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› SAMSUNG Galaxy Fit3 User Manual

Samsung SM-R390NZAEXAA

SAMSUNG Galaxy Fit3 User Manual

Model: SM-R390NZAEXAA

INTRODUCTION

The SAMSUNG Galaxy Fit3 is a health and activity fitness tracker designed to help you monitor your wellness journey. With its slim and sporty design, it provides essential tracking features from daily steps to heart rate, and detailed sleep analysis. It seamlessly syncs with compatible Samsung smartphones, offering deeper insights into your daily movement through the Samsung Health app. Galaxy Fit3 is more than a device - it's a way to simply track and monitor how you move each day.



The sleek design of the Galaxy Fit3, ready for daily use.

WHAT'S IN THE BOX

- Watch Body
- Watch Strap
- Galaxy Fit3 Charger

SETUP

1. Initial Charge

Before first use, fully charge your Galaxy Fit3 using the provided Galaxy Fit3 Charger. Connect the charger to a power source and attach the watch body to the magnetic charging pins.

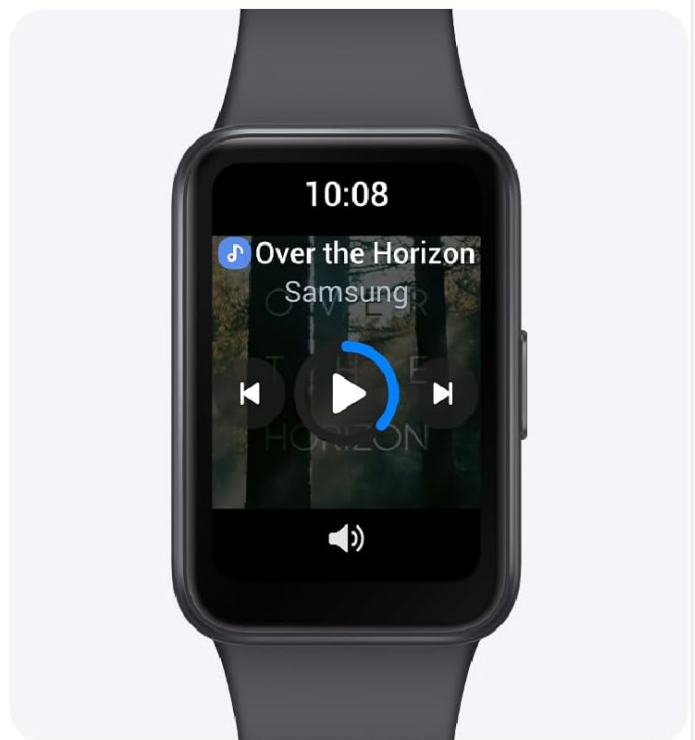
2. Power On

Once charged, the device will power on automatically or can be powered on by pressing and holding the side button.

3. Pairing with Your Smartphone

To unlock the full potential of your Galaxy Fit3, pair it with a compatible Samsung Galaxy smartphone. Download the Samsung Health app from the Google Play Store. Follow the on-screen instructions in the app to connect your Galaxy Fit3 via Bluetooth.

Play, check, reply. All from your wrist.



Find my phone



Start

Going for a run this evening.
Wanna join?

10:08 AM

Reply

Galaxy smartphone sold separately. Galaxy Fit3 must be paired with a compatible smartphone.
Find my phone feature must be used within Bluetooth range.

The Galaxy Fit3 paired with a smartphone, demonstrating music control and notification capabilities.

An official video demonstrating the initial setup and key features of the Samsung Galaxy Fit3.

OPERATING YOUR GALAXY FIT3

Daily Activity Tracking

The Galaxy Fit3 automatically tracks your daily steps, distance, and calories burned. You can view your progress directly on the device or in more detail within the Samsung Health app.

Get a step ahead of your health



Not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment or prevention of disease. Galaxy Fit3 must be paired with a compatible smartphone and the Samsung Health app.

Visual representation of daily activity tracking and health metrics available through the Samsung Health app.

