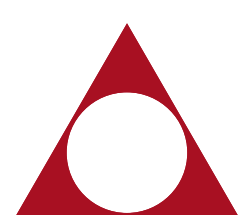




ALPINERX

REACH YOUR SUMMIT

USER GUIDE



Alpina

1883 GENEVE



USER GUIDE

THANK YOU
FOR PURCHASING
YOUR ALPINER**X**
AND BECOMING
A MEMBER OF THE
ALPINA COMMUNITY!
PLEASE FOLLOW
THE SIMPLE STEPS
DETAILED IN THIS
USER GUIDE
TO START USING
YOUR WATCH.





01.

Download the ALPINA SMARTWATCH app for iOS or Android



02.

Activate  Bluetooth on your phone

03.

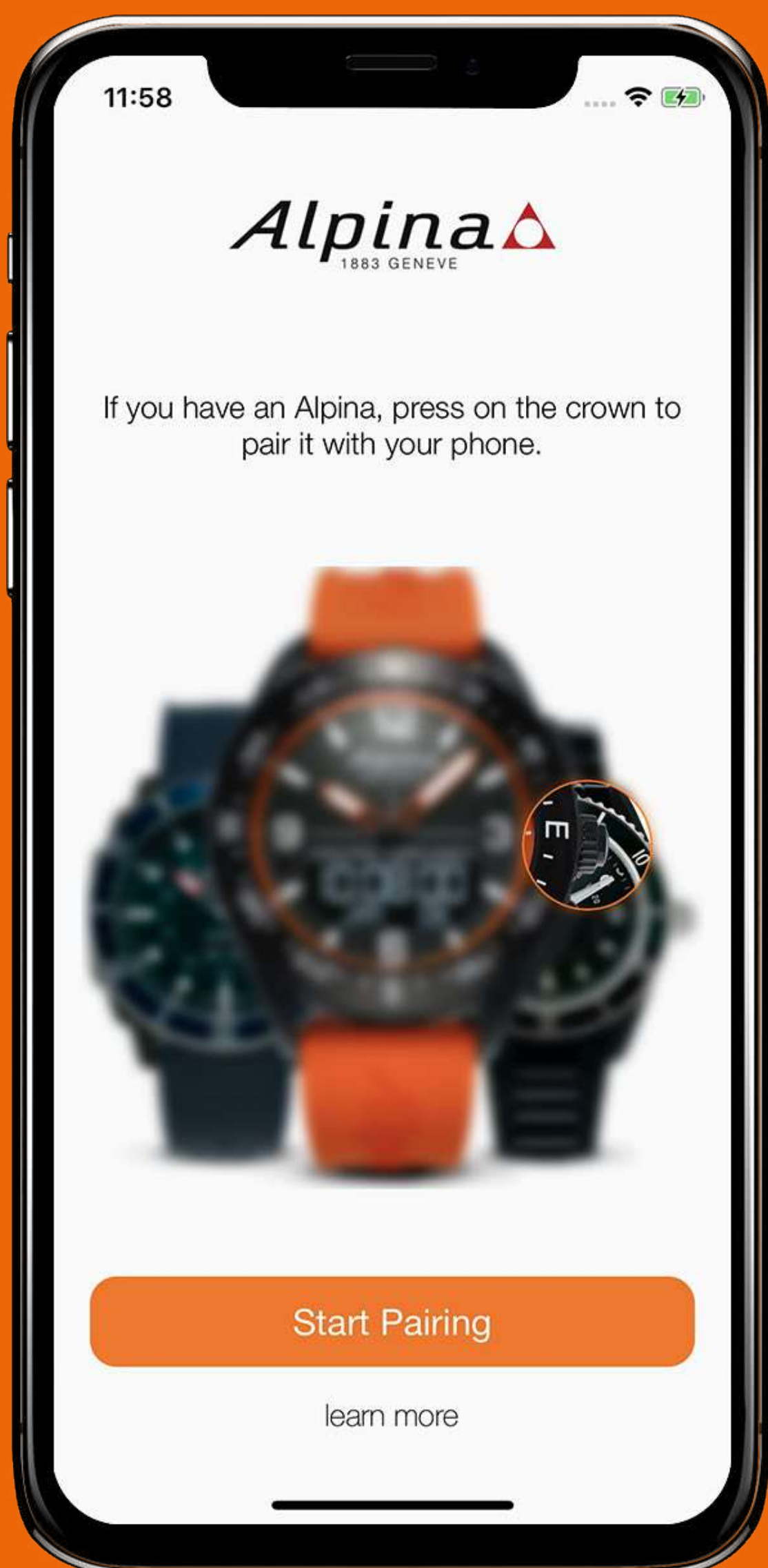
Follow the instructions within the app to pair your watch and set your goals





PAIR YOUR WATCH

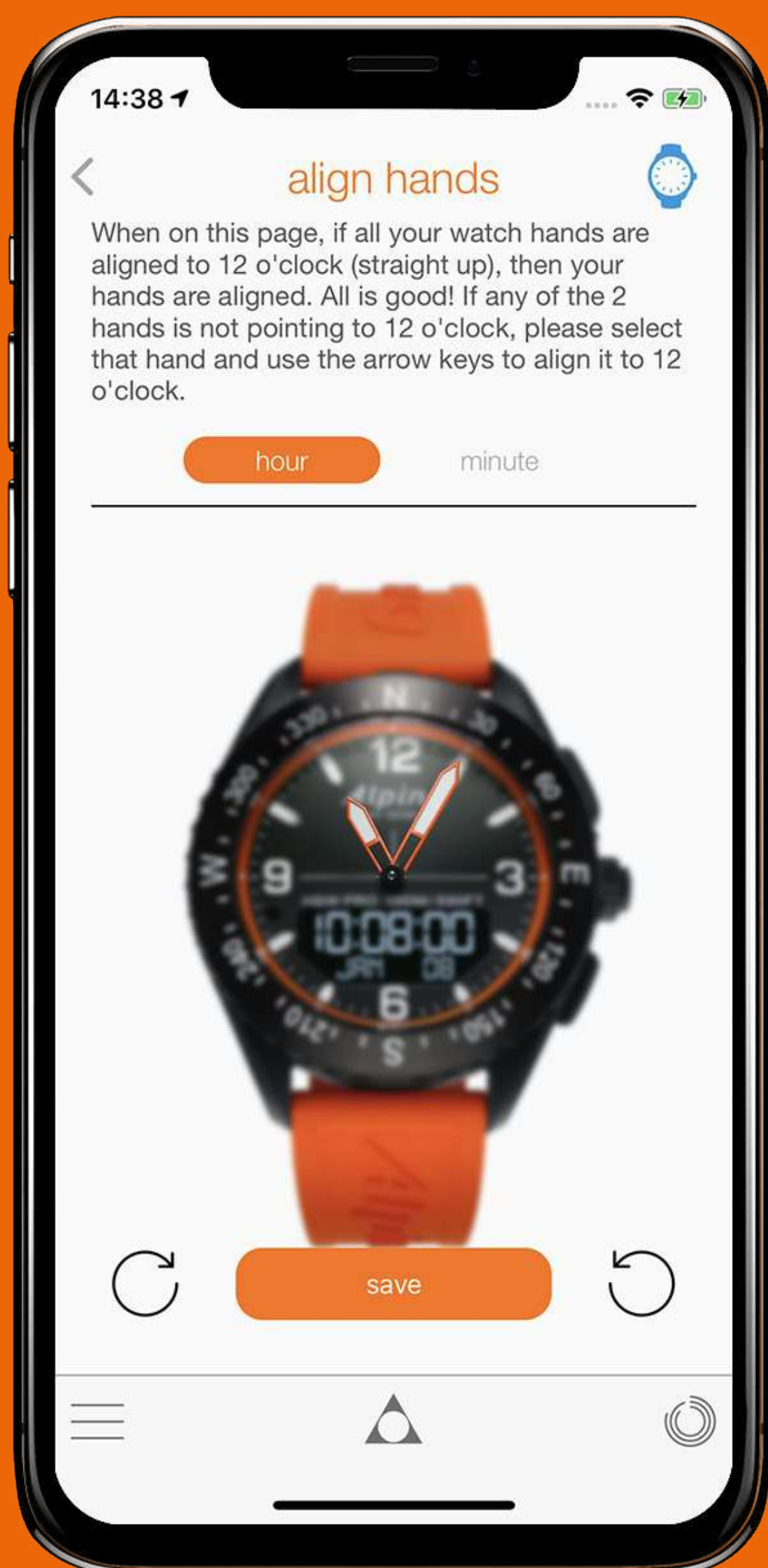
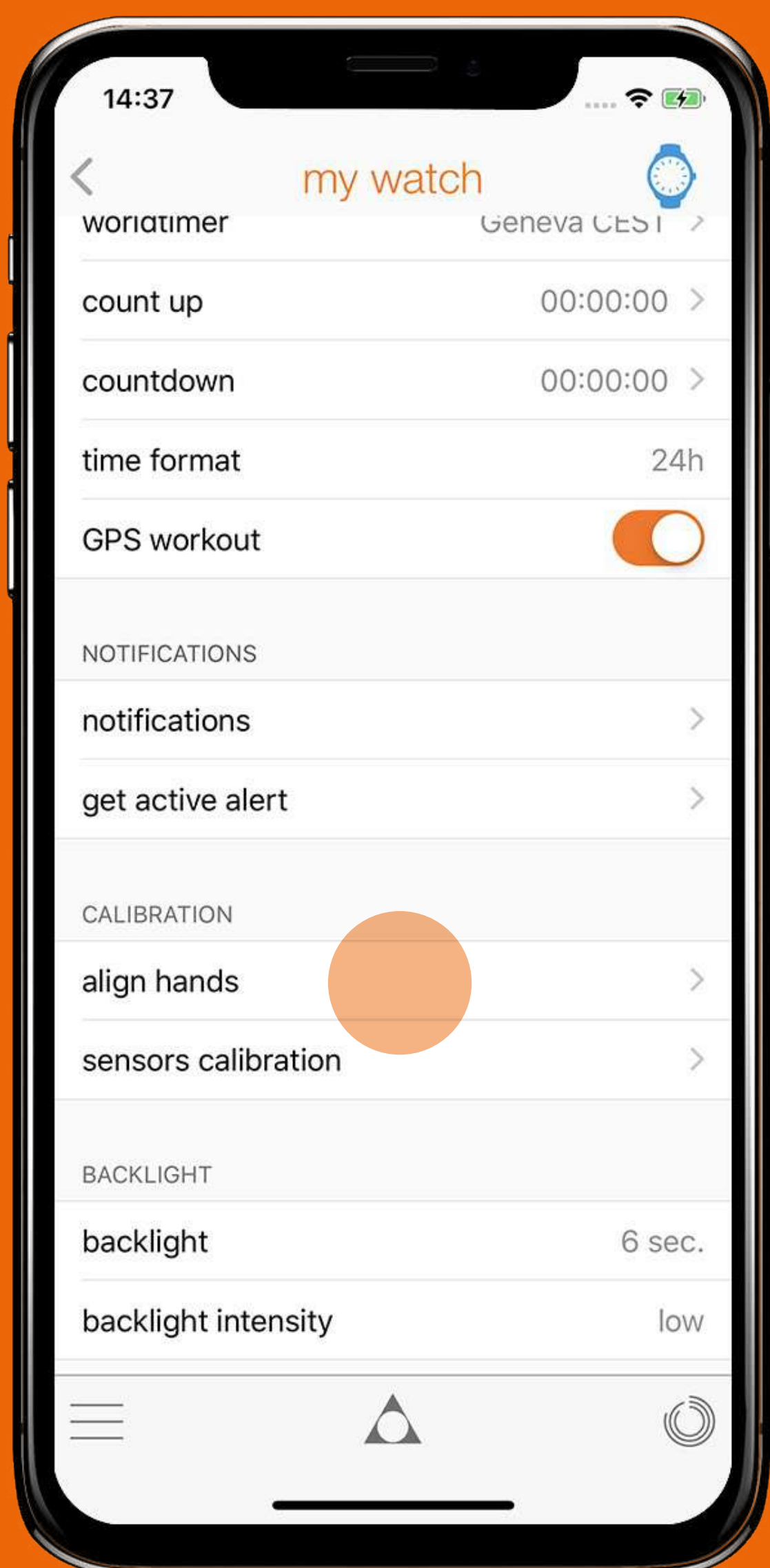
To pair your watch, launch the ALPINA SMARTWATCH app and press on “I’VE GOT A HOROLOGICAL SMARTWATCH”. Place your ALPINERX close to your phone. Push the watch’s crown button and then press on the “start pairing” button appearing on your app screen. Once your ALPINERX has been found, press and release the crown immediately again to pair. Press on “next” and follow the instructions





