

smart wristband user's Guide



Component introduction

*Host

*Wrist strap

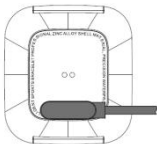
*Charging cable

*Packing box

*manual

Charge the bracelet

Use it for the first time to ensure that the battery is in normal condition. If the power is not turned on normally, please connect the charger to charge the device.



Install the bracelet app on your phone

System requirements: Android 5.0 and above; iOS9.0 and above; support for Bluetooth 4.0.



SCAN THE QR CODE
TO DOWNLOAD
THE APP :



FitPro

Device connection

- For the first use, you need to connect the APP for calibration. After the connection is successful, the bracelet will automatically synchronize the time.
- Turn on the Bluetooth switch of the mobile phone system → enter the app device module settings → click “Bind device, experience more features” to enter, find and connect the bracelet device.



- Android phones need to allow apps to run in the background.
- Android phones use all notification permissions to read contact information and give the app background running in the phone settings.

Wear it properly

The bracelet is best worn after the ulnar styloid
Adjust the size of the wrist according to the adjustment hole; buckle the wrist strap buckle.
The sensor should be close to the skin to avoid moving.

Bracelet function description

Long press the home button to switch on/off the device.

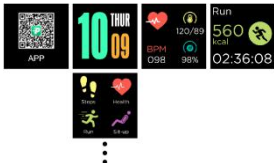
On standby, long press the touch screen 2 seconds switch theme.

Slide down: Display message content.

Slide up: Enter menu page.

Slide left and right from the homepage to goto step count, Health & app QR code.

Interface



Step

Number of steps

Record the number of daily movement steps to view the current real-time steps.

Distance

The distance of motion is estimated based on the number of walking steps.

Calories

Estimate the calories burned based on the number of walking steps

Health

Entering the Health, the current heart rate, blood pressure, and blood oxygen test results are displayed. This feature requires a wristband to support heart rate and blood pressure sensors.

Sport mode

Running

The calories and duration of Running consumption can be recorded under this interface;

Sit-up

The calories and duration of Sit-up consumption can be recorded under this interface;

Skipping

The calories and duration of Skipping consumption can be recorded under this interface.

Ping-pong

The calories and duration of Ping-pong consumption can be recorded under this interface.

Basketball

The calories and duration of Basketball consumption can be recorded under this interface.

Badminton

The calories and duration of Badminton consumption can be recorded under this interface.

Climbing

The calories and duration of Climbing consumption can be recorded under this interface.

Cycling

The calories and duration of Cycling consumption can be recorded under this interface.

Tennis

The calories and duration of Tennis consumption can be recorded under this interface.

Walking

The calories and duration of Walking consumption can be recorded under this interface.

Volleyball

The calories and duration of Volleyball consumption can be recorded under this interface.

Find

In the connected state, click the “Find” option and the phone will vibrate and alarm.

Remote photography

In the connected state, start the photo from the wristband or the APP to enter the remote camera interface, shake/turn the wrist/touch the bracelet, and automatically take a photo after 3 seconds of counting down. Please allow the APP to access the photo album to save the self-portrait photo.

Reset

Setting this feature reset will erase all data in the bracelet (such as step counting)

Information

When the bracelet pushes multiple reminder messages, enter this interface to view the last 3 message records.

Theme

Slide the theme up and down.

Information mode:

In the connected state, if the SMS, WeChat, QQ, Facebook etc reminder function is enabled, when there are messages push to bracelet, the bracelet will vibrate to remind and display the content received by the app (you can also enter the ring information menu to view

the last three message records). (You need to give the APP permission to get system notifications, and the wristband can display 20-40 words).

APP function and settings

Sleep mode

When you fall asleep, the bracelet will automatically enter the sleep monitoring mode and will automatically detect your sleep pattern (deep sleep / shallow sleep / wake up) all night to accurately calculate your sleep quality.

Note: Please note the following description for the Sleep monitoring:

1. Sleep will be recorded, if the time when falling asleep is between 22:00 PM and 6:00 AM. The sleep data will be recorded if you sleep for more than 4 hours.
2. Sleep data synchronization: When wearing the bracelet, it will exit sleep mode only after 15 minutes of getting up and moving around. The sleep data will then be synchronized to the app.
 - A. Wear the bracelet while sleeping and ensure that it remains connected to the app.
 - B. Do not remove the bracelet from your wrist

immediately after waking up, as this may cause a misjudgement of your sleep status.

C. Sleep will not be recorded, if you fall asleep before 22:00 PM or after 06:00 AM. The time of getting up is independent of this.

Alarm setting

In the connected state, 8 alarms can be set. After setting, it will be synchronized to the bracelet; offline alarm is supported. After the synchronization is successful, even if the APP is not connected, the bracelet will be reminded according to the set time.

Sedentary reminder

Set whether to enable the sedentary reminder function, you can set the reminder interval, if you sit for a long time in the set time, the bracelet will remind you.

Raise your hand to brighten

Turn this function on. When the wristband is in the state of the screen, lift your wrist and turn the screen to yourself to light up the screen.

Do not disturb mode

Turn on the Do Not Disturb mode. You can set the Do not disturb time period. During the set time period, the bracelet stops receiving notification messages to avoid reminding messages.

Remove device

Remove device This feature will erase data and remove device

Looking for a bracelet

In the connected state, click the “Find” option and the bracelet will vibrate.

Other functions:

Turn on the vibration setting function, when there are calls, messages or other reminders, the bracelet will vibrate. If it is off, the bracelet will only have a screen reminder without shaking to avoid interruption.

Basic parameters

Equipment type	smart wristband	type of battery	Lithium polymer
Vibration motor	stand by	Synchronously	Bluetooth 4.0
Operating temperature	-10°C~50°C	sensor	Low power acceleration sensor
System Requirements	IOS9 or above / Android5.0 or above		

Precautions

1. Bathing and swimming should not be worn.
2. Please connect the bracelet when synchronizing data.
3. Use the included charging cable to charge.
4. Do not expose the handle ring to moisture for a long time, where the temperature is extremely high or extremely low.
5. The flashover of the wristband restarts. Please check the memory information of the mobile phone to clear it and try again, or exit the APP and reopen it.

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

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.

Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment