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› YoYoFit Military Smart Watch HT22 User Manual

YoYoFit HT22

YoYoFit Military Smart Watch HT22 User Manual

Model: HT22

1. INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your YoYoFit Military Smart Watch HT22. Designed for durability and functionality, this smartwatch offers a range of features including health monitoring, sports tracking, and communication capabilities. Please read this manual thoroughly to ensure proper use and to maximize your experience with the device.



Image 1.1: The YoYoFit Military Smart Watch HT22, displaying its main interface with time, date, and activity metrics.

2. WHAT'S IN THE BOX

- YoYoFit Military Smart Watch HT22 x 1
- Charging Cable x 1
- User Manual x 1

3. SETUP GUIDE

3.1 Charging the Device

Before initial use, fully charge your smartwatch. Connect the provided charging cable to the charging port on the back of the watch and to a USB power source. A full charge typically takes approximately 2 hours. The watch has a 450mAh battery, providing up to 10+ days of normal use and 40+ days of standby time.

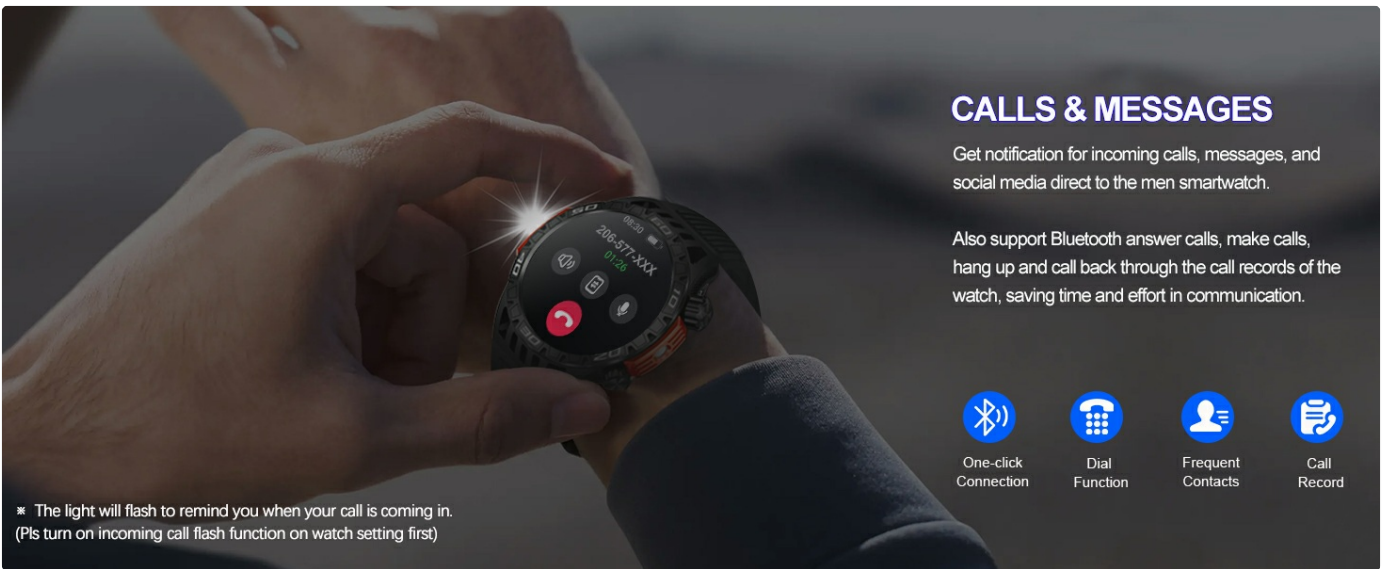


Image 3.1: The smartwatch connected to its charging cable, illustrating the charging process and battery capacity.

3.2 App Installation

To unlock all features and synchronize data, download the "FitCloudPro" app from your smartphone's app store (compatible with Android 5.1+ and iOS 8.5+).

3.3 Device Pairing

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the "FitCloudPro" app and follow the on-screen instructions to add your device.
3. Select "HT22" from the list of available devices to establish a connection.
4. Confirm the pairing request on both your phone and the smartwatch.

