

Wondercise User Guide

Safety Instruction

- Please read the “User Guide” thoroughly before using this product.
- Please wear Wondercise on your wrist properly and adjust the strap to suitable tightness. To prevent from slipping during exercise or making errors on detecting heart rate, please keep the heart rate sensor on the back of Wondercise close to your wrist skin.
- This product is IP67 rated.
- Please keep this product out of the reach of children.
- Harsh drops or strikes may damage the product, and make it unsafe for use. If this occurs, thoroughly check the device to ensure that it is functioning properly. If any abnormalities result in the product, please discontinue use and replace it.
- The product is design for home use.

In The Box

Wondercise with straps, Charging cable, Pin removal tool, & User Guide.

Please download and install Wondercise App on your smartphone before use.

Please search “Wondercise” on App Store/ Google Play or scan the QR code on the right to download exclusive App.



Wondercise Interface display instruction



Time and Battery Power
(When Bluetooth is connected, icon  will be shown on the screen.)



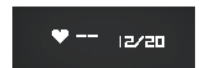
Steps



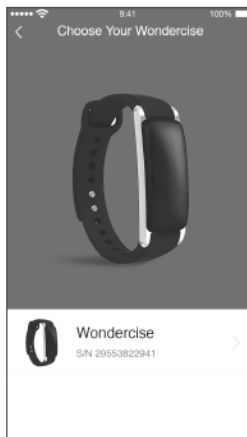
Calories Burned



Distance



Heart Rate



Pairing & Connection setup

To setup your Wondercise App, please turn on Bluetooth function and Wondercise App. Create a new account by steps and log in. Then, your smartphone will search the bands nearby for connection. When the band is connected, please tap the bottom of the band screen to confirm pairing. The band is defaulted to be worn on left hand. For right hand users, please change the setting in “Account” after pairing.

Start To Use

When paired successfully, Wondercise will automatically record and analyze your activity data, sleep pattern and heart rate.

Activities

You can review records of activity data such as Walk, Run, Sleep, Calories burned and Heart rate.

< Walk >

You can review your steps, walking distance, calories burned and heart rate data which are automatically recorded.

< Run >

Please tap “Run” icon to enter Run mode menu and tap “Start”. Running data like time, distance, heart rate and calories burned are automatically recorded.

- For more accurate data collection, carry your smart phone when running and keep GPS on.

< Sleep >

It shows the time of total sleep, deep sleep and light sleep.

- Relative activity data can be shown by day/ week/ month.

< Heart Rate >

To measure heart rate:

- Tap the heart rate icon on the app to activate the heart rate measurement.

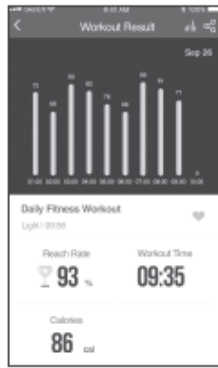
or

- Switch the band interface to heart rate menu and press & hold the screen at the bottom for 1–2 seconds to activate the heart rate measurement.

It takes about 10-20 seconds for measurement, after which you can see the heart rate reading. If it failed, the band will measure again automatically.

- If the band fails to measure heart rate, please check if the band is worn loose or in the wrong position.

Please keep the heart rate sensor on the back of Wondercise close to your wrist skin.



Training

Exclusive App provides diverse training plans from Basic to Advanced and gives you expert guidance at home. Your workout data could be compared with the trainer's after training to understand how and which part to improve. You could experience unique training service through subscription.

- "Recommended" and "Favorites" help you select appropriate training plans.
- You can share every workout performance on social media by simply tapping Share Icon "🔗".

Account

Setting for Profile Update, Band Connection, Training Service, Goal Setting, Message & Alarm Notification, Idle Alert, Find My Band, Sleep, and so on.

Battery Charge

Please charge your Wondercise before first use, or when the battery power is low.

- When the battery power is lower than 5%, Wondercise will switch to low power protection mode and stop data collection and notification.

Charging time takes approximately 1–2 hours based on the remaining battery power.

When battery is charging, there will be a charging icon "🔌" shown on the screen. The charging icon will be off, when battery is fully charged.

Note:

During battery charging, Wondercise will stop data collection and notification function.

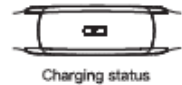
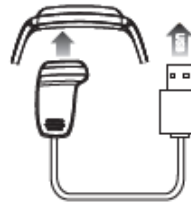
Please remove charging cable, when the battery is fully charged. Wondercise will enter standby mode automatically and continue with data collection and notification.

How to Change Straps

You could replace straps to different colors. Insert the pin removal tool into the hole gently to detach the spring pin. Then you can change the straps.



• How to charge



Product Specifications

Product Name: Wondercise
 Model No.: WDC-012
 Dimension: 48 x 16 x 10 mm
 Weight: 10 g
 Battery Capacity: 45 mAh
 Battery Standby Time: 14 days

Battery Type: Li-ion battery
 Input Current: 120 mA
 Input Voltage: DC 5 V
 Configuration: Bluetooth 4.2,
 G-Sensor, Heart Rate Sensor

Bluetooth Range: Within 10 m (Physical obstacles in the transmission path might affect the valid Bluetooth range.)

FCC ID: 2AQIRWDC012
 IC ID: 24078-WDC012
 HVIN: WDC012



FCC Compliance Statement

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.

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

Canadian Compliance Statement

This device complies with Industry Canada license-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence.

L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.