

Model:90116

HYBRID



SMART WATCH ACTIVITY TRACKER



User Manual

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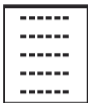
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1. Packing List

A



B



C



D



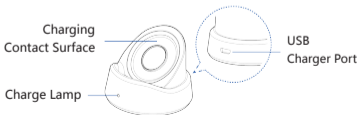
A : Smart watch

B : User manual

C : Charging dock

D : Micro-USB cable

2. Product Details



3. Working Condition

Working temperature

-10°C~55°C

Working humidity

0~100%

4. Waterproof Level

The watch can withstand the pressure equivalent to 30 meters water depth, suitable for daily use, is not recommended to wear when swimming in the pool or shallows, can not be used for diving, does not support bathing and sauna.

5. Watch Battery

(1) The smart part can be used for about 3 days when the watch is fully charged.

(2) If the watch shows low battery power, the smart part function will be automatically turned off, but the watch hands can continue to operate normally for about 30 days.

Notice : The smart part can be used for about 3 days and is estimated based on the average use of the watch. The actual length of use varies depending on how much the notification is reminded and how long the heart rate is on.

6. Charging Instructions



- (1) Connect the USB cable to the USB power adapter.
- (2) Connect the other end of the USB cable to the charging dock.
- (3) Plug the USB power adapter into a power outlet.
- (4) Press the back of the watch into the charging cradle to charge the watch.

Notice :

- 1) Before using the watch for the first time, fully charge the watch before using it, and it takes about two hours to complete the charging. When using a computer USB port, etc., as the charging source for the watch, it may take up to 3 hours to fully charge the watch.
- 2) Use the charger only on a flat desk, away from implanted devices.

- 3) If there is an obstacle between the watch and the charging dock, the watch may not charge properly.
- 4) When the battery is low, please charge it in time. After the watch is charged, please disconnect the charging power.
- 5) When the battery is low, please charge it in time. After the watch is charged, please disconnect the charging power. To avoid damage to your watch, please use the original factory-installed charging accessories.
- 6) Do not use if the charging device is damaged.
- 7) Unplug the charging device when cleaning your watch, during a thunderstorm, or when it will not be used for a long time.
- 8) Do not attempt to disassemble or modify your watch, charging cable or charging dock.
- 9) Do not twist or pinch the charging cable.
- 10) Do not attempt to remove or replace the battery or watch by yourself. The substances contained in this product and the battery may cause harm to the environment or human health. Please dispose of it properly.

7. Wear Watch

- (1) If you are accustomed to using your right hand, wear your watch in your left hand, on the contrary wear your watch in your right hand.
- (2) Wear the watch on your wrist and pull the strap out of the hole in the buckle.
- (3) Straighten the wrist strap until your wrist is slightly tight and slightly loose.
- (4) Pass the pin through the hole in the strap and secure the strap to the button.
- (5) You can also freely change the watchband you want, push the raw ear inward, and remove the strap from the case.
- (6) When replacing the new watchband, push the raw ear inwards, parallel to the ear holes at both ends, release the raw ear, and pull the strap to adjust.



8. Install APP

(1) Apple Mobile Device Client

Use an iOS 8.0 or above iPhone to scan the QR code below or search for and install the "ITING" APP from your Apple Store to your phone.



Apple Store

(2) Android mobile client

Use Android phones with Android 5.0 and above to scan the QR code below or download and install the "ITING" app from the Google Play to your phone.



Google Play

Note :

After leaving the factory or restoring the factory settings, it needs to activate the watch through the APP to use it normally.

9. Bind Watch

(1) Turn on your phone's Bluetooth and open the APP on your phone.

Note :

- 1) If you are a new user, you need to create a new account.
- 2) If you have registered an account, log in using the APP with your email address and password.

(2) After logging in, follow the instructions on the APP to scan the watch with the QR code to bind the watch.

Note : In the binding process, the watch needs to be near the mobile phone.

(3) When the connection is successful, the watch and mobile device will prompt "Pairing successful" after the binding is completed.

(4) After the binding is successful, your watch screen will guide you step by step through the setup process.

