



SEQUENTIAL 2.3 Elektron Watch User Guide

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SEQUENTIAL SEQUENT

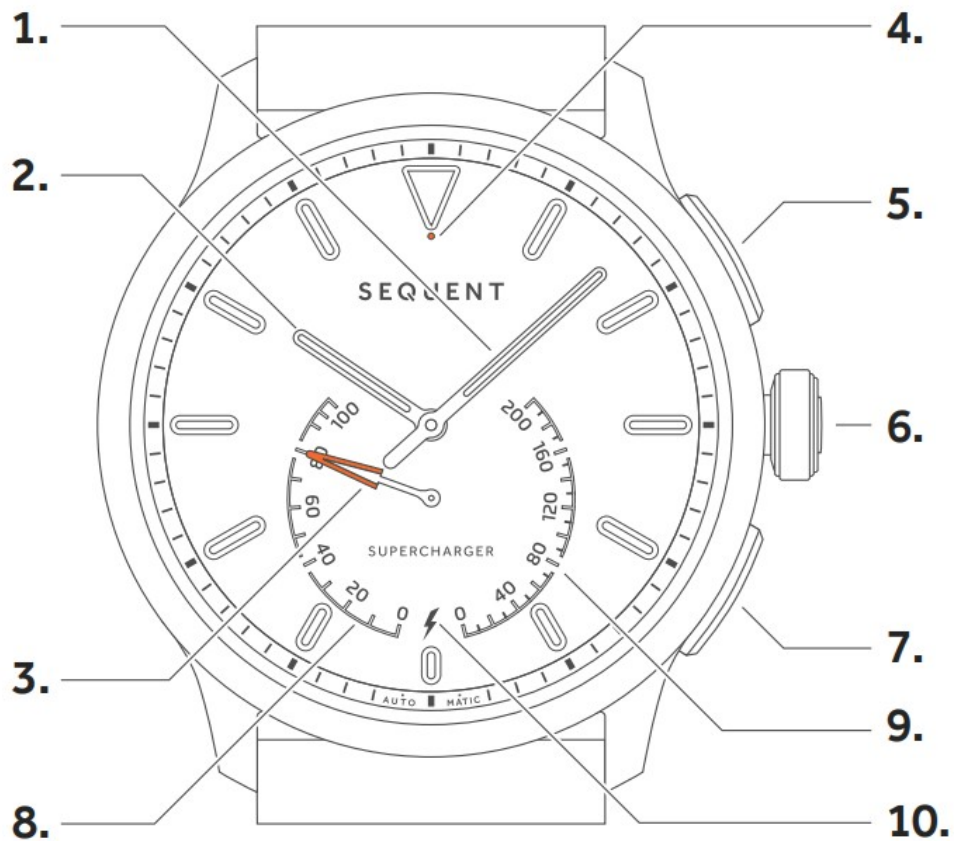


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Specifications

- 1. Low Energy Wireless (2.4 GHz)
- 2. Lithium Polymer Cell (3.7V 45 mAh)
- 3. 3 Analog hands
- 4. Crown pusher, Upper pusher, Lower pusher
- 5. Android 8.0 +
- 6. iOS 15+



1. Minute hand
2. Hour hand
3. Subdial activity hand
4. LED
5. Upper pusher
(start & stop sport mode)
6. Crown pusher
(wake & sync)
7. Lower pusher
(instant HR & SpO2 reading)
8. 0-100
(step goal, power reserve, SpO2)
9. 0-200
(heart rate)
10. Low reserve

Quick start

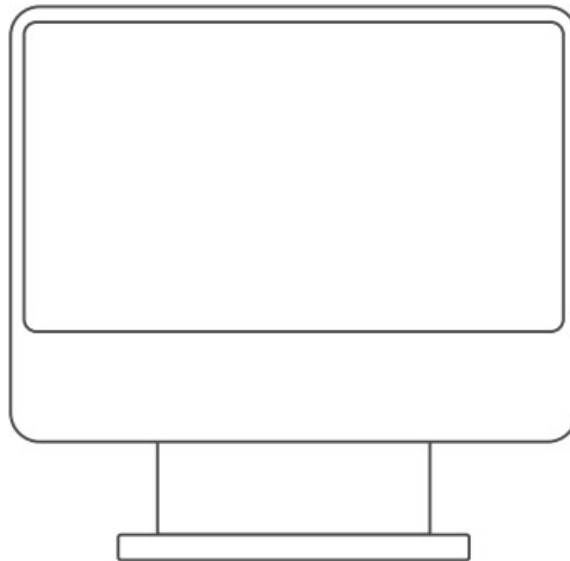
Download the Sequent app.



