

IGPSPORT

VeRun User Manual



INTRODUCTION

Pairing

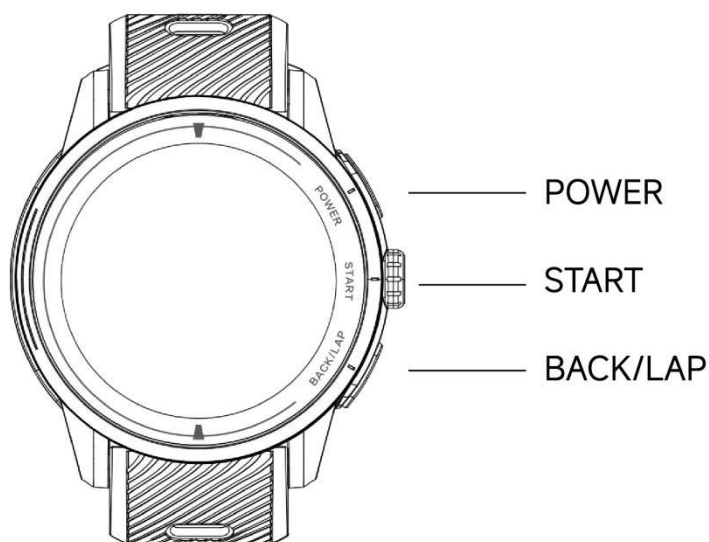
To make full use of your VeRun watch, please complete the following steps:

- Hold the POWER button or connect the watch to a charger to power it on.
- Scan the QR code or search for the iGPSPORT APP in the App Store or Google Play to download and install it, then register and log in to your account.



- On the Device Page, tap "Add Device", scan the QR code displayed on the watch, and follow the prompts to pair.

Overview



Touchscreen

- Tap menu to enter the submenu.
- Swipe up or down to scroll through the screen.
- Swipe from the left edge to the right to return to the previous screen.

- Swipe from the right edge to the left to **Save** (available only on the number picker page).

POWER Button

- Short press:
 - Turn off the screen / Custom function
 - Perform specific functions for special features.
- Long press:
 - Power-off state: Press for 2 second to power on
 - Power-on state: Press for 2 second to enter system settings or a user-defined function screen
 - Hold for 12-16 seconds to force restart

START Button

- Short press:
 - Enter the activity list (from watch face only)
 - Confirm selection
- Long press: Resume the last started activity (from watch face only)
- Rotate: Scroll through the screen

BACK Button

- Short press:
 - Cancel and return to the previous screen
 - Lap (during activity)
- Long press: Press for 2 second to enter the Toolbox

GPS Status and Status Icons

3 Green signal bars: Strong signal

2 Yellow signal bars: Fair signal

1 Red signal bar: Weak signal

Flashing gray signal bar: No signal

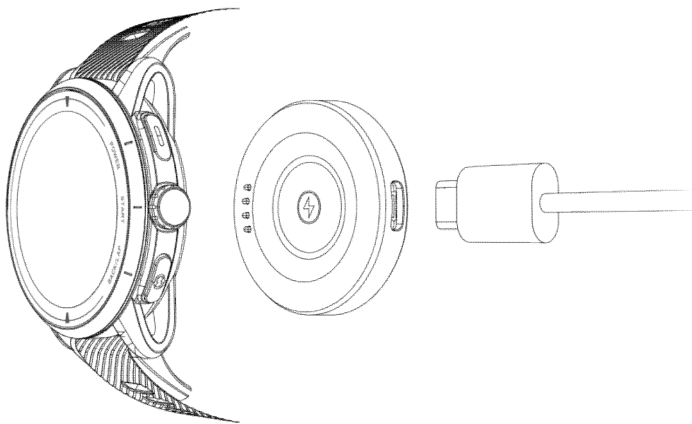
BUTTON FUNCTIONS

From the watch face:

- Rotate the START button to browse application cards.
- Short press the START button to enter the activity list, and then select and start an activity.
- Long press the POWER button to enter system settings.
- Long press the BACK button to enter the Toolbox.

Charging The Watch

To ensure the watch functions properly, please make sure the back of the watch and the surrounding area are clean and dry before charging or connecting it to a computer.



- 1 Plug the Type-C end of the cable into the charging port.
- 2 Attach the charging dock magnetically to the back of the watch.
- 3 Plug the other end of the charging cable into a standard USB charging port.
- 4 The watch will indicate charging and display the current battery level. A full charge takes approximately 2 hours.
- 5 Disconnect the watch after the battery level reaches 100%.

APPLICATIONS

The watch comes preloaded with applications for quick information previews, allowing

you to easily view health data, workout data, and more. Some applications require a Bluetooth connection to the iGPSport APP to obtain data. For example, after pairing with the app, you can view notifications, weather, and more.



Supported applications are partially displayed by default. You can manually add or remove them via the APP.

Viewing Applications

- 1 Rotate the START button from the watch face to scroll through the application list with summary data.
- 2 Select an option.
- 3 Short press the START button to view more details.

History	Displays your activity history
Today's activity	Tracks steps, calories, intensity minutes, and activity hours for the day.
Step	Tracks your daily step count, step goal, and past 7-day data.
Calories	Tracks your daily calorie burn, calorie goals, and past 7-day data.
Heart Rate	Displays the current heart rate, which is the number of beats per minute (bpm). The watch must be worn correctly during measurement. It shows the heart rate variation curve for the day, marking the highest, lowest, and resting heart rates. By swiping to switch pages, you can view the resting heart rate (RHR) and average resting heart rate for the past 7 days.
Blood Oxygen	You can manually or automatically measure the blood oxygen level. The watch must be worn correctly during measurement. Please remain still. If you are too active, the watch may not be able to measure your blood oxygen levels.
Stress	Displays the current stress level and its trend. The watch must be worn correctly during measurement. Please remain still. If you are

	too active, the watch may not be able to measure stress.
Sleep	Displays the total sleep time, sleep score, sleep quality, and sleep stage analysis from the previous night, as well as sleep records from the past 7 days. Displays nap records for the current day.
HRV	Displays the average sleep HRV (Heart Rate Variability), sleep HRV range, and baseline. By swiping to switch pages, you can view the HRV for the past 7 days and the 7-day average HRV value.
Running Performance	Assesses running ability after 20+ mins of moderate/high-intensity running.
Cycling Performance	Assesses cycling ability after 20+ mins of moderate/high-intensity cycling.(requires connectivity to a power meter)
Training Status	Displays your current training status, training load, load ratio, 7-day load and stamina which shows you how your training affects your fitness level and performance
Training Plan	Displays your scheduled training plan.
Navigation	Uses GPS for route navigation.
Training Sessions	Displays training sessions stored on the watch.
Weather	Displays current conditions, forecast, and sunrise/sunset data.
Intensity minutes	Tracks the time (in minutes) of daily moderate to high-intensity activities, target progress, and data from the last 7 days.
Activity Hours	Tracks how many times you stand and move each day (maximum once per hour), along with your target progress and 7-day history.
Compass	Displays the electronic compass to identify your current direction.
Altimeter	Displays current elevation.
Barometer	Displays current atmospheric pressure.
Notifications	When notifications are enabled in the iGPSPORT App, the watch can receive call, SMS, and app alerts.
System Settings	Access the watch's system settings menu to adjust various detailed configurations.

History

The device stores past activity records. You can quickly access them from the built-in history card.

Each record may include duration, distance, calories, heart rate, average pace, average

speed, or lap data.

Note: When storage is full, the oldest records will be overwritten.

Viewing History

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **History**.
- 3 Choose an activity record.
- 4 Press the **START** button to view the detailed data of the selected activity.

Deleting History

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **History**.
- 3 Select **Delete Record**:
 - Select **Delete All** to remove all activity records from the device.
 - Select an activity record and press the **START** button to delete the selected record from the device.

Achievements

Viewing Achievements

When completing an activity, the watch displays any new personal achievements you achieved during that activity.

Personal achievements include your longest duration in typical activities, best 5 km, best 10 km, best half marathon, best full marathon, longest cycling distance, longest running distance, fastest average speed, best pace, maximum ascent, best cycling power (requires a power meter), longest swimming distance, highest jump rope count, and more.

To view personal achievements for different activities, follow these steps:

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Achievements**.
- 3 Choose an achievement.
- 4 Press the **START** button to view the achievement summary.
- 5 Press the **START** button and select **View** to see the detailed record.

Reset Achievements

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Achievements**.
- 3 Choose an achievement.
- 4 Press the **START** button to view the achievement summary.
- 5 Press the **START** button and select **Reset** to reset the corresponding record.

Note: After resetting an achievement, the corresponding achievement menu will be removed from the Achievements page and will appear once the goal is achieved again. When current records are reset, existing data will not count toward rankings, and the original activity data will not be deleted.

Today's Activity

Today's Activity provides an overview of your daily activity status and goals. It displays the achievement of three core daily metrics—steps, calories, and intensity minutes—in a three-ring chart, and tracks 24-hour data for steps, calories, intensity minutes, and active hours in chart.

- When the three core metric goal notifications (Steps, Calories, Active Minutes) are enabled in the app:
 - If 1 or 2 of the core metrics reach their goals, the watch will display a pop-up notification indicating which 1 or 2 goals have been achieved.
 - When 2 goals have already been reached, achieving the 3rd goal will trigger a pop-up notifying that the Today's Activity Goal has been completed.
- When only 1 or 2 goal notifications are enabled in the app:
 - The watch will only notify for the corresponding individual goal(s) and will not trigger the Today's Activity Goal notification.

Steps

Tracks daily steps, step goal progress, and step data for the past 7 days.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Steps**.
- 3 Press the **START** button to view today's steps, step goal, and the 24-hour steps chart.
- 4 Rotate the **START** button to view total steps, average daily steps, and daily goal achievement for the past 7 days.

Calories

Tracks daily calorie consumption (kcal), calorie goal progress, and calorie data for the past 7 days.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Calories**.
- 3 Press the **START** button to view today's calorie consumption, calorie goal, and the 24-hour calorie chart.
- 4 Rotate the **START** button to view total calories, average daily calories, and daily goal achievement for the past 7 days.

