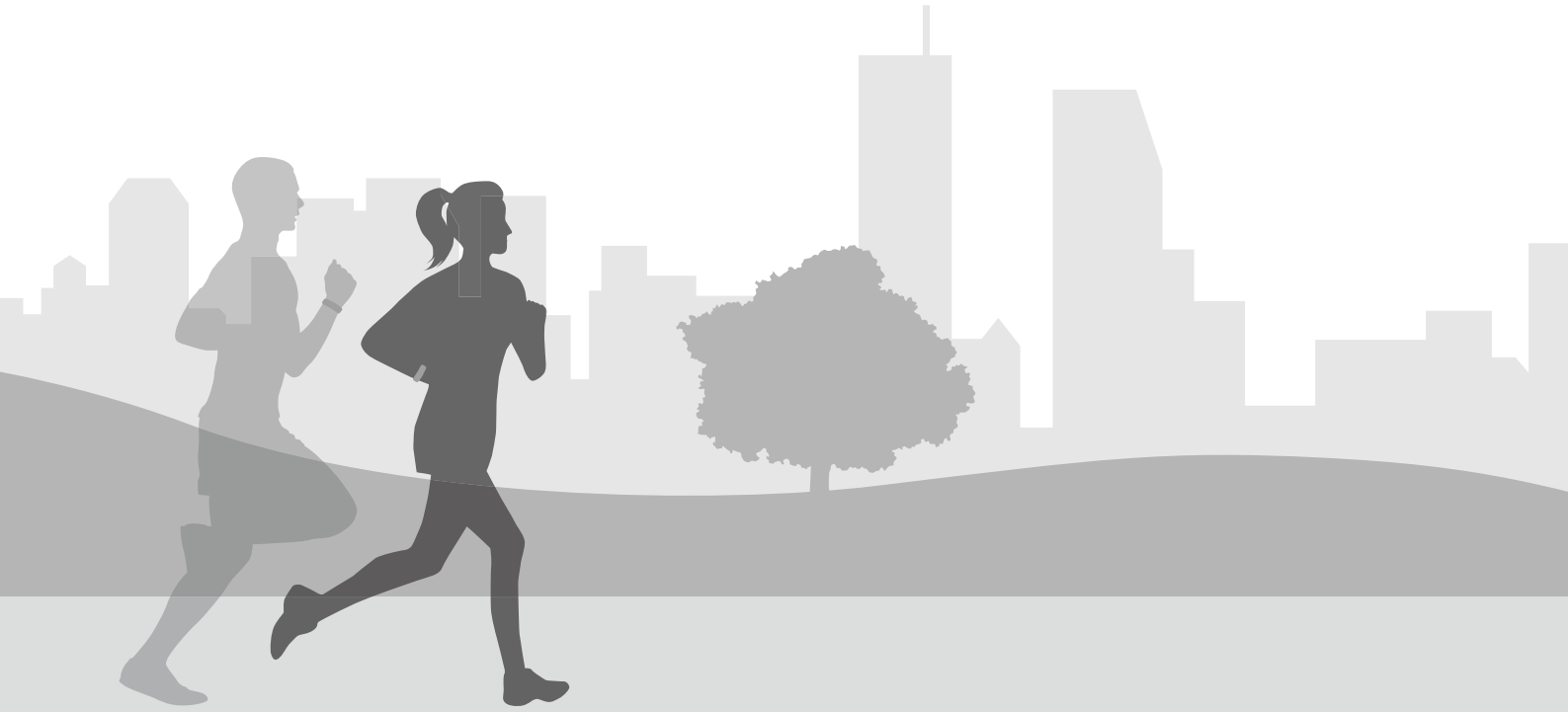
EPSON

GPS Sports Monitor

ProSense

J-57

User Manual



Welcome

Features

Measuring a variety of activities

Measure running and walking data and check results data.

- ❏ Measure distance, pace, routes, and other information.

  ☞ "Measurable items" on page 31

- ❏ Measure the time that has elapsed since each start (split time) and lap times.

  ☞ "Measuring workouts" on page 31

- ❏ Check the measured results/data.

  ☞ "Stopping and saving measuring" on page 34

This device features many other functions.

- ❏ Measure pulse (heart rate). (Pulse measurement function):

  ☞ "Measuring Pulse (Heart Rate) during Exercise" on page 29

- ❏ AT Lap:

  Device records your lap times for distances you have set beforehand.

  ☞ "Recording laps automatically (AT Lap)" on page 39

- ❏ AT Pause:

  The device automatically stops measuring when you stand still and then restarts measuring once you start moving again.

  ☞ "Pausing and resuming measuring automatically (AT Pause)" on page 40

- ❏ Training:

  The device measures specific time and distance goals that you configure./

  ☞ "Measuring preconfigured time and distances (Training)" on page 41

- ❏ Notifications:

  The device vibrates to notify you when a lap time is recorded, when a target distance has been reached, etc.

  ☞ "Vibration" on page 72

Welcome

Measuring activity

Measure various daily activities such as desk work, household chores, and so on.

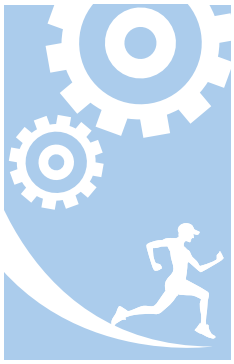
- Measure distance, number of steps, calories burnt, and other information.

  ☞ "Measuring Daily Activity (Meas. Activity)" on page 57
- Set a target number of steps and view your daily progress.

  ☞ "Configuring a target number of steps" on page 61
- View the past seven days worth of activity data.

  ☞ "Checking your activity" on page 60

Changing device settings



Device settings can be configured to individual preferences.

- Contrast:

  This setting is used to adjust the screen contrast.

  ☞ "Contrast" on page 72
- Vibration:

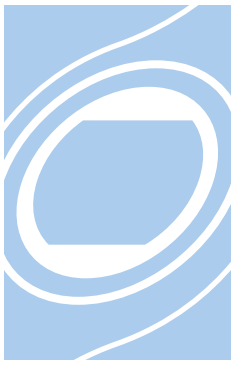
  Vibrates each time a lap is recorded.

  ☞ "Vibration" on page 72
- Initialization:

  This setting initializes the device memory and information.

  ☞ "Initializing the device" on page 83

Other features



- This device supports the Quasi-Zenith Satellite System (QZSS).
- This device is equipped with a stride sensor so that your distance and pace can still be measured when in locations with poor GPS signal reception, such as in tunnels or indoors.

  ☞ "About the stride sensor" on page 28
- Measures heart rate.

  ☞ "Measuring Pulse (Heart Rate) during Exercise" on page 29

  ☞ "Activity data you can check" on page 60
- With the Epson View companion application, you can view and manage your workout and activity data from your PC or smartphone.

  ☞ "Managing data with the companion application" on page 55

Contents

Welcome 2

Features 2

Overview of the ProSense 7

Brief description of the ProSense 8

Brief description of the User's Guide and Startup Guide 9

Descriptions in the User's Guide 9

Conventions used in operation procedures 9

Caution 10

Using this Device Safely 11

Symbols in this Manual 11

Product precautions 11

USB Charging clip precautions 12

Notes on electromagnetic waves 13

Included items and optional accessories 14

Included items 14

Optional accessories 14

Setup 15

Charging the device 16

Configuring initial settings 19

Configuring the device directly 20

Device screens 21

Screen display 21

Battery Levels 22

Locking and unlocking the buttons 24

Locking the buttons 24

Turning the device on and off 25

Turning on the device 25

Device sensors 26

GPS signal reception (GPS positioning) 26

About the stride sensor 28

Measuring Pulse (Heart Rate) during Exercise 29

Measuring Your Workout 30

Measuring workouts 31

Measurable activities 31

Measurable items 31

Measurement preparation (selecting the Activity Type) 33

Starting measuring 34

Pausing and resuming measuring 34

Stopping and saving measuring 34

Checking data during measuring 35

Contents

Recording lap times during measuring. . . . 36
Changing Measure Set (GPS measurement settings). . . . 37
Configuring settings. . . . 37
List of Measure Set. . . . 38
Recording laps automatically (AT Lap). . . . 39
Pausing and resuming measuring automatically (AT Pause). . . . 40
Measuring preconfigured time and distances (Training). . . . 41
Setting and measuring paces (target pace). . . . 43
Setting time/distance training sessions with high/low intensity intervals(interval training). . . . 44
Using A-GPS to reduce the GPS positioning time. . . . 45
Configuring the operation of the backlight during measuring. . . . 45
Configuring workout notifications. . . . 45
Measuring time (Stopwatch). . . . 47
Estimating VO2max. . . . 48
What is VO2max. . . . 48
VO2max Standard (ml/kg/min) by Gender/Age. . . . 50

Checking Workout Measurement Data. . . . 51

Checking history data from previous measurement. . . . 52
Measurement data that can be checked in recall. . . . 53
Deleting measurement data from the history. . . . 54
Managing data with the companion application. . . . 55
Starting wireless communication. . . . 56

Measuring Daily Activity (Meas. Activity). . . . 57

Track activity measurement function. . . . 58
Using track activity measurement function effectively. . . . 58
Enabling and Disabling Measuring Activity. . . . 59
Checking your activity. . . . 60
Activity data you can check. . . . 60
Checking current activity (Track Activity screen). . . . 60
Checking previous activity data (Recall screen). . . . 61
Configuring a target number of steps. . . . 61
Checking your target number of steps progress. . . . 62
Stop measuring your activity. . . . 63

Usage Examples for Some Typical Scenarios. . . . 64

Measuring marathons and walking sessions. . . . 65
Configuring training workouts for races. . . . 66
Configuring racing goals. . . . 67
Checking your daily condition (Activity). . . . 68

Changing Device Settings. . . . 69

Changing device settings. . . . 70
Configuring the device from a smartphone. . . . 70

Contents

Configuring the device from a PC. 70
Configuring the Device Directly. 70
Configuring the Device from a Smartphone. 71
Configuring the Device from a PC. 71
Settings. 72
Bluetooth. 72
Activity. 72
Vibration. 72
Display. 72
System. 73
Turn Off. 73
Certification. 74

Regular Maintenance. 75

Cleaning the device. 76
Main device and band. 76
Waterproof performance. 77
Batteries. 77
Internal rechargeable device battery. 77
Disposing of the device. 77
Problem solving. 78
Updating the firmware. 81
Checking the firmware version. 81
Updating the firmware. 81
Restarting Device. 82
Initializing the device. 83

Appendix. 84

Product specifications. 85
Device. 85
Option specifications. 86
Understanding the icons. 87
Glossary. 88
Trademarks. 90

Overview of the ProSense

☞ "Brief description of the ProSense" on page 8
☞ "Brief description of the User's Guide and Startup Guide" on page 9
☞ "Using this Device Safely" on page 11
☞ "Included items and optional accessories" on page 14

Brief description of the ProSense

This device is a sports watch designed with GPS functionality to measure and record running and other workout activity. This device also tracks and records other types of daily activity. With the Epson View companion application, you can analyze, review, and manage your workout and activity data from your PC or smartphone. You can also create and track training plans in efforts to accomplish longer term goals such as completing marathons.

