

# 智能手环 使用说明书

## 正确佩戴

手环以尺骨茎突后佩戴最佳  
根据调节孔调整好适合手腕的大小，扣上腕带扣。  
传感器要紧贴皮肤，避免松动

## 给手环充电

初次使用请给手环电量充足,若低电不能正常开机,请连接充电器设备进行充电。

## 在手机上安装手环APP

扫描二维码或进入 APP Store，应用宝下载安装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**，请连接 APP 进行校准。连接成功后手环会自动同步时间

打开手机系统蓝牙开关→进入 设备模块设置→点击“绑定设备，体验更多功能”  
进入，会自动弹出附近手环设备，找到手环设备并与连接。

• 配对成功后,APP会自动检测手环蓝牙地址,APP打开或在后台运行,都会自动弹  
出未连接手环;

• 安卓手机使用短信和联系人信息等所有通知权限和手机设置中手环 APP 后台运  
行。

## 手环功能说明

- 设备关闭状态下,长按右侧2秒以上可设备开机。
- 手环关闭旁,点击开机按钮可执行关机。
- 表盘页面按手环右侧触控可执行点亮功能,其他页面按左侧触控返回表盘。
- 待机页面上滑滑动可翻动表盘主菜单和表盘。
- 待机页面左右滑动可翻动表盘计步页面,心率测量,二糖科, 待机页面。
- 待机页面长按表盘2秒可切换不同表盘,长按约默以5秒左右盘屏。
- 主表盘旁上下滑动可切换不同表盘,长按可应用此主题。
- 手环重置设备此功能会清除手环所有数据(如计步)。
- 切换到心率三合一界面进入开始测试,心率三合一界面60s 超时自动关屏(心率和血压手环不支持)。

## 时钟页面

与手机同步后,手环会自动检测时间;  
待机页面长按2秒可以切换不同时钟  
计步

**蓝牙连接**

蓝牙配对, 记录每天运动步数, 可查看当日运动步数。

**心率**

实时心率, 心率通知。

**睡眠**

睡眠监测, 血氧饱和度。

**心率**

进入心率三合一测试界面等待数秒后, 显示当前心率、血压、血氧的测试数值。此功能需要支持心率、血压传感器。

**多功能**

**跑步模式**

此页面下可以记录跑步消耗的卡路里和持续时间。

**骑行模式**

此页面下可以记录骑行消耗的卡路里和持续时间。

**游泳模式**

此页面下可以记录游泳消耗的卡路里和持续时间。

**乒乓模式**

此页面下可以记录跳绳消耗的卡路里和持续时间。

**篮球模式**

此页面下可以记录跳绳消耗的卡路里和持续时间。

**羽毛球模式**

此页面下可以记录跳绳消耗的卡路里和持续时间。

**爬山模式**

此页面下可以记录跳绳消耗的卡路里和持续时间。

**骑行模式**

此页面下可以记录跳绳消耗的卡路里和持续时间。

**网球模式**

此页面下可以记录跳绳消耗的卡路里和持续时间。

**网球模式**

此页面下可以记录跳绳消耗的卡路里和持续时间。

**其他功能**

**睡眠模式**

# smart wristband

## user's manual

### Wear it properly

The wristband is best worn after the ulnar styloid  
Adjust the size of the wrist according to the adjustment hole. Buckle belt back.

The sensor should be close to the skin to avoid moving.

### Charge the bracelet

Use it for the first time to ensure that the battery is in normal condition.  
If the power is not turned on normally, please connect the charger to charge the device.

### Install the bracelet app on your phone

Scan the QR code or go to the App Store, app download and install the app



Android IOS

System Requirements: Android 5.0 or above; iOS9.0 or above; Support for Bluetooth 4.0.

## Device connection

**For the first time, you need to connect to the APP for calibration. After the connection is successful, the bracelet will automatically synchronize the time.**

- Open the Bluetooth switch of the mobile phone system => enter the app device module settings => click "Bind the device, experience more functions" to enter, it will automatically search for the nearby Bluetooth device, and find the device and connect with the device.
- After the pairing is successful, the APP will automatically save the Bluetooth address of the bracelet, and when the APP is opened or running in the background, it will automatically search and connect the bracelet.
- Android phone use all notification rights such as reading contact information and mobile phone settings to give APP background running.

