CNBRO f6f91a82-888c-448d-b306-9f7aa4cee3a4

CNBRO Smart Ring with Display Fitness Tracker User Manual

1. INTRODUCTION

This manual provides essential information for the proper use and maintenance of your CNBRO Smart Ring with Display. Please read it thoroughly before using the device to ensure optimal performance and longevity. This smart ring is designed to monitor various health and fitness metrics, offering convenience through its integrated display and gesture controls.

2. PACKAGE CONTENTS

Verify that all items are present in your package:

- 1 x CNBRO Smart Ring
- 1 x Charging Case
- 1 x Charging Cable for Case
- 1 x User Manual

3. PRODUCT OVERVIEW AND FEATURES

The CNBRO Smart Ring is a versatile wearable device equipped with a touch display for direct data viewing and multiple health and fitness tracking capabilities.

Image: The CNBRO Smart Ring shown alongside its transparent charging case, illustrating the device's compact design and charging method.

Key Features:

- **Integrated Touch Display:** View time, steps, heart rate, sleep duration, and battery level directly on the ring.
- **Heart Rate Monitoring:** Continuous 24-hour heart rate tracking for daily life and exercise.
- **Sleep Tracking:** Automatic monitoring of sleep duration and analysis of sleep quality (deep, light, awake times).
- **Fitness Tracking:** Automatic tracking of steps, calories burned, and distance. Includes dedicated sport modes for detailed activity logging.
- **Gesture Control:** Supports remote camera activation, short video switching, and music playback control.
- **IP68 Waterproof:** Suitable for cold showering, hand washing, and rain exposure. Not suitable for hot water.
- **Jring App:** Free application for detailed exercise records and health data, compatible with iOS 10.0+ and Android 9.0+ smartphones.
- **Portable Charging Case:** Provides convenient charging and storage without the need for a direct cable connection to the ring.

4. SETUP

4.1 Charging the Smart Ring

Before first use, fully charge the smart ring and its charging case.

1. Place the smart ring into the charging slot within the charging case. Ensure the magnetic contacts align.
2. Connect the provided charging cable to the charging case and a USB power source.
3. The ring's display will indicate charging status. The charging case also has an indicator.
4. A full charge typically takes approximately 1-2 hours for the ring.

Image: A hand placing the smart ring into its clear charging case, demonstrating the magnetic charging connection.

4.2 App Installation and Pairing

1. Download the **Jring** application from your smartphone's app store (compatible with iOS 10.0+ and Android 9.0+).
2. Open the Jring app and follow the on-screen instructions to create an account or log in.
3. Ensure your smartphone's Bluetooth is enabled.
4. In the Jring app, navigate to the device pairing section and select your Smart Ring from the list of available devices.
5. Confirm the pairing request on both your phone and, if prompted, on the ring's display.

4.3 Proper Ring Sizing and Placement

For accurate data collection, ensure the ring fits snugly but comfortably on your finger. It is recommended to wear the ring on your index finger to avoid accidental touches.

Size	Inner diameter	Perimeter
No. 8	18.2mm	57.1mm
No. 9	19mm	59.6mm
No.10	19.9mm	62.4mm
No. 11	20.7mm	64.9mm
No. 12	21.5mm	67.5mm

Measure Finger Method(Avoid accidental touch, wear it on Index Finger)

STEP 1

When measuring, please choose a thin, non-stretchy wire and wrap it around your finger and mark it with a pen or other tool.

Note: tighten appropriately, Not too loose

STEP 2

Straighten the thin wire and measure its length with a ruler and shop against the ring specifications above.

Image: A table displaying ring sizes (No. 8 to No. 12) with corresponding inner diameters and perimeters, along with a two-step guide on how to accurately measure finger size using a thin, non-stretchy wire and a ruler.

Measuring Method:

1. Wrap a thin, non-stretchy wire or string around your finger. Mark the point where it overlaps.
2. Straighten the wire and measure its length with a ruler. Compare this measurement to the perimeter column in the size chart above to find your appropriate ring size.

5. OPERATING INSTRUCTIONS

5.1 Using the Touch Display

The smart ring features a touch-sensitive display for quick access to information.

