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› [CANYON](#) /

› CANYON Smartwatch SW83 Fitness Watch User Manual

CANYON SW83

CANYON Smartwatch SW83 Fitness Watch User Manual

Model: SW83 (CNS-SW83SS)

INTRODUCTION

This manual provides essential instructions for the setup, operation, and maintenance of your CANYON Smartwatch SW83. The SW83 is a versatile fitness watch designed to track outdoor activities and monitor various health metrics. It features a 1.35-inch IPS touchscreen, integrated GPS, and compatibility with the Strava application. The device is IP68 waterproof, allowing for use during swimming or showering. Key functionalities include 128 sports modes, continuous heart rate monitoring, SpO2 (blood oxygen) tracking, sleep analysis, and stress level assessment. Please read this manual thoroughly to ensure proper use and to maximize the benefits of your smartwatch.

SETUP

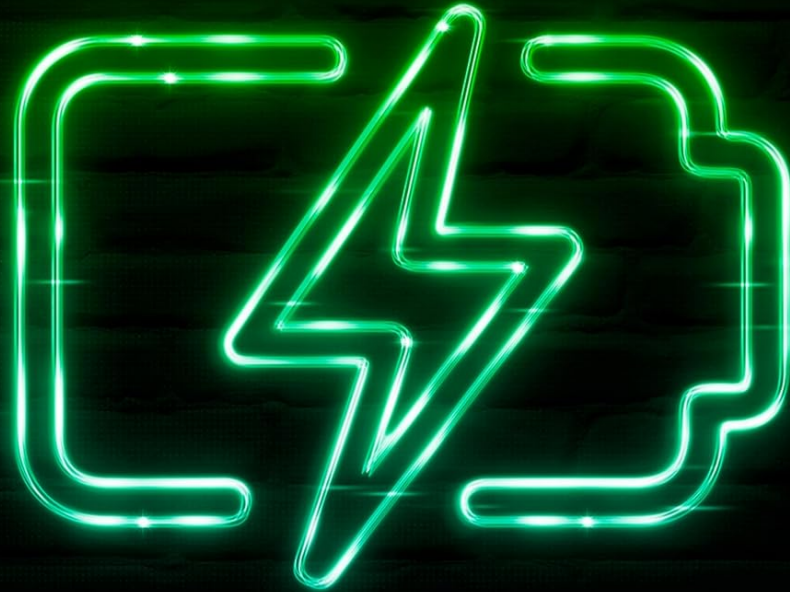
1. Unboxing and Initial Charge

Upon opening the package, verify that all components are present:

- CANYON Smartwatch SW83
- Charging Cable
- Quick Start Guide

Before first use, fully charge the smartwatch. Connect the charging cable to the watch and a compatible USB power source. A full charge typically takes approximately 3.5 hours. The battery capacity is 400 mAh.

LONG LIFE BATTERY



- **400 mAh**
- **Up to 10 days of battery life**
- **Up to 30 days standby**

Figure 1: The CANYON Smartwatch SW83, ready for initial setup and charging.

2. App Installation and Pairing

To access all features and synchronize data, install the **CANYON Life App** on your smartphone. The app is compatible with Android 8.0 and later, and iOS 14.0 and later.

1. Download the CANYON Life App from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the CANYON Life App, navigate to the device pairing section and select your SW83 smartwatch from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smartwatch.

OPERATING INSTRUCTIONS

1. Basic Navigation

The SW83 features a full touchscreen display for navigation. Swipe left, right, up, or down to access different menus and functions. Tap to select an option or confirm an action. Press the physical button (if present) to return to the home screen or activate specific functions.

2. Sports Modes and GPS Tracking

The smartwatch supports 128 sports modes, including 5 modes with integrated GPS tracking. To start a workout:

1. Swipe to the Sports menu on your watch.
2. Select your desired activity (e.g., Running, Cycling, Hiking).
3. For GPS-enabled activities, ensure you are outdoors with a clear view of the sky for accurate signal acquisition.
4. Tap to start the activity. The watch will record duration, distance, calories burned, and other relevant metrics.

The SW83 is compatible with the Strava application, allowing you to synchronize your workout data for further analysis and sharing.



- **128 sports modes**
- **5 GPS sports modes**
- **STRAVA compatible**

Figure 2: The smartwatch displaying an active sports mode, tracking workout data.

