



MARS 5

INSTRUCTION MANUAL

使用说明书 (中/英)

250807-V2.0

NORTH EDGE

MANUAL

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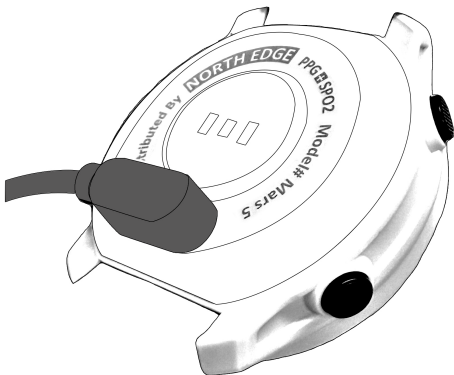
> Charge

This product comes with a magnetic charging cable.

When the watch displays a low battery warning, please charge it promptly to avoid data loss caused by power interruption.

(Ensure the watch is fully charged before engaging in freediving.)

A full charge takes approximately 2 to 3 hours.



• Full-Display Subtitles and Key Features



S1 : Increment, Timer Start/Pause/Play, Photo Capture, Previous Track

S2 : Select, Settings, Reset, Next Track

S3 : Mode Switch, Confirm & Save Settings, Volume Down

S4 : Backlight, Volume Up

S5 : Enter Stopwatch & Stopwatch Pause

Companion App: SunnyFit (Android), SunnyFit (Apple App Store)

Bluetooth Name: YXD1408

● Feature Description

- 1、Time mode Display: Shows year, day of the week, month/date, and time (hours, minutes, seconds)
- 2、12/24-Hour Time Format Selection: (Synchronizes automatically with your phone after pairing).
- 3、24-Hour 3D Activity Tracking: Precisely tracks steps, calories burned, and distance (Syncs data to your phone when connected).
- 4、Heart Rate Monitoring / Blood Oxygen (SpO2) Testing.
- 5、Sleep Monitoring.
- 6、Alarm Function: Set alarms directly on the watch (Can also be set via the paired phone app).
- 7、Stopwatch Function: Maximum count: 23 hours, 59 minutes, 59 seconds (includes split timing capability).
- 8、Countdown Timer Function: Maximum duration: 23 hours, 59 minutes, 59 seconds.
- 9、Backlight: Activates for 2 seconds per button press.
- 10、Exercise Data Storage: Stores up to 14 days of workout history.
- 11、Music Control: Play/Pause, Skip Tracks (from the watch).
- 12、Smartphone Time/Date/Alarm Sync: Automatically synchronizes with your phone, eliminating manual setup.
- 13、Smart Notifications: Alerts for incoming calls, SMS, QQ, WeChat, Twitter, Facebook, WhatsApp, Skype, etc.
- 14、App Language Support (12 languages): Simplified Chinese, Traditional Chinese, English, Italian, French, German, Russian, Spanish, Portuguese, Arabic, Japanese, Korean.

● To Power Off

On the time display screen,

Simultaneously press and hold the S1 and S3 buttons for approximately 3 seconds. Release the buttons once the screen turns off.



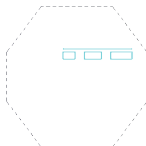
Normal time display interface

S1 and S3 keys
are the same
Press and hold
for 3 seconds



Off display mode

automatic



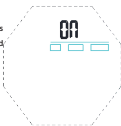
shutdown mode

In a powered-off state, simultaneously press and hold the S1 and S3 buttons (for approximately 3 seconds) to access the Power-On Selection Screen.



shutdown mode

S1 and S3 keys
are the same
Press and hold
for 3 seconds



Boot display mode

automatic



Full display mode

automatic
Vibration
twice



Normal time display interface

● Pedometer Mode



Normal time display interface

S2 key



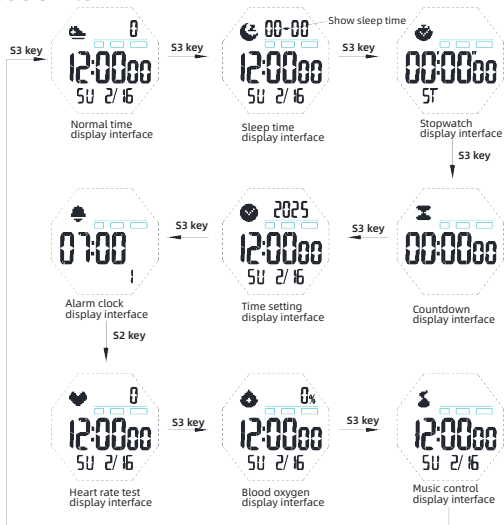
Calorie consumption

S2 key



mileage

• Mode Switch



Notes:

