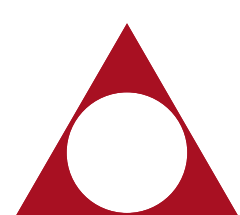




# ALPINERX

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  
ALPINERX APP  
for iOS or Android



Download on the  
App Store

GET IT ON  
Google Play

# 02.

Activate  Bluetooth  
on your phone

# 03.

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







# PAIR YOUR WATCH

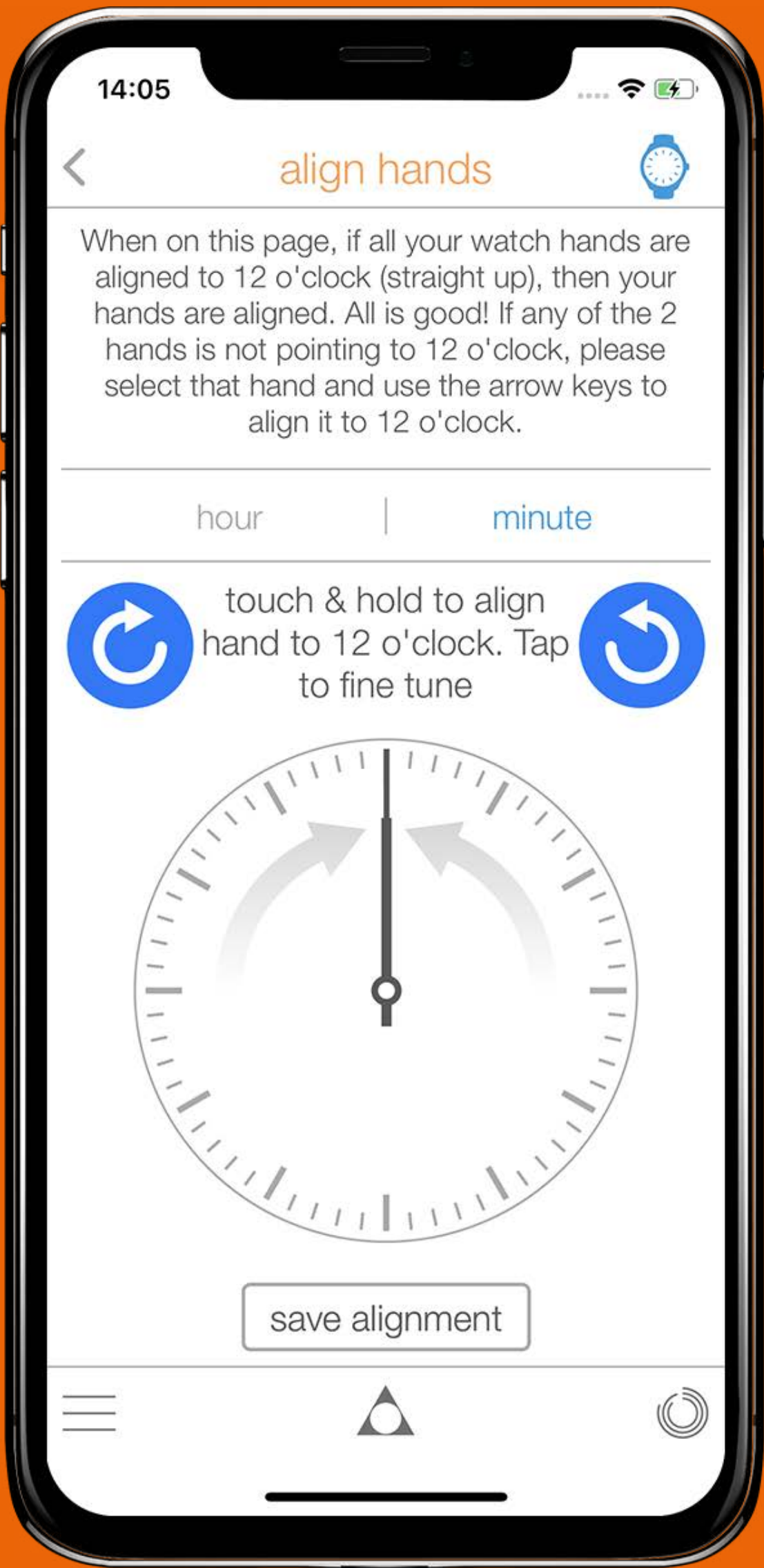
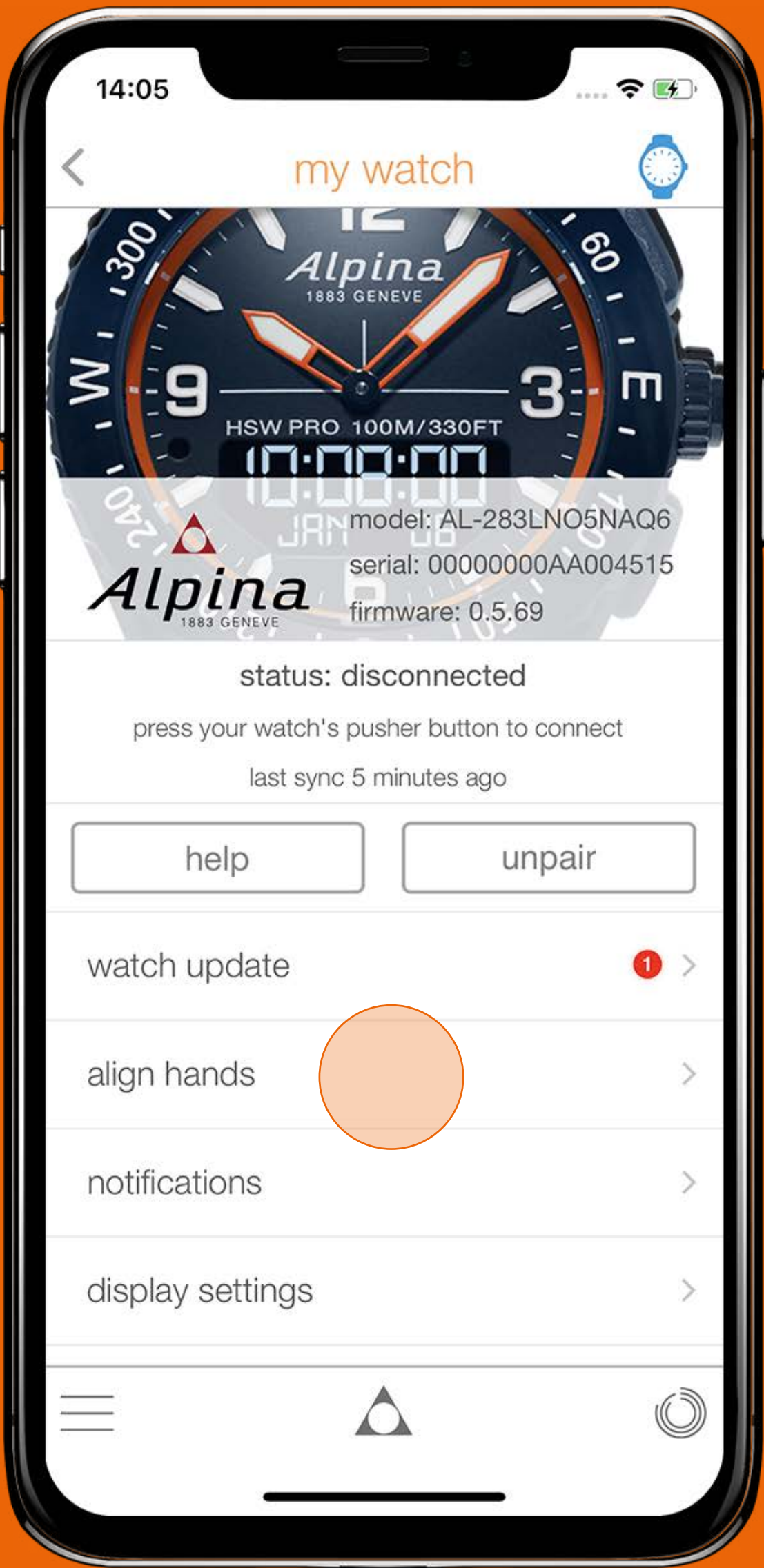
To pair your watch, launch the ALPINERX app and press on “I’VE GOT AN ALPINERX”. Place your ALPINERX close to your phone. Push the watch’s crown button and then press on the “start” button appearing on your app screen. Once your ALPINERX has been found, press and release the crown immediately again to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





