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## Casio g shock ga 100 1a1 manual

The G-Shock GBA-800 is visually exciting, virtually indestructible and pleasantly simple in every respect. Classic G-Shock Style Excellent Application Incredibly Robust Easy to Use No Sleep Tracking Not for Serious Fitness Addicted Fitness Trackers, most of which are not very attractive pieces of wearable tech. They can be cheap, but they never look completely straight outside the gym. What about hybrid smartwatches? They often provide much more functionality than a traditional fitness band, but at a steeper price. Casio has found a middle ground with the G-Shock GBA-800, which visually is obviously G-Shock, but with all the step-tracking features you want from a simple fitness band. The price is realistic, and you're getting all the usual G-Shock watch benefits - toughness, toughness, and a little more toughness - to go along with Bluetooth connectivity. The unmistakably G-Shock GBA-800 is undoubtedly a G-Shock. Angular, sturdy, built on whatever body is attached to the flexible strap, and the entire package is made to withstand even the harshest handling. Waterproof at 200 meters and able to withstand punches, bumps and long drops, you have to work hard to even scratch the GBA-800. It may look over-engineered, but that's part of its appeal, and at least it has a brawn to match the looks. Look at your face and you'll see it's a hybrid analog, with two hands talking time and digital reading underneath. The display shows time, world time, stopwatches and timers, as well as information about fitness levels. There is also circular graphics in one o'clock position showing progress towards your daily step goal. There are four buttons on the body, each with a different function, and one large backlight activation button. There's no touchscreen or complex features. Soak up your GBA-800 and it's a comfortable everyday watch. Casio mounted a set of plastic protector covers on both sides of the 15-hole strap, helping it fit better around the wrist. But these often painfully catch our wrist hair. These are not available on most G-Shock watches, so it will come as a surprise even for the most experienced G-Shock wearers. The watch is made to be worn loosely so it never became sweaty, and although it is still a fairly large watch, it's a compact g-shock standard. Casio doesn't seem to be behind the GBA-800 unisex, and advertises it on men's wrists. But while it's larger than the Casio Baby G range of G-Shock watches aimed at women, it's still smaller than most other regular full-size G-Shock watches. This means that if your wrist is too slender or small for other G-shocks, this may still work on you. For women who don't want masculine design, Casio's BGS-100 is the Baby G equivalent. The GBA-800 is undoubtedly a G-Shock. Even though we were wearing shocking-bright lime green model, there are other versions in more muted colors outside. The combination of green and dark gray is so funky, it's hard to settle for a matte green or blue version. They're just a little boring after looking at this one. The GBA-800 looks like a G-Shock, and G-Shocks look like a watch, not a fitness tracker. This is a very good thing, and assuming you choose more everyday colors, there is no reason why you wouldn't want to wear it every day with anything. Try saying that about basic Fitbit or Misfit wearables. Fitness Tracking and Application It is a fairly basic fitness tracking system using a triaxial accelerometer inside the G-Shock. Calculates your steps, estimates calorie burning, and measures the intensity of exercise. With a timer, you can count the number of sets you make, and stopwatches are available for runners who want to split times and assign goals. There is no heart rate monitor or sleep tracking, and the app doesn't provide instructions, motivation, or exercise plans. On your watch, press the Refresh button to see the exact number of steps, and the functions will be typo-through using the Mode button. Progress is quickly visible on the graphics in the position of 1 hour. At hand, the stopwatch is all set up using the G-Shock app, which quickly and reliably connected to iOS on our iPhone every time. This is a massive improvement over the soon connected Casio watch, so if you were to hold off early, things have changed for the better. The GBA-800 is the epitome of wear-and-forget tech. You don't have to remember to start exercise routines, worry that the watch isn't tight enough on your wrist for a heart rate monitor to sign up, or even charge your watch on a regular basis. You put it on, go for a run or workout, or just about your daily business, and get a basic indication of your activity levels. The GBA-800 is not for a serious fitness addict, but it doesn't aim to be one. The ability