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> Y10 Smart Bluetooth Sports Watch User Manual

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Y10 Smart Bluetooth Sports Watch User Manual

Model: Y10

1. PRODUCT OVERVIEW

The Y10 Smart Bluetooth Sports Watch is a versatile wearable device designed to enhance your daily life and fitness routine. It combines essential smartwatch features with comprehensive health and activity tracking capabilities, all accessible through a vibrant full-touch display.



Figure 1.1: Front view of the Y10 Smart Bluetooth Sports Watch, displaying time, battery, and activity metrics.

2. FEATURES

- **Bluetooth Call Function:** Make and receive calls directly from your watch when connected to your mobile phone.
- **Music Playback:** Listen to music through the watch during Bluetooth calls.
- **IP68 Water Resistance:** Designed to withstand hand washing, rain, and swimming. Not suitable for hot water showers or saunas.
- **24-Hour Health Monitoring:** Continuous tracking of heart rate, blood pressure, and blood oxygen levels.
- **Sleep Monitoring:** Tracks sleep patterns to help you understand your sleep quality.

- **Activity Tracker:** Calculates steps taken, calories burned, and distance covered.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Customizable Display:** Multiple user interface styles and dual switching for time and date display.
- **Smart Notifications:** Displays call, text message, and SNS notifications (Facebook, Twitter, WhatsApp, Line, KakaoTalk, Messenger, WeChat, QQ) when connected to the FitPro app.
- **Alarm Clock:** Set alarms for reminders.
- **Stopwatch:** For timing activities.
- **Find Bracelet Feature:** Helps locate your watch if misplaced.
- **Raise-to-Wake Screen:** Automatically illuminates the screen when you raise your wrist.
- **Remote Camera Control:** Control your phone's camera remotely from the watch.

Professional-level health monitoring



Figure 2.1: Rear view of the Y10 Smart Bluetooth Sports Watch, highlighting its professional-level health monitoring sensors.



Figure 2.2: The watch displaying its call dialer interface, allowing users to make calls directly from their wrist.

Support custom dial

A smart watch like a digital photo frame, free to change according to your mood



Figure 2.3: The watch showcasing various custom dial options, allowing personalization of the display.

3. SPECIFICATIONS

Specification	Detail
Model Number	Y10
Screen Size	1.54-inch IPS Color Screen
Screen Resolution	240 x 240

Body Dimensions	42mm × 12mm
Strap Material	Silicone
Strap Size	20mm
Chipset	HS6620D
Bluetooth Version	4.0
Battery Capacity	200mAh
Charging Time	Approximately 2 hours
Working Time	1-3 days
Charging Mode	Charging Clip
Button Function	Full Touch
Companion App	FitPro
Compatible Systems	Android 4.4 and above, iOS 8.0 and above
Product Weight	50g (approx.)
App Supported Languages	English, Japanese, Turkish, Spanish, German, Russian, Finnish, French, Malay, Indonesian, Korean, Portuguese, Chinese

4. PACKAGE CONTENTS

Upon opening the package, please ensure all the following items are present:

- 1 x Y10 Smart Watch
- 1 x Silicone Strap
- 1 x Charging Cable (with clip)
- 1 x User Manual



Figure 4.1: The Y10 Smart Bluetooth Sports Watch, its charging cable, and packaging.

5. SETUP

5.1 Initial Charging

Before first use, fully charge your Y10 Smart Watch. Connect the charging clip to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port. Charging typically takes about 2 hours.

5.2 App Installation (FitPro)

To unlock the full functionality of your Y10 Smart Watch, you must download and install the 'FitPro' app on your smartphone. The app is compatible with Android 4.4 and above, and iOS 8.0 and above.

1. Search for 'FitPro' in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the app.

5.3 Pairing with Your Mobile Phone

Important: Always pair your watch through the 'FitPro' app, not directly through your phone's Bluetooth settings. Direct Bluetooth pairing may prevent proper synchronization.

1. Ensure Bluetooth is enabled on your mobile phone.
2. Open the 'FitPro' app on your mobile phone.
3. Navigate to the device pairing section within the app (usually labeled 'Device', 'Mine', or a similar icon).
4. The app will search for available devices. Select 'Y10' or the corresponding device name when it appears.
5. Confirm the pairing request on both your phone and the watch if prompted.

