

SUNROAD G5

SUNROAD G5 Pro GPS Sports Watch User Manual

INTRODUCTION

Welcome to the user manual for your new SUNROAD G5 Pro GPS Sports Watch. This advanced device is designed to be your ultimate companion for health and fitness tracking, offering a wide range of features including GPS navigation, multiple sports modes, and comprehensive health monitoring. Please read this manual carefully to understand the full capabilities of your watch and ensure optimal performance.

PACKAGE CONTENTS

Ensure all items are present in your package:

- SUNROAD G5 Pro GPS Sports Watch
- USB Charger
- User Manual (this document)

SETUP GUIDE

1. Initial Charging

Before first use, fully charge your SUNROAD G5 Pro watch. Connect the included USB charger to the charging port on the watch and a power source. A full charge typically takes a few hours. The watch has a standby time of up to 20 days and can continuously use GPS for up to 12 hours on a single charge.

2. Powering On/Off

- **To Power On:** Press and hold the power button (usually the top-left button) until the screen illuminates.
- **To Power Off:** Navigate to the system settings on the watch, then select 'Power Off' or press and hold the power button and confirm the power-off prompt.

3. Language Selection

Upon first startup, you may need to select your preferred language. If the watch is in an unfamiliar language (e.g., Chinese), follow these steps to change it to English:

1. Press the **upper left button** on the watch.
2. Swipe the touchscreen until you locate a small green icon in the lower left corner that displays **“EN”**. Tap this icon to select English.

4. App Pairing

To unlock the full potential of your G5 Pro, download the companion application on your smartphone. The app is compatible with Android 4.4 and iOS 9.0 or higher. Follow the in-app instructions to pair your watch via Bluetooth 4.0 for data synchronization and additional features.

OPERATING INSTRUCTIONS

1. Navigation and Display

The SUNROAD G5 Pro features a 1.3-inch AMOLED HD touch screen for clear visibility and easy interaction. Swipe left/right, up/down, and tap to navigate through menus and select options. The physical buttons on the side provide quick access to specific functions and navigation.

2. GPS and Route Navigation

The watch integrates GPS and Glonass for precise location tracking and route navigation. It can display longitude and latitude, direction, and distance, and store up to 9 groups of GPS tracks.



Image: Watch face showing GPS tracking with distance and time.



Image: Detailed GPS tracking features including coordinates and route display.

3. Sports Modes

The G5 Pro offers professional analysis for various sports, including Running, Cycling, Mountaineering, Triathlon, Snorkeling Diving, Swimming, and Fishing. Each mode tracks relevant data such as pace, calories, dynamic heart rate, sports time, steps, speed, distance, and GPS sports route.



Image: Swimming mode display showing maximum distance achieved.



Image: Swimming mode data display with various metrics.



Image: Hiking/Climbing mode display showing altitude and heart rate.



Image: Climbing mode features including compass, barometer, and altitude.



Image: Fishing mode display showing environmental data.



Image: Fishing mode features with weather and air pressure trends.

4. Health Monitoring

The watch continuously monitors your health metrics, including dynamic heart rate and blood oxygen levels. It also provides sleep monitoring and sedentary reminders to encourage a healthier lifestyle.

5. Additional Features

The G5 Pro includes several utility features:

- **Weather Forecast:** Get real-time weather updates.
- **Digital Compass:** For navigation and orientation.
- **Selfie Remote Control:** Control your phone's camera remotely.
- **Music Control:** Manage music playback on your paired smartphone.
- **Metronome:** For rhythm training.
- **Alarm Clock, Countdown, Stopwatch:** Essential timekeeping tools.



Image: Watch face showing longitude and latitude for precise location data.

MAINTENANCE

1. Water Resistance

The SUNROAD G5 Pro is water-resistant up to 50 meters. This means it is suitable for swimming, snorkeling, and other water activities. However, it is not recommended for high-pressure water activities or hot water environments (e.g., hot showers, saunas) as steam can penetrate the seals.

GPS Sports Watch

Swimming, hiking, fishing, triathlon, running, cycling, walking, dynamic heart rate monitoring



Image: Diving mode display, highlighting the watch's 50m water resistance.

