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Yihou I121

Yihou Tough Smart Watch User Manual

Model: I121

PRODUCT OVERVIEW

The Yihou Tough Smart Watch is designed for individuals seeking a durable and versatile wearable device. It combines robust construction with advanced smart features, making it suitable for daily use and challenging outdoor environments. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your smartwatch.



Figure 1: Yihou Tough Smart Watch (Green variant)

Key features include Bluetooth calling, comprehensive health monitoring (heart rate, sleep, blood pressure), over 100 sport modes, and a customizable 2.01-inch HD TFT display. Its military-grade durability ensures resistance to cold, dust, water (IP67), and high temperatures.

SETUP GUIDE

1. Initial Charging

Before first use, fully charge the smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included). A full charge typically takes approximately 2 hours.

Upgrade Fast Charging Strong Battery Life

Magnetic charging, convenient and fast. One full charge and long-lasting battery life, worry-free travel

650

MAH

Charging Time:

2 Hours

Battery Life:

5-7 Days

Standby Time:

12-15 Days



Figure 2: Charging and Battery Life Overview

- **Charging Time:** Approximately 2 hours for a full charge.
- **Battery Life:** 5-7 days in typical daily use mode.
- **Standby Time:** Up to 12-15 days.

2. App Installation and Pairing

To unlock the full functionality of your smartwatch, download and install the companion application on your smartphone.

The app is compatible with Android 4.4+ and iOS 9.0+ devices.

1. Scan the QR code provided in the watch's quick start guide or search for the official app name (usually found in the watch's settings or packaging) in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Install the application.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Enable Bluetooth on your smartphone.
5. Within the app, navigate to the device pairing section and select your smartwatch from the list of available devices. The watch typically appears as "Yihou Smart Watch" or a similar name.
6. Confirm the pairing request on both your phone and the smartwatch.

Once paired, the watch will synchronize time and data with your smartphone, and you can begin customizing settings and tracking activities.

OPERATING THE SMARTWATCH

Basic Navigation

The smartwatch features a 2.01-inch TFT full touch color screen for intuitive interaction. Swipe across the screen to navigate between different functions and menus. Press the physical buttons on the side for specific actions, such as returning to the home screen or accessing quick settings.



Figure 3: Smartwatch Display Interface

Bluetooth Calling

Once paired with your smartphone, the smartwatch supports Bluetooth calls, allowing you to make and receive calls directly from your wrist. You can access your phone's contacts, view call records, and dial numbers using the watch interface.

Bluetooth Calls Answer at any time

The smartwatch supports Bluetooth calls, call reminders/dialing/contacts/call records, and can be viewed at any time in sync with the phone. It can remind you of incoming calls in real time, and you can check the call information by raising your hand.

