Model No.: WB001

Star ONE

ANT+ Bluetooth®

User Manual

ALA CONNECT

ALATECH
www.alatech.com

Thank you for choosing Star ONE

Thank you for choosing ALATECH Star ONE

This smart sports watch features various transmission technologies including GPS, Bluetooth and ANT+, the device can pair with different sensors independently. To link with ALA CONNECT app (developed by ALATECH). This watch is your best partner for daily activity and workout.

ATTENTION

Please read this manual thorough and follow all instructions to avoid any potential danger or personal injury when using the product.

Special statement

The copyright of this manual belongs to ALATECH. Anyone or any organization is prohibited to reproduce, print, copy, modify or scan to store all or part content (including text and images) in this manual for selling or use of others without written approval.

Software Declaration

ALETECH only grants the right the software embedded in the watch device Star One . Ownership and intellectual property of the source code belong to ALATECH. Software structure and configuration and the commercial value of source code in the watch device belong to ALATECH. User is not allowed to compile, combine, modify, change combination or engineering or decrease use. ALATECH has the rights to change or improve Star ONE functions without any notification to any person or organization, including existing or future customers. Please contact ALATECH customer service if you have any question about functions.

Administrative Regulations on Low Power Radio Waves Radiated Devices warning

Article 12

Without permission granted by the NCC, any company, enterprise, or user is not allowed to change frequency, enhance transmitting power or alter original characteristic as well as performance to an approved low power radio-frequency devices.

Article 14

The low power radio-frequency devices shall not influence aircraft security and interfere legal communications; If found, the user shall cease operating immediately until no interference is achieved.

The said legal communications means radio communications is operated in compliance with the Telecommunications Act.

The low power radio-frequency devices must be susceptible with the interference from legal communications or ISM radio wave radiated devices.

Trademarks

•Bluetooth® is the registered trademark of Bluetooth SIG, Inc.
•Apple, Mac OS, iPhone, iPad and Multi-Touch are trademarks of Apple Inc.
•Android is the trademark of Google Inc.

FCC INFORMATION

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.
2. This device must accept any interference received, including interference that may cause undesired operation.

Note: 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.

FCC Radiation Exposure Statement
* This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be collocated or operating in conjunction with any other antenna or transmitter.

Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment

Safety and product information of Star ONE

Health warnings

- Please consult your doctor before the activity or changing any activity habit. Please consult your doctor before using the heart rate monitor if you are wearing a pacemaker or an implanted electronic device.
- Please wear appropriate clothing and sneakers when using this product to exercise. Inappropriate clothing and shoes can cause incorrect posture and lead to potential sports injury.
- This watch, heart rate sensor and other ALATECH accessories are not professional medical equipment, but consumer electronics. Interference from external electronics can lead to unstable detection.
- This watch, heart rate sensor and other ALATECH accessories are only consumer electronics and assistive devices. The detected heart rate is for reference only and ALATECH is not responsible for any incorrect value. Please consider your physical condition when doing the activity. DO NOT only rely on the heart rate detected by the assistive device and do activities with excessive intensity.
- Physical condition should be your first priority when doing the activity. DO NOT compete with anyone and do excessive workout to avoid any health or sports injury.
- DO NOT wear the watch too tightly. A tight band can effect the ventilation and lead to skin inflammation. Simply make sure the value of optical heart rate monitor is stable when wearing the watch.
- Skin inflammation may occur when the skin is sensitive or the user is in poor physical condition. Please keep the band and the place beneath watch case clean. Please take off the watch and consult an dermatologist immediately if any skin inflammation occurs, such as rash and allergy.

Battery Notification

Fail to abide by following instructions can lead to lithium battery damage and shorten its service life, GPS device damage or other potential danger including fire, chemical burn and electrolyte leakage.

1) Avoid high temperature exposure such as direct sunlight or a confined space with direct sunlight.

2) DO NOT try to disassemble, drill or do any other behavior that may damage the device or the battery.

3) DO NOT put the device in the water, liquid or fire.

4) DO NOT expose the device in high-temperature environment, such as the clothes dryer.

5) ONLY use the power cord or data transmission cable approved or provided by ALATECH.

6) Please use the product within its operating temperature.

7) For long-term storage, please keep the device in the environment with instructed temperature.

8) DO NOT try to replace the battery by yourself. DO NOT try to remove the battery.

9) When disposing the product, please recycle the lithium battery according to related local regulations.

CAUTION

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE.

DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

Please dispose of the used batteries according to local regulations for waste management.