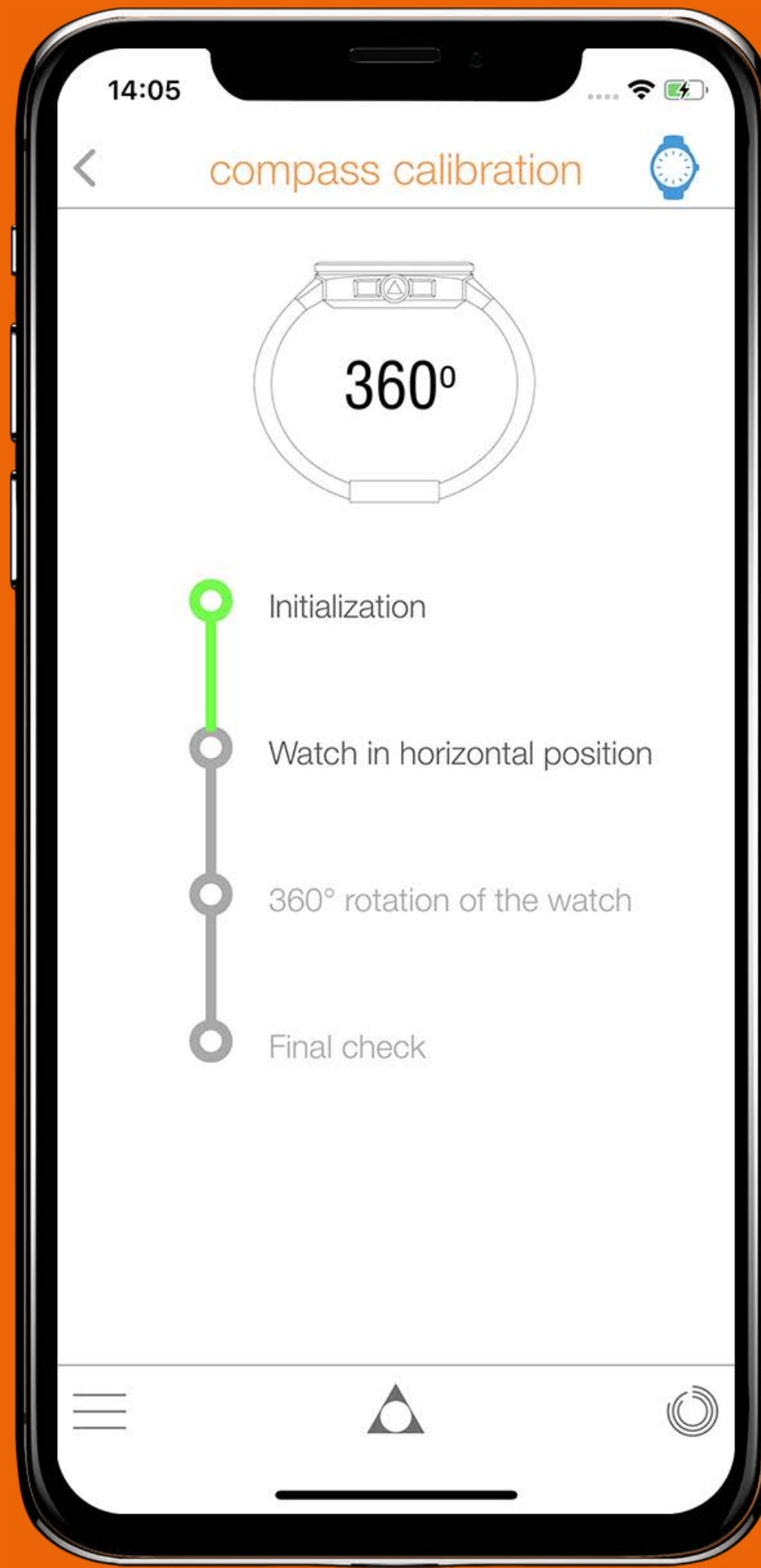
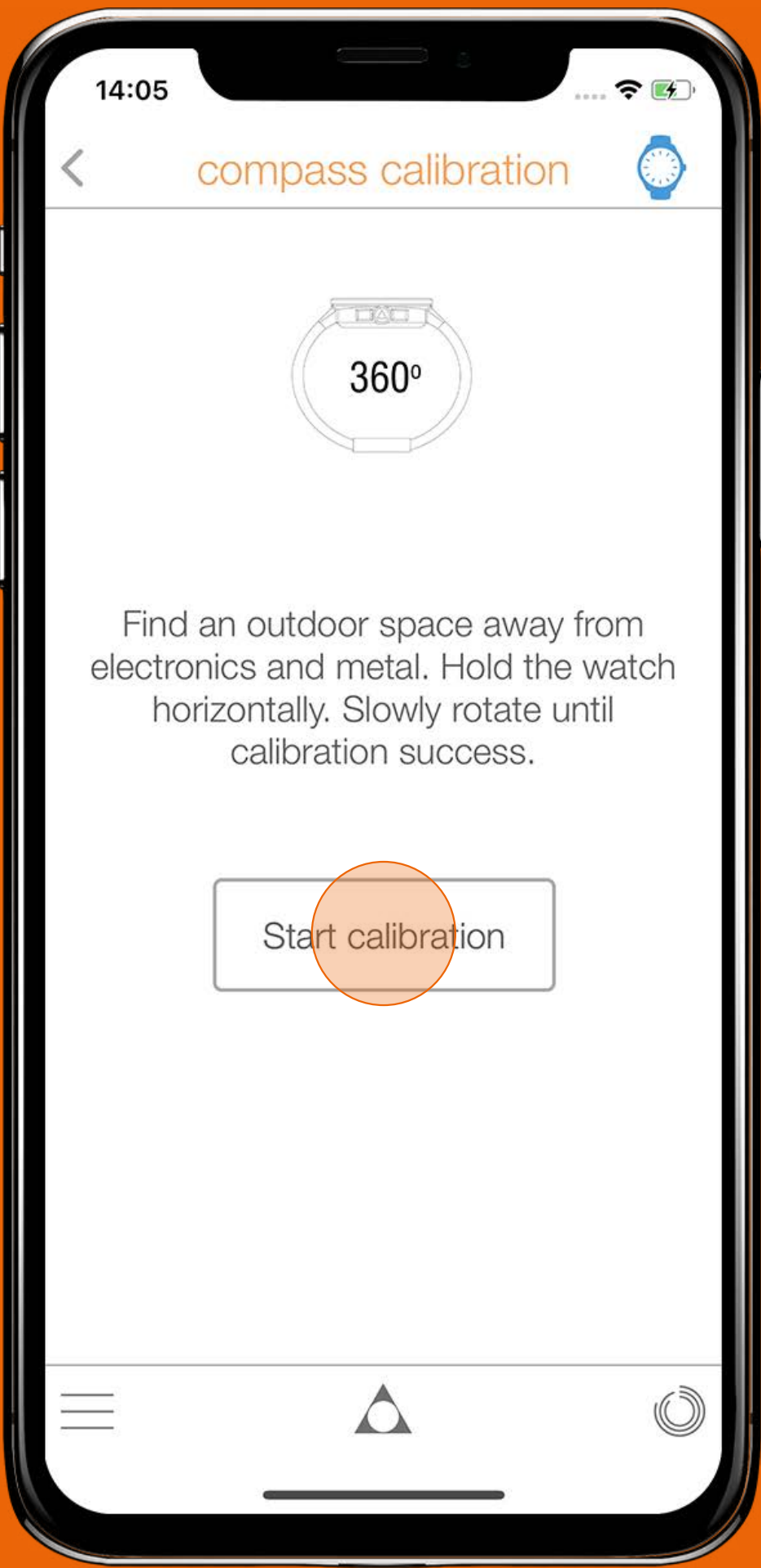