Heart Rate

The Heart Rate application displays your current heart rate in beats per minute (bpm). Proper wear of the watch is required for accurate measurement. The watch shows a 24-hour heart rate curve for the day, indicating the highest heart rate, lowest heart rate, and resting heart rate (RHR). Swipe to switch pages to view the resting heart rate and average resting heart rate for the past 7 days.



- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Heart Rate**.

- 3 Press the **START** button to view the current heart rate (bpm), today's highest/lowest heart rate, resting heart rate, and the 24-hour heart rate curve.
- 4 Rotate the **START** button to view the resting heart rate and average resting heart rate for the past 7 days.

Blood Oxygen

The Blood Oxygen application displays your current blood oxygen saturation (SpO_2), indicating the oxygen level in your blood. The watch shows a 24-hour SpO_2 chart for the day, highlighting the highest, lowest, and average SpO_2 . Swipe to switch pages to view the average SpO_2 over the past 7 days.

For accurate SpO_2 measurements, wear the watch properly, remain still, and keep your arm level. If you are too active, the device may not be able to measure SpO_2 . As your altitude increases, the level of oxygen in your blood can decrease.



- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **SpO_2** .
- 3 Press the **START** button to view the current SpO_2 , today's highest/lowest SpO_2 , average SpO_2 , and the 24-hour SpO_2 chart.
- 4 Rotate the **START** button to view the average SpO_2 for the past 7 days.

Stress

The Stress application calculates your stress score based on HRV (heart rate variability). Lower scores indicate lower stress levels.

The watch displays the current stress score and stress level, along with a 24-hour stress chart for the day, highlighting the highest, lowest, and average stress. Swipe to switch

pages to view the stress distribution chart for the day and the average stress over the past 7 days.



For accurate stress measurement, wear the watch properly, remain still, and keep your arm level. If you are too active, the device may not be able to measure stress.

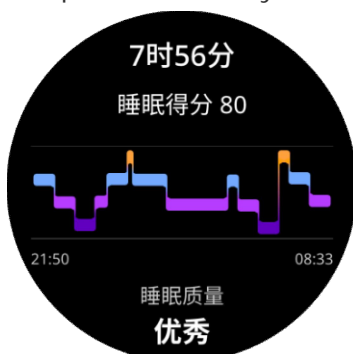
Stress Description:

- 0-20: Relaxed (displayed in blue)
- 21-40: Low (displayed in yellow)
- 41-70 : Medium (displayed in orange)
- 71-100 : High (displayed in red)

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Stress**.
- 3 Press the **START** button to view the current stress, today's highest/lowest stress, average stress, and the 24-hour stress chart.
- 4 Rotate the **START** button to view the stress distribution chart for the day and the average stress over the past 7 days.

Sleep

Wear the watch properly before going to sleep. The watch will automatically detect your sleep and monitor your sleep activity.



Sleep is categorized into long sleep and naps.

Long sleep usually refers to nighttime sleep, generally lasting more than 3 hours. Recorded data includes total sleep time, sleep stage analysis, sleep type, sleep score, and sleep quality.

Sleep stages include deep sleep, light sleep, REM, and awake.

Sleep scores correspond to the following sleep quality ratings:

- 90-100: Excellent
- 80-89: Good
- 70-79: Improved
- 60-69: Fair
- 0-59: Poor

Naps usually refers to daytime sleep, generally lasting between 20 minutes and 3 hours.

Nap records include only sleep start time, wake-up time, and nap duration.

You can view sleep statistics in the iGPSPORT APP.

Note: Deep sleep and REM are not tracked during naps. Due to the short duration, it is difficult to reach deep sleep and REM, so most naps consist primarily of light sleep.



Automatic Sleep Monitoring

- 1 Wear the watch properly before going to sleep.
- 2 From the watch face, rotate the **START** button to open the application list.
- 3 Select **Sleep**.
- 4 Press the **START** button to view last night's long sleep data.
- 5 Rotate the **START** button to view sleep stage analysis, today's nap records, and sleep records for the past 7 days.
- 6 After syncing with the iGPSPORT APP, sleep statistics can also be viewed in the APP.

HRV

The watch calculates your personal Heart Rate Variability (HRV) status by analyzing your heart rate during sleep.

Workout, training, sleep, nutrition, and health habits can all affect your heart rate variability. HRV values vary greatly depending on gender, age, and health status. A balanced HRV may indicate positive health signs, such as good training and recovery balance, stronger cardiovascular health, and better stress adaptability. An unbalanced or poor HRV may indicate fatigue, the need for longer recovery, or increased stress.



After the first use or a factory reset, wear the watch to record long sleep. At least 7 consecutive days of long sleep data are required to display your HRV status. You can sync the watch with the iGPSPORT APP to view your HRV status.

- 1 Wear the watch properly during sleep for 7 days of long sleep.
- 2 From the watch face, rotate the **START** button to open the application list.
- 3 Select **HRV**.
- 4 Press the **START** button to view the average HRV, HRV range, and baseline range.
- 5 Rotate the **START** button to view the detailed HRV trend chart from last night's sleep.
- 6 Rotate the **START** button to view the average HRV data for the past 7 days.

Running Ability

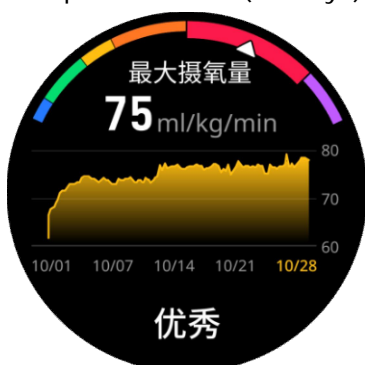
The running application displays your running ability by monitoring and analyzing various physiological data using advanced training algorithms.

- 1 Wear the watch and start a running activity. Perform a moderate to high-intensity run lasting at least 20 minutes to receive a running performance evaluation.

- 2 After the activity, the watch will analyze the data and display your running fitness score and evaluation on the running ability card.



- Elite Runner: 65.0-80.0
 - Advanced Runner: 40.0-64.9
 - Recreational Runner: 30.0-39.9
 - Beginner: 20.0-29.9
 - Novice: 10.0-19.9
- 3 Press the **START** button to view a detailed analysis of your fitness level. The data is presented in a six-dimension radar chart, with each dimension scored on a scale of 10 to 80.
- Power
 - Ultra Endurance
 - Aerobic Capacity
 - Aerobic Power
 - Endurance
 - Anaerobic Capacity
- 4 Rotate the **START** button to view the VO_2 Max ring chart, which displays the most recently measured VO_2 Max value and level. The ring chart shows the position of your current VO_2 Max within the scale. It is divided into 6 segments based on gender and age, with values increasing clockwise. Refer to the VO_2 Max standard level table in the appendix. The VO_2 Max trend is shown in a line chart, displaying data from the past 4 weeks (28 days).



- 5 Rotate the **START** button to view predicted running performance for four types of events: 5 km, 10 km, half marathon, and full marathon.



- 6 Rotate the **START** button to view the lactate threshold pace ring chart, lactate threshold pace, level, lactate threshold heart rate, and maximum heart rate.

Cycling Ability

The Cycling application displays your cycling ability by monitoring and analyzing various physiological data using advanced training algorithms.



- 1 Wear the watch, start a cycling activity, and connect a power meter. Perform a moderate to high-intensity outdoor ride lasting at least 20 minutes to obtain a cycling performance evaluation.
- 2 After the activity, the watch will analyze the data and display your cycling fitness score and evaluation on the cycling performance card.
 - Elite Cyclist: 65.0-80.0
 - Advanced Cyclist: 40.0-64.9
 - Recreational Cyclist: 30.0-39.9
 - Beginner: 20.0-29.9
 - Novice: 10.0-19.9
- 3 Press the **START** button to view a detailed analysis of your fitness level. The data is presented in a six-dimension radar chart, with each dimension scored on a scale of 10 to 80.
 - Power
 - Ultra Endurance
 - Aerobic Capacity
 - Aerobic Power
 - Endurance

- Anaerobic Capacity
- 4 Rotate the **START** button to view the VO_2 Max ring chart, which displays the most recently measured VO_2 Max value and level. The ring chart shows the position of your current VO_2 Max within the scale. It is divided into 6 segments based on gender and age, with values increasing clockwise. Refer to the VO_2 Max standard level table in the appendix. The VO_2 Max trend is shown in a line chart, displaying data from the past 4 weeks (28 days).
 - 5 Rotate the **START** button to view the FTP power to weight ratio chart. The chart displays the most recent calculated power to weight ratio, FTP level, functional threshold power (FTP), and maximum aerobic power (MAP).

Navigation

The watch supports route navigation for outdoor GPS activity, including running, trail running, walking, cycling, commuting, long-distance riding, mountaineering, hiking.

You can use the GPS navigation function on the watch to view routes on the map and follow the course to your destination. Both routes sent from the APP and activity history tracks stored on the watch are supported.

The watch displays the starting point and the initial section of the route on the screen. The default scale is 1:200 m.

- When you arrive at the starting point, the watch will prompt “Start Navigation” .
- During navigation, the watch will prompt before an upcoming turn.
- When you reach the destination, the watch will display “End Navigation” .



Activity Records Navigation

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Navigation → Activity Records**.
- 3 Rotate the **START** button to choose a record, then press the **START** button.
- 4 Select **Start / Reverse** navigation.
- 5 Press the **START** button to begin. Navigation information will be displayed.

Route Navigation

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Navigation → Routes**.
- 3 Rotate the **START** button to choose a route, then press the **START** button.
- 4 Select **Start / Reverse** navigation.
- 5 Press the **START** button to begin. Navigation information will be displayed.

Navigation Settings

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Navigation → Navigation Settings**.
- 3 Available options:
 - **Map Orientation:** Set the map's display direction.
 - **Heading Up:** The top of the screen shows your current heading.
 - **North Up:** The top of the screen is fixed to north.
 - **Turn Alerts:** Prompt before upcoming turns.
 - **Off-Course Alerts:** Notify you if your position deviates from the route.
 - **Show Elevation Chart:** Display elevation information (not available if the imported route has no elevation data).
 - **Auto Zoom.**

Stop Navigation

- 1 During navigation, press the **START** button.
- 2 Select **Stop Navigation** to terminate navigation. The activity will continue.