- 1, S5 Button Shortcut: Pressing S5 from any mode display interface will directly enter the stopwatch display interface.
- 2, Auto-Return Behavior: Heart Rate Mode: Returns to the home time display after 1 hour (except when the stopwatch is running). All Other Modes: Return to the home time display after 30 seconds.

- **Stopwatch Mode**



Notes:

Pressing S5 from any mode display interface will directly enter the stopwatch display interface.

• Countdown Mode



Normal time display interface

Press S3 key
3 times



Countdown Mode

Long press
S2 key



The countdown hour flashes,
press S1 or S2 to adjust

S3 key



Countdown minutes flash,
press S1 or S2 to adjust

S3 key



countdown seconds flash,
press S1 or S2 to adjust

S3 key



S1 key

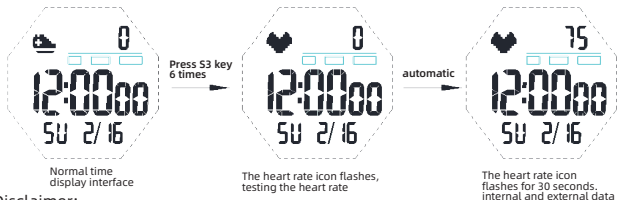


The countdown begins and ends.
The watch will vibrate
and the icon will flash

• Time Setting



● Heart rate test

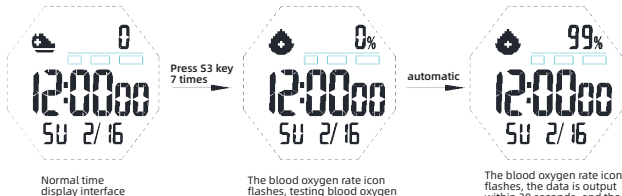


Disclaimer:

For heart rate monitoring: Wear the watch on your wrist, press the S3 button to access the Heart Rate Detection interface. The watch will automatically detect and display your heart rate reading.

This data is for reference only and is not intended for medical use.

● Blood Oxygen test



Disclaimer:

Wear the watch securely on your wrist, press the S3 button to enter the Blood Oxygen Detection interface. The watch will automatically measure and display your heart rate reading.

This data is for reference only and is not intended for medical use.

• Music control



Normal time display interface

Press S3 key
8 times



Music control display interface

Long press
S2 key



The music icon flashes, and you can control the phone to play music by pressing the S1-S4 buttons. Press, and hold the S2 button to exit and return to the time interface.



Short press S1 to play the previous song, long press S1 to pause, long press S1 again to play



Short press S2 button to play the next song



Short press the S4 button to increase the volume



Short press the S3 button to decrease the volume

Note:

This feature requires pairing and connecting the watch to your phone via Bluetooth before use.

• App Download & Installation

App Name: SunnyFit (Android),
SunnyFit (Apple App Store)

Multi-Platform QR Code (3-in-1):



This unified QR code replaces three separate codes. Scan to select your download platform:

Google Play (International)
MyApp Store (China)
Apple App Store

Device Bluetooth Name: YXD1408

System Requirements:
Requires iOS 8.0+ or Android 6.0+

● APP connect to Phone



Click: SunnyFit



Click: Device



Click: DISCONNECT



Click: 1, automatic connection



As shown by the arrow in the image, pull down to refresh the data

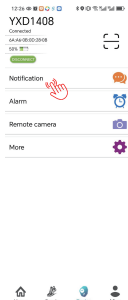


Connected. Click the back button in the upper left corner and then click Home to return to the main interface.

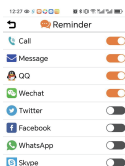
More Setting



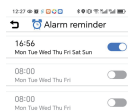
Click: Device



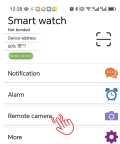
Click: Notification



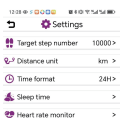
Turn on the required push notifications. When your phone receives a push notification, the corresponding icon on your watch will flash and the watch will vibrate.



