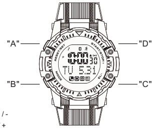
- Pedometer
- Sync Time
- Call Notice
- E-Mail Notice
- Find
- Safety Range Notice
- Vibration
- EL Backlight
- Alarm
- World Time
- Low power indicator
- 50M Water Resistant
- Sleep
- Sedentary Notice
- Message Notice
- Event Notice
- Camera
- SOS
- Countdown Timer
- Stopwatch
- Chime
- Pacer
- 100 Years Calendar
- Battery(CR2032)

BUTTONS

- The operation of buttons are indicated by using the letters shown in the illustration.



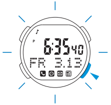
A – Set / Reset
B -- Mode
C -- EL backlight / -
D -- Start / Stop / +

BACKLIGHT

- EL (electro-luminescent) isused as backlight toglow for easy reading in the dark.

Use EL Backlight

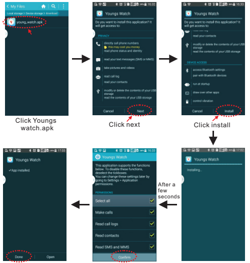
- In the timekeeping mode, press "C" to illuminate the display about 3seconds.


6:35 40
FR 3.13

APP INSTALL

APP Install For Android System

1. Use mobile phone log in https://play.google.com/store(searching on google play, find "Youngswatch" APP then follow the instructions to install on you mobile phone), if you mobile phone already installed "360 assistant" you can directly search "Youngswatch", then you can install the APP prompt.
2. To install the "Youngswatch" APP in the following steps:


My Files
young_watch.apk

Youngs Watch
Do you want to install this application? It will get access to:
PRIVACY
directly call phone numbers
this may cost you money
read phone status and identity
read your text messages (SMS or MMS)
take pictures and videos
read call log
read your contacts
modify or delete the contents of your USB storage
read the contents of your USB storage
DEVICE ACCESS
access Bluetooth settings
pair with Bluetooth devices
run at startup
draw over other apps
control vibration

Installing...

This application supports the functions below. To disable these functions, deselect the tickboxes.
You can change these settings later by going to Settings > Application permissions.
PERMISSIONS
Select all ☑
Make calls ☑
Read call logs ☑
Read contacts ☑
Read SMS and MMS ☑

✓App installed.

Cancel
Next
Install
After a few seconds
Confirm
Done
Open

Click Youngs watch.apk

Click next

Click install

Installing...

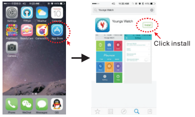
Click confirm

Click done

3. Click finish back to phone desktop, after finished the APP installati

APP Install For iOS System

- Searching on APP store and find "Youngswatch" APP then follow instructions to install to you phone.


App Store
Youngs Watch
Install
Click install

Turn on APP Store

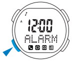
Search "Youngswatch" then install

System Requirement For Mobile Phone

- Bluetooth version: BLE4.0 or above.
- Android system:
  Samsung mobile phone android version 4.3 above (such as : Note4,Not
  Galaxy S5, Galaxy S6 and others), other brand mobile phone reference
  to use.
- iPhone system:
  iOS7.0 or above of iPhone 5/5s/6/6s...

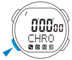
e ALARM

- Chime;
- The alarm sounds at the preset time each day.



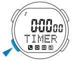
f STOPWATCH

- 1/100 second unit;
- Measuring range:
  0'00"00 ~ 99:59'59".



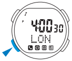
g COUNTDOWN

- Countdown timer range:
  99:59'59" ~ 0'00"00.


0:00 00
TIMER

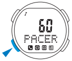
h WORLD TIME

- The time for other time zones.



i PACER

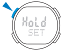
- 18 tempo(10 ~ 320).

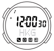


a TIMEKEEPING

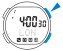
Time Setting

1. In the timekeeping mode, press and hold "A" until the city code will flash(flashing is indicated in the setting mode);

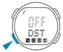




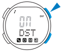
2. Press "C" or "D" to select the city code, press and hold to adjust at high speed;



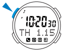
3. Press "B" to select the Daylight Saving Time;



4. Press "C" or "D" to turn ON/OFF the Daylight Saving Time.

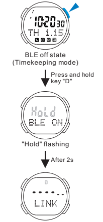


5. Repeat steps 3 and 4, the selection in the following sequence:
   City code → Daylight Saving Time → Seconds → Hour → Minutes → 12/24H Format → Year → Month → Date → Key Tone(ON/OFF);
6. Press "A" to exit the set state after setting (The day of week is automatically displayed in accordance with year, month and date setting).


