Consss fitness watch 2.0

Consss Fitness Tracker Watch User Manual

Model: fitness watch 2.0

This manual provides detailed instructions for setting up, operating, and maintaining your Consss Fitness Tracker Watch.

1. PRODUCT OVERVIEW

The Consss Fitness Tracker Watch is designed to monitor various health and fitness metrics, including heart rate, blood oxygen, sleep patterns, and daily activity. It features a long battery life, waterproof design, and smart notification capabilities.

Figure 1: Consss Fitness Tracker Watch

This image displays the overall design of the Consss Fitness Tracker Watch, featuring its sleek black band and vibrant display.

What's in the Box:

- Fitness tracker watch (1 unit)
- Charging cable (1 unit)
- Instructions manual (1 unit)

2. Setup Guide

2.1 Initial Charging

Before first use, ensure the fitness tracker is fully charged. The device uses a convenient USB port for charging.

Figure 2: USB Charging Method

This image illustrates the USB charging method for the fitness tracker, showing how it connects to a USB port for power.

2.2 App Download and Pairing

To unlock the full functionality of your fitness tracker, download the "HryFine" app and pair it with your device.

1. Scan the QR code provided in the manual or on the product packaging to download the "HryFine" app. Alternatively, search for "HryFine" in your device's app store.
2. Install and open the "HryFine" app.
3. Register and log in to your account.
4. Ensure Bluetooth is enabled on your smartphone.
5. Within the "HryFine" app, navigate to the device pairing section and select your fitness tracker (e.g., M7(c2:fc:08:25:a1:26)).
6. Confirm the pairing on both your smartphone and the fitness tracker if prompted.

Figure 3: HryFine App Download and Basic Use

This image shows the initial steps for using the fitness tracker, including charging, basic touch controls, and the QR code for downloading the "HryFine" app. The QR code links to
http://www.lhzl666.com/home/qrcode_jump/index/jid/2.html.

Note: The compatible phone model should meet the requirements of Android 4.2 and above, iOS 8.0 and above, and support for Bluetooth BT4.0. If any one does not match, it cannot be connected to the phone for use.

3. OPERATING INSTRUCTIONS

3.1 Basic Device Control

- **Long Touch:** Power on, select options, or exit menus.
- **Short Touch:** Switch between functions or navigate through options.

3.2 Health Monitoring

The "HryFine" app provides comprehensive health data. On the health page, you can view weather information and a summary of your health status. You can also enable the watch's heart rate, blood pressure, and blood oxygen functions.

Figure 4: HryFine App Health Data Overview

This image displays the health data interface within the "HryFine" app, showing step count, calories, distance, and aims. It also highlights sections for sleep, heart rate, blood pressure, blood glucose record book, and blood oxygen.

- **Heart Rate Monitoring:** The device adopts PPG photoelectric volumetric pulse wave tracing principle to monitor your heart rate. Note: Not as accurate as professional heart rate measuring devices.

Figure 5: Heart Rate Monitoring Feature

This image illustrates the heart rate monitoring function of the fitness tracker, showing the sensor on the back of the device.

- **Sleep Tracking:** Turn on sleep monitoring before going to bed to record the quality of your sleep, including sleep duration, rapid eye movement, deep sleep, and light sleep time.

