



REACH YOUR SUMMIT

ALPINE X ALIVE

USER MANUAL

WATCH & COMPANION APP

INDEPENDENCE, PERSEVERANCE, HERITAGE.
alpinawatches.com

01

WELCOME



BODY & SPORT

-  Activity Tracking
-  Heart Rate Monitoring
-  Heart Rate Notifications
-  Dynamic Coach
-  Workout with GPS Tracking
-  Hydration
-  Breathing Exercise
-  Sleep Monitoring

TIME & NOTIFICATIONS

-  Always on-Time (Hours, Minutes, Day and Date)
-  Chronograph
-  Worldtimer (2nd Time Zone)
-  Smart Sleep Alarms
-  Get-Active Alerts
-  Notifications (Calls, Messages, Emails)
-  Weather

-  Rechargeable Battery & Battery Level Indicator
-  Cloud Backup & Restore

ALPINERX ALIVE

Thank you for purchasing your Alpinex Alive and becoming a member of the Alpina community!

Please follow the simple instructions detailed in this user manual to start using your watch.

02

GET STARTED



GET STARTED

01. CHARGE YOUR WATCH

Please make sure to charge your watch using the charging device provided before pairing for the first time. Please refer to page 32 for additional details.

02. GET THE APP

Download the ALPINA SMARTWATCH app for iPhone® or Android.

03. ACTIVATE BLUETOOTH ON YOUR PHONE

04. LAUNCH THE APP AND FOLLOW THE INSTRUCTIONS

You will first be invited to create your own profile, then to pair your watch with the app and finally to set your own goals.

05. YOU ARE NOW READY TO USE YOUR ALPINERX ALIVE



NAVIGATE ON THE ALPINERX ALIVE TOUCHSCREEN

By pressing the crown button and swiping via the touchscreen, you can scroll through your watch's various functions.

03

THE APP



GET MOTIVATED

Watch, learn
and improve.

BE ACTIVE

Walk, run, check
your steps.

SLEEP

Rest and check
your sleep pattern.

HEART RATE

Keep an eye on
your heart beats.

WORKOUT

Track and improve
your performance.

DISCOVER OUR COMPANION APP

Check your results and data with in-depth graphs and stats while being able to configure your notifications and display preferences.

04

FUNCTIONS OVERVIEW



FUNCTIONS



ALWAYS ON-TIME (LOCAL TIME)

You won't ever need to set a time, day and date - traveling across time zones, the watch picks-up the time from your smartphone and displays the current time automatically.

FUNCTIONS



WORLDTIMER

You can choose to display a second time zone on your watch.
A feature particularly useful when travelling in order to keep track of your time at home.



