

## Amazfit Pop 3S

# Amazfit Pop 3S Smart Watch User Manual

Model: Pop 3S

## 1. INTRODUCTION

---

This manual provides essential information for setting up, operating, and maintaining your Amazfit Pop 3S Smart Watch. Please read it carefully to ensure optimal performance and longevity of your device.



Image 1.1: Amazfit Pop 3S Smart Watch with metallic silver strap.

## 2. SETUP

---

### 2.1. What's in the Box

- Amazfit Pop 3S Smart Watch (with strap) x 1
- Charging Base x 1
- Watch Strap Adjustment Tool x 1
- User Manual x 1

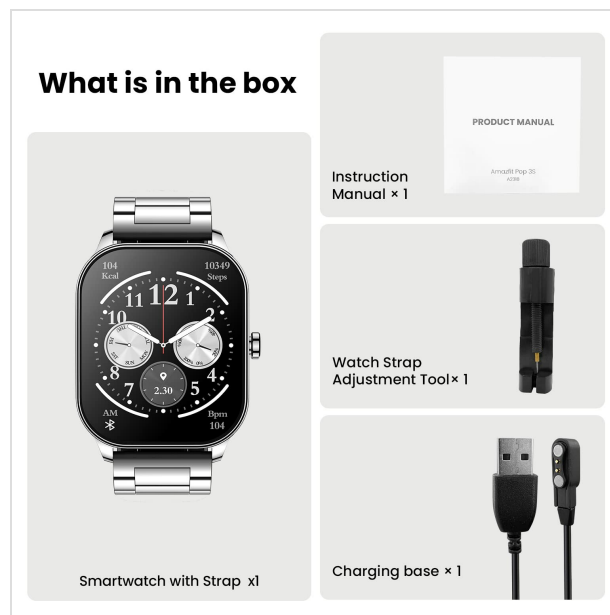


Image 2.1: Contents of the Amazfit Pop 3S retail box, including the smartwatch, charging base, strap adjustment tool, and user manual.

## 2.2. Charging the Device

Before first use, fully charge your Amazfit Pop 3S. Connect the charging base to a USB power source and place the watch onto the magnetic contacts. The watch display will indicate charging status.

## 2.3. App Installation and Pairing

1. Download the 'Zepp Active' app from your smartphone's app store (iOS or Android).
2. Open the app and create an account or log in.
3. Follow the on-screen instructions in the app to pair your Amazfit Pop 3S Smart Watch via Bluetooth. Ensure Bluetooth is enabled on your smartphone.

## 2.4. Strap Adjustment

If your watch comes with a metallic strap, use the provided strap adjustment tool to remove or add links for a comfortable fit. Refer to the detailed instructions in the included user manual for proper adjustment.

# 3. OPERATING INSTRUCTIONS

## 3.1. Display and Navigation

The Amazfit Pop 3S features a 1.96-inch HD AMOLED display. Navigate through menus and functions using touch gestures and the multi-function button on the side.

- **Swipe Down:** Access quick settings (brightness, do not disturb, flashlight, battery saver, Bluetooth, settings).
- **Swipe Up:** View notifications/messages.
- **Swipe Left/Right:** Cycle through widgets (e.g., activity data, heart rate, weather).
- **Press Side Button:** Return to the home screen or access the main menu.



Image 3.1: The Amazfit Pop 3S showcasing its ultra-large 1.96" HD AMOLED display and metallic design.

### 3.2. Bluetooth Calling

The watch supports Bluetooth calling with a built-in microphone and speaker. Once paired with your smartphone, you can make and answer calls directly from your wrist.

- Access the 'Dial' function from the main menu to dial numbers.
- View 'Contact Person' and 'Call Records' directly on the watch.
- Incoming calls will display on the watch, allowing you to answer or reject them.

