G-SHOCK MOVE

Aerobic Training

Aerobic training is any type of physical activity performed with the intensity and duration necessary to improve heart, lung, and muscle function. It is an essential part of endurance performance.

Anaerobic Training

Anaerobic training improves your ability to perform and repeat high-intensity efforts, where energy demands exceed aerobic capacity. It is tied to sprints, interval workouts and sports performance.

Heart Rate

Heart rate simply describes how fast your heart is beating. Expressed in terms of beats per minute, it is widely used to understand the intensity of your efforts during physical activity.

Heart Rate Zone

Keep tabs on the intensity of your effort using these zones as your guide. You can use them to set goals, plan workouts, and modify your performance along the way.

Recovery Time

Maximize the effectiveness of your workouts by ensuring adequate recovery. This countdown timer updates at the end of each workout to reveal when you will be ready for a seriously hard challenge.

Training Effect *see table*

Training Effect scores (0.0-5.0) provide real-time insight into how your current workout will likely influence the future development of aerobic and anaerobic performance capacity.

Training Load

The combined physiological strain of all your activities recorded over the past 7 days is displayed in a single number. Guide your efforts to ensure the right level of challenge for you personally.

Training Status

Changes in your VO2max fitness are interpreted using trends in your Training Load data. See when your training is productive or unproductive, when you are peaking, recovering, detraining, and more.

VO2max

This number describes your current cardio-respiratory fitness level. It is the maximum rate at which you can import oxygen, transport it to your muscles, and convert nutrients into energy aerobically.

Training Effect Breakdown

Run Type	Typical Aerobic TE		Typical Anaerobic TE	
Long, Slow Distance	2.0 - 3.0	Maintaining Aerobic Fitness	0.0	No Anaerobic Benefit
20 Minute Threshold	3.5 +	Improving Lactate Threshold	0.0	No Anaerobic Benefit
Lactate Threshold Intervals	3.0 +	Improving Lactate Threshold	0.0 - 2.0	Minor Anaerobic Benefit
Sprint Intervals 10 x 50 Meters @150-200% VO2max	0.0 - 2.0	Minor Aerobic Benefit	2.0 - 3.0	Maintaining Speed
Speed Intervals 10 x 400 Meters @100-105% VO2max	2.0 - 4.0	Improving Aerobic Fitness	3.0 - 4.0	Improving Economy and Anaerobic Fitness
Speed Intervals 10 x 400 Meters @110-115% VO2max	2.0 - 4.0	Improving VO2max	4.0 +	Highly Improving Anaerobic Fitness
800 Meters Race	2.0 +	Maintaining Aerobic Fitness	2.5 +	Maintaining Anaerobic Fitness
5K Race	3.5 +	Improving VO2max	1.0 - 2.0	Minor Anaerobic Benefit
10K Race	4.0 +	Highly Improving VO2max	0.0 - 2.0	Minor Anaerobic Benefit

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G-SHOCK MOVE Technology:

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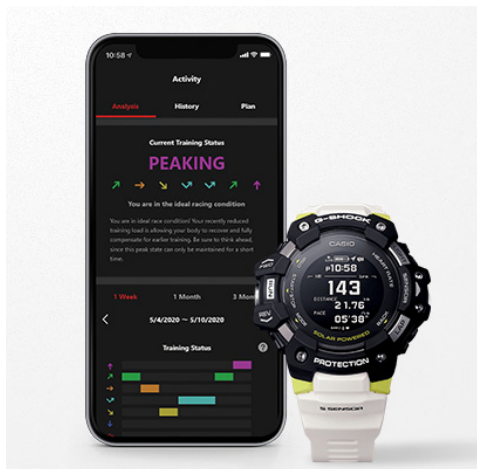
Running Measurements

Enables not only stopwatch measurements, but also distance, speed, pace, and calorie consumption measurements. Auto lap measurement also supported.

Step Tracker

Counts steps automatically from start of walking.

Interval Timer

The multi-timer can be set to up to five different time settings.

Vibration Notification Functions

Vibrates to alert wearer of indicating time elapsed and calories burned during training, as well as to indicate receipt of Bluetooth® connected smartphone calls, emails, and SNS messages.

Frequently Asked Questions:

What is the Casio ID?
The Casio ID is a member ID for using various services provided by Casio. Once you have registered as a member, you can use the same ID for multiple services.

What is the G-SHOCK MOVE App?
G-SHOCK MOVE is the more active driven G-SHOCK application in Casio's application lineup. It boasts workout efficiently; depending on the watch you are utilizing you can measure:

- Heart Rate
- Running Distance
- Elapsed Time and Pace
- Step Tracker
- Calories Burned
- Create training plans designated to maintain or improve your athletic ability
- Check the status of your training, training data and history

If I delete the application, will all its history disappear?
If you reinstall the application and log in with the same CASIO ID, you can use it as you did before.

Can I connect to training equipment that can be connected using other company's BLEs? *(chest belt type heart rate sensor, power meter, etc.)*
It will not connect to other companies' BLE devices.

Does the watch display calories burned?
The calories burned during daily use are not displayed. They are displayed on the app. The calories measured in the training mode are displayed in the training log. They are also displayed on the app.

Can I add a new watch? Is it possible to connect multiple watches to the app?
Yes, multiple watches can be registered and connected to the app. You can add a new watch from Other> Settings> Clock> Manage.

When are the activity and life logs acquired?
These are obtained when there is new data on the watch, which occurs at the following times:

- When the application is launched
- When the application is restored from background status
- If it doesn't update automatically, tap the update button at the top right of the home screen

Can I use it without GPS? Can I use it without a Smartphone?
Functions will be limited, but usable without use of GPS or Smartphone.

App Display Overview:

Increase motivation by managing measurement data and training history. App automatically creates training plans tailored to set targets.

Data Analyzed with the phone can be transferred to the app for easier reading and management. This helps you spot changes in your VO2 max and training status, which you can incorporate into your training results and future improvement plans.

- VO2max History
- Training Status History
- Training Load History
- Monthly Target Attainment Rate

Training History shows a list of training data for each activity. In addition to running distance, time, and pace, calories burned, and other data, you can also track your roadwork routes on maps.

- Route Traveled
- Running Distance, Time, Pace
- Calories Burned
- Time In Heart Rate Zone
- Training Effect

Training Plan displays a target heart rate zone, running time, running distance, and other training details tailored to a specific purpose. For example, you can create a plan that targets a marathon event, health improvement, or some other goal. You can send a heart rate zone to the watch and use it as a benchmark for your training.

- Plan Type
- Training Schedule
- Target Heart Rate (Transferable to Watch)
- Running Time
- Running Distance
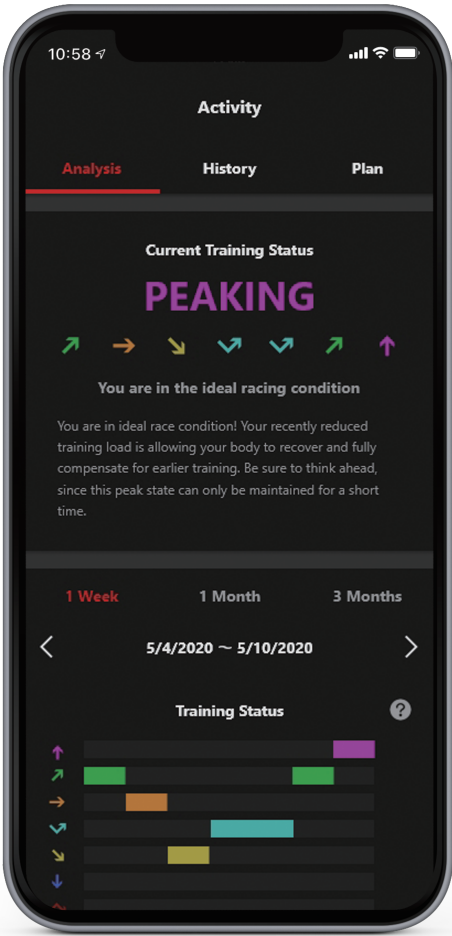
Training Analysis Data

Fully customize "Home" Screen by displaying training data overviews and favorite watch settings.
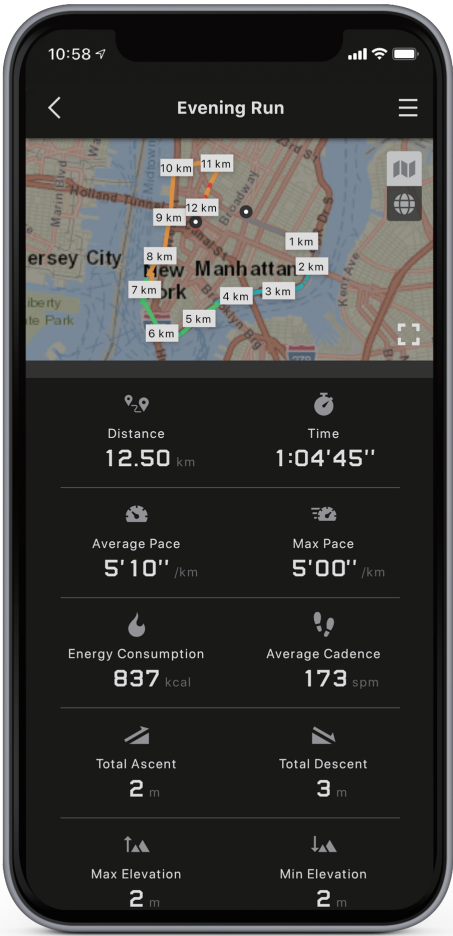
Training History

View in-depth analysis of your training history, routes traveled and also learn how to workout more efficiently
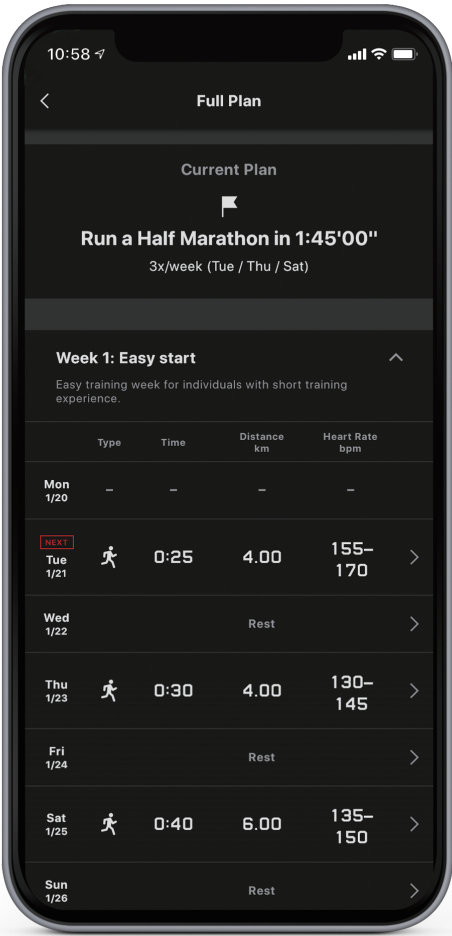
Training Plan

View your training plan by date and day of the week displaying preset workout schedule and intensity level of the days activity
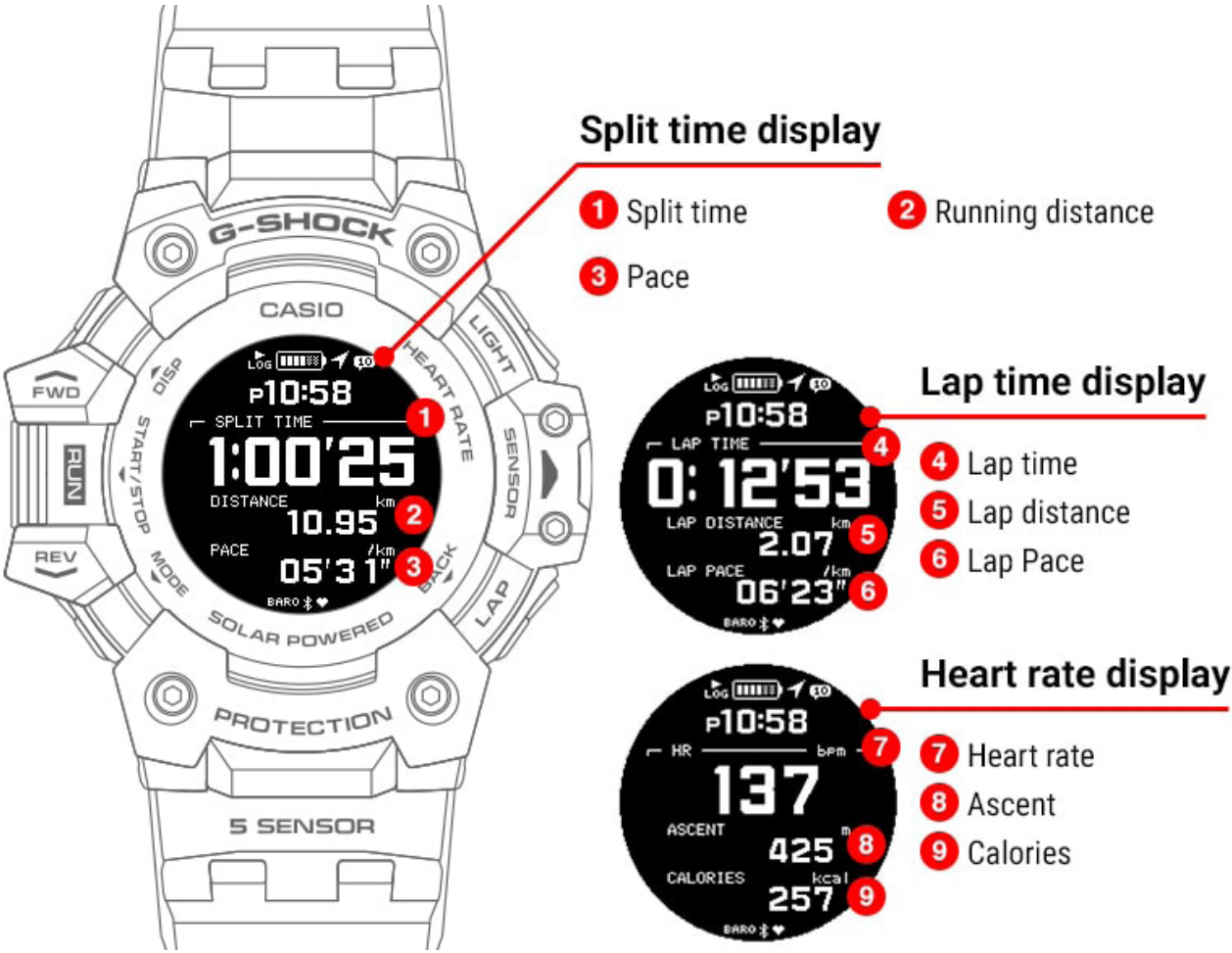
MOVE

Training Mode Display:

You can customize the items on the three screens that are displayed during run timing (Training Mode).

[SPLIT TIME]	Split Time
[DISTANCE]	Running Distance
[PACE]	Pace
[LAP TIME]	Lap Time
[LAP DISTANCE]	Lap Distance
[LAP PACE]	Lap Pace
[AVG.PACE]	Average Pace
[SPEED]	Speed
[AVG.SPEED]	Average Speed
[CALORIES] *	Calories Burned
[HR]	Heart Rate
[AVG.HR]	Average Heart Rate
[GRADE]	Grade
[ALTITUDE]	Altitude
[ASCENT]	Total Ascent
[DESCENT]	Total Descent
[ASC PACE]	Ascent Pace
[DSC PACE]	Descent Pace
[TIME]	Time
[DATE]	Day

*While heart rate measurement is enabled, calories burned are calculated based on your heart rate and shown on the display.

Note: GBDH1000 pictured as example

Split time display

1 Split time　　2 Running distance

3 Pace

Lap time display

4 Lap time

5 Lap distance

6 Lap Pace

Heart rate display

7 Heart rate

8 Ascent

9 Calories

G-SHOCK MOVE Models

MOVE

Shock Resistant Heart Rate Monitor

Models: GBDH1000

These are the latest additions to the new G-SHOCK MOVE lineup of sports watches, which are equipped with heart rate monitor and GPS.

Useful workout functions include an optical sensor for heart rate measurement, along with bearing, altitude/barometric pressure, and temperature sensors, and an accelerometer for step counting.

MOVE

Step Tracker & Training

Models: GBD100

The latest addition to the G-SHOCK MOVE lineup of sports watches, now with Bluetooth® capabilities that allow continuous connection with a smartphone.

Standard features include a step tracker (pedometer), interval timers (up to 20 sets of five timers each), lap time measurement (up to 140 records for up to 100 runs), and calories burned measurement, all of which provide plenty of support for your daily training.

G-LIDE

Surfing's Extreme Sport Line

Models: GBX100

The new GBX100 models are the latest additions to the G-LIDE lineup of G-SHOCK sports watches, a favorite choice among the world's top surfers.

The GBX100 uses a wide face and a high-definition MIP (Memory In Pixel) LCD display to improve readability of standard functions like Tide Graph, Moon Data, high tide, low tide, sunrise and sunset times.

G-SHOCK MOVE Comparison Chart

Features	GBDH1000	GBD100	GBX100
Shock Resistant	●	●	●
Water Resistant	200M	200M	200M
GPS Signal Reception	●	–	–
Bluetooth® Connected	●	●	●
Optical Sensor (Heart Rate Monitor)	●	–	–
Accelerometer (Step Counter)	●	●	●
Digital Compass	●	–	–
Barometer	●	–	–
Altimeter	●	–	–
Thermometer	●	–	–
Tide Graph	–	–	●
Moon Data	–	–	●
Sunrise / Sunset Data	–	–	●
Notifications	●	●	–
Vibration Alerts	●	●	●
Countdown Timer	●	●	●
World Time	●	●	●
Training Measurements	●	●	●
Training Analysis	●	–	–
Training Log Data	●	●	●
Training Plan Creation (App)	●	●	●
Training Function Settings (App)	●	●	●
Training Log Data Management (App)	●	●	●
Burned Calories Display (App)	●	●	●
Solar Power	●	–	–
Radio-Controlled Timekeeping	–	–	–
Light	Super Illuminator (Full Auto LED Backlight w/ Afterglow)	Super Illuminator (Full Auto LED Backlight w/ Afterglow)	Super Illuminator (Full Auto LED Backlight w/ Afterglow)
Battery	Lithium Ion	CR2032	CR2032
Case Size	63.0 x 55.0 x 20.4 mm	58.2 x 49.3 x 17.0 mm	50.9 x 46.0 x 14.7 mm
Weight	101g	69g	66g

Bluetooth®

G-SHOCK Connected App

Models: Select MT-G, G-STEEL, Origin, Power Trainer, and Master Of G Series

MR-G Connected App

Models: MRGB1000, MRGG1000, MRGG2000

EDIFICE Connected App

Models: ECB10, ECB800, ECB900, EQB1000

CASIO+ App

Models: Select Edifice ECB & EQB Series
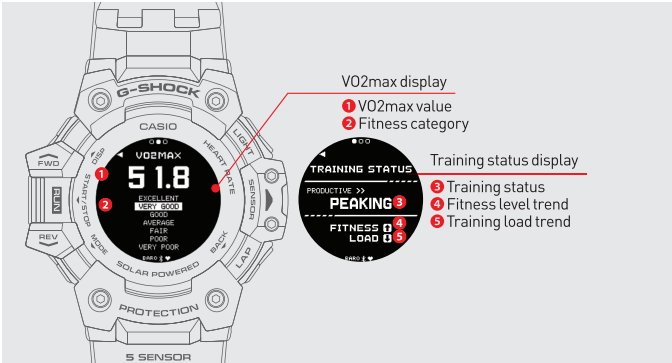

Pro Trek Connected App

Models: PRTB50

Heart Rate Monitor & Heart Rate Zone Display

Displays the current heart rate, as well as a heart rate zone that shows exercise intensity at five stages, and is useful for pace management during activities and endurance training.

Heart rate monitor / Heart rate zone display
❶ Current heart rate ❷ Current heart rate zone
❸ Target heart rate zone

Heart rate graph display
❹ Current heart rate
❺ Maximum/ minimum heart rate
❻ Heart rate graph of last 30 minutes

Heart rate/pace display
❼ Current heart rate
❽ Current heart rate zone
❾ Target heart rate zone
❿ Pace

VO2max Measurements

Uses heart rate and running speed to calculate the maximum consumable oxygen uptake per kilogram of bodyweight in one minute (ml/kg/min). This can be used as a benchmark for cardiorespiratory ability when the user is trying to build endurance for running or other sports.

VO2max display
❶ VO2max value
❷ Fitness category

Training status display
❸ Training status
❹ Fitness level trend
❺ Training load trend

Heart Rate Zone Alert

Notifies with sound or vibration when heart rate deviates from the target zone, making it possible to train with an exercise intensity that is suited to the purpose.

Training Analysis Algorithm

Uses an algorithm from Firstbeat Technologies, which has a reputation for advanced fitness data analytics. Helps to maximize training effect with highly accurate data analysis.

