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› Akasma Fitness Tracker HR S5 Activity Tracker Watch User Manual

Akasma S5

Akasma Fitness Tracker HR S5 User Manual

Model: S5

INTRODUCTION

Thank you for choosing the Akasma Fitness Tracker HR S5. This device is designed to help you monitor your daily fitness levels and promote a healthier lifestyle. It features heart rate monitoring, sleep tracking, call and message reminders, and multiple sports modes. This manual provides detailed instructions on how to set up, operate, and maintain your fitness tracker.



Image: The Akasma Fitness Tracker HR S5, a sleek blue wristband with a digital display showing the time and battery level.

1. Charging the Device

The S5 activity tracker features a built-in USB charge, eliminating the need for a separate cable. To charge, gently pull off one side of the wristband to reveal the USB metal piece. Plug this metal piece directly into any standard USB power adapter, such as a computer USB port, a USB wall charger, or a power bank. Ensure the metal piece is inserted correctly; try both sides if it doesn't connect initially. A full charge takes approximately 2 hours and provides up to 5-7 days of use.

2. App Installation

To unlock the full potential of your fitness tracker, you need to install the companion app. The app is called "Runmifit" and is available for both iOS and Android devices. Search for "Runmifit" in your device's App Store (for iOS 9.0 and above) or Google Play Store (for Android 4.4 and above) and install it.

3. Device Pairing

After installing the "Runmifit" app, ensure Bluetooth is enabled on your smartphone. Open the app and follow the on-screen instructions to search for and pair with your Akasma Fitness Tracker (model S5-6963). Once paired, the device will synchronize data with the app, allowing you to view your health metrics and customize settings.

Video: An official product video demonstrating the setup process, including app installation, Bluetooth pairing, and initial device interaction. It also highlights key features like activity tracking, heart rate monitoring, sleep tracking, notifications, and charging.

OPERATING INSTRUCTIONS

Basic Navigation

The fitness tracker features a single touch-sensitive button at the bottom of the display. Tap the button to cycle through different screens and functions. Press and hold the button for approximately 3 seconds to enter sub-menus or activate specific modes.

Activity Tracking

The S5 tracker automatically records your daily activity, including steps taken, distance traveled, and calories burned. This data is synchronized with the "Runmifit" app for detailed analysis and historical tracking.

Easier To Manage Health

Akasma smart fitness tracker , let you have a healthier lifestyle with 12 functions as follow