## Bracelet function description

- When the device is powered off, press and hold the right button for 2 seconds to power on the device.
- Bracelet About the menu, click the shutdown button to perform shutdown.
- The dial page presses the right button of the bracelet to perform the screen illumination function. Other pages short press the right button to return to the dial.
- The standby page slides up and down to cycle through the main menu and dial
- Slide the left and right pages of the standby page to cycle the step counter page, heart rate measurement, QR code and standby page.
- Standby page long press the screen for 2 seconds to switch different dials, no operation default 5 seconds or so
- The theme menu slides up and down to preview different topics, long press to apply this theme.
- Hard reset Device This feature clears all data in the bracelet such as step counting.
- Switch to the heart rate three-in-one interface to start the test, heart rate three-in-one interface 60s (cannot automatically off screen (heart rate and blood pressure need bracelet hardware support)).

## Clock interface

After pairing with the phone, the bracelet will automatically calibrate the time.  
Standby interface for 2 seconds to switch between different clocks

## Number of steps

Wear the bracelet and record the number of daily movement steps to view the current real-time steps.

## Distance

This distance of motion is estimated based on the number of walking steps.

## Calorie

Estimate the calories burned based on the number of walking steps  
Heart rate, blood pressure, blood oxygen three-in-one

After entering the heart rate three-in-one test interface for a few seconds, the current heart rate, blood pressure, and blood oxygen test results are displayed. This feature requires a wristband to support heart rate and blood pressure sensors

## Multi-sport mode

**(Running mode)**  
Under this interface, you can record the calories and duration of running.

**(Skiping rope mode)**  
Under this interface, you can record the calories and duration of sit-ups.

**(Ping Pong mode)**  
Under this interface, you can record the calories and duration of ping pong.

**(Basketball mode)**  
Under this interface, you can record the calories and duration of basketball.

**(Tennis mode)**  
Under this interface, you can record the calories and duration of badminton.

**(Cycling mode)**  
Under this interface, you can record the calories and duration of cycling.

**(Tennis mode)**  
Under this interface, you can record the calories and duration of tennis.

**(Walking mode)**  
Under this interface, you can record the calories and duration of walking.

**(Volleyball mode)**  
Under this interface, you can record the calories and duration of volleyball.

**(Sleep mode)**  
When you fall asleep, the bracelet will automatically enter the sleep monitoring mode. Automatically detect your deep sleep/shallow sleep wake up all night and calculate your sleep quality. Sleep data is only supported for APP viewing.

Note:Wearing a bracelet to sleep will have sleep data and start to detect sleep at 10 o'clock in the evening. Sleeping 3/4 hours of sleep data will be synchronized to the APP while sleeping.

**Information mode**  
When the bracelet pushes multiple reminder messages, enter this interface to view the last 3 message records.

## APP function and settings

Please set your personal information after entering the app.  
Settings -> Personal Information, you can set gender - age - height - weight

You can also set your daily goal steps to monitor daily completions

## (Application push)

**incoming call:**  
In the connected state, if the call alert function is enabled, when the call comes in, the wristband will vibrate and display the name or number of the caller.(You need to give APP read address book permission)

**SMS notification:**  
In the connected state, if the SMS reminder function is enabled, the bracelet will vibrate when there is a text message.

**Other reminders:**  
In the connected state, if this function is enabled, when there is a message such as WeChat, QQ, Facebook, etc., the bracelet will vibrate to remind and display the content received by the app.(You can also view the last three message records in the ring information menu.(You need to give the APP permission to get system notifications. The wristband can display 20-40 words).

**Other functions:**  
Turn on vibration to set this function. When there is a call, message or other reminder, the bracelet will vibrate. If it is closed, the bracelet will only have a screen reminder without shaking to avoid disturbing.

**Tip for Android users:**  
When using the reminder function, you need to set it to allow "FitPro" to run in the background, it is recommended to add "FitPro" to the rights management and open all permissions.

## (Alarm setting)

In the connected state, 8 alarm can be set. After setting, it will be synchronized to the bracelet offline alarm is supported. After the synchronization is successful, even if the APP is not connected, the bracelet will be reminded according to the set time.