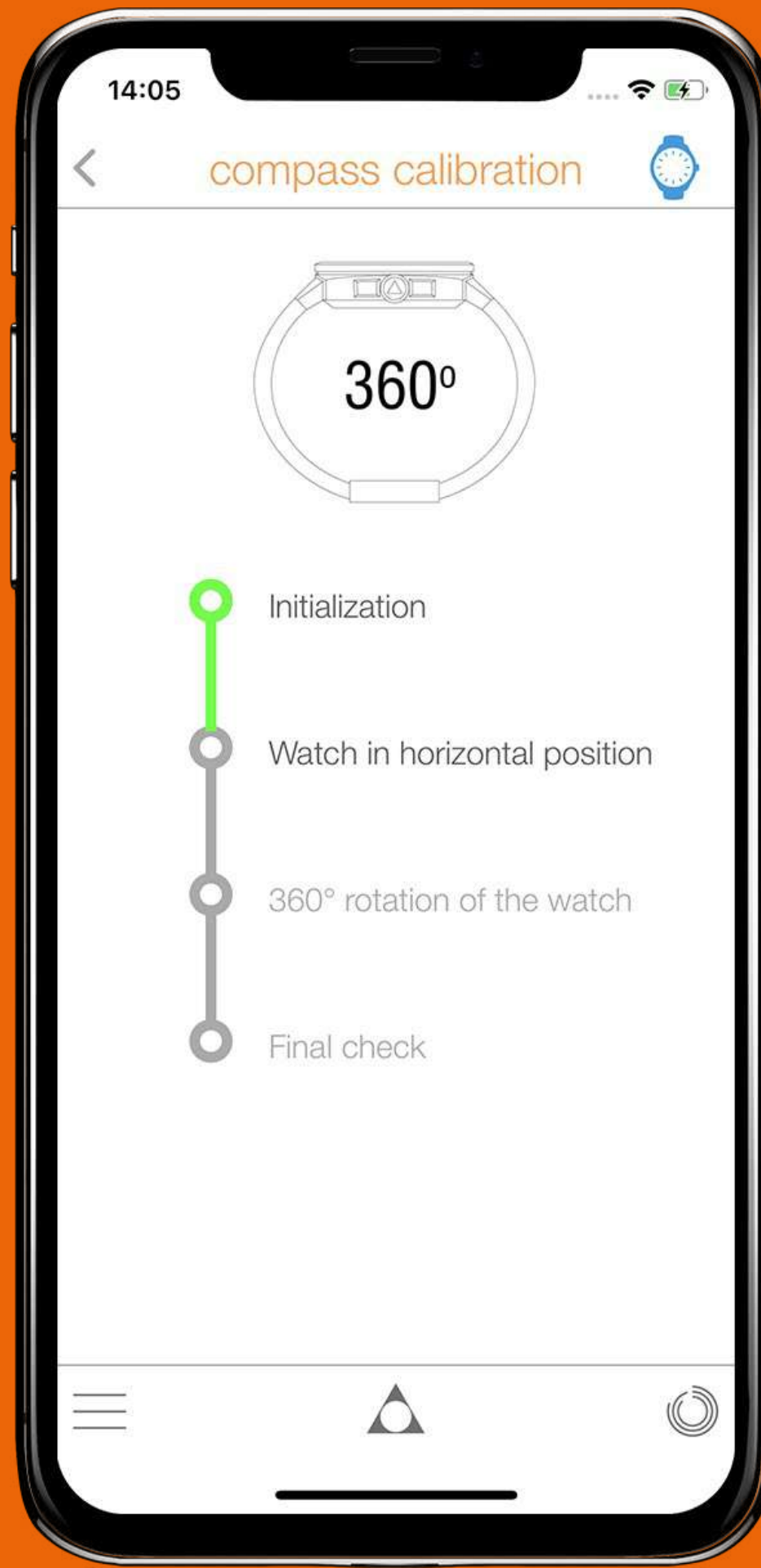
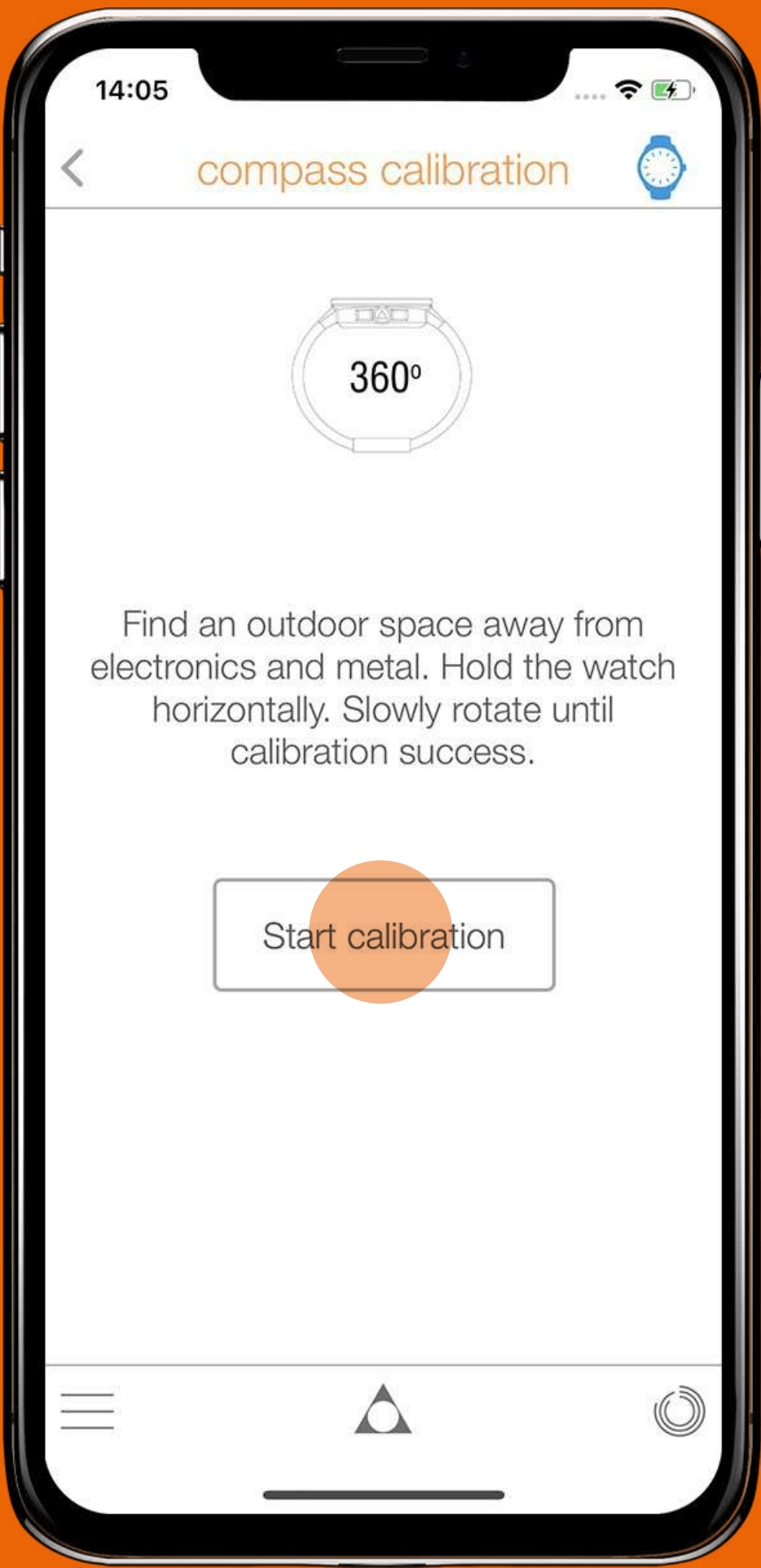
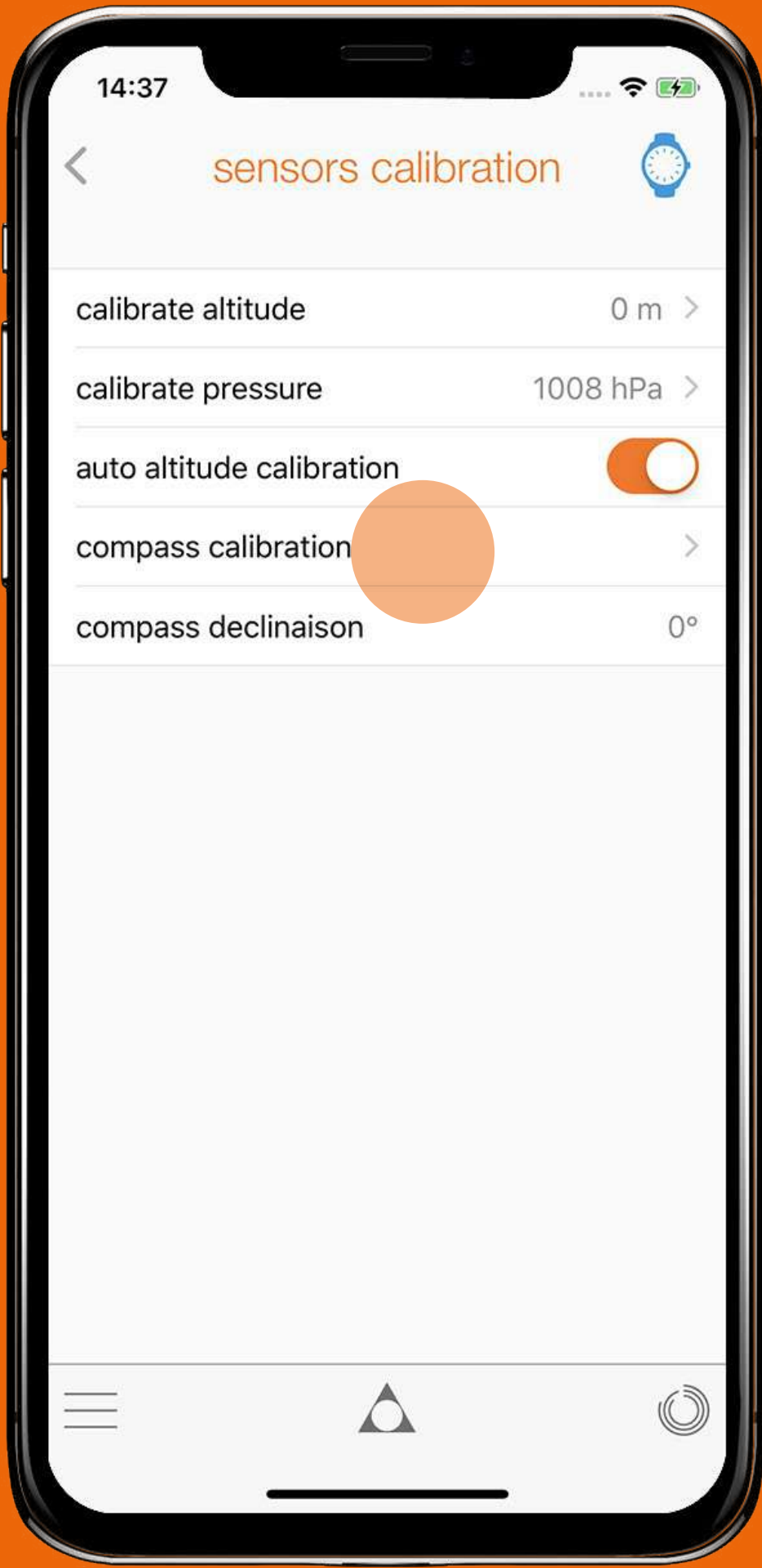
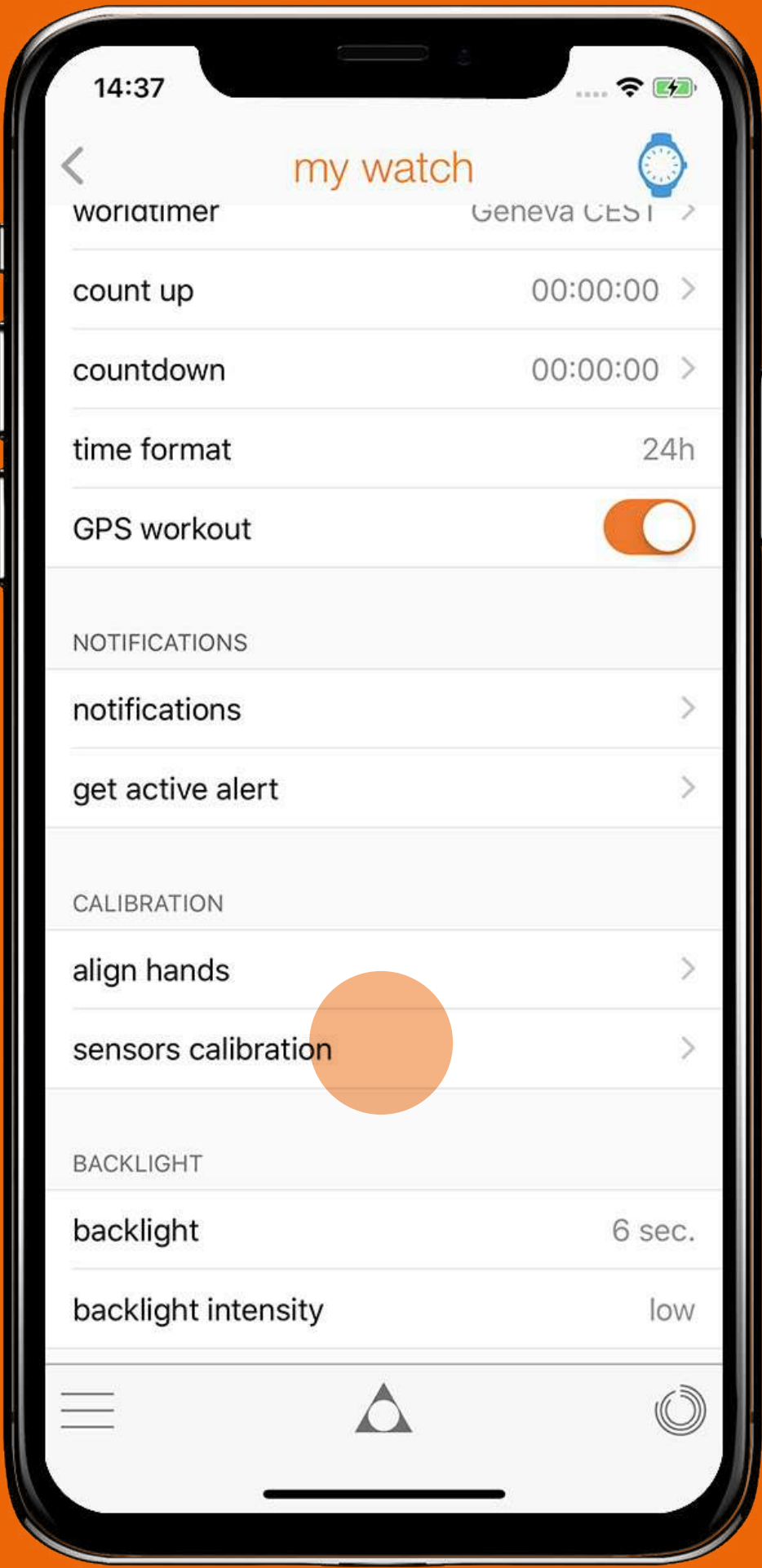
ALIGN HANDS

