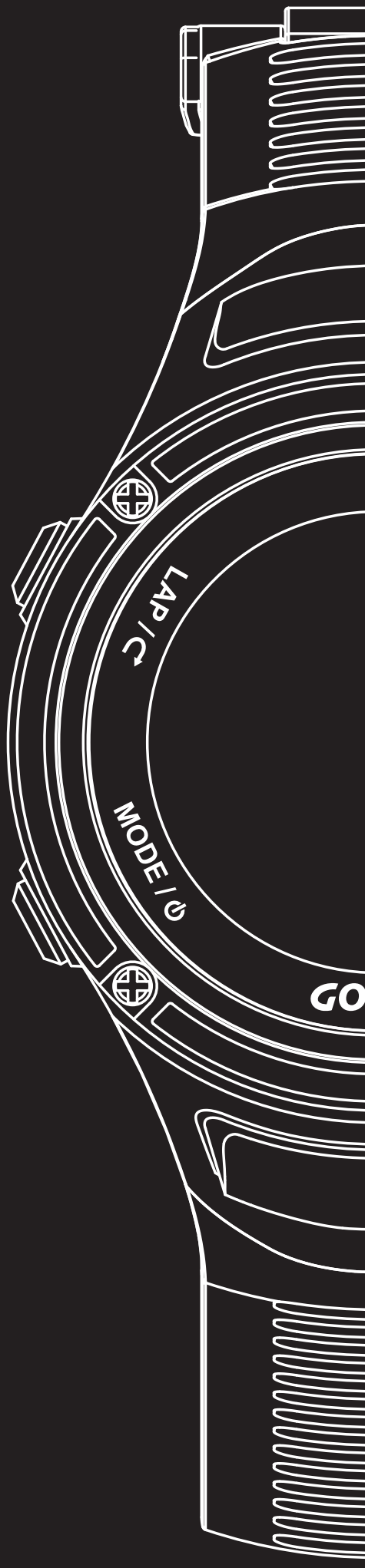
GOLiFE™
穿戴科技·第一品牌

GPS Orientation Smart Sport Watch

GoWatch X-PRO

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 affixed on the product, as in most cases, must 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 the 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 away from infants.
  ※ In case swallowed by infant, seek medical care immediately.

- Do not dismantle watch or remove battery for recharge or modification.
  - Dismantling the watch requires special expertise and battery replacement requires correct specification ; please allow handling by the dealer where the. product was purchased.

※ Incorrect installation of battery may cause fracture, over-heating or fire.
※ Improper dismantle of watch may cause it in water 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 vapors of volatile products (e.g. nail polish remover, pesticide, etc.) exist.
  - Where temperatures exceeding the range of -10 °C ~ 60 °C on a long-term basis.
  - Where subject to magnetic field or electrostatic effect on a 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, to prevent them from swallowing it, injury or allergic reaction.
  - Used battery must be disposed of according to local regulations.

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Product Features

※ The product is a smart watch for outdoor activities featuringmicrocomputer, GPS and 3 major sensors.

※ GPS refers to Global Positioning System.

Three major sensors include devices for detecting atmosphere/altitude, temperature and azimuth.

At any location in the world, a single press on the button is all you need for an automatic switch-over to the local standard time.

• Reception of GPS signal, immediate time adjustment automatically.

Applicable to 39 time zones and 408 cities in the world.

➡ About Time Zone P. 14

➡ Activate automatic time zone P. 14

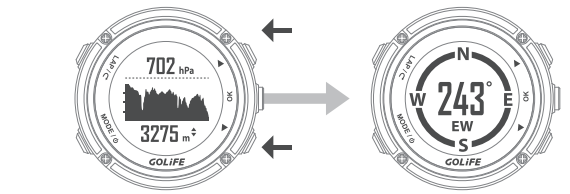
➡ Manual time zone setting P. 14

Built-in 3 major sensors for detecting Atmosphere/Altitude, Temperature and Azimuth

• Via microcomputer, current atmosphere/ altitude, temperature and azimuth can be calculated within the -10 °C~60 °C range.

➡ Press [OK] in watch mode to switch to Sensors screen; followed by pressing (Up) or (Down) to switch among Atmosphere/ Altitude and Temperature. P. 29

➡ Press [OK] again to switch-over to Com pass Screen P. 30



Atmosphere/ Altitude/ Temperature

Compass

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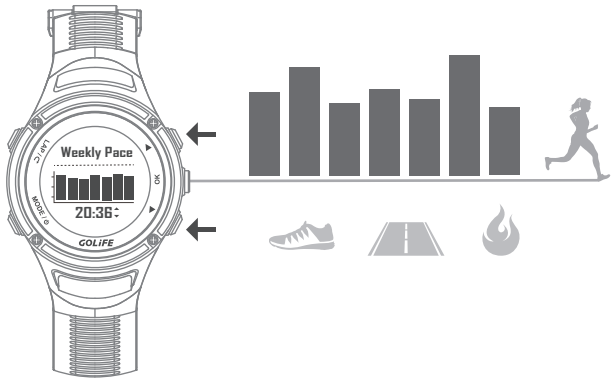
Product Features

Tracing Daily Activities

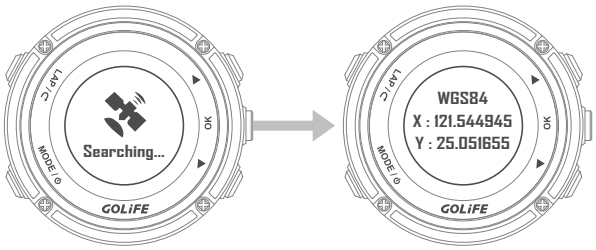
- Automatic tracing amount of daily activities including paces, distance and calories.
  Bar Chart showing weekly pace variation and current week average can be displayed.
  ➡ Press [OK] to switch to [Daily Activity Tracing] screen. Followed by pressing [Up] [Down] to switch-over between Weekly Pace Bar Chart and Weekly Average. P. 30



Real time coordinates display

- On completion of positioning, current coordinates are displayed at once.
  ➡ Press [OK] to switch to real time coordinates screen. On completion of positioning, GoWatch displays current coordinates at once. P.30

※ The WGS84 format is supported for the time being.
More formats will be supported in the future via firmware upgrading.



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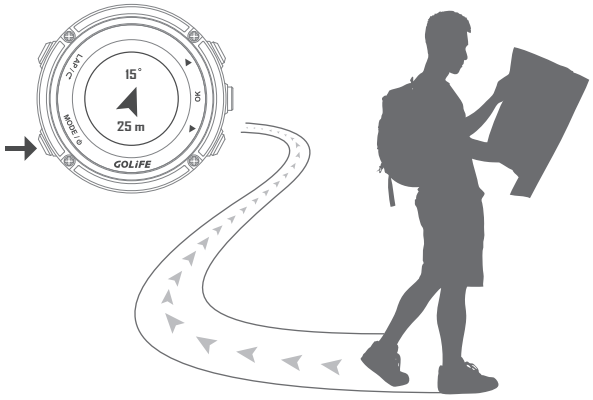
Product Features

Navigate Function

• On completion of positioning, GoWatch will act accordingly and indicate direction and distance of its location.

➡ Press [MODE] key to enter Main Menu, select [Navigate] to activate the function P. 44

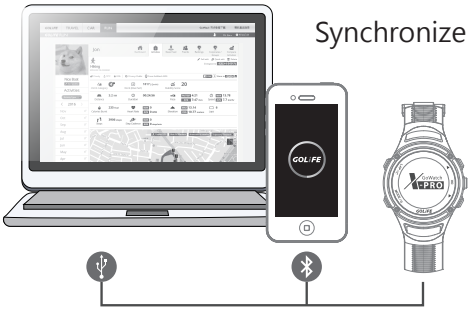


Smart Phone Connection

• Display Smart Phone prompt info in Chinese. Use GoFIT App from Smart Phone to record activities.

➡ Press [Down] key in clock screen of daily mode to read prompt info read from Smart Phone.

On the Smart Phone, press GoFIT App [Device] > [+] and place X-PRO together with the phone, this will activate synchronizing activity records to Smart phone and the cloud service site. P. 19



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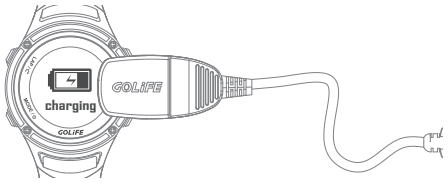
Perform calibration before initial use

※ 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 a shop, may be fully discharged. Charge the watch for at least 10 minutes before putting to use.

➡ For charging method please see P. 9



- 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 P. 13

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

➡ please see P. 14

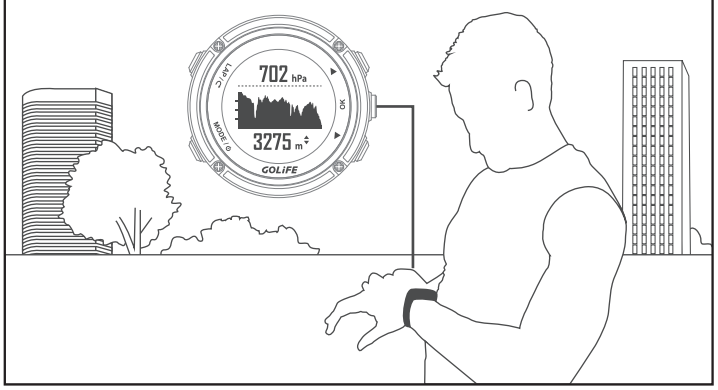
Calibrating 3 Sensors

- Perform calibration before using compass the first time.

➡ For calibration method please see P. 30

- Atmosphere is subject to natural alterations in different time and space. Calibrate the function before using the Atmosphere/Altitude function.

➡ For calibration method please see P. 29



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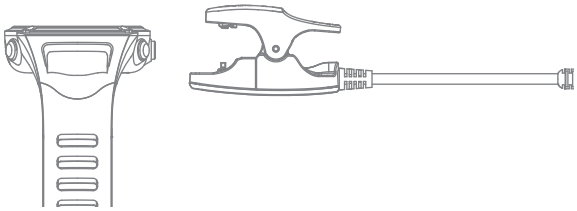
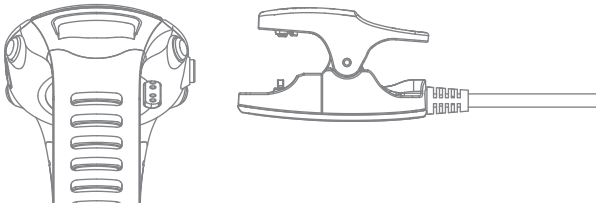
Charge GoWatch

※ When charging GoWatch, care must be taken to prevent GoWatch from subjecting to high temperatures for a prolonged period.

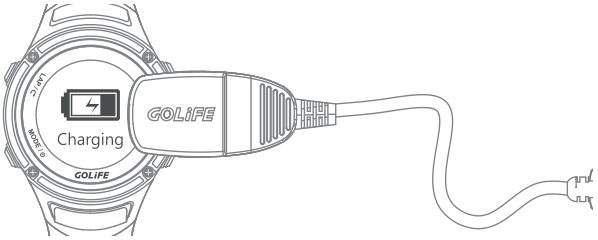
(Efforts must be made to allow GoWatch being charged within the range of working temperature, -10°C~60°C)。



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



- Gently press down the tail of Charge Clip 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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Components

1 [MODE / Power] Key (MODE / Φ)

- Press to switch off/on GoWatch.
- Press this key in Activity Mode to return to Clock Screen. (Followed by pressing [OK] Key will switch-over to the 3-Sensor screen of Atmosphere, Altitude, and Temperature etc. sequentially.) ➡ P. 11

※ Remember to end the activity before returning to Daily Mode, otherwise the recording continues since GPS keeps on working which leads to rapid power consumption of GoWatch. ➡ P. 35

2 [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 Daily 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. ➡ P. 35

3 [UP] and [Down] Keys (▲ / ▼)

4

- 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 Daily Mode to enter View Message screen. ➡ P. 31

  Press this key in Activity Mode to view the previous or next page (each page provides different fields for user defined data such as Distance, Elevation, Pace, Calorie, etc.) ➡ P. 45

5 [OK] Key

- Press this key in a Menu to select the option.
- Press this key in Clock Screen of Watch Mode to sequentially switch-over to the 3-Sensor screen of Atmosphere, Altitude and Temperature; the Compass screen; and the Daily Activity Tracking Screen. ➡ See P. 27 Point 3
- Press this key in Activity Record Mode starts or stops the activity. ➡ P. 35

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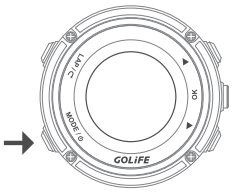
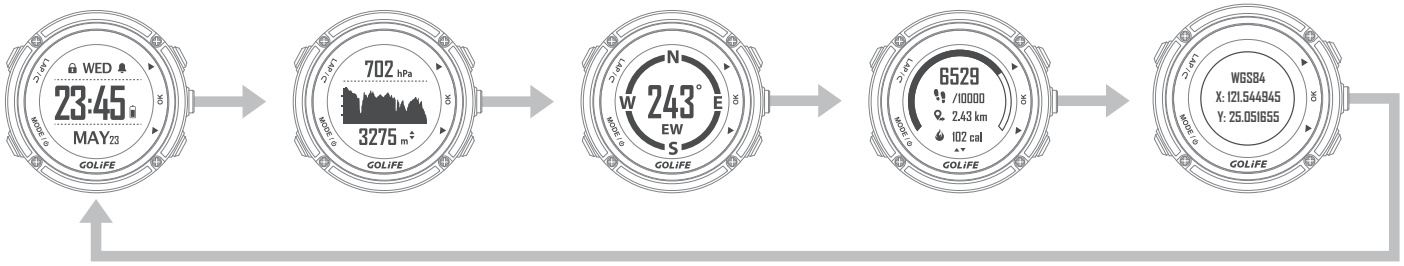
Basic Operation

※ Press and Hold [MODE] Key to switch OFF/ON.



※ Press [MODE] key to switch-over among 3 major modes: Daily Mode, Menu Mode, and Activity Mode.

※ In Daily Mode, press [OK] Key to switch-over among Clock Screen, 3-Sensor Screen (Atmosphere/ Altitude/ Temperature), Compass, Daily Track Screen, etc. (Press [UP] or [Down] in each screen to switch among different data fields.)



※ Use [Up], [Down], [OK], and [LAP] keys to operate the menu.

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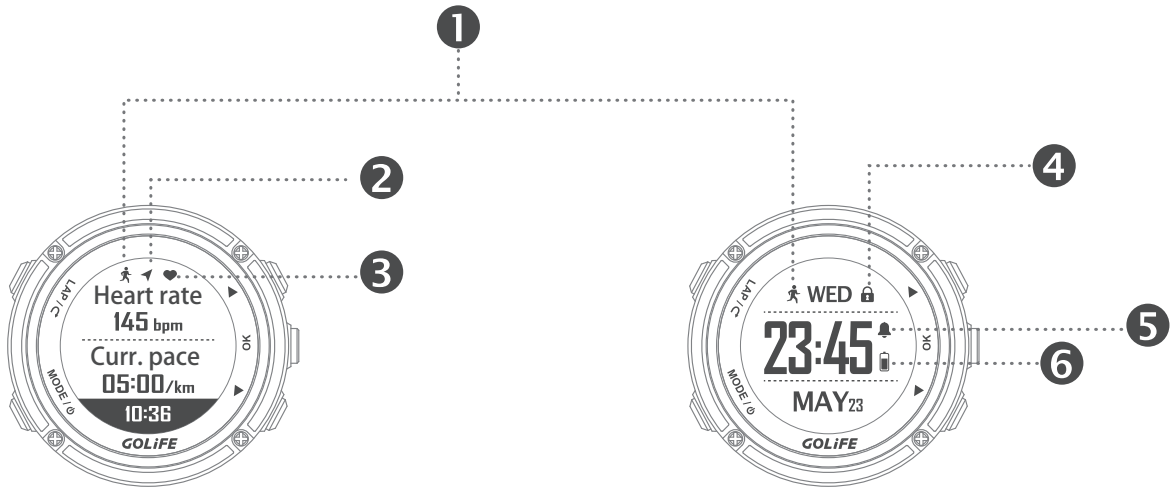
Status Line



1 Exercise Record Status

	In Activity Record (Depending on type of exercise) **In Clock Function, this Icon flashes**
	Pause the record

Type of Exercise

	Walk		Indoor Run
	Run		Indoor Cycling
	Half Marathon		Hiking
	Marathon		Triathlon
	Swimming		Other
	Cycling		

2 GPS Status

	Positioning OK
?	Not positioned
	GPS Off

3 H.R. Monitor / Speed Cadence Sensor Connection

	H.R. Monitor Connected
	Speed Cadence Sensor Connected

4 Lock Status

	Key Lock status, Press and Hold [LAP] Key to unlock.

