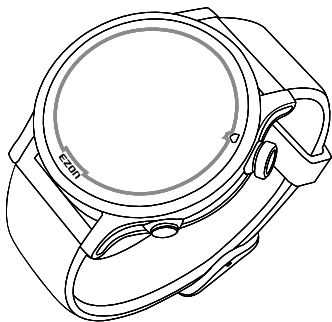


R7

User guide

- English



M953-01

The heart rate monitor belt is sold separately

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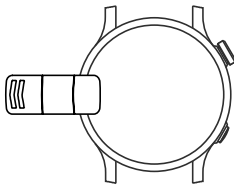
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Exercise Preparation



Charging Device

Hold the watch with one side of the charging clip, other side insert **DC5.0V500mA** or above standard recharger, the watch automatically starts.



Download "Runnerkit" APP

Method 1: Scan the following QR code to download the "Runnerkit" app;

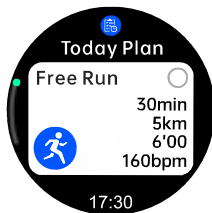
Method 2: Search for "Runnerkit" in the application Store or App Store, download and install on your phone;

Open the application, complete the account registration, setting personal user information;

01

Training Plan

On the time page press [A] - Rotate [A] - Press [A] to enter "Training Plan", you can set plan in "Runnerkit" app, the watch plan page is shown below:



Wearing Device

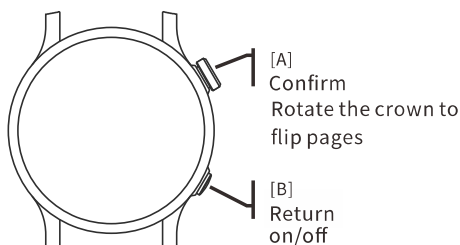
As shown in the picture, the watch is worn close to the body and is worn above the wrist bone (the distance of "1 finger width" from the wrist bone). The tightness should be appropriate to ensure that it does not shake during movement:

03

How to improve satellite reception:

Regularly synchronize your watch with "Runnerkit" App, and when connected to App, the device will download 7 days of satellite data, then quickly search for positioning. When searching, go outdoors in open areas and try to avoid tall buildings or trees around you. Hold still for a few minutes waiting for satellite positioning

Buttons and display



05

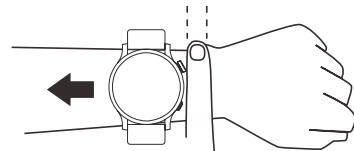
Binding Device

1. Under the "Runnerkit" App, click device .
2. Click the ⊕ in the upper right corner of the device page.
3. The APP automatically searches for devices, R7_XXXX is displayed in the search list.
4. Enter the four-digit Pairing Code displayed on the watch in the app, watch do not stay away from the phone, the APP automatically completes the synchronization with the watch.

Setting Training

Click on **Home page - Training Plan**, customize your training plan.

02



Note:

Make sure the watch is comfortably attached to your wrist. To get more accurate heart rate data on your device, make sure the device does not shake while running or exercising. For more accurate oxygen readings, stay still.

Searching Satellite signal

The device needs to pick up the satellite signal in an open area, and the time and date are automatically set based on your GPS location.

1. Press [A] button twice on the device to start Searching
2. Go to outdoor space, open and unsheltered space, take the watch toward the sky
3. Wait for the device to receive satellite signal. It may take 30 to 60 seconds to complete the positioning

04

	Bluetooth	AGPS	Assisted Global Positioning System
	Number of floors climbed		Exercise duration
	Calorie consumption		Steps
	Lock Screen		Do not disturb

06

Reset Device

If the watch does not respond for a long time, the watch can be reset, you can find it on any watch page, **long press [B] for more than 12 seconds** to reset.

Factory Reset

You can reset all Settings of the device back to the factory defaults.

1. **Press [B]** to go to main menu
2. **Rotate [A] - press [A]** to enter "Settings"
2. **Rotate [A] - press [A]** to select the "Factory Reset" option - select "Yes" for operation



Note: After Factory Reset, the watch will clear all personal Settings and records

07

3. **Press [A]** to go to the initial page
4. **Rotate [A]** to select "Setting" button, and **press [A]** to set parameters for exercise items

Viewing data during exercise

1. **Press [A]** on the initial page to Start exercising
2. During exercising, **rotate [A]** to view "Sport Timer" in real time, "heart", "pace", "distance", "temperature", "frequency", "power", "altitude", "Total Ascent", "Total Descent", "average pace", "Behind Distance", "Lap Timer", "Lap Pace", "Lap Distance", "Stamina", "aerobic TE", "anaerobic TE" etc Values, real-time monitoring of your exercising values
3. **Press [A]** to record laps, start a new set or exercise, or move to the next exercise step. **Rotate [A]** to view additional data pages