sequentworld.com/app

Support

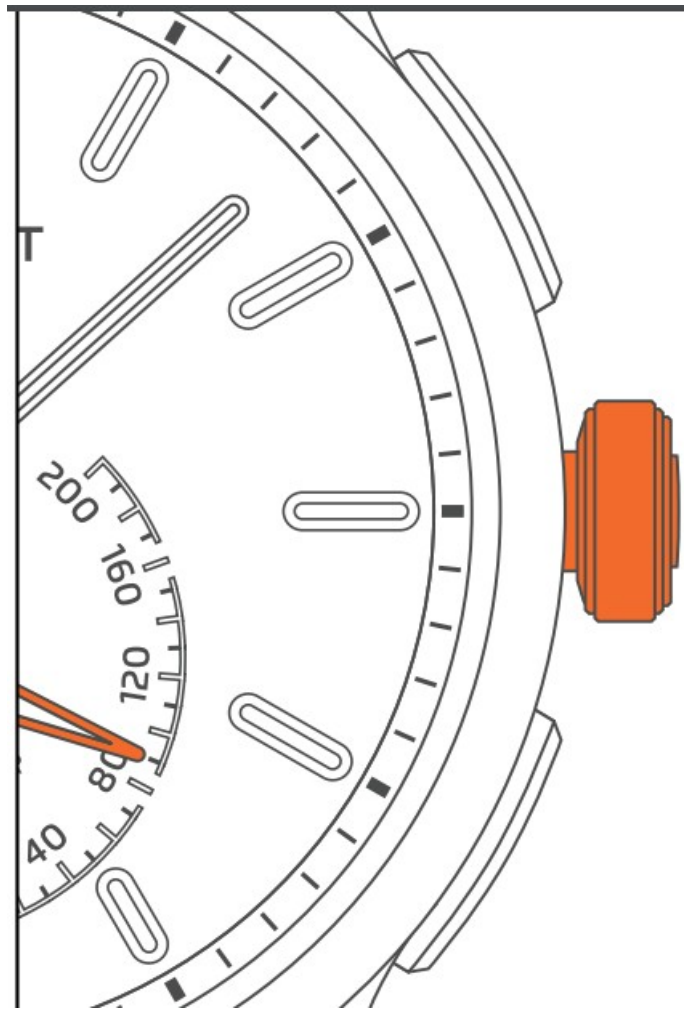
More information on our support page.



