

North Edge Watch Product Manual

Range 5

Touchable built-in GPS Multi-functional Sports Watch

Dear customers,

Thank you so much for buying and using the North Edge RANGE 5 watch.

The model is a rechargeable sports watch with built-in GPS, and can be operated by touchable screen and three buttons on the right, both operating ways can control the watch and make the functions working separately.

The RANGE 5 screen is visible in outdoor sunlight, it has 1.2-inch semi-penetrating reflective color screen that would not be full dark when standby. It will be even clearer and brighter in strong sunlight. With its low power consumption, it is truly a good choice for outdoor activities.

1.Content:

One watch

One charging clip

One instruction manual

2.Product features:

- 1.Bright screen
- 2.Full Touch operation
- 3.Dynamic heart rate
- 4.Built-in multi-satellite positioning reception system
- 5.Instant altitude
- 6.Instantaneous air pressure
- 7.Ambient temperature
- 8.Compass
- 9.real-time diving depth
- 10.50M waterproof
- 11.Instant latitude and longitude
- 12.Abdominal rhythm
- 13.Mobile messaging Data
- 14.Analysis of multiple motion modes
- 15.Outdoor track record
- 16.Low power consumption

3.Key operation:

- 1.Top Right "START" button: Start/enter
- 2.Middle "DOWN" button: page DOWN
- 3.Right Bottom "BACK" button: exit/return/power

4. When the watch is off, press the BACK button for 3 seconds, and the screen turns on and enters the standby user interface
5. On standby status, press the BACK button for 3 seconds and the screen turns off
6. When the watch appears abnormal or out of control, long BACK button for 10 seconds can force the watch to restore original settings.

4.Touch screen controls:

1. Scroll up and down, flip the page
2. Swipe left: start/enter
3. Swipe right: back

5.Charging instructions:

1. Press the charging clip lightly so that the contacts of the clip are aligned with the charging port above the bottom of the watch. In order to make full contact, the step under the clamp contact must be wedged into the notch of the watch metal contact.
2. Once you have the clip in place, connect it to your computer or phone's power adapter using a USB charging cable.
3. The watch shows a red charging screen and when it is turned on, it indicates that the watch has started being charged.

4.The little arrow on the battery icon on the dial disappears and shows full battery with green, then the watch was fully charged, the clip can be removed.

6.Waterproof instructions:

1.Please do not press the buttons under water. For diving mode, Please use the buttons above water when start/end diving.

2.When wearing the watch, we can wash hands, face or swim or dive under normal conditions.

3.In order to prevent watch rusting, after using in the sea or corrosive liquid, please be sure to wipe the watch clean, do not affect the normal service life of the watch.

4.It is not suitable using the watch in high temperature and high humidity (such as: Hot Springs, sauna steam room, Hot Bath) environment, nor place the watch in a humid and steam environment for a long time.

5.In any waterproof grade, watches should not be used in warm water/hot spring to avoid high temperature vapor seeping into the waterproof parts of the watch and affecting the normal service life of the watch.

7.HPlusFit download installation:

You can search for “HPlusFit” in any of the major application markets or scan the following QR code to download an application that matches your watch.

Before pairing your phone with Bluetooth, make sure it meets the following requirements:

- 1.IOS must be 12.0 or above.
- 2.Android 5.0 or above and support Bluetooth 5.1 transport protocol.



8.Pairing:

- 1.Run HPlusFit application.
- 2.Click on Me-my device, and searching for devices, there will be a watch device called the NORTH_EDGE_XXXX. The XXXX number corresponds to the watch's “Settings”-version SN number.

3. Click on the watch model to match.

4. The Bluetooth pairing takes only one time, and the watch will be automatically connected to the phone once pairing successfully. The iPhone pops up a notification whether to pair with the watch and whether to allow the watch to receive notifications from the phone.

5. If a watch cannot automatically connect to the phone after a successful match, try unbinding the watch in the APP and ignoring the watch in the Bluetooth settings of the phone; then reenter the APP to bound watch.

6. If the above operations cannot solve problem for bounding, long press the BACK button for 10 seconds to reset the watch, and then enter HPlusFit APP binding watch again.