End exercise

1. **Press [B]** to return to the initial page, and **rotate [A]** to End exercise
2. After the end of the exercise, the exercise data is directly displayed, and you can view the exercise data such as "running date", "Time", "Sport Timer", "Total distance", "average pace", "Average Cadence", "maximum pace",

09

3. It will automatically show you how to wear it later (the initial use of the product)
4. Then automatically enter the initial page to start the movement, you can **rotate [A] - press [A]** "setting" to set parameters such as "Auto Lap", "Pace Alert", "Cadence Alert", "Heart Rate Alert", "Power Alert", "Nutrition Alert", "virtual sparring", "Auto Page", "night mode", "lock screen" and so on for Free Run
5. After setting, **press [B]** to return to the initial page, **rotate [A] - press [A]** "Start", Start exercising

Interval Run

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] - Press [A]** to enter the Interval Run
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. It will automatically show you how to wear it later (the initial use of the product)

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Exercise

Exercise Items

Include: Free Run, Interval Run, Outdoor Fat Burning, Outdoor Stress Relieve, Outdoor Advance, Track Run, Track Interval Run, Marathon, Indoor Run, Indoor Interval Run, Indoor Fat Burning, Indoor Stress Relieve, Indoor Advance, Treadmill, Free Cycling, Interval Cycling, Pool Swim, Open Water, Triathlon, Rowing, Rowing Machine, Boating, Rope Skipping, Trail Run, Climb, Hike, Rapid Rowing, Rapid Boating and so on of **28** items.

Pre-exercise Setting

When performing exercise items, you can set "repeat", "exercise", "Resume", "Auto Lap", "Pace Alert", "Cadence Alert", "Heart Rate Alert", "Power Alert", "Nutrition Alert", "Virtual Sparring", "Distance Alert", "pool length", "Stroke Rate Alert", "cycling Speed Alert", "Rope Skipping Mode", "Vertical Speed Alert", "night mode", "Auto Page" and so on.

1. On Time page, **press [A]** to enter exercise menu item to select page
2. **Rotate [A]** to select the exercise you want

08

"Maximum Cadence", "average heart rate", "calories", "maximum heart rate", "Stamina", "Aerobic", "anaerobic", and "Recovery time"

Note: 1. According to different sports, different data will be displayed, please refer to the latest firmware of the actual watch
2. If it is not synchronized for a long time, the satellite search will prompt AGPS expired, and the positioning may be slow; If the AGPS is about to expire, the satellite search will indicate the remaining time of the AGPS. Otherwise do not remind

Outdoor sports

Free Run

1. **Press [A]** on the time page to enter the sports menu, **rotate [A] and press [A]** to enter the Free Run
2. The watch will pop up **AGPS active time remaining reminder** (depending on the situation)

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4. Then **automatically** or **directly press [A]** to enter the initial page to start the exercise, you can **rotate [A] and press [A]** "Setting" to set parameters such as "repeat", "exercise", "Resume", "Pace Alert", "Cadence Alert", "Heart Rate Alert", "Power Alert", "Auto Page", "night mode", "lock screen" and so on for Interval Run
5. After setting, you can **press [B]** to return to the initial page, **rotate [A] - press [A]** "Start" to Start exercising

Outdoor Fat Burning

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] and press [A]** to enter the Outdoor Fat Burning
2. The watch will pop up **AGPS active time remaining reminder** (depending on the situation)
3. It will automatically show you how to wear it later (the initial use of the product)

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4. Then automatically or directly press [A] to enter the initial page to start the exercise, you can rotate [A] - press [A] "Setting" to set parameters such as "Auto Lap", "Auto Page", "night mode", "lock screen" and so on for outdoor fat burning.

5. After setting, you can **press [B]** to return to the initial page, **rotate [A] - press [A]** "Start", Start exercising

Outdoor Stress Relieve

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] - Press [A]** to enter Outdoor Stress Relieve
2. The watch will pop up **AGPS active time remaining reminder** (depending on the situation)
3. It will automatically show you how to wear it later (the initial use of the product)
4. Then **automatically** or **directly press [A]** to enter the initial page to start exercise page, you can **rotate [A] - press [A]** "Setting" to set parameters such as "Auto Lap", "Auto Page", "night mode", "lock screen" and so on for Outdoor Stress Relieve

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5. After setting, you can **press [B]** to return to the initial page, **rotate [A] - press [A]** "Start", Start exercising

Outdoor Advance

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] and press [A]** to enter the Outdoor Advance
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **automatically** or directly **press the [A]** to enter the initial page to start exercising, you can **rotate [A] - press [A]** "Setting" to set parameters such as "Auto Lap", "Auto Page", "night mode", "lock screen" and so on for Outdoor Advance.
5. After setting, you can **press [B]** key to return to the initial page, **rotate [A] key - press [A]** "Start", Start exercising