Watch Features: Shock Resistant, 200M Water Resistant, GPS Controlled, Bluetooth Connected, Solar Powered, Training Function, Training Analysis, Training Log Data, Heart Rate Monitor, Digital Compass, Barometer, Thermometer, Altimeter, Step Tracker, World Time, Stopwatch, Multi Timer, Daily Alarm, Vibration Alarm, LED Light (Super Illuminator)

Smartphone App Features: Training Plan Creation (Tailored Workout Goals), Training Function Settings (Target Alert, Altitude Navigator), Training Log Data Management (Life Log, Activity History, Lap Data, Training Analysis), Automatic Time Adjustment, World Time for over 300 Cities, Notifications, Phone Finder

Initial Setup Walkthrough

REGION SELECTION AND CASIO ID LOGIN / CREATION
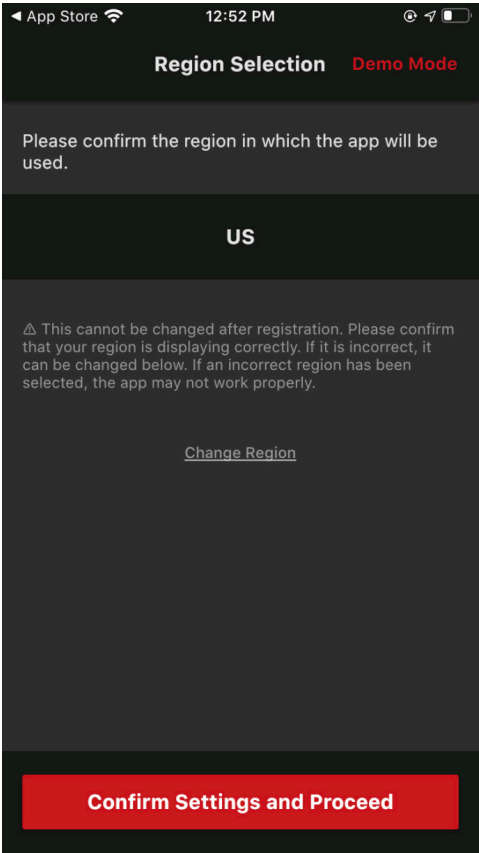
Step 1

Start by confirming the correct region the watch will be used in.
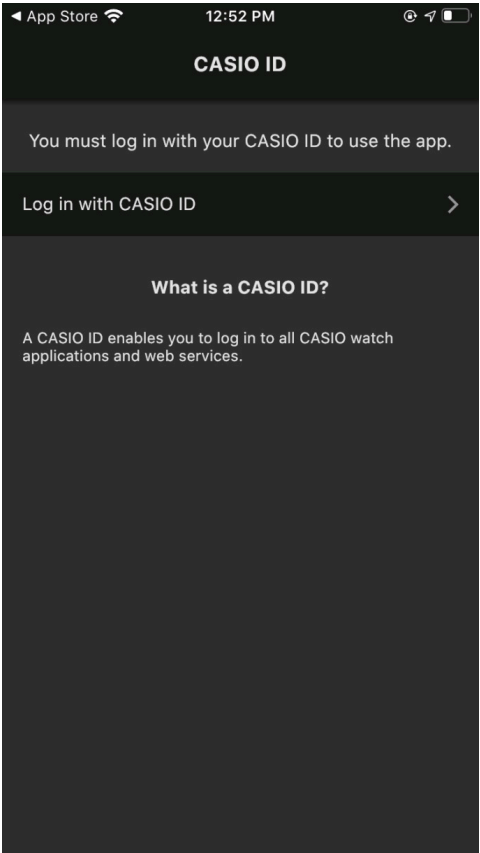
Step 2

Next a Casio ID must be created in order to use the G-SHOCK MOVE application. This will allow for a database to be created where your fitness activity can be stored and accessed via other smart devices. To Log in or create a new Casio ID select LOG IN WITH CASIO ID.
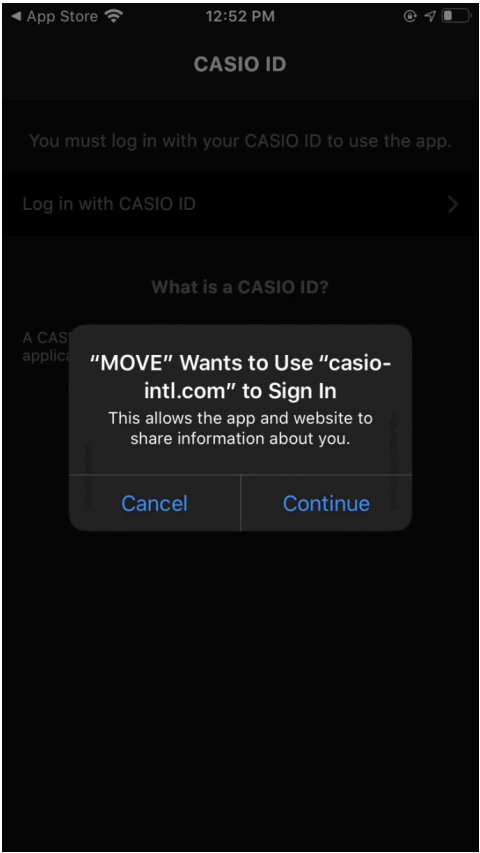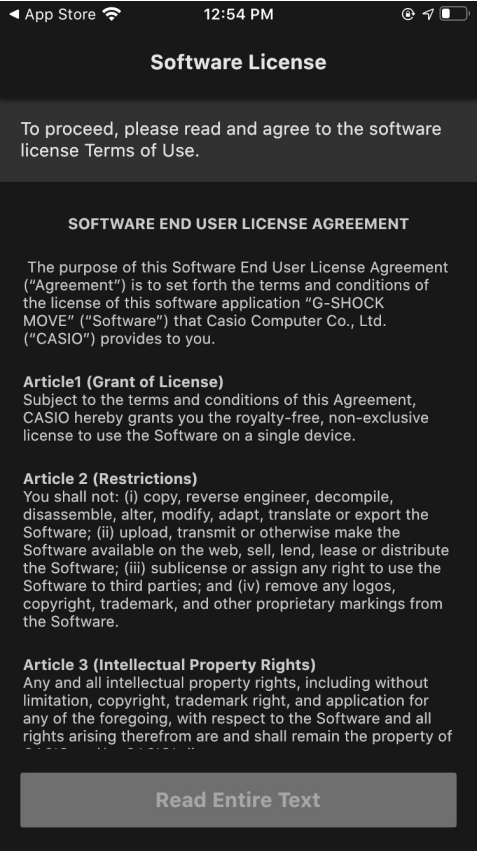

Step 3

A prompt may appear to allow permission for the app to connect to the internet to reach the sign in page. Select continue to initialize the process.

Step 4

Select the "Click here to register for a CASIO ID to create. Follow the steps to complete the registration process.

Initial Setup Walkthrough

PRIVACY NOTICE & ACTIVITY DATA USAGE PERMISSIONS

Software License

To proceed, please read and agree to the software license Terms of Use.

SOFTWARE END USER LICENSE AGREEMENT

The purpose of this Software End User License Agreement ("Agreement") is to set forth the terms and conditions of the license of this software application "G-SHOCK MOVE" ("Software") that Casio Computer Co., Ltd. ("CASIO") provides to you.

Article1 (Grant of License)
Subject to the terms and conditions of this Agreement, CASIO hereby grants you the royalty-free, non-exclusive license to use the Software on a single device.

Article 2 (Restrictions)
You shall not: (i) copy, reverse engineer, decompile, disassemble, alter, modify, adapt, translate or export the Software; (ii) upload, transmit or otherwise make the Software available on the web, sell, lend, lease or distribute the Software; (iii) sublicense or assign any right to use the Software to third parties; and (iv) remove any logos, copyright, trademark, and other proprietary markings from the Software.

Article 3 (Intellectual Property Rights)
Any and all intellectual property rights, including without limitation, copyright, trademark right, and application for any of the foregoing, with respect to the Software and all rights arising therefrom are and shall remain the property of

Read Entire Text

Step 5

Read by scrolling to the end of the text and select "Agree and Proceed" if you wish to proceed.

Privacy Notice

To proceed, please read and agree to the terms of the Privacy Notice.

Privacy Notice

Effective:April 1, 2020

This Privacy Notice ("Privacy Notice") sets forth the ways in which we, Casio Computer Co., Ltd.("Casio"), collect, use and disclose your information with respect to our app, G-SHOCK MOVE, and its web version (collectively, "App").

Please read the following carefully to understand how we will process your information provided via your use of the App.

1. Your Information
When you use the App, we collect any information automatically transmitted from the App to our servers, specifically:
(i) your Casio ID and data registered therewith (e.g. your name, email address), and profile data registered by yourself with the App (e.g. your birth date, height, weight, sex);
(ii) device identifier, model name, OS version, system or setting data, usage data and other device information of your mobile device and watch product used in combination with the App ("Watch" together with such mobile device, collectively, "Devices");
(iii) your heart rate, location, date and time of activity, and

Agree and Proceed

Step 5 Continued

Activity Data Usage

Activity data is used to more accurately analyze your activities and provide you with support for reaching your goals.

Activity Recording and Analysis
Location and heart rate data is used to track and record your activities, allowing for detailed analysis of changes in heart rate and exercise time, so that the app can provide you with accurate statistics.

Set a Plan
Based on your activity data, the app will provide you with a training plan that perfectly fits your needs. It will provide effective support to allow you to reach your goals.

Agree

Do Not Agree

Step 6

Select "Agree" or "Do Not Agree" to the terms listed to continue.

Use in Product Development

Analysis results of user data will be used in the development of products other than this watch.

*The full Privacy Notice can be found here.

Agree

Do Not Agree

Step 7

Select "Agree" or "Do Not Agree" to the terms listed to continue.

Initial Setup Walkthrough

LOCATION & NOTIFICATION PERMISSIONS

Step 9

Select "Next" to continue.

Step 10

Select one of the options listed to continue it is recommended to select "Allow While Using The App".

Step 11

Select one of the options listed to continue it is recommended to select "OK" as Bluetooth is needed for this app to communicate with the watch.
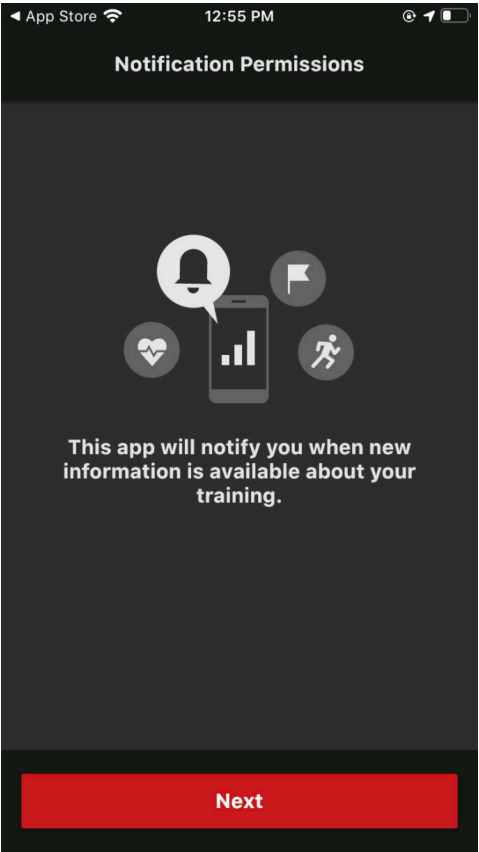
Step 12

Select "Next" to continue.

Initial Setup Walkthrough

PAIRING THE WATCH TO THE DEVICE
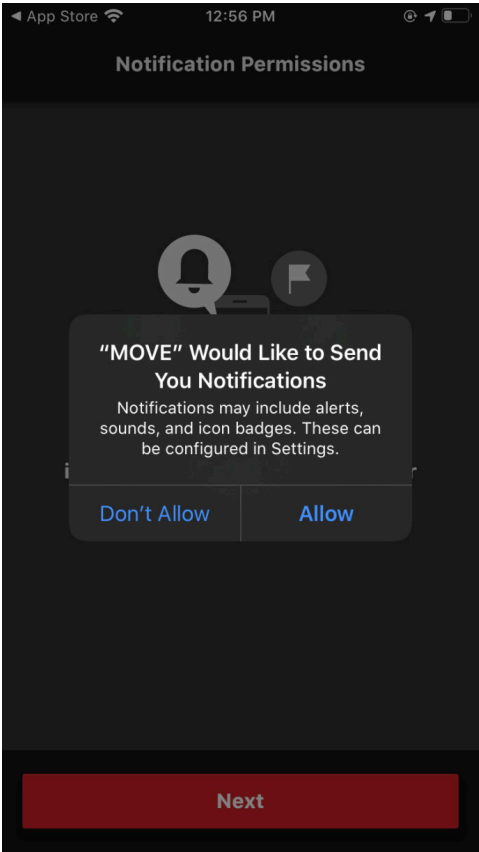
Step 13

Select one of the options listed to continue it is suggested to select "Allow" but select "Don't Allow" if you do not wish to receive notifications.
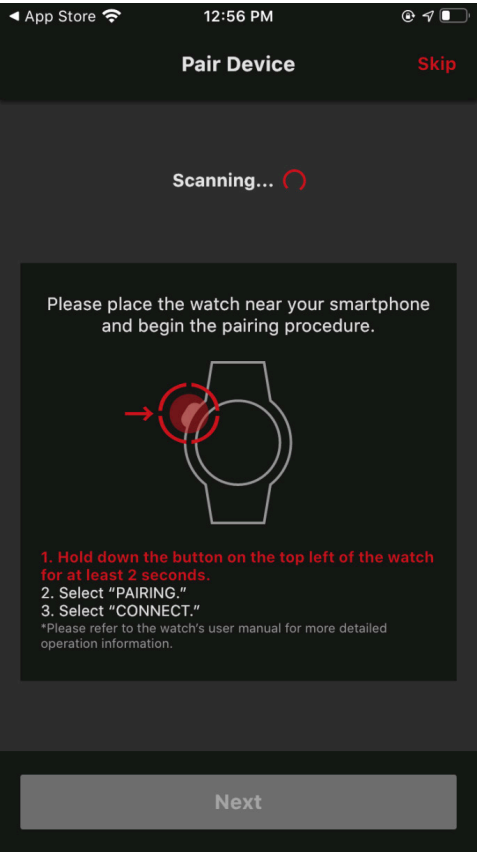
Step 14

Follow the directions listed on how to access the "Pairing" mode on the watch.
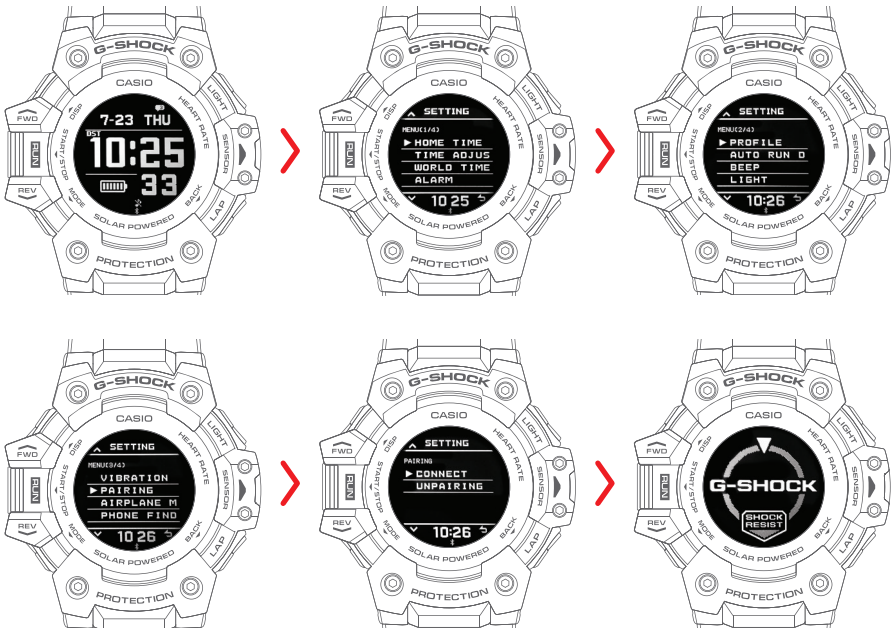
Step 15

Make sure the watch is in timekeeping mode before you begin the pairing process. If the time, date, day of week is displayed like shown above, timekeeping mode is active and the paring process can be initiated.

Step 16

Hold down the top left button for two seconds until the setting page appears then release the button. Use the buttons on the left of the watch to navigate the watch settings menu to find the pairing mode on the ¾ setting page. Select by pressing the top right button. You will then have the option to select connect or unparing, press the top right button again to select connect to initiate the connection process.

Initial Setup Walkthrough

PAIRING THE WATCH TO THE DEVICE
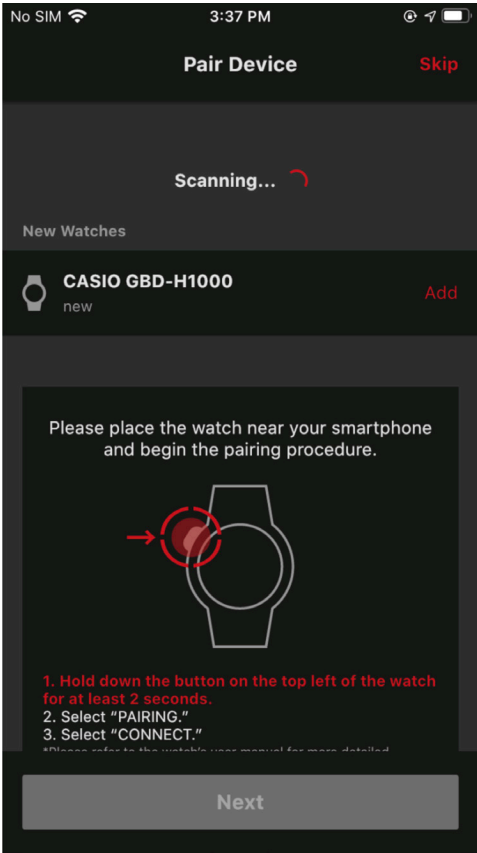
Step 17

After activating the connection process on the watch, the watch model attempting to connect will appear under new watches select "Add" on the app to connect.
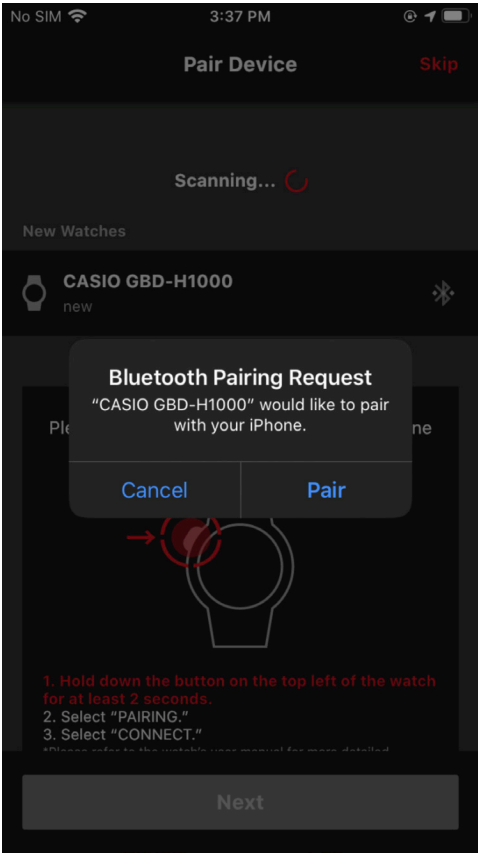
Step 18

Select "Pair."
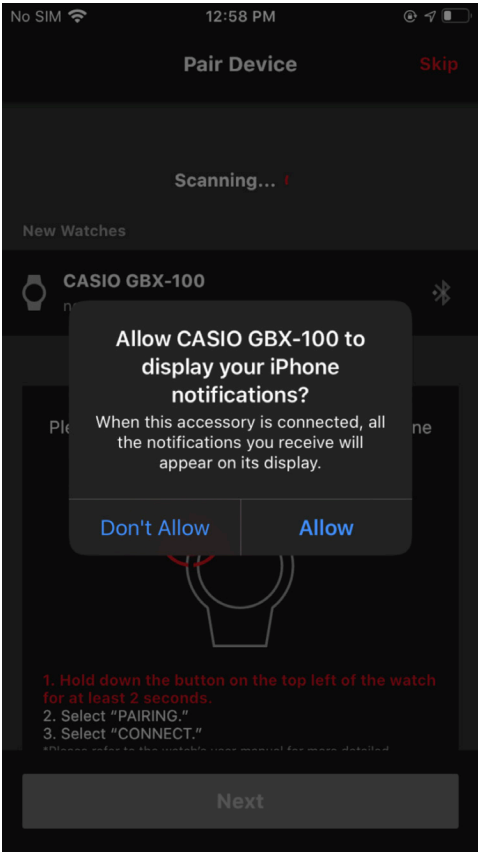
Step 19

Select one of the options listed to continue it is suggested to select "Allow" so watch notifications will appear on the Smartphone being connected.
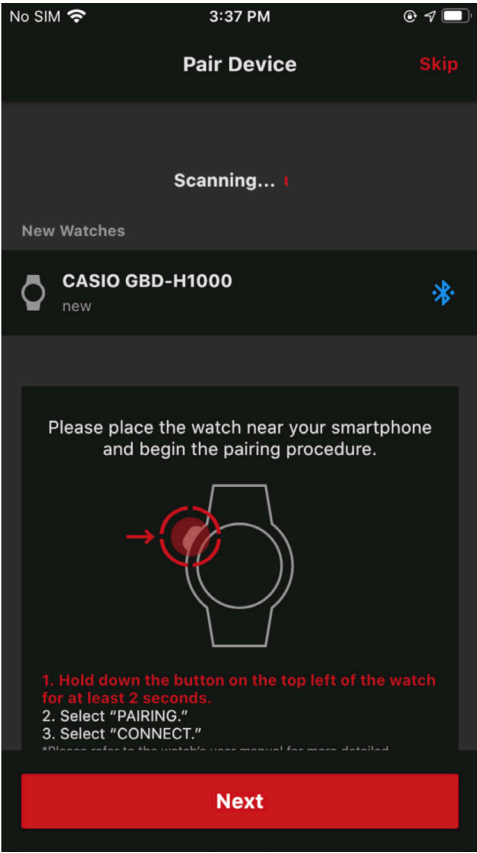
Step 20

When the watch and phone have successfully connected the Bluetooth icon will appear in blue. Select next to continue.

Initial Setup Walkthrough
USER PROFILE SETUP
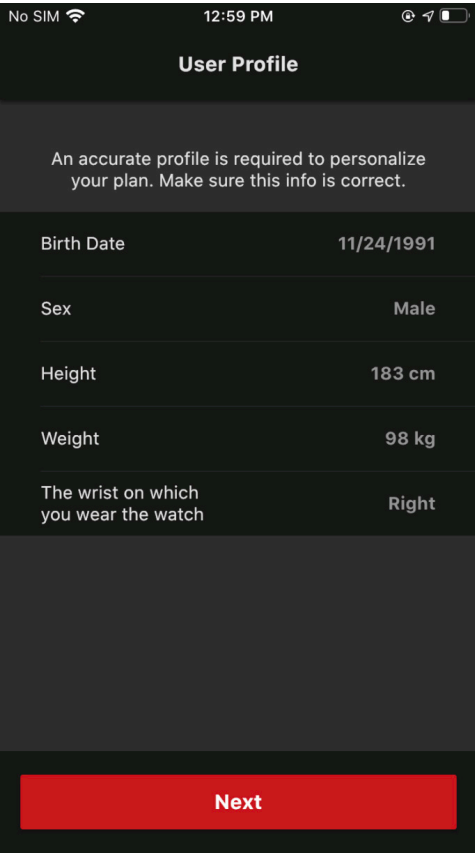
Step 21

Enter your accurate User information as requested. Select "Next" to continue.
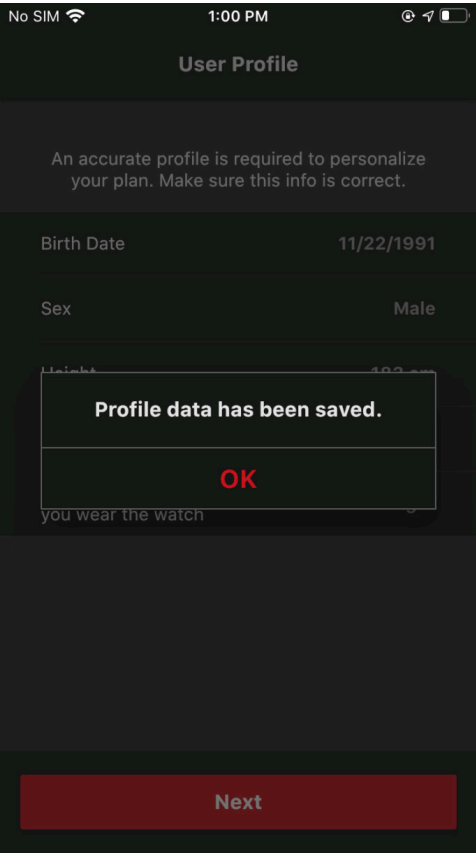
Step 22

Select "OK" to continue.
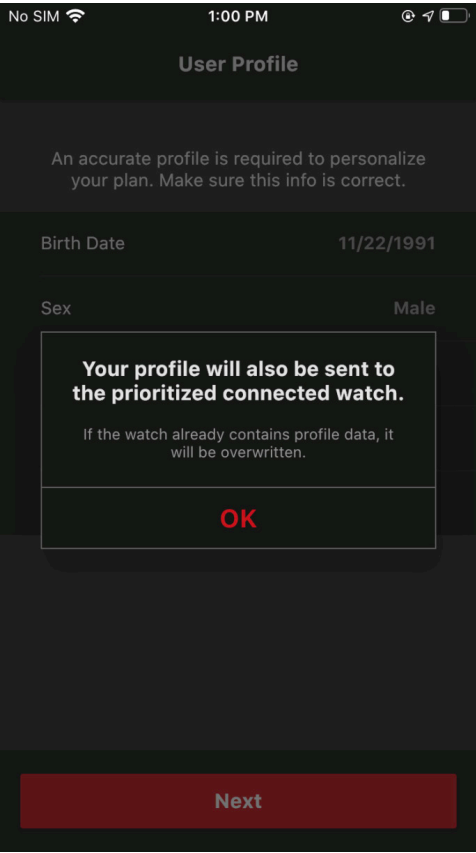
Step 23

Select "OK" to continue.
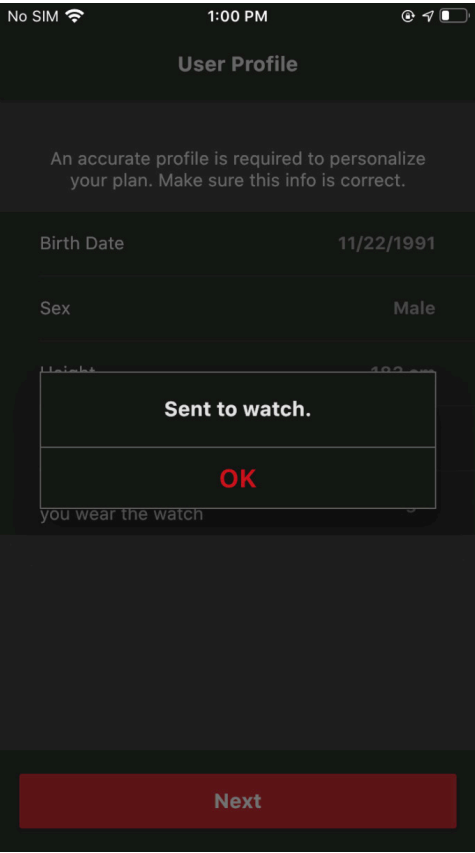
Step 24

Select "OK" to continue.