Brief description of the User's Guide and Startup Guide

Thank you for your purchase of the GPS Sports Monitor "ProSense".

To ensure correct use of the device, make sure to read the included Startup Guide and then refer to the User's Guide as necessary.

Keep the included Startup Guide easily available when you need help with the device.

Descriptions in the User's Guide

⚠Warning	This symbol represents precautions or instructions that must be followed. Incorrect handling due to the disregard of this information may result in product failure or incorrect operation.
⚠Caution	Indicates additional explanations and related information.
Menu Name	Indicates menu items displayed on the screen of the device.
START/STOP button	Indicates the device buttons.
☞	Indicates related pages. Click the link in blue text to display the related page.

Conventions used in operation procedures

Actual procedure	Procedure as described in this document
Press the **ENTER** button. ▼ Press the **UP** or **DOWN** button and then select **Profile**. ▼ Press the **ENTER** button.	Press the **ENTER** button > press the **UP** or **DOWN** button > select **Profile** > and then press the **ENTER** button.

Caution

- ❏ Unapproved copying of part or all of this guide is strictly forbidden.
- ❏ The content of this guide is subject to change without prior notice.
- ❏ Although every effort has been made to ensure the accuracy of this guide, contact us if you have any questions or notice any errors in descriptions in the content of this guide.
- ❏ Despite the preceding clause, we cannot accept any responsibility for mishandling due to errors in this guide.
- ❏ We cannot accept any responsibility for malfunctions and so on that occur due to ignoring the content of this guide, the device being handled inappropriately, repairs or modifications performed by a third party that is not our company or appointed by our company.

Using this Device Safely

Make sure to read the included "Using this Device Safely" document before using the product to ensure safe use.

Incorrect handling may result in product failure or incorrect operation.

- ❏ Keep the included Startup Guide and the User's Guide (this document) easily available when you need help resolving issues with the device.
- ❏ **Confirm the laws and regulations of the applicable country when traveling to other countries with this device.**
- ❏ This product is not a medical device. Use this device as a workout aid.

Symbols in this Manual

The following symbols are used in this guide to indicate potentially dangerous operations or handling. Make sure you understand these warnings before using the product.

⚠Warning
This symbol indicates information that, if ignored, could possibly result in serious personal injury.

⚠Caution
Ignoring these instructions and mishandling this device could cause injury or damage to property.

	This symbol indicates an action that should be done.
	This symbol indicates an action that must not be done.

Product precautions

⚠ Warning	
	Do not overexert yourself or work to exhaustion. Always seek medical attention immediately if you are feeling unwell or for any injury.
	Do not watch the device while exercising. Doing so may result in tumbling or slipping. Pay close attention to your surroundings while using the device.
	Do not use while scuba diving.
	Use of this device may result in allergic reactions, itchiness of the skin, or irritation. If your skin has a reaction to the device, first try loosening the belt and reposition the device. If the situation does not improve, immediately stop use of the device and seek medical attention.

Warning	
	Do not use or store this device in the following environments. Doing so may result in electric shock, fire, or product malfunction and damage. ❏ Locations exposed to extreme temperature/humidity ❏ Near volatile substances ❏ Dusty places ❏ Near a fire ❏ Near sources of magnetic energy such as TVs, speakers, and magnetic necklaces
	Do not attempt to disassemble or repair this product. Doing so may cause electric shock or other accident.
	Do not leave this product within reach of young children.
	Use this product at your own risk. Seiko Epson shall not be liable for damages caused to the owner of the device or any third party.

Caution	
	If you sweat while wearing this device, remove the device and then completely wipe sweat and any dirt off your wrist and the device. Continuing to wear the device while wet with sweat or dirty may cause itchiness and irritation.
	This device is water resistant up to 5 bars of pressure. Do not press any buttons while the device is underwater. This may effect the quality of the waterproofing.
	Do not use the device while in a bath or sauna. Steam, soap, and minerals in the water could degrade water resistance or cause rust.

USB Charging clip precautions

Warning	
	Do not use a damaged USB Charging clip. Doing so may result in fire or product malfunction./
	Do not use the USB Charging clip if dusty or dirty. Doing so may result in fire.
	Do not use the USB Charging clip if you notice any smoke, odor, or abnormal noise. Doing so may result in fire. If some abnormalities occur during use, immediately disconnect the USB Charging clip cable and contact a repair center.
	Do not use USB Charging clip if any foreign substances or water/other liquids get inside the device. Doing so may result in electric shock or fire./ If this happens, immediately disconnect the USB Charging clip cable and contact a repair center.
	Disconnect the cable when the USB Charging clip is not in use. Metal or dust/foreign matter collecting on the terminals may result in burns or fire.
	Do not use the USB Charging clip to charge other devices. This device must be charged only with the USB Charging clip. Do not use any other charging method. Doing so may result in product malfunction, electric shock, or fire.

Notes on electromagnetic waves

This device is equipped with Bluetooth® Smart technology. This function enables wireless communication of measurement data between the device and 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

Frequency

This device uses the frequency bands 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 premises radio stations, amateur, and unlicensed specified low-power radio stations (hereafter "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 to ask for advice on preventing interference (for example setting up partitions).

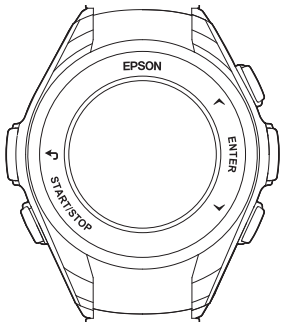
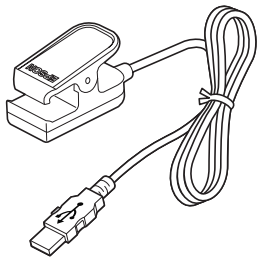
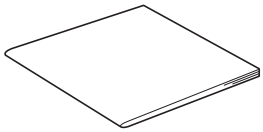
3. In addition, when harmful radio wave interference occurs between the device and "other radio stations", and refer to "Contacting us about this product" to contact our service centre.

⚠ Warning	
!	If you notice any abnormalities on your skin and so on, stop using the device immediately and contact a specialist.
	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 use the device if you have a surgically implanted medical device such as a cardiac pacemaker.
	Do not bring the device into an operating room, intensive care unit, and so on, and 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.

Included items and optional accessories

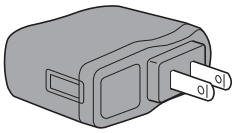
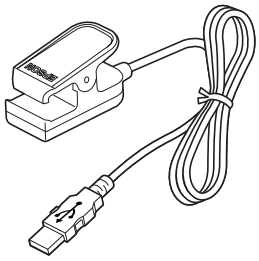
Included items

Make sure you check that all of the following items have been supplied with this product. If any of these items are missing, contact your local reseller.

Device	USB Charging clip (charging and communication device)	Notes on Usage Startup Guide Warranty
		

Optional accessories

You can purchase the following optional extras. Contact your local reseller for more information.

AC adapter	USB Charging clip (charging and communication device)
	

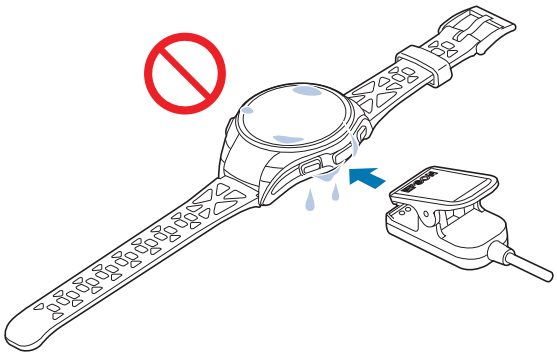
Setup

☞ "Charging the device" on page 16
☞ "Configuring initial settings" on page 19
☞ "Device screens" on page 21
☞ "Battery Levels" on page 22
☞ "Locking and unlocking the buttons" on page 24
☞ "Turning the device on and off" on page 25
☞ "Device sensors" on page 26

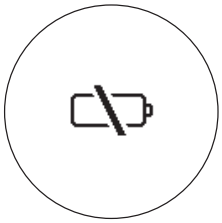
Charging the device

Important

- ***Charge this device before using it for the first time.***
- *Use the specified USB Charging clip.*
- *Do not attach the USB Charging clip to a wet or dirty device.*
  Doing so may cause corrosion or malfunction of the device or USB Charging clip contact points, or communication failures.



- *Charge in environments with ambient temperatures of 5 to 35˚C. Attempting to charge the device in any other environment causes the following charge error screen to appear and the device to stop charging. When it returns to a suitable temperature, charging resumes.*

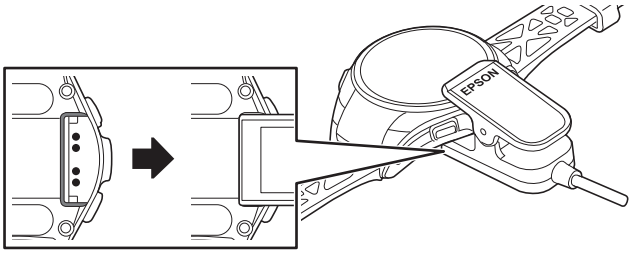


- *Bluetooth is enabled when the USB Charging clip is attached to the device. Disable Bluetooth when not in use.*

"ON/OFF" on page 72

1 Attach the USB Charging clip to the device.

Turn the device over so that the glass faces down. Hold the device up and then attach the USB Charging clip so that the triangle marks on the back side of the device and the USB Charging clip are in alignment.

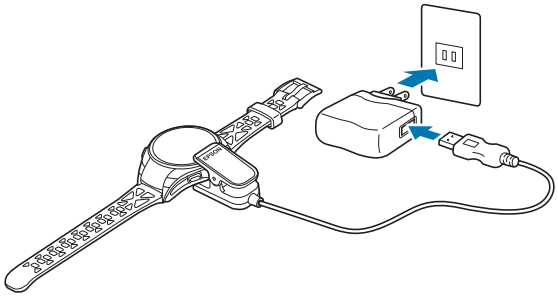


2 Start charging the device.

Two charging methods are available.