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Playground sports

Track Run

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] - Press [A]** to enter the Track Run
2. The watch will pop up **a reminder of the remaining active time of AGPS** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **automatically** or directly **press the [A]** to enter the initial page of starting exercise. You can **rotate the [A]** and **press the [A]** "Setting" to set parameters such as "Auto Lap", "Pace Alert", "Cadence Alert", "Heart Rate Alert", "Power Alert", "Auto Page", "night mode", "lock screen" and so on for Track Run
5. After setting, you can **press [B]** to return to the initial page, **rotate [A] - press [A]** "Start" Start exercising

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Track Interval Run

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A]** and **press [A]** to enter the Track Interval Run
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **automatically** or directly **press the [A]** to enter the initial page to start the exercise, you can **rotate the [A] - press the [A]** "Setting" to set parameters such as "repeat", "exercise", "Resume", "Pace Alert", "Cadence Alert", "Heart Rate Alert", "Power Alert", "Auto Page", "night mode", "lock screen" and so on for Track Interval Run
5. After setting up, you can **press the [B]** to return to the initial page, **rotate the [A] - press the [A]** "Start" Start exercising

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Indoor sports

Indoor Run

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] - press [A]** to enter the Indoor Run
2. Then **rotate [A] and press [A]** "Setting" to set parameters such as "Auto Lap", "Pace Alert", "Cadence Alert", "Heart Rate Alert", "Auto Page", "Night mode" and "lock screen" for Indoor Run
3. After setting, you can **press the [B]** key to return to the initial page, **rotate the [A]** key and **press the [A]** "Start" Start exercising

Indoor Interval Run

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] - press [A]** to enter the Indoor Interval Run
2. Then **rotate [A] and press [A]** "Setting" to set parameters such as "Repeat", "Exercise", "Resume", "Pace Alert", "Cadence Alert", "Heart Rate Alert", "Auto Page", "Night Mode", and "Lock screen" for Indoor Interval Run

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3. After setting up, you can press the [B] to return to the initial page, rotate the [A] - press the [A] "Start" to Start exercising

Indoor Fat Burning

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A]** and **press [A]** to enter indoor fat burning
2. Then automatically enter the initial page to start the movement, you can **rotate [A] - press [A]** "Setting" to set parameters such as "Auto Page", "night mode" "lock screen" and so on for indoor fat burning
3. After setting, you can **press the [B]** to return to the initial page, **rotate the [A] and press the [A]** "Start" Start exercising

Indoor Stress Relieve

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] - Press [A]** to enter the room to Indoor Stress Relieve

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2. Then **automatically** or directly **press the [A]** to enter the initial page to start the movement, you can **rotate the [A] - press the [A]** "Setting" to set parameters such as "Auto Page", "night mode" "lock screen" and so on for Indoor Stress Relieve
3. After setting, you can **press the [B]** to return to the initial page, **rotate the [A] and press the [A]** key "Start" Start exercising

Indoor Advance

1. **Press [A]** on the time page to enter exercise menu, **rotate [A] - Press [A]** to enter the Indoor Advance
2. Then automatically or directly **press the [A]** to enter the initial page to start exercising, you can **rotate the [A] and press the [A]** "Settings" to set the parameters of "Auto Page", "night mode", "lock screen" and so on for Indoor Advance
3. After setting, you can **press the [B]** to return to the initial page, **rotate the [A] and press the [A]** "Start" Start exercising

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3. Then **automatically** enter the initial page to start exercise, you can **rotate [A] press [A]** "Setting" to set parameters such as "Auto Lap", "Pace Alert", "Cadence Alert", "Heart Rate Alert", "Auto Page", "night mode", "lock screen" and so on for treadmill.
4. After setting, you can **press the [B]** to return to the initial page, **rotate the [A] and press the [A]** "Start" Start exercising

Free Cycling

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A]** to enter the Free Cycling
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **rotate [A] and press [A]** "Setting" to set parameters such as "Auto Lap", "Speed Alert", "Heart Rate Alert", "Nutrition Alert", "virtual sparring", "Auto Page", "Night mode" "lock screen" and so on for Free Cycling
5. After setting, you can **press the [B]** to return to the initial page, **rotate the [A] and press the [A]** "Start" Start exercising

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3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **automatically** enter the initial page to start sports, you can **rotate the [A] - press the [A]** "Setting" to set parameters such as "pool length", "Stroke Rate Alert", "Heart Rate Alert", "Auto Page", "night mode", "lock screen" and so on for Pool Swim.
5. After setting up, you can **press the [B]** to return to the initial page, **rotate the [A] - press the [A]** "Start" Start exercising

Open water

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] and press [A]** to enter open water
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. It will automatically show you how to wear it (early use of the product)

