Mibro Watch Fit

User Manual

mibro

用户手册

使用产品前请仔细阅读本说明书,并妥善保管。

产品介绍

包装清单:Mibro Watch Fit 智能手表(含表带)×1, 使用说明书×1, 磁吸充电线×1, 附赠表带×1。
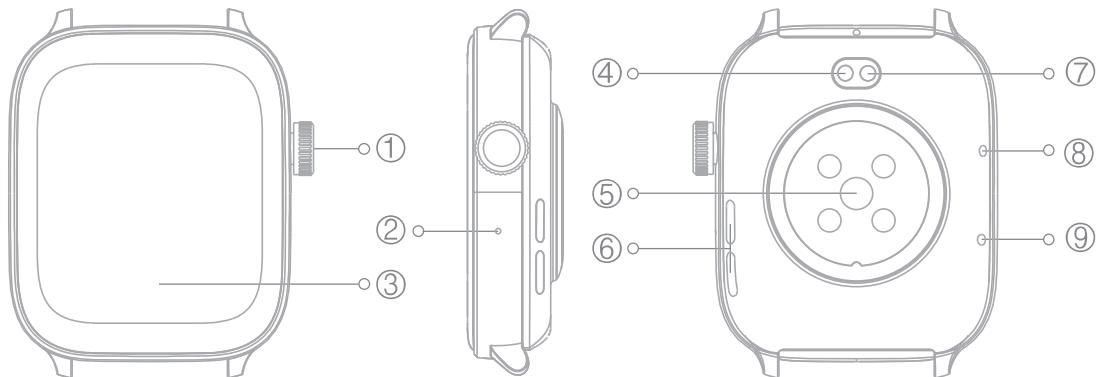
|		
① 开机:长按5秒	② 平衡孔	⑥ 喇叭孔
关机:长按3.5秒到关机页面	③ 全触显示屏	⑦ 充电接口(正极)
点按:返回HOME/菜单列表	④ 充电接口(负极)	⑧ 麦克风
旋转:菜单滚动操作	⑤ 心率传感器	⑨ 气压孔

绑定手表

①请扫描二维码下载"Mibro Fit"App。(右图所示)

②请使用" Mibro Fit"App 手动扫码配对。
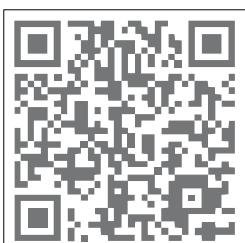
解绑手表

①安卓系统:在App内选择"删除当前设备",即可解绑设备。

②iOS系统:在App内选择"删除当前设备",并根据提示跳转到手机系统蓝牙界面,选择忽略当前设备才可解绑设备。

充电说明

1.请勿在潮湿有水的环境下充电;

2. 请确保手表本体和磁吸充电器上的金属触点没有脏污或腐蚀;

3. 请定期用干净的绒布清洁手表背面和磁吸充电线器的金属触点。

4. 本产品不配备电源适配器，为了保证家人及财产安全，在充电时，可以使用电脑USB接口或选用输出不超过5V⎓1A的电源适配器。请通过正规渠道购买电源适配器,杜绝使用低质、伪劣的电源适配器，避免引起爆裂或起火。

