

ProSense 57 Reviewer's Guide

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Epson ProSense 57 GPS Running Watch Reviewer's Guide

Welcome to the Epson ProSense 57 GPS Running Watch *Reviewer's Guide*.

Using the Watch

Refer to these sections to learn more about your ProSense watch.

[Controlling Music Playback](#)

[Measuring Workouts](#)


[Watch Menu Settings](#)

Controlling Music Playback

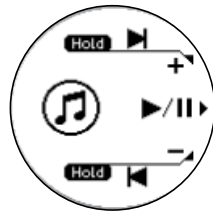
You can play audio on your smartphone and control it with your watch via a Bluetooth connection.







Note: On Android, you need to leave the Epson View app running in the background on your smartphone to use the audio playback controls.

Note: You cannot use this feature when you have paired your watch with the heart rate monitor chest strap to monitor your heart rate (ProSense 17).

1. At the Time screen, press and hold the  Back button for at least 2 seconds.

You see a screen like this:



2. Do the following to play audio and control playback as necessary:
 - To start or stop playing the current track, press the .
 - To play the next track, press and hold the  Up button for at least two seconds.
 - To play the previous track, press and hold the  Down button for at least two seconds.
 - To adjust the volume, press the  Up button to raise it or the  Down button to lower it.
 - To exit audio playback and return to the Time screen, press and hold the  Back button for at least 2 seconds.

Parent topic: [Using the Watch](#)

Measuring Workouts

Follow the instructions in these sections to measure workouts with your watch.

[Displayable Workout Measurements](#)

[Starting Workout Measurement](#)

[Stopping Workout Measurement and Saving the Data](#)

[Recording Laps During a Workout](#)

[Pausing and Resuming Workout Measurement](#)




[Monitoring Current Workout Data](#)

[Estimating VO2 Max](#)

Parent topic: [Using the Watch](#)

Displayable Workout Measurements

You can display a variety of measurements on your watch in these workout modes:

-  Run mode
-  Walk mode
-  Treadmill mode

Note: You can use your watch while swimming since it is water resistant up to 5 bars (51 meters of water) of pressure. However, the watch cannot receive GPS signals and you cannot press any watch buttons while underwater.

Information	Description
Time	Total time from the start of measurement
Lap time	Time for the current lap
Distance	Total distance from the start of measurement
Lap distance	Distance for the current lap
Pace	Current pace in time per mile/km
Lap pace	Pace for the current lap
Clock	Current time

Information	Description
Calories burned	Total calories burned from the start of measurement
Steps	Total number of steps from the start of measurement
Stride	Current stride
Cadence	Current number of steps per minute
Heart rate (HR)	Current heart rate per minute ProSense 17: displayed only when using the optional heart rate monitor chest strap and you select heart rate display settings in the Epson View app ProSense 57: displayed on the workout screen only when selected in the Workout Settings menu in the Epson View app
Heart rate zone (ProSense 57)	Current heart rate zone; displayed at the top of the measurement screen. For more detailed target heart rate zone measurements, select a Target HR option in the Workout Settings menu in the Epson View app
Estimated distance	Estimated distance completed at the end of the configured time; displayed only when the hours setting is selected in Training mode
Estimated time	Estimated time at the end of the configured distance; displayed only when the Dist. setting is selected in Training mode

Note: You can configure the measurement display settings from the Workout Settings menu in the Epson View app. For information on using the Epson View app, see the [online help](#).


Parent topic: [Measuring Workouts](#)

Related tasks

[Changing Workout Settings](#)

Starting Workout Measurement

Before using your watch to measure a workout, you need to select a workout mode and locate the watch's GPS signal.

1. At the Time screen, press the  Down button.

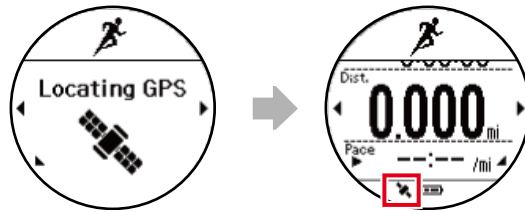
You see the Activity selection screen.

2. Press the ▲ Up or ▼ Down button to select one of these workout modes and press the ⏻ Start/Stop button.

- 🏃 Run mode
- 🚶 Walk mode
- 🏃 Treadmill mode
- Other 1
- Other 2

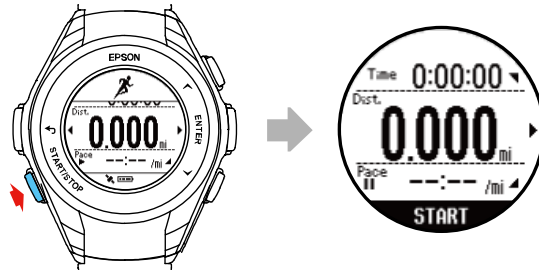
Note: Not all workout modes appear by default. You can configure the workout modes that appear from the Workout Settings menu in the Epson View app. For information on using the Epson View app, see the [online help](#).

Your watch locates the GPS signal and displays a screen like this when it is finished (except in Treadmill mode):




Note: If you must start a workout before GPS location is complete, press the ⏻ Start/Stop button. Your watch continues locating and begins measuring your workout with the built-in stride sensor. The watch will not record some measurements that require GPS signals, such as your workout route, until GPS location is complete.

3. Press the  Start/Stop button to start workout measurement.



If your watch displays this screen, GPS location has failed:





Move to an outdoor area with no overhead obstructions and press the  Back button to try again.

Parent topic: [Measuring Workouts](#)

Stopping Workout Measurement and Saving the Data




You can save up to 64 sessions of workout data.

Note: You can save up to 13 hours for each lap. If you exceed this time, workout measurement stops.

1. At the Measurement screen, press the  Start/Stop button to pause workout measurement.
2. Press the  Enter button or wait 3 seconds.




Your watch displays the Stop screen:



3. Press the  Up or  Down button to select **Save** and press the  Enter button.

Your watch saves your workout data and displays a screen like this:




4. Press the  Up or  Down button to display each available screen of workout data.
5. Press the  Enter button to return to the Time screen.

Note: If you want to clear the current workout data when viewing the Stop screen, select **Delete > Yes**.

Parent topic: [Measuring Workouts](#)

Recording Laps During a Workout

You can record laps during your workout either automatically or manually.

- At the Measurement screen, press the  Enter button to begin recording a lap manually.



- To record laps automatically, select **AT Lap** from the Settings screen and select a preset. When your workout reaches the time or distance defined by that preset, your watch automatically begins recording laps. You can configure the AT Lap presets in the Workout Settings menu in the Epson View app.

When your watch records a lap, it displays the Lap screen for a few seconds.



