

**G-SHOCK**  
Connected

## G-SHOCK Connected App Guide

POWER TRAINER EXAMPLE MODEL – GBD800

# G-SHOCK



## Accurate Time System:

Coordination with a smartphone using Bluetooth® communication realizes timekeeping accuracy and easy operation simultaneously.



### Automatic Time Adjustment

The smartphone connects with the watch automatically 4 times a day and corrects the time. When traveling across time zones, you can display the current local time with one push of a button. You can also use the app to check time-related regulations such as changes in time zones and the start and end of Daylight Savings Time in regions around the world and add them to the watch's internal data. The correct time based on the latest time information is always displayed.

This advanced time correction system acquires time data from an Internet-based server anywhere in the world and combines it with time information from a proprietary Casio database to determine the precise current time.



### Easy Watch Setting

Watch functions that can be managed easily on the smartphone app include World Time city setting (over 300 cities), Home Time/World Time display switching and alarm/timer setting. This means you can use a variety of convenient functions at will without touching any buttons on the watch.

*\* Settable functions vary depending on the model.*

## Frequently Asked Questions:

### What is a G-SHOCK Connected Watch?

A watch with Bluetooth capabilities that when connected to the G-SHOCK Connected App on your mobile device will set the time for your watch at the push of a button.

### How do I use a Connected Watch?

First you will download the G-SHOCK app from any Smartphone app store. After you select the app after downloading follow the steps listed under the First Time / New Device section of this tutorial.

### What are the benefits to using a Connected Watch over a non connected model?

Watch functions that can be managed easily on the Smartphone app include:

- World Time City Setting (over 300 cities)
- Home Time/World Time Display Switching
- Alarm/Timer Setting

### What are some of the connected features?

- Automatic Time Adjustment: the Smartphone connects with the watch automatically 4 times a day and corrects the time
- Step Tracker
- Triple Sensor
- GPS Navigation

### How do I learn to use a Connected Watch?

Follow the steps on the following tutorial



ORIGIN

Sophisticated & Tough



Models: GMWB5000

G-SHOCK has been constantly setting new standards in innovative design, tough structure, and powerful modules. The GMWB5000D-1 is a full-metal G-SHOCK of the DW5000 base model with a connected engine. The new GMWB5000D-1 model represents a refinement of the hollow case structure to achieve an even higher level of shock resistance. A film solar cell maintains display clarity and an STN-LCD ensures easy reading of display information from every angle.

G-STEEL

Refined Toughness



Models: GSTB100, GSTB200

The G-STEEL models are refined and versatile, combining high-quality materials with the legacy of G-SHOCK's standard of toughness. Stainless steel and resin are layered together into an unbreakable combination, simultaneously emitting a premium look and resiliency.

MT-G

Sophisticated & Advanced



Models: MTGB1000

Robustly protected by a new, highly shock-resistant structure, this first MT-G to offer Smartphone Link as well as Multiband 6 radio-controlled, solar powered timekeeping achieves innovative downsizing at the same time. The Metal-Twisted G-SHOCK takes another step forward on its evolutionary journey.

POWER TRAINER

Step Tracker & Fitness Support



Models: GBA800, GBD800, GMAB800

These watches link with the G-SHOCK Connected phone app to provide access to a number of functions that enhance workouts. Daily health and fitness support functions include a 3-axis accelerometer that keeps track of step counts, a Multi-Timer that lets you create up to 20 timer combinations of five timers each, memory for up to 200 lap records, and more.

FROGMAN

The Shock Resistant Diver's Watch



Models: GWFA1000

A carbon monocoque case with high strength and low absorbcency has been employed to deliver the first FROGMAN featuring an analogue display. Exceptional shock resistance and water resistance enable the watch to stand up to the rigorous demands of undersea divers. In addition, with its smartphone connectivity the model achieves ease of operation for functions including everything from making time adjustments and changing watch settings to managing dive logs.

RANGEMAN

Survival at Extreme Limits



Models: GPRB1000

Its case constructed to resist shocks, dust & mud, water and low temperatures, and equipped with such advanced functions as GPS navigation and Triple Sensor, RANGEMAN also supports both solar and wireless charging. It can even conduct coordinated operation with various smartphone functions. From desert to forest, and from snow-clad mountain to wilderness, this survival watch's sphere of tough activity encompasses the entire earth.

MUDMASTER

Toughness & Functionality Combined



Models: GGB100

G-SHOCK has developed a new structure using carbon materials. This watch is the result of a pursuit of robustness, operability, and wearability, and can be used in harsh environments. The GGB100 includes sensor functions and the ability to link with a smartphone, allowing it to make quick decisions and take appropriate action under various conditions. This watch features both toughness and functionality that are useful under extreme conditions.

GRAVITYMASTER

Strength & Accuracy



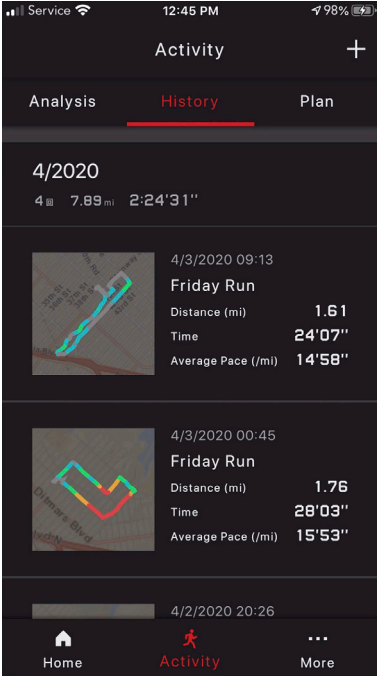
Models: GRB100, GWRB1000

The reinforced body with a TRIPLE G RESIST structure that withstands external shocks, centrifugal forces and vibrations is equipped with G-SHOCK's timekeeping system that acquires accurate time information for the current location anywhere in the world. A World Time function capable of direct UTC display to creating an aviator's watch with the functionality pilot's require.