3. Health Monitoring

The SW83 provides continuous monitoring of various health parameters:

- **Heart Rate:** Real-time heart rate tracking.
- **Blood Oxygen (SpO2):** Accurate blood oxygen saturation sensor.
- **Sleep Monitor:** Tracks sleep patterns and quality.
- **Stress Testing:** Measures stress levels.
- **Breath Training:** Guided breathing exercises.
- **Activity Tracking:** Counts steps and calculates calories burned.

Access these features through the health menu on your watch or view detailed reports in the CANYON Life App.



Figure 3: The smartwatch showing real-time health metrics, such as heart rate or SpO2 levels.

4. Smart Notifications and Controls

Once paired with your smartphone, the SW83 can display various notifications and offer remote controls:

- **Call and SMS Alerts:** Receive notifications for incoming calls and text messages.
- **Push Notifications:** Get alerts from selected apps on your smartphone.
- **Music Playback Control:** Control music playing on your phone directly from the watch.
- **Camera Shutter Control:** Use the watch as a remote shutter for your phone's camera.
- **Find Phone/Watch:** Locate your paired device if misplaced.
- **Customizable Watch Faces:** Choose from over 150 watch faces via the CANYON Life App.
- **Weather Forecast:** View current weather conditions.
- **Reminders:** Set reminders for drinking water, hand washing, or movement.

5. Water Resistance (IP68)

The CANYON SW83 is rated IP68 waterproof, meaning it can withstand immersion in water up to 1.5 meters deep for 30 minutes. This allows for use during swimming, showering, or kayaking. However, it is not suitable for diving or high-pressure water activities.

MAINTENANCE

1. Cleaning

Regularly clean your smartwatch to ensure optimal performance and hygiene. Use a soft, damp cloth to wipe the screen and watch body. Avoid using harsh chemicals or abrasive materials, as these can damage the device. Ensure the charging contacts are clean and dry before charging.

2. Battery Care

To prolong battery life, avoid exposing the smartwatch to extreme temperatures (hot or cold). Charge the device regularly and avoid letting the battery completely drain for extended periods.

3. Software Updates

Periodically check the CANYON Life App for available software updates. Updates often include performance improvements, bug fixes, and new features. Ensure your watch is sufficiently charged before initiating any software update.

TROUBLESHOOTING

Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Unable to pair with smartphone:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the watch is within Bluetooth range of your phone.
 - Restart both your smartphone and the smartwatch.
 - Try unpairing and re-pairing the device through the CANYON Life App.
- **Inaccurate health data (HR, SpO2):**

- Ensure the watch is worn snugly on your wrist, but not too tight.
- Clean the sensors on the back of the watch.
- Avoid excessive movement during measurements.

- **Short battery life:**

- Reduce screen brightness.
- Disable continuous heart rate monitoring if not needed.
- Limit the number of app notifications.
- Ensure no background apps are excessively draining power.

- **GPS not connecting:** Ensure you are in an open outdoor area with a clear view of the sky. Wait a few moments for the watch to acquire a signal.

If you encounter persistent issues, refer to the support section or the CANYON Life App for further assistance.

SPECIFICATIONS

| | |
|-------------------------------------|--|
| Model Name | Maveric SW-83 |
| Model Number | CNS-SW83SS |
| Display | 1.32-inch IPS LCD Touchscreen |
| Battery Capacity | 400 mAh Lithium-polymer |
| Battery Life (Working) | Up to 11 days |
| Battery Life (Standby) | Up to 30 days |
| Charging Time | Approximately 3.5 hours |
| Water Resistance | IP68 (up to 1.5 meters for 30 minutes) |
| Connectivity | Bluetooth |
| GPS | Integrated GPS |
| Sports Modes | 128 (including 5 GPS-tracked modes) |
| Health Features | Real-time heart rate, accurate SpO2, sleep monitor, stress monitor, breath training, pedometer |
| Compatible Operating Systems | Android 8.0 and later, iOS 14.0 and later |
| Band Material | Silicone |
| Case Material | Plastic |
| Dimensions (L x W x H) | 46 x 46 x 14 mm |
| Supported Application | CANYON Life App |

WARRANTY INFORMATION

Specific warranty terms and conditions for the CANYON Smartwatch SW83 may vary by region and retailer. Please refer to the warranty card included with your product or consult your point of purchase for detailed information regarding warranty coverage, duration, and claims procedures. Keep your proof of purchase for warranty validation.

SUPPORT

For further assistance, technical support, or frequently asked questions, please refer to the following resources:

- **CANYON Life App:** The application often includes a help section, FAQs, and direct support contact options.
- **CANYON Official Website:** Visit the official CANYON website for product support pages, updated manuals, and contact information.
- **Retailer Support:** Contact the retailer from whom you purchased the product for local support options.