

EPSON

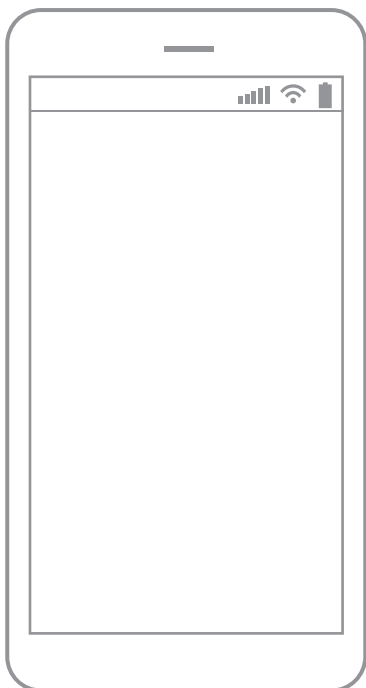
GPS Sports Monitor

RUNSENSE

Smartphone User's Guide

for Android

«Run Connect Ver. 1.3.0»



Introduction



Introduction

Thank you very much for purchasing this GPS Sports Monitor "RUNSENSE".

To use the product correctly, make sure you read the Smartphone User's Guide with the Quick Start Guide and User Manual.

The illustrations and screens shown in the Smartphone User's Guide are for the SF-710.

Descriptions in the Smartphone User's Guide

 Important:	Indicates things you must or must not do. Ignoring these instructions or mishandling this device could cause malfunction or operational problems to the device.
Note:	Indicates additional explanations and related information.
Menu Name	Indicates menu items displayed on the screen of the device.
A/B/C/D	Indicates the device buttons.
	Indicates related pages. Click the link in blue text to display the related page.

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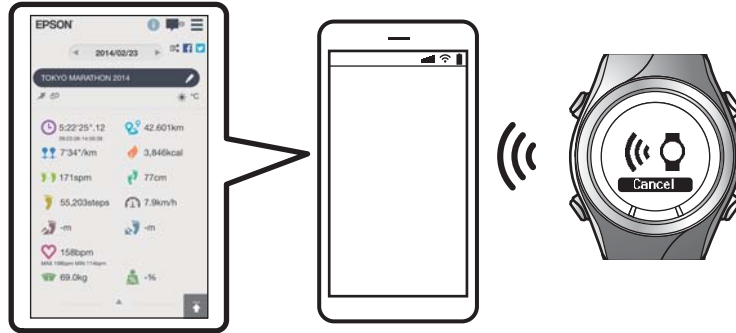
Cautions:

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Introduction

What you can do with this smartphone APP

This app allows you to review your workout in the RUNSENSE View web application and upload your data to the RUNSENSE View Portal for further analysis by establishing a Bluetooth connection between your Runsense watch and smartphone.



Note:

This guide describes how you can transfer the data to your Android smartphone and manage it with the web application (RUNSENSE View).

Refer to the User Manual for how you can manage the data via a personal computer.

Supported devices

- OS : Android 4.3 or later
- Resolution : Full HD or higher
- Bluetooth 4.0

Note:

This does not guarantee operations of all Android devices. For the latest information on supported models, visit our website.

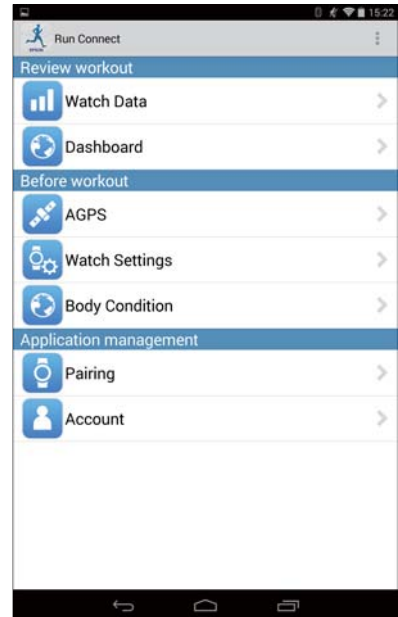
<http://www.epson.eu/runsense>

Introduction

Smartphone application (Run Connect)

Run Connect has the following features.

- ❑ Upload measurement data to the web application (RUNSENSE View)
- ❑ Access the web application (RUNSENSE View) to view the measurement data
- ❑ Access the web application (RUNSENSE View) to enter the body weight and body fat information.
- ❑ Update measurement settings such as AT Lap, Target Pace, Waypoint, and Interval, user settings, and system settings.
- ❑ Reduces the GPS positioning time
- ❑ Pairs RUNSENSE device and smartphone to communicate via Bluetooth
- ❑ Manage your RUNSENSE account settings.



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

Operations on the Product. 55

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Preparation

For important safety and operation instructions for RUNSENSE devices please refer to the main product User Manual.

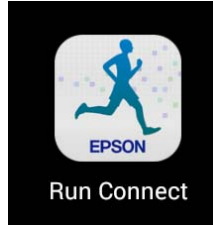
You need to make the following preparations before use.

-  ["Install the Run Connect app to your smartphone" on page 7](#)
-  ["Create and configure your RUNSENSE View account" on page 8](#)
-  ["Enabling Bluetooth on your smartphone" on page 11](#)
-  ["Pair the RUNSENSE device with your smartphone" on page 12](#)

Preparation

Install the Run Connect app to your smartphone

Access the Google Play (Play Store) and install Run Connect.



Create and configure your RUNSENSE View account

Creating an account

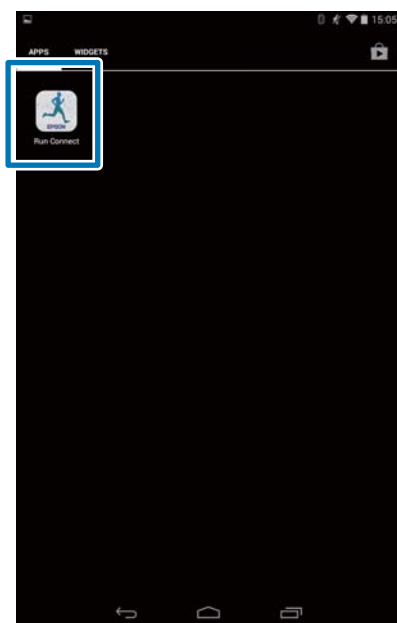
You need to create an account for the Web application (RUNSENSE View.)

Note:

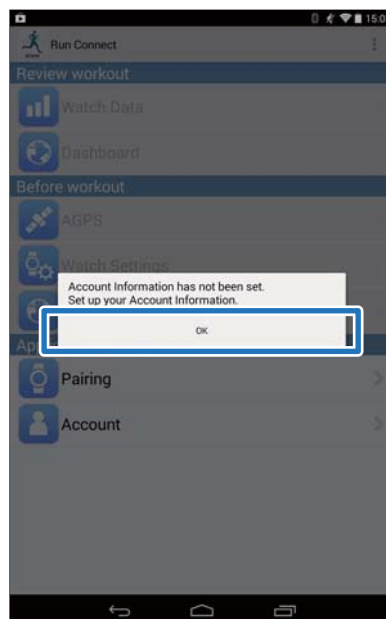
If you already have a RUNSENSE View account, you can use it with this device.

🔗 “Configuring the account” on page 9

- 1 Start Run Connect on your smartphone.

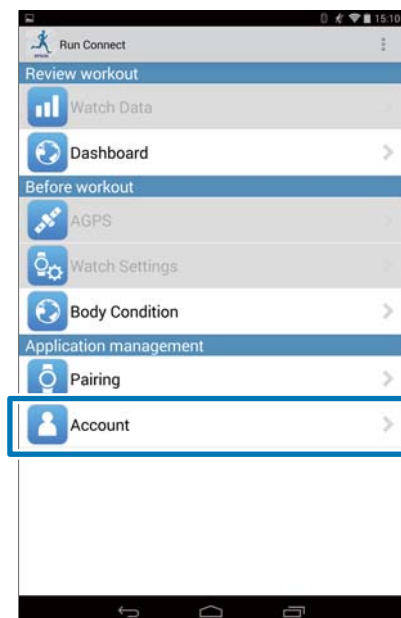


- 2 Tap OK.



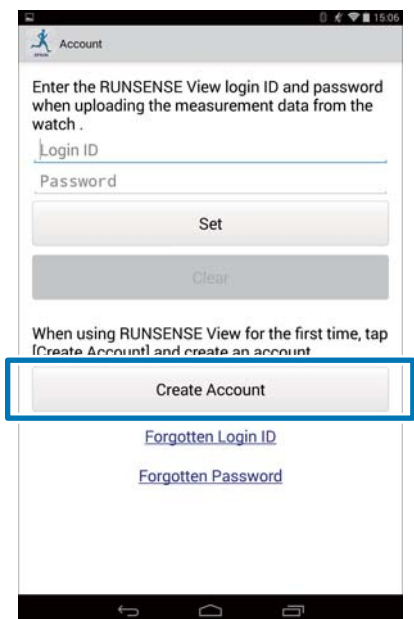
Note:

*The following screen is displayed if you start Run Connect the second time onwards. Tap **Account** and proceed to step 3.*



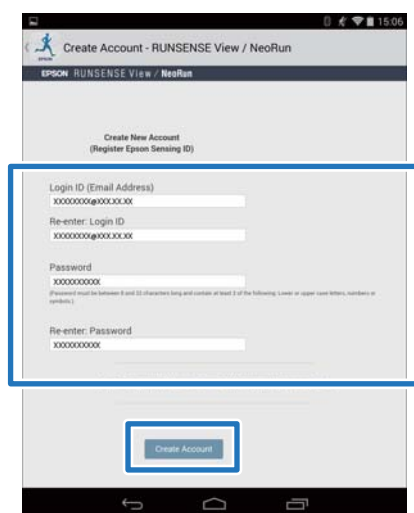
Preparation

3 Tap **Create Account**.



4 Create an account.

Enter **Login ID** (e-mail address) and **Password**.
Read the Terms of Use, select the checkbox, and tap **Create Account**.



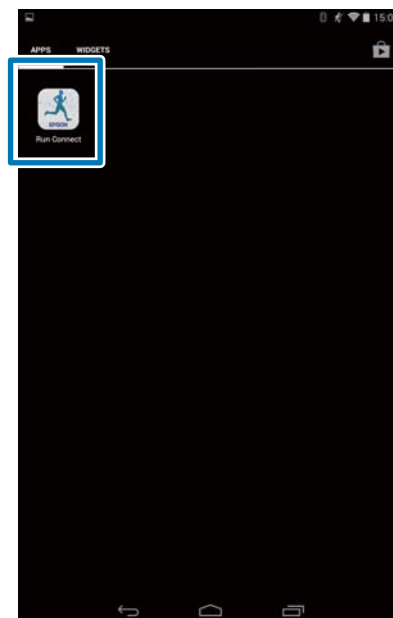
Note:
If an entry field is highlighted in red, check the error message on the screen and correct your entry as required.

5 When you have created an account, follow the instruction on the screen to configure the account.

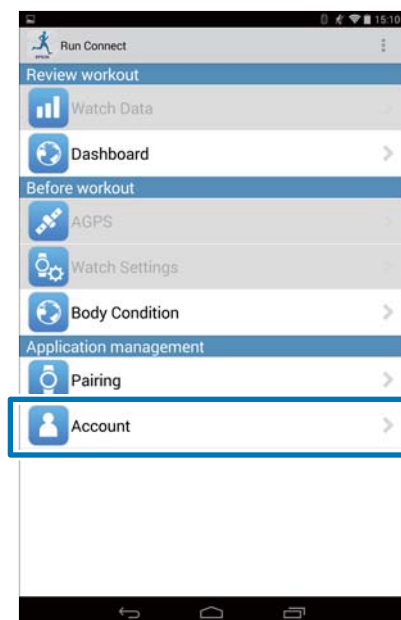
Configuring the account

Configure the account you have created.

1 Start Run Connect on your smartphone.

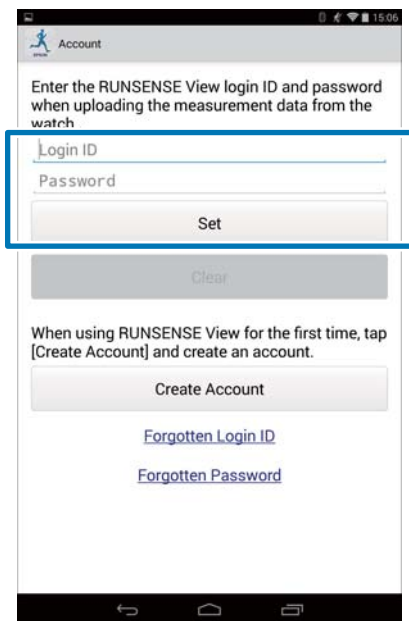


2 Tap **Account**.

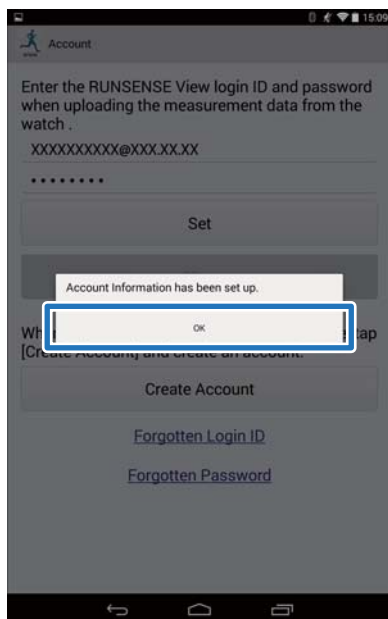


Preparation

- 3 Enter **Login ID** and **Password**, and then tap **Set**.



- 4 Once the account has been set up, click **OK** to confirm.



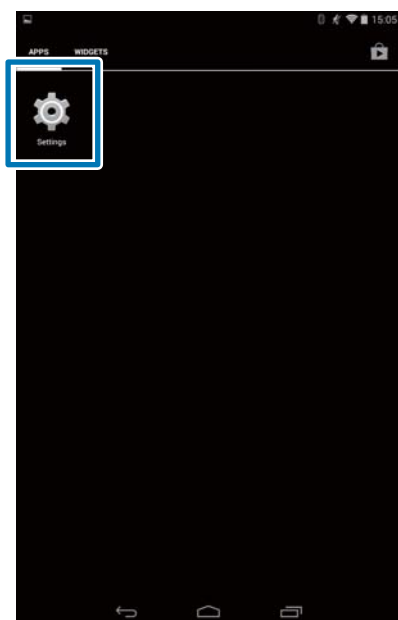
Preparation

Enabling Bluetooth on your smartphone

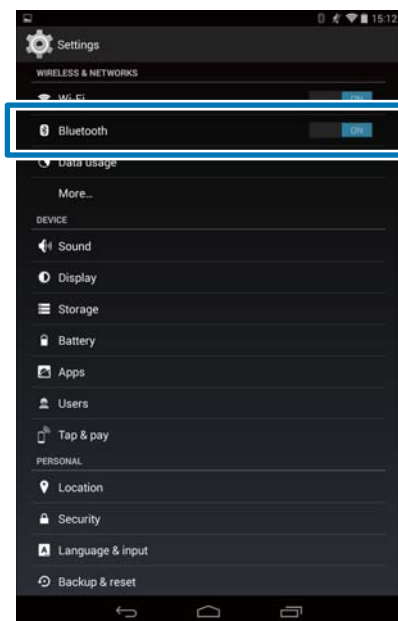
You need to enable Bluetooth settings on your smartphone before communicating with this device.

