Alpina

1883 GENEVE

REACH YOUR SUMMIT

STARTIMER X
BALANCE

USER MANUAL

WATCH & COMPANION APP

INDEPENDENCE, PERSEVERANCE, HERITAGE.
alpinawatches.com

01

WELCOME

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HEALTH & ACTIVITY

⍦ Activity Tracking

♥ Heart Rate Monitoring

⌖ Dynamic Coach

🏆 Workout with GPS Tracking (Connected GPS)

🌡 Body Temperature

☾ Sleep Monitoring

TIME & ALARMS

🕐 Always on-Time (Hours, Minutes and Date)

🌐 Worldtimer (2nd Time Zone)

⏰ Smart Sleep Alarms

⚠ Get-Active Alerts

⚡ Rechargeable Battery & Battery Level Indicator

☁ Cloud Backup & Restore

STARTIMERX BALANCE

Thank you for purchasing the StartimerX Balance smartwatch; the ideal partner to keep an eye on one's health and improve one's well-being thanks to heart rate monitoring, body temperature measurements and workout monitoring amongst many other features.

Please follow the simple instructions detailed in this user manual to start using your watch.

02

GET STARTED

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GET STARTED

01. **CHARGE YOUR WATCH**
Please make sure to charge your watch using the charging device provided before pairing for the first time. Please refer to page 23 for additional details.

02. **GET THE APP**
Download the ALPINA SMARTWATCH app for iPhone® or Android.

03. **ACTIVATE BLUETOOTH ON YOUR PHONE**

04. **LAUNCH THE APP AND FOLLOW THE INSTRUCTIONS**
You will first be invited to create your own profile, then to pair your watch with the app and finally to set your own goals.

05. **YOU ARE NOW READY TO USE YOUR STARTIMERX BALANCE**

NAVIGATE ON THE STARTIMERX BALANCE

The StartimerX Balance is equipped with a crown button which allows you to access its different functions. The information related to the selected function is displayed on the dial thanks to the hands which are not only displaying the minutes and hours and thanks to an inner graduation. You can set the different functions within the app as indicated below:

SINGLE PRESS
You can select between the following functions (only one function can be selected):

• BPM (heart rate in beats per minutes)
• Activity
• Workout BPM
• Workout Time
• Date
• Battery level
• Worldtimer

DOUBLE PRESS
You can select between the following functions (only one function can be selected):

• BPM (heart rate in beats per minutes)
• Activity
• Workout BPM
• Workout Time
• Date
• Battery level
• Worldtimer

Please read the following pages to see how to read your resuls on your watch accordingly.

DISPLAY SETTINGS
You can set your prefered display duration between 3 and 10 seconds in the app

03

THE APP

DISCOVER OUR COMPANION APP

Check your results and data with in-depth graphs and stats while being able to configure your notifications and display preferences.

GET MOTIVATED

Watch, learn and improve.

BE ACTIVE

Walk, run, check your steps.

SLEEP

Rest and check your sleep pattern.

HEART RATE

Keep an eye on your heart beats.

WORKOUT

Track and improve your performance.

04

FUNCTIONS OVERVIEW

FUNCTIONS

ALWAYS ON-TIME

You won't ever need to set a time and date - traveling across time zones, the watch picks-up the time from your smartphone and displays the current time automatically.

HOW TO READ THE DATE ON YOUR WATCH
Depending on the previous set-up explained in page n°6 you can read the date as explained below:
• Hour hand shows the month and the minutes hand shows the date number in the minute track
• The date will be shown for 6s (the duration is settable in the App)
• Then the hands will go back to showing time

