

**TIMEX®**

**IRONMAN®**

# Move **x20**

Instruction Manual

Move x20 Move x20 Move x20

TIMEX® IRONMAN® Move x20 Activity Tracker  
Instruction Manual

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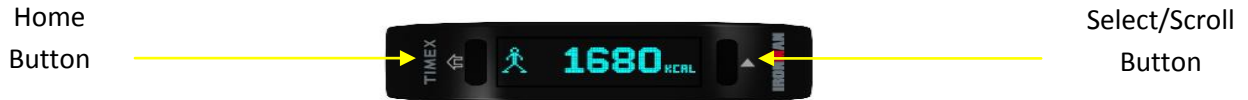
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## WHAT'S INCLUDED

1. TIMEX® IRONMAN® Move x20 activity tracker
2. Charging Cable

## OVERVIEW

TIMEX IRONMAN Move x20 Buttons



## GETTING STARTED

The TIMEX IRONMAN Move x20 activity tracker should be setup and synced with an iOS or Android Smartphone that supports Bluetooth® 4.0 technology.

For a list of compatible devices, visit: <http://www.TIMEX.com/movex20>

## CHARGING YOUR TIMEX IRONMAN MOVE X20

Your TIMEX IRONMAN Move x20 must be charged before setup.

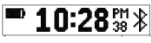
1. Line up the silver contacts on the charger with the silver contacts on the back of the TIMEX IRONMAN Move x20.
2. Clip the charging cable onto the back of the TIMEX IRONMAN Move x20 and secure the keeper strap over the TIMEX IRONMAN Move x20.
3. Plug your charging cable into a USB port or universal A/C charging box.

The TIMEX IRONMAN Move x20 will display the battery charge level on the screen.



Initial charging can take up to three hours.

## BATTERY LIFE

Your TIMEX IRONMAN Move x20 has a rechargeable lithium-ion battery. With normal use, your device will have a battery life of seven days. You can check the current battery level on the Time of Day screen on your device  and/or the Home screen of the app.

The TIMEX IRONMAN Move x20 will give you a vibration alert and will display an on-screen warning when the battery reaches 10%. Your TIMEX IRONMAN Move x20 will shut down when the battery reaches 5%.

## WATER-RESISTANCE

Your TIMEX IRONMAN Move x20 is resistant to water splashes (you can wash your hands or get caught in the rain, but you don't want to submerge the device).



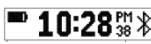



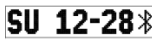
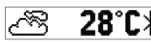
## WEARING THE TIMEX IRONMAN MOVE X20

The TIMEX IRONMAN Move x20 is designed to be worn on your wrist.

1. Put the TIMEX IRONMAN Move x20 on your wrist.
2. Position the ends of the wristband over each other with the clasp over the two holes that will provide the best fit on your wrist.
3. Squeeze the clasp and wristband between your thumb and forefinger until the clasp is fully engaged with the strap.


## TRACKING YOUR DAILY ACTIVITY

Your TIMEX IRONMAN Move x20 uses a built-in accelerometer to record your daily movement: steps taken, distance travelled and calories burned.

To view your current day details, press the  button on your TIMEX IRONMAN Move x20. With each press of the  button you will see: Time of Day , Steps , Distance , Calories Burned , Day & Date  and Weather  (If connected to a Smartphone).



The TIMEX IRONMAN automatically resets the daily activity at 12:00 am; the data will be saved on the TIMEX IRONMAN Move x20 and can be synced to the app at any time. If the TIMEX IRONMAN Move x20 reaches memory capacity, the oldest data stored on the device will be overwritten.


## DOWNLOADING THE TIMEX IRONMAN MOVE X20 APP


1. Download and install the TIMEX IRONMAN Move x20 app  for iPhone from the Apple App Store, or, for Android from the Google Play app store.
2. Enable Bluetooth on your Smartphone.

## FIRST TIME PAIRING

Your TIMEX IRONMAN Move x20 is setup through the app. Remember, the device needs to be charged before attempting the setup process.