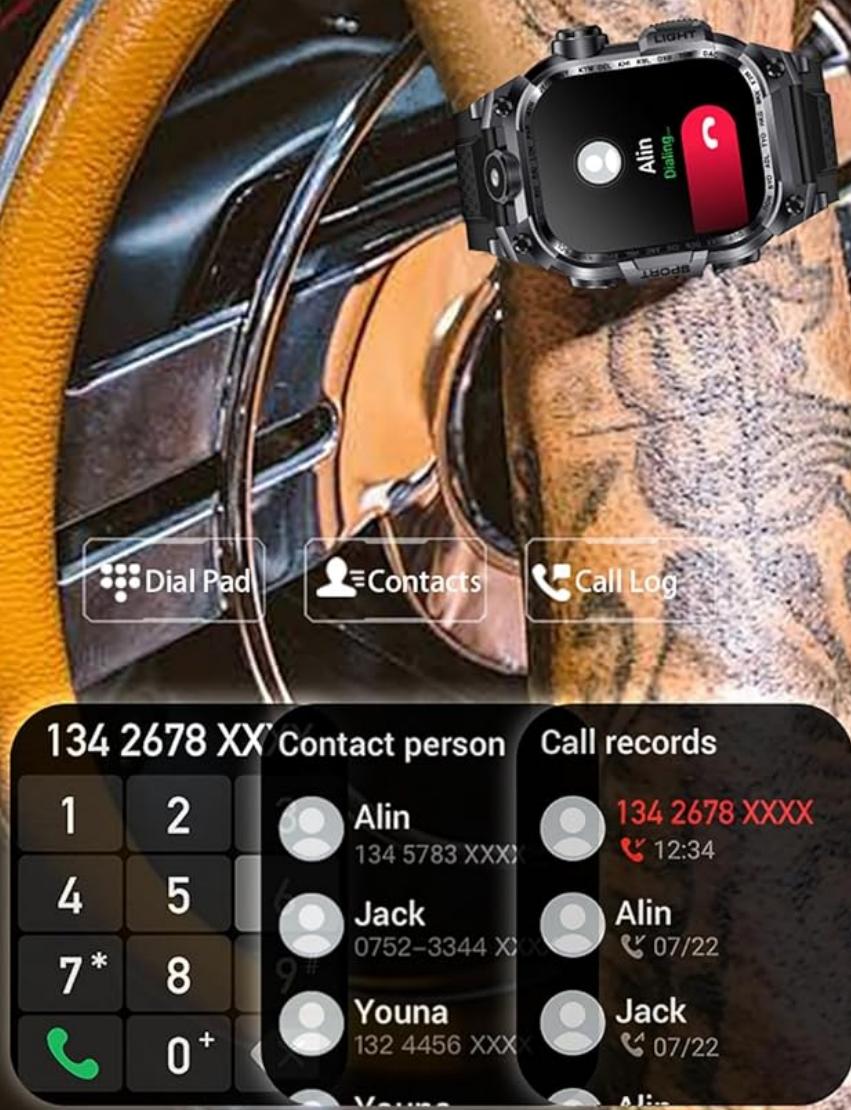


Figure 4: Bluetooth Call Interface

Health Monitoring

The watch provides continuous monitoring of various health metrics:

- **Heart Rate:** Real-time heart rate tracking.
- **Sleep Quality:** Monitors sleep duration and quality, providing insights into sleep patterns.
- **Blood Pressure:** Estimates blood pressure levels. *Note: This feature is for reference only and should not be used for medical diagnosis.*

Sport Modes

With over 100 built-in sport modes, the smartwatch accurately tracks and analyzes your physical activity. Select the appropriate mode before starting your workout for precise data collection, including calories burned, distance, and heart rate zones.

100+ Sport Mode

A variety of professional sports, accurate tracking of various data throughout the whole process, exercise time, calories burned, different heart rate zones are all clear at a glance, making your exercise more efficient.



Figure 5: Sport Mode Tracking

Customization and Other Features

Personalize your smartwatch experience with a wide selection of watch faces. You can choose from over 100 pre-installed faces or upload your own images to create custom designs.

100+ Watch Faces

Define your style

Sports, fashion, technology, cute, etc.

150+ stylish watch faces to change as you like, DIY watch face components are waiting for you to experience

Show your unique charm every moment



150+

Free watch faces

AOD

Screen off display



Custom watch
faces

Figure 6: Customizable Watch Faces

Additional features include:

- **Flashlight:** Built-in LED flashlight for convenience in low-light conditions.
- **Music Control:** Control music playback on your paired smartphone.
- **Remote Camera:** Use the watch as a remote shutter for your phone's camera.
- **Weather Push:** Receive real-time weather updates.
- **Drinking Water Reminder:** Prompts you to stay hydrated.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Alarm & Stopwatch:** Standard timekeeping functions.

