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COROS W335

COROS PACE 4 Ultralight Sport GPS Watch Instruction Manual

Model: W335

INTRODUCTION

The COROS PACE 4 Ultralight Sport GPS Watch is designed for athletes seeking advanced training tools, accurate GPS tracking, and comprehensive health monitoring in a lightweight and durable package. Featuring a vibrant AMOLED touchscreen, extended battery life, and innovative voice features, the PACE 4 is engineered to support your performance and recovery.

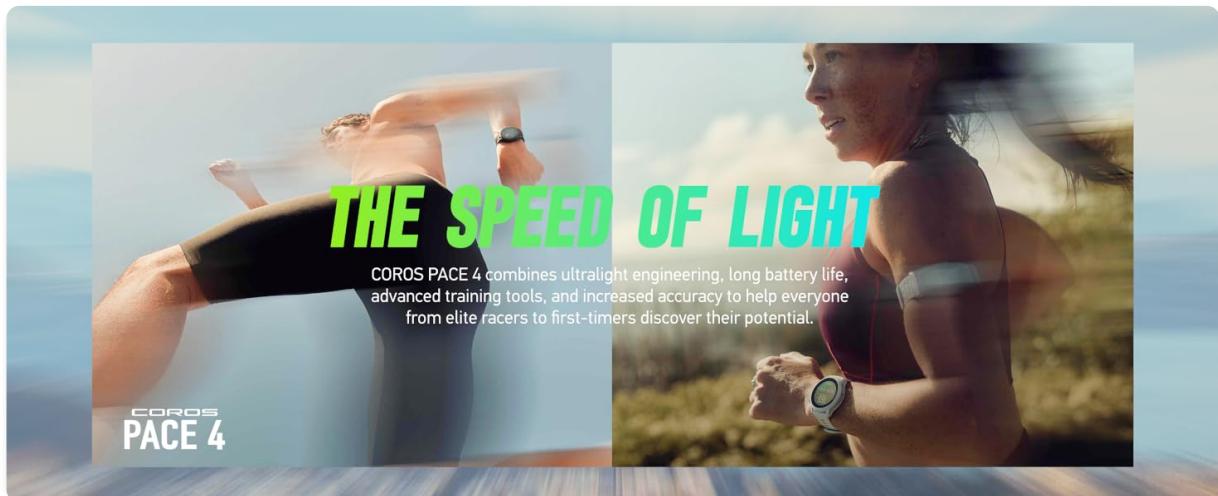


Image: The COROS PACE 4 Ultralight AMOLED GPS Sport Watch, highlighting its lightweight design and vibrant display.

WHAT'S IN THE Box

- COROS PACE 4 Ultralight Sport GPS Watch
- USB-C charging cable (Note: USB-C charging cable not included in all packages, check product details)

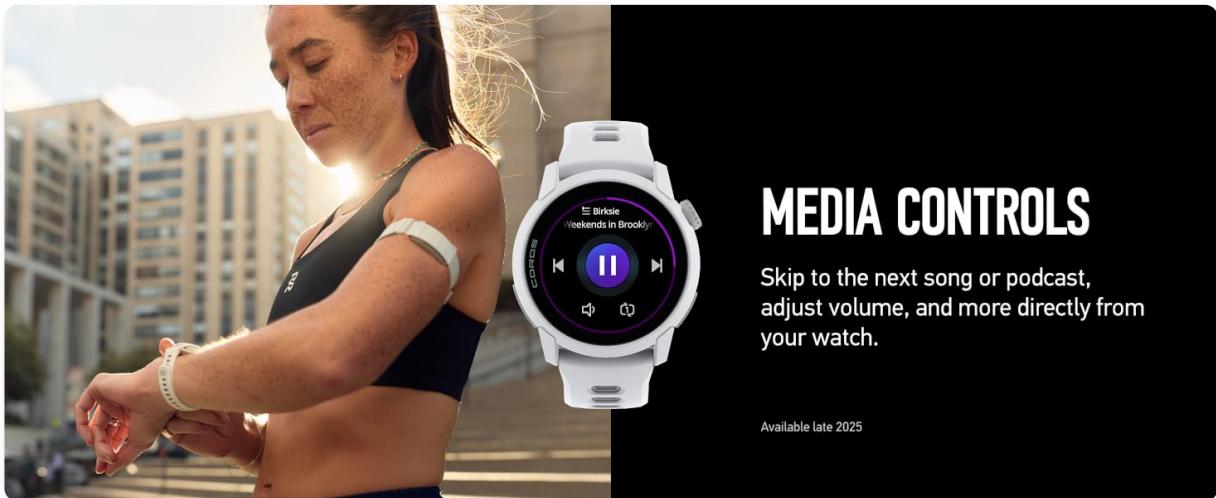


Image: Contents of the COROS PACE 4 box, typically including the watch and a charging cable.

