Proper Wearing Guide for Your Moto Watch 70

Inas B. - 2025-10-08 - Product Features

Wearing your Moto Watch 70 correctly ensures accurate data, optimal performance, and comfort. Follow these tips:

Everyday Wear:

- **Position:** Wear the watch at least one finger’s width below your wrist bone.
- **Sensor Contact:** Keep the back of the watch in constant contact with your skin to ensure accurate heart rate readings and prevent light leakage.

During Physical Activity:

- **Position:** Move the watch slightly lower—about two fingers’ width below the wrist bone.
- **Strap Adjustment:** Tighten the strap slightly to reduce movement, but avoid over-tightening to prevent discomfort or restricted blood flow.

By following these steps, you’ll get accurate tracking while keeping your watch comfortable throughout the day and during workouts.