

Smart Fitness Tracker
Model: 7141-51

User Guide



Quick instructions for usages

Main Part



How to charge it

Please take out the device from the strap, insert the USB port to the USB plug for charge. When it is charging, the screen will be activated with vibration. Charge time is 2 hours.



Wear it

1. Carefully wear the wristband behind the wrist.
2. Adjust the size suitable for the size of wrist via Adjustment hole.
3. Sensor must be close to skin avoiding moving.



Power on/off

1. Longpress the mode button for 3 seconds to turn it on with vibration.
2. Back to "Function" page and Longpress to enter into message and "Set" OFF button. Longpress it for 3 seconds to turn it off with vibration.

Install the wristband APP

Scan the following QR codes or enter into APP store or Google Play to download and install "Rhythm 2.0"



Google Play
iOS

Device requirement: IOS8.0 (and above), Android 4.4 and above to support BT 4.2.

Device Pairing

When first using, pls pair the device with the smart phone correctly. After connection, the band will sync the time and date with the smart phone.

- Open mobile phone APP
- Click to set up new
- My device (IOS) search equipment (Android)
- Full screen scanning equipment
- Click Device Pairing



BT connection: after successful matching, APP will automatically save the wristband BT address. When APP is opened or operated in background, it will automatically search and connect the wristband. Data Synchronization: manually pull down the synchronization data on the APP home page; the bracelet can store off-day data for 7 days; the more data have, the longer the synchronization time is, and the longest time is about 2 minutes.

APP functions and setting

Personal information and exercise goals

After entering into APP, please first set up personal information.

Setting - Personal setting

- Head portrait, gender, age, height and weight can be set up and personal information can enhance accuracy of data.
- Customer personal everyday exercise goals.

A reasonable exercise plan is helpful for promoting body quality.

Notifications

Turn on the Notification button in APP setting center; mobile phone and wristband must be kept to be connected successfully and there will be vibrating reminders when there are messages, mobile phone and wristband shall be kept to be connected successfully and there will be vibrating reminders when there are messages.

Call reminder: When someone calling the device will vibrate and the name or number of the caller is displayed. If the caller's name has been saved in the phone address book, the name is displayed; otherwise, display number.

SMS reminder: when SMS message arrives, the bracelet will vibrate and display the SMS icon; the address message of the address book contact person displays the name, and the short message number of the stranger.

QQ reminder: when the QQ information arrives, the device will vibrate and display the QQ icon.

WeChat reminder: when the WeChat information is received, the device will vibrate and display the WeChat icon.

Intelligent alarm clock: it can set up three alarm clocks, and will synchronize to the mobile phone setting. The intelligent alarm clock is a short alarm clock. When the alarm is on, the bracelet will cause moderate vibrations and support the off-the-arm-bell reminder.

Secretary Reminder: The default reminder time interval is 3 hours. It will vibrate and display with an icon to remind the user to stand up if user sitting too long.



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Sleep Monitor

When you fall asleep, the bracelet will automatically determine the deep monitoring mode, automatically detect your deep sleep / shallow sleep / wakefulness time, calculate your sleep quality, and sleep data temporarily support APP only. Note: you can get sleep data when you wear the smart band to sleep.

Main functional interface

Main Interface

When the BT icon is on, it means the wristband is connected to the call phone. When the wristband and APP are paired for the first time, the wristband will synchronize the real-time time, date and week of the mobile phone.



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Sleep: When the BT icon is on, it means the wristband is connected to the call phone. When the wristband and APP are paired for the first time, the wristband will synchronize the real-time time, date and week of the mobile phone.

Activity: When the BT icon is on, it means the wristband is connected to the call phone. When the wristband and APP are paired for the first time, the wristband will synchronize the real-time time, date and week of the mobile phone.

Time: When the BT icon is on, it means the wristband is connected to the call phone. When the wristband and APP are paired for the first time, the wristband will synchronize the real-time time, date and week of the mobile phone.

Weather: When the BT icon is on, it means the wristband is connected to the call phone. When the wristband and APP are paired for the first time, the wristband will synchronize the real-time time, date and week of the mobile phone.