10:20 30
TH 1.15

Turn ON The Bluetooth

- In the BLE off state, press and hold "D" to turn on bluetooth function.


10:20 30
TH 1.15
Press and hold key "D"
Hold
BLE ON
After 2s
LINK

BLE off state (Timekeeping mode)

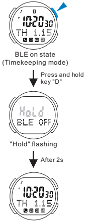
"Hold" flashing

Link cartoon

- When the watch bluetooth is on, please refer to page5~7 for the pairing method.
- The icon " ᛒ " is displayed after the watch pairing is successful.

Turn OFF The Bluetooth

- In the BLE on state, press and hold "D" to turn off bluetooth function.


10:20 30
TH 1.15
Press and hold key "D"
Hold
BLE OFF
After 2s

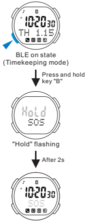
BLE on state (Timekeeping mode)

"Hold" flashing

BLE off

SOS

- In the BLE on state, press and hold "B" to perform SOS function.


10:20 30
TH 1.15
Press and hold key "B"
Hold
SOS
After 2s
10:20 30
SOS

BLE on state (Timekeeping mode)

"Hold" flashing

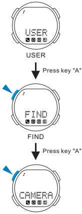
SOS

- When the watch bluetooth is off, the SOS is disabled.
- For SOS number setting see Page17.

b USER

Select

- In the user mode, press "A" to select USER, FIND, CAMERA function.


USER
Press key "A"
FIND
Press key "A"
CAMERA

USER

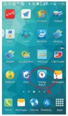
FIND

CAMERA

APP PAIRING

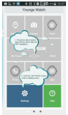
- Please conduct pairing when the watch connect with mobile phone first time.

1. Firstly turn on the phone's bluetooth function;
2. Enter into APP search screen follow the steps as below:

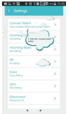

Click the icon Youngs watch on phone desktop

Youngs
Different moment
the love same
Logo

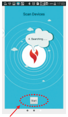
After 1s


Youngs Watch
Settings
Help
Guide page1

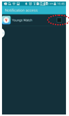
Sliding phone screen to left


Settings
Connect Watch
Incoming Call
Incoming Mails
IM
Event
SOS
Disconnect
Guide page2

Sliding phone screen to left

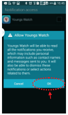

Scan Devices
4. Searching...
Start
Click start Guide page3

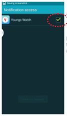
Click here


Notification access
Youngs Watch
Notification access

Next page

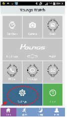
Continued from previous page

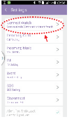

Notification access
Youngs Watch
Allow Youngs Watch
Cancel
OK
Click ok

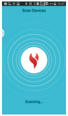

Notification access
Youngs Watch
Click here

Notification access ☑

Back to the main menu

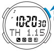

Youngs Watch
Youngs
Settings
Help
Click setting


Settings
Connect Watch
Incoming Call
Incoming Mails
IM
Event
SOS
Disconnect
Click connect watch

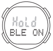

Scan Devices
Scanning...
Scanning...

Next page

3. In the timekeeping mode BLE off state, press and hold "D" to turn on the watch bluetooth function("Link" will be displayed);

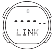

10:20 30
TH 1.15
BLE off state

Press and hold key "D"



"Hold" flashing

After 2s

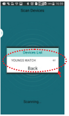


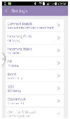
Link

Next page

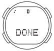
4. When mobile phone locates the watch, click YoungsWatch or 2U Watch, a few seconds later, the watch will be connected to the phone automatically;

Continued from previous page


Scan Devices
Devices List
YOUNGS WATCH
Back
Scanning...
Click YoungsWatch or 2U Watch

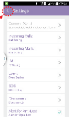

Settings
Connect Watch
Incoming Calls
Incoming Mails
IM
Event
SOS
Disconnect

Continued from previous page

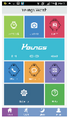


Done

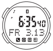
After 3~5s


Settings
Connect Watch
Incoming Calls
Incoming Mails
IM
Event
SOS
Disconnect
Setting menu

Click here


Youngs Watch
Youngs
Main menu

After 2s

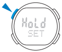

6:35 40
FR 3.13
BLE on state

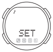
5. When the watch is connected with the phone, all icons are displayed in color in the APP main menu.

