User Manual

Model: SB1256

1. Quick start guide

Overview

1. Screen
2. Button
3. Charging POGO PIN
4. Heart rate
5. Buckle
6. Strap

- Make sure the POGO-pins on the charging cable fit correctly onto the charging terminals on the back of smart watch.
- Plug the big end of the USB cable to a power source and after successful charging, a charging icon will appear on the screen.

Install "Orunning" app on the phone

Search and install the "Orunning" app from Google Play or App Store. Or scan the following QR code to directly install the app.

Android   IOS

Connect the smart watch with the phone

1. Enable Bluetooth on your smart phone.
2. Open the "Orunning" app on your smart phone, and then fill in all the requested information in the "Settings" menu.
3. Tap "Connect device" in the "Settings" menu.
4. Select the smart watch icon to connect.
5. Choose your device name to connect it with your phone.

Unbind smart watch with mobile phone

1. Open the "Orunning" app on your smart phone.
2. Tap "Disconnect device" in the "Settings" menu and confirm "OK".
3. To disconnect your smart watch with an iPhone, click "Disconnect device" in the "Settings" menu of the "Orunning" app, and go to the Bluetooth settings on your iPhone, then access and select the "Forget This Device" option.

2. Functions

Watch face

There are 12 watch faces. On the current watch surface, press and hold the screen and slide to select your favorite.

Pedometer

The watch will automatically record your daily activities. Click on the touch screen to view more detailed data.
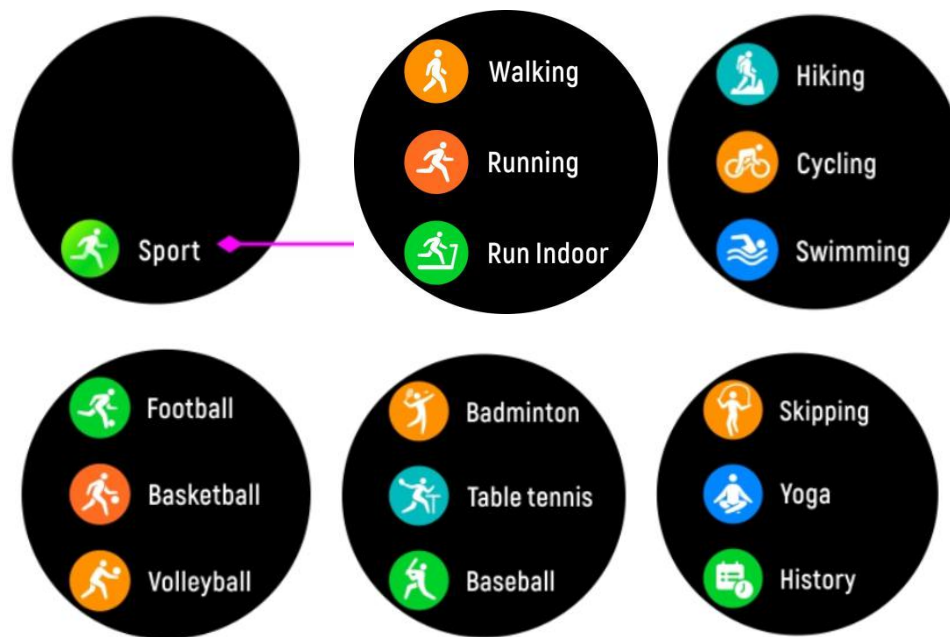
Heart rate

Press the icon to enter your heart rate, and the watch

will automatically monitor your heart rate, slide to the right or press the button to exit.

Sport

Press the function "Sports" to enter the multi-sport mode. The smart watch has fourteen sports modes: walking, running, indoor running, mountaineering, cycling, swimming, football, basketball, volleyball, badminton, ping pong, baseball, skipping, yoga, choose one of them and do some exercises. The smart watch will record your movement data. After completing the exercise, swipe to the right to stop the exercise and save

