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SHANG WING LYNN

SHANG WING LYNN Smart Watch User Manual

Model: LYNN | Brand: SHANG WING

1. INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, maintenance, and troubleshooting of your SHANG WING LYNN Smart Watch. Please read this manual carefully before using the device to ensure proper functionality and to maximize your user experience.



Figure 1.1: SHANG WING LYNN Smart Watch (Pink variant).

2. WHAT'S IN THE BOX

Upon opening the product packaging, verify that all components are present and in good condition:

- SHANG WING LYNN Smart Watch
- Charging Cable
- User Manual (this document)

3. SETUP GUIDE

3.1 Charging the Smart Watch

Before initial use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer's USB port.

- Charging Time: Approximately 2.5 hours for a full charge.
- Battery Life: Up to 5 days of normal use, 30 days standby time.

Bluetooth calls



Figure 3.1: Connecting the magnetic charging cable to the smart watch.

3.2 Downloading the InxFit App

The SHANG WING LYNN Smart Watch requires the InxFit application for full functionality and synchronization with your smartphone. The app is compatible with iOS 9.0 / Android 6.0 or above.

1. Scan the QR code provided in the watch's packaging or search for "InxFit" in your phone's app store (Apple App Store for iOS, Google Play Store for Android).
2. Download and install the InxFit app.
3. Open the app and follow the on-screen instructions to create an account or log in.

3.3 Pairing with Your Smartphone

To connect your smart watch to your phone:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the InxFit app.
3. Navigate to the device pairing section within the app (usually found under "Device" or "My Device").
4. The app will search for available devices. Select "LYNN" or the corresponding device name when it appears.
5. Confirm the pairing request on both your watch and your phone if prompted.

Once paired, the watch will synchronize data with the app and enable features like call answering and notifications.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

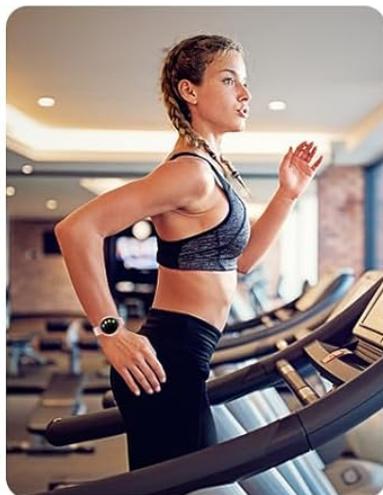
- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Button:** Press to return to the home screen or wake the device.

4.2 Making and Answering Calls

After connecting your smart watch to your phone via Bluetooth and the InxFit app, you can make and answer calls directly from your watch.

- To make a call: Access the call function on your watch, which may include a dial pad, call logs, or contacts synced from your phone.
- To answer a call: When an incoming call is received, the watch will vibrate and display the caller ID. Tap the answer icon on the watch screen.

100+ Sport modes



20456 Steps 

818 Kcal 

13.27 Km 

Figure 4.1: Bluetooth call and notification features on the smart watch.

4.3 Notifications

The watch will vibrate to notify you of incoming calls, text messages, and social media notifications (e.g., WhatsApp, Facebook, Line) once enabled through the InxFit app settings.

4.4 Activity and Fitness Tracking

The SHANG WING LYNN Smart Watch tracks various daily activities and supports over 100 sports modes.

- **Daily Activity:** Automatically tracks steps, distance, and calories burned.
- **Sports Modes:** Select from over 100 sports modes (e.g., walking, running, cycling, yoga) to get real-time data during your workouts.



Figure 4.2: Examples of 100+ sport modes available on the smart watch.

4.5 Health Monitoring

The watch provides continuous monitoring of key health metrics:

- **Heart Rate Monitor:** Tracks your heart rate 24/7.

- **Blood Oxygen Monitor:** Measures your blood oxygen saturation (SpO2) levels.
- **Sleep Tracker:** Analyzes your sleep quality, including deep sleep, light sleep, and REM stages.



Figure 4.3: Heart Rate and Blood Oxygen monitoring features.

More features



Figure 4.4: Sleep monitoring interface showing deep, light, and REM sleep.

4.6 Personalized Watch Faces

Customize your watch face with various existing dials or by uploading your own photos through the InxFit app.

Customize Watch face



Figure 4.5: Customizing watch faces via the InxFit app.

4.7 Additional Features

The SHANG WING LYNN Smart Watch includes several practical tools:

- Alarm Clocks
- Weather Forecast
- Breath Training
- Music Control

- Stopwatch
- Find Your Phone function
- Do Not Disturb switch

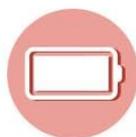
Size



Long lasting battery



Charging Time
2.5 Hrs



Normal use
5 Day



Standby Time
30 Day

Figure 4.6: Overview of additional smart watch features.

5. MAINTENANCE

5.1 Cleaning Your Smart Watch

Regularly clean your smart watch to ensure optimal performance and hygiene. Use a soft, lint-free cloth to wipe the screen and body. For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.

5.2 Water Resistance (IP68)

The SHANG WING LYNN Smart Watch has an IP68 waterproof rating, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, such as hand washing, sweating, and light rain. However, it is not recommended for swimming, diving, or hot showers/saunas, as steam and hot water can damage the seals.

