

1. ADIM : ŞARJ
Saatinizi şarj cihazına bağlayın.

UYARI: Saatinize zarar gelmesini önlemek için yalnızca içerikteki şarj cihazını kullanın. Cihazınızı şarj etmek için USB çalgıtıcı, USB bölücü, USB y-kablosu, pil takımı ya da diğer çevre birimlerini kullanmayın.

2. ADIM: BAŞLARKEN
Telefonunuzdan App Store™ ve Google Play™ Mağazasından Wear OS by Google™ indirin. Telefonunuzda Wear OS by Google™ uygulamasını açın ve saatinizi telefonunuzla eşleştirmek için iletileri takip edin. Eşleştikten sonra saat ekranınızda kurulum işlemleri için rehberlik sunulacaktır.

Daha fazla bilgi için, şu sayfaya gidin: puma.fgservices.com

Apple oraz logo Apple są znakami towarowymi firmy Apple Inc., zarejestrowanymi w Stanach Zjednoczonych i innych krajach. App Store jest znakiem usługowym firmy Apple Inc. Wear OS by Google ve Google Play in ticari markalandır Google LLC.

KALP ATIŞI TAKİBİ
GÜNLÜK KULLANIM: Kayış saat teninize düz olacak şekilde bileğinizin üstüne takın. EGZERSİZ: Kayış sıkıştırmn ve saati bileğinizizde yukanya hareket ettirin. Bittiğinde gevşetin.

PUMA SE lisansı ile üretilmiştir. PUMA® ve cat logosu, PUMA SE'nin ticari markalandır.

LANGKAH 1: ISI DAYA
Hubungkan jam tangan Anda ke pengisi daya.

PERINGATAN: Untuk menghindari kerusakan pada jam tangan Anda, hanya gunakan pengisi baterai yang disertakan. Mohon untuk tidak menggunakan hub USB, splitter USB, kabel y USB, baterai, atau perangkat tambahan lainnya untuk mengisi daya.

LANGKAH 2: MEMULAI
Di ponsel Anda, unduh aplikasi Wear OS by Google™ dari App Store™ atau Google Play™ Store. Buka aplikasi Wear OS by Google™ pada ponsel Anda dan ikuti petunjuk untuk menyandingkan jam tangan dengan ponsel Anda. Setelah disandingkan, layar jam tangan Anda akan memandu Anda melewati prosedur pengaturan.

Untuk informasi terperinci, kunjungi: puma.fgservices.com

Apple dan logo Apple adalah merek dagang dari Apple Inc., terdaftar di AS dan negara-negara lain. App Store adalah merek layanan dari Apple Inc. Wear OS by Google dan Google Play adalah merek dagang dari Google LLC. Google Play dan logo Google Play adalah merek dagang dari Google LLC.

PELACAKAN DETAK JANTUNG
PENGUNAAN SEHARI-HARI: Kenakan tali di atas tulang pergelangan tangan Anda dengan jam tangan menempel rata di atas kulit Anda. LATIHAN: Kencangkan tali dan pindahkan jam tangan lebih tinggi pada pergelangan tangan Anda. Kendurkan bila sudah selesai.

Diproduksi sesuai lisensi PUMA SE. PUMA® dan logo kucing adalah merek dagang PUMA SE.

ステップ 1：充電
ウォッチを充電器に接続してください。

警告：時計への損傷を避けるため、同梱の充電器のみご使用ください。USBハブ、USBスプリッター、USB Yケーブル、電池パックやその他の周辺機器を充電に使用しないでください。

ステップ 2：開始
スマートフォンで、App Store™またはGoogle Play™ストアからWear OS by Google™アプリをダウンロードしてください。携帯のWear OS by Google™アプリを開き、画面の指示に従ってウォッチと携帯をペアリングします。ペアリングが完了したら、ウォッチの画面にセットアップの案内が表示されます。

