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Joyroom JR-FT5

Joyroom JR-FT5 Fit-Life Smartwatch User Manual

Model: JR-FT5

Introduction

This manual provides essential instructions for setting up, operating, and maintaining your Joyroom JR-FT5 Fit-Life Smartwatch. Please read this guide thoroughly to ensure proper use and to maximize the features of your device.

What's in the Box

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

- Joyroom JR-FT5 Smartwatch (with one strap attached)
- Additional Silicone Strap (if applicable)
- Magnetic Charging Cable
- User Manual



Image: The package contents for the Joyroom JR-FT5 Smartwatch, showing the watch, an additional strap, the magnetic charging cable, and the printed user manual.

Product Overview

The Joyroom JR-FT5 Fit-Life Smartwatch features a 1.69-inch display and a rotating crown for navigation. It is designed for daily wear and fitness tracking.



Image: Front view of the Joyroom JR-FT5 Smartwatch, showcasing its square display with various health and activity metrics.



Image: A close-up of the smartwatch highlighting the rotating crown, which is used for navigation and selection.

Setup

1. Charging the Smartwatch

Before first 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 power adapter (not included) or a computer's USB port.

- Ensure the charging contacts are clean and dry.
- A full charge typically takes approximately 2 hours.

2. App Installation and Pairing

To unlock the full functionality of your Joyroom JR-FT5 Smartwatch, you need to install the companion app on your smartphone and pair the devices.

1. **Download the App:** Search for "Joyroom Fit-Life" or a similar app name (refer to the printed manual for the exact app name) in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).

2. **Create an Account:** Open the app and follow the on-screen instructions to create a new user account or log in if you already have one.
3. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
4. **Pair the Device:** In the app, navigate to the "Device" or "Add Device" section. The app will search for available smartwatches. Select "JR-FT5" from the list.
5. **Confirm Pairing:** A pairing request may appear on both your phone and the smartwatch. Confirm the pairing on both devices.

Once paired, the smartwatch will synchronize time and data with your phone.

Operating Instructions

1. Basic Navigation

- **Power On/Off:** Press and hold the side button to power on or off the watch.
- **Wake Screen:** Raise your wrist or press the side button to wake the screen.
- **Swipe Gestures:**
  - Swipe up/down: Scroll through menus or notifications.
  - Swipe left/right: Access quick widgets or different functions.
- **Side Button/Rotating Crown:** Press to return to the home screen or confirm selections. Rotate to scroll through menus or adjust settings.

2. Making and Answering Calls

The Joyroom JR-FT5 Smartwatch supports Bluetooth calling, allowing you to make and answer calls directly from your wrist when connected to your smartphone.

- **Answering Calls:** When an incoming call is received, tap the green answer icon on the watch screen.
- **Making Calls:** Access the dialer or contact list on your watch to initiate a call.



Image: Two smartwatches demonstrating the call function, with one showing an incoming call notification and the other displaying an active call interface.

3. Monitoring Features

The smartwatch tracks various health and fitness metrics:

- **Heart Rate Monitor:** Access the heart rate function to measure your current heart rate. For accurate readings, ensure the watch is snug on your wrist.
- **Sleep Monitor:** Wear the watch to bed to track your sleep patterns, including deep sleep, light sleep, and wake times. Data is synchronized with the app.
- **Distance Tracker:** Records steps taken and estimated distance covered throughout the day.

4. Sports Modes

The JR-FT5 Smartwatch offers multiple sports modes to track your workouts. Select the appropriate mode before starting an activity for more accurate data collection.



Image: An individual cycling, illustrating the smartwatch's capability to track various sports activities, indicated by a row of diverse sports icons.

5. Customizing Watch Faces

You can change the watch face to personalize your device. This can typically be done through the companion app or directly on the watch by long-pressing the home screen and swiping through options.



Image: A selection of different watch faces, demonstrating the customization options available for the smartwatch's display.

Maintenance

1. Cleaning

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn stains, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts regularly to ensure efficient charging.

2. Water Resistance (IP68)

The Joyroom JR-FT5 Smartwatch is IP68 rated, meaning it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for up to 30 minutes. While it is suitable for daily use, hand washing, and light rain, it is not recommended for swimming, diving, or exposure to high-pressure water jets.

- Do not operate the watch buttons underwater.

- Avoid exposing the watch to hot water, steam, or corrosive liquids.
- If the watch gets wet, dry it thoroughly before charging.

Troubleshooting

Problem	Possible Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone.	• Ensure Bluetooth is enabled on your phone. • Make sure the watch is within range of your phone. • Restart both the watch and your phone. • Check if the app is updated to the latest version. • Forget the device in your phone's Bluetooth settings and try pairing again through the app.
Inaccurate heart rate/sleep data.	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Avoid excessive movement during measurements.
Notifications not received.	• Check app notification permissions on your phone. • Ensure the watch is connected via Bluetooth. • Verify notification settings within the companion app.

Specifications

Feature	Detail
Model Number	JR-FT5 (also referred to as JR F5)
Display Size	1.69 Inches
Connectivity	Bluetooth
Water Resistance	IP68
Battery Capacity	300 mAh (Lithium Ion)
Memory Storage Capacity	16 GB
Operating System	Android Wear (as per product data, though typically smartwatches have proprietary OS or a highly customized Android version)
Special Features	Distance Tracker, Heart Rate Monitor, Sleep Monitor, Call Answering/Making
Product Dimensions	26.24 x 25.4 x 25.4 cm; 220 g

Warranty and Support

For warranty information and customer support, please refer to the warranty card included in your product packaging or visit the official Joyroom website. Keep your purchase receipt as proof of purchase for warranty claims.

Online Resources:

- Official Joyroom Website: www.joyroom.com (This is a placeholder link, actual link may vary)
- Product Support Page: Check the Joyroom website for a dedicated support section for the JR-FT5 model.

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