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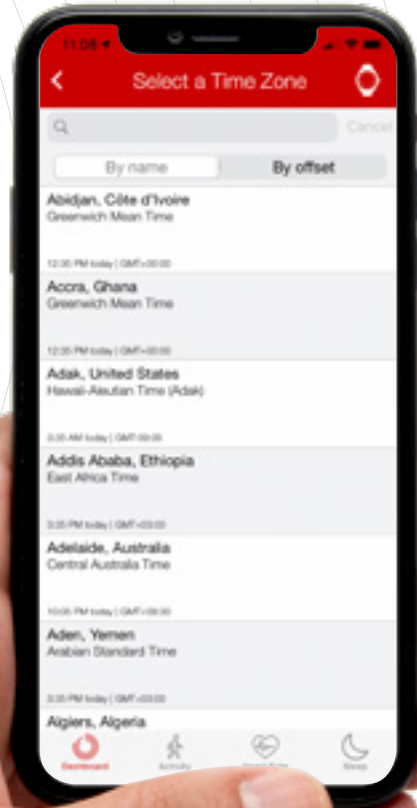
FUNCTIONS

WORLDTIMER

You can choose to display a second time zone on your watch.
A feature particularly useful when travelling in order to keep track of your time at home.

HOW TO READ THE WORLDTIMER (SECOND TIME ZONE) ON YOUR WATCH
Depending on the previous set-up explained in page n°6 you can read the second time zone as explained below:
• Hour and minute hands show the worldtimer
• The time will be shown for 6s (the duration is settable in the App)
• Then the hands will go back to showing time

To set a second time zone, go to the main menu of the app; in the settings section, enter the Worldtimer function and select the second time zone you wish to see on your watch.

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FUNCTIONS

ACTIVITY TRACKING

Keep track of your daily steps, calories burnt and total distance travelled. The companion app's charts will help you to get an overview of your results per week as well as compare your results to people of your age worldwide thanks to a benchmarking tool.

**HOW TO READ YOUR ACTIVITY RESULTS
ON YOUR WATCH**
Depending on the previous set-up explained in page n°6 you can read your result as explained below:
• Hour and minute hands go to 12 o'clock
• Minute hand shows the percentage of steps goal completed (scale 0-240%)
• Data will be shown for 6s (the duration is settable in the App)
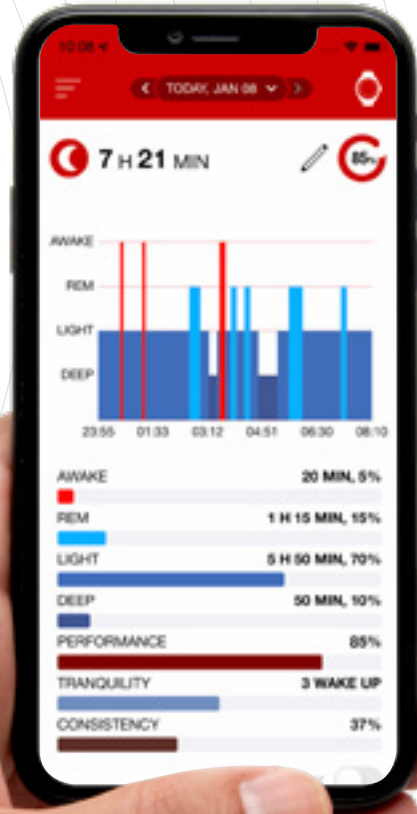• Then the hands will go back to showing time
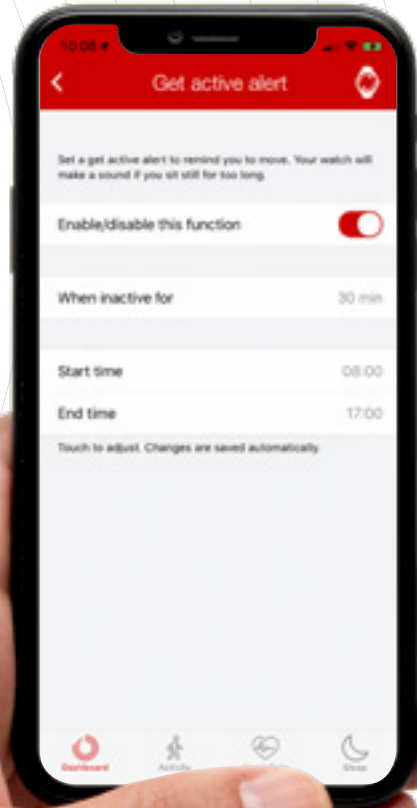
FUNCTIONS

GET-ACTIVE ALERTS

Set an alert to remind you to move if you've been idle for a set amount of time.