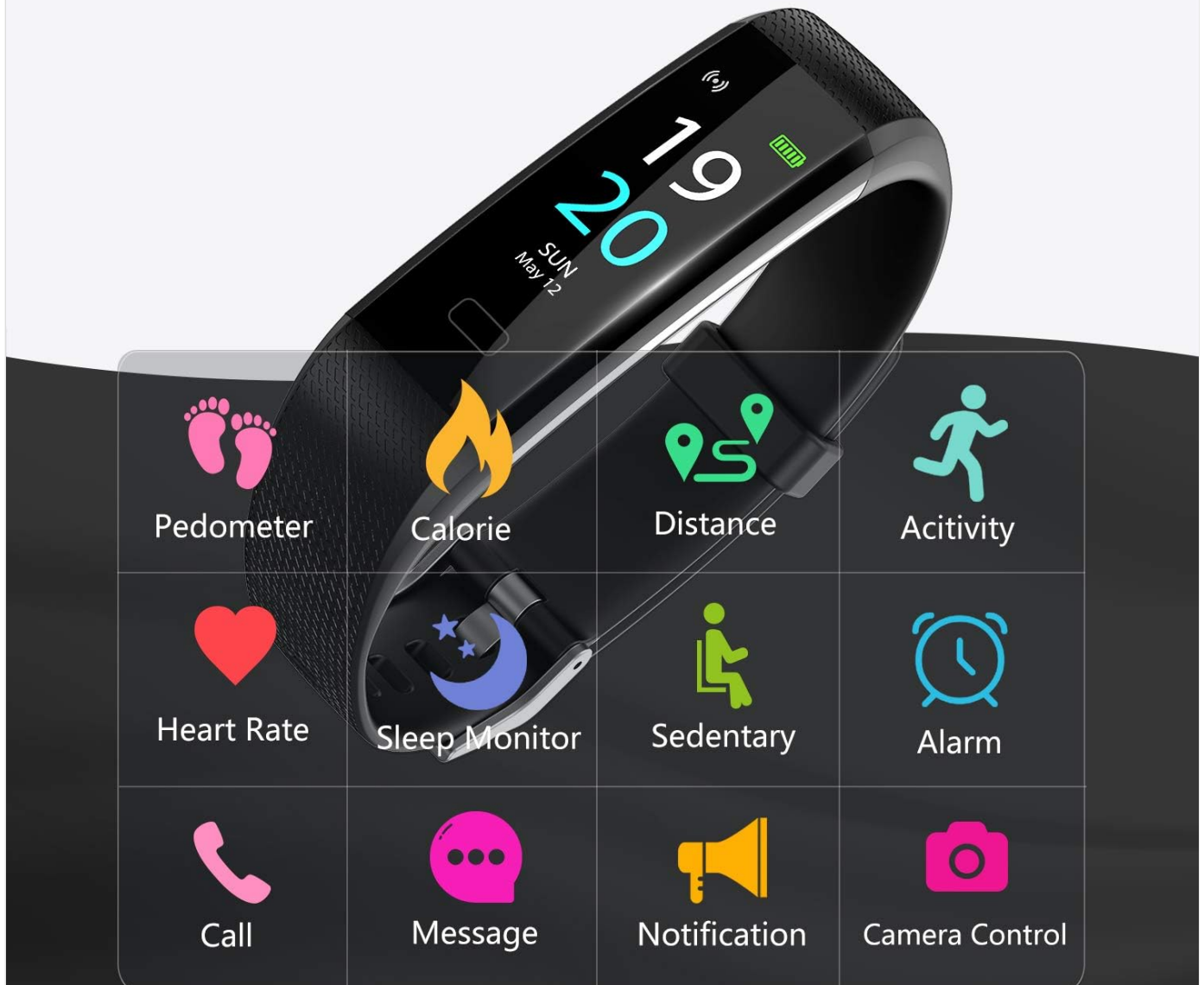


Image: A visual representation of the Akasma fitness tracker's various health management functions, including pedometer, calorie tracking, distance, activity, heart rate, sleep monitoring, sedentary reminders, alarm, call, message, notification, and camera control.

Heart Rate Monitoring

Equipped with an advanced HR sensor, the tracker provides accurate and effective heart rate monitoring throughout the day. You can view your current heart rate on the device and access a full analysis with graphs in the "Runmifit" app, allowing you to track your heart rate during rest and workouts.

24/7 Heart Rate Tracking

Record your every heartbeat



Minimum
75
BPM



Average
88
BPM



Maximum
110
BPM



Image: The Akasma Fitness Tracker displaying real-time heart rate data, showing minimum, average, and maximum beats per minute (BPM) values, with a heart rate graph in the background.

Sleep Tracking

The device tracks your sleep patterns, differentiating between awake time, deep sleep, light sleep, and REM sleep. This comprehensive data helps you understand and improve your sleep quality. You can also set silent alarms that wake you with gentle vibrations.



Image: The Akasma Fitness Tracker's sleep tracking interface on a smartphone, showing a detailed breakdown of sleep stages including awake, deep sleep, light sleep, and REM sleep, along with total sleep duration.

Sports Modes

The Akasma S5 supports four dedicated sports modes: walking, running, hiking, and cycling. Select the appropriate mode before starting your activity for more accurate tracking of your performance.

