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Motorola MOSWZ120-SL

Motorola Moto Watch 120 User Manual

Model: MOSWZ120-SL

1. INTRODUCTION

The Motorola Moto Watch 120 is a premium Bluetooth smartwatch designed to enhance your daily life with advanced health monitoring, fitness tracking, and smart notifications. Featuring a vibrant AMOLED display and long-lasting battery, it offers seamless integration with both Android and iPhone devices.



Image: Front view of the Motorola Moto Watch 120, showcasing its circular display with various health metrics and time.

This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Moto Watch 120. Please read it carefully to ensure optimal performance and longevity of your device.

2. WHAT'S IN THE BOX

- Motorola Moto Watch 120 Smartwatch
- 60 cm black USB-A charging cable with POGO Pins (with Magnets)
- 22mm black Silicone watch band with silver alloy buckle
- Quick Start Guide (not included in this digital manual)

3. SETUP

3.1 Charging the Watch

Before first use, fully charge your Moto Watch 120. Connect the magnetic POGO pin charging cable to the charging contacts on the back of the watch and plug the USB-A end into a compatible power adapter (not included) or a computer

USB port. The watch display will indicate charging status.


3.2 Pairing with Your Smartphone

1. Download the official Moto Watch app from your smartphone's app store (Google Play Store for Android, Apple App Store for iPhone).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Moto Watch app and follow the on-screen instructions to create an account or log in.
4. Select "Add Device" or similar option within the app.
5. The app will search for nearby Moto Watch 120 devices. Select your watch from the list.
6. Confirm the pairing code displayed on both your watch and smartphone.
7. Once paired, the watch will synchronize with your phone, and you can customize settings through the app.

4. OPERATING THE MOTO WATCH 120

4.1 Vibrant AMOLED Display

The Moto Watch 120 features a 1.43-inch AMOLED display, providing clear and vibrant visuals. You can customize your watch face through the Moto Watch app to suit your style and access information at a glance.



Screen

Vibrant Always-On AMOLED Display

Featuring a large 1.43” AMOLED surrounded by a smooth bezel, every time you raise your wrist you get a clear view of what’s most important.

Image: A collection of diverse watch faces available for the Moto Watch 120, demonstrating customization options.

4.2 Battery Life

The Moto Watch 120 is designed for extended use, offering up to 10 days of battery life on a single charge, depending on usage. This allows for more accurate and continuous tracking without frequent recharging.

