

# ZW32 smart watch



## User's manual

Please read this instruction manual carefully before using your new smartwatch.

### Download and installation of the APP “Fitcloudpro”.

1. Method 1: Download through the application market according to the operating system of your mobile:

**Android:** search for “Fitcloudpro” in the app market to download.

**iOS:** search for “Fitcloudpro” in the APP store to download.

2. Method 2: Download via QR code scanning:



### Charging and instructions

When using the watch for the first time, make sure that it has sufficient power. If the watch cannot start because of too little power, charge it fully. The charging time is approximately 3 hours. The watch will start automatically after charging. Align the thimble of the magnetic suction charging cable with the charging contact point of the watch to charge it normally.

(Note: after charging, remove the charging cable from the USB charging head).

**Power on:** in off state, long press the key to power on - Select “language” - long press “QR code” - slide the time setting to the left - enter the main interface.

**Power off:** when the clock is on, press and hold the key and the display will show the power off interface. After selecting OK, the clock will turn off, or enter “Settings” - “System” to turn off.

## Bluetooth connection

1. Firstly, open the “Bluetooth” on the cell phone, then enter the “Fitcloudpro” APP page, click “Device” option, click “Add device”, start searching for the watch device name and corresponding Bluetooth address, select the watch device name to be connected and click “connect” until “Paired successfully” appears.

2. After the Bluetooth connection is successful, the watch time will be synchronized with the cell phone time.

3. Click the APK to find the clock, and the clock will vibrate on the bright screen and show the warning icon.

## Introduction to functions:

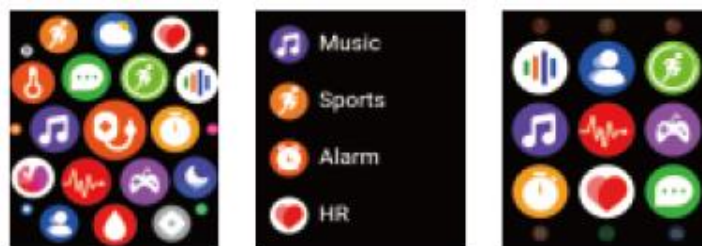
1) **Left sliding screen:** enters split-screen mode to display recently used functions.

2) **Right sliding screen:** motion data, heart rate, sleep and add functions.

3) **Down sliding screen:** non-stop mode, brightness setting, power saving mode and system information; enter the settings option and you can select: menu style, screen display (brightness setting, bright screen duration, wristband bright screen duration), battery, vibration intensity, language, QR code, password, system (system information, shutdown, factory reset settings...).

4) **Sliding screen up:** informative content.

**Function Introduction:** You can switch between 3 menu modes.



## Changing the watch display:

Long press on the clock screen, after the background becomes small, swipe left and right to replace the different backgrounds available.



## Split screen mode

Slide right in the main interface to enter the split screen mode, and select the corresponding icon in the split screen interface to open it.



## Control center

**Introduction of functions:** do not disturb, brightness, setting, bluetooth connection status, battery, system information.



## Sports data

Displays the number of steps, calories and kilometers recorded in the day; you can set the target number of steps, distance and calories in the application.



## Body temperature

Please make sure that the bottom of the watch is in full contact with your wrist; Please wear it for a few minutes before performing the temperature test; please note that the body surface temperature varies a little from the actual temperature. This temperature is for reference only and should not be used as a medical basis.



## Sports

Sport mode options: walking, running, climbing, cycling, basketball, swimming, badminton, soccer, etc... Click on the icon to start the activity log.



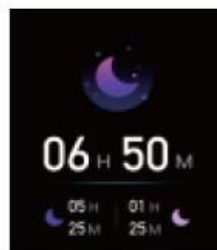
## Heart rate

Enable time detection in the APP, and the interface will display the day's heart rate data.



## Sleep

This interface displays the day's sleep monitoring status, data is updated every day, and data can be synchronously uploaded and saved by connecting to the APP.



## Blood pressure

When entering the blood pressure measurement interface, the green light at the bottom lights up to start the measurement, the measurement is completed within 30 to 60 seconds. The measurement at this time is based on PPG technology.



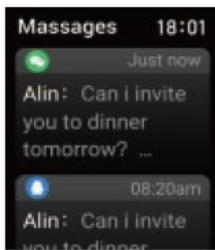
### Blood oxygen

Upon entering the blood oxygen measurement interface, the green light at the bottom lights up to start the measurement, which is completed within 30 to 60 seconds. The measurement at this time is based on PPG technology.



### Message

Once the watch is connected to the APP, if it chooses to receive the relevant information on the APP terminal, the watch terminal will also receive the corresponding message.



### Weather (climate)

After connecting the watch to the APP, the weather interface will display the temperature and weather type in real time.



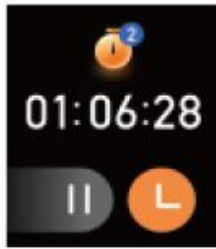
### Music

Once the watch is connected to the APP, you can control pause or start the phone's music player, adjust the volume and change the song.



## Stopwatch

Press the start button to start the timing, and press the pause button to pause the timing, or press the reset button to reset the timing to zero.



## Password configuration

Set the screen lock password, change the password or clear the password.



## Search phone

While the watch and the APP are connected, click to search for the phone, the phone will ring and the watch will show that the search was successful. The watch will indicate that it is not connected.



**Unbind:** Open "Fitcloudpro", click "UNBIND" in the "Device" interface, and "Are you sure to unbind this device?", Select "CONFIRM" to unbind (under the premise of a successful Bluetooth connection).

## Note:

1. Make sure that the Bluetooth of the cell phone is in the open state and the watch is in the on state.
2. When searching for Bluetooth, please make sure the watch is not paired with other accounts.
3. When searching for Bluetooth, the watch and the cell phone should be as close as possible.

4. If the watch does not receive incoming notification messages, please make sure that "FitCloudPro" is running in the background and message notification is open (auxiliary function should also be open).
5. If the sports, sleep and heart rate data do not sync with the APP, please try to disconnect the Bluetooth and make the connection again.
6. Before linking the watch with another account, you must unlink with the current account.
7. If the watch display is not on and does not respond to a short press of the power button, please connect the watch to a charger.

## **Frequently asked questions and answers**

### **The watch cannot be turned on.**

- Press and hold the power button for more than 3 seconds.
- Sometimes it is the battery that may be low. The watch cannot turn on, charge it in a timely manner.

### **Bluetooth is disconnected or not available**

- Restart the watch and reconnect it.
- Restart the bluetooth of the cell phone and reconnect it.
- Do not connect the phone to other Bluetooth devices at the same time.

### **Incorrect heart rate/blood pressure/blood oxygen measurement**

- The most common reason is that the contact between the watch sensor and the human body is not adequate.
- When measuring, please note that the sensor should be in full contact with the wrist.
- For those who have darker skin and more arm hair, please open the APP [Measurement device settings - increase intensity].

### **Sleep data are not sufficiently accurate**

- Sleep monitoring is to simulate the natural state of falling asleep and waking up. When using this function, you should wear the watch normally.
- Wearing it when you fall asleep too late or in irregular conditions may cause errors.
- Sleep data is not monitored during the day, sleep monitoring is from 9:30PM to the next day at 12:00.

For more frequently asked questions, please refer to the APP [My][FAQ].