(5) If the binding fails, the APP will remind you to reoperate the binding.

10. Time Calibration

(1) After the watch and phone APP are successfully binded, follow the instructions on the APP to scan the watch for time calibration.

(2) When the time calibration are completed, click the "Home" button to return to the main interface of the APP.

11. Operating Construction

(1) Touch screen operation



Click



Double click



Long press



Rotate



Swipe left



Swipe right



Swipe up



Swipe down

(2) Key description

Up key : Turn on the screen; return to the home page;
turn on the standby mode; long press for 5 seconds to
turn on/off

Down key : Light the screen; return to the previous layer;
long press to display the binding QR code

Up key + down key : Long press the two buttons at the
same time for 8 seconds to power off and restart

Smart crown: Light up the screen; rotate the selection
menu; press the button to confirm the selection;
double-click the button, the watch pointer turns to
display 9:15

Note:

- 1) If you restart the watch, the activity data will not be deleted.
- 2) By default, if the watch is operated without any human on any interface, the screen will be darkrn after 5 seconds and will be automatically turned off after 10 seconds.
- 3) Watch on any interface, if there is no operation within 2 minutes, will automatically return to the main time interface (except stopwatch, countdown, etc.)



Click the menu icon to enter the icon function.



Double click on any interface to return to the previous layer.



Long press the watch face, swipe left or right to select the replacement watch face.

Swipe left to access the menu one.



Swipe right to access menu three.



Swipe up to access the shortcut menu.



Swipe down to access the message center.
(The watch pointer turns to show 9:15)



12. Shortcut Menu



(1) Flight mode

When the icon is , the flight mode is off and Bluetooth is not connected;

when the icon is , the flight mode is on;

when the icon is , the flight mode is off and Bluetooth is connected.

(2) Sound settings

When the icon is , vibration is enabled (default);

when the icon is , the silence is turned on.

(3) Brightness adjustment

Increase or decrease screen brightness by tapping the screen or sliding the crown.

(4) Settings button


Click to enter the display and advanced setting of watch setting.

13. Menu One

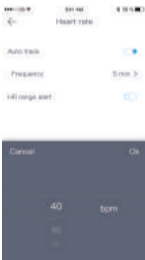


(1) Heart rate interface



1) Swipe to the menu one on the watch, click the  icon on the screen, and then click the screen to start the heart rate monitoring. The green light appears on the back of the watch and the heart rate begins to be measured.

2) If you want to monitor your heart rate all the time, please turn on "Auto track" in "Heart Rate" in "Settings" on APP to set your desired heart rate monitoring "Frequency" .





Heart rate is too high



Heart rate is too low


4) You can also set "Low HR limit" and "High HR limit" in the "HR range alert" in the APP.

5) If heart rate monitoring fails, try again after 3 seconds.

Note: Turning on heart rate monitoring will consume a lot of power.

(2) Weather Interface



1) Swipe to the menu one on the watch, click the  icon on the screen to see the weather conditions of the day, slide up to see the weather forecast for the next 3 days.

2) You can also click on "Device settings" in the "Settings" on the APP, click "Weather" in the "Advanced Settings" , and open "Manual Select" to set the region where you need to check the weather and watch the local weather conditions through the watch to help you planning your schedule.

📶 5G

9:41 AM

🔋 50%



Weather



🔍 Paris



Paris, France

Paris, TX, United States

Paris, TN, United States

Paris, KY, United States



Forecast

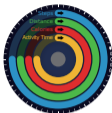



Locations



Settings

(3) Activity Data



- 1) Swipe to the menu one on the watch and click the  icon on the screen to see the number of walking steps, movement distance, calories burned, and activity time.
- 2) You can also sync exercise data on the APP main interface, view your historical exercise data, and click on each activity to see daily, weekly, or monthly details.

Note :

- 1) The movement data of the watch will be cleared at 0:00 every day to start the recording of the new day's exercise data.
- 2) The exercise data can be kept on the watch for about two weeks. Please sync the exercise data on the watch regularly on the APP. It is recommended that you synchronize it once a day.



