

E05说明书  
规格: 91\*91mm  
材质: 105g单铜  
折页

首页

**Product Overview**  
Please read this manual carefully before use, and retain it for future reference.

01

**How to Wear**  
For daily use, comfortably tighten the watch around your wrist about one finger width away from your wrist bone. Adjust the strap to ensure the heart rate sensor can collect data normally.  
Note: Wearing the watch too loosely may impact the data collection by the heart rate sensor.

02

**How to Connect**  
Download and install "F Fit" APP to better manage your watch, and log in to your account for more services. Note: The version of the APP might have been updated, please follow the instructions based on the current APP version. Press and hold the function button to turn on the watch. Scan the QR code displayed on the watch with your phone, then download and install "F Fit" APP. You can also download and install the APP from APP stores, or scan the QR code below. Open "F Fit" APP, then log in your account, select add device and follow the instructions to add your watch.

03

**How to Use**  
In case the data has not been synchronized for seven consecutive days, the A-GPS data will expire. If so, the positioning information will need to be re-acquired. You can go to the page of outdoor exercises on your watch to update the positioning information.

04

**Charging**  
Recharge your watch immediately when the battery level is low.

05

**Safety Precautions**  
The watch has a built-in battery. To avoid damage to the battery or the watch, do not disassemble and replace the battery by yourself. Only the authorized service providers can replace the battery; otherwise, it will cause potential dangers even personal injuries if a wrong type of battery is used.

- Do not disassemble, puncture, strike, crush or throw the battery into a fire. Stop using the battery immediately if there is any swelling or fluid leakage.
- Never throw the watch or its battery into a fire so as to avoid an explosion. This watch is not a medical device, any data or information provided by the watch should not be used as a basis for diagnosis, treatment, and other medical purposes.
- The watch and its accessories may contain small parts. To avoid choking or other hazards or damages caused by the children, keep the watch out of the reach of children.
- This watch is a toy and should only be used by children under adult supervision.
- Battery abuse or mishandling can cause overheating, liquid leakage, or an explosion.

To avoid possible injury, do the following:  
• Do not crush or puncture the battery.  
• Do not short-circuit the battery, or expose it to water or other liquids.  
• Keep the battery away from fire.  
• Do not leave the battery in an extremely high-temperature environment or an extremely low air pressure environment. Stop using the battery if it is damaged, or if you notice any discharge or the buildup of foreign materials on the battery leads.  
We recommend that the batteries be charged about once every three months to prevent overcharge.  
• Do not put the battery in trash that is disposed of in landfills. When disposing of the battery, comply with local laws or regulations.

**GPS**  
GPS & A-GPS  
The watch supports the Global Positioning System (GPS) tracking. When you do outdoor exercises such as running, the GPS will automatically start working and notify you when the positioning is successful, and quit tracking once you stop exercising.  
Notes: During pairing, make sure the Bluetooth is enabled on your phone and the watch is well connected with your phone.  
If the watch cannot be found while adding it to the APP, or cannot connect with your phone during use, please press and hold the power button of the watch for 5 seconds to restore it to factory settings, then try again.

**Adjust & Install/Uninstall the Strap**  
Adjust the position of the buckle according to the circumference of your wrist.  
Align the slot of the strap with the watch and then insert it to the watch until you hear a click, you can pull the strap to see if it is installed securely.  
To install or uninstall the strap, refer to the figures below.

06

**Specifications**  
Model: E05  
Device Type: Bluetooth Device Wireless  
Battery Capacity: 180 mAh  
Display Screen: 1.78" AMOLED screen  
Case Material: Aviation Aluminum  
Buckle Material: Stainless Steel  
Compatible with: Android 4.4 & iOS 8.2 or above

Water Resistance: 5 ATM  
Connectivity: Bluetooth 5.0 BLE  
Battery Type: Lithium polymer Battery  
Net Weight: 42 g (Incl. watch and strap)  
Strap Material: TPU  
Adjustable Length: 130-220 mm  
Operating Temperature: 0°C to 45°C

07

08

**产品概览**  
使用前请仔细阅读本手册，并妥善保管以备日后参考。

09

**怎么穿**  
日常使用时，将手表舒适地系在手腕上，距离腕骨约一指宽。调整腕带，确保心率传感器能够正常采集数据。  
注意：手表佩戴过松可能会影响心率传感器的数据采集。

10

**如何连接**  
下载并安装 "F Fit" APP，更好地管理您的手表，登录您的账户，享受更多服务。注：APP版本可能已经更新，请根据当前APP版本按照提示操作。长按功能键开启手表。用手机扫描手表上显示的二维码，下载并安装 "F Fit" APP。  
您也可以从APP商店下载安装APP，或扫描下方二维码。打开 "F Fit" APP，然后登录您的账户。选择添加设备并按照说明添加您的手表。

11

**如何使用**  
1. 查看通知：从主屏幕顶部向下滑动  
2. 打开控制面板：从主屏幕底部向下滑动  
3. 切换小部件：在主屏幕页面向左或向右滑动  
4. 返回：在其他屏边缘向右滑动或返回键  
当电池电量低时，请立即为手表充电。

12

**充电**  
当电池电量低时，请立即为手表充电。

13

**安全须知**  
• 使用手表测量心率时，请保持手腕不动。  
• 手表的防水等级为IP68，它可以在淋浴、游泳池或在岸边游泳时佩戴。但是它不能用于桑拿或水肺潜水。  
• 手表触摸屏不支持水下操作。当手表接触到水时，使用前请用软布擦去多余的水。  
• 在日常生活中，避免佩戴太紧。保持环境接触区域干燥，并定期用水清洗手表。如果皮肤接触区域出现红肿现象，请立即停止使用手表并寻求医疗帮助。  
• 请使用附有的充电座为手表充电。只能使用符合当地安全标准或由合格制造商认证和提供的电源适配器。  
• 为手表充电时，请始终保持电源适配器和充电座干燥，不要用湿手触摸它们。切勿将电源适配器和充电座暴露在雨中或其他液体中。  
• 手表的工作温度为0°C至45°C。如果环境温度过高或过低，手表可能会出现故障。  
• 手表内部电池，为避免损坏电池或手表，请勿自行拆卸和更换电池。只有授权服务商才能更换电池；否则，如果使用错误类型的电池，将导致潜在的危险甚至人身伤害。

**规格**  
型号: E05  
设备类型：蓝牙设备无线  
电池容量：180毫安  
显示屏幕：1.78" AMOLED 屏幕  
表带材质：航空铝  
搭扣材质：不锈钢  
可调节长度：130-220 毫米  
工作温度：0°C 至 45°C

14

15