

Loluka FTS5-2

Loluka Fitness Tracker Watch User Manual

Brand: Loluka | Model: FTS5-2

PRODUCT OVERVIEW

The Loluka Fitness Tracker Watch is a versatile activity tracker designed for both men and women, suitable for various indoor and outdoor activities. It features a 0.96-inch TFT-LCD high brightness single touch screen for easy control and offers a range of functionalities to support a healthier lifestyle.

Key features include:

- **16 Sport Modes:** Supports activities like Walk, Badminton, Bike, Spinning, Tennis, Workout, Football, Dancing, Treadmill, Run, Basketball, Yoga, Weightlifting, Hike, Climbing, and Roller skating.
- **GPS Tracker Record:** Connects with your mobile's GPS to track real-time routes in the app.
- **Call & Messages Reminder:** Vibrates to notify you of incoming calls, SMS, and SNS (Facebook, WhatsApp, LinkedIn, Instagram, Twitter) notifications.
- **Sleep Tracking:** Monitors sleep patterns.
- **Pedometer & Calorie Counter:** Tracks steps and estimated calorie expenditure.
- **Distance Tracker:** Records distance covered during activities.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.
- **Remote Control Picture:** Allows remote camera control.
- **Dial Customization:** Personalize your watch face.
- **Drink Water Reminder:** Helps maintain hydration.
- **Alarm Reminder:** Set alarms for various purposes.
- **IP68 Waterproof/Dustproof/Shockproof:** Designed to withstand rain, splashes, showering, and swimming (avoid pressing buttons underwater).
- **Body Temperature Monitoring:** Capable of monitoring body temperature.

GETTING STARTED: SETUP

1. Charging the Device

The Loluka Fitness Tracker Watch features a convenient USB charging method, eliminating the need for a separate cable. Simply remove one side of the watch band to reveal the USB connector.



Image: The Loluka Fitness Tracker Watch in Army Green, showing its sleek design and digital display.

Insert the USB connector directly into any standard USB port, such as a computer, wall adapter, or power bank. The watch display will indicate charging status.

Your browser does not support the video tag.

Video: This video demonstrates the various features of the Loluka Fitness Tracker Watch, including its different color options, 16 sport modes, body temperature monitoring, and the convenient USB charging method. It shows how to detach the band and plug the watch directly into a USB port for charging.

2. App Installation and Pairing

To unlock the full potential of your Loluka Fitness Tracker Watch, download and install the **Runmifit** app on your smartphone. The app is compatible with Android 5.0 and above, and iOS 8.0 and above.

Once installed, open the app and follow the on-screen instructions to pair your watch. The time, date, and language on your watch will automatically synchronize with your phone after successful pairing.

Note: If you encounter issues with pairing, please reset the watch or restart your phone, then attempt pairing again via the Runmifit app.

OPERATING INSTRUCTIONS

Navigating the Interface

The watch features a sensitive single touch screen for easy navigation. Swipe or tap the screen to cycle through different functions and displays.

Easily change screen display

Show personalized life

A variety of default watch faces are available,
also can personalize set up



Image: Various customizable watch faces and screen display options available on the Loluka Fitness Tracker Watch.

Sport Modes

Access the 16 sport modes from the main menu. Select your desired activity to begin tracking. For activities requiring GPS tracking, ensure your phone's GPS is enabled and connected to the watch via the app.

GPS trajectory, Calculation steps

Using mobile phone GPS+ bracelet triaxial acceleration sensor, Accurate calculation、Trajectory、distance
calorie expenditure

5km

10900: step

Meet the target: 83%



Image: Illustration of GPS trajectory tracking and step calculation feature during a run, showing distance and steps.

Notifications and Reminders

Once paired with your smartphone, the watch will vibrate to alert you of incoming calls, text messages, and notifications from social media applications (e.g., Facebook, WhatsApp). Configure notification settings within the Runmifit app.

Utilize the sedentary reminder to encourage regular movement and the drink water reminder to maintain hydration throughout the day.

