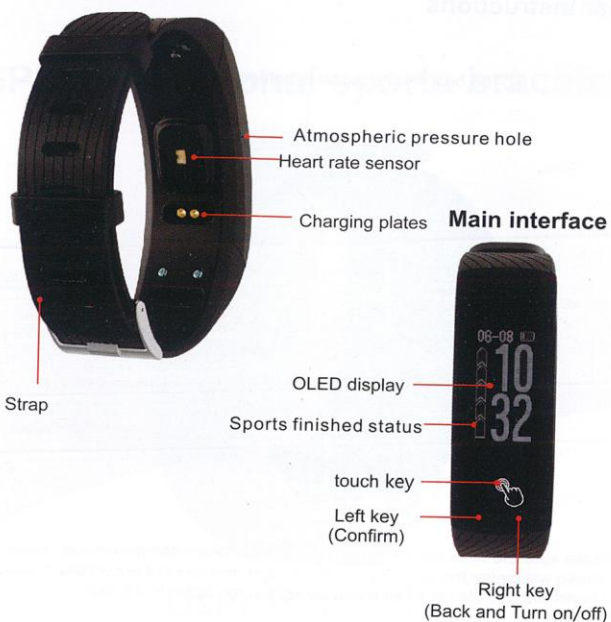


# GPS Professional sports bracelet



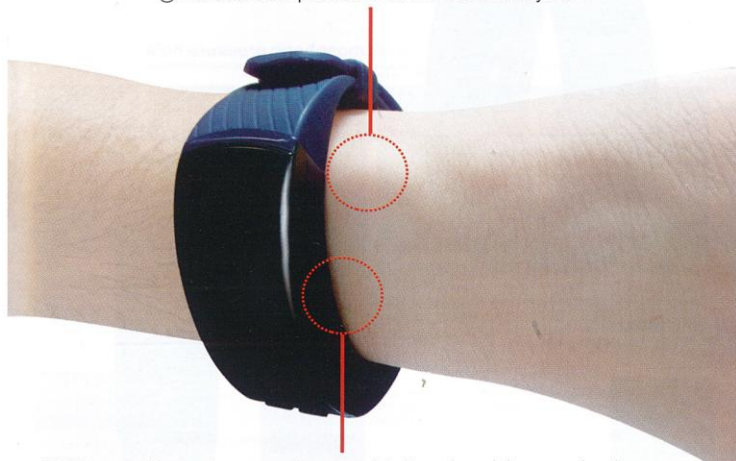
## User manual



02

## Wear instructions

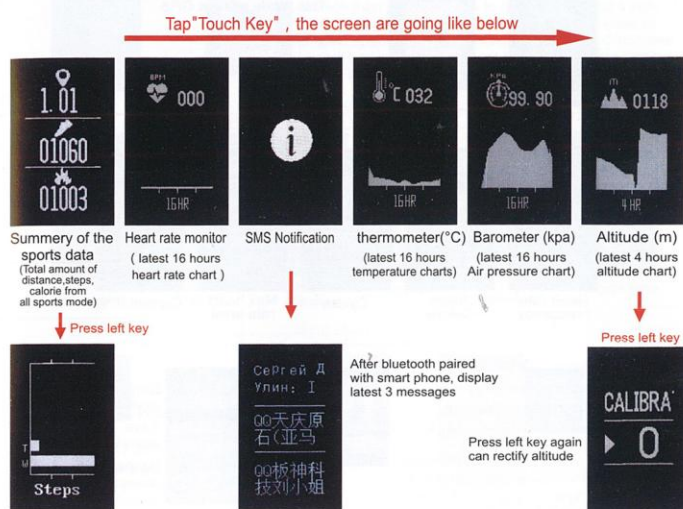
①The best wear position is behind the ulnar styloid



②Make sure the back sensor close to wrist skin, when doing exercise, loose or shake will cause the sensor previous to light and can not accurately measure the heart rate, so please keep the strap tightly and close to the skin.

