

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [Parsonver](#) /

› [Parsonver FF2 Smartwatch User Manual](#)

Parsonver FF2

Parsonver FF2 Smartwatch User Manual

Model: FF2 | Brand: Parsonver

1. INTRODUCTION

Thank you for choosing the Parsonver FF2 Smartwatch. This device is designed to be a comprehensive companion for your daily life, offering advanced fitness tracking, health monitoring, and smart notifications. With its 5ATM water resistance, over 100 sports modes, and a vibrant 1.8-inch HD touchscreen, the FF2 Smartwatch helps you stay connected and active. Please read this manual carefully to understand how to operate your new smartwatch and ensure its optimal performance.

2. WHAT'S IN THE BOX

Upon opening your Parsonver FF2 Smartwatch package, you should find the following items:

- 1x FF2 Smartwatch
- 1x Charging Cable
- 1x User Manual

3. SETUP GUIDE

3.1 Charging the Smartwatch

Before initial use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer's USB port. A full charge typically takes approximately 2 hours.

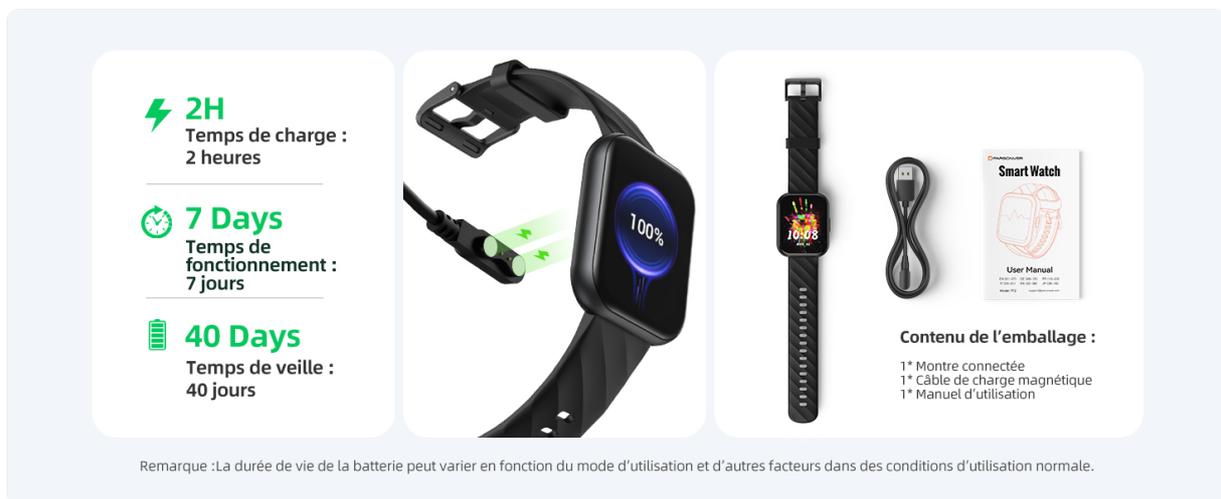


Image: The Parsonver FF2 Smartwatch, its magnetic charging cable, and the user manual included in the box.

3.2 Downloading the Companion App

To unlock all features and synchronize data, download the official Parsonver companion app on your smartphone. Search for "Parsonver Fit" (or similar name as specified in the manual) in the Apple App Store for iOS devices or Google Play Store for Android devices.

3.3 Pairing with Your Smartphone

1. Ensure your smartwatch is charged and powered on.
2. Enable Bluetooth on your smartphone.
3. Open the Parsonver Fit app and follow the on-screen instructions to create an account or log in.
4. In the app, navigate to the device pairing section and select your FF2 Smartwatch from the list of available devices.
5. Confirm the pairing request on both your smartphone and smartwatch.

