PRO TREK Smart combines the functionality of a smartwatch with the reliability of outdoor gear. Activities will never be the same again. And that goes for your lifestyle, too. Experience something new every day with PRO TREK Smart.
**Compact design**

The miniaturization of parts has allowed for a significant decrease in watch size, while operability remains unchanged. The watch can be worn comfortably even for long periods of time.

**Nano-treated bezel**

Special care has been given in every detail of the design, such as the 0.2 mm (0.008") wide groove carved into the slope of the bezel on the inside, resulting in a solid, sharp appearance that exudes functional beauty. This is achieved through highly precise resin molding that uses nano-treatment technologies.

**Soft urethane band with slide lever**

The soft urethane material in the band makes it both durable and comfortable to wear. The lever mechanism for the band makes it easy to attach and remove, a helpful feature when you want to replace the band, clean it, or perform other maintenance.

**Three selectable battery modes**

1. **NORMAL USE**
   - About 1.5 days
effective when using the device for its intended purpose.
2. **EXTEND MODE**
   - About 3 days
   - For two nights and three days of activity.
3. **MULTI-TIMEPIECE MODE**
   - About 1 month
   - When you want to use all smartwatch functionality.

**OLED display + monochrome LCD (dual layer display)**

Use either a monochrome LCD or a high-contrast OLED display, or switch between the two types to achieve both low power consumption and easy readability.

**Use either monochrome LCD or a high-contrast OLED display, or switch between the two types to achieve both low power consumption and easy readability.**

- **OLED display**
  - Link with GPS systems or apps to display color maps and various other information with high accuracy.
- **Monochrome LCD**
  - Display the time and sensor readings with low power consumption. This is convenient when you want to use the device as a regular watch.

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**GPS, Compass, Altimeter, and Barometer**

- Military standard compliance*1
- 5-bar water resistance*2

**Specifications**

- Monochrome display
- GPS function
- Bluetooth®, Wi-Fi

*1 When Wear by Google is turned on.

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©Mapbox ©OpenStreetMap
Measure your heart rate simply by strapping the watch on your wrist. Display data such as your current beats per minute and heart rate zone in numerical values and as graphs and graphics. You can use this information to help you improve your exercise capabilities, increase your endurance, and engage in heart rate training.

Soft urethane band

Even more comfortable to wear.

The watch uses a soft urethane material that makes it both flexible and durable. The double-pin buckle prevents slippage, while the larger number of holes in the band allows you to adjust it for an even finer fit. Breathability is also improved, reducing the feeling of the watch sticking to the skin due to sweat or other factors.

Bezel design

Lighter, and sportier.

Resin is used in the bezel to achieve a weight of approx. 81 g (2.9 oz), the lightest in the series. Through unique molding technologies, the bezel is given a three-dimensional treatment in all aspects, including contours and grooves, and has been finished with a material that possesses a brilliant, metal-like sheen. The bezel is strong enough to protect the display, but also has a functional beauty worthy of outdoor gear.

Optical sensor (heart rate measurement)

An optical sensor is mounted on the case back of the watch. This sensor measures your continued heart rate by shining an LED light to detect the flow of blood in your body.

• This device displays an estimated heart rate based on the pulse measured by the sensor mounted on the back side (rear cover).
• The heart rate values displayed by the watch are approximate, and no guarantees are made concerning their accuracy.
• The heart rate measurement functionality of this watch is intended for use during recreational activities, and cannot be used for any kind of medical treatment.

• ACTIVITY: When using running or trail running

Instantly access various information by pressing a button or swiping.

©Mapbox ©OpenStreetMap

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©Mapbox ©OpenStreetMap
Know your condition

Heart Rate Measurement Functionality

Use this data for your training, whether it be managing the pace of your activity or increasing your endurance.

Detect your motion to take measurements automatically.

Dedicated heart rate watch face

The watch face auto-switches based on the heart rate measurement functionality. When the watch is out of the charging stand, motion tracking, running, or cycling, measurement begins automatically.

Use as an index for pace management.

Heart rate measurement + heart rate zone display

It's useful to know your current heart rate and the heart rate zones that are available on the dedicated heart rate watch face. If you know your current heart rate, you can easily distinguish different levels. Enjoy activities or training without overexercising yourself.

