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› [HAMMER](#) /

› HAMMER ID128 Smart Fitness Band User Manual

HAMMER ID128

HAMMER ID128 Smart Fitness Band User Manual

Model: ID128

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your HAMMER ID128 Smart Fitness Band. Please read this manual thoroughly before using the device to ensure proper function and to maximize its capabilities.

WHAT'S IN THE BOX

- HAMMER ID128 Smart Fitness Band
- User Manual

SETUP

1. Charging the Device

Before initial use, fully charge your fitness band. The ID128 features convenient USB direct charging.

1. Locate the USB charging port on the fitness band.
2. Plug the band directly into any standard USB 2.0 port (e.g., computer, USB wall adapter). No separate charger cable is required.
3. Charge for 1-2 hours. A full charge provides approximately 7 days of standby time.

USB Direct Charging Fast and Convenient

- Plug in any USB 2.0 port without charger
- for 1-2 hours and you can enjoy the theoretical standby time of 7 days.
- Charging without wire
- Free trivial details, you can enjoy your easy and simple life



Soft and Skin-friendly No-feeling Wearing

- Made of imported TPU medical-level material
- the bracelet is soft and skin-friendly
- dirt resistant and safe
- making your exercise and life more comfortable

Image: The HAMMER ID128 Smart Fitness Band demonstrating its USB direct charging capability and highlighting its soft, skin-friendly band material.

2. App Installation and Pairing

The HAMMER ID128 requires the 'Very Fit Pro' application for full functionality and data synchronization.

1. **Download the App:** Search for 'Very Fit Pro' in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS) and install it.
2. **Compatibility:** Ensure your smartphone runs iOS 8.0 or above, or Android 4.4 or above.
3. **Enable Bluetooth:** Turn on Bluetooth on your smartphone.
4. **Open App and Pair:** Open the 'Very Fit Pro' app, create an account if prompted, and follow the on-screen instructions to search for and pair with your ID128 fitness band.
5. **Initial Setup:** Complete your personal profile within the app (age, height, weight, gender) for accurate activity tracking.

OPERATING INSTRUCTIONS

Device Overview and Navigation

The ID128 features a 0.96-inch color screen and touch control for navigation.



Image: An infographic displaying the various functions of the HAMMER ID128 Smart Fitness Band, such as heart rate monitoring, sleep tracking, and notification alerts.

Key Functions

- **Activity Tracking:** The band automatically tracks your steps, distance traveled, and calories burned throughout the day. View detailed data in the 'Very Fit Pro' app.



Image: A smartphone screen showing detailed activity tracking data from the fitness band, including steps, distance, and calories.

- **Heart Rate Monitoring:** The band provides 24-hour real-time heart rate monitoring. You can set it to monitor automatically or manually. The app analyzes your heart rate data to assess your sports status.



Correct posture for measuring blood pressure in

Tips of Blood Pressure

1. normal reference range: systolic blood pressure at 90-140mmHg, diastolic pressure 60-90 mmHg
2. When measuring the wrist band should be at the same height as the heart, the upper or lower side will lead to the deviation of the blood pressure measurement result, each time the measurement should adopt the same posture, the wrist band should be tied in the same position, so the blood pressure measured can be compared with each other.
3. Drinking too much, smoking, eating greasy or salty foods are the culprits that cause abnormal blood pressure. Be moderate to keep healthy for you and those who love you.

24-hour Real-time Heart Rate Monitoring

You can set the monitoring manually or automatically as you wish. Automatic monitoring will monitor the change of your heart rate and the resting heart rate throughout the whole process of exercise and analyze your sports status. You can check the dynamic heart rate curve of the whole day on the APP so that to monitor your sport exercise in a more scientific way.



Image: The HAMMER ID128 Smart Fitness Band actively monitoring heart rate, with a visual representation of heart rate data.

- **Blood Pressure Monitoring:** The band can monitor blood pressure. For accurate readings, ensure correct posture: the wrist band should be at the same height as the heart. Avoid movement during measurement.
- **Sleep Monitoring:** The band intelligently monitors your sleep duration, depth, and awakening times to help improve your sleep quality.

0.96" Large Screen Pleasant Colorful Image Quality

0.96 " TFT LCD color screen easily accommodates 32 standard Chinese characters
You have easy access to your data



Sedentary Reminder to Repel Sub-Health

Monitor your physical state automatically. When you sit still for too long, the band will remind you to get up and do some exercises through vibration, making you enjoy healthy lifestyle.



Image: A visual representation of the sleep monitoring feature, showing sleep patterns and duration.

