Smart heart rate watch

USER GUIDE

01.Introduction

The product is a multi-fucntion Smart heart rate watch which combines Bluetooth connection,alarm clock, stopwatch, countdown, world time, call reminding function, sedentariness reminding function, event reminding function, pedometer, running exercise, cellphone anti-lost function, sleep monitoring function,heart rate monitoring function and etc. The user guide explains the function, a working method and an operation method, each main chapter all explains a mode and a view thereof and also provides settings of these views and use information. Thank you for using our product, please read user guide before using this product.

02.Basic features:

● Time function: hour, minute, second, year (2010-2099), month, day, week

● World time: 28-city time

● Alarm clock reminding function

● Bluetooth connection function: be connected with corresponding APP of cellphone end, check and synchronize data

● Call reminding, sedentariness reminding and event reminding functions

● Telecontrol photographing and cellphone-finding functions

● Countdown function (23 hours 59minutes 59 seconds-0)

● Stopwatch function (0-9hours 59minutes 59 seconds 9),

record 10 sets of values

●Step-counting function: sports time record, steps, distance and calorie calculation

●Running exercise: training time record, distance, speed and current heart rate

●Heart rate monitoring: respectively check maximal, minimum, average and current heart rate value

●Sleep monitoring: monitor sleep time and sleep quality

●Battery capacity reminding function

●EL blacklight function

03. Button definition

Introductions：

A button:backlight/ Bluetooth on-off/return button

B button:mode/setting/ switching button

C button:running exercise mode / increase value /start-stop button

D button:step-counting/ decrease value/sub-function switching button

04.Display icon of watch

Call icon	Find cellphone	Step-counting icon	Training icon	Event reminding icon
📞	→	🚶	🏃	📋

Photographing icon	Sleep icon	Alarm icon	Bluetooth icon	Sedentariness icon
📷	z z z	🔔	✳	🪑

05.Scan and install APP two-dimension code

Scan two-dimension code to download and install APP "SmartBracelet", select right cellphone system to download APP, the mobile terminal platform needs a cellphone which supports Android4.3 or above and IOS7.0 or above as well as Bluetooth 4.0.

IOS

Android

06.Pair watch with phone

1). Open Bluetooth function on cellphone and watch;

Open watch Bluetooth: adjust watch to the time mode, long press A button, meanwhile, a Bluetooth icon Will flicker on a screen, it means that Bluetooth is already opened, long press the A button again,the Bluetooth icon will disappear on the screen, and it means that the Bluetooth is closed.

2).Pleaseinsure your watch and other cellphone to relieve pair, and keep watch to be close to your cellphone.

3).Open APP software on a cellphone, press "connected" to bind, the cellphone will automatically search the nearby watch, a watch name will be shown on the cellphone. Click the watch name, pairing is established.

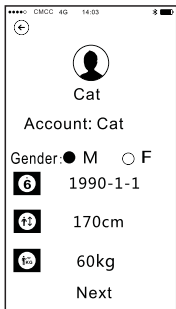4). When connected sucessful, Bluetooth icon on the watch will stop to flicker and always displays on a screen.

5). After finishing pairing, click user picture on APP, set personal informationsuch as weight, height, target.

If watch pairing is fail, please repeat the operation. Only one watch is paired with one cellphone, if you want your watch to be paired with the other cellphone, please relieve the binding of current cellphone firstly. Open cellphone APP, enter into setting interface, select to relieve binding. Bind with the other cellphone, iPhone OS systen needs to enter into setting Bluetooth to ignore equipment.

07. User information setting and target setting

When bracelet APP software is installed on cellphone, please fill in personal information such as user name, weight and target steps, sleep and training.

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User information setting | Target setting | Target setting

User information setting panel:

Cat

Account: Cat

Gender: ● M ○ F

1990-1-1

170cm

60kg

Next

Target setting panel:

Please set every day target

Target steps
5000

Sleep target:
Start   23:00
Finish   7:00

Training target

Distance：5km

Start

Target setting panel (Training target dialog):

Training target

Time

Distance 5   km

Cancel | ok

Training target

Distance：5km

Start

08. Function setting

Connection: watch will automatically synchronize time with your cellphone.

