

GTX23 SMART WATCH

Operation Manual



Thanks for purchasing this product.
Please read this Manual carefully before use.

Model	GTX23	Screen Type	1.32" Amoled Screen
Battery capacity	3.85V/350mAh	Charging Voltage	5V±0.2v
Charging Time	2.5hours	Battery Life	10-12Day
Waterproof level	3ATM	Weight of Product	40.3g
Operating Temperature	-10°C to 50°C	Bluetooth Version	5.3
Product Frequency	2402-2480MHz	Max. transmission Power Consumption	8.45dBm



Scan the QR code for more function information

VeryFit

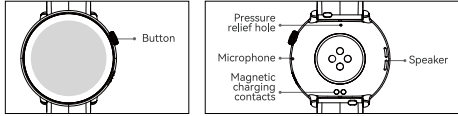


Scan the QR code to download the "VeryFit" app

Quick start guide

(EN)

1. Product overview



Physical button operation

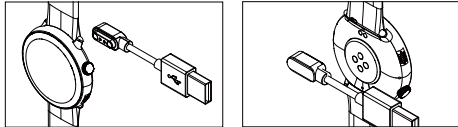
Short press: Return to the main watch face;

Long press: Press and hold for 5 seconds to access the power off or restart screen; press and hold for 8 seconds to perform a hard restart.

2. Turning on/off

Turning on

Whilst the watch is off, it automatically turns on when you put it on charge.



Note: Charge the watch to activate it before first use. The original power adapter must be used for charging.

Screen operation

Swipe up/down

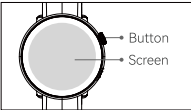
1. To toggle through menu.
2. To view long text/details.

Swipe left/right

1. To toggle through menu.

Tap the screen

1. To enter the menu.
2. To operate according to the prompts.



Tap and hold on the screen

1. To switch between watch faces.

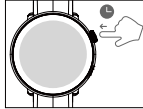
Features

GTX23 has features such as 3ATM water resistance, ultra-long battery life, full-screen touch control, low latency, 110 workout modes and multiple cloud watch faces. It supports heart rate monitoring and stress detection throughout the day, blood oxygen detection and body energy detection and sleep monitoring, etc. For operating instructions and FAQs on these features, please turn on the app and go to "User Guide" section.

Long press the button to turn on the watch.

Turning off

To turn off the watch: go to Settings -> Turning off menu.



App downloads and pairing

1. App downloads

Download and install the "VeryFit" app on the App Store, Google Play or by scanning the QR code below.

2. Pairing

Turn on VeryFit app -> Activate Bluetooth connection on your phone -> Search on the app for the device to pair with (or scan the QR code on the device) -> Finish binding on the app (or on the device).

Care and maintenance

Three suggestions for use and maintenance:

1. Keep the product clean;
2. Keep the product dry;
3. Do not wear the product too tight;

* Do not use household cleansers when cleaning the product. Use soap-free cleansers instead.

* For stubborn stains, it is recommended to remove by scrubbing with alcohol.

Waterproof: Not suitable for use while diving, swimming in the sea, or in a sauna. Suitable for use in swimming pools, showers (cold water) and shallows.

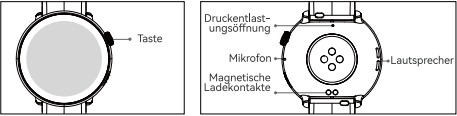
Safety instructions

- Do not place the product and its accessories at extreme temperatures, otherwise it may cause hazards such as product failure, fire or explosion.
- Protect the product from strong impacts or jolts, so as not to damage the product and its accessories, thus avoiding product failures.
- Do not disassemble or modify the product and its accessories by yourself. Contact us for after-sales service when the product fails.

Kurzanleitung

(DE)

1. Produktübersicht



Tastenfunktion

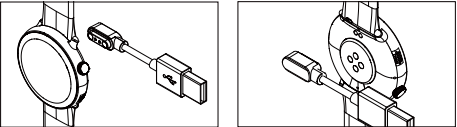
Kurzes Drücken: Zurück zum Hauptzifferblatt;

Langes Drücken: 5 Sekunden lang gedrückt halten, um das Menü zum Ausschalten oder Neustarten aufzurufen; 8 Sekunden lang gedrückt halten, um einen erzwungenen Neustart durchzuführen.

