

SoundPEATS Watch Pro 1

SoundPEATS Watch Pro 1 Smartwatch User Manual

Model: Watch Pro 1

Brand: SoundPEATS

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your SoundPEATS Watch Pro 1 smartwatch. Please read this guide thoroughly to ensure proper use and to maximize the device's features.



Figure 1: SoundPEATS Watch Pro 1 Smartwatch

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Video 1: Overview of SoundPEATS Watch Pro 1 features, including full touch screen, color options, SpO2 monitoring, heart rate tracking, sport modes, customizable watch faces, sleep tracking, additional functions, call/message notifications, music control, charging, battery life, and IP68 waterproofing.

1. Charging the Device

Before first use, fully charge your SoundPEATS Watch Pro 1. Connect the magnetic charging cable to the charging points on the back of the watch and to a USB power source. The watch display will indicate charging status.

2. App Installation and Pairing

To unlock the full functionality of your smartwatch, download and install the SoundPEATS Sports App on your smartphone. The app is compatible with iOS 9.0 or above and Android 5.0 or above.

1. Scan the QR code displayed on the watch screen or in the manual to download the app.
2. Open the SoundPEATS Sports App and follow the on-screen instructions to add your device.
3. Search for "Watch Pro 1" via Bluetooth within the app and confirm the connection on both your phone and the watch.

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Video 2: Demonstrates the process of connecting the SoundPEATS Watch Pro 1 to the companion app via QR code scan or Bluetooth search, along with other operational aspects like viewing health data, starting sport modes, adjusting brightness, setting Do Not Disturb, and customizing watch faces.

OPERATING INSTRUCTIONS

1. Basic Navigation

The SoundPEATS Watch Pro 1 features a 1.38" HD full touch color screen for intuitive operation. Swipe across the screen to navigate through menus and functions. A physical button on the side provides quick access to certain features or to return to the home screen.

2. Call and Message Notifications

After connecting to your phone via Bluetooth, the smartwatch can make or answer calls directly using its built-in microphone and HD speaker. It also displays incoming calls, SMS, and messages from various applications (e.g., WhatsApp, Facebook, Twitter). The watch will vibrate to alert you.



Figure 2: Smartwatch displaying message notifications from connected apps.

3. Health Monitoring

The smartwatch is equipped with a high-precision sensor for 24/7 health metric monitoring. All recorded data can be synced to the SoundPEATS Sports App for detailed analysis.

- **Heart Rate Monitor:** Continuously tracks your heart rate. Alerts are provided if your heart rate is too high or too low.
- **Blood Oxygen (SpO2) Monitor:** Measures blood oxygen levels. You can manually measure at any time or set it to automatically measure within a specified period.
- **Sleep Monitor:** Tracks sleep patterns, categorizing them into awake, light sleep, and deep sleep stages.
- **Menstrual Cycle Monitor:** Provides reminders for women's menstrual cycles.