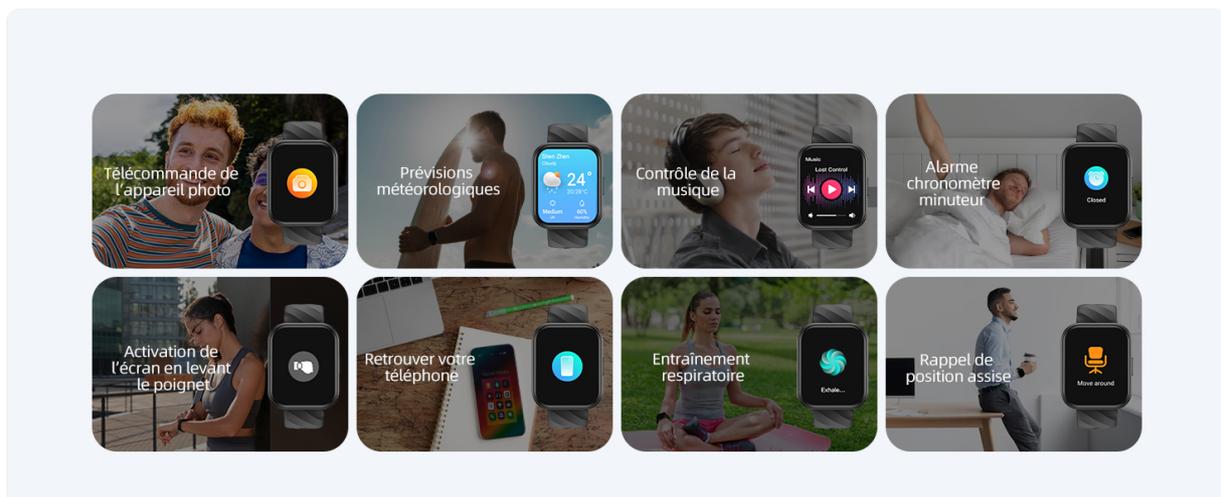


Image: A smartphone displaying the Parsonver companion application interface.

4. OPERATING INSTRUCTIONS

4.1 Display and Customization

The FF2 Smartwatch features a vibrant 1.8-inch HD touchscreen with a resolution of 320x390 pixels. You can adjust the brightness to one of 5 levels for optimal visibility in various lighting conditions. Personalize your watch with over 200 captivating watch faces available through the app, or upload your own photos to create a unique look.

1.8" HD



Écran Tactile Couleur



Autonomie Prolongée

- ⚡ Temps de charge : 2 heures
- 🕒 Temps de fonctionnement : 7 jours
- 📴 Temps de veille : 40 jours



Conception légère

Confortable à porter

37g

Image: The Parsonver FF2 Smartwatch showcasing a selection of its customizable watch faces.

4.2 Sports Modes and Activity Tracking

The smartwatch supports over 100 sports modes, including running, cycling, swimming, yoga, and more. It accurately records your activity data such as heart rate, steps, pace, calories burned, and distance. This data is synchronized with the app for detailed analysis and progress tracking.

Suivi de Santé **24** Heures sur **24**

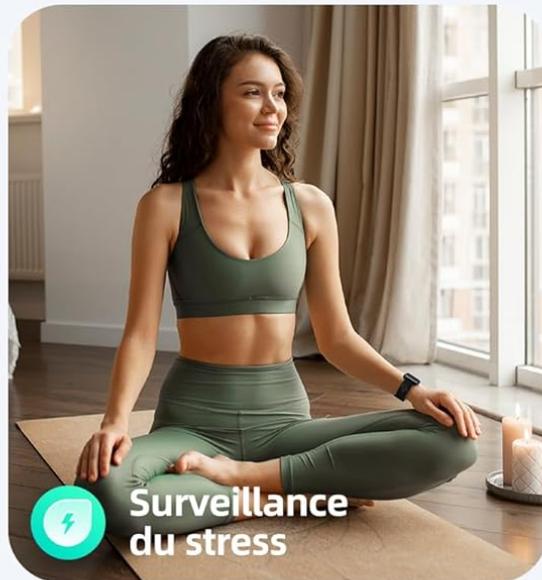
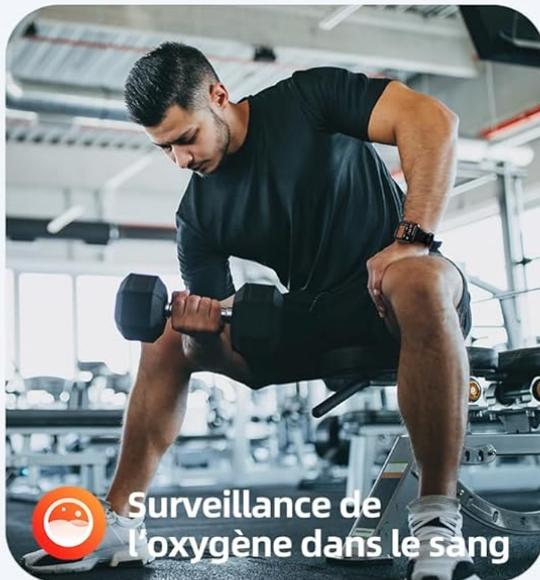
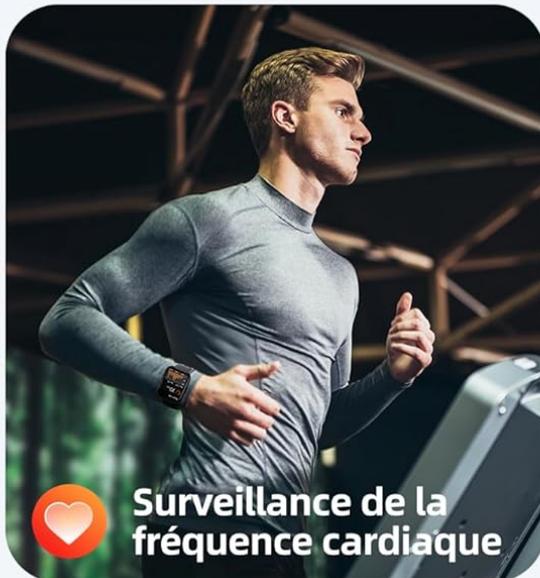