The Lap screen displays the lap number, lap time, and time for the current lap.



Parent topic: [Measuring Workouts](#)

Related tasks

[Changing Workout Settings](#)

Pausing and Resuming Workout Measurement

During your workout, you can start, pause, and resume workout measurements as necessary.

At the Measurement screen, press the  Start/Stop button to pause workout measurement. Press the  Start/Stop button again within 3 seconds to resume workout measurement.



If you pause your workout measurement for more than 3 seconds, your watch displays the Stop screen:





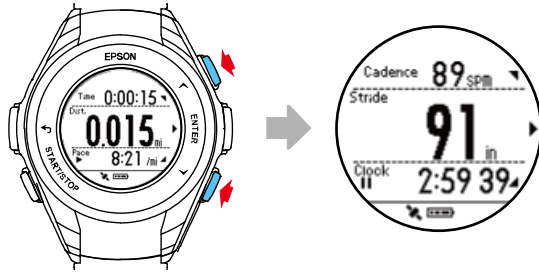
Press the  Up or  Down button to select **Resume** and press the  Enter button to resume workout measurement.

Parent topic: [Measuring Workouts](#)

Monitoring Current Workout Data

During your workout, you can monitor the current workout data your watch has collected.

At the Measurement screen, press the  Up or  Down button to display the current workout data screens.



Note: You can configure the measurement display settings from the Workout Settings menu in the Epson View app. For information on using the Epson View app, see the [online help](#).

Parent topic: [Measuring Workouts](#)

Related tasks

[Changing Workout Settings](#)

Estimating VO₂ Max

Your watch calculates the estimated maximum quantity of oxygen that your body can process, called VO₂ max (ProSense 57). This estimate can be an indicator of your fitness level and should increase with improved athletic performance.

Your watch uses your heart rate and GPS measurements to accurately calculate the VO₂ max under the following conditions:

- Your profile information must be set up correctly.
VO₂ max is only measured in Run Mode.
- Your watch is connected to GPS and you run with the watch for at least 10 minutes.
- You turned on heart rate measurement and the **AT Pause** setting is turned off.
- Your running pace is 16 min/mile (10 min/km) or faster.
- You are running at an elevated heart rate at moderate intensity.

Your watch cannot accurately estimate the VO₂ max if the following occurs:

- You stop running before 10 minutes have elapsed.

- Your heart rate cannot be measured.
- Your running speed slowed to a walk or you stopped for a traffic signal, and your heart rate dropped too low for estimation.

Parent topic: [Measuring Workouts](#)

Watch Menu Settings


See these sections to view the available settings on the watch menus.

[Time Screen Menus](#)

[Measurement Screen Menus](#)

Parent topic: [Using the Watch](#)

Time Screen Menus

You can select these settings by pressing  Enter the button on the Time screen.

Menu	Settings	Options
Bluetooth	On Off	Turns Bluetooth on or off to connect peer-to-peer with your smartphone or the optional heart rate chest strap (ProSense 17)
	HR Strap (ProSense 17)	Status Register
	Forget Device	—

Menu	Settings	Options
Settings	Activity	Sets up a target number of steps or turns activity measurement on or off
	Vibration	Sets up alarms and notifications you want to use for smartphone functions and various milestones in your workouts; you can use the Epson View app to configure alarms
	Display	Sets the display of items on the watch screen, controls the display quality in certain conditions, and enables/disables sleep mode
	System	Configures or displays general watch information Set time sets the time manually or automatically using synchronization Reset resets all watch settings to their defaults, resets the stride sensor, and deletes all workout and activity data Ver. Info displays the watch's firmware version information
History	—	Displays workout history information
Turn off	—	Turns the watch off

Parent topic: [Watch Menu Settings](#)

Related tasks

[Changing App Settings](#)

Measurement Screen Menus

You can select these settings by pressing the  Enter button on the Measurement screen or when a measurement is paused. Then select the **Settings** menu.

Settings	Options/Description
AT Lap	Automatically records laps when you reach a pre-configured time or distance; you can use the Epson View app to configure lap times or distances
AT Pause	Automatically pauses/resumes workout measurement when you stop and resume workout activity
Training	Sets up alerts for when you reach pre-configured targets for training; you can use the Epson View app to configure training targets Time Distance Interval Race
Meas. HR	Turns heart rate measuring on or off; turn off heart rate measuring when you are not using the heart rate monitor (ProSense 57) or optional heart rate chest strap (ProSense 17) to conserve battery life

Parent topic: [Watch Menu Settings](#)

Related tasks

[Changing Workout Settings](#)

Using the Epson View App

Refer to these sections to learn more about the Epson View App.

[Reviewing Workouts](#)

[Reviewing Daily Activities](#)

[Using the Calendar](#)

[Setting Goals](#)

[Setting Targets](#)

[Earning Medals](#)

[Changing Settings](#)

Reviewing Workouts

The Dashboard shows you an overview of all your workouts. Different types of workouts are categorized as cards. You can customize your dashboard by adding and deleting cards.

[Viewing Workout Data](#)

[Editing Workout Data](#)

[Deleting Workout Data](#)

Parent topic: [Using the Epson View App](#)

Viewing Workout Data

You can review your workout cards from the Dashboard of the Epson View app.

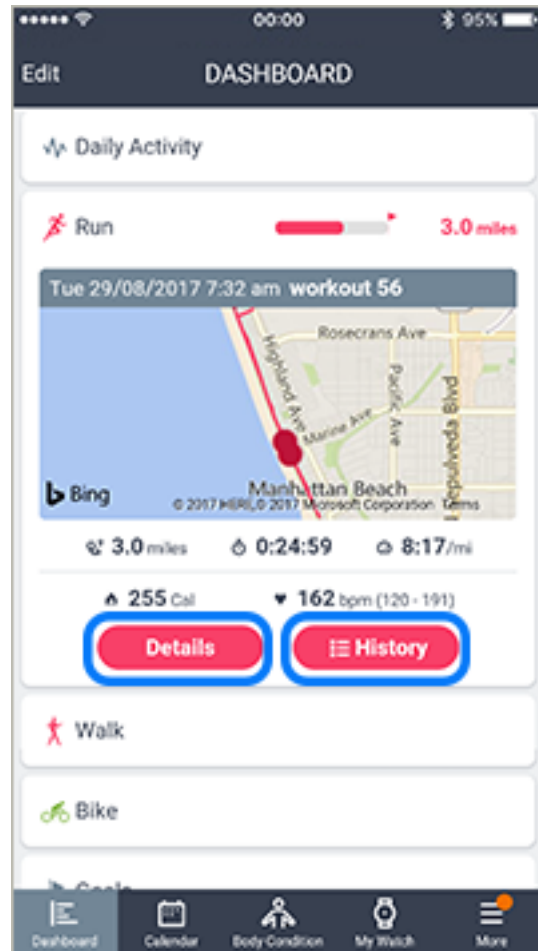
1. Select **Dashboard** at the bottom of the app screen.