5 Alarm Status

	Alarm setting activated

6 Battery Status

	Battery near depletion
	Power 50%
	Power 75%
	Power full

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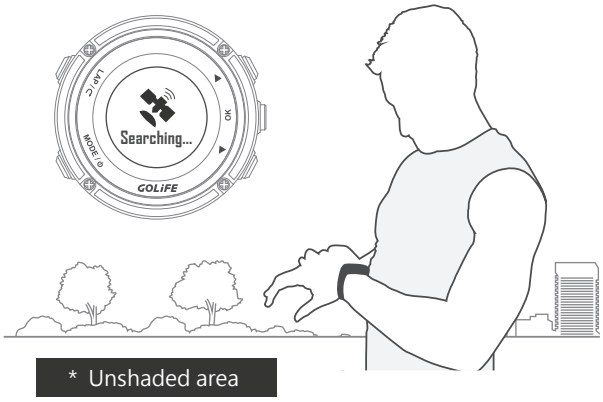
Initiate GoWatch X-PRO

1. **Charge :** Connect a charging clamp to charge X-PRO (**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 X-PRO.
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] Key on the right → Satellite Searching

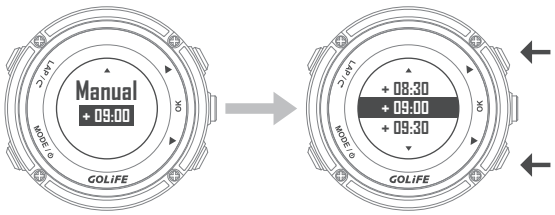
- Make sure that your position has good reception of GPS signal, such as at top floor of building, unshaded area, etc.
- It takes about 5 minutes to complete satellite positioning.
- On completion of satellite positioning, verify the current local time and calibrate it.



▸ Manual Setting of Time Zone

Select [No], press [OK] Key on the right → Manual Time Zone Setting

- Press [Up] or [Down] key to select a time zone within the range of [-12:00] to [+14:00].



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

※ Please perform positioning at a fixed unshaded area when GoWatch X-PRO displays Satellite 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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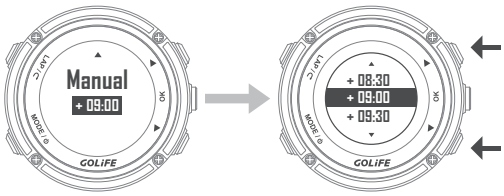
Time Zone Calibration

Manual Time Zone Calibration

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

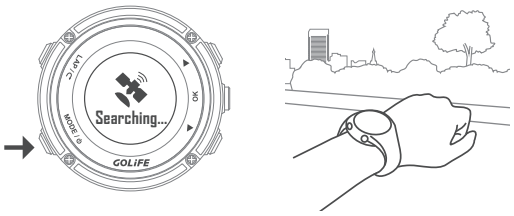
2. Go outdoors and press [MODE] key once; GoWatch will display Satellite Searching; it takes about 1 to 5 minutes to complete positioning and automatic time zone calibration.



Automatic Time Zone Calibration

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

2. Go outdoors and press [MODE] key 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 X-PRO displays Satellite 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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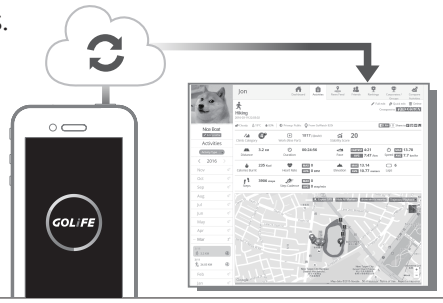
GoFIT App Smart Phone App
Android System / iOS System

※ 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 ◀

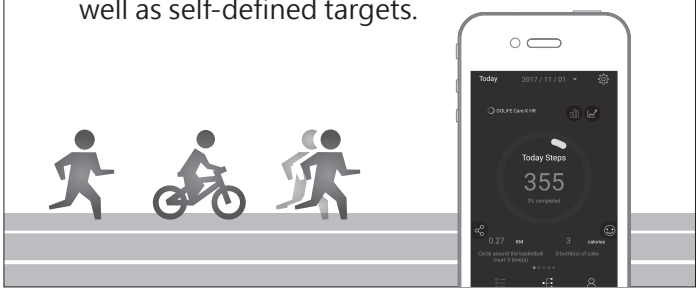
Upload on the spot

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.



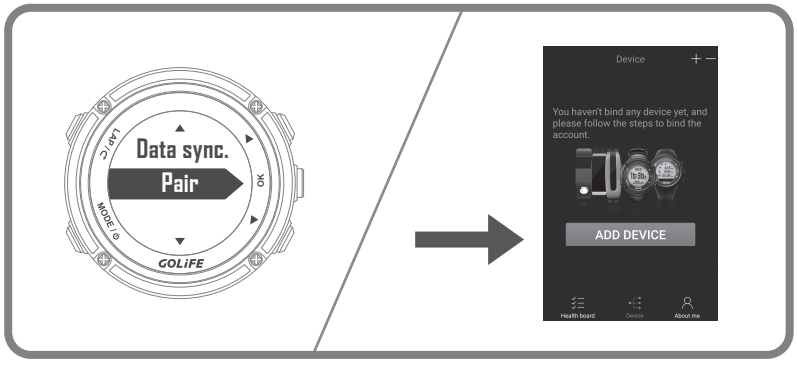
Exercise Amount Accumulation

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



Easy to Use

Pairing GoWatch X-PRO with a GoFIT App. First go to [Bluetooth] and enter [Pair]. At the same time activate GoFIT App and enter [Device], and add device. Please follow the steps of APP, and key the paring code in it; this completes the pairing.



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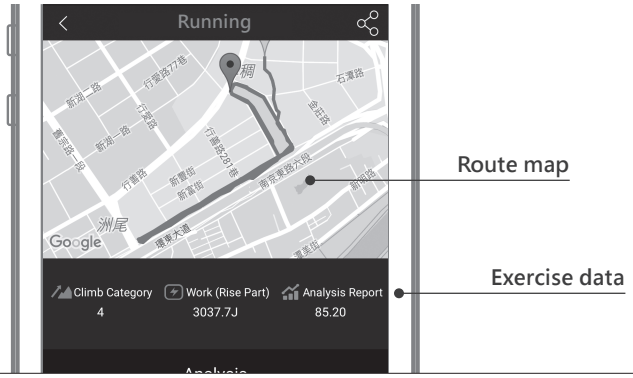
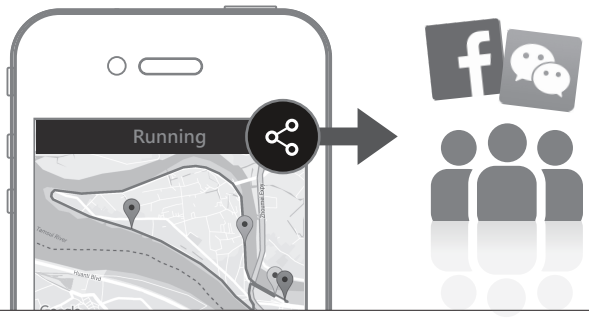
On the spot Viewing

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



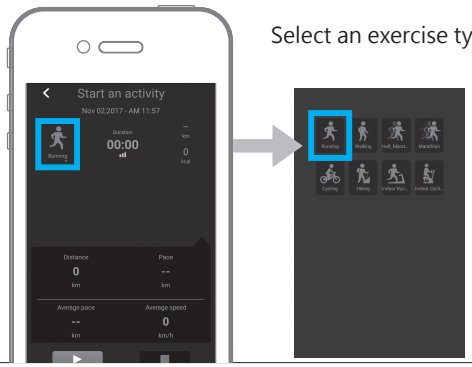
Quick Sharing

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.



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

Download and install the App using the following method:

- Scan the QR Code on the right.

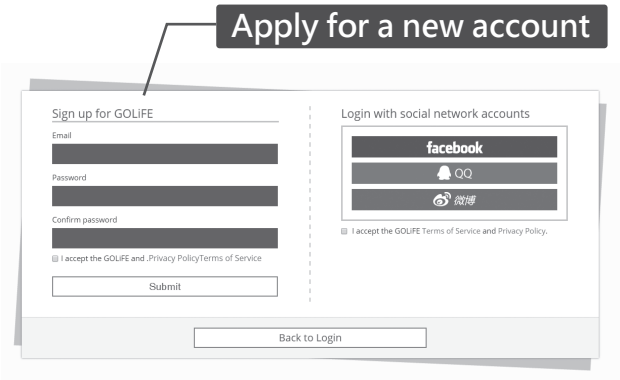
- Or go to Google Play Store / App Store and search GoFIT App / GOLiFE Fit APP.

Available on the App Store

GET IT ON Google play

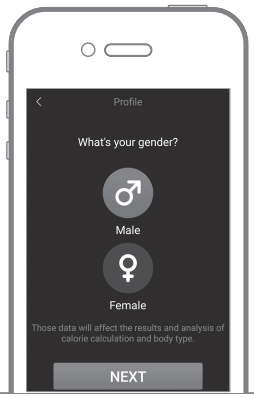
2

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, enter your basic information.



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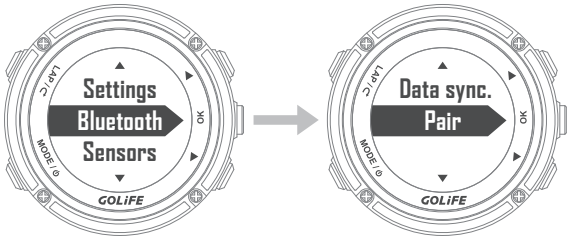
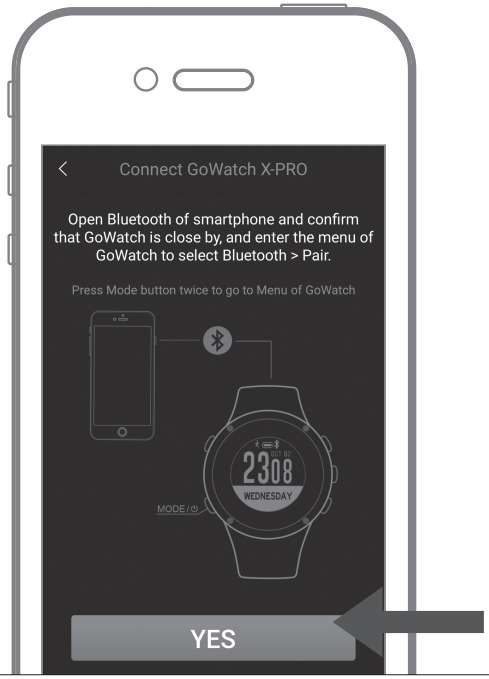
▶ How to pair with GoWatch X-PRO ◀

1 Press the [+] icon on the upper right corner in the GoFIT App and select [GoWatch X-PRO].

2 Followed by pressing [MODE] key of X-PRO to switch over to Menu Mode, select [Bluetooth] > [Pair]; enter the pairing mode by selecting [Yes] when [Start Pairing] message appears.



3 At the same time press GoFIT App > [Device] > [+] > Smart Watch > GoWatch X-pro > Connect GoWatch X-pro > [Yes]



4 Enter the 6-digit pairing code displayed on GoWatch into GoFIT App; this must lead to a successful pairing.

- During the pairing period, press [LAP] key to return only when the Android mobile phone shows an X-PRO Device Paired
- See P67 for any problem regarding pairing with an Android smart phone.

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▶ How to upload activity data to GoFIT App ◀

Press [Device] in GoFIT App and press [Sync], to activate data sync of GoWatch X-PRO.

- Perform pairing of watch before uploading activity log.
- If X-PRO has not yet paired with a smart phone, you may also upload your activity log to your GOLiFE CONNECT account via a PC. See next Chapter GOLiFE CONNECT

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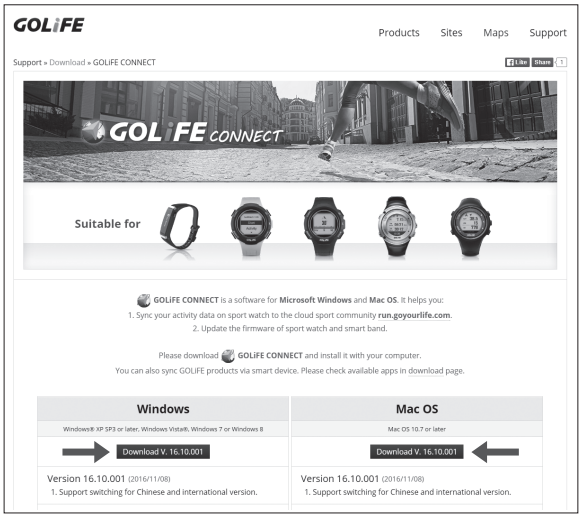
GOLiFE CONNECT

▶ How to install GOLiFE CONNECT ◀

1

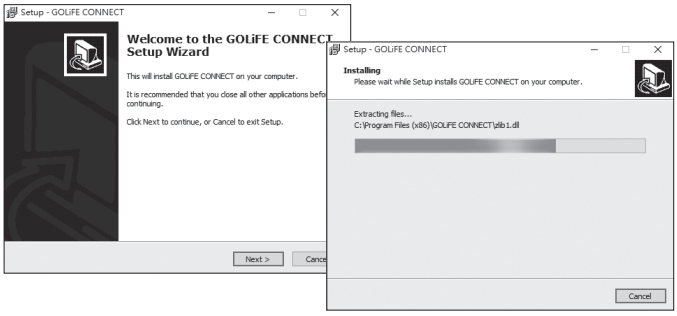
Go to **http://www.goyourlife.com/golife-connect/** and download GOLiFE CONNECT.

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



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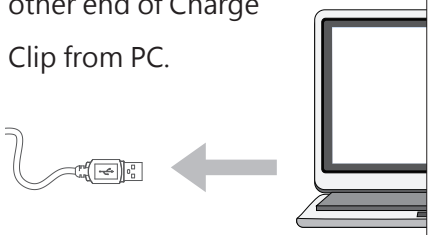
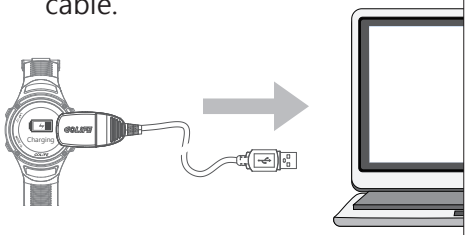
※ If the system shows GOLiFE device not found, verify your connection and log in again.
If connection is correct, proceed with the following steps :

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, you 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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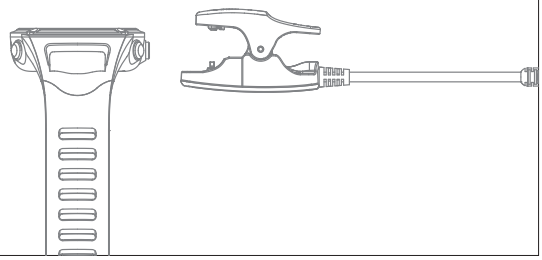
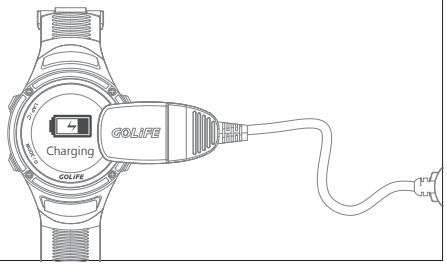
▶ GOLiFE CONNECT Upload Intruction ◀

1 Clip up Charge Clip to GoWatch.

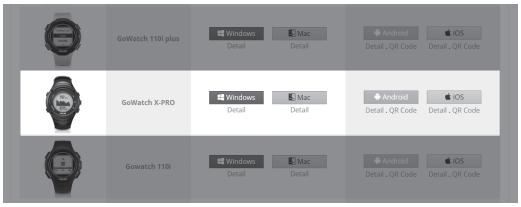


2 Connect USB cable on the other end of Charge Clip to USB port of PC.



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 may select [Synchronize Data] or [Update Firmware].