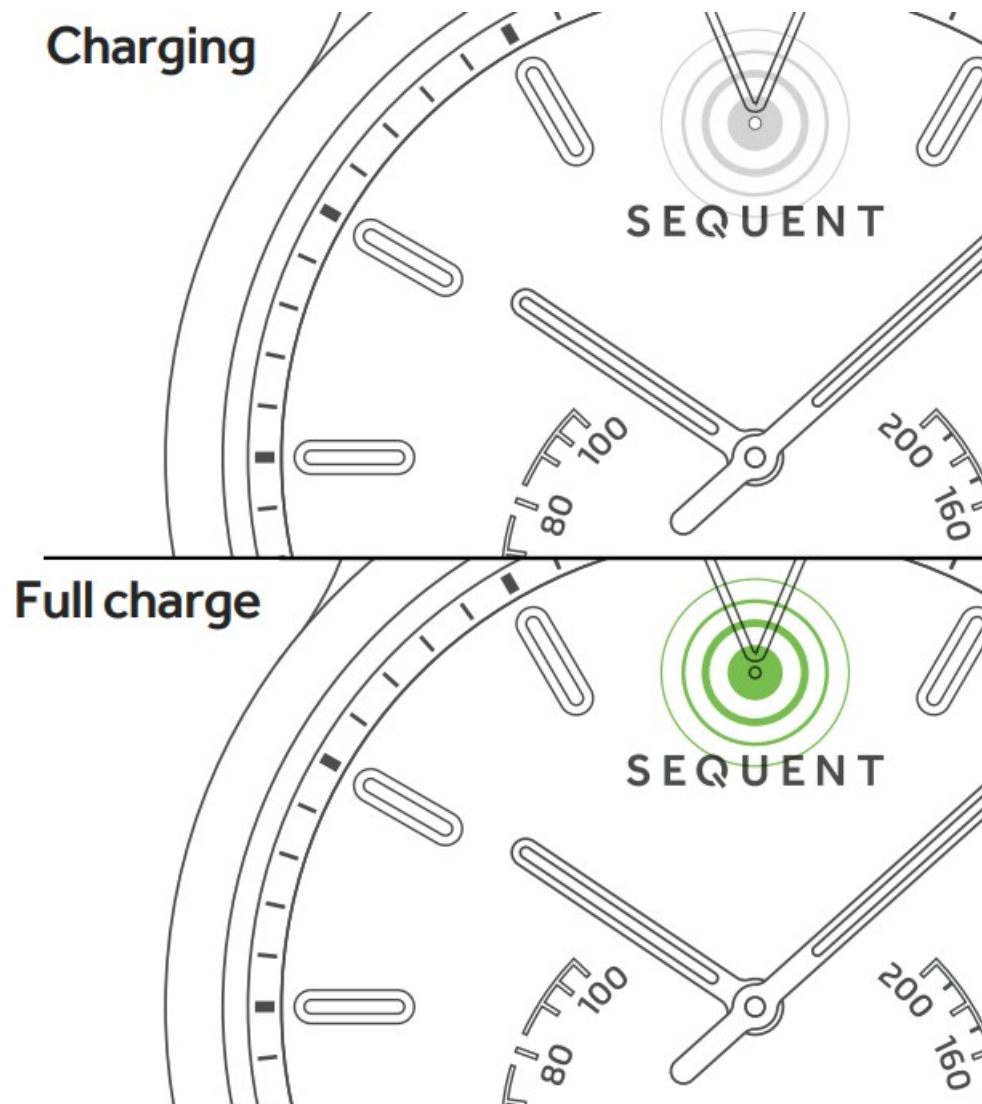
sequentworld.com/support

Activate

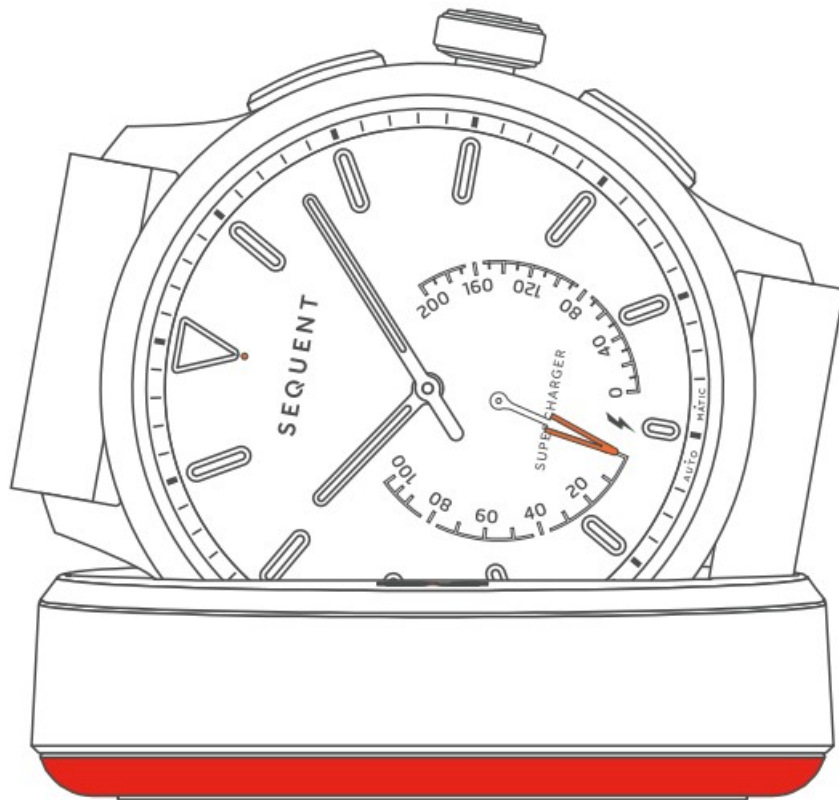
1 quick press on the crown (the watch will blink blue).