Image: A person engaged in physical activity, with the Parsonver FF2 Smartwatch on their wrist displaying activity metrics.

4.3 Water Resistance and Swimming Tracking

With a 5ATM water resistance rating, the FF2 Smartwatch can withstand water pressure up to 50 meters, making it suitable for swimming. It tracks swimming duration, laps, heart rate, and SWOLF efficiency, providing comprehensive data to help improve your swimming performance.



Image: A swimmer wearing the Parsonver FF2 Smartwatch, with an overlay of swimming activity data.

4.4 Health Monitoring

The smartwatch offers continuous health monitoring features:

- **24/7 Heart Rate Monitoring:** Tracks your heart rate continuously and provides alerts for abnormal readings.
- **Sleep Tracking:** Monitors your sleep stages (deep, light, REM, awake) to help you understand and improve your sleep quality.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Stress Monitoring:** Helps you understand and manage your emotional stress levels.
- **Female Health Tracking:** Assists women in predicting and tracking menstrual periods and ovulation.

5ATM Étanche & Suivi De Natation



Peut résister à une profondeur

50 Mètres

00:30:00
Natation en piscine
09/06 09:00 AM
Style principal: Brasse

Fréquence cardiaque 120 bpm	Calories 200 kcal	Distance 10 times	Tours 30 laps	Nages 12 times/min	avg. Velocità 21'27" 100m	SWOLF 41
--------------------------------	----------------------	----------------------	------------------	-----------------------	---------------------------------	-------------

Image: The Parsonver FF2 Smartwatch on a wrist, showing real-time heart rate data.

Plus de 100 Modes Sportifs



Suivi d'activité toute la journée



Surveiller la progression des objectifs



Image: A person sleeping, with the Parsonver FF2 Smartwatch on their wrist displaying sleep tracking information.

4.5 Smart Notifications

Stay informed with real-time notifications for incoming calls, SMS messages, emails, and social media alerts (e.g., WhatsApp, Facebook) directly on your wrist. You can decline calls from the watch, but direct answering is not supported.

Notifications

Consultez facilement vos notifications Ne manquez plus jamais un message important



Image: A person looking at their Parsonver FF2 Smartwatch, which displays various app notification icons.

4.6 Other Features

The FF2 Smartwatch includes several other convenient functions:

- Remote Camera Control
- Weather Forecast
- Music Control
- Stopwatch and Alarm Clock
- Sedentary Reminders
- Breathing Exercises
- Find My Phone function

5. MAINTENANCE

5.1 Cleaning Your Smartwatch

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device hygiene. Use a soft, damp cloth to wipe the watch face and strap. Avoid using harsh chemicals or abrasive materials.

