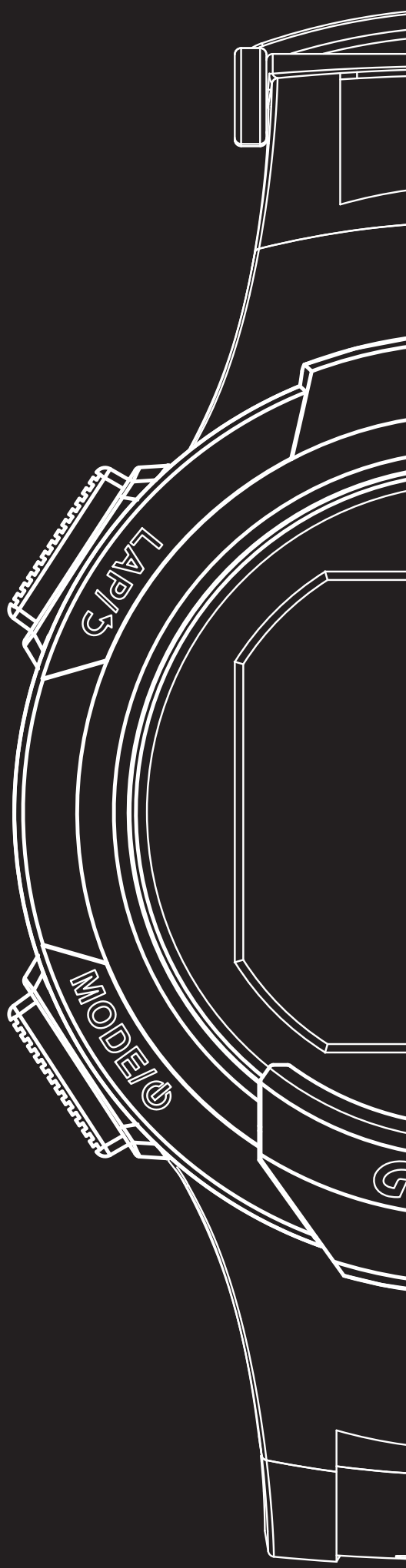
GOLiFE
穿戴科技·第一品牌



Super Light-weighted Smart Watch

GoWatch II0i

User Manual

► Peruse before use

► Table of contents

Thank you very much for purchasing our product. To ensure correct use of the product, please peruse this manual before use.

Keep the manual properly for convenient use at all times as required.

※ The protection film stuck on the product shall be removed before use. When used with the film remaining on, stain or rust may occur due to adhesion of sweat, dust or dirty water.

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Precautions on using the product

⚠ Warning

This mark indicates that improper handling may result in major injury or severe consequences

- Stop using the product in any of following cases
  - ▪ If watch body or strap becomes sharpened due to any reason.
  - ※ Contact the store you purchased the product from or our Customer Services Center immediately

- Keep watch or parts out of reach of infants.
  - ※ In case swallowed by infant, seek medical care immediately.

- Do not dismantle watch or remove battery for recharge or modification
  - ▪ Dismantle of watch requires special expertise and battery replacement requires correct specification; please allow handling by the dealer where the product is purchased.
  - ※ Incorrect installation of battery may cause fracture, heating or fire
  - ※ Improper dismantle of watch may cause water ingression and damage.

⚠ Precautions

This mark indicates that incorrect operation may result in minor injury or material losses

- Avoid using or storing GoWatch in any of the following places
  - ▪ Where vapor of volatile products (e.g. nail polish remover, pesticide, etc.) exists.
  - ▪ Where temperatures exceeding the range of -10 ℃ ~ 60 ℃ in long-term basis.
  - ▪ Where subject to magnetic field or electrostatic effect in long-term basis.

- In the event of allergy or macula
  - ※ Stop use and seek medical care immediately.

- Other precautions
  - ▪ Do not dismantle or modify watch or any component.
  - ▪ Do not let children handle GoWatch, for preventing from swallowing it, injury or allergy.
  - ▪ Used battery shall be disposed of according to local regulations.

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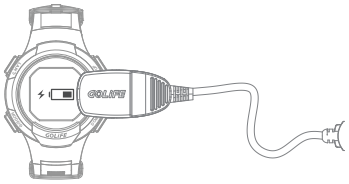
Perform calibration before initial use

※ In addition to initial use, perform these calibration items if the product was left unused for a long time, for ensuring the watch being ready and actual when providing respective functionalities.

Initial Use of Watch

- Charge your watch for initial use. Get outdoors for automatic calibration of both time and time zone.
- The watch, when bought from the shop, may be fully discharged. Charge the watch for at least 10 minutes before putting it to use.

➡ For charging method please see P5



- On completion of charging GoWatch, go outdoors where signal is stronger; press and hold [MODE] key to switch on GoWatch and to automatically calibrate the time and time zone.
- For setting procedures after switching on GoWatch

➡ please see P7

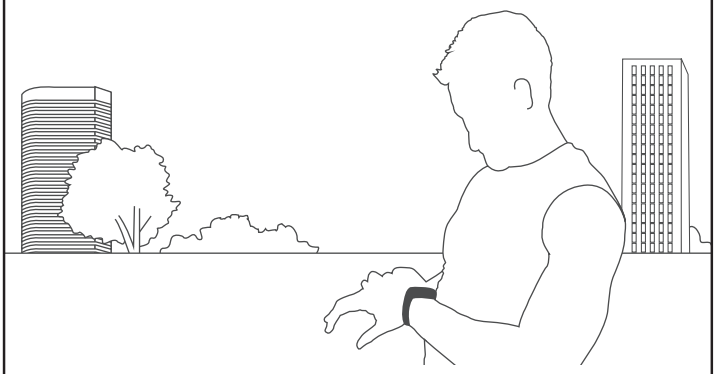
- If you are indoors where positioning is not possible, or you want to manually set the time

➡ please see P8

Compass Calibration

- Perform calibration before using compass the first time. Enter Menu Mode→ [Compass] → [Calibrate] and perform calibration.

➡ For calibration method please see P38



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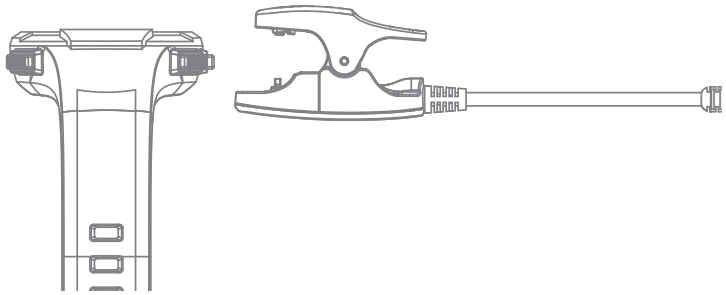
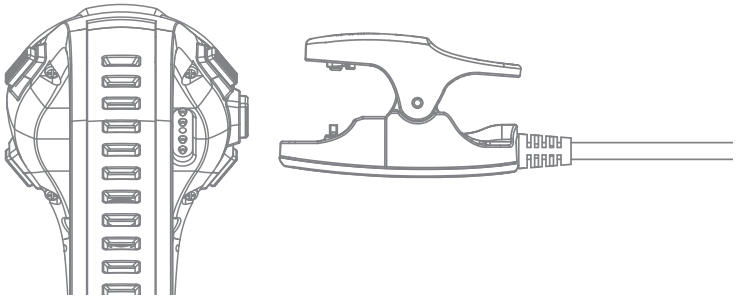
Charge GoWatch

※ When charging GoWatch, care must be taken to prevent GoWatch from subjecting to high temperatures for a prolonged period. (Efforts shall be made to allow GoWatch being charged within the range of working temperature, -10°C~60°C.)

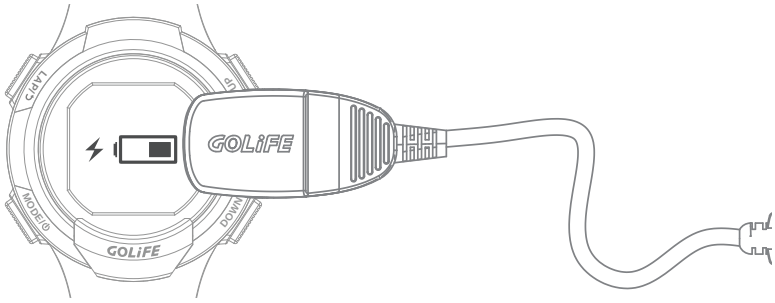
• As shown in the figure, both the GOLiFE mark on the Charge Clip and the face of watch shall face up.



• Gently press down the tail of Charge Clip gently so that the protruding pin at the front end of the clip aligns the corresponding hole on the bottom of watch, release the tail so that the clip is firmly gripping GoWatch and connecting the metal contact.



• Connect the USB cable on the other end of Charge Clip to PC; GoWatch will start to charge automatically in about 2 seconds.



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Basic Operation

▶ Basic Operation Method ◀

1 Lap/Back
LAP/BACK

2 Mode/Power
MODE/POWER

3 Up
UP

4 Ok /Backlight (In Watch Mode)
OK

5 Down / Message and Call Notify
DOWN (In Watch Mode)

Components

1 [Lap/Return] Key (LAP /↺)

- Press this key in Menu to return to the previous layer of menu.
- Press and hold this key in Clock Screen of Watch Mode to lock up GoWatch for preventing unwanted key activation.
- Press this key in Activity Mode to set a Lap. If the activity is in a Pause, press the key to stop the activity.

2 [Mode/Power] Key (MODE /Φ)

- Press to switch off/on GoWatch.
- To switch Watch Mode and Menu Mode.
- Press this key in Activity Mode to return to Watch Mode.

※ Remember to end the activity before returning to Watch Mode, otherwise the recording continues since GPS keeps on working which leads to rapid power consumption of GoWatch.

3 [Up] and [Down] Keys (UP▲ / DOWN▼)

- Press this key in Menu to move to a previous or next option. (Followed by pressing [OK] to select.)
- Press [Down] Key in Clock Screen of Watch Mode to enter View Message screen.

4 [OK] Key

- Press this key in a Menu to select the option.next option.

- Press and hold 2 [MODE] to switch OFF/ON.
- In Watch Mode, press 5 [DOWN] to switch over to Msg/Notify Screen.
- Use 3 [UP], 5 [DOWN], 4 [OK] and 1 [LAP] keys to operate the Menu.

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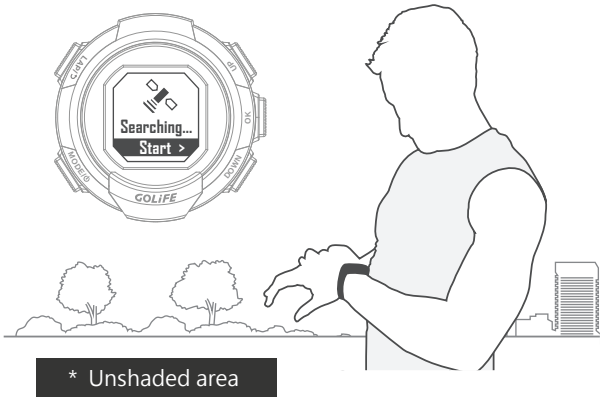
Initiate GoWatch 110i

1. Charge : Connect charge clip to charge 110i (**using either a PC' s USB port, a 5V/1A portable power source, or a smart phone charger.**)

2. Start-up : On completion of charging, **Press and Hold [MODE] key for 2 seconds** ; this will activate GoWatch 110i .

3. Select a Language : Press [Up] or [Down] key to select [Traditional Chinese], [Simplified Chinese], [English], or [Japanese].

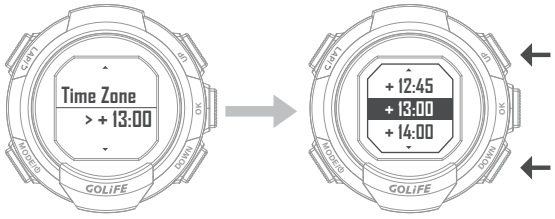
4. Time/Time Zone Setting :



▸ Automatic Time Zone Set

Select [Yes], press [OK] → GPS Searching

- Make sure that your position has good reception of GPS signal, such as at top floor of building, unshaded area, etc.
- It takes about 5 minutes to complete GPS positioning.
- On completion of GPS positioning, verify the current local time and calibrate it.



▸ Manual Setting of Time Zone

Select [No], press [OK] → Manual Time Zone Setting.

- Press [Up] or [Down] key to select a time zone within the range of [-12:00] to [+14:00].
- Press [UP], [DOWN], [OK] to set up date and time.

5. On completion of the above procedure, you may enter the Watch Screen.

※ Please perform positioning at a fixed unshaded area when GoWatch 110i displays GPS Searching Screen. It takes about 1 to 5 minutes to complete positioning. For first-time positioning of GoWatch, or for positioning it after a prolonged period of switched off status, it may take more than 5 minutes. Any movement or warm-up exercise during the positioning process may cause a prolonged GPS positioning session.

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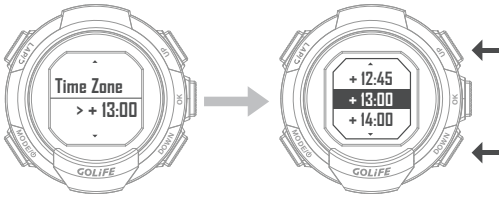
Time Zone Calibration

Manual Time Zone Calibration

1. Go to Menu Mode → [GPS], check GPS for activated status.

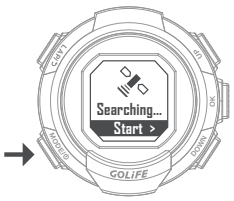
2. Go to Menu Mode → [Settings] → [Time]→ [Time Zone], and press [UP] or [DOWN] to select a time zone in the [-12:00] to [+14:00] range.

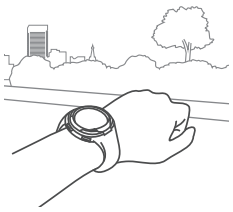


Automatic Time Zone Calibration

1. Go to Menu Mode → [GPS], check GPS for activated status.

2. Go outdoors and press [MODE] once. GoWatch will display Satellite Searching. It takes about 1 to 5 minutes to complete positioning and automatic time zone calibration.





※ Please perform positioning at a fixed unshaded area when GoWatch 110i displays GPS Searching Screen; it takes about 1 to 5 minutes to complete positioning.
For first-time positioning of GoWatch, or for positioning it after a prolonged period of switched off status, it may take more than 5 minutes. Any movement or warm-up exercise during the positioning process may cause a prolonged GPS positioning session.

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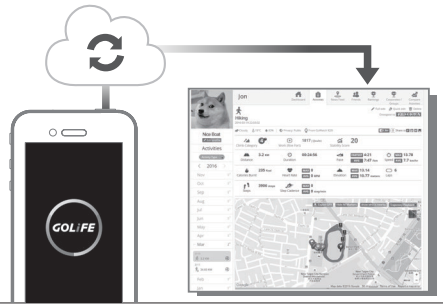
GoFIT App Smart Phone App
Android System / iOS System

※ GoFIT App is only Applicable to iOS 8.3 or higher / Android 4.3 or higher Smart Phone or Tablet with Bluetooth 4.0 transfer functions.

▶ GoFIT Smart Phone App Features ◀

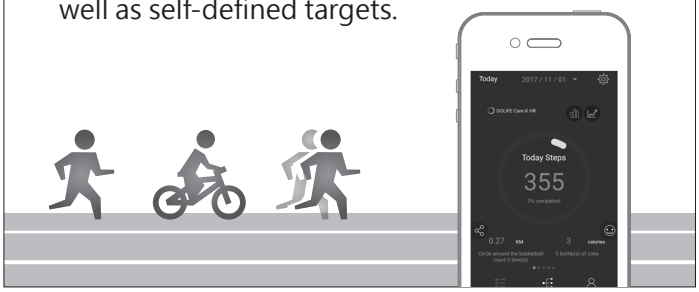
Upload on the spot

All the exercise records can be uploaded to smart phone and GOLiFE RUN platform via GoFIT App Bluetooth Pairing by one-key operation, for carrying out comprehensive analyses.



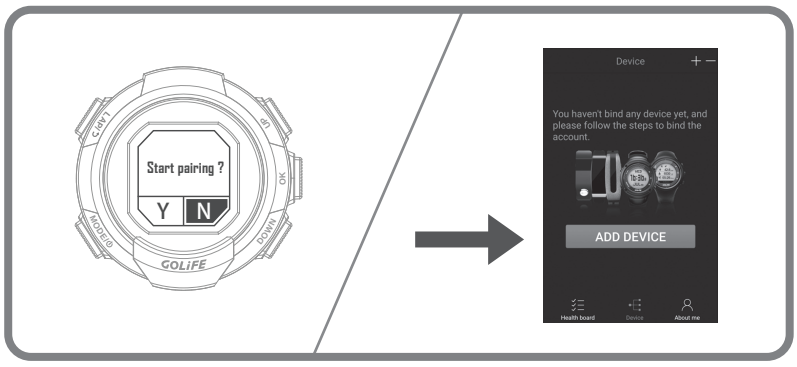
Exercise Amount Accumulation

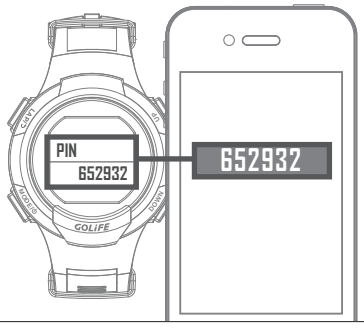
GoFIT App is capable of displaying monthly accumulation of respective exercises such as Run / Cycling / Marathon, for convenient check up of accumulated exercise amounts as well as self-defined targets.



