CASIO®

Model

GSW-H1000

User's Guide

Before use, be sure to read "Safety Precautions". Use the watch correctly.

You cannot use this product inside of China if it was sold outside of China.

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Watch Features

Shock resistance. 20BAR (200-meter) water resistance

G-SHOCK shock resistance makes it possible for your watch to withstand the rough conditions encountered in extreme sports. Your watch is also the first CASIO smartwatch to be 200-meter water resistant. This means you can wear your watch while engaging in extreme sports, marine sports, and more.

Multiple Built-in Sensors

Your watch has GPS, a pressure sensor, an accelerometer, a gyrometer, a magnetic sensor, and an optical sensor (heart rate) built in. A variety of different types of data can be measured by your watch. Data measured depends on the activity being measured.

Dual-layer Display for Improved Readability

A dual-layer display can produce visual feedback in either color or monochrome. The high-resolution color display makes complex data easier to understand, while the monochrome display provides lower power consumption and easier readability when outdoors.

Using Your Watch

Changeable Watch Faces (Display Items, Design)

You can select either digital timekeeping or analog timekeeping to suit your needs or lifestyle. You can even select what items you want to be displayed on the watch face.

→ "Using a Different Watch Face"

DIGITAL

Watch face for measuring fitness data while engaged in activities, and to measure calories burned, steps, and other data during everyday life.

→ Using the "DIGITAL" Watch Face

ANALOG

Analog watch face whose design you can change in accordance with your daily needs.

→ Using the "ANALOG" CASIO Watch Face

2 Layers

Clean, easy-to-read watch face that consumes less battery power.

→ Using the "2 Layers" CASIO Watch Face

Checking Exercise Results After Engaging in an Activity

Data is measured and recorded by the watch's sensors as you engage in activities. Later you can view check and analyze the data using the "G-SHOCK MOVE" phone app. This is true for a wide range of activities, from running, cycling and other outdoor activities, to weight training and more.

→ "Selecting an Activity for Measurement"

Reducing Battery Power Consumption

You can reduce battery power consumption by turning off Wear OS by Google™.

→ "Reducing Power Consumption (Timepiece)"

Contents

Safety Precautions

Before use, be sure to read these "Safety Precautions". Use the watch correctly.

⚠ **Danger**	Indicates information that warns against a major risk of death or serious personal injury.
⚠ **Warning**	Indicates information that warns against a risk of death or serious personal injury.
⚠ **Caution**	Indicates information that warns against a risk of minor injury or material damage.

Icon Examples

⚠ indicates a situation against which you need to exercise caution. The example shown here indicates you should take precaution against electric shock.

🚫 indicates information about an action that you should not perform. The specific action is indicated by the figure inside the circle. The example shown here means disassembly is prohibited.

● indicates information about an action that you must perform. The specific action is indicated by the figure inside the circle.

⚠ **Danger**

🚫 **Be sure to observe the points below when using this watch.**
Failure to do so creates the risk of heat generation, fire, and explosion.

- Do not throw the watch into fire or expose it to heat.
- Do not try to modify the watch, step on it or otherwise subject it to strong impact.
- Do not place the watch inside a microwave oven, drier, pressurized container, etc.
- Do not try to take the watch apart.

🚫 **Do not use, charge, or store the watch near an air conditioner, on an electric carpet, in a location exposed to direct sunlight, in a motor vehicle parked in the sun, or any other location subjected to high temperatures.**
Doing so creates the risk of heat generation, fire, and explosion.

⚠ Danger

Charging

🛇 **Use only the prescribed method for charging.**
Use of a charging method other than the method specified for this watch creates the risk of heat generation, fire, and explosion.

Rechargeable Battery

🚫 **Do not try to remove the rechargeable battery from the watch.**
Doing so creates the risk of heat generation, fire, and explosion. If the rechargeable battery is ever accidentally removed from the watch, take care to ensure that it is not swallowed. Special care is required when young children are present. Should a battery ever be swallowed, contact a physician immediately. Swallowing a battery can rapidly cause chemical burns, mucosal tissue penetration, and other serious problems that create the risk of death.

🛇 **Always request rechargeable battery replacement from a CASIO Service Center or your original retailer.**
Use of a non-specified type of battery or improper replacement creates the risk of battery overheating, fire, and rupture.

⚠️ Warning

Use of the watch

🚫 **Do not use this watch while scuba diving.**

This watch is not a diving watch. Improper use of this watch can lead to serious accident.

❗ **If radio wave interference or other problems are generated in other equipment when using this watch, enter the watch Airplane Mode or turn off the watch.**

This watch may affect operation of or cause problems with the other equipment, which creates the risk of accident.

❗ **In a medical facility or aircraft, be sure to obey instructions provided by staff or flight personnel. Do not use this watch in any area where its use is prohibited.**

Electromagnetic waves and other signals emitted by this watch may affect instrumentation, which may create the risk of accident.

❗ **People fitted with a cardiac pacemaker or any other implantable medical device should keep this watch and charger cable away from their body.**

Radio waves and magnetism can affect the operation of cardiac pacemakers and other medical devices. Should you or another person ever start to feel any abnormality, immediately move the watch and charger cable away and consult a physician.

⚠ Warning

Use of the watch

Enter the watch's Airplane Mode or turn off the watch when on a crowded train or in any other crowded location.

Failure to do so creates the risk of malfunction of a nearby cardiac pacemaker or other medical device due to radio interference.

Continued use of the watch while it is smoking, emitting foul odor, generating heat, or otherwise demonstrating abnormal symptoms creates the risk of fire and electric shock. Immediately take the actions below.

1. If a charging is in progress, unplug the USB cable from the watch.
2. Turn off power.
3. Contact an authorized CASIO Service Center.

Regardless of the information displayed by the watch, be sure to keep aware of your physical condition and keep your exertion level within your own personal capabilities.

Whenever working out while using the watch to monitor your heart rate or to perform any other type of training measurement, take care that you do not over-exert yourself in order to achieve a particular value or reading. Overexertion creates the risk of unforeseen accident. Always keep your workouts well within your physical capabilities.

Should you ever feel ill or otherwise sense a change in for physical well-being, immediately consult a physician.

⚠ **Warning**

❗ **When charging with the USB-AC adaptor and charger cable, be sure to observe the precautions below in order to avoid the risk of heat generation, fire, explosion, and electric shock.**

- Use only the charger cable that comes with the watch.
- Never try to use the charger cable to charge another device.
- Never use a USB-AC adaptor that does not meet the specified adaptor specifications.
- Do not use a power source that has a different voltage and/or frequency from those specified for this watch.
- Do not use a power outlet that is shared by multiple devices.
- Do not use the watch while covered with bedding or a blanket, and do not use it near a heater.
- Do not place any heavy object on the USB-AC adaptor and/or charger cable, and do not charge with the charger cable while it is bundled.
- Do not expose the USB-AC adaptor and/or charger cable to heat, do not try to modify them, and do not allow them to become damaged.
- Do not subject the USB-AC adaptor and/or charger cable to excessive bending, twisting, or pulling.
- Always keep the charger cable connector and/or the USB-AC adaptor power plug clean. Wipe away any dust that collects on them.
- Use a dry cloth to clean the USB-AC adaptor and charger cable. Do not use detergent for cleaning.

⚠️ **Warning**

Charging

- Do not touch the USB-AC adaptor and/or charger cable while your hands are wet.

- Make sure no liquid (water, sports drink liquid, seawater, animal urine, etc.) gets on the USB-AC adaptor and/or charger cable during use.
- Do not charge while the watch is wet.
- Never touch the watch, USB-AC adaptor, or charger cable during an electrical storm.

Should the watch, USB-AC adaptor, or charger cable become damaged, immediately stop using them and unplug the USB-AC adaptor from the power outlet. Next, contact an authorized CASIO Service Center.

Continued use of a damaged item creates the risk of fire and electric shock.

Do not charge the watch while wearing it on your wrist.

Doing so creates the risk of low-temperature burn injury.

⚠ Warning

Display

Do not press on the display with undue force or subject it to strong impact.

Doing so can break the display glass.

Should the display glass break, do not directly touch the liquid inside it.

Display liquid can cause skin irritation.

- Should display liquid ever get into the mouth, consult a physician immediately.
- Should display liquid get in your eyes or on your skin, rinse with clean water and then contact your physician.

⚠ Caution

Make sure you are in a safe place before viewing the watch's display.

Failure to do so creates the risk of personal injury and accident. Looking at the watch while running or jogging on the open road, while riding a bicycle, or operating a motor vehicle can lead to accidents. Take care to avoid running into others.

Take care to avoid conditions that cause skin rash.

The watch and the band come into direct contact with the skin, so the usage conditions below may cause skin rash.

- Metal or leather allergies

- Dirt, rust, or sweat on the watch or band

- Poor physical condition, etc.
  - A band that is snugly tightened for heart rate monitoring can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. During normal wear, when you do not need to monitor your heart rate, make sure the band is loose enough to allow you to insert a finger between it and your wrist.
  - Should you ever notice any abnormality, immediately stop using the watch and consult a physician.

⚠ Caution

Use of the watch

Remove the watch from your wrist before going to bed.
Failure to do so creates the risk of unexpected personal injury, and/or allergic skin rash.

Be sure to keep the case and band clean at all times.
- Wash the case and band with tap water or other clean water to remove sweat and dirt, and then wipe dry with a soft cloth.
- Sweat and/or dirt on the watch case or band can cause skin rash or other problems. Should you ever notice any skin abnormality, immediately stop using the watch and consult a physician.

Before picking up or otherwise coming into contact with a child, remove the watch from your wrist.
Failure to do so creates the risk of personal injury to children and/or allergic skin rash.

Young children should be allowed to use this watch only under the supervision and guidance of an adult. Store the watch out of the reach of small children.

⚠ Caution

Use of the watch

⚠ Keep the charger cable away from magnetic cards (credit cards, cash cards, prepaid cards, magnetic back tickets, etc.)

The magnetic plug end tip of the charger cable can render a magnetic card or recording medium unusable if they get too close to each other.
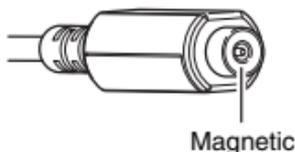
Magnetic

🚫 Be sure to observe the precautions below when using the charger cable.

Failure to do so creates the risk of malfunction.

● Do not apply undue force to, insert items into the plug, or forcibly push the plug in.
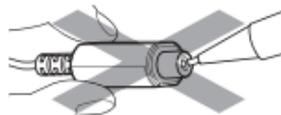
🚫 Do not leave keys, necklaces, paper clips, or other metal items in close proximity to the charger cable plug.

Doing so can cause the metal to affix to the magnetic plug and cause a short.

⚠ When not using the charger cable, unplug the AC adaptor from the power outlet.

🚫 The sensor in the center of the back cover emits an LED light. Avoid looking directly into the light.