4. OPERATING INSTRUCTIONS

4.1 Basic Navigation

- **Touch Screen:** Swipe left/right to navigate through main functions, swipe up/down for notifications and quick settings.
- **Rotating Crown:** Rotate the crown to scroll through menus or adjust settings. Press the crown to return to the home screen or confirm selections.
- **Side Buttons:** The watch features additional side buttons for specific functions, such as activating the flashlight or accessing sports modes.

4.2 Bluetooth Calling

The HT22 allows you to answer and dial calls directly from your wrist when connected to your smartphone via Bluetooth. You can also store frequently used contacts in the watch for quick dialing.

1. **Answering Calls:** When a call comes in, tap the green phone icon on the watch screen.
2. **Dialing Calls:** Access the dialer from the main menu or select a contact from your stored list.
3. **Notifications:** The watch will display incoming messages and social media notifications with a vibration alert.

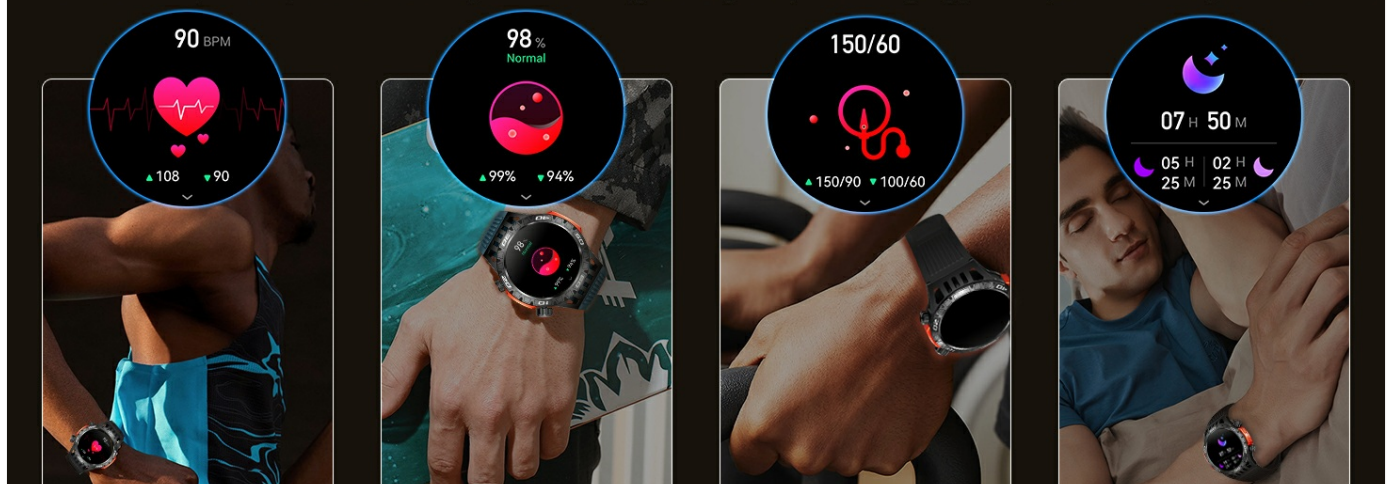
Wireless Call On Wrist



Image 4.1: The smartwatch showing an incoming call notification and the Bluetooth calling interface.

EASY HEALTH MANAGEMENT

The smart watch keeps track of your heart rate, blood pressure, blood oxygen and night sleep at the wrist, giving you a comprehensive view of your overall health.



4.3 Health Monitoring

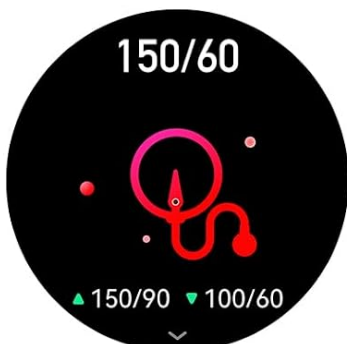
The HT22 continuously monitors various health metrics. Access these features through the watch menu or the "FitCloudPro" app for detailed reports.

- **Heart Rate:** Real-time heart rate tracking.
- **Blood Pressure:** Measures estimated blood pressure levels.
- **Blood Oxygen (SpO2):** Monitors blood oxygen saturation.
- **Sleep Tracking:** Automatically tracks sleep patterns and provides analysis of sleep quality.

