

Genericofyghrx8ke-14

Smart Ring Fitness Tracker User Manual

Model: Genericofyghrx8ke-14

1. INTRODUCTION

Thank you for choosing the Generic Smart Ring Fitness Tracker. This device is designed to help you monitor your health and fitness activities discreetly and efficiently. It tracks various metrics such as heart rate, sleep patterns, steps, distance, calories, and speed. This manual provides detailed instructions on how to set up, operate, and maintain your smart ring to ensure optimal performance.

2. PACKAGE CONTENTS

Please verify that all items are present in your package:

- 1 x Smart Ring Health Tracker
- 1 x User Manual
- 1 x Charging Cable



Image: The Smart Ring Fitness Tracker shown alongside its dedicated charging cable. The ring is silver with a faceted exterior and a black interior, while the cable is black with a magnetic charging connector.

3. SETUP

3.1 Initial Charge

Before first use, fully charge your smart ring. Connect the charging cable to the ring's charging points and plug the USB end into a compatible power source (e.g., computer USB port, USB wall adapter). A full charge takes approximately 60 minutes.

3.2 App Download and Pairing

The smart ring requires the **LuckRing** application for data synchronization and detailed health monitoring. The app is compatible with Android 5.0 or iOS 10.0 and above.

1. Download the **LuckRing** app from your device's app store (Google Play Store for Android, Apple App Store for iOS).
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Ensure your smart ring is charged and within Bluetooth range of your smartphone.
4. Within the LuckRing app, navigate to the device pairing section and select your smart ring from the list of available devices.
5. Confirm the pairing request on both your phone and, if prompted, on the ring (though typically the ring pairs automatically).

Activity Tracker Ring



IP68 Waterproof
and Dustproof



7-10 Days
Long Battery Life

Image: An overview of the Smart Ring's key features, including its function as an activity tracker, IP68 waterproof and dustproof rating, and 7-10 days of long battery life. Three rings in silver, gold, and black are shown, along with illustrative icons for water resistance and battery.

4. OPERATING THE SMART RING

4.1 Wearing the Ring

Wear the smart ring on any finger where it feels comfortable and secure. For accurate readings, ensure the sensors on the inside of the ring are in contact with your skin.



Image: A close-up of a person's hand wearing the silver Smart Ring Fitness Tracker on their index finger, demonstrating how the ring is worn.

4.2 Activity Tracking

The smart ring automatically records your daily activities. It tracks:

- **Steps:** Counts your total steps throughout the day.
- **Distance:** Estimates the distance covered based on your steps.
- **Calories:** Calculates calories burned during activity.
- **Speed:** Monitors your average and peak speeds during movement.

All recorded data can be viewed and analyzed within the LuckRing application on your smartphone.



Image: The Smart Ring Fitness Tracker displayed alongside three smaller images depicting various sports activities: rock climbing, trail running, and cycling. This illustrates the ring's capability to track multiple types of physical activity.

4.3 Health Monitoring

The ring continuously monitors key health metrics:

- **Heart Rate:** Provides real-time heart rate data.
- **Sleep Monitoring:** Analyzes your sleep patterns, including sleep stages and duration.

Detailed reports and historical data for these metrics are available in the LuckRing app.

MULTIPLE SPORT MODES



Image: The Smart Ring Fitness Tracker positioned next to two images of individuals engaged in sports: one skiing and another running. This visual emphasizes the ring's utility across multiple sport modes.

4.4 Battery Life

The smart ring features ultra-low power consumption, providing approximately 7 days of continuous monitoring on a single charge. When the battery is low, the app will notify you to recharge the device.

5. MAINTENANCE

5.1 Cleaning

To clean your smart ring, wipe it gently with a soft, damp cloth. Do not use harsh chemicals or abrasive materials, as these can damage the finish or sensors.

5.2 Water Resistance

The smart ring is IP68 waterproof and dustproof. This means it can withstand immersion in water up to 1000 meters deep, making it suitable for swimming, diving, and snorkeling. However, avoid exposing it to high-pressure water jets or hot water/steam, which could compromise the seal.

