









操作说明

- 按键的定义 长按3秒开关机,短按回主界面
- 同步信息 当手环和手机绑定成功后,手环自动调整时间,同时立即同步和记录你的运动信息和健康状态
- ◆ 检查电量 首次使用手环,确保电量充足,如果电量太低将无法启动,请将手环充满电,手环充满电后,设备将自动启动。

[主要功能]









血压测量页面 血氧测量页面 (记录并显示或项键和反应 (记录并显示或处键和反应 (记录并显示或处键和反应 (电击测量直载、弄转 化双双弧键、浅玻璃位的时长、皮炎端位应分析以有数据记录 证证对处中在否》

砂表 報体



消息











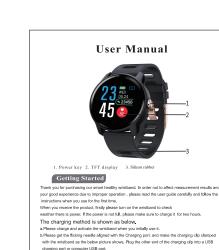
心率小知识

一般人心年在80-120左右, 安静时心率在80-40次/分钟。最佳 心地为70次/分钟左右, 一般运动员与学校生在, 一般运动员与学校的安全, 有省运动选制有效的安全时从的心中是170-中龄。或在 108-14之间。 心学一直接受化的。运动过后、饮食过后、个人情况因素、心情 的好事等。心学都在不确的变化。

的身体等。 企業都不審的变化。

"正要效性为什么限面压计有保差
于老师直注并测度处此规则确定是由非利度表达。 直接
计相似都总是他选功施,于依据他协定在成功能分所主要
发生现代,以现在规则不是和压压计划的对比。 由于动
整理规则是成立方则的成准。 在压力地对此分别。 由于动
整理规则是成立方则的成准。 在压力地对此分别。 由于动
发生现由于地位之间。

为什么手环接收不到消息推送







Connection



Operation

Power key: switch on / off / confirm / exit
 Short-cut key: long press enter into sports mode/return
 Touch screen: touch the display screen to switch function

Synchronous information When the Band are biding to the smart phone, the Band will automatically adjust the time, and immediately synchronize and record your movement information and health status of Checking the power bar First time use: Ensure the battery is fully charged. If the battery is not fully charged, please make a full charge for 2 hours before using

App language: English, French, German, Italian, Japanese, Korean, Portuguese, Russian, simplified Chinese, Spanish, Arabic, Ukrainian

Functions

Multi-language

Attentions

↑ Time
↑ Steps
↑ Detaince
↑ Glorice
↑ Skep
↑ Call reminder(caller name)
□ Information reminder(QQ.
Facebook and WhatsApp, etc)
↑ Skep
↑ Heart rate monitor

Firmware language: Chinese, English, Korean, Spanish, Japanese, French, Russian

TIMER



Interface Heart rile measurement interface.

(Long press 3 seconds to change the watch face the watch face the watch face the content of the watch face the



















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After connecting with mobile phone
APF (dick to netter and sperars)

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Connectification

1. Most people has the heart rate of about 60-120, resting heart rate is 60 to 90 beats // minute, the optimal heart rate is 10 to 90 beats // minute.
2. The heart rate of abletes and trained people is 40 to 60 beats // minute.
3. When doing Aerobic exercise to on effective and safe condition, people's heart rate is 710, people should hold the heart rate between 108 to 144.
4. Heart rate is always been changing and after exercise, after enting, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.

Why can't the wrist band receive message push notification?