詳細情報へのアクセス: puma.fgservices.com

AppleおよびAppleロゴは、米国およびその他の国における Apple Inc. の登録商標です。App StoreはApple Inc.のサービスマークです。Wear OS by GoogleおよびGoogle PlayはGoogle LLCの商標です。

心拍数トラッキング
日常：ストラップを手根骨（手首の関節の骨）の上に装着し、ウォッチが肌に平らに当たるようにしてください。運動時：ストラップをしっかり締め、ウォッチが手首の高い位置に来るようにしてください。完了したら緩めます。
PUMA SEのライセンスを受けて製造されています。PUMA®およびキヤットロゴはPUMA SEの登録商標です。

第1步：充電
將手錶連接到充電器。

警告：為了避免損壞您的手錶，只能使用原裝充電器。不要使用USB集線器、USB分配器、USB y-cable多功能線、電池組或其他週邊裝置充電。

第2步：開始
從App Store™或Google Play™商店下載Wear OS by Google™應用程式到手機中。在您的手機上打開Wear OS by Google™應用程式，遵照提示將手錶與您的手機配對。配對完成後，您的手錶屏幕將引導您完成設定程序。

如需了解詳細信息，請訪問：puma.fgservices.com

Apple和Apple標誌是蘋果公司在美國以及其他國家註冊的商標。App Store（應用商店）是蘋果公司的服務標誌。Wear OS by Google和

Google Play是Google LLC的商標。

心率追蹤
毎日使用：將錶帶配戴在您的腕骨之上，而錶底貼靠於您的皮膚。
鍛煉：將錶帶繫緊並且將手錶移至您的手腕上較高處。完成後鬆開。
根據 PUMA SE 授權製造。PUMA® 和此貓形標誌是 PUMA SE 的商標

第1步：充电
將手表连接到充电器。

警告：为了避免损害您的手表，请使用原装充电器。不要使用USB集线器、USB分配器、USB y-cable多功能数据线、电池组或其他外围设备充电。

第2步：开始
从App Store (SM) 或Google Play (TM) 商店下载Wear OS by Google (TM) 应用程序到手机中。对于中国用户：1. 手表开机，点击屏幕开始，向上滑动屏幕确认相关条款。2. 使用手机扫描手表屏幕二维码，下载并安装 WearOS by Google™ 中国版app。3. 打开 WearOS by Google™ 中国版app，跟随提示完成手机和手表的 配对、同步。

欲了解详细信息，请访问：puma.fgservices.com

从任何主要Android应用市场下载Fossil Q应用。Apple与 Apple的标识是苹果公司在美国以及其他国家注册的商标。Apple Store是苹果公司的一个服务商标。Wear OS by Google Google和Google Play是Google LLC的商標。

心率追蹤
日常使用：將表帶戴在腕骨上，讓手表平貼您的皮膚。運動：收緊表帶，將手表向手腕的更高處移動。完成後松开。
在 PUMA SE 的许可下生产。PUMA® 和美洲獅徽标为 PUMA SE 的商標

ขั้นตอนที่ 1: ชาร์จ
เชื่อมต่อนาฬิกาของคุณไปยังตัวชาร์จ

คำเตือน: เพื่อหลีกเลี่ยงความเสียหายต่อนาฬิกาของคุณ โปรดใช้ตัวชาร์จที่รวมมาด้วยเท่านั้น อย่าใช้ฮับ USB ตัวแบ่ง USB สายเคเบิล USB แบบตัว Y ชุดแบตเตอรี่ หรืออุปกรณ์ต่อพ่วงอื่น ๆ เพื่อชาร์จ

ขั้นตอนที่ 2: เริ่มต้น
บนโทรศัพท์ของคุณ ดาวน์โหลดแอป Wear OS by Google™จาก App Store™ หรือ Google Play™ Store. เปิดแอป Wear OS by Google™บนโทรศัพท์ของคุณแล้วทำตามคำแนะนำเพื่อจับคู่นาฬิกาของคุณเข้ากับโทรศัพท์ของคุณ เมื่อจับคู่

