

TIMEX®
Ironman R300
GPS Watch
Quick Start Guide
Revision 1.1

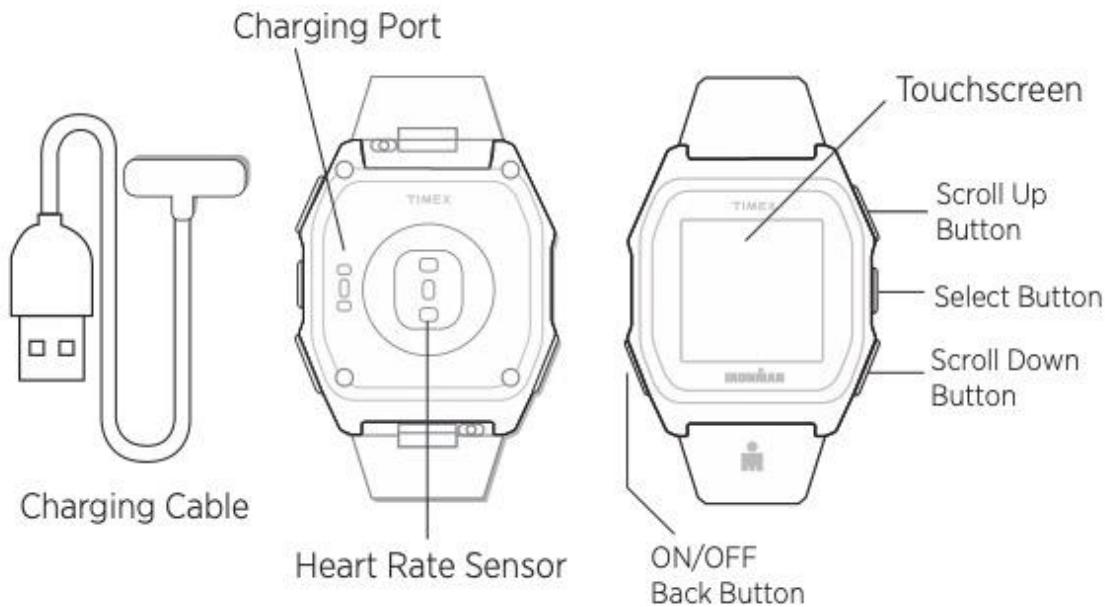
Welcome

Congratulations on the purchase of your TIMEX® Ironman R300 GPS Watch. This Quick Start Guide will get you started with pairing your watch to your phone and setting up your app and profile to begin using your watch.

TIMEX® Ironman R300 Features

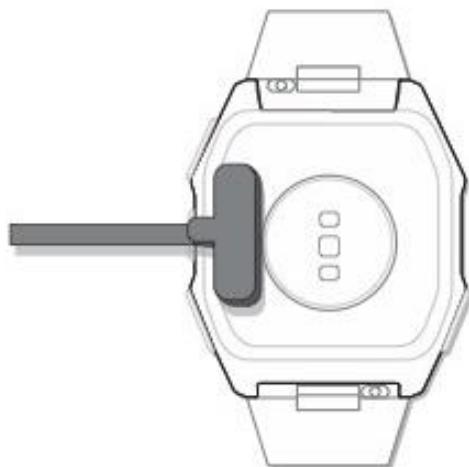
- Long battery life
- Compatible with iOS and Android smartphones
- GPS for accurate outdoor distance, pace and speed
- Barometer for accurate elevation measurement
- Highly accurate optical heart rate sensor
- Daily activity tracking of steps, distance, calories & sleep
- Supports multiple types of notifications (calls, text messages, inactivity)
- Workout modes provides time, distance, heart rate, as well as pace, speed, cadence, calories and time of day
- Workout coaching mode
- Timing features: Alarms, Stopwatch & Timer
- Music control of connected phone
- Many watch faces to choose from

Product Overview



Charging

Your watch should be fully charged before using. Attach the magnetic charging cable to the watch's charging port as shown below. Plug the USB end of the cable into any powered USB port or USB charger.



