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**Casio GBA900CB-1A**

# Casio G-Shock Move GBA900CB-1A User Manual

Model: GBA900CB-1A

## INTRODUCTION

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The Casio G-Shock Move GBA900CB-1A is a robust and versatile sport watch designed for active individuals. It combines G-Shock's renowned durability with advanced training features and smartphone connectivity. This manual provides essential information for setting up, operating, and maintaining your watch.



Image: Front view of the Casio G-Shock Move GBA900CB-1A watch. This image displays the watch's black resin band, the blue face with analog hands, and the digital display showing time and date. The watch features prominent buttons for 'MODE', 'DISP', 'LIGHT', and 'START'.

## KEY FEATURES

- **Shock Resistance:** Engineered to withstand impacts and vibrations.
- **200-Meter Water Resistance:** Suitable for swimming and diving.
- **Step Counter:** Tracks daily steps and progress.
- **Training Functions:** Includes calorie tracking, distance measurement, and interval timers.
- **Smartphone Link:** Connects to the G-SHOCK MOVE app for data management and settings.
- **Dual Super Illuminator LED Lights:** Ensures visibility in low-light conditions.
- **Long Battery Life:** Approximately 2 years on a CR2025 battery.

## SETUP

### Initial Time Setting

Your GBA900CB-1A watch can set its time automatically by linking with your smartphone. For manual setting, refer to the "Basic Watch Operations" section.

### Smartphone Pairing (G-SHOCK MOVE App)

1. Download the **G-SHOCK MOVE** app from your device's app store.
2. Enable Bluetooth on your smartphone.
3. On the watch, press and hold the **MODE** button until "PAIRING" appears.
4. Follow the on-screen instructions in the G-SHOCK MOVE app to complete the pairing process.
5. Once paired, the watch will automatically adjust its time based on your phone's time.



Image: The Casio G-Shock Move GBA900CB-1A watch worn on a person's wrist. This image demonstrates the watch's size and fit, highlighting its sporty design and how it appears during wear.

# OPERATING INSTRUCTIONS

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## Basic Watch Operations

- **Mode Button (Left-Bottom):** Press to cycle through watch modes (Timekeeping, Stopwatch, Timer, Alarm, Training).
- **Display Button (Left-Top):** Press to change the information displayed on the digital screen within a mode.
- **Light Button (Right-Top):** Press to illuminate the watch face.
- **Start Button (Right-Bottom):** Used to start/stop functions like stopwatch or timer, and to confirm settings.

## Training Functions

The GBA900CB-1A offers comprehensive training support:

- **Step Counter:** Automatically tracks your steps throughout the day. View daily and weekly step counts via the watch or the G-SHOCK MOVE app.
- **Calorie Tracker:** Estimates calories burned based on your activity and personal data (set in the app).
- **Distance Measurement:** Calculates distance based on step count and stride length (set in the app).
- **Stopwatch:** 1/100-second stopwatch with memory for 45 records (laps, distance, calories).
- **Interval Timers:** Set up to five interval timers for structured workouts.
- **Training Log:** Review your training data, including exercise intensity graphs, through the G-SHOCK MOVE app.

## Smartphone Link Features

Connecting your watch to the G-SHOCK MOVE app enhances its functionality:

- **Automatic Time Adjustment:** Ensures accurate timekeeping.
- **Activity Log Management:** View detailed logs of your steps, calories, and training sessions.
- **Goal Setting:** Set daily step goals and track progress.
- **Watch Settings:** Configure alarms, timers, and other watch settings directly from the app.
- **Phone Finder:** Use the watch to trigger your phone's alarm (if within Bluetooth range).

## MAINTENANCE

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### Water Resistance

The GBA900CB-1A is water-resistant to 200 meters. This means it is suitable for recreational scuba diving. Do not operate buttons underwater. After exposure to saltwater, rinse the watch with fresh water and wipe it dry.

### Cleaning

Wipe the watch and band with a soft, dry cloth to remove dirt and moisture. For stubborn dirt, use a soft brush with mild soap and water, then rinse thoroughly and dry.

### Battery Replacement

The watch uses a CR2025 battery with an approximate life of 2 years. When the battery is low, a low-battery alert may appear. It is recommended to have the battery replaced by an authorized Casio service center to ensure water resistance is maintained.





Image: Side view of the Casio G-Shock Move GBA900CB-1A watch. This perspective highlights the watch's robust casing, the texture of the resin band, and the design of the side buttons ('LIGHT' and 'START').

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch not connecting to smartphone.	Bluetooth off on phone; watch not in pairing mode; app issue.	Ensure Bluetooth is on. Put watch in pairing mode. Restart app/phone.
Incorrect time displayed.	Not synced with phone; manual time set incorrectly.	Sync with G-SHOCK MOVE app. Manually adjust time if necessary.
Step count inaccurate.	Watch not worn properly; stride length not set in app.	Wear watch snugly on wrist. Calibrate stride length in G-SHOCK MOVE app.
Display is dim or blank.	Low battery.	Replace battery at an authorized service center.

## SPECIFICATIONS

Feature	Detail
Model Number	GBA900CB-1A
Water Resistance	200 meters (20 ATM)
Shock Resistance	Yes
Battery Type	CR2025 (1 included)
Battery Life	Approx. 2 years
Illumination	Dual Super Illuminator LED Light
Connectivity	Bluetooth (Smartphone Link)
Dimensions (Package)	4.41 x 3.62 x 3.35 inches
Weight (Package)	6 ounces

## WARRANTY AND SUPPORT

This Casio G-Shock watch is covered by a manufacturer's warranty. For specific warranty terms and conditions, please refer to the warranty card included with your purchase or visit the official Casio website.

For technical support, repairs, or inquiries, please contact Casio customer service or an authorized service center.

Contact information can typically be found on the Casio official website or in the documentation provided with your watch.

**Manufacturer:** Casio

## Related Documents



### [Casio G-Shock GM-B2100: The Full-Metal Evolution of an Icon](#)

Discover the Casio G-Shock GM-B2100, a full-metal evolution of the iconic G-Shock design. Featuring Tough Solar, Bluetooth connectivity, and a shock-resistant structure, this watch combines timeless aesthetics with modern functionality.



### [Casio Operation Guide 3482: Comprehensive User Manual](#)

This operation guide provides detailed instructions for the Casio Operation Guide 3482 watch, covering setup, features, functions, and troubleshooting. Learn how to navigate modes, adjust time, use training functions, manage notifications, and more.



### [Casio G-Shock Database: Durability and Specifications](#)

Explore the Casio G-Shock Database for comprehensive details on shock-resistant and water-resistant watches. Find specifications, features, and heritage of the iconic G-Shock line.



### [Casio MR-G MRG-B5000: Iconic G-SHOCK Design Meets Master Polishing Craftsmanship](#)

Casio announces the MRG-B5000, the first MR-G timepiece to feature the iconic design of the original G-SHOCK, combining advanced materials like COBARION and DAT55G with master polishing craftsmanship and modern features.