แล้ว หน้าจอนาฬิกาของคุณจะนำทางคุณไปตามขั้นตอนการตั้งค่า
สำหรับข้อมูลโดยละเอียด เยี่ยมชม: puma.fgservices.com

Apple และโลโก้ Apple เป็นเครื่องหมายการค้าของ Apple Inc. ซึ่งจดทะเบียนในสหรัฐอเมริกา และประเทศอื่น ๆ App Store เป็นเครื่องหมายบริการของ Apple Inc. Wear OS by GoogleและGoogle Play เป็นเครื่องหมายการค้าของ Google LLC.

การติดตามอัตราการเต้นของหัวใจ
การใช้งานประจำวัน: รัดสายนาฬิกากระดุกข้อมือของคุณโดยให้นาฬิกาจับติดกับผิวหนึ่งของคุณ
การออกกำลังกาย: รัดสายนาฬิกาและขยับนาฬิกาให้สูงขึ้นบนข้อมือของคุณ ปรับให้หลวมเมื่อใช้เสร็จแล้ว
ผลิตภายใต้ใบอนุญาตของ PUMA SE PUMA® และโลโก้เสือพูมาเป็นเครื่องหมายการค้าของ PUMA SE

1 단계: 충전
귀하의 시계를 충전기에 연결하십시오.

경고: 시계 손상을 방지하려면 반드시 동봉된 충전기만을 사용해야 합니다. USB 허브나 USB 분배기, USB Y 케이블, 배터리 팩, 다른 주변 기기를 사용하여 충전하지 마십시오.

2 단계: 시작하기
귀하의 폰의 앱 스토어SM 또는 구글 플레이™에서 안드로이드 웨어™ 앱을 다운로드하십시오. 폰 Wear OS by Google™을 얻 후, 시계와 폰 페어링 절차를 따라 주세요. 페어링이 되면, 시계 화면 설정 절차를 따라 주세요.

자세한 정보를 원하시면, 방문하십시오: puma.fgservices.com

Apple과 Apple 로고는 미국 및 기타 국가들에 등록된 Apple Inc.의 상표입니다. App Store는 Apple Inc.의 서비스 마크업니다. Wear OS by Google 및 Google Pay Google LLC의 상표입니다.

심박 수 추적
매일 사용: 시계가 피부에 밀착되도록 팔목 뼈 위에 시계 줄을 착용하세요. 운동: 줄을 단단하게 고정한 다음 시계를 팔목 위 부분으로 올려 주세요. 완료 되면 살짝 풀어 주세요.
PUMA SE와 라이선스 계약 아래 생산했습니다. PUMA® 와 푸마 로고는 PUMA SE의 등록 상표입니다.

الخطوة 1: الشحن
قم بتوصيل ساعتك إلى الشاحن.

تحذير: لتجنب تلف ساعتك، استخدم الشاحن المرفق فقط. لا تستخدم مزيج USB أو قسم أو وصلة لتجنب تلف ساعتك، استخدم الشاحن المرفق فقط. لا تستخدم مزيج USB أو قسم أو وصلة أو حاحن محمول أو أي جهاز طرفي آخر للشحن.

الخطوة 2: استعد للبدء
على هاتفك، قم بتنزيل وتثبيت تطبيق Wear OS by Google™ من متجر التطبيقات. افتح تطبيق Google Play أو جوجل بلاي Google Play™. افتح تطبيق Wear OS by Google™ على هاتفك واتبع التعليمات لإقران ساعتك بهاتفك. عند إقرانهم معا ستقوم شاشة ساعتك بتفك عبر إجراءات الإعداد.

puma.fgservices.com لمعلومات مفصلة، يرجى زيارة: Apple وشعار Apple هي علامات تجارية تابعة لشركة Apple Inc. وهي مسجلة في الولايات المتحدة ودول أخرى. App Store هو علامة خدمة تابعة لشركة Apple Inc. Google LLC. Google Play وWear OS هي علامات تجارية خاصة بشركة Google LLC.