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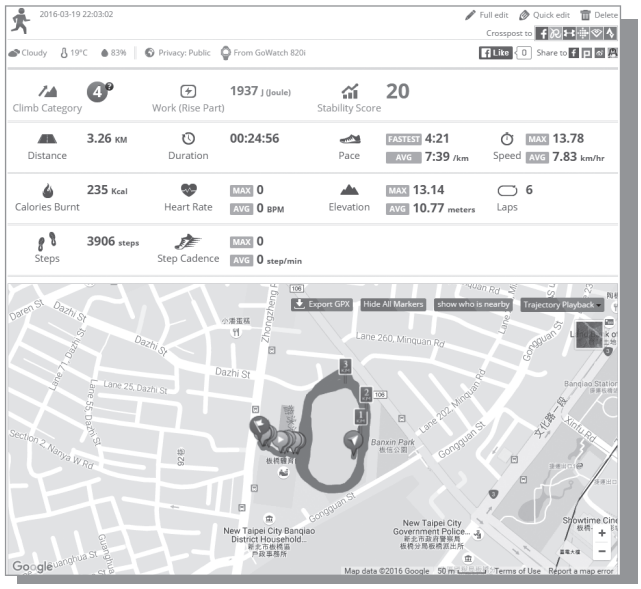
GOLiFE RUN Cloud Service Site

▶ GOLiFE RUN Cloud Service Site fetures ◀

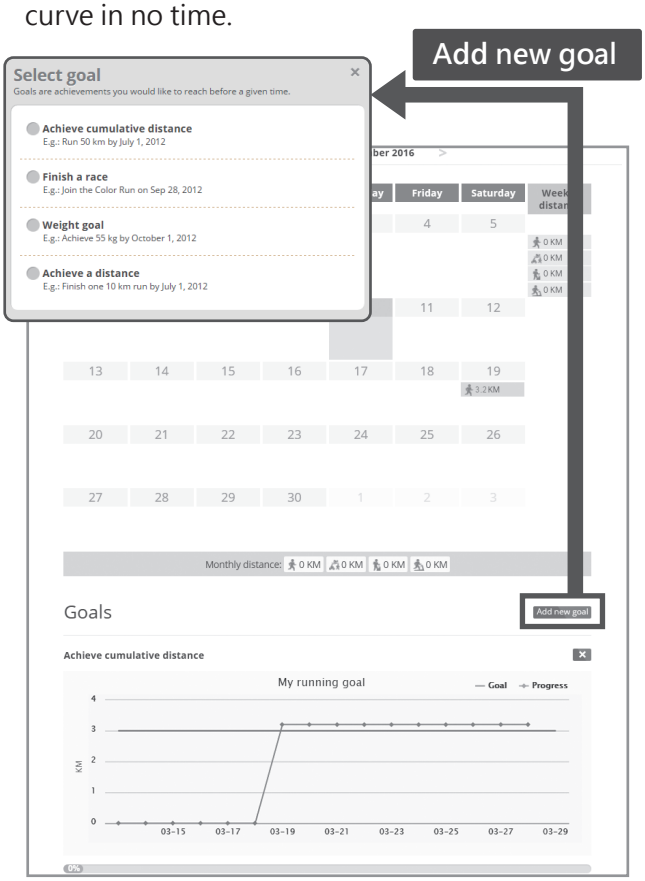
Data Analysis

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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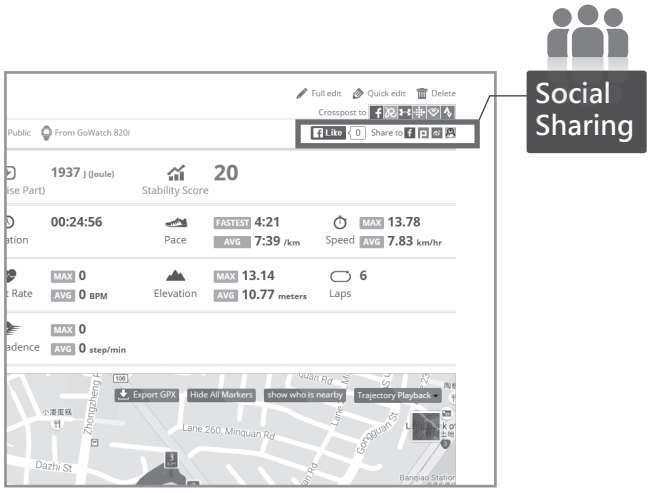
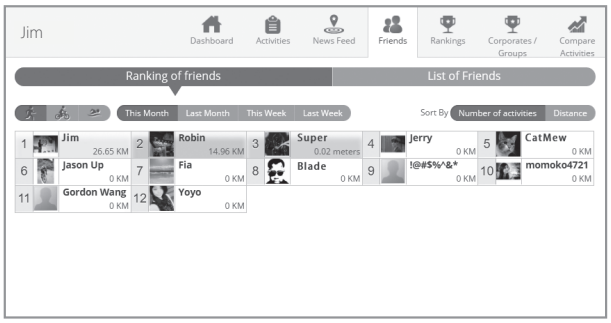
Sharing activities

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.

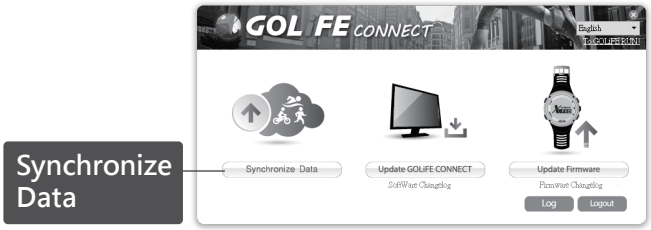




Ranking

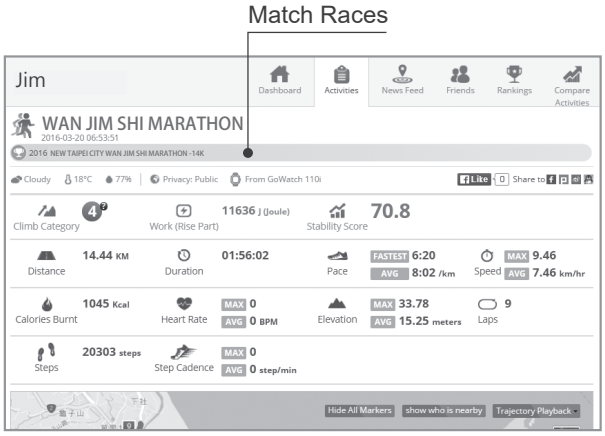
Saving Activities

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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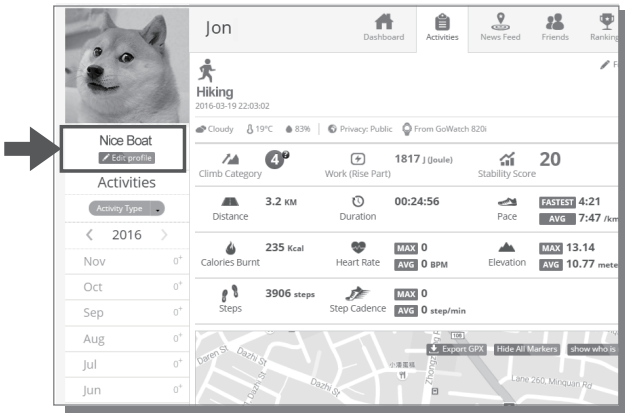
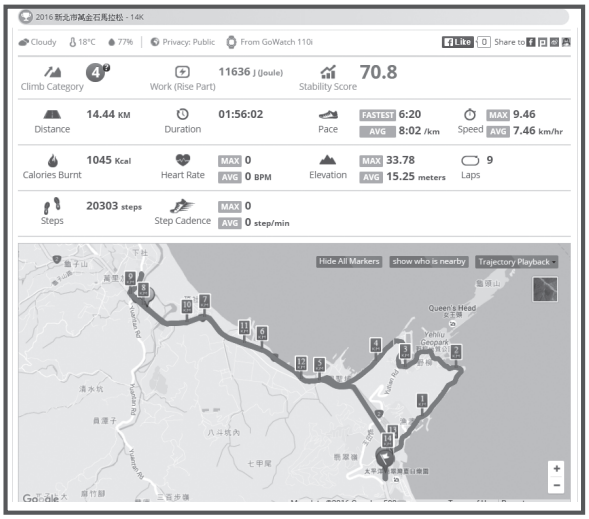
▶ How to use GOLiFE RUN Cloud Service Site ◀

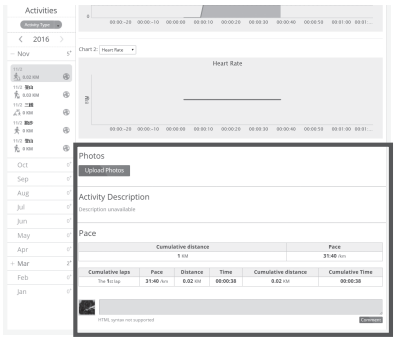
1 After logging in GOLiFE RUN Cloud Service Site, you may edit data on the left side and introduce yourself.



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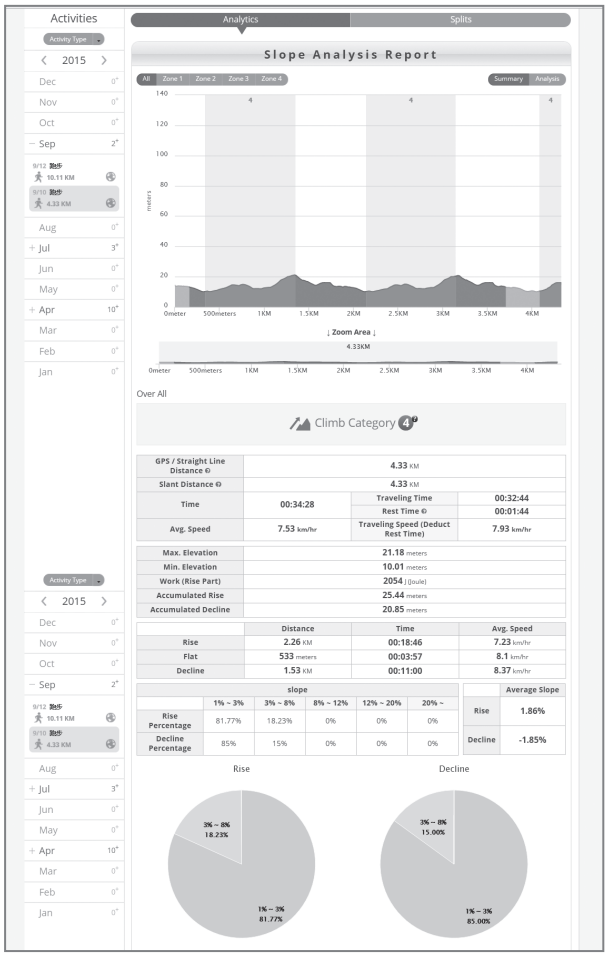
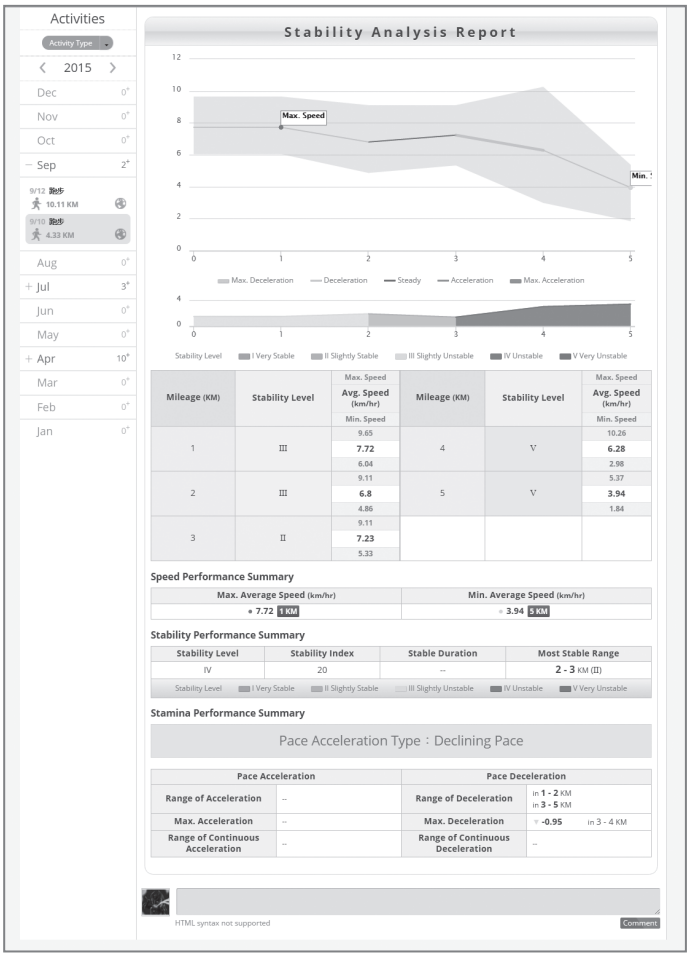
4 It allows clear viewing of slope and stability analysis report or selecting basic data reports on the right.





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

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Modes and Functions

Modes

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

Daily Mode:

- When not performing exercise logging, GoWatch X-PRO is used as an ordinary watch.
- 24H, 12H Style Setting: see Menu Mode→ [Setting] →[Time Mode] → [Time Style] and [Time Format].
  For changing time style, see P48, Setting > Time Mode.
- Pressing [OK] in this mode will sequentially switch over screens of Clock, Atmosphere/Altitude/Temperature, Compass, Daily Track, and Current Coordinates.

Activity Mode:

- Starts an exercise and logs trajectory and activity.
- Displays exercise data in real time.

Menu Mode:

- For setting up personal info and basic setting of GoWatch.
- GYM Function.
  Device Pairing and Bluetooth Sync
  Set up activity mode and check activity records.

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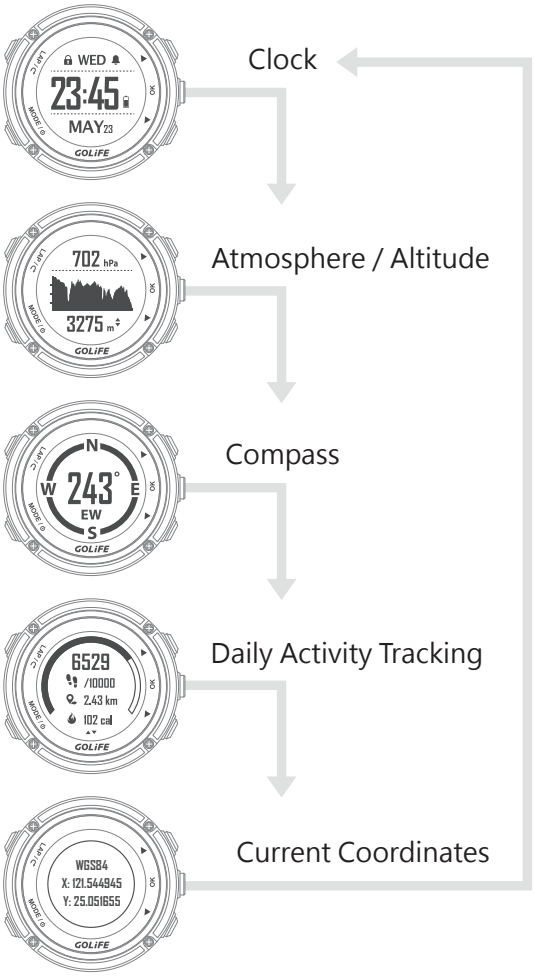
Daily Mode

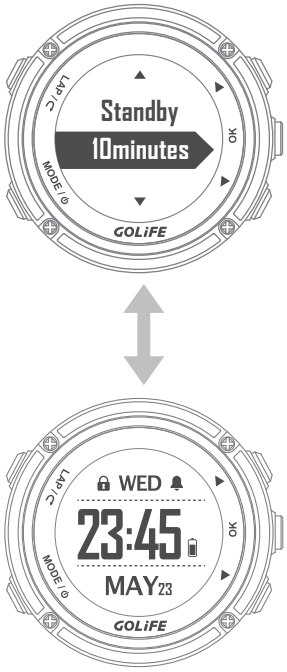
In Daily Mode, press [OK] to switch over functions



Clock

GoWatch X-PRO can be used as an ordinary watch when not performing exercise records. You may manually return to Daily Mode.

GoWatch will return to this mode (no-activity mode) after being standby for a while (which can be checked by Menu Mode → [Setting] → [Display] → [Standby]; default value is 10min.)



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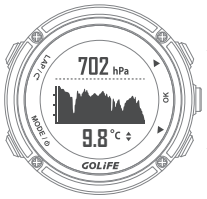
Atmosphere and Altitude

- X-PRO has built-in barometer and altimeter. In general use, X-PRO collects altitude and atmosphere data continuously in every 5 mins, intervals and displays the data in the atmosphere screen. Barometer displays approximate altitude based on atmospheric change, while barometer
- displays environment pressure according to the most recent calibration of altitude. Temperature reading may be inaccurate since your body temperature will affect reading of temperature sensor if you are wearing the watch on your wrist. For accurate reading, you need to take it off from your wrist or simply wear in outside the hiking jacket or glove. (Allow 10 minutes to stabilize.)

Elevation

Current atmosphere, historic atmosphere chart, current altitude



Press [Up], [Down] to display:

Current atmosphere, historic atmosphere chart, current temperature

Press [Up], [Down] to display:

Current atmosphere, historic atmosphere chart, current time

Calibrate barometer:

[By Pressure]: Enter Sea Level Pressure of current location.

[By Current Elevation]: For example, after entering current altitude when you reach an altitude benchmark in the mountain, GoWatch will automatically calibrate the atmosphere value.

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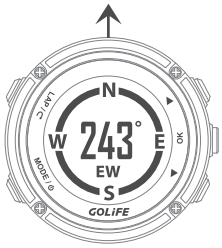
Compass

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.

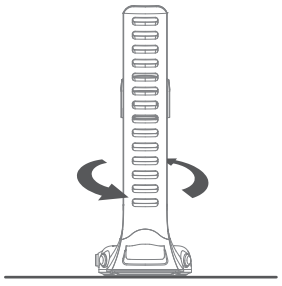
Watch Frontal



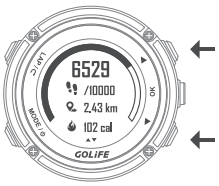
Compass calibration :

Go to Menu Mode → [Setting] → [Compass] → [Calibration].