Step Interface

Display step count, wristband default default step counting mode, the wristband will vibrate when the user walks. When the user walks and arms swing, the bracelet is recorded as the number of walking steps based on the number of swings.



Will the data lost if disconnection with APP?

Before the data is synchronized, the data is stored in the wristband. When the BT connection of the wristband and the wristband is successful, the wristband data will be automatically uploaded to the mobile terminal. Please synchronize the data to the mobile terminal in time.

Note: Please charge the device every 3 months if put it idle.

Basic parameter

Type	Smartwatch (band)	Material	Battery type	Upgrade
Display screen	1.3" TFT LCD Screen	Mixed	Battery capacity	50mAh
Weight	21.5g	Battery voltage	1.7V	
Length	25.5cm	Packing list	Device instruction	
Waterproof level	IP67			

Distance

It displays with the total distance walked in real-time everyday. Please make sure the personal information is set in APP is correct.



Calorie

It displays with the total calorie burnt in real-time everyday. Please make sure the personal information is set in APP is correct.



Heart Rate Monitor

If stay at this page, the band will measure the heart rate automatically. The screen stay on for 1 minute and backside sensor with green light will be shine. Please make sure the band close to the skin and skin be clean and dry to ensure the data is accurate.



Blood Pressure Monitor

Stay at blood pressure page for some records and it will measure the current blood pressure. Wristband measurement (manual) can be measured in Application in real.



Multi-Sports

Under different sport mode, The band track more accurate data, including jump, swimming, swimming, Tennis, Table tennis, Running. All the data will be send to the Application for record.



Message Storage

Longpress the button on this page to get message content. There are max 10 messages can be saved in the device.



More Functions

Longpress the button on this page to get more functions. Please click the phone, Power off and screen brightness setting.



Find the phone

This page is under the "Function" mode. Long Press the button. The connected smart phone will show phone was found. Please make sure the band is connected with right device.



Reset

Stay at Reset page. Long-press it to clear the data and restart the APP.



Information

Stay at this page. Long-press it to get BT MAC address.



Power Off

Stay at Power Off page. Longpress it for 3 seconds to turn it off with vibration.



Precautions

Please avoid strong impact, extreme heat and exposure to the wristband.

Please do not disassemble, repair or transform the machine on its own.

The machine is charged with 5V/500mA, and it is strictly forbidden to use overvoltage power supply.

* The use of the environment is 0 degrees -45 degrees, and it is forbidden to throw it into the fire so as not to cause an explosion.

* Please wipe the water, the wristband can be used only for the charging operation with a soft cloth, otherwise it will cause corrosion of charging contact point, charging fault.

* Do not touch the chemical substances such as gasoline, clean solvent, perspiration, alcohol or insect repellent.

* Please do not use this product in high pressure and high magnetic environment.

* Please dry the sweat drops on the wrist in time. The drop has long contact with sweat, sweat, allergen or pollution ingredients, which may cause skin allergy itching.

* If it is often used, it is recommended to clean the wristband every week.

* Wipe with soft cloth and remove odor with mild soap.

* It is not appropriate to wear a hot bath with a wristband.

* After swimming, please wipe the wristband in time so as to keep dry.

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calculate your heart rate

Can't connect with BT?

Confirm whether your device is 4.4 or more version of IOS8.0 and Android system and support BT 4.2.

a. Because of the problem of signal interference in BT wireless connection, there may be no time to connect each other. If it is not connected for a long time, please ensure that the connection is carried out without magnetic field or without multi-BT device interference.

b. Turn off the Bluetooth and restart it.

c. Turn off the mobile phone background application or restart the mobile phone.

d. Mobile phones do not connect to other Bluetooth devices or functions at the same time.

e. APP running normally on the background and may not be connected. If it is not in the background.

Can't find the device when pairing?

Since the wristband is not searched by phone in BT broadcast, make sure the wristband is in power and activated and is not connected to any other phones. Then, put the wristband close to the phone. If it is still not found, turn off the phone's BT, and restart the phone BT after about 20 seconds.

Why does the test of heart rate need to wait for 30 seconds?

To test your heart rate, you need to take a long time signal to accurately