Image: A close-up of the smart ring's display showing various data points and a legend indicating how different touch gestures (single, double, triple, etc.) correspond to displaying time, steps, heart rate, blood oxygen, sleep mode, and battery level.

- **Single Touch:** Displays time.
- **Double Touch:** Shows steps count.
- **Touch Three Times:** Displays heart rate.
- **Touch Four Times:** Displays blood oxygen level.
- **Touch Five Times:** Displays sleep mode status.
- **Touch Six Times:** Displays battery level.

5.2 Health Monitoring

The ring continuously monitors your health data, which can be viewed on the ring's display or in detail via the Jring app.

Health Smart Ring

See your Health on the Finger

Heart rate monitoring
Check your heart rate details at any time

Blood oxygen monitoring
Check your blood oxygen saturation at any time

Daily exercise monitoring
Daily steps, calories, distance

98%

♥ heart rate

105
Heart rate average

80
Maximum heart rate

85bpm

Image: Three smart rings (silver, black, gold) illustrating heart rate monitoring, blood oxygen monitoring, and daily exercise monitoring. A graph shows heart rate average and maximum, while other rings display blood oxygen percentage and current heart rate.

- **Heart Rate:** The ring tracks your heart rate 24/7. Access detailed graphs and historical data in the Jring app.
- **Blood Oxygen:** Monitor your blood oxygen saturation levels.
- **Sleep Tracking:** The ring automatically detects your sleep patterns. Review deep sleep, light sleep, and awake times in the app to understand your sleep quality.
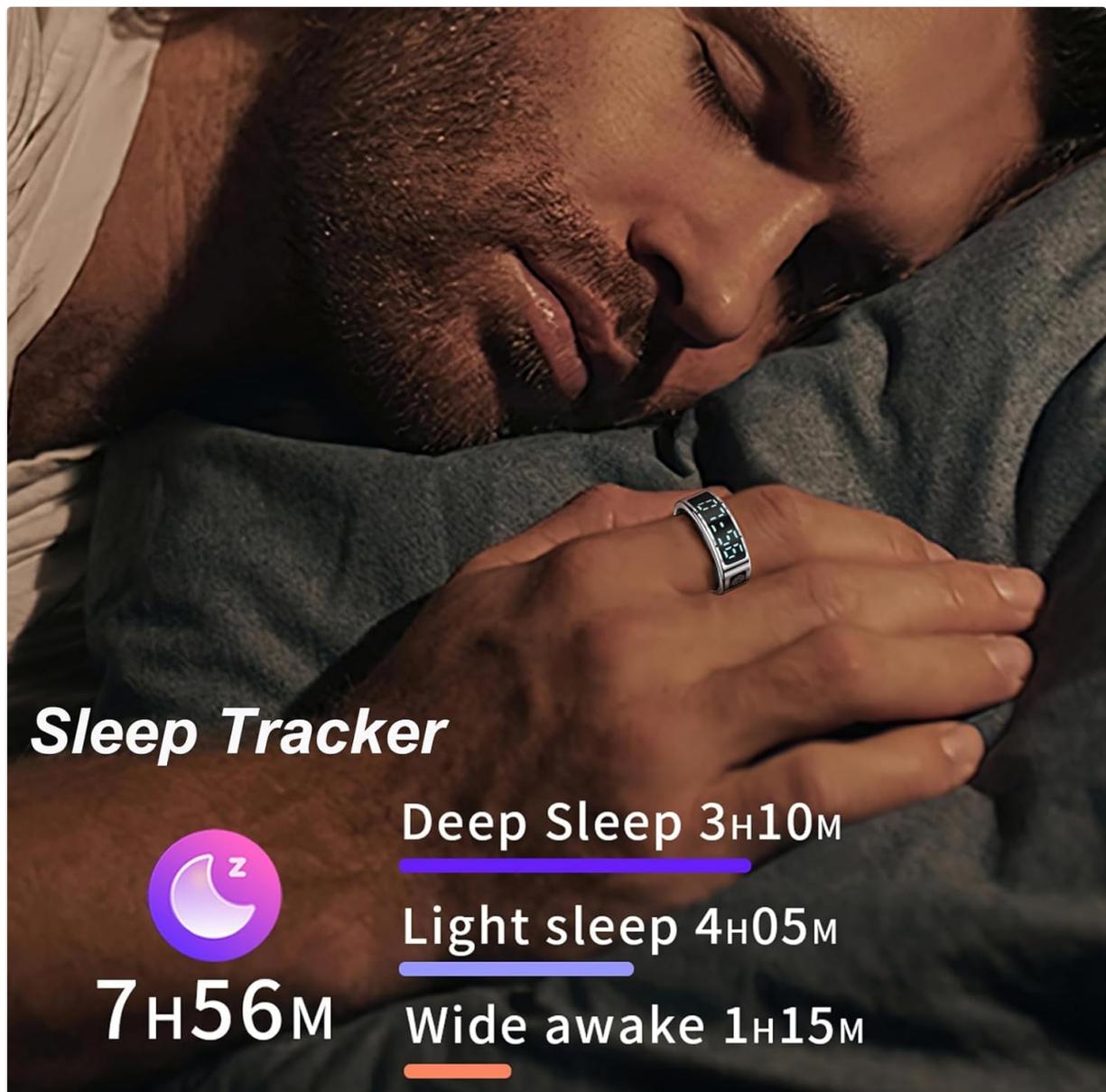
Image: A person sleeping with the smart ring on their finger. Overlayed graphics show sleep duration (7h 56m) broken down into deep sleep (3h 10m), light sleep (4h 05m), and awake time (1h 15m).

