USER MANUAL

1.Wear watchband correctly

It is best way to wear watchband from behind the ulnar styloid side.
Adjust the size of the watchband via adjustment holes; fasten the watchband buckle.Sensors should be close to the user's skin and avoid any moving.

2.Charge smart wristband

Make sure that power of the bracelet is normal when using it for the first time . If the power cannot be turned on normally due to low power , please connect charger with magnetic charging cable to charge the device.

3.Install the bracelet APP on your phone

Scan the QR code or enter the APP/Google Store, App/Google Store to download and install the APP. APP Name: **FitPro**

System requirements:
Android 5.0 and above;
iOS9.0 and above;
Bluetooth 4.0 supported.

iOS / Android

4.Device connection

For the first time use, it is necessary to connect the APP for calibration. After successful connection, smart wristband will automatically synchronize the time , Turn on the Bluetooth in mobile phone system → enter FitPro APP setting → click "Bind device" to enter, and system will automatically search Bluetooth device nearby , you can find the smart wristband device(for example ,Bluetooth Name same as the model NO.) and connect with it.
Or you can scan QR code in smart wristband system manual for directly connection.

If user wants to remove smart wristband, please follow procedure:
Enter FitPro APP setting → click "remove" to confirm → disconnect smart wristband BT connection → start to connect with another smart wristband.

APP will automatically save the Bluetooth mac address of smart wristband. When the APP is opened or running in the background , it will automatically search and connect with smart wristband.

Phone needs all notification permissions to read contact information and permit the APP background running in the phone settings.

5.smart wristband functions description

Knob function:
Short press one to active screen .Rotate knob can switch different dial plates in main menu.can be page up/page down in menu. Long press to Power off /Reset/ SOS.can be zoomed in and out in honeycomb menu styled.

Standby page:
Slide down to enter the information page, and slide up to enter control center menu; Left sliding to enter individual menu; Right sliding to enter general information menu.

6.Control Center

●Bluetooth call:

1. If no audio is connected within 5 minutes after the first power on, the switch will automatically turn off; Or the user manually turns off the audio Bluetooth on the bracelet, and needs to manually turn on the switch when using it again.
2. The audio Bluetooth is connected and remains connected. If the audio Bluetooth is disconnected within 1 minute, it will automatically turn off if it is not connected back. After the APP is connected back, it will take the initiative to turn on the audio and connect back. If it is not connected back within 1 minute, it will turn off the audio.
(note: Audio BT connection condition)

●Dial styles switching:
Rotated knob to switch main menus of different dial styles.

●Music control:
Control music APP for previous song / next song, Pause/Play.

●Electric torch:
Click electric torch icon to display a white background image. Slide side to exit.

●Do Not Disturb(DND) Mode:
Click Do Not Disturb mode icon to get DND mode ON/OFF. and smart wristband will stop receiving any notification messages.

●Airplane mode:
Click Airplane mode icon to get Flight mode ON/OFF.and Bluetooth function will be turned off.

7.Health tricyclic

●Pedometer (the outermost ring):
Total steps every day, reset over midnight, and steps goal can be set on APP.

●Exercises (middle ring):
Data comes from any exercise under exercise, and it is cleared over midnight. (As long as it is any exercise time in the exercise, it can be accumulated.) Goals can be set on APP.

●Stand (innermost ring):
Data source (if steps per hour is more than 20 consecutive steps, one time stand will be counted), reset over midnight, and goal can be set on APP.

●Second page shows real proportions against goals Health tricyclic.

8.Sports

Heart rate is measured at the beginning of each sport, and then it is automatically measured every 5 minutes during sports process. Each sport can pause and continue its functions, and music can be controlled during sports.
When sport is finished, current exercise summary will be displayed. Sports data is not saved locally, and sports summary will not be displayed when each sport is finished within 5 minutes.

9.Heart rate /blood pressure/ blood oxygen/ ECG

After entering the measurement interface and waiting for a few seconds, current test result will be displayed.
This feature requires smart wristband with a heart rate sensor.

