

[Manuals.plus](#) /

› [VPSTAY](#) /

› User Manual for VPSTAY Fitness Tracker Smart Watch ALW1

VPSTAY ALW1

VPSTAY Fitness Tracker Smart Watch ALW1 User Manual

Model: ALW1

INTRODUCTION

Thank you for choosing the VPSTAY Fitness Tracker Smart Watch ALW1. This manual provides detailed instructions on how to set up, operate, and maintain your new fitness tracker. Please read this manual carefully to ensure proper use and to fully utilize all features of your device.



Image: The VPSTAY Fitness Tracker Smart Watch ALW1 in orange, displaying time, date, steps, heart rate, and calorie count on its vibrant screen.

WHAT'S INCLUDED

- VPSTAY Fitness Tracker Smart Watch ALW1
- Charging Cable
- Quick Start Guide

SETUP

1. Charging the Device

Before first use, fully charge your VPSTAY Smart Watch. Connect the charging cable to the watch's charging port and plug the USB end into a standard USB power adapter (not included) or a computer USB port. A full charge typically takes 1.5 to 2 hours.



Image: Diagram showing the watch dimensions (46mm x 38mm x 12mm) and battery life details: 2.5 hours charging, 10 days normal use, 30 days standby.

2. App Installation and Pairing

To unlock the full potential of your smart watch, download and install the **"FitCloudPro"** app on your smartphone. The app is compatible with most iOS and Android devices.

1. Scan the QR code in the Quick Start Guide or search for "FitCloudPro" in your phone's app store.
2. Install and open the app.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the FitCloudPro app, navigate to the device section and search for your VPSTAY Smart Watch (ALW1).

5. Select your watch from the list to pair. Follow any on-screen prompts to complete the pairing process.

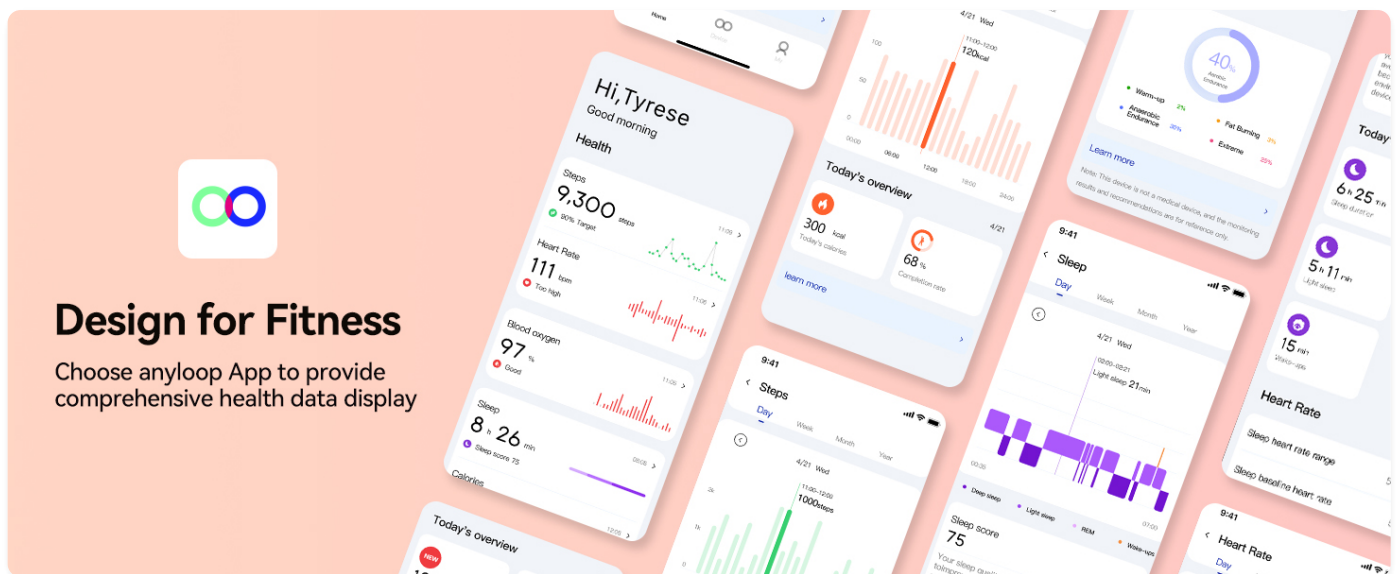


Image: Screenshots of the FitCloudPro application interface, demonstrating various health and fitness data displays such as steps, heart rate, blood oxygen, and sleep monitoring.

3. Customizing Watch Faces

Your VPSTAY Smart Watch offers over 100 watch faces to personalize your device. You can also upload your favorite photo to create a custom watch face through the FitCloudPro app.

Customize your style

100+ watch faces to choose, easily create your own stylish and personalized look



Image: A collection of diverse watch faces displayed on the VPSTAY Smart Watch, showcasing various styles and data layouts.

OPERATING YOUR SMART WATCH

1. Basic Navigation

The 1.69-inch HD color touchscreen allows for intuitive navigation. Swipe left, right, up, or down to access different functions and menus. Tap to select options.

2. Health Monitoring

The watch provides comprehensive health monitoring features:

- **Heart Rate Monitoring:** Continuously tracks your heart rate 24/7.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen levels.
- **Sleep Tracking:** Monitors your sleep patterns, including deep sleep, light sleep, and awake duration, providing insights into your sleep quality.

All Day health monitoring

VPSTAY fitness tracker is equipped with SpO2 monitoring, heart rate reminders, and sleep monitoring, your 24-hour health assistant



Image: A person playing tennis, with graphical representations of the watch's heart rate, blood oxygen, and sleep monitoring functions.

24-hour Heart Rate Monitoring

Whether you are sleeping or exercising, the vpstay smart watch 24/7 tracks your real-time heart rate and provides uninterrupted protection throughout the day, allowing you to understand your health status anytime and anywhere.

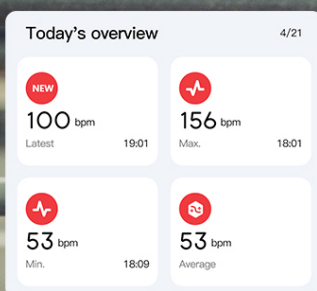
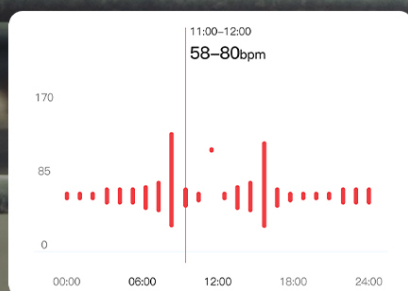


Image: A person running, with a graph illustrating 24-hour heart rate monitoring data from the VPSTAY smart watch.