1. Turn on the Bluetooth function on your Smartphone or other compatible mobile device.
2. Open the TIMEX IRONMAN Move x20 app.
3. Press and hold the  button on your TIMEX IRONMAN Move x20 for 2.5 seconds.
4. The TIMEX IRONMAN Move x20 will display  PAIR.
5. In the app, tap the I HAVE TIMEX IRONMAN Move x20 button and choose the device.
  - a. After the connection is made, your TIMEX IRONMAN Move x20 will vibrate and display **PAIR OK**.
6. After successful connection, the app will display the setup screens:
  - a. Registration screen:
    - i. Name, email address, zip code
    - ii. If you would like to receive information about your device or marketing information from Timex, check the box next to Email from Timex and then tap the Next button.
  - b. Device customization screens (this information customizes your TIMEX IRONMAN Move x20 and provides more accurate calorie burn):
    - i. Unit
      1. Imperial or Metric
    - ii. User
      1. Gender
      2. Age
      3. Weight
      4. Height
      5. BMI (this field is not customizable, it is auto calculated based on your personal information)
    - iii. Sleep
      1. Manual (you must manually turn on the sleep function and manually wake up the device in the morning)
      2. Auto (the TIMEX IRONMAN Move x20 will automatically activate the sleep function and automatically wake up based on the times you input)
        - a. To Bed (only available in Auto mode): The time you go to bed
        - b. Wake Up (only available in Auto mode): The time you wake up. This will also activate a vibrating alert.
        - c. Window: Range offered from 0-20 minutes. This field represents a grace period on your sleep time. For example, choose 15 minutes if you normally go to bed between 10 pm and 10:15 pm.
    - iv. Vibration Alert: On or Off

1. When your TIMEX IRONMAN Move x20 is paired to a Smartphone, vibration alerts are used to notify you of new text messages, incoming phone calls, goals reached, and wake up alerts (when Auto sleep is selected).
- v. Goals (device will alert you when you have met these goals **CONGRATS!** and a progress bar icon  will be displayed on the device for each item):
  1. Steps
  2. Calories
  3. Distance
  4. Sleep Hours (this field is not customizable, it is auto calculated based on your age)
  5. Workout Time
- vi. Format:
  1. Date: MM-DD or DD-MM
  2. Time: 12 Hr (1 pm) or 24 Hr (13:00)
- vii. Phone Alert
  1. Start (Time of day the app will start allowing alerts on the TIMEX IRONMAN Move x20)
  2. End (Time of day the app will stop allowing alerts on the TIMEX IRONMAN Move x20)
- viii. Phone Notification:
  1. Incoming Call: On or Off
  2. Incoming Message: On or Off

7. After all setup screens are complete, tap the SYN button  in the upper left-hand corner of the Settings page. Your band will then be updated with all of your selected data.

## TEXT MESSAGE AND PHONE CALL NOTIFICATIONS




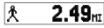






When paired with a compatible Apple or Android Smartphone, your TIMEX IRONMAN Move x20 will alert you of incoming texts and phone calls. Caller ID information is limited to 32 characters and text message content is limited to 32 characters; message/notification will be followed by “...” when truncated.

NOTE: MMS messages will not trigger an alert in your TIMEX IRONMAN Move x20, only SMS messages are compatible. Also note, text messages and phone call notifications are only available when your TIMEX IRONMAN Move x20 is paired to a compatible Smartphone. Also, the Smartphone must be within range of the TIMEX IRONMAN Move x20 (approximately 100m). If your Smartphone is not in range, your TIMEX IRONMAN Move x20 will display a flashing Bluetooth icon on the Time, Date, and Weather pages.

## RECORDING A WORKOUT

Your TIMEX IRONMAN Move x20 will record your workout using a stopwatch function, while allowing you to see real-time feedback from the device (Elapsed Time, Distance Moved, Current Pace, Calories Burned and Steps).





To record your workout:

1. Push the Home button until you see WORKOUT on the display.
2. Hold the  button for three seconds to start the workout.
3. While your workout is running, press  to scroll through the displays and get access to the following information:
  - a. Elapsed Time 
  - b. Distance Moved 
  - c. Current Pace 
  - d. Calories Burned 
  - e. Steps 
4. Hold the  button for three seconds to stop your workout. After stopping the workout, you can review the workout summary by pressing the  button to scroll through your workout data.
5. Press and hold the  button for three seconds to save the workout. Your workout can now be synced to the TIMEX IRONMAN Move x20 app.

## TRACKING YOUR SLEEP

Your TIMEX IRONMAN Move x20 will track the following information about your sleep: Total Sleep Time, Deep Sleep Time, Light Sleep Time and Time Awake. Sleep can be tracked manually or automatically.