G-SHOCK Move App

Models: GBD100, GBDH1000, GBX100



MR-G Connected App

Models: MRGG1000, MRGB1000, MRGB2000



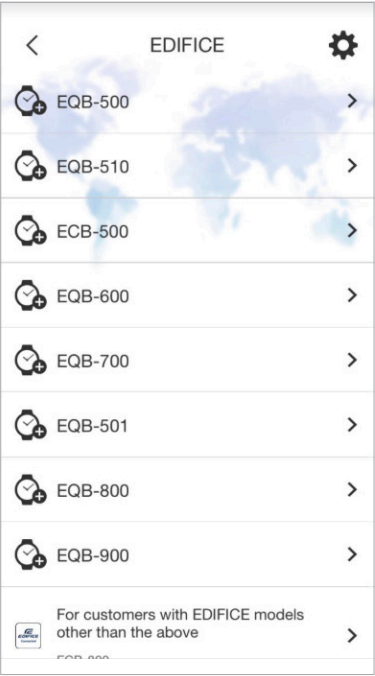
EDIFICE Connected App

Models: ECB10, ECB800, ECB900, EQB1000



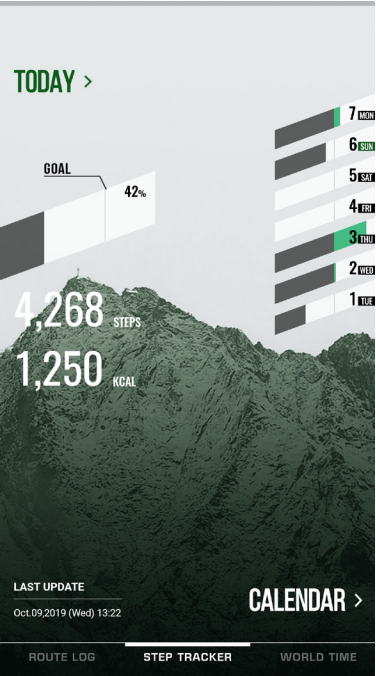
CASIO+ App

Models: Select Edifice ECB & EQB Series



Pro Trek Connected App

Models: PRTB50





Power Trainer Example GBD800 / GBA800 Series



GBD800-1



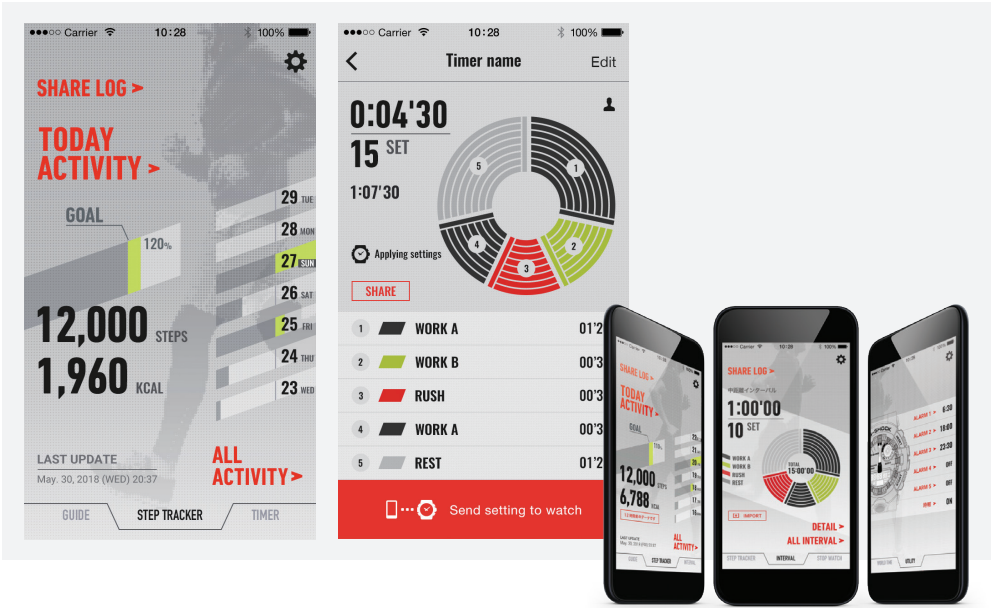
GBD800UC-5



GBA800-8A



GBA800UC-2A



Step Tracker

Shows your daily step count and calories burned. Uses a calendar to show multiple activity logs at once. Displays graphs and maps to show your daily, weekly or monthly step count in each exercise intensity.

- Step Count Log with 5 Exercise Intensity Levels (daily/weekly/monthly)
- Activity Area 3D Map
- Calories Burned
- Transferable Step Goal Settings
- Automatic Updates (automatic or manual connection)

**Watch Features:** Shock Resistant, Bluetooth Connected, 200M Water Resistant, Double LED Light, Fine Fit Band, Countdown Timer, Stopwatch with 200 Lap Memory, Automatic Step Tracking Function

Timer

A multi-timer function useful for interval workouts can be set for up to five different times.

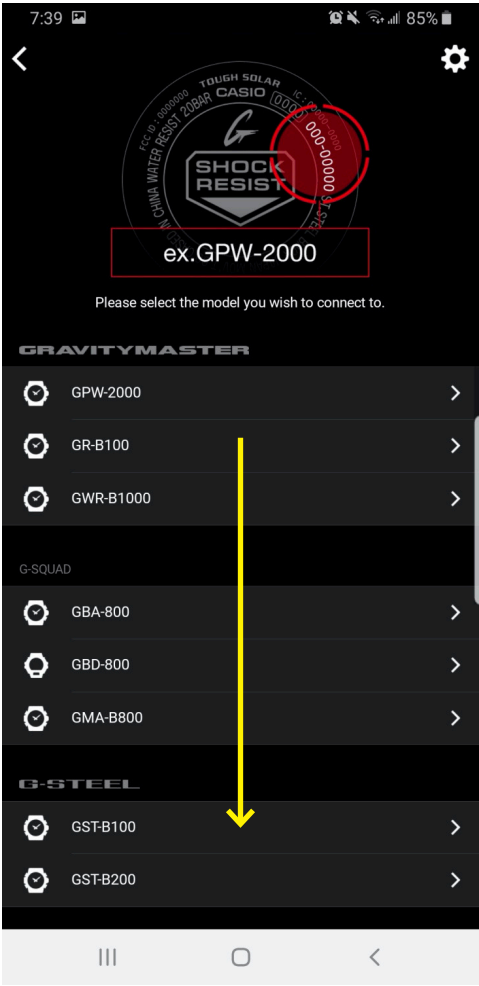
The time remaining on the timer (%) is indicated in the status indicator window to the upper right on the dial. Auto Repeat (maximum 20 times) and Auto Start are available along with an announcement notice function.

Up to 20 sets of 5 timers can be set up on the dedicated app. This makes it easy to create a menu of workouts and intervals as sets of workouts and break times that repeat within a certain period. You can save the menus you create under individual titles. You can then call them up instantly according to the day of the workout and transmit the settings to the watch.

**Smartphone App Features:** Multi-Log Training Timer, Daily Activity Tracking, Step Counter with Auto Data Transfer, 200 Lap Stopwatch memory

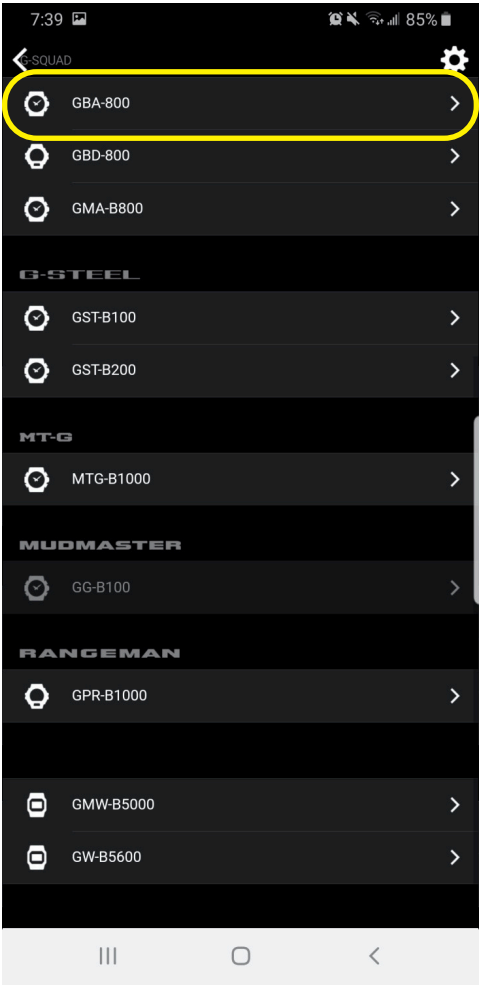
# First Time / New Device

## CONNECTING A G-SHOCK CONNECTED WATCH TO A NEVER CONNECTED MOBILE DEVICE



### Step 1

When you first download the app this will be the screen you are met with, scroll through to select the watch model reference you would like to connect to (model reference example at the top).