Easy to Use

Pairing GoWatch 110i with a GoFIT App. First go to [Settings] the watch and enter [Pair]. At the same time activate GoFIT App and enter [Device], and select [+]. Enter smart phone App when GoWatch displays paring code; this completes the pairing.





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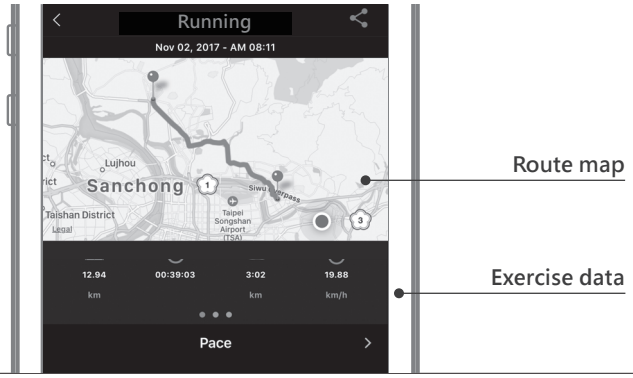
On the spot Viewing

All the exercise data allow for clear viewing from a smart phone, including route browsing, distance, time, lap count or calorie consumption, etc.

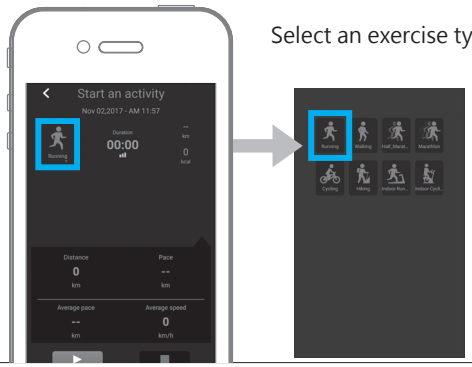


Quick Sharing

Exercise data can be uploaded to smart phone or cloud platform via one-key operation; it allows as well sharing in Facebook, WeChat and friends circles.

Easy exercise without carrying GoWatch

Without carrying a GoWatch, you may still simply record the current exercise data with a smart phone. You may select Run, Walk, Half Marathon, Marathon, Cycling, or Hiking mode. On completion of exercise, the data can then be uploaded and viewed immediately.



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▶ How to install GoFIT App ◀

1

Scan the QR Code or go to Google Play Store / Apple Store and search for GoFIT App. Click and install it.

Available on the App Store

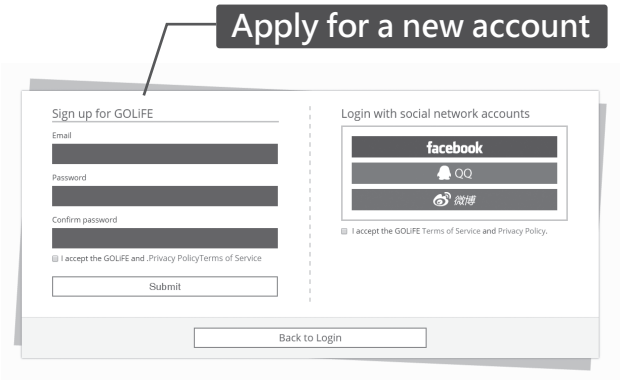
GET IT ON Google play

2

On completion of installation, select GoFIT App, log in with a GOLiFE account. If you have no GOLiFE account yet, go to GOLiFE RUN at

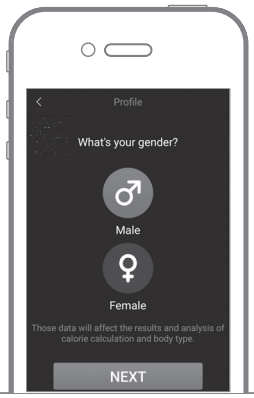
http://run.goyourlife.com/

to create a new GOLiFE account.



3

On completion of logging in, go to About me > Profile to enter your basic information.



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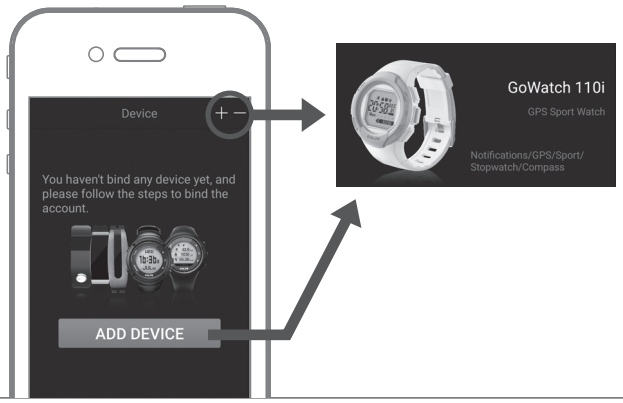
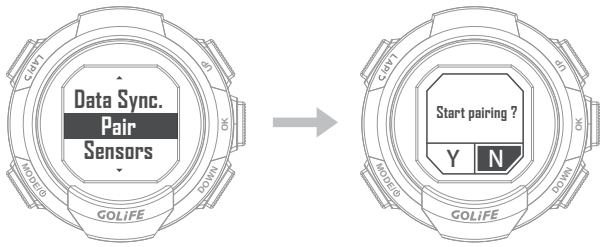
▶ How to Pair with GoWatch 110i ◀

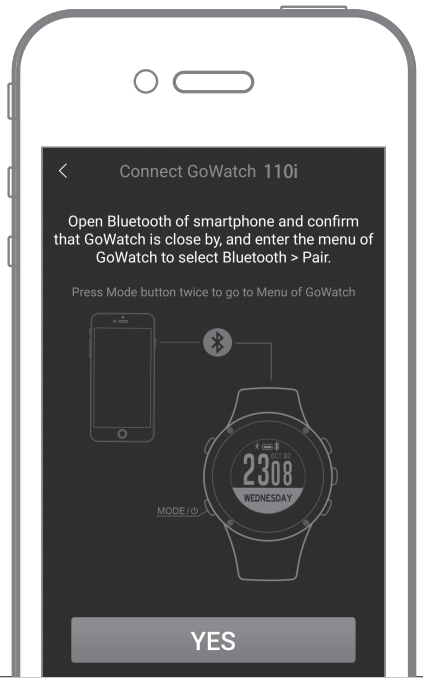
1 Press the [+] icon in [Device] in the GoFIT App screen and select [GoWatch 110i].



2 Followed by pressing [MODE] of 110i to switch over to Menu Mode, select [Pair]. Enter the pairing mode by selecting [Y] when [Start pairing] message Appears.



3 At the same time press GoFIT App > [Connect Gowatch 110i] > [Yes].



4 Enter the 6-digit pairing code displayed on GoWatch into GoFIT App. This shall lead to a successful pairing.

- During the pairing period, press [LAP] to return only when the Android smart phone shows a paired 110i Device.
- See P60 for any problem regarding pairing with an Android smart phone.

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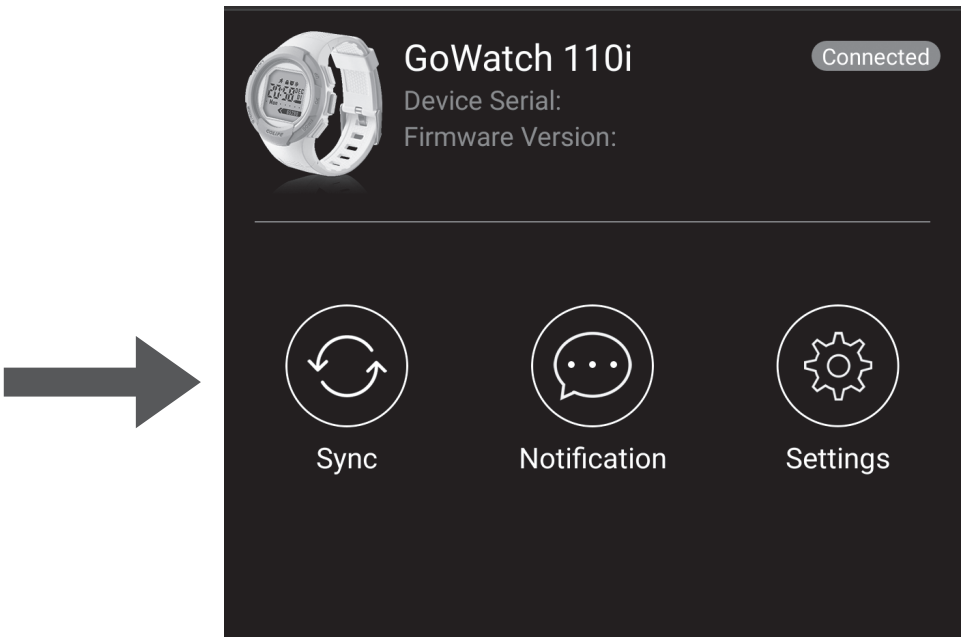
▶ How to upload activity data to GoFIT App ◀

Press [Device] abore GoFIT App and press [sync] in GoWatch 110i to upload activity.

- Perform pairing of watch before uploading activity log.
- If 110i has not yet paired with a smart phone, you may also upload your entire activity log to your GOLiFE CONNECT account via a PC. See next Chapter GOLiFE RUN Cloud Service Site.



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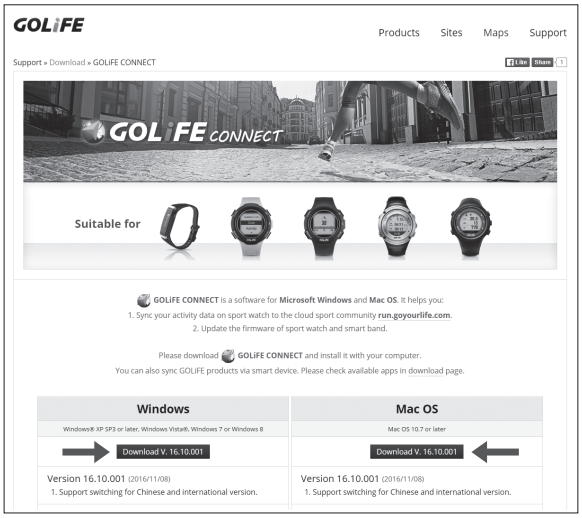
GOLiFE CONNECT

▶ How to install GOLiFE CONNECT ◀

1

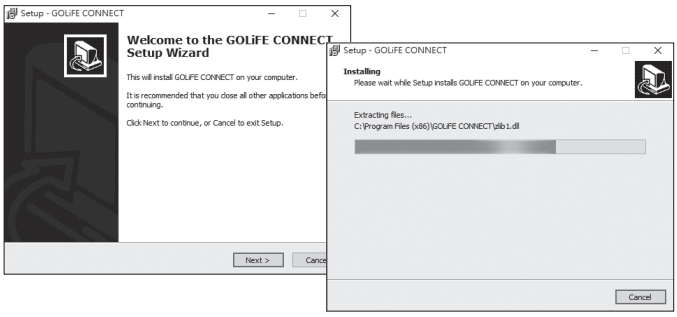
Go to http://www.goyourlife.com/golife-connect /, and download GOLiFE CONNECT.

※ Supports Windows® XP SP3 and higher, Windows Vista®, Windows 7 or Windows 8, Mac OS 10.7 and higher.



2

After download, click GOLiFE CONNECT to perform installation.



3

Open the installed GOLiFE CONNECT and log in your GOLiFE account.
If you don't have a GOLiFE account, go to GOLiFE RUN at: http://run.goyourlife.com/ to create a GOLiFE account.

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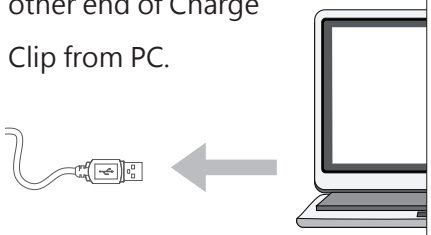
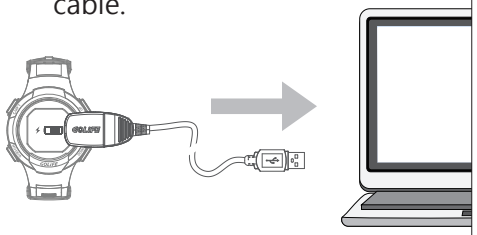
※ If system shows GOLiFE device not found, verify your connection and log in again.
If connection is correct, proceed with the following steps:

❶ Remove USB cable on the other end of Charge Clip from PC.



❷ Press [LAP]+[MODE]+[OK] at the same time to re-start-up GoWatch.

❸ Re-connect device with USB cable.



❹ Re-start GOLiFE CONNECT.

4

After logging in, your may select [Synchronize Data], [Update GOLiFE CONNECT], [Update Firmware]. This helps to:

1. Synchronize your activities data of your GoWatch to GOLiFE Cloud Service Site. (run.goyourlife.com)
2. Upgrade firmware of your GoWatch or smart band.

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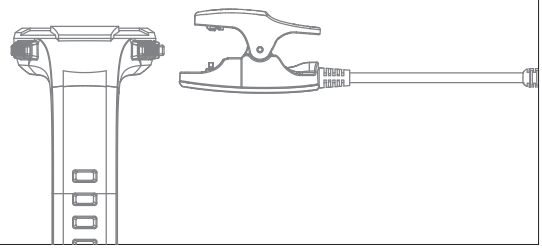
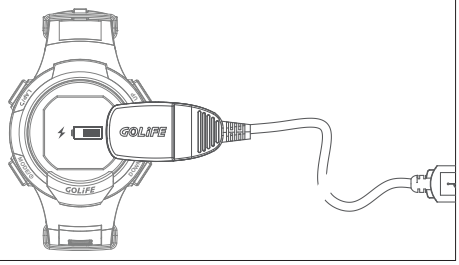
▶ GOLiFE CONNECT Upload Instruction ◀

1 Clip up Charge Clip to GoWatch



2 Connect USB cable on the other end of Charge Clip to USB port of PC.



3 Use PC to activate www.goyourlife.com/download and install GOLiFE CONNECT.

Skip this step if already installed.

4 Enter a GOLiFE account or log in your Facebook, QQ or Weibo account.

5 Now you my select [Synchronize Data] or [Update Firmware].

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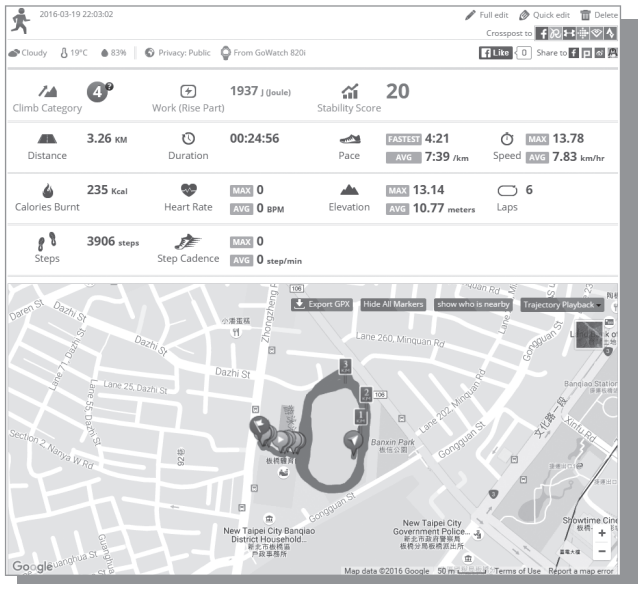
GOLiFE RUN Cloud Service Site

▶ GOLiFE RUN Cloud Service Site Features ◀

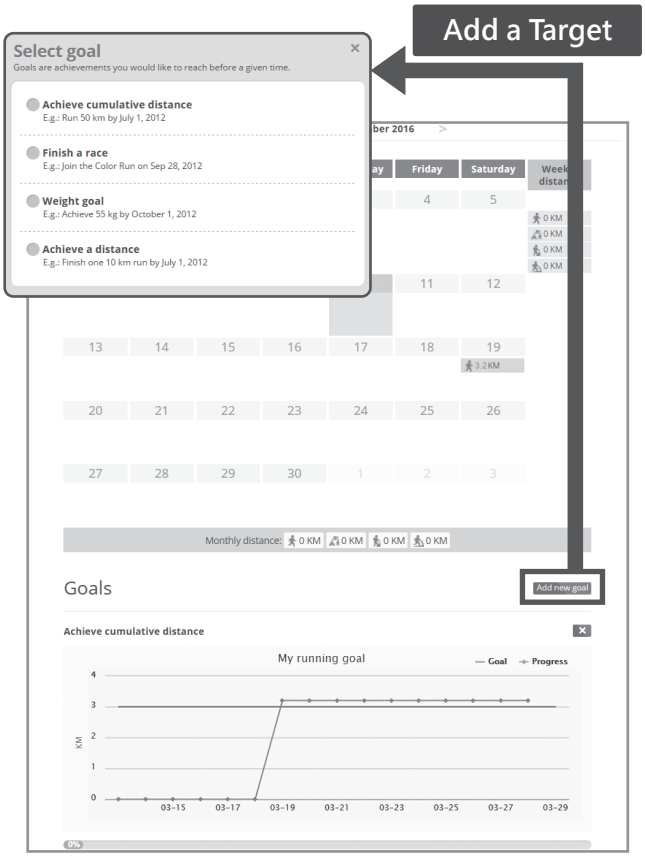
Data Analysis

All of the exercise data can be viewed clearly in a smart phone, including route browsing and data of distance, time, lap or calorie consumption.



