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> Mindrose Smart Watch Health Fitness Tracker User Manual

## Mindrose Fitness Watch

# Mindrose Smart Watch Health Fitness Tracker User Manual

Model: Fitness Watch

### INTRODUCTION

The Mindrose Smart Watch Health Fitness Tracker is designed to help you monitor your health and fitness activities. This manual provides essential information on setting up, operating, and maintaining your device to ensure optimal performance and longevity.



Image: The Mindrose Smart Watch, featuring a sleek design, displayed on a wrist.

## WHAT'S IN THE BOX

Your Mindrose Smart Watch package includes the following items:

- Smart Watch
- Watch Band
- Magnetic USB Charging Cable
- User Manual

## SETUP

## 1. Initial Charging

Before first use, fully charge your smartwatch. Connect the magnetic USB charging cable to the charging points 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 1.5 to 2 hours.

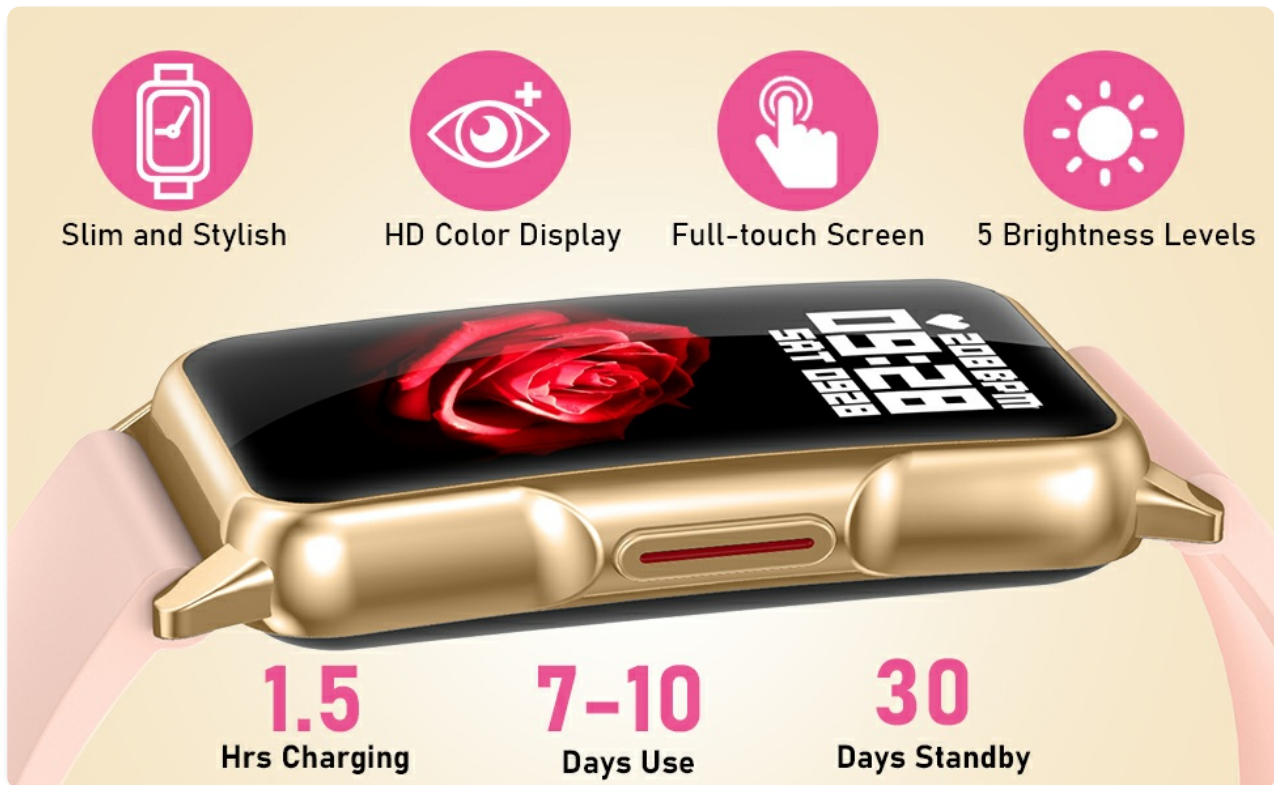


Image: The smartwatch connected to its magnetic charging cable, indicating charging in progress.

## 2. App Download and Pairing

Download the companion app (e.g., "Da Fit" or "FitCloudPro" as mentioned in some reviews/videos) from your smartphone's app store (compatible with Android 4.4 / iOS 8.4 or above). Follow the in-app instructions to pair your smartwatch via Bluetooth. This process typically involves scanning a QR code displayed on the watch or selecting the device from a list in the app.

Your browser does not support the video tag.

Video: A demonstration of how to operate the fitness tracker, including initial setup and navigation.

## OPERATING THE SMART WATCH

### 1. Health Metrics Monitoring

The Mindrose Smart Watch offers continuous monitoring of various health metrics directly from your wrist. Access these features through the watch interface or the companion app.

- **24/7 Heart Rate:** Continuously tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2):** Measures your blood oxygen levels.
- **Blood Pressure:** Provides blood pressure readings.
- **Sleep Tracker:** Monitors your sleep patterns, including REM, light, and deep sleep stages, to help you understand and improve sleep quality.



Image: The smartwatch screen showing icons for 24/7 heart rate, blood pressure, blood oxygen, and sleep tracking.

Your browser does not support the video tag.

