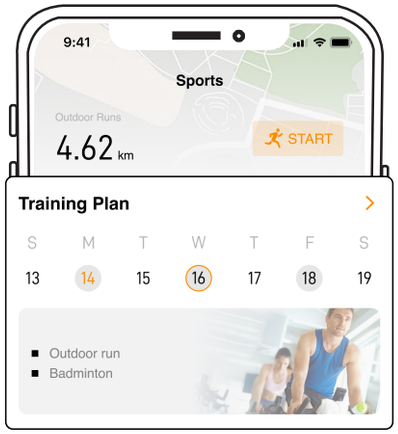
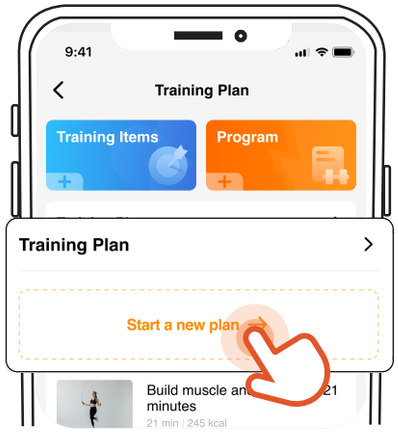
Create and Customize Training Plans

You can create your own training plans in the App with a few simple steps.

Step 1:

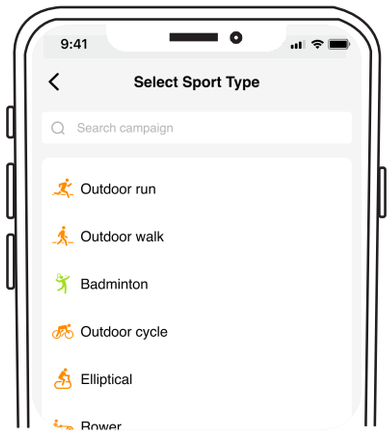
Open the App and go to the Workouts page. Click "Training Plans" to enter the plan creation page.

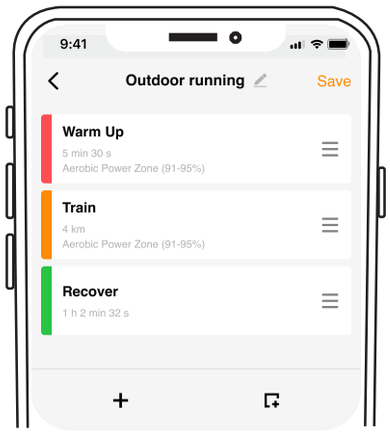




Step 2:

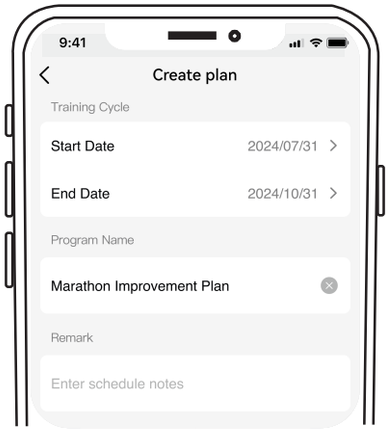
On the plan creation page, click "Training Programs" to create your program. Select workout and step types and set duration and intensity goals for each workout step to create a single training program.

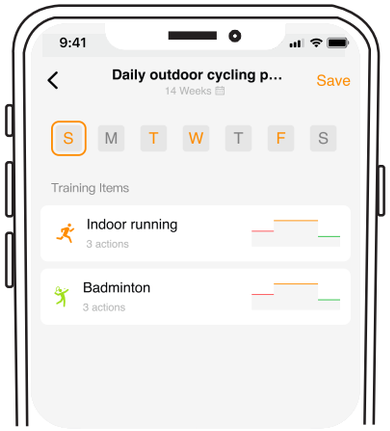




Step 3:

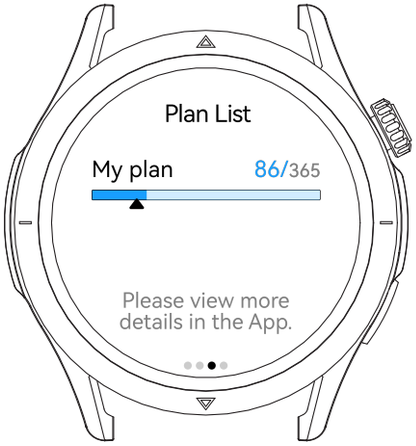
Click "Create Plan" on the plan creation page. Set up the name and starting date of the plan to create a training plan. After setting weekly training programs, the App will automatically generate training templates according to your training cycle.





Step 4:

Once the training plans are synced successfully, you can check your daily training programs and training progress on the watch, which helps you to achieve your training goals.



Gesture Operations

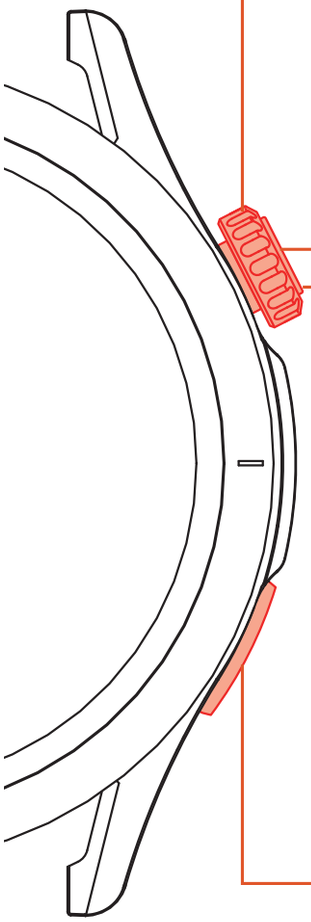
Swipe Down:
Swipe down on the home screen to access the Shortcut Menu. Tap the + icon to customize it.

Swipe Up:
Swipe up on the home screen to access the Notification Center. Tap the Edit icon below to customize it.

Swipe Right:
Swipe right on the home screen to view unread notifications.

Swipe Left:
Swipe left on the home screen to access the Widgets.

Button Operations



1. Rotate the Crown:

a. on the App List and other pages to scroll up/down through options.
b. on the watch face editing page to switch between watch faces.
c. on the brightness adjustment page to increase/decrease screen brightness.
d. during music playback/BT calls to adjust the volume.

2. Press the Crown once:

a. to wake the watch screen when the screen is off.
b. on the home screen to enter the App List.
c. on other pages to return to the home screen.
d. in Timer/Stopwatch to pause/resume the countdown/timing.
e. during a workout to pause/start the workout
f. during water activities to unlock the screen.

3. Press and hold the Crown:

a. for 3 seconds when the watch is powered off to power it on.
b. for 3 seconds when the watch is powered on to access the Power off/Restart page.
c. for over 8 seconds when the watch is powered on to force a restart.
d. for 5 seconds in the power saving mode to exit the mode.

4. Press the BACK button once:

a. on the home screen to access Workout. You can customize features for the BACK button in Settings.
b. to wake the watch screen when the screen is off.
c. on other pages to return to the upper-level page.
d. in Stopwatch to start split timing or reset timing when the stopwatch stops.
e. on the workout preparation page to start the workout.