

## Fitness Mode

### ▶ Walk / Run

Fitness Menu ▶ Walk / Run

When entering Walk/Run Mode, your GW3 will search for GPS. Once it acquires satellite signals, it will automatically start tracking your walk / run. To reset data for your current walk or run, press the (DOWN) button.

\*For more accurate information, enter your weight in Settings.



Duration: 6 hours 25 minutes  
Speed: 15.8 mph  
Distance: 97.8 km  
Calories Burned: 3400 Calories

### ▶ Cycle

Fitness Menu ▶ Cycle

When entering Cycle Mode, your GW3 will search for GPS. Once it acquires satellite signals, it will automatically start tracking your ride. To reset data for your current ride, press the (DOWN) button.

\*Display as above.

### ▶ Stopwatch

Fitness Menu ▶ Stopwatch



To start, pause, and reset the stopwatch, press the (SELECT) button.

## Settings



### ▶ Time / Date

Settings ▶ Set ▶ Time / Date



**Automatic**  
Set the time and date automatically. Use the (UP) and (DOWN) buttons to select your time zone. Press the (SELECT) button to confirm.  
\*Requires GPS signal.



**Manual**  
Set the time and date manually. Use the (UP) and (DOWN) buttons to adjust the day, month, year, hour, and minute. Press the (SELECT) button to confirm each field.



**Format**  
Select 24-hour or 12-hour notation.

## Settings

### ▶ Units

Settings ▶ Set ▶ Units



**Golf**  
Select yards or metres.



**Fitness**  
Select miles or kilometres.



**Weight**  
Select pounds or kilograms.

### ▶ Sound

Settings ▶ Set ▶ Sound

Turn system sounds on or off.

### ▶ Weight

Settings ▶ Set ▶ Weight

Use the (UP) and (DOWN) buttons to adjust your weight, then press the (SELECT) button to confirm.

### ▶ Golf Demo

Settings ▶ Set ▶ Golf Demo

View a demo of the golf features without a course or GPS signal.

### ▶ Factory Reset

Settings ▶ Set ▶ Reset

Reset all settings and history to the factory default.

## Settings

### ▶ Alarm

Settings ▶ Alarm



Use the (UP) and (DOWN) buttons to turn the alarm on or off, then press the (SELECT) button to confirm.



If the alarm is on, use the (UP) and (DOWN) buttons to adjust the hour, minute, and AM/PM. Press the (SELECT) button to confirm each field.

### ▶ About

Settings ▶ About

View the software version on your GW3.

### ▶ Reboot

\*Should your GW3 freeze or become otherwise unresponsive, press and hold the (LIGHT) (MENU) (UP) (DOWN) buttons for 1 second simultaneously. Your GW3 will reboot automatically. Your settings and history will still be saved.



## Notes

### ▶ Warranty

For any help or queries, please contact Sureshotgps DIRECT. Do not go back to your retailer. Our friendly team is available on LIVE CHAT & email to answer questions, or you are welcome to visit our FAQ area on the website. To contact the support team visit [www.sureshotgps.com](http://www.sureshotgps.com).

Sureshotgps warrants the GW3 against defeats in materials and workmanship for a period of one year from date of purchase. If defects exist, Sureshotgps will 1) repair at no charge 2) Exchange the product with a new product or equivalent unit if unavailable. This warranty does not apply: 1) to damage caused by accident, misuse, abuse or misapplication 2) damaged caused by someone not authorised by Sureshotgps. For more information on Sureshotgps warranty please visit [www.sureshotgps.com](http://www.sureshotgps.com).

- 1) In Golf and Fitness Modes, your GW3 will search for GPS. Acquiring satellite signals may take a few minutes.
- 2) The GW3 does not account for external conditions including, but not limited to, weather, wind, and fairway elevation.
- 3) Under normal conditions, battery life is approximately 11 hours with GPS and approximately 30 days without GPS. In areas with poor reception, battery life may be reduced.
- 4) For more accurate fitness information, enter your weight, available under the Settings menu.

### ▶ Sureshotgps Support Team

Need Help? Have any questions?  
PLEASE CONTACT US DIRECTLY, DO NOT CONTACT YOUR RETAILER. Chat Live with the support team by visiting [www.sureshotgps.com](http://www.sureshotgps.com)  
Email us: [support@sureshotgps.com](mailto:support@sureshotgps.com)

**sureshotgps™**



**HYBRID GOLF WATCH  
GW3**

## Getting Started

### ▶ Registration

To record your purchase for warranty you must register your GW3. Visit [www.sureshotgps.com](http://www.sureshotgps.com) today. The serial number of your GW3 is located on the back of the watch.

### ▶ Understanding Home Screen

The home screen shows the time, date, and day of the week. To turn on the LED light, press and hold the (LIGHT) button. To check remaining battery, press and hold the (SELECT) button.