Initial Setup Walkthrough
USER PROFILE SETUP
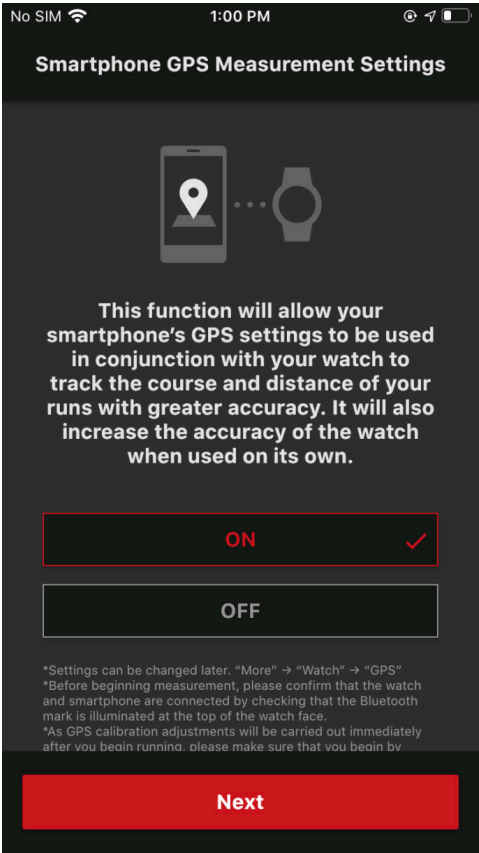
Step 25

Select one of the options listed to continue it is suggested to select "ON" so watch GPS settings can be used with the watch. Select next after making a selection to continue.
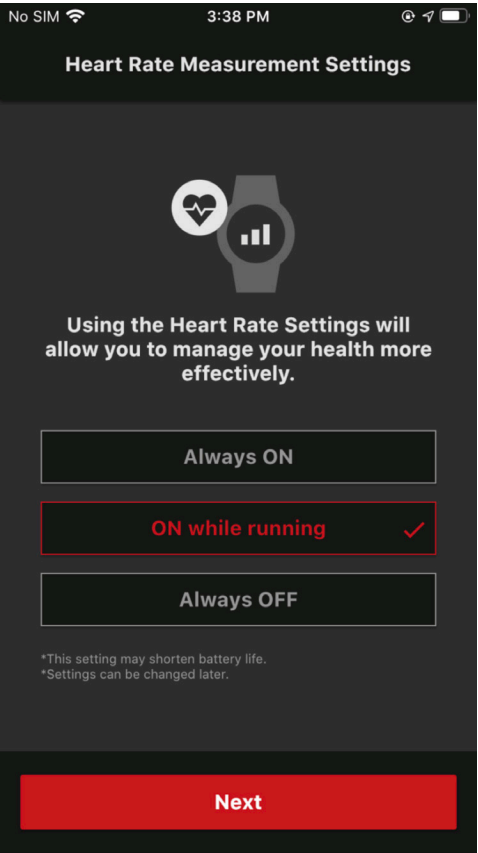
Step 26

Select one of the options listed to continue. It is suggested to select "ON while running". Select next after making a selection to continue.
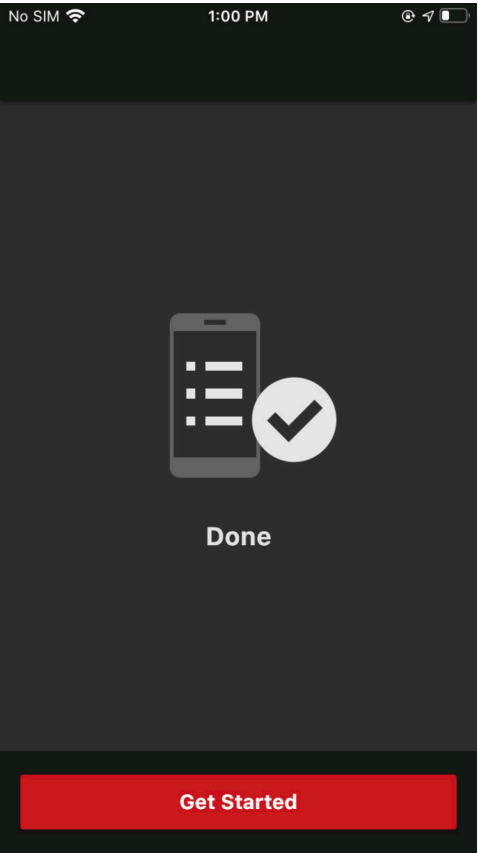
Step 27

Select "Get Started" to finish the Initial Setup for the watch and application settings.

Home
HOME SCREEN WALKTHROUGH

Step 1

Home screen mode displayed will be in sections:
Section 1:   Prompt to see Latest Activity Details

Step 1 Continued

Section 2:   Vo2 Max Data and Training Status
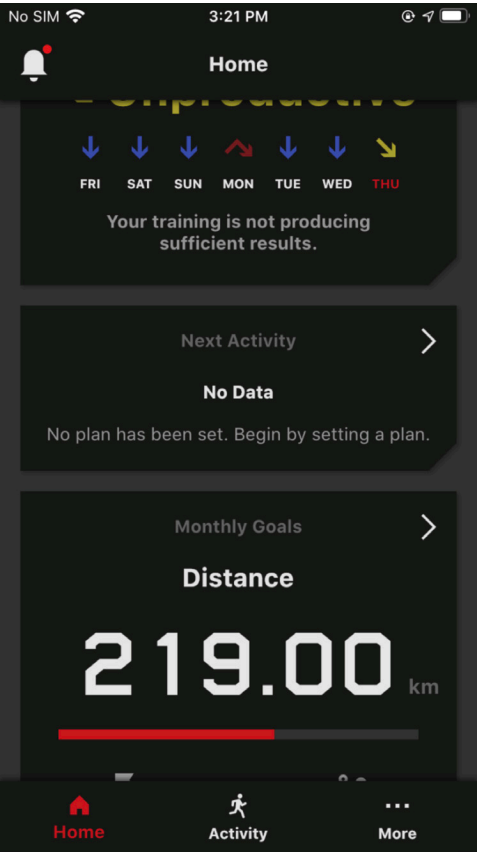
Step 1 Continued

Section 3:   Next Activity
                      (setting up an initial training plan)
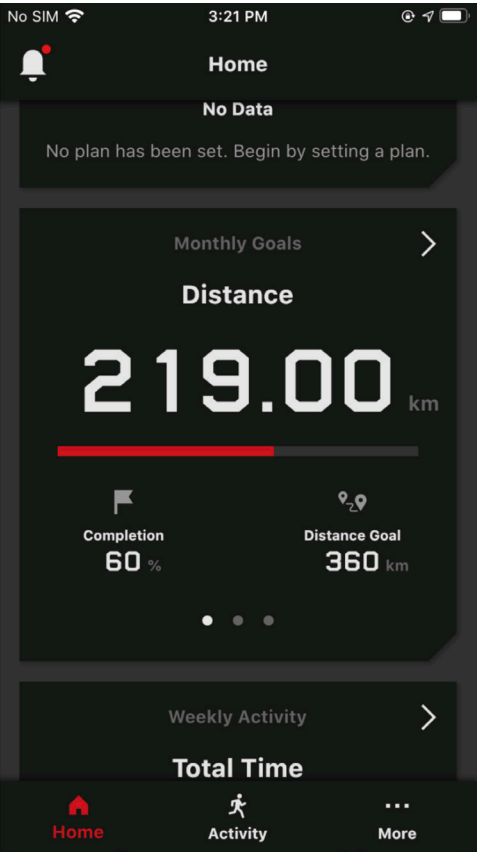
Step 1 Continued

Section 4:   Monthly Goals, Completion %,
                      Distance Goal

Home
HOME SCREEN WALKTHROUGH
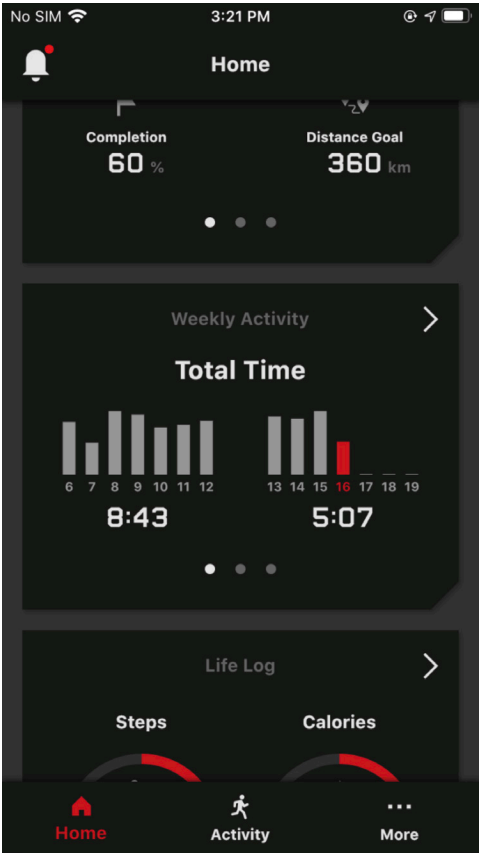
Step 1 Continued

Section 5: Weekly Activity will be graphed and
displayed by day
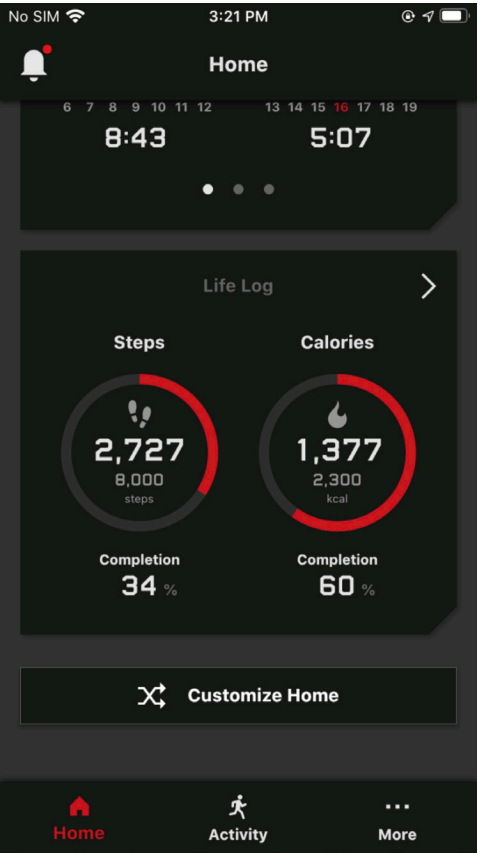
Step 1 Continued

Section 6: Life Log will display the current amount of
tracked steps for the day and the total
calories burned

Home

LATEST ACTIVITY: SEE LATEST ACTIVITY
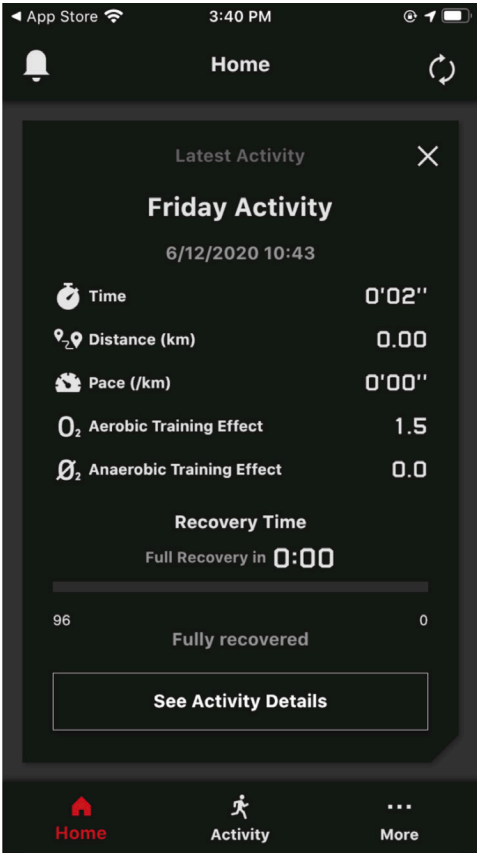
Step 1

Access the Latest Activity section on the homepage and select see activity details.
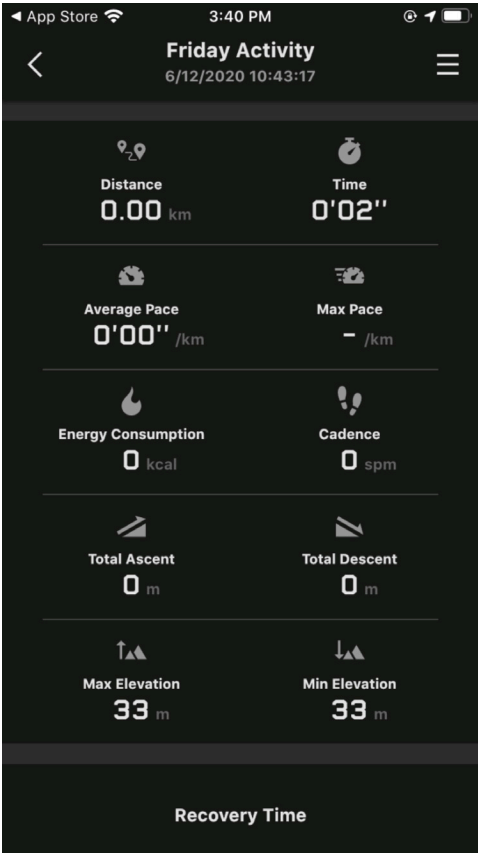
Step 2

Once opened there will be a illustrated overview of the last days activity performed and summarized.
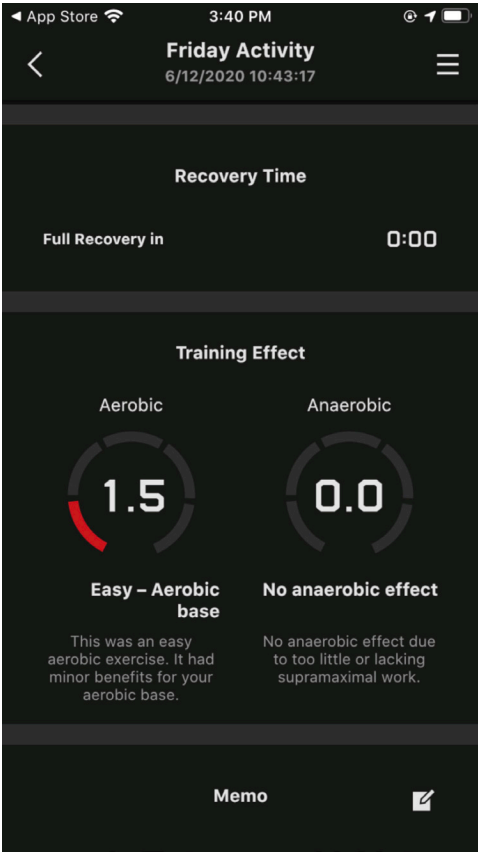
Step 3

Scroll further to view the recovery time data and training effect data highlighting the aerobic and anaerobic information.
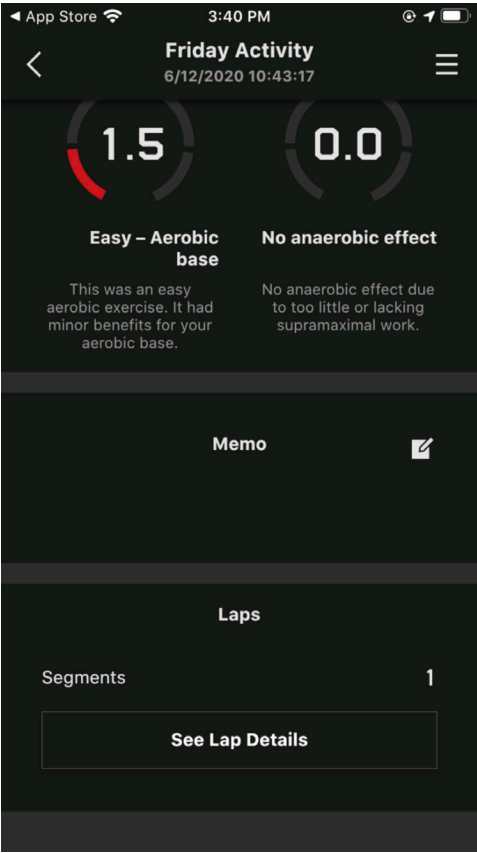
Step 4

Scroll further to view the memo section and the Laps data, which additional details can be provided in See Lap Details.

Home

LIFE LOG: ACCESSING YOUR LIFE LOG (STEP TRACKER, CALORIES BURNED)
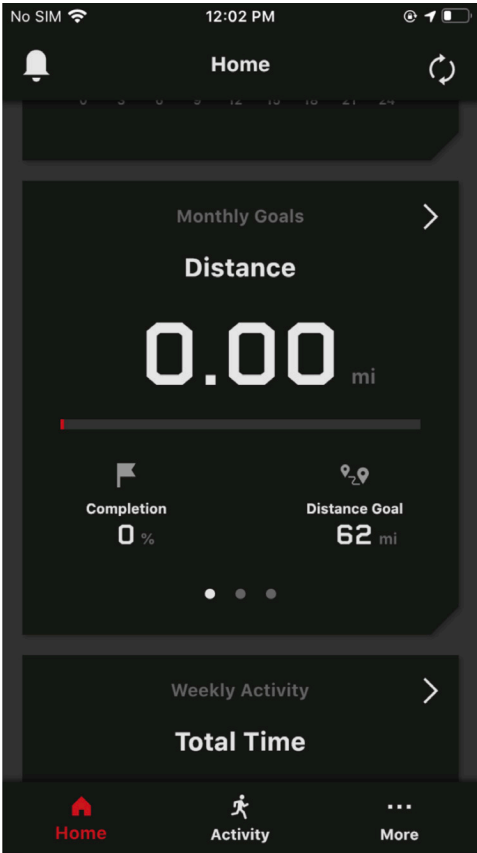
Step 1

Scroll to the bottom of the home screen.
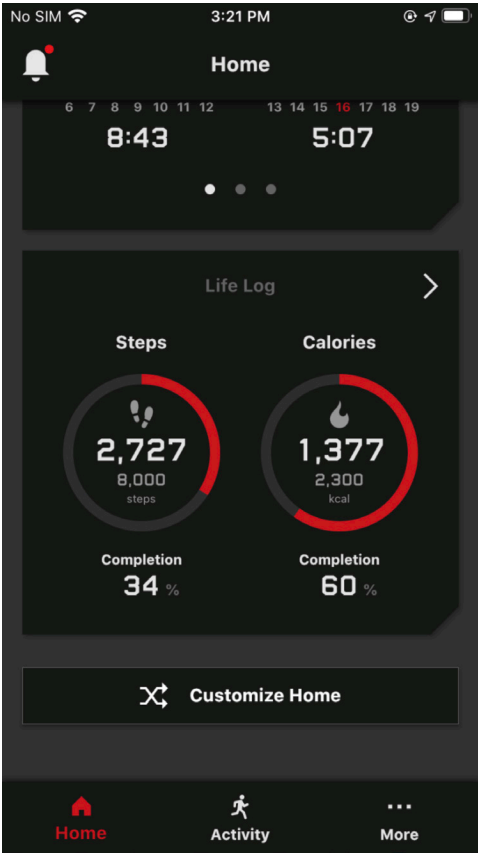
Step 2

Select the Life Log section.
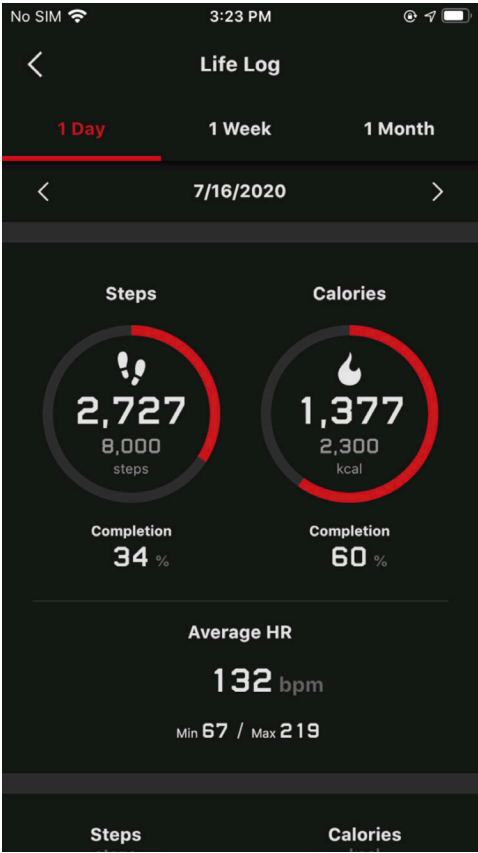
Step 3

Here will be displayed the steps and calories completion % and graphed info for the day, week, month as displayed and accessed by tabs at the top of the page.