2. Einschalten/Ausschalten

Einschalten

Solange die Uhr ausgeschaltet ist, schaltet sie sich automatisch ein, wenn Sie aufgeladen wird.



Hinweis: Laden Sie die Uhr auf, um sie vor Erstgebrauch zu aktivieren. Zum Laden muss das Original-Netzteil verwendet werden.

Bildschirmbedienung

Aufwärts/abwärts Wischen

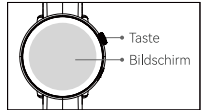
1. um das Menü zu durchlaufen.
2. um lange Texte/Details anzuzeigen.

Nach links/rechts Wischen

1. um das Menü zu durchlaufen.

Auf den Bildschirm tippen

1. um das Menü aufzurufen.
2. um gemäß den Aufforderungen zu arbeiten.



Bildschirm gedrückt halten

1. um zwischen Zifferblättern umzuschalten.

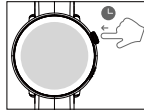
Funktionen

GTX23 verfügt über Funktionen wie 3ATM Wasserbeständigkeit, ultralange Akkulaufzeit, Vollbild-Touch-Bedienung, geringe Latenz, 110 Trainingsmodi und mehrere Cloud-basierte Zifferblätter. Es unterstützt die Herzfrequenzüberwachung und den Stresspegelerkennung im Laufe des Tages, den Blutsauerstoffpegelerkennung, die Erkennung der Körpertemperatur und die Schlafüberwachung usw. Für eine Bedienungsanleitung und Häufig gestellte Fragen zu diesen Funktionen, aktivieren Sie bitte die App und besuchen Sie den Abschnitt „Bedienungsanleitung“.

Halten Sie die Taste gedrückt, um die Uhr einzuschalten.

Ausschalten

Uhr ausschalten: Navigieren Sie im Menü zu Einstellungen -> Ausschalten.



App herunterladen und koppeln

1. App herunterladen

Laden Sie die App „VeryFit“ im App Store, bei Google Play oder durch Scannen des nachstehenden QR-Codes herunter und installieren Sie sie.

2. Koppeln

Schalten Sie die VeryFit-App ein -> Aktivieren Sie die Bluetooth-Verbindung auf Ihrem Handy -> Suchen Sie in der App nach dem Gerät, mit dem Sie koppeln möchten (oder scannen Sie den QR-Code auf dem Gerät) -> Schließen Sie die Kopplung in der App (oder auf dem Gerät) ab.

Pflege und Wartung

Drei Ratschläge zur Verwendung und Pflege:

1. Halten Sie die Smartwatch sauber;
2. Halten Sie das Produkt trocken;
3. Tragen Sie das Produkt nicht zu eng am Handgelenk;

* Verwenden Sie zur Reinigung des Produkts keine Haushaltsreiniger. Verwenden Sie stattdessen ein seifenfreies Reinigungsmittel.

* Bei hartnäckigen Flecken empfehlen wir, diese durch Abwischen mit Alkohol zu entfernen.

Wasserdicht: Nicht zur Verwendung beim Tauchen, Schwimmen im Meer oder in der Sauna geeignet. Geeignet für den Einsatz in Schwimmbädern, Duschen (kaltes Wasser) und in Ufernähe.

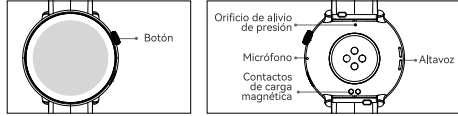
Sicherheitshinweise

- Setzen Sie das Produkt und sein Zubehör keinen extremen Temperaturen aus, da dies zu Gefahren wie Ausfall, Feuer oder Explosion führen kann.
- Schützen Sie das Produkt vor starken Stößen und Erschütterungen, um das Produkt und sein Zubehör nicht zu beschädigen und somit Produktausfälle zu vermeiden.
- Demontieren und verändern Sie das Produkt und sein Zubehör nicht selbst. Wenden Sie sich an den Kundendienst, wenn das Produkt ausfällt.

Guía de inicio rápido

(ES)

1. Vista general de producto



Funcionamiento del botón físico

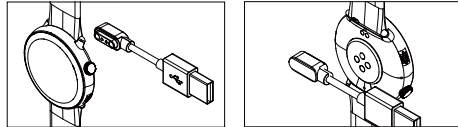
Pulsación corta: Volver a la esfera principal del reloj;

Pulsación larga: Mantenga pulsado durante 5 segundos para acceder a la pantalla de apagado o reinicio; mantenga pulsado durante 8 segundos para realizar un reinicio forzado.