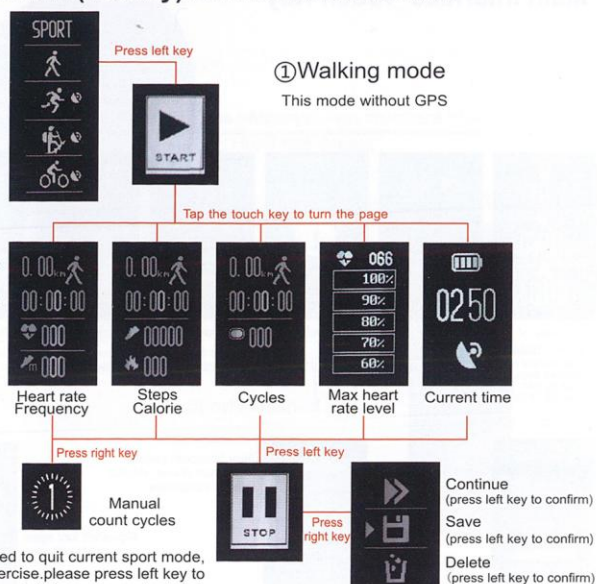
01

## Main Interface "Touch Key"



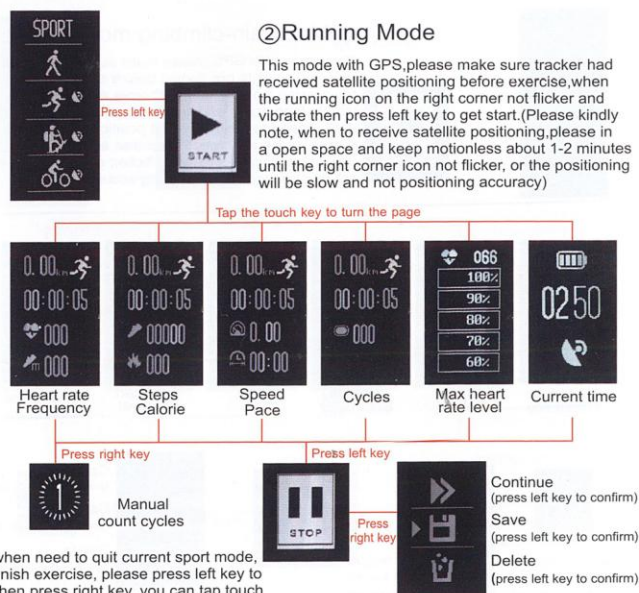
03

## Tap confirm (left key) on the main interface



Note:when need to quit current sport mode, After finish exercise,please press left key to stop.Then press right key,you can tap touch key to select"Continue/Save/Delete"icons, and press left key to confirm.