Note: When navigation ends or is stopped, related pages (map, elevation, and navigation data) will close automatically.

Switch Routes

You can switch to another route during navigation.

- 1 During navigation, press the **START** button.
- 2 Select **Navigation** to enter the in-workout navigation page and choose a new route.

Return to Start

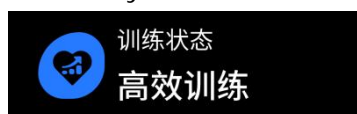
You can also choose to return to the starting point during navigation.

- 1 During navigation, press the **START** button.
- 2 Select **Return to Start**, and the watch will prompt you to confirm.
- 3 Select **Yes** to enter Return Mode.

In Return Mode, the watch uses your current location as the starting point and your workout's starting location as the destination for real-time navigation.

Training Status

Monitors your training status, load trends, 7-day training load, and recovery-related data. It shows your readiness for training and provides a brief evaluation.



- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Training Status** and press the **START** button.
- 3 Rotate the **START** button to scroll through the page and view training status, load trends, training load for the past 7 days, and recovery data.

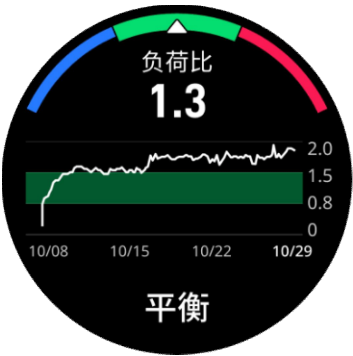
Training Status Evaluation and Description



Quick Recovery	Training Load ↓ Fitness Level ↑ ↑	A recent reduction in training has allowed your body to recover quickly. You are currently in a state suitable for competition!
-------------------	---	---

Productive	Training Load ↑ Fitness Level ↑	Your training load is steadily improving your fitness level. Keep up the good work!
Resume Training	Training Load ↓ Fitness Level →	After adequate recovery, it is recommended to increase training load to avoid a decline in fitness.
Maintaining	Training Load → Fitness Level →	Your training load is good, and fitness is normal. Consider moderately increasing your training load to make progress.
Unproductive	Training Load ↑ ↑ Fitness Level ↓	Your training load is good, but fitness has decreased. Review your training plan and health status to aid recovery.
Detraining	Training Load ↓ Fitness Level ↓	It seems you have stopped training, and fitness has declined. Consider increasing training load appropriately to regain progress.
Overreaching	Training Load ↑ ↑ Fitness Level ↓	Your training load has increased significantly, but fitness has decreased. Reduce training load and allow more recovery time.
No Status	Training Load- Fitness Level-	It is recommended to wear the watch daily and perform at least 20 minutes of moderate to high-intensity training to achieve a new training status.

Load Trend



Displays the load ratio ring chart, training load recommendations, and load trend chart.

Load Ratio Ring Chart: The algorithm calculates the load ratio and displays the current position on the scale as a ring chart.

Training Load Recommendations: Based on the current training load, the corresponding advice is shown according to the table below.

Load Status	Load Ratio	Recommendation
High	> 1.5	Recent training load is excessive. It is recommended to reduce training intensity.
Balanced	0.8-1.5	Recent training load is appropriate. It is recommended to maintain current intensity.
Low	<0.8	Recent training load is low. It is recommended to increase training intensity.

Load Trend Chart: Displays the training load ratio for the past 4 weeks in a line chart.

Training Load

Displays 7-day Training Load and Training Load Chart.



7-Day Training Load: The watch calculates the total training load over the past 7 days, including today.

Training Load Chart: Displays daily training load for the past 7 days in a bar chart format.

Recovery Status

The page displays the Recovery Chart, showing real-time recovery value and recovery time.



Real-Time Stamina: Displays current stamina percentage in a ring chart, with colors indicating the current recovery status.

Recovery Stamina: Default is 100%. After workout, it shows the remaining stamina from the most recent session.

In a non-active state, the current stamina is calculated based on the remaining stamina from the most recent workout and the recovery time. The recovery time is determined by the algorithm after the last workout.

Recovery Status: Refer to the table below to display the corresponding stamina recovery status based on the current stamina range.

Recovery Status	Stamina Percentage (%)	Recommendation
Full	86-100	You are fully or nearly fully recovered and can perform high-intensity training.
Good	61-85	Your recovery status is good and you are ready for the next training session.
Moderate	41-60	You are recovering as expected. It is recommended to reduce training intensity and rest.
Low	16-40	You are very fatigued. Immediate rest is recommended to restore energy.
Exhausted	0.0-15	You are extremely fatigued. Immediate rest is recommended to restore energy.

Workouts

The watch has three built-in workouts: Maximum Heart Rate Test / Lactate Threshold Heart Rate Test for Running / FTP Test for Cycling



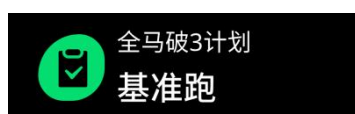
Start Workouts

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Workouts**.
- 3 Press the **START** button to view the steps of the workout.
- 4 Press the **START** button to select the activity type (only activities supported by Workouts will be shown).
- 5 Press the **START** button to start.
- 6 Once the workout begins, the watch screen will display each training step and guide you through the workout.

Training Plan

You can customize training plans by setting goals, distance, duration, and target calories for each stage. During training, you can view the training data page, which includes training steps, distance, cadence, and more.

Additionally, you can create or find more workouts via the iGPSPORT APP, or select a training plan and sync it to the watch.





Start Training Plans

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Training Plans**.
- 3 Press the **START** button to view today's workout.
- 4 Press the **START** button to start today's workout.
- 5 Press the **START** button to select the activity (only activities supported by Workouts will be shown).
- 6 Press the **START** button to start.
- 7 Once workout begins, the watch screen will display each training step and guide you through the workout.

Weather

The watch offers weather forecasts to support outdoor activities and help ensure safety. Weather data is updated via Bluetooth when connected to the iGPSport APP.



View Weather

- 1 From the watch face page, rotate the **START** button to open the application list.
- 2 Select **Weather**.
- 3 Press the **START** button to view the current city's weather information, including temperature, humidity, wind speed, and air quality.
- 4 Rotate the **START** button to view the hourly forecast for the current day and the daily forecast for the coming days.

Intensity Minutes

According to the recommendations of the World Health Organization (WHO), adults should perform at least 150 minutes of moderate-intensity activity (such as brisk walking) per week, or 75 minutes of vigorous-intensity activity, such as running or cycling. Moderate strength training is also recommended to improve both cardiovascular endurance and muscular strength, thereby enhancing overall fitness.

The watch tracks your activity intensity and records the time you spend in moderate-to-vigorous intensity activities, using heart rate data as the primary reference. Both moderate and vigorous minutes are accumulated to calculate your total intensity minutes.

Tracks your daily intensity minutes, target duration, and data for the last 7 days.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Intensity Minutes**.
- 3 Press the **START** button to view today's intensity minutes, target duration, and the 24-hour intensity minutes chart.
- 4 Rotate the **START** button to view the total intensity minutes for the last 7 days, average daily minutes, and daily goal achievement.

Active Hours

Active Hours tracks whether you have completed sufficient standing activity each hour (also known as stand statistics). The Active Hours records daily standing activity counts (maximum once per hour), target progress, and the last 7 days of data.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Active Hours**.
- 3 Press the **START** button to view today's active hours, target, and the 24-hour activity chart.
- 4 Rotate the **START** button to view the total active hours for the last 7 days, average daily active hours, and daily goal achievement.

If the watch detects insufficient standing activity during the current hour, it will remind you to move at the 50th minute of that hour.

Compass

The watch has a built-in compass to indicate your current direction.

- 1 From the watch face page, rotate the **START** button to open the application list.
- 2 Select **Compass**.
- 3 Press the **START** button to enter the compass. The watch will display the current direction and angle.
- 4 When you turn, the watch will update the direction in real time.

Calibrating the Compass

Manual calibration is required before the first use.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Compass**.
- 3 Press the **START** button to enter the compass. The watch will prompt that calibration is needed.
- 4 Follow the on-screen instructions to move the watch in a figure-eight motion.
- 5 If **Compass Calibrated** is displayed, the watch will display the current direction and angle.
- 6 If **Compass Calibration Failed** is displayed, try again.

Altimeter

The watch has a built-in altimeter and barometer that continuously collect elevation and air pressure data. The altimeter estimates ascent based on air pressure changes.

It supports elevation tracking and slope calculation during workouts and can also record daily elevation information.

- 1 From the watch face, rotate the **START button** to open the application list.
- 2 Select **Elevation**.
- 3 Press the **START** button to view a 12-hour line chart of elevation data, updated every 10 minutes.
- 4 Rotate the **START** button to calibrate elevation data. There are two calibration methods: Manual Calibration and GPS Calibration.
- 5 For **Manual Calibration**, enter the data step by step and press the **START** button to save.
- 6 For **GPS Calibration**, go outdoors in an open area. After GPS positioning is successful, a pop-up will show the calibrated current elevation. Press the **START** button to complete calibration.

Barometer

The watch has a built-in barometer that continuously collects air pressure data. The barometer displays environmental pressure based on the altitude recorded during the most recent altimeter calibration (see **Altimeter Settings**, page 38).

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Barometer**.
- 3 Press the **START** button to view a 12-hour line chart of air pressure data (hPa), updated every 10 minutes.

Notifications

Notifications serve as a unified module for message alerts, allowing you to receive notifications from your phone. It supports three types: Calls, Messages, and Other App

Notifications. The Notifications card displays the number of messages for each type.

Note: This feature requires the watch to be connected to the iGPSport APP, and the message notification switch must be enabled in the APP.



View Notifications

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Notifications**.
- 3 Press the **START** button to view the message notification list.
- 4 Select a notification.
- 5 Press the **START** button to view more details.
- 6 Press the **BACK** button to return to the previous page.

Note: After viewing the details of a notification, the watch will automatically delete that notification when exiting the detail page.

Clear All Messages

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **Notifications**.
- 3 Press the **START** button to view the list of message notification .
- 4 Rotate the **START** button to select **Clear All**.
- 5 Press the **START** button to successfully clear all messages.

Incoming Call Alerts

When a connected phone receives a call, the watch will display the caller' s name or phone number.