2. Encendido/apagado

Encendido

Si el reloj está apagado, se enciende automáticamente al ponerlo a cargar.



Nota: Cargue el reloj para activarlo antes de usarlo por primera vez. Se debe usar el adaptador de corriente original para cargar.

Funcionamiento de la pantalla

Deslizar hacia arriba/abajo

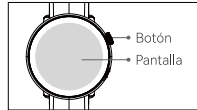
1. para desplazarse por el menú.
2. para ver textos largos/detalles.

Deslizar hacia la izquierda/derecha

1. para desplazarse por el menú.

Tocar la pantalla

1. para acceder al menú.
2. para operar siguiendo las indicaciones.



Mantener pulsada la pantalla

1. para alternar entre las esferas de reloj.

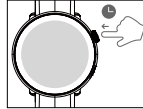
Funciones

El ID GTX23 tiene funciones como la resistencia al agua 3ATM, vida de batería ultra larga, control táctil total de pantalla, baja latencia, 110 modos de ejercicio y múltiples esferas de reloj en la nube. Permite la monitorización del ritmo cardíaco y la detección del nivel de estrés durante todo el día, detección de oxígeno en sangre, detección de energía corporal y monitorización del sueño, etc. Para conocer las instrucciones de uso y las preguntas frecuentes acerca de estas funciones, abra la aplicación y vaya a la sección "Guía de usuario".

Mantenga pulsado el Botón para encender el reloj.

Apagar

Para apagar el reloj: vaya al menú de Ajustes -> Apagado.



Descarga de aplicaciones y vinculación

1. Descarga de aplicaciones

Descargue e instale la aplicación "VeryFit" de la App Store, Google Play o escaneando el código QR siguiente.

2. Vinculación

Abra la aplicación VeryFit. Active la conexión Bluetooth en su teléfono. En la aplicación, busque el dispositivo para vincularlo (o escanee el código QR en el dispositivo). Complete la vinculación en la aplicación (o en el dispositivo).

Cuidado y mantenimiento

Tres recomendaciones de uso y mantenimiento:

1. Mantenga el producto limpio;
2. Mantenga el producto seco;
3. No lleve el producto demasiado apretado;

* No utilice limpiadores domésticos para limpiar el producto. En su lugar, utilice limpiadores sin jabón.

* Para eliminar manchas persistentes, se recomienda eliminarlas frotando con alcohol.

Impermeable: No es apto para usar durante la conducción, nadando en el mar o en una sauna. Es apto para usar en piscinas, duchas (agua fría) y aguas poco profundas.

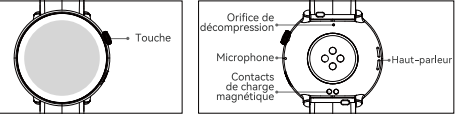
Instrucciones de seguridad

- No coloque el producto y sus accesorios en lugares con temperaturas extremas, de lo contrario, podrían producirse riesgos como fallos del producto, incendios o explosiones.
- Proteja el producto contra golpes o sacudidas fuertes para que el producto y sus accesorios no resulten dañados y así evitar fallos del producto.
- No desmonte ni modifique el producto y sus accesorios usted mismo. En caso de fallo del producto, póngase en contacto con nosotros o con el servicio postventa.

Guide de démarrage rapide

(FR)

1. Synthèse du produit



Fonctionnement du bouton physique

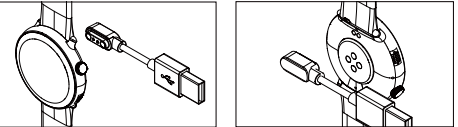
Appui court: Retour à l'écran d'accueil ;

Appui long: Maintenez enfoncé pendant 5 secondes pour accéder à l'écran d'extinction ou de redémarrage ; maintenez enfoncé pendant 8 secondes pour effectuer un redémarrage forcé.

2. Allumer/éteindre

Allumer

Lorsque la montre est éteinte, elle s'allume automatiquement lorsque vous la chargez.



Remarque: Chargez la montre pour l'activer avant la première utilisation. L'adaptateur d'alimentation d'origine doit être utilisé pour la charge.

Fonctionnement de l'écran

Balayer vers le haut ou le bas.