5.3 Fitness Tracking and Sport Modes

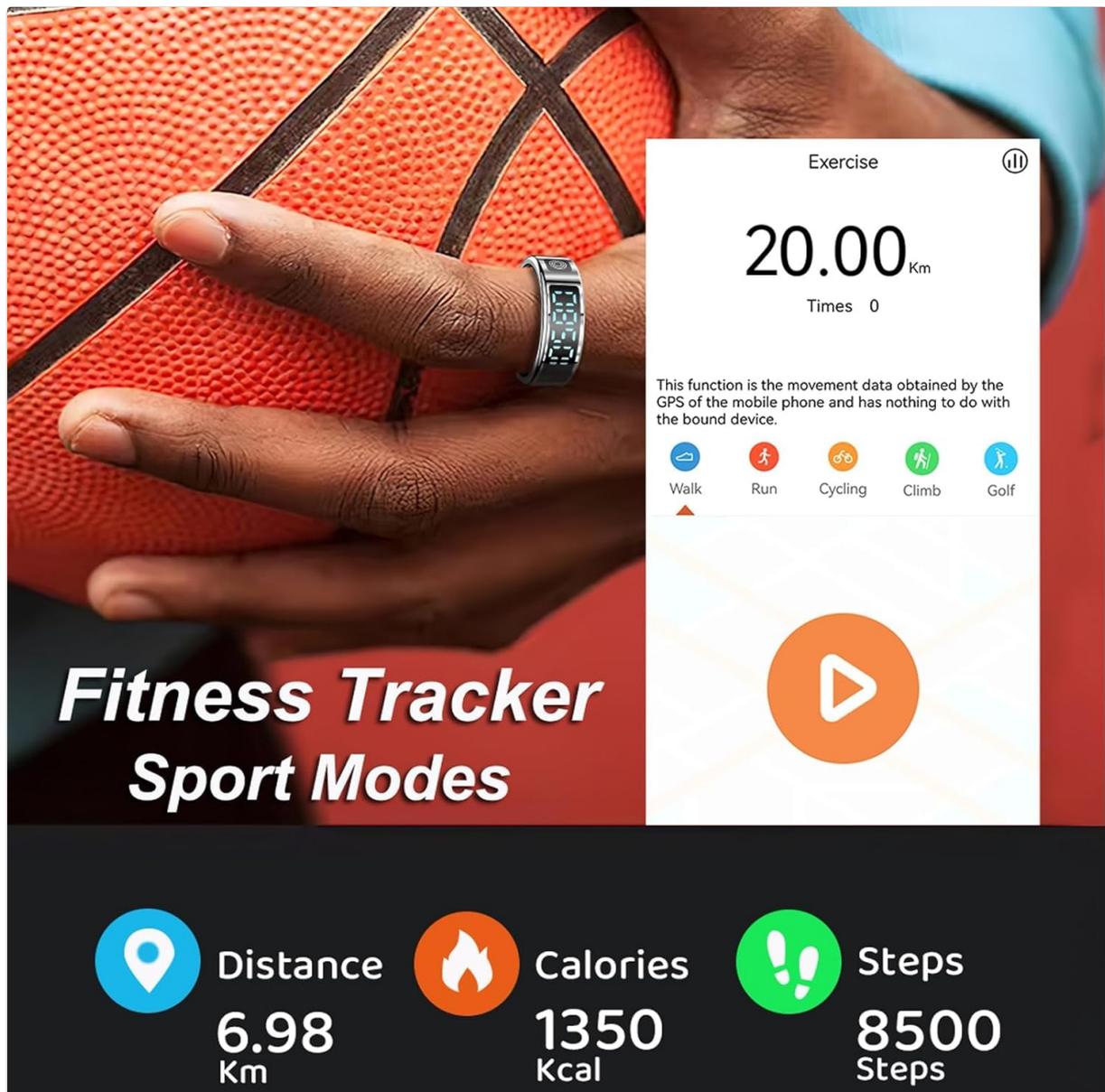The smart ring automatically records your daily activity and offers specific sport modes for focused tracking.

