



【产品概述与用途】
本产品是一款集运动追踪、健康监测、通讯功能于一体的智能运动手表。适用于跑步、骑行、游泳等多种运动场景，并能实时监测心率、血压、血氧饱和度等健康数据。支持蓝牙连接手机，实现来电提醒、消息推送等功能。

【主要功能简介】
1. **运动追踪**：支持20+种运动模式，包括跑步、骑行、游泳、登山等。提供实时速度、距离、卡路里消耗等数据。
2. **健康监测**：24小时心率监测、血压测量、血氧饱和度检测。支持睡眠监测，分析睡眠质量。

【主要功能简介】
3. **通讯功能**：通过蓝牙连接手机，实现来电提醒、短信推送、微信消息同步。支持离线语音助手，无需手机即可操作。
4. **续航能力**：内置大容量锂电池，正常使用续航可达14天，运动模式续航可达7天。

【主要功能简介】
5. **防水性能**：符合IP68标准，支持50米防水，可放心佩戴游泳。
6. **智能提醒**：久坐提醒、喝水提醒、天气提醒、闹钟功能等。

【主要功能简介】
7. **兼容设备**：兼容Android 5.0及以上、iOS 9.0及以上系统。支持连接蓝牙耳机、智能自行车灯等配件。

【主要功能简介】
8. **软件支持**：提供官方APP，支持固件升级，解锁更多运动数据和专业训练计划。

【主要功能简介】
9. **外观设计**：采用航空级铝合金表壳，搭配高强度硅胶表带，轻便舒适，时尚大方。

【主要功能简介】
10. **售后服务**：提供全国联保服务，支持7天无理由退换货。专业客服团队，为您解答使用过程中遇到的问题。

【主要功能简介】
11. **包装清单**：智能运动手表、充电线、说明书、保修卡。

【使用注意事项】
1. 首次使用前，请仔细阅读说明书，并完成设备配对。
2. 佩戴时请确保表带松紧适中，避免过紧影响血液循环。
3. 避免在高温、低温、强磁场等极端环境下使用设备。

【使用注意事项】
4. 游泳时请勿佩戴任何首饰，以免刮伤设备表面。
5. 充电时请使用原装充电线，避免使用劣质充电器。

【使用注意事项】
6. 设备电量耗尽时，请及时充电，长期存放请保持电量在20%左右。
7. 如遇故障，请勿自行拆卸，请联系售后服务。

【使用注意事项】
8. 本产品为消费电子产品，请妥善保管，避免摔落、挤压等物理损伤。

【使用注意事项】
9. 本产品不适用于医疗诊断，健康监测数据仅供参考，不作为医疗依据。

【使用注意事项】
10. 本产品符合CE、FCC、RoHS等国际认证标准，请放心使用。



Downloading the App

Scan the QR code or visit the website to download the app.



Charging and Active

Use the magnetic charging cable to charge the watch. The watch is active when the red light is on.



Pairing

1. Open the Smart Reality app on your smartphone.

2. Tap the "Add Device" button.

3. Select the watch from the list of devices.

4. Follow the on-screen instructions to complete the pairing process.

Use the Touch Screen

Tap the screen to wake the watch. Swipe the screen to scroll through the watch face and apps.



Smart Watch Features

Heart Rate

Monitor your heart rate 24/7. The watch uses optical sensors to measure your heart rate.

SpO2

Monitor your blood oxygen saturation (SpO2) levels. The watch uses a non-invasive optical sensor.

Stress

Monitor your stress levels. The watch uses a heart rate variability (HRV) sensor to measure your stress levels.

Smart Watch Features

Smart Reply

Receive notifications and reply to messages directly from the watch. The watch uses a microphone and speaker to provide voice feedback.

Training

Monitor your training progress. The watch uses a GPS sensor to track your distance and speed.

Smart Watch Features

Smart Proximity

Monitor your proximity to other devices. The watch uses a proximity sensor to detect nearby devices.

Smart Sleep

Monitor your sleep patterns. The watch uses a motion sensor to track your sleep cycles.

Smart Watch Features

Smart Weather

Monitor the weather forecast. The watch uses a weather sensor to provide real-time weather updates.

Smart Temperature

Monitor your body temperature. The watch uses a temperature sensor to measure your body temperature.

Smart Watch Features

Smart Alarm

Set a smart alarm that wakes you up gently. The watch uses a vibration motor to provide a gentle wake-up.

Smart Clock

Display a smart clock with various complications. The watch uses a digital display to show the time and date.

Smart Watch Features

Smart Music

Control your music player. The watch uses a touch screen to control music playback.

Smart Photos

View and share your photos. The watch uses a camera to take photos and a screen to display them.

Smart Watch Features

Smart App

Download and use various apps. The watch uses an app store to provide a selection of apps.

Smart Games

Play various games. The watch uses a touch screen to play games.

Setting up Your Device

1. Turn on the watch and connect it to a Wi-Fi network.

2. Set up your watch face and complications.

3. Sync your data with the Smart Reality app.

General Info & Specifications

General Info

Model: SR-W001

Color: Black, Silver, Gold

Material: Stainless Steel, Aluminum

Specifications

Screen Size: 1.4 inch

Resolution: 240 x 240 pixels

Processor: ARM Cortex-M3

Screen Info & Specifications

Screen Info

Screen Type: AMOLED

Screen Size: 1.4 inch

Resolution: 240 x 240 pixels

Specifications

Screen Color: Black, Silver, Gold

Screen Material: Gorilla Glass

Screen Thickness: 1.2 mm

Waterproof

The watch is waterproof up to 50 meters. It is suitable for swimming and showering.

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Bluetooth version	Bluetooth 4.2
Operation Frequency	2402~2480 MHz
Modulation Type	GFSK
Number Of Channel	40
Antenna Type	Monopole
Antenna Gain	0dBi
Max. E.I.R.P	-4.76dBm

CE Maintenance

EUT Operating temperature range: -10°C to 50°C

Power supply: DC 3.7V

The device complies with RF specifications when the device used at less than 20cm from your body.

Declaration of Conformity

Shenzhen Chiteng Technology Co., Ltd. hereby declares that this equipment is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU. This product is allowed to be used in all EU member states.

Manufacturer: Shenzhen Chiteng Technology Co., Ltd.

Address: 2/F, 4A Block, Huiye Technology Park, No. 8 Huiye Road, Guang Ming New District, Shenzhen, China



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.