If your watch's hands are aligned at 12 o'clock (straight up), then your hands are correctly adjusted. If one or both hands are not pointing at 12 o'clock, please select each hand and use the arrow keys to align to 12 o'clock.



COMPASS CALIBRATION

We suggest to calibrate your watch regularly to get accurate measurements.



ALPINERX



USER GUIDE

FUNCTIONS & FEATURES



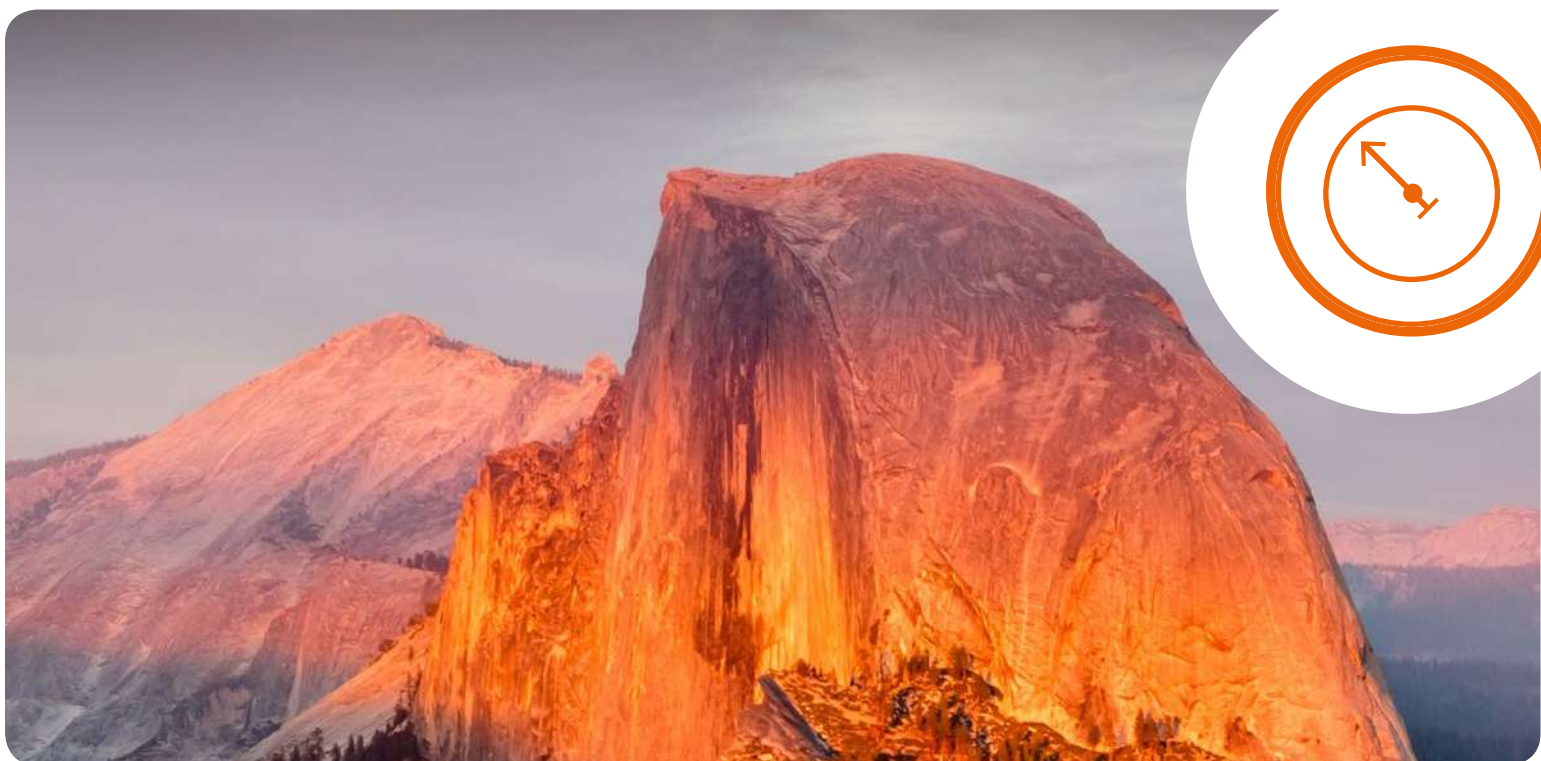


ENVIRONMENT



ALTITUDE

Always keep your feet firmly on the ground with the altimeter.