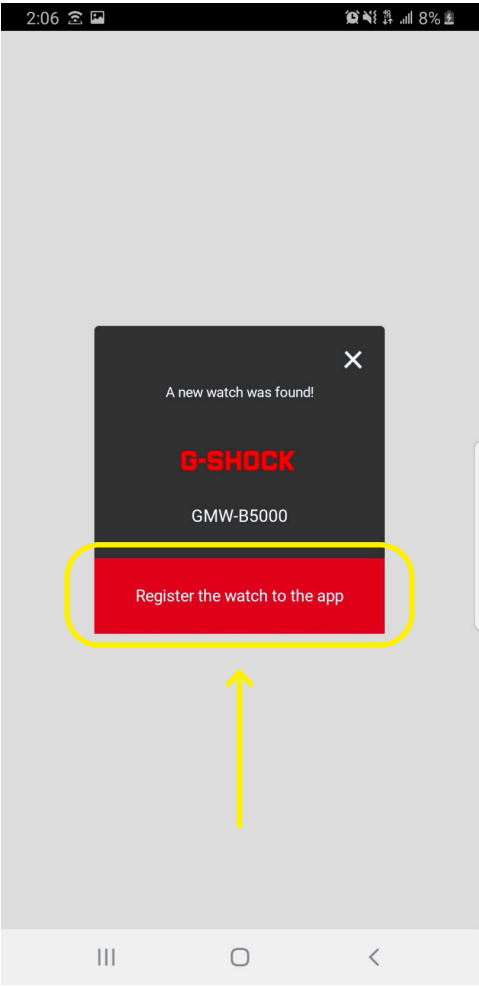
### Step 2

Select the model reference that matches the case back of your watch.



### Step 3

Use the instruction provided to on the watch itself hold the button the diagram says to hold for the allotted time.



### Step 4

Press the "Register the watch to the app" button on your mobile device to complete the connection process.



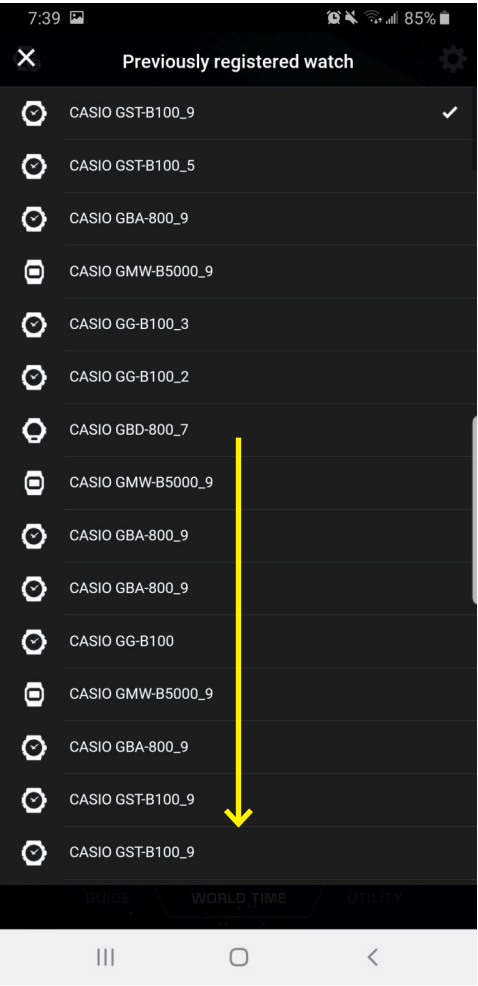
# Previously Connected Device

## CONNECTING A NEW G-SHOCK CONNECTED WATCH TO A PREVIOUSLY CONNECTED MOBILE DEVICE



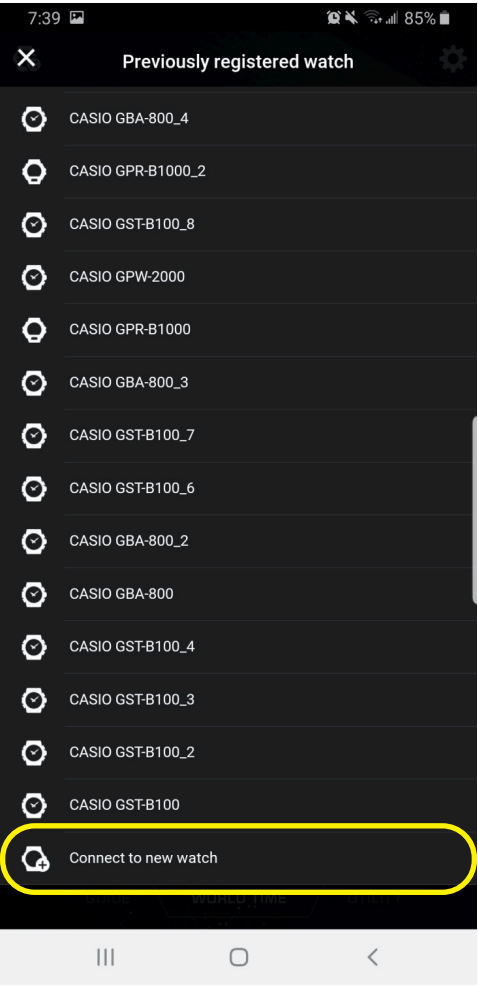
Step 1

If a watch has been previously connected to the mobile device Press the “Watch icon” button on your mobile device to begin the process to connect to a new watch.



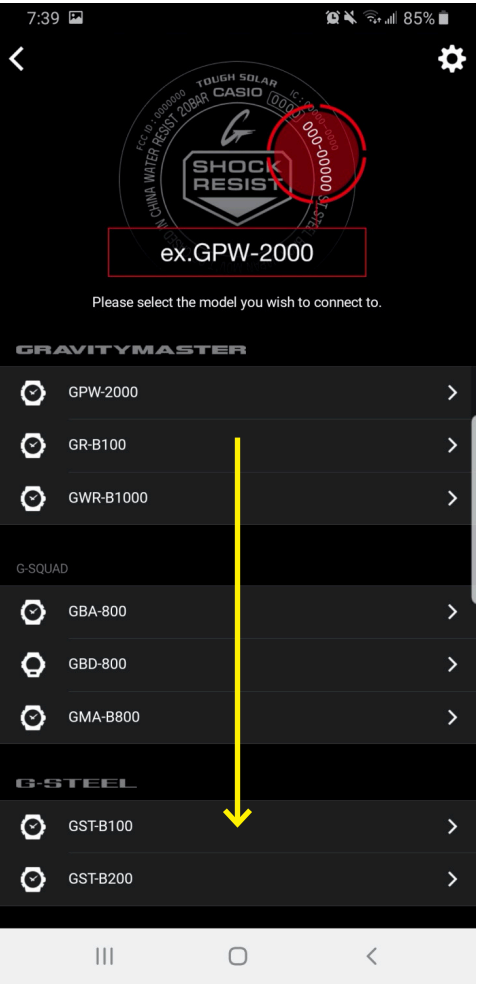
Step 2

Scroll down past all watch models previously paired to the mobile device.



Step 3

Find and press the “connect to new watch” button on your mobile device to initiate the connection process.

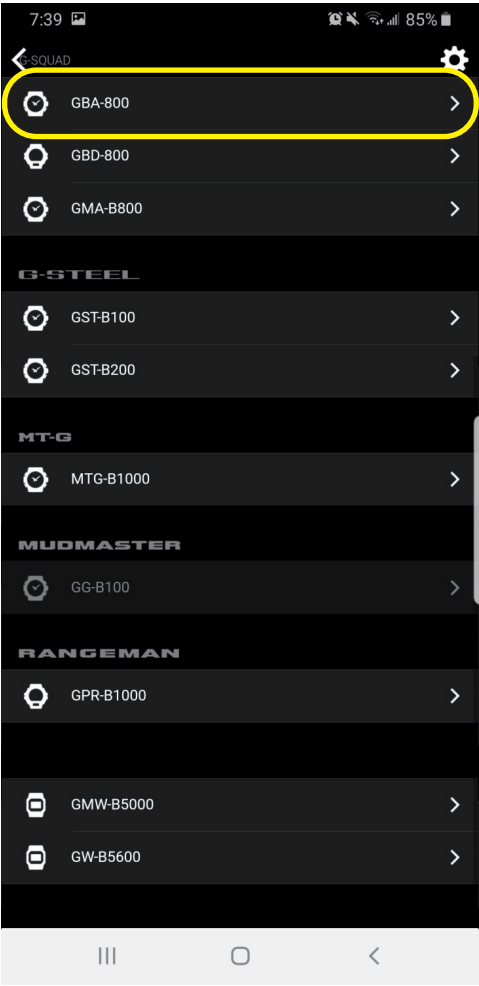


Step 4

Scroll through to select the watch model reference you would like to connect to (model reference example at the top).

