

## Zeblaze Stratos 3

# Zeblaze Stratos 3 Smartwatch User Manual

Model: Stratos 3

## 1. INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your Zeblaze Stratos 3 Smartwatch. Please read this manual carefully before using the device to ensure proper function and longevity.



Image 1.1: Front view of the Zeblaze Stratos 3 Smartwatch, displaying a digital watch face with time, date, steps, heart rate, SpO2, power level, temperature, and distance.

## 2. PACKAGE CONTENTS

Verify that all items listed below are present in your package:

- Zeblaze Stratos 3 Smartwatch
- Liquid Silicone Strap
- Magnetic Charging Base
- Instruction Manual

# PACKAGE IN THE BOX



Image 2.1: Contents of the Zeblaze Stratos 3 package, showing the smartwatch, silicone strap, charging cable, and user manual alongside the product box.

## 3. SETUP

### 3.1 Charging the Smartwatch

Before first use, fully charge your Zeblaze Stratos 3. Connect the magnetic charging base to a USB power source (e.g., computer USB port or a 5V/1A USB adapter). Align the magnetic pins of the charging base with the charging contacts on the back of the smartwatch. The watch screen will indicate charging status.

### 3.2 Power On/Off

- **Power On:** Press and hold the power button (usually the top right button) for a few seconds until the Zeblaze logo appears.
- **Power Off:** From the watch face, swipe down to access quick settings or navigate to 'Settings' > 'System' > 'Power Off'. Confirm your selection.

### 3.3 App Pairing

To unlock full functionality, pair your smartwatch with the official Zeblaze app on your smartphone.

1. Download the official Zeblaze app from your smartphone's app store (iOS App Store or Google Play Store).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Zeblaze app, create an account or log in.
4. Follow the in-app instructions to add a new device. Select "Zeblaze Stratos 3" from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smartwatch.

## 4. OPERATING INSTRUCTIONS

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### 4.1 Navigation

- **Swipe Up/Down:** Scroll through menus or notifications.
- **Swipe Left/Right:** Access quick widgets or different data screens.
- **Tap:** Select an item or open an application.
- **Press Side Buttons:** The top button typically acts as a power/back button, while the bottom button might be a shortcut to sports modes or a customizable function.

### 4.2 Display Features

The Zeblaze Stratos 3 features an Ultra HD AMOLED display with Corning Gorilla Glass, offering excellent clarity and durability.

