CW Watch S1 Pro

User Guide

Your CW Watch S1 Pro

Steps for Use

You can follow these steps to use CW Watch S1 Pro: ① **Wear** → ② **Power On** → ③ **Set up** → ④ **Start Using**

The following steps will take approximately 5 to 10 minutes, please schedule a suitable time.

① Wear Your Watch

Step 1: Thread the longer band through the first loop of the shorter band.

Step 2: Adjust to a comfortable tightness, then press the holes on the longer band onto the metal pin buckle of the shorter band.

Step 3: Insert the longer band into the second loop of the shorter band and tighten.

② Power On

Press the Digital Crown until the startup screen appears.

Note: If the watch can't power on, it may be because the battery has drained due to long periods of inactivity. Please charge it for approximately 10 minutes and wait for it to power on automatically.

③ Wear Your Watch

Step 1: Download the Fitbeing app

Go to the app store on your phone, search for **Fitbeing**, and install it.

For Android phones, go to the Google Play. For iPhone, go to the App Store.

You can also scan the QR code on the left to quickly go to the **Fitbeing** app in the app store, and install it.

Step 2: Pair with the App

Open the Fitbeing app and select "**Set Up a Device**" on the home page. Follow the instructions to pair your "**CW Watch S1 Pro**" via Bluetooth. Then you can start using the watch.

Attentions:

1. To prevent connection issues between the app and the watch, please do not pair directly within the Bluetooth device list in your phone's system settings.
2. To ensure successful pairing, please grant Fitbeing App permissions to access Bluetooth, Location, and Camera on your phone.

④ Get Started

Touchscreen Operation

Support full-screen touch (swipe, tap, touch and hold).

Common uses of the crown

Press the Crown:

1. Short press the crown to wake up the screen when it is in deep mode.
2. Short press the crown on the main watch face to enter the app center.
3. Exit an app.

Long press the crown (3s): Force restart the watch.

Rotate the crown:

1. Scroll the interface view.
2. Adjust the volume of notifications and phone calls.

Common Functions

Notification Center

Swipe down on the watch face screen.

Control Center

To access the Control Center, swipe up on the watch face screen. Enable features like Silent Mode, Sleep Mode, Always-on Display, and adjust brightness and volume swiftly.

Tiles

To switch quickly between the Suggestions, Activity, Heart Rate, Sleep, Weather, or Workout tiles, swipe left or right on the watch face screen.

Change the Watch Face

To change the watch face, press and hold the screen for 1 second to access the watch face gallery.

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For outdoor workouts, wait in an open area until the GPS connects. The blinking icon ⌖ shows it's acquiring a location fix and will stop blinking upon success.

Health Metrics Measurement

When wearing the watch, it automatically measures heart rate, blood oxygen, sleep, stress, and activity. You can also view and track this data in the application.

Install New Watch Faces

In the Fitbeing app, navigate to the Face Gallery page to pick up your preferred watch face.

Charge the Watch

To charge the watch, connect the charging cable to a USB power source. Attach the other end to the charging contact on the back of the watch. The watch will display a charging icon while it is being charged.

Note:
Make sure the USB charging plug is at the same side as the crown.
Ensure to use a standard USB power source with an output of 5V, 1A or above.
Prior to charging, ensure to clean the charging contacts of the watch to eliminate any lingering sweat or moisture.

Charge the Watch

Remove band

1. Pull the spring bar from the groove.
2. Push and hold the spring bar.
3. Pull it out gently to remove the band.

Install band

1. Insert the metal pin at position "A" in the hole.
2. Push and hold the spring bar.
3. Press the band into the body and release the spring bar.
4. Pull the watch band to confirm its firm installation.

Wear and Care

- It is advised to remove the watch for approximately one hour every 24 hours to prevent skin discoloration or irritation from tingling, or a burning sensation, take off the watch and rest your wrist.
- To maintain hygiene, regularly clean your watch and wrist, particularly after workouts and sweating. Avoid using hand soap, cleaner gel, dishwashing liquid, or cleaning wipes as they can cause skin irritation. Instead, use mild soap and fresh water to clean the band.