Video: A demonstration of the fitness tracker's real-time continuous heart rate monitoring feature.

## 2. 115 Sports Modes & Activity Tracking

The watch supports over 115 sports modes, allowing you to track a wide range of physical activities. It also features all-day activity tracking for steps, distance, and calories burned.

- **Activity Tracking:** Monitors steps, distance, and calories burned throughout the day.
- **Sports Modes:** Select from various modes like walking, running, cycling, swimming, yoga, and more for detailed workout data.
- **GPS Connectivity:** Connects to your phone's GPS to map your outdoor workout routes in the app.



Image: The smartwatch screen showing icons for over 100 sports modes and a map of a tracked outdoor activity.

### 3. Notifications and Reminders

Stay connected and informed with notifications delivered directly to your wrist.

- **Call Notifications:** See caller ID, reject calls, or mute ringtones directly from the watch.
- **Message Notifications:** Read full text messages and app notifications (e.g., email, social media) on your watch.
- **Reminders:** Set up drinking water reminders, sedentary reminders, and menstrual cycle tracking.



Image: The smartwatch showing an incoming call notification and various reminder icons like sedentary, drinking water, and menstrual cycle.

## 4. Other Features

The Mindrose Smart Watch includes several additional features to enhance your daily life:

- **Weather Display:** Get real-time weather updates.
- **Remote Camera Shooting:** Control your phone's camera remotely.
- **Music Control:** Manage music playback on your smartphone.
- **Timer & Stopwatch:** Built-in timing functions.
- **Do-Not-Disturb Mode:** Silence notifications when needed.



Image: The smartwatch screen showing features such as timer, music control, weather, camera control, and do-not-disturb mode.

## CHARGING AND BATTERY LIFE

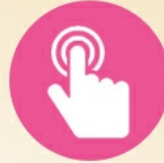
The smartwatch is equipped with a long-lasting battery. A full charge takes approximately 1.5 to 2 hours using the magnetic USB cable. Once fully charged, the battery can last for 6-7 days with heavy use, 10-12 days with daily use, and up to 30 days on standby.



Slim and Stylish



HD Color Display



Full-touch Screen



5 Brightness Levels



1.5

Hrs Charging

7-10

Days Use

30

Days Standby

Image: The smartwatch connected to its magnetic charging cable, with text indicating 1.5 hours for charging, 7-10 days of use, and 30 days of standby time.

## WATER RESISTANCE

The Mindrose Smart Watch is IP68 waterproof, making it suitable for various water-related activities. You can wear it while washing your hands, taking a shower, working out in the rain, and swimming.



Sedentary Reminder



Drinking Water Reminder



Menstrual Cycle Reminder



## Call Notification



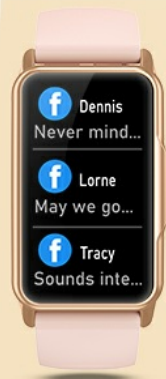
Contacts Info



Reject Call



Mute



## Message Notification



Image: A person in water wearing the smartwatch, with icons indicating its suitability for rain, swimming, hand washing, and

showering.

## APP COMPATIBILITY

The smartwatch is compatible with smartphones running Android 4.4 or above, and iOS 8.4 or above. Ensure your device meets these requirements for seamless connectivity and full feature access.

## MAINTENANCE

To ensure the longevity and optimal performance of your Mindrose Smart Watch, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the watch screen and band with a soft, damp cloth. Avoid harsh chemicals.
- **Drying:** After exposure to water, ensure the watch is thoroughly dried to prevent moisture buildup.
- **Storage:** Store the watch in a cool, dry place when not in use.
- **Avoid Extreme Temperatures:** Do not expose the device to extremely high or low temperatures.
- **Handle with Care:** Avoid dropping or subjecting the watch to strong impacts.

## TROUBLESHOOTING

If you encounter issues with your Mindrose Smart Watch, consider the following common solutions:

- **Watch Not Turning On/Off:** Ensure the watch is fully charged. Press and hold the power button for a few seconds.
- **Incorrect Time/Date:** Ensure the watch is properly paired and synced with the companion app on your smartphone. The app usually sets the time and date automatically.
- **Battery Not Holding Charge:** Verify the magnetic charging cable is securely connected to the watch and the power source. Try a different USB port or power adapter.
- **Inaccurate Health Readings (e.g., Heart Rate, Blood Pressure):** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Readings can be affected by movement or improper placement. Note that these devices are not medical instruments and readings are for reference only.
- **App Connectivity Issues:**
  - Ensure Bluetooth is enabled on your smartphone.
  - Restart both your smartphone and the smartwatch.
  - Check if the companion app is updated to the latest version.
  - If issues persist, try unpairing and re-pairing the device through the app.

## SPECIFICATIONS

Feature	Detail
Brand	Mindrose
Model Name	Fitness Watch
Screen Size	1.47 Inches
Shape	Rectangular
GPS	GPS Via Smartphone
Battery Cell Composition	Lithium Polymer
Wireless Communication Standard	Bluetooth
Connectivity Technology	Bluetooth
Special Feature	Activity Tracker
Operating System	Smartphone
Water Resistance	IP68
Item Weight	0.13 Kilograms
Item Package Dimensions	6.97 x 3.03 x 1.38 inches

## WARRANTY AND SUPPORT

The Mindrose Smart Watch comes with a **3 Years Manufacturer Warranty**. For any support inquiries, technical assistance, or warranty claims, please refer to the contact information provided in your product packaging or visit the official Mindrose support website.