NONGAMX fitnessuhr damen

NONGAMX Women's Sport Smartwatch User Manual

Model: fitnessuhr damen

Introduction

Thank you for choosing the NONGAMX Women's Sport Smartwatch. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure optimal performance and longevity of your smartwatch.



The NONGAMX Women's Sport Smartwatch, featuring a sleek gold design and an alternative pink silicone strap.

What's in the Box

Upon unboxing, please verify that all the following items are included:

- 1 x NONGAMX Smartwatch
- 1 x Gold Steel Strap (pre-attached or separate)
- 1 x Pink Silicone Strap
- 1 x Charging Cable
- 1 x Multi-language User Manual (including English)

Setup Guide

1. Initial Charging

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 compatible power source (e.g., computer USB port, 5V/1A USB adapter). A full charge typically takes about 2.5 hours.

2. App Installation & Pairing

To unlock the full potential of your smartwatch, you need to install the companion application and pair it with your smartphone.

1. **Activate Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
2. **Download App:** Scan the QR code provided in your physical manual or search for "FitCloudPro" in the Apple App Store (for iOS) or Google Play Store (for Android) and install it.
3. **Open App & Add Device:** Launch the FitCloudPro app. Follow the on-screen instructions to add a new device. The app will search for available smartwatches. Select "KT60" or a similar device name to connect.
4. **Confirm Pairing:** A pairing request may appear on both your phone and watch. Confirm the pairing on both devices.

Visual guide for app installation and Bluetooth pairing process.

Note: If you experience connection issues, ensure no other Bluetooth devices are actively connected to your phone, and try resetting the smartwatch's Bluetooth settings.

Operating Your Smartwatch

1. Basic Navigation

The smartwatch features a 1.32-inch HD touch screen for intuitive navigation. Swipe left/right, up/down to access different functions and menus. The side buttons provide quick access to the main menu or can be customized for specific functions.



The smartwatch offers multiple menu display modes for user preference.

2. Bluetooth Call & Message Reminders

With its built-in Bluetooth 5.0 chip, high-fidelity speakers, and noise-cancelling microphone, the smartwatch allows you to make and receive calls directly from your wrist. It also syncs contacts and call history.

- **Answering/Making Calls:** When a call comes in, you can answer or reject it directly on the watch. You can also dial

numbers from the watch's interface.

- **Message Notifications:** Receive real-time notifications for SMS, social media apps (e.g., WhatsApp, Facebook), and other alerts directly on your watch.



The smartwatch supports Bluetooth calls and message notifications, enhancing connectivity.



The smartwatch features an on-screen dial pad for convenient call initiation.

3. Health Monitoring

The smartwatch is equipped with real-time sensors to track various health metrics throughout the day. All data is synchronized with the FitCloudPro app for comprehensive analysis and historical viewing.

- **Heart Rate Monitoring:** Continuous 24/7 heart rate tracking.
- **Blood Pressure Monitoring:** Measure your blood pressure on demand.
- **Blood Oxygen (SpO2) Monitoring:** Check your blood oxygen saturation levels.
- **Sleep Tracking:** Monitors your sleep patterns, including deep sleep, light sleep, and awake times.
- **Women's Health Assistant:** Unique reminder function for menstrual cycles, pregnancy preparation, and pregnancy periods.

Women's Health Assistant





Woman's Menstrual Cycle



24/7 Heart Rate



Blood Oxygen



Blood Pressure



sleep monitoring

The smartwatch's sensors enable comprehensive health monitoring, including women's health tracking.



The women's health reminder function helps track menstrual cycles and other related periods.

4. Sport Modes & Activity Tracking

The smartwatch features a built-in 3-axis gravity sensor for accurate tracking of daily steps, distance, and calories burned. It supports 19 different sport modes.

- **19 Sport Modes:** Select from various activities like walking, running, cycling, and more to get specific workout data.
- **24-Hour Activity Tracking:** Continuously records your daily activity, including steps, distance, calories, and heart rate.
- **GPS Motion Track:** When connected to the app, you can view your GPS motion track, duration, and pace on your mobile phone.



The smartwatch offers 19 sport modes and comprehensive 24-hour activity tracking.