Main interface



Daily time interface




Weekly time interface



Monthly time interface

(4) Missed Calls




- 1) Swipe to the menu one on the watch and click the  icon on the screen to view missed call information.
- 2) You can also scroll down the watch main time screen to the message center to view missed call information.
- 3) Long press the screen to delete all missed call information.



(5) MSM Interface




- 1) Swipe to the menu one on the watch, click the  icon on the screen to read the content of the message.
- 2) Long press the screen to delete all SMS messages.
- 3) If you want to delete any message, tap this message to swipe left.



(6) Social Notification



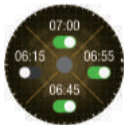
- 1) Swipe to the menu one on the watch and click the  icon on the screen to see the content of the message.
- 2) Long press the screen to delete all notification information.
- 3) If you want to delete any information, click this message to swipe to the left.




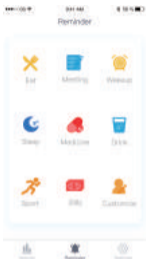
14. Menu Two



(1) Alarm Clock Interface





- 1) Click "Wake up" on the APP reminder interface to set the alarm time and type of alarm.
- 2) Swipe to the menu two on the watch. Click the  icon on the screen to switch the alarm.
- 3) Slide the screen up and down to cycle operation.



(2) Sleep Interface



- 1) Swipe on the watch to the menu two and click the  icon on the screen to check the last sleep time.
- 2) Swipe up the screen . Click the  icon to start recording sleep. Click again to end sleep monitoring.
- 3) You can also click on "Device settings" in the "Settings" on the APP, click "Preset sleep" in "Advanced settings" , and turn on "Auto sleep" , set "Bed Time" and "Awake Time" and save them to automatically monitor your sleep.




(3) Music Control




1) Open the phone default music player APP.

Note: Android phones use Google Play Music Player and Apple Mobile Phone use Apple Music Player.

2) Swipe to the menu two on the watch, and click the  icon on the screen to control music play/pause, previous/next and volume adjustment.


(4) Remote Camera



- 1) Open APP and click "Camera" in "Device settings" in "Settings".
- 2) Swipe on the watch to the menu two, click the  icon on the screen, and click the screen to take a photo.

(5) Search for the Mobile Phone




- 1) Swipe to the menu two on the watch, click the  icon on the screen and after the screen is clicked, the phone will ring for you to retrieve the phone.
- 2) Note that the phone and watch must be in the Bluetooth range before the feature can be used.


(6) Setting Interface




Sounds settings

- 1) Swipe to the menu two on the watch, click the  icon on the screen, click "Sounds", click "Vibration" to turn it on or off;
- 2) Click "Sounds" to turn it on or off;
- 3) Click "Do not disturb mode" to turn it on or off, click "Inableand" to set the "Start" and "End".

Display

- 1) Swipe to the menu two on the watch, click the  icon on the screen, click "Display", and click "Wrist flick" to turn it on or off;
- 2) Click "Brightness" to tap the screen to increase or decrease the screen brightness;
- 3) Click "Screen-timeout" and click on the screen to select it .

Advanced settings

1) Swipe to the menu two on the watch, click the  icon on the screen, click "Advanced settings", click "Watch face", slide the screen left or right to change the watch face. You can also click on the APP "Settings" in the "Device settings", click "Watch face" to select the watch face or create a custom watch face;



2) Click "Calibration" to manually calibrate the time; click "Language" to set the watch language; swipe up to click "Left mode" to turn it on or off;

3) Click "Device info" to view the watch's information; click "Reset" to clear the watch's data.




Note: If you reset the watch, the watch will be reset to the factory settings. The watch's hands will return to the factory settings. You need to re-bind the paired watch to readjust the time.

15. Menu Three



(1) Reminder Interface



Sliding to the menu three on the watch, click the  icon on the screen to view the reminders that have been set on the APP (except the alarm clock).

(2) Stopwatch Interface



Swipe to the menu three on the watch, click the 🕒 icon on the screen, click the green button to start timing, click again to pause, and click the yellow button to reset.