Health Monitoring

The watch can monitor various health metrics, including sleep patterns and body temperature. Access these features through the watch interface or the Runmifit app for detailed insights.

Women's Health Assistant

Help users to manage their periods, predict their periods, and enjoy their life



Image: The Women's Health Assistant feature, which helps users manage and predict their periods.

Perfect match for the world's four skin-tone people

Solve the problem of inaccurate heart rate testing of dark skin people in the industry, which can be set in the APP



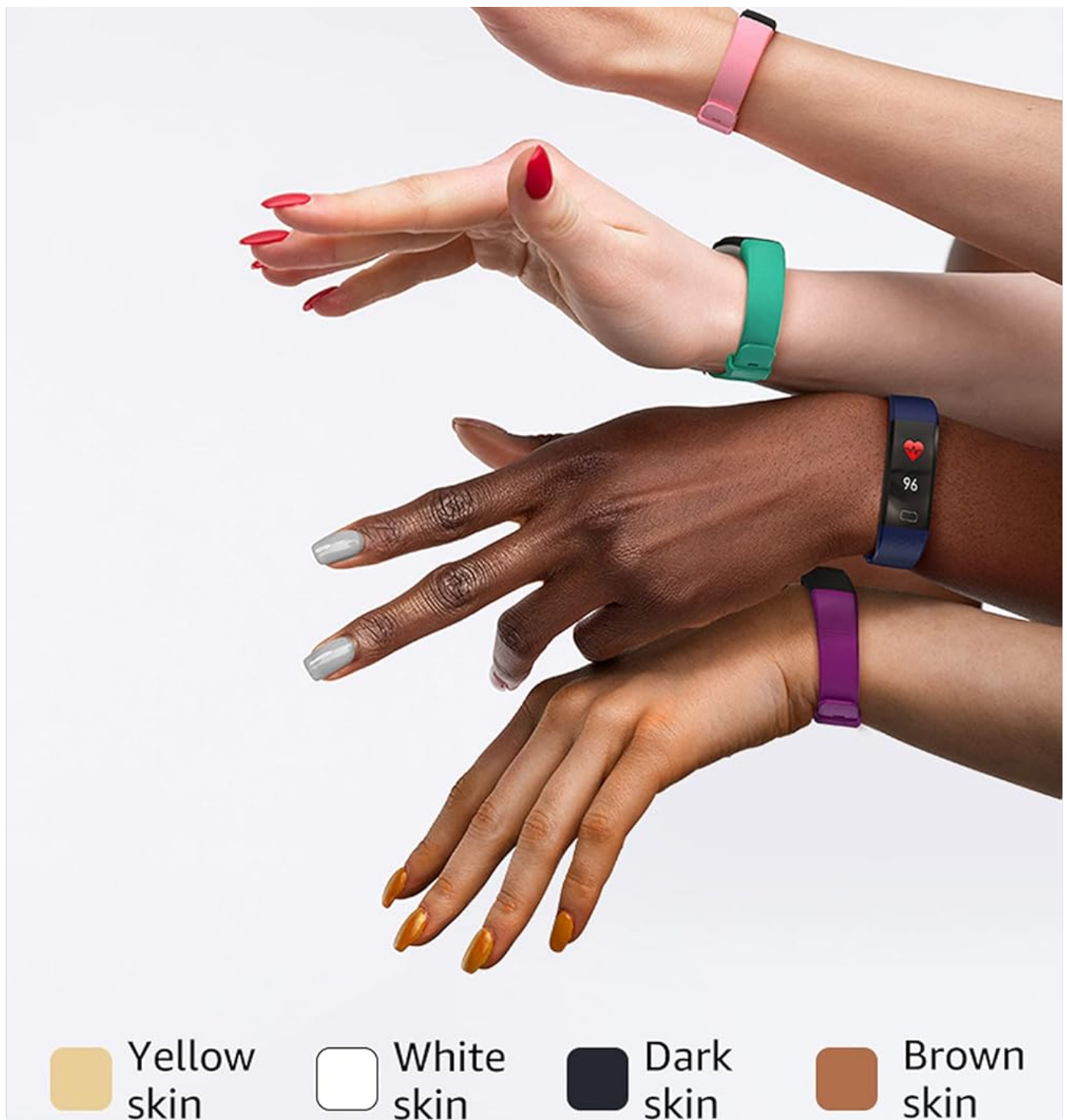


Image: The watch's ability to provide accurate heart rate readings across various skin tones, ensuring reliable data for all users.