Note:
The layout and operation may vary depending on the smartphone you are using. Refer to your smartphone's user manual for details.

1 Tap **Settings** on the smartphone.



2 Set **Bluetooth** to On.

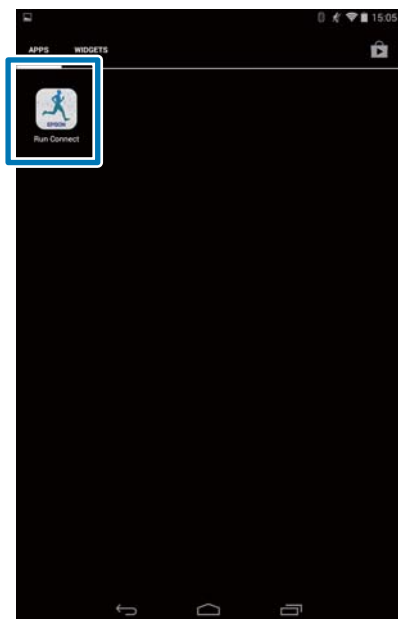


Preparation

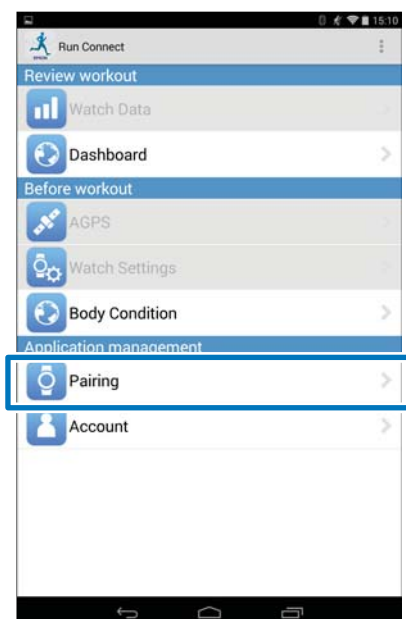
Pair the RUNSENSE device with your smartphone

You need to register this product to your smartphone before communicating with the smartphone.

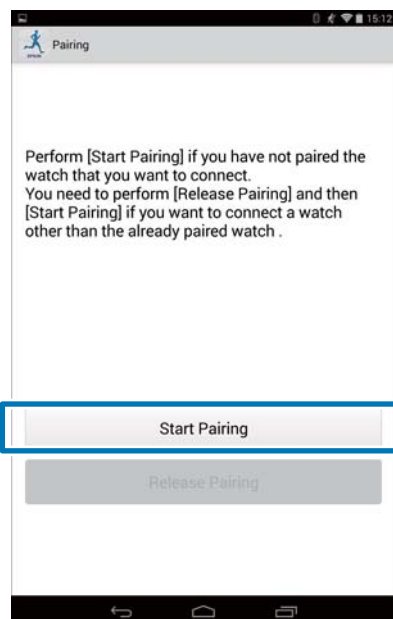
- 1 Start Run Connect on your smartphone.



- 2 Tap Pairing.

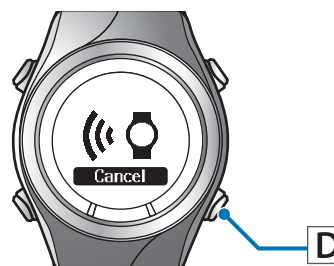


- 3 Tap Start Pairing.



- 4 Hold down D on this product.

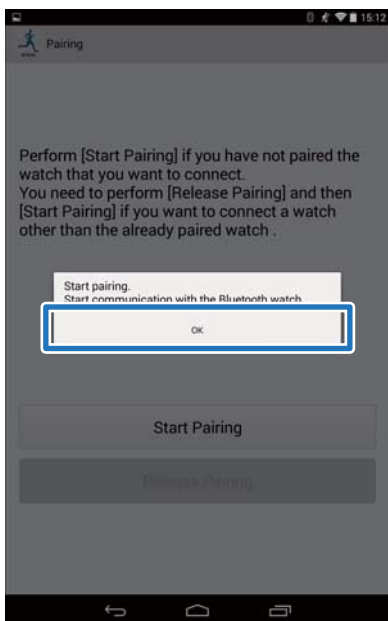
Bluetooth communication starts.



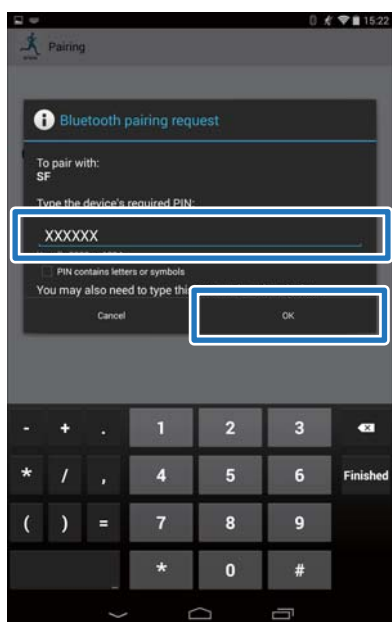
Note:
You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

Preparation

5 Tap **OK** on the smartphone.



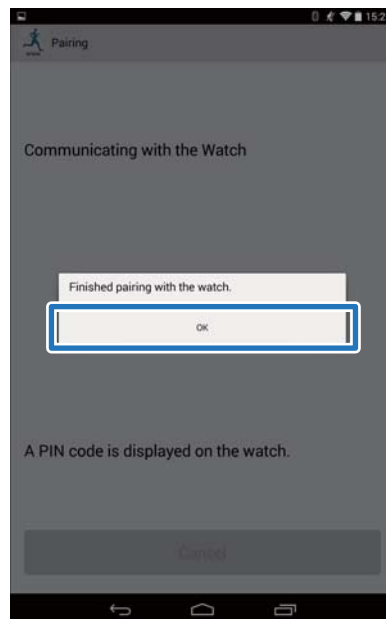
6 Enter the Passcode (6-digit number) to the smartphone and tap **OK**.



Note:

The screen to initiate pairing and enter the Pairing Passcode may not be displayed automatically depending on the smartphone you are using. If this happens, display the screen from the notification bar at the top status bar.

7 Tap **OK** once pairing has been completed.



Uploading and Checking Measurement Data

This chapter describes how to upload and check measurement data.

 ["Uploading Measurement Data" on page 15](#)

 ["Checking Uploaded Measurement Data" on page 18](#)

 ["Entering Weight and Body Fat" on page 20](#)

Uploading and Checking Measurement Data

Uploading Measurement Data

Upload measurement data to the web application (RUNSENSE View.)

Take the following two steps to upload data via a smartphone.

Uploading basic data

Upload data such as the distance, speed, HR, and calories.

Uploading detailed data

Upload the running route in addition to the outline data.

! Important:

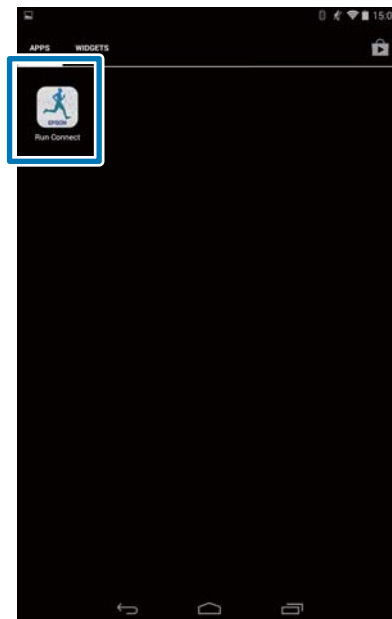
- ❑ You need to log in to RUNSENSE View and register this product to the smartphone.
 - 👉 [“Preparation” on page 6](#)
- ❑ Enable Bluetooth on the smartphone before uploading measurement data.
 - 👉 [“Enabling Bluetooth on your smartphone” on page 11](#)

Note:

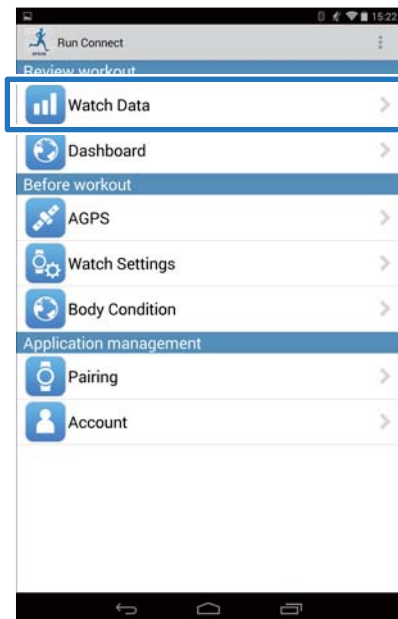
*It is recommended to upload the data via a personal computer by setting this device in the cradle when uploading data worth several hours such as measurement data of a full marathon (uploading 4-hour worth data with smartphone takes roughly 12 minutes. *) Refer to "Data Management Using the Web Application (RUNSENSE View)" in the "User Manual" for how to upload data via a personal computer.*

**The uploading time varies depending on the smartphone you are using.*

1 Start Run Connect on your smartphone.

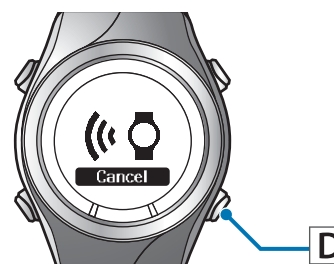


2 Tap Watch Data.



3 Hold down **D** on this product.

Bluetooth communication starts.



Uploading and Checking Measurement Data

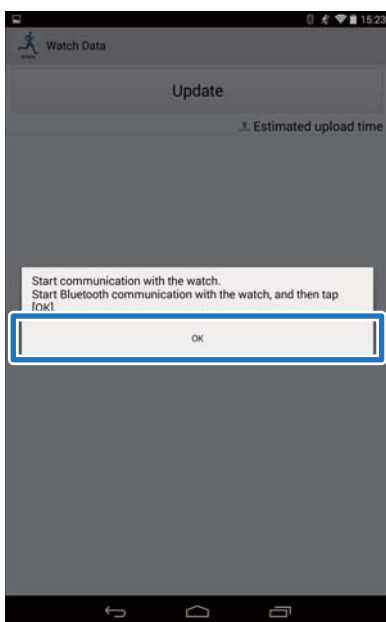
Note:

You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

4

Tap **OK** on the smartphone.

The alarm on the product sounds and the basic data upload starts.



Note:

Try again if the communication fails.

5

Tap **Get Next Data** when you have a large volume of measurement data.

Get Next Data is displayed only when there is a large volume of measurement data.



Uploading basic data is complete.

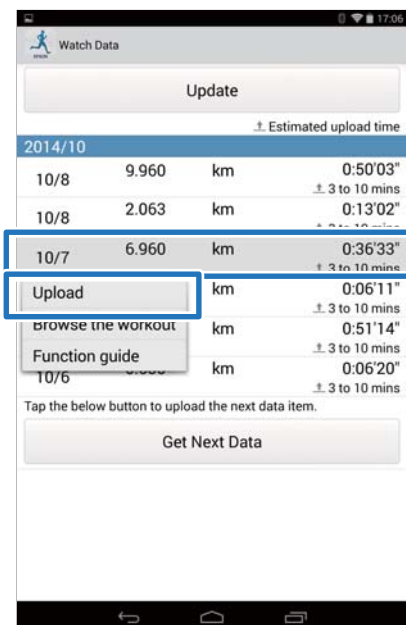
To review the basic data select the item you want to check from the **Watch Data** List and tap **Browse the workout**.

[🔗 “About Web Application \(RUNSENSE View\)” on page 19](#)

Proceed to step 6 if uploading detailed data.

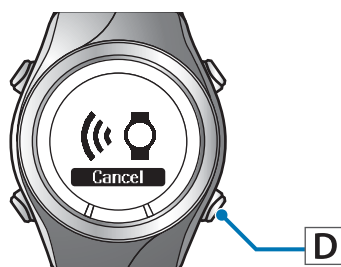
Uploading and Checking Measurement Data

6 Tap the data item you want to upload and tap **Upload**.



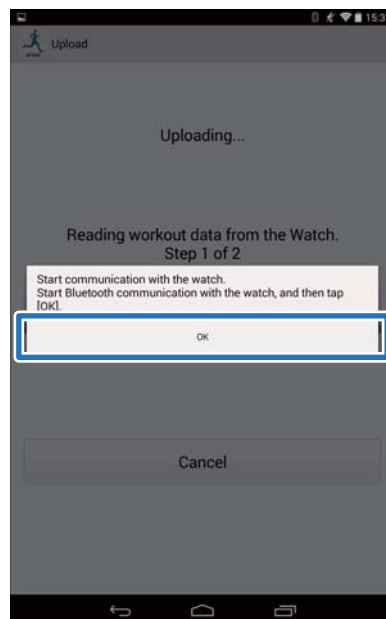
7 Hold down **D** on this product.

Bluetooth communication starts.



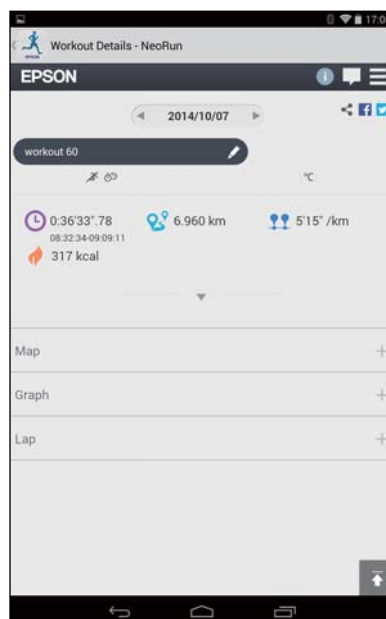
Note:
You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

8 Tap **OK** on the smartphone.



The alarm on the product sounds and the detailed data upload starts.