Step 3 Continued
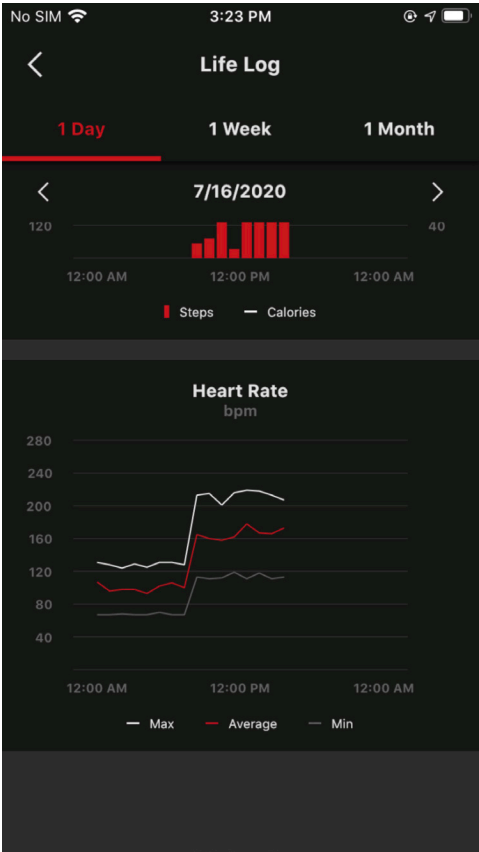
Home

Step 3 Continued

Activity

Step 1

To create a Training Plan for the first time access the Set a Plan section of the Home Screen and select "Set a Plan".
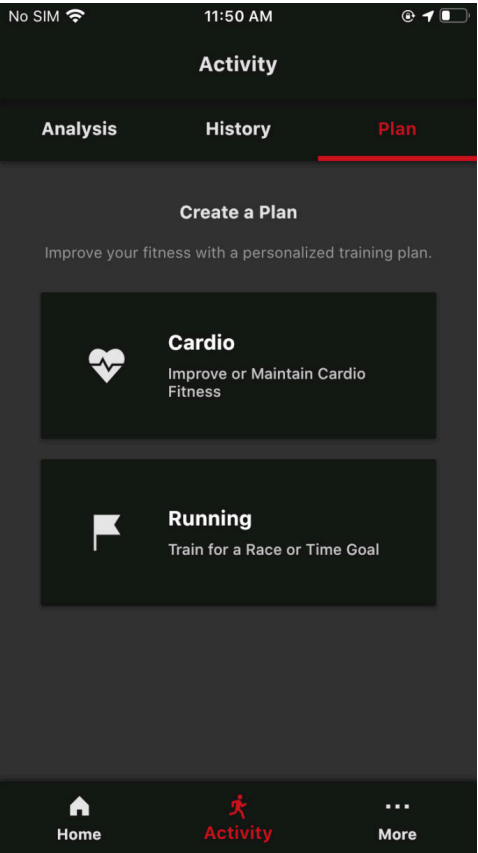
Step 2

This will open the Activity tab where all activity information will be organized. Select the Plan type that best fits your fitness goals.
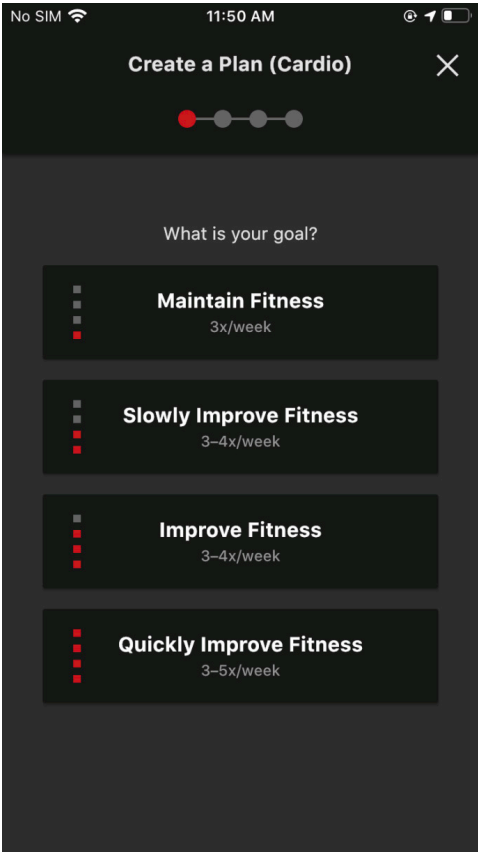
Step 3

Select the Goal Progression that best fits your timeline and lifestyle.
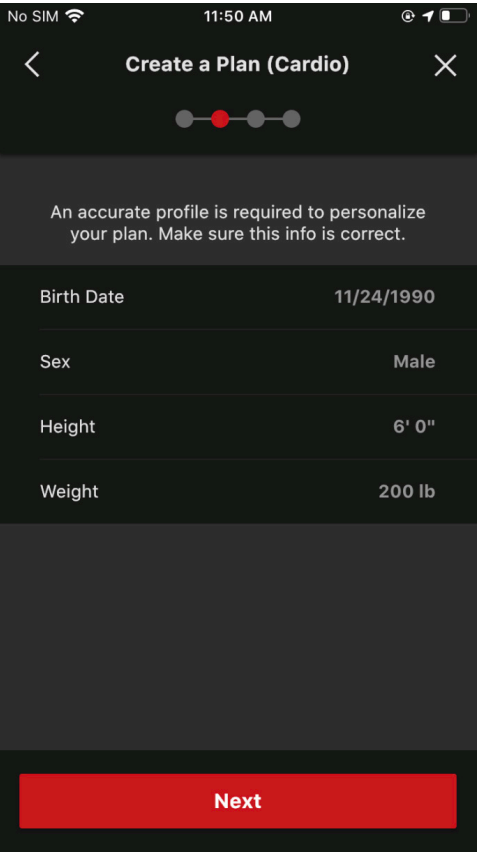
Step 4

Enter the correct profile information then select "Next" to continue.

Activity
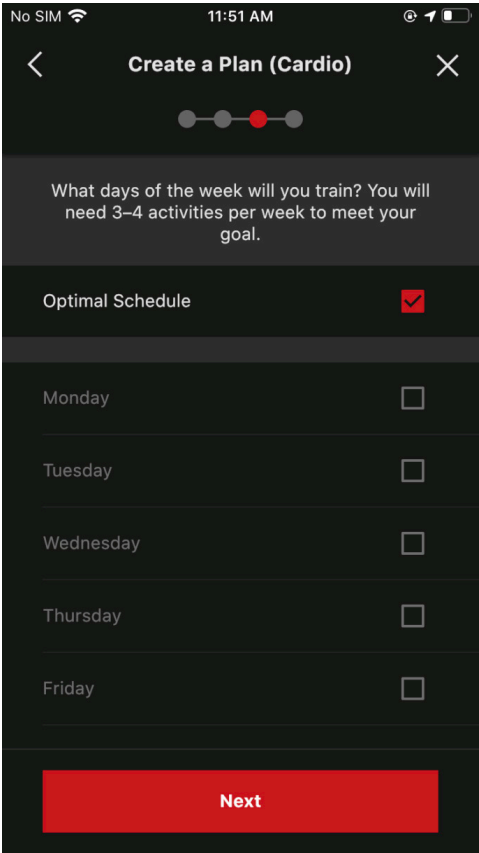
Step 5

Set your training schedule by selecting the days you will be training, or choose optimal schedule to have the best schedule for progression selected for you.
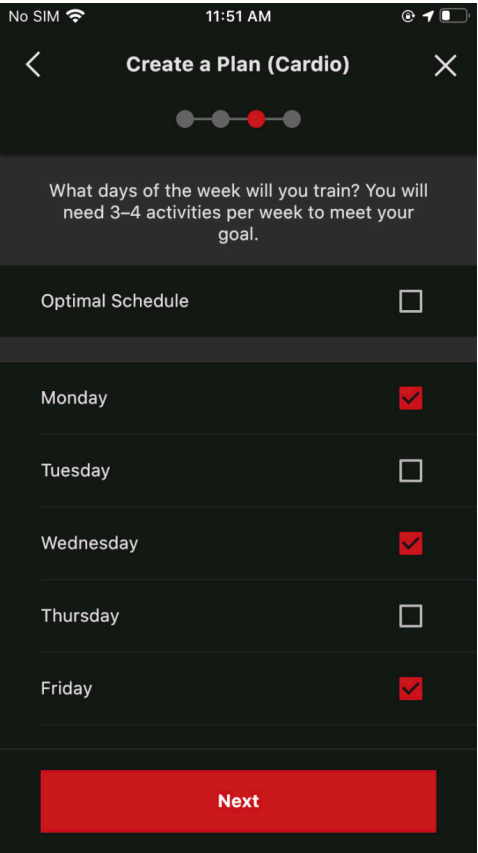
Step 6

After completing select "Next" to continue.
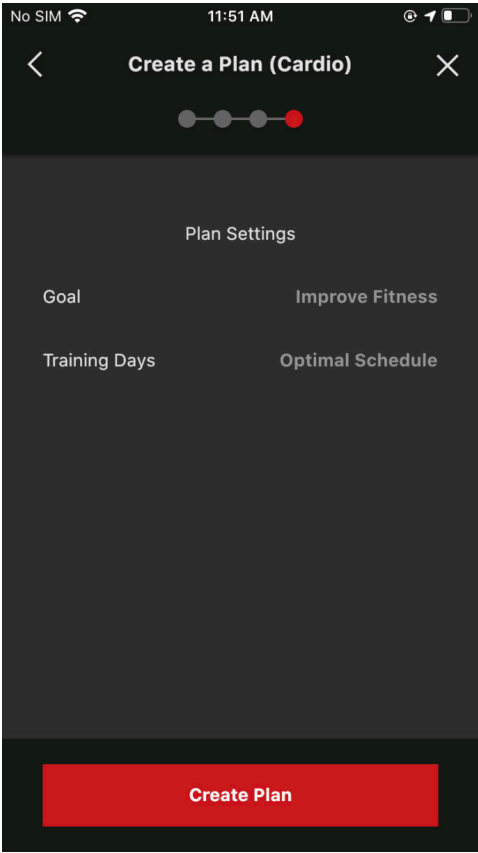
Step 7

After reviewing your selections select "Create a Plan" to Finalize.
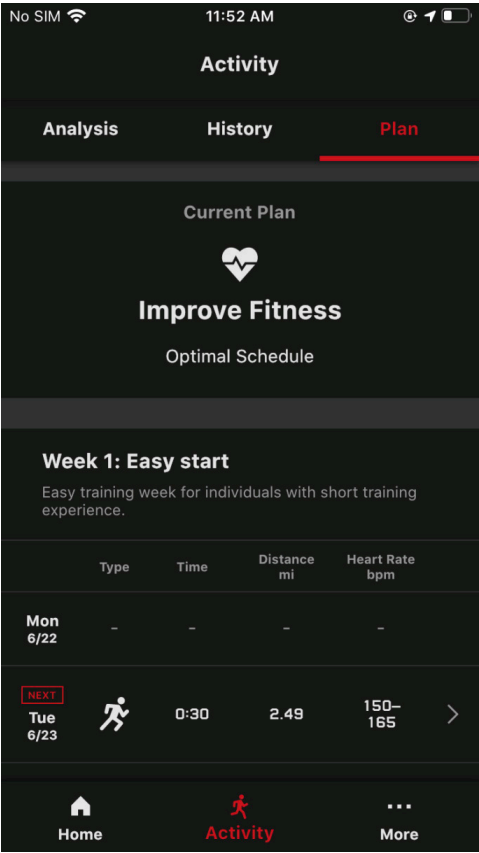
Step 8

After finalizing the Training Plan the Plan tab of the activity page will appear showing the training schedule, time, distance, target heart rate.

Activity
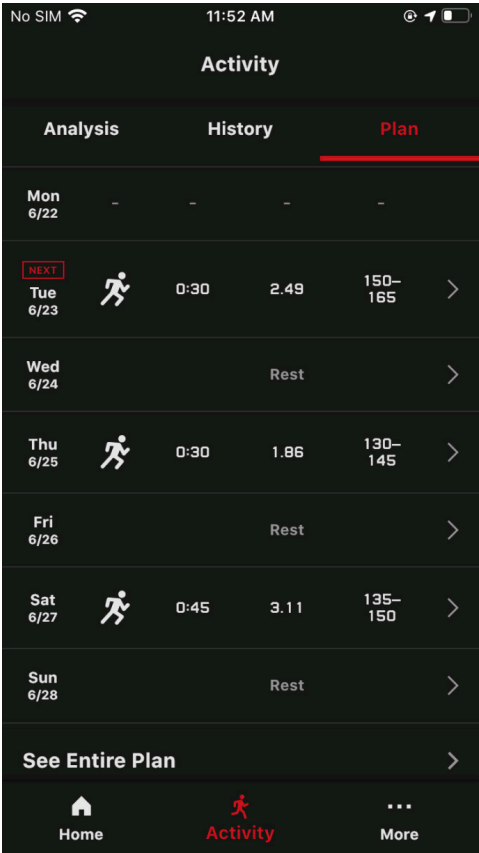
Step 9

Scroll down to see the option to see the entire plan.
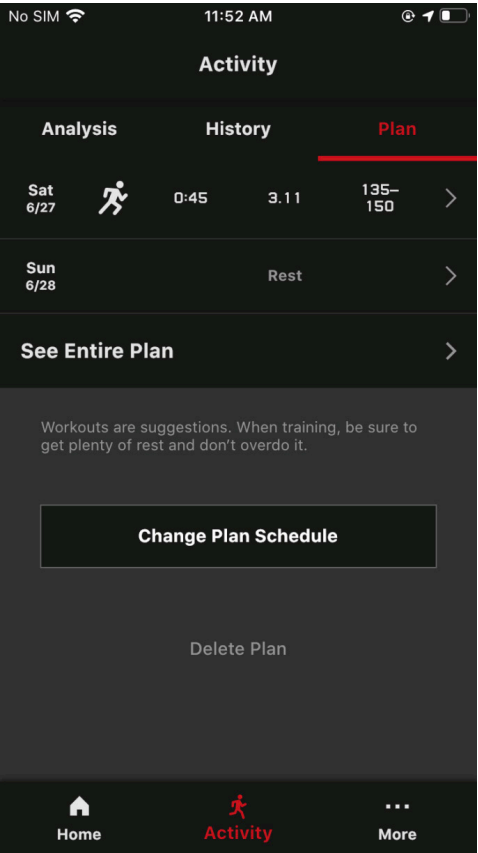
Step 10

Scroll all the way to the bottom of the plan page to reach the option to either Change the Plan Schedule or Delete the Training Plan.
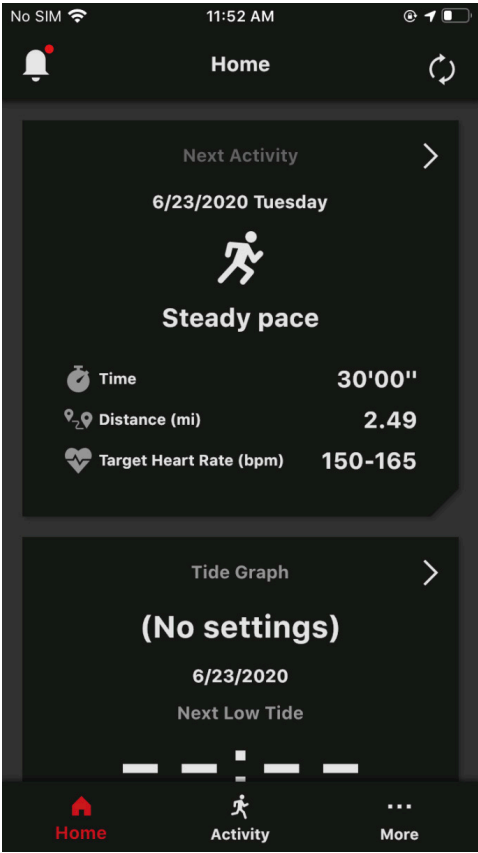
Step 11

Upon returning to the home page the Activity section will show the Summary of the next trainings Activity information.

Activity

Step 1

The History tab in the Activity page will show the mapped out data of the training activity the watch has recorded and the phones GPS has mapped out. This information is updated automatically to the app when a activity is completed on the watch if connected, if not connected the app will be automatically updated upon the next connection.

Step 2

After an activity is completed this map and training info will appear for more data select the activity section desired. There is also an option to manually enter an activity by selecting the + icon displaced in the top right of the page.
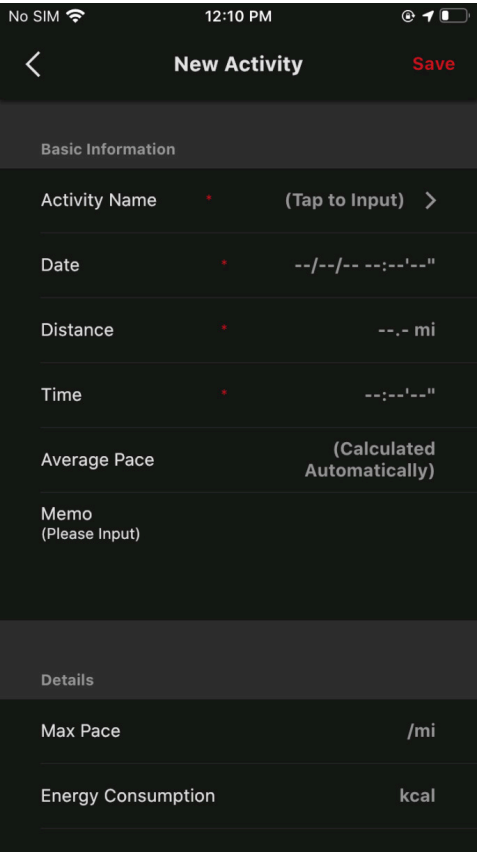
Step 3

Here in this screen is where a manual Activity entry can be created.
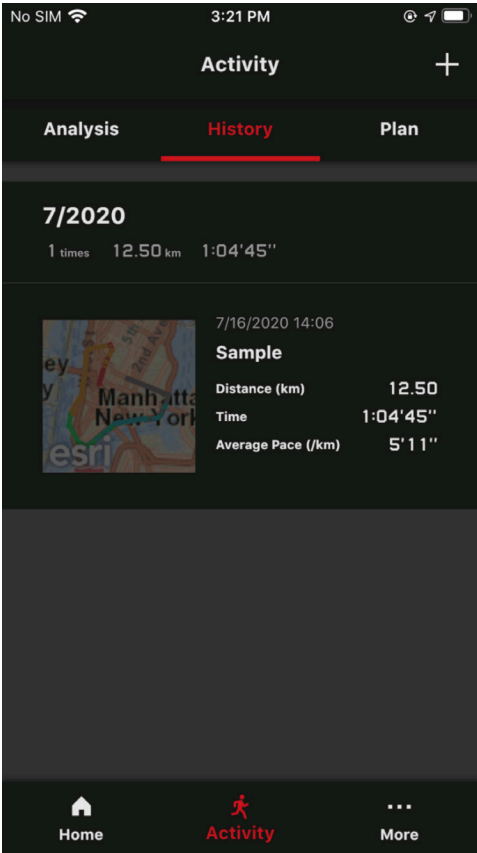
Activity

Step 1

The History tab in the Activity page will show the mapped out data of the training activity the watch has recorded and the phones GPS has mapped out. This information is updated automatically to the app when a activity is completed on the watch if connected, if not connected the app will be automatically updated upon the next connection. Select the activity desired.
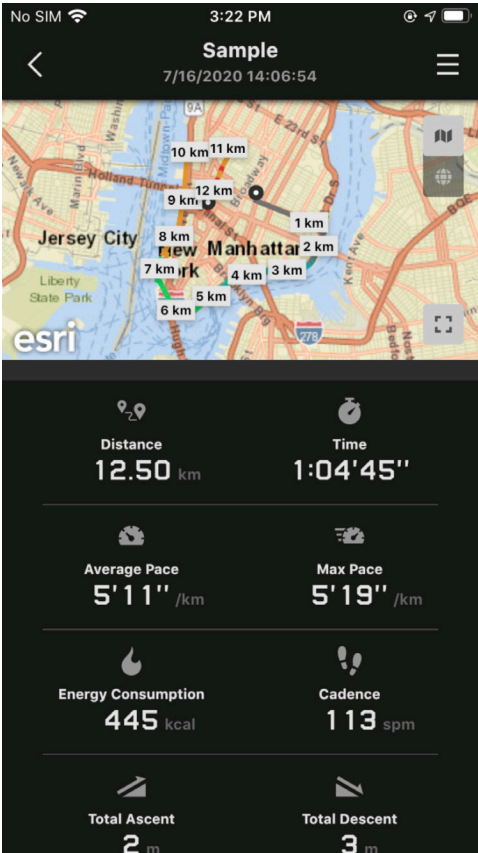
Step 2

After an activity is completed this map and training info will appear for more data select the activity section desired. Mapping of the activity will be displayed here as well as Distance, time, average pace max pace, energy consumption, cadence, total ascent, total decent, max elevation and min elevation.
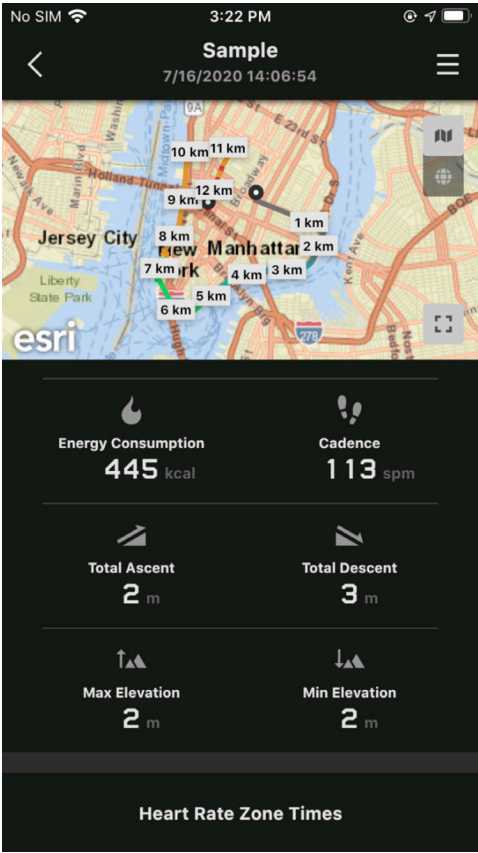
Step 2 Continued
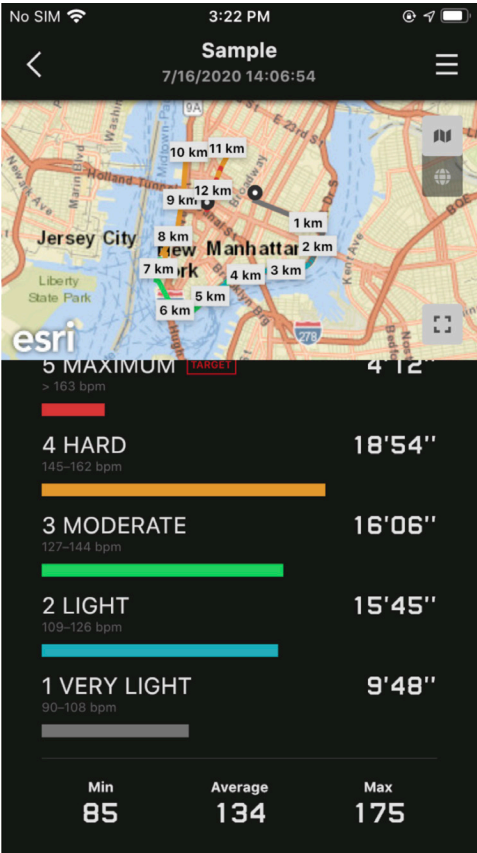
Step 3

Upon scrolling down further graphed Heart Rate Zone Times will be displayed as well as the min, average, and max heart rates.

Activity
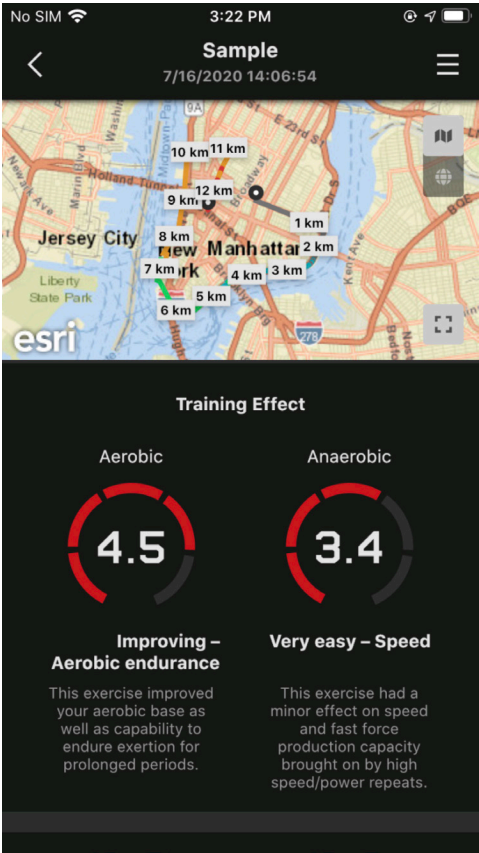
Step 4

Upon scrolling further the Training Effect data with aerobic and anaerobic information will be displayed
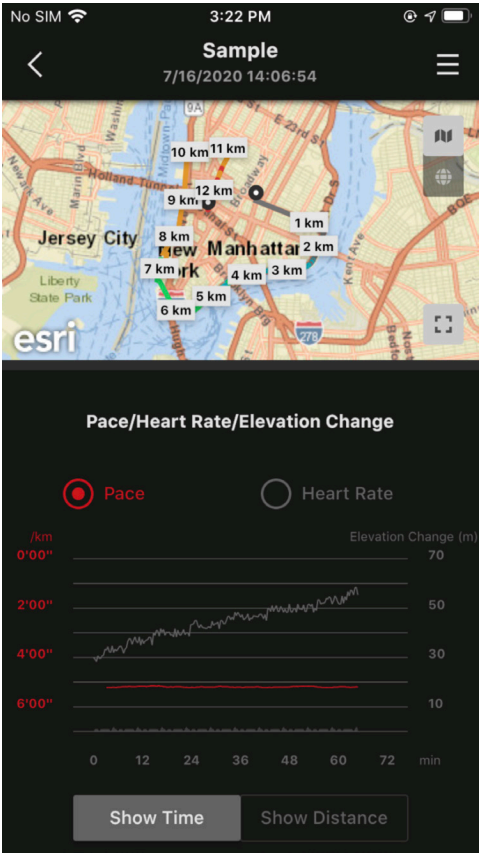
Step 5

Scrolling further will display the pace, heart rate, and elevation change graph which can be viewed in the scope of time or distance.