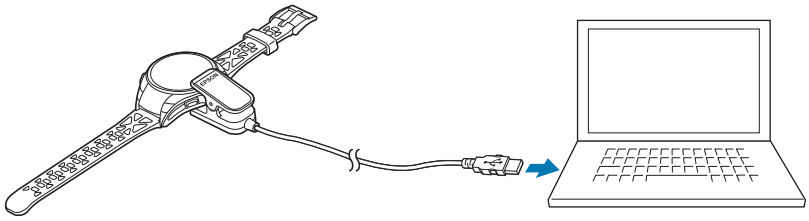
■Using the AC adapter to charge the device
Connect the USB plug of the USB Charging clip to the USB port in the AC adapter and then connect the AC adapter to an electrical outlet.

We recommend using the optional AC adapter to charge the device. Using an incompatible AC adapter may result in failure to charge or improper operation.

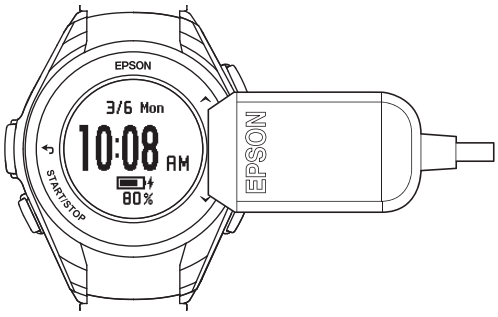


■Using a PC to charge the device
Connect the USB plug of the USB Charging clip to the USB port in the PC.

This method will not necessarily be successful with all computers. Do not use a USB hub or other intermediate device. Connect the USB Charging clip directly to the PC.



Charging will start automatically once devices are properly connected. The typical average time to fully charge the device is **2.5 to 3.5 hours**. This can vary depending on conditions.



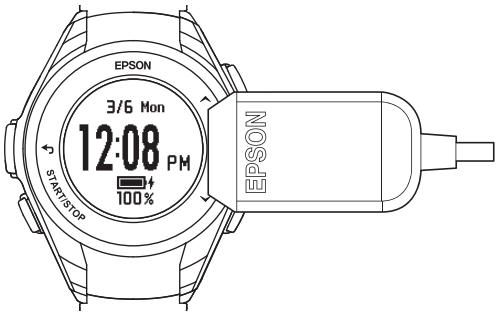
Note
You can use the Epson View companion application to configure initial settings from the PC while charging the device. Visit the following website to download Epson View, create an account, and learn how to use the application to configure the device and perform other operations.

☞ *https://view.epson.com/*

Setup

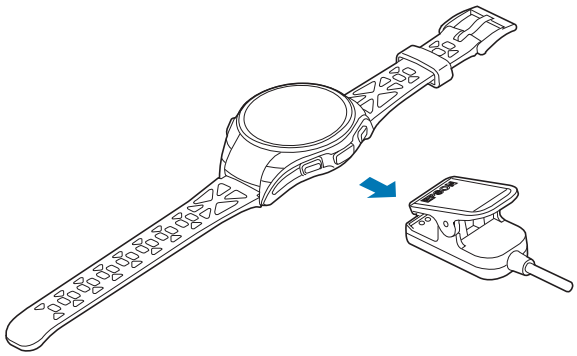
3 Check that charging is complete.

Charging is complete when the battery icon displays 100%.



> ***Note***
> - ❏ *Once the device is fully charged, the overcharge prevention feature engages. The device will not be damaged even if you continue to charge the battery.*
> - ❏ *The Time screen appears when configuring initial settings while charging the device.*

4 After the device is fully charged, disconnect the USB Charging clip from the device. Disconnect the cable from the USB port in the PC or AC adapter.



Configuring initial settings

Initial settings include personal details such as height and weight. Configuring this information improves accuracy of the recorded data. The initial settings process starts once the USB Charging clip is removed from the device.

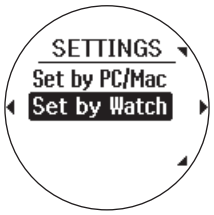
Configuring the device directly

1 Set the display language

Select **LANGUAGE** and then press the **ENTER** button.

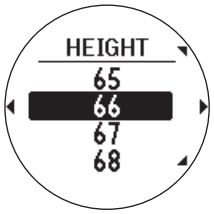
2 Select the configuration method

Press the **UP** or**DOWN** button > select **Set by Watch** > and then press the **ENTER** button.



3 Enter your initial settings

Follow the on-screen instructions and enter your information for the initial settings.



Initial settings include the following personal details.

- ❏ Height
- ❏ Weight
- ❏ Gender
- ❏ DOB
- ❏ Date and time (Year, Month, Day, AM/PM, Minutes, Seconds)*

* To configure the date and time automatically, **move to an outdoor location where there are no obstacles overhead** and select **Set by GPS**.

Configuration is complete after you have finished configuring all settings and the Time screen appears.

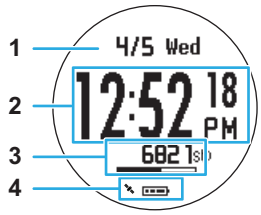
Note

- ❏ *If the device fails to acquire a GPS signal, press the **ENTER** button and configure manually, or move to another location and press the **BACK** button to start acquiring a GPS signal again.*
- ❏ *To edit settings or other information, press the **BACK** button to display the desired setting. The previous configuration has already been saved if you return to a setting.*

Device screens

Screen display

Time screen



1: Current date and day

2: Current time

3: Total steps for the day and indicator of progress toward your target number of steps*

4: Icons that represent the status of battery level.

* Only when MEAS. ACTIVITY is set to **ON**.

Settings screen

Measurement screen

Activity screen

Battery Levels

The battery icon below the time display indicates the remaining charge in the battery. Charge the device as necessary in accordance with usage conditions.

Estimated Continuous Workout Measuring Time

Battery level indicator	Operating time
	10 to 6 hours
	6 to 4 hours
	4 to 2 hours
	2 to 0 hours

Estimated Continuous Time Display Duration

□: ON ■: OFF —: Not supported

Device usage state (no workout measuring)	Maximum operation time*2		
	30 days	2 days	4 days
Track Activity	■	□	□
Heart rate monitoring	—	□ (advanced)	□ (normal)
Auto Sleep*1	□	□	□
Seconds Display	—	■	■
Auto Search	■	■	■
Bluetooth®	■	□	□

*1 Auto Sleep is active for 14 hours per day (internal evaluation criteria).

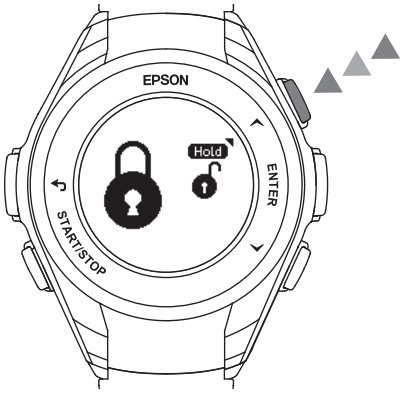
*2 The operation time varies depending on the environment, which affects GPS reception, and device settings such as backlight settings.

Setup

Nothing will appear in the screen when the battery level is low. ***Long-term storage of the device while the internal battery is low could degrade battery performance. Make sure you charge the device at least once every six months even when it is not being used.***

Locking and unlocking the buttons

Locking the buttons



To lock the buttons, press and hold the **UP** button at the following screens.

- ❏ Time screen
- ❏ Activity screen
- ❏ Measuring screen

Unlocking the buttons

To unlock the buttons, press and hold the **UP** button.

Turning the device on and off

Turning on the device

Press and hold the **START/STOP** button for 2 seconds to turn on and start the device.

Turning off the device

Turn off the device if it will be unused for an extended period of time. To turn off the device, press the **ENTER** button at the Time screen and then select **MENU** > **Turn Off** > **Yes**.

☞ "Turn Off" on page 73

Device sensors

GPS signal reception (GPS positioning)

GPS positioning

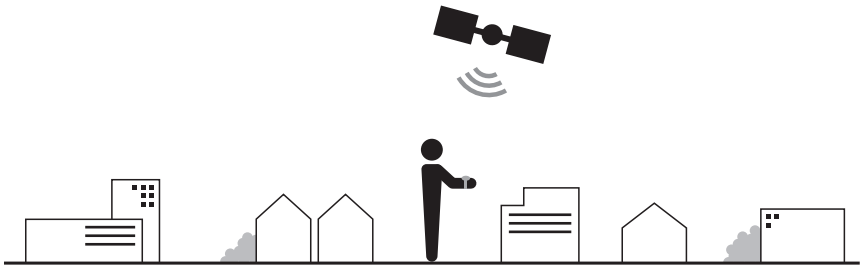
GPS positioning is the process by which the device receives a GPS signal and timing information to measure routes, distance, pace, and other information.

To ensure accuracy of measurements, use the device under the following conditions in areas of good GPS signal reception.

Scenarios in which GPS positioning is used

- ❏ GPS measuring (Run or Walk measurements)
- ❏ Time synchronization (SETTINGS**Set by GPS**, System**Update Time**)

Good signal reception conditions



Locations where you cannot receive signals

Inside rooms or buildings, or underground

In tunnels

Under water

Locations that are difficult to receive signals

Locations with electronic interference, such as constructions sites and heavy traffic

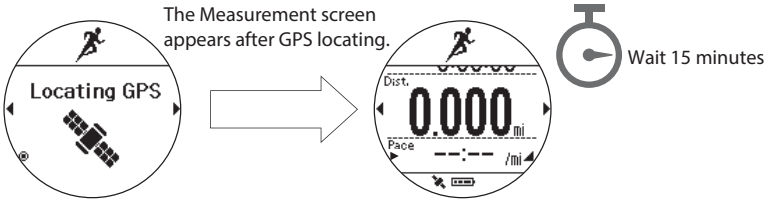
Near high-voltage wires or television towers, overhead electric wires for trains, and roads with skyscrapers

On water

Using the device for the first time

Before using the device for the first time after purchase, wait at least 15 minutes after initial GPS positioning outdoors with no obstructions overhead while the device displays the Measurement screen. This improves measurement accuracy.

