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Shiyu Y7

Shiyu Y7 Smart Watch User Manual

Model: Y7

INTRODUCTION

Thank you for choosing the Shiyu Y7 Smart Watch. This manual provides detailed instructions on how to set up, operate, and maintain your device. Please read this manual carefully before using the product to ensure proper functionality and a safe experience.

PRODUCT OVERVIEW

The Shiyu Y7 is a versatile smart watch designed to monitor your health and fitness activities. It features a large screen display, a long-lasting battery, and multiple sports modes. The watch connects via Bluetooth to your smartphone, allowing for data synchronization and access to various smart functions.



Image: The Shiyu Y7 Smart Watch in beige with a mesh strap, displaying a vibrant interface showing 2436 steps.

FEATURES

- **Long Battery Life:** Equipped with a 180MAH polymer lithium battery, providing up to 20 days of use on a single charge.
- **Durable Design:** Features a tempered glass mirror, metal watch body, and a magnetic strap for comfort and durability.
- **Health Monitoring:**
 - 24-hour heart rate and blood pressure monitoring.
 - Automatic sleep status monitoring.

24 hr heart rate monitoring

The built-in intelligent optical sensor of the hand ring can monitor the heart rate change all day long, so that you can adjust the movement time and quantity according to the heart rate change curve at any time.

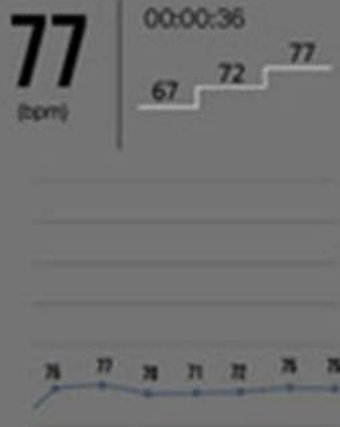


Image: A close-up of the Shiyu Y7 Smart Watch displaying heart rate data (BPM) and a graph, indicating 24-hour heart rate monitoring.



Image: A person sleeping with the Shiyu Y7 Smart Watch on their wrist, showing a sleep tracking icon and "8.0 hours" indicating sleep duration.

- **IP67 Waterproof:** Suitable for swimming and cold water baths, protecting against dust and water immersion.

Water proof

IP67 class waterproof and dustproof, not only can protect the daily life of particulate dust, sweat, etc. It can also be rinsed directly with water.



Image: The Shiyu Y7 Smart Watch being splashed with water, illustrating its IP67 waterproof capability, with the screen still showing step count.

- **Bluetooth Connectivity:** Bluetooth 5.0 for stable data transmission and synchronization with your smartphone.
- **Activity Tracking:** Records steps, calories burned, and distance. Connects to phone GPS for movement track recording.



Image: The Shiyu Y7 Smart Watch displaying a running activity, positioned next to a smartphone showing a GPS map with a recorded track.

- **Smart Functions:** Music control, timer, alarm clock, mobile phone search, brightness adjustment, and camera control.



Image: A person wearing the Shiyu Y7 Smart Watch, which displays music player controls (play/pause, skip), indicating its music control feature.

SETUP

1. Initial Charging

Before first use, fully charge your Shiyu Y7 Smart Watch. Connect the charging cable to the watch's charging port and plug the USB end into a 5V USB power adapter (not included) or a computer's USB port. The watch screen will indicate charging status.

2. App Installation

To unlock the full potential of your Shiyu Y7, download the companion app on your smartphone. Search for the app name (usually mentioned in the packaging or a quick start guide, or scan a QR code if provided) in your device's app store (App Store for iOS, Google Play Store for Android).

3. Pairing with Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the installed companion app.
3. Follow the in-app instructions to search for and connect to your Shiyu Y7 Smart Watch. The watch's model number (Y7) should appear in the list of available devices.
4. Confirm the pairing request on both your watch and smartphone if prompted.

System Requirements: The app requires iOS 8.0 and above, or Android 4.0 and above.

OPERATING

Basic Navigation

The Shiyu Y7 Smart Watch typically uses touch gestures and/or a side button for navigation. Swipe left/right or up/down to browse different screens and functions. Tap to select an option. Refer to the on-screen prompts for specific interactions.

Health Monitoring

- **Heart Rate & Blood Pressure:** Navigate to the heart rate or blood pressure screen on your watch. Ensure the watch is worn snugly on your wrist. The watch will automatically begin measurement. For continuous monitoring, ensure the feature is enabled in the companion app.
- **Sleep Monitoring:** Wear the watch while sleeping. The device automatically tracks your sleep patterns and duration. View detailed sleep data in the companion app.

Activity Tracking

The watch automatically tracks your daily steps, calories burned, and distance. For specific sports activities, select the desired sport mode on the watch. For GPS tracking, ensure your phone's GPS is active and connected to the watch via the app.

Smart Functions

- **Music Control:** While music is playing on your connected smartphone, navigate to the music control screen on your watch to play/pause, skip tracks.
- **Timer/Alarm Clock:** Set timers or alarms directly from the watch or through the companion app.
- **Find Phone:** Use this feature on your watch to make your connected phone ring, helping you locate it.
- **Brightness Adjustment:** Adjust screen brightness from the watch settings.
- **Camera Control:** Use your watch as a remote shutter for your smartphone camera. Open the camera function in the app, then tap the watch screen to take a photo.

MAINTENANCE

- **Cleaning:** Wipe the watch and strap regularly with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Water Exposure:** While IP67 waterproof, avoid prolonged immersion in water, hot water, or steam. Dry the watch thoroughly after exposure to water.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Charging:** Use the provided charging cable. Do not use damaged cables or chargers.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Unable to pair with phone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the watch is within the Bluetooth range of your phone.
 - Restart both the watch and your phone.
 - Check if the companion app is updated to the latest version.
 - Forget the device in your phone's Bluetooth settings and try pairing again.
- **Inaccurate heart rate/sleep data:** Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensor on the back of the watch.
- **Data not syncing to app:** Ensure the watch is connected to the app via Bluetooth. Open the app to initiate synchronization. Check your phone's internet connection.
- **Watch screen unresponsive:** Try restarting the watch (if a restart option is available, or let the battery drain and then recharge).

SPECIFICATIONS

Feature	Detail
Product Name	Bluetooth Smart Bracelet
Model Number	Y7
Dimensions	18*10*8 CM
Weight	0.2 KG
Data Transmission	Bluetooth 5.0
Battery	180MAH Polymer Lithium Battery
Waterproof Rating	IP67
Charging Voltage	5V
Charging Current	100MA - 2A
Operating System Compatibility	iOS 8.0 and above, Android 4.0 and above
Special Features	Heart Rate Monitor
Connectivity Technology	Bluetooth, GPS (via phone)
Shape	Rectangular

WARRANTY AND SUPPORT

For any questions or issues regarding your Shiyu Y7 Smart Watch, please refer to the contact information provided with your purchase or visit the official Shiyu support website. Our aim is to provide customers with the best experience. If you

have any questions about this product, please contact customer service for assistance.

Please note that extended warranty plans may be available for purchase separately. Refer to your purchase details for more information on warranty coverage.