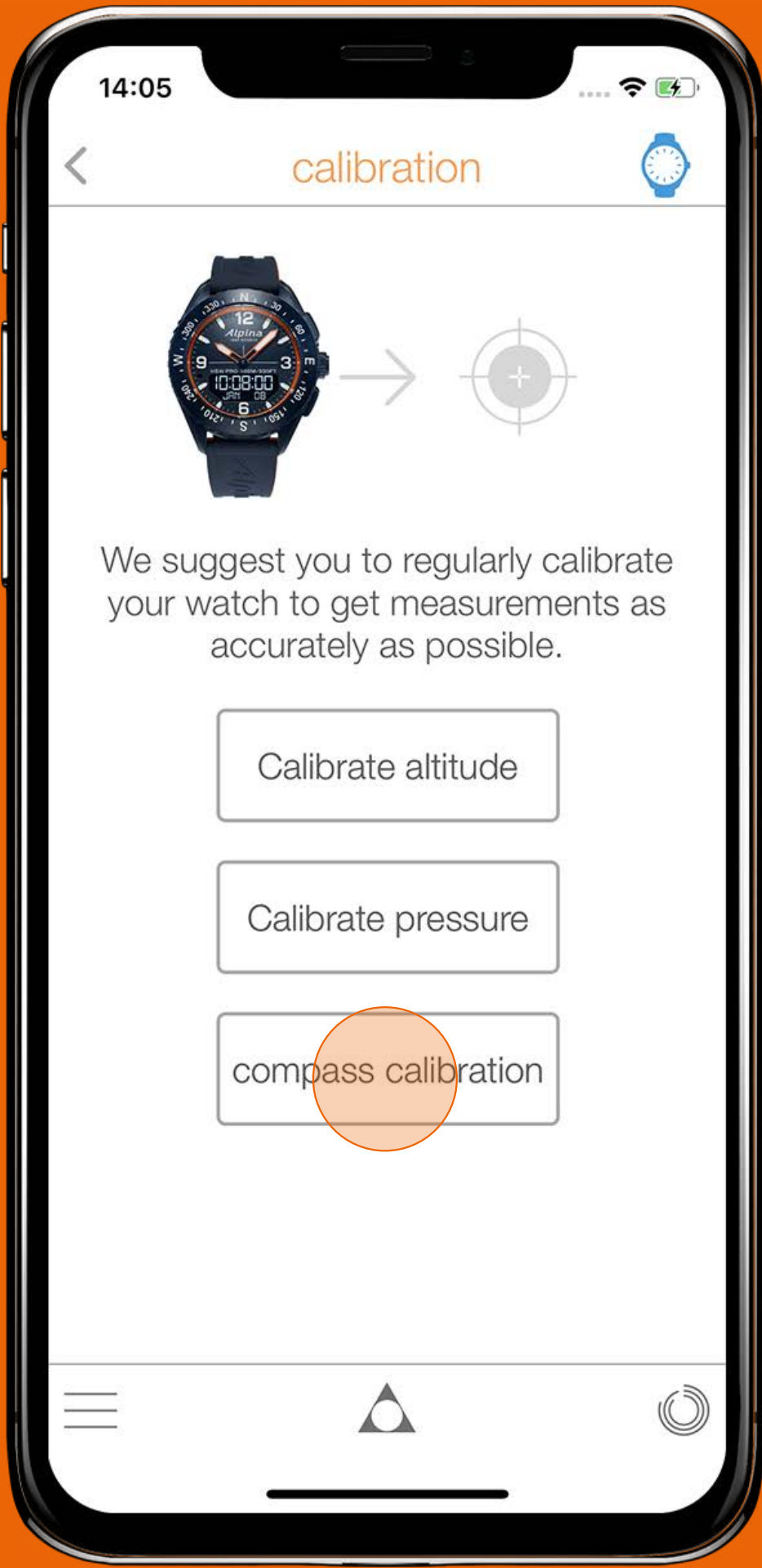
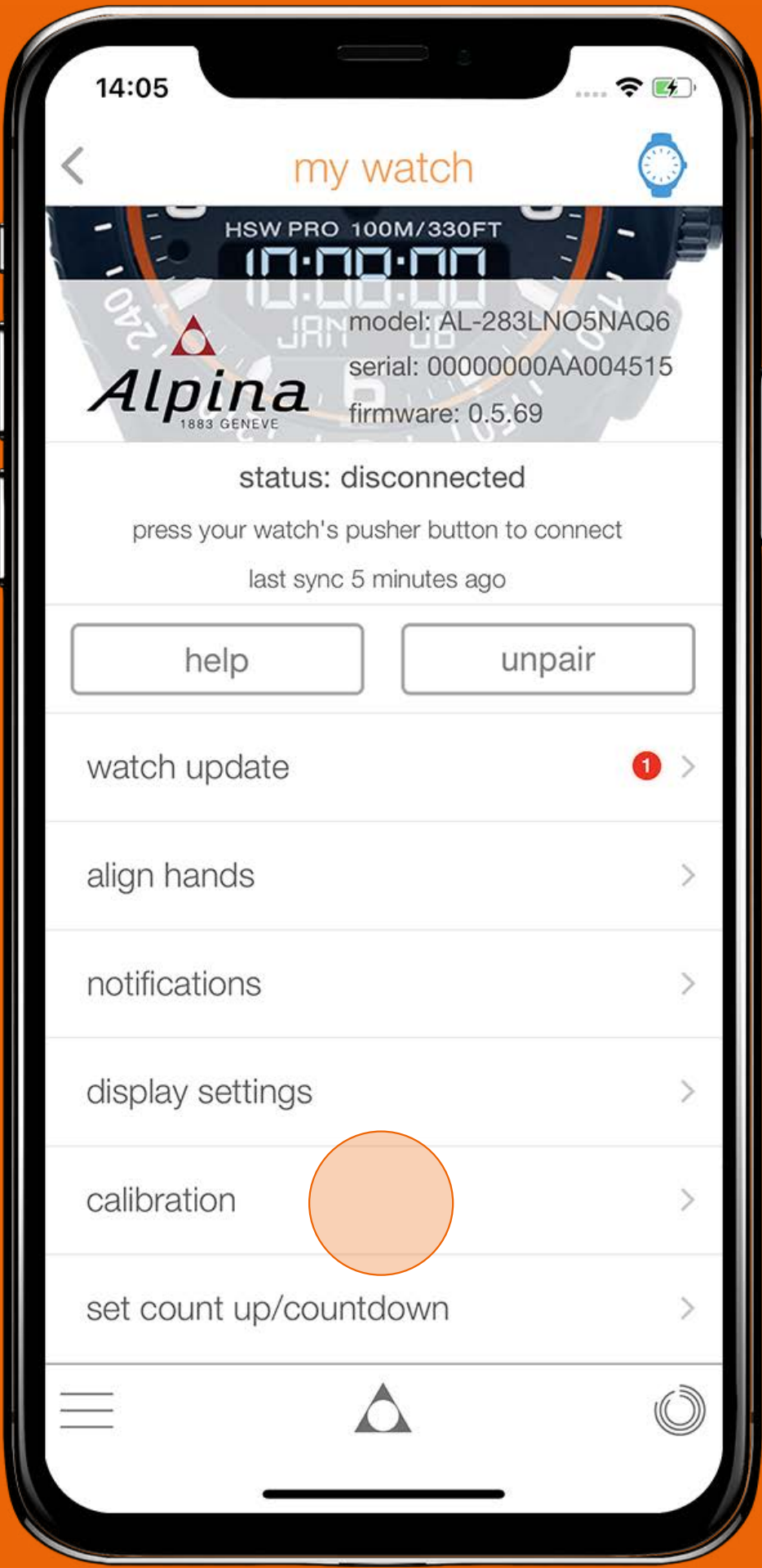
# ALIGN HANDS