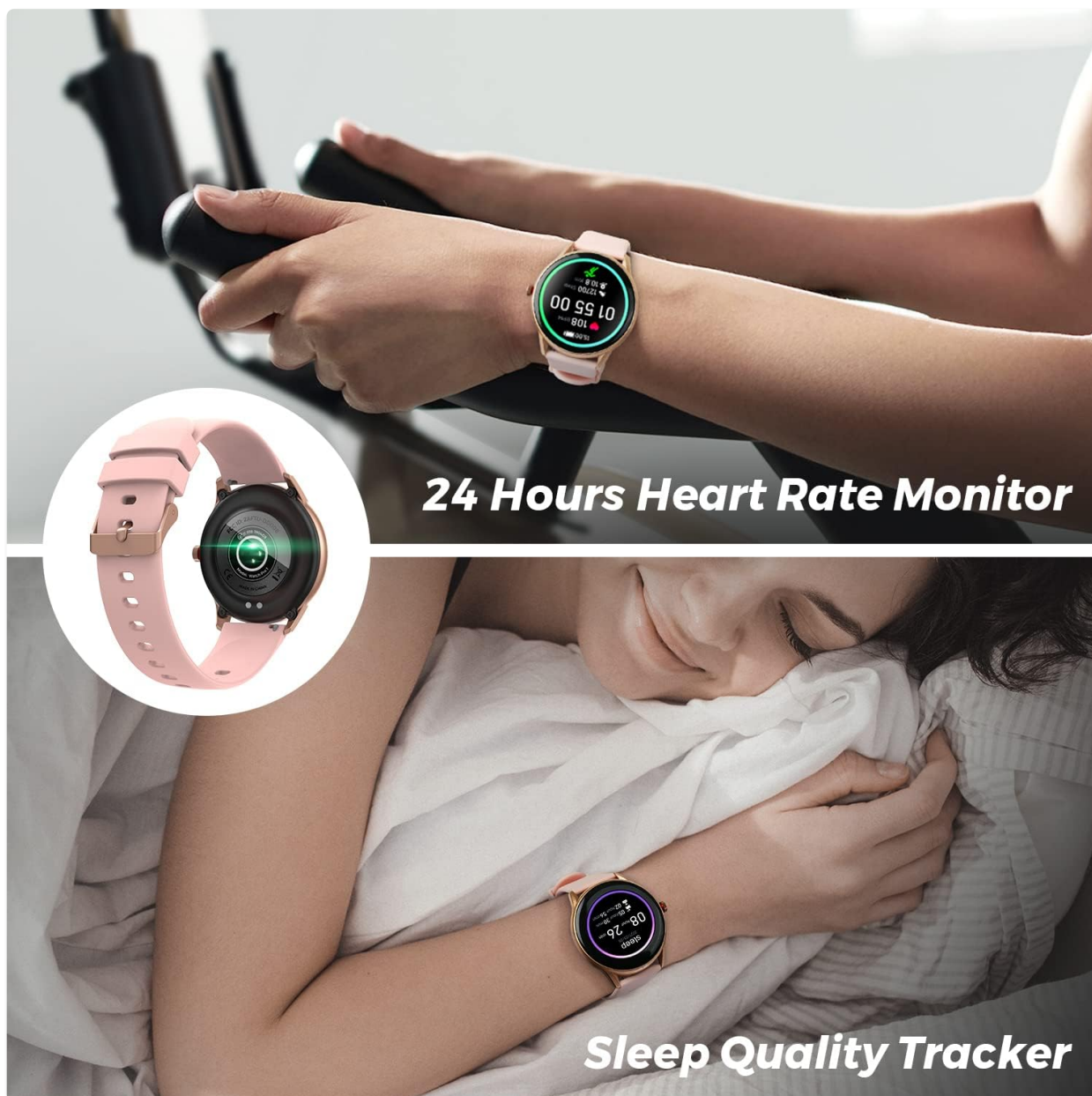
