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> Mibro Lite 3 Pro Smartwatch User Manual

Mibro XPAW019

Mibro Lite 3 Pro Smartwatch User Manual

Model: **XPAW019**

Brand: Mibro

INTRODUCTION

This manual provides comprehensive instructions for the Mibro Lite 3 Pro Smartwatch. Please read this manual carefully before using the device to ensure proper operation and to maximize its features. Keep this manual for future reference.



Figure 1: Mibro Lite 3 Pro Smartwatch

The Mibro Lite 3 Pro Smartwatch features a 1.32" AMOLED display, 10-axis motion sensor, Bluetooth calling, GPS, and extensive health monitoring capabilities. It is designed for an active lifestyle with 150+ sport modes and 5ATM water resistance.

1. SETUP

1.1 Package Contents

- Mibro Lite 3 Pro Smartwatch
- Charging Cable
- User Manual (this document)
- Additional Strap (if included with your model)

1.2 Charging the Device

Before first 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 standard USB power adapter (5V/1A recommended).

- A full charge typically takes approximately 2 hours.
- The watch display will show the charging status.

1.3 Powering On/Off

- **Power On:** Press and hold the side button until the Mibro logo appears.
- **Power Off:** Press and hold the side button, then select "Power Off" on the screen.

1.4 App Installation and Pairing

To unlock the full potential of your Mibro Lite 3 Pro, download and install the official Mibro Fit app on your smartphone.

1. Scan the QR code in the watch's settings or search for "Mibro Fit" in your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Open the Mibro Fit app and create an account or log in.
3. Follow the on-screen instructions in the app to add your device. Ensure Bluetooth is enabled on your smartphone.
4. Select "Mibro Lite 3 Pro" from the list of available devices in the app.
5. Confirm the pairing request on both your watch and smartphone.

Once paired, the watch will synchronize data with your phone, including time, date, and notifications.

2. OPERATING THE SMARTWATCH

2.1 Basic Navigation

- **Touch Screen:** Swipe up, down, left, or right to navigate through menus and screens. Tap to select items.
- **Side Button:** Press to return to the watch face, or long-press for power options.
- **Crown (Rotary Button):** Rotate to scroll through lists or adjust settings (if applicable to your model).



Figure 2: Watch Face and Display

The 1.32" AMOLED display provides vibrant visuals with a resolution of 466x466 pixels, 1000 nit peak brightness, and a 60fps refresh rate for smooth interaction.

2.2 Bluetooth Calling

The Mibro Lite 3 Pro supports Bluetooth calling, allowing you to make and receive calls directly from your wrist when connected to your smartphone.

- Ensure the watch is paired with your phone and Bluetooth calling is enabled in the app settings.
- To make a call, access the dialer or contacts from the watch menu.
- To answer an incoming call, tap the green answer icon on the watch screen.

2.3 Sport Modes and GPS Tracking

The smartwatch offers over 150 sport modes and built-in GPS for accurate activity tracking.



Visualización de la trayectoria de movimiento de la aplicación

Nuestra App ha añadido una rica sección de récords deportivos, que puede mostrar pistas de diferentes colores según el ritmo, y también puede ver los detalles de la pista en segmentos para mostrar más detalles deportivos.

Compatible con más de 150 modos de deporte y 18 algoritmos de deportes profesionales

150+ SPORTS MODES

Outdoor Run	Horseback Riding	Basketball	Mountainbiking	Weightlifting	Football
Climbing	Golf	Baseball	Indoor Cycling	Scuba Diving	Parallel Bars
Cardio Boxing	Wrestling	Fencing	Tennis	Surfing	Skiing

Correr en la pista





Figure 3: 150+ Sport Modes and GPS Tracking

Select your desired sport mode from the watch menu to begin tracking. The watch will record metrics such as duration, distance, calories burned, and heart rate. GPS tracking maps your route and provides detailed performance metrics.

2.4 Health Monitoring

The Mibro Lite 3 Pro provides comprehensive health monitoring features.

- **Heart Rate Monitoring:** Equipped with a 4PD heart rate sensor for continuous and precise heart rate tracking. View your real-time heart rate on the watch or detailed trends in the app.
- **Blood Oxygen (SpO2) Monitoring:** Measure your blood oxygen levels.
- **Sleep Tracking:** Monitors your sleep patterns, including deep sleep, light sleep, and REM sleep.
- **Stress Detection:** Tracks stress levels throughout the day.
- **Women's Health Tracking:** Provides features for menstrual cycle tracking.

Medición del oxígeno en sangre

El reloj alerta en caso de bajo nivel de oxígeno en sangre y te mantiene sano.





Algoritmos de precisión para preocuparse más por las mujeres

El reloj registra el ciclo fisiológico de las usuarias y predice el próximo periodo menstrual y de ovulación, proporcionándoles a ellas y a sus familiares los cuidados más cálidos.

Detección del estrés

Admite funciones de monitorización y recordatorio del estrés durante todo el día para ayudarle a adaptarse a un estado mejor.



Entrenamiento respiratorio

Cuando hay demasiada presión, se puede utilizar el entrenamiento respiratorio para aliviar el estrés.

*Los datos y resultados de la monitorización son sólo de referencia y no se utilizan como base para el diagnóstico o el tratamiento.

Figure 4: Health Monitoring Features

Access these features through the watch menu or the Mibro Fit app for detailed insights and historical data.

3. MAINTENANCE

3.1 Cleaning the Smartwatch

- Wipe the watch screen and body with a soft, lint-free cloth.
- For stubborn stains, dampen the cloth slightly with water. Do not use harsh chemicals or abrasive cleaners.
- Regularly clean the charging contacts on the back of the watch to ensure proper charging.