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.





# 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 you 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.

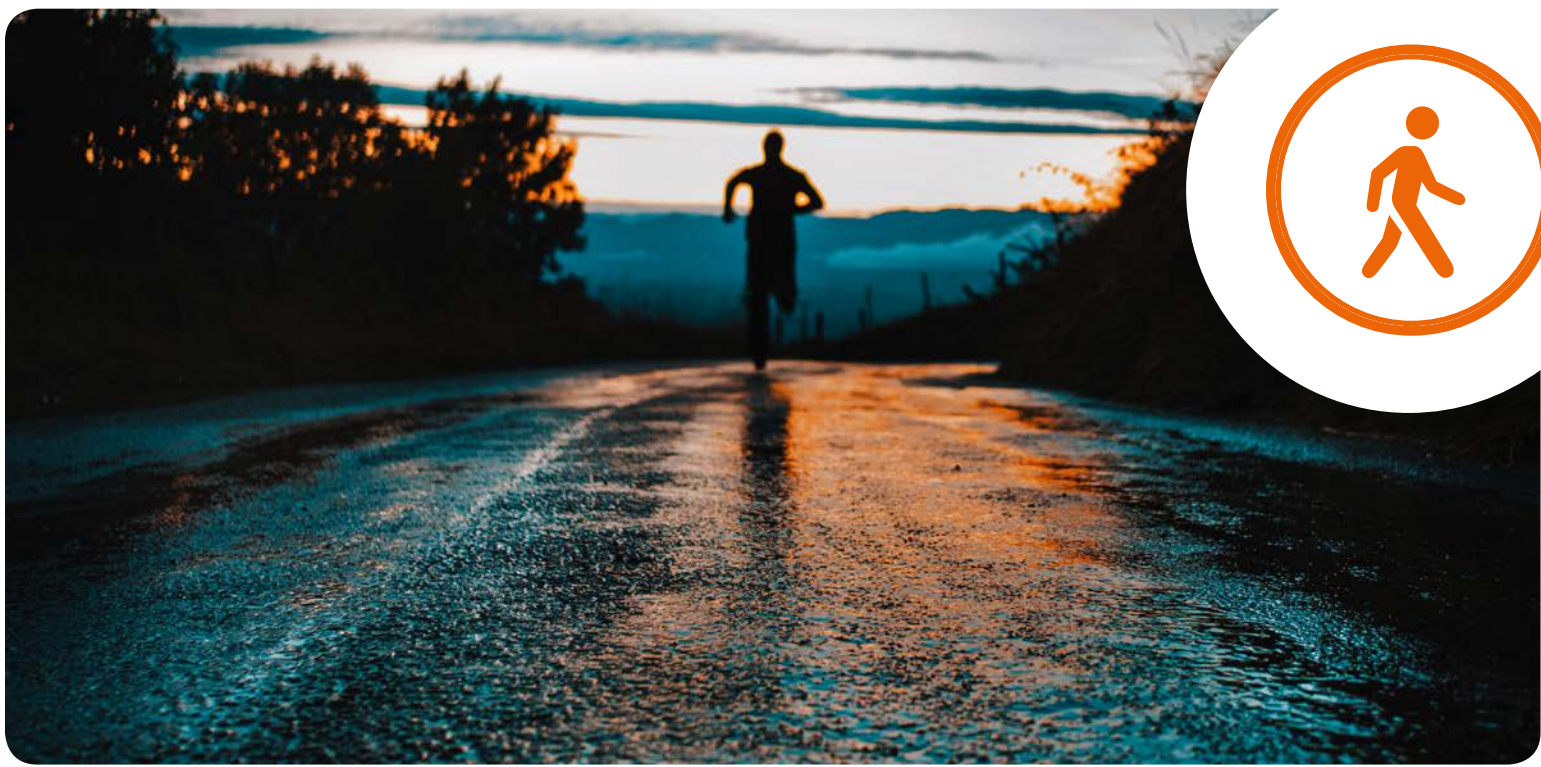


TEMPERATURE

Be prepared to face extreme temperatures with your integrated thermometer.







### 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 ALPINERX 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 ALPINERX APP.