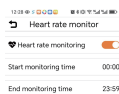
Set the alarm time and turn it on. When the timer arrives, the watch vibrates and the icon flashes.



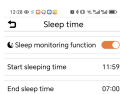
After clicking the remote control to take a photo, point your phone at the scene you want to take a photo of and press the S1 button to take the photo.



Click More Settings to enter setup mode.



Set the heart rate monitoring time period and turn on the switch. The final monitored data will be displayed as a curve on the heart rate interface.



Set the sleep monitoring time period and turn on the switch. The final monitoring results will be displayed on the sleep interface.

● Personal Information Settings



Click: Mine



Click: Personal data



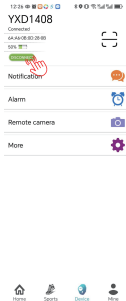
Once you've set up these basic information, your height and weight will have a significant impact on distance and calories.

● Watch Unpairing

1) Android Phone Unpairing:



Click: Device



Click:DISCONNECT

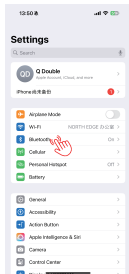


Click:REMOVE BINGING

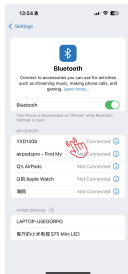


Click:Enter

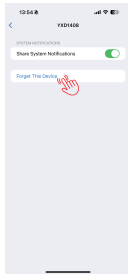
2) IOS Unpairing Unpairing requires two steps:
Complete the Android unpairing procedure as instructed;
Then follow the figure illustrated below.



Click: Bluetooth



Click: i



Click: Forget This Device



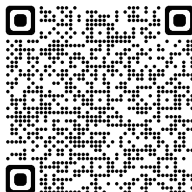
Click: Forget Device

Environmental Statement

To reduce the use of paper for environmental reasons, we provide electronic manuals in multiple languages in PDF, which you can download and save so that you can view them at any time, please scan the code to view or download the electronic manuals in multiple languages in PDF.

Them In English, Spanish, French, German, Italian, Polish, Dutch, Swedish, Greek, Portuguese, Etc. If You Need Manuals In More Languages, Please Contact Us.

•Please scan the code to view



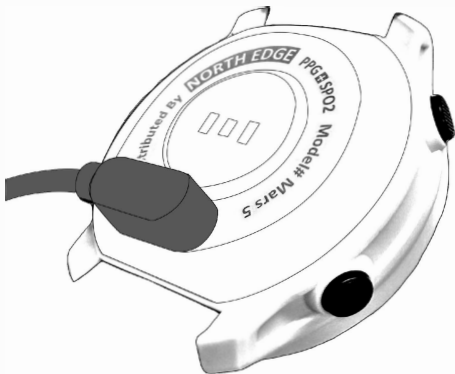
V2.0

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> 充电

本产品配有磁吸充电线,当手表显示低电量时,请及时充电避免手表内存数据因断电产生丢失。完整充电时长需2-3小时



● 全显字幕与按键功能



S1键: 增值,计时开始/暂停/播放,拍照,上一首

S2键: 选择, 设置, 复位,下一首

S3键: 模式转换,确认及保存设置,音量减

S4键: 背光,音量加 **S5键:** 进入秒表及秒表暂停

APP名: SunnyFit(Android平台),
SunnyFit(苹果AppStore)

