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3Plus Vibe Pro

3Plus Vibe Pro Smart Watch User Manual

Model: 3PL-VIBEPPRO-BK

1. INTRODUCTION

The 3Plus Vibe Pro Smart Watch is designed to assist you in monitoring your health and fitness activities. It features a large AMOLED touch screen display, comprehensive health tracking capabilities, and smart notifications. This manual provides instructions for setting up, operating, and maintaining your device.

Key Features

- 1.78-inch Large AMOLED Touch Screen Display
- 21-Day Battery Life (typical usage)
- Heart Rate Monitoring
- Blood Oxygen (SpO2) Tracking
- Sleep Tracking
- Built-in GPS for outdoor activities
- 5 ATM Water Resistance
- Smart Notifications (calls, texts, calendar, app alerts)
- Multiple Sports Modes

What's in the Box

- 3Plus Vibe Pro Smart Watch
- Charging Cable
- User Manual

2. SETUP

2.1 Charging the Device

Before initial use, fully charge your 3Plus Vibe Pro Smart Watch. Connect the charging cable to the charging contacts on the back of the watch and to a USB power source. The watch display will indicate charging status.



Figure 2.1: Front view of the 3Plus Vibe Pro Watch display.



Figure 2.2: Rear view of the 3Plus Vibe Pro Watch with charging contacts and sensors.

2.2 App Installation and Pairing

1. **Download the 3Plus App:** Search for the "3Plus" app on your smartphone's app store (iOS or Android) and install it.
2. **Create an Account:** Open the app and follow the on-screen instructions to create a new user account or log in if you already have one.
3. **Pair Your Watch:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Open the 3Plus app and navigate to the device pairing section.
 - Select your 3Plus Vibe Pro from the list of available devices.

- Confirm the pairing request on both your watch and smartphone.

2.3 Customizing the Watch Face

You can customize the watch face directly on the device by swiping or through the 3Plus app. The app offers a wider selection of watch faces to personalize your device.



Figure 2.3: The 1.78" AMOLED display of the 3Plus Vibe Pro Watch.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

- **Touch Screen:** Swipe left, right, up, or down to navigate through menus and features. Tap to select.
- **Side Button:** Typically used to return to the home screen or activate specific functions.

3.2 Health and Fitness Tracking

The 3Plus Vibe Pro tracks various health and fitness metrics automatically throughout the day. You can view detailed data on the watch or through the connected 3Plus app.

- **Steps, Calories, Distance:** Automatically recorded.
- **Heart Rate:** Continuous monitoring. For accurate readings, ensure the watch is snug on your wrist.
- **Blood Oxygen (SpO2):** Track your oxygen levels. For best results, remain still during measurement.
- **Sleep Tracking:** Monitors deep sleep, light sleep, and awake times.
- **Built-in GPS:** Provides real-time route tracking during outdoor exercises.



Figure 3.1: Activity tracking screen on the 3Plus Vibe Pro Watch.



Figure 3.2: Blood oxygen and heart rate measurement screen.



Figure 3.3: Sleep data display on the 3Plus Vibe Pro Watch.

3.3 Sports Modes

The watch includes multiple sports modes to track specific workouts. Select the appropriate mode before starting an activity for more accurate data collection.

Your browser does not support the video tag.

Video 3.1: Official product video demonstrating various features including sports modes, GPS, and notifications. This video highlights the watch's capabilities for active lifestyles.

3.4 Smart Notifications

Receive call, text, calendar, and smartphone app notifications directly on your watch when your phone is nearby and connected via Bluetooth. Quick replies and voice replies are available on Android devices only.

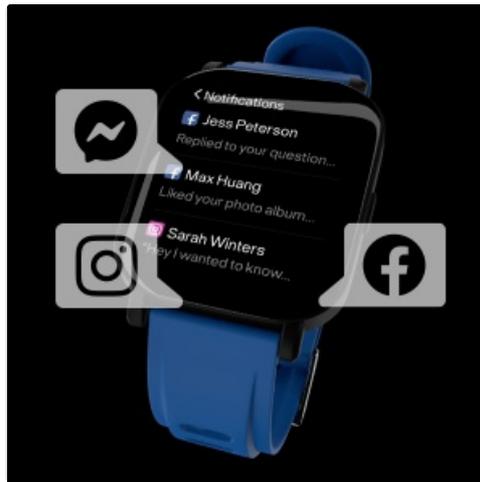


Figure 3.4: Notifications displayed on the 3Plus Vibe Pro Watch screen.

