

ProSense 307/347/367 User's Guide

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ProSense 307/347/367 User's Guide

Welcome to the ProSense 307/347/367 *User's Guide*.

If you prefer a *User's Guide* in a different file format, go to epson.com/support (U.S.) or epson.ca/support (Canada), select your product, and select the **Manuals and Warranty** tab.

Introduction to Your Product

Refer to these sections to learn more about your product and this manual.

[Product Box Contents](#)

[Optional Accessories and Replacement Parts](#)

[Notations Used in the Documentation](#)

[Product Buttons](#)

[Screen Icons](#)

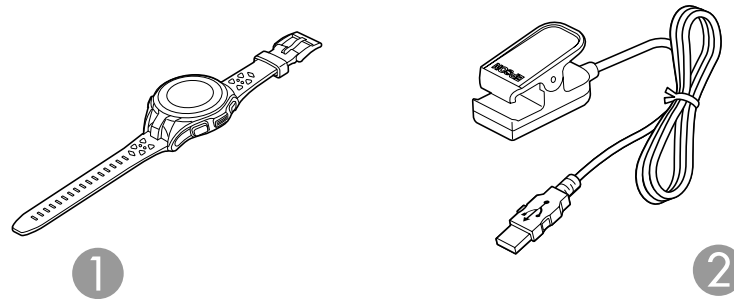
[Heart Rate Zone Icons](#)

[Smartphone Notification Icons](#)

Product Box Contents

Save all the packaging in case you need to ship your product. Always use the original packaging (or equivalent) when shipping.

Make sure your product box included all of these parts:



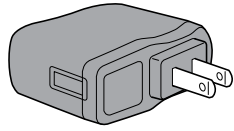
- 1 ProSense 307, ProSense 347, or ProSense 367 watch
- 2 USB charging clip

Parent topic: [Introduction to Your Product](#)

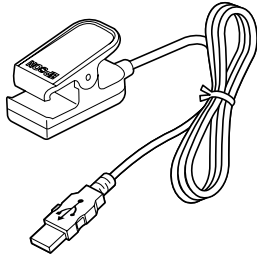
Optional Accessories and Replacement Parts

Epson offers the following optional accessories and replacement parts for your product:

- AC adapter, model SFAC04 (part number: E12E204001)



- USB charging clip, model WPCLP01 (part number: E12E220202)



Parent topic: [Introduction to Your Product](#)

Notations Used in the Documentation





Follow the guidelines in these notations as you read your documentation:

- **Warnings** must be followed carefully to avoid bodily injury.
- **Cautions** must be observed to avoid damage to your equipment.
- **Notes** contain important information about your product.

Parent topic: [Introduction to Your Product](#)

Product Buttons



- 1  Back button
Press to display the previous screen.
- 2  Start/Stop button
Hold for 2 seconds to turn the power on or off.
Press to start, pause, or restart workout measurements.
- 3  Up button
Press to highlight the option above the current option.
Hold for 2 seconds to lock or unlock the product buttons.
On the Time screen, press to display the Activity screen.
On the Measurement and Activity screens, press to switch between available information screens.
- 4  Enter button
Press to select the highlighted option.
On the Time screen, press to display the Menu screen.
On the Measurement screen, press to record laps.
On the Activity screen, press to display your activity history.

5  Down button

Press to highlight the option below the current option.


















On the Time screen, press to display the Activity Selection screen.

On the Measurement and Activity screens, press to switch between available information screens.




















Parent topic: [Introduction to Your Product](#)

Screen Icons

The icons in the table here may appear on your device display screen.

Icon	Description
	Run mode
	Walk mode
	Bike mode
	Treadmill mode
	Pool swimming mode
	Open water swimming mode
	Triathlon mode
	Indoor running mode
	Indoor biking mode
	Other outdoor activity mode
	Other indoor activity mode
	Stopwatch mode
	GPS connected (watch is locating a GPS signal when the icon is flashing)
	Searching for Bluetooth device
	Connecting to Bluetooth device
	Connected to USB device
	Number of steps






Icon	Description
	Distance
	Calories burned
	Speed
HR	Measuring heart rate
	Heart rate
	Laps
	Pace
	Pause
	Cadence
	Stride
	Time
	Sprint interval
	Rest interval
	Distance difference
	Time difference
»»»	Triathlon transition
	Swim stroke rate
	Swim stroke time
	Swim stroke count
	Swim turns/laps
	Swim SWOLF score (lap time + lap stroke count)
	Start/resume measurement
?	Measurement failed

Icon	Description
	Exercise intensity
	Activity target
	High heart rate (normal activities)
	Low heart rate (normal activities)
	Deep sleep
	Light sleep
	Settings
	Activity history
	Verification
	Facebook or other social media notification
	Email notification
	Phone notification
	Calendar notification
	Alarm
	Battery level
	Low battery warning
	Charging error
	Buttons locked
	Buttons unlocked

Parent topic: [Introduction to Your Product](#)

Heart Rate Zone Icons






The icons in the table may appear on your watch screen when monitoring your heart rate during a workout.

Icon	Description
	<p>Heart Rate Zone 1</p> <p>Gentle exercise intensity, such as walking at a slow pace</p>
	<p>Heart Rate Zone 2</p> <p>Moderate exercise intensity, such as walking quickly or jogging</p>
	<p>Heart Rate Zone 3</p> <p>Endurance exercise intensity, such as low-intensity running</p>
	<p>Heart Rate Zone 4</p> <p>Strengthening exercise intensity, such as moderate-intensity running</p>
	<p>Heart Rate Zone 5</p> <p>Highest exercise intensity, such as high-intensity running or sprinting</p>

Parent topic: [Introduction to Your Product](#)

Smartphone Notification Icons

The icons in the table here may appear on your watch display screen when your watch is paired with your smartphone and you receive a phone, email or other service notification.

Icon	Text	Description
	Calling or Missed Call	Your watch displays the first 10 characters of the caller's name if your watch's display language is English and the caller's contact information is saved in your smartphone. If your watch is set to another language or the contact isn't saved, the caller's phone number is displayed.
	Mail	Your watch displays the first 10 characters of the sender's email address and subject.
	Text	Your watch displays the first 10 characters of the sender's text message.
	Schedule	Displays a scheduled event if your watch is set up to trigger a schedule notification.
	Facebook	Your watch displays the first 10 characters of the notification text if your watch's display language is English . If your watch is set to another language, only the notification icon appears on your watch.
	Twitter	
	LINE	
	Weibo	
	WeChat	
	Other	

Parent topic: [Introduction to Your Product](#)

Setting Up the Product

Follow the instructions in these sections to set up your product for use.

[Charging the Watch](#)

[Turning the Watch On or Off](#)

[Configuring Your Watch](#)

[Acquiring a GPS Signal](#)

[Connecting the Device to a Smartphone Using Bluetooth](#)

[Measuring Your Heart Rate](#)

[Calculating Your Stride Length](#)

[Enabling Smartphone Notifications](#)

[Adjusting the Device Display](#)

[Adjusting the Sound and Vibration Settings](#)

[Locking and Unlocking the Watch Buttons](#)

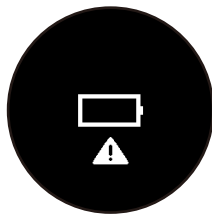
Charging the Watch

Before using your watch, you need to charge its battery using the USB charging clip and either the optional AC adapter or a computer with a USB port capable of charging external devices.

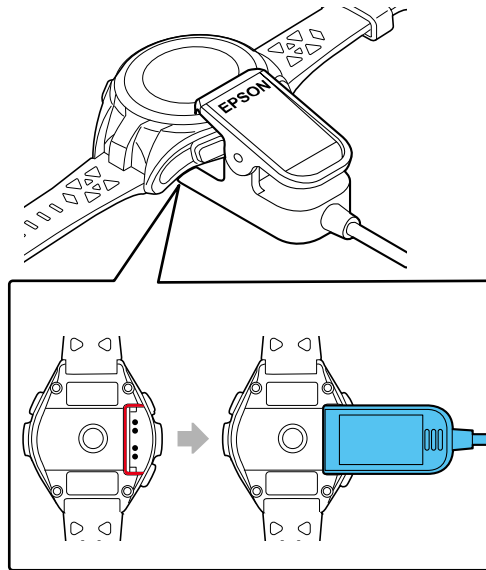
It takes approximately 2.5 to 3.5 hours to fully charge your watch, depending on your charging method.

Charge your watch in an environment with a temperature from 41 to 95 °F (5 to 35 °C).

Note: If you charge your watch in an environment outside the required temperature range, you see this screen on your watch:

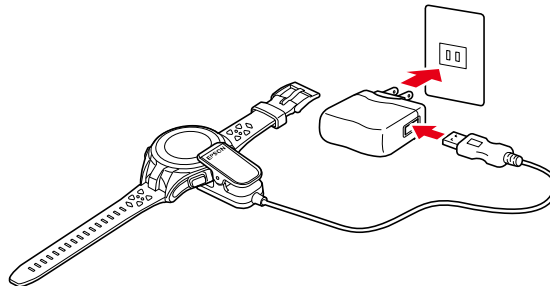


1. Attach the USB charging clip to your watch as shown below. The charging clip should fit into the groove at the back of your watch.



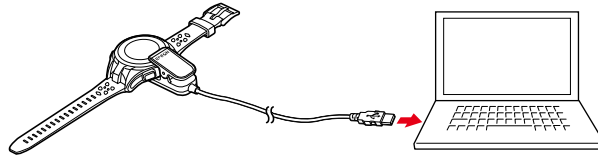
Caution: Do not attach the USB charging clip to your watch if either the clip or your watch are wet or dirty. This may cause corrosion, communication failures, or other problems.

2. Connect the USB charging clip to one of the following devices:
 - AC adapter: Connect the USB charging clip to the USB port on the optional AC adapter and plug the AC adapter into an electrical outlet.



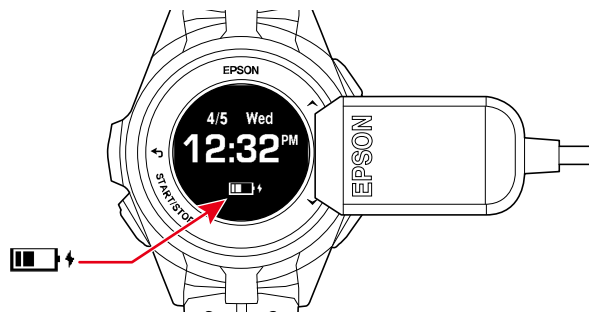
Caution: Only use the optional AC adapter that is compatible with your product to charge your watch, or the watch may not charge or operate correctly.