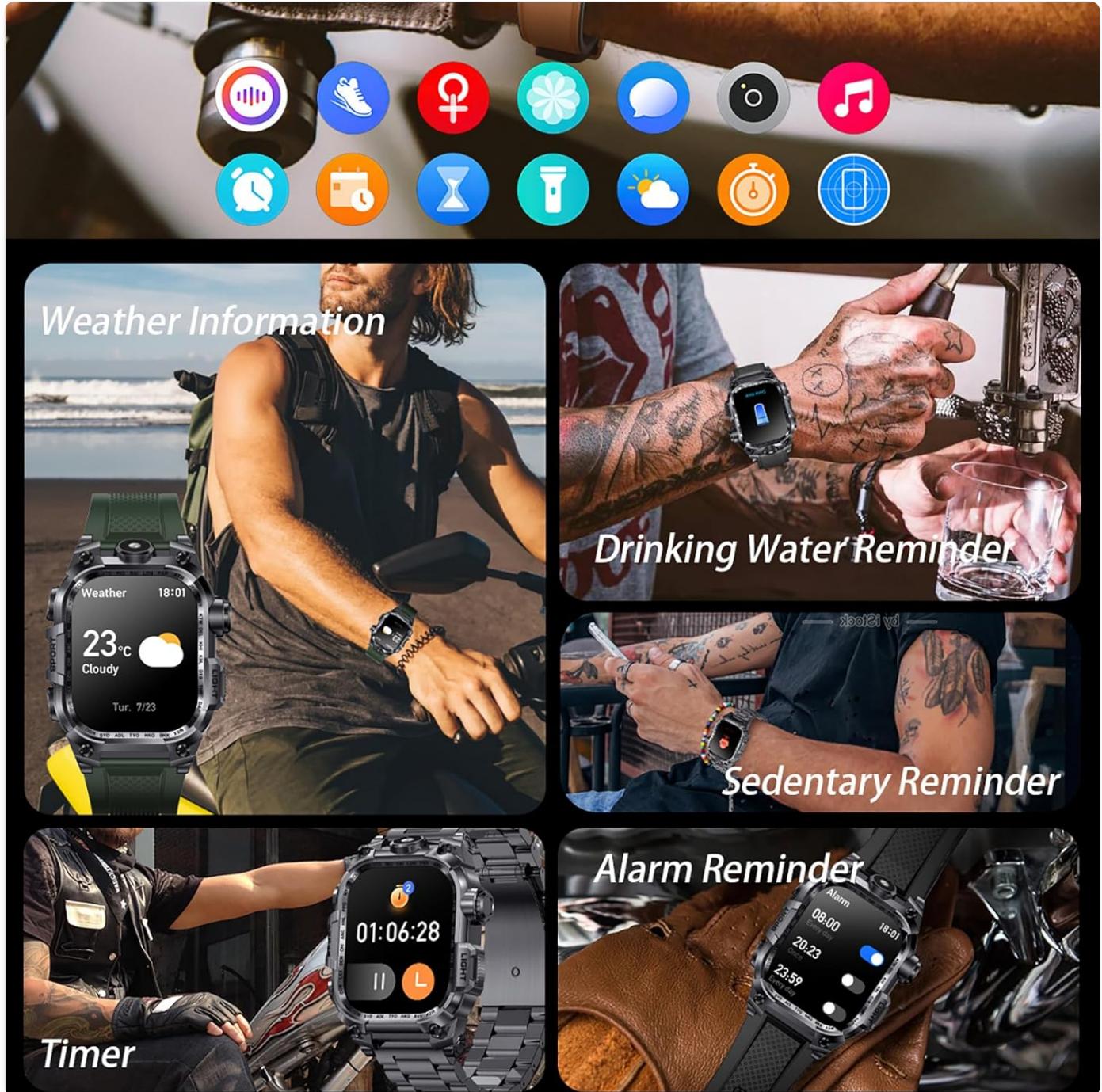


Figure 7: Additional Smartwatch Features

DURABILITY AND OUTDOOR FEATURES

The Yihou Tough Smart Watch is engineered to withstand harsh conditions, certified with MIL-STD 810H for military-grade durability. This makes it an ideal companion for outdoor enthusiasts and those in demanding professions.

MIL-STD High Quality

**No fear of
outdoor
challenges**



Cold-Resistant



Dust-Proof



Waterproof



**High-Temperature
-Resistant**

Figure 8: Military-Grade Durability Features

- **Cold-Resistant:** Operates reliably in low temperatures.
- **Dust-Proof:** Protected against dust ingress.
- **IP67 Waterproof:** Resistant to water immersion up to 1 meter for 30 minutes. Suitable for daily use, hand washing, and light rain, but not recommended for swimming or diving.
- **High-Temperature-Resistant:** Maintains functionality in elevated temperatures.
- **Drop Resistance:** Designed to withstand impacts and drops.

MAINTENANCE

Cleaning

Regular cleaning helps maintain the watch's appearance and functionality:

- Wipe the screen and watch body with a soft, lint-free cloth.
- For stubborn dirt, dampen the cloth slightly with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts periodically to ensure proper charging.

Battery Care

- Avoid fully discharging the battery frequently.
- Charge the watch using the provided magnetic charger.
- Do not expose the watch to extreme temperatures (hot or cold) for prolonged periods, as this can affect battery life.

