

AMOVAN ZL54

AMOVAN Smart Watch Instruction Manual

MODEL: ZL54

Brand: AMOVAN

1. INTRODUCTION

This manual provides detailed instructions for the AMOVAN ZL54 Smart Watch, a health and fitness tracker designed for both men and women. It offers comprehensive health monitoring, various exercise modes, and smart communication features, compatible with Android and iOS devices. Please read this manual thoroughly to ensure proper use and maintenance of your device.

2. SETUP

2.1. Charging the Device

Before first use, fully charge your 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. A full charge typically takes approximately 2 hours.

2.2. App Installation and Pairing

To unlock the full potential of your AMOVAN Smart Watch, download the companion app on your smartphone. Search for the app in your device's app store (compatible with iOS 9.0 and above, Android 5.0 and above). Once installed, open the app and follow the on-screen instructions to pair your smartwatch via Bluetooth. Ensure Bluetooth is enabled on your phone.

3. OPERATING INSTRUCTIONS

3.1. Display and Navigation

The AMOVAN ZL54 features a 1.83-inch HD touch screen for clear visuals and intuitive navigation. Swipe across the screen to access different functions and tap to select. You can also customize watch faces to match your personal style.



The AMOVAN ZL54 Smart Watch features a vibrant 1.83-inch HD display for easy readability and interaction.

10+ more LCD Screen Wallpaper



Personalize your smartwatch with over 10 customizable watch faces to suit your preference.

3.2. Health Monitoring

Your smartwatch is equipped with advanced sensors to help you monitor your health around the clock.

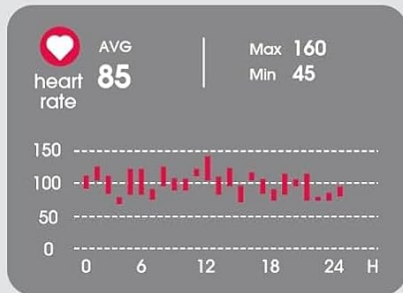
- **24/7 Heart Rate Monitoring:** Accurately tracks your heart rate throughout the day.
- **Blood Pressure Monitoring:** Allows you to monitor your blood pressure trends.
- **Blood Oxygen Monitoring:** Real-time monitoring of blood oxygen levels.
- **Sleep Tracking:** Analyzes your sleep patterns, including light, deep, and REM sleep stages.

Heart Rate Monitor



85 BPM

Heart Rate



Sleep Tracking



0 H 33 Min (6%)

Awake



4 H 25 Min (52%)

Light Sleep



3H 36 Min (42%)

Deep Sleep



Detailed heart rate and sleep tracking data are available directly on your wrist and in the app.

Call anytime

Make, answer, reject calls, Bluetooth calls, high-quality speakers combined with high-end acoustic technology AM sound quality, make calls clearer.



call



SMS



QQ



WeChat



Weibo



Sedentary reminder



Drink water reminder



Medicine reminder



Facebook



Whatsapp



The watch provides real-time monitoring for heart rate and blood oxygen levels.

3.3. Fitness Tracking

The ZL54 Smart Watch supports 128 exercise modes, a calorie counter, and a pedometer to help you achieve your fitness goals.

- **128 Exercise Modes:** Track various activities like walking, running, cycling, and more.
- **Calorie Counter:** Monitors calories burned during your activities.
- **Pedometer:** Counts your daily steps to encourage an active lifestyle.



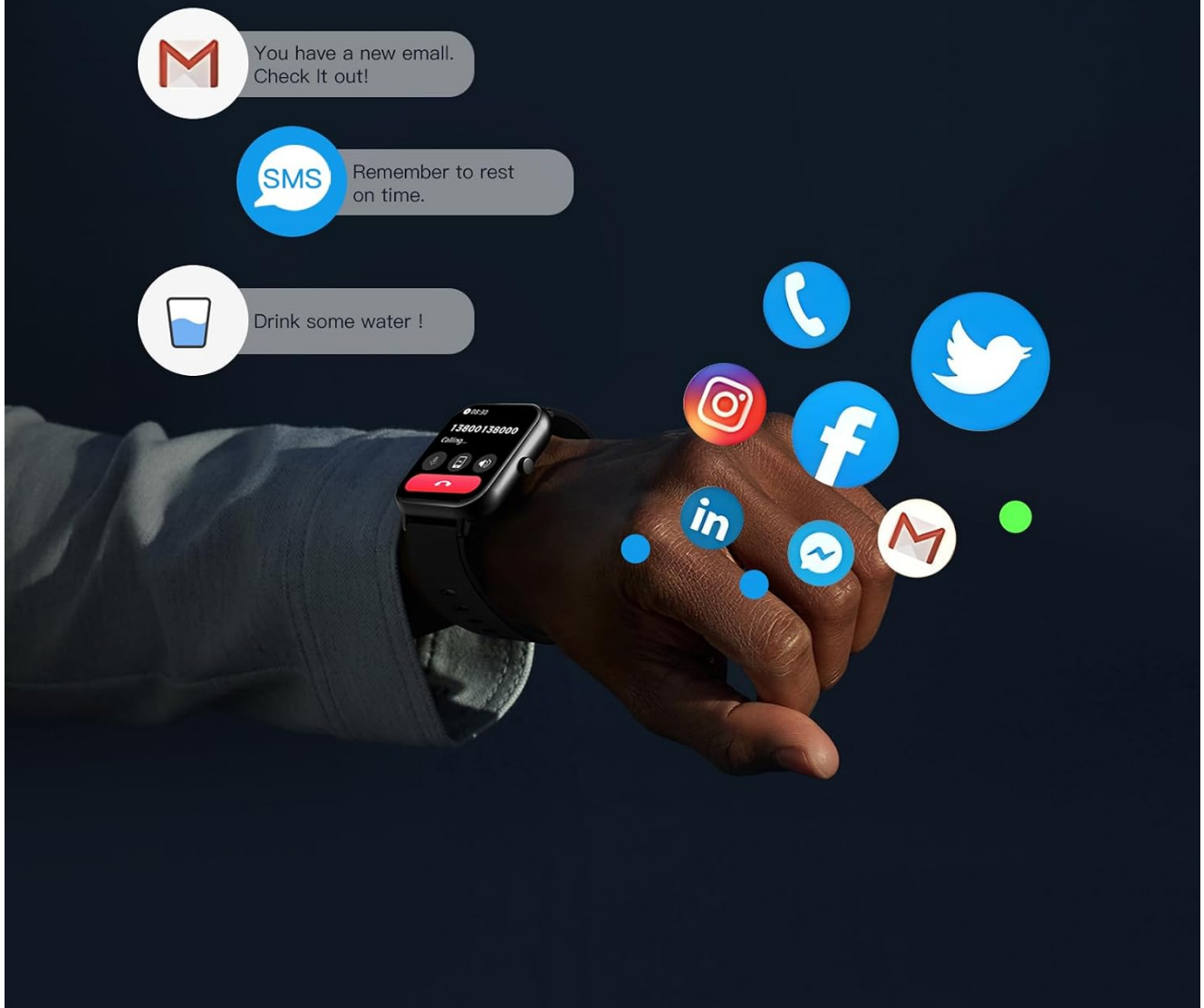
Track your workouts with a wide range of exercise modes, including walking, running, and cycling.