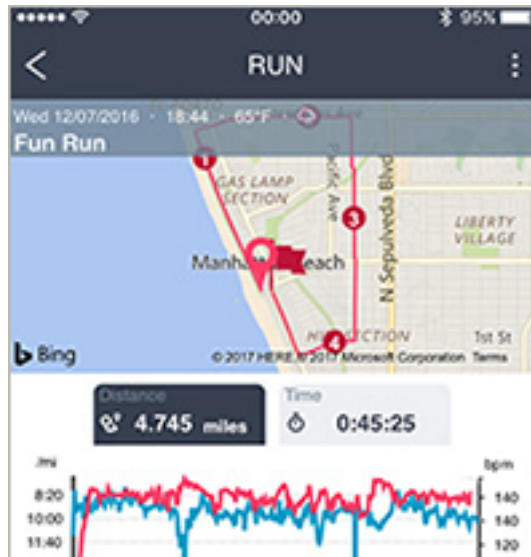
2. Select the type of workout that you want to view.

Note: You can select **Edit** to add, remove, and change the order of workout types on the Dashboard.

3. Do one of the following:

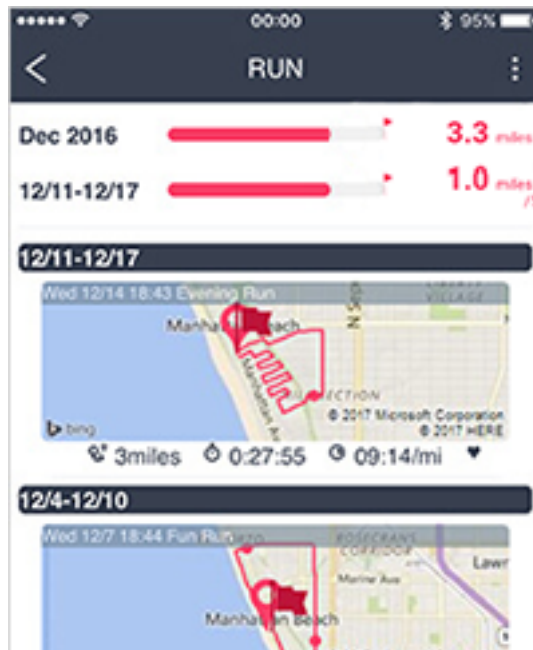


- Select **Details** to view the specific details of your most recent workout.



You can tap the various measurements (Pace, Cadence, Stride, Ascent/Descent, Heart rate) on the Details screen to add the workout data to the graph. Tap the measurement again to remove it from the graph.

- Select **History** to view a chronological list of all of your workouts of this type.



The bars at the top of the screen show your weekly and monthly distance totals for this workout type. The totals change to match the current date as you scroll through your workout history. Select a workout to view the details of that workout.

Parent topic: [Reviewing Workouts](#)

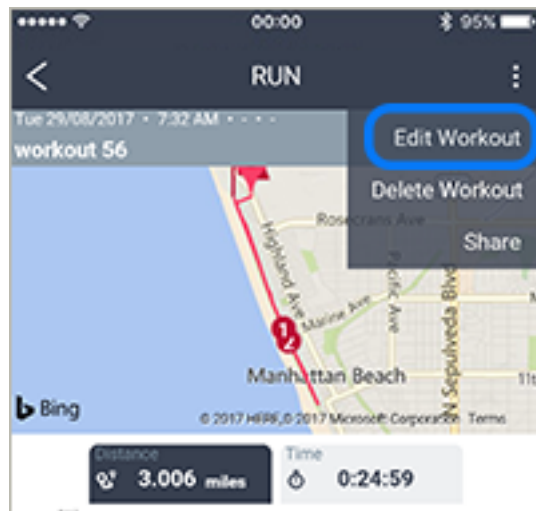
Editing Workout Data

Editing a workout in Epson View updates the information in your stored Epson View account and your ProSense watch.

1. Select **Dashboard** at the bottom of the app screen.



2. Select the card for the type of workout that you want to edit.
3. Select **History**.
4. Select a workout.
5. Select the **+** icon at the top of the app screen.
6. Select **Edit Workout**.



7. Edit the workout data as necessary.

8. Select **Save**.




Parent topic: [Reviewing Workouts](#)

Deleting Workout Data

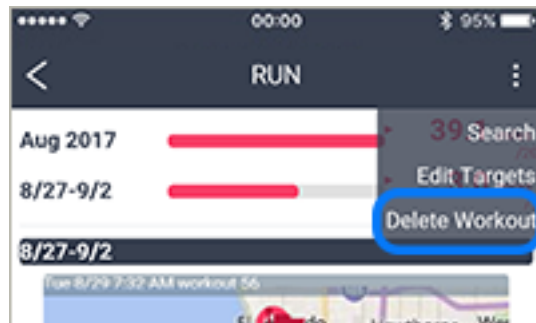
Deleting a workout in Epson View removes it from both your watch memory and your account history.

1. Select **Dashboard** at the bottom of the app screen.

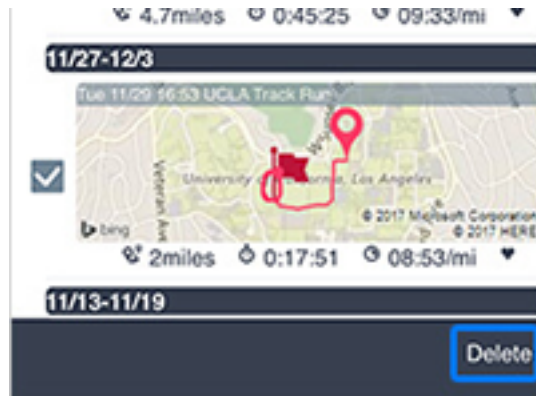


2. Select the card for the type of workout that you want to delete.
3. Select **History**.
4. Select the  icon at the top of the app screen.

