TW-410 Multi-Sport Watch
User Manual

⚠ **WARNING**

Use only USB chargers with 5V output that comply with the CE/FCC standard. Using non-standard USB chargers will void the warranty.

x

TW-410 Multi-Sport Watch
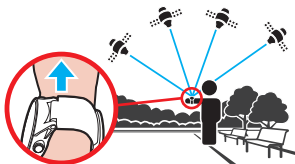## User Manual

⚠ **WARNING**

Use only USB chargers with 5V output that comply with the CE/FCC standard. Using non-standard USB chargers will void the warranty.

[GPS Locating Tips] :

- Receive a GPS signal in an open space, and refer to the following instructions.
- GPS receiver is located at the bottom of the watch. Do NOT cover the receiver and face it towards the sky.
- The first positioning will take 2~5 minutes. Subsequent positioning will take 1~2 minutes.
- If you are unable to complete GPS positioning, press ② to exit. Move to an open space and try again.

Correct

✔ **Open Space**

Wrong

✘ Building Nearby   ✘ In car

✘ Cover GPS Receiver   ✘ Under eaves   ✘ In house

1.

1. Device Overview

① Power and Backlight
Hold to turn the device on/off.
Press to turn the backlight on/off

② Back/Lap
Press to return to the previous page or step.
Set a manual Lap. Switch time display mode.

③ Up
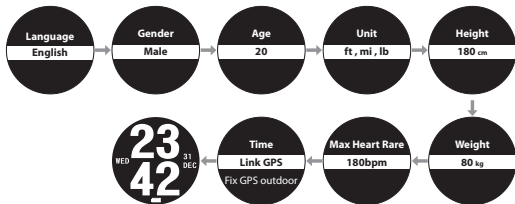Press to scroll up the menus.

④ OK and Enter
Press to accept an entry or to move forward on a menu.

⑤ Down
Press to scroll down the menus.

2. Starting with the Watch

Complete watch profile setting by following steps when the first time use, or after factory reset, or after software update.

Choose Language → Gender → Age → Choose Display Unit → Height → Weight → Max Heart Rate → Time set up (by Manual or by GPS <1>)

<1> Please refer to the [GPS Locating Tips] on Page 1.

NOTE

1. At first time use, please charge the device more than 2 hours in advance.
2. If the watch battery runs out, time will need to be reset.
3.

3. Watch Menus

1. Press ④ to enter main menu.
2. Press ③/⑤ to scroll up/down the menu.
3. Choose a selected function and press ④ to enter.

4. Fitness Calculators/Bluetooth

Under the Time Mode, press ③/⑤ to browse the step walked, distance, calories burned, heart rate, and turn on/off Bluetooth or energy saving. Press ④ under each mode, you can set daily targets and set the achievement alarm.

・ The Fitness calculator will be reset at 00:00am daily.
・ To reset manually, please enter [Tools] → [Pedometer].

5. Time Mode

Under the Time Mode, press ② to switch Time display interface.

6. Watch Settings

Press ④ to enter main menu. Use ③/⑤ to scroll to [SETTINGS]. Once in [SETTINGS], you will find the following options :

[System] : Language, Clock, Backlight, Alert, Unit, Geolocation, SmartBand, Orientation, Format, Key Lock<2>, Factory Reset, About Watch.

<2> To unlock Key Lock, press ②+④, and release them together.

[Personal] : Gender, Age, Height, Weight, Max Heart Rate, Weight of bike, Wheel Size.

[Sensors] : Pairing your Cadence sensor with your watch.

[Running/Cycling/ Swimming] : Smart Screen, Smart Partner, Sport Alert, Smart Pause, Smart Lap, Smart scroll .

5.

Smart Screen : Select display mode, display figures, and figure's format under each sport mode. You can choose to display Time, Distance, Calories, Pace, Others, Heart Rate, Stride rate, and Cadence <3>.

<3> Limited to the watch that is paired with Bluetooth 4.0 cadence sensor.

Sport Alert : Set sport alert by Time, Pace, Heart Rate, Stride Rate, or no Alert. The watch will send out an alert once beyond the range.