功能介绍

🏃	运动	支持100+种类运动模式。
◎	健康圆环	每日活动记录, 只记录当天数据, 每天00: 00清零重置。
📊	运动记录	记录一天的运动数据，包括步数、距离、卡路里、活动时间、活动次数。
💗	心率	智能监测心率。
🌙	睡眠	智能监测你的睡眠质量。
📋	训练计划	跨App与手表端协同智能训练系统,通过AI教练生成专属训练计划、提供科学化课程编排与数据报告。
⛅	天气	实时显示天气、气温、空气质量、紫外线强度,预报未来天气和降雨概率。
AI	AI智能助手	支持文字与语音两种对话方式,包含AI问答(随机对话、信息查询、会议纪要、语音翻译),AI日程提醒(创建日程,自动提醒、周期设置与日程展示)。
AI	AI表盘	手表端输入表盘内容,可自动生成AI表盘,还可以一键设为当前表盘。
🏃	训练状态	跟踪运动表现,展示训练负荷与恢复信息。
📞	电话	手机与手表连接,可以在手表上接听和拨打电话。
💧	血氧	智能监测血液中的含氧量。
⏱	压力	监测和分析用户的压力水平,提供实时压力数据和详细报告,帮助用户管理和缓解压力。
♫	音乐控制	无缝切换播放设备(手表或手机),轻松控制音乐播放,支持暂停、上一曲和下一曲操作。
⏰	闹钟	设置和管理多种闹钟,支持智能提醒和自定义铃声,帮助用户按时起床或提醒重要事件。
🌐	世界时钟	显示和管理全球多个时区的时间,方便用户随时了解不同地区的当前时间。
🔦	手电筒	可开启或关闭,调节闪烁频率(不闪、慢闪、快闪),并选择颜色(白、红、蓝、黄)。

	天文	展示当天及未来日期的日出日落、月相及月面照亮情况、以及月升月落时间。
	潮汐	提供潮汐站点信息、海水高度、涨退潮状态及下一个满潮或干潮的时间和高度 。
	呼吸训练	可设定不同频率、不同时间进行呼吸调整训练。
	找手机	连接手机后可通过手表查找手机。
	生理周期	记录女性生理期状况,并提前预警。
	设置	设置:显示和亮度、卡片管理、声音和震动、手势控制、消息通知、密码、使用偏好、锻炼设置、系统(关机,重启,语言,连接新手机,恢复出厂)、关于手表。
	语音助手	唤醒手机语音助手功能。例:通过手表唤醒ios系统手机的Siri功能。
	海拔气压	计量手表海拔气压和海拔高度功能。
	相机控制	遥控拍照,增加延时拍照功能。
	计时器	手表快捷计时器。
	秒表	手表秒表功能。
	计算器	手表mini计算器。
	一键排水	一键排水,按箭头指向,甩动手表加快水滴从喇叭口排出.
	日历	手表公历日历功能。
	门禁卡	仅具有门禁卡写入功能的设备才能成功录入门禁卡,最多录入3张门禁卡 。

性能故障及售后条例

名称	性能故障表
Mibro Watch Fit	1、不开机; 2、使用过程中手表通话无声; 3、通话过程中对方听不到声音; 4、显示屏不亮或触摸屏无功能; 5、无法充电。

非保修条例

1.因用户使用造成的磨损脏污，如划痕、颜色改变的;以及接触化学试剂、尖锐物体碰伤、掉落挤压变形等人为损坏的情况;

2.未经授权维修、碰撞、误用、疏忽、滥用、进水、事故，以及使用非本产品标准配件造成故障的情况;

3.撕毁、涂改标贴、伪造防伪标识等情况;

4.因不可抗力造成的损坏;

5.不符合《性能故障表》所列性能故障的情况。

注意事项

1. 本产品的测量结果仅供参考，不作为任何医疗用途及依据。请遵从医生指导，切不可依此测量结果自我诊断及治疗。
2. 本产品防水等级为5ATM，不可用于潜水及长时间泡在水中。同时也不防热水，因为水蒸气对手表造成影响。
3. 本公司保留不作任何通知的情况下，对本说明书内容进行修改的权利，恕不另行通知。部分功能在对应的软件版本中有区别，为正常情况。
4. 请勿更换不同类型的电池，以免导致电池安全保护功能失效；
   请勿将电池投入火源、高温烤箱或对电池进行机械挤压切割，以免导致爆炸；
   请勿将电池置于极端环境中，避免引发爆炸或可燃液体/气体泄漏。

基本参数

产品名称：Mibro Watch Fit
产品型号：XPAW027
尺寸：43.9×36.5×11.3mm(不含心率凸台)
工作频率：2400-2483.5MHz
信号传输：≤20 dbm
电池容量：300mAh
标称电压：3.8V
充电截止电压：4.35V
额定输入：5V⎓1A（" ⎓ "直流符号）
最小充电功率：0.1W   最大充电功率：0.75W
执行标准：GB4943.1-2022 GB/T 9254.1-2021
设备要求：Android 5.0或iOS 13.0及以上版本
售后服务邮箱：service@mibrofit.com
制造商：甄十信息科技(上海)有限公司
地   址：上海市闵行区紫星路588号2幢4015室
出口商：甄十信息科技(深圳)有限公司
地   址：深圳市龙华区民治街道民乐社区星河WORLD二期E栋1401、1402、1403、1408.

