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> Casio G-Shock G-Lide GBX-100-8 Digital Surf Watch User Manual

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Model: GBX-100-8

1. INTRODUCTION

This manual provides comprehensive instructions for the operation and maintenance of your Casio G-Shock G-Lide GBX-100-8 Digital Surf Watch. Designed for extreme sports enthusiasts, particularly surfers, this timepiece offers advanced features for tracking tide patterns, moon age, and other essential data for water sports.



Figure 1: Front view of the Casio G-Shock G-Lide GBX-100-8 watch. The watch features a gray sand-colored resin band and a metallic bezel, with a high-resolution MIP LCD screen showing various data points including time, tide graph, and moon phase.

Please read this manual thoroughly to ensure proper use and to maximize the functionality of your watch.

2. KEY FEATURES

- **Mobile Link (Bluetooth Connectivity):** Connects to the G-SHOCK MOVE app for enhanced functionality and data management.
- **Tide Graph & Moon Data:** Displays tide patterns and moon age for approximately 3,300 surf spots worldwide.
- **Sunrise/Sunset Times:** Provides accurate sunrise and sunset times based on selected location.
- **High-Resolution MIP LCD:** Ensures clear and easy-to-read display of information.
- **Training Function:** Includes distance, speed, pace, and calorie burn measurements.
- **Vibration Alert:** Configurable vibration alerts for various functions.
- **Water Resistance:** 200-meter water resistance, suitable for diving.
- **Shock Resistance:** G-SHOCK's renowned shock-resistant structure.

3. INITIAL SETUP AND SMARTPHONE PAIRING

3.1. Before First Use

1. **Charge the Watch:** Ensure the watch has sufficient power. While this model is not solar-powered, it has a long-lasting battery.
2. **Download G-SHOCK MOVE App:** Download and install the "G-SHOCK MOVE" app from your smartphone's app store (App Store for iOS, Google Play for Android).
3. **Enable Bluetooth:** Turn on Bluetooth on your smartphone.

3.2. Pairing with G-SHOCK MOVE App

To unlock the full potential of your GBX-100-8, pairing it with the G-SHOCK MOVE app is essential. This allows for automatic time adjustment, easy configuration of world time, alarm settings, and access to detailed surf spot data.

1. On your smartphone, open the **G-SHOCK MOVE** app.
2. Follow the on-screen instructions in the app to add a new watch. Select your model (GBX-100-8).
3. On the watch, press and hold the **MODE** button (top left) for approximately two seconds until the watch enters the pairing mode (indicated by a flashing Bluetooth icon or "PAIRING" message).
4. Confirm the pairing request on your smartphone. A confirmation message will appear on both the watch and the app once pairing is successful.
5. Once paired, the watch will automatically adjust its time and date based on your smartphone's settings.



Figure 2: Close-up of the watch face, highlighting the high-resolution MIP LCD. The display shows time, date, tide graph, and other indicators, which are configurable via the G-SHOCK MOVE app after pairing.

Note: If pairing fails, ensure the watch is not already paired with another device and that Bluetooth is active on your phone. Refer to the troubleshooting section if issues persist.

4. OPERATING INSTRUCTIONS

The GBX-100-8 features five buttons for navigation and function control. Familiarize yourself with their locations and primary functions:

MODE (Top Left): Cycles through watch modes (Timekeeping, Tide/Moon, Training, World Time, Alarm, Timer, Stopwatch). Hold to enter pairing mode.

DISP (Bottom Left): Changes display information within a mode.

FWD / REV (Top Right / Bottom Right): Used for navigating menus, adjusting settings, and starting/stopping functions.

START / LAP (Middle Right): Used for starting/stopping measurements in training mode, or for lap recording.





Figure 3: Top-down view of the Casio G-Shock G-Lide GBX-100-8 watch. This view clearly shows the placement of the five control buttons around the bezel, essential for navigating the watch's various modes and settings.

4.1. Timekeeping Mode

This is the default mode, displaying the current time, date, and day of the week. Time synchronization occurs automatically when connected to the G-SHOCK MOVE app.

4.2. Tide/Moon Data Mode

Access this mode by pressing the **MODE** button. The watch will display tide graphs, moon age, high/low tide times, and sunrise/sunset times for your selected surf spot. You can select and configure surf spots via the G-SHOCK MOVE app.