- Before using APP, please ensure the mobile phone and watch are already connected normally.

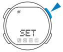
Setting

1. In the user state, press and hold "A" until the icon " ☎✉▣▤ " flash (flashing is indicated in the setting mode);

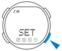




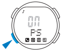
2. Press "D" to select the remind methods in the following sequence: buzzing → vibration → buzzing+ vibration → silent;



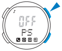
3. Press "C" to select the remind methods in the following sequence: buzzing → vibration → buzzing+ vibration → silent;



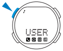
4. Press "B" to select the PS;



5. Press "C" or "D" to turn ON/OFF the PS function (PS ON/OFF).



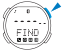
6. Press "A" to exit the set state after setting.



- PS---Power Saving.
- Four methods of reminder setting: buzzing, vibration, buzzing+ vibration, silent.

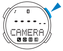
FIND

- In the FIND state, press and hold "D" to perform watch find mobile phone function (See page18).



CAMERA

- In the camera state, press "D" to perform remote photo shooting function(See page19).

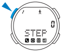


- When the watch bluetooth is off, the SOS and camera are disabled.

C PEDOMETER

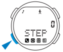
Turn ON/OFF The Pedometer

- In the pedometer mode, press "A" to turn on/off the pedometer.



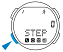
Select the type of pedometer

- In the pedometer on state, press and hold "B" switch to the type of pedometer.



Walking

Press and hold key "B"
After 3s

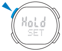


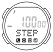
Running

- Sports type: walking and running.

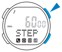
Setting

1. In the pedometer mode, press and hold "A" until the goal of step to flash (flashing indicated in setting mode);

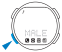



GOAL
10000
STEP

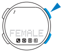
2. Press "C" or "D" to set the goal of step;


GOAL
6000
STEP

3. Press "B" to select the sex;

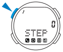


4. Press "C" or "D" to switch the sex between male and female;



5. Repeat steps 3 and 4, the selection in the following sequence: The goal of step → Sex → Age → Metric/Imperial → Height → Weight → Distance of Walk → Distance of Run;

6. Press "A" to exit the set state after setting.



The Parameter Setting Range

- The goal of step range: 1000~100000.
- Age range: 07~99.
- Height range: 90~221cm, 35~87inch.
- Weight range: 20~200kg, 44~440lbs.
- Distance of walk&run: 30~180cm, 4~118inch.

IGATION KEY MAUNAL

- User opens the APP, and click the icons below, it will open the APP interface.
- The directions of APP home and icons are shown below.

Chart A

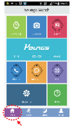

Youngs Watch
Youngs

Chart B

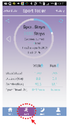

Sport Today
Sport Steps
Steps
Walk
Run

Chart C

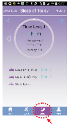
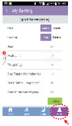
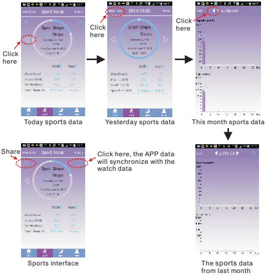

Sleep of Today
Time Length
h m

Chart D


My Setting
Sport Param Setting

- Chart A --- Interface for time setting, controlling camera thru BT, watch locator & other functions.
- Chart B --- For browsing sports data.
- Chart C --- For browsing sleeping data.
- Chart D --- For changing sports parameters & setting the sleep monitoring & sedentary reminder

SPORT


Click here
Click here
Click here
Share
Click here, the APP data will synchronize with the watch data
Sport Today
Sport Steps
Steps
Walk
Run
This Month

Today sports data

Yesterday sports data

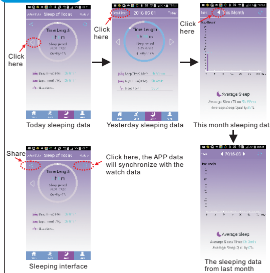
This month sports data

Sports interface

The sports data from last month

- In the APP sports interface, the user can browse the intraday steps, distance, calories consumption and time.
- In the APP sports interface, the user can browse historical data (including the daily and monthly sports data).
- When mobile phone and watch are in normal connection state, clicking "synchronization" button, the APP data will synchronize with the watch (sync the latest 7 days sports data with the watch); click "Share" button, user can share the sports data to QQ, WeChat, Facebook......
- For more details of watch sports parameter setting, see Pages11or 30.