- Computer: Connect the USB charging clip to a USB port on your computer that is capable of charging external devices.



Note: USB charging from a computer port may not work with all computers. Do not connect the USB charging clip to a USB hub or other intermediate device.

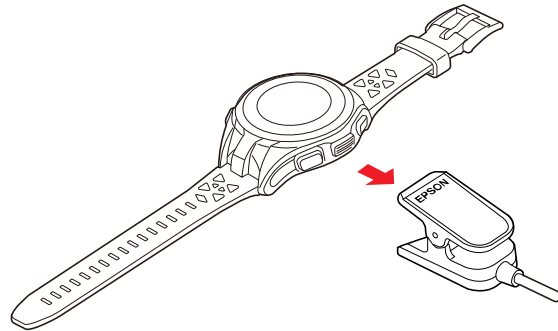
Charging begins and you see a screen displaying the battery level on your watch.



If you connected your watch to a computer where you have already installed the Epson View Uploader software, the software starts automatically on your computer. Close the software window as necessary.

3. When charging is complete and the watch screen displays the message **Completed**, you can open the clip fully and disconnect the USB charging clip from your watch.

Note: Do not disconnect the USB charging clip before your watch is fully charged or the battery icon may not accurately display the remaining level of power in the battery.



Note: If you continue to charge the watch after the battery level reaches 100%, the watch engages an overcharge prevention feature to protect your watch.

4. Disconnect the USB cable from the AC adapter or your computer, and unplug the AC adapter if you used it.

If this is the first time you have charged your watch, you see the Language screen:



5. Press the  Up or  Down button to select your language and press the  Enter button.

You see the Settings screen:



6. Configure your watch using one of the available methods.

[Battery Level Display](#)

Parent topic: [Setting Up the Product](#)

Related concepts

[Battery Life](#)

Related references

[Solutions to Watch Charging Problems](#)

Related topics

[Configuring Your Watch](#)

Battery Level Display

The battery icon on your device screen displays the remaining level of power in the battery.

When the battery is low, you see this screen:



(Press any button to return to the Time screen.)


When the battery is too low, the screen may go blank.



Caution: Charge your device at least once every 6 months when you are not using the device; long-term storage of the device with a low battery may degrade battery performance.


The operating time for the battery varies depending on the device settings you are using, as described in the tables here.

Note: The **Light** setting is **Off** in all of the estimates shown.

Continuous workout time left (approximate)

Battery icon	Operating time	Settings used
	ProSense 307: 8 to 16 hours ProSense 347/367: 18 to 36 hours	Update Frequency: Per Second Meas. HR setting: On
	ProSense 307: 10 to 20 hours ProSense 347/367: 21 to 42 hours	Update Frequency: Per Second or Wrist turn Meas. HR setting: On or Off
	ProSense 307: 12 to 24 hours ProSense 347/367: 25 to 50 hours	Update Frequency: Wrist turn Meas. HR setting: Off

Battery icon	Operating time	Settings used
	ProSense 307: 3 to 8 hours ProSense 347/367: 7 to 18 hours	Update Frequency: Per Second Meas. HR setting: On
	ProSense 307: 4 to 10 hours ProSense 347/367: 8 to 21 hours	Update Frequency: Per Second or Wrist turn Meas. HR setting: On or Off
	ProSense 307: 5 to 12 hours ProSense 347/367: 10 to 25 hours	Update Frequency: Wrist turn Meas. HR setting: Off
	ProSense 307: 1.5 to 3 hours ProSense 347/367: 3.5 to 7 hours	Update Frequency: Per Second Meas. HR setting: On
	ProSense 307: 2 to 4 hours ProSense 347/367: 4 to 8 hours	Update Frequency: Per Second or Wrist turn Meas. HR setting: On or Off
	ProSense 307: 2.5 to 5 hours ProSense 347/367: 5 to 10 hours	Update Frequency: Wrist turn Meas. HR setting: Off

Battery icon	Operating time	Settings used
	ProSense 307: 0 to 1.5 hours ProSense 347/367: 0 to 3.5 hours	Update Frequency: Per Second Meas. HR setting: On
	ProSense 307: 0 to 2 hours ProSense 347/367: 0 to 4 hours	Update Frequency: Per Second or Wrist turn Meas. HR setting: On or Off
	ProSense 307: 0 to 2.5 hours ProSense 347/367: 0 to 5 hours	Update Frequency: Wrist turn Meas. HR setting: Off

Continuous time display left; approximate

Setting	30 days	7 days	5 days
Daily Activity Tracking	Off	On (Meas. HR setting: Auto)	On (Meas. HR setting: Continuous)
Auto Sleep Mode	On	On	On
Auto Search	Off	Off	Off
Bluetooth	Off	On	On

Note: Operation time also varies depending on the operating environment's effects on GPS reception.

Parent topic: [Charging the Watch](#)

Related concepts

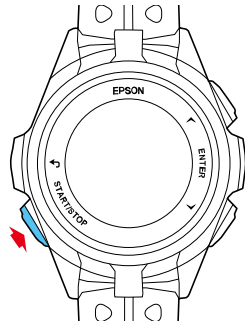
[Battery Life](#)

Related references


[Solutions to Watch Charging Problems](#)

Turning the Watch On or Off

To turn on the watch, press and hold the  Start/Stop button for at least 2 seconds.



The watch also turns on automatically when you connect the USB charging clip connected to a power source.

At the Time screen, press and hold the  Start/Stop button for at least 2 seconds and select **Yes** to turn it off.

Parent topic: [Setting Up the Product](#)

Configuring Your Watch

Before using your watch, you need to configure it for use by selecting basic settings. Follow the instructions in these sections to configure your watch.

[Configuring the Watch Using the Buttons](#)

[Configuring the Watch Using a Smartphone](#)

Parent topic: [Setting Up the Product](#)





Configuring the Watch Using the Buttons

You can configure your watch using the watch buttons.

Note: You can change these settings after you complete initial setup from the **Settings** menu on the **My Watch** screen in the Epson View app. For more information on using the Epson View app, see the [online help](#).

1. After charging your watch and selecting the language of the screens, you see the Settings screen.

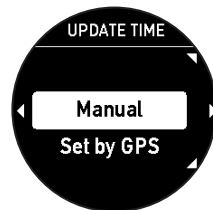


2. Press the  Enter button to select **Set by Watch**.
3. Press the  Up or  Down button to highlight the options you want for the following settings, and press the  Enter button to select them.

- **Height**
- **Weight**
- **Gender**
- **Current date**
- **DST** (Daylight Savings Time)
- **Time Zone**
- **Current time**

Note: If you need to edit any selected settings, press the  Back button.

4. When you see this screen, you can select to set the current time automatically or manually.



- Select **Set by GPS** to set the time automatically

Note: To set the time automatically, you must be outdoors with no obstacles overhead.

- Select **Manual** to set the time manually
5. When you finish selecting settings, select **Completed**.

You see the Time screen:




Parent topic: [Configuring Your Watch](#)

Related references

[Time Screen Menus](#)

Configuring the Watch Using a Smartphone


You can configure your watch using the Epson View app on your smartphone.

1. After charging your watch or resetting it, you see the Language screen. Select your language and press the  Enter button.



You see this screen:



2. Select **Set by Phone** and press the  Enter button.
A screen displaying a code appears on the watch screen. Make a note of the code.
3. Download the Epson View app from your smartphone's app store.
4. Do one of the following:
 - Launch the app and follow the on-screen instructions to create an account.
 - Log in to your existing Epson View account.You see the Initial Settings screen on your smartphone.
5. Select your watch model from the list on your smartphone.
6. Follow the on-screen instructions to pair your watch and your smartphone.
7. Follow the on-screen instructions to configure these settings:
 - **Height**
 - **Weight**
 - **Gender**
 - **Current date**
 - **Current time**

When you finish setting the time and see this screen on your watch, configuration is complete:

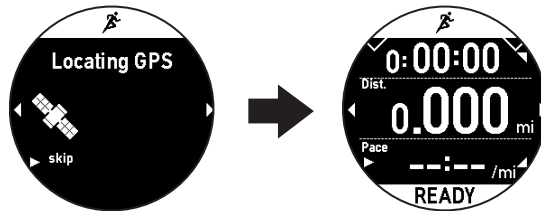


Parent topic: [Configuring Your Watch](#)

Acquiring a GPS Signal

To ensure the accuracy of the measurements taken by your watch, you must position yourself to acquire a strong GPS signal. GPS positioning allows your watch to receive a GPS signal and timing information so it can correctly track your routes, distance, pace, and other workout and activity data.

For increased GPS accuracy, wait at least 15 minutes before starting your workout. You only need to perform this extended GPS calibration the first time you use the watch or if you do not use it for a few months.



Note: To reduce the time it takes to locate the GPS signal, you can use the AGPS feature in the Epson View app on your smartphone. If you keep your watch connected to your smartphone, your watch automatically downloads GPS updates once an hour.

When positioning yourself to acquire a GPS signal, avoid the following environments:

- Inside buildings or rooms, or underground areas or tunnels
- Near high-voltage wires, television towers, tall buildings, tall trees, or overhead electrical wires for trains or buses
- Locations with concentrated electronic interference, such as construction sites and heavy traffic
- Under water or floating on water

If you have issues acquiring a signal, move into as open an area as possible. If you still cannot acquire a signal, select **Skip** on the GPS screen to start your workout. Distance traveled will be estimated based on your stride until the GPS signal is fully acquired.

Parent topic: [Setting Up the Product](#)


Related references

[Solutions to GPS Signal Problems](#)

Connecting the Device to a Smartphone Using Bluetooth

You can connect your device to a smartphone using Bluetooth. Before you begin, be sure to download the Epson View app on your smartphone.

Note: Do not directly connect to your watch from the Bluetooth settings on your smartphone. The Epson View app will pair your smartphone with your watch.

1. At the Time screen, press the  Enter button.

You see a screen like this:





2. Select **Bluetooth**.
3. Select **Pairing**.

Your device displays a code number you will use for pairing.



4. Start the Epson View app on your smartphone and select **Pairing**
Note the code that appears on your watch.
5. Select your product from the list on your smartphone, then follow the instructions to pair your watch and your phone.

When your device and smartphone are successfully paired, you see a  Bluetooth icon at the bottom of the Time screen on your device. (If the  icon is flashing, pairing is not completed.)