5. Customizing Watch Faces

Personalize your smartwatch with over 200 watch face styles available through the app. You can also upload your own photos to create custom DIY watch faces.



Choose from over 200 stylish watch faces or create your own with the DIY function.

6. Other Functions

The smartwatch includes a variety of other useful features:

- **Music Control:** Play, pause, skip tracks directly from your watch.
- **Remote Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Weather Forecast:** Get real-time weather updates.
- **Alarm Clock:** Set multiple alarms.
- **Stopwatch & Timer:** Essential tools for timing activities.
- **Sedentary Reminder:** Get alerts to move after periods of inactivity.
- **Drink Water Reminder:** Helps you stay hydrated.
- **Find Phone/Watch:** Locate your paired device if it's within Bluetooth range.
- **Password Lock Screen:** Enhance privacy by setting a password for your watch.

- **Voice Assistant:** Access your phone's voice assistant directly from the watch.
- **Brightness Adjustment:** Adjust screen brightness for optimal viewing.
- **Do Not Disturb Mode:** Silence notifications during specific times.
- **Language Settings:** Supports multiple languages, including French and English.



Explore a wide range of additional functions to enhance your daily life.



Easily locate your phone or smartwatch using the two-way finding feature.

MAINTENANCE

1. Cleaning

Regularly clean your smartwatch and straps to prevent skin irritation and maintain appearance. Use a soft, lint-free cloth. For stubborn dirt, dampen the cloth slightly with water. Avoid harsh chemicals or abrasive materials.

2. Water Resistance

The smartwatch is designed to be waterproof, suitable for daily use like hand washing or light rain. However, it is not recommended for swimming, showering with hot water, or diving, as steam and high water pressure can damage the device.

3. Battery Life & Charging

The smartwatch is equipped with a 280mAh Lithium-ion battery. A full charge takes approximately 2.5 hours. Under typical usage, the battery can last about 7 days, with a standby time of up to 15 days. Battery life may vary based on usage patterns and enabled features.

Size Details



Battery



Detailed information on smartwatch dimensions and battery performance.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Smartwatch won't turn on	Low battery	Charge the smartwatch for at least 30 minutes.
Unable to pair with phone	Bluetooth off, app not running, watch not discoverable, interference	Ensure phone's Bluetooth is on. Restart both phone and watch. Close and reopen the app. Forget previous Bluetooth connections.

Problem	Possible Cause	Solution
Notifications not received	App permissions, DND mode, app not running in background	Check app notification permissions on your phone. Disable Do Not Disturb mode on watch. Ensure FitCloudPro app is running in the background.
Inaccurate health data	Improper fit, movement during measurement	Ensure the watch is worn snugly on your wrist. Remain still during measurements.
Short battery life	Frequent use of power-intensive features, high brightness	Reduce screen brightness. Limit continuous heart rate monitoring. Disable unnecessary notifications.

Specifications

Feature	Detail
Brand	NONGAMX
Model Number	fitnessuhr damen
Color	Gold
Display	1.32 inches, 360*360 resolution, Touch Screen
Operating System	Proprietary (Compatible with iOS, Android)
Compatibility	iOS 8.0 or higher, Android 4.4 or higher
Connectivity	Bluetooth 5.0
Battery Type	Lithium-ion
Battery Capacity	280 mAh
Charging Time	Approx. 2.5 hours
Typical Usage Time	Approx. 7 days
Standby Time	Approx. 15 days
Memory Storage Capacity	128 MB

Feature	Detail
Special Features	Bluetooth call, message push, women's health reminder, heart rate monitoring, blood pressure monitoring, blood oxygen monitoring, sleep monitoring, 19 sport modes, stopwatch, timer, photo control, music playback, find bracelet/mobile phone, DND mode, step counting, distance, calories, alarm, DIY dial, voice assistant, password setting, weather, time format, wrist raise to wake, brightness adjustment, screen-on time adjustment.
GPS	Via smartphone
Shape	Round

Warranty and Support

For warranty information and customer support, please refer to the contact details provided in the packaging or on the official NONGAMX website. Keep your purchase receipt as proof of purchase for any warranty claims.

© 2023 NONGAMX. All rights reserved.