Planning exercise training programs

Select a fitness target and download a daily training plan. Create your goals and log in daily figures, GOLiFE RUN will generate your growth curve in no time.



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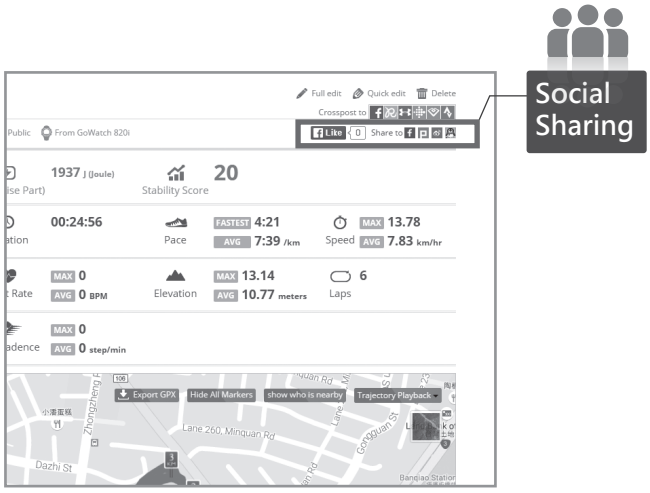
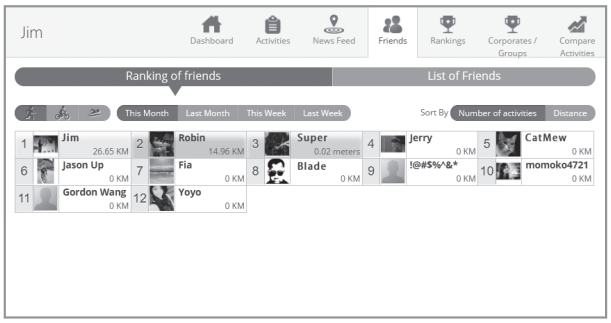
Sharing activities

Link with friends, follow up other' s activities, post photos and messages, or share trajectory to a social platform. Add other friends to allow ranking in terms of type of exercise, date, log count and total distance of all the friends.

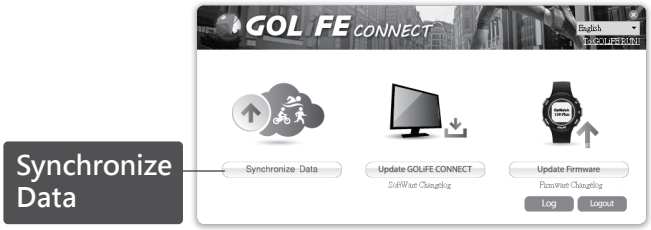




Ranking

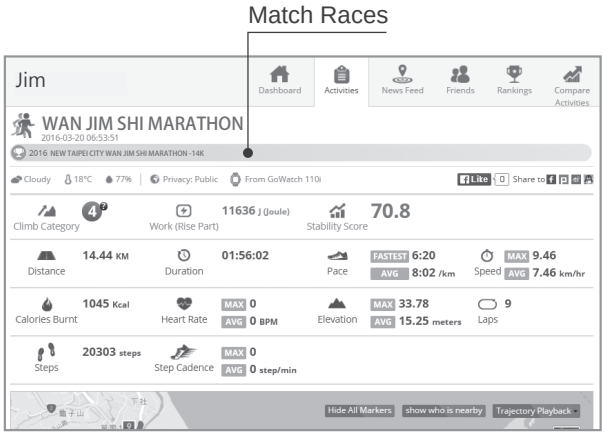
Saving Activities

On completion of activity and saving data into a device, you may upload your activity log to GOLiFE CONNECT, where you may store your data as long as you like.



Auto detect races

When uploading your activity after attending a race, the system will automatically match up with the most appropriate race and record the results and trajectory of each activity.



※ To apply for a free account, go to
http://run.goyourlife.com/

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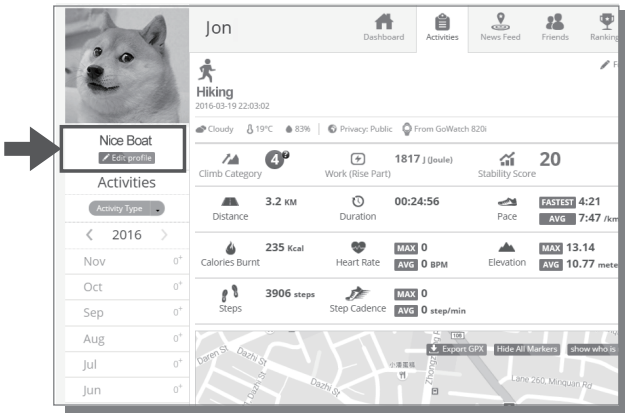
▶ How to use GOLiFE RUN Cloud Service Site ◀

1

After logging in GOLiFE RUN Cloud Service Site, you may edit data on the left side and introduce yourself.

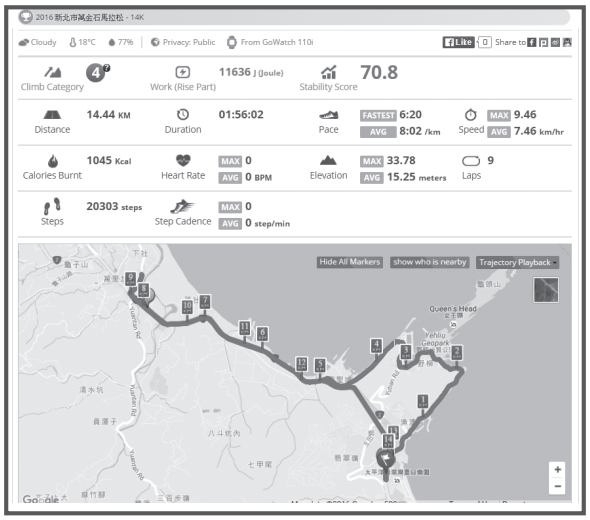


2

By uploading exercise log using GoFIT App or GOLiFE CONNECT, you may view data of climb category, work of rise part, stability score, trajectory, time,
distance, elevation, heart rate, calories burnt, cadence, trace, pace acceleration, etc.

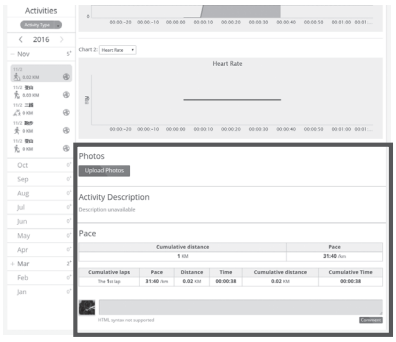
You may also covert these data into charts, analysis report, export GPX and playback trajectory.

Buttons on the upper right corner allow you to share your exercise data on Facebook, Plurk, Weibo, QQ, and other platforms.



3

Upload activity photos and give your comments.



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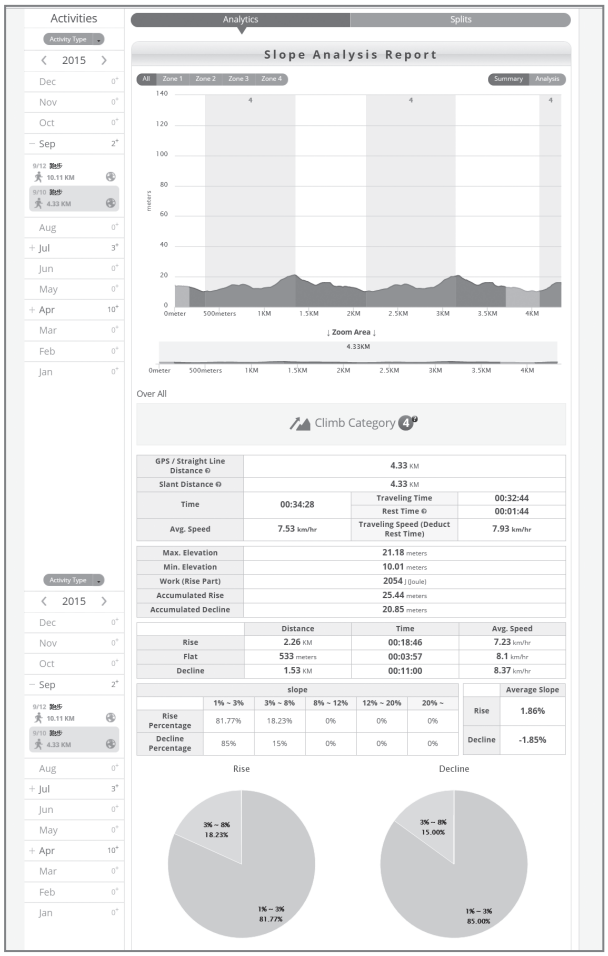
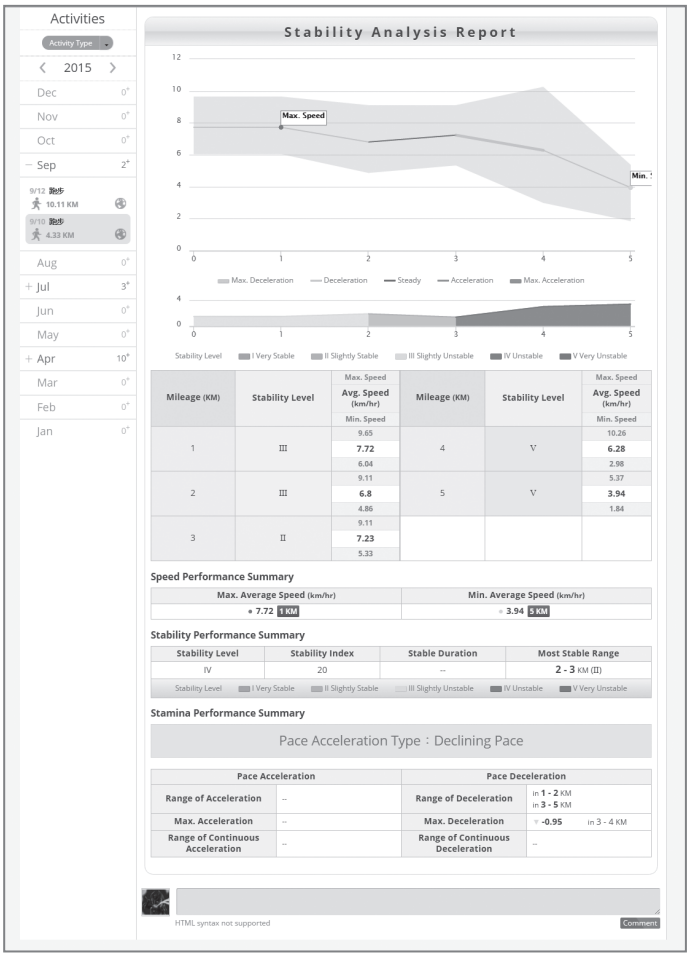
4 It allows clear viewing of slope and stability analysis report or selecting basic data reports on the right.





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Modes and Functions

Modes

Press [MODE] Key to switch-over to the following modes

Watch Mode:

- GoWatch 110i is used as an ordinary watch when not performing exercise logging.
- 24H, 12H and clock style setting, please see Menu Mode → [Settings] → [Time] → [Clock Style] and [Format].

Menu Mode:

- For setting up personal info and basic setting of GoWatch.
- Device Pairing and Compass Function.
- Activity Mode Setting and Activity Log Checking.
- Stopwatch and Timer function.

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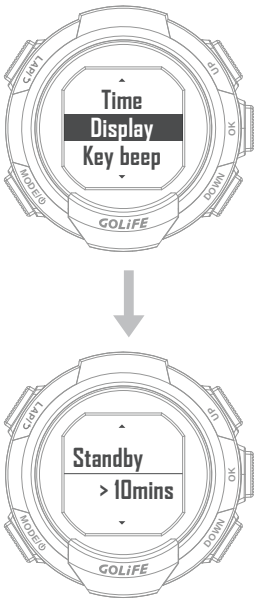
Clock Functions

GoWatch 110i can be used as an ordinary watch when not performing exercise records. You may manually return to Watch Mode.

GoWatch will return to Watch Mode (In Activity Mode, GoWatch won' t return to Watch Mode automatically.) after being standby for a preset time (which can be checked by Menu Mode → [Settings] → [Display] → [Standby]; default value is 10min.)



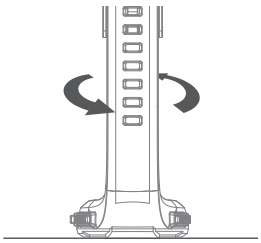
Compass

Compass will alter orientation in accordance with the watch movement, with the center of watch displaying the angle between Watch Frontal and Magnetic North Point together with the orientation.

Compass Calibration:

Go to Menu Mode →
[Compass] → [Calibrate].

[Calibrate]: For initiating or re-calibrating the Compass, press [OK] and place the watch on a horizontal surface with its face down.
Rotate the watch at the spot until the message of finish appears.



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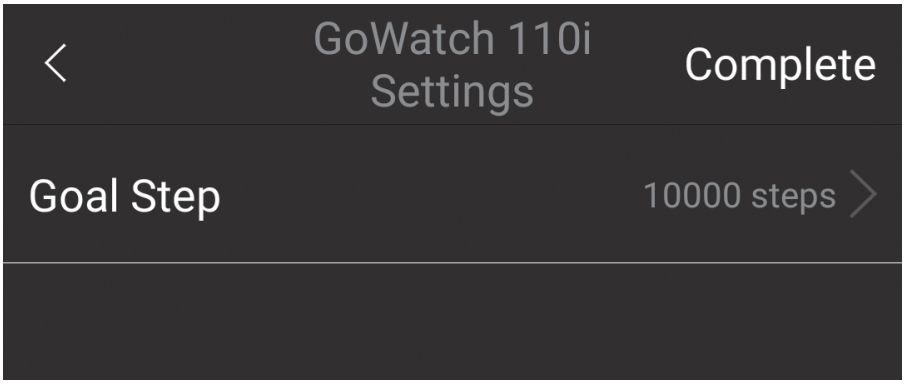
Steps Count

Daily steps count is displayed at lower part of Clock Screen; GoWatch vibrates and beeps to notify when target of daily steps is reached.

For adjusting Sound/Vib. , please see P43.

Target of steps can be adjusted by going to GoFIT App > Device > GoWatch 110i > Settings > Goal step . Default is 10,000 steps.



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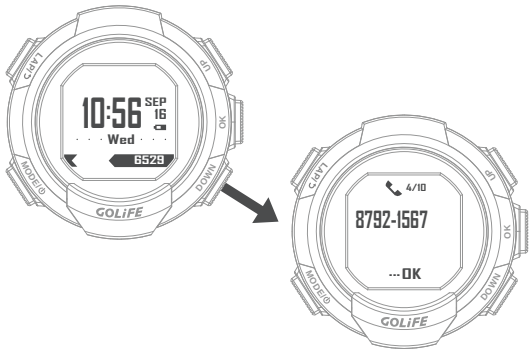
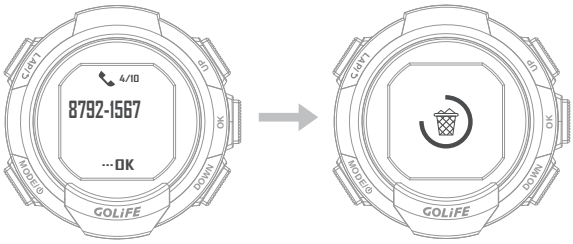
Message Function

- During Watch Mode of GoWatch 110i , press [Down] to view messages and notifications of communication Apps such as LINE, Facebook, Call Reminder, Smart Phone Message, etc.
  (Smart phone notification must be enabled in advance.)

※ **See P54 for disabling specific message to extend battery service performance.**



- For deleting a message, Press and Hold [LAP] until a circle Appears on the watch, indicating the deletion is done.



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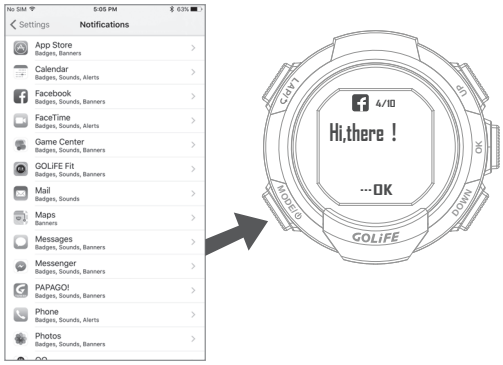
- Manage Notifications: You may manage messages displayed on 110i using a paired mobile device.
  - ▸ **In iOS System :** You may set type of prompt App and message in Notification Center of your mobile device; notification displayed by 110i will be consistent to these settings.
  - ▸ **In Android System :**

    In Android System: Open GoFIT App and Bluetooth and pair with 110i; select [Device] → Select 110i → [Notification] before selecting to enable or disable message.

