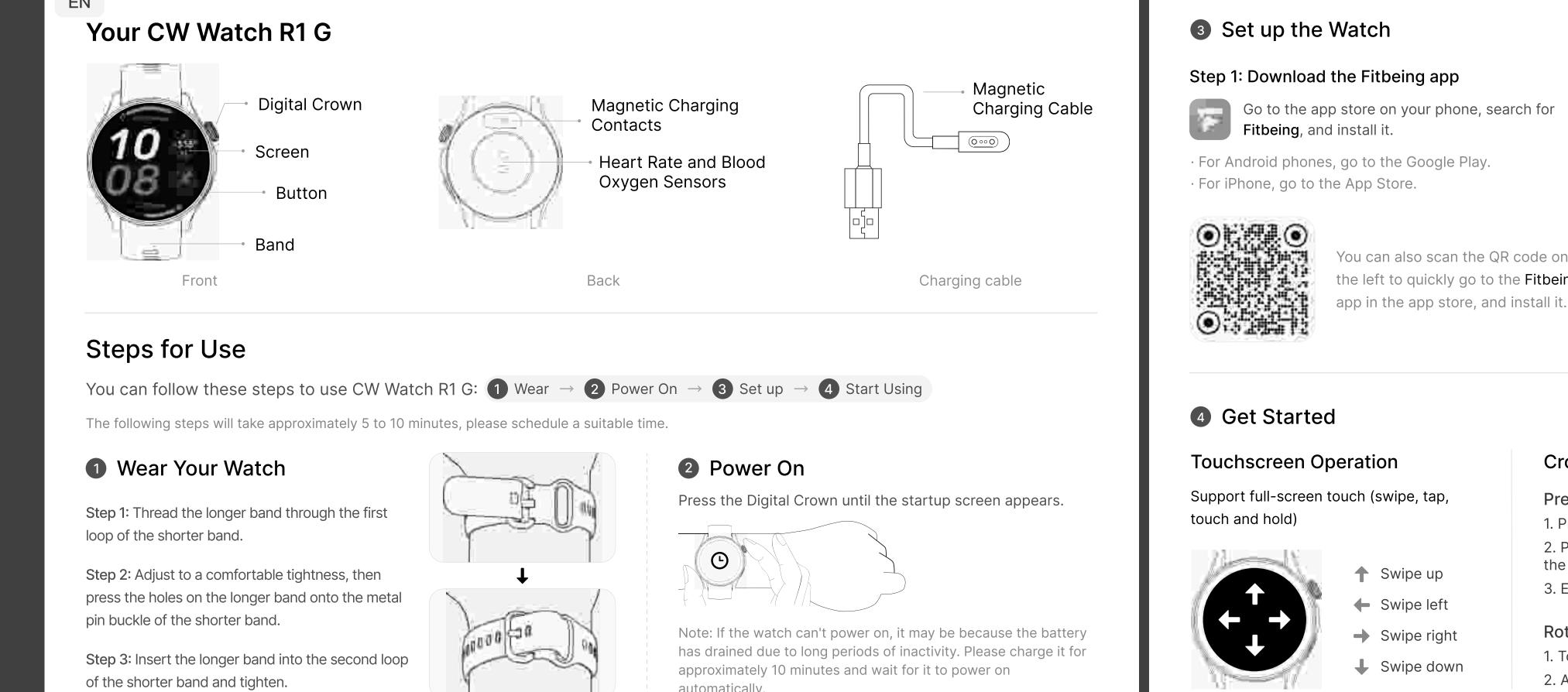
CW Watch R1 G

User Guide

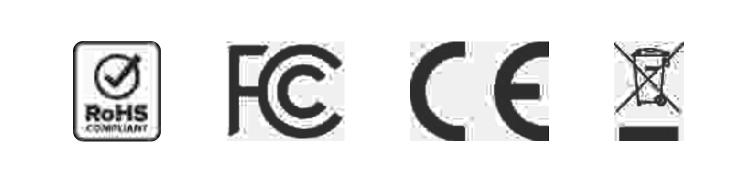


automatically.

ou can also scan the QR code on the left to quickly go to the Fitbeing app in the app store, and install it.

Rotate

Press



Step 2: Pair with the App

Open the Fitbeing app and select "**Set Up a** Device" on the home page. Follow the instructions to pair your " CW Watch R1 G " via Bluetooth. Then you can start using the watch.

Attentions: 1. To prevent connection issues between the app and the watch, please do not pair directly within the

Bluetooth device list in your phone's system settings. To ensure successful pairing, please grant Fitbeing App permissions to access Bluetooth, Location, and Camera on your phone.

Crown and Button

1. Press the digital crown to wake up the screen. 2. Press the digital crown to enter the app center from the watch face screen. 3. Exit the app



Press the button

🔣 — Rotate the crown

Hello!

+ Set Up a Device

V

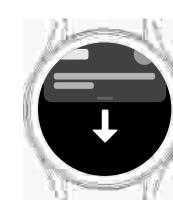
Search via Bluetooth

Search

🕒 CW Watch R1 G 🔳

Press the button 2. Adjust the volume of prompt tones and phone calls. 2. Long press to activate SOS.

Common Functions

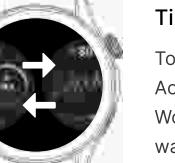


Notification Center Swipe down on the watch face screen.

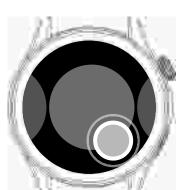


Control Center To access the Control Center, swipe up on the watch face screen. Enable features like Silent Mode, Sleep Mode, Always-on Display, and adjust brightness and volume swiftly.

