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› VPSTAY Fitness Tracker Watch User Manual

VPSTAY ALB1

VPSTAY Fitness Tracker Watch User Manual

Model: ALB1

1. INTRODUCTION

This manual provides detailed instructions for setting up, operating, and maintaining your VPSTAY Fitness Tracker Watch. Please read this manual thoroughly before using the device to ensure proper function and safety.



Figure 1: VPSTAY Fitness Tracker Watch (Sakura Pink)

The VPSTAY Fitness Tracker Watch features a sleek curved design and boasts a 1.47" HD color touchscreen, enhancing your visual and operational experience. It offers comprehensive health and activity tracking capabilities.

2. SETUP

2.1 Package Contents

- VPSTAY Fitness Tracker Watch
- Magnetic Charging Cable
- User Manual

2.2 Charging the Device

Before first use, fully charge your fitness tracker. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port.

- Charging Time: Approximately 1.5-2 hours.
- Battery Life: Offers 5-7 days of continuous usage and 20 days of standby time.



Figure 2: Charging the VPSTAY Fitness Tracker Watch

Ensure the magnetic contacts align correctly for efficient charging. A battery icon will indicate charging status on the watch screen.

2.3 App Installation and Pairing

To unlock the full potential of your fitness tracker, download and install the companion app on your smartphone. The app is compatible with both iOS and Android devices.

1. Scan the QR code in the manual or search for "anyloop APP" in your phone's app store.
2. Install the app and open it.
3. Create an account or log in.
4. Follow the on-screen instructions in the app to pair your fitness tracker via Bluetooth. Ensure Bluetooth is enabled on your smartphone.
5. Once paired, the app will synchronize data with your watch.

3. OPERATING THE DEVICE

3.1 Basic Navigation

The VPSTAY Fitness Tracker Watch features a full touch screen for easy navigation. Swipe up, down, left, or right to access different functions and menus. Press the side button to return to the main watch face or to power on/off the device.

3.2 Health Monitoring Features

The watch provides continuous monitoring of key health metrics:

- **Heart Rate:** Real-time heart rate tracking. The watch will sound an alarm when your heart rate is high, protecting your health around the clock.
- **Blood Oxygen (SpO2):** Provides single-time blood oxygen data.
- **Sleep Monitoring:** Equipped with a high-precision sleep monitoring sensor, this sleep tracker can monitor sleep quality accurately, including deep sleep, light sleep, and awake periods, effectively helping you improve your sleeping habits.

All Day Health Monitoring



Sleep Monitor



Heart Rate



Blood Oxygen



Heart Rate



Blood Oxygen



Sleep Monitor

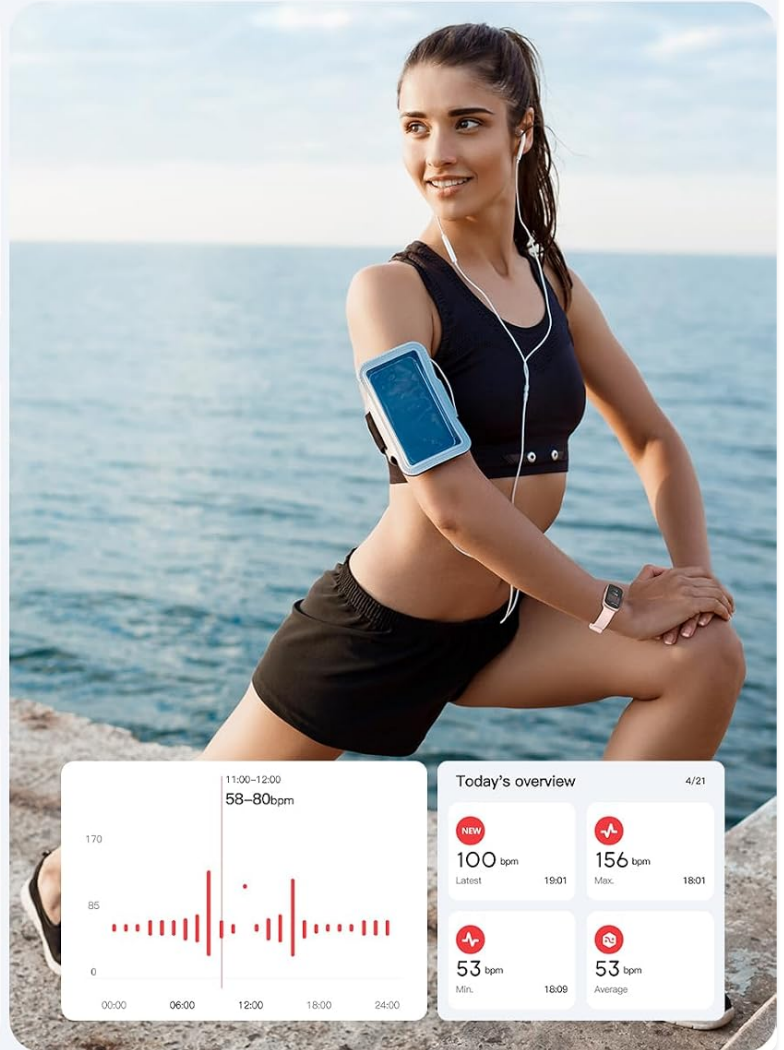


Figure 3: Health Monitoring Features

View your heart rate, blood oxygen levels, and detailed sleep analysis directly on the watch or through the connected app for a comprehensive overview of your health.

