COROS

PACE
GPS MultiSport Watch

Quick Start Guide

COROS PACE Multisport Watch Description

Whether you're competing in a triathlon, running a marathon, or freestyle swimming, you should never have to worry about your athletic performance. That's why we've engineered the COROS PACE to help take your fitness goals, one step further.

PACE is designed to deliver your performance metrics, when you need it most. This premium, lightweight GPS multi-sport watch provides advanced statistics for your running, swimming and cycling activities, all while out-pacing the competition on reliability.

About your PACE watch

Your PACE watch features four keys to help you initiate and complete activities, as well as navigate through the various features.

(🏃) Confirm Key	Select to turn the device on On the home screen, On the home screen, select to view App list On Workout Mode, press to start and pause	
(↩) Return Key	Hold to enter Quick Menu On Workout Mode , press to record lap	
(∧) Up Key	Select to scroll up list	
(∨) Down Key	Select to scroll down list	

COROS PACE Multisport - Specifications

Product Name	PACE M1
Screen size	1.2", 240 (H) x 240 (V) pixels (64 colors)
Screen	Memory LCD
Net Weight	48g
Wireless Connection	Bluetooth® 4.2 BLE and ANT+®
Navigation	GPS, GLONASS, BDS
Charging time	About 2 hours
Charging Voltage	5V ⎓ 2A
Working Temperature	-10°C to 60°C (14°F to +140°F)
Storage Temperature	-20°C to 70°C (-4°F to +158°F)
Color Availability	Grey/Black, Red/Black, Blue/Black

Sensors	Accelerometer
	Compass
	Gyroscope
	Barometric Altimeter
	Optical Heart Rate Monitor (Wrist Sensor)
Battery	Rechargeable lithium-ion, 310mAh
Water Resistance	5 ATM (Up to 50 meters)

COROS PACE Multisport Watch System Includes

- PACE M1 Watch
- USB Charging Cable
- Quick Start Guide (QSG)
- Belt Replacement Tool

1 Charging and Powering on the PACE watch

Plug the USB cable into a USB port. Align the charging pins with the contacts on the back of the watch, and securely connect the charging clip to the watch
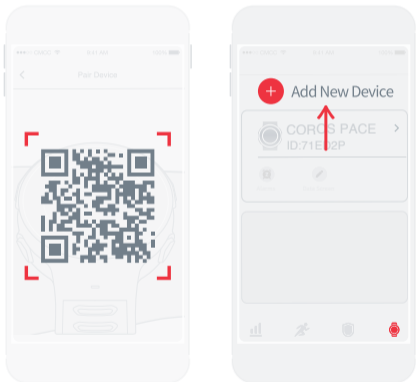
2 Downloading the COROS APP

Once the watch is powered on, scan the QR code on the watch screen with your smartphone to download the COROS App.
Alternatively, you may download the COROS App from your iOS or Android device.
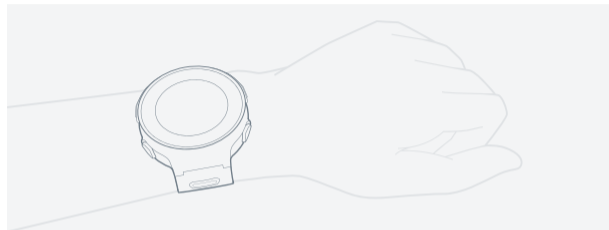
③ Pairing your PACE watch with your smart-phone

Turn on Bluetooth in your phone settings. Open the COROS App and go to the Device page. Select "Add New Device" and follow the on-screen instructions. On your watch, display the QR code by navigating to System -> Pair Phone. Scan the QR to finish pairing.

④ PACE Heart Rate Monitor

In order to ensure the accuracy of heart rate monitor, please fasten your watch band and make sure the watch fits securely against your wrist.

⑤ Water Resistance

The PACE watch has a water resistance rating of 5 ATM which means it can withstand pressures equivalent to a depth of 50 meters (165 Feet), however, it does not mean it can be worn under 50 meters while diving. Please avoid pressing any of the PACE function keys while under water.

6 GPS

When you choose to record outdoor activities (i.e. Swim, Cycle, Run), the GPS function will be turned on automatically. For best results, avoid locations with interference and allow GPS to locate your position prior to starting an activity.

