

SHANG WING lynn

SHANG WING Lynn Smartwatch User Manual

Model: Lynn

1. INTRODUCTION

Thank you for choosing the SHANG WING Lynn Smartwatch. This device is designed to enhance your daily life by providing comprehensive health monitoring, smart notifications, and various sports tracking features in a compact and stylish design. This manual will guide you through the setup, operation, and maintenance of your new smartwatch.

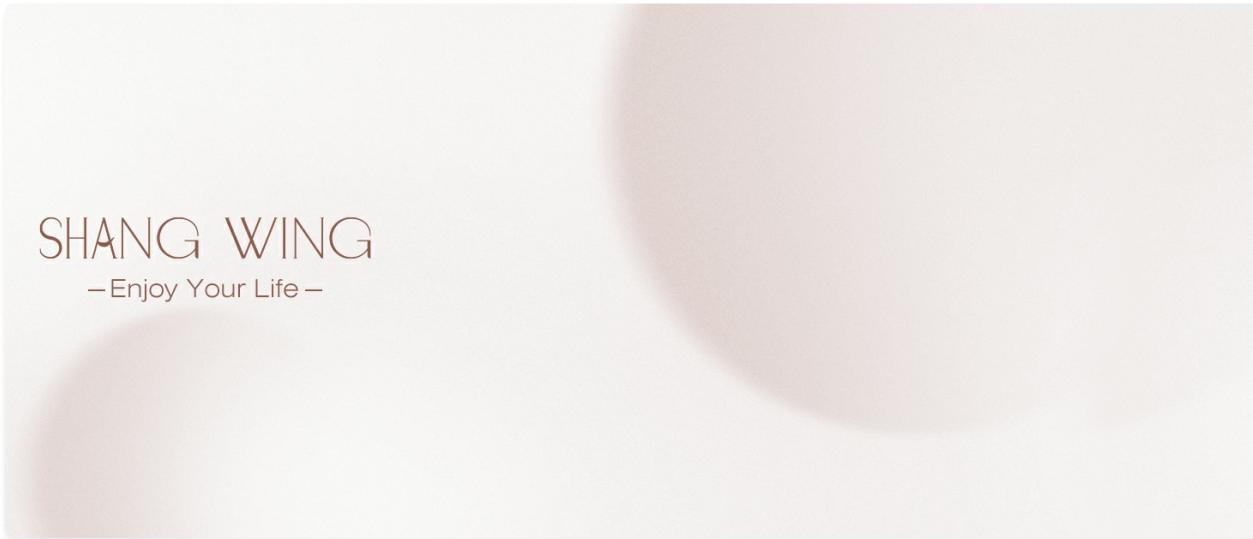


Image: Overview of the SHANG WING Lynn Smartwatch and its key features.

2. WHAT'S IN THE Box

Please check the contents of your package to ensure all items are present:

- 1 x SHANG WING Lynn Smartwatch
- 1 x USB Charging Cable
- 1 x User Manual

3. PRODUCT OVERVIEW

The SHANG WING Lynn Smartwatch features a 1.1-inch HD full-touchscreen, weighing only 33 grams, making it comfortable for all-day wear. It offers a range of functionalities to support your health and daily activities.

Key Features:

- **Health Monitoring:** Automatic heart rate, blood oxygen (SpO2), and sleep monitoring. Includes a physiological cycle reminder function for women.
- **Smart Notifications:** Receive call reminders, SMS, and social app notifications directly on your wrist.
- **Sports Modes:** Supports 12 different sports modes including walking, running, cycling, dancing, yoga, and more.
- **Personalization:** Customizable watch faces, allowing you to choose from a market or upload your own photos.
- **Practical Tools:** Remote camera control, music control, find phone, sedentary reminders, weather updates, alarm, and stopwatch.
- **Durability:** IP68 waterproof rating.



The SHANG WING Lynn Smartwatch in black, showcasing its sleek design.



The smartwatch interface showing various sport modes available for tracking.



The smartwatch on a wrist, displaying the physiological cycle tracking feature.



The smartwatch showing detailed sleep monitoring data, including deep, light, and REM sleep.



The smartwatch receiving and displaying a social media notification.



The smartwatch displaying a personalized watch face with a custom image.

4. SETUP

4.1 Charging the Smartwatch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge takes approximately 2.5 hours.

Größe



Langlebige Batterie



Aufladezeit
2.5 Hrs



Normaler Gebrauch
5 Tage



Standby-Zeit
30 Tage



Image: Illustration of smartwatch dimensions and battery charging status.

4.2 App Installation

To unlock the full potential of your SHANG WING Lynn Smartwatch, download and install the companion app, **InxFit**, from your smartphone's app store (Google Play Store for Android or Apple App Store for iOS). The app is compatible with Android 6.0 & iOS 9.0 and higher.

4.3 Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.

2. Open the InxFit app and follow the on-screen instructions to create your profile and connect your device.
3. The app will search for available devices. Select 'Lynn' or the corresponding device name from the list.
4. Confirm the pairing request on both your smartwatch and smartphone.
5. Once paired, the smartwatch will synchronize data with the app.

5. OPERATING INSTRUCTIONS

5.1 Navigation

The smartwatch features a full-touchscreen display. Navigate through menus and functions by swiping left, right, up, or down. Tap to select an option. The side button can be used to return to the home screen or access specific menus (e.g., double-press for settings).

