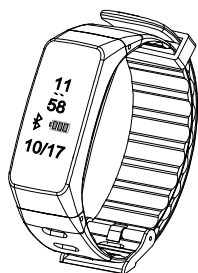
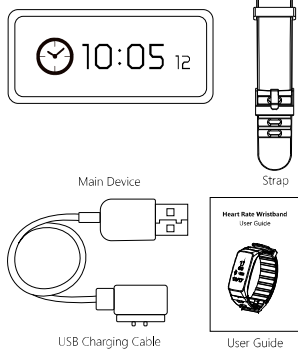


# Heart Rate Wristband User Guide



## 1. Instructions For Quick Use Of Wristband

An Introduction to Components



## 2. To install Wristband APP

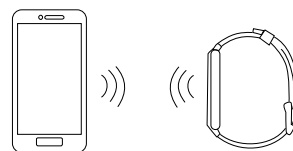
Scan the following QR code or enter the application markets to download and install it. \*X-Fitness\*



## 2.1 Device Attachment

When being used for the first time, it is necessary to connect APP for alignment. After successful connection, wristband will self-synchronize time, or otherwise, step calculation and sleep data won't be accurate.

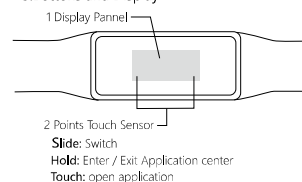
- Open the phone APP. Click My Icon.
- ↓
- Add device (IOS) / Add device (Android)
- ↓
- Click the search icon in the upper right
- ↓
- Click the device connection



**Bluetooth connection:** after successful matching, APP will automatically save the wristband bluetooth address. When APP is opened or operated in background, it will automatically search and link with the wristband.

**Data Synchronization:** manually pull down the synchronization data on the APP home page; the wristband can store off-line data for 7 days, the more data, the longer the synchronization time is, and the longest time is about 2 minutes.

## 3. Buttons and Display

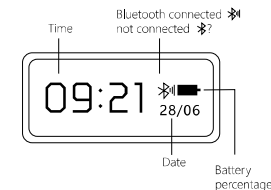


- Slide:** Switch
- Hold:** Enter / Exit Application center
- Touch:** open application

- Slide on the screen to wake up the display, slide to switch between timing, message, application, training mode, calories, steps, The device will automatically enter power saving mode if no operation within 10 seconds, then the display will be off.

## 4 Functions and Operations

**4.1 Main Page** (The time will be automatically updated when sync with the App)



**4.2 Messages** (The following functions need to connect with the APP)

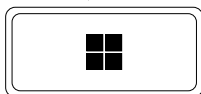


## • Operation

Hold the screen to check the message, slide left / right to switch the pages.



**4.3 Application Center** (The following functions need to connect with the APP.)

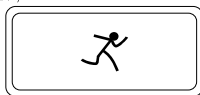


## • Operation

Hold the screen to enter application center, slide to check the application, hold the screen to exit the application center.

- 🎵 Music Control (the phone need to open the music APP)
- 📷 Remote Camera (the phone need to open the camera function)
- 📞 Find the phone ( the phone will ring.)
- 🖼️ Landscape Display (Touch to rotate)
- 📱 Portrait Display (Touch to rotate)

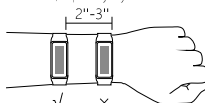
**4.4 Training** (The following function need to be connected with the APP.)



## • Operation

When using the training function, please:

- \* Make the sensor on the back cover of the wristband stay firmly with the skin.
- \* Wear the watch 2"-3" above -not on- your wrist bone; wear it higher on the forearm when using this watch as a heart rate monitor, especially if you have a small wrist.



\* Touch and hold the screen to enter Training Mode, and open "Training" at the APP before the training, when the training is completed, the APP will store the training data automatically. (Meanwhile, touch and hold the screen to finish training function in the device).

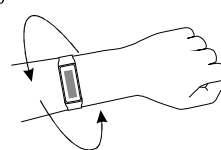
\* When not using the "training" in the app, the training mode is also available: slide to check the heart rate, training time, steps, calories, touch and hold the screen to finish training record will not be saved.



## 4.5 Other Function

- 📊 Steps, Calories, this is the data for the intraday (the data uploaded to the douds when connect to the APP)
- 📞 Incoming Calls Reminder
- 🔔 Alarm (Set in the sleep part in the APP. Awake time = Alarm vibration reminder)
- 💧 Drink Reminder ( Open / close in the app)
- 🏠 Break Reminder ( Open / close in the app)
- 🕒 Other Reminder ( Open / close in the app)

**Raising up and rotate your wrist to turn on the display**



## 5. Specification

- Model:** CL880
- Function:** Optics Sensor; Heart Rate Monitoring, Steps Count, Calories Count, Sleep Monitoring, Remote Photo Taking, Remote Music Control.
- Dimension:** 125x62x20x16 mm
- Display Type:** Full Color TFT LCD;
- Resolution:** 128\*64;
- Battery Type:** Rechargeable Lithium battery;
- Battery Life Cycle:** 300 charge cycles;
- Button Type:** Touch sensitive button;
- Data transmission:** Bluetooth 5.0
- Phone call reminder:** Phone call vibrational reminder;
- Water Proof:** IP67;

## 6. Disclaimer

- a. The product it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- b. Our company makes no representations or the products described herein.
- c. Our company shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

## EU-DECLARATION OF CONFORMITY

Hereby, We, declares that Heart Rate Wristband (model: CL880) is in compliance with the essential requirements and other relevant provisions of Directive RED 2014/53/EU. A copy of the signed and dated Declaration of Conformity is available

## FCC 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.

**WARNING:** 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.

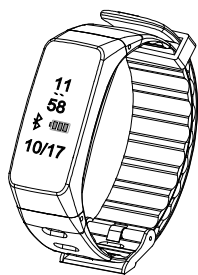
This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment 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.

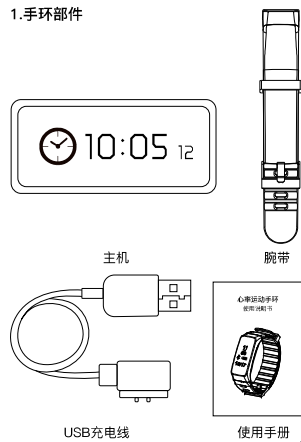
The device has been evaluated to meet general RF exposure statement. The device can be used in portable exposure condition without restriction



# 心率运动手环 使用说明书



## 1. 手环部件



## 2. 下载APP

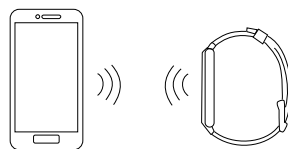
打开APP商店搜索“X-Fitness”下载安装APP，或者扫描以下二维码安装APP。



## 2.1 连接APP

第一次使用手环时，请先连接APP。APP连接成功后，手环会自动同步时间。否则，步数计算和睡眠监测的数据将不会记录。

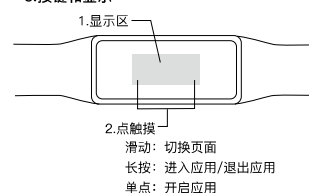
- 打开手机APP应用，点击我的图标
- ↓
- 添加设备 (IOS/Android)
- ↓
- 点击右上角搜索图标
- ↓
- 点击设备连接



蓝牙连接：当蓝牙连接成功后，APP会自动保存手环的蓝牙地址。当APP应用再次打开，或者后台运行时，它会主动查找并连接手环。

数据同步：手动下拉APP的主页，数据会自动同步。手环会自动保存7天的离线数据。数据越多，需要的同步时间就越长，最长的同步时间是2分钟。

## 3. 按键和显示



滑动：切换页面  
长按：进入应用/退出应用  
单点：开启应用

滑动屏幕唤醒主机显示屏，滑动屏幕，切换应用，显示的功能依次是时间，信息，应用中心，训练模式，卡路里，步数等。无操作10秒之后，显示屏不再显示，会自动进入省电模式。

## 4. 功能和操作

4.1 主页（当手环与APP应用同步时，时间会自动更新）



4.2 信息（需要打开蓝牙连接APP后才能使用以下的功能）

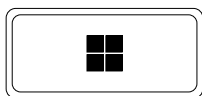


## • 操作说明

长按屏幕查看信息内容，左右滑动屏幕翻页查看。



## 4.3 应用中心（以下功能需要连接APP使用）



## • 操作说明

长按屏幕进入手环应用，左右滑动屏幕切换应用，点击应用图标开启应用，长按屏幕退出应用中心。

- 🎵 音乐播放与暂停（手机需先开启音乐APP）
- 📷 远程照相（手机需先开启相机）
- 📶 查找手机（手机发出铃声）
- 📱 横屏显示（点击屏幕切换竖屏）
- 📱 竖屏显示（点击屏幕切换横屏）

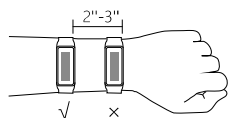
## 4.4 训练（以下功能需要连接APP使用）



## • 操作说明

使用本产品训练时，请注意：

- a. 手表需紧贴皮肤，使手表背壳的光传感器和皮肤之间接触良好。
- b. 手表戴在手腕背上的关节后面距离腕骨上方2"-3"处（不能戴在关节上），如果你的手腕很细，将手表戴在位置更高，手臂更粗的位置。（当不使用训练功能时，本品可以像其它款式的手表一样佩戴。）



c. 长按屏幕进入训练模式，同时开启APP“训练”页面开始训练。训练结束后，APP自动保存训练记录。（长按手环屏幕结束训练功能）

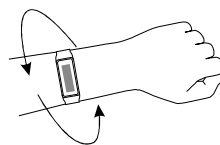
d. 手环训练在不使用APP“训练”的情况下，也可以用训练功能，训练时滑动屏幕可显示：心率、训练时间、步数、卡路里。长按屏幕结束训练，训练记录不会被保存。



## 4.5 其他功能

- “”步数 “”卡路里 实时显示当天的数据。（与APP连接后，数据自动同步到APP云端保存）
- “”来电震动提醒
- “”闹钟提醒（在APP睡眠参数设置：起床时间=闹钟震动提醒）
- “”喝水震动提醒，（需在APP中设置/开启）
- “”久坐震动提醒，（需在APP中设置/开启）
- “”其他提醒，（需在APP中设置/开启）

抬手翻腕，即可亮屏



## 5. 规格

- 型号：CL880
- 功能：光学传感器，心率监测，步数计数，卡路里计数，睡眠监控，远程照相，远程音乐控制
- 大小：L250\*W20\*H16 mm
- 显示方式：全彩TFT液晶显示器
- 分辨率：128\*64
- 电池类型：可充电的锂电池
- 电池的寿命周期：300次充电
- 按键类型：全触摸操作
- 数据传输：蓝牙5.0
- 电话提醒：电话震动提醒
- 防水功能：IP67

## 6. 免责声明

1. 本手册所载资料仅供参考，所述产品可能会因生产商的持续研发计划而有所变动，无需事先做出通告；
2. 本公司一概不就本手册或其所述产品作出任何声明与保证；
3. 本公司一概不就本手册或其所述产品所产生的或与其相关的直接或间接、意外或特殊的损害、损失与费用承担任何法律责任。

