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VPSTAY ALB1

VPSTAY Fitness Tracker Watch User Manual

Model: ALB1

PRODUCT OVERVIEW

The VPSTAY Fitness Tracker Watch is designed to help you monitor your health and fitness activities throughout the day. It features a vibrant 1.47" HD color touchscreen and offers a range of functions from activity tracking to comprehensive health monitoring.



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

- **1.47" HD Color Touchscreen:** Experience enhanced visual and operational interaction with a sleek curved design. Customize your watch face from over 100 cloud-based options or use your own photos.

- **IP68 Waterproof & Long Standby Time:** Suitable for daily activities like handwashing and showering. A 1.5-2 hour magnetic charge provides 5-7 days of continuous usage and up to 20 days of standby time.
- **Blood Oxygen & 24/7 Heart Rate Tracking:** Monitor your blood oxygen levels and real-time heart rate directly from your wrist. The accompanying app provides detailed data, and the watch alerts you to high heart rate saturation.
- **Comprehensive Sleep Monitoring and Analysis:** High-precision sensor tracks deep sleep, light sleep, and awake periods to help improve sleep habits and quality.
- **All-Day Activity Tracking:** Features 20+ sports modes for both indoor and outdoor activities (walking, running, yoga, cycling, etc.). Records calories, steps, and distances in real-time to help you set and achieve fitness goals.
- **Smart Reminder & Versatile Assistant:** Connects to iOS and Android smartphones for timely alerts on calls, messages, emails, and social media notifications. Includes features like weather updates, menstrual cycle reminders, camera/music control, sedentary/drink water reminders, alarm clock, and stopwatch.

SETUP GUIDE

1. Unboxing and Initial Charge

Upon opening the package, ensure all components are present. The box should contain the Fitness Tracker Watch and its magnetic charging cable.

1. Connect the magnetic charging cable to the charging points on the back of the watch.
2. Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer USB port.
3. Allow the watch to charge for approximately 1.5 to 2 hours for a full charge before first use. The screen will indicate charging status.

1.47" HD Full Touch Screen



100+ cloud watch face, Supports album customization



Long Battery Life

1.5 HOURS
Charging time

5~7 DAYS
Average Usage

20 DAYS
Power-saving mode



Image: The fitness tracker connected to its magnetic charging cable, illustrating the charging process.

2. App Installation and Pairing

To unlock the full potential of your fitness tracker, you need to install the companion application on your smartphone.

1. Scan the QR code provided in the watch's quick start guide or search for "anyloop APP" in your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. Download and install the "anyloop APP".
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Ensure Bluetooth is enabled on your smartphone.
5. In the app, navigate to the device pairing section (usually "Device" or "My Device").
6. Select "Add Device" and choose your fitness tracker from the list of discovered Bluetooth devices. The watch's model number (ALB1) may appear.
7. Confirm the pairing request on both your phone and the watch if prompted.

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

OPERATING INSTRUCTIONS

1. Navigating the Touchscreen

The watch features a full touch screen for easy navigation:

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens (e.g., heart rate, steps, weather).
- **Tap:** Select an item or enter a function.
- **Press Side Button:** Return to the main watch face or power on/off.

2. Health Monitoring

Your VPSTAY Fitness Tracker continuously monitors key health metrics.

