

[Manuals.plus](#) /

› [RIVERSONG](#) /

› RIVERSONG Motive 3S Smart Watch Instruction Manual

## RIVERSONG Motive 3S

# RIVERSONG Motive 3S Smart Watch Instruction Manual

Model: Motive 3S (ID207)

## 1. INTRODUCTION

---

Thank you for choosing the RIVERSONG Motive 3S Smart Watch. This manual provides essential information for setting up, operating, and maintaining your device. The Motive 3S is a versatile smartwatch designed to support your active lifestyle with comprehensive health and fitness tracking features, smart notifications, and a durable 5ATM waterproof design.

## 2. WHAT'S IN THE BOX

---

- RIVERSONG Motive 3S Smart Watch
- Charging Cable
- User's Manual

## 3. SETUP

---

### 3.1 Charging the Smart Watch

Before initial use, fully charge your Motive 3S Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB-A end into a compatible USB power adapter (not included). A full charge takes approximately 2 hours and provides up to 10 days of normal usage or 30 days of standby time.

# Long Battery Life



**10 Days**  
Usage Time



**Less 2 Hours**  
Charging Time

Image: The RIVERSONG Motive 3S Smart Watch being charged with its magnetic cable, illustrating the long battery life and quick charging time.

## 3.2 App Installation and Pairing

Download and install the free "VeryFit" app from the Google Play Store (for Android 6.0 and above) or the Apple App Store (for iOS 9.0 and above). Open the app, create an account, and follow the on-screen instructions to pair your Motive 3S Smart Watch via Bluetooth 5.1. Ensure Bluetooth is enabled on your smartphone.

# 1.69" Colorful HD Display & DIY Dial



Image: The 'VeryFit' app interface on a smartphone, demonstrating the variety of watch faces and customization options available for the Motive 3S Smart Watch.

## 4. OPERATING YOUR SMART WATCH

### 4.1 Basic Navigation

- **Swipe Up/Down:** Navigate through menus and notifications.
- **Swipe Left/Right:** Access quick widgets like heart rate, activity data, and weather.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the home screen or wake the device.

### 4.2 Watch Faces

The Motive 3S features a 1.69-inch TFT-LCD full touch screen with 240x280 pixel resolution. You can choose from three pre-installed watch faces or explore multiple options within the VeryFit app. The app also supports customizable watch dials, allowing you to personalize your watch with your own photos.

### 4.3 Smart Notifications

Once paired with your smartphone, the watch can display real-time notifications for calls, text messages, and various social media apps (Facebook, WhatsApp, LinkedIn, Instagram, Twitter, etc.). Ensure notification permissions are granted in both your phone settings and the VeryFit app.

# Message Notification

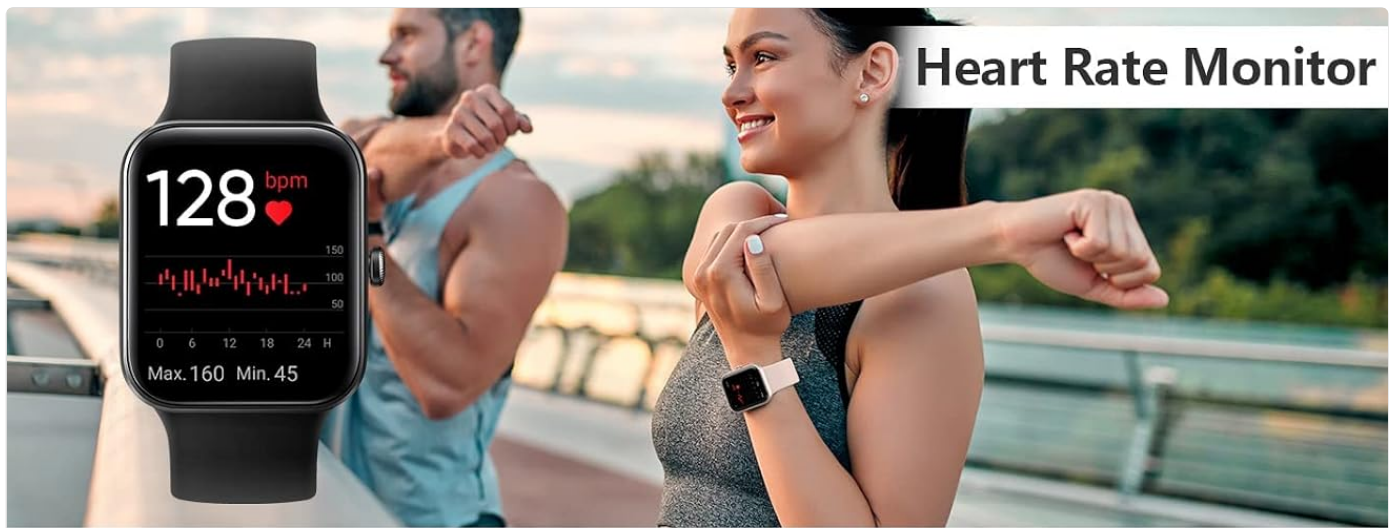


Image: The Motive 3S Smart Watch showing a message notification, indicating its capability to receive alerts from various communication and social media platforms.

