

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [ZPPSNFIT](#) /

› [ZPPSNFIT G1 Smart Watch User Manual: 1.43" AMOLED Fitness Tracker with Bluetooth Calling](#)

ZPPSNFIT G1

ZPPSNFIT G1 Smart Watch User Manual

Model: G1

INTRODUCTION

This manual provides detailed instructions for the ZPPSNFIT G1 Smart Watch. Please read this manual carefully before using the device to ensure proper operation and to maximize its features. Keep this manual for future reference.



Image: The ZPPSNFIT G1 Smart Watch, featuring a round display and a vibrant orange silicone strap.

WHAT'S IN THE BOX

Upon opening your ZPPSNFIT G1 Smart Watch package, you should find the following items:

- ZPPSNFIT G1 Smart Watch
- Charging Cable
- User Manual (this document)
- Watch Band

SETUP

1. Charging the Device

Before first use, fully charge your ZPPSNFIT G1 Smart Watch. Connect the provided charging cable to the charging port on the back of the watch and to a USB power source (e.g., computer, wall adapter). The watch display will indicate charging status.

ATTENTIVE TO WOMEN'S HEALTH

Track your cycle and record any physical indicators through an intuitive monthly calendar view.



Image: The ZPPSNFIT G1 Smart Watch connected to its magnetic charging cable, illustrating the charging process.

2. App Installation

To unlock the full functionality of your smart watch, download and install the 'H Band' application on your smartphone. Scan the QR code provided in the quick start guide or search for 'H Band' in your device's app store (Google Play Store for Android, Apple App Store for iOS).

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the 'H Band' app and follow the on-screen instructions to create an account or log in.
3. In the app, navigate to the device pairing section (usually indicated by a device icon or 'Add Device').
4. Select your ZPPSNFIT G1 Smart Watch from the list of available devices.
5. Confirm the pairing request on both your watch and smartphone.

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

OPERATING INSTRUCTIONS

1. Basic Navigation

The ZPPSNFIT G1 Smart Watch features a 1.43-inch AMOLED HD touchscreen for intuitive interaction.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different widgets.
- **Tap:** Select an item or confirm an action.
- **Side Button:** Press to return to the home screen or wake the device.

1.43-INCH AMOLED

Round AMOLED HD colour touchscreen display

326 ppi
pixel density

11.7mm
thickness



AMOLED display with a resolution of 466x466 gives you the ultimate visual experience

Image: A detailed view of the ZPPSNFIT G1 Smart Watch's 1.43-inch AMOLED display, highlighting its high pixel density and slim profile.

2. Call and Message Functions

After successful Bluetooth pairing, you can manage calls and messages directly from your watch.

- **Answering/Making Calls:** The watch has a built-in HD speaker and microphone. When a call comes in, you can answer or reject it from the watch screen. You can also initiate calls from your watch's contact list or dial pad.
- **Notifications:** Receive vibrating alerts for incoming calls, SMS messages, and social media notifications (e.g., WhatsApp, Facebook, Telegram, Skype, Snapchat). You can view message content on the watch display.

EASY ON-WRIST CONNECTION

The functions of the watch are simple and easy to use



BLUETOOTH CALLING,
CALENDAR REMINDER,
SMS QUICK REPLY



150 SPORT MODES
(RUNNING/SOCCER/BIKE...)



IP68 WATERPROOF
(SWEATPROOF)

Image: A user interacting with the ZPPSNFIT G1 Smart Watch, demonstrating its ease of use for features like Bluetooth calling and sport modes.

3. Fitness Tracking (150+ Sports Modes)

The watch supports over 150 sports modes, including running, cycling, walking, football, and more. It records various data points during your workouts.

- **Starting a Workout:** Navigate to the 'Workout' or 'Sports' menu on your watch, select your desired activity, and tap to start.
- **Data Recording:** The watch automatically records steps, distance, calories burned, and active minutes.
- **Viewing Data:** Sync your watch with the 'H Band' app to view detailed workout summaries and historical data.

