G-SHOCK Connected Models

GSWH1000 Quick Hardware Guide

Wear OS by Google Walkthrough

Initial Setup Walkthrough

Home

Activity

More (Settings)

Aerobic Training

Aerobic training is any type of physical activity performed with the intensity and duration necessary to improve heart, lung, and muscle function. It is an essential part of endurance performance.

Anaerobic Training

Anaerobic training improves your ability to perform and repeat high-intensity efforts, where energy demands exceed aerobic capacity. It is tied to sprints, interval workouts and sports performance.

Heart Rate

Heart rate simply describes how fast your heart is beating. Expressed in terms of beats per minute, it is widely used to understand the intensity of your efforts during physical activity.

Heart Rate Zone

Keep tabs on the intensity of your effort using these zones as your guide. You can use them to set goals, plan workouts, and modify your performance along the way.

Recovery Time

Maximize the effectiveness of your workouts by ensuring adequate recovery. This countdown timer updates at the end of each workout to reveal when you will be ready for a seriously hard challenge.

Training Effect *see table*

Training Effect scores (0.0-5.0) provide real-time insight into how your current workout will likely influence the future development of aerobic and anaerobic performance capacity.

Training Load

The combined physiological strain of all your activities recorded over the past 7 days is displayed in a single number. Guide your efforts to ensure the right level of challenge for you personally.

Training Status

Changes in your V02max fitness are interpreted using trends in your Training Load data. See when your training is productive or unproductive, when you are peaking, recovering, detraining, and more.

VO2max

This number describes your current cardio-respiratory fitness level. It is the maximum rate at which you can import oxygen, transport it to your muscles, and convert nutrients into energy aerobically.

Training Effect Breakdown

Run Type	Typical Aerobic TE		Typical Anaerobic TE	
Long, Slow Distance	2.0 - 3.0	Maintaining Aerobic Fitness	0.0	No Anaerobic Benefit
20 Minute Threshold	3.5 +	Improving Lactate Threshold	0.0	No Anaerobic Benefit
Lactate Threshold Intervals	3.0 +	Improving Lactate Threshold	0.0 - 2.0	Minor Anaerobic Benefit
Sprint Intervals 10 x 50 Meters @150-200% VO2max	0.0 - 2.0	Minor Aerobic Benefit	2.0 - 3.0	Maintaining Speed
Speed Intervals 10 x 400 Meters @100-105% VO2max	2.0 - 4.0	Improving Aerobic Fitness	3.0 - 4.0	Improving Economy and Anaerobic Fitness
Speed Intervals 10 x 400 Meters @110-115% VO2max	2.0 - 4.0	Improving VO2max	4.0 +	Highly Improving Anaerobic Fitness
800 Meters Race	2.0 +	Maintaining Aerobic Fitness	2.5 +	Maintaining Anaerobic Fitness
5K Race	3.5 +	Improving VO2max	1.0 - 2.0	Minor Anaerobic Benefit
10K Race	4.0 +	Highly Improving VO2max	0.0 - 2.0	Minor Anaerobic Benefit

G-SHOCK MOVE Technology:

Coordination with a smartphone using Bluetooth® communication realizes timekeeping accuracy and easy operation simultaneously.

Running Measurements

Enables not only stopwatch measurements, but also distance, speed, pace, and calorie consumption measurements. Auto lap measurement also supported.

Interval Timer

The multi-timer can be set to up to five different time settings.

Step Tracker

Counts steps automatically from start of walking.

Vibration Notification Functions

Vibrates to alert wearer of indicating time elapsed and calories burned during training, as well as to indicate receipt of Bluetooth® connected smartphone calls, emails, and SNS messages.

Frequently Asked Questions:

What is the Casio ID?
The Casio ID is a member ID for using various services provided by Casio. Once you have registered as a member, you can use the same ID for multiple services.

What is the G-SHOCK MOVE App?
G-SHOCK MOVE is the more active driven G-SHOCK application in Casio's application lineup. It boasts workout efficiently; depending on the watch you are utilizing you can measure:
• Heart Rate
• Running Distance
• Elapsed Time and Pace
• Step Tracker
• Calories Burned
• Create training plans designated to maintain or improve your athletic ability
• Check the status of your training, training data and history

If I delete the application, will all its history disappear?
If you reinstall the application and log in with the same CASIO ID, you can use it as you did before.

Can I connect to training equipment that can be connected using other company's BLEs? *(chest belt type heart rate sensor, power meter, etc.)*
It will not connect to other companies' BLE devices.

Does the watch display calories burned?
The calories burned during daily use are not displayed. They are displayed on the app. The calories measured in the training mode are displayed in the training log. They are also displayed on the app.

Can I add a new watch? Is it possible to connect multiple watches to the app?
Yes, multiple watches can be registered and connected to the app. You can add a new watch from Other> Settings> Clock> Manage.

**When are the activity and life logs acquired?**
These are obtained when there is new data on the watch, which occurs at the following times:
• When the application is launched
• When the application is restored from background status
• If it doesn't update automatically, tap the update button at the top right of the home screen

Can I use it without GPS? Can I use it without a Smartphone?
Functions will be limited, but usable without use of GPS or Smartphone.

Apple App Store
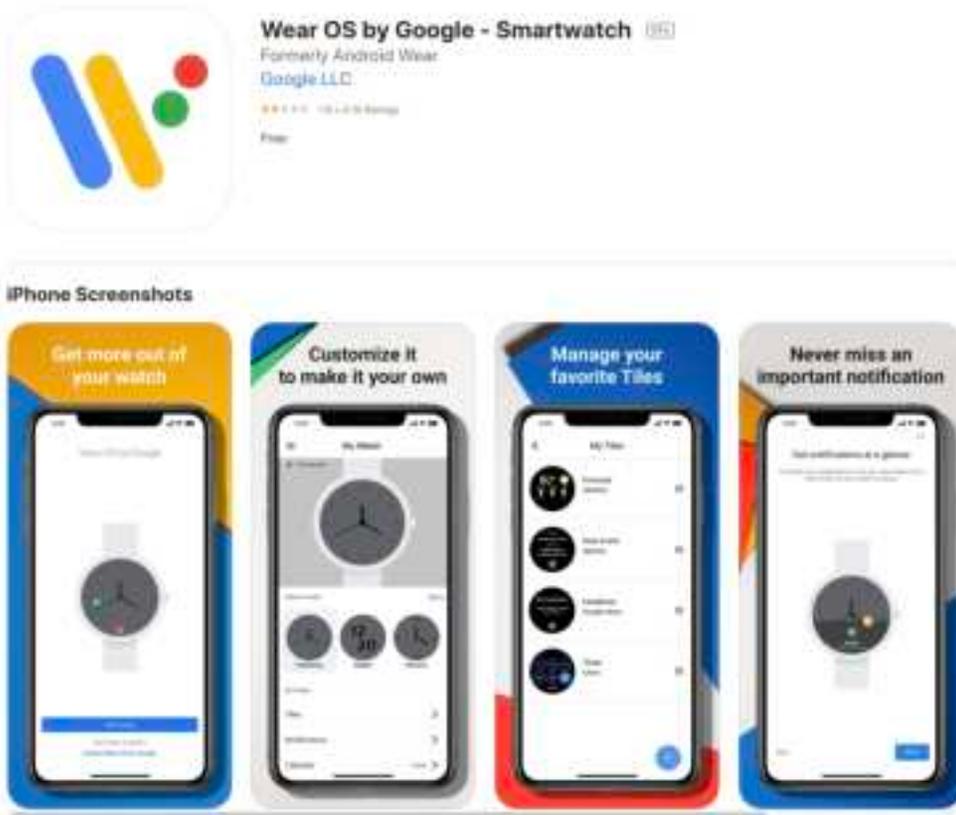
Google Play Store

What is Wear OS by Google (Android Wear)?
- Operating system for Smart Watch (mobile computer)
- Allows the watch to receive notifications from the smart phone (Android, iPhone), and control the phone.
- Can be installed the apps for Smart Watch

The operating system designed for smart watches (watch-type wearable devices = computers) based on Google Android. By pairing with an Android mobile device or iPhone via Bluetooth or Wi-Fi, you can check the notifications received on your device or operate your phone on Wear OS by Google.

Also, it can be installed applications for wear OS by Google from Google Play.

Increase motivation by managing measurement data and training history. App automatically creates training plans tailored to set targets.

Data Analyzed with the phone can be transferred to the app for easier reading and management. This helps you spot changes in your VO2 max and training status, which you can incorporate into your training results and future improvement plans.

• VO2max History
• Training Status History
• Training Load History
• Monthly Target Attainment Rate

Training History shows a list of training data for each activity. In addition to running distance, time, and pace, calories burned, and other data, you can also track your roadwork routes on maps.

• Route Traveled
• Running Distance, Time, Pace
• Calories Burned
• Time In Heart Rate zone
• Training Effect

Training Plan displays a target heart rate zone, running time, running distance, and other training details tailored to a specific purpose. For example, you can create a plan that targets a marathon event, health improvement, or some other goal. You can send a heart rate zone to the watch and use it as a benchmark for your training.

• Plan Type
• Training Schedule
• Target Heart Rate (Transferable to Watch)
• Running Time
• Running Distance
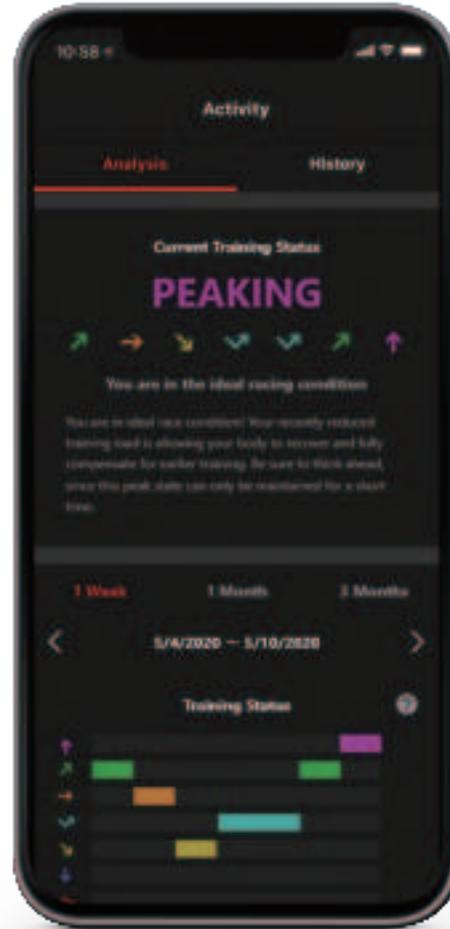
Training Analysis Data

Fully customize "Home" Screen by displaying training data overviews and favorite watch settings.
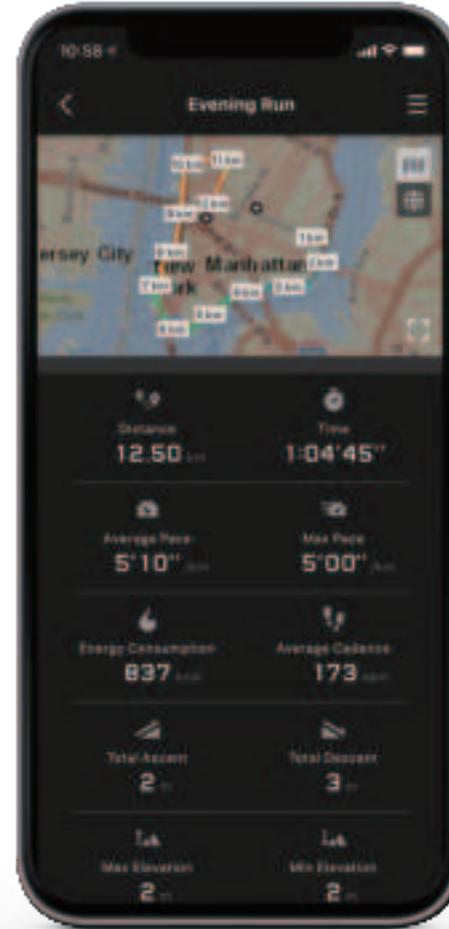
Training History

View in-depth analysis of your training history, routes traveled and also learn how to workout more efficiently

Life Log

See your steps, calories burned, distance covered and other track-able information organized.

RUNNING / WORKOUTS
The Common Value of the G-SHOCK MOVE Series

## MULTI SPORT FUNCTIONS
The Unique Value of Wear OS

Run, Train, and be Strong

Run, Training (G-SHOCK MOVE common function)
Heart Rate / VO2MAX/
Distance / Pace / Speed

Wear OS Dedicated (G-SHOCK MOVE Pro)
Workout / Swimming

Challenge and Improve Your Skill

Multi Sport Measurement Function
Speed / Distance / Etc.
Route / Map / Etc/

G-SHOCK MOVE Comparison Chart

		RUN / WORKOUT		MULTI SPORT					
		RUNNING	WORKOUT	BIKE	SNOW	WATER	TREKKING	FISHING	EXTREME
G-SHOCK MOVE Pro GSWH1000 GPS Heart Rate Wear OS **$699**		◉	◉	●	●	●	●	●	●
G-SHOCK MOVE GBDH1000 GPS Heart Rate **$399**		●	●						
G-SHOCK MOVE GBD100 Bluetooth Step Counter **$149**		●	●						

Covering multisport utilizing the performance of smartwatch

The dial display can be modified, additional watch faces can be installed.

2 Layers

Easy-to-read monochrome LCD and a color LCD

You can customize the information appearing in the upper and lower display areas. Mid display area will typically remain time & date

Simple, Minimal, & Easy to read at a glance

Digital

Important watch face functioning as a starting point for every operation

• daily & activity
• two types of screens
• upper/middle/lower display areas can be changed

Ideal for activity

Analog

Analogue watch face prioritizing readability

Specifying your Home Time Zone and "Daily Activity Range" the background information automatically switches in accordance with your current location and activity.

Analog watch face for the classic timepiece look

Mode to measure various sports

DISPLAY 5 RECENTLY USED DATA

16 ACTIVITY TYPES + OVERLAY	
	Running
	Trail Running
	Road Biking
	Mountain Biking
	Cycling
	Indoor Workouts ⟶
	Indoor / Pool Swimming
	Surfing
	Sailing
	Kayaking
	SUP Stand Up Paddle Board
	Skiing
	Snowboarding
	Trekking
	Fishing
	Walking
	Sensor Overlay

TYPES OF INDOOR WORKOUTS	
Fat Burning Program	
Treadmill	
Stair Climber	
Cycling Machine	
Elliptical	
Muscle Training Program	
Shoulder Press	Russian Twist
Side Raise	Lower Back
Arm Curl	Lat Pull Down
Bench Press	Dead Lift
Chest Press	Squat
Chest Fly	Leg Press
Push Up	Leg Curl
Abdominal Crunch	Leg Extension
Sit Up	Leg Raise
Calf Raise	
Body Trunk Program	
Plank	
Other	
Custom (Core Program)	
Custom (Muscle Training Program)	
Custom (Combustion Program)	

Timekeeping

Calories burned, Calories burned (Weekly statistics), Step Count, Steps weekly statistics, Sunrise time/Sunset time, Heart rate, Heart rate zone, Heart rate graph, Barometer, Barometric pressure graph, Fishing time,Tide(Low tide, High tide, graph, Moon's age), Battery level indicator, Compass, Altimeter, Altitude graph, World time, Schedule (Google calendar), Map

Running

Pace, Heart rate, Heart rate zone, Heart rate graph, Calories burned, Distance, Speed, Laps, Elapsed time, Average Stride, Pitch, Altimeter, Altitude Graph, Compass, Barometer, Barometric pressure graph, Map, Route traveled

Trail Running

Pace, Heart Rate, Heart rate zone, Heart rate graph, Calories burned, Distance, Speed, Laps, Elapsed time, Average Stride, Pitch, Altimeter, Altitude Graph, Compass, Barometer, Barometric pressure graph, Map, Route traveled

Road Biking

Heart rate, Heart rate zone, Heart Rate graph, Speed, Road grade, Distance, Pace, Calories burned, Laps, Elapsed time, Altimeter, Altitude Graph, Compass, Barometer, Barometric pressure graph, Map, Route traveled

Mountain Biking

Heart rate, Heart rate zone, Heart rate graph, Speed, Road grade, Distance, Pace, Calories burned, Laps, Elapsed time, Altimeter, Altitude graph, Compass, Barometer, Barometric pressure graph, Map, Route traveled

Cycling

Heart rate, Heart rate zone, Heart rate graph, Speed, Road grade, Distance, Pace, Calories burned, Laps, Elapsed time, Altimeter, Altitude graph, Compass, Barometer, Barometric pressure graph, Map, Route traveled

Pool Swimming

Swimming style judgment, Target time, Elapsed time, Distance

Surfing

Elapsed time, Tide (Low tide, High tide, graph), Number of Riding

Sailing

Distance, Speed, Tide (Low tide, High tide, graph, Moon's age), Pace, Calories burned, Heart rate, Heart rate graph, Heart rate zone, Elapsed time, Barometer, Barometric pressure graph, Altimeter, Altitude graph, Compass, Map, Route traveled
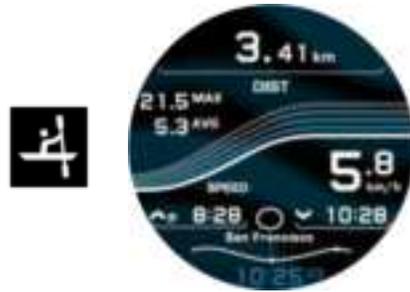
Kayaking

Distance, Speed, Tide (low tide, high tide, graph, moon's age), Pace, Calories burned, Heart rate, Heart rate graph, Heart rate zone, Elapsed time, Barometer, Barometric pressure graph, Altimeter, Altitude graph, Compass, Map, Route traveled,

SUP (Stand Up Paddle board)

Distance, Speed, Tide (low tide, high tide, graph, moon's age), Pace, Calories burned, Heart rate, Heart rate graph, Heart rate zone, Elapsed time, Barometer, Barometric pressure graph, Altimeter, Altitude graph, Compass, Map, Route traveled,
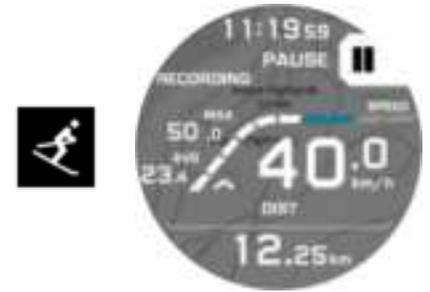
Skiing

Speed, Distance, Elapsed time, Calories burned, Heart rate, Heart rate zone, Heart rate graph, Altimeter, Altitude Graph, Barometer, Barometric pressure graph, Map, Route traveled,

Snowboarding

Speed, Distance, Elapsed time, Calories burned, Heart rate, Heart rate zone, Heart rate graph, Barometer, Barometric pressure graph, Altimeter, Altitude graph, Map, Route traveled

Trekking

Barometer, Barometric pressure graph, Altimeter, Altitude graph, Compass, Calories burned, Heart rate, Hate rate zone, Heart rate graph, Distance, Elapsed time, Step count, Map, Route traveled

Fishing

Fishing time, Fish counter, Tide (Low tide, High tide, graph, moon's age), Barometer, Barometric pressure graph, Altimeter, Altitude Graph, Compass, Elapsed time, Calories burned, Stride pitch, Heart rate, Heart rate zone, Map, Route traveled

Walking

Calories burned, Stride pitch, Heart rate, Heart rate zone, Heart rate graph, Distance, Pace, Speed, Elapsed time, Map, Route traveled

CATEGORY	EVENT NAME							
Fat Burning	Treadmill		Stair Climber		Cycling Machine		Elliptical	
Shoulder	Shoulder Press		Side Raise					
Arm	Arm Curl							
Chest	Bench Press		Chest Press		Chest Fly		Push Up	
Abdomen	Abdominal Crunch		Sit Up		Russian Twist		Leg Raise	
Back	Lower Back		Lat Pull Down		Dead Lift			
Buttocks	Squat							
Leg	Leg Press		Leg Curl		Leg Extension		Calf Raise	
Body Trunk	Plank							
Other	Custom (sec) *plank series		Custom (rep) *muscle training program		Custom (Cardio) *cardio program			

MOVE PRO
Heart Rate Monitor + Wear OS

Models: GSWH1000

The first G-SHOCK smartwatch powered with Wear OS by Google™. A tough case ensures shock resistance and 20-bar water resistance, plus GPS functionality and multiple sensors.

Loaded with functions useful for a wide range of activities — from daily workouts to extreme sports. Includes an original Casio app with support for a variety of sports. From training activities like running, indoor workouts and swimming to biking, snowboarding and fishing, the app includes 15 activities and 24 indoor workout options for use in a wide range of athletic settings.

MOVE
Heart Rate Monitor + GPS

Models: GBDH1000

Sports watches equipped with heart rate monitor and GPS.

Useful workout functions include an optical sensor for heart rate measurement, along with bearing, altitude/barometric pressure, and temperature sensors, and an accelerometer for step counting.

MOVE
Step Tracker & Training

Models: GBD100

Sports watches with Bluetooth® capabilities that allow continuous connection with a smartphone.

Standard features include a step tracker (pedometer), interval timers (up to 20 sets of five timers each), lap time measurement (up to 140 records for up to 100 runs), and calories burned measurement, all of which provide plenty of support for your daily training.

MOVE
Daily Exercise

Models: GBA900

Built-in Step Tracker for distance measurement, with many other features that support daily exercise.

Featuring Smartphone Link with accelerometer for accurate distance measurement, plus many other features for running, walking and other kinds of daily exercise. The dedicated app makes training even easier to manage. This watch is an essential piece of sports gear for any active lifestyle.

G-LIDE
Surfing's Extreme Sport Line

Models: GBX100

The new GBX100 models are the latest additions to the G-LIDE lineup of G-SHOCK sports watches, a favorite choice among the world's top surfers.

The GBX100 uses a wide face and a high-definition MIP (Memory In Pixel) LCD display to improve readability of standard functions like Tide Graph, Moon Data, high tide, low tide, sunrise and sunset times.

G-SHOCK Connected App

Models: Select MT-G, G-STEEL, Origin, Power Trainer, and Master Of G Series

MR-G Connected App

Models: MRGB1000, MRGG1000, MRGG2000

EDIFICE Connected App

Models: ECB10, ECB800, ECB900, EQB1000

CASIO+ App

Models: Select Edifice ECB & EQB Series

Pro Trek Connected App

Models: PRTB50

G-SHOCK Example GSWH1000-1A

THE FIRST G-SHOCK SMARTWATCH POWERED WITH WEAR OS BY GOOGLE™. A tough case ensures shock resistance and 20-bar water resistance, plus GPS functionality and multiple sensors. Loaded with functions useful for a wide range of activities — from daily workouts to extreme sports. Includes an original Casio app with support for a variety of sports. From training activities like running, indoor workouts and swimming to biking, snowboarding and fishing, the app includes 15 activities and 24 indoor workout options for use in a wide range of athletic settings.

