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## Bestinn Fitness Tracker

# Bestinn Smart Watch Fitness Tracker User Manual

Model: Fitness Tracker

## INTRODUCTION

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This manual provides comprehensive instructions for the Bestinn Smart Watch Fitness Tracker. It covers device setup, operational procedures, maintenance guidelines, and troubleshooting tips to ensure optimal performance and user experience. Please read this manual thoroughly before using your device.



Image: Bestinn Smart Watch Fitness Tracker

## SETUP

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### 1. Charging the Device

Before initial use, fully charge your Bestinn Smart Watch. Use the provided magnetic USB charging cable. Connect the magnetic end to the charging points on the back of the watch and the USB end to a power adapter (not included) or a computer's USB port.

- **Charging Time:** Approximately 1.5 - 2 hours for a full charge.
- **Battery Life:** Up to 7 days with heavy use, 10 days with daily use, and 30 days standby time.

# 1.47 Inch Ultra-HD Full Touch Screen

**150+ Watch Face Options**



**Magnetic-USB Charging**  
Long Battery Life

 1.5Hrs Charging    7-10 Days Usage    30 Days Standby



Image: Magnetic USB Charging for the Smart Watch

## 2. App Installation and Pairing

To unlock the full functionality of your smart watch, download the companion application on your smartphone. The watch is compatible with Android 4.4 / iOS 8.4 or above.

1. Search for the official Bestinn Smart Watch app in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install the application.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Enable Bluetooth on your smartphone.
5. Within the app, navigate to the device pairing section and select your Bestinn Smart Watch from the list of available devices.

6. Confirm the pairing request on both your phone and the watch.

### 3. Adjusting the Strap

The watch comes with S & L straps and is designed for a comfortable fit. The durable, replaceable, and washable strap is adjustable between 5.0 inches and 9.45 inches to fit various wrist sizes.

- Ensure the watch is snug but not too tight on your wrist for accurate sensor readings.
- To replace the strap, refer to the quick start guide included in the packaging.

## OPERATING INSTRUCTIONS

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### 1. Basic Navigation

The Bestinn Smart Watch features a 1.47-inch ultra-HD full touch screen for intuitive operation.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or power on/off.

### 2. Health Monitoring

The watch provides comprehensive health metrics monitoring directly from your wrist.

- **Heart Rate:** Monitor your heart rate in real-time. Enable 24/7 heart rate tracking in the app for continuous data.
- **Blood Oxygen (SpO2):** Measure your blood oxygen levels.
- **Blood Pressure:** Check your blood pressure readings.
- All health data can be viewed on the watch and detailed records are available in the companion app.

# Comprehensive Health Monitoring on Wrist



Image: Comprehensive Health Monitoring on Wrist

## 3. Sleep Monitoring

The watch automatically tracks your sleep patterns, providing insights into your sleep quality.

- Records fall asleep and awake times, REM sleep, light sleep, and deep sleep duration.
- View daily, weekly, and monthly sleep data in the app for analysis and suggestions to improve sleep habits.
- Set silent alarms that use vibration to wake you without disturbing others.