تتعب دقات القلب
الاستخدام اليومي: اربط الشريط فوق عظمة رسبك على أن تكون الساعة مسطحة على بشرتك. قم: اربط الشريط فوق الساعة لتكون أعلى من رسبك. فكك بعد الانتهاء.
أنتجت بموجب ترخيص من شركة PUMA SE. PUMA SE وشعار القط هما علامتان تجاريتان لشركة PUMA SE

ШАГ 1: ЗАРЯДКА И ВКЛЮЧЕНИЕ
Подсоедините часы к зарядному устройству.
ПРЕДУПРЕЖДЕНИЕ: Во избежание повреждения часов используйте только зарядное устройство, поставляемое в комплекте. Не используйте для зарядки USB-концентратор, USB-сплиттер, USB-разветвитель, резервный аккумулятор или другое периферийное устройство.

ШАГ 2: ЗАГРУЗКА И СОПРЯЖЕНИЕ
Загрузите на смартфон приложение Wear OS by Google™ из App Store™ или Google Play™. Откройте приложение Wear OS by Google™ на смартфоне и следуйте подсказкам по сопряжению часов по каналу Bluetooth™. По окончании сопряжения следуйте указаниям на экране часов для выполнения процедуры настройки.

На сайте puma.fgservices.com представлена дополнительная информация.

Название Apple и логотип Apple являются торговыми марками компании Apple Inc., зарегистрированной в США и других странах.App Store является знаком обслуживания компании Apple Inc. Wear OS by Google и Google Play являются торговыми марками компании Google LLC.

ОТСЛЕЖИВАНИЕ ПУЛЬСА
ЕЖЕДНЕВНОЕ ПРИМЕНЕНИЕ: Затяните ремешок на запястье таким образом, чтобы часы плотно прилегали к коже. ТРЕНИРОВКА: Затяните ремешок и поднимите часы вверх по запястью. Ослабьте ремешок, когда закончите.
Произведено по лицензии PUMA SE. PUMA® и логотип пумы являются торговыми марками PUMA SE

BUỚC 1: SẠC VÀ BẬT NGUỒN
Kết nối đồng hồ với sạc.

CẢNH BÁO: Để tránh làm hỏng đồng hồ, chỉ sử dụng sạc đi kèm. Không dùng cổng USB, bộ chia USB, cáp USB chữ Y, bộ pin hoặc thiết bị ngoại vi khác để sạc.

BUỚC 2: TÀI VỆ VÀ KẾT NỐI
Trên điện thoại, hãy tải về ứng dụng Wear OS by Google™ từ App Store™ hoặc Google Play™ Store. Mở ứng dụng Wear

OS by Google™ trên điện thoại và làm theo gợi ý để kết nối đồng hồ của bạn sử dụng qua Bluetooth™. Khi đã kết nối, màn hình đồng hồ của bạn sẽ hướng dẫn bạn cụ thể các quy trình cài đặt.

Hãy ghé thăm puma.fgservices.com để biết thêm thông tin.

Apple và logo của Apple là những nhãn hiệu của Tập đoàn Apple được đăng ký ở Hoa Kỳ và các quốc gia khác. App Store là một nhãn hiệu dịch vụ của Tập đoàn Apple. Wear OS by Google và Google Play là những nhãn hiệu của Tập đoàn Google LLC.

THEO DÕI NHỊP TIM
SỬ DỤNG HÀNG NGÀY: Đeo dây đồng hồ phía trên xương cổ tay với mặt dây đồng hồ áp vào da. TẬP THỂ DỤC: Thắt chặt dây đồng hồ và đưa đồng hồ cao hơn cổ tay bạn. Nói lỏng khi hoàn thành.

Được sản xuất theo giấy phép của PUMA SE. PUMA® và logo con báo là nhãn hiệu thương mại của PUMA SE.

KROK 1: NABÍJENÍ A ZAPNUTÍ
Připojte hodinky k nabíječce.

