

AM10B



User Manual Version1.1

Introduction

Thank you for choosing our product AM10B. AM10B is a smart sport watch. It can help you to achieve your sport goals. Content in box:

- AM10B smart watch x 1
- User manual x 1
- Charging dock x 1

Setting Up Your AM10B

The first step is to download and install the APP SMARTTIME PRO indicated on the user manual and shown up 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 AM10B to your smartphone

SMART-TIME PRO APP supports the operating system of IOS 12 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**;



3. How to pair the watch for iOS users:

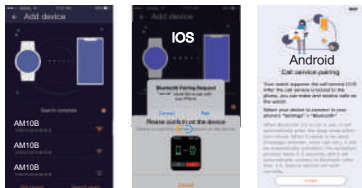
First step: **Open APP>device>add new device> choose AM10B**

4. In the search list, select the AM10B with the strongest signal and confi rm the pairing by clicking the pairing button on the watch screen as prompted by your 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 prompts box operation)

Android users need to first time in the Bluetooth pairing interface in the "call service pairing options" click "to bind" and then follow the interface operation prompts to complete the Bluetooth 5.3 + 3.0 pairing , subsequent links to the phone will be on the watch 3.0 Bluetooth memory, so as to achieve dual Bluetooth one-key link (if not automatically connected to Bluetooth 3.0, please manually search for Bluetooth watch model "AM10B" on the phone)



Quick Fit Strap

AM10B contains two parts(watch body and wristband), you can purchase separately strap and switch as your preference.

Charging Instructions

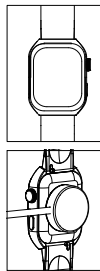
Turn the watch over, align the bottom of the watch with the charging dock, and the charging level indicator will appear on the watch screen within 5 seconds. It takes about 3 hours for the watch to be fully charged, and the battery icon on the screen will show a full state when it is fully charged. Before 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 the screen, swipe to choose, click to confirm. Download more from APP. Open APP--Device--Watch Face, you can choose Online Dial or Custom Dial with your phone picture.



Sports:

AM10B 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. AM10B 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.



Heart rate:

Wearing AM10B correctly, not too tight or loose, make sure no green light leak, open the "Heart Rate" application in the watch application, automatically measure the heart rate after entering the application.

Stress:

After wearing the watch correctly, open the "stress" in the watch; check how much psychological pressure you are feeling.

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:

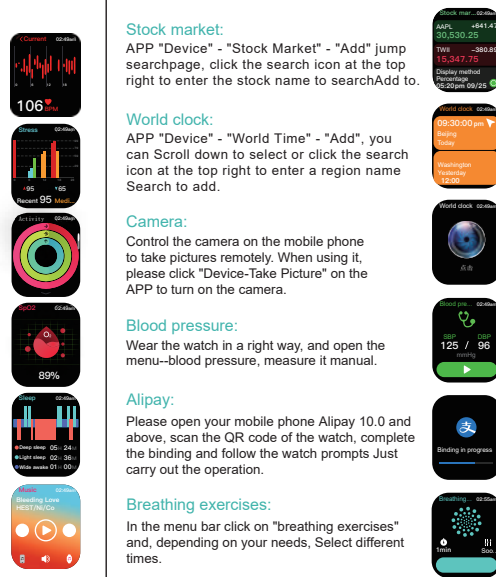
After wearing the watch correctly, open the "SpO2" in the watch; manual blood oxygen measurement is required.

Sleep:

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

Music:

Open the "Music" app in the watch app; you can control the music playback of your phone, and support operations such as previous track, play/pause, next track, and volume adjustment.



Stock market:

APP "Device" - "Stock Market" - "Add" jump searchpage, click the search icon at the top right to enter the stock name to searchAdd to.

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.

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.

Blood pressure:

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

Alipay:

Please open your mobile phone Alipay 10.0 and above, scan the QR code of the watch, complete the binding and follow the watch prompts Just carry out the operation.

Breathing exercises:

In the menu bar click on "breathing exercises" and, depending on your needs, Select different times.

Dial:

The AM10B smart watch supports Bluetooth calls, and users can make, answer, and reject calls directly on the watch.

Notice:

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

Find phone:

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

Anti-lost reminder:

When the watch is disconnected from the Bluetooth of the mobile phone, the watch will make a sound and vibrate to prevent loss.

AI Voice:

Wake up your phone's voice assistant.

Games:

Relaxed, easy-to-use small game, bring more fun to your healthy life

calculator:

Turn on the watch calculator function, make calculations more convenient and simpler

Calendar:

View dates faster and plan ahead

Stopwatch:

Electronic timer can record one time or record multiple times.

Weather:

Weather forecast.

Settings:

dial switch, Currency, brightness, language, Theme ,shutdown, restore factory, reboot, About.

Shortcut menu:

1. The screen is often on 2. Raising the screen on the screen 3. Flashlight 4. Exemption 5. Brightness adjustment 6. Setting 7.BT3.0 switch 8. Calculator 9. Find a mobile phone 10. Electricity 11. Second watch 12. Password 13. Flight mode 14. Calendar

Specification

Wstband length	266mm
Wstband width	22mm
Wight	55.1 g
Battery	260 mAh Poly-Li
Waterproof	IP67

Troubleshooting

Heart-rate signal missing

The AM10B smart watch keeps paying attention to your heart rate data during your exercise and your daily life. Sometime 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 AM10B. 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 AM10B 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