使 用 说 明 书

SMART WATCH

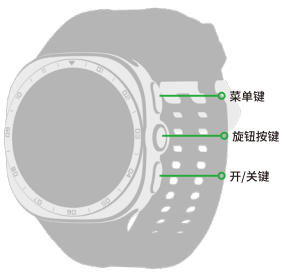
*使用本产品前请阅读本说明书

OPERATING GUIDE

SMART WATCH

*PLEASE READ THE USER MANUAL BEFORE USING PRODUCT

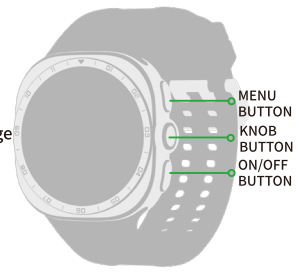
1 打开包装取出手表



2 佩戴智能手表长按开关键将它开机

3 用手机扫描二维码在手机上打开FitCloudPro以设置设备

1 Open the package and take out the watch

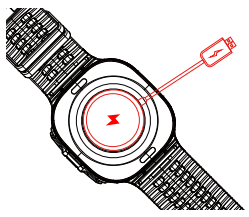


2 Wear the smartwatch and long press the on key to turn it on

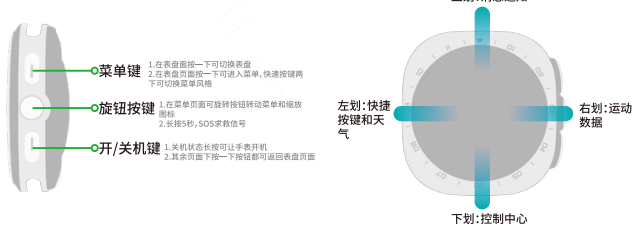
3 Scan the QR code with your phone to open the APP FitCloudPro on your phone to set up the device

充电与激活

将磁吸充电器与手表背面磁吸孔对准贴合，直到手表屏幕出现充电提示，当手表提升电量低时，请及时充电，该设备属于一体机，后壳和电池不可拆卸。

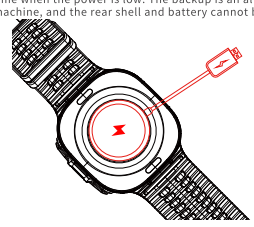


按键与触控

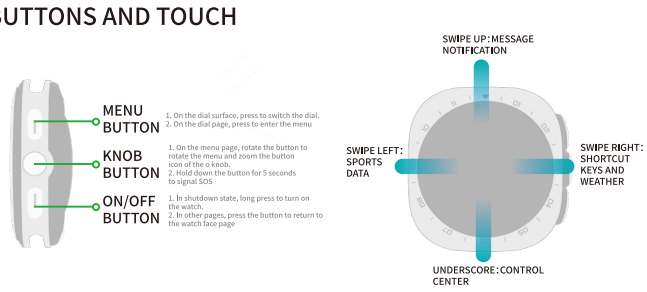


CHARGE AND ACTIVATE

Align the magnetic charger with the magnetic hole on the back of the watch until it reaches the watch screen. When the charging prompt appears, please charge the watch in time when the power is low. The backup is an all-in-one machine, and the rear shell and battery cannot be removed.



BUTTONS AND TOUCH



手表客户端下载与连接

仅限APP使用

扫描上方二维码下载客户端

1、下载“FitCloudPro”APP到手机上并安装，可扫描本说明书上二维码、也可扫描手表二维码、或在APP商场直接搜索“FitCloudPro”进行下载。

2、连接手表

1）扫码连接：手机开启蓝牙后，进入APP（注：若遇APP打不开情况，请开启定位再打开APP）点击设备->点击添加设备->点击扫码绑定（扫描手表上二维码）。

2）手动连接：手机开启蓝牙后，进入APP（注：若遇APP打不开情况，请开启定位再打开APP）点击设备->点击添加设备->点击搜索设备（找到手表下滑控制中心中“设置”->“系统”->“系统信息”中对应的蓝牙名称与MAC地址的设备）->点击连接。

3）连接通话蓝牙：手表在初始状态下通话蓝牙是关闭的，此时通话与音乐功能是不能使用的。下滑打开控制中心，点击耳机图标，将音频模式打开后，打开手机系统内的通话蓝牙（手机蓝牙打开的状态下），找到相应的蓝牙名称，点击连接。连接成功后就可以正常使用通话和音乐功能。