Sport Pause : During exercise, the timer will be paused when your activity stops temporarily.

Smart Lap : Mark a Lap by distance or manually. If you choose by manually, press ② to mark a lap during sport mode.
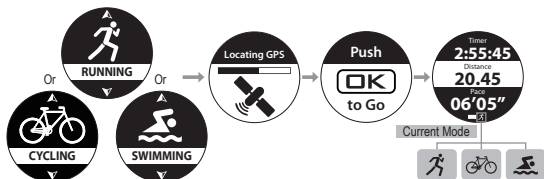
Smart Scroll : Select screen scroll speed (Fast, Slow, Off) to show sport's figures under sport mode.

Smart Partner : Set your pace target, the smart partner will remind you that you are behind or ahead of your target.

6.

7. Sport Mode

7-1 Running/Cycling/Swimming.

1. Press ④ to enter main menu, select **[RUNNING/CYCLING/ SWIMMING]**, and press ④ to enter.
2. Satellites will be located automatically.
3. After locating is completed, press ④ to start.
4. Press ③/⑤ to browse sport's figures. To Lap manually, press ②.
5. To finish the sport mode, press ④. Then press ③/⑤ to select [Resume /Save /Discard], and press ④ to confirm.

7-2 Triathlon Mode

Enter [TRIATHLON] mode (Follow the same procedure as 7-1). Press ② to switch sport mode, the sport icon will flash (to record the mode switch preparation time). To start the next sport, press ② again to confirm. There will be 5 Laps under Triathlon history record. Lap 1/3/5 shows swimming/cycling/running records. Lap 2/4 shows the records during mode switch.
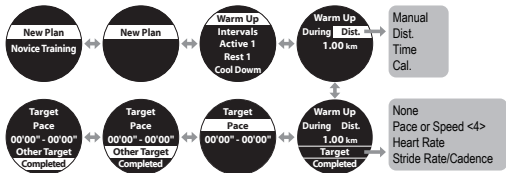
7.

7-3 Training Mode

It is your personal virtual trainer which can create the best training plan according to your requirements.

1. Press ④ to enter main menu, and select [TRAINING].
2. Choose [Running /Cycling] and press ④ to enter.
3. Choose [New Plan /Novice Training] and press ④ to enter.

7-3-1 New Plan

Please follow below procedure to design your own training plan, it includes Warm up, Interval, Activity, Rest, and Cool Down settings.

1. Under [New Plan], press ④ to enter [Warm up /Intervals /Active / Rest /Cool Down].
2. At [During] Setting, press ③/⑤ to select [Manual/Dist. /Time/Cal.], press ④ to enter ; Press ③/⑤ to enter a figure (ex: 3 km or 00:15 min or 500 Kcal), then press ④ to enter.
3. Press ④ to enter [Target], then press ③/⑤ to select [None /Pace (Speed) <4> /Heart Rate /Stride Rate], enter target figure, then press ④ to enter.

<4> Modify the format at [SETTING -> SYSTEM -> Format]

4. If 2nd target is required, press ④ to enter [Other Target] and repeat step 3.
5. Press ④ to enter [Completed]
6. a. Press ④ to enter [New Step], follow the same procedures 1 to 5 to add more training plans under this program.
   b. To [Edit /Delete /Insert] above settings, press ④ to enter the above plan.

After you create the training plan:

1. Press ④ to enter [Run Plan 01] or [Run Plan 02].
2. Press ③/⑤ to select [Go /Edit /Delete] this plan.
3. Select [Go], satellites will be located automatically.
4. After GPS locating complete, press ④ to start, and then press ③/⑤ to browse current figures and achievements.
5. To finish, press ④. Use ③/⑤ to select [Resume/Save/Discard] , then press ④ to confirm.

7-3-2 Novice Training

Enter Novice Training. Press ③/⑤ to select a target and press ④ to confirm, then select [GO] and press ④ to start.

9.

