


# POWER SPORTS WATCH

## Quick Start Manual

### 1. Device Overview

	Select	Hold	
1	<ul style="list-style-type: none"><li>•Return to the previous menu</li><li>•End exercise</li><li>•Light up</li></ul>	<ul style="list-style-type: none"><li>•Return to home-screen</li><li>•when the screen is home page, long press it to jump to shortcut page.</li></ul>	
2	<ul style="list-style-type: none"><li>•Page up</li><li>•Light up</li><li>•Select option</li></ul>	<ul style="list-style-type: none"><li>•Enter exercise</li></ul>	
3	<ul style="list-style-type: none"><li>•Light up</li><li>•Turn off the screen</li><li>•Confirm</li><li>•Pause</li><li>•End exercise</li></ul>	<ul style="list-style-type: none"><li>•Power on</li><li>•Power off</li></ul>	

### 2. Pairing your smartphone with your device

To make a connection between your phone and the POWER SPORTS WATCH, you need to turn on Bluetooth and search device through the APP named [iWOWNfit Pro ] instead of turning on Bluetooth through smart phone setting.

1. Install [ iWOWNfit Pro ] from APP STORE or scan the QR code below to install the app and open it.



2. Keep your smart phone and device within 10m(33ft).
3. Turn on the device.
4. Follow the instructions to complete pairing and setting processes.
5. Use iPhone to upgrade will shorten the upgrade time.

### **After-sale service**

If you get trouble in using the watch, please search and find our official Facebook page: "iWOWNfit". There would be the tutorial video on the page.

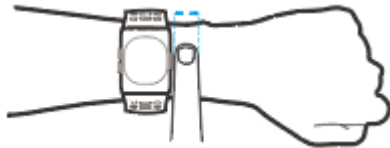


Website: [www.iwownfit.com](http://www.iwownfit.com)

Email: [service@iwownfit.com](mailto:service@iwownfit.com)

### **3. Wearing the Device and Heart Rate test**

Wear the POWER SPORTS WATCH above your wrist bone.



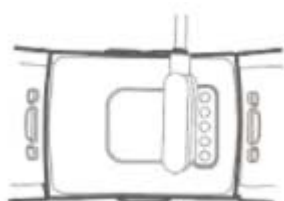
Note: 1. The device should be snug but comfortable, and it should not move while running or exercising.

2. The heart rate sensor is located on the back of device.

### **4. Charging the device**





This device contains a lithium-ion battery.

1. Plug the small end of the USB cable into the charging port on your device.
2. Plug the large end of the USB cable into a USB port on your computer.
3. Charge the device completely.

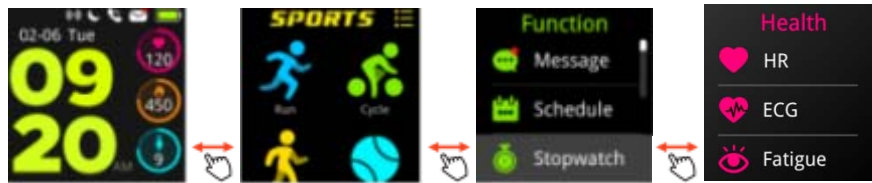


## 5. Instructions

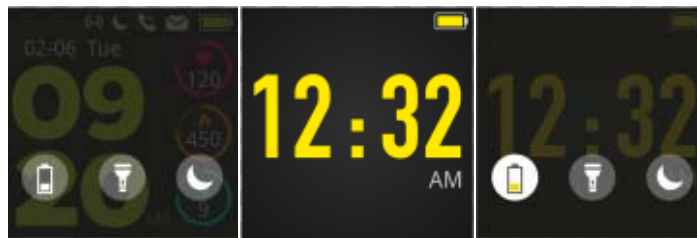
The firmware of the watch would be continuous updated, it might result in the changes of display. Please see actual display.

	Tap the screen	<b>LEGEND</b>  <b>TABLE</b>	Swipe left or right	
	Swipe up or down		The order of the screen display	

1| On the main screen, you can slide your finger left and right to find Sports, Function, Health.