SLEEP


Click here
Click here
Click here
Share
Click here, the APP data will synchronize with the watch data
Sleep of Today
Time Length
h m
This Month
Average Sleep

Today sleeping data

Yesterday sleeping data

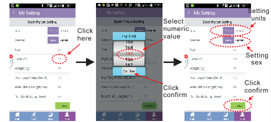
This month sleeping data

Sleeping interface

The sleeping data from last month

- In the APP sleeping interface, the user can browse intraday deep sleep time, shallow sleep time, sleep quality and other data(for a single sleep time less than 2 hours, no sleep statistical data will be recorded).
- In the APP sleeping interface, user can browse the historical data (including the daily and monthly sleeping data).
- Sleep Level: very good, good, general, poor, very poor.
- When mobile phone and watch are in normal connection state, clicking "synchronization" button, the APP data will synchronize with the watch(sync the latest 7 days sleep data with the watch); click "Share" button, user can share the sleep data to QQ, WeChat, Facebook......
- For watch sleeping monitor parameter setting, see Page12.

The sport parameter setting

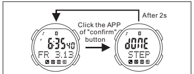

Click here
Select numeric value
Click confirm
Setting units
Setting sex
Click confirm
My Setting

The sport parameter setting (Taking height setting as an example)

Adjusting numeric value

Click "confirm" button, the parameter setting of the watch user will coincide with the APP

When the watch display "Done", it means the sports parameter setting is finished


After 2s
Click the APP of "confirm" button
6:35 40
FR 3.13
dONE
STEP

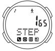
Timekeeping mode

The setup is successful

- In this function we can set the age, weight, target steps, tracks the distance, the same method used in the height function.
- When the watch bluetooth function is off, it cannot set the step parameter by APP, the user can enter pedometer mode to set the sports parameter (see Page30).

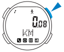
Recall

In the pedometer mode, press "D" to browse the information in the following sequence:
Step → distance → speed → calories → time of walking/running.



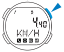
Step

Press key "D"



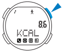
Distance

Press key "D"



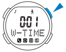
Speed

Press key "D"



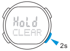
Calories

Press key "D"



Time of walking/running

Clear Data


HoLd
CLEAR
2s

Clear data

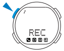
- In the pedometer mode, press and hold "C" 2s("Hold+Clear" flashing), reset the data(the total data no change).

- When the user reach the set target steps, the watch will beep for about 10 seconds ("GOAL" flashing), press any button to stop it.
- W-Time --- Walking Time;
  R-Time --- Running Time.
- When a user continuous walking /running movement after 10 steps, the watch will record cumulative step.
- Please turn off the pedometer to save power if you do not use the pedometer.
- When the mobile phone and watch are in normal connection state, click APP "sync" button to browse the updated data(see Page9).

d RECORD

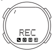
Select

- In the record mode, press"A" to browse the selection in the following sequence:
  total record → record1~record7.



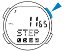
Recall

- In the total record state, press "D" to browse the information in the following sequence:
  Total step → total distance → total calories → total time of walking& running.



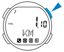
Total record

Press key "D"



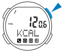
Total step

Press key "D"



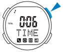
Total distance

Press key "D"



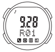
Total calories

Press key "D"



Total time of walking & running

- In the record1 state, press "D" to browse the information in the following sequence:
  Step → distance → calories → time of walking/running.

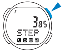


Record1

Press key "D"

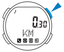
Next page

Continued from previous page



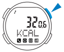
Step

Press key "D"



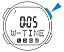
Distance

Press key "D"



Calories

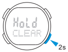
Press key "D"



Time of walking/running

- The way to recall record1~record7 is the same.

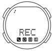
Clear


HoLd
CLEAR
2s

Clear data

After 2s

Press and hold key "C"



Record mode

- In the record1~record7 state, press and hold"C" for 2s("Hold+ Clear" flashing), clear the current record and return to total record (the total record no change).
- In the total record state, press and hold "C" 2s("Hold+Clear" flashing), will reset all the data.

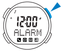
- The latest day exercise record is record1 (R01).
- The pedometer automatically store a record for more than one minute walking when the date is updated.

e ALARM

- The alarm beeps about 10 seconds at the preset time each day, press any button to stop it.