MAINTENANCE

The Loluka Fitness Tracker Watch is IP68 waterproof, dustproof, and shockproof. It can withstand rain, splashes, showering, and swimming. However, to prevent damage, **do not press any buttons while the watch is submerged in water.** Avoid exposing the watch to extreme hot or cold temperatures.

To clean your watch, wipe it with a soft, damp cloth. Do not use harsh chemicals or abrasive materials.

TROUBLESHOOTING

Problem	Solution
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Problem	Solution
Watch not pairing with phone.	Ensure Bluetooth is enabled on your phone. Reset the watch and/or restart your phone. Attempt pairing again through the Runmifit app. Make sure the app is updated to the latest version.
Time/Date not syncing.	Ensure the watch is successfully paired with the Runmifit app. Time and date automatically sync upon successful connection.
Notifications not appearing.	Check notification permissions for the Runmifit app in your phone's settings. Ensure the watch is connected via Bluetooth and notifications are enabled within the app.
Battery not charging.	Ensure the USB connector is fully inserted into a working USB port. Check for any debris in the USB port of the watch or the charging source.

SPECIFICATIONS

Feature	Detail
Model Number	FTS5-2
APP	Runmifit
Bluetooth Version	5.0
Compatibility	Android 5.0+ / iOS 8.0+
Band Material	Silicone
Charging Method	USB (no cable needed)
Waterproof Rating	IP68
Clasp Type	Buckle
Item Type Name	Running Watch

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact Loluka customer service directly. Keep your proof of purchase for any warranty claims.

	<p>Amazfit T-Rex 2 Smartwatch User Manual - Overseas Version</p> <p>This comprehensive user manual for the Amazfit T-Rex 2 smartwatch provides detailed instructions on connection, pairing, basic operations, watch face customization, health monitoring features (heart rate, blood oxygen, stress, sleep, PAI), various workout modes, and smart app functionalities. Learn how to optimize your T-Rex 2 for fitness tracking, notifications, and daily use with the Zepp app.</p>
	<p>Noise ColorFit Ultra 2 Smartwatch User Manual</p> <p>Comprehensive user manual for the Noise ColorFit Ultra 2 smartwatch, covering setup, features like activity tracking, heart rate monitoring, SpO2, sleep tracking, weather, music control, and safety information.</p>
	<p>Haylou Smart Watch 2 User Manual</p> <p>Comprehensive user manual for the Haylou Smart Watch 2, detailing its features, operation, charging, specifications, and warranty. Learn how to wear, link, and use your smartwatch for various functions like sports tracking, heart rate monitoring, and sleep tracking.</p>
	<p>NoiseFit Force 2 Smartwatch User Manual and Guide</p> <p>Comprehensive user manual for the NoiseFit Force 2 smartwatch, covering setup, features, navigation, app integration, safety instructions, and disposal information.</p>
	<p>ICE SMART 2.0 User Manual: Features and Operation</p> <p>Comprehensive user manual for the ICE SMART 2.0 smartwatch, detailing its features, connectivity, and operating instructions. Learn how to use the heart rate monitor, sleep tracking, sports modes, and more.</p>
	<p>Kore 2.0 Smartwatch: Instruction Manual, Features, and Safety Guide</p> <p>Comprehensive instruction manual for the Kore 2.0 Smartwatch by KoreHealth, covering setup, features, safety information, specifications, and troubleshooting.</p>