

M1



User Manual Version 1.1



3.Multisport mode

--Slide the home page to the right, you can enter the Sport mode quickly. Or you can enter it from main menu-->Sport mode. M1 smart watch support different kinds of sports, including indoor running, outdoor running, biking, climbing, marathon, and more.

4.Heart rate

--Press the down button on the home page, you can enter the heart rate interface quickly. Or you can enter it from main menu--> Heart rate. Wear the watch in a right way. Open the heart rate function on the watch, measure it by manual.

5.Pedometer

--Slide the home page up, you can check the steps, heart rate, calory and distance of the current day. Or you can check the heart rate from main menu-->Pedometer.

6.Shortcuts

--Slide the home page up, you will see in order of: pedometer details > heart rate > barometric pressure > altitude > compass.



Introduction

Welcome to use M1, this is an GPS sports smart watch which helps you meet your activity goals.

The box includes:

- M1 smart watch
- User manual
- Charging cable
- Screwdriver (GSM edition)
- Tweezers (GSM edition)

Setting up your M1

First download & install the app SMART TIME, and create an account to make sure the watch can synchronize the data it collects with the app. The app is where you can set goals, analyze your goals, see historical trends and keep up with friends, and much more.

connecting smart watch through mobile phone

SMART TIME APP supports the operating system of iOS 8.0 and Android 4.4, as well as BT3.0 and 4.0. It is available for more than 150 mobile devices.

- 1. Turn on Bluetooth on the watch and mobile.

Slide the home page down, you will see in order of: shortcuts>calendar>weather

7.Making phone calls

1. Sports version only supports Bluetooth calling instead of inserting SIM card

2. There are two versions to support making phone calls: When Bluetooth 3.0 is bound successfully, the voice is came out from the watch by default.

You can switch the phone to answer or dial by setting method.

1. Turn off the Bluetooth 3.0 on the quick setting page.
2. Switch the sound by speaker or phone on the mobile.

To switch between your watch and your phone during phone calls, perform the following operations:

- 1) On the call screen of your phone, select Bluetooth to use your watch for the call
- 2) Select Speaker or Headset earpiece to use your phone for the call.

Notice:

If your watch is the version with SIM card, insert the SIM card according to the illustration, then you can make or answer phone calls separately (only support Miro SIM card).



- 2. Download APP: SMART TIME



APP Store: SMART TIME



Google Play: SMART TIME



Scan code

- 3. After install the App, register and log in account according to a series of instructions

- 4. Continue following the onscreen instructions to connect or pair your smart watch to your mobile device. Pairing make sure that the watch and mobile device can communicate with each other (sync their data). Open APP>Device>Add a new device>Choose SMART M1.

- 5. Select the Bluetooth name M1 with the strongest signal from the list. Then the watch will show, click to confirm pairing. Then you will see the Bluetooth icon on the left top on the watch is blue and you have connected the Bluetooth 4.0.



8.Sleep monitor

--The watch will track your sleep when you're wearing it to sleep. And you can check your sleep details on the app after sync the sleep data to app.

9.Remote capture

--This feature can remote control the mobile camera to take pictures.

10.Sedentary

--Sitting too long is not good for health. You can set the time on the watch or app to remind you to move.

11.Alarm

--You can set the alarm on the watch or app, maximum 8 alarms.

12.Find phone/Find device

--When the watch and phone is under connection:

- Click "Find phone" on the watch, you will hear the phone ring;
- Click "Find device" on APP, you will hear the watch ring;

13.Motion

1. Flip to mute incoming call.
2. Flip to mute alarm
3. Wake-up gesture
4. Shaking switch main menu
5. Shake to answer the call

14.Tools

1. Timer
2. Stopwatch
3. Calculator
4. Weather
5. Calendar



- 6. (For iPhone user, please switch on Bluetooth from the setting interface) Open "BT" on the watch-->search new device-->Select your phone Bluetooth name from the list that you search out on the watch.



- 7. When the phone gets a prompt of Bluetooth pairing request, click PAIR. The BT icon on the left top on the watch will become blue and orange.

(You need to use Android 4.4 or above version and iOS 8.0 or above version. Android and iOS device support different functions. A watch just pair with one mobile, if you want to pair another phone, please cancel the current pairing.)



Charging illustration

charging:

Turn the watch over, align and attach the charging pins to the magnets four gold prongs. You will see the charging icon on the watch screen after about 6s.

Charging fully may take 2 hours. You will see the battery icon is full if the watch have been fully charged.

Please clean the charge interface before charging for fear that the remaining sweat erode gold metal contact or other risks.



Functions

1.Switch dial

--On the home page of watch, long press to access the different dial plates, then you are able to slide around to choose what you like.

2.Fast key switch

--Sliding the dial plate to enter into fast key interface, then you can set BT3.0, volume, language, background, settings, vibration, luminance, gesture, subject, alarm clock, clock and airplane mode.

Bluetooth issue

iOS phone:

If the phone cannot be paired with the watch, check if there is an M1 signal in "Settings" -- "Bluetooth". If yes, it means there is no problem with the Bluetooth signal. Please check whether the watch has been paired with other phones and unbind it. iOS users also need to go to "Settings" -- "Bluetooth" -- "Forget the device" on the phone, then pair again.

Android phone:

Android users, if you bind the device with the app, and you find the device is disconnected with the phone or can not receive the notification alert after you keep the app in the background for a period of time or after lock the screen, please check if you use a security management software to prohibit the app running in the background. Please make sure that you allow the app running in the background even after lock the screen in order to avoid affecting your experience.

About GPS:

GPS Only work in open area, if you want to open GPS please far away high building and trees, which will block satellite. With Bluetooth connected with APP will help find GPS satellites fast

Exemption Clause

1. The Heart Rate data output by M1 is 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 blood pressure or any other heart diseases. Please contact your physician or more professional diagnostic opinions.
3. The data and information of heart rate provided by M1 may not be completely accurate and may exceed the tolerance as per the specification stated in the document due to different factors, such as interference with signal from external sources, incorrect wearing position and changes in weather conditions or user's body condition.

The Specification

Wristband length 262mm (including watch body)

Wristband width 22mm

Weight 56g

Battery 320mAh Poly-Li

Display 1.3 inch

Operating Touch Screen

Bluetooth 3.0 & 4.0

Waterproof level IP67 (For daily waterproof only. You can wear it when you are washing your hands or raining day. Do not wear it when washing cars, swimming, diving, scuba diving, or showering.)

Troubleshooting

Heart-rate signal missing

M1 continuously monitor your heart rate while you're exercising and throughout the day. Occasionally the heart rate tracker may have difficulty in finding a good signal.

- If you're not getting a heart rate signal, first make sure you're wearing your watch correctly, either moving it higher or lower on your wrist or tightening or loosening the band.
- After holding your arm still and straight for a short wait, you should see your heart rate again.