Charging with the Emergency Charger



Even though moving is good for both you and your Sequent watch, life doesn't always allow us to go for a run. Place the watch in the Charger for 120 minutes (the watch will blink white while charging and green when fully charged). The Charger will flash red if the watch isn't centered in the Charger.

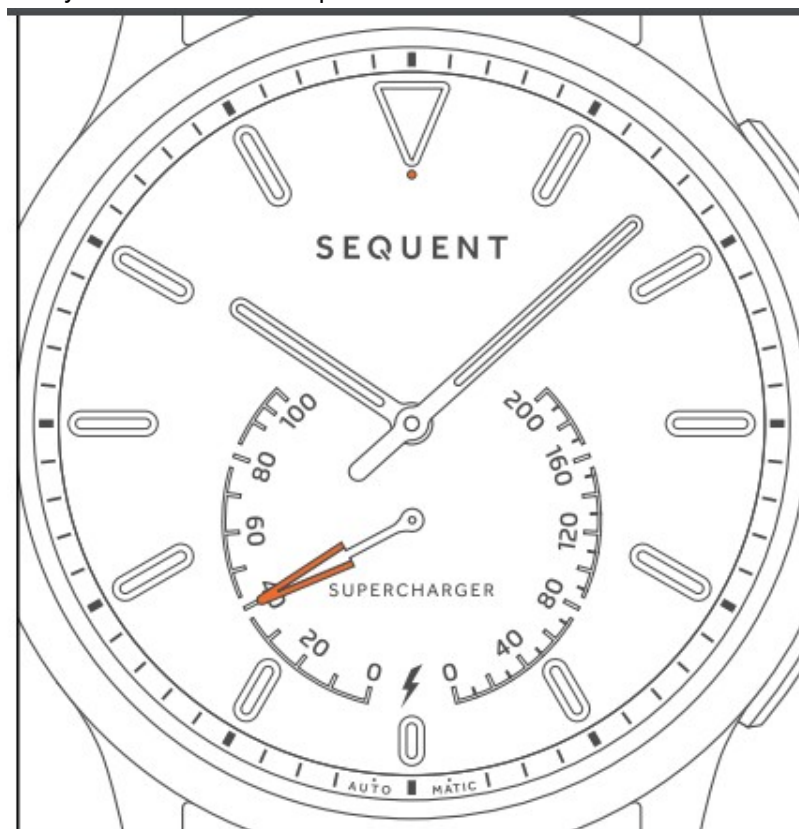


Syncing the watch

1 quick press on the crown (the watch will blink blue) and follow the steps from the app.

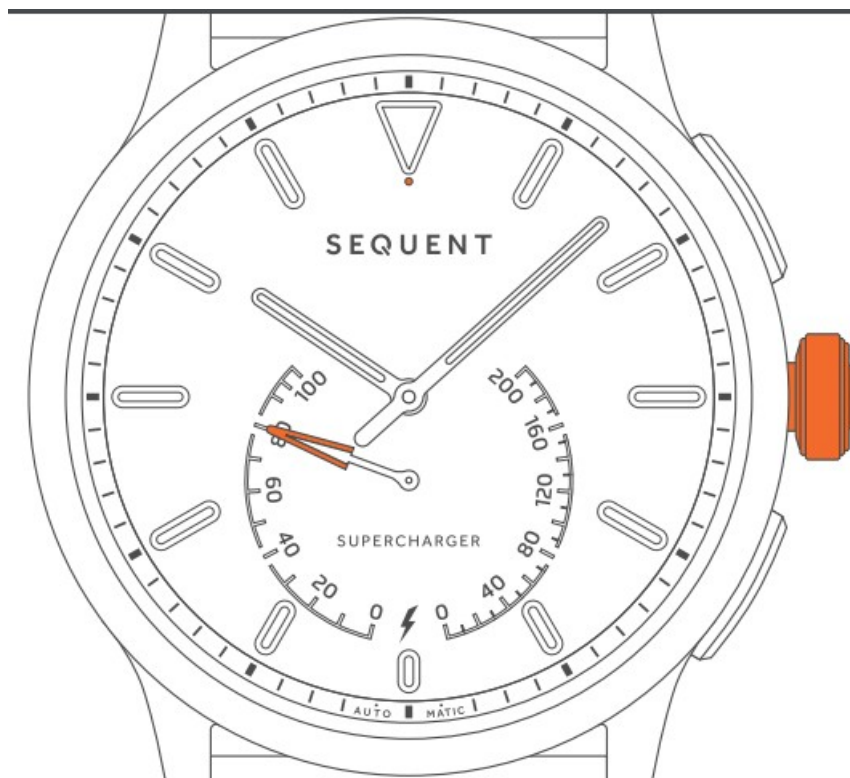
Step counting

By default the subdial activity hand shows the step count.