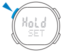
Alarm And Chime

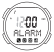
- In the alarm mode, press "D" to turn on/off the alarm and chime in the following sequences:
  Alarm & Chime off → Alarm on → Chime on → Alarm & Chime on.



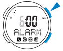
Alarm Time Setting

1. In the alarm state, press and hold "A" until the hour will flash, the indicator " ((•)) " appears (flashing is indicated in the setting mode);

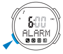




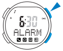
2. Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;



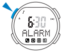
3. Press "B" to select the minutes;



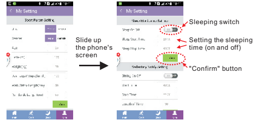
4. Press "D" to increase the minutes, Press "C" to decrease the minutes, press and hold to adjust at high speed;



5. Press "A" to exit the set state after setting.

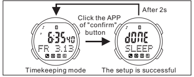


Setting up sleep monitor


Slide up the phone's screen
Sleeping switch
Setting the sleeping time (on and off)
"Confirm" button

The sports parameter setting   Setting up sleep monitor

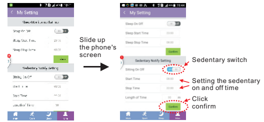
When the watch display "Done", it means the sleeping monitor setting is finished


After 2s
Click the APP of "confirm" button
6:35 40
FR 3.13
dONE
SLEEP

Timekeeping mode   The setup is successful

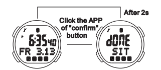
- The operation to set the height is the same as setting the sleeping time on and off (see Page11).
- When the watch bluetooth function is off, it can not set the sleeping time , on and off for the watch.
- When the sleeping monitor setting is "on", & the current time within sleeping monitor time, the watch will display " 🛏 " icon, it will monitor the user sleeping quality;
  if the current time is out of sleeping monitor time or the sleeping monitor setting is "off", the watch icon " 🛏 " will not be displayed.
- When the sleeping monitor setting is "on", the watch will monitor user's sleeping quality every day.
- Can browse the sleeping time and quality by APP (see Page10).
- The pedometer function will be automatically off when the sleeping monitor setting is "on"(the icon" 🛏 " is displayed).
- For watch sleeping monitor default is off.

Setting up sedentary reminder


My Setting
Slide up the phone's screen
Sedentary switch
Setting the sedentary on and off time
Click confirm

Setting up sleep monitor   Setting up sedentary reminder

When the watch display "Done", it means the sedentary reminder setting is finished


After 2s
Click the APP of "confirm" button
6:35 40
FR 3.13
dONE
SIT

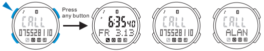
Timekeeping mode   **The setup is successful**

- Setting the sedentary on and off as well as time is the same method used in the height function (see Page11).
- When the watch bluetooth function is off, it cannot set the sedentary on and off as well as time for the watch.
- When the watch sedentary reminder setting is "ON", the watch will display " 🪑 " icon.

NOTICE

Call Notice

- When there is missed call, the watch icon " ☎ " will be flashing, press any button to stop it.
- When there is an incoming call, the watch will alarm and/or vibrate to remind user, at the same time the watch icon " ☎ + CALL" will be flashing ("Rolling displayCaller ID and phone's address book") pressing any button will reject the call.


Press any button
CALL
07552810
6:35 40
FR 3.13
CALL
07552810
CALL
ALAN

Calling   Decline   No caller ID in contacts   With caller ID in contacts

- For callers not in contacts, the watch will display the telephone number while for those from contacts, the watch will display phone's address book name(only english name).
- Call rejection only available for android system, iOS do not support this feature.
- In the APP main menu state, click the ☎ icon to turn on/off the call notice (In gray means the function is off).

Message Notice

- When having new message on phone, the watch will alarm and/or vibrate to remind user, at the same time the watch icon " 💬 " will be flashing, press any button to stop it.

- In the APP main menu state, click the 💬 icon to turn on/off the message notice(In gray means the function is off).

E-mail Notice

- When having new E-mail on phone, the watch will alarm and/or vibrate to remind user, at the same time the watch icon " ✉ " will be flashing, press any button to stop it.
- The requirement of E-mail address:
  Gmail, yahoo e-mail for android system, iCloud e-mail for iOS system.
- In the APP main menu state, click the ✉ icon to turn on/off the E-mail notice (In gray means the function is off).

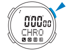
Event Notice

- After Youngs Watch APP event setup, when the event time is up, the watc will alarm and/or vibrate to remind user, at the same time the watch icon " 📅 " will be flashing, press any button to stop it.
- In the APP main menu state, click the 📅 icon to turn on/off the event notice (In gray means the function is off).