3.3 Activity Tracking

The fitness watch comes with 20+ sports modes, which cover almost all sports types no matter whether you exercise outdoors or indoors.

- **Sports Modes:** Such as walking, running, mountain, yoga, hiking, cycling, treadmill, basketball, etc.
- **Data Recorded:** The fitness band records calories, steps, and distances in real-time, letting you clearly understand the amount of exercise your body does every day. You can also set reasonable workout goals for yourself and receive more effective sports guidance.

20+ Sports Modes

All Day Activity Tracking Designed to Motivate



 **CALORIES**
1825 Kcal

 **STEPS**
15621 Steps

 **DISTANCE**
9.32 Km

Smartwatch Display:

- Date
- 1825 Kcal
- 15621 Steps
- 9.32 Km

Smartphone Display:

- 19:31
- GPS
- Map showing route
- 00:58:01 Time
- 9.32km Distance

Figure 4: All-Day Activity Tracking

The watch accurately tracks various sports activities, providing data to help you understand your daily exercise volume and set achievable fitness goals.

3.4 Smart Features

Stay connected and organized with the watch's smart features:

- **Notifications:** Connects to iOS or Android smartphones seamlessly and provides timely reminders for calls, messages, emails, and social media notifications through vibrations and screen displays on the watch.
- **Customizable Watch Faces:** Choose from our extensive collection of 100+ cloud-based watch faces to personalize your device. You can also customize your favorite photos as a unique dial.
- **Additional Features:** Weather, menstrual cycle reminders for women, camera and music control, sedentary drink water reminders, alarm clock, stopwatch, etc.

Call and Messages Alerts

You will never miss any messages important to



Figure 5: Call and Message Alerts

The watch ensures you never miss important notifications by displaying alerts from your connected smartphone applications.

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



Figure 6: Customizable Watch Faces

Personalize your watch with a wide selection of watch faces or use your own photos for a unique display.

4. MAINTENANCE

4.1 Cleaning the Device

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

4.2 Water Resistance (IP68)

The smart watch features IP68 waterproof, making it suitable for daily activities like handwashing, showers, and rainy weather. **Do not use the watch for diving or high-pressure water activities.**

IP68

Waterproof



Figure 7: IP68 Waterproof Rating

The IP68 rating ensures the watch can withstand everyday water exposure, making it convenient for various activities.

5. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device not turning on	Low battery; device frozen.	Charge the device for at least 10 minutes. Press and hold the side button for 10-15 seconds to force restart.
Cannot pair with smartphone	Bluetooth off; app not running; device out of range.	Ensure Bluetooth is enabled on your phone. Restart the app and the watch. Keep the watch close to your phone during pairing.

Problem	Possible Cause	Solution
Inaccurate heart rate/SpO2 readings	Watch too loose/tight; sensor dirty; movement during measurement.	Adjust the strap for a snug fit. Clean the sensor on the back of the watch. Remain still during measurements.
Notifications not received	App permissions not granted; notifications disabled in app.	Check app permissions in your phone settings. Enable notifications for specific apps within the fitness tracker app.

6. SPECIFICATIONS

Feature	Detail
Model Name	ALB1
Screen Size	1.47 Inches
Water Resistance	IP68
Battery Capacity	185 Milliamp Hours
Connectivity	Bluetooth
Operating System	anyloop APP
Wrist Size Compatibility	5.5"-7.87"
Item Weight	1.3 Ounces

7. WARRANTY AND SUPPORT

Your VPSTAY Fitness Tracker Watch comes with a **1-Year Warranty** from the date of purchase, covering manufacturing defects.

For technical support, troubleshooting assistance, or warranty claims, please contact VPSTAY customer service through the following channels:

- **Email:** Refer to the contact information provided on the product packaging or the official VPSTAY website.
- **Online Support:** Visit the [VPSTAY Store on Amazon](#) for FAQs and additional resources.

Please have your model number (ALB1) and purchase details ready when contacting support.

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

Answered questions about this manual

Where can I find the app for the VPSTAY ALB1 fitness tracker, and how can I connect it to my phone if the Anyloop app is not appearing in the Apple App Store?

The official companion application for the VPSTAY ALB1 is the anyloop APP. If you are having trouble finding it by searching the Apple App Store, please try the following steps: Scan the QR Code: Refer...

[Read full answer](#)