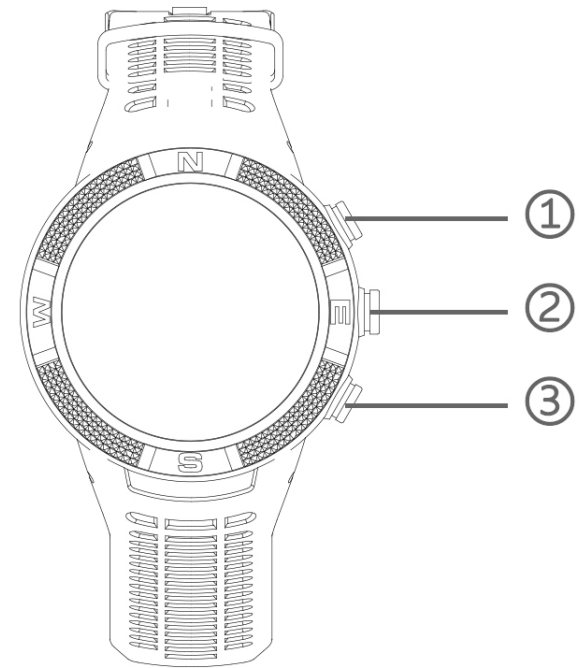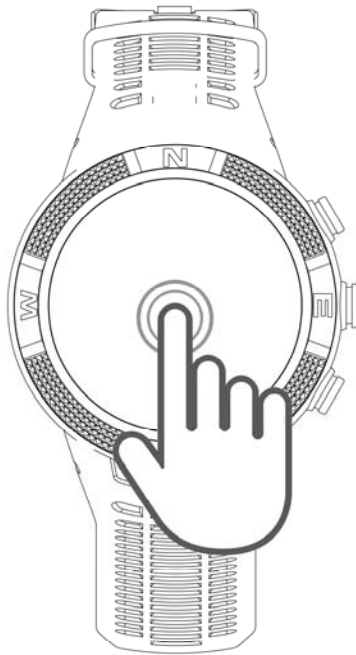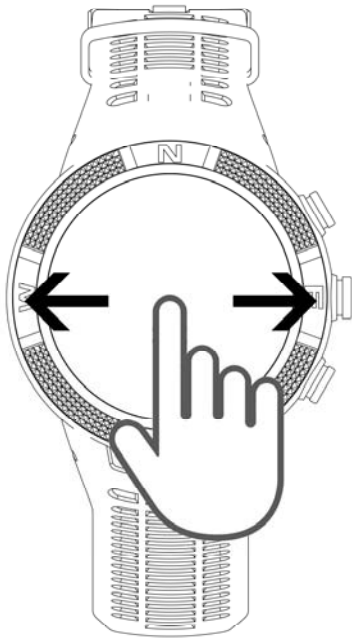# GPS Sports Watch

USER'S MANUAL

Thank you for choosing our smart band. You can read this manual thoroughly to understand the use of the equipment and how to do it simply. The Company reserves the right to make changes to the contents of this manual without prior notice without prior notice.

Product configuration:
1. Smart Watch * 1
2. Data cable* 1
3. Manual * 1

①	Confirm key	Press this key lightly to start/pause, or to confirm current selection
②	Selection key	Press this key lightly to turn page
③	Return key	Press this key lightly to return to previous page. Long press this key to power off
	Soft key	Swipe screen to change option Tap to enter

*If system halted during use, press key ③ and hold for 10s to restart the device.

● Pair with the phone


Appstore

Google Play

1: IOS, Android users scan the following QR code through your mobile browser to download the APP.

2: Android phone users search: "Hplus " in Google Play Store to download ,and IOS users download the application in App Store please.

Open the "Hplus" application-
settings-Bluetooth-Search "SmartBand" and connect
When the Bluetooth icon on the watch is blue,means connected success, while red for unconnected.