8. Golf Mode

8-1 Play Golf

1. Press ④ to enter main menu.
2. Select [GOLF], and press ④ to enter.
3. Select [Play Golf], and press ④ to enter.
4. Satellites will be located automatically<5>, and a list of golf courses will be shown by proximity.
5. Press ③/⑤ to scroll up/down, and press ④ to enter a selected golf course.

<5> Refer to【GPS Lacating Tips】on Page1.

8-2 On The Course

When playing golf, you will notice that there are five metrics displayed on the screen. The list below explains what each of those pieces of information represents.

ⓐ Current hole number.
ⓑ PAR for the hole.
ⓒ Distance to the back of green.
ⓓ Distance to the center of green.
ⓔ Distance to the front of green.

(The default unit is Yard. To switch the display unit, please refer to 6. Watch settings)

10.

- Press ③/⑤ to go to previous/next hole.
- If the course has dual greens, hold ④ for three seconds to switch right/left green distance.

While in GOLF mode. Follow below instructions to access Scorecard, Shot Distance, Hazard or Save this record.

12:34 **299-305** **298-306** **242-262** **↑18 PAR4**	Hold ⑤ for three seconds to access the Hazard screen, then press ③/⑤ to scroll up/down to see all Hazards. To exit, press ②.
↑18 PAR4 **Score 7** **Putt —** **GIR N** **Total 7 +4**	Press ④ to enter score card, and then use ③/⑤ to enter your score. To save and exit, press ④.
123 Yard	Hold ③ for three seconds to access Shot Distance. Travel to your ball, and the distance will be calculated. To exit, press ②.
12:34 **Save & Exit** **Discard & Exit** **Cancel** **↑18 PAR4**	To finish the round, press ②. Press ③/⑤ to choose whether save the record, and then press ④ to confirm.

8-3 Golf Score History

♣ **Play Golf** Score History Demo ScordCard ▼	Score History 2018.01.15 2018.01.10 2018.01.03 2018.01.01	Score History 1 - 9 10 - 18 1 - 18 Score 18 PAR 36 Putts 0 GIR 0	Score 1 -18 H P S 1 4 0 2 3 0 3 4 0 4 4 0 5 3 0

1. Press ④ to enter main menu.
2. Press ④ to enter [Golf].
3. Press ④ to select [Score History].

4. Press ③/⑤ to select a history record, and press ④ to enter.
5. To return, press ②.

11.

9. History

1. Press ④ to enter main menu.
2. Press ④ to enter [History].
3. Press ④ to select a sport mode, and to view the history record.
   (The records will be sorted by time)
4. To exit, press ②.

10. Records

Shows the best score under each sport mode.

11. TOOLS

To set or view Alarm, Navigation, Compass, Bubble Level, Timer, and view your Geolocation.

11-1 Navigation

1.Press ④ to enter main menu, select [TOOLS] → [Navigation]. 12.

2. Press ④ to enter [New POI], use ③/⑤ to select location type, number, and Latitude and Longitude. Press ④ to save and switch column.
3. After you have completed this, press ④ to save. A destination will be created.

4. Press ④ to enter the above destination.
5. Press ③/⑤ to select [Go/Edit/Delete], and then press ④ to confirm.
6. If you select [Go], watch will start GPS positioning. Once it is done, follow the direction to go to your destination. To finish navigation, press ②.

※ **Please move 20-30 meters at the beginning, and then GPS will show the right direction of your destination.**

11-2 Back Track

1. Press ④ to enter menu, select [TOOLS] → [Back Track].
2. Use ③/⑤ to scroll to a selected sport type and a sport's record, and press ④ to enter.
3. Satellites will be located automatically. Once it is done, follow the direction to return to the starting point along the same path. To finish, press ②.
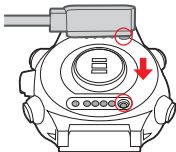
13.

12. Troubleshooting

If any errors or malfunctions occur, use factory reset. If that does not work try hardware reset.

Press ④+⑤ together, and then press ①. Release three buttons at same time.