Your watch will vibrate to tell you when you have to move.
Customize your Get-Active alert in the companion app.

FUNCTIONS

SLEEP MONITORING

The sleep monitoring function provides details on your sleeping pattern, including how much time you have spent in deep sleep, light sleep, REM sleep or awake. It will also provide you with insights and tips on how to improve your sleep.
You can see your results within the companion app.

Wear your watch at night or put it under your pillow to record your sleep.
You can set your favorite mode in the app.

Please note that REM sleep is unavailable when using the *under the pillow* mode.

FUNCTIONS

SMART SLEEP ALARMS

Set a smart sleep alarm that will help you to wake up at the best time by vibrating based on your sleep cycle in order to feel rested and refreshed.

You can easily activate and disable the Smart Sleep Alarms within the companion app.

FUNCTIONS

Powered by
PHILIPS
Wearable sensing

HEART RATE MONITORING

Your StartimerX Balance watch has an integrated optical heart rate measuring system powered by Philips Wearable Sensing. Philips being the leading provider of optical heart rate solutions, the sensor will provide accurate monitoring for cardiac, activity, health and fitness metrics.

It offers an algorithm that extracts and processes the sensor's data, factoring out body motion, pigmentation and ambient light to produce highly accurate results.
The watch measures your Heart Rate throughout the day and night.
You can see in depth results within the companion app.

A nice add-on is also available in your app: the Breathing Rate which will give you your average of breaths per minutes.

**HOW TO READ YOUR BPM (HEART RATE IN BEATS PER MINUTES)
RESULTS ON YOUR WATCH**
Depending on your display preferences (page 6) you can read your result as explained below:

• Hour and minute hands go to 12 o'clock
• Minute hand shows the heart rate in bpm (scale 0-240 on dial)
• The result will be shown for 6s (the duration is settable in the App)
• Then the hands will go back to showing time

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FUNCTIONS

WORKOUT WITH GPS TRACKING (CONNECTED GPS)*

The workout function can be launched directly on your watch via the crown button.
Depending on the previous set-up explained on page 6 you can proceed the following ways:

WORKOUT BPM
• Starts workout, hour hand goes to 12 o'clock
• Minutes hand shows the heart rate in bpm (scale 0 - 240 bpm on dial)
• 1 press to exit the workout mode and come back to time showing

WORKOUT TIME
• Hour and minute hands go to 12 o'clock
• 1 press starts the workout
• Hour and minute hands show the elapsed time:
   - Minute hand shows the seconds
   - Hour hand shows the minutes
• 1 press to exit the workout mode, the elapsed time remains for 8 seconds on the dial and
then come back to time showing

During the workout session, the heart rate sensor will take 1 measurement every 10 seconds.
You will then be able to see in-depth results in your companion app.

*If you wish to see your GPS circuit in the app, please keep your phone with you during your
workout session with the Alpina app open in the background.*

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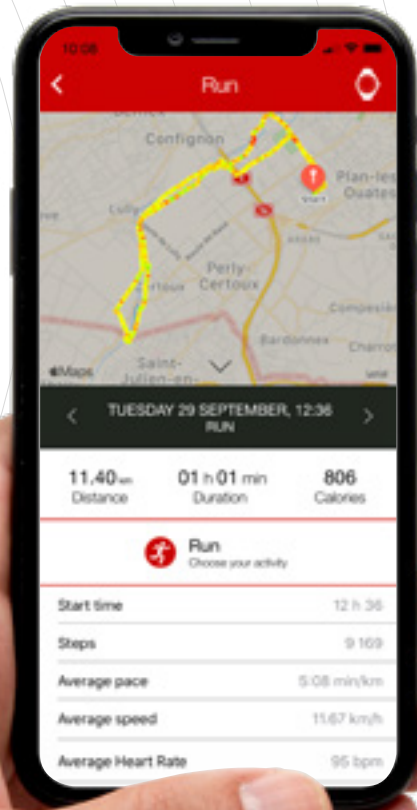
INDICATION
LINKED TO THE WORKOUT FUNCTION

(VO²)

VO2 MAX

The VO2 Max, which is your maximal oxygen consumption, is available within the app after a minimum 30 minutes workout session.

