STF ST-A32781

STF Kronos Lite Smartwatch User Manual

Model: ST-A32781

Introduction

This manual provides essential instructions for setting up, operating, maintaining, and troubleshooting your STF Kronos Lite Smartwatch. Please read this manual thoroughly before using your device to ensure proper function and longevity.

Package Contents

Verify that all items are present in your product package:

- 1 x STF Kronos Lite Smartwatch
- 1 x Charging Cable
- 1 x User Manual (this document)

Product Overview

The STF Kronos Lite is a lightweight smartband designed to track your daily activities and provide smart notifications. Key features include heart rate monitoring, step counting, and notification alerts.



Image: Overview of the STF Kronos Lite Smartwatch highlighting its main features: heart rate monitoring, splash resistance, pedometer, smart notifications, and a 3-day battery life.

The device features a 0.96-inch color touch display for easy interaction.



Image: Close-up front view of the STF Kronos Lite Smartwatch display, showing the current time, date, weather icon, temperature, and battery level indicator.

Setup

1. Charging the Device

Before initial use, fully charge your STF Kronos Lite Smartwatch. Connect the provided charging cable to the charging port on the smartwatch and plug the other end into a USB power source (e.g., computer USB port, USB wall adapter).

- A full charge typically takes approximately 1-2 hours.
- The battery indicator on the display will show charging status.

2. Downloading the STF Kronos App

To unlock all features and synchronize data, download the official STF Kronos app on your smartphone. The app is compatible with both Android and iOS devices.

- Search for "STF Kronos" in your device's app store (Google Play Store for Android, Apple App Store for iOS).
- Install the app on your smartphone.

3. Pairing with Your Smartphone

Ensure your smartphone's Bluetooth is enabled before proceeding.

1. Open the STF Kronos app on your smartphone.
2. Follow the on-screen instructions to create an account or log in.
3. Navigate to the device pairing section within the app.
4. The app will search for nearby devices. Select "STF Kronos Lite" from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smartwatch if prompted.
6. Once paired, the smartwatch will synchronize time, date, and other settings with your phone.

Operating Instructions

Basic Navigation

The STF Kronos Lite features a single touch-sensitive area at the bottom of its display for navigation. Tap to cycle through different screens and functions.

Monitoring Heart Rate

To measure your heart rate, navigate to the heart rate screen on your smartwatch. Ensure the watch is worn snugly on your wrist. The device will automatically begin measuring your heart rate. For continuous monitoring, enable the feature within the STF Kronos app settings.

Tracking Steps (Pedometer)

The smartwatch automatically tracks your steps throughout the day. Navigate to the pedometer screen to view your current step count. Detailed activity data, including distance and calories burned, can be viewed in the STF Kronos app.



Image: The STF Kronos Lite Smartwatch worn on a wrist, with its display showing the pedometer icon, indicating step tracking functionality.

Receiving Notifications

Once paired with your smartphone, the smartwatch can display notifications from calls, messages, and selected apps. Enable and manage which app notifications you wish to receive through the STF Kronos app settings.

Multi-Sport Modes

The STF Kronos Lite supports various sport modes including Walking, Running, Hiking, and Cycling. Access these modes through the smartwatch interface or the app to track specific workout data.

Additional Functions

- **Alarm:** Set alarms via the STF Kronos app to vibrate on your wrist.
- **Sedentary Reminder:** The app can be configured to remind you to move after periods of inactivity.
- **Find Phone:** Use this feature on your smartwatch to make your paired smartphone ring, helping you locate it.

Maintenance

Cleaning the Device

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

Battery Care

- Avoid exposing the device to extreme temperatures, which can degrade battery life.
- Charge the device regularly, even if not in use, to maintain battery health.
- Do not attempt to replace the battery yourself. Contact support if battery issues arise.

Water Resistance

The STF Kronos Lite is **splash resistant**, meaning it can withstand splashes of water, rain, and sweat. It is **not** suitable for swimming, showering, or submersion in water. Avoid exposing the device to high-pressure water or steam.

Troubleshooting

If you encounter issues with your STF Kronos Lite Smartwatch, refer to the following common problems and solutions:

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger and wait a few minutes before attempting to turn it on again.
- **Unable to pair with smartphone:**
  - Ensure Bluetooth is enabled on your smartphone.
  - Make sure the smartwatch is within Bluetooth range (typically 10 meters or 33 feet).
  - Restart both your smartphone and the smartwatch.
  - Try unpairing and re-pairing the device through the STF Kronos app.
- **Notifications not appearing:**
  - Check notification settings within the STF Kronos app to ensure app notifications are enabled.
  - Verify that your smartphone's notification permissions are granted to the STF Kronos app.
  - Ensure the smartwatch is properly paired and connected to your phone.
- **Inaccurate heart rate or step count:**
  - Ensure the smartwatch is worn snugly on your wrist, not too loose or too tight.
  - Clean the sensor on the back of the device.
  - Environmental factors or rapid movements can sometimes affect accuracy.

Specifications

Feature	Detail
Model Number	ST-A32781

Feature	Detail
Wireless Connection	Bluetooth 4.2
Processor	BK
Compatibility	Android / iOS
Display	0.96" Color (160 x 80 resolution)
Touch Screen	Single touch point
Battery Capacity	90 mAh Lithium Polymer
Battery Life	Up to 3 days (usage), 10 days (standby)
App Compatibility	STF Kronos App
Water Resistance	Splash Resistant (Not for swimming/showering)
Functions	Notifications, Pedometer, Heart Rate, Alarm, Sedentary Mode, Find Phone, Multi-Sport (Walking, Running, Hiking, Cycling)
Product Dimensions	9.84 x 1.18 x 0.79 inches
Item Weight	3.17 ounces

Warranty and Support

For warranty information and technical support, please refer to the warranty card included with your product or visit the official STF website. Keep your purchase receipt as proof of purchase for warranty claims.
For further assistance, contact STF customer service through their official channels.

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