Battery

More Accurate Tracking With Extra Battery Life

Up to 10 days of battery life on a single charge

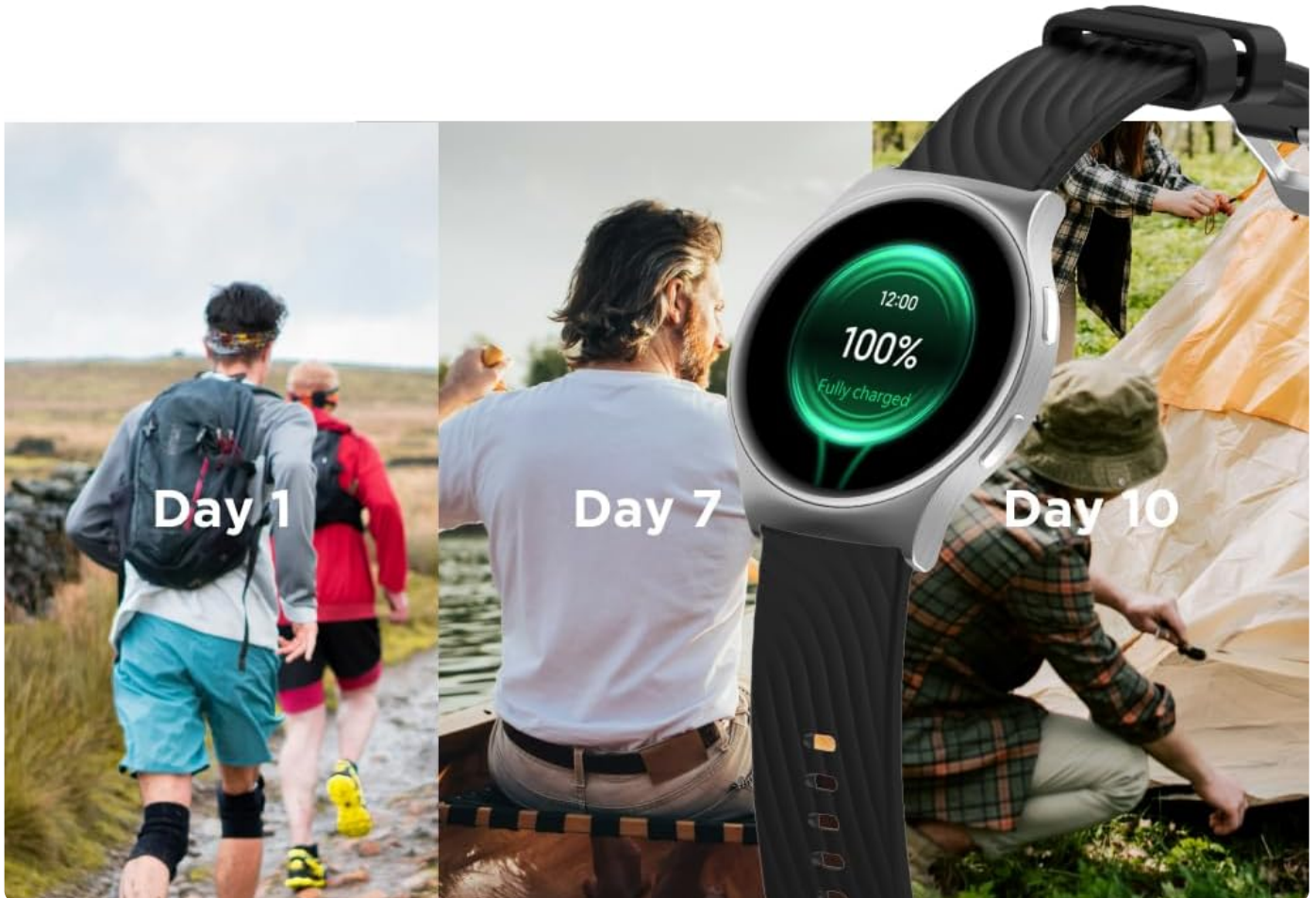


Image: Visual representation of the Moto Watch 120's 10-day battery life, showing consistent performance over time.

4.3 Advanced Health Monitoring

The watch provides comprehensive health tracking features to help you monitor your well-being:

- **Heart Rate Monitoring:** Real-time heart rate tracking.
- **SpO2 Monitoring:** Measures blood oxygen saturation levels.
- **Sleep Tracking:** Analyzes sleep patterns (deep, light, REM, awake).
- **Stress Monitoring:** Assesses stress levels throughout the day.

Track Your Health

Comprehensive HRM, sleep tracking, SpO2 monitoring, and stress level assessment features

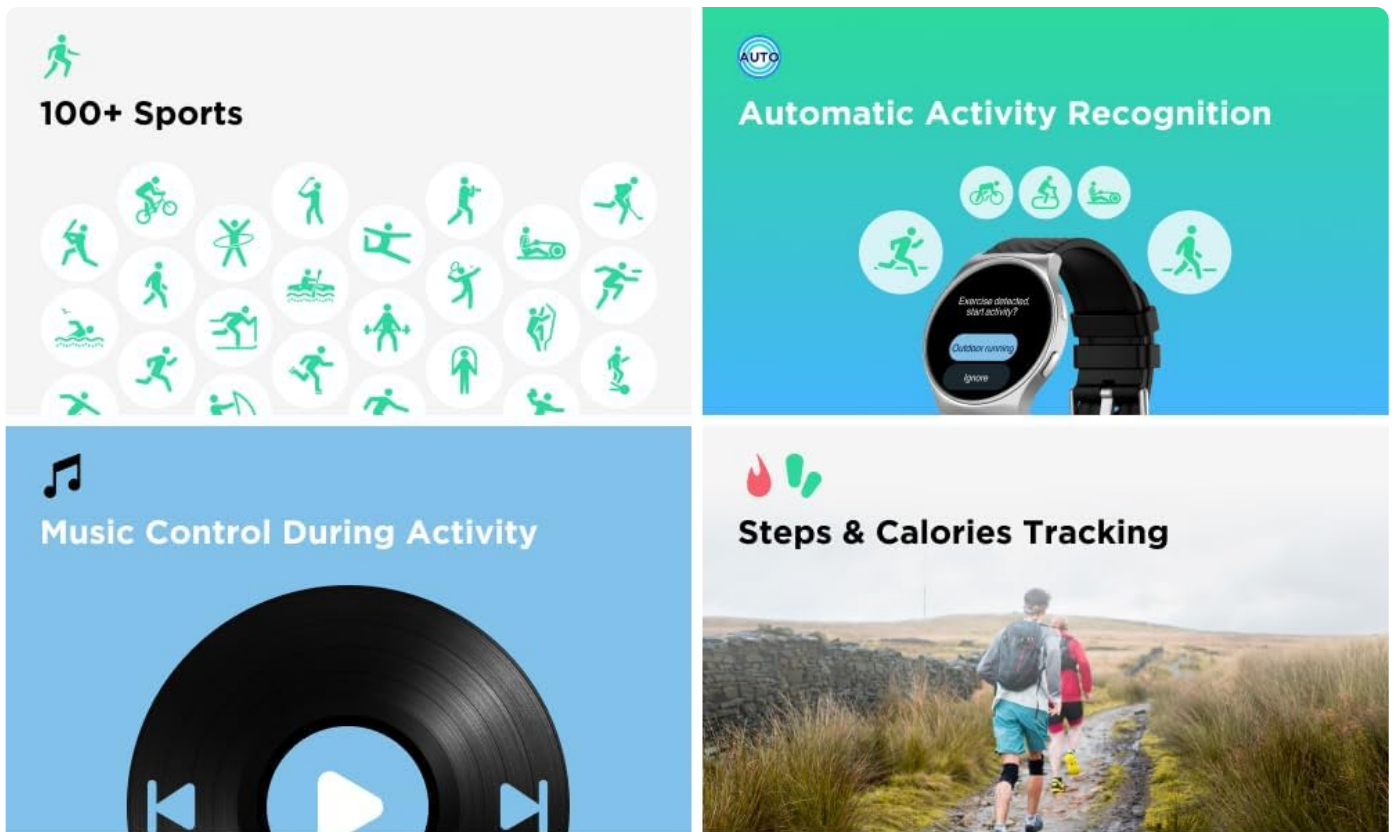


Image: Various health metrics displayed on the Moto Watch 120 screen, including heart rate, sleep, SpO2, steps, and stress.