FITNESS-SMARTWATCH

Mental & Physical Wellness Analysis

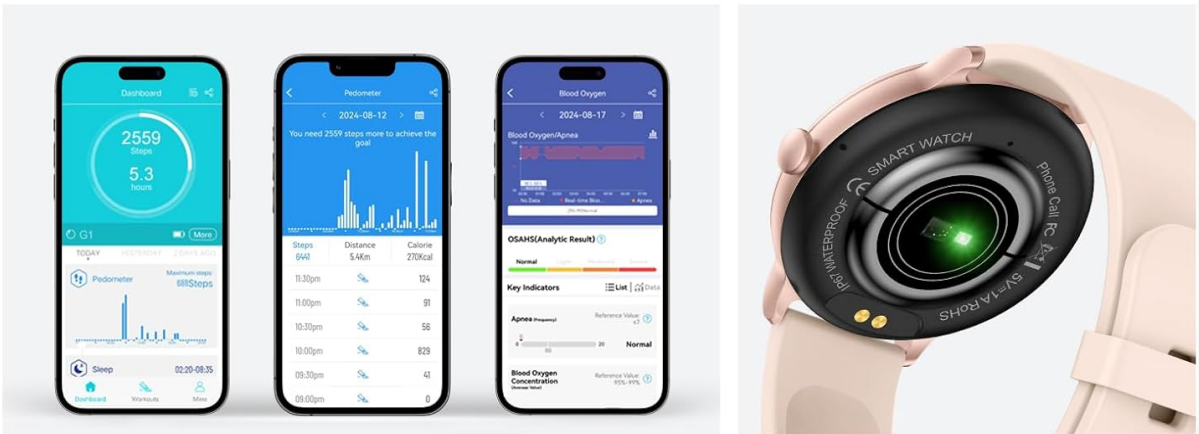


Image: Two individuals engaged in physical activity, with one checking their ZPPSNFIT G1 Smart Watch. Accompanying screenshots display the 'H Band' app interface, showing step count, activity logs, and blood oxygen data.

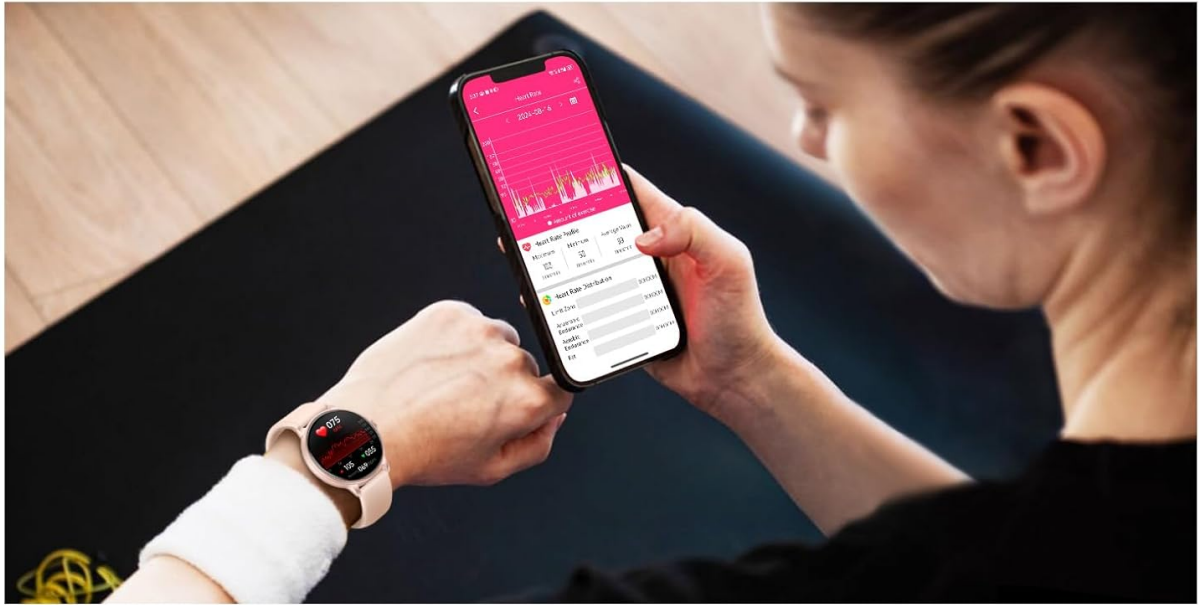
4. Health Monitoring

The ZPPSNFIT G1 Smart Watch uses advanced sensors to monitor key health metrics. **Note: This device is not a medical device and should not be used for medical diagnosis or treatment.**

- **Heart Rate Monitoring:** Provides 24-hour continuous heart rate tracking. View real-time data on the watch or detailed trends in the 'H Band' app.
- **Sleep Monitoring:** Automatically tracks your sleep stages (deep, light, REM) and duration, providing a comprehensive analysis of your sleep quality.
- **Blood Oxygen (SpO2):** Measures your blood oxygen saturation levels.
- **Stress Monitoring:** Tracks stress levels throughout the day.
- **Women's Health Tracking:** Track your menstrual cycle and record physical indicators through an intuitive calendar view in the app.

KEEP TRACK OF YOUR HEALTH

24/7 monitoring for professional-grade health management



OXIMETRY
(0-7 p.m.)



STRESS TEST
(24 Hours)



BLOOD PRESSURE TESTING
(24 Hours)

Image: A user wearing the ZPPSNFIT G1 Smart Watch, with close-ups of the watch display showing health metrics such as oximetry (blood oxygen), stress levels, and blood pressure readings.

UNDERSTANDING YOUR SLEEP

Accurate recording of falling asleep during sleep



Note: This product is not a medical device and cannot be used for medical purposes.


 **Scientific Sleep**
(Records your sleep 24/7)

Image: A woman sleeping, illustrating the watch's sleep tracking capability. The image includes watch and app displays showing detailed sleep analysis, including sleep duration and quality metrics. A note clarifies that the product is not a medical device.

5. Other Functions

- **Find Your Phone:** Use this feature on your watch to make your paired phone ring, helping you locate it.
- **Sedentary Reminder:** Set reminders to move if you've been inactive for too long.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks) directly from your watch.
- **Weather Forecast:** View current weather conditions and forecasts.