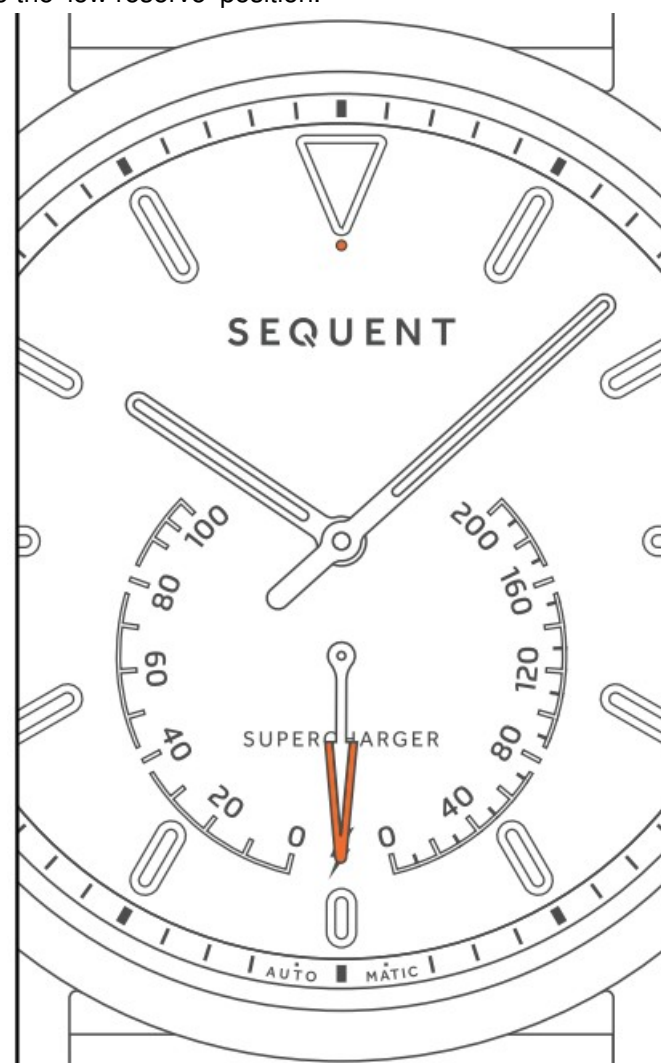


Power reserve

2 quick presses on the crown and the subdial activity hand will show the power reserve (from 0-100).