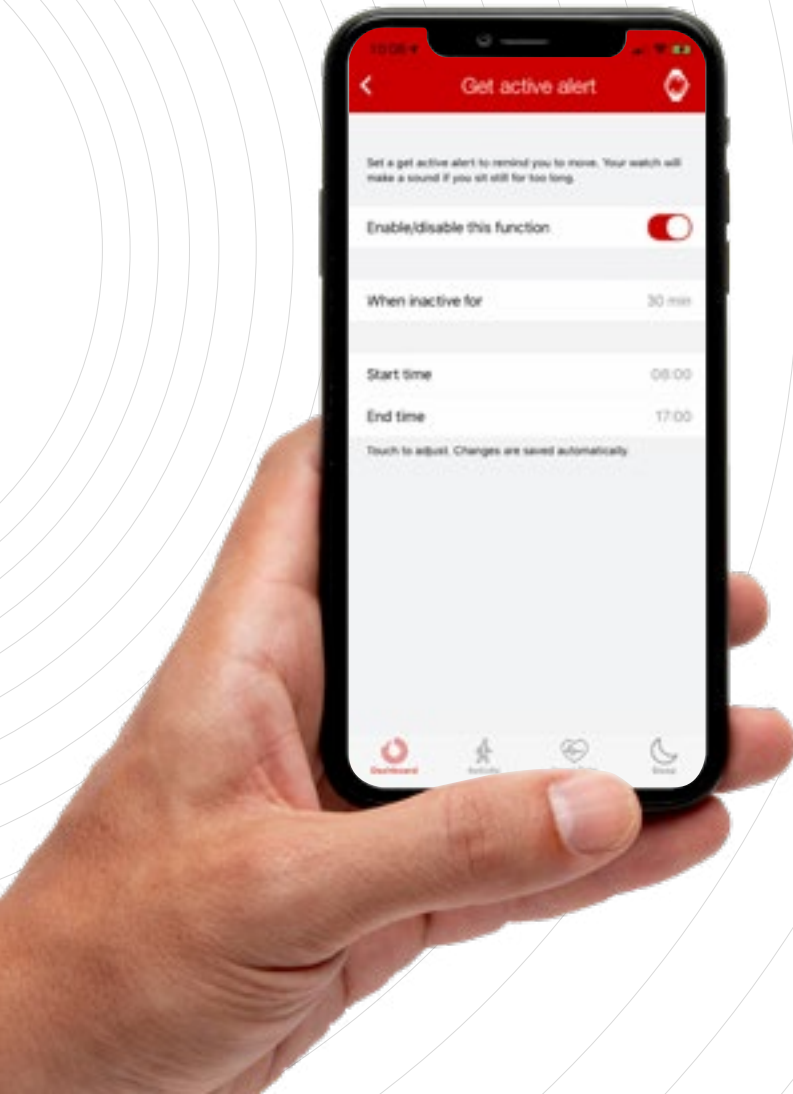


FUNCTIONS



ACTIVITY TRACKING

Keep track of your daily steps, calories burnt and total distance travelled. The companion app's charts will help you to get an overview of your results per week as well as compare your results to people of your age worldwide thanks to a benchmarking tool.



FUNCTIONS



GET-ACTIVE ALERTS

Set an alert to remind you to move if you've been idle for a set amount of time.

Customize your Get-Active alert in the companion app.

Your watch will vibrate when it detects that you have been inactive for the amount of time previously set in your app.