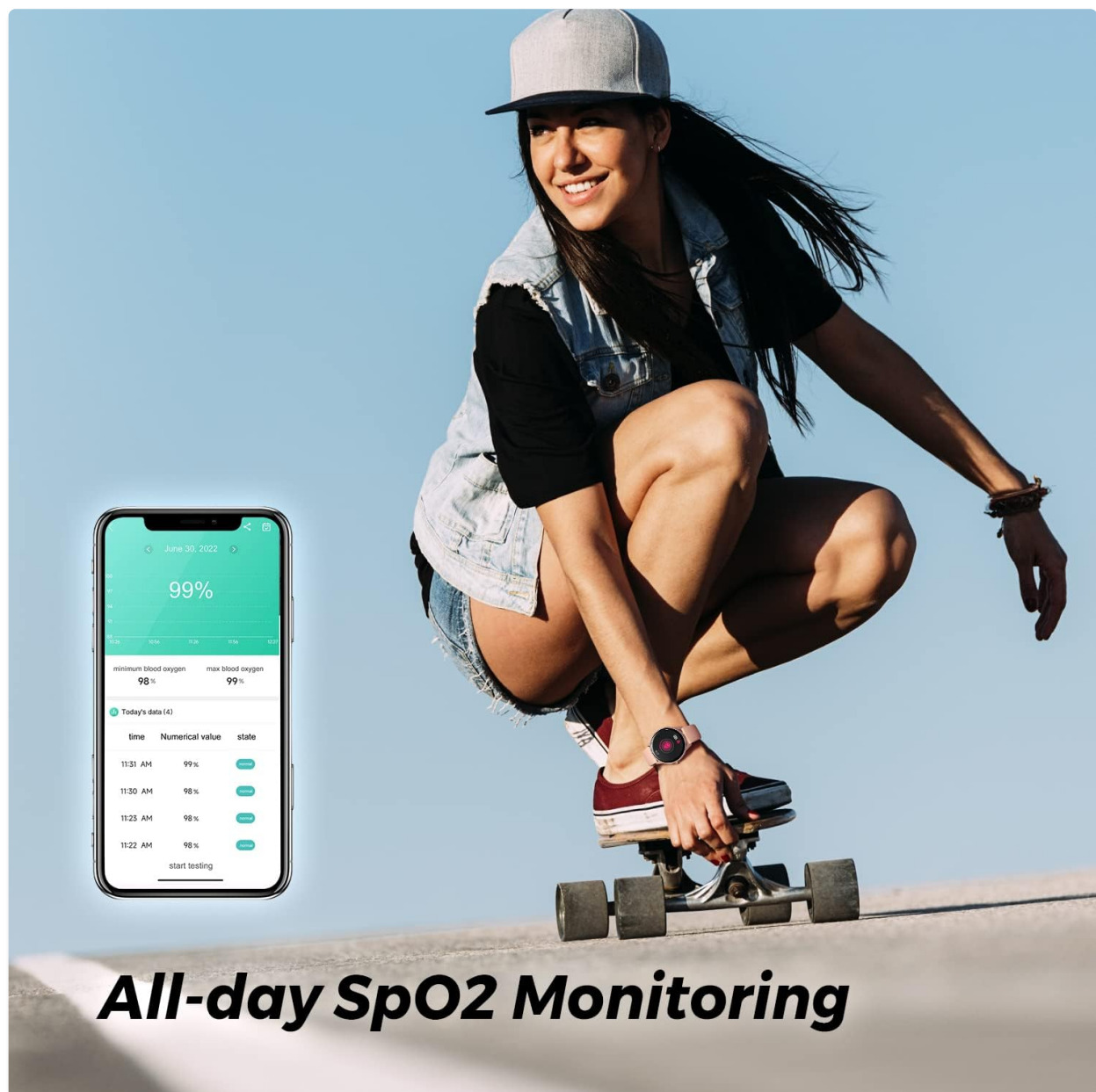