The RUNSENSE View screen is displayed when the upload has completed.



Note:

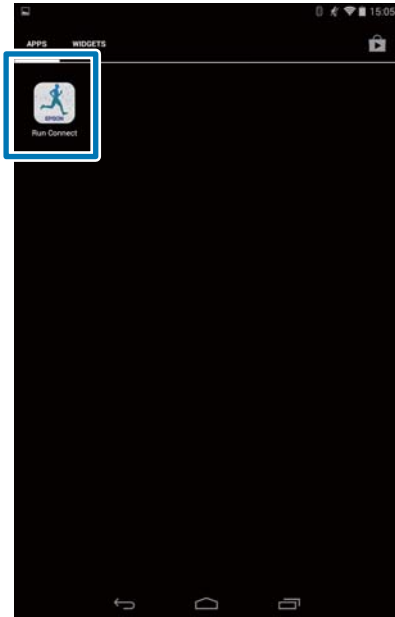
- ❑ Try again if the communication fails.
- ❑ The uploaded detailed data item is deleted from the **Watch Data List**.
- ❑ Repeat step 6 to 8 if you are uploading more than one detailed data item from the **Watch Data List**.

Uploading and Checking Measurement Data

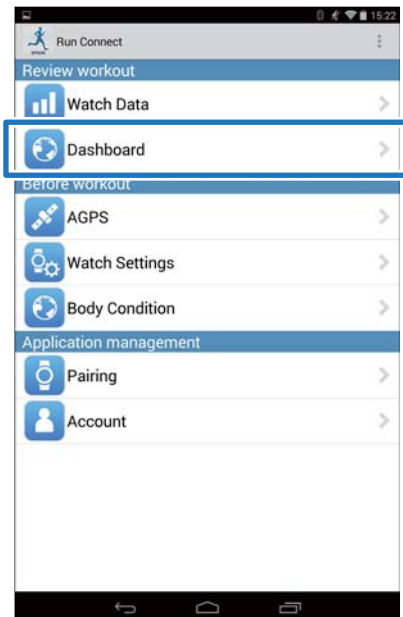
Checking Uploaded Measurement Data

Access the web application (RUNSENSE View) to check the uploaded measurement data.

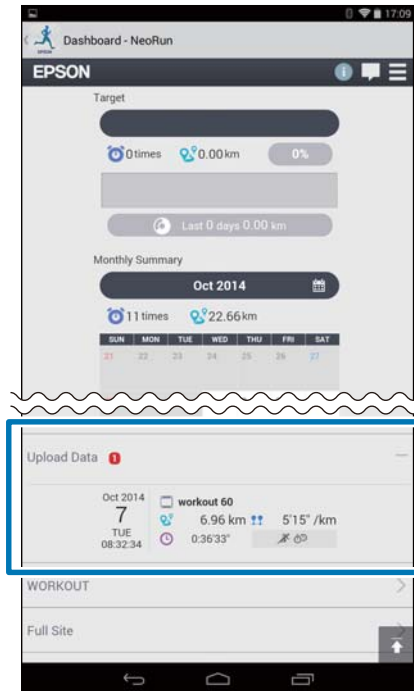
- 1 Start Run Connect on your smartphone.




- 2 Tap Dashboard.



- 3 Tap the data item you want to check.



Note:
 Measurement data items with the  icon indicate they only contain basic data. Upload the detailed data if you want to check the running route.
[👉 “Uploading Measurement Data” on page 15](#)

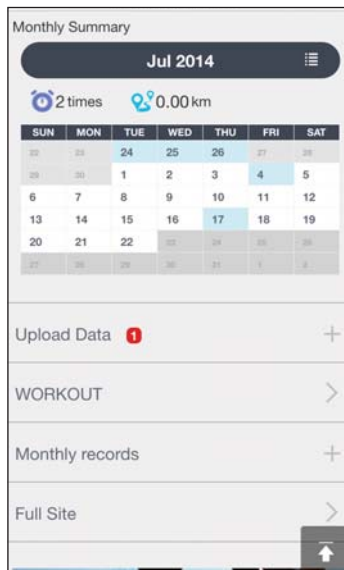
Uploading and Checking Measurement Data

About Web Application (RUNSENSE View)

You can view the data in the following ways with the web application (RUNSENSE View) on the smartphone.

Dashboard

Manage records in calendar format. This allows you to easily review past runs.



Workout

This displays your workout data including distance, pace, HR, running route, calories, etc. This allows you to analyse training from different angles.



Map

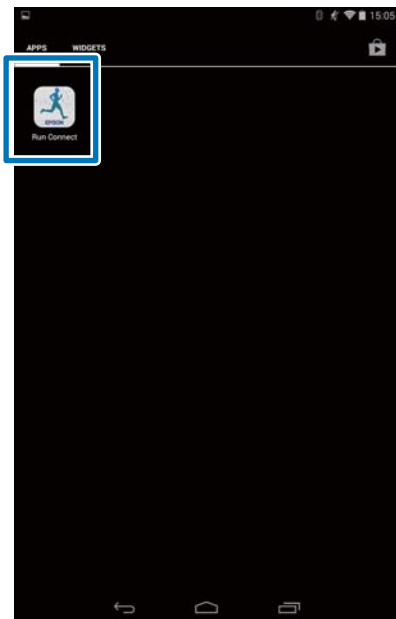
Review your run route on the map.

Uploading and Checking Measurement Data

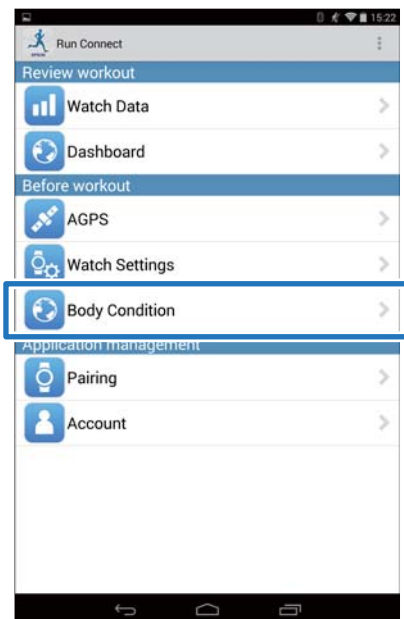
Entering Weight and Body Fat

You can register your weight and body fat data to the web application (RUNSENSE View.)

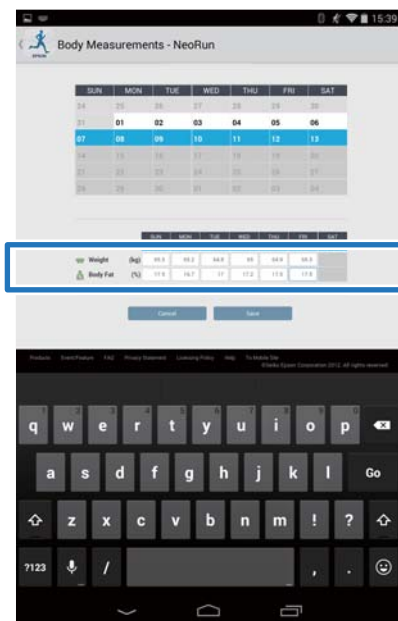
- 1 Start Run Connect on your smartphone.



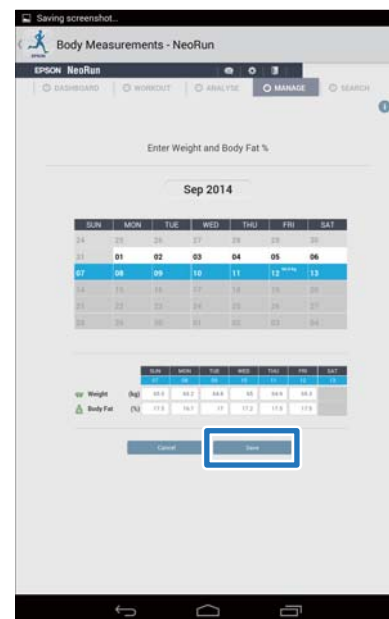
- 2 Tap Body Condition.



- 3 Tap the entry field of **Weight** and/or **Body Fat** and enter the value.



- 4 Tap Save.



Reducing the GPS Positioning Time (AGPS)

You can reduce the positioning time by downloading assistance data for the GPS satellites before running.

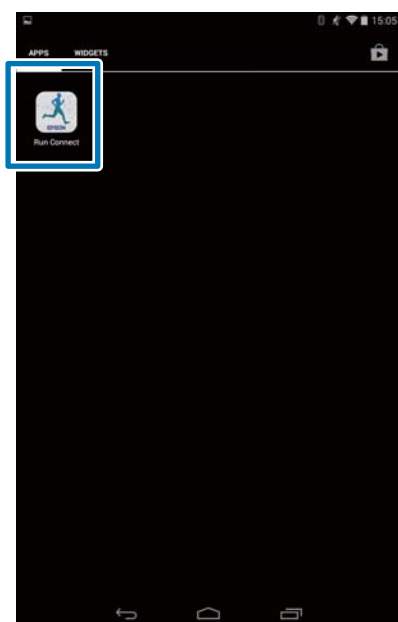
 ["Reducing the GPS Positioning Time \(AGPS\)" on page 22](#)

Reducing the GPS Positioning Time (AGPS)

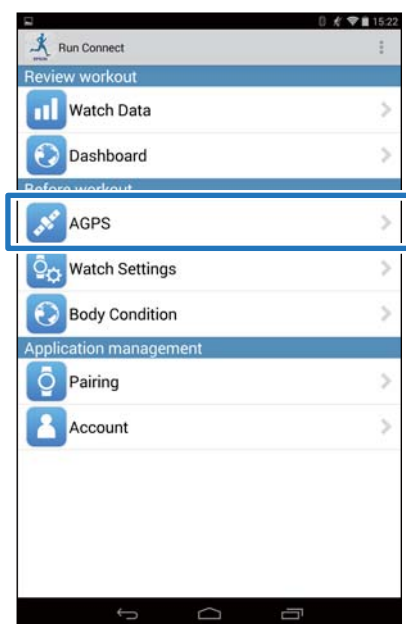
Reducing the GPS Positioning Time (AGPS)

Important:
You don't need to be outdoors for this operation.

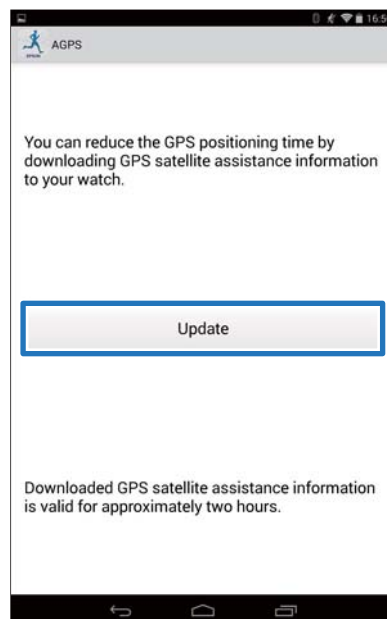
1 Start Run Connect on your smartphone.



2 Tap AGPS.

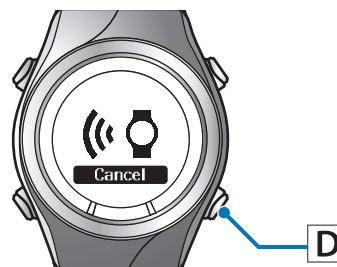


3 Tap Update.

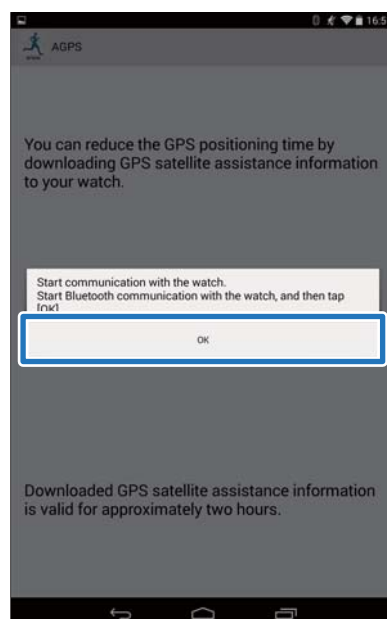


4 Hold down D on this product.

Bluetooth communication starts.



5 Tap OK on the smartphone.



Reducing the GPS Positioning Time (AGPS)

Note:

Try again if the communication fails.

- 6 Check that writing to the watch has completed and tap **OK**.

Changing the Settings

You can change the measurement settings such as AT Lap, Target Pace and Interval, user settings, and system settings.



Important:

Functions may not be available if the firmware version on your device is old. Check the firmware version on the device.

<http://www.epson.eu/runsense>

"Checking/Editing Watch Settings" on page 25

"Retrieving Saved Watch Settings" on page 47

Changing the Settings

Checking/Editing Watch Settings

You can change various device and measurement settings.

The following items can be configured.

 [“List of Settings” on page 42](#)

Note:
Available settings may differ depending on the smartphone you are using.

Category	Setting items
User Settings	Height
	Weight
	DOB
	Gender
	HR Zone 1 to 5
Sys. Settings	Distance Units
	Clock
	DST
	Time Zone
	Date Format
	Invert Disp.
	Contrast
	Auto Sleep
	AT Light
	Alarm
	Key Tones

Category	Setting items
Meas. Settings	AT Pause
	Tap
	Screen
	Activity Type
	Interval
	AT Lap
	Target Pace
	Waypoint
	HR

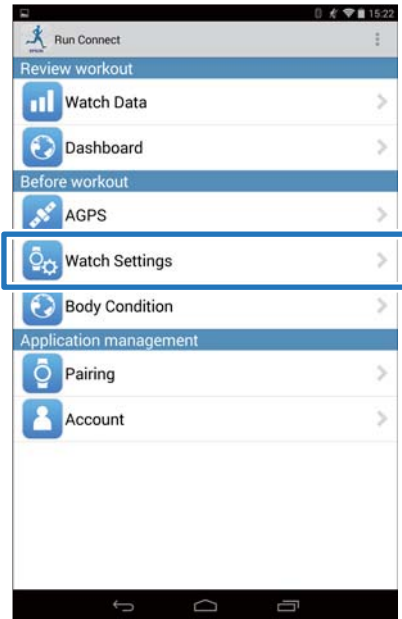
How to Configure

- 1 Start Run Connect on your smartphone.