3.4. Phone Features

Stay connected directly from your wrist.

- **Bluetooth Calling:** Make, answer, and reject calls directly from the watch, with call logs.
- **Message Notifications:** Receive alerts for SMS, emails, and social media apps (e.g., Facebook, WhatsApp).
- **Contact Access:** Access your phone's contacts for quick dialing.

Smart Reminders from Watch



Receive smart reminders and notifications from your phone directly on the watch.

3.5. Other Functions

The smartwatch includes several practical tools for daily management:

- **Timer and Stopwatch:** For timing activities or daily tasks.
- **Alarm Clock:** Set alarms to wake up or for reminders.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.
- **Music Control:** Control music playback on your connected smartphone.
- **Weather Forecast:** Get real-time weather updates.
- **Calculator:** Perform basic calculations conveniently.

Watch this video for a quick overview of the AMOVAN Smart Watch's features, including its display, battery life, health tracking, phone features, and design.

4. MAINTENANCE

4.1. Water and Dust Resistance

The AMOVAN ZL54 Smart Watch is IP67 water and dust resistant, meaning it can withstand splashes, rain, and brief immersion in water (up to 1 meter for 30 minutes). It is suitable for daily use and activities like washing hands or light swimming. However, it is not recommended for hot showers, saunas, or diving.



The IP67 rating ensures the watch is resistant to water and dust, making it suitable for various activities.

4.2. Battery Life

The 230 mAh Lithium Polymer battery provides extended usage. Expect 5-7 days of regular use and up to 15 days in standby mode. Charging time is approximately 2 hours.

7 Days Battery Life

7
Days



7 Days
Battery Life

2 Hours
Charging Time

Enjoy up to 7 days of battery life with just 2 hours of charging.

4.3. General Care

Clean the watch regularly with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials. Keep the charging contacts clean and dry.

5. TROUBLESHOOTING

5.1. Device Not Turning On

Ensure the device is fully charged. Connect it to the charger for at least 30 minutes before attempting to power it on again.

5.2. Connectivity Issues

If the watch fails to connect to your smartphone, ensure Bluetooth is enabled on both devices. Try restarting both

the watch and your phone. If issues persist, unpair the device from your phone's Bluetooth settings and re-pair through the app.

5.3. Inaccurate Readings

For accurate health and fitness readings, ensure the watch is worn snugly on your wrist, about one finger's width above your wrist bone. Keep the sensor area clean. Environmental factors and individual physiology can affect accuracy.

6. SPECIFICATIONS

Feature	Specification
Model Number	ZL54
Display Type	Digital, 1.83-inch HD Touch Screen
Resolution	320 x 240
Visible Screen Diagonal	2 inches / 5 cm
Battery	1 Lithium Polymer (230 mAh)
Battery Life (Regular Use)	5-7 Days
Battery Life (Standby)	Up to 15 Days
Charging Time	Approx. 2 Hours
Water Resistance	IP67
Wireless Communication	Bluetooth BT5.2
Compatible Devices	Smartphones (iOS 9.0+ / Android 5.0+)
Band Material Type	Silicone
Weight	48g
Case Material	Zinc alloy + plastic ABS + PC shell



Heart rate monitoring

Accurately monitor your heart rate for 24 hours. When the heart rate exceeds the warning value, it will vibrate in time to remind you.



Blood oxygen monitoring

Real-time monitoring of blood oxygen levels to help you adjust your status in time.

*Monitoring data and results are for reference only, not for diagnosis and treatment.

7. WARRANTY AND SUPPORT

AMOVAN offers a limited warranty for this product. For any issues or support needs, please refer to the following:

- **Free Replacement:** Available within 12 months of purchase.
- **Full Refund:** Available within 6 months of purchase.
- **Quick Reply:** Customer service aims to reply within 12 hours.

For further assistance, please contact AMOVAN customer support through the details provided on the product packaging or the official AMOVAN website.



AMOVAN is committed to providing excellent customer service and support.

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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

