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realme RMW2010

# realme Band 2 RMW2010 Space Grey User Manual

Model: RMW2010

## 1. INTRODUCTION AND OVERVIEW

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The realme Band 2 is a versatile smart band designed to assist you in monitoring your health and fitness activities. It features a super bright 1.4-inch HD display, comprehensive health tracking, and extended battery life. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Image 1.1: Front view of the realme Band 2 in Space Grey, displaying a watch face with activity metrics.

### Key Features:

- Super Bright 1.4" HD Display
- Heart Rate Monitor and Daily Steps Count
- Up to 10 Days Battery Life
- Compatible with iOS and Android Devices
- Water Resistant up to 50 meters
- 90 Sports Modes

## 2. SETUP

### 2.1 Initial Charging

Before first use, fully charge your realme Band 2. Connect the charging cable to the charging port on the back of the band and plug the USB end into a power adapter (not included) or a computer's USB port. The band will display a charging indicator.



Image 2.1: The realme Band 2 connected to its magnetic charging cable, showing a 100% battery indicator.

### 2.2 Pairing with Your Smartphone

1. Download the **realme Link** app from the App Store (iOS) or Google Play Store (Android).
2. Ensure your smartphone's Bluetooth is enabled.
3. Open the realme Link app, create an account or log in.
4. Tap 'Add Device' and select 'realme Band 2' from the list.
5. Follow the on-screen instructions in the app to complete the pairing process. A pairing request will appear on your band; confirm it.

## 3. OPERATING INSTRUCTIONS

### 3.1 Navigating the Display

The realme Band 2 features a touch-sensitive display. Swipe up, down, left, or right to navigate through menus and functions. Tap to select an option or confirm an action.

# 12-day Battery Life



Image 3.1: Close-up of the realme Band 2's 1.4-inch large color display, highlighting its brightness (500 nits) and resolution (167x320).

## 3.2 Health Monitoring

- **Heart Rate Monitoring:** The band continuously monitors your heart rate. Access the heart rate widget on the band or view detailed data in the realme Link app.
- **Blood Oxygen Monitoring:** Measure your blood oxygen saturation (SpO2) levels. Navigate to the SpO2 function on the band and follow the instructions.
- **Sleep Tracking:** The band automatically tracks your sleep patterns, including deep sleep, light sleep, and wake times. View sleep analysis in the realme Link app.
- **Daily Steps Count:** Your daily steps, distance, and calories burned are automatically recorded.