2. Cleaning

To maintain your watch, regularly wipe the screen and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the watch's finish or sensors. Ensure the charging contacts are clean and dry before charging.

TROUBLESHOOTING

1. Language Issues

If your watch displays an unfamiliar language, refer to the 'Language Selection' section under 'Setup Guide' for detailed instructions on how to change it to English.

2. Connectivity Problems

If your watch is not connecting to your smartphone app:

- Ensure Bluetooth is enabled on both your watch and smartphone.
- Make sure the watch is within range of your smartphone.

- Restart both the watch and the smartphone.
- Check if the app is updated to the latest version.

3. GPS Signal Acquisition

For optimal GPS performance, ensure you are in an open outdoor area with a clear view of the sky. Initial GPS lock may take longer in new locations or after a long period of inactivity.

SPECIFICATIONS

Model Number	G5 Pro
Display	1.3-inch AMOLED HD Touch Screen
Water Resistance	50 Meters
GPS	Built-in GPS, Glonass
Connectivity	Bluetooth 4.0
Battery Capacity	320 Milliamp Hours
Battery Life (Standby)	Up to 20 days
Battery Life (GPS Continuous)	Up to 12 hours
Memory Storage	127.99 MB
Compatibility	Android 4.4+, iOS 9.0+
Item Weight	70 Grams (2.47 ounces)

WARRANTY INFORMATION


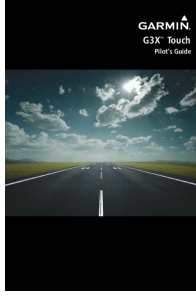

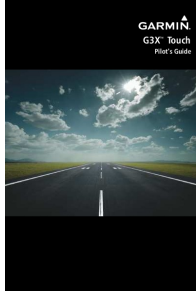
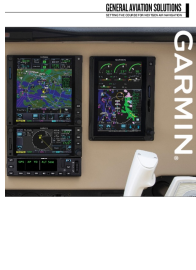

Your SUNROAD G5 Pro GPS Sports Watch is covered by a manufacturer's warranty against defects in materials and workmanship. Please refer to the warranty card included with your product or visit the official SUNROAD website for specific terms and conditions. Keep your proof of purchase for warranty claims.

SUPPORT

For further assistance, technical support, or to explore other SUNROAD products, please visit the official SUNROAD store:

[SUNROAD Official Store on Amazon](#)

Related Documents - G5

	<p>Garmin Aviation Avionics and Accessories Catalog - Aircraft Spruce</p> <p>A comprehensive catalog featuring Garmin aviation products including GPS navigators, flight displays, transponders, audio panels, and accessories. Also includes avionics from other leading brands like Bendix King, Icom, and Yaesu, offered by Aircraft Spruce & Specialty Co.</p>
	<p>Garmin G3X Touch Pilot's Guide - Aviation Avionics Manual</p> <p>Comprehensive pilot's guide for the Garmin G3X Touch flight display system, detailing its features, operation, flight instruments, navigation, engine monitoring, autopilot, and safety information for aviation use.</p>
	<p>Wiiii G5 GPS Speedometer HUD: User Manual and Features</p> <p>Comprehensive user manual and features guide for the Wiiii G5 GPS Speedometer HUD, including display functions, button operations, settings configuration, and troubleshooting tips.</p>
	<p>Garmin G3X Touch Pilot's Guide: Comprehensive Avionics Operation</p> <p>Explore the Garmin G3X Touch flight display system with this comprehensive pilot's guide. Learn about system overview, flight instruments, navigation, autopilot, and more for enhanced aviation operations.</p>
	<p>Garmin General Aviation Solutions: Advanced Avionics for NextGen Air Navigation</p> <p>Explore Garmin's comprehensive range of advanced avionics for general aviation, including navigators, flight displays, autopilots, transponders, and more, designed for enhanced safety, efficiency, and situational awareness.</p>
	<p>Guida utente per Moto G5 e Moto G5 Plus</p> <p>Questa guida fornisce istruzioni dettagliate per l'utilizzo dei telefoni Moto G5 e Moto G5 Plus, coprendo argomenti come l'avvio, la configurazione, la gestione delle applicazioni e la durata della batteria.</p>