

快速操作指南



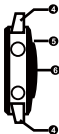
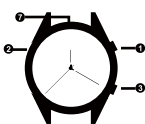
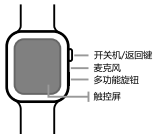
QRunning

智能运动手表

目录

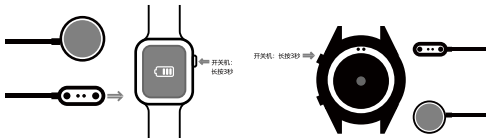
- 
- 1、外观介绍
 - 2、充电和开关机
 - 3、配带方式
 - 4、下载和配对
 - 5、交互与操作说明
 - 6、注意事项

外观介绍



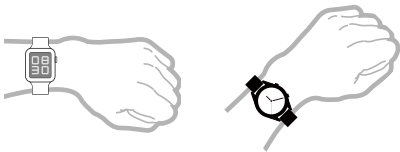
- 1 主屏/开关机键
- 2 麦克风
- 3 功能键
- 4 表带安装槽
- 5 充电触点
- 6 心率传感器
- 7 扬声器

充电和开机



* 请选用国家认证的正规厂商生产的额定输出电压5V 1A的充电器

佩戴方式



打开表带扣并将表带别到您的手腕上，调整松紧度到合适的位置。
正确佩戴在手腕骨突位置为佳。

QRunning

下载和配对

扫描二维码下载和安装APP



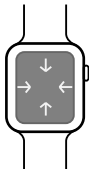
APP安装完成后，打开APP进行设备绑定。
使用蓝牙功能前请确认系统蓝牙同步开关是否打开
连接蓝牙通话，请将手环的蓝牙开关打开。
在手机系统蓝牙里连接设备进行配对。

Android/iOS

系统要求：
Android 5.0及以上
iOS9.0及以上
支持蓝牙4.0。

注：APP只连接蓝牙4.0功能、只能与手环进行数据交互，无法进行音乐播放及使用语音通话功能，需要连接蓝牙3.0功能才能使用，蓝牙3.0的连接方式需仔细阅读APP连接完成后弹出的引导页

交互与操作说明



按键操作:

1. 旋转编码器可以切换表盘。
2. 上按键: 长按: 开机和关机;
单按: 屏保指针和表盘自然切换, 15秒后自动灭屏;
双按: 进入菜单, 和进去菜单后, 双按可以切换风格。
3. 下按键: 单按: 运动模式和表盘来回切换。单按: 任何界面返回表盘。

触屏操作:

上滑: 查看消息; 下滑: 进入快捷菜单;
左滑: 心率、血氧、血压、计步等快捷菜单; 右滑: 侧边栏;



按键操作:

长按3秒开机; 任意页面短按返回主界面; 表盘页面短按关闭屏幕;
旋转按钮: 切换表盘, 切换, 调整功能菜单。

触屏操作:

主界面上滑查看通知推送信息; 下滑进入快捷菜单;
主界面左右滑动切换表盘; 轻触点击进入功能列表;
功能页面左滑切换下级菜单, 右滑返回上页;

* 不同主题操作方式略有不同, 请细心探索。

注意事项

蓝牙连不上怎么办？（连接/重连失败或连接/重连速度很慢）

- 1、请确认手机是否支持（IOS9.0或安卓4.2系统以上，带蓝牙4.0的手机或平板产品）
- 2、由于蓝牙无线连接存在信号干扰的问题，可能每次连接的时间会不一样，如果长时间连接不上请确保在无磁场或没有太多蓝牙设备干扰的地方进行连接。
- 3、关闭手机蓝牙再打开
- 4、清除手机后台应用或重启手机
- 5、手机不要同时连接其他同类型产品
- 6、APP是否还在后台运行，如果不在后台运行则连接不上

无法搜到手环？

因为手环的蓝牙广播没有被手机搜索到，请确保手环处于有电和激活状态，且没有被其他手机连接上，将手环靠近手机重新搜索，如果仍然无效，关闭手机蓝牙20秒后重新开启蓝牙再次搜索。

蓝牙连接要一直开启吗？关了的话还会有数据？

答：没有同步数据前，运动和睡眠数据会保留在手环主机上。当手机和手环蓝牙成功连接时，手环会自动上传数据到手机端，但手环存储的数据有限，大约只能存储一周的蓝牙数据，空间满后会自动覆盖最早的数据来产生最新数据，所以请及时将手环同步到手机上。

备注：如果开启了来电、短信提醒功能则需要保持蓝牙处于连接状态，闹钟提醒支持离线。

手环出现不能充电怎么办？

- 1、请确认充电架的方向是否正确，充电夹与手环接触是否良好。
- 2、当手环电量低于3.6V时，会有一段时间的电池预充时间

备注：支持插上充电器后会立马进入充电状态，如果没有显示则需要充3-5分钟就可以进入充电状态

手环长期佩戴会不会对人体造成伤害？

设备辐射远低于美国的FCC标准，基本可以忽略不计，长期佩戴不会对人体造成辐射伤害

本手册中的图片仅供参考，如果有个别图案与产品实物不符，请以产品实物为准。
本公司保留修改本手册的权利，恕不事先通知。

Quick Use



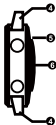
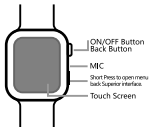
QRunning

