

E05说明书
规格:91*91mm
材质:105g单铜
折页

	Product Overview Please read this manual carefully before use, and retain it for future reference. Display Screen Heart Rate Sensor Contact Points Watch Function Button Charging Dock 01	How to Wear For daily use, comfortably tighten the watch around your wrist about one finger width away from your wrist bone. Adjust the strap to ensure the heart rate sensor can collect data normally. Note: Wearing the watch too loosely may impact the data collection by the heart rate sensor. 02	How to Connect Download and install "F Fit" APP to better manage your watch, and log in to your account for more services. Note: The version of the APP might have been updated, please follow the instructions based on the current APP version. Press and hold the function button to turn on the watch. Scan the QR code displayed on the watch with your phone, then download and install "F Fit" APP. You can also download and install the APP from APP stores, or scan the QR code below. Open "F Fit" APP, then log in your account. select add device and follow the instructions to add your watch. APP QR Code Scan the QR code to download the APP Android Device: "F Fit" APP / IOS Device: "F Fit" APP Notes: During pairing, make sure the Bluetooth is enabled on your phone and the watch is well connected with your phone. If the watch cannot be found while adding it to the APP, or cannot connect with your phone during use, please press and hold the power button of the watch for 5 seconds to restore it to factory settings, then try again. 03	How to Use 1. View notifications: Swipe down from the top on the home screen 2. Open control panel: Swipe up from the bottom on the home screen 3. Switch widget: Swipe left or right when on the home screen page 4. Go back: Swipe from the left edge to the right when on other screen pages GPS GPS & A-GPS The watch supports the Global Position System (GPS) tracking. When you do outdoor exercises such as running, the GPS will automatically start working and notify you when the positioning is successful, and quit tracking once you stop exercises. The open field outdoor is the best place for the GPS tracking; whereas when you are in a dense crowd, raising your arm up can better help GPS to the positioning. It is recommended to start your workout only when the GPS starts working. The watch has an Assisted GPS (A-GPS) feature which can accelerate GPS positioning via the data directly from the GPS satellites. Make sure your watch is connected with the phone via the Bluetooth, the data can be automatically synchronized from "F Fit" APP to your watch, and the A-GPS data will be automatically updated as well. Adjust & Install/Uninstall the Strap Adjust the position of the buckle according to the circumference of your wrist. Align the slot of the strap with the watch and then insert it to the watch until you hear a click, you can pull the strap to see if it is installed securely. To install or uninstall the strap, refer to the figures below. 04	In case the data has not been synchronized for seven consecutive days, the A-GPS data will expire. If so, the positioning information will need to be re-acquired. You can go to the page of outdoor exercises on your watch to update the positioning information. Charging Recharge your watch immediately when the battery level is low. Adjust & Install/Uninstall the Strap Adjust the position of the buckle according to the circumference of your wrist. Align the slot of the strap with the watch and then insert it to the watch until you hear a click, you can pull the strap to see if it is installed securely. To install or uninstall the strap, refer to the figures below. 