## TIME &amp; 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.

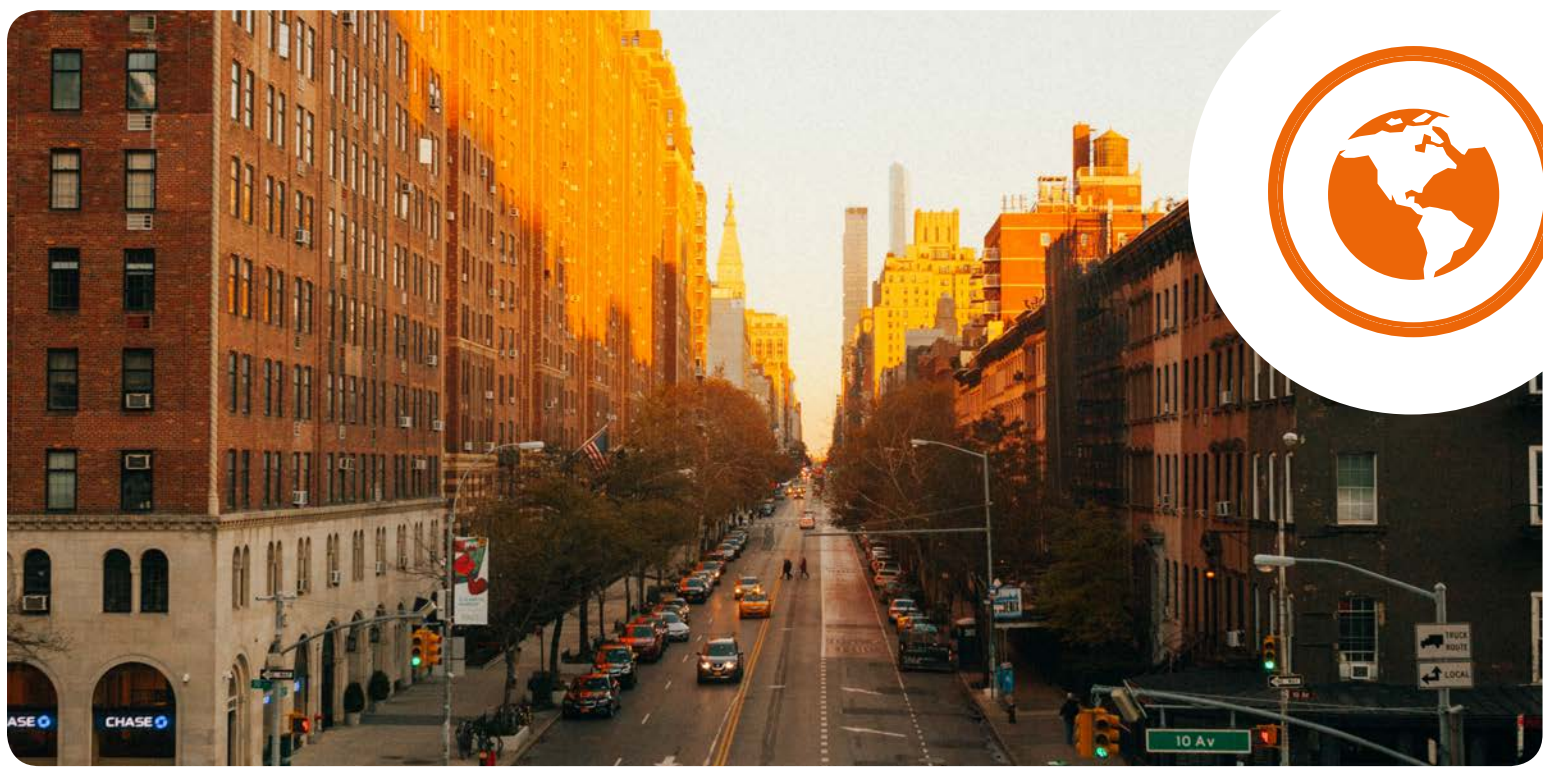
**CALLS & MESSAGES NOTIFICATIONS**

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

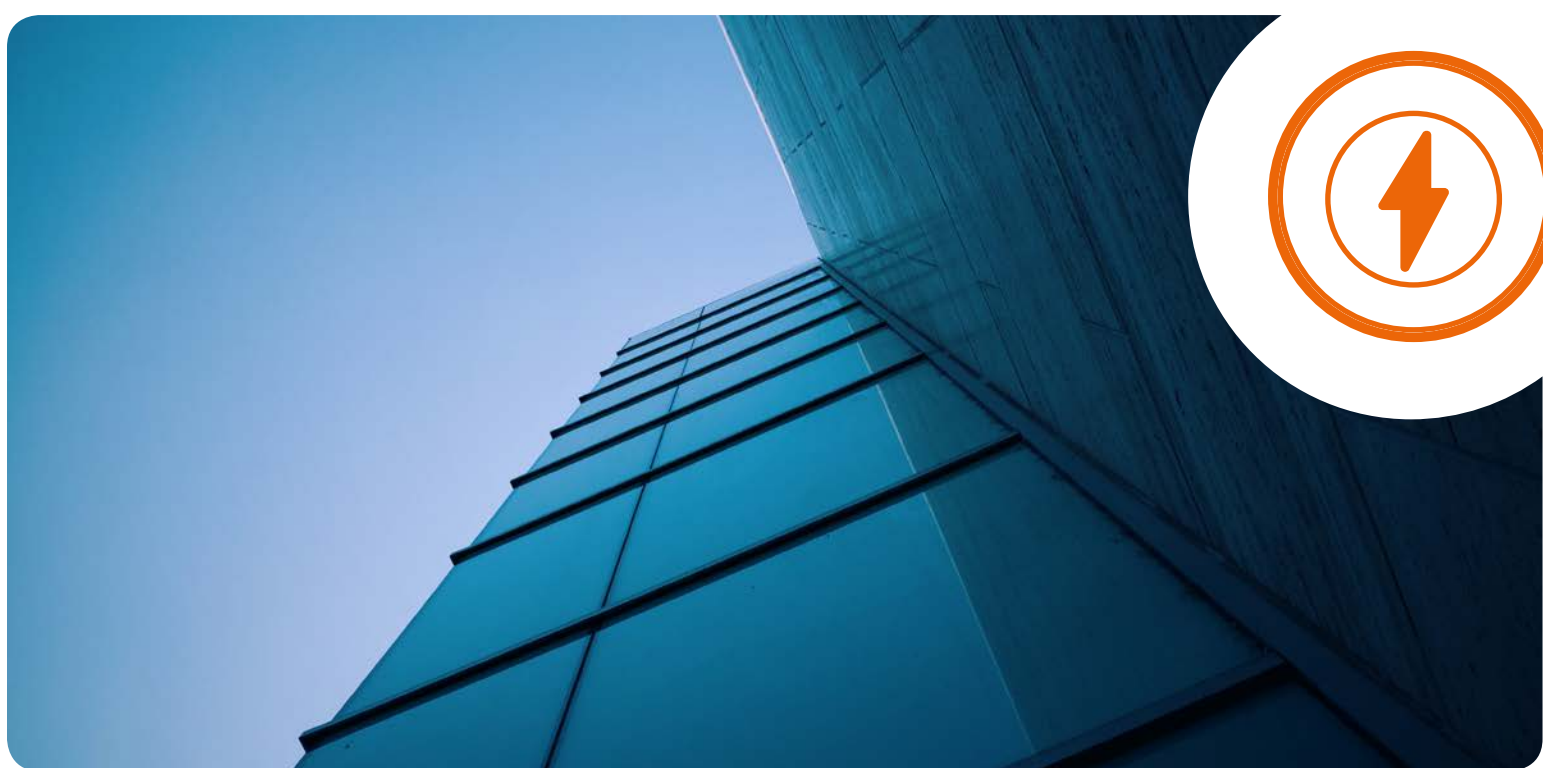
**TIME RECORDER**

(STOPWATCH, TIMER, WORKOUTS)

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

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

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

**2+ YEARS BATTERY**

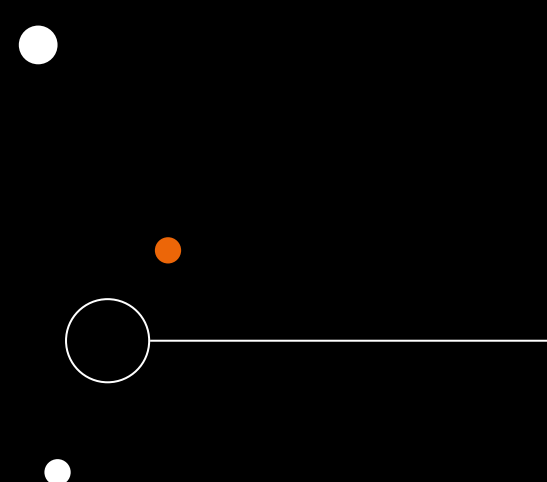
Your ALPINERX is an authentic Swiss watch and in the purest tradition, your timepiece features a connected caliber with an exceptional 2+ years battery life.