Short press the **BACK** button to dismiss the pop-up on the watch.

System Settings

System Settings provides access to the watch' s settings menu and allows you to configure the following options:

- Personalization

- Sensors
- Display
- Sound
- Vibration
- GPS
- Focus Mode
- Health Monitoring
- Accessibility
- Profile
- General

SYSTEM SETTINGS

System Settings provides access to the watch ' s settings menu and allows you to configure the following options:

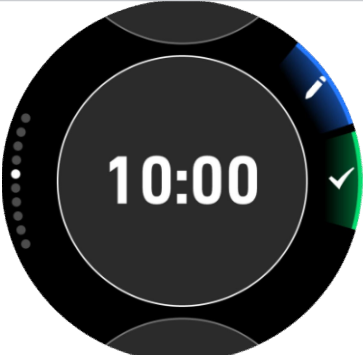
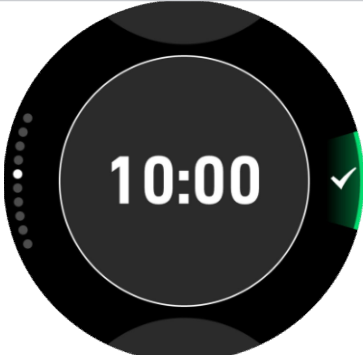
- Personalization: Set watch faces and theme colors.
- Sensors: Add or remove sensors.
- Display: Adjust screen settings.
- Sound: Configure watch sounds, such as alerts and button tones.
- Vibration: Configure watch vibrations, including alert and button vibrations.
- GPS: Switch GPS modes.
- Focus Mode: Enable/disable Do Not Disturb mode, set scheduled DND; enable/disable Sleep mode, set sleep plans and sleep time, enable/disable wake-up alarms and bedtime alerts.
- Health Monitoring:
 - Enable or disable high/low heart rate alerts and set corresponding thresholds; set heart rate measurement frequency.
 - Switch blood oxygen monitoring mode.
 - Switch stress monitoring mode, enable/disable stress alerts, and set stress alert thresholds.
- Accessibility: Configure shortcut keys, enable/disable automatic screen lock, and select left- or right-hand wear.
- Profile: Enable/disable automatic detection for Running Max Heart Rate, Running Lactate Threshold Heart Rate, and Cycling FTP, or manually input values; set user

personal information.

- General: Set date and time, unpair, restart, power off, reset, or view watch information.

Personalization

Only editable watch faces can be customized. Enter this page to edit the watch face's colors or components. Editable watch faces are marked with an edit icon at the POWER button position, as shown.

Editable Watch Face	Non-Editable Watch Face
	

Watch Face Editing

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings** → **Personalization** → **Watch Face**.
- 3 Press the **START** button to enter the watch face list. Choose one editable watch face to edit.
- 4 Press the **POWER** button to edit the current watch face's color.
- 5 Rotate the **START** button to switch colors.
- 6 Press the **START** button to save the selected color.
- 7 Press the **POWER** button to edit the current component and enter the component list.
- 8 Press the **START** button to switch to another component.
- 9 The watch will automatically return to component editing, focusing on the next component, or rotate the **START** button to select the component you want to edit.
- 10 Press the **POWER** button to edit the next component and repeat step 9.
- 11 When editing is complete, press the **START** button to save the settings.

If the watch face type is a theme color watch face, there is no component editing function. Steps 7 - 10 will be skipped.

Theme Color

Setting a theme color allows you to change the focus' color and the grid line color on activity pages.

- 1 From the watch face page, rotate the **START** button to open the application list.
- 2 Select **System Settings** → **Personalization** → **Theme Color**.
- 3 Rotate the **START** button to switch colors.
- 4 Press the **START** button to save the selected color.

Once the theme color is set, the global focus color and the grid lines on activity data pages will change to the selected color.

Sensors

The watch comes with several built-in sensors and also supports pairing with external wireless sensors.

Wireless Sensors

The device can be paired with ANT+ or Bluetooth wireless sensors. Once paired, you can customize the data fields displayed during activities.

Sensor Types	Description
External HR	You can use an external sensor, HR50 heart rate monitor, to view heart rate data during your activities.
Running Dynamics	Running dynamics pods and certain heart rate sensors can provide running dynamics data, such as cadence, stride length, ground contact time, power balance, vertical oscillation, and vertical ratio.
Cadence	You can attach speed sensors to your bike and view the data during your ride.
Speed	You can attach speed sensors to your bike and view the data during your ride.
Speed/Cadence	You can attach speed or cadence sensors to your bike and view the data during your ride.
Power	You can use the power meter to view your power data. You can

	adjust your power zones to match your goals and abilities , or use range alerts to be notified when you reach a specified power zone
Radar	Connect a smart radar tail light (e.g., SR mini).
Smart Trainer	Pair the watch with an indoor smart trainer to simulate resistance and grades during your ride or training.

Sensor Data Priority

- Heart Rate: External > Built-in
- Cadence (Running) : Running Dynamics = HR Strap > Built-in
- Stride Length: Running Dynamics = HR Strap > Built-in
- Cadence (Cycling) : PWR > CAD = S&C > FE-C
- Speed: FE-C > PWR > SPD = S&C > GPS
- Power: PWR > FE-C

Pairing Wireless Sensors

Before pairing wireless sensors, ensure that you are wearing the heart rate sensor or that other types of sensors are properly attached and powered on. When connecting a wireless sensor via ANT+ or Bluetooth for the first time, the device must be paired with the sensor. If the sensor supports both ANT+ and Bluetooth, it is recommended to pair with ANT+. Once paired, the device will automatically connect to the sensor the next time you start an activity, as long as the sensor is powered on and within range.

The distance between the device and the sensor should be within 3 meters.

Note: During pairing, stay at least 10 meters away from other sensors.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Sensors -> Add Sensor**.
- 3 Select a sensor type:
 - **ANT+ Sensor**
 - **Bluetooth Sensor**
- 4 From the detected sensor list, check the sensor you want to connect and select **Connect**.
- 5 After the sensor is paired with the watch, its status will change to *Connected*. The sensor data will then appear on the data pages.

Remove/Enable Sensor

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings** -> **Sensors** to open the sensor list, then choose the sensor you want to edit.
- 3 Press the **START** button to enter the selected sensor page.
- 4 Press the **START** button to toggle the switch: turn it on to enable the sensor, or turn it off to disable the sensor without removing it.
- 5 Rotate the **START** button to select **Remove**.
- 6 Press the **START** button. The watch will prompt you to confirm the removal.
- 7 Press the **START** button again to complete the removal, or press the **BACK** button to cancel.

Display Settings

Enter this menu to edit the display settings on the watch.

Brightness Settings

- 1 From the watch face page, rotate the **START** button to open the application list.
- 2 Select **System Settings** > **Display** > **Brightness**.
- 3 Press the **START** button to enable/disable the Auto Brightness switch.
- 4 When Auto Brightness is disabled, a Brightness Adjustment option will appear below.
- 5 Rotate the **START** button to select **Brightness Adjust** , and press the **START** button to enter the brightness settings page.
- 6 Rotate the **START** button to adjust the screen brightness.
- 7 Press the **START** button to return and save the brightness setting.

Screen Timeout Settings

You can set the timeout which determines the length of time before the screen turns off automatically.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings** > **Display** > **Screen Timeout**.
- 3 Press the **START** button to view the available timeout options.
- 4 Rotate the **START** button to switch between timeout options.
- 5 Press the **START** button to save the setting.

Enable/Disable Wake on Wrist Raise

When Wake on Wrist Raise is enabled, the screen will light up when you lift your wrist or when the watch is facing your body.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings > Display > Wake on Wrist Raise**.
- 3 Press the **START** button to turn this option on or off.

Enable/Disable Always-On Display

When Always-On Display is enabled, the screen will enter AOD mode after turning off, still showing some brief information.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings > Display > Always-On Display**.
- 3 Press the **START** button to turn this option on or off.

Note: Enabling Always-On Display will significantly increase power consumption and shorten battery life.

Enable/Disable Always-On Display During Activity

When Always-On Display During Activity is enabled, once an activity starts, the watch screen will keep showing data even after the set screen timeout or when wrist-down sleep mode is triggered. The brightness will be adjusted automatically so you can view the data at any time. This setting may affect battery life and display lifespan.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Display -> Always-On Display During Activity**.
- 3 Press the **START** button to turn this option on or off.

Sound Settings

Set the alert tones.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Sound -> Alert Tones**.
- 3 Press the **START** button to enter the options menu.
- 4 Rotate the **START** button to switch between alert tones options:
 - On
 - On During Activity Only
 - Off
- 5 Press the **START** button to save the setting and return.

Set the button tones.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Sound -> Button Tones**.
- 3 Press the **START** button to turn **Button Tones** on or off.

Vibration Settings

Set Alert Vibrations .

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Vibration -> Alert Vibrations**.
- 3 Press the **START** button to enter the options menu.
- 4 Rotate the **START** button to switch between alert tones options:
 - On
 - On During Activity Only
 - Off
- 5 Press the **START** button to save the setting and return.

Set the watch' s button vibrations.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Vibrations -> Button Vibrations**.
- 3 Press the **START** button to turn **Button Vibrations** on or off.

GPS

You can change the GPS satellite settings and customize the satellite system used for each activity.

- High Accuracy: Multi-Band + Multi-Satellite
- Smart: Automatically switches based on environment
- Balanced: Single-Band + Multi-Satellite
- Power Saving: Single-band GPS

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings** -> **GPS**.
- 3 Short press the **START** button to enter the options menu.
- 4 Rotate the **START** button to switch between GPS mode options:
 - High Accuracy: Multi-Band + Multi-Satellite
 - Smart: Automatically switches based on environment
 - Balanced: Single-Band + Multi-Satellite
 - Power Saving: Single-band GPS
- 5 Short press the **START** button to save the settings and return.

Focus Modes

Focus Mode includes two options: Do Not Disturb mode and Sleep mode.

Do Not Disturb Mode

When Do Not Disturb mode is enabled, the watch will mute sounds and vibration alerts for smart notifications and other pop-up reminders. However, notifications will still be received and saved in the Smart Notifications card.