- **Notifications (Information Push & Caller ID):** Receive notifications for WhatsApp messages, SMS, and incoming calls directly on your wrist when connected to your smartphone.

Information Push and Call Display

Synchronous with mobile phone, check data at any time just by lifting your wrist
Sync the data on your phone so that you can have access to the data just by lifting your wrist. You won't miss any important calls as well as WeChat, text, and QQ messages whether at work, during leisure time, playing sports or during outdoor activities even if your phone is not around.



Remote Control Photo Taking It's So Easy to Take a Selfie

Connect it to the mobile phone, gently press, so beautiful picture instantly freezes into your pleasant memory, it is really a must for your travel out.



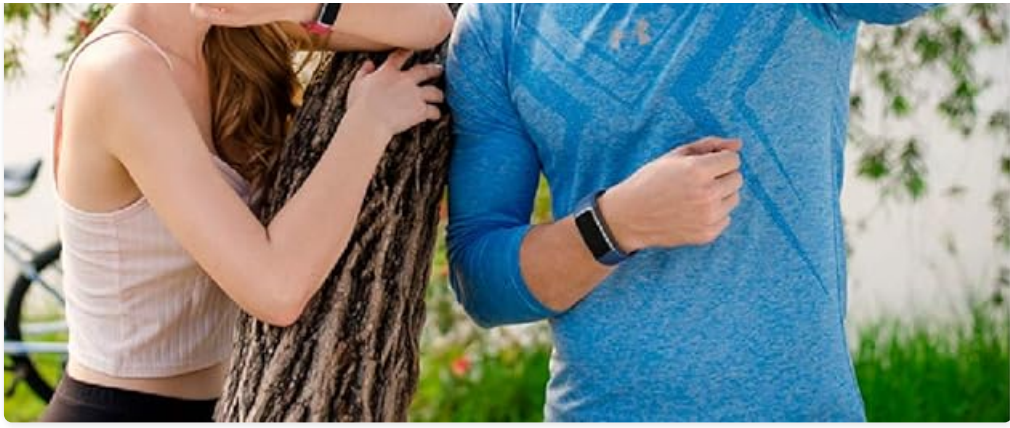


Image: The fitness band displaying an incoming notification, demonstrating its information push and call display feature.

- **Sedentary Reminder:** Customize sedentary reminders in the app to prompt you to move if you've been inactive for too long, promoting an active lifestyle.

All-day Sport Data Tracking Make You Love Sport

It can record your sports data of the whole day, including the number of steps, mileage, the amount of calorie burned and the number of minutes of activity. After synchronizing the data on the APP, you can check the detailed data and make linear comparison of the data of the week, month and year to get the maximum support sports data can give you.



Image: The fitness band on a user's wrist, illustrating the sedentary reminder feature and the clear display.

- **Remote Camera Control:** Use the fitness band as a remote shutter to take photos on your connected smartphone.





* Calculate calories burnt in one month

Intelligent Sleep Monitoring Maintains Daily Vitality

Comprehensively analyze sleep duration, sleep depth, and awakening time to improve sleep quality every night, considerably accompanying your every night.