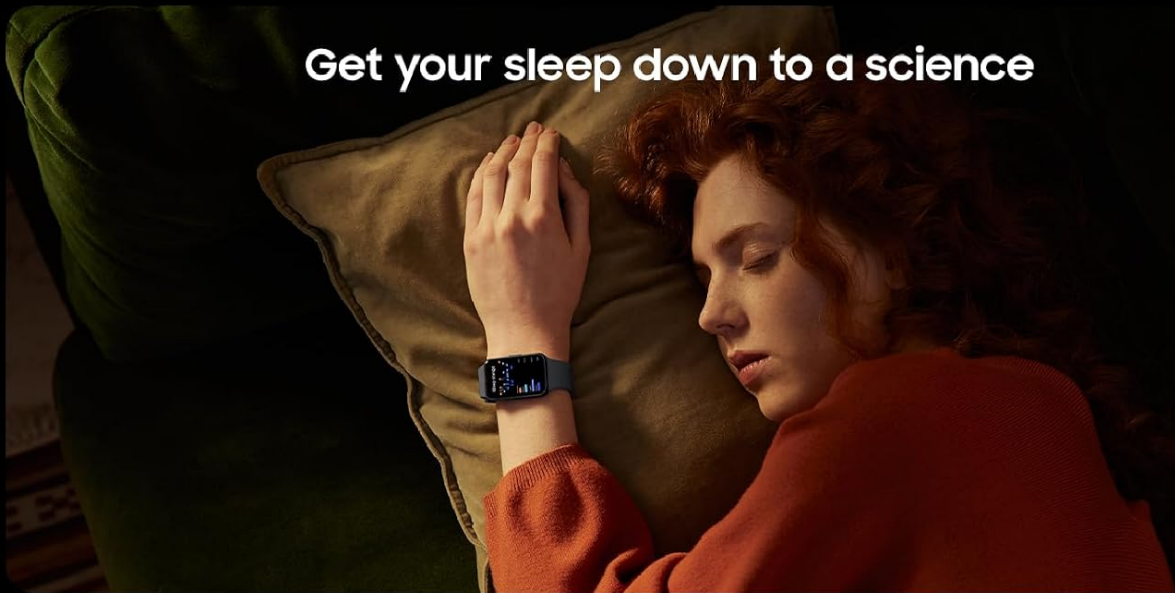
Heart Rate Monitoring

Your Galaxy Fit3 continuously monitors your heart rate. Access the heart rate widget on your device or check the Samsung Health app for historical data and insights into your heart health.

Sleep Tracking and Snore Detection

Wear your Galaxy Fit3 to bed to track your sleep patterns, including sleep stages (awake, REM, light, deep) and sleep score. When paired with a compatible smartphone within 2 feet, the device can also detect snoring, providing a comprehensive overview of your sleep quality.

Get your sleep down to a science



Sleep tracking



Sleep score



Sleep coaching

Key habits

- ☐ Woke up at 7 AM
- ☒ Avoided naps after 1:30 PM
- ☐ Was active during the day

Galaxy Fit3 must be paired with a compatible smartphone, and requires Samsung Health app and Samsung account.

Detailed sleep tracking features, including sleep stages and coaching, as displayed on the Galaxy Fit3 and Samsung Health app.

Workout Tracking

The Galaxy Fit3 supports over 100 workout types with automatic workout detection for common activities like walking, running, and cycling. Manually select other workouts to track specific metrics.

Over 100 workouts, ready for you



Auto Workout Detection automatically tracks walking, running, elliptical, rowing machine, swimming and dynamic workouts. Galaxy Fit3 must be paired with a compatible smartphone and the Samsung Health app. Consistent with 5ATM water-resistance classification (up to 50m of water for up to 10 minutes) and IP68 rating (up to 6 feet of water for up to 30 minutes). Rinse residue / dry after wet.

The extensive range of workout tracking options available on the Galaxy Fit3.

Stress Management

Monitor your stress levels throughout the day. The device can provide gentle reminders to breathe and relax when high stress is detected.

Notifications and Controls

Receive notifications for calls, messages, and app alerts directly on your wrist. You can also control music playback and use the 'Find My Phone' feature.

Goes with everything



The versatile design of the Galaxy Fit3, suitable for various activities and styles.

Customization

Personalize your Galaxy Fit3 with over 100 watch faces available through the Samsung Health app, allowing you to match your style and access preferred information at a glance.