Bracelet alarm: set 3 alarm clock periods, an alarm icon
will display on screen of cellphone after successively setting.

Remind event： set reminding event on cellphone APP,
the watch will ring 20 seconds when time is out after successively setting,
meanwhile, reminding event icon ▤ will flicker.

Remote photograph: open telecontrol photograph on cellphone APP,
watch automatically enters into a selfie mode. Short press any button
to photograph, and automatically save pictures.

Call reminding： the middle row displays call number which is displayed in a rolling manner; after switching on or hanging up telephone, switch to original display,but a part of cellphones can not realize because of compatible problem.
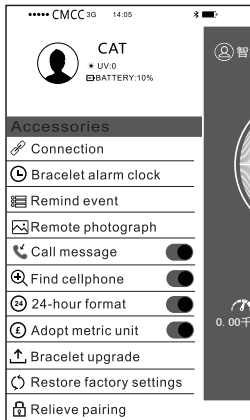
Find cellphone: before using the function, please ensure cellphone function on APP software to open; under time mode, long press C button to find cellphone, at this time, the cellphone will ring (cellphone also will ring under a silent mode).

24-hour format: set your favorite time format 12H/24H.

Unit: adopt british system/ metric unit according to your favorite setting.

Restore factory settings: clean up all data in APP.

Relieve pairing: relieve pairing with current watch.

●●●●● CMCC 3G 14:05	☀ ■□

CAT
★ UV:0
🔋 BATTERY:10%

Accessories

🖉 Connection

🕐 Bracelet alarm clock

🎚 Remind event

🌄 Remote photograph

📞 Call message   ●

🔍 Find cellphone   ●

🕑 24-hour format   ●

ⓕ Adopt metric unit   ●

⬆ Bracelet upgrade

↻ Restore factory settings

🔒 Relieve pairing

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09.Default mode

Time mode

Heart rate mode

Stopwatch

Press B button

Press B button

Press B button

Sleep mode

World time

Countdown

Press B button

Press B button
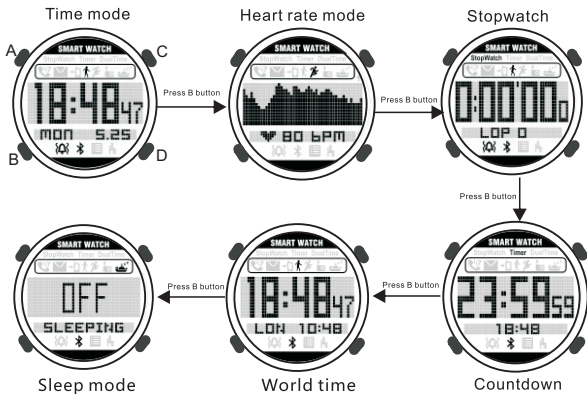
Press B button

Under time mode, short press B button one time to enter into heart rate mode; short press B button two times to enter into stopwatch mode; short press B button three times to enter into countdown model; short press B button four times to enter into world time mode; short press B button five times to enter into sleep mode.

10.Heart rate mode

Heart rate curve mode   Current heart rate mode
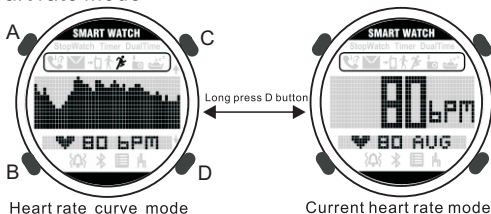
Introduction：under time mode, short press B button one time to enter into heart rate mode; enter into the mode, ♥ will flicker for several times, long press C button to open heart rate measurement, the lower row ♥ will display, the heart flickers, it means that effective heart rate value is read, when the watch leaves skin, the heart displays all the time, at this time, the effective heart rate value is not read; under heart curve mode, long press D button to switch to the current heart rate mode.