Helps You Crush Your Fitness Goals

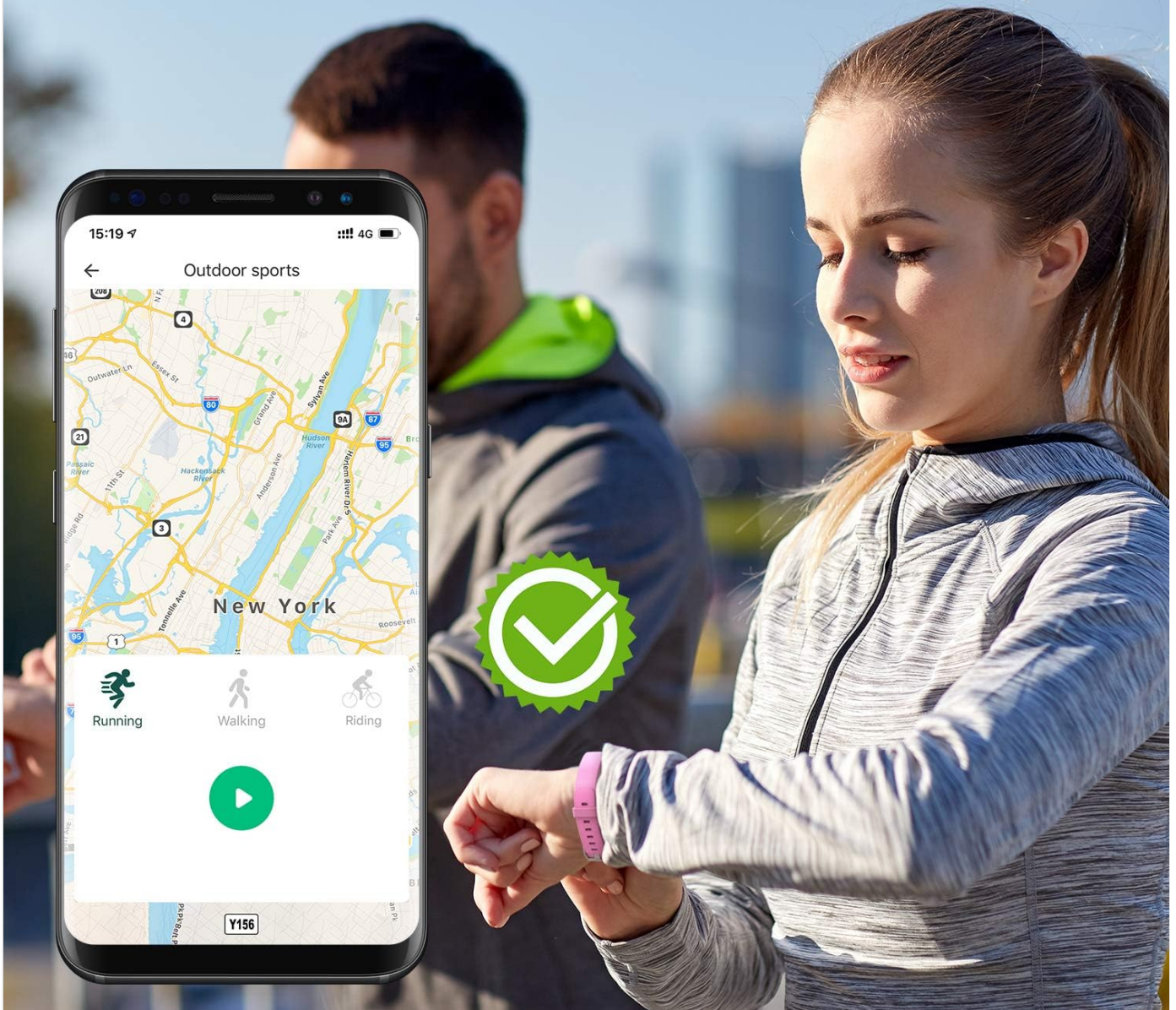


Image: A user wearing the Akasma Fitness Tracker while engaging in outdoor sports, with a smartphone showing a map and options for various activities like running, walking, and riding, emphasizing goal achievement.

Smart Notifications

Stay connected with intelligent reminders. The tracker vibrates to notify you of incoming calls, SMS messages, and other SNS alerts, ensuring you never miss important communications. This feature is configurable through the "Runmifit" app.

Stay Connected To Your Day

Never miss any important notification, like Call, Message, Alert

Jack sent you a message, please check!

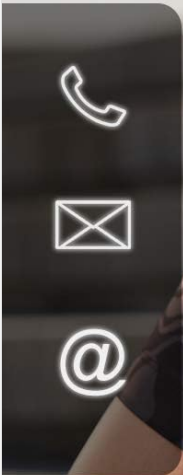


Image: The Akasma Fitness Tracker showing an incoming call notification on its display, illustrating how the device helps users stay connected by providing alerts for calls and messages.

MAINTENANCE

Waterproof Rating

The Akasma Fitness Tracker HR S5 boasts an IP68 waterproof rating, making it fully capable for daily protection against rain, showers, and even swimming in up to 2 meters of water. While it is waterproof, it is recommended to dry the device after exposure to water to ensure longevity and comfort.

IP68 Waterproof

Fully capable IP68 for daily protection, like rain, shower or swimming in 2 meter pool



Image: Children enjoying a swimming pool, with one child wearing the Akasma Fitness Tracker, highlighting its IP68 waterproof feature for daily protection and water activities.

Cleaning

To keep your tracker clean and prevent skin irritation, regularly wipe the device and band with a soft, damp cloth. Avoid using abrasive cleaners or chemicals that could damage the device.

TROUBLESHOOTING

- **Device not turning on/charging:** Ensure the USB metal piece is fully inserted into a working USB port. Try plugging it into a different USB adapter or computer port. Verify the orientation of the metal piece.
- **Not connecting to app:** Make sure Bluetooth is enabled on your phone and the tracker is within range. Restart both the tracker and the phone. Try unbinding and re-pairing the device in the app settings.
- **Inaccurate readings (steps, heart rate, sleep):** Ensure the tracker is worn snugly but comfortably on your wrist, about one finger's width above your wrist bone. Avoid excessive movement during heart rate measurements. For sleep tracking, ensure you wear the device consistently throughout the night.

- **Notifications not appearing:** Check app settings to ensure call, SMS, and SNS notifications are enabled. Verify that the app has necessary permissions on your phone (e.g., access to notifications).

SPECIFICATIONS

Brand	Akasma
Model Name	Fitness tracker (S5)
Part Number	341423
Color	Blue
Material	Blend
Screen Size	0.96 Inches (approx.)
Connectivity Technology	USB, Bluetooth
Waterproof Rating	IP68
Battery Life	Up to 5-7 days
Compatibility	iOS 9.0 & Android 4.4 above

WARRANTY

This Akasma Fitness Tracker HR S5 comes with a 12-month warranty from the date of purchase. Please retain your proof of purchase for warranty claims. The warranty covers manufacturing defects but does not cover damage caused by misuse, accidents, or unauthorized modifications.

SUPPORT

For further assistance, technical support, or warranty inquiries, please contact Akasma customer service through the contact information provided on our official website or through your retailer. Please have your model number (S5) and purchase details ready when contacting support.