## 5. HEALTH MONITORING

The Motive 3S Smart Watch is equipped with advanced sensors for comprehensive health tracking.

- **24/7 Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen levels.
- **Sleep Tracking:** Monitors your sleep patterns, including deep sleep, light sleep, and awake times, providing detailed analysis in the app.
- **Stress Monitoring:** Helps you understand your stress levels and offers breath training to manage them.
- **Menstrual Cycle Tracking:** Features designed for women to track different phases of the menstrual cycle.



## Heart Rate Monitor



## Blood Oxygen Monitor



## Sleep Monitor

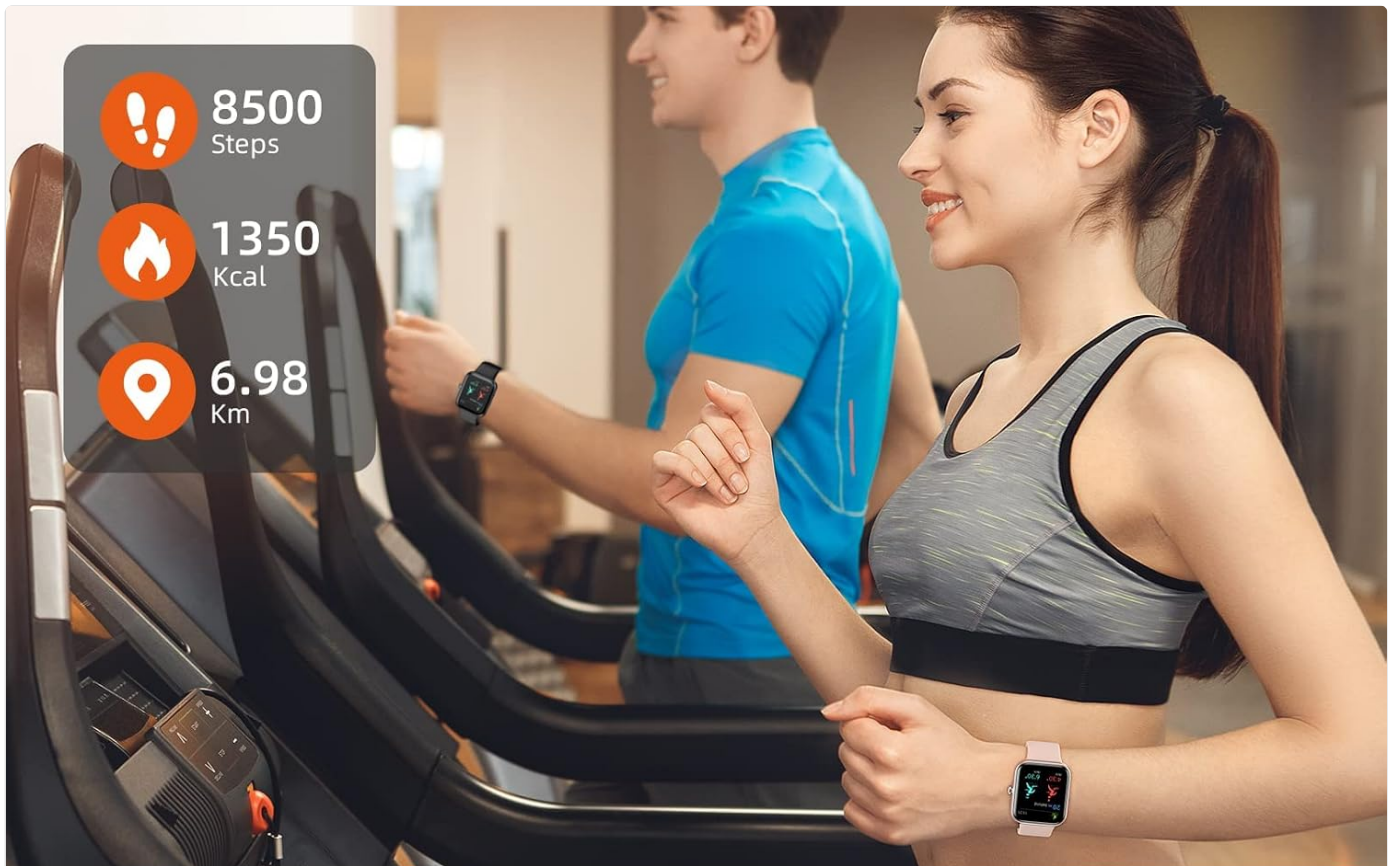
Image: The Motive 3S Smart Watch actively monitoring heart rate, blood oxygen, and sleep, showcasing its health tracking capabilities during various daily activities and rest.