[Calibration] : 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 successful calibration shows up.

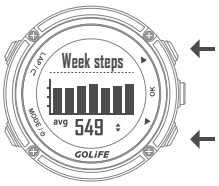


Steps Count



Press [Up] or [Down] to display :
Current Steps (ex. 6529)
Target Steps (ex. 10000)
Distance (ex. 2.43 km)
Calorie consumption (ex. 102 kcal)

Press [Up] or [Down] to display :
Week Steps Bar Chart and current time



Press [Up] or [Down] to display :
Week Steps Bar Chart and Average Steps (ex. 549)

Current Coordinates

Go outdoors to wait for GPS search and positioning.

On completion of positioning, coordinates of current location WGS84 is displayed.

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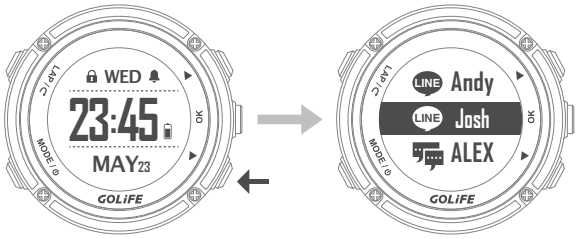
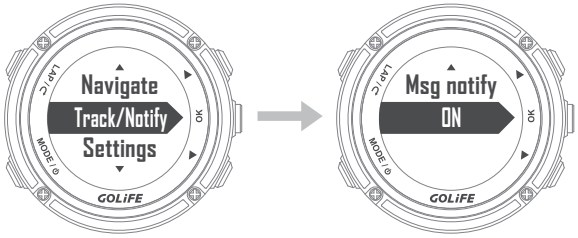
Message

- During Clock mode of GoWatch X-PRO, press [Down] to view messages and notifications of communication apps such as LINE, Facebook, etc. (Smart phone notification must be open in advance.)

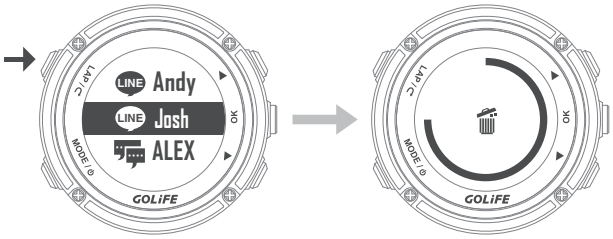


- For activating Message Function, go to Menu → [Track/Notify] → [Msg Notify] → [On] .

※ See P61 for closing specific message for extending battery service performance.



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



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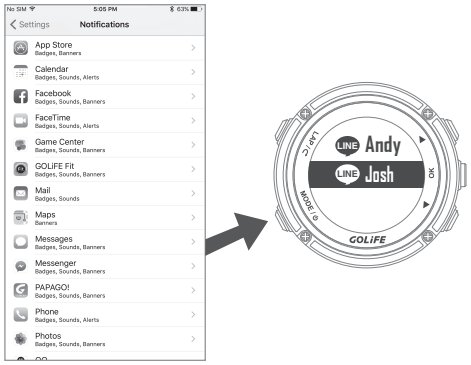
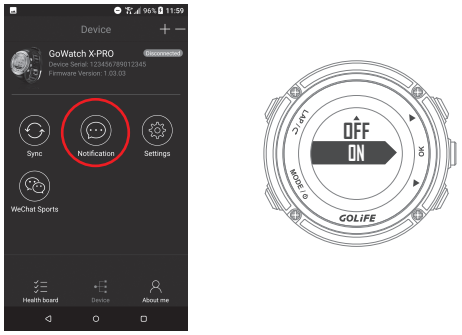
- Manage Notifications: You may manage messages displayed on the X-PRO using a paired mobile device.
  - ▸ **In iOS System :** You may set type of App and message in [Notifications] of your smart phone; notification displayed by X-PRO will be consistent to these settings.
  - ▸ **In Android System :**
    Open GoFIT App and Bluetooth and pair with X-PRO; select [Device]→Select X-PRO → [Notifications] before selecting to open or close notification. Or, go to X-PRO Menu Mode → [Track/Notify] → [Msg notify → [Off]. (This procedure will close all the messages.)

※ For how to install GoFIT App, see P17;
for pairing method, see P18.

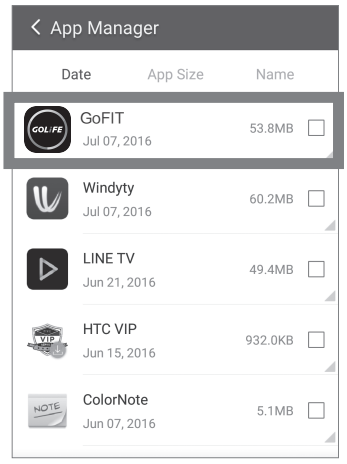
iOS



Android



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



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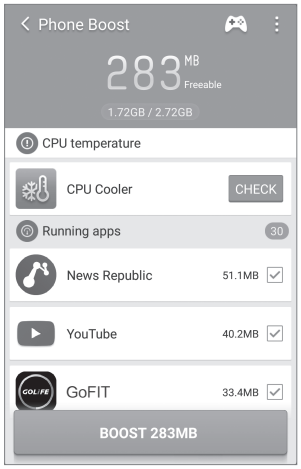
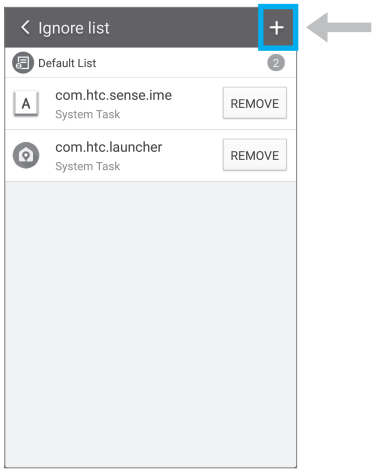
- For smart phones provided with One-key Delete, One-key Acceleration, Smart Phone Acceleration, Clear Internal Storage, Release Memory or similar functions, add GoFIT into the Ignore List (or Exception List, Protected List, White List).

※ For how to install GoFIT App, see P17; for pairing method, see P18.

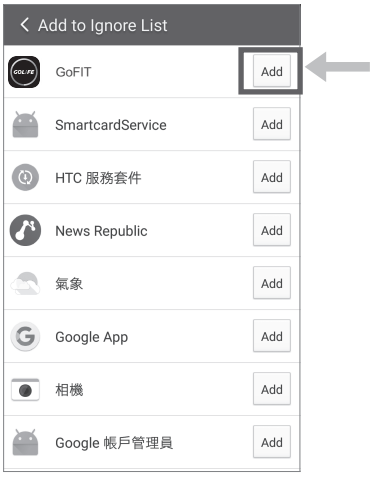
1 Open [Smart Phone Acceleration] setting, click More Functions at the upper right corner and select [Ignore List].



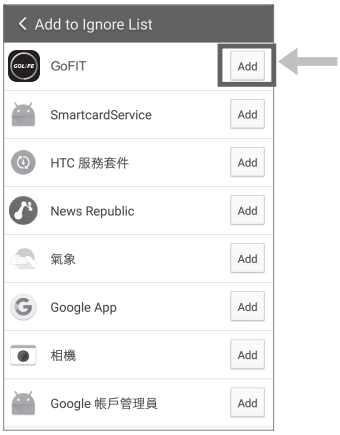
2 Enter [Ignore List] page and click [+] at the upper right corner for adding a new app.



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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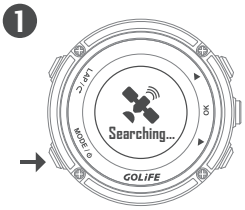
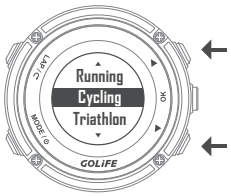
Start Activity

❶



Press [MODE] and wait for GPS search and positioning (Press [OK] twice to skip GPS search for Indoor Cycling and Indoor Running).

❷



Press [OK] on completion of positioning; followed by pressing [Up] or [Down] to select an activity mode (including Run, Cycling, Triathlon, Hiking, Walk, Marathon, Half Marathon, Swimming, Indoor Running, Indoor Cycling, etc.), then press [OK].

❸

Status of the current exercise is displayed when you start an activity.

※ For adjusting page info type, go to [Setting] → [Page]; see P45 for more info.

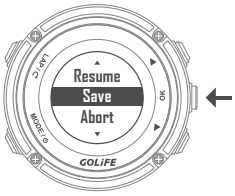
❹

Press [Up] or [Down] to check activity data.

❺

Press [OK] once to pause activity log; press [OK] again to continue.

❻



At the end of exercise, press [OK] to pause; press [LAP], the screen prompts [Resume], [Save], [Abort]; select [Save] to store the activity data.

※ After Sync of activity data, you may select a corresponding activity by selecting [Activities] at the upper left corner of GoFIT App to view data and tracks, or log in the GOLiFE RUN website to view the same. (For how to install GoFIT App, see P17.)

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Activity Mode

Activity Mode Functions:

Recording Exercise:

[Up] / [Down]: Switch pages of exercise information (GoWatch X-PRO provides 6 pages for viewing data, select with Menu Mode → [Setting] → [Page] for setting up data to be displayed on pages.)

Manual Pause: Press [OK] to pause recording; press [OK] again to resume recording (see Fig.1).

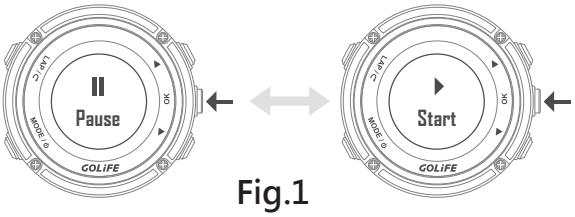


Fig.1

Auto Pause:

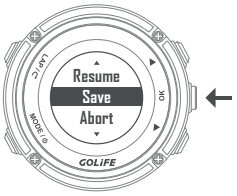
You may select whether to Auto Pause recording via Menu Mode → [Activity] → [Settings] → [Auto Pause] or not.

Stop Recording:

Press [OK] to pause recording;

press [LAP], the page prompts [Resume], [Save], [Abort]; select [Save] to store activity data. (See Fig. 2)

Fig. 2



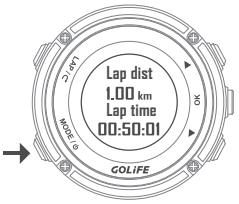
Manual Lap:

Press [LAP] to activate message of Lap Page. To adjust message content, go to Menu Mode → [Setting] → [Page] → [Lap Page].

Auto Lap Count:

Calculate lap based on distance or time; settings can be adjusted by Menu Mode →[Activity] → [Settings] → [Auto laps]. (See Fig. 3).

Fig.3



Switch Mode:

Press [MODE] to switch over to Time Mode or Menu Mode.

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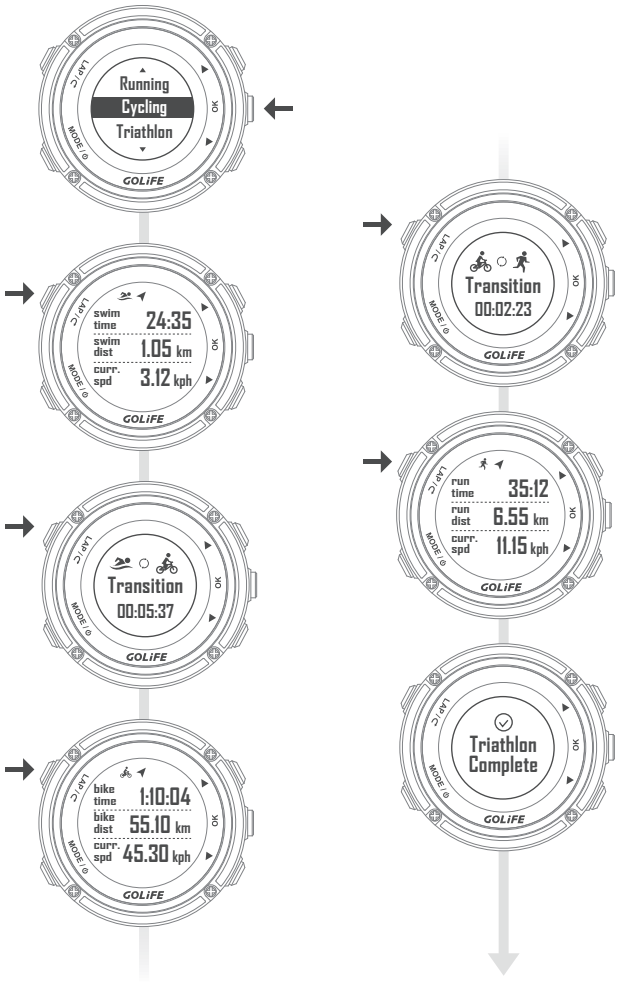
Activity Mode

In Triathlon Activity Mode:

Press [LAP] to switch-over to Transition or Next Activity

To set up type and sequence of 3 items under Triathlon, go to Menu Mode → [Activity] → [Settings] → [Triathlon Set] → Activity 1-3.



Check exercise and lap log:

- You may check via Menu Mode → [Activity] → [Log].
- In Triathlon Mode, new screens will be added for Triathlon items.

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Menu Mode

Activity: Menu Mode → [Activity]

[Log]

Menu Mode → [Activity] → [Log]

Historic records are listed by date.

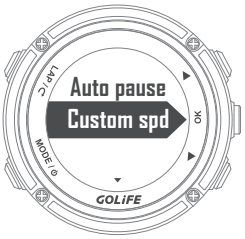
Press [OK] to enter and view detailed exercise info.

[Settings]

1. **[Triathlon Set]:**

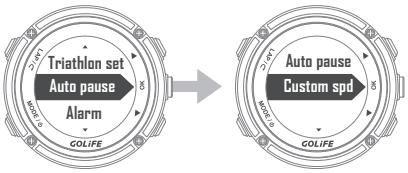
   Menu Mode→ [Activity] → [Settings] → [Triathlon Set] → [Transition]

- [Transition]: For setting Transition On/Off under the Triathlon, Default is [On]. If [Off] is selected, pressing [LAP] in Triathlon will directly switch over to next exercise activity.
- [Activity]: Set up type and sequence of 3 items under Triathlon; default is Activity 1: Swimming; Activity 2: Cycling; Activity 3: Running.



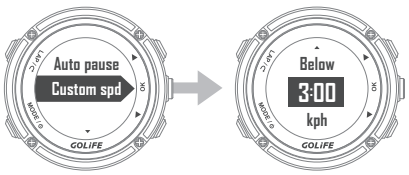
2. **Auto Pause: Menu Mode → [Activity] → [Settings] → [Auto Pause]**

- Set whether to pause activity record or not when reaching a pre-set low speed or a full stop during activity recording. Default setting is [OFF].



- If set to [When Stop], GoWatch pauses activity recording when the speed drops to 0 during the exercise, it resumes recording automatically when movement re-starts.

- If set to [Custom Spd], you need to set a minimum speed; GoWatch pauses activity recording when movement gets below the pre-set minimum speed during the exercise. It resumes recording automatically when movement exceeds the minimum speed.



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Menu Mode

[Alarm]

Menu Mode → [Activity] → [Settings] → [Alarm]

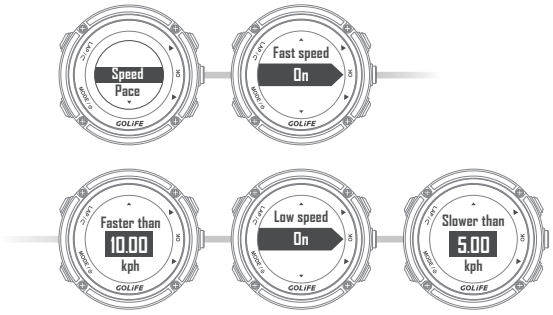
- For setting up a BEEP or vibration alarm according to the pre-set time/distance and frequency of occurrence, or after reaching a pre-set Speed/Pace/Heart Rate.
- For enabling vibration alarm, go to Menu Mode → [Settings] → [Sound/Vib.]

1. **[Time/Dist.]:**
   Menu Mode → [Activity] → [Settings] →[Alarm] → [Time/Dist.].

- To enable [Time/Dist.] alarm, set Frequency as [Once] or [Repeated], then set [Time/Dist.] interval for each alarm.

2. **[Speed /Pace]: Menu Mode→ [Activity] → [Settings] → [Alarm] → [Speed/Pace]**

- To enable [Speed/Pace] alarm, set for taking [Speed] or [Pace] as the unit.
- When taking [Speed] (km/hour or mile/hour) as baseline, set the switch of [Fast Speed] / [Low Speed] to [On], then set values of [Fast than] / [Slower than] speeds. GoWatch gives a BEEP/Vib. alarm 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 baseline, set the switch of [Fast Speed] / [Low Speed] to [On], then set values of [Fast than] / [Slower than] Paces. GoWatch gives a BEEP/Vib. alarm when the pre-set Max/Min pace is reached during the exercise, to facilitate an effective training.



