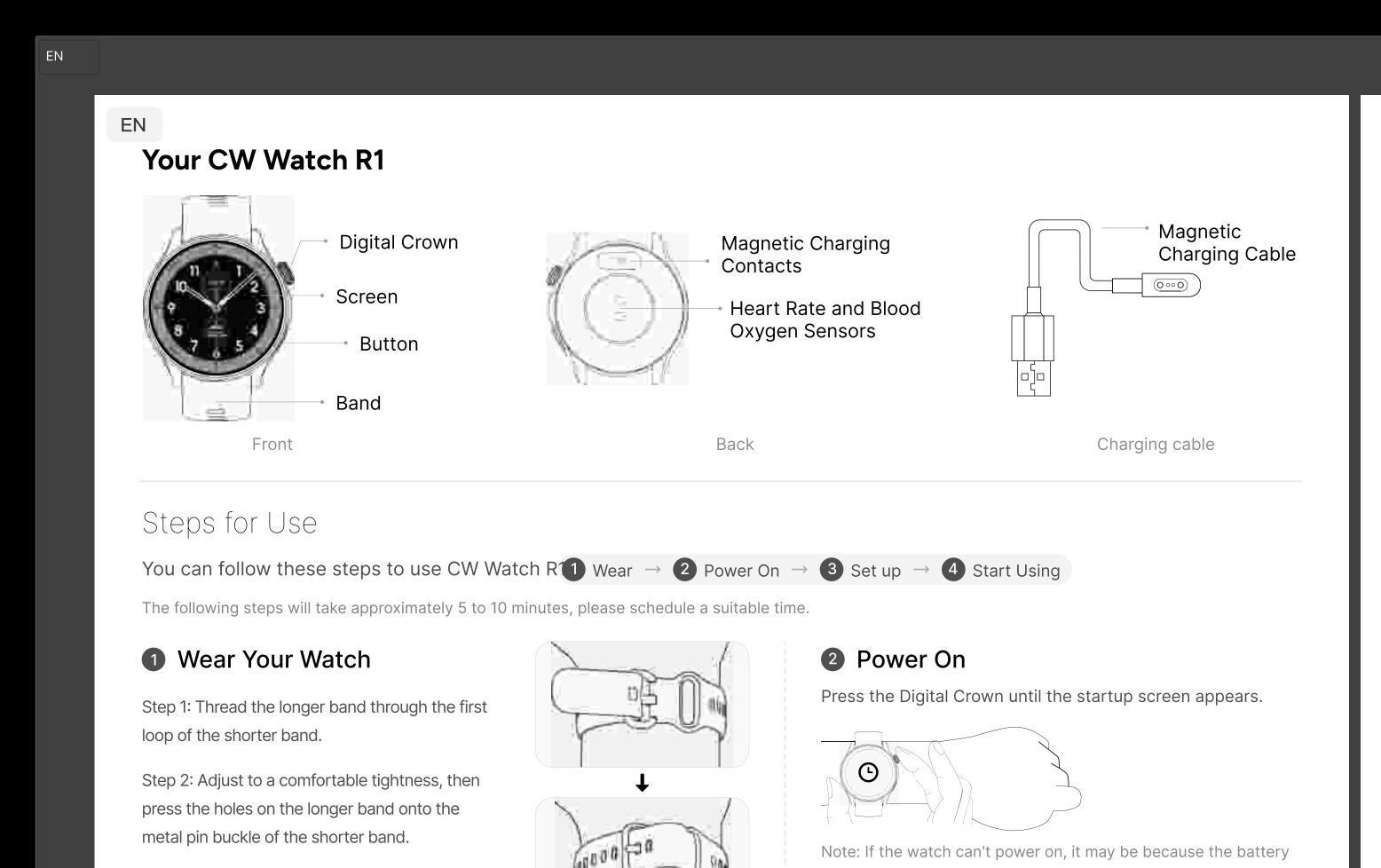
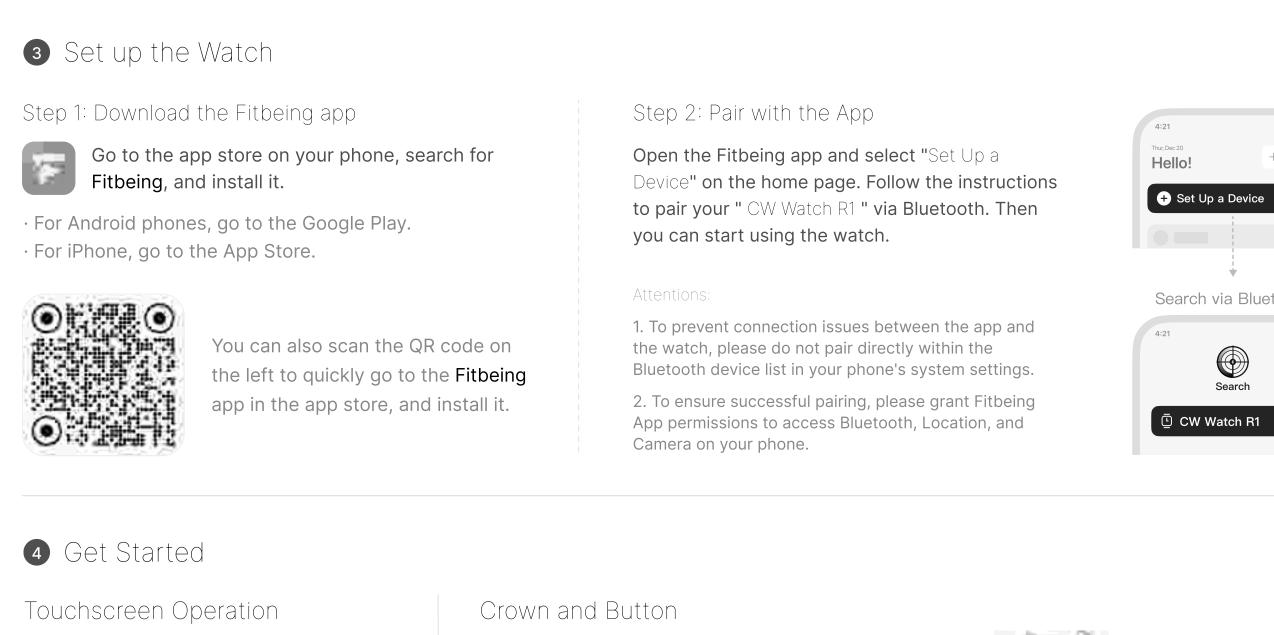
CW Watch R1 User Guide





