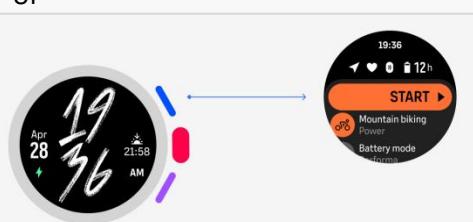
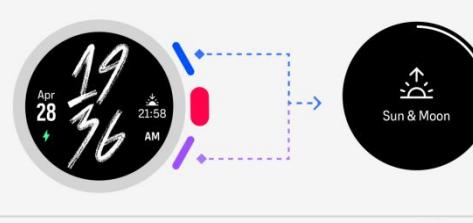
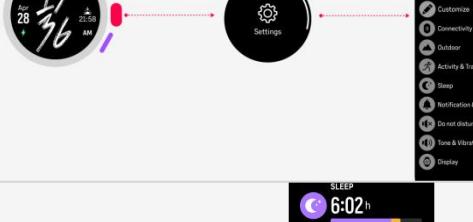


產品功能通用介紹

1 主要交互框架類 Main user experience interaction framework class

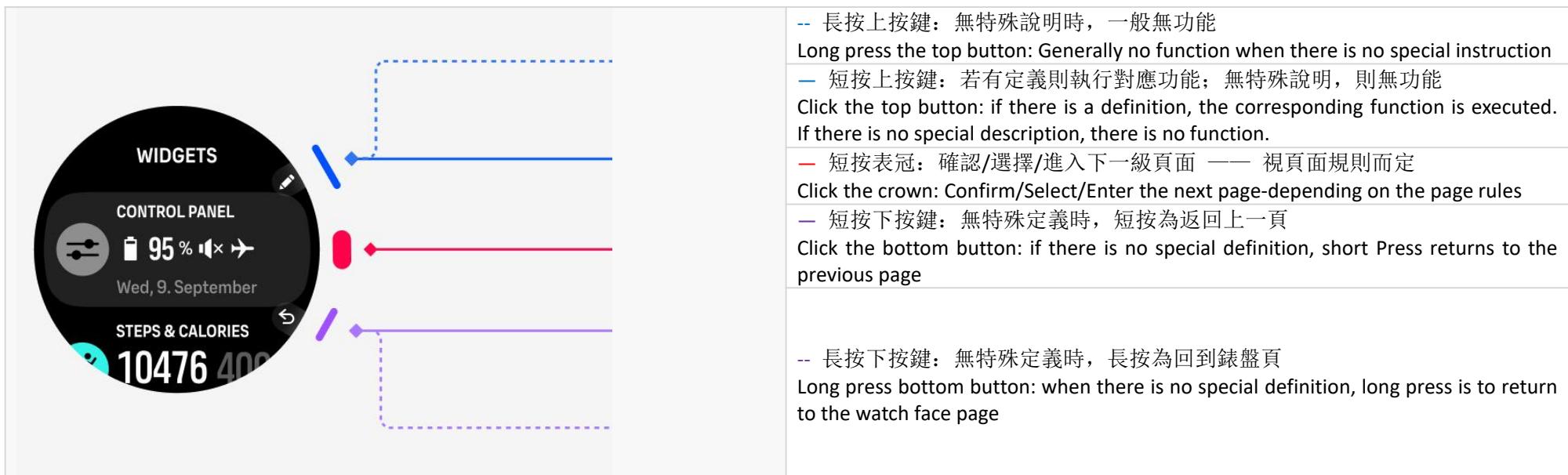
1.1 按鍵 Button

A 錶盤頁面 Watch face page

UI	介紹 Introduction
	點擊上按鍵: 打開運動準備頁面, 並定位到上一次運動的設置 Click the top button: Open the exercise preparation page and locate the settings of the last exercise.
	點擊下按鍵, 觸發 Back。所以, 在錶盤頁面, 該按鍵沒有實際效果。 Click the bottom button to trigger Back. Therefore, on the watch face page, this button has no actual effect.
	長按上按鍵或者下按鍵: 打開用戶設置好的快捷應用 Long press top button or bottom button: Open the quick application set by the user
	點擊表冠: 打開運動列表頁面。 Click the Crown: Open the exercise list page.
	長按表冠: 打開設置頁面。Long press the Crown: Open the Settings page.
	滾動表冠: 打開 mini wigets 列表並支持迴圈滾動。 Scroll crown: Opens the list of mini wigets and supports loop scrolling.