手表操作说明

1、支付宝页面：在表盘页面双击屏幕两下进入支付宝界面。

2、表盘页面：长按屏幕进入表盘选择页面，左划或右划都可切换表盘，确认表盘后点击一下即可。
（注：系统预设多个表盘页，最后一个表盘为“自定义”，此表盘会随着APP端的表盘市场及自定义表盘的下载设定而变化）

3、菜单页面：在表盘页面按侧旋钮进入菜单页面，进入菜单页面后连续按两下侧旋钮进入菜单切换，单按返回主表盘页。

4、功能页面：在菜单页面点击应用图标进入相应功能，右划返回，单按侧旋钮返回主表盘页。

SMART WATCH APP DOWNLOAD AND CONNECTION

APP only

Scan the QR code above to download

1、Download the "FitCloudPro" APP on your mobile phone and install it. You can scan the QR code in this manual, or scan the QR code on your watch, or directly search for "FitCloudPro" in the APP mall to download

2、Connect the smart watch

1) Scan the QR code to connect: After the mobile phone turns on the Bluetooth, enter the APP (Note: If the APP cannot be opened, please turn on the positioning of your phone and then open the APP) Click on the device -> Click on 'Add Device' -> Click on 'Scan QR Code Binding' (scan the QR code on the watch).

2) Manual connection: After the mobile phone turns on Bluetooth, enter the APP (Note: If the APP cannot be opened, please enable the mobile phone positioning function and then open the APP) Click 'Device' -> Click 'Add Device' -> Click 'Search Device' (Find the corresponding item in "Settings" -> "System" -> "System Information" in the watch sliding control centerBluetooth name and MAC address of the device) -> Click 'Connect'.

3) Connect to wireless call: In the initial state of the watch, the wireless call is turned off, and the call and music functions cannot be used at this time. Slide down to open the 'Control Center', click the 'Headphone' icon, turn on the audio mode, and then turn on the wireless call in the mobile phone system (when the mobile phone's wireless is turned on/down), find the corresponding wireless name, and click 'Connect'. After the connection is successful, the call and music functions can be used normally.

INSTRUCTIONS FOR USE

1、Dial interface: Long press the screen to enter the dial selection interface, swipe left or right to switch the dial, and click once after confirming the dial.
(Note: The system presets Multiple dial, the last dial is "customize", this watch dial will change with the watch dial market updating of the APP port and the download settings of the custom watch dial)

2、Menu interface: On the dial interface, press the knob on the side to enter the menu interface. After entering the menu interface, press the lower knob twice in quick succession to enter the menu switching interface, and press it to return to the main interface.

3、Function interface: Click the application icon on the menu interface to enter the corresponding function interface, swipe right to return, and press the side knob to return to the main watch dial interface.

手表功能介绍

闹钟 手表和APP连接后，可以设置单次闹钟、循环闹钟，最多可设置5个闹钟。

秒表 点击开始按钮计时开始，点击暂停按钮则计时暂停，点击复位按钮计时归零。最多可保存99条数据。

呼吸训练 呼吸训练中，有1分钟和2分钟的选择。用户点击对应时长进行呼吸训练。点击开始后，跟随呼吸训练中的图标放大而吸气，缩小而呼气。

语音助手 智能帮助快速打开软件，查询信息解放双手

勿扰模式 休息时开启勿扰模式，屏蔽所有的消息提醒，才能够更好的休息

天气 手表与APP连接后，此天气界面会显示实时的天气温度以及天气类型。

运动 运动模式选项：健走、跑步、骑行、登山、游泳、瑜伽、椭圆机、篮球等，点击图标开始运动。

SOS 一键求救 遇到危险，按住快捷按钮5秒钟，即可启动强力警报器寻求帮助

计算器 数值输入是在7位数上限(不处理负数的输入)，计算的结果在上限8位数内。结果超出计算值，则用“…”显示无法计算。

常用联系人 需要在app端常用联系人栏设置添加，设置的常用联系人将自动同步到设备，最多可添加10位联系人。

日历 显示当前年月日，下滑显示日历。

FUNCTION INTRODUCTION

ALARM CLOCK After the smart watch is connected to the APP, you can set a single mode alarm clock, a cycle mode alarm clock, and a maximum of 5 alarm clocks.

STOPWATCH Click the start button to start timing, click the pause button to pause the timing, and click the reset button to reset the timing to zero. Up to 99 pieces of data can be saved.