Note: If you need to disable the Bluetooth connection, set the **Bluetooth > On/Off** option to **Off**. If you need to unpair the device and smartphone, set the **Bluetooth > Forget Device** option to **Forget Device**.

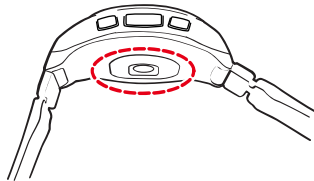
Parent topic: [Setting Up the Product](#)

Related references

[Time Screen Menus](#)

Measuring Your Heart Rate

Your watch includes a sensor on the back to detect your heart rate.

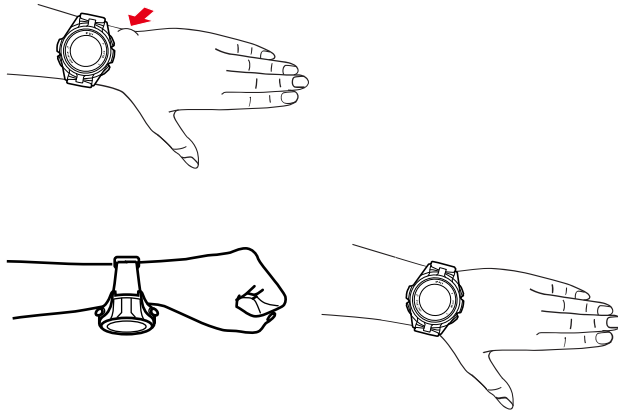


Caution: The sensor light causes no adverse effects on your skin, but you should not look directly at the light.

Wear the product snugly around your wrist as shown. Tighten the watch if your heart rate is not measured correctly.

Note: Do not wear the product too tight. You should still be able to fit your little finger under the watch band. If you feel any discomfort, loosen the wristband.

Note: Do not wear the watch on the underside of your wrist or covering the ulna bone.



Once the watch has detected your heart rate, it displays your heart rate, heart rate zone, and the **HR** icon on the Time screen.



Note: When using your watch in Pool Swim or Open Water mode, it does not display your heart rate in real time.

You can also press the  Up button to display the Heart Rate screen.



Note: If you see — on the display or the **HR** icon is flashing, the watch has not detected your heart rate. Make sure you are wearing the watch correctly and try again. If your heart rate often reads less than 120 beats while running or 70 beats while walking, you may have a naturally low heart rate. This can cause incorrect heart rate measurements. Set the **HR Measurement** option to **Settings 2** in the Epson View app to correct the issue.

Parent topic: [Setting Up the Product](#)

Related references

[Time Screen Menus](#)

[Solutions to Watch Settings Problems](#)

[Displayable Workout Measurements](#)

[Activity Data Displayed on Your Device](#)

Calculating Your Stride Length

Your watch automatically calculates your stride length so it can accurately measure distance and pace data in locations with poor GPS signal reception, such as indoors or in tunnels.

The first time you use your watch, run or walk outdoors in an open area for approximately 10 minutes. You can also run or walk between tall buildings or trees for at least 30 minutes. This allows your watch to learn your normal stride length. You should only need to perform this step once.

Note: Do not cross your arms or hold onto the treadmill handles or the stride sensor may not detect your movement.

Parent topic: [Setting Up the Product](#)

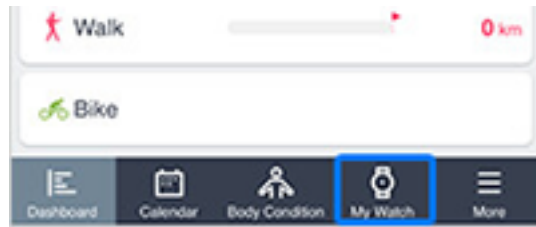
Enabling Smartphone Notifications

Your watch can notify you with sounds or vibrations when you receive phone, email, or other notifications on your smartphone. You need to enable notifications in the Epson View app before you can use this feature.

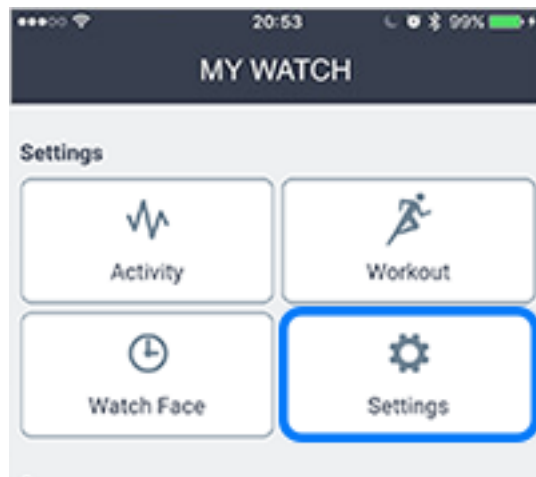
Note: On Android, you need to leave the Epson View app running in the background on your smartphone to receive notifications on your watch.

1. Open the Epson View app on your smartphone.

2. Select **My Watch** at the bottom of the app screen.



3. Select **Settings**.



4. Select **Notifications**.
5. Tap the slider to enable notifications.

Note: On Android, you need to select **See here for access to notifications** and allow Epson View access to your smartphone's notification data. Make sure you return to the Epson View app after you change your Android system settings.

6. Select any additional notifications settings in the Epson View app as necessary.
7. Return to the **Settings** screen.

8. Select **Transfer Settings to Watch** at the bottom of the app screen.

Parent topic: [Setting Up the Product](#)

Adjusting the Device Display

You can adjust the display on your device to suit your environment and other preferences.

[Adjusting the Watch Face and Background Settings](#)

[Adjusting the Backlight Settings](#)


Parent topic: [Setting Up the Product](#)

Related references

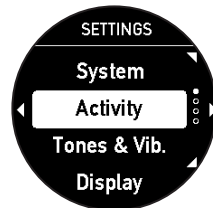
[Time Screen Menus](#)

Adjusting the Watch Face and Background Settings

You can adjust the device screen to display one of a variety of digital or analog watch faces. You can also select the color of the screen background.

1. At the Time screen, press the  Enter button.
2. Select **Settings**.

You see a screen like this:




3. Select **Display**.
4. Select **Watch Face**.
5. Select one of the available watch face designs.
6. Select **Background**.
7. Select a **Black** (default) or **White** background for the device screen.

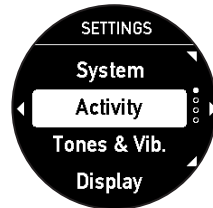
Parent topic: [Adjusting the Device Display](#)

Adjusting the Backlight Settings

You can adjust the backlight settings on your device to suit your preferences in various conditions.

1. At the Time screen, press the  Enter button.
2. Select **Settings**.

You see a screen like this:



3. Select **Display**.
 4. Select **Light**.
 5. Turn the backlight feature on or off for the following settings, depending on your preferences:
 - **Wrist turn:** Backlight turns on whenever you turn your wrist. (Default setting is on.)
 - **Button Push:** Backlight turns on whenever you press a device button. (Default setting is on.)
 - **Workout:** Backlight turns on for the duration of your workout when you select **All Time**. (Default setting is off.)
- Note:** Using backlight reduces your maximum workout time by approximately 2 hours. When set to off, backlight may come on during workouts if you turned on backlight for other activities. Backlight turns off momentarily during workouts if an event triggers a vibration in your device.
- **Notifications:** Backlight turns on during the following notification events (default setting is on):
 - Completing a lap
 - Pausing or resuming a workout
 - Completing a target distance or time in Training mode

- Receiving a smartphone notification


Note: Backlighting turns off automatically after a predetermined time, except when you have selected **Workout > All Time** during workouts.

Parent topic: [Adjusting the Device Display](#)

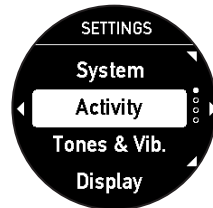
Adjusting the Sound and Vibration Settings

You can adjust the sounds and vibrations emitted by your device during a variety of events. You can select the following options or turn off the option:

- **Tones & Vib** (default setting) to hear tones and feel vibrations
- **Sound** to hear only tones
- **Vib.** to feel only vibrations

1. At the Time screen, press the  Enter button.
2. Select **Settings**.

You see a screen like this:





3. Select **Tones & Vib.**.
4. If you turned on the Alarm feature, select **Alarm** to choose how you want the alarm to notify you.
5. If you want to be notified by sound or vibration for any of the following events, select **Notifications** and choose how you want to be notified:
 - You complete a lap using the AT Lap feature
 - You pause or resume a workout using the AT Pause feature
 - You complete a lap and have reached a distance or time target using Training mode
 - You receive phone, email, or other smartphone notifications

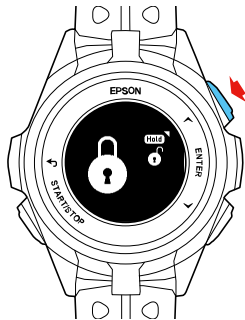
- You receive a smartphone notification when you have paused or resumed a workout
6. If you want to be notified by sound or vibration for any of the following workout events, select alerts and choose how you want to be notified:
 - The device connected to GPS and displays the Measurement screen
 - You started a workout
 - You complete a lap using the AT Lap feature
 - You pause or resume a workout by selecting **Pause**
 - You reach a distance or time target in Training mode
 7. If you want to turn off the tones emitted by the device when you press the device buttons, select **Button Tones** and select off (default setting is off).

Parent topic: [Setting Up the Product](#)

Locking and Unlocking the Watch Buttons

You can lock the buttons on your watch to prevent it from responding if you press the buttons accidentally.

Press and hold the  Up button for at least 2 seconds. The  lock icon appears at the top of the screen.



When the watch is locked, press and hold the  Up button for at least 2 seconds to unlock it.

Note: You can lock the buttons only while displaying the Time or Workout measurement screen.

Parent topic: [Setting Up the Product](#)

Measuring and Reviewing Workouts

Follow the instructions in these sections to measure workouts with your watch and review the workout data it collects.

[Measuring Workouts](#)

[Controlling Music Playback](#)

[Using the Stopwatch](#)

[Reviewing Workout Data](#)

Measuring Workouts

Follow the instructions in these sections to measure workouts with your watch.