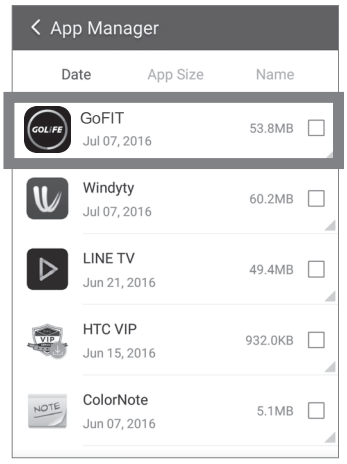
※ For how to install GoFIT App, see P11; for pairing method, see P12.

iOS



Android

- In the event an Android series smart phone encounters line breaking problems, consider the following settings.
  - ▸ **If the phone has Auto Start Management function, please set GoFIT App as Allow for Auto Start.**
  - ▸ Enter the Auto Start Management List and open the GoFIT App switch, add GoFIT App into the Allow for Auto Start list.



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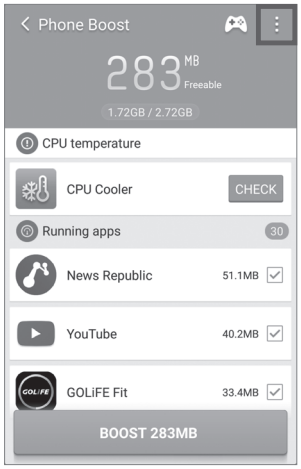
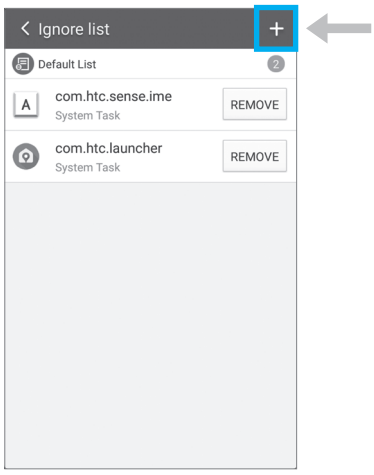
- For smart phones provided with One-key Delete, One-key Acceleration, Smart Phone Acceleration, Phone Boost, Clear internal storage, release memory or similar functions, add GoFIT into the Ignore List (or Exception List, Protected List, White List).

※ **Operation procedures are given as follows taking [Phone Boost] as an example.**

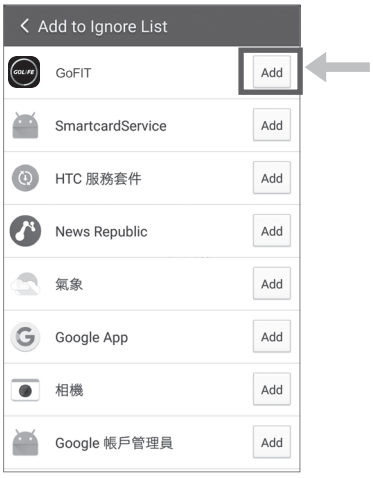
1 Open [Phone Boost] setting, click More Functions at the upper right corner and select [Ignore List].



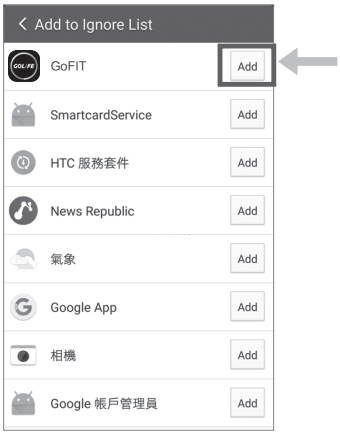
2 Enter [Ignore List] page and click [+] at the upper right corner for adding a new App.



3 Find GoFIT and click [Add].



- If the smart phone has One-key power saving, Power Optimization, or similar functions, please add GoFIT to Ignore List.



※ **Restart your smart phone** after completing settings of all the above functions.

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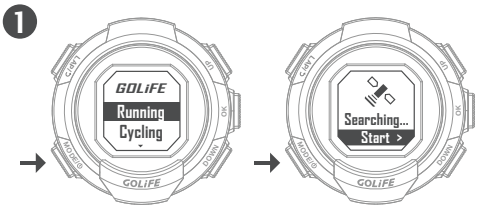
Start Activity

❶



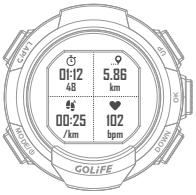
Press [MODE] → [Start], select exercise type and wait for GPS search and positioning (Skip GPS search and start exercise for **Indoor Cycling** , **Indoor Running and Indoor Swimming**).

❷

After positioning, current status is shown when you start exercise.

※ For adjusting page info type, go to [Settings] → [Page]; see P39.

❸

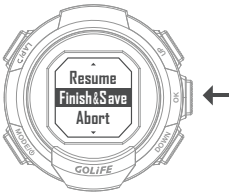


Press [UP] or [DOWN] to check activity data.

❹

Press [OK] to start or pause exercise.

❺



At the end of exercise, press [OK] to pause; [Resume], [Finish & Save], [Abort] will be shown on the screen; then select [Finish & Save] to save the activity data.

※ After Sync of activity data, you may select page 4 of [Health board] of GoFIT App to view data and tracks, or log in the official GOLiFE website to view the same. (For how to install GoFIT App, see P11.)

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Activity Mode

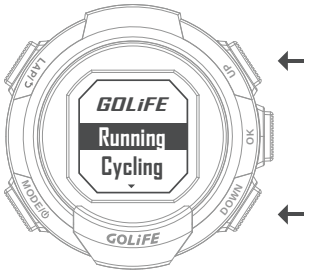
Activity Mode Functions:

Logging Exercise:

[UP] / [DOWN]:

Switch display page of exercise

(GoWatch 110i provides 5 pages for viewing data, select with Menu Mode → [Settings] → [Page] for setting up data to be displayed on pages and type of pages).

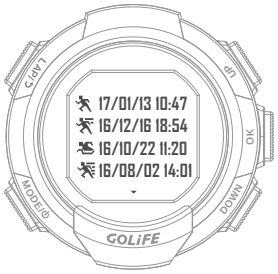


Manual Pause:

Press [OK] to pause logging; press [OK] again to resume logging.

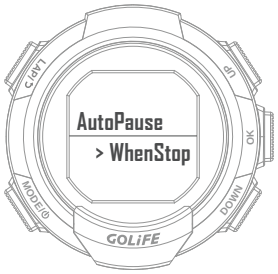
Check exercise and lap log:

You may check data via Menu Mode → [Activity] → [Log].



Auto Pause:

Select for setting Auto Pause or not via Menu Mode → [Activity] → [Settings] → [Auto Pause].



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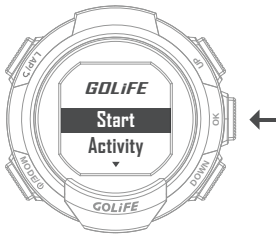
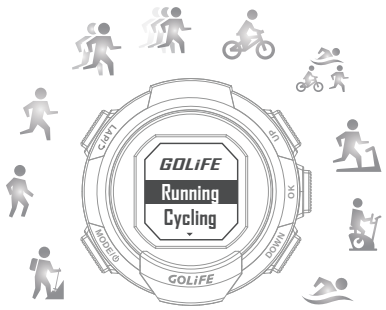
▶ Menu Mode ◀

Start



Exercise Type

- Selectable Types include [Running], [cycling], [Hiking], [Walking], [Marathon], [Half Marathon], [Swimming], [Indoor Run], [Indoor Cycle], [Others], [Trainer], [Interval].



- Except for [Indoor Run], [Indoor Cycle], and [Swimming], when an exercise type is selected, GoWatch will show [GPS Searching]; you may only start the exercise when GPS positioning is done.

- GPS positioning is not required for [Indoor Run] , [Indoor Cycle] and [Swimming]; no track will be recorded for that activity.

[Trainer]:

After setting up targets of speed, distance and time, you may practice with a virtual trainer.

- When training starts, the screen shows [Rest Dist], [Ahead / Behind] the virtual athlete by how many distance, completed percentage, etc. Press [UP] / [DOWN] to switch-over other screens of Activity Mode.
- On completion of 100% training, you need to manually stop training and save the record, otherwise the recording mode continues, it will not stop automatically.
- GPS Positioning must be completed before you can start training.

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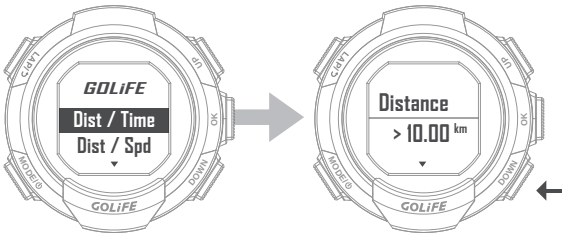
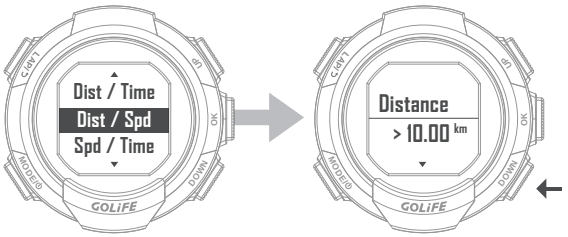
1 [Dist/Time]:

Achieve how many distance in how long time. First set [Distance] and [Exe. Time]; then select [Start] and press [OK] to start training and recording the track.



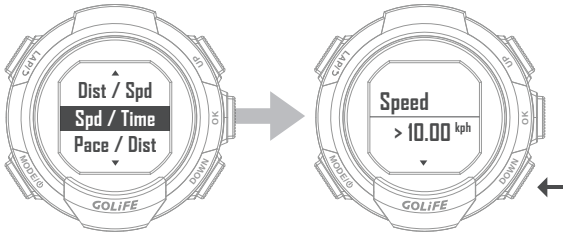
2 [Dist/Spd]:

Achieve how many distance at what speed. First set [Distance] and [Speed]; then select [Start] and press [OK] to start training and recording the track.



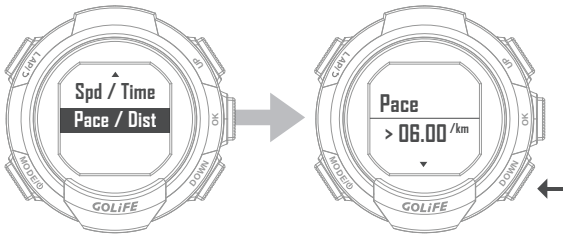
3 [Spd/Time]:

To maintain how long time at what Average Speed. First set [Speed] and [Exe. Time], then select [Start] and press [OK] to start training and recording the track.



4 [Pace/Dist]:

To achieve how many distance at what Average Pace. First set [Pace] and [Distance], then select [Start] and press [OK] to start training and recording the track.



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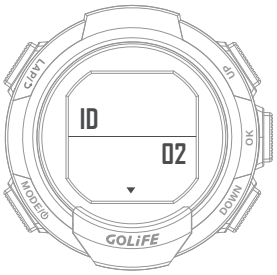
[Interval]

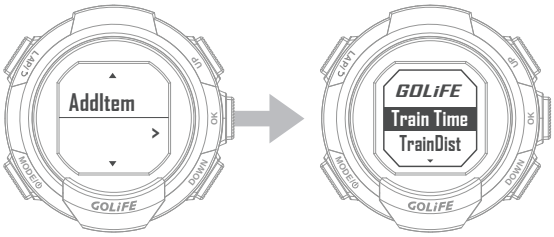
1. [Create]:

- GoWatch shows system default setting of training numbers 01, 02, 03 and so on. (These numbers are not user defined). Then you can add training items in the Interval, including [Train Time], [Train Dist], and [Rest]. After that, you may choose to repeat the newly added item by setting [Off], [Repeated] or [Repeatedly]; default setting is [Off].
  For [Repeatedly] setting, you may further set number of repeats.



2. [List]:

- After selecting a created Interval, press [OK] to start training and recording the track. During the training, the screen shows [Train Time], [Train Dist], and [Rest] which based on what you have created. Press [UP] / [DOWN] to switch over other screens of Activity Mode. Select [Edit] option to modify created sessions of the Interval. Select [Delete All] to delete all the sessions of the Interval.



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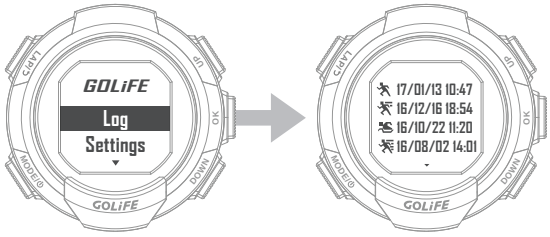
Activity

Menu Mode → [Activity]

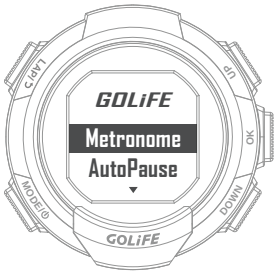
[Log]

- Historic records are listed by date. Press [OK] to enter and view detailed exercise info.



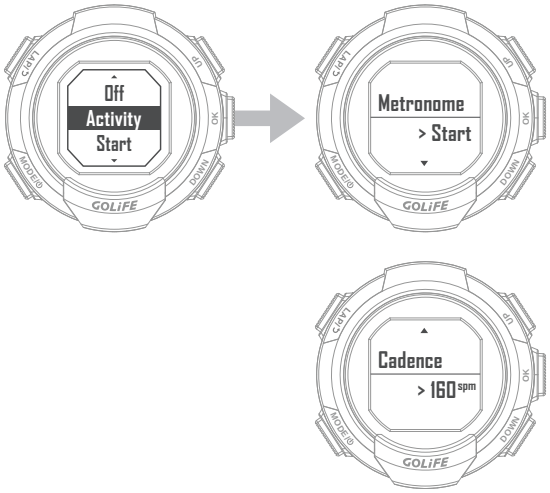
[Settings]

- **[Metronome]:**
  Menu Mode → [Activity] → [Settings] → [Metronome]



  - Metronome gives a regular and steady sound Prompt for facilitating pace adjustment, so that runner is trained at a more consistent pace.

  - Options are [Off], [Activity], [Start]. Press [DOWN] to select Steps per Minute (SPM) for entering a pace you' d like to maintain.
  - By selecting [Activity], a prompt sound for adjusting the pace will be given when you start the activity.
  - By selecting [Start], a prompt sound for adjusting the pace will be given immediately.



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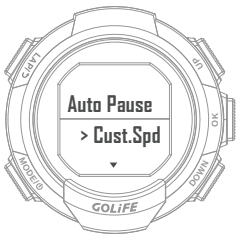
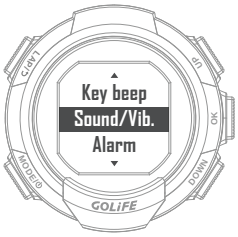
- **[Auto Pause]:**
  - You may select [Off], [When Stop], [Cust. Spd].
  - By selecting [When Stop], GoWatch will automatically pause to record when you stop your activity.
  - By selecting [Cust. Spd], press [DOWN] to change your activity speed. When you below your custom speed, GoWatch will automatically pause to record.



- **[Alerts]:**

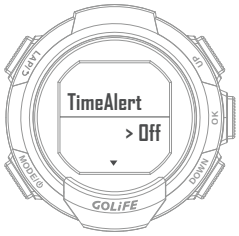
  For setting up a BEEP or Vibration Alerts during the recording activity, according to the pre-set [Time/Dist] and frequency of occurrence, or after reaching a pre-set [Spd/Pace], [HR.].

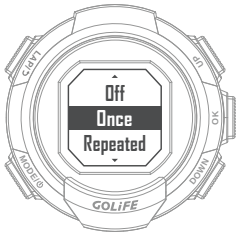
  For enabling vibration alerts, go to Menu Mode → [Settings] → [Sound/Vib.] and select to [Sound/Vib.].



1. [Time/Dist]:

To enable Time/Distance alerts, set Frequency as [Once] or [Repeated], then set Time/Distance interval for each alert.





2. [Spd/Pace]:

To enable Time/Distance alerts, set Frequency as [Once] or [Repeated], then set Time/Distance interval for each alert.