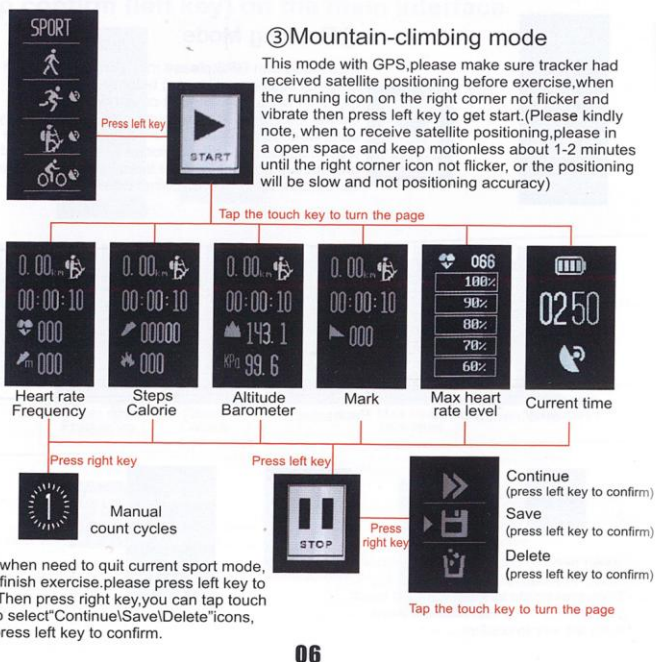
04



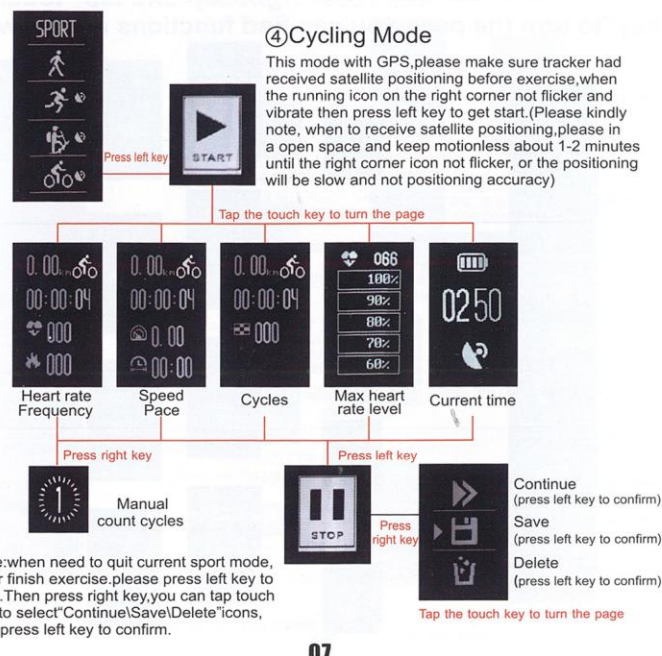
Note:when need to quit current sport mode, After finish exercise,please press left key to stop.Then press right key, you can tap touch key to select"Continue/Save/Delete"icons, and press left key to confirm.