10.Dial via dial plate

Dial calls via dial plate.
(note: Audio BT connection condition)

11.Phone book

Add common contacts in the APP, and contacts can be displayed in Phone book synchronously.
Click contact person can make a call.
(note: Audio BT connection condition)

12.SOS

Add common contacts in the APP, and the first number in the APP is set as emergency contact number by default. Users can also change the settings. If the audio is connected, click this icon to directly pull out the phone.
If the audio is not connected, click to prompt that Bluetooth is not connected. (note: Audio BT connection condition)

13.Menu style switch

Can switch optional menu styles.

14.Voice assistant

Double click on dial page to enter the shortcut interface, click the voice assistant menu to start the language assistant. (Note: The mobile phone needs to be connected to the Audio device at the same time , and the user's voice needs to be set in advance in the voice menu on the smartphone side.)

15.Message notification mode

Connected with APP, if message notification reminder is enabled in APP, You can receive message notifications. And enter interface to view the latest message record only.

16.Stopwatch function

Enter the Stopwatch,and click start button to start timing, click pause button to stop, and click reset button to clear the timing.

17.Weather

Connect with APP, and enter weather interface to view daily weather conditions.

18.Looking for

Connect with APP , click "Looking for " and phone will emit a prompt tone.

19.Game

Built-in entertainment game-Snake.

20.Sleep mode

Latest 7-day records are displayed locally on the sleep details page, and sleep details data can be viewed in APP.
Note: Only when APP is connected and smart wristband is worn to sleep, Sleep data be uploaded to APP and the detection will start from 10 pm.

21.Camera mode (shutter)

Connect with APP , start the camera from smart wristband or enter the remote shutter interface from APP, shake/turn over /touch smart wristband, and mobile automatically takes photos for each countdown 3s. Please allow the APP to save shutter photos.

22.Reset

Resetting this function will clear all data in smart wristband. (like step counting)

23.Other APP

Facebook, Whatsapp, Twitter,Calculater,Calender

24.More

- **About:** You can view information about the machine.
- **Siri:** click screen to active voice assistant.and push knob to quit Siri (note: Audio BT connection condition)

- **Language:** You can set any language in the options.
- **Set Date:** You can set the date required by the user.
- **Set time:** You can set the time required by the user.
- **Backlight time:** There are multiple options on the backlight time setting. When corresponding time is selected,screen will automatically turn off against setting.
- **Back to dial:** There are multiple options for returning to the dial setting . When the corresponding time is selected, it will return to the dial against setting.
- **Bed lamp:** Turn on the switch, charging screen is always on, and only pressing knob can close screen.

25.QR code

Mobile phone scanning QR code can download the APP, and scanning the code at the APP end can automatically bind the bracelet device.

APP functions and settings

- **Personal information**
  You can gender-age-height-weight-distance, etc.
  You can also set your daily goal step count and monitor your daily progress.
- **App messages notifications**
  In connected state, if function is enable, messages APP such as WeChat, QQ,Facebook, etc., smart wristband will push reminders and display the received content (you can also go to the bracelet information menu to view the latest message records. APP should be given permission to obtain system notification).

Tips for Android users:
When using the reminder function, it needs to be set to allow " FitPro " to run in the background; it is recommended to add " FitPro" as trust in the permission management and open all permissions.

- **Alarm setting**
  In connected state, you can set 8 alarm clocks. After setting, they will be synchronized to smart wristband. It supports offline alarm clocks after the synchronization is successful.
- **Find**
  When connected with APP, click "Find " and smart wristband will be vibration prompted to respond.
- **Dial setting**
  Connect with APP to get the dial settings, and select the recommended dial to upgrade and synchronize .
- **Sedentary reminder**
  Set whether to enable the long time sitting reminder function. If you sit for a long time within the set time, smart wristband will remind you once an hour.
- **Device reset**
  This function will clear all data of smart wristband (such as step counting).
- **Remove device**
  Remove Device This feature will clear data and remove the device.After disconnected with Bluetooth, APP can connect another device.