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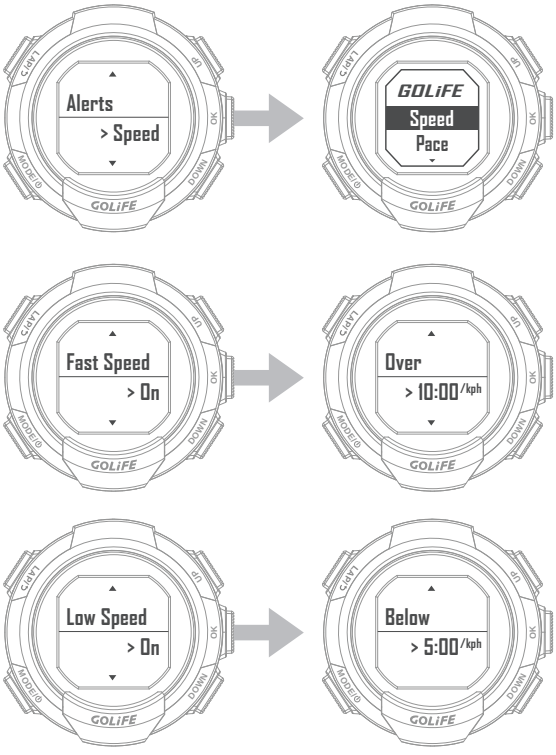
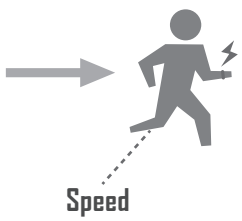
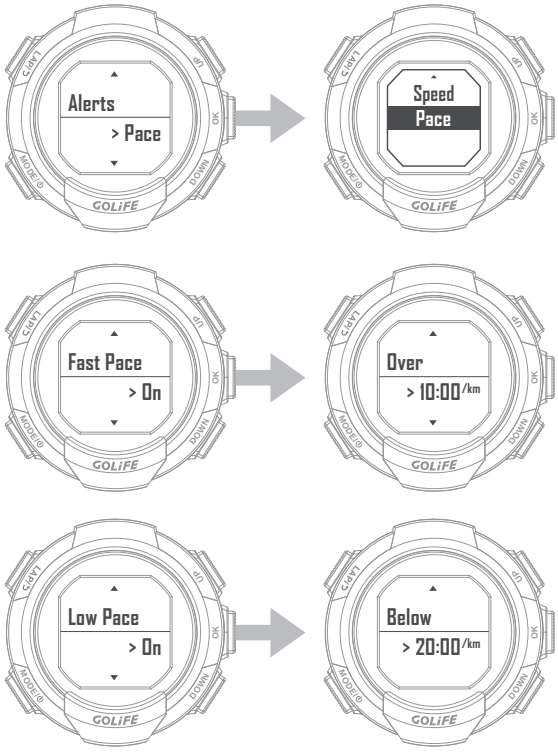
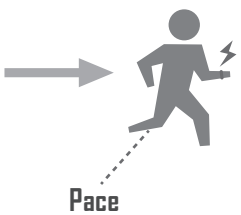
- When taking speed (km/hour or mile/hour) as detection baseline, set the switch of [Fast Speed] / [Low Speed] to [On], then set values of [Over] / [Below] speeds. GoWatch gives a BEEP/Vib. alert when the pre-set Max/Min speed is reached during the exercise, to facilitate an effective training.





- When taking Pace (minute/km or minute/mile) as detection baseline, set the switch of [Fast Pace] / [Low Pace] to [ON], then set values of [Over] / [Below] Paces. GoWatch gives a BEEP/Vib. alert when the pre-set Max/Min pace is reached during the exercise, to facilitate an effective training.





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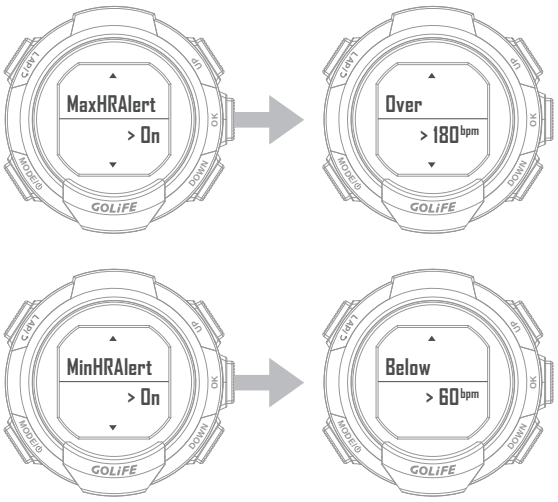
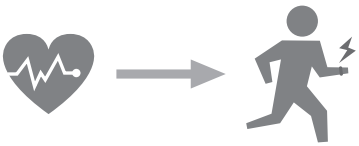
3. [HR.]:

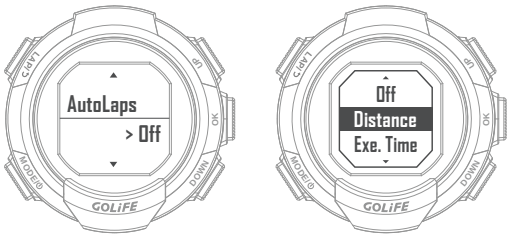
When taking Heart Rate (bpm) as detection baseline, first set switch of [Max HR Alert] / [Min HR Alert] to [ON], then set [Over] / [Below] HR values. During the exercise, when reaching the pre-set values: Max/Min HR Alert, GoWatch gives a BEEP/Vib. alert, to facilitate an effective training.





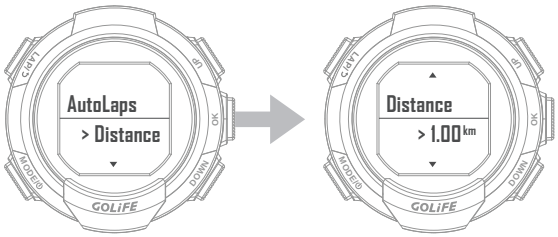
- **[Auto Laps]:**

Set whether to add a Lap record when reaching a pre-set Lap condition. Default setting is [Off].



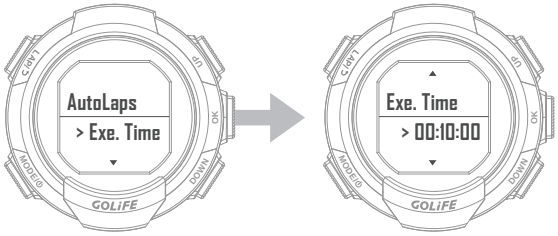
1. [Distance]:

If [Distance] is set, then set distance interval (km or mile) for adding a lap count.



2. [Exe. Time]:

If Exercise Time is set, then set time interval for adding a lap count.



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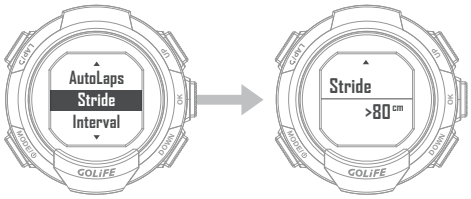
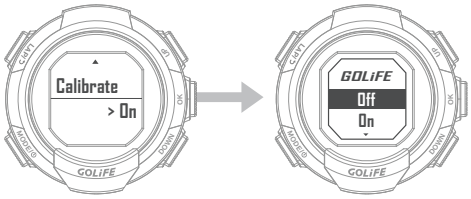
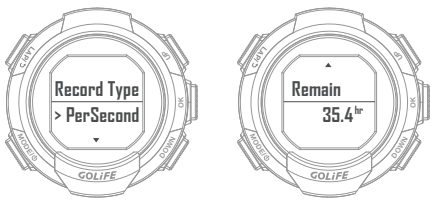
- **[Stride]**
  - Set stride to allow you to adjust the stride length, you can set it so that your exercies session will be more comfortable and productive.



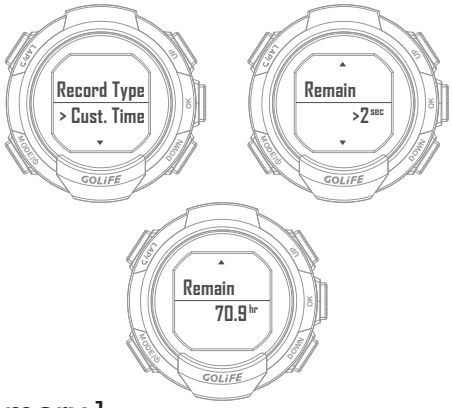
  - If you don't want to use stride function, please turn [off] the item of calibration.



- **[Interval]**
  - Set interval for recording a GPS point, and allow checking for remaining time of data log.
    [Record Type] default value is [Per Second]; Total length of GoWatch data records is 45 hr 30 min.

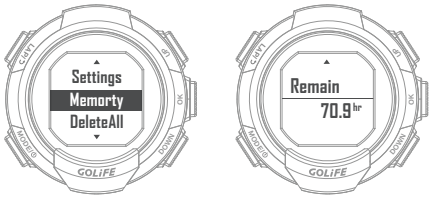


  - If you wish to extend data length, set [Record Type] to [Cust. Time], then set [Interval] (Maximum setting is 20s); on completion of setting, verify the remaining time.



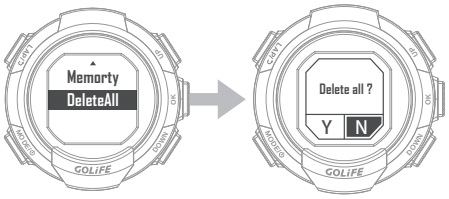
[Memory]

- Check for available memory of GoWatch. System is capable of recording 45.5 hours of data when no Activity Log exists.



[Delete All]

- Select [Yes] or [No] for deleting all the records.



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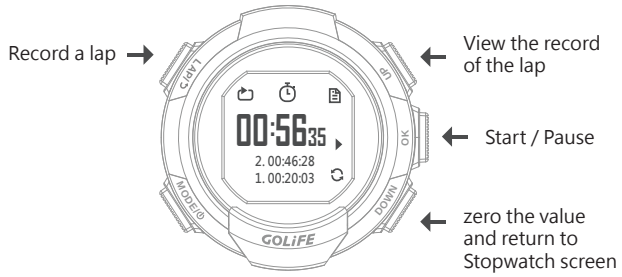
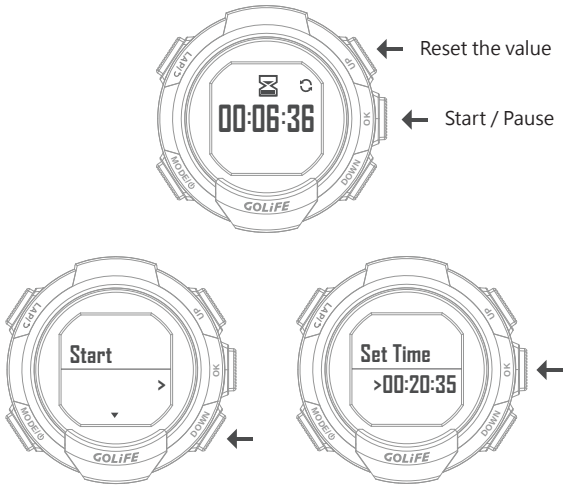
Stopwatch

- Go to Menu Mode → [Stopwatch], this will activate Stopwatch function.
- Press [OK] to start activity;
  press [OK] again to pause activity.
- Press [LAP] to record a lap when Stopwatch is activated; press [UP] to view the record of the lap;
  press [DOWN] to zero the value and return to Stopwatch screen.



Timer

- Go to Menu Mode → [Timer], this will activate Timer function.
- Press [OK] to start activity;
  press [OK] again to pause activity.
- When you pause Timer, press [UP] to reset the value.
- Go to Menu Mode → [Timer] → [Set Time] to set the time of Timer.



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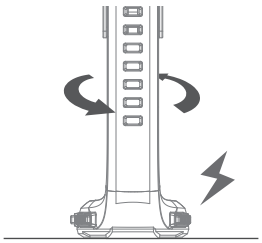
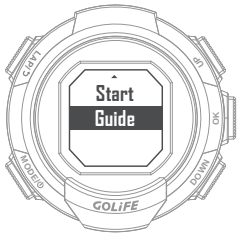
Compass

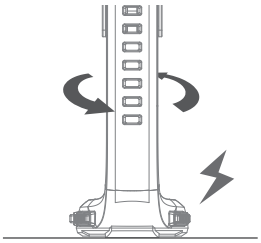
- Compass will alter orientation in accordance with the watch movement, with the center of watch displaying the angle between Watch Frontal and Magnetic North Point together with the orientation.
- Compass Calibration: Go to Menu Mode → [Compass] → [Calibrate].

- [Start]: For initiating or re-calibrating the Compass, press [OK] and place the watch on a horizontal surface with its face down. Turn the watch at the spot until the message of finish shows up.

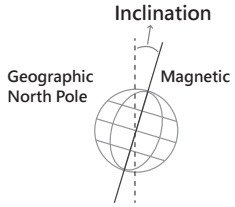


- [Guide]: Giving a guide to calibrate compass.
- Flat on the horizontal plane → Rotate the watch → BEEP! → Finish → Press "OK" to calibrate.





- [Mag. Var]: To ensure correct reading of compass, magnetic declination must be set correctly. Since geomagnetic North Pole is not at the same location of geographic North Pole, a declination representing the angle between the two must be set for the compass. You can find the most accurate update of inclination on-line.



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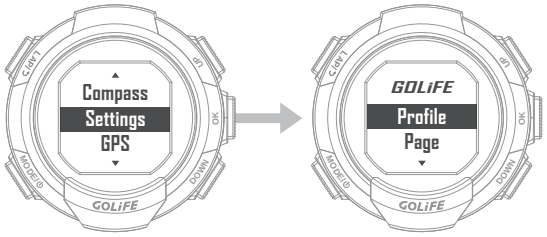
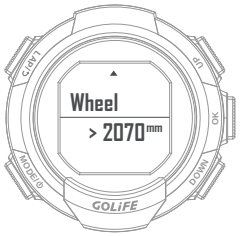
Settings

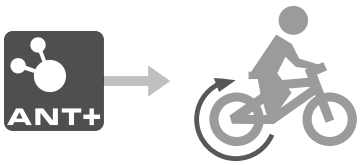
- [Profile]:

  Menu Mode →[Settings]→[Profile]

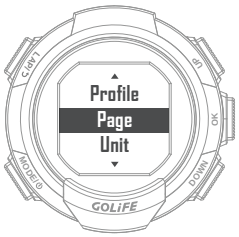


  - Setup of User Info includes User Name, Gender, Age, Height, Weight, Wheel, Stride, etc.
  - Combining with ANT+ Speed Cadence Sensor, Wheel Radius can be used for calculating (wheeling) speed.

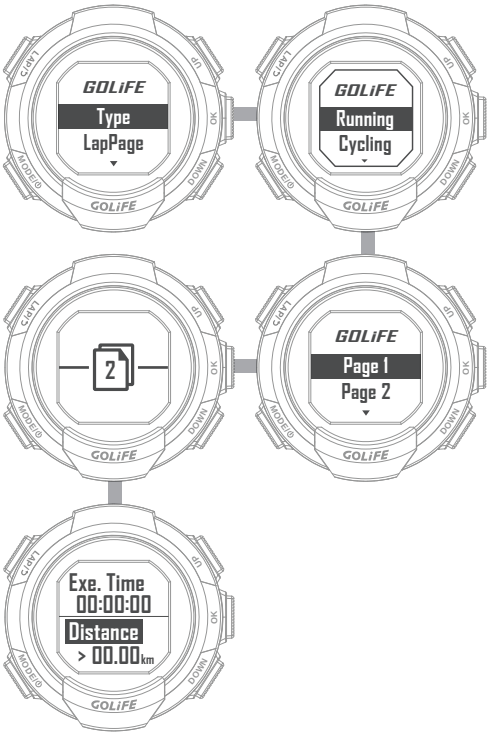




- [Page]: Menu Mode → [Settings] → [Page]



  - Set page format for real time viewing of exercise data when recording the exercise:
  - [Page 1], [Page 2], [Page 3], [Page 4]



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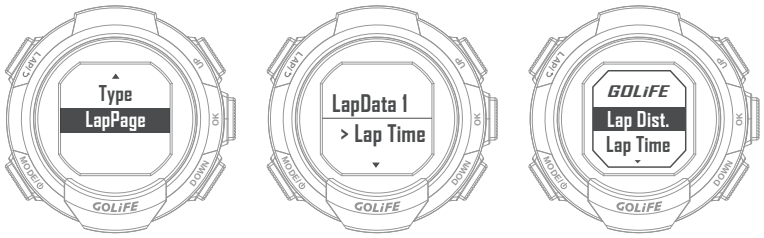
- [Lap Page]: Can be set up as any 2 pages of [Lap Dist.], [Lap Time], [Lap Pace], [Lap Speed], [Lap Cal.], Lap Strokes, Lap SWOLF and [Lap HR] (Lap Page will appear when counting laps in Activity Mode).



- Page Format Setup, taking example of [Page 1]: Select [Page 1], press [UP]/ [DOWN] to select number of data per page; each page can display up to 4 exercise types. Once selected, press [OK] to enter menu of exercise pages, press [OK] to select desired exercise data; after setting up every fields, press [LAP] to exit. This completes the setup.
- Data that can be selected for real time display are as follows:

Pace	Current Pace (Curr. pace), Average Pace (Avg pace), Maximum Pace (Max pace)		
Speed	Current Speed (Curr. Speed), Average Speed (Avg. Speed), Maximum Speed (Max Speed)		
Time	Exercise Time, Day Time	**Distance**	Distance
Bicycle	Cadence, Average Cadence (Avg. Cadence), Maximum Cadence (Max Cadence), Wheel Speed (Wheel Spd.), Average Wheel Speed (Avg. whl. Spd.), Maximum Wheel Speed (Max whl. Spd.)		
Altitude	Altitude, Maximum Altitude (Max Alt.), Minimum Altitude (Min Alt.)		
Calorie	Calories, Calorie Rate (Cal. Rate)	**Steps**	Steps, Step Cadence (Step Cad.)
Heart Rate	Heart rate (HR.), Average HR (Avg. HR.), Maximum HR (Max HR.)		
Lap	Current Lap (Curr. Lap), Lap Distance (Lap Dist.), Lap Pace, Lap Speed, Lap Calories (Lap Cal.), Lap HR., Lap Time, Lap Strokes, Lap SWOLF		
Navigate	Distance (nm), Curr. Spd. (knot), Avg. Spd. (knot), Lap Dist. (nm), Lap Spd. (knot)		

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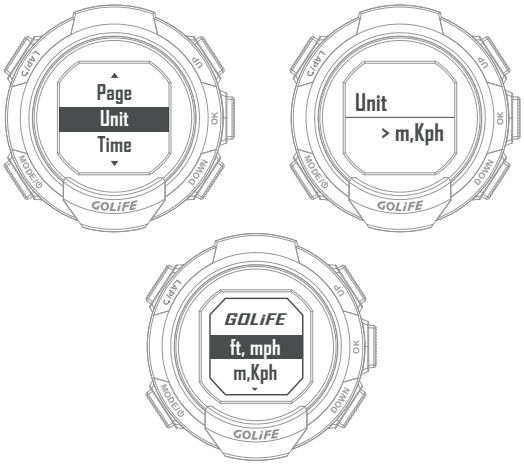
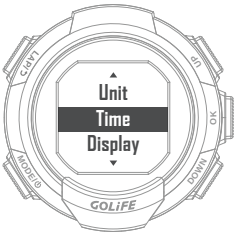
- [Unit]: Menu Mode → [Settings] → [Unit]
  - [Unit]: Set up unit to be displayed on the watch, options are Metric [m,kph] and Imperial [ft,mph].