5. Select **Delete Workout**.



6. Select the workout(s) that you want to delete.
7. Select **Delete**.



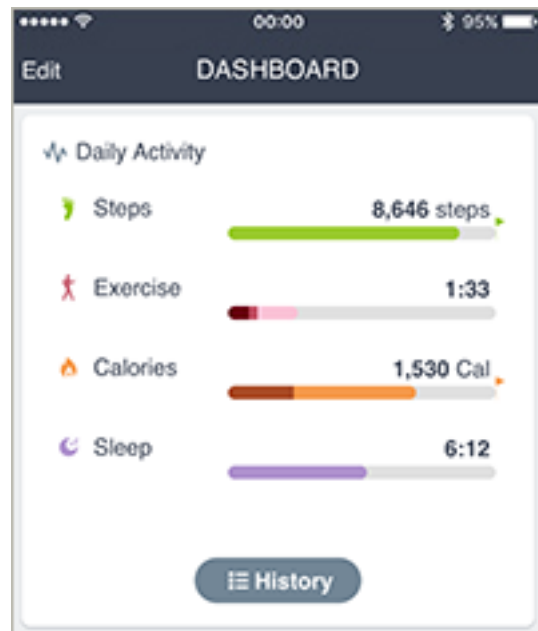
Parent topic: [Reviewing Workouts](#)

Reviewing Daily Activities

1. Select **Dashboard** at the bottom of the app screen.

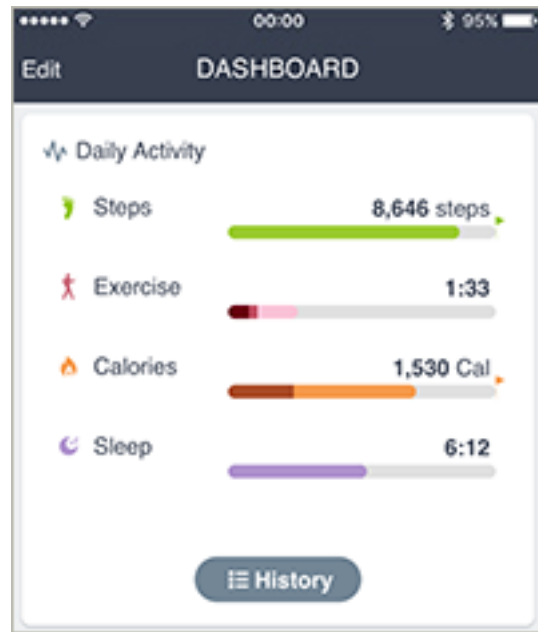


2. Select the Daily Activity card.



You see the number of steps you've taken, the amount you've exercised, the calories that you've burned, and the amount that you've slept today.

3. To view more details on your daily activity and a history of past activity, select **History**.

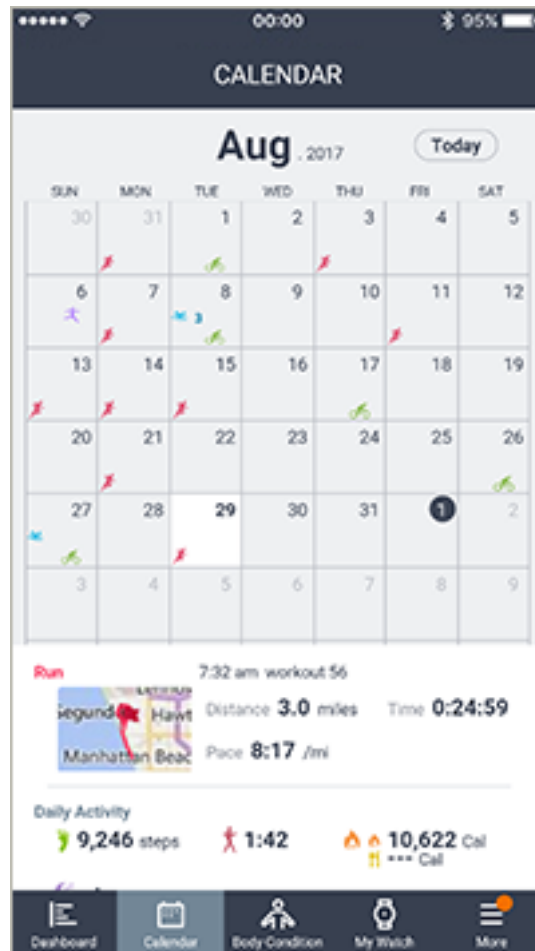


You can scroll through the cards and select a date to view detailed graphs of your distance walked and calories burned on that date.




Parent topic: [Using the Epson View App](#)

Using the Calendar

You can easily view your workout and daily activity history from the **Calendar** menu at the bottom of the app screen.



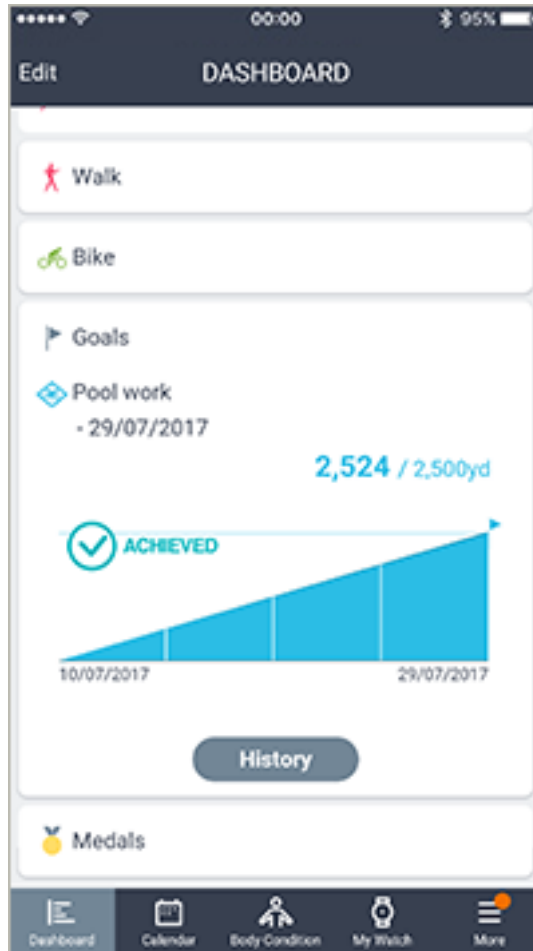
Select a date on the calendar to view that day's workouts or daily activity data. Workouts are represented by the following icons:

-  : Running / Trail Running / Hiking / Walking / Treadmill
-  : Multiple workouts of a type
-  : More than 9 workouts of a type

Parent topic: [Using the Epson View App](#)

Setting Goals

You can create workout goals by entering the mileage and time period of your goal. Manage your progress in the Goals card on the Dashboard.



The Goals card always shows the goal that is ending the soonest. To see all of your goals, select **History**.

