

GPS Running Watch ProSense 57

Quick Start Guide

Make sure to read the *Notices* sheet and online *User's Guide* before using the product to ensure safe use.



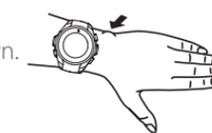
Buttons



- ← Back
- ↕ Up
- ⏸ Start/Stop
- Enter
- ⏴ Down

Wearing Your Watch

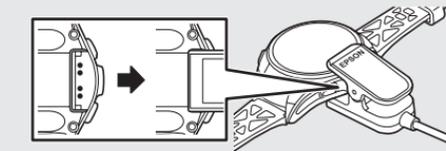
Wear the product snugly around your wrist as shown. Tighten the watch if your pulse is not measured correctly while exercising.



1 Charging the Watch

Use the included USB charging clip to charge the watch.

- 1 Connect the USB charging clip to the watch.



- 2 Connect the USB cable to your PC or the optional AC adapter.

Make sure the watch is fully charged before you remove the clip.

2 Setting Up the Watch and App

The Settings screen appears on the watch after you remove the USB charging clip.

- 1 On the watch, select your language and press **Enter**.



- 2 Select **Set by Phone** and press **Enter**.



Note: You can also use a PC to configure the watch or you can configure the watch on its own. See the online *User's Guide* for more information.

- 3 Download and install the Epson View app from your smartphone's app store.

- 4 Launch the Epson View app and create an account or log in. After you finish this process, the initial Settings screen appears on your smartphone.



Note: Once you have completed the initial setup, you can use the Epson View app to customize the workout screens, change settings, and link to third-party fitness apps.

- 5 Note the code that appears on the watch.



- 6 Select **ProSense 57** from the list on your smartphone, then follow the instructions to pair your watch and your phone.



The Time screen appears on the watch when the process is complete.

Note: You can pair the watch with your smartphone at any time by selecting **My Watch** in the Epson View app.

3 Using Your Watch

Selecting a Workout Mode

- 1 Press **Down** on the Time screen to display the workout mode screen.



Note: You can press **Start/Stop** on the Time screen to quickly start a run.



- 2 Press **Up** or **Down** to select the desired activity.

The following workout modes are available:



- 3 Press **Start/Stop** while outdoors with no obstacles overhead to start GPS calibration.



You can start your workout when the Measurement screen appears.

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: If you see the message below, do one of the following:

- Move to an area with no obstructions overhead and then press **Back** to restart GPS calibration.
- Press **Enter** to start the workout. Distance traveled will be estimated until the GPS signal is fully acquired.



Starting a Workout

Press **Start/Stop** on the Measurement screen to start a workout.



Note: You can press **Enter** during a workout to start and record a new lap.



Press **Up** or **Down** during a workout to change the measurements that appear. See the online *User's Guide* for more information.



3 Using Your Watch (Continued)

Saving a Workout

- 1 Press **Start/Stop** to pause the workout.



- 2 Select **Save** and then press **Enter**.



The workout summary appears.

- 3 Press **Up** and **Down** to scroll through the workout summary.



- 4 Press **Enter** to return to the Time screen.

Viewing Your Workout History

- 1 On the Time screen, press **Enter** and select **History**.



- 2 Select the desired workout and then press **Enter**. The workout data appears.



- 3 Press **Up** and **Down** to scroll through the workout summary.



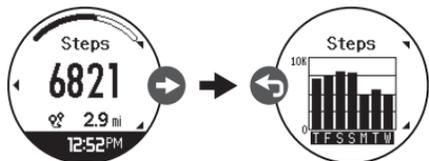
Note: To return to the Time screen, press and hold **Back**.

Checking Daily Activity Data

Press **Up** on the Time screen to display the distance traveled, number of steps, calories burned, average heart rate, and sleep time for the current day.



Press **Enter** on the Track Activity screen to display a graph of your weekly activity including the current day.



Press **Back** to display the previous screen.

Additional Tips

- To turn the watch on or off, press and hold **Start/Stop**.
- To return to the Time Screen at any time, press and hold **Back**.
- To start a new lap during a workout, press **Enter**.
- To turn on the backlight during a workout, press **Back**.

Updating the Firmware

You can update your watch's firmware from the Epson View app. Select **My Watch**, then select the arrow next to the firmware version to update your watch.

To check the version of the firmware on your watch, press **Enter** on the Time screen and then select **Settings > System > Ver. Info**.

Caring for Your Watch

Your ProSense product is made from materials commonly used in watches and other consumer products. Since you may wear your product over extended periods, including when you are exercising and sweating, it is important that you take care of your skin and your product according to these instructions. Prolonged wearing of your product without proper care could lead to skin irritation or rash.

Please follow the precautions below to ensure full enjoyment and benefit of your ProSense product:

- Keep your product and skin clean.
- Keep your product and skin dry.
- Give skin a rest and some air.

Proper wear and care of your product is an important part of your enjoyment of this product. Make sure to see the online *User's Guide* for more detailed information on caring for your product.

Where to Get Help

Internet Support

Visit www.epson.com/support (U.S.) or www.epson.ca/support (Canada) and search for your product to find solutions to common problems. You can get tips, usage information, and FAQs, download utilities, view the *User's Guide*, or e-mail Epson.

Telephone Support

Call (800) 241-5789, (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.

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