Activity

ANALYSIS: TRAINING STATUS & VO2 MAX
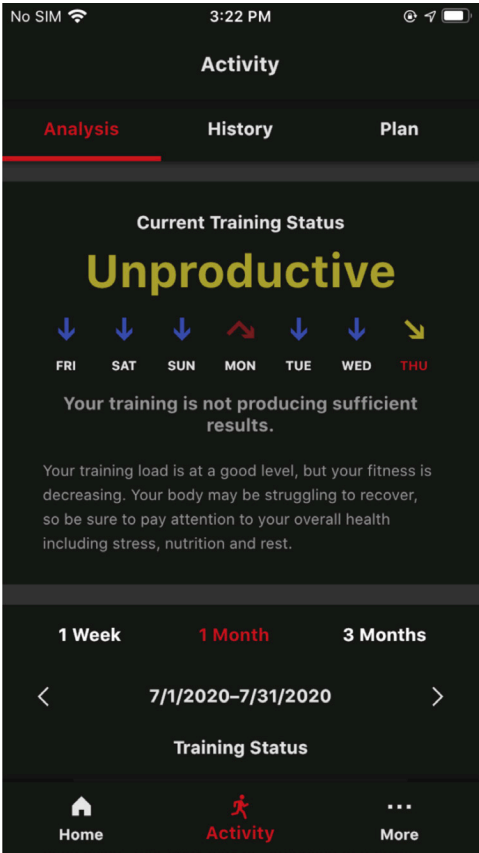
Step 1

After completing an activity or series of activity the analysis of the data will be stored in the analysis tab on the activity page the first display will show the Current Training Status and your current productivity level.
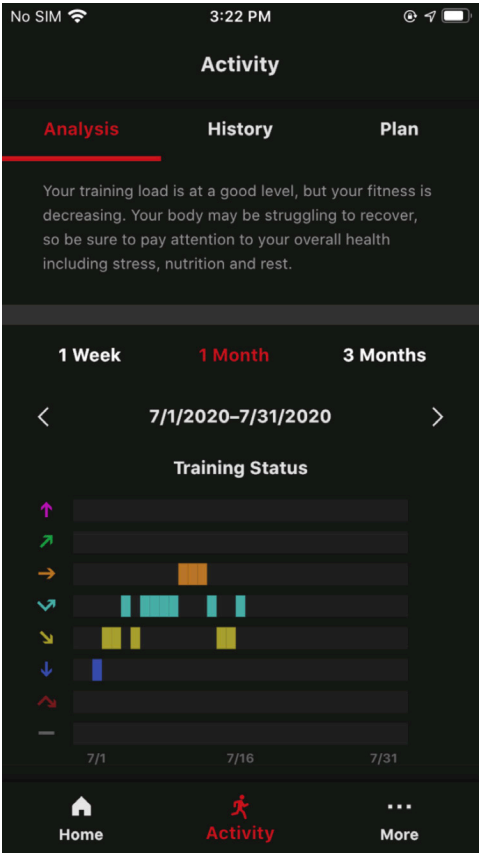
Step 2

Scroll down and you will find the training Status data further graphed and sectioned into 1week, 1 month, and 3 months.
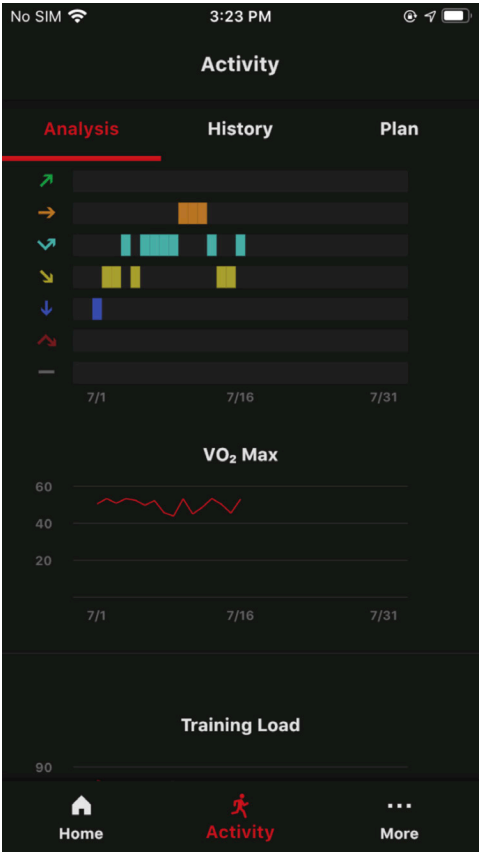
Step 3

Upon scrolling further down the VO2 max will be graphed and displayed

Activity

Step 1

Scroll down to display the months goal completion and average Heart Rate information.

Step 2

Scroll down and you will find the distance and time information of activity graphed out to provide a more detailed visual of your progress.
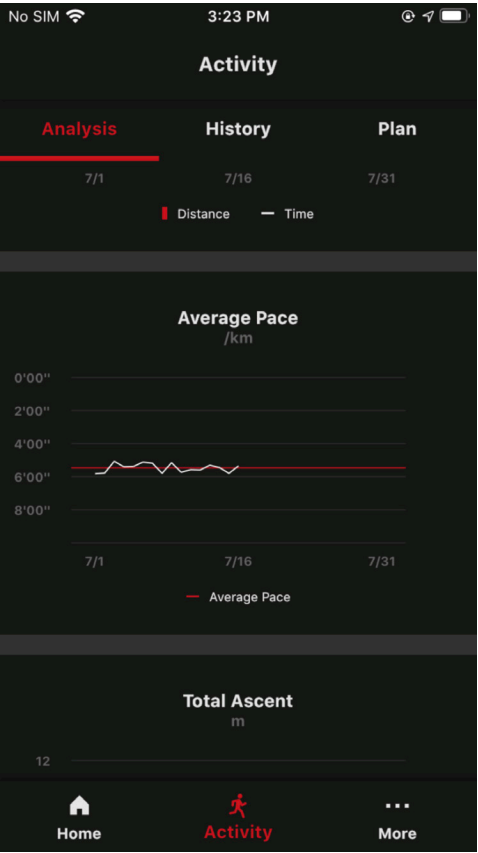
Step 3

On the final section will be the average pace detailing the pace you kept as well as the average pace for this type of activity.
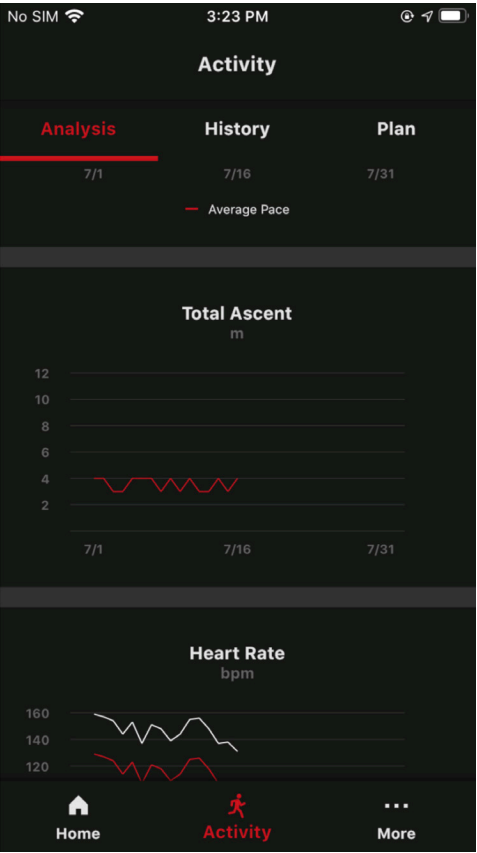
Step 4

Scroll further to display the total ascent graph.

Activity

Step 5

Scroll down to display the Heart rate information, graphed.

More (Settings)
USER: PROFILE SETTINGS
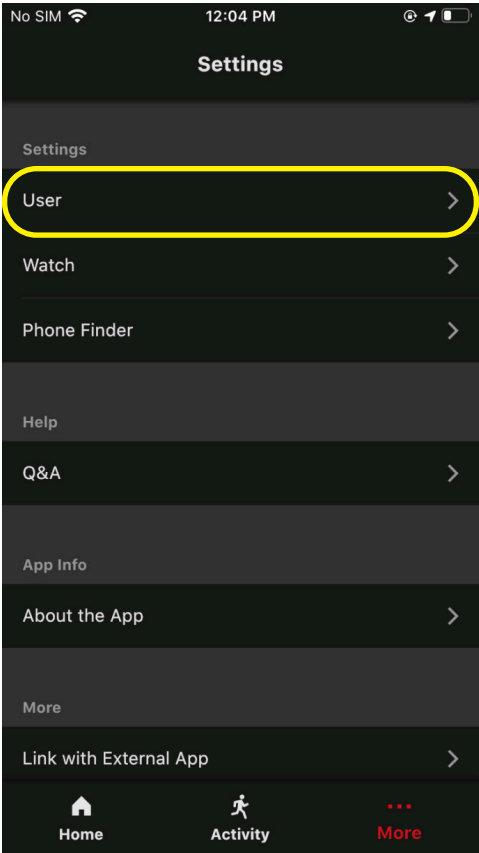
Step 1

The final page is the settings page detailing the settings that can be changed ranging from setting user information and preferences to Linking this app with Eternal applications. To access profile settings select User on the More page.
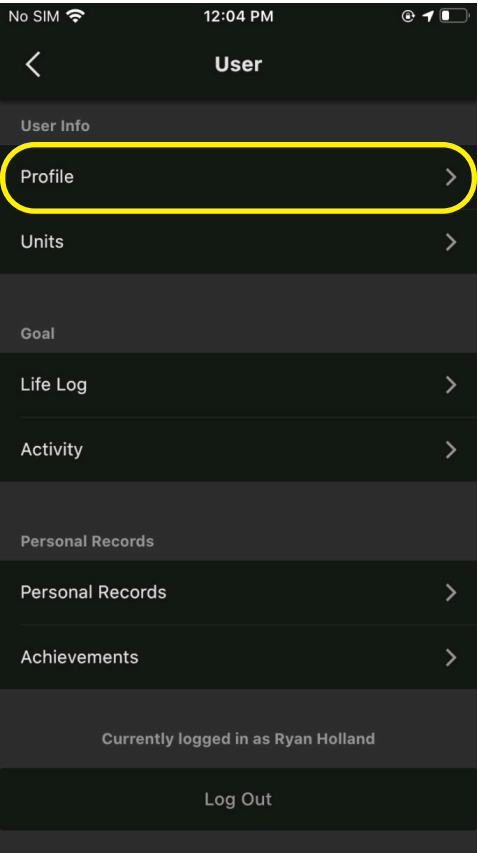
Step 2

Next, select Profile.
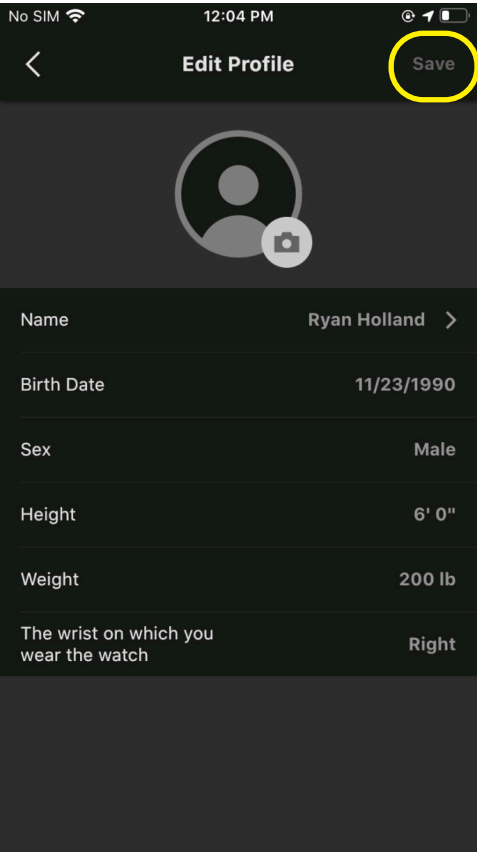
Step 3

Here you will be able to change user settings and save these settings to your watch, as well as add your photo to your profile. To save these settings to your app, select Save after making the changes.

More (Settings)
USER: UNIT SETTINGS
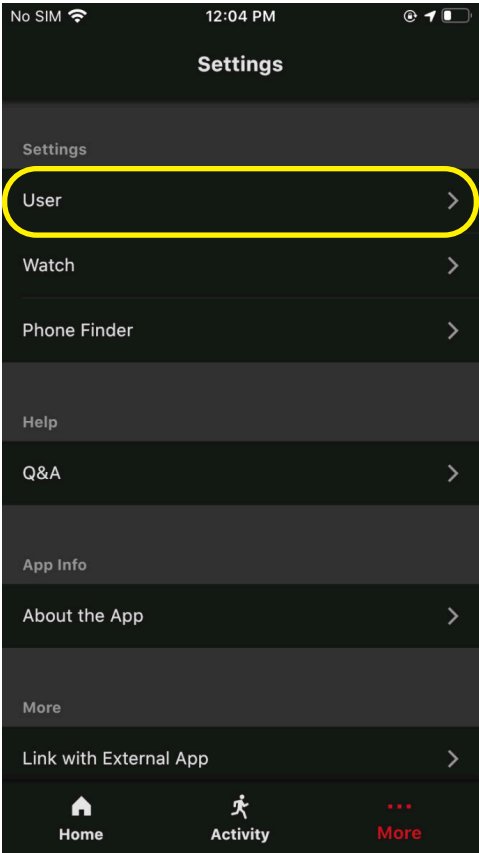
Step 1

To change Unit settings select the More page, then select User.
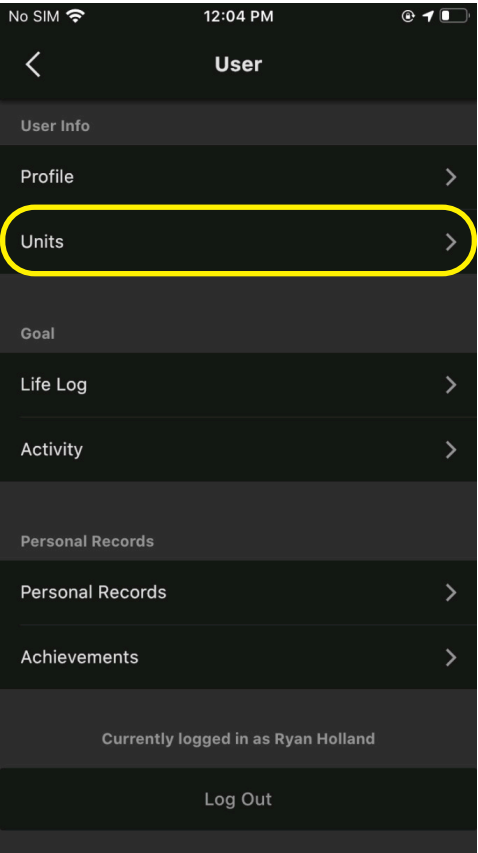
Step 2

Select Units.
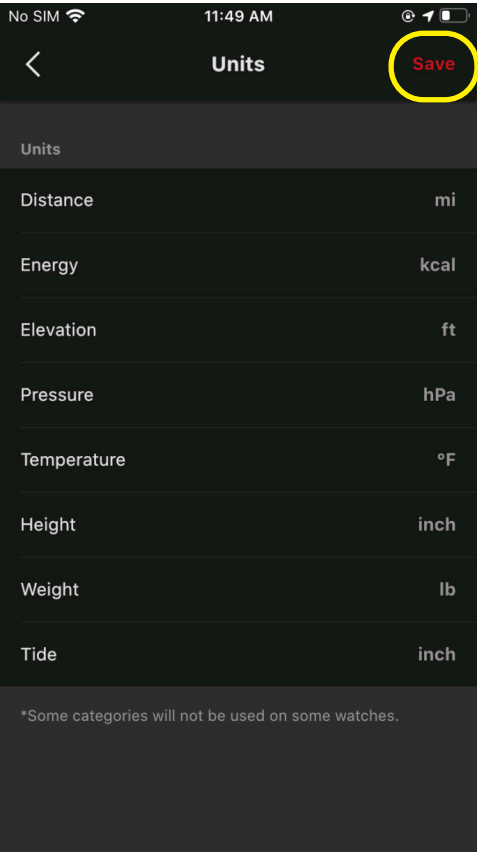
Step 3

Here you will be able to Change the units of measurement through your app. To save these settings to your app and watch, select Save after making the changes.

More (Settings)

USER: LIFE LOG (STEP COUNTER, CALORIES BURNED) SETTINGS
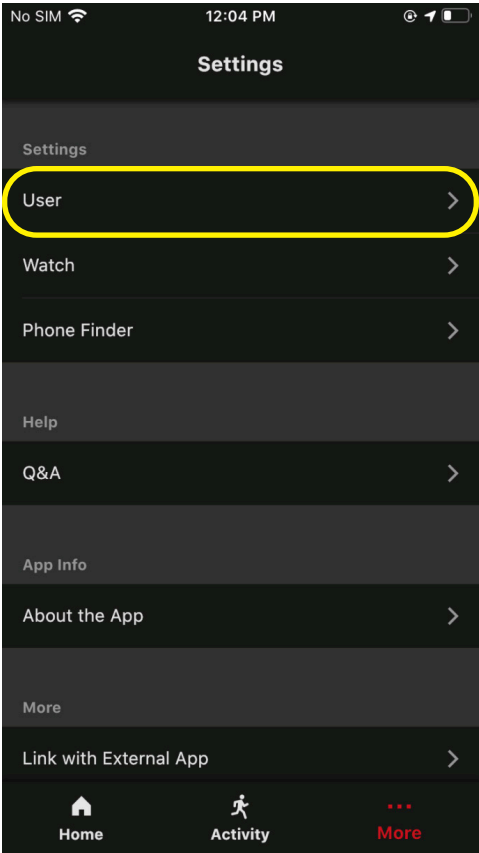
Step 1

To change Life Log settings select the More page, then select User.
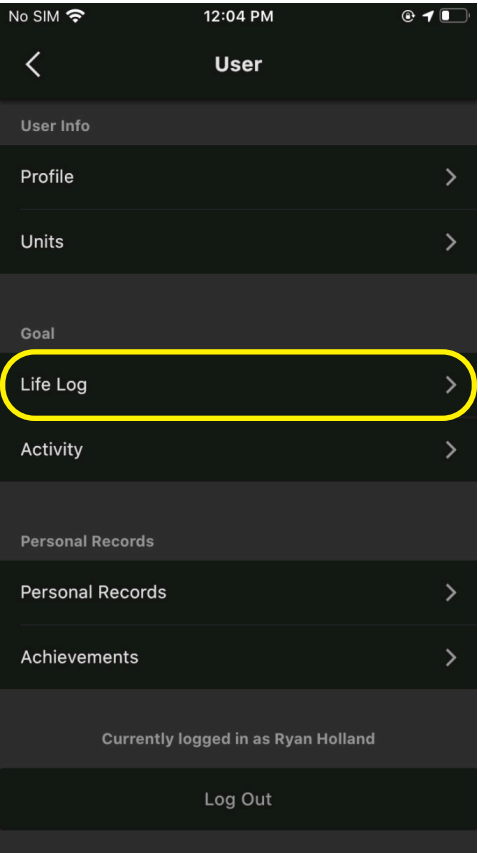
Step 2

Select Life Log.
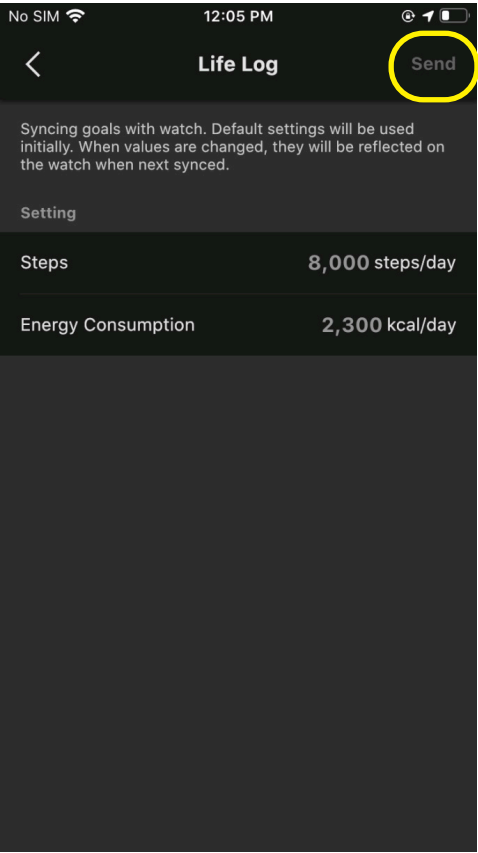
Step 3

Here you will be able to Change step and burned calorie goals through your app. To save these settings to your app and watch, select Send after making the changes.
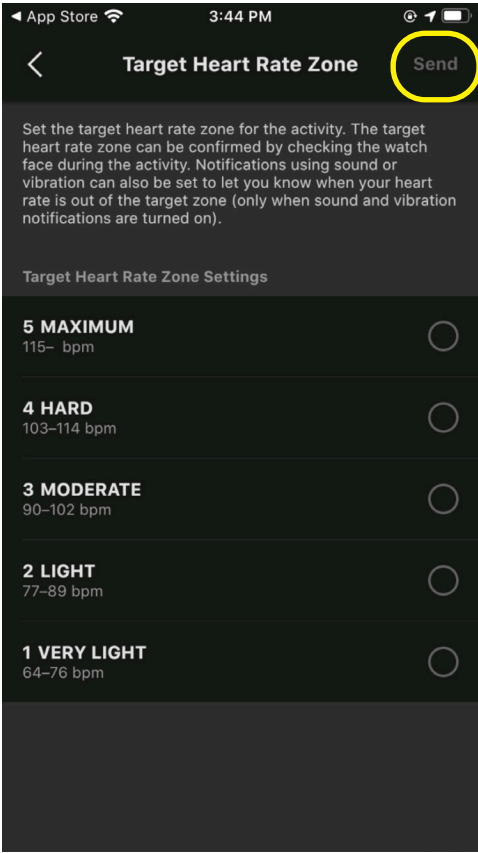
More (Settings)

USER: ACTIVITY TAB SETTINGS
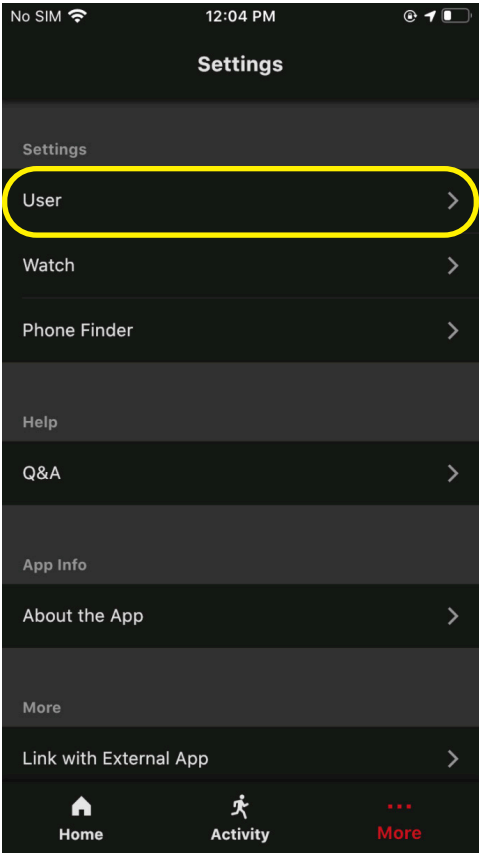
Step 1

To change Activity Tab settings select the More page, then select User.
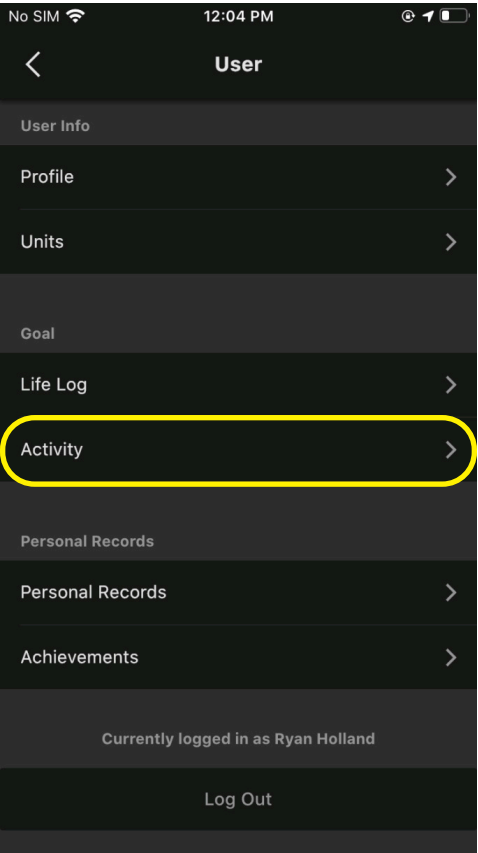
Step 2

Select Activity.
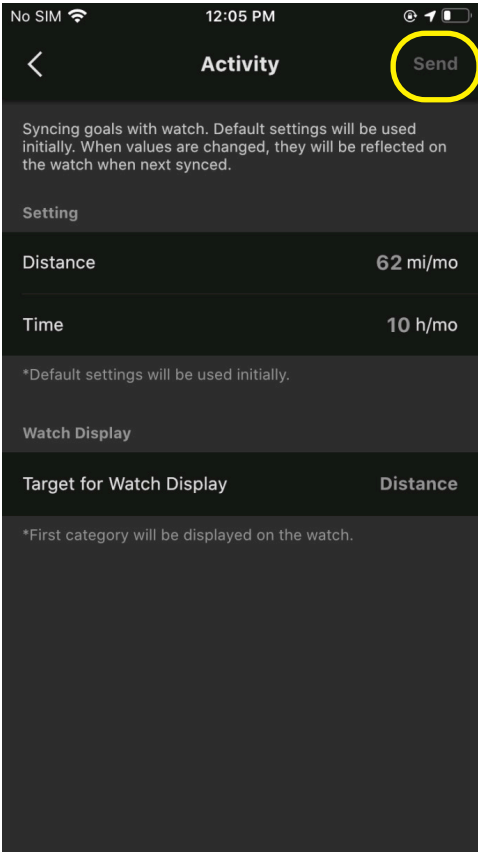
Step 3

Here you will be able to Change Time and Distance Goals as well as the watch display through your app. To save these settings to your app and watch, select Send after making the changes.

