Stay Active with the Moto Watch 40

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The **Moto Watch 40** is designed to keep pace with your active lifestyle, offering **accurate tracking across a variety of activities**. Equipped with advanced PPG and motion sensors, it provides precise movement detection and valuable fitness insights.

Tracking Your Activity

With **23 activity modes**, staying on top of your workouts has never been easier:

Start a Workout

1. Open the menu and select **Activity**.
2. Choose your preferred workout mode.
3. A 3-second countdown begins before tracking starts.

View Real-Time Metrics
During your workout, the watch displays essential stats such as:

- Steps taken
- Calories burned
- Distance covered
- Heart rate
- Pace (min/km)

Some activities, like **Outdoor Running**, provide extra insights across multiple screens—use the **Up** or **Down** arrows to navigate.

Pause, Resume, or End Workouts

- **Pause:** Press the button or swipe left.
- **Resume:** Tap the Play icon to continue.
- **End:** Tap Stop to finish your workout. If the data is insufficient, the watch will prompt you to continue or confirm the end.

Reviewing Your Activity

After your workout:

- Your watch shows a **summary of your performance**.
- Swipe left to return to the activity menu.
- Activity data **syncs automatically** with the Moto Watch Lite App, so you can track your fitness journey over time.

Important: Resetting your watch before syncing will erase activity data.

With the **Moto Watch 40**, staying active is effortless—track your workouts, stay motivated, and reach your fitness goals with confidence.