# Previously Connected Device

## CONNECTING A NEW G-SHOCK CONNECTED WATCH TO A PREVIOUSLY CONNECTED MOBILE DEVICE



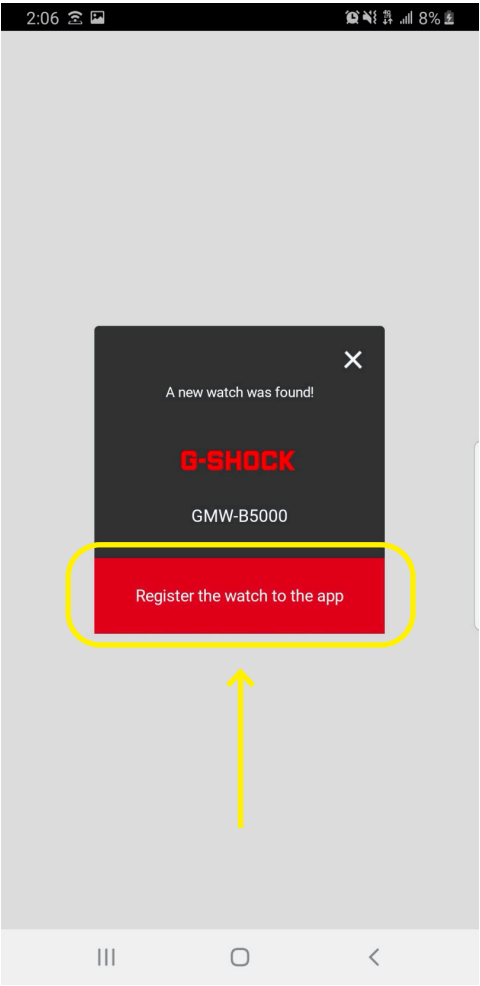
### Step 5

Select the model reference that matches the case back of your watch.



### Step 6

Use the instruction provided to on the watch itself hold the button the diagram says to hold for the allotted time



### Step 7

Press the "Register the watch to the app" button on your mobile device to complete the connection process. This can take up 5—8 sec to connect but when the connection is found the watch will automatically update itself with the correct time & date.



# Watch Button Guide

## USING THE G-SHOCK WATCH BUTTON GUIDE



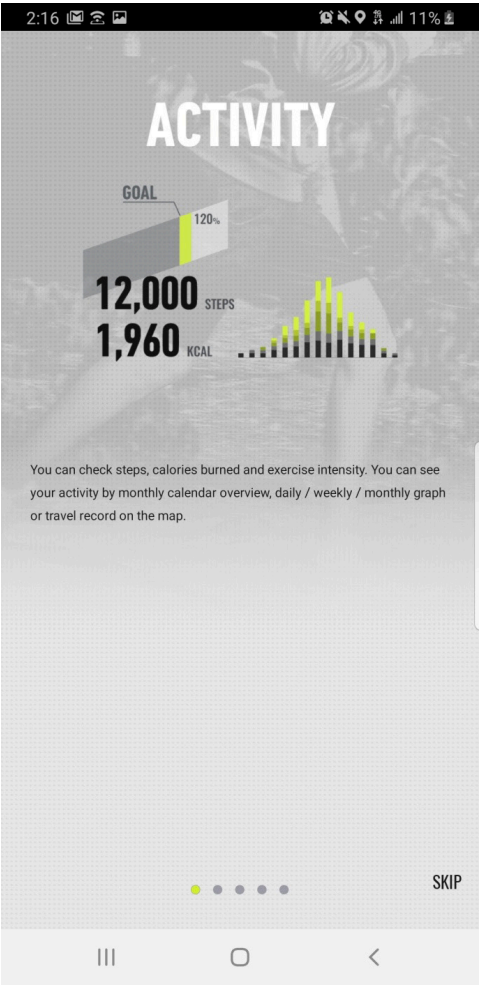
### Step 1

After selecting the connected watch you would like to access the guide for select view guide at the bottom of the watch connection screen on your Smartphone in the app



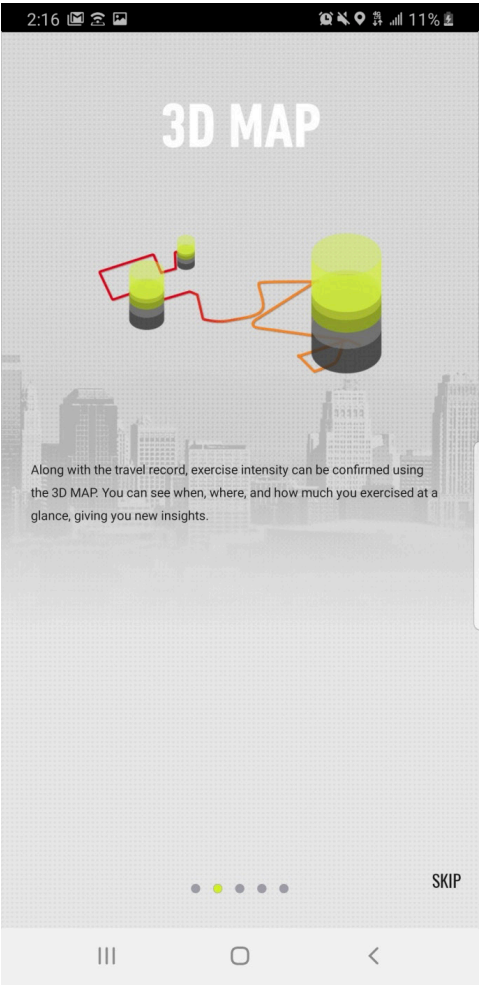
### Step 2

Select the section at the top of the guide you are looking to gain information on. This will give you all of the capabilities of every button on your G-SHOCK watch and how to utilize.