Setup



Note

- *Refer to the following page for more information on GPS positioning.*

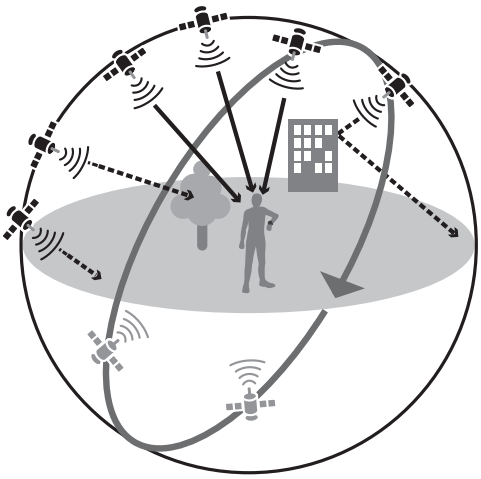
  ☞ *"Measurement preparation (selecting the Activity Type)" on page 33*

- *This process normally only needs to be performed once.*
- *Perform this process if the device has not been used for several months.*

Note

The basic configuration of the GPS system is 24 satellites orbiting the Earth at an altitude of 20,000 km with at least four satellites traveling in six different orbits. The GPS receiver acquires data from four satellites and calculates the latitude, longitude, altitude, and time. You can start measuring once the GPS positioning has been performed and this information has been received. You can receive more detailed GPS navigation data (satellite orbital information) if you wait 15 minutes after initial GPS signal acquisition, which improves measuring accuracy.

However, note that GPS positioning is not 100% accurate or reliable at all times even with the more detailed GPS data because of atmospheric conditions and the usage environment.



Note

AGPS - Reducing the GPS Positioning Time

You can reduce the GPS signal acquisition time by connecting the device with a smartphone and then retrieving GPS satellite information from a network server. Refer to the Epson View website for more information.

https://view.epson.com/

About the stride sensor

This device is equipped with a stride sensor. This sensor enables the device to continue measuring your distance and pace in locations with poor GPS signal reception, such as in tunnels or indoors.

Using the device for the first time

When using the device for the first time, run or walk for the specified time depending on the location as described in the following table to allow the device to acclimate to your stride.

Location	Time
Outside with no obstructions overhead	Approx. 10 minutes
Area with many buildings	Approx. 30 minutes

Note

- ❏ *This process normally only needs to be performed once. However, note that information on your stride is initialized if the device is initialized. If this occurs, you need to perform the process to allow the stride sensor to acclimate to your stride again.*
- ❏ *When you mainly use the device for walking, set the activity type to* ***Walk****.*

  ☞ *"Measurement preparation (selecting the Activity Type)" on page 33*
- ❏ *Significant measurement errors may occur if your stride differs significantly from that used during the stride sensor initialization session.*

Measuring Pulse (Heart Rate) during Exercise

You can measure your heart rate. Select On or Off.

You can set five heart rate zones (within the range of the minimum and maximum heart rate) to suit the exercise intensity in User Settings.

The value in brackets () is the default setting.

Setting items	Value	Explanation
HR Zone	Zone1 (30 to 100 bpm)	
	Zone2 (101 to 130 bpm)	
	Zone3 (131 to 160 bpm)	
	Zone4 (161 to 190 bpm)	
	Zone5 (191 to 240 bpm)	

Measuring Your Workout

☞ "Measuring workouts" on page 31
☞ "Checking data during measuring" on page 35
☞ "Recording lap times during measuring" on page 36
☞ "Changing Measure Set (GPS measurement settings)" on page 37
☞ "Using A-GPS to reduce the GPS positioning time" on page 45
☞ "Configuring the operation of the backlight during measuring" on page 45
☞ "Configuring workout notifications" on page 45
☞ "Measuring time (Stopwatch)" on page 47
☞ "Estimating VO2max" on page 48

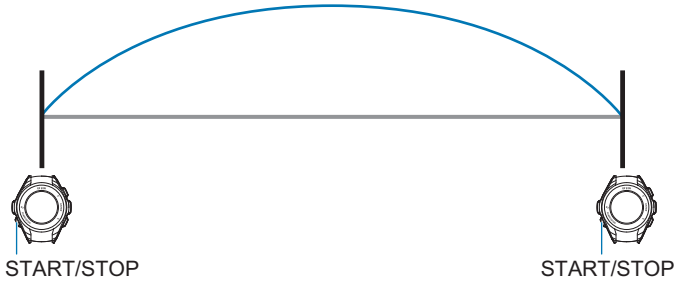
Measuring workouts

This device uses positional and time information received from GPS satellites to measure your distance, pace, and routes.

You can also measure split times and lap times during GPS measuring sessions.

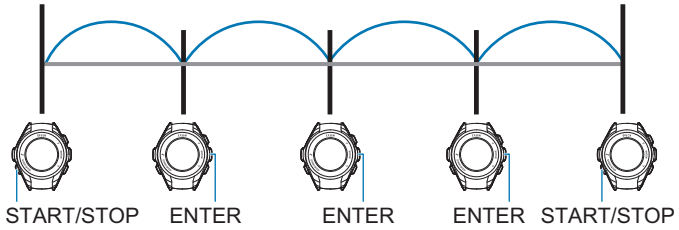
Split time
Measures the elapsed time from the start.

Press the **START/STOP** button to start measuring. Press the **START/STOP** button again to stop the measuring.



Lap time
Records the elapsed time for each lap.

Press the **ENTER** button during a measurement to record your lap time.



> ***Note***
> *When using the AT Lap function, laps are recorded automatically each time the preconfigured distance is reached.*
>
> ☞ *"Recording laps automatically (AT Lap)" on page 39*

Measurable activities

Workout	Explanation
Run	Jogging, running, marathons, etc.
Walk	Walking
Treadmill	Using a treadmill indoors

Measurable items

Workout	Explanation
Split Time (Time)	Total time from the start of measurements
Distance (Dist.)	Total distance from the start of measurements
Pace (Pace)	Current pace (time per kilometer/mile)
Lap Time (LapTime)	Average lap time

Workout	Explanation
Lap Pace (LapPace)	Average pace for each lap
Calories Burnt (Calories)	Calories burnt from the start of measurements
Steps (Steps)	Total number of steps since the start of measurements
Stride (Stride)	Current stride
Pitch (Pitch)	Current number of steps per minute
Heart rate (HR)	Current heart rate per minute
Time (Time of Day)	Current time
Estimated end distance*2	Estimated distance completed at the end of the configured time
Estimated end time*3	Estimated time at completion of the configured distance

*2 When **Time** is set under **Training**

*3 When **Dist.** is set under **Training**

Measurement Screens

Press the **UP** or **DOWN** buttons at the Measurement screen to change through the different displays. Press the **ENTER** button to display the Lap screen.

Measurement preparation (selecting the Activity Type)

At the Time screen, press the **DOWN** button to select the activity type.

The following table lists the available activities.

Activity Type	Explanation
Running (Run)	Jogging, running, marathons, etc.
Walking (Walk)	Walking
Treadmill (Treadmill)	Jogging or running on a treadmill

The device will begin GPS positioning once an activity is selected. The Measurement screen appears once the GPS positioning is complete.

Note
*The device will display the Measurement screen without performing GPS positioning when **Treadmill** is selected.*

Important

- *Make sure the screen is facing up and **you are outside with no obstructions overhead** when performing GPS positioning.*

  ☞ *"GPS signal reception (GPS positioning)" on page 26*

- *If the device fails to acquire a GPS signal, the "Locating GPS Failed" message appears. Press the **BACK** button to try and acquire the GPS signal again. To continue your measurement without using GPS positioning, press the **ENTER** button.*

- *To start your measurement without waiting for the device to finish GPS positioning, press the **START/STOP** button at the screen that appears while the device acquires the GPS signal. The device will not be able to track your route while the device is still performing GPS positioning. The device will begin tracking your route as soon as it finishes GPS positioning.*

  ☞ *"Measurable items" on page 31*

Starting measuring

At the Measurement screen, press the **START/STOP** button to start the measuring.

> ***Important***
> - *The oldest data will be overwritten when the device runs out of storage space used for measurement data. We recommend that you use the Epson View companion application to upload data after each measuring.*
>
> ☞ *"Managing data with the companion application" on page 55*
>
> - *The maximum measurement time for each split lap is 13 hours. If these times are exceeded, measuring is stopped.*
> - *The maximum number of measuring sessions is 64.*

Pausing and resuming measuring

You can pause the measuring by pressing the **START/STOP** button during the measuring. You can then resume the measuring by pressing the **START/STOP** button again.

> ***Note***
> *The device will return to the Time screen after one hour of no operation before measuring is started or during paused measuring. The data for the paused measuring up to the point of the pause will be saved.*

Stopping and saving measuring

1. Display the Stop menu

   Press the **ENTER** button while the measuring is paused to display the Stop menu.

2. Save the data

   Press the **UP** or**DOWN** button > select **Save** > and then press the **ENTER** button.

   The Measurement Results screen appears with the following information.

   - Activity type and date
   - Measurement time
   - Distance
   - Split time
   - Average pace
   - Average stride
   - Calories burnt
   - Steps
   - Total number of laps

   Use the **UP** and **DOWN** buttons to change through the different displays./

   > ***Note***
   > *Select **Delete** if you do not want to save the data.*
   >
   > *To resume the measuring, select **Resume** or press the **START/STOP** button.*

   You can return to the Time screen by waiting 15 seconds or pressing the **ENTER** button.

Checking data during measuring

Three different screens are available during measuring. Press the **UP** and **DOWN** buttons to switch between these screens.

The information that appears depends on the selected activity.

Recording lap times during measuring

Press the **ENTER** button during measuring to record a lap.

The Display Lap screen appears for a few seconds when a lap is recorded.

Note
The Display Lap screen will also appear when you have reached the distance set for the AT Lap function.

☞ *"Recording laps automatically (AT Lap)" on page 39*

Changing Measure Set (GPS measurement settings)

Various user-configurable measurement settings are available.

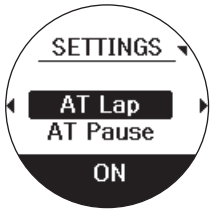
Configuring settings

1 Display the Workout menu

Press the **ENTER** button at the Measurement screen.

2 Display the Settings screen

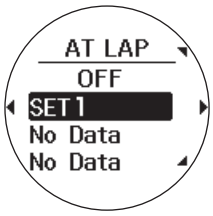
Press the **UP** or**DOWN** button > select the desired setting > and then press the **ENTER** button.



> ***Note***
> *The available settings vary depending on the activity.*
>
> ☞ *"List of Measure Set" on page 38*

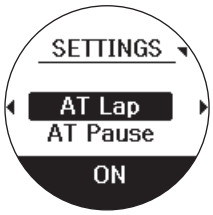
3 Configure settings

Press the **UP** or**DOWN** button > select the desired option > and then press the **ENTER** button.