To manually track and record your sleep:

1. Ensure Manual sleep is selected.
2. Push the Home button until you see .
3. Press the  button. Your band will wish you a good night and the sleep icon  will be displayed to indicate your band is in sleep mode.
4. When you wake up in the morning, press the Home button until you see SLEEP on the display.
5. Press the  button to end the sleep session. Your TIMEX IRONMAN Move x20 will display your total sleep time; you must sync your device to your app to view Deep Sleep Time, Light Sleep Time, and Awake Time.





## **SYNCING WITH YOUR SMARTPHONE**

Your TIMEX IRONMAN Move x20 will automatically sync with your supported iOS and Android device via Bluetooth® Low Energy 4.0 technology every time you open the TIMEX IRONMAN Move x20 app. If the app stays open and you want to sync your data, you can press the Syn button on the home screen of the app. When syncing, all settings will be downloaded from the phone app to your band and all activities and workouts will be uploaded from the band to the phone app for your review.


## **FINDING YOUR PHONE**

The TIMEX IRONMAN Move x20 can locate your mobile device (when connected via Bluetooth 4.0).

To find your device (your mobile device cannot be on silent and the TIMEX IRONMAN Move x20 app must be open in the background):

1. Push the Home button until you see **FIND**  .
2. Press the  button to activate the audible alert on your mobile device.
3. To stop the audible alert, press the  button.

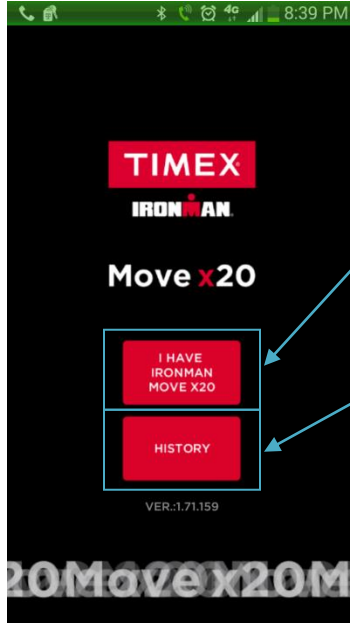
## **RESETTING THE TIMEX IRONMAN MOVE X20**

1. Press and hold the Home and  buttons.
  - a. During device reset, the display will flash through multiple test pattern screens.
2. The reset will clear all data currently stored on the device. You will need to sync the TIMEX IRONMAN Move x20 to your mobile device to reset the time and goal settings.



## TIMEX IRONMAN MOVE X20 APP

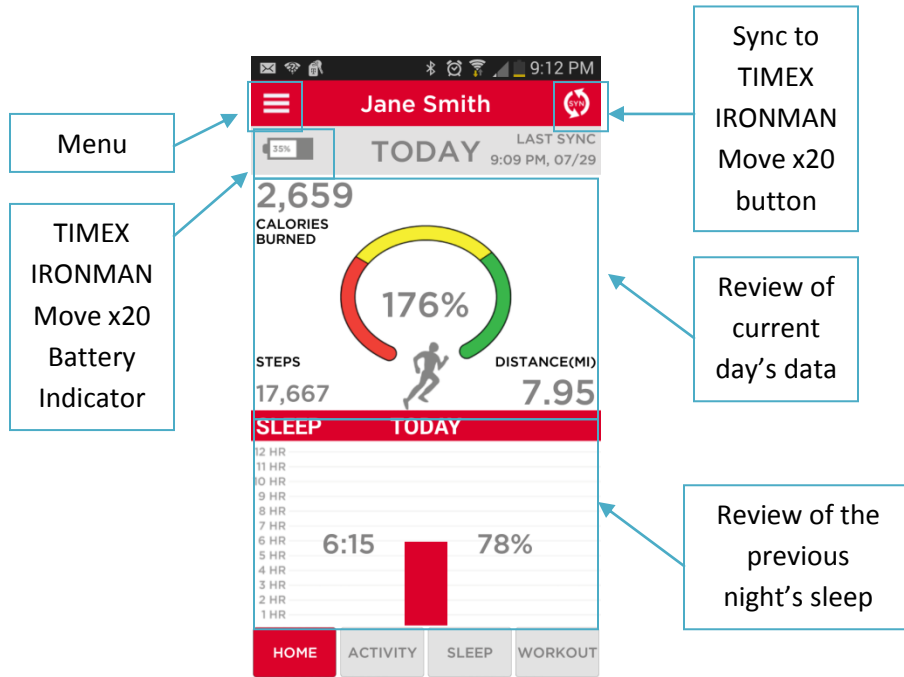
The TIMEX IRONMAN Move x20 app provides you with a way to customize the settings and review the data recorded.



