Casio GBD-H2000

Casio G-Shock Move GBD-H2000 Series Multisport GPS + Heart Rate Watch Instruction Manual

Model: GBD-H2000 | Brand: Casio

1. INTRODUCTION

This manual provides essential information for the proper use and maintenance of your Casio G-Shock Move GBD-H2000 Series watch. This multisport watch is equipped with advanced features for tracking various activities, monitoring vital signs, and providing navigation support. Please read this manual thoroughly to ensure optimal performance and longevity of your device.

Image: Front view of the Casio G-Shock Move GBD-H2000 watch, displaying digital time, date, and step count on its dark face.

2. SETUP

2.1 Initial Charging

Your GBD-H2000 watch supports both solar-assisted recharging and USB charging. For initial setup or if the battery is low, it is recommended to charge via USB.

- **Solar Charging:** Expose the watch face to direct sunlight or strong artificial light. The watch will continuously charge when exposed to light.
- **USB Charging:** Connect the included charging cable to the watch's charging terminals and a USB power source. Ensure the cable is securely attached.

2.2 Smartphone Connection (Casio Watches App)

To unlock the full potential of your GBD-H2000, connect it to your smartphone using the dedicated Casio Watches app. This app allows for detailed activity analysis, watch settings customization, and firmware updates.

1. Download and install the **Casio Watches** app from your smartphone's app store.
2. Enable Bluetooth on your smartphone.
3. On the watch, navigate to the connection settings (refer to Section 3.1 for navigation).
4. Follow the on-screen instructions in the app and on the watch to pair the devices.

Image: The GBD-H2000 watch positioned beside a smartphone showing the Casio Watches app, illustrating the connectivity.

3. OPERATING MODES & FEATURES

The GBD-H2000 offers a variety of modes and features accessible via its buttons. The primary buttons are: **ADJUST** (top-left), **MODE** (bottom-left), **ENTER** (middle-left), **LIGHT** (top-right), **SENSOR** (middle-right), and **BACK** (bottom-right).

3.1 Basic Navigation and Time Setting

To enter the time setting mode, press and hold the **ADJUST** button. Use the **MODE** button to cycle through settings and the **LIGHT**/**BACK** buttons to change values.

- **Home City:** Select your current city to ensure accurate time synchronization and Daylight Saving Time (DST) adjustments.
- **DST (Daylight Saving Time):** Set to AUTO for automatic adjustment, ON to enable, or OFF to disable.
- **Time Format:** Choose between 12-hour or 24-hour display.
- **Time/Date:** Manually adjust hours, minutes, year, month, and day if needed.

3.2 Health & Fitness Monitoring

The watch is equipped with multiple sensors for comprehensive health and fitness tracking.

- **Heart Rate Measurement:** Optical sensor measures heart rate (30-220 bpm), target heart rate, and displays heart rate zones.
- **Blood Oxygen Measurement:** Monitors blood oxygen levels.
- **Breathing Exercise:** Guides users through breathing exercises for relaxation and focus.
- **Cardio Load Status:** Provides insights into your training load and recovery.
- **Life Log:** Tracks daily steps (3-axis acceleration sensor) and active time.
- **Nightly Recharge:** Monitors sleep patterns and recovery status.
- **Activity Log:** Stores data for up to 100 runs, including distance, pace, calories, heart rate, and more.

Image: Close-up of the watch's rear, highlighting the optical heart rate sensor with green lights.

3.3 Navigation & Environmental Sensors

- **GPS:** Built-in GPS for tracking location, distance, and speed during outdoor activities.
- **Compass:** Digital compass for direction finding.
- **Altimeter:** Measures current altitude.
- **Barometer:** Measures atmospheric pressure, useful for weather trend prediction.
- **Almanac:** Provides sunrise/sunset times and moon phase data.

Image: A graphic displaying icons for various sensors and features, including GPS, heart rate, compass, altimeter, step count, world time, and temperature.

3.4 Activity Tracking

The GBD-H2000 supports tracking for a wide range of multisport activities.

- **Multisport Modes:** Includes modes for running, walking, biking, swimming (open water and pool), trail running, and gym workouts.
- **Interval Timer:** Customizable timers for interval training.
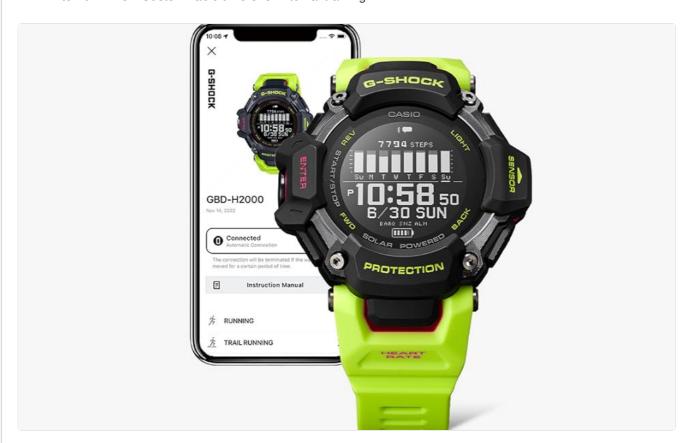

Image: The GBD-H2000 watch positioned beside a smartphone showing the Casio Watches app, illustrating the connectivity.