The graph in the app gives you your performance data as well as a benchmark data (same sex and same age as the info you set previously in your profile).
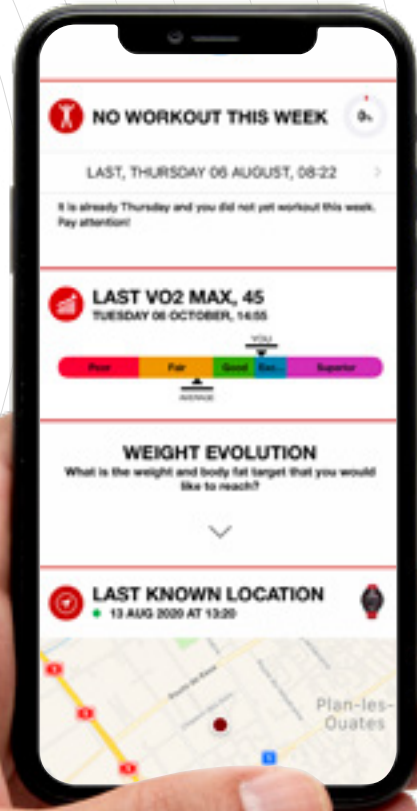
INDICATION
## LINKED TO THE WORKOUT FUNCTION

CARDIO FITNESS INDEX

Your cardio fitness index is related to your VO2max. VO2max is how much oxygen your body uses when you're exercising as hard as you can. It's the best known way of measuring cardiovascular fitness. When calculating your cardio fitness index, we also take into account your resting heart rate, age, gender, and weight.
To find out where you are on the cardio fitness index chart, take a one-hour workout session and check your app*.
We'll recalculate your cardio fitness index each day, using your most up-to-date health data.