All Models	
Capture Data on Sport Activities	Dual Layer Display
Multi-information Display	Shock Resistant
Original Watch Faces	200M Water Resistant
Theme Color Settings	Titanium Case Back
GPS Functionality & Multiple Sensors	Powered with Wear OS by Google™

MULTI-INFORMATION DISPLAY

View measurement data such as pace and heart rate in a three-tiered display layout. Customize and rearrange data points to create just the screen display to suit your purpose.
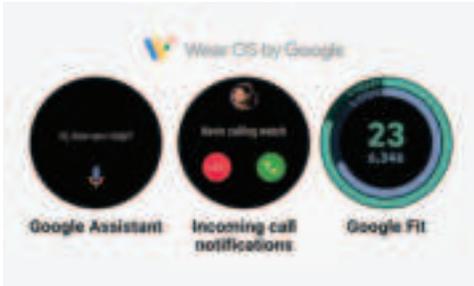
WEAR OS BY GOOGLE™

Powered with Wear OS by Google™, your smartwatch comes with helpful apps like Google Assistant, Google Pay™ and Google Fit™. Get notifications for email, calls, social media, and more. Download thousands of apps from Google Play.

GPS FUNCTIONALITY & MULTIPLE SENSORS

Obtains current location data from a GPS satellite. Optical sensors on the back of the watch measure heart rate. Also includes sensors for compass bearing, altitude, barometric pressure and more. Get real-time data with original sensing technology.

DUAL LAYER DISPLAY

Combines a monochrome, always-on LCD for time display with a color LCD for high-definition display of maps, sensor data and more. This dual display enables optimal display options for your setting while maintaining excellent visibility at all times.

■ Package Contents

Watch

Charger Cable

"Read This First"

Warranty

■ Component Names
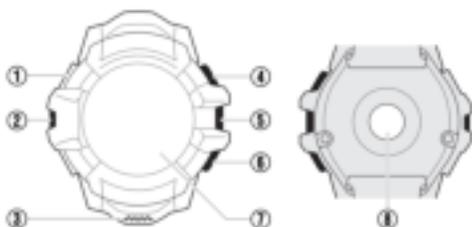
① Charger terminal
② Pressure sensor
③ Microphone
④ START button (upper button)
⑤ Power button
⑥ APP button (lower button)
⑦ Touch screen (display)
⑧ Optical sensor (PPG Heart Rate)

■ Introduction

- The contents of this manual are subject to change without notice.
- Copying of this manual, either in part or its entirety, is forbidden. You are allowed to use this manual for your own personal use. Any other use without the permission of CASIO COMPUTER CO., LTD. is forbidden under copyright laws.
- CASIO COMPUTER CO., LTD. shall not be held liable for any lost profits or claims from third parties arising out of the use of this product or this manual.
- CASIO COMPUTER CO., LTD. shall not be held liable for any loss or lost profits due to loss of data caused by malfunction or maintenance of this product, or any other reason.
- The watch and sample screens depicted in the illustrations in this manual may be different from the actual appearance of the watch.

■ Basic Functions

Adjusting the Current Time Setting

While there is a Bluetooth connection between the watch and a paired phone, the watch's current time will be synced with the time of the phone. You can also adjust the watch's current time setting manually.

Alarm, Timer, Stopwatch, etc.

These functions can be used by Wear OS by Google standard apps. While a watch face is displayed, short press the power button. On the app list that appears, tap the app you want.

For details about the above settings and how to use them, visit the websites below.

https://support.google.com/wearos/

App Updates

Important!

To ensure that your watch can function at the high level for which it is designed, be sure to keep all apps up to date. It is recommended that you turn on the watch and keep it connected to your phone and Wi-Fi when charging so app updating can be performed automatically. Also, if there are any CASIO apps that can be updated in MyApps on Google Play, be sure to update them. For details, visit the support site below.

https://support.casio.com/gsw/en/GSW-H1000/

Powered with Wear OS by Google

This watch can be used while paired with an Android™ or iOS phone. It also has a large collection of standalone functions that can be used when not paired with a phone. Supported functions depend on your platform and country. For information about supported phones, visit the CASIO support site below.

https://support.casio.com/gsw/en/GSW-H1000/

Wear OS by Google Functions

Powered with Wear OS by Google, this smartwatch has the following capabilities:
- Dictation and voice command
- Messaging and incoming call notifications
- Alarms, stopwatch, timer, agenda and translation
- Core Google apps like Google Fit™ and Google Assistant
- Download apps and watch faces using Google Play
- Adjustable settings

This user's guide does not contain any information about the above functions. For details about these functions, visit the websites below.

https://support.google.com/wearos/

Attention iPhone Owners!

When using this watch while it is paired with an iPhone, be sure to have the Wear OS by Google app running on the iPhone. The app must be running in the background on the iPhone. If the Wear OS by Google app is not running, functions that require communication with the iPhone do not operate.

GSWH1000 Hardware Quick Guide

■ Getting Ready for First Use

Before using this watch for the first time, perform the steps below in sequence to charge the watch and configure its settings.

- "STEP 1: Charge the watch"
- "STEP 2: Pair the Watch with Your Smartphone"
- "STEP 3: Update Your Apps to Their Latest Versions"
- "STEP 4: Install the CASIO "G-SHOCK MOVE" App on Your Phone"

STEP 1: Charge the watch

Be sure to charge the watch before using it.

Use the charger cable that comes with the watch to charge using a USB-AC adaptor, or by connection to a computer or other device.

- Note that the setup of a computer may not support charging from its USB port.

Connect to a USB (Type A) port

- Make sure the charger cable connector is oriented correctly when plugging it into a USB port.

USB (Type A) port
Voltage: 5 V
Current: 0.5A min.

Charger cable
(included with watch)   The connection is magnetic.
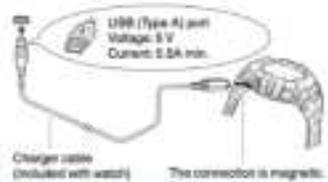
Important!

- This USB-AC adaptor or other USB power supply device you use must meet certain specifications. Do not use an inferior adaptor or device that does not meet the required specifications. Doing so can cause malfunction and breakdown of the watch and USB power supply device. Also note that use of a USB-AC adaptor may be subject to local standards imposed by the country where you are located. CASIO COMPUTER CO., LTD. shall not be held in no way liable for any malfunction or break down of the watch and/or USB power supply device caused by use of an inferior adaptor or device that does not meet the required specifications.

STEP 2: Pair the Watch with Your Smartphone

- This procedure is current as of April 2021.

1. Use your phone settings to turn on Bluetooth®.
2. On your phone, install the Wear OS by Google app.
   Android Phone Users
   On your phone, open the Google Play Store and install the Wear OS by Google app.
   iPhone Users
   On your iPhone, open the App Store and install the Wear OS by Google app.

3. If you don't already have one, create your Google Account.
   - A Google Account gives you access to a variety of different Google services. Be sure to create a Google Account before using this watch.
   - If you already have a Google Account, have its email and password accessible.
   - If you are using an iPhone and don't have a Google Account, follow the instructions that appear on your phone's screen during step 4 below to acquire an account.

4. Pair the watch with your phone.

   Important!
   - The pairing procedure you need to use depends on the version of Wear OS by Google running on your watch and phone. For the latest information on procedures, visit the website below.
     https://support.casio.com/gwear/GSW-H1000

   - When configuring pairing settings, it is recommended that you have the phone and watch within one meter of each other.
   - A Wi-Fi environment is required to use an iPhone.

   1. If the watch is turned off, hold down the power button for at least two seconds to turn it on.
   2. Tap the watch display. On the screen that appears, select a language.
   3. Swipe the screen upwards to display the watch name (GSW-H1000).
   4. On your phone, start up the Wear OS by Google app.

   The term "watch" in the text below refers to a smartwatch powered with Wear OS by Google.

   5. If this is the first time you are pairing your phone and watch, start up the Wear OS by Google app on your phone. Next, tap "Set it up".
      - Now, follow the instructions that appear on your phone screen to complete the pairing procedure.

   If you are using an existing phone that is paired with a watch, you need to perform one of the procedures below in place of step 5 above. The procedure you should use depends on your phone type.

   Android Phone Users
   You can have multiple watches paired with an Android phone at the same time.
   In the upper left corner of the Wear OS by Google app screen, tap the watch name. On the menu that appears, tap "Add a new watch".
   - Now, follow the instructions that appear on your phone screen to complete the pairing procedure.

   iPhone Users
   With an iPhone, you can have only one watch paired per phone. Use the procedure below to unpair the currently paired watch from the iPhone so you can pair with this watch.
   1. On your iPhone home screen, tap the following in sequence: "Settings" > "Bluetooth".
   2. In the "MY DEVICES" list, tap the ⓘ mark to the right of the name of the currently connected Wear OS by Google watch.
   3. Tap "Forget This Device".
   4. Start up the Wear OS by Google app.
   5. Tap the menu icon (☰) in the upper left corner of the screen. On the menu that appears, tap "Set up a new watch".
      - Now, follow the instructions that appear on your phone screen to complete the pairing procedure.

   #### Changing the Phone Model Paired with This Watch
   (The information below also applies when changing from one paired phone model to another.)
   Only one phone can be paired with the watch at a time. If you want to pair the watch with a different phone, you first need to unpair it from the existing phone. To unpair from a phone, perform the procedure under "Returning the Watch to its Initial Factory Defaults".

STEP 3: Update Your Apps to Their Latest Versions

In order to use all of the functionality provided by this watch, be sure to update all of your apps to their latest versions before using your watch.
- This procedure is current as of April 2021.
- A Wi-Fi environment is required to use an iPhone.

1. While the watch is displaying a watch face (normal timekeeping screen, not an app screen or setting screen), short-press the power button to display the app list.
2. Scroll the list of apps upwards or downwards until "Play Store" is displayed, and then tap it.
3. Swipe the touch screen from top to bottom to display the Play Store menu and then tap the "My Apps" (▣) icon.
   - If the above operation does not work, swipe the touch screen from bottom to top and then tap "My Apps".
4. If there is any app for which an update is available, its name will be shown under "Updates Available". Tap "Update all".

STEP 4: Install the CASIO "G-SHOCK MOVE" App on Your Phone

You can use the CASIO app to view training logs.
- You need to register a CASIO ID to use a CASIO app. Registering a CASIO ID also lets you use other online services provided by the CASIO Group.

1. Install the "G-SHOCK MOVE" app on your smartphone.
   Android Phone Users
   On your Android smartphone, start up Google Play Store, search for the "G-SHOCK MOVE" app, and then install it.

   iPhone Users
   On your iPhone, start up App Store, search for the "G-SHOCK MOVE" app, and then install it.

After the "Getting Ready for First Use" procedure is complete, the "DIGITAL" watch face will appear on the display. For details about DIGITAL, see "Using the "DIGITAL" Watch Face".

■ Initial Settings and Fastening the Watch to Your Wrist

This section explains how to configure the initial settings of the watch, which are necessary for activity measurement. We also explain how to fasten the watch to your wrist for more accurate measurement.

Configuring Initial Default Settings for Heart Rate Measurement

This setting is essential for calculating performance, including your heart rate zone and VO₂Max.

1. While the "DIGITAL" watch face is displayed, hold down your finger in the center of the touch screen for about two seconds.
   - This shrinks the watch face and displays ✿ below it.
2. Tap in the following in sequence: ✿ > "Heart Rate Setting".
   - This displays the "Heart Rate Setting" menu.
3. Input the following in sequence: "Birth Day", "Heart rate at rest", "Gender", "Height", and then "Weight".
4. To quit the setting procedure and return to the watch face display, press the power button.

Fastening the Watch to Your Wrist

How you wear the watch on your wrist affects the accuracy of heart rate monitor values. Position the watch as described below.

1. With the watch fastened loosely on your wrist, place at least one finger to the right of the power button.*
   * If you wear the watch on your right wrist, place your finger(s) to the left of the pressure sensor (left side of the watch).

   - If the watch covers the protruding bone of your wrist (your ulna, which is circled in the nearby figure), keep adding fingers until it doesn't anymore.

   - The location and shape of this bone differ from person to person.

2. Position the watch so there is at least one finger width between it and your wrist joint when you bend your hand back.

3. After you determine the best wrist position, tighten the band snugly so the watch does not slide on your wrist.

   Important!
   - A band that is snugly tightened for heart rate measurement can make it difficult for air to pass under the band and cause you to sweat, which can lead to skin irritation. During normal wear, when you do not need to monitor your heart rate, make sure to maintain enough band looseness so you can insert a finger between it and your wrist.
   - Avoid using sunblock, hand cream, cosmetics, and other skin applications on the wrist where you will wear the watch for heart rate measurement. Such creams and gels can soil the sensor window of the watch and reduce heart rate measurement accuracy. Avoid using such agents on the wrist where you will wear the watch.

## ■ Basic Button and Display (Touch Screen) Operations

Operations of this watch are performed using three side buttons and the screen (touch screen).

Restoring the Display Screen

If the screen of this watch is dark, tap the screen or press the power button. Wait until the screen lights up before performing operations.

Basic Button Operations

This section describes button operations you can perform while a watch face is displayed.
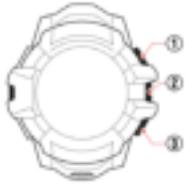
① START button (upper button)
② Power button / App List / Home Screen Button
③ APP button (lower button)

① START button (upper button)
Pressing this button while the watch face is displayed starts activity measurement and/or displays the START screen for selecting measurement items.
For details, see "Selecting an Activity for Measurement".

② Power button / App List / Home Screen Button
Pressing this button while a watch face is displayed will display the Wear OS by Google app list. You can swipe the app list up or down to scroll it. Tap on an App to select and start it up.
If an app screen, setting screen or any other screen besides a watch face is displayed, pressing the power button returns to the watch face.

③ APP button (lower button)
Pressing this button while a watch face is displayed displays the CASIO's APPS screen, which you can use to quickly call up various CASIO original functions.
For details, see "Quick Recall of Main Functions (CASIO's APPS)".

> **Important**
> • You can use Wear OS by Google to change the functions of the START and APP buttons. However, when using the "DIGITAL" watch face, use the default button operations without changing them.
> In this user's guide, operations are explained assuming that default settings are being used.

Basic Screen Operations (Swiping Up, Down, Left, and Right)

While a watch face is displayed, you can access various Wear OS by Google functions by swiping the screen up, down, left, and right.

> **Note**
> • The procedures below are current as of April 2021. Note that the operations described here are subject to change due to updates of Wear OS by Google and other factors. For details about Wear OS by Google operations, visit the website below.
> https://support.google.com/wearos

Swipe from top to bottom
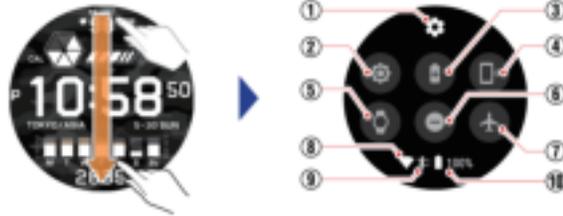
This displays the Wear OS by Google setting screen.

① Settings
② Brightness
③ Battery Saver
④ Find my phone
⑤ Theater mode
⑥ Do Not Disturb
⑦ Airplane mode
⑧ 🔲 Displayed while there is a Wi-Fi connection.
⑨ 🔲 Displayed while there is a Bluetooth connection between the watch and a phone.
⑩ 🔲 Remaining battery charge

Swipe from right to left
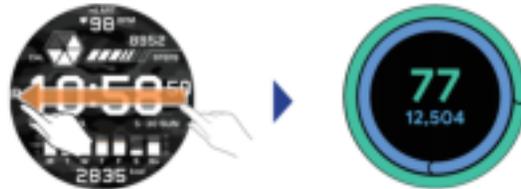
Each swipe displays the next Tile*.

* Tiles make it easy to take quick actions and access important information at a glance. Tiles include weather forecast, news, workout tracking, guided breathing, and more. Select and edit the Tiles you want to have on your watch.

Swipe from bottom to top

This displays notifications.

• You can display other notifications by swiping the notification screen from bottom to top.
• Swiping a notification to right or left will cause it to disappear.

Swipe from left to right

This operation displays the Google Assistant voice control buttons.
Swiping the Google Assistant screen from bottom to top displays information from Google Assistant.

■ Quick Recall of Main Functions (CASIO's APPS)

From the icon menu that appears when you press the APP (lower) button, you can quickly access the main CASIO original functions installed on this watch.

Recalling Functions with CASIO's APPS

1. **While a watch face is displayed, press the APP button (lower button).**
   - This displays the CASIO's APPS screen.

2. **Run your finger around the outer periphery of the display to rotate through icons until the icon you want to recall is displayed in the center of the screen.**

3. **Tap the icon in the center of the screen.**
   - The table below shows the functions you can recall.

Function	Description
Activity	Displays the START screen to start Activity measurement. If an Activity measurement is already in progress, watch will return to the measurement screen that was displayed before step 1 of this procedure.
History	Displays a history list of Activity measurement results.
Watch Face Background	Selects the background image of the "DIGITAL" watch face.
Theme Color	Tap to select a uniform theme color for the watch's screen. The color you select is used for icons and cursors (CASIO apps only).
Map	Displays a map using the full display area of the watch.

Function	Description
Heart Rate Graph	Displays your latest heart rate reading along with a Heart Rate Graph of the previous 24 hours. If an Activity is in progress, the display will show your current heart rate and graph of your readings during the current Activity.
Sensor Overlay	Measures data during an Activity to overlay it on a movie or still image shot during the Activity. • The "G-SHOCK MOVE" phone app is required to overlay measurement data onto a movie or still image.
Timepiece	Quits Wear OS and displays only the monochrome time and other information, for lower battery consumption.
Tide Graph	Displays the current tide level and a Tide Graph of the previous 12 hours and the next 12 hours. The current tide level and the high and low tide levels of the next 12 hours are displayed along with their times. • You can select the port whose information you want to display using the Tide Graph menu on the lower display switching screen of the "DIGITAL" watch face. For information about the procedure, see "Changing DIGITAL Screen Items".
Altimeter	Displays your current altitude and an altitude graph of the previous 24 hours. If an Activity is in progress, the display will show your current altitude and an altitude graph of your readings during the current Activity.
Barometer	Displays your current barometric pressure and a Barometric Pressure Graph of the previous 24 hours. If an Activity is in progress, the display will show your current barometric pressure and a barometric pressure graph of your readings during the Activity.
Compass	Displays the compass (bearing indicator).
G-SHOCK MOVE	Connects to or disconnects from the "G-SHOCK MOVE" phone app. While connected to "G-SHOCK MOVE", you can use your phone to view Activity records and configure phone settings.

■ Selecting an Activity for Measurement

Your watch supports measurement and recording of dozens of different activities. The table below shows a partial list of supported activities.

Walking	Arm curls*
Cycling	Abdominal crunches*
Skiing	Shoulder presses*
Sailing	Squats*
Trail running	Treadmill*
Trekking	Push ups*
Fishing	Planks*
Pool swimming	Bench presses*
Mountain biking	Leg presses*
Running	Lower back*, etc.
Road biking, etc.	

* Activities included in the "Workouts" item of the watch's activity selection screen. Operations for those activities are slightly different from operations of other activities.

Important!

- Note the precautions below to ensure correct heart rate measurement by the watch.
  - Before starting measurement, use the procedure under "Configuring Initial Default Settings for Heart Rate Measurement" to enter your birthday, gender, and other profile information.
  - Be sure to properly fasten the watch to your wrist. (See "Fastening the Watch to Your Wrist".)
- When you start measurement of an outdoor activity such as running, go outdoors to an open space where the sky is visible.

Note

- While the watch is connected with the "G-SHOCK MOVE" phone app, you can use your phone to view Activity records.
  To connect to "G-SHOCK MOVE", press the APP button on the watch face (lower button). On the screen that appears, tap "G-SHOCK MOVE" icon in the center of the screen.
  For details, see "Quick Recall of Main Functions (CASIO's APPS)".

Activity Measurement (Excluding Workouts)

This section describes the measurement operations for running and other activities that are mainly performed outdoors.
For details about Workouts measurement, see "Activity Measurement (Workouts)".

Starting, Pausing, and Stopping an Activity Measurement

Starting an Activity Measurement Operation

Note

- Display of the "DIGITAL" watch face is recommended when performing step 1 of the procedure below.
- Regardless of the type of watch face you have displayed, starting an activity measurement operation switches to the "DIGITAL" activity measurement in progress screen.

1. **While a watch face is displayed, press the START button (upper button).**
   - This displays the activity measurement START screen, which shows the currently selected activity.

   - To change the sports activity, go to step 2. To start measurement using the currently selected sports activity, advance to step 4 of this procedure.

2. **Press the APP button (lower button) to display the activity selection screen.**

3. **Swipe the screen up or down until you find the activity you want, and then tap it.**

4. **To start measurement, press the START button.**
   - If you are using an activity that records location information, the message "Location info being acquired..." appears all this time. Move outdoors to a location with an unobstructed view of the sky and wait there without moving until location information can be acquired.
   - If a countdown appears, start the workout when the countdown reaches zero. If you want to start without waiting until the countdown reaches zero, press the START button.
   - For some activities (such as Skiing), the following message appears on the display: "Standing by. To restart recording, press the DO button.". In this case, you can start measurement by pressing the START button.
   - When the measurement starts, the watch transitions to the "DIGITAL" watch face's activity measurement in progress screen.

   Example screen when "Running" is selected

   For information about the screen items, see "Activity Measurement in Progress Screen".

To pause or stop activity measurement

1. **To pause a measurement operation, display the Activity measurement in progress screen and then press the START button (upper button).**
   - This pauses measurement and displays the measurement paused screen.
   - To restart measurement, press the START button.

2. **To quit measurement, hold down the APP button (lower button) for about two seconds.**

3. **This displays the message "Save history?". Tap "Save (upper button)" or press the START button.**
   - To discard the measurement history, tap "Discard (lower button)" or press the APP button.
   - Tapping "Save (upper button)" performs the save operation and then displays the stats screen. You can scroll the stats screen contents by swiping up or down.
   - To view saved statistical data later, select the CASIO's APPS option of "History".

Note

- Changing the "Location Recording Frequency" setting from "MAX (Every second)" (initial default) to "MID (Every 6 seconds)" or "LOW (Every 120 seconds)" reduces battery power consumption, but it also reduces the accuracy of various measurements, and disables Auto Pause and other functions.

Activity Measurement in Progress Screen

This section explains how to interpret the contents of the activity measurement screen. The "Running" screen is used as an example for this explanation.