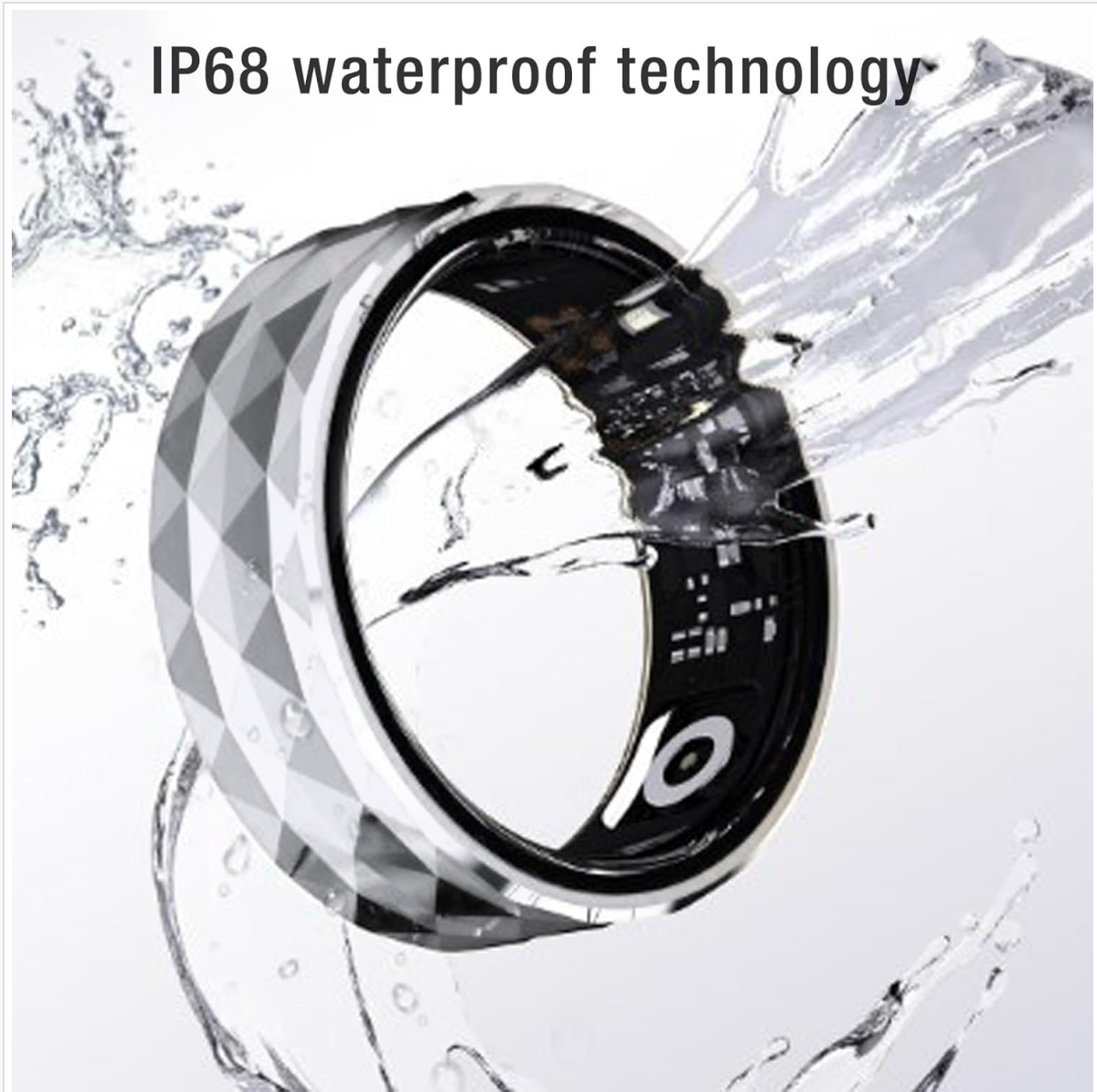


Image: The Smart Ring Fitness Tracker with water splashing around it, visually demonstrating its IP68 waterproof technology.

6. TROUBLESHOOTING

- **Ring not connecting to app:** Ensure Bluetooth is enabled on your phone, the ring is charged, and it's within range. Try restarting both the ring (by placing it on the charger briefly) and the app.
- **Inaccurate data:** Ensure the ring is worn snugly with the sensors in contact with your skin. Clean the sensors regularly.
- **Battery not charging:** Check the charging cable for damage and ensure it's properly connected to both the ring and the power source. Try a different USB port or adapter.
- **App crashing or freezing:** Update the LuckRing app to the latest version. Clear the app's cache or reinstall it if the issue persists.

7. SPECIFICATIONS

Feature	Detail
Item Type	Smart Ring Health Tracker
Model Name	Genericofyghrx8ke-14
Material	Resin, Stainless Steel
Color	Silver
Battery Type	Lithium Battery, 20mAh
Standby Time	Approximately 7 days
Charging Time	60 minutes
Waterproof Rating	IP68 (up to 1000 meters)
Compatible App	LuckRing
OS Compatibility	Android 5.0+, iOS 10.0+
Ring Size (Example)	Size 18# (Inner Diameter: 17.8mm / 0.7in, Circumference: 55.8mm / 2.2in)

Size 18



**Inner Diameter:
17.8mm / 0.7in,**

**Circumference:
55.8mm / 2.2in**

Image: The Smart Ring Fitness Tracker with specific measurements for Size 18, showing an inner diameter of 17.8mm (0.7in) and a circumference of 55.8mm (2.2in).

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided with your purchase or contact the retailer. For technical assistance with the LuckRing app or ring functionality, please visit the app's support section or the manufacturer's website.

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