

# Quick Reference Manual 3481

ENGLISH

Congratulations upon your selection of this CASIO watch.

For a full Operation Guide and Q&A information about this product, go to the website below.



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

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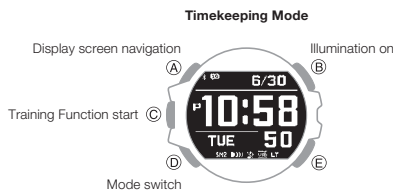
This product has a Mobile Link function that lets it communicate with a Bluetooth® capable phone to perform automatic time adjustment and other operations.  
 • This product complies with or has received approval under radio laws in various countries and geographic areas. Use of this product in an area where it does not conform to or where it has not been approved under applicable radio laws may be punishable under local laws. For details, visit <https://world.casio.com/ce/BLE/>.  
 • Use of this product inside of an aircraft is restricted by the aviation laws of each country. Be sure to obey instructions provided by flight personnel concerning use of devices such as this product.

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## Using the Watch

### Navigating Between Modes



Each press of (D) cycles through the modes as shown below.



- You can also return directly to the Timekeeping Mode by holding down (D) for at least one second.
- For details, refer to the Operation Guide at the CASIO website.

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### Adjusting the Time Setting

#### Using a Phone to Configure Time Settings

For details visit the website below.

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

#### Using Watch Operations Only to Adjust the Time Setting

To ensure accurate timekeeping, use of a phone for time adjustment is recommended.

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1. In the Timekeeping Mode, hold down (A) for at least two seconds.
  2. Use (A) and (D) to select [HOME TIME], and then press (C).
    - This displays the [CITY] and [DST] selection screen.
  3. Use (A) and (D) to select [CITY], and then press (C).

4. Use (A) and (D) to select a city that is in the same time zone as the one where you are currently located, and then press (C).
  - This displays the [CITY] and [DST] selection screen.
  - If you select UTC for the city setting, steps 5 and 6 are not required.
5. Use (A) and (D) to select [DST], and then press (C).
6. Use (A) and (D) to select the summer time setting you want, and then press (C).
  - This displays the [CITY] and [DST] selection screen.
7. Press (E).
8. Use (A) and (D) to select [TIME ADJUSTMENT], and then press (C).

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9. Use (A) and (D) to select [MANUAL], and then press (C).
  10. Use (A) and (D) to select the hour digits, and then press (C).
  11. Repeat step 10 to set the minute, year, month, and day.
    - This causes [SAVE & EXIT?] to appear.
    - You can advance to step 12 by pressing (E) during step 10 or 11.
  12. Use (A) and (D) to select [YES], and then press (C).
    - This causes [SETTING COMPLETED] to appear.
  13. Press (E) twice.
    - This returns to the Timekeeping Mode.

### Training Function

You can use the Training Function of this watch to make your running and other workouts more efficient and enjoyable.  
 • Keep track of your distance and pace.

You can also use the G-SHOCK MOVE phone app for this watch to perform the types of training described below.  
 • Intuitive analysis of daily training  
 • Creation of personalized training plans in line with your goals

For information about installing the application, refer to the Operation Guide at the CASIO website.

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## Specifications

**Accuracy:** ±15 seconds a month (no adjustment by signal information)

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

### Mobile Link:

- Function linking with a Bluetooth® device using wireless communication\*
- \* Operation Enhanced by Mobile Link
- Auto Time Adjustment
- Simple time setting:
  - World Time: Current time in 300 cities (38 time zones, auto summer time switching), and UTC (Coordinated Universal Time) time
  - Watch setting configuration
- Phone Finder
- Data Updating:
  - Updating of time zone and summer time rule information

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- Training Function:
    - Calculation and display of distance, speed, pace, and other information
  - Training plan creation
  - Training function settings
    - Target alerts
  - Training log data management
    - Training log data and lap data management
    - Training analysis results
  - Notifications
- Communication Specifications:  
Bluetooth®  
Frequency band: 2400 to 2480MHz  
Maximum transmission: 0dBm (1mW)  
Range: Up to 2 meters (Depends on environment.)

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### Training Function:

- Distance, speed, pace, and other information calculated using accelerometer data
- Auto/Manual lap time measurement
- Auto Pause
- Target alert (time, calories) enable/disable
- Training display customization

### Training log data:

- Up to 100 runs, up to 140 lap records per run
- Elapsed time, distance, pace, calories burned

### Step Count:

- Step count measurement using a 3-axis accelerometer
- Step count display range: 0 to 99,999 steps
- Step count reset: Auto reset at midnight each day
- Step count accuracy: ±3% (According to vibration testing)

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### Stopwatch:

- Measuring unit: 1 second
- Measuring range: 99 hours 59 minutes 59 seconds (100 hours)
- Split times

### Countdown Timer:

- Setting unit: 1 second
- Measuring unit: 1 second
- Maximum start time: 60 minutes
- Up to five start time settings
- Auto Repeat

### World Time:

- Displays current time in UTC +38 cities (38 time zones)\*
- Auto Daylight Saving Time (summer time) setting
- \* Time zone data may change when the watch connects with a phone.

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**Other:** LED backlight (Auto Light, Super Illuminator, 1.5/3-second illumination duration), Screen off function, Button confirmation tone enable/disable, Operation vibration, Airplane Mode, 4 alarms (with snooze)

**Power Supply:** One lithium battery (CR2032)

- Battery life: Approximately 2 years
- Conditions:
  - Bluetooth linking: 12 hours/day
  - Training Function: 2 hours/week
  - Mail and other alerts: 20 times/day
  - Illumination: Once (1.5 seconds)/day
  - Alarm: Once (10 seconds)/day
  - Step count: 12 hours/day
  - Display operation: 21 hours/day
- Usage conditions can shorten battery life.

Specifications are subjected to change without notice.

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