

H11PRO

Operating guide

Version V1.06



Note: Please use a 5V/1A charger; otherwise, there is a risk of damaging the charging cable.
Low temperatures during winter may affect the performance of the igniter.

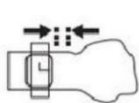
01 Pre-use Preparation

Ensure that the watch has sufficient battery before use.

Charging: Align the bottom of the watch with the charging dock; the battery level indicator will appear on the watch screen within 5 seconds. The watch takes approximately 3.5 hours to fully charge, and during this process, the battery icon on the screen will display as "Full."

Wearing instructions

1. The watch should be worn behind the ulnar styloid process for optimal comfort.
2. Adjust the size to fit your wrist using the adjustment hole, then fasten the wrist strap buckle.
3. The sensor should be placed in close contact with the skin and kept stationary. To set up the device, prepare for Bluetooth pairing by downloading and installing the "Zmoofit" app on your mobile phone. You can download the app directly from the app store by searching for "Zmoofit," or by scanning the QR code on the right to access the download link (scanning is supported via web browsers, WeChat, etc.). The app is compatible with smartphones running iOS 11.0 or later, and Android 5.0 or later.



02 Overview of Watch Button Functions

Built for purpose tools

1. Single-click to wake the screen when the display is off.
2. From the watch face, single-click to enter the function menu.
3. Double-click on the function menu interface to switch the menu style.
4. Long-press on the watch face to display the power-off option.
5. Press and hold the power button while the device is off to turn it on.
6. The red round knob is the release control for the ignition chamber.



Quick Actions

1. On the dial interface, from top to bottom: enter the quick-access functions interface, which displays the Bluetooth connection status, battery level, and time, along with buttons for audio Bluetooth, flashlight, lighter, settings, about, Alipay, and other functional interfaces.
2. On the dial interface, from bottom to top: displays the history of messages received by the watch.
3. On the watch face interface, from right to left: step count, heart rate, blood oxygen saturation, sleep status, weather, music, and other custom feature interfaces.
4. On the dial interface, from left to right: display time, date, day of the week, weather, call history, and other quick-access functions.
5. On the watch time interface, long-press the screen for three

seconds, then swipe left or right to switch between the time displays; simply tap the selected display to complete the settings.

Replace the dial:

Long-press the watch face page, swipe left or right to browse available faces, and tap to switch. For more watch faces, download the watch face section of our mobile app.



03 Connect the app to your watch via Bluetooth

1. Turn on your phone's Bluetooth.
 2. Install the app, register, log in, and access the home page.
 3. Pair your watch with the app; during pairing, ensure that the watch and the app can communicate with each other (i.e., synchronize data).
 4. Open the app > Devices > Add New Device > Select your watch model.
 5. From the retrieved pairing list, select the watch model with the strongest signal or its corresponding option.
- Bluetooth address; icon color: white  This indicates that you have connected.



*Once the connection is successful, go to the mobile app interface (do not skip this step) and grant the appropriate permissions according to the page settings to ensure the proper functioning of both the watch and the app.

*To maintain device performance, the Android operating system frequently clears background apps, which can cause the smartwatch to lose connection with the app and fail to push notifications. In such cases, users must manually add the app to the whitelist.

04 Audio/Call Bluetooth connectivity for your watch

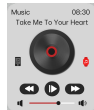
1. When the user completes the first successful pairing, they can finish the audio Bluetooth pairing by tapping the "Pairing Button (see right figure)" at the bottom of the "Bluetooth Pairing Request" prompt on the pairing interface. Once the watch's audio Bluetooth has been successfully paired, the phone will store this pairing information, allowing subsequent connections to the watch to automatically establish simultaneous audio Bluetooth pairing. (If Bluetooth 3.0 does not connect automatically, please manually search for your watch model in the phone's Bluetooth settings to complete the pairing.)

1. How to disconnect the audio connection

1. iPhone users should go to the Bluetooth settings on their phone, locate the device named "H11PRO", tap the exclamation mark icon to its right, and then tap "Unpair" to disconnect the watch's audio Bluetooth connection.



1. Android users should go to the Bluetooth settings on their phone, tap the "H11PRO" Bluetooth name, and the phone will display a prompt asking "Do you want to disconnect?" Tap "Confirm" below the prompt to disconnect the watch's audio Bluetooth connection.



05 Watch Feature Overview

Step counting

Wear your watch to track your daily step count, distance traveled, and calories burned, and view your current real-time step count.



Heart rate

Wear your watch correctly, then open the heart rate app within the watch application; once accessed, the heart rate will be measured automatically. This data is for reference only; please do not use it for medical purposes.