All Day Health Monitoring



Sleep Monitor



Heart Rate



Blood Oxygen



Heart Rate



Blood Oxygen



Sleep Monitor

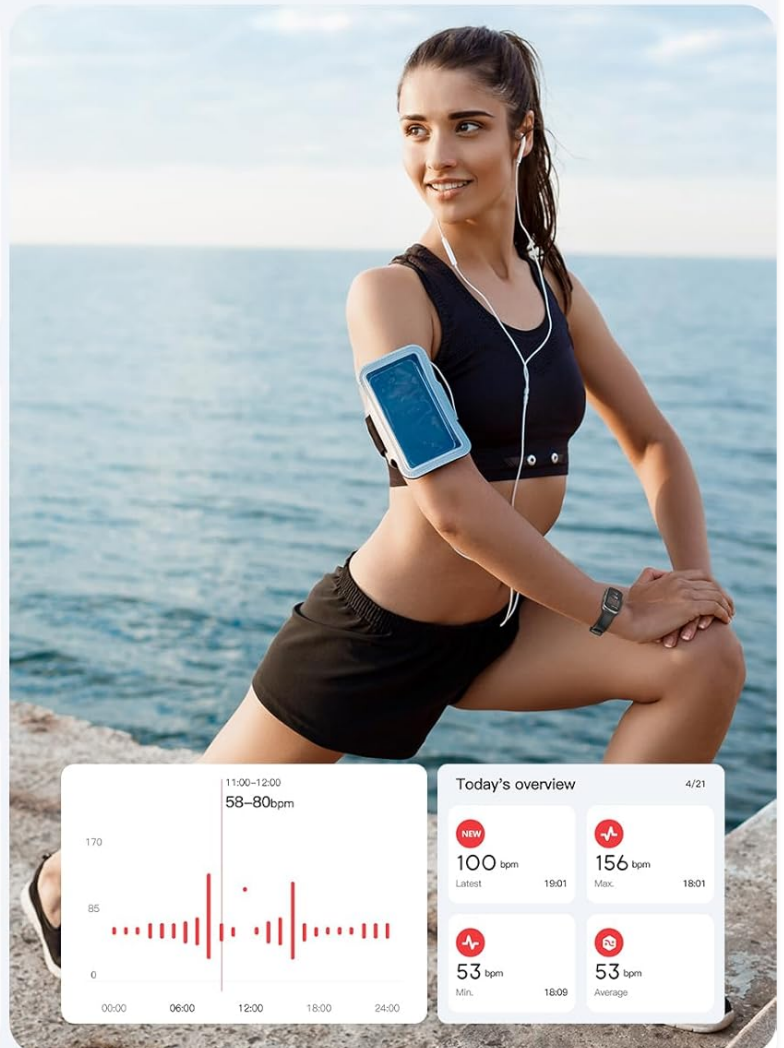


Image: Visual representation of the watch's health monitoring capabilities, including sleep, heart rate, and blood oxygen tracking.

- **Heart Rate:** Swipe to the heart rate screen to view your current heart rate. The watch provides 24/7 monitoring, and detailed historical data is available in the app.
- **Blood Oxygen (SpO2):** Navigate to the blood oxygen screen to initiate a measurement. Ensure the watch is snug on your wrist for accurate readings.
- **Sleep Monitoring:** Wear the watch to bed for automatic sleep tracking. The app will provide a detailed breakdown of your sleep stages (deep, light, awake) and overall sleep quality.

3. Activity Tracking and Sports Modes

The watch tracks your daily activity and supports various sports modes.



20+ Sports Modes

All Day Activity Tracking Designed to Motivate



 CALORIES 1825 Kcal	 STEPS 15621 Steps	 DISTANCE 9.32 Km
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The image features a couple in athletic wear stretching on a beach. In the foreground, a smartwatch displays a colorful activity ring and metrics: 1825 Kcal, 15621/16000 Steps, and 9.32 Km. Next to it, a smartphone shows a map with a green route and the same metrics: 00:58:01 Time and 9.32km Distance.

Image: A couple exercising, with an overlay showing the watch's 20+ sports modes and activity tracking metrics like calories, steps, and distance.

- **Daily Activity:** The main watch face or a dedicated screen will display your steps, calories burned, and distance covered throughout the day.

- **Sports Modes:** Access the sports mode menu on the watch. Select your desired activity (e.g., walking, running, cycling). The watch will record specific metrics for that activity. Tap to start and end the workout.

4. Smart Reminders and Other Features

Once paired with your smartphone, the watch can provide various smart notifications and functions.



Image: A hand wearing the fitness tracker, displaying incoming call and message alerts from various social media applications.

