

G-SHOCK MOVE



GBDH2000
MULTI-SPORT GPS
+ HEART RATE
MONITOR

DWH5600
HEALTH & FITNESS
TRAINER



Bluetooth



DWH5600

SMART DAILY WATCH



DWH5600-1
\$299
Charging cable included



DWH5600-2
\$299
Charging cable included

ORIGINAL G-SHOCK DESIGN EQUIPPED WITH HEART RATE
MONITOR AND ACCELEROMETER

RUN / WALK / WORKOUT ACTIVITIES

The DWH5600 supports four different activities: running, walking, gym workouts, and interval training. Select an activity with the touch of a button to track and display a variety of measurements in real time.

Running, walking, trail running

- Distance, speed, time, pace
- Heart rate, calories burned, etc.

Gym workouts, interval training

- Time
- Heart rate, calories burned, etc.



TRAINING AND SLEEP ANALYSIS

Training and recovery data analysis at your fingertips thanks to Polar's suite of best-in-class algorithms and guidance technology.



Running Index

See your maximal oxygen uptake in running and get a prediction of your race performance.

Cardio Load

Understand how much strain your training session put on your cardiovascular system.

Energy Sources

View how much of each energy source your body uses during training, broken down into fats, carbohydrates, and proteins for each session.

Cardio Load Status

Get your training status based on your current strain and tolerance and see whether you're detraining, maintaining, being productive, or overreaching.

Life Log

Displays daily log of activity in an easy-to-understand format. Users can adjust training level to suit current cardio load status as well.

Daily number of step and calories burned/ Daily activity times/Cardio load status

Nightly Recharge™

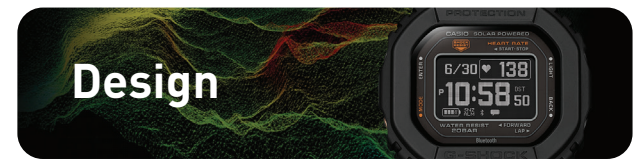
Displays level of workout recovery from sleep and provides advice on improving exercise and sleep. Check the sleep quality graph to see how much quality sleep you get at night.

Sleep recovery level/Tips for exercise, sleep, etc./Sleep stage graph

Activity Log

Variety of visuals and graphs, including display of routes traveled, make it easy to check activity history.

Route travelled *when using GPS tracking from a connected smartphone)/ Measurement data list/Linked display of measurements, graphs and routes/ Lap data



Design

COMPACT & **ICONIC** DESIGN

HEART RATE MEASUREMENT

Equipped with an optical sensor for measuring heart rate on the case back. LED light measures changes in blood flow to track heart rate. Also includes an accelerometer to count steps. For even greater accuracy of distance measurement, just pair with a smartphone and its GPS will adjust the data captured by the watch's accelerometer.



BIO-BASED RESIN

Key resin components of the case, bezel, and band are made with bio-based resins. In addition, the case features the first use of bio-based carbon fiber-reinforced resin in a G-SHOCK. Using renewable organic resources helps reduce the ecological footprint. Recycled materials are used for the packaging, as well. Everything about the design exudes eco-consciousness and healthy living.

SOLAR ASSISTED CHARGING

Use USB charging for training functions such as heart rate monitor, as well as smart functions such as notifications and step tracker. Time display is powered solely by solar charging, even when battery runs low.



Visit **G-SHOCK MOVE** for more info.



GBDH2000

TOUGHNESS FOR WORKOUTS



GBDH2000-1A
\$399
Charging cable included



GBDH2000-1A9
\$399
Charging cable included



6 SENSORS + GPS FUNCTIONALITY TRACKS PHYSICAL ACTIVITY IN REAL TIME.

- Optical Heart Rate Sensor
- Compass
- Altimeter/Barometer
- Accelerometer
- Gyroscope
- Thermometer

MULTI-SPORT FUNCTIONALITY

The GBDH2000 supports eight different activities, including running, biking, and swimming. Select an activity with the touch of a button to track and display a variety of measurements in real time

Running, walking, trail running

- Distance, speed, time, pace
- Heart rate, calories burned, etc.

Biking

- Distance, speed, time
- Altitude, road gradient
- Heart rate, calories burned, etc.

Open water swimming, pool swimming

- Distance, time
- Calories burned, etc.

Gym workouts, interval training

- Time
- Heart rate, calories burned, etc.



TRAINING AND SLEEP ANALYSIS

Train efficiently and effectively with scientifically supported, highly reliable analytical results. Analysis utilizes the POLAR® library, a database that is known for heart rate-focused training analysis.



Design

LIGHTER, SMALLER, SLIMMER



GBDH1000

GBDH2000

101g	Weight ▼ 38%	63g
55.0mm	Width ▼ 4%	52.6mm
20.4mm	Total thickness ▼ 5%	19.4mm

DUAL LAYER CROSS FRAME

This new design delivers a comfortable fit and carbon reinforced resin back is uncompromisingly strong yet lightweight. Large buttons offer easy operations for users.

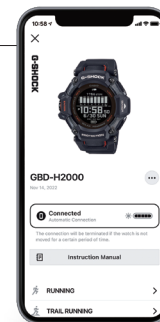


BIO-BASED RESIN

Eco-friendly material, Biomass plastic, is used to make the bezel and band. Using renewable organic resources such as corn helps reduce the ecological footprint.

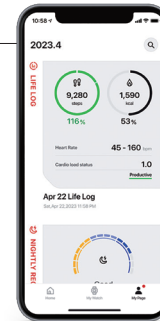
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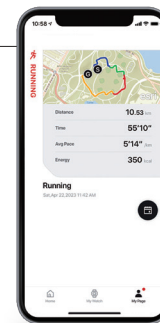
CASIO WATCHES APP

Both the new Multi-Sport GBDH2000 and DWH5600 connects to the CASIO WATCHES App where users can update watch settings and view their activity. Utilizing Polar's extensive research library, users can review detailed analysis of their training.



LIFE LOG

The Life Log and activity logs compiled on the GBDH2000 and DWH5600 can be viewed in My Page. A summary is shown in a timeline. To view more details about the Life Log or activity log tap the summary to transition to review detailed analytics.



GPS & RUNNING DATA

While the DWH5600 uses the smartphone's GPS, the GBDH2000 is equipped with the technology to connect to 5 satellites (GPS, GLONASS, QZSS, GALILEO and BEIDOU) and accurately measures distance, speed and pace providing real-time data.

Run history will be stored on both the CASIO WATCHES app on your Smartphone and on the cloud via CASIO ID. From here users can view routes ran, distance, pace, run time, energy consumption and heart rate.



Visit **G-SHOCK MOVE** for more info.