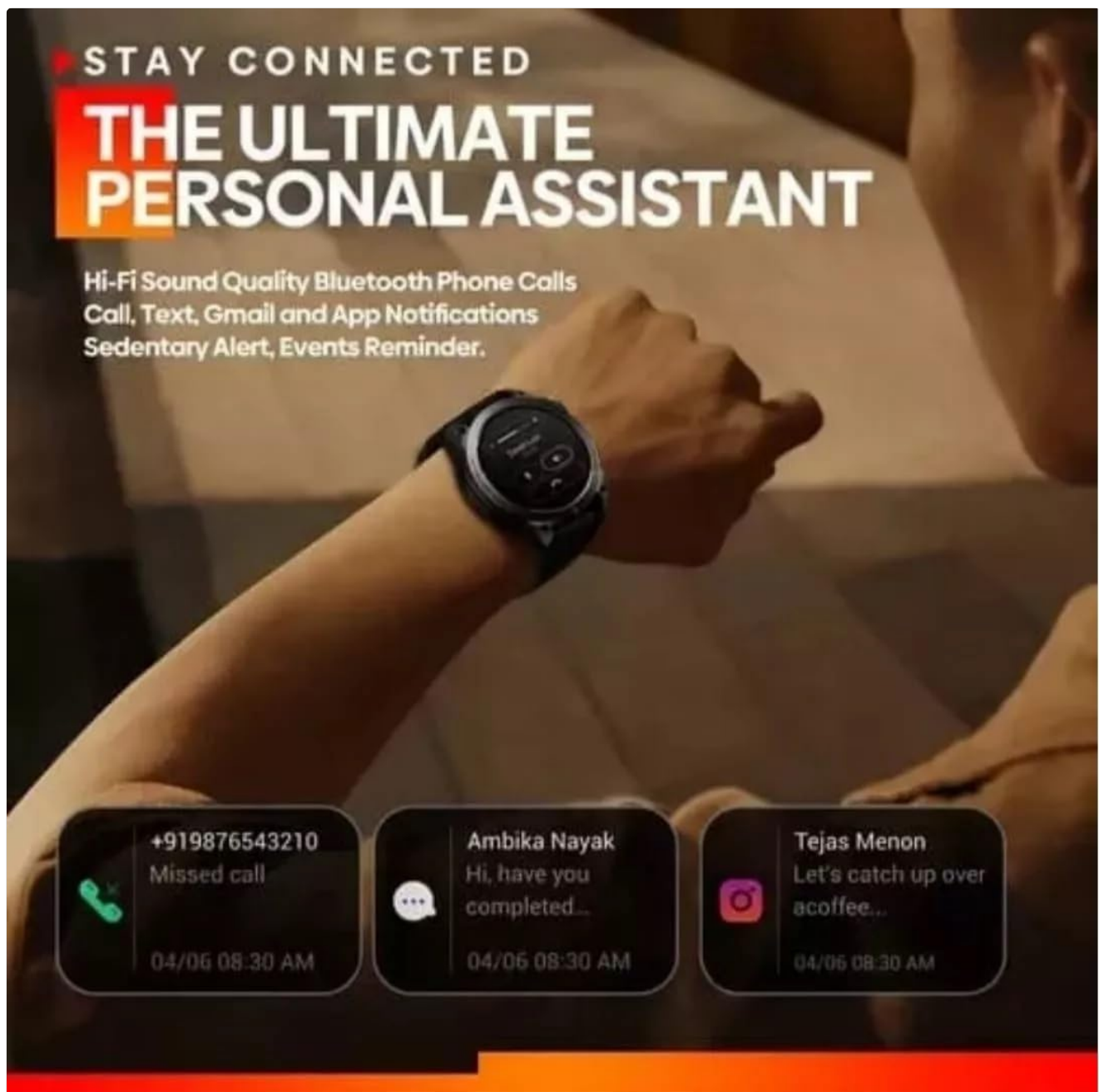


Image 4.1: Close-up of the Zeblaze Stratos 3 display highlighting its Ultra HD AMOLED and Corning Gorilla Glass features, along with specifications like 391 PPI, 1000 nit brightness, and 466x466 pixels.

### 4.3 Health Management

The smartwatch provides 24/7 health monitoring capabilities, including heart rate, SpO2 (blood oxygen), and stress levels. It also tracks sleep patterns and offers breathing exercises.



## ► HEALTH

# 24/7 EASY HEALTH MANAGEMENT

24H Heart Rate, SpO2 & Stress Monitoring, Breathing Exercise, In-depth Monitoring of Sleep and more.



Image 4.2: Screenshot of the Zeblaze Stratos 3 health monitoring interface, showing metrics for blood oxygen, heart rate, stress, sleep, activity, and breathing exercises.

### 4.4 GPS Functionality

The Stratos 3 features strong and precise built-in GPS with 4-satellite, 3-mode support (GPS/GLONASS/GALILEO/BEIDOU) for accurate outdoor activity tracking and fast fix times.



## ► DISPLAY

# ULTRA HD AMOLED DISPLAY

Corning® Gorilla® Glass

391 PPI, Up to 1000 nit Brightness, 466\*466 pixels

150+ Watch Faces & Always-on Displays

Image 4.3: Diagram illustrating the 4-satellite/3-modes GPS capability of the Zeblaze Stratos 3, emphasizing its strong and precise built-in GPS for integrated and assisted fast fix times.

### 4.5 Connectivity and Smart Features

Stay connected with Bluetooth phone calls, receive call, text, Gmail, and app notifications directly on your wrist. The watch also includes features like sedentary alerts and event reminders.

▶ 4-SATELLITE/3-MODES GPS

# STRONG & PRECISE BUILT-IN GPS

Integrated GPS/GLONASS/GALILEO/BEIDOU.  
Assisted GPS for fast fix times.



Image 4.4: A user wearing the Zeblaze Stratos 3, with examples of incoming call, text, and app notifications displayed below, illustrating its personal assistant capabilities.

## 5. MAINTENANCE

### 5.1 Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device performance. Use a soft, lint-free cloth. If necessary, dampen the cloth with a small amount of water. Do not use harsh chemicals or abrasive materials.

### 5.2 Water Resistance

The Zeblaze Stratos 3 is designed with a certain level of water resistance. Refer to the specifications for details on its water resistance rating (e.g., ATM or meters). Avoid exposing the watch to hot water, steam, or high-pressure water jets, as this can compromise the seals.

## 6. TROUBLESHOOTING



### 6.1 Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charging base and a power source for at least 30 minutes.
- Try pressing and holding the power button for an extended period (e.g., 10-15 seconds) for a forced restart.

### 6.2 Pairing Issues

- Make sure Bluetooth is enabled on your smartphone and the watch.
- Ensure the watch is within Bluetooth range of your phone.
- Restart both your smartphone and the smartwatch.
- Clear the Bluetooth cache on your phone (if applicable) and try pairing again.
- If previously paired, try "forgetting" the device in your phone's Bluetooth settings and re-pairing.

### 6.3 Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.
- Clean the sensor on the back of the watch.
- Avoid excessive movement during measurements.

## 7. SPECIFICATIONS

Feature	Detail
Brand	Zeblaze
Model Name	Stratos 3
Operating System	Proprietary Operating System
Special Features	Microphone for voice control, Heart rate monitor, Health tracking metrics
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Composition	Lithium-ion
GPS	GPS via smartphone
Shape	Rectangular prism
Screen Size	44 Millimeters

*Note: While the specifications list "GPS via smartphone", product images and descriptions (Image 4.3) clearly state "Strong & Precise Built-in GPS". Please refer to the latest product information for the most accurate GPS functionality.*

## 8. WARRANTY AND SUPPORT

Your Zeblaze Stratos 3 Smartwatch comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package or visit the official Zeblaze website for detailed warranty terms and conditions. For technical support, troubleshooting assistance, or service inquiries, please contact Zeblaze customer support through their official website or the contact information provided in your product documentation.

Related Documents - Stratos 3

	<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>zeblaze</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>zeblaze</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>



[Zeblaze Stratos 2 Ultra Smartwatch User Manual](#)

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.