Heart curve mode: under the mode, check lower row current (bPM), average (AUG), maximum (MAX) and minimum (MIN) heart rate value through short press D button; open heart rate measurement about 30 minutes, read whole curve chart, the curve means heart rate reducing value in recent 30 minutes.Current heart rate mode: the middle means current heart rate value, under the mode, check lower row current (bPM), average (AUG), maximum (MAX) and minimum (MIN) heart rate value through short press D button.

11.Stopwatch

Stopwatch is used for measuring time, division value is 0.1 second.
Use stopwatch as follow:

①Under time mode, short press B button
two times to enter into stopwatch model

②Press C button to start, stop or restart
stopwatch.

③Press D button to record time of each
circle, total 10 groups of LOP.

④Close stopwatch, long press B button
to enter into record to check
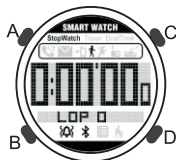
Check history data: ①Close stopwatch, long press B button to enter
into data check mode; ②Press C or D button to check each LOP
timing value in an upper-down rolling manner;

③Long press D button to reset stopwatch.

12.TIMER

Set reciprocal timer in TIMER of menu mode setting, count from
preset time to zero, when the reciprocal timer will ring in zero;
default value is 10 seconds, default countdown time is needed to
change:(please refer to 20 sections, TIMER)

Start countdown：①Switch to time mode;

②Press B button three times, switch to
countdown timing mode.

③Press C button to open, stop and restart.
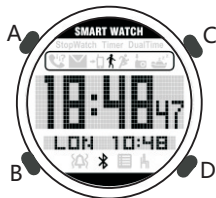
④Press D button to reset TIMER.

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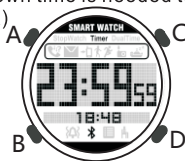
13.World time

The middle displays current local time,
the lower row displays city name and
city time,Total 28 city-time.

Switch to other city:

①Press C or D button to up or down

②Press B button to return to time mode

14.Open sleep mode:

Under sleep mode, long press C button to manually open sleep mode,
the sleep mode is opened, step-counting and training functions will
not be opened, the sleep mode must be manually closed, or the sleep
mode is automatically closed. Backlight can be lighted under sleep;
the middle displays current time, the lower part displays SLEEPING,
and it means that the watch is sleeping .When the sleep mode opens,
the watch can monitor sleep time and sleep quality(shallow sleep,
deep sleep, activity time).

In APP software user interface, set sleep starting
time and sleep finishing time.

See details at page 4. If the sleep time changes,
long press C button under the sleep mode to open
sleep,long press C button again to close sleep,
simultaneously automatically save sleep
monitoring data.

Please ensure cellphone and bracelet to connect,
bracelet APP can obtain the lastest data chart.

15. Running exercise

Under time mode, short press C button to enter into the mode, long press C button to open or stop step-counting function (training icon will display or hide)

distance+training time   distance+speed   distance+heart rate

Introduction: long press C button to enter into training mode, not automatically exit the training mode after 30 seconds, short press B button to exit, not close to the training mode, a training icon is placed in a display state.

Close training mode: enter into training interface, long press C button to close; or training target (distance or time) reaches, the watch will call 2 seconds and automatically close training state.

Other introduction: all lower row sub-function switchover can be processed through using D button, the backlight can be lighted under all modes; training target can be automatically reset at zero every day; don't open heart rate measurement under the mode, if heart rate measurement must switch to heart rate mode, then long press C button.

16.Step-counting mode

Short press D button under time mode to enter the step-counting mode, long press C button to open or stop to count steps (step-counting icon will display or hide)

step-counting+sports time   step-counting+distance   step-counting+calorie

Introduction: long press C button to open step-counting mode, not automatically exit the step-counting mode after 30 seconds, short press B button to exit, not close the step-counting mode, a step-counting icon is placed in a displayed state.

Close step-counting mode: long press C button to close step-counting mode before entering step-counting interface; the watch will call 2 seconds when target step reaches, the step-counting mode is not automatically closed.