Turning on Watch

Push and hold the On/Off/Back button for 3 seconds to power on the watch

Wearing

Comfortably, but snugly, tighten the watch around your wrist, at least 1 finger width away from your wrist bone.

Note: Wearing the watch too loosely may impact the accuracy of the heart rate measurement.

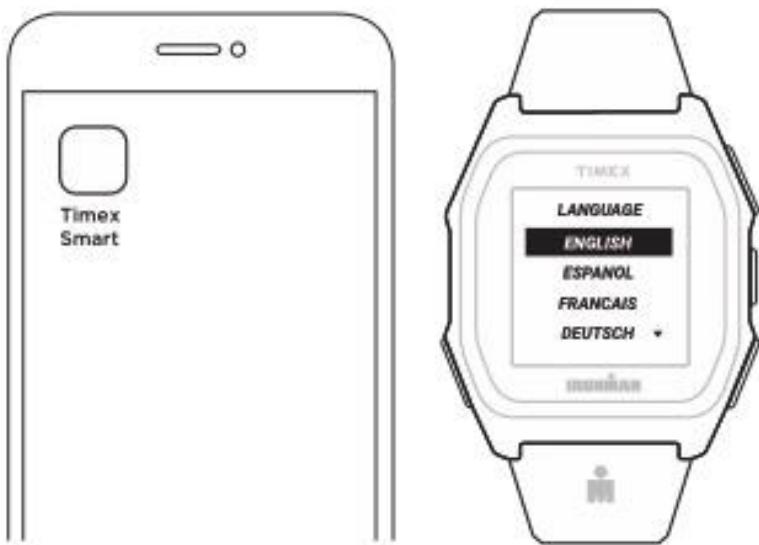


Connecting

While the watch is charging, download and install the latest version of the TIMEX® Smart APP from the Google Play or Apple App Store.

If the watch is off, power it on by pressing and holding the On/Off/Back button for three seconds. If the watch is on the charger it will remain powered on. When watch charging indicates FULLY CHARGED remove it from the charger. The watch will display the list of language options. Use the scroll keys to highlight your language choice and press the SELECT button to proceed.

If the watch displays the time of day screen, rather than the language selection, you will need to factory reset the watch before connecting it to your phone. To do so press the SELECT button to get to the menu, press the Scroll Down button to get to settings, press the SELECT button to enter settings, press SELECT with DEVICE highlighted, press the Scroll Down button to get to FACTORY RESET, then press the SELECT button. Press the Scroll Down button to highlight the check mark on the “Are you sure” screen and press the SELECT button to confirm. The watch will then reset and will reboot to the language selection screen.



Note: Before launching the TIMEX® Smart app, make sure the Bluetooth is enabled on your phone by going to settings, Bluetooth and verifying that Bluetooth is on. Keep your watch close to your phone during the pairing process.

Launch the TIMEX® Smart app and create your Timex Smart account. You can use your email address, phone number, Google, or Facebook account for setting up your account.

Once your account is setup and you have logged into it, you will be prompted to enter your user profile information. Note that gender, age, height and weight data is used for calculation of calories burned and gender and height are used for calculating stride length for distance measurement for non-GPS workouts and daily activity distance.

Once you have completed your user profile you will be prompted to select the watch to pair.

After selecting the correct watch, press READY TO PAIR. Your phone will scan for available watches and will list all compatible watches found. Select your watch from the list. The watch will then prompt you to “ACCEPT PAIRING REQUEST?” Press the SELECT button to pair to the watch. Once paired, follow the screens in the mobile app to complete the setup of your watch.



Usage

After successfully pairing with your phone, the watch will start tracking and analyzing your daily activities and sleeping habits.