KEY FEATURES

- Ultralight & Ultra-Thin Design:** Weighing only 32g with the nylon band and just 11.8mm thin, ensuring comfort for 24/7 wear.
- 1.2" AMOLED Touchscreen Display:** Vibrant colors, sharp lines, and auto-adjusting brightness for clear readability in all environments.
- Extended Battery Life:** Up to 41 hours of continuous GPS use and 19 days of daily battery life.
- Voice Features:** Built-in microphone for recording training logs, notes, and voice control for alarms or workouts.
- Effortless Control:** Combination of tactile digital crown, two buttons, and smooth touchscreen for intuitive operation. Customizable Action Button for quick access to features.
- Advanced Training, Recovery, and Health Hub:** Tracks detailed metrics including recovery time, sleep stages, HRV, and menstrual cycles via the COROS app.

SETUP & FIRST USE

1. Charging the Watch

Connect the provided USB-C charging cable to the charging port on the back of the watch. Plug the USB-C end into a compatible power adapter (not included) or a computer USB port. The watch will display a charging indicator. A full charge can provide up to 19 days of daily use or 41 hours of continuous GPS tracking.

2. Power On/Off

- Power On:** Press and hold the Digital Crown (top right button) until the COROS logo appears.
- Power Off:** From the main watch face, press and hold the Digital Crown, then select "Power Off" from the menu.

3. Pairing with the COROS App

1. Download the COROS app from your smartphone's app store (iOS or Android).
2. Open the COROS app and create an account or log in.
3. Follow the on-screen instructions in the app to pair your COROS PACE 4 watch. This typically involves selecting your watch model and confirming a code displayed on both devices.

4. Once paired, the app will sync data and allow for further customization.

OPERATING THE WATCH

Display & Interaction

The COROS PACE 4 features a 1.2" AMOLED touchscreen display for clear visuals and intuitive control. Interaction is possible through multiple methods:

- **Touchscreen:** Swipe up/down, left/right, and tap to navigate menus and select options.
- **Digital Crown (Top Right Button):** Rotate to scroll through menus and data screens. Press to select an option or return to the main watch face.
- **Back Button (Bottom Right Button):** Press to go back to the previous screen or menu.
- **Customizable Action Button:** Assign a frequently used feature for one-tap access, such as media controls, navigation, or voice pins.



Image: COROS PACE 4 watch on a wrist, displaying the time and various activity metrics. The AMOLED screen provides clear visibility.

Watch Faces

Customize your watch face directly from the watch settings or through the COROS app to display preferred data and aesthetics.

Voice Features

The COROS PACE 4 includes a built-in microphone, enabling voice-activated functions:

- **Voice Pins:** Record short voice notes during workouts to capture thoughts, observations, or training logs. These notes are geotagged and can be reviewed in the COROS app.
- **Voice Control:** Use voice commands to set alarms, create target workouts, and more.