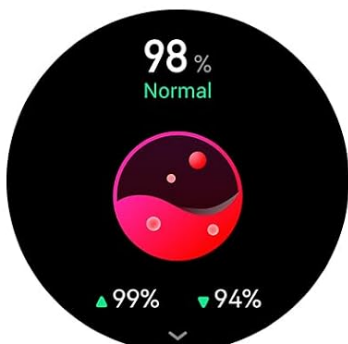
Keep An Eye On Your Heart



Heart Rate Monitor



Blood Pressure Measure



Blood Oxygen Monitor



Image 4.3: Health monitoring features on the smartwatch, showing heart rate, blood pressure, and blood oxygen readings.

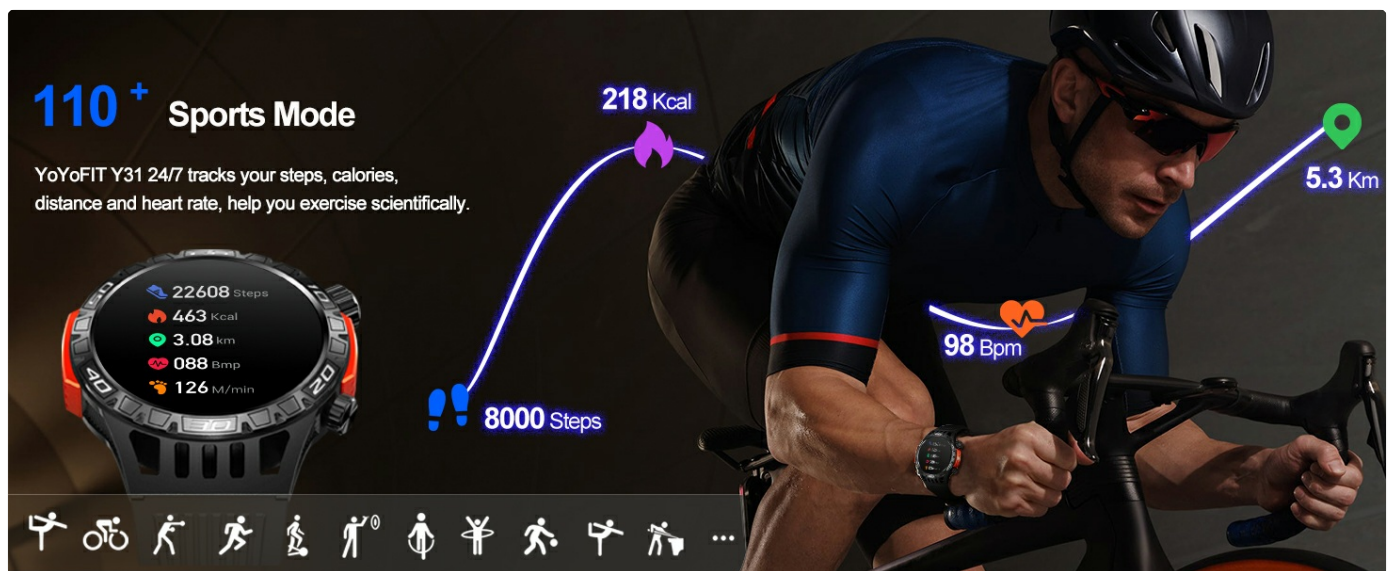


Image 4.4: Overview of health management features, including heart rate, blood oxygen, blood pressure, and sleep tracking.



Image 4.5: The smartwatch screen showing sleep tracking data, including light and deep sleep duration.

4.4 Sports Modes

The watch supports over 110 sports modes to track your activities. It records steps, distance, calories burned, and other relevant metrics.

1. Navigate to the Sports Mode section from the main menu.
2. Select your desired activity.
3. The watch will begin tracking your performance.

Sweat The Smart Way

110 +

Sports Modes

Record your every exercise data



Image 4.6: The smartwatch interface showing icons for over 110 sports modes.