approximately 10 minutes and wait for it to power on

Step 3: Insert the longer band into the second



1. Press the digital crown to wake up the screen.

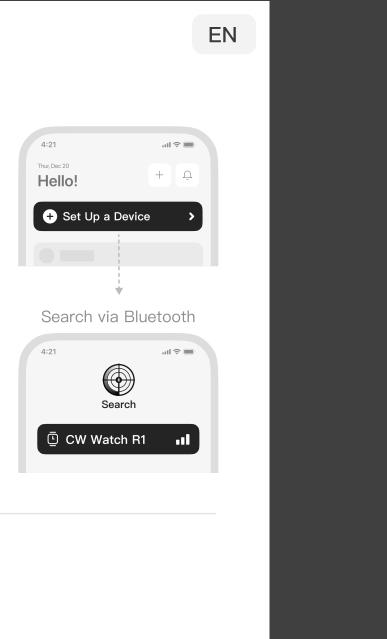
the watch face screen.

2. Press the digital crown to enter the app center from

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

Support full-screen touch (swipe, tap,

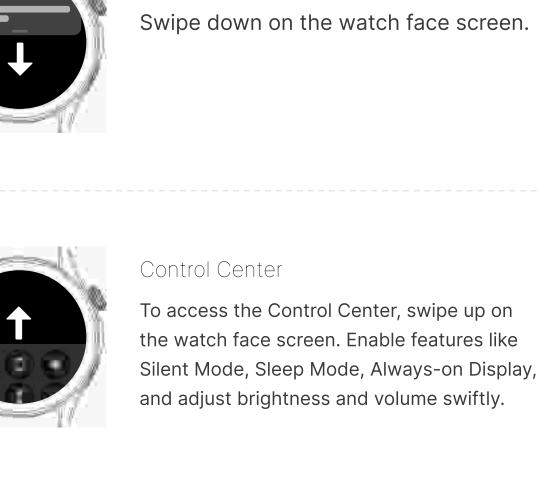
touch and hold)



lacksquare lacksquare Rotate the crown

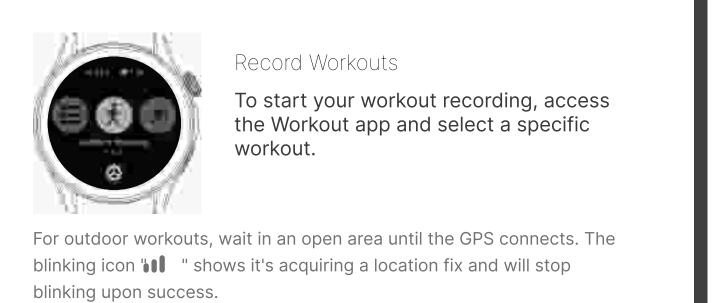
Press the button

1. Press to start Workout quickly.



To switch quickly between the Suggestions,

Activity, Heart Rate, Sleep, Weather, or

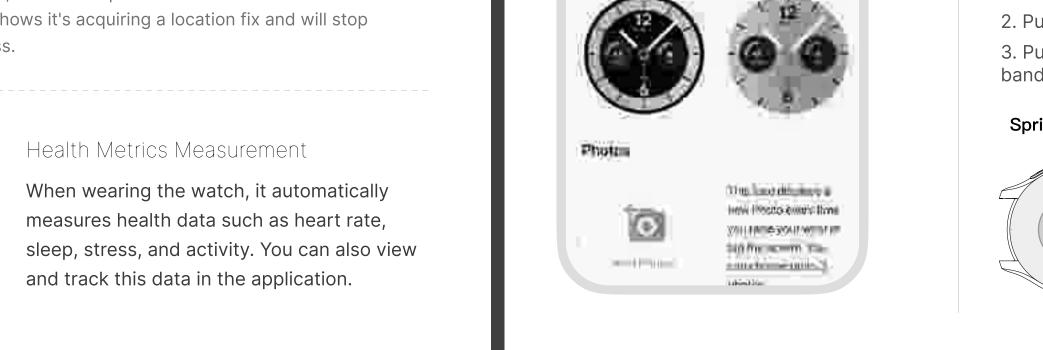


Change the Watch Face

the watch face gallery.