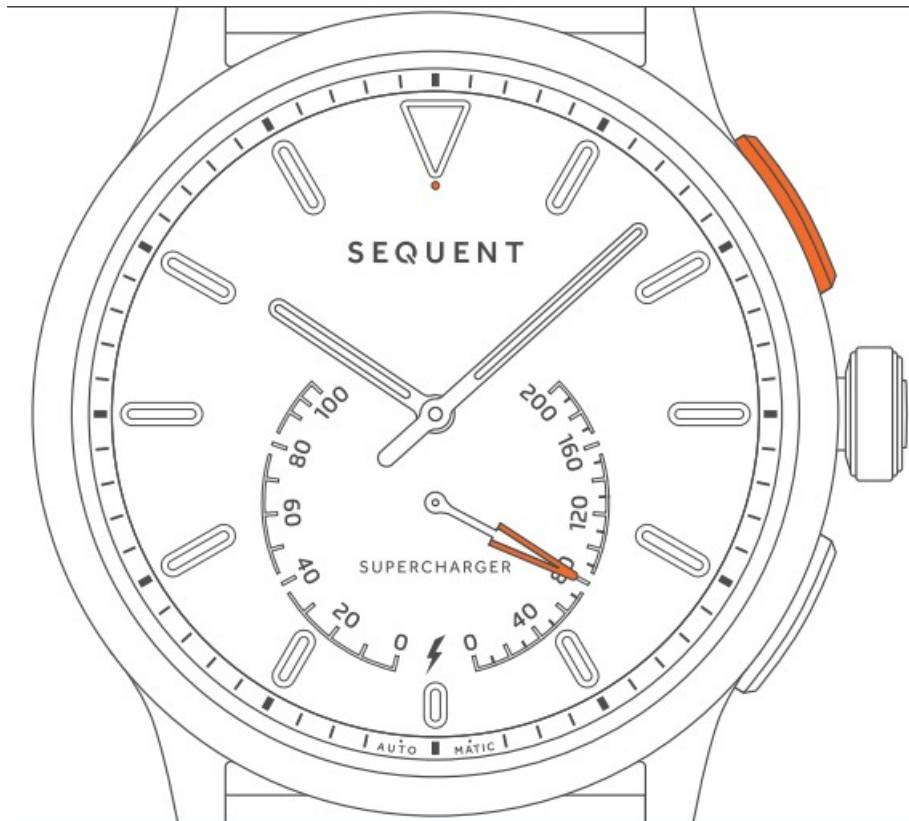
The watch will disable Syncing, Updating, and HR recording functions when the reserve falls to 40%. The subdial hand will point to the 'low reserve' position.



Sport session

To start a sport session, press the upper pusher once, the hour hand will spin clockwise to confirm.

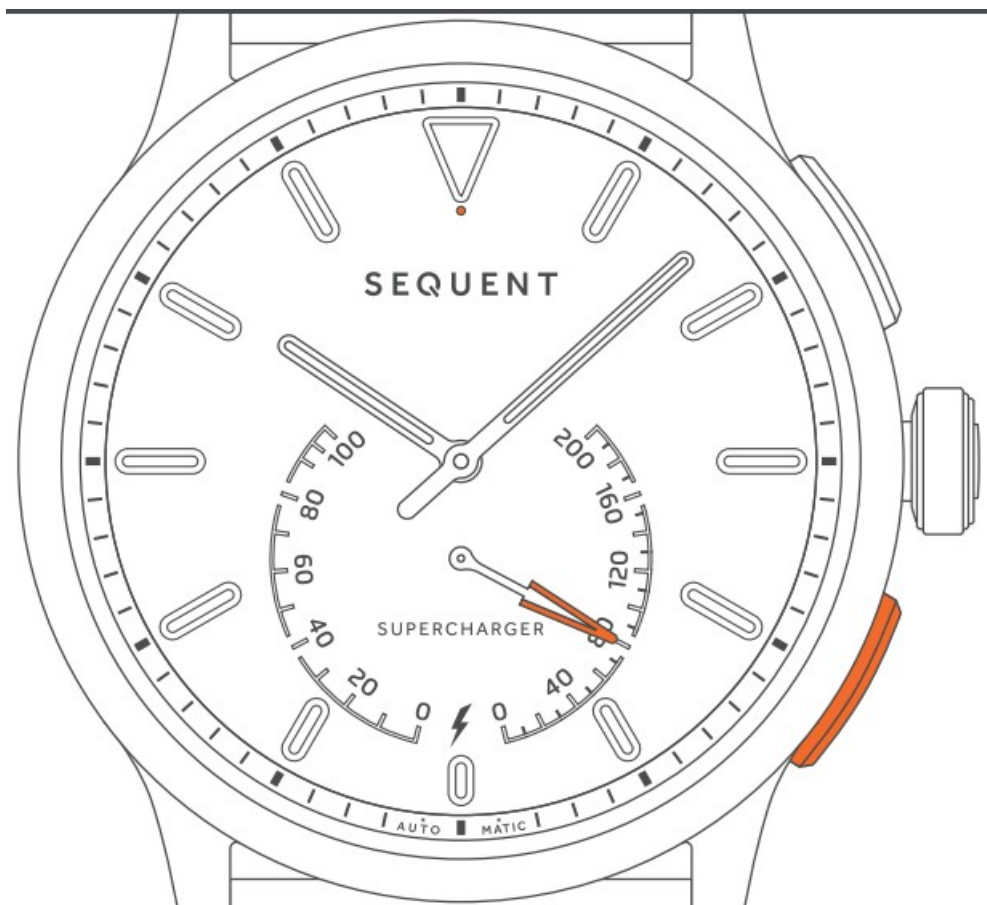
To end a sport session, press the upper pusher during your sport session, the hour hand will spin counter-clockwise to confirm the end of the session. During sport sessions, a single push on the crown will blink purple to allow you to check the watch mode.