⚠ Caution

When charging with the USB-AC adaptor and charger cable, be sure to observe the precautions below in order to avoid the risk of heat generation, fire, explosion, and electric shock.

- Plug the USB-AC adaptor into the power outlet as far as it will go.
- Unplug the USB-AC adaptor from the power outlet before leaving it unattended for long periods, such as when going on a trip, etc.
- At least once a year, use a dry cloth to clear away any dust build-up between the prongs of the USB-AC adaptor plug.
- Do not use or store the USB-AC adaptor and/or charger cable in areas where large amounts of moisture or dust are present, in food preparation areas or other areas where there is exposure to oil smoke, or areas where temperatures are high.

If the watch does not charge within the normal charging time, stop charging.

Continued charging creates the risk of heat generation, fire, and explosion by the built-in battery.

- For details about the charging time, see "Main Specifications".

⚠ Caution

Be sure to keep the case and band clean at all times.
A dirty or rusty case or band can soil the sleeve of your clothing.
Rust tends to form easily after the watch is exposed to seawater
and then left without cleaning.

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.
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- 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.

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 open and running in the background. If the Wear OS by Google app is not operating when using your device, functions that require communication with the iPhone do not operate.

■ Package Contents

Watch

Charger Cable
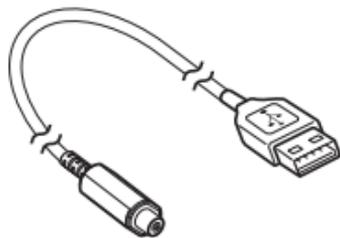
"Read This First"

Warranty

Component Names
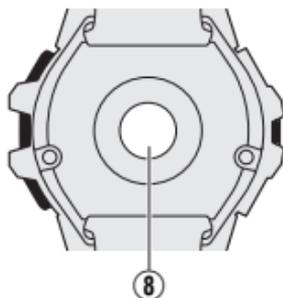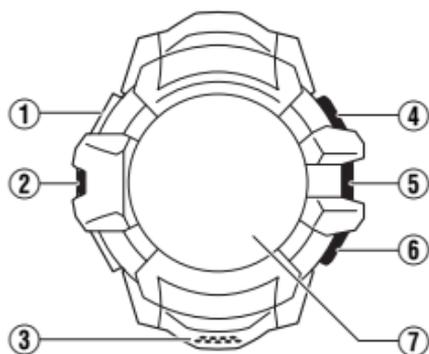
① Charger terminal
② Pressure sensor
③ Microphone
④ START button (upper button)

⑤ Power button
⑥ APP button (lower button)
⑦ Touch screen (display)
⑧ Optical sensor (PPG Heart Rate)

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.
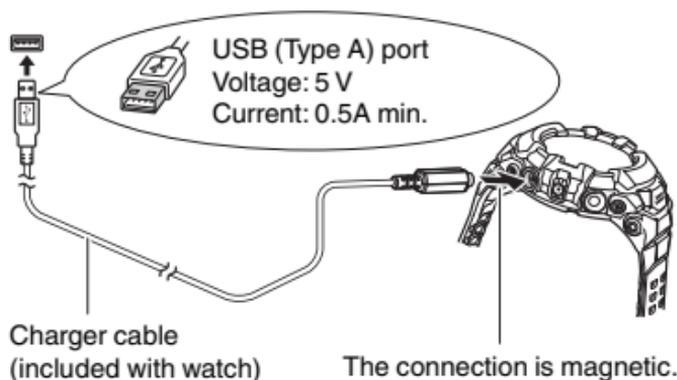
Important!

• The 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 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.

Precautions When Charging

- Make sure that the charger cable connector is oriented correctly when connecting it to a USB port.
- When using a computer for charging, connection to a USB2.0 or higher USB (Type-A) port only is supported. Depending on the computer model, connection environment and other factors, charging may take a long time or may not be possible. Charging is not performed while a computer is hibernating.
- Operation on a custom computer or a computer that has been modified from its original configuration is not guaranteed. Even in the case of an unmodified commercially available computer, USB port specifications may make charging impossible.
- An error message may appear when the watch is connected to a computer with the charger cable.
  If this happens, disconnect the charger cable from the computer and then re-connect it.
- If you cannot charge using the above procedure, try a different USB port or use a USB-AC adaptor.

Genuine CASIO USB-AC Adaptor

To obtain a genuine CASIO USB-AC adaptor, access the URL below and then contact a CASIO Service Center in the country where you live.

https://s.casio.jp/w/10061en/

Charge Level Indication While Charging

- The charge level indicator will appear after watch charging starts.
- If the battery is dead when you start charging, the charge level indicator will not appear until after the charge reaches a preset level.
- Hold down the power button for at least two seconds to turn on the watch.

Other Charging Precautions

- Charging time depends on the remaining battery capacity and your usage environment.
- Should water get onto the watch, the charger cable, or the USB power supply device during charging, immediately disconnect the charger cable and stop charging.
- If an ongoing charging operation stops, disconnect the watch from the charger cable. After checking for and eliminating problems, try charging again.
- In an area where it is extremely cold or hot, you may not be able to charge the watch or the watch may not charge completely. Charge the watch in an area where the ambient temperature is between 10°C and 35°C (50°F and 95°F).
- Charging may cause radio and/or television interference. If this happens, use a power outlet that is further away from the TV or radio for charging.
- To help promote longer battery life, regular charging of the watch (about once a month) is recommended even if you do not use it for a long time.
- Charging may take longer or may not be possible at all if there is dirt or other foreign matter on the charger terminal or on the charger cable connector. Use a clean, dry cloth or cotton swab to occasionally wipe the charger terminal and charger cable connector.

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 Google Play 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 it's 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/gsw/en/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".

Turning Power On or Off, and Restarting

Turning Power On or Off

To turn power on

1. Hold down the power button for at least two seconds.

To turn power off

1. While a watch face is displayed swipe the screen from top to bottom.
2. Tap in the following sequence ✿ > "System" > "Power off". On the confirmation screen that appears, tap ✓.

Restarting

You can re-start the watch using Wear OS by Google or by using a watch button operation.

To re-start using Wear OS by Google

1. While a watch face is displayed swipe the screen from top to bottom.
2. Tap in the following sequence ✿ > "System" > "Restart". On the confirmation screen that appears, tap ✓.

To force a re-start

1. Hold down the power button until the display goes white.

● It takes up to 12 seconds for the screen to go white. The screen going white indicates that the system is restarting, so you can remove your finger from the power button.

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 VO_2Max.

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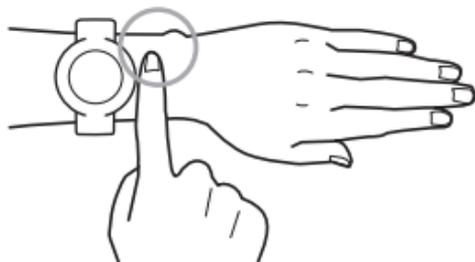
● If the watch covers the protruding bone of your wrist (your ulna, which is circled in the nearby figure), keep adding fingers until it doesn't anymore.

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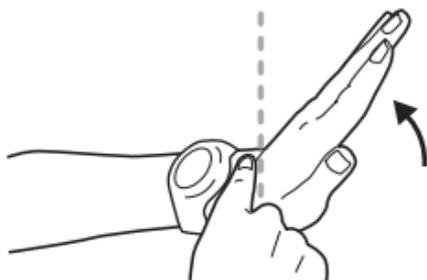
3. **After you determine the best wrist position, tighten the band snugly so the watch does not slide on your wrist.**

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.

Caution

The data from each sensor is used to estimate whether the watch is worn on the wrist, and your heart rate is measured when it is detected that the watch is being worn. If you do not want to measure your heart rate while you are wearing the watch, select "OFF" for the "Detect wear on the wrist"* setting. Note, however, that if you are performing a measurement operation using a CASIO activity app, measurement is performed regardless of this setting.

* To display the "Detect wear on the wrist" setting, swipe the watch face screen downwards. On the screen that appears, tap the following in sequence: ✿ > "Accessibility" > "Heart Rate Measurement".

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.
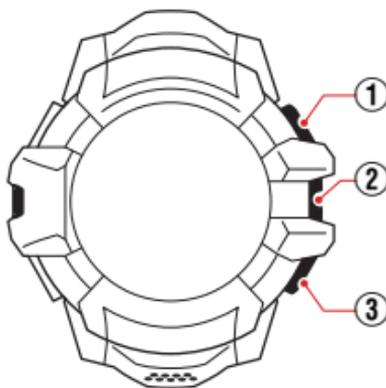
① START button (upper button)

② Power button

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**

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 procedure below is 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
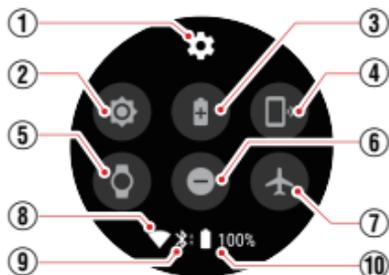
This displays the Wear OS by Google setting screen.

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 bottom to top
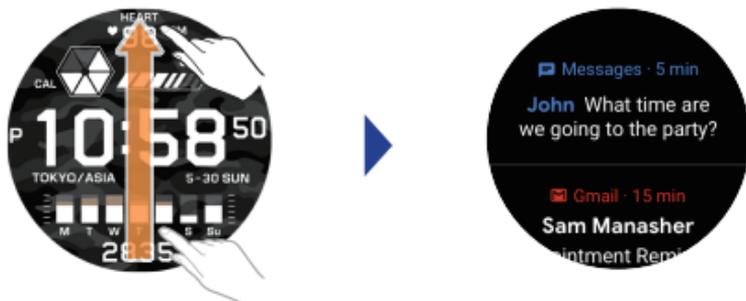
This displays notifications.

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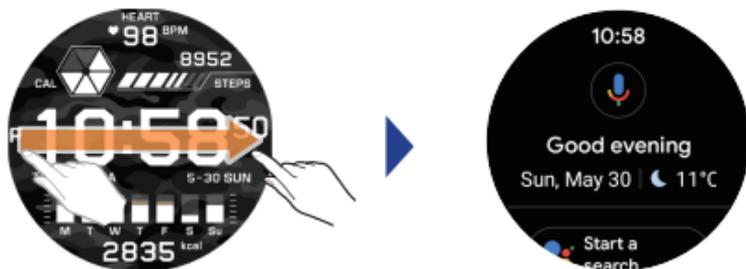
● This operation displays the Google Assistant voice control buttons.
● Swiping the Google Assistant screen from bottom to top displays information from Google Assistant.

