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XGVIEGZ Z2PLUS

XGVIEGZ Z2PLUS Smart Watch User Manual

Model: Z2PLUS

INTRODUCTION

This manual provides detailed instructions for the XGVIEGZ Z2PLUS Smart Watch. Please read this guide thoroughly to understand the device's functions, setup procedures, and maintenance recommendations. Proper use ensures optimal performance and longevity of your smartwatch.

PACKAGE CONTENTS

- 1 * Smartwatch
- 1 * Smartwatch silicone strap/stainless steel strap (depending on model)
- 1 * Smart Watch User Manual
- 1 * Smart watch magnetic charging cable

PRODUCT OVERVIEW

The XGVIEGZ Z2PLUS Smart Watch features a 1.3-inch high-definition circular screen. It is designed for daily wear and offers various health and fitness tracking capabilities, along with Bluetooth calling functionality.



Image: Front view of the XGVIEGZ Z2PLUS Smart Watch in Rose Gold with a silicone strap, displaying time, heart rate, steps, and calories.

1.3" HD round screen Smartwatch



Image: Three XGVIEGZ Z2PLUS Smart Watches in various colors (rose gold, black, pink), highlighting the 1.3-inch HD round screen.

Key Components:

- **Display:** 1.3-inch Full Touch Screen (320x320 resolution)
- **Side Button:** Used for power on/off, screen wake/sleep, and menu navigation.
- **Sensors:** Located on the back for heart rate and blood pressure monitoring.
- **Charging Ports:** Magnetic charging contacts on the back.

SETUP GUIDE

1. Charging the Smart Watch

Before initial use, fully charge the smartwatch. 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.



Image: The smartwatch connected to its magnetic charging cable.

A full charge typically takes approximately 2 hours. The battery provides up to 10 days of normal use, 5 days of heavy usage, and 20 days of standby time.

230 mAh high-capacity battery



Image: Diagram illustrating the battery life: 230mAh capacity, 10 days normal use, 5 days heavy use, 20 days standby.

2. App Installation and Pairing

1. **Download the App:** Scan the QR code in the manual or on the watch screen, or search for the companion app in your smartphone's app store (Apple App Store for iOS, Google Play Store for Android).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the installed app and follow the on-screen instructions to create an account or log in.
4. **Add Device:** Within the app, navigate to the "Add Device" or "Bind Device" section. The app will search for available smartwatches.
5. **Select Your Watch:** Select "Z2PLUS" or the corresponding device name from the list. Confirm the pairing request on both your phone and the smartwatch.
6. **Complete Setup:** Follow any remaining prompts in the app to set up your profile, preferences, and grant necessary permissions for notifications and health data synchronization.

The smartwatch is compatible with Android 5.0+ and iOS 10.0+ devices.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touch Screen:** Swipe left/right, up/down to navigate through menus and functions. Tap to select.
- **Side Button:** Press to wake/sleep the screen, return to the home screen, or access the main menu.

Interesting interaction design

Interesting menu interaction design meets diversified aesthetics. There is a Ferris wheel dynamic rotating menu, a honeycomb circular menu, and an arc list menu. There is always one that suits you. There is also a pop-up shortcut menu by swiping to the right to quickly select frequently used functions recently.



Image: Examples of the smartwatch's menu interaction designs, including a Ferris wheel dynamic rotating menu and a honeycomb circular menu.

Bluetooth Calling and Notifications

Once paired with your smartphone, the smartwatch supports Bluetooth calling and message notifications.

- **Making Calls:** Access the dial pad on the watch to make calls directly.
- **Answering Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.
- **Notifications:** The watch will vibrate and display notifications for incoming calls, messages, and app alerts (e.g., SMS, WhatsApp, social media) once configured in the companion app.

Sleep monitoring function



Image: The smartwatch displaying a call interface with a dial pad, alongside a smartphone showing an incoming call.

Health Monitoring

The smartwatch continuously monitors various health metrics.

- **Heart Rate Monitor:** Provides 24/7 heart rate tracking. View real-time data on the watch or detailed trends in the app.
- **Blood Pressure Monitor:** Measures blood pressure. For accurate readings, ensure the watch is worn correctly and remain still during measurement.
- **Sleep Monitor:** Automatically tracks your sleep patterns, differentiating between deep and light sleep. Access detailed sleep reports in the companion app to analyze sleep quality and develop personalized sleep strategies.