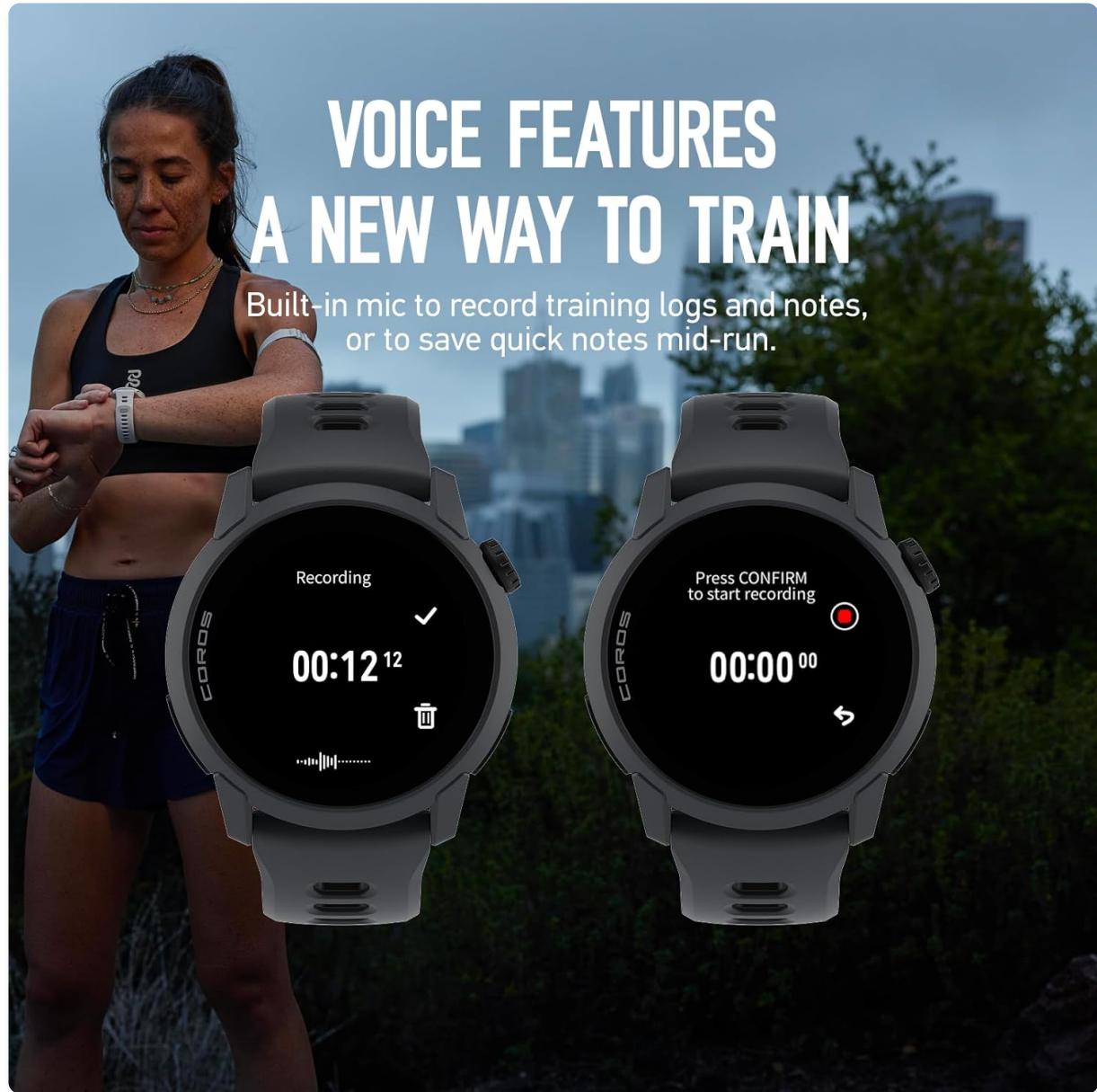


Image: The COROS PACE 4 watch showing the voice recording feature, allowing users to log notes during activity.

BATTERY LIFE

The COROS PACE 4 is equipped with a powerful battery designed for extended use, minimizing the need for frequent charging:

- **Daily Use:** Up to 19 days of battery life with regular daily activities and health monitoring.
- **Continuous GPS:** Up to 41 hours of continuous GPS tracking for long workouts and adventures.

EASY ON THE EYES

The 1.2" touchscreen AMOLED display keeps colors vibrant and lines sharp, with auto-adjusting brightness that ensures the screen is easy to read in all environments.

AMOLED



Image: The COROS PACE 4 watch screen showing estimated battery life (19 days) and remaining GPS usage (41 hours).

TRAINING & HEALTH MONITORING

The COROS PACE 4 and its accompanying app provide a comprehensive suite of tools for tracking and analyzing your fitness and well-being:

- **Advanced Training Tools:** Track running fitness, build custom workouts, and utilize features like race predictions, virtual pacers, and personalized marathon plans.
- **Accurate GPS:** All-Systems and Dual-Frequency satellite modes ensure fast and accurate signal acquisition for precise tracking in various environments.
- **Heart Rate Monitor:** A redesigned optical heart rate sensor with larger LEDs provides reliable heart rate data, reducing spikes and drops.
- **Recovery & Health Hub:** Monitor recovery time, sleep stages, Heart Rate Variability (HRV), and menstrual cycles to understand your body's response to training and adjust accordingly.