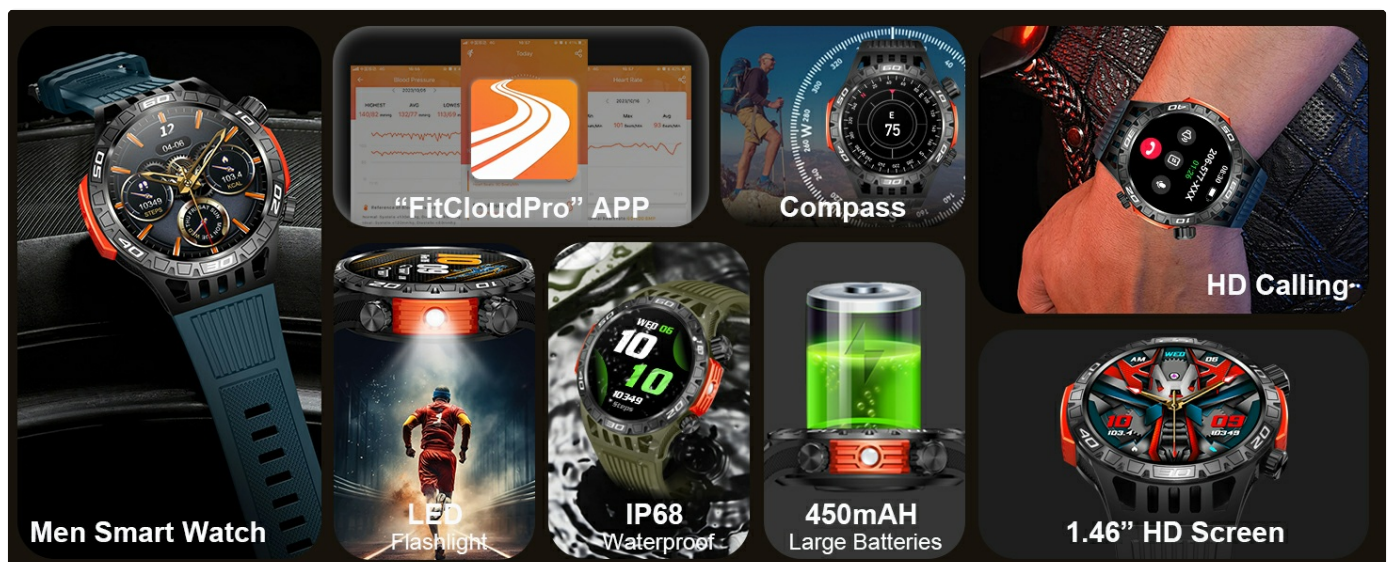


Image 4.7: The smartwatch displaying real-time data during a sports activity, including steps, calories, distance, and heart rate.

4.5 Flashlight and SOS Function

The watch includes an integrated LED flashlight and an SOS help function for emergencies.

- **Flashlight:** Long press the bottom right button to turn on the flashlight.
- **SOS Function:** After turning on the flashlight, single tap the bottom right button to activate the SOS light flash function.

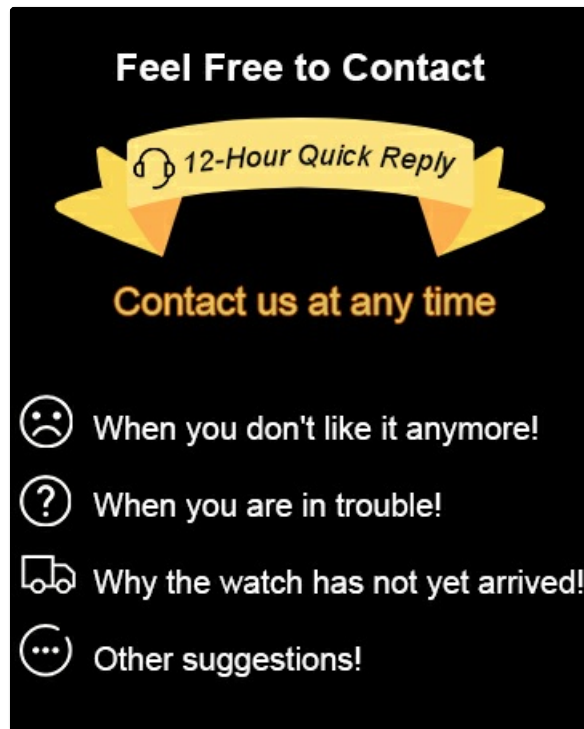


Image 4.8: The smartwatch with its integrated LED flashlight illuminated, demonstrating its utility in low-light conditions.