Turn On/Off Do Not Disturb Mode

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings** → **Focus Mode** → **Do Not Disturb** → **Do Not Disturb Switch**.
- 3 Press the **START** button to turn on **Do Not Disturb** mode.
- 4 Press the **START** button again to turn off **Do Not Disturb** mode.

Note: Alarms and timers will still notify you as usual and are not affected by Do Not

Disturb mode.

Set Scheduled Do Not Disturb

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings → Focus Mode → Do Not Disturb → Scheduled DND**.
- 3 Press the **START** button to turn on the Scheduled DND switch.
- 4 Set the start time for Scheduled DND.
- 5 Set the end time for Scheduled DND.
- 6 Once completed, Do Not Disturb mode will automatically activate during the specified time period.

Sleep Mode

When Sleep Mode is enabled, the watch will automatically disable the Wake on Wrist Raise, dim the screen, and mute sounds and vibration alerts for smart notifications and other pop-up reminders. However, notifications will still be received and saved in the Smart Notifications card.

Note: Alarms and timers will still notify you as usual and are not affected by Do Not Disturb mode.

Turn On/Off Sleep Mode

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings → Focus Mode → Sleep Mode → Sleep Mode Switch**.
- 3 Press the **START** button to turn on **Sleep Mode**.
- 4 Press the **START** button again to turn off **Sleep Mode**.

Set a Sleep Schedule

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings → Focus Mode → Sleep Mode → Sleep Schedule**.
- 3 Press the **START** button to turn on the **Sleep Schedule** switch.
- 4 Set bedtime.
- 5 Set wake time.
- 6 Once completed, Sleep Mode will automatically activate during the specified time period.

Set Bedtime Reminder and Wake Alarm

After enabling the Sleep Schedule, the watch allows you to quickly set reminders before bedtime and after waking up.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings → Focus Mode → Sleep Mode → Sleep Schedule**.
- 3 Select **Bedtime Reminder**, press the **START** button to turn on the Bedtime Reminder switch. The watch will remind you to go to bed 10 minutes before the set bedtime.
- 4 Select **Wake Alarm**, press the **START** button to turn on the Wake Alarm switch. The alarm time is set to the wake time by default, and the alarm will sound when the wake-up time is reached.

Health Monitoring

In the Health Monitoring menu, you can edit the monitoring modes, reminder switches, or reminder thresholds for heart rate, blood oxygen saturation, and stress, making the watch better suited to your usage scenarios.

Heart Rate Settings

Modify heart rate monitoring options, such as turning heart rate alerts on/off, adjusting heart rate alert thresholds, and setting the measurement frequency.

Set High Heart Rate Alert

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings → Health Monitoring → Heart Rate Settings → High Heart Rate Alert**.
- 3 Press the **START** button to turn the High Heart Rate Alert on or off.
- 4 Rotate the **START** button to select the threshold.
- 5 Press the **START** button to enter the threshold selection menu.
- 6 Rotate the **START** button to adjust the high heart rate alert threshold.
- 7 Press the **START** button to save the settings and return.

Set Low Heart Rate Alert

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings → Health Monitoring → Heart Rate Settings → Low Heart Rate Alert**.

- 3 Press the **START** button to turn the Low Heart Rate Alert on or off.
- 4 Rotate the **START** button to select the threshold.
- 5 Press the **START** button to enter the threshold selection menu.
- 6 Rotate the **START** button to adjust the Low heart rate alert threshold.
- 7 Press the **START** button to save the settings and return.

Adjust Heart Rate Monitoring Frequency

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select ***System Settings -> Health Monitoring -> Heart Rate Settings -> Measurement Frequency.***
- 3 Short press the **START** button to enter the frequency selection menu.
- 4 Rotate the **START** button to adjust the **measurement frequency**.
- 5 Short press the **START** button to save the settings and return.

SpO₂ Settings

Modify the blood oxygen saturation monitoring mode.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select ***System Settings -> Health Monitoring -> SpO₂ Settings.***
- 3 Rotate the **START** button to switch between the available SpO₂ monitoring modes:
 - Manual Measurement
 - Sleep Measurement
 - All-Day Measurement
- 4 Short press the **START** button to save and return.

Stress Settings

Modify the stress monitoring mode, enable/disable **Stress Alert**, and adjust the stress alert threshold.

Stress Monitoring Mode

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select ***System Settings -> Health Monitoring -> Stress Settings.***
- 3 Rotate the **START** button to switch between the available Stress monitoring modes:

- Manual Measurement
 - All-Day Measurement
- 4 Short press the **START** button to save and return.

Stress Alert

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings → Health Monitoring → Stress Settings → Stress Alert**.
- 3 Press the **START** button to turn the Stress Alert on or off.
- 4 Rotate the **START** button to select the **Stress Alert Threshold**.
- 5 Press the **START** button to enter the threshold selection menu.
- 6 Rotate the **START** button to adjust the stress alert threshold.
- 7 Press the **START** button to save and return.

Accessibility

Configure the watch' s accessibility functions, such as shortcut buttons, auto-lock, and wrist preference.

Shortcuts – Short Press POWER

A short press of POWER defaults to the screen-off function.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Accessibility -> Shortcuts**.
- 3 Rotate the **START** button to select the **Short Press POWER**.
- 4 Short press **START** button to enter the selection menu:
 - Screen Off
 - Settings
 - None
 - Alipay
 - Activity Records
 - Flashlight
 - Music Controls
 - Heart Rate Broadcast
 - Smart Notifications
 - Alarm

- Stopwatch
- Timer

5 Short press **START** to save the setting and return.

Shortcuts – Long Press POWER

A long press of POWER defaults to the system settings page.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Accessibility -> Auto Lock**.
- 3 Rotate the **START** button to select the **Long Press POWER**.
- 4 Short press **START** button to enter the selection menu:
 - Settings
 - Screen Off
 - None
 - Alipay
 - Activity Records
 - Flashlight
 - Music Controls
 - Heart Rate Broadcast
 - Smart Notifications
 - Alarm
 - Stopwatch
 - Timer
 - Watch Lock
- 5 Short press **START** to save the setting and return.

Auto Lock

When the device is inactive and no operations are performed, the touchscreen and buttons will automatically lock. Hold the POWER button to unlock before performing other operations.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Accessibility -> Auto Lock**.
- 3 Select an option.

- 4 Select **Daily Mode**, then press the **START** button to enable or disable Auto Lock for Daily Mode.
- 5 Select **Sports Mode**, then press the **START** button to enable or disable Auto Lock for Sports Mode.

Wrist Hand

Select the hand you wear the watch on, either left or right.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Accessibility -> Wrist Hand**
- 3 Rotate the **START** button to switch between options:
 - Left
 - Right
- 4 Short press the **START** button to save the setting and return.

Profile

You can set up your personal profile, including gender, date of birth, height, weight, running max HR, running LT HR, and cycling FTP. The watch will use this information to calculate more accurate training data.

Running Max HR

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Profile -> Running Max HR**.
- 3 Press the **START** button to turn **Auto Detect** on or off.
- 4 When **Auto Detect** is disabled, rotate the **START** button to switch to the **Custom** option.
- 5 Press the **START** button to enter the heart rate value selection menu.
- 6 Rotate the **START** button to adjust the heart rate value you want to set.
- 7 Press the **START** button to save the setting and return.

Running LT HR

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Profile -> Running LT HR**.
- 3 Press the **START** button to turn **Auto Detect** on or off.
- 4 When **Auto Detect** is disabled, rotate the **START** button to switch to the **Custom** option.

- 5 Press the **START** button to enter the heart rate value selection menu.
- 6 Rotate the **START** button to adjust the heart rate value you want to set.
- 7 Press the **START** button to save the setting and return.

Cycling FTP

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Profile -> Cycling FTP**.
- 3 Press the **START** button to turn **Auto Detect** on or off.
- 4 When **Auto Detect** is disabled, rotate the **START** button to switch to the **Custom** option.
- 5 Press the **START** button to enter the FTP value selection menu.
- 6 Rotate the **START** button to adjust the FTP value you want to set.
- 7 Press the **START** button to save the setting and return.

User Information

Set the user's gender, birth date, height, and weight.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Profile -> User Info. -> Gender**.
- 3 Rotate the **START** button to switch between gender options:
 - Male
 - Female
- 4 Press the **START** button to save the setting and return.

Birth Date

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Profile -> User Info. -> Birth Date**
- 3 Rotate the **START** button to modify birth date:
- 4 Press the **START** button to save the setting and return.

Height

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Profile -> User Info. -> Height**
- 3 Rotate the **START** button to modify height:
- 4 Press the **START** button to save the setting and return.

Weight

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> Profile -> User Info. -> Weight**
- 3 Rotate the **START** button to modify weight:
- 4 Press the **START** button to save the setting and return.

General

You can set the language, date and time format, perform operations such as restart, power off, unpair, or reset, and view the device information.

Language

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> General -> Language**.
- 3 Rotate the **START** button to choose the language.
- 4 Press the **START** button to save the setting and return.

Time Format

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> General -> Date & Time ->Time Format**
- 3 Rotate the **START** button to switch the time format.
 - 12-Hour
 - 24-Hour
 - Follow Phone
- 4 Press the **START** button to save the setting and return.

Date Format

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> General -> Date & Time ->Date Format**
- 3 Rotate the **START** button to switch the date format.
 - Y/M/D
 - M/D/Y
 - D/M/Y
- 4 Press the **START** button to save the setting and return.

Restart

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> General -> Restart**.
- 3 Short press the **START** button; the watch will prompt you to confirm the restart.
- 4 Short press the **BACK** button to cancel and return to the previous page, or short press the **START** button to restart.

Powering Off

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> General -> Power Off**.
- 3 Short press the **START** button; the watch will prompt you to confirm whether to power off.
- 4 Short press the **BACK** button to cancel and return to the previous page, or short press the **START** button to power off.

Unpairing

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> General -> Unpair**.
- 3 Short press the **START** button; the watch will prompt you to confirm whether to unpair.
- 4 Short press the **BACK** button to cancel and return to the previous page, or short press the **START** button to unpair.

Restore Settings

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> General -> Restore Settings**.
- 3 Short press the **START** button; the watch will prompt you to confirm whether to restore the settings;
- 4 Short press the **BACK** button to cancel and return to the previous page, or short press the **START** button to restore.
- 5 Note: This operation will restore all settings to their default values but will not delete any data or files.