VAROVÁNÍ:Chcete-li předejít poškození hodinek, používejte pouze nabíječku, která je součástí balení. Pro nabíjení nepoužívejte USB rozdvojku, USB rozbočovač, USB y-kabel, akumulátor ani jiné periferní zařízení.

KROK 2: STAŽENÍ A PÁROVÁNÍ
Stáhněte si do telefonu aplikaci Wear OS by Google™ z obchodu App Store™ nebo Google Play™. Spustěte v telefonu aplikaci Wear OS by Google™ a postupujte podle pokynů pro spárování hodinek pomocí připojení Bluetooth™.Po spárování vás obrazovka hodinek provede nastavením.

Další informace naleznete na stránkách puma.fgservices.com

Apple a logo Apple jsou ochranné známky společnosti Apple Inc. registrované v USAa dalších zemích.App Store je servisní značka společnosti Apple Inc. Wear OS by Google a Google Play jsou ochranné známky společnosti Google LLC.

SLEDOVÁNÍ TEPOVÉ FREKVENCE
DENNÍ POUŽÍVÁNÍ: Noste pásek na zápěstní kosti s hodinkami rovně proti pokožce. CVIČENÍ: Pásek utáhněte a hodinky posuňte na zápěstí nahoru. Po dokončení uvolněte.

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ОТСЛЕЖИВАНИЕ ПУЛЬСА
ЕЖЕДНЕВНОЕ ПРИМЕНЕНИЕ: Затяните ремешок на запястье таким образом, чтобы часы плотно прилегали к коже. ТРЕНИРОВКА: Затяните ремешок и поднимите часы вверх по запястью. Ослабьте ремешок, когда закончите.
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BUỚC 1: SẠC VÀ BẬT NGUỒN
Kết nối đồng hồ với sạc.

CẢNH BÁO: Để tránh làm hỏng đồng hồ, chỉ sử dụng sạc đi kèm. Không dùng cổng USB, bộ chia USB, cáp USB chữ y, bộ pin hoặc thiết bị ngoại vi khác để sạc.

BUỚC 2: TÀI VỆ VÀ KẾT NỐI
Trên điện thoại, hãy tải về ứng dụng Wear OS by Google™ từ App Store™ hoặc Google Play™ Store. Mở ứng dụng Wear

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OS by Google™ trên điện thoại và làm theo gợi ý để kết nối đồng hồ của bạn sử dụng qua Bluetooth™. Khi đã kết nối, màn hình đồng hồ của bạn sẽ hướng dẫn bạn cụ thể các quy trình cài đặt.

Hãy ghé thăm puma.fgservices.com để biết thêm thông tin.

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THEO DÕI NHỊP TIM
SỬ DỤNG HÀNG NGÀY: Đeo dây đồng hồ phía trên xương cổ tay với mặt dây đồng hồ áp vào da. TẬP THỂ DỤC: Thắt chặt dây đồng hồ và đưa đồng hồ cao hơn cổ tay bạn. Nói lỏng khi hoàn thành.

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KROK 1: NABÍJENÍ A ZAPNUTÍ
Připojte hodinky k nabíječce.

VAROVÁNÍ:Chcete-li předejít poškození hodinek, používejte pouze nabíječku, která je součástí balení. Pro nabíjení nepoužívejte USB rozdvojku, USB rozbočovač, USB y-kabel, akumulátor ani jiné periferní zařízení.

KROK 2: STAŽENÍ A PÁROVÁNÍ
Stáhněte si do telefonu aplikaci Wear OS by Google™ z obchodu App Store™ nebo Google Play™. Spustěte v telefonu aplikaci Wear OS by Google™ a postupujte podle pokynů pro spárování hodinek pomocí připojení Bluetooth™.Po spárování vás obrazovka hodinek provede nastavením.

