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YoYoFit HT17

YoYoFit Military Smart Watch User Manual

Model: HT17

INTRODUCTION

This manual provides comprehensive instructions for the YoYoFit Military Smart Watch (Model HT17). Designed for rugged outdoor use, this smartwatch combines durability with advanced features for communication, health monitoring, and fitness tracking. Please read this manual thoroughly to ensure proper use and maintenance of your device.



Figure 1: YoYoFit Military Smart Watch (Model HT17)

WHAT'S IN THE BOX

- Fitness Watch x 1
- Charging Cable x 1
- User Manual x 1

PRODUCT OVERVIEW

The YoYoFit Military Smart Watch features a robust design with intuitive controls and a clear display.

Physical Components

- **Display:** 1.46" HD Full Touch Screen for clear visuals and easy navigation.
- **Buttons:** Mechanical rotary button (ON/OFF) and other function buttons for control.
- **Sensors:** Heart rate, blood pressure, and blood oxygen sensors on the rear.
- **Flashlight:** Integrated LED flashlight for illumination.

- **Speaker & Mic:** Built-in for Bluetooth calls.
- **Strap:** Durable silicone strap, available in multiple colors.

Military Smart Watch for Men



Figure 2: Watch features including 1.46" HD screen, IP67 water resistance, and military-grade durability.



Figure 3: Overview of the watch's military-grade resistance features.

SETUP

1. Charging the Smart Watch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included).

- **Battery Capacity:** 450mAh
- **Charging Time:** Approximately 2 hours for a full charge.
- **Battery Life:** Up to 10+ days of normal working time, up to 30 days standby time.

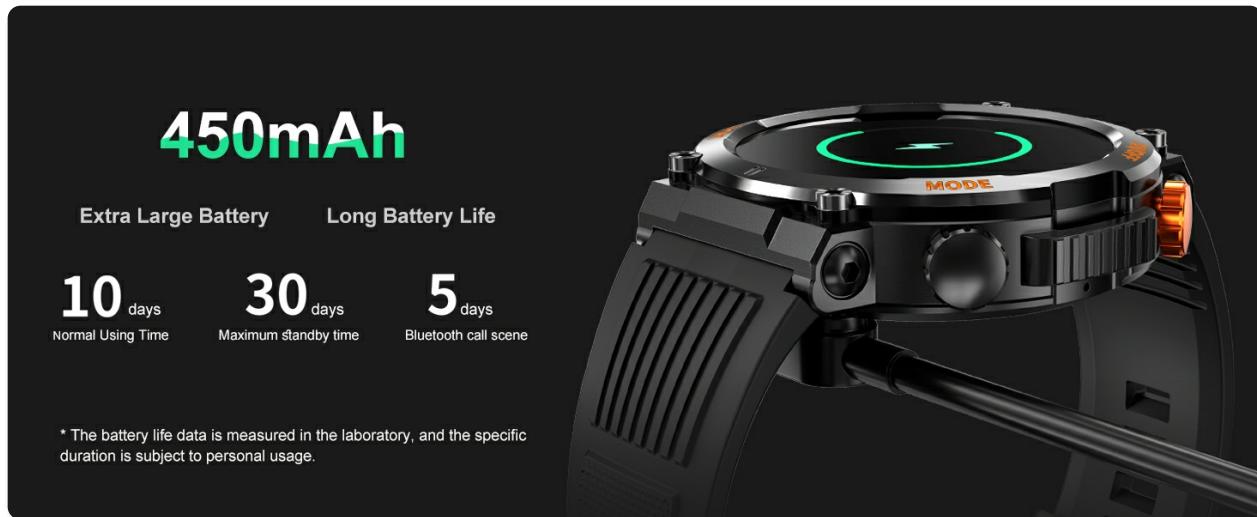


Figure 4: Charging the smartwatch and battery life information.

2. App Installation

Download and install the "FitCloudPro" APP on your smartphone. The app is compatible with Android 5.1 & iOS 8.5 and above smartphones.

- Search "FitCloudPro" on the App Store (iOS) or Google Play (Android).
- Alternatively, scan the QR code provided in the quick start guide (if available) or within the app section of the watch.

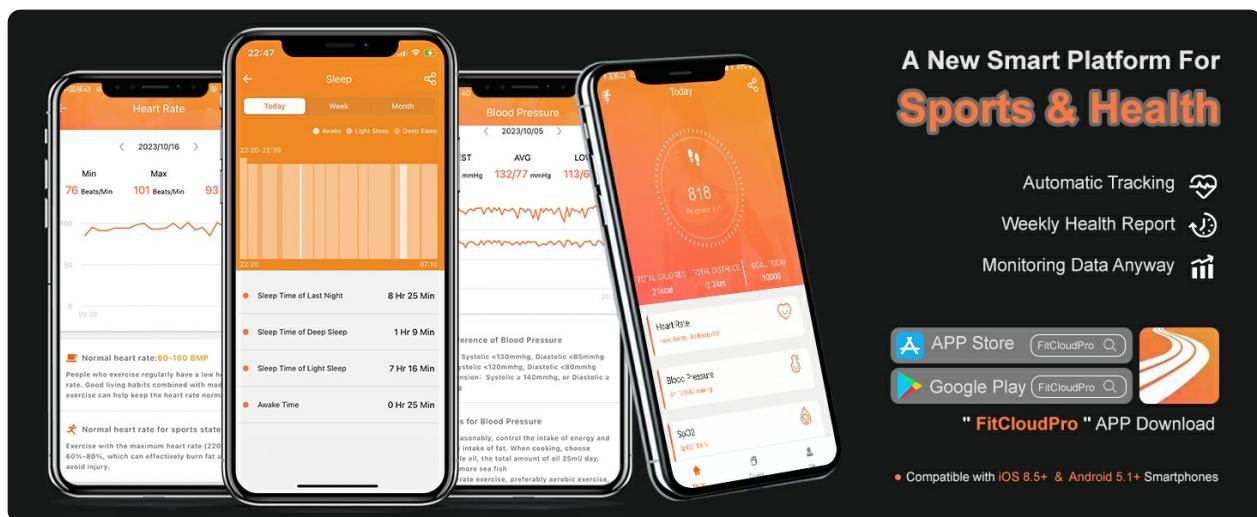


Figure 5: The FitCloudPro App interface for health and sports data.

