

Zeblaze VIBE 3 HR

Zeblaze Vibe 3 HR Smart Watch User Manual

Model: VIBE 3 HR

1. INTRODUCTION

The Zeblaze Vibe 3 HR is a lightweight and rugged smartwatch designed for activity tracking and health monitoring. It features a 1.22-inch IPS display, heart rate monitor, 3D UI, and is IP67 waterproof. This manual provides essential information for setting up, operating, and maintaining your device.



Figure 1: Front view of the Zeblaze Vibe 3 HR Smart Watch.



Figure 2: The Zeblaze Vibe 3 HR Smart Watch highlighting its rugged construction.

2. PACKAGE CONTENTS

Upon opening the product box, verify that all items are present:

- 1x Zeblaze VIBE 3 HR Smart Watch
- 1x User Manual (English)
- 1x Charging Cable
- 1x Product Box

3. SETUP

3.1 Charging the Device

Before first use, fully charge your Zeblaze Vibe 3 HR Smart Watch. Connect the provided charging cable to the watch's charging port and a USB power source. A full charge typically takes approximately 1.5 hours. The battery indicator on the watch display will show charging progress.

3.2 App Installation and Pairing

To utilize all features of your smartwatch, download and install the **WearHealth** application on your smartphone. The app is compatible with Android 4.4 / iOS 8.0 and above systems.

1. Search for "WearHealth" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the application.
3. Ensure Bluetooth is enabled on your smartphone.
4. Open the WearHealth app and follow the on-screen instructions to register an account and pair your Zeblaze Vibe 3

HR Smart Watch via Bluetooth 4.0.

5. Once paired, the watch will synchronize time and data with your phone.

4. OPERATING THE DEVICE

4.1 Basic Navigation and 3D UI

The Zeblaze Vibe 3 HR features a 1.22-inch IPS display with a 3D user interface. Navigate through menus and functions using the physical buttons on the side of the watch. The 3D UI provides an intuitive way to view daily activities, sleep information, and other data.



Figure 3: The 3D interface displaying key activity metrics like calories burned (Kcal), heart rate (BPM), and steps taken.

4.2 Activity Tracking

The watch continuously tracks your daily activities, including steps, distance, and calories burned. This data is accessible directly on the watch and through the WearHealth app.



Test a runner with the data

By using inbuilt 3D accelerometer, track your current speed and distance, allowing you to look up speed and distance even in indoors motion (such as treadmill running).



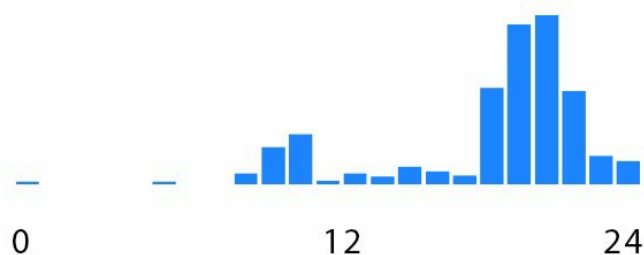
*The data accuracy will be affected by factors such as using habit, motion range of different persons.

Figure 4: The watch tracking steps and distance using its inbuilt 3D accelerometer.



Develop your full potential, discover a better you

Calories calculation is based on heart rate and physical information. You can look up not only real-time heat consumption (in unit of Kcal) in training, but also the total heat consumption per training after training.



*Conducts calories calculation in sport based on weight, height, age, gender, heart rate in training, maximum heart rate (HRmax), motion strength in training.

Figure 5: Display showing real-time and total calorie consumption based on physical activity and heart rate.

4.3 Heart Rate Monitoring

The integrated heart rate monitor provides real-time heart rate data. This feature helps you monitor your exercise intensity and overall cardiovascular health.



Figure 6: Rear view of the watch showing the optical heart rate sensor.