2| On the main screen, you can swipe up to turn on Low Power Mode, Flashlight, No Disturb Mode.



Click Battery to enter the Low Power Mode. When the Low Power Mode is closed, the watch will be restarted.

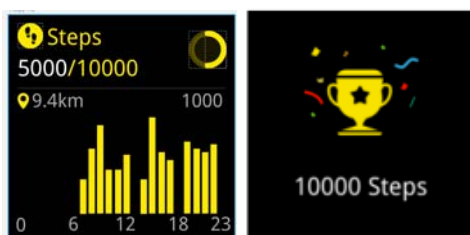
Click Flashlight to turn on the flashlight, swipe down or press the ① to turn off it.

Click Moon to enter the No Disturb Mode.

3| On the home screen, you can read Steps, Stand, Energy by vertically the screen.



**Steps:** The daily goal is 10000 steps, it can be set up through the app. The circle will turn into yellow with a reminder when reach the goal.



**Stand:** If you walk more than 250 steps per hour, there will be a blue column.

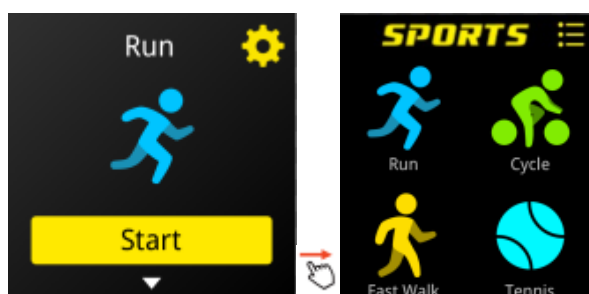
The daily goal is set for 12 hours, the setting can't be changed. Reach the goal will turn all the circle into blue.



**Energy:** 500kcal is the daily calories goal, it can be set up through the app. The circle will turn into orange when reach the goal.



4| Swipe right to return to the last menu.



5| On the Function display, you can check or set up by clicking the icon.

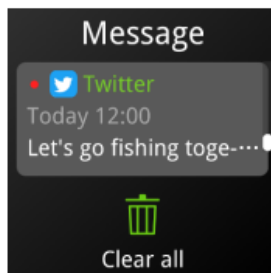
## 5.1 View the Message



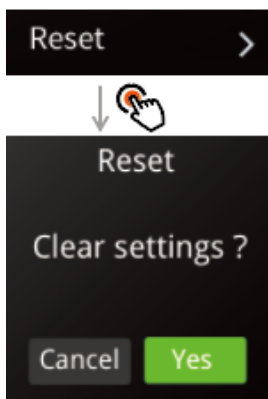
Swipe left to delete



Note: Tap the icon to delete all the messages.



## 5.2 Reset



Restore the factory settings will remove the whole data and the time will be set at 00:00 1/1/2017.

### 5.3 Setting



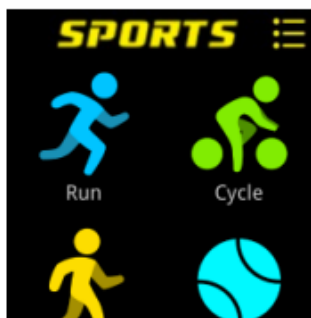
Set the exercise mode to associate with the shortcut key.


The default mode is the running.

## 6 | Sport

6.1 In Sports page, sports types are ranked by frequency of exercise.

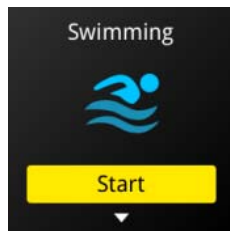
The type of exercise is sorted by frequency of use. The higher of use is in the front, and the lower is in the back.



Click  this icon to view movement history. Slide left to view the last three records.



In swimming mode, it can only be operated with physical keys.