B 非錶盤頁面 Not in watch face page

UI	介紹 Introduction
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C 特殊說明 Special description

- 關機狀態下, 長按表冠 5 秒可以開機。
• In the power off state, press the crown for 5 seconds to start the machine.
- 開機狀態下, 長按上按鍵 10 秒執行強制重啟的命令。
• In the power on state, press the top button for 10 seconds to execute the forced restart command.

1.2 錶盤 Watch face

UI	介紹 Introduction
	<p>錶盤是手錶最常用的功能。錶盤除了幫助用戶提供當前的時刻資訊外, 還可以為用戶提供更多的關鍵數據的資訊, 如電量、日落、步數等。</p> <p>不同的錶盤有不同的數據模組可以定制, 也有不同的主題色可以定制。用戶可以在“設置”中對錶盤進行個性化的定制。另外, 錶盤支持始終顯示, 可以全天候進行顯示。</p> <p>The watch face is the most commonly used function of a watch. In addition to helping users provide the current moment information, the watch face can also provide users with more key data information, such as battery, sunset, steps, and so on.</p> <p>Different watch faces have different data modules that can be customized, and there are different theme colors that can be customized. Users can customize the watch face in the "Settings".</p> <p>In addition, the watch face supports always on display.</p>

用戶可以在“設置”中選擇自己喜歡的錶盤, 並選擇自己喜歡的主題色, 還可以定義錶盤中的數據模組具體展示什麼內容。

Users can choose the watch face they like and the theme color they like in the "Settings", and can also define what the data module in the watch face displays.

選擇喜歡的錶盤 Select the watch face you like	選擇主題色 Select a theme color	定義數據模組 Define data modules

數據模組示例 Data modules demo

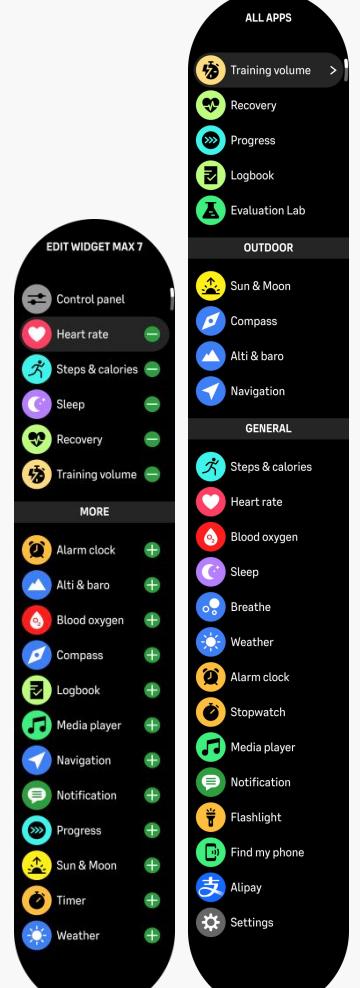


特別的, 當用戶將運動、導航或者音樂置於後臺運行或進行充電時, 在錶盤上會有圖示提示。

In particular, when the user puts sports, navigation or music in the background to run or charge, there will be an icon prompt on the watch face.

