

ProSense™ 307



The fully-featured GPS multisport watch with wrist-based heart rate.

Built-in GPS — RouteSense™ GPS technology accurately tracks your route, distance, pace and more

Wrist-based heart rate monitor — highly accurate and convenient CardioSense™ HR technology

EasyView™ display — wide-angle, high-contrast screen for superior readability

Easy-to-use menu — easily navigate via 5 simple buttons

#1 GPS battery life in its class¹ — up to 20 hours with GPS on

Ideal for multisport applications — supports running, cycling, swimming and indoor workouts

Automatically uploads your data to the Epson View App² — customize your goals and settings, including workout screens

Smart notifications and music control² — conveniently receive alerts on your watch, and control your playlist

Stylish, lightweight design; robust and water resistant — comfortable fit designed for performance

Advanced training features — VO₂ max estimate, recovery time and training effect metrics, along with interval training, workout alerts and waypoint navigation

Specifications

Battery Life

GPS and HR: Up to 20 hours
GPS: Up to 24 hours
5 days activity tracking, 30 days Watch Mode

Size 1.8" x 1.8" x 0.5" (45.0 x 45.0 x 13.4 mm)

Weight 0.2 lb (0.1 kg)

Lens Material Plastic

Band Quick release Pro Silicone

Display Type EasyView display (Electronic Paper Display), reversible black-and-white

Display Size 1.1"

Display Resolution 240 x 240 pixels

Water Resistance 5 ATM

Battery Type Rechargeable lithium ion

Sensors GPS, integrated heart rate sensor, 3-axis accelerometer

Memory/History Up to the lesser of 248 workouts or 7,000 laps

Backlight Yes

Alerts Vibration and sound

Languages English, French, Japanese, Chinese

Waypoint Navigation Yes

Auto Scroll Through Workout Screens

Clock

Features Time/date, alarm clock, stopwatch

Watch Faces Analog and digital

Smart Features

Smartphone Compatibility iPhone®, Android™

Connectivity Bluetooth® Smart

Other Smart notifications², music controls²

Activity Tracking

Features Step counter, calories burned, sleep monitoring

Running Features

Basic Metrics Distance, time, pace, speed, elevation change, calories

Advanced Metrics Stride length, cadence, training effect, recovery, VO₂ max, race time estimates

Training Intervals, target pace, race mode, heart rate zones, metronome, customizable workout displays

Auto Pause Yes

Lap Manual and auto

Pool Swimming Features

Basic Metrics Lengths, distance, pace, stroke detection, SWOLF, stroke count, stroke rate, calories

Heart Rate Yes

Open Water Swimming Features

Basic Metrics Distance, pace, time, calories

Cycling Features

Basic Metrics Distance, pace, speed, elevation change, calories

Lap Manual and auto

Other Time, distance and speed alerts

Heart Rate Yes

Heart Rate Integration with Bicycle Computer Bluetooth Smart

Other Features

Sport Modes Walking, Treadmill, Triathlon, Indoor Bike

General

What's in the Box ProSense 307 GPS Multisport Watch, USB Charging Clip, Quick Start Guide

Country of Origin Japan

Warranty 1 year

Eco Features

RoHS compliant

Recyclable product³

Epson America, Inc. is a SmartWay® Transport Partner⁴

Ordering Information

ProSense 307 GPS Multisport Watch (Black)

010343 93811 3

ProSense 307 GPS Multisport Watch (Blue)

010343 93812 0

ProSense 307 GPS Multisport Watch (White)

010343 93813 7

USB Charging Clip

010343 93870 0

¹ Compared to popular GPS running watches within the same category in standard GPS and heart rate tracking mode as of June 2017. User customization may affect battery life. | ² When paired, via Bluetooth, with a smart device (iOS® and Android). | ³ See our website for convenient and reasonable recycling options at www.epson.com/recycle | ⁴ SmartWay is an innovative partnership of the U.S. Environmental Protection Agency that reduces greenhouse gases and other air pollutants and improves fuel efficiency.

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