

User manual



Notice for Use

- When measuring, the sensor close to the skin and avoid moving;
- Product measurement results are only used for reference instead of medical purposes and basis;
- Please fully charge before using. The charging time needs about 2 hours;
- Please use the standard accessories for charging to avoid charging accidents;
- Please do not charge under the condition of humidity or being stained with water;

Charging diagram



Align the two contacts of the charger to the charging position on the back of the watch; connect the other end to the standard USB interface to charge.

APP Installation & Connection

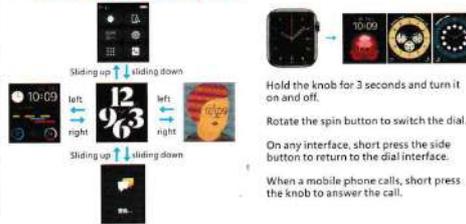
Scan the QR code or enter the APP Store and search for "FitPro" in the App Store to download and install the APP.



V 1.6.0

Note: Android supports 5.0 and above, iOS supports 8.0 and above; Bluetooth hardware 4.0 and above.

Watch operation guide



Device connection

For the first use, To bind the watch, click selection of binding device and find out the device to be connected. If there are several devices nearby, select MAC address of own watch to bind, if the watch binds with mobile successfully, there will be bluetooth icon on top of watch. (Note: Before using the Bluetooth function, please confirm whether the system Bluetooth synchronization switch is turned on)

- Android phones use all notification permissions such as reading contact information and giving the app background running in the phone settings.
- Tips: For IOS devices, please press pair the Bluetooth for the first time connecting.
- Bluetooth speaker connection. When the first bluetooth pairing connection between the mobile phone and the watch is successful, it will automatically enter the mode of Bluetooth speaker connection, namely WellAudio

connection. After successful connection, you can normally use the bracelet for synchronous voice calls. (Note: After entering the shortcut menu, check as shown in the picture on the right, the bluetooth microphone and speaker are connected successfully. If not, please exit the APP and disconnect all previous Bluetooth connections. After the bracelet is restarted, try the device connection operation again.)

Features

Change main interface

When entering the dial interface, the dial can be changed by sliding left and right, and the dial can also be changed by rotating the button.



Play music



Step counting: open the step counting function and enter the step counting interface to check the number of steps, kilometers and kilocalorie.

Heart rate: enter the heart rate interface, you can check the heart rate, blood oxygen value, blood pressure value (note: non-medical device, the value does not have reference!)

Dial: Enter the telephone dial interface.

Phone book: View the synced address book of the connected phone.



Running: Check your running calorie expenditure and time your running.

Situp: Check the calorie-expenditure value of sit-ups and time your sit-ups.

Jumping jacks: Check the jumping jacks calorie expenditure value, jumping jacks timing.

Basketball: Check the basketball calorie expenditure value, basketball timing.



Badminton: Check the badminton calorie consumption value, badminton time.

Volleyball: Check the volleyball calorie expenditure value, volleyball timing.

Cycling: Check cycling caloric expenditure value, cycling timing.

Tennis: Check the tennis ball caloric expenditure value, tennis ball timing.



Double-mode switch: Enter the double-mode switch as shown in the figure above (after closing the double-mode bracelet, it enters the low-power mode without two-way communication function; Turn on dual mode to enter two-way call function).



Music control: Access to bluetooth music sync playback and control, as shown on the left



Photo taking: Enter the Bluetooth remote photo function, as shown above



Sleep test: Monitor sleep quality (for reference only, see left)



Stopwatch: Enter the stopwatch timing interface, as shown in the figure above

Information: Enter the information interface.



Find mobile phone: enter the find mobile phone interface, as shown in the left picture (Note: This function only works if bluetooth connection is successful)



Reset: Enter the reset interface, as shown in the left picture (Note: This function only works if the Bluetooth connection is successful)

Set up

Volume adjustment, screen brightness, factory reset, shutdown, version number.

More features

Weather, calculator, alarm clock, stopwatch, remote photography, sedentary reminder, drinking water reminder, charging reminder, etc.

[APP operation introduction]

1. User registration: Users can be registered by mobile phone number and email address, which is convenient for users to save and share the records of sports and health information. For unregistered temporary users, they cannot record and save related information.
2. Connect the watch: In Add Device, search for the device, click and bind this device. Note: If you cannot find the name of the watch device, please check whether the bracelet is powered on and turned on; if the bracelet is turned on, but you cannot find the device, it means that the bracelet is connected to other mobile phones, then you should first find the device name in the Bluetooth settings and click ignore this device to connect to the new mobile phone normally.

3. Step counting function: In the step menu in the APP, the steps, calories and mileage are recorded, and the percentage of completion can be displayed according to the set target steps, which can be distinguished from jogging, jogging and fast running. Click to enter You can view the daily history of each week and month.

4. Sleep function: display the daily, weekly, and monthly sleep data in the form of a graph, and calculate the daily sleep quality and sleep duration, as well as query historical records.

5. Training function: It can facilitate real-time training, record exercise steps, time, calories, mileage and movement track, and query historical training records.

6. Detection function: The detection menu in the APP includes body temperature, heart rate, blood oxygen, and blood pressure detection. At the same time, the bracelet end sends a test request, which will be displayed synchronously in the APP and also saved when viewing historical records.

7. About the software: If the APP or bracelet firmware is updated, the APP will automatically send an upgrade reminder, or you can manually upgrade through the menu.

Precautions for use

- No soaking, diving, diving, bathing;
- This product is an electronic monitoring product, not for medical reference, the data is for reference only.
- Please use factory reset with caution. Restoring factory settings will result in the loss of all APP content settings and historical data of the bracelet.