   Example screen when "Running" is selected

① The 10 segments of this ring represent 100% of your personalized pace based on your history of past runs (10% each). The initial default setting for the personal best pace is 4:00 minutes per kilometer. As you run, segments are displayed to show what percentage of your personal best your current pace is.
   The items below are displayed near the ring.
   - PACE: Your current pace
   - MAX: Your maximum pace measured so far
   - AVG: Your current measured average pace

② Shows your Heart Rate. See "Heart Rate" under "Middle display area example".

③ Shows the current time, day of the week, and date.

④ A map around your current location and a track of your movements are displayed as the background.

Wear OS Initial Setup Walkthrough

DOWNLOADING THE APPLICATION & STARTING THE CONNECTION PROCESS

Step 1

Start by downloading and accessing the Wear OS app from the app store or google play store.
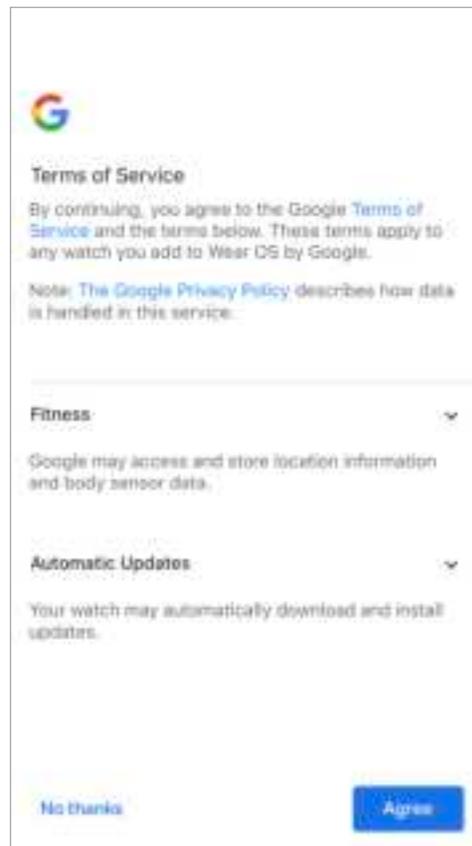
Step 2

Read and Agree to the terms of service.
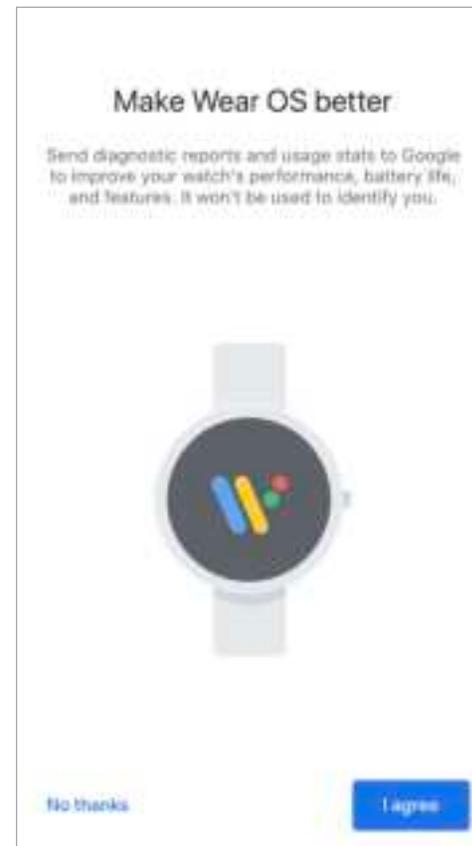
Step 3

Step 3 Select Agree or No thanks to proceed.
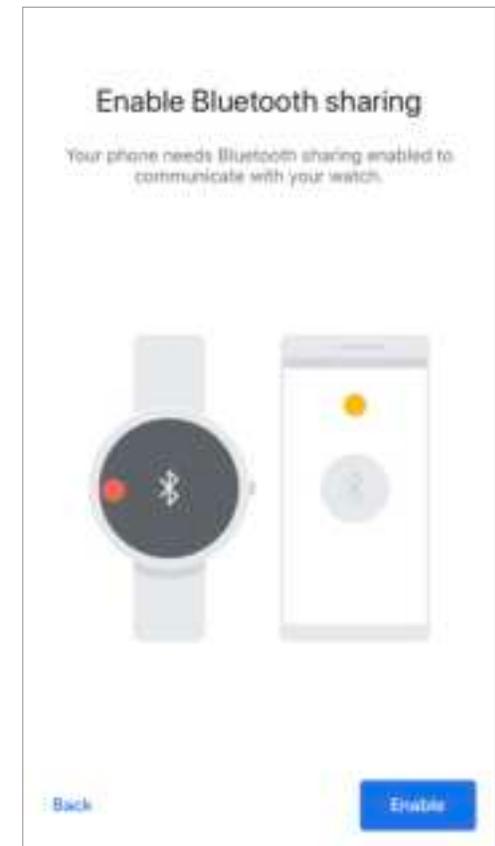
Step 4

Select Enable to allow for a Bluetooth connection.

Wear OS Initial Setup Walkthrough

DOWNLOADING THE APPLICATION & STARTING THE CONNECTION PROCESS
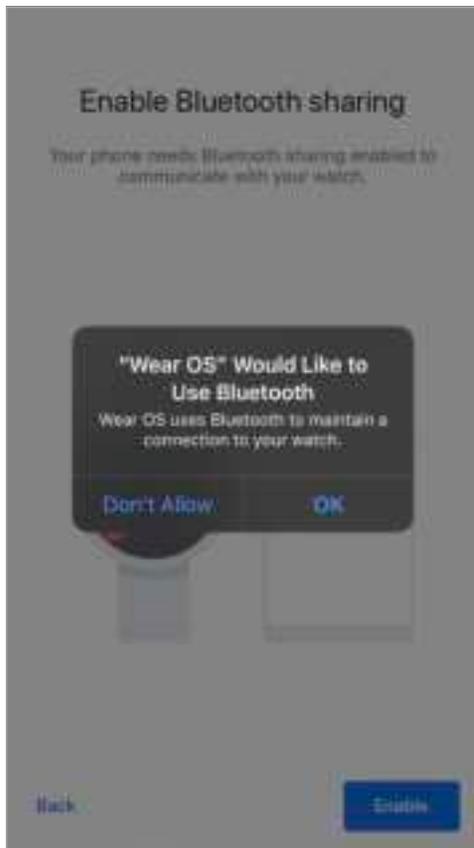
Step 5

Select OK to proceed.

Step 6

Access your watch and follow the directions on the screen. Tap to begin then scroll down to select the language. After the watch name appears select it to initiate connection.

Step 7

This will initiate copying account information to the watch.
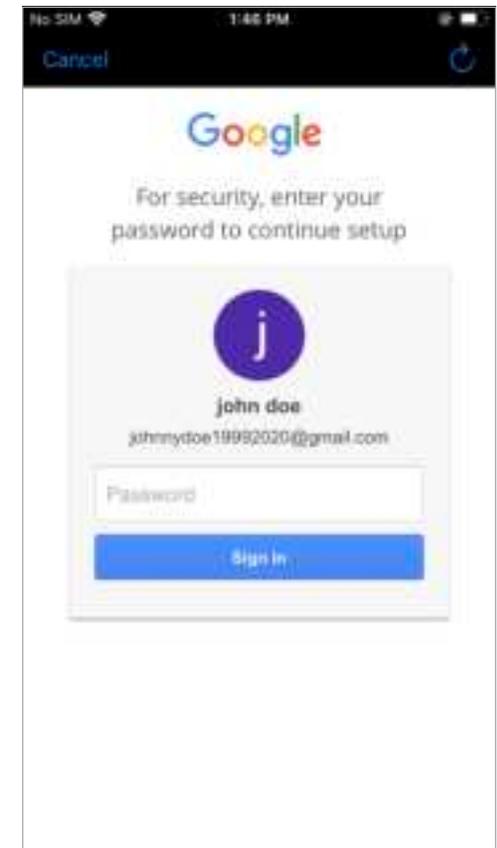
Step 8

if not already connected, a prompt will appear to enter google email information. After entering account information select sign in to continue.

Wear OS Initial Setup Walkthrough

DOWNLOADING THE APPLICATION & STARTING THE CONNECTION PROCESS

Step 9

Select Sync to connect calendar information from the smartphone and Gmail account to the watch.

Step 10

Select OK to proceed.

Step 11

Select Allow to give the watch access to the smartphones notifications allowing those notifications to appear on the watch.

Step 12

Select Allow to proceed.

Wear OS Initial Setup Walkthrough

DOWNLOADING THE APPLICATION & STARTING THE CONNECTION PROCESS

Step 13

Select Sync to sync smartphone contacts and give the watch the permission to send messages.

Step 14

Select OK to proceed.
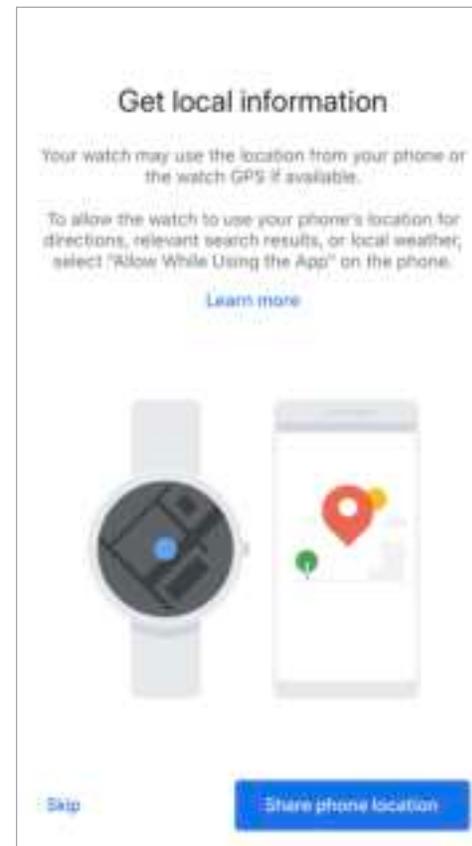
Step 15

Select share my phone location to give the watch permission to access the smartphones GPS.

Step 16

Select Allow While using the App to get the best results.

Wear OS Initial Setup Walkthrough

DOWNLOADING THE APPLICATION & STARTING THE CONNECTION PROCESS
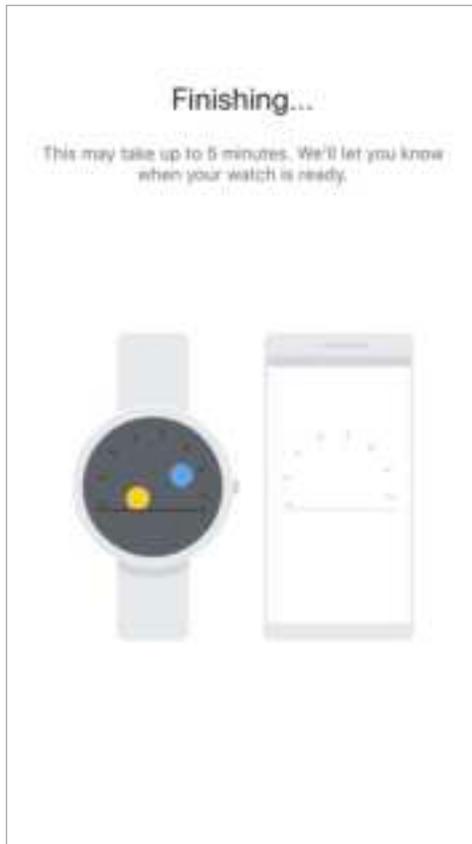
Step 17

This will prompt the finishing page, which may take up to five minuets to complete.

Step 18

The initial pairing process is complete select done to finalize and proceed.

Wear OS Setup

SETTING UP A NEW WATCH THROUGH WEAR OS / MANAGE GOOGLE ACCOUNTS
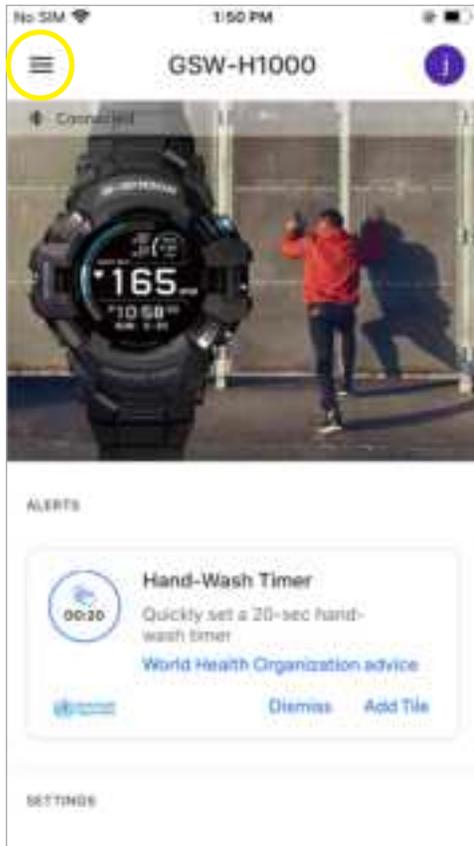
Step 1

Access the Google Wear OS app GSW-H1000 home page buy opening the app on the smartphone.
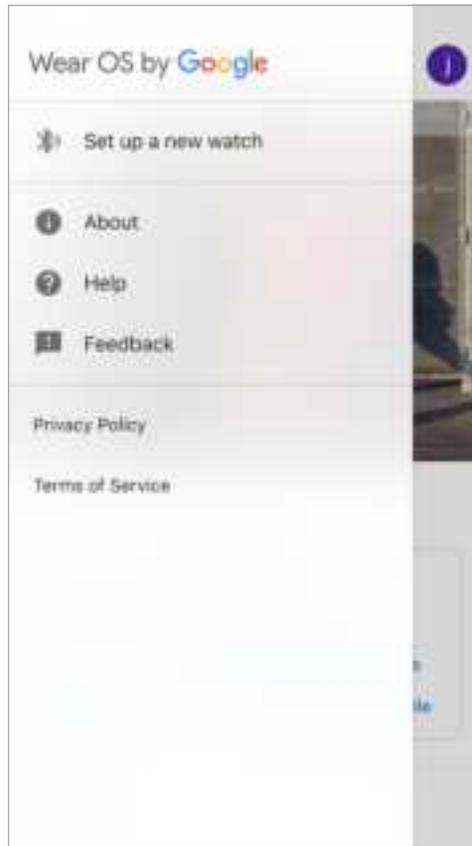
Step 2

Selecting the (three lines icon) in the top left of the page will allow access to the dropdown menu which will give the option to access Set up a new app, About, Help, Feedback, Private policy, and Terms of Service page.
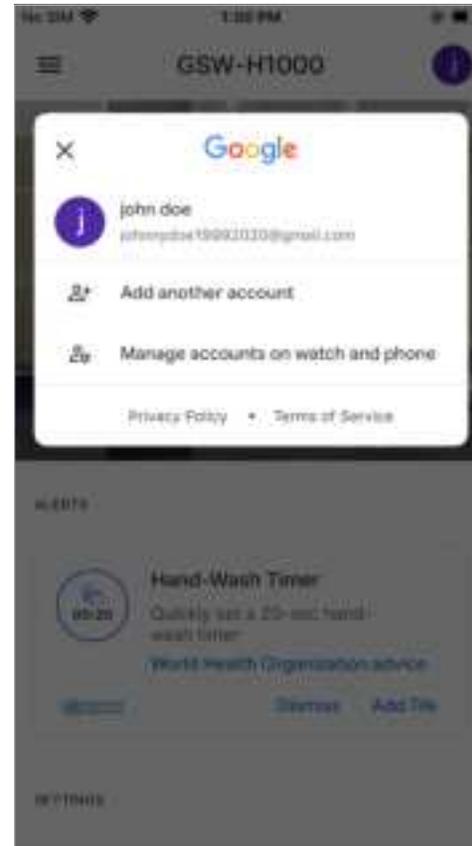
Step 3

Selecting the (Colored Email icon) in the top right of the page will show a dropdown menu giving the option to access email info, add another account, or manager accounts on watch and phone.

Wear OS Setup
## ACCESSING WATCH FACE SETTINGS
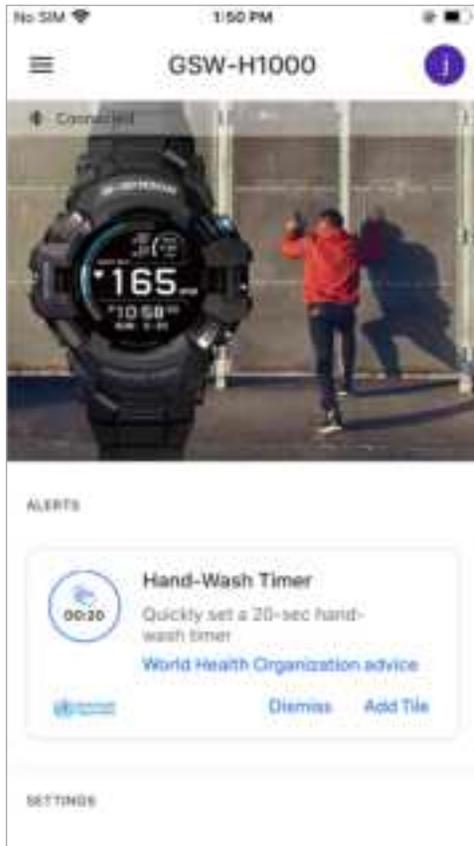
Step 1

Access the Google Wear OS app GSW-H1000 home page buy opening the app on the smartphone.
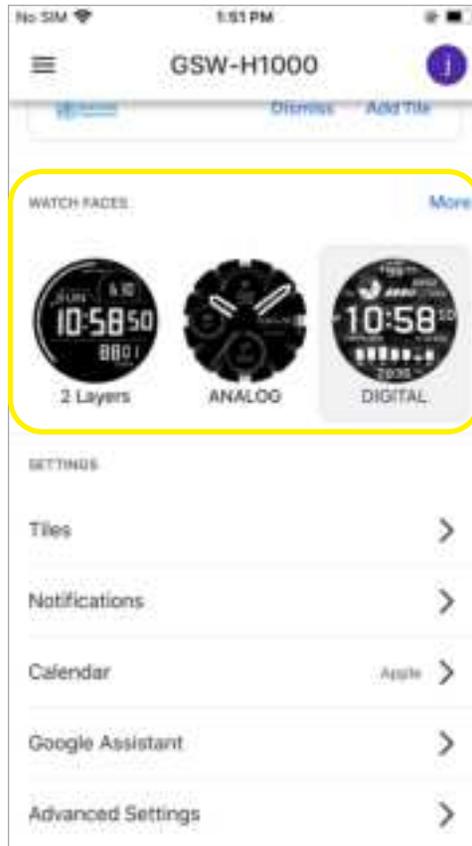
Step 2

Scroll down to access watch faces and setting options.

Step 3

Selecting watch faces will prompt the My Tiles page showing the current tiles utilized on the watch. To change the order of a tile select the (four line icon) and slide that option up or down. To add a new tile select the (blue plus icon) on the bottom right of this page.

Wear OS Setup
ACCESSING MY TILE SETTINGS

Step 1

Access the Google Wear OS app GSW-H1000 home page buy opening the app on the smartphone.
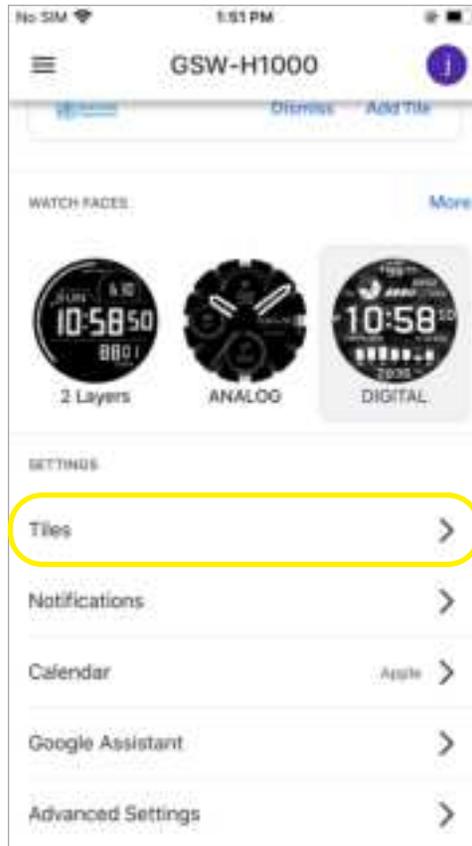
Step 2

Scroll down to access tile setting options.

Step 3

Selecting the Tiles tab will show the prompt to add new tiles to the watch.

Wear OS Setup

ACCESSING NOTIFICATION SETTINGS
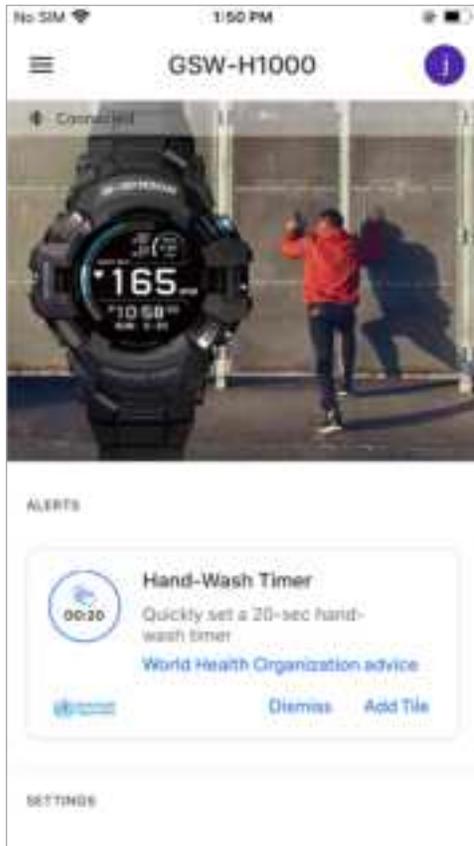
Step 1

Access the Google Wear OS app GSW-H1000 home page buy opening the app on the smartphone.
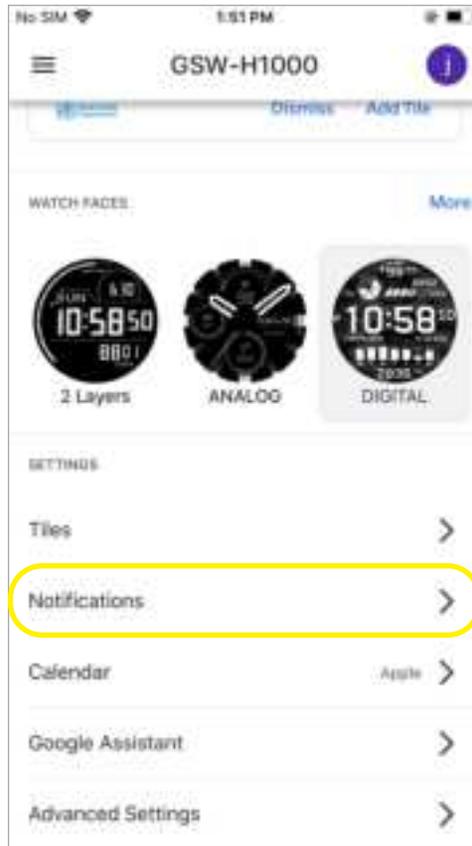
Step 2

Scroll down to access notifcation setting options.