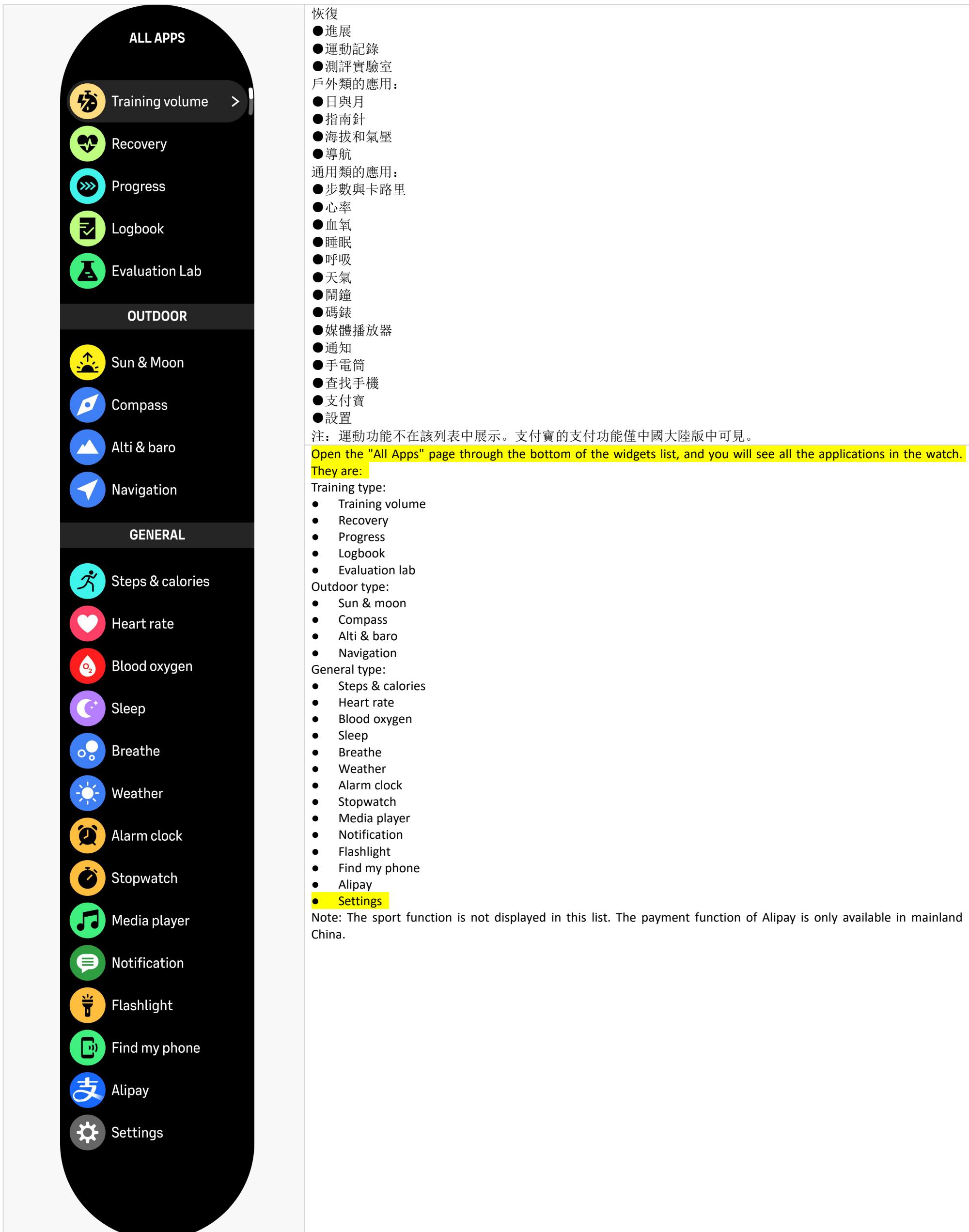
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1.3 小組件列表 Widgets list

 	<p>介紹 Introduction</p> <p>Widget list 的進入方式:</p> <ol style="list-style-type: none"> 1、在錶盤頁，通過表冠的上下旋轉進入 widget list 2、在錶盤頁，上下滑動螢幕進入 Widget list 作為一個循環的列表。 <p>Widgets list 可以展示很多應用程式的精簡的入口，以便於用戶可以通過輕輕一瞥來快速獲取到對應功能的關鍵數據指標。這樣，用戶就不用進入應用中去查看對應的數據指標了，大大提升了流覽的效率。</p> <p>需要注意，並非所有的應用都具有小組件的形態，比如“查找手機”、“手電筒”等功能型的應用。</p> <p>Widgets list 的編輯方式:</p> <p>用戶在 Widgets list 頁面短按上按鍵可進入編輯頁面，選擇需要展示的 Widgets。注意，列表最多展示 7 個小組件，最少展示 1 個小組件（控制面板）。</p> <p>所有應用的入口:</p> <p>Widgets 列表的最下方的入口可以打開所有應用的列表。</p> <p>注: 運動功能不在該列表中展示。支付寶的支付功能僅中國大陸版中可見。</p> <p>The way to enter the widget list:</p> <ol style="list-style-type: none"> 1. When on the watch face page, enter the widget list by rotating the crown up and down 2. When on the watch face page, slide the screen up and down to enter this list. <p>The widget list is a circular list.</p> <p>Widgets list provides a simplified entry for many applications, so that users can quickly obtain the key data indicators of the corresponding function by a glance. In this way, users do not have to go to the application to view the corresponding data indicators, greatly improving the browsing efficiency.</p> <p>It should be noted that not all applications have the form of widgets, such as "Find my phone" and "Flashlight".</p> <p>Widgets list editing method:</p> <p>Users can enter the editing page by pressing the top button on the widgets list page and select the widgets to be displayed. Note that the list displays a maximum of seven widgets and a minimum of one widget (control panel).</p> <p>Entry for all applications:</p> <p>The entry at the bottom of the Widgets list opens a list of all applications.</p> <p>Note: The sport function is not displayed in this list. The payment function of Alipay is only available in mainland China.</p>
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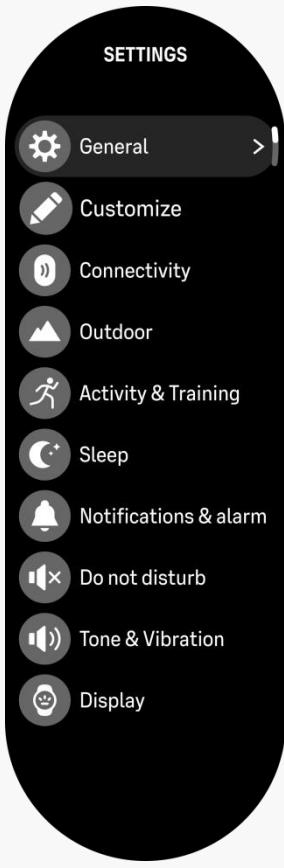
1.4 App 列表 App List

