

# COROS APEX Watch User Manual

Last edit on 12/27/2018

## Home Page

Default page can be customized with different watch face options. Information displayed on the home page includes but not limited to **current time/date, day of the week, calories, exercise time, step counter, floors climbed, remaining battery percentage**. Not all of this information will be displayed together on the home page. Press the BACK key to view all information on the home page.

When you scroll the digital knob on the home page, you can easily view useful data in 5 segments. Press the CONFIRM key to switch pages within a segment.

Segment 1: **calories, step counter, exercise time, floors climbed**

Segment 2: **last 6 hours heart rate graph, real time heart rate**

Segment 3: **last 6 hours atmospheric pressure, last 6 hours elevation, last 6 hours temperature**

Segment 4: **3D compass, real time GPS coordinates**

Segment 5: **smart notifications from your phone**

## Quick Menu – 7 options

Hold the BACK key for 1 second to bring up the quick menu. You can quickly access many useful options and settings here like **watch face, compass, stopwatch, timer, settings (system), Do Not Disturb, alarm**. Unfortunately, you can't customize the quick menu.

## General Menu – 9 options

Press the digital knob or the CONFIRM key once from the home page to open up the menu. You can view and select different workout modes here. Currently we support 7 different modes including **Run, Indoor Run, Bike, Indoor Bike, Pool Swim, Open Water, and Triathlon** (customizable). Other than the workout modes, you can view workout history in **AI Trainer** and adjust more system settings in **System**.

## System – 6 options

**Do Not Disturb** – on/off, during DND mode, wrist-turn backlight will be disabled and phone notifications will not be displayed

**Accessories** – Add ANT+, Added List, Broadcast Heart Rate

**Alarm** – Add New Alarm, customizable time and days to repeat

**Watch Face & Theme Color** – choose from different watch faces and theme colors

**Pair Phone** – shows QR code if haven't paired with a phone

**General** – more system settings

## General – 12 options

**Wrist Hand** – left/right

**Digital Knob** – clockwise down/up

**Vibration & Tones** – vibration (all on/off, key off), key tones on/off, message & call tones on/off, alarm tones on/off, activity alert tones on/off

**Auto Lock** – on/off to prevent misoperation. If turned on, home page will lock in 2 minutes after the last operation on the home page. Press any key to unlock the screen.

**Units** – imperial/metric for the watch display. If you want to change the unit on the COROS app, please follow the steps to operate in the COROS app: Profile page > click on profile image > scroll down to Units.

**Date/Time** – 24-hour on/off, auto sync on/off when connecting with the COROS app, time zone, set time/date

**Languages** – English, Chinese, German, Spanish

**Elevation** – use GPS to calibrate current elevation, enter elevation manually

**Compass** – calibrate compass

**Device's Info** – 6 digit ID, firmware version, GPS version, hardware version, Bluetooth version, ANT+ device ID

**Reset All** – reset all settings and delete all data on the watch

**Turn Off** – after shutdown, hold CONFIRM key for 2 seconds to turn on the watch

## Workout Modes

Once you press the CONFIRM key to open up any workout page, the optical heart rate sensor will start working actively. GPS sensor will also become active in workout modes that require GPS. Press CONFIRM key during any started workout to **Resume**, **Finish**, and view **Lap Details**. Pause time will display on the bottom of the pause page. Press BACK key to start a new lap during workout. Workout summary page will show up once the workout is finished. You can sync workout and activity data to the COROS app when your watch is active in the app. Swipe left on the target workout to delete it on the All Workout page.

## Special Workout Modes

**Interval Training**

Train and rest with preset intervals and warm up/cool down options. Press BACK key to skip to the next section. Press BACK key won't start a new lap during interval training.

### **Aerobic / Anaerobic Training**

Available for Run and Indoor Run only. Set a Training Effect goal (2.5, 3.5, 4.5) to reach for during the workout. Start with a 10-minute warm up to bring up your heart rate to the target zone. Then maintain your heart rate in the target zone during training. You will be alerted if your heart rate falls out of the target zone. 3 new metrics will provide you insights to your real-time training performance, Stamina, Aerobic Training Effect, Anaerobic Training Effect. Once you reach the TE goal, you will enter into a cool down section. End the training at any time to view your workout summary. You can't use BACK key to skip to the next section.

### **Triathlon**

Choose from **Run, Bike, Open Water** and add them to the 3 segments the way you want. Press CONFIRM key to choose to skip to the next section. If so, paused time will be counted as transition time. If press BACK key and return to the workout from the paused page, paused time will be added back to the workout time. Once Triathlon is finished, you can select to view overall and individual segment's summary. Press BACK key won't start a new lap.

## **Quick Menu during Workout – 6 options**

Hold the BACK key for 1 second during any started workout to bring up the quick menu workout version and adjust the following options: **UltraMax** (on/off), **Compass**, **Wrist Hand** (left/right), **Stopwatch** (CONFIRM key to start/pause, BACK key to record laps/reset, scroll up/down to view laps, hold BACK key to return), **Timer** (CONFIRM key to set time/start/pause, BACK key to reset/return), **Settings** (apply workout specific setting changes to the current workout immediately)

## **Run**

**Start:** Press to start recording your running data.

**Interval Training:** Press to start recording interval running data.

**Aerobic Training:** Press to start recording aerobic training data.

**Anaerobic Training:** Press to start recording anaerobic training data.

**Settings:** Adjust the following settings according to your needs.

**Interval Settings** - repeat times, interval by time/distance/open, rest by time/distance/open, warm up on/off, cool down on/off)

**Auto Lap** – on/off, distance

**Auto Pause** – on/off

**Pace Alert** – on/off, pace interval

**Cadence Alert** – on/off, cadence interval

**HR Alert** – on/off, HR interval (custom, EE, AT, MLSS, LT, MLA)\*

**Metronome** – on/off, beats per 2 minutes

**Auto Scroll** – on/off, seconds till next data screen

**White Background** – on/off for improved visibility of data screen

**Auto Lock** – on/off to prevent misoperation during workout. If turned on, data screen will lock in 10 seconds after the last operation on the watch. Hold any key for 1 second to unlock the screen.