Enjoy More Convenient Life

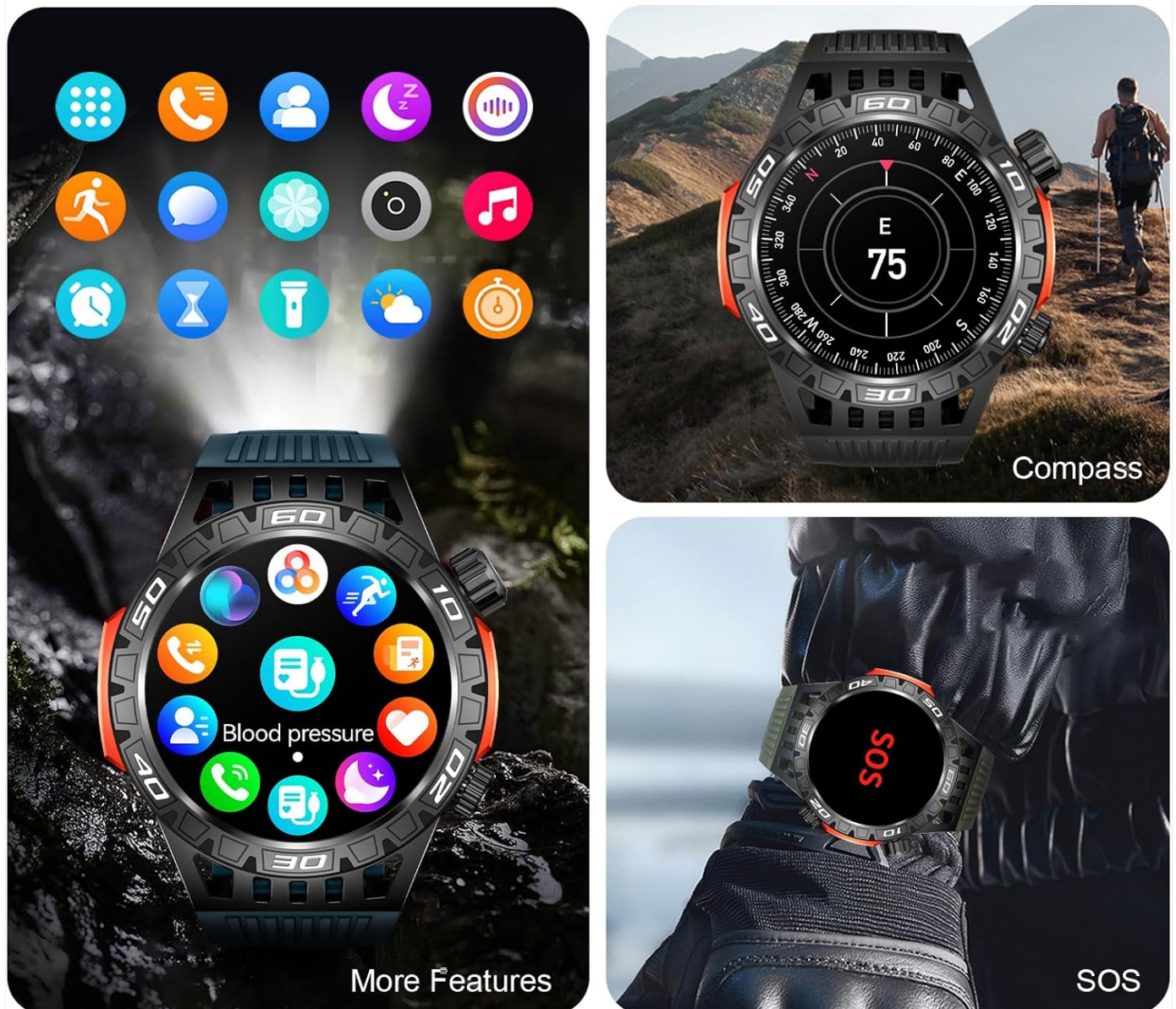


Image 4.9: The smartwatch interface showing the compass and SOS features, useful for outdoor activities and emergencies.