[Displayable Workout Measurements](#)

[Starting Workout Measurement](#)

[Stopping Workout Measurement and Saving the Data](#)

[Recording Laps](#)

[Pausing and Resuming Workout Measurement](#)

[Changing Workout Type During Triathlon Measurement](#)

[Monitoring Current Workout Data](#)







[Customizing Workout Measurements with Epson View](#)

[Estimating VO2 Max](#)

Parent topic: [Measuring and Reviewing Workouts](#)

Displayable Workout Measurements

You can display a variety of workout measurements on your device in these workout modes:





-  Run mode
-  Walk mode
-  Treadmill mode
-  Bike mode
-  Pool Swim mode
-  Open Water mode

Note: You can configure the measurement display settings from the Workout Settings menu in the Epson View app.











The workout measurements available depends in the workout mode you are using, as listed in these tables.



Run, Walk, Treadmill, and Bike Mode Workout Information

Modes	Description
	Total time from the start of measurement
	Total distance from the start of measurement
	Current time
	Total calories burned from the start of measurement
	Total number of steps from the start of measurement
	Current number of steps per minute
	Current heart rate per minute
	Average heart rate from the start of measurement
	Maximum heart rate from the start of measurement
	Current stride
	Total distance from start of lap measurement
	Total time from start of lap measurement
	Current pace in time per mile/kilometer
	Current target time; displayed only when the Training setting is set to Target Time
	Estimated distance completed at the end of the configured time; displayed only when the Training setting is set to Target Time
	Target distance selected and total distance from the start of measurement; displayed only when the Training setting is set to Target Dist.
	Estimated time at completion of selected target distance; displayed only when the Training setting is set to Target Dist.
	Target heart rate selected and current heart rate; displayed on the workout screen only when the Training setting is set to Target HR

Modes	Description
	Target pace selected and current pace in time per mile/kilometer; displayed only when the Training setting is set to Target Pace
	Interval information, including sprint and rest intervals; displayed only when the Training setting is set to Interval When you select a target distance, displays selected distance and current distance. When you select a target time, displays selected time and elapsed time.
	Difference from selected pace and distance; displayed only when the Training setting is set to Race
	Target speed selected and current average speed; displayed only when the Training setting is set to Target Speed

Swim and Open Water Mode Workout Information

Modes	Description
	Total distance from the start of measurement
	Total time from start of measurement
	Current time
	Current heart rate per minute
	Total time from start of lap measurement
	Total distance from start of lap measurement
	Current pace for 100 yards or 100 meters
	Target time selected and total time since start of measurement; displayed only when the Training setting is set to Target Time
	Estimated distance completed at the end of the configured time; displayed only when the Training setting is set to Target Time
	Target distance selected and total distance from the start of measurement; displayed only when the Training setting is set to Target Dist.

Modes	Description
	Estimated time at completion of selected target distance; displayed only when the Training setting is set to Target Dist.
	Interval information, including sprint and rest intervals; displayed only when the Training setting is set to Interval When you select a target time, displays selected time and elapsed time.

Parent topic: [Measuring Workouts](#)

Related tasks

[Customizing Workout Measurements with Epson View](#)












[Monitoring Current Workout Data](#)

Related topics

[Reviewing Workout Data](#)

Starting Workout Measurement

Before using your watch to measure a workout, you need to select a workout mode and locate the watch's GPS signal.


1. At the Time screen, press the  Down button.
 You see the Activity selection screen.
2. Press the  Up or  Down button to select one of these workout modes and press the  Start/Stop button.
 -  Run mode
 -  Walk mode
 -  Treadmill mode
 -  Bike mode
 -  Indoor Bike mode
 -  Pool Swim mode
 -  Open Water mode
 - Other 1

- Other 2

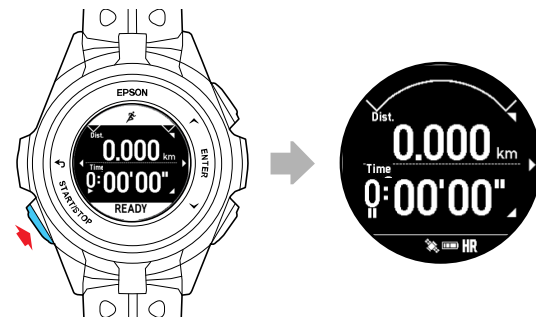
Note: Not all workout modes appear by default. You can configure the workout modes that appear from the Workout Settings menu in the Epson View app. For information on using the Epson View app, see the [online help](#).

Your watch locates the GPS signal and displays the Measurement screen when it is finished (except in Treadmill, Pool Swim, or Indoor Bike mode).




Note: If you must start a workout before GPS location is complete, press the  Start/Stop button. Your watch continues locating and begins measuring your workout with the built-in stride sensor. The watch will not record some measurements that require GPS signals, such as your workout route, until GPS location is complete.

3. Press the  Start/Stop button to start workout measurement.



If your watch displays the **Locating GPS Failed** message, GPS location has failed:



Move to an outdoor area with no overhead obstructions and press the  Back button to try again.

Parent topic: [Measuring Workouts](#)

Related references

[Time Screen Menus](#)

[Measurement Screen Menus](#)

Related tasks

[Stopping Workout Measurement and Saving the Data](#)

[Pausing and Resuming Workout Measurement](#)

[Monitoring Current Workout Data](#)

[Customizing Workout Measurements with Epson View](#)

Related topics



[Recording Laps](#)

[Reviewing Workout Data](#)

Stopping Workout Measurement and Saving the Data




You can save up to 248 sessions of workout data.

Note: You can save up to 99 hours for each lap. If you exceed this time, workout measurement stops.




1. At the Measurement screen, press the  Start/Stop button to pause workout measurement.
2. Press the  Enter button or wait 3 seconds.

Your watch displays the Stop screen.



3. Press the  Up or  Down button to select **Save** and press the  Enter button.
Your watch saves your workout data and displays the history screen.



4. Press the  Up or  Down button to display each available screen of workout data.
5. Press the  Enter button to return to the Time screen.

Note: If you want to clear the current workout data when viewing the Stop screen, select **Delete > Yes**.

Parent topic: [Measuring Workouts](#)

Related tasks

[Starting Workout Measurement](#)

[Pausing and Resuming Workout Measurement](#)

Related topics

[Reviewing Workout Data](#)

Recording Laps

Follow the instructions in these sections to measure workouts with your device.

[Recording Laps During a Run, Walk, or Bike Workout](#)

[Recording Laps During a Pool Swim Workout](#)




[Recording Laps During an Open Water or Indoor Bike Workout](#)


Parent topic: [Measuring Workouts](#)

Related references

[Measurement Screen Menus](#)

Recording Laps During a Run, Walk, or Bike Workout

You can record laps during your workout in  Run,  Walk, or  Bike mode either automatically or manually.

- At the Measurement screen, press the  Enter button to begin recording a lap manually.



- To record laps automatically, select **AT Lap** from the Settings screen, and select a time or distance at which to begin recording laps. When your workout reaches that time or distance, your device automatically begins recording laps.

When your device records a lap, it displays the Lap screen for a few seconds.





The Lap screen displays the lap number, lap time, and split time for the current lap.


Parent topic: [Recording Laps](#)

Recording Laps During a Pool Swim Workout

You can record laps during your workout in  Pool Swim mode either automatically or manually.

- At the Measurement screen, press the  Enter button to begin recording a lap manually. If you need to rest during a lap, press the  Enter button.





- To record laps automatically, select **AT Lap** from the Settings screen, and select a time or distance at which to begin recording laps. When your workout reaches that time or distance, your device automatically begins recording laps. If you need to rest during a lap, simply stand in the pool to automatically switch to resting mode, then either just resume swimming or press the  Enter button.

When your device records a lap, it displays the Lap screen for a few seconds.

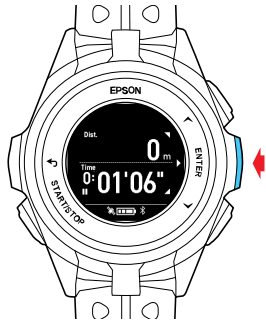
Note: The device may not record the lap correctly if you turn with a weak kick or have very little change in your arm movement on the turn.

Parent topic: [Recording Laps](#)

Recording Laps During an Open Water or Indoor Bike Workout

You can manually record laps during your workout in  Open Water or  Indoor Bike mode.



At the Measurement screen, press the  Enter button to begin recording a lap.



Parent topic: [Recording Laps](#)

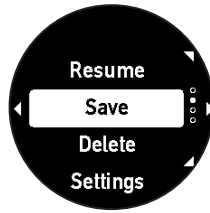
Pausing and Resuming Workout Measurement



During your workout, you can start, pause, and resume workout measurements as necessary.

At the Measurement screen, press the  Start/Stop button to pause workout measurement. Press the  Start/Stop button again within 3 seconds to resume workout measurement.



If you pause your workout measurement for more than 3 seconds, your watch displays the Stop screen.



Press the  Up or  Down button to select **Resume** and press the  Enter button to resume workout measurement.

Parent topic: [Measuring Workouts](#)

Related tasks



[Starting Workout Measurement](#)

[Stopping Workout Measurement and Saving the Data](#)

Changing Workout Type During Triathlon Measurement

During a workout in Triathlon mode, you can switch the workout mode or start transition timing as you reach those stages in triathlon activities.



Note: You can select your workout mode order and choose whether or not to measure triathlon time in the Epson View app.

At the Measurement screen, hold down the  Enter button to change the workout mode or transition. Hold down the  Enter button again to scroll through the modes or transitions.

Parent topic: [Measuring Workouts](#)

Monitoring Current Workout Data

During your workout, you can monitor the current workout data your watch has collected.

At the Measurement screen, press the  Up or  Down button to display the current workout data screens.



Note: You can configure the measurement display settings from the Workout Settings menu in the Epson View app. For information on using the Epson View app, see the [online help](#).

Parent topic: [Measuring Workouts](#)

Related references

[Displayable Workout Measurements](#)

Customizing Workout Measurements with Epson View

You can use the Epson View app on your smartphone to customize the workout measurement settings to suit your preferences.

Note: For information on using the Epson View app, see the [online help](#).

Parent topic: [Measuring Workouts](#)

Estimating VO₂ Max

Your watch calculates the estimated maximum quantity of oxygen that your body can process, called VO₂ max. This estimate can be an indicator of your fitness level and should increase with improved athletic performance.

Your watch uses your heart rate and GPS measurements to accurately calculate the VO₂ max under the following conditions:

- Your profile information must be set up correctly.
VO₂ max is only measured in Run Mode.
- Your watch is connected to GPS and you run with the watch for at least 10 minutes.