3. Pairing with Your Phone

1. Ensure Bluetooth is enabled on your smartphone.

2. Open the "FitCloudPro" APP and follow the on-screen instructions to add your device.
3. Select "HT17" or the corresponding device name from the list of available devices.
4. Confirm the pairing request on both your phone and the smartwatch.

Once paired, the watch will synchronize time, date, and notifications with your phone.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Rotary Button:** Use the mechanical rotary button to scroll through options or return to the watch face.
- **Side Buttons:** Press the side buttons for quick access to specific functions like ON/OFF, Sport mode, or Light.



Figure 6: Side view of the watch with buttons.

Communication Features

- **Bluetooth Calls:** After pairing, use the built-in speaker and mic to answer or make calls directly from your watch. You can store contacts and view call history.
- **Message Notifications:** Receive vibration alerts for phone calls, texts, and social media app notifications. All notifications are displayed on your wrist.
- **AI Voice Assistant:** Easily check weather, make calls, play music, set countdowns, or alarms using voice commands.

Sweat The Smart Way



Figure 7: Watch displaying call and message notifications.

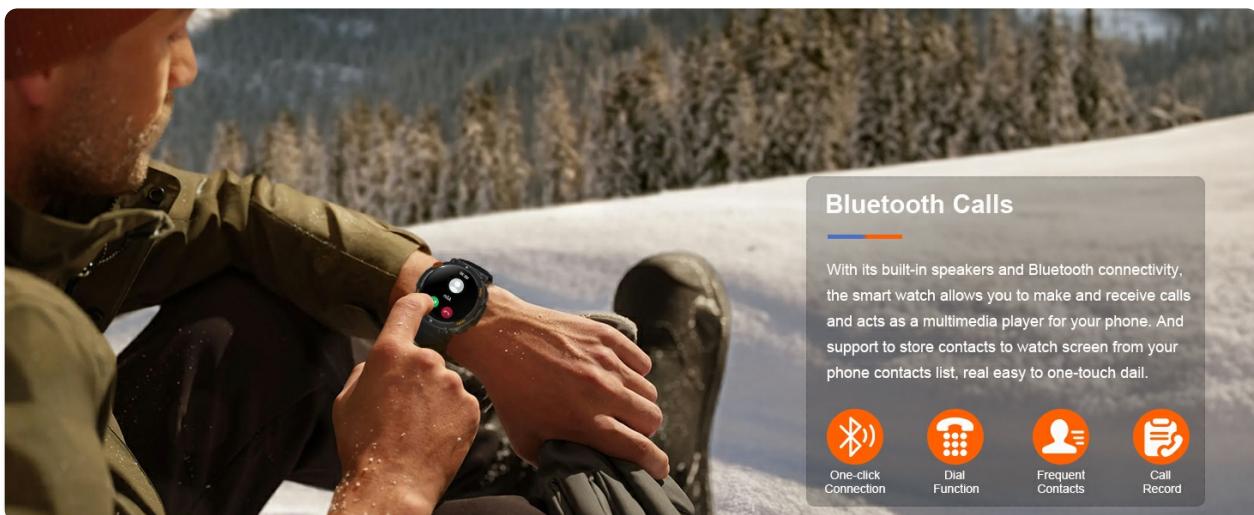


Figure 8: Bluetooth call functionality.

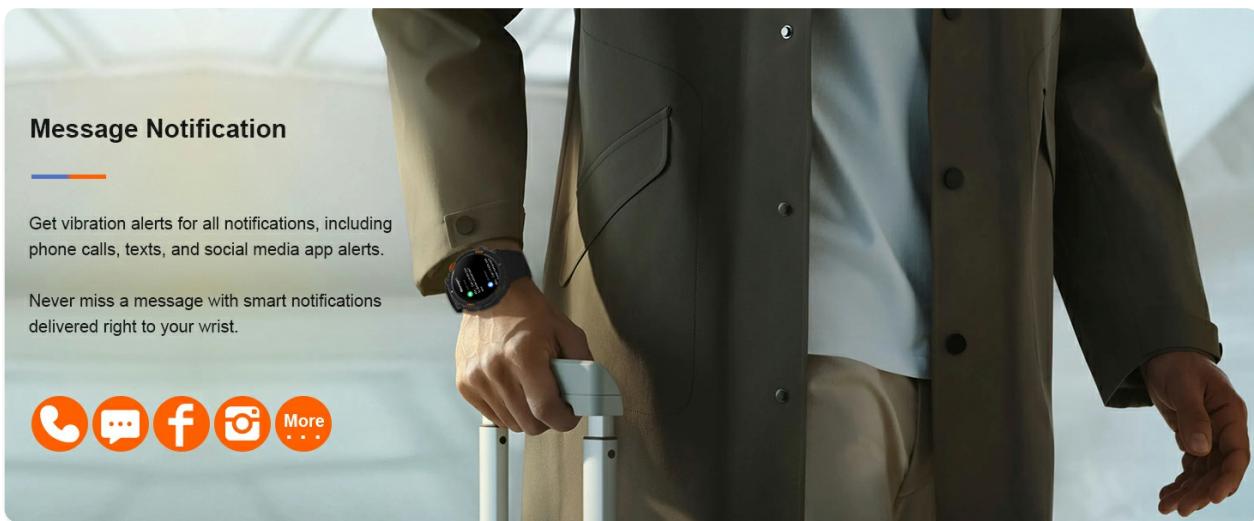


Figure 9: Message notification display.