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Other sports

Marathon

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A]** to enter the marathon
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. After **pressing the [A]**, the watch enters the Searching page and asks you "Please Warm Up".
5. Then **rotate [A] - press [A]** "Setting" to set parameters such as "Auto Lap", "Pace Alert", "Cadence Alert", "Heart Rate Alert", "Power Alert", "Nutrition Alert", "virtual running", "Distance Alert", "Auto Page", "Night mode", and "lock screen" and so on for marathon

Treadmill

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] - Press [A]** to enter the treadmill
2. Then you will be shown how to wear it automatically (early use of the product)

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Interval Cycling

1. **Press [A]** on the Time page to enter the exercise menu, **rotate [A] - Press [A]** to enter the Interval Cycling
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **rotate [A] - press [A]** "Setting" to set parameters such as "Repeat", "exercise", "Resume", "Speed Alert", "Heart Rate Alert", "Auto Page", "Night mode" "lock screen" and so on for Interval Cycling
5. After setting up, you can **press the [B]** to return to the initial page, **rotate the [A] - press the [A]** "Start" Start exercising

Pool Swim

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A]** to enter the Pool Swim
2. The watch will pop up **AGPS active time reminder** (depending on the situation)

22

4. Then **rotate [A] - press [A]** "Setting" to set parameters such as "Auto Lap", "Heart Rate Alert", "Auto Page", "Night mode" "lock screen" and so on for open water
5. After setting up, you can **press the [B]** to return to the initial page, **rotate the [A] - press the [A]** "Start" Start exercising

Triathlon

1. **Press [A]** on the time page to enter the exercise menu, **rotate the [A] key - Press [A]** to enter the Triathlon
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. It will automatically show you how to wear it (early use of the product)
4. Then **automatically** enter the initial page to start sports, you can **rotate [A] - press [A]** "Setting" to set parameters such as "Sequence" "Run Pace Alert", "running Cadence Alert", "cycling Speed Alert", "Heart Rate Alert", "Auto Page", "night mode", "lock screen" and so on for triathlon

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5. After setting up, you can **press the [B]** to return to the initial page, **rotate the [A] - press the [A]** "Start" Start exercising

Rowing

1. **Press [A]** on the Time page to enter the exercise menu, **rotate [A] - Press [A]** to enter Rowing
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **rotate [A] - press [A]** "Setting" to set parameters such as "Auto Lap", "Pace Alert", "Stroke Rate Alert", "Heart Rate Alert", "Auto Page", "night mode" and "lock screen" and so on for Rowing

Rowing machine

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] press [A]** to enter the rowing machine

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Rope Skipping

1. On the time page, **press [A]** to enter the exercise menu. **Rotate [A] and press [A]** to enter the Rope Skipping
2. Then you will be shown how to wear it automatically (early use of the product)
3. Then automatically enter the initial page for starting sports, you can **rotate [A] - press [A]** "Setting" to set parameters such as "Rope Skipping Mode", "Heart Rate Alert", "Auto Page", "night mode", "lock screen" and so on for Rope Skipping
4. After setting, you can **press the [B]** to return to the initial page, **rotate the [A] and press the [A]** "Start" Start exercising

Trail Run

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] and press [A]** to enter the Trail Run
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)

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Hike

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] - Press [A]** to enter the hike
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **rotate [A] - press [A]** "Setting" to set parameters such as "Auto Lap", "Speed Alert", "Heart Rate Alert", "Nutrition Alert", "Auto Page", "Night mode" and "lock screen" and so on for Hike.
5. After setting, you can **press the [B]** to return to the initial page, **rotate the [A] and press the [A]** "Start" Start exercising

Rapid Rowing

1. In the time page **press [A]** to enter the exercise menu, **rotate [A] press [A]** to enter Rapid Rowing
2. The watch will pop up **AGPS active time reminder** (depending on the situation)

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2. Then **rotate [A] - press [A]** "Setting" to set parameters such as "Stroke Rate Alert", "Heart Rate Alert", "Auto Page", "night mode" and "lock screen" and so on for the rowing machine
3. After setting up, you can **press the [B]** to return to the initial page, **rotate the [A] - press the [A]** "Start" Start exercising

Boating

1. **Press [A]** on the Time page to enter the exercise menu, **rotate [A] - Press [A]** to enter the Boating
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **rotate [A] - press [A]** "Setting" to set parameters such as "Auto Lap", "Pace Alert", "Paddle Rate Alert", "Heart Rate Alert", "Auto Page", "Night mode" and "lock screen" and so on for Boating.
5. After setting up, you can **press the [B]** to return to the initial page, **rotate the [A] - press the [A]** "Start" Start exercising

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4. Then rotate [A] - press [A] "Setting" to set parameters such as "Auto Lap", "Pace Alert", "Cadence Alert", "Heart Rate Alert", "Power Alert", "Nutrition Alert", "Auto Page", "Night mode" and "lock screen" and so on for Trail Run
5. After setting, you can press the [B] to return to the initial page, rotate the [A] and press the [A] "Start" Start exercising