用戶手冊

使用產品前請仔細閱讀本說明書,並妥善保管。

產品介紹

包裝清單:Mibro Watch Fit 智慧手錶(含錶帶)×1, 使用說明書×1, 磁吸充電線×1, 附贈錶帶×1。
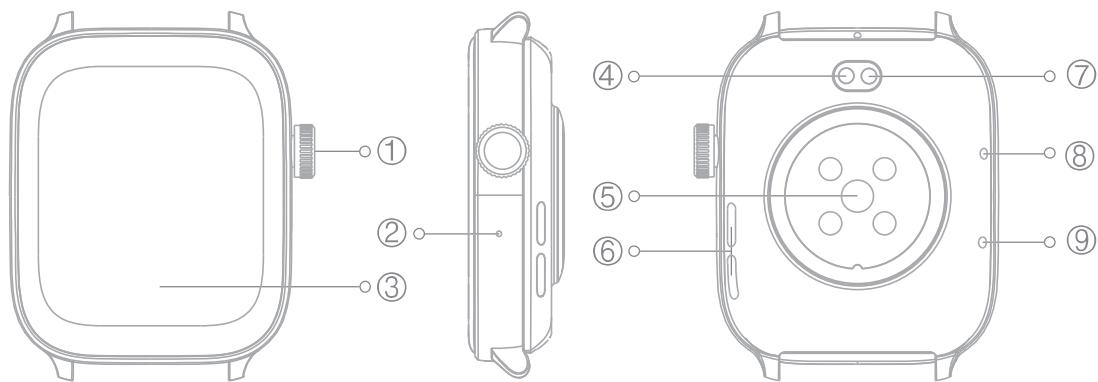
① 開機:長按5秒	② 平衡孔	⑥ 喇叭孔
關機:長按3.5秒到關機頁面	③ 全觸顯示幕	⑦ 充電介面(正極)
點按:返回HOME/選單清單	④ 充電介面(負極)	⑧ 麥克風
旋轉:選單滾動操作	⑤ 心率感測器	⑨ 氣壓孔

綁定手錶

①請掃描二維碼下載"Mibro Fit"App。(右圖所示)

②請使用"Mibro Fit"App手動掃碼配對。
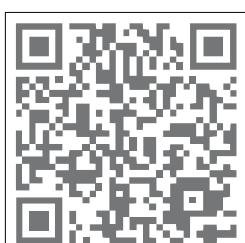
解綁手錶

①安卓系統:在App內選擇"刪除當前設備",即可解綁設備。

②iOS系統:在App內選擇"刪除當前設備",並根據提示跳轉到手機系統藍牙介面,選擇忽略當前設備才可解綁設備。

充電說明

1.請勿在潮濕有水的環境下充電；

2.請確保手錶本體和磁吸充電器上的金屬觸點沒有髒汙或腐蝕；

3.請定期用乾淨的絨布清潔手錶背面和磁吸充電線器的金屬觸點。

4.本產品不配備電源適配器,為了保證家人及財產安全,在充電時,可以使用電腦USB介面或選用輸出不超過5V⎓1A的電源適配器。請通過正規管道購買電源適配器,杜絕使用低質、偽劣的電源適配器,避免引起爆裂或起火。