6. OPERATING INSTRUCTIONS

6.1 Basic Navigation

- **Touch Screen:** The watch features a full touch screen for navigation. Swipe left/right, up/down, and tap to select options.
- **Wake Screen:** Raise your wrist to automatically wake the screen, or press the side button.

6.2 Bluetooth Call Function

Once paired via the FitPro app, ensure the watch's Bluetooth is also connected for calls (sometimes a separate Bluetooth connection appears for audio). You can then:

- **Make Calls:** Access the dialer on the watch to input numbers or select contacts from your synced phonebook.
- **Receive Calls:** Answer or reject incoming calls directly from the watch.

6.3 Health Monitoring

Access health data by swiping through the watch interface or through the FitPro app.

- **Heart Rate:** Tap to measure your current heart rate.
- **Blood Pressure/Oxygen:** Tap to initiate a measurement.
- **Sleep Tracking:** Wear the watch to bed for automatic sleep analysis. View detailed reports in the FitPro app.

6.4 Activity Tracking

The watch automatically tracks your daily activity.

- **Steps, Calories, Distance:** View your daily progress on the watch face or in the app.
- **Sedentary Reminder:** Set intervals in the app for the watch to remind you to move.

6.5 Notifications

Ensure notification permissions are granted to the FitPro app on your phone.

- Incoming calls, text messages, and app notifications will be displayed on the watch screen.

6.6 Other Functions

- **Alarm:** Set alarms via the FitPro app.
- **Stopwatch:** Access from the watch's menu.
- **Remote Camera:** Open the camera function in the FitPro app, then use the watch to trigger your phone's camera shutter.
- **Find Bracelet:** Use the FitPro app to make your watch vibrate, helping you locate it.

7. MAINTENANCE

- **Cleaning:** Wipe the watch and strap regularly with a soft, dry cloth. For silicone straps, a damp cloth can be used, then dry thoroughly.
- **Water Resistance:** The watch is IP68 water-resistant. This means it can withstand splashes, rain, and brief immersion in shallow

water. Do NOT expose it to hot water, steam (e.g., hot showers, saunas), or high-pressure water jets. Do NOT press buttons underwater.

- **Charging:** Use only the provided charging cable. Ensure the charging contacts on the watch and clip are clean and dry before charging.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.
- **Avoid Chemicals:** Do not expose the watch to strong chemicals, detergents, or solvents, as these can damage the materials.

8. TROUBLESHOOTING

Problem	Possible Solution
Watch does not turn on	Ensure the watch is fully charged. Connect to the charging cable and leave it for at least 30 minutes before attempting to turn it on.
Cannot pair with phone / Data not syncing	<ol style="list-style-type: none">1. Ensure Bluetooth is enabled on your phone.2. Make sure you are pairing through the 'FitPro' app, not directly via phone's Bluetooth settings.3. Restart both your phone and the watch.4. Ensure the 'FitPro' app has all necessary permissions (Bluetooth, location, notifications).5. Check if the watch battery is low.
Inaccurate health data readings	<ol style="list-style-type: none">1. Ensure the watch is worn snugly on your wrist, not too loose or too tight.2. Keep the sensor clean and free from sweat or dirt.3. Readings are for reference only and should not be used for medical diagnosis.
Notifications not appearing	<ol style="list-style-type: none">1. Ensure the watch is successfully paired with the FitPro app.2. Check notification settings within the FitPro app to ensure desired apps are enabled.3. Verify that your phone's notification settings allow the FitPro app to display notifications.
Short battery life	<ol style="list-style-type: none">1. Reduce screen brightness.2. Limit frequent screen wake-ups.3. Turn off continuous health monitoring if not needed 24/7.4. Ensure no background apps on the watch are consuming excessive power.

9. IMPORTANT NOTES AND DISCLAIMER

- Wearable devices monitor human activities through electronic sensors. Data collected is for reference only and should not be compared with professional medical equipment.
- This product is NOT a medical device and should not be used for medical diagnosis, treatment, or prevention of disease.
- It is normal for there to be some deviation in readings due to the nature of consumer electronic sensors.
- Users should interpret all data objectively.

10. WARRANTY AND SUPPORT

Specific warranty information for the Y10 Smart Bluetooth Sports Watch is not provided in this manual. Please refer to your point of purchase or the retailer's website for details regarding warranty coverage and return policies.

For technical support or further assistance, please contact the seller or retailer from whom you purchased the product. This manual provides general operating instructions and troubleshooting tips.