Your progress towards each goal is represented by a graph. The colored area of the graph represents your progress and the gray area represents your goal pace. If the colored area is below the gray, you are behind your goal:



If the colored area is above the gray, you are ahead of your goal:



When you achieve your goal, you see this message:



When you do not meet your goal, you see this message:



[Creating Goals](#)

[Editing Goals](#)

[Deleting Goals](#)

Parent topic: [Using the Epson View App](#)

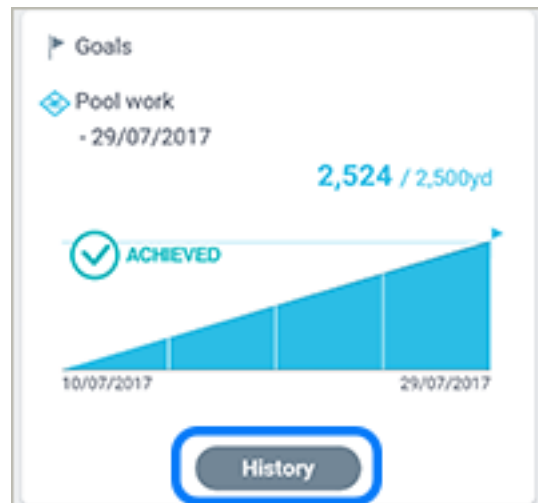
Creating Goals


You can store up to 20 goals in Epson View.

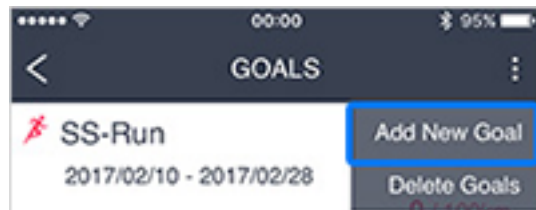
1. Select **Dashboard** at the bottom of the app screen.



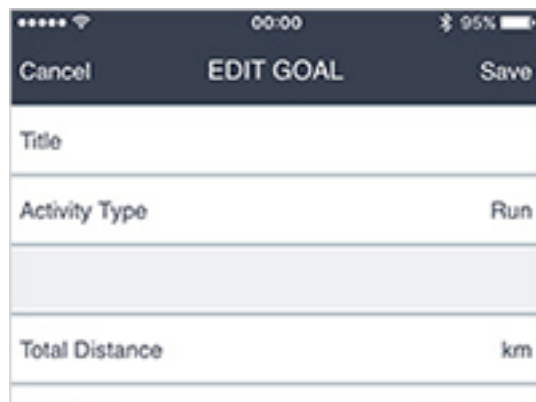
2. Select the Goals card.
3. Select **History**.



4. Select the  icon at the top of the app screen.
5. Select **Add New Goal**.



6. Edit the goal details as necessary.



7. Select **Save**.

Parent topic: [Setting Goals](#)

Editing Goals

You can edit a goal from the Goals screen.

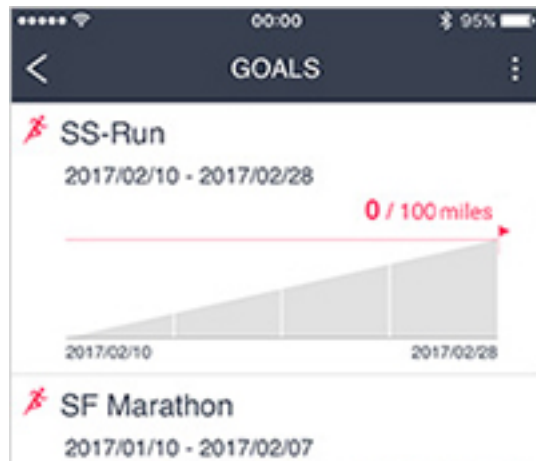
1. Select **Dashboard** at the bottom of the app screen.



2. Select the Goals card.
3. Select **History**.



4. Select any of the goals listed.



5. Edit the goal as necessary.

The screenshot shows a mobile application interface with a dark header bar containing "Cancel", "EDIT GOAL", and "Save" buttons. Below the header, there is a form with two visible fields: "Title" with the value "SF Marathon" and "Activity Type" with the value "Run".

6. Select **Save**.

Parent topic: [Setting Goals](#)

Deleting Goals


You can delete goals from the Goals screen.

1. Select **Dashboard** at the bottom of the app screen.

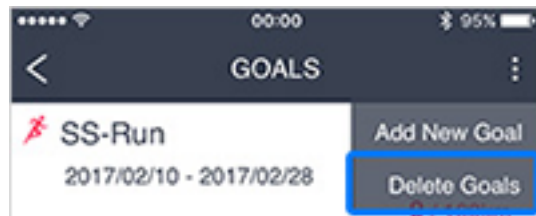


2. Select the Goals card.
3. Select **History**.

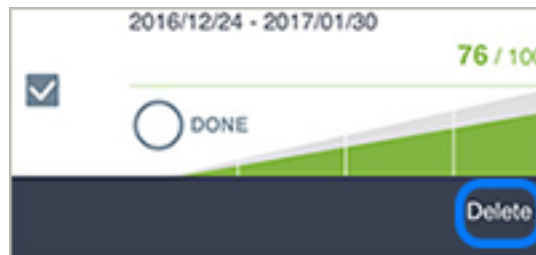


4. Select the  icon at the top of the app screen.

5. Select **Delete Goals**.



6. Select the checkbox next to the goal(s) that you want to delete.
7. Select **Delete**.



Parent topic: [Setting Goals](#)

Setting Targets

You can set monthly or weekly targets for each workout type and your daily activity.


[Setting Workout Targets](#)

[Setting Activity Targets](#)

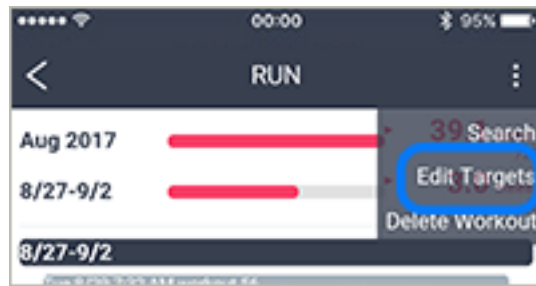
Parent topic: [Using the Epson View App](#)

Setting Workout Targets

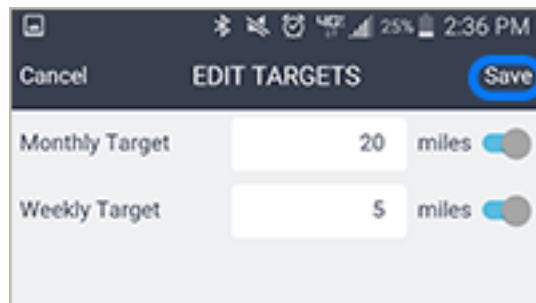
You can set daily and weekly workout targets from the history view for each workout type.