Pair your mobile device

Review recorded data

## HOME PAGE



Menu

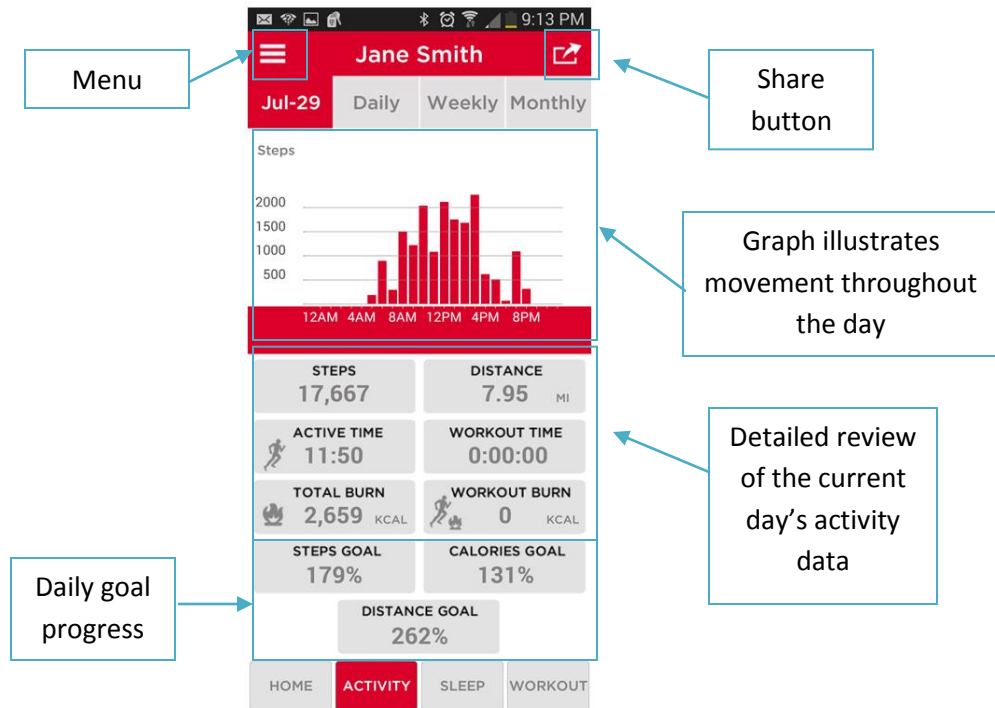
TIMEX IRONMAN Move x20 Battery Indicator