**GPS** – GPS Normal (uses GPS system only with normal battery consumption), GPS+GLONASS (uses GPS and GLONASS systems together with better tracking accuracy and increased battery consumption)

**Restore Defaults** - reset settings to defaults

\*EE is 65% – 85% of your lactate threshold HR, AT is 86% – 89%, MLSS is 90% – 95%, LT is 96% – 105%, MLA is over 105%.

## Indoor Run

**Start:** Press to start recording your running data.

**Aerobic Training:** Press to start recording aerobic training data.

**Anaerobic Training:** Press to start recording anaerobic training data.

**Settings:** Adjust the following settings according to your needs.

**Auto Lap** – on/off, distance

**Auto Pause** – on/off

**Pace Alert** – on/off, pace interval

**Cadence Alert** – on/off, cadence interval

**HR Alert** – on/off, HR interval (custom, EE, AT, MLSS, LT, MLA)\*

**Metronome** – on/off, beats per 2 minutes

**Auto Scroll** – on/off, seconds till auto scroll to the next data screen

**White Background** – on/off for improved visibility of data screen

**Auto Lock** – on/off to prevent misoperation during workout. If turned on, data screen will lock in 10 seconds after the last operation on the watch. Hold any key for 1 second to unlock the screen.

**Restore Defaults** - reset settings to defaults

## Bike

**Start:** Press to start recording your cycling data.

**Interval Training:** Press to start recording interval cycling data.

**Settings:** Adjust the following settings according to your needs.

**Interval Settings** - repeat times, interval by time/distance/open, rest by time/distance/open, warm up on/off, cool down on/off)

**Auto Lap** – on/off, distance

**Auto Pause** – on/off

**Speed Alert** – on/off, speed interval

**Cadence Alert** – on/off, cadence interval

**HR Alert** – on/off, HR interval (custom, EE, AT, MLSS, LT, MLA)\*

**Auto Scroll** – on/off, seconds till next data screen

**White Background** – on/off for improved visibility of data screen

**Auto Lock** – on/off to prevent misoperation during workout. If turned on, data screen will lock in 10 seconds after the last operation on the watch. Hold any key for 1 second to unlock the screen.

**GPS** – GPS Normal (uses GPS system only with normal battery consumption), GPS+GLONASS (uses GPS and GLONASS systems together with better tracking accuracy and increased battery consumption)

**Restore Defaults** - reset settings to defaults

## Indoor Bike

**Start:** Press to start recording your cycling data.

**Settings:** Adjust the following settings according to your needs.

**Auto Lap** – on/off, distance

**Speed Alert** – on/off, speed interval

**Cadence Alert** – on/off, cadence interval

**HR Alert** – on/off, HR interval (custom, EE, AT, MLSS, LT, MLA)\*

**Auto Scroll** – on/off, seconds till next data screen

**White Background** – on/off for improved visibility of data screen

**Auto Lock** – on/off to prevent misoperation during workout. If turned on, data screen will lock in 10 seconds after the last operation on the watch. Hold any key for 1 second to unlock the screen.

**Restore Defaults** - reset settings to defaults

## Pool Swim

**Start:** Press to start recording your swimming data.

**Settings:** Adjust the following settings according to your needs.

**Pool Length** – select from preset lengths or customize in meters or yards.

**Distance Alert** – on/off, select to get notified after specific laps.

**HR Alert** – on/off, HR interval (custom, EE, AT, MLSS, LT, MLA)\*

**White Background** – on/off for improved visibility of data screen

**Auto Lock** – on/off to prevent misoperation during workout. If turned on, data screen will lock in 10 seconds after the last operation on the watch. Hold any key for 1 second to unlock the screen.

**Restore Defaults** - reset settings to defaults

## Open Water

**Start:** Press to start recording your swimming data.

**Settings:** Adjust the following settings according to your needs.

**Auto Lap** – on/off, distance

**HR Alert** – on/off, HR interval (custom, EE, AT, MLSS, LT, MLA)\*

**White Background** – on/off for improved visibility of data screen

**Auto Lock** – on/off to prevent misoperation during workout. If turned on, data screen will lock in 10 seconds after the last operation on the watch. Hold any key for 1 second to unlock the screen.

**GPS** – GPS Normal (uses GPS system only with normal battery consumption), GPS+GLONASS (uses GPS and GLONASS systems together with better tracking accuracy and increased battery consumption)

**Restore Defaults** - reset settings to defaults

## Triathlon

**Start:** Press to start recording your triathlon data

**Settings:** Adjust the following settings according to your needs

**Custom** – select from **Open Water, Bike, Run** and add them to the 3 segments the way you want or restore to the standard triathlon mode.

**Auto Lap** – on/off

**Activity Alert** – on/off all the workout alerts for all segments

**Auto Scroll** – on/off, seconds till next data screen

**White Background** – on/off for improved visibility of data screen

**Auto Lock** – on/off to prevent misoperation during workout. If turned on, data screen will lock in 10 seconds after the last operation on the watch. Hold any key for 1 second to unlock the screen.