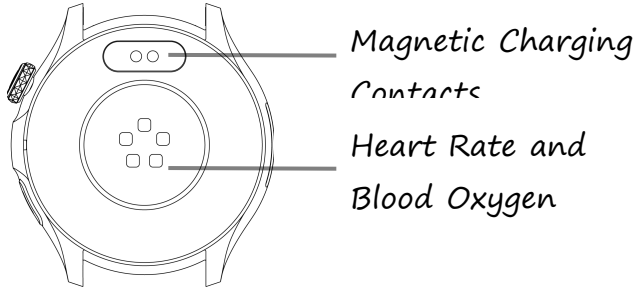
CW Watch R5G Pro

User Guide

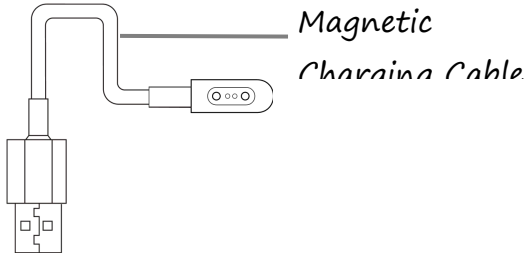
RoHS COMPLIANT

Your CW Watch R5G Pro

Front



Back



Charging cable

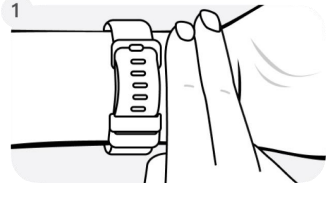
Steps for Use

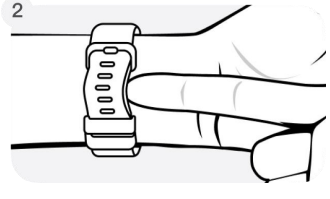
You can follow these steps to use CW Watch R5G Pro: **① Wear → ② Power On → ③ Set up → ④ Start Using**

① 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 Power On

Press the Digital Crown until the startup screen appears.

Note: If the watch can't power on, it may be because

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.

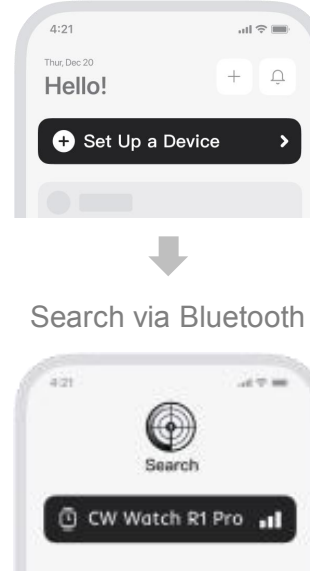
You can also scan the QR code on the left to quickly go to the Fitbeing app in the app store,

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 R5G Pro" via Bluetooth. Then you can start using

Attentions:

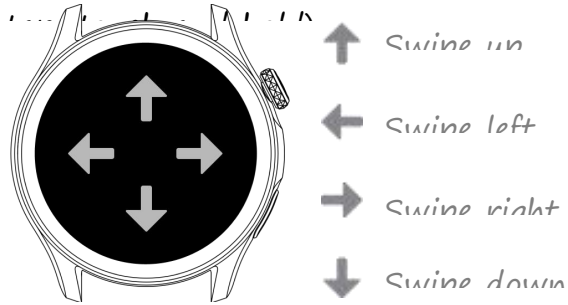
1. To prevent connection issues between the app and the watch, please do not pair directly within the Bluetooth device list in your phone's system settings.



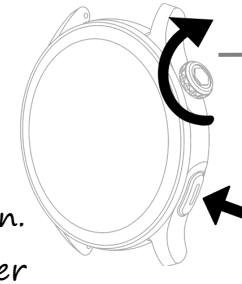
④ Get Started

Touchscreen Operation

Support full-screen touch (swipe,



Crown and Button



Press

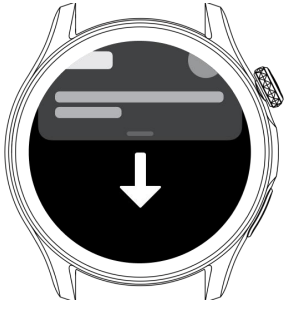
1. Press the digital crown to wake up the screen.
2. Press the digital crown to enter the app center from the watch face screen.
3. Exit an app.

Rotate

Press the button

1. Press to start Workout quickly.
2. Long press to activate SOS.

Common Functions.