Figure 3: Heart rate and sleep quality tracking features.



All-day SpO2 Monitoring

Figure 4: All-day SpO2 monitoring feature.

4. Sports Modes

The watch supports over 109 sports modes. Press the dedicated sports button on the side to quickly access these modes. It monitors workout heart rate, distance, speed, and calories burned in real-time.

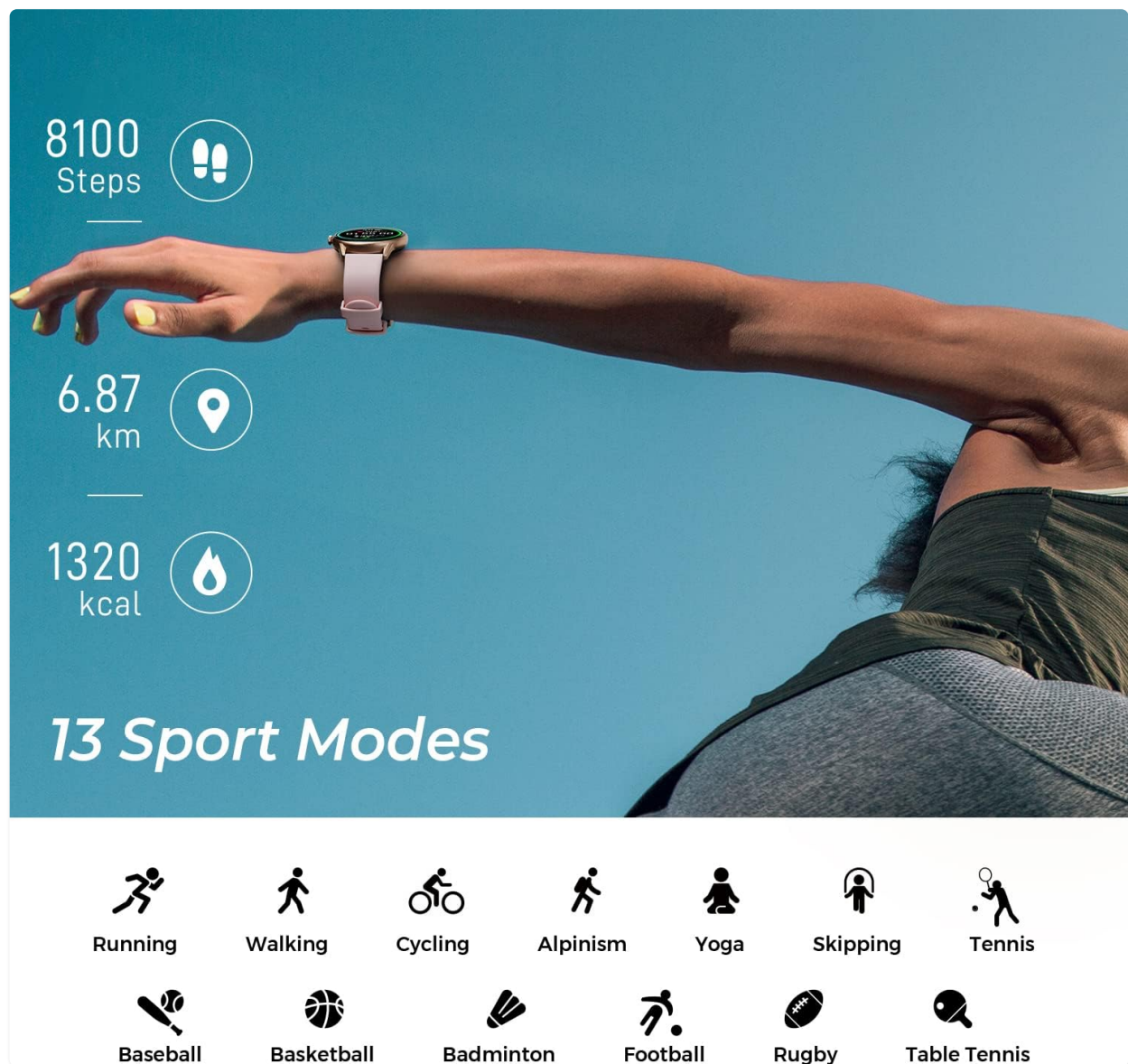


Figure 5: Display of various sport modes and activity tracking metrics.

5. Customizable Watch Faces

The 1.38" HD screen offers 222+ free watch faces downloadable via the app. You can also customize your watch face using your favorite photos.



Multiple Dials & Customizable Watch Faces

Figure 6: Multiple dials and customizable watch faces available through the app.

6. Other Functions

The smartwatch includes additional practical features:

- **Calculator:** Perform basic calculations directly from your wrist.
- **Sedentary Reminders:** Alerts you to move after periods of inactivity.
- **Do Not Disturb:** Mutes notifications during specified times.
- **Weather:** Provides current weather information.
- **Alarms:** Set alarms for reminders.
- **Find Phone:** Helps locate your paired smartphone.
- **Music Control:** Control music playback on your smartphone directly from the watch.

MAINTENANCE

1. Waterproof Rating

The SoundPEATS Watch Pro 1 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. You can wear it on rainy days or when washing hands. **Note:** Avoid wearing it in hot water, saunas, or corrosive liquids, as this may damage the device.



Figure 7: The smartwatch is IP68 waterproof, suitable for activities like swimming.

2. Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device performance. Use a soft, damp cloth to wipe the screen and strap. Ensure the charging contacts are clean and dry before charging.