Message

Can receive phone calls, SMS, WeChat, QQ, Facebook, Twitter, Skype, Line, Whatsapp, KakaoTalk, Instagram, If you can't receive notification alerts, you need to open the notification permission of "Hry-Fine" app in your phone.
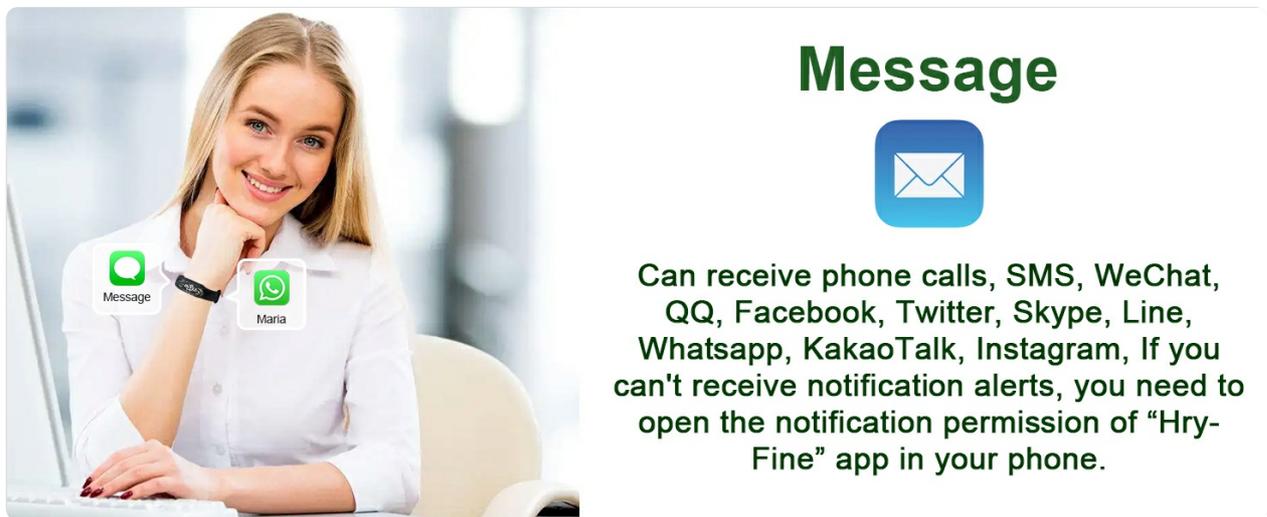
Figure 6: Sleep Tracking Feature

This image depicts the sleep tracking function, indicating the time frame for monitoring (23:00-06:15) and the types of sleep data recorded.

- **Blood Oxygen Monitoring:** Monitor your blood oxygen levels.
- **Blood Pressure Monitoring:** Monitor your blood pressure.
- **Blood Glucose Record Book:** The app includes a record book for blood glucose data.

3.3 Activity Tracking

The fitness watch records daily steps, calories burned, workout distance, and time to help you achieve your fitness goals. Detailed insights are available on the "HryFine" app.

All-Day Activity

Calories
250 Kcal

Steps
20000

Distance
4.5 Km

Active Time
120 min

Comprehensive Health Metrics Monitoring

Blood Oxygen   Blood Pressure   Heart Rate

Figure 7: All-Day Activity Tracking

This image illustrates the all-day activity tracking feature, showing metrics like calories, steps, distance, and active time, alongside a person running.

The "HryFine" app supports various exercise modes, including walking, running, biking, and indoor running, which will record your time, path, distance, speed, and other data.

Figure 8: Sports Tracking Modes

This image highlights the sports tracking capabilities, showing a person running and indicating that the app can track steps and calories for various activities.

3.4 Smart Functions and Notifications

- **Message Alerts:** Receive instant notifications for incoming calls, messages, and emails directly on your wrist. The activity tracker supports 11 types of communication software. To receive notifications, ensure notification permission is enabled for the "HryFine" app in your phone settings.

Receive Messages

When your cell phone is not with you, you can receive the latest emails or messages through your watch. Keeping you up-to-date with important information at all times. You need to turn on the notification permission of "HryFine" app in your phone to receive the message.

Figure 9: Receiving Messages on the Watch

This image shows the watch displaying message notifications from various communication apps.

- **Remote Camera Control:** Use the watch to remotely control your phone's camera. Shake the bracelet to take a picture, which will be saved in your phone's album.

Take Pictures Remotely

Figure 10: Remote Photo Taking Feature

This image demonstrates the remote photo-taking function, showing the watch displaying a camera icon and a smartphone screen with a live camera view.