6.2 There are 7 running modes, you can choose the most suitable running mode to achieve the training effect.



CPET : Cardiopulmonary exercise test

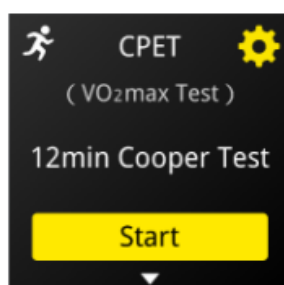
Cardiopulmonary tests are based on runners 'the maximum distance and heart rate in 12 minutes , scoring 5 levels: "Excellent", "Good", "Normal", "Poor", "Very poor". 12min Cooper Test can test the maximum oxygen uptake.

Note: Beginners over the age of 35 without running experience should be tested after two to three months of training and a doctor's examination.

Note: If you had cardiovascular disease or other illnesses please consult a doctor before testing.

6.3 Enter selecting sports mode page, the last sports mode will appear on the page.

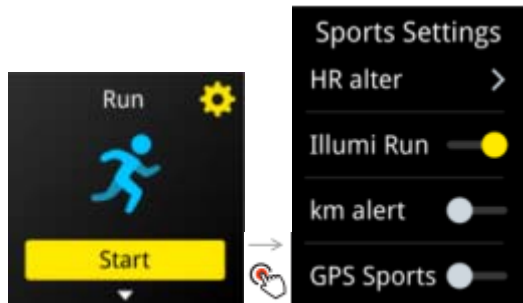
For example: There are 7 running modes. You chosen 12min Cooper Test last time, it will appear on the page firstly.



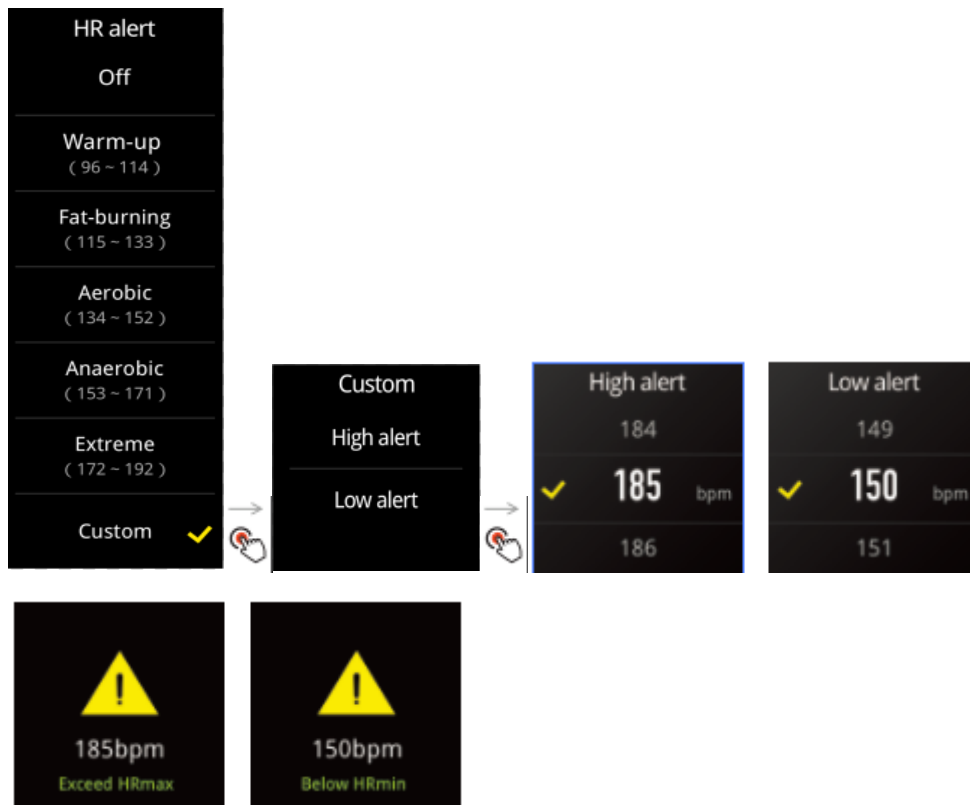
## 7| Sports Setting

7.1 You can choose the sports you like for the most precise tracking during workouts and

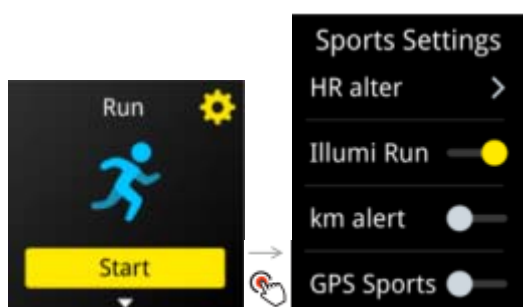
real-time stats on display. Click  this icon to enter Sports Settings.



