

## Zeblaze Stratos 3

# Zeblaze Stratos 3 Smartwatch User Manual

Model: Stratos 3

## 1. INTRODUCTION

Welcome to the user manual for your Zeblaze Stratos 3 Smartwatch. This guide provides essential information on setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and a seamless user experience. The Zeblaze Stratos 3 is designed to help you monitor your health, track your fitness activities, and stay connected.

## 2. SETUP

### 2.1. Charging the Device

Before first use, fully charge your Zeblaze Stratos 3.

- Connect the magnetic charging cable to the charging contacts on the back of the watch.
- Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
- The watch screen will display a charging indicator. A full charge typically takes approximately 2 hours.

### 2.2. Power On/Off

- **Power On:** Press and hold the side button for 3-5 seconds until the Zeblaze logo appears.
- **Power Off:** From the watch face, swipe down to access the quick settings, then tap the power icon, or go to Settings > System > Power Off. Confirm your selection.

### 2.3. App Installation and Pairing

To unlock the full potential of your Stratos 3, download and install the companion application on your smartphone.

1. Scan the QR code provided in the watch's initial setup screen or search for "Zeblaze Fit" (or similar, common app name for Zeblaze) in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install the application.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Enable Bluetooth on your smartphone.
5. In the app, navigate to "Device" or "Add Device" and select "Zeblaze Stratos 3" from the list of available devices.

6. Confirm the pairing request on both your watch and smartphone.

## 3. OPERATING INSTRUCTIONS

### 3.1. Basic Navigation

- **Touch Screen:** Tap to select, swipe left/right/up/down to navigate through menus and screens.
- **Side Button:** Press to return to the watch face, press and hold for power options or to access specific functions (customizable).

### 3.2. Key Features

- **Watch Faces:** Long press the watch face to change it, or customize through the app.
- **Notifications:** Swipe down from the watch face to view recent notifications from your paired smartphone.
- **Health Monitoring:**
  - *Heart Rate:* Access the heart rate monitor from the app list or a dedicated widget.
  - *Blood Oxygen (SpO2):* Measure your blood oxygen levels. Ensure the watch is snug on your wrist.
  - *Sleep Tracking:* Automatically tracks sleep patterns when worn during sleep. View detailed reports in the app.
- **Sports Modes:** Select from various sports modes (e.g., running, cycling, swimming) to track your workouts. GPS tracking is available for outdoor activities.
- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Weather:** View current weather conditions after syncing with the app.

## 4. MAINTENANCE

### 4.1. Cleaning

Regular cleaning helps maintain the watch's appearance and functionality.

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts periodically with a dry cotton swab to ensure good connection.

### 4.2. Battery Care

- Avoid extreme temperatures, which can degrade battery life.
- Do not leave the watch fully discharged for extended periods.
- Charge the watch regularly, even if not in daily use, to maintain battery health.

## 5. TROUBLESHOOTING

Issue	Possible Cause	Solution
Watch does not power on	Low battery; System crash	Charge the watch for at least 10 minutes; Press and hold the side button for 10-15 seconds to force restart.
Cannot pair with smartphone	Bluetooth off; App issue; Watch not discoverable	Ensure Bluetooth is enabled on phone; Restart phone and watch; Reinstall app; Reset watch to factory settings (if necessary).

Issue	Possible Cause	Solution
Inaccurate health data	Improper fit; Sensor obstruction	Ensure watch is snug but comfortable on wrist; Clean the sensor on the back of the watch.
Notifications not received	App permissions; Bluetooth disconnected; Do Not Disturb mode	Check app notification permissions on phone; Ensure watch is connected via Bluetooth; Disable Do Not Disturb mode on watch/phone.

## 6. SPECIFICATIONS

Feature	Detail
Model Name	Zeblaze Stratos 3
Display	High-resolution color display
Connectivity	Bluetooth
Sensors	Heart Rate, SpO2, Accelerometer, GPS
Battery Life	Varies with usage
Water Resistance	Specific rating not provided
Compatibility	Android and iOS

*Note: Specific technical specifications may vary slightly. Refer to the product packaging or official Zeblaze website for the most accurate and up-to-date details.*

## 7. WARRANTY AND SUPPORT

### 7.1. Warranty Information


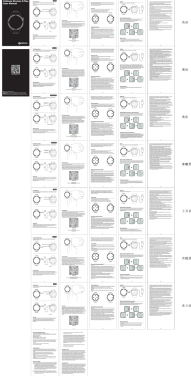


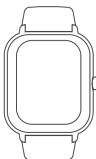

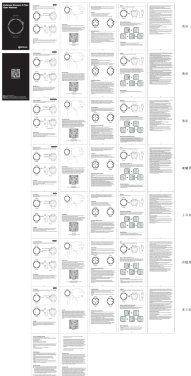
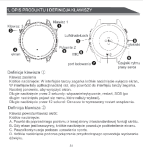
Your Zeblaze Stratos 3 Smartwatch is covered by a limited manufacturer's warranty. The warranty period and terms may vary by region and retailer. Please retain your proof of purchase for warranty claims. The warranty typically covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

### 7.2. Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty inquiries, please contact Zeblaze customer support or the retailer from whom you purchased the device.

- **Zeblaze Official Website:** [www.zeblaze.com](http://www.zeblaze.com) (Check for support contact information, FAQs, and firmware updates)
- **Retailer Support:** Refer to the contact information provided by your specific retailer.



	<p><a href="#">Zeblaze Stratos 4 Smartwatch User Manual: Features, Setup, and Operation</a></p> <p>Comprehensive user manual for the Zeblaze Stratos 4 smartwatch. Learn about its features, button functions, app connection, GPS usage, and general operation. Available in multiple languages.</p>
	<p><a href="#">Zeblaze Stratos 2 Plus User Manual</a></p> <p>User manual for the Zeblaze Stratos 2 Plus smartwatch, detailing setup, usage, and features in multiple languages.</p>
<p>Smartwatch Zeblaze STRATOS 3 Instrukcja obsługi</p>  	<p><a href="#">Instrukcja obsługi Smartwatcha Zeblaze Stratos 3</a></p> <p>Kompleksowa instrukcja obsługi smartwatcha Zeblaze Stratos 3, obejmująca konfigurację, użytkowanie, funkcje GPS i monitorowania tętna, ładowanie, środki bezpieczeństwa, specyfikacje techniczne oraz zgodność z przepisami.</p>
<p><b>Zeblaze Btalk Lite</b> User Manual</p>  	<p><a href="#">Zeblaze Btalk Lite User Manual: Setup, Features, and Safety Guide</a></p> <p>Comprehensive user manual for the Zeblaze Btalk Lite smartwatch. Learn how to set up, pair, use features, and understand safety guidelines. Includes specifications and support information from Shenzhen Zeblaze Smart Company Limited.</p>
	<p><a href="#">Zeblaze Stratos 2 Plus User Manual</a></p> <p>Comprehensive user manual for the Zeblaze Stratos 2 Plus GPS smartwatch, detailing setup, features, connectivity, and safety guidelines for optimal use.</p>
	<p><a href="#">Zeblaze Stratos 2 Ultra Smartwatch User Manual</a></p> <p>Comprehensive user manual for the Zeblaze Stratos 2 Ultra smartwatch, covering product description, button definitions, touchscreen controls, charging, GPS usage, app connection, and important safety precautions.</p>

