

LS说明书
说明书材质: 105g铜版纸
双面印刷
尺寸: 80mm*110mm
不需要倒圆角

LS

Tranya LS
Smart Watch

V20230604

15-MONTH
Extended Warranty
Activate Within 4 Days

Email: support@tranya.com
tranya.com/pages/register-product

PACKAGE LIST

Smart Watch x 1

User Manual x1

Charging Cable x1

REPLACE THE BAND

short band

charging port

switch

switch

long band

side button

1: side button: Power on/off, Bring up functionality, Zoom in/out display.

2: side button: Turn the screen off/on.

If you buy new bands and want to replace, firstly, flip the switch and take out the wrist band, then pick up the band you like, and flip the switch into the end of the watch until you hear a click and then snaps into place.

Note: Pay attention to the position of the long and short band and the display screen, do not install them upside down.

CHARGE YOUR WATCH

Connect the USB-charging cable with the watch according to the picture.

When the device is connected to the power supply, it will vibrate.

WEARING

Wear the device with a finger's distance from the wrist bone and adjust the tightness of the wrist band to a comfortable position.

wrist bone

Left Hand

POWER ON/OFF

Long press the button on the upper right for 4-5 seconds to power on/off.

INSTALL THE APP

OnceFit

1 Open your App store and search "OnceFit" to install.

2 Or scan the following QR codes to install "OnceFit". The QR code can be found in the Setting.

PERSONAL INFORMATION AND EXERCISE GOALS

Welcome to Once Fit

1 Open the App OnceFit to set your personal information.

2 Setting your avatar, name, gender, age, height and weight, which can help to increase the accuracy of the monitoring data.

3 Set your daily exercise goals.

DEVICE CONNECTION

Then follow the below steps to connect your smart watch:

Bluetooth

1 Turn on the Bluetooth in your phone;

2 Open the "OnceFit" in your phone;

3 Click "Add a new device";

4 Click "Select device";

5 Select the product model - LS;

6 Click "Pair" to complete the connection.

Bluetooth

1 For the best experience, update the app to the latest version.

2 Requires Android 5.0+ or iOS 9.0+.

3 When first connecting to the app on iOS, a Bluetooth pairing request will appear. Click "Pair" to allow the watch to sync and receive calls, messages, and notifications.

4 On Android, the first connection to the app will prompt for permission activation. Follow the prompts to activate permissions to ensure a stable connection.

Note: If you can't find "LS" in step 6, please check whether the device has been selected in the Bluetooth list of your mobile phone. If so, please click "Ignore LS" and search again.

BLUETOOTH CALL FUNCTION CONNECTION

1 Android Phones: After pairing the app with the watch, you will be prompted to pair with audio Bluetooth LS (ID-xxxx). Click "Pair" to connect.

2 iOS Phones (iOS 13 and above) and some Android Phones: After pairing the app with the watch, manually go to Settings -> Bluetooth -> search for audio Bluetooth LS (ID-xxxx). Click "Pair" to connect. The call function will work after successful pairing.

TIP

3 During pairing, ensure your phone's network, GPS, and Bluetooth are on for a stable connection between the watch and phone.

4 If you can't find the device or if connection issues occur, try holding the side button on the watch for 5 seconds to restart it, or select "Factory Reset" in the watch menu, then re-add the device.

DATA SYNCHRONISM

The watch can store 7 days of off-line data, and you can synchronize the data on the App homepage manually. The more data, the longer synchronization time is, and the longest time is about 2 minutes.

NOTIFICATION

1 Call reminder
You can one-click the red icon to hang up the call.

2 SMS reminder
You can add reminders of App messages in the OnceFit, such as Twitter, Facebook, WhatsApp, Instagram and other application messages.

3 App reminder
You can add reminders of App messages in the OnceFit, such as Twitter, Facebook, WhatsApp, Instagram and other application messages.

Device

1 Be sure to turn on both of the functions and their permissions in the OnceFit.

2 The watch only can display 80 characters for iOS and Android per message.

3 If your watch doesn't receive any message, please refer to the FAQ at the end of the manual.

QR Code

For more information, please visit: tranya.com
For any assistance, email us support@tranya.com

PHYSICAL HEALTH

1 Heart rate monitoring
The heart rate monitoring function is on by default. You can turn it off in the OnceFit.

2 Blood oxygen setting
The blood oxygen function is off by default. You can turn it on in the OnceFit. You can set the time and period of blood oxygen monitoring according to your needs. 1-H is the recommended cycle for blood oxygen monitoring.

Note: Heart rate monitoring will be suspended when monitoring blood oxygen, and vice versa.

GENERAL FUNCTION

1 Do not disturb
You can set the start and end time of "Do not disturb" mode according to your needs.
Note: When you turn on the "Do not disturb" mode, the "raise hand to activate display" and message notification function are unavailable.

2 Time system
Android: Device—Universal settings—Time system—Select 12-hour system or 24-hour system
iOS: Device—More settings—24-Hours Time (on/off)

BASIC NAVIGATION

The home screen is the clock.

1 Swipe down to see the quick settings, such as Do Not Disturb, Bright Flashlight, Find me, Theme, Settings.

2 Swipe up to see the notifications.

3 Swipe right to see the menu on your watch.

4 Swipe left to see the shortcut interfaces, such as Status, Heart rate, Sleep, Weather.

5 Press the button on the upper right to return.

6 Press the button on the lower right to training interface.

HEART INTERFACE

Switch to the Heart interface, click the screen to view the heart rate data.

Note:
1. The heart rate monitoring is enabled by default. If you don't want this function, you can turn it off in the "OnceFit" App.
2. If the heart rate monitoring function is on, the green light on the back of the watch will keep flashing.
3. If you find that the heart rate data is inaccurate, please pay attention to the following matters:
(1) Wear the watch with moderate tightness, and the sensor behind the watch should be close to the skin.
(2) Switch to the corresponding sports mode when exercising.
(3) If it is still inaccurate, please reboot the watch.

BLOOD OXYGEN INTERFACE

Switch to the Blood oxygen interface and measure your blood oxygen level at any time.

Note:
1. Heart rate monitoring will be suspended when monitoring blood oxygen, and vice versa.
2. In order to make the blood oxygen data more accurate, please ensure the following matters during monitoring:
(1) Ambient temperature is above 25°C.
(2) Keep your wrists flat on the table without moving.

SLEEPING INTERFACE

Switch to the Sleeping interface and check the sleep status. Sleep data is mainly based on heart rate and wrist movement range. When you are asleep, the heart rate will decrease significantly.

Note:
1. Falling asleep between 6 a.m. and 6 p.m. is not recorded.
2. When you are lying in bed and playing with your phone for a long time, your heart rate and wrist movements are similar to the state of sleep. The watch may determine that you are asleep.

WEATHER INTERFACE

Switch to the Weather interface, you can view the weather and temperature.

Note: Weather function is only available after you turn on the "Location" of the mobile phone.

MESSAGE INTERFACE

In the Message interface, click the main screen to view the message, slide the screen to turn the pages. Press the button on the upper right to exit.

Note: Message reminder is just a function to remind you to receive a message. Its display interface will have character restrictions(80 characters for iOS and Android per message).

FEMALE HEALTH INTERFACE

Through the app, you can record your personal menstrual cycle and predict the safety period, pregnancy, and ovulation period, which can help women understand their physical condition in detail, so as to live a healthier life.
To set dates, please use the mobile app.

Female health

Menstrual cycle

Pregnancy

SPECIFICATIONS

Display Material	Amoled	Weight	49g
Display Size	1.43 inch	Water-resistance	IP68
Resolution	466*466	Battery Capacity	300mAh
Speaker	Support	Heavy Usage Battery Life	7-10days
Microphone	Support	Charging Duration	<1hrs
Application	Once Fit	Touchscreen	2.5D tempered glass + anti-fingerprint coating

FAQ

Q: What should I do when my watch can't be connected to the phone normally?

A: Please follow the instructions:
(1) Install the "OnceFit" App in Google Play or App store and allow all authorizations required by OnceFit.
(2) Make sure both of your watch and mobile phone Bluetooth are turned on. And it would be better that the distance between the mobile phone and the watch is less than 1m.
(3) If the watch is not connected to the mobile phone through the OnceFit App, but directly through the Bluetooth search, please delete the watch "LS" from the Bluetooth list of your mobile phone.
(4) If you want to connect to another new phone, please unbind the watch on the original phone through the OnceFit App first. (If the original phone is an iOS system, you also need to delete the watch LS from the Bluetooth list of the phone).

Q: Why can't the watch receive SMS / App information notification?

A: Please follow the instructions:
(1) Make sure that you have authorized the SMS/App notification for the OnceFit App.
(2) Ensure that the watch is connected to the mobile phone through the OnceFit App.

Q: Why is the time and weather on the watch incorrect?

A: The time and weather of the watch are synchronized with your smart phone.
(1) Please make sure that your watch has been connected to your phone through the OnceFit App, and keep the OnceFit running.
(2) At the same time, the "Location" of your mobile phone is turned on.

Q: How can I make my heart rate more accurate?

A: It supports 3ATM waterproof and dust-proof level (3ATM standard is 30 meters below water). Usually, you can wash your hands with the smart watch.
Note: But be sure not to enter the steam room with your watch. Such as sauna, hot spring, hot bath, etc.

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.

Changes or modifications to this unit 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.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Radiation Exposure Statement

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