Sync to TIMEX IRONMAN Move x20 button

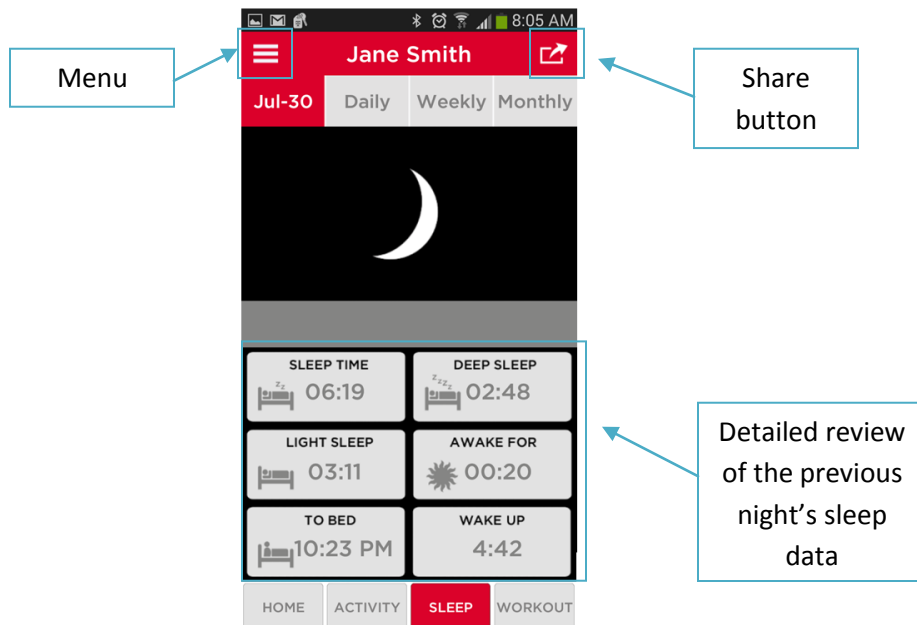
Review of current day's data

Review of the previous night's sleep

## ACTIVITY PAGE



## SLEEP PAGE



# WORKOUT PAGE

The screenshot displays a mobile application interface for a workout page. At the top, the user's name "Jane Smith" and the date "Jul-30" are shown, along with navigation options for "Daily", "Weekly", and "Monthly". A bar chart visualizes the user's pace in minutes per mile (min/mi) over time, with a time range from 1:13 PM to 1:41 PM. Below the chart, there is a selector for "Pace" (selected) or "Speed". A summary section provides key workout statistics: Start Time (1:13 PM), End Time (1:42 PM), Average Pace (19:18 min/mi), Distance (1.42 mi), Active Time (0:28:58), Workout Burn (126 kcal), Average Speed (3.10 mi/h), and Steps (3,380). A "Workout Time Goal" of 48% is also indicated. The bottom navigation bar includes "HOME", "ACTIVITY", "SLEEP", and "WORKOUT".

Menu

Share button

Select Pace or Distance

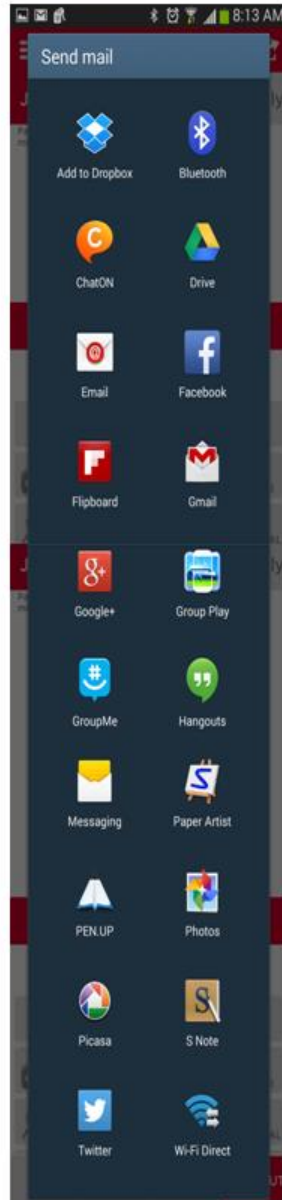
Workout details

START TIME	END TIME
1:13 PM	1:42 PM
<b>AVERAGE PACE</b> 19:18 MIN/MI	<b>DISTANCE</b> 1.42 MI
<b>ACTIVE TIME</b> 0:28:58	<b>WORKOUT BURN</b> 126 KCAL
<b>AVERAGE SPEED</b> 3.10 MI/H	<b>STEPS</b> 3,380
<b>WORKOUT TIME GOAL</b> 48%	

HOME ACTIVITY SLEEP WORKOUT

## SHARE DATA

The TIMEX IRONMAN Move x20 allows you to share activity, sleep, and workout data. The Share button can be found in the upper right-hand corner of the detailed pages. The options available for sharing vary.



## MENU



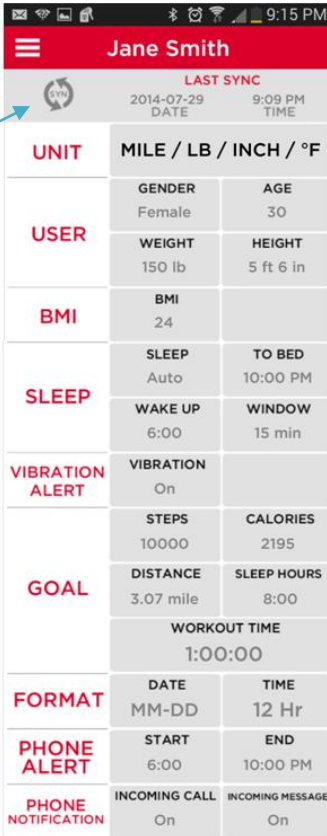
## USER



## SETTINGS

The settings page provides the information needed to customize your TIMEX IRONMAN Move x20. Please see First Time Pairing section for setup details.