蓝牙名: YXD1408

● 功能说明

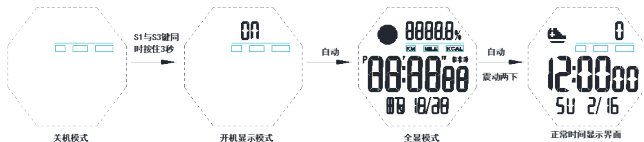
- 1、17位计时功能，正常时间显示画面，年份，星期，月/日，时、分、秒
- 2、12/24小时制设置选择，(与手机连接后自动与手机同步时间)
- 3、24小时精确3D计步/卡路里消耗/距离检测(与手机连接后可上传数据到手机)
- 4、心率测试/血氧测试
- 5、睡眠监测
- 6、响闹功能:可设定时响闹(与手机连接后可根据APP内定时响闹设定)
- 7、跑秒计时：最大跑秒计时23小时59分59秒，可分段计时功能
- 8、倒计时功能：最大倒计时时间23小时59分59秒
- 9、背光, 按一次亮二秒.
- 10、运动数据储存功能（手表可储存14天运动数据）
- 11、音乐控制
- 12、智能同步手机时间、日期及闹铃设置，免去繁琐的手动操作
- 13、来电、短信、QQ、微信、Twittre、Facebook、whatsapp、skype 等提醒 .
- 14、APP支持12种语言：中文简体，中文繁体，英语，意大利语,法语，德语，俄语，西班牙语，葡萄牙语，阿拉伯语，日文，韩文

● 开关机模式

在时间显示界面，同时长按S1与S3键，进入关机模式



在关机模式下，同时长按S1与S3键，进入开机模式画面



● 运动模式查询



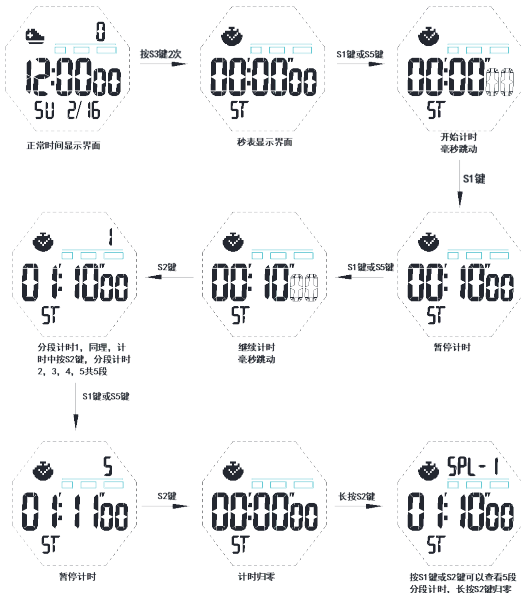
● 功能转换模式



备注:

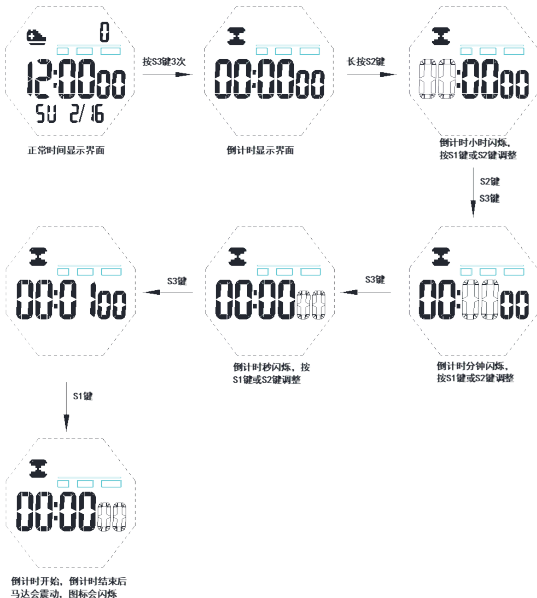
- (1) 在任何模式显示界面下, 按S5键即会直接进入秒表显示界面
- (2) 除心率模式显示界面1小时后会自动退回正常时间显示界面及跑秒计时启动状态下不会返回, 其它模式显示界面会30秒会自动返回时间界面。

