8. The device heart rate monitor (limited models) and related data are intended to be used only for recreational purposes and not for medical purposes.
9. The device trackers reply on sensors that track your movement and other metrics. The data provided by the device is intended to be a close estimation of your activity, but may not be completely accurate.
10. Contact your local waste disposal department to dispose the device in accordance with applicable local laws and regulations.

15. Contact Us

🌐 For further information, please visit :
www.canmore-sport.com

✉ For golf course update, firmware renew, or any other support, please contact us by :
support@canmore-sport.com

The content are subject to change without notice.
For latest user manual, please visit our website.
19.

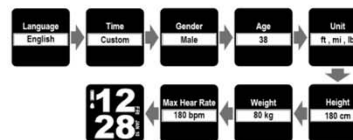# TW-310 Multi-Sport Watch
User Guide

⚠ **WARNING**

Use only USB chargers with 5V output that comply with the CE / FCC standard. Using non-standard USB chargers will void the warranty.

82-310G-01010.V1.01

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2. Starting with the Watch

Complete watch profile settings by following steps for first time use, or after factory reset, or after software update.

Choose Language → Time set up (by Manual or by GPS <1>) → Gender → Age → Display Unit → Height → Weigh → Max Heart Rate

<1> Please refer to the [GPS Locating Tips] on Page 1.

NOTE

1. At first time use, please charge the device more than 2 hours in advance.
2. If the watch battery runs out, time will need to be reset.

3.

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3. Watch Menus

1. Press ③ to enter main menu.
2. Press ②/④ to scroll up/down the menu.
3. Choose a selected function and press ③ to enter.

4. Fitness Calculators/Bluetooth

Under the Time Mode, press ②/④ to browse the walking step/distance, calories burned, heart rate or turn on/off Bluetooth. Press ③ under each mode, you can set daily target and set the achievement alarm.


- The Fitness calculator will be reset at 00:00am daily.
- To reset manually, please enter [Tools] → [Pedometer]

4.

[GPS Locating Tips] :
- Receive a GPS signal in an open space, and refer to the following instructions.
- GPS receiver is located at the bottom of the watch. Do NOT cover the receiver and face it towards the sky.
- The first positioning will take 2~5 minutes. Subsequent positioning will take 1~2 minutes.
- If you are unable to complete GPS positioning, press ① to exit. Move to an open space and try again.

Correct
✓ Open Space

Wrong
✗ Cover GPS Receiver ✗ Building Nearby ✗ In car
✗ Under eaves ✗ In house

1.

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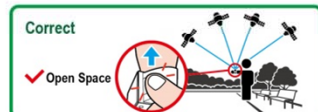
1. Device Overview

① **Power / Back**
Hold to turn the device on/off.
Press to turn the backlight on/off.
Press to return to previous page or exit.

② **Up**
Press to scroll up the menus.

③ **OK / Enter / Save**
Press to accept an entry or to move forward on a menu.

④ **Down**
Press to scroll down the menus.

2.

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5. Watch Settings

Press ③ to enter main menu. Use ②/④ to scroll to [SETTINGS]. Once in [SETTINGS], you will find the following options :

[System] : Language, Clock, Backlight, Alert, Unit, Geolocation, SmartBand, Orientation, Power Saving, Format, Key Lock<2>, Factory Reset, About Watch.
<2> To unlock Key Lock, press ①+③, and release them together.

[Personal] : Gender, Age, Height, Weight, Max Heart Rate, Weight of bike, Wheel Size.

[Sensors] : Pairing your Cadence sensor with the watch. (Limited to the models with Bluetooth 4.0)

[Running/Cycling/Swimming/Jogging] : Smart Screen, Sport Alert, Smart Pause, Smart Lap, Smart scroll, and smart partner.

Smart Screen : Select display mode, display figures, and figure's format under each sport mode. You can choose display Time, Distance, Calories, Pace, Others, Heart Rate, Stride rate, and Cadence <3>.

<3> Limited to the watch that is paired with Bluetooth 4.0 cadence sensor.

5.

Sport Alert : Set sport alert by Time, Pace, Heart Rate, Stride Rate, or no Alert. The watch will send alert once beyond the range.

Sport Pause : During exercise, the timer will be paused when your activity stops temporarily.

Smart Lap : Mark a Lap by distance or manually. If you choose by manually, press ① to mark a lap during sport mode.

Smart Scroll : Select screen scroll speed (Fast, Slow, Off) to show sport's figures under sport mode.

