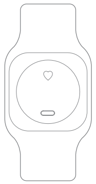
fino

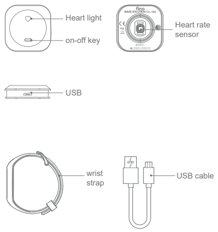
fino heart rate bracelet F2026



Please read this instruction carefully before using this product and keep it properly

Product Introduction

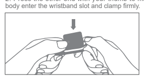
Bracelet host



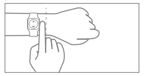
*The picture is for reference only, the product drawing shall prevail

Wearing method

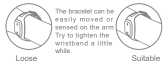
1. Insert one end of the wristband host into the slot from the back of the wristband
2. Press the other end with your thumb to make the whole bracelet body enter the wristband slot and clamp firmly.



3. Wear the wristband to a distance about one finger wide from the wrist bone, and adjust the tightness of the wristband to a comfortable position.



4. For the heart rate sensor to achieve the best measurement effect, the back of the bracelet needs to contact the skin. Wear the bracelet correctly, neither too tight nor too loose, and let the skin have space to breathe.

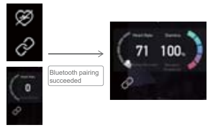


Connect

1.The exercise heart rate Bracelet needs to be connected to the "fino" app. Scan the QR code below or search for "fino" ness "in the app store to download and install the" fino "app

2.Log in to the account in the "fino app" and enter the course from my device, heart rate device of smart device or any course; Long press the dial touch button for 3 seconds to keep the bracelet in the power on state (the heart-shaped indicator light is on), click the connected device under the heart rate sign, select connect "Bluetooth heart rate device", find the corresponding Bluetooth name (see the back of the bracelet) for pairing, and display that the pairing is successful.

Note: please make sure the Bluetooth is on. During connection, keep the bracelet close to the mobile phone.



Note: the connection mode of the display screen is to open "setting" - "heart rate device" - "connection" corresponding device - successful connection.

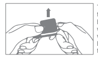
Please scan QR code to download "fino app" before use

Connect

After the bracelet is successfully bound, record and analyze your movement with the course.

• After startup, the indicator light flashes in light orange. After wearing it correctly, it stops flashing and enters the heart rate monitoring mode. The heart rate color comparison of each section is as follows:
Gray flashing light: in power on state, heart rate collection has not started
Gray range 100% ≤ warm-up and relaxation area< 60%
Blue: interval 2 60% ≤ fat burning endurance area<70%
Green: interval 3 70% ≤ cardiopulmonary enhancement area<80%
Yellow: interval 4 80% ≤ maximum oxygen uptake increase area<90%
Red: interval 5 90% ≤ high intensity breakthrough area. The above data can be viewed through app or screen.

Disassemble



Take off the bracelet, hold both ends of the wristband with both hands and pull hard to make a small gap between the wristband host of the bracelet and the wristband slot, and push the wristband host of the bracelet out of the front of the wristband with your fingers.

Charging

When the bracelet does not operate, the red breathing light indicates that the power is too low. Please charge it in time.

Open the waterproof cover of the USB charging port, connect the attached USB charging cable, connect the other end with a USB charger above 5V / 0.5A or the USB interface connected to the computer, and start charging immediately.

• when charging, the body flashes red breathing light.
• when the charging is completed, the blue light on the fuselage will be on for a long time, and the light will go out after removing the power supply.
• unplug the charging cable and replace the USB waterproof cover, and then replace it in the same way.



Light indication description

Light indication description	
Standby	no lights
Turn on heart rate measurement	Orange - the light is flashing
The user's heart rate is being detected	Green-breathing light
The user's heart rate is under stable measurement	Green - the light is on for a long time
Fully charged, the charging cable has not been removed	Blue - the light is always on
Charging	red-breathing light
Low battery (it will not indicate if the battery is too low)	Orange - the light is always on

Precautions

• This device is waterproof for daily use and is not suitable for sports such as swimming; please avoid direct immersion in water or deformation of the waterproof structure due to high temperature and heat. Keep electronic equipment as dry as possible for extended use.
• This product and its accessories are not toys, please place them out of the reach of children to avoid danger.
• Do not plug or unplug the power cord (data cable) with wet hands to avoid contact with liquids.
• Please make sure the body and charging cable are dry, and do not use it in the bathroom.
• This product has a built-in rechargeable battery, do not put it into fire or charge, use or leave it in high temperature places.
• Do not use when the power cord is damaged or the connector fitting is loose.

Warning

• Please make sure the power cord and product are kept dry, do not wash the bracelet with water;
• Before connecting the product for charging, please ensure that the charging voltage of the product meets the charging standard voltage;
• If the power cord is damaged or lost, please go to fino official website or contact customer service to purchase a matching power cord.
• Please use and store the product at temperatures between 0°C-40°C.

Basic parameters

Product Name: fino heart rate bracelet Connection method: Bluetooth 4.0
Product color: Graphite black Net weight: 27g
Product model: F2026 Charging time: about 1 hour
Battery Specification: 3.7v/105mah
Battery type: lithium polymer battery support
System: IOS 9.0 Above/ Android 5.0 Above
Product size: 243mm (length) * 34mm (width) * 12mm (height)
Made in China

FCC ID:2A57Z-F2026

Functional features

1.Personalized customization
After inputting the basic information such as height, weight, age and gender on the app end, the user can provide you with diversified exercise suggestions according to the bracelet monitoring exercise data; You can also set your personal maximum heart rate according to your situation and customize the training plan suitable for you.
2. Heart rate monitoring
Resting heart rate monitoring: after the bracelet is connected with the app, the resting heart rate can be measured through the app in the human body lying down state for about 3 minutes.
Exercise heart rate monitoring: after the bracelet is connected with app, it analyzes the heart rate value of human movement through app intelligent algorithm.
3.Data Storage
You can read the movement data with human activity records through app to master personal fitness records; Support data storage of multiple devices at the same time.
4.Automatic sleep
When the human body is in a static state, after the heart rate value is measured, it will automatically sleep after no operation for 1 hour; If the heart rate is not measured or the wearer is not worn, it will automatically sleep after 30 seconds.
5.Super long endurance
6.In the ultra long endurance sleep state, Bluetooth, 3D sensor, etc. are automatically turned off. It can be activated by turning on the power or long pressing to start up, so as to prolong the endurance time.
Bluetooth transmission 4.0It supports 10m long-distance real-time transmission, which is efficient and stable.

Troubleshooting

fault phenomenon	cause analysis	method of exclusion
connection unsuccessful	phone/tablet/band bluetooth is not turned on	turn on bluetooth
	the bracelet is not turned on	long press the touch button to turn on
	exhausted battery	charging
can't charge	damaged charging cable	replace the charging cable
	damaged charging port	contact customer service
	The machine is broken	contact customer service
inaccurate heart rate	improper wearing	correct wear
	damaged equipment	contact customer service
long charging time	battery life reached	contact customer service
	circuit failure	contact customer service

Maintenance

· The touch buttons and screen of the bracelet do not support wading operations. When the bracelet is wet, please wipe the surface water with a soft cloth before operating.
· Avoid wearing the bracelet too tightly in daily use.
· Please use a paper towel or soft cloth to wipe the main unit of the bracelet, do not use corrosive or abrasive detergents to avoid damage to the product
Please keep the contact part of the bracelet dry and clean the wristband with clean water regularly. If symptoms such as redness and swelling occur on the contact area, stop using it immediately and consult a doctor

Product warranty

1. This product is manufactured through strict quality management and inspection process.
2. Consumers can enjoy free maintenance services on fino official website or contact customer service according to the content of the warranty card in case of failure during normal use. (Batteries are consumables and are not covered by the warranty. They are provided for a fee)
3. The following cases do not enjoy free services:
A. Damage caused by repairs and modifications not approved by the company;
B. Damage caused by mistake, negligent use or accident;
C. Damage caused by natural disasters and abnormal voltage;
D. Damage caused by failure to observe the precautions in this product manual.
4. Use this warranty card as the warranty certificate.

Product Warranty Card

Product Name		Warranty Period
Product Model		One year from the date of purchase
Purchase Date		
Customer Name		
TEL		
Address		

The illustrations of products, accessories, user interface, etc. in the manual are schematic diagrams and are for reference only. Due to the update and upgrade of the product, the actual product diagram may be slightly different, please refer to the actual product.

FCC Warning

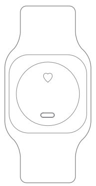
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

fino

Company Name: iBASE SOLUTION Co., Ltd.
Address: 24F., No. 93, Sec. 1, Xintai 5th Rd., Xizhi Dist., New Taipei City 221416, Taiwan (R.O.C.)
WEB: www.finofitness.com
E-mail: support@finofitness.com

fino

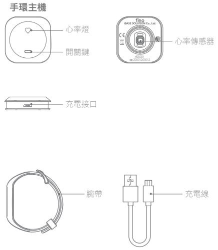
fino 運動心率手環 F2026



使用本產品前請仔細閱讀本說明書，並妥善保管。

產品介紹

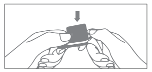
手環主機



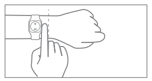
*圖片僅供參考，產品圖以實物為準

佩戴方法

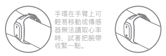
1. 從腕帶的背面將手環主機的一端裝入腕帶上的卡槽；
2. 拇指用力按壓另一端，使整個手環主機進入腕帶卡槽並卡牢。



3. 將手環佩戴到離腕骨約一指寬的距離，並調整腕帶的鬆緊到舒適位置。



4. 要讓心率傳感器實現最佳測量效果，手環的背面需要接觸到皮膚。正確佩戴手環，既不能太緊也不能太鬆，同時讓皮膚有空間透氣。



連接

1. fino 運動心率手環需要連接 fino APP，掃描下方 QR Code 或在應用商店搜索「fino fitness」，下載並安裝 fino APP。
2. 在 fino APP 中登入帳戶，從我的設備，智能設備的心率設備或打開任一課程，進入課程；長按 3 秒鐘表盤觸控按鍵，保持手環處於開機狀態（心形指示燈亮），點擊心率標誌下方的連接設備，選擇連接「藍牙心率設備」，找到對應的藍牙名稱（見手環背面）進行配對，顯示配對成功即可。
註意：請確保手機藍牙處於開啟狀態。連接過程中，需將手環靠近手機。



註：顯示屏端的連接方式為打開「設置」–「心率設備」–「連接」對應設備 – 連接成功。

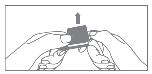
使用前請掃 QR Code
下載 fino app

連接

手環成功綁定後，伴隨課程開始記錄和分析你的運動情況。
• 開機後，指示燈為橘色閃爍，正確佩戴後閃爍停止即進入心率監測模式，各區段心率顏色對照如下：
灰色閃燈：開機狀態，尚未開始采集心率
灰色：區間 1 00%≤暖身緩和區＜60%
藍色：區間 2 60%≤燃脂耐力區＜70%
綠色：區間 3 70%≤心肺強化區＜80%
黃色：區間 4 80%≤最大攝氧提升區＜90%
紅色：區間 5 90%≤高強度突破區
以上數據可通過 APP 或平板螢幕查看。

拆卸

摘下手環，雙手握緊腕帶兩端用力拉，使手環主機與腕帶卡槽內出現少量間隙，用手指將手環主機從腕帶正面頂出。



充電

當手環無操作橘色燈號長亮提醒時表示電量過低，請及時充電。
打開 USB 充電口的防水蓋，接上附贈的 USB 充電線，另一頭接上 5V/0.5A 以上的 USB 充電器或連接電腦的 USB 介面，立即開始充電。
•充電時，機身閃爍紅色呼吸燈。
•充電完成，機身長亮藍色燈號，移除電源後燈號熄滅。
•拔除充電線並蓋回 USB 防水蓋，以相同方式再裝回去。



燈號指示說明

燈號指示說明	
待機	無燈號
開啟心率量測	橘色–燈號閃爍
使用者心率偵測中	綠色–呼吸燈號
使用者心率穩定量測中	綠色–燈號長亮
充飽電，充電線尚未移除	藍色–燈號長亮
充電中	紅色–呼吸燈號
低電量（過低電量將不指示）	橘色–燈號長亮

注意事項

• 此設備為生活防水，不適用游泳等運動；請避免直接浸泡在水中或是接近高溫高熱導致防水結構變型。電子設備請儘量保持乾燥以延長使用。
•本產品及附屬品不是玩具，請放置於兒童觸摸不到的地方，以免發生危險。
•請勿用濕手拔插電源線（數據線），避免粘觸液體。
•請確保機身、充電線的乾燥，請勿在浴室使用。
•本產品內置充電電池，請勿將其投入火中或者在高溫處充電、使用或放置。
•當電源線受損時或者接口配合鬆動時，請勿使用。

警告

•請確保電源線和產品保持乾燥，請勿用水沖洗手環。
•連接產品充電前，請確保產品的充電電壓符合充電標準電壓。
•如果電源線損壞或丟失，請到 fino 官網或聯絡客服購買匹配的電源線。
•請在 0℃–40℃ 之間的溫度下使用和存放產品。

基本參數

產品名稱：fino 運動心率手環 產品顏色：石墨黑
產品型號：F2026 連接方式：藍牙4.0
產品淨重：27g 充電時間：約1小時
電池規格：3.7V/105mAh 電池類型：鋰聚合物電池
支援系統：IOS9.0以上/安卓5.0以上
產品尺寸：243mm(長)*34mm(寬)*12mm(高)
Made in China

NCC ID:XXXXXXXXXXXXXXX

功能特點

1. 個性化定製
用戶在 APP 端輸入身高、體重、年齡以及性別等基本信息後，依據手環監測運動數據，可為您提供多樣化運動建議；
您亦可根據自己的情況設置個人最大心率值，定製適合你的訓練計劃。
2. 心率監測
安靜心率監測：手環與 APP 連接後，通過 APP 在人體平躺狀態下約 3 分鐘可測得安靜心率值；
運動心率監測：手環與 APP 連接後，通過 APP 智能演算法分析人體運動狀態下的心率值。
3. 數據存儲
可通過 APP 讀取伴隨人體活動記錄的運動數據，掌握個人健身記錄；同時支持多個設備的數據存儲。
4. 自動休眠
當人體處於靜止狀態下心率值測出後，無操作 1 小時後則自動休眠；未測出心率值或無佩戴後，30 秒後自動休眠。
5. 超長續航
休眠狀態下自動關閉藍牙、3D傳感器等，接通電源或長按開機，延長續航時間。
6. 藍牙傳輸
采用藍牙 4.0，支持 10 米超長遠距離實時傳輸，高效穩定。

故障排除

故障現象	原因分析	排除方法
連接不成功	手機／平板／手環藍牙未打開	打開藍牙
	手環未開啟	長按觸控按鍵開啟
	電池已耗盡	連接電源線充電
無法充電	充電線損壞	更換充電線
	充電口損壞	聯系客服
	主機損壞	聯系客服
心率不準確	佩戴不規範	糾正佩戴
	設備受損	聯系客服
充電時間過長	已到電池壽命	聯系客服
	電路故障	聯系客服

維護與保養

· 手環的觸摸按鍵以及屏幕不支持涉水操作。當手環沾水後請將表面水漬用軟布擦乾後在進行操作。
· 日常使用中應避免手環佩戴過緊。
· 請用紙巾或軟布擦拭手環主機，不可用腐蝕性或磨損性的洗滌劑，避免損壞產品。
· 請保持手環接觸部位的乾爽，並定期用清水清潔腕帶。如接觸部位出現紅腫等癥狀時，請立即停止使用並咨詢醫生。

產品保固

1. 本產品經過嚴格的品質管理以及檢查過程製造。
2. 消費者在正常使用過程中發生故障，可按保固卡內容在 fino 官網或聯絡客服享受免費維修服務。（電池屬於損耗品，不在保修範圍內，有償提供）
3. 以下情況不享受免費服務：
A. 非經本公司認可之維修和改造而造成的損壞；
B. 錯誤、疏忽使用或意外事件造成的損壞；
C. 自然災害、電壓異常而造成的損壞；
D. 未遵守本產品說明書注意事項而造成的損壞。
4. 憑此保固卡作為保固憑證。

產品保固卡

產品名稱		保固期限
產品型號		購買之日起一年
購買日期	年 月 日	年 月 日止
客戶名稱		
聯絡電話		
客戶地址		

說明書中的產品、配件、用戶界面等插圖均為示意圖，僅供參考。由於產品的更新與升級，產品實物與示意圖可能略有差異，請以實物為準。

無線通訊功能操作注意事項：

取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。
低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。
前述合法通信，指依電信管理法規定作業之無線電通信。
低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

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公司名稱：廣錠科技股份有限公司
公司地址：221416新北市汐止區新台五路一段93號24樓
WEB：www.finofitness.com
E-mail：support@finofitness.com
免付費客服專線：0800-258-989

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