to download stopwatch logs will be attractive to runners though. The app is casio general G-Shock Connected app, and it takes care of all G-Shock watches with Bluetooth connection, you should own more than one. We tried the version for iOS, but were disappointed that it has not yet been improved for native display on the iPhone X. It's only about 8 months, so don't rush Casio. It's attractive and pleasantly designed, with menus spread out at the bottom of the screen and large red text that's easy to find and tap for more details. We like the way you can set world time in an app, adjust step targets, timer and stopwatch goals, and even see a visual user guide. Several other fitness apps are both concise and user friendly. It's not the fastest app that seems to be choosing a design, because swiping on screens is often slower than we'd like with animations and fading screens. Watch and batteries What else can the watch do? In addition to the coincidence, you can select an additional world time zone and enable phone search by pressing the Start button for five seconds. There are five different alarms that unfortunately need to be set on the watch, rather than in an app that would make life easier. Everything worked as you'd expect without any problems. Good news on the battery side. You don't have to charge the GbA-800. Inside, it has a standard CR2016 battery, which should take two years to replace. The price, warranty and availability of the G-Shock GBA-800 is reasonably priced at \$100, or £120, which puts it above cheap fitness bands from Xiaomi, but along with some of the better looking fitness bands from Fitbit. It's also cheaper than most smartwatches, including hybrids. It is available directly from the G-Shock online store, through its retail stores and selected partner retailers. The G-Shock watch has a two-year warranty. Our Take The G-Shock GBA-800 is visually exciting, virtually indestructible and straightforward in every respect. It's a classic G-Shock watch first, with added tracking activity tempting you more, and it's a massive improvement in style through cheap fitness bands. Regret-free buy you will like. Is there a better alternative? The world is not short of fitness trackers. There are dozens, if not hundreds out there, at all different prices. We recommend a \$25 Misfit Flash if you don't want to spend much. Alternatively, the Fitbit Flex 2 is the cheapest of the popular brands, costing around \$60 now, while Xiaomi Mi Band 2 or Mi Band 3 are around \$35 with the importer. They're great examples of fitness bands, but they're not exactly stylish. We do not deny their functionality; but the G-Shock GBA-800 is defeated when it comes to wearability. Garmin Vivosmart HR+ is our choice for anyone who doesn't want a smartwatch-style tracker, all of which cost at least \$200. Garmin is feature-packed and definitely one for fitness addicts. However, even if it comes in different colors, it's still damn ugly. The GBA-800 is better compared to hybrid watches like the Nokia Steel HR, but that's \$180. If you're a fan of the G Shock look, the GBA-800 is the only G-Shock watch with fitness tracking. How long will it take? It's G-Shock, that's why he's going to outsmp us all. The battery will only need attention every few years, so assuming Casio keeps the app, the GBA-800 will give you many years of happy use. Should you buy one? Yes. The GBA-800 has this unique G-Shock style and provides basic activity tracking without any fuss, all at a reasonable price. The application works perfectly, there are many colors to choose from, and it can withstand anything up to and including light artillery fire. Actually, we wanted to wear the GBA-800 worry about the daily step count, something we've never felt about a fitness band, showing Casio has managed to breathe a bit of life into the sub-\$100 fitness wearable market. The GBA-800 is here, so you don't have to settle for an ugly, cheap fitness band anymore. Editors' recommendations Andy Boxall/Digital Trends Pro Trek range may be Casio's most complete smartwatch effort, but it continues to add Bluetooth to other high-end models in its G-Shock line-up too, providing a variety of useful features that simplify everyday use of the device. We were wearing one of the latest, G-Shock G-Steel GST-B100XA-1A to see if bluetooth connectivity really is useful or a feature you can do without. These Bluetooth connected G-Shocks are not smartwatches or even hybrids. They're connected watches, with all the benefits of regular G-Shock, plus a small amount of carefully implemented technology. To work with your watch using Bluetooth, you need to install the Casio G-Shock app on your phone. This is the first good news because it's not only beautifully designed, but it works without error. Application and functionality To connect