TRAIN SMARTER. RUN FASTER.

Track running fitness, build workouts, and test your limits with tools that support your training.

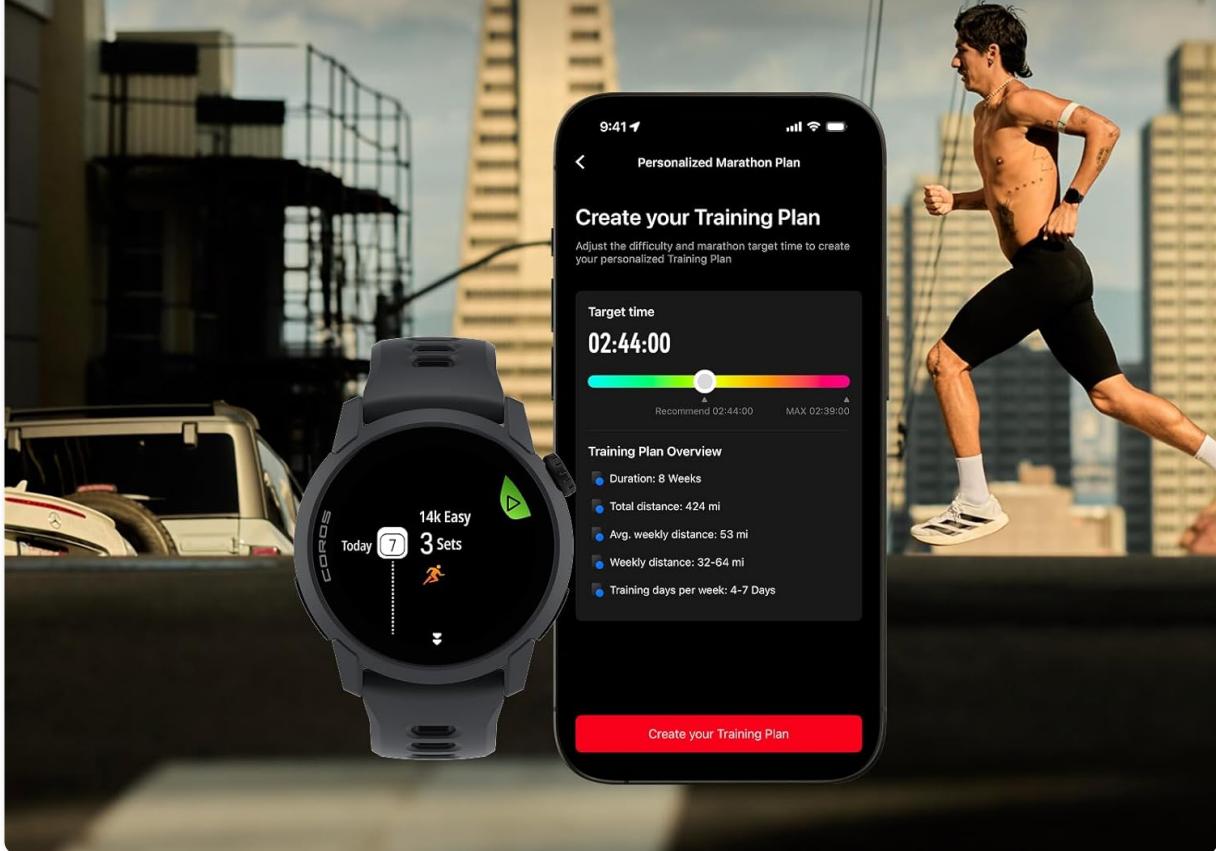


Image: The COROS PACE 4 watch showing a personalized training plan on the app, with a runner in the background.

TOOLS TO HELP YOU IMPROVE

Race predictions, personalized marathon plans, a virtual pacer, and breadcrumb navigation let you know where you stand and where to go next.