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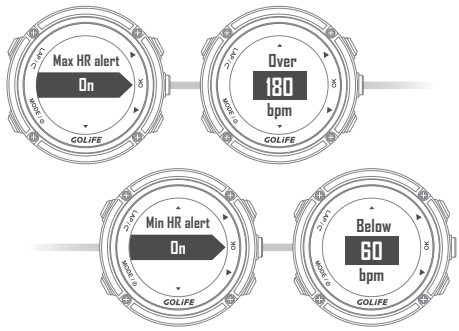
Menu Mode

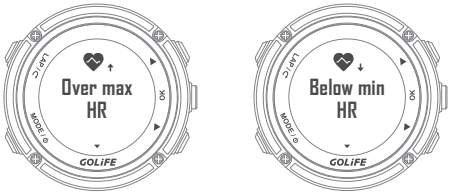
3. Heart Rate:

Menu Mode→ [Activity] → [Settings] → [Alarm] → [Heart Rate]

- When taking [Heart Rate] (bpm) as baseline, 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 of Max/Min HR, GoWatch gives a BEEP/Vib. alarm, to facilitate an effective training.



[Auto laps]

Menu Mode→ [Activity] → [Settings] → [Auto laps]

- Set whether to add a lap record when reaching a pre-set lap condition. Default setting is [Off].
- If [Distance] is set, then set distance interval (km or mile) for adding a lap count.
- If [Exercise Time] is set, then set time interval for adding a lap count.

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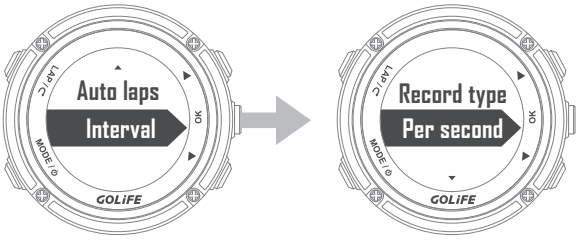
Menu Mode

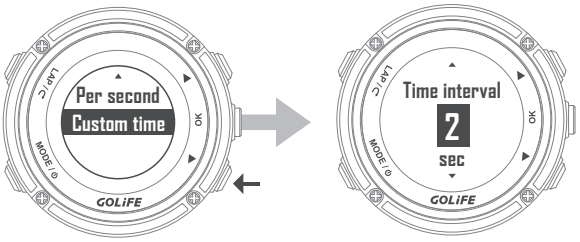
[Interval]

Menu Mode → [Activity] → [Settings] → [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.



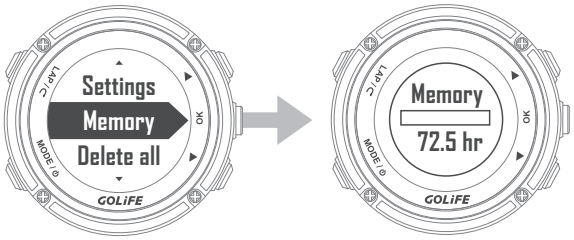
- If you wish to extend data length, set [Record Type] to [Custom Time], then set [Time interval] (Maximum setting is 20s); on completion of setting, verify the remaining time.



[Memory]

Menu Mode → [Activity] → [Memory]

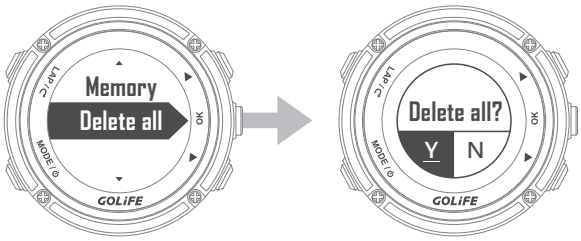
- Check for available memory of GoWatch. System is capable of recording 72.5 hours of data when no Activity Log exists.



[Delete all]

Menu Mode→ [Activity] → [Delete all]

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



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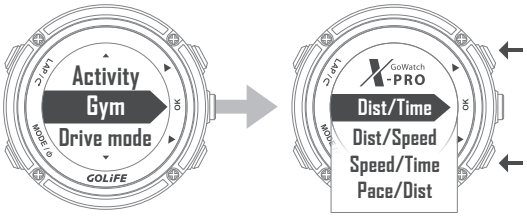
GYM: Menu Mode →「Gym」

[Trainer]

Menu Mode → [Gym] → [Trainer]

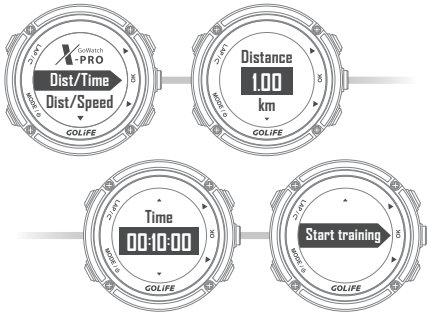
- GoWatch X-PRO is your private coach that acts as a virtual trainer accompanying your training after setting speed, distance, and time targets.
- When training starts, the screen shows [Rest Dist], [Ahead/Behind] the virtual athlete by how many distance, completed percentage, etc. Press [Up] and [Down] to switch-over other 4 pages of activity info.



- On completion of 100% training, you need to manually stop training and save the record, otherwise Activity Mode
- continues, it will not stop automatically. GPS Positioning must be completed before you can start training.

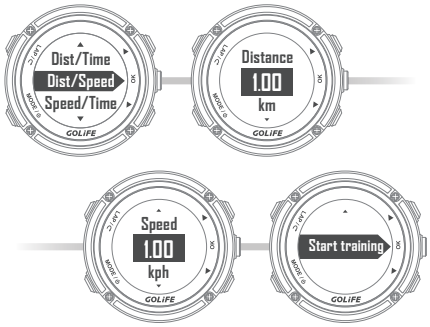
1. [Dist./Time]: Menu Mode → [Gym] → [Trainer] → [Dist./Time]

- Training Target: To achieve how many distance in how long time. First set [Distance] and [Exercise time]; then select [Start training] and press [OK] to start and record the track.



2. [Dist./Speed]: Menu Mode→ [Gym] → [Trainer] → [Dist./Speed]

- Training Target: To achieve how many distance at what speed.
  First set [Distance] and [Speed]; then select [Start training] and press [OK] to start and record the track.



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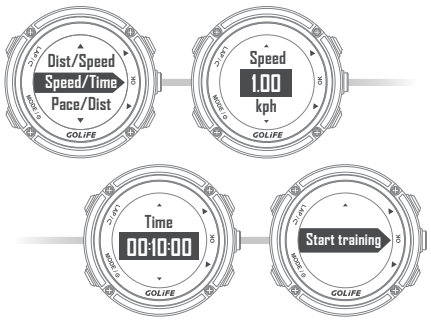
GYM

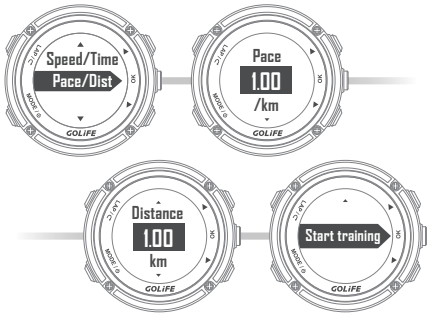
3. [Speed/Time]: Menu Mode → [Gym] → [Trainer] → [Speed/Time]

- Training Target: To maintain how long time at what Average Speed. First set [Speed] and [Exercise time], then select [Start training] and press [OK] to start and record the track.



4. [Pace/Dist.]: Menu Mode → [Gym] → [Trainer] → [Pace/Dist.]

- Training Target: To achieve how many distance at what Average Pace. First set [Speed] and [Distance], then select [Start training] and press [OK] to start and record the track.

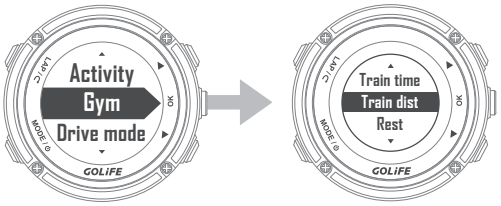


[Interval]

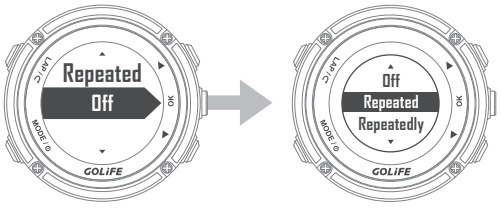
1. Create Training: Menu Mode → [Gym] → [Interval] → [Create]

- [Train Name]: System Default, e.g.: TRAINING01

- [Add item]: Add Training Item in Training Plan; you may set 3 items: [Train time]. [Train dist.], and [Rest].



- [Repeated]: You may set whether to repeat all the added training items. Available settings are [Off], [Repeated], [Repeatedly]. Default is [Off].
  For [Repeated] setting, you may further set repeating times.



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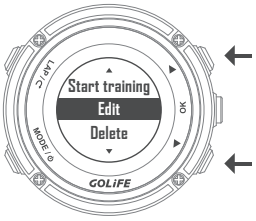
GYM

2. **[Training list]:**
   Menu Mode → [Gym] → [Interval] → [Training list]

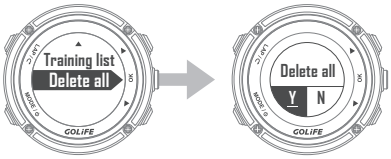
- Press [OK] after selecting a created Training Plan.
- Start Training: After pressing [OK] to start training, track recording starts. During the training, the screen shows [Rest Dist.], [Ahead /Behind] virtual athlete by how many distance, and competed percentage. Press [Up] and [Down] to switch over other 5 pages of activity info.

- Edit: Edit created Training Plan sessions.
- Delete: Delete Training Plan sessions.



3. **[Delete all]: Menu Mode → [Gym] → [Interval] → [Delete all]**

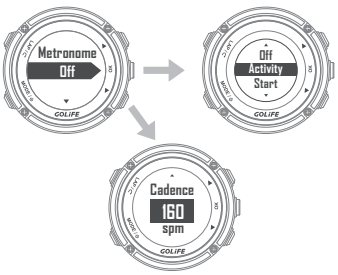
- Delete all the Training Plan sessions.



[Metronome] (Cadence Trainer)

Menu Mode → [Gym] → [Metronome]

- Metronome gives a regular and steady tempo prompt for facilitating pace adjustment, so that runner is trained at a more consistent pace.
- You may select [Off], [Activity], [Start]. Press [Down] to select Steps per Minute (SPM) for entering a pace you would 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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Navigate

[Stopwatch]:

Menu Mode → [Stopwatch], this will activate Stopwatch function.

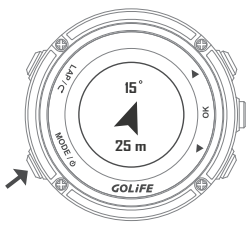
- Press [OK] to start activity; press [OK] again to pause activity.
- Press [LAP] to record a lap when Stopwatch is activated; press [UP] to view the record of the lap; press [DOWN] to zero the value and return to Stopwatch screen.

[Timer]: Menu Mode → [Timer], this will activate Timer function.

- Press [Start] and [OK] to start Timer;
- press [OK] again to pause activity.
- Press [UP] to restart Timer.
  Time default is one minute. Go to Menu Mode → [Timer] → [DOWN] → [Time] to set the time.

[Navigate]: Menu Mode → [Navigate]

Back Point Navigation Function: Positioning is carried out when entering this function. GoWatch will indicate distance and orientation to this positioned point.

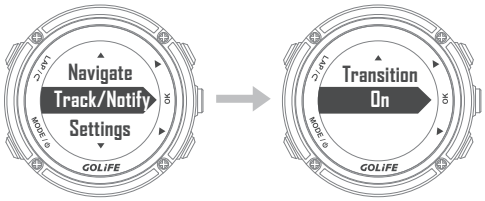


Track /Notify

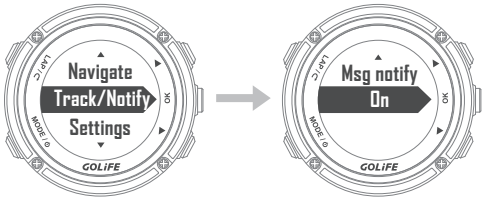
[Track/Notify]:

Menu Mode → [Track/Notify]

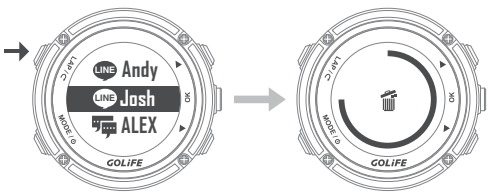
- Pedometer: Calculates daily steps;
  can be set to [Off] or [On] based on personal needs.



- [Msg. Notify]: For viewing Message notification of communication apps such as LINE, Facebook, etc.
  (**Smart phone notification must be open in advance.**)
  Can be set to [Off] or [On] based on personal needs.



※ To delete a message, Press and Hold [LAP] Key until a circle appears on the watch, indicating the deletion is done.



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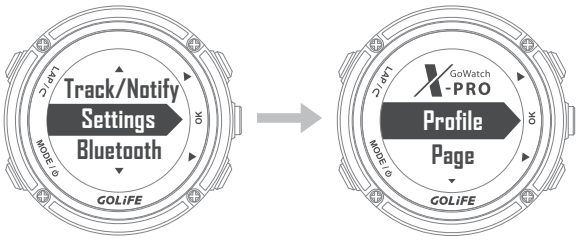
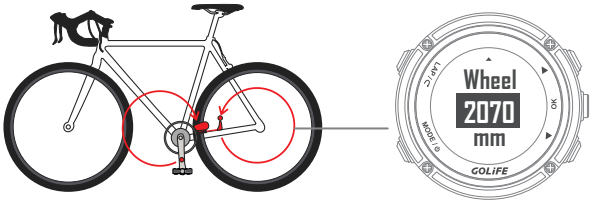
Settings

1. [Profile]: Menu Mode → [Settings] → [Profile]

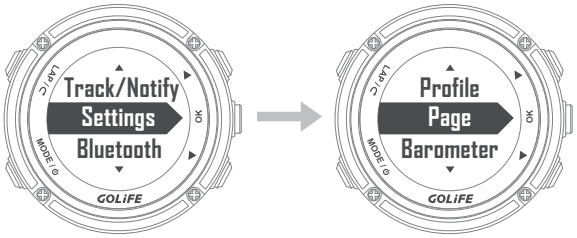
- [Profile] includes User Name, Gender, Age, Height, Weight, Wheel Radius, Step Length, etc.



- Combining with ANT+ Speed Cadence Sensor, Wheel data can be used for calculating (wheeling) speed.



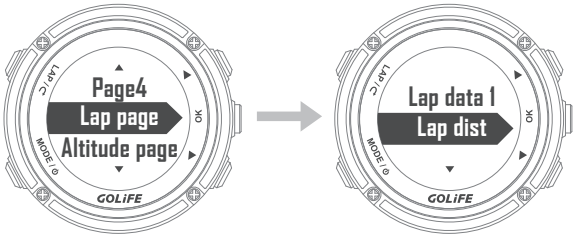
2. [Page]: Menu Mode → [Settings] → [Page]



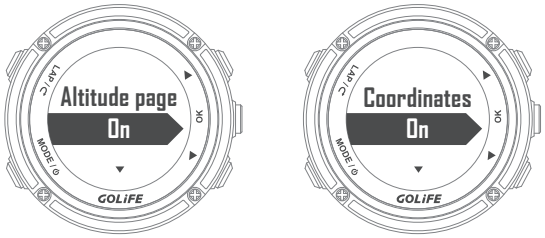
- Set page format for real time viewing of exercise data when recording the exercise :

▸ [Page 1], [Page 2], [Page 3], [Page 4]

▸ [Lap page]: can be set.
(Lap page will appear when calculating laps in Activity Mode).



▸ [Altitude page], [Coordinates]



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Settings

- Page Format Setup, taking example of Page 1: Select [Page 1], press [UP] and [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.

- The data of pages which can be selected 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
Cycling	Cadence, Average Cadence (Avg cadence), Maximum Cadence (Max cadence), Wheel speed, Average Wheel Speed (Avg whl. spd), Maximum Wheel Speed (Max whl. spd)		
Altitude	Altitude, Maximum Altitude (Max altitude), Minimum Altitude (Min altitude), GPS Altitude (GPS alt.)		
Calorie	Calories, Calorie Rate	**Steps**	Steps, Step Cadence (Step cad.)
Heart Rate	Heart Rate, Average Heart Rate (Avg HR), Maximum Heart Rate (Max HR)		
Laps	Current Laps (Curr. lap), Lap Distance (Lap dist), Lap Pace, Lap Speed, Lap Calories, Lap Heart Rate (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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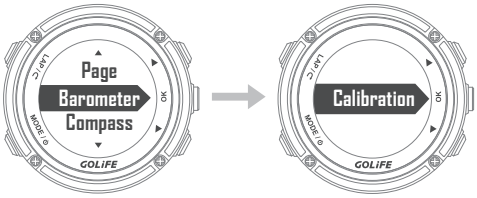
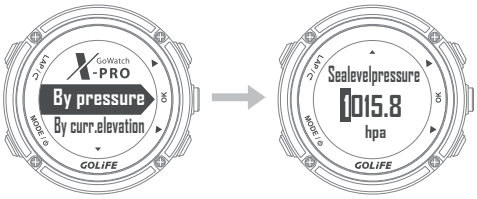
Settings

3. **[Barometer]:**
   Menu Mode → [Settings] → [Barometer]

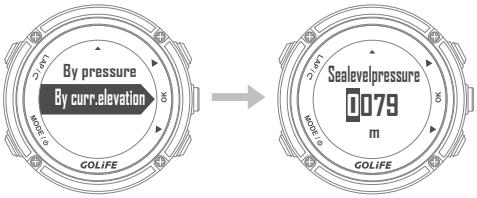
- Calibrate Barometer: Menu Mode → [Settings] → [Barometer] → [Calibration]



▸ [By pressure]: Enter sea level pressure of current location.