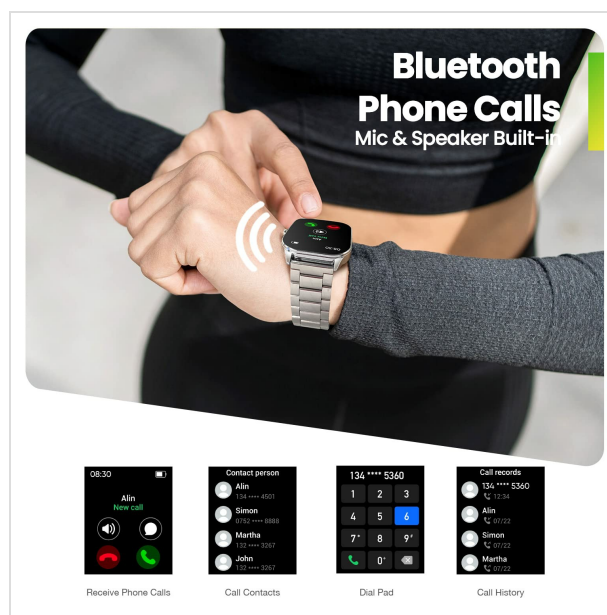


Image 3.2: A user demonstrating Bluetooth phone calls on the Amazfit Pop 3S, highlighting the built-in mic and speaker.

### 3.3. AI Voice Assistant

Interact with your smartphone's AI voice assistant (e.g., Siri, Google Assistant) through your watch. Ensure your watch is connected to your phone via Bluetooth.

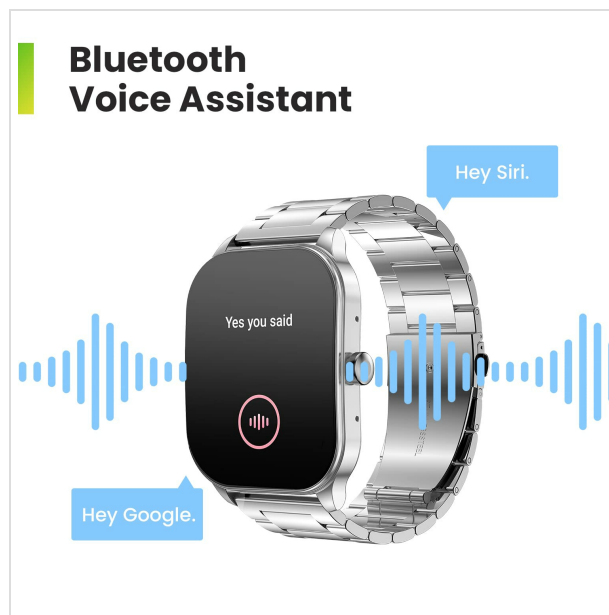


Image 3.3: Visual representation of using the Bluetooth Voice Assistant feature on the Amazfit Pop 3S.

### 3.4. Music Control

Control music playback on your smartphone directly from your watch. This includes playing, pausing, skipping tracks, and adjusting volume.

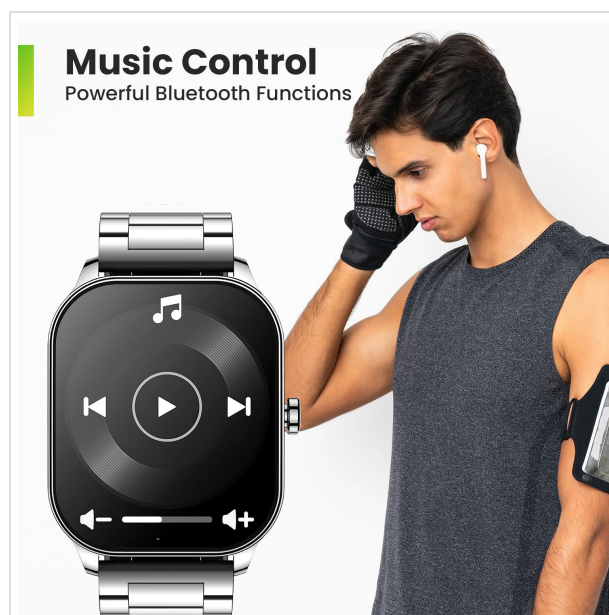


Image 3.4: A user controlling music playback on their smartphone using the Amazfit Pop 3S.

### 3.5. Watch Faces and Always-On Display (AOD)

Customize your watch's appearance with a variety of watch faces. The watch also supports an Always-On Display feature.

- To change watch faces, long-press on the current watch face and swipe to select.
- AOD settings can be configured in the watch's settings menu, offering digital and analog clock styles.