Climb

1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] - Press [A]** to enter the Climb
2. The watch will pop up **AGPS active time reminder** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **rotate [A] - press [A]** "Setting" to set parameters such as "Auto Lap", "Speed Alert", "Vertical Speed Alert", "Heart Rate Alert", "Nutrition Alert", "Auto Page", "Night mode" and "lock screen" and so on for Climb
5. After setting, you can **press the [B]** to return to the initial page, **rotate the [A] and press the [A]** "Start" Start exercising

28

3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **rotate [A] and press [A]** "Setting" to set parameters such as "Auto Lap", "Speed Alert", "stroke reminder", "Heart Rate Alert", "Auto Page", "Night mode" "lock screen" and so on for Rapid Rowing
5. After setting up, you can **press the [B]** to return to the initial page, **rotate the [A] - press the [A]** "Start" Start exercising

Rapid Boating

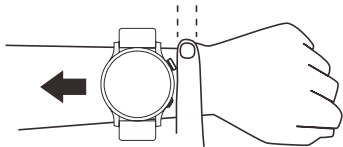
1. **Press [A]** on the time page to enter the exercise menu, **rotate [A] press [A]** to enter the Rapid Boating
2. The watch will pop up **a reminder of the remaining active time of AGPS** (depending on the situation)
3. Then you will be shown how to wear it automatically (early use of the product)
4. Then **automatically** enter the initial page to start sports, you can **rotate the [A] - press the [A]** "Setting" to set parameters such as "Auto Lap", "Pace Alert", "Paddle Rate Alert", "Heart Rate Alert", "Auto Page", "night mode", "lock screen" and so on for Rapid Boating

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5.After setting, you can **press the [B]** to return to the initial page, **rotate the [A] and press the [A]** "Start" Start exercising

Real-time monitoring

If the watch does not display the value one minute after the search, the search fails. The search signal failed or the measurement error is large, which may be due to incorrect wearing method. (Wear as follows)

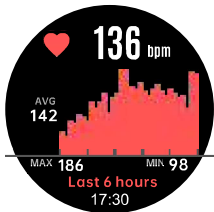


Note:

- 1.When searching for heart rate signals using an optical heart rate meter, it is helpful to keep the watch horizontal and stationary as much as possible to improve measurement accuracy
- 2.Usually, in the first 20 seconds of turning on the heart rate meter, the device is in the stage of data collection and calibration, and then gradually stabilizes the current effective value. Before the activity, you can warm up for 5-10 minutes to obtain heart rate data
- 3.The watch built-in high-precision optical sensor, if the sensor mirror stain will affect the measurement accuracy, it is recommended to clean the sensor mirror with water after the completion of the movement. Do not use chemicals (such as alcohol) to clean

Heart rate

On the time page, rotate [A] clockwise once to switch to the real-time Heart Rate page. The chart displays the heart rate fluctuation chart in the past 6 hours, and the data such as "maximum heart rate", "minimum heart rate", "average heart rate" and "real-time heart rate value". As shown in the picture below:



Heart rate Zones

Heart rate Zones refers to the heartbeat range set per minute, usually divided into seven intervals. You can use the heart rate Zones to determine the current state of exercise, measure and increase your cardiorespiratory capacity or fitness level. Knowing your heart rate range can prevent overtraining and reduce the risk of injury. The device uses the data you set in the app, such as gender, age, weight, etc., to define your heart rate Zones. You can also set the upper and lower limits of your exercise heart rate in the app, and when you exceed the set range during exercise, the watch will display an out-of-zone alert and buzz vibration reminder.

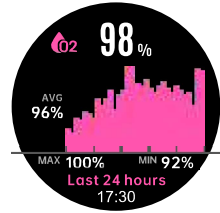


Heart rate percentage interval chart

Heart rate % (HR%)	Current status	Body status
HR%≤50%	Daily life	Breathe calmly and feel relaxed
50%<HR%≤60%	Warm-up exercise	Relax and breathe rhythmically
60%<HR%≤70%	Fat burning	Comfortable and relaxed, low cardiovascular load, a little deep breathing
70%<HR%≤80%	Cardiopulmonary reinforcement	Rhythmic stride, steady controlled rapid breathing
80%<HR%≤90%	Muscle strengthening	Fast stride, discomfort, muscle fatigue and shortness of breath
90%<HR%≤100%	Extreme sports	The body feels unsupported and the breathing and muscles feel tired
100%<HR%	Early warning reminder	Exceed your maximum heart rate, your body is unable to support, and you have difficulty breathing

Blood oxygen

On the time page, **rotate [A] twice** clockwise to switch to the real-time "Blood oxygen" page, conduct health monitoring all day, and monitor blood oxygen health. The page displays the blood oxygen status of the past 24 hours, and the values of "real-time blood oxygen value", "maximum blood oxygen value", "minimum blood oxygen value" and "average blood oxygen value" are displayed on the page. As shown in the picture below:



