

# USER MANUAL

Please Read This Manual Carefully  
Before Using The Product

## INTRODUCTION

Thank you for choosing our smart sports watch, the watch integrates a number of intelligent functions such as exercise, health, goal achievement, message push, reminder, etc., which can enrich your smart life and scientifically guide the exercise health. For a better experience, please read the operation guide carefully before using the watch.

### WATERPROOF:

Supports waterproof  
(the bracelet is not resistant to water vapour,  
warm water, hot water).

### PRODUCT CONFIGURATION:



## OPERATING INSTRUCTIONS

- Slide down the dial interface to enter the control centre.
- Slide up the dial interface to enter the message list.
- Slide right in dial interface to enter function menu.
- Slide left on the dial interface to enter the first level card function.

## ACTIVATION AND CONNECTION

- Long press the crown for 3-5 seconds

### APP DOWNLOAD:

- iOS/Android mobile phone users: scan the QR code in the picture through the mobile phone scanning function, when the page jumps, select the corresponding way to download;



## BLUETOOTH RECONNECT:

- Beyond the Bluetooth connection range bracelet Bluetooth will be disconnected, when entering the Bluetooth connection range, open the APP Bluetooth will be automatically connected;

- Close the background of the application, restart the mobile phone or one key to clean up the application, the Bluetooth will be disconnected again, and it will be connected automatically after opening the APP again;

- APP running in the background of the mobile phone is easy to be shut down by the phone, Android mobile phones can open the self-starting authority of the APP within the permission settings to prevent the Bluetooth connection instability caused by the disconnection problem.

- In the page pop-up Bluetooth pairing success that binding is complete.

## STANDARD FEATURES

- Activity**  
Record daily steps, active calories, and exercise duration.

- Messages**  
After successfully connecting with the mobile phone APP, you can receive and view the set third-party program messages.

- Sleep**  
Wearing the watch in the evening after going to sleep, the watch will monitor your sleep condition to help you better adjust your work schedule and improve the quality of sleep.

- Stress**  
Support stress monitoring, through the monitoring of the user throughout the day stress changes through the chart display appropriate adjustment of the state of mind.

- Heart rate**  
Turn on all-day heart rate measurement can be real-time monitoring of heart rate values, the normal heart rate of adults is 60-100 beats per minute, click on the heart rate page can also measure the value; wear the watch correctly, the best wearing position in the wrist bone by the top of the arm.

- Blood pressure**  
By monitoring our stress levels, we can help us better manage to improve our physical and mental health, and release stress to improve our positive mood.

- SpO2**  
Click Start on the measurement page and wait for the measurement to come out. Normal oxygen saturation is 95-100%.

- Exercise**  
128 exercise modes, including outdoor and indoor exercise, your exercise data can be monitored during the workout, and heart rate measurement will be turned on, and you can pause or end it on the exercise page.

- Exercise Records**  
You can view historical exercise record data, including exercise duration, calories, heart rate and other data details.

- Relaxation**  
It supports breathing training function and contains two modes of stress reduction and sleep aid, which effectively relieves stress and keeps your mind and body healthy.

- Shutter**  
After connecting to your phone and turning on the camera control, the watch can be used as a remote control for your phone's camera.

- Player**  
When connected to Bluetooth, you can play and control music from your mobile phone.

- Calculators**  
Add calculator and other utilities to support daily simple calculation operations.

- Stopwatch**  
Click on the stopwatch icon to enter the stopwatch function, and you can perform counting operations during the time period.

- Timers**  
Switch on this function to select or set your own countdown time to switch on the countdown.

- Alarm**  
Add your own alarm reminders and the watch will display the alarm icon and vibrate at the set time.

- Flashlight**  
Turn on the flashlight in a dark environment the screen will remain white and always lit, tap the screen to toggle on or off.

- Weather**  
You can check the weather information of the last 7 days at any time after connecting your mobile phone to sync the data.

- Sedentary Reminders**  
This function will detect the user's activity within a set period of time (default 60 minutes), and if there is no activity it will vibrate and light up the screen to remind the user that it is time to stand up and move the body, in order to ensure that the user's full rest and physical health.

- Water Reminder**  
Switching on this feature the watch alerts you when it's time to drink at the scheduled drinking time.

- Cycle Tracking**  
Add the physiological cycle within the app and the watch will make a reminder close to the date.

- Battery Level Reminder**  
The watch alerts you when the battery is low, when it's charging, and when it's fully charged.

- Heart rate Warning**  
Heart rate too high warning function, always guarding your health. Continuously monitor heart rate data during exercise, and once the heart rate exceeds the preset safe range, the watch immediately vibrates and pops up a warning window, letting you know your physical condition in time, adjust the pace, relax and rest, avoiding potential risks.

- Wearing Error Alert**  
If the watch is not worn correctly when measuring data, the watch will give you tips on how to wear the watch correctly.

- Find phone**  
After connecting the mobile phone, turn on this feature click on the mobile phone will beep to help the user to quickly find the mobile phone.

- Multi-dial Switching**  
Long press the dial page to enter the dial switching state, or you can choose and download in the APP dial market.

- Menu View**  
Includes a variety of menu display modes that the user can choose to switch between according to preference.

- Custom Cards**  
Supports customisation of the order in which the first level cards are discharged and related functions.

- Compass**  
Add a guide function to use the compass to help us steer our way when we get lost or lose our way.

- Barometer**  
It provides real-time altitude and barometric pressure data during mountaineering, hiking, and skiing outdoor activities, helping users judge their physical condition and adaptability, better plan outdoor activities, and improve trip safety.

- World Clock**  
Covering global city time, it supports checking the time difference and date difference of each place to meet all your city needs.

- GPS Sport**  
Turn on the GPS sports accurate positioning, whether it is running, cycling or hiking, real-time tracking sports trajectory, record every step taken and every mountain climbed.

- E-Card**  
The watch supports displaying electronic business cards, add business cards on the APP side to display them on the watch side.

- Screen Clock**  
Selecting to turn on the screen clock within the watch settings provides a variety of resting clock dial styles, giving users a wide range of choices.

- Goal Reached**  
Set steps, calories and workout-related goal data within the APP, and the watch will make relevant reminders after reaching the set goals.

- AI Voice**  
The watch supports smart voice wake-up function, so you can easily wake up the smart assistant on the watch side as well.

## COMMON TROUBLE

- The watch cannot be switched on, the duration of pressing the on button is too short, press for more than 3 seconds, the battery power is too low, please use the charging cradle to charge.

- The watch can't be charged normally, check whether the charging contact is in normal contact with the watch, whether the charger is normal, when the power is too low, it needs to be charged for a while before displaying the charging interface;

- Software problems can be solved by restoring factory settings (this function may erase data, please be careful).

- Some functions may vary according to the software version, please check the version and update it in time.

## NOTES

- The health data measurement results of this product is for reference only, not as any medical use and basis, if you feel unwell, please consult a doctor in a timely manner, follow the doctor's instructions, not according to the product measurement results of self-diagnosis as well as treatment;

- The watch/bracelet is not protected against water vapour, warm water, hot water, it can be protected against life splash water (it is not recommended that the watch/bracelet swims, it may be affected by water pressure).

- Some functions may vary according to the software version, please check the version and update it in time.

**FCC Caution:**

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.

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

**Note:** 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.

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