BREATHING TRAINING There are 1 minute and 2 minute options for breathing training. The user clicks the corresponding duration to perform breathing training. After clicking start, follow the icons in the breathing training to zoom in and inhale, and zoom out and exhale.

Voice Assistant Intelligent help quickly open the software, query information free hands

DND mode Turn on the do not disturb mode when you rest, and block all message reminders, so that you can have a better rest

WEATHER After the device is connected to the APP, the weather interface will display the real-time weather temperature and content.

SPORTS Options for sports mode: walking, running, cycling, mountaineering, swimming, yoga, elliptical machine, basketball, etc., click the icon to start the exercise interface.

Calculator The numerical input is in the upper limit of 7 digits (input ofnegative numbers is notprocessed), and the result of the calculation is within the upper limit of 8 digits.If theresult exceeds the calculated value, it will be displayed with "------" that cannot be calculated

Frequent Contacts Frequent Contacts: You need to add them in the frequently used contacts column onthe app side. The frequently set contacts will be automatically synced to the deviceand up to 10 contacts can be added.

Calendar Display the current year, month and day, slide down to display the calendar

MESSAGE After the device is connected to the APP, open the relevant message push on the APP port, the device port can receive the corresponding message push, and can save up to 15 recent messages.

信息 手表和APP连接后，在APP端打开相关信息的推送，手表端可收到相应的消息推送，最多可保存最近15条消息。

设置 设置功能下包含屏幕显示（切换表盘、亮屏时长亮度调节、翻腕亮屏时长）、语言、震动强度菜单风格、电池、二维码、系统。

音乐 手表与APP连接后，可控制手机音乐播放器的暂停与开始，音量调节以及歌曲切换。

久坐提醒 可在APP[设备>久坐提醒]开启，开启后可设置开始、结束时间、勿扰时段。

睡眠 显示当天睡眠监测状况，数据每天更新，以连接APP时可同步保存数据，设备将重新计算新一天的数据信息。

表盘切换 在主屏幕长按2秒，进入表盘切换界面，左右滑动切换待选表盘，单击选定表盘。

运动数据 显示当天记录的步数、距离、卡路里数据，可在APP设置目标步数、距离、卡路里。

喝水提醒 可在App[设置>喝水提醒]开启，开启后可设置开始、结束时间、提醒间隔。

查找手机 手表和APP连接后，点击查找手机，手机端会响铃提示，手表端显示查找成功；若手表与APP未连接，手表端则会提示未连接。

控制中心 功能概览：免打扰、翻腕亮屏、亮度、设置、查找手机、省电模式、系统信息。

计时器 计时功能中，系统预置了常用计时时长，用户可点击对应时长快速计时，也可点击自定义按钮进行时间设置。点击开始按钮则计时开始，点击暂停按钮则计时暂停，点击复位按钮计时归零。

SETTINGS The functions of settings include screen display (switching dials, brightness adjustment of the screen time, turning the wrist to brighten the screen), language, vibration intensity, menu style, battery, QR code, and system.

MUSIC After the device is connected to the APP, it can control the pause and start of the mobile phone music player, adjust the volume and switch songs.

SEDENTARY REMINDER You can set the 'Sedentary reminder' to be turned on in the APP. After turning it on, you can set the start, end time, and do not disturb time period.

DRINKING WATER REMINDER It can be turned on in the 'Settings' ->'Drinking water reminder' of the App. After turning on, you can set the start, end time, and reminder interval.

SLEEP Display the sleep monitoring status of the day, and the data is updated every day. When connecting to the APP, the data can be saved synchronously, and the device will recalculate the data information of the new day.

WATCH DIAL SWITCHING Press and hold for 2 seconds on the main interface screen to enter the watch dial switching interface, slide left and right to switch the waiting watch dial, and click to select the watch dial.

SPORTS DATA Display the number of steps, distance, and calories recorded on the day. You can set the target number of steps, distance, and calories in the APP.

CONTROL CENTER Overview of functions: Do not disturb, turn on the wrist to brighten the screen, brightness, settings, find mobile phone, power saving mode, system information.

SOS One click for help When in danger, press and hold the shortcut button for 5 seconds to activate the powerful alarm for help

FIND MOBILE PHONE After the device is connected to the APP, click to find the mobile phone, the mobile phone will ring to indicate that the search is successful; if the watch is not connected to the APP, the watch will prompt that it is not connected.

TIMER In the timing function, the system presets the commonly used timing duration. Users can click the corresponding duration to quickly time the timing, or click the custom button to set the time. Click the start button to start the timing, click the pause button to pause the timing, click the reset button to reset the timing to zero.