Step 3

Selecting notifications will give the option to choose which apps show notifications on the watch.

Wear OS Setup

ACCESSING CALENDAR SETTINGS
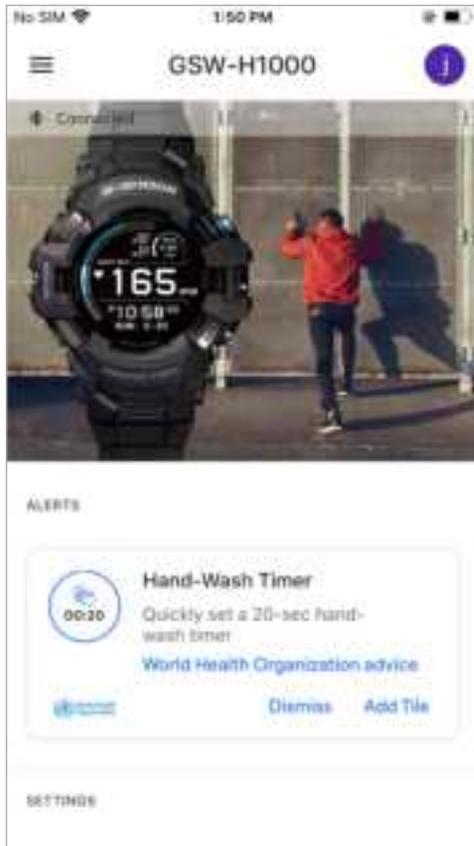
Step 1

Access the Google Wear OS app GSW-H1000 home page buy opening the app on the smartphone.
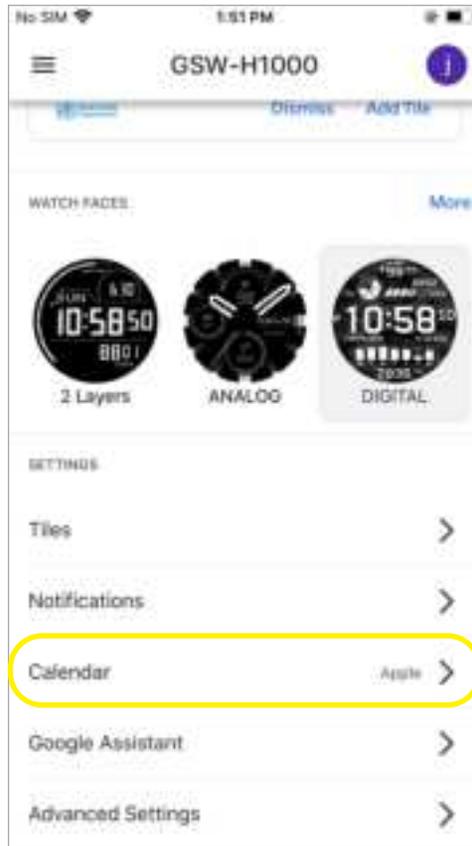
Step 2

Scroll down to access calendar setting options.
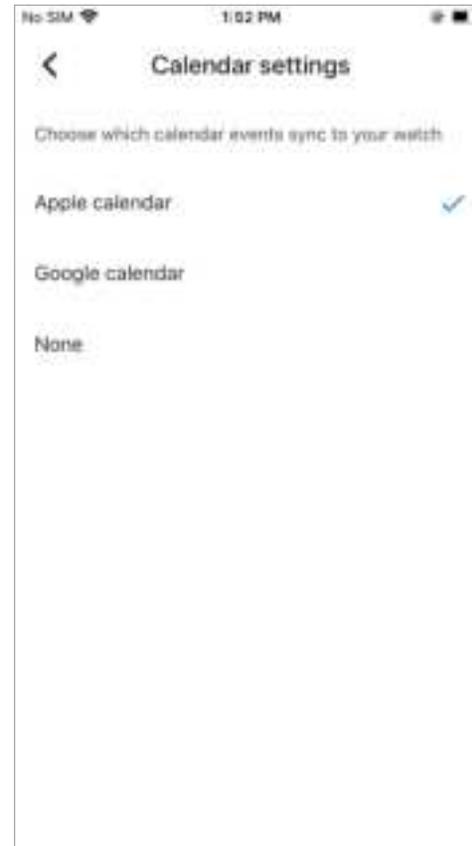
Step 3

Selecting the Calendar settings tab will allow the selection of what calendar notifications get synced with the watch.

Wear OS Setup
ACCESSING GOOGLE ASSISTANT SETTINGS
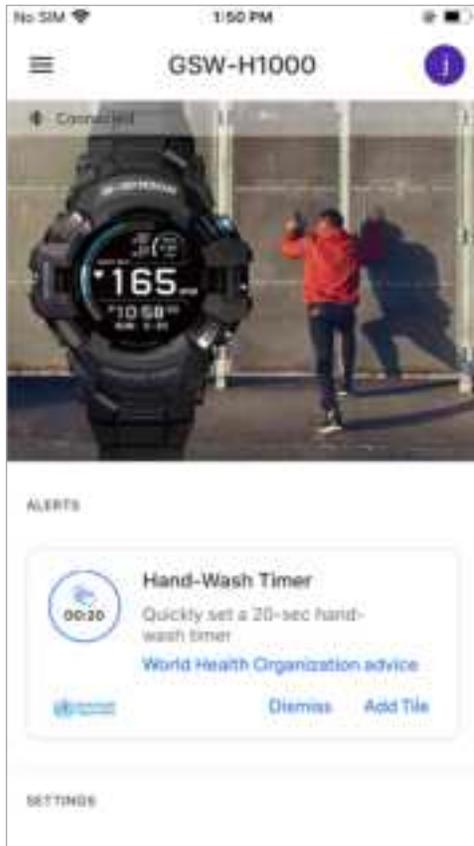
Step 1

Access the Google Wear OS app GSW-H1000 home page buy opening the app on the smartphone.

Step 2

Scroll down to access Google Assistant setting options.
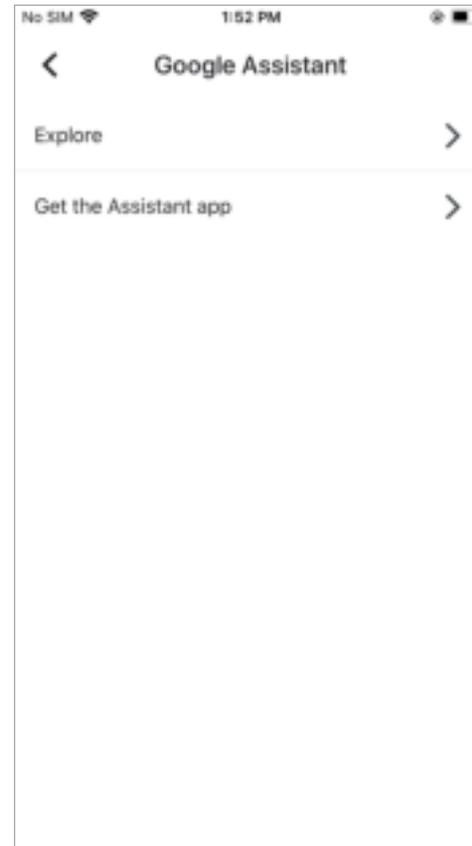
Step 3

Selecting the Google Assistant tab allows the option to access the explore tab or the get the assistant app tab.

Wear OS Setup

ACCESSING ADVANCED / DISCONNECTION / WATCH FACTORY RESET SETTINGS

Step 1

Access the Google Wear OS app GSW-H1000 home page buy opening the app on the smartphone.

Step 2

Scroll down to access advaced setting options.

Step 3

Selecting the Advanced Settings tab allows the option to access the privacy, watch battery, and always on screen tabs. From the advanced settings tab the option at the bottom of the page to Disconnect and factory reset the watch is available.

Initial Setup Walkthrough

REGION SELECTION AND CASIO ID LOGIN

Step 1

Start by confirming the correct region the watch will be used in.

Step 2

Next a Casio ID must be created in order to use the G-SHOCK move application. This will allow for a database to be created where your fitness activity can be stored and accessed via other smart devices. To Log in or create a new Casio ID select LOG IN WITH CASIO ID.
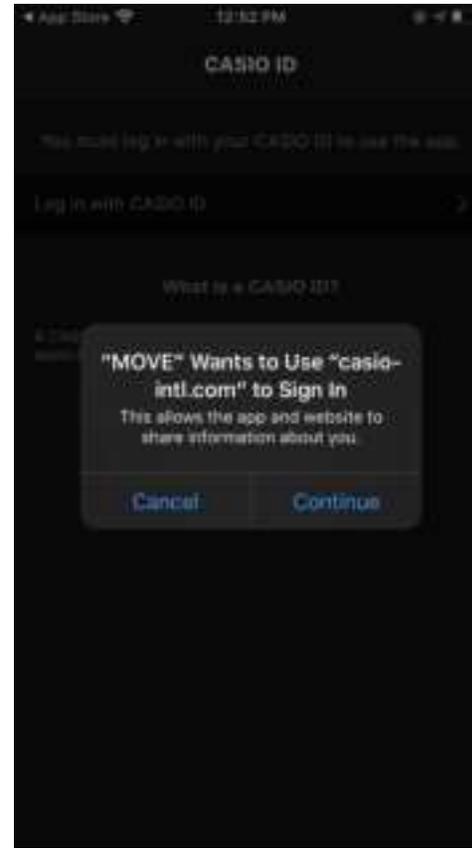
Step 3

A prompt may appear to allow permission for the app to connect to the internet to reach the sign in page. Select continue to initialize the process.
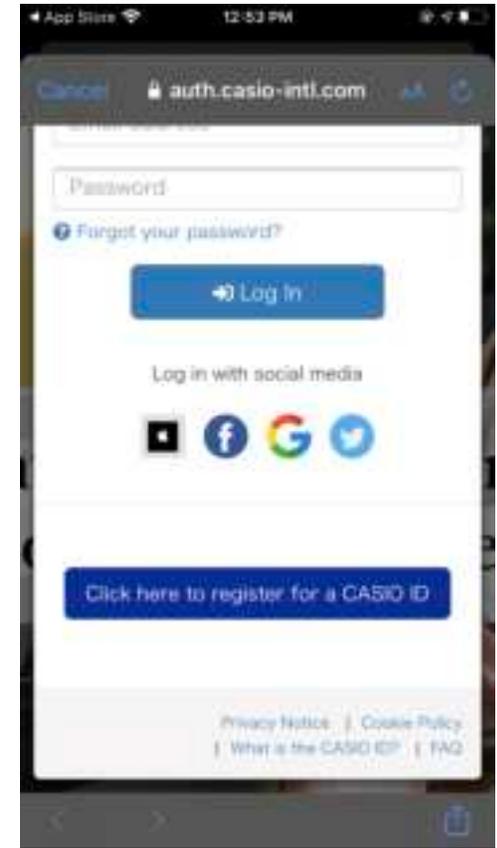
Step 4

Use this page to login if you have a existing account or scroll down and select the "Click here to register for a CASIO ID to create a new Casio Id. Follow the steps to complete the registration process.

Initial Setup Walkthrough

PRIVACY NOTICE & ACTIVITY DATA USAGE PERMISSIONS

Step 5

Read by scrolling to the end of the text and select "Agree and Proceed" if you wish to proceed.
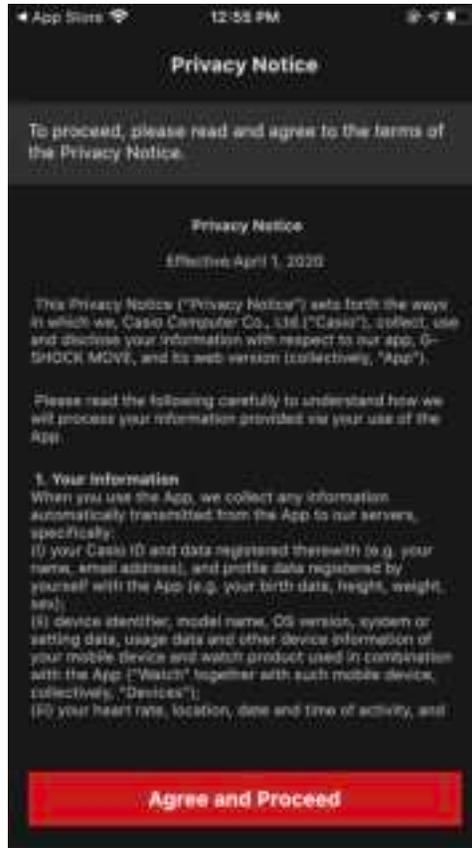
Step 6

Read by scrolling to the end of the text and select "Agree and Proceed" if you wish to proceed.
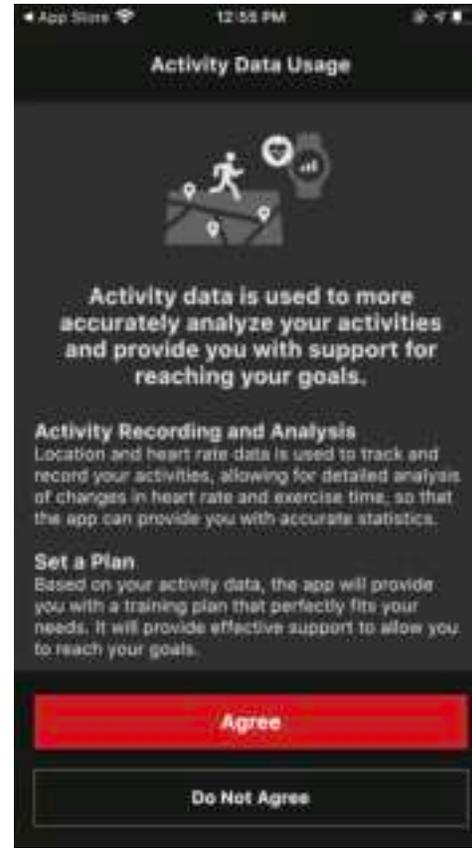
Step 7

Select "Agree" or "Do Not Agree" to the terms listed to continue.
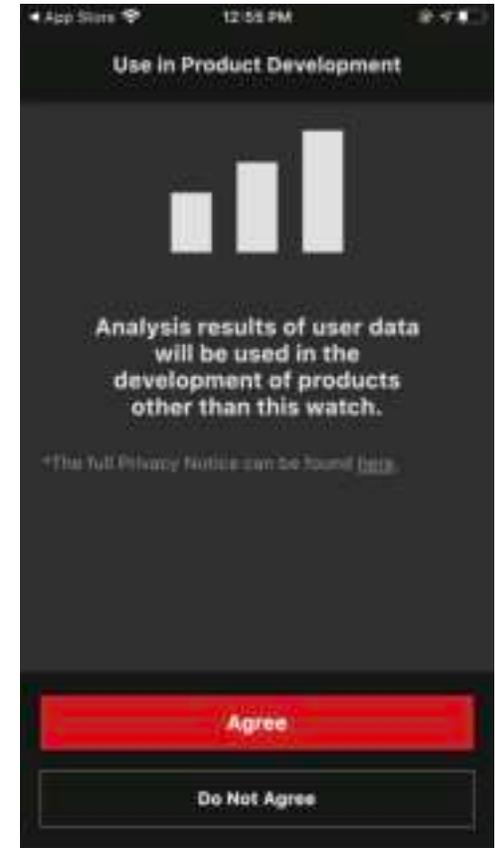
Step 8

Select "Agree" or "Do Not Agree" to the terms listed to continue.

Initial Setup Walkthrough

LOCATION & NOTIFICATION PERMISSIONS
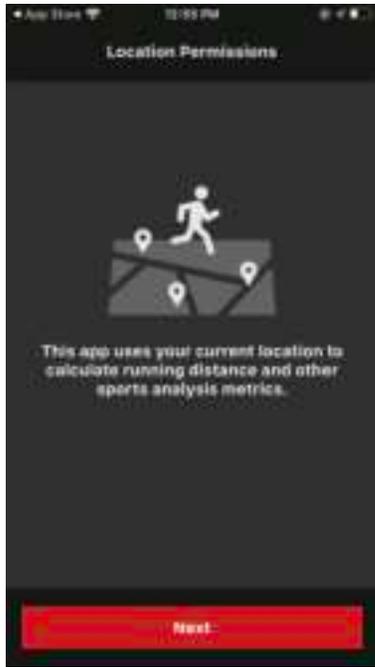
Step 9

Select "Next" to continue.

Step 10

Select one of the options listed to continue it is recommended to select "Allow While Using The App".
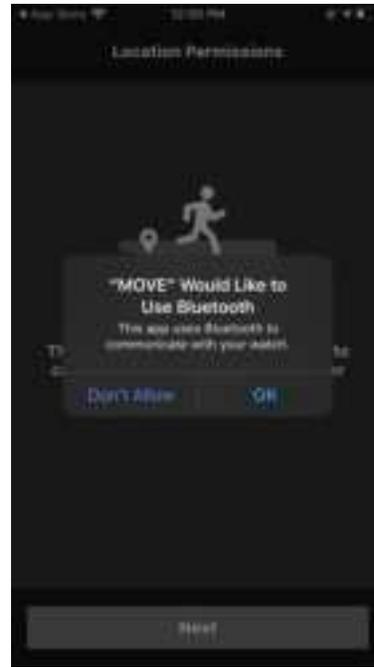
Step 11

Select one of the options listed to continue it is recommended to select "OK" as Bluetooth is needed for this app to communicate with the watch.
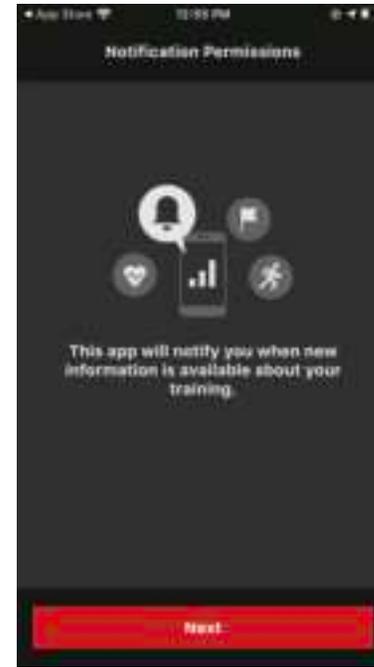
Step 12

Select "Next" to continue.
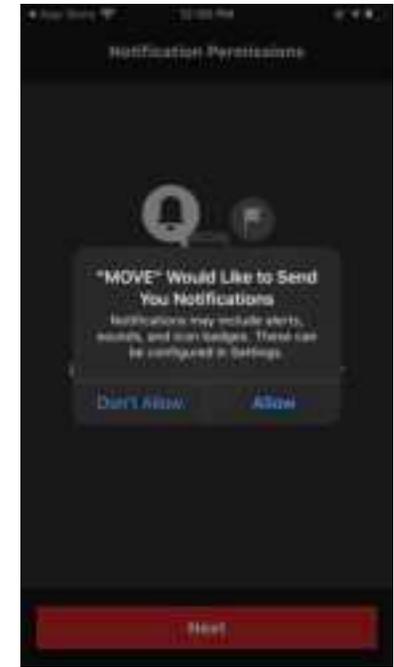
Step 13

Select one of the options listed to continue it is suggested to select "Allow" but select "Don't Allow" if you do not wish to receive notifications.

Initial Setup Walkthrough

PAIRING THE WATCH TO THE DEVICE

Step 14

Follow the directions listed on how to access the product name in this case the GSWH1000.

Step 15

Make sure the watch is in the home screen before you begin the pairing process and follow the instructions located under the scanning column in the app.

Initial Setup Walkthrough
PAIRING THE WATCH TO THE DEVICE
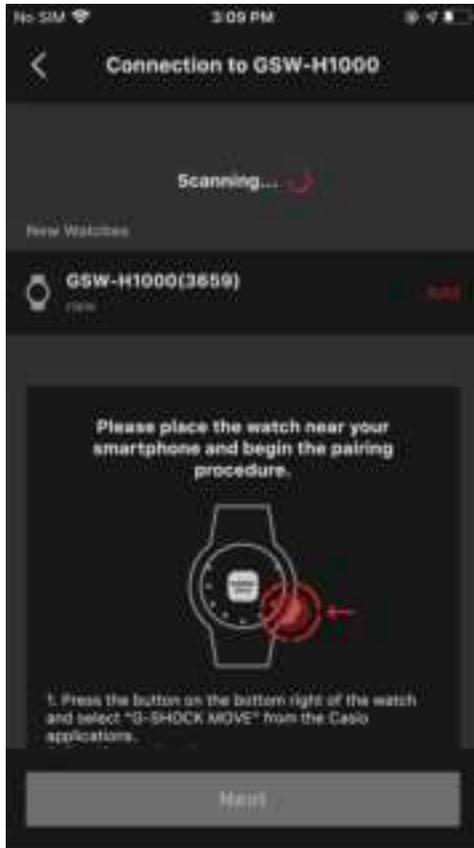
Step 16

After activating the connection process on the watch, the watch model attempting to connect will appear under new watches select "Add" on the app to connect.
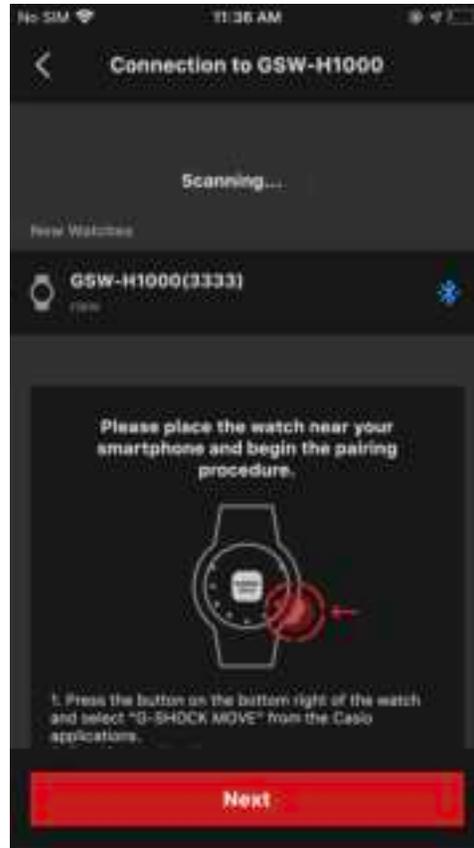
Step 17

The Bluetooth symbol will appear blue when the connection is completed and the next button will turn red. Press next to continue.

Initial Setup Walkthrough
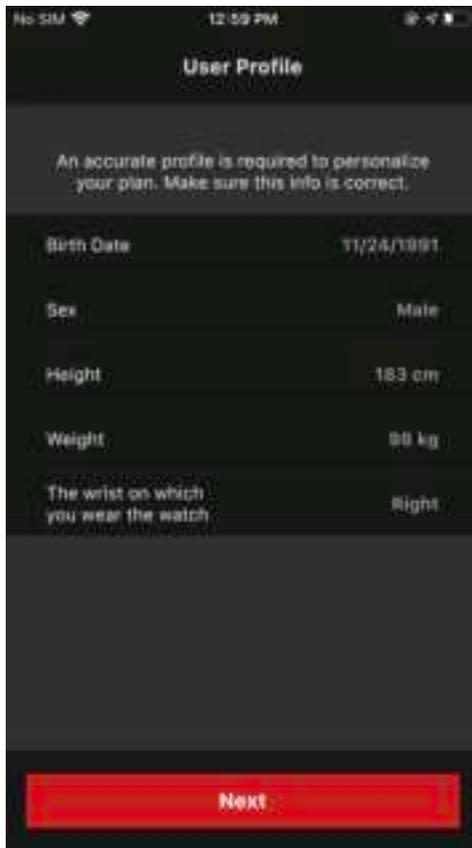
USER PROFILE SETUP

Step 21

Enter your accurate User information as requested. Select "Next" to continue.
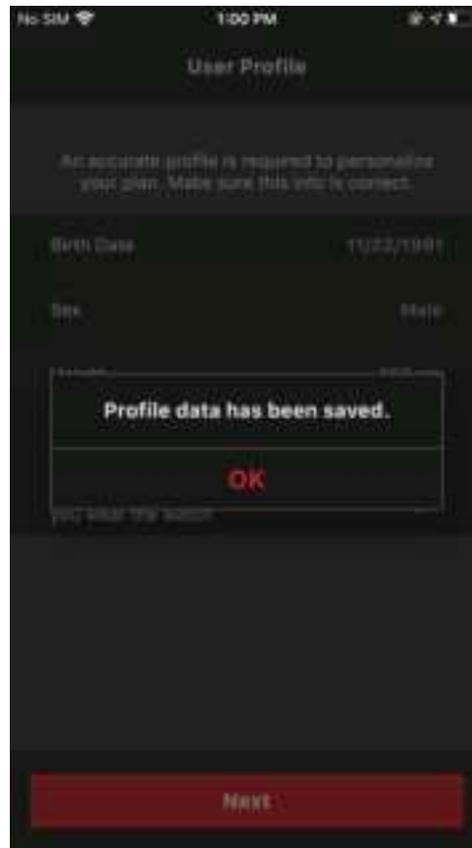
Step 22

Select "OK" to continue.
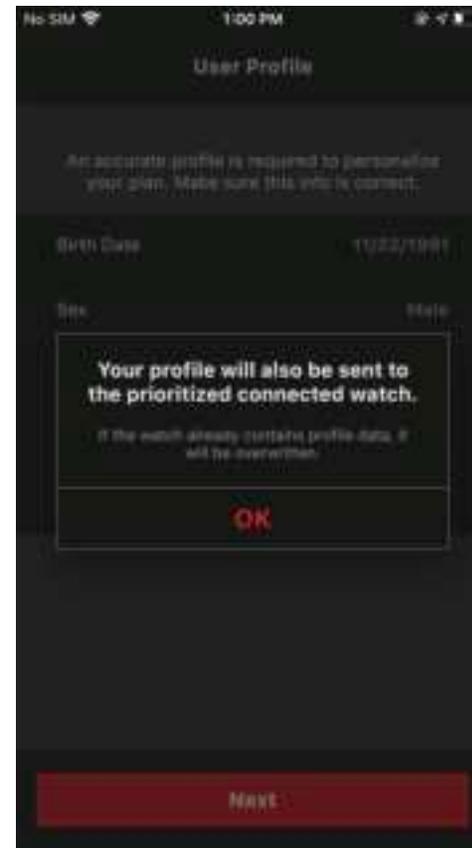
Step 23

Select "OK" to continue.
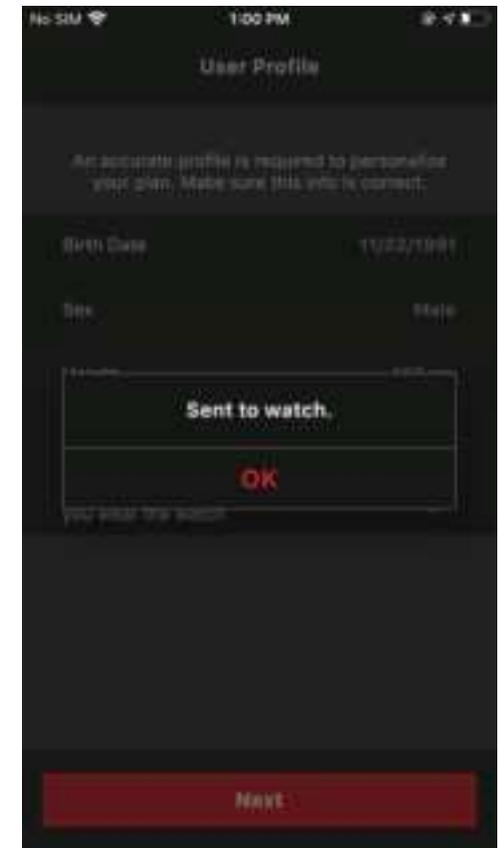
Step 24

Select "OK" to continue.

Initial Setup Walkthrough
USER PROFILE SETUP

Step 25

Select one of the options listed to continue it is suggested to select "ON" so watch GPS settings can be used with the watch. Select next after making a selection to continue.
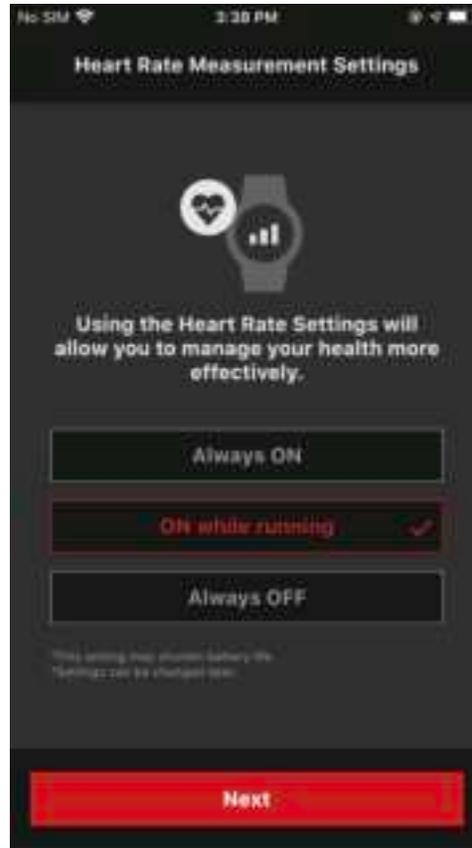
Step 26

Select one of the options listed to continue. It is suggested to select "ON while running". Select next after making a selection to continue.
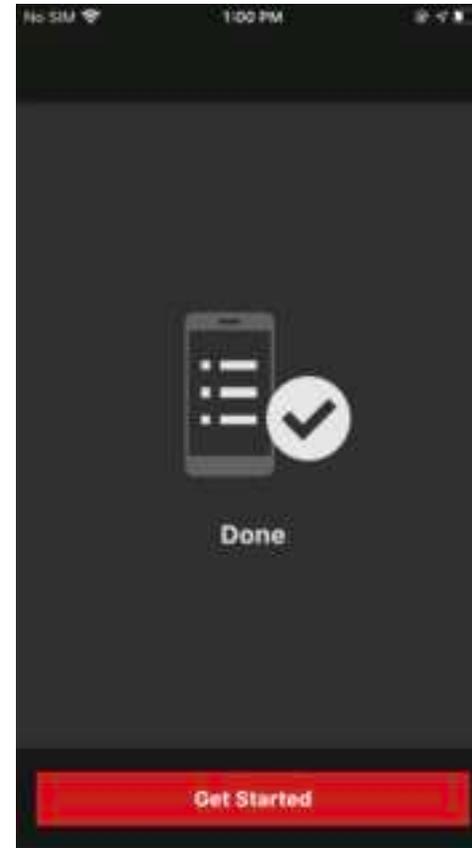
Step 27

Select "Get Started" to finish the Initial Setup for the watch and application settings.

Home
HOME SCREEN WALKTHROUGH

Step 1

Home screen mode displayed will be in sections:
Section 1:   Prompt to see Latest Activity Details
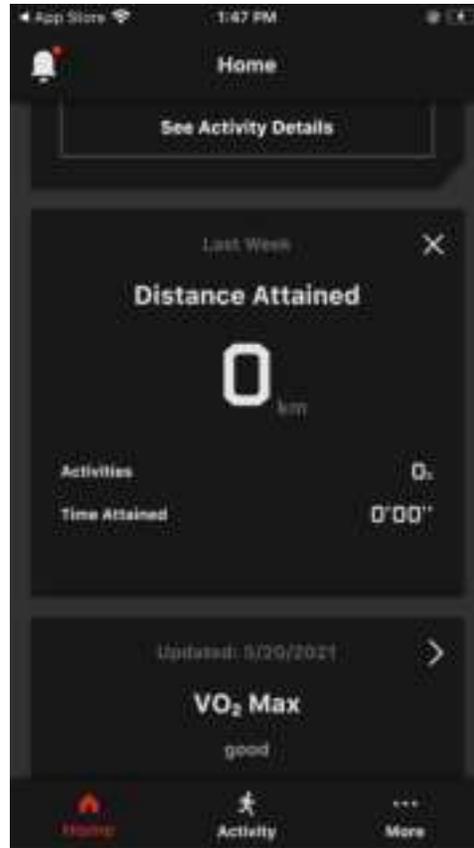
Step 1 Continued

Section 2:   Last Week Activities, distance attained , and time attained

Step 1 Continued

Section 3:   Vo2 Max data and Training Status

Step 1 Continued

Section 4:   Monthly Goals, Completion %, Distance Goal

Home
HOME SCREEN WALKTHROUGH

Step 1 Continued

Section 5: Weekly Activity will be graphed and
displayed by day

Step 1 Continued

Section 6: Life log will display the current amount of
tracked steps for the day, the total calories
burned, and The distance covered in
relation to the goals that have been set.

Home

Step 1

Access the Latest Activity section on the homepage and select see activity details.

Step 2

Once opened there will be a illustrated overview of the last days activity performed and summarized.
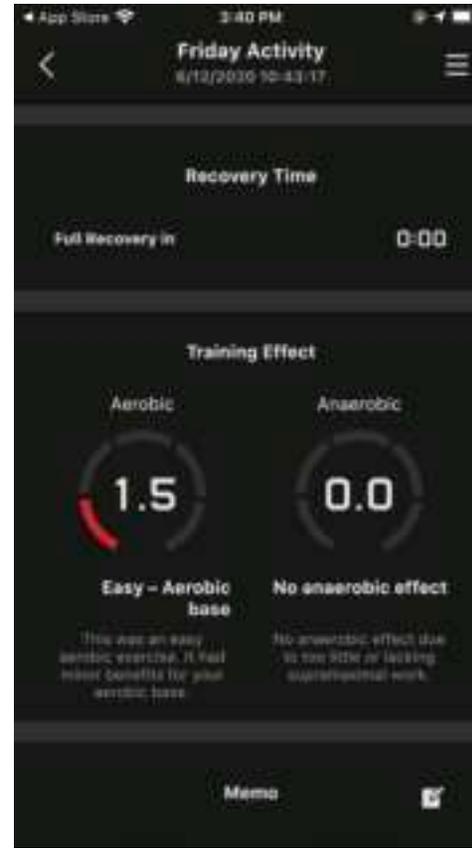
Step 3

Scroll further to view the recovery time data and training effect data highlighting the aerobic and anaerobic information.
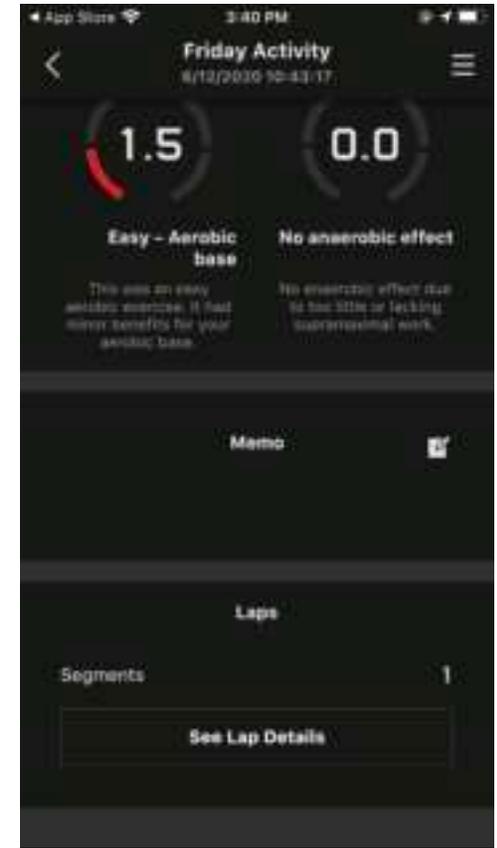
Step 4

Scroll further to view the memo section and the Laps data, which additional details can be provided in See Lap Details.

Home

LIFE LOG: ACCESSING YOUR LIFE LOG (STEP TRACKER, CALORIES BURNED)

Step 1

Scroll to the bottom of the home screen.

Step 2

Select the Life Log section.

Step 3

Here will be displayed the steps and calories completion % and graphed info for the day, week, month as displayed and accessed by tabs at the top of the page.

Step 3 Continued

Home
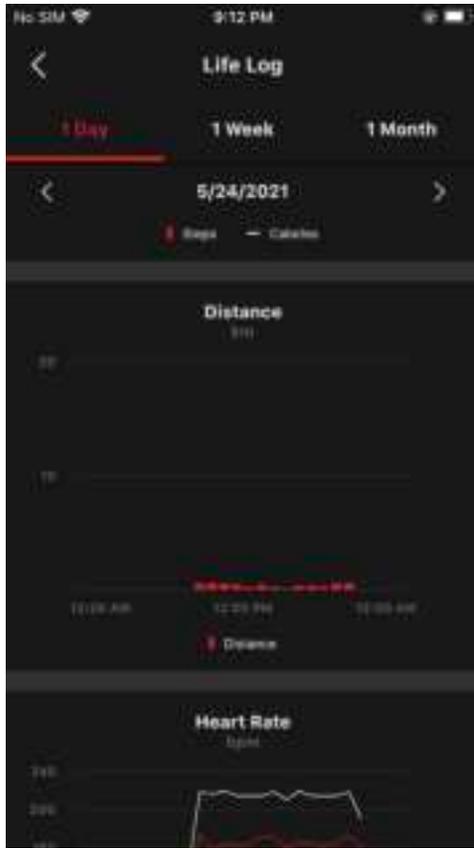
Step 3 Continued

Step 3 Continued

Activity
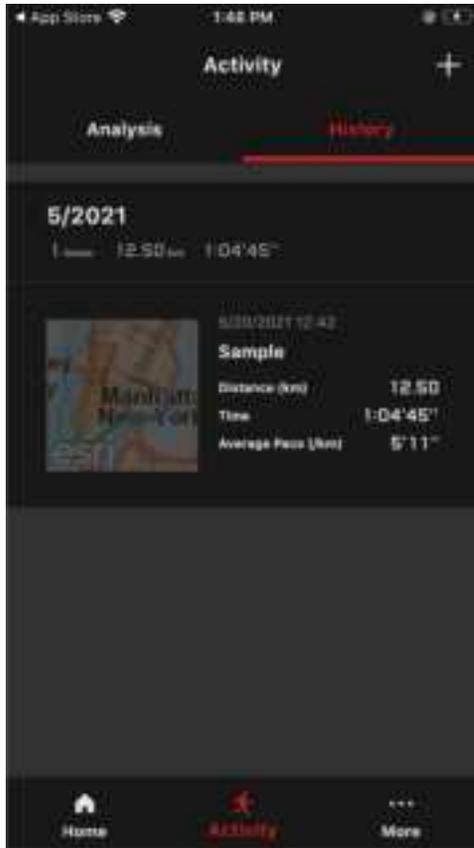
Step 1

The History tab in the Activity page will show the mapped out data of the training activity the watch has recorded and the phones GPS has mapped out. This information is updated automatically to the app when a activity is completed on the watch if connected, if not connected the app will be automatically updated upon the next connection.

Step 2

After an activity is completed this map and training info will appear for more data select the activity section desired. There is also an option to manually enter an activity by selecting the + icon displaced in the top right of the page.

Step 3

Here in this screen is where a manual Activity entry can be created.

Activity
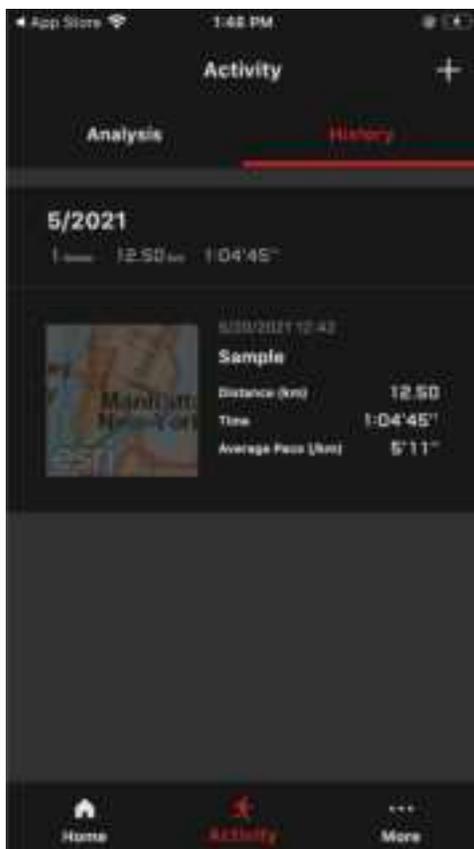
Step 1

The History tab in the Activity page will show the mapped out data of the training activity the watch has recorded and the phones GPS has mapped out. This information is updated automatically to the app when a activity is completed on the watch if connected, if not connected the app will be automatically updated upon the next connection. Select the activity desired.
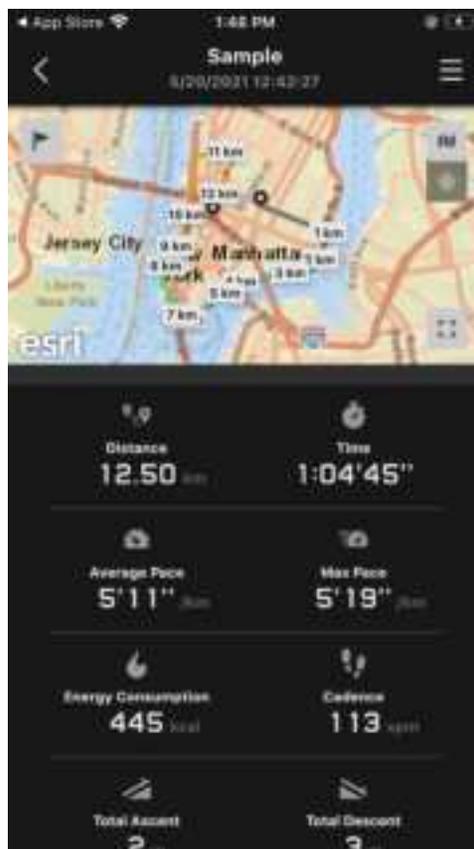
Step 2

After an activity is completed this map and training info will appear for more data select the activity section desired. Mapping of the activity will be displayed here as well as Distance, time, average pace max pace, energy consumption, cadence, total ascent, total decent, max elevation and min elevation.

Step 2 Continued
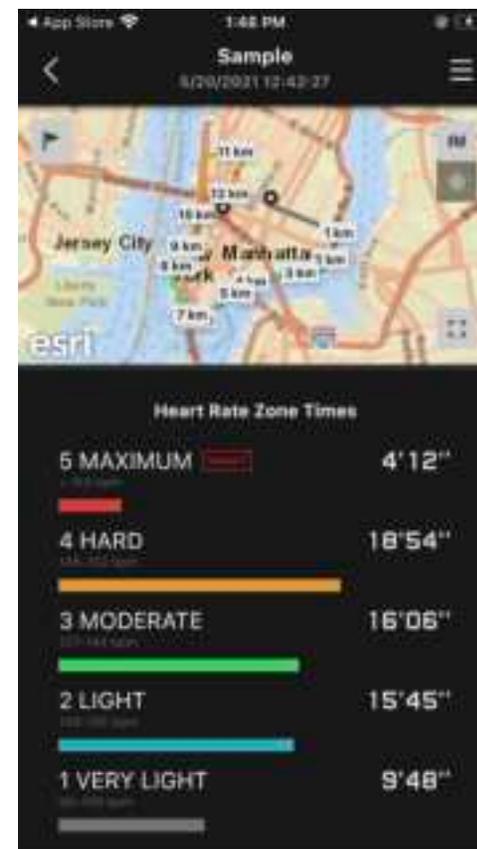
Step 3

Upon scrolling down further graphed Heart Rate Zone Times will be displayed as well as the min, average, and max heart rates.

Activity

Step 4

Upon scrolling further the Training Effect data with aerobic and anaerobic information will be displayed
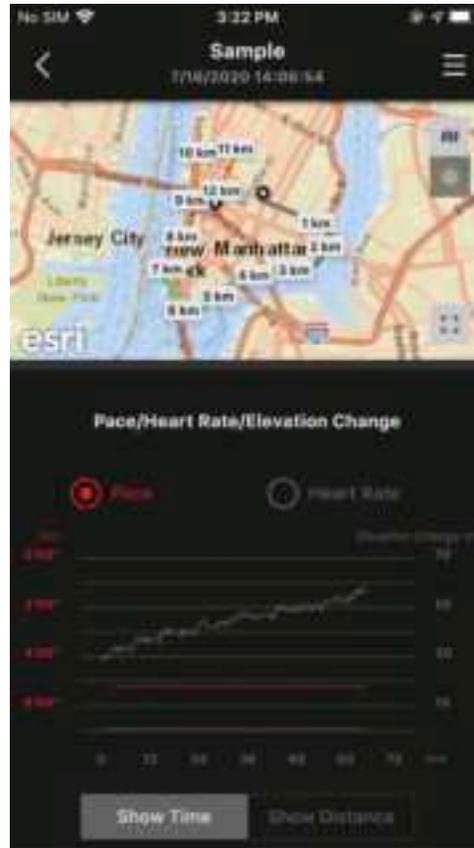
Step 5

Scrolling further will display the pace, heart rate, and elevation change graph which can be viewed in the scope of time or distance.