Factory Reset

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> General -> Reset -> Factory Reset**
- 3 Short press the **START** button; the watch will prompt you to confirm the factory reset ;
- 4 Short press the **BACK** button to cancel and return to the previous page, or short press the **START** button to reset the watch to factory settings.

Note: This operation will reset the device and erase all data and files.

About

View the device information.

- 1 From the watch face, rotate the **START** button to open the application list.
- 2 Select **System Settings -> General -> About**.
- 3 Short press **START** to view the device name, software version, hardware version, MAC address, SN code, and other certification information.

TOOLBOX

By long pressing the **BACK** button, you can enter the Toolbox. Here, you can quickly access the widgets, as well as add, reorder, or remove widgets in the Toolbox.

Icon	Name	Description
	Alarm	You can set alarms on the watch. The alarm will notify you precisely at the set time.
	Stopwatch	Suitable for various short-term timing scenarios, such as recording the completion time of sprints, swimming, and other activities.
	Do Not Disturb Mode	Enable or disable Do Not Disturb mode. This will mute sound and vibration alerts for smart notifications.
	Watch Lock	When Watch Lock is enabled, both buttons and the touchscreen are locked.
	Sleep Mode	Enable or disable Sleep Mode. This lowers screen brightness and mutes sound and vibration alerts for smart notifications.
	Brightness	You can quickly turn on the auto-brightness feature or manually adjust the screen brightness.

	Timer	You can quickly set a countdown timer, which will notify you when the time is up.
	Flashlight	You can use the watch screen as a light source with three available modes.
	Broadcast HR	Shares heart rate data with other compatible devices.
	Always-On Display	Quickly enable or disable Always-On Display. When enabled, the watch screen switches to AOD mode after timeout, still showing key information.
	Gesture	Quickly enable Gesture. When enabled, the watch screen will light up when you lift your wrist or face the watch toward your body.
	Metronome	Plays tones or vibrates at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence.
	Battery Saver	Quickly enable Standard or Ultra Battery Saver to reduce power consumption and extend battery life.
	Music Control	Provides music player controls for your phone. The iGPSPORT APP must remain connected.
	Find My Phone	Makes the phone ring to help you locate it when the watch and phone are within Bluetooth range.
	Breath Training	Helps you regulate breathing and reduce stress.
	Alipay	Provides access to payment codes or transit codes, making it easy to shop or commute.
	Sensor	Provides quick access to sensors.
	Touch Lock	Quickly enable or disable the watch' s touchscreen.
	Settings	Provides quick access to system settings.

Alarm

You can set alarms on the watch and it will notify you precisely at the set time.

Setting an Alarm

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button, select **Alarm** -> **Add Alarm**.
- 3 Enter the alarm time and select the repeat frequency.

Editing an Alarm

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button, select **Alarm**;
- 3 Select an alarm.
- 4 Select an option:
 - Turn the alarm on or off
 - Edit the alarm time
 - Set the alarm to repeat by selecting **Repeat** and configuring the cycle
 - Delete the alarm

Stopwatch

Stopwatch is for various short-term timing scenarios, such as recording the completion time of sprints, swimming, and other activities.

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Stopwatch**.
- 3 Press the **START** button to start timing.
- 4 Press the **BACK** button to record a lap.
- 5 Press the **START** button to pause the stopwatch.
- 6 Press the **BACK** button to reset the stopwatch records.

Do Not Disturb Mode

Quickly enable or disable Do Not Disturb mode. When Do Not Disturb mode is enabled, the watch will continue to receive notifications, but the sound and vibration alerts for smart notifications and pop-ups will be muted.

Tip: Alarms and timers will still notify you as usual and are not affected by Do Not Disturb mode.

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Do Not Disturb**.
- 3 Press the **START** button to enable Do Not Disturb mode.

Watch Lock

When Watch Lock is enabled, both the buttons and the touchscreen will be locked to prevent accidental operations in special scenarios.

To exit Watch Lock, hold the **POWER** button for 2 seconds. The watch will also display an unlock reminder.

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Watch Lock**.
- 3 Press the **START** button to enable **Watch Lock**.

Sleep Mode

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Sleep Mode**.
- 3 Press the **START** button to enable **Sleep Mode**.

Brightness

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Brightness**.
- 3 Short press the **START** button to enter the brightness settings page (same as Settings - > Display -> Adjust Screen Brightness, page xx).
- 4

Timer

Start a Timer

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button and select **Timer**.
- 3 Rotate the **START** button and select an option:
 - Custom
 - 30 seconds
 - 1 min
 - 3 min

- 5 min
- 10 min
- 30 min
- 1 hour

4 Short press the **START** button to start the countdown.

Timer Settings

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button and select **Timer -> Timer Settings**.
- 3 Short press the **START** button to enable/disable **Reset Timer**.
- 4 Set the timer end alert by selecting one option:
 - Sound and Vibration
 - Vibration
 - None
- 5 Short press the **START** button to save the settings and return.

Flashlight

Turn on the flashlight function to light up the watch screen at high brightness, allowing it to be used as an illumination device.

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button and select **Flashlight**.
- 3 Short press the **START** button to enter the **Flashlight**.
- 4 Rotate the **START** button to switch between the three flashlight modes:
 - White Steady Light
 - White Flash
 - Red Steady Light

Broadcast HR

Push heart rate data from the watch to a connected device to view your heart rate. Enabling heart rate broadcasting will reduce battery life.

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Broadcast HR**.
- 3 Press the **START** button to enter **Broadcast HR**.
- 4 Press the **START** button to enable broadcasting.
- 5 Press the **START** button again to disable broadcasting.

Always-On Display

Enabling Always-On Display allows the watch face data to remain visible at all times and lets you adjust the brightness. This setting may affect battery life and screen longevity.

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Always-On Display**.
- 3 Press the **START** button to enable **Always-On Display**.
- 4 The watch will prompt you to confirm enabling and display a confirmation message.
- 5 Press the **START** button to enable **Always-On Display**.
- 6 Press the **START** button again to disable **Always-On Display**.

Gesture

Enabling **Gesture** will turn on the screen when you raise your wrist or when the watch is facing your body.

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Gesture**.
- 3 Press the **START** button to enable **Gesture**.
- 4 Press the **START** button again to disable **Gesture**.

Metronome

Metronome can play tones or vibrates at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence.

Using the Metronome

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** to select **Metronome -> Start**.
- 3 Short press the **START** button to pause the metronome.
- 4 Short press the **START** button again to resume the metronome.
- 5 Short press the **BACK** button to turn off the metronome and return to the previous page.

Metronome Cadence Settings

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Metronome -> Cadence**.
- 3 Rotate the **START** button to adjust the cadence using the scroll selector.
- 4 Short press the **START** button to save the settings.

Alert Frequency Settings

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Metronome -> Alert Frequency**.
- 3 Select an option.
 - 1 Step 1 Beat
 - 2 Steps 1 Beat
- 4 Short press the **START** button to save the settings.

Alert Type Settings

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Metronome -> Alert Type**.
- 3 Select an option.
 - Vibration & Sound
 - Vibration
 - Sound
- 4 Short press the **START** button to save the settings.

Battery Saver

You can enable either the Normal Battery Saver or the Ultra Battery Saver to reduce

power consumption and extend the watch's battery life.

Enable Normal Battery Saver:

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Battery Saver** -> **Normal Battery Saver**.
- 3 Press the **START** button and the watch will prompt you to confirm whether to enable it, displaying a confirmation message.
- 4 Press the **START** button to confirm enabling.
- 5 Press the **START** button again to disable Normal Battery Saver.

Enable Ultra Battery Saver:

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Battery Saver** -> **Ultra Battery Saver**.
- 3 Press the **START** button and the watch will prompt you to confirm whether to enable it, displaying a confirmation message.
- 4 Press the **START** button to confirm enabling.
- 5 Press the **POWER** button again to disable Ultra Battery Saver.

Music Control

Keep the watch connected to the iGPSPORT APP to control music playback on your smartphone.

This function requires that music playback is enabled on your smartphone.

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Music Control**.
- 3 Short press the **START** button to pause/play.
- 4 Short press the **POWER** button to skip to the next.
- 5 Long press the **POWER** button to go to the previous.
- 6 Rotate the **START** button: rotate upward to increase the volume, rotate downward to decrease the volume.

Find My Phone

The Find My Phone tool requires pairing with the iGPSport APP. Keep the watch and phone within Bluetooth range, then activate **Find My Phone**. The phone will play a sound to alert you, helping you locate it.

Note: During the Find My Phone process, the phone will play a sound regardless of whether it is in ringing, vibration, or silent mode.

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Find My Phone**.
- 3 Short press the **START** button to start finding the phone.
- 4 Short press the **START** button again to stop the search.

Breathwork

Breath training helps you regulate breathing and reduce stress.

Enable Breathing Training

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Breathing Training**.
- 3 Short press the **START** button to begin the breathing training.
- 4 Short press the **START** button again to end the training and post-training heart rate and stress data will be displayed.

During breathing training, it is recommended to wear the watch correctly, follow the watch prompts for inhaling and exhaling, and remain in a quiet state, such as sitting still with your arms resting horizontally on a table.

Note: The breathing training must last at least 30 seconds to be recorded, ensuring it effectively helps reduce stress.

If the watch is not worn correctly during the training, it will not display your post-training heart rate and stress data when the training ends.

Modify Breathing Training Settings

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Breathing Training**.
- 3 Short press the POWER button to enter breath settings.
- 4 Select an option:
 - Training Time
 - Breath Pace
- 5 To set Training Time, rotate the **START** button to switch between duration options, then short press START to save the setting.
- 6 To set Breath Pace, rotate the **START** button to switch between pace options (Slow, Normal, Fast), then short press **START** to save the setting.

Alipay

Bind your Alipay account on the watch and enable the Alipay widget to access payment codes and transit codes, making it convenient for shopping or taking public transportation.

Before using Alipay payment on the watch, please ensure:

- Your Alipay account has completed identity verification.
- The watch is paired with the latest version of the iGPSPORT APP and data has been synchronized.