BAROMETER

Don't let yourself get surprised by a storm, stay aware of weather changes thanks to the barometer.



COMPASS

Find your way in the most remote places! The ALPINERX compass shows the North direction in real time with the watch's hands.



CONNECTED GPS

The connected GPS records your steps, walks and runs, via the application.



UV INDICATOR

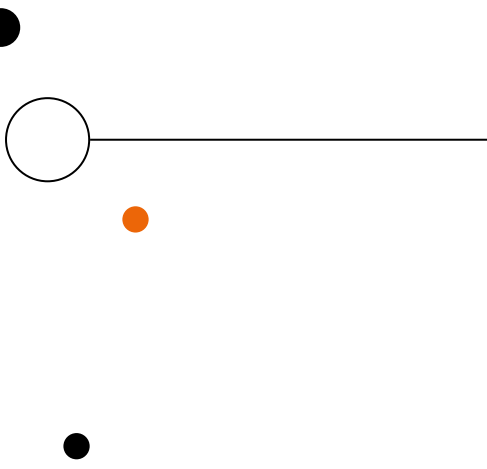
Keep an eye on harmful UV rays with the watch's UV sensor.



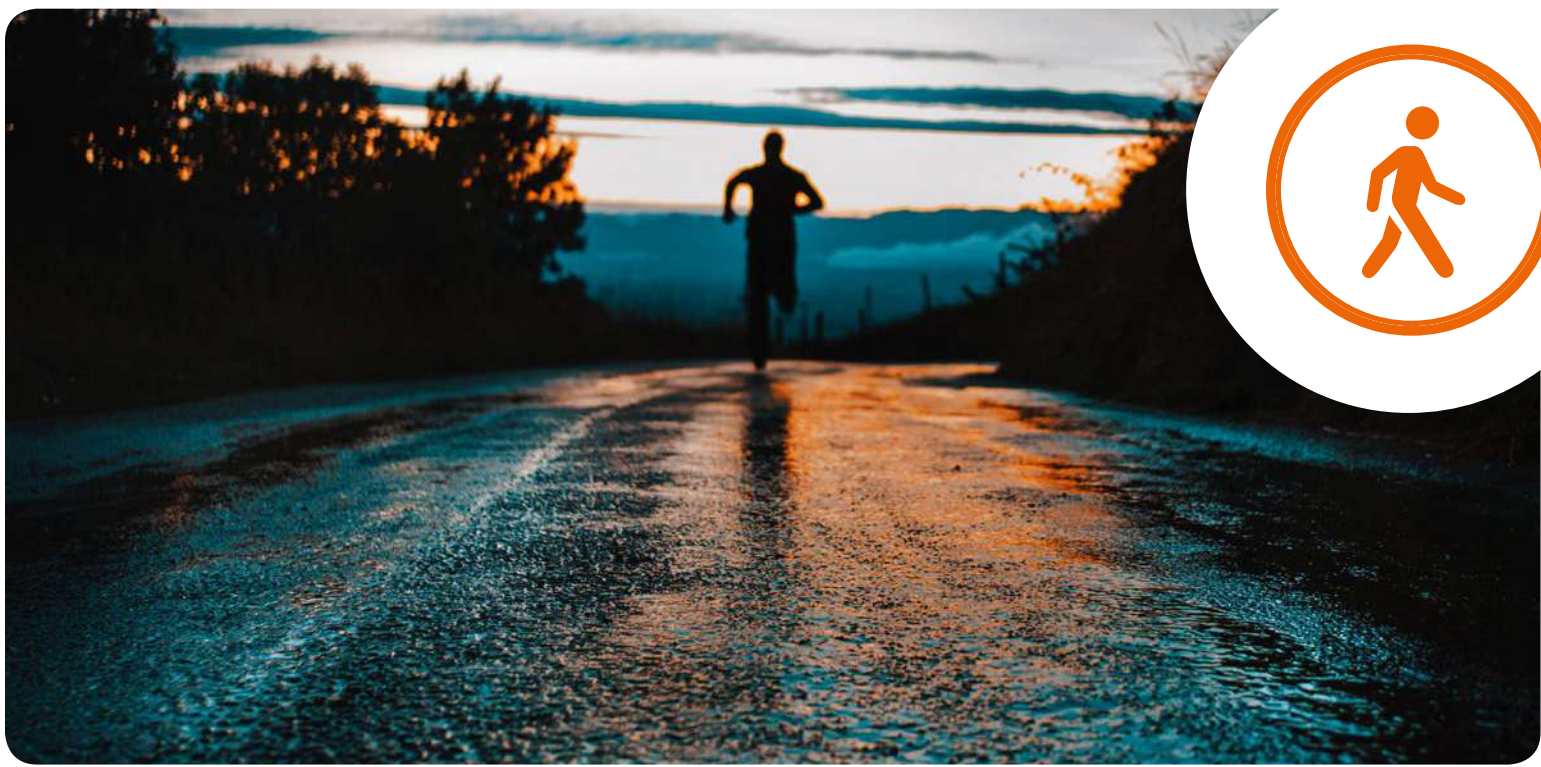
TEMPERATURE

Be prepared to face extreme temperatures with your integrated thermometer.





BODY



ACTIVITY TRACKING

Keep track of your daily activity. Monitor your walks and running sessions with a full log of your course in the app.



HEART RATE MONITORING

Measure your heart rate in all our activities by connecting your sensor to the ALPINA SMARTWATCH app. Optimize your workouts and check your results to improve your performance.



DYNAMIC COACH

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



SLEEP MONITORING

Wear your watch at night or put it under your pillow to record your sleep. The integrated tracking system will provide details on how much time you spent in deep sleep, light sleep, or awake.



SMART ALARMS

(GET-ACTIVE ALERTS, SLEEP ALARM)

Set a smart sleep alarm to help you wake up at the optimal time in your sleep cycle in order to wake-up fully rested. Set an alert to remind you to move if you've been idle for a set amount of time. Customize your Get-Active Alerts in the ALPINA SMARTWATCH app.





TIME & NOTIFICATION

**ALWAYS ON TIME & DATE**

(HOURS, MINUTES, SECONDS, DATE)

You will never have to set a time and date - travelling across timezones, the ALPINERX picks-up the time directly from your smartphone and updates it automatically on your watch.

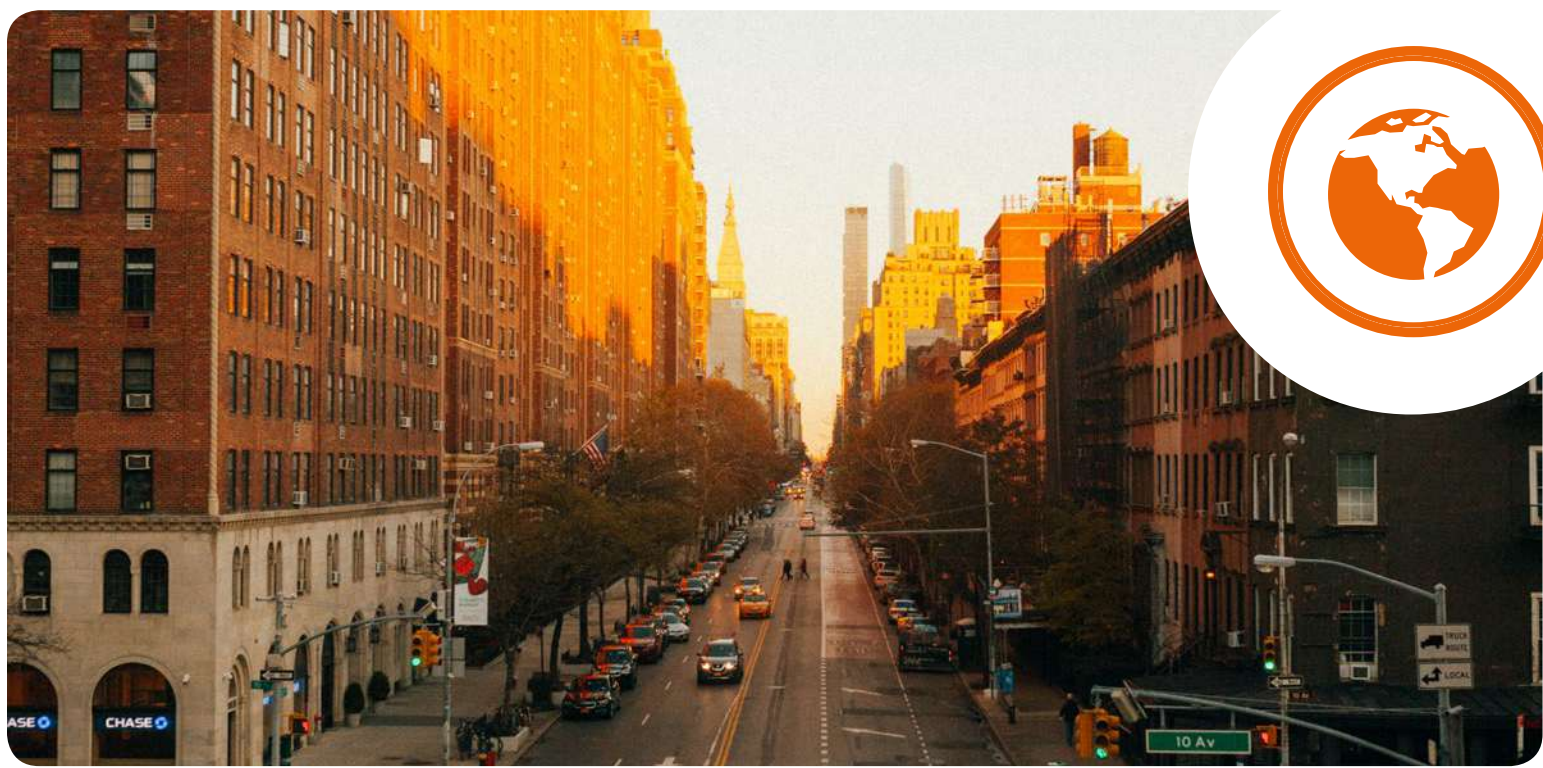
**CALLS & MESSAGES NOTIFICATIONS**

Calls and messages are picked-up by your watch and displayed on the LCD screen with a soft chime to alert you.