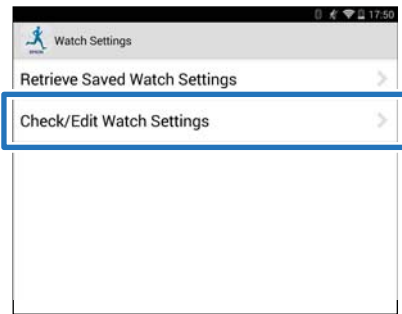


Changing the Settings

2 Tap **Watch Settings**.

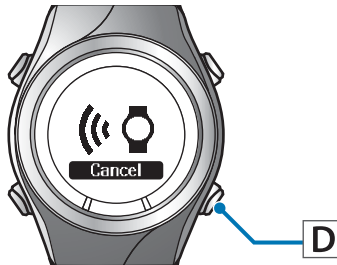


3 Tap **Check/Edit Watch Settings**.



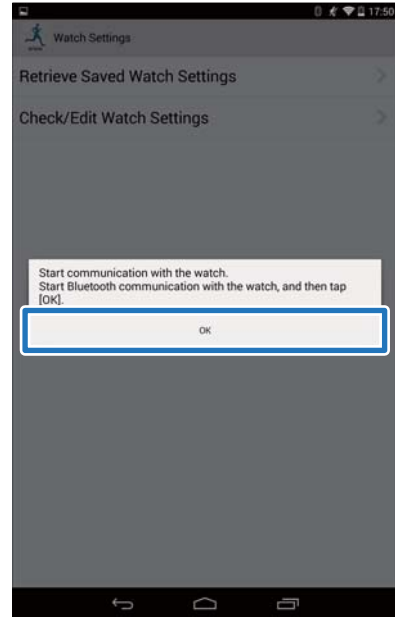
4 Hold down **D** on this product.

Bluetooth communication starts.



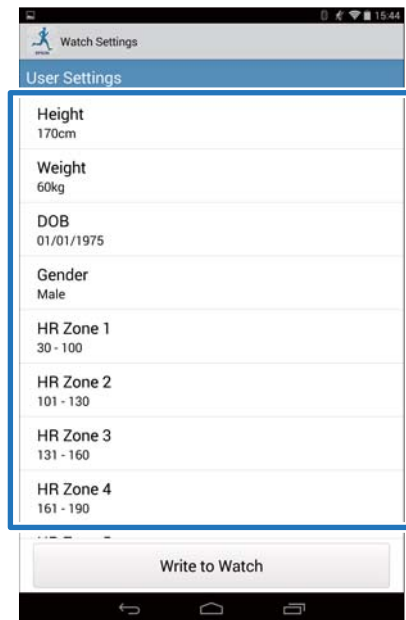
Note:
You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

5 Tap **OK** on the smartphone.



Note:
Try again if the communication fails.

6 Tap the item you want to configure.



Changing the Settings

Note:
Refer to the relevant page for setting the following items in measurement settings.

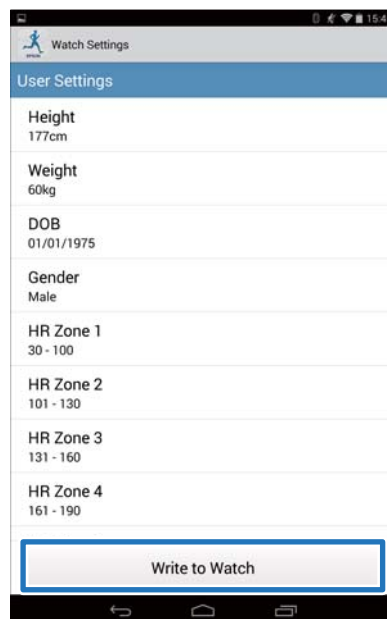
- ❑ **Interval:**
[“Setting the Interval Function” on page 28](#)
- ❑ **AT Lap:**
[“Setting the AT Lap Function” on page 30](#)
- ❑ **Target Pace:**
[“Setting the Target Pace Function” on page 34](#)
- ❑ **Waypoint:**
[“Setting the Waypoint Function” on page 38](#)

7 Change the setting, and then tap OK.

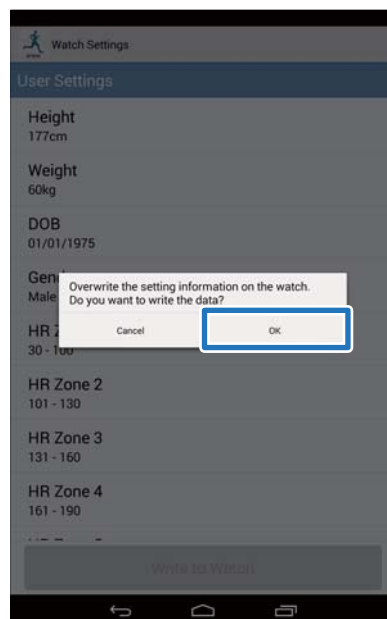
The screenshot shows **Height**.



8 Tap Write to Watch.



9 Tap OK.



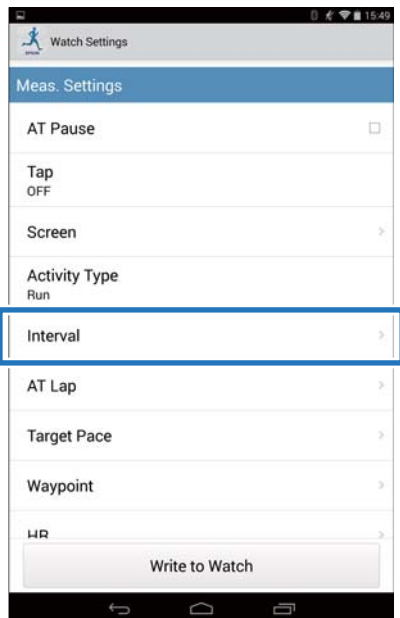
10 Check that writing to the watch has been completed and tap OK.

Changing the Settings

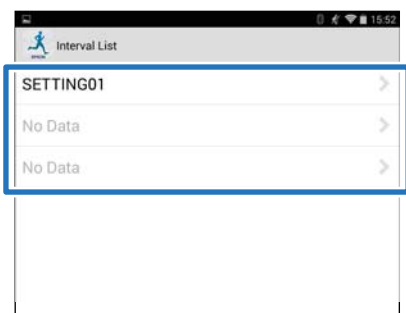
Setting the Interval Function

You need to specify the settings of sprint and recovery activities to use the Interval function.

1 Tap **Interval**.

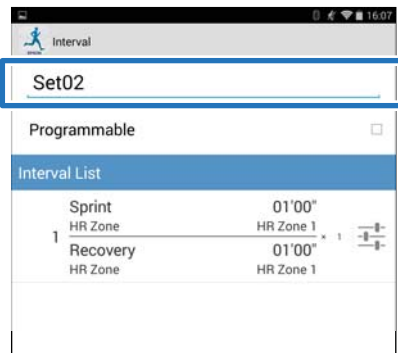


2 Tap **No Data** when you are adding a new setting. Tap the setting if you want to edit an existing setting.

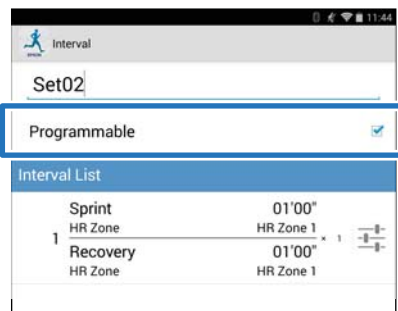


3 Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.

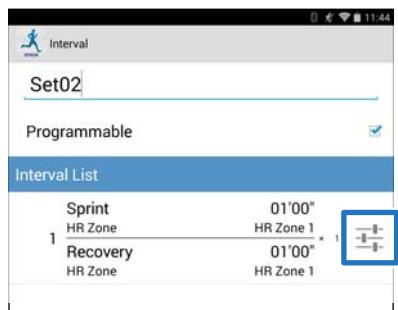


4 Turn **Programmable** ON if you want to combine multiple interval lists.



Note:
The Programmable function and + in step 7 may not be available depending on the model you are using.

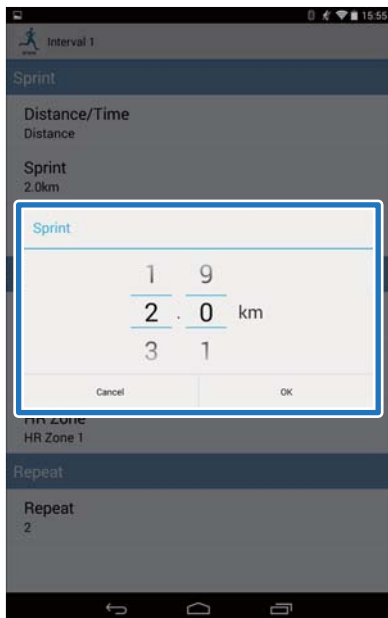
5 Tap the interval list setting button.



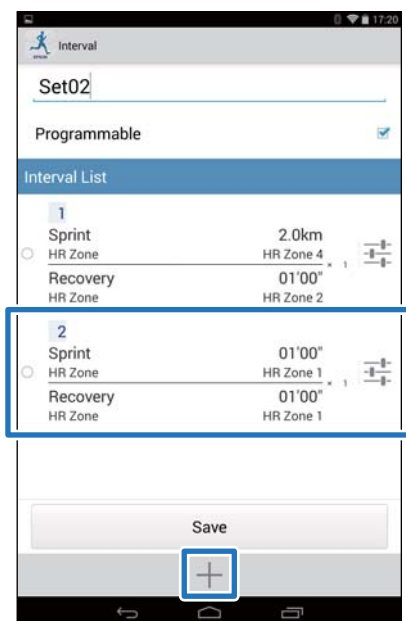
Changing the Settings

6 Specify the **Sprint**, **Recovery**, and **Repeat** items, and tap **Back**.

Go to step 8 if you are not setting more than one lap.



7 Tap **+** to add a new interval workout, specify the necessary items, and tap **Back**.



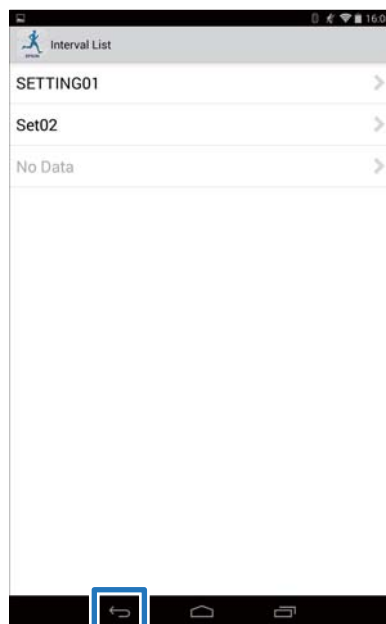
Note:

When multiple interval workouts are registered, you can delete and reorder the interval lists by tapping on the left side of the list.

8 Tap **Save**.

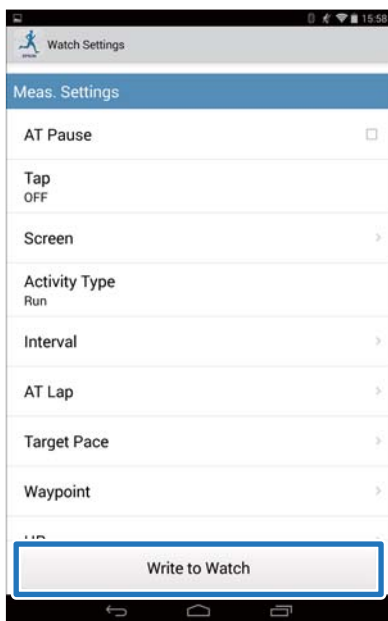


9 Tap **Back**.



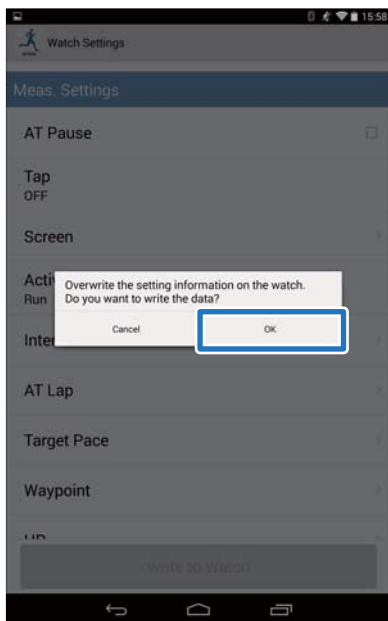
Changing the Settings

10 Tap **Write to Watch**.



11 Tap **OK**.

Settings are written to the device.

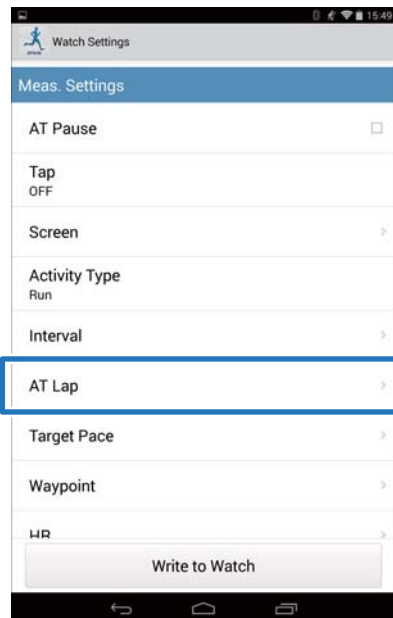


12 Check that writing to the watch has completed and tap **OK**.

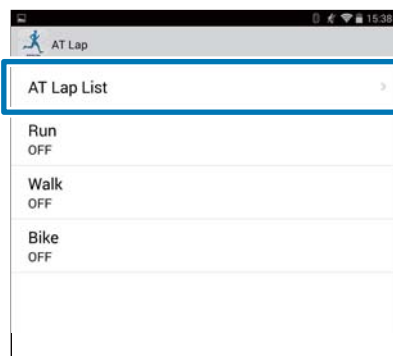
Setting the AT Lap Function

You can specify the time or distance to divide laps using the AT Lap function.

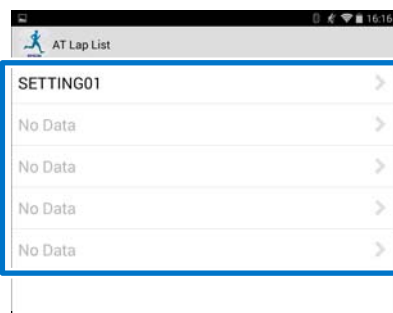
1 Tap **AT Lap**.



2 Tap **AT Lap List**.



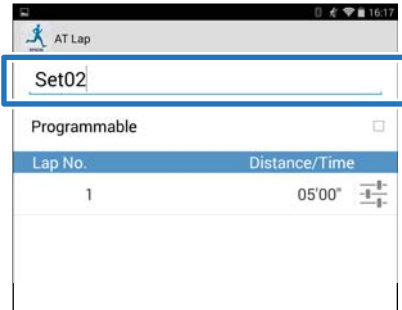
3 Tap **No Data** when you are adding a new setting. Tap the setting if you want to edit an existing setting.