- **Find Device Function:** If you misplace your cell phone, use the fitness tracker to make your phone ring, helping you locate it.

- **Alarm Clock Reminder:** Set alarms directly from the app.

- **Sedentary Reminder:** Set reminders to move every 30-120 minutes. You can also adjust the start and end times and disable reminders during nap time.
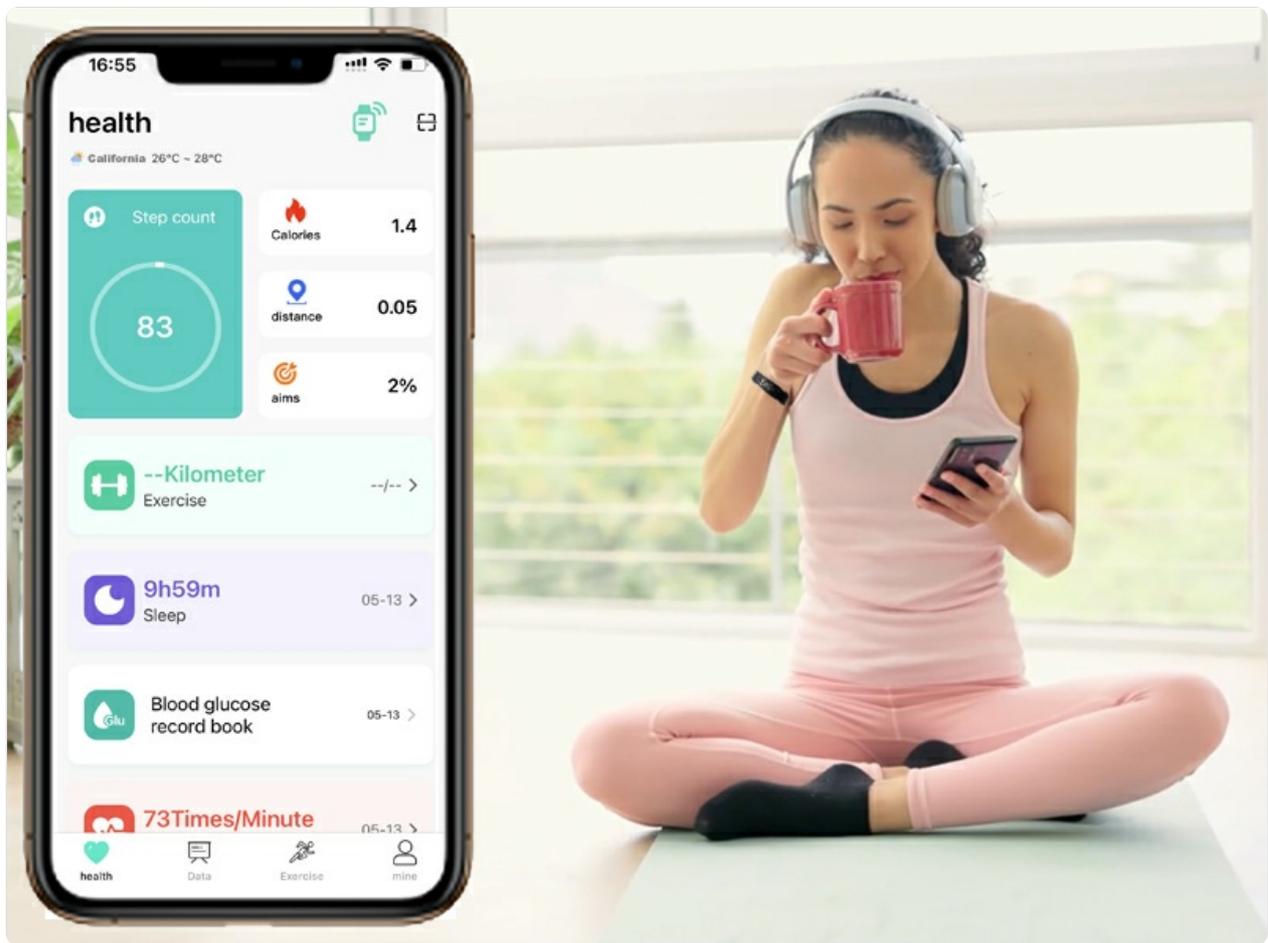
Figure 11: Sedentary Reminder Feature