If you set the high/low HR, the watch would vibrate to remind you.



7.2 Open Illumi Run





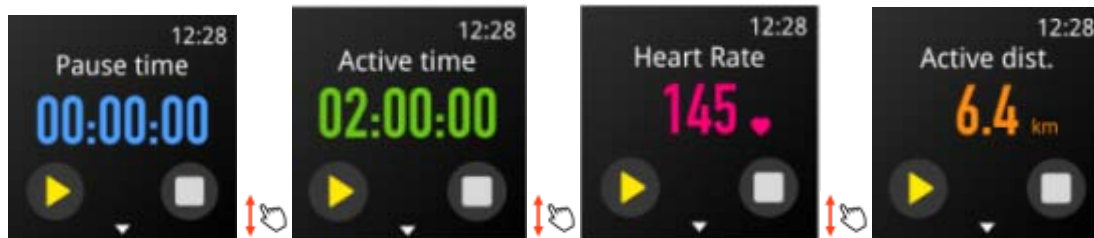
The background color of the watch is displayed according to the heart rate and blinks with the stride rate. Blinking will stop when you turn the wrist to view the data.



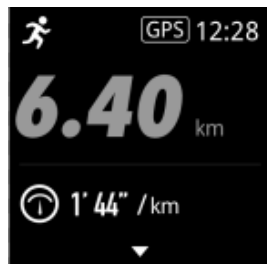
## 8 | View the sports results

During exercise, slide right or click ③ to pause.

In the pause motion page, swipe up or down or press ② to view pause time, Active time, Heart rate, Active Distance. Press ① to continue exercise.



The color of the number will change with the heart rate.



Red: Extreme (220-Age)X90%~100% (Excluding 100%)

Pink: Anaerobic (220-Age)X80%~90% (Excluding 90%)

Orange: Aerobic (220-Age)X70%~80% (Excluding 80%)

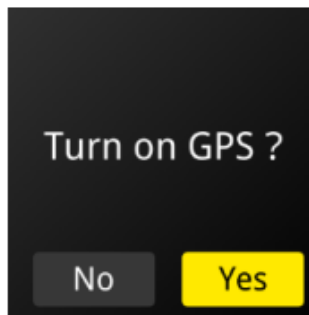
Green: Fat-burning(220-Age)X60%~70%(Excluding 70%)

Blue: Warm-up (220-Age)X50%~60%(Excluding 60%)

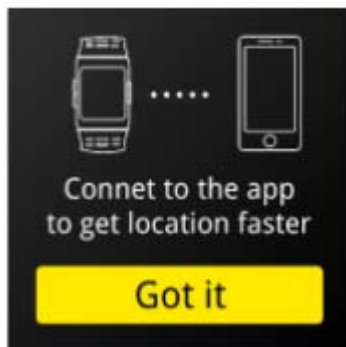
Note: The heart rate interval will be changed by the difference of each person's physical condition.

## 9| Use the GPS

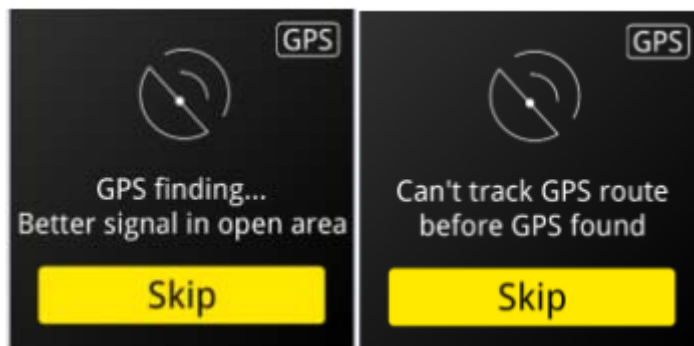
Before exercising, if GPS doesn't turn on, it will remind you to turn on GPS.