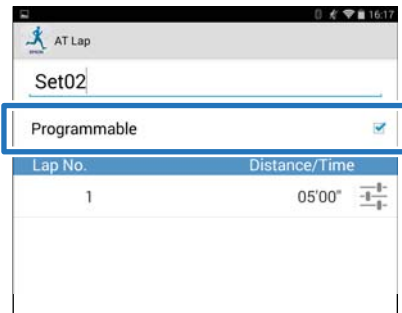
Changing the Settings

4 Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.

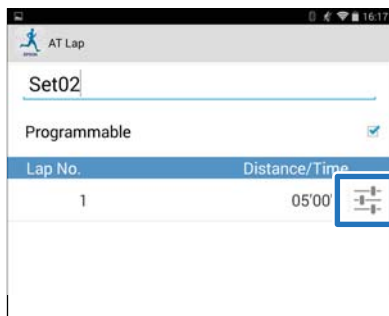


5 Turn **Programmable** ON if you want to combine multiple laps.



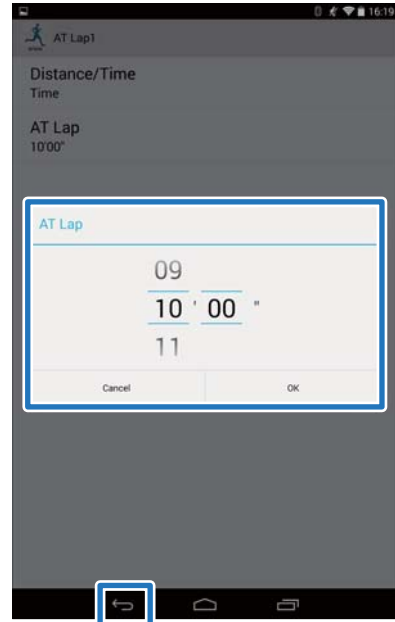
Note:
The Programmable function and + in step 8 may not be available depending on the model you are using.

6 Tap the lap setting button.

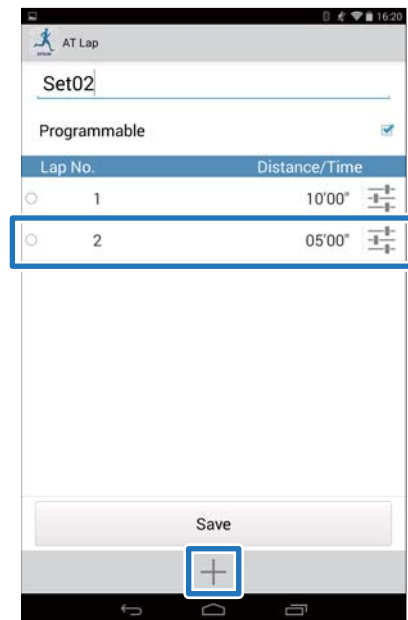


7 Specify the **Distance** or **Time**, and then tap Back.

Go to step 9 if you are not setting more than one lap.



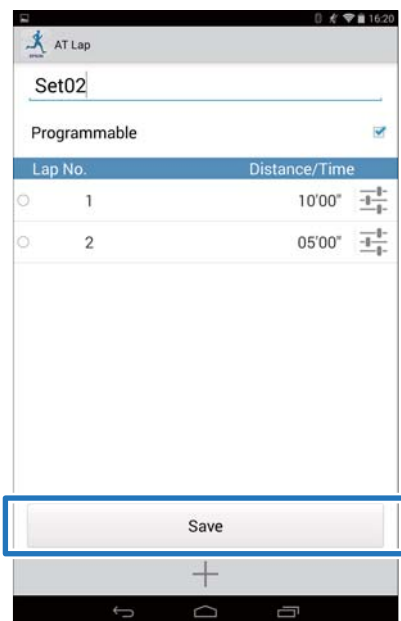
8 Tap + to add a lap and specify the **Distance** or **Time** for the lap.



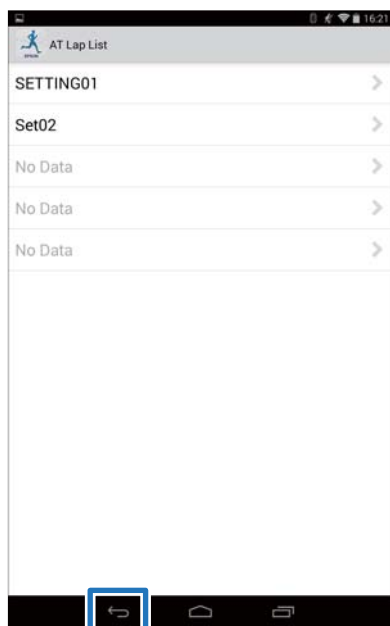
Note:
When multiple laps are registered, you can delete and reorder laps by tapping on the left side of the list.

Changing the Settings

9 Tap **Save**.

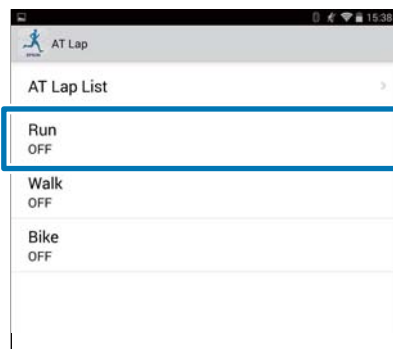


10 Tap **Back**.

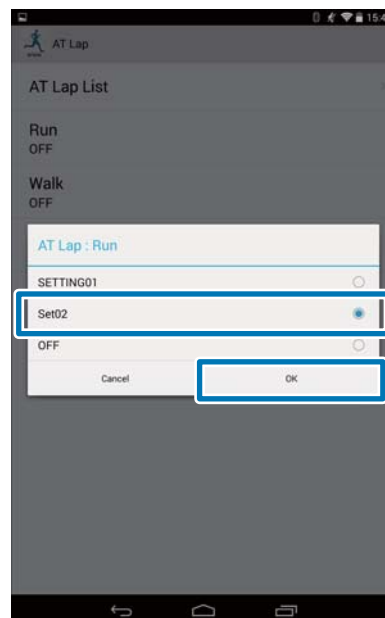


11 Tap **Activity Type** to apply the set AT Lap.

The screen used here is for Run.

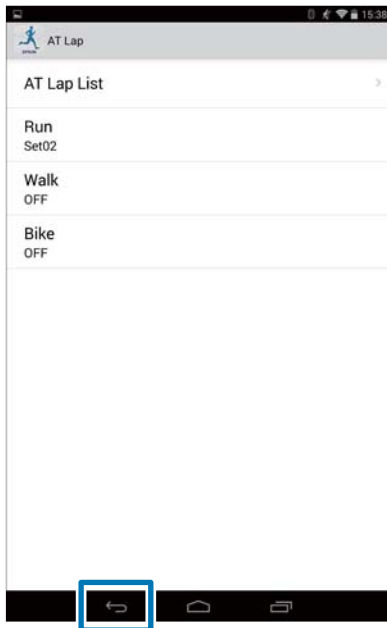


12 Select the set AT Lap, and then tap **OK**.

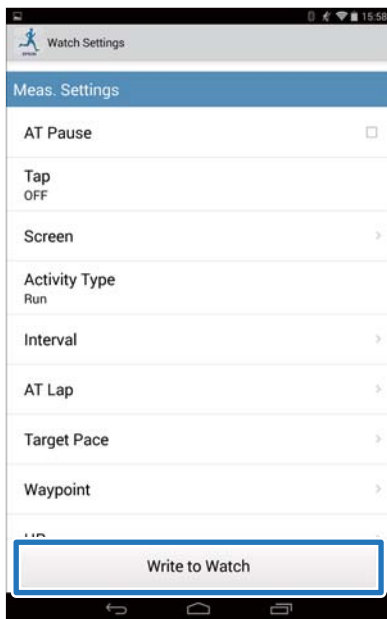


Changing the Settings

13 Tap Back.

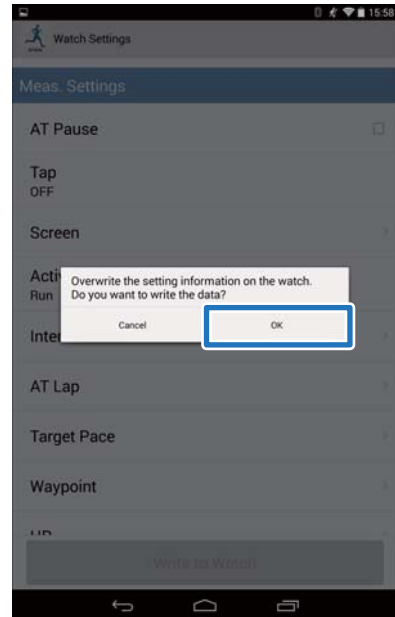


14 Tap Write to Watch.



15 Tap OK.

Settings are written to the device.



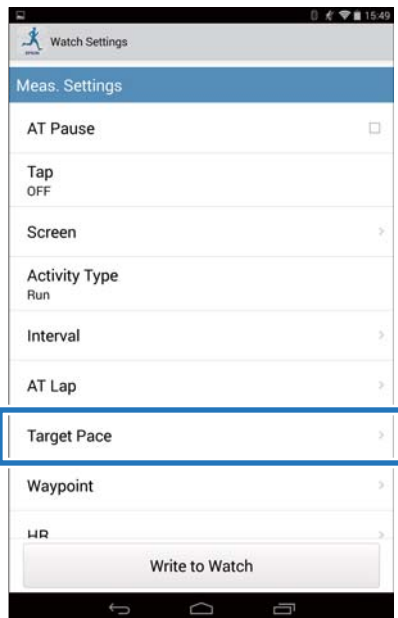
16 Check that writing to the watch has been completed and tap OK.

Changing the Settings

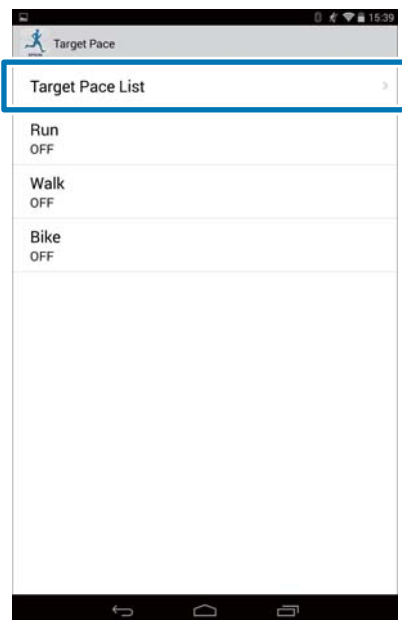
Setting the Target Pace Function

You can specify the target pace and an alarm will notify you when you fall outside the target pace window.

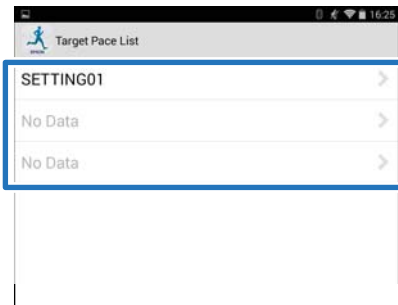
1 Tap **Target Pace**.



2 Tap **Target Pace List**.

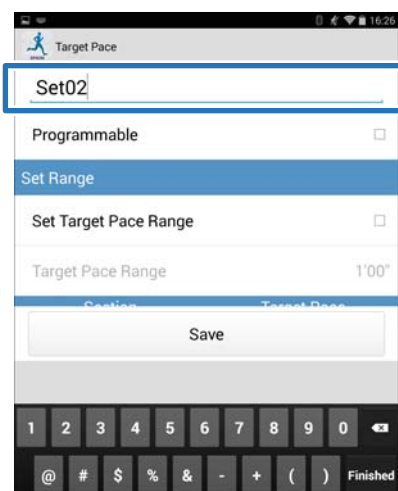


3 Tap **No Data** when you are adding a new setting.
Tap the setting if you want to edit an existing setting.

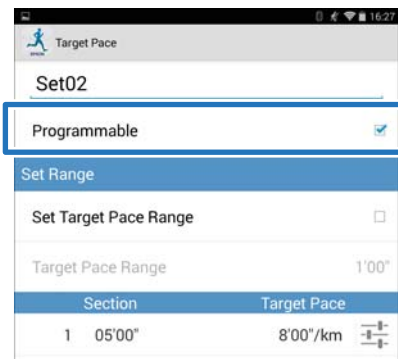


4 Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.



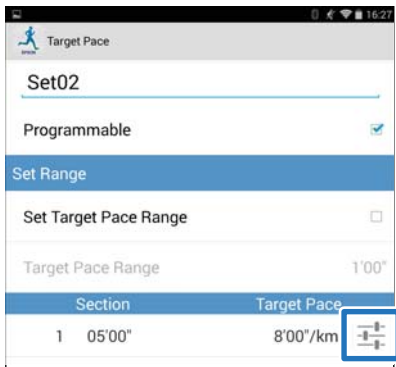
5 Turn **Programmable** ON if you want to combine multiple target paces.



Changing the Settings

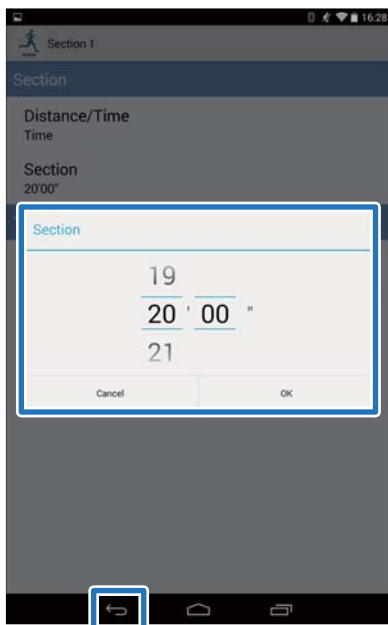
Note:
The Programmable function and + in step 8 may not be available depending on the model you are using.

6 Tap the target pace setting button.

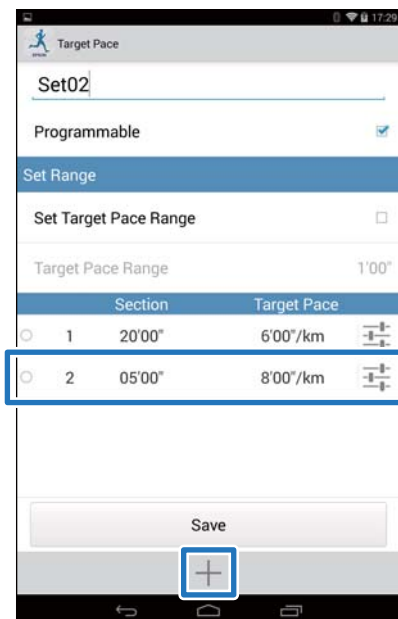


7 Specify the **Time** or **Distance** of the **Section** and **Target Pace**, and tap Back.

Go to step 10 if you are not setting more than one lap.