Other introduction: all lower row sub-function switchover can be processed through using D button; the backlight can be lighted under all modes.The step-counting steps will automatically reset at zero every day.

17.Cellphone-finding function

Under time mode, if bluetooth is in a connecting state, long press C button to execute cellphone-finding function, meanwhile a cellphone-finding icon ✦☐ will flicker; before using the cellphone-finding function, please insure the cellphone-finding function to open, under time mode, long press C button to find cellphone, the cellphone will ring (the cellphone also will ring under silent mode).
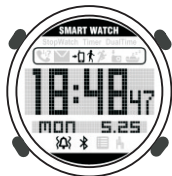
18.Telecontrol photographing function

Open telecontrol photographing function on cellphone APP, the watch automatically enters into a selfie mode; meanwhile, the watch will appear a photographing icon ☎, press any button to photograph, and original display does not change; pictures will automatically save; exit photographing mode icon, ☎ will hide.

19. Event reminding and sedentariness reminding functions

Event reminding function: event reminding function is set on cellphone APP, a cellphone screen will appear an event icon ▤ after successively setting, when time is out, the watch will ring 20 seconds, meanwhile, the event reminding icon ▤ will flicker.

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Sedentariness reminding function:
set sedentariness reminding time
(please refer to SEDENTARY in 20 sections),
a sedentarines icon 🏃 will appear after
successively setting, when time is out,
the watch will call 3 second, meanwhile,
theevent reminding icon 🏃 will flicker.

20.Set menu mode:

Under time mode, long press B button to enter into the time mode,
short press C or D button to select setting item in an upper-lower
rolling manner; press B button to confirm or switch modifying item,
press A button to return or save and exit. Setting item as following:
●TIME-hour-minute-second: short press C or D button to change
values of hour minute second, long press C or D button to increase
rapidly or decrease values; press B button to switch modifying item,
press A button to save and exit.
●DATE-year-month-date: select DATE in set menu mode; short
press C or D button to change values of year month date, long press
C or D button to increase rapidly or decrease values; press B button
to switch modifying item, press A button to save and exit.
●TIMER(COUNTDOWN) – hour-minute-second
Set a countdown timer in TIMER(COUNTDOWN), return zero from
preset time, the watch will ring
when the countdown timer is zero, and default value is 1 minute.

Change default reciprocal time:
Press C or D button to set values of hour minute second
(maximum 23 hours 59 minutes 59 seconds),long press C or D
button to increase rapidly or decrease values; press B button to
switch modifying item, press A button to save and exit.
Start countdown:①Switch to time mode.
②Press B button three times, switch to a countdown mode.
③Press C button to open, stop and restart.
④Press D button to reset countdown.
●SEDENTARY(sedentariness reminding function) :
Press C or D button to open or close sedentariness reminding
unction,press B button to affirm, then press C or D button to set
up sedentariness reminding value (maximum 23 hours 30 minutes),
short press C or D button to change reminding value (press one
time to increase or decrease 30 minutes); press A button to save
and exit.When the sedentariness reminding function opens, a
sedentariness sign 🏃 will appear in screen.
●ALARM: Press C or D button to open or close alarm, press B
button to switch modifying item; press C or D button to set time,
long press C or D button to increase or decrease value, press A
button to save and exit.。
When alarm is opened, an alarm sign ♤ will appear on screen.
When alarm rings, press any button to stop the alarm; if you do not
press any button, the alarm will automatically stop.

● BUTTON TONE: Press C or D button to ON/OFF BUTTON TONE, and press A button to confirm to save and exit.

● SOUND-SHAKE: Press C or D button to select SOUND, SHAKE or DUBLE, press A button to confirm to save and exit.

● Heart Rate-alarm value: Press C or D button to open or close the function, press B button to confirm,

press C or D button to set alarm value(setting rang:40-240bpm), short press C or D button to change value, long press C or D button to rapidly increase or decrease value;

press A button to confirm to save and exit.