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Poounur Y6

Poounur Smartwatch Y6 User Manual

MODEL: Y6

Introduction

Welcome to the user manual for your Poounur Smartwatch Y6. This guide provides essential information on setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and a seamless user experience. Please read this manual thoroughly before using your smartwatch.

1. Getting Started: Setup

1.1 Package Contents

Ensure your package contains the Poounur Smartwatch Y6, a charging cable, and this user manual.

1.2 Charging the Device

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included). The watch display will indicate charging status.

1.3 Powering On/Off

- **To Power On:** Press and hold the side button until the screen lights up.
- **To Power Off:** Press and hold the side button, then select the 'Power Off' option on the screen.

1.4 Pairing with Your Smartphone

1. Download and install the companion application (e.g., 'FitCloudPro' or similar, refer to the watch screen or packaging for the exact app name) from your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the companion application and follow the on-screen instructions to create an account and add your device.
4. Select 'Y6' from the list of available devices in the app to initiate pairing. Confirm the pairing request

on both your phone and the smartwatch.

2. Operating Instructions

2.1 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. Press and hold for power options.

2.2 Bluetooth Call Function

The Poonur Y6 Smartwatch supports Bluetooth calling, allowing you to make and receive calls directly from your wrist when connected to your smartphone.



Image: The smartwatch screen showing an incoming call. Below the watch, icons represent the microphone, call logs, speaker, dial pad, and contacts, indicating the watch's comprehensive calling features.

- **Making a Call:** Access the 'Dial Pad' or 'Contacts' feature on your watch. You can dial a number directly or select a contact from your synced phonebook.
- **Receiving a Call:** When a call comes in, the watch will display the caller ID. Tap the green icon to

answer or the red icon to reject.

- **Audio:** The watch uses its built-in microphone and speaker for calls. Ensure your watch is close enough to your mouth for clear communication.

2.3 24-Hour Health Monitoring

Your smartwatch continuously monitors key health metrics throughout the day.



Image: Three distinct smartwatch displays illustrating the 24-hour health monitoring capabilities: heart rate, sleep duration and quality, and blood oxygen saturation levels.

- **Heart Rate:** View your current heart rate and historical data in the 'Heart Rate' section.
- **Sleep Tracking:** The watch automatically tracks your sleep patterns, including deep and light sleep, when worn during sleep. Access 'Sleep' data for insights.
- **Blood Oxygen (SpO2):** Measure your blood oxygen levels on demand or view continuous monitoring data in the 'Blood Oxygen' feature.

Note: Health monitoring data is for reference only and should not be used for medical diagnosis or treatment. Consult a medical professional for health concerns.

2.4 Sports Modes

The smartwatch offers 112 sports modes to track your physical activities, helping you monitor exercise time and calories burned.



112 Sports Modes

It keeps track of exercise time and calories burned, helping you maintain a healthy balance between activities and rest.

- Cycling
- Tennis
- GOLF
- Basketball
- Football
- Volleyball

Image: The smartwatch interface displaying a selection of sports modes such as Outdoor Running, Cycling, Baseball, and Skipping. Additional icons represent various activities like Tennis, Golf, Basketball, Football, and Volleyball.

- **Selecting a Mode:** Navigate to the 'Sports' or 'Workout' section on your watch. Choose your desired activity from the list.
- **Starting/Stopping:** Tap to start tracking. During the activity, you can pause or end the workout.
- **Data Review:** After completing an activity, review your performance data (duration, calories, heart rate, etc.) on the watch or in the companion app.

2.5 Customizing Watch Faces

Personalize your smartwatch with a wide range of watch faces available through the companion app.

200+ Online Watch Faces

A wide range of dial styles are available for you to choose from, highlighting your unique personality.



Image: A smartphone screen demonstrating the 'Custom dial' feature within the companion app, allowing users to select images and font colors for their watch faces. Various watch face designs are shown on multiple smartwatches.

- **Changing Watch Faces:** Open the companion app on your smartphone. Navigate to the 'Watch Faces' or 'Dial Settings' section.
- **Online Watch Faces:** Browse and download from over 200 online watch faces.
- **Custom Watch Faces:** Some apps allow you to upload your own photos as watch backgrounds and customize text colors.

2.6 Other Features

- **Notifications:** Receive call, SMS, and app notifications directly on your wrist. Enable notification permissions in the companion app.
- **Alarms:** Set alarms through the companion app, and your watch will vibrate to alert you.
- **Music Control:** Control music playback on your smartphone (play, pause, skip) from your watch.
- **Weather:** View current weather conditions and forecasts after syncing with the app.

3. Maintenance

3.1 Cleaning the Device

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device functionality.

- Wipe the screen and body with a soft, lint-free cloth.
- For stubborn dirt, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

3.2 Water and Dust Resistance

The Poounur Y6 Smartwatch is designed with water and dust resistance. This means it can withstand splashes, rain, and brief immersion in shallow water. However, it is not suitable for hot showers, saunas, diving, or high-speed water sports.

- Do not press buttons underwater.
- Dry the watch thoroughly after exposure to water.
- Water resistance is not a permanent condition and may decrease over time with normal wear and tear.

3.3 Battery Care

- Avoid extreme temperatures, which can shorten battery life.
- Charge the battery regularly, but avoid leaving it fully discharged for extended periods.
- Use only the provided charging cable.

4. Troubleshooting

4.1 Common Issues and Solutions

Issue	Solution
Watch not powering on	Ensure the watch is fully charged. Press and hold the side button for several seconds.
Unable to pair with smartphone	Check if Bluetooth is enabled on your phone. Ensure the watch is within range. Restart both the watch and phone. Reinstall the companion app.
Call function not working	Verify the watch is properly connected via Bluetooth for calls (often a separate Bluetooth connection). Check app permissions for phone calls.
Inaccurate health data	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
Notifications not received	Check notification permissions in your phone's settings for the companion app. Ensure the app is running in the background.

4.2 Resetting the Device

If you encounter persistent issues, you may need to reset your smartwatch. This will erase all data on the watch and restore factory settings.

- Navigate to 'Settings' on your smartwatch.
- Look for 'System', 'Reset', or 'Factory Reset' options.

- Confirm the reset. You will need to pair the watch with your phone again after a factory reset.

5. Specifications

Below are the key specifications for the Pounur Smartwatch Y6:



Large 1.85 Inch Display

Glass screen, daily friction is not easy to leave traces. Alloy metal frame, lightweight and sturdy

Product Specification

-  1.85 Inch Screen
53*38mm
-  Ultra-thin Dial
11mm
-  235mm (max)
150mm (min)

Image: Detailed view of the smartwatch highlighting its large 1.85-inch display and physical dimensions, including the ultra-thin dial and strap length.

- **Model Number:** Y6
- **Brand:** Pounur
- **Screen Size:** 1.85 Inches
- **Operating System:** Android (for compatibility, not watch OS)
- **Connectivity:** Bluetooth
- **Special Features:** Bluetooth Calls, Water and Dust Resistance
- **Compatible Devices:** Smartphone
- **Battery Composition:** Lithium-polymer
- **Rechargeable Battery:** Yes
- **Memory Storage Capacity:** 1 GB

- **GPS:** Integrated GPS

6. Warranty and Support

6.1 Warranty Information

Your Pounur Smartwatch Y6 is covered by a standard manufacturer's warranty. Please refer to the warranty card included in your original packaging or contact the seller for specific warranty terms and conditions.

6.2 Customer Support

If you have any questions, concerns, or require technical assistance, please contact the retailer or Pounur customer support through the contact information provided with your purchase or on the official Pounur website.