- You turned on heart rate measurement and the **AT Pause** setting is turned off.
- Your running pace is 16 min/mile (10 min/km) or faster.
- You are running at an elevated heart rate at moderate intensity.

Your watch cannot accurately estimate the VO₂ max if the following occurs:

- You stop running before 10 minutes have elapsed.
- Your heart rate cannot be measured.
- Your running speed slowed to a walk or you stopped for a traffic signal, and your heart rate dropped too low for estimation.

Parent topic: [Measuring Workouts](#)

Related references

[Measurement Screen Menus](#)


Related tasks

[Measuring Your Heart Rate](#)

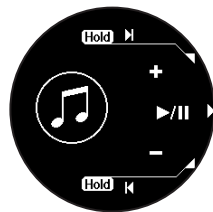
Controlling Music Playback


You can play audio on your smartphone and control it with your watch via a Bluetooth connection.

Note: On Android, you need to leave the Epson View app running in the background on your smartphone to use the audio playback controls.

1. At the Time screen, press and hold the  Back button for at least 2 seconds.

You see a screen like this:



2. Do the following to play audio and control playback as necessary:
 - To start or stop playing the current track, press the  Enter button.

- To play the next track, press and hold the ⏮ Up button for at least two seconds.
- To play the previous track, press and hold the ⏭ Down button for at least two seconds.
- To adjust the volume, press the ⏮ Up button to raise it or the ⏭ Down button to lower it.
- To exit audio playback and return to the Time screen, press and hold the ⏪ Back button for at least 2 seconds.

Parent topic: [Measuring and Reviewing Workouts](#)

Using the Stopwatch

You can use the stopwatch on your watch to measure time without saving any of the information as workout data.





1. At the Time screen, press the ⏭ Down button.
2. Press the ⏭ Down button to highlight **Stopwatch** and press the ⏩ Enter button.



3. Press the ⏩ Start/Stop button.
You see the Stopwatch screen:



4. To start measuring time, press the ⏩ Start/Stop button.

5. Do the following to control the stopwatch as necessary:
 - To stop measuring time, press the  Start/Stop button.
 - To reset the stopwatch when paused, press the  Enter button.
 - To record up to 10 laps while using the stopwatch, press the  Enter button to start lap measurement.
 - To exit the stopwatch and return to the Time screen, press the  Back button.

Parent topic: [Measuring and Reviewing Workouts](#)

Reviewing Workout Data


Follow the instructions in these sections to review the workout data you have collected with your watch.

[Viewing Workout Data History on Your Watch](#)

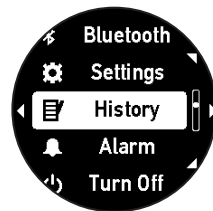
Parent topic: [Measuring and Reviewing Workouts](#)

Viewing Workout Data History on Your Watch

You can view the history of your workout data on your watch and delete it as necessary.

1. At the Time screen, press the  Enter button.

You see this screen:



2. Press the  Up or  Down button to select **History** and press the  Enter button.

You see a workout history screen like this:



3. Press the Up or Down button to select a workout date and press the Enter button.

You see the workout data for that date on a screen like this:



4. Press the Up or Down button to view each of the available workout data screens.

Note: If you want to delete the currently displayed workout data from your watch, press the Enter button, select **Delete**, and press the Enter button.

5. When you finish viewing your workout data history, press and hold the Back button for at least 2 seconds to return to the Time screen.

Note: You can also view workout history data in the Epson View app. For information, see the [online help](#).

Parent topic: [Reviewing Workout Data](#)

Related references

[Displayable Workout Measurements](#)

Measuring and Reviewing Daily Activities

Follow the instructions in these sections to measure daily activities with your watch and review the activity data it collects.

[Activity Measurement and Data Collection](#)

[Starting Activity Measurement](#)

[Configuring a Target Number of Steps](#)

[Configuring a Target Number of Calories to Burn](#)

[Reviewing Activity Data on Your Watch](#)

[Reviewing Activity Data Using the Epson View App](#)

Activity Measurement and Data Collection

Your watch records activity data that you can then view on your watch, or view using the Epson View app on your smartphone. You can view activity data for the current day or a 7-day activity chart for the previous week.


Note: Daily activity data starts at 12:01 AM each day.

You can also set a target number of steps and calories to burn, and check your progress toward reaching the target on your watch.

Parent topic: [Measuring and Reviewing Daily Activities](#)



Starting Activity Measurement

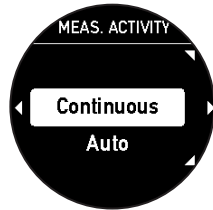
Before you begin a daily activity, you can enable activity measurement and select the type of activity you want to measure on your device.


1. At the Time screen, press the  Enter button.

You see a screen like this:



- Press the  Up or  Down button to select **Settings > Activity > Meas. Activity > On**.
Your device enables activity monitoring and displays this screen when it is finished:



- Select one of the following as the **Meas. HR** setting:
 - Auto** mode measures heart rate intermittently (not available for certain activities).
 - Continuous** mode reports heart rate every second during an activity.
- Press and hold the  Back button for at least 2 seconds to return to the Time screen.

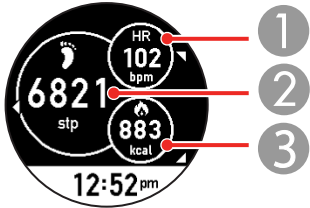
[Activity Data Displayed on Your Device](#)

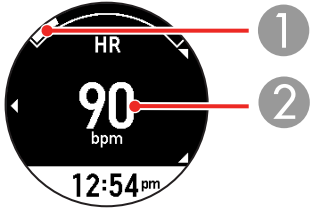



[Activities Available for Each Heart Rate Mode](#)



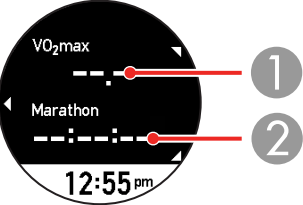
Parent topic: [Measuring and Reviewing Daily Activities](#)

Activity Data Displayed on Your Device

You can view the following activity data screens on your device.

Screen	Data displayed
Summary 	1: Current heart rate 2: Current number of steps 3: Current calories burned You can configure what appears on the Summary screen in the Epson View app.

Screen	Data displayed
<p>Heart rate</p> 	<p>1: Heart rate zone 2: Current heart rate</p>
<p>Steps</p> 	<p>1: Progress toward target number of steps 2: Current number of steps 3: Estimated distance</p>
<p>Calories burned</p> 	<p>1: Progress toward target number of calories 2: Current calories burned</p>
<p>Exercise*</p> 	<p>1: Current exercise time Exercise time is calculated by your device from time spent engaging in any activity.</p>

Screen	Data displayed
<p>Sleep*</p> 	<p>1: Light sleep time 2: Deep sleep time</p> <p>To record sleep time, enable waking and sleep times in the Epson View app. In order to track your sleep patterns correctly, your watch will ask you if you are awake if you get up in the night. Select Yes to confirm you are awake or No if you are going back to sleep.</p>
<p>Recovery time</p> 	<p>1: Estimated recovery time; if less than 1 hour, zero is displayed</p>
<p>VO₂max</p> 	<p>1: Estimated VO₂ max value 2: Estimated race time based on VO₂ max value</p>

* Automatically calculated from heart rate and activity data.

Note the following about sleep time calculations:

- The device does not include naps or sleep times shorter than 1 hour as sleep time.
- The device only calculates sleep time during the time period you configured for sleep in the Epson View app.

Parent topic: [Starting Activity Measurement](#)

Related tasks

[Reviewing Activity Data on Your Watch](#)

Activities Available for Each Heart Rate Mode

You can select either **Auto** or **Continuous** as the **Meas. HR** (heart rate measurement mode) setting for the activities and durations listed here.


Activity	Continuous mode	Auto mode
Steps	Measured	Measured
Distance	Measured	Measured
Calories burned	Measured	Measured
Exercise	Measured	Measured
Sleep time	Measured	Not measured
Heart rate measurement	Every second	Energy-saving rate; measures every second when active, or for 2 minutes of every 10 minute period when inactive
Maximum heart rate activity measurement	5 days	7 days

Parent topic: [Starting Activity Measurement](#)

Configuring a Target Number of Steps

You can configure a target number of steps you want to reach in a day and check your progress in reaching that target on your watch screen. The default target number is 10000 steps per day.

Note: You can also configure a target number of steps using the Epson View app on your smartphone.

1. At the Time screen, press the  Enter button.

You see a screen like this:



2. Press the Up or Down button to select **Settings** > **Activity** > **Step Target**.

You see this screen:



3. Press the Up or Down button to select the number of steps you want to target and press the Enter button.

You see the Activity screen:



4. Press and hold the Back button for at least 2 seconds to return to the Time screen.

Parent topic: [Measuring and Reviewing Daily Activities](#)

Configuring a Target Number of Calories to Burn


You can configure a target number of calories that you want to burn in a day and check your progress in reaching that target on your watch screen. You can set the target number of calories in the Epson View app.

Note: For information on using the Epson View app, see the [online help](#).

Parent topic: [Measuring and Reviewing Daily Activities](#)


Reviewing Activity Data on Your Watch

You can view the activity data you have collected on your watch while your activity is in progress or view a 7-day activity chart for the previous week.

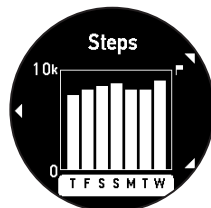
1. At the Time screen, press the  Up button.

You see a screen like this, showing data for your current activity:






2. To view a 7-day activity chart for the previous week, press the  Enter button.

You see a screen like this:



3. Press the  Up or  Down button to view each available activity data screen.

4. Do one of the following when you are finished:
 - When viewing the Daily Activity screen, press and hold the  Back button for at least 2 seconds to return to the Time screen.
 - When viewing the 7-day activity chart, press the  Back button to return to the Daily Activity screen. Then press and hold the  Back button for at least 2 seconds to return to the Time screen.

Parent topic: [Measuring and Reviewing Daily Activities](#)

Related references

[Activity Data Displayed on Your Device](#)

[Activities Available for Each Heart Rate Mode](#)

Related tasks

[Configuring a Target Number of Steps](#)

[Configuring a Target Number of Calories to Burn](#)

[Reviewing Activity Data Using the Epson View App](#)

Reviewing Activity Data Using the Epson View App

You can review the activity data you have collected using the Epson View app on your smartphone. You can view activity data while your activity is in progress or view a 7-day activity chart for the previous week.