Bind Alipay Account

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Alipay**, and short press **START** to confirm.
- 3 Make sure Bluetooth on your phone is turned on, open Alipay's scan feature, and scan the QR code on the watch.
- 4 Complete the payment setup and binding.

Tip: Alipay supports offline payments. There is no need to connect to a phone or network when using the watch for payment.

Payment Code

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Alipay -> Payment Code**, and short press **START** to confirm.
- 3 Rotate the **START** button to switch between displaying a QR code or a barcode.

Sensors

Same entry as in Settings (Settings -> Sensors, page xx)

Touchs Lock

- 1 From the watch face, long press the **BACK** button to enter the Toolbox.
- 2 Rotate the **START** button to select **Touch Lock**;
- 3 Short press the **START** button to enable **Touch Lock**. The watch will enter touchscreen lock mode, disabling touch input.

To exit the lock mode, short press the **START** button again to disable **Touch Lock** and enable touch input.

System Settings

Same entry as in the applications (Applications-> Settings, page xx)

ACTIVITIES

The watch can be used for indoor and outdoor activities and fitness activities. When starting an activity, the device will display and record sensor data.

Before starting, make sure the device has sufficient battery power (see “Charging the Watch,”).

After finishing an activity, data will be saved on the watch and automatically synced when connected to the iGPSport APP.

Start an Activity

When starting an activity, GPS will automatically turn on (depending on the activity type).

- 1 From the watch face, press the **START** button.
- 2 Select an activity from the activity list.
- 3 If the activity requires GPS, wait in an open outdoor area until the device completes satellite positioning.
- 4 Press the **START** button to begin. The watch will only record activity data after the activity has started.

End an Activity

- 1 Press the **START** button.
- 2 Select an option:
 - **Resume**: Continue the activity after pausing.
 - **Save**: Save the activity and view the details. Select *Save*, press the **START** button to confirm, then select your training feedback and press the **START** button to confirm.
 - **Activity Settings**: Modify the activity settings.
 - **Discard**: Discard the activity; the current activity record will not be saved.

Note: After saving an activity, you can enter a self-assessment of your training feedback.

Modify Activity Settings

The available settings may vary depending on the activity type. For specific sports, refer to the dedicated activity instructions.

- 1 From the watch face, press the **START** button.
- 2 From the activity list, select an activity.
- 3 On the activity preparation page, press the **POWER** button, then select an option:
 - Activity Alert
 - Heart Rate
 - Time
 - Distance
 - Pace
 - Speed
 - Cadence
 - Steps
 - Cadence(RPM)
 - Power

- Burn
 - Refuel
 - Lap
 - Auto Lap
 - Distance
 - Time
 - More
 - Countdown Start
 - Auto Pause
 - Auto Scroll
- 4 After switching the setting, press the **START** button to save.

Outdoor Activities

Start Running

- 1 From the watch face, press the **START** button.
- 2 From the activity list, select **Running**.
- 3 In an open outdoor area, wait for the device to complete GPS satellite positioning. Once successful, the GPS indicator ring will turn **green**.
- 4 Press the **START** button to begin the running activity timer.
- 5 Start running.
- 6 When the activity is finished, press the **START** button and select **Save** (see *Ending an Activity*).

Track Run

- 1 From the watch face, press the **START** button.
- 2 Select **Track Run** from the activity list.
- 3 The first time you enter Track Run mode, you need to select a lane:
 - Lane 1
 - Lane 2

- Lane 3
 - Lane 4
 - Lane 5
 - Lane 6
 - Lane 7
 - Lane 8
 - Lane 9
- 4 Short press the **START** button to save the lane selection (the watch will remember this lane the next time you enter this activity).
 - 5 In an open outdoor area, wait for the device to complete GPS satellite positioning; once successful, the GPS positioning ring will turn green.
 - 6 Press the **START** button to begin the track running timer.
 - 7 Start running.
 - 8 When the activity is finished, press the **START** button and select **Save** (see *Ending an Activity*).

Change the Track Run Lane

- 1 From the watch face, press the **START** button;
- 2 Select **Track Run** from the activity list;
- 3 Short press the **POWER** button and select **Track Settings**;
- 4 Rotate the **START** button to choose the lane you want;
- 5 Short press the **START** button to save the track settings.

Indoor Activity

The watch can be used for indoor activities, such as running on a treadmill or cycling on an indoor trainer.

During indoor activities, GPS will be turned off. When GPS is off, the device will use the accelerometer to calculate speed and distance for indoor running or walking.

Note: Holding the treadmill handrails while running may reduce data accuracy.

When performing indoor cycling, GPS is turned off, and speed and distance data are unavailable. Connect sensors that provide speed and distance data to the watch, such as a speed sensor or a smart trainer (see *Sensors*).

Indoor Running

Run at least 1.5 km on a treadmill to calibrate the distance for more accurate measurements.

If you will run on different treadmills, you can manually calibrate the distance for each treadmill or after each run.

- 1 From the watch face, press the **START** button;
- 2 Select **Indoor Running** from the activity list.
- 3 Short press the **START** button to begin indoor running timer.
- 4 Start running.
- 5 After the first run, rotate the **START** button to select the running distance you want to calibrate.
- 6 Short press the **START** button to save.

Indoor Trainer

Before using a smart trainer for indoor cycling, pair the watch with the trainer via ANT+ (see Pairing Sensors). The watch can simulate resistance during free ride or training with a smart indoor trainer, while automatically disabling GPS.

- 1 From the watch face, press the **START** button;
- 2 From the activity list, select **Indoor Cycling**.
- 3 Short press the **POWER** button, go to **Activity Settings -> Smart Trainer**, and connect to the trainer. Then short press the **BACK** button to return to the preparation page (see Sensors).
- 4 To switch the trainer mode, short press the **POWER** button, go to **Activity Settings -> Smart Trainer**.
- 5 Select an option:
 - Free Ride: Ride according to your personal preference
 - Resistance Mode: Set the resistance to be applied by the trainer
 - Power Mode: Set the target power value
 - Grade Mode: Set the simulated grade value
 - Based on Workout: Follow the selected training workout
 - Simulate a Route: Follow a route from an existing activity record
- 6 Short press the **START** button to save the mode setting.
- 7 Short press the **START** button to start indoor cycling timer. The trainer will adjust resistance according to the workout or activity elevation data.

- 8 Start Cycling.
- 9 Short press the **START** button and select **Save**.

Swimming

The watch is intended for swimming only and is not suitable for diving. Using it for diving may cause damage to the watch and void the warranty. The watch's optical heart rate sensor is suitable for swimming activities.

Note: When any swimming activity is started, the watch will automatically lock the touchscreen. The touchscreen will be disabled, and it can automatically exit touchscreen lock after pressing the button to end the activity.

Open Water Swimming

You can record swimming data such as distance, pace, SWOLF score, strokes, and stroke rate. You can also add data screens to the default open water swimming activity.

- 1 From the watch face, press the **START** button.
- 2 From the activity list, select **Open Water**.
- 3 In an open outdoor area, wait for the device to complete GPS satellite positioning. Once successful, the GPS indicator ring will turn green.
- 4 Press the **START** button to begin recording your open water swim.
- 5 Swim.
- 6 When finished, press the **START** button and select **Save** (see *Ending an Activity*).

Pool Swim

- 1 From the watch face, press the **START** button.
- 2 From the activity list, select **Pool Swim**
- 3 Select the pool length, or manually enter a custom value:
 - 25 m
 - 50 m
 - 33 1/3 m

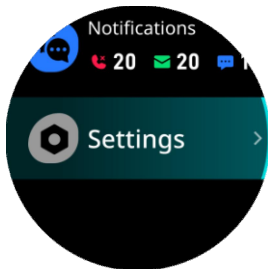
- 25 yd
 - 33 1/3 yd
 - Custom
- 4 Short press the **START** button to save the pool length (the device will remember this option for the next swim).
 - 5 Short press the **START** button to begin pool swimming.
 - 6 Swim.
 - 7 When finished, short press the **START** button and select **Save** (see *End Activity*).

DEVICE

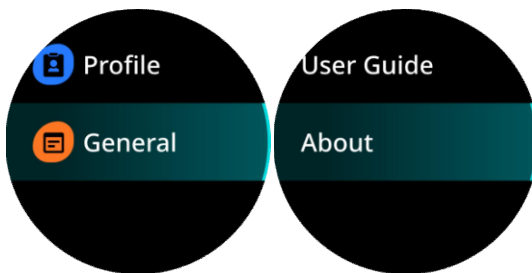
Viewing Device Information

You can view device information such as device ID, software version, copyright statement, and certifications.

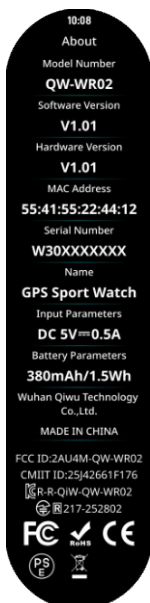
- 1 From the watch face page, rotate the **START** button to open the application list.
- 2 Select **System Settings**.



- 3 Select **General** -> **About**.



- 4 Press **START** to view the watch's device name, software version, hardware version, MAC address, SN code, and other certification information.



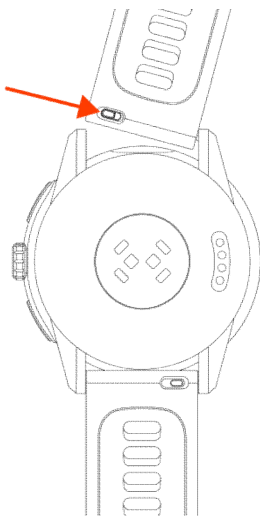
Device Care

- When operating the touchscreen, avoid using hard or sharp objects to prevent damage.
- Do not use chemical cleaners or organic solvents to clean the watch, to protect its components and finish.
- Strong impacts or drops may shorten the device's lifespan or cause damage.
- Avoid pressing buttons underwater, such as while swimming.
- After exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other chemicals, rinse the watch thoroughly with clean water, as prolonged contact may cause damage.
- Do not store the watch in extreme temperatures for long periods, as this may cause permanent damage.

Device Cleaning

- 1 Rinse the watch with clean water, then wipe it with a soft, clean cloth.
- 2 Keep the watch dry after cleaning.