- **Call & Message Alerts:** Enable notifications in the "anyloop APP" to receive alerts for incoming calls, SMS, and messages from social media platforms directly on your watch.
- **Music Control:** Control music playback on your phone (play, pause, skip) directly from the watch.
- **Camera Control:** Use the watch as a remote shutter for your phone's camera.
- **Weather:** View current weather conditions and forecasts after syncing with the app.
- **Alarm Clock & Stopwatch:** Set alarms and use the stopwatch function directly on the watch.
- **Sedentary Reminder:** The app can be configured to remind you to move if you've been inactive for too long.

MAINTENANCE

1. Cleaning Your Device

Regular cleaning helps maintain the watch's appearance and sensor accuracy.

- Wipe the watch screen and strap with a soft, damp cloth.
- For the charging contacts and sensors on the back, use a dry cotton swab to gently remove any dust or debris.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch.

2. Water Resistance (IP68)

The VPSTAY Fitness Tracker is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes.



Image: A person on a beach with the watch, illustrating its IP68 waterproof rating for activities like handwashing, bathing, and rain.

- It is suitable for daily activities such as handwashing, showering, and use in rainy weather.

- *Not recommended for hot water baths, saunas, or diving.* Steam and hot water can compromise the seal.
- After contact with water, especially saltwater, wipe the watch dry to prevent corrosion.

3. Battery Care

To maximize battery lifespan:

- Avoid extreme temperatures (very hot or very cold) when charging or storing the watch.
- Do not leave the watch fully discharged for extended periods.
- Charge the watch regularly, ideally before the battery level drops too low.

TROUBLESHOOTING

If you encounter issues with your VPSTAY Fitness Tracker, refer to the following common solutions:

Problem	Possible Solution
Watch won't turn on or respond.	Ensure the watch is fully charged. Connect it to the charger and wait a few minutes. If still unresponsive, try a soft reset by pressing and holding the side button for 10-15 seconds.
Cannot pair with smartphone.	<p>Ensure Bluetooth is enabled on your phone.</p> <p>Make sure the watch is within Bluetooth range (approx. 10 meters).</p> <p>Restart both your phone and the watch.</p> <p>Forget the device in your phone's Bluetooth settings and try pairing again through the "anyloop APP".</p> <p>Check if the app has necessary permissions (location, Bluetooth).</p>
Inaccurate heart rate/blood oxygen readings.	<p>Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.</p> <p>Clean the sensors on the back of the watch.</p> <p>Avoid excessive movement during measurement.</p>
Notifications not appearing.	<p>Verify that notifications are enabled in the "anyloop APP" for the specific applications.</p> <p>Ensure the app is running in the background on your phone.</p> <p>Check your phone's notification settings to ensure the app has permission to send notifications.</p>
Short battery life.	<p>Frequent use of features like continuous heart rate monitoring or screen-on time can drain the battery faster.</p> <p>Reduce screen brightness or shorten screen-on duration.</p> <p>Ensure the watch is fully charged each time.</p>

For further assistance, please refer to the official user guide PDF available on the product page or contact VPSTAY customer support.

SPECIFICATIONS

Feature	Detail
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Feature	Detail
Model Number	ALB1
Screen Size	1.47 Inches
Display Type	HD Color Touchscreen
Connectivity	Bluetooth
Water Resistance	IP68
Battery Capacity	185 Milliamp Hours (Lithium Polymer)
Charging Time	Approx. 1.5 - 2 hours
Usage Time	5-7 days (typical usage)
Standby Time	Up to 20 days
Operating System	anyloop APP
Product Dimensions	3.7 x 3.7 x 1.2 inches
Item Weight	2.39 ounces
What's in the Box	Fitness tracker, Charging cable

WARRANTY AND SUPPORT

VPSTAY is committed to providing quality products and customer satisfaction. While specific warranty terms may vary by region, our professional after-sales service team is available to assist you with any issues or questions you may encounter during the use of your fitness tracker.

For detailed information, troubleshooting, or to contact support, please refer to the official user guide PDF available on the product's Amazon page or visit the VPSTAY brand store.

Official User Guide (PDF): [Download Here](#)

VPSTAY Store: [Visit Store](#)