9. Sync with your phone:

The movement data of the watch will be transmitted to HPlusFit via Bluetooth. The following points should be noted when transmitting the data to HPlusFit:

1. Before uploading the motion data, you need to pair the watch with the phone successfully.

2. Make sure the phone's Bluetooth is enabled before uploading the motion data.

3. By reading the watch's data from your phone and running an

HPlusFit application, you can sync the data by pulling down and refreshing it on the "Today" page.

4.The accuracy of pedometer data can be effectively improved by faithfully filling in user configuration.

5.HPlusFit-Me-My information, editable user information.

6.Sex, age, height, and weight make differences in walking data and calorie consumption data.

7.Sitting for a long time is harmful to health. The function of the long-sitting reminder can monitor the long-sitting time and give vibration reminder. The switch : HPlusFit-Me-My device-more-Sedentary reminder.

10.Heart rate measurements indicate:

One, heart rate measurement in healthy mode

1.The optical heart rate sensor is located on the back of the watch

2.Clean and dry your wrists of sweat or sunscreen.

3.Wear your watch close to the wrist bone, make sure it is snug against the bone and does not move when you move.

4.Go to watch health-heart rate measurement page.

5.Place it for 10-15 seconds to measure your heart rate, indicating your current heart rate.

6.Heart rate measurements in the healthy mode show changes in heart rate over 12 hours period as well as current measured heart

rate values. The measurements will be displayed in the HPlusFit-today's heart rate section when synchronized.

7.Heart rate unit of measure: beats per minute (BMP).

Two, heart rate measurement in Exercise Mode

1.The optical heart rate sensor is located on the back of the watch.

2.Clean and dry your wrists of sweat or sunscreen.

3.Wear your watch close to the wrist bone, make sure it is snug against the bone and does not move when you move.

4.Once you're in motion mode, select the type of motion, swipe left or click OK to start motion/ GPS positioning and measure your heart rate.

5.Place for 10-15 seconds to measure your heart rate, indicating your current heart rate.

6.Complete GPS positioning and heart rate measurement, swipe right/press the BACK button to continue/stop/discard the exercise data and heart rate data.

7.The heart rate data measured in the exercise mode can be viewed in the watch's exercise history data, or through the HPlusFit-exercise record when synchronized with phone.

8.Heart rate unit of measure: beats per minute.

Three, if the heart rate data is abnormal or not displayed, try the following actions.

- 1.Clean and dry your wrists of sweat or sunscreen.
- 2.Please check the optical heart rate sensor on the back of the watch for scratches or flashes.
- 3.Try wearing it on your other wrist and measure your heart rate again.

11.Backlight:

- 1.In the dark environment, if you need to enhance the brightness of screen, press any key can open the backlight, continue to swipe the screen to keep backlight on.
- 2.In the "Settings" of watch or the APP, there are options for automatically turning on the backlight by rotating arm during 6:00pm to 12:00pm. In original setting, it is off. If you need this function, you can turn it on.
- 3.The backlight dwell time after the stop operation can be set in Me-My device-more- screen saver time in HPlusFit.
- 4.Excessive use of backlight will affect standby time.

12.Vibration:

The watch's vibrating reminder can be turned on or off in "settings".

13.Dials

- 1.Time setting: the watch connects to the phone to get the instant date time.
- 2.In pursuit of maximum standby time, the dial with seconds is only displayed for five seconds when activated.
- 3.The pedometer/distance/calorie count displayed on the dials will be reset to zero the next day. Historical data can be viewed in the "Today" section of HPLUSFIT under pedometer/sleep/heart rate.
- 4.In the dial interface, side-to-side swipe can switch dial.



14.My Day

- 1.Pick pedometer data , exercise distance, exercise calories today in this section. Goal 12,000 steps can be set in HPlusFit-Me-My device-more-My goal. The watch alerts you when you've achieved the goal.
- 2.Pedometer/distance/calorie count for today will be reset to zero the next day. Historical data can be viewed in the "Today"



section of HPlusFit under pedometer/sleep/heart rate. Data storage time can be more than one year.