功能介紹

🏃	運動	支持100+種類運動模式。
◎	健康圓環	每日活動記錄,只記錄當天數據,每天00:00清零重置。
📈	運動記錄	記錄一天的運動數據,包括步數、距離、卡路里、活動時間、活動次數。
♡	心率	智慧監測心率。
☾	睡眠	智慧監測你的睡眠品質。
📋	訓練計劃	跨App與手錶端協同智慧訓練系統,通過AI教練生成專屬訓練計劃、提供科學化課程編排與數據報告。
⛅	天氣	實时顯示天氣、氣溫、空氣品質、紫外線強度,預報未來天氣和降雨概率。
Ⓐ	AI智慧助手	支援文字和語音對話模式,包括 AI 問答 (隨機對話、資訊查詢、會議分鐘、語音翻譯)、AI 排程提醒 (排程建立、自動提醒、週期設定、排程顯示)。
🔳	AI錶盤	手錶端輸入錶盤內容,只需按一下即可立即預覽結果,並將其設定為目前的錶面。
🏃	訓練狀態	跟蹤運動表現,展示訓練負荷與恢復資訊。
📞	電話	手機與手錶連接,可以在手錶上接聽和撥打電話。
💧	血氧	智慧監測血液中的含氧量。
◎	壓力	監測和分析用戶的壓力水准,提供實时壓力數據和詳細報告,幫助用戶管理和緩解壓力。
♫	音樂控制	無縫切換播放設備 (手錶或手機),輕鬆控制音樂播放,支持暫停、上一曲和下一曲操作。
◷	鬧鐘	設定和管理多種鬧鐘,支持智慧提醒和自定義鈴聲,幫助用戶按時起床或提醒重要事件。
🌐	世界時鐘	顯示和管理全球多個時區的時間,方便用戶隨時瞭解不同地區的當前時間。
🔦	手電筒	可開啟或關閉,調節閃爍頻率 (不閃、慢閃、快閃),並選擇顏色 (白、紅、藍、黃)。

	天文	展示當天及未來日期的日出日落、月相及月面照亮情況、以及月昇月落時間。
	潮汐	提供潮汐網站資訊、海水高度、漲退潮狀態及下一個滿潮或幹潮的時間和高度。
	呼吸訓練	可設定不同頻率、不同時間進行呼吸調整訓練。
	找手機	連接手機後可通過手錶查找手機。
	生理週期	記錄女性生理期狀況，並提前預警。
	設定	設定：顯示和亮度、卡片管理、聲音和震動、手勢控制、消息通知、密碼、使用偏好、鍛煉設定、系統（關機，重啟，語言，連接新手機，恢復出廠）、關於手錶。
	語音助手	喚醒手機語音助手功能。例：通過手錶喚醒ios系統手機的Siri功能。
	海拔氣壓	計量手錶海拔氣壓和海拔高度功能。
	相機控制	遙控拍照，新增延時拍照功能。
	計時器	手錶快捷計時器。
	碼錶	手錶碼錶功能。
	計算器	手錶mini小算盘。
	一鍵排水	一鍵排水，按箭頭指向，甩動手錶加快水滴從喇叭口排出。
	日曆	手表公历日历功能。
	門禁卡	僅具有門禁卡寫入功能的設備才能成功錄入門禁卡，最多錄入3張門禁卡。

效能故障及售後條例

名稱	效能故障錶
Mibro Watch Fit	1、不開機；2、使用過程中手錶通話無聲；3、通話過程中對方聽不到聲音；4、顯示幕不亮或觸控式螢幕無功能；5、無法充電。

