品名:	El Toro说明书		85a哑粉纸 四色 双面印刷
版本:	2020-08-11 V1	规格:	24P 骑马钉
制作:	王润婷		成品尺寸: 75x120mm
料号:	SM-SH-El Toro-V1		



	Table of Contents	
Englis	sh Version	
Gettin What What	g Started 's in the box 's in this Document	
Settin Charç Disas	g up Your Watch ging your watch sembling / Assembling Your Watch	
Weari	ng Your Watch	
App In Smar App In App In Pairin	Your Watch nstallation t Phone System Requirements Interfaces ig the Watch with Your Phone	
Gettin Touch Wakir Watch	g to Know Your Watch h Key ng a Dimmed Screen n Interfaces	
Functi 1. Cu: 2. Tra 3. Mo 4. Tra 5. Tra 6. Tra 7. Set 8. Tra 9. Mo 9.1 9.2 9.3 9.4 9.5	ion Introduction	
Basic	Specifications	
FAQs .	-4-	
vvarrai	nty	

3) Hold the touch key for 2 seconds to exit. The following data is displayed after the exercise is ended; tap the touch key to flip through exercise data:

№ Well done!
 10:26.30
 108 kcal

 You can also use your phone's GPS to track your pace and stance during walks, hikes, r or rides while mapping out yo or walk on your phone. • In the app, tap 🕂 and 😢 🤇

will pop up. Tap 온 to enter running mode directly or tap (*) to choose another sports mode. After entering running mode, the app will track and map your run distance (using your phone's GPS). After the exercise, you can effortlessly check your exercise data in both the ano and the watch

exercise data in both the app and the watch.

7. Setting Alarms

1) Go to the "Device" page in the app and tap "Alarm Alert". 2) Tap "+" to add an alarm. 3) Tap the alarm, then set the alarm type, repeat type and time. 4) Tap " $\sqrt{}$ " to save your settings.

The alarm you have set will vibrate to remind you and you can hold the touch key to turn it off.

- 13 -

8. Tracking Sleep

The watch automatically tracks your sleep duration (Deep Sleep, Light Sleep, and Awake Hours) and consistency with a comprehensive analysis of sleep quality data so you can see your sleep trends and improve your routine. You can check your detailed sleep data in the app.

9. More Functions 9.1 Relax



9.2 Stopwatch

 Tap the touch key on the watch to choose "More" interface and hold the touch key to Tap the touch key to choose "Stopwate interface and hold the touch key to enter 3) Tap the touch key to start / pause timing.

Hold the touch key to exit. 9.3 Call Notification

When there is an incoming call, the watch vibrates to alert you, and the screen displays the caller ID. Hold the touch key to reject the call.

Only when "Call alert" is enabled in the app ("Device" page → "Call Alert") will calls be notified. (After enabling / disabling the Call Alert function, tap "\" to save your settings.)
When "Non disturb mode" is enabled in the app ("Device" page → "More" → "Non disturb mode"), calls will not be notified on the watch during the Non-disturb-mode period.

- 14 -

9.4 Message Notification

When messages (like Facebook, Twitter, and Instagram messages) come in, the watch vibrates to remind you and the screen displays the message content.

Notes:

- Only when "SNS Alert" is enabled in the app ("Device" page → "SNS Alert" → "Allow notification"), will messages be notified.
 (After enabling/disabling the SNS Alert function, tap "√" to save your settings.) ● When the "Non disturb mode" function is enabled in the app ("Device" page → "More" → "Non disturb mode"), messages will not be notified on the watch during the Non-disturb-mode

9.5 Sedentary Reminder

The watch vibrates to remind you to get up and move around when you have been sitting too long ("Device" page \rightarrow "Sedentary Alert", enable the Sedentary Alert function and set the remind interval.)

Basic Specifications

Model No.: El Toro Svnc: Bluetooth 4.2 Screen: 1.3" TFT LCD Battery Capacity: 210mAh Working Voltage: 3.8V Working Temperature: -10 $^\circ\!\mathrm{C}$ to 40 $^\circ\!\mathrm{C}$ Weight: 1.09oz (31g) Waterproof Rating: IP68 Working Time: about 10 days

- 15 -

FAQs

Failure to find the watch when pairing

- 1. Make sure your smartphone's Bluetooth is enabled and your smartphone's system meets the requirements of Android 4.4 or higher, IOS 8.0 or higher, and Bluetooth 4.0 or higher.
- 2. Make sure the distance between your smartphone and the watch does not exceed 0.5 meters and that Bluetooth communication is also within range (10 meters max).
- 3. Make sure your watch has enough battery life. If there is still a problem after being fully charged, please contact us.

Occasional failure to connect with Bluetooth

Reboot your smartphone or restart your smartphone's Bluetooth.

• Failure to receive SMS / calls notifications

Calls / SMS notification function works when the watch connects to your smartphone via the app. Please kindly refer to the following tips:

- 1. Go to your smartphone Settings, find VeryFitPro app and enable the Location and all Notifications.
- 2. Enable your phone's Bluetooth and go to the VeryFitPro app to bind the watch. 3. Enable the Call / SNS Alert function, and tap "√" to save
- your settings. 4. Check if the "Non disturb mode" function is enabled in the
- app, you will not receive message on the watch during the Non-disturb-mode period.

Getting Started



What's in this document

This manual gets you started quickly with setting up your watch. Setup ensures that your watch can synchronize its data with the VeryFitPro app, where you can get detailed information on your stats, view historical trends, log sleep, and more. As soon as setup is complete, you're ready to start moving. The remainder of the manual walks you through every function on your El Toro.

Setting up Your Watch

Charging your watch

- Please fully charge your watch before initial use 1. Insert the USB plug of the charging cable into the USB port on your computer or a UL-certified USB wall charger.
- Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically.
- 3. Make sure the pins on the charging cable lock securely with the port. The connection is secure when the watch vibrates and the battery icon with percent charged appears on the



When the watch shows that the battery i connect the watch to a USB port with 5V-500mA. While the watch charges, there is a batte

progress bar on the screen and you can t he touch key to check the battery level. Remove the watch from the power supply once fully charged.

 USB charger requirement: DC USB port (5V-500mA) Charging time: Approximately 2 hours

Disassembling / Assembling Your Watch

- Disassembly 1. To remove the wristbands, turn over the watch and find the quick-release lever.
- 2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.







While pressing the quick-release lever inward, slide the other end of the wristband into place.



3. When both ends of the pin are inserted, release the quick-release lever.

Wearing Your Watch

All-day wear and exercise

For all-day wear when you're not exercising, wear the device on your wrist horizontally, a finger's width below your wrist bone and lying flat, the same way you would put on a watch.



For optimized heart rate tracking, keep these tips in mind: . Experiment with wearing the watch higher on your wrist during exercise. Because the blood flow in your arm increases the exercise. Because the blood flow in your arm increases the farther up you go, moving the watch up a couple of inches can improve the heart rate signal. Also, many exercises such as bike riding or weight lifting require you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the watch is lower on your wrist.



Do not wear your watch too tight. A tight band restricts bloo flow, potentially affecting the heart rate signal. This being said, the watch should also be slightly tighter (snug but not onstricting) during exercise than during all-day wear

- 4 -

O Failure to connect to smartphone

- The watch will disconnect from your smartphone in the following cases: 1. Smartphone Bluetooth is off or exceeds the Bluetooth
- connection range (the maximum Bluetooth connection range is 10 meters and can easily be reduced by walls, furniture,
- The VeryFitPro app is closed on the phone. (This can occur automatically under certain circumstances.)

To reconnect the watch to your smartphone, please kindly take the ollowing steps:

- Go to your smartphone system Settings, find the VeryFitPro app and enable the Location and all Notifications.
- Clear all running / background processes on your smartphone. Go to the VeryFitPro app and swipe down "Homepage", then the watch will reconnect to your smartphone and update data. You can also restart your smartphone and Bluetooth, then rebind the watch in the

Warranty

We strive to build our products with the highest attention to detail and craftsmanship. However, sometimes there are occurrences of a defect, so we are happy to offer a ONE-year hassle-free warranty on all our devices as we continue to make amazing products. Please contact us if you have any quanting about a devices. questions about our devices.

Important Safety Instructions

The device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity rain while charging; do not charge your device when it is wet, as this may result in electrical shock and injury.
- Keep your device clean and dry. Do not use abrasive cleaners to clean your device.
- Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.
- Do not wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or other discomforts, please discontinue using your device and consult your doctor.
- Do not expose your watch to extremely high or low temperatures.
- Do not leave your watch near open flames such as cooking stoves, candles, or fireplaces.
- This product is NOT a toy never allow children or pets to play with this product. Always store the product out of t reach of children. The devices themselves or the many small parts they contain may cause choking if ingest
- Never try to abuse, crush, open, repair or disassemble th device. Doing so will void the warranty and can result in a control barand.
- If any parts of your product require replacement for any reason, including normal wear and tear or breakage, please contact us.

- 18 -

- Do not use your device in a sauna or steam room.
- Dispose of this device, the device's battery and its package in accordance with local regulations.
- Do not check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazard. Always be aware of your surroundings while exercising.

Battery Warnings

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leakage, and/or

- Do NOT disassemble, modify, remanufacture, puncture or damage the device or batteries.
- Do NOT remove or attempt to remove the non-user-replaceable battery.
- Do NOT expose the device or batteries to fire, explosion, or other hazards.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The 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 not for medical purposes and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some - 19 -

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 smart watch relies on sensors that track your movements and other metrics. The data and information provided by these devices are intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, ncluding step, sleep, distance, heart rate, and calorie data
- If you have eczema, allergies or asthma, you may be more likely to experience skin irritation or allergies from a wearable douine
- Whether you have the conditions above or not, if you start to experience any discomfort or skin irritation on your wrist, remove your device. If symptoms persist longer than 2-3 days of not using your device, contact your doctor.
- If you sweat for more than two hours while wearing your watch, be sure to clean and dry your band and your wrist to avoid skin irritation.
- Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the band for an hour after extended wear.

Maintenance

- Regularly clean your wrist and the smart watch, especially after sweating during exercise or being exceed to activity of the state aner sweating during exercise or being exposed to substance. such as soap or detergent which may adhere to the internal side of the watch.
- Do NOT wash the watch with household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a soft towel or napkin.
- While the watch is water resistant, wearing a wet band is not good for your skin.
- If your bands get wet—for example after sweating or showering—clean and dry them thoroughly before putting them back on your wrist. Be sure your skin is dry before you put your bands back on.
- Do not bring your device into contact with any sharp objects, as this could cause scratches and other damage.
- For light-colored arm bands, minimize direct contact with dark-colored clothing, as color transfer can occur.

- 20 -





0 0 0 0

Notes:

- The watch can only pair with one smartphone at a time. When The watch can only pair with one smartphone at a time. We pairing, please ensure the watch and your smartphone is within 0.5 meters distance.
- Once the watch is connected to your app, the watch will automatically search and reconnect itself if the connection is lost or when Bluetooth is restarted after manual disconnection.
- If the watch is unbound from the app, the app cannot get data form the device and the information on the watch will be res Please do not unbind the connection unless there is an issue that will require a reset.

Getting to Know Your Watch

Touch Key

After the watch is bound to the app, the main screen will display the time as shown in fig. 1. You can customize the main screen. See Function Introduction.



Tap the touch key to switch to different interfaces; Hold the touc key to enter the function.

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 easonable protection against harmful interference in aresidential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, hay cause harmful interference to radio communications. However, there is no guarantee that interference will not cur 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
- hanges or modifications not expressly approved
- by the party responsible for compliance could void the user's authority
- to operate the equipment. This device complies with Part 15 of the FCC Rules. peration 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.

Waking a Dimmed Screen

To conserve power, the watch has a standby mode in which the screen turns off. To wake the screen, please follow the following

 Turn your wrist towards you, and the screen will display time • Tap the touch key, and the watch will display the main screen.

Watch Interfaces

Tap the touch key to look through different interfaces / go to different functions:



1: "Outdoor Walk", "Outdoor Run" and "Outdoo displayed on the device screen by default. You can set up to 3 different sports modes from 11 sports modes to display on the device screen (Go to "VeryFitPro" APP → "Device" → "More" → "Activity display").

※2: "Alarm Mode" is displayed on the watch screen only when alarm alert(s) is / are added and enabled in the app ("Device" page → "Alarm Alert").

Function Introduction







The watch tracks your all-day activity data like steps, calories ourned, distance and active minutes.



Hold the touch key for 2 seconds to view detailed step data and tap to flip through the data.

You can go to the app to set your sports target ("User" page \rightarrow "Target Setting"). When you reach your sports target, the watch vibrates to remind you.

3. Monitoring Heart Rate ne watch tracks your real-tir

natically and continuously. You ca riew your detailed heart rate data the app.

After entering the heart rate interface for 1 he watch starts monitoring the heart rate tomatically. Before the correct detected, the watch shows "- -"; after the correct data is detected, it shows specifi Heart rate displaye



• To monitor heart rate more accurately, wear the watch on the upper position of your wrist and a bit tighter than usual why you exercise. In addition, complete your profile in the app.

Automatic heart rate monitoring is ON by default, monitoring heart rate all day automatically. You can disable / enable automatic heart rate monitoring in the app(Go to "Device" page → "Heart Rate Detection").



Hold the touch key for 2 seconds to start the outdoor walking mode.

2) During exercise, tap the touch key to flip through exercise data.



3) Hold the touch key for 2 seconds to exit. The following data is displayed after the exercise is ended; tap the touch key to flip through exercise data:



Data of exercises less than 1 minute will not be saved.

- 11 -



Hold the touch key for 2 seconds to start the outdoor running mode.



During exercise, tap the touch key to flip through exercise data.





3) Hold the touch key for 2 seconds to exit. The following data is displayed after the exercise is ended; tap the touch key to flip through exercise data:



6. Tracking Sports: Outdoor Cycling The watch can track your exercise data during cycling.

) Hold the touch key for 2 seconds to start the outdoor cycling





- 12 -