- **Basic parameters**
  Equipment type: Smart wristband
  Vibration motor: Support
  APP Name: FitPro
  Bluetooth Name: It depends on the model NO.
  Operating temperature:-10℃ ~50 ℃

  Input: 5V 1A
  G sensor: Support
  Bluetooth Name: It depends on the model NO.
  Battery spec: 3.7V 200mAh 0.74Wh
  System Requirements: iOS 9 or above/Android 5.0 or above
- **Precautions**
  1. It is not advisable to wear it for bathing and swimming.
  2. Please connect the bracelet when synchronizing data.
  3. Use the included charging cable to charge.
  4. Do not expose the handle to places with high moisture, extremely high or low temperature for a long time.
  5. If the smart wristband crashes and restarts, please check the phone memory information to clear it and try again, or exit the APP and reopen it.
- **Parts Introduction**
  - Host
  - Smart wristband
  - Charging cable
  - Manual

智能手表

使用说明书

正确佩戴

手表以尺骨茎突后佩戴最佳。

根据调节孔调好适合手腕的大小；扣上腕带扣。

传感器要紧贴皮肤，避免移动。

给手表充电

初次使用确保手表电量正常，若低电不能正常开机,请连接充电器对设备进行充电。

在手机上安装手表APP

扫描二维码下载Fitpro 或进入APP Store、应用宝搜索下载并安装APP

Android/IOS

系统要求： Android 5.0及以上； iOS9.0及以上；
支持蓝牙4.0。

设备连接

首次使用，需连接APP进行校准，连接成功后手表会自动同步时间

打开手机系统蓝牙开关→进入app设备模块→点击“去绑定”进入，会自动搜索到附近手表蓝牙设备，找到手表设备并与连接。

● 安卓机配对成功后，APP端会弹出音频配对框，点击连接成功后即可拨打/接听电话和听音乐；IOS需要到手机蓝牙搜索音频蓝牙名，点击进行连接。（备注：如果手机系统蓝牙一直搜索不到音频蓝牙，请进入蓝牙通话菜单下打开开关，未连接音频设备是不能拨打电话的）

● APP会自动保存手表蓝牙地址,APP打开或在后台运行,都会自动搜索并连接手表。

● 安卓手机使用要读取联系人信息等所有通知权限和手机设置中赋予APP后台运行。

手表功能说明

上键： 表盘页面短按一次进入主菜单，主菜单页面双击切换风格，其他页面短按返回上一级

下键： 表盘长按2秒关机，任意页面短按返回到表盘，表盘页面短按灭屏。

旋钮功能： 在表盘旋钮可切换不同表盘，主菜单可切上下页；蜂窝主菜单可放大缩小功能

待机页面： 往下滑进入信息页面,往上滑进入控制中心界面；左滑动切换表盘；右滑进侧滑

控制中心

● **蓝牙通话：** 1.首次开机后5分钟内没有连接音频，开关会自动关闭；或用户在手表上把音频蓝牙手动关闭了，再次使用时需要手动打开开关 2.音频蓝牙连接上了就一直不关保持连接，若断开1分钟内未回连上自动关闭，待APP回连后主动把音频打开并主动回连上，若1分钟后没回连上把音频关闭

● **风格切换：** 点击菜单可切换不同风格主菜单。

● **音乐控制：** 手表可控制切换上一曲，下一曲，暂停/开始播放。

● **手电筒：** 点手电筒图标进入就显示一张白底图片背光默认最亮，只有手动退出才退出

● **勿扰模式：** 开启勿扰模式此功能，手表停止接收通知消息，以免提醒消息打扰。

● **飞行模式：** 在控制中心页面，打开飞行模式，蓝牙功能会关闭。

健康三环

● **步数（最外面那个环）：** 每天时时的总步数，隔夜清零，步数目标APP上可设置。

● **锻炼（中间环）：** 数据来源于运动下的任何一项运动，隔夜清零，（只要是进入运动里的任何运动时间都可以累计）运动目标APP上可设置。

● **站立（最里面环）：** 数据来源（一个小时内步数连续大于20步，就显示一个站立），隔夜清零，站立目标APP上可设置。

● 第二页显示健康三环的目标以及比例。

柱状图：图一步数：一天内从0点到23点的每小时的步数分布。

● 图二锻炼：一天内从 0点到23点的每小时的锻炼时长分布 。

● 图三站立：一天内从 0点到23点的每小时的站立分布 。

● 图下面还有显示总距离和总卡路里显示。

运动

进入每项运动开始时就开始测量心率，之后运动过程中每间隔5分钟自动测量，每项运动可暂停和继续功能，运动中可控制音乐播放，结束运动会展现当前运动摘要，此运动数据不保存本地且运动不足5分钟以上结束运动不会展现运动摘要