Image 3.5: A digital watch face displayed on the Amazfit Pop 3S.

### 3.6. Sports Modes

The Amazfit Pop 3S supports over 100 sports modes to track various physical activities. Select your desired sport from the workout menu to begin tracking.



Image 3.6: Icons representing various sports modes available on the Amazfit Pop 3S, including walking, football, running, cycling, and cricket.

## 4. HEALTH MONITORING

The Amazfit Pop 3S provides comprehensive health monitoring features to help you stay informed about your physical condition.

- **Heart Rate Monitoring:** Continuous 24-hour heart rate tracking with alerts for excessively high rates.
- **SpO2 Monitoring:** All-day blood-oxygen saturation (SpO2) monitoring.
- **Stress Monitoring:** Tracks your stress levels throughout the day.
- **Sleep Tracking:** Monitors total sleep, light sleep, deep sleep periods, awake time, fall asleep time, and wake-up time.



Image 4.1: Visuals depicting the 24/7 heart rate, SpO2, and stress monitoring capabilities of the Amazfit Pop 3S.

## 5. MAINTENANCE

### 5.1. Cleaning

Regularly clean your watch and strap with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and mild soap, then rinse and dry thoroughly. Avoid harsh chemicals or abrasive materials.

### 5.2. Water Resistance

The Amazfit Pop 3S has an IP68 water resistance rating, making it suitable for daily use and light water exposure. Avoid prolonged submersion or use in hot water/steam.

### 5.3. Battery Life Optimization

To maximize the 12-day battery life, consider adjusting settings such as screen brightness, Always-On Display duration, and frequency of heart rate/SpO2 monitoring. Frequent Bluetooth calls and media playback will consume more power.

## 6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging base and a power source for at least 30 minutes.
- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on your phone and the watch. Restart both devices and try pairing again through the Zepp Active app.
- **Inaccurate sensor readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor area on the back of the watch.
- **No notifications:** Check app notification settings on both your phone and the Zepp Active app. Ensure the app is running in the background and has necessary permissions.
- **Bluetooth call issues:** Verify that the watch is properly connected for both call audio and media audio in your phone's Bluetooth settings.

## 7. SPECIFICATIONS

Feature	Detail
Brand	Amazfit

Model	Pop 3S
Display Type	AMOLED
Screen Size	1.96 Inches
Resolution	410 x 502
Battery Capacity	300 mAh Lithium Polymer
Battery Life (Typical Use)	12 Days
Connectivity	Bluetooth
Special Features	Bluetooth Calling, SpO2, Heart Rate, AI Voice Assistance, 100 Sports Modes
Water Resistance	IP68
Item Weight	107 g
Compatible Devices	Smartphone















Image 7.1: Diagram illustrating the dimensions of the Amazfit Pop 3S Smart Watch, including case width, case length, and strap width.

## 8. WARRANTY AND SUPPORT

The Amazfit Pop 3S Smart Watch comes with a 1-year warranty. For warranty claims, technical support, or further assistance, please visit the official Amazfit support website or contact their customer service.  
Official Amazfit Store: [Amazfit Store on Amazon](#)