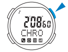
f STOPWATCH

A Lap Time

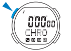
1. In the stopwatch mode, press "D" to start the stopwatch;



2. Tostop the stopwatch, press "D" again;

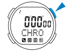


3. Press "A" to reset the stopwatch.

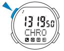


Split Time

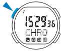
1. In the stopwatch mode, press "D" to start the stopwatch;



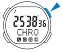
2. Press "A" todisplay the split time, stopwatch timing continues internally;


13 19 50
CHRO

3. Press "A" toclear the split time and to continue time measurement;


15 29 36
CHRO

4. Repeat steps 2 and 3, you can measure the multi split time;
5. Press "D" to stop the stopwatch;

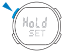

25 38 36
CHRO

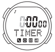
g COUNTDOWN

- When the countdown timer reaches zero, the alarm beeps for about 10 seconds, press any button to stop it.

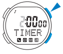
Countdown Timer Setting

1. In the countdown mode, press and hold "A" until the hour will flash (flashing is indicated in the setting mode);

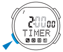



0 00 00
TIMER

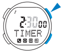
2. Press "D" to increase the hour, press "C" to decrease the hour, press and hold to adjust at high speed;


2 00 00
TIMER

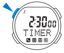
3. Press "B" to select the next selection;


2 00 00
TIMER

4. Press "D" to increase the number, press "C" to decrease the number, press and hold to adjust at high speed;

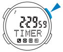

2 30 00
TIMER

5. Repeat steps 3 and 4, the selection in the following sequence:
   Hour → Minutes → Seconds;
6. Press "A" to exit the set state after setting.

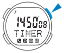

2 30 00
TIMER

Use Countdown Timer

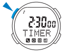
1. Press "D" to start the countdown timer;


2 29 59
TIMER

2. To pause, press "D" again.

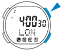

1 45 08
TIMER

3. Press "A" to reset the stopwatch.

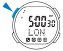

2 30 00
TIMER

h WORLD TIME

1. In the world time mode, press "D" to forward select the time zone, press "C" to backward select the time zone, press and hold to adjust at high speed;



2. In the world time mode, press and hold "A" to turn ON/OFF the Daylight Saving Time.



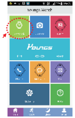
World Time Form

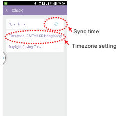
City code	City	GMT Differential	Other major cities in same time zone
WLG	Wellington	+12	Suva, Christchurch, Nauru Island, Nadi
NOU	Noumea	+11	Port vila
SYD	Sydney	+10	Guam, Vladivostok
TYO	Tokyo	+09	Seoul, Pyongyang
HKG	Hong Kong	+08	Singapore, Kuala Lumpur, Beijing, Taipei, Manila
BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
DAC	Dhaka	+06	Novosibirsk, Colombo
KHI	Karachi	+05	Male
DXB	Dubai	+04	Abu Dhabi, Muscat
JED	Jeddah	+03	Moscow, Addis Ababa, Aden
CAI	Cairo	+02	Cape Town , Sofia, Athens, Helsinki, Istanbul
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	(UTC), Lisbon, Casablanca, Reykjavik
RAI	Praia	-01	Praia
FEN	Fernando de Noronha	-02	Fernando de Noronha
RIO	Rio de Janeiro	-03	Buenos Aires, Montevideo
SCL	Santiago	-04	La Paz, Port Of Spain
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans
DEN	Denver	-07	Phoenix, Edmonton, Chihuahua
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

SYNC TIME

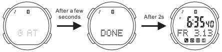
1. In the APP main menu state, click the icon to enter bluetooth time calibration menu;

2. In the bluetooth time calibration menu state, click sync time, the watch time will synchronize with mobile phone;


Click set clock


Sync time
Timezone setting
Click sync time

3. The watch will automatically go back to timekeeping mode after bluetooth time calibration is finished.


AT
After a few seconds
DONE
After 2s
6:35 40
FR 3.13
"AT" flashing
Done
Timekeeping mode

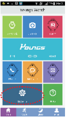
- The watch time will synchronize with mobile phone time after completing bluetooth time calibration.