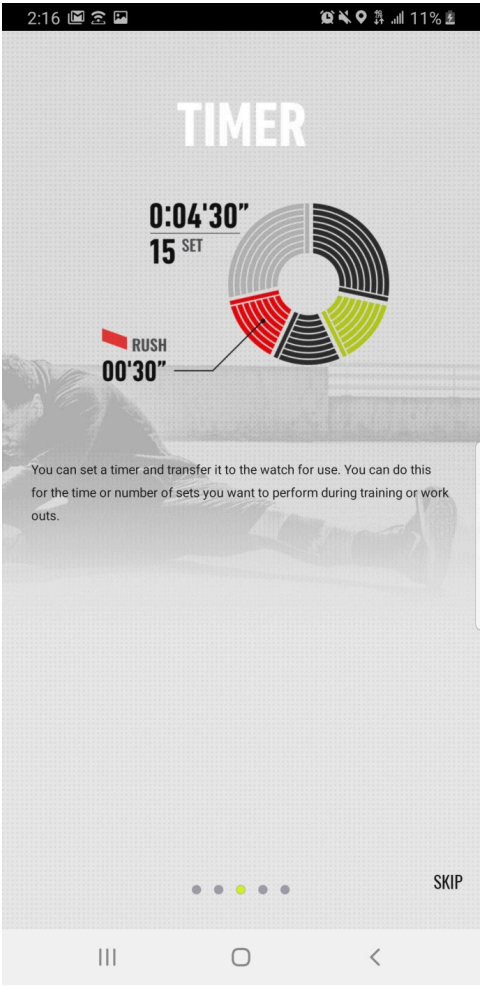


**Step 1**

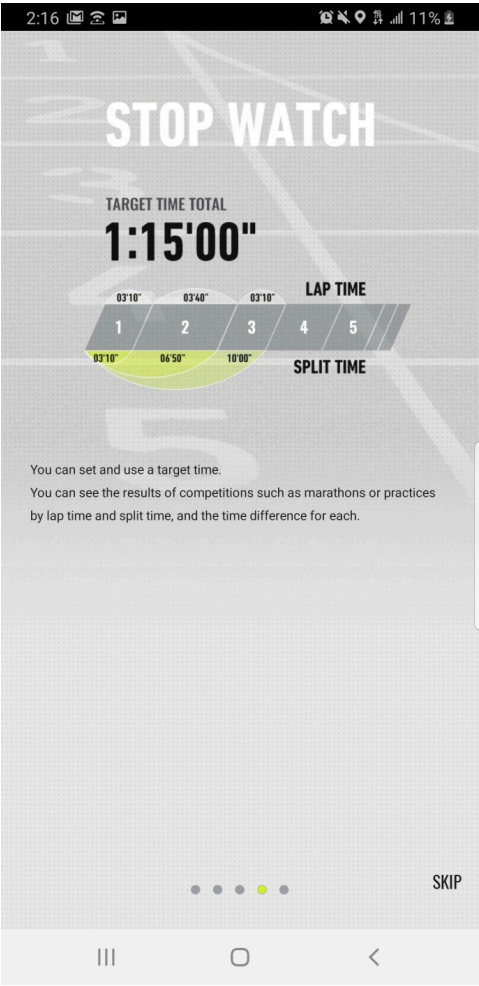
After connecting your watch for the first time you will be met with some information slides walking you through the main Bluetooth connected features that the watch can utilize. After reading the slide simply swipe left to reveal the next one or you can also skip the information if you choose.



**Step 1 Continued**



**Step 1 Continued**

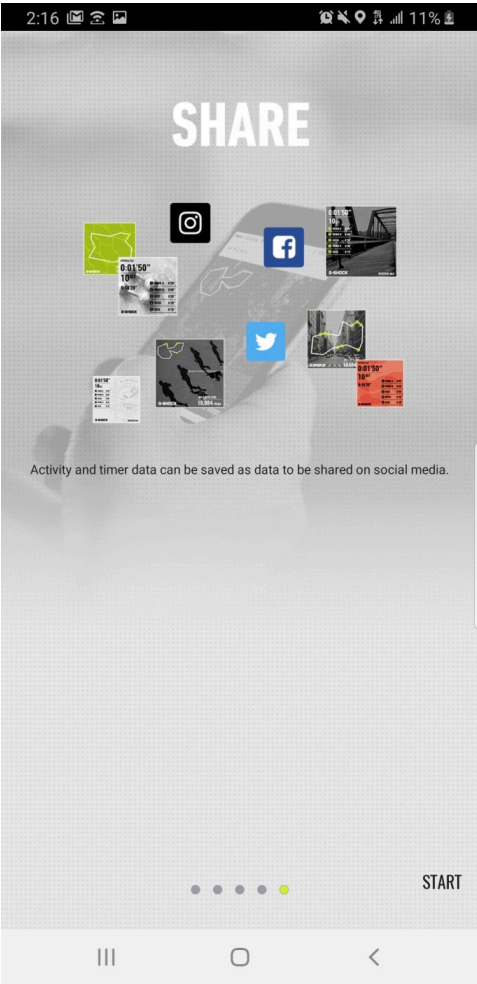


**Step 1 Continued**

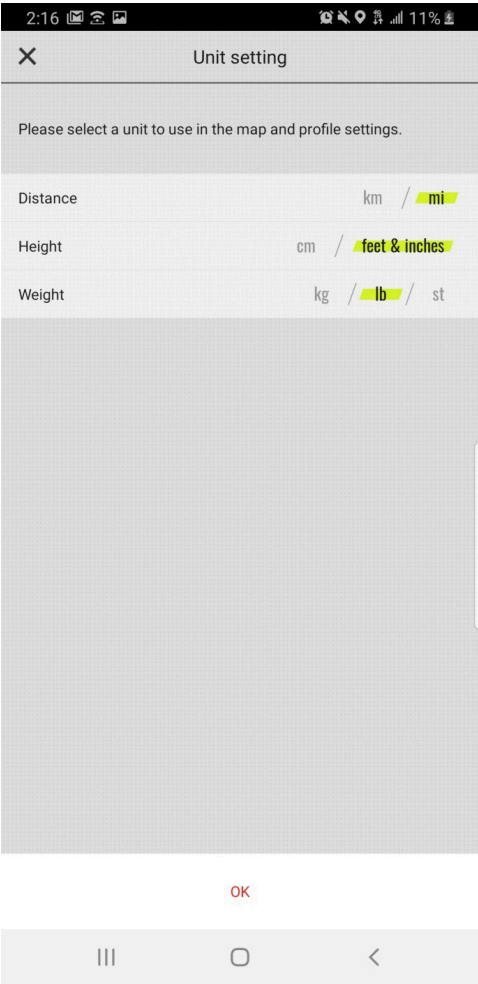


# Initiation Walkthrough

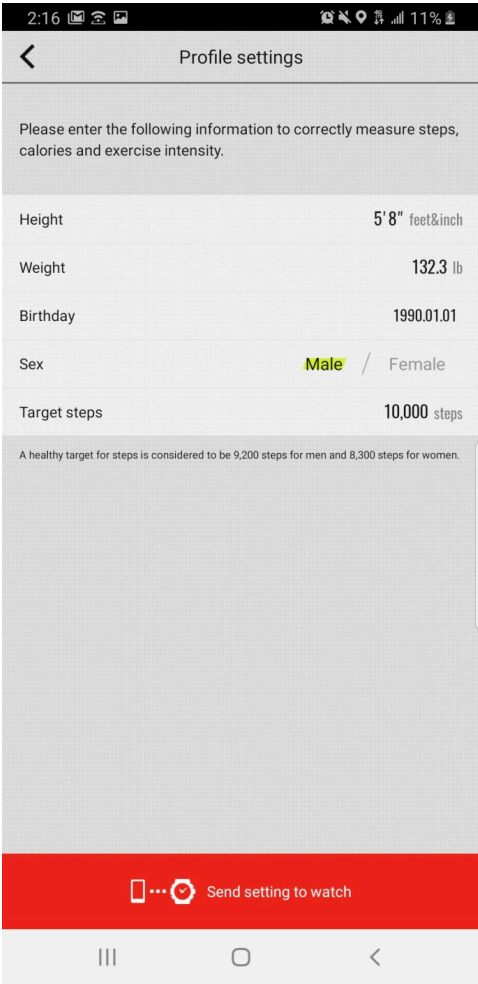
## GBD800 APPLICATION WALKTHROUGH AND FEATURE EXPLANATION