心率/血压/血氧/心电图

进入测量界面等待数秒后，显示当前测试结果。此功能需要手表支持心率传感器。

拨号

拨号盘可拨打电话（备注：使用此功能手机需要连接音频）

电话本

在APP添加常用联系人，联系人即可同步到手表电话本里显示，点击联系人即可拨打电话（备注：使用此功能手机需要连接音频）

SOS

在APP添加常用联系人，APP默认第一个号码设置为紧急联系人号码，用户也可更改设置，如音频有连接点击此图标就直接拨出电话，未连接音频时，点击提示蓝牙未连接

风格切换

可在选项中切换不同风格主菜单。

信息模式

连接APP状态下，如果开启推送通知提醒，当手表有推送通知提醒，进入此界面可查看通知记录。

秒表功能

进入秒表点击开始按钮开始计时，点击暂停按钮停止，点击重置按钮清除掉计时。

天气

连接app下，进入此界面可查看当天天气状况。

找手机

连接APP状态下，手表点击“寻找手机”手机会发出提示音

游戏

内置娱乐游戏

睡眠模式

在睡眠详情页面本地显示最近7天的记录，连接APP端可查看睡眠数据详情。

注意：需连接app状态下且佩戴手表入睡才会有睡眠数据上传APP且从晚上10点开始检测。

拍照

连接app状态下，从手表端启动拍照或APP端进入遥控拍照界面，摇一摇/翻腕/触摸手表，倒计时3秒后自动拍照请允许APP访问相册以保存自拍的照片。点开始检测。

重置

重置此功能会清除手表所有数据。（如计步）

更多

● 关于：可查看本机相关的信息。

● Siri：点击语音助手菜单可启动语言助手。（备注：手机同时需要连接音频，智能机端需在语音菜单提前设置好使用人的声音）

● 语言：可设置选项中的任意语言。

● 设置日期：可设置用户需要的日期。

● 设置时间：可设置用户需要的时间。

● 背光时间：背光时间设置页面有多项选择，选择对应时间到了，会自动灭屏。

● 返回表盘：返回表盘设置页面有多项选择，在灭盘后开始计时，选择对应时间到了会返回到表盘。

● 床头灯：开启开关，充电页面屏幕常亮，只有按键才能息屏

● 侧滑：默认开启，在表盘右滑进入侧滑页面

二维码

手机扫描二维码可下载APP，同时在APP端扫码可自动绑定手表设备

APP功能及设定

个人信息

可设置性别-年龄-身高-体重-距离等

您也可以设置您的每日目标步数，监控每日的完成情况。

应用推送

连接状态下，如果开启了此功能，则当有微信、QQ，Facebook等消息时，手表会推送提醒并显示接收到的内容（也可进手表信息菜单查看最新消息记录）。（需赋予APP获取系统通知的权限）。

Android用户温馨提示：

使用提醒功能时需要设置为允许"FitPro"后台运行；建议在权限管理中添加"FitPro"为信任并打开所有权限。

闹钟设置

连接状态下，可进行8个闹钟设置，设置后，会同步给手表；支持离线闹钟，在同步成功后，即使APP未连接，手表也会按设定时间提醒。

寻找手表

连接状态下，点击“寻找手表”，手表会有响应提示。

自定义表盘

连接APP获取表盘设置，可选择推荐表盘/手机相册进行升级同步到手表。

久坐提醒

设置是否开启久坐提醒功能，若在设定时间内长时间坐着，则手表会每小时提醒一次。

设备重置

设置重置此功能会清除手表所有数据（如计步）

移除设备

移除设备此功能会清除数据并移除设备

基本参数

设备类型	智能手表	电池类型	锂聚合物
振动马达	支持	同步方式	蓝牙4.0
工作温度	-10℃~50℃	传感器	低功耗加速度传感器
系统要求	IOS9以上/Android5.0以上		

注意事项

1.洗澡和游泳事不宜佩戴。

2.同步数据时请连接手表。

3.使用自带的充电线充电。

4.不要把手表长时间暴露在水分较高、温度极高或极低的地方。

5.手表出现死机重启现象，请注意检查手机内存信息清除再试，或退出APP重新打开。

部件介绍

*主机*腕带*充电线*包装盒及说明书

此说明书仅供参考，请以实物为准

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.