Your browser does not support the video tag.

Video 4.1: Demonstration of the YoYoFit Military Smart Watch HT22's features, including durability, display, call functions, sports modes, compass, sleep monitoring, flashlight, and SOS function.

4.6 Other Features

The HT22 includes additional functionalities to enhance daily use:

- **Weather Forecast:** View current weather conditions and forecasts.
- **AI Voice Assistant:** Interact with your device using voice commands.
- **Music Control:** Manage music playback on your connected smartphone.
- **Remote Shutter:** Control your phone's camera remotely.
- **Find Phone:** Locate your misplaced smartphone.
- **Customizable Watch Faces:** Personalize the watch display.
- **Reminders:** Set sedentary and hydration reminders.

- **Tools:** Access calculator, alarms, timer, and stopwatch.
- **Compass:** Integrated digital compass for navigation.



Image 4.10: A collage of the smartwatch displaying various smart features such as weather, music control, remote shooting, stopwatch, timer, and breath guide.

5. MAINTENANCE

- **Cleaning:** Wipe the watch and strap regularly with a soft, dry cloth. For stubborn dirt, use a slightly damp cloth and mild soap, then rinse and dry thoroughly.
- **Water Resistance:** The HT22 is IP68 rated, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for swimming. However, avoid hot water, steam, or prolonged submersion in deep water. Do not operate buttons underwater.
- **Storage:** Store the watch in a cool, dry place when not in use.

Waterproof Stylish Sport Watch



Pick Your Own Style

1.46" vibrant color display with optional colors band & 200+ watchfaces to find the style that moves you.

IP68 Waterproof

10 meters waterproof performance, rest assured to wear it to go swimming

Image 5.1: The smartwatch being worn by a person underwater, illustrating its IP68 waterproof capability.



Strong Flashlight & SOS Help Feature

Ultra large capacity battery allows you to continuous lighting, and sudden emergency situation can touch SOS light flash help feature with just one click. A great weapon for household emergency & outdoor adventure.

※ Long press the bottom button to turn on FLASHLIGHT and single tap the button again to start SOS light flash help function.



Image 5.2: The smartwatch being splashed with water, emphasizing its IP68 waterproof rating for various activities.

6. TROUBLESHOOTING

Problem	Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone.	1. Ensure Bluetooth is enabled on your phone. 2. Make sure the watch is within range of your phone. 3. Restart both the watch and your phone. 4. Check if the "FitCloudPro" app has necessary permissions.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Avoid excessive movement during measurements. Note that health monitoring data is for reference only and not for medical diagnosis.
Notifications not received.	1. Check app notification settings in "FitCloudPro". 2. Ensure Bluetooth connection is stable. 3. Verify phone's notification permissions for the app.
Short battery life.	Reduce screen brightness, disable continuous heart rate monitoring, and limit frequent notifications. Ensure background app usage is optimized.

7. SPECIFICATIONS

Feature	Detail
Model Number	HT22
Screen Size	1.46 Inches
Display Type	IPS High-Definition
Battery Capacity	450 mAh Lithium Polymer
Connectivity	Bluetooth 5.0
Operating System	Proprietary OS
Compatibility	Android 5.1+ / iOS 8.5+
Water Resistance	IP68 (10 meters waterproof)
Special Features	LED Flashlight, Compass, SOS, Bluetooth Calls, 110+ Sports Modes, Heart Rate, Blood Pressure, Blood Oxygen, Sleep Monitor, AI Voice Assistant, Music Control, Remote Camera, Weather, Alarms, Timer, Stopwatch, Calculator.

Feature	Detail
Product Dimensions	6.5 x 3.3 x 0.98 inches
Item Weight	4.8 ounces

8. WARRANTY AND SUPPORT

For any issues regarding watch accessories, quality problems, operation, charging, or general inquiries, please contact YoYoFit customer support. Solutions are typically provided within 12 hours.



Image 8.1: Information on how to contact YoYoFit for support, emphasizing a 12-hour response time.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question