**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



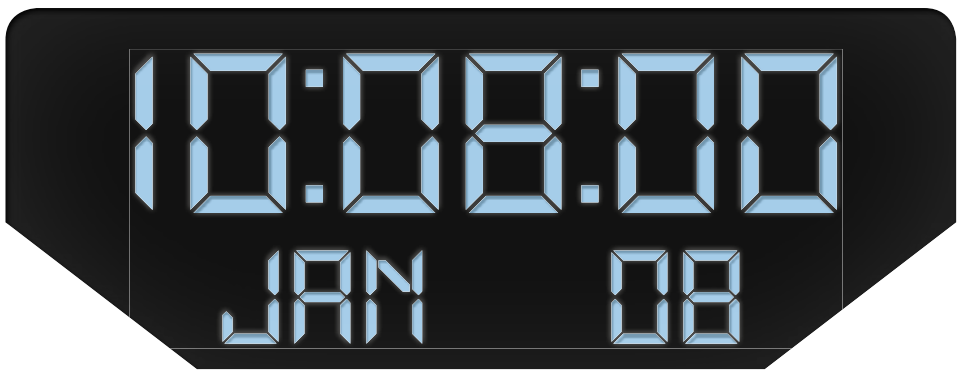




CROWN

## PUSH ONCE

Activates the LCD screen backlight

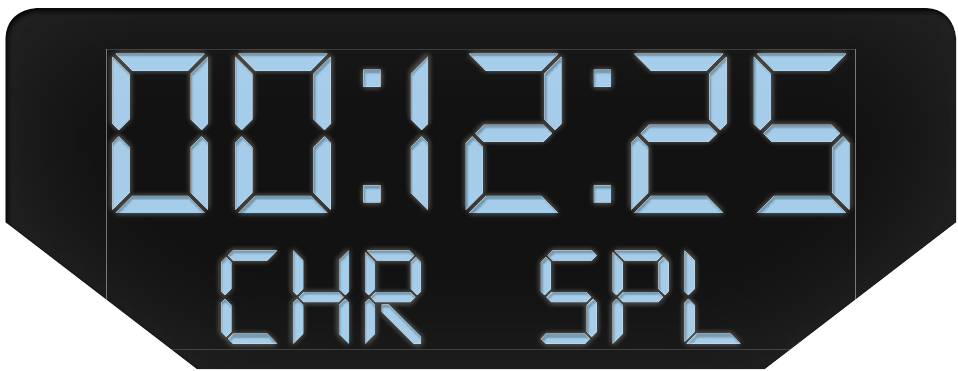


## PUSH MORE

To navigate through the functions



TIME RECORDER



ALTITUDE



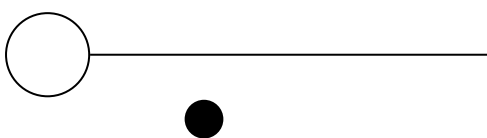
UV INDICATOR



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



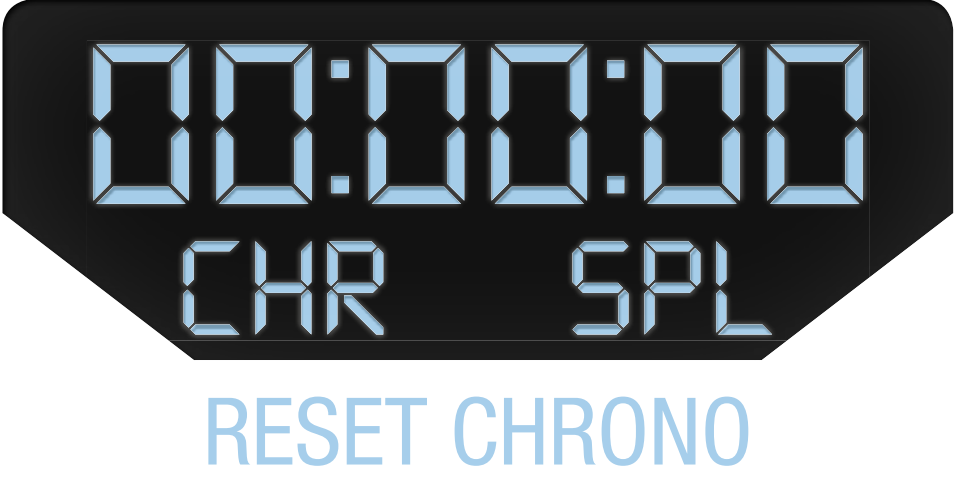
# PUSH TWICE

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



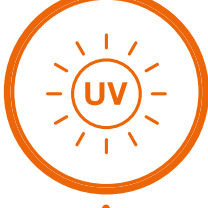
BAROMETER



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.

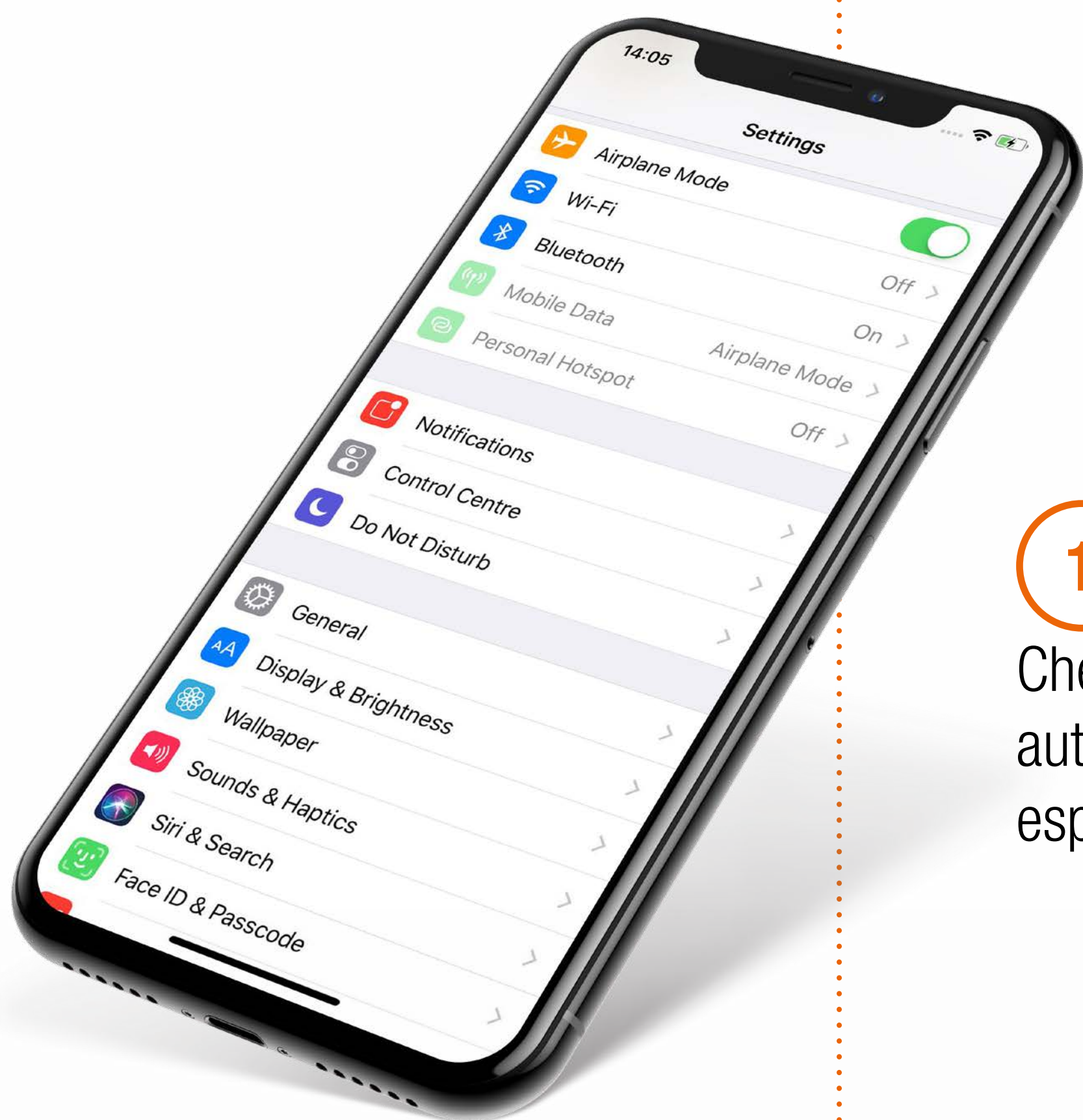


## CALLS

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

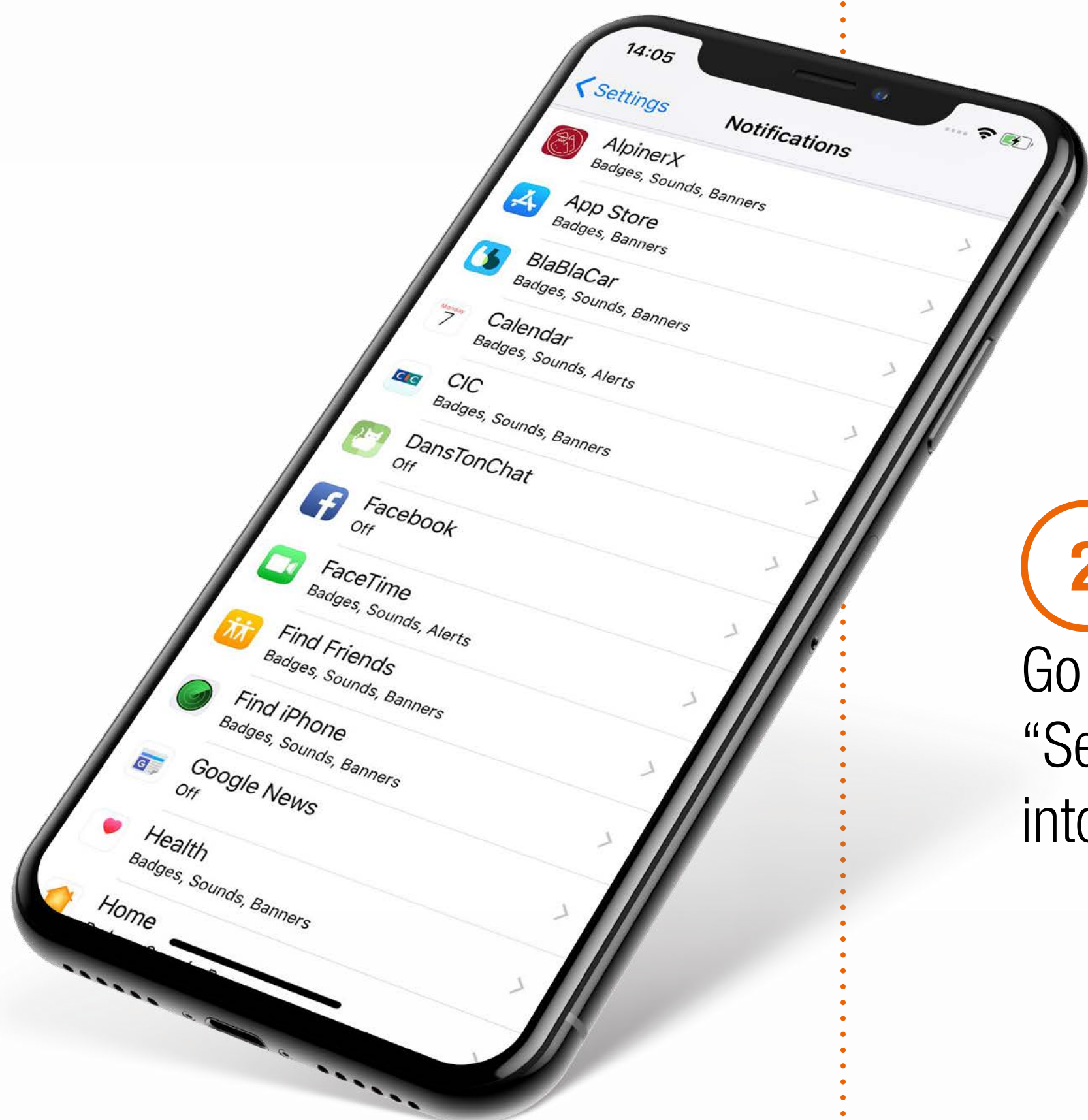
On top of calls, messages and e-mails, note that the ALPINERX offers a wide range of social media apps you can receive notifications for.