FUNCTIONS

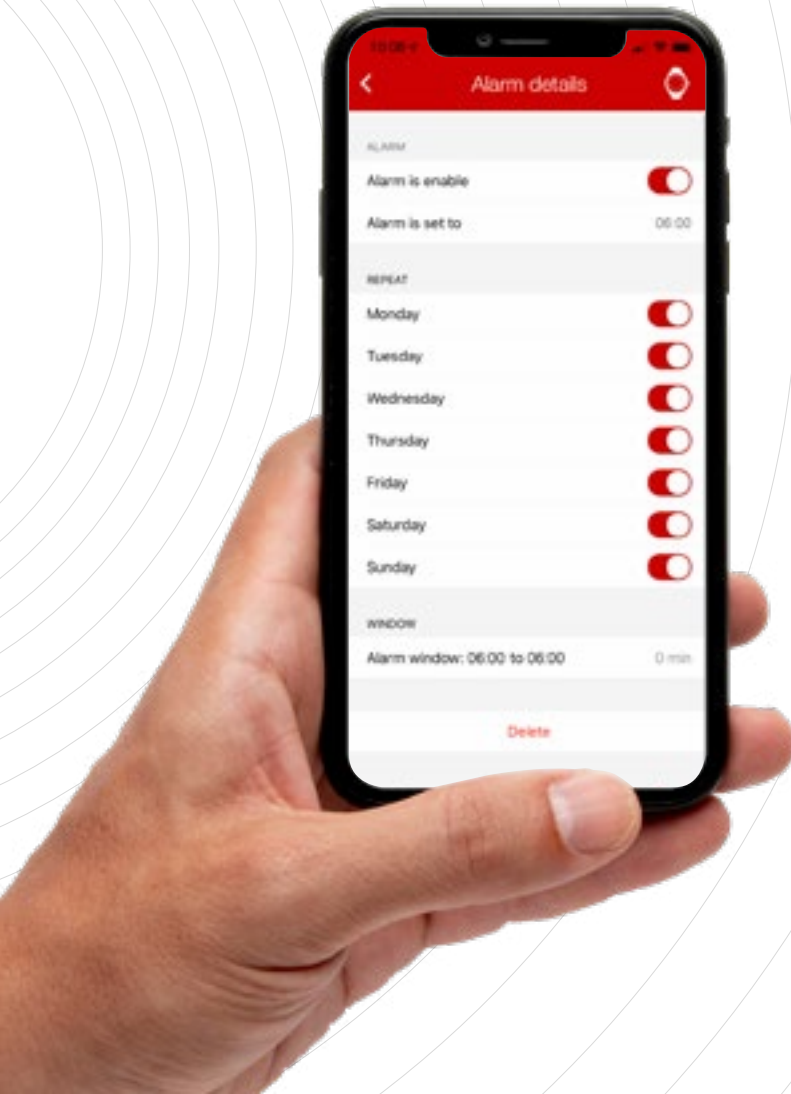


SLEEP MONITORING

The sleep monitoring function provides details on your sleeping pattern, including how much time you have spent in deep sleep, light sleep, REM sleep or awake. It will also provide you with insights and tips on how to improve your sleep.

Wear your watch at night or put it under your pillow to record your sleep. You can set your favorite mode in the app.

Please note that REM sleep is unavailable when using the *under the pillow* mode.



FUNCTIONS



SMART SLEEP ALARMS

Set a smart sleep alarm that will help you to wake up at the best time by vibrating based on your sleep cycle in order to feel rested and refreshed.

You can easily activate and disable the Smart Sleep Alarms via your watch's touchscreen or within the companion App.

FUNCTIONS



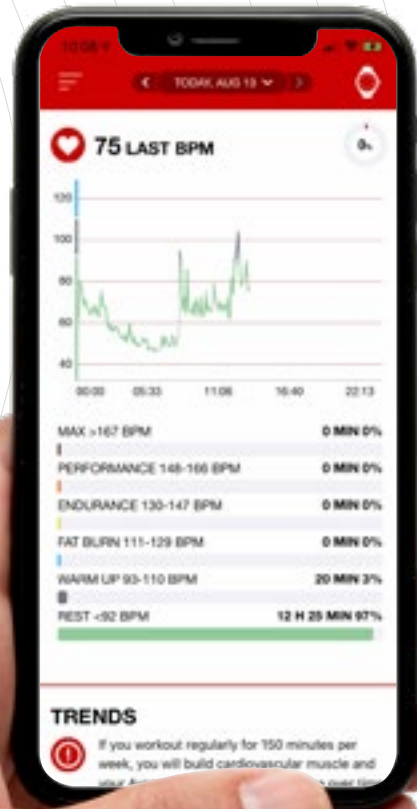
HEART RATE MONITORING

Your Alpinex Alive watch has an integrated optical heart rate measuring system powered by Philips Wearable Sensing. Philips being the leading provider of optical heart rate solutions, the sensor will provide accurate monitoring for cardiac, activity, health and fitness metrics.

It offers an algorithm that extracts and processes the sensor's data, factoring out body motion, pigmentation and ambient light to produce highly accurate results.

The watch measures your Heart Rate throughout the day and night. You can see in depth results within the companion app.

A nice add-on is also available in your app: the Breathing Rate which will give you your average of breaths per minutes.





FUNCTIONS



HEART RATE NOTIFICATIONS

Should your heart rate measure be too low or too high, you will get notified by your watch with a vibration and visual alert.

If your Heart Rate gets too low, an alarm can be triggered.
If your Heart Rate is too high 10 minutes after resting, then alert can be triggered (not when active, only at rest).



FUNCTIONS



WEATHER

Local weather forecast including the maximum and minimum temperature as well as the percentage of clouds or rain are displayed on your watch's touchscreen. More in depth information are available within the app.