After clicking start moving, it will start to locate the satellite.



GPS flicker indicates the signal is being searched.



When find signal, it will automatically start to exercise after countdown.



If you long press ②, it will start to exercise without countdown.

Note: The watch will display the current heart rate zone value and colour before starting to exercise. Click “Don’ t remind me” , it will not display next time unless restart the watch.



### **Acquiring Satellite Signals**

The device may need a clear view of the sky to acquire satellite signals.

Go outdoors to an open area. The front of the device should be oriented toward the sky.

Wait while the device locates satellites. It may take 30-60 seconds to locate satellite signals.

### **Improving GPS Satellite reception**

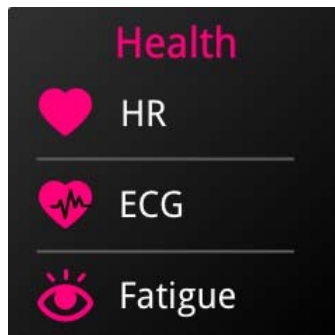
Frequently sync the device to the APP.

Take your device outside to an open area away from tall buildings and trees.

Remain stationary for a few minutes.

## 6. ECG test and Fatigue test

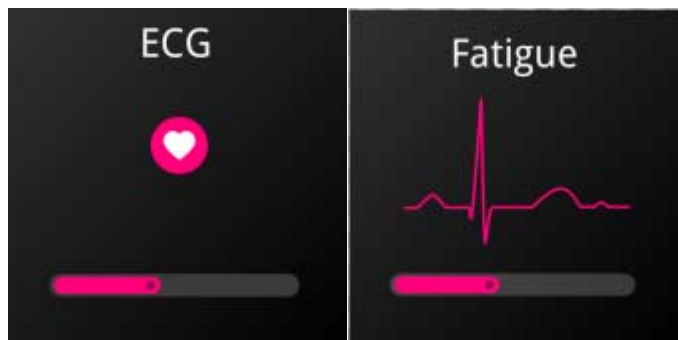
Click ECG or Fatigue to start the test.



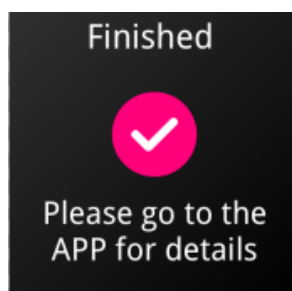
Wear the watch on your left hand and put your finger on electrode.



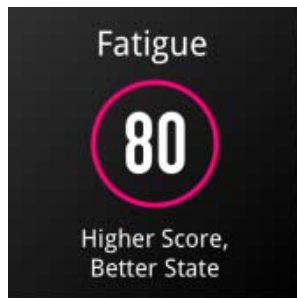
Hold the posture for about 1 minute.



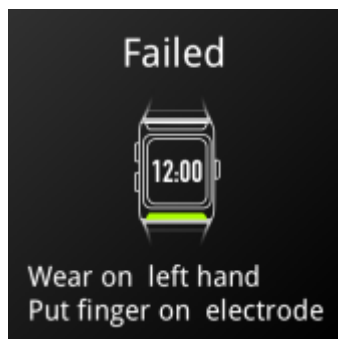
The test is successful. You can view the result of ECG test through the app.



You can view the score of Fatigue test on the screen and view detailed data through the app. Determine your body's state by comparing the score.



**Note:** 1. If your hands are too dry and cold, it will affect the conduction of the electrical signals and the test may fail.

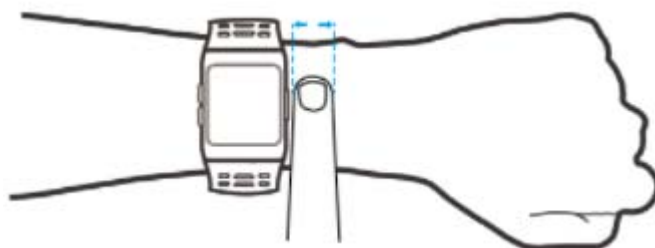


2. Please test at the same time, the same condition and the same state every day. You can get up and stand to test for one minute every morning. Don't touch other objects when you are testing.