3.5 Water Resistance

The 3Plus Vibe Pro has a 5 ATM water resistance rating, making it suitable for swimming, showering, snorkeling, and exposure to rain. It is not recommended for high-speed water sports or diving.

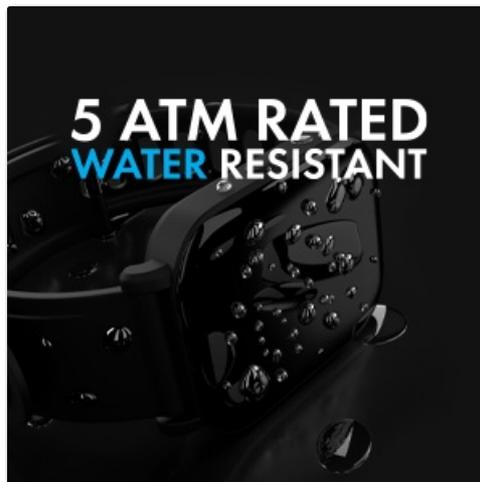


Figure 3.5: The 3Plus Vibe Pro Watch demonstrating its water resistance.

4. MAINTENANCE

4.1 Cleaning Your Watch

- Regularly clean your watch and band with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the device.
- Ensure the watch is completely dry before charging.

4.2 Battery Care

- To prolong battery life, avoid exposing the watch to extreme temperatures.
- Charge the watch fully before long periods of inactivity.
- While the watch boasts a long battery life, individual usage patterns and settings can affect actual duration.

4.3 Water Resistance Precautions

- Although rated 5 ATM, avoid pressing buttons underwater.
- Do not expose the watch to hot water, steam, or detergents, as this may compromise the water seal.
- If the watch gets wet, dry it thoroughly before charging or using the side button.

5. TROUBLESHOOTING

5.1 Common Issues and Solutions

Issue	Possible Cause / Solution
Watch not pairing with phone	<ul style="list-style-type: none">• Ensure Bluetooth is enabled on your phone.• Make sure the watch is charged and powered on.• Restart both the watch and your phone.• Try unpairing and re-pairing the device through the 3Plus app.
Inaccurate heart rate/blood oxygen readings	<ul style="list-style-type: none">• Ensure the watch is worn snugly on your wrist, but not too tight.• Keep your arm still during measurements.• Clean the sensors on the back of the watch.
Short battery life	<ul style="list-style-type: none">• Frequent use of GPS, continuous heart rate monitoring, and bright screen settings can reduce battery life.• Adjust screen brightness and notification frequency.• Ensure the watch is fully charged. Battery performance may degrade over time.
Watch not responding / Screen blank	<ul style="list-style-type: none">• Attempt to restart the watch by pressing and holding the side button.• Connect the watch to its charger to ensure it's not simply out of battery.• If water exposure occurred, ensure the watch is completely dry.
Alarm/Timer functionality issues	<ul style="list-style-type: none">• Alarms are typically set via the 3Plus app.• Some timer functions may require the watch to remain on the timer screen to prevent resetting.

If you encounter issues not listed here or if the suggested solutions do not resolve the problem, please contact 3Plus customer support.

6. SPECIFICATIONS

Feature	Detail
Model Number	3PL-VIBEPPRO-BK

Feature	Detail
Display Size	1.78 Inches AMOLED
Product Dimensions	0.39 x 10.63 x 1.57 inches
Item Weight	2.4 ounces
Battery	1 CR5 battery (included), 280 mAh Lithium Ion
Operating System	Android, Apple iOS compatible
Connectivity	Bluetooth, GPS (True)
Water Resistance	5 ATM
Memory Storage Capacity	16 MB
RAM Memory Installed Size	32 MB

7. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official 3Plus website. You can also visit the [3Plus Store on Amazon](#) for additional resources.

If you require technical assistance or have questions about your 3Plus Vibe Pro Smart Watch, please contact 3Plus customer service directly.