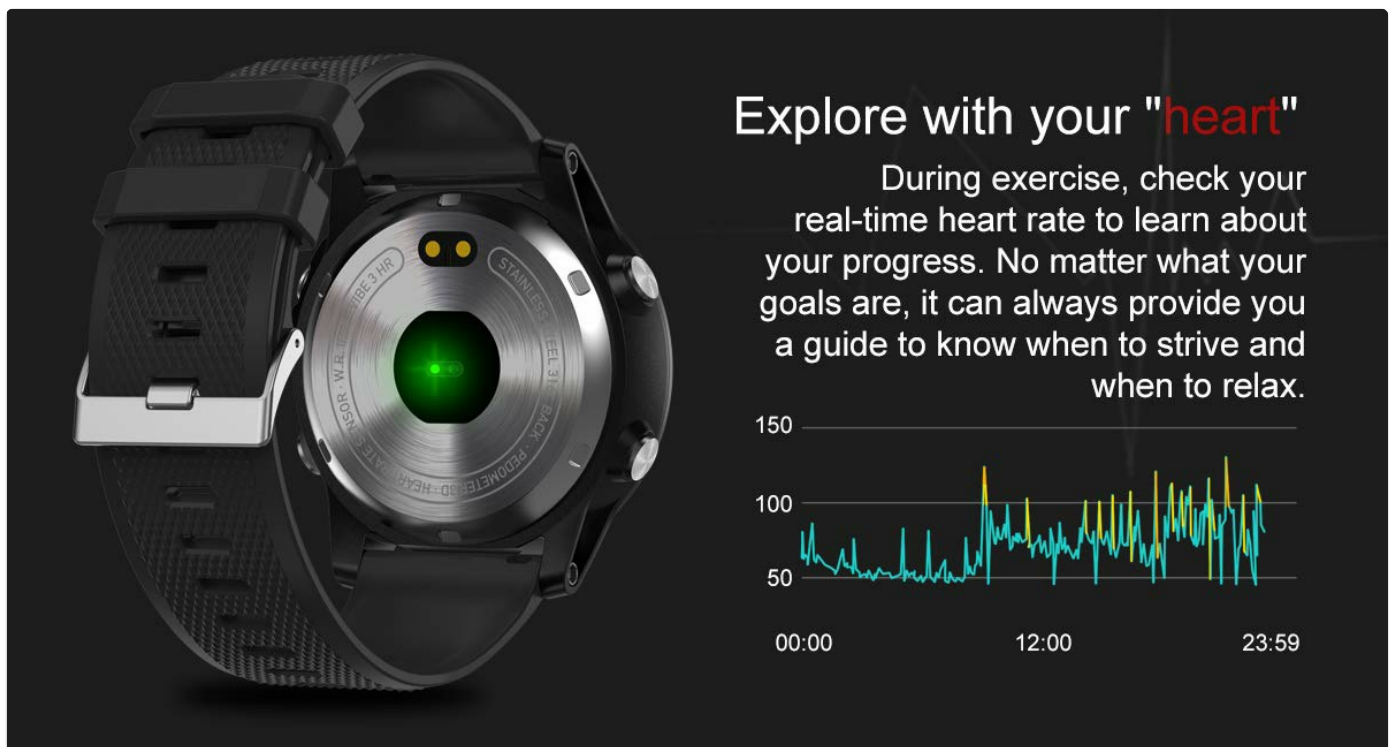


Figure 7: Real-time heart rate monitoring displayed on the watch, providing insights into your progress during exercise.

4.4 Smart Notifications

Once paired with your smartphone, the watch can display alerts for incoming calls, text messages, and schedule reminders, ensuring you do not miss important information.



Make every second count in your life.

The device will display alert for incoming call, text message and schedule, so important information will not be missed.



Figure 8: The watch displaying an incoming call or message alert.

4.5 Other Functions

The Zeblaze Vibe 3 HR also includes a stopwatch, countdown timer, and clock functions for daily utility.

5. MAINTENANCE

5.1 Cleaning

Regularly clean your watch and band to prevent skin irritation and maintain device longevity. Use a soft, damp cloth to wipe the watch face and band. Avoid using harsh chemicals or abrasive materials.