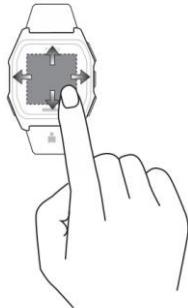
You can access the functions of the watch via the buttons or via the touchscreen.

The SELECT button and touching a selection on the screen have the same function

The On/Off/Back button and swiping right have the same function

The Scroll Up and swiping down have the same function

The Scroll Down and swiping up have the same function



Press the SELECT button to light up the screen. Once the screen is illuminated you can access the following functions:

Main Menu - Swipe left (or press the SELECT button). Once in the menu, you can scroll up or down and then can select the desired item.

Status Screen - Swipe down (or press the Scroll Up button). This screen shows the status indicators and allows you to turn airplane mode and do not disturb mode on or off.

Notifications Center - Swipe down (or press the Scroll Up button). Once in the notifications center, you can scroll up or down through your notifications and then can select the desired item to see more information.

Shortcuts (Weather, World Time and Tide) – Swipe right (or press the On/Off/Back button)

Swipe right (or press the On/Off/Back button) to return to previous page.

To power the watch off (or restart it), after pressing SELECT to light up the screen, press and hold the On/Off/Back button for three seconds and the power options screen will be displayed.

Compliance & Regulatory

When using the watch to measure your heart rate, please keep your wrist still as motion of the wrist will adversely affect the accuracy of heart rate measurement.

Water Resistance

WARNING: TO MAINTAIN WATER RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

- Your Timex Ironman R300 GPS watch is water resistant to a depth of 30 meters. The watch is water resistant only as long as lens, push buttons and case remain intact.
- The watch is not a diver watch and should not be used for diving.
- Rinse the watch with fresh water after exposure to salt water.

The function of the buttons and touchscreen are not accessible during underwater use. When your watch comes in contact with water, use a soft cloth to wipe away excess water from its surface before using it.

During daily use, avoid wearing the watch too tightly and try to keep its contact area dry. Please clean the wristband regularly with water. Please stop using the product immediately and seek medical assistance if the contact area on your skin shows signs of redness or swelling.

Technical Data

Frequency Range	Operation within the band 2400 - 2483.5 MHz
Versions of software or firmware affecting compliance with essential requirements	V 0.8.3.12
Maximum RF output power of the product	Max measured value: TBD
Accessories/components marketed together	N/A

FCC Notice (U.S.) / IC Notice (Canada):

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-Reorient or relocate the receiving antenna.

-Increase the separation between the equipment and receiver.

-Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-Consult the dealer or an experienced radio/TV technician for help.

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

This device complies with Industry Canada licence-exempt RSS standard(s).

- Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.
- Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.
- This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment.
- Cet équipement est conforme à l'exposition aux rayonnements Industry Canada limites établies pour un environnement non contrôlé.

DECLARATION OF CONFORMITY

Manufacturers Name: Anhui Huami Information Technology Co., Ltd.
Manufacturers Address: Room 1201, Building A4, National Animation Industry Base, No. 800 Wangjiang West Road, Gaoxin District, Hefei, Anhui, China

declares that the product:

Product Name: TIMEX® Ironman R300

Product Description: Smartwatch

Model Numbers: M04F

is in conformity with the relevant EU harmonized legislations. This declaration is issued under the sole responsibility of the manufacturer and conforms to the following:

RED Directive 2014/53/EU

Standards:

ETSI EN 301 489-1: V2.2.0
ETSI EN 301 489-17: V3.2.0
EN 300 328: V2.1.1
EN 62479: 2010

LVD: 2014/35/EU

Standards:

EN 60950-1: 2006+A11:A1:A12:A2
ANSI/UL 60950-1
CSA C22.2 No. 60950-1
IEC 60950-1

Electromagnetic Compatibility (EMC) – Radio Frequency (RF)

Standards:

FCC 47CFR 15, Subpart B and C
IC RSS GEN Issue 5 April 2018
IC RSS 247; Issue 2 February 2017
ICES-003; Issue 6 January 2016

Agent: