

折页尺寸: 75*130mm

Model: Z12

User Manual

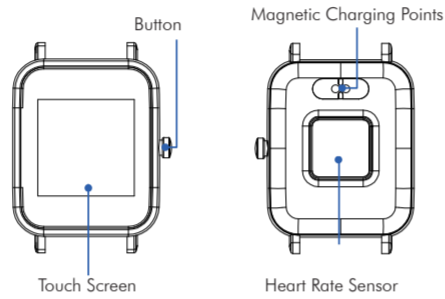


Thanks for choosing our Product

WHAT YOU WILL GET

Fitness Watch x 1
USB magnetic charging cable x 1
User Manual x 1

PRODUCT OVERVIEW:



HOW TO CHANGE THE WRISTBAND?

The fitness watch uses a 20mm standard watch band which can be changed at any watch store.

HOW TO TURN ON?

Long press the "Multifunctional Button" to turn the device on.

HOW TO MOVE BETWEEN SCREENS?

Swipe on the screen to change, tap icon to confirm and exit by long pressing the button.


HOW TO CHARGE THE DEVICE?

Insert the magnetic charging cable into the power output (5±0.25V adapter)

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DOWNLOAD THE APP:

Download the "CT FIT" app on the App store for iOS devices and Google Play Store for Android devices.



CONNECTING YOUR DEVICE:


Make sure you have the CT FIT application downloaded. You can only connect the device using the app NOT through the Bluetooth settings on your phone.

Notes:

- Before connecting, please make sure that the phone Bluetooth is turned on and the device is fully charged.
- Launch the app and tap the connect icon on the top right corner, you will see a list of devices available to pair.
- Please select your device from the list to connect.
- It takes a few seconds for the app and the device to complete the data sync. (Step Counter is synced every 7 Seconds, Heart Rate and exercise data is synced every 10 minutes)
- To disconnect the device, tap the same top right corner and select "Remove Device", For iPhone users, please also go to your Bluetooth settings and choose to "Forget Device" to completely unpair your device.

Different Dials

It will display date, time, week, weather, steps, battery status, connection status. (tap to change the watch face)



Activity

It will display daily steps, distance, calories burned.


Heart Rate

Make sure you are wearing the device tightly, the measurement will start; please stay still to ensure higher accuracy.

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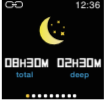
Blood Pressure

Wear the wristband tightly and stay still, hold your wrist which is wearing the device at heart level, and the current reference blood pressure value can be measured in about 30 seconds.




Sleep Tracking

Tracks your daily sleep and shows your deep sleep time. (From 8PM to next day 12PM)



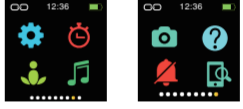
Work Out

Tap the icon to enter the different Workout mode and start recording your activity data, hold the button to exit, and the exercise data will be saved to your device and sync to the App after pairing.



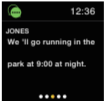
More

Tap the icon to enter the different modes, which includes Setting (device ID, Heart Rate switch, Brightness option), Stopwatch, Mindfulness, Music control, Selfie, Do Not Disturb switch, Tips & Tricks, Find your phone.



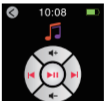
Notifications

Swipe down from the home page or during a Workout session to read the last 5 push-notifications received from your phone, long press button to delete all.



Music Control

Swipe up from the home page or during a Workout session to launch this Music Control page, you can use this to control the music app on your phone when connected.



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APP USAGE

The app includes 7 main pages:

- Home Page
- Exercise Details
- Sleep Details
- Heart Rate Details
- Settings Page
- Photo-shooting Mode
- Connection GPS tracking

1. Home Page: This page mainly displays the data information which sync from the device, and the icons to enter the rest of the main pages, as below:

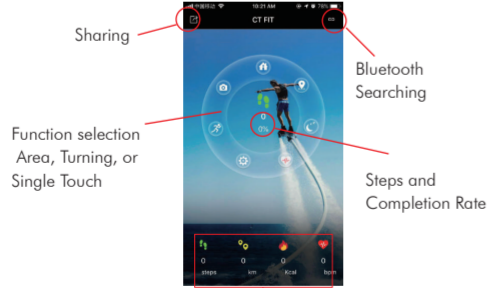



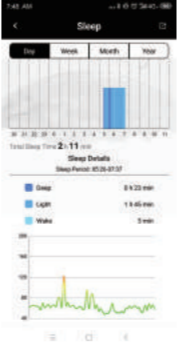
Photo-shooting mode: Tap on the camera icon to enter Photo-shooting mode and your connected device will also enter selfie-control mode automatically. Then, you can use your device as a remote selfie-control, simply shake your device to take a shot.

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2. Exercise Details: This page will display the comprehensive exercise details that is synchronized from your device, You can check the details by day, by week, by month, or by year.




3. Sleep Details: This page will display the sleep data synced from your device, you can check the details by day, by week, by month, or by year.

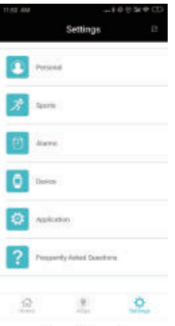


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4. Heart rate Details: This page will display the heart rate details synced from your device and you can check the details by day.



5. Settings Page: You can make changes to the different settings through the sub-settings in this page.



CHARGING METHOD

- Insert the magnetic charging cable into the 5V power adapter (Output Voltage: 5±0.25V, Output Current: 500-2000mA).
- Please do not force the charging cable together with the device to avoid short circuit.

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FAQ:

- Cannot connect between device and phone.
 - Please make sure device is not connected to other phones and make sure the Phone Bluetooth is turned on and working properly. If still cannot connect, please restart both your phone and the device.
- Heart Rate value is not accurate or cannot be detected.
 - Please make sure the Heart Rate Sensor is clean and wear device tightly; do not move, sit down and keep one position and detection will be more accurate.
- No notification
 - Please allow all permissions to CT FIT App in your phone permissions management.
 - Please confirm App is running in both foreground and background.
 - Please confirm if the connect working, and the suggestion is keep the device and phone within 5 meters.
 - Please enter your phone setting to confirm if the "Notification access" is authorized or not. (Android Version)
 - Please enter your phone setting to confirm if all notifications are enabled.
 - Please confirm the App required to send notifications are authorized.
- Please restart your phone and App to connect device.

Warm tips:
This product is an electronic monitoring product and is not intended as a medical reference. We reserve the right to modify or improve any of the functions described in this manual without any prior notice. At the same time, we hold the right to continuously update the product content. Please refer to the actual product.

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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.

RF warning statement:

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