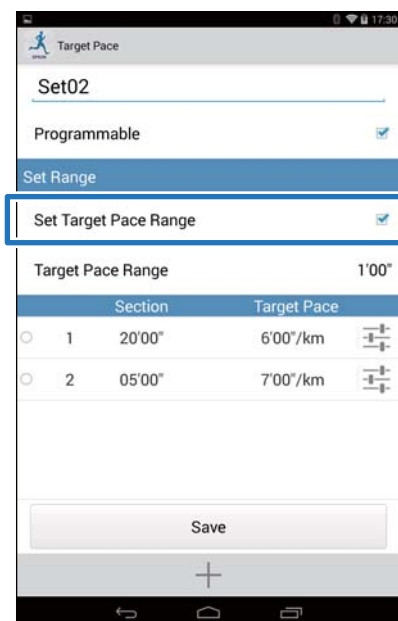


8 Tap + to add a target pace, and then specify the **Time** or **Distance** and **Target Pace**, and tap Back.



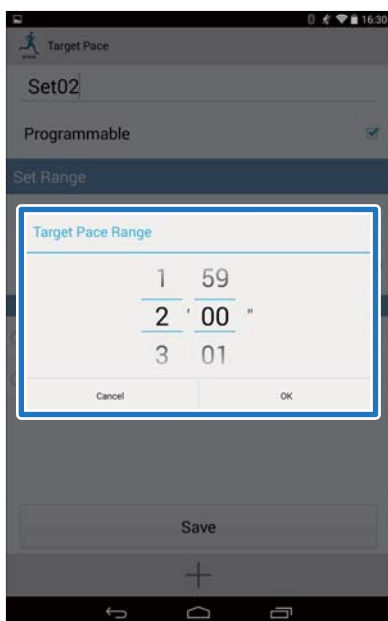
Note:
When multiple target paces are registered, you can delete and reorder target paces by tapping ○ on the left side of the list.

9 Turn **Set Target Pace Range** ON to enable the alarm that notifies you when you are off the specified pace.

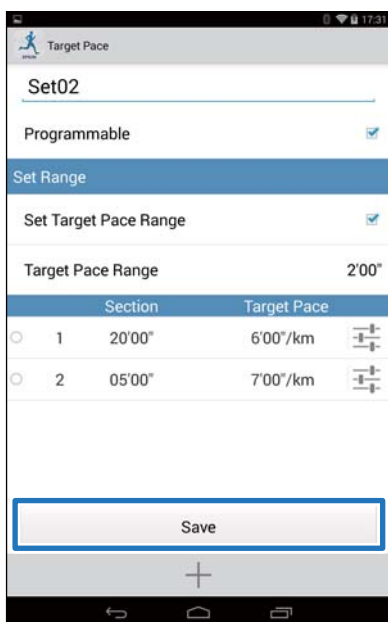


Changing the Settings

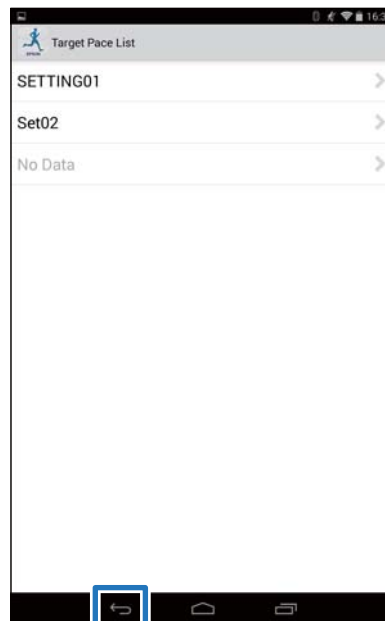
- 10** Specify **Target Pace Range**, and then tap **OK**.



- 11** Tap **Save**.

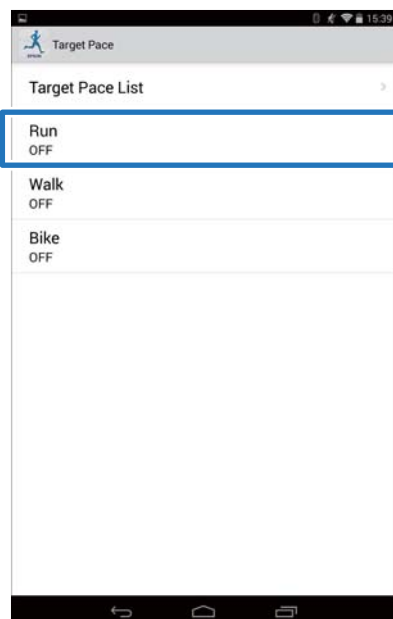


- 12** Tap **Back**.



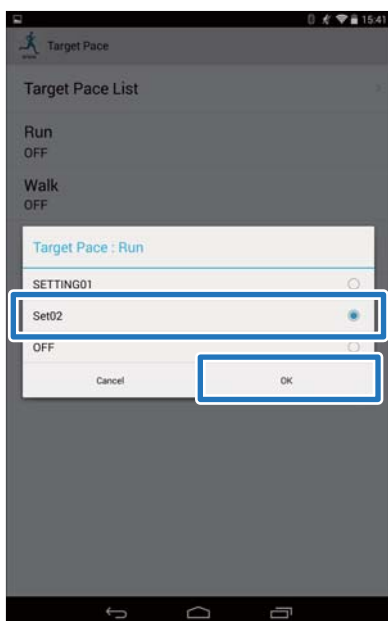
- 13** Tap **Activity Type** to apply the set Target Pace.

The screen used here is for Run.

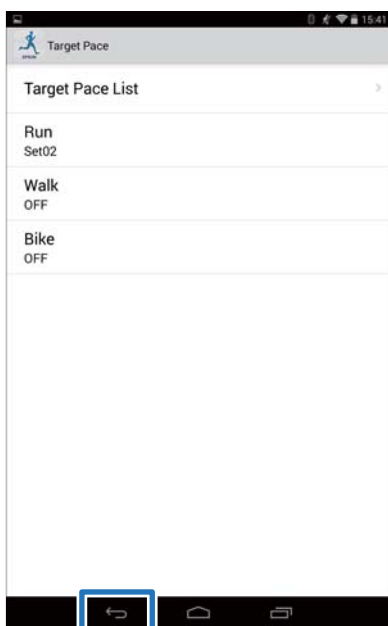


Changing the Settings

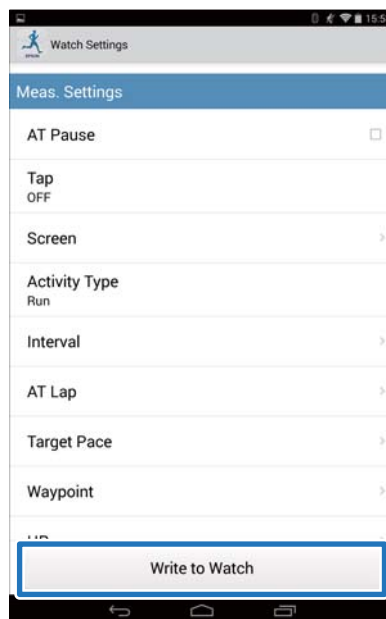
14 Select the set Target Pace, and then tap **OK**.



15 Tap **Back**.

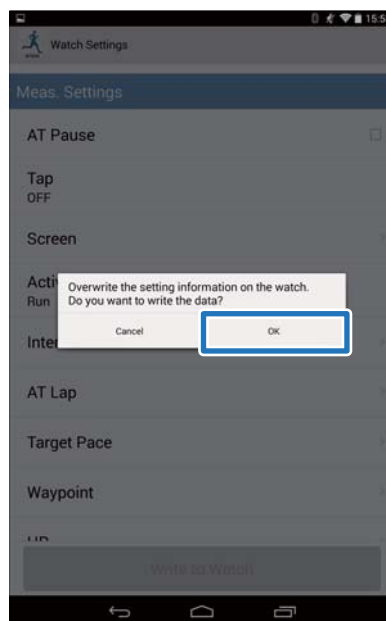


16 Tap **Write to Watch**.



17 Tap **OK**.

Settings are written to the device.



18 Check that writing to the watch has completed and tap **OK**.

Changing the Settings

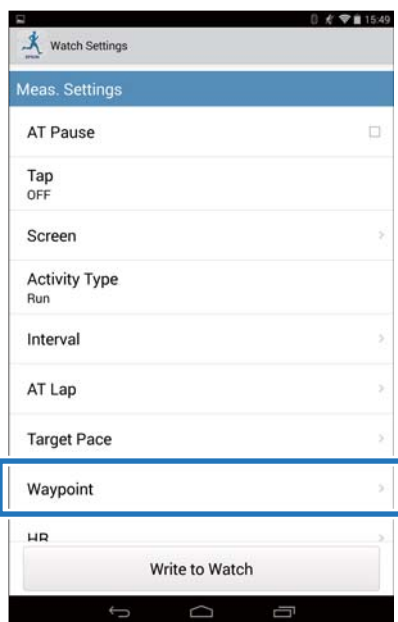
Setting the Waypoint Function

You can add waypoints on the map.

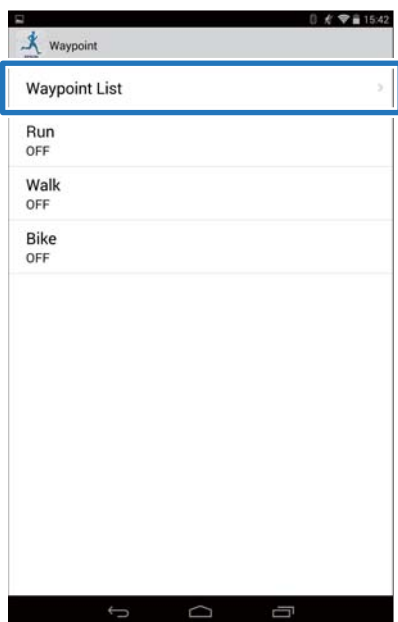
Note:

The Waypoint function may not be available depending on the model you are using.

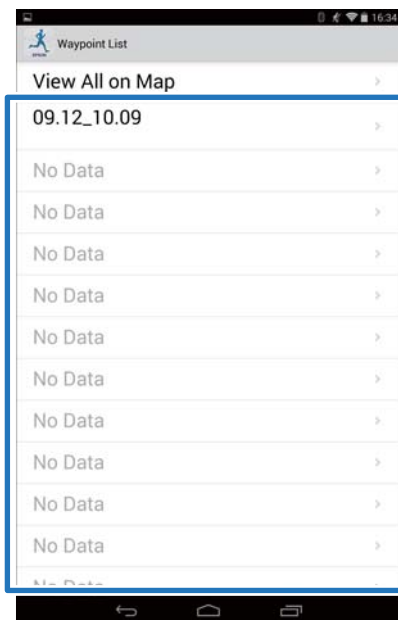
1 Tap Waypoint.



2 Tap Waypoint List.



3 Tap No Data when you are adding a new setting. Tap the setting if you want to edit an existing setting.

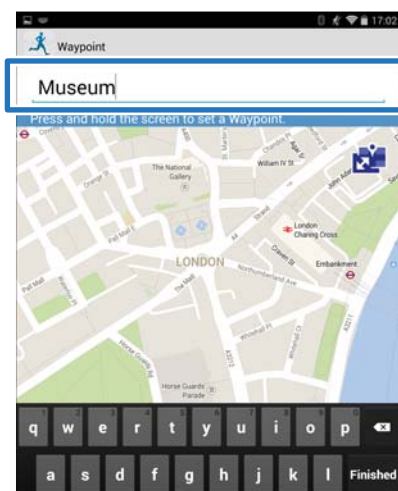


Note:

You can check all registered waypoints by tapping View All on Map.

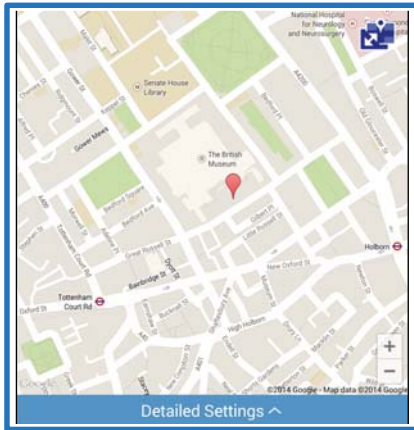
4 Enter or edit the title.

Enter the title using letters, numbers, spaces, hyphens, and underscores.

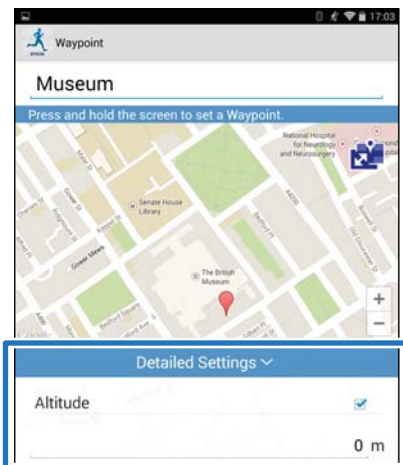


Changing the Settings

- 5 Either press and hold the screen at the point on the map where you would like to set the waypoint.



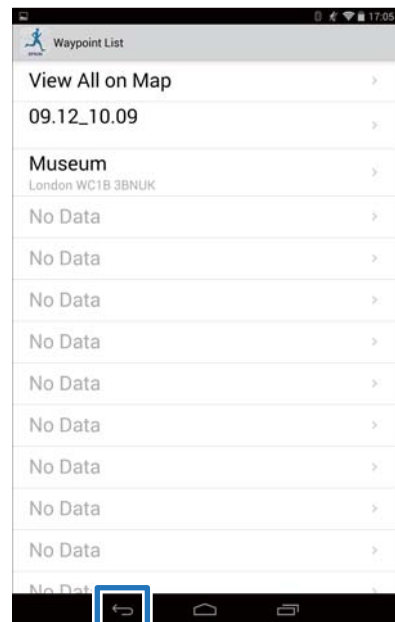
Note:
 You can specify the altitude by tapping **Detailed Settings**. Turn **Altitude ON**, enter the value, and tap **Save**.



- 6 Tap **Save**.