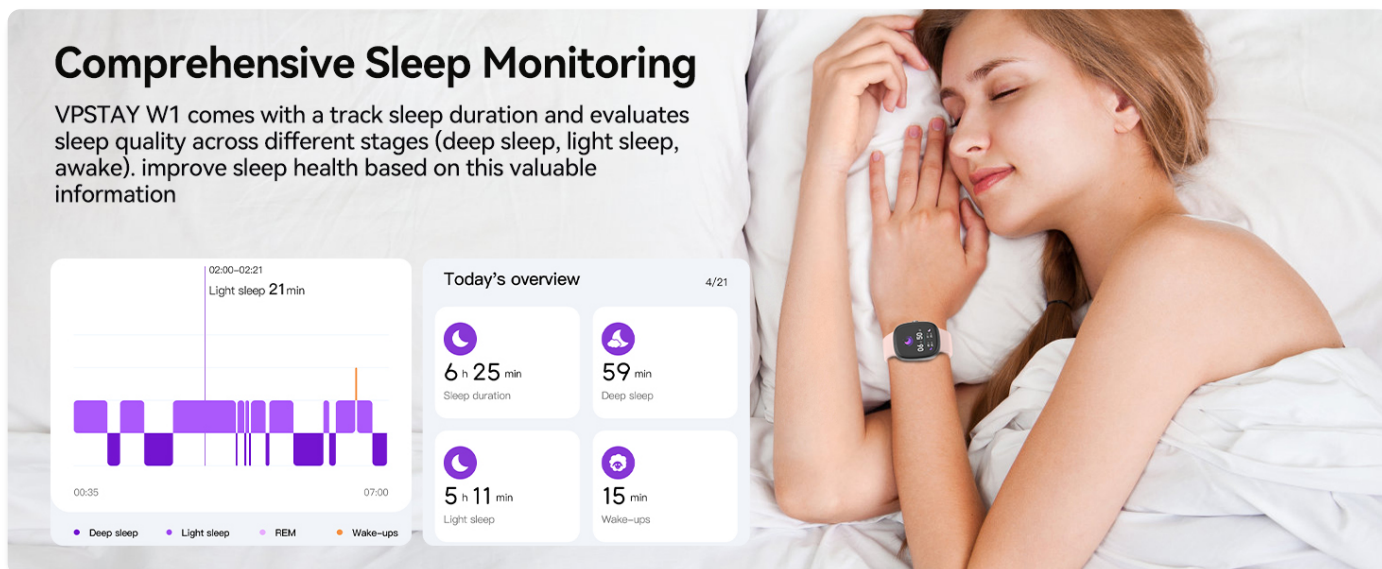


Image: A person sleeping, accompanied by a graph and data points detailing comprehensive sleep monitoring, including sleep duration and stages.

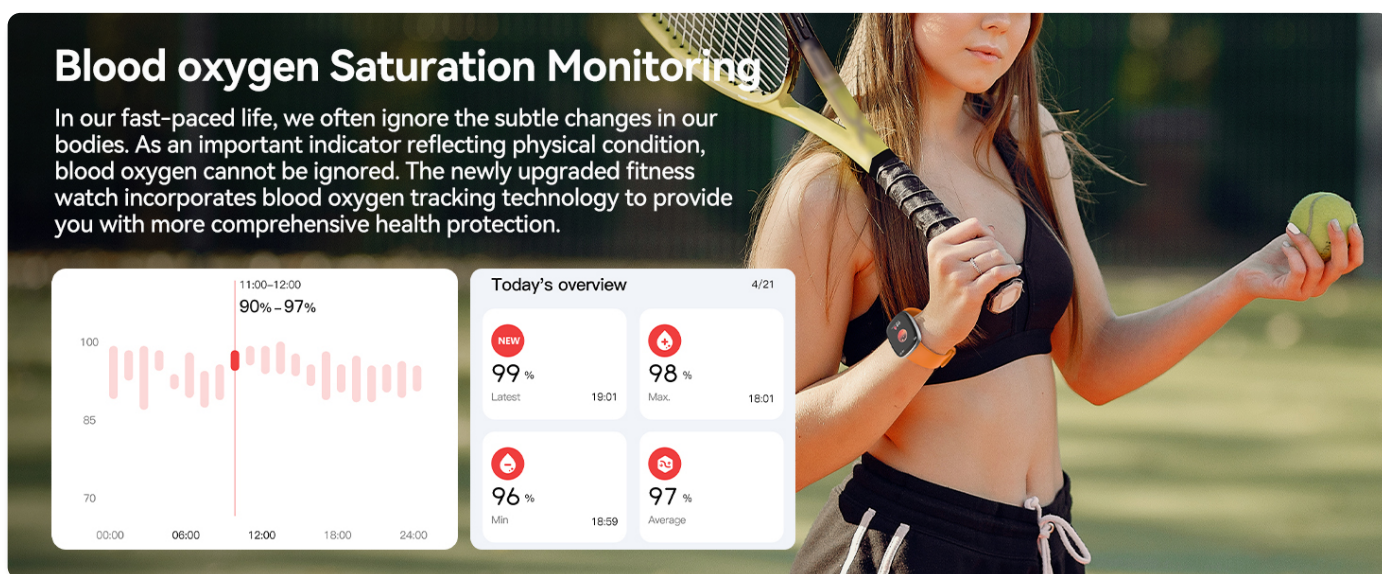


Image: A person playing tennis, with a graph and data points illustrating blood oxygen saturation monitoring from the VPSTAY smart watch.