5.2 Battery Care

The FF2 Smartwatch offers up to 7 days of typical usage and 40 days of standby time on a single charge. To prolong battery life, avoid extreme temperatures and fully discharging the battery frequently. Charge the watch using the provided magnetic cable.

5.3 Water Resistance Precautions

While the FF2 Smartwatch is 5ATM water resistant, it is important to avoid wearing it in hot baths, saunas, or steam rooms. High temperatures and steam can compromise the watch's water resistance and cause damage.

6. TROUBLESHOOTING

If you encounter any issues with your Parsonver FF2 Smartwatch, please refer to the following common solutions:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone, then try pairing again through the app.
- **Inaccurate data:** Ensure the watch is worn snugly on your wrist. For sports tracking, select the correct activity mode.
- **Notifications not received:** Check app permissions on your phone to ensure the Parsonver Fit app has access to notifications. Verify that notifications are enabled within the app settings.
- **Screen unresponsive:** Try restarting the watch. If the issue persists, contact customer support.

For further assistance, please refer to the support section of the Parsonver Fit app or visit the official Parsonver website.

7. SPECIFICATIONS

Here are the technical specifications for the Parsonver FF2 Smartwatch:

Feature	Specification
Model Number	FF2
Operating System	Android (compatible)
Item Weight	37 g
Product Dimensions (L x W x H)	24.69 x 3.81 x 1.19 cm
Battery	1 CR5 (included)
Connectivity Technology	Bluetooth
GPS	No GPS
Special Features	Notification, Alarm Clock, Activity Tracker, Multisport Tracker, Touchscreen

Feature	Specification
Display Resolution	320x390 pixels
Human Interface Input	Touchscreen
Color	Black
Battery Capacity	320 mAh
Wireless Communication Standard	Bluetooth
Battery Composition	Lithium-ion
Screen Size	1.8 Inches

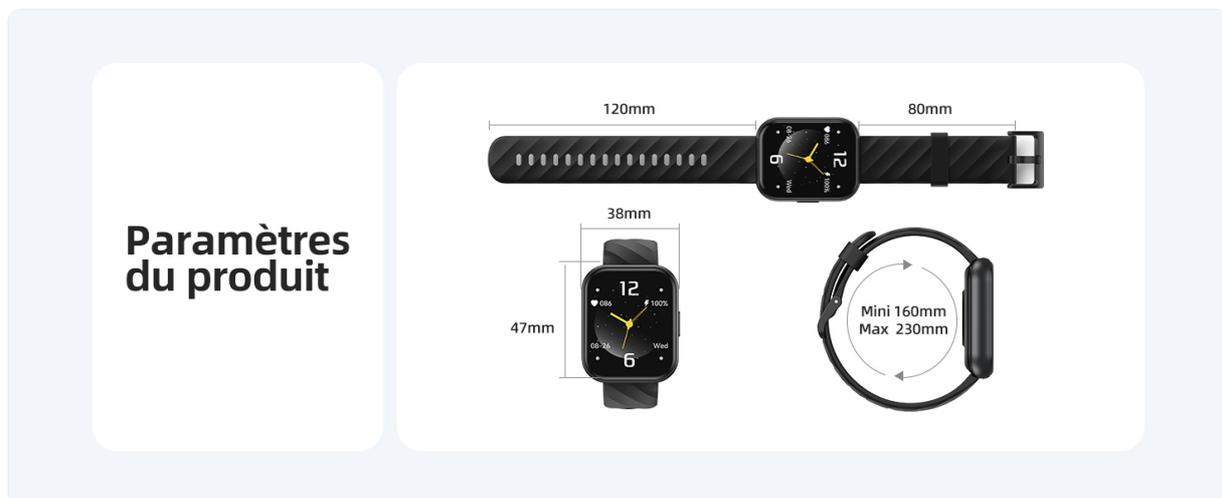


Image: Technical diagram illustrating the dimensions of the Parsonver FF2 Smartwatch.

8. WARRANTY AND SUPPORT

Your Parsonver FF2 Smartwatch comes with a standard manufacturer's warranty. For details regarding warranty coverage, returns, or technical support, please refer to the warranty information provided in the packaging or contact Parsonver customer service directly. You can usually find contact information on the official Parsonver website or within the companion app.

Your browser does not support the video tag.

Video: An overview of the Parsonver FF2 Smartwatch features, including its display, sports modes, and health tracking capabilities.