13. Charge the Watch

Battery/ Charging Information

Battery Specifications: 3.7V / 400mAh
Charging Specifications: 5V / 500mA

Clean the charging contact port frequently to ensure the charging efficiency.

1. Attach the magnetic charger on the charging contacts located at the bottom of the watch. Be sure the pins are aligned. Keep the watch on a stable surface while charging.

2. Insert the USB end of the charging cord into a computer USB port or CE/FCC certified 5V output USB charger (exceeding 5V will void the warranty).

⚠ **CAUTION**

AVOID touching the magnetic end of the charging cable with metallic objects to prevent short circuits and damage to the cable.
For safety reasons, after the watch is fully charged, disconnect the charging cable from USB power source.

14. Connect with Mobile

1. Download the App on your mobile phone.

   Scan the below QR code or Search
   [sports app] on the App Store or
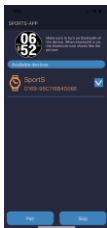   [SportS watch] on Google play.

iOS

Android

Note: Android runs on a wide range of device configurations, so there may have
compatible issues with some of Android devices.

2. Turn on bluetooth both on mobile phone and the watch.
   You will find the watch being detected by the App.

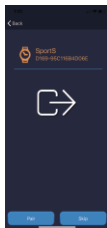3. Follow below steps to synchronize your watch and mobile phone.
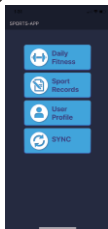
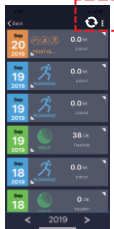① Click the watch icon on the App, then click [Pair].

② Click [→] to connect the watch.

③

④

⑤

Enter [Sport Records] or [Daily Fitness] , and then click [↻] to Synchronize the records.

After Synchronize, App will shows the data.

15. Limited Warranty

The products are warranted to be free from defects in materials or workmanship for 12 Months from the date of purchase. Within the period, the manufacture will, at its sole option, repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor. The customer shall be responsible for any transportation cost.

The limited warranty does not apply to

1. Cosmetic damage, such as scratches, nicks and dents.
2. Consumable parts, such as batteries, watch band/ bunkle, clip, iron, charging cable...etc. unless product damage has occurred due to the defect in materials or workmanship.
3. Damage to a product that has been fallen accidentally, modified or altered without written permission of the manufacturer.
4. Damage to a product that has been connected to a non-CE/FCC certified 5V power supply.
5. Damage caused by failure to observe the safety instruction.

17.

The manufacture reserves the right to refuse warranty claims against products or services that are obtained or used in contravention of the laws of any country. The device is intended to be used only as a sport or leisure aid and must not be used for any purpose requiring precise measurement of direction, distance, and location. The manufacture makes no warranty to the accuracy or completeness of the course data.

To obtain warranty service, an original or copy of the sales receipt from the retailer is required. Securely pack the device and a copy of the original sales receipt. Send the device, freight charges prepaid.

16. Safety Instructions

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.
1. There is a built-in Li-polymer battery inside. Do not expose the device to fire, explosion, or other hazard.

2. Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun or in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight.

3. Do not operate the device outside of the temperature lower than 0 or over 45 degrees Celsius (from 32º to 113ºF).

4. AVOID touching the magnetic end of the charging cable with metallic objects to prevent short circuits and damage to the cable. For safety reasons, after the watch is fully charged, disconnect the charging cable from USB power source.

5. Do not disassemble, modify, remanufacture, drop, or puncture with forces.

6. Do not remove or attempt to remove the non-user replaceable battery.

7. Do not use while driving or be in any situations or environments require concentration.

8. The device heart rate monitor (limited models) and related data are intended to be used only for recreational purposes and not for medical purposes.

9. The device trackers reply on sensors that track your movement and other metrics. The data provided by the device is intended to be a close estimation of your activity, but may not be completely accurate.

10. Contact your local waste disposal department to dispose the device in accordance with applicable local laws and regulations.

17. Contact Us

For further information, please visit :
www.canmore-sport.com

For golf course update, firmware renew, or any other support, please contact us by :
canmore.sport@gmail.com

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