15. Good Health

1. To master your heart rate/sleep status, swipe left/press START to enter the health interface heart rate-sleep.

2. In HPlusFit APP, Me-my device-all-day heart rate is used to confirm whether to turn on the all-day heart rate monitor or not.

3. Heart rate measurements in health mode show changes in heart rate over 33 hours as well as current measured heart rate values. The measurements will be displayed in the HPlusFit-today's heart rate section when synchronized.

4. Heart rate unit of measure: beats per minute.

5. Wearing the watch while you are asleep to monitor sleep state according to the heart rate and movements, and identify how long for deep sleep and light sleep. The today-sleep section of HPlusFit tracks sleep by date.



16.Breathe

1.The deeper the breath, the more active the lungs, and the more efficient the alveoli are at exchanging oxygen and carbon dioxide, giving the muscles enough energy to keep moving.

2.In contrast to shallow breathing, deep “Belly breathing” , which involves the abdomen and diaphragm, makes it more active. On the one hand, it removes the metabolized carbondioxide more thoroughly,

and on the other hand, it increases the capacity of the body when breathing in, allow the inhaled oxygen to penetrate the alveoli, increasing the efficiency of blood oxygen exchange. At the same

time, this deep muscle breathing helps you focus more on your core muscles, making your running form and movement less likely to be distorted by increased intensity or distance.

3.Use the breath-in-breath-out rhythm to help you adjust your abdominal breathing.



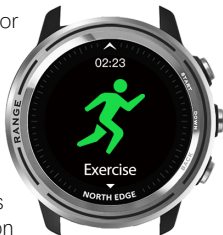
17.Exercise

1.Scroll up/down from the dial to find the Sports type selection screen. Swipe left/press Start button to enter the menu and choose walk -outdoor -running- mountaineering-cycling-swimming-indoor running-diving-free exercise-historical data.

2.If satellite positioning is not required, the motion program interface can be swipe left/pressing the START button to start.

3.To pause a motion, swipe right or press BACK to continue/stop/discard the motion record.

4.Please start the dive above water. Once the diving finished, please return to the water surface and press BACK button to stop. The touch screen is turned off while running dive mode to prevent accidental touch underwater.Please do not press the buttons under water.



18.Sports mode:

1.When using the three outdoor sports programs of running, climbing and cycling, please search for GPS and other satellite signals in the open wild area and wait for the satellite positioning successfully because the GPS signal cannot pass through the conductor, GPS function determines the accuracy of motion data.

2.The green heart rate is the instantaneous heart rate value. The green bar above the heart rate indicates the strength of the GPS signal, and the black bar is the strongest when it covers four bars. The blinking dot on the right indicates that the watch is searching for GPS signal.

3.The display mode of the data can be changed by moving the interface up and down:

Walking: real-time heart rate, stride frequency, time worked out, number of steps worked out, current time, day and week, interval of heart rate during exercise, distance worked out, calories burned.



Outdoor running: real time heart rate, cadence, time worked out, number of steps worked out, location, latitude and longitude, current time, day and week, interval of heart rate during exercise, distance worked out, calories burned, speed, pace

Mountaineering: real-time dynamic heart rate, stride frequency, exercise time, exercise steps, air pressure, altitude, exercise distance, calories burned, exercise heart rate interval, location, current time, day and week

Cycling: speed, pace, elapsed time, real time heart rate, location latitude and longitude, current time, day of the week, interval of heart rate during exercise, distance worked, calories burned

Swimming: real-time dynamic heart rate, calories burned, exercise time, current time, days, weeks, interval heart rate during exercise

Indoor running: real-time heart rate, stride frequency, time worked out, number of steps worked out, current time, day and week, interval of heart rate during exercise, distance worked out, calories burned

Diving: depth of dive (m) , time of dive, underwater temperature, interval of heart rate during exercise, current time, day, week

Free Exercise: real-time dynamic heart rate, calories burned, exercise time, current time, days, weeks, interval heart rate during exercise

Historical data, a record of successful movements will be displayed in a list form in the watch's movement-historical data. When the watch is connected to HPlusFit Bluetooth, the record of the successful exercise will be available in chronological order in HPlusFit-exercise. Click on a single piece of data to view the data. The track will be visible on a map during outdoor running/hiking/cycling.