The weather forecast displayed on your watch is linked to your app. It should be synced at least every 6 hours in order to stay accurate. Please note that the watch might display blank data should you forget to pair your watch for a longer period of time.



FUNCTIONS



BREATHING EXERCISE

The Breathe function allows you to regulate your breathing and lower your stress level thanks to a quick and easy exercise.

To start the breathing exercise on your watch, select the function either via your touchscreen or by pushing the crown button. Then, tap on your touchscreen to start the exercise and follow the instructions.

You also have the possibility to customise the exercise to your liking within the app.



FUNCTIONS



NOTIFICATIONS

Never miss a call, email or text message!

You can read new messages on the watch's touchscreen.

Customize your notifications and alerts directly from the app. The following apps can be selected amongst others: Mail, Messages, Facebook, Twitter, WhatsApp, Instagram, Snapchat, LinkedIn, WeChat, Viber, Uber, KakaoTalk, Pinterest, Spotify etc.

FUNCTIONS



WORKOUT WITH GPS TRACKING

The workout function can be launched directly on your watch. Go to the workout function using the crown button or the touchscreen. Then, tap on the touchscreen to start the session and follow the instructions:

- 01.** Tap on the play button.
 - 02.** Select the sport desired and confirm.
 - 03.** Confirm or not the use of the GPS.
 - 04.** Start the exercise by pressing on the play icon. During the workout session, the heart rate sensor will take 1 measurement every 10 seconds.
- NOTE:** Your touchscreen will automatically light-up while using the workout function - should you wish to turn the screen off to consume less battery, simply press on the 4 o'clock pusher. To reactivate your screen, press again on the 4 o'clock pusher.
- 05.** To stop the exercise, press the 2 o'clock pusher and confirm on the touchscreen.
 - 06.** You'll then see the results on your touchscreen.
 - 07.** Check your in-depth results in the companion app.