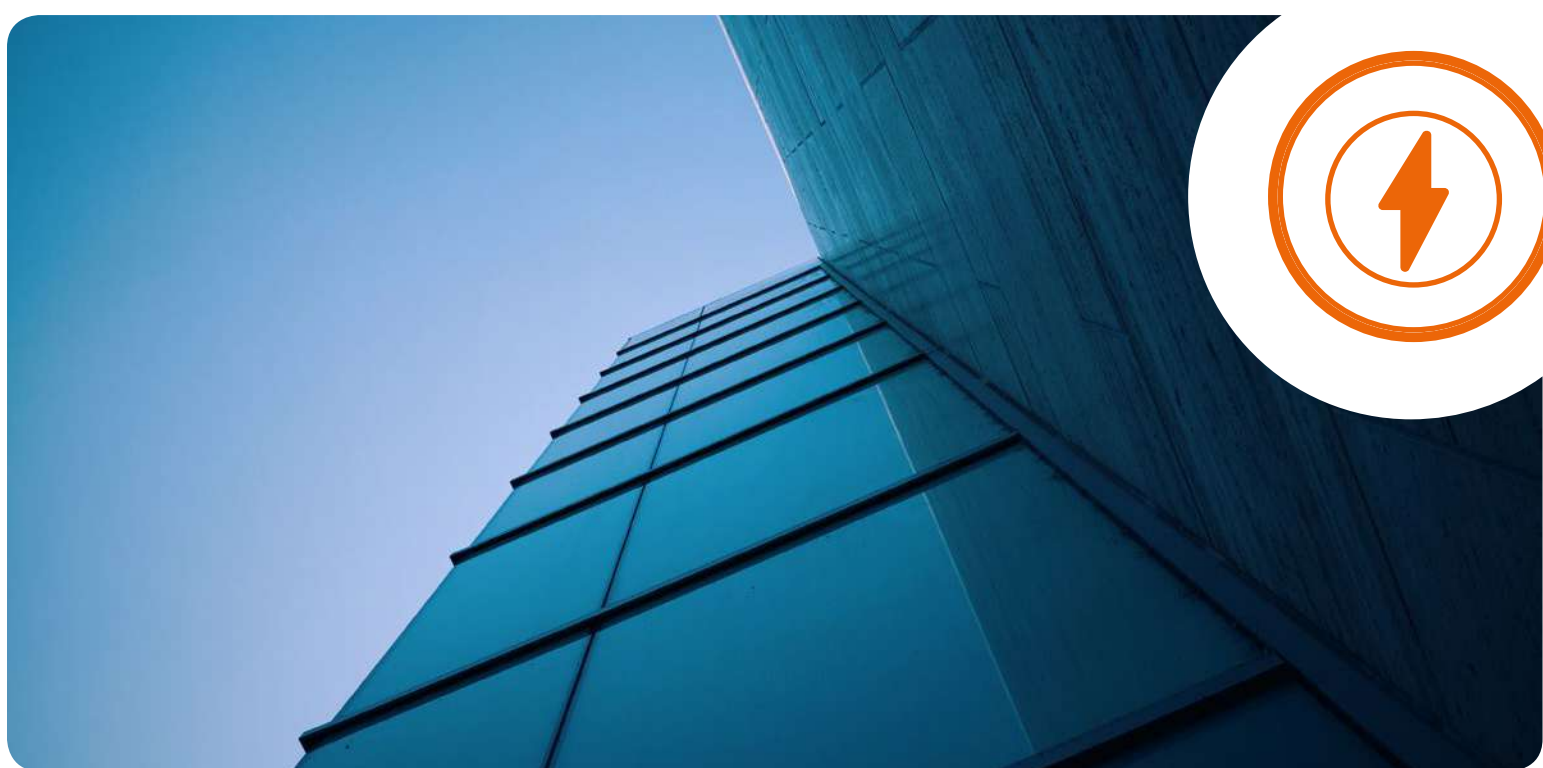
**TIME RECORDER**

(STOPWATCH, TIMER, WORKOUTS)

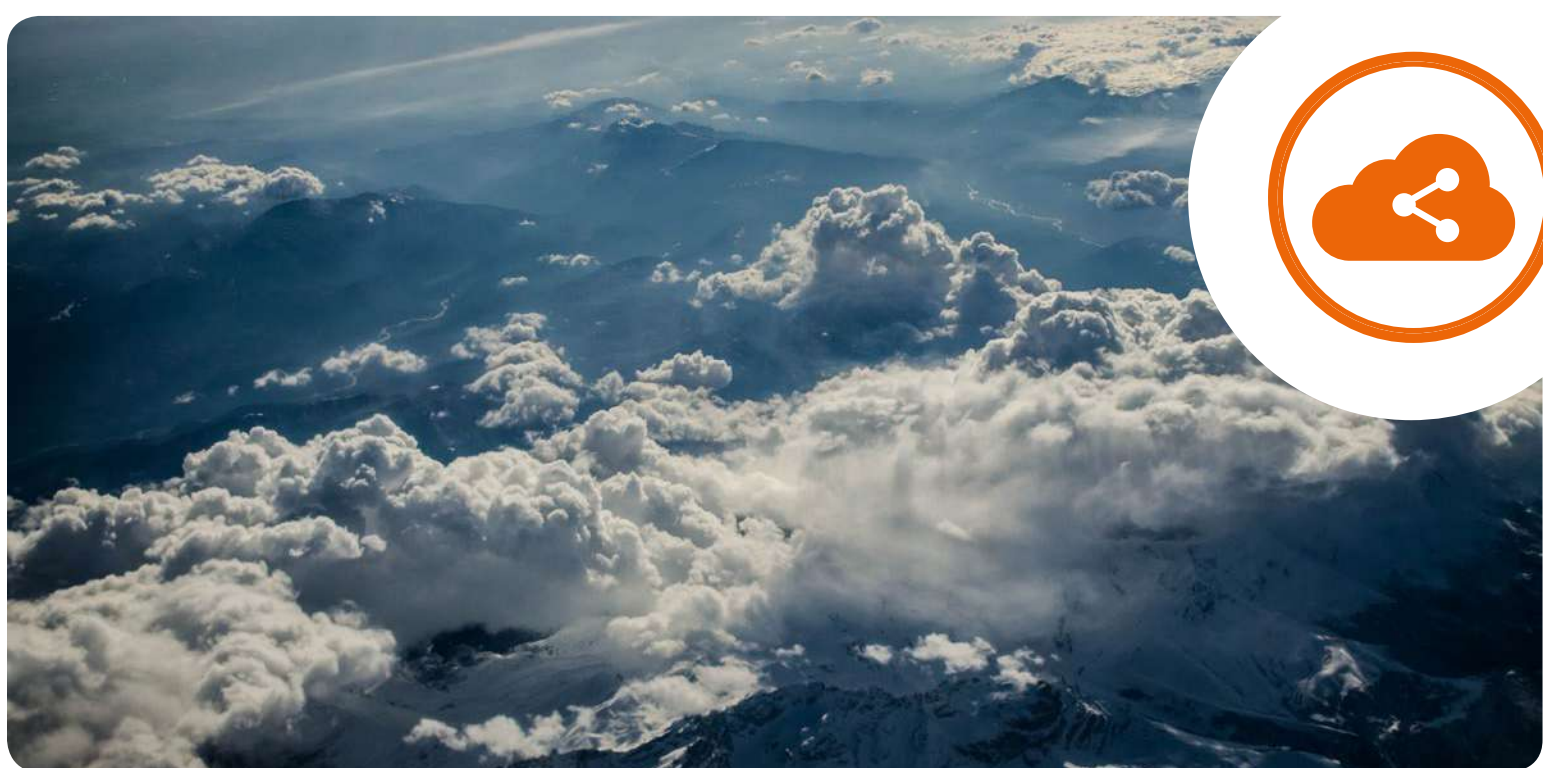
Measure and record any event or workout with the many time recording options offered by your watch and app.

**WORLDTIMER**(2ND TIME ZONE + LOCAL 12H/24H TIME)

The worldtimer function allows you to display a chosen second timezone (hometown).

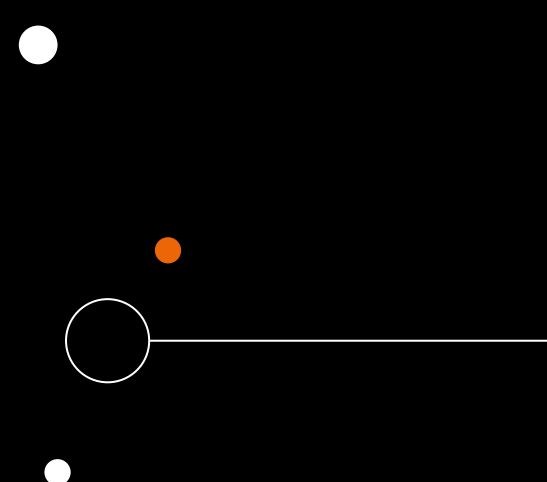
**2+ YEARS BATTERY**

Your ALPINERX is an authentic Swiss watch and in the purest tradition, your timepiece features a connected caliber with an exceptional 2+ years battery life.

**CLOUD**

Recover all of your data, even if you lose your watch or phone. The ALPINERX independently stores your activity and sleep up to 30 days without having to synchronise it to your smartphone. The Cloud is hosted in Switzerland.





USE THE ALPINERX SMART OUTDOORS

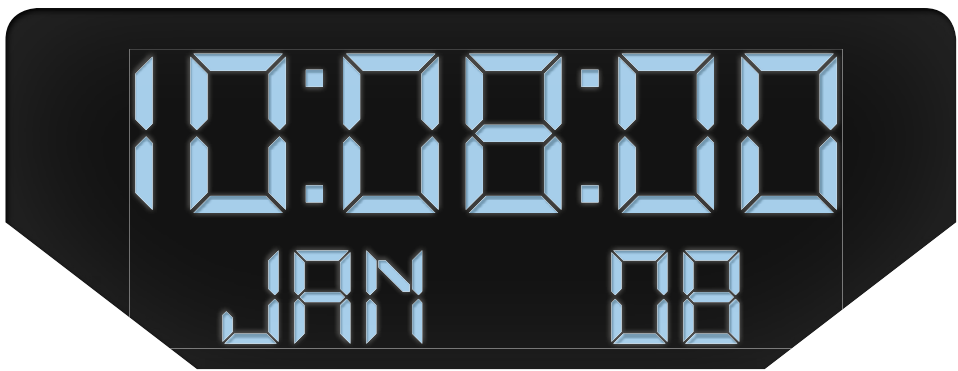




CROWN

PUSH ONCE

Activates the LCD screen backlight



PUSH MORE

To navigate through the functions



TIME RECORDER



ALTITUDE

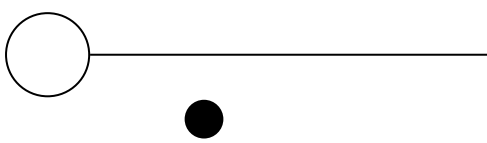


UV INDICATOR



AND MORE...