05	Safety Precautions - When using the watch to measure your heart rate, please hold your wrist still. - The watch has a water resistance rating of IP68. It can be worn in the shower, swimming pool, or while swimming near the shore. However, it cannot be used in saunas or scuba diving. - The touchscreen of the watch does not support underwater operations. When the watch comes into contact with water, use a soft cloth to wipe away excess water from its surface before use. - During daily use, avoid wearing the watch too tightly. Keep its contact area dry and regularly clean the strap with water. Immediately stop using the watch and seek medical assistance if the contact area on your skin shows signs of redness or swelling. - Please use the included charging dock to charge the watch. Only use the power adapters that comply with the local safety standards or certified and supplied by qualified manufacturers. - Always keep the power adapter and charging dock dry when charging the watch. Do not touch them with a wet hand. Never expose the power adapter and charging dock to rain or other liquids. - The operating temperature of the watch is 0°C to 45°C. If the ambient temperature is too high or too low, the watch may malfunction. Specifications Model: E05 Device Type: Bluetooth Device Wireless Battery Capacity: 180 mAh Display Screen: 1.78" AMOLED screen Case Material: Aviation Aluminum Buckle Material: Stainless Steel Compatible with: Android 4.4 & iOS 8.2 or above Water Resistance: 5 ATM Connectivity: Bluetooth 5.0 BLE Battery Type: Lithium polymer Battery Net Weight: 42 g (Incl. watch and strap) Strap Material: TPU Adjustable Length: 130-220 mm Operating Temperature: 0°C to 45°C 07 08
	产品概述 使用前请仔细阅读读本手册，并妥善保管以备日后参考。 显示屏 心率传感器 充电连接点 手表 功能按钮 充电座 09	怎么穿 日常使用时，将手表舒适地系在手腕上，距离腕骨约一指宽。调整腕带，确保心率传感器能够正常采集数据。 注意：手表佩戴过松可能会影响心率传感器的数据采集。 10	如何连接 下载并安装“F Fit”APP，更好地管理您的手表，登录您的账户，享受更多服务。注：APP版本可能已经更新，请根据当前APP版本按照提示操作。长按功能键开启手表。用手机扫描手表上显示的二维码。下载并安装“F Fit”APP。 您也可以从APP商店下载安装APP，或扫描下方二维码。打开“F Fit”APP，然后登录您的帐户。选择添加设备并按照说明添加您的手表。 APP 二维码 扫描二维码下载APP Android 设备：“F Fit”APP / iOS 设备：“F Fit”APP 注意： 配对时，请确保手机蓝牙已开启，且手表与手机连接良好。如果在添加APP时找不到手表，或者在使用过程中无法连接手机，请按手表电源键5秒恢复出厂设置，然后重试。 11	如何使用 1.查看通知：从主屏幕顶部向下滑动 2.打开控制面板：从主屏幕底部向上滑动 3.切换小部件：在主屏幕页面向左或向右滑动 4.返回：在其他屏左边缘向右滑动屏幕页面时从 全球定位系统 GPS & A-GPS 手表支持全球定位系统 (GPS) 跟踪。当您进行跑步等户外运动时，GPS会自动开始工作并在定位成功时通知您，一旦停止运动就退出跟踪。户外开阔的场地是GPS追踪的最佳场所；而在人群密集的情况下，抬起手臂可以更好地帮助GPS定位。建议仅在 GPS 开始工作时才开始锻炼。该手表具有辅助 GPS(A-GPS) 功能，可通过直接来自 GPS 卫星的数据加速 GPS 定位。确保您的手表通过蓝牙与手机连接，数据可以从“F Fit”APP自动同步到您的手表，同时A-GPS数据也会自动更新。如果连续 7 天没有同步数据，A-GPS 数据将过期。如果是，则需要重新获取定位信息。您可以在手表的户外运动页面更新定位信息 调整和安装/卸载表带 根据手腕的周长调整扣环的位置。将表带的插槽对准手表，然后将表带插入手表，直到听到咔嚓声，您可以拉动表带查看是否安装牢固。要安装或拆卸表带，请参阅下图。 12	充电 当电池电量低时，请立即为手表充电 安全和安装/卸载表带 根据手腕的周长调整扣环的位置。将表带的插槽对准手表，然后将表带插入手表，直到听到咔嚓声，您可以拉动表带查看是否安装牢固。要安装或拆卸表带，请参阅下图。 13	安全须知 - 使用手表测量心率时，请保持手腕不动。 - 手表的防水等级为 IP68。它可以在淋浴、游泳池或在岸边游泳时佩戴。但是它不能用于桑拿或水肺潜水。 - 手表触摸屏不支持水下操作。当手表接触到水时，使用前请用软布擦去表面多余的水。 - 在日常使用中，避免佩戴太紧。保持其接触区域干燥，并定期用水清洗表带。如果皮肤接触区域出现红肿迹象，请立即停止使用手表并寻求医疗帮助。 - 请使用随附的充电器为手表充电。只能使用符合当地安全标准或由合格制造商认证和提供的电源适配器。 - 为手表充电时，请始终保持电源适配器和充电器干燥。不要用手触摸它们。切勿将电源适配器和充电器暴露在雨中或其他液体中。 - 手表的工作温度为0°C至45°C。如果环境温度过高或过低，手表可能会出现故障。 - 手表内置电池。为避免损坏电池或手表，请勿自行拆卸和更换电池。只有授权服务商才能更换电池；否则，如果使用错误类型的电池，将导致潜在的危险甚至人身伤害。 规格 型号: E05 设备类型: 蓝牙设备无线 电池容量: 180毫安 显示屏: 1.78" AMOLED 屏幕 表壳材质: 航空铝 带扣材质: 不锈钢 兼容: Android 4.4 & iOS 8.2 或以上 防水性: 5 ATM 连接性: 蓝牙 5.0 BLE 电池类型: 锂聚合物电池 净重: 42 克 (包括手表和表带) 表带材质: TPU 可调节长度: 130-220 毫米 工作温度: 0°C 至 45°C 14 15