If selected in the app, the watch will measure your heart rate during a sport session. e-GPS can also be activated in the app.

Heart rate

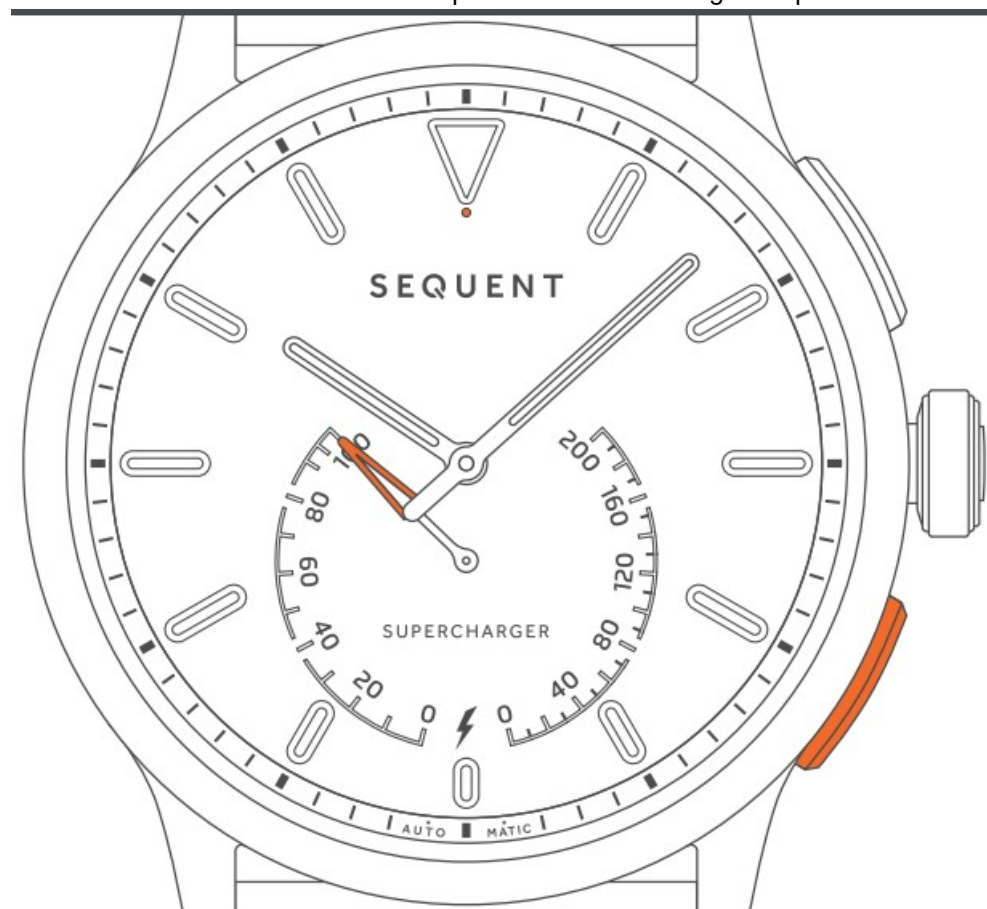
1 quick press on the lower pusher will trigger an instant heart rate reading and show it in the subdial (between 0 to 200).



SpO2

2 quick presses on the lower pusher will trigger an instant SpO2 reading and show it in the subdial (between 0 to 100).

Please rest your wrist on a table or otherwise stable place when measuring the SpO2.



Time setting

To set the time, hold down the crown for 10 seconds (the watch will blink purple twice).

While in the time setting mode, press the upper pusher to adjust the hands clockwise and the lower pusher to adjust the hands counter-clockwise.

Hold the pusher to move faster. To confirm time setting, quickly press the crown 3 times.

Key information

After 24 hours the watch goes into sleep mode to save battery. Shake the watch or press the crown to wake it. Sync is only active for 5 minutes from when you press the crown.

Help

If you have issues with the app, please try to restart it.