## 6. FITNESS TRACKING

The Motive 3S supports 14 sports modes and accurately records your fitness data.

- **14 Sports Modes:** Includes hiking, running (outdoor/indoor), cycling (outdoor/indoor), swimming (pool/open water), yoga, elliptical, workout, cricket, and rower.
- **Pedometer:** Tracks your steps throughout the day.
- **Distance Measurement:** Records the distance covered during activities.
- **Calorie Counting:** Estimates calories burned during your workouts.

- **Active Minutes:** Monitors your active minutes to help you meet fitness goals.



## 14 Sports Modes



Outdoor run



Indoor run



Outdoor walk



Indoor walk



Hiking



Elliptical



Workout



Outdoor cycle



Indoor cycle



Cricket



Pool swim



Open water swim



Yoga



Rower

Image: The Motive 3S Smart Watch tracking steps, calories, and distance during a run, with a visual representation of its 14 supported sports modes.

## 7. OTHER FUNCTIONS

- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Weather Forecast:** Get real-time weather updates for your location.
- **Stopwatch & Timer:** Built-in tools for timing activities.
- **Alarms:** Set alarms directly on your watch.
- **Find My Phone:** Helps locate your paired smartphone.
- **Breath Training:** Guided breathing exercises to help reduce stress.

## Breath Training



## Stopwatch



Image: The Motive 3S Smart Watch demonstrating its breath training function and stopwatch feature, useful for relaxation and timing exercises.

## 8. SPECIFICATIONS

|                   |                                      |
|-------------------|--------------------------------------|
| Model Name        | Motive 3S                            |
| Model Number      | ID207                                |
| Screen Size       | 1.69 Inches                          |
| Resolution        | 240 x 280                            |
| Display Type      | TFT-LCD Full Touch Screen            |
| Battery Capacity  | 300 Milliamp Hours (Lithium Polymer) |
| Charging Time     | 2 Hours                              |
| Normal Usage Time | Up to 10 Days                        |

|                   |                                          |
|-------------------|------------------------------------------|
| Standby Time      | Up to 30 Days                            |
| Waterproof Rating | 5ATM (50 Meters)                         |
| Connectivity      | Bluetooth 5.1                            |
| Compatibility     | iOS 9.0 and above, Android 6.0 and above |
| Dimensions        | 0.87 x 1.77 x 0.51 inches                |
| Item Weight       | 40 Grams                                 |
| Case Material     | Stainless Steel                          |
| Band Material     | Silicone                                 |

## 9. MAINTENANCE

---

- **Cleaning:** Regularly clean your watch and band with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly.
- **Water Resistance:** The watch is 5ATM waterproof, suitable for swimming, showering, and other water activities up to 50 meters. Avoid prolonged exposure to hot water or steam.
- **Storage:** Store the watch in a cool, dry place when not in use.



**5 ATM  
WATERPROOF**

Swim Rinse Sweat



Image: The Motive 3S Smart Watch being worn during surfing, emphasizing its 5ATM waterproof capability for various water activities.

## 10. TROUBLESHOOTING

### 10.1 Connection Issues

- Ensure Bluetooth is enabled on your phone and the watch is within 8-10 meters.
- If the "VeryFit" app cannot detect the watch, restart your phone and reset the watch (Settings > Reset).
- If issues persist, uninstall the "VeryFit" app, delete "ID207" from your phone's Bluetooth paired list, then reinstall the app and try pairing again.

### 10.2 Notification Issues

- Verify Bluetooth connection in your phone settings.
- Ensure the "VeryFit" app has permission to send notifications in your phone settings.
- Check that "NOTIFICATIONS" are turned on for desired apps within the "VeryFit" app (VeryFit app > Device > Notifications).

### 10.3 Sleep Tracking Inaccurate

- Ensure your personal information (age, height, weight) is correctly set in the "VeryFit" app.
- Wear the watch 1.5-2.5 cm below the wrist bone, ensuring the strap is neither too tight nor too loose.
- The sleep algorithm detects sleep periods longer than 3 hours.

## 11. WARRANTY AND SUPPORT

The RIVERSONG Motive 3S Smart Watch comes with a limited warranty. For detailed warranty information, technical support, or service inquiries, please refer to the contact information provided in the original product packaging or visit the official RIVERSONG website.

## 12. OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video: An official overview of the RIVERSONG Motive 3S Smart Watch, showcasing its design and key features.

### ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

<https://manuals.plus/asin/B09JZCBHN8>

More documents and user manuals: <https://manuals.plus/>