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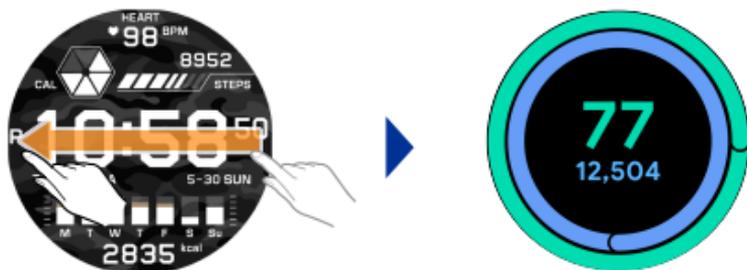
Each swipe displays the next Tile*.

 * 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.

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/

Using the "DIGITAL" Watch Face

"DIGITAL" is the initial default watch face of this watch. In addition to being useful for activity measurements, it is an important and essential watch face.

There are two major display formats, "daily" and "activity". When you start a measurement operation for running, skiing, strength training, or some other activity, the display changes from the daily watch face to a design that shows the optimum functions for the activity you are measuring. You can also change the functions of the upper, middle, and lower display areas of the watch face. In addition to functions, you can also select any one of a wide variety of face designs.

The explanations in this chapter basically use the daily screen.

> **Important!**
>
> ● "DIGITAL" is an important watch face that functions as a starting point for every operation of this watch. Though your watch comes with a number of different watch faces built in, you should normally use this watch face, especially when performing activity measurements.

DIGITAL Display

Daily screen

This is the normal screen for daily use when you are not performing activity measurement.

① Upper display area: Calories Burned / Step Count / Heart Rate

② Middle display area: Clock

③ Lower display area: Calories Burned / Weekly Stats

④ Background

● You can select from among various different variations for the upper, middle, and lower display areas of the watch face. You can select from among various different backgrounds, or you can use the map of your current location as the background.

● Even if another watch face is in use, the watch automatically switches to the "DIGITAL" watch face when you start an activity measurement operation, which remains displayed until the measurement operation is complete. Items that are displayed depend on the activity measurement operation you perform.
For details, see "Selecting an Activity for Measurement".

Activity Measurement in Progress Screens

This is the screen when you are performing activity measurement.* Your watch supports timing of dozens of activity and workout types, and lets you switch to the appropriate information display for each stage.

For the "Running" and "Road Biking" sports activities, you can select from among various different display items (upper area, middle area, lower display areas) and background variations that are available for each of these sports activities.

* For details about activity measurements, see "Selecting an Activity for Measurement".

Example screen when "Running" is selected

Changing DIGITAL Screen Items

1. On the DIGITAL watch face, tap the display area (upper, middle, and lower) whose display item you want to change.

- This displays a screen for changing the contents of the display area you tapped.

DIGITAL daily screen

Display item selection screen

2. Tap ◁ or ▷ to change the display items.

- You cannot change display items by swiping left or right.

- To display a menu of the selected display items, tap 🗐. You can use the menu to change settings related to display contents and other settings. For details, see "Using the Display Item Selection Menu".

Using the Display Item Selection Menu

On the display switching screen, you can display a menu of the selected display content. From there you can use functions related to the display content and change settings.

1. On the DIGITAL watch face, tap one of the display areas (upper, middle, or lower).

- This displays a screen for selecting the display items of the area you tapped.

Example: When "Calories Burned / Step Count / Heart Rate" is selected for the upper display area

2. Tap ⊟.

● This displays a menu.
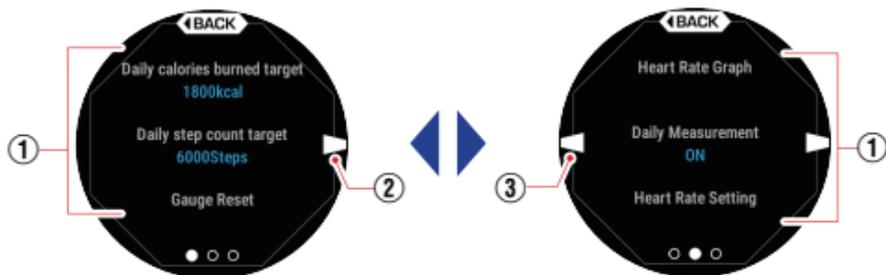
① Menu items
② Tap (or swipe the screen from right to left) to display the next menu page.
③ Tap (or swipe the screen from left to right) to display the previous menu page.

3. Tap a menu item.

- For example, the menu items below are available on the "Calories Burned / Step Count / Heart Rate" menu.

Menu items	Description
Daily calories burned target	Specifies a daily calories burned target.
Daily step count target	Specifies a daily step count target.
Gauge Reset	Resets the maximum value of currently displayed step count or calories burned meter.
Heart Rate Graph	Displays a daily heart rate graph.
Daily Measurement	Specifies recording of non-activity daily heart rate measurements.
Heart Rate Setting	For configuring settings required for heart rate zone and VO$_2$Max. (See "Configuring Initial Default Settings for Heart Rate Measurement")
Accurate heart rate monitoring	Displays tips on how to fasten the watch to your wrist during heart rate measurements.
Energy Consumption Unit	Specifies the calories burned unit.

4. To return to the watch face display, press the power button.

Changing the DIGITAL Background

1. Press the APP button (lower button).

• This displays a menu of main functions (CASIO's APPS screen).

2. Run your finger around the outer periphery of the display to rotate through icons until the "Watch Face Background" icon is displayed in the center of the screen.

3. Tap the icon in the center of the screen.

• This displays the watch face background selection screen.

4. Swipe the screen left or right and select a background.

DIGITAL Screen Item Example

This section explains some of the display items you can select for the DIGITAL daily screen.

Upper display area example

This section explains "Calories Burned / Step Count / Heart Rate". In addition, you can also select "Heart Rate", "Barometer / Fishing Time" and "Barometer / Barometer Graph".

Calories Burned / Step Count / Heart Rate (Initial Default)
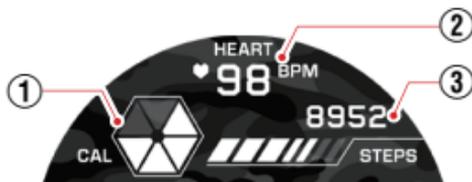
1. The six segments of this indicator represent 100% of the daily maximum calories burned value (starting from midnight to the current time) that you specified on the watch. None of the indicator segments are displayed if your daily calories burned value is less than one sixth of the preset maximum, while all six segments are displayed when it is greater than the preset maximum.*

2. Shows your current heart rate between 40 and 220 BPM.

3. Shows your daily step count (from midnight to the current time). "----" is displayed in place of a value when measurement fails.*

* During an activity, this value shows the current calories burned or the step count starting from the beginning of the activity.

In this section explains about "Clock" and "Heart Rate".

Clock (Initial Default)
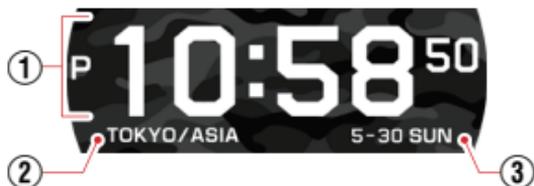
① Current time

② Current location (time zone name)

③ Day, day of week

Heart Rate
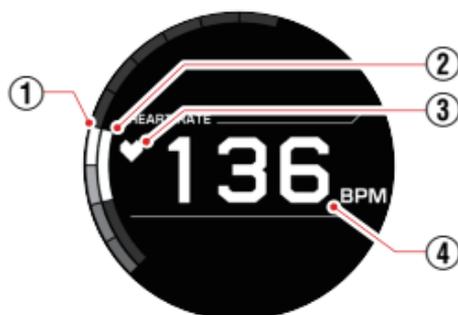
① 10 segments that indicate heart rate zones. The displayed segment shows the heart rate zone that corresponds to the value shown by ④.

② Shows your Target Heart Rate Zone*.

③ This heart icon flashes while a heart rate measurement operation is in progress. It does not flash when there is no heart rate measurement. While this icon is flashing, ④ shows your current heart rate. When it is not flashing, ④ shows the last measured heart rate value.

④ Heart rates (current and last measured) are displayed within a range of 40 and 220 BPM. "---" is displayed in place of a value if the measurement is out of range or if measurement is not possible.

* "Target Heart Rate Zone" Settings can be configured using the CASIO "G-SHOCK MOVE" app.

This section explains "Calories Burned / Weekly Stats". Besides this type of display, you can also select "Heart Rate", "Schedule", "Altitude / Compass" and "Altitude / Altitude Graph".

Calories Burned / Weekly Stats (Initial Default)

① The letters indicate days of the week. This graph shows your daily energy consumption for the week that includes today. The bar on the right shows today's calories burned. The height of each graph bar indicates the percentage of your preset maximum calories burned value that you achieved each day. The preset maximum energy value is 100%.

If you have set a "Daily calories burned target*1", the part that exceeds the target is displayed in the Theme Color*2.

② Shows how many calories your burned today (since midnight). "----" is displayed in place of a value when measurement fails.

*1 You can change the display items that appear here by tapping the lower display area. Next, tap ⊟ and then select the items you want from the menu that appears.

*2 "Theme Color" is one of the setting items of this watch. It specifies the color of specific characters and the design of the display.

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	Transition from Wear OS by Google to the Timepiece mode.
	Timepiece disables smart functionality and instead displays only the monochrome time and sensor operations in order to maximize the watch's battery.
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.

Function	Description
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 these 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.

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

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 at 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 GO 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 5 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.
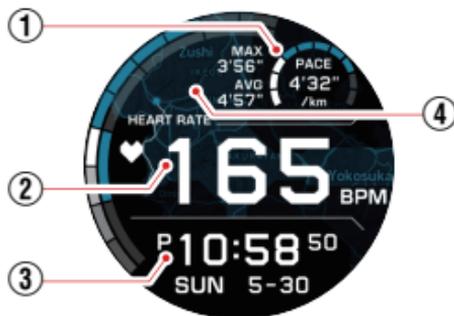
Example screen when "Running" is selected

① The 10 segments of this ring represent 100% of your personal best 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: You 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.

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Activity Measurement (Workouts)

To ensure acquisition of effective Workouts measurements and recorded data, determine your own personal training amounts and the goals for each sports activity, and input the information on the watch.

Example:

> **Push ups**
> Reps: 20 Sets: 3
> Interval between sets: 1 minute

> **Sit ups**
> Reps: 40 Sets: 3
> Interval between sets: 1 minute

> **Planks**
> Hold Time: 30 seconds Sets: 3
> Interval between sets: 30 seconds

Inputting Training Amounts, Goals, and Other Data on Your Watch

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.

2. Press the APP button (lower button) to display the activity selection screen, and then tap "Workouts".

3. On the workout activity selection screen, tap the item whose training volume, goal, or other information you want to input.

● This returns to the activity measurement START screen, which shows the activity you tapped.
● If you swipe the screen from bottom to top here, the setting menu for the displayed sports activity will appear. For details about menus, see "Activity Measurement Setting Menu".

4. **Swipe the screen from bottom to top. On the menu that appears, tap "Settings".**

- This displays a setting menu in accordance with the workout activity you selected in step 3.