Voice Assistant

When your watch is connected to the app, simply open the voice assistant interface, follow the prompts to enter a voice command, and you can control your phone via the voice assistant.



Blood oxygen

When wearing your watch correctly, open the blood oxygen app within the watch application; upon entering, the heart rate will be automatically measured. This data is for reference only and should not be used as medical data.



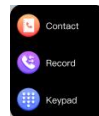
Sleep

After correctly wearing your watch, go to bed on schedule, record your sleep data for the entire night, and at 8:30 AM, sync this sleep data to both the app and the watch's sleep tracking feature.



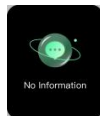
Telephone

The watch supports Bluetooth calls; once connected via Bluetooth audio, users can directly make, answer, or reject calls directly on the watch.



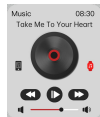
Information

When linking your watch to an app, you must grant permission for notification access to view your phone's notification messages.



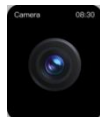
Music

Once you have confirmed that a music app is running in the background of your phone, you can use the music feature to play music on your watch or phone. If you are unable to control the phone's music via your watch, try disabling multi-app playback for the music app on your phone.



Take a picture

Once Zmoofit is opened on your mobile device, simply enable the camera feature on your watch to use the photo-taking functionality.



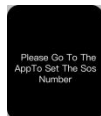
Breathe

You can set your breathing rhythm and breathing duration. When the watch prompts you to begin inhaling and exhaling, it will display data such as heart rate and respiratory rate once the training session is successfully completed.



SOS

After configuring preset emergency contacts within the app, you can tap the SOS feature on your watch to place an emergency call to your preset emergency contacts.



Sport Mode

Outdoor running, indoor running, brisk walking, cycling, jump rope, spinning, sit-ups, mountain climbing, yoga, dancing, basketball, volleyball, badminton, and other sports.



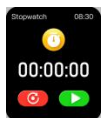
Find phone

When the watch is paired and connected to your phone, enabling this feature on the watch will trigger a vibration/sound.



Stopwatch

The electronic stopwatch can record one or more time intervals; swipe right on the stopwatch interface to exit timing mode.



Weather

Swipe right from the watch face interface to the quick access interface, then tap the small cloud icon to view the daily weather conditions and temperature. (Note: This feature requires linking your watch to the mobile app; if not linked, no weather information will be available.)



Physical period

Set your menstrual cycle and other relevant data within the app; once enabled, you will receive corresponding menstrual reminders.



Timer

You can freely enter values for hours, minutes, and seconds, and the system also supports quick selection of commonly used preset durations to rapidly start the timer.



Alarm clock

You can set alarms on your watch or within the app; when the time comes, a pop-up notification with a vibration alert will appear, and you can set multiple alarms.



Calendar

You can view the calendar on your watch.



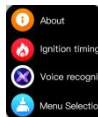
Calculator

Locate the calculator button on the watch and tap it to activate the calculator function.



Set up

You can configure the ignition time, voice recognition toggle, menu style switching, theme switching, language selection, brightness, Do Not Disturb mode, vibration intensity, time settings, factory reset, restart, and power off.



About

In the settings interface, locate the "About" button and select it to view the device name, Bluetooth MAC address, and version of the device.



Alipay

Use the Alipay mobile app to scan the QR code on your watch's Alipay interface to complete the binding process.



Flame ignitor

After popping open the ignition chamber, swipe down from the top of the watch face interface to enter the quick-access functions screen. Tap the "Igniter" function, then swipe down to initiate ignition. Once ignition is complete, press the ignition chamber to return it to its default position, which will take you directly back to the watch face page. (The igniter function allows up to two consecutive ignitions; after two consecutive ignitions, a 10-second delay will be enforced before you may attempt another ignition.)



Ignition Time Setting: In the watch settings menu, locate and select "Ignition Time Setting" to configure the ignition time.

The default setting is 4 seconds (increasing the ignition duration will also increase the watch's power consumption).

Igniter Switch: In the watch's settings menu, navigate to the Igniter Switch option to customize the on/off time for the igniter function. The default on/off times are from 8:00 AM to 10:00 PM; once disabled, neither manual nor voice commands will be available for the igniter function. The custom time settings within the Igniter Switch are based on the watch's internal time. Before use, please bind the watch to the app to synchronize the time.

Note: Avoid excessive frequent ignition, as this may cause the watch to overheat, which could adversely affect its performance.

