

GPS Outdoor Sports Watch User Manual



Thank you for choosing our smart watch. You can read this manual and have a thorough understanding of the use and operation of the equipment.

The Company reserves the right to make changes to the contents of this manual without prior notice

Product includes: Package*1, manual*1, Smart Watch*1, Charging line*1.



①	Start / Stop	Press to Start/Pause activity or Select the current selection
②		Press to return to the previous page, long press to return to main clock surface from any page
③		Click to select the current selection, long press to select the previous function

Reminder: If there is crashes in the operation, please press ③ button for 10 seconds to restart.

- Pair with the phone



Appstore



Google Play

1: IOS, Android users scan the following QR code through your mobile browser to download the APP.

2: Android phone users search: "Hplus " in Google Play Store to download ,and IOS users download the application in App Store please.

Open the "Hplus" application-

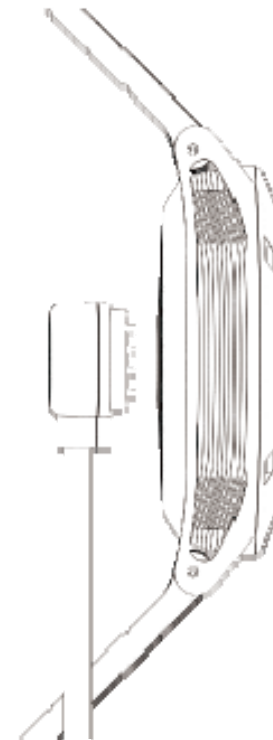
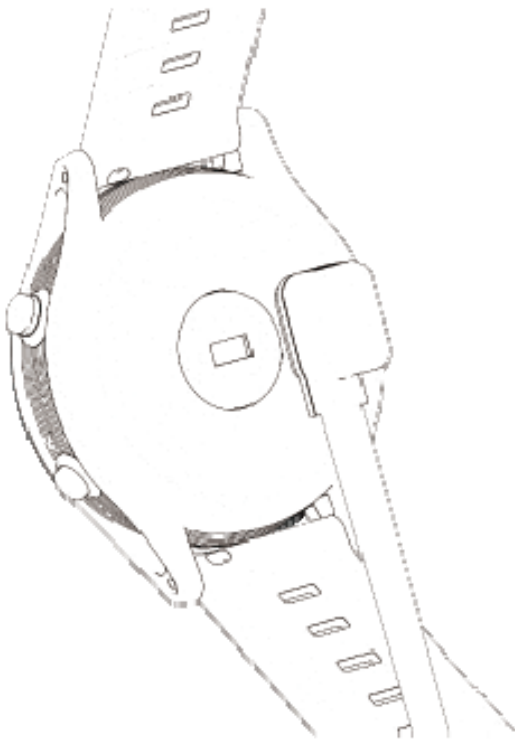
settings-Bluetooth-Search "SmartBand" and connect

When the Bluetooth icon on the watch is blue,means connected success, while red for unconnected.

NOTE: Keep your phone with the smart watch within 10 meters distance

- **Charging instructions**

Magnetic charge as below,



* NOTE: the two contacts of the charging line cannot contact the conductor at the same time , otherwise will lead to circuit combustion.

●Pedometer

There are three sport data: distance/ steps/ calories, click the touch key to enter the next page to check the recent data statistics this week



Pedometer calculate for 24 hours, sport data saved at 12:00 every night , then clear to zero and recalculate.

● Heart rate monitoring

1. Enter the heart rate interface to start the test, Exit to stop monitoring. And the heart rate monitoring is dynamic heart rate test.
2. Click the touch key to enter the next page , 16-hour heart rate curve showed.

NOTE: Need to open the all-weather heart rate on phone APP to automatically detect heart rate.



● Notification

1. Enter the notification to view the latest five messages or notifications.

● Temperature

1. View real-time temperature changes.
2. Click the touch key to view 16-hour temperature change curve.



* This device is equipped with a temperature sensor, worn on the

hand or operating the watch , the temperature will be biased.

- **Air pressure**

1. Enter the air pressure interface, the current pressure value measured through the built-in air pressure sensor.
2. Click the touch key ③ to view 16-hour barometric pressure curve.



- **Elevation**

1. The altimeter will show approximate climb height based on

pressure change.

2. Click the touch key to see the 4-hour height change.

3. Press ① to clear the current height, measurable real-time height.



● Activity

NOTE: Enter and click touch key to select different sport mode.



Walking

1. Press ① button to start walking, activities data will be recorded after timing start.
2. Click ③ button to view other data interfaces.
3. Press ② button to manually record circle laps.
4. If you want to pause the recording to rest, please press ① button. and press ① again to continue.

5. If you want to end the data recording, press ① button to pause, then press ② button to end.

*** To Save or Delete or Continue icons are available to choose .**
Running



Run

1. Press ① button to start running, activities data will be recorded after timing start.

2. Please go to the open outdoor space for satellite signal reception.

*** When searching for GPS satellite , running icon will flash.**
Flashing completed means GPS satellite positioning success ,
and there will have a trajectory.

3. Click ③ button to view other data interfaces.

4. Press ② button to manually record circle laps.
5. If you want to pause the recording to rest, please press ① button.
and press ① again to continue.
6. If you want to end the data recording, press ① button to pause,
then press ② button to end.

*** To Save or Delete or Continue icons are available to choose .**
Climbing



Mountain climbing

1. Mountain climbing Press ① button to start, activities data will be recorded after timing start.
 2. Please go to the open outdoor space for satellite signal reception.
- * When searching for GPS satellite , Climbing icon will flash.**
Flashing completed means GPS satellite positioning success ,

and there will have a trajectory.