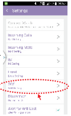
S O S

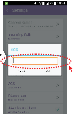
SOS Setting

1. In the APP main menu state, click the icon to enter setting menu.

2. In the setting menu state, click SOS to set the phone number.

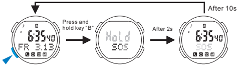

Click settings


Click SOS


Input SOS phone number

SOS Use

- In the timekeeping mode, press and hold "B" to activate the SOS function, the mobile phone will automatically call SOS number.

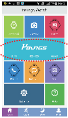

After 10s
Press and hold key "B"
After 2s
Hold
SOS
Timekeeping mode
"Hold" flashing
Activate the SOS function

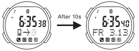
- SOS only available for android system, iOS system do not support this feature.

F I N D

The Mobile Phone Find Watch

- In the APP main menu state, click icon to perform the mobile phone find watch function, the watch will alarm and/or vibrate to remind user.

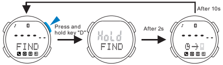

Click "Find Youngs Watch"



The mobile phone find watch
Timekeeping mode

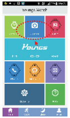
The Watch Find Mobile Phone

- In the user mode FIND state, press and hold "D" to perform the watch find mobile phone function, the mobile phone will alarm and/or vibrate to remind user.


After 10s
Press and hold key "D"
After 2s
FIND
Hold
FIND
FIND state
"Hold" flashing
The watch find mobile phone

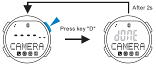
CAMERA

1. In the App main menu state, click icon to enter picture taking screen;


Click camera

2. Aim the camera through the phone screen to take photo;

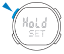
3. In the user mode camera state, press "D" to perform remote photo shooting function.

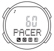

After 2s
Press key "D"
CAMERA
done
CAMERA
Camera
Remote photo shooting

PACER

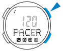
Pacer Setting

1. In the pacer mode, press and hold "A" until the tempo number will flash (flashing is indicated in the setting mode);

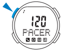




2. Press "C" or "D" to select the tempo in the following sequence:
10－20－30－40－50－60－
70－80－90－100－120－
140－160－180－200－240－
280－320;

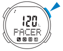


3. Press "A" to exit the set state after setting.

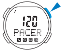


Use The Pacer

1. Press "D" to start;



2. To stop, press "D" again.



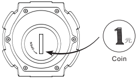
LOW POWER

- If the battery voltage level is insufficient, the icon " ▭ " will appear to remind to replace a new battery.

6:35 40
FR 3.13

Change Battery

- Coin can be used to open the battery hatch and change with the same battery specification.



Caseback of the watch sketch

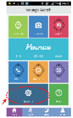
TROUBLE SHOOTING

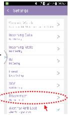
- When user is unable to connect bluetooth function, please follow the steps below to re-pair the watch and mobile phone.

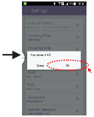
1. To enter mobile phone setting menu, check the bluetooth function is on or not;

2. At mobile phone bluetooth menu state , un-pair "ALL" paired device;

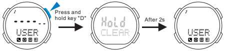
3. Click Youngs Watch APP, in the APP main menu state, click "setting\ disconnection" to clear current connection;


Click setting


Click disconnect


Click ok

4. In the user mode USER state (when the watch bluetooth function is off), press and hold "D" to clear historical connection(clear the display " - - - - - - ");


Press and hold key "D"
After 2s
USER
Hold
CLEAR
USER
User mode
"Hold+Clear" flashing
Clear connection

5. Please re-pair APP(See Page 5~7).

WARNING

- Exercise may include some risk, especially for those who have been sedentary.

Minimising Possible Risks In Exercising

Before starting a regular exercise program you are recommended to answer to the following questions for health status checking. If the answ is **YES** to any of the questions, we recommend to consult a doctor befor starting an exercise.

- Have you not exercised for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?

It is important to be sensitive to your body's reactions during exercis If you feel unexpected pain or excessive fatigue when exercising, it is recommended to stop the exercise or continue at a lighter intensity.

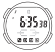
Otherwise during the exercise, note walking slowly, going along the brae up and down, walking in the crowded place, standing and sitting again and again, playing ball, up and down sporting without normal walking will affect normal step counting, it is not a sign of watch malfunction .

This watch belongs to the general sports and sleeping measure lev meter & does not necessarily replace precision measurement equipm

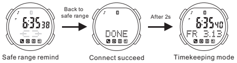
The watch is already an electronic precise one for monitoring spor and sleeping, but due to possible user operation errors, external interference or failure factors, etc., the results may become inaccura which is only for users' reference and we also advise the watch to be used in conjunction with medical equipment.