Wear Your Watch

For optimal data accuracy, please observe the following guidelines while wearing the watch:

1. Wear the watch at a position approximately two finger-widths from your wrist bone.
2. For comfort, adjust the band to allow a finger's width between it and your wrist. This ensures both contact and fit.

Key Specifications

Product Name	CW Watch S1 Pro
Display	1.78" HD AMOLED
Resolution	368 x 448
Battery Capacity	350 mAh
Wireless Connection	Bluetooth 5.3
Water resistance gade	5ATM
Satellite positioning	Support GPS L1+BDS
Body Dimension	45.9mm x 38.5mm x 12.4mm
Working Temperature	0°C ~ 50°C
Compatible Operating Systems	iOS 13.0 and above, Android 9.0 and above

Precautions

- Do not replace the built-in battery yourself as it may pose a safety risk. Adhere to the following guidelines while wearing the watch to prevent skin overheating:
- Keep the watch away from environments exceeding 60°C to prevent battery leakage or explosion.
- While the product complies with 5ATM waterproof standards, it is not suitable for activities involving water such as bathing, diving, or water skiing that involve high temperatures, steam, or rapid water flow.
Note that the waterproof performance may be compromised if the product structure is damaged.
- Be aware that firmware upgrades can lead to interface and usage changes. For detailed information, please refer to the product's upgrade instructions.

Help and Guide

Frequently Asked Questions

If you encounter any problems while using the product, you can access the "Profile → Help & Support" section in the Fitbeing app for assistance.

Scan the QR code on the right to access or visit: help.fitbeing.com for assistance.

Product Manual

You can find the complete product manual in Fitbeing app at "Profile → User Guide".

Scan the QR code on the right to access it, or visit help.fitbeing.com to browse.

FCC Requirement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
1. This device may not cause harmful interference; and
2. This device must accept any interference received, including interference that may cause undesired operation.
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.product's upgrade instructions.

ISED

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.
L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux
CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

CW Watch S1 Pro

User Guide

初步了解您的产品

产品正面　　产品背面　　充电线

使用步骤

您可以通过以下步骤来使用 CW Watch S1 Pro：　① 佩戴　→ ② 开机　→ ③ 设置手表　→ ④ 开始使用

按下侧边边缘表冠大约两秒占用时 5 及 10 分钟，通选择合适的时间来开机。

① 佩戴手表

第一步：将长表带穿过短表带的第一个孔。

第二步：调整短表带的松紧程度后，将长表带的孔洞穿入短表带的金属扣孔。

第三步：将长表带穿入短表带的第二个环并收紧。

② 开机

长按“表冠表面”直到出现启动界面

提示：如果手表无法开机，可能因长时间放置导致电量耗尽，请充电约 10 分钟再尝试启动开机。

③ 设置手表

第一步：下载 Fitbeing app

请前往您手表的应用商店，搜索 Fitbeing 并安装。

Android 系统设备请前往谷歌应用商店

iPhone 请搜 App Store

您还可以：

使用手机扫描左侧二维码，快速进入应用商店页面 Fitbeing app，然后选择安装。

第二步：与 App 配对

进入 Fitbeing app，在首页点击“配对设备”，通过“蓝牙搜索”的方式，按照提示进行配对和设置“CW Watch S1 Pro”，在完成后即可使用手表。

注意：

1. 请在蓝牙手机系统的蓝牙列表中进行配对，避免造成 Fitbeing app 无法连接手表。
2. 请为所 Fitbeing app 授予相应手机，“蓝牙、位置、相机”等权限，以确保相关功能。