4, HPlusFit-Me-my device-more-my goals can set specific goals for each activity, such as 30 minutes or 5KM, and will be alerted when the goals are achieved.

19.Settings:

1.Vibration Switch: turn on /off watch vibration.

2.Wrist: Options for automatically turning on the backlight by rotating arm during 6:00pm to 12:00pm. In original setting, it is off. If you need this function, you can turn it on.

3.Height correction:

The sensor measures the relative height caused by the motion. It occurs when the air pressure changes in real time.



Using Scenario: if you are climbing a mountain or taking an elevator, measure the relative height created by the climb by setting the height to zero at the foot of the mountain or at the beginning of the climb.

Click on the GPS correction, you need connect to the outdoor GPS signal in order to successfully obtain absolute height. When entering outdoor activities such as running, climbing or cycling, the altimeter will be connected to the GPS signal and the absolute height of the location will be obtained by GPS rectification.

4.GPS: the combination of GPS, beidou, and GLONASS satellites, depending on the area in which they are located.

5.Resume factory settings: confirm whether factory original settings need to be resumed.

6.Shutdown: confirm whether shutdown is required.

7.Version: HPlusFit QR code, watch SN Bluetooth number, software version.

20.Outdoors:

To know environmental changes well, we can start with a comprehensive data graph.

From the outdoor interface, Swipe left/press START to enter the compass-timing mode-altimeter-barometer-temperature interface.

The sensor collects changes in temperature, pressure and altitude at all times.

There are some discrepancies when the air pressure and altitude are affected by the pressure and temperature.

1. Compass: Hold the strap and let the dial mark "8" in the air to correct the compass. Enter the compass: the central number represents the angle between the direction of the Red Arrow and due North direction.

2. Timing mode

Stopwatch: Enter Stopwatch Mode to turn on/Stop the timer, and reset the data.

Countdown: can be set by the default time to start/Stop Countdown, can also be customized to set the countdown time. The watch vibrates at the end of the countdown.



3. Altimeter: A Graphic Representation of the change in altitude of the environment over the last 4 hours. Unit: Meter.

4. Barometer: a graph showing the pressure changes in the environment for the last 12 hours. Unit: hpa.

5. Temperature: plot the change in ambient temperature over the last 12 hours. Unit: degrees centigrade.

When the watch is worn on wrist, it is easily affected by the body temperature and higher than the environmental temperature. To accurately measure the ambient temperature, leave the watch on the table for 10-15 minutes.

21.Message Notification:

When the mobile phone message alert is enabled, the mobile phone message will be displayed on watch, and the message exits by right-swiping.

Three messages can be stored in the message record, scroll up and down.



22.Specifications:

| Product Parameters | | |
|---------------------|-----------------------------|--|
| Product description | Watch Case Material | Stainless steel, PC + fiberglass |
| | Watch Band Material | Silicone |
| | Weight (g) | 78g |
| | Screen Size | 1.2 inch,Visible in sunlight, semi-penetrating reflective color screen |
| | Resolution Ratio | 240*240dpi |
| | Touching Panel Size | 1.2 inch capacitive touching screen |
| | Battery Size | Lithium-Ion polymer, 320 mah |
| | Using Time | 7 days |
| | Standby Time | 7-10 days |
| | Barometric range | 300-1100hPa |
| | Operating temperature range | -20°C - +60°C |
| | Altitude Range | -500M-9000M |

Exemption Clause

- 1.The heart rate data obtained through Range 5 smart sports watch would be for reference only and cannot be used as a professional device for medical and diagnostic purposes or for special purposes.
- 2.The heart rate data collected by Range 5 smartwatch may not be complete accurate due to interference with environmental signals, posture, climate changes and changes in personal physical condition.
- 3.The picture in this brochure shows the product with a Silver Circle in order to explain the product structure more clearly. It is not the object that show the product does not match the picture.

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NORTH EDGE

RANGE 5

Touchable built-in GPS
Multi-functional Sports Watch



Instruction Manual



NORTH EDGE

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