3.2 Water Resistance (5ATM)

The Mibro Lite 3 Pro is water-resistant up to 5 ATM (50 meters). This means it can be used for shallow-water activities like swimming in a pool or ocean. It is not suitable for diving, high-pressure water activities, or hot water environments (e.g., hot showers, saunas).

5ATM impermeable
Soporta el modo de natación profesional

32 m
Pool Swim
00:16:45
6'65'/hectometer
207 Kcal

Stroke
Number of strokes: 36 times
Average stroke rate: 3.0 times/min
Number of laps: 35 Trips

Pace curve
Average: 3'95'/hectometer

SWOLF
Average: 60

Reconocimiento de accidentes cerebrovasculares
Comprueba los principales estilos de natación que utilizas, como estilo libre, espalda, braza y mariposa.

Recuento de ictus y frecuencia de ictus
Cuenta el número de brazadas y la frecuencia por minuto.

Ritmo medio
Calcula el tiempo medio necesario para nadar 100 metros.

Asignación de velocidad
Registra y calcula el número total de vueltas de natación en tu piscina.

SWOLF
Mide el valor de eficiencia de tu velocidad de nado y el número de brazadas.

Control de la frecuencia cardiaca en natación
Puedes grabar y almacenar tus datos de frecuencia cardiaca mientras nadas.

El nivel de impermeabilidad de 5ATM es el valor de prueba del laboratorio Mibro, y el efecto de impermeabilidad real puede variar en función del entorno de uso (como temperatura, humedad, diferencias de presión). Está prohibido llevar el reloj en actividades como el surf, el buceo y los baños termales.

Figure 5: 5ATM Water Resistance

After exposure to saltwater, rinse the watch with fresh water and dry it thoroughly.

4. TROUBLESHOOTING

Problem	Possible Cause	Solution
Watch does not power on.	Low battery.	Charge the watch for at least 30 minutes.
Cannot pair with smartphone.	Bluetooth is off; app not running; watch not in pairing mode.	Ensure Bluetooth is on, restart the app, restart the watch, try pairing again.
Inaccurate heart rate readings.	Watch too loose/tight; sensor dirty; excessive movement.	Adjust watch strap for snug fit, clean sensor, remain still during measurement.
Short battery life.	Frequent GPS use; AOD enabled; high brightness; many notifications.	Reduce GPS usage, disable AOD, lower brightness, manage notifications.

If the problem persists, please refer to the Mibro Fit app's help section or contact customer support.

5. SPECIFICATIONS

Feature	Detail
Model Name	Mibro Lite 3 Pro
Model Number	XPAW019
Display	1.32" AMOLED Screen, 466*466 Resolution, 1000 nit peak brightness, 60fps refresh rate
Motion Sensor	10-Axis Motion Sensor
Connectivity	Bluetooth (for calling and data sync)
GPS	Built-in GPS tracking
Sport Modes	Over 150 modes
Water Resistance	5 ATM (up to 50 meters)
Heart Rate Sensor	4PD Photoplethysmography (PPG)
Battery Capacity	350 mAh Lithium Polymer
Battery Life	Up to 15 days (typical usage)
Product Dimensions	4.47 x 4.47 x 1.19 cm
Weight	51 g

Feature	Detail
Operating System	Android (compatible)
Memory Storage	2 GB

Mayor rendimiento, menor consumo, mayor tiempo en espera

La arquitectura de doble núcleo de bajo consumo, combinada con un sistema inteligente de gestión de la energía, garantiza una mayor duración de la batería.

50 días Modo básico **15 días** Modo diario **7 horas** Modo de llamada **15 horas** Modo GPS

*Modo básico: estado de espera, sólo se muestra la hora en el reloj;

*Modo diario: Una vez cargado completamente, se puede utilizar conectándolo a la APP del teléfono móvil y con las siguientes funciones: Monitorización de la frecuencia cardiaca durante 24h, monitorización del sueño, grabación de 60 minutos de ejercicio a la semana, 100 mensajes y 6 llamadas al día (cuelga en 5 segundos), control de la hora iluminando la pantalla al levantar la muñeca durante 100 veces, despertador durante 3 veces al día y otros ajustes predeterminados de fábrica;

*Modo de llamada: Una vez cargado completamente, se conecta a la App del teléfono móvil y continúa la llamada Bluetooth;

*Modo GPS: Una vez cargada por completo, se lleva puesta, se conecta a la App del móvil y se configura en el modo Outdoor Sport, con el posicionamiento GPS activado para un posicionamiento contin-



Sistema Mundial de posicionamiento por satélite

El chip GNSS incorporado admite el sistema de posicionamiento global por satélite GPS / BeiDou / GLONASS / Galileo / QZSS 5, con un nuevo diseño de antena gps, búsqueda rápida de estrellas y posicionamiento preciso.

200% ↑

Aumenta la ganancia de señal

20% ↑

La precisión de posicionamiento ha mejorado



Figure 6: Extended Battery Life

The smartwatch is designed for long-lasting performance, with up to 15 days of battery life under typical usage conditions.

6. WARRANTY AND SUPPORT

6.1 Warranty Information

The Mibro Lite 3 Pro Smartwatch 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.

Extended warranty options may be available from your retailer or third-party providers. (e.g., 1-Year Extended Warranty by Salama Care, 2-Year Extended Warranty by Salama Care).

6.2 Customer Support

For technical assistance, troubleshooting, or warranty claims, please contact Mibro customer support through their official website or the contact information provided in your product documentation.

You can also visit the [Mibro Store on Amazon](#) for additional product information and support resources.

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