Blood oxygen saturation refers to the total percentage of hemoglobin in the blood combined with oxygen in the blood, that is, the concentration of blood oxygen in the blood, which is an important clinical indicator of respiratory circulation

Note:

- 1.The wearing position is one finger width away from the carpal bone
- 2.wear tightness to keep the skin does not shake
- 3.Outdoor environment, for example, when it is too cold, the blood flow in the wrist is relatively small, and the blood oxygen measured at this time is not accurate
- 4.Avoid taking measurements when you have tattoos, or when you are wearing sunscreen, mosquito repellent, and sweat

Sleep

Rotate [A] three times clockwise in the time page to switch to the real-time "sleep monitoring page" (the page is hidden when sleep monitoring is closed and no data is available), the page displays the latest period of monitoring sleep, and the page displays "Awake", "Light", "eye movement", "Deep" and sleep fluctuation chart, as shown in the following figure:

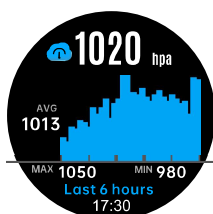


Note: This page will only be displayed when you set the sleep period on the app, turn on sleep, and wear the watch to sleep

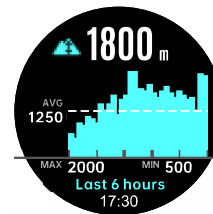
Pressure

In the time page, **rotate the [A] three times** clockwise (the fourth time if you have "Sleep monitoring") to switch to the real-time "Pressure" page, which displays the values of "maximum Pressure", "minimum pressure" and "Average pressure" for the past 6 hours. And a 6-hour barometric chart, as shown below:

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Altitude

In the time page, **rotate [A] four times** clockwise (**five times** if "Sleep monitoring" is available) to switch to the real-time "Altitude" page, which displays the values of "maximum altitude", "minimum altitude", "average altitude" in the past 6 hours and the altitude bar chart of 6 hours, as shown below:

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page. The screen displays data such as "Current ambient temperature", "Sunrise time", "Sunset time", "sea level pressure trend", "sea level pressure", "Temperature range", and current weather status.

Today's activity

You can check your daily activities through Today's activity. After synchronizing with the app, **rotate [A] counterclockwise twice on the time page** (**1 time** if not synchronized) to switch to the real-time "Today's Activity" page, the screen displays "number of floors climbed", "calorie consumption", "steps", "exercise duration" and other data content. Data is refreshed every second.

As shown in the following picture:

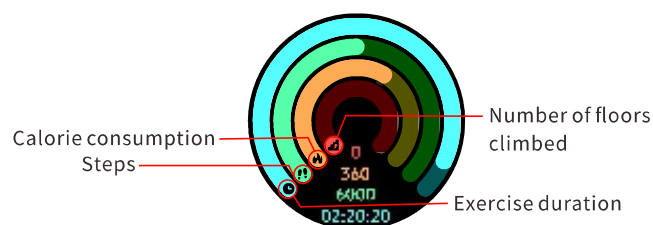
Compass

After synchronizing with the app, **rotate [A] counterclockwise for four times** on the time page (**three times** when it is not synchronized) to switch to the real-time "Compass Calibration" page, and the screen displays the prompt page "Remind you to perform compass calibration". After Calibrating Success, you can use the compass easily.

weather

On the time page, **rotate the [A] counterclockwise three times** (twice when not synchronized) to switch to the real-time "Weather"

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Number of floors climbed

Exercise duration

Calorie consumption

Steps

VO2max

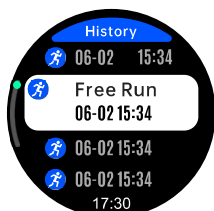
On the time page, **rotate [A] counterclockwise once** to switch to the VO2max page (no valid value is hidden), and the page displays "VO2max level Indicator", "VO2max Level", performance evaluation "and other contents.

Note: After a certain amount of exercise has been recorded and there is synchronization with the app, the watch will render the page

Main Menu

The main menu contains: "Setting", "lock screen", "daily monitoring", "do not disturb", "bluetooth", "history", "metronome", "stopwatch", "Timer", "alarm clock", "HRV Test" and "sensors" and so on. "Lock Screen", "Daily monitoring", "do not disturb", "Bluetooth" are the switch buttons

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History

Press the [A] to view more detailed historical data

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metronome

Metronome can play at a stable rhythm, and continuous rhythm training can improve the user's ability to master the Sports rhythm. The default metronome data on the page is 120/bpm, and the step is 10/bpm. As shown in the picture below:

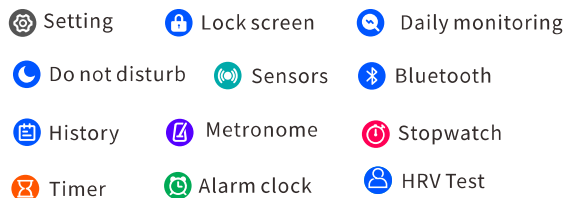


Stopwatch

"Current Seconds" "Total Seconds" is displayed on the page.

