Haylou LS05

Haylou Solar LS05 Smartwatch User Manual

Model: LS05

INTRODUCTION

Thank you for choosing the Haylou Solar LS05 Smartwatch. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device. Please read it carefully to ensure proper use and to maximize the benefits of your smartwatch. The Haylou Solar LS05 is designed to enhance your daily life with features like fitness tracking, heart rate monitoring, and smart notifications, compatible with both Android and iOS devices.

WHAT'S IN THE BOX

- Haylou Solar LS05 Smartwatch (with black rubber strap)
- Charging Cable
- User Manual

SETUP

1. Charging the Smartwatch

Before first use, fully charge your Haylou Solar LS05. Connect the charging cable to the charging contacts on the back of the watch and to a USB power source. The watch display will show the charging status.

Image: The Haylou Solar LS05 Smartwatch connected to its charging cable, displaying a 24% charge level.

2. Powering On

Press and hold the side button for a few seconds until the Haylou logo appears on the screen.

3. Installing the Haylou Fit App

Download the official Haylou Fit app from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS). Search for "Haylou Fit".

4. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Haylou Fit app and follow the on-screen instructions to create an account or log in.
3. In the app, select "Add Device" and choose the Haylou Solar LS05 from the list of available devices.
4. Confirm the pairing request on both your smartphone and the smartwatch.

Once paired, your smartwatch will synchronize data with the app and receive notifications.

Image: The Haylou Solar LS05 Smartwatch displaying steps and calories, alongside a smartphone showing the Haylou Fit app interface with daily activity and sleep records.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touch Screen:** Swipe up, down, left, or right to navigate through menus and features. Tap to select.
- **Side Button:** Press to return to the home screen or wake the device. Press and hold to power off or restart.

Key Features

- **Activity Tracking:** Monitors steps, distance, and calories burned throughout the day.
- **Heart Rate Monitoring:** Continuously tracks your heart rate. Access detailed data in the Haylou Fit app.

Image: The back of the Haylou Solar LS05 Smartwatch, highlighting the optical heart rate sensor with a green light, indicating active monitoring.

- **Sleep Monitoring:** Tracks your sleep patterns, including deep sleep, light sleep, and wake times.

- **Sports Modes:** Select from various sports modes (e.g., running, cycling) to track specific workout data.

- **Smart Notifications:** Receive call, message, and app notifications directly on your wrist.

- **Music Control:** Control music playback on your smartphone directly from the watch.

- **Weather Forecast:** View current weather conditions and forecasts for the coming days.

- **Breathing Training:** Guided breathing exercises to help you relax.

- **Timer & Stopwatch:** Essential tools for timing activities.

- **Find Phone:** Use your watch to locate your paired smartphone.

Image: A collage of Haylou Solar LS05 watch faces demonstrating various functions: 'Take a break' for breathing training, 'Find phone' for locating a device, 'Timer and stopwatch', 'Music Control', and 'Weather Forecast'.

Image: The Haylou Solar LS05 Smartwatch worn on a wrist, displaying the current time (00:15:18), heart rate (90 bpm), steps (3.24k), and distance, indicating active use during an activity.

