

Button description



LIGHT	short press to switch on/off the back light
BACK	long press for 3 seconds to switch on/off the watch, or short press to return
OK	short press to go to the next menu, or confirm the user's choice, or in the sports view to start/pause the activity
UP	short press to go to the monitoring view, or long press to go to the user defined view, or in the stop-watch view short press to count times
DOWN	short press to go to the sport view, or long press to go to the user defined view, or in the stop-watch view short press to count laps

Getting start

1. Switch on the watch: long press and hold for 3 seconds to activate (in case of low battery, please place the watch on the charger).

wireless charger



charging complete



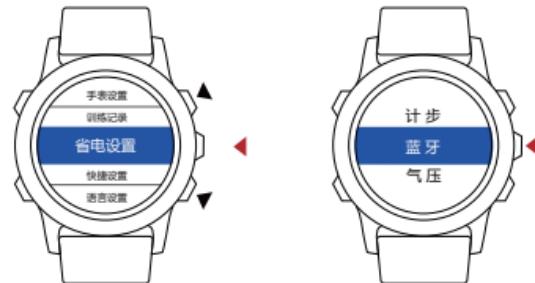
2. The language setting is Chinese by default, or to change it please go to the language setting view.

3. "JTOUR" APP is available for both IOS and Android operating system; scan the QR code to download and install.



Bluetooth connection

- ① Bluetooth setting-enter power saving setting-switch on the bluetooth;
- ② APP scan and pair-connect and pair the watch-transfer data.



Start using

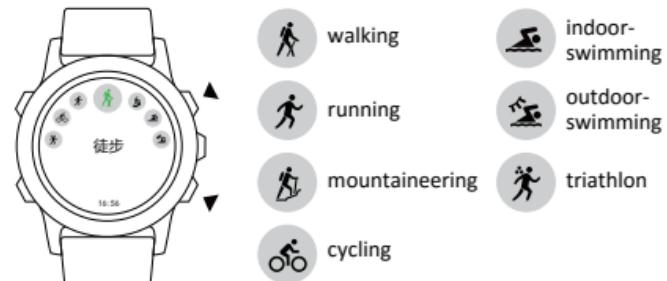
1. Standby view: time,date,battery,bluetooth and alarm.



2. function views:

- ① Monitoring function: heart rate, compass, position, footstep, environment, calendar, stop-watch;
- ② Sports function: walking, running, mountaineering, cycling, indoor-swimming, outdoor-swimming, triathlon;
- ③ Setting function: language setting, time setting, alarm setting, watch setting, sports records, power-saving setting, short-cut button setting, watch information.

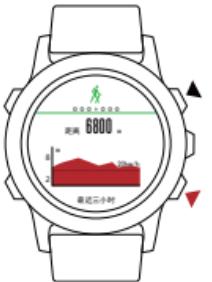
Press up or down button to open monitoring function or sports function, for more detail read following illustrations:



Demonstration: walking exercise

Select walking exercise, and wait for 2 seconds; press OK button to start activity, and press up or down button to switch among sub-views including timing, calories, footsteps, elevation, distance, average speed, heart rate, cloud mapping, cloud navigation.

Press OK button to pause and take a break, and press BACK button to stop and finish the activity, and then choose either to save or cancel the activity, and read the activity analytic data.



Product specifications

mechanics	size	51.5*16.5millimeter
	weight	75grams
	screen	12"218*218 total-reflection colored LCD
	battery	440mAh
	bluetooth	4.1
power management	standby time	3 months and more
	charging time	2 hours
	charging methods	wireless
monitoring modules	BeiDou positioning	support
	satellite timing	support
	GPS positioning	support
	step count	support
	compass	support
	barometer	support
	heart rate	support

functional application	sports monitoring	walking, running, mountaineering, cycling, indoor-swimming, outdoor-swimming, triathlon
	environment	atmospheric pressure, altitude
	positioning navigation	BeiDou/GPS positioning, compass
	phone messaging	incoming call, SMS, QQ, WeiXin
	weather information	weekly weather, sunrise and sunset time, PM2.5
APP	personal function	alarm,stop-watch
	APP	support Android 4.3 and above, or IOS8 and above
	cloud	support
	firmware upgrade	wireless upgrade by APP
performance specification	operating temperature	-30°— +65°C
	storage temperature	-40°— +70°C
	water resistance	100 meter water-proof

FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.