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› Fitpolo Smart Watch IDW19 User Manual

Fitpolo IDW19

Fitpolo Smart Watch IDW19 User Manual

Model: IDW19 | Brand: Fitpolo

1. INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your Fitpolo Smart Watch IDW19. Please read this guide thoroughly to ensure proper use and to maximize the device's features. The Fitpolo Smart Watch is designed to help you track your fitness activities, monitor your health, and stay connected.



Image 1.1: Fitpolo Smart Watch IDW19.

2. WHAT'S IN THE BOX

Upon opening your Fitpolo Smart Watch package, you should find the following items:

- 1 x Fitpolo Smart Watch IDW19
- 1 x Charging Cable
- 1 x User Manual (this document)

3. SETUP

3.1 Charging the Device

Before first use, fully charge your Fitpolo Smart Watch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a compatible power source. A full charge typically takes approximately 2.5 hours and provides up to 10 days of working time or 30-45 days of standby time.

Sizes Made for **Your Wrist**

4 Types of Watch Face



Image 3.1: Charging the Fitpolo Smart Watch.

3.2 App Download and Pairing

The Fitpolo Smart Watch requires the 'VeryFitPro' application for full functionality and data synchronization. This watch is compatible with iOS 8.0 & Android 4.4 or above smartphones (not compatible with PC or Tablet).

1. Download the 'VeryFitPro' app by scanning the QR code in the physical manual or searching for 'VeryFitPro' in the Google Play Store or Apple App Store.

2. Ensure Bluetooth is enabled on your smartphone.
3. Open the 'VeryFitPro' app, navigate to 'Device', then 'Bind Device'.
4. Select 'ID205L' from the list of available devices on your phone screen.
5. Confirm the binding on your watch screen.
6. Once successfully paired, the time on your smart watch will automatically update.

4. OPERATING THE SMART WATCH

4.1 Basic Navigation

The Fitpolo Smart Watch features a color touchscreen for intuitive navigation. Swipe across the screen to access different functions and menus. Use the physical button on the side to return to the main watch face or to activate certain features.