Note that your resting heart rate and maximum heart rate must be set up before your VO2 max can be measured.

Heart rate zone history (past 24 hours)

• Daily maximum and minimum heart rate
• Daily energy consumption

Current location display

Instantly find out where you are now.

Display your current position and your recorded movement log on a high-definition color map while you measure your activity. This allows you to check your current position without having to get out your smartphone. Use this feature in situations such as when you want to challenge yourself with new courses or when you want to run while traveling.

Support for increased endurance.

Measure your VO2 max

Measure your resting oxygen consumption (for your body weight) while lying down (in bed). You can use this as a guide for endurance activities, such as running.

For both new places and old favorites. View a map while you enjoy your activities.

Use this feature in situations such as when you want to challenge yourself with new courses or when you want to run while traveling.

GPS + Color Map Display

For both new places and old favorites. View a map while you enjoy your activities.

Instantly find out where you are now.

Display your current position and your recorded movement log on a high-definition color map while you measure your activity. This allows you to check your current position without having to get out your smartphone. Use this feature in situations such as when you want to challenge yourself with new courses or when you want to run while traveling.

Easily set up routes.

Route input

Import GPS log data (such as for past routes or recommended routes from ViewRanger) into the watch by using Google Drive™ and set these routes for running. Check your route on the map while you run to take a form of simple navigation.

Creation of original routes

Share your favorite routes.

Save the routes on which you travel during your activities as activity data. You can use markers to record checkpoints for locations such as places where water is available, and create your own running routes. You can then share these routes with others.

Example display (ACTIVITY: Trail running)

• Current location • Center of movement: Color-coded heart rate zone display

Use Google Drive to import GPS log data (in KML or GPX format)

Record various markers.

Supported activities

Running Trail running Trekking Cycling Paddling Snow activities

Heart rate measurement + heart rate zone display

Use as an index for pace management.

Heart rate zone alerts

If you set a particular heart rate zone in advance, you will be notified via a display and a vibration when you exceed that zone. This helps to prevent you from overexerting yourself.

Note that your resting heart rate and maximum heart rate must be set up before your heart rate zones can be displayed.

Heart rate zone

Heart rate

05-09 to 100%
Limit reached
(over exercise)

40-49 to less than 50%
Light
(fat burning)

30-39 to less than 40%
Light
(Somewhat strenuous)

20-29 to less than 30%
Very Light
(Warm-ups and cool-downs)

10-19 to less than 20%
Very Light
(Warm-ups and cool-downs)

Percentage with respect to maximum heart rate

Zone number Subjective exercise intensity

1 50% to less than 60%
2 60% to less than 70%
3 70% to less than 80%
4 80% to less than 90%
5 90% to 100%

00:00 24:00
06:00 18:00
08:00 20:00
10:00 22:00
12:00 00:00
14:00 02:00
16:00 04:00
18:00 06:00
20:00 08:00
22:00 10:00
00:00 12:00

Displays of heart rate zones. Through the use of color-coded
displays, you can easily focus on your target heart rate and
maintain an appropriate pace. This feature allows you to
verify the level of your activity with a number. This helps you
assess your activity from information such as your heartate and the movement of your arms to calculate calories burned.

You can configure the items that are displayed during measurements (in
the upper, middle, and lower positions) to match your activity. You can also
expand the measurement screen, using the map and up to four additional
data screens for your display. Swipe the screen to change to different displays,
each with a number of data points that can be displayed. This provides
instant access to the information you want to know during your run.

Optimize your display to match your activity.

Display customization

You can configure the items that are displayed during measurements for
your activity, and even configure the display to match your activity. You can
expose the measurement screen, using the map and up to four additional
data screens for your display. Swipe the screen to change to different displays,
giving you instant access to the information you want to know during your run.

Manage records of your activity on a smartphone.

Record activity data

Back-up measurements and share easily.
Manage activity records, access tools such as Google Calendar on a
smartphone, and check your data for 2 weeks after your training.