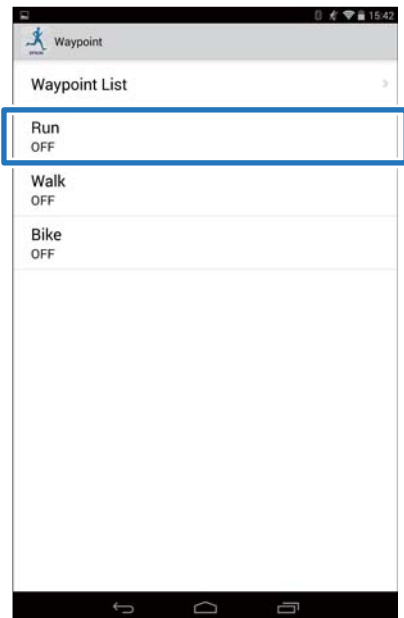
- 7 Tap **Back**.



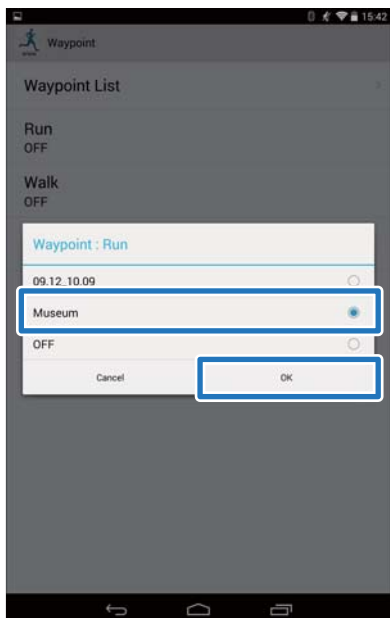
Changing the Settings

- 8 Tap Activity Type to apply the set waypoint.

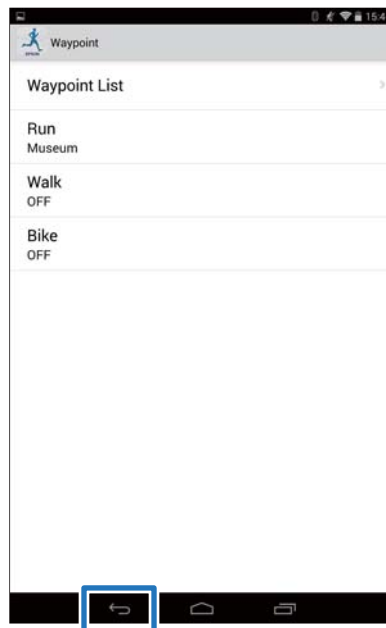
The screen used here is for Run.



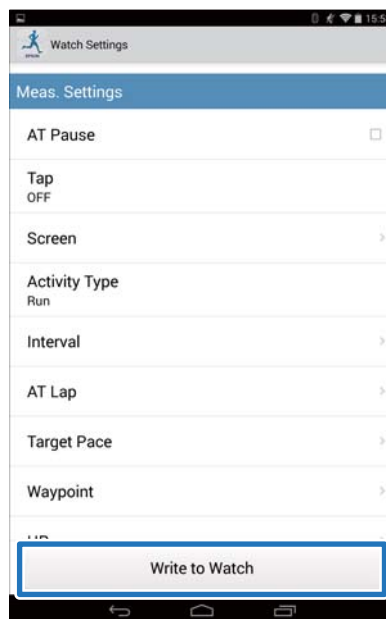
- 9 Select the set waypoint, and then tap OK.



- 10 Tap Back.



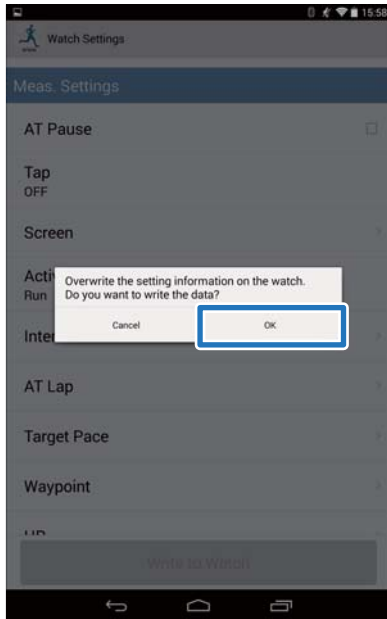
- 11 Tap Write to Watch.



Changing the Settings

12 Tap **OK**.

Settings are written to the device.



13 Check that writing to the watch has been completed and tap **OK**.

Changing the Settings

List of Settings

User Settings

Set the user information.

The value in brackets () is the default setting.

Note:
Available settings may differ depending on the model you are using.

Setting items	Value	Explanation
Height	(170 cm)	Set the height.
Weight	(60 kg)	Set the weight.
DOB	(1975.01.01)	Set your date of birth.
Gender	Male (default)	Set your gender.
	Female	
HR Zone	HR Zone 1 (30 to 100 bpm)	Set the maximum and minimum heart rate. You can set five zones to suit the exercise intensity.
	HR Zone 2 (101 to 130 bpm)	
	HR Zone 3 (131 to 160 bpm)	
	HR Zone 4 (161 to 190 bpm)	
	HR Zone 5 (191 to 240 bpm)	

Changing the Settings

System Settings (Sys. Settings)

Make settings for the device's system.

The value in brackets () is the default setting.

Note:

Available settings may differ depending on the model you are using.

Setting items	Value	Explanation
Distance Units	km (default)	Set the display units for distance.
	mile	
Clock	12 Hour (default)	Set the format for the display time.
	24 Hour	
DST	ON	Set summer time.
	OFF (default)	
Time Zone	Auto (default)	<p>Sets the time zone for your location.</p> <p>When you specify Auto the time zone is automatically set as you perform time adjust.</p> <p>When Auto is turned off, you can specify Time Difference with a value between -12:00 and +14:00.</p>
Date Format	Day. Month	Set the display format for the date.
	Month. Day (default)	
Invert Disp.	ON	Set the display format for the screen.
	OFF (default)	<p>When ON is selected, white text is displayed over a black background.</p> <p>When OFF is selected, black text is displayed over a white background.</p>
Contrast	(4)	Set the contrast for the screen.
Auto Sleep	ON (default)	When you leave the device for a while, this function automatically puts the device into sleep status.
	OFF	Entering sleep status reduces the amount of power consumption.
AT Light	ON	When the screen changes, this function automatically turns on the light. When a specified time has passed, the light automatically turns off.
	OFF (default)	

Changing the Settings

Setting items	Value	Explanation
Alarm	Tones (default)	Set the alarm type.
	Vib. (vibration)	
	Tones & Vib. (vibration)	
	OFF	
Key Tones	ON (default)	Turn on or off the Key Tones.
	OFF	

Changing the Settings

Measurement Settings (Meas. Settings)

Note:

Available settings may differ depending on the model you are using.

Setting items	Value	Explanation
AT Pause	ON	This function automatically stops measuring when you stop running, and resumes when you continue running.
	OFF (default)	
Tap (Only for the measurement screen)	Lap	You can perform one of the functions specified in this item by tapping the screen while measuring. When Bike is selected as the Activity Type , the tap function may operate automatically depending on the condition of the road surface. If this occurs, we recommend to change the setting to OFF .
	Light	
	Screen Chg.	
	OFF (default)	
Screen	Screen1	You can display up to four measurement screens. You can change the screen pattern and the measurement items displayed for each screen. You can also change the Display Lap Screen , but this is not displayed for the interval function.
	Screen2	
	Screen3	
	Screen4	
	Display Lap Screen	
Activity Type	Run (default)	Set when running or jogging.
	Walk	Set when walking.
	Bike	Set when performing exercises that do not require you to swing your arms, such as riding a bike.
Interval	SETTING 01 to 03	Set the contents of high-intensity training (sprint) and low-intensity training (recovery) and the number of times they are repeated.
AT Lap	SETTING 01 to 05	When a time or distance set in advance is reached, this function records laps automatically. Set the lap time or distance. You can set five times or distances within the following range. Time: 01'00" to 60'00" (in increments of 1 minute) Distance: 0.1 to 10.0 km (in increments of 0.1 km)
	OFF (default)	

Changing the Settings

Setting items	Value	Explanation
Target Pace	SETTING 01 to 03	<p>Set the target time and pace range for one kilometer/mile. An alarm sounds if you are outside the set pace range.</p> <p>You can set three target paces within the following range.</p> <p>Target Pace: 1'00" to 15'00"/km (in increments of 1 second)</p> <p>Pace Range: 00'05" to 03'00"/km (in increments of 1 second)</p>
	OFF (default)	
Waypoint	Depends on your settings	<p>You can specify a registered waypoint to display the direction, distance, and altitude difference* to that point. As you approach the specified point, an alarm sounds.</p>
	OFF (default)	
HR	ON	<p>You can measure your heart rate. You need the optional heart rate monitor depending on the model you are using. For more information, see the User Manual.</p> <p>The default is set to ON for SF-810.</p>
	OFF (default)	

* You need to enter the altitude when setting a waypoint on the smartphone.

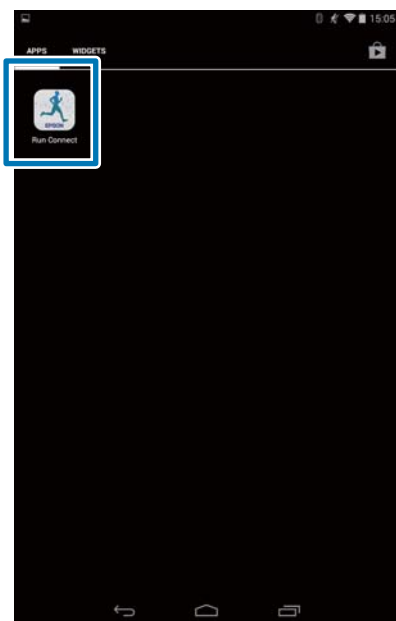
Changing the Settings

Retrieving Saved Watch Settings

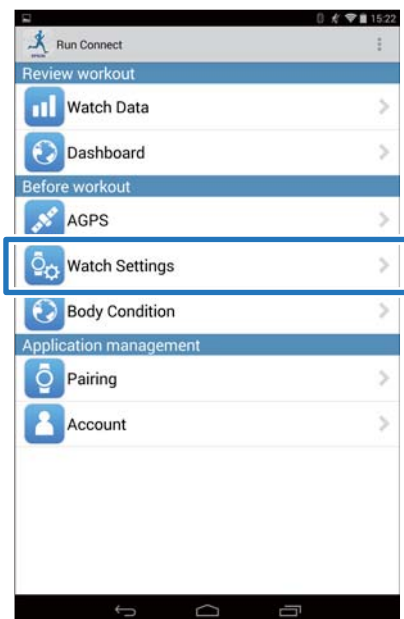
You can switch between settings to suit your training contents by re-uploading previously saved settings.

Creating New Settings

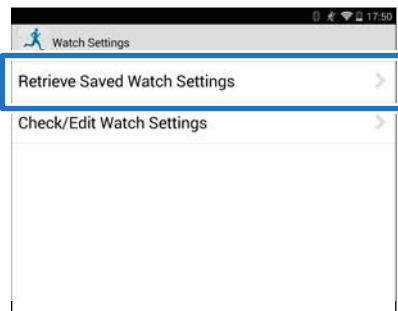
- 1 Start Run Connect on your smartphone.



- 2 Tap Watch Settings.

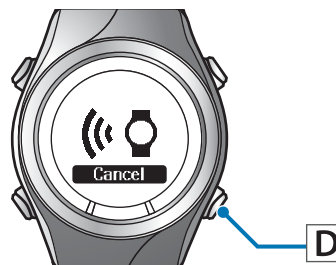


- 3 Tap Retrieve Saved Watch Settings.



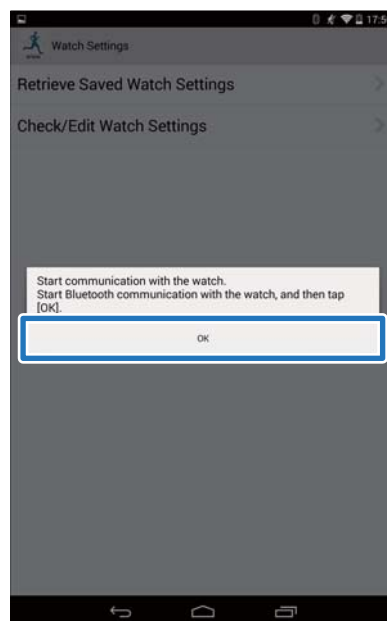
- 4 Hold down D on this product.

Bluetooth communication starts.



Note:
You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

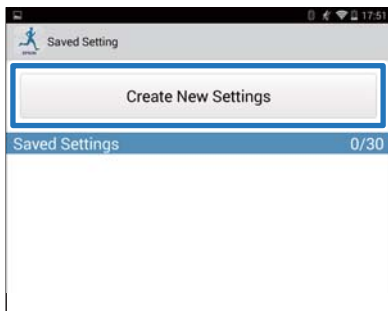
- 5 Tap OK on the smartphone.



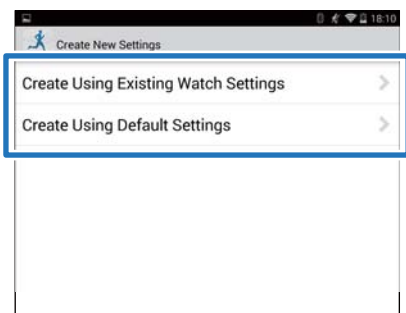
Changing the Settings

Note:
Try again if the communication fails.

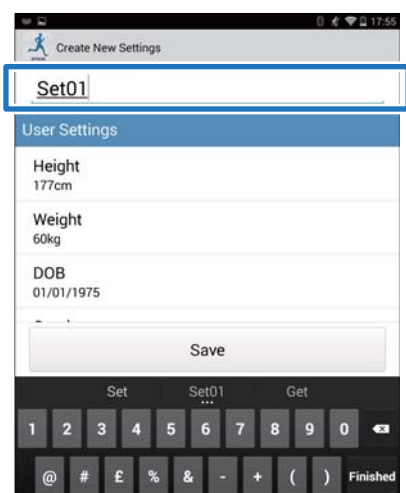
6 Tap **Create New Settings**.



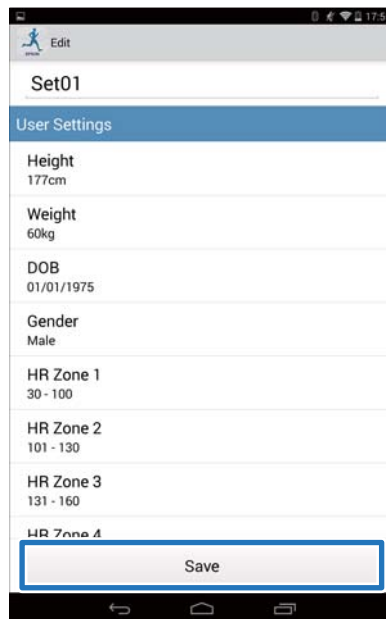
7 Select from the below options.