Note: For information on using the Epson View app, see the [online help](#).

Parent topic: [Measuring and Reviewing Daily Activities](#)

Related references

[Activity Data Displayed on Your Device](#)

[Activities Available for Each Heart Rate Mode](#)

Related tasks

[Configuring a Target Number of Steps](#)

[Configuring a Target Number of Calories to Burn](#)

[Reviewing Activity Data on Your Watch](#)

Watch Menu Settings

See these sections to view the available settings on the watch menus.

[Time Screen Menus](#)

[Measurement Screen Menus](#)

Time Screen Menus

You can select these settings by pressing  Enter the button on the Time screen.







Menu	Settings	Options/Description
Bluetooth	On	Turns Bluetooth on or off to connect with your smartphone
	Off	
	Pairing	Puts watch into pairing mode
	Forget Device	Ends the Bluetooth connection with your smartphone






Menu	Settings	Options/Description
Settings	Activity	Sets up a target number of steps or turns activity measurement on or off
	Vibration	Sets up alarms, notifications, alerts, and button tones you want to use for smartphone functions and various milestones in your workouts; you can use the Epson View app to configure alarms
	Display	Sets the watch face, background, and backlight for the display and enables/disables sleep mode
	System	Configures or displays general device information Set time sets the time manually or automatically using synchronization Reset resets all device settings to their defaults, resets the stride sensor, and deletes all workout and activity data Ver. Info displays the device's firmware version information
Alarm	On Off Edit	Enables/disables wake-up alarms and lets you configure alarm times
History	—	Displays workout history information
Turn off	—	Turns the device off

Parent topic: [Watch Menu Settings](#)

Measurement Screen Menus

You can select these settings by pressing the  Enter button on the Measurement screen or when a measurement is paused. Then select the **Settings** menu.

Modes	Settings	Options/Description
	AT Lap	Automatically records laps when you reach a pre-configured time or distance; you can use the Epson View app to configure lap times or distances
	AT Pause	Automatically pauses/resumes workout measurement when you stop and resume workout activity
	Training	<p>Sets up alerts for when you reach pre-configured targets for training; you can use the Epson View app to configure training targets</p> <p>Target Time Target Dist. Target HR Target Pace Target Speed (Bike mode only) Interval Race</p>
	Metronome	Sets your device to emit rhythmic sounds to assist in pacing your workout
	Meas. HR	Turns heart rate measuring on or off; turn off heart rate measuring when you are not using the heart rate information to conserve battery life
	Waypoint	Registers the current location as a waypoint in your workout so your device can notify you of your progress toward the waypoint and alert you upon arrival; works outdoors only

Modes	Settings	Options/Description
	Auto Scroll	Changes the display to scroll automatically based on your movement or by time Wrist turn Time
	Refresh	Changes the frequency with which the screen updates during your workout based on your movements or by time Wrist turn Every second
	Pool length	Sets the length of the pool, between 20 to 150 yards/meters
	AT Rest	Automatically detects a rest during swimming and when you resume swimming so you do not have to manually pause swim workout measurement
	Stroke style	Automatically detects the swim stroke you are using or lets you set the swim stroke manually Auto Manual The following stroke styles are available when you select Manual : <ul style="list-style-type: none"> • Freestyle • Breaststroke • Butterfly • Backstroke

Parent topic: [Watch Menu Settings](#)

Caring for Your Watch

Follow the instructions in these sections to properly maintain your watch.

[Cleaning Your Watch](#)

[Battery Life](#)

Cleaning Your Watch

Clean your watch after each use as described here. If you have problems charging your watch, you can also clean the contact points on your watch and the USB charging clip.

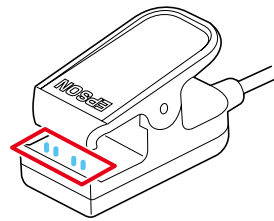
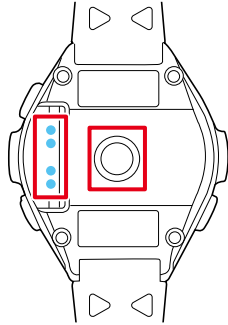
Caution: During cleaning, do not press on the glass or buttons too hard to avoid damaging them and causing the watch to malfunction. Do not use benzine, thinner, alcohol, harsh detergent, or any other organic solvent or you may damage your product.

1. After each use, clean your watch by wiping it gently with water and drying it completely using a dry cloth. You can also clean the watch band with mild, diluted detergent.



Note: The color of the wristband may naturally fade or lose elasticity after years of use.

2. If you experience charging problems, use a damp cotton swab to clean the contact points on your watch and the USB charging clip as shown here.



Caution: Do not attach the USB charging clip to your watch while the contact points are wet or dirty, or they may corrode and cause communication failures or watch malfunctions.

Parent topic: [Caring for Your Watch](#)

Battery Life

The built-in rechargeable battery in your watch has an average service life of four years, depending on usage conditions. The battery is not user-replaceable.

If the battery does not retain a charge as long as it used to, it has likely reached the end of its service life. Contact Epson Support to replace the battery.

Parent topic: [Caring for Your Watch](#)

Solving Problems

See the solutions in these sections if you have issues using your watch.

[Solving Problems Using Your Watch](#)

[Solving Problems Using Epson View](#)

[Restarting the Watch](#)

[Resetting the Watch](#)

[Checking the Firmware Version of Your Watch](#)

[Updating Your Watch's Firmware from the Epson View App](#)

[Updating Your Watch's Firmware from Your Computer](#)

[Where to Get Help](#)

Solving Problems Using Your Watch

Check the solutions in these sections if you have any problems using your watch.

[Solutions to Watch Screen Problems](#)

[Solutions to Watch Charging Problems](#)

[Solutions to Watch Settings Problems](#)

[Solutions to GPS Signal Problems](#)

Parent topic: [Solving Problems](#)

Solutions to Watch Screen Problems

If you experience problems with your watch screen, try the following solutions:

- If the screen is blank, the battery may be running low or exhausted, or you may not have charged the battery yet. Charge the battery before using your watch and whenever the battery runs low.
- If the screen turns blue or turns off while you are using your watch, try restarting your watch.
- If the screen does not change when you press a button on your watch, the battery may be running low. Charge the battery. If the watch still does not respond to commands, try restarting the watch.
- If the inside of the glass becomes cloudy, condensation may have occurred temporarily due to abrupt changes in temperature. Temporary condensation does not harm your watch and you can continue using it. If condensation persists for a long time, water may have entered your watch; contact Epson Support for help.

Parent topic: [Solving Problems Using Your Watch](#)

Related references[Time Screen Menus](#)[Measurement Screen Menus](#)**Related tasks**[Charging the Watch](#)[Restarting the Watch](#)[Measuring Your Heart Rate](#)

Solutions to Watch Charging Problems

If you experience problems charging the battery in your watch, try the following solutions:

- If the watch does not charge when you attach the USB charging clip, check the following:
 - Make sure you fully charge the watch. Partially charging the watch can affect battery life.
 - Make sure the USB charging clip is attached correctly.
 - Clean the contact points on your watch and the USB charging clip and attach the clip again.
 - If the battery was exhausted when you attached the USB charging clip, the charging screen may not appear for 1 or 2 minutes. Wait for the screen to appear.
 - Make sure you are using a compatible USB charger or USB port.
 - If you still cannot charge your watch's battery, detach the USB charging clip and contact Epson Support for help.
- If the watch and the USB charging clip become hot during charging, stop charging the watch, detach the USB charging clip, and contact Epson Support for help.
- If you see an error screen indicating a charging error, stop charging the watch and move to an environment with a temperature within the operating temperature range.

Parent topic: [Solving Problems Using Your Watch](#)

Related tasks[Charging the Watch](#)

Solutions to Watch Settings Problems

If you experience problems with the settings on your watch, try the following solutions:

- If the clock information disappears from the screen, the watch may have entered sleep mode and turned off the time display. Press any button on the watch to wake it up. If the display does not turn on, charge the watch's battery.

- If the time is set incorrectly, reset the time.
- If measurement stops while exercising, you may be moving slowly. In this case, turn off the **AT Pause** setting.
- If heart rate measurement stops, check to make sure that you are wearing the watch correctly. If your body surface is cold, cover your wrist with clothing or wipe sweat away beneath the watch to stabilize heart rate measurement.

Parent topic: [Solving Problems Using Your Watch](#)

Solutions to GPS Signal Problems

If you experience problems acquiring or maintaining a GPS connection, try the following solutions:

- If you cannot locate a GPS signal, take the watch outdoors for at least 15 minutes. Make sure there are no overhead obstructions, stand still, and try acquiring a GPS signal again. The GPS signal may be interrupted by tall buildings, tall trees, or mountainsides, so try to move into as open an area as possible.
- Make sure your watch is paired with your smartphone. Your watch will automatically download your GPS location information from your smartphone.
- If you still cannot acquire a signal, select **Skip** on the GPS screen to start your workout. Distance traveled will be estimated based on your stride until the GPS signal is fully acquired.

Parent topic: [Solving Problems Using Your Watch](#)

Related tasks

[Acquiring a GPS Signal](#)

Solving Problems Using Epson View

Check the solutions in these sections if you have any problems using the Epson View app on your smartphone.

[Solutions to Problems Using Epson View](#)

Parent topic: [Solving Problems](#)

Solutions to Problems Using Epson View

If you experience problems using the Epson View app on your smartphone or the Epson View Uploader on your computer, try the following solutions:

- If you see an error screen while your watch is communicating with your smartphone or computer, do not move your watch or the USB charging clip during communications. Remove and reattach the USB charging clip and try communicating with your smartphone or computer again.
- If your computer does not recognize your watch, check the USB connection. Also clean the contact points on the watch and the USB charging clip, then try restarting your watch.

If you still have problems using Epson View app or the Epson View Uploader, see the [online help](#).

Parent topic: [Solving Problems Using Epson View](#)

Related tasks

[Cleaning Your Watch](#)

[Charging the Watch](#)

Restarting the Watch

If you experience problems with your watch, you may need to restart it. Restarting your watch retains your data and settings, except the activity data for the current day.

To restart your watch, press the following buttons simultaneously:

-  Back
-  Start/Stop
-  Up
-  Down



The screen disappears for a moment and the watch restarts.

Parent topic: [Solving Problems](#)

Resetting the Watch



If you need to delete all the data and settings from your watch's memory, you can reset the watch.