Other warnings

1) DO NOT try to damage this product with any tool.

2) Keep away from children.

3) DO NOT try to disassemble or fix with any tool when the product is damaged.

4) Please contact ALATECH customer service if the product is not able to charge. DO NOT try to fix it on your own.

5) Please use charger approved by ALATECH.

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1 How to use Star ONE

ATTENTION

- **Please read this manual thoroughly for instructions for use and notices. Please consult the doctor or evaluate your physical condition carefully before you start training with this product or change the activity plan.**
- **This product contains lithium battery. Please read device information (P2 & P19) thoroughly to ensure your safety.**

Buttons/Symbols

Indicators will flicker when GPS, optical heart rate monitor and external sensor device are connecting and light up constantly when the connection is completed. Icons of alert and alarm clock will show on the status bar when the device is activated.

	GPS		Bluetooth connection
	Optical heart rate monitor		Smart device connection
	Chest heart rate monitor strap		Training alerts
SC	External speed/ cadence connected		Alarm clock

A	LIGHT	1) Click turn on/off backlight. 2) Hold to turn on/off the device or don't disturb mode, lock/unlock the screen.
B	UP	1) Click to menu including Notification, Heart Rate,Activity Tracking. 2) Hold: a) hold to contents menu. b) hold to manually set on/off of certain functions under timer screen.
C	DOWN	Click menu including Notification, Heart Rate,Activity Tracking.
D	START STOP	Menu Mode:1) click to confirm. 2) ON/OFF switch. Activity Mode: click to start or pause activity.
E	BACK/ LAP	Menu Mode: click to back the previous page. Activity Mode: clickto do auto/manual lap switch.
+		Compound key：click **"START"** and **"LIGHT"** to QUICKLY unlock the device.

How to wear Star ONE heart rate monitor watch

Please wear Star ONE on your wrist during the workout to ensure correct detection of heart rate. The built-in optical heart rate monitor in Star ONE can directly detect heart rate from the wrist, it takes about 12~15 seconds to detect and please remain stable to ensure accurate detection of optical heart rate.

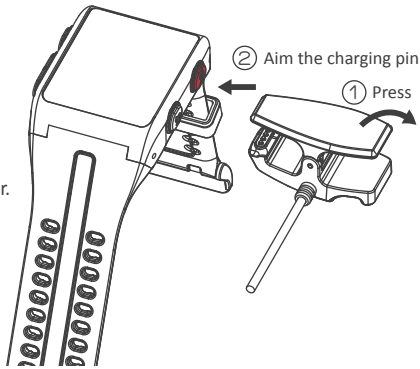
ATTENTION

Simply wear the watch tightly but comfortably on your wrist to ensure stable detection of optical heart rate. It is natural if you see the mark press of optical heart rate monitor on your wrist after wearing the watch.

Device charging

Please wipe charging pin with clean water and keep them dry and clean after the activity to avoid corrosion. Make sure charging pin and the surroundings are completely dry and clean before charging or connecting to the computer.

1) Aim the clip-on charging to the charging pin on back of watch.
2) Make sure the non-skid foam at the inner side of charger clamp is securely fixed.
3) Connect the USB plug of charging station to the USB port on computer.
4) Start charging until the battery is full.
5) Press and disconnect clip-on charging.



ATTENTION

The watch is shipped with low battery. Please fully charge the device before using it.

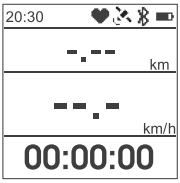
Start running

Please wear Star ONE on your wrist during the workout to ensure correct detection of heart rate. The built-in optical heart rate monitor in Star ONE Watch can directly detect heart rate from the wrist, it takes about 12~15 seconds to detect and please remain stable to ensure accurate detection of heart rate.

1) In time display (standby mode)
2) Click to enter quick menu, select Run/Bike with and automatically connect to GPS and optical heart rate monitor. When the watch device display “START the timer to begin workout.” means GPS, optical heart rate monitor and chest heart rate monitor strap/speed/cadence sensor are completed on connection or pairing.chest heart rate monitor strap/speed/cadence sensor need to be paired first.

3) Click to start activity. (The following are defaults.)

Run



Bike

4) Click to pause timer.
   - Stop: select "Save" to stop the activity and automatically save activity information. Click to check information.
   - Resume: select "Resume" to resume activity and continue timing.
   - Discard: select "Discard" to restart activity and recount from zero.
5) Under Activity Mode, click to check activity information. Hold to access workout settings.