Smart Partner : Set your pace target, the smart partner will remind you that you are behind of ahead of your target.

6.

6. Golf Mode

This product is your digital golf caddy and contains thousands of golf course maps. The watch can locate where you are, detect your distance to the hole, show hazards and track your score.

6-1 Play Golf

1. Press ③ to enter main menu.
2. Select [GOLF], and press ③ to enter.
3. Select [PLAY GOLF], and press ③ to enter.
4. Satellites will be located automatically <4> and a list of golf courses will be shown by proximity.
5. Press ②/④ to scroll up/down, and press ③ to enter a selected golf course.

<4> Refer to [GPS Lacating Tips] on Page1.
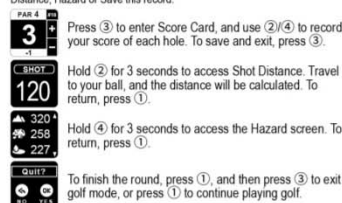
7.

6-2 On The Course

When playing golf, you will notice that there are five metrics displayed on the screen. The list below explains what each of those pieces of information represents.

ⓐ Current hole number.
ⓑ PAR for the hole.
ⓒ Distance to the back of green.
ⓓ Distance to the center of green.
ⓔ Distance to the front of green.

(The default unit is Yard. To switch the display unit, please refer to 5. Watch settings)

• Press ②/④ to go to next/previous hold.
• If the course has dual greens, press ③ for three seconds to switch right/left green distance.

While in GOLF mode, follow below instruction to access Scorecard, Shot Distance, Hazard or Save this record.

Press ③ to enter Score Card, and use ②/④ to record your score of each hole. To save and exit, press ③.

Hold ④ for 3 seconds to access Shot Distance. Travel to your ball, and the distance will be calculated. To return, press ①.

Hold ④ for 3 seconds to access the Hazard screen. To return, press ①.

To finish the round, press ①, and then press ③ to exit golf mode, or press ① to continue playing golf.

8.

7. Sport Mode

7-1 Running/Cycling/Swimming/Jogging

1. Press ③ to enter main menu, select [RUNNING/CYCLING/ SWIMMING/JOGGING], and press ③ to enter.
2. Satellites will be located automatically <1> . After locating is completed, press ③ to start.
3. Press ②/④ to browse sport's figures. To Lap manually, press ①.
4. To finish exercise, press ③. Use ②/④ to select [Continue / Save / Discard], then press ③ to confirm.

7-2 Triathlon Mode

Enter [TRIATHLON] mode, and follow the same procedure as 7-1. Press ① to switch sport mode, the sport icon will flash (to record the mode switch preparation time). To start next mode, press ① again to confirm.

9.

7-3 Training Mode

It is your personal virtual trainer which can create the best training plan according to your requirements.
1. Press ③ to enter main menu, and press ③ to select [TRAINING].
2. Choose [Running /Cycling] and press ③ to enter.
3. Choose [New Plan / Novice Training] and press ③ to enter.

7-3-1 New Plan

Please follow below procedure to design your own training plan, it includes Warm up, Interval, Active, Rest, and Cool Down settings.

1. Under [New Plan], press ③ to enter [Warm up / Intervals / Active / Rest / Cool Down].
2. At [During] setting, press ②/④ to select [Manual /Dist. /Time / Cal.], press ③ to enter ; Press ②/④ to enter a figure (ex: 3 km or 00:15 min or 500 Kcal), then press ③ to jump to next step.
3. Press ③ to enter [Target], then press ②/④ to select [None / Pace (Speed) <5> / Heart Rate / Stride Rate]. Enter a target figure, then press ③ to confirm.
4. If 2nd target is required, press ③ to enter [Other Target] and repeat step 3.

<5> Modify the format at [SETTING -> SYSTEM -> Format]

10.

5. Press ③ to enter [Completed].
6. a. Press ③ to enter [New Step], follow the same procedures 7-3-1 to add more training plans under this program.
   b. To [Edit / Delete / Insert] above settings, press ③ to enter the above plan.

After you create the training plan:

1. Press ③ to enter [Run Plan 01] or [Run Plan 02].
2. Press ②/④ to select [Go /Edit / Delete] this plan.
3. Select [Go], satellites will be located automatically.
4. After the positioning is completed, press ②/④ to view the current exercise figure, and the current progress.
5. To finish exercise, press ③. Use ②/④ to select [Continue / Save / Discard], then press ③ to confirm.