1. **Press [A]** to start use stopwatch
2. Then **press [A]** to **take laps** each time
3. After use, you can **press the [B]** to pause stopwatch
4. **Rotate [A]** to select "continue" or "end", **press [A]** to confirm the operation

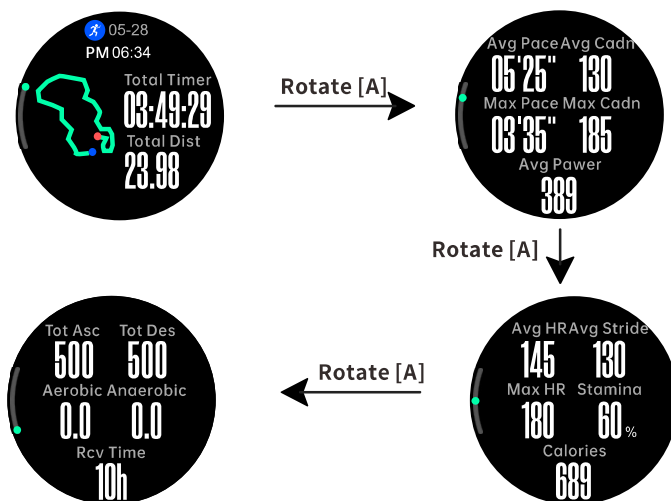
47



History

The page displays information such as "Sports type", "Sports date" and "Sports time". You can rotate [A] to slide down the page to display more historical data. Press [A] to view more detailed historical data in a single historical record. As shown in the picture below:

44



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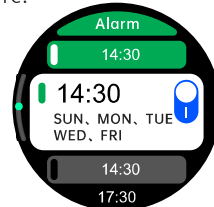
5. At the end of the stopwatch, detailed data will be displayed for observation. When there are more than one piece of information, you can **rotate the [A]** to view

Timer

You can manually set Timer on the page, or you can choose the default timing method

Alarm clock

The page displays the alarm information, such as "alarm time", "specific date of alarm" and "alarm switch" (if you want to set the alarm time, you need to use the application setting) as shown in the following picture:



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HRV Test

The human heart can beat more than 115,000 times a day. Most of the time, you don't care about your heart rate, but how it changes can tell you a lot. Heart rate variability (HRV) is one of many measurable indicators of heart health. HRV doesn't just help assess heart health. Athletes can also use their HRV to optimize training

Press [A] to enter HRV Test

1. When preparing for measurement, the device will prompt you to stay as still and relaxed as possible to reduce the error
2. There is a 2-minute Timer to the measurement, during which you are required to remain quiet and relax
3. At the end of the measurement, content such as Respiration Rate and HRV level data will be output, so that you can observe your health condition

Note: The HRV Test needs to be worn correctly and should be quiet and relaxed during the measurement

Sensor

The page displays the contents of "Compass Calibration", "Altitude Calibration", "Bluetooth Heart Rate" and "GNSS Mode". You can select and switch Settings by **rotating [A] and pressing [A]**

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Bluetooth

1. On the Time page, **press [B]** to enter the main menu
2. **Rotate [A]** to select Bluetooth
3. **press [A]** to switch

Message reminder

Call reminder

The page displays phone or number information and the time

Exercise reminder

The page displays a literal pop-up window of "Let's move" to remind you that it is time to prepare for exercise, as shown in the following picture:

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Plateau reminder

Help you monitor blood oxygen saturation at high altitude, timely warn of hypoxia, remind you to take oxygen or rest in time, and avoid severe hypoxemia. The page displays a literal popup of "Please note altitude" and displays data content such as blood oxygen and altitude. As shown in the picture below:

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Lock screen

1. On the Time page, **press [B]** to enter the main menu
2. **Rotate [A]** to select lock screen
3. **press [A]** to switch

Daily monitoring

Device Settings Monitor your health on a daily basis, which you can turn off or on

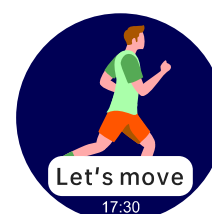
1. On the Time page, **press [B]** to enter the main menu
2. **Rotate [A]** to select daily monitoring
3. **Press [A]** to switch

Do not disturb

When working or resting, if you do not want to be disturbed by phone calls or messages, you can turn on do not disturb. Calls and messages will be muted

1. On the Time page, **press [B]** to enter the main menu
2. **Rotate [A]** to select do not disturb
3. **Press [A]** to switch