5. **Enter each of the setting items as required by the workout activity.**

- The setting items that need to be input depend on the selected workout activity.

6. **After entering all the required items, perform the steps below to return to the START screen.**

1. Swipe the setting menu screen from left to right to return to the menu screen displayed in step 4 of this procedure.
2. Swipe the screen from top to bottom.

7. **If you want to enter information for another workout activity, repeat steps 2 through 6 of this procedure.**

The operations you need to perform when performing Workouts measurements are slightly different depending on whether you are performing strength training, Fat Burning training, or Core training. For details about the Workouts category, see "Inputting Training Amounts, Goals, and Other Data on Your Watch".

To start strength training measurement

> **Note**
>
> • Reps, Sets, Interval settings have an effect on strength training (Push Ups, sit-ups, Bench Presses, etc.) measurements.

1. **While a watch face is displayed, press the START button (upper button).**

2. **Press the APP button (lower button) to display the activity selection screen, and then tap "Workouts".**
   • This displays the workout selection screen for Workouts.

3. **Tap the item for which you want to start measurement.**
   • This returns to the START screen of the tapped item.

4. **To start measurement, press the START button.**
   • If you selected the first item for the start of an indoor workout, the message "Obtaining sensor information" appears. Remain still, with the watch in close contact with your skin for about 15 seconds.
   • The watch screen shows the Sets, Reps, and Weight settings (when the workout includes such settings) for a few seconds.
   • Immediately after that, the screen switches to the "DIGITAL" watch face activity measurement in progress screen, and measurement of the first set starts. Start Workouts.

5. **After completing the Reps setting, press the START button.**

- This displays a confirmation screen.

6. **On the confirmation screen, select one of the operations described below.**

To save the measurement data of this set and proceed to the next set:
Tap "Save Sets". Go to step 7.

To discard the measurement data of this set and proceed to the next set:
Tap "Discard Sets". On the confirmation screen that appears, tap the trash icon and advance to step 7.

To save the measurement data of this set and quit the Workouts:
Tap "Save complete.". Go to "Following Completion of One Workouts, Selecting Whether to Continue with the Workouts or to Quit".

To discard the measurement data of this set and quit the Workouts:
Tap "Discard and stop measurement". Go to "Following Completion of One Workouts, Selecting Whether to Continue with the Workouts or to Quit".

- If you press the START button after completing the final set, the only options that appear are "Save complete." and "Discard Sets and Exit".

7. **On the interval screen that appears on the display, wait until the countdown time reaches zero.**

   - For example, if the Interval setting is 30 seconds, the countdown time is 30 seconds. Take a break until the start of the next set.
   - To resume the Workouts without waiting for the countdown time to reach zero, press the START button.
   - The countdown time reaching zero or pressing of the START button causes measurement of the next set to start. Restart Workouts and go back to step 5 of this procedure.

To start Core training measurement

Note

- With Core training (Planks, etc.) measurement, the Hold Time, Sets, and Interval settings affect operation when measurement is performed.

1. **While a watch face is displayed, press the START button (upper button).**

2. **Press the APP button (lower button) to display the activity selection screen, and then tap "Workouts".**

   - This displays the workout selection screen for Workouts.

3. **Tap the item for which you want to start measurement.**

   - This returns to the START screen of the tapped item.

4. To start measurement, press the START button.

- If you selected the first item for the start of an indoor workout, the message "Obtaining sensor information" appears. Remain still, with the watch in close contact with your skin for about 15 seconds.
- The watch screen shows the Sets and Hold Time settings for a few seconds.
- Immediately after that, the screen switches to the "DIGITAL" watch face activity measurement in progress screen, and measurement of the first set starts. At this time, the display shows the countdown time to the Hold Time that you set. Start Workouts.

5. After the Hold Time elapses and the countdown time reaches zero, press the START button.

- This displays a confirmation screen.

6. On the confirmation screen, select one of the operations described below.

To save the measurement data of this set and proceed to the next set:
Tap "Save Sets". Go to step 7.

To discard the measurement data of this set and proceed to the next set:
Tap "Discard Sets". On the confirmation screen that appears, tap the trash icon and advance to step 7.

To save the measurement data of this set and quit the Workouts:
Tap "Save complete.". Go to "Following Completion of One Workouts, Selecting Whether to Continue with the Workouts or to Quit".

To discard the measurement data of this set and quit the Workouts:
Tap "Discard and stop measurement". Go to "Following Completion of One Workouts, Selecting Whether to Continue with the Workouts or to Quit".

- If you press the START button after completing the final set, the only options that appear are "Save complete." and "Discard Sets and Exit".

7. **On the interval screen that appears on the display, wait until the countdown time reaches zero.**
   - Take a break until the start of the next set.
   - To resume the Workouts without waiting for the countdown time to reach zero, press the START button.
   - The countdown time reaching zero or pressing of the START button causes measurement of the next set to start. Restart Workouts and go back to step 5 of this procedure.

To start Fat Burning training measurement

1. **While a watch face is displayed, press the START button (upper button).**

2. **Press the APP button (lower button) to display the activity selection screen, and then tap "Workouts".**
   - This displays the workout selection screen for Workouts.

3. **Tap the item for which you want to start measurement.**
   - This returns to the START screen of the tapped item.

4. **To start measurement, press the START button.**
   - If you selected the first item for the start of an indoor workout, the message "Obtaining sensor information" appears. Remain still, with the watch in close contact with your skin for about 15 seconds.
   - The watch screen shows the Target Time and Target Calories settings for a few seconds.
   - Immediately after that, the screen switches to the "DIGITAL" watch face activity measurement in progress screen, and measurement of the first set starts. At this time, the screen shows the elapsed time from the start of measurement. Start Workouts.

5. **To pause a measurement operation, display the Activity measurement in progress screen and then press the START button.**

- This pauses measurement and displays the measurement paused screen.
- To restart measurement, press the START button.

6. **To quit measurement, hold down the APP button for about two seconds.**

- This displays the running distance input screen.

7. **On the running distance input screen, select one of the operations described below.**

To save the running distance and quit:

Input the running distance and then tap "Save the distance and exit".

To quit without saving the running distance:

Tap "Exit without saving the distance".

- This saves measurement data other than the running distance.

To discard current measurement data and quit:

Tap "Discard the record and exit". On the confirmation screen that appears, tap the trash can icon.

8. **Go to "Following Completion of One Workouts, Selecting Whether to Continue with the Workouts or to Quit".**

Following Completion of One Workouts, Selecting Whether to Continue with the Workouts or to Quit

The procedure below should be performed after completing a Workouts by performing the operation under "To start strength training measurement", "To start Core training measurement", or "To start Fat Burning training measurement". It cannot be performed as a stand-alone operation.

1. When the "Way to go!! Continue with another workout?" message appears, perform one of the operations below.

To continue with another Workouts activity:

Tap "Yes. Continue.".

- This returns to the Workouts activity selection screen.
- Next, select the workout activity you want to start in step 3 of "To start strength training measurement", "To start Core training measurement", or "To start Fat Burning training measurement".

To quit Workouts:

Tap "No. Cancel.".

- This displays the history save confirmation screen. Tap "Save (upper button)" or "Discard (lower button)".
- This displays a screen of statistics for of all the Workouts you have completed. You can scroll the stats screen contents by swiping up or down.
- To return to the watch face that was displayed before you started Workouts, press the power button.
- To view saved statistical data later, select the CASIO's APPS option of "History".

Activity Measurement Setting Menu

Swiping the activity measurement START screen from bottom to top displays a setup menu for the currently displayed activity.

Menu Item	Description
History	Displays a history list of activity measurement results. The log provides a detailed, optimized view of each workout activity.
Display	Using the submenu that appears when you tap this item, you can customize the measurement in progress display for the currently selected workout activity. "Display Item"... Selects the display items for the upper, middle, and lower display areas. "Background Image"... Selects a background.
Download Map	Download maps ahead of time while you have internet connection, to ensure accessibility when there is no network connection. The watch can have data for up to five Mapbox* maps in watch memory at a time.
Show map	Displays a map using the full display area of the watch.
Import Route	This item lets you import route data saved in watch memory as activity measurement history or external route data (GPX or KML files) saved on Google Drive, and display it as a reference route.
Settings	Displays a submenu that includes various setting items that are common to all types of sports activities.
Cancel	Cancels activity measurement and returns to the watch face prior to the START screen.

* Your watch supports use of two types of maps: "Google Maps" and "Mapbox". Only Mapbox map data can be downloaded for use. In places where network communication is possible, perform the following operation in sequence: "Settings" (above)> "Map App"> "Map Type". Next select "Google Maps" or "Mapbox".

Changing Screen Items Displayed During Activity Measurement

Since the activity measurement in progress screen is one of the display formats of the "DIGITAL" watch face, you can use the same operations as those for the DIGITAL daily screen to change the display items for the upper, middle, and lower display areas. For information about the procedure, see "Changing DIGITAL Screen Items".

Note

- The display item selection screen that appears when you tap the activity measurement in progress screen has an on-screen pause button (⏸). This is different from the screen that appears when you tap the daily screen. Tap this button to pause measurement.

Download Map and Import Route

This section explains the operations below.

- How to download maps in advance so you can display them even when the watch is off-line
- How to import route data for display on a map during an activity measurement operation

Note

- Your watch supports use of two types of maps: "Google Maps" and "Mapbox". Only Mapbox map data can be downloaded for use.

Download Map

If you are planning to go to a location where there is no net access but you still want to use maps, you can download Mapbox maps ahead of time while you still have net access.

1. **On the CASIO's APPS screen, tap "Map" to display a map.**

2. **Tap the bottom of the screen. On the menu that appears, tap "Download Map".**

   ● This displays a map with your current location in the center.

3. **Scroll the map so the location that you want to be in the center of the map you download is in the center of the watch screen.**

   ● You can use the APP button (lower button) to reduce the size of the map and increase the display area, and then scroll the map on the display. The area in circle in the center of the screen at this time shows the maximum downloadable area.

4. Use the START button (upper button) and APP button (lower button) to zoom in and out the map so the area you want to download fills the screen.

- The area that is displayed at this time is the approximate area that will be downloaded.

5. Tap "Fix".

- This starts map downloading, with the download progress shown on the display. To cancel the download, tap $\times$.
- The downloaded map will appear on the display after download is complete.

Changing the Map Type

In an environment where network communication is available, you can perform the procedures in this section to download maps.

1. On the CASIO's APPS screen, tap "Map" and display a map.

2. Tap the bottom of the screen. On the menu that appears, tap the following items in sequence: "Map App" > "Map Type".

- Each tap of "Map Type" toggles between "Google Maps" and "Mapbox".

Note

- Maps displayed while "Mapbox" is selected use geographic information from OpenStreetMap. OpenStreetMap geographic information can be freely edited by anyone, which means that information displayed on a map may not be correct.
- Immediately following execution of a Download Map operation, the watch will automatically switch to "Mapbox".