6. Customization

Personalize your watch with various watch faces available through the 'H Band' application. You can also upload your favorite photos to create custom dials.

SKIN-FRIENDLY, STYLISH AND PRACTICAL

The ultra-thin, round case is made of lightweight and durable aluminium alloy with a breathable strap.

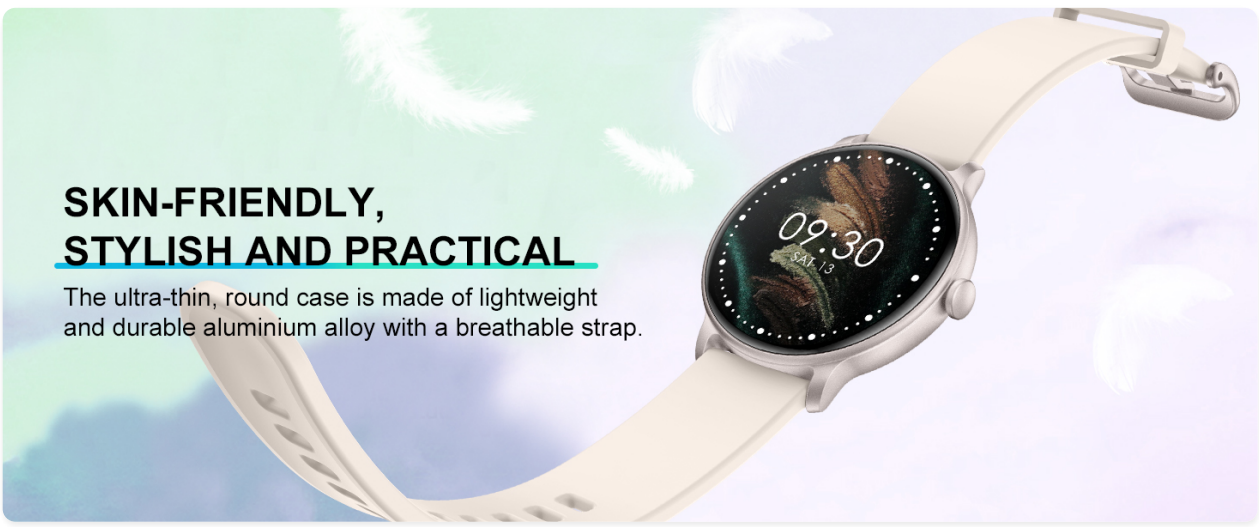


Image: The ZPPSNFIT G1 Smart Watch showcasing a selection of customizable watch faces, allowing users to personalize their device's appearance.

MAINTENANCE

1. Cleaning

Regularly clean your smart watch and strap to prevent skin irritation and maintain device performance.

- Wipe the screen and body with a soft, lint-free cloth.
- For the silicone strap, use mild soap and water, then rinse thoroughly and dry completely before wearing.
- Avoid using harsh chemicals or abrasive materials.

2. Water Resistance (IP68)

The ZPPSNFIT G1 Smart Watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. However, it is **not recommended** to shower or swim with the watch, especially in hot water or saltwater, as steam and chemicals can compromise the seals over time.

CHOOSE YOUR FAVOURITE

A variety of watch faces are available for you to select and customize.



Image: A woman swimming in a pool while wearing the ZPPSNFIT G1 Smart Watch, demonstrating its IP68 water resistance for activities like snorkeling and swimming.

3. Battery Care

- Avoid extreme temperatures, which can degrade battery life.

- Charge the watch regularly; avoid letting the battery completely drain for extended periods.
- Use only the provided charging cable.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within Bluetooth range (typically 10 meters).
 - Restart both your phone and the watch.
 - Clear the Bluetooth cache on your phone (if applicable) and try again.
- **Notifications not appearing:**
 - Check notification settings in the 'H Band' app to ensure they are enabled for desired applications.
 - Ensure your phone's notification access is granted to the 'H Band' app.
 - Verify that your phone is not in 'Do Not Disturb' mode.
- **Inaccurate health data:**
 - Ensure the watch is worn snugly on your wrist, not too tight or too loose.
 - Clean the sensor on the back of the watch.
 - Remember that the watch is not a medical device; readings are for reference only.
- **Short battery life:**
 - Reduce screen brightness.
 - Disable continuous heart rate monitoring if not needed.
 - Limit the number of active notifications.

SPECIFICATIONS

Model Number	G1
Display	1.43 Inches AMOLED HD Touchscreen
Operating System	Wear OS 3.0
Memory	128 MB (RAM & Storage)
Connectivity	Bluetooth
Battery Capacity	400 mAh Lithium Ion
Battery Life	5-7 days (normal use), 30 days (standby)
Water Resistance	IP68 (Not recommended for showering/swimming)
Dimensions	11.3 x 2.83 x 0.63 inches
Item Weight	3.52 ounces

Supported Languages	English, French, German, Italian, Spanish
GPS	Via Smartphone

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official ZPPSNFIT website. If you encounter any issues not covered in this manual, please contact ZPPSNFIT customer service for assistance.

Manufacturer: ZPPSNFIT

Date First Available: September 19, 2024