

AM05



User Manual

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Introduction

Thank you for choosing our product AM05. AM05 is a smart sport watch. It can help you to achieve your sport goals. Content in box:

- AM05 smart watch x 1
- User manual x 1
- Charging dock x 1

Setting Up Your AM05

The first step is to download and install the APP SMART-TIME PRO indicated on the user manual and shown on the watch. Enter the APP and create an account for info sync. The app allows you to check data analysis every day and to personalize some functionalities, such as setting sedentary, calls notification, exercise goals and so on.

Connect AM05 to your smartphone

SMART-TIME PRO APP supports the operating system of IOS 12.0 and Android 5.1 or above, and BT 5.3&3.0. It is available for more than 150 mobile devices.



1. Turn on Bluetooth on the mobile;
2. Download APP: **SMART-TIME PRO**;





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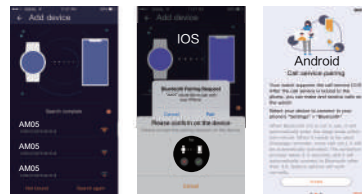
3. How to pair the watch for iOS users:

First step: **Open APP>device>add new device> choose AM05**

4. Select the AM05 with the strongest signal in the search list, and click the pairing button on the watch interface to confirm the pairing according to the prompt of the mobile phone.  The Bluetooth icon on the watch will be blue in color , indicating that you are connected to Bluetooth 5.3.

* Bluetooth 3.0 connection:

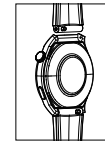
iPhone users support Bluetooth 5.3+3.0 dual Bluetooth One-key link  (match according to the system prompt bar Operation) Android users will need to tap "To Bind" in the "Call Service Pairing" screen with first Bluetooth pairing. Then complete the pairing of Bluetooth 5.3+3.0 according to the operation prompts on the mobile phone interface. In the future, the connected mobile phone will be in the watch 3.0 Bluetooth memory, so as to realize the dual-Bluetooth one-key link  (if the Bluetooth 3.0 is not automatically connected, please search manually Bluetooth watch model "AM05" on the phone)



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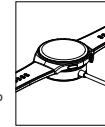
Quick Fit Strap

AM05 contains two parts(watch body and wristband), you can purchase separately strap and switch as your preference.



Charging Instructions

Turn the watch over, align the bottom of the watch with the charging dock, and the charging level indicator will appear on the watch screen within 5 seconds. It takes about 3 hours for the watch to be fully charged, and the battery icon on the screen will show a full state when it is fully charged. Before charging, please dry the watch first to avoid other risks caused by residual sweat.



*To get the maximum charging current and magnetic attraction, please refer to photo 2 for the right charging angle (the charging dock is aligned with the center line of the button on the watch)

Functions

Change watch face:

Long press on the watch dial page, slide left and right to browse the dial, and click to complete the replacement. The watch has 15 built-in dials. The mobile app also has a large number of dials to choose from.



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Sports:

AM05 watch supports up to 100+ sports modes, fitness, leisure, competition Classes, ball games, dance classes. including: running, walking, treadmill, mountaineering, cycling, Spinning bike, yoga, basketball, football, badminton and other sports. AM05 watch supports sports customization, which can be customized in more than 100 sports modes favorite sport.



Sports customization: APP "sports" - "custom" - "add" to jump to sports category page, click the sport name to add.



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Heart rate:

Wearing AM05 correctly, not too tight or loose, make sure no green light leak, open the "Heart Rate" in the watch, automatically measure the heart Rate.

Stress:

After wearing the watch correctly, open the "stress" in the watch; check how much psychological pressure you are feeling. The value will be displayed after wearing the watch for ten minutes.

Blood pressure:

Wear the watch in a right way, and open the menu-blood pressure, measure it manual.

Activity:

After wearing the watch correctly, open the "step counting" in the watch; display the number of steps, calories, distance and other parameters of the day's exercise.

SpO2:

After wearing the watch correctly, open the "SpO2" in the watch; manual blood oxygen measurement is required.

Sleep:

After wearing the watch correctly, open the "Sleep" in the watch; record the sleep status throughout the night.



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Call mode:

The AM05 smart watch supports Bluetooth calls, and users can make, answer, and reject calls directly on the watch.



Notices :

You can view the text messages in the mobile phone and the real-time information pushed to the watch.



Music :

Control the music player of mobile phone to play the music, as well as song switching and volume adjustment.



Camera :

Control the camera on the mobile phone to take pictures remotely. When using it, please click "Device-Take Picture" on the APP to turn on the camera.



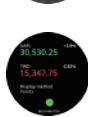
Find phone:

When the watch is connected to the APP, the phone will make a sound after tapping it.



Stock market

APP "device" - "stock market" - "add" jump search On the page, click the search icon at the top right to enter the stock name to search add to.



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World clock:

APP "Device" - "World Time" - "Add", you can Scroll down to select or click the search icon at the top right to enter a region name Search to add.



Weather:
Weather forecast.



Alarm clock:
Set the alarms in APP and sync to watch, maximum 5 alarms.



Settings:

Adjust brightness, Password, Do not disturb settings, Language switch, Menu style, System menu, Standby dial, Raise your hand to light the screen, On screen time, About



Shortcut menu:

Do not disturb mode set up
QR Code
Audio source switching
Brightness adjustment
Screen is always on
Alarm clock

Specification

Wristband length	266mm
Wristband width	22mm
Weight	57g
Battery	330 mAh Poly-Li
Waterproof	IP68

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Troubleshooting

Heart-rate signal missing

The AM05 smart watch keeps paying attention to your heart rate data during your exercise and your daily life. Sometimes the watch may not get a suitable heart rate signal. At this time, the missing heart rate data will appear at the dotted line.

If you can't get the heart rate signal, first you should confirm that you wear the watch correctly, adjust it to avoid being too high or too low, neither too tight nor too loose on your wrist. After adjustment, turn on real-time heart rate monitoring to get the data.

If there is still no heart rate data, check if the heart rate monitoring function is turned on at SMART-TIME PRO APP.

Other problems

If your mobile cannot pair the watch, click Settings Bluetooth in your mobile and check if there is signal of AM05. If yes, it means there is no problem with the Bluetooth signal. Please check if the watch is paired with other phones, please unbind it. IOS device users should click Setting - Bluetooth - ignore this device and then pair it.

Exemption Clause

1. The Heart Rate, Pressure, Blood Oxygen and Blood Pressure data output by AM05 are not intended to be a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous. Only qualified physicians are allowed to diagnose and treat high

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blood pressure or any other heart diseases. Please contact your physician for more professional diagnostic opinions.

3. AM05 smartwatch data such as heart rate, blood pressure, etc. may not be completely accurate due to factors such as interference with environmental signals, wearing posture, changes in the climate environment, and physical condition.
4. DO NOT carry out drugs and treatment on the basis of the monitoring data provided by AM05, and should follow medical advice when medication and treatment are required, and we are not liable for the inaccuracy of monitoring data and the consequences of misuse of monitoring data and information.

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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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.

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Warranty Clause

Our company always pursues the service concept of "creating value for customers".

We offer 1 year warranty period for AM05 smart watch. If there is any damage or malfunction during normal use, the warranty service will be provided to the customer for free after confirmation by our technician. The following conditions are not covered by the warranty:

- A. Accident or human damage
- B. Testing, repairing or disassembling without authorization
- C. Contamination due to human reasons
- D. Damage caused by connection with equipment which is not compatible
- E. Natural aging
- F. Damage caused by Force majeure



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