Over 100 watch faces to choose from



A selection of the diverse watch faces that can be customized on the Galaxy Fit3.

MAINTENANCE

Cleaning Your Device

Regularly clean your Galaxy Fit3 and its strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the device is dry before charging.

Water Resistance

The Galaxy Fit3 is consistent with 5ATM water resistance (up to 50m of water for up to 10 minutes) and IP68 rating (up to 6 feet of water for up to 30 minutes). Rinse residue / dry after wet.

Battery Care

To maximize battery lifespan, avoid extreme temperatures and do not leave the device fully discharged for extended periods. The 208 mAh battery provides up to 13 days of typical use.

A single charge lasts up to

13 Days



Based on typical use with Always On Display turned off (default setting); results may vary.

The long-lasting battery of the Galaxy Fit3, offering up to 13 days on a single charge.

TROUBLESHOOTING

Device Not Powering On

- Ensure the device is fully charged.
- Press and hold the side button for at least 7 seconds.

Pairing Issues

- Ensure Bluetooth is enabled on your smartphone.
- Restart both your Galaxy Fit3 and smartphone.
- Ensure the Samsung Health app is updated to the latest version.

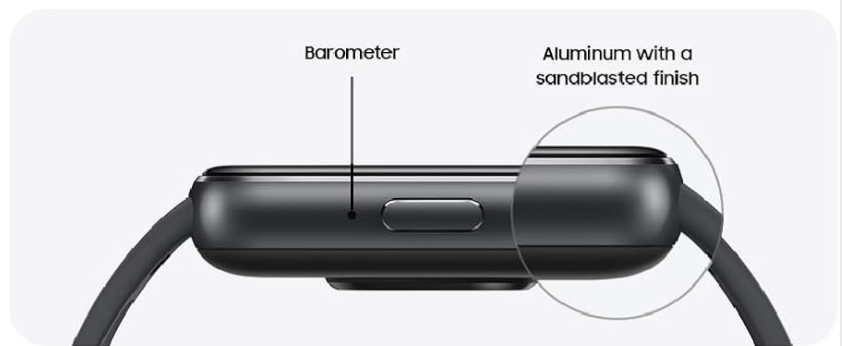
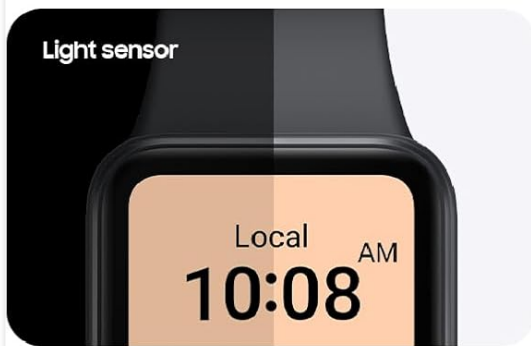
Inaccurate Tracking Data

- Ensure the device is worn snugly on your wrist, but not too tight.
- Clean the sensors on the back of the device.
- Update the device firmware via the Samsung Health app.

SPECIFICATIONS

Feature	Detail
Model Number	SM-R390NZAEXAA
Dimensions	1.69 x 1.13 x 0.39 inches
Item Weight	0.67 ounces
Screen Size	1.6 Inches (AMOLED)
Operating System	RTOS
Memory Storage Capacity	16 MB
Battery Capacity	208 mAh
Connectivity	Bluetooth
Water Resistance	5ATM / IP68
Special Features	Touchscreen, Lightweight, Multisport Tracker, Activity Tracker, Fall Detection

Built for movement



5ATM / IP68

Consistent with 5ATM water-resistance classification (up to 50m of water for up to 10 minutes) and IP68 rating (up to 6 feet of water for up to 30 minutes). Rinse residue / dry after wet.



Detailed view of the Galaxy Fit3's physical features and build quality.

WARRANTY AND SUPPORT

Warranty Information

This SAMSUNG Galaxy Fit3 comes with a 2-year limited warranty. Please retain your proof of purchase for warranty claims. For full warranty terms and conditions, refer to the documentation included in your product packaging or visit the official Samsung support website.

Customer Support

For further assistance, technical support, or service inquiries, please visit the [Official Samsung Store on Amazon](#) or the Samsung support website.

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