More (Settings)
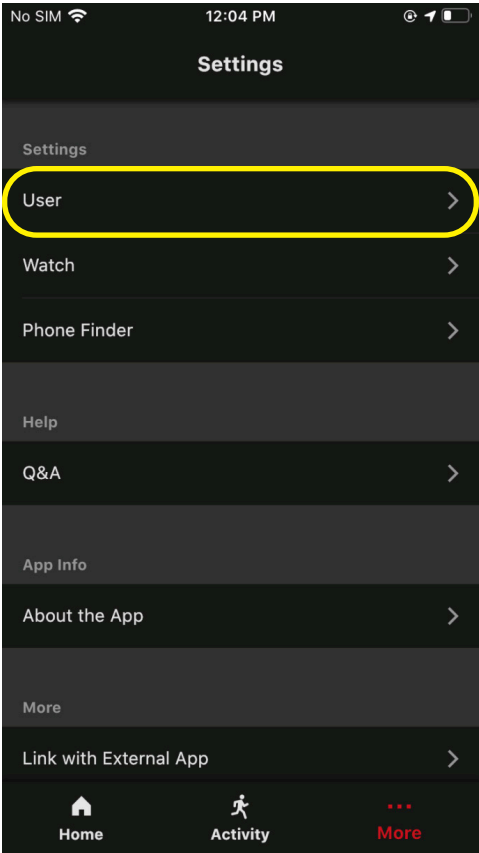
Step 1

To view Personal Records achieved select the More page, then select User.
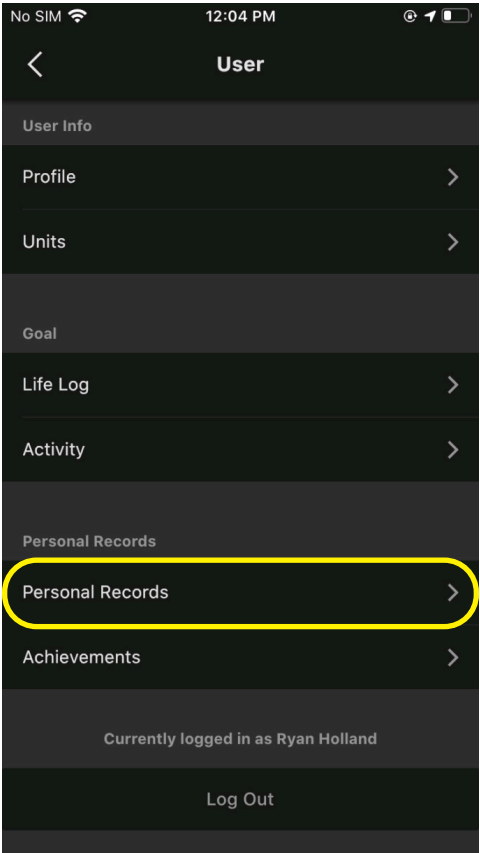
Step 2

Select Personal Records.
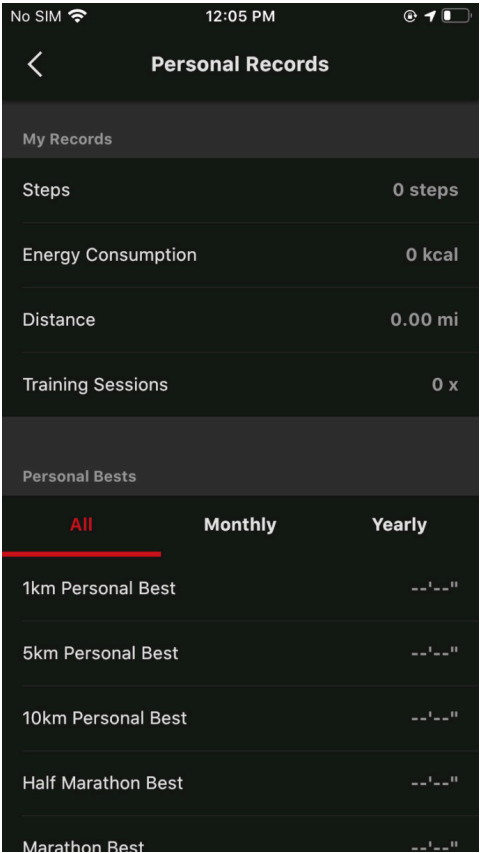
Step 3

Here you will be able to view you personal best achievements in all aspects of the data received from the Activity Tracker and Life Log.

More (Settings)

USER: ACHIEVEMENTS
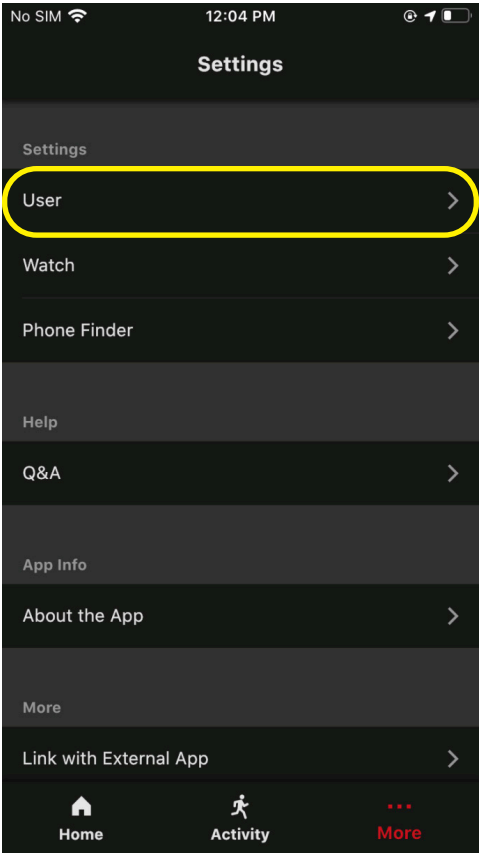
Step 1

To view your Achievements select the More page, then select User.
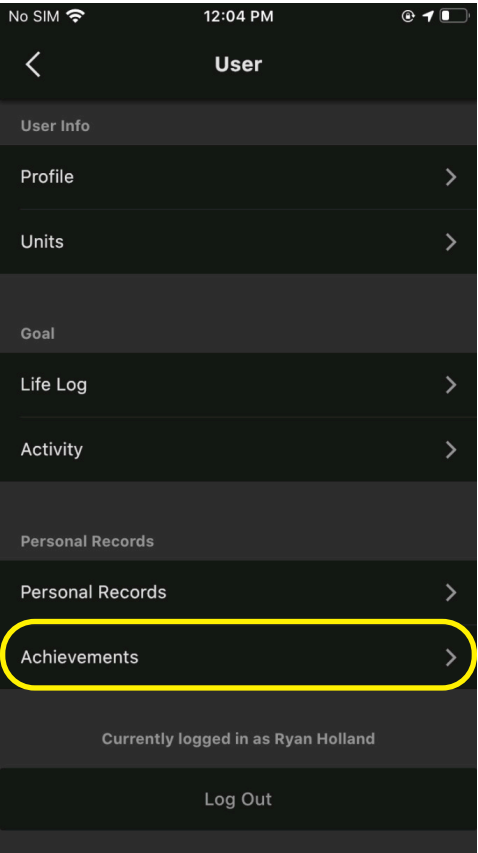
Step 2

Select Achievements.
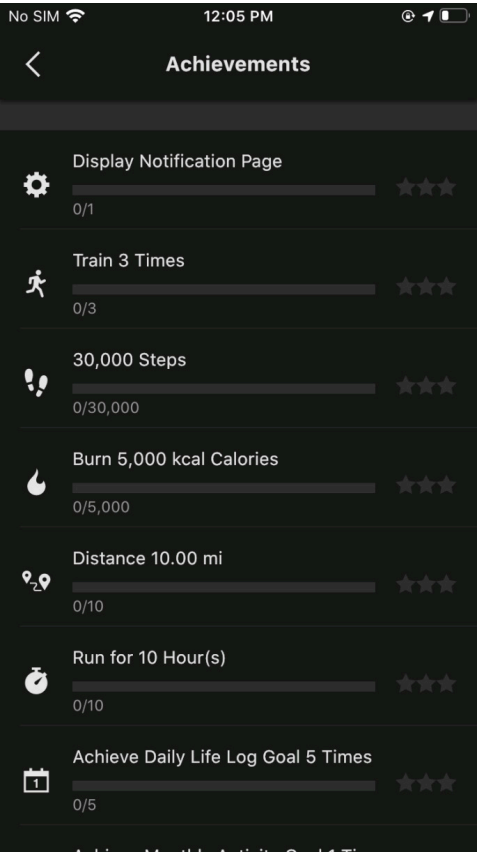
Step 3

Here you will be able to view the various achievements unlocked through completing the listed tasks.

More (Settings)
WATCH: WATCH SOFTWARE

Step 1

To view the current running watch software select the More page, then select Watch.
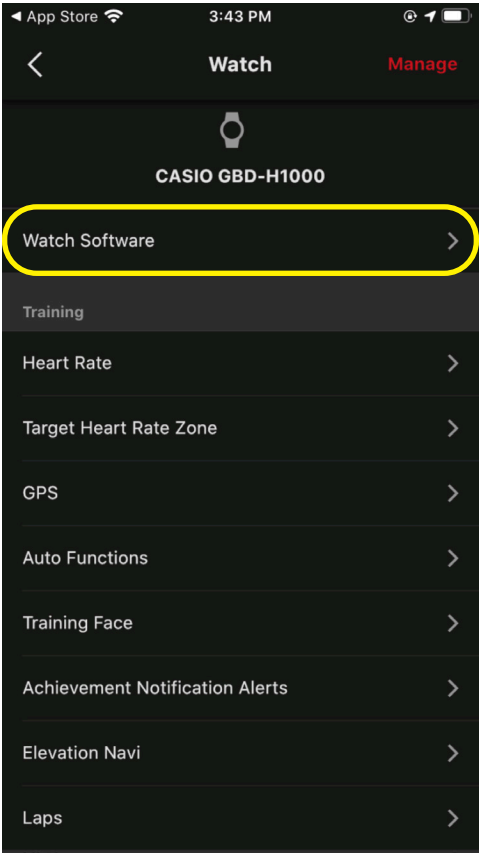
Step 2

Select Watch Software.
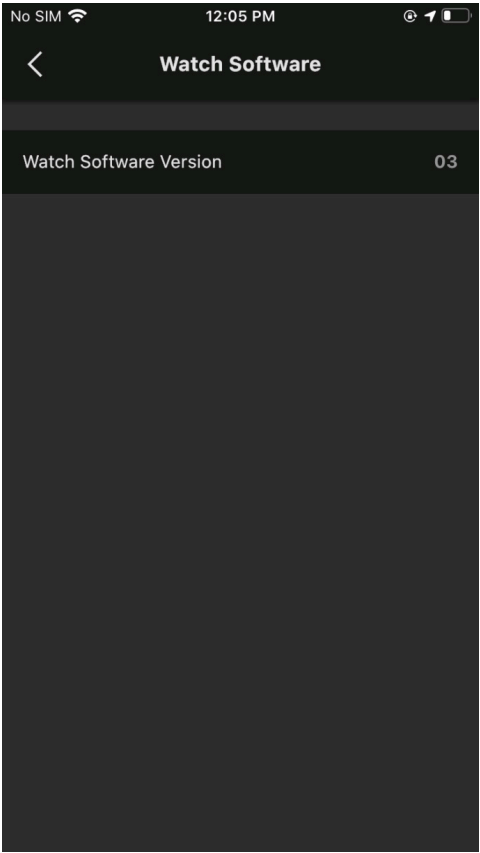
Step 3

Here you will be able to view the current running watch software.

More (Settings)

WATCH: HEART RATE
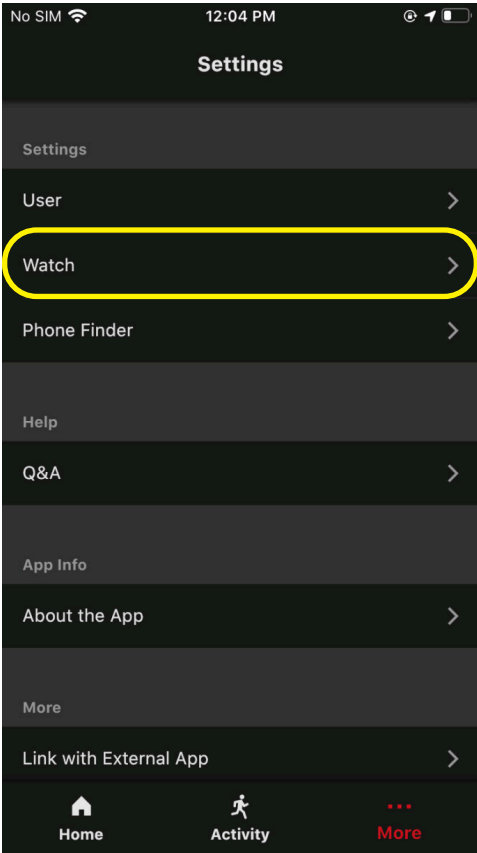
Step 1

To view the Heart Rate settings, select the More page, then select Watch.
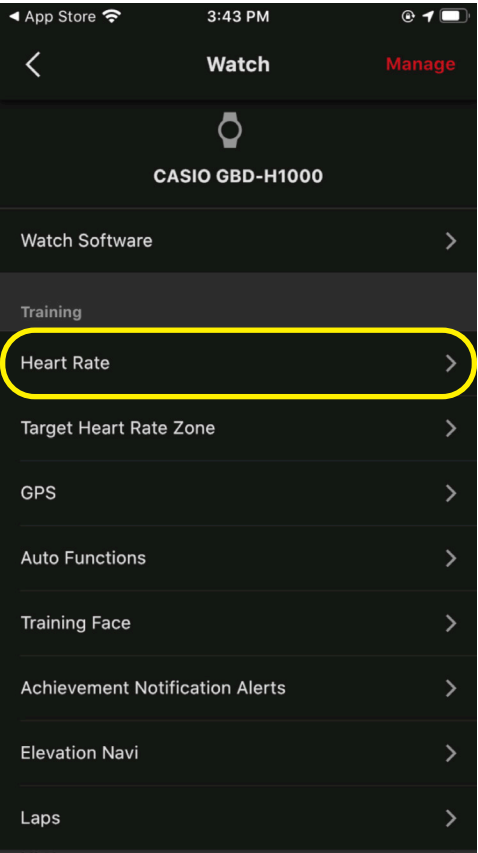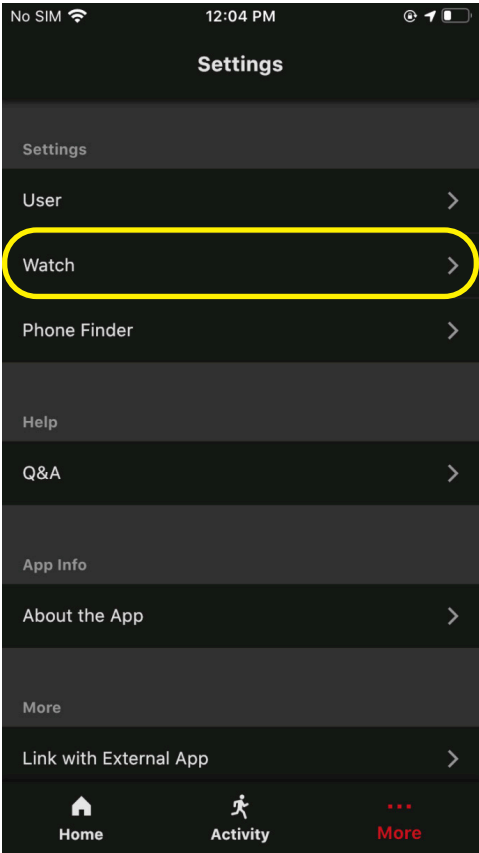
Step 2

Select Heart Rate.
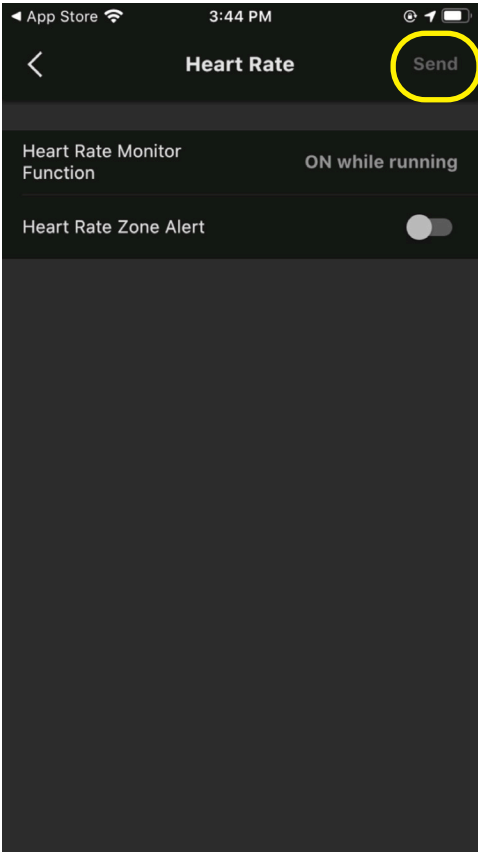
Step 3

Here you will be able to customize Heart Rate settings through your app. To save these settings to your app and watch select send after making the changes.
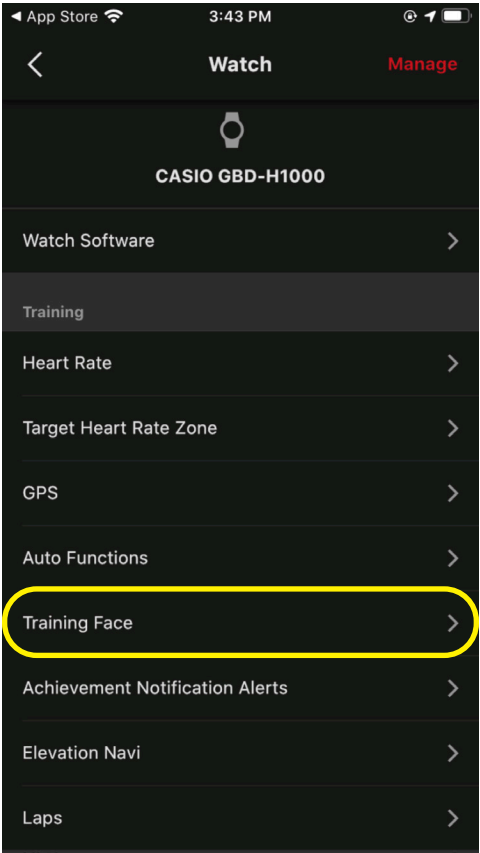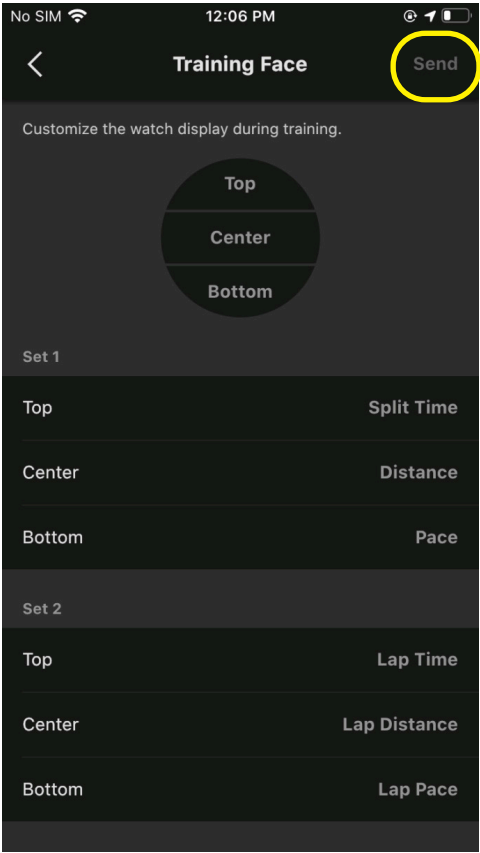
More (Settings)

WATCH: TARGET HEART RATE ZONE
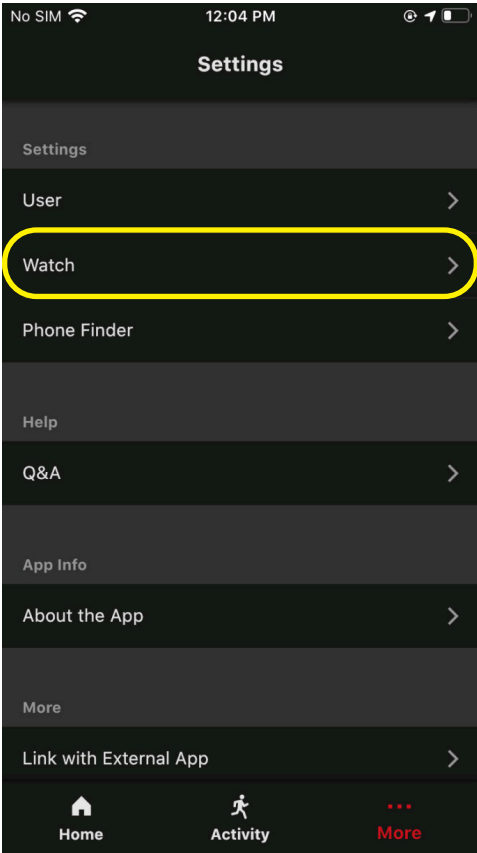
Step 1

To view the Target Heart Rate Zone settings, select the More page, then select Watch.
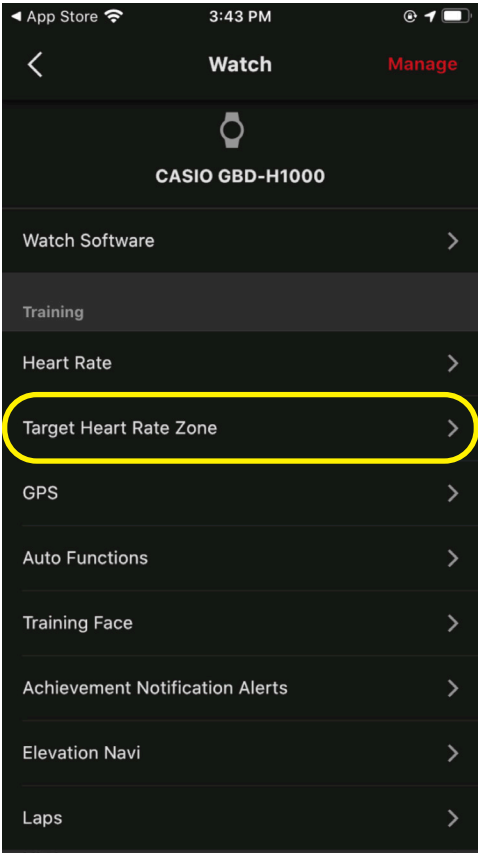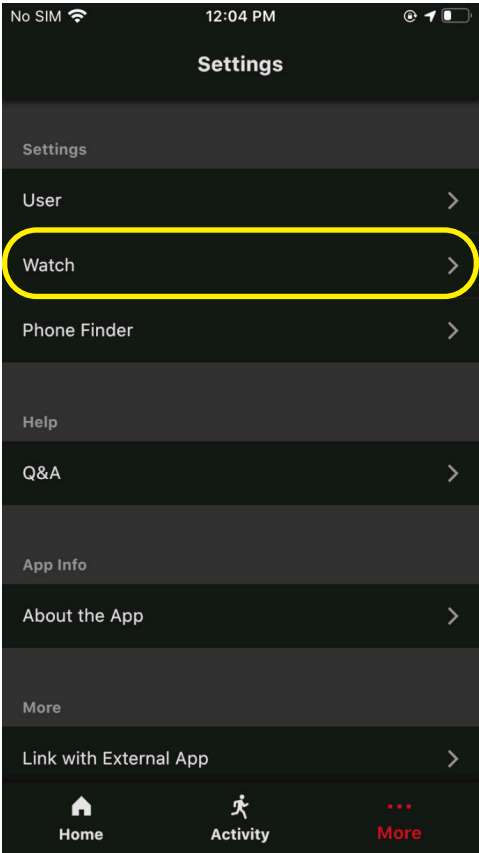
Step 2

Select Target Heart Rate Zone.