4 Finish the configuration

Once you have configured all desired settings, press the **BACK** button to display the Measurement screen.



> ***Note***
> - *If you configured settings while measuring is paused, press the **BACK** button twice to display the paused measurement screen.*
> - *You can also configure settings from a PC using Epson View. Refer to the following website for more information.*
>
> ☞ *https://view.epson.com/*

List of Measure Set

AT Lap

This function automatically records laps each time a preconfigured distance is reached.

☞ "Recording laps automatically (AT Lap)" on page 39

AT Pause (only for Run activity sessions)

This function automatically pauses your measuring when you stop running and resumes your measuring when you start running again.

☞ "Pausing and resuming measuring automatically (AT Pause)" on page 40

Training

This function measures your performance in regards to preconfigured time and distance goals and also has a mode that helps you maintain a preconfigured pace.

☞ "Measuring preconfigured time and distances (Training)" on page 41

Interval (only for Run activity sessions)

Interval training is the repetition of sprints followed by periods of rest.

You can set target times and distances to create a full workout.

The device will vibrate to notify you when to switch between each sprint and rest period.

☞ "Setting time/distance training sessions with high/low intensity intervals(interval training)" on page 44

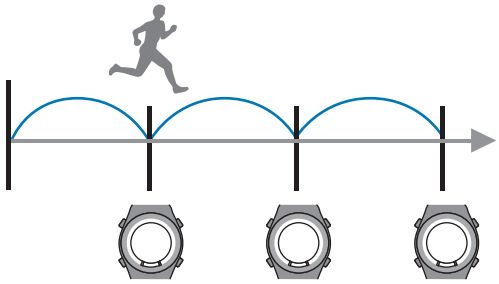
Race (only for Run activity sessions)

This feature allows you to set a target pace so that the device will vibrate to notify you when you have deviated from the target pace.

☞ "Setting and measuring paces (target pace)" on page 43

Recording laps automatically (AT Lap)

This function automatically records laps each time a preconfigured distance is reached.

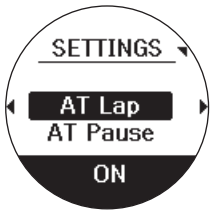


1 Display the Workout menu

Press the **ENTER** button at the Measurement screen.

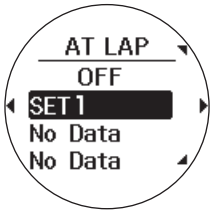
2 Display the Settings screen

Press the **UP** or **DOWN** button > select **AT Lap** > and then press the **ENTER** button.



3 Configure settings

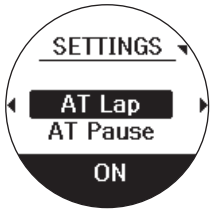
Press the **UP** or **DOWN** button > select **Time** or **Dist.** > and then press the **ENTER** button.



> ***Note***
> ❏ *To disable this function, select **OFF**.*

4 Finish the configuration

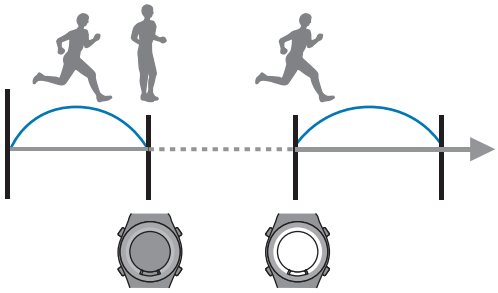
Once you have configured all desired settings, press the **BACK** button to display the Measurement screen.



> ***Note***
> *If you configured settings while the measurement is paused, press the **BACK** button twice to display the paused measurement screen.*

Pausing and resuming measuring automatically (AT Pause)

This function automatically pauses your measuring when you stop running and resumes your measuring when you start running again.

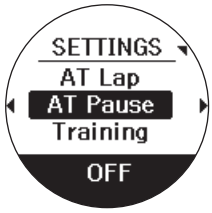


1 Display the Workout menu

Press the **ENTER** button at the Measurement screen.

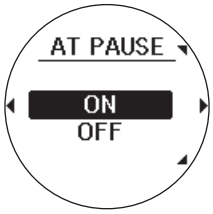
2 Display the Settings screen

Press the **UP** or**DOWN** button > select **AT Pause** > and then press the **ENTER** button.



3 Configure settings

Press the **UP** or**DOWN** button > select **ON** > and then press the **ENTER** button.



> ***Note***
> ❏ *To disable this function, select **OFF**.*

4 Finish the configuration

Once you have configured all desired settings, press the **BACK** button to display the Measurement screen.

> ***Note***
> *If you configured settings while the measurement is paused, press the **BACK** button twice to display the paused measurement screen.*

Measuring preconfigured time and distances (Training)

Training

This function measures your performance in regards to preconfigured time and distance goals and also has a mode that helps you maintain a preconfigured pace.

Time training
You configure a training time to create a timed training session.

During the session, you can check the running time and estimated end distance.

☞ "Measuring Preconfigured Time and Distances (Time/Dist.)" on page 42

Distance training
You configure a distance to create a distance training session.

During the session, you can check the current distance and estimated arrival times.

☞ "Measuring Preconfigured Time and Distances (Time/Dist.)" on page 42

Race training (only for Run activity sessions)
This feature allows you to set a target pace so that the device will vibrate to notify you when you have deviated from the target pace.

☞ "Setting and measuring paces (target pace)" on page 43

Interval training (only for Run activity sessions)
Interval training is the repetition of sprints followed by periods of rest.

You can set target times and distances to create a full workout.

The device will vibrate to notify you when to switch between each sprint and rest period.

☞ "Brief description of interval training" on page 44

Measuring Preconfigured Time and Distances (Time/Dist.)

1 Display the Workout menu

Press the **ENTER** button at the Measurement screen.

2 Display the Settings screen

Press the **UP** or**DOWN** button > select **Training** > and then press the **ENTER** button.

3 Configure settings

Press the **UP** or**DOWN** button > select **Time** or **Dist.** > and then press the **ENTER** button.

> ***Note***
> *To disable this function, select **OFF**.*

4 Finish the configuration

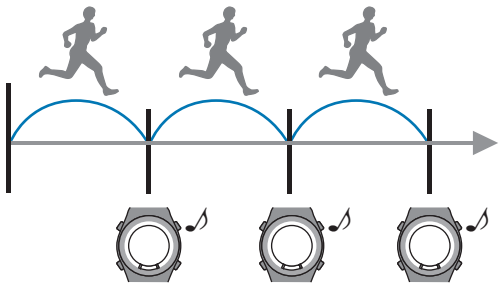
Once you have configured all desired settings, press the **BACK** button to display the Measurement screen.

> ***Note***
> *If you configured settings while the measurement is paused, press the **BACK** button twice to display the paused measurement screen.*

Setting and measuring paces (target pace)

This feature allows you to set a target pace (time per kilometer) so that the device will vibrate to notify you when you have deviated from the target pace.

This feature is only available for **Run** activity sessions.



> ***Note***
> *The target pace can also be configured from a PC if you use the Epson View PC application. In this scenario, you can configure a different target pace for each lap/interval. Refer to the "Application User's Guide" for more information.*

Configuring paces

Measuring

See the following page for information on measuring.

☞ "Measuring workouts" on page 31

Setting time/distance training sessions with high/low intensity intervals (interval training)

Brief description of interval training

Interval training is the repetition of sprints (high intensity) followed by periods of rest (low intensity).

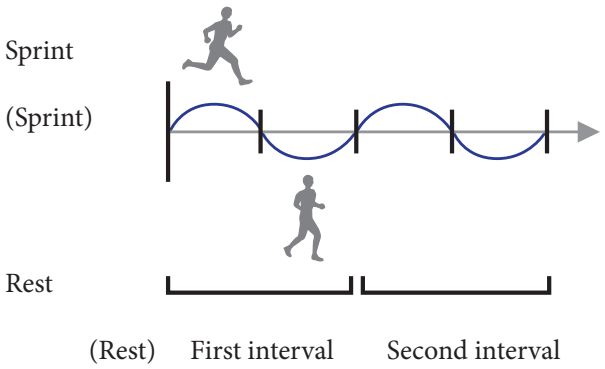
You can set target times and distances to create a full workout.

The device will vibrate and trigger a sound to notify you when to switch between each sprint and rest period./

Sprint: High-intensity training periods

Rest: Low-intensity training periods

Number of intervals: Number of intervals of the sprint and rest periods



Setting conditions in your interval sessions

> ***Note***
> *Interval settings can also be configured from a PC if you use the PC application.Epson View*
>
> *You can freely configure the number of intervals when using the PC application. Refer to the "Application User's Guide" for more information.*

Setting interval conditions

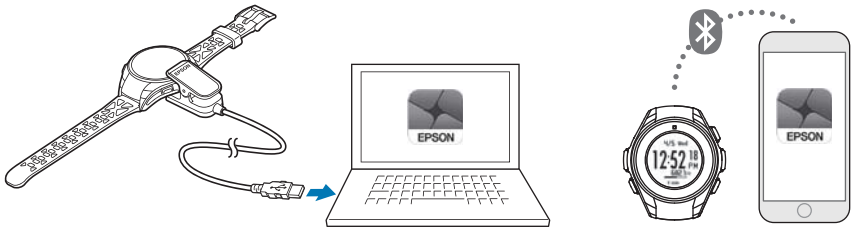
Measuring

> ***Important***
> - *Make sure the screen is facing up and you are outside with no obstructions overhead when performing GPS positioning.*
>
> *"GPS signal reception (GPS positioning)" on page 26*
>
> - *It usually takes less than two minutes for the device to complete GPS positioning.*

Using A-GPS to reduce the GPS positioning time

You can reduce the GPS positioning time before your walking or running session by updating the GPS information in the device./

Connect the device to a PC or smartphone and start Epson View to automatically update the GPS information in the device.



Important

- ❏ *Downloading GPS information may incur separate communication charges for which the user is responsible.*
- ❏ *You do not need to be outside to update the GPS information via Epson View.*

Configuring the operation of the backlight during measuring

You can enable the backlight to remain on during the entire measurement.

This is useful when using the device at night.

☞ "BACKLIGHT" on page 72

Note

- ❏ *Using the device with the backlight constantly on reduces the continuous GPS tracking time by approximately two hours.*
- ❏ *The backlight turns off momentarily while the device vibrates as lap or other notification. The backlight turns back on after the device stops vibrating.*

Configuring workout notifications

The device can vibrate as notification such as when you complete laps or your target distance in Training mode.