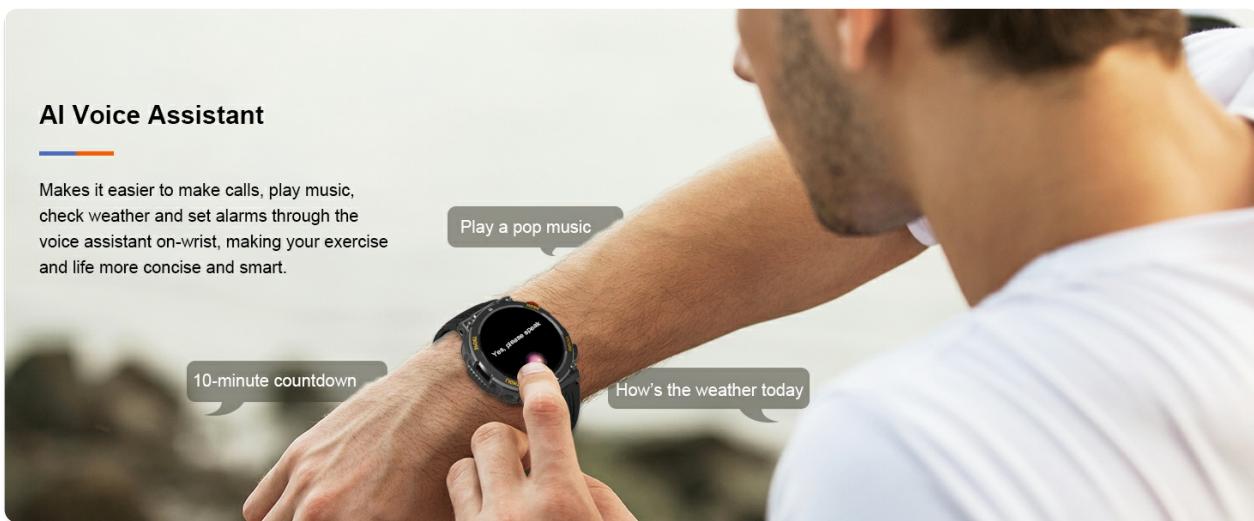


Figure 10: AI Voice Assistant in action.

Health Monitoring

The smartwatch acts as your personal health assistant, providing continuous monitoring and insights.

- **Heart Rate Monitoring:** 24-hour continuous heart rate tracking. View real-time data and historical trends in the app.
- **Blood Pressure Monitoring:** Measure your blood pressure directly from the watch. *Note: This device is not a medical device and should not be used for medical diagnosis or treatment.*
- **Blood Oxygen Saturation (SpO2) Monitoring:** Get readings of your blood oxygen levels.
- **Sleep Tracking:** Automatically tracks your sleep patterns, including duration, quality, and stages (deep sleep, light sleep, awake time).
- **Breath Guide:** Function to guide breathing exercises for relaxation.
- **Reminders:** Sedentary reminder and drink water reminder to promote a healthier lifestyle.

Keep Track of Your Health



Figure 11: Health tracking features including blood pressure, heart rate, and blood oxygen.

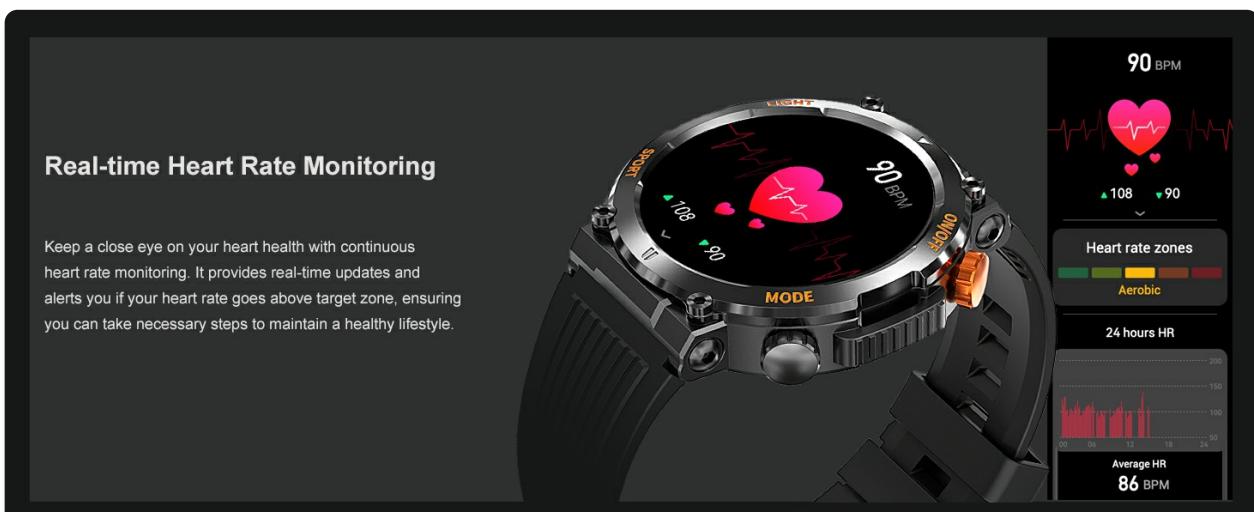


Figure 12: Real-time Heart Rate Monitoring.



