

Marea B57008/1

Marea Smart Watch B57008/1 User Manual

Comprehensive instructions for your Marea Smart Watch Model B57008/1

1. INTRODUCTION

Welcome to the Marea Smart Watch B57008/1 user manual. This guide provides detailed instructions on how to set up, operate, and maintain your new smartwatch. Please read this manual thoroughly to ensure proper use and to maximize the functionality of your device.

2. PRODUCT OVERVIEW

The Marea Smart Watch B57008/1 is designed to enhance your daily life with features such as activity tracking, heart rate monitoring, and smart notifications.

Key Features:

- 1.14" Screen
- 170 mAh Battery Capacity (3 days normal use, 7 days standby)
- IP68 Water Protection
- Workout Mode
- Alarm Clock
- Heart Rate Monitoring
- Blood Pressure Monitoring (indicated on display, refer to app for details)

Watch Components:



Figure 1: Marea Smart Watch B57008/1 Front View. A close-up view of the Marea Smart Watch B57008/1. The watch features a black rectangular case and strap. The digital display shows '00:00:38' at the top, an activity icon (person on a bicycle), a heart rate icon with '104', and a flame icon with '0000'. Text below the display indicates 'HEART RATE', 'BLOOD PRESSURE', 'TOUCH', 'IP 68', and 'WATER RESISTANT'. The word 'SMART' is prominently displayed at the bottom of the screen. Buttons are visible on the sides of the watch case, with labels 'HEART', 'MENU', 'RETURN', and 'ON/OFF' around the display.

- **Display:** 1.14-inch digital screen.
- **Side Buttons:** Used for navigation, power on/off, and selecting functions. (Refer to Figure 1 for button labels: HEART, MENU, RETURN, ON/OFF).
- **Sensors:** Located on the back of the watch for heart rate and blood pressure monitoring.
- **Charging Port:** Typically located on the back or side, used for connecting the charging cable.

3. SETUP

3.1 Charging the Device

1. Connect the charging cable to the charging port on the back of the smartwatch.
2. Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
3. The watch display will show a charging indicator. Ensure the watch is fully charged before first use. A full charge typically takes approximately 2 hours.

3.2 Powering On/Off

- **To Power On:** Press and hold the "ON/OFF" button (refer to Figure 1) for a few seconds until the Marea logo appears.
- **To Power Off:** Navigate to the power off option in the watch's menu or press and hold the "ON/OFF" button until a power off prompt appears, then confirm.

3.3 Pairing with Your Smartphone

To unlock the full potential of your Marea Smart Watch, pair it with your smartphone via the dedicated Marea application.

1. Download the official Marea Smart Watch application from your smartphone's app store (iOS App Store or Google Play Store).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Marea application and follow the on-screen instructions to create an account or log in.
4. In the app, navigate to "Add Device" or "Pair Device" and select your Marea B57008/1 from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smartwatch if prompted.
6. Once paired, the watch will synchronize time and data with your phone.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

- **Touch Screen:** Swipe left, right, up, or down to navigate through menus and screens. Tap to select an option.
- **Side Buttons:** Use the physical buttons for specific functions as indicated (e.g., "MENU" to access the main menu, "RETURN" to go back).

4.2 Monitoring Heart Rate and Blood Pressure

The watch can monitor your heart rate and blood pressure. For accurate readings, ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone.

1. Navigate to the Heart Rate or Blood Pressure screen on the watch.
2. Tap the "TOUCH" area on the screen or press the designated button (if available) to initiate a measurement.
3. Remain still during the measurement. Results will be displayed on the watch and synchronized with the app.

Important: The heart rate and blood pressure monitoring functions are for reference only and should not be used for medical diagnosis or treatment. Consult a medical professional for health-related concerns.

4.3 Using Workout Mode

The workout mode tracks your activity during exercise.

1. From the main screen, navigate to the "Workout" or "Training" menu.
2. Select your desired activity (e.g., running, cycling).
3. Tap to start the workout. The watch will begin recording data such as duration, calories burned, and heart rate.
4. To end the workout, swipe or press the appropriate button and confirm.

4.4 Setting Alarms

You can set alarms directly on the watch or through the paired smartphone application.

- **On Watch:** Navigate to the "Alarm" menu, select "Add Alarm," set the time, and enable it.
- **Via App:** Open the Marea app, go to "Device Settings" or "Alarm," and configure your alarms.

5. MAINTENANCE

5.1 Water Resistance (IP68)

The Marea Smart Watch B57008/1 has an IP68 water resistance rating. This means it is protected against immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for everyday use, such as washing hands, rain, and shallow swimming.

- Do not use the watch in hot water, saunas, or steam rooms.
- Avoid pressing buttons underwater.
- After exposure to water, wipe the watch dry with a soft cloth.

5.2 Cleaning

Regularly clean your smartwatch to ensure optimal performance and hygiene.

- Wipe the screen and strap with a soft, damp, lint-free cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents.
- Ensure the charging contacts are clean and dry before charging.

6. TROUBLESHOOTING

Problem	Possible Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone.	<ul style="list-style-type: none"> • Ensure Bluetooth is enabled on your phone. • Make sure the watch is within range of your phone. • Restart both the watch and your phone. • Check if the Marea app is updated to the latest version. • Forget the device in your phone's Bluetooth settings and try pairing again.
Inaccurate heart rate/blood pressure readings.	<ul style="list-style-type: none"> • Ensure the watch is worn snugly on your wrist. • Remain still during measurement. • Clean the sensor on the back of the watch.

Problem	Possible Solution
Battery drains quickly.	<ul style="list-style-type: none"> • Reduce screen brightness. • Disable unnecessary notifications. • Limit continuous heart rate monitoring if not needed. • Ensure no background apps are excessively using watch resources.

7. SPECIFICATIONS

Feature	Detail
Model Number	B57008/1
Brand	Marea
Screen Size	1.14 Inches
Battery Capacity	170 mAh
Battery Life	Up to 3 days (normal use), 7 days (standby)
Water Resistance	IP68
Wireless Communication	Bluetooth
Compatible Devices	Smartphone
Special Features	Alarm Clock, Heart Rate Monitor, Workout Mode
Display Type	Digital
Target Audience	Men (Adult)

8. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or visit the official Marea website.

If you encounter any issues or have questions not covered in this manual, please contact Marea customer support through their official website or the contact information provided in your product packaging.

- **Spare Parts Availability:** Information unavailable.
- **Software Updates Guaranteed Until:** Information unavailable.