your watch to an app, press the Connect button for a long time. This process takes about 30 seconds, and unlike some non-smart Bluetooth watches, has always worked without error for us. The app also remembers previously connected watches, so if you have a collection of connected Casio watches, they're all signed in to the app for later use. The interface is the same for everyone, only with the features changing. The design is excellent. Representations of the watch and its functionality – smart and other – are clearly displayed with a guide that provides step-by-step instructions on how to use the watch. The red-black color scheme looks modern and classy, plus it's easy to read. Use the app to change world time, add an alarm, or start a timer. While these features can happen on the watch itself, it's much easier to do through the app. With a full charge it will take 22 months before you need a trip out. For example, to change the world time on your watch, unscrew the crown – it's a screw crown to maintain water resistance – and briefly press the Connect button. Then manually adjust the world time complications. That's assuming you know the exact time at the finish line. Or, connect the GST-B100XA-1A to Casio, tap World Time, and then search for the city you'll be staying in, and that's it. No toying with the crown - it's firmly screwed for a reason, and you wouldn't want to forget. The G-Steel watch does not follow the steps or deliver announcements, therefore it has very modest power needs that are met using robust casio solar cells. The only charging G Steel needs is to see some sunshine on a semi-regular basis With a full charge it will take 22 months before you need a trip out too, so it's almost never going to be a mission to keep it elevated. The app provides an indication of the state of solar cells, or a short press of the Find button uses fan-like complications on the face to show the remaining charge. Finally, the phone search feature is activated using the Search button on your watch. Design Casio G-Steel watches are recognizably G-Shocks, but have a more mature look than the GBA-800, less utilitarian than the Rangeman, and considerably more wearable than frogman or gravitymaster. None of the tenacity that sets the G-Shock apart from the crowd was lost though. The GST-B100XA-1A has a carbon fiber bezel made of Toray Industries Torayca carbon fiber and its nanoalloy resin for maximum strength that surrounds the sapphire glass crystal over the face. The stainless steel bodywork includes a frame made of four stainless steel tubes to keep the frame body and housing back together while providing additional impact resistance. Finally, the G-Steel GST-B100 is water resistant at 200 meters. Andy Boxall/Digital Trends The resin on our model is black with a blue underside, with contrasting blue elements on the face. Carbon fiber looks fantastic, catching light in a unique way, while the sapphire crystal is so completely clear, it's easy to forget it's there at all. At 14mm thick it's not a thin watch, but the use of carbon fiber and resin keeps the weight down, making it easy to wear on a daily basis. This is a very hard-looking watch though, and is unlikely to be the choice of those with small wrists. We like the design, and you'll find it goes with more clothing than other G-Shocks, which means we pick it up to wear more often than some of the other models. Is it worth it? Does your watch stand connected via Bluetooth without notification? Yes, but it's important not to think of G-Steel - or any connected G-Shock - as a smartwatch. It's a watch in the first place and not cheap. The GST-B100XA-1A is \$600 or £650. The Apple Watch Series 4, our favorite smartwatches that are now available, are cheaper, and you often can't tell about an Apple product. However, compare the two to the missing point. Those who want a smartwatch of the calibre of the Apple Watch will not consider G-Steel, and those in the G-Shock range will be less likely to be looking at the Apple Watch as an alternative. This is the watch you buy for the look, toughness, materials and design technology and not the amount of intelligent features it has. These complement the watch, and facilitate their use. They do not change its functionality. We like that Casio doesn't frame connecting his watch to his phone as blasphemy - which some traditional makers do - and involves just the right amount of smart technology to mimic like samsung's Apple Watch or Galaxy Watch, but use modern methods to save us time and frustration when changing basic features, all through a well-designed and reliable app. Something to applaud, and the G-Steel GST-B100XA-1A is another connected G-Shock we like to recommend because of it. Editors' recommendations

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