非保修條例

1.因用戶使用造成的磨損髒汙，如劃痕、顏色改變的；以及接觸化學試劑、尖銳物體碰傷、掉落擠壓變形等人為損壞的情況；

2.未經授權維修、碰撞、誤用、疏忽、濫用、進水、事故，以及使用非本產品標準配件造成故障的情況；

3.撕毀、塗改標貼、偽造防偽標識等情況；

4.因不可抗力造成的損壞；

5.不符合《性能故障錶》所列效能故障的情況。

注意事項

1.本產品的量測結果僅供參考,不作為任何醫療用途及依據。請遵從醫生指導,切不可依此量測結果自我診斷及治療。

2.本產品防水等級為5ATM,不可用於潛水及長時間泡在水中。同時也不防熱水,因為水蒸氣對手錶造成影響。

3.本公司保留不作任何通知的情況下,對本說明書內容進行修改的權利,恕不另行通知。部分功能在對應的軟體版本中有區別,為正常情況。

4.請勿更換不同類型的電池,以免導致電池安全保護功能失效;
　請勿將電池投入火源、高溫烤箱或對電池進行機械擠壓切割,以免導致爆炸;
　請勿將電池置於極端環境中,避免引發爆炸或可燃液體 / 氣體洩漏。

基本參數

產品名稱:Mibro Watch Fit
產品型號:XPAW027
尺寸:43.9×36.5×11.3mm(不含心率凸台)
工作頻率:2400-2483.5MHz
訊號傳輸:≤20 dbm
電池容量:300mAh
標稱電壓:3.8V
充電截止電壓:4.35V
額定輸入:5V ⎓ 1A(" ⎓ "直流符號)
最小充電功率:0.1W
最大充電功率:0.75W
執行標準:GB4943.1-2022 GB/T 9254.1-2021
設備要求:Android 5.0或iOS 13.0及以上版本
售後服務郵箱: service@mibrofit.com
製造商:甄十信息科技(上海)有限公司
地址:上海市閔行區紫星路588號2幢4015室
出口商:甄十信息科技(深圳)有限公司
地址:深圳市龍華區民治街道民樂社區星河WORLD二期E棟1401、1402、1403、1408

User Manual

Please read this manual carefully before using the product and keep it properly.

Product description

Packing list: Mibro Watch Fit (Including strap) × 1,User manual × 1, Magnetic charger × 1, Extra Strap ×1.
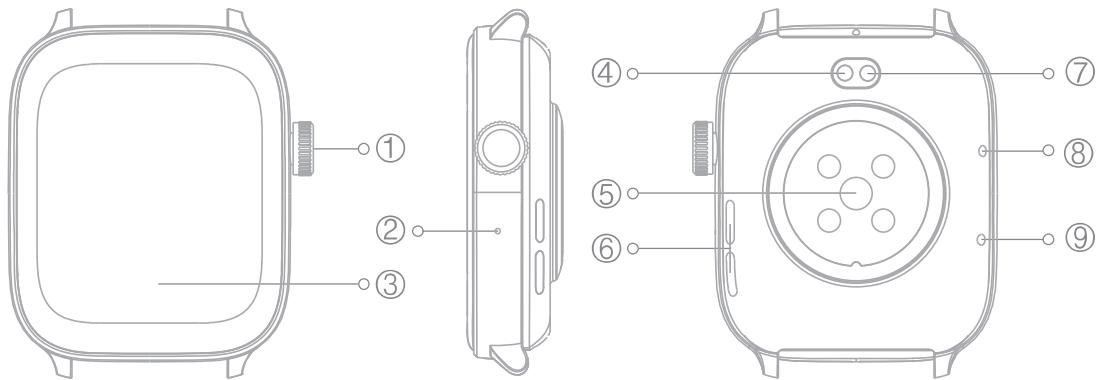
① Power on: press and hold for 5 seconds
　Power off: press and hold for 3.5 seconds
　　　　to the power off page
　Tap: Return to HOME/Menu list
　Rotate: Menu scrolling operation

② Barometer bore
③ Full touch display
④ Charging port(Negative)
⑤ Heart rate sensor

⑥ Speaker
⑦ Charging port (Positive)
⑧ Microphone
⑨ Balance holes

Connect the watch

①Please scan the QR code to download the "Mibro Fit"App.
②Please use "Mibro Fit" to scan the QR code for pairing.
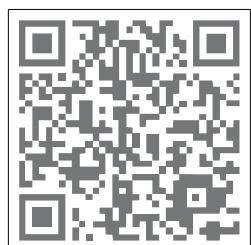
Untie a watch

① Android system: select "Delete current device" in the App to unbind the device.
②iOS system: select "Delete current device" in the App, and jump to the Bluetooth interface of mobile phone system according to the prompt,Select Ignore Current Device to unbind the device.