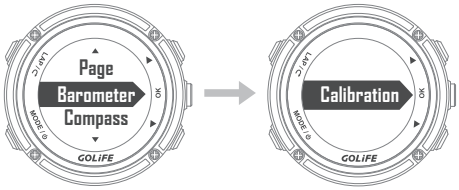


▸ [By curr. elevation]: For example, after entering current altitude when you reach an altitude benchmark in the mountain, GoWatch will automatically calibrate the atmosphere value.

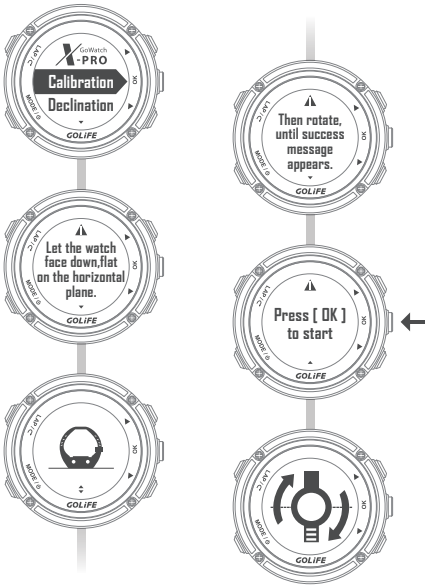


4. **[Compass]: Menu Mode → [Settings] → [Compass]**

- Calibrate Compass: Menu Mode → [Settings] → [Compass] → [Calibration] and [Declination]



▸ [Calibration]:
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 successful calibration shows up.



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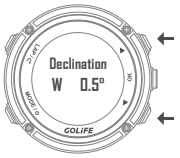
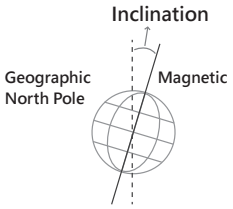
Settings

- [Declination]: 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.

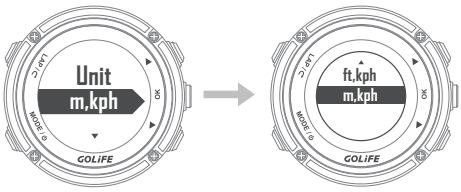




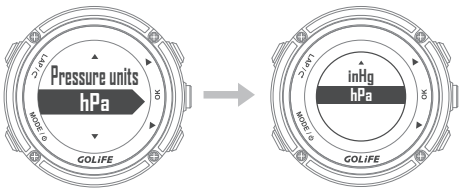
5. [Unit]:

Menu Mode → [Settings] → [Unit]

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



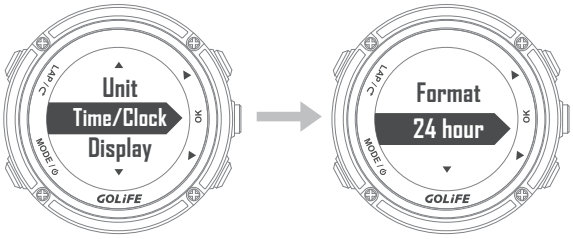
- Pressure Unit: Set up barometric pressure unit, options are [hPg] and [inHg].



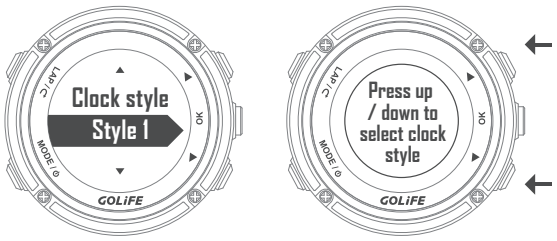
6. [Time / Clock]:

Menu Mode → [Settings] → [Time / Clock]

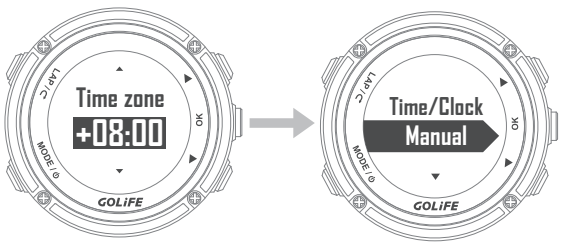
- Format: Set up for [12 hour] or [24 hour] display. Default is [12 hour].



- Clock style: GoWatch X-PRO provides 5 styles; you may set up as preferred.



- Time zone: Time zone can be set automatically (by GPS) or manually.



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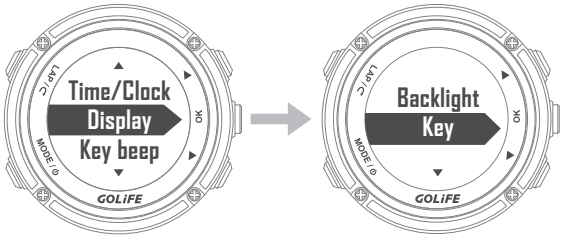
Settings

- Daylight Saving Time (DST): DST setting switch, default is [Off].

※ For Daylight Saving Time, see P70.

7. [Display]: Menu Mode → [Settings] → [Display]

- **Backlight: Menu Mode → [Settings] → [Display] → [Backlight]**



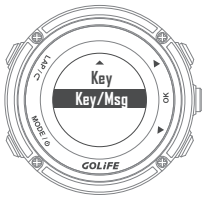
- **[Off]: Backlight is off.**

- [Always]: Backlight is always ON, will not go out automatically.

- [Message]: When GoWatch X-PRO pops up a message, 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 X-PRO pops up a message or when any key is pressed, backlight will light up automatically and go out in 10s.



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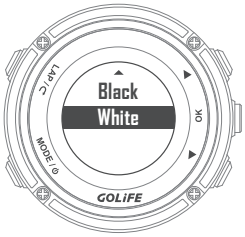
Settings

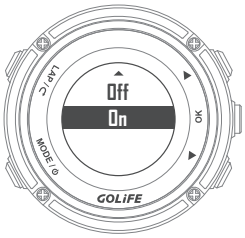
- Language: Available options: [Traditional Chinese], [Simplified Chinese], [English], [Japanese].

- Color: [Black] or [White] can be selected based on user preference.



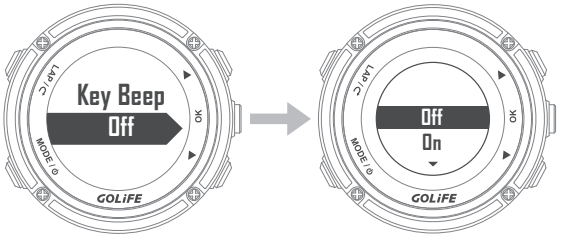
- Standby: GoWatch X-PRO enters Time Mode automatically within 30 minutes if not in use. Default: [10 minutes]. Options: [Off], [5 minutes], [10 minutes], [15 minutes], [20 minutes], [25 minutes], [30 minutes].

- 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].



8. Key beep:
Menu Mode→ [Settings] → [Key Beep]

- Key beep: Sets Beep Prompt of GoWatch X-PRO; options: [Off], [On].



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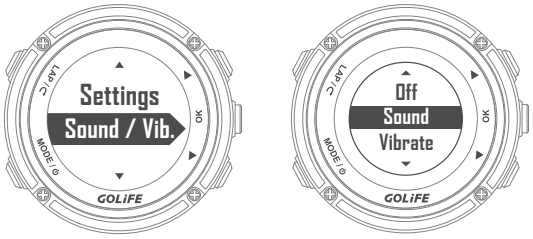
Settings

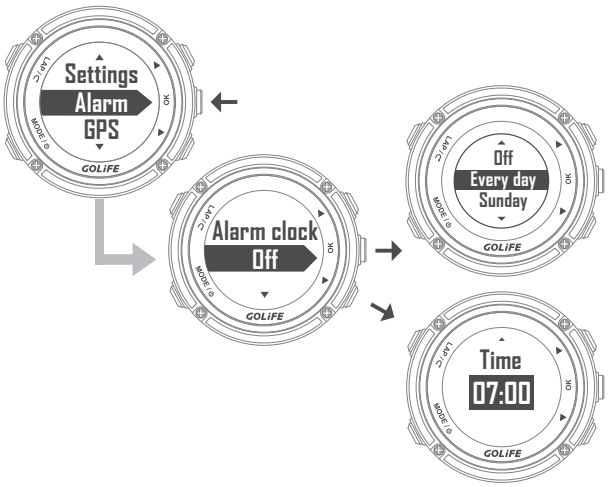
9. Sound / Vib.: Menu Mode → [Settings] → [Sound / Vib.]

- Sets Vibration Prompt of GoWatch X-PRO.
  Options: [Off], [Sound], [Vibrate], [Sound / Vib]; Default: [Sound].



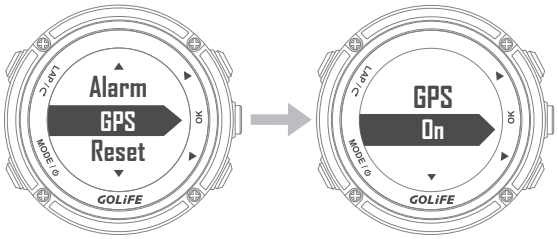
10. Alarm: Menu Mode → [Settings] → [Alarm] →[Alarm clock]

- Enables Alarm Function. Default: [Off]. When enabled, an alarm icon appears in Time Mode.

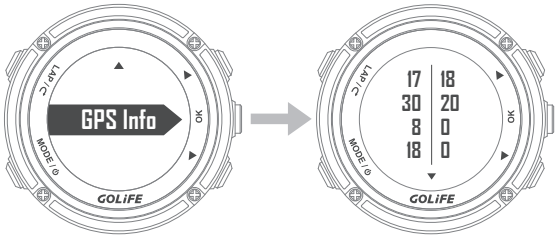


11. GPS: Menu Mode → [Settings] → [GPS]

- GPS: Options: [Off], [On]; Default: [On].

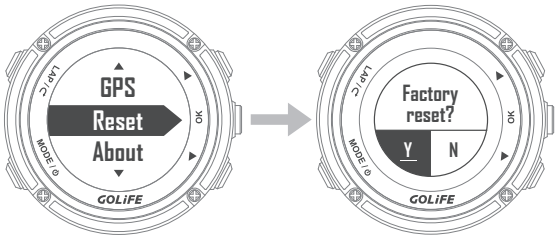


- GPS Info: For viewing GPS Signal Strength.



12. Reset: Menu Mode → [Settings] → [Reset]

- Resumes GoWatch X-PRO to default settings.



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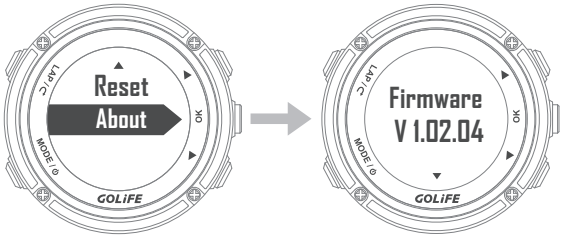
Settings

13. About: Menu Mode → [Settings] → [About]

- For viewing GoWatch X-PRO firmware version, product model and serial number.

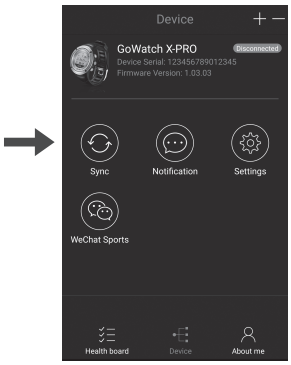


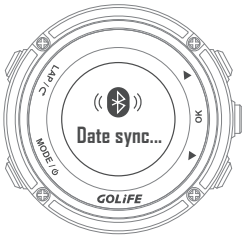
Bluetooth

1. Data sync.: Menu Mode → [Bluetooth] → [Data sync.]

- Switch on GoWatch X-PRO Sync Mode to upload Activity Log with GoFIT App. Follow App instructions for carrying out data sync.
- Or directly click [Sync] on GoFIT App screen to start data sync.

※ For data sync, see → How to upload Activity Data to GoFIT App P19

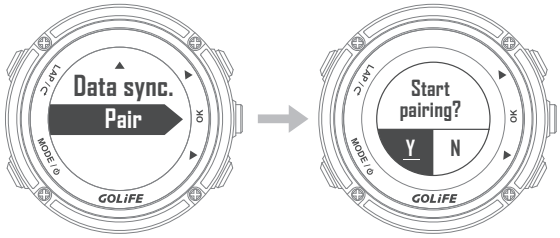


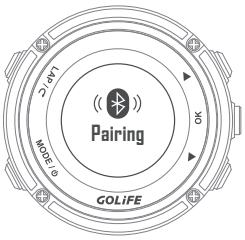


2. Pair: Menu Mode → [Bluetooth] → [Pair]

- Enables pairing mode of GoWatch X-PRO.

※ For pairing method, see → How to pair GoWatch X-PRO P18





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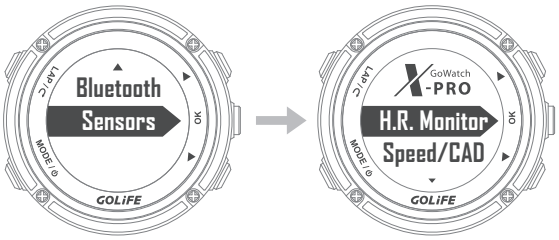
Sensors

1. **H.R. Monitor: Menu Mode → [Sensors] → [H.R. Monitor]**

- GoWatch X-PRO supports H.R. Monitor using ANT+ protocol.

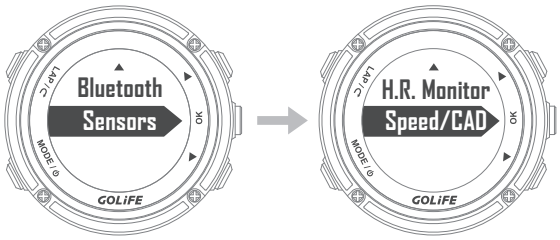
※ For pairing and using a H.R. Monitor, see next chapter Wearing H.R. Monitor.



2. **Speed / Cadence: Menu Mode → [Pairing Sensors] → [Speed/CAD]**

- GoWatch X-PRO 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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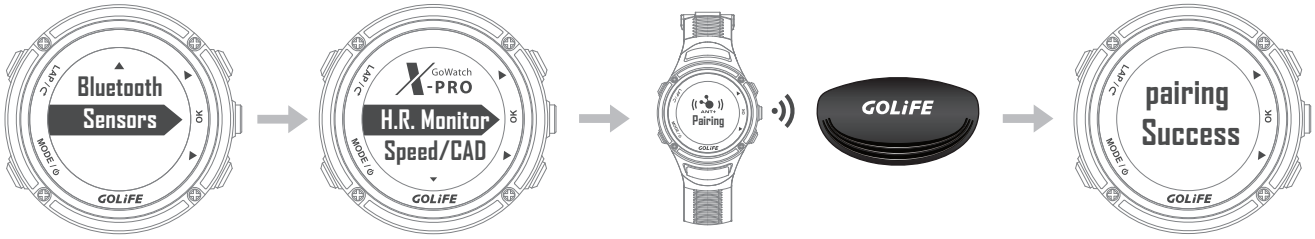
Pairing ANT+ Sensor



- 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 H.R. Monitor ◀

※ Skip this if you do not have a H.R. Monitor.

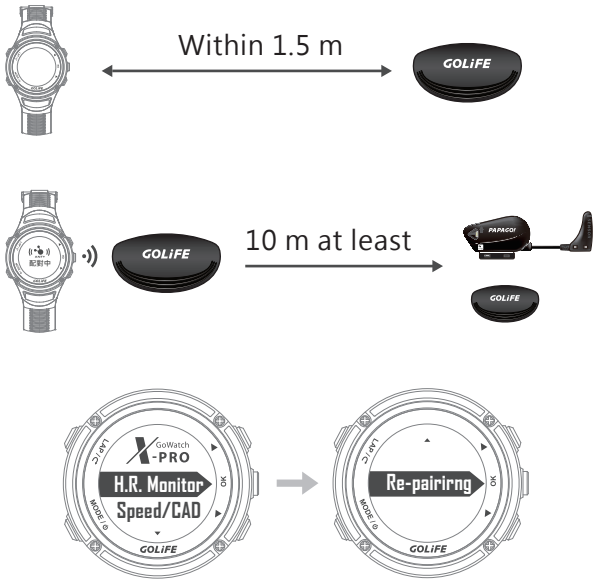
※ If not wearing a H.R. Monitor, no H.R. Monitor data will be transmitted or received.

※ H.R. Monitor must 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 X-PRO will automatically save and prioritize the recently paired H.R. Monitor. You may check the pairing status in [H.R. monitor].

※ If you want to replace H.R. Monitor, press [MODE] to switch over to Menu Mode, select **[Sensors] → [H.R. Monitor] → [Re-pairing]** to perform replacement.



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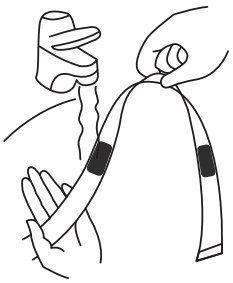
Wearing Method

1

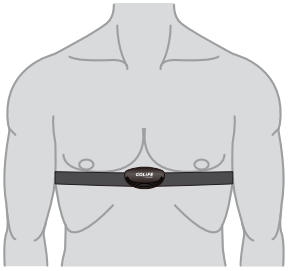


Wet the sensor area with some water.

2

Fix H.R. Monitor onto chest belt

3

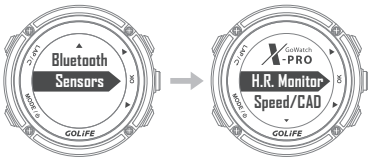


Wear the chest belt, adjust it to a comfortable tightness and latch up. To ensure optimal sensing effect, make sure the H.R. Monitor is in close contact with your skin at the center of chest.

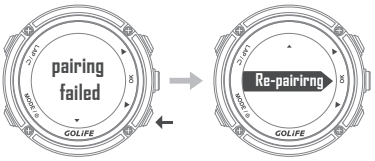
Pairing a H.R. Monitor

※ Wear H.R. Monitor correctly before pairing it

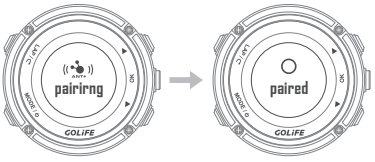
1. First go to last item [Sensors] of Menu Mode, press [OK] and select [H.R. Monitor].



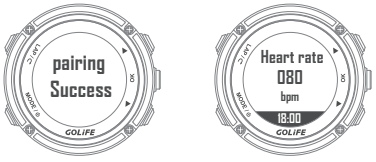
2. After selecting [H.R. Monitor], a message indicating pairing failed shows up. Press [Down] key for [Re-pairing].



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



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



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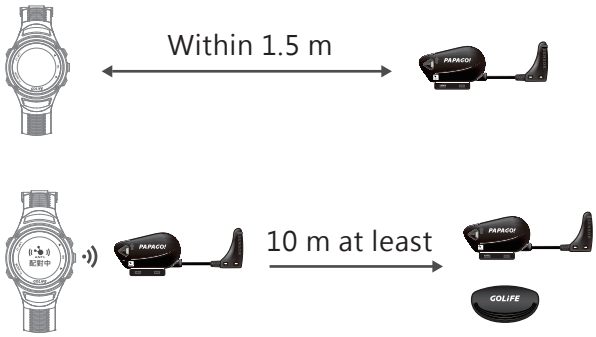
▶ Wearing a Speed Cadence Sensor ◀

※ 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.

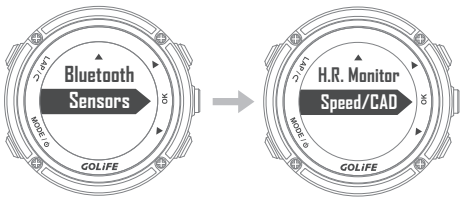
※ Speed Cadence Sensor must be within a 1.5m distance from the device for data transmission/ reception.

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

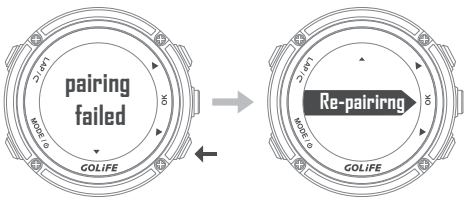


Pairing Speed Cadence Sensor

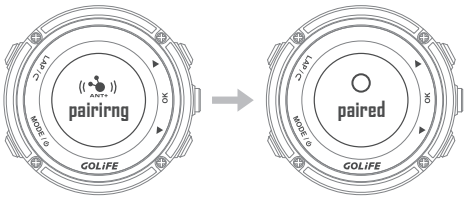
1. First go to last item [Sensors] of Menu Mode, press [OK] and select [Speed/CAD].



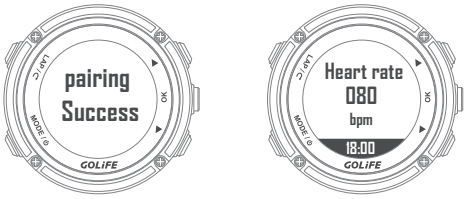
2. After selecting [Speed/CAD], a message indicating pairing failed shows up. Press [Down] key for [Re-pairing].



3. After pressing [Re-pairing], screen shows [ANT+ Pairing] 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 P45 Page Settings.

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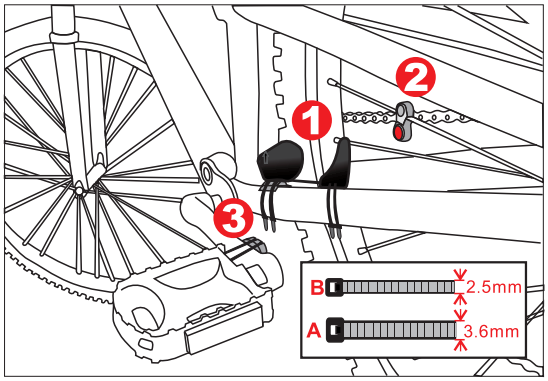
▶ Use Method ◀



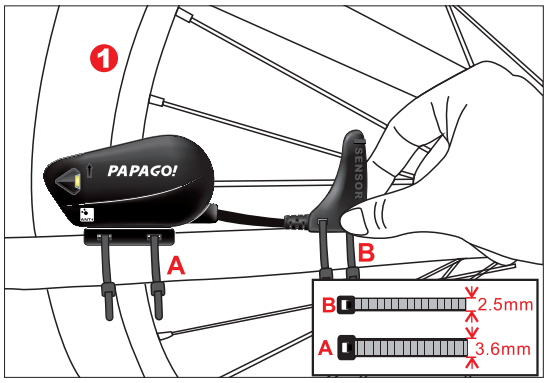
GoRide 100 Components:

1. GoRide 100 Speed Cadence Sensor
2. Magnet (Large)
3. Magnet (Small)

A. 3.6 mm Strap

B. 2.5 mm Strap

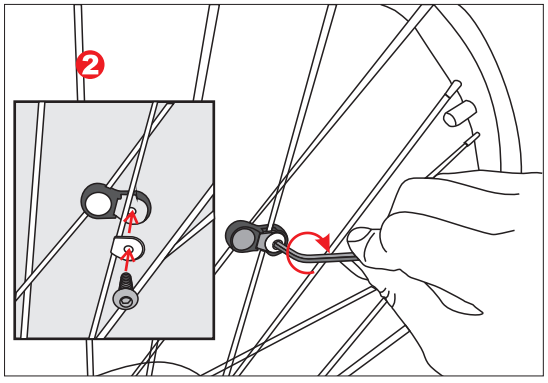
(1)



Fix Sensor onto rear lower Fork (Horizontal Fork).

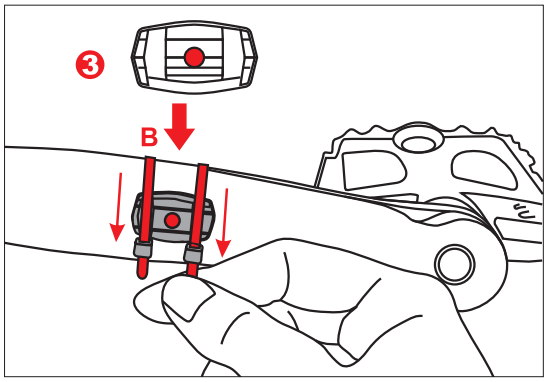
Straps have different size and limited quantity; make sure they are installed correctly.

(2)



Use an L spanner to fix the small magnet on spoke wires of rear wheel.

(3)



Attach the large magnet on the inner side of crank, fix it with Strap B.

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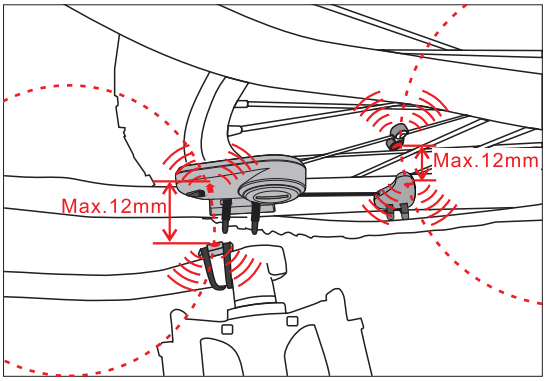
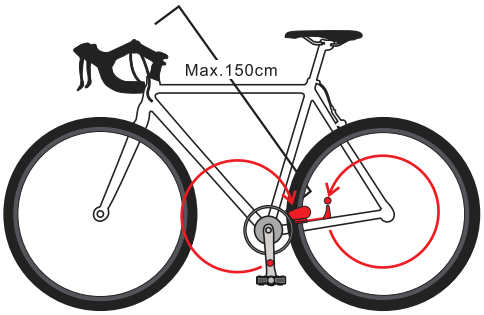
(4)



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 150 cm.

(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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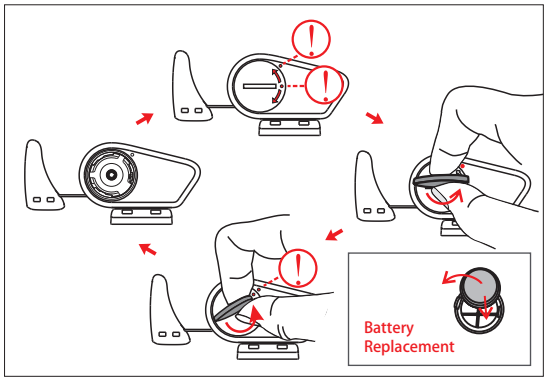
(8)



See the drawing on the right for replacing battery.

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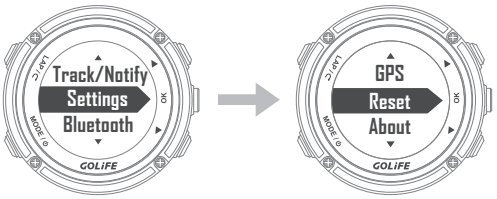
Precautions

▶ Start-up Setting Procedures after Reset ◀

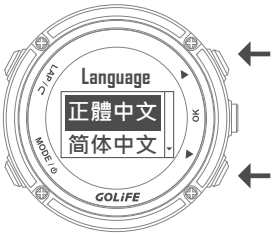
1. **Reset:**

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



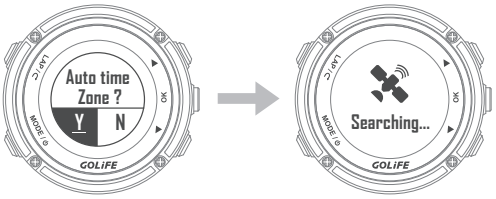
2. **Select Language:**

   Press [Up], [Down] to select [Traditional Chinese], [Simplified Chinese], [English], or [Japanese].

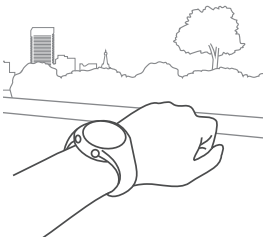


3. **Time Zone, Time settings:**

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

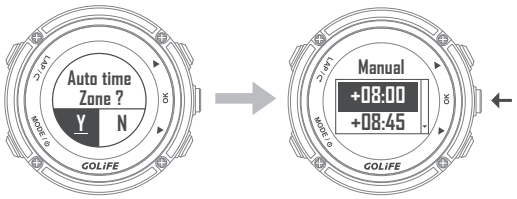


- Make sure that you are at a location with good reception of GPS signal, such as top of building or an open area.
- It takes about 1min to accomplish GPS positioning.



- 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



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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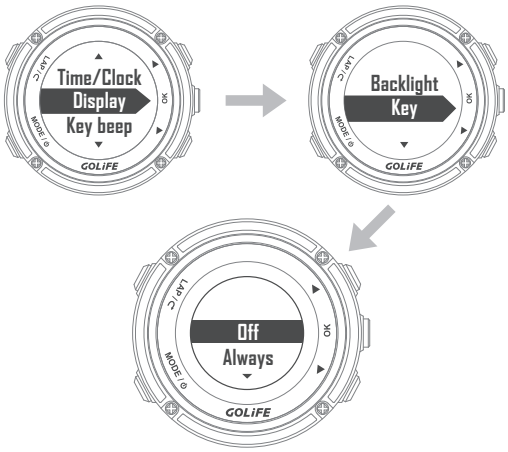
▶ Prolonging Battery Lifespan ◀

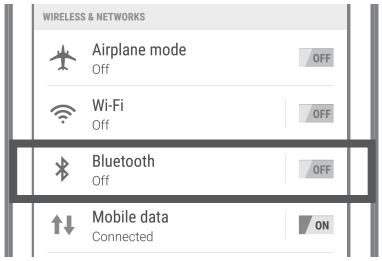
- **Turn off Backlight:**

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



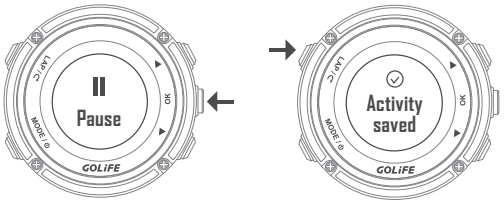
- **Turn Off Bluetooth:**

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



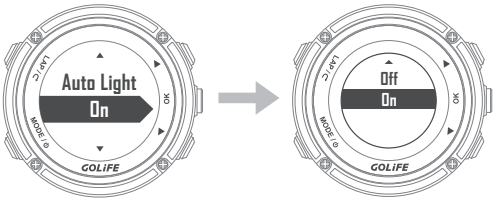
- **Pause Activity:**

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



- **Auto Light:**

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



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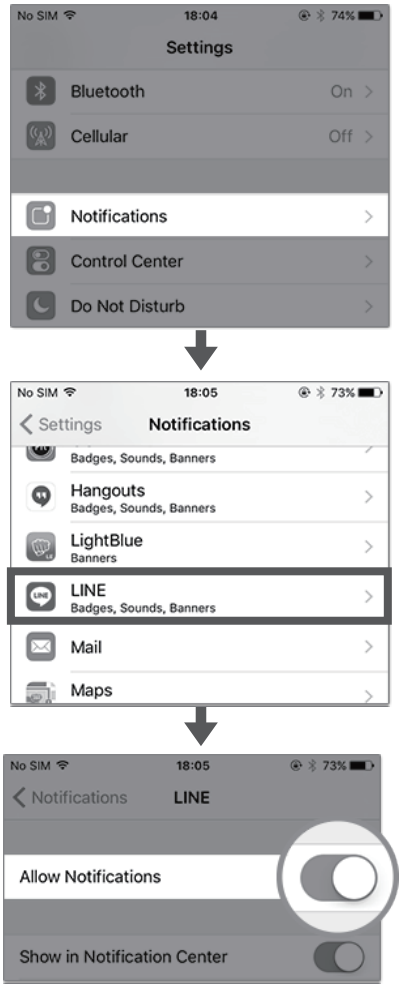
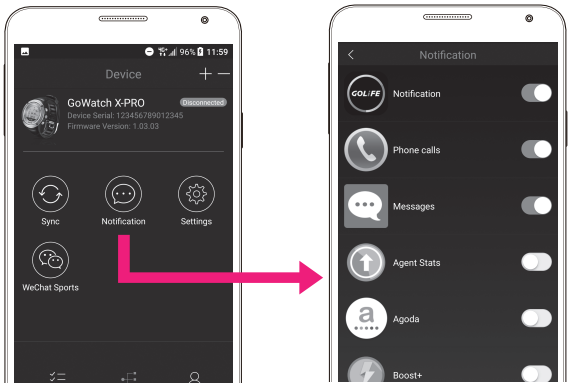
- **Notification Management:**
  You may manage messages displayed on X-PRO using a paired device.

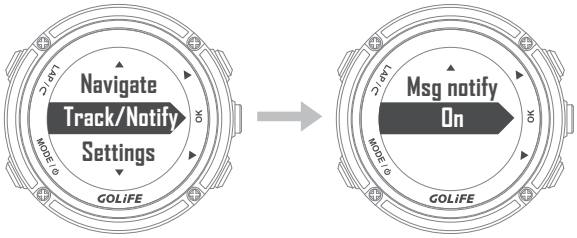
▸ In iOS System: You may set type of prompt App and message in Notifications of your smart device; notification displayed by X-PRO will be consistent to these settings.