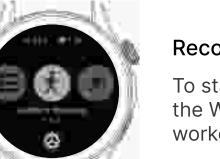
Tiles



To switch quickly between the Suggestions, Activity, Heart Rate, Sleep, Weather, or Workout tiles, swipe left or right on the watch face screen.



Change the Watch Face To change the watch face, press and hold the screen for 1 second to access the watch face gallery.



Record Workouts To start your workout recording, access the Workout app and select a specific workout.

For outdoor workouts, wait in an open area until the GPS connects. The blinking icon " ullet I " shows it's acquiring a location fix and will stop blinking upon success.

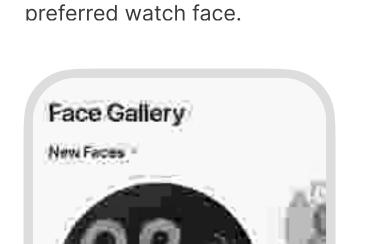


Health Metrics Measurement

When wearing the watch, it automatically measures health data such as heart rate, sleep, stress, and activity. You can also view and track this data in the application.



Install New Watch Faces In the Fitbeing app, navigate to t Face Gallery page to pick up your





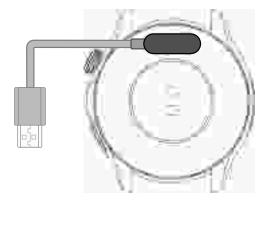






Charge the Watch

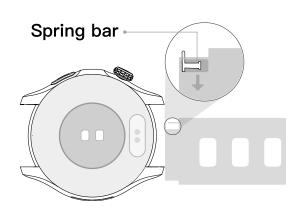
To charge the watch, connect the charging cable to a USB power source. Attach the other end



Change the Band

band.

Remove band 1. Lift the spring bar from the groove. 2. Push and hold the spring bar. 3. Pull it out gently to remove the

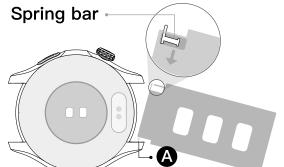


to the charging contact on the back of the watch. The watch will display a charging icon while it is being charged.

> Note: Make sure the USB charging plug is at the same side as the crown. Ensure to use a standard USB power source with an output of 5V—1A or above. Prior to charging, ensure to clean the charging contacts of the watch to eliminate any lingering sweat or moisture.

Install band 1. Insert the metal pin at position "A" in the hole. 2. Push and hold the spring bar. 3. Press the band into the body and release the spring

4. Pull the watch band to confirm the firm installation.



Wear and Care

It is advised to remove the watch for approximately one hour daily. If you experience discomfort or irritation like redness, tingling, or a burning sensation, take off the watch and rest your wrist. To maintain hygiene, regularly clean your watch and wrist, particularly after workouts and sweating. Avoid using hand soap, shower gel, dishwashing liquid, or cleaning wipes as they can cause skin irritation. Instead, use mild soap and fresh water to clean the band.

Key Specifications

| Product Name | CW Watch R1 G |
|------------------------------|---|
| Display | 1.43" HD AMOLED |
| Resolution | 466 × 466 |
| Battery Capacity | 370 mAh |
| Wireless Connection | Bluetooth 5.3 |
| Water resistance garde | 3ATM |
| Satellite positioning | Support GPS |
| Geomagnetic sensor | Support compass |
| Air pressure sensor | Supports elevation |
| Body Dimension | 46.8mm × 46.8mm × 10.8mm |
| Working Temperature | 0°C ~ 50°C |
| Compatible Operating Systems | iOS 13.0 and above, Android 9.0 and above |

Wear Your Watch

For optimal data accuracy, please observe the following guidelines while wearing the watch: 1. Wear the watch at a position approximately two finger-widths from your wrist bone. 2. For comfort, adjust the band to allow a finger's width between it and your wrist. This ensures both contact and fit.



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Precautions

 \cdot Do not replace the built-in battery yourself as it may pose a safety risk. \cdot Avoid forcibly opening the watch case, as it may cause short circuits and

overheating. \cdot Keep the watch away from environments exceeding 60°C to prevent battery leakage or explosion.

 \cdot While the product complies with 3ATM waterproof standards, it is not recommended for activities such as bathing, diving, or water skiing that involve high temperatures, steam, or rapid water flow.

Note that the waterproof performance may be compromised if the product structure is damaged.

 \cdot Be aware that firmware upgrades can lead to interface and usage changes. For detailed information, please refer to the product's upgrade instructions.

Help and Guide

help.fitbeing.com for assistance.

Frequently Asked Questions If you encounter any problems while using the product, you can access the "Profile ightarrow Help & Support" section in the Fitbeing app for assistance. Scan the QR code on the right to access or visit

FCC Requirement

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

the following two conditions: 1. this device may not cause harmful interference, and

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

 Increase the separation between the equipment and receiver. - Connect the equipment into an outlet on a circuit different from that to Consult the dealer or an experienced radio/TV technician for help.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licenceexempt RSS(s). Operation is subject to the following two conditions:

...duct Manual
You can find the complete product manual in Fitbeing app at "Profile → User Guide".
Scan the QR code on the right to access it, or visit
It is fitbeing com to browse.

This device complies with Part 15 of the FCC Rules. Operation is subject to

2. this device must accept any interference received, including interference

- Reorient or relocate the receiving antenna. which the receiver is connected.

more of the following measures:

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