Water Resistance

While the watch is IP67 waterproof, it is important to follow these guidelines:

- Do not operate the watch buttons underwater.
- Avoid exposing the watch to hot water, steam, or high-pressure water jets.
- Dry the watch thoroughly after it gets wet, especially the charging contacts.

TROUBLESHOOTING

Common Issues and Solutions

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes.
- **Unable to pair with phone:**
 - Ensure Bluetooth is enabled on your phone and the watch.
 - Make sure the watch is within the Bluetooth range of your phone.
 - Restart both the watch and your phone.
 - Clear the Bluetooth cache on your phone (if applicable).
 - Try unpairing and re-pairing the device through the app.
- **Inaccurate health data:**
 - Ensure the watch is worn snugly on your wrist, not too loose or too tight.
 - Clean the sensor on the back of the watch.

- Avoid excessive movement during measurements.

- **Short battery life:**

- Reduce screen brightness.
- Limit background app refresh and notifications.
- Disable features not in use (e.g., continuous heart rate monitoring if not needed).

- **Display unresponsive:**

- Restart the watch by pressing and holding the power button.
- Ensure the screen is clean and dry.

Factory Reset

If issues persist, a factory reset may resolve them. This will erase all data on the watch and restore it to its original settings. Consult the watch's on-screen menu or the companion app for the factory reset option (typically found under "Settings" or "System").

SPECIFICATIONS

Detailed technical specifications for the Yihou Tough Smart Watch:



Retina-level TFT screen

2.01" 320*390
TFT Screen High Resolution

60Hz HD
High Refresh Rate Tempered Glass
Large Screen

20days
long battery life

7days
Daily use mode



Bluetooth Call

150+ watch faces
Upgraded 5 UI styles



Bluetooth5.2chip



Multiple health monitoring



100+ sports modes



Figure 9: Smartwatch Key Specifications Overview

Feature	Specification
Screen	2.01" TFT Full Touch Color Screen, 320*390 HD Resolution, 60Hz High Refresh Rate
Bluetooth Version	Bluetooth 5.2
Compatibility	Android 4.4+ , iOS 9.0+
Band Material	Silicone/Stainless Steel
Case Diameter	46MM (1.81")
Case Thickness	13.6MM (0.54")
Band Width	22MM (0.87")
Band Length	205MM (8.07")
Battery Capacity	650mAh
Water Resistance	IP67
Durability Certification	MIL-STD 810H
Special Features	Touchscreen, Sedentary Reminder, Multisport Tracker, Activity Tracker, Phone Call, Flashlight

WARRANTY AND SUPPORT

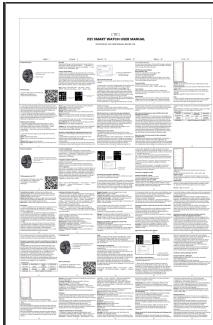
Warranty Information

This product comes with a standard manufacturer's warranty. Please refer to the warranty card included in your product packaging for specific terms, conditions, and duration. Retain your proof of purchase for warranty claims.

Customer Support

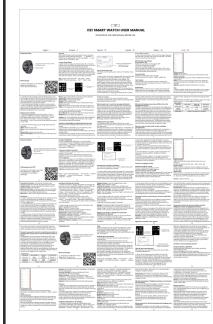
For technical assistance, troubleshooting not covered in this manual, or warranty inquiries, please contact Yihou customer support. Contact details are typically available on the official Yihou website or through the retailer where the product was purchased.

When contacting support, please have your product model number (I121) and purchase details ready to expedite the process.



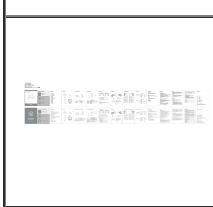
[I121 Smart Watch User Manual - Setup, Features, and Troubleshooting](#)

Comprehensive user manual for the I121 Smart Watch. Learn how to set up, connect to your phone, use app features, navigate watch functions, and find answers to common questions. Covers product overview, app integration, health tracking, and device settings.



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[Kinglucky i12 User Manual and FCC Compliance Information](#)

This document provides FCC compliance information and user guidance for the Kinglucky i12 device, model number i12. It details FCC rules, potential interference, and user corrective measures.