05



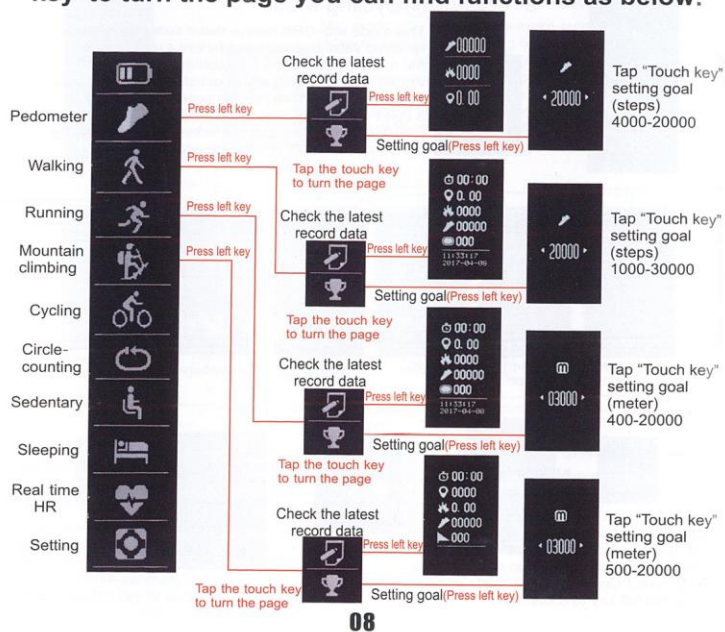


06

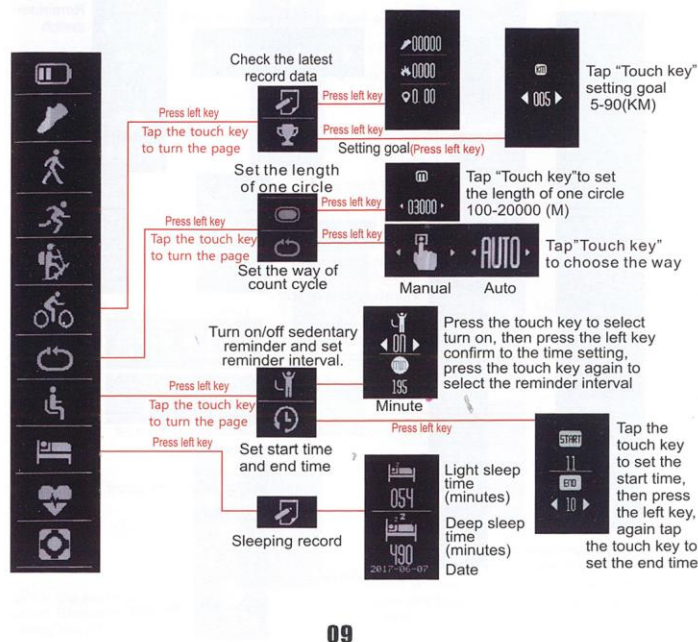


07

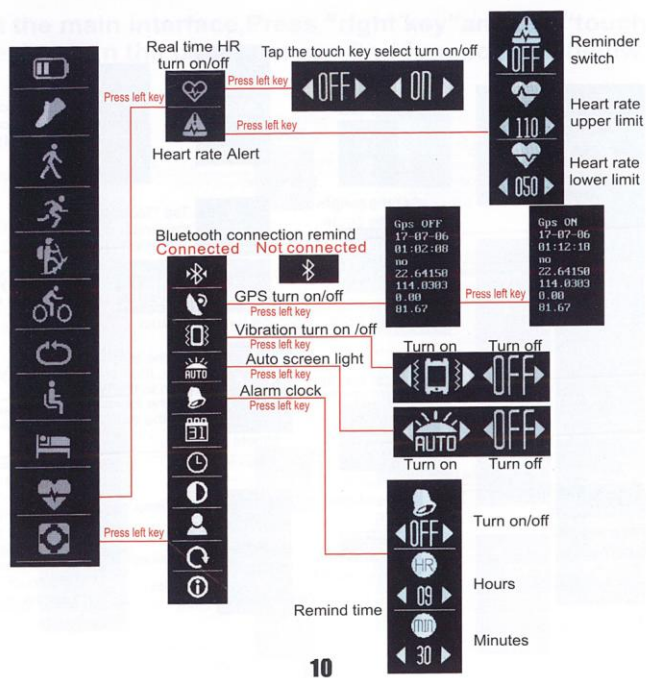
At the main interface, Press "right key" and tap "touch key" to turn the page you can find functions as below:



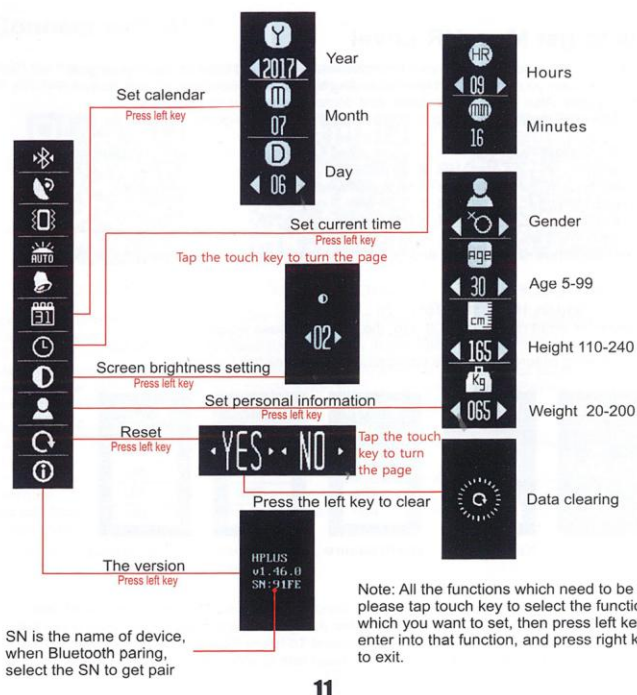
08



09



10



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Note: All the functions which need to be set, please tap touch key to select the function which you want to set, then press left key to enter into that function, and press right key to exit.