7-3-2 Novice Training

Enter Novice Training. Press ②/④ to select a target and press ③ to confirm, then select [GO] and press ③ to start.

11.

8. History

1. Press ③ to enter main menu.
2. Use ②/④ to scroll to [History] , and press ③ to enter.
3. Press ③ to select a sport mode, and to view the history record.(The records will be sorted by time)
4. To exit, press ①.

9. TOOLS

To set or view Navigation, Compass, Pedometer, Bubble Level, Geolocation.

9-1 Navigation

1. Press ③ to enter menu, select [TOOLS] → [Navigation]
2. Press ③ to enter [New POI], press ②/④ to select destination type, number, and Latitude and Longitude. To switch column press ③.
3. After complete, press ③ to save.

12.

4. Press ③ to enter the above setting. Press ③ again, then use ②/④ to select [Navigation/Edit/Delete]. And then press ③ to confirm.
5. If you select [Navigation], watch will start GPS positioning. Once it is done, follow the direction to go to your destination. To finish, press ①.

Please move 20~30 meters at beginning, and then GPS will show the right direction of your destination.

9-2 Back Track

1. Press ③ to enter menu, select [TOOLS] → [Back Track].
2. Use ②/④ to scroll to a selected sport's record.
3. Satellites will be located automatically. Once it is done, follow the direction to return to the starting point along the same path. To finish, press ①.

13.

10. Charge the Watch

Battery/ Charging Information
Battery Specifications: 3.7V / 250mAh
Charging Specifications: 5V / 500mA

CHARGING PINS   CHARGING PORT

1. Attach the magnetic charger on the charging contacts located on the side of the watch. Be sure the pins are aligned. Keep the watch on a stable surface while charging.
2. Insert the USB end of the charging cord into a computer USB port or CE / FCC certified 5V output USB charger (exceeding 5V will void the warranty).

⚠ CAUTION

AVOID touching the magnetic end of the charging cable with metallic objects to prevent short circuits and damage to the cable.
For safety reasons, after the watch is fully charged, disconnect the charging cable from USB power source.

11. Troubleshooting

① If any errors or malfunctions occur, use factory reset at [SETTINGS → Factory Reset].
② If that does not work try a hardware reset by pressing ②+③ together, then press ①. Release all three buttons at the same time.

14.

12. Connect with Mobile

1. Download the APP on your mobile phone. Scan the below QR code or Search [sportsapp] on the App Store or [SportS watch] on Google play.

2. Turn on bluetooth both on mobile phone and watch. You will find the watch being detected by the APP. Click the Watch icon on the APP, then click [Pair]. Click [　] to Synchronize two devices.

Download mobile APP

iOS

Android

(Photo 2)

15.

13. Limited Warranty

The products are warranted to be free from defects in materials or workmanship for 12 Months from the date of purchase. Within the period, the manufacture will, at its sole option, repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor. The customer shall be responsible for any transportation cost.
The limited warranty does not apply to

1. Cosmetic damage, such as scratches, nicks and dents.
2. Consumable parts, such as batteries, unless product damage has occurred due to the defect in materials or workmanship.
3. Damage to a product that has been modified or altered without written permission of manufacture.
4. Damage to a product that has been connected to a non-CE/FCC certified 5V power supply.

16.

The manufacture reserves the right to refuse warranty claims against products or services that are obtained or used in contravention of the laws of any country. The device is intended to be used only as a sport or leisure aid and must not be used for any purpose requiring precise measurement of direction, distance, and location. The manufacture makes no warranty to the accuracy or completeness of the course data.

To obtain warranty service, an original or copy of the sales receipt from the original retailer is required.

14. Safety Instructions

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

1. There is a built-in Li-polymer battery inside. Do not expose the device to fire, explosion, or other hazard.

17.

2. Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun or in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight.
3. Do not operate the device outside of the temperature lower than 0 or over 45 degrees Celsius (from 32° to 113°F).
4. AVOID touching the magnetic end of the charging cable with metallic objects to prevent short circuits and damage to the cable. For safety reasons, after the watch is fully charged, disconnect the charging cable from USB power source.
5. Do not disassemble, modify, remanufacture, drop, or puncture with forces.
6. Do not remove or attempt to remove the non-user replaceable battery.
7. Do not use while driving or be in any situations or environments require concentration.

18.

FCC 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 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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.