● Charging instructions

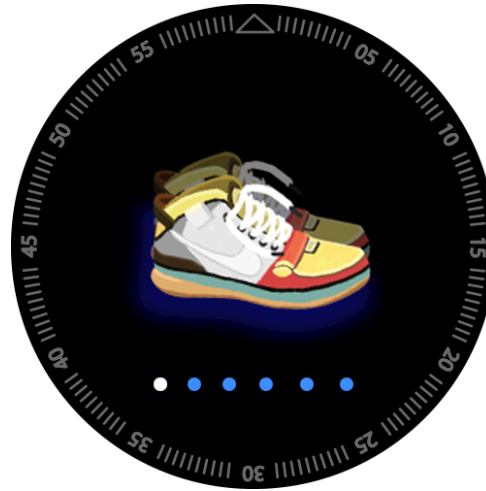Magnetic charging, as shown in the picture below. Please note direction of charging cable.
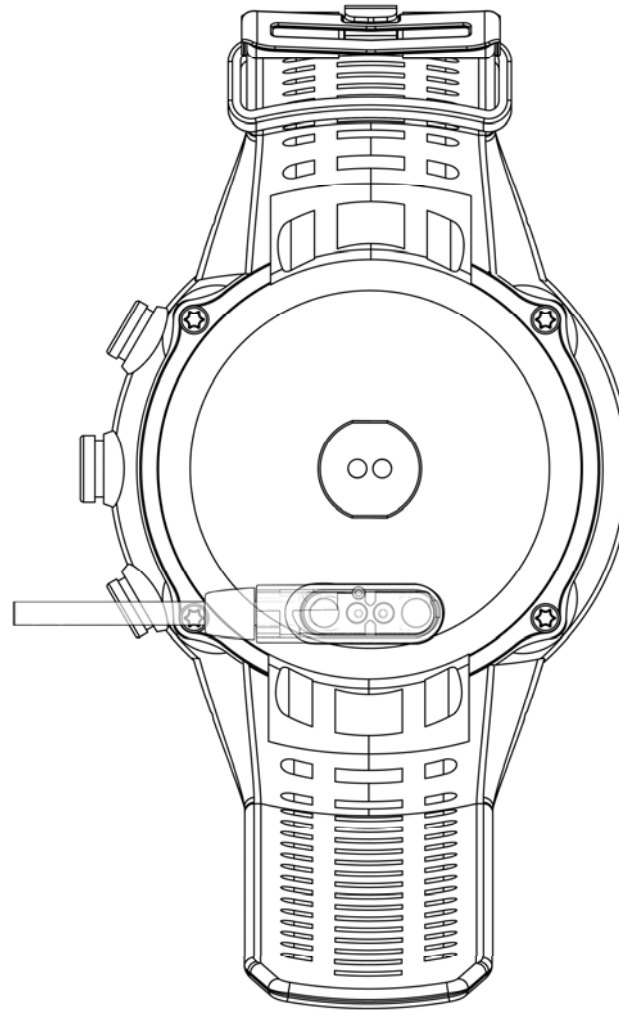
*Please note that two contacts of the charging cable can't contact electric conductor at the same time, otherwise it will cause circuit burning.

● Step count

It displays three data: distance/step count/calorie.

The step count function is on 24h. At every 12pm, data will be saved and reset to 0 for recalculation.

● Health

1. Heart rate. Enter heart rate interface and start measuring. This heart rate test is dynamic, it stops measuring when exits.

*Heart rate function of the watch is for daily exercise use only, and does not serve as medical reference.

2. Sleep mode. Enter this mode to check sleep quality.

●Notification

1. Enter notification mode to view the latest 5 messages or notifications.

● Compass

1.Calibrate compass by moving wrist to draw an 8, then compass is ready.

● Exercise

Hiking

1. Enter this mode and start exercising. Press key ② to check other data.
2. Press key ③ to record number of laps manually.
3. If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
4. If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.

*User can select save, delete or continue.

Running

1. Before entering running mode, use GPS to locate first. If you don't need GPS path, press key ① to enter exercising mode.
2. When locate by GPS, please search for GPS motionlessly in outdoor open area, and start exercising after successful locating.

*When locating, use the device in outdoor and open environment. Environment with less shielding helps reception of GPS signal. Shielding such as building, metal covering and dense forest may weaken GPS signal.

3. Select key ② to check other data interface.
4. Press key ③ to record number of laps manually.
5. If you want to take a rest or pause recording, press key ①; if you want to continue exercising, press key ① again.
6. If you want to end exercising, press key ① to pause, and press key ② again to end.
*User can select save, delete or continue.

Mountain climbing

1. Locate by GPS before entering mountain climbing mode. If you don't need GPS path, press key ① to enter exercising mode.
2. When locate by GPS, please search for GPS motionlessly in outdoor open area, and start exercising after successful locating.