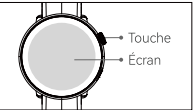
1. pour faire défiler le menu.
2. pour afficher les longs textes/détails.

Balayer vers la gauche/droite

1. pour faire défiler le menu.

Appuyer sur l'écran

1. pour accéder au menu.
2. pour utiliser en fonction des messages.



Maintenir le doigt appuyé sur l'écran

1. pour alternar entre les cadrans de montre.

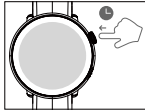
Caractéristiques

L'ID GTX23 dispose de caractéristiques telles que la résistance à l'eau de 3ATM, une autonomie de batterie ultra longue, un contrôle tactile total de l'écran, une faible latence, 110 modes d'entraînement et plusieurs cadrans de montre cloud. Prend en surveillance de la fréquence cardiaque et la détection du stress tout au long de la journée, la détection du niveau d'oxygène dans le sang, la détection de l'énergie corporelle et la surveillance du sommeil, etc. Pour les instructions d'utilisation et les FAQ sur ces caractéristiques, activez l'application et allez à la section « Guide de l'utilisateur ».

Appuyez longuement sur le Touche pour allumer la montre.

Éteindre

Pour éteindre la montre : accédez au menu Réglages -> Éteindre.



Téléchargements d'applications et jumelage

1. Téléchargements d'applications

Téléchargez et installez l'application « VeryFit » à partir de l'App Store, de Google Play ou en scannant le code QR ci-dessous.

2. Jumelage

Activez l'application VeryFit -> Activez la connexion Bluetooth sur votre téléphone -> Recherchez dans l'application l'appareil à jumeler (ou scannez le code QR sur l'appareil) -> Terminez l'association dans l'application (ou sur l'appareil).

Soin et entretien

Trois suggestions d'utilisation et d'entretien:

1. Gardez le produit propre;
2. Gardez le produit au sec;
3. Ne portez pas le produit de manière trop serrée;

* N'utilisez pas de nettoyeurs ménagers lors du nettoyage du produit. Utilisez plutôt des nettoyeurs sans savon.

* Pour les taches tenaces, il est recommandé de les enlever en les frottant à l'alcool.

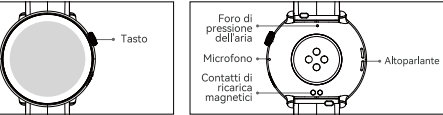
Étanche : Ne convient pas à la plongée, à la baignade en mer ou à un sauna. Convient pour une utilisation dans les piscines, douches (eau froide) et peu profondes.

Consignes de sécurité

- N'exposez pas le produit et ses accessoires à des températures extrêmes, sinon cela pourrait être source de risques tels qu'un dysfonctionnement du produit, un incendie ou une explosion.
- Protégez le produit contre les chocs ou les secousses forts, afin de n'endommager ni le produit ni ses accessoires, et éviter ainsi les dysfonctionnements du produit.
- Ne démontez ni ne modifiez le produit et ses accessoires par vous-même. Contactez-nous pour le service après-vente en cas de dysfonctionnement du produit.

Guida introduttiva (IT)

1. Panoramica prodotto

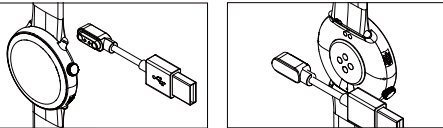


Funzionamento del pulsante fisico

Pressione breve: Torna alla schermata principale dell'orologio;
Pressione prolungata: Tieni premuto per 5 secondi per accedere alla schermata di spegnimento o riavvio; tieni premuto per 8 secondi per eseguire un riavvio forzato.

2. Accensione/Spegnimento

Accensione
Quando l'orologio è spento, si accende automaticamente durante la ricarica.



Nota: ricaricare l'orologio per attivarlo prima del primo utilizzo. Per la ricarica deve essere utilizzato un alimentatore originale.

Funzionamento dello schermo

Scorrere verso l'alto/il basso

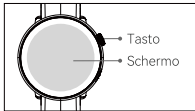
- per scorrere il menu.
- per visualizzare testo lungo/dettagli.

Scorrere verso sinistra/destra

- per scorrere il menu.

Toccare lo schermo

- per accedere al menu.
- per operare secondo le indicazioni.



Toccare e tenere premuto sullo schermo

- per passare da un quadrante dell'orologio all'altro.