Step 3

Here you will be able to customize Target Heart Rate Zone settings through your app. To save these settings to your app and watch select send after making the changes.
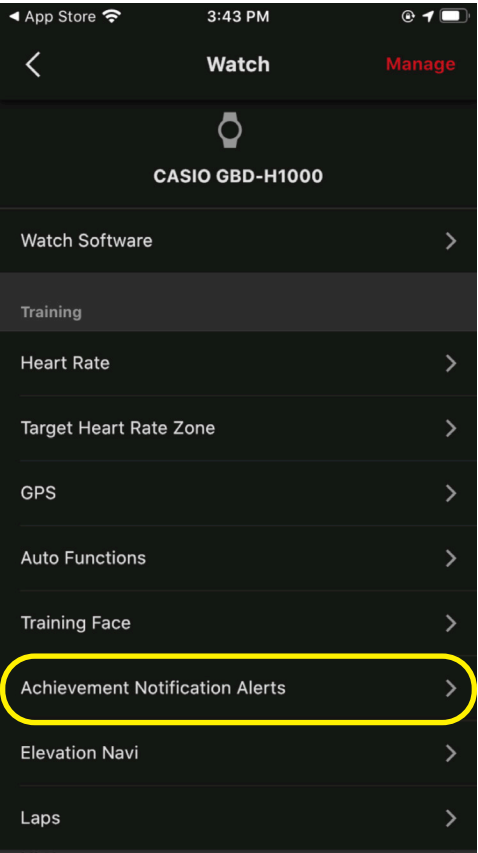
More (Settings)
WATCH: GPS SETTINGS
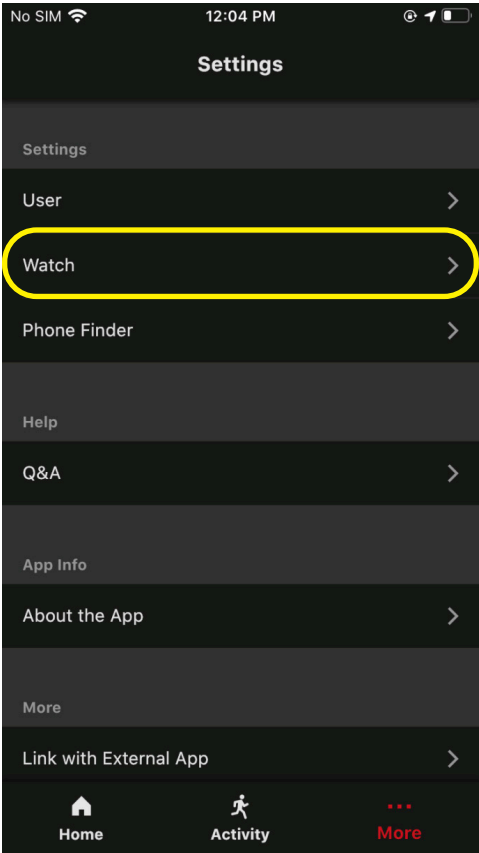
Step 1

To change the GPS settings select the More page, then select Watch.
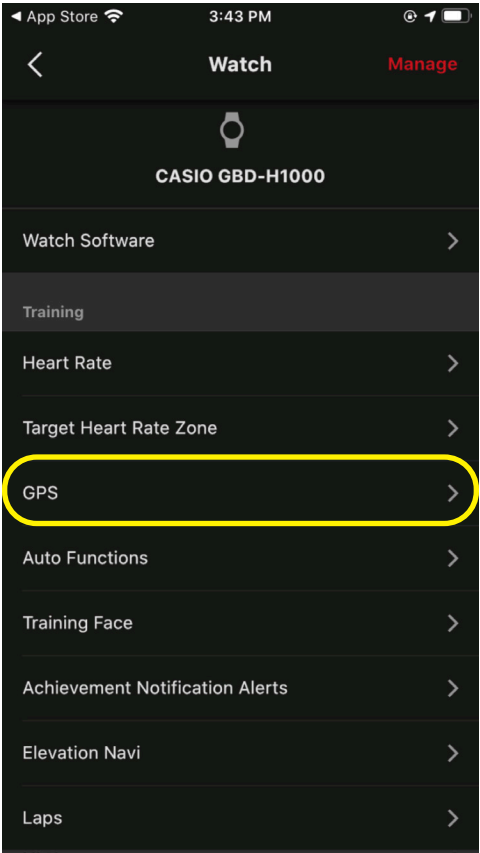
Step 2

Select GPS.
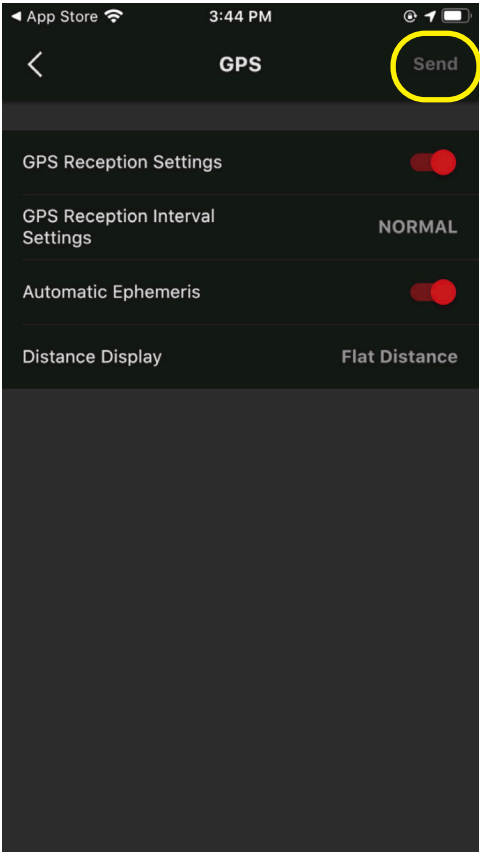
Step 3

Here you will be able to change the GPS setting through your app. To save these settings to your app and watch, select Send after making the changes.

More (Settings)
WATCH: AUTO FUNCTIONS
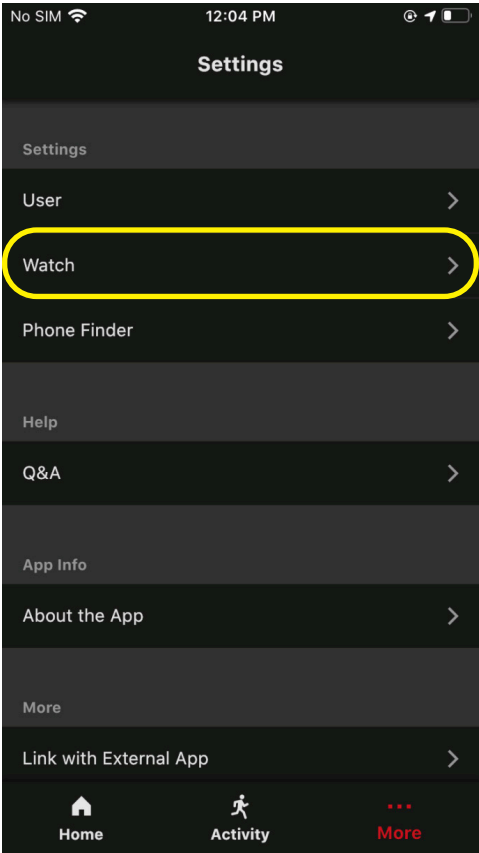
Step 1

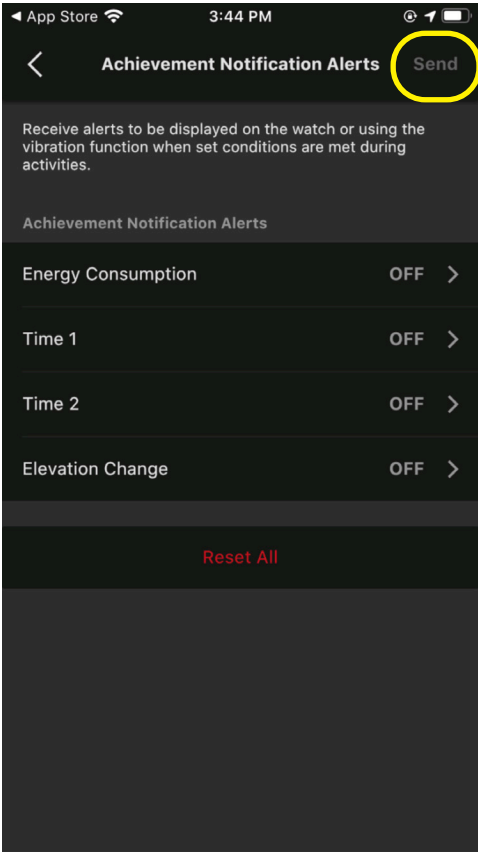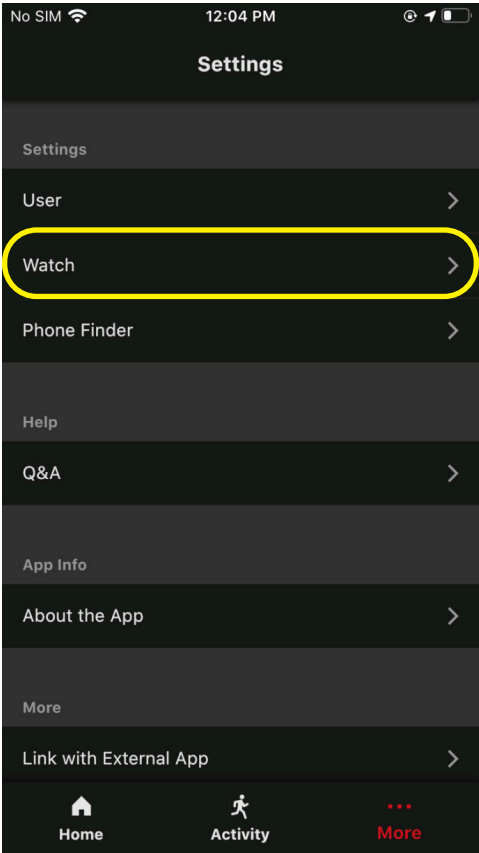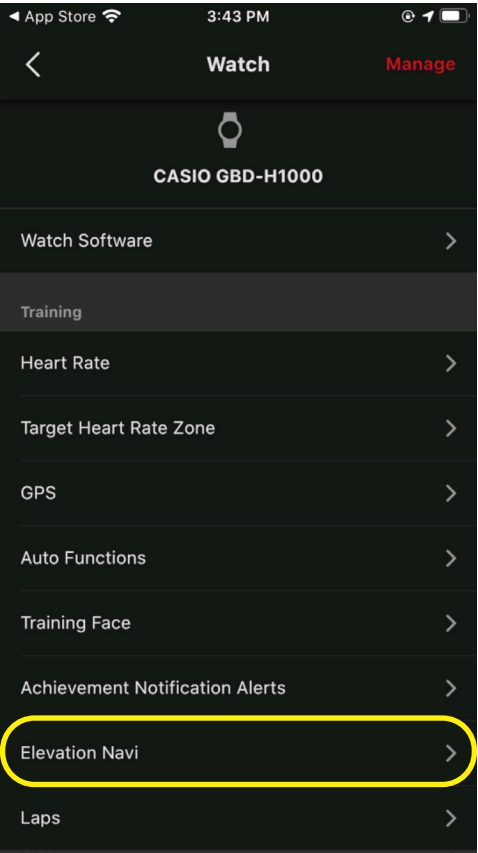To change the Auto Function settings select the More page, then select Watch.
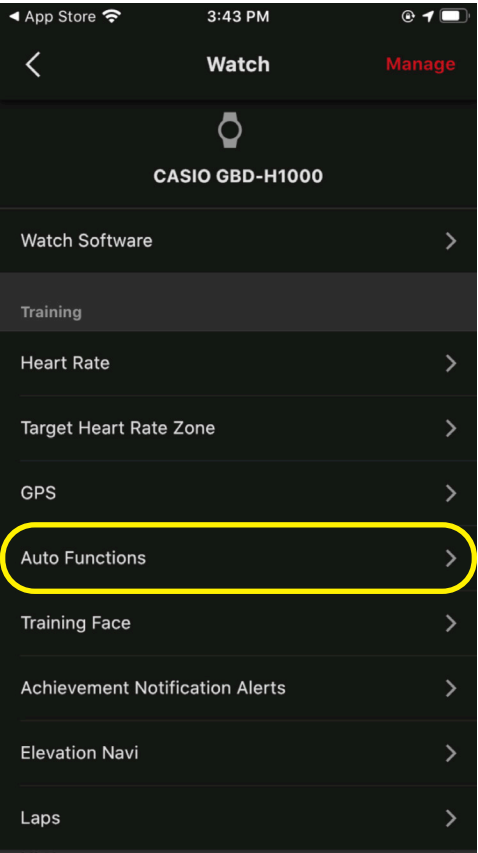
Step 2

Select Auto Functions.
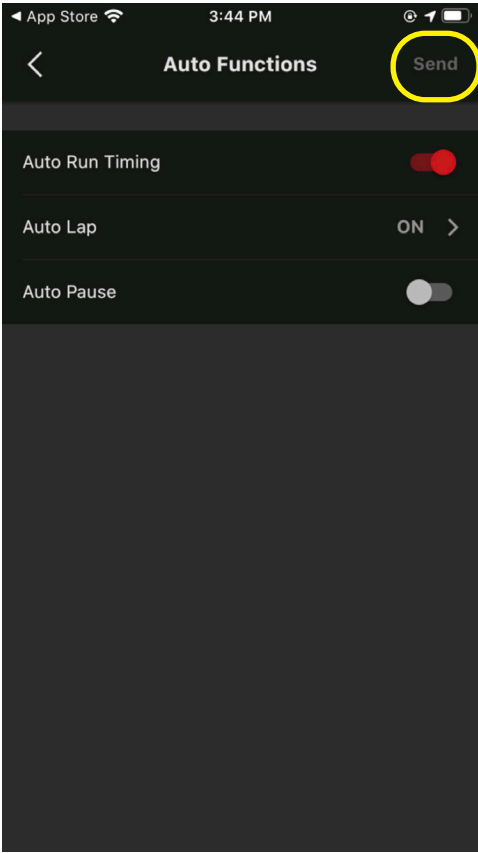
Step 3

Here you will be able to change the Auto Function settings through your app. To save these settings to your app and watch, select Send after making the changes.
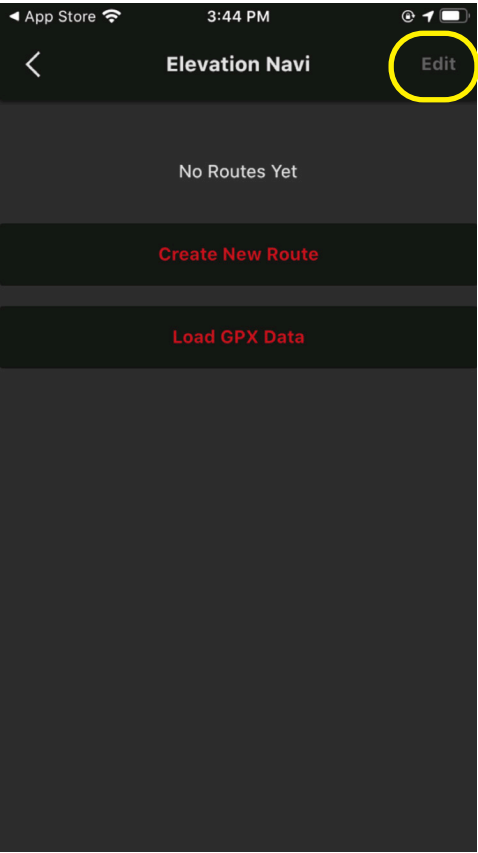
More (Settings)

WATCH: TRAINING FACE CUSTOMIZATION

Step 1

To change the Watch Training Face Customization settings select the More page, then select Watch.
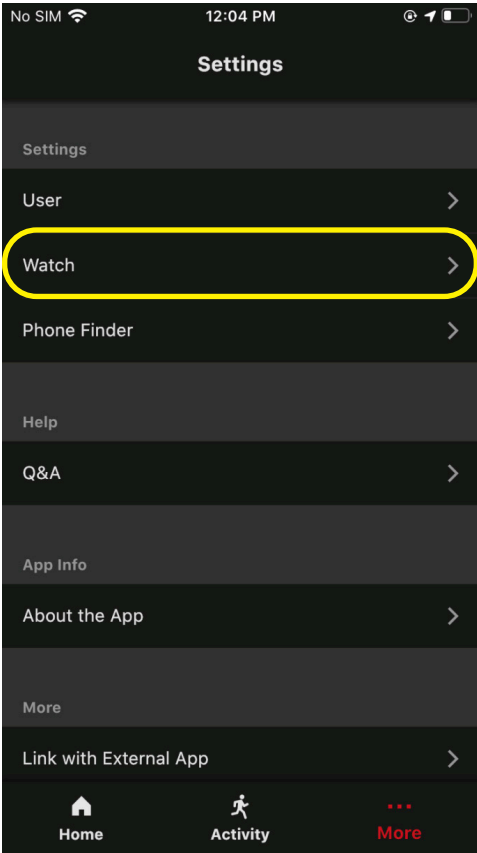
Step 2

Select Training Face.

Step 3

Here you will be able to customize watch training face settings through your app. To save these settings to your app and watch, select Send after making the changes.
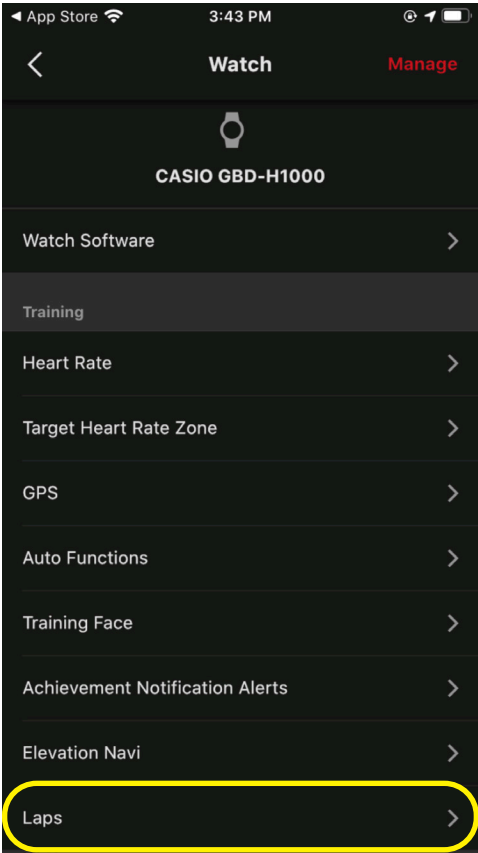
More (Settings)
WATCH: ACHIEVEMENT NOTIFICATION ALERTS

Step 1

To change the Achievement Notification Alerts settings select the More page, then select Watch.

Step 2

Select Achievement Notification Alerts.

Step 3

Here you will be able to customize Achievement Notification Alert settings through your app. To save these settings to your app and watch, select Send after making the changes.

More (Settings)

WATCH: ELEVATION NAVI

Step 1

To change the Elevation Navi settings select the More page, then select Watch.

Step 2

Select Achievement Notification Alerts.

Step 3

Here you will be able to customize Elevation Navi settings through your app. To save these settings to your app and watch select send after making the changes.
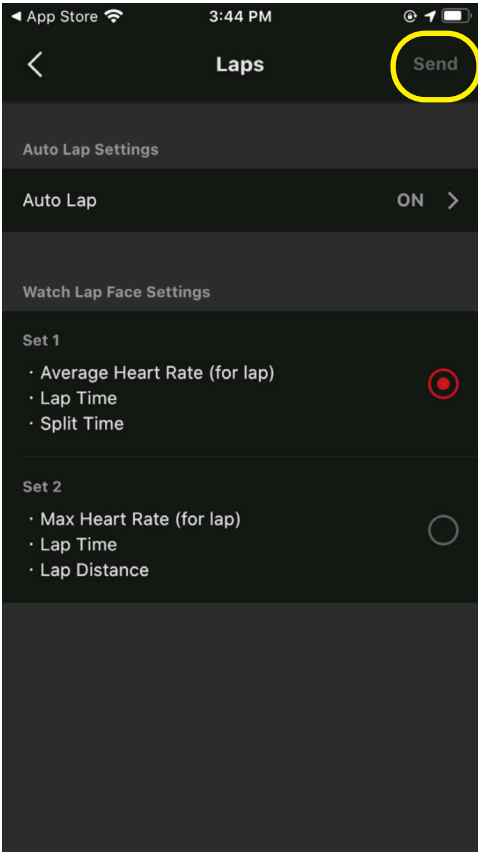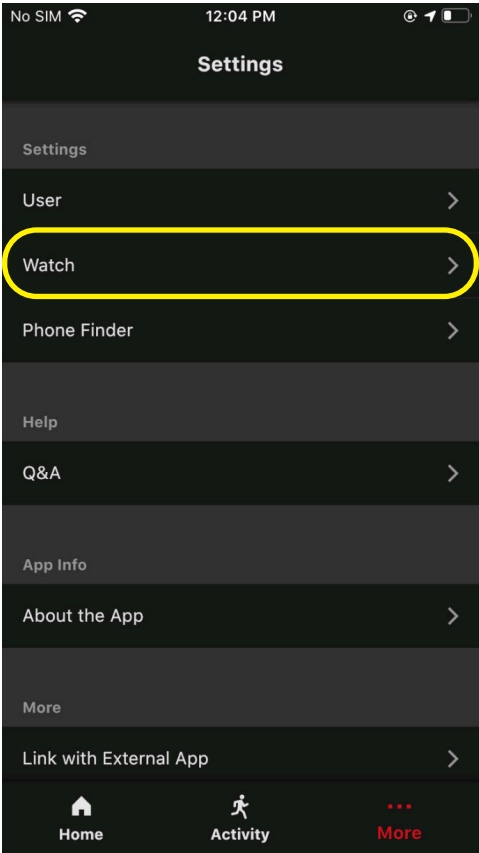
More (Settings)
WATCH: LAP SETTINGS

Step 1
To change the Lap settings select the More page, then select Watch.