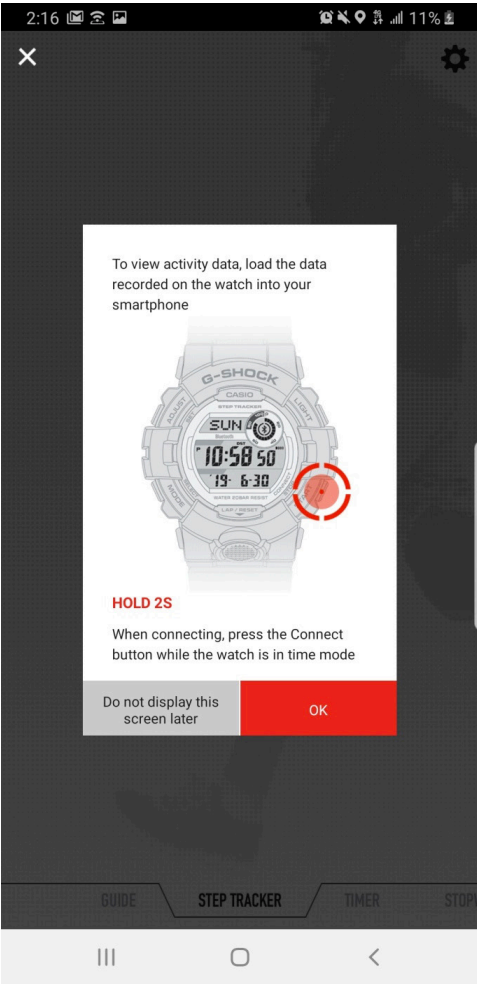
Step 1 Continued



Step 2  
After finishing the informational slides you will be prompted to select the units of measurement in which you are most comfortable. Select OK when finished.



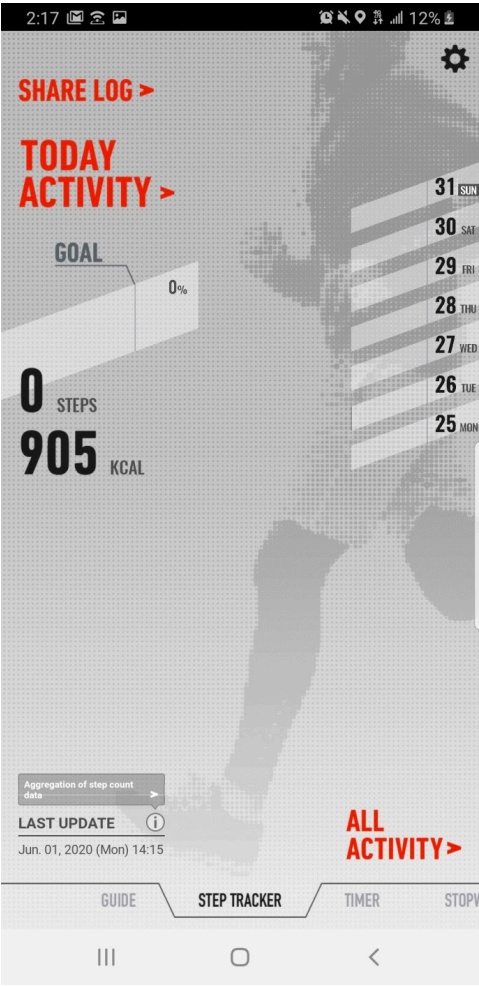
Step 3  
After completing setting your units you will be prompted to create a user profile to more accurately measure your training information. This will aid in step tracking and calorie measuring. When completed select send setting to watch to complete.



Step 4  
After completing your profile a tutorial icon will appear instructing you to connect your watch to the phone in order to update the app with your training data.

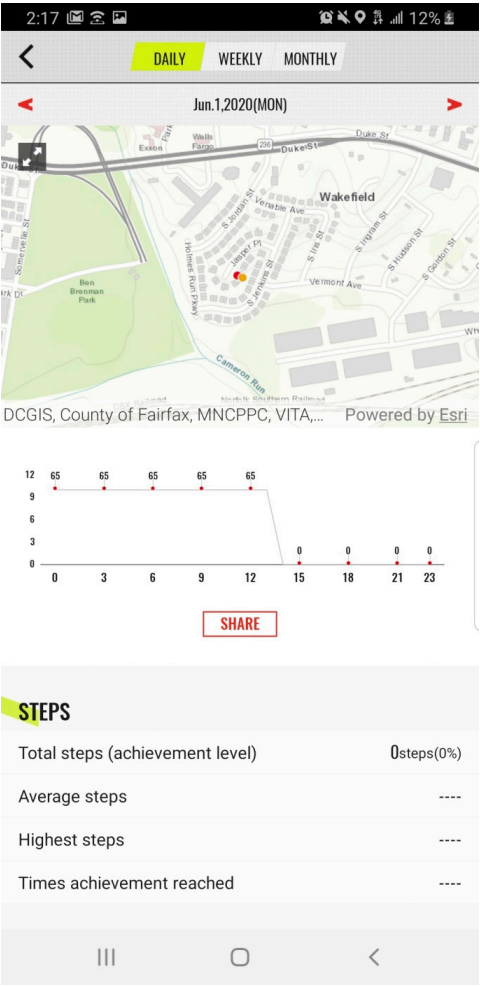
# Step Tracker

USING THE STEP TRACKER ON THE GBD800



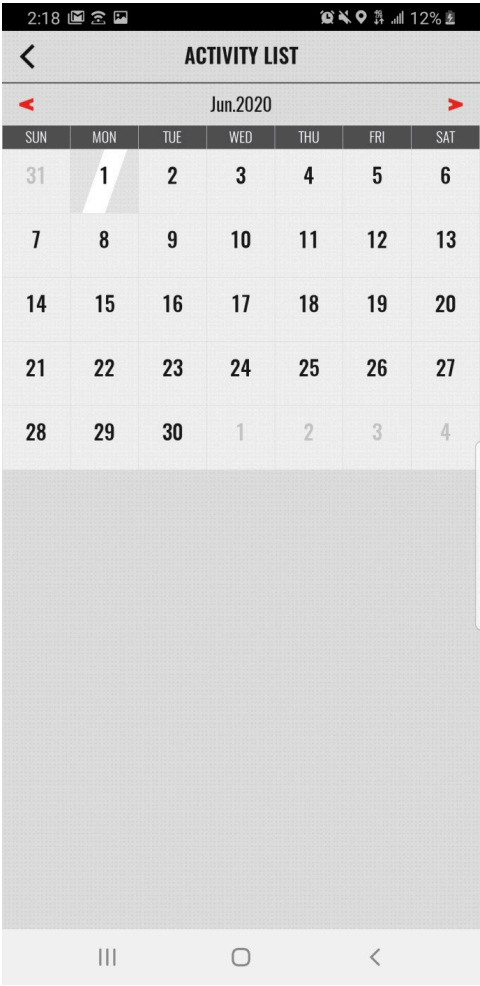
Step 1

Access the step tracker tab on your Smartphone. Here will be displayed the steps and calories burned on the current day on the left and on the right you will have your weekly step percentage to your goal being displayed.



Step 2

Selecting the today's activity icon on your step tracker home tab will allow you to see more detailed information about your activity on the current day.



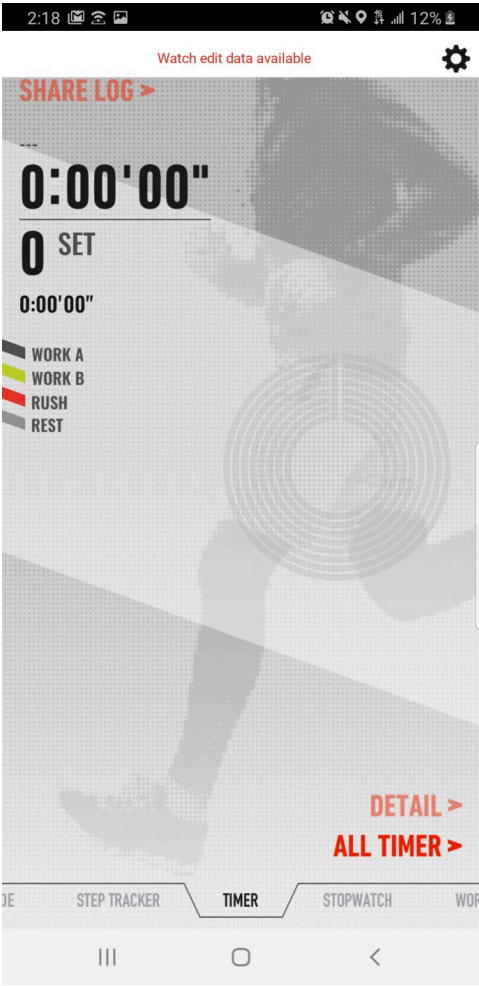
Step 3

Selecting the All activity icon on the step tracker home tab will allow you to see the detailed activity tracked on any day you choose.