INDICATION

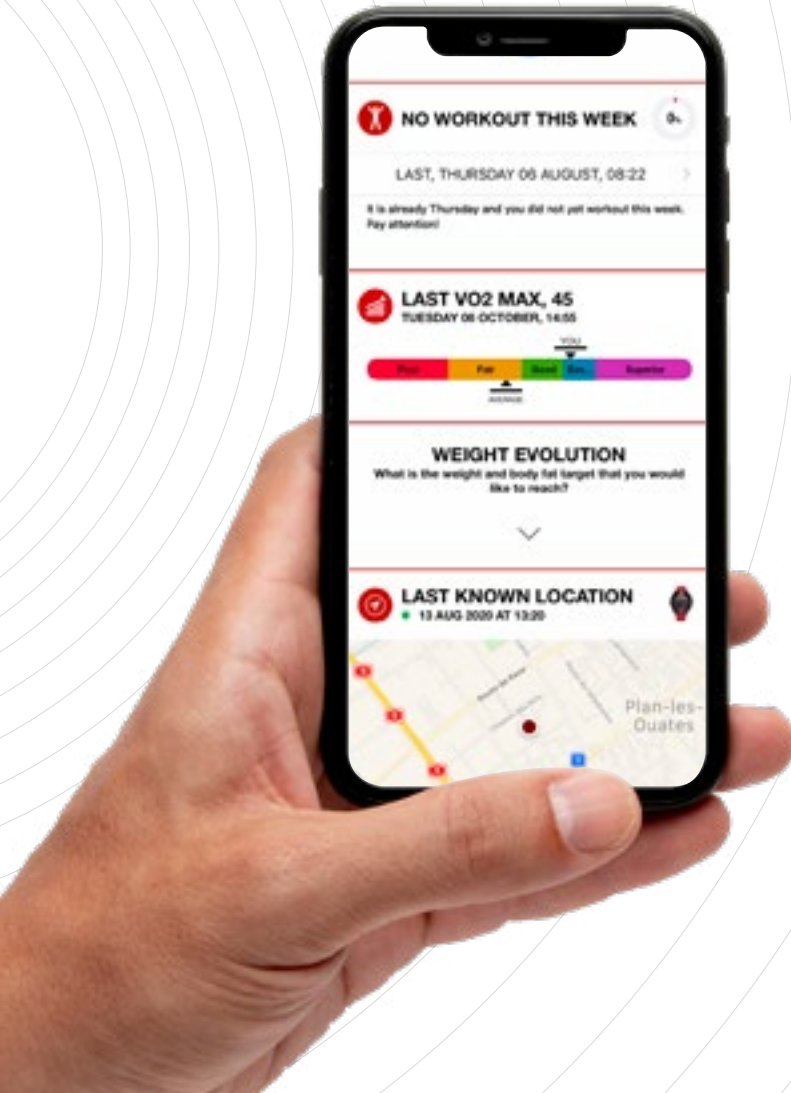
LINKED TO THE WORKOUT FUNCTION



VO2 MAX

The VO2 Max, which is your maximal oxygen consumption, is available within the app after a minimum 30 minutes workout session.

The graph in the app gives you your performance data as well as a benchmark data (same sex and same age as the info you set previously in your profile).



INDICATION

LINKED TO THE WORKOUT FUNCTION



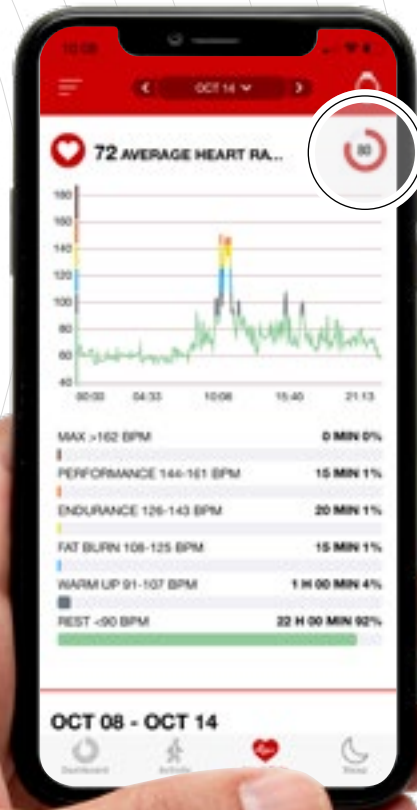
CARDIO FITNESS INDEX

Your cardio fitness index is related to your VO2max. VO2max is how much oxygen your body uses when you're exercising as hard as you can. It's the best known way of measuring cardiovascular fitness. When calculating your cardio fitness index, we also take into account your resting heart rate, age, gender, and weight.

To find out where you are on the cardio fitness index chart, take a one-hour workout session and check your app*.

We'll recalculate your cardio fitness index each day, using your most up-to-date health data.

***Your cardio fitness index is available on the HRM page, it is the top right circled number (80 in our illustration). To learn more about your cardio fitness index, press on the above mentioned value.**





FUNCTIONS



CHRONOGRAPH

Your watch is equipped with a chronograph function which can be selected and launched using the crown button or the touchscreen. Four different chronograph functions are available (listed below). Select your chosen option by pressing on the 4 o'clock pusher.

CHRONO SPLIT
CHRONO LAP
COUNT UP
COUNT DOWN

Discover how to use the chronograph functions on the following pages.



FUNCTIONS



CHRONOGRAPH / CHRONO SPLIT

To launch a chrono split:

2 O'CLOCK PUSHER

Press on the watch's 2 o'clock pusher to start/stop the chrono.

4 O'CLOCK PUSHER

Press on the watch's 4 o'clock pusher to split time/reset the chrono.



FUNCTIONS



CHRONOGRAPH / CHRONO LAP

To launch the chrono lap:

START Press the watch's 2 o'clock pusher to start the chronograph.

LAP 1 Press the watch's 4 o'clock pusher to measure lap n°1. The time measure will stay on your watch's digital screen for about 8 seconds and then will automatically resume the time measurement.

LAP 2 To take a second lap, press on the watch's 4 o'clock pusher. The second measure will stay on your watch's digital screen for about 8 seconds and then will automatically resume the time measurement.