	<p>介紹 Introduction</p> <p>通過 Widgets List 的列表打開“全部應用”頁面，會看到手錶內所有的應用程式。分別為訓練類的應用:</p> <ul style="list-style-type: none"> • 訓練量
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2 關鍵設置項 Key settings class

2.1 通用設置 General settings



在“關於”中，用戶可以查看手錶的基礎資訊，如型號資訊、認證資訊、電子標籤等。

- 在“軟體更新”中，用戶可以在連接 App 的情況下升級到最新的軟體系統版本。
- 在“時間/日期”中，用戶可以根據自己的需求調整手錶的時刻。
- 在“語言”中，用戶可以切換自己熟悉的語言，目前我們支持的語言有：
 - 英語、簡體中文、繁體中文、捷克語、丹麥語、德語、希臘語、西班牙語、芬蘭語、法語、義大利語、日語、朝鮮語、荷蘭語、挪威語、波蘭語、葡萄牙語、俄語、瑞典語、土耳其語、希伯來語、泰語、越南語。
- 在“單位系統”中，用戶可以選擇是公制單位還是英制單位。
- 在“個人”中，用戶可以更改自己的性別、年齡、體重、身高數據。我們建議用戶填寫真實的數據，因為這樣會讓我們輸出的諸如 VO2Max 等訓練效果數據更加準確。
- “省電模式”可以幫助用戶臨時調整手錶的功能策略，來達到降低耗電的目的。在該模式下，震動基本會全部被遮罩，全天心率測量的頻率也會降低，螢幕的亮度也會變低，抬腕喚醒和始終顯示也會被臨時關閉。
- “恢復出廠設置”會清空手表的所有數據，軟體恢復成全新的狀態。
- “重啟”可以實現重啟功能；“關機”可以實現關機功能，用戶可以通過長按表冠再次開機。
- In "About", users can view the basic information of the watch, such as model information, certification information, etc.
- In "Software Update", users can upgrade to the latest software system version while connecting to the App.
- In the "Time/Date", users can adjust the time of the watch according to their needs.
- In "Language", users can switch their own familiar language, currently we support the language are:
 - English, Simplified Chinese, Traditional Chinese, Czech, Danish, German, Greek, Spanish, Finnish, French, Italian, Japanese, Korean, Dutch, Norwegian, Polish, Portuguese, Russian, Swedish, Turkish, Hebrew, Thai, Vietnamese.
- In the "Unit System", users can choose between metric or imperial units.
- In "Personal", users can change their gender, age, weight, height data. We recommend that users fill in real data, as this will make our output of training results such as VO2Max more accurate.
- "Power saving" can help users temporarily adjust the functional strategy of the watch to achieve the purpose of reducing power consumption. In this mode, the vibration is basically completely blocked, the frequency of the all day heart rate measurement is also reduced, the brightness of the screen is also reduced, and raise to wake and always on display are temporarily turned off.
- "Reset settings" will clear all the data of the watch, and the software will be restored to a completely new state.
- "Restart" can realize the restart function; "Power off" allows you to power off the device. You can press and hold the crown to power it on again.

ABOUT

Software

3.10.8Product name
SUUNTO RUNModel number
0W234Serial number
023021300010

Storage space

Hardware
27734GPS
v00.103Touch
C1.10.6Bluetooth
3.0.22PPG Version
0.3.3Regulatory
Duktape:
<https://github.com/svaarala/duktape/blob/master/LICENSE.txt>Data and Privacy
Please review the
"Service terms" and
"Privacy policy" in the
"Settings" of the
mobile app.

FCC ID:2BBLIOW234

IC:30733-0W234



CMIIT ID:2024XXNNNN



R-SUU-0W234



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NNN-XXNNN



HIDF18000109

GENERAL

-  About >
-  Software update
-  Time/date
-  Language
-  Unit system
-  Personal
-  Power saving ●
-  Reset settings
-  Restart
-  Power off