PUSH ONCE

to select sub-function

Example:
Time function display



TIME AND DATE

PUSH TWICE



TIME ACTIVITY/SLEEP IN %
(related to daily objective)

PUSH THREE TIMES



DAY & DATE





PUSH ONCE

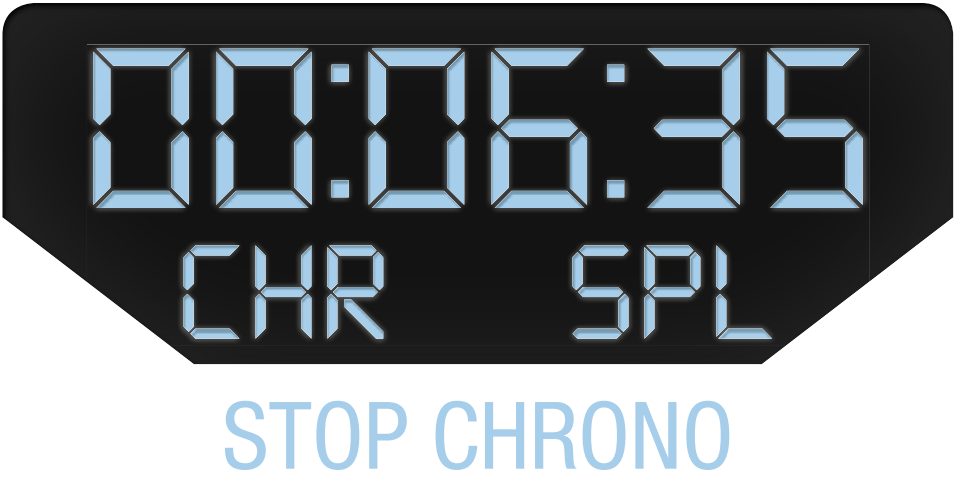
to start sub-function

Example:
Chrono function



PUSH TWICE

to stop sub-function



PUSH ONCE

To reset sub-function





TOP PUSHER

PUSH ONCE

to start sub-function

Example:
Sleep function



START RECORDING

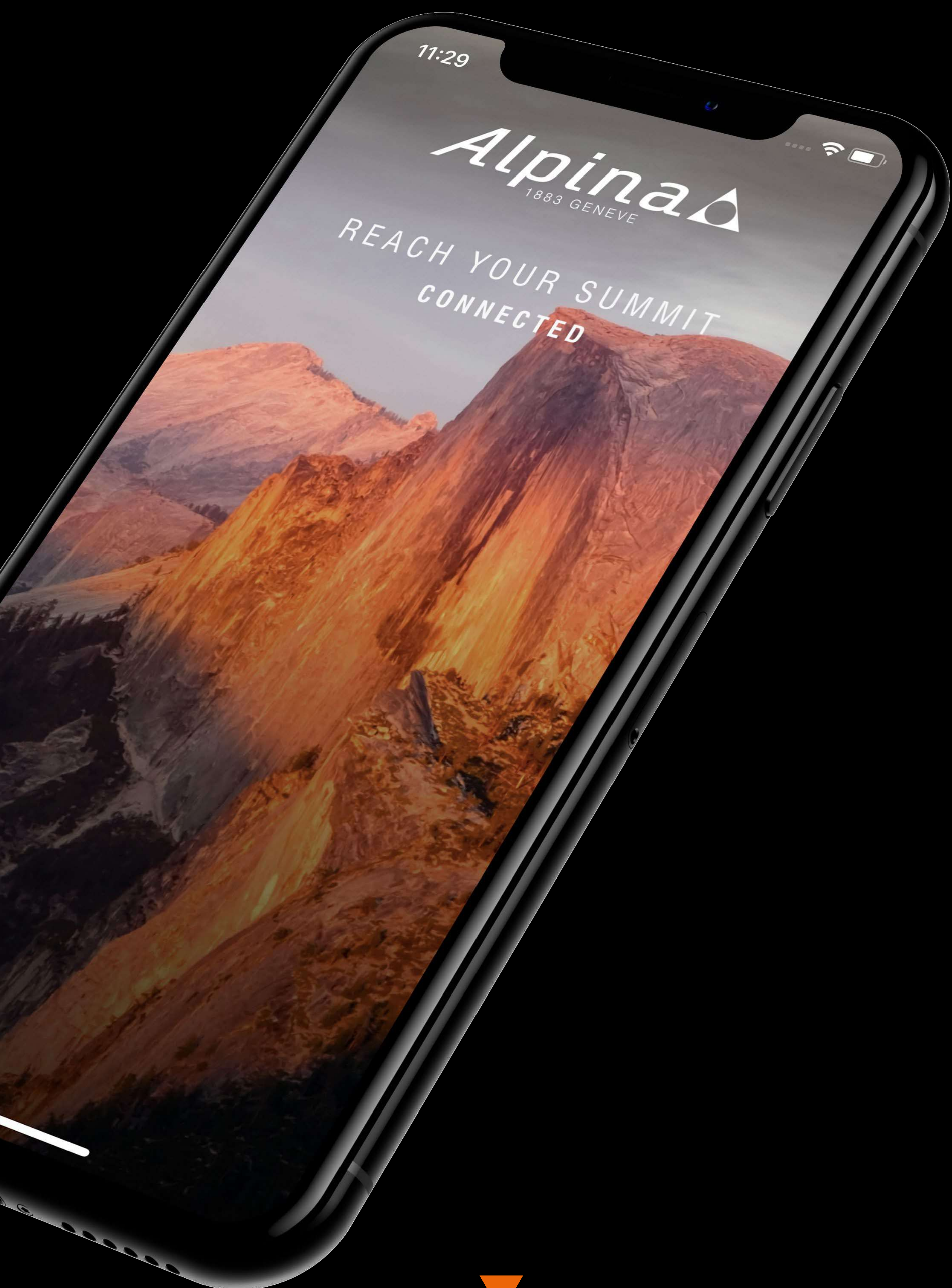
PUSH ONCE

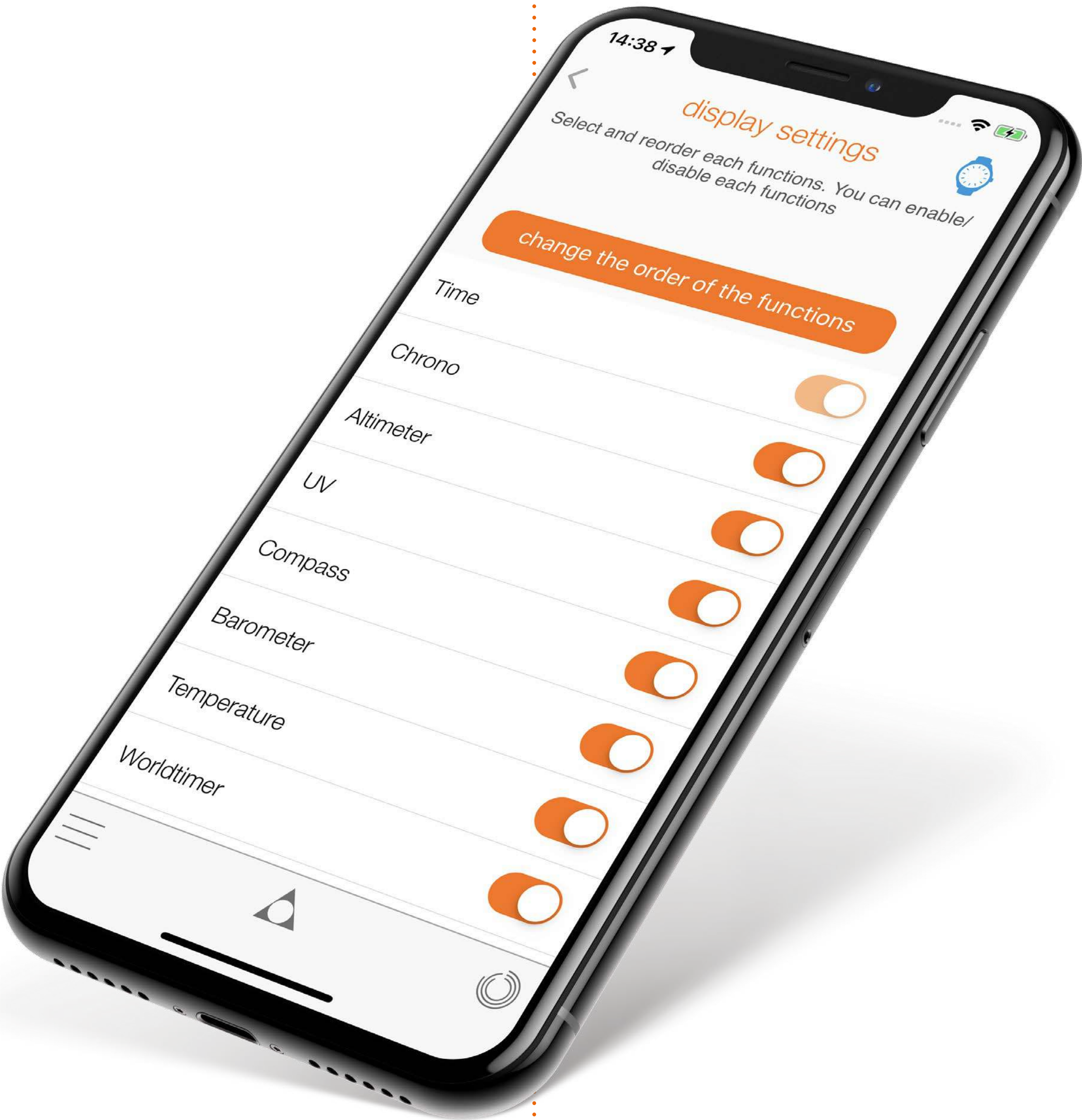
to stop sub-function



STOP RECORDING

FUNCTIONS DISPLAYED ON SCREEN





FUNCTIONS DISPLAYED ON SCREEN

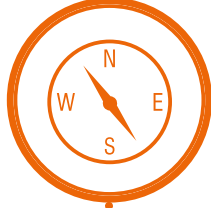
via the app, set-up
which functions
you wish to appear on
the LCD screen of
your watch and in
which order.



ALTITUDE



BAROMETER



COMPASS



CONNECTED GPS



UV INDICATOR



TEMPERATURE



ACTIVITY TRACKING



HEART RATE MONITORING



SLEEP MONITORING



TIME RECORDER



WORLDTIMER





NOTIFICATIONS DISPLAYED ON SCREEN

set-up the notifications in the settings of the app to get alerts based on your own preferences. Notifications are indicated by the watch with a sound. The sound can be deactivated.