3. Activity Tracking

The watch supports 20+ exercise modes and tracks key metrics during workouts, including heart rate, calories burned, distance, steps, and pace. All data syncs to the FitCloudPro app for detailed analysis and progress tracking.

All Around Fitness Tracker

With over 20+ diverse sports modes, meets
all your daily sports activities



Image: A person holding a basketball, with icons representing over 20 diverse sports modes and a display of fitness metrics like Kcal, Steps, and Kilometers.



Image: Two people running on a beach, with graphical overlays showing calories, distance, steps, and heart rate, alongside icons for over 20 sports tracking modes.

4. Smart Notifications

When connected to your smartphone, the watch displays notifications for incoming calls, messages, emails, and social media alerts. You can reject calls directly from your wrist. **Note: The watch cannot answer calls.**

Smart Notification & Reminder



Image: The VPSTAY Smart Watch next to a smartphone, both displaying incoming message notifications from various social media applications.

5. Versatile Life Assistant Features

The VPSTAY Smart Watch offers additional functions to assist with daily life:

- Water drinking reminders
- Sedentary reminders
- Menstrual cycle reminders
- Real-time weather display
- Remote photography control
- Music control
- Timer and stopwatch
- Phone search function
- Alarm clock

- GPS via smartphone (for outdoor activity routes in the app)



Image: A central image of the VPSTAY Smart Watch surrounded by icons representing its various functions, including stopwatch, find phone, heart rate, sleep, blood oxygen, messages, music, language, battery, camera, display, weather, and female health tracking.

MAINTENANCE

1. Waterproof Information

The VPSTAY Smart Watch is designed with an IP67 waterproof rating. This means it is resistant to splashes, rain, and can withstand brief immersion in water (up to 1 meter for 30 minutes). It is suitable for daily use, hand washing, and showering. However, it is not recommended for diving or high-pressure water activities.



Image: Two people on a beach with surfboards, accompanied by icons indicating the watch's IP67 waterproof capabilities for rain, shower, daily use, and hand washing.

2. Cleaning and Care

To maintain your watch's performance and appearance:

- Wipe the watch and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive cleaners.
- Ensure the charging contacts are clean and dry before charging.

Common Issues and Solutions:

- Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within Bluetooth range (typically 10 meters).
 - Restart both your phone and the watch.
 - Check if the FitCloudPro app is updated to the latest version.
- 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.
 - Avoid excessive movement during measurements.
- Notifications not appearing:**
 - Verify that the watch is successfully paired with your phone.
 - Check notification settings within the FitCloudPro app and your phone's system settings to ensure permissions are granted.
 - Ensure the app is running in the background.
- Short battery life:**
 - Reduce screen brightness.
 - Disable continuous heart rate monitoring if not needed 24/7.
 - Limit the number of apps sending notifications to the watch.

SPECIFICATIONS

Feature	Specification
Model Name	ALW1
Display Size	1.69 Inches HD Color Touchscreen
Resolution	240*284
Item Weight	1.3 Ounces
Material	Silicone (Strap)
Waterproof Rating	IP67
Battery Life (Normal Use)	Up to 10 Days
Battery Life (Standby)	Up to 21-30 Days

Feature	Specification
Charging Time	1.5-2 Hours
Connectivity	Bluetooth
App Compatibility	FitCloudPro (iOS, Android)
Sports Modes	20+
Health Monitoring	Heart Rate, Blood Oxygen, Sleep
Special Features	Smart Notifications, GPS via Smartphone, Custom Watch Faces, Reminders

WARRANTY & SUPPORT

The VPSTAY Fitness Tracker Smart Watch ALW1 comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use.

For technical support, troubleshooting assistance, or warranty claims, please contact VPSTAY customer service through the contact information provided in your product packaging or on the official VPSTAY website. Please have your purchase receipt and product model number (ALW1) ready when contacting support.

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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

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