Packing list

Band   Charging equipment   Instructions

Know your band

Enter key
- Enter
  /Enter sport mode
  (clock interface)
  /Start & stop (sport mode)

Back key
- **Short press:**
  Back/Enter set
  (clock interface)
  /Lap (sport mode)
- **Long press 2s:** Power on/off
  Long press 6s: Restart

Page down key
- **Short touch:**
  Page down
- **Long touch:**
  Page up

- Heart rate sensor
- Charging contact
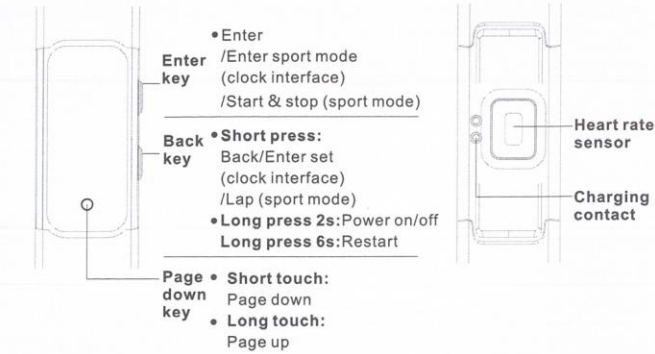
Install APK/APP

Use the phone to scan the QR code, download and install support for Android system APK or IOS system APP,And according to the guidelines for the relevant settings.
Warm tip: The band can be used independently, so if you do not need to message remind and mobile data upload mobile phone function, you do not need to install APP/APK.

Android   iOS

Mobile phone connection

Through the phone APP / APK click on the " connection device" search "SPORT" and connect, the connection is successful after the upload data"

Common problem

Mobile phone connection unsuccessful
1, whether the mobile phone connection has been opened;
2, whether the phone has been installed APP/APK;
3, mobile phone connection is connected to other products;
4, watches have been connected to other mobile phones.

Satellite connection unsuccessful
1, remain stationary when searching for a satellite
2, please confirm the outdoor environment open;
3, please confirm is not in the room;
4, please confirm the watch battery power;
Note: Please use it in an outdoor environment. If the surrounding buildings are denser, dense woods and bad weather will affect the satellite signals.

How long will it take to link up the satellite?
For the first time, /2 hours or more of the satellite is not connected, the search star time is about 2 minutes;
The heat connects the satellite (to stay in place for less than 30 minutes) and the search time is about 20 seconds.

Battery life is short
1, the battery may not be full of electricity, please give the watch full of electricity;
2, charging USB charging cable may not be fully inserted into the charger interface led to failure, please confirm whether the watch battery symbol is in charge state;
3, please confirm whether the GPS is open for a longer time.

Heart rate value error
1, please confirm whether the tightness of the watchband wearing the right;
2, please confirm the watch's heart rate lens is close to the skin surface;
3, the weather is too cold to affect the heart rate monitoring.

The heart rate setting is turned on, why is the heart rate light not on?
The heart rate setting switch is the daily monitoring of the heart rate on the home page (monitored every 10 minutes),That is, the heart rate light is lit every 10 minutes. The heart rate monitor under exercise mode is automatically turned on by default, independent of heart rate settings.
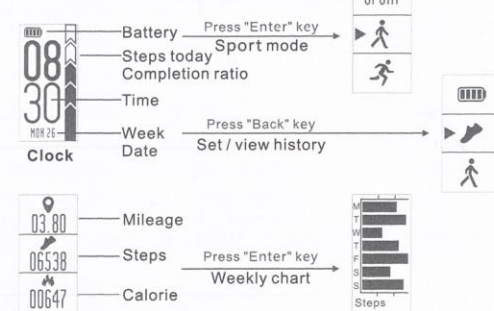
The heart rate alarm is on,why not?
The heart rate alarm function is only supported in motion mode.

Which model is chosen for indoor running?
In the indoor environment, you can choose not to open GPS walking mode.

There is an error in elevation
The deviation of the actual shape of the earth from that of the reference ellipsoid ranges from 100m to minus, and there is no unique definite value as it varies with the earth's gravity distribution. As a result, there is always an "error" in the elevation data directly exported by GPS.

Why is mileage less measured than other devices?
The principle of a satellite with floating stars, even if it is not moving, will increase the number of miles, the current market most watches or equipment exist in this phenomenon. And our watches solve this kind of technical problems, in the motionless situation will not increase, because float star and cause to increase mileage.

Support running mode to play football or basketball?
Not recommended, because each sport mode software calculation is not the same, the reference content is not the same, recommended that the actual sport and the choice of sport mode consistent.

Support hot water bathing and scuba diving?
No, because the water temperature is too high and the water depth is too great for the water resistance of the product

There are too many notifications to close the message
Yes, in the mobile phone APP, "social reminder" can be closed.

Parameter

Display:	OLED, 128*64
Satellite :	GPS
Heart rate:	Heart rate map, Real-time heart rate,Heart rate alert
Accelerometer /Gyroscope :	3axis、 3D Acceleration、 Step analysis, Sedentary remind,Sleep remind
Battery:	230mAh
Waterproof:	IP 68
Support system:	Android 4.3+ , IOS 8+
Port:	Charge
Weight:	34g
Size:	24/42/13mm
Input:	3.7V 1.0A MAX
Execution standard:	LX10628-2018

Homepage

Touch "page down" key to switch home page   SPORT

Clock
- Battery → Press "Enter" key — Sport mode
- Steps today
- Completion ratio
- Time
- Week → Press "Back" key — Set / view history
- Date

Daily steps
- 03.80 — Mileage
- 06538 — Steps → Press "Enter" key — Weekly chart
- 00647 — Calorie

16 hours Heart rate chart
BPM 126

Note:
1.please confirm whether the tightness of the watchband wearing the right;
2.please confirm the watch's heart rate lens is close to the skin surface;
3.the weather is too cold to affect the heart rate monitoring.

Notice
10020

Press "Enter" key — View details → Touch "page down" key — Read through the notice

Other reminder Icon

Steps today achieve target	Walk achieve target	Run achieve target	Climbe achieve target	Ride achieve target	Swim achieve target

Laps /Times	Heart rate alarm	Sedentary reminder	Alarm clock	Saving	Deleting

Sport mode

At the clock interface, press "enter" key, enter the sport mode option interface

SPORT
▶ 🚶 🏃

🚶 Walk (No GPS)

Start Open sport mode >Choose to walk mode> Press "enter" key

View all types of data Touch "page down" key

Mileage (km)	05.6km 🚶 01:35:08	05.6km 🚶 01:35:08	05.6km 🚶 01:35:08	♥ 142
Sport time	♥ 120	🦶 09562	⬭ 005	100% / 90% / 80% / 70% / 60% Maximum exercise heart rate percentage
	🦶 106	🔥 0430		

Battery ▭
Time **0830**

♥ Heart rate   🦶 Frequency (step / min)   🦶 Steps   🔥 Calorie   ⬭ Laps /Times

Stop Press "enter" key to stop >Press "back" key>Choose to continue / save data / delete data

🏃 Run (GPS) outdoor open environment use

Start Open sport mode >Choose to run mode>Wait for satellite connection (satellite icon flashing is not connected) >Press "enter" key

View all types of data Touch "page down" key

Mileage (km)	13.5km 🏃 00:52:46	13.5km 🏃 00:52:47	13.5km 🏃 00:52:48	13.5km 🏃 00:52:49	♥ 142
Sport time	♥ 142	🦶 12562	🌀 08.3	⬭ 013	100% / 90% / 80% / 70% / 60% Maximum exercise heart rate percentage
	🦶 182	🔥 0534	⏱ 32:52		

Time **0830**
Satellite signal (icon flashing is not connected, display icon is connected)

♥ Heart rate   🦶 Frequency (step / min)   🦶 Steps   🔥 Calorie   🌀 Speed (km/h)   ⏱ Pace (min:s/km)   ⬭ Laps /Times

Stop Press "enter" key to stop >Press "back" key>Choose to continue / save data / delete data

🧗 Climb (GPS) outdoor open environment use

Start Open sport mode >Choose to climb mode>Wait for satellite connection (satellite icon flashing is not connected) >Press "enter" key

View all types of data Touch "page down" key

Mileage (km)	09.5km 🧗 02:06:23	09.5km 🧗 02:06:25	09.5km 🧗 02:06:24	09.5km 🧗 02:06:26	♥ 142
Sport time	♥ 162	⛰ 632	🦶 18253	▶ 009	100% / 90% / 80% / 70% / 60% Maximum exercise heart rate percentage
	🦶 098	⛰ 0.08	🔥 0753	15:06:58	

Time **0830**
Satellite signal (icon flashing is not connected, display icon is connected)

♥ Heart rate   🦶 Frequency (step / min)   ⛰ Altitude (m)   ◢ Rising speed (m)   🦶 Steps   🔥 Calorie   ▶ Times

Stop Press "enter" key to stop >Press "back" key>Choose to continue / save data / delete data