Import Route

Use the operations in this section to import route data saved in watch memory or external route data* saved on Google Drive, and display it as a reference route during an activity measurement operation. Imported routes are displayed as gray lines on the map during Activity measurement operations.

* KML and GPX format files are supported. However, depending on how a file is created, format incompatibilities and import errors may occur.

Note

- The watch has enough memory to store a single file of route data for display on a map. The imported route data currently in memory is overwritten if you import new route data.

To import route data from activity history and display it on a map

1. **On the CASIO's APPS screen, tap "Map" to display a map.**

2. **Tap the bottom of the screen. On the menu that appears, tap the following items in sequence: "Import Route" > "History".**
   - This displays the activity measurement history list of dates, times, and activity types.

3. **Tap the history record whose route data you want to import.**
   - This displays the map screen for the history record you tapped, with the route displayed on the map.
   - To import the route data for this map record, go to step 4 of this procedure. If you want to view data for a different history record, swipe the screen from bottom to top. On the menu that appears, tap "Return to Date Selection".

4. Swipe the screen from bottom to top. On the menu that appears, tap "Import Route" > "Import" in sequence.

- This starts the import operation. The progress of the operation will be shown on the display. To cancel the import operation, tap ✕.
- After importing is complete, the watch will display a map screen with the imported route data.

5. To return from the map to the watch face display, press the power button.

To import route data to a map from Google Drive

1. On the CASIO's APPS screen, tap "Map" to display a map.

2. Tap the bottom of the screen. On the menu that appears, tap the following items in sequence: "Import Route" > "Google Drive".

- This displays the Google Account selection screen.

3. Tap the name of the account you want to use.

- This will display the file selection screen, which lists the files and folders stored on Google Drive.

4. Tap the KML file or GPX file you want to import.

- This displays the following confirmation message: "Browse this data?". To return to the file selection screen here, tap "Cancel".

5. To import the file you tapped, tap "Import".

- This starts the import operation. The progress of the operation will be shown on the display. To cancel the import operation, tap ✕.
- After importing is complete, the watch will display a map screen with the imported route data.

6. To return from the map to the watch face display, press the power button.

Note

● By default, route data you import is displayed on the map. You can also hide the route data, if you want. Use "View Routes Display" to toggle between show and hide.

1. **On the CASIO's APPS screen, tap "Map" to display a map.**
2. **Tap the bottom of the screen. On the menu that appears, tap the following items in sequence: "Settings" > "Map App" > "View Routes Display".**
   ● Each tap of "View Routes Display" toggles between "OFF" (hide route data) and "ON" (show route data).
   ● Even if you select "OFF", the imported route data will remain in watch memory.

Using a Different Watch Face

In addition to the watch's initial default "DIGITAL" watch face, the Wear OS by Google function can be used to select any one of a number of other different watch faces. You can add CASIO, Google, and third-party watch faces.

<div style="background:#fce;">

Important!

● If you are using a non-CASIO watch face, you cannot return to it following an activity measurement operation. If you want to return to a non-CASIO watch face, long-press the screen and then re-select the watch face .

● Even if you change to another watch face, the watch face automatically switches to "DIGITAL" during activity measurement operations.

</div>

Changing to Another Watch Face

1. **While a watch face is displayed, hold your finger down in the center of the screen for about two seconds.**
   ● This displays the watch face list.

2. **Swipe the touch screen left or right to scroll though the available watch faces. When the one you want is displayed tap it.**
   ● For example, tap the "2 Layers" CASIO watch face. For details about "2 Layers", see "Using the "2 Layers" CASIO Watch Face".

Note

● You can tap "See more watch faces" on the watch face list that appears in step 1 above and install other watch faces.

Using the "ANALOG" CASIO Watch Face

The CASIO ANALOG watch face is an analog face that prioritizes readability.
The information displayed by this watch face changes automatically according to your current location and activity.

ANALOG Screen Items

This screen enhances viewing of the current time, with the automatically changing information in the background.
Tapping the display causes the background to become easy to view for about 5 seconds.

Current time   Background information

Background Information

After you specify your Home Time Zone and "Daily Activity Range*", the screen's background information automatically switches in accordance with your current location and activity.

* The "Daily Activity Range" is the area where you conduct your daily life. You specify a range by setting a center point, like your home, and the radius of a circle on a map displayed by the watch.

When you are within your daily activity range	When you are outside your daily activity range
(A) Not exercising	(C) Not exercising
(B) Exercising	(D) Exercising

Background Information Details

This section explains the background information that changes automatically. The example screens shown in this section are those that appear when you tap the display to make the background information easy to view.

Screen (A)

This screen appears when you are not exercising and you are within your Daily Activity Range. You can use it to check your heart rate, your daily step count, etc.

Background Information Example

Screen (B)

While Screen (A) is displayed, continuing to walk, run, ride a bicycle, or perform some other activity for some preset time causes this screen to appear. With this screen, heart rate zones and your step count are enlarged, making them easier to view.

Background Information Example

Screen (C)

This screen appears when you are not exercising and you are outside of the Daily Activity Range. The background of the watch face changes to a map.

● If you move outside of your Home Time Zone, the watch display switches to the current time in your current location, and the current time in your Home Time Zone is shown in the lower display area.

Within Home Time Zone
Background Information Example

Outside of Home Time Zone
Background Information Example

● If the time does not switch to the time at your current location, swipe the watch face downwards. On the setting screen that appears, perform the following steps: ✿ > "System" > "Date & time". Next, makes sure that "ON" is selected for the "Automatic time zone" setting.

Screen (D)

While Screen (C) is displayed, continuing to walk, run, ride a bicycle, or perform some other activity for some preset time causes this screen to appear. The background of the watch face change to a map that shows more details of your current location.

Within Home Time Zone
Background Information Example

Outside of Home Time Zone
Background Information Example

Using the "2 Layers" CASIO Watch Face

Digital watch face that combines easy-to-read monochrome LCD and a color LCD. You can customize the information that appears in the upper and lower display areas of the display. While this watch face is displayed, tapping the screen will start a manual heart rate measurement operation.

2 Layers Screen Items

With the 2 Layers watch face, you can combine the display information below as required.

Upper display area: Date, barometric pressure, heart rate

Lower display area: Step count, battery level, altitude, Calories Burned

Display example
(Upper display area: heart rate,
Lower display area: Calories Burned)

The middle display area normally shows the day of the week and current time, while the outer ring shows the remaining battery charge. For information about the display during heart rate measurement, see "To measure your heart rate manually".

1. **While the "2 Layers" watch face is displayed, hold your finger down 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: ✿ > "Display".**

3. **Tap "Upper". On the menu that appears, tap the item (Date, Barometer, or Heart Rate) that you want to display in the Upper display area.**

4. **Tap "Lower". On the menu that appears, tap the item (Steps, Battery Level, Altimeter, or Calories Burned) that you want to display in the Lower display area.**

5. **To quit the setting procedure and return to the watch face display, press the power button.**

To measure your heart rate manually

1. **While the "2 Layers" watch face is displayed, tap the screen.**

2. **This displays the message "Start heart rate measurement.". Tap ⊘.**

   - This starts a heart rate measurement operation. This returns to the watch face display, with your heart rate shown in the middle display area. The outer ring of the display shows your heart rate zone.[1]

   - Manual heart rate measurement stops automatically after the time you set for "Manually Measured Heart Rate Time"[2] (1 to 3 minutes). To manually stop heart rate measurement part way through, tap the screen again. If the message "End heart rate measurement." appears, tap ⊘.

   [1] For this measurement, you need to use the procedure under "Configuring Initial Default Settings for Heart Rate Measurement" to enter your birthday, gender, and other profile information.

   [2] You can change this setting by tapping the following operation in step 2 of the procedure under "To change the 2 Layers watch face display items": ✿ > "Manually Measured Heart Rate Time".

■ Reducing Power Consumption (Timepiece)

Timepiece is a watch mode that disables smart functionality and instead displays minimal information in order to maximize the watch's battery. Only watch and sensor operations are performed.

Use Timepiece to save power while sleeping, with no network connection, etc.

Important!

- With Timepiece, apps, location information, Wi-Fi, and phone linking (notification reception, etc.) are all disabled.
- With Timepiece, you will not be able to change any settings related to the current time and date (time zone auto switching, phone time and date sync, including summer time adjustment, etc.) To update the time setting, every couple of days you should quit Timepiece and establish a connection with a phone.

Timepiece Screen Items

With the Timepiece watch face, you can combine the display information below as required.

　　Upper display area: Date, barometric pressure

　　Lower display area: Step count, battery level, altitude

Display example
(Upper display area: Barometric pressure,
Lower display area: Altitude)

- The middle display area always shows the current time and day of the week. The outer ring always shows the remaining battery level.
- Assigning your step count to the lower display area shorten the battery operating time.

Changing to Timepiece

1. On the CASIO's APPS screen, tap "Timepiece".

• This displays the Timepiece start screen.

2. Tap "Settings" and then configure the settings below as required.

Monochrome Display	Selects either "Bright" (black text on a white background) or "Dark" (white text on a black background).
Display Items	Tap to display a sub-menu. The sub-menu can be used to select the display items for the upper and lower display areas of the Timepiece screen.
Unit	Select "Metric" or "Imperial".
	• This setting does not appear when TYO (Tokyo) is selected as your Time Zone.

• After settings are the way you want, swipe the screen from left to right to return to the Timepiece start screen.

3. Tap "Start".

• This exits Wear OS by Google and transitions to Timepiece.

To quit Timepiece and return to normal function (start up Wear OS by Google)

Hold down the power button for at least two seconds. This starts up Wear OS by Google and returns to normal function.

Reducing Timepiece Altitude and Barometric Pressure Measurement Error

You need to manually correct the altitude and barometric pressure values displayed by the watch's Timepiece watch face with accurate elevation and barometric pressure values in order to minimize reading errors. Use the operation below to input altitude values based on elevation values from other sources, and/or barometric pressure values measured using an accurate barometer.

The procedure below applies when barometric pressure and altitude values are both displayed on the Timepiece screen. When only one of these two values is displayed, this procedure affects only the displayed value.

1. **While Timepiece is displayed, hold down the START button (upper button) for at least two seconds.**

   ● This will cause the "ALTI" (altitude) value in the lower display area to flash.

2. **Use the START button and APP button to increase or decrease the value as desired.**

3. **Hold down the START button for at least two seconds.**

   ● This will cause the "BARO" (barometric pressure) value in the upper display area to flash.

4. **Use the START button and APP button to increase or decrease the value as desired.**

5. **Hold down the START button for at least two seconds.**

   ● This exits the calibration mode and returns to normal operation.

What you can do when not connected with a phone

If your watch is paired with a phone, you will be able to use most of its functions even if it is not connected with your phone. Some of the things you will be able to do in this case are listed below.

