Uhren- und Datenverwaltung
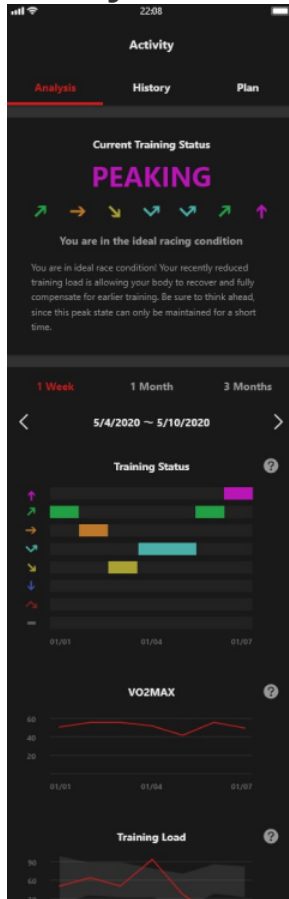

Mit CASIO ID einloggen

Application

G-SHOCK MOVE

Supports efficient workouts with a variety of data.

Measures exercise intensity in real time.Useful for pace management indicators.

Training Analysis Data

Training History

Training Plan

Data analyzed with the phone can be transferred to the app for easier reading and management. This helps you spot changes in your VO2 max and training status, which you can incorporate into your training results and future improvement plans.

- VO2 max history
- Training status history
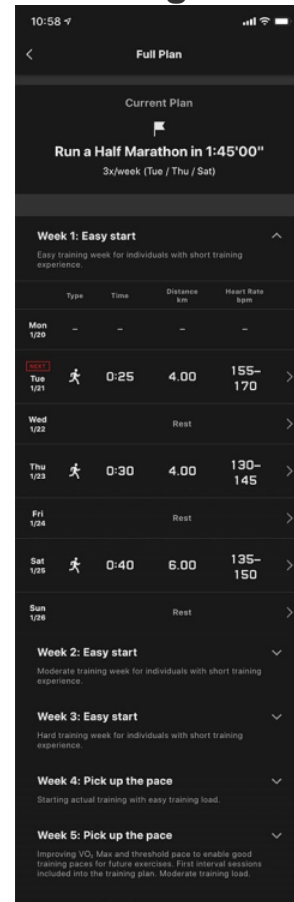- Training load history
- Monthly target attainment rate

Training history shows a list of training data for each activity. In addition to running distance, time, and pace, calories burned, and other data, you can also track your roadwork routes on maps.

- Route traveled
- Running distance, time, pace
- Calories Burned
- Time in heart rate zone
- Training effect

This screen displays a target heart rate zone, running time, running distance, and other training details tailored to a specific purpose. For example, you can create a plan that targets a marathon event, health improvement, or some other goal. You can send a heart rate zone to the watch and use it as a benchmark for your training.

- Plan type
- Training schedule
- Target heart rate (Transferable to watch)
- Running time
- Running distance

MOVE for Web

View your tracked measurements in a browser. Sync your data to show in apps from other companies.
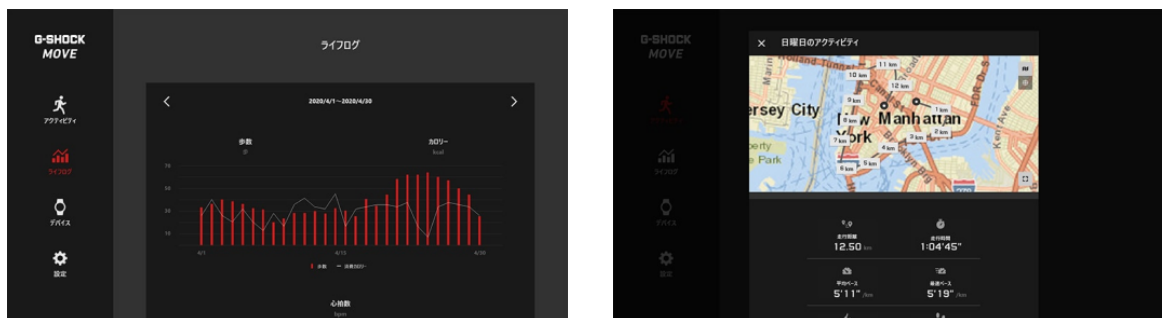
View details about the many data points you have been tracking, all from a large PC monitor.Import data on your activity collected by apps from other companies (in TCX or GPX format) and display it within the G-SHOCK MOVE app. You can also link your tracked measurements for display and use within apps provided by STRAVA, Google fit and Apple Health.

Lineup