SMART WATCH

Contents

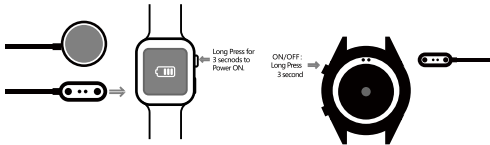
- 
- 1、 Appearance
 - 2、 Charge & Power on/off
 - 3、 How to wear
 - 4、 APP installation & Connecting
 - 5、 Operations
 - 6、 Attentions

Appearance



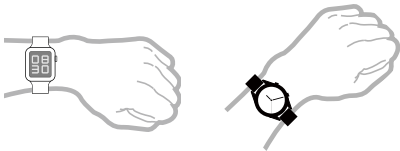
- ① Back/ON/OFF
- ② MIC
- ③ Multi-function knob button
- ④ Strap groove
- ⑤ Charging Port
- ⑥ Heart rate
- ⑦ Speaker

Charge & Power on



* Please use Charger made by Manufacturer approved by Nation

How to wear



Wear watch on your wrist by with suitable tightness.

APP installation & Connecting



QRunning

First use,pls connect watch with APP by Bluetooth.
Make "Bluetooth" working in the mobile phone system → enter APP device settings → click on the "settings" "+" icon to search bluetooth devices list and find watch device to connect it.

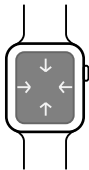
Android/IOS

Android 5.0 and above
IOS 9.0 and above
Bluetooth 4.0 support.

When connecting bluetooth, please turn on the bluetooth switch of the wristband. Connect in the bluetooth of the mobile phone system for pairing.

Note: The APP is only connected to the Bluetooth 4.0 function, and can only perform data interaction with the Hand. It cannot perform music playback and use the voice call function. You need to connect to the Bluetooth 3.0 function to use it. The Bluetooth 3.0 connection method needs to be read carefully after the APP connection is completed. Guide pages

Operations



Buttons:

1. The rotary encoder can switch the dial.
2. Up button:
long press: power on and off;
Single press: the screen saver pointer and dial switch naturally, and the screen will automatically turn off after 15 seconds;
Double press: enter the menu, and after entering the menu, double press to switch styles.
3. Down key: single press: switch back and forth between sports mode and dial.
Single press: any interface returns to the watch face.

Touch Panel:

Swipe up: view messages;
Swipe down: enter shortcut menu;
Left swipe: heart rate, blood oxygen, blood pressure, pedometer and other shortcut menus;
Right swipe: sidebar;



Buttons:

Long Press for 3 seconds to
Power ON/Power OFF.
Short press to back main interface.
Dark screen by short press from
"Clock Dial interface"

Touch Panel:

At main menu:
Touch UP to display Mobile notification.
Touch down to entry shortcut menu.
Touch left&right to change "Clock dial".
Touch to entry "function list".
At function menu: Touch left to change sub-menu.
Touch right to be back preview menu.

Attentions

What should I do if Bluetooth cannot be connected? (Failed to connect / reconnect or slow connection / reconnect)

1. Please confirm whether the mobile phone supports (IOS9.0 or Android 4.2 or above, mobile phones or tablet products with Bluetooth 4.0)
2. Due to the problem of signal interference in the Bluetooth wireless connection, the connection time may be different every time. If you cannot connect for a long time, please make sure to connect in a place where there is no magnetic field or too much Bluetooth device interference.
3. Turn off the phone's Bluetooth and then turn it on
4. Clear the phone background application or restart the phone
5. Do not connect your phone to other products of the same type at the same time
6. Whether the APP is still running in the background, if it is not running in the background, it cannot be connected

Can't find the Hand?

Because the Bluetooth radio of the Hand is not searched by the mobile phone, please make sure that the Hand is powered on and activated, and it is not connected to other mobile phones. Put the Hand close to the mobile phone and search again. If it is still invalid, turn off the Bluetooth of the mobile phone for 20 seconds Then restart Bluetooth and search again.

Should the Bluetooth connection be always on? Will there be any data if it is closed?

Before synchronizing the data, exercise and sleep data will be kept on the wristband host. When the mobile phone and the Hand Bluetooth are successfully connected, the Hand will automatically upload data to the mobile phone, but the data stored by the Hand is limited, and only about one week of Bluetooth data can be stored. When the space is full, the earliest data will be automatically overwritten to generate the latest data , So please sync the Hand to your phone in time. Remarks: If you turn on the incoming call and SMS reminder function, you need to keep Bluetooth connected, and the alarm reminder supports offline.

What should I do if the Hand cannot be charged?

1. Please confirm whether the direction of the charging stand is correct and whether the charging clip is in good contact with the Hand.
 2. When the Hand power is lower than 3.6V, there will be a period of battery precharge time
- Remarks: After plugging in the charger, it will immediately enter the charging state. If there is no display, it will take 3-5 minutes to enter the charging state.

Will wearing the Hand for a long time cause harm to the human body?

The radiation of the equipment is far lower than the FCC standard of the United States, and it is basically negligible.

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.

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.

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