You can reset the watch by holding the upper and lower pusher at the same time for 20 seconds. For more help, contact info@sequent.ch

Personal Data & Warranty

Make sure you have read our privacy policy and warranty, which you can find on our website.

Water resistance

The Sequent watch is water resistant up to 50 m (165 ft) depth. You can, therefore, use it when washing dishes, splashing, or swimming.

However, it can't be used for diving or snorkeling. Do not press the Pushers of your watch when it is underwater. Avoid salt water.

Legal notice

By using your Sequent watch you expressly agree to the Sequent Terms and Conditions available on our website. This product is not a medical device and should not be used to diagnose or treat any medical condition.

Safety instructions

- Use the watch between 0°C and 35°C (32°F and 95°F).
- Watch may be stored in a clean, dry location between 10°C and 35°C (50°F and 95°F) when not in use.
- Avoid any extreme temperature changes.
- Avoid any kind of shocks, be they physical, thermal or otherwise. They may damage internal and external components of your watch.
- Never allow children to play with the product; the small components may be a choking hazard!
- The Product is not intended for use where the failure of the Product could lead to death, personal injury, or severe environmental damage.
- Do not attempt to open, disassemble or tamper with the Product. Substances contained in this Product and/or its battery may damage the environment and/or human health if handled and disposed of improperly.
- Do not use the Product in circumstances that could cause a dangerous situation, such as using the Product while operating heavy machinery or driving a moving vehicle in a manner that might cause you to take your eyes off the road or become so absorbed in the activity that your ability to concentrate on the act of driving becomes impaired.

- Do not wear or clean your Product while you are charging it. Always unplug the charger first before cleaning the Product.
- Do not use abrasive cleaners to clean your Product.
- Do not place your Product in a dishwasher, washing machine, microwave oven, oven, dryer.
- Do not use your Product in a sauna or steam room.
- Do not expose your Product to water at high pressure, such as ocean waves or a waterfall.
- Do not leave your Product in direct sunlight for an extended period of time.
- Do not leave or use your Product near open flames.

Regulation

FEDERAL COMMUNICATIONS COMMISSION INTERFERENCE STATEMENT

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio or television technician for help.

Caution

Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment. This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

RF exposure warning

The equipment complies with FCC RF exposure limits set forth for an uncontrolled environment.

The equipment must not be co-located or operating in conjunction with any other antenna or transmitter.

Canada, avis d'industrie Canada (IC) notice

This device complies with Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

CAN ICES-3 (B) / NMB-3(B) (Canada)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus set out in the interference causing equipment standard entitled: "Digital Apparatus," ICES-003 of the Canadian Department of Communications.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Europe (CE Declaration of conformity)

Hereby, Sequent Ltd., declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.

Intellectual property

All Intellectual Property, as defined below, owned by or which is otherwise the property of Sequent or its respective suppliers relating to this product, including but not limited to, accessories, parts, or software relating there to (the “Product System”), is proprietary to Sequent or its licensors and protected under Federal laws, state laws, and international treaty provisions. Intellectual Property includes, but is not limited to, inventions (patentable or unpatentable), patents, trade secrets, copyrights, software, computer programs, and related documentation and other works of authorship. You may not infringe or otherwise violate the rights secured by the Intellectual Property.

Moreover, you agree that you will not (and will not attempt to) modify, prepare derivative works of, reverse engineer, decompile, disassemble, or otherwise attempt to create source code from the software.

No title to or ownership in the Intellectual Property is transferred to you. All applicable rights of the Intellectual Property shall remain with Sequent and its licensors and suppliers.


Disposal and recycling information

The symbol indicates that this Product shall not be mixed with unsorted municipal waste when disposed of. There is a separate collection system for waste electrical and electronic equipment.

Usually old electrical and electronic equipment can be returned free of charge. For further information please contact the competent municipal authorities or the shop where you purchased the Product. Correct disposal ensures that waste electrical and electronic equipment is recycled and reused appropriately. It helps avoid potential damage to the environment and human health and to preserve natural resources. Do not dispose of the Product with household waste. Batteries are not to be disposed of in municipal waste streams and require separate collection. Disposal of the packaging and your Product should be done in accordance with local regulations.

SEQUENTIAL

Documents / Resources

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References

- [User Manual](#)