3. Battery Life and Charging

The watch features a built-in large-capacity battery. A full charge takes approximately 2 hours, providing up to 7 days of daily use and about 30 days of standby time.

TROUBLESHOOTING

If you encounter any issues with your SoundPEATS Watch Pro 1, please try the following general troubleshooting steps:

- **Device Not Turning On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Connection Issues:**

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the watch is within range of your smartphone.
- Restart both your smartphone and the smartwatch.
- Try unpairing and re-pairing the device through the SoundPEATS Sports App.

• **Inaccurate Readings (Heart Rate, SpO2, Sleep):**

- Ensure the watch is worn snugly on your wrist, but not too tight.
- Clean the sensor on the back of the watch.
- Avoid excessive movement during measurements.

• **Notifications Not Appearing:**

- Check app permissions on your smartphone to ensure the SoundPEATS Sports App has access to notifications.
- Verify that "Do Not Disturb" mode is not active on the watch or your phone.
- Ensure the app is running in the background on your phone.

If problems persist, please refer to the warranty and support information below.

SPECIFICATIONS

Feature	Detail
Model Number	Watch Pro 1
Screen Size	1.38 Inches
Shape	Round
Connectivity Technology	Bluetooth
Operating System	iOS, Android
Battery Capacity	285 Milliamp Hours
Product Dimensions	4.3 x 3.5 x 0.8 cm; 100 g
Waterproof Rating	IP68
Special Features	Alarm Clock, Heart Rate Monitor, Blood Oxygen Monitor, Sleep Monitor, 109+ Sport Modes, Call/Message Reminder, Music Control, Find Phone, Sedentary Reminder, Weather, Calculator

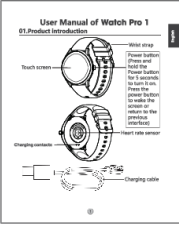







Figure 8: Physical dimensions of the SoundPEATS Watch Pro 1.

WARRANTY AND SUPPORT

SoundPEATS offers a 30-day money-back guarantee and a 12-month free replacement warranty for the Watch Pro 1. For any questions or support needs, please contact SoundPEATS customer service. They are available 24/7 to assist you.

For further assistance, visit the official SoundPEATS store: [SoundPEATS Store](#)

	<p>SoundPEATS Watch Pro 1 User Manual: Features, Operation, and Specifications</p> <p>Comprehensive user manual for the SoundPEATS Watch Pro 1 smartwatch. Learn about its features including heart rate monitoring, sleep tracking, 13 sport modes, and basic operation. Includes setup, charging, and technical specifications.</p>
	<p>SOUNDPEATS WATCH 1 Sports Watch User Manual</p> <p>Comprehensive user manual for the SOUNDPEATS WATCH 1 Sports Watch, detailing its features, operation, charging, precautions, and warranty information.</p>
	<p>SOUNDPEATS Watch2 User Manual and Quick Start Guide</p> <p>This guide provides comprehensive instructions for the SOUNDPEATS Watch2 smartwatch, covering its appearance, charging, app connection, wearing, strap replacement, technical specifications, and important usage tips.</p>
	<p>SOUNDPEATS WATCH 1 User Manual and Specifications</p> <p>Comprehensive user manual for the SOUNDPEATS WATCH 1 sports watch, covering features, operation, charging, specifications, and warranty information. Learn how to use your fitness tracker for various sports and daily activities.</p>
	<p>SOUNDPEATS Watch 2 Smartwatch User Manual - Features, Setup, and Specifications</p> <p>Comprehensive user manual for the SOUNDPEATS Watch 2 Smartwatch, covering setup, features, usage, specifications, and troubleshooting. Learn how to use your heart rate and sleep tracker.</p>
	<p>SoundPEATS Space Headphones FAQ and Troubleshooting Guide</p> <p>A comprehensive FAQ and troubleshooting guide for SoundPEATS Space Hybrid Active Noise Cancellation Headphones, covering Bluetooth connectivity, sound issues, charging, button controls, app usage, and care.</p>