4.4 Fitness & Activity Tracking

Track your workouts and daily activity with precision:

- **100+ Sports Modes:** Supports a wide range of activities.
- **Automatic Activity Recognition:** Automatically detects and records certain exercises.
- **Steps & Calories Tracking:** Monitors daily steps and estimated calories burned.
- **Music Control:** Control music playback directly from your wrist during activities.



Activity

Automate Your Goals

Check out more features:
100+ sports, Automatic Activity Recognition, Music Control, Steps & Calories Tracking

Image: Overview of the Moto Watch 120's activity tracking capabilities, including diverse sports modes and smart features.

4.5 Calls & Notifications

Stay connected by receiving notifications and managing calls directly from your wrist.

- **Incoming Calls:** Answer or decline calls from your watch.
- **Smart Notifications:** Receive alerts for messages, emails, and app notifications.



Image: The Moto Watch 120 screen showing an incoming call, demonstrating its communication features.

4.6 Weather Forecast

Get reliable weather forecasts directly on your watch, keeping you informed about current conditions and upcoming changes.

Weather

Weather Forecast On Your Wrist

Get reliable forecasts directly on your watch.



Image: The Moto Watch 120 displaying detailed weather information, including temperature and air quality.

4.7 App Integration

The Moto Watch 120 seamlessly integrates with popular health and fitness platforms, such as Google Fit, allowing you to sync your data and view comprehensive insights on your smartphone.

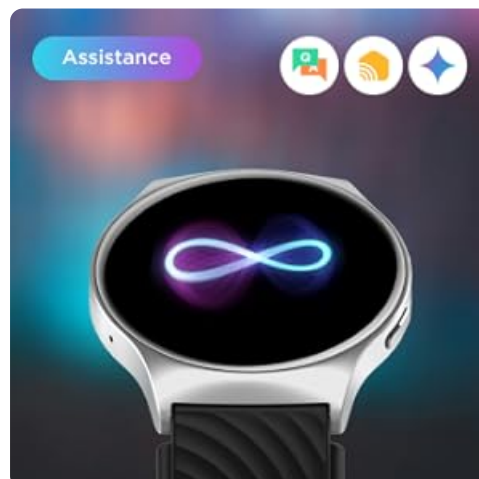


Image: The Moto Watch 120 connected to a smartphone, demonstrating its compatibility and data synchronization with the Google Fit

application.

5. MAINTENANCE

To ensure the longevity and proper functioning of your Moto Watch 120, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe the watch and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials.
- **Water Resistance:** The watch is designed to be water-resistant. However, avoid prolonged submersion or exposure to high-pressure water. Dry the watch thoroughly after exposure to water.
- **Charging Contacts:** Keep the charging contacts on the back of the watch clean and free of debris to ensure efficient charging.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Software Updates:** Keep the Moto Watch app and your watch's firmware updated to benefit from the latest features and improvements.

6. TROUBLESHOOTING

If you encounter issues with your Moto Watch 120, refer to the following common problems and solutions:

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes. If it still doesn't turn on, perform a force restart (refer to the app for specific instructions).
Unable to pair with smartphone	Ensure Bluetooth is enabled on your phone and the watch is in pairing mode. Restart both the watch and phone. Clear Bluetooth cache on your phone. Try pairing again.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch. Ensure your profile information (age, height, weight) in the app is accurate.
Notifications not appearing	Check notification settings in the Moto Watch app and your phone's system settings. Ensure the watch is connected via Bluetooth. Disable and re-enable notifications in the app.
Short battery life	Reduce screen brightness, limit continuous heart rate monitoring, turn off unnecessary notifications, and ensure background app refresh is managed.

For further assistance, please refer to the support section.

7. SPECIFICATIONS

Feature	Detail
Model Number	MOSWZ120-SL
Display Type	AMOLED
Screen Size	1.43 Inches (Visible screen diagonal: 2" / 4 cm)
Operating System	Moto Watch OS
Connectivity	Bluetooth
Battery Capacity	300 Milliamp Hours
Battery Type	Lithium Ion (1 required, included)
Memory Storage Capacity	128 MB
Item Weight	5 ounces
Package Dimensions	7.13 x 2.72 x 1.26 inches
Manufacturer	CE Brands International Inc

8. WARRANTY AND SUPPORT

For general inquiries, troubleshooting, and warranty information, please contact Motorola support.

Email Support: support@motowatch.com

Please have your model number (MOSWZ120-SL) and purchase details ready when contacting support.