The device alerts users of the following notifications.

- ❏ Completion of laps in AT Lap mode
- ❏ Pausing and resuming of measuring in AT Pause mode
- ❏ Completion of target distance or target time in Training mode

❏ Deviation from the target pace range in Training mode

☞ "Vibration" on page 72

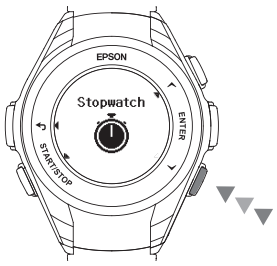
Measuring time (Stopwatch)

Use this feature to measure only time without using GPS measuring.

> ***Note***
> - ❏ *Stopwatch data is not stored in the device.*
> - ❏ *This function cannot measure distance, pace, or other GPS measuring activity.*

1 Display the screen

At the Time screen, press the **DOWN** button and then select **Stopwatch**.



2 Starting measuring

Press the **START/STOP** button to start the stopwatch.

Button functions
START/STOP button: Starts and stops the stopwatch./

ENTER button:

Records the lap time. (During measuring)

Resets the stopwatch. (When the measuring is paused)

UP and /**DOWN** buttons when the measuring is paused:

Check recorded laps.

Estimating VO2max

VO2max (maximum oxygen uptake) can be estimated by using the heart rate sensor and GPS measurement.

You can check the estimated VO2max on Epson View. Refer to the following website for more information.

☞ https://view.epson.com/

What is VO2max

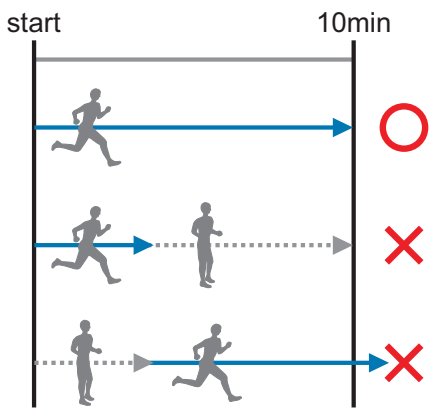
VO2max is the maximum amount of oxygen that a person can take per kilogram for one minute. Based on the estimated VO2max, your time of 5km race, 10km race, half marathon, or full marathon can be estimated.

To estimate VO2max, running is required with the following conditions satisfied.

- ❏ You profile information (such as body height, weight, and gender) has been correctly entered.
- ❏ Select [Run] as the activity type (Estimation is not available with [Walk] or [Treadmill] selected)
- ❏ Complete GPS positioning outdoors, then run for at least 10 minutes immediately after starting measurement (Figure 1). Heart rate needs to be measured during running
- ❏ Heart rate needs to be measured during running
- ❏ Disable Auto Pause

  ☞ "AT Pause (only for **Run** activity sessions)" on page 38
- ❏ Run at 6 kilometers or more per hour, or 10 minutes or faster per kilometer
- ❏ Run so that heart rate is kept at exercise strength 55 to 90%HRR (*)

Figure 1



* Formula for exercise strength %HRR (how to get heart rate when exercise strength is 55%HRR): Heart rate = 0.55× (Maximum heart rate - heart rate at rest) + heart rate at rest

The maximum heart rate and heart rate at rest are automatically calculated according to the information entered at the initial setup. You can change them using Epson View. Refer to the following website for more information.

☞ https://view.epson.com/

VO2max cannot be estimated under the following conditions. End the measurement, then restart measurement.

- ❏ Running is stopped before 10 minutes has passed after starting measurement.
- ❏ Running speed and heart rate that are needed for the estimation are not kept due to traffic light or walking.
- ❏ Running without measuring heart rate

Measuring Your Workout

Note
Running on a flat ground with no slope is recommended.

The VO2max and race time estimation result may vary depending on the following factors.

- ❏ *You physical condition and weather condition when running (temperature, humidity, wind, and etc.)*
- ❏ *Running course (course with slopes, trail run, and etc.)*

VO2max Standard (ml/kg/min) by Gender/Age

Male

Evaluation	29 years or younger	39 years or younger	49 years or younger	59 years or younger	69 years or younger	70 years or older
Excellent	56.2	54.3	52.9	49.7	46.1	42.4
Great	51.1	47.5	46.8	43.3	39.5	36.0
Nice	45.7	44.4	42.4	38.5	35.0	30.9
Normal	42.2	41.0	38.4	35.2	31.4	28.0
Low	38.1	36.7	34.6	31.1	27.4	23.7

Female

Evaluation	29 years or younger	39 years or younger	49 years or younger	59 years or younger	69 years or younger	70 years or older
Excellent	50.2	46.9	45.2	39.9	36.9	36.7
Great	44.0	41.0	38.9	35.2	32.3	30.2
Nice	39.5	36.7	35.1	31.4	29.1	26.6
Normal	35.5	33.8	31.6	28.7	26.6	23.8
Low	31.6	29.9	28.0	25.5	23.7	21.2

* The above table is given here with permission of The Cooper Institute ® in the United States.

http://www.cooperinstitute.org/

Checking Workout Measurement Data

☞ "Checking history data from previous measurement" on page 52
☞ "Deleting measurement data from the history" on page 54
☞ "Managing data with the companion application" on page 55

Checking history data from previous measurement

You can check measured data on the recall screen.

Measurement data that can be checked in recall

The following measurement data can be checked.

Icons	
	Run activity
	Walk activity
	Treadmill activity

Measurement data parameters	
-	Date measured
-	Start time/End time
	Distance
	Split time
	Average pace
	Average stride
HR	Heart rate
	Calories burnt
	Steps
	Total number of laps

Deleting measurement data from the history

Two methods are available to delete measurement data from the history.

- ❏ Use the following procedure to delete measurement data from the history.
- ❏ To delete the entire history and all measurement data, initialize the device. Refer to the following page for more information.

☞ "Initializing the device" on page 83

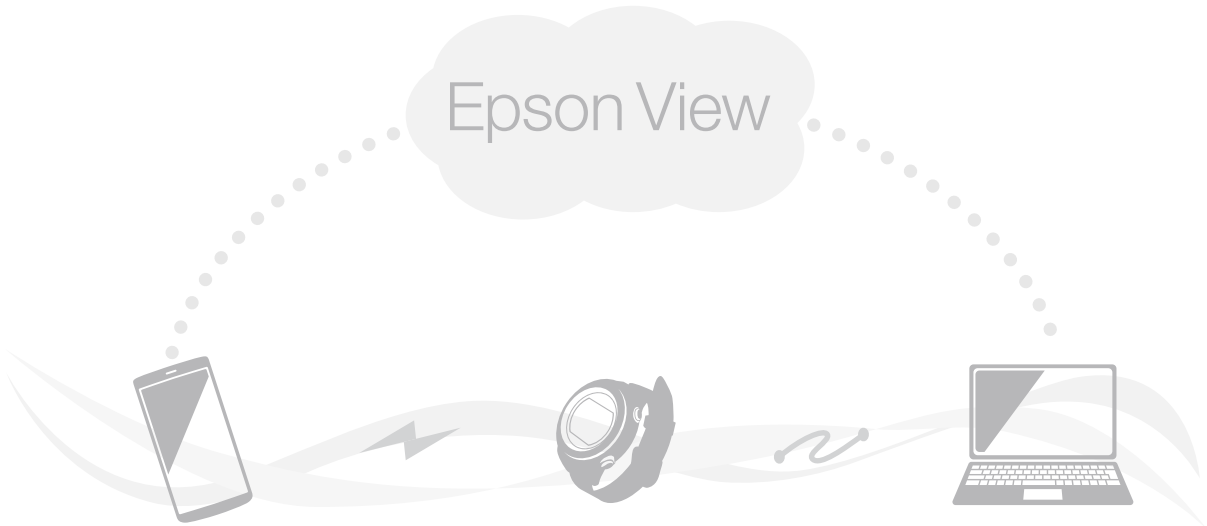
Managing data with the companion application

EPSON View companion application:
With this application, you can review workout measurement data and activity data from your PC.

With this application, you can review workout measurement data and activity data from your smartphone and PC.

Visit the following website to download Epson View, create an account, and learn how to upload data and perform other operations.

PC:	**https://view.epson.com/**
Smartphone:	Use the following QR code to access the website.



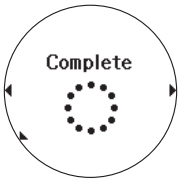
Starting wireless communication

This section describes the procedure to start wireless communication so that the device can be paired with a smartphone.

Note

❏ *To delete the smartphone pairing, display the Settings menu, select* ***Smartphone*** *and then* ***Forget Device****.*

The following screen appears once the pairing has been deleted. Select ***Pairing Completed*** *to complete the operation.*



Measuring Daily Activity (Meas. Activity)

☞ "Track activity measurement function" on page 58
☞ "Enabling and Disabling Measuring Activity" on page 59
☞ "Checking your activity" on page 60
☞ "Configuring a target number of steps" on page 61
☞ "Checking your target number of steps progress" on page 62
☞ "Stop measuring your activity" on page 63

Track activity measurement function

This device is equipped with functionality to measure different activities.

The device can measure daily activity such as number of steps and calories burnt while the device is worn.

Measured data is aggregated on a per-day basis and is viewable on the device or the companion application.

Data on the number of steps derived from GPS measuring, distance, calories burnt, and sleep is included in the activity data.

Using track activity measurement function effectively

Configure a target number of steps per data so that you can check your progress on the device.

☞ "Configuring a target number of steps" on page 61

☞ "Checking your activity" on page 60

Enabling and Disabling Measuring Activity

This is enabled (ON) by default.

Use UP or DOWN to select a menu or option and then press ENTER to confirm the selection.

1 Display the menu

2 Select Meas. Activity.

3 Finish the configuration

Press repeatedly or press BACK and hold it for at least 2 seconds to return to the Time screen.

> ***Note***
> *When Track Activity is set to OFF, the track activity icon is removed from the bottom right of the time screen (to the right of the battery icon).*

Checking your activity

Activity data you can check

The following two types of data can be checked.

❏ Current activity data (Track Activity screen)

❏ Past seven days worth of activity data (Recall screen)

Measurement item	
	Steps
-	Recovery time
	Mind balance
	Sleep measurement
	Calories
	Distance
HR	Heart rate
-	Exercise

Checking current activity (Track Activity screen)

At the Time screen, press the **UP** button to display the Track Activity screen. Press the **UP** or**DOWN** buttons to change through the different display parameters. Press the **ENTER** button at the Track Activity screen to display a graph of the past seven days worth of activity data. Press the **BACK** button to return to the Track Activity screen. At the Steps screen, press the **DOWN** button to return to the Time screen.

