MA2012-EA   © 2021 CASIO COMPUTER CO., LTD.

User's Guide 5641

CASIO®

Congratulations upon your selection of this CASIO watch.

For details about how to use this watch and for troubleshooting information, go to the website below.

https://world.casio.com/manual/wat/

Important!
- This manual provides a brief overview of your watch.
- If you are going to a location where Internet access is not available, download the Operation Guide PDF from the website below to a device that you will be taking along with you.

Note that CASIO COMPUTER CO., LTD. assumes no responsibility for any damage or loss suffered by you or any third party arising through the use of your watch or its malfunction.

This product has a Mobile Link function that lets it communicate with a Bluetooth® capable phone to perform automatic time adjustment and other operations.
- This product complies with or has received approval under radio laws in various countries and geographic areas. Use of this product in an area where it does not conform to or where it has not been approved under applicable radio laws may be punishable under local laws. For details, visit https://world.casio.com/ce/BLE/.
- Use of this product inside of an aircraft is restricted by the aviation laws of each country. Be sure to obey instructions provided by flight personnel concerning use of devices such as this product.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by CASIO COMPUTER CO., LTD. is under license.

Contents

Using the Watch

NOTE
- Depending on the model of your watch, digital display text appears either as dark figures on a light background, or light figures on a dark background. All examples in this manual are shown using dark figures on a light background.

Navigating Between Modes

- Each press of Ⓓ cycles through the modes as shown below.
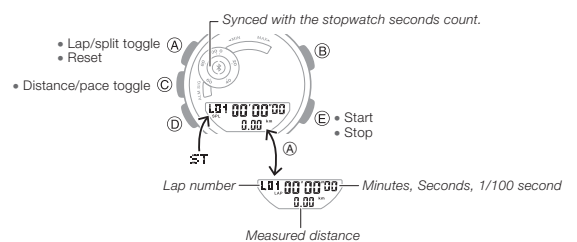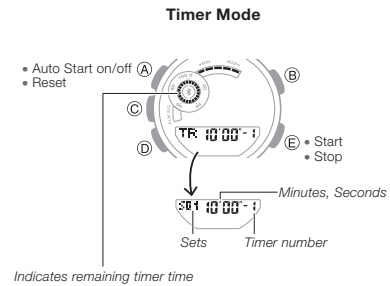- To return directly to the Timekeeping Mode from any other mode, hold down Ⓓ for at least two seconds.

Timekeeping Mode

- Select screen *1 Ⓒ
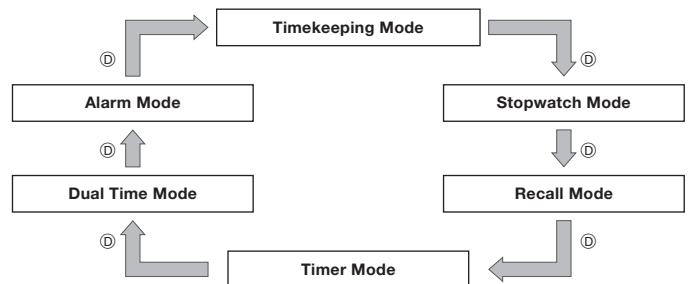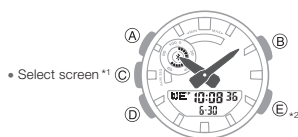
*1 For details, refer to the Operation Guide available at the CASIO website.
*2 Hold down Ⓔ for at least two seconds to establish a Bluetooth connection with a phone. For details, refer to the Operation Guide available at the CASIO website.
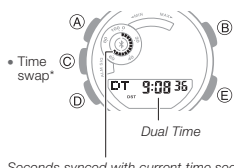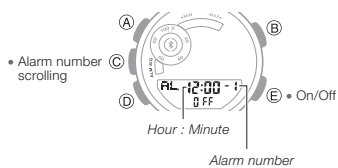
Stopwatch Mode

Synced with the stopwatch seconds count.

- Lap/split toggle Ⓐ
- Reset
- Distance/pace toggle Ⓒ
- Start Ⓔ
- Stop

Lap number — Minutes, Seconds, 1/100 second

Measured distance

User's Guide 5641

CASIO®

Recall Mode

- Lap/split toggle Ⓐ
- Distance/pace toggle Ⓒ

Record month/day

Ⓑ

Measurement start time

Ⓓ REC 6:30

Ⓔ • Lap record scrolling

TTL 47:36.8¹ — *Total time*

13.12 ᵏᵐ

Total distance

Timer Mode

- Auto Start on/off Ⓐ
- Reset

Ⓒ

Ⓑ

Ⓓ TR 10:00'-1

Ⓔ • Start
• Stop

Minutes, Seconds

SET 10:00'-1

Sets   *Timer number*

Indicates remaining timer time

Dual Time Mode

Ⓐ   Ⓑ

- Time swap* Ⓒ

Ⓓ DT 9:08 ₃₆

Ⓔ

Dual Time

Seconds synced with current time seconds.

* Holding down Ⓒ for at least two seconds toggles between the Timekeeping Mode time and the Dual Time Mode time.