1. Select **History** on a workout card on your Dashboard.
2. Select the  icon at the top of the app screen.

3. Select **Edit Targets**.



4. Enter your weekly and monthly workout targets.
5. When you finish, select **Save** in the upper right of the app screen.

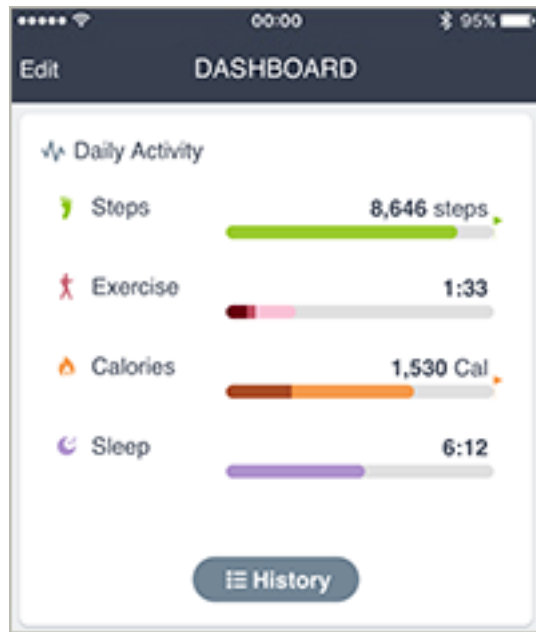


Parent topic: [Setting Targets](#)

Setting Activity Targets

You can set daily targets for steps and calories burned from the Daily Activity card.

1. Select the Daily Activity card on your Dashboard.

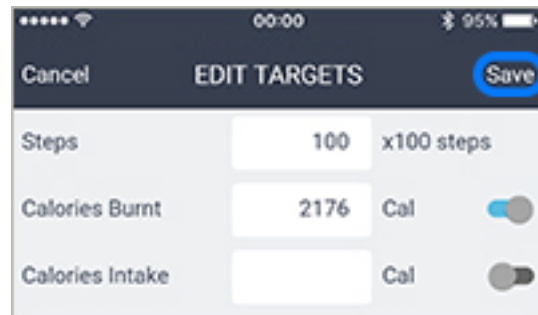


2. Select **History**.
3. Select the **+** at the top of the app screen.
4. Select **Edit Targets**.

The 'EDIT TARGETS' screen displays the following settings:

Target	Value	Unit	Toggle
Steps	100	x100 steps	
Calories Burnt	2176	Cal	<input checked="" type="checkbox"/>
Calories Intake		Cal	<input type="checkbox"/>

5. Enter your daily targets for steps and calories burned.
6. When you finish, select **Save** at the top of the app screen.



Parent topic: [Setting Targets](#)

Earning Medals

You earn medals by uploading workouts and setting personal records. Select the Medals card on the Dashboard to view your medals.

You can earn the following medals:

- **Longest Distance** (Running / Trail Running / Hiking / Walking / Treadmill):



Earned when you complete your longest distance workout. This medal automatically updates when you beat your best distance.

- **Longest Time** (Running / Trail Running / Hiking / Walking / Treadmill):



Earned when you complete your longest workout (in time). This medal automatically updates when you complete a longer workout.

- **Half Marathon** (Running):



Earned when you complete your fastest half marathon. To earn this medal, make sure you go to the Run Details screen for your workout, select **Edit Workout** and set the **Type** to **Half Marathon**.

- **Marathon** (Running):



Earned when you complete your fastest marathon. To earn this medal, make sure you go to the Run Details screen for your workout, select **Edit Workout** and set the **Type** to **Marathon**.

- **Longest Weekly Distance** (Running / Trail Running / Hiking / Walking / Treadmill):



Earned when you complete your longest distance workout for the week. This medal automatically updates when you beat your best weekly distance.

- **Longest Monthly Distance** (Running / Trail Running / Hiking / Walking / Treadmill):



Earned when you complete your longest distance workout for the month. This medal automatically updates when you beat your best monthly distance.

You can delete medals by tapping the  icon at the top of the app screen and selecting **Delete Medal**. Select the medals you want to delete, then select **Delete**. When you delete a medal, that record is reset.

Parent topic: [Using the Epson View App](#)

Changing Settings

Refer to these sections to learn more about changing settings in the Epson View app.

[Changing Workout Settings](#)

[Changing App Settings](#)

[Changing Watch Settings](#)

[Linking Data With Other Apps](#)

[Releasing Pairing - iOS](#)

[Releasing Pairing - Android](#)

Parent topic: [Using the Epson View App](#)

Changing Workout Settings

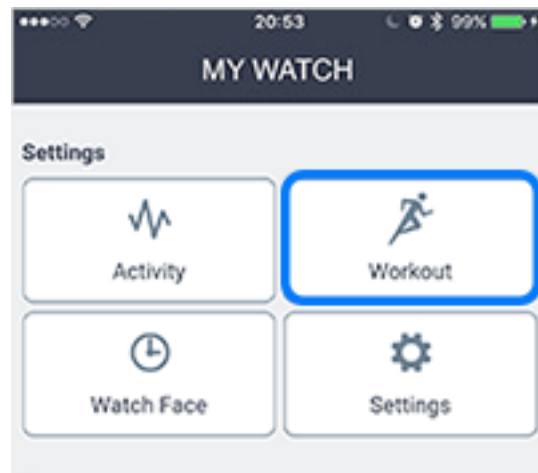
The Workout Settings menu lets you change the data displayed on the Measurement and workout data screens on your watch.

Note: Make sure Bluetooth is enabled on your device and watch, and that the watch is paired with the app.