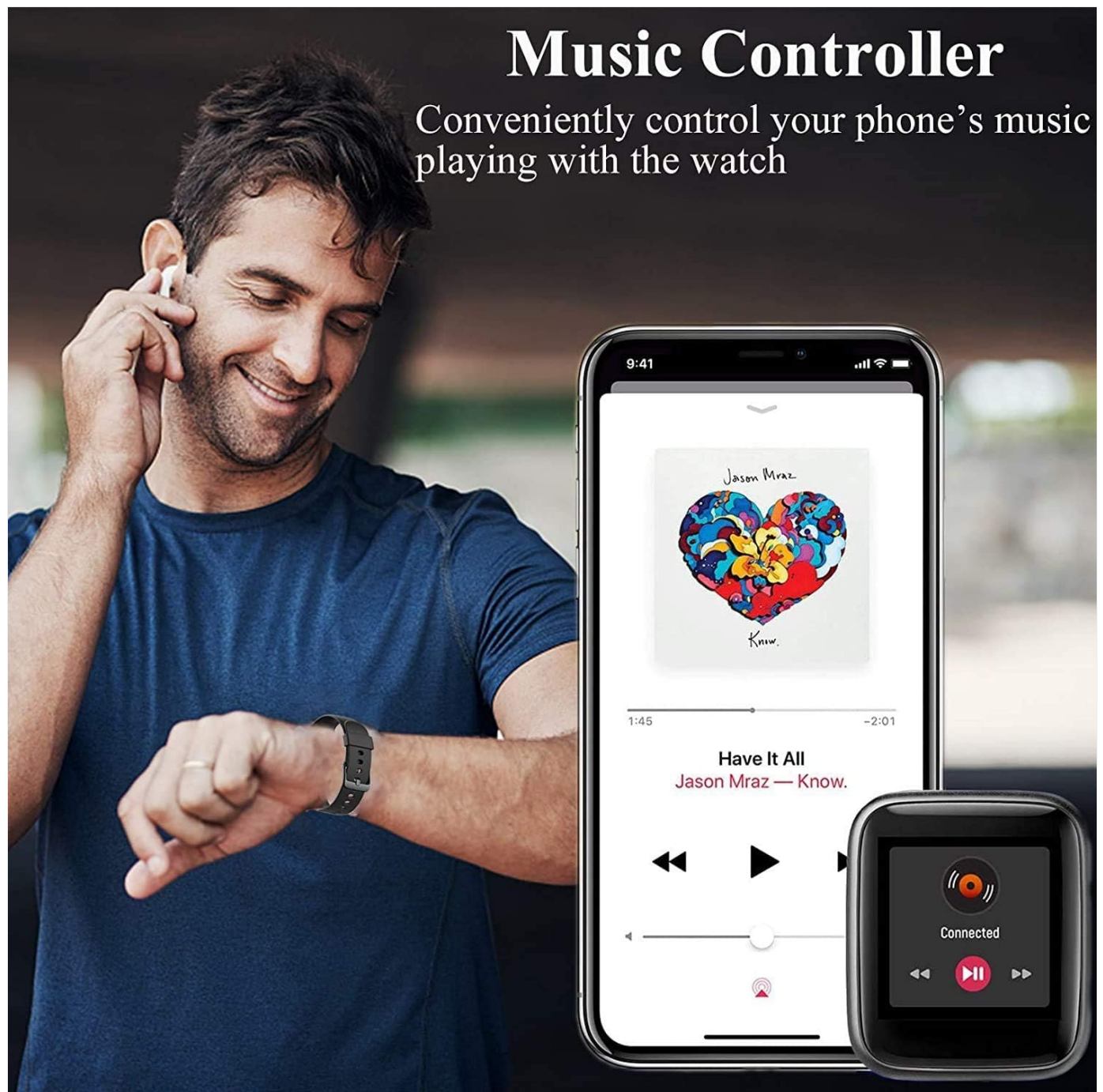


Image 4.1: Various watch faces and display dimensions.

4.2 Activity Tracking

The watch accurately records all-day activities including steps, calories burned, distance walked, and active minutes. It supports 9 sports modes: Walking, Running, Bicycle, Hike, Mountaineering, Dynamic Cycling, Fitness, Treadmill, and Yoga. Select the appropriate mode before starting your workout for precise tracking.

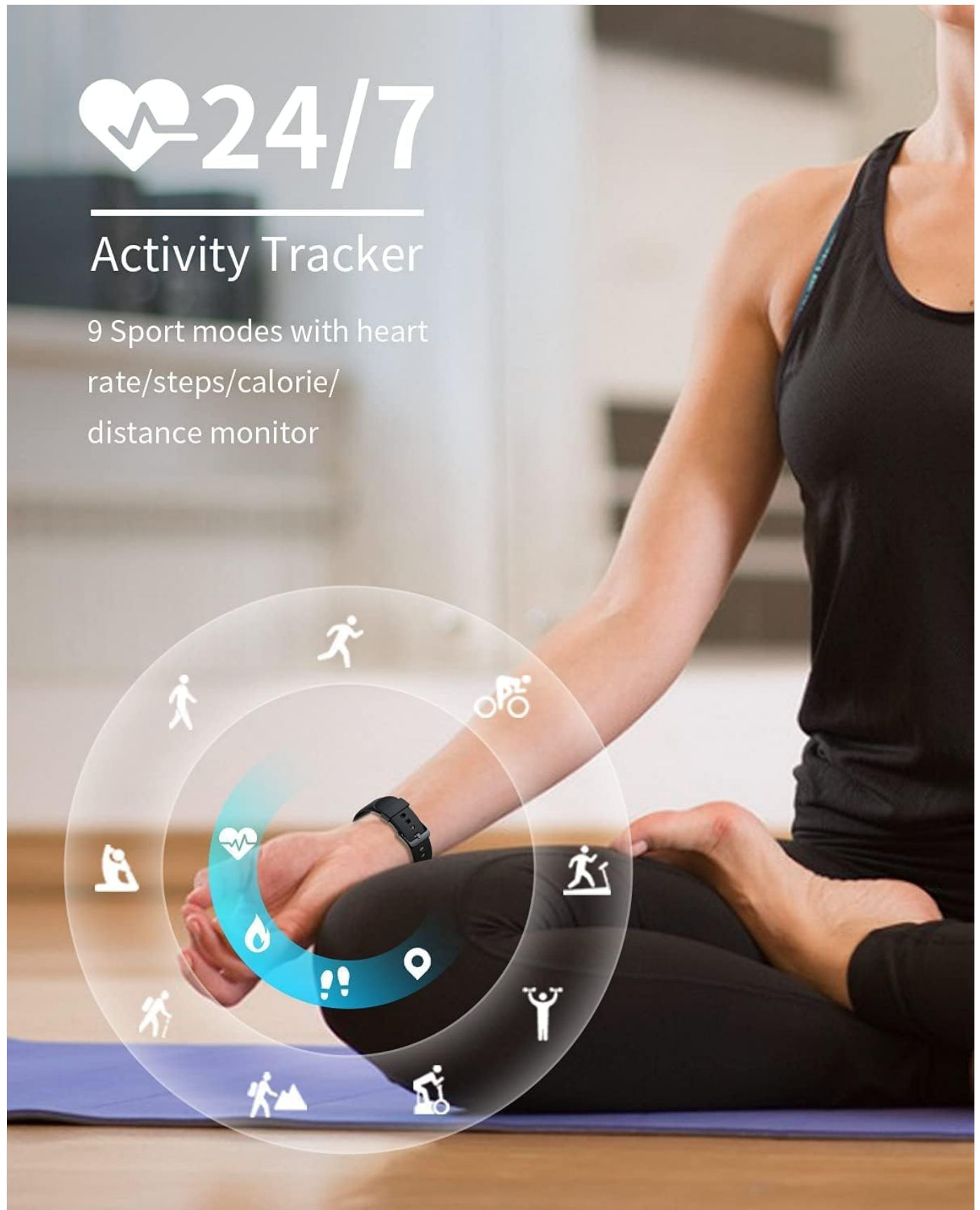


Image 4.2: Overview of the 9 sports modes available for activity tracking.