[Displayed items (ACTIVITY: Running)]

• Heart rate and zone • Heart rate • Heart rate graph
• Altimeter • Altitude • Altitude change graph • Target altitude • Altitude remaining to goal • Elevation gain • Elevation loss • Total distance • Distance remaining to goal
• Speed: Maximum speed, average speed, and current speed • Speed graph
• Pace: Average pace, maximum pace, and current pace • Pace graph
• Current time • Battery level

[Displayed items (ACTIVITY: Trail running)]

• Heart rate and zone • Heart rate • Heart rate graph
• Altimeter • Altitude • Altitude change graph • Target altitude • Altitude remaining to goal • Elevation gain • Elevation loss • Total distance • Distance remaining to goal
• Speed: Maximum speed, average speed, and current speed • Speed graph
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[Displayed items (ACTIVITY: Off road)]

• Heart rate and zone • Heart rate • Heart rate graph
• Altitude • Altitude change graph • Target altitude • Altitude remaining to goal • Elevation gain • Elevation loss • Total distance • Distance remaining to goal
• Speed: Maximum speed, average speed, and current speed • Speed graph
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Note: The displayed items differ depending on the activity.

[Displayed items (ACTIVITY: Hiking)]

• Heart rate and zone • Heart rate • Heart rate graph
• Altitude • Altitude change graph • Target altitude • Altitude remaining to goal • Elevation gain • Elevation loss • Total distance • Distance remaining to goal
• Speed: Maximum speed, average speed, and current speed • Speed graph
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Note: The displayed items differ depending on the activity.

[Displayed items (ACTIVITY: Cycling)]

• Heart rate and zone • Heart rate • Heart rate graph
• Speed: Maximum speed, average speed, and current speed • Speed graph
• Pace: Average pace, maximum pace, and current pace • Pace graph
• Current time • Battery level

Note: The displayed items differ depending on the activity.

[Displayed items (ACTIVITY: Swimming)]

• Heart rate and zone • Heart rate • Heart rate graph
• Speed: Maximum speed, average speed, and current speed • Speed graph
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Note: The displayed items differ depending on the activity.

[Displayed items (ACTIVITY: Other)]

• Heart rate and zone • Heart rate • Heart rate graph
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Note: The displayed items differ depending on the activity.

[Displayed items (ACTIVITY: MOMENT SETTER)]

• Heart rate and zone • Heart rate • Heart rate graph
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Note: MOMENT SETTER does not have any unique setting items for running or trail running.

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Experience something new.

Spend your time the way you want to. Push yourself to achieve even more. These diverse apps are your guide and partner. Experience something new while enjoying your favorite activities.
**Fishbrain**

- **ACTIVITY:** Fishing
- **TOOL:** Tide graph

- Check fishing spots worldwide and share photos and data about sizes of fish that you caught.
- Display fishing spots in the surrounding area on your smartphone.
- Calculate the period of high and low tides and make the best use of the tide data for fishing.
- Display tide data from the specified port.
- Estimate fish movements based on fishing catch data.

**Bikemap**

- **ACTIVITY:** Cycling
- **TOOL:** Cycling

- Share your riding routes with your friends and public.
- Record your route, distance traveled, the time, and your route.
- Display helpful information, such as speed, altitude, and more.
- Display elevation at your present location, as well as the elevation.
- Measure altitude up or down.
- Measure your pace.

**CASIO MOMENT LINK**

- **ACTIVITY:** Skiing

- Record on the map, elevation of your current location, your maximum speed, and your progress for the day.
- Check your elevation and record them on the map.
- Check the orientation in which you are moving, your elevation, and points you have climbed.

**Ski Tracks**

- **TOOL:** Speed

- Enter a party with friends to share messages and your locations.
- Form a party with your friends to share messages and your locations.
- Share messages and your locations.
- Display your speed when you're skiing or engaging in other winter sports.
**Golf**  
Check the distance to the green.

**Surfing**  
Don’t miss the perfect wave.

**Horse riding**  
Manage your horse’s and rider’s training experiences.

**Swimming**  
Record and analyze your training.

**Exercise**  
Manage your workouts and fitness routines.

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**FEATURED APPS**

**Glassy Surf Report | Forecast**  
You can record the number of swings you’ve taken for each type of shot during a round.

**WSD-F21HR | WSD-F30**  
You can display a satellite image of each hole.

**Equilab**  
Exercise according to the on-screen navigation.

**MySwimPro**  
Select training plans created on your smartphone.

**HOLE19**  
Check the distance to the green.

**SURFING**  
Check wave predictions and weather data for over 16,000 surfing spots worldwide. Users can measure and share surfing distance and speed.