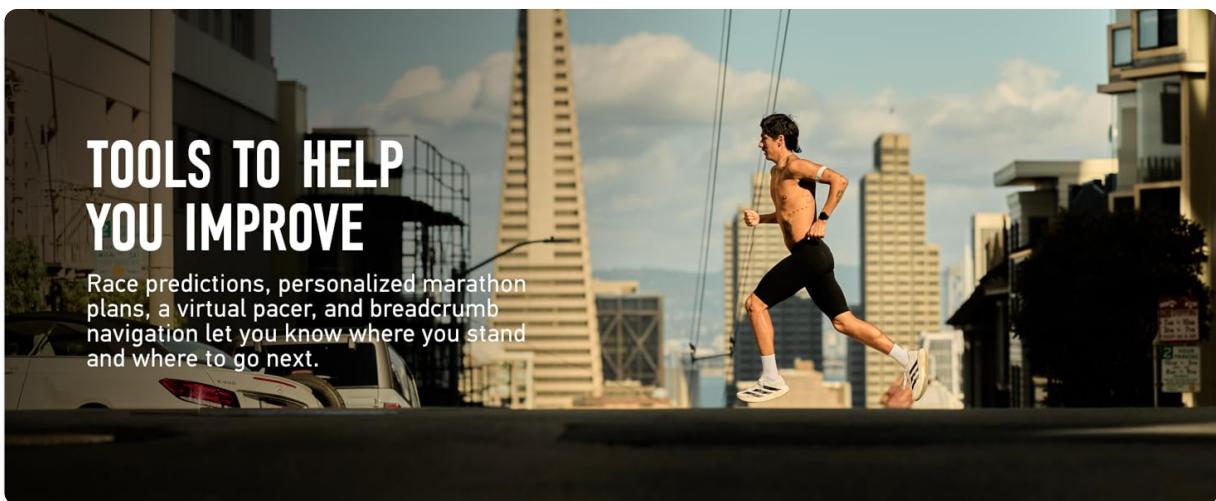


Image: The COROS app's Wellness Check screen, showing detailed health metrics like Heart Rate, HRV, Stress, and SpO2.

CONNECTIVITY & COMPATIBILITY

The COROS PACE 4 offers robust connectivity options to integrate seamlessly with your digital ecosystem:

- **Bluetooth:** Connects to your smartphone for data sync, notifications, and app control.
- **Wi-Fi Sync:** Allows for quick and efficient data synchronization over Wi-Fi.
- **Maximum Compatibility:** Sync routes from popular platforms like Strava, RidewithGPS, and Wikiloc. Build structured workouts directly in the COROS app and keep instant data sync to these platforms.

SPECIFICATIONS

Feature	Detail
Product Dimensions	4.13 x 4.13 x 4.13 inches
Item Weight	6 ounces
ASIN	B0FYGTPTRQ
Item model number	W335
Batteries	1 A batteries required. (included)
Standing screen display size	1.2 Inches
Memory Storage Capacity	4 GB
Operating System	AsteroidOS
Special Feature	Bluetooth
Battery Capacity	0.91 Amp Hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Ion
GPS	Built-in GPS
Shape	Round
Screen Size	1.2 Inches

MAINTENANCE

- **Cleaning:** Regularly wipe the watch and band with a soft, damp cloth to remove sweat and dirt. Ensure the charging contacts are clean and dry before charging.
- **Water Resistance:** The COROS PACE 4 is water-resistant. It is suitable for swimming and showering. Always ensure the watch is dry before charging.
- **Band Care:** If using a nylon band, allow it to air dry completely after getting wet. Silicone bands can be washed with mild soap and water.

TROUBLESHOOTING

- **Watch Not Responding:** Try restarting the watch by pressing and holding the Digital Crown for an

extended period until it powers off and then on again.

- **GPS Accuracy Issues:** Ensure you are in an open area with a clear view of the sky. Check for any available firmware updates via the COROS app.
- **Syncing Problems:** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Restart both devices and try syncing again. Check your Wi-Fi connection for Wi-Fi Sync.
- **Heart Rate Inaccuracy:** Ensure the watch is worn snugly on your wrist, just above the wrist bone. Clean the sensor regularly.

OFFICIAL PRODUCT VIDEOS

PACE 4 Launch Film

Your browser does not support the video tag.

Video: An official launch film for the COROS PACE 4, showcasing its design and key features in action.

PACE 4 Vertical Video

Your browser does not support the video tag.

Video: A vertical format video highlighting the COROS PACE 4, suitable for mobile viewing, demonstrating its features.

WARRANTY & SUPPORT

The COROS PACE 4 comes with a manufacturer's warranty. For detailed warranty information, product support, or to contact customer service, please refer to the documentation included in your product packaging or visit the official COROS website.

You may also find additional support and resources through the COROS app or their online community.