Bluetooth dialing Call answering

The quick dial panel can make calls quickly, and at the same time, the call information is pushed to the watch in time. As long as you wear it, you can keep in touch with the people you care about, and important things will not be missed.



Image: The smartwatch displaying sleep data, showing total sleep time, deep sleep, light sleep, and wake time, with a user sleeping in the background.

Note: The health data provided by this device is for reference only and should not be used for medical diagnosis or treatment.

Fitness Tracking

The smartwatch supports over 100 sport modes to track your physical activity.

- **Sport Modes:** Select your desired sport mode (e.g., running, walking, cycling) from the watch menu to record exercise data such as steps, distance, calories burned, and active time.
- **Activity Tracking:** Automatically tracks daily steps, distance, and calories.
- **Data Synchronization:** All exercise data is synced to the companion app for detailed analysis and progress tracking.

Other Features

- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks) directly from the watch.
- **Custom Watch Faces:** Choose from over 200 online watch faces or customize your own using photos via the app.
- **Remote Camera Control:** Use the watch as a remote shutter button for your smartphone camera.

- **Breathing Exercises:** Guided breathing exercises to help you relax.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Real-time Weather:** Displays current weather conditions and forecasts (requires app synchronization).
- **Alarm Clock/Calendar:** Set alarms and view calendar events.
- **Stopwatch/Timer:** Built-in tools for timing activities.

MAINTENANCE

Cleaning

Regularly clean your smartwatch and strap to prevent skin irritation and maintain device functionality. Use a soft, lint-free cloth. If necessary, slightly dampen the cloth with water. Avoid harsh chemicals or abrasive materials.

Water Resistance (IP67)

The XGVIEGZ Z2PLUS Smart Watch is IP67 water-resistant. This means it is protected against dust and can withstand immersion in water up to 1 meter for up to 30 minutes. It is suitable for daily activities such as hand washing or showering.

It is made of high-end materials and repeatedly polished in multiple processes, with a thickness of only 10mm. With 2.5D curved glass design, the multi-radian curve creates a flawless, light and flexible case with light and shadow flow.

Thickness only **10.0**_{mm}



Image: A person washing hands while wearing the smartwatch, illustrating its IP67 waterproof capability.

Important: IP67 rating does not guarantee protection against hot water, steam, or prolonged submersion. Avoid wearing the watch in saunas, hot tubs, or during diving. Water resistance may decrease over time with normal wear and tear.

Battery Care

- Avoid fully discharging the battery frequently.
- Do not expose the watch to extreme temperatures.
- Use only the provided charging cable.

TROUBLESHOOTING

Problem	Possible Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
Cannot pair with smartphone.	Ensure Bluetooth is enabled on your phone. Make sure the watch is within range of your phone. Restart both the watch and your phone. Check if the app has necessary permissions. Forget the device in your phone's Bluetooth settings and try pairing again.
Notifications are not received.	Verify that notifications are enabled in the companion app. Check phone settings to ensure the app has permission to send notifications. Ensure the watch is connected via Bluetooth.
Inaccurate health data.	Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch. Avoid excessive movement during measurements.
Screen is unresponsive.	Restart the watch by pressing and holding the side button. If the issue persists, ensure the battery is charged.

SPECIFICATIONS

Feature	Detail
Model Number	Z2PLUS
Screen Size	1.3 inches
Resolution	320 x 320 pixels
Waterproof Rating	IP67
Battery Capacity	230 mAh Lithium Polymer
Charging Time	Approx. 2 hours

Feature	Detail
Normal Use Battery Life	Up to 10 days
Heavy Use Battery Life	Up to 5 days
Standby Time	Up to 20 days
Connectivity	Bluetooth
Compatibility	Android 5.0+ / iOS 10.0+
Item Weight	3.17 ounces (approx. 90g)
Operating System	Native smart watch system
Manufacturer	XINHEFENG



Image: Diagram showing the dimensions of the smartwatch: 42.0mm diameter, 10.0mm thickness, and 260mm strap length.

For warranty information and technical support, please refer to the contact details provided with your purchase documentation or visit the official XGVIEGZ website. Keep your purchase receipt as proof of purchase for warranty claims.