Figure 13: Blood Pressure Measuring interface.

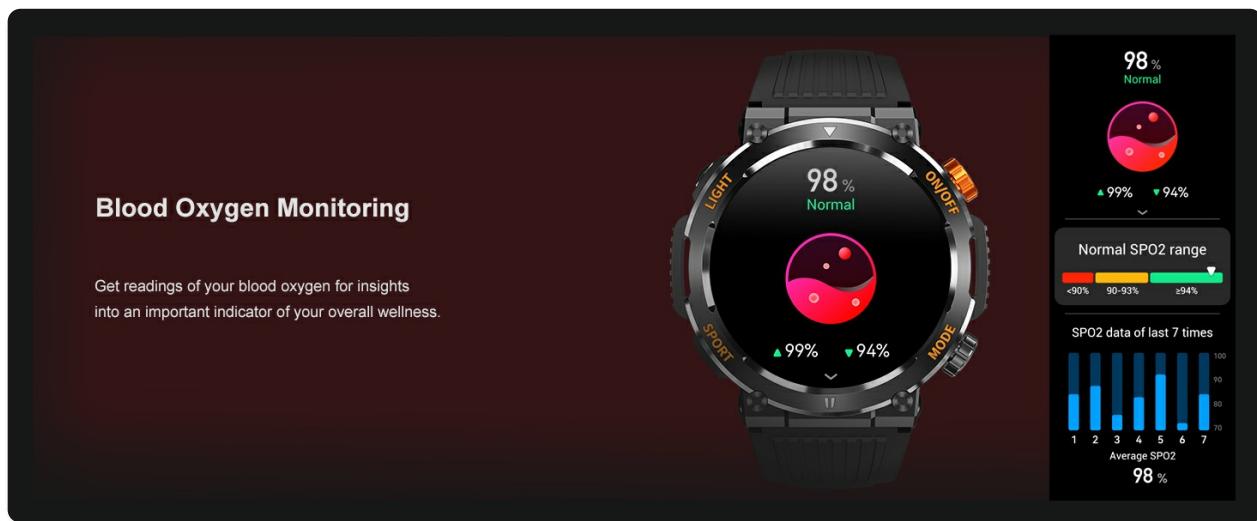


Figure 14: Blood Oxygen Monitoring interface.

Enjoy More Convenient Life

A variety of practical small functions, all-round intelligent experience



Figure 15: Sleep tracking data displayed on the watch.

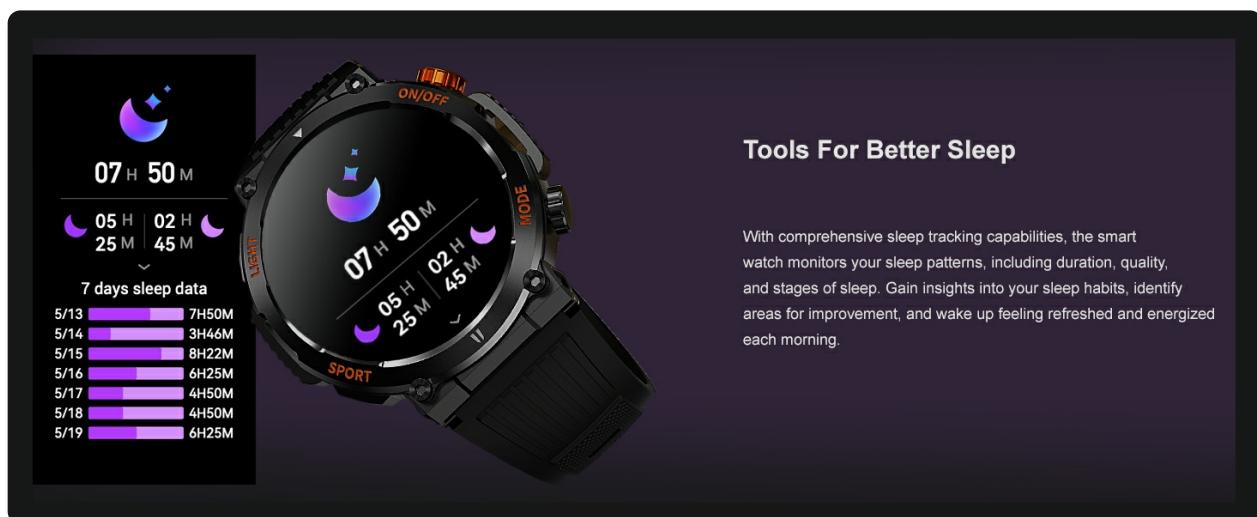


Figure 16: Tools for Better Sleep, showing 7 days sleep data.

Fitness Tracking

The watch supports over 110 sports modes to accurately track your workouts.

- **110+ Sports Modes:** Select and change exercise modes in the FitCloudPro APP. The watch records data like steps, distance, calories burned, and heart rate for each workout.
- **Activity Tracking:** Accurately tracks daily steps, distance, and calories burned.

