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VPSTAY ALW1

VPSTAY Fitness Tracker Watch User Manual

Model: ALW1
Brand: VPSTAY

1. INTRODUCTION

The VPSTAY Fitness Tracker Watch is designed to be your comprehensive health and activity companion. Featuring a large HD color touchscreen and a lightweight, comfortable design, it offers continuous monitoring of vital health metrics and supports a wide range of fitness activities.

Key features include 24/7 heart rate and blood oxygen monitoring, detailed sleep tracking, and support for over 20 exercise modes. Stay connected with smart notifications and manage various aspects of your daily life directly from your wrist.



Image: The VPSTAY Fitness Tracker Watch, showcasing its sleek design and vibrant display.

2. SETUP

2.1. What's in the Box

- Fitness Tracker Watch
- Charging Cable
- Quick Start Guide

2.2. Charging the Watch

Before first use, fully charge your VPSTAY Fitness Tracker Watch. The watch features an easy magnetic charging system. Simply align the charging cable with the magnetic points on the back of the watch. A full charge takes approximately 1.5-2 hours.

Product size Information



Image: Rear view of the watch highlighting the magnetic charging contacts.

2.3. App Installation and Pairing

To unlock the full potential of your VPSTAY Fitness Tracker Watch, download the "FitCloudPro" app on your smartphone. Scan the QR code provided in the Quick Start Guide or on the watch screen to download the app. Once installed, open the app and follow the on-screen instructions to create a profile and pair your watch via Bluetooth. The pairing process is quick and seamless, typically taking less than a minute.

Smart Notification & Reminder



Image: The watch interface showing smart notifications, demonstrating connectivity with a smartphone.

Your browser does not support the video tag.

Video: An official product video demonstrating the unboxing and setup process of the VPSTAY Fitness Tracker Watch, including app pairing and initial configuration.

3. OPERATING THE WATCH

3.1. Navigation and Interface

The 1.69-inch HD color touchscreen allows for intuitive navigation. Swipe left/right to access different widgets like daily activity, heart rate, and sleep data. Swipe up/down to view notifications and quick settings. Tap icons to select or open applications.

3.2. Customization

Personalize your watch with over 100 watch faces available through the "FitCloudPro" app. You can also upload

your favorite photo to create a custom watch face.

Customize your style

100+ watch faces to choose, easily create your own stylish and personalized look



Image: A collage of different watch faces available for customization on the VPSTAY Fitness Tracker Watch.

3.3. Health Monitoring

The watch continuously monitors your health:

- **Heart Rate:** 24/7 heart rate monitoring provides real-time data.
- **Blood Oxygen (SpO2):** Track your blood oxygen levels for comprehensive health insights.
- **Sleep Tracking:** Records deep sleep, light sleep, and awake duration to analyze your sleep quality.

All Day health monitoring

VPSTAY fitness tracker is equipped with SpO2 monitoring, heart rate reminders, and sleep monitoring, your 24-hour health assistant



Image: The watch interface showing real-time heart rate, blood oxygen saturation, and sleep duration data.

3.4. Activity Tracking

The VPSTAY Fitness Tracker supports 20 exercise modes, monitoring key metrics such as steps, calories burned, distance, and pace. Data is synced to the "FitCloudPro" app for detailed analysis and progress tracking.



Image: The watch tracking steps, calories, distance, and heart rate during a run, with a visual representation of activity goals.

3.5. Smart Notifications and Reminders

Receive notifications for incoming calls, messages, emails, and social media alerts directly on your watch display. You can easily reject unwanted calls from your wrist. (Note: The watch does not support answering calls). Additional reminders include water drinking, sedentary alerts, and menstrual cycle tracking.

4. MAINTENANCE

4.1. Water Resistance

The VPSTAY Fitness Tracker Watch is designed with an IP67 waterproof rating. This means it can withstand splashes, rain, and brief immersion in water. You can confidently wear it during exercise, while washing hands, or taking a shower. Avoid prolonged submersion or hot water exposure.



Image: Visual representation of the watch's IP67 waterproof rating, suitable for various water-related activities.

4.2. Battery Life

Enjoy extended usage with the VPSTAY Fitness Tracker Watch. It offers up to 10 days of daily use and an impressive 21 days of standby time on a single charge, minimizing charging anxiety.

Blood oxygen Saturation Monitoring

In our fast-paced life, we often ignore the subtle changes in our bodies. As an important indicator reflecting physical condition, blood oxygen cannot be ignored. The newly upgraded fitness watch incorporates blood oxygen tracking technology to provide you with more comprehensive health protection.

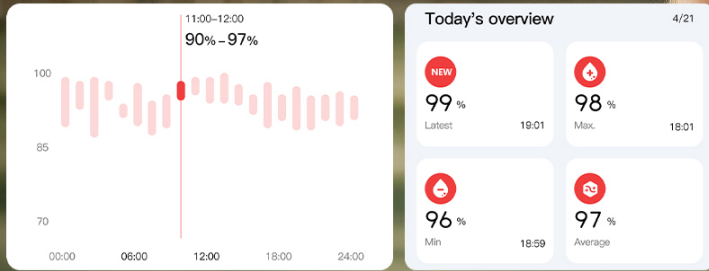


Image: An illustration highlighting the long battery life of the watch, indicating 10 days of daily use and 30 days of standby time.

4.3. Cleaning

To maintain your watch, regularly wipe the screen and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

5. TROUBLESHOOTING

If you encounter any issues with your VPSTAY Fitness Tracker Watch, please refer to the following common troubleshooting tips:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Restart both the watch and the app.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Display Not Responding:** Try restarting the watch by pressing and holding the side button. Ensure the battery is charged.
- **Notifications Not Appearing:** Check app settings to ensure notifications are enabled for the desired applications. Verify Bluetooth connection.

For a more detailed troubleshooting guide, please refer to the official [Troubleshooting Guide \(PDF\)](#).

6. SPECIFICATIONS

Feature	Detail
Model Name	ALW1
Screen Size	1.69 Inches
Item Weight	1.3 Ounces

Water Resistance	IP67
Battery Capacity	300 Milliamp Hours
Daily Use Time	Up to 10 Days
Standby Time	Up to 21 Days
Connectivity	Bluetooth
Memory Storage Capacity	64 MB

7. WARRANTY AND SUPPORT

The VPSTAY Fitness Tracker Watch comes with a 1-year warranty from the manufacturer.

For product support, technical assistance, or warranty claims, please visit the official VPSTAY Store on Amazon or refer to the contact information provided in your product packaging.

Official VPSTAY Store: [VPSTAY Store](#)