



JR01 SMART WATCH

FCC ID:2BM4E-JR01



PW FIT

Preamble

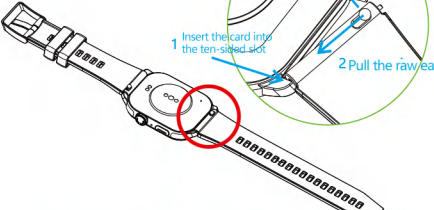
Welcome to JR01, a stylish smartwatch that helps you achieve your fitness goals.

Package Contents:

- JR01 Smartwatch ×1PCS
- Silicone strap ×1PCS
- Manual ×1PCS
- Charging Cable ×1PCS

Preparation before use:

• Tear off the protective film, install the strap first, and assemble the strap according to the direction and method shown in the following diagram.



The strap can be replaced according to personal preference, same method. Please choose a 22mm watch band when replacing.

Charge your watch

• Please ensure that the watch has sufficient battery power when using for the first time. The watch cannot be turned on when it is turned off. Please charge the watch first.

1. Place the back of the watch on the charging base and the watch display a charging icon. 2. Please make sure the contact surface is clean and free of foreign objects before charging. Please connect the charging cable to a USB port with an output voltage of 5V and a current of 1A or less.



Correctly fitted

The bracelet is best worn on the back of the ulnar styloid process. Adjust the size of the wrist according to the adjustment hole. Fasten the wristband buckle. The sensor should be close to the skin to avoid movement.

First download the PW FIT application on your phone.

When you turn on the watch after receiving it, please select the language you want to use on your hand. You need to download and install the PWFIT app on your phone. When the app is properly connected to the watch, you can use it to set up and manage your watch. Make phone calls, play music from your phone, and check phone notifications.



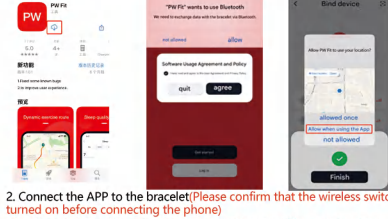
PW FIT

Please scan the QR code above with your phone camera.

PWFIT APP supports iOS 11.0 and Android 5.0 and above operating systems, and is compatible with Over 150 smartphones.

1. Download and install APP: PWFIT; choose the corresponding operating system of your mobile phone to download and install.

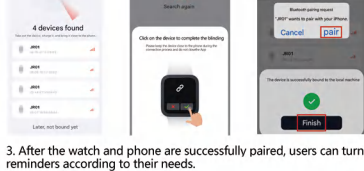
Upon initial installation and use of the app, the app prompts for permission to access wireless, location, and microphone. Grant all permissions, including notifications, as shown in the image below.



2. Connect the APP to the bracelet. Please confirm that the wireless switch is turned on before connecting the phone.

Open PWFIT > Select "Device icon" in the bottom bar > Add new device > Select JR01

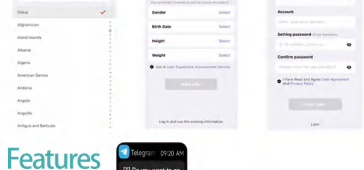
In the list of available connections, select the one with the strongest signal, JR01, and tap on it as instructed by your phone. The pairing button appears on the watch screen, Confirmation.



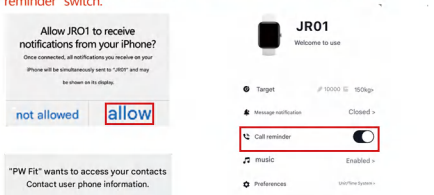
3. After the watch and phone are successfully paired, users can turn on call reminders according to their needs.

4. Please fill in your personal information patiently and correctly, such as age, gender, height, weight, etc.

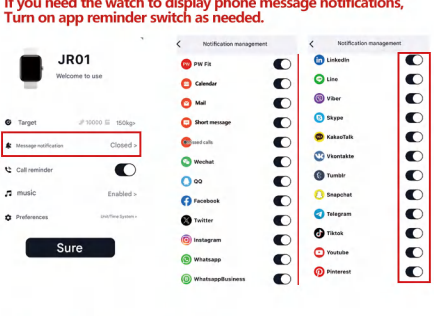
This product has GPS positioning function. To get a better experience, please select the correct country and location, if PWFIT needs to get location, please click Allow.



In the binding process, the APP needs to obtain notifications. Access to contacts, etc. Please select "Allow" and turn on the "Incoming call reminder" switch.



If you need the watch to display phone message notifications, Turn on app reminder switch as needed.

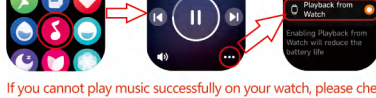


Plays music from your phone

After the watch and phone are successfully connected.

Find the music icon in any interactive interface, enter the 'music control' interface, click on the lower right corner to bring up the menu settings, select the second column, you can play music through the bracelet.

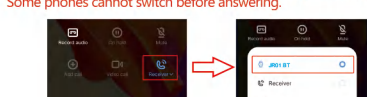
If the connection is not established after a long time, please switch again.



If you cannot play music successfully on your watch, please check whether the watch and PW FIT are connected again, if necessary, you can remove the device from PW FIT and reconnect it once, and delete the 'JR01' device from your mobile phone - Settings - Bluetooth - and then connect it again.

5. After the watch and mobile phone are connected successfully, the default is for the mobile phone to answer the incoming calls, if you need to switch to the watch, please click on the call interface to switch to 'JR01BT' to answer the call after it is connected.

You can only switch to watch answering after the call is connected. Some phones cannot switch before answering.



Features



Replacing the dial

1. In the dial page, long press to enter the dial selection interface. Rotate the round button or swipe left or right to switch dials. Click the desired dial once to complete the replacement.