### Related Documents - Pop 3S

 	<p><a href="#">Amazfit GTR 3 Pro Product Manual</a></p> <p>This manual provides instructions for the Amazfit GTR 3 Pro smartwatch, including package contents, device overview, pairing, charging, strap assembly, wearing instructions, basic parameters, regulatory notices, disposal, certifications, battery safety, general safety, repair, maintenance, troubleshooting, and warranty information.</p>
 	<p><a href="#">Amazfit Bip 5 Smartwatch User Manual</a></p> <p>Comprehensive user manual for the Amazfit Bip 5 smartwatch, covering setup, pairing, system updates, health monitoring (heart rate, blood oxygen, stress, sleep, PAI), workout modes, notifications, Bluetooth calling, Alexa voice features, and device settings. Learn how to optimize your Amazfit Bip 5 for daily use and fitness tracking.</p>
 	<p><a href="#">Amazfit Cheetah Smartwatch User Manual</a></p> <p>Comprehensive user manual for the Amazfit Cheetah smartwatch, covering setup, charging, usage, maintenance, safety, and warranty information. Features include heart rate monitoring, SpO2 tracking, and Zepp app integration.</p>
	<p><a href="#">Amazfit Band 5 User Manual</a></p> <p>This user manual provides comprehensive instructions for the Amazfit Band 5, covering features such as watch face navigation, wearing and charging, band functions, workout settings, health monitoring (heart rate, SpO2, stress, sleep breathing quality), cycle tracking, notifications, alarms, camera control, world clock, calendar, stopwatch, timer, music control, silent mode, find my phone, watch face customization, settings, and band maintenance.</p>
  	<p><a href="#">Amazfit Active 2 Square Smart Watch User Manual</a></p> <p>This document provides instructions and specifications for the Amazfit Active 2 Square Smart Watch, including setup, features, battery safety, and warranty information. Learn how to pair your watch with the Zepp app for a healthy lifestyle.</p>
 	<p><a href="#">Amazfit GTR 2e User Manual: Features, Operation, and Health Tracking</a></p> <p>Comprehensive user manual for the Amazfit GTR 2e smartwatch. Learn about setup, features like sports tracking, health monitoring (heart rate, SpO2, sleep, stress), voice commands, convenient life functions (Alipay, cards), and watch settings.</p>



Пайдалану бойынша  
нұсқаулық  
Смарт сағат  
Amazfit Pop 3S

[pdf]

Пайдалану бойынша нұсқаулық Смарт сағат Amazfit Pop 3S DNS Қолданбаны жүктеп алу және орнату үшін ұялы телефон арқылы оң жақта көрсетілген QR кодын сканерлеңіз немесе қолданбаны Google Play Store App amazfit pop 3s instrukcia 180520 09012024 drv dns shop ru drivers oth A ||| Amazfit Pop 3S 1 1 1 : 1. . , . 2. . Zepp Active -- . , - . 2 1. QR Google Play Store App Store Apple , , . 2. , . Zepp Active - 3. . : 1. . 2. : Android 6.0, iO...  
lang:i-klngon score:29 filesize: 218.95 K page\_count: 8 document date: 2023-12-20

Пайдалану бойынша  
нұсқаулық  
Смарт сағат  
Amazfit Pop 3S

[pdf]

Пайдалану бойынша нұсқаулық Смарт сағат Amazfit Pop 3S2 1 A немесе одан жоғары қуат адаптерін пайдаланыңыз Zepp Active қол данбасын жүк теп алыңыз Page 4 Pus h CAFAT БАСТАУЫН АЛУ ЖӘНЕ ОРНАТУ КИИУ 1product 623778 instruction 5ib1w0object pscloud io cms Uploads product 5ib1w0 ||| Amazfit Pop 3S 1 1 1 : 1. . , . 2. . Zepp Active -- . , - . 2 1. QR Google Play Store App Store Apple , , . 2. , . Zepp Active - 3. . : 1. . 2. : Android 6.0, iO...  
lang:i-klngon score:28 filesize: 218.95 K page\_count: 8 document date: 2023-12-20

[pdf] User Manual

LA32 20230627 pop 3s instruksiya AMAZFIT POP 3S BASIC PARAMETERS Product Name model Input Bluetooth version output power Operating temperature Water resistance rating i citrus world files ||| LA32-- 94\*94mm CMYK/105G/ 20230525 PRODUCT MANUAL Product Manual.....1 .....7 .....13 AMAZFIT P...  
lang:en score:27 filesize: 9.69 M page\_count: 1 document date: 2024-01-17

[pdf] User Manual

admin პაკეტის შიგთავსი Zoommer ამ სიმბოლოს შემცველი ყველა პროდუქტი არის ნარჩენი ელექტრო და ელექტრონული მოწყობილობა რომელიც შეესაბამება ნარჩენების მართვის წესებში სამიში xiaomi amazfit pop 3s s3 zoommer ge site manual ||| x 1 1 x 1 : 1 / . , . 2 , . Zepp Active . , . 1. QR , , Google Play Store- Apple App Store- . 2. , . 3. . : 1 , , . Android 6.0, iOS 12.0 . 2 Bluetooth- . 3 . 1. US...  
lang:en score:26 filesize: 121.29 K page\_count: 1 document date: 2024-11-05