Image: A smart ring on a finger next to a basketball, with a smartphone screen displaying an 'Exercise' interface. The screen shows '20.00 Km' and 'Times 0', with icons for Walk, Run, Cycling, Climb, and Golf. Below, statistics show 'Distance 6.98 Km', 'Calories 1350 Kcal', and 'Steps 8500 Steps'.

- **Daily Activity:** Automatically tracks steps, calories consumed, and distance throughout the day.
- **Sport Modes:** Activate specific sport modes within the Jring app to track activity time, heart rate, and sport route during exercise.

5.4 Gesture Control

Utilize gesture controls for convenient interaction with your smartphone.

Image: A person using the smart ring on their index finger to interact with a smartphone displaying a social media video. Icons for various apps (TikTok, green book, music note, camera, P) are shown, indicating the ring's gesture control capabilities for switching videos, controlling music, and remote camera functions.

- **Remote Camera:** Use gestures to remotely trigger your phone's camera shutter.
- **Media Control:** Switch short videos, pause, or play music with simple gestures.

6. MAINTENANCE

6.1 Cleaning

To maintain hygiene and performance, clean your smart ring regularly.

- Wipe the ring with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the finish or sensors.
- Ensure the charging contacts on both the ring and the case are clean and dry before charging.

6.2 Water Resistance

The smart ring is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes.

Image: Two smart rings (black and gold) partially submerged in water, with water droplets splashing around them, visually representing the IP68 waterproof technology.

- It is suitable for cold showering, washing hands, and use in rain.
- **Important:** Do not expose the ring to hot water, steam, or saunas, as this can compromise the waterproof seals.
- Avoid prolonged immersion or high-pressure water exposure.

7. TROUBLESHOOTING

If you encounter issues with your smart ring, refer to the following common solutions:

- **Ring not turning on/displaying:** Ensure the ring is fully charged. Place it in the charging case and check the battery level.
- **Unable to pair with app:** Make sure Bluetooth is enabled on your smartphone and the ring is within range. Restart both the ring (by placing it in the charging case and taking it out) and the Jring app.
- **Inaccurate readings (heart rate, steps, sleep):** Ensure the ring is worn snugly on your index finger. Clean the sensors on the inside of the ring.
- **Charging issues:** Check that the charging cable is securely connected to both the case and the power source. Ensure the magnetic contacts on the ring and case are clean and free of debris.

- **App not syncing data:** Verify that your smartphone has an active internet connection. Close and reopen the Jring app.

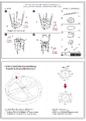For persistent issues, please contact customer support.

8. SPECIFICATIONS

Model Number	f6f91a82-888c-448d-b306-9f7aa4cee3a4