**Equilab**  
Select from exercise plans created on your smartphone.

**MySwimPro**  
Display records by selecting stroke and distance.

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**FEATURED APPS**

**Swimming**  
Measure records while swimming, including number of strokes, lap times, and distances.

**Exercise**  
Record and analyze a variety of log data while swimming, including number of strokes, lap times, and distances.

**Exercise**  
This app manages your training just like a coach that you can wear on your wrist.

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**FEATURED APPS**

**Score counter**  
Display a satellite image of each hole.

**Check course layout**  
Check your current location on the course and calculate your remaining distance.

**Check remaining parage**  
You can record the number of swings you’ve taken for each type of shot during a round.

**Search for surfing locations**  
Display over 16,000 surfing spots all across the world.

**Measure lines**  
Mine wave predictions and weather data for over 16,000 surfing spots worldwide. Users can measure and share surfing distance and speed.

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**FEATURED APPS**

**HOLE19 Golf GPS for Smartwatch**  
Check wave predictions and weather data for over 44,000 golf courses in 185 world countries.

**Search for surfing locations**  
Display over 16,000 surfing spots all across the world.

**Measure lines**  
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**FEATURED APPS**

**Glassy Surf Report | Forecast**  
Measure speed and distance, and evaluate your surfing session.

**Select exercise plans**  
Training plans appropriate to different levels are included.

**Select training plans**  
Toning plans appropriate for different levels are included.

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**FEATURED APPS**

**Check wave predictions and weather data for over 16,000 surfing spots worldwide. This popular surfing app is used all over the world for its accurate and precise surf data in real time.**

**Select exercise plans**  
Select from exercise plans created on your smartphone.

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**Glassy Surf Report | Forecast**  
Check wave predictions and weather data for over 16,000 surfing spots worldwide. Users can measure and share surfing distance and speed.

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An original app that links with GPS and color map functions.
Press the MAP button to start it up immediately, and use the app in a wide variety of outdoor scenarios.

Various smartwatch functions are made even more convenient with Wear OS by Google™. Support at your fingertips for whatever you want to know about!

Display your current location on the map. You can save up to five maps of world locations.
Check your current position on the map.
Check your current location.
Display your activity routes on the map.
Check the positions of your current location and the distance from your current location to your destination.

Check activity data.
Display your current location on the map.
Save activity data.

Create original maps.
Display your activity routes on the map.

Display your current location.
Color map display.
You can change the sign-up for your personal routes, or any way you want.
You can change the sign-up for your personal routes, or any way you want.

Record locations on maps.
You can use a simple navigation system.

Your smartphone is not getting a signal or in locations where GPS data cannot be acquired.
This app uses your smartphone’s cellular network or GPS. The app cannot be used in locations where smartphones are inconvenient to use, by receiving a signal, or whether you’re engaged in activities such as water sports.

Whether you’re out in the field where your smartphone is not getting a signal or in locations where GPS data cannot be acquired.
This app uses your smartphone’s cellular network or GPS. The app cannot be used in locations where smartphones are inconvenient to use, by receiving a signal, or whether you’re engaged in activities such as water sports.

Functions available for use in this app when connected through iOS are restricted.
Notifications upon reaching or departing from a registered point are not available when conditions settings specified in advance.
Running and trail running are supported only when using the WSD-F21HR.
Display the measurements that you need for different activities.

You can change the type or design of original watch faces.
You can check your schedule with reminders notifications.
Check your schedule with reminder notifications.

Check Gmail™ or WhatsApp from your wrist.
Receive direct notifications of messages you receive, email, and reminders. This app cannot be used when the watch is connected to an iOS device, but the app can be downloaded.

Some specifications differ between the WSD-F30 and the WSD-F21HR. For details, see the back cover.

Check your current location.
Display your current location on the map.

Find your location using only your watch (GPS).
Display your current location on the map, even when you’re not getting a signal (offline map support).

ACTIVITY
Beginning with the measured your body’s vital data and body condition data, such as sleep, distance, and pressure. Tips for different activities. Support for activities.
You can change the type or design of original watch faces.

TOOL
Press the TOOL button for simple startup, vital display information on wake-up alarm or other information.
You can change the type or design of original watch faces.