### ▶ Charging

Using the USB charger provided, align the charging dip with the contacts (4-pin) on the back of the GW3 and attach the clip securely. Plug the charger into a USB port on your computer or into any USB power adapter. (adapter not included)

Charge time is approximately 2 hours.

### ▶ Adding & Updating Courses

Your GW3 comes preloaded and ready to use with approximately 27,000 worldwide courses preloaded. To upload newly added courses or updates, visit [www.sureshotgps.com](http://www.sureshotgps.com) & click on "download courses" on the homepage and follow the instructions.

## Menu

Use the (UP) and (DOWN) buttons to navigate between menus. Press the (SELECT) button to confirm. Press the (MENU) button to return to the previous screen.



### ▶ Golf Menu

- ▶ **Play Golf:** View the distance to the green, measure your shot distance, and record your score.
- ▶ **Tempo:** Measure your swing tempo.
- ▶ **History:** View your rounding history (date, course, and score).



### ▶ Fitness Menu

- ▶ **Walk / Run:** Track time, speed, distance, and calories burned for your walk or run.
- ▶ **Cycle:** Track time, speed, distance, and calories burned for your ride.
- ▶ **Stopwatch:** Measure elapsed time.



### ▶ Settings

- ▶ **Set:** Change preferences, set your weight, view the golf demo, and reset settings.
- ▶ **Alarm:** Set an alarm.
- ▶ **About:** View the software version.

## Golf Mode

### ▶ Distance to the Green

Golf Menu ▶ Play Golf

When entering Play Golf Mode, your GW3 will search for GPS. Once it acquires satellite signals, it will automatically recognize the course and hole and display the distance to the green.



**One Green**  
Distance to the front, center, and back of the green.



**Two Greens**  
Distance to the front, center, and back of both left and right greens.  
\*Applies only to courses with two greens.

### ▶ Shot Distance

Golf Menu ▶ Play Golf ▶ SHOT

To begin measuring your shot (or walked) distance in Play Golf Mode, press the (SHOT) button at your starting point. The GW3 will continuously display the distance from the starting point to your current location. To exit shot distance, press the (MENU) button.



**One Green**  
Shot Distance: 128 metres  
Front of the Green: 346 metres  
Center of the Green: 358 metres  
Back of the Green: 371 metres



**Two Greens**  
Shot Distance: 128 metres  
Front of the Left Green: 335 metres  
Center of the Left Green: 346 metres

## Golf Mode

### ▶ Manual Hole Selection

Golf Menu ▶ Play Golf ▶ HOLE



To manually select a hole in Play Golf Mode, press the (HOLE) button, then press the (UP) and (DOWN) buttons to adjust the hole number. Press the (SELECT) button to confirm.

### ▶ Scorecard

Golf Menu ▶ Play Golf ▶ SCORE



To record your score in Play Golf Mode, press the (SCORE) button, then press the (UP) and (DOWN) buttons to adjust the score. Press the (SELECT) button to confirm.

### ▶ Swing Tempo

Golf Menu ▶ Play Golf ▶ TEMPO

To view your swing tempo in Play Golf Mode, press the (TEMPO) button before your shot. Your GW3 will automatically measure and display your swing tempo.

\*For an accurate reading, hold your address for 1 second before you swing.  
\*Backswing: time from address to the top of the swing  
\*Downswing: time from the top of the swing to impact



Back swing: 0.92 seconds  
Downswing: 0.33 seconds  
Swing Tempo: 2.77 (backswing to downswing ratio)

## Golf Mode

### ▶ Time and Date

Golf Menu ▶ Play Golf ▶ MENU



To view the time and date in Play Golf Mode, press and hold the (MENU) button.

### ▶ Fitness in Golf

Golf Menu ▶ Play Golf ▶ UP



Walked Distance: 4.6 kilometres  
Time Played: 4 hours 25 minutes  
Calories Burned: 887 calories

## Golf Mode

### ▶ Swing Tempo

Golf Menu ▶ Tempo

In Swing Tempo Mode, your GW3 will automatically measure and display your swing tempo for each of your practice swings.  
\*For an accurate reading, hold your address for 1 second before you swing.



Back swing: 0.92 seconds  
Downswing: 0.33 seconds  
Swing Tempo: 2.77 (back to downswing ratio)

### ▶ History

Golf Menu ▶ History



In History, your GW3 will automatically display the date, course, and score for your most recent rounding. To view older roundings, press the (DOWN) button. To view more recent roundings, press the (UP) button.  
\*History stores up to 200 roundings.

### ▶ Remaining Battery

Golf Menu ▶ Play Golf ▶ SELECT / HOLE



To check the remaining battery in Play Golf Mode, press and hold the (SELECT) button.