

User's Guide 5641



ENGLISH

Congratulations upon your selection of this CASIO watch.

For details about how to use this watch and for troubleshooting information, go to the website below.

<https://world.casio.com/manual/wat/>



- Important!**
- This manual provides a brief overview of your watch.
 - If you are going to a location where Internet access is not available, download the Operation Guide PDF from the website below to a device that you will be taking along with you.

Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

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This product has a Mobile Link function that lets it communicate with a Bluetooth® capable phone to perform automatic time adjustment and other operations.

- This product complies with or has received approval under radio laws in various countries and geographic areas. Use of this product in an area where it does not conform to or where it has not been approved under applicable radio laws may be punishable under local laws. For details, visit <https://world.casio.com/ce/BLE/>.
- Use of this product inside of an aircraft is restricted by the aviation laws of each country. Be sure to obey instructions provided by flight personnel concerning use of devices such as this product.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by CASIO COMPUTER CO., LTD. is under license.

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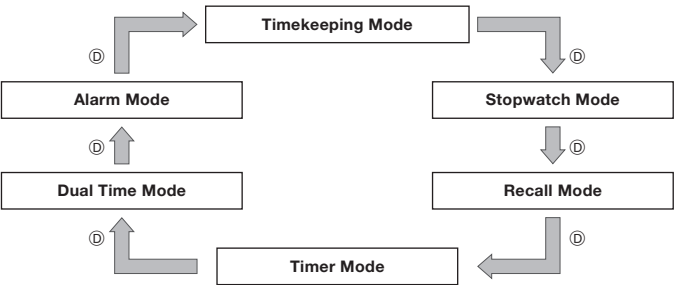
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Using the Watch

- NOTE**
- Depending on the model of your watch, digital display text appears either as dark figures on a light background, or light figures on a dark background. All examples in this manual are shown using dark figures on a light background.

Navigating Between Modes

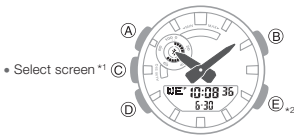
- Each press of (D) cycles through the modes as shown below.
- To return directly to the Timekeeping Mode from any other mode, hold down (D) for at least two seconds.



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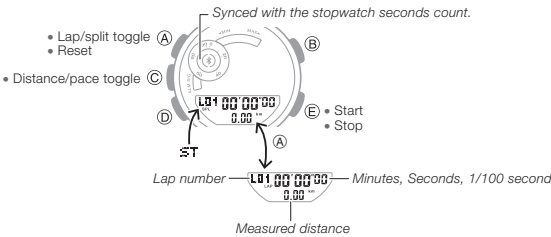
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Timekeeping Mode



*1 For details, refer to the Operation Guide available at the CASIO website.
*2 Hold down (E) for at least two seconds to establish a Bluetooth connection with a phone. For details, refer to the Operation Guide available at the CASIO website.

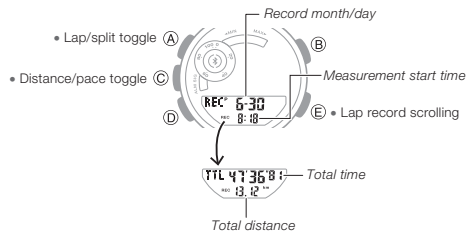
Stopwatch Mode



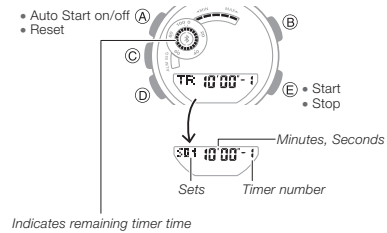
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Recall Mode



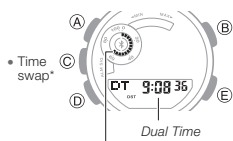
Timer Mode



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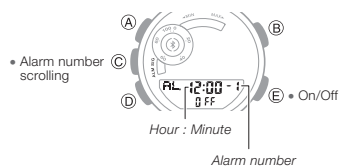
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Dual Time Mode



* Holding down (C) for at least two seconds toggles between the Timekeeping Mode time and the Dual Time Mode time.

Alarm Mode



Setting the Time

1. In the Timekeeping Mode hold down (D) for at least two seconds.
2. Hold down (A) and release the button when **SET** stops flashing and the seconds count starts to flash.