MESSAGES

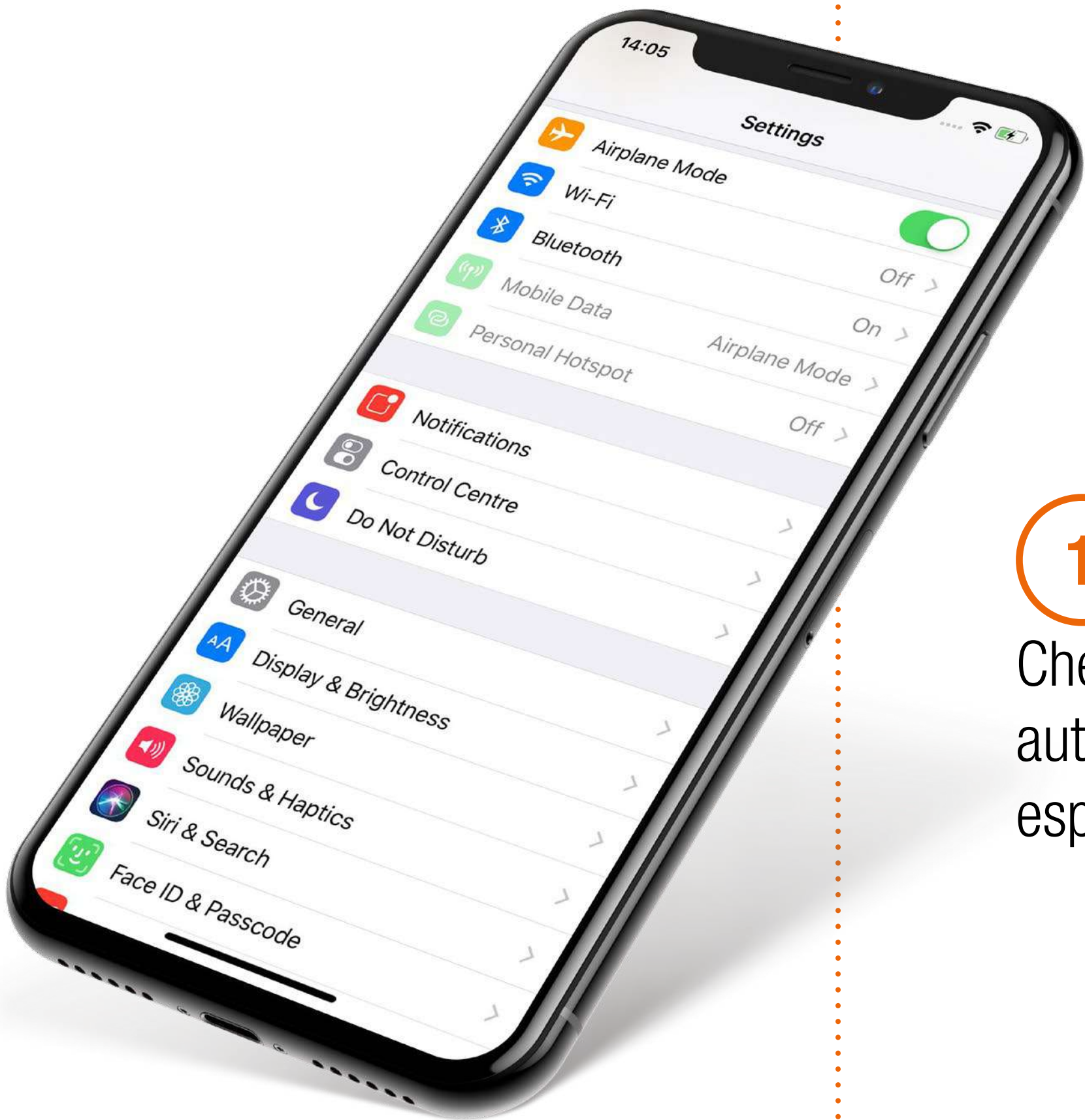
When a message is received, your watch will alert you with sound and a notification will appear on your watch.



CALLS

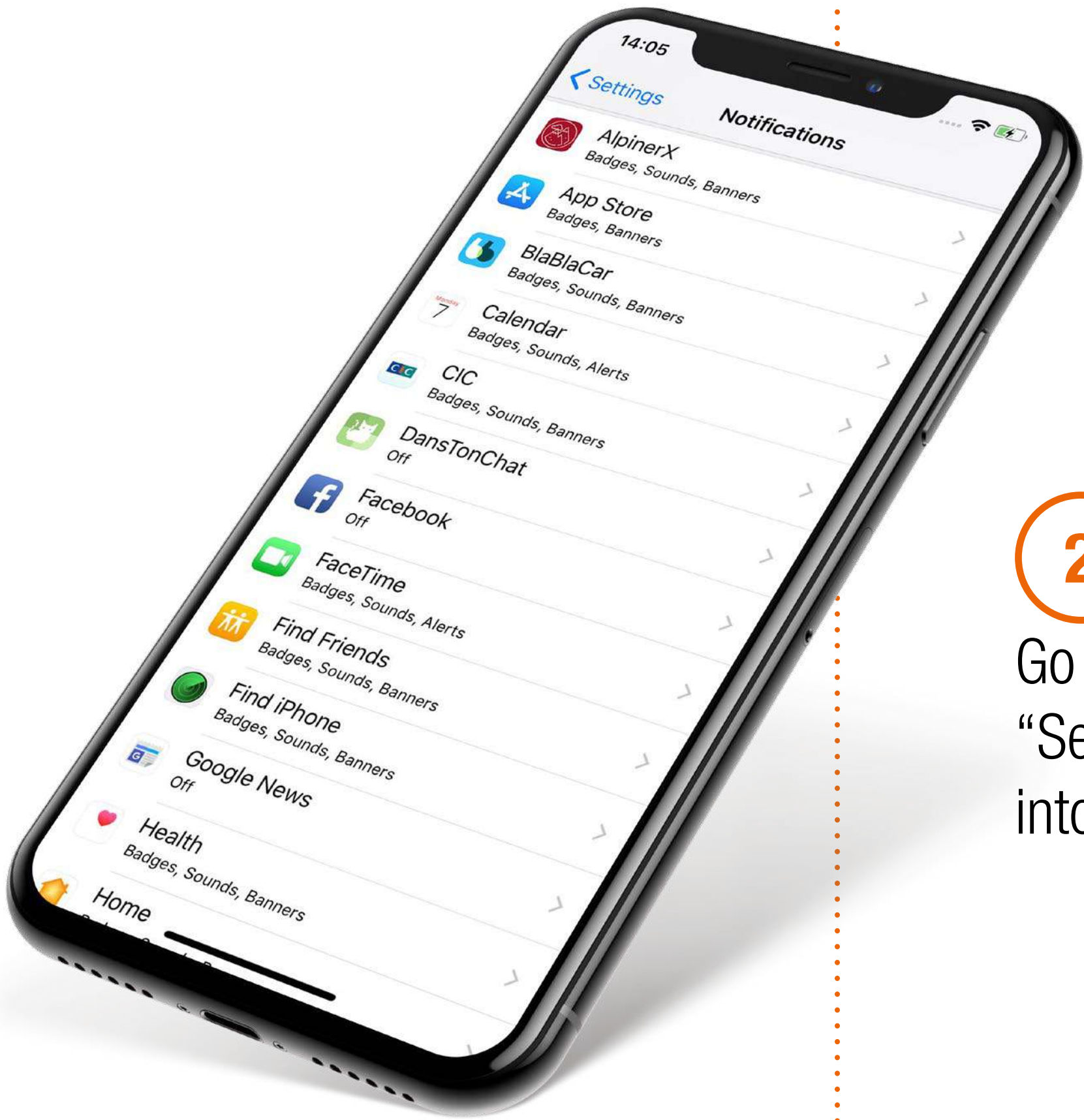
When an incoming call is detected, your watch will chime and a notification will be displayed on the screen of your watch.

On top of calls, messages and e-mails, note that the ALPINERX offers a wide range of social media apps you can receive notifications for.



1

Check that all access and authorisations are selected, especially “Show in History”.



2

Go into your phone’s “Settings” menu and then into “Notifications”.



3

Select the app of your choice, for example WhatsApp to get an alert for every new message.



HEART RATE MONITORING

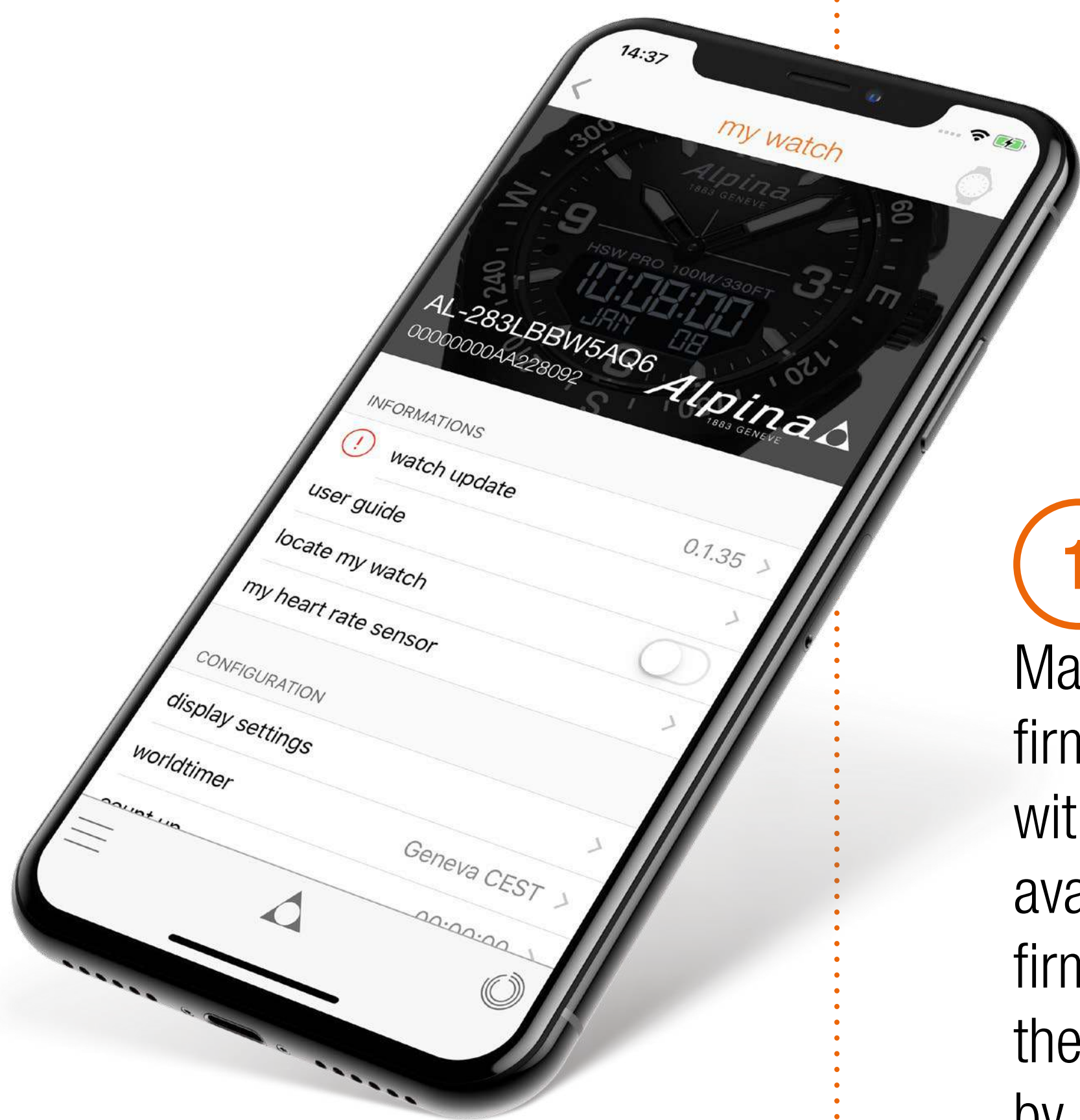
The heart rate monitor (HRM) shows your heart rate in BPM (beats per minute) during a workout. To start a workout, you must pair an external HRM device with your watch through the application menu.