Note
Activity is measured on a per-day basis with a cutover time of midnight between each day.

Checking previous activity data (Recall screen)

Important
The device stores the past seven days worth of activity data. Older data is overwritten by the oldest data first. For this reason, we recommend that you upload data to the Epson View companion application on a timely basis.

☞ *"Managing data with the companion application" on page 55*

Note
*Activity data cannot be deleted from the **History**. To delete the activity data, initialize the device.*

☞ *"Initializing the device" on page 83*

Configuring a target number of steps

- ❏ You can track your progress towards your daily target number of steps when **Meas. Activity** is set to **ON**.
- ❏ The default target number of steps is 10,000 steps/day.

Checking your target number of steps progress

If you configure a target number of steps, the device displays a target number of steps progress indicator on the Time screen.

Stop measuring your activity

Note
Note: When Track Activity is set to OFF, the Track Activity icon is removed from the bottom right of the Time screen (to the right of the battery icon).

The device will no longer measure your number of steps, calories burnt, or distance.

Usage Examples for Some Typical Scenarios

☞ "Measuring marathons and walking sessions" on page 65
☞ "Configuring training workouts for races" on page 66
☞ "Configuring racing goals" on page 67
☞ "Checking your daily condition (Activity)" on page 68

Measuring marathons and walking sessions

Configuring training workouts for races

Configuring racing goals

Checking your daily condition (Activity)

Changing Device Settings

☞ "Changing device settings" on page 70
☞ "Settings" on page 72
☞ "Turn Off" on page 73

Changing device settings

This section describes the procedures to configure the device.

Configuring the device from a smartphone

You can configure this device using a smartphone.

Download and refer to the Application User's Guide for more information.

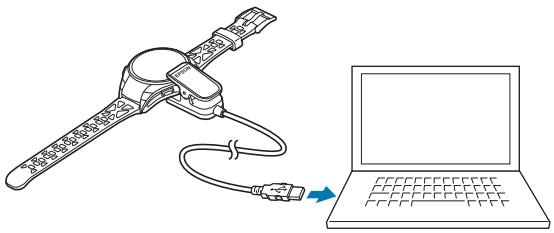
http://www.epson.jp/support/support_menu/ks/121.htm

> ***Note***
> *A wireless connection must be established between the device and a smartphone to configure the device using a smartphone.*
>
> ☞ *"Starting wireless communication" on page 56*

Configuring the device from a PC

1 Connect the device to the PC

Attach the USB Charging clip to the device and connect the USB plug into a USB port on the PC.



2 Configure settings

Start the Epson View companion application on the PC and configure the initial settings. Follow the on-screen instructions and enter your information.

3 Synchronize the device

After entering your initial settings, click **Next** to synchronize the device.

\\\The configuration is complete once the Time screen appears on the device. Remove the USB Charging clip from the device.

> ***Note***
> *Visit the following website for more information on using Epson View.*
>
> ☞ *https://view.epson.com/*

Configuring the Device Directly

This section describes the procedure to configure Track Activity as an example.

Use UP or DOWN to select an option and then press ENTER to confirm the selection.

1 Display the menu

2 Configure settings

3 Finish the configuration

Press repeatedly or press BACK and hold it for at least 2 seconds to return to the Time screen.

Configuring the Device from a Smartphone

Use Epson View to configure the device. Refer to the following website for more information.

https://view.epson.com/

> ***Note***
> *Bluetooth connection must be established between the device and smartphone to configure the device from the smartphone.*
>
> *"Starting wireless communication" on page 56*

Configuring the Device from a PC

Use Epson View to configure the device. Refer to the following website for more information.

https://view.epson.com/

Settings

Bluetooth

ON/OFF

This setting is used to enable and disable Bluetooth.

Options: ON, OFF

Pairing

This is used to connect with a smartphone.

Select the device to be connected and then operate the smartphone.

Forget Device

This setting is used to delete the connection information for the smartphone. Select the desired device and then select **Forget Device**.

Activity

Step Target

This setting is used to enter a target number of steps.

Options: 100 to 30,000 steps in 100-step increments.

Meas. Activity

This setting is used to enable and disable the track activity measurement function.

Options: ON, OFF

Vibration

Alarm

This setting is used to enable and disable alarms, and configure the alarm time.

Options: ON (00:00 to 23:59), OFF

Notifications

These settings are used to enable and disable notifications such as smartphone reception of phone calls and email messages when the device is paired with a smartphone.

Non-Workout

This setting is used to enable and disable notifications at the Time screen.

Options: ON, OFF

Workout

This setting is used to enable and disable notifications at the Measurement screen.

Options: ON, OFF

Alert

This setting is used to enable or disable vibration of the device as notification such as when you complete laps or your target distance in training mode.

Options: ON, OFF

Display

Contrast

Set the contrast for the screen.

Options: High, Normal, Low

BACKLIGHT

These settings are used to configure the conditions at which the backlight turns on.

- ❏ Movement of the wrist wearing the device (Wrist turn)

  Options: ON, OFF

- ❏ Pressing of any button (Button Push)

  Options: ON, OFF

- ❏ During measuring (Workout)

  Options: All Time, OFF

❏ Triggering of a notification such as completion of a lap or target distance in Training mode (Notifications)

Options: ON, OFF

When a specified time has passed, the light automatically turns off. The backlight remains on until the end of measuring when **Workout** is selected for **All Time**.

> ***Note***
> ❏ *Using the device with the backlight constantly on reduces the continuous GPS tracking time by approximately two hours.*
> ❏ *The backlight turns off momentarily while the device vibrates as lap or other notification. The backlight turns back on after the device stops vibrating.*

AUTO SLEEP

When you leave the device for a while, this function automatically puts the device into sleep status.

Options: ON, OFF

System

Language

Set the display language.

Options: English, 日本語

Clock Set

UPDATE TIME

This setting is used to configure the current time.

Options: Set by GPS, Manual

❏ **Set by GPS**:

The time is set in accordance with GPS positioning. This process will take a few minutes.

GPS signals cannot be received while indoors. Make sure the screen is facing up and you are **outside with no obstructions overhead**. If the device fails to complete GPS positioning after two minutes elapses, we recommend that you select Cancel, move to a different location, and try again.

❏ **Manual**:

Configure the time manually on the device directly.

Options: Year, Month, Date, Hour and Minutes

Time Format

Set the format for the display time.

Options: 12 Hour, 24 Hour

Display Seconds

This setting is used to enable and disable the display of seconds.

Options: ON, OFF

Auto Search

When this setting is enabled, the device will periodically perform GPS positioning whenever a measurement is in progress to reduce the initial GPS signal acquisition time before starting your next measurement.

Options: ON, OFF

RESET

Initializing the device resets all settings to their defaults (Profile/Settings), resets the stride sensor, and deletes all measurement and activity data (History).

Options: Yes, No

☞ "Initializing the device" on page 83

VER.INFO

Displays the firmware version information.

Turn Off

This is used to turn off the device. To turn the device on again, press and hold the **START/STOP** for 2 seconds.

Certification

This displays the device certifications.

Regular Maintenance

☞ "Cleaning the device" on page 76
☞ "Waterproof performance" on page 77
☞ "Batteries" on page 77
☞ "Disposing of the device" on page 77
☞ "Problem solving" on page 78
☞ "Updating the firmware" on page 81
☞ "Restarting Device" on page 82
☞ "Initializing the device" on page 83

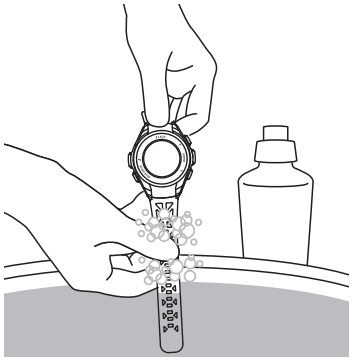
Cleaning the device

Main device and band

Periodically cleaning with water

Clean the main device with water after each use or periodically. Wipe completely dry with a dry cloth after washing.

The band can be washed with a diluted mild detergent.



Important

- *Do not press any buttons or scrub the glass too strongly while cleaning the device. Doing so may cause malfunction or scratching of the glass.*
- *Do not press any buttons while the device is underwater. Doing so may result in failure.*
- *This strap is made from polyurethane and after years of use the color may fade or it may lose its elasticity.*

Cleaning contact points

If you experience problems charging the device or using the connection, use a damp cotton swab to clean the contact points on the device and USB Charging clip.

Important

- *Do not attach the USB Charging clip to the device while contact points are wet or dirty. Doing so may cause corrosion or malfunction of the contact points, or communication failures.*
- *Do not clean using organic solvents such as benzine, thinner, alcohol, or detergent. This could cause the product to degrade.*

Waterproof performance

Batteries

Internal rechargeable device battery

You cannot replace the built-in rechargeable battery yourself. If the battery does not retain its charge for as long as it used to due to prolonged use, the battery has likely reached the end of its service life. In this situation, contact your local reseller or our repair center to replace the battery for a fee.

The average service life of the battery is four years. This varies depending on usage conditions.

Disposing of the device

When disposing of this device, follow your local laws and regulations.

Problem solving

Check each item.