ATTENTION

During the activity, the watch device will automatically connect to GPS and optical heart rate monitor, please wait the watch device display "START the timer begin workout", then start workout to ensure get the most accurate workout data. It takes about 12~15 seconds to detect and please remain stable to ensure accurate detection of heart rate.

2 Workout Settings

General Mode: Hold ∧ → Setting → Applications → ∨ ∧ Select Activity→ Access Workout Settings

Activity Mode: Hold ∧ → ∨ ∧ Select Modification Item → reset Settings

Data Screen 1/2

Hold ∧ → Setting → Applications → Select Activity → Data Screen → Screen

Set activity information display according to your needs to promptly understand the dynamic information of your running. This function helps you to understand current activity information quickly and more precisely under different modes. There are 3 fields can be set to display different information of your activity habits. (White dots represent defaults.)

Workout screen Settings:

Run	Distance	Single lap Distance	Stopwatch Timer	Single lap Time	Pace	Single lap Pace	Average Pace	Speed	Single lap Speed	Average Speed
Field1	●	●	●	●	●	●	●	●	●	●
Field2	●	●		●	●	●	●	●	●	●
Field3	●	●	●	●	●	●	●	●	●	●

Bike	Distance	Single lap Distance	Stopwatch Timer	Single lap Time	Pace	Single lap Pace	Average Pace	Speed	Single lap Speed	Average Speed
Field1	●	●	●	●	●	●	●	●	●	●
Field2	●	●		●	●	●	●	●	●	●
Field3	●	●	●	●	●	●	●	●	●	●

REMINDER

When setting activity information, the L and A on the watch device representing LAP and Average respectively can help you display the required information more accurately.

Virtual Partner

Hold ∧ → Setting → Applications → Select Activity → Data Screen → Virtual Partner

Virtual Partner is a competitor, it can help to you achieve your goal. You can set the pace of virtual partner by yourself. The watch device will provide real-time information including speed, distance let you know current progress during the workout.

1) Virtual Partner: click to set and click to switch to on/off.
2) Set Pace: click to access Settings; select pace with ∨ ∧ and click to confirm.
3) Under Activity Mode, click ∨ ∧ to check current information, heart beat index and virtual partner.
4) Hold ∧ and select with ∨ ∧ to click to switch on/off.

HR Zone

Hold ∧ → Setting → Applications → Select Activity → Data Screen → HR Zone

The watch device will automatically calculate your heart rate zone when you enter personal information.

1) HR Zone: click to switch to on/off.
2) Under Activity Mode, click ∨ ∧ to check current activity information, heart beat and virtual partner.
3) Under Activity Mode, hold ∧ , select with ∨ ∧ and click to switch to on/off.

Training Alerts

Hold ∧ → Setting → Applications → Select Activity → Training Alerts

Training alerts can be used to remind you of each training, including heart rate, speed, pace, cadence, distance, run/walk, time and calories. The watch device will vibrate to alert you when the value is higher or lower than the set range during the activity.

1) Create Training Alerts: click to access Settings
2) Click , adjust values with ∨ ∧ .
3) Click to confirm when the setting is done and click to return to previous page.
4) Remove: click to access Settings; select "Remove" to delete the alert.
5) Under Activity Mode, hold ∧ , select with ∨ ∧ and click to switch to on/off.

Heart Rate	Higher and lower heart rate in workout.	**Distance**	Achieve preset distance in workout.
Speed	Higher and lower speed in workout.	**Run/Walk**	Achieve preset time in run/walk in workout.
Pace	Higher and lower speed in kilometer.	**Time**	Achieve preset time in workout.
Cadence	Higher and lower cadence in minute.	**Calories**	Achieve preset calories in workout.

REMINDER

The ALA CONNECT app account is requested in order to set training alerts on the app. The smart device will automatically update training alerts when connected to the watch device.

Auto Lap

Hold ∧ → Setting → Applications → Select Activity → Auto Lap

You can set kilometer or manual lap. The watch device will automatically calculate according to your running distance.

1) Auto Lap: set length of each lap; click to start activity and counting.
2) Lap Press Only: click to start activity and click to set distance of each lap.
3) Under Activity Mode, hold ∧ , select with ∨ ∧ and click to switch to on/off.

Auto Pause

Hold ∧ → Setting → Applications → Select Activity → Auto Pause

When auto pause is activated, the watch device will enter auto pause when no movement.

1) Auto Pause: click to switch to on/off.

3 Sensor Setting

Hold ∧ → Setting → Sensor → Access Settings

You can acquire more accurate activity information via the chest heart rate monitor strap or speed & cadence sensor. You can choose detection signal from Bluetooth (BLE) or ANT+ by yourself.