Stay Connected On-wrist

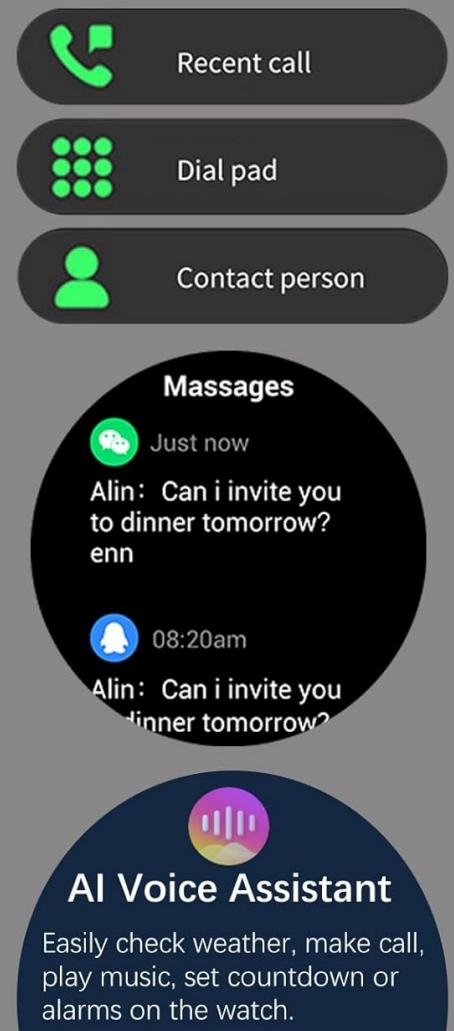


Figure 17: Overview of 100+ Sports Modes.

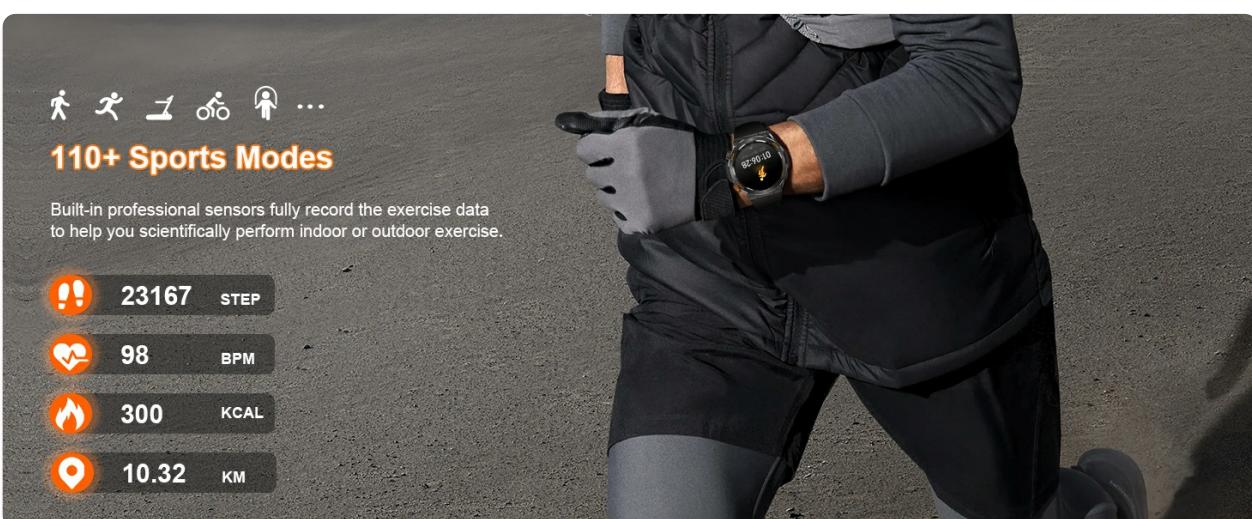


Figure 18: Tracking activity with the smartwatch.

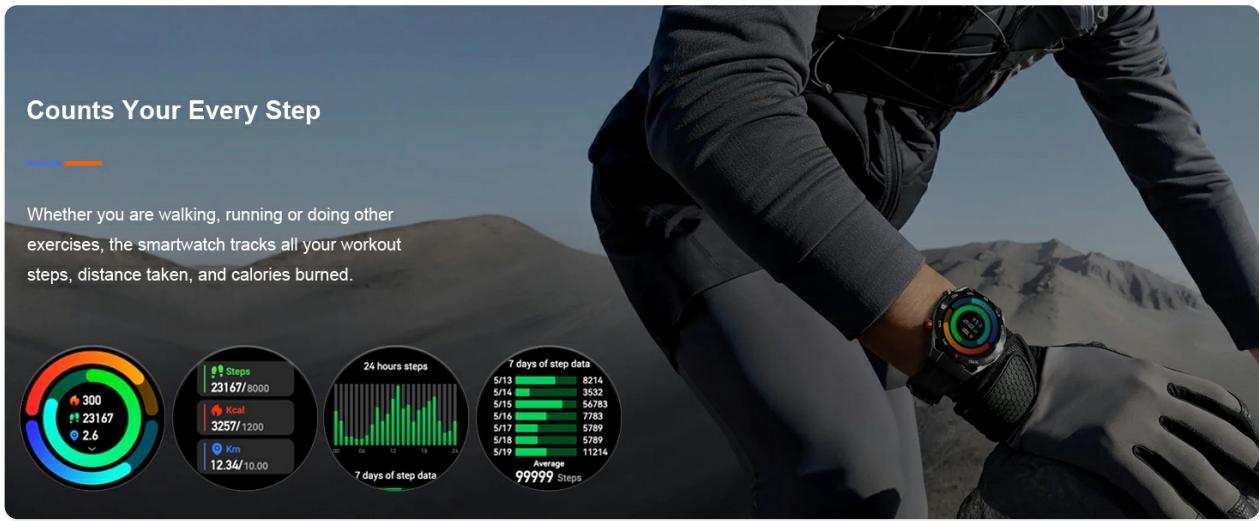


Figure 19: Daily and weekly step count tracking.

Outdoor & Utility Features

- **LED Flashlight:** Provides clear vision and large flood lighting for outdoor adventures.
- **Compass:** Accurately measures and calibrates the current heading direction.
- **Weather Forecast:** Synchronizes weather forecast from your phone in real-time.

