



GoWatch X-PRO GPS Sport Watch

User Manual

Controls



1 LAP / BACK

3 UP

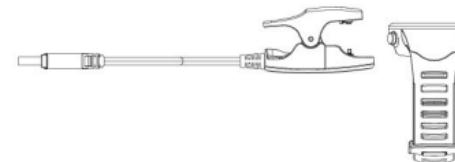
2 MODE / POWER

4 OK

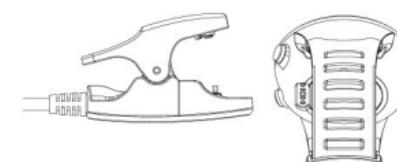
5 DOWN

How to charge your watch

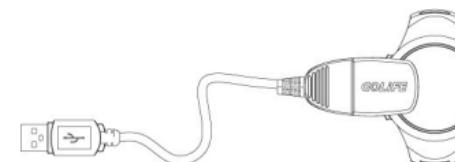
1. Connect the connecting cable to a computer USB port and clamp the other end to the left side of the X-PRO



2. Lightly press down on the end of the charging clamp and align the protrusions at the head of the clamp with the corresponding indents at the bottom of the X-PRO



3. Clamp the charging clamp to the watch, and the X-PRO will automatically start charging.



Quick Start Guide



Once you are outdoors, press the MODE key to enter exercise mode and wait for satellite signal.



Once GPS positioning has completed, press OK, use the UP and DOWN buttons to select your exercise type, and then press OK after selection to start recording data.



If the GPS positioning has not yet completed, press OK and select "Start Now" to enter indoor mode.



Exercise status (To adjust types of data displayed go to Settings → Display Settings)



Press OK once to pause data recording, then press OK again to resume.



Press OK once to pause data recording, press LAP to stop data recording, and then select Yes to store your data.



Go to Activities → Activity Records to view your saved records.



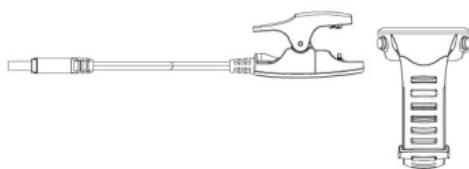
For more details, please scan the QR code to the right or go to the following website: <http://www.goyourlife.com/>

GOLiFE
by PAPAGO!



Uploading with GOLiFE CONNECT

1. Clamp the connecting cable to the watch.

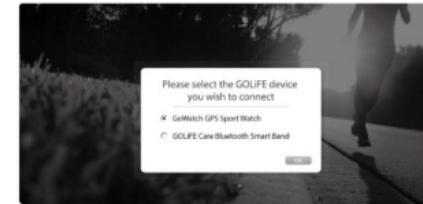


2. Connect the other end of the cable to a computer USB port.



3. Please visit this page:
www.goyourlife.com/en/synctool
then download and install GOLiFE CONNECT step by step. Skip this step if you already installed.

4. Select product → GoWatch Professional Sports Watch.



5. Enter your GOLiFE account details or log in using a social media account.



6. Update firmware or upload exercise data.



Install the GOLiFE RUN APP

Download the GOLiFE RUN APP:

Please use the following method to download and install the app.



or search for

GOLiFE RUN in or

GOLiFE RUN App Store Google play

GoWatch settings

- Open the app and register a new GOLiFE account (log in directly if you already have a GOLiFE account)
- Open the app, select your device, and follow the instructions to pair your GoWatch
- Before pairing, please make sure that the Bluetooth connection on your mobile device has been activated. (On your mobile device, go to Settings→Bluetooth→Turn on)

Pair with the GoWatch



Please place your watch near your mobile device and select "Pair with GoWatch"



Wait for pairing code.



Enter the pairing code and complete pairing with the app.

The Federal Communication Commission Statement

This equipment has been tested and found to comply with the limits for a Class B Digital Device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instruction, may cause harmful interference to radio communication. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of more of the following measures: -

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

Use only shielded cables to connect I/O devices to this equipment. You are cautioned that change or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

THIS DEVICE COMPLIES WITH PART 15 OF FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:

- 1 **This device may not cause harmful interference and**
- 2 **This device must accept any interference received, including interference that may cause undesired operation.**

The antenna used for this transmitter must not be collocated or operation in conjunction with any other antenna or transmitter.

Notice : The changes or modifications not expressly approved by the party responsible for compliance could void the user' s authority to operate the equipment.

IMPORTANT NOTE: To comply with the FCC RF exposure compliance requirements, no change to the antenna or the device is permitted. Any change to the antenna or the device could result in the device exceeding the RF exposure requirements and void user' s authority to operate the device.