## 90 Sports Modes

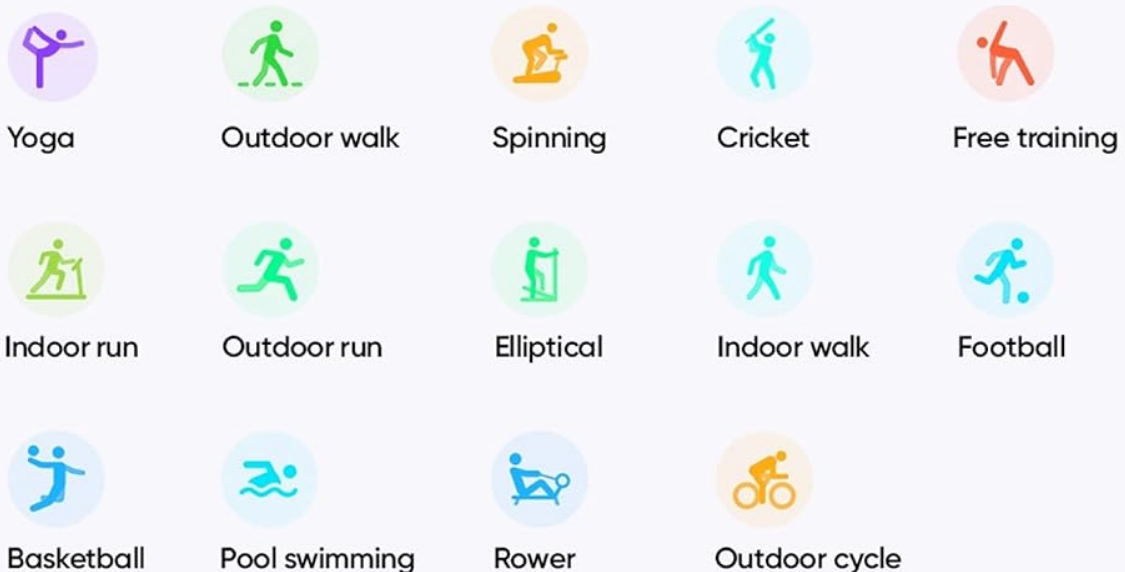


Image 3.2: The realme Band 2 demonstrating blood oxygen and heart rate monitoring, showing a 97% SpO2 reading and a heart icon.

### 3.3 Sports Modes

The realme Band 2 supports 90 sports modes. To start a workout:

1. Swipe on the band's display to find the 'Workout' or 'Sports' menu.
2. Select your desired activity (e.g., Outdoor Run, Yoga, Swimming).
3. Tap to start the activity. The band will begin tracking your metrics.
4. To end, swipe right or press the side button (if available) and select 'End'.

## More Functions Here

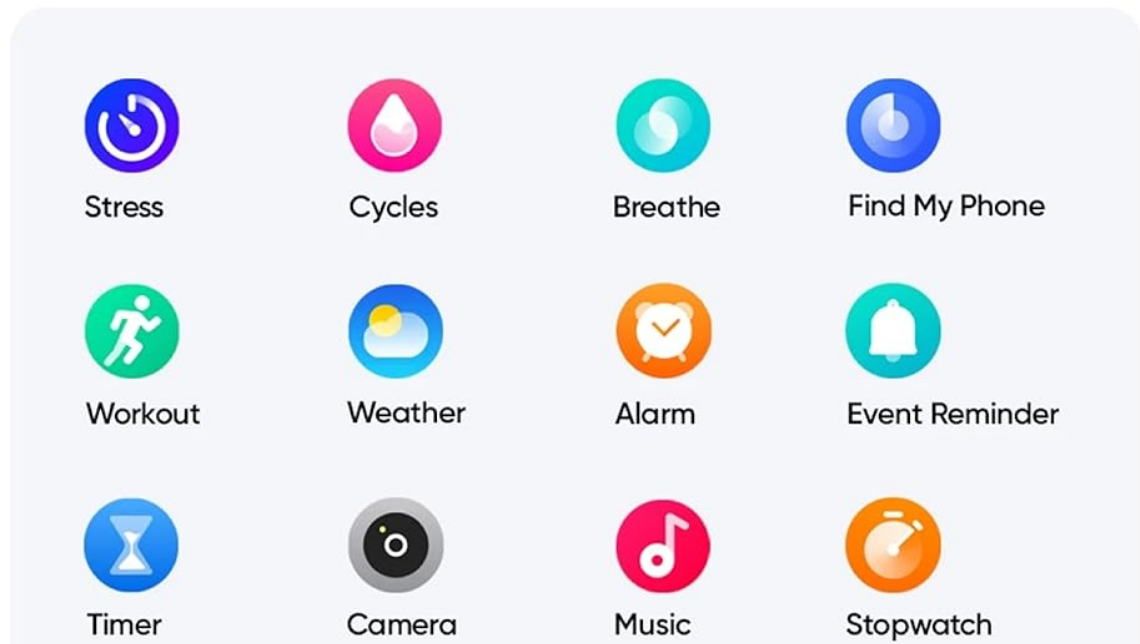


Image 3.3: Icons representing various sports modes available on the realme Band 2, including Yoga, Outdoor Walk, Spinning, Cricket, and more.