## 7. FAQ

### Why does the HR data fluctuate greatly?

Like all heart rate detection techniques, the accuracy of a chest strap or wrist strap sensor is influenced by the individual's physiology, location and type of exercise. To ensure that the watch is close to the skin, and wear in right position, usually in non-exercise time, the device worn on the bottom of the wrist with a finger space.



### Why can't I get result for Heart rate data?

In general, strong hair or dark skin will affect the rate of success of measuring heart.

### **Why can't I get result for fatigue data?**

It caused by weak ECG signal, you may smear a little bit water or moisturizer gel to increase the conductivity. Or interrupted by motion while detect.

### **Why does my fatigue value fluctuate greatly?**

Because the fatigue test needs rule out the interference, ensure that you are in a quiet state once make fatigue test, the fingers touching to electrode which shall not have any movement, do not touch with other objects, especially computers and other equipment which interfere signal, in order to ensure the accuracy of the value. In addition, try to ensure that each test time and posture consistent, because fatigue will change with the physiological changes, body posture, such as lying position, standing, the measured fatigue value will be different.

**Tip: Generally measure in the morning time while getting up, the value of fatigue mostly can reflect a day's physiological state.**

### **Why is my step counting error?**

Because each person's gait is different, we calculate the number of steps is based on a large number of samples, so there is a small part of the crowd pedometer inaccurate, we recommend that you can put more exact basic information in your APP, such as: gender, Age, height, weight, etc., this can increase the accuracy of pedometer. **We are collecting more samples for optimizing the problem.**

### **Why is my GPS positioning slow?**

In general, the first positioning speed will be slow, you can connect the APP and wait a few minutes to help quickly locate.

### **Why does not has cycling distance?**

Cycling distance is calculated based on GPS positioning, if the GPS positioning is not successful, it will not display the distance until GPS positioning is successful will display the distance.

## 8. PRODUCT PARAMETERS

<b>Size</b>	Body 44X34X12.8mm (1.73*1.33*0.5in)	<b>Screen size</b>	1.3in
<b>Resolution ratio</b>	240X240	<b>Weight</b>	45g(1.59oz)
<b>Bluetooth</b>	Bluetooth 4.2 10M (33ft) allowance	<b>Battery life</b>	5-7days
<b>Working condition</b>	0-40°C (32-104°F)	<b>Waterproof level</b>	50 Meters
<b>System requirement</b>	iOS9.0 or above, Android 4.4 or above,Bluetooth 4.2		
<b>Battery</b>	Built-in rechargeable lithium battery		
<b>Adjustable range of wrist strap</b>	From 155mm to 312mm(6.1 to 8.38in)		

## 9. IMPORTANT SAFETY AND PRODUCT INFORMATION

### Battery Warnings

- If you have a pacemaker or other internal electronic device, consult your physical before using a heart rate monitor.
- The POWER SPORTS WATCH optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The device , accessories, heart rate monitor, and related data are intended to be used only for recreational purposes, and are not medical purposes and not intended to diagnose, monitor, treat, cure, or prevent and disease or condition.
- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous reading.
- While the device optical wrist heart rate monitor technology typically provides an accurate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- The activity trackers rely on sensors that track your movement and other metrics. The data and information provided by there devices is intended to be close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data.

## **Notice**

Failure to heed the following notice could result in personal or property damage, or negatively impact the device functionality.

## **Battery Notice**

- Do not immerse or expose batteries to water or other liquids.
- Do not have the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as in the glove box.
- Do not operate the device outside of the temperature ranges specified in the printed manual in the product packaging.
- When storing the device for an extended time period, store within the temperature ranges specified in the printed manual in the product packaging.
- Do not use a power and/or data cable that is not approved or supplied by manufacturer. Temperature ranges specified in the printed manual in the product packaging.

## **FCC Warning Statement**

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

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.