Activity

ANALYSIS: TRAINING STATUS & VO2 MAX
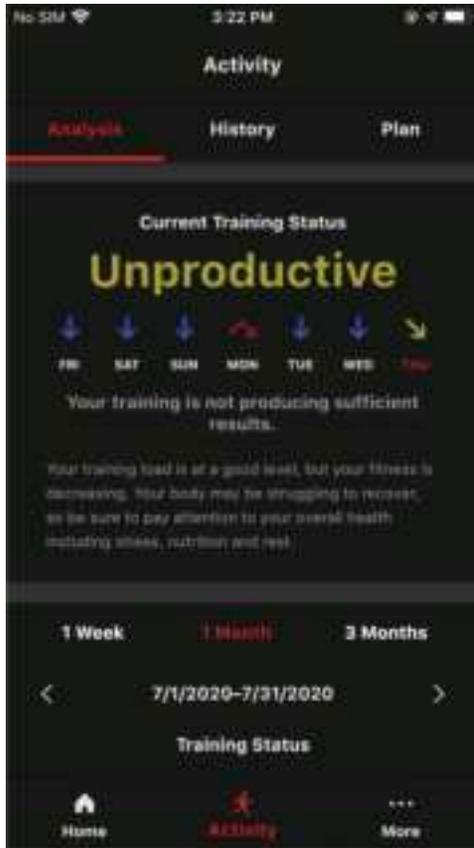
Step 1

After completing an activity or series of activity the analysis of the data will be stored in the analysis tab on the activity page the first display will show the Current Training Status and your current productivity level.

Step 2

Scroll down and you will find the training Status data further graphed and sectioned into 1week, 1 month, and 3 months.
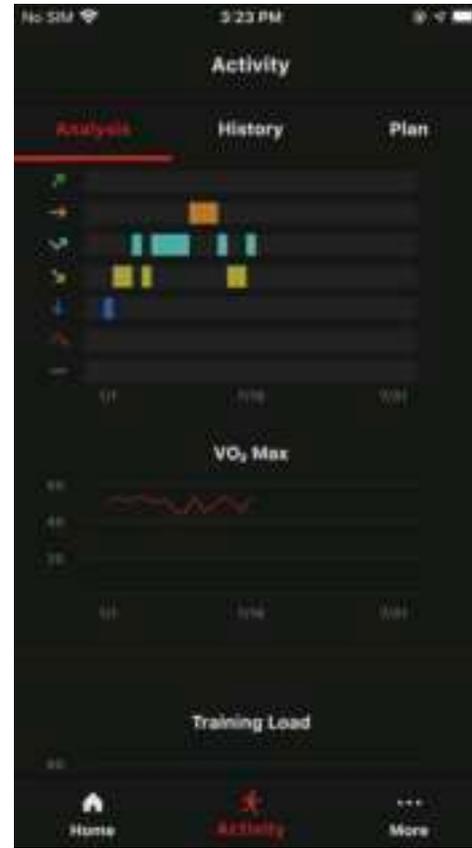
Step 3

Upon scrolling further down the VO2 max will be graphed and displayed

Activity

Step 1

Scroll down to display the months goal completion and average Heart Rate information.

Step 2

Scroll down and you will find the distance and time information of activity graphed out to provide a more detailed visual of your progress.

Step 3

On the final section will be the average pace detailing the pace you kept as well as the average pace for this type of activity.

Activity

Step 5

Scroll down to display the Heart rate information, graphed.

Step 4

Scroll further to display the total ascent graph.

More (Settings)

USER: PROFILE SETTINGS
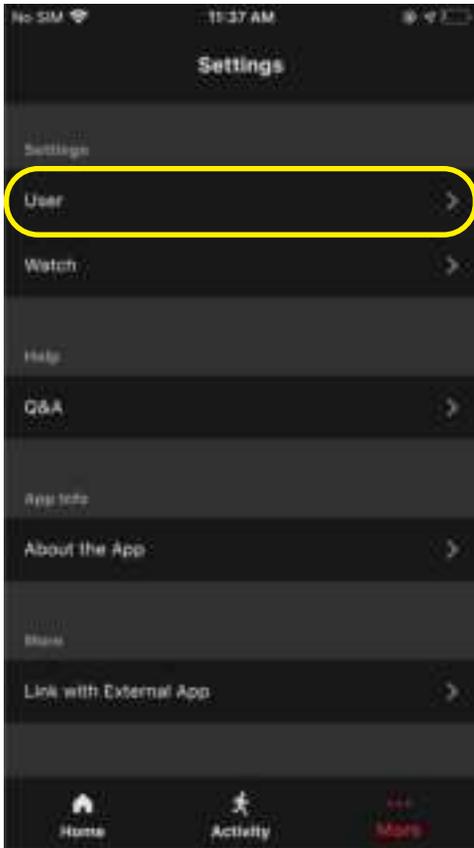
Step 1

The final page is the settings page detailing the settings that can be changed ranging from setting user information and preferences to Linking this app with Eternal applications. To access profile settings select User on the More page.
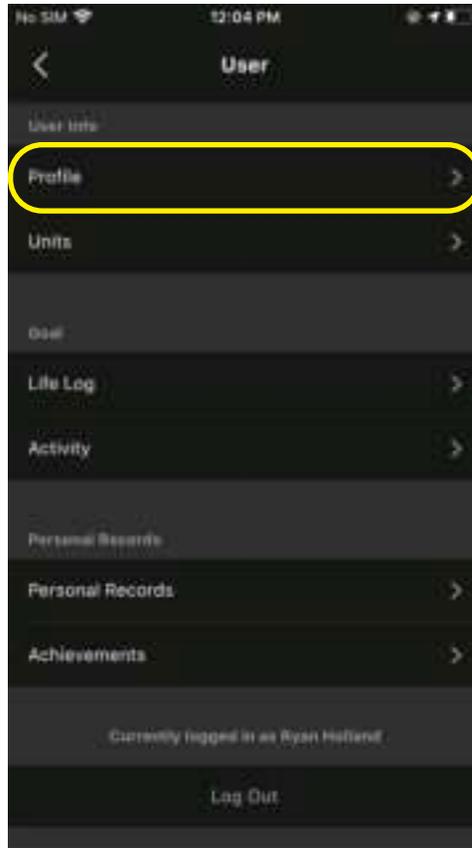
Step 2

Next, select Profile.
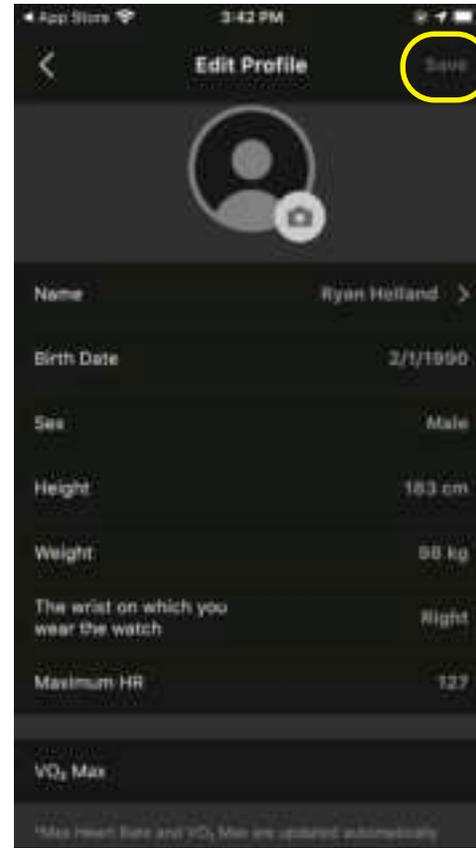
Step 3

Here you will be able to change user settings and save these settings to your watch, as well as add your photo to your profile. To save these settings to your app, select Save after making the changes.

More (Settings)
USER: UNIT SETTINGS
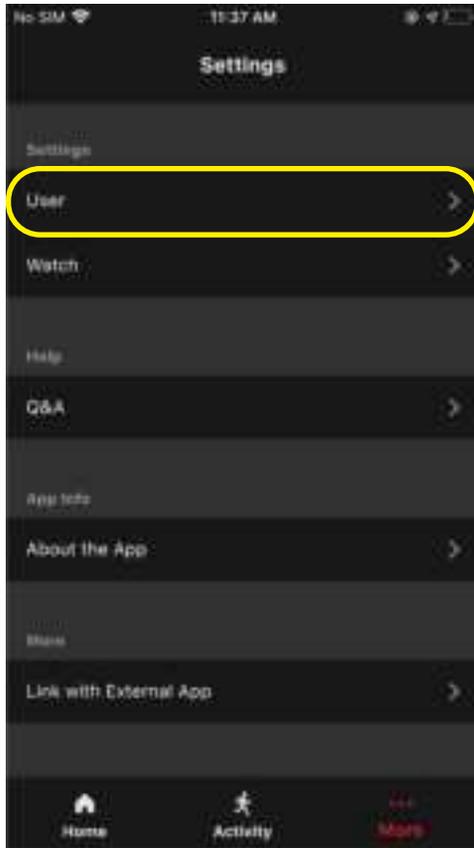
**Step 1**

To change Unit settings select the More page, then select User.
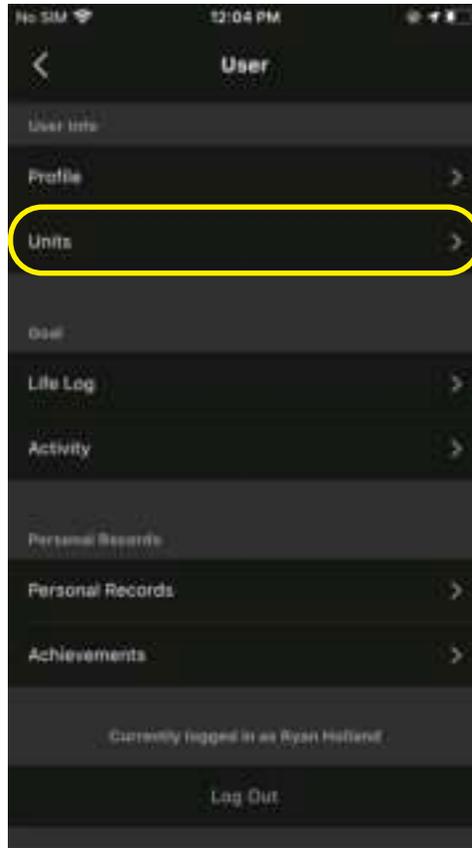
Step 2

Select Units.

Step 3

Here you will be able to Change the units of measurement through your app. To save these settings to your app and watch, select Save after making the changes.

More (Settings)

**USER:** LIFE LOG (STEP COUNTER, CALORIES BURNED) SETTINGS
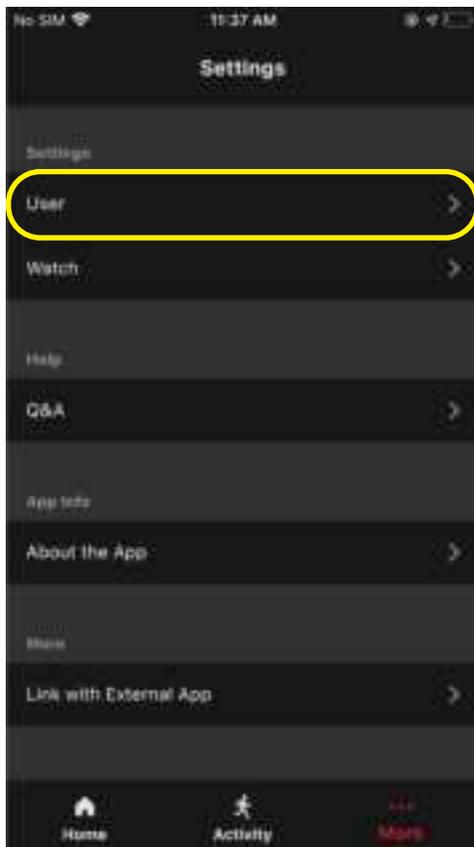
Step 1

To change Life Log settings select the More page, then select User.
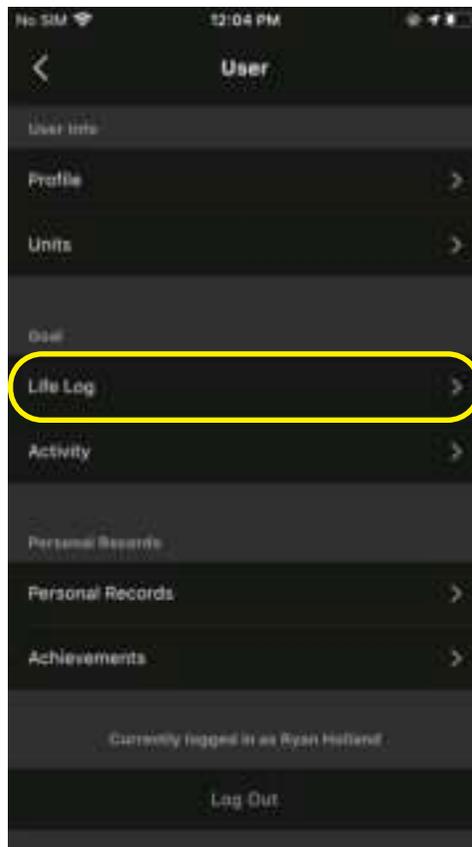
Step 2

Select Life Log.
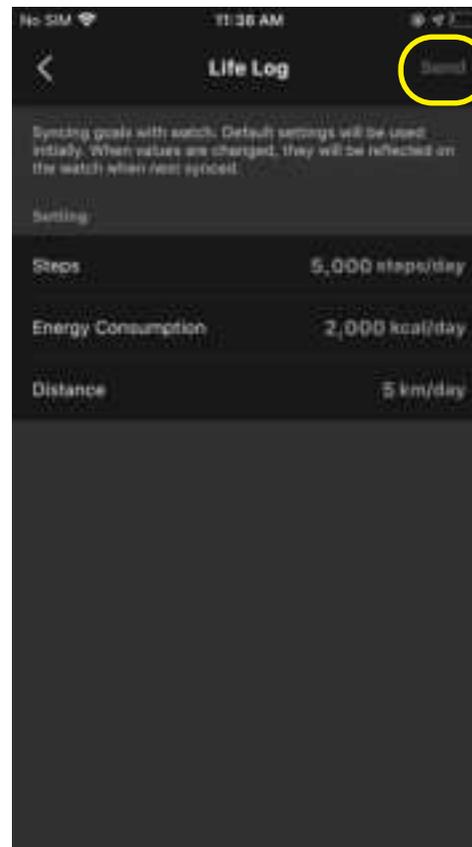
Step 3

Here you will be able to Change step and burned calorie goals through your app. To save these settings to your app and watch, select Send after making the changes.

More (Settings)

USER: ACTIVITY TAB SETTINGS
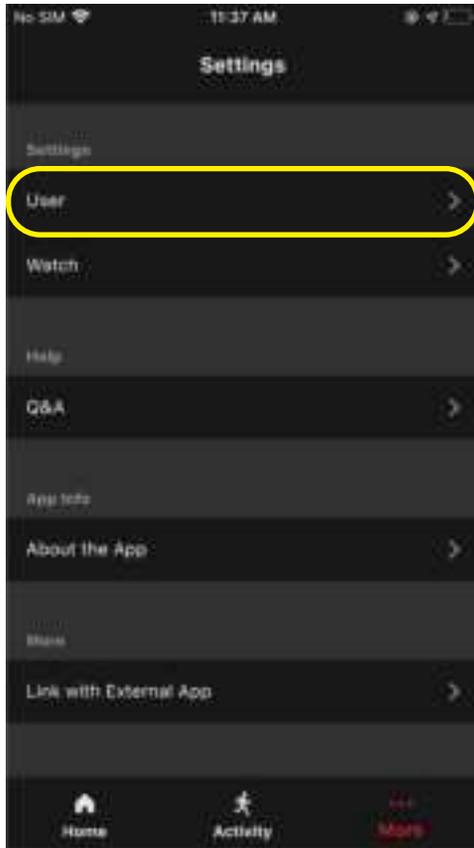
Step 1

To change Activity Tab settings select the More page, then select User.
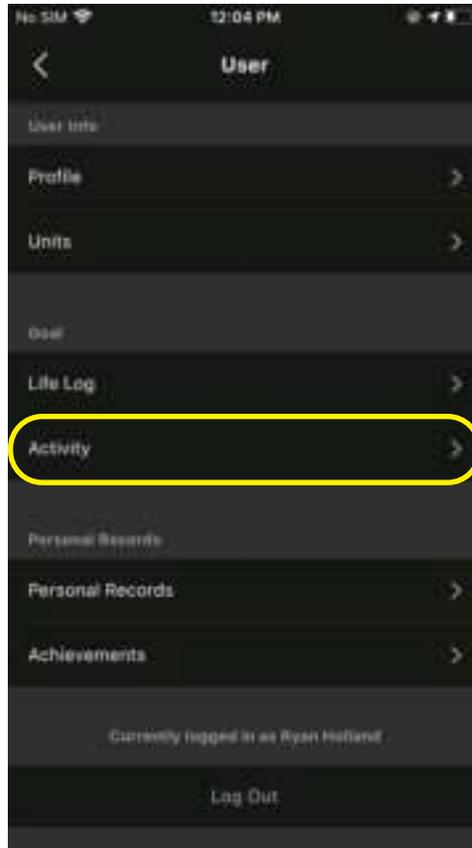
Step 2

Select Activity.
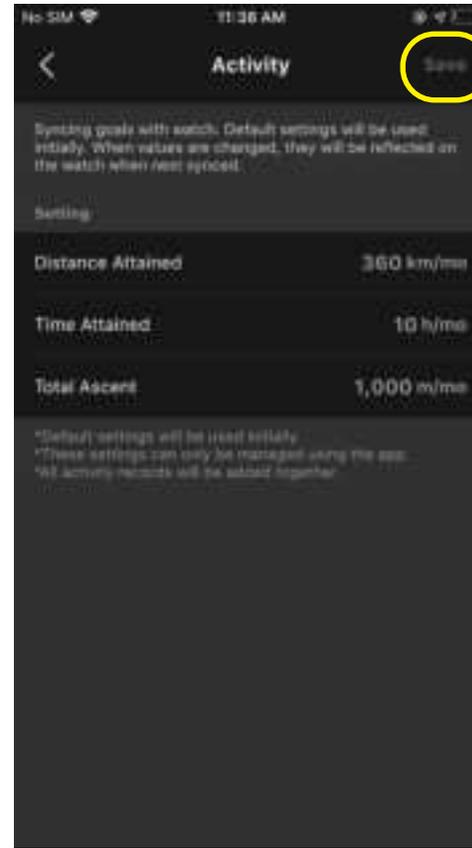
Step 3

Here you will be able to Change Time and Distance Goals as well as the watch display through your app. To save these settings to your app and watch, select Send after making the changes.

More (Settings)

USER: PERSONAL DATA & RECORDS
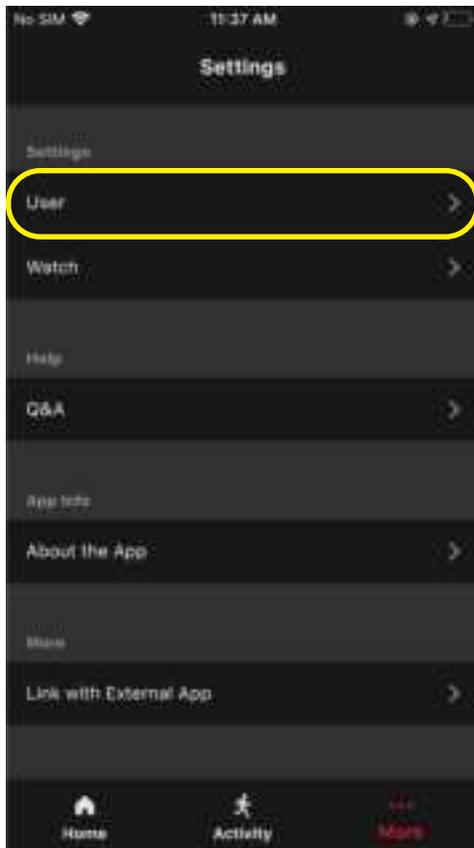
Step 1

To view Personal Records achieved select the More page, then select User.
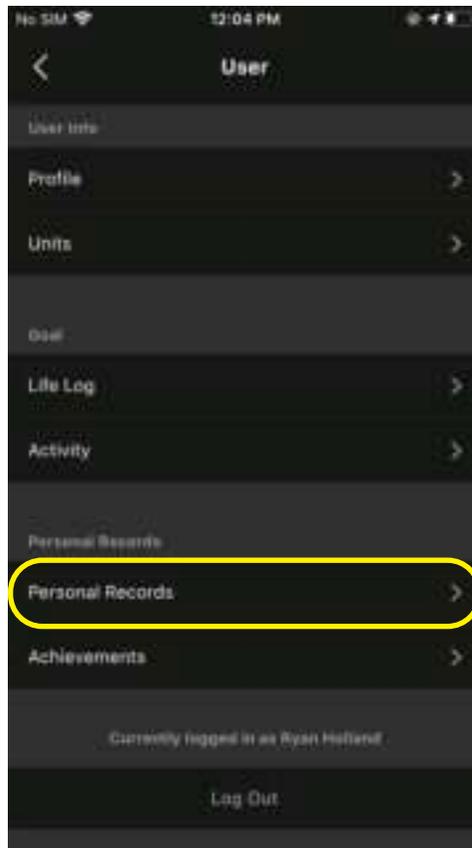
Step 2

Select Personal Records.
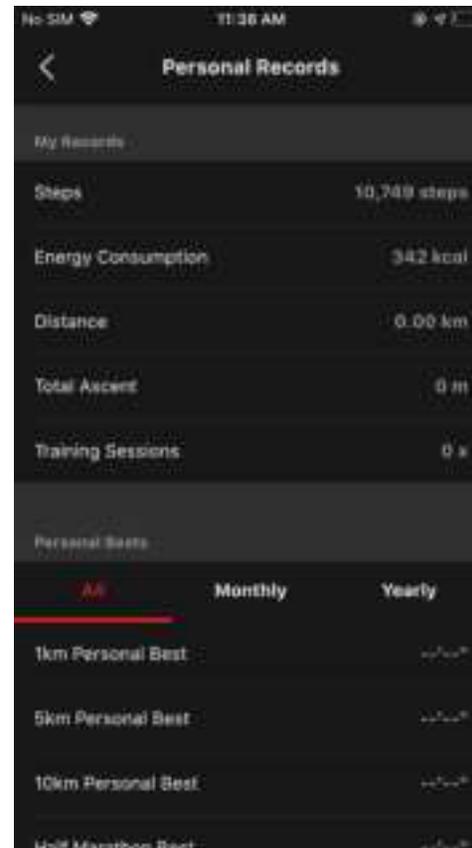
Step 3

Here you will be able to view you personal best achievements in all aspects of the data received from the Activity Tracker and Life Log.