ETC You can repeat this operation as much as needed.

STOP Press on the watch's 2 o'clock pusher to stop the chronograph.

RESET Press on the watch's 4 o'clock pusher to reset the chronograph.



FUNCTIONS



CHRONOGRAPH / COUNT UP

To launch the count up:

Set the time by pushing on the + or - sign on the touchscreen.

2 O'CLOCK PUSHER

Press on the watch's 2 o'clock pusher to start/stop the chrono.

4 O'CLOCK PUSHER

Press on the watch's 4 o'clock pusher to split time/reset the chrono.

Once the count up time is reached, your watch will vibrate.



FUNCTIONS



CHRONOGRAPH / COUNT DOWN

To launch the count down:

Set the time by pushing on the + or - sign on the touchscreen.

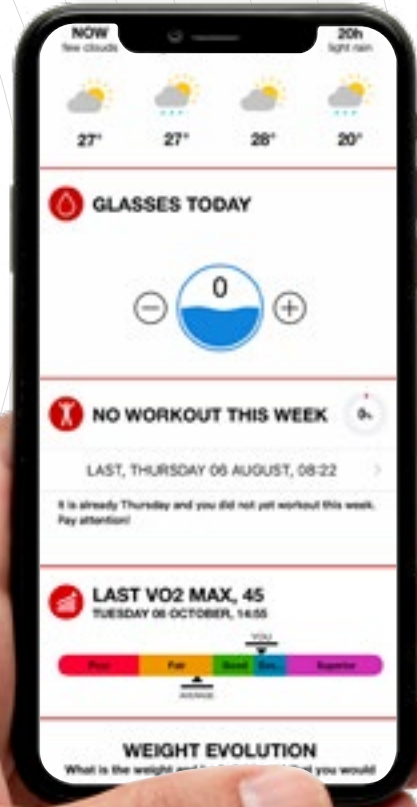
2 O'CLOCK PUSHER

Press on the watch's 2 o'clock pusher to start/stop the chrono.

4 O'CLOCK PUSHER

Press on the watch's 4 o'clock pusher to split time/reset the chrono.

Once the count down time is reached, your watch will vibrate.



FUNCTIONS



HYDRATION

Track your water consumption by adding the number of glass of water you drink per day. At the end of the day, you will be able to check if you've reached your goal.

To add one glass of water, you have two options:

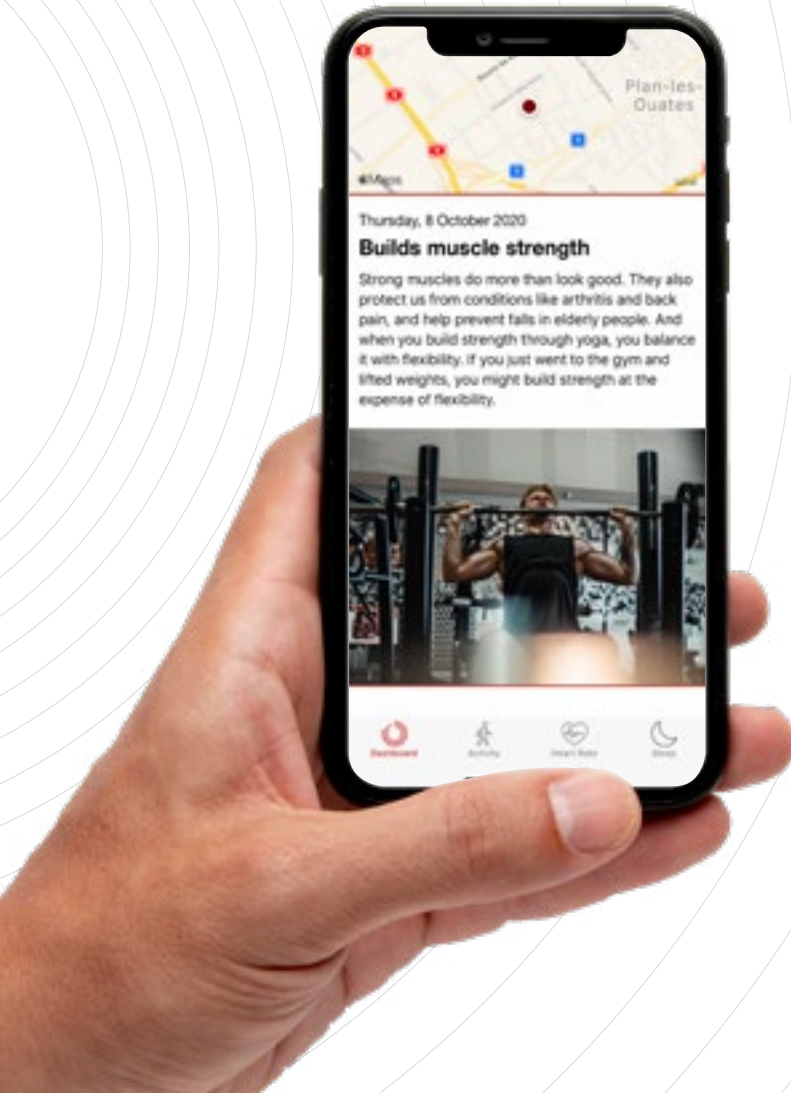
- 01** Via the watch's touchscreen: simply tap on the + button.
- 02** Via the app: simply tap on the + button.