8 Enter the setting name.

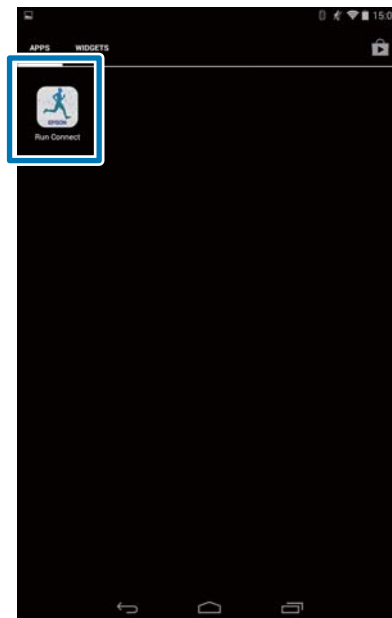


9 Change the settings, and tap **Save**.



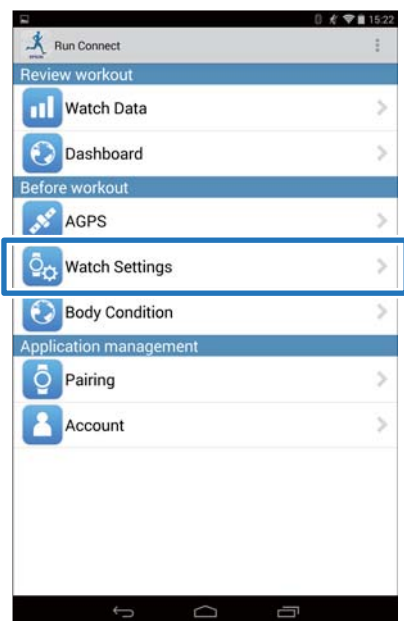
Selecting a Saved Settings

1 Start Run Connect on your smartphone.

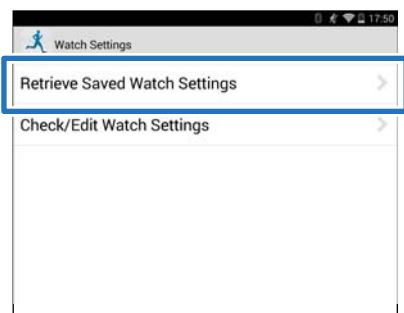


Changing the Settings

2 Tap **Watch Settings**.

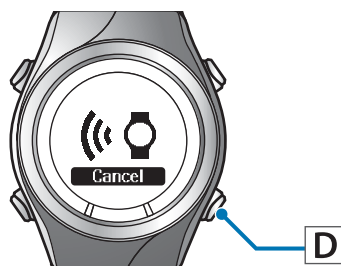


3 Tap **Retrieve Saved Watch Settings**.



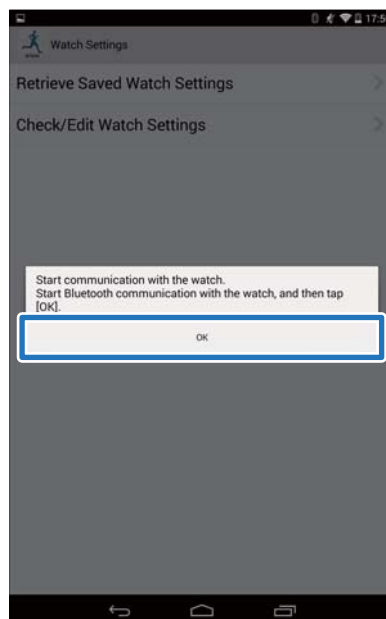
4 Hold down **D** on this product.

Bluetooth communication starts.



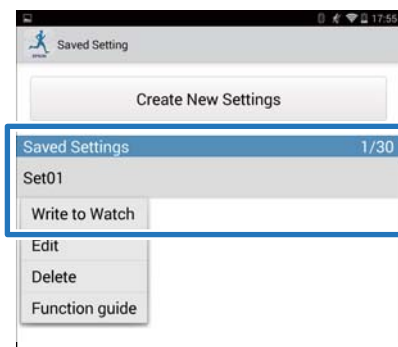
Note:
You can also start Bluetooth communication from the Settings menu on this product. Refer to "Settings" in the User Manual for details.

5 Tap **OK** on the smartphone.



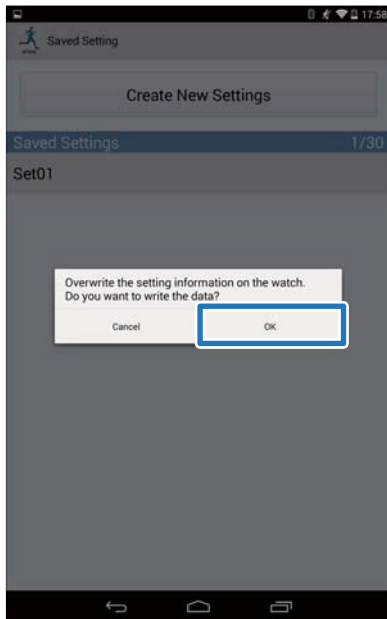
Note:
Try again if the communication fails.

6 Tap the saved settings, and then tap **Write to Watch**.



Changing the Settings

7 Tap **OK**.



8 When writing to watch is complete, tap **OK**.

Troubleshooting

This section explains how to solve problems that occur during use.

 ["Problem Solving" on page 52](#)

 ["Unpairing Devices" on page 54](#)

 ["Contacting us About this Product" on page 57](#)


Troubleshooting

Problem Solving

Check each item.

Screen	Problem	Message contents	Solution
Watch Data List Upload Watch Settings AGPS	Communications to the watch was cut off.	Cannot communicate with the watch. Check that the Bluetooth setting on the Android device is on, and then try again. If the error continues to occur, start the pairing procedure again.	Try the following and tap the menu item again. <ul style="list-style-type: none"> <input type="checkbox"/> Charge the watch <input type="checkbox"/> Establish the communications with the watch and keep close to you <input type="checkbox"/> Turn Bluetooth ON in the Android If the problem persists even after you have tried the above, unpair and pair the devices again, and then tap the menu 👉 "Unpairing Devices" on page 54
Watch Data List Watch Settings AGPS	Cannot communicate with the watch.	Cannot communicate with the watch. Check that the Bluetooth setting on the Android device is on, and then try again. If the error continues to occur, start the pairing procedure again.	Try the following and tap the menu item again. <ul style="list-style-type: none"> <input type="checkbox"/> Charge the watch <input type="checkbox"/> Establish the communications with the watch and keep close to you <input type="checkbox"/> Turn Bluetooth ON in the Android If the problem persists even after you have tried the above, unpair and pair the devices again, and then tap the menu 👉 "Unpairing Devices" on page 54
		Cannot read information on the paired watch. Upload again.	

Troubleshooting

Screen	Problem	Message contents	Solution
Upload	Cannot communicate with the watch.	Cannot communicate with the watch. Check that the Bluetooth setting on the Android device is on, and then try again. If the error continues to occur, start the pairing procedure again.	<p>Try the following and tap Upload again.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Charge the watch <input type="checkbox"/> Establish the communications with the watch and keep close to you <input type="checkbox"/> Turn Bluetooth ON in the Android <p>If the problem persists even after you have tried the above, unpair and pair the devices again, and then tap Upload.</p> <p> "Unpairing Devices" on page 54</p>
		Cannot read information on the paired watch. Upload again.	

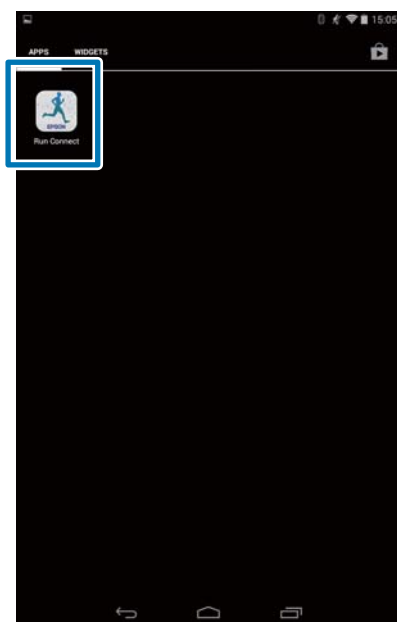
If you cannot solve the problem even after trying the points above, contact our service center.

Unpairing Devices

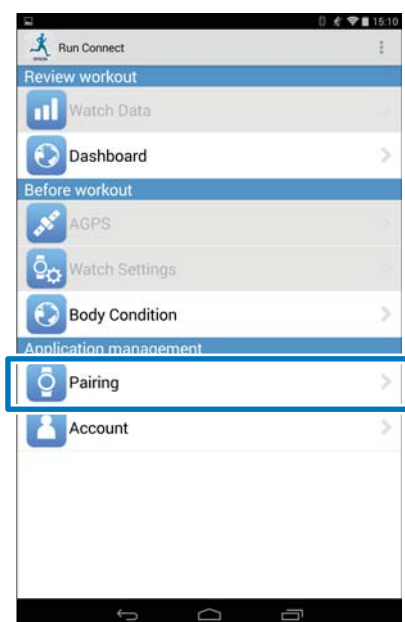
Unpair the devices if the smartphone and this product are not communicating properly or you want to pair the smartphone with another product.

Operations on the smartphone

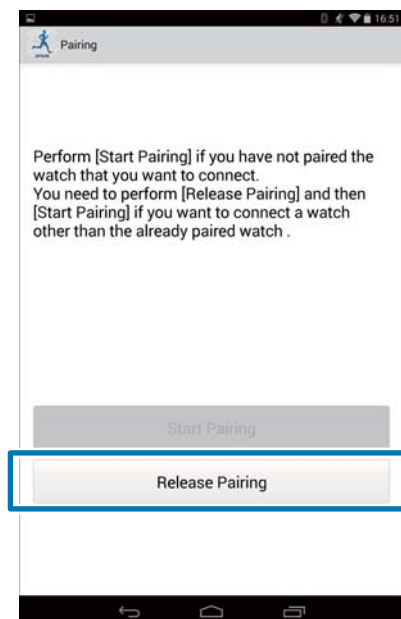
- 1 Start Run Connect on your smartphone.



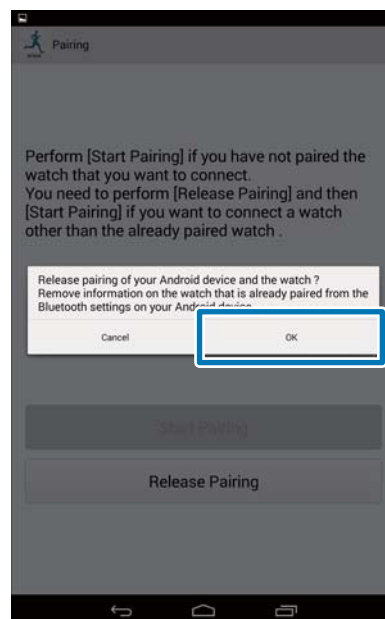
- 2 Tap Pairing.



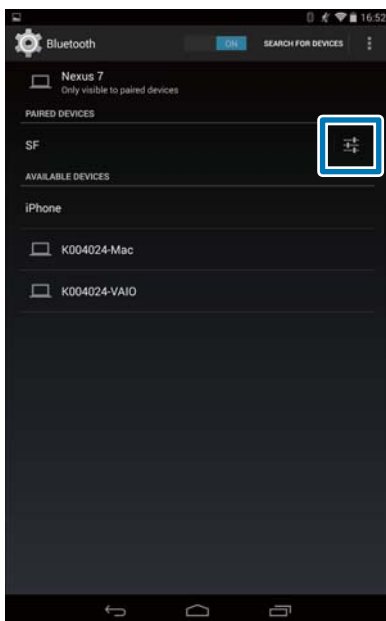
- 3 Tap Release Pairing.



- 4 Check that the devices are unpaired and tap OK.

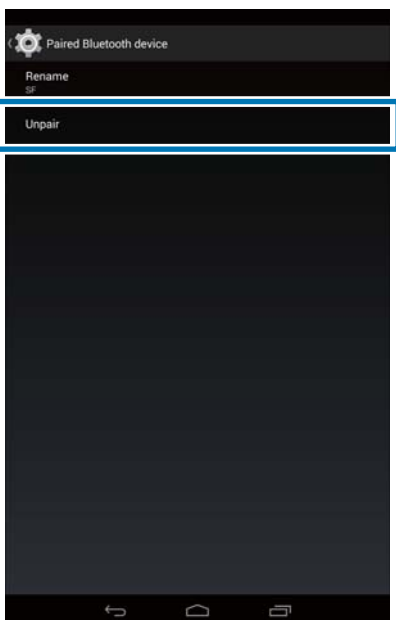


5 Tap the SF setting icon.



Note:
Operations may vary depending on the smartphone you are using. Refer to your smartphone's user manual for details.

6 Tap Unpair.



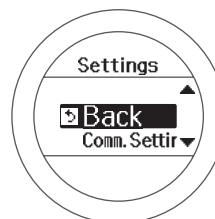
Operations on the Product

Operation buttons



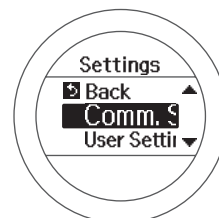
1 Displays the **Settings** menu.

Hold down **B** on the time screen.



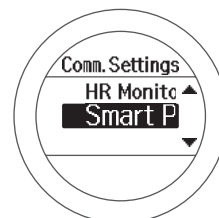
2 Select **Comm. Settings**.

Use **C/D** to select, and then press **A**.



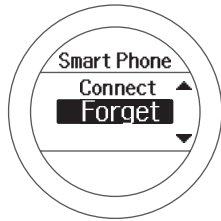
3 Select **Smart Phone**.

Use **C/D** to select, and then press **A**.



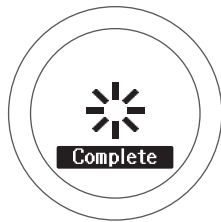
4 Select **Forget Device**.

Use **C/D** to select, and then press **A**.



5 Complete the communication settings.

Press **A**.



6 Complete the settings.

Hold down **A**.

Displays the time screen.

Contacting us About this Product

Go to <http://www.epson.eu/runsense> for service contact details.

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<http://www.epson.com/europe.html>

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