5.2 Water Resistance (IP67)

The Zeblaze Vibe 3 HR is IP67 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for washing hands and walking in the rain. **Do not use the watch in warm or hot water, saunas, or steam rooms, as this can compromise the water resistance.** Avoid prolonged immersion or use during swimming or diving.

5.3 Battery Care

To maximize battery life, avoid fully discharging the watch frequently. Charge the device when the battery level is low. Store the watch in a cool, dry place when not in use for extended periods.

6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **Unable to pair with phone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the WearHealth app is open and running.
 - Restart both your phone and the watch.
 - Check if the watch is already paired with another device. Disconnect if necessary.
- **Inaccurate activity data:** Ensure the watch is worn snugly on your wrist. Factors such as wearing habit, motion range, and individual physiology can affect data accuracy.
- **Notifications not appearing:**
 - Verify that notification permissions are enabled for the WearHealth app in your phone's settings.
 - Ensure the watch is connected via Bluetooth.

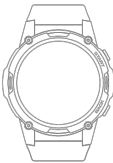





7. SPECIFICATIONS

Feature	Specification
Brand	Zeblaze
Model	VIBE 3 HR
Compatible OS	Android 4.4 / iOS 8.0 and above
Bluetooth Version	Bluetooth 4.0
Screen Size	1.22 inches
Display Type	IPS
Resolution	240*204
Battery Capacity	180mAh Lithium Ion Polymer
Standby Time	About 168 hours (7 days)
Charging Time	About 1.5 hours
Sensors	Heart-rate monitor, Proximity sensor, Accelerometer
Water Resistance	IP67
Band Material	TPU
Weight	Approx. 75g (Product), 204g (Package)
Dimensions	172*120*30mm (Package)

8. WARRANTY AND SUPPORT

Specific warranty information for the Zeblaze Vibe 3 HR Smart Watch is not provided in this manual. Please refer to the product packaging or contact the retailer/manufacturer for details regarding warranty coverage and customer support.

Related Documents - VIBE 3 HR

<p>Zeblaze VIBE 7 PRO User Manual</p>  <p>zeblaze</p>	<p>Zeblaze VIBE 7 PRO Smartwatch User Manual</p> <p>Comprehensive user manual for the Zeblaze VIBE 7 PRO smartwatch, covering product introduction, button and screen operations, app download and connection, firmware upgrades, waterproof instructions, functions, basic parameters, maintenance, and safety guidelines.</p>
<p>Zeblaze Vibe 7 User Manual</p>  <p>zeblaze</p>	<p>Zeblaze Vibe 7 User Manual: Setup, Functions, and App Guide</p> <p>Comprehensive user manual for the Zeblaze Vibe 7 smartwatch. Learn how to download the Da Fit app, pair your device, use its functions like health tracking (heart rate, blood pressure, blood oxygen), exercise modes, notifications, and customize watch faces.</p>
<p>Zeblaze Vibe 7 User Manual</p>  <p>zeblaze</p>	<p>Zeblaze Vibe 7 User Manual: Features, Setup, and Functions</p> <p>Comprehensive user manual for the Zeblaze Vibe 7 smartwatch, covering setup, pairing with the Da Fit app, detailed functions, and app features. Learn how to track health metrics, manage notifications, and customize your watch.</p>
<p>Zeblaze Vibe 7 User Manual</p>  <p>zeblaze</p>	<p>Zeblaze Vibe 7 User Manual: Features, Pairing, and Functions</p> <p>Comprehensive user manual for the Zeblaze Vibe 7 Smart Watch. Learn how to download the Da Fit app, pair your device, and utilize all the smart watch functions including health tracking, notifications, and more.</p>
	<p>Zeblaze Ares 3 Pro User Manual</p> <p>Comprehensive user manual for the Zeblaze Ares 3 Pro smartwatch, covering product features, operations, app connection, firmware updates, and safety instructions.</p>
	<p>Zeblaze Stratos 4 Smartwatch User Manual: Features, Setup, and Operation</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>