Sync updated settings to device

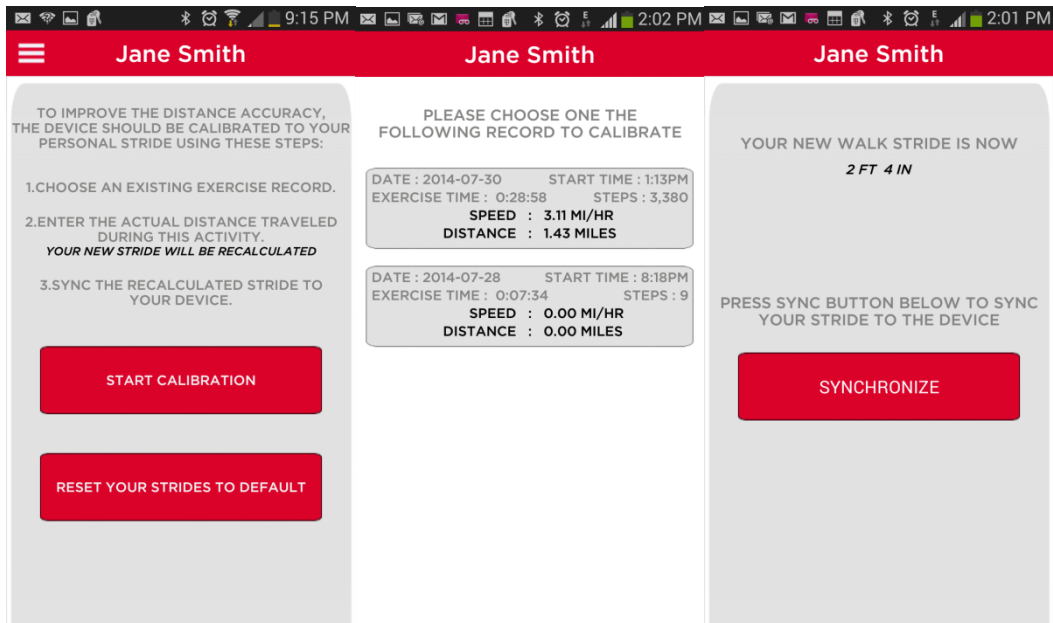


Jane Smith		
LAST SYNC		
2014-07-29 DATE		9:09 PM TIME
<b>UNIT</b>	MILE / LB / INCH / °F	
<b>USER</b>	GENDER	AGE
	Female	30
<b>BMI</b>	WEIGHT	HEIGHT
	150 lb	5 ft 6 in
<b>SLEEP</b>	BMI	
	24	
	SLEEP	TO BED
	Auto	10:00 PM
<b>VIBRATION ALERT</b>	WAKE UP	WINDOW
	6:00	15 min
<b>GOAL</b>	VIBRATION	
	On	
	STEPS	CALORIES
	10000	2195
	DISTANCE	SLEEP HOURS
3.07 mile	8:00	
<b>FORMAT</b>	WORKOUT TIME	
	1:00:00	
<b>PHONE ALERT</b>	DATE	TIME
	MM-DD	12 Hr
<b>PHONE NOTIFICATION</b>	START	END
	6:00	10:00 PM
<b>PHONE NOTIFICATION</b>	INCOMING CALL	INCOMING MESSAGE
	On	On

## CALIBRATE

The TIMEX IRONMAN Move x20 can be calibrated to provide more accurate distance information.

