© 2020 CASIO COMPUTER CO., LTD.

Quick Reference Manual 3482   **CASIO**®

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/

Contents

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by CASIO COMPUTER CO., LTD. is under license.
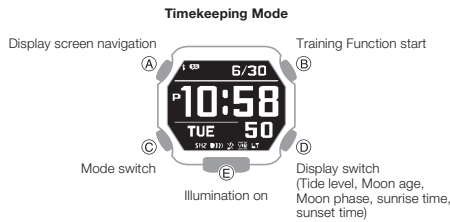
This product has a Mobile Link function that lets it communicate with a Bluetooth® capable phone to perform automatic time adjustment and other operations.
- This product complies with or has received approval under radio laws in various countries and geographic areas. Use of this product in an area 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.

Using the Watch

Navigating Between Modes

Timekeeping Mode

Display screen navigation — Ⓐ
Training Function start — Ⓑ
Mode switch — Ⓒ
Display switch (Tide level, Moon age, Moon phase, sunrise time, sunset time) — Ⓓ
Illumination on — Ⓔ

Each press of Ⓒ cycles through the modes as shown below.

Timekeeping → Timer → Stopwatch
Notification ← Training Log ←

- You can also return directly to the Timekeeping Mode by holding down Ⓒ for at least one second.
- In the Timekeeping Mode, press Ⓓ to cycle through available displays to view the Tide level, Moon age, Moon phase, sunrise time, or sunset time. To return to the display you started from, press Ⓐ.
- For details, refer to the Operation Guide at the CASIO website.
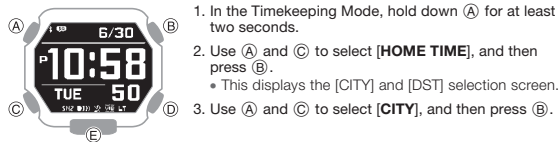

Adjusting the Time Setting

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.

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

4. Use Ⓐ and Ⓒ to select a city that is in the same time zone as the one where you are currently located, and then press Ⓑ.
   - 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 Ⓐ and Ⓒ to select [**DST**], and then press Ⓑ.
6. Use Ⓐ and Ⓒ to select the summer time setting you want, and then press Ⓑ.
   - This displays the [CITY] and [DST] selection screen.
7. Press Ⓓ.
8. Use Ⓐ and Ⓒ to select [**TIME ADJUSTMENT**], and then press Ⓑ.

---

9. Use Ⓐ and Ⓒ to select [**MANUAL**], and then press Ⓑ.
10. Use Ⓐ and Ⓒ to select the hour digits, and then press Ⓑ.
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 Ⓓ during step 10 or 11.
12. Use Ⓐ and Ⓒ to select [**YES**], and then press Ⓑ.
    - This causes [**SETTING COMPLETED**] to appear.
13. Press Ⓓ 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.

B

■ 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
 – Tide Graph: Information for 3,300 points around the world
● Phone Finder

● Data Updating:
 – Updating of time zone and summer time rule information
● 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.)

Tide/Moon, Sunrise/Sunset Functions:
Tide Graph (50 selectable preset points around the world)*
Moon data (Moon age, Moon phase)
Sunrise and sunset times
* Preset point data may change when the watch connects with a phone.

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)

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.

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)
* To prevent screen burn-in, the display of the watch will go blank after a certain period of non-operation. Performing a button operation or wearing the watch will restore the display. You can use the watch's phone app (G-SHOCK MOVE) to specify the screen off trigger time.

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.