The workout starts when the external HRM device (chest belt for instance) starts to send valid data, while being worn. The workout stops once the external device is removed.

In the activity chart, you can select the HRM workout (heart icon) and see the details. The graph shows the HRM values during the workout, using 4 colors representing 4 different heart rate zones.

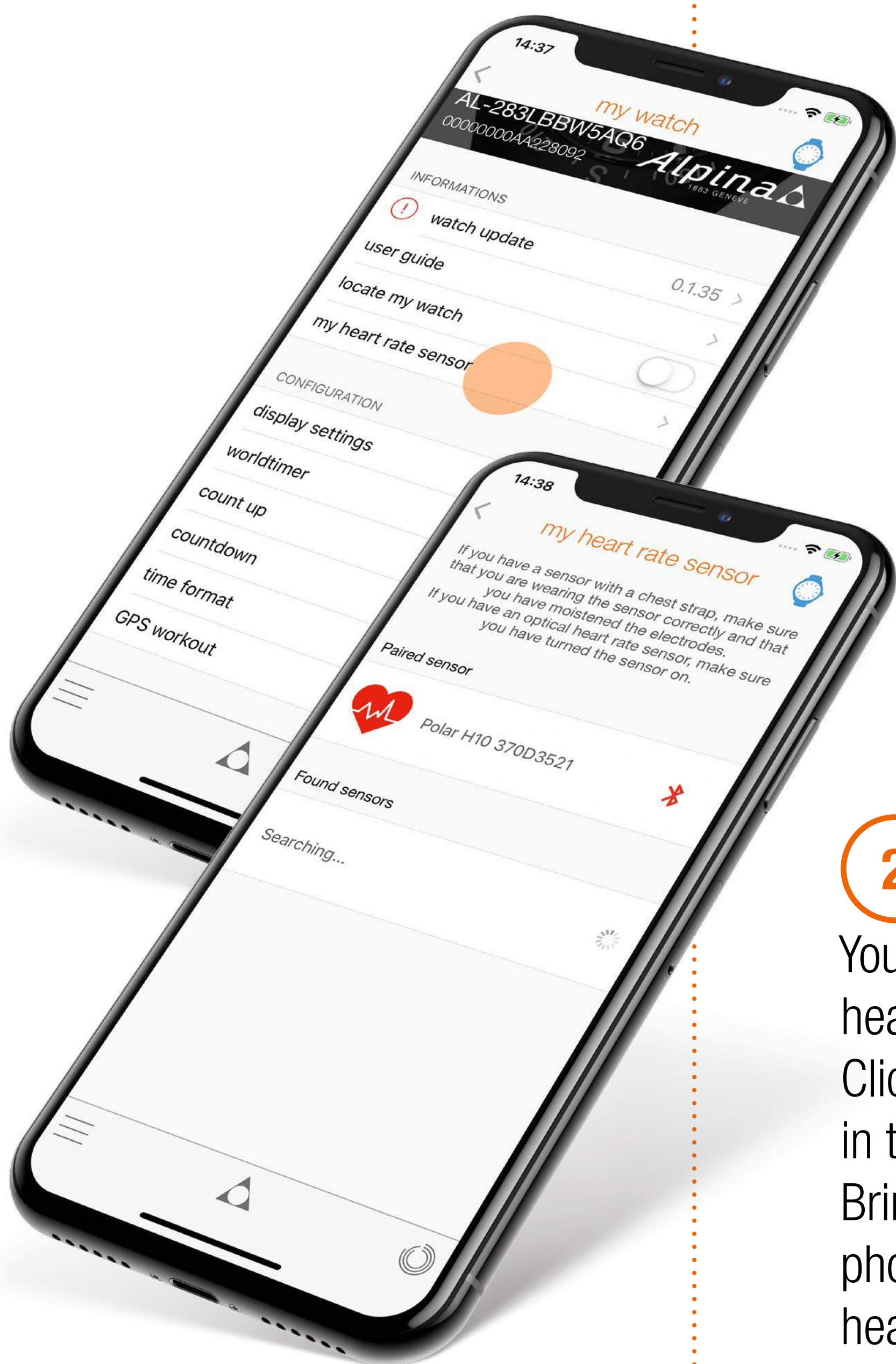
The different heart rate zones are displayed using your estimated maximum heart rate in BPM (beats per minute). Your maximum heart rate (HR max) is calculated with the common formula of 220 minus your age.





1

Make sure that your watch's firmware has been updated with the latest version available. Any new watch firmware update is provided by the app and will be indicated by a red dot next to "watch update" in "my watch". Click and follow the app's instructions.



2

You will now need to sync your heart rate sensor to your watch. Click on "my heart rate sensor" in the app's main menu. Bring your sensor closer to your phone and select the detected heart rate device by clicking on its name in the list. Your heart rate monitoring system will be linked to your watch.



3

Start an activity by wearing your heart rate sensor. The measure will start automatically once you start wearing the sensor and select the heart rate function on your watch. It will stop upon removal of the device. You should be able to see the live BPM (beats per minute) values on your watch (data accessible by clicking on the AlpinerX's crown). At the end of your activity, open the app to sync your watch and retrieve your heart rate monitoring session in the activity chart. The heart rate monitoring session is indicated by a small heart icon.



4

Click on the heart icon to display your heart rate monitoring session.

LEGAL
NOTICES
ALPINERX
USA
CANADA
EUROPE





USA CANADA

.....

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced technician for help.
-

This device complies with Part 15 of the FCC Rules and with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

1. this device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications made to this equipment not expressly approved by Alpina Watch International SA and Manufacture Modules Technologies Sarl may void the FCC authorization to operate this equipment.

.....

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

1. l'appareil ne doit pas produire de brouillage, et
2. l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

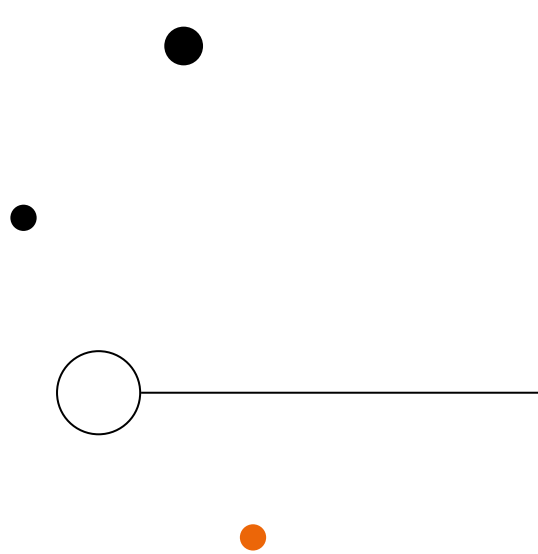
Toute modification apportée à cet équipement non approuvée explicitement par Alpina Watch International SA et Manufacture Modules Technologies Sarl peut annuler l'autorisation de la FCC.

.....

ALPINA WATCH INTERNATIONAL SA

Chemin du Champ-des-Filles, 32
1228 Plan-les-Ouates
Switzerland





EUROPE

Declaration of Conformity 

ALPINA WATCH INTERNATIONAL SA

Chemin du Champ-des-Filles, 32
1228 Plan-les-Ouates
Switzerland

DECLARES THAT THE PRODUCT:
Horological Smartwatch
AL-283X5AQ6

complies with the essential requirements of Article 3 of 2014/53/
EU Directive (RED), if used for its intended use and that the following
standards has been applied.

(ARTICLE 3.1.A OF THE RE DIRECTIVE)
APPLIED STANDARD(S)
EN 62311:2008

(ARTICLE 3.1.A OF THE RE DIRECTIVE)
APPLIED STANDARD(S)
EN 62368-1:2014 + AC:2015

(ARTICLE 3.1.B OF THE RE DIRECTIVE)
APPLIED STANDARD(S)
EN 301 489-1 V2.2.0 Draft
EN 301 489-17 V3.2.0 Draft

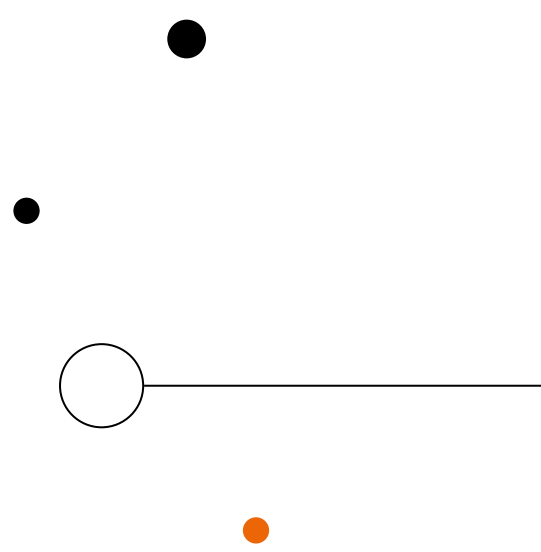
(ARTICLE 3.2 OF THE R&TTE DIRECTIVE)
APPLIED STANDARD(S)
EN 300 328 V2.2.0 Draft

The declaration is issued on the exclusive
responsibility of the producer.

Geneva, May 1st 2018
Place and date of the declaration of conformity

Peter C. Stas President
Name and signature





EUROPE

Declaration of Conformity

	Do not ingest battery, Chemical Burn Hazard
	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
	Keep new and used batteries away from children. If the battery compartment does not close securely, stop using the product and keep away from children. If you think batteries might have been swallowed or placed inside any part of the body, seek immediately medical attention.

Horological Smartwatch
AL-283X5AQ6

Technology: Bluetooth® LE
Power: 0.8 dBm max
Frequency: 2400 MHz - 2483.5 MHz





MORE INFORMATION
alpinawatches.com