Changing the Bands



The strap of this watch is 22 mm wide and compatible with other 22 mm straps.

- 1 Slide the quick-release lever of the spring bar to remove the strap;

- 2 Insert one side of the new strap's spring bar;
- 3 Slide the quick-release lever to attach the other end of the spring bar to the watch;
- 4 Repeat steps 1 to 3 to replace the strap on the other side.

Battery Life

The actual battery life depends on the functions enabled on the watch, such as always-on display, monitoring mode and frequency of health data (heart rate/blood oxygen/stress), workouts, smart notifications, GPS, and connected sensors.

Mode	Battery Life
Default: Daily Mode	Up to 14 d.
GPS High Accuracy Mode (Dual-band, Multi-satellite)	Up to 20 hr.

Specifications

The estimated battery life is based on tests conducted under standard conditions in the iGPSPORT laboratory. Actual usage time may vary depending on enabled features and usage environment, such as activity tracking, health monitoring modes and frequency, smart notifications, GPS signal strength, and connected sensors.

Name	VeRun
Weight	32.5g (Watch case)
Dimension	45.3*45.3*12.3mm (without lugs)
Battery	380mAh Li-ion rechargeable battery
Waterproof Rating	5ATM
Storage	8GB
Operating Temperature	-20°C-50°C
Bluetooth Transmission	ANT+、Bluetooth

APPENDIX

Training Effect is used to measure the impact of a single workout on fitness level. Depending on the training intensity, it is generally divided into aerobic and anaerobic training effects. Both are quantified on a scale of 0 – 6, with one decimal place.

Training Effect

Aerobic Training Effect

Level	Description
5.1-6.0 Maximum/ Almost Full Intensity	Aerobic training effect reaches its maximum; it is recommended to monitor fatigue levels and take appropriate rest. It is important to note that long-term training at this intensity may lead to overtraining.
4.1-5.0 High Intensity	Consumes a large amount of aerobic energy, resulting in high aerobic training effectiveness and improved aerobic performance. It is recommended to ensure sufficient rest.
3.1-4.0 Moderate Intensity	Consumes more than 50% of aerobic energy, resulting in good aerobic training effectiveness. Effectively maximizes the benefits of aerobic training. It is recommended to moderately increase training intensity for better aerobic training results.
2.1-3.0 Low Intensity	Consumes about half of aerobic energy, with mild training effect. Increase training duration for better results.
1.1-2.0 Very Low Intensity	Limited utilization of aerobic energy, resulting in low aerobic training effectiveness. This is suitable for dynamic recovery.
0.1-1.0 Minimal Intensity	Aerobic energy utilization is minimal, and the aerobic training effect is very low. It is recommended to gradually increase training time and intensity to achieve better aerobic training results.

Anaerobic Training Effect

Level	Description
5.1-6.0 Maximum/ Almost	Aerobic training effect reaches its maximum; It is recommended to monitor fatigue levels and take appropriate rest,

Full Intensity	especially during high intensity workouts. It is important to note that long-term training at this intensity may lead to overtraining.
4.1-5.0 High Intensity	Consumes a large amount of anaerobic energy, resulting in high anaerobic training effectiveness. This intensity is suitable for improving anaerobic fitness and performance, but sufficient rest should be ensured.
3.1-4.0 Moderate Intensity	Consumes most of the anaerobic energy, resulting in good anaerobic training effectiveness. It is recommended to moderately increase training intensity for better anaerobic training results.
2.1-3.0 Low Intensity	Consumes more than 50% of anaerobic energy, effectively maintaining anaerobic training effectiveness. It is recommended to increase training intensity for better anaerobic training results.
1.1-2.0 Very Low Intensity	Consumes nearly half of the anaerobic energy, resulting in low anaerobic training effectiveness. It is recommended to incorporate moderate to high-intensity interval training to enhance the anaerobic energy system for better anaerobic training results.
0.1-1.0 Minimal Intensity	Limited utilization of anaerobic energy, resulting in very low anaerobic training effectiveness. It is recommended to gradually increase training intensity and volume for better anaerobic training results.

Training Load

- By analyzing the user's previous workout and applying a fixed weighting, a value representing the user's training load is calculated. A higher value indicates greater stress, reflecting the impact of training on the body. By comparing short-term and long-term load changes, you can assess your training volume over a period of time. Heart rate and speed data are required.
- Short-term Training Load: The weighted sum of training loads over the past 7 days.

- Long-term Training Load: The weighted average of training loads over the past 4 weeks.

Training Load Changes

The total load on the body resulting from physiological or perceptual responses to training. Load Trend / Load Ratio: The ratio of short-term to long-term training load.

Level	Description
Training Load Ratio > 1.5 , High	Recent training load is excessive. It is recommended to reduce the training load to avoid injury.
Training Load Ratio 0.8-1.5, Optimal	Your recent training load is optimal and promotes training adaptation.
Training Load Ratio <0.8, Low	Recent training load is insufficient to generate positive training adaptation. It is recommended to increase the training load to achieve positive training adaptation.

Stamina

During workout, physiological data and pace will be analyzed to estimate the remaining stamina in real time, helping you adjust your training accordingly.

Stamina	Training Experience	Description
86.0-100.0 Excellent	1.0-1.5 Very easy Easy	The user is in excellent condition and can begin training or participate in a running event. It is recommended to engage in high-intensity or long-duration exercises.
61.0-85.9 Good	1.6-4.0 Easy Moderate	The user is in good condition and can maintain the same intensity for the next workout. It is recommended to start the next workout.
41.0-60.9 Fair	4.1-6.0 Moderately	The user is in average condition and will not be able to maintain the same intensity for the next workout.

	Challenging Challenging	It is recommended to lower the intensity or rest until fully recovered.
16.0-40.9 Very Fatigued	6.1-9.0 Very Challenging	The user is in poor condition and has reached a state of extreme fatigue. It is recommended to rest immediately until fully recovered.
0.0-15.9 Exhausted	9.1-10.0 Maximum Effort	The user is in poor condition and has reached a state of extreme fatigue. It is recommended to rest immediately until fully recovered.

Energy Consumption

The energy consumption algorithm estimates your energy expenditure based on heart rate and personal profile data, including resting heart rate, maximum heart rate, and VO₂MAX.

Calibration condition: Exercise for 20 minutes with heart rate maintained above Zone 3 or 70% of heart rate reserve.

Energy Sources

Energy source analysis shows the proportion of calories burned from carbohydrates and fat . A value is generated for each activity.

Calibration condition: Exercise for 20 minutes with heart rate maintained above Zone 3 or 70% of heart rate reserve.

VO₂ Max

VO₂ Max is the maximum rate of oxygen which the body can take in and use during intense activity, measured in milliliters per kilogram per minute (ml/kg/min). This physiological metric is often used to indicate your individual cardiovascular and aerobic capacity. It is categorized into Running VO₂MAX and Cycling VO₂MAX.

Males	Percentage	Age Group					
		20-29	30-39	40-49	50-59	60-69	70-79
Elite	95%	≥66.3	≥59.8	≥55.6	≥50.7	≥43	≥39.7
Excellent	75%-94%	≥55.2	≥49.2	≥45	≥39.7	≥34.5	≥30.4
Good	50%-74%	≥48	≥42.4	≥37.8	≥32.6	≥28.2	≥24.4

Fair	25%-49%	≥40.1	≥35.9	≥31.9	≥27.1	≥23.7	≥20.4
Poor	10%-24%	≥32.1	≥30.2	≥26.8	≥22.8	≥19.8	≥17.1
Very Poor	<10%	<32.1	<30.2	<26.8	<22.8	<19.8	<17.1

Females	Percentage	Age Group					
		20-29	30-39	40-49	50-59	60-69	70-79
Elite	95%	≥56	≥45.8	≥41.7	≥35.9	≥29.4	≥24.1
Excellent	75%-94%	≥44.7	≥36.1	≥32.4	≥27.6	≥23.8	≥20.8
Good	50%-74%	≥37.6	≥30.2	≥26.7	≥23.4	≥20	≥18.3
Fair	25%-49%	≥30.5	≥25.3	≥22.1	≥19.9	≥17.2	≥15.6
Poor	10%-24%	≥23.9	≥20.9	≥18.8	≥17.3	≥14.6	≥13.6
Very Poor	<10%	<23.9	<20.9	<18.8	<17.3	<14.6	<13.6

IGPSPORT

Official Website: www.igpsport.com

Manufacturer: Wuhan Qiwu Technology Co., Ltd.

Address: 3rd Floor, Building 04, Creative World Zone D, No.16 West Yezhihu Road, Hongshan

District, Wuhan City, Hubei Province, China

Telephone: 027-87835568

E-mail: service@igpsport.com

FCC Caution:

Any changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate this 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 device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

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

FCC ID: 2AU4M-QW-WR02

Warning:

- 1. Use careful with the earphone maybe possible excessive sound pressure from earphones and headphones can cause hearing loss.
- 2. CAUTION: RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.
- 3. The product shall only be connected to a USB interface of version USB2.0.
- 4. Adapter shall be installed near the equipment and shall be easily accessible.
- 5. Operation temperature: -10~40℃.
- 6. The plug considered as disconnect device of adapter.
- 7. Accessories information:
Adapter: N/A
Model: QW-WR02
Battery: DC 3.91V, 383mAh, 1.5Wh
Power supply: DC 3.91V from battery or DC 5V from charging port

This information has to be presented in such a way that the user can readily understand it. Typically, this will necessitate translation into every local language (required by national consumer laws) of the markets where the equipment is intended to be sold. Illustrations, pictograms and using international abbreviations for country names may help reduce the need for translation.

EU Declaration of Conformity

We,
KWuhan Qiwu Technology Co.,Ltd.(3 / F, Creative workshop, No.04, District D, Creative world, No.16 Yezhihu West Road, Hongshan District, Wuhan City, Hubei Province, China.) hereby declares that this GPS Sport Watch is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.
According to Article 10(2) of Directive 2014/53/EU, the GPS Sport Watch can be used in Europe without restriction.

	ES	LU	RO	CZ	FR	HU	SI
	DK	HR	BE	BG	DE	EE	IE
	EL	IT	Cy	LV	LT	SK	MT
	NL	AT	PL	PT	FI	SE	TR
	NO	CH	IS	LI			