Sleep Monitor



Light Sleep



Deep Sleep



Awake time



Image 4.3: Smart watch displaying cycling activity data, including a map and metrics.

4.3 Heart Rate Monitoring

The watch automatically monitors your real-time heart rate throughout the day. You can view your heart rate data directly on the watch or in the VeryFitPro app for detailed analysis.

IP68 Waterproof

Support daily use, such as hand washing, bathing, swimming pool, etc.

Supports 9 Sports Modes



Walking



Running



Cycling



Hiking



Fitness



Spinning



Treadmill



Yoga



Mountaineering



Image 4.4: Smart watch displaying real-time heart rate data.

4.4 Sleep Tracking

Wear the watch during sleep to automatically track your sleep quality, including deep sleep, light sleep, and awake time. Detailed sleep data can be reviewed in the VeryFitPro app to help you understand and improve your sleep patterns.



Image 4.5: Smart watch monitoring sleep patterns while worn during rest.

4.5 Notifications and Calls

Once connected to the VeryFitPro app, you can receive real-time call alerts, read SMS messages, and view notifications from social media applications such as Facebook, WhatsApp, Instagram, Twitter, and LinkedIn directly on your wrist.

Never Miss Every Message

Work when paired with a compatible smartphone



Image 4.6: Smart watch displaying incoming notifications from various apps.

4.6 Music Control

Control your smartphone's music playlist directly from your watch. You can play, pause, skip tracks, and adjust volume without needing to access your phone.

EXTREMELY LONG BATTERY LIFE

7 
Days
Working time

2 
Hours
Fully charged

Image 4.7: User controlling music playback on a smartphone via the smart watch.

4.7 Additional Features

The Fitpolo Smart Watch includes several practical features:

- **Pedometer:** Counts your steps throughout the day.
- **Stopwatch & Timer:** For precise timing during activities.
- **Women's Health Tracking:** Specific tracking features for female users.

- **Sedentary Alert:** Reminds you to move after periods of inactivity.
- **Meeting Reminder:** Helps you stay on schedule.
- **Alarm:** Set alarms directly from your wrist.
- **Phone Finder:** Helps locate your paired smartphone.
- **Target Setting:** Set and track personal fitness goals.
- **Breath Monitor:** Guides you through breathing exercises.
- **GPS Feature:** Utilizes your smartphone's GPS for route tracking during outdoor activities.

5. MAINTENANCE

5.1 Water Resistance

The Fitpolo Smart Watch is IP68 waterproof, supporting daily use such as hand washing, bathing, and swimming. Avoid hot water, saunas, or diving, as extreme temperatures or high-pressure water may compromise the seal.

Sleep Monitor

☾ Light Sleep

☾^{zz} Deep Sleep

🕒 Awake time



Image 5.1: Smart watch being used in water, demonstrating its IP68 waterproof rating.

5.2 Cleaning

Regularly clean your watch and wristband to prevent skin irritation and maintain device hygiene. Use a soft, damp cloth to wipe the screen and band. Ensure the watch is dry before charging.

6. TROUBLESHOOTING

6.1 Connectivity Issues

If the watch fails to connect or maintain a connection with your smartphone:

- Ensure Bluetooth is active on your phone and the watch is within range.
- Restart both your smartphone and the Fitpolo Smart Watch.
- Check if the 'VeryFitPro' app is updated to the latest version.
- Unpair the device from your phone's Bluetooth settings and re-pair it through the 'VeryFitPro' app.
- Verify that the 'VeryFitPro' app has all necessary permissions enabled on your phone (e.g., location, notifications, background activity).

6.2 Inaccurate Data

If you suspect inaccurate readings for steps, heart rate, or sleep:

- Ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone.
- Clean the sensors on the back of the watch.
- Ensure your personal information (height, weight, gender) is correctly entered in the 'VeryFitPro' app.

7. SPECIFICATIONS

Feature	Detail
Model Number	IDW19
Product Dimensions	5.91 x 2.87 x 0.91 inches
Item Weight	1.38 ounces (39 Grams)
Screen Size	1.3 Inches
Operating System	VeryFit app
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Capacity	300 Milliamp Hours
Battery Type	Lithium Polymer (1 included)
Water Resistance	IP68 Waterproof
Special Features	Heart Rate Monitor, Sleep Monitor, Step Tracker, Calorie Tracker, Pedometer, GPS via Smartphone, Social Media Notifications, Multisport Tracker, Alarms, Stopwatch, Breath Monitor, Time Display
Memory Storage Capacity	128 MB
RAM Memory Installed Size	128 MB

8. WARRANTY AND SUPPORT

For technical support or after-sales service, please contact Fitpolo customer support. Refer to your purchase documentation for specific warranty details. If you encounter any issues, such as a broken band pin, contact the seller for assistance. You can typically find seller contact information by navigating to 'Your Order' and clicking 'Contact with us' next to your order ID.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question