Alarm Mode

Ⓐ   Ⓑ

- Alarm number scrolling Ⓒ

Ⓓ AL 12:00-1
OFF

Ⓔ • On/Off

Hour : Minute

Alarm number

Setting the Time

1. In the Timekeeping Mode hold down Ⓓ for at least two seconds.
2. Hold down Ⓐ and release the button when **SET** stops flashing and the seconds count starts to flash.

SET 10:08 36
12 H

3. Press Ⓔ to reset the seconds count to 00.
   - 30 to 59 seconds: Adds 1 to minutes.
4. Press Ⓓ to move the flashing to the hour setting.
5. Use Ⓔ and Ⓑ to change the hour setting.
6. Press Ⓓ to move the flashing to the minute setting.
7. Use Ⓔ and Ⓑ to change the minute setting.
8. Press Ⓓ twice to move the flashing to the year setting.
9. Use Ⓔ and Ⓑ to change the year setting.
10. Press Ⓓ to move the flashing to the month setting.
11. Use Ⓔ and Ⓑ to change the month setting.
12. Press Ⓓ to move the flashing to the day setting.

13. Use Ⓔ and Ⓑ to change the day setting.
14. After all the settings are the way you want, press Ⓐ twice to exit.

Specifications

Accuracy at Normal Temperature: ±15 seconds a month average when time adjustment by communication with a phone is not possible.
Analog Timekeeping: Hour, minute (moves every 20 seconds)
Digital Timekeeping: Hour, minute, second, month, day, day of the week, a.m./p.m. (P)/24-hour timekeeping, Full Auto Calendar (2000 to 2099), Summer Time
Life Log Measurements:
  Distance
    Measurement range: 0 to 9999.99 km
    Target Distance Setting
      Distance setting unit: 1 km
      Distance setting range: 1 to 199 km
  Calories
    Measurement range: 0 to 999,999 kcal
    Target Calories Setting
      Calories setting unit: 10 kcal
      Calories setting range: 10 to 60,000 kcal
  Step Count
    Step count measurement using a 3-axis accelerometer
    Step count measurement range: 0 to 999,999 steps
    Step Indicator

    Target Step Count Setting
      Step count setting unit: 100 steps
      Step count setting range: 1,000 to 99,900 steps
      Step count accuracy: ±3% (According to vibration testing)
  Power Saving
  Life Log Reset
    Auto reset at midnight each day
    Manual reset
  Life Log Graph
  Exercise Intensity Display
Stopwatch/Data Recall:
  Measurement unit: 1/100 seconds (first hour);
                1 second (after first hour)
  Measurement range: 23 hours, 59 minutes, 59 seconds
  Measurement functions: Normal elapsed time; cumulative time; lap/split times; distance/pace display switching; auto/manual lap measurement; auto lap alert; 45-record data memory
Countdown Timer:
  Unit: 1 second
  Range: 60 minutes
  Number of intervals: 1 to 5
  Number of auto repeats: 1 to 20
  Time setting unit: 1 second
  Time setting range: 1 second to 60 minutes
  • Beep every second for final 5 seconds, alert beeper at the end of the countdown.
  Auto Start

Dual Time:
  Hour, minute, second
  Swapping with Home Time
Alarms: 5 Daily alarms; Hourly time signal
  Setting units: Hour, minute
  Alarm tone duration: 10 seconds
  Hourly time signal: Beep every hour on the hour
Mobile Link:
  Function linking with a Bluetooth® device using wireless communication*
  * Operation Enhanced by Mobile Link
  Auto Time Adjustment
  Simple time setting:
    World Time: Current time in 300 cities (38 time zones, auto summer time switching), and UTC (Coordinated Universal Time) time
    Watch setting configuration
  Phone Finder
  Distance Calibration
  Life Log Data Manager
    Managed data: distance, calories, step count
  Training log data management
    Managed data: individual lap times, distance, pace, total calories burned
  Simple Notification (Audible Alert Only)
    • Notification name or other text does not appear on the watch display.
  Phone Notification Linking
  Auto summer time switching
    Automatic switching between standard time and summer time

Timer setting
Alarm setting
Hand position correction
Data Communication Specifications
    Bluetooth®
    Frequency band: 2400 MHz to 2480 MHz
    Maximum transmission: 0 dBm (1 mW)
    Communication range: 2 meters max. (depends on environment)
Other: LED backlight (Auto Light, Super Illuminator, 1.5/3-second illumination duration); operation tone
    on/off; Airplane Mode, user profile creation, hand shift feature (to view digital info); low battery
    alert
Power Supply: One lithium battery (CR2025)
    Battery life: Approximately 2 years
    Conditions:
        Bluetooth connection time: 10 hours/day
        Alarm: Once (10 seconds)/day
        Illumination: Once (1.5 seconds)/day
        Display: 24 hours/day
        Life Log Measurement: 12 hours/day
        Stopwatch Measurement: 3 hours/week (1 hour/day, 3 times/week)
        Notification: 20 times/day

Specifications are subject to change without notice.