This image illustrates the sedentary reminder function, showing a person sitting at a desk with a highlighted lower back, indicating the need for movement.

- **Stopwatch:** Use the built-in stopwatch function.
- **Music Control:** Control music playback from your wrist.

Figure 12: Music Control Feature

This image shows the fitness tracker displaying music playback controls, allowing users to manage their music directly from the watch.

3.5 Personalization

Customize your fitness tracker's appearance through the "HryFine" app.

- **Custom Watch Faces:** Set your favorite picture as the pedometer watch wallpaper. You can choose from online wallpapers or any photo from your phone's album.

Figure 13: Customizable Watch Faces

This image displays several examples of customizable watch faces, demonstrating the variety of designs and the ability to use personal photos as backgrounds.

- **Font Color:** Choose from 108 colors for the font on your watch face.

4. MAINTENANCE

4.1 Waterproofing

The fitness tracker watch is IP67 water-resistant, allowing it to withstand various weather conditions and water-related activities like raining, swimming, and washing hands. It is waterproof up to 10m.

Important Note: You need to take it off in the shower. Not applicable to high corrosive places like seawater.

Figure 14: IP67 Waterproof Rating

This image visually represents the IP67 waterproof rating, showing the watch submerged in water and icons indicating its suitability for rain, swimming, and hand washing.

4.2 Battery Life and Charging

The fitness tracker offers an extended battery life of 4-7 days on a single charge, with a standby time of 45 days. Charging is convenient via a USB port, allowing you to charge anywhere, anytime at an outlet, computer, or with a rechargeable battery.

5. TROUBLESHOOTING

5.1 Connectivity Issues

If you experience issues connecting your fitness tracker to your phone, ensure the following:

- Your phone meets the minimum operating system requirements: Android 4.2 and above, or iOS 8.0 and above.
- Your phone supports Bluetooth BT4.0.
- Bluetooth is enabled on your phone.

- The "HryFine" app has the necessary permissions enabled (e.g., notification access).
- Try restarting both your phone and the fitness tracker.

5.2 Inaccurate Step Count

When the wristband is shaken up and down, it may record steps. For example, when you sit and lift your arm or shake your arm, it will increase the number of steps taken, which is normal for this type of device.

6. SPECIFICATIONS

Feature	Detail
Model Number	fitness watch 2.0
Brand	Consss
Screen Size	1 Inches
Visible Screen Diagonal	1" / 3 cm
Item Weight	1.44 ounces
Package Dimensions	7.4 x 2.95 x 0.87 inches
Battery Life	4-7 days (usage), 45 days (standby)
Battery Type	1 Lithium Metal battery required
Battery Capacity	0.2 Amp Hours
Water Resistance	IP67 (Waterproof up to 10m)
Operating System Compatibility	Android 4.4+, iOS 8.5+
Connectivity Technology	Bluetooth, USB
Wireless Communication Standard	Bluetooth
GPS	No GPS
Shape	Round
Memory Storage Capacity	1024 MB

7. OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video 1: Consss "HryFine" APP Activity Fitness Tracker Watch

This video provides a visual guide to the features and operation of the Consss Fitness Tracker Watch, including app navigation, health monitoring, and customization options.

8. SUPPORT

If you have any further questions or require assistance with your Consss Fitness Tracker Watch, please contact our customer support team. We are happy to help you.

For more information, visit the Consss Store on Amazon.