5.2 Health Monitoring

- **Heart Rate:** Access the heart rate function on the watch or through the app to measure your current heart rate.
- **Blood Oxygen (SpO2):** Initiate a SpO2 measurement from the watch. Ensure the watch is worn snugly on your wrist for accurate readings.
- **Sleep Monitoring:** Wear the watch to bed, and it will automatically track your sleep patterns, including deep sleep, light sleep, and REM stages. View detailed reports in the InxFit app.
- **Female Health:** Set up your physiological cycle in the InxFit app to receive timely reminders and predictions directly on your smartwatch.

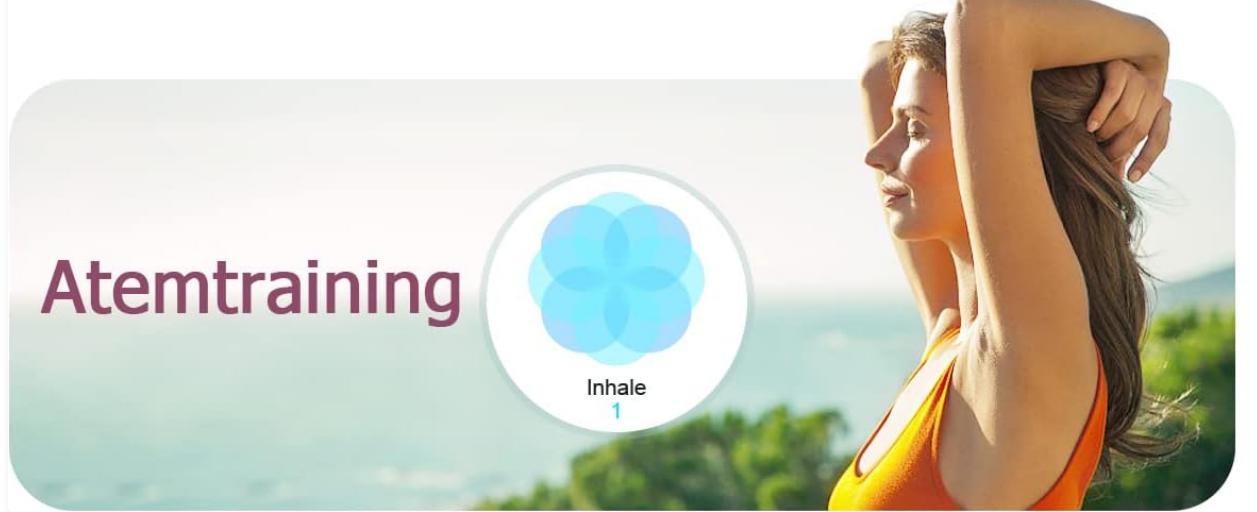


Image: Visual representation of women's health tracking, blood oxygen monitoring, and breathing exercises.

5.3 Sports Modes

The smartwatch supports 12 different sports modes. Select your desired activity from the sports menu to track specific metrics such as steps, distance, calories burned, and exercise duration. Data will be synchronized with the InxFit app for detailed analysis.

5.4 Smart Notifications

Once paired with your smartphone, the smartwatch can display incoming call alerts, SMS messages, and notifications from various social applications (e.g., Facebook, Twitter, WhatsApp, Line). Ensure notification permissions are enabled in both your phone's settings and the InxFit app.

5.5 Customization

Personalize your smartwatch by changing the watch face. You can choose from a variety of pre-installed faces, download more from the watch face market within the InxFit app, or even upload your own photos to create a unique background.

6. MAINTENANCE

To ensure the longevity and optimal performance of your SHANG WING Lynn Smartwatch, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then dry thoroughly.
- **Avoid Chemicals:** Do not use harsh chemicals, cleaning solvents, or strong detergents, as they may damage the watch's finish or internal components.
- **Water Resistance:** The watch is IP68 waterproof, meaning it can withstand splashes, rain, and brief immersion. However, it is not recommended for hot showers, saunas, or diving, as steam and hot water can compromise the seals.
- **Temperature:** Avoid exposing the watch to extreme temperatures (very hot or very cold) or sudden temperature changes.
- **Storage:** When not in use for extended periods, store the watch in a cool, dry place.

7. TROUBLESHOOTING

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

Problem	Possible Solution
Smartwatch won't turn on	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Unable to pair with smartphone	Check if Bluetooth is enabled on your phone. Ensure the InxFit app is open and has necessary permissions. Restart both the watch and phone. Try unpairing and re-pairing.
Notifications not received	Verify notification permissions for the InxFit app in your phone's settings. Ensure the app is running in the background. Check notification settings within the InxFit app.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the sensor on the back of the watch. Avoid excessive movement during measurements.
Short battery life	Reduce screen brightness, shorten screen-on time, and limit continuous heart rate monitoring if not needed. Turn off unnecessary notifications.

If the problem persists after trying these solutions, please contact SHANG WING customer support for further assistance.

8. SPECIFICATIONS

Feature	Detail
Model Number	lynn
Display	1.1 inch Full-Touchscreen
Product Dimensions	24 x 18 x 1.1 cm
Weight	33 Grams
Battery Type	Lithium-Polymer
Battery Capacity	210 mAh
Charging Time	Approx. 2.5 hours
Battery Life (Normal Use)	3-5 days
Standby Time	25-30 days
Waterproof Rating	IP68
Connectivity	Bluetooth
Compatible System	Android 6.0 & iOS 9.0 and higher
Memory Capacity	128 MB

9. WARRANTY AND SUPPORT

SHANG WING provides a standard warranty for this product. For specific warranty terms and conditions, please refer to the documentation included with your purchase or visit the official SHANG WING website. If you require technical support, have questions about your device, or need assistance with troubleshooting, please contact SHANG WING customer service. Contact information can typically be found on the product packaging or the brand's official website.

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[pdf] Instructions

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