● Activity Measurement
● Almost all functions that can be called up from CASIO's APPS
● Changing the display items of the "DIGITAL" watch face and using menus
● Checking the current Time and Date
● Alarm, stopwatch, timer
● Changing the watch face
● Airplane Mode switching

Some apps, services, and other functions that require phone linking will not be available when the watch is not connected with a phone. For details, visit the website below.

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

You can also visit the website below, enter "What can I do with the watch without connection with a phone?", and then tap the [Search] button.

https://s.casio.jp/w/10016en/

Troubleshooting

Refer to this section whenever you are experiencing problems with watch operation.

If you don't find the solution to your problem here, visit the website below.
https://s.casio.jp/w/10016en/

Restoring Watch Operation

If you find yourself unable to obtain proper operation from the watch for some reason, restart it and then try performing the operation again. For information about the restart procedure, see "Restarting".

If you cannot pair after changing to another phone model

The information below also applies when changing from one paired phone model to another.

Android Phone and iPhone Users

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".

With an iPhone, you can have only one watch paired per phone. If you want to pair this watch back with a phone or pair this watch with an iPhone that is already paired with another watch, first perform the procedure below on the phone to delete the current watch's pairing information from the phone, and then 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.

Returning the Watch to Its Initial Factory Defaults

Resetting the watch to its initial factory defaults unpairs it from its currently paired phone. It also initializes (deletes) all data (activity measurement history records, installed apps, etc.) that you have stored in watch memory, and resets any settings configured by you.

1. **While a watch face is displayed swipe the screen from top to bottom.**

2. **Tap the following in sequence: ⚙ > "System".**

3. **Tap "Disconnect and reset".**

   ● When a confirmation screen appears, scroll the screen downwards to read its contents.

4. **Tap** ✓ **.**

   ● To cancel the operation, tap ✕ .

Error Code and Error Message List

Error Code Error Message	Required Action
1001, 1009 Normal charging is not possible for some reason. If this message keeps appearing, request servicing.	Remove the charger cable from the watch, turn off the watch, and then try charging again. Be sure to use the charger cable that comes with the watch to charge it as described under "STEP 1: Charge the watch". If this message/error code keeps appearing, it could mean that the chargeable battery has deteriorated. Request servicing by your original retailer or an authorized CASIO Service Center.
1003 Too cold to charge.	Charge the watch in an area where the ambient temperature is between 10°C and 35°C (50°F and 95°F).
1004, 1007 Too hot to charge.	
1021 Data acquisition from the sensor may have failed. Use the Settings screen to perform a System Restart operation.	Data acquisition from one of the following sensors may have failed for some reason: pressure sensor, accelerometer, gyrometer, magnetic sensor, optical sensor (PPG Heart Rate). Restart the watch by performing the following steps: To restart, swipe the watch face from top to bottom. On the screen that appears, tap ✿, "System", and then "Restart". If this message/error code keeps appearing after restart, request servicing by your original retailer or an authorized CASIO Service Center.

Error Code Error Message	Required Action
9000 Some problem occurred with the watch. Power will turn off shortly.	To restart the watch, first charge it for at least one hour. Next, hold down the power button for about 12 seconds until the display goes white.
9001, 9002, 9003 Some problem occurred with the watch. Power will turn off shortly.	Take your watch to an authorized CASIO Service Center or to your original retailer for inspection and repair.
9010 Watch temperature is high. Power will turn off to protect it.	Remove the watch from your wrist and leave it in a location that is not exposed to direct sunlight, where the temperature is between 10°C and 30°C (50°F and 86°F) to allow the watch to cool down. You will be able to turn the watch on again after it reaches a lower temperature.

Precautions During Use

Display Information Accuracy

Tide Graph Precautions

For Japan area oceans, tide times and level changes are predictively calculated using harmonic constant data obtained from Bibliography 742 Tidal Harmonic Constants Tables, Japanese Coast (February 1992) published by the Hydrographic Department of the Japan Coast Guard, and from the List of Tidal Stations (2015) published by the Japan Meteorological Agency. For other area oceans, tide times and level changes are predictively calculated using harmonic constant data obtained from UKHO ADMIRALTY TIDE TABLES NP 201-05, UKHO ADMIRALTY TIDE TABLES NP 201-208, NOAA, NOAA CO-OPS, and the NOAA Tides & Currents website, and the U.S. DEPARTMENT OF COMMERCE / COAST AND GEODETIC SURVEY January 1942 TH-1.

Actual tidal phenomena fluctuate in accordance with weather, the season, and various other factors, and may give rise to irregularities not in accordance with calculated values. Certain conditions may result in some deviation from actual tides. Because of this, the information produced by the Tide Graph function of this app and watch should be treated as approximate reference information only. Never use it for navigation or any other decisions about tide that may put safety at risk.

Sunrise/Sunset Precautions

Sunrise and sunset calculations are performed using the following azimuths: North: 0 degrees, East: 90 degrees, South: 180 degrees, West: 270 degrees. Calculation results include error of multiple seconds, and error becomes greater at higher latitudes. Calculations assume a level horizon, and local topography is not taken into consideration.

Moon Age Precautions

Moon ages displayed by this watch are based on the calculation described below.

(1) Elongation is calculated using solar and lunar coordinates produced by functional calculus.

(2) Moon age is calculated based on the correlation between the elongation and average moon age.

Though the lunar period averages 29.53 days, it actually fluctuates by as much as ±1 day, so this calculation produces an error of up to ±1 day.

Water Resistance

This watch is water resistant up to 20BAR, which means it can be worn while working around water, surfing, skindiving, etc. However, note the information below.

- Even if a watch is water resistant, note the usage precautions described below.
  - Avoid using this watch while scuba diving (with air cylinder).
  - Do not operate the buttons while your watch is submersed in water or wet.
  - Do not charge the watch while it is in water or wet.
  - Avoid wearing your watch while in the bath.
  - Do not wear your watch while in a sauna or any other high temperature/ high humidity environment.
  - Do not wear this watch while washing your hands or face, or while performing any other task that includes the use of soap or detergent.
- The touch screen does not work while the watch is submerged in water.
- Heart rate monitor accuracy may be reduced while washing, swimming, or performing other activities involving water.
- Certain conditions while washing or swimming can make it impossible to acquire location information or reduce information accuracy.

- After using the watch where it is submerged in either seawater or fresh water, or where it is soiled by sand or mud, rinse it with clean water as described below and then thoroughly dry it.

    1. Fill a bucket or other container with tap water or other clean water.
    2. Place the watch into the water.
    3. Gently move the watch back and forth in the water to remove any salt, dirt, mud, sand, etc.

  - Should the touch screen become dirty, rinse it off with fresh water. If soiling remains, wipe it off with a soft cloth.
  - Should the charger terminal become dirty, rinse it off with fresh water. If soiling remains, wipe it off with the tip of a thin cotton swab, etc.
  - After washing the watch, use a clean, dry, soft cloth to wipe away any remaining water. Next, leave the watch in a well-ventilated, shaded location to dry thoroughly.
  - To clean dirt from the surface of the sensor in the center of the back cover, wipe it with a soft cloth, taking care not to damage the surface.

- To maintain water resistance, have the gaskets of your watch replaced periodically (about once every two or three years). Should gasket replacement become necessary, be sure to request it from a CASIO Service Center or your original retailer.

- Be sure to leave battery replacement up to an authorized CASIO Service Center or your original retailer. Unauthorized battery replacement may cause problems with the waterproof performance of the watch.

- The inside surface of the watch glass may fog when the watch is exposed to a sudden drop in temperature. No problem is indicated if the fogging clears up relatively quickly. Sudden and extreme temperature changes (such as coming into an air conditioned room in the summer and standing close to an air conditioner outlet, or leaving a heated room in the winter and allowing your watch to come into contact with snow) can cause it to take longer for glass fogging to clear up. If glass fogging does not clear up or if you notice moisture inside of the glass, immediately stop using your watch and take it to an authorized CASIO Service Center or to your original retailer.

Measurement Function Precautions

Your watch is able to measure and display location information, barometric pressure, altitude, bearing, your heart rate, and other data. Note that this watch is not a special purpose measuring instrument. Readings produced by measurement functions are intended as general reference information only.

Using GPS

Your watch can use radio signals from Global Positioning System (GPS) satellites to determine your current location anywhere on the globe. This GPS function can be used to receive radio waves from GPS satellites and calculate your current location and the current time. The process for determining your current location is called "positioning".

Appropriate and Inappropriate Signal Reception Location

● A good location for signal reception is outdoors where the sky is visible and not blocked by buildings, trees, or other objects.

● You may experience GPS signal reception problems in the areas described below.
  – Where the view of the sky above is narrow
  – Near trees or buildings
  – Near a train station, airport, or other congested area, or where there is a large amount of vehicular traffic
  – Near railway aerial wires, high-voltage lines, TV towers, etc.

● GPS signal reception is not possible in the areas described below.
  – Where the sky is not visible
  – Underground, in a tunnel, underwater
  – Indoors (Reception may be possible near a window.)
  – Near wireless communication equipment or other devices that generate electromagnetism.

● GPS satellites are in constant motion, so your location, the time of day, or other factors may cause a delay in the positioning operation or may even make positioning impossible.

Built-in GPS

This watch has GPS[1] built in, and you can acquire location information without connecting to a phone. The watch alone can display a map[2] of your current location, measure and record data for a variety of training activities, and more.

[1] In addition to GPS (U.S.), your watch also supports GLONASS (Russia) and QZSS (Japan) positioning. This manual uses "GPS" to refer to all of these positioning systems.

[2] To display a map when you do not have a phone, you need to have the map data downloaded beforehand or the watch needs to be connected to a Wi-Fi network.

Using GPS Outside Your Country

Some countries or geographic areas put legal restrictions on the use of GPS, on the collection and logging of location information, etc. Your watch has built-in GPS functionality, so before embarking on international travel to a country or area outside of the country where you purchased your watch, you should check with the embassy of the countries you plan to visit, your travel agency, or some other reliable source of information to find out if there are any prohibitions or restrictions on bringing in devices with GPS functionality, the logging of location information, etc.

Long Periods of Non-use

If you allow the watch to remain discharged and unused for a long period, it will take a long time to acquire GPS signals and perform positioning immediately after you charge the watch and start using it again.

GPS Function Precautions

- Whenever you are in any area where radio wave reception is prohibited or restricted, perform the operation below to turn off the "Location" setting.

    1. While a watch face is displayed, swipe the touch screen from top to bottom and then tap ✿.
    2. Scroll downwards and tap "Connectivity" and then "Location".
    3. On the screen that appears, disable "Location".

- Map data may include information that is incorrect. Also, all countries and geographic areas may not be provided in the map data.

- Some location and address names may not display correctly due to applicable laws and restrictions in certain countries and geographic areas.