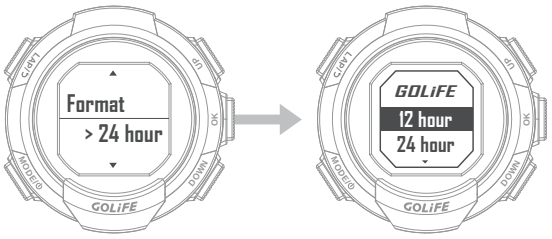


- [Time]: Menu Mode → [Settings] → [Time]

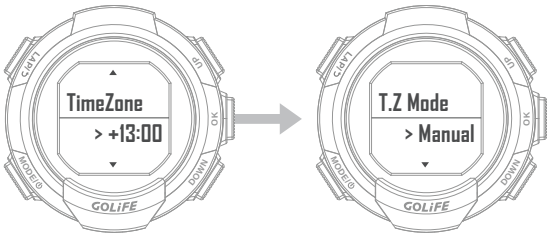


  - [Clock Style]: GoWatch 110i offers many kinds of Clock Styles for personal preference.

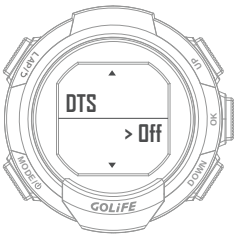
  - [Format]: Set up for [12 hour] or [24 hour] display. Default is [24 hour].



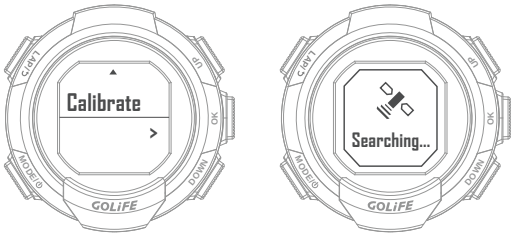
  - [Time Zone]: Time Zone setting; Time Zone can be set automatically (by GPS) or manually.



  - [DST]: Switch for setting up DST time. Default is [OFF]. For DST Time, see P62.



  - [Calibrate]: For calibrating time zone and current time.



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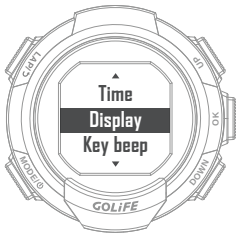
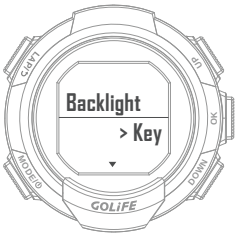
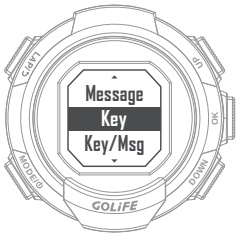
- [Display Setting]:
  Menu Mode → [Settings] → [Display]



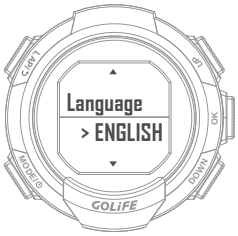
  - [Backlight]:
    Backlight function is provided for clear viewing of data and message on the watch in nighttime. Options are [Off], [Always], [Messge], [Key], [Key/Msg].

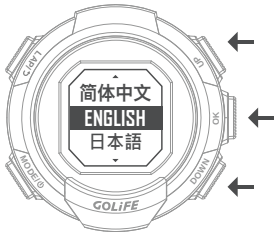




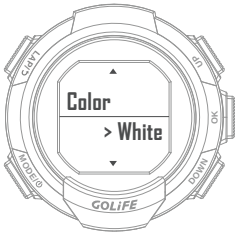
    - [Off]: This function will not be enabled if [Off] is selected.
    - [Always]: Backlight always lights up without going off.
    - [Messge]: When GoWatch 110i pops up a message prompt, backlight will light up automatically and go out in 10s.
    - [Key]: When any key of GoWatch is pressed, backlight will light up automatically and go out in 10s.
    - [Key/Msg]: When GoWatch 110i pops up a message prompt or when any key is pressed, backlight will light up automatically and go out in 10s.

  - [Language]: Available options:
    [Traditional Chinese], [Simplified Chinese], [English], or [Japanese].





  - [Color]: Selection of [Black] or [White] based on user preference.



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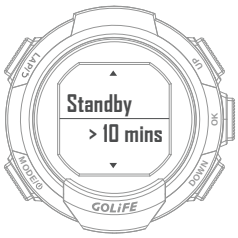
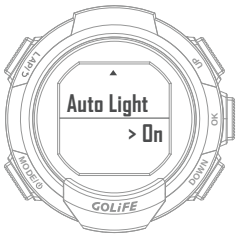
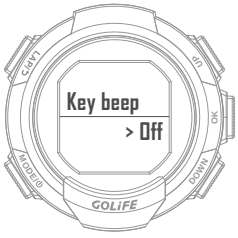
- [Standby]: GoWatch 110i enters Watch Mode automatically within 10 minutes if not in use. Default: [10 mins].
  Options: [Off], [5 mins], [10 mins], [15 mins], [20 mins], [25 mins], [30 mins].

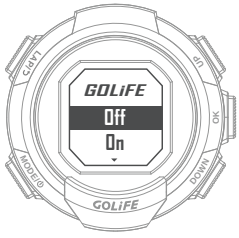


- [Auto Light]: Backlight lights up when you lift up your hand; screen can be seen in the night without pressing a key. Default: [On]. Options: [Off], [On].

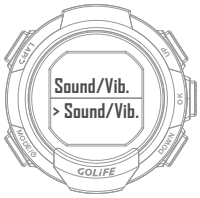


- [Key Beep]:
  Menu Mode → [Settings] → [Key Beep]
  - Options: [Off], [On]; default: [Off]

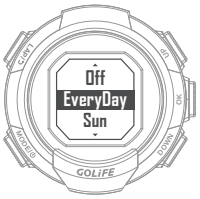




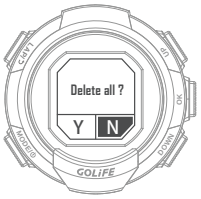
- [Sound/Vib.]: Menu Mode → [Settings] → [Sound/Vib.]
  - Sets up vibration or beep prompt of GoWatch 110i.
    Options: [Off], [Sound], [Vibrate], [Sound/Vib.]; default: [Sound/Vib.].



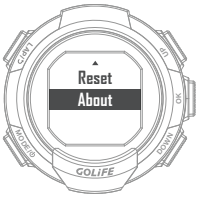
- [Alarm]: Menu Mode→[Settings]→[Alarm]
  - Enables Alarm Function. Default: [Off]. When enabled, an alarm icon appears in Watch Mode.



- [Reset]: Menu Mode→[Settings]→[Reset]
  - Resumes GoWatch 110i to default settings.



- [About]: Menu Mode→[Settings]→[About]
  - For viewing GoWatch 110i firmware version, product model and serial number.



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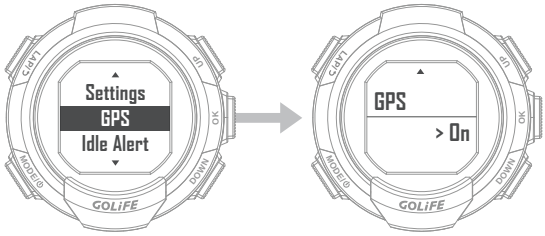
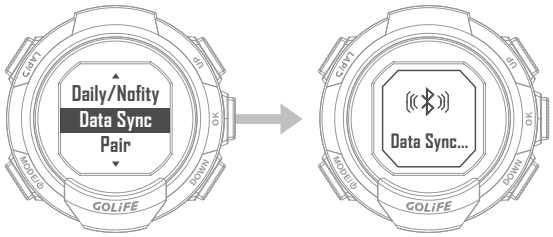
GPS

- Options are [On] and [Off]. It preserves power if [Off] is selected, but GPS positioning is not available. Default: [On].



Data Sync

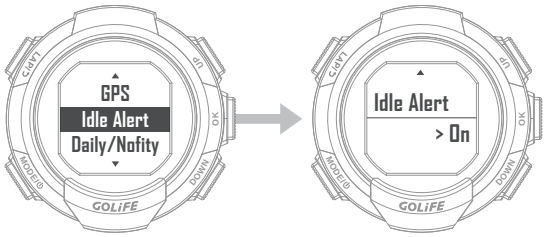
- Press [OK] to perform data sync with GoFIT App.



Idle Alert

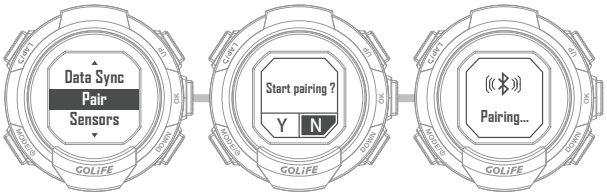
- The Idle Alert feature was designed to remind you active during the workweek by sending a gentle vibration to your watch whenever you' re idle for the period of time you specify.

- Can be set [On] or [Off]. [Inactive time], [Start Time], [End time] can be set based on personal habits.



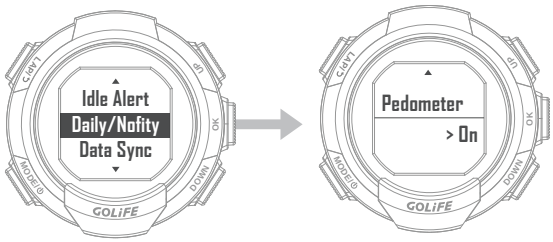
Pair

- Press [OK] to pop up a message [Start pairing?]; select [Yes] to start pairing.
  - For pairing method, see How to Pair GoWatch 110i on P12.



Daily/Nofity

- [Pedometer] and [Msg Notify]; default is [On]. Options: [On] and [Off].



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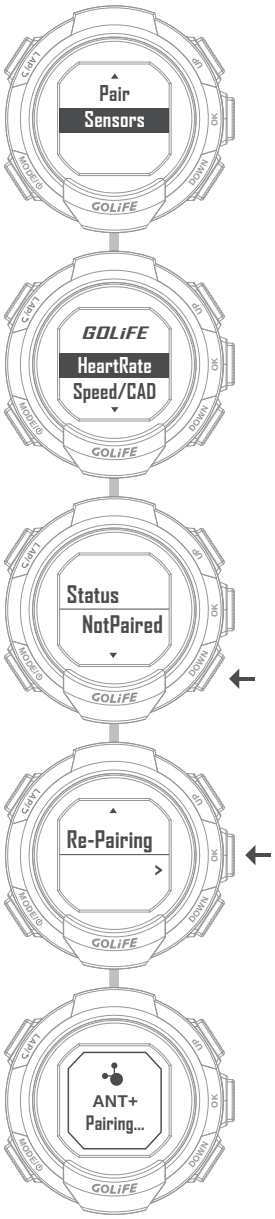
Sensors

- [Heart Rate]:

  Menu Mode → [Sensors] → [Heart Rate]

  - GoWatch 110i supports Heart Rate using ANT+ protocol.

  * For pairing and using a Heart Rate, see next chapter Wearing Heart Rate.

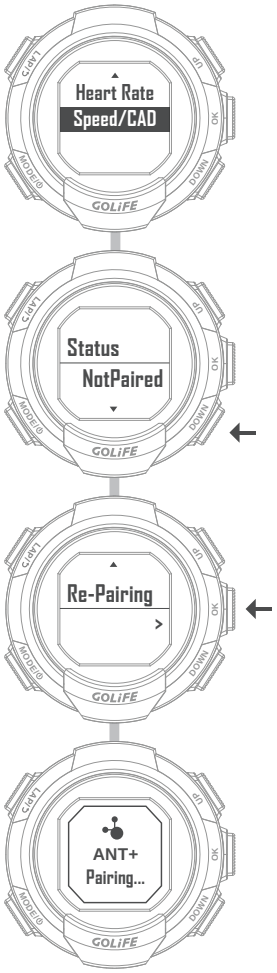


- [Speed/CAD]:

  Menu Mode → [Sensors] → [Speed/CAD]

  - GoWatch 110i supports Speed Cadence Sensor using ANT+ protocol.

  * For pairing and using a Speed Cadence Sensor, see next chapter Wearing Speed Cadence Sensor.



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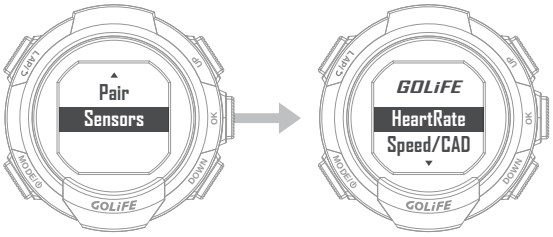
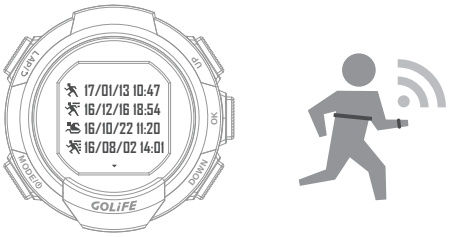
▶ Pairing ANT+ Sensors ◀

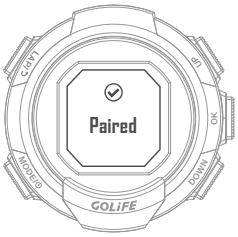
- Before initial use of ANT+ Sensor, you need to pair the Sensor with your GoWatch. Go to Menu Mode → [Sensors], and select Sensor.



- After successful pairing,
  Sensor will automatically link with your device and record data when you start an activity.



- Once a Sensor is paired with GoWatch, the screen shows status of successful pairing.



Wearing a Heart Rate Monitor

※ Skip this if you do not have a Heart Rate Monitor.

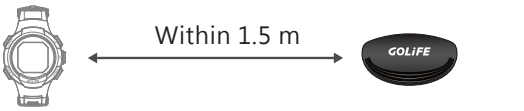
※ If not wearing a Heart Rate Monitor, no Heart Rate data will be transmitted or received.

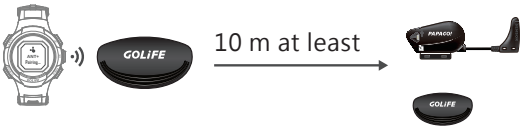
※ Heart Rate Monitor shall be within a 1.5m distance from the device for data transmission/reception.

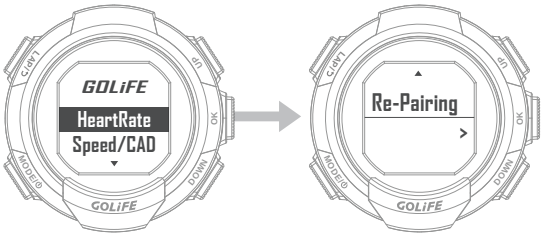
※ When performing pairing, make sure that other ANT+ Sensors, if any, are kept at least 10m away.

※ GoWatch 110i will automatically save and prioritize the recently paired Heart Rate Monitor. You may check the pairing status in Pairing Heart Rate Monitor.

※ If you want to replace Heart Rate Monitor, press [MODE] to switch over to Setting Mode Menu, select [Sensors] → [Heart Rate] → [Re- Pairing] to perform replacement.







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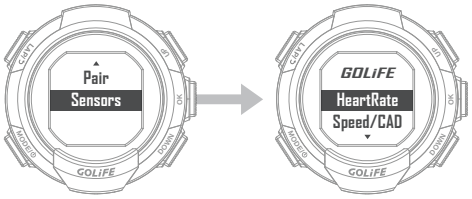
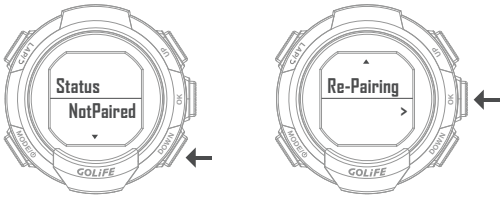
Pairing a Heart Rate Monitor

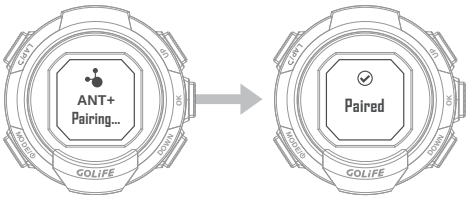
1. First go to last item [Sensors] of Menu Screen, click [OK] and select [Heart Rate]



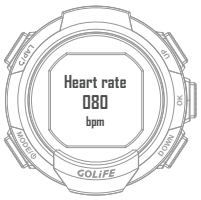
2. After selecting [Heart Rate], a message indicating pairing failed shows up.
   Press [DOWN] for [Re-Pairing].