Insight for Better Sleep

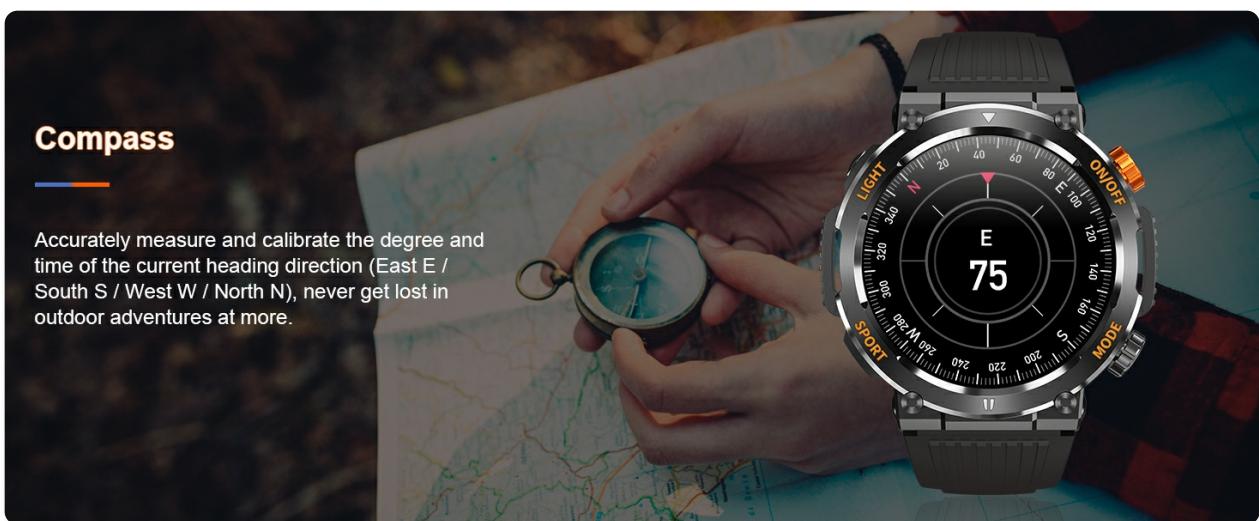
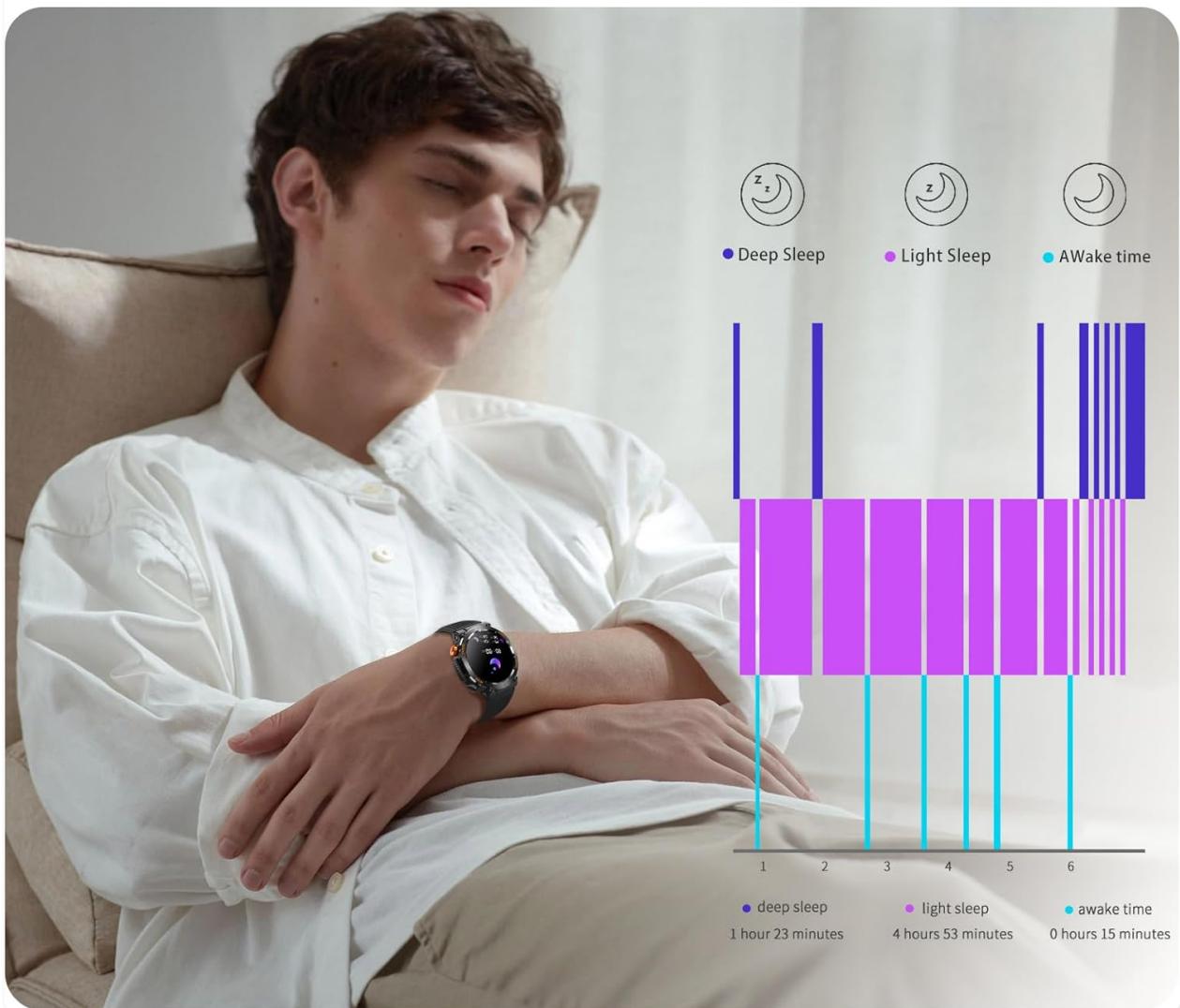


Figure 22: Compass feature for navigation.