06 App Feature Overview

1. index dial

Once you access this feature, you can select a watch face from the online gallery for download, or edit an image in your custom watch face and then download it to your watch. For a wide variety of watch faces, you will first need to download the relevant resources on your mobile device before synchronizing them to your watch.

2. Social Reminders

When connected and this feature enabled, the watch will vibrate to notify you when messages from apps such as iMessage or Facebook arrive, and will display the content received by the app; you can then manually select which app messages to receive.

3. Call Reminder

When connected, if the incoming call notification feature is enabled, the watch will vibrate to alert you when a call arrives; if it is disabled, the watch will not vibrate in response to incoming calls.

4. Alarm reminder

You can set a watch alarm on your phone.

5. SMS reminder

When enabled, the text message content will be displayed on the watch.

6. More features

①. Music Control

Once activated, the watch can control the phone's music playback function.

②. Contacts

After entering the contacts interface, tap "Add to phone contacts" in the top-right corner.

③. Number of ignition cycles

You can view the number of times the watch has been started.

④. Do Not Disturb Mode

When Do Not Disturb mode is enabled, the watch will not receive notifications such as text messages or phone calls; when disabled, notification features—including message alerts—will be restored.

⑤. Prolonged sitting reminder

Within the app, you can set the start and end times, as well as the duration threshold for sedentary behavior (in minutes); once this threshold is reached, the watch will vibrate and display a sedentary icon.

⑥. Water Reminder

Within the app, you can set the start and end times, as well as the interval between water intake sessions (in minutes). When the water intake interval is reached, the watch will vibrate and display a "sedentary" icon.

⑦. Find Device

Tap "Search for device" within the app; the device will then display "Find wristband" and vibrate as a notification.

⑧. Camera Control

When connected, tapping the button will display the photo interface for both the phone and the watch; then, by tapping the icon on the watch, the phone can capture a photo.

⑨. physical period

Set your menstrual cycle and other relevant data within the app; once enabled, you will receive corresponding menstrual reminders.

⑩. SOS call out

After configuring preset emergency contacts within the app, you can tap the SOS feature on your watch to place an emergency call to your preset emergency contacts.

⑪. Time Format

Set the watch to display time in 12-hour or 24-hour format.

⑫. Raise to Wake

You can enable or disable the wrist-lift screen activation feature of your watch.

⑬. Heart rate monitoring

You can turn heart rate detection on or off.

⑭. Screen on duration

You can set the watch's continuous screen-on duration (the longer it remains on, the more power it will consume).

⑮. Device Language

Set the language displayed on the watch.

⑯. Weather Information

Set the watch to display the weather location; it defaults to automatic location detection.

⑰. factory data reset

Restore to factory settings.

⑱. shut down

Shut down.

⑲. Reboot the device

Restart the device.

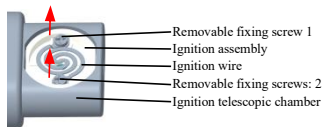
⑳. firmware upgrade

Once the app connection is successfully established, if there are new software updates available, the system will display a pop-up window prompting you to update to the latest version; you may also manually check for the latest version.

07 Ignition Assembly Replacement Instructions:

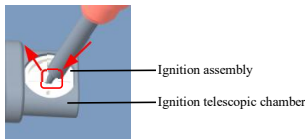
1. Please use a dedicated delivery screwdriver (other screwdrivers may pose a risk of damaging the product); first unscrew the removable fixed screw 1 and the removable fixed screw 2 shown in Figure 1.

Figure 1



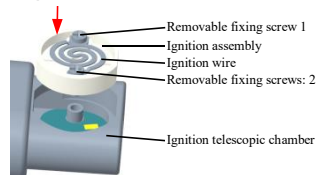
2. First, remove the ignition wire, then use a dedicated screwdriver to gently pry out the ignition assembly at the marked position in Figure 2, separating it from the ignition telescopic housing.

Figure 2



3. After removing the ignition assembly to be replaced, gently insert the new ignition assembly into the ignition extension housing, then use the back side of a dedicated screwdriver to lightly press against the new ignition assembly to align it with the screw holes; ensure that it is not installed upside down, and that the heating wire faces upward during installation.

Figure 2



4. After confirming that the ignition assembly is properly installed and the hole positions are correctly aligned, use a dedicated screwdriver to tighten removable fixing screw 1 and removable fixing screw 2. When tightening the removable fixing screws, **apply appropriate force; do not use excessive force to avoid stripping the screw threads.**

Note: Do not apply excessive force when tightening screws or when removing the ignition wire or ignition assembly, as this may cause screws to strip or result in damage to the product. Before replacing the ignition module, power off the watch and allow it to rest in a cool, well-ventilated area for 2 minutes; ensure that the ignition module has fully cooled down to avoid the risk of burns. The ignition wire must be.