Charging instructions

1. Do not charge in a humid environment;
2. Make sure that the metal contact on the watch body and magnetic charger are not dirty or corroded;
3. Please clean the metal contact on the back of the watch and the magnetic charger with a clean flannel regularly. Make sure that the contacts of the watch and the magnetic charger are in full contact to ensure normal charging;
4. This product is not equipped with a power adapter. In order to ensure the safety of your family and property, you can use a computer USB port or choose a power adapter with an output not exceeding 5V ⎓1A when charging. Please purchase power adapters through formal channels, and never use low-quality and fake power adapters to avoid bursting or fire.

Features

	Sports	Support 100+ sports modes.
	Healthy Circle	Daily activity record, only record the data of the day, and the data will be clear at 00: 00 every day.
	Data	Record the daily exercise data, including steps, distance, calories, activity duration,activity times.
	Heart rate	Intelligently monitor heart rate.
	Sleep	Intelligently monitor your sleep quality.
	Training Plan	Cross-app and smartwatch-enabled intelligent training system. AI coaches generate personalized training plans, deliver scientifically structured courses, and provide data reports.
	Weather	After connecting it to the mobile phone, you can synchronize the weather.
	AI intelligent assistant	Supports both text and voice dialogue modes, including AI question-and-answer (random dialogue, information queries, meeting minutes, voice translation), AI schedule reminders (schedule creation, automatic reminders, cycle settings, and schedule display).
	AI watch face	Enter the watch face content on the watch end,Results can be previewed instantly and set as the current watch face with a single click.
	Training Status	Track your athletic performance and view training load and recovery information.
	Phone	You can answer and make calls on the watch after connecting the phone to the watch.
	Blood oxygen	Intelligently monitor blood oxygen.
	Pressure	Monitor the change of your stress value in a day and form an analysis icon.
	Music	You can control music playing on mobile phone after connecting the watch to the mobile phone.
	Alarm	Watch alarm clock setting function.
	World Clock	There are times in 5 countries at the same time, showing the difference between the current time and the time in other countries.
	Electric hand torch	It can be turned on or off, adjust the blinking frequency (no blinking, slow blinking, fast blinking), and select the color (white, red, blue, yellow).

🔭	Astronomers	Shows sunrise and sunset, moon phases and moon illumination, and moonrise and moonset times for the currentday and future dates.
☽	Tides	Provide tidal station information, sea water height, high and low tide status, and the time and height of the next full or dry tide.
◎	Breath training	Different frequency and time can be set for respiratory adjustment training.
🔍	Search your phone	After connecting the phone, you can find the phone through the watch.
👩	Women's health	Record women's physiological period conditions and give early warning.
⚙	Setting	Display & Brightness, Vibration Mode, Message Notifications, Password Settings, Preferences, Workout Settings, System, Shutdown and Restart, Language Settings, Connect a New Phone, Factory Reset, DND Mode, Phone Connect Portable, Personal Data, Notifications, Energy Saving Mode, Data Recovery, Time and Other Settings.
((•))	Voice assistant	Wake up your phone's voice assistant function. Example: Wake up the iOS system from your watch The Siri function of the phone.
△	Altitude pressure	Measure altitude pressure and altitude.
📷	Camera control	Remote control photo taking, add time-lapse photo function.
⏱	Timer	Watch quick timer.
↻	Stopwatch	Start the stopwatch function.
🖩	Calculator	Watch mini calculator.
💧	One-touch draining	One-touch draining, press the arrow and shake the watch to speed up the drainage of water droplets from the horn.
📅	Calendar	Watch Gregorian calendar function.
🪪	Key card	Only the watch with NFC writing function is supported, and a maximum of 3 access cards can be enabled for a watch.