Další informace naleznete na stránkách puma.fgservices.com

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SLEDOVÁNÍ TEPOVÉ FREKVENCE
DENNÍ POUŽÍVÁNÍ: Noste pásek na zápěstní kosti s hodinkami rovně proti pokožce. CVIČENÍ: Pásek utáhněte a hodinky posuňte na zápěstí nahoru. Po dokončení uvolněte.

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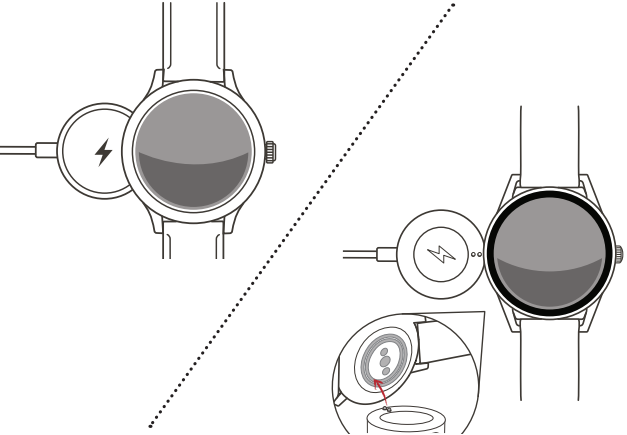
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INPUT: 5V ~0.5A



STEP ONE CHARGE & POWER ON

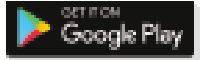
Connect your smartwatch to the included charger.

WARNING: To avoid damage to your watch, only use with included charger. Do not use a USB hub, USB splitter, USB y-cable, battery pack or other peripheral device to charge.



STEP TWO DOWNLOAD & PAIR

Download the latest version of the **Wear OS by Google™ App** onto your phone from the App Store™ or Google Play™ Store. Open the app, enable Bluetooth™ and follow the prompts to pair your smartwatch. Once paired, your smartwatch will walk you through the rest of the setup.



For users in China: download and install the Chinese version of the Wear OS by Google™ App from any major app market.

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HEART-RATE TRACKING

DAILY USE

Wear the strap above your wrist bone with the watch flat against your skin.

EXERCISE

Tighten the strap and move the watch higher on your wrist. Loosen when done.



HELP & SUPPORT

Visit puma.fgservices.com for how-to's, troubleshooting, frequently asked questions & more.

TRIN 1: OPLADNING
Forbind dit ur til opladeren.

ADVARSEL: Anvend kun sammen med inkluderede oplader for at undgå skade på dit ur. Anvend ikke en USB-hub, USB-splitter, USB y-kabel, batteripakke eller andet perifert udstyr til at oplade.

TRIN 2: KOM I GANG

På din telefon skal du downloade app'en Wear OS by Google™ fra App Store™ eller Google Play™ Store. Åben appen Wear OS by Google™ på din telefon og følg anvisningerne på din telefon for at parre dit ur med din telefon. Når de er parret, fører skærmen på dit ur dig gennem opsætningsproceduren.

For yderligere oplysninger se: puma.fgservices.com

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HJERTEFREKVENNS-TRACKER

DAGLIG BRUG: Bær remmen ovenover din håndledsknogle med uret fladt mod huden. MOTION: Stram remmen og flyt uret højere op på dit håndled. Løsn op når træningen er tiloverstået.

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STAP 1: OPLADEN

Sluit uw horloge aan op de oplader. Sluit uw horloge aan op de oplader.

WAARSCHUWING: Gebruik alleen de meegeleverde lader om schade aan uw horloge te voorkomen. Gebruik geen USB-hub, USB-splitter, USB Y-kabel, batteripakket of andere randapparatuur om het horloge op te laden.

STAP 2: BEGINNEN

Download de Wear OS by Google™ app op uw telefoon uit de App Store™ of uit de Google Play™ Store. Open de Wear OS by Google™-app op uw telefoon en volg de instructies om uw horloge te koppelen met uw telefoon. Na het koppelen begeleidt het scherm van uw horloge u bij de configuratieprocedures.