Remove sensors from the watch device: Hold ∧ → Setting → Sensor → Heart rate /Speed /Cadence → Remove.

1) Mode: click to choose Bluetooth(BLE) or ANT+.
2) Heart Rate: click to detect and select status of use with ∨ ∧ .
3) Speed/Cadence: click to detect and select status of use with ∨ ∧ .

REMINDER

- **Please follow the above-mentioned steps to wear the chest heart rate monitor correctly to ensure the most accurate detection during the activity. The chest heart rate monitor is an assistive device instead of a medical equipment. Please select the appropriate exercise intensity according to your physical condition.**
- **Sensors with the same function or part number can only be paired with one device. Please select the previous pairing record before pairing with the new sensor.**

4 Bluetooth Setting

Hold ∧ → Setting → Bluetooth → Access Settings

You have to connect watch device with your smart device first, if you wish to send settings from APP to your watch device. When the watch device is connected to the smart device,the watch device will create a PIN CODE, please enter the PIN CODE to APP, and finish the connection.

Unpair: Hold ∧ → Setting → Bluetooth → Unpair.

Bluetooth

Hold ∧ → Setting → Bluetooth → Bluetooth

1) Bluetooth: click to access settings and click to switch to on/off.

Notification

Hold ∧ → Setting → Bluetooth → Notification

When the watch device is connected to the smart device, the smart device will forward the received message to the watch device. You can set whether to display received message in standby mode or during activity.

1) During Activity: click to access Settings and click to switch to on/off.
2) Watch Mode: click to access Settings and click to switch to on/off.
3) Timeout: click to access Settings and click ∨ ∧ to select the displayed second.
4) Under Activity Mode, hold ∧ , select with ∨ ∧ and click to switch to on/off.

REMINDER

The smart device can only connect to one watch. Please delete the pairing record on the app and the watch device, and pair with your new watch if the old device is replaced by a new one with the same part number.

5 History

Hold ∧ → History

Activities

Hold ∧ → History → Activities

Activities include recorde of activity date and period, distance, average heart rate, average speed per hour, average pace, average cadence, calories and laps.

1) Activities: click to enter; select activity with ∨ ∧ and click to check.
2) Click ∨ ∧ to select activity date and click to check detailed information.
3) Click ∨ ∧ to check all activities.

Tracking

Hold ∧ → History → Tracking

Tracking history is the record of your daily steps and the average of resting HR, including steps of going up and down stairs.

1) Tracking: click to enter; select the date with ∨ ∧ and click to check.

REMINDER

You can set target steps in ALA CONNECT app. Step setting will automatically be updated when the cell phone is connected to the device. The watch device will show the percentage of daily target steps.

Totals

Hold ∧ → History → Totals

You can check total information of your activities, including total mileage of activity, time and calories since the day you start to use the watch device.

1) Totals: click to enter; select activity with ∨ ∧ and click to check.

Delete Activities

Hold ∧ → History → Delete Activities

You can delete activities stored in the watch device. Please make sure all data has been synchronized to app before deleting.

1) Delete Activities: click to enter; select activity with ∨ ∧ and click to check, and select Yes/No for deleting and click to confirm.

Reset Totals

Hold ∧ → History → Reset Totals

You can delete totals. The watch device will restart accumulating information including total mileage of activity, time and calories. It is recommended to make sure all data are synchronized to app before deleting.

1) Reset Totals: click to enter; select activity with ∨ ∧ and click to check, and select Yes/No for deleting and click to confirm.

ATTENTION

Please synchronize data stored in the watch device to app immediately when you see “Memory Full” on the screen. When you stored and the memory is full, the watch device will automatically start to overwrite the oldest data without notification.

6 Personal Settings

Hold ∧ → Setting → System → User Profile → Enter Personal Setting

User Profile

Hold ∧ → Setting → System → User Profile

You can enter Gender, Age, Height, Weight and Wheel Size by yourself. The watch device will automatically calculate Heart Rate Zone according to the entered age and height.

1) Click ∨ ∧ to select and click to enter and change Settings.

REMINDER

The watch device will enter personal settings, including time format, unit and user profile, for first use. The watch will return to time display (standby mode) after the setting is completed.