FUNCTIONS



DYNAMIC COACH

Get suggestions, tips, and information catered specifically to you based on your activity and sleep records.





FUNCTIONS



CLOUD BACKUP & RESTORE

Recover all your data, even if you lose your watch or phone.
Your data is saved on your personal profile.



CAUTION

Loosen the cable while charging.
Never clip on other metal parts or items.
Always unplug the cable from the mains when the watch is fully charged.



SPECIFICITIES



RECHARGEABLE BATTERY & BATTERY LEVEL INDICATOR

Your watch is equipped with a rechargeable battery that will last up to 7 days (depending on your usage). Your watch will need to be charged via the charging device provided with the watch.

You can check your battery level directly on your watch's touchscreen by pushing the crown button.

05

LEGAL NOTICES

LEGAL NOTICES

USA CANADA

ALPINA WATCH INTERNATIONAL SA
Route de la Galaise, 8
1228 Plan-les-Ouates Switzerland

FCC STATEMENT 15.19

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference. (2) This device must accept any interference received, including interference that may cause undesired operation.

15.21

Note: The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void

the user's authority to operate the equipment. 15.105(b)

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment

off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

ISED COMPLIANCE

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

DECLARATION OF CONFORMITY

EUROPE

ALPINA WATCH INTERNATIONAL SA
Route de la Galaise, 8
1228 Plan-les-Ouates Switzerland

DECLARES THAT THE PRODUCT:

SMARTWATCH AL284X5AQ6
Frequency range: 2402~2480MHz
Output power: 0 dBm
Antenna Gain: 1.5 dBi gain
Software version: 6.1.0
Hardware version: Rev 1

Comply with the following directive and regulations: 2014/53/EU (The Radio Equipment Directive)

1. Health & safety (article 3.1.A of the red directive)

Applied standard(s) EN 50663:2017; EN 62368-1:2014/A11:2017

2. Electromagnetic compatibility (article 3.1 B of the red directive)

Applied standard(s) EN301489-1V2.2.3; EN301489-17V3.2.2; EN55032: 2012; EN55032:2015; EN55035:2017

3. Radio spectrum (article 3.2 of the red directive)

Applied standard(s) EN300328V2.2.2



This product contains a coin/button cell battery.

If the coin / button cell battery is swallowed, it can cause severe internal burns in just 2 hours and can lead to death.



In compliance with EU Directive 2002/96/CE, any parts of quartz watches should be disposed of at a DEEE/WEEE registered recycling organization. Please contact your Frederique Constant distributor.

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