The watch also supports downloading more dials from the APP, open PWFIT---Device---Dial Market, you can choose online dials or custom dials



Sports

The JR01 watch supports a variety of exercise modes, including: outdoor running, indoor exercise, elliptical, cycling and hiking.



Outdoor Sports:

1. This product with GPS function, in the type of outdoor sports, when the movement is completed the watch generates the track thumbnail, after connecting the APP, it will generate the map with the track on the APP side.

GPS operating environment needs to be in the open in order to search for satellites, please make sure that the outdoor positioning in the open environment, especially high buildings and too dense forest will affect the positioning time and location accuracy.

Note: Indoor environment and high buildings and low places can not be positioned, due to the impact of the environment, the positioning track will have different degrees of offset.

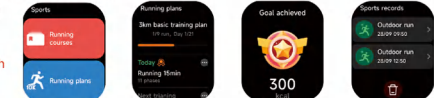
2. Before exercising, please make sure that you wear it on your hand, and at the same time, in an open environment, when the middle white colour changes to green, click on the green 'GO' in the middle to start exercising.



Successful positioning

3. After the movement is complete, you can APP end to generate trajectory map at the same time, you can see the movement parameters and so on.

in exercise exercise completed



4. Users can also develop exercise plans according to their own requirements, with corresponding exercise courses.



Activity:

After wearing the watch correctly, swipe right twice in the standby interface to enter the 'pedometer' interface, and swipe down again to display the number of steps, calories, distance and other parameters of the day's exercise.

Play music:

Open the 'Music Control' application in the watch app; you can control the music playback of your mobile phone, support the previous song, play/pause, next song, volume adjustment and other operations.

Heart rate:

Wear the watch correctly, open the 'Heart Rate' app in the watch app, and automatically measure your heart rate once you enter it.

Breathing exercises:

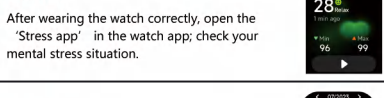
Follow the prompts and rhythm on your watch to practice exhaling and inhaling.

Blood oxygen:

After wearing the watch correctly, open the 'Blood Oxygen' application in the watch app; manual blood oxygen measurement is required.

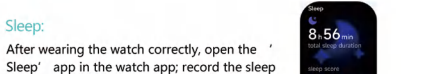
Pressure:

After wearing the watch correctly, open the 'Stress app' in the watch app; check your mental stress situation.



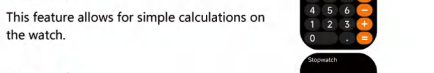
Make a phone call/answer, call reminder/reject

This smartwatch supports wireless 3.0. Users can directly make, receive, and reject calls on the watch.



Sleep:

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



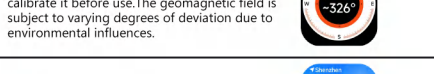
Calculator:

This feature allows for simple calculations on the watch.



Stopwatch

Electronic timer, which can record the time period of one or more people.



Count down

Customised time countdown



Compass (Geomagnetic)

You can find the compass icon, but you need to calibrate it before use. The geomagnetic field is subject to varying degrees of deviation due to environmental influences.



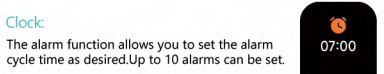
Calendar:

This product can display a small calendar.



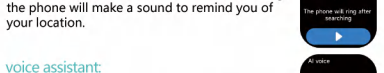
Remote photo:

To control the camera on your mobile phone to take photos remotely, please click 'Device - Photo' on the APP to turn on the camera.



Clock:

The alarm function allows you to set the alarm cycle time as desired. Up to 10 alarms can be set.



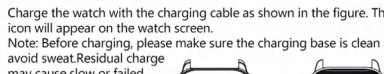
Find phone:

The watch is connected to the APP. After clicking, the phone will make a sound to remind you of your location.



voice assistant:

After the watch and APP are successfully connected, tap the rear icon to activate the voice assistant function that comes with the phone.



Female menstrual period tracking:

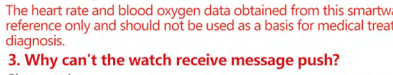
This feature requires the APP to set the gender to female. You also need to enter your past menstrual information.



Charging instructions

Charge the watch with the charging cable as shown in the figure. The charging icon will appear on the watch screen.

Note: Before charging, please make sure the charging base is clean and dry to avoid sweat. Residual charge may cause slow or failed charging.



4. Whether the mobile phone and watch are on silent or do not disturb mode.

5. Please make sure whether the watch is on power saving mode.

6. If necessary, please unbind the device first (iOS devices need to ignore the device with the name of 'JR01 BT' again in the mobile phone - Settings - Bluetooth), and at the same time, after the bracelet is restored to factory settings, please refer to the manual to bind the watch again. Note that during the connection process, you must allow PW FIT to gain access to location notifications and other permissions.

Exemptions

1. The heart rate and blood oxygen data obtained through this smartwatch are for reference only and cannot be used as a basis for medical treatment and diagnosis.

2. Self-diagnosis and treatment is very dangerous, only professional doctors can diagnose and treat high blood pressure and heart and other related diseases, it is recommended to contact a doctor to get more professional diagnosis.

3. Due to the environmental signal interference, wearing posture, changes in the climate and environment, as well as the physical condition of the person and other factors, the smartwatch to provide the heart rate, blood oxygen and other data may not be completely accurate.

4. Do not adjust the medication and treatment privately according to the monitoring data provided by this watch, when you need to take medication and treatment, you should follow the doctor's instructions; our company is not responsible for the inaccuracy of the monitoring data and the consequences of the abuse of monitoring data and information.

5. Do not wear this watch in the shower.



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.