Heart Rate Zone

Hold ∧ → Setting → System → User Profile → Heart Rate Zone

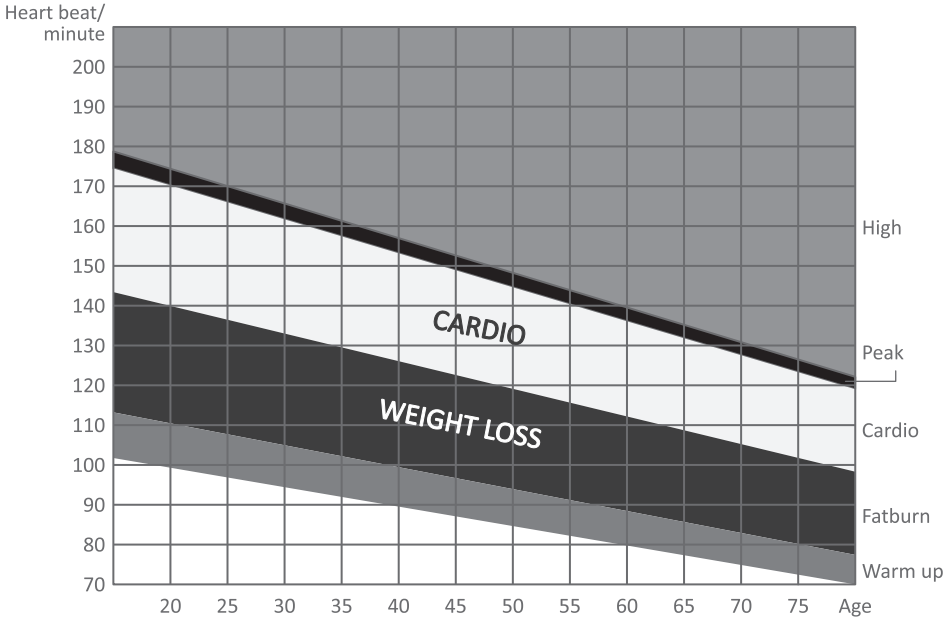
The watch device can choose two heart rate calculation mode in % MHR (Heart Rate Max) and % HRR (Heart Rate Reserve). The watch device will automatically calculate Heart Rate Zone according to the entered age. You can define your heart rate zone to acquire more accurate calories. You can set maximum heart rate, resting heart rate zone by yourself.

1) Based on: click to select %HRM/%HRR system.
2) Max HR: click to set maximum heart rate; select values with ∨ ∧ and click to confirm.
3) Resting HR: click to set resting heart rate; select values with ∨ ∧ and click to confirm.

Activity Intensity	HR zone	How you will feel
Warm up	50~55%	You are at a relaxing pace. This zone facilitate the warm-up before formal workout and recovery.
Fatburn	56~70%	You are at a comfortable pace that makes you able to carry on a conversion. This zone helps to achieve maximum fat burning effect.
Cardio	71~85%	You will feel slightly tired. This zone facilitates the best heart rate pace of basic endurance training.
Peak	86~90%	You can use this zone when in a marathon race. It is recommended not to exceed the maximum of this zone when in a marathon race.
High	91%~	Anaerobic endurance takes anaerobic metabolism as the main source of activity energy. This zone is recommended for lactate tolerance and maximum oxygen uptake training instead of workout for a long period.

ATTENTION

In heart rate calculation mode, % HRR is a more accurate algorithm. If you set %HRR, you need set the maximum heart rate and rest heart rate first.



Target heart rate zone displays your maximum hear rate with percentage. The target heart rate should be determined by your age, current physical condition and goal. American Heart Association suggests that the target heart rate zone should be determined as 50~85% of your maximum heart rate. It is recommended to calculate your target heart rate by deducting your age from maximum heart rate 220 and multiple by 50% and 85%. Or you may refer to the following graph.

For example, A is a user aged 40:
Deducting your age from maximum heart rate 220 and multiple by 50%. (220-40)X0.50=90,
Deducting your age from maximum heart rate 220 and multiple by 85%. (220-40)X0.85=153.
Target heart rate zone of A is between 90~153.

Move Alert

Hold ∧ → Setting → Move Alert

Sitting for long periods has a negative effect on your metabolism; the watch device will remind you to move your body when this function is activated. The watch device will vibrate and a message will show on the screen to remind you to move your body after 1 hour sitting.

1) Move Alert: click to switch to on/off.

Target Steps

You can set target steps on the app and check daily achievement rate, calories consumed, distance, target steps and current steps. Check your daily total steps in “Steps” in History (refer to “History” on P.10).

ATTENTION

The ALA CONNECT app account is requested in order to set target steps. Step setting will automatically be updated when the cell phone is connected to the device. This function can only be set in app and the device is only capable of displaying and recording.