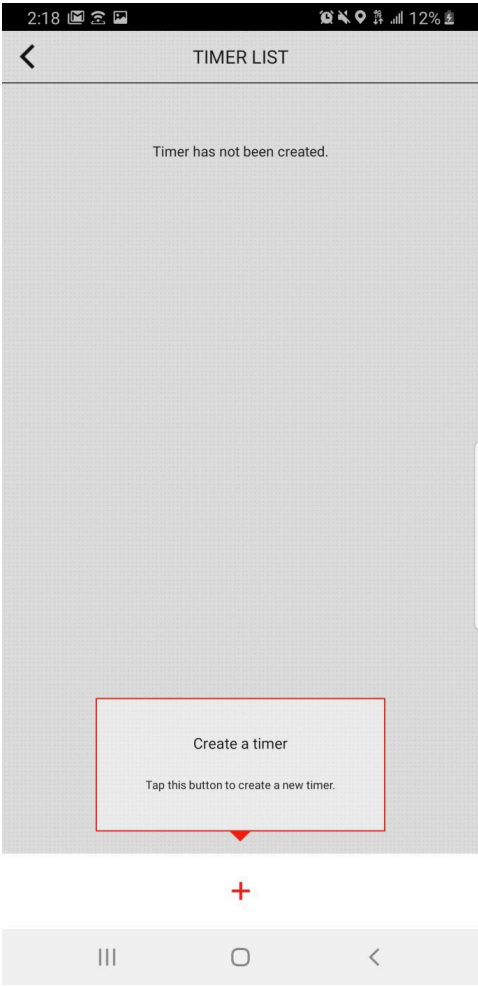
# Timer

## USING THE TIMER ON THE GBD800



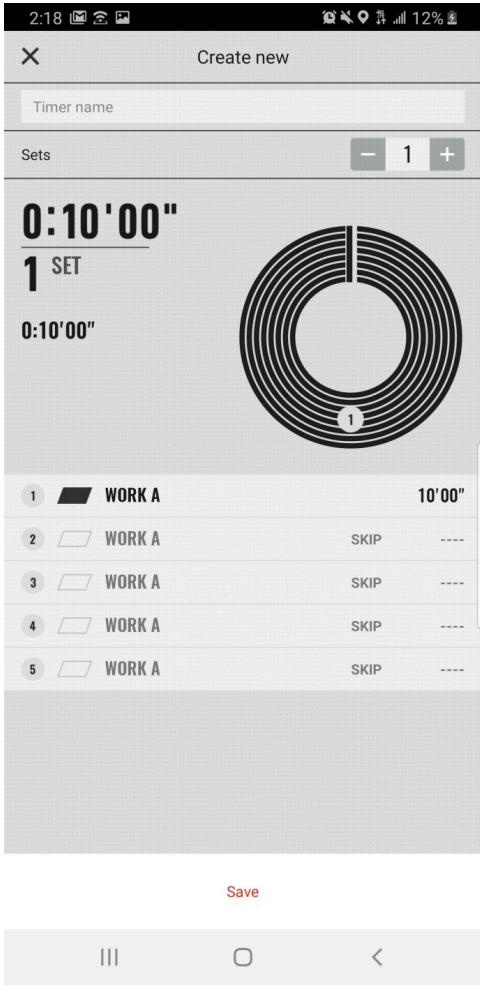
### Step 1

If you choose to do a timed workout the timer tab is very useful for you. Here you will be able to select the time, name, and intensity of your workout easily from your Smartphone. To begin select all timer on the timer tab of the app.



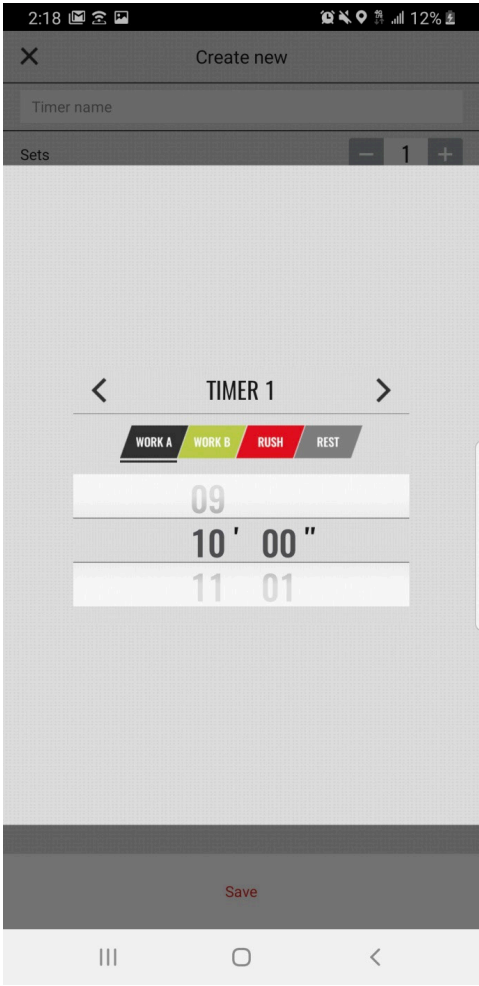
### Step 2

Select the + to create a new timer.



### Step 3

Select the 1st row to begin setting your workout.

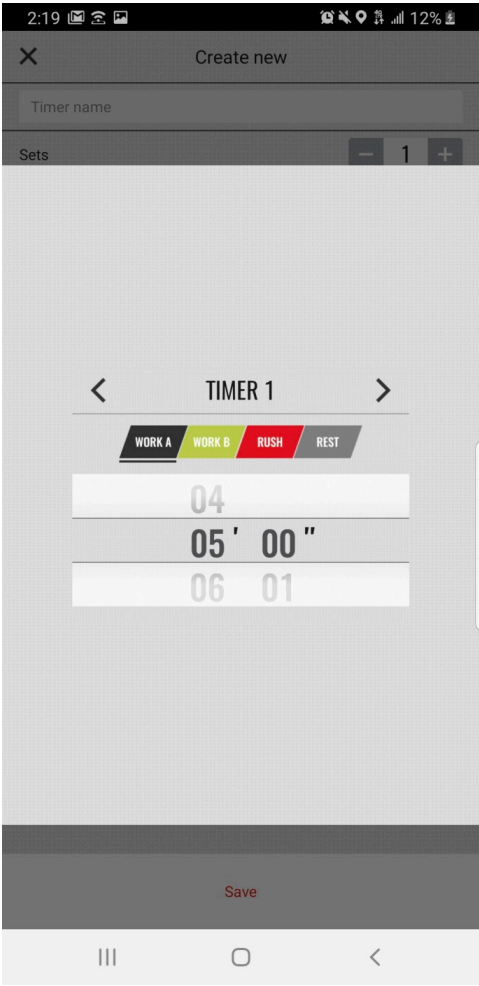


### Step 4

Here you will have the ability to swipe up or down on the time to set the correct lent of how long you would like your first set to be.