To change the watch face, press and

hold the screen for 1 second to access



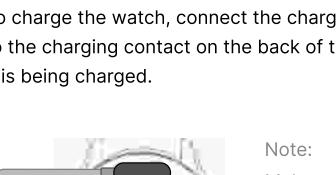
Install New Watch Faces

preferred watch face.

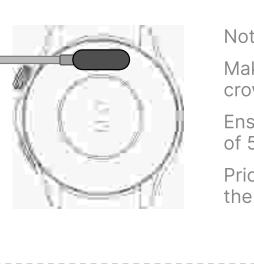
New Faces

In the Fitbeing app, navigate to th

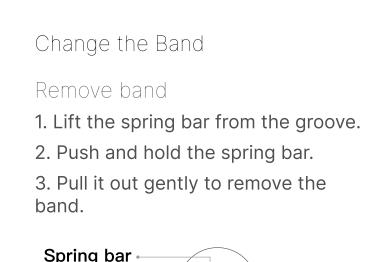
Face Gallery page to pick up your



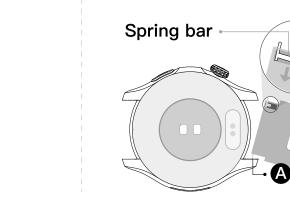
Charge the Watch To charge the watch, connect the charging cable to a USB power source. Attach the other end to the charging contact on the back of the watch. The watch will display a charging icon while

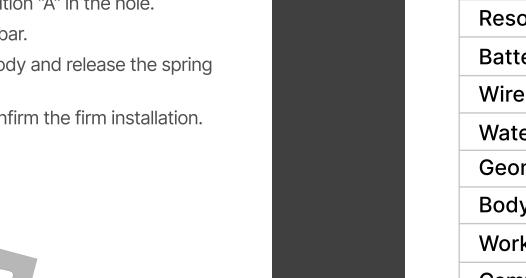


Make sure the USB charging plug is at the same side as the Ensure to use a standard USB power source with an output of 5V=1A or above. Prior to charging, ensure to clean the charging contacts of the watch to eliminate any lingering sweat or moisture.



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. Spring bar -







Wear and Care Wear Your Watch It is advised to remove the watch for approximately one hour For optimal data accuracy, please observe the daily. If you experience discomfort or irritation like redness, tingling, or a burning sensation, take off the watch and rest your

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

Key Specifications

Product Name	CW Watch R1
Display	1.43" HD AMOLED
Resolution	466 × 466
Battery Capacity	370 mAh
Wireless Connection	Bluetooth 5.3
Water resistance garde	IP68
Geomagnetic sensor	Support Compass
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

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

ensures both contact and fit.

finger's width between it and your wrist. This

Precautions

· Do not replace the built-in battery yourself as it may pose a safety risk. · Avoid forcibly opening the watch case, as it may cause short circuits and · Keep the watch away from environments exceeding 60°C to prevent battery leakage or explosion. · While the product complies with IP68 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. · 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 If you encounter any problems while using the product, you can access the "Profile \rightarrow Help & Support" section in the Fitbeing app for assistance. Scan the QR code on the right to access or visit help.fitbeing.net for assistance.

app at "Profile → User Guide".



exempt RSS(s). Operation is subject to the following two conditions: 1. This device may not cause interference. 2. This device must accept any interference, including interference that may cause undesired operation of the device. Product Manual

You can find the complete product manual in Fitbeing

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux

CNR d'Innovation, Sciences et Développement économique Canada

Any changes or modifications not expressly approved by the party

1. this device may not cause harmful interference, and

responsible for compliance could void the user's authority to operate the

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

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

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

a residential installation. This equipment generates, uses, and can radiate

instructions, may cause harmful interference to radio communications.

installation. If this equipment does cause harmful interference to radio or

– Increase the separation between the equipment and receiver.

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

- Connect the equipment into an outlet on a circuit different from that to

- Consult the dealer or an experienced radio/TV technician for help.

are designed to provide reasonable protection against harmful interference in

radio frequency energy, and if not installed and used in accordance with the

However, there is no guarantee that interference will not occur in a particular

FCC Requirement

the following two conditions:

that may cause undesired operation.

more of the following measures:

Reorient or relocate the receiving antenna.

applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : 1. L'appareil ne doit pas produire de brouillage; 2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le