🚴 Ride (GPS) outdoor open environment use

Start Open sport mode >Choose to ride mode>Wait for satellite connection (satellite icon flashing is not connected) >Press "enter" key
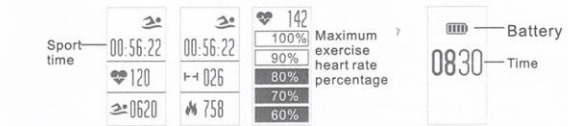
View all types of data Touch "page down" key

Mileage (km)	30.6km 🚴 01:58:03	30.6km 🚴 01:58:04	30.6km 🚴 01:58:05	♥ 142
Sport time	🌀 20.5	♥ 128	⏱ 030	100% / 90% / 80% / 70% / 60% Maximum exercise heart rate percentage
	⏱ 03:40	🔥 0534		

Time **0830**
Satellite signal (icon flashing is not connected, display icon is connected)

🌀 Speed(km/h)   ⏱ Pace(min:s/km)   ♥ Heart rate   🔥 Calorie   ⬭ Laps /Times

Stop Press "enter" key to stop >Press "back" key>Choose to continue / save data / delete data

🏊 Swim (No GPS)

Start Open sport mode >Choose to walk mode> Press "enter" key

View all types of data Touch "page down" key

	🏊 00:56:22	🏊 00:56:22	♥ 142
Sport time	♥ 120	⊢⊣ 026	100% / 90% / 80% / 70% / 60% Maximum exercise heart rate percentage
	🏊 0620	🔥 758	

Battery ▭
Time **0830**

♥ Heart rate   🏊 Swing arm count   🔥 Calorie   ⊢⊣ Laps /Times

Stop Press "enter" key to stop >Press "back" key>Choose to continue / save data / delete data

Sport data processing

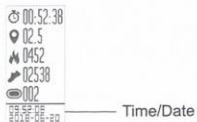Press "enter" key to stop >Press "back" key>Choose to continue / save data/ delete data

▶ 💾   ⏩ Continue   💾 Save data   🗑 Delete data

Set / view history

▭ ▶ 🚶 🚶

At the clock interface, press "back" key, enter the set/view history interface

🚶 Daily steps

↗ History records   🏆 Set target steps

🚶 Walk

📄 History   🏆 Set target steps

⏱ 00:52:38
📍 02.5
🔥 0452
🦶 02538
⬭ 002
09:52:08 2016-06-20 — Time/Date

🏃 Run

📄 History   🏆 Set target mileage(km)

🧗 Climb

📄 History   🏆 Set target mileage(km)

🚴 Ride

📄 History   🏆 Set target mileage(km)

🏊 Swim

📄 History   🏆 Set target swing arm count

⭕ Lap record

◉ Runway length (200m, 300m, 400m etc.)

⭕ Lap record — AUTO Automatic record   👆 Hand record

🧍 Sedentary remind

🧍 Reminder set — ◄ ON ► — On/Off

MIN 060 — time(minute)

🕐 Set enable time — START ◄ 09 — Enable time(hour)

END 18 — Stop time(hour)
Such as:9 AM. - 18 PM.

📊 Sleep monitoring

Monitoring time for the 21 PM ~ 9 AM sleep data,last night sleep data is generated at 9 AM the following day .

🛏 09 — Light sleep(minute)
🛏 18 — Deep sleep(minute)
2016-11-20 — Date

↗ History records

♥ Heart rate (Note:Make sure the heart rate sensor is fully fit with the skin)

♡ Heart rate On/Off (all day heart rate)

⚠ Heart rate alarm (Note: Sport mode,beyond the set value for 3~5 seconds before the alarm)

⚠ ◄ ON ► — On/Off

♥ 120 — Maximum heart rate   ♥ 060 — Lowest heart rate

📷 System

Enter the system interface.

🔵 ▶ 🛰 {□}

🛰 Satellite

Enter the satellite interface press "enter" key to On / Off the satellite, check the satellite positioning information.
Note: please use in outdoor environment, if the surrounding buildings are more dense buildings will affect the positioning of the satellite.

GPS ON	ON/OFF GPS
2017-12-08	G.M.T.(Greenwich Mean Time)
02:06:09	G.M.T.(Greenwich Mean Time)
OK	Connection status (ok/no)
22.586908	Latitude
113.963728	Longitude
4.28	Speed(km/h)
66.286	Altitude(m)

{□} Vibration

☀ Hand type bright screen

🔔 Alarm clock

🔔 Alarm clock switch   HR Hour   MIN Minute

📅 Date

Y Year   M Month   D Day

🕐 Time

HR Hour   MIN Minute

◐ Display contrast

👤 User information set

👤 Sex   Age Age   Height Height   kg Weight

↻ Restore factory settings   ⓘ Product information