3. After pressing [Re-Pairing], screen shows [Pairing in process] for about 1min before showing Paring Successful.

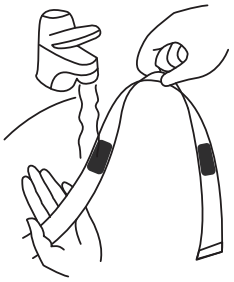


4. Press [LAP]; screen shows linking status and pairing successful. This means Heart Rate Monitor is successfully paired with your GoWatch. Heart Rate data will be shown on the watch when you start activity.



Wearing Method

1

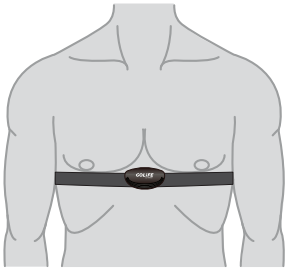


Wet the sensor area with some clean water.

2

Fix H.R. Sensor onto chest belt

3



Wear the chest belt, adjust it to a comfortable tightness and latch up. To ensure optimal sensing effect, make sure the electronic sensor is in close contact with your skin at the center of chest.

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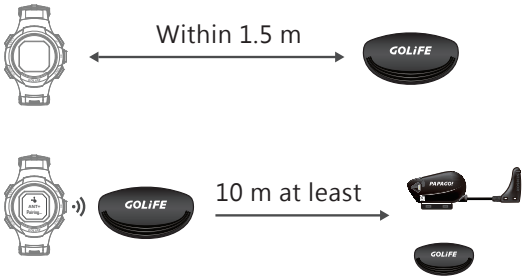
Wearing a Speed Cadence Sensor

※ Skip this if you do not have a Speed Cadence Sensor.

※ If your Bicycle has no Speed Cadence Sensor, no data transmission/reception will take place in the watch.

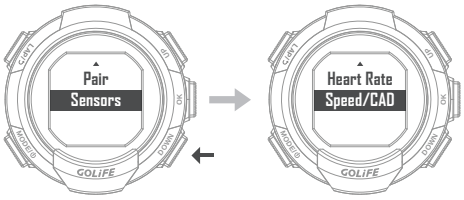
※ Speed Cadence Sensor shall be within a 1.5m distance from the device for data transmission/reception.

※ When performing pairing, make sure that other ANT+ Sensors, if any, are kept at least 10m away.

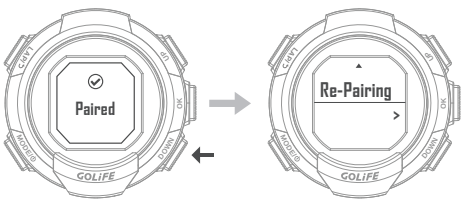


Pairing a Speed Cadence Sensor

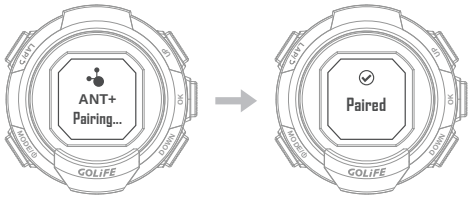
1. First go to last item [Sensors] of Menu Screen, click [OK] and select [Speed/CAD].



2. After selecting [Speed/CAD], a message indicating pairing failed shows up. Press [DOWN] for [Re-Pairing].



3. After pressing [Re-Pairing], screen shows [Pairing in process] for about 1min before showing Paring Successful.



4. Press [LAP] key; screen shows linking status and pairing successful. This means Speed Cadence Sensor is successfully paired with your GoWatch. Cadence and Wheel Speed data will be shown on the watch when you start activity.

※ For showing cadence and wheel speed on the screen, see P39 Page Settings.

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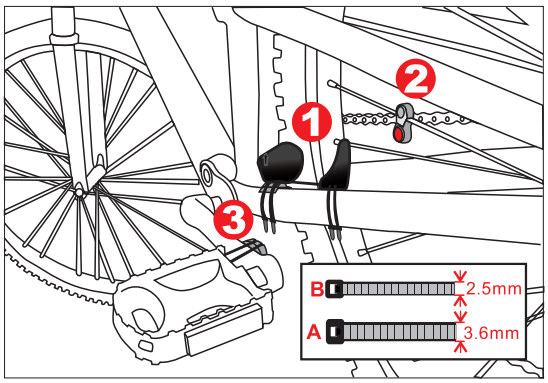
▶ How to use ◀

(Start)



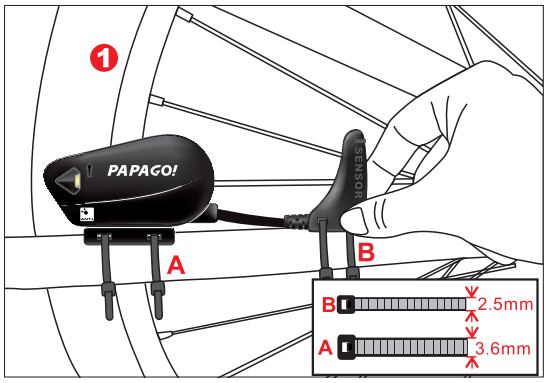
GoRide 100 Component list:

1. GoRide 100 Speed/CAD
2. Magnet (Big)
3. Magnet (Small)

A. 3.6 mm Girding

B. 2.5 mm Girding

(1)



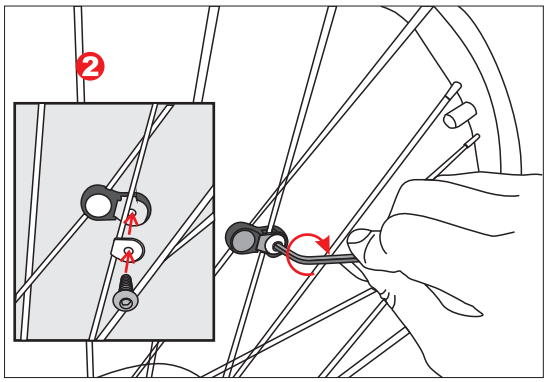
Fix Sensor on the Chain stay.

The size of girding are different

and is in limited quantity,

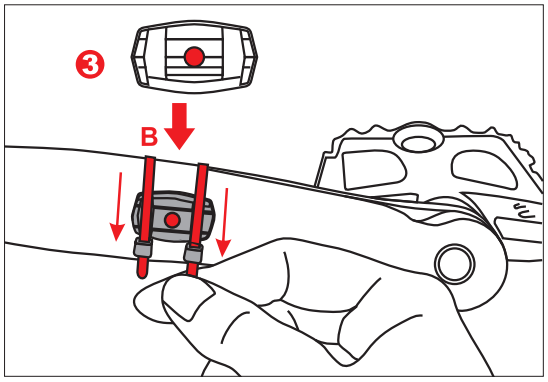
please be careful when installing.

(2)



Fix the small magnet with L type wrench on the rear spoke.

(3)



Make the big magnet pull on the inner side of crank, and binding tight with the B type girding.

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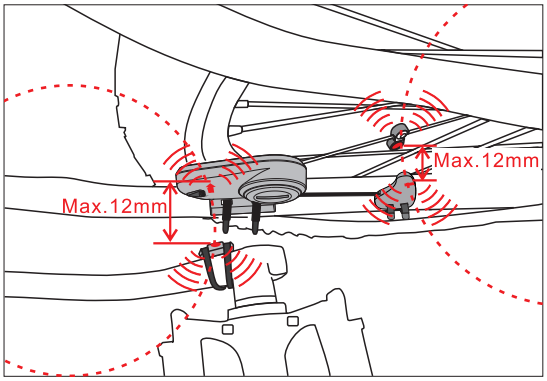
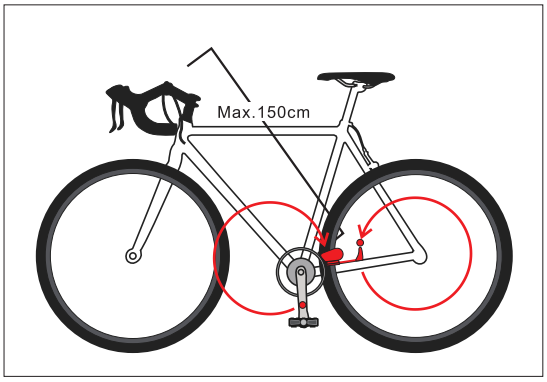
(4)



When magnet gets closer to Sensor, a relative distance of 12 mm gives the most accurate data.

(5)

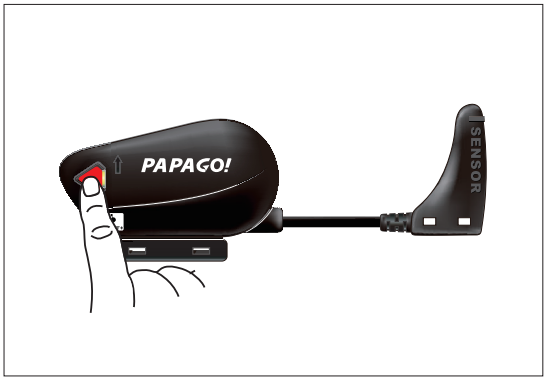


Locate the Sensor on the route of magnet movement.

With other ANT+™ devices,

the maximum sensing range is 150cm.

(6)



Press the button to start or reset.

(7)

At start-up,
indicator lights up for 2 seconds;
when linked with sensor,
indicator flashes 10 times.

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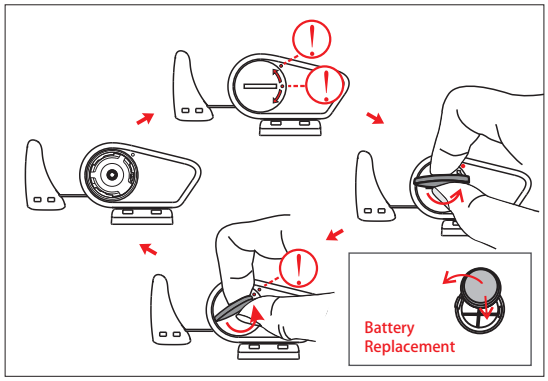
(8)



See the drawing on the right for replacing battery.

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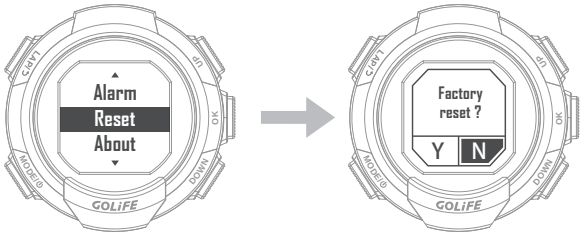
Precautions

▶ Start-up Setting Procedures after Reset ◀

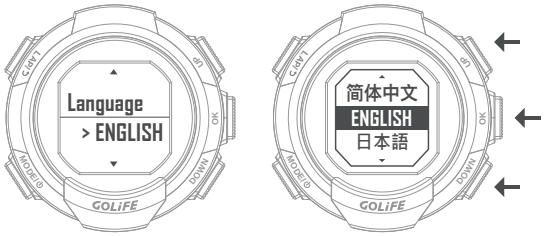
1. **Reset:**

   Use [Settings] → [Reset] to reset setting values and Activity Log.



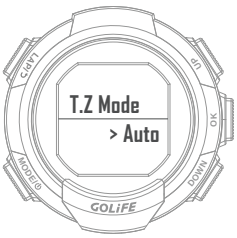
2. **Select Language:**

   Press [UP], [DOWN] to select [Traditional Chinese], [Simplified Chinese], [English]or [Japanese].

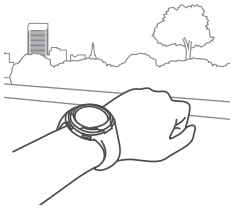


3. **Time Zone and Time settings:**

- **Auto Time Zone Setup** - Select [Yes], press [OK] on the right → GPS Searching

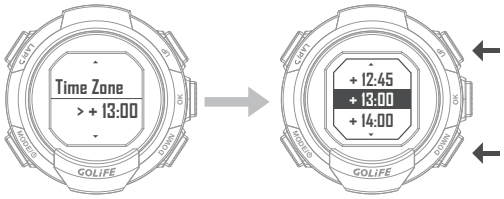


- Make sure that you are at a location with good reception of GPS signal, such as top of building or an open area.
- It takes about 1min to accomplish GPS positioning.



- After GPS positioning, find out time zone of the current location and you may accurately calibrate the time.

- **Manual Time Zone Setup** - Select [No], press [OK] on the right → Manual Time Zone
- Press [UP]/[DOWN] to select a Time Zone within the range of [-12:00] to [+14:00].



4. On completion of the above procedures, you may enter Watch Screen.

   ※ Note that this procedure does not delete activity records; it only returns the watch to its default settings.

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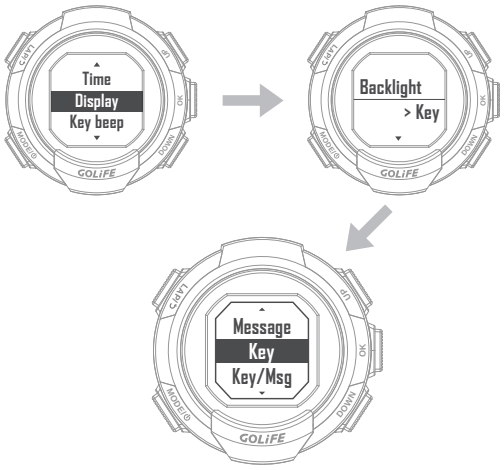
▶ Extend Battery Lifespan ◀

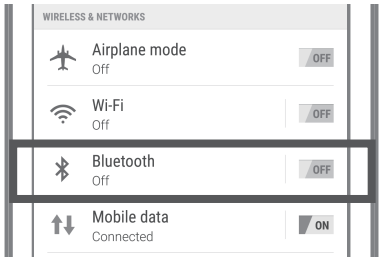
- **Turn off Backlight:**

  Menu Mode→ [Settings] → [Display] → [Backlight]; available options include [Off], [Always], [Messge], [Key], [Key/Msg]. Only [Off] offers reduced power consumption.



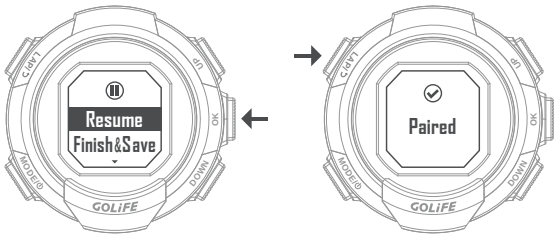
- **Turn Off Bluetooth:**

  Disable Bluetooth function of your smart phone when connection is not required.



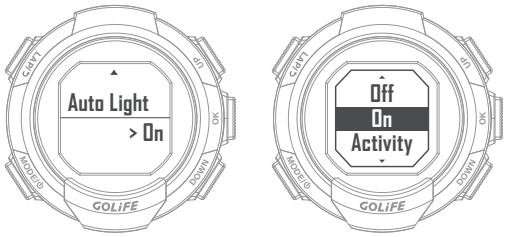
- **Pause Activity:**

  If you are resting or pausing track records, press [OK] to pause logging; then select [Finish & Save] to save data.



- **Auto Light:**

  Menu Mode → [Settings] → [Display] → [Auto Light]. Please select [Off].



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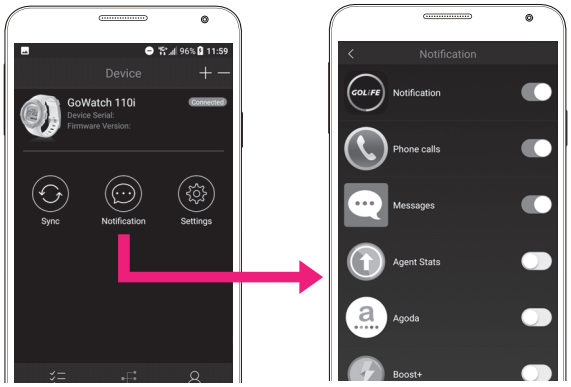
- **Notification Management:**
  You may manage messages displayed on 110i using a paired device.

▸ **In iOS System:** You may set type of prompt App and message in Notification Center of your mobile device; notification displayed by 110i will be consistent to these settings.

▸ **In Android System:**
Open GoFIT App and Bluetooth and pair with 110i; select [Device] → Select 110i → [Notification] before selecting to open or close notification.



※ For downloading GoFIT App, see P11; for pairing method, see P12.

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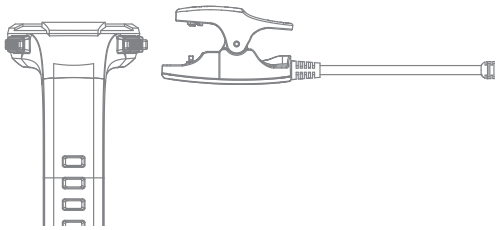
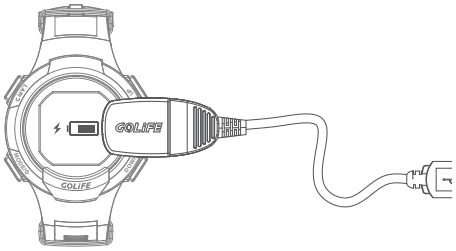
▶ Firmware Update ◀

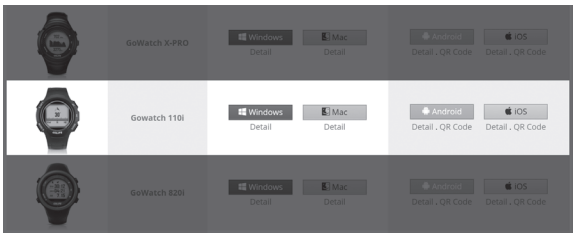
❶ Clip up Charge Clip to GoWatch.