Voor gedetailleerde informatie ga naar: puma.fgservices.com

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VOLGEN VAN HARTRITME

DAGELIJKS GEBRUIK: Draag de band om uw pols met het horloge plat op de huid. TRAINING: Plaats het horloge iets hoger op uw pols en trek de band wat strakker aan. Maak de band na de sessie weer wat losser.

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STEG 1: LADDA
Anslut din klocka till laddaren.

WARNING: Använd endast den medföljande laddaren för att undvika skador på klockan. Använd inte en USB-hub, USB-delare, USB-y-kabel, ett batteripaket eller annan kringutrustning för att ladda.

STEG 2: KOM I GÅNG

På din telefon, ladda ner Wear OS by Google™-app en från App Store™ eller Google Play™ Store. Öppna appen Wear OS by Google™ på din telefon och följ anvisningarna för att para ihop din klocka med din telefon. När de har parats ihop kommer skärmen på din klocka att vägleda dig genom inställningsprocessen.

För detaljerad information kan du besöka: puma.fgservices.com

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PULSMÄTNING

DAGLIGT BRUK: Bär remmen ovanför handledsbenet med klockan platt mot huden. TRÄNING: Dra åt remmen och flytta klockan högre upp på din handled. Lossa när du är klar.

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TRINN 1: LADING
Koble klokken til laderen.

ADVARSEL: For å unngå skade på klokken, bruk kun tilhørende lader. Ikke bruk en USB-hub, USB-splitter, USB-y-kabel, batteripakke eller andre eksterne enheter for å lade.

TRINN 2: KOM I GANG

På telefonen, last ned Wear OS by Google™-app fra App Store™ eller Google Play™ Store. Åpne Wear OS by Google™-appen på telefonen din og følg instruksjonene for å koble sammen klokken med telefonen. Når de er sammenkoblet, vil klokkeskjermen lede deg gjennom oppsettet.

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HJERTEFREKVENSMÅLER

DAGLIG BRUK: Fest remmen over håndleddet med klokken flatt mot huden. TRENING: Stram remmen og flytt klokken

høyere på håndleddet Løsne når du er ferdig.

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SCHRITT 1: AUFLADEN
Verbinden Sie Ihre Uhr mit dem Ladegerät.

ACHTUNG: Um Schäden an Ihrer Uhr zu vermeiden, verwenden Sie nur das mitgelieferte Ladegerät. Nutze zum Aufladen weder ein USB-Hub noch einen USB-Splitter oder ein USB-Y-Kabel, einen Akku oder sonstige Peripheriegeräte.

SCHRITT 2: LEGEN SIE LOS

Laden Sie die Wear OS by Google™-App über den App Store™ oder Google Play™ Store auf Ihrem Telefon herunter. Öffnen Sie die Wear OS by Google™-App auf Ihrem Telefon und folgen Sie den Aufforderungen, um Ihre Uhr mit Ihrem Telefon zu koppeln. Sobald diese gekoppelt wurde, werden Sie über den Bildschirm Ihrer Uhr durch das Setup-Verfahren geleitet.

Für weitere Informationen, besuchen Sie: puma.fgservices.com

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HERZFREQUENZTRACKING

TÄGLICHER GEBRAUCH: Trage das Armband oberhalb deines Handgelenkknochens mit der Uhr flach auf der Haut. BEIM TRAINING: Ziehe das Armband fest und schiebe die Uhr am Handgelenk hoch. Nach Abschluss lösen.

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ÉTAPE 1 : CHARGEMENT
Connectez votre montre au chargeur.

ATTENTION : pour éviter d'endommager votre montre, utilisez uniquement le chargeur inclus. N'utilisez pas d'hub USB, de répartiteur USB, de câble USB en Y, de bloc batterie ou d'autre périphérique pour charger.