Step 2
Select Laps.

Step 3
Here you will be able to customize Lap settings through your app. To save these settings to your app and watch, select Send after making the changes.
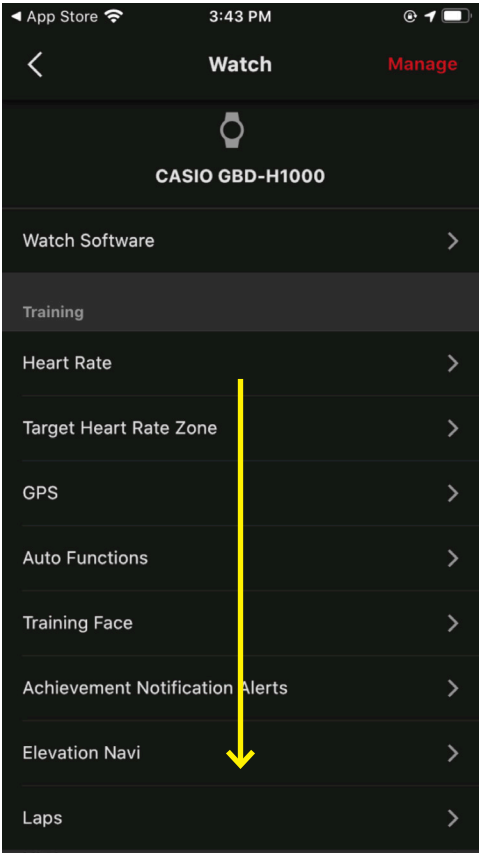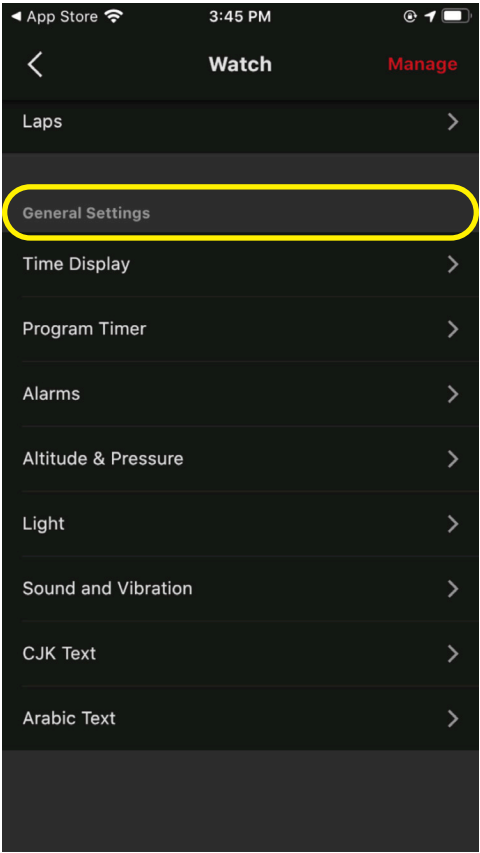
More (Settings)

WATCH: GENERAL SETTINGS

Step 1

To access the general watch settings select the More page, then select Watch.

Step 2

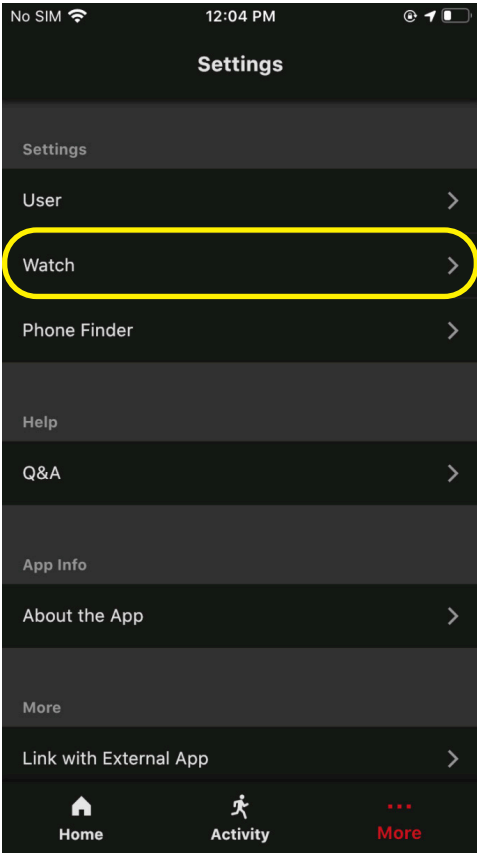Scroll down to the General Settings section.

Step 3

Here you will be able to change all of the above listed general watch settings and send those adjusted settings to the watch from the app.
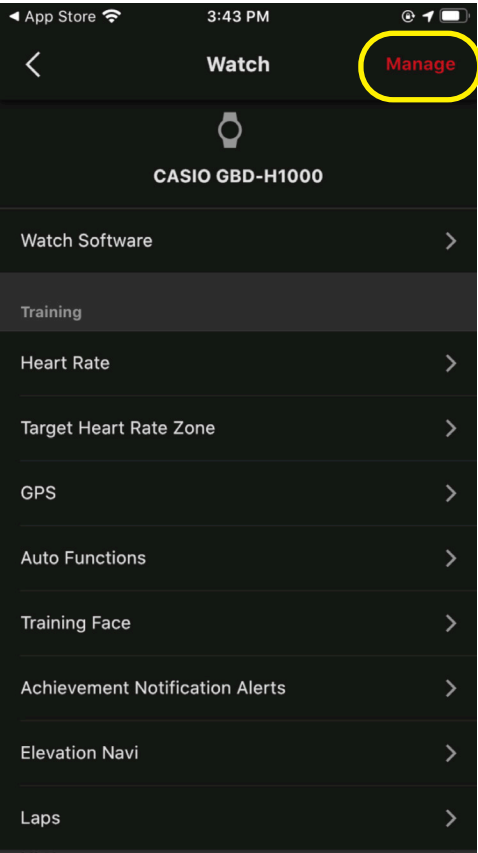
More (Settings)
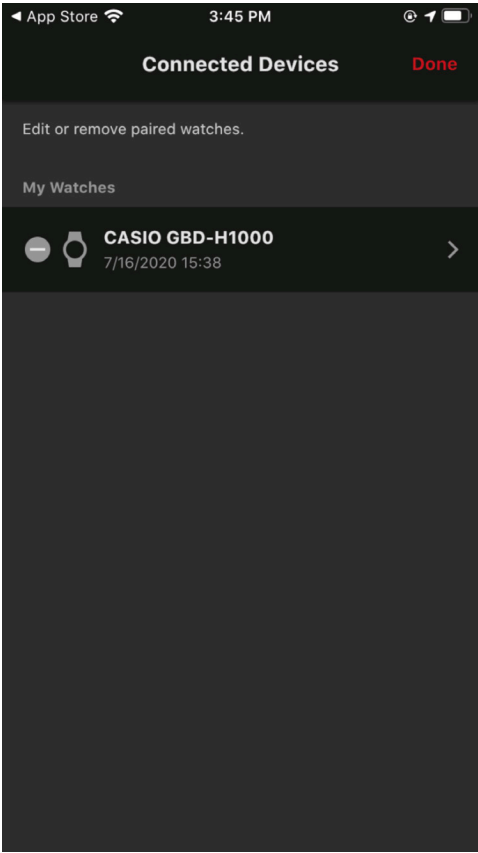**WATCH:** MANAGE CONNECTED DEVICES & ADD OR DELETE WATCH PAIRINGS

Step 1

To Manage an already connected device or connect a new watch select the More page, then select Watch.

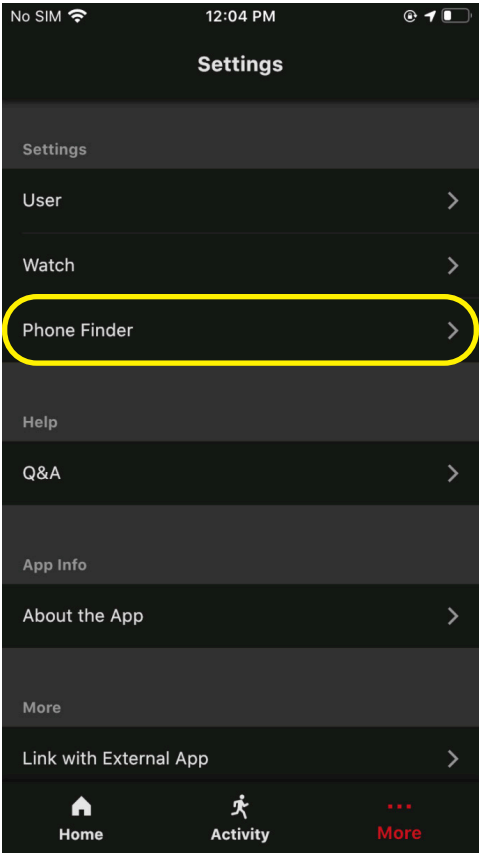**Step 2**

Select Manage in the top right area of the page.

Step 3

Here you will be able to add a new watch by selecting "Add a New Watch" or delete the current watches registration info by selecting Edit then selecting Delete Paring Registration.
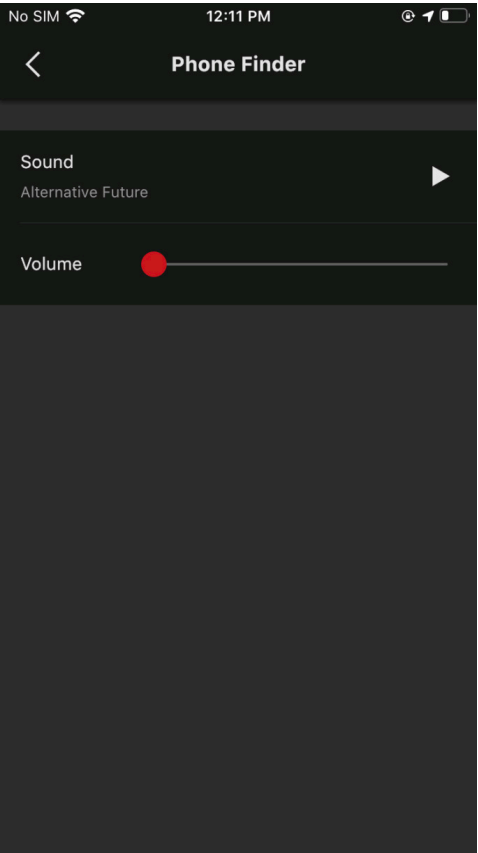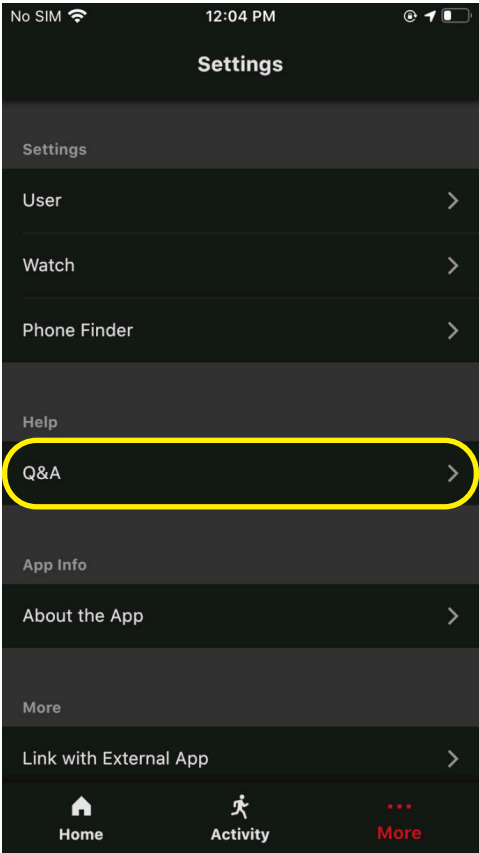
More (Settings)

PHONE FINDER

Step 1

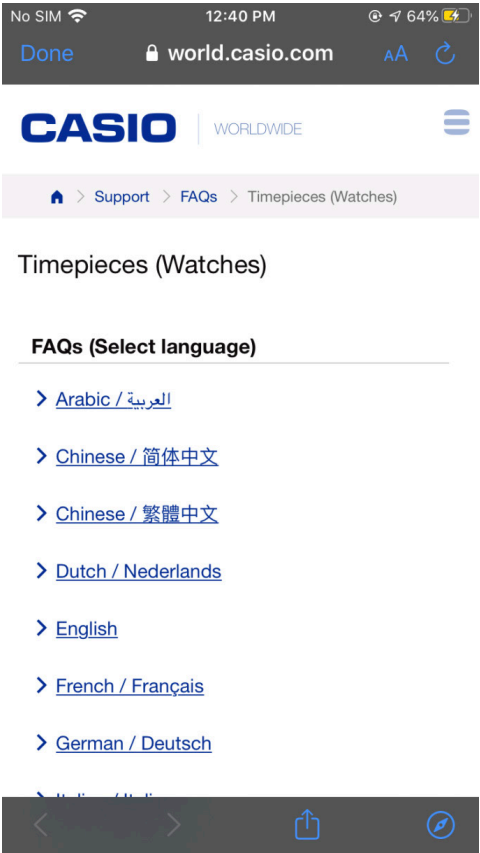To access the Phone Finder feature settings select the More page and select Phone Finder.

Step 2

Here you will be able to adjust your Phone Finder features ringtone and volume on your smart phone.

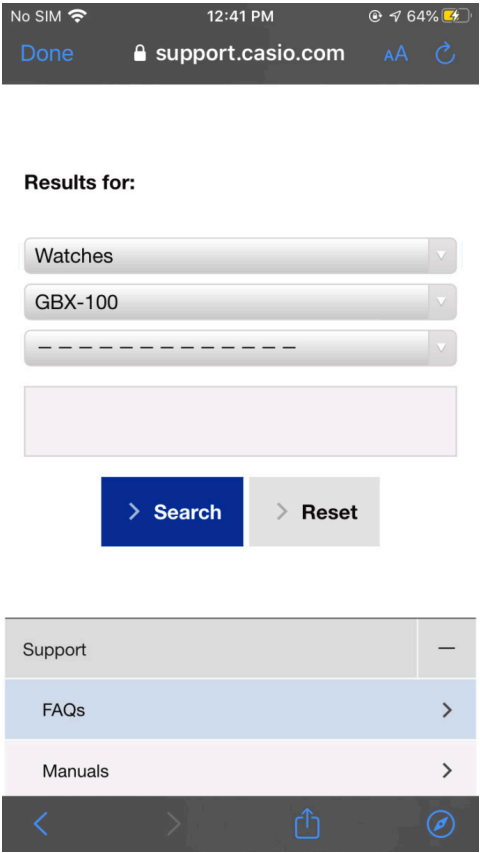# More (Settings)

HELP: Q&A CASIO SUPPORT

Step 1

To access the Q&A on Casio's support webpage select the More page, then select Q&A.
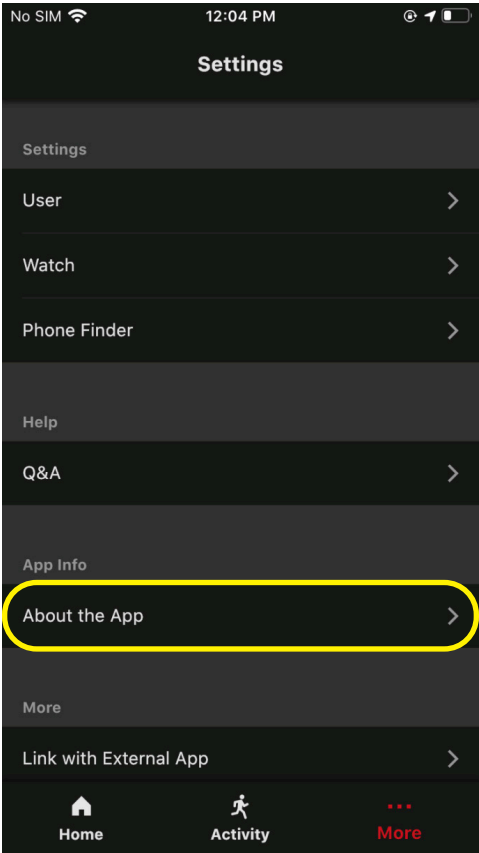
Step 2

Select your desired language.

Step 3

Enter the product information for a listing of answers to the most common questions received on this watch model.
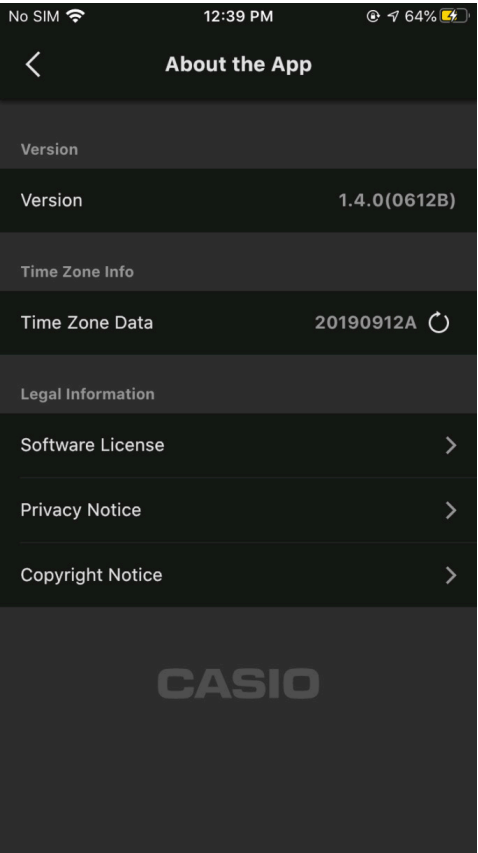
More (Settings)

ABOUT THE APP: VERSION / TIME ZONE DATA / SOFTWARE LICENSE / PRIVACY NOTICE / COPYRIGHT NOTICE

Step 1

To view technical information about the G-SHOCK MOVE app you are running select the More page, then select About the App.
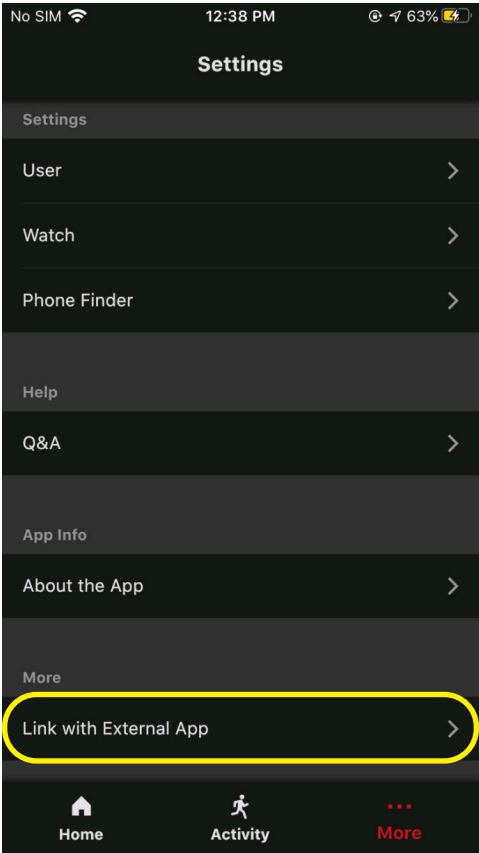
Step 2

Here you will have listed all of the Apps running version, time zone, and legal information.
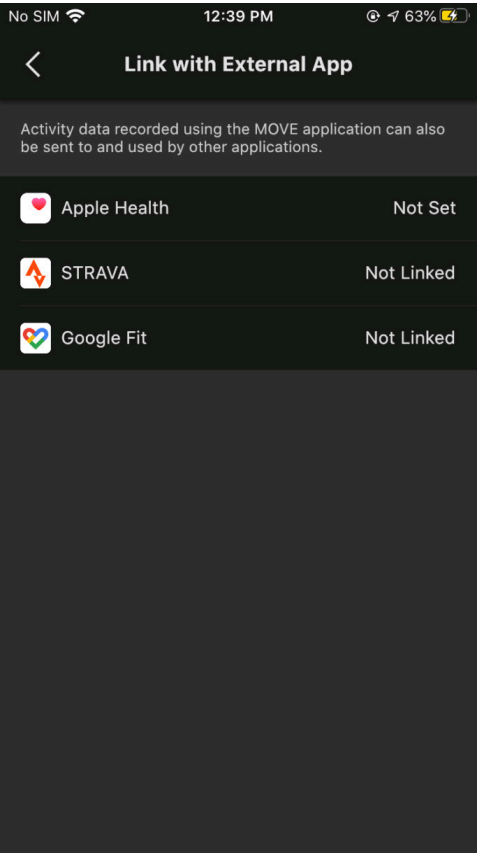
More (Settings)

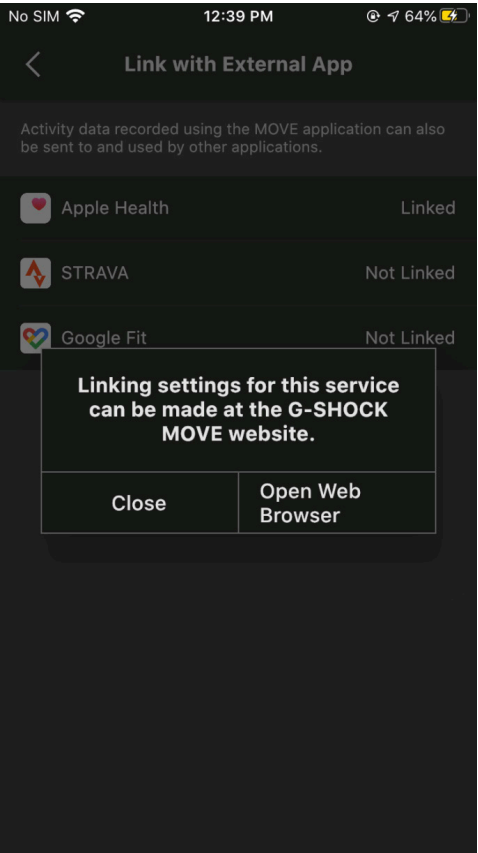**EXTERNAL APPS:** LINKING WITH APPLE HEALTH, STRAVA & GOOGLE FIT

Step 1

To Link the app with External Applications select the More page, then select Link with External App.

Step 2

Select the external app you would like to connect the G-SHOCK MOVE App with.

Step 3

Apple Health: connecting with Apple Health will bring you to the setting menu on your Apple device to link.

Strava and Google Fit: connecting with these two external apps will redirect you to the G-SHOCK MOVE website to link. Follow the directions on the G-SHOCK move site to link.