SAFE RANGE REMIND

- When the distance between watch and mobile phone is beyond the safe range(around 6 meters), the watch will alarm and/or vibrate to remind user(" ⇄ " flashing).



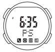
- After the beyond safe range reminder, if user is back to safe range within 1~2 minutes, the watch will automatically re-connect with mobile phone.


Back to safe range
After 2s
Safe range remind
Connect succeed
Timekeeping mode

- The watch will alarm and/or vibrate to remind user(" ⇄ " flashing) when the mobile phone bluetooth function is turned off .
- When the watch icon " ⇄ " is flashing, press any button to stop it (the watch bluetooth function will automatically turn off).

POWER SAVING

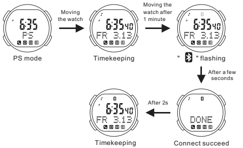
Enter PS



- When PS setting is on, the mobile phone and watch are in normal connection state, if no watch activity happens within 10 minutes, it will automatically enter to power saving mode ("PS" displayed).
- Power saving setting(See page28).

Wake up PS

- When watch is in PS mode , it will automatically go back to timekeeping mode, the watch will automatically wake up if an activity happens within 1 minute (the watch will automatically re-connect with mobile phone).


Moving the watch
Moving the watch after 1 minute
PS mode
Timekeeping
" ✱ " flashing
After a few seconds
After 2s
Timekeeping
Connect succeed

- The watch bluetooth function will automatically turn off after entering power save mode, the mobile phone and watch will automatically disconnect to save battery power.
- At the watch bluetooth function off state, phone, message, e-mail, event reminder and other functions are disabled.
- For receiving reminder of phone call, message, e-mail, event and others on time, user can turn off the PS function (See page28), please be reminded it will consume more battery power (shorten battery life).

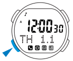
RE-CONNECT

- The watch will automatically re-connect with mobile phone after PS wake up (See page21).
- The watch after safe range remind state & back to safe range within 1 minute, it will automatically re-connect with mobile phone (See page20).
- The watch and mobile phone are in normal connection state, if short time disconnections will be encountered (maybe caused by environmental interference or other causes), this does not mean that there is something wrong with the watch, after a few seconds the watch will automatically re-connect with mobile phone.
- In the re-connecting state, the watch will automatically connect with the mobile phone several times, it will automatically close bluetooth function after 1 minute if still unable to connect with the watch.
- At the watch bluetooth function off state, phone, message, e-mail, event reminder and other functions are disabled, user need to turn on the watch bluetooth function manually to connect with mobile phone again(See page6~7).

MODE SELECTION

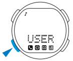
- Press "B" to change the mode in the following sequence: Timekeeping Mode → User Mode → Pedometer Mode → Record Mode → Alarm Mode → Stopwatch Mode → Countdown Timer Mode → World Time Mode → Pacer Mode.

ⓐ TIMEKEEPING



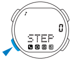
- Hour, Minutes, Seconds, Year, Month, Date, Day of week;
- 12/24H Format;
- 100 years Calendar(2000 ~ 2099).

ⓑ USER



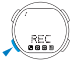
- FIND, Camera.

ⓒ PEDOMETER



- Step range: 0~999999;
- Sports type: walking and running

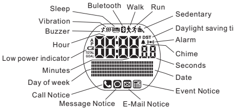
ⓓ RECORD



- 7 Records (Record1~Record7);
- Auto storage record.

DISPLAY

- The screen shown in below:


Sleep
Buletooth
Walk
Run
Sedentary
Vibration
Buzzer
Daylight saving time
Alarm
Hour
Chime
Low power indicator
Seconds
Minutes
Date
Day of week
Event Notice
Call Notice
Message Notice
E-Mail Notice

ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause corrosion of the metal parts of the watch.
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to extreme temperatures.
6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
7. Avoid to wear the watch in electromagnetic, static conditions.

FCC STATEMENT

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 radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. 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.

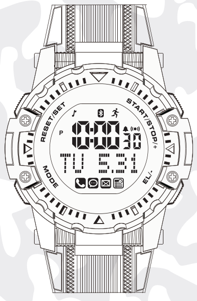
Bluetooth® SMART

CE

FC

Non-professionals, do not disassemble.

Made in China


RESET/SET
START/STOP/+
MODE
EL/-
P
0:00 30
TU 5.31

USER'S MANUAL

(Bluetooth Smart Watch)

16690-YPM(MD15366)-E