3. Click ③ button to view other data interfaces.

4. Press ② button to manually record circle laps.

5. If you want to pause the recording to rest, please press ① button.
and press ① again to continue.

6. If you want to end the data recording, press ① button to pause,
then press ② button to end.

*** To Save or Delete or Continue icons are available to choose .**



Riding

1. Press ① button to start riding, activities data will be recorded after

timing start.

2. Please go to the open outdoor space for satellite signal reception.

*** When searching for GPS satellite , riding icon will flash.**

Flashing completed means GPS satellite positioning success , and there will have a trajectory.

3. Click ③ button to view other data interfaces.

4. Press ② button to manually record circle laps.

5. If you want to pause the recording to rest, please press ① button.
and press ① again to continue.

6. If you want to end the data recording, press ① button to pause,
then press ② button to end.

*** To Save or Delete or Continue icons are available to choose .**



Treadmill

1. Treadmill Mode press ① button to start, activities data will be recorded after timing start.
 2. Click ③ button to view other data interfaces.
 3. Press ② button to manually record circle laps.
 4. If you want to pause the recording to rest, please press ① button. and press ① again to continue.
 5. If you want to end the data recording, press ① button to pause, then press ② button to end.
- * To Save or Delete or Continue icons are available to choose .**



Basketball

1. Playing basketball Mode press ① button to start, activities data will be recorded after timing start.
2. Click ③ button to view other data interfaces.
3. Press ② button to manually record circle laps.
4. If you want to pause the recording to rest, please press ① button. and press ① again to continue.
5. If you want to end the data recording, press ① button to pause, then press ② button to end.

*** To Save or Delete or Continue icons are available to choose .**
Badminton



Playing badminton

1. Playing badminton Mode press ① button to start, activities data will be recorded after timing start.
2. Click ③ button to view other data interfaces.
3. Press ② button to manually record circle laps.
4. If you want to pause the recording to rest, please press ① button. and press ① again to continue.
5. If you want to end the data recording, press ① button to pause, then press ② button to end.

*** To Save or Delete or Continue icons are available to choose .**
Football



football

1. Playing football Mode press ① button to start, activities data will be recorded after timing start.
2. Click ③ button to view other data interfaces.
3. Press ② button to manually record circle laps.
4. If you want to pause the recording to rest, please press ① button. and press ① again to continue.
5. If you want to end the data recording, press ① button to pause, then press ② button to end.

*** To Save or Delete or Continue icons are available to choose .**

● Settings

Pedometer



1. Sport record;

Walking



1. Sport record;



2. Target setting; **Running**

1. Sport record;
2. Target setting;



Riding

1. Sport record;
2. Target setting;



Lap recording

1. Sport record;
2. Target setting;



Sleep monitoring

1. Enter to see the quality of sleep;
2. Above is the light sleep time, below is the deep sleep time.



2. Target setting; **Climbing**

1. Sport record;
2. Target setting;



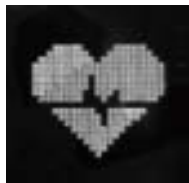
Treadmill

1. Sport record;
2. Target setting;



Sedentary

1. On/Off; Sedentary time
2. Start time, Ending time

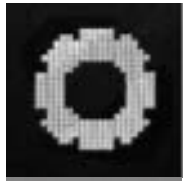


Heart rate

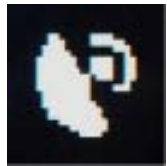
1. All-day monitoring of heart rate On/Off;(all-day heart rate

on working will consume power quickly)

2. Heart rate alarm ON/Off, you can set the alarm heart rate value. (Heart rate alarm will remind only when activity)



System settings



1. GPS satellite

Enter to see the positioning time and signal.



2. Vibration

Enter to set watch vibration On/Off.



3. Wake on screen

Enter to set waking on screen through raise your hand.
(0:00 to 6:00 default off)



4. Alarm clock

Enter to set the alarm clock On/off and time.



5. Calendar

Enter to set calendar year/month/date.



6. Time

Enter to set hours/minutes.



7. Brightness

Enter to set three brightness grades. (The brightest will consume power quickly)



8. Personal information

Enter to set personal information "Male /Female" age, height, weight.



9. Reset

Enter to restore the factory settings, reset all records will be cleared.



10. Version information

Enter to view the firmware version/ the Bluetooth address.

Firmware upgrade

1. Bluetooth connection under normal circumstances enter 'Hplus'
2. Enter App, click device, firmware upgrade
3. If there is a new firmware, it will notify you whether to upgrade or not. (The upgrade process takes 3-5 mins)
4. Upgrade successfully, the watch will reboot and connect to the device automatically. Please disconnect it and go to the system settings, reset and reconnect.

5. Note, if the process bar stuck, please do not do anything, it will slowly upgrade until it is done.

Warranty Description

1. If it appears quality problems caused by manufacturing, materials, design within one year (since the day of purchase), we will offer free warranty for. We will offer free warranty for battery and adapter within 6 months. Premise is using normally and correctly.

2. About the fault caused by the Users personal reasons, we don't offer free warranty, as follows:

- 1). Disassemble or refit the product.
- 2). Caused by immodesty drop

- 3). All artificial damage or misuse (such as: make water into the host, the external force shatter, scratch damage of peripheral components, etc.), all these are beyond the scope of the warranty.
3. When ask for free warranty, you must provide a warranty card with the seal of purchase place and purchase date.
4. If you met problems during use, please contact the shop customer service which you bought from.
5. All products features are based in kind.

Date of purchase:

IMEI code:

Purchasing Store:

Customer signature:

Clerk Signature:

Shop stamp:

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.

NOTE: Any 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.