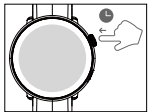
Funzionalità

Il modello GTX23 vanta funzionalità quali la resistenza all'acqua 3ATM, la durata della batteria ultra estesa, il controllo touch a schermo intero, la bassa latenza, 110 modalità di allenamento e diversi quadranti dell'orologio sul cloud. Supporta il monitoraggio della frequenza cardiaca e il rilevamento dello stress durante il giorno, il rilevamento dell'ossigeno nel sangue, il rilevamento dell'energia corporea e il monitoraggio del sonno, ecc. Per le istruzioni per l'uso e le domande frequenti su queste funzionalità, accendere l'app e accedere alla sezione "Guida per l'utente".

Premere a lungo il Tasto per accendere l'orologio.

Spegnimento

Per spegnere l'orologio: accedere a Impostazioni -> Menu di spegnimento.



Download e associazione di app

1. Download di app

Scaricare e installare l'app "VeryFit" su App Store, Google Play o scansionando il codice QR qui sotto.

2. Associazione

Attivare l'app VeryFit -> Attivare la connessione Bluetooth sul telefono -> Cercare nell'app il dispositivo da associare (o scansionare il codice QR sul dispositivo) -> Terminare l'associazione sull'app (o sul dispositivo).

Cura e manutenzione

Tre suggerimenti per l'uso e la manutenzione:

- Mantenere il prodotto pulito;
- Mantenere il dispositivo asciutto;
- Non indossare il dispositivo troppo stretto;
- * Non utilizzare detergenti domestici per la pulizia del prodotto. Utilizzare invece detergenti privi di sapone.
- * In caso di macchie ostinate, si consiglia di rimuoverle strofinando con alcool.

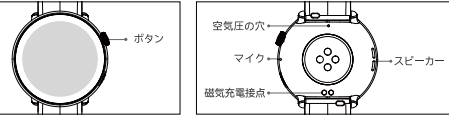
Impermeabile: non adatto per l'uso durante le immersioni, il nuoto in mare o in sauna. Adatto per l'uso in piscine, docce (acqua fredda) e acque poco profonde.

Istruzioni di sicurezza

- No coloque el producto y sus accesorios en lugares con temperaturas extremas, de lo contrario, podrían producirse riesgos como fallos del producto, incendios o explosiones.
- Proteja el producto contra golpes o sacudidas fuertes para que el producto y sus accesorios no resulten dañados y así evitar fallos del producto.
- No desmonte ni modifique el producto y sus accesorios usted mismo. En caso de fallo del producto, póngase en contacto con nosotros o con el servicio postventa.

クイックスタートガイド (JP)

1. 製品概要



物理ボタンの操作

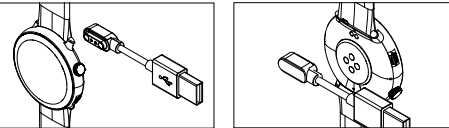
短押し: メインのウォッチフェイスに戻ります。

長押し: 5秒間押し続けると、電源オフまたは再起動画面が表示されます。8秒間押し続けると、強制再起動が実行されます。

2. 電源オン/オフ

電源オン

ウォッチがオフになっている間、充電を開始すると自動的にオンになります。



注意: 初回使用前にウォッチを充電してから起動してください。充電には必ず純正の電源アダプターを使用してください。

画面の操作

上方向/下方向にスワイプ

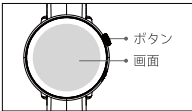
- メニューを切り替えます。
- 長いテキスト/詳細を表示します。

右方向/左方向にスワイプ

- メニューを切り替えます。

画面をタップする

- メニューを表示します。
- プロンプトに従って操作します。



画面をタップして長押しする

- ウォッチフェイスを切り替えます。

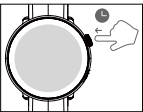
機能

GTX23 には、3ATM 耐水性、超長寿命バッテリー、全画面タッチコントロール、低レイテンシー、110 種類のワークアウトモード、複数のクラウドウォッチフェイスなどの特徴があります。1 日を通しての心拍数モニタリングとストレスレベルの検出、血中酸素濃度の検出、ボディエネルギーの検出と睡眠モニタリングなどをサポートします。これらの機能の操作方法やFAQ(よくある質問)については、アプリをオンにして「ユーザーガイド」のセクションに進んでください。