# Intelligent Sleep Monitoring and Analysis



Deep Sleep



Light Sleep



REM



Awake



Vibration Alarm

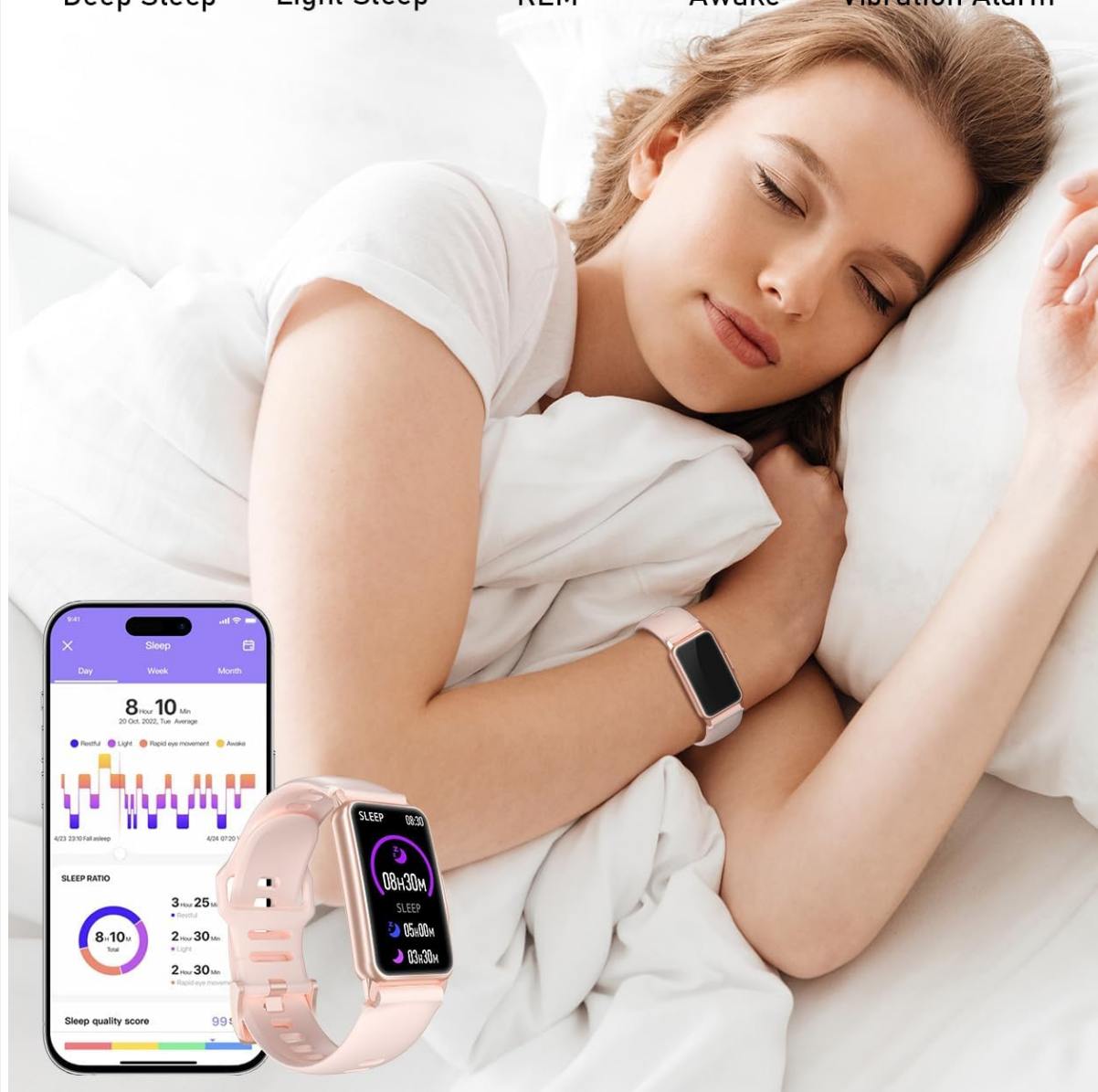


Image: Intelligent Sleep Monitoring and Analysis

## 4. Activity Tracking and Sports Modes

Track your daily activity and specific workouts with over 120 sports modes.

- **All-day Activity:** Monitors steps, distance, and calories burned.
- **Sports Modes:** Select from over 120 modes (e.g., walking, running, cycling, skipping) to track real-time heart rate, steps, distance, calories, and duration.
- **GPS Connection:** Connect to your phone's GPS during outdoor activities to map your workout route and pace in the app.

# 120+ Sports Modes

## All-Day Activity tracking



Image: 120+ Sports Modes and All-Day Activity Tracking

## 5. Notifications

Receive notifications for calls, texts, and app messages directly on your wrist.

