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› LIVIKEY Fitness Tracker Watch User Manual

LIVIKEY ID205U

LIVIKEY Fitness Tracker Watch User Manual

Model: ID205U

Brand: LIVIKEY

1. INTRODUCTION

Welcome to the user manual for your LIVIKEY Fitness Tracker Watch. This smart watch is designed to help you monitor your health and fitness activities, providing valuable insights into your daily routine. It features comprehensive tracking for heart rate, sleep patterns, steps, calories burned, and offers multiple sports modes to support your active lifestyle. With smart notifications and a durable waterproof design, it's an ideal companion for both men and women seeking to enhance their health and fitness journey.



Figure 1: LIVIKEY Fitness Tracker Watch

2. KEY FEATURES

Heart Rate and Sleep Monitoring

The Fitness Tracker automatically monitors your heart rate throughout the day. You can also manually check your heart rate via the accompanying app. Additionally, it tracks your sleep patterns at night, providing a detailed analysis of your sleep quality, including deep sleep, light sleep, and awake time. This feature serves as a health advisor for daily life.

Sleep and Heart Rate Monitoring

View your measurement data through the APP to take care of your health

Deep Sleep Light Sleep Awake



92 bpm

Figure 2: Sleep and Heart Rate Monitoring Interface

Multi-Sport Modes with Activity Tracking

The fitness tracker supports 9 different sport modes, such as running and walking. It also records daily activity metrics including steps taken, calories burned, walking distance, and active time. You can set daily step goals through the app to track your progress and stay motivated.

Multiple Sports Modes



Figure 3: Multiple Sports Modes

Smart Notification Reminder

Receive SMS messages and SNS notifications directly on your wrist from platforms like Facebook, Twitter, and Gmail. This ensures you stay updated and don't miss important calls or messages. Please note: this smart watch does not support making calls or sending texts directly.

Get Smart Notifications with Ease



Figure 4: Smart Notification Display

Long Battery Life and 5ATM Waterproof

The watch requires only 2 hours of charging for 5-7 days of continuous use. With a 5ATM waterproof rating, it can withstand daily sweat, hand washing, and rain, allowing you to wear it during various activities without concern.

50 Meters Waterproof



Figure 5: 5ATM Waterproof Feature

More Functions & Compatibility

This fitness watch includes additional smart functions such as a stopwatch, alarm clock, breathing guide and sedentary alert to enhance your daily routine. It is compatible with iPhone (iOS 8.0 or above) and Android phones (Android OS 4.0 or above) with Bluetooth 4.0 or higher. Please note that it is not compatible with tablets or computers.

Multi Smart Functions

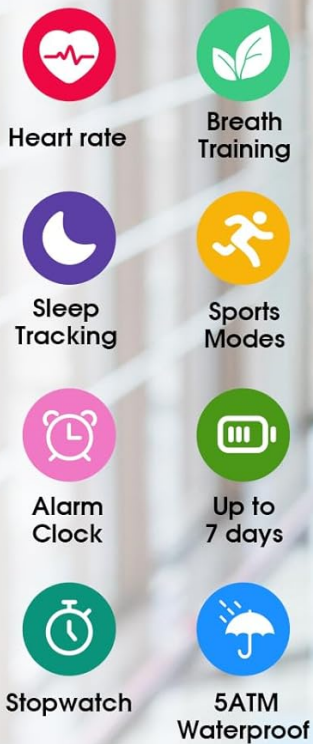


Figure 6: Multi Smart Functions Overview

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your LIVIKEY Fitness Tracker Watch. Connect the provided charging cable to the magnetic charging points on the back of the watch and plug the USB end into a compatible power source. A full charge typically takes about 2 hours and provides 5-7 days of use.

Incredible 7 Days Battery Time



Figure 7: Battery Life and Charging Information

3.2 App Download and Pairing

To unlock the full potential of your fitness tracker, download the dedicated app on your smartphone. The app is compatible with iOS 8.0 or Android OS 4.0 and above, and requires Bluetooth 4.0 or higher. Follow the in-app instructions to pair your watch with your phone. Ensure Bluetooth is enabled on your phone during the pairing process.

4. OPERATING INSTRUCTIONS

4.1 Navigating the Watch

The LIVIKEY Fitness Tracker Watch features a touchscreen display for easy navigation. Swipe left, right, up, or down to access different functions and menus. The side button can be used to return to the previous screen or activate the display.

4.2 Monitoring Health Data

- **Heart Rate:** Access the heart rate function on the watch to view your current heart rate. For continuous monitoring, ensure the feature is enabled in the app.
- **Sleep:** Wear the watch to bed for automatic sleep tracking. Detailed sleep analysis (deep, light, awake time) will be available in the app the next morning.
- **Activity Tracking:** The watch automatically tracks your steps, distance, and calories throughout the day. View your daily progress directly on the watch face or in the app.

4.3 Using Sport Modes

Select from 9 different sport modes to track specific workouts. Choose the desired mode before starting your activity to record accurate data for that session. Data such as duration, distance, and calories burned will be displayed and saved.

4.4 Smart Notifications

Once paired with your phone, enable notifications for desired apps (e.g., SMS, Facebook, Twitter) in the fitness tracker app settings. Incoming messages and alerts will vibrate on your wrist and display on the watch screen.

5. MAINTENANCE

5.1 Cleaning

Regularly clean your watch and band to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the screen and band. Avoid harsh chemicals or abrasive materials.

5.2 Water Resistance

The watch has a 5ATM waterproof rating, meaning it can withstand pressures equivalent to a depth of 50 meters. It is suitable for showering, swimming in shallow water, and daily activities involving water exposure. However, it is not recommended for diving or high-pressure water activities.

5.3 Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures. Charge the device using only the provided charging cable. If the watch will not be used for an extended period, charge it periodically to prevent deep discharge.

6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 10 minutes to activate it if it's completely drained.
- **Unable to pair with phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within range of your phone.

- Restart both your phone and the watch.
- Check the app for any specific pairing instructions or updates.
- **Inaccurate heart rate/sleep 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 appearing:** Check app permissions on your phone to ensure the fitness tracker app has access to notifications. Verify notification settings within the fitness tracker app itself.

7. SPECIFICATIONS

Feature	Detail
Product Dimensions	6.8 x 3.3 x 0.6 inches
Item Weight	2.39 ounces
Model Number	ID205U
Batteries	1 Lithium Ion battery required (included)
Operating System Compatibility	Android 4.0 / iOS 8.0 or above
Wireless Communication	Bluetooth 4.0 or above
Special Features	Activity Tracker, Sleep Monitor, Heart Rate Monitor, Pedometer, Calories Tracker, Time Display
Human Interface Input	Touchscreen
Color	Cyan
What's in the box	Charging cable
Manufacturer	LIVIKEY
Screen Size	1.3 Inches

8. WARRANTY AND SUPPORT

Your LIVIKEY Fitness Tracker Watch comes with a standard manufacturer's warranty. For detailed warranty information, product support, or technical assistance, please refer to the contact information provided on the product packaging or visit the official LIVIKEY website. Keep your purchase receipt for warranty claims.