the exercise data. If you have connected your smartwatch to Orenning via Bluetooth, you can also view exercise data in the app.
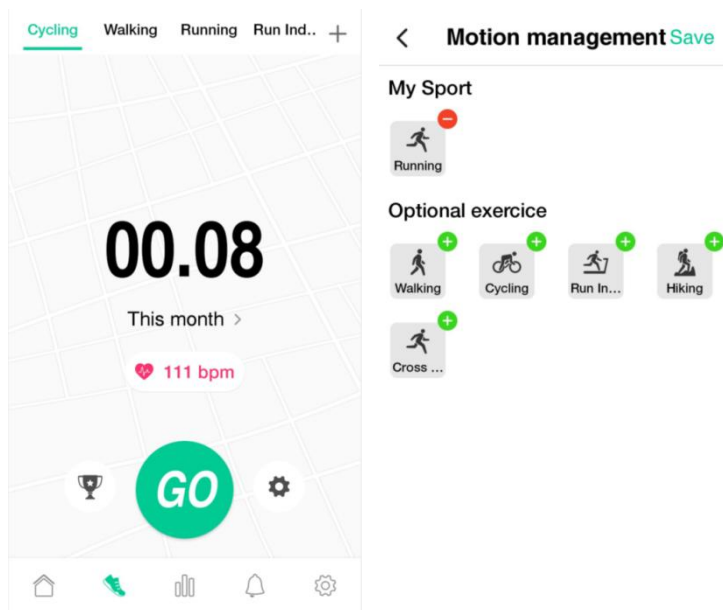
Sports details:

When you want to pause the exercise, slide the screen to the right to pause, or you can end the current playback.
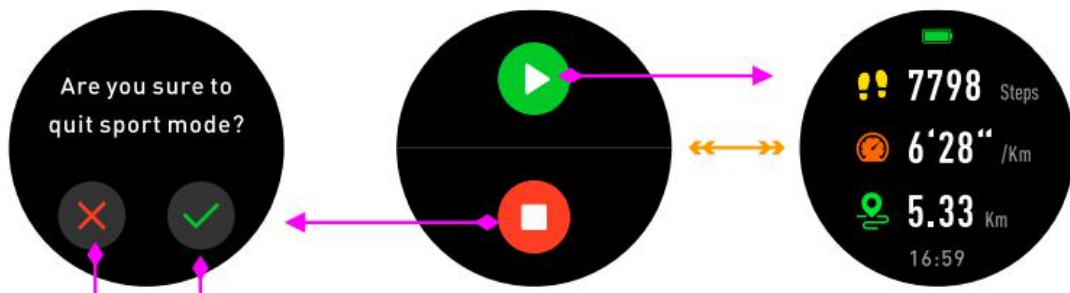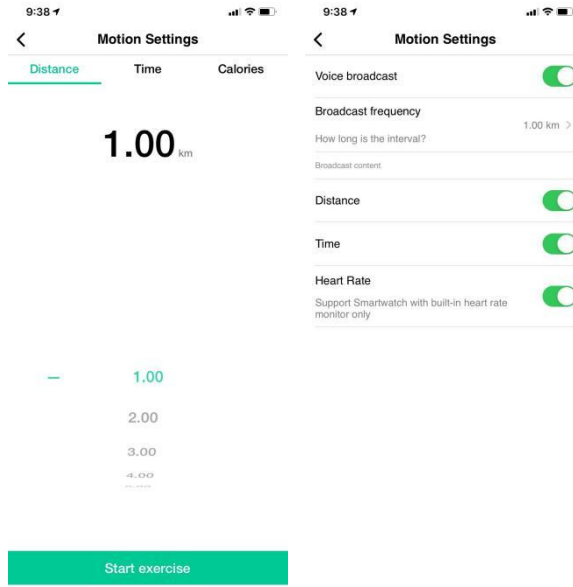

Note: If it takes too little time to practice data, the data will not be saved.
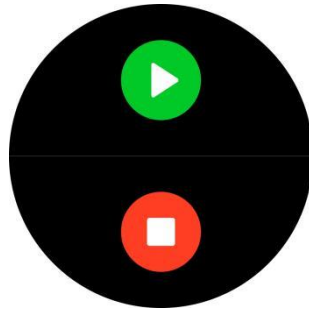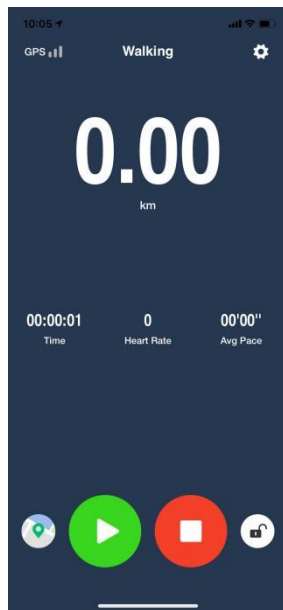
Gps interconnection

First connect to the app, open the GPs interconnection interface, you can click on the upper right corner to select to add the desired interconnection sport mode.

You can set up the Gps interconnection on the right side of "GO", and then turn on the language broadcast. At the same time you can set kilometers, calories and time goals. After reaching the corresponding set goal, the app will have a broadcast prompt.
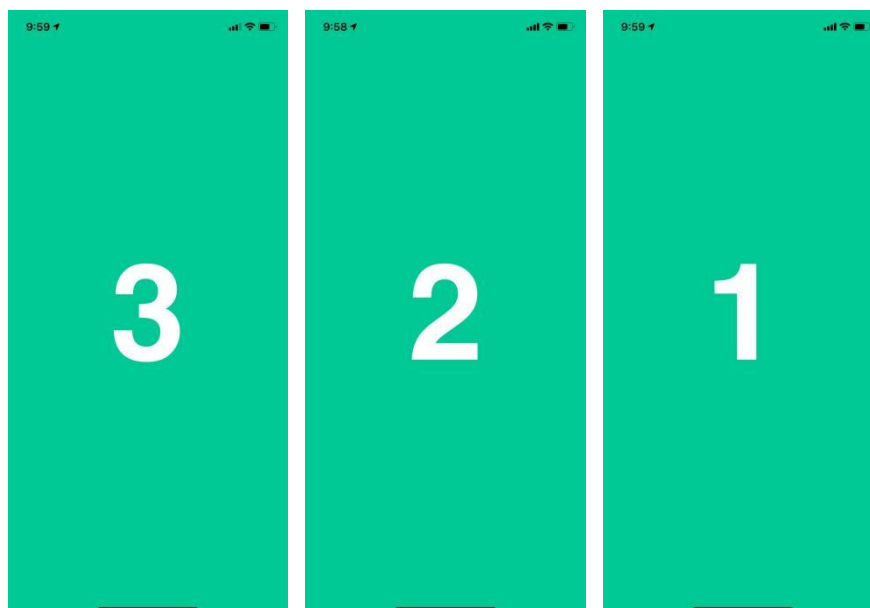
When you want to connect with GPS, go to the spacious ground for GPS positioning, make sure there is no problem with the GPS signal, and then operate, click "GO" on the app Gps interconnect interface, the app will count down to 321, and the watch will also synchronize Enter the connected movement. When the app pauses or ends exercise, the watch will automatically synchronize the corresponding status.

After the exercise is over, you can view your GPS interconnected exercise data, and you can also view the GPS exercise track. When the data is low, the app will not save the exercise data.

Sleep Monitor
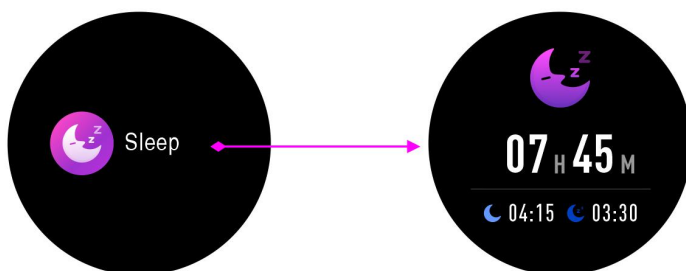
Tap the interface and the watch will display sleep data

for a day.

When sleep stops, the watch will display your sleep report and total sleep time, light sleep time and deep sleep time. After syncing with Orunning, you can view more detailed sleep reports.

Message

Unread messages will be displayed in the Message interface. Slide the screen to enter and check the information on the watch.
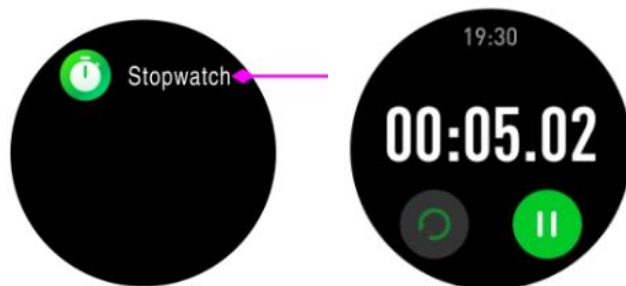
Weather
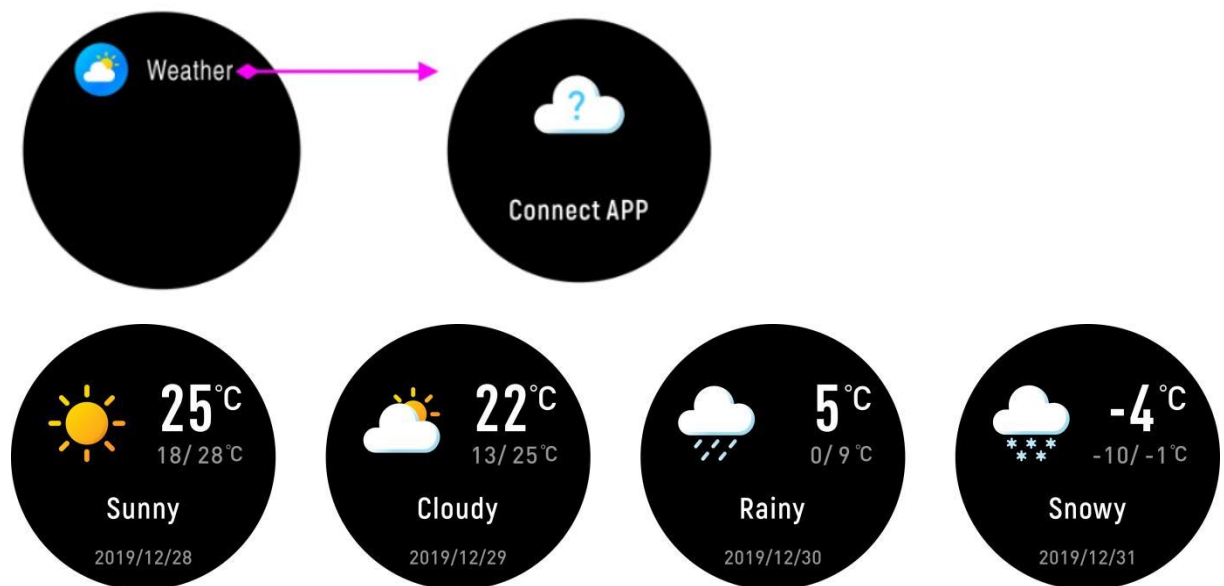
After connecting with app, you can select city in "advanced settings" of the app. And the weather of this city will be displayed on the watch.
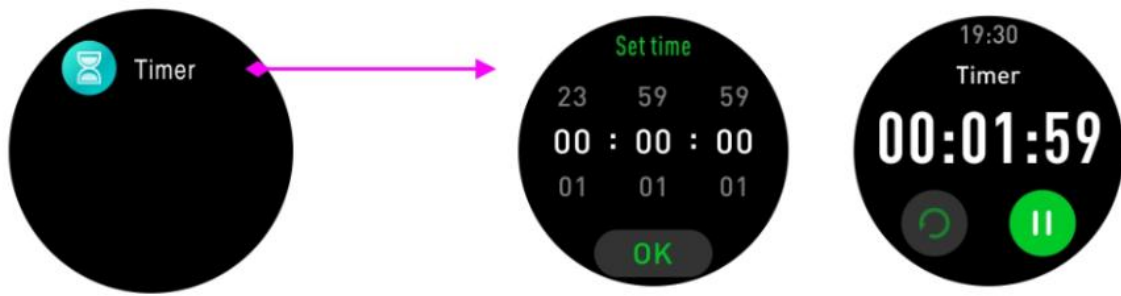
Alarm

In the "Alarm" interface, click in and you can see the reminders you set in the application. When the reminder time is up, your watch will vibrate.
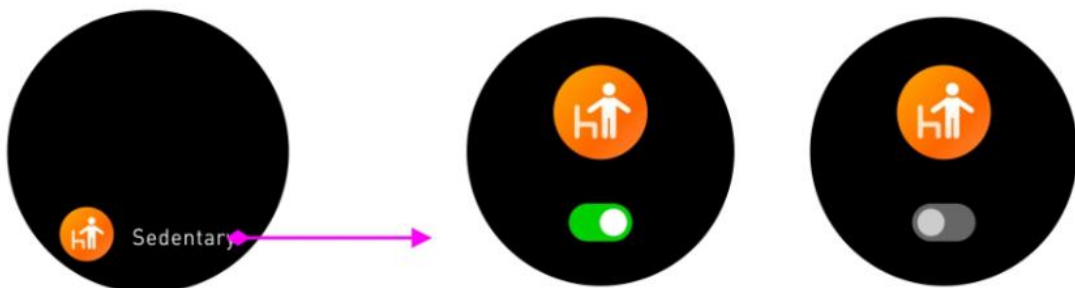
Stopwatch

Press the screen touch to find the stopwatch. Enter the timing page, touch the keys start and pause, and slide to the right to exit.
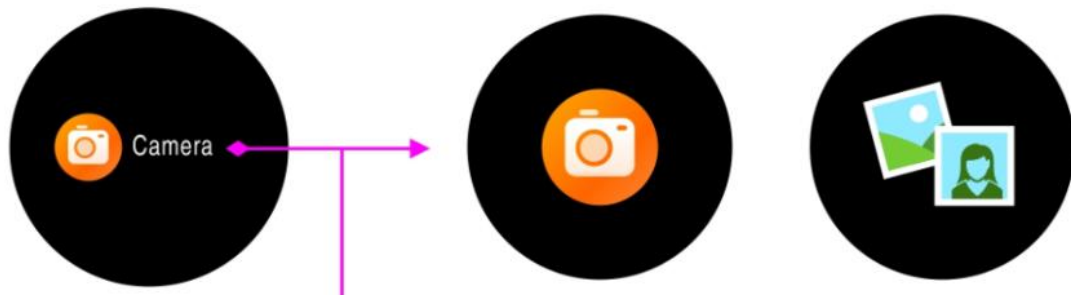
Timer

Click into the watch timer to set the countdown time. You can pause/continue switching and reset the use timer.

Sedentary reminder

After connecting the application, Press the screen to turn on or off the sedentary reminder you set in the application.

Remote capture

After connecting the application, The device can be used as a remote for the camera function on your phone.
In the Orunning APP, enter the "Settings" - "Advanced settings" – "Take Pictures", and your watch will show a camera icon, short press to capture your photo.

BT music
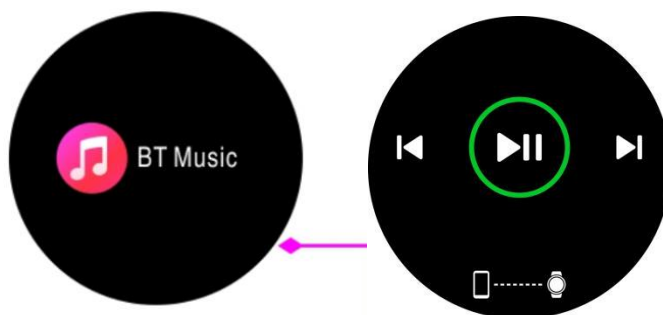
After connecting the application, Tap the music function icon to enter the music playback control interface.
You can select the previous/next song, and play/pause the song. To exit music playback control, slide the screen from left to right.

Settings
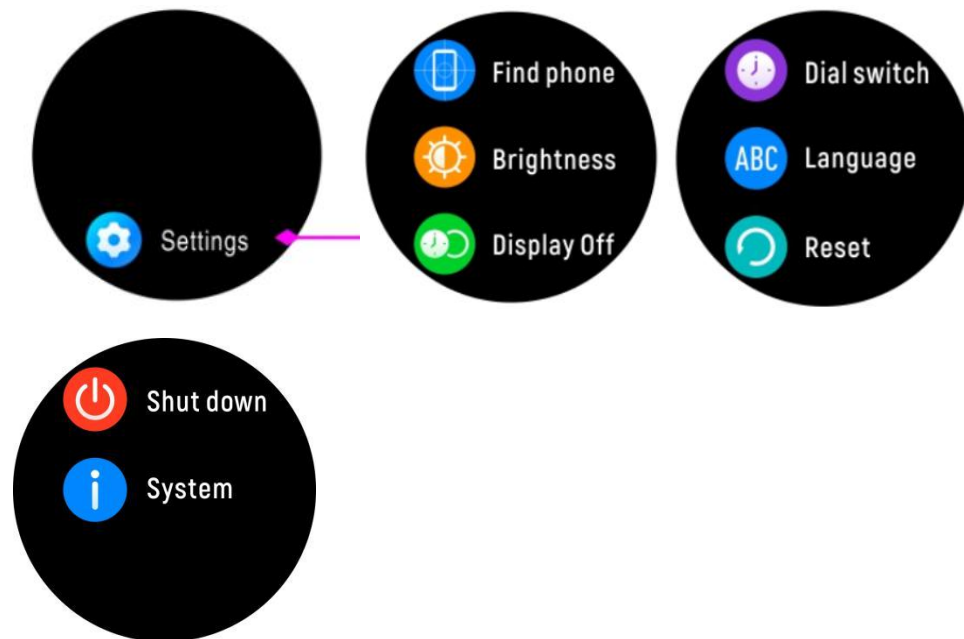
In the "settings" interface, click the screen to view more functions, including Find phone, Brightness,Display off, Dial switch, Language, Reset, Shout down, System.

Dial switch

Touch "Dial Switch" on the screen to select other dials.

Language

Choose "Language" function on the "Settings", and you can choose to switch the watch to another language.

Reset

Reset to factory default

*attention: if a factory reset is performed, all user data will be erased.

Shut Down

Touching "Shut Down" on the screen will turn off the watch.

System

Choose the function of "System" to check the watch BT name, firmware version information.

Find Phone

After connecting the application, click the find phone

function in the "Settings" interface and you phone will ring/vibrate.

3. FCC Caution

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.