ボタン1を長押ししてウォッチをオンにします。

電源オフ

ウォッチの電源を切るには: [設定] -> [電源オフ]メニューに移動します。



アプリのダウンロードとペアリング

1. アプリのダウンロード

App Store, Google Play から、または下の QR コードをスキャンして「VeryFit」アプリをダウンロードしてインストールしてください。

2. ペアリング

VeryFit アプリをオンにする -> スマホで Bluetooth 接続を有効にする -> アプリでペアリングするデバイスを検索する (またはデバイスの QR コードをスキャンする) -> アプリ (またはデバイス) でバインディングを完了します。

お手入れとメンテナンス

使用方法とメンテナンスについての 3 つのアドバイス:

- 清潔に保ってください;
- 乾燥した状態で保管してください;
- バンドを締め付けすぎないようにしてください;

- * お手入れの際には、家庭用クレンザーを使用しないでください。代わりに石けん成分不使用の洗浄剤を使用してください。
- * 頑固な汚れには、アルコールでアルコールでこすり洗いのをお勧めします。

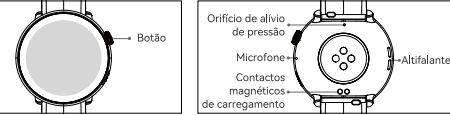
防水: ダイビング、海での水泳、またはサウナでの使用には適していません。スイミングプール、シャワー (冷水)、浅瀬での使用に適しています。

安全のための注意事項

- 本製品および付属品を極端な温度の場所に置かないでください。製品の故障、火災、爆発などの危険を引き起こす原因になります。
- 強い衝撃や震動から本製品を保護し、本製品や付属品を損傷させないようにして、製品の故障を回避してください。
- 本製品および付属品の分解・改造は、お客様自身で行わないでください。製品が故障した時のアフターサービスは弊社までお問い合わせください。

Guia de início rápido (PT)

1. Visão geral do produto



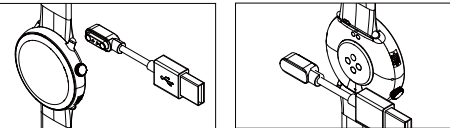
Operação do botão físico

Pressione rapidamente: Regressa ao ecrã principal do relógio;
Pressione e mantenha pressionado: Pressione e mantenha pressionado durante 5 segundos para aceder ao ecrã de desligamento ou reinicialização; pressione e mantenha pressionado durante 8 segundos para realizar uma reinicialização completa.

2. Ligar/desligar

Ligando

Enquanto o relógio estiver desligado, liga-se automaticamente quando é carregado.



Nota: Carregue o relógio para o ativar antes do primeiro uso. O adaptador de alimentação original deve ser utilizado para o carregamento.

Operação da tela

Deslize para cima/baixo

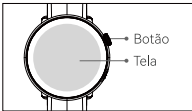
- Para alternar entre menus.
- ° Para visualizar textos longos/detalhes.

Deslize para a esquerda/direita

- Para alternar entre menus.

Toque no ecrã

- Para entrar no menu.
- ° Para operar de acordo com as instruções.



Toque e mantenha pressionado na tela

- Para alternar entre os mostradores do relógio.

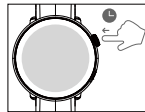
Recursos

O GTX23 possui características como resistência à água a 3ATM, bateria de longa duração, controlo por toque em ecrã completo, baixa latência, 110 modos de treino e vários mostradores de relógio na nuvem. Suporta a monitorização da frequência cardíaca e deteção de stress ao longo do dia, deteção de oxigénio no sangue, deteção de energia corporal e monitorização do sono, etc. Para obter instruções de operação e perguntas frequentes sobre estas funcionalidades, ative a aplicação e aceda à secção "Guia do Utilizador".

Pressão longa no botão para ligar o relógio.

Desligando

Para desligar o relógio: aceda a Definições -> menu Desligar.



Operação do botão físico

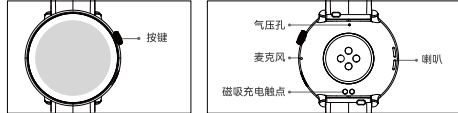
Pressione rapidamente: Regressa ao ecrã principal do relógio;
Pressione e mantenha pressionado: Pressione e mantenha pressionado durante 5 segundos para aceder ao ecrã de desligamento ou reinicialização; pressione e mantenha pressionado durante 8 segundos para realizar uma reinicialização completa.