# Timer

## USING THE TIMER ON THE GBD800



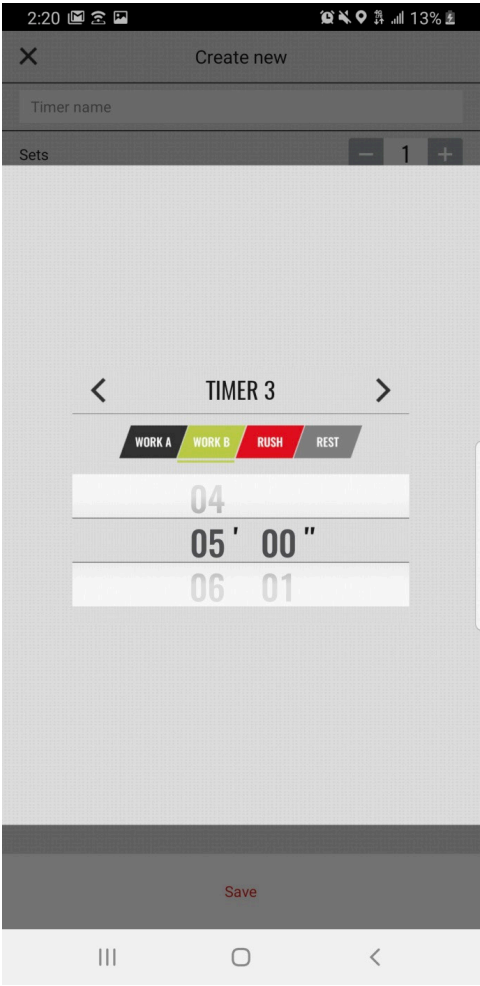
### Step 5

Here we have selected 5min for our first set and designate the first timer or set as workout A.



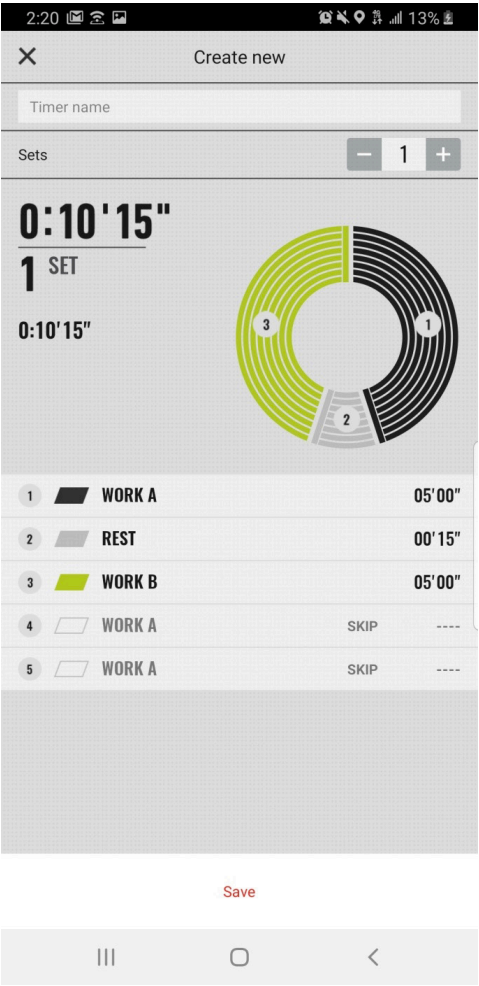
### Step 6

Next we will select the right arrow at the top to create our second timer or set. Here we decided on a 15sec rest.



### Step 7

Here we have followed the same steps as 5 and 6 to set our last set. We have chosen another 5min set to finish our workout and have labeled this workout B. Select save when complete.

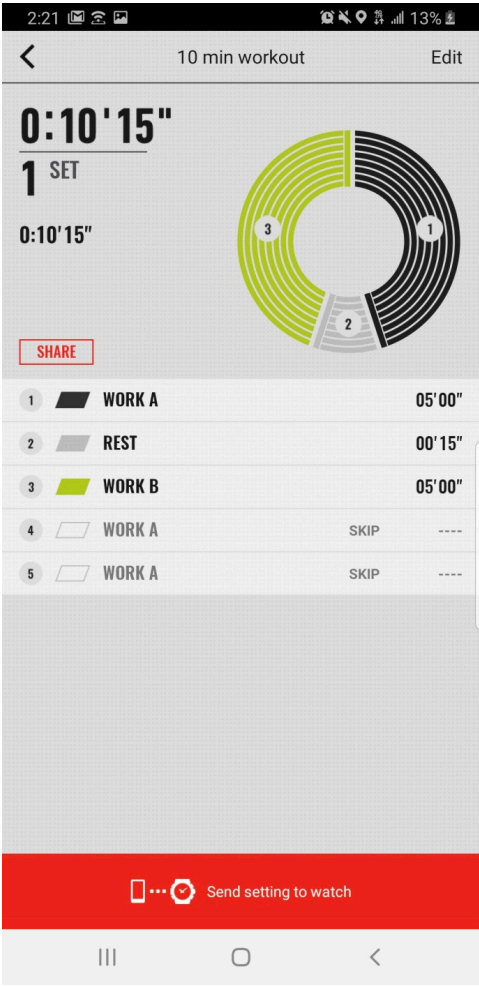


### Step 8

Here you will find the workout you just created itemized. Note that in order to finalize and send this workout to the app you must name your workout in the timer name section at the top of the app.

# Timer

## USING THE TIMER ON THE GBD800



**Step 9**

After completing you can send the setting to the watch and finalize. The workout is now saved in your watch and is available for use without using the app.



# Stopwatch / World Time / Utility

USING THE ADDITIONAL FEATURES ON THE GBD800



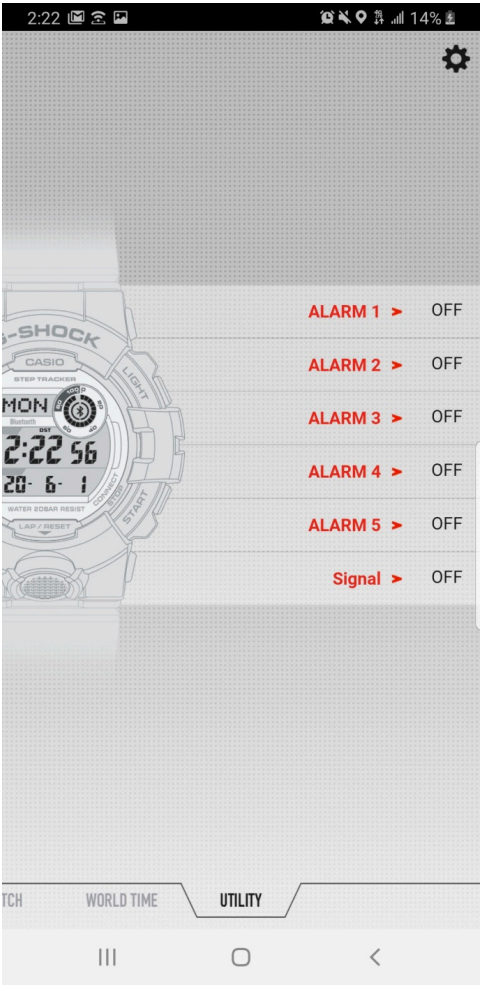
Step 1

Here we have the stopwatch tab to utilize simply press the setup icon and enter your desired times and save. After doing that you can import stopwatch data with the log import icon and view all of your stopwatch times in the stopwatch log.



Step 2

On your world time tab you will be able to select your world time by simply pressing the world time box setting your desired time zone and selecting save.



Step 3

Finally you will reach your utility tab and you will have the ability to set up to five alarms by simply selecting the alarm you would like to set, setting the time and saving to the watch.