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Joyroom JR-FT3S

Joyroom JR-FT3S Fit-life Series Smart Watch User Manual

Model: JR-FT3S

1. Introduction

Welcome to the user manual for your Joyroom JR-FT3S Fit-life Series Smart Watch. This guide provides comprehensive instructions on how to set up, operate, and maintain your device. Please read this manual carefully to ensure optimal performance and longevity of your smart watch.

The Joyroom JR-FT3S is designed to enhance your daily life with features such as Bluetooth calling, sleep monitoring, heart rate tracking, and activity monitoring, all displayed on a vibrant 1.96-inch TFT screen.



Figure 1: Joyroom JR-FT3S Smart Watch main display showing activity metrics.

2. Package Contents

Upon opening the package, please verify that all items are present and in good condition:

- Joyroom JR-FT3S Smart Watch
- Charging Dock
- User Manual (this document)

If any items are missing or damaged, please contact customer support.

3. Product Overview

Familiarize yourself with the components of your Joyroom JR-FT3S Smart Watch.



Figure 2: The 1.96-inch TFT screen of the smart watch, offering a larger and clearer display.

Key Components:

- **1.96-inch TFT Screen:** High-resolution display for clear visuals.
- **Side Button:** Used for power on/off, screen wake, and menu navigation.
- **Sensors:** Located on the back for heart rate, blood oxygen, and sleep monitoring.
- **Charging Contacts:** Magnetic contacts on the back for charging.
- **Speaker/Microphone:** For Bluetooth call functionality.

4. Setup

4.1 Charging the Smart Watch

Before initial use, fully charge your smart watch. The device features a 340mAh battery.

1. Connect the charging dock to a USB power adapter (not included) or a computer's USB port.

2. Place the smart watch onto the charging dock, ensuring the magnetic contacts align correctly. The watch will vibrate and display a charging indicator.
3. Allow approximately 2-3 hours for a full charge. A full charge provides about 8-10 days of typical usage or 15-20 days of standby time.



Figure 3: The internal 340mAh battery of the smart watch.

4.2 Power On/Off

- **Power On:** Press and hold the side button for a few seconds until the Joyroom logo appears.
- **Power Off:** From the watch face, swipe down to access quick settings, or navigate to the settings menu. Select "Power Off" and confirm. Alternatively, press and hold the side button, then select "Power Off" from the options.

4.3 App Installation and Pairing

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

1. **Download the App:** Search for "InfoWear" in your smartphone's app store (Apple App Store for iOS or Google Play Store for Android) and install it.

2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the InfoWear app and follow the on-screen instructions to create an account or log in.
4. **Pair the Device:** In the app, navigate to the "Device" section and select "Add Device" or "Scan for Device". Your watch should appear in the list (e.g., "JR-FT3S"). Tap on it to initiate pairing.
5. **Confirm Pairing:** A pairing request may appear on your watch and phone. Confirm the pairing on both devices.

Once paired, the watch will synchronize data with your phone, and you can customize settings through the app.

5. Operating the Smart Watch

5.1 Basic Navigation

The Joyroom JR-FT3S features full-screen touch control for intuitive navigation.

- **Swipe Up:** Access notifications.
- **Swipe Down:** Access quick settings (e.g., brightness, DND mode, battery status).
- **Swipe Left/Right:** Cycle through widgets and main functions (e.g., activity, heart rate, weather).
- **Tap:** Select an item or open an application.
- **Press Side Button:** Return to the watch face or open the app menu.

5.2 Key Features

5.2.1 Bluetooth Call Function

With advanced Bluetooth BT5.4 connectivity, you can make and receive calls directly from your watch when connected to your smartphone.

- Ensure your watch is paired and connected to your phone via Bluetooth.
- Access the "Call" or "Phone" application on your watch.
- You can dial numbers, view recent calls, or access contacts synchronized from your phone.



Figure 4: A user interacting with the smart watch, demonstrating the Bluetooth call feature.

5.2.2 Health Monitoring (Sleep, Heart Rate, Blood Oxygen, Stress)

The watch continuously monitors various health metrics to provide insights into your well-being.

- **Sleep Monitoring:** Automatically tracks your sleep patterns, including deep sleep, light sleep, and wake times. View detailed reports in the InfoWear app.
- **Heart Rate Monitoring:** Provides 24-hour heart rate tracking. Access real-time data on the watch or historical data in the app.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Stress Level Monitoring:** Assesses your stress levels throughout the day.



Figure 5: The smart watch and a paired smartphone displaying detailed blood oxygen and other health data.

5.2.3 Activity Tracking

Track your daily activities and workouts with precision.

- The watch records steps taken, distance covered, and calories burned.
- Multiple sports modes are available to track specific activities like running, cycling, and more.



Figure 6: A user engaged in cycling, with the smart watch displaying music playback controls.

5.2.4 Water Resistance

The Joyroom JR-FT3S has an 1 ATM rating, providing protection against splashes and rain.

- It is suitable for daily use and light water exposure.
- **Caution:** Do not use the watch for swimming, showering with hot water, or diving. Avoid exposure to high-pressure water or steam.



Figure 7: The smart watch on a wrist, demonstrating its water resistance during light water exposure.

6. Maintenance

Proper maintenance ensures the longevity and optimal performance of your smart watch.

6.1 Cleaning

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn stains, slightly dampen the cloth with water.
- Ensure the charging contacts are clean and dry before charging.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.

6.2 Storage

- Store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- If storing for an extended period, ensure the battery is partially charged (around 50%) to prevent deep discharge.

7. Troubleshooting

If you encounter issues with your Joyroom JR-FT3S Smart Watch, refer to the following common solutions:

Problem	Possible Solution
Watch does not power on.	Ensure the watch is fully charged. Connect it to the charging dock for at least 30 minutes.
Cannot pair with smartphone.	• Ensure Bluetooth is enabled on your phone and watch. • Make sure the watch is within Bluetooth range (approx. 10 meters). • Restart both the watch and your smartphone. • Try unpairing and re-pairing through the InfoWear app.
Inaccurate health data.	• Ensure the watch is worn snugly on your wrist, not too tight or too loose. • Clean the sensor area on the back of the watch. • Avoid excessive movement during measurements.
Screen is unresponsive.	Restart the watch by pressing and holding the side button. If the issue persists, ensure the screen is clean and dry.

8. Specifications

Detailed technical specifications for the Joyroom JR-FT3S Smart Watch:

Feature	Detail
Model	JR-FT3S
Display	1.96-inch TFT, 240x296 resolution
Battery Capacity	340mAh
Battery Life (Typical Use)	8-10 days
Standby Time	15-20 days
Connectivity	Bluetooth BT5.4
Water Resistance	1 ATM (splashes and rain)
Control Method	Full-screen touch control
Charging Method	Magnetic charging dock
Special Features	Sleep Monitoring, Water Resistance, Bluetooth Call, Heart Rate, Blood Oxygen, Stress Level, Activity Tracking
Product Dimensions	16 x 6 x 12 cm

Feature	Detail
Item Weight	250 g

9. Warranty & Support

9.1 Warranty Information

Your Joyroom JR-FT3S Smart Watch comes with a**12-month warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual.
Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For technical assistance, warranty claims, or any questions regarding your Joyroom JR-FT3S Smart Watch, please contact Joyroom customer support through their official website or the contact information provided with your purchase. You can also visit the Joyroom Store on Amazon for more product information and support resources.

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