2. Pareamento

Ative a aplicação VeryFit -> Ative a ligação Bluetooth no seu telefone -> Pesquise na aplicação o dispositivo com o qual pretende emparelhar (ou digitalize o código QR no dispositivo) -> Termine o emparelhamento na aplicação (ou no dispositivo).

快速入门指南 (CN)

1. 产品概览



物理按键操作

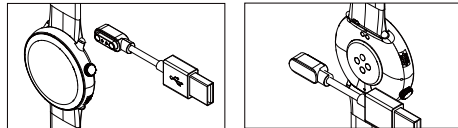
短按按键: 返回主表盘;

长按按键: 长按5s进入关机或重启页面;
长按8s手表硬重启。

2. 开机/关机

开机

手表关机状态下, 充电后会自动开机。



注意: 首次使用前请先充电激活手表, 必须使用原装电源适配器充电。

屏幕操作

上下滑动

- 切换菜单。
- 查看长文本/详细信息。

点击屏幕

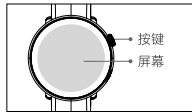
- 进入应用列表。
- 根据提示操作。

左右滑动

- 切换一级页面。

点击并长按屏幕

- 切换表盘。



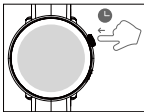
功能

GTX23 拥有 3ATM 防水、超长续航、全屏触控、低延迟、110 种运动模式和多种云表盘等功能。它支持全天心率监测、压力检测、血氧检测、体能检测和睡眠监测等功能。有关这些功能的操作说明和常见问题解答, 请打开应用程序并前往“用户指南”部分。

长按按键开机。

关机

关闭手表: 前往“设置”->“关机”。



应用程序下载和配对

1. 应用程序下载

在 App Store、Google Play 或扫描下方二维码

下载并安装“VeryFit”应用程序。

2. 配对

打开 VeryFit 应用程序 -> 在手机上激活蓝牙连接 -> 在应用程序中搜索要配对的设备 (或扫描设备上的二维码) -> 在应用程序 (或设备上) 完成绑定。

Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycle valuable raw materials and the treatment of toxic substances.

If you experience discomfort or skin irritation when wearing your smart watch, then we recommend you try cleaning your device. Sometimes residue or foreign materials build up around your device and may aggravate your skin. It's also possible that you are not wearing the watch correctly. We recommend making sure to clean and adjust your watch regularly for a more comfortable fit.

Caution:
• If you experience skin irritation when wearing your watch, please refrain from wearing, and wait two to three days to see if your symptoms ease. If symptoms persist or worsen, please consult a physician.
• If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.

Wear and Care
Some users may experience skin irritation when using this product. To reduce the potential for irritation, please follow four simple wear and care tips: (1) keep it clean; (2) keep it dry; (3) do not wear it too tightly, and keep the wearing gap as one finger; (4) after long-term wearing, remove the device in time to relax the wrist; (5) after exercise, if your wrists sweat, please clean and dry your wrists and watches before wearing again. The residual sweat components will corrode the watch. It is recommended to regularly use soap or hand sanitizer to clean the watch. In case of skin allergy, please take off your watch and seek medical advice in time. This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.
L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux

防水: 不适合在潜水、海中游泳或桑拿时使用。适合在游泳池、淋浴间 (冷水) 和浅水区域使用。

Do not attach the magnetic part of the charging cable to other metals to avoid short-circuiting the contacts of the charging cable.

安全须知

- 请勿将产品及其配件置于极端温度下, 否则可能导致产品故障、火灾或爆炸等危险。
- 请避免产品受到强烈冲击或震动, 以免损坏产品及其配件, 从而避免产品故障。
- 请勿自行拆卸或改装产品及其配件。产品出现故障时, 请联系我们获取售后服务。

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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.
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.

CAUTION
The device has been evaluated to meet general RF exposure statement. The device can be used in portable exposure condition without restriction.
- Risk of explosion if the battery is replaced by an incorrect type;
- disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can result in an explosion;
- leaving a battery in an extremely high temperature surrounding environment that can result in an explosion or the leakage of flammable liquid or gas;
- a battery subjected to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas.

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成品尺寸：70X100mm 材质：80G哑粉纸
展开尺寸63X20cm 九折