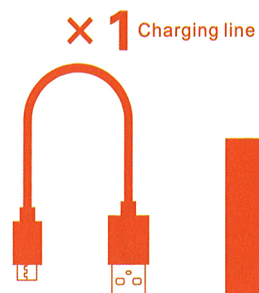
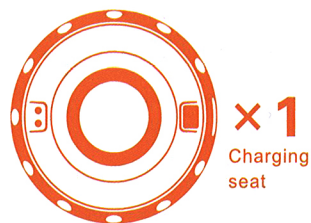


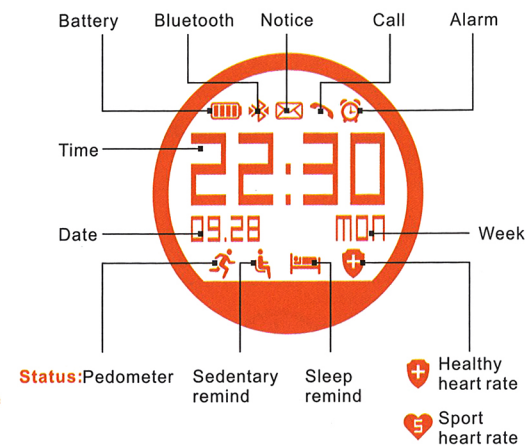


Product list

- 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, the right slide 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

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, Sedentary remind, Sleep remind,
Support system:	Android 4.3+ , IOS 8+
Port:	Charge
Weight:	31g
Size:	38/38/10.5mm
Input:	3.7V 1.0A MAX
Execution standard:	LX10258-2015

Note

- Do not cause the product and its accessories to receive a strong shock or vibration, so as to avoid damage to the product.
- Do not use chemical solvents or cleaning agents to clean this product
- Do not disassemble or modify the products and accessories
- Please be sure to charge the product to ensure that the host and the USB head of the charging line is dry.
- This product is strictly forbidden to close to the heat source or bare fire, such as heating, oven, candles, etc.
- Do not charge in the bathroom, kitchen, etc.
- If the data cable is damaged, please do not continue to use
- Please use a clean, dry cloth to clean the screen
- Do not use the case, please keep the charge every half a month



Please read and follow the instructions and warnings carefully before using this product. The company shall not be responsible for the consequences caused by improper use of or not to comply with the relevant instructions of the product.





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:  

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/APP 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)

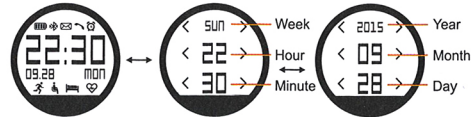
Message to remind the vibration, and the following icon:



Function description

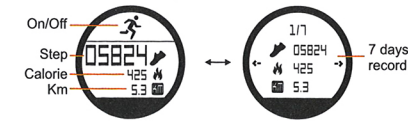
Set time date

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




Pedometer

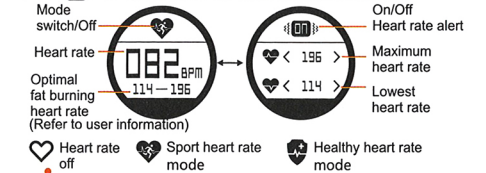
Click to open / close the step function; the left slide show the movement history.



Heart rate

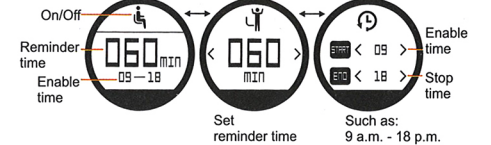
Switch to switch the heart rate mode or close the heart rate; set the target heart rate to the left;

click  to open / close the heart rate alert function.



Sedentary remind

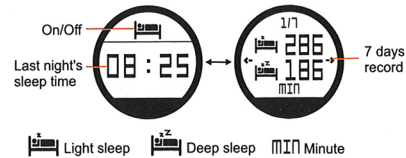
Click to open / close the sedentary remind; the left slide is set to a sedentary remind time , and then to the left slip setting function enable time section.



Sleep monitoring

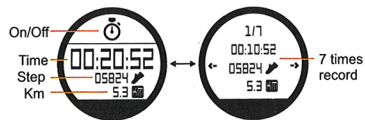
Click to open / close the sleep monitoring; the left slide to view the sleep history.

Note: 9 am to record the update



Training mode

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

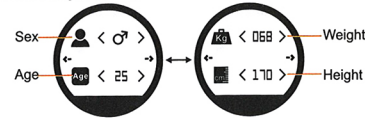


Alarm clock

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.



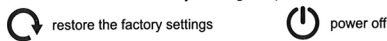
Bluetooth

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



System

Click to restore the factory settings or power off.



Heart rate

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