● 秒表设置说明



注: 在任何显示界面, 按S5键会直接进入跑秒计时模式

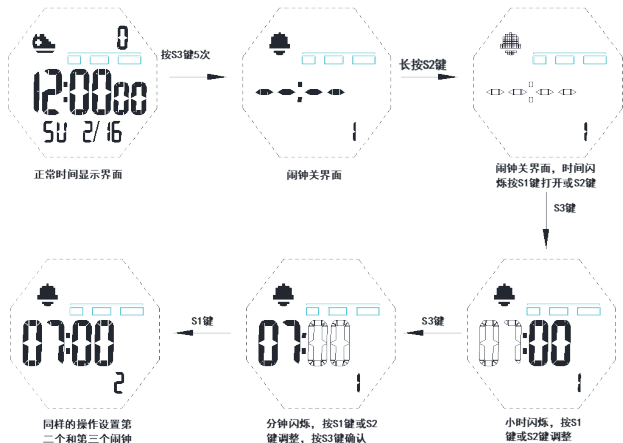
● 倒计时模式



● 时间设置



● 闹钟设置



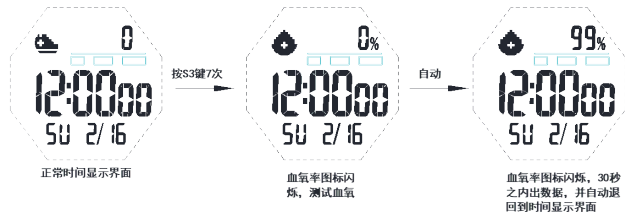
备注：当达到设置的响闹钟闹时间时会10秒振动提醒

● 心率测试



注: 把手表戴在手上, 按S3键到心率检测界面, 自动检测心率, 并出数值, 数据仅供参考, 不做医疗使用

● 血氧测试



注: 把手表戴在手上, 按S3键到血氧检测界面, 自动检测心率, 并出数值, 数据仅供参考, 不做医疗使用

● 音乐控制界面



正常时间显示界面

按S3键8次



音乐控制显示界面

长按S2键



音乐图标闪烁, 通过按S1-S4
键来控制手机播放音乐。长
按S2键退出并回到时间界面



短按S1键播放上一首, 长按S1
键暂停, 再长按S1播放



短按S2键, 播放下一首



短按S4键, 音量增大



短按S3键, 音量减小

注: 该功能使用前需先将手表与手机通过蓝牙链接

● 手机APP应用下载与安装

APP应用下载与安装：

APP名字：SunnyFit(Android平台),
SunnyFit(苹果AppStore)

APP二维码(三合一)：



此二维码区别于以前需要三个二维码，现在是合到一个二维码里面，扫码后进入选择需要下载的平台(提供三个平台：国外GooglePlay，国内应用宝，苹果AppStore)，点击进入平台下载。

设备蓝牙名：YXD1408

备注说明：APP支持ios 8.0以上，安卓 6.0以上的手机

● APP连接手表



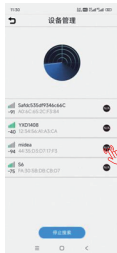
点击: SunnyFit



点击: 设备



点击: 绑定设备



点击: 1, 自动连接

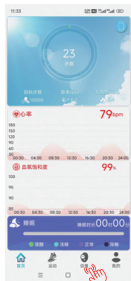


图中箭头所示,
往下拉, 刷新数据



已连接, 点击左上
角返回按钮, 再点
首页返回到主界面

● 更多设置



点击：设备



点击消息推送



需要的推送开关打开，
手机收到推送后，手
表相应的图标会闪烁，
马达会震动



设置好闹钟的时间，
以及把开关打开，
时间到了后，马达
震动，图标闪烁



点击遥控拍照后，
用手机对准需要拍照
的场景按S1键拍照



点击更多设置后，
进入设置模式。



设置好心率监测时间段，
并把开关打开，最终监
测的数据会以曲线的形
式显示在心率界面

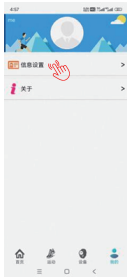


设置好睡眠监测时间段，
并把开关打开，最终监
测的结果会显示在睡眠
界面

● 个人信息设置



点击我的



点击信息设置



设置好这些基本的信息，
身高体重对距离和卡路里
影响比较大

● 手表解绑

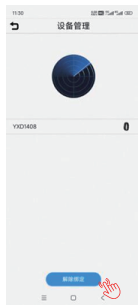
一) 安卓手机的解绑:



点击设备



点击断开连接



点击解除绑定



点击确定

二) IOS解绑: IOS解绑需要两步

1) 按照安卓的解绑步骤解绑;

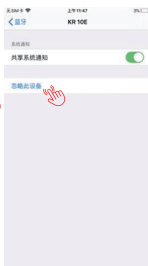
2) 按照下图操作:



点击: 蓝牙



点击: i



点击: 忽略此设备



点击: 忽略设备



NORTH EDGE

Break All Boundaries