Trouble shooting and after sales regulations

Name	Bluetooth watch
Mibro Watch Fit	1. The watch cannot be powered on. 2. The watch calls are silent during use. 3. During the call, the other party cannot hear the sound. 4. The display does not light up or the touch screen cannot be operated. 5. Unable to charge.

Non warranty regulations

1. Wear and dirt caused by users' use, such as scratches and color changes; As well as damage caused by contact with chemicalreagents, sharp objects, falling, extrusion and deformation.
2. Unauthorized maintenance, collision, misuse, negligence, abuse, water ingress, accidents, and failures caused by the use ofnon-standard accessories of the product.
3. Tearing, altering labels, forging anti-counterfeiting marks, etc.
4. Damage caused by force majeure.
5. Non compliance with performance faults listed in the performancefault table.

Attention instructions

1. The measurement results of this product are for reference only, not for any medical purpose or basis. Please follow the doctor'sinstructions and never make self-diagnosis and treatment based on the measurement results.

2. The waterproof grade of this product is 5ATM, but it is not against sea water.Do not dive to a depth or soak in water for a long time. At the same time, it doesn't prevent hot water, because steam will affect the watch.

3. The company reserves the right to modify the contents of this manual with out any notice. Some functions are different in the corresponding software version, which is normal.

4. Do not replace batteries with different types, as this may cause the battery's safety protection features to fail.

   Do not expose batteries to fire, high-temperature ovens, or subject them to mechanical crushing or cutting, as this may cause explosion.

   Do not place batteries in extreme environments to prevent explosion or leakage of flammable liquids/gases.

Disposal of electrical and electronic equipment

The symbol of the crossed-out wheeled garbage can Symbol on your product. The symbol of the crossed-out wheeled garbage can on your product, battery, or packaging is a reminder that all electronic products and batteries must be disposed of separately at the end of their life and should not be disposed of with other household waste. It is the user's responsibility to dispose of the device at an official collection point or service for the separate recycling of electrical and electronic equipment and batteries in accordance with the applicable local legislation (WEEE - Waste of Electrical & Electronic Equipment).

Options for Returning Old Devices

Owners of old devices may hand in these devices within the framework of the possibilities for the return or collection of old devices set up and available by public waste management authorities, to ensure proper disposal of the old devices. The following link provides an online list of collection and return points: https://www.ear-svstem.de/ear-verzeichnis/sam-mel-und-ruecknahmestellen.

Data Protection

We would like to remind all end users of waste electrical and electronic device that you are responsible for deleting personal data on the waste devices to be disposed of.

$C\epsilon$ Declaration of Conformity

Zhenshi Information Technology (Shenzhen) Co., Ltd., hereby declare that this device is in compliance with the essential requirements and other applicable provisions of European Directives 2015/53 /EU and 2011/65/ EU. For the full EU Declaration of Conformity, please refer to our website.https://www.mibrofit.com/pages/support

Specifications

Name: Mibro Watch Fit

Model: XPAW027

Size: 43.9×36.5×11.3mm(excluding heart rate thickness)

Operational Frequency: 2400-2483.5MHz

signal transmission: ≤20dBm

Battery capacity: 300mAh

Nominal voltage: 3.8V

Charging cut-off voltage: 4.35V

Input: 5V ⎓1A (" ⎓ "DC symbol)

FCC ID: 2BAYW-XPAW027

Minimum charging power: 0.1W

Maximum charging power: 0.75W

Compatible with: Android 5.0 or iOS 13.0 and above

After-sales service Email: service@mibrofit.com

Manufacturer: ZhenShi Information Technology (Shanghai) Co., Ltd

Address: Room 4015, Building 2, No.588 Zixing Road, Minhang District,Shanghai, China

Exporter: ZhenShi Information Technology (Shenzhen) Co., Ltd

Address: RM1401-1403,1408, Tower E, Galaxy World, Minzhi
        Street, Longhua District,   Shenzhen, China

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.

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.

RF Exposure Information
The device has been evaluated to meet general RF exposure requirement.
The device can be used in 0mm exposure condition, compliance with exposure requirements.

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