❷ Connect USB cable on the other end of Charge Clip to USB port of PC.

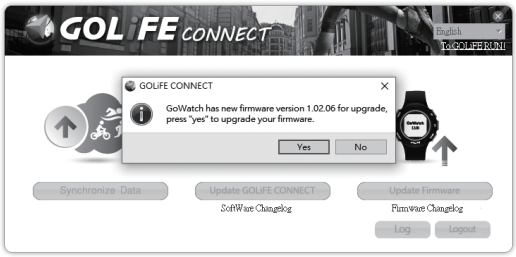


❸ Use PC to open www.goyourlife.com/download website, download and install GOLiFE CONNECT App.
Skip this step if already installed.



❺ Select [Update Firmware] on the right.

❻ [GoWatch has new firmware version for upgrade, press" Yes" to upgrade your firmware.] and press [Yes].



❼ On completion of updating, [Done] appears; press [OK] to end the process.

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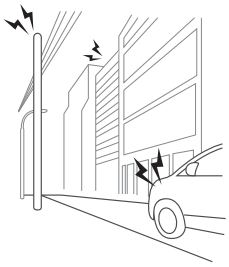
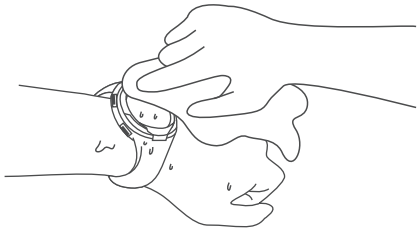
▶ Precautions on Use ◀

- 110i Compass function is subject to influence of external magnetic field. Before using Compass, pay attention to objects in the vicinity that may cause electromagnetic interference, such as cars, buildings or electric poles.

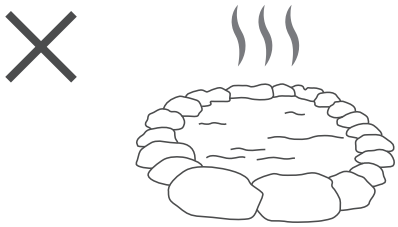


- GoWatch is waterproof and sustainable to ordinary hand wash and face wash activities or water splash.

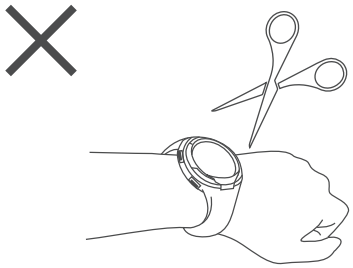
- To prevent corrosion, make sure to thoroughly dry the watch after cold water shower (short time) or swimming.



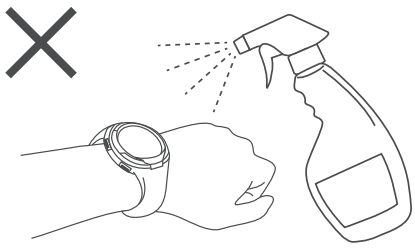
- Not suitable for diving or uses in highly humid environments (e.g., hot spring bath, steam room, hot showers, diving, etc.). Any waterproof watch is not suitable for hot-water (hot spring) activities, or moisture may infiltrate the watch.



- DO NOT clean the watch with sharp objects.



- Avoid using organic solutions, chemical detergents or insect repellents which may damage plastic parts of the watch.



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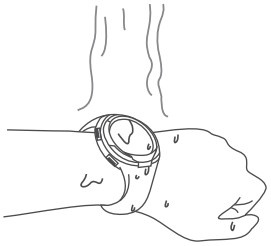
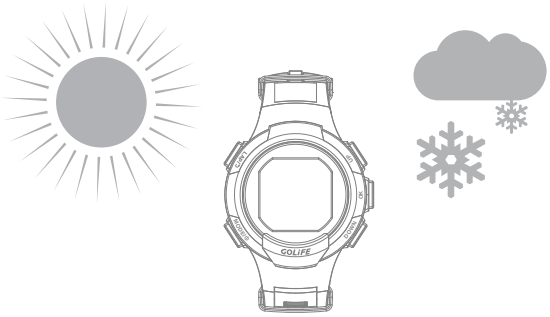
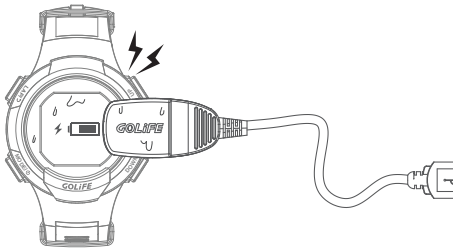
- Clean the watch with plenty of clean water after contacting ammonia, salty water, suntan lotion, makeup, alcohol or other chemicals; prolonged contact with such substances may result in damage of watch.



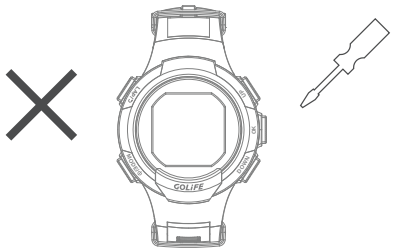
- Avoid exposing the watch to extreme temperatures (cold or hot), or permanent damage may occur.



- When charging the watch, even small amount of sweat or moisture may affect the charging adversely.



- Never take out the battery from a GOLiFE product. Goyourlife Inc. shall not be held liable for any product damage, injury or casualty resulting from arbitrary dismantling of its product.



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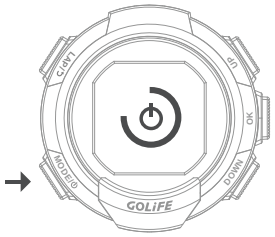
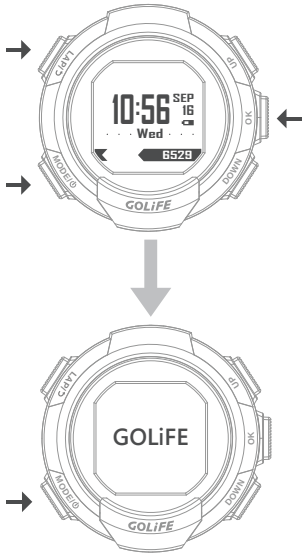
▶ FAQs ◀

- Re-start watch if it has no response for a long time. Press and Hold [MODE] for 2 seconds to restart.



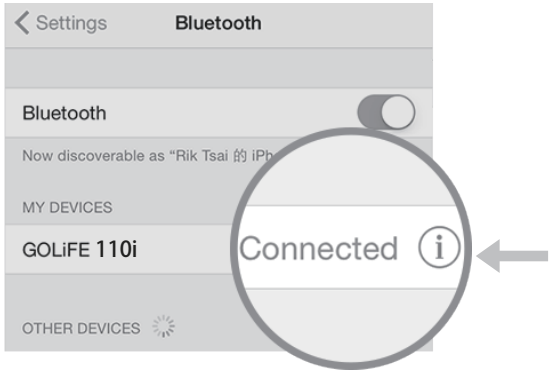
- Reset the watch if restart is not effective: Press and Hold [MODE], [LAP] and [OK] at the same time for 2 seconds. (This will not delete any setting or data of the watch.) After resetting the watch, Press and Hold [MODE] for 2 seconds to start up.



- Checking steps if GoWatch fails to pair with GoFIT App:

1. Re-start Bluetooth. You need to remove Bluetooth from your smart phone first:

▸ iOS smart phone → [Settings]→ [Bluetooth] → [GOLiFE 110i]→when the Bluetooth Exclamation Mark Appears → Select [Forget This Device].



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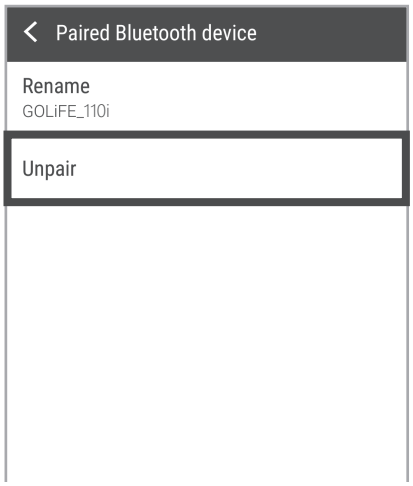
▸ Android smart phone → [Settings] → [Bluetooth] → [GOLiFE 110i] → Delete it.



2. Close and re-start App background operations. Close GoFIT App background operations; then re-start and re-pair.
※ See P12 for pairing method.

- When performing sync, place GoWatch 110i in the proximity of mobile phone; excessive distance may prevent or interrupt uploading of the exercise log. Pairing may take a long time, please be patient.

- When performing pairing, press [LAP] of 110i to return only when the Android phone shows the Paired Device.

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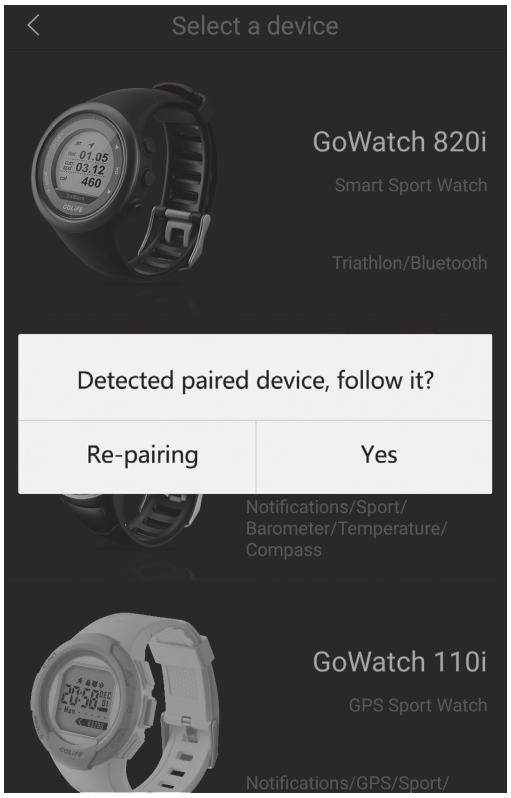
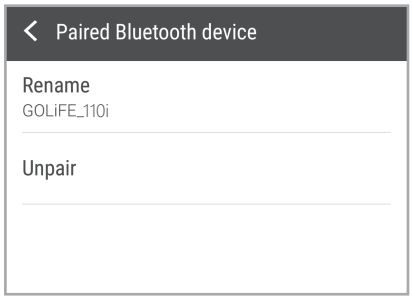
- When Android phone user using GoFIT App to pair GoWatch 110i, if [Android System] → [Bluetooth] → [Paired Device] shows [GOLiFE_110i] already exists, the App will pop up a message indicating as follows:

1. Verify if GoWatch 110i is the previous device in use, and if you wish to continue using it, just click [Yes] to complete pairing.

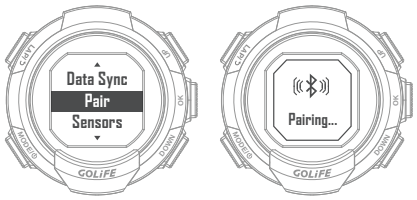


※ If not paired, go to [Android System] → [Bluetooth] to search for [GOLiFE_110i] Pairing Sensors. If GOLiFE_110i device appears in [Android Android System] → [Bluetooth]→ [Paired Device], carry out pairing as described above again.



2. If you wish to use the device as a new one, click [Repairing] to proceed Next Step as follows:

▸ First go to Menu Mode of GoWatch 110i → [Pair], then press [Y]; this will activate device search and trial pairing. When a device is found, a pairing message will show up on the phone, prompting the user to carry out pairing. Three different messages may appear depending on smart phone model:



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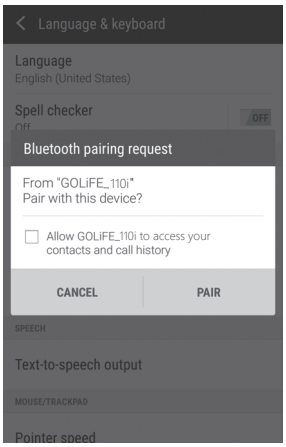
(1) A system message pops up.
Enter pairing code and complete pairing; after detection, App will complete pairing automatically.

System pairing



(2) An App prompt message pops up.
Enter pairing code and complete pairing; after detection, App will complete pairing automatically.

※ Steps a. and b. only require entering once in the dialog box for the watch to complete pairing.

GoFIT Pairing

(3) System completes pairing automatically. In this case, as soon as the App detects the device, pairing will be completed. ※ See P12 for pairing method.

- For Bluetooth link interruption problems between Android System smart phone and GoWatch,see P26.

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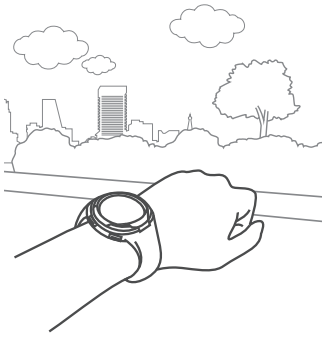
▶ References ◀

- Locations with easy reception/ no reception of GPS signal
  Some locations are easy for GPS reception, some are not.

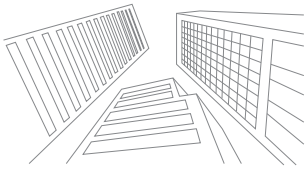
Environments with easy GPS reception

- Outdoors where you can see the sky and have a wide view.



Environments with difficult GPS reception

- The narrower view of visible sky, the harder reception of signals. Furthermore, when receiving signals (especially when adjusting time zone), any object that may block GPS signal may cause difficult GPS reception.



- Between high-rise buildings
- Vicinity of trees
- Stations and airports
- Indoor rooms with windows
  (Some windows glass blocks signals.
  Please verify [X Environments no GPS reception])

Environments with no GPS reception

- With no or little view of the sky.
  With objects that obstruct signal reception

- Indoor rooms without windows
- Basement
- Passing through a tunnel
- Special partition glazing with heat insulation effects
- The vicinity of machine or radio equipment that emits noise signals

- **DST Time (Summer Time):**

  Different regions have respective DST Times (DST). The so-called Summer Time refers to the time in the summer. A system that advances the time by one hour so as to lengthen the daytime. Mainly in Europe, DST is currently adopted by about 80 countries. However, the period and zoning for enforcing DST may differ from country to country.

  ※ Summer Time (DST) in different areas may sometimes change due to national or regional conditions.

- **For more information:**
  - GOLiFE official link: http://www.goyourlife.com/
  - GoWatch 110i Product Link: http://www.goyourlife.com/en/gowatch110i/
  - Maintenance and Warrant: http://www.goyourlife.com/rma/#policy
  - Customer Service: http://www.goyourlife.com/feedback/

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  - Auto and Manual Time Zone Calibration..... See →P7
  - Compass Calibration..... For compass calibration, See →P38
- **Charge functions**
  - Charge GoWatch..... Use GOLiFE Charge Clip for charging, See →P5
  - Extend battery lifespan..... See→P53
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  - Other functions..... For functions other than exercise and activity, See→P22~P24
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  - Data Sync and Upload via PC..... For Data Sync and Upload via PC, See→P16
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  - GPS Positioning .....see→P7
  - GoWatch Firmware Update.....see→P55
  - Waterproof.....see→P56
  - Locations with easy reception/no reception of GPS signal.....see →P62

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- **Troubleshooting**
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  - GoWatch not paring with smart phone.....see→P58
- **More information**
  - DST Time (Summer Time).....see→P62
  - Obtain more product information.....see→P62
  - 110i Product Technical Specifications.....see→P65

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▶ Product Specifications ◀

Physical Dimensions	45 x 46 x 15 mm
Color	Navy Blue / Light Green / Chalky White
Screen Definition	80 x 80 pixels
Battery	Re-chargeable lithium battery
Operating time	GPS mode: 6hrs; Watch Mode: 12days;
	Watch Mode with Pedometer/Msg
Notify	7-9days
Weight	49g
Reception Chip	High-sensitivity reception chip
Storage capacity	36 hrs
Bluetooth	Supported
Gravity Sensor	3-axis acceleration sensor
Compass	supported
Operation Interface	Traditional Chinese, Simplified Chinese, English
Waterproof Grade	5 ATM / underwater 50m max. (Swimming only, not suitable for diving.)
Data transfer interface	USB port (USB cable clip)
Operation Temperature	-10℃ ~ +60℃
Activity Log	Steps / Personal suggested target
Driving mode	Yes
Mobile phone message notify	Yes
Upload activity log from mobile phone	Yes
Pace / HR / Distance Alert	Yes
Auto Pause / Lap	Yes
Alarm Clock	Yes

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Prompt Effect	Beep or vibration
Applicable software	Windows / Mac OS: GOLiFE CONNECT; iOS: GOLiFE Fit App/ Android: GoFIT App
	GOLiFE Fit / GoFIT App is only Applicable to iOS 8.3 or higher / Android 4.3 or higher smart phone or tablet with Bluetooth 4.0 functions.
Optional Accessories	Heart Rate and Speed Cadence Sensor that support ANT+ wireless transmission specifications.

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