- The location information provided by the GPS function of this watch is intended for reference purposes only and locations shown may not be accessible or difficult to access. Also, map information may show mountains, jungles, deserts, and other dangerous or lawless locations. Before going to an unknown location, be sure to check on the latest information available about laws and safety.

- Using this watch in the vicinity of a mobile phone or other device that uses 1.5 GHz band radio waves may make signal reception impossible.

- Depending on reception conditions, GPS positioning information may include error up to several hundred meters.

- Location information is not acquired while flying on an aircraft or otherwise moving at very high speed.

- Never use the GPS function of this watch for surveying or any other measuring that requires high accuracy.

- Never use the GPS function of this watch for navigation of boats, aircraft, motor vehicles, individuals, etc.

- Location measurements are performed using satellites that are operated and managed by the United States (GPS), Russia (GLONASS), and Japan (QZSS). Because of this, there is always the possibility that access to its information may be disabled at the discretion of these countries.

Compass (Bearing Measurement)

For serious mountain climbing and other activities that require accurate bearing readings, take along a highly reliable compass to use in combination with the watch's compass.

Important!

- Note that accurate compass readings and/or correction will not be possible in the areas described below.
  - In the vicinity of a permanent magnet (magnetic accessory, etc.), metal objects, high-voltage wires, aerial wires, or electrical household appliances (TV, computer, cellphone, etc.)
  - On trains, on boats, on aircraft, etc.
  - Indoors, especially inside of reinforced concrete structures.

Altimeter, Barometer

The watch's Altimeter uses a pressure sensor to measure barometric pressure, and then calculates and displays relative altitude based on the measured value. Because of this, readings taken at different times at the same location may produce different altitude values due to changes in temperature, humidity, barometric pressure, and other factors. Also note that values displayed by the watch may be different from elevations indicated for areas where you are located. When using the watch's altimeter while mountain climbing, it is recommended that you perform regular correction in accordance with the local altitude (elevation) indications.

Tide Graph (Graphic Display of Tide Information)

The Tide Graph feature of your watch is intended to provide a rough image of current tide conditions. Do not use its tide information for navigation purposes. For navigation purposes, be sure to use official tide charts issued by a reliable agency or authority for the area you are navigating. Displayed tide levels are approximations intended for reference only. Geographic features and weather in your current location may cause errors in readings.

Heart Rate Monitor

- The back cover of the watch has a built-in photosensor that detects your pulse. This is used to calculate and display an approximate heart rate value. The factors below can cause error in the displayed heart rate value.
  - How the watch is fastened to the wrist
  - Individual wrist characteristics and conditions
  - Training type and/or intensity
  - Sweat, dirt, and/or other foreign matter near the sensor
  - Being submersed while swimming, etc.

  All of this means that heart rate values displayed by the watch are approximate, and no guarantees are made concerning their accuracy.

- The heart rate monitor function of this watch is intended for recreational purposes, and should not be used in any way for medical purposes.

Other Product Precautions

Wi-Fi connectivity

Note that when using a Wi-Fi connection you need to be aware of the watch's battery level and your surrounding environment. A low battery or extreme cold can cause Wi-Fi operation to shut down automatically to protect the watch's system.

Protective stickers

- Be sure to remove all protective stickers and/or paper tags that may be affixed to your watch (including its back cover) and/or its band when you purchase it. Using the watch without removing protective stickers and/or paper tags may result in the build-up of dirt between the watch/band and the sticker/paper tag, which creates the risk of rust and skin rash.

Charging

- The watch and AC adaptor may become warm to the touch during charging. This is normal and does not indicate malfunction.
- Do not charge the watch while its charge level is high enough for watch operation. Waiting until the charge level is low until you charge will help to extend battery life. Disconnecting the charger cable from the watch after it reaches a full charge is recommended. Any of the following can hasten battery deterioration and should be avoided.
  - Frequent charging while the battery is fully charged or near fully charged
  - Continuing to charge over a long period (multiple days)
  - Connecting and disconnecting the charger cable multiple times during a single day even though the battery is fully charged
- Do not charge the watch if the watch or charger cable is wet. Wipe off all moisture and make sure the watch and charger cable are dry before charging.
- Do not charge the watch in a location where large amounts of moisture, dust, or fine metal particles are present, in a location subjected to vibration, or near a hard line telephone, a TV, a radio, etc.
- The charger cable of this watch is magnetic. Contact with sand containing iron particles can make it unusable for charging. Should the charger terminal or cable become soiled with mud or sand, thoroughly wipe off all foreign matter before charging.
- In an area where it is extremely cold or hot, you may not be able to charge the watch or the watch may not charge completely. Charge the watch in an area where the ambient temperature is between 10°C and 35°C (50°F and 95°F).

Wrist Heart Rate Measurement

- The back cover of the watch has a built-in sensor that detects your wrist pulse. This is used to calculate and display an approximate heart rate value. The factors below can cause error in the displayed heart rate value.
  - How the watch is affixed to the wrist
  - Individual wrist characteristics and conditions
  - Training type and/or intensity
  - Sweat, dirt, and/or other foreign matter near the sensor

  All of this means that heart rate values displayed by the watch are approximate, and no guarantees are made concerning their accuracy.

- The conditions below may make accurate pulse detection impossible.
  - Exercising in a low-temperature environment or under other conditions that reduce blood flow to the arms
  - Arm tattoos
  - Use of sunblock cream or lotion, insect repellent, or other skin applications

- The heart rate monitor function of this watch is intended for recreational purposes, and should not be used in any way for medical purposes.

Band

- A band that is snugly tightened for heart rate monitoring can cause you to sweat and make it difficult for air to pass under the band, which can lead to skin irritation. During normal wear, when you do not need to monitor your heart rate, make sure the band is loose enough to allow you to insert a finger between it and your wrist.

- Deterioration, rust, and other conditions can cause the band to break or come off of your watch, which in turn can cause band pins to fly out of position or to fall out. This creates the risk of your watch falling from your wrist and becoming lost, and also creates the risk of personal injury. Always take good care of your band and keep it clean.

- Immediately stop using a band if you ever notice any of the following: loss of band flexibility, band cracks, band discoloration, band looseness, band connecting pin flying or falling out, or any other abnormality. Take your watch to an authorized CASIO Service Center or to your original retailer for inspection and repair (for which you will be charged) or to have the band replaced (for which you will be charged).

Temperature

- Never leave your watch on the dashboard of a car, near a heater, or in any other location that is subject to very high temperatures. Do not leave your watch where it will be exposed to very low temperatures. Doing so can cause malfunction.
- Leaving your watch in an area hotter than +60°C (140°F) for long periods can lead to problems with its display panel. The display panel may become difficult to read at temperatures lower than 0°C (32°F) and greater than +40°C (104°F). Watch operation that is stopped due to high temperatures will not resume until the watch cools sufficiently. Wait for a while to allow the watch to cool.

Use in Cold Environments

- Under cold conditions, the operating time provided by a battery is shorter than normal, even if the battery is fully charged.
- Extreme cold can cause Wi-Fi operation to shut down automatically to protect the watch's system.

Magnetism

- Some watch functions may not operate normally in a location where magnetism is present. Very strong magnetism (from medical equipment, etc.) should be avoided because it can cause malfunction of your watch and damage to electronic components.

Chemicals

- Do not allow your watch to come into contact with thinner, gasoline, solvents, oils, or fats, or with any cleaners, adhesives, paints, medicines, or cosmetics that contain such ingredients. Contact with such agents can cause discoloration of or damage to the resin case, resin band and other parts.
- Sunblock, hand cream, cosmetics, and other applications coming into contact with the back cover of the watch can soil the sensor window, which can decrease heart rate accuracy. Avoid use of such skin applications when performing heart rate measurement.

Storage

- If you do not plan to use your watch for a long time, thoroughly wipe it free of all dirt, sweat, and moisture, and store it in a cool, dry place.
- Disconnect the charger cable from the AC adaptor and unplug the AC adaptor from the power outlet when not charging. Store them in a safe place for later use. The charger cable is magnetic, so keep it away from magnetic cards, precision equipment, and analog watches.

Resin Components

- Allowing your watch to remain in contact with other items or storing it together with other items for long periods while it is wet can cause color on resin components to transfer to the other items, or the color of the other items to transfer to the resin components of your watch. Be sure to dry off your watch thoroughly before storing it and make sure it is not in contact with other items.
- Leaving your watch where it is exposed to direct sunlight (ultraviolet rays) for long periods or failure to clean dirt from your watch for long periods can cause it to become discolored.
- Friction caused by certain conditions (strong external force, sustained rubbing, impact, etc.) can cause discoloration of painted components.
- If there are printed figures on the band, strong rubbing of the printed area can cause discoloration.
- Daily use and long-term storage of your watch can lead to deterioration, breaking, or bending of resin components. The extent of such damage depends on usage conditions and storage conditions.

Watch Sensors

- A watch sensor is a precision instrument. Never try to take it apart. Never try to insert any objects into the openings of a sensor, and take care to ensure that dirt, dust, or other foreign matter does not get into it. After using your watch where it has been immersed in saltwater, rinse it thoroughly with fresh water.

Metal Components

- Failure to clean dirt from metal components can lead to formation of rust, even if components are stainless steel or plated. If metal components exposed to sweat or water, wipe thoroughly with a soft, absorbent cloth and then place the watch in a well-ventilated location to dry.

- Use a soft toothbrush or similar tool to scrub the metal with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.

Display Panel

- Display figures may be difficult to read when viewed from an angle.

- The display panel of this watch uses high-precision technology that provides a pixel yield in excess of 99.99%. This means that some very small number of pixels may not light or may remain lit at all times. This is due to the characteristics of the display panel, and does not indicate malfunction.

Viewing the Display

Make sure you are in a safe place before viewing the watch's display.

Note that failure to do so creates the risk of falling over, personal injury, and accident. Also, take sufficient care to avoid running into others.

Skin Irritation

**Take care to avoid conditions that cause skin rash.**

The watch and the band come into direct contact with the skin, so certain usage conditions may cause skin rash.

- Metal or leather allergies
- Dirt, rust, or sweat on the watch or band
- Poor physical condition, etc.
  - When fastening the watch to your wrist, make sure it is loose enough so you can insert a finger between it and your wrist.
  - Should you ever notice any abnormality, immediately stop using the watch and consult a physician.

Charger Cable

Be sure to observe the precautions below when using the charger cable. Failure to do so creates the risk of malfunction.

- Do not apply undue force to the charger cable plug, insert items into the plug, or forcibly push it into the connector.
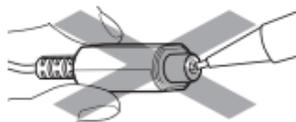
- Do not leave keys, necklaces, paper clips, or other metal items in close proximity to the charger cable plug. Doing so can cause the metal to affix to the magnetic plug and cause a short.
- When not using the charger cable, unplug the USB-AC adaptor from the power outlet and disconnect the cable.