Weather Forecast

The smartwatch synchronizes the weather forecast on your phone in real time, so you can be prepared before it rains or winds.

Figure 23: Weather Forecast display.

Other Practical Features

- **Calculator:** Perform calculations directly on the watch.
- **Music Control:** Control music playback on your phone (skip tracks, adjust volume, play/pause).
- **Remote Camera Shooting:** Use the watch as a remote shutter for your phone's camera.
- **Timer & Stopwatch:** Essential tools for time management during sports, study, or cooking.
- **Find Phone:** Locate your paired smartphone.
- **Wallet & Business Cards:** Save QR codes for payments (PayPal, WeChat, Alipay) and business cards (Facebook, WhatsApp, Twitter) for easy access.
- **Customize Watchface:** Choose from 100+ styles or set your own photo as the watch face.

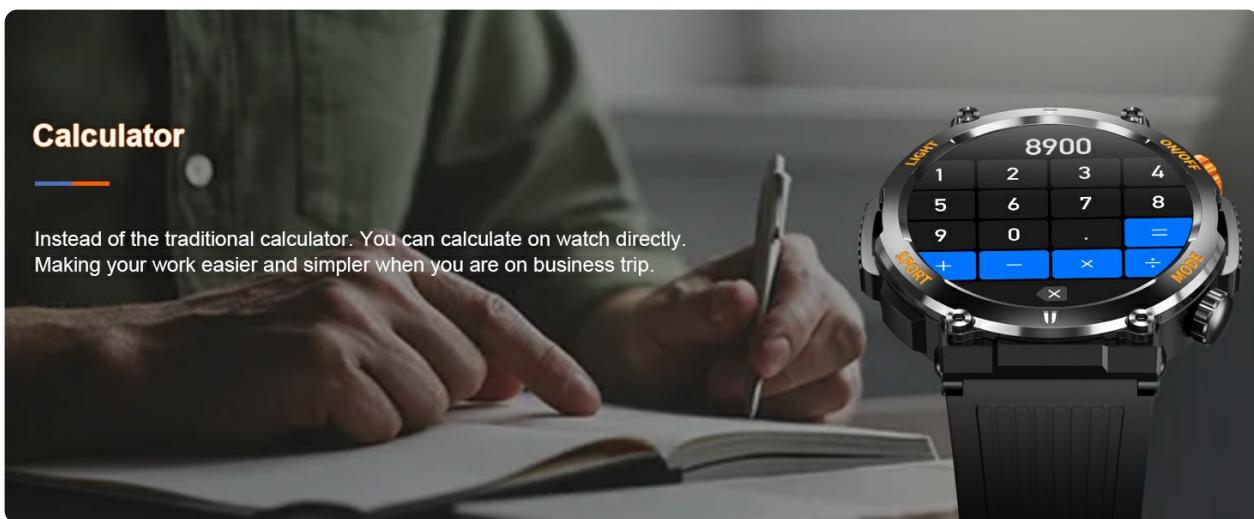
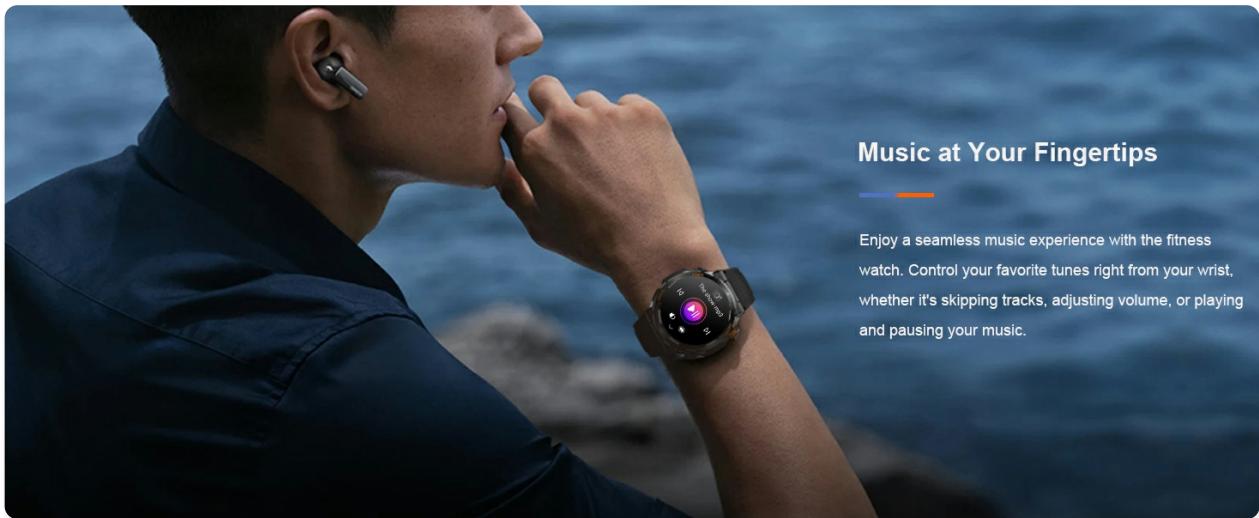


Figure 24: Calculator feature.