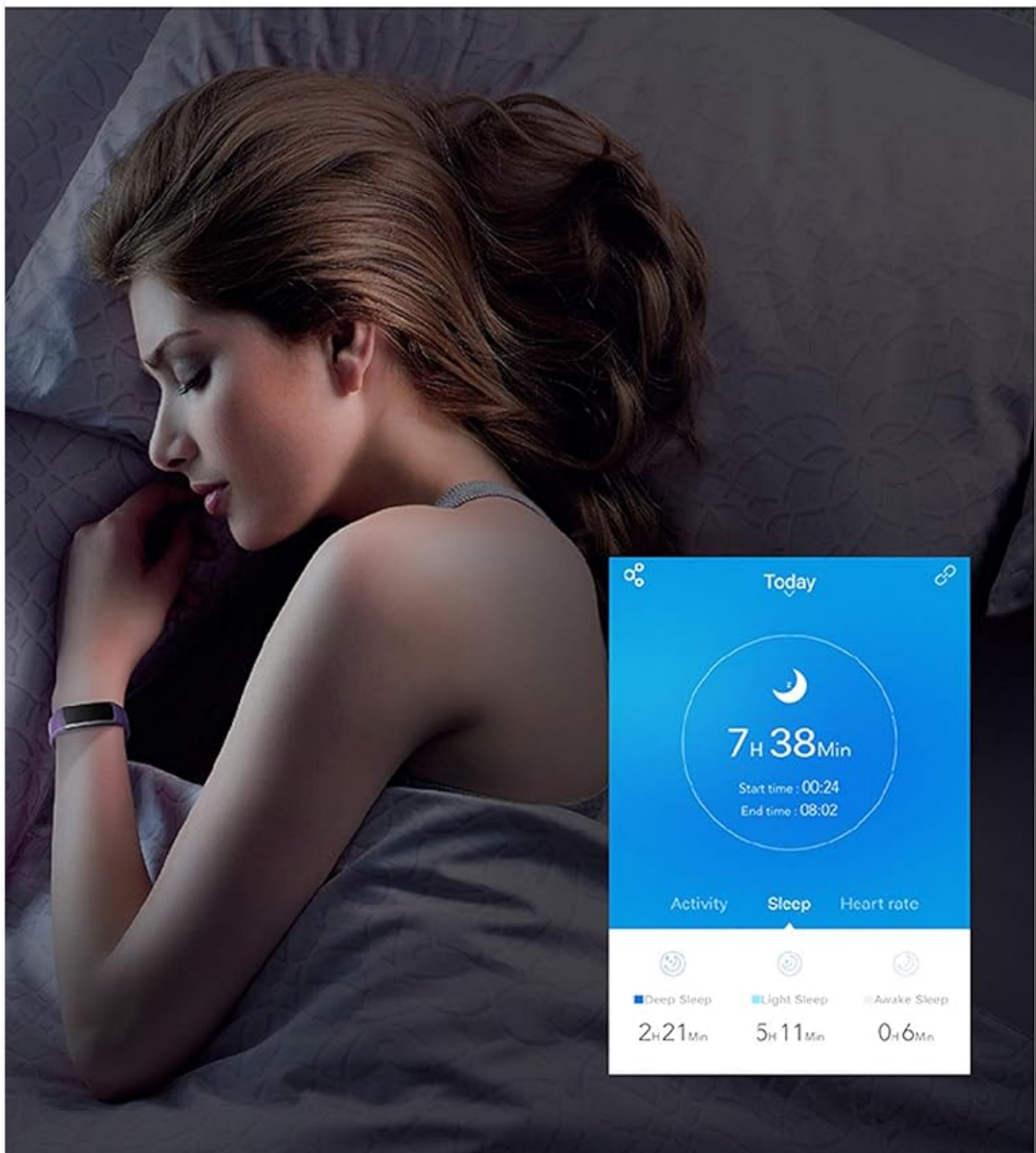


Image: A user utilizing the fitness band to remotely control their smartphone camera for a photo.

- **Brightness Control:** Adjust the screen brightness directly from the band's settings.
- **Mobile Phone GPS:** The band uses your smartphone's GPS to track routes and distance during

outdoor activities.

- **Waterproof (IP68):** The ID128 is IP68 rated, meaning it is resistant to dust and can withstand immersion in water up to 1 meter for 30 minutes. It is suitable for daily use, hand washing, and light rain, but not recommended for swimming or showering with hot water.

MAINTENANCE

Cleaning

- Regularly clean the band and the device body with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive cleaners, as these can damage the device.
- Ensure the charging contacts are clean and dry before charging.

Battery Care

- Avoid fully discharging the battery frequently.
- Charge the device regularly to maintain battery health.
- Store the device in a cool, dry place if not used for extended periods.

TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Plug it into a USB port for at least 10 minutes.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the 'Very Fit Pro' app is installed and running.
 - Check if the band is within Bluetooth range of your phone.
 - Restart both your phone and the fitness band.
- **Inaccurate readings (HR/BP/Steps):**
 - Ensure the band is worn snugly but comfortably on your wrist.
 - For blood pressure, maintain correct posture as described in the operating section.
 - Ensure your personal information (height, weight, age) in the app is accurate.
- **Notifications not appearing:**
 - Check app permissions on your phone to ensure 'Very Fit Pro' has access to notifications.
 - Verify notification settings within the 'Very Fit Pro' app.
 - Ensure the band is connected via Bluetooth.

SPECIFICATIONS

Feature	Specification
Model Number	ID128
Operating System Compatibility	Android 4.4+, iOS 8.0+

Connectivity Technology	Bluetooth, USB (for charging)
Water Resistance Level	IP68 (Waterproof up to 1 meter)
Display Type	Digital, 0.96" Color Screen
Band Material	Silicone
Case Material	Ceramic
Battery Cell Composition	Lithium Polymer
Supported Application	Very Fit Pro
Metrics Measured	Heart Rate, Sleep Duration, Blood Pressure
Human Interface Input	Buttons, Touch Control

WARRANTY AND SUPPORT

For warranty information and customer support, please contact HAMMER directly.

- **Website:** [Hammeronline.in](https://hammeronline.in)
- **Customer Care:** 9991108081