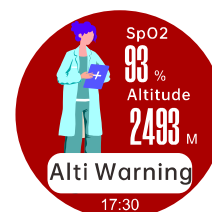
50



Sedentary reminder

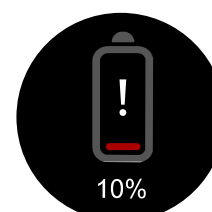
Sit too long time can have adverse effects on blood circulation, energy metabolism, spine, local soft tissues, etc. The main hazards include obesity, spinal lesions, dyspepsia, lower limb edema, etc. Daily life needs to combine work and rest, maintain a good sitting posture when sitting, and often stand up to do stretching. The page displays a literal popup of "Sit too long", as shown in the image below:

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Battery reminder

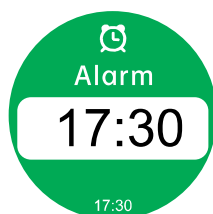
The page displays the percentage of battery remaining and pops up when your device battery drops to 10% or below. As shown in the following picture



54

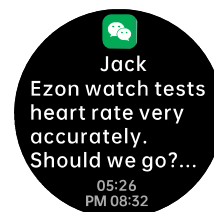
Alarm clock reminder

When the alarm rings, the following page will pop up. As shown in the picture below:



Wechat reminder

displays Wechat profile picture, message text, time and date, etc. You can view it through your mobile phone. As shown in the following picture:



SMS reminder

The SMS profile picture and SMS text content are displayed on the page. You can view them on your mobile phone

Settings

Watch face setting

Dial selection operation:

1. On the main menu page, **rotate [A]** to select "Settings" and **press [A]** to enter the Settings page
2. **Rotate [A] - press [A]** to enter the Dial setting page
3. **Rotate [A]** to select the dial you want and **press the [A]** to set it

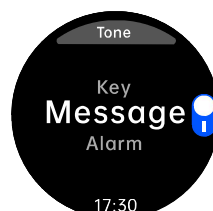
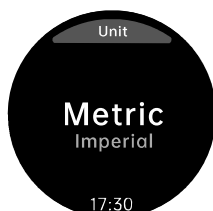
Backlight setting

The page displays three options: " Backlight Timeout ", "Backlight brightness" and " Raise to Wake ". You can set the parameters on the three options, as shown in the following picture:



Tone setting with regard to

The page displays three switch options: "Key tone", "Message" and "Alarm". You can set the parameters of the three switches respectively, as shown in the following picture:



Unit setting

The page displays "Metric" and "Imperial" options, as shown below:

Wrist hand setting

The page displays two options: "Left hand" and "right hand". You can set the parameters on the two options. As shown in the picture below:



satellite

The page displays "Altitude", "Satellite", "Location" and "AGPS Remaining". As shown in the picture below:



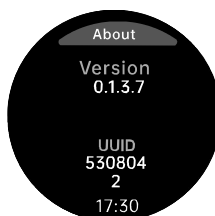
Language setting

The page displays two options of "English" and "Chinese", as shown below:



About

The values of "Version" and "UUID" are displayed, as shown in the following figure:



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Troubleshooting

restart

If the operating system of the device becomes unstable, you can restart it as follows:

1. On the Time screen, **press [B]** to enter the main menu
2. **Rotate [A] - press [A]** to enter "Settings"
3. **Rotate [A] - Press [A]** - Select "Restart" option - Select "Yes" to restart

Firmware update

We recommend that you always keep your firmware updated to the latest version.

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Equipment maintenance

If your health is not good, it is best to consult a doctor before exercise. The watch complies with industrial standards. If there is any allergic reaction or irritation, please stop wearing it and consult a doctor.

The watch consists of precision parts, please do not dismantle by yourself or use roughly. Please do not wear the watch in the environment of extremely cold, extremely hot and temperature changing rapidly.

Please do not wear the watch in the environment with strong magnetic or strong electric.

Do not expose the device and its accessories to strong shock or vibration. Otherwise, the device and its accessories may be damaged or faulty.

Make sure the sensor is clean.

The watch is water resistant to 5 ATM. It is no problem to wear the watch when you wash hands, have shower with cold water and swim. Do not wear the watch when you dive, sauna, etc...

Do not operate keys in water.

When cleaning the watch, please use soft cloth and clean water without detergent, solvents, pesticide.

If the watch has abnormal function or water mist, please take the watch to a qualified service center to repair.

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Product Specification

Time precision	±1s/day (±30 s /month)
Heart rate meter range	40—220bpm
Heart rate meter resolution	1bpm
Operating temperature	0—50°C
Storage temperature	-10—60°C
Battery type	Polymer rechargeable
Endurance time	30 days (GPS off, all-day monitoring on) 25 hours (GPS Power Save mode) 20 hours (GPS High Accuracy mode)
Water Resistance	50 meters

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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.

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

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 uses frequency modulation which can cause interference if not installed and used in accordance with the instructions. Changes or modifications 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.

RF warning for Portable device: The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.