***Your cardio fitness index is available on the HRM page, it is the top right circled number (80 in our illustration).**
To learn more about your cardio fitness index, press on the above mentioned value.
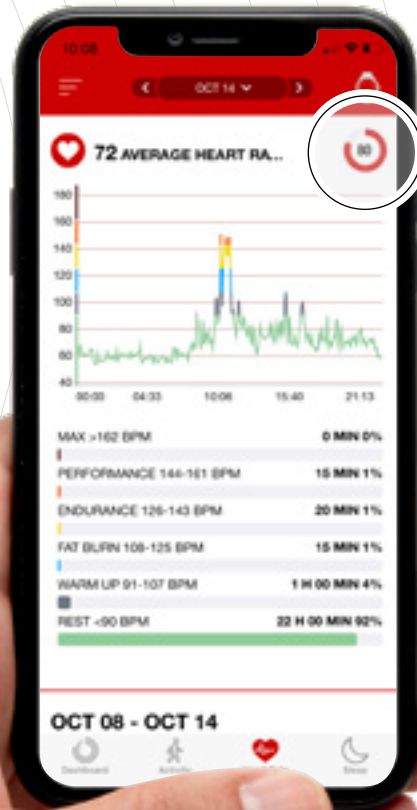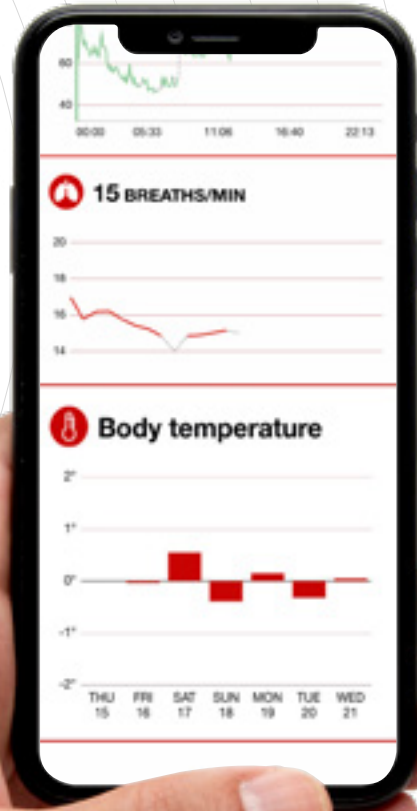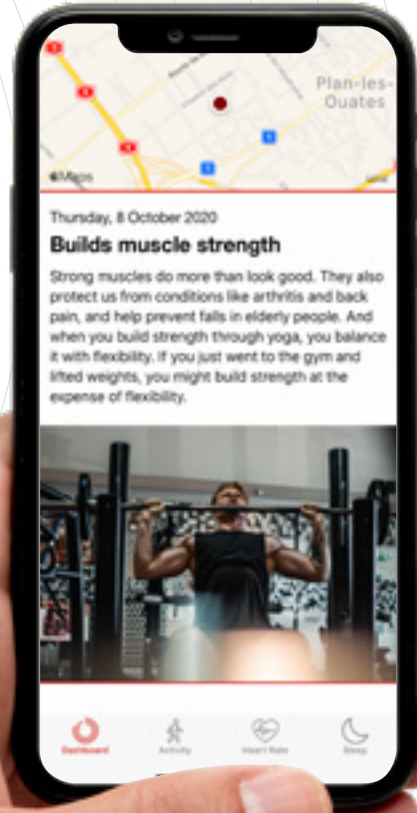
FUNCTIONS

BODY TEMPERATURE

You can find a graph within the app displaying your body temperature evolution along the week.

The watch measures your body temperature continuously during the night. Your body temperature will appear as a deviation from your baseline body temperature. The chart displays your average body temperature from the previous night relative to your baseline (e.g., it's +0.3° or -0.2° today compared to your average temperature). Normal fluctuation (positive or negative) is typically 0.5°C (0.90°F). Anything outside of that range could be an indication that something is challenging your system.
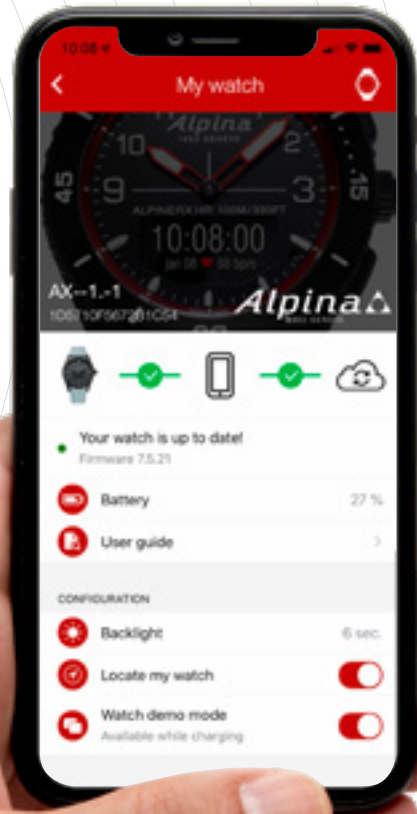
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FUNCTIONS

DYNAMIC COACH

Get suggestions, tips, and information catered specifically to you based on your activity and sleep records.

FUNCTIONS

CLOUD BACKUP & RESTORE

Recover all your data, even if you lose your watch or phone.
Your data is saved on your personal profile.