3. Press (E) to reset the seconds count to 00.
• 30 to 59 seconds: Adds 1 to minutes.
4. Press (D) to move the flashing to the hour setting.
5. Use (E) and (B) to change the hour setting.
6. Press (D) to move the flashing to the minute setting.
7. Use (E) and (B) to change the minute setting.
8. Press (D) twice to move the flashing to the year setting.
9. Use (E) and (B) to change the year setting.
10. Press (D) to move the flashing to the month setting.
11. Use (E) and (B) to change the month setting.
12. Press (D) to move the flashing to the day setting.

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13. Use (E) and (B) to change the day setting.
14. After all the settings are the way you want, press (A) twice to exit.

Specifications

Accuracy at Normal Temperature: ±15 seconds a month average when time adjustment by communication with a phone is not possible.

Analog Timekeeping: Hour, minute (moves every 20 seconds)

Digital Timekeeping: Hour, minute, second, month, day, day of the week, a.m./p.m. (P)/24-hour timekeeping, Full Auto Calendar (2000 to 2099), Summer Time

Life Log Measurements:

- Distance
 - Measurement range: 0 to 9999.99 km
 - Target Distance Setting
 - Distance setting unit: 1 km
 - Distance setting range: 1 to 199 km
- Calories
 - Measurement range: 0 to 999,999 kcal
 - Target Calories Setting
 - Calories setting unit: 10 kcal
 - Calories setting range: 10 to 60,000 kcal
- Step Count
 - Step count measurement using a 3-axis accelerometer
 - Step count measurement range: 0 to 999,999 steps
 - Step Indicator

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- Target Step Count Setting
 - Step count setting unit: 100 steps
 - Step count setting range: 1,000 to 99,900 steps
 - Step count accuracy: ±3% (According to vibration testing)

- Power Saving
- Life Log Reset
 - Auto reset at midnight each day
 - Manual reset
- Life Log Graph
- Exercise Intensity Display

Stopwatch/Data Recall:

- Measurement unit: 1/100 seconds (first hour);
1 second (after first hour)
- Measurement range: 23 hours, 59 minutes, 59 seconds
- Measurement functions: Normal elapsed time; cumulative time; lap/split times; distance/pace display switching; auto/manual lap measurement; auto lap alert; 45-record data memory

Countdown Timer:

- Unit: 1 second
- Range: 60 minutes
- Number of intervals: 1 to 5
- Number of auto repeats: 1 to 20
- Time setting unit: 1 second
- Time setting range: 1 second to 60 minutes
- Beep every second for final 5 seconds, alert beeper at the end of the countdown.
- Auto Start

Dual Time:

- Hour, minute, second
- Swapping with Home Time

Alarms:

- 5 Daily alarms; Hourly time signal
- Setting units: Hour, minute
- Alarm tone duration: 10 seconds
- Hourly time signal: Beep every hour on the hour

Mobile Link:

- Function linking with a Bluetooth® device using wireless communication*
- * Operation Enhanced by Mobile Link
- Auto Time Adjustment
- Simple time setting:
 - World Time: Current time in 300 cities (38 time zones, auto summer time switching), and UTC (Coordinated Universal Time) time
 - Watch setting configuration
- Phone Finder
- Distance Calibration
- Life Log Data Manager
 - Managed data: distance, calories, step count
- Training log data management
 - Managed data: individual lap times, distance, pace, total calories burned
- Simple Notification (Audible Alert Only)
 - Notification name or other text does not appear on the watch display.
- Phone Notification Linking
- Auto summer time switching
- Automatic switching between standard time and summer time

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Timer setting
Alarm setting
Hand position correction
Data Communication Specifications
Bluetooth®
Frequency band: 2400 MHz to 2480 MHz
Maximum transmission: 0 dBm (1 mW)
Communication range: 2 meters max. (depends on environment)

Other: LED backlight (Auto Light, Super Illuminator, 1.5/3-second illumination duration); operation tone on/off; Airplane Mode, user profile creation, hand shift feature (to view digital info); low battery alert

Power Supply: One lithium battery (CR2025)

Battery life: Approximately 2 years

Conditions:

Bluetooth connection time: 10 hours/day

Alarm: Once (10 seconds)/day

Illumination: Once (1.5 seconds)/day

Display: 24 hours/day

Life Log Measurement: 12 hours/day

Stopwatch Measurement: 3 hours/week (1 hour/day, 3 times/week)

Notification: 20 times/day

Specifications are subject to change without notice.