CMF BY NOTHING CMF Watch Pro 2

CMF Watch Pro 2 Smartwatch User Manual

Model: CMF Watch Pro 2

Brand: CMF BY NOTHING

1. Product Overview

The CMF Watch Pro 2 is a versatile smartwatch designed to enhance your daily life through advanced health monitoring, fitness tracking, and smart communication features. Its elegant design, vibrant display, and long-lasting battery make it an ideal companion for both men and women.

What's in the Box

- Watch Pro 2
- Charging cable
- User Guide & Safety Information



Image 1.1: CMF Watch Pro 2 Smartwatch (Blue variant).

2. Setup

2.1 Initial Charging

Before first use, fully charge your CMF Watch Pro 2. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer's USB port. The watch display will indicate charging status.

2.2 App Installation and Pairing

To unlock the full potential of your CMF Watch Pro 2, download and install the **CMF Watch app** on your smartphone (Android or iOS). Follow these steps:

1. Scan the QR code in the Quick Start Guide or search for "CMF Watch" in your device's app store.

2. Open the CMF Watch app and follow the on-screen instructions to create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, select "Add Device" and choose "CMF Watch Pro 2" from the list of available devices.
5. Confirm the pairing request on both your watch and smartphone.

Once paired, the watch will synchronize data with the app, allowing for comprehensive health tracking and customization.



Image 2.1: Overview of CMF Watch Pro 2 design, display, and key features like health monitoring, GPS, and Bluetooth calls.

3. Operating the Watch

3.1 Basic Navigation

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus and widgets. Tap to select items.

- **Functional Crown:** Rotate the crown to scroll through lists and menus. Press the crown to return to the watch face or to enter the app list.
- **Gesture Control:** The watch supports one-handed gesture control. For example, flipping your wrist once or twice can trigger customized functions such as answering/rejecting calls, skipping music tracks, or performing other operations. These can be configured in the CMF Watch app.



Image 3.1: Visual representation of watch faces, sports modes, battery life, functional crown, and gesture control.

3.2 Customizing Watch Faces and Widgets

The CMF Watch Pro 2 offers over 100 signature watch faces and customizable options. You can personalize your watch face directly from the watch or through the CMF Watch app.

- **Watch Faces:** Long-press on the watch face to enter the customization menu. Swipe to browse and tap to select.
- **Personalized Widgets:** Swipe right from the main watch face to access four customizable widget screens. You can mix and match features like weather, music control, and activity data.

3.3 Bluetooth Calls

The CMF Smartwatch enables crystal-clear Bluetooth phone calls with enhanced AI noise reduction. With a built-in microphone and speaker, you can handle calls directly from your wrist. You can add and manage up to 30 contacts via the CMF Watch app.

4. Health Monitoring

The CMF Watch Pro 2 is equipped with advanced sensors for comprehensive health tracking.

4.1 Heart Rate Monitoring

The watch continuously tracks your heart rate 24 hours a day. View your real-time heart rate on the watch or detailed historical data in the CMF Watch app.

4.2 SpO_2 Monitoring

Monitor your blood oxygen saturation levels directly from your wrist. This feature provides insights into your overall respiratory health.

4.3 Sleep Tracking

The upgraded Smart Sleep Technology receives precise sleep data, tracking sleep stages (Deep, Core, REM) and even daytime napping. Review your sleep patterns in the app to improve your rest.



Image 4.1: Smart Sleep Algorithm data displayed on the CMF Watch app and watch face.

4.4 Stress Monitoring

Keep an eye on your stress levels throughout the day. The watch provides data to help you manage stress and promote well-being.

5. Sports Modes & GPS

The CMF Watch Pro 2 is your ultimate fitness companion, supporting a wide range of activities.

5.1 120 Sports Modes

Choose from 120 sports modes to accurately track your workouts. The watch also features smart automatic recognition for 5 common activities (e.g., outdoor running, indoor running, outdoor walking, indoor walking, outdoor cycling), prompting you to start activity tracking without manual input.