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SPECIFICITIES

RECHARGEABLE BATTERY & BATTERY LEVEL INDICATOR

Your watch is equipped with a rechargeable battery that will last up to 14 days (depending on your usage). Your watch will need to be charged via the charging device provided with the watch. *

HOW TO READ THE BATTERY LEVEL ON YOUR WATCH
Depending on your display preferences (page 6) you can read your battery level as explained below:

• Hour hand goes at 12 o'clock and the minutes hand show battery level (scale 0-240) in % of the total charge
• The battery percentage will be shown for 6s (the duration is settable in the App)
• Then the hands will go back to showing time

Please refer to page 24 for indications and details.

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SPECIFICITIES

USB CHARGER INDICATIONS

Your watch will need to be charged via the charging cable provided with the watch. If plugged to a wall rather than a computer's USB port, please use a CE marked adapter with the following characteristics:

Input voltage: 100/240 V - 50hz 60hz
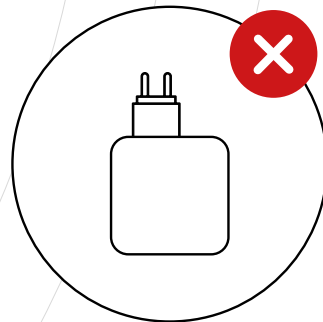**Output voltage: DC 5V (+-5%)**
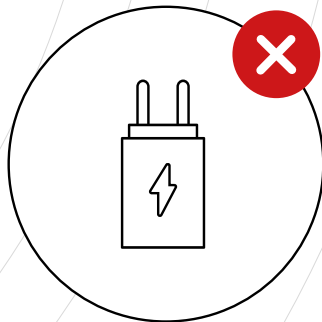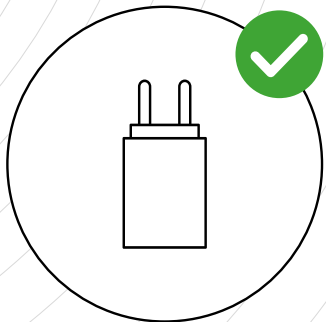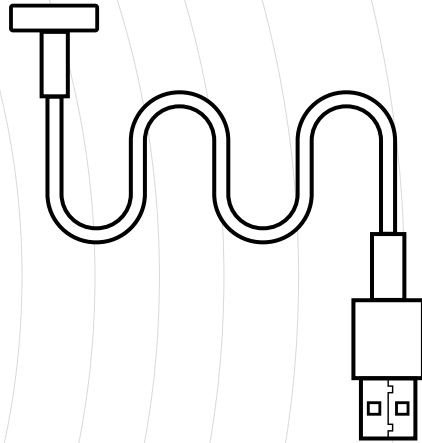**Maximum current: 500 mA**

As shown on the opposite diagram, do not use a fast charging device nor a tablet charger.

CAUTION
Loosen the cable while charging.
Never clip on other metal parts or items.
Always unplug the cable from the mains when the watch is fully charged.

05

LEGAL NOTICES

DECLARATION OF CONFORMITY

EUROPE

ALPINA WATCH INTERNATIONAL SA
Route de la Galaise, 8
1228 Plan-les-Ouates Switzerland

DECLARES THAT THE PRODUCT:
SMARTWATCH AL187X4SP6
Frequency range: 2402~2480MHz
Output power: 0 dBm
Antenna Gain: 1.5 dBi gain
Software version: 6.1.0
Hardware version: Rev 1

Comply with the following directive and regulations: 2014/53/EU (The Radio Equipement Directive)

1. Health & safety (article 3.1.A of the red directive)

Applied standard(s) EN 50663:2017; EN 62368-1:2014/A11:2017

2. Electromagnetic compatibility (article 3.1 B of the red directive)
Applied standard(s) EN301489-1V2.2.3; EN301489-17V3.2.2; EN55032: 2012; EN55032:2015; EN55035:2017

3. Radio spectrum (article 3.2 of the red directive)
Applied standard(s) EN300328V2.2.2

⚠ This product contains a coin/button cell battery.
If the coin / button cell battery is swallowed, it can cause severe internal burns in just 2 hours and can lead to death.

CE

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