(3) Countdown Interface




1) Swipe up to the menu three on the watch, click the 🕒 icon on the screen, click on the time to set the time.

2) After setting is complete, click the green button to start the countdown, click again to pause, and click the blue button to reset.

3) After the countdown is over, the watch vibrates and rings.

(4) Schedule Interface



1) Sliding to the menu three on the watch, click the  icon on the screen to view the events and time set on the mobile calendar.

2) At the time of the schedule, the watch shows time and things and vibrates.

16. Clean Watch

- (1) It is recommended that you wipe the watch band in time after exercise or after a long period of use. The accumulation of sweat and other dirt under the watch band can cause skin irritation.
- (2) Use water or alcohol to wipe the watch. Do not use soap, detergent, household cleaners, or abrasive cleaners to clean the watchband.
- (3) Before using the watch, wipe the watch and make sure that the watch band is dry.

17. Troubleshooting

(1) APP cannot bind watch

- 1) Check whether the mobile phone network and Bluetooth are turned on. The mobile phone network and Bluetooth must be turned on at the same time to bind the watch.
- 2) Check whether the watch and the phone are in the Bluetooth range. The connection distance must be within 10 meters.
- 3) Check whether the watch is in flight mode. In flight mode, the watch cannot be bound.
- 4) Make sure the watch is not connected to another account or smartphone.
- 5) Make sure your phone's operating system is Android 5.0 or above, iOS 8.0 or above.

(2) APP can't sync watch data

- 1) Check whether the mobile phone network and Bluetooth are turned on. The mobile phone network and Bluetooth must be turned on at the same time to synchronize the watch data to the APP.
- 2) Check whether the watch and the phone are in the Bluetooth range. The connection distance must be within 10 meters.

- 3) Check whether the watch turns on flight mode and synchronize the watch data in flight mode.
- 4) Make sure your watch is tied to your phone and APP.

(3) Did not receive a notification reminder

- 1) Make sure the notification setting is turned on.
- 2) Check whether the watch and the phone are in the Bluetooth range. The connection distance must be within 10 meters.

Note :

If you still have problems, please visit our website and read our FAQs, guide videos or contact customer support.

18. Specification

Display: 1.22", TFT, 240 * 240

Processor: Apollo 2

Sensor: AMS

Battery capacity: 200mAh

Bluetooth: BLE 4.2

Waterproof rating: 3 ATM

Weight: about 92g

19. Precautions

(1) Please check local laws and regulations to determine the correct way to handle batteries and electronic devices in your area.

(2) If there is no local regulation on the disposal of e-waste, please place your product and its battery in a trash can for electronic equipment.

(3) Do not expose or use the watch in a liquid or humid environment.

(4) Do not leave the watch at extreme temperatures or for long periods of time in a humid environment.

(5) Do not place the watch near a fire or throw it into a fire, the watch may explode.

(6) Avoid touching any sharp objects on the watch.

(7) Do not allow your watch to play with infants and young children. Small parts may cause suffocation.

(8) Do not operate the watch underwater. After it is wet, wipe it with a soft cloth to operate and charge it.

(9) Please do not use wristwatches with erosive chemicals such as acidic and alkaline solutions, chemical reagents, etc. Do not abuse or improperly use the damaged or defective products.

(10) Please avoid the watch being exposed to direct sunlight for long periods of time.

20. FCC Statement

This device complies with Part 15 of the FCC Rules. The operation is subject to the following two conditions:

- (1) This device will not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Warning:

Failure to explicitly change or modify the approval of the party responsible for compliance may 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 residential installations.

This equipment generates and may 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, it can be determined by turning the equipment off and on and the user is encouraged to try to correct the interference by one or more of the following measures:

- (1) Readjust or place the receiving antenna.
- (2) Increase the distance between the devices receiver.
- (3) Connect the device to a socket on a different circuit from that receiver.
- (4) Ask the dealer or an experienced radio/television technician for help.

RF warning statement:

The device has been evaluated to meet general RF exposure requirements.

The device can be used under unlimited portable exposure conditions.