▸ In Android System: Open GoFIT App and Bluetooth and pair with X-PRO; select [Device]→Select X-PRO → [Notifications] to open or close notifications.



▸ Or, go to X-PRO
Menu Mode → [Track/Notify] → [Down] key→ [Msg notify] → [Off].
(This procedure will close all the messages.)



※ For downloading GoFIT App, see P17;
for pairing method, see P18.

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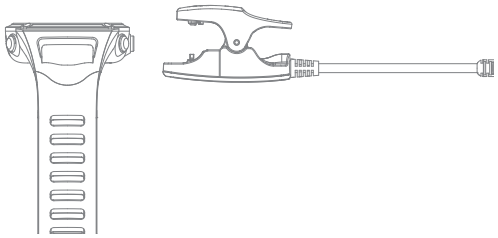
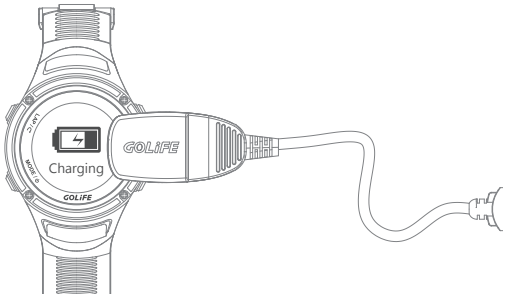
▶ Firmware Update ◀

❶ Clip up Charge Clip to GoWatch.



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

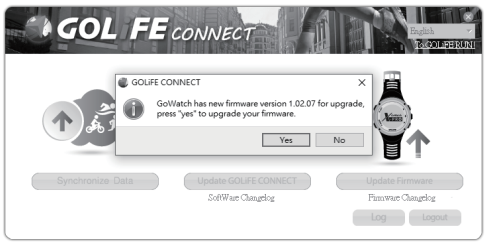


❸ Use PC to activate www.goyourlife.com/download and install GOLiFE CONNECT.
Skip this step if already installed.

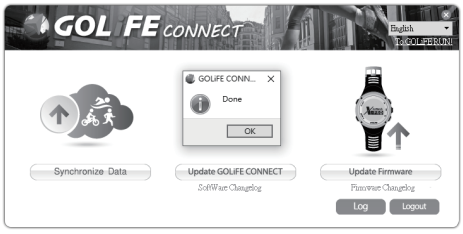
❹ Enter a GOLiFE account or log in your Facebook, QQ or Weibo account.

❺ Select [Update Firmware] on the right.

❻ Confirm to update GOLiFE X-PRO firmware and press [Yes].



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



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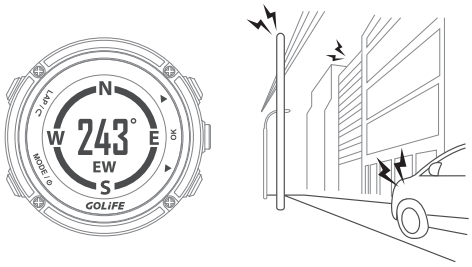
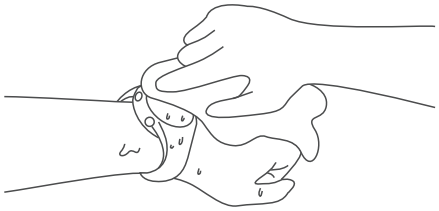
▶ Precautions on Use ◀

- X-PRO 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.

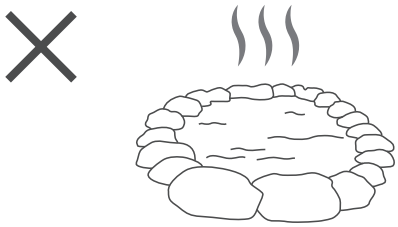


- GoWatch is waterproof and sustainable to ordinary hand wash and face wash activities or water splash.

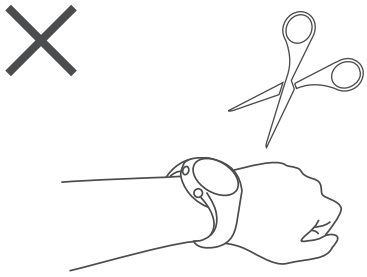
- To prevent corrosion, make sure to thoroughly dry the watch after cold water shower (short time) or swimming.



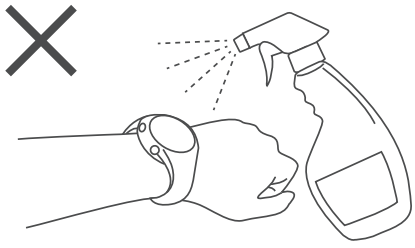
- Not suitable for diving or uses in highly humid environments (e.g., hot spring bath, steam room, hot showers, diving, etc.). A waterproof watch is not suitable for hot water (hot spring) activities, or moisture may infiltrate the watch.



- DO NOT clean the watch with sharp objects.



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



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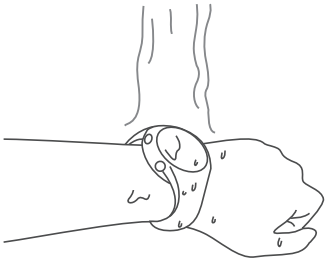
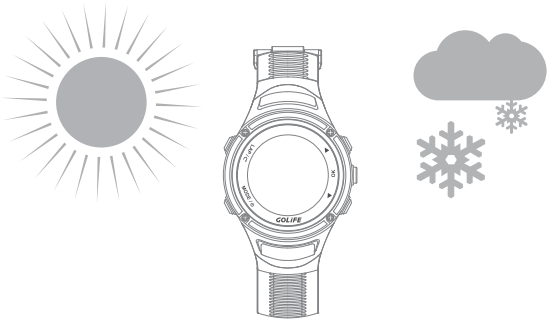
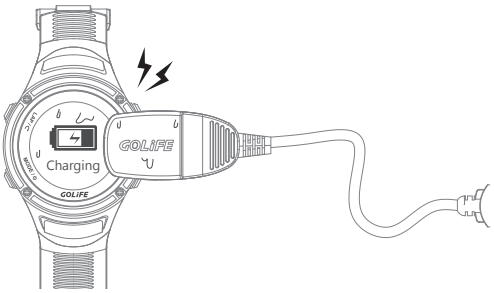
- Clean the watch with plenty of clean water after contacting ammonia, salty water, suntan lotion, makeup, alcohol or other chemicals; prolonged contact with such substances may result in damage of watch.



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



- When charging the watch, even small amount of sweat or moisture may cause 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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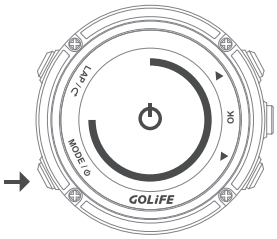
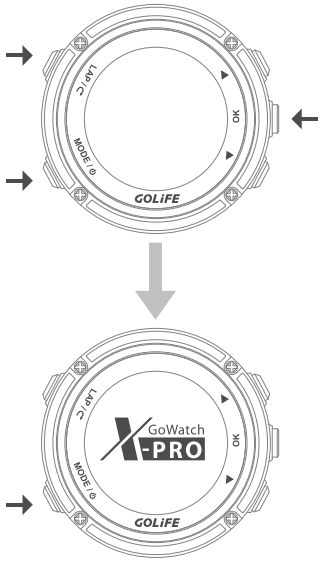
▶ FAQs ◀

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

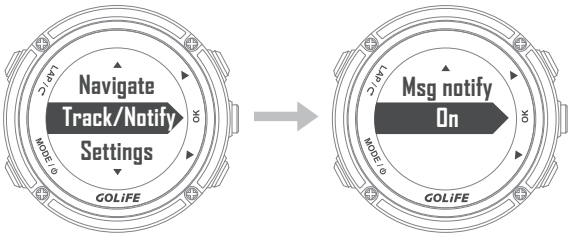


- Reset the watch if restart is not effective: Press and Hold [MODE], [LAP] and [OK] at the same time for 2 seconds. (This will not delete any setting or data of the watch.) After resetting the watch, Press and Hold [MODE] for 2 seconds to start up.



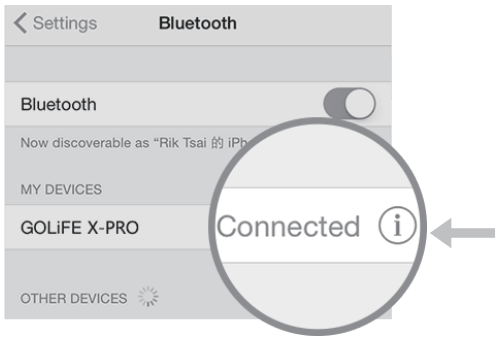
- Checking steps if GoWatch fails to pair with GoFIT App:

1. First check if [Track/Notify] of GoWatch X-PRO is [On].
   (Menu Mode→ [Track/Notify] → [Msg Notify] → [ON])



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

▸ iOS smart phone→[Settings]→ [Bluetooth]→[GOLiFE X-PRO]→if the Bluetooth Exclamation Mark appears→ Select [Forget This Device].



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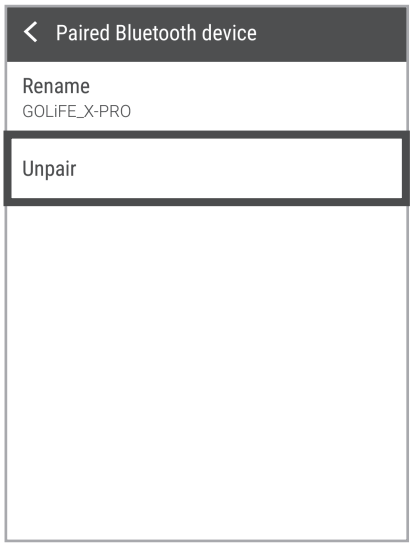
▸ Android smart phone→[Settings]→ [Bluetooth]→[GOLiFE X-PRO]→ Delete it.



3. Close GoFIT App Background Operation; then re-start and re-pair.

※ See P18 for pairing method.

- When performing sync, place GoWatch X-PRO in the proximity of smart phone; excessive distance may prevent or interrupt uploading of the activity log. Pairing may take a long time, please be patient.

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

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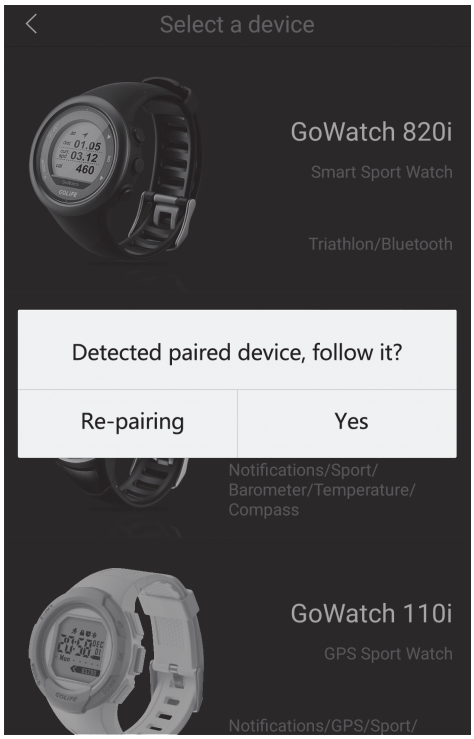
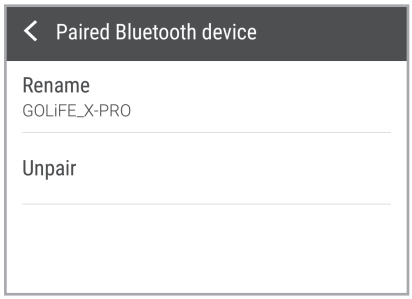
- When Android phone user using GoFIT App to pair GoWatch X-RPO, if [Android System]→[Bluetooth]→ [Paired Device] shows [GOLiFE_X-PRO] already exists, the App will pop up a message indicating as follows:

1. Verify if GoWatch X-RPO 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_X-PRO] Pairing Sensors. If GOLiFE_X-PRO device appears in [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 X-PRO →[Bluetooth]→[Pair], then press [Yes]; 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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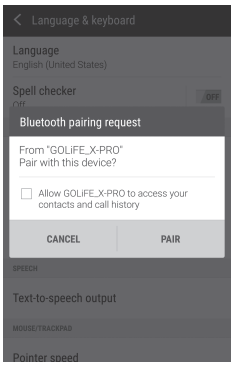
(1) A system message pops up. Enter pairing code and complete pairing; after detection, App will complete pairing automatically.

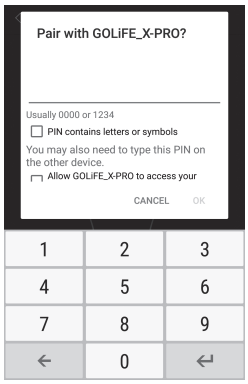
System pairing



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

※ (1) and (2) only require entering pairing code once for the watch to complete pairing.

GoFIT App Pairing



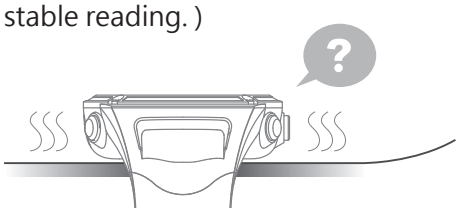
(3) System completes pairing automatically. In this case, as soon as the App detects the device, pairing will be completed.

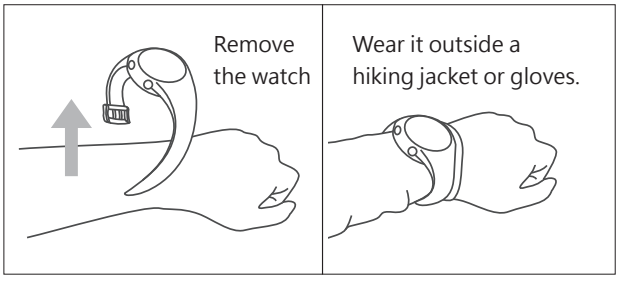
※ See P18 for pairing method.

- For Bluetooth link interruption problems between Android System smart phone and GoWatch,see P32.
- Temperature incorrect.

  This is because the reading is affected by your body temperature if you are reading Temperature with GoWatch worn on your wrist; the reading may be high. For accurate temperature reading, please remove the watch from your wrist or wear it outside of a hiking jacket or glove.

  (It takes about 10 minutes to obtain a stable reading.)





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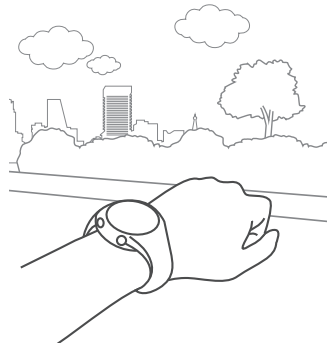
▶ References ◀

- Locations with easy reception/ no reception of GPS signal

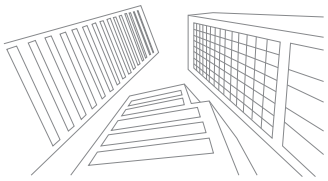
Environments with easy GPS reception

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



Environments with difficult GPS reception

- The narrower view of the 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 block signals.)

Environments with no GPS reception

- With no or little view of the sky.

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

- Daylight Saving Time (Summer Time):

  Different regions have respective Daylight Saving 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 X-PRO Product Link: http://www.goyourlife.com/gowatchxpro/
  - 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→P14
  - Barometer Calibration..... For manual calibration of barometer, See→P29
  - Compass Calibration..... For compass calibration, See→P30
- Charge functions
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- Activities and Functions
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▶ Technical Specifications ◀

Physical Dimensions	48.5 × 48.5 × 15.5 mm
Weight	70g
Screen Definition	110 x 110 LCD
Material	Stainless Steel Face Ring / PC Watch Casing / Scratch Resistant TPU
Color	Carbon Fiber Black / Hair-line Silver
Charging Method	Standard USB connector
Working temperature	-10 ~ +60℃
Waterproof Class	5 ATM
Operation Time	GPS Mode: 11hrs; Watch Mode: 17 - 18 hrs; Watch Mode with Pedometer / Msg. Notify: 11 - 12 days
Record Time	72.5 hrs
GPS	High sensitivity GPS receiver
Support Functions	Bluetooth, Barometer, Altimeter, Compass, Pedometer Function, Msg. Notify
ANT+	Support 2.4 GHz ANT+ H.R. Monitor, Speed Cadence Sensor
Gravity Sensor	6-axis Acceleration Sensor
Matching Software	GoFIT APP (Applicable to Bluetooth v4.0 BLE Smart Phone)/ GOLiFE CONNECT PC App (For Windows and iMac)
Prompt Effect	Support Sound and Vibration Prompt
Activity Modes	Run, Cycling, Swimming, Hiking, Walk, Indoor Run, Indoor Cycling, Triathlon
Warrant Period	One Year after purchase date

Subject to change of design or specification without notice.

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