7 System Settings

Hold ∧ → Setting → System → ∨ ∧ Select Setting → Access System Settings

Set Time and Date

Hold ∧ → Setting → System → Time

You can use the auto set time functions or set the time and date by yourself.

1) Time Format: click to switch time display format between 12- /24-hour.
2) Auto Set Time: click to switch to on/off.
2) Set Time: click to access Settings; select time with ∨ ∧ and click to confirm.
3) Set Date: click to access Settings; select year/month/date with ∨ ∧ and click to confirm.

ATTENTION

The watch device can use auto set time function when the smart device is connected to the watch device via Bluetooth and app is activated. the smart device will update the time and date to the watch device.

Backlight

Hold ∧ → Setting → System → Backlight

You can set the lighting mode and time of backlight according to your preference.

1) Backlight: click to switch to auto or manual modes.
2) Set Time: click to access Settings; select time with ∨ ∧ and click to confirm.
3) Under Activity Mode, hold ∧ , select with ∨ ∧ and click to switch to auto or manual modes.

ATTENTION

When you set "Stay on" in Set Time, you need to click ⏻ to close the backlight. If you set "Stay on" on backlight in activity, the battery will goes low quickly.

Key Vibration

Hold ∧ → Setting → System → Key Vibration

You can set the key vibration function by yourself.

1) Key Vibration: click to switch to on/off.

Units

Hold ∧ → Setting → System → Units

You can set the unit to be displayed in metric/imperial system according to your preference.

1) Units: click to select metric/imperial system.

8 Alarm clock

Hold ∧ → Clock → ∨ ∧ Select Item → Enter Alarm Clock

Alarm Clock

Hold ∧ → Clock → Alarm Clock

You can set alarm clock in the watch device by yourself. Alarm clock setting includes Once, Daily, Weekday and Weekend.

1) Alarm Clock: click to switch to on/off.
2) Time: click to access Settings; select time with ∨ ∧ and click to confirm.
3) Freq. : click to access Settings; select date with ∨ ∧ and click to confirm.

Timer

Hold ∧ → Clock → Timer

You can set timer in the watch device by yourself.

1) Timer: click to Set Time and click ∨ ∧ to set the timer.
2) Click to enter Auto Restart switch . Click to start the timer after the setting.
3) Click to pause and click to restart the timer. Click to stop the timer.
4) Under Countdown Mode click ∨ to restart the timer at any time.

REMINDER

- **When the timer completes the countdown, the watch device will vibrate to remind you the timer is finished.**
- **When the timer completes the countdown, you can click exit Timer.**

9 Personal Best

Hold ∧ → Personal Best

The watch device will display your new best record when finishing the activity. Records of best time within fixed distance and longest route will be recorded in running activity. Records of your Fastest 40KM, Elevation Gain and Longest Bike will be recorded in bike activity.

1) Best Records: click to select the activity with best record.
2) Click ∨ ∧ to select Run/Bike and click to enter.

The watch device will automatically overwrite your previous best record when a new one is achieved.

ATTENTION

- **Please synchronize data stored in the watch device to app immediately when you see "Memory Full" on the screen. When you stored and the memory is full, the watch device will automatically start to overwrite the oldest data without notification.**
- **When you synchronize data, if disconnection via APP or Bluetooth occurs, may lead to incomplete data synchronization, the next workout data may overwrite the unsynchronized athletic data, if you see disconnection, please immediately reconnect and synchronize the workout data of the watch device.**

10 Software Information

Hold ∧ → Setting → System → ∨ ∧ Select Setting → Access Settings

Restore Defaults

Hold ∧ → Setting → System → Restore Defaults

You can restore your device to defaults. Please make sure all data are synchronized to app before restore the watch device.

1) Restore Defaults: click to enter, select Yes/No and click to confirm.

Software Update

Hold ∧ → Setting → System → Software Update

Once update is required for watch device, app will remind user to update the latest version of software. You can decide whether to update the software when the upgrade is required

1) Software Update: click to enter; when an update is required, the system will show Install/Later. Click to confirm.

ATTENTION

You need to connect the watch device and app as well as create an ALA CONNECT app account before updating the software. When you update, the watch device display "Update Fail", please long click ⏻ back to time display (standby mode), the watch device will automatically reconnect APP for software updates.

About

Hold ∧ → Setting → System → About

You can check all software related information from here.

1) About: click to check software related information.

11 Home Screen

You can click ∨ ∧ to switch the information displayed on the home screen, including tracking, current heart rate and notification.

1) Activity Tracking: you can set daily target steps on the app and the device will continuously detect your daily steps.
2) Heart Rate: switch to this screen you can immediately detect the current heartbeat. When you stay on the heart rate detection screen, the watch device can be used like optical heart rate monitoring, connecting treadmills and other fitness equipments.
3) The device can automatically detect your sleep. You can check out your sleep history on the app.
4) Notification: click and select with ∨ ∧ to check out calls or text messages.

ATTENTION

- **The ALA CONNECT app account is requested in order to set target steps and notification. Related information will be updated automatically when the watch device is connected to the smart device. You can only set target steps on the app. The watch device is only capable of displaying and recording.**
- **The watch device will automatically track your sleep. If the detected sleep time is not identical to actual condition, you can manually enter correct bedtime on the app.**

12 Device Information

Watch Face

Hold ∧ → Setting → Watch Face

You can select the layout of watch face according to your preference.

1) Watch Face: click to enter, select the layout with ∨ ∧ and click to confirm.

Specification

Name: Star ONE
Model No.: WB001
Dimensions / Weight: L45 x W39.5 x D12.8mm / 50g
Battery: Rechargeable lithium battery
Battery Life:

Optical heart rate	●	●	○	○
GPS	●	○	●	○
Battery life	4 hours	60 hours	5 hours	7 days

Water Rating: 3ATM
Operating temperature: -20~60 °C(-4~140 °F)
Charging temperature: 10~45 °C(50~113 °F)
Charging voltage: 5V (volts) USB port
Radio Frequency : 2402~2480MHz
Output power: 0dBm
Wireless transmission interface: Bluetooth / ANT+
Standard package: Star ONE Watch , USB charger, Quick guide and Warranty card
Optional accessories: ALATECH Bluetooth 4.0 Heart Rate Strap (CS009/CS010/CS011/CS012)
ALATECH Bluetooth 4.0 Speed & Cadence Sensor (SC001BLE/SC002)
Compatible device: Mobile device with O.S. is iOS 5.0 or above (iPhone4S and higher model)
Mobile devices with O.S. is Android 4.3 or above

Maintenance

1) For cleaning, please use the flannel to wipe the device gently with neutral detergent. After cleaning, please air-dry the watch device completely before use.
2) DO NOT use organic solvents, chemical cleaning supplies or insect repellents for cleaning to avoid damages to plastic parts.
3) DO NOT clean the watch device with sharp objects.
4) Please wash with clean water thoroughly when the watch device has contact with chlorine, salt water, sunscreen, lotion, alcohol or other chemicals. The watch device may be damaged when having contact with these substances for a long time.
5) DO NOT press any button in the water.
6) Avoid fierce collision or using the watch device with violence as it may shorten the service life of your watch device.
7) Avoid exposure in extreme environments (too cold or too hot) as it may lead to permanent damage of the watch device.

ATTENTION

It is recommended to wipe the watch back with clean water immediately after the activity and wait until the watch device is completely air-dried. Even a small amount of sweat or moisture can lead to the corrosion of terminals for charging. The corrosion may cause problems such as data transmission failure, failure to charge and poor contact of charging.

Troubleshooting of Star ONE

The activity screen fails to start counting:

1) During the activity, the watch device will automatically connect to GPS and optical optical heart rate monitor, please wait the watch device display "START the timer begin workout", then start workout to ensure get the most accurate workout data. It takes about 12~15 seconds to detect and please remain stable to ensure accurate detection of heart rate.
2) During the activity, please wait till watch device display “START the timer to begin workout”, then click START key to begin workout, otherwise, the workout data will be incomplete. To begin activity without connection completed, the GPS track/optical heart rate monitor/chest heart rate monitor/speed/cadence sensor will have incomplete workout data ; and optical heart rate monitor may not be able to detect heart beat readings for the whole activity.

GPS:

1) The watch device needs to conduct global positioning in open spaces. please go to open spaces, away from tall trees or buildings and try to receive signal from GPS again. The GPS location is related to the weather and the surrounding environment.
2) If you do not want to activate GPS when running, select Indoor Run under Select Activity.t

Incomplete data for a long-time work, in activity, after workout or competition:

1) Make sure Virtual Partner and HR Zone are switched to ON, if you do not see Virtual Partner, HR Zone and Laps on the activity data screen.
2) If the auto lap is not automatically jumped out in workout, please make sure that the auto lap function is set and turned on. If you want to manually laps, please click in workout.
3) When joining the competition or doing the activity for a long time, the watch device will remind you with the vibration. If the single memory is insufficient, the watch device will automatically terminate the workout record and store integrated.
4) The watch device will automatically terminate the workout record and store integrated when the watch device is running out of battery.
5) Before cycling activity, it is suggested to fully charge your watch device and please synchronize data stored in the watch device to app in advance to avoid incomplete activity data.
6) Please synchronize data stored in the watch device to app immediately when you see “Memory Full” on the screen. When you stored and the memory is full, the watch device will automatically start to overwrite the oldest data without notification. When you synchronize data, if disconnection via APP or Bluetooth occurs, may lead to incomplete data synchronization, the next workout data may overwrite the unsynchronized athletic data, if you see disconnection, please immediately reconnect and synchronize the workout data of the watch device.

Pace calibration:

Under Run mode, when the displayed distance is not identical to actual distance, you can click under activity menu and select Calibration to manually enter the actual distance of your activity. The watch device will recount your pace and store the result. Recommended with stable pace running 1600M in the flat road to improve the accuracy of step correction.

Backlight is not ON:

1) Please confirm if the backlight is set as manual or automatic mode. When the backlight is set as manual mode, you need to click to activate it. Refer to “Backlight setting” on P.13 for more information.
2) When you set “Stay on” in Set Time, you need to click to close the backlight. If you set “Stay on” on backlight in activity, the battery will goes low quickly.

Reset training in activity:

Under Activity Mode, hold and to set on/off, includes Virtual Partner, HR Zone, Training Alerts and Notification . Also can set Backlight for auto or manual modes and Auto Lap function setting.

The sensor data is incorrect in workout:

1) If sensor disconnection in workout, the watch device will show on the screen and the watch device will also vibrate to remind you. If you do not immediately re-connect via Bluetooth, the sensor will not continue to detect the workout data, the final workout data will be incorrect. Before activity, it is recommended that you confirm that the sensor has been paired and confirm that the watch device has a normal read value.
2) Please make sure the sensor battery is energized. When the battery is low, the connection may be broken at any time, and the final workout data will be incorrect.
3) Confirm if the watch device is too far away from the smart device. Maximum receivable distance of Bluetooth is around 10M. When the watch device or sensor is disconnected from the smart device, a reminder will show on the screen and the watch device will also vibrate to remind you.

Sensor and smart device via bluetooth are failed:

1) Sensors with the same function or part number can only be paired with one device please delete the previous pairing record before pairing with the new sensor.
2) **Remove sensors from the watch device: Hold ∧ → Setting → Sensor → Heart rate / Speed / Cadence → Remove.**
3) The smart device can only connect to one watch. Please delete the pairing record on the app and the watch device, and pair with your new watch if the old device is replaced by a new one with the same part number.
4) **Unpair: Hold ∧ → Setting → Bluetooth → Unpair.**
5) When the watch device is connected to the smart device, the watch device will create a PIN CODE, please enter the PIN CODE to APP.

The device fails to display optical heart rate monitor:

1) Clean and dry your arm before putting on the watch device. Avoid scratching the optical heart rate monitor on the back of the watch device.
2) Avoid wearing sunscreen, lotion, and insect repellent under the watch device.
3) The built-in optical heart rate takes about 12~15 seconds to detect and please remain stable to ensure accurate detection of optical heart rate.
4) In cold environments, please warm up indoors.
5) It is recommended to wipe the watch back with clean water immediately after the activity and wait until the watch device is completely air-dried.

Wearable connection of chest heart rate monitor:

1) Adjust the strap length to fit tightly but comfortably around your chest and avoid any slide during workout.
2) Make sure the fastener of chest heart rate monitor is securely fastened.
3) Wet the electronic sensing area with clean water.
4) Wear your chest heart rate monitor under your chest.
5) Make sure the chest heart rate monitor is worn in right direction. The logo must be at exact center of your chest to ensure successful and accurate detection.

Unstable chest heart rate monitor reading or the device fails to display chest heart rate monitor on screen when pairing with chest heart rate monitor:

1) Make sure your skin have contact with the chest heart rate monitor. We recommend to set the sensing area with clean water and try pairing again after wearing.
2) Make sure the battery of chest heart rate monitor is full or not in low battery, and make sure the fastener of chest heart rate monitor is securely fastened.
3) Make sure the distance between chest heart rate monitor and the watch device is within 300cm (118 in).
4) Too dry on the sensing area or loose band of the chest heart rate monitor can effect detection. It is necessary to maintain moderate moisture on the sensing area. Please make sure the band fits your chest tightly but comfortably.

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