08 Ignition chamber ejection method

Activation method: Grasp the red circular button with your finger and rotate it clockwise. Press the rotary button to pop out the ignition chamber.

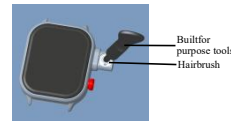
Note: To prevent unintended manual pressing and accidental activation of the pop-up mechanism.

The ignition chamber must be operated by rotating the red circular knob to release it. Use the pop-up ignition chamber; after use, press it back into place.



09 Cleaning Method for Manual Model Heating Element

When cleaning the heating element, first rotate the igniter to release the pop-up button (red round knob); after the igniter pops out, use a small brush to apply Gently and repeatedly scrub the heating element area with light pressure to remove residue. Remove oil residue and other contaminants; Shake the watch to flick off any water from the igniter. then restart the ignition twice, and it will operate normally.



10 FCC Caution:

FCC ID :2BYTN-H11PRO

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 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.

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.

11 List of Restricted Substances

Product Type: Smart Ignition Watch

Strap size: 22 mm

Display: 2.02-inch HD screen

Synchronization method: Bluetooth

Package contents: main unit, strap, charging cable, instruction manual.

Matters need attention



1. Please connect your watch when synchronizing data.
2. When using the watch's included charging cable, please use a 5V/1A charger; otherwise, the charging cable may be damaged.
3. Do not expose your watch to areas with high humidity, or to extremely high or low temperatures, for extended periods.
4. This product is not a medical device; the health data and recommendations provided are for reference only and shall not be used for diagnostic or medical purposes.
5. Why are incoming call notifications or content not being pushed?
When a user turns on the QQ or WeChat notification switch for the first time, the app will request the corresponding permissions; the user then selects the app in the permission request to grant these permissions.

6. Do not use the igniter if it has absorbed water; simply shake it dry to restore normal operation. Do not operate the igniter while it contains any moisture.

7. Do not repeatedly activate the igniter function consecutively to prevent the igniter from overheating; also, do not come into contact with the heating elements inside the ignition chamber to avoid burns.

8. This smartwatch features an electric heating filament function. When carrying the device into or out of designated areas or while using public transportation, please consult the relevant management personnel to comply with applicable regulations.

9. Children and minors are prohibited from using this product to avoid potential safety hazards caused by improper operation.

10. The merchant reserves the right of final interpretation.

Note: If the igniter is dirty, the product will not be eligible for returns or exchanges in the secondary market.

12 List of Restricted Substances

Table of Names and Contents of Hazardous Substances in the Product						
Component Name	Hazardous material					
	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent chromium (Cr(VI))	Polychlorinated biphenyls (PBB)	Polybrominated diphenyle Ethers (PBDE)
Watchcase	○	○	○	○	○	○
Cell	○	○	○	○	○	○
Display screen	○	○	○	○	○	○
PCB	×	○	○	○	○	○
	This form has been prepared in accordance with the provisions of SJ/T 11364. ○ : This indicates that, for all material components of the part, the content of the restricted materials remains below the limit values specified in GB/T 26572. × : Indicates that the content of the restricted materials in all material components of this part complies with the limit requirements specified in GB/T 26572.					

13 Product Warranty Card

Product model		Store	
Order No.		Purchase Channel	
Purchase Date	Y T D	Customer	
Issue Description			

The Product provides the following warranties

1. This product has been manufactured through rigorous quality management and inspection processes.
2. If a consumer encounters a malfunction during normal use, they may avail themselves of free service at the purchase store or at our factory service center, in accordance with the terms of the warranty card.
3. The following situations do not qualify for free service:
 - Damage resulting from maintenance or modification not approved by the Company;
 - Damage caused by natural disasters or voltage abnormalities;
 - Damage caused by misuse, negligence, or accidental events;
 - Damage resulting from failure to comply with the precautions set forth in this product manual.
4. Present this warranty card as proof of warranty

Offline voice assistant commands		
Wake word	hello, yisai	
Instruct	open lighter	open Setting
Open Alipay payment	Return to the dial	Open Activity
Open Sleep	Open Heart Rate	Open Blood oxygen
Open Blood pressure	Open Alarm	Open Stopwatch
Open Timer	open Weather	Open Breathe
Open Dialing	Open Contacts	Open Sports
open notification	open Flashlight	open Voice Assistant
Open Music	Open Camera	Find phone
Open QR code	open drainage	Open Women Wellness
Open SOS		