常见问题

1、手表无法开机

请按住电源键时间超过3秒或可能电池电量过低请及时充电。

2、蓝牙未连接或无法连接

1)请尝试重启手表，重新链接
2)请尝试重启手机蓝牙后再次连接
3)手机不要同时连接其它蓝牙设备

3、手表测量数据不准确

1)一般为测量时，手表的感应器与人体接触不良导致
2)测量时请注意感应器与手腕充分接触
3)对于肤色较深且手臂毛发较多的人，请在App[设备>加强测量]中开启加强测量

4、睡眠数据不够准确

1）睡眠监测是模拟人的自认入睡及起床时间状态，需要正确佩戴。
2）入睡太晚或入睡时才佩戴，可能出现误差。
3）白天不监测睡眠数据，默认睡眠监测为晚上9:30至次日中午12:00。

更多常见问题请查看App[我的>FAQ]

蓝牙数据传输

与手机连接时，手表会通过蓝牙与手机及时同步部分数据，包括天气、通知消息、运动健康数据等。连接断开或关闭蓝牙后，将不会同步这些数据。

注意：

1）请勿在潮湿有水的环境下充电

2）请定期用干净的绒布清洁手表背面的磁吸充电孔，确保手表磁吸充电孔和磁吸充电器贴合，以保证正常充电

3）本产品不配备电源适配器，为保证家人及财产安全，在充电时，可使用电脑USB接口或选用输出不超过5V⎓1A的电源适配器。请通过正规渠道够买电源适配器，杜绝使用底质、伪劣的电源适配器，避免引起爆裂或起火。

FREQUENTLY ASKED QUESTIONS

1、The watch cannot be turned on

Please press and hold the power button for more than 3 seconds or the battery may be low and need to be charged in time.

2、Wireless is not connected or cannot be connected

1) Please try to restart the watch and reconnect.
2) Please try to connect again after restarting your phone's wireless.
3) Do not connect the phone to other wireless devices at the same time.

3、The measurement data of the watch is inaccurate

1) During general measurement, the sensor of the watch is not in correct contact with the human body.
2) When measuring, please pay attention to the full contact between the sensor and the wrist.
3) For people with darker skin and more arm hair, please turn on "Enhanced measurement" in "Device" ->Enhanced measurement in the App.

4、Sleep data is not accurate enough

1) Sleep monitoring is the state of simulating people's self-recognized time to fall asleep and wake up, and needs to wear the device correctly.
2) If you wear it too late or when you fall asleep, there may be errors.
3) Sleep data is not monitored during the day, and the default sleep monitoring is from 9:30 pm to 12:00 noon the next day.

For more frequently asked questions, please check the App" My' - '>FAQ

WIRELESS DATA TRANSMISSION

When connected to a mobile phone, the device will synchronize some data with the mobile phone through Wireless in time, including weather, notification messages, sports health data, etc. This data will not be synced when the connection is dropped or Wireless is turned off.

Notice:

1) Do not charge in a humid and watery environment.

2) Please regularly clean the magnetic charging hole on the back of the watch with a clean flannelette to ensure that the magnetic charging hole of the watch fits the magnetic charger to ensure normal charging.

3) This product is not equipped with a power adapter. In order to ensure the safety of family members and property, you can use the computer USB interface or choose a power adapter with an output of no more than 5V ⎓ 1A when charging. Please buy power adapters through regular channels, and avoid using low-quality, fake power adapters to avoid bursting or fire.

注意事项

1、这个应用程序不是医疗设备,本应用程序使用过程中获得的数据仅供参考,不应用于临床诊断、医学研究、诊断或治疗目的。

2、本产品不可用于深度潜水以及长时间泡在水中。另外，本产品不放热水，因为水蒸气会对手表造成影响。

3、本公司保留不做任何通知的情况下，对本说明书内容进行修改的权利，恕不另行通知。部分功能在对应的软件版本中有区别，为正常情况。

PRECAUTIONS

1.This app is not a medical device,Data(obtained during the use ofthis app is for reference only,and should notbe used forclinical diagnosis, medicaldiagnostic, or treatmentresearch,purposes.

2. The waterproof level of , and it cannot be used for diving / swimming or soaking in water for a long time; in addition, this product cannot be used in hot water/sauna environment, because water vapor will cause damage to the equipment.

3. The company reserves the right to modify the contents of this manual without prior notice. Some functions are different in the corresponding software version, which is normal.