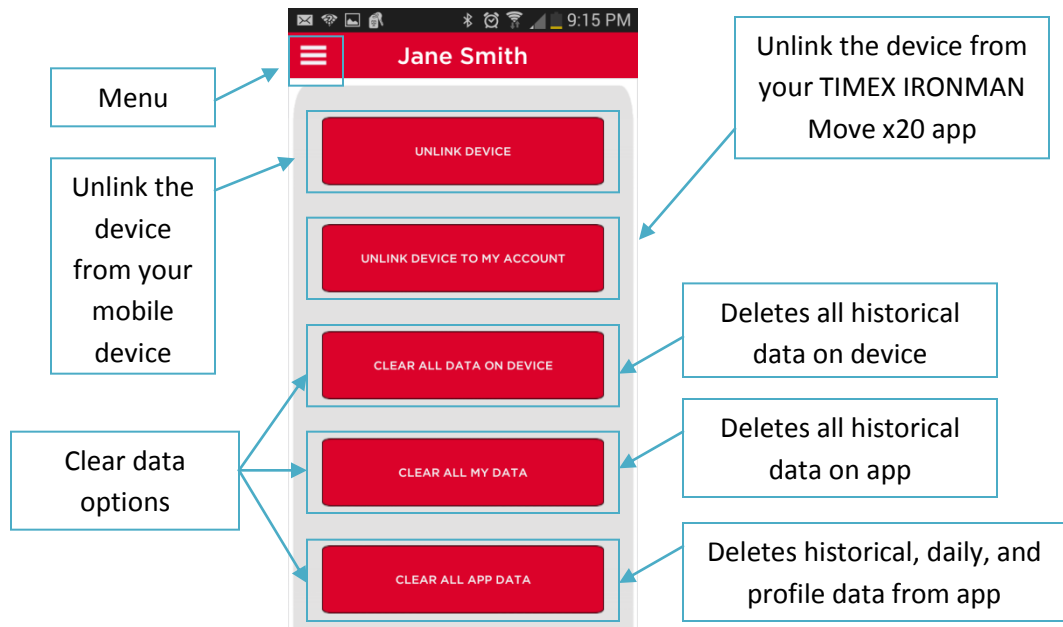
1. Record a workout in which you are traveling a known distance.
2. Access the Calibrate menu option.
3. Press the "Start Calibration" button.
4. Select the appropriate workout.
5. The app will prompt you to enter the known distance, enter that distance.
6. The app will give you a customized walk/run stride (based on the activity you were doing).
7. Press the Synchronize button.



## ABOUT

Provides app and device information.

## DEVICE



## SIGN OUT

Signs the user out of the TIMEX IRONMAN Move x20 app.



## WARRANTY

### TIMEX INTERNATIONAL WARRANTY

(U.S. – LIMITED WARRANTY – PLEASE SEE FRONT OF INSTRUCTION BOOKLET FOR TERMS OF EXTENDED WARRANTY OFFER)

Your TIMEX® device is warranted against manufacturing defects by Timex Group USA, Inc. for a period of ONE YEAR from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty. Please note that Timex may, at its option, repair your device by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model.

**IMPORTANT – PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR WATCH:**

- 1) After the warranty period expires;
- 2) If the device was not originally purchased from an authorized Timex retailer;
- 3) From repair services not performed by Timex;
- 4) From accidents, tampering or abuse; and
- 5) Lens or crystal, strap or band, watch case, attachments or battery.

Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state. To obtain warranty service, please return your device to Timex, one of its affiliates or the Timex retailer where the device was purchased, together with a completed original Watch Repair Coupon or, in the U.S. and Canada only, the completed original Watch Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your device to cover postage and handling (this is not a repair charge): a US\$8.00 check or money order in the U.S.; a CAN\$10.00 cheque or money order in Canada; and a UK£3.50 cheque or money order in the U.K. In other countries, Timex will charge you for postage and handling. NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-328-2677 for additional warranty information. For Canada, call 1-800-263-0981.

For Brazil, call +55 (11) 5572 9733.

For Mexico, call 01-800-01-060-00.

For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.).

For Asia, call 852-2815-0091.

For the U.K., call 44 020 8687 9620.

For France, call 03 81 63 42 51 (10 a.m. – 12 Noon).

For Germany/Austria: +43 662 88921 30.

For the Middle East and Africa, call 971-4-310850.

For other areas, please contact your local Timex retailer or Timex distributor for warranty information.

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## DECLARATION OF CONFORMITY

Manufacturers Name: Timex Group USA, Inc.  
Manufacturers Address: 555 Christian Road  
Middlebury, CT 06762  
United States of America

declares that the product:

Product Name: Activity Tracker Band  
Model Numbers: M019


conforms to the following specifications:  
R&TTE: 2014/53/EU

Standards: EN 300 328 (Bluetooth)  
EN 301 489-1 (EMC)  
EN 301 489-17 (Bluetooth)  
EN 62479

LVD: 2006/95/EC  
Standards: EN 60950-1

Digital Device Emissions  
Standards: FCC 47CFR 15B  
FCC 47CFR 15C  
RSS-210 Issue 8, Dec 2010  
RS-Gen Issue 3, Dec 2010  
ICES-003 Issue 5, Aug 2012

Agent:



Sam Everett  
Quality Regulatory Engineer  
Date: 10 June, 2014, Middlebury, Connecticut, U.S.A.

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