MAINTENANCE

Cleaning

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

Water Resistance

The Haylou Solar LS05 is water-resistant. It can withstand splashes, rain, and brief immersion. However, it is not suitable for hot showers, saunas, or diving. Avoid prolonged exposure to water and ensure the watch is dry before charging.
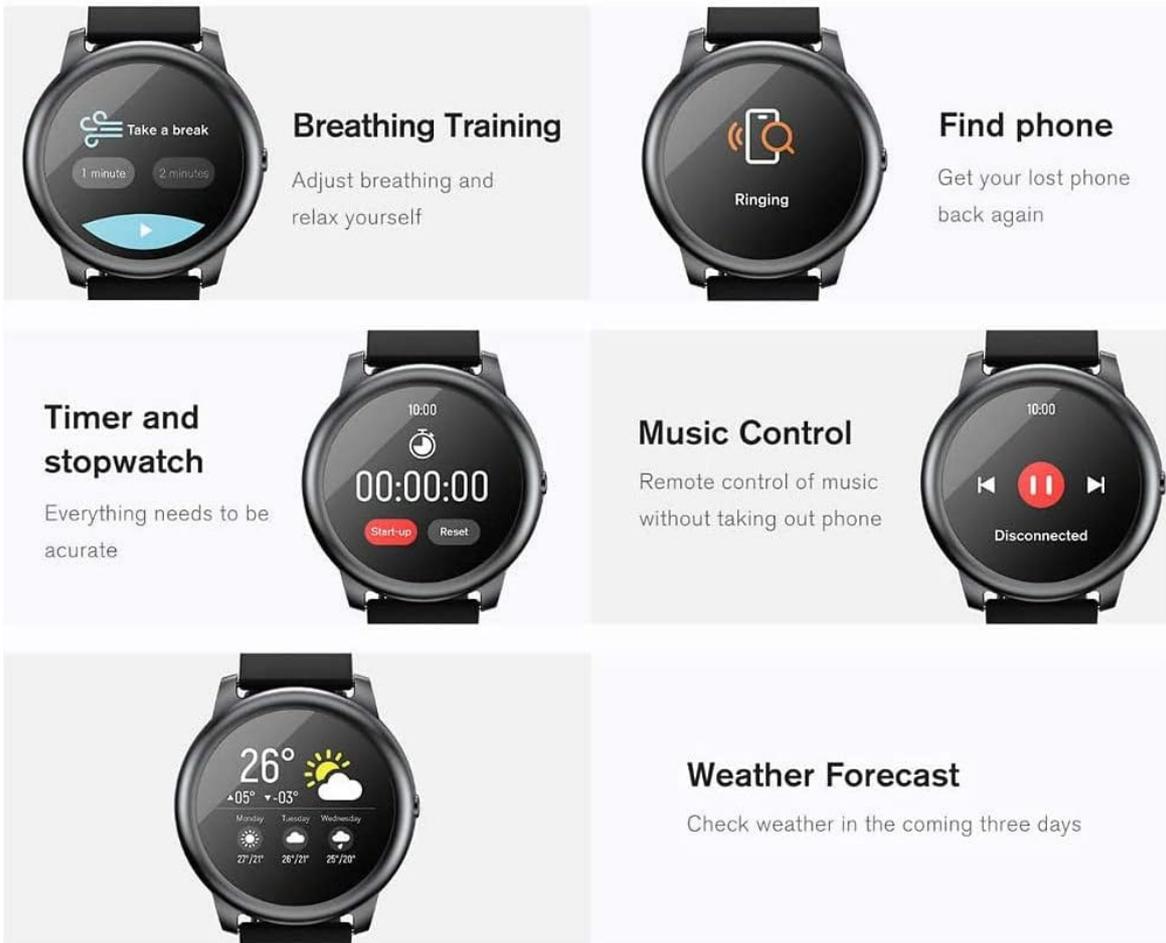
Breathing Training

Adjust breathing and relax yourself

Find phone

Get your lost phone back again

Timer and stopwatch

Everything needs to be acurate

Music Control

Remote control of music without taking out phone

Weather Forecast

Check weather in the coming three days

Image: The Haylou Solar LS05 Smartwatch partially submerged in water, with water splashing around it, illustrating its water-resistant capabilities.

Charging Practices

Use only the provided charging cable. Do not charge the watch in wet conditions. Avoid exposing the watch to extreme temperatures during charging.

TROUBLESHOOTING

- **Watch not powering on:** Ensure the watch is fully charged. Press and hold the side button for at least 10 seconds to force a restart.

- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both devices and try pairing again through the Haylou Fit app.

- **Inaccurate heart rate/activity data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.

- **Notifications not appearing:** Check notification settings in the Haylou Fit app and your phone's system settings to ensure permissions are granted for the app to display notifications.

- **Short battery life:** Reduce screen brightness, disable continuous heart rate monitoring if not needed, and limit background app refresh.

SPECIFICATIONS

Feature	Detail
Model Name	LS05
Brand	Haylou
Operating System	Wear OS
Dimensions	7 x 1 x 6 cm
Weight	57 grams
Battery	1 Lithium Polymer (included)
Connectivity	Bluetooth
GPS	No
Special Features	Heart Rate Monitor
Display Type	Touch Screen
Screen Size	1.28 inches
Resolution	240 x 240
Color	Black
Strap Material	Rubber
Storage Capacity	512 MB

WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided at the time of purchase or contact your retailer. Specific warranty terms may vary by region and seller.

For technical support, software updates, and frequently asked questions, please refer to the official Haylou website or the Haylou Fit application. The app often provides troubleshooting tips and direct support options.