ÉTAPE 2 : DÉMARRAGE

Sur votre téléphone, téléchargez l'application Wear OS by Google™ dans l'App Store™ ou Google Play™. Ouvrez l'application Wear OS by Google™ sur votre téléphone et suivez les instructions pour synchroniser votre montre à votre téléphone. Une fois votre montre synchronisée, l'écran vous guidera à travers les procédures de configuration.

Pour des informations détaillées, rendez-vous sur : puma.fgservices.com

Pour plus d'informations sur l'utilisation de votre montre, visitez support.google.com/wearos

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SUIVI DE FRÉQUENCE CARDIAQUE

UTILISATION QUOTIDIENNE: Portez le bracelet au-dessus de l'os du poignet avec la montre à plat contre la peau. EXERCICE: Serrez le bracelet et placez la montre plus haut sur votre poignet. Desserrez quand fini.

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PUNTO 1: RICARICA
Collega il tuo orologio ad un caricatore.

ATTENZIONE: onde evitare danni all'orologio, usare soltanto il caricatore in dotazione. Non usare un hub USB, uno splitter USB, un cavo USB a "Y", un battery pack o altri dispositivi periferici per caricare il dispositivo.

PUNTO 2: INTRODUZIONE

Sul tuo telefono, scarica l'app Wear OS by Google™ da App Store™ o Google Play™ Store. Apra l'app Wear OS by Google™ sul suo telefono e segua le istruzioni per l'accoppiamento dell'orologio con il telefono. Una volta eseguito l'accoppiamento, il quadrante dell'orologio indicherà le procedure di configurazione da seguire.

Per informazioni dettagliate, visitare: puma.fgservices.com

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MONITORAGGIO FREQUENZA CARDIACA

USO QUOTIDIANO: Indossare il cinturino sopra l'osso del polso, mantenendo l'orologio in piano sulla pelle. ESERCIZIO: Stringere il cinturino e spostare ulteriormente l'orologio sopra al polso. Allentare quando fatto.

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PASSO 1: CARREGAR
Ligue o seu relógio ao carregador.

AVISO: Para evitar danificar o seu relógio, utilize apenas o carregador incluído. Não use um concentrador USB, divisor USB, cabo Y USB, conjunto de baterias ou outro dispositivo periférico para carregar.

PASSO 2: COMEÇAR

No seu telefone, transfira a app Wear OS by Google™ a partir da App Store™ ou da Google Play™ Store. Abra a aplicação Wear OS by Google™ no seu telefone e siga as indicações para emparelhar o seu relógio com o seu telefone. Depois de emparelhado, o ecrã do seu relógio guia-lo-á através dos procedimentos de configuração.

Per informazioni dettagliate, visitare: puma.fgservices.com

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CONTROLAR DA FREQUÊNCIA CARDÍACA

UTILIZAÇÃO DIÁRIA: Utilize a correia acima do osso do seu pulso com o relógio plano contra a sua pele. EXERCÍCIO: Aperte a correia e mova o relógio mais alto do que o seu pulso. Solte quando terminar.

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PASO 2: CARGA
Conecte el reloj al cargador.

ADVERTENCIA: Para prevenir daños en su reloj, utilice únicamente el cargador que se proporciona. No utilice un concentrador USB, un distribuidor USB, un cable en "Y" USB, una batería portátil u otros dispositivos periféricos para cargar.

PASO 2: EMPEZAR

Descargue la aplicación Wear OS by Google™ en la App Store™ o Google Play Store™ en el teléfono. Abra la app Wear OS by Google™ en tu teléfono y sigue las indicaciones para emparejar el reloj con tu teléfono. Una vez emparejado, la pantalla de tu reloj te guiará por los procesos de la instalación.

Para más información, visite: puma.fgservices.com

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SEGUIMIENTO DE LA FRECUENCIA CARDÍACA

USO DIARIO: Lleve puesta la correa por encima del hueso de la muñeca con el reloj extendido contra la piel. EJERCICIO: Ajuste la correa y mueva el reloj más arriba en la muñeca. Aflojar cuando haya terminado.

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