- **Call Notifications:** The watch will buzz and display the caller's name or number, allowing you to decide whether to answer or dismiss the call from your phone.
- **Message Notifications:** Read full text messages and app notifications (e.g., Facebook, Twitter, WhatsApp) directly on the watch screen.
- Ensure your watch is connected to your phone via Bluetooth and app notifications are enabled in the companion app.



Image: Smart Call and Message Notifications

## 6. Additional Features

The Bestinn Smart Watch offers several convenient features to assist your daily life:

- **Weather Display:** Get real-time weather updates.
- **Sedentary Reminder:** Receive alerts to move after periods of inactivity.
- **Drinking Water Reminder:** Prompts you to stay hydrated.
- **Menstrual Cycle Reminder:** For tracking and predictions.
- **Remote Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Music Player Control:** Manage music playback on your phone.
- **Customizable Watch Faces:** Choose from over 150 watch faces in the app or use your own photos.
- **Time and Temperature Formats:** Select 12-hour or 24-hour time display and Fahrenheit (°F) or Celsius (°C) temperature units.

# Multiple Reminders

## Your Considerate Life Assistant



Image: Multiple Reminders and Life Assistant Features

## MAINTENANCE

- **Cleaning:** The strap is washable. Regularly clean the watch and strap with a soft, damp cloth to prevent skin irritation and maintain hygiene. Ensure the charging contacts are clean and dry.
- **Water Resistance:** The device is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, hand washing, and light rain. Avoid hot water, saunas, or diving.
- **Storage:** Store the watch in a cool, dry place when not in use. Avoid extreme temperatures.

## TROUBLESHOOTING

If you encounter issues with your Bestinn Smart Watch, refer to the following common solutions:

- **Device Not Turning On:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Inaccurate Activity Tracking (Steps/Distance):**
  - Ensure the watch is worn snugly on your wrist.
  - Calibrate your stride length in the companion app if available.
  - Movement patterns can affect accuracy; ensure natural arm swing during activities.
- **Health Monitoring Readings Seem Incorrect:**
  - Ensure the watch is worn correctly, not too loose or too tight.
  - Remain still during measurements.
  - Note that this device is not a medical device; readings are for reference only.
- **No Notifications:**
  - Verify Bluetooth connection between the watch and your phone.
  - Check app notification permissions on your phone and within the companion app.
  - Ensure "Do Not Disturb" mode is not active on either device.
- **App Connectivity Issues:**
  - Restart both your phone and the watch.
  - Ensure the app is updated to the latest version.
  - Try unpairing and re-pairing the device through the app.
- **Device Stopped Working (within a short period):**
  - Attempt a factory reset if the device responds to input (refer to app settings for this option).
  - If the device is completely unresponsive, contact customer support for warranty service.

## SPECIFICATIONS

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<b>Brand</b>	Bestinn
<b>Model Name</b>	Fitness Tracker
<b>Screen Size</b>	1.47 Inches
<b>Material</b>	Metal, Silicone
<b>Color</b>	Golden Pink
<b>Connectivity Technology</b>	USB (for charging)
<b>Battery Cell Composition</b>	Lithium Polymer
<b>Water Resistance</b>	IP68
<b>Compatibility</b>	Android 4.4 / iOS 8.4 or above
<b>Included Components</b>	Charging Cable, Fitness Tracker Watch, User Manual

## WARRANTY INFORMATION

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The Bestinn Smart Watch Fitness Tracker comes with a **2-Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or failure to follow the instructions in this manual. Please retain your proof of purchase for warranty claims.

## CUSTOMER SUPPORT

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For further assistance, technical support, or warranty inquiries, please contact Bestinn customer service. Refer to the contact information provided with your product packaging or visit the official Bestinn website for support details.

**Website:** [www.bestinn.com](http://www.bestinn.com) *(Note: This is a placeholder URL. Please refer to your product's actual support information.)*

**Email:** [support@bestinn.com](mailto:support@bestinn.com) *(Note: This is a placeholder email. Please refer to your product's actual support information.)*