1. Select **My Watch** at the bottom of the app screen.

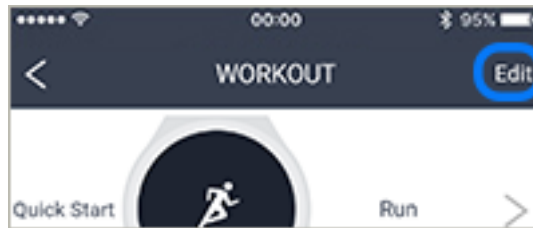



2. Select **Workout**.



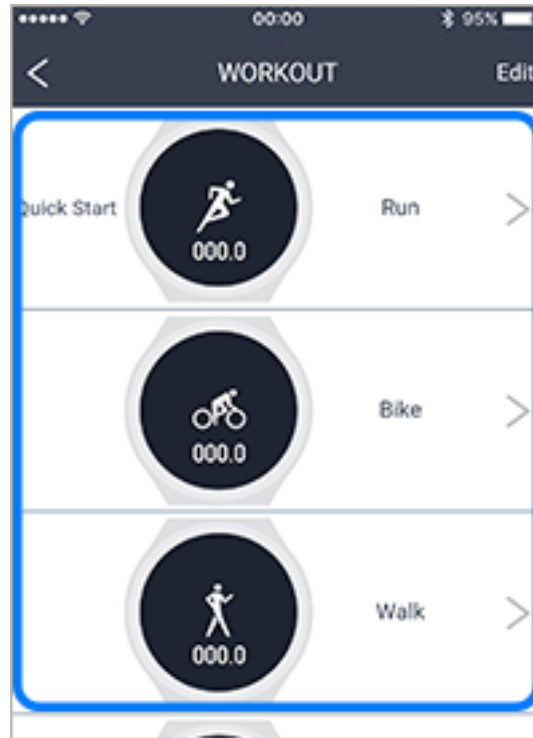
3. Do one of the following:

- Select **Edit** to adjust the workout types that appear on your watch. You can select and deselect the checkboxes next to workout types to enable or disable them, or you can change the order that the workout types appear on your watch by dragging them up or down in the list.



Note: The workout type that is listed first will automatically start when you press the  Start/Stop on the watch's Time screen.

- Select a workout type to adjust the data displayed on the Measurement and workout data screens for that type.



4. When you finish selecting settings, return to the Workout Settings screen and select **Transfer Settings to Watch** at the bottom of the app screen.

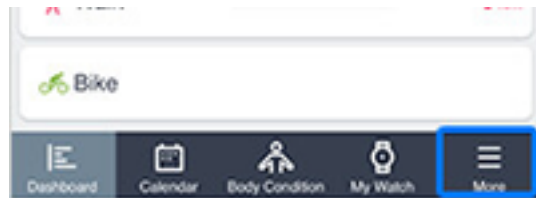


Parent topic: [Changing Settings](#)

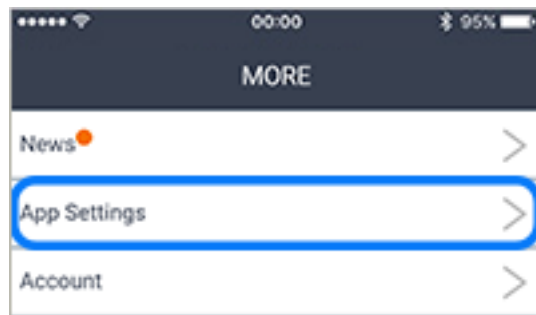
Changing App Settings

The App Settings menu lets you change the language, date, time and various other settings for the Epson View App.

1. Select **More** at the bottom of the app screen.



2. Select **App Settings**.



3. Select the settings as necessary.



4. When you finish selecting settings, select **Save** at the top of the app screen.

Parent topic: [Changing Settings](#)

Changing Watch Settings

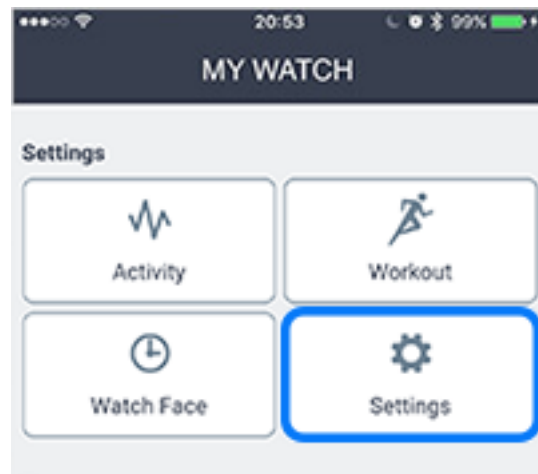
The Watch Settings menu lets you change various settings on the ProSense watch.

Note: Make sure Bluetooth is enabled on your device and watch, and that the watch is paired with the app.

1. Select **My Watch** at the bottom of the app screen.



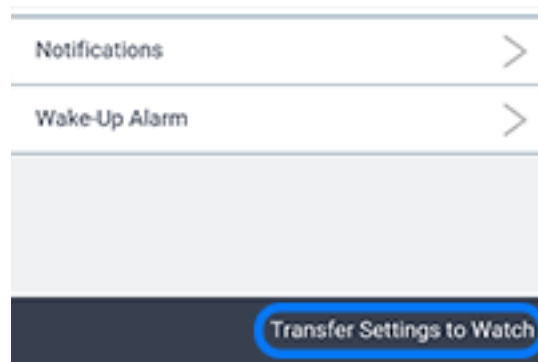
2. Select **Settings**.



3. Select the settings as necessary.



4. When you finish selecting settings, select **Transfer Settings to Watch** at the bottom of the app screen.

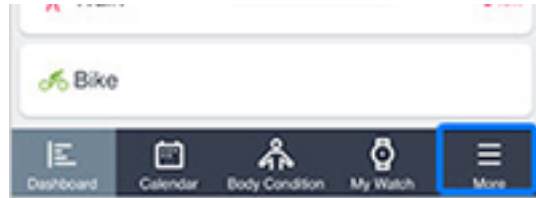


Parent topic: [Changing Settings](#)

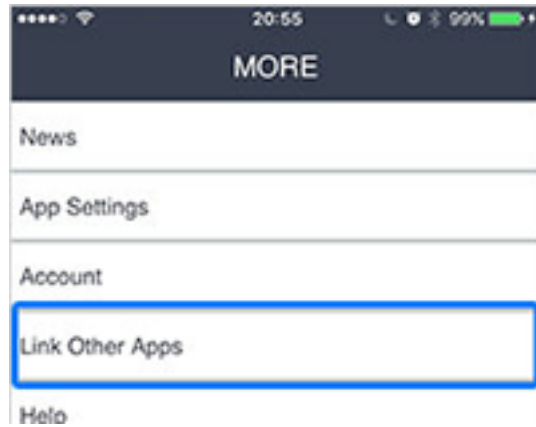
Linking Data With Other Apps

You can automatically share your Epson View data with a variety of third-party workout apps.