3.5 Other Functions

- **World Time:** Displays current time in various time zones.
- **Timer:** Countdown timer function.
- **Stopwatch:** Measures elapsed time with split/lap functions.
- **Notifications:** Receives alerts from your connected smartphone.

- **Power Saving:** Automatically turns off certain functions to extend battery life when not exposed to light.
- **Backlight:** LED backlight (Super Illuminator) with selectable illumination duration (1.5 or 5 seconds).

4. MAINTENANCE

- **Cleaning:** Wipe the watch with a soft, dry cloth. For stubborn dirt, use a mild soap solution and rinse thoroughly.
- **Water Resistance:** The watch is 200M water resistant. Ensure all buttons are not operated underwater.
- **Battery Care:** Regularly expose the watch to light for solar charging. If using USB charging, ensure the charging terminals are clean and dry.
- **Storage:** Store the watch in a well-lit area to maintain battery charge. Avoid extreme temperatures.

5. TROUBLESHOOTING

Issue	Possible Cause / Solution
Watch not charging (solar)	Ensure the watch face is exposed to sufficient light. Avoid covering the watch face.
Watch not charging (USB)	Check if the charging cable is securely connected. Ensure charging terminals on the watch are clean. Try a different USB power source.
Cannot connect to smartphone	Ensure Bluetooth is enabled on your phone and the watch is in pairing mode. Restart both devices. Update the Casio Watches app.
Inaccurate sensor readings (HR, GPS, Steps)	Ensure the watch is worn snugly on your wrist. For GPS, ensure clear sky view. Calibrate sensors if available in settings.
Display is dim or blank	The watch might be in Power Saving mode or battery is low. Expose to light or charge via USB.

6. SPECIFICATIONS

- **Model Number:** GBD-H2000
- **Dimensions:** 4.72 x 4.57 x 3.43 inches (Package)
- **Weight:** 2.19 ounces (Package)
- **Water Resistance:** 200M
- **Power Source:** Solar Assisted Recharging, USB Charging
- **Sensors:** Optical Heart Rate, 3-axis Acceleration (Step Count), Gyroscope (Swim Stroke), Orientation, Altitude/Atmospheric Pressure, Temperature, GPS
- **Connectivity:** Bluetooth (Mobile Link)

- **Display:** LED Backlight (Super Illuminator)
- **Battery Life (Approx.):**

  - With training function (GPS, heart rate) use: HIGH (Continuous reception): Approx. 14 hours, NORMAL (Continuous reception): Approx. 16 hours, LONG (Intermittent reception): Approx. 19 hours
  - Without training function: Approx. 2 months (without power-saving), Approx. 23 months (with power-saving)

7. WARRANTY AND SUPPORT

For warranty information, product support, and service inquiries, please refer to the official Casio website or contact your local authorized Casio dealer. Keep your proof of purchase for warranty claims.
Online Support: Visit the Casio Store on Amazon for additional resources.

8. OFFICIAL PRODUCT VIDEOS

8.1 GBDH2000 Video 3

Your browser does not support the video tag.

Description: This video provides an overview of the Casio G-Shock Move GBD-H2000, showcasing its multisport tracking capabilities, sensor functions, and design. It highlights how the watch assists athletes in monitoring performance across various activities like running, cycling, and swimming.

Related Documents - GBD-H2000

	[CASIO 3475 Quick Reference Manual: Charging, Wearing, and Using Your Smartwatch](#) Concise guide for the CASIO 3475 smartwatch, covering charging methods (solar, USB), proper wearing for heart rate accuracy, navigating modes, time setting via GPS, and an overview of its training functions and specifications.
	[Casio 3506 Watch User Guide](#) Comprehensive user guide for the Casio 3506 watch, covering setup, features, functions, connectivity, and troubleshooting. Learn how to use your Casio smartwatch for fitness tracking, notifications, and daily timekeeping.

[CASIO Operation Guide 3475: Your Smartwatch Companion](#)

This operation guide details the CASIO 3475 smartwatch, covering GPS tracking, heart rate monitoring, fitness analysis, mobile connectivity, and advanced training features.

[Casio G-Shock GBD-200 Giallo Watch Operation Guide](#)

This document provides a comprehensive operation guide for the Casio G-Shock GBD-200 Giallo watch, covering setup, features, maintenance, and troubleshooting.

[CASIO GBD-H2000 Watch Operation Guide 3515](#)

Comprehensive operation guide for the CASIO GBD-H2000 smartwatch (model 3515). Learn how to use its extensive features, including activity tracking, health monitoring, connectivity, and settings.

[CASIO GSW-H1000 User's Guide: Smartwatch Features, Setup, and Operation](#)

Comprehensive user's guide for the CASIO GSW-H1000 smartwatch. Learn about its G-SHOCK durability, advanced sensors, dual-layer display, Wear OS by Google features, setup, and operation.