More (Settings)
USER: ACHIEVEMENTS
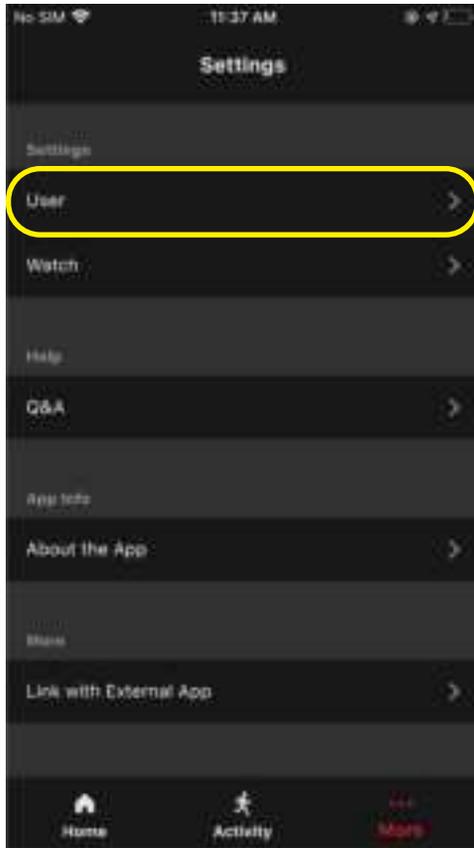
Step 1

To view your Achievements select the More page, then select User.
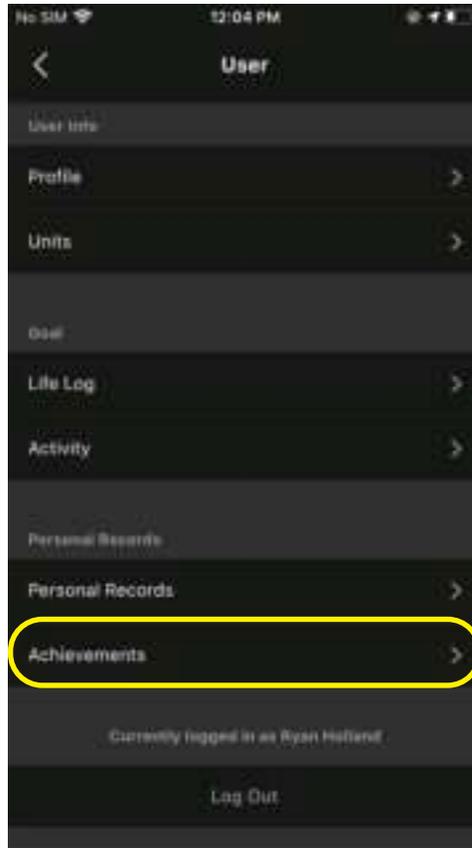
Step 2

Select Achievements.
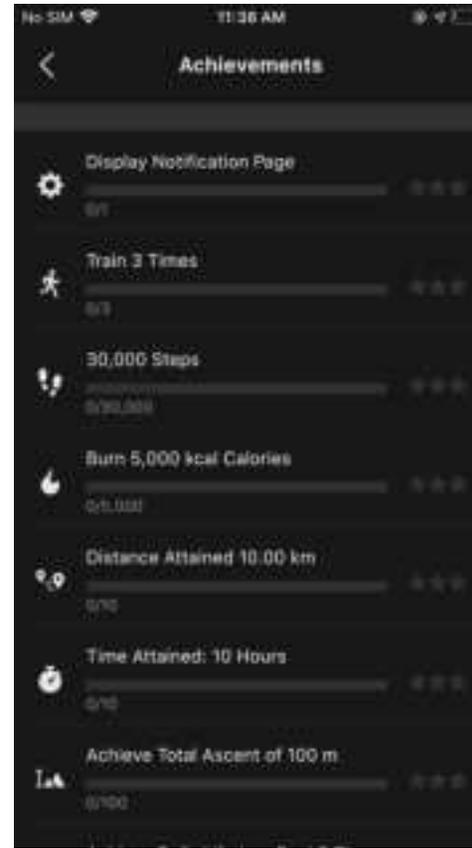
Step 3

Here you will be able to view the various achievements unlocked through completing the listed tasks.

More (Settings)
WATCH: HEART RATE
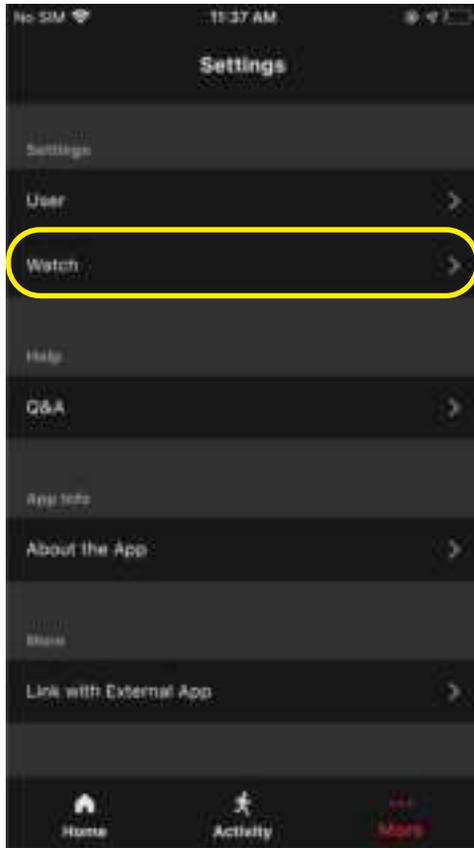
Step 1

To view the Heart Rate settings, select the More page, then select Watch.
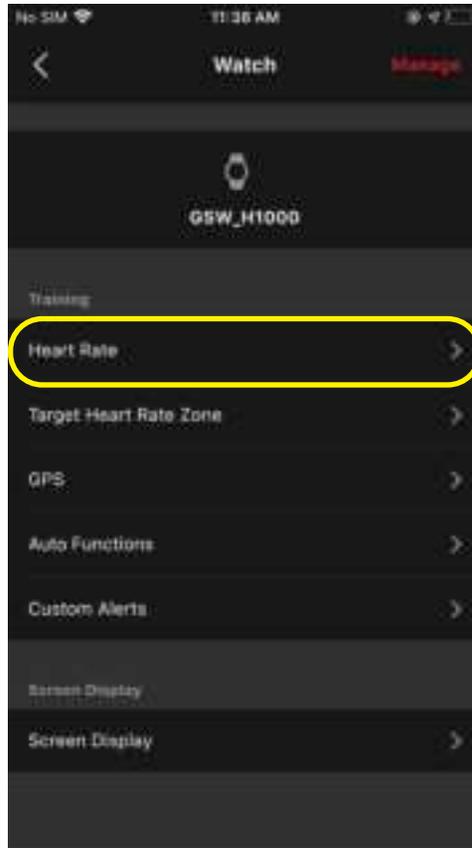
Step 2

Select Heart Rate.
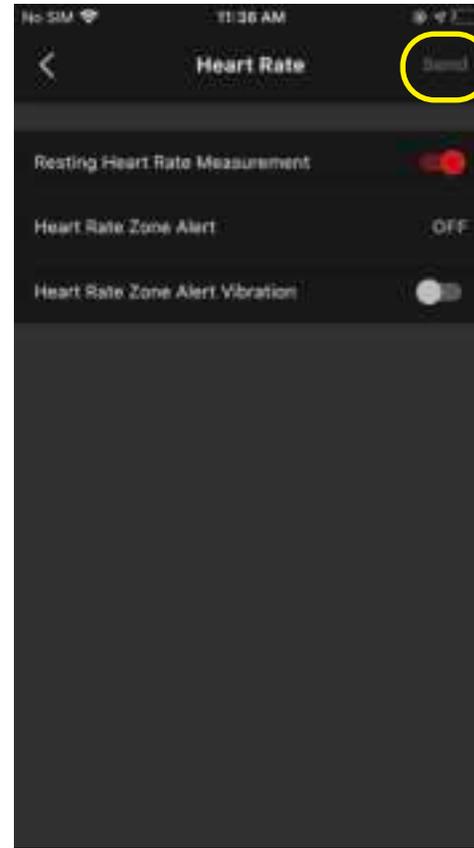
Step 3

Here you will be able to customize Heart Rate settings through your app. To save these settings to your app and watch select send after making the changes.
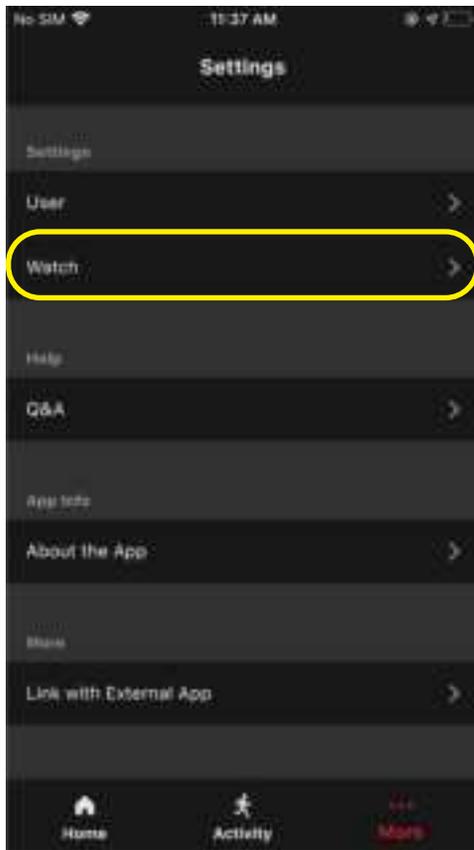
More (Settings)

Step 1

To view the Target Heart Rate Zone settings, select the More page, then select Watch.
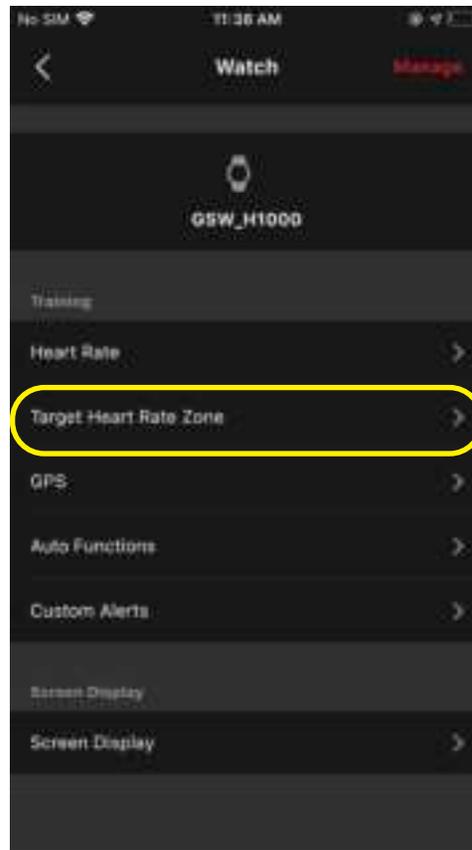
Step 2

Select Target Heart Rate Zone.
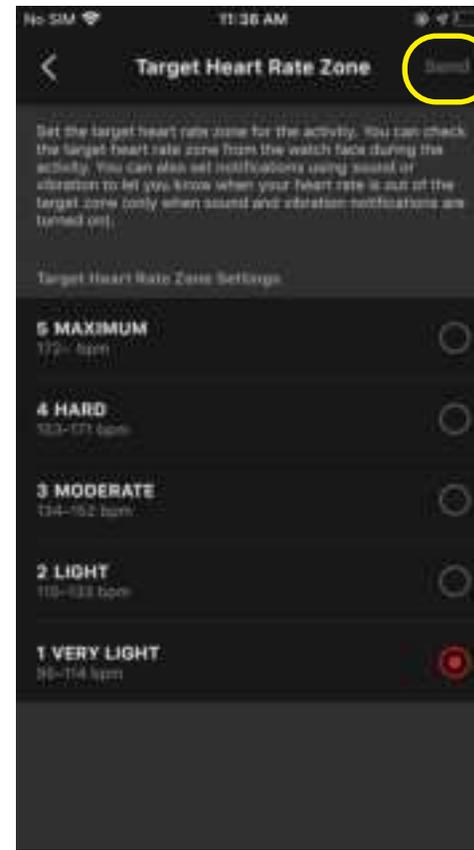
Step 3

Here you will be able to customize Target Heart Rate Zone settings through your app. To save these settings to your app and watch select send after making the changes.

More (Settings)
WATCH: GPS SETTINGS
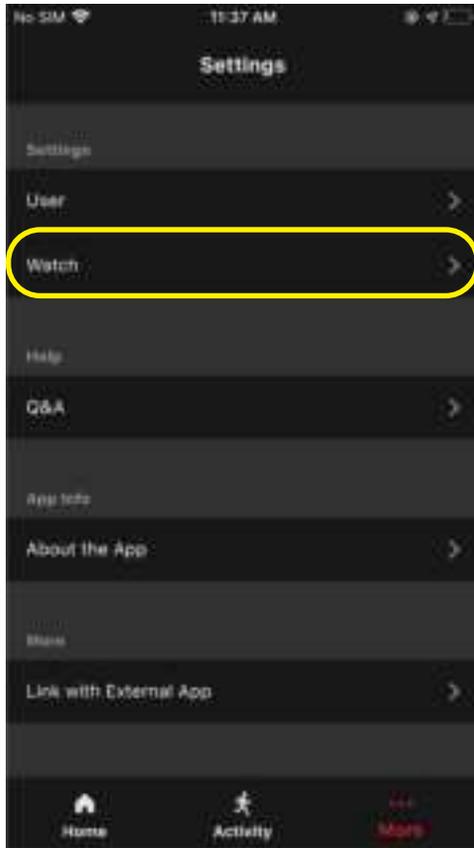
Step 1

To change the GPS settings select the More page, then select Watch.
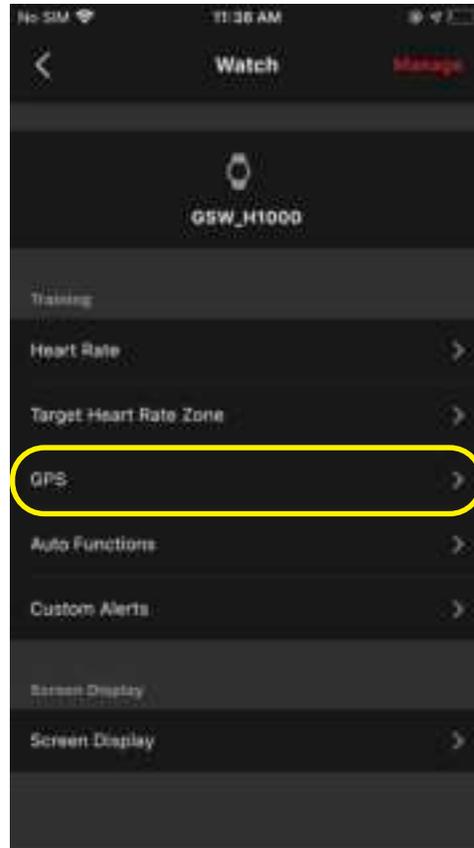
Step 2

Select GPS.

Step 3

Here you will be able to change the GPS setting through your app. To save these settings to your app and watch, select Send after making the changes.

More (Settings)
WATCH: AUTO FUNCTIONS
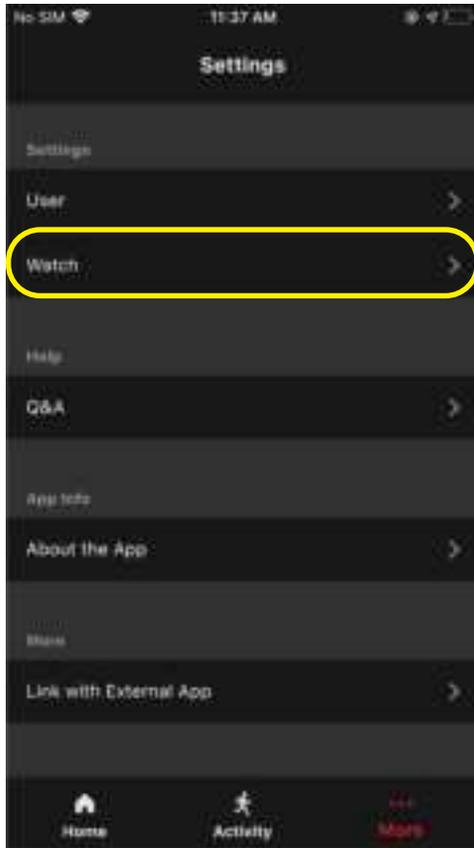
Step 1

To change the Auto Function settings select the More page, then select Watch.
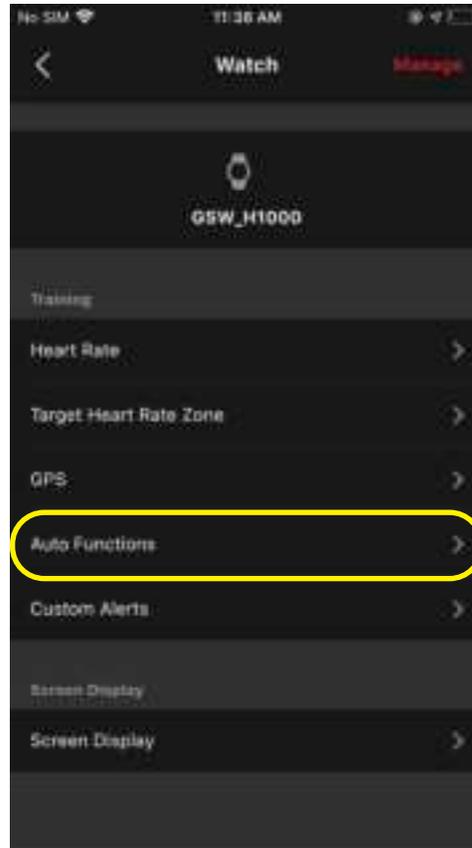
Step 2

Select Auto Functions.
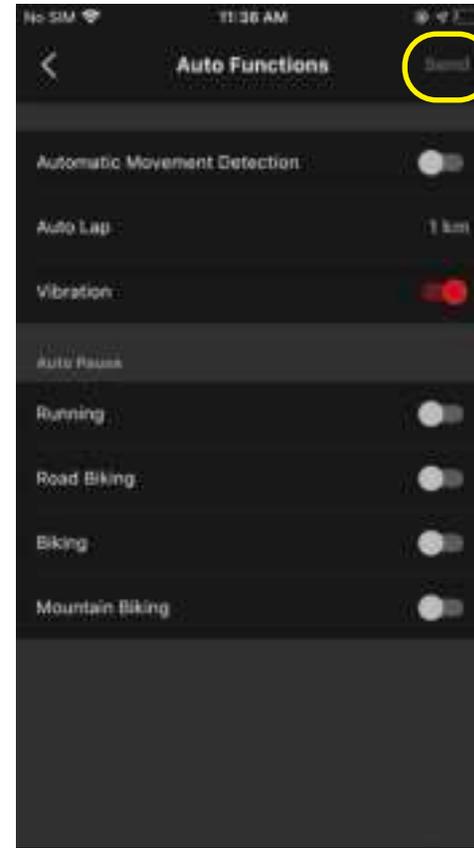
Step 3

Here you will be able to change the Auto Function settings through your app. To save these settings to your app and watch, select Send after making the changes.

# More (Settings)
WATCH: CUSTOM ALERTS
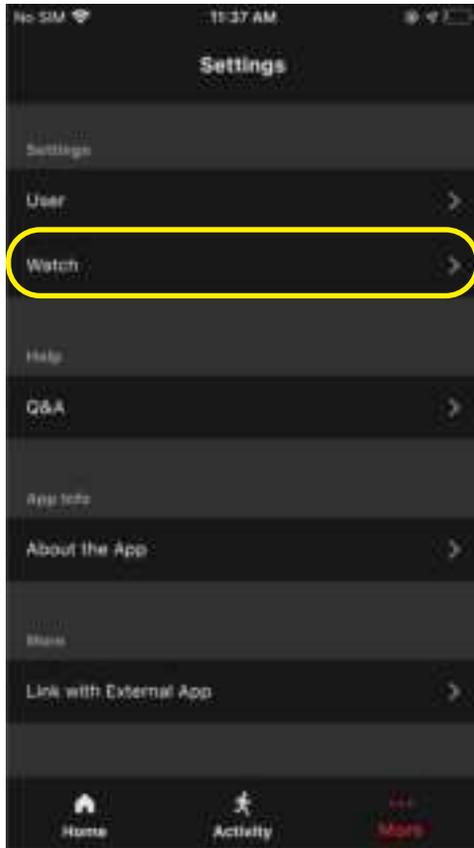
Step 1

To change the Watch Custom Alerts settings select the More page, then select Watch.
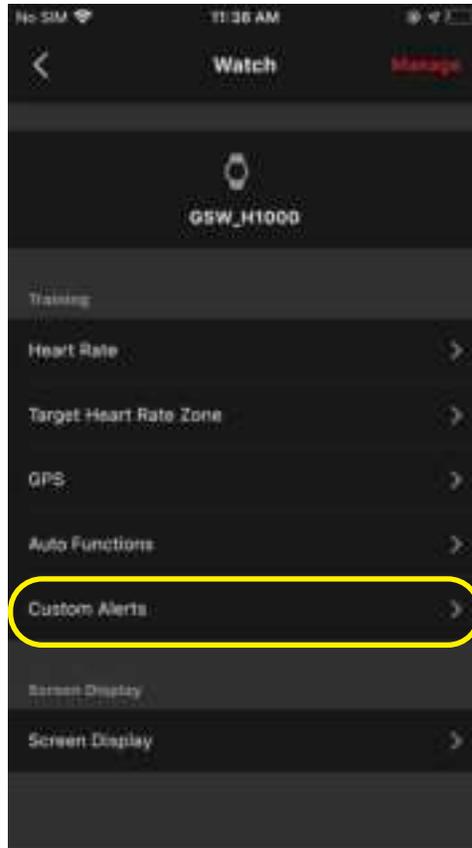
Step 2

Select Custom Alerts.
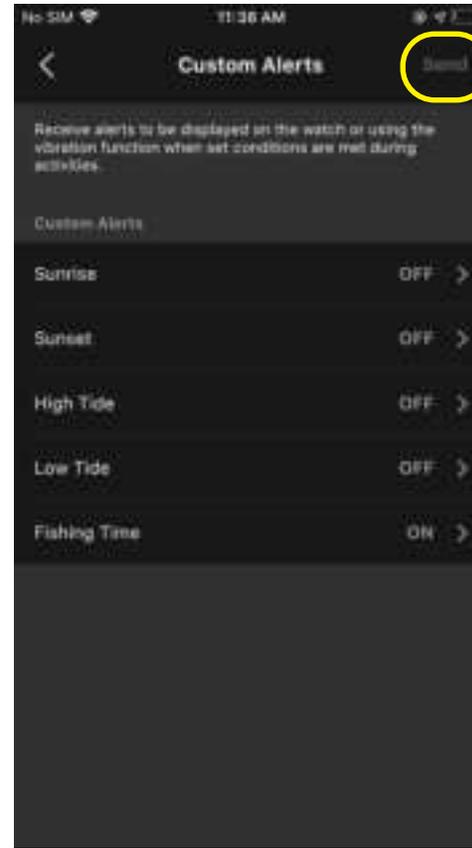
Step 3

Here you will be able to customize alerts settings through your app. To save these settings to your app and watch, select Send after making the changes.