Problem		Solution
Basic actions	The screen is not displayed.	You cannot start using the device immediately after purchase until the device is charged. Try charging the device first. Also, nothing is displayed if the battery runs out. Make sure you charge the battery before use. ☞ "Charging the device" on page 16
	The device does not react even after performing an operation.	Is the battery running low? Charge the battery. ☞ "Battery Levels" on page 22 If the device does not operate after charging, try resetting the system. ☞ "Restarting Device" on page 82
	The screen turns off or turns blue during use.	Perform a system reset. ☞ "Restarting Device" on page 82
	The clock turns off.	When you leave the device for a while, it enters sleep status and the time display turns off. This is not a malfunction as the display is restored the next time a button is pressed or you move the device. If the display is not restored, the battery is running low. Charge the device. ☞ "Charging the device" on page 16 Note that the clock does not turn off if **AUTO SLEEP** is disabled. ☞ "AUTO SLEEP" on page 73
	The time is not set correctly.	Set "Time Adjust" from Sys. Settings. ☞ "UPDATE TIME" on page 73 If the hour is different, check the time zone and daylight-saving time. ☞ "Clock Set" on page 73
	Measurement stops while exercising.	When exercising slowly, such as when walking, we recommend turning off the AT Pause function. ☞ "Pausing and resuming measuring automatically (AT Pause)" on page 40

Regular Maintenance

Problem		Solution
GPS	GPS signal reception is weak or failing.	Perform GPS positioning again with the device outside with no obstructions overhead for 15 minutes. ☞ "GPS signal reception (GPS positioning)" on page 26 Go to a location outside with no obstructions overhead. GPS signals cannot be received while indoors. Obstacles partially blocking the sky, such as tall buildings and mountain sides, can also interrupt signal reception, which results in reduced distance accuracy.
	GPS signal reception is weak or interrupted.	Even when a signal is being received, it may be interrupted depending on the running environment. Wear the device on the outside of your arm. Also, make sure the strap is tightened.
Charging	The device does not charge after attaching the USB Charging clip.	Check the USB Charging clip connection. Clean the contact points of the device and USB Charging clip. ☞ "Main device and band" on page 76 ❏ The charge screen may not appear for 1 to 2 minutes after attaching the USB Charging clip when the battery is completely exhausted. This is not a malfunction. ❏ A malfunction may have occurred if you cannot charge the device even after checking the points above. If this happens, immediately stop trying to charge the device and send the main device and USB Charging clip to our repair center.
	The charge error screen is displayed.	Charge in environments with ambient temperatures of 5 to 35˚C.
	The main device and USB Charging clip become hot during the charging process.	There may be a malfunction. Stop charging the device immediately and contact our repair center.
Water resistance	Can I use the device when swimming?	This device is water resistant up to 5 bars of pressure and can be used while swimming. However, do not press any buttons while the device is underwater. The device cannot receive GPS signals while underwater.
	The inside of the glass becomes cloudy.	Condensation may occur in the device due to differences in temperature between the device and the open air. Temporary condensation does not have any effect on the device. You may continue using the device in this situation. **If the condensation remains for a long time, water may have entered the device.** Send the device to our repair center.
Communication	The device is not recognized by the PC when connected.	Check the connection between the PC (USB port) and USB Charging clip (USB plug). Clean the contact points of the device and USB Charging clip. ☞ "Main device and band" on page 76 Perform a system reset. ☞ "Restarting Device" on page 82

Regular Maintenance

Problem		Solution
Web application	An error screen appears and communication is interrupted during data exchanges with the PC.	Do not move the device and USB Charging clip during communication processes. Avoid communicating data under environments where static electricity can be easily generated. If an error occurs, try reconnecting the USB Charging clip and attempting the communication again.

If you are still having communication errors after performing this troubleshooting, contact our service center.

Updating the firmware

You may be able to resolve problems that occur by updating the firmware.

Download and use the latest version.

> **Important**
> *The device and all settings/history data are initialized when the firmware is updated. Refer to the following page of the Epson website for more information on updates.*
> *http://www.epson.jp/dl_soft/category/121.htm*
>
> *Before updating the firmware, upload your measurement data to the Epson View companion application.*
>
> *"Managing data with the companion application" on page 55*

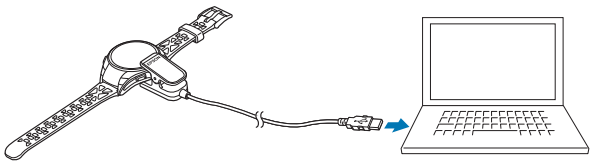
Checking the firmware version

Updating the firmware

1. The latest firmware version is available for download from the following URL.

   http://www.epson.jp/dl_soft/category/121.htm
   Select your device model and follow the on-screen instructions to download the firmware.

2. Attach the USB Charging clip to the device and then connect the cable directly to a USB port on the PC.



3. Execute the downloaded file.

   The ProSense firmware update tool starts.

   Follow the on-screen instructions to update the firmware.

> **Note**
> *Check the following if the ProSense firmware update tool does not start.*
>
> - *An instance of the ProSense firmware update tool is already started preventing the starting of another instance.*
> - *The USB Charging clip attached to the device is correctly connected to the PC.*
>
> *Refer to the download page on the Epson website for more information on firmware update procedures.*

Restarting Device

Restart the device if operation becomes unstable.

Press the four buttons; BACK, START/STOP, UP and DOWN simultaneously.

The screen is reset and the device restarts.

The following shows the differences between a restart and reset.

*: Data and settings are retained.

-: Data and settings are not retained. (Settings must be reconfigured.)

Data/Settings	Restart	Reset
Workout measuring settings	*	-
History data	*	-
System settings	*	-
Profile settings	*	-
Today's Activity Data	-	-
Step Target settings	*	-
User stride data	*	-
VO2max Estimate	*	-
Pairing	*	-
Time information	*	-

Measurement data is not recorded if a system reset is performed while measuring.

Initializing the device

If you want to delete all measurement data and clear the device's memory, you need to initialize the device.

1 Display the menu

At the Time screen, press the **ENTER** button.

2 Select **Settings**

Press the **UP** or**DOWN** button > select **Settings** > and then press the **ENTER** button.

3 Select **System**

Press the **UP** or**DOWN** button > select **System** > and then press the **ENTER** button.

4 Select **Reset**

Press the **UP** or**DOWN** button > select **Reset** > and then press the **ENTER** button.

5 Initializing the device

Press the **UP** or**DOWN** button > select **Yes** > and then press the **ENTER** button.

Once the initialization is complete, the device will restart and display the Initial Settings screen. Initialize the device.

☞ "Configuring initial settings" on page 19

Refer to the following page for more information on initialization.

☞ "Restarting Device" on page 82

Appendix

"Product specifications" on page 85
"Understanding the icons" on page 87
"Glossary" on page 88
"Trademarks" on page 90

Product specifications

Device

Model No.		J-57B/K/T
Size (thickness)		15.8mm
Weight		Approx. 41 g
Waterproofing performance		Water resistant at 5 barometric pressures
Maximum usage time		Up to 30 days *1,5
		Up to 2 days *2,5
		Up to 4 days *3,5
		Up to 10 days *4,6
Operating temperature		-5 to 50°C
Maximum measurement time		Approx. 10 hours
Maximum number of daily activity records		Current day plus past 6 days
Maximum number of records		64
Number of lap records		Maximum of 200 per split Total maximum of 512
Heart rate measurement		○
Pitch/Stride measurement		○
Display range	Distance/Lap Distance	0.000 to 999.99 km/0.000 to 999.99 mi
	Pace/Lap Pace/Average Pace	0'01" to 30'00"/km, 0'01" to 45'00"/mi
	Split/Lap time	0:00'00" to 13:00'00"
	Pitch/Average Pitch	0 to 255spm
	Stride/Average stride	0 to 255cm / 0 to 100inch
	Steps	0 to 999999stp
	Calories Burnt	0 to 9999kcal
	HR	30 to 240bpm
	Estimated end time	0:00'00" to 23:59'59"
	Estimated end distance	0.000 to 999.99km/0.000 to 999.99mi

*1 Clock display (Track Activity disabled, Auto Sleep enabled, Auto Search disabled, and Bluetooth disabled)

*2 When activity meter is operating (with heart rate measurement enabled (advanced), Auto Sleep enabled, Seconds display disabled, Auto Search disabled, and Bluetooth enabled)

*3 When activity meter is operating (with heart rate measurement enabled (normal), Auto Sleep enabled, Seconds display disabled, Auto Search disabled, and Bluetooth enabled)

*4 GPS enabled (with heart rate measurement enabled)

*5 The device periodically receives a GPS signal to reduce the initial GPS positioning time.

Auto Sleep is active for 14 hours/day (internal evaluation criteria)

*6 Operating time varies depending on GPS signal reception quality and device settings.

The operating time will become shorter especially in doors where GPS signal reception quality is bad. (with setting to turn on the light)

Option specifications

You can purchase the following optional extras. Contact your local reseller for more information.

USB charging clip

Operating temperature range	5 to 35˚C

AC adapter specifications

Input	100 VAC 50/60 Hz
Output	5 VDC / 1.0 A

Understanding the icons

Icons	Name
	Run mode (measuring while running)
	Walking mode (measuring while walking)
	Treadmill mode (measuring treadmill workout sessions)
	Device is acquiring a GPS signal (GPS On)
	GPS positioning
	Average pace
	Lap
	Distance
	Calories burnt
	Stopwatch
	Split time
	AT Lap
	Manual Lap
	Steps
	Average stride
	Charging
	USB communication in progress
	Buttons are locked
	Buttons are unlocked

Glossary

Definition	Term
A system that is used to calculate current positions via a GPS receiver that receives signals from satellites orbiting the earth. This function allows you to accurately understand positional and time information. ☞ "GPS signal reception (GPS positioning)" on page 26	GPS function
Distance from the measurement start point to the current time.	Distance
Target time per km	Target Pace
The device is water resistant up to 5 bars of pressure.	Water resistant up to 5 bars of pressure
The display automatically turns off after a certain time of no user operation.	Auto Sleep
The total time from starting to stopping the workout.	Split time
This companion application allows you to use a smartphone or PC browser to review session and measurement data from your device.	Epson View
This function automatically pauses your measuring when you stop running and resumes your measuring when you start running again.	AT Pause
This function automatically records laps once a certain distance has been reached.	AT Lap
This function measures various daily activity including number of steps, distance, and calories burnt.	Track Activity
This function turns on the light automatically when transitioning to different screens.	AT Light
This sensor uses stride and acceleration data accumulated when GPS is in use so that the device can estimate distance traveled when you are in locations of poor GPS signal reception, such as tunnels. ☞ "About the stride sensor" on page 28	Stride sensor

Appendix

Definition	Term
Your current pace acquired from GPS information.	Pace
Your pace for the current lap.	Lap pace
Your time for the lap.	Lap time

Trademarks

- EPSON and EXCEED YOUR VISION are registered trademarks of the Seiko Epson Corporation.
- Microsoft and Windows are registered trademarks of the Microsoft Corporation in the United States of America and other countries.
- OS X and macOS are registered trademarks of Apple Inc. in the United States of America and other countries.
- iPhone is a trademark of Apple Inc.
- Android and Google Play are trademarks of Google Inc.
- The Bluetooth ® word mark and logos are registered trademarks of Bluetooth SIG, Inc. Seiko Epson Corporation uses these trademarks under the terms of license.
- QR Code is a registered trademark of DENSO WAVE INCORPORATED.
- Other product names are the trademarks or registered trademarks of their respective companies.

EPSON

GPS Sports Monitor

ProSense

J-57

http://www.epson.jp/support/support_menu/ks/121.htm

XXXXXXXXX ©2017 Seiko Epson Corporation. All rights reserved.

【J-57 Correction of error in Manual】

we will correct the following part.

■Certification (p.74)

Before correction

After correction