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Joyroom Jr-Ft1

Joyroom Jr-Ft1 Waterproof Smartwatch User Manual

Model: Jr-Ft1 | Brand: Joyroom

1. Product Overview

The Joyroom Jr-Ft1 is a versatile waterproof smartwatch designed to enhance your daily life with smart features and health monitoring. It integrates seamlessly with your smartphone to provide notifications, track your activity, and monitor vital health metrics.

Key features include heart rate recording, sleep monitoring, a pedometer for step tracking, and an IP68 waterproof rating for durability. The watch features a 1.3-inch IPS square screen for clear display and easy interaction.



Figure 1.1: The Joyroom Jr-Ft1 Smartwatch displaying time, step count, and heart rate. This image provides a general view of the watch's interface and design.

2. Setup Guide

2.1. What's in the Box

- Joyroom Jr-Ft1 Smartwatch
- Charging Cable
- User Manual (this document)

2.2. Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the charging cable to the charging contacts on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer USB port. A full charge typically takes a few hours.

The smartwatch features a 210mAH battery, providing approximately 14 days of typical use and up to 30 days of standby time on a single charge.



Figure 2.1: Illustration of the smartwatch's 210mAH battery, highlighting its long battery life of 14 days in typical mode, 15 hours in sport mode, and 30 days standby time.

2.3. Pairing with Your Smartphone

1. Download the official Joyroom smartwatch application from your smartphone's app store (iOS or Android).
2. Ensure Bluetooth is enabled on your smartphone.

3. Open the Joyroom app and follow the on-screen instructions to search for and connect to your Jr-Ft1 smartwatch. The Bluetooth effective distance is 8-10 meters.
4. Confirm the pairing request on both your phone and the smartwatch.

2.4. Initial Settings

After successful pairing, the watch will automatically synchronize time and date with your phone. You can customize settings such as language (English is supported), 12/24 hour system, and display preferences through the companion app.

3. Operating Instructions

3.1. Basic Navigation

The Jr-Ft1 features a 1.3-inch IPS HD color touch screen. Swipe left/right, up/down, and tap to navigate through menus and select functions. The side button typically serves as a power button or a return-to-home function.



Figure 3.1: A detailed view of the smartwatch's display, emphasizing the 5D mirror glass and the vibrant 1.3-inch IPS HD color screen.

3.2. Health Monitoring

- **Heart Rate Monitoring:** The smartwatch continuously monitors your heart rate. View real-time data on the watch face or detailed historical data in the app.
- **Sleep Monitoring:** Wear the watch to bed to track your sleep patterns, including deep sleep, light sleep, and awake times. This data helps assess sleep quality.
- **Pedometer:** Automatically counts your steps, distance traveled, and calories burned throughout the day.



Figure 3.2: The smartwatch is shown on a wrist during sleep, demonstrating its capability for sleep duration and quality recording, along with quiet vibrating alerts for alarms.

3.3. Notifications and Reminders

Once paired with your smartphone, the Jr-Ft1 can receive various notifications directly on your wrist. These include:

- Call reminders
- SMS reminders
- Reminders from social media applications such as QQ, WeChat, Twitter, and Facebook.



Figure 3.3: The smartwatch screen showing an incoming call reminder, surrounded by icons representing various notification types like SMS, QQ, WeChat, Twitter, and Facebook.

3.4. GPS Functionality

The smartwatch includes built-in GPS, allowing for accurate tracking of outdoor activities such as running or cycling without needing to carry your phone. Route data and statistics can be viewed in the companion app.

4. Maintenance

4.1. Cleaning Your Smartwatch

To keep your smartwatch clean, wipe it regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the screen or casing.

4.2. Waterproof Rating (IP68)

The Joyroom Jr-Ft1 has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, including hand washing, rain, and shallow swimming. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure can compromise the seal.



Figure 4.1: The smartwatch is shown with water droplets, illustrating its IP68 waterproof and dustproof design, making it suitable for various environments.

4.3. Battery Care

To prolong battery life, avoid fully discharging the battery frequently. Charge the watch when the battery level is low, and store it in a cool, dry place if not used for extended periods.

5. Troubleshooting

5.1. Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the side button for 10-15 seconds to attempt a forced restart.

5.2. Unable to Pair with Phone

- Make sure Bluetooth is enabled on your phone and the watch is within the 8-10 meter effective range.
- Restart both your phone and the smartwatch.
- Clear the Bluetooth cache on your phone (if applicable) and try pairing again.
- Ensure the Joyroom app is updated to the latest version.

5.3. Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, but not too tight.
- Clean the sensors on the back of the watch.
- Update the smartwatch firmware via the app if an update is available.

6. Specifications

Feature	Specification
Model Name	Jr-Ft1
Screen Size	1.3 Inches IPS Square Screen
Dial Diameter	42mm x 35.6mm (length and width)
Battery Capacity	210mAH
Use Time	14 days
Standby Time	30 days
Waterproof Rating	IP68
Bluetooth Effective Distance	8-10 meters
Data Storage	At least 7 days
Operating System	Android Wear
Special Features	Sleep Monitor, Bluetooth, Waterproof, Pedometer
Connectivity Technology	Wi-Fi, Bluetooth
GPS	Built-in GPS
Product Dimensions	18.6 x 9.8 x 3.4 cm; 180.98 g
Language	English



Figure 6.1: The smartwatch screen showing a comprehensive display of health data, including heart rate, steps, and activity rings, demonstrating its data tracking capabilities.

7. Warranty and Support

7.1. Warranty Information

For specific warranty details, please refer to the warranty card included with your product or contact your point of purchase. Additional protection plans may be available for extended warranty or accidental damage coverage.

7.2. Customer Support

If you encounter any issues not covered in this manual or require further assistance, please contact Joyroom customer support or the retailer from whom you purchased the product. Keep your purchase receipt and product model number (Jr-Ft1) handy for faster service.

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