## (Looking for a bracelet)

In the connected state, click the "Look for the bracelet" option and the bracelet will vibrate.

## (Remote photo transfer)

In the connected state, start the photo from the wristband or the APP to enter the remote camera interface, shake/have the wristband the bracelet, and automatically take a photo.

**其他提醒:**

连接状态下, 如果开启了此功能, 则当有微信、QQ、Facebook 等消息时, 手环会震动提醒, 并显示 app 接收到的内容(也可通过手环信息查看最近三条消息记录)。  
(需赋予 APP 读取系统地址的权限, 手环功能显示 20-40 个字符)。

**其他功能:**

开启震动设置此功能, 则当有来电、信息或其他提醒时, 手环会震动, 若关闭, 则手环只会有屏幕提醒而不震动, 以免打扰。  
Android 用户温馨提示:

使用提醒功能时需设置为允许"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 个闹钟的设置, 设置后, 会同步到手环, 支持闹钟铃声, 在同步成功时, 即使 APP 未连接, 手环也会按设定时间提醒。

## 寻找手环

连接状态下, 点击"寻找手环"选项, 手环会发出提醒。

## 遥控拍照

连接状态下, 从手环端启动拍照 APP 端进入拍照界面, 前一屏/翻腕/触摸手环, 倒计时 3 秒后自动拍照并 APP 动相框以保存当前照片。

## 久坐提醒

设置是否开启久坐提醒功能, 您可设置提醒间隔时间, 若在设定时间内长时间无动作, 则手环会提醒。

## 抬手亮屏

开启此功能当手环息屏状态下, 抬起手腕将屏幕转向自己即可点亮屏幕, 放下屏幕会灭

## 勿扰模式

开启勿扰模式此功能, 您可设置勿扰时间, 在设定时间内手环停止接收通知消息, 以免提醒消息打扰

## 设备重置

重置设备此功能会清除手环所有数据(如计步)

## 移除设备

移除设备此功能会清除手环并移除设备

## 基本参数

设备类型	智能手环	材质	橡胶+金属
兼容设备	支持	防水等级	蓝牙 4.0
温度范围	-10°C~30°C	屏幕	低功耗加速度传感器
重量	105g 以上/Android 45.0 以上		

## 注意事项

1. 洗澡和游泳不宜佩戴。
2. 同时多数时请连接手环。
3. 使用自带的充电线充电。
4. 不要把手环长时间暴露在高分贝高、温度极高或极低的地点。
5. 手环出现死机或黑屏现象, 请查看手环机内内存是否清除完毕, 或返回 APP 重新打开。

## 部件介绍

\*主机 \*腕带 \*充电器 \*包装盒及说明书

after 3 seconds of counting down. Please allow the APP to access the photo album as save the self-physical photo.

## (Sedentary reminder)

Set whether to enable the sedentary reminder function, you can set the reminder interval, if you set for a long time in the set time, the bracelet will remind.

## (Raise your hand to brightness)

Turn this function on. When the wristband is in the state of the screen, lift your wrist and turn the screen to yourself to light up the screen.

## (Do not disturb mode)

Turn on the Do Not Disturb mode. You can set the Do not disturb time period. During the set time period, the bracelet stops receiving notification messages to avoid reminding messages.

## (Device reset)

Setting this feature reset will erase all data in the bracelet (such as step counting)

## (Remove device)

Remove device This feature will erase data and remove device

## Basic parameters

Device type	Smart wristband	Material	Lithium polymer
Compatible devices	support	Waterproof grade	Bluetooth 4.0
Temperature range	-10°C~30°C	Screen	Low Power Acceleration Sensor
Weight	105g 0.0 and above		

## Precautions

- 1.Hairing and swimming should not be worn.
- 2.Please Connect the bracelet when synchronizing data.
- 3.Use the included charging cable to charge.
- 4.Do not expose the bracelet to high moisture, high temperature, or very low temperatures for long periods of time
- 5.The bracelet appsets to crash and restart. Please Check the phone memory information clear and try again, or exit the APP and reopen it.

## Component introduction

\*Host \*Wrist strap \*Charging cable \*Packing box and instructions