- Press **DISP** to cycle through different data displays (e.g., tide graph, high/low tide times, sunrise/sunset).
- To change the surf spot, use the G-SHOCK MOVE app. The watch will update automatically upon connection.

4.3. Training Mode

This mode is designed for tracking your physical activities, particularly running or surfing. It provides real-time data such as distance, speed, pace, and calorie consumption.

1. Navigate to Training Mode using the **MODE** button.
2. Press **START/LAP** to begin a training session. The watch will start recording data.
3. Press **START/LAP** again to pause the session. Press it once more to resume.
4. To end a session, press and hold **START/LAP** until the session concludes and data is saved.
5. Review training logs via the G-SHOCK MOVE app for detailed analysis.

4.4. Other Modes (World Time, Alarm, Timer, Stopwatch)

Cycle through these modes using the **MODE** button. Settings for these functions can be adjusted directly on the watch using the **FWD/REV** buttons, or more conveniently via the G-SHOCK MOVE app.

- **World Time:** Displays the current time in various major cities around the globe.
- **Alarm:** Set daily alarms. The watch supports vibration alerts.
- **Timer:** A countdown timer function.
- **Stopwatch:** A standard stopwatch for measuring elapsed time.

5. MAINTENANCE AND CARE

5.1. General Care

- **Cleaning:** Wipe the watch regularly with a soft, dry cloth. For stubborn dirt, use a soft cloth dampened with water and mild soap, then rinse thoroughly with fresh water and dry.
- **Water Exposure:** While water-resistant, avoid operating buttons underwater. After exposure to saltwater, rinse the watch thoroughly with fresh water and dry it completely.
- **Temperature:** Avoid exposing the watch to extreme temperatures (hot or cold) for prolonged periods.
- **Chemicals:** Keep the watch away from gasoline, cleaning solvents, aerosols, adhesives, paints, etc., as they may

damage the resin case and band.



Figure 4: Rear view of the Casio G-Shock G-Lide GBX-100-8 watch. This image shows the durable stainless steel case back, which is crucial for maintaining the watch's water resistance and protecting its internal components. The resin band and its buckle are also visible.

5.2. Battery Replacement

The GBX-100-8 uses a CR2032 lithium battery. The battery life is approximately 2 years under normal usage conditions. When the battery power is low, the display may dim or certain functions may become unavailable. It is recommended to have the battery replaced by an authorized Casio service center to ensure proper water resistance and to avoid damaging the watch.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch does not connect to smartphone.	Bluetooth is off on phone; watch is out of range; watch is already paired with another device; app not running.	Ensure Bluetooth is on. Bring watch closer to phone. Unpair from other devices. Restart G-SHOCK MOVE app.
Time is incorrect.	Not synced with phone; manual time setting error.	Connect to G-SHOCK MOVE app for automatic time adjustment. If manual, re-adjust time.
Tide/Moon data is inaccurate.	Incorrect home city or surf spot selected in app.	Verify and correct your home city and selected surf spot within the G-SHOCK MOVE app. Ensure watch is synced.
Display is dim or blank.	Low battery power.	Replace the battery. Contact an authorized service center.

7. SPECIFICATIONS

- **Model Number:** GBX-100-8
- **Case Material:** Resin / Stainless Steel
- **Band Material:** Resin
- **Water Resistance:** 200 meters (20 BAR)
- **Display Type:** MIP LCD (Memory in Pixel Liquid Crystal Display)
- **Connectivity:** Bluetooth® Low Energy
- **Power Source:** CR2032 Battery
- **Battery Life:** Approximately 2 years
- **Dimensions (H x W x D):** Approximately 50.9 x 46.0 x 14.7 mm
- **Weight:** Approximately 66g
- **Features:** Tide Graph, Moon Data, Sunrise/Sunset Time, Training Function (Distance, Speed, Pace, Calories), World Time, Stopwatch, Timer, 4 Daily Alarms, Vibration Alert, Full Auto LED Backlight.

8. WARRANTY AND SUPPORT

Your Casio G-Shock G-Lide GBX-100-8 watch is covered by a manufacturer's warranty against defects in materials and workmanship. The specific terms and duration of the warranty may vary by region. Please refer to the warranty card included with your purchase for detailed information.

For technical support, service, or warranty claims, please contact Casio customer service or visit the official Casio website. You can find contact information and service center locations on their website or in your product packaging.

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