

# USER MANUAL

Please Read This Manual Carefully  
Before Using The Product

## INTRODUCTION

Thank you for choosing our smart sports watch, the watch integrates a number of intelligent functions such as exercise, health, goal achievement, message push, reminder, etc., which can enrich your smart life and scientifically guide the exercise health. For a better experience, please read the operation guide carefully before using the watch.

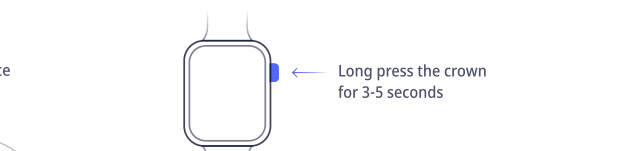
### WATERPROOF:

Supports waterproof  
(the bracelet is not resistant to water vapour,  
warm water, hot water).

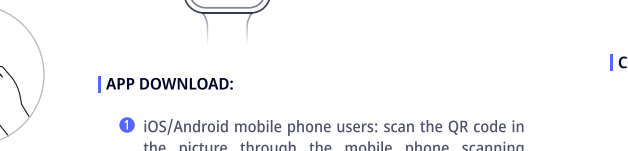
### PRODUCT CONFIGURATION:



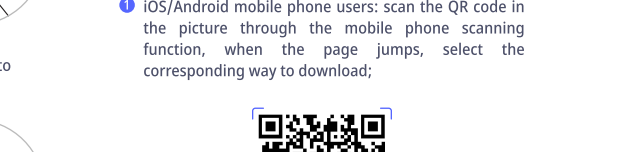
## OPERATING INSTRUCTIONS



1 Slide down the dial interface to enter the control centre.



2 Slide up the dial interface to enter the message list.

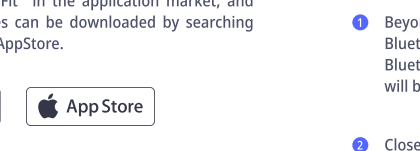


3 Slide right in dial interface to enter function menu.



4 Slide left on the dial interface to enter the first level card function.

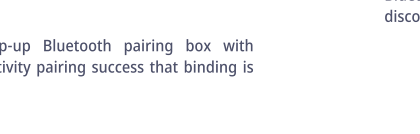
## ACTIVATION AND CONNECTION



Long press the crown for 3-5 seconds

### APP DOWNLOAD:

- iOS/Android mobile phone users: scan the QR code in the picture through the mobile phone scanning function, when the page jumps, select the corresponding way to download;



## BLUETOOTH RECONNECT:

- Beyond the Bluetooth connection range bracelet Bluetooth will be disconnected, when entering the Bluetooth connection range, open the APP Bluetooth will be automatically connected;

- Close the background of the application, restart the mobile phone or one key to clean up the application, the Bluetooth will be disconnected again, and it will be connected automatically after opening the APP again;

- APP running in the background of the mobile phone is easy to be shut down by the phone, Android mobile phones can open the self-starting authority of the APP within the permission settings to prevent the Bluetooth connection instability caused by the disconnection problem.

- In the page pop-up Bluetooth pairing box with Bluetooth connectivity pairing success that binding is complete.

## STANDARD FEATURES

- Activity**  
Record daily steps, active calories, and exercise duration.

- Messages**  
After successfully connecting with the mobile phone APP, you can receive and view the set third-party program messages.

- Sleep**  
Wearing the watch in the evening after going to sleep, the watch will monitor your sleep condition to help you better adjust your work schedule and improve the quality of sleep.

- Stress**  
128 exercise modes, including outdoor and indoor exercise, your exercise data can be monitored during the workout, and heart rate measurement will be turned on, and you can pause or end it on the exercise page.

- Heart rate**  
Turn on all-day heart rate measurement can be real-time monitoring of heart rate values, the normal heart rate of adults is 60-100 beats per minute, click on the heart rate page can also measure the value; wear the watch correctly, the best wearing position in the wrist bone by the top of the arm.

- Exercise Records**  
You can view historical exercise record data, including exercise duration, calories, heart rate and other data details.

- Calculators**  
Add calculator and other utilities to support daily simple calculation operations.

- Stopwatch**  
Click on the stopwatch icon to enter the stopwatch function, and you can perform counting operations during the time period.

- Timers**  
Switch on this function to select or set your own countdown time to switch on the countdown.

- Sedentary Reminders**  
This function will detect the user's activity within a set period of time (default 60 minutes), and if there is no activity it will vibrate and light up the screen to remind the user that it is time to stand up and move the body, in order to ensure that the user's full rest and physical health.

- Goal Reached**  
Set steps, calories and workout-related goal data within the APP, and the watch will make relevant reminders after reaching the set goals.

- Wearing Error Alert**  
If the watch is not worn correctly when measuring data, the watch will give you tips on how to wear the watch correctly.

- Find phone**  
After connecting the mobile phone, turn on this feature click on the mobile phone will beep to help the user to quickly find the mobile phone.

- Multi-dial Switching**  
Long press the dial page to enter the dial switching state, or you can choose and download in the APP dial market.

- Menu View**  
Includes a variety of menu display modes that the user can choose to switch between according to preference.

- Phone call**  
Connect the Bluetooth for calls, you can choose dialling from the watch side to achieve the call function on the watch side, the call contains contacts and call logs, and you can add frequently used contacts on the client side.

- Custom Cards**  
Supports customisation of the order in which the first level cards are discharged and related functions.

- AI Voice**  
The watch supports smart voice wake-up function, so you can easily wake up the smart assistant on the watch side as well.

## COMMON TROUBLE

- The watch cannot be switched on, the duration of pressing the on button is too short, press for more than 3 seconds, the battery power is too low, please use the charging cradle to charge.

- The watch can't be charged normally, check whether the charging contact is in normal contact with the watch, whether the charger is normal, when the power is too low, it needs to be charged for a while before displaying the charging interface;

- Software problems can be solved by restoring factory settings (this function may erase data, please be careful).

- Some functions may vary according to the software version, please check the version and update it in time.

## NOTES

- The health data measurement results of this product is for reference only, not as any medical use and basis, if you feel unwell, please consult a doctor in a timely manner, follow the doctor's instructions, not according to the product measurement results of self-diagnosis as well as treatment;

- The watch/bracelet is not protected against water vapour, warm water, hot water, it can be protected against life splash water (it is not recommended that the watch/bracelet swims, it may be affected by water pressure).

- Some functions may vary according to the software version, please check the version and update it in time.

**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.