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› ZEBRONICS ZEB-FIT280CH Smart Watch User Manual

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Model: Zeb-Fit280CH

INTRODUCTION

The ZEBRONICS ZEB-FIT280CH Smart Watch is designed to be a smart fitness companion, offering a blend of style and functionality. This manual provides essential information for setting up, operating, and maintaining your device to ensure optimal performance and longevity.



Image: Front view of the ZEBRONICS ZEB-FIT280CH Smart Watch.

PACKAGE CONTENTS

Upon opening the package, verify that all items are present:

- Smart Fitness Watch (1 Unit)
- Charging Cable (1 Unit)
- User Manual (1 Unit)

SETUP

1. Charging the Smart Watch

Before initial use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and to a USB power source. The watch features a 200mAh battery, providing approximately 8 days of battery

life depending on usage.



Image: Rear view of the smart watch, highlighting the charging points and sensors.

2. App Installation and Pairing

The ZEB-FIT280CH Smart Watch requires the **ZEB-FIT 20 SERIES** companion application for full functionality. This app is compatible with both Android and iOS smartphones.

1. Download the **ZEB-FIT 20 SERIES** app from the Google Play Store (for Android) or the iOS App Store (for Apple devices).
2. Ensure Bluetooth v5.0 is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to pair your smart watch. This typically involves searching for the device and confirming the connection.

Once paired, you can configure watch faces, manage notifications, and access detailed fitness data through the app.

OPERATING INSTRUCTIONS

1. Display and Navigation

The smart watch features a 3.55cm (1.39inch) full-touch square color display. Navigation is intuitive:

- **Touch Control:** Swipe across the screen to navigate through menus and options.
- **Side Button:** Use the physical button on the right side for quick access to the main menu or to return to the home screen.
- **Dual Menu UI:** The watch offers a smooth dual menu user interface for easy visibility and navigation of icons.
- **Customizable Watch Faces:** Personalize your watch with various online watch faces or use images from your mobile gallery via the ZEB-FIT 20 SERIES app.



Image: Various customizable watch faces displayed on the smart watch.

2. Health Monitoring

The ZEB-FIT280CH is equipped with multiple sensors to help you monitor your health:

- **Heart Rate Monitor:** Tracks your heart rate throughout the day.
- **Blood Pressure Monitor:** Provides blood pressure readings.
- **SpO2 Level Monitor:** Measures your blood oxygen saturation levels.
- **Sleep Monitor:** Analyzes your sleep patterns to help improve sleep quality.
- **Calorie Burnt:** Estimates calories burned based on your activity.
- **Step Count & Distance Tracker:** Records your daily steps and distance covered.

Stay Fit with ZebFit

SpO2, Heart Rate, BP Monitor



Image: Smart watch screen showing SpO2, heart rate, and blood pressure measurements.

3. Sports Modes

The watch supports 12 built-in sports modes to track your workouts effectively. Select the appropriate mode for your activity to get accurate data on calories, distance, and heart rate specific to that sport type.



Image: Smart watch displaying different sports modes like training, walking, running, skipping, and cycling.

4. Smart Features

Enhance your daily routine with these convenient features:

- **Caller ID & Notification Alerts:** Receive notifications from social media apps and incoming caller ID alerts (with vibration) directly on your watch. You can also reject calls from the watch.
- **Alarm Clock:** Set alarms to help you stay on schedule.
- **Wrist Sense Display:** The display automatically wakes up when you raise your wrist.
- **Weather Forecast:** Get real-time weather updates.
- **Meditative Breathing:** Guided breathing exercises for relaxation.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Camera & Music Control:** Remotely control your smartphone's camera and music playback.

Call Reject



Image: User rejecting an incoming call directly from the smart watch screen.

MAINTENANCE

1. Water Resistance

The ZEB-FIT280CH has an IP68 waterproof rating, making it suitable for everyday use and protection against dust and immersion in water up to 1.5 meters for a limited time. Avoid hot water, steam, or prolonged submersion.



Image: Smart watch being splashed with water, illustrating its IP68 waterproof feature.

2. Cleaning

Wipe the watch and strap regularly with a soft, dry cloth to remove sweat, dirt, and oils. For stubborn stains, use a slightly damp cloth and dry thoroughly.

3. Battery Management

To maximize battery life, avoid extreme temperatures and fully charge the device when prompted. The watch stores up to 7 days of data, so regular syncing with the app is recommended to prevent data loss.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged using the provided magnetic charging cable.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone and the watch is within range.
 - Restart both the watch and your phone.
 - Verify that the ZEB-FIT 20 SERIES app is installed and updated.
- **Inaccurate health readings:**
 - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
 - Clean the sensors on the back of the watch.
 - Note that smart watch readings are for reference and not for medical diagnosis.
- **Notifications not appearing:**
 - Check app permissions on your phone to ensure the ZEB-FIT 20 SERIES app has access to notifications.
 - Ensure the watch is connected via Bluetooth.

SPECIFICATIONS

Model Name	Zeb-Fit280CH
Brand	ZEBRONICS
Screen Size	3.55 cm (1.39 inch)
Display Type	Full Touch Color Display (LCD or OLED)
Water Resistance Rating	IP68 (Water Resistant up to 1.5 meters)
Connectivity	Bluetooth v5.0
Battery Capacity	200 mAh
Battery Life (Average)	8 Days
Data Storage	7 Days
Health Monitoring	Heart Rate, Blood Pressure, SpO2, Sleep Monitor
Sports Modes	12 Built-in modes
Compatible OS	Android, iOS
Human Interface Input	Buttons, Touch Control
Band Material	Silicone
Item Weight	120 Grams
Item Dimensions (L x W x H)	7 x 3 x 16.5 Centimeters

WARRANTY AND SUPPORT

Your ZEBRONICS ZEB-FIT280CH Smart Watch comes with a**1-year carry-in warranty** to the service center. For product support, technical assistance, or any queries, you can connect with Zebronics on**936092527**. Zebronics has over 135 service centers across India. Visit zebronics.com to locate your nearest Zeb Care center.

PRODUCT VIDEO OVERVIEW

Your browser does not support the video tag.

Video: An official overview of the ZEBRONICS ZEB-FIT280CH Smart Watch, highlighting its features and design.

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