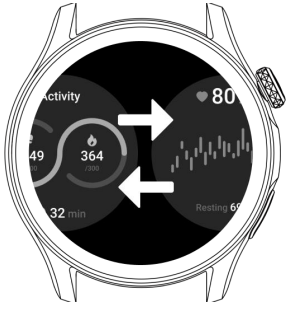


Notification Center

Swipe down on the watch face screen.

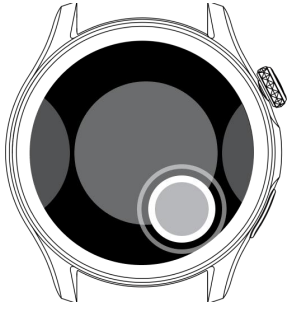
Control Center

To access the Control Center, swipe up on the watch face screen. Enable features like Silent Mode, Sleep



Tiles

To switch quickly between the Suggestions, Activity, Heart Rate, Sleep, Weather, or Workout tiles.



Change the Watch Face

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

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

For outdoor workouts, wait in an open area until the GPS connects. The blinking icon " " shows it's acquiring a

Health Metrics Measurement

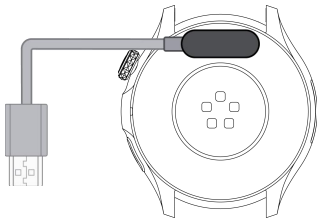
When wearing the watch, it automatically measures health data such as heart rate, sleep, stress, and activity. You can also view and

Install New Watch Faces

In the Fitbeing app, navigate to the Face Gallery page to pick up your pref

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.

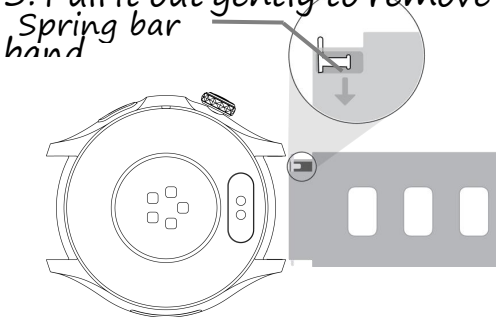
Ensure to use a standard USB power source with an output of 5V⎓1A or above.

Prior to charging, ensure to clean the charging

Charge the Watch

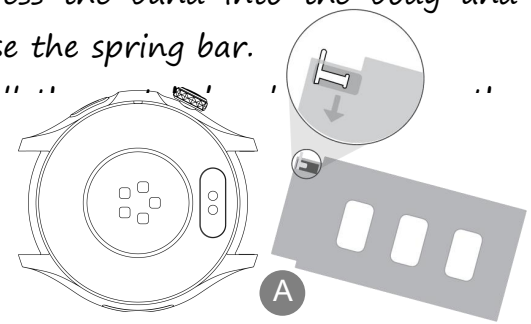
Remove band

1. Lift 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.

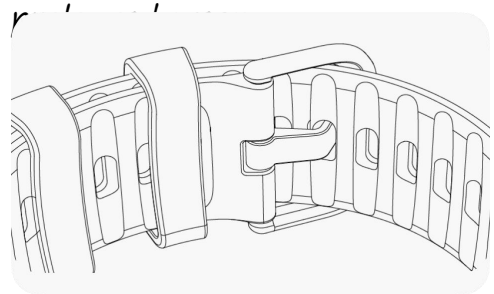


Wear and Care

- It is advised to remove the watch for approximately one hour daily. If you experience discomfort or irritation like redness, 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, shower gel, dishwashing liquid, or [illegible] as they can cause skin irritation.

Design for Comfortable Wearing

The inner sweat grooves of the band are specifically designed to minimize skin irritation resulting from sweat, moisture, and [illegible]



Key Specifications

Product Name	CW Watch R5G Pro
Display	1.43" HD AMOLED
Resolution	466 x 466
Battery Capacity	370 mAh
Wireless Connection	Bluetooth 5.3
Water resistance garde	3ATM
Satellite positioning	Support GPS L1 + BDS
Geomagnetic sensor	Support compass
Air pressure senso	Supports elevation
[illegible]	[illegible]

Precautions

· Do not replace the built-in battery yourself as it may pose a safety risk.

· Avoid forcibly opening the watch case, as it may cause short circuits and overheating.

· Keep the watch away from environments exceeding 60℃ to prevent battery leakage or explosion.

· While the product complies with 3ATM waterproof standards, it is not recommended for activities such as bathing, diving, or water skiing that involve high temperatures, steam, or rapid water flow.

Note that the waterproof performance may be

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 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

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

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. this device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation.

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.