7 Calibrating Altitude and Geomagnetic Sensor

When using for the first time, please select App list > Settings > Calibration, then finish the calibration of altitude and a geomagnetic sensor.

8 Pairing with external sensors

PACE supports pairing with external sensors that are Bluetooth Smart® and/or ANT+® enabled. Please select App list > Settings > Accessories> search for devices and finish pairing.

9 Daily Maintenance

- After use, thoroughly clean the watch and band to remove excess sweat and debris.
- Please ensure the watch remains dry when making contact with the skin. If skin irritation occurs, remove the watch immediately.
- If not properly cleaned, residual sweat will corrode the PACE watch. Please clean the watch with mild soapy water on a regular basis
- Keep the PACE heart rate monitor sensor and charging port clean and clear of debris (i.e. sand, sweat, dirt, etc..)
- Avoid excessive exposer to extreme hot or cold temperatures.

10 Changing the PACE watch band

Any physical damage and long time use of the watch band is not covered by your warranty. Please shop for original watch band should you need to change or replace.

11 Safety Information

- Medical Warning
  The heart rate monitor is not for medical use and may be subject to external interference. Always consult your physician before starting an exercise program. Data is for reference only.

- Data Security
  Improper use may cause hardware damage and/or loss of data. We recommend using the COROS App on a regular basis to ensure normal data synchronization. When connected to the Internet, data will be uploaded to the COROS server automatically.

- Privacy Protection
  Please check out our detailed privacy information and service agreement on COROS App at Personal Page> About.

- Battery Safety
  Under no circumstances should the battery be removed or replaced without professional assistance. Extensive heat exposure could lead to combustion, fire, or other dangerous conditions.

- Toxic Materials

Item	Toxic Materials					
	(Pb)	(Hg)	(Cd)	(Cr(VI))	(PBB)	(PBDE)
Main Device	X	O	O	O	O	O
Wrist Band	O	O	O	O	O	O
Battery	X	O	O	O	O	O
Charging Cable	O	O	O	O	O	O

This warranty policy does not comply with the federal or CA consumer protection acts.
The limited warranty policy on COROS' website, which contains inconsistent warranty information, does not comply with the applicable law either. So COROS should update the policy.
Things that are missing in the policy in this QSG:

- name of the warrantor (COROS) and to whom the warranty is extended (e.g. the original consumer purchaser who purchased from COROS' authorized resellers
- only) clearly states that the original receipt is needed (it was only briefly mentioned in the "Online Auction Purchases" section).
- a step-by-step explanation of the procedure that the consumer should follow to obtain performance of any warranty obligations. The policy tried to explain the procedures, but the links were not working and the procedures were not clear based on what was in the police.
- COROS may also want to (1) limit the duration of implied warranties, and (2) limit relief such as incidental or consequential damages.

Complete warranty information can be found within our website at
http://coros.com/warranty.php.

12 Certification

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.

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.

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

COROS PACE 简介

COROS PACE 多功能 GPS 心率手表是一款高性能的运动手表，可帮助用户在多种运动项目中获得丰富的运动信息、精确的统计数据，以及令人愉悦的使用体验。

COROS PACE 是您游泳、骑行或是跑步的贴身训练助手。无论是初学者或是经验丰富的运动员，COROS PACE 提供多项实时运动数据，制订运动计划，改善训练效果。游泳数据包括时间、距离、卡路里、配速、划水速率、单圈数据和 SWOLF。自行车骑行数据包括心率、时间、速度、距离、卡路里、单圈数据、坡度、海拔、累计上升和下降。跑步数据包括心率、时间、距离、卡路里、速度、步频、单圈数据、累计上升和下降等。精确可靠的运动数据结合防水机身、可扩展配件、GPS、GLOSNASS 与 BeiDou 三星定位功能、多种运动传感器，多方位帮助您明确训练目标，确定运动效果。

COROS PACE 技术规格

PACE 集合多项新运动科技，包括 GPS/GLONASS/BeiDou 三星定位功能，全反射液晶屏幕，50 米防水级别，搭载加速度计、指南针、陀螺仪、气压式高度计、光学心率计、线性马达等多种传感器，并支持与 Bluetooth Smart®、ANT+® 的附件连接使用，多方位满足您对多功能运动手表的需要。