## How to get Max. HR Level

Max HR level will reflect whether your exercise reach standard level or reach your goal. you can calculate your max. heart rate according to your age, condition of your body and sports goal. Also you can ask coach and doctor to give you some advice. Only reasonable exercise will help to achieve desired exercise goals.

Max. HR=220-Age

Keep health: Max. HR X 50%~60%

Burnt calorie: Max. HR X 60%~70%

Endurance training: Max. HR X 70%~80%

Speed training: Max. HR X 80%~90%

Competitive training: Max. HR X 90%~100%

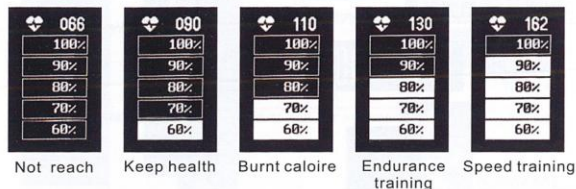
For example Kris is 40 years old, and he want to loose weight, the level can be calculate as follows:

$220-40=180$  ( MAX. HR )

$180 \times 60\% = 108$  (Min. HR)  $180 \times 70\% = 126$  ( Max. HR )

Only when his heart rate reach 108-126, then Kris will loose weight.

When doing exercise, the heart rate results will show your exercise level, you can check following pictures, the white background means reached level.



### Main interface heart rate specifications

when turn to main interface of heart rate, the band will automatically start testing heart rate, it takes about 30 seconds to get the result, after that, if you want to test again, then press left key. The graph shows real time heart rate of recent 16 hours. (Realtime heart rate was tested by every 10 minutes, you need open realtime heart rate or start exercise mode.)

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## Connect with APP

Scan the following QR code to download and install the APP.  
Or you can search "Hplus watch" from google play store or Apple store.



GooglePlay



AppleStore



Android

Open smart phone bluetooth, open APP, turn to APP Settings-Bluetooth-search relative bluetooth name (SN code), select to pair. it will send pair reminder to smart phone, click "allow" to pair, smart bracelet will sync time and date from the phone.

After synchronized, you can check all activity data from APP, for example total distance steps, calorie, and check sleep and sports report from "yesterday's report". Review history report from Data summary.

### Real time HR

It will test by every 10 minutes and you can check all day heart rate on the dashboard.

### Settings

you can make APP settings here and sync call, message reminder by open notification.

### Exercise

You can track GPS exercise and check exercise records, The default map is Amap and google map.



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## CAUTION :

### Thermometer

The thermometer detection of the bracelet refers to the ambient temperature, but the test results are affected by the body temperature, so in order to more accurately measure the ambient temperature, you will need to place the bracelet on the desktop for about 10 minutes before testing. Please upwards the atmospheric pressure hole and make sure no influence factor from external temperature. The role of the atmospheric pressure hole is the induction of ambient temperature, so directly impact on barometer and temperature. Please do not block the atmospheric pressure hole when testing.

### Altitude

Altitude is affected by barometer, you can rectify altitude before test, set it as 0, please refer to details on page 3.

### GPS

Before starting the exercise mode (except for walking mode), please confirm that the bracelet has received satellite positioning, in order to be positioned accuracy, please go to a open space without shelter and moveless for 1-2 minutes, when it vibrate the icon will no longer flicker, then you can start exercise. The battery will be ran out easily when open GPS, so it is recommended to turn off GPS when not use.

**Do not throw the bracelet into the fire or water, the fire will cause the battery to explode, water will enter from the pressure hole and causing the circuit board burned.**

### Parameter

Chip	Nordic NRF52832	GPS IC	Ublox
Sensor	Kx023	Display	0.96"OLED
Battery	200mAh	Weight	30g
Bluetooth	4.0	Stand by	7-10days
Material	Silicone		
Support system	Android 4.4 or above , IOS8.0 or above		

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