More (Settings)
**WATCH:** SCREEN DISPLAY
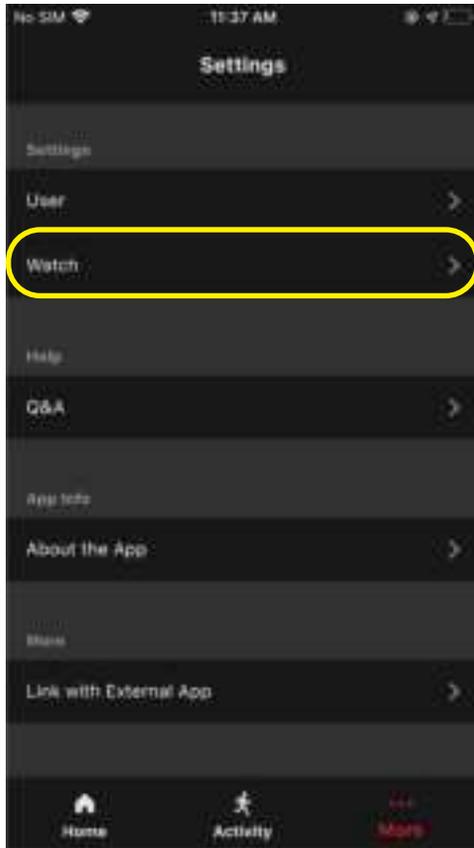
Step 1

To change the Screen Display settings select the More page, then select Watch.
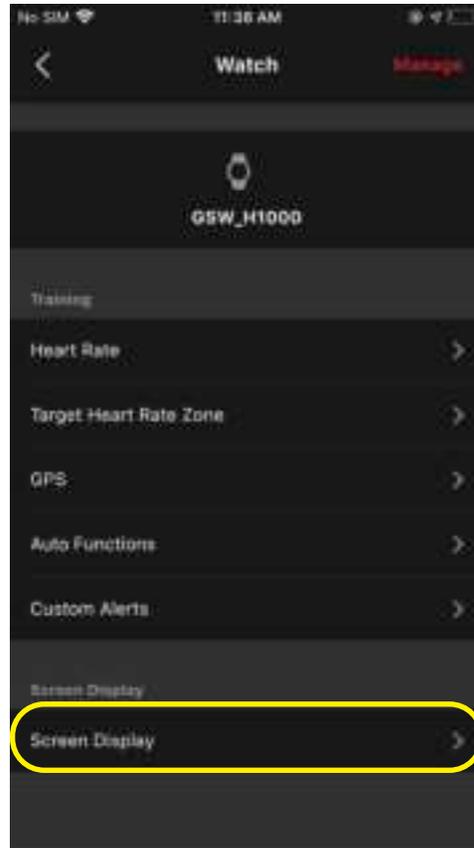
Step 2

Select Screen Display.
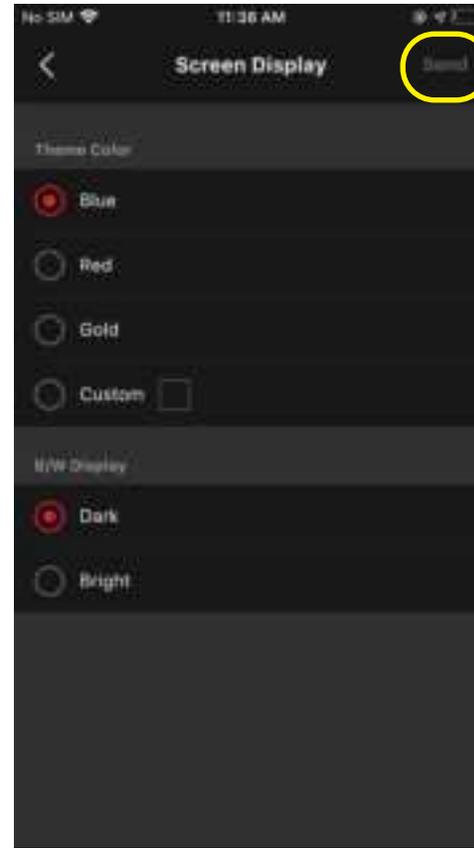
Step 3

Here you will be able to customize the Screen Display settings through your app. To save these settings to your app and watch, select Send after making the changes.

More (Settings)
WATCH: MANAGE CONNECTED DEVICES & ADD OR DELETE WATCH PAIRINGS
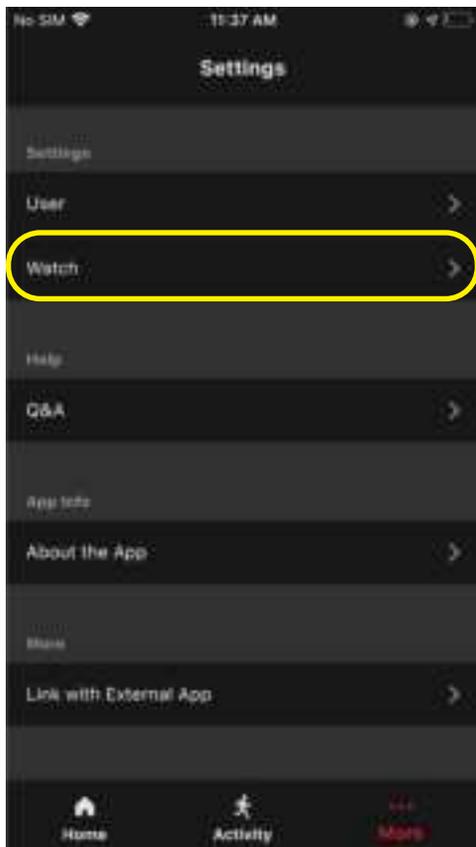
Step 1

To Manage an already connected device or connect a new watch select the More page, then select Watch.
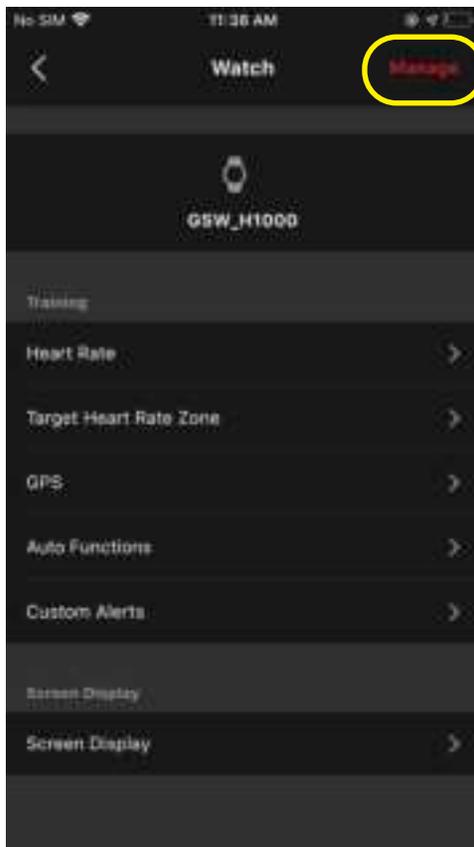
Step 2

Select Manage in the top right area of the page.
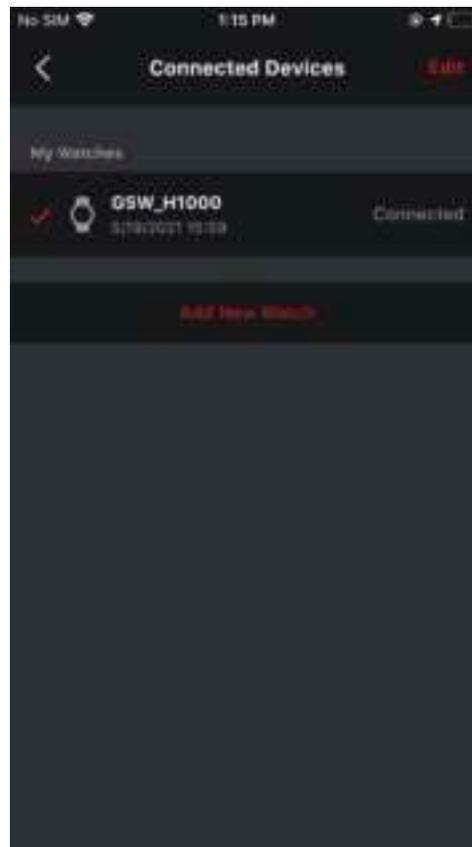
Step 3

Here you will be able to add a new watch by selecting "Add a New Watch" or delete the current watches registration info by selecting Edit then selecting Delete Paring Registration.

More (Settings)
HELP: Q&A CASIO SUPPORT
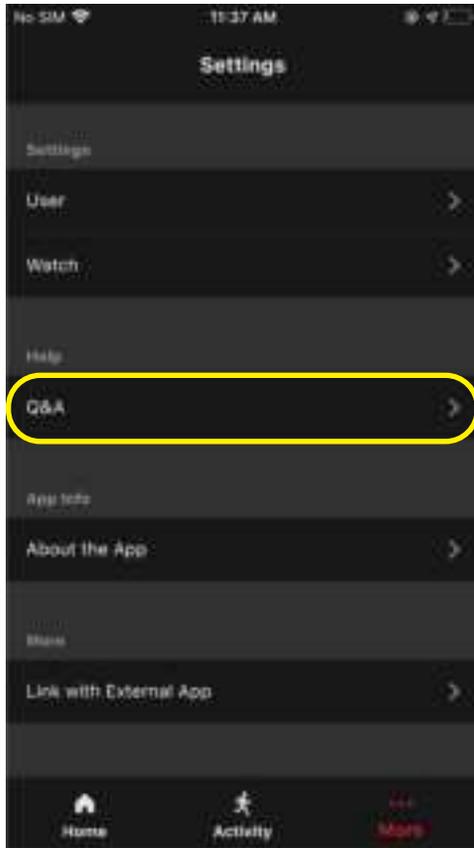
Step 1

To access the Q&A on Casio's support webpage select the More page, then select Q&A.

Step 2

Select your desired language.

Step 3

Enter the product information for a listing of answers to the most common questions received on this watch model.

More (Settings)

ABOUT THE APP: VERSION / TIME ZONE DATA / SOFTWARE LICENSE / PRIVACY NOTICE / COPYRIGHT NOTICE
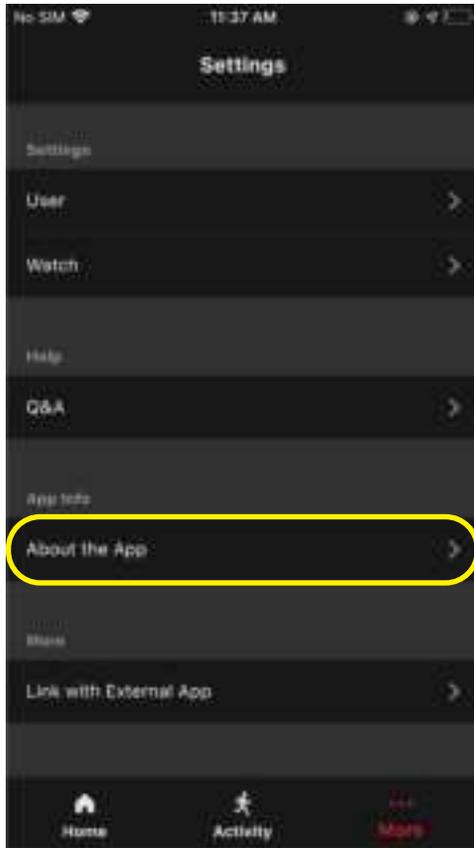
Step 1

To view technical information about the G-SHOCK MOVE app you are running select the More page, then select About the App.
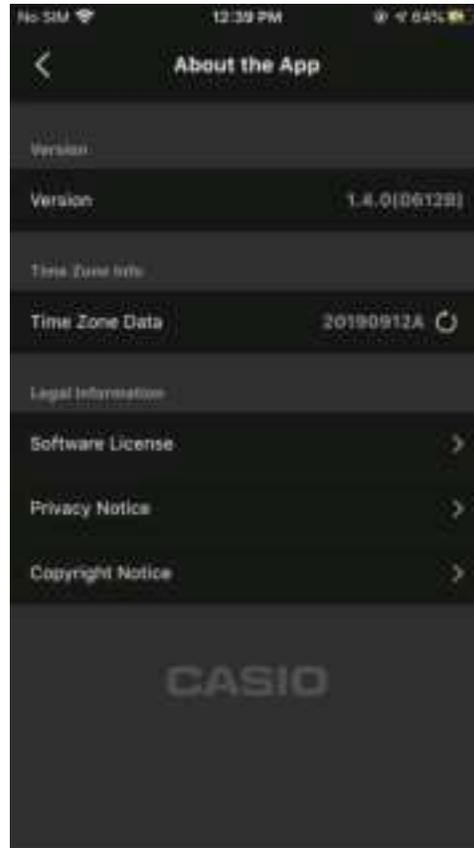
Step 2

Here you will have listed all of the Apps running version, time zone, and legal information.

More (Settings)
EXTERNAL APPS: LINKING WITH APPLE HEALTH, STRAVA & GOOGLE FIT
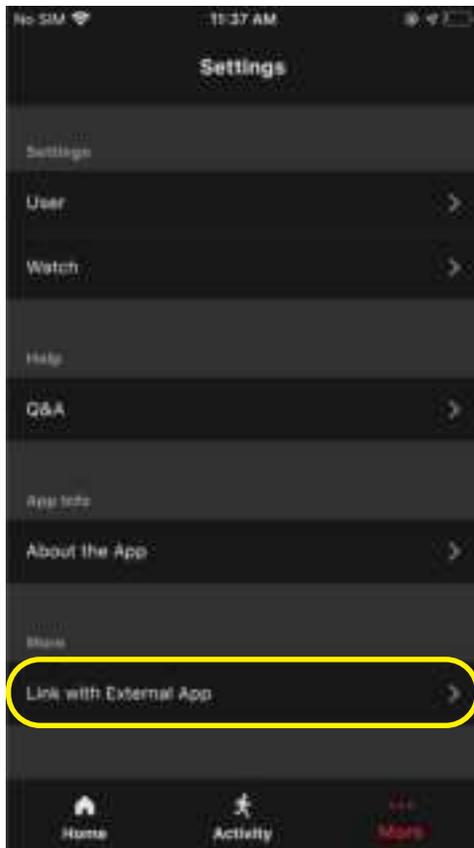
Step 1

To Link the app with External Applications select the More page, then select Link with External App.
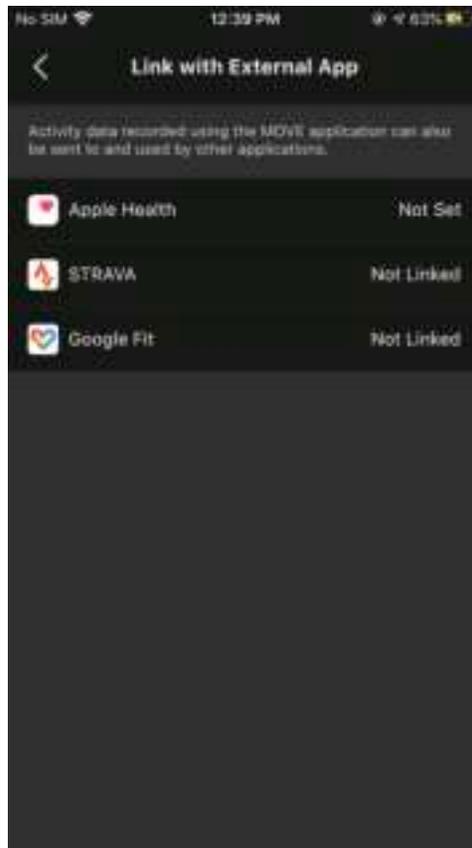
Step 2

Select the external app you would like to connect the G-SHOCK MOVE App with.
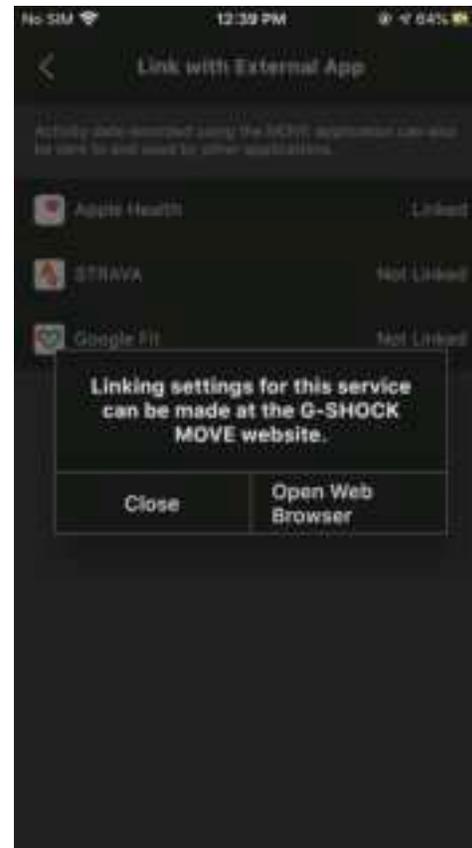
Step 3

Apple Health: connecting with Apple Health will bring you to the setting menu on your Apple device to link.

Strava and Google Fit: connecting with these two external apps will redirect you to the G-SHOCK MOVE website to link. Follow the directions on the G-SHOCK move site to link.

CASIO Hardware / App Product Specs

DISPLAY
1.2-inches Dual Layer LCD
Color TFT LCD (360x360pixels)
Monochrome LCD
Screen brightness setting 5 levels

TOUCH PANEL
Capacitive touch panel

SENSORS
GPS (GPS/GRONASS/QZSS)
Pressure sensor
Magnetic sensor
Optical sensor (PPG Heart Rate)
Gyrometer

OTHER
Microphone, vibrator

BLUETOOTH
Bluetooth Ver4.1(Low Energy)

WI-FI (WIRELESS LAN)
IEEE802.11b/g/n

MEMORY
4GB internal storage, 768MB RAM

BATTERY
Lithium-ion battery
Approximately 3 hours at room temperature
Be sure to use the special charger cable

OPERATING TIME ON FULL CHARGE:
Normal use : Approximately 1.5days or more
Timepiece Mode: Approximately one month

BATTERY LEVEL INDICATION:
Integers from 0 to 100 %

CHARGING METHOD:
Magnetic crimped charging terminal
The other side USB (Type A)
USB adapter is purchased separately on the market
USB (Type-A) terminal Voltage: 5V Current 0.5A or more

CRYSTAL
Mineral glass (dirt resistant coating)

20BAR(200-METER) WATER RESISTANT

OPERATING TEMPERATURE
-10°C ~ 40°C

SIZE (BODY H X W X D)
Approximately 65.6 x 56.3 x 19.5mm

THICKNESS WHEN SENSOR AREA IS INCLUDED:
Approximately 21.3mm

WEIGHT
Approximately 103g (including band)

INCLUDED ACCESSORIES
Special Charger Cable

OPERATING ENVIRONMENT
Wear OS by Google works with phones running Android 6.0+ (excluding Go edition) or iOS 12.0+. Supported features may vary between platforms and countries.
LIMITED FUNCTIONALITY WHEN CONNECTED TO IOS DEVICE.

MAP FUNCTION IN CASIO APP ON THE WATCH
GLOBAL MAP/ GOOGLE MAP & MAP BOX:
Map screen, Selectable map skin, map downloading (for only off-line maps, MAP BOX), Voice memo, Landmark, history screen

CHINESE MAP, GAO DE MAP:
Map screen, Selectable map skin, map downloading (for off-line map)

ALTIMETER
MEASUREMENT RANGE:
-700 to 10,000m

MEASUREMENT UNIT:
1m

SHORTEST MEASUREMENT INTERVAL:
1 min (only in activity, 6 mins out of activity)

ALTITUDE GRAPH:
Past 24 hours / Auto altitude calibration using location information (basically, relative altimeter, correction is GPS, but not above sea level)

MEASUREMENT ACCURACY:
Within ±75m (When frequent manual calibration is performed)

BAROMETER
MEASUREMENT RANGE:
260 to 1,100hPa

MEASUREMENT UNIT:
1hPa

MEASUREMENT INTERVAL:
1 minute

ATMOSPHERIC PRESSURE TENDENCY GRAPH:
Past 24 hours

MEASUREMENT ACCURACY:
Within ±3hPa/ Manual barometric pressure calibration

COMPASS
MEASUREMENT RANGE:
0° to 359°/ Unit: 1°/

CONTINUOUS DURATION
1 minute

North indication hand
Bearing memory
Gradient calibration

TIDE AND FISHING
TIDE GRAPH:
Past 12 hours + Next 12 hours

FISHING TIME:
Calculated according to current location, and moon hour angle and age

THE CURRENT LOCATION OF THE FISHING TIME IS AUTOMATICALLY ACQUIRED BY GPS AND IS NOT LINKED WITH THE TIDE GRAPH.

SUNRISE/ SUNSET
Sunrise/ Sunset times
Current location sunrise/ sunset

ACTIVITY TYPES
APPS WHICH COUNTS TIME FROM START TO END, AND SCREENS THE DATA:
Running
Trail Running
Road Biking
Cycling
Mountain Biking
Pool Swimming
Surfing
Sailing
Kayaking
SUP
Skiing
Snowboarding
Trekking
Fishing
Walking
Indoor Workouts (Treadmill, Leg Presses, Shoulder Presses)

HEART RATE MONITOR
Heart rate measurement
Heart rate zone display (currently/24 hours)
Today's maximum/ minimum heart rate
Energy consumption so far today

WATCH FACE TYPES
3 Casio watch faces (Digital, Analog, 2 Layers)
Additional watch faces can be installed

WORLD TIME
Supports about 550 time zones around the world and also summer time

AUTO TIME CORRECTION
BY COMMUNICATION WITH SMARTPHONE:
Time can be adjusted manually

BY GPS INFORMATION:
Can be corrected manually

FULL AUTO-CALENDAR
Not a function-name, but works on the system

12/24-HOUR TIMEKEEPING

GOOGLE SOFTWARE FUNCTIONS
Stop watch
Timer
Alarm
Light
Weather
Translator
Reminder
Setting/ Voice Setting
Schedule
Contacts
Hand wash timer
Find a mobile