MOMENT SETTLE
During measurements of your activity, you can become the connection of your smartphone, based on environmental conditions change in a vacation.
This is helpful when you want to set your activity.

BASED MOUNT LINK
Use responsibilities to select points on the map, and download the position of your destination.
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Check Gmail™ or WhatsApp from your wrist.
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GPS
The watch is capable of receiving stable position data due to its 3D navigation module, which includes GPS, GLONASS, and QZSS. Because the watch is equipped with three satellite positioning systems, it allows you to determine your current location more accurately.

Google Play™ store
Download maps in the Google Play™ store.

LINE-UP
WSD-F30
WSD-F21HR

WSD-F30

WSD-F21HR

WSD-F30-RG

WSD-F21HR-RD

Google Assistant™
You can use this for simple voice commands, search operations, and also receive notifications of upcoming events you have scheduled in Google Calendar.

Search for the apps that you like.
Find the things you want, with your smartphone or PC.

Included accessories
• AC adapter  • Special charger cable

Some speciﬁcations differ between the WSD-F30 and the WSD-F21HR. For details, see the back cover.

Note: Watch faces differ between the WSD-F30 and WSD-F21HR. For details, see the back cover.

Original watch faces
WSD-F30-RG
WSD-F21HR-RD

•AC adapter  • Special charger cable

Note that voice communications are not possible when using only the watch.
Note that voice communications are not possible when using only the watch.

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Some apps might not support connections with iOS devices.

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Main specifications

<table>
<thead>
<tr>
<th>Feature</th>
<th>WSD-F30</th>
<th>WSD-F21HR</th>
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<tbody>
<tr>
<td>Color</td>
<td>Black</td>
<td>Black</td>
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<tr>
<td>Battery</td>
<td>Lithium-ion</td>
<td>Lithium-ion</td>
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<tr>
<td>Display</td>
<td>1.2&quot; inch, dual layer display</td>
<td>1.2&quot; inch, dual layer display</td>
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<tr>
<td>Resolution</td>
<td>800 × 480 (RGB)</td>
<td>800 × 480 (RGB)</td>
</tr>
<tr>
<td>Charging</td>
<td>Magnetic charging terminal</td>
<td>Magnetic charging terminal</td>
</tr>
<tr>
<td>Wireless Connectivity</td>
<td>Bluetooth® ver. 4.1 (Low Energy), Wi-Fi (IEEE 802.11 b/g/n)</td>
<td>Bluetooth® ver. 4.2 (Low Energy), Wi-Fi (IEEE 802.11 b/g/n)</td>
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<tr>
<td>Other</td>
<td>GPS Compatible (including GLONASS and MICHIBIKI (QZSS))</td>
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<tr>
<td></td>
<td>Touchscreen Capacitive touchscreen (anti-fouling coating)</td>
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<td></td>
<td>Battery</td>
<td>Lithium-ion battery (Battery replacement should be conducted at a service center. Do not try to replace the battery yourself.)</td>
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<tr>
<td>Charging Time</td>
<td>Approx. 3 hours at room temperature</td>
<td>Approx. 2.5 hours at room temperature</td>
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<tr>
<td>Battery Life</td>
<td>Varies according to use</td>
<td>Approx. 3 days</td>
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<td>Using GPS activity</td>
<td>Approx. 5 days</td>
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<td>Running</td>
<td>Approx. 3 days</td>
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<td>Trail running</td>
<td>Approx. 6 days</td>
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<td>Cycling</td>
<td>Approx. 15 days</td>
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<td>Hiking</td>
<td>Approx. 25 days</td>
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<td>Temperature</td>
<td>Approx. 80°C (176°F)</td>
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<td></td>
<td>Humidity</td>
<td>Approx. 90% or less (at 40°C (104°F)</td>
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<td></td>
<td>Water resistance</td>
<td>5-bar (50-meter) water resistance</td>
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<td>Soft urethane band: 140 - 210 mm (5.6&quot; - 8.3&quot;) (when wearing)</td>
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<td>Approx. 61.7 × 57.7 × 16.8 mm (2.4&quot; × 2.3&quot; × 0.7&quot;) (H × W × D of the watch only)*; Approx. 19.1 mm (0.8&quot;) in depth when the protrusion of sensors is included</td>
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