User Maintenance

Caring for Your Watch

Remember that you wear your watch next to your skin, just like a piece of clothing. To ensure your watch performs at the level for which it is designed, keep it clean by frequently wiping with a soft cloth to keep your watch and band free of dirt, sweat, water and other foreign matter.

- Whenever your watch is exposed to sea water or mud, rinse it off with clean fresh water.
- For a resin band, wash with water and then wipe dry with a soft cloth. Note that sometimes a smudge like pattern may appear on the surface of a resin band. This will not have any effect on your skin or clothing. Wipe with a cloth to remove the smudge pattern.
- To clean the metal parts on a resin band, use a soft toothbrush or similar tool to scrub the band with a weak solution of water and a mild neutral detergent, or with soapy water. Next, rinse with water to remove all remaining detergent and then wipe dry with a soft absorbent cloth. When washing the band, wrap the watch case with kitchen plastic wrap so it does not come into contact with the detergent or soap.
- Not operating buttons for long periods can lead to operation problems. Press buttons occasionally to maintain proper operation.
- Charging may take longer or may not be possible at all if there is dirt or other foreign matter on the charger terminal or on the charger cable connector. Use a clean, dry cloth or cotton swab to occasionally wipe the charger terminal and charger cable connector.

Dangers of Poor Watch Care

Rust

- Though the metal used for your watch is highly rust-resistant, rust can form if your watch is not cleaned after it becomes dirty.
  - Dirt on your watch can make it impossible for oxygen to come into contact with the metal, which can lead to breakdown of the oxidization layer on the metal surface and the formation of rust.
- Rust can cause sharp areas on metal components and can cause band pins to fly out of position or to fall out. If you ever notice any abnormality immediately stop using your watch and take it to an authorized CASIO Service Center or to your original retailer.
- Even if the surface of the metal appears clean, sweat and rust in crevasses can soil the sleeves of clothing, cause skin irritation, and even interfere with watch performance.

Premature Wear

- Leaving sweat or water on a resin band or bezel, or storing your watch in an area subject to high moisture can lead to premature wear, cuts, and breaks.

Skin Irritation

- Individuals with sensitive skin or in poor physical condition may experience skin irritation when wearing a watch. Such individuals should keep their leather band or resin band particularly clean. Should you ever experience a rash or other skin irritation, immediately remove your watch and contact a skin care professional.

Other Precautions

Chargeable Battery Handling (Please recycle!)

The built-in lithium-ion battery includes valuable resources. When you are ready to discard your watch, follow proper procedures in order to recycle resources. For information about the proper procedure to follow when discarding the watch, contact an authorized CASIO Service Center or your original retailer.

Personal Information Protection Precautions

To protect your personal information, be sure to unpair the watch from your smartphone before transferring ownership of the watch to another party or before disposing of the watch. To unpair from a phone, perform the procedure under "Returning the Watch to Its Initial Factory Defaults".

IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

DANGER

TO REDUCE THE RISK OF FIRE OR ELECTRIC SHOCK, CAREFULLY FOLLOW THESE INSTRUCTIONS

For connection to a supply not in the U.S.A., use an attachment plug adapter of the proper configuration for the power outlet.

The socket outlet shall be installed near the equipment and easily accessible.

Main Specifications

Display:

3.05 cm (1.2-inches), Dual Layer LCD, Color TFT LCD (360 × 360 pixels) + Monochrome LCD

Touch panel:

Capacitive touch panel

Other:

Microphone, Vibration

Battery:

Type: Lithium-ion battery

Charging time:
Approximately 3 hours at room temperature (Be sure to use the special charger cable.)

Bluetooth:

Bluetooth® V4.1 (Low Energy support)

Wi-Fi (Wireless LAN):

IEEE802.11b/g/n

Memory:

4 GB internal storage, 768 MB RAM

Charging method:

Magnetic crimped charging terminal

Buttons:

START button, power button, APP button

Water Resistance:

20BAR (200-meter) water resistant[*1]

Sensors:

GPS, Pressure sensor, Accelerometer, Gyrometer, Magnetic sensor, Optical sensor (PPG Heart Rate)

Watch:
Auto time correction:
By communication with smartphone (Time can be adjusted manually.)
By GPS information (Can be corrected manually.)
Time zones (world time function):
Supports multiple world time zones. (Types depend on system time zones.)
12/24-hour timekeeping
Full auto-calendar:
Auto switching by linking with smartphone
Summer time:
Auto switching by linking with smartphone
Watch Face Types:
Three CASIO watch faces: DIGITAL, ANALOG, 2 Layers
Additional watch faces can be installed.

Map Function:
Map screen, route screen, selectable map skin, map downloading (off-line maps), voice memo, landmark, history screen

Compass:
Measurement range: 0° to 359°
Measurement unit: 1°
Continuous measurement duration: 1 minute
North indication hand, Magnetic declination calibration, Bearing memory, Gradient calibration

Altimeter:
Measurement range: –700 to 10,000 m (–2,300 to 32,800 ft)
Measurement unit: 1 m (5 ft)
Measurement accuracy: within ±75 m (within ±250 ft) (When frequent manual calibration is performed)
Shortest measurement interval: 1 minute
Altitude graph: Past 24 hours
Manual altitude calibration, Auto altitude calibration using location information[*2]

Barometer:
   Measurement range: 260 to 1,100 hPa (7.6 to 32.5 inHg)
   Measurement unit: 1 hPa (0.1 inHg)
   Measurement accuracy: within ±3 hPa (within ±0.1 inHg)
   Atmospheric pressure tendency graph: Past 24 hours
   Barometric pressure measurement interval: 1 minute
   Manual barometric pressure 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.)

Sunrise/sunset:
   Sunrise/Sunset times (Current location sunrise/sunset)

Activity Types:
   Running, Trail Running, Road Biking, Cycling,
   Mountain Biking, Indoor Workouts, Pool Swimming, Surfing,
   Sailing, Kayaking, SUP, Skiing,
   Snowboarding, Trekking, Fishing, Walking

Screen brightness setting:
   Five levels

Battery Level Indication:
   Integers from 0 to 100%

Charger cable:
   Length: Approximately 0.75 m (2.46 ft)
   Type: AC adaptor USB Type A

Operating time on full charge[*1]:
   Normal use: Approximately 1.5 days or more
   Timepiece Mode: Approximately one month[*3]

Operating temperature:
   -10℃ to 40℃ (14℉ to 104℉)

Crystal:
  Mineral glass (dirt resistant coating)
Size (Body H × W × D):
  Approximately 65.6 × 56.3 × 19.5 mm (2.58" × 2.22" × 0.77")
  Thickness when sensor area is included: Approximately 21.3 mm (0.84")
Weight (including band):
  Approximately 103 g (3.6 oz)
Included accessories:
  Special Charger Cable

*1 CASIO test conditions
*2 GPS altitude information is used, so the indicated altitude may not exactly match the actual above sea level elevation or altitude.
*3 Displaying the step count reduces the battery operating time.
*4 Limited functionality when connected to iOS device.

Supplementary Information

Open Source Information

CASIO uses GPL, LGPL and other source code that comes under an open source license in this product. CASIO discloses the source code in accordance with each open source license. For source codes and details about each open source license, visit the CASIO website. Source code is provided "as-is" without any guarantees. However, this does not affect warranty conditions by CASIO concerning product defects (including defects in the source code).

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- Other company, product and service names used in this manual also may be trademarks or registered trademarks of others.

Regulatory information

Your watch is a device that supports electronic way of display. To display Regulatory information, perform the steps below.

1. **While the watch face is displayed, swipe the touch screen from top to bottom and then tap ☼.**
2. **Scroll the screen downwards. Tap "System" and then "Regulatory information" in sequence.**

Your watch complies with or has been approved in accordance with the radio laws of various countries and geographic areas.

Use of this watch in areas where it does not comply with or has not been approved may be punishable under local laws.

For details visit the website below.

https://s.casio.jp/w/10122en/

This device complies with part 15 of FCC Rules and Industry Canada's licence-exempt RSSs. 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.

FCC CAUTION

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note

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 into an outlet on a circuit different from that to which the receiver is connected.
  – Consult the dealer or an experienced radio/TV technician for help.

This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.

The available scientific evidence does not show that any health problems are associated with using low power wireless devices.

There is no proof, however, that these low power wireless devices are absolutely safe. Low power Wireless devices emit low levels of radio frequency energy (RF) in the microwave range while being used. Whereas high levels of RF can produce health effects (by heating tissue), exposure of low-level RF that does not produce heating effects causes no known adverse health effects. Many studies of low-level RF exposures have not found any biological effects. Some studies have suggested that some biological effects might occur, but such findings have not been confirmed by additional research. The GSW-H1000 has been tested and found to comply with FCC/IC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines and RSS-102 of the IC radio frequency (RF) Exposure rules.

Declaration of Conformity According to EU Directive

Manufacturer:
CASIO COMPUTER CO., LTD.
6-2, Hon-machi 1-chome
Shibuya-ku, Tokyo 151-8543, Japan

CE

Responsible within the European Union:
Casio Europe GmbH
Casio-Platz 1, 22848 Norderstedt, Germany
www.casio-europe.com

The copy of the Declaration of Conformity can be found on
http://doc.casio.com.

To comply with the relevant European RF exposure compliance requirements, the GSW-H1000 must not be co-located or operating in conjunction with other transmitters.

Note: This equipment is intended to be used in all EU and EFTA countries. Outdoor use may be restricted to certain frequencies and/or may require a license for operation.

For more details, contact your customer service representative.

Hereby, Casio Europe GmbH, Casio-Platz 1, 22848 Norderstedt, Germany, declares that this Model GSW-H1000 is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC or 2014/53/EU.

This product is subject to the Export Administration Regulations (EAR) of the United States, and so it cannot be exported to or brought into countries that fall under U.S. Embargoes and Other Special Controls.

Frequency band and maximum output power
● GSW-H1000
IEEE802.11b/g/n:2.4GHz band≦19dBm
Bluetooth(2.4GHz)≦10.5dBm

CAUTION

- Risk of explosion if battery is replaced by an incorrect type.
  Dispose of used batteries according to the instructions.
- Do not leave the battery and GSW-H1000 in a high or low temperature environment while using, storing or transporting the battery. Explosion, flammable liquid, gas may leak.
- Battery and GSW-H1000 subjected to extremely low air pressure may result in an explosion or the leakage of flammable liquid or gas.
- Be sure to observe the points below when using this watch.
  Failure to do so creates the risk of heat generation, fire, and explosion.
  − Do not throw the watch into fire or expose it to heat.
  − Do not try to take the watch apart, modify it, step on it or otherwise subject it to strong impact.
  − Do not place the watch inside a microwave oven, drier, pressurized container, etc.

Product Quality Information

CASIO collects information about watch usage in a way that keeps users anonymous. This information is securely stored on CASIO servers and is not accessible by third-parties. It is used to improve product quality and functionality.

CASIO®

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