Note: You may want to upload your workout and activity data to your smartphone using the Epson View app before resetting your watch.

1. Press the  Enter button.

You see a screen like this:



2. Press the  Up or  Down button to select **Settings > System > Reset > Yes**.
Your watch resets. When it is finished, it restarts and displays the Language screen.
3. Now you can configure your watch again.

Parent topic: [Solving Problems](#)

Related references

[Time Screen Menus](#)



Checking the Firmware Version of Your Watch

You can check the firmware version of your watch by displaying it on the watch screen.


1. Press the  Enter button.

You see this screen:



2. Press the  Up or  Down button to select **Settings > System > Ver. Info.**
Your watch screen displays the firmware version information.



3. Press and hold the  Back button for at least 2 seconds to return to the Time screen.

Parent topic: [Solving Problems](#)

Related references

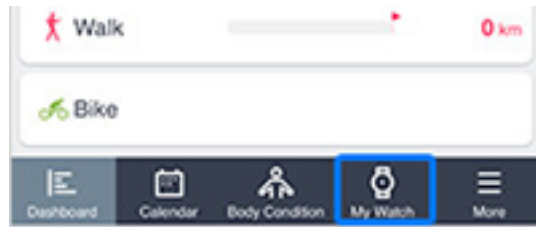
[Time Screen Menus](#)

Updating Your Watch's Firmware from the Epson View App

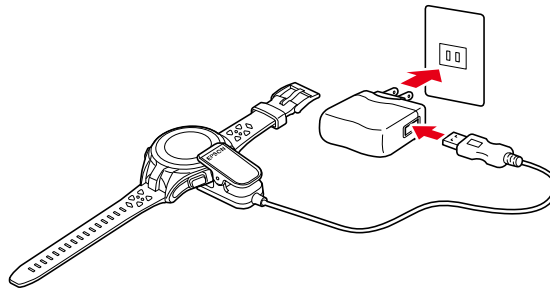
If you experience problems with your watch, you may need to update the firmware using the Epson View app.

Before updating the firmware, you may also want to backup your workout and activity data to your smartphone using the Epson View app; the firmware update may reset the data and settings stored in your watch's memory.

1. Select **My Watch** at the bottom of the app screen.

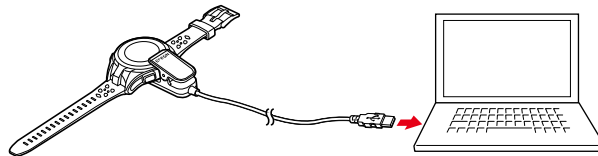


2. Select your current firmware version underneath the **Firmware** heading.
3. Do one of the following:
 - AC adapter: Connect the USB charging clip to the USB port on the optional AC adapter and plug the AC adapter into an electrical outlet.



Caution: Only use the optional AC adapter that is compatible with your product to charge your watch, or the watch may not charge or operate correctly.

- Computer: Connect the USB charging clip to a USB port on your computer that is capable of charging external devices.



Note: USB charging from a computer port may not work with all computers. Do not connect the USB charging clip to a USB hub or other intermediate device.

4. Follow the on-screen instructions on your smartphone to update your watch's firmware.

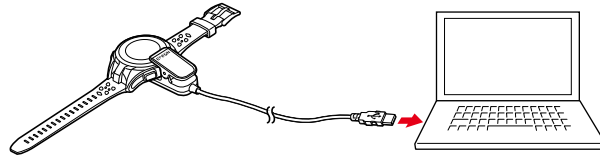
Parent topic: [Solving Problems](#)

Updating Your Watch's Firmware from Your Computer

If you experience problems with your watch, you may need to update the firmware using your computer.

Before updating the firmware, you may also want to backup your workout and activity data to your smartphone using the Epson View app; the firmware update may reset the data and settings stored in your watch's memory.

1. To download the latest version of your watch's firmware, visit [epson.com/support](https://www.epson.com/support) (U.S.) or [epson.ca/support](https://www.epson.ca/support) (Canada) and select your product.
2. Attach the USB charging clip to your watch and to the USB port on the computer on which you downloaded the watch firmware.



3. Run the downloaded firmware file and follow the on-screen instructions to update the watch's firmware.

Note: If the firmware updater does not start, make sure the USB charging clip is attached correctly and that you do not have multiple instances of the firmware updater running on your computer.

Parent topic: [Solving Problems](#)

Where to Get Help

If you need to contact Epson for technical support services, use the following support options.

Internet Support

Visit Epson's support website at epson.com/support (U.S.) or epson.ca/support (Canada), and select your product for solutions to common problems. You can download utilities and documentation, get FAQs and troubleshooting advice, or e-mail Epson with your questions.

Speak to a Support Representative

Call (800) 241-5789 or (562) 276-4394 (U.S) or (905) 709-3839 (Canada).

Support hours are 6 AM to 8 PM, Pacific Time, Monday through Friday and 7 AM to 4 PM, Pacific Time, Saturday.

Days and hours of support are subject to change without notice. Toll or long distance charges may apply.

Before you call, have the following information ready:

- Product name
- Product serial number
- Proof of purchase (such as a store receipt) and date of purchase
- Computer configuration
- Smartphone model and OS version
- Description of the problem

Parent topic: [Solving Problems](#)

Technical Specifications

These sections list the technical specifications of your product.

[Device Specifications](#)

[Optional Accessory Specifications](#)

[Viewing Safety and Approval Specifications](#)

Device Specifications

Device thickness

ProSense 307:

0.52 inch (13.4 mm)

ProSense 347/ProSense 367:

0.62 inch (15.7 mm)

Weight

ProSense 307:

Approximately 1.8 ounces (51 g)

ProSense 347:

Approximately 2.2 ounces (62 g)

ProSense 367:

Approximately 2.3 ounces (64 g)

Continuous operating time	<p>ProSense 307: 8 to 24 hours (approximate continuous workout time)</p> <p>ProSense 347/ProSense 367: 17 to 50 hours (approximate continuous workout time)</p> <p>ProSense 307: 3 to 30 days (approximate continuous time display)</p> <p>ProSense 347/ProSense 367: 6 to 60 days (approximate continuous time display)</p> <p>Note: Operating time varies depending on GPS signal reception quality and device settings. Operating time is significantly reduced when the GPS signal reception is poor, such as indoors. Settings that affect battery life include backlight settings.</p>
Charging time	Approximately 3 hours
Charging method	<p>Rated voltage: 5 V (+/- 5%)</p> <p>Current: 500mA (2.5 W USB port)</p>
Water resistance	<p>ProSense 307: Up to 5 bars of pressure</p> <p>ProSense 347/ProSense 367: Up to 10 bars of pressure</p>
Communication	<p>Wireless: Bluetooth</p> <p>Wired: USB 2.0</p>
Notification function	Buzzer and vibration
Operating temperature	23 to 122 °F (-5 to 50 °C)
Charging temperature	41 to 95 °F (5 to 35 °C)
Storage temperature	14 to 140 °F (-10 to 60 °C)

Display ranges

Distance/Lap distance: 0 to 999.99 miles or km

Pace/Lap pace/Average pace: 1 second to 45 minutes per mile (1 second to 30 minutes per kilometer)

Time/Lap time: 0:0:0 to 13:00:00

Cadence/Average Cadence: 0 to 255 spm

Stride length/Average stride length: 0 to 100 inches (0 to 255 cm)

Steps: 0 to 999,999 steps

Calories burned: 0 to 9999 kcal

Heart rate: 30 to 240 bpm

Estimated finishing time: 0:00:00 to 11:59:59 PM

Estimated finishing distance: 0 to 999.999 miles or km

Parent topic: [Technical Specifications](#)

Optional Accessory Specifications

USB Charging Clip

Model number WPCLP01 (part number: E12E220202)

Operating temperature 41 to 95 °F (5 to 35 °C)

AC Adapter

Model number SFAC04 (part number: E12E204001)


Input voltage 100 VAC, 50/60 Hz

Output frequency 5 VDC, 1.0 A

Parent topic: [Technical Specifications](#)

Viewing Safety and Approval Specifications

You can view your watch's safety and approval specifications on the watch screen.

1. At the Time screen, press the  Enter button.

You see this screen:



2. Press the Up or Down button to select **Certification** and press the Enter button.
You see your watch's certification information.
3. Hold the Back button for at least 2 seconds to return to the Time screen.

Parent topic: [Technical Specifications](#)

Notices

Check these sections for important notices about your product.

Note: Epson offers a recycling program for end of life Epson products. Please go to [this site](#) (U.S) or [this site](#) (Canada) for information on how to return your Epson products for proper disposal.

[Notes on Electromagnetic Waves](#)

[Copyright Notice](#)

[Binding Arbitration and Class Waiver](#)

[Trademarks](#)

[Copyright Attribution](#)

Notes on Electromagnetic Waves

This device is equipped with Bluetooth Smart technology. This function enables wireless communication of measurement data between the device and the HR monitor or a smartphone.

This device has been classified as a low electronic data communication system based on Radio Law. Therefore, this device does not require a radio station license. The following acts may be punishable by law.

- Disassembling or remodeling the device
- Removing the verification or certification number for the device

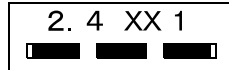
VCCI Class B Information Technology Device

This device is a class B information technology device. This device is designed for home use, but interference could occur when using in close proximity to radios or television aerials.



Frequency

This device uses the frequency band from 2.402 to 2.480 GHz. Other wireless devices may use the same frequency. Note the following points to avoid wireless interference with other wireless devices.



Precautions When Performing Wireless Communication

This device operates on the 2.4 GHz band.

This device operates in the same frequency bandwidth as industrial, scientific, and medical devices such as microwave ovens and mobile object identification (RF-ID) systems (licensed radio stations, and amateur, unlicensed low-power radio stations [hereinafter referred to as "other radio stations"]) used in factory production lines.

1. Before using this device, make sure there are no other radio stations being used in the vicinity.
2. If this device causes RF interference between the device and other radio stations, promptly move to a different location, stop using the device, and contact your local reseller by referring to "Contacting us about this product" to ask for advice on preventing interference, such as setting up partitions.
3. In addition, when harmful radio wave interference occurs between the device and "other radio stations", and refer to "Contacting us about this product" to contact our service center.

