MTB052 Sports Smart Bracelet

Thank you for choosing our smart bracelet. You can comprehensively understand how to use the device by reading this manual. This device, with many functions for human movement and health, is mainly used by adapting to the mobile phone through Bluetooth, providing a variety of practical functions and services to make it convenient for you to operate the mobile phone. The Company reserves the right to modify the contents of this manual without any prior notice.

This product does not support IP68 waterproof nor support wearing in rain, hand washing and swimming and preventing water vapor in hot showers, saunas, etc. If the watch is damaged by water because it is not used as per the instructions, the Company will not provide free warranty.

Operating instructions:

Touch： Swipe to switch the interface, short press the contact to enter the interface; swipe left to switch dials; swipe right to enter the step counting interface; swipe down to enter the control center interface; swipe up to enter the information interface

Button: Long press: long press to switch the machine;

Short press: Standby interface: Click the button once to enter the list style; in the off-screen state, click the button once to light up the screen; for each function interface, click the button once to return to the standby interface directly

Shutdown and boot: On the shutdown function interface, one-touch the contact point, the bracelet will be turned off; long press the side button for 3s to power on; long press the side button on each function interface, the bracelet will shut down

Dial switch: Swipe left on the watch face interface to switch watch faces

Strap replacement: Pull forward with one hand and push forward with the other hand from the back at the same time, the strap can be easily disassembled;

Charging instructions:

When charging, reverse the bracelet, align the charging clip at the contact and clamp it. Supporting computer USB or mobile phone 5V charger, the bracelet can be fully charged in about 100 minutes;

Please note that the two contacts of the charging cable cannot be in contact with conductive objects at the same time. Otherwise, a short circuit and burn will be caused.

Connection between bracelet and mobile phone:

First, download "**iTimeSmartwatch**" to the mobile phone and install it in two ways;

1. IOS/Android mobile phone users:

Scan the QR code below through the mobile browser, or scan it with WeChat. After opening the interface, select Android/iOS in the interface, and then open "**iTimeSmartwatch**" through the mobile browser;

The QR code in the figure below is for downloading   iTimeSmartwatch   APP

Android/iOS

2. Search for "iTimeSmartwatch" on Google Play on Android phones to download, and search for

"iTimeSmartwatch" on App Store on Apple phones to download;

After the download, there will be various permission reminders during the installation. Click OK to connect the bracelet to the mobile phone with Bluetooth 4.0 to realize all functions;

Bluetooth 5.1 connection method:after the installation, open "iTimeSmartwatch" and turn on the Bluetooth of the mobile phone. When iTimeSmartwatch gives an enable notification, click OK. Connection method: click Scan Device on the APP device page, search the Bluetooth address of the bracelet and click Connect; For some Android phones, it is necessary to turn on the GPS of the phone to search for the Bluetooth name of the bracelet.

How to identify successful Bluetooth connection: When the watch pulls down the control center and the Bluetooth icon is displayed in the upper left corner, it means that the Bluetooth connection is successful. When the Bluetooth icon is not displayed in the upper left corner, it means that the Bluetooth is not connected.

Simple solutions to common problems: Due to the lack of uniformity in the Bluetooth protocols of various mobile phone brands, sometimes the Bluetooth connection between the mobile phone and the bracelet is unstable. You can turn off the Bluetooth of the mobile phone and reconnect it again, or restore the bracelet to the factory settings.

How to set message notification:

Go to Settings - Application Management on your phone, find "iTimeSmartwatch" - Permission Management, and open all of them. Then enter the notification management - find "iTimeSmartwatch" and open all permissions.

Open "iTimeSmartwatch"-device-message push-enable background operation permission, enter the APP that selects the synchronization information notification, such as QQ WeChat, and select open.
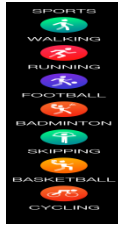
Note: If the WeChat computer version is online at the same time, the mobile phone will not receive notifications. For some mobile phones, it is also necessary to add "iTimeSmartwatch" to the power saving whitelist to avoid iTimeSmartwatch from being turned off by the mobile phone when the battery is low.

What should I do if no notification is received?

First of all, the notification function of the bracelet is only to synchronize the notification function of the mobile phone; such as incoming call information, QQ WeChat reminder, if your mobile phone fails to receive the notification, the bracelet will not receive the notification. The corresponding APP will allow the notification button to open.
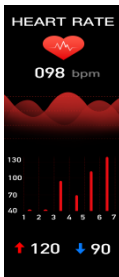
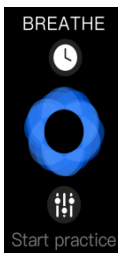## Main function introduction:

Dial:

Exercise:

The bracelet can choose multiple sports modes for exercise: such as walking, running, cycling, basketball, badminton, football, swimming sports modes, after the exercise is completed, you can enter the connected APP to view the exercise records;
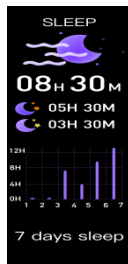
HR:

Wear the wrist to maintain the normal measurement posture, enter the heart rate monitoring interface, the bracelet will automatically start the measurement, and the data will be displayed after 20 seconds; (the automatic heart rate monitoring setting can be enabled on the APP side, and the heart rate will be automatically monitored every day during the set time period.);

Breathe：

Click to start breathing training, you can perform inhalation / exhalation training, relax and relieve pressure, the whole process will last for 2 minutes (you can connect the APP to set the breathing time point, after the setting is successful, the bracelet will prompt you to perform the

set time when it is reached breathing training)

Sleep:

Every night from 21:00 to 9:00 the next morning, the length and quality of your sleep will be recorded to help you better adjust your work and rest time and improve sleep quality;to help you better adjust your work and rest time and improve sleep quality;

Message:

You can query real-time messages such as QQ/WeChat. This function needs to be used after connecting to the "iTime Smartwatch"-APP on the mobile phone;
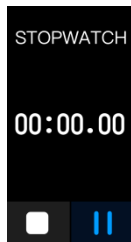
Steps:

You can view the number of steps taken, calorie consumption and distance walked for the day. At 12:00 every night, the data of the day will be saved and reset to 0;
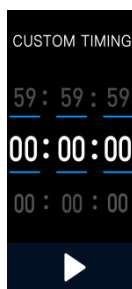
Weather:

After connecting to Bluetooth, the bracelet can display the weather of the day;

Stopwatch:

Turn on this function to perform a single timing;

Timer：

You can choose the desired time for timing;

Alarm clock：

After connecting to the APP, the alarm clock set on the APP side can be synchronized to the
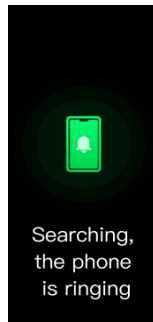
bracelet side;

Music Control:

Connect to the APP, you can control the music pause/play, switch between up and down songs in

the mobile phone;

Camera Controls：

When the phone is not locked, tap the band to take a photo, the phone can enter the camera

interface, tap the band to take a photo, and the photo will be stored on the phone;

Findphone:

Click on the APP side to find the device, and the bracelet side will vibrate to remind; short click

on the bracelet to find the mobile phone, and the mobile phone of the connected APP will vibrate
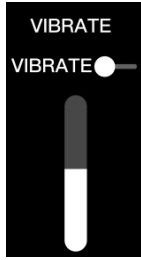
to remind

Flashlight::

The bracelet enters flashlight mode. Touch the screen to control the flashlight switch

Setting:

Brightness:

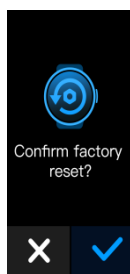Adjust the brightness according to your own needs;

Vibration::

You can adjust the vibration intensity of the bracelet according to the vibration you need; when the

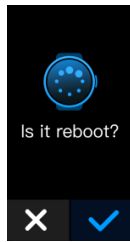vibration is turned off, the bracelet will not have a message after receiving the message.

Connect the phone:

Use a third-party tool to scan the code to download the APP; use the APP to scan the code to

realize the function of binding the bracelet

Reset:

Click to restore factory settings, all data of the bracelet will be cleared to zero, please click

carefully!

Reboot:

One-touch click on the restart function interface, the bracelet can be restarted;

Power off:

Click OK on the shutdown function interface to shut down the bracelet

About：

You can view the bracelet model, software version and MAC address;

Warranty instructions:

1. During normal use of this product, if there are product quality problems caused by manufacturing, material, design, etc., a free warranty will be provided for the motherboard within one year, and the battery and charger will be guaranteed for half a year from the date of purchase.

2. No free warranty is provided for failures caused by the user, including but not limited to:

 1) Failure caused by unauthorized disassembly or modification of the bracelet.

2) Failure caused by accidental fall during use.

3) All man-made damage or misuse due to a third party's fault (such as: water in the host, cracking due to external force and scratches of peripheral components), not covered by the guarantee.

3. When requesting the free warranty, please provide a guarantee card with the date of purchase and the stamp of the place of purchase.

4. When the user repairs the product, please take the product to the Company or its distribution point.

5. All functions of the product are based on physical objects.

Date of Purchase:	**Signature of Customer:**
IME Code:	**Signature of Clerk:**
Store:	**Stamp of Store:**

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.