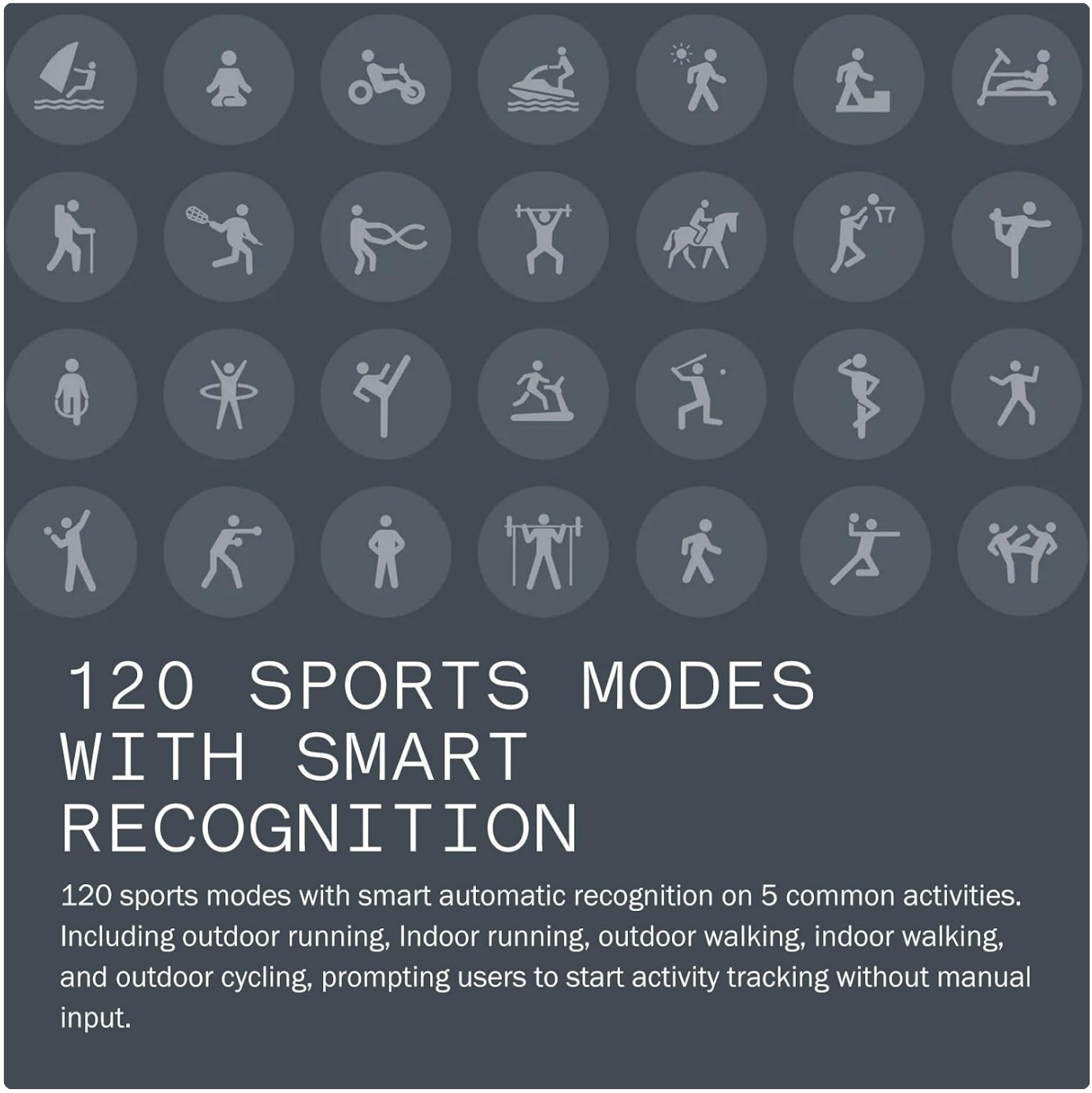


Image 5.1: Icons representing the 120 sports modes available on the CMF Watch Pro 2.

5.2 Smart Movement Algorithm

Level up your workout with advanced metrics that measure aerobic/anaerobic effectiveness, training load, and recovery time. Record and sync your data seamlessly across your phone and watch to deepen your understanding of performance and recovery.



Image 5.2: A user playing basketball while wearing the CMF Watch Pro 2, illustrating the Smart Movement Algorithm in action.

5.3 Multi-System GPS

The watch features built-in multi-system GPS for accurate positioning during outdoor activities like running, cycling, walking, and hiking. For optimal GPS performance, ensure you are in an open area and maintain a proper connection between your watch and phone.

6. Maintenance

6.1 Cleaning and Care

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

6.2 Water Resistance (IP68)

The CMF Watch Pro 2 is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, hand washing, and light rain. However, it is not recommended for diving, hot showers, or prolonged submersion.

6.3 Battery Life

The watch offers a long battery life of up to 11 days with typical usage. Battery performance may vary based on usage patterns, enabled features (e.g., Always-On Display, frequent GPS use, Bluetooth calls), and environmental factors.

7. Troubleshooting

7.1 Connectivity Issues

- **Watch not pairing:** Ensure Bluetooth is enabled on your phone and the watch is in pairing mode. Restart both devices and try again.
- **Frequent disconnections:** Keep the watch and phone within Bluetooth range. Check for app updates and ensure the CMF Watch app is running in the background.

7.2 GPS Accuracy

For accurate GPS positioning, ensure you're in an open area, connect to the app at least every 7 days, avoid locations with potential signal interference or large public transportation systems, and maintain a proper connection between your watch and phone.

7.3 Watch Not Responding

If the watch becomes unresponsive, try performing a force restart by pressing and holding the functional crown for approximately 10-15 seconds until the device reboots.

8. Specifications

Feature	Specification
Product Dimensions	1.97 x 1.18 x 0.2 inches
Item Weight	1.69 ounces (48 Grams)
Display Size	1.32 Inches AMOLED
Battery Capacity	305 Milliamp Hours
Battery Type	Lithium Ion (1 9V battery included)
Connectivity Technology	Bluetooth
Operating System	Wear OS
Special Feature	Activity Tracker, Heart Rate, SpO2, Sleep, Stress Monitoring, Bluetooth Calls, GPS

Water Resistance	IP68
Memory Storage Capacity	128 MB

9. Warranty & Support

9.1 Warranty Information

The CMF Watch Pro 2 comes with a standard manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms and conditions, including warranty period and coverage details.

9.2 Customer Support

For technical assistance, product inquiries, or warranty claims, please contact CMF BY NOTHING customer support through their official website or the contact information provided in your product documentation. Keep your purchase receipt and product serial number handy for faster service.

© 2025 CMF BY NOTHING. All rights reserved.

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