

How to use G Shock watch from A - Z

After having the dream G Shock in hand, what many people now care about is how to use this device.

First of all, congratulations to those of you who are lucky enough to own G Shock - the watch that many people dream of. The beauty of this product is something we all feel, so what about the features? Do you know **how to use the G Shock meter** ? Today's TipsMake.com article will work with you on this issue!

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Things to know before learning how to use G Shock watches

You will not be able to use the G Shock meter successfully if you do not understand the utility of the function keys it owns. Usually 1 G Shock will have 4 control buttons arranged on the side. Specifically:

1. **Adjust button** : Has the task to start and exit the mode when adjusting the clock.
2. **Reverse button** : Used to reduce the number when adjusting the time
3. **Forward button** : Used to increase the number when adjusting the time
4. **Mode button** : Used to view the function and switch to the position to be adjusted
5. **G button**: Used to adjust the light on the clock

In addition to these buttons, G Shock has many other terms on the watch. Understanding their meaning will help you use the device in a simpler and more proficient way.

>>> **Further reference:** [Decode the terms used on watches G Shock](#)



4 control buttons are arranged on the side of the G Shock watch

Instructions on how to use G Shock meter

1. How to schedule alarm clock G Shock

Step 1: Press the Mode button until the display shows Alarm mode (Al - alarm)

Step 2: Press the Adjust button until the clock blinks in the hour

Step 3: Press the Reverse or Forward button to adjust the time to set the alarm

Step 4: Press the Mode button to switch to minute adjustment mode then use the Reverse / Forward buttons to reduce / increase the minutes.

Step 5: Press the Adjust button to complete the alarm

2. How to turn off the clock alarm G Shock

Step 1: Press Mode continuously until the screen displays ALM or AL1 / AL2, . or SNZ or SIG.

Step 2: Press the Forward button repeatedly to display the name of the alarm set you want to turn off

Step 3: Press the Adjust button until the screen displays OF or OFF

Step 4: Press the Mode button continuously to return the clock to normal time display mode

3. How to adjust the clock lamp G Shock

Press the G button to turn on the LED in any mode. Meanwhile, the lamp will light for 1.5s or 3s. If you want the light to go on for 3 seconds, press and hold down the Reverse button then select Adjust to exit.

Turn on the auto light mode: Press the Reverse button for 4-5 seconds. In this mode, just need to create a clock with some 40 degrees, it will automatically light up.

Picture 2 of How to use G Shock watch from A - Z

G Shock clock mode

4. How to adjust the clock on G Shock watch

Step 1: Press the Mode button until the current day mode (the time, date, day, month display mode).

Step 2: Press and hold the Adjust button until the second part blinks

Step 3: Press the Mode button to switch to the time zone to be adjusted

Step 4: Press the Reverse or Forward button to reduce or increase the time

Step 5: Press the Adjust button to complete the timer and exit

5. Instructions for using the sports workout feature on G Shock

Step 1: When the clock is in the current mode, press the Mode button to switch to sports time mode (ST / STW).

Step 2: Press the Forward button to start the sports timer

Step 3: Press the Forward button again to finish the sports timer.



G Shock watches are equipped with sport training support

6. How to use Worldtime function (world time)

Step 1: Press the Mode button to select world time mode (WT)

Step 2: Press the Reverse or Forward button to see the time of different areas

7. Instructions on how to use dual time function (Dualtime)

Step 1: From the current mode, press Mode button to dual time mode (DT). The clock will display a time zone different from your current time zone.

Step 2: Press the Reverse or Forward button to select a different time zone.

8. Instructions for using Day Counter - day count mode

Step 1: When the clock is in the current mode, press the Mode button until the date mode (DC).

Step 2: Press the Adjust button until the clock blinks continuously

Step 3: Press the Reverse button or Forward button to save some important names or anniversaries that want to enter the frame on the watch face.

Step 4: Press the Mode button to move to the next character set position

Step 5: Press the Mode button to move the cursor down to the bottom frame then use the Reverse and Forward buttons to set the date, month and year.

Step 6: Press the Adjust button to exit the installation mode.

Step 7: Press the Mode button to return to the current time mode

9. How to use the Timer function (timer mode) on the G Shock watch

Step 1: Press the Mode button until the countdown mode (TMR) appears.

Step 2: Press the Adjust button until the clock blinks at the hour

Step 3: Press the Reverse / Forward button to adjust the time of your choice

Step 4: Press the Mode button to switch to the minute section

Step 5: Press the Reverse or Forward button to adjust the minute section

Step 6: Press the Adjust button to finish

Hope that our sharing will help you understand **how to use G Shock watches** . Contact META.vn for advice and order quality, genuine and cheap equipment.

>>> **More references:**

1. [Watches G Shock WR20Bar which is good? How much?](#)
2. [Casio clock - 'instrumental' of modern smartwatch](#)

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