5.3 Battery Care

To prolong the battery life of your smart watch:

- Avoid extreme temperatures.
- Do not leave the watch fully discharged for extended periods.
- Charge the watch using the provided charging cable.

6. TROUBLESHOOTING

If you encounter issues with your SHANG WING LYNN Smart Watch, refer to the following common problems and solutions:

Problem	Possible Cause / Solution
Watch does not turn on or charge.	<ul style="list-style-type: none">• Ensure the charging cable is securely connected to both the watch and the power source.• Try a different USB power adapter or USB port.• Clean the charging contacts on the watch and cable.
Cannot pair the watch with the app.	<ul style="list-style-type: none">• Ensure Bluetooth is enabled on your phone.• Make sure the watch is sufficiently charged.• Restart both your phone and the smart watch.• Ensure the InxFit app is updated to the latest version.• Forget the device in your phone's Bluetooth settings and try pairing again through the app.
Notifications are not received.	<ul style="list-style-type: none">• Check notification permissions for the InxFit app in your phone's settings.• Ensure the watch is connected via Bluetooth.• Verify that notification alerts are enabled within the InxFit app for specific applications.• Check if "Do Not Disturb" mode is active on either the watch or your phone.

Problem	Possible Cause / Solution
Inaccurate health data (HR, SpO2, Sleep).	<ul style="list-style-type: none"> • Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. • Keep the sensor clean and free from debris. • Avoid excessive movement during measurements.

If the problem persists, please refer to the support section or contact customer service.

7. SPECIFICATIONS

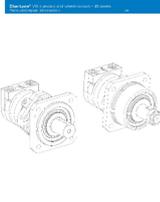
Feature	Detail
Model Number	LYNN
Product Dimensions	9.45 x 1.57 x 0.43 inches
Item Weight	1.16 ounces (33 Grams)
Screen Size	1.09 Inches (Round Display)
Operating System	Android (Compatible with iOS 9.0+/Android 6.0+)
Connectivity Technology	Bluetooth
Waterproof Level	IP68
Battery Type	Lithium Polymer (1 required, included)
Battery Life (Normal Use)	Up to 5 Days
Standby Time	Up to 30 Days
Special Features	Alarm Clock, Answer/Make Calls, Multisport Tracker, Notifications, Touchscreen, Heart Rate Monitor, Blood Oxygen Monitor, Sleep Tracker, Music Control, Weather Forecast, Breath Training, Find Phone, Do Not Disturb
GPS	No GPS
Color	Pink

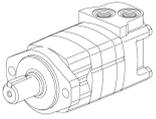
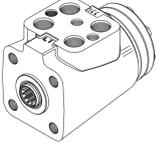
8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the product packaging or contact SHANG WING customer service through the retailer where the product was purchased. Keep your purchase receipt as proof of purchase.

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This manual is subject to change without notice.

Related Documents - LYNN

 <p>Dollhouse Lynn Handbook (Manual) (Anleitung) Handbook (Anleitung) (Manual) Popperhúsið (Dollhouse) (Manuale di assemblaggio) (Supplementi) Dollhouse (Dollhouse) (Anleitung)</p> <p>babiem</p>	<p>Babiem Dollhouse Lynn Assembly and Care Instructions</p> <p>Comprehensive guide for assembling and maintaining the Babiem Dollhouse Lynn. Includes safety warnings, assembly steps, and care instructions in multiple languages.</p>
<p>ESSENTIALS of CLINICAL HYPNOSIS</p>	<p>Essentials of Clinical Hypnosis: An Evidence-Based Approach - Professional Guide</p> <p>A comprehensive guide by Steven Jay Lynn and Irving Kirsch, exploring the evidence-based principles, history, theories, and practical techniques of clinical hypnosis for therapeutic applications. Published by the American Psychological Association.</p>
 <p>Eaton Char-Lynn VIS 45 Series Hydraulic Motor Parts and Repair Manual</p> <p>Eaton</p>	<p>Eaton Char-Lynn VIS 45 Series Hydraulic Motor Parts and Repair Manual</p> <p>Detailed parts and repair guide for Eaton Char-Lynn VIS 45 series standard and wheel hydraulic motors. Covers disassembly, reassembly, and parts ordering for industrial applications.</p>

	<p>Char-Lynn 2000 Series Disc Valve Geroler Motor Parts and Repair Manual</p> <p>A comprehensive guide for the Char-Lynn 2000 Series disc valve geroler motor, detailing parts identification, disassembly, reassembly, and maintenance procedures. Includes exploded views, tool requirements, and product ordering information.</p>
	<p>The Guide to Living Well: Your Comprehensive Guide to Ageing Successfully in Australia</p> <p>Apia and Five Good Friends present 'The Guide to Living Well', an essential resource for Australians navigating ageing. Discover advice on independence, wellbeing, finances, home suitability, and technology to live your golden years to the fullest.</p>
	<p>Char-Lynn Series 10 Steering Control Unit - Wide Angle: Parts and Repair Manual</p> <p>Comprehensive guide for the Char-Lynn Series 10 Steering Control Unit with wide angle feature, covering parts ordering, disassembly, and assembly procedures. Includes detailed instructions and part specifications from Eaton.</p>