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.

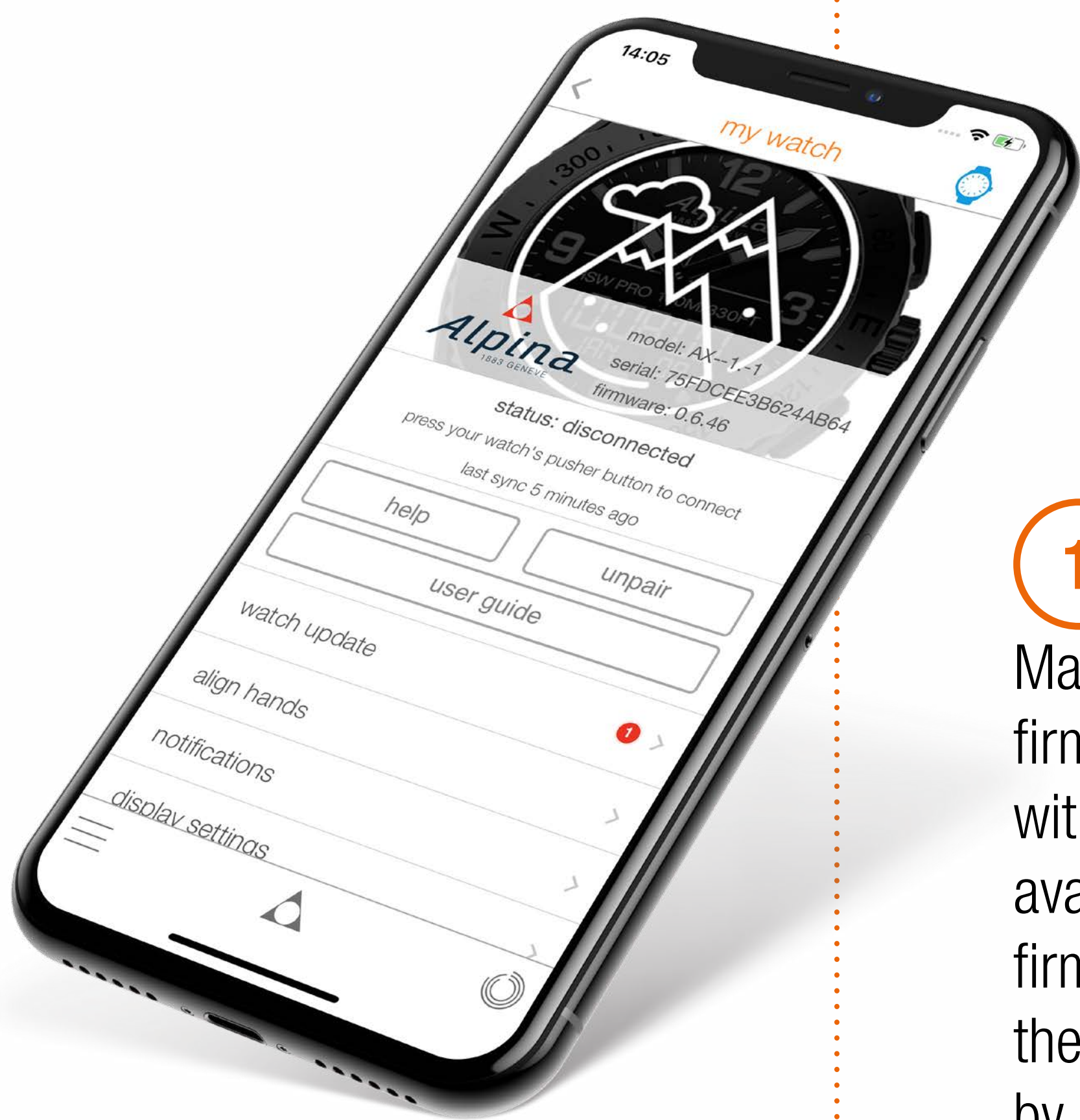
The workout starts when the external HRM device (chest belt for instance) starts to send valid data, while being worn. The workout stops once the external device is removed.

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.

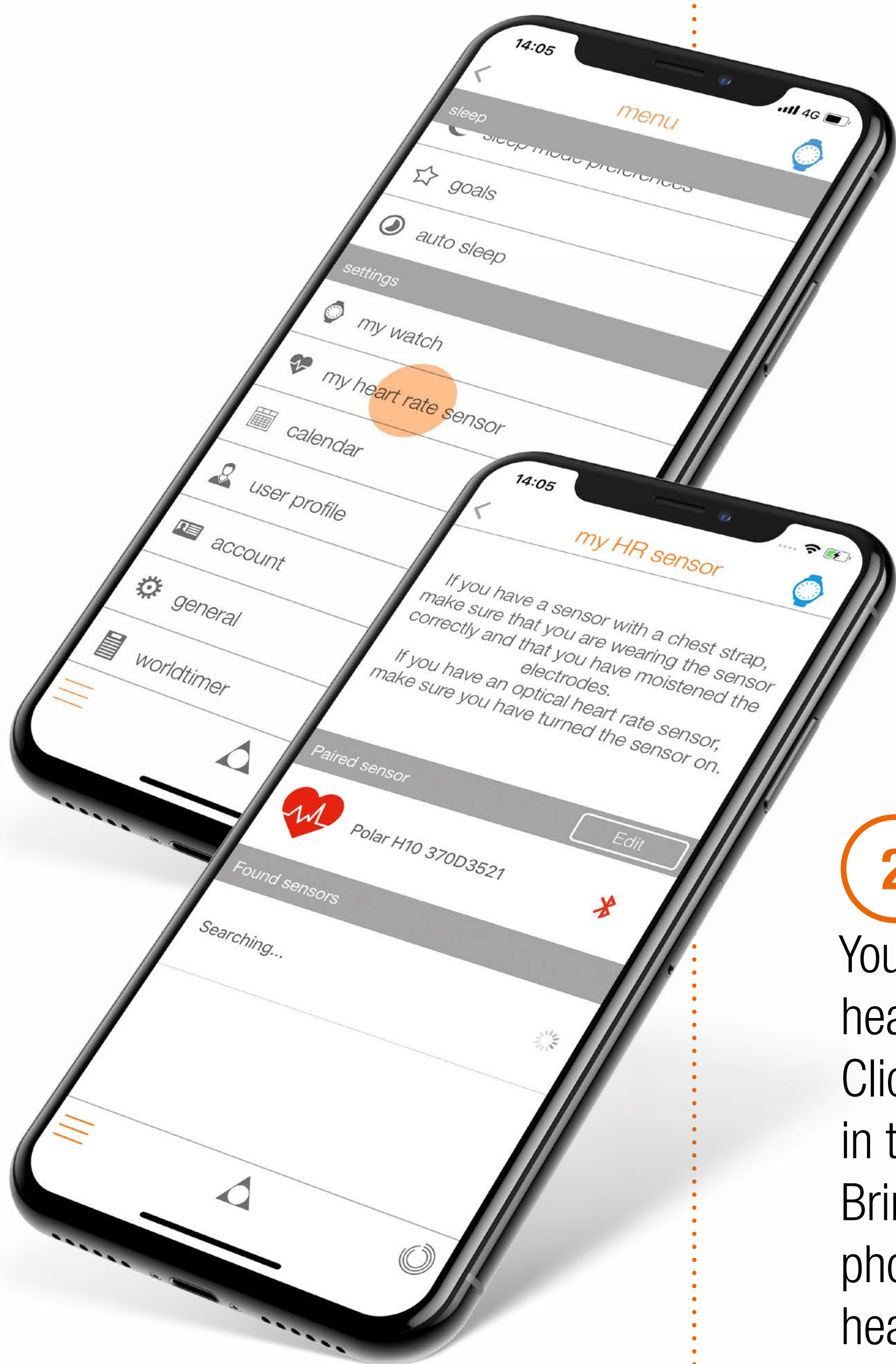






1

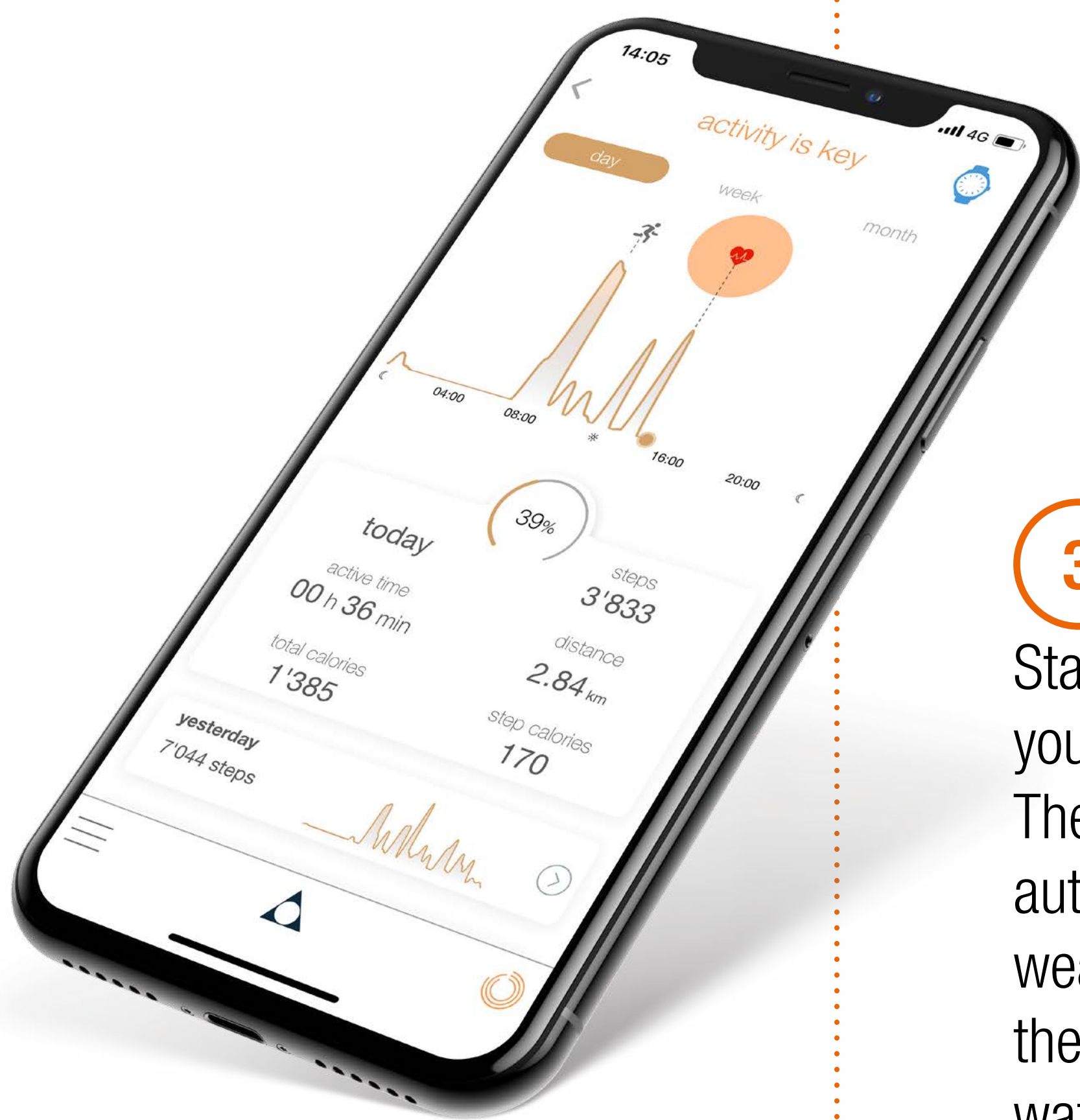
Make sure that your watch's firmware has been updated with the latest version available. Any new watch firmware update is provided by the app and will be indicated by a red dot next to "watch update" in "my watch". Click and follow the app's instructions.



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.
- .....

Perchlorate Material - special handling may apply.

See [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate).

.....

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**

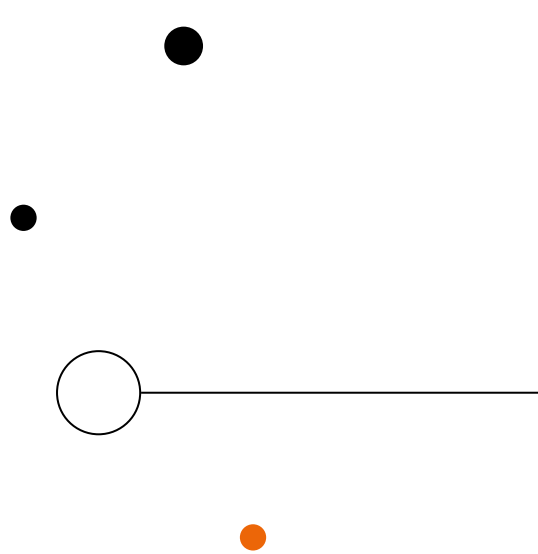
Chemin du Champ-des-Filles, 32

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

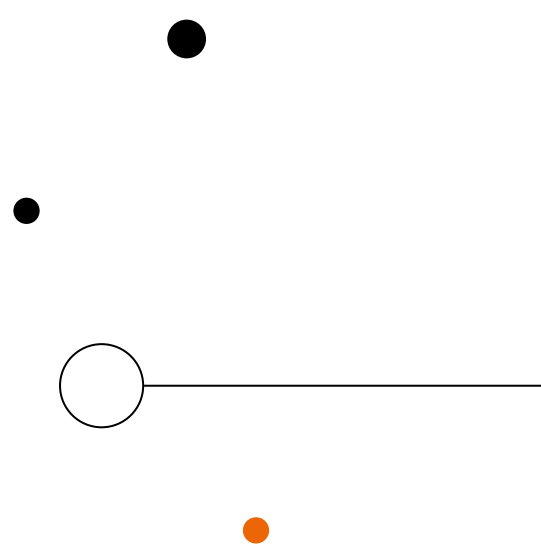
The declaration is issued on the exclusive  
responsibility of the producer.

Geneva, May 1<sup>st</sup> 2018  
Place and date of the declaration of conformity

Peter C. Stas President  
Name and signature







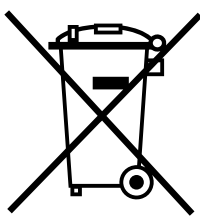
# EUROPE

# 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



In compliance with eu directive 2002/96/ce, any parts of quartz watches should be disposed of at a deee/weee registered recycling organization. Please contact your Alpina distributor.







MORE INFORMATION  
[alpinawatches.com](http://alpinawatches.com)