*When locating, use the device in outdoor and open environment. Environment with less shielding helps reception of GPS signal. Shielding such as building, metal covering and dense forest may weaken GPS signal.

3. Select key ② to check other data interface.
4. Press key ③ to record number of laps manually.
5. If you want to take a rest or pause recording, press key ①; if you want to continue exercising, press key ① again.
6. If you want to end exercising, press key ① to pause, and press key ② again to end.
*User can select save, delete or continue.

Cycling

1. Locate by GPS before entering cycling mode. If you don't need GPS path, press key ① to enter exercising mode.
2. When locate by GPS, please search for GPS motionlessly in outdoor open area, and start exercising after successful locating.
   *When locating, use the device in outdoor and open environment. Environment with less shielding helps reception of GPS signal. Shielding such as building, metal covering and dense forest may weaken GPS signal.
3. Select key ② to check other data interface.
4. Press key ③ to record number of laps manually.
5. If you want to take a rest or pause recording, press key ①; if you want to continue exercising, press key ① again.
6. If you want to end exercising, press key ① to pause, and press key ② again to end.

*User can select save, delete or continue.

Swimming

1. Enter this mode and start exercising. Press key ② to check other data.
2. Press key ③ to record number of laps manually.
3. If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
4. If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.

*User can select save, delete or continue.

Treadmill

1. Enter this mode and start exercising. Press key ② to check other data.
2. Press key ③ to record number of laps manually.
3. If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
4. If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.

*User can select save, delete or continue.

Basketball

1. Enter this mode and start exercising. Press key ② to check other data.
2. Press key ③ to record number of laps manually.
3. If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
4. If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.

*User can select save, delete or continue.

Badminton

1. Enter this mode and start exercising. Press key ② to check other data.
2. Press key ③ to record number of laps manually.
3. If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
4. If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.

*User can select save, delete or continue.

 Football

1. Enter this mode and start exercising. Press key ② to check other data.
2. Press key ③ to record number of laps manually.
3. If you need to pause recording and take a rest, press key ①. And if you want to continue, press key ① again.
4. If you want to stop exercising, press key ① to pause, then press key ③ to return, save data and end exercising.

*User can select save, delete or continue.

● Settings

 GPS

Click to view longitude and latitude. GPS/GPS+Beidou/ GPS+GLONASS modes are optional (GPS by default).

Vibration

Select switch.

Sound

Select switch.

Contrast

Select brightness, three options available.

Reset

Select reset, it will restart and clear all data saved in the watch.

●FAQ

*Do not expose this device to overcooling or overheated conditions for a long time, otherwise it will cause permanent damage.

*Why can't wear watch when taking a hot bath?

As bath water temperature is high, it will generate mass steam which is in gaseous phase and characterized by small molecule radius. It is easy to penetrate through watch housing gap. When temperature lowers, it will become liquid phase water drop, which is easy to cause short circuit in the watch, resulting in damaged circuit board and watch.

*The watch can't start up or charge

If your newly received watch can't start up, it maybe because battery is under protection due to collision during watch transportation. Plug in charging cable to activate the watch.

If your watch can't start up due to too low battery or the watch has not been used for a long time, please plug in USB cable and charge for half an hour for activation.

Warranty

1. If it appears quality problems caused by manufacturing, materials, design within one year（since the day of purchase）, we will offer free warranty for. We will offer free warranty for battery and adapter within 6 months. Premise is using normally and correctly.

2. About the fault caused by the users personal reasons, we don't offer free warranty, as follows:

1). Disassemble or refit the product.

2). Caused by immodesty drop

3). All artificial damage or misuse (such as: make water into the host, the external force shatter, scratch damage of peripheral components, etc.), all these are beyond the scope of the warranty.

3. When ask for free warranty, you must provide a warranty card with the seal of purchase place and purchase date.

4. If you met problems during use, please contact the shop customer service which you bought from.

5. Please make the final products as the standard.

Date of purchase:

IMEI code:

Buy store:

Customer signature:

Clerk Signature:

Shop stamp:

FCC Statement

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.

To assure continued compliance, any changes or modifications not expressly approved by the party.

Responsible for compliance could void the user's authority to operate this equipment. (Example- use only shielded interface cables when connecting to computer or peripheral devices).

This equipment 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.

RF warning statement:

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