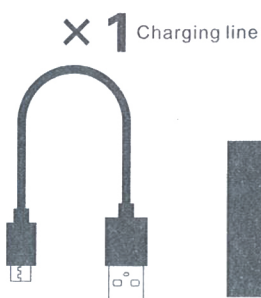
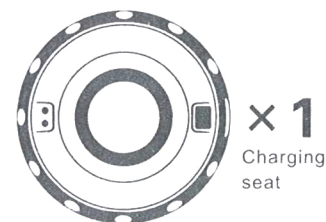
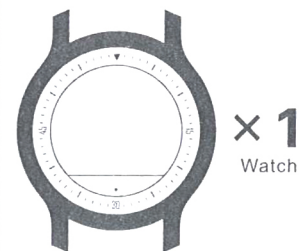
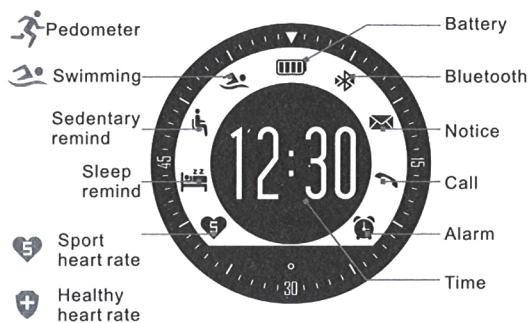


### Product list

- Watch
- Watch strap
- Charging seat
- Charging line
- Instruction manual



### Quick start



### Basic operation

#### Power on

Charging can start

#### Power off

Click , Click , Click 

#### Unlock touch function

Appear the following pattern, click on the order to unlock



#### Operation mode

Turn on / off: click on the icon  
Enter setup / view record: left slip  
Return: right slip  
Flip: up / down slip  
Adjust value: click the arrow  
Removal reminder: horizontal slip

#### Light display

Touch screen for 2 seconds

#### Confirm function start state

Method 1: function icon in the interface is dynamic  
Method 2: the main interface status bar appears the function icon

### Parameter

Bluetooth:	Version4.0
Touch screen:	Capacitive type
Display:	1" 128*128
Heart rate:	Healthy/Sport heart rate , remind
Battery:	180mAh
Accelerometer /Gyroscope	3axis, 3D Acceleration, Step analysis, Swimming analysis, Sedentary remind, Sleep remind,
Support system:	Android 4.3+ , IOS 8+
Port:	Charge
Weight:	34g
Size:	38/38/10.5mm
Input:	3.7V 1.0A MAX
Execution standard:	LX05346-2016





## Instructions

### Install APK/APP

Using a mobile phone to scan QR code, download and install the Android system APP or IOS system APK, and according to the relevant guidelines.

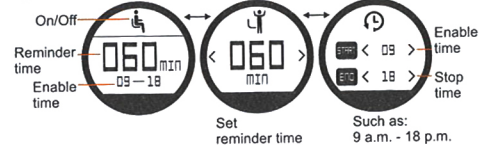


### Bluetooth connection

1. Turn on the watch's Bluetooth  
2. Open the phone Bluetooth, to search for "SPORT" and to connect with the APP/APK through the mobile phone, after the success of the connection to the main interface of the watch bar Bluetooth icon like figure:  

### Sedentary remind

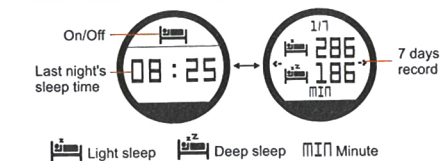
Click to open / close the sedentary remind; the left slide is set to a sedentary remind time, and then to the left slip setting function enable time section.



### Sleep monitoring

Click to open / close the sleep monitoring; the left slide to view the sleep history.

Note: 9 am to record the update



### User information settings and system settings

According to the user's situation and the need to set up the relevant.

### Synchronous data

Bluetooth connection success, click on the mobile phone APP/APK sync data to synchronize the data acquisition of the watch to the phone, while the phone's related settings are synchronized to the watch. (such as the APP/APK setting is not consistent with the setting of the watch, the mobile APK/APP is preferred).

### Call remind

Calls to remind the vibration mode, horizontal slip to remove.

### Message remind (IOS system is not supported)

Message to remind the vibration, and the following icon:



### Training mode

Click on / off the training mode; see the history record to the left.



### Alarm clock

Open / close the alarm clock; set the alarm time to the left.

### User information

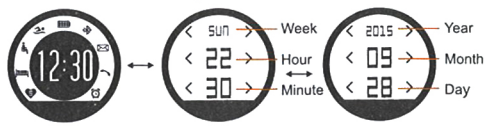
Click to enter the sex and age settings; the left slide into the weight and height settings.



## Function description

### Set time date

In the main boundary for the left sliding into the time setting, and then to the left sliding into the date set.



### Pedometer

Click to open / close the step function; the left slide show the movement history.



### Bluetooth

Tap into the Bluetooth feature, set the Bluetooth on / off.



### System

Click to restore the factory settings or power off.




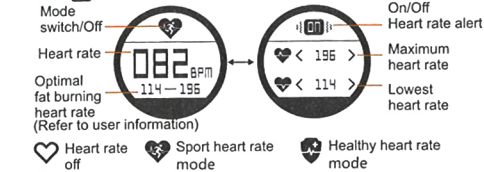
**Heart rate** is the number of beats per minute in a quiet state of a normal person, also called quiet heart rate. Generally 60 to 100 beats per minute, can produce individual differences due to age, gender or other physiological factors. Generally speaking, the younger, the heart rate is quicker, the old person's heartbeat is slower than the young people, the female heart rate is quicker than the same age male, these are normal physiological phenomenon. **Under quiet condition, the adult normal heart rate is 60-100 times / min, the ideal heart rate should be 55-70 times / min (athletes' heart rate is slower than average adults, usually 50 times / minute).** Often participate in various intensity appropriate exercise, it will make the resting heart rate slow. Although the heart rate increases, the exercise can make the heart function get exercise, so that the resting heart rate slows down. **General optimal exercise heart rate = 170 - age.** Such as a 50 year old man, the movement of heart rate control in 120 times / min is appropriate, too fast that the amount of exercise is too large, can not reach the effect. Before exercise to consciously comfortable, no sense of fatigue, the general exercise not more than 1 hours, and each time the best time is 30 minutes to 60 minutes, at least 3 times a week.

**Warm reminder:**  
The product heart rate only for reference, can not be used as medical

### Heart rate

Switch to switch the heart rate mode or close the heart rate; set the target heart rate to the left;

click  to open / close the heart rate alert function.



### 游泳

Switch to swim mode or turn off the swimming function; the left slide show the 7 motion record.



## IOS system Bluetooth connection instructions (Supplement)

Scan the QR code download and install APP, open the watch and IPHONE Bluetooth, Bluetooth connection in the APP and pairing.

### Special note

**Situation 1:** The IPHONE has been connected to the watch, after the watch is restored to factory settings, need to delete the IPHONE Bluetooth connection record (Forget This Device), then turn on the watch Bluetooth and reconnect.

**Situation 2:** The watch that has been connected to IPHONE, connect to another IPHONE, need to restore the watch factory settings and delete the IPHONE Bluetooth connection record (Forget This Device), and then connect to another IPHONE.

### Bluetooth alert icon