Music at Your Fingertips

Enjoy a seamless music experience with the fitness watch. Control your favorite tunes right from your wrist, whether it's skipping tracks, adjusting volume, or playing and pausing your music.

Figure 25: Music control at your fingertips.



Remote Camera Shooting

Capture picture-perfect moments effortlessly with remote camera control feature.

Figure 26: Remote Camera Shooting feature.



Time Management

It helps you to plan your sports, study and cooking time! It is suitable for athletes to plan all kinds of training such as running, basketball, football etc., for students to plan their study time and for cooking enthusiasts to count down their food cooking time.

Stopwatch

Figure 27: Timer and Stopwatch functions.

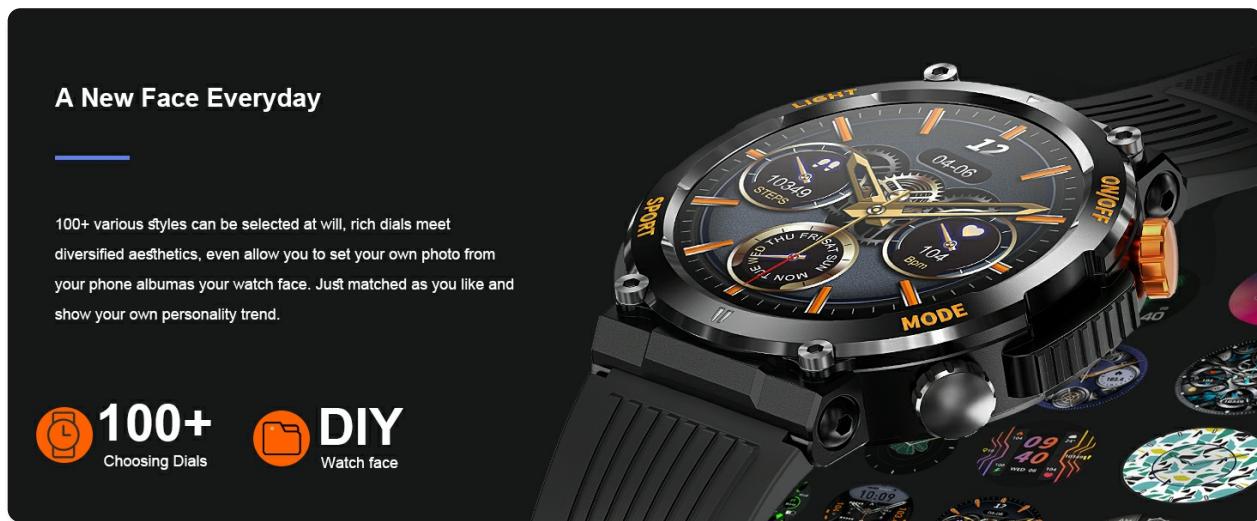


Figure 28: Customizable watch faces.

Official Product Video

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Video 1: YoYoFit Sport Watch for Men. This video showcases the watch's design, features like flashlight, heart rate monitoring, blood pressure, blood oxygen, sports modes, compass, interactive interfaces, various dials, information reminders, AI voice assistant, Bluetooth calling, and battery life.

MAINTENANCE

- Cleaning:** Wipe the watch and strap regularly with a soft, damp cloth. Avoid harsh chemicals.
- Water Resistance:** The watch is water-resistant (IP67) and can be worn for hand washing and jogging in the rain. *It does not support swimming, showering, or diving. Avoid hot water.*
- Storage:** Store the watch in a cool, dry place when not in use.
- Avoid Impacts:** While rugged, avoid unnecessary drops or impacts to prolong the device's lifespan.

TROUBLESHOOTING

Problem	Possible Solution
Watch not turning on.	Ensure the watch is fully charged. Connect to the charging cable and check for charging indicator.
Cannot pair with phone.	Ensure Bluetooth is on and the watch is discoverable. Make sure the "FitCloudPro" app is open and attempting to connect. Restart both the watch and your phone. Forget the device in your phone's Bluetooth settings and try pairing again.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch. Note that the watch is not a medical device; readings are for reference only.
Notifications not appearing.	Check app notification settings in "FitCloudPro" and your phone's system settings. Ensure the watch is connected via Bluetooth.

Problem	Possible Solution
Short battery life.	Reduce screen brightness. Limit continuous heart rate monitoring or frequent GPS usage (if applicable). Close unnecessary background apps on the watch.

SPECIFICATIONS

Feature	Detail
Brand	YoYoFit
Model Number	HT17
Screen Size	1.46 Inches
Battery Capacity	450mAh (0.45 Amp Hours)
Connectivity	Bluetooth 5.0
Operating System	Android (compatible with Android 5.1+ & iOS 8.5+)
Memory Storage Capacity	128 MB
Water Resistance	IP67 (Dust-resistant, splash-proof, not for swimming/showering)
Item Weight	2.09 ounces
Product Dimensions	6.5 x 3.3 x 0.98 inches
Special Features	Activity Tracker, Flashlight, Military Grade Standard, Bluetooth Phone Calls, Built-in Speaker & Mic, 110+ Sports Mode, Heart Rate Monitor, Blood Pressure Measure, Blood Oxygen Monitor, Sleep Tracker, Long Time Standby, Weather Forecast, Music Control, Sedentary Reminder, Remote Camera Shooting, Alarm Clock, Voice Assistant, Breath Guide, Timer, Stopwatch, Calorie Counter, Notifications, Cycle Tracking, Time Display, Touch Screen

WARRANTY & SUPPORT

For any issues regarding watch accessories, quality problems, operation, or charging, please contact YoYoFit customer support. They aim to provide a solution within 12 hours.

Refer to the official [User Guide \(PDF\)](#) for additional details and support.