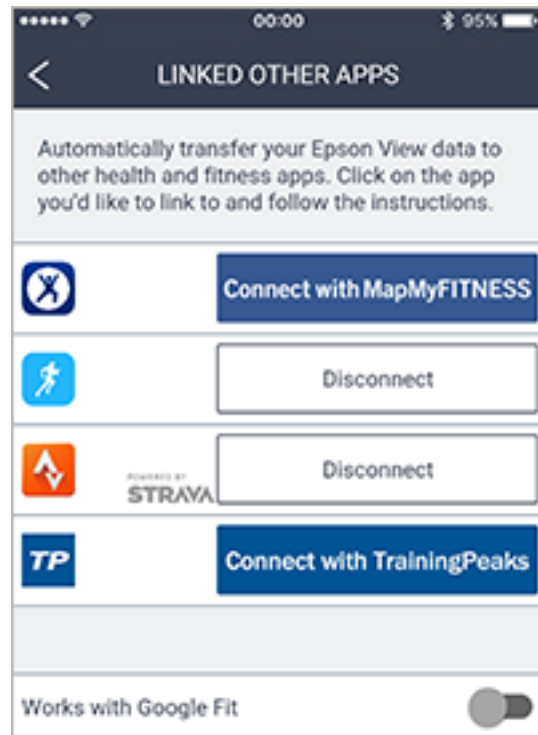
1. Select **More** at the bottom of the app screen.



2. Select **Link Other Apps**.



3. Select the app that you want to link with Epson View.



4. Enter your username and password for the app and follow any additional instructions to complete the link process.

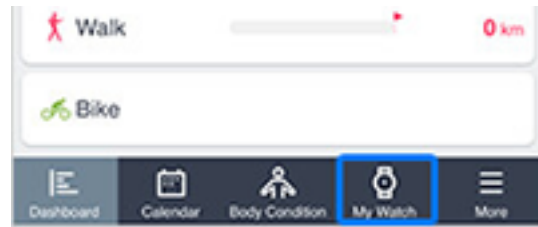
Any workouts uploaded to Epson View now automatically appear in the linked third-party workout app.

Parent topic: [Changing Settings](#)

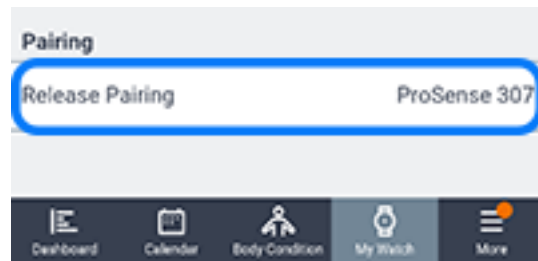
Releasing Pairing - iOS

Releasing the pairing between your iOS device and watch completely erases the Bluetooth connection. You will need to re-pair them if you want to upload data to Epson View or change settings on your watch from your device.

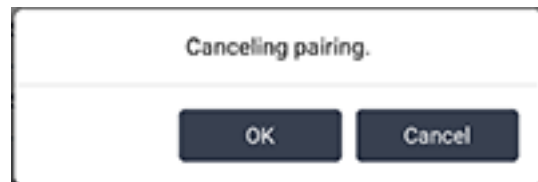
1. Select **My Watch** at the bottom of the app screen.



2. Select **Release Pairing**.

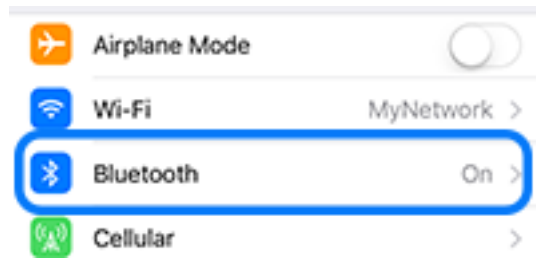



3. Select **OK**.

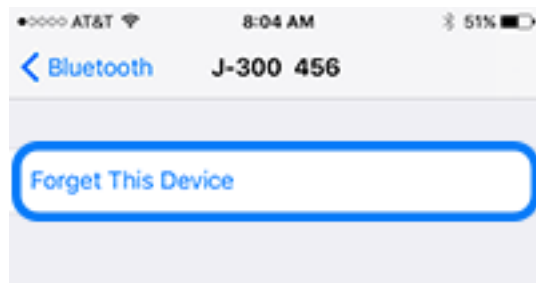


4. Select the  **Settings** menu on your device.

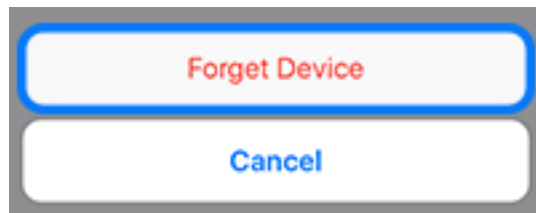
5. Select **Bluetooth**.




6. Select the  icon next to your ProSense watch.
7. Select **Forget this Device**.



8. Select **Forget Device** again to confirm.



9. On the Time screen on your watch, press the  Enter button.

You see a screen like this:



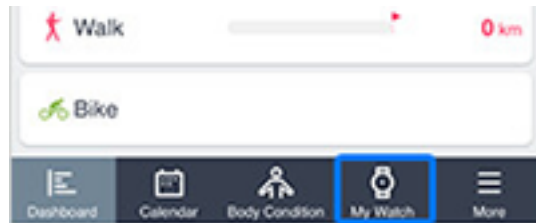
10. Select **Bluetooth**.
11. Select **Forget Device**.
12. Select **Yes**.

Parent topic: [Changing Settings](#)

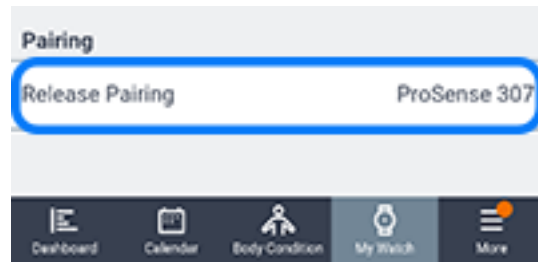
Releasing Pairing - Android

Releasing the pairing between your Android device and watch completely erases the Bluetooth connection. You will need to re-pair them if you want to upload data to Epson View or change settings on your watch from your device.

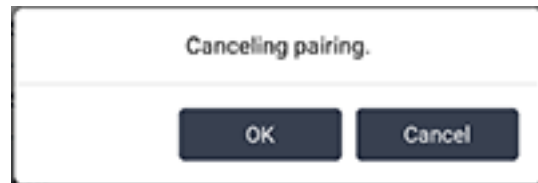
1. Select **My Watch** at the bottom of the app screen.




2. Select **Release Pairing**.



3. Select **OK**.



4. On the Time screen on your watch, press the  Enter button.
You see a screen like this:



5. Select **Bluetooth**.
6. Select **Forget Device**.
7. Select **Yes**.

Parent topic: [Changing Settings](#)

Notices

Check these sections for important notices about your product.

Note: Epson offers a recycling program for end of life Epson products. Please go to [this site](#) (U.S) or [this site](#) (Canada) for information on how to return your Epson products for proper disposal.

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