### 3.4 Other Functions

The band offers additional features accessible through its interface or the realme Link app:

- **Stress Monitoring:** Track your stress levels throughout the day.
- **Cycles:** For female users, track menstrual cycles.
- **Breathe:** Guided breathing exercises for relaxation.
- **Find My Phone:** Locate your paired smartphone.
- **Weather:** View current weather conditions.
- **Alarm & Event Reminder:** Set alarms and reminders.
- **Timer & Stopwatch:** Basic timing functions.
- **Camera Control:** Remotely control your phone's camera.
- **Music Control:** Control music playback on your phone.
- **Personalized Dial Faces:** Customize your watch face via the realme Link app.

# Blood Oxygen & Heart Rate Monitor



Image 3.4: A selection of personalized dial faces available for the realme Band 2, showcasing different styles and information layouts.

## 4. MAINTENANCE

### 4.1 Cleaning Your Band

Regularly clean your realme Band 2 to ensure optimal performance and hygiene. Use a soft, damp cloth to wipe the display and strap. Avoid harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry.

### 4.2 Water Resistance

The realme Band 2 is water resistant up to 50 meters. This means it can be worn during swimming and showering. However, it is not suitable for diving or high-pressure water activities. After exposure to water, dry the band thoroughly before charging.



Image 4.1: The realme Band 2 being held under running water, demonstrating its water resistance feature.

### 4.3 Battery Care

To maximize battery life, avoid exposing the band to extreme temperatures. Charge the device using the provided charger. If the band will not be used for an extended period, charge it to about 50% before storing.

## 5. TROUBLESHOOTING

### 5.1 Common Issues and Solutions

- **Band not turning on:** Ensure the band is fully charged. Connect it to the charger for at least 10 minutes.
- **Connectivity issues (Bluetooth):**
  - Ensure Bluetooth is enabled on your smartphone.
  - Make sure the realme Link app is running in the background.
  - Try unpairing and re-pairing the band through the realme Link app.
  - Restart both your smartphone and the realme Band 2.
- **Inaccurate tracking data:**
  - Ensure the band is worn snugly on your wrist, about one finger's width above your wrist bone.

- Clean the sensors on the back of the band.
- Update the realme Link app and the band's firmware to the latest versions.

- **Short battery life:**

- Reduce screen brightness.
- Disable continuous heart rate monitoring if not needed.
- Limit notifications from apps.
- Ensure the band's firmware is up to date.

## 5.2 Factory Reset

If you encounter persistent issues, a factory reset may resolve them. This will erase all data on the band and restore it to its original settings. Consult the realme Link app for the specific steps to perform a factory reset, usually found under device settings.

## 6. SPECIFICATIONS

<b>Model Number</b>	RMW2010
<b>Display</b>	1.4-inch HD Color Display, 500 nits Brightness, 167x320 Resolution
<b>Battery</b>	204 mAh Lithium Ion (included)
<b>Battery Life</b>	Up to 10 days (typical usage)
<b>Water Resistance</b>	5 ATM (up to 50 meters)
<b>Connectivity</b>	Bluetooth (compatible with iOS and Android)
<b>Sensors</b>	Heart Rate Monitor, Blood Oxygen Sensor, Accelerometer
<b>Dimensions (LxWxH)</b>	26 x 2.5 x 1.2 cm
<b>Item Weight</b>	28 g
<b>Included Components</b>	realme Band 2, Charger
<b>Manufacturer</b>	Guangdong Transtek Medical Electronics Co LTD
<b>Importer</b>	Oppo Mobiles India Private Limited

## 7. WARRANTY AND SUPPORT

### 7.1 Warranty Information

The realme Band 2 RMW2010 comes with a **1-year manufacturer warranty** from the date of purchase. This warranty covers manufacturing defects. Please retain your proof of purchase for warranty claims. The warranty does not cover damage caused by misuse, accidents, unauthorized repairs, or normal wear and tear.

### 7.2 Customer Support

For technical assistance, warranty claims, or further inquiries, please contact realme customer support. You can typically find contact information on the official realme website or within the realme Link application.

Manufacturer: Guangdong Transtek Medical Electronics Co LTD

Importer: Oppo Mobiles India Private Limited, 5th Floor, Tower-B, Building No. 8, DLF Cyber City,  
Gurugram, Haryana-122002, India