Warning:

- If you notice any skin irritation or other adverse reactions, stop using the device immediately and seek medical attention.
- In areas in which usage is restricted, such as on airplanes and in hospitals, follow the rules and regulations provided (such as in-flight announcements).
- Do not bring the device into an operating room, intensive care unit, or other such environment. Do not use the device near medical equipment; radio waves from the device may interfere with electronic medical equipment causing the equipment to malfunction and cause an accident.
- Radio waves from the device may interfere with surgically implanted medical devices such as a cardiac pacemaker. If you have a surgically implanted medical device, follow the instructions and warnings supplied with your device.

Parent topic: [Notices](#)

Copyright Notice

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Seiko Epson Corporation shall not be liable for any damages or problems arising from the use of any options or any consumable products other than those designated as Original Epson Products or Epson Approved Products by Seiko Epson Corporation.

Seiko Epson Corporation shall not be held liable for any damage resulting from electromagnetic interference that occurs from the use of any interface cables other than those designated as Epson approved Products by Seiko Epson Corporation.

This information is subject to change without notice.

Parent topic: [Notices](#)

Binding Arbitration and Class Waiver

1. DISPUTES, BINDING INDIVIDUAL ARBITRATION, AND WAIVER OF CLASS ACTIONS AND CLASS ARBITRATIONS

1.1 Disputes. The terms of this Section 1 shall apply to all Disputes between you and Epson. The term "Dispute" is meant to have the broadest meaning permissible under law and includes any dispute, claim, controversy or action between you and Epson arising out of or relating to this Agreement, Epson branded products (hardware and including any related software), or other transaction involving you and Epson, whether in contract, warranty, misrepresentation, fraud, tort, intentional tort, statute, regulation, ordinance, or any other legal or equitable basis. "DISPUTE" DOES NOT INCLUDE IP CLAIMS, or more specifically, a claim or cause of action for (a) trademark infringement or dilution, (b) patent infringement, (c) copyright infringement or misuse, or (d) trade secret misappropriation (an "IP Claim"). You and Epson also agree, notwithstanding Section 1.6, that a court, not an arbitrator, may decide if a claim or cause of action is for an IP Claim.

1.2 Binding Arbitration. You and Epson agree that all Disputes shall be resolved by binding arbitration according to this Agreement. **ARBITRATION MEANS THAT YOU WAIVE YOUR RIGHT TO A JUDGE**

OR JURY IN A COURT PROCEEDING AND YOUR GROUNDS FOR APPEAL ARE LIMITED.

Pursuant to this Agreement, binding arbitration shall be administered by JAMS, a nationally recognized arbitration authority, pursuant to its code of procedures then in effect for consumer related disputes, but excluding any rules that permit joinder or class actions in arbitration (for more detail on procedure, see Section 1.6 below). You and Epson understand and agree that (a) the Federal Arbitration Act (9 U.S.C. §1, et seq.) governs the interpretation and enforcement of this Section 1, (b) this Agreement memorializes a transaction in interstate commerce, and (c) this Section 1 shall survive termination of this Agreement.

1.3 Pre-Arbitration Steps and Notice. Before submitting a claim for arbitration, you and Epson agree to try, for sixty (60) days, to resolve any Dispute informally. If Epson and you do not reach an agreement to resolve the Dispute within the sixty (60) days, you or Epson may commence an arbitration. Notice to Epson must be addressed to: Epson America, Inc., ATTN: Legal Department, 3840 Kilroy Airport Way, Long Beach, CA 90806 (the "Epson Address"). The Dispute Notice to you will be sent to the most recent address Epson has in its records for you. For this reason, it is important to notify us if your address changes by emailing us at EALegal@ea.epson.com or writing us at the Epson Address above. Notice of the Dispute shall include the sender's name, address and contact information, the facts giving rise to the Dispute, and the relief requested (the "Dispute Notice"). Following receipt of the Dispute Notice, Epson and you agree to act in good faith to resolve the Dispute before commencing arbitration.

1.4 Small Claims Court. Notwithstanding the foregoing, you may bring an individual action in the small claims court of your state or municipality if the action is within that court's jurisdiction and is pending only in that court.

1.5 WAIVER OF CLASS ACTIONS AND CLASS ARBITRATIONS. YOU AND EPSON AGREE THAT EACH PARTY MAY BRING DISPUTES AGAINST THE OTHER PARTY ONLY IN AN INDIVIDUAL CAPACITY, AND NOT AS A PLAINTIFF OR CLASS MEMBER IN ANY CLASS OR REPRESENTATIVE PROCEEDING, INCLUDING WITHOUT LIMITATION FEDERAL OR STATE CLASS ACTIONS, OR CLASS ARBITRATIONS. CLASS ACTION LAWSUITS, CLASS-WIDE ARBITRATIONS, PRIVATE ATTORNEY-GENERAL ACTIONS, AND ANY OTHER PROCEEDING WHERE SOMEONE ACTS IN A REPRESENTATIVE CAPACITY ARE NOT ALLOWED. ACCORDINGLY, UNDER THE ARBITRATION PROCEDURES OUTLINED IN THIS SECTION, AN ARBITRATOR SHALL NOT COMBINE OR CONSOLIDATE MORE THAN ONE PARTY'S CLAIMS WITHOUT THE WRITTEN CONSENT OF ALL AFFECTED PARTIES TO AN ARBITRATION PROCEEDING.

1.6 Arbitration Procedure. If you or Epson commences arbitration, the arbitration shall be governed by the rules of JAMS that are in effect when the arbitration is filed, excluding any rules that permit arbitration on a class or representative basis (the "JAMS Rules"), available at <http://www.jamsadr.com> or by calling 1-800-352-5267, and under the rules set forth in this Agreement. All Disputes shall be resolved by a single neutral arbitrator, and both parties shall have a reasonable opportunity to participate in the selection of the arbitrator. The arbitrator is bound by the terms of this Agreement. The arbitrator, and not any federal, state or local court or agency, shall have exclusive authority to resolve all disputes arising

out of or relating to the interpretation, applicability, enforceability or formation of this Agreement, including any claim that all or any part of this Agreement is void or voidable. Notwithstanding this broad delegation of authority to the arbitrator, a court may determine the limited question of whether a claim or cause of action is for an IP Claim, which is excluded from the definition of "Disputes" in Section 1.1 above. The arbitrator shall be empowered to grant whatever relief would be available in a court under law or in equity. The arbitrator may award you the same damages as a court could, and may award declaratory or injunctive relief only in favor of the individual party seeking relief and only to the extent necessary to provide relief warranted by that party's individual claim. In some instances, the costs of arbitration can exceed the costs of litigation and the right to discovery may be more limited in arbitration than in court. The arbitrator's award is binding and may be entered as a judgment in any court of competent jurisdiction.

You may choose to engage in arbitration hearings by telephone. Arbitration hearings not conducted by telephone shall take place in a location reasonably accessible from your primary residence, or in Orange County, California, at your option.

a) Initiation of Arbitration Proceeding. If either you or Epson decides to arbitrate a Dispute, both parties agree to the following procedure:

(i) Write a Demand for Arbitration. The demand must include a description of the Dispute and the amount of damages sought to be recovered. You can find a copy of a Demand for Arbitration at <http://www.jamsadr.com> ("Demand for Arbitration").

(ii) Send three copies of the Demand for Arbitration, plus the appropriate filing fee, to: JAMS, 500 North State College Blvd., Suite 600 Orange, CA 92868, U.S.A.

(iii) Send one copy of the Demand for Arbitration to the other party (same address as the Dispute Notice), or as otherwise agreed by the parties.

b) Hearing Format. During the arbitration, the amount of any settlement offer made shall not be disclosed to the arbitrator until after the arbitrator determines the amount, if any, to which you or Epson is entitled. The discovery or exchange of non-privileged information relevant to the Dispute may be allowed during the arbitration.

c) Arbitration Fees. Epson shall pay, or (if applicable) reimburse you for, all JAMS filings and arbitrator fees for any arbitration commenced (by you or Epson) pursuant to provisions of this Agreement.

d) Award in Your Favor. For Disputes in which you or Epson seeks \$75,000 or less in damages exclusive of attorney's fees and costs, if the arbitrator's decision results in an award to you in an amount greater than Epson's last written offer, if any, to settle the Dispute, Epson will: (i) pay you \$1,000 or the amount of the award, whichever is greater; (ii) pay you twice the amount of your reasonable attorney's fees, if any; and (iii) reimburse you for any expenses (including expert witness fees and costs) that your attorney reasonably accrues for investigating, preparing, and pursuing the Dispute in arbitration. Except as agreed upon by you and Epson in writing, the arbitrator shall determine the amount of fees, costs, and expenses to be paid by Epson pursuant to this Section 1.6d).

e) Attorney's Fees. Epson will not seek its attorney's fees and expenses for any arbitration commenced involving a Dispute under this Agreement. Your right to attorney's fees and expenses under Section 1.6d) above does not limit your rights to attorney's fees and expenses under applicable law; notwithstanding the foregoing, the arbitrator may not award duplicative awards of attorney's fees and expenses.

1.7 Opt-out. You may elect to opt-out (exclude yourself) from the final, binding, individual arbitration procedure and waiver of class and representative proceedings specified in this Agreement by sending a written letter to the Epson Address within thirty (30) days of your assent to this Agreement (including without limitation the purchase, download, installation of the Software or other applicable use of Epson Hardware, products and services) that specifies (i) your name, (ii) your mailing address, and (iii) your request to be excluded from the final, binding individual arbitration procedure and waiver of class and representative proceedings specified in this Section 1. In the event that you opt-out consistent with the procedure set forth above, all other terms shall continue to apply, including the requirement to provide notice prior to litigation.

1.8 Amendments to Section 1. Notwithstanding any provision in this Agreement to the contrary, you and Epson agree that if Epson makes any future amendments to the dispute resolution procedure and class action waiver provisions (other than a change to Epson's address) in this Agreement, Epson will obtain your affirmative assent to the applicable amendment. If you do not affirmatively assent to the applicable amendment, you are agreeing that you will arbitrate any Dispute between the parties in accordance with the language of this Section 1 (or resolve disputes as provided for in Section 1.7, if you timely elected to opt-out when you first assented to this Agreement).

1.9 Severability. If any provision in this Section 1 is found to be unenforceable, that provision shall be severed with the remainder of this Agreement remaining in full force and effect. **The foregoing shall not apply to the prohibition against class or representative actions as provided in Section 1.5. This means that if Section 1.5 is found to be unenforceable, the entire Section 1 (but only Section 1) shall be null and void.**

Parent topic: [Notices](#)

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