

Smartwatch T36



Instructions manual

Charging and activation: Use the USB cable to charge, use a standard 5V cell phone adapter or computer USB port.

Download and install APP: Scan the following QR code or enter the app market of your operating system to download and install JYouPro.



- System requirements: Android 4.4 or higher, iOS8.0 or higher, Bluetooth 4.0.
- Please authorise all permissions requested during the APP installation process.

Pair wristband and synchronise data

Open the APP, click on the top left corner according to the prompts to complete the registration. After successful registration, you can log in. Do not skip the login link, otherwise data synchronization and other functions cannot be used. After login, click "Settings", click "Link device", link the watch. Click "download data" to synchronise the data with the server.

Manual time setting



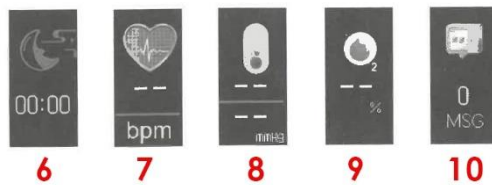
1. Up button: basic smartwatch functions
2. Pull out to rotate the pointer and adjust the time on the small dial.
3. Button down, press once to enter the heart rate, press again to exit.

List of functions:

Raise your hand and turn your wrist or press the up button to turn on the display.



1. Home page: Long press the button at the top of the three side buttons.
2. Step register.
3. Calories consumed.
4. Distance travelled.
5. Sport mode.

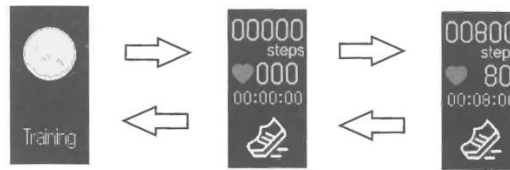


6. Sleep duration
7. Heart rate
8. Blood pressure
9. Blood oxygen
10. Notifications: WeChat, QQ and other APP, push messages, SMS, call reminder, etc.



11. Find phone: Shaking the watch will make the phone ring.
12. Clock version
13. Power off: Long press the power button to turn off.
14. Stopwatch: Long press the button to turn it on.

Sports mode:



Press for a few seconds to advance through the various screens, press short to return to the main training screen.

Basic parameters

Operating temperature: -10°C / 50°C

Strap length: Approx. 225 mm

Wrist clasp material: steel buckle

Watch band material: TPU

Battery type: Lithium polymer

Synchronisation type: BLE 4.0

Adjustable length: 170mm-220mm

Attention:

1. If you possess any clinical condition and are unsure whether you are suitable for the use of this product, before use, please consult a doctor.
2. This product contains electronic parts, abnormal use, alteration of components or removal of components may cause damage to the product or personal injury.
3. This device is not a medical equipment, steps, calories, sleep monitoring, heart rate and other data may not be complete or accurate, therefore, they are only valid for reference, not for diagnosis or treatment of diseases.