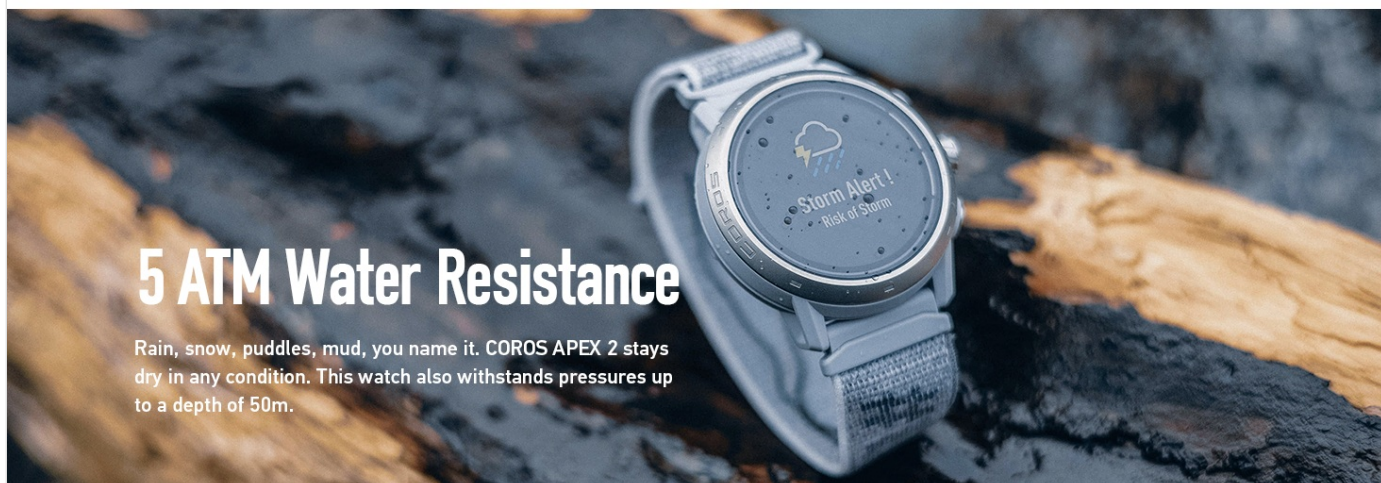


Figure 9: The COROS APEX 2 demonstrating its 5 ATM water resistance in a natural environment.

## Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures for extended periods. Charge the watch fully before storing it for long durations.



Figure 10: Visual representation of the extended battery life of the COROS APEX 2, showing 14 days of fitness tracking and 40 hours of full GPS activity.

## TROUBLESHOOTING

### Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- Perform a soft reset by holding the Digital Dial for 15 seconds until the COROS logo appears.

### GPS Signal Issues

- Ensure you are in an open outdoor area with a clear view of the sky.
- Sync your watch with the COROS app regularly to update the GPS satellite data (EPO data), which helps in faster signal acquisition.

### Heart Rate Inaccuracy

- Ensure the watch is worn snugly on your wrist, about one finger-width above the wrist bone.

- Clean the optical sensor on the back of the watch.
- Avoid excessive movement or vibrations during heart rate measurement.

### Connectivity Problems (Bluetooth)

- Ensure Bluetooth is enabled on your smartphone and the COROS app has necessary permissions.
- Restart both your watch and smartphone.
- If issues persist, try unpairing and re-pairing the watch through the COROS app.

### SPECIFICATIONS

Feature	Detail
Model Name	APEX 2
Display Size	1.2 Inches
Screen Material	Sapphire Glass
Bezel Material	Grade 5 Titanium Alloy
Weight	42 Grams (1.48 ounces)
Battery Life (Regular Use)	Up to 14 Days
Battery Life (Full GPS)	Up to 40 Hours
Water Resistance	5 ATM (50 meters)
Memory Storage Capacity	8 GB
Wireless Communication	Bluetooth
GPS Systems	5 Satellite Systems (GPS/Glonass/Galileo/Beidou/QZSS)
Operating Temperature	-20°C to 50°C

### WARRANTY AND SUPPORT

#### Warranty Information

The COROS APEX 2 GPS Outdoor Watch comes with a 2-year manufacturer's warranty. This warranty covers defects in materials and workmanship under normal use. For detailed terms and conditions, please refer to the official COROS website or the warranty documentation included with your product.

#### Customer Support

For technical assistance, troubleshooting, or general inquiries, please visit the official COROS support page or contact their customer service team. You can find additional resources, FAQs, and user guides on their website.

Official User Guide (PDF): [Download PDF](#)

Visit the COROS Store: [COROS Amazon Store](#)