④ 开始使用

触摸屏操作

支持全屏触控（滑动、点触、长按）

向上滑

向左滑

向右滑

向下滑

表冠与按键

按表冠

1. 息屏时短按表冠点亮屏幕
2. 在主表盘短按表冠进入应用中心
3. 退出应用

长按表冠（3s）

唤醒语音手表

按转表冠

1. 滚动界面菜单
2. 调节语音通话和音频播放的音量

常用功能

通知中心

在主表盘向下滑出通知中心。

控制中心

在主表盘向上滑出控制中心，即可启用“安静模式、睡眠模式、常亮显示”等功能，也可以快速调节“亮度、音量”等设置。

快捷卡片

在主表盘左右滑动，可以快速切换闹钟、键位、活动、心率、睡眠、天气应用功能。

切换表盘

在表盘按住屏幕 1 秒，即可进入切换表盘功能。

记录活动

进入运动，选择一项运动即可开始进行运动记录。

健康测量

佩戴手表时自动测量 心率、睡眠、压力和活动等健康数据，进入应用后可以查看和测量。

户外运动时，请在没有“区域等待 GPS 连接五颜”，请保证表盘保证在室内，停止计时表示信号已成功。

安装新表盘

在 Fitbeing app 中，进入 Face Gallery 页面，挑选喜欢的表盘安装即可。

充电

将充电线插入标准的 USB 电源，并将另一端吸附于手表背面的充电触点。成功充电时，手表界面会出现正在充电指示。

长按超过两秒自动关机

通电保证手表 5V = 1A 及以上输出的标准 USB 电源

充电前请保手表的充电触点干净，以及确保表面无水珠

更换表带

卸除表带

1. 用指甲片从侧向推中间扣
2. 向表带另一侧推动并卸扣
3. 将表带从卡表机身轻轻拉出

安装表带

1. 将下面的“A”位置的金属扣插入表带卡槽处的孔内
2. 将表带向表带另一侧推动并保持住
3. 将表带往上带表机身
4. 拉动表带确认安装成

穿戴与保养

- 建议每天戴下手表的一小时，如果您感到不适或刺激，如发红、刺痛或瘙痒的感觉，请立即摘下手表。
- 为确保卫生，请定期清洗手表和手腕，尤其是在隔天和出汗后，避免使用洗手液、沐浴露、洗面奶或清洁剂，因为它们会引起皮肤刺激。相反，请使用温和的肥皂和纯清水清洁表带。

佩戴注意事项

为了让手表更准确的测量您的数据，需要注意以下两点：

1. 将手表佩戴至距离腕骨约两指宽的位置。
2. 手表表带调整到适合的紧度，保持表带与手腕之间的间隙约为一个手指的大小，这样可以让手表能够测量到最准确的数据，同时也可以确保防水性。

产品主要规格

产品名称	CW Watch S1 Pro
显示屏	1.78" HD AMOLED
分辨率	368 x 448
电池容量	350 mAh
蓝牙连接	Bluetooth 5.3
防水等级	3ATM
三轴定位	支持 GPS LI-BDS
机身尺寸	45.9mm × 38.5mm × 12.4mm
工作温度	0℃ ~ 50℃
兼容系统	iOS 13.0 and above, Android 9.0 and above

注意事项

- 请您自行更换内置电池，以免发生安全风险。
- 请勿打开手表外壳，可能导致内部电路损坏，造成短路或起火。
- 手表不适用于 40℃ 的高温环境，这环可能引起电池温度超限导致风险。

本产品产品等级 3ATM 防水相当的水压，但不适用于沐浴、潜水、或者其他剧烈活动高温、游气、高温蒸汽的活动，因防水性能并非永久，产品长期或频繁长容易因为长期老化。

- 手表可能由于部件不同，用户或者使用方式发生变化是正常的现象，请以产品实际情况为准。

帮助与指南

常见问题

您在使用产品过程中遇到任何问题，可以通过 Fitbeing app 中“我 → 帮助与反馈”寻找解决方法。

您也可以扫描右侧二维码或通过浏览器访问 help.fitbeing.com 以快速帮助。

产品咨询专

您可以通过 Fitbeing app 中“我 → 用户指南”找到常用产品指南。

您也可以扫描右侧二维码或通过浏览器访问 help.fitbeing.com 查阅产品说明书。

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IMD

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"Émetteur/récepteur exempt de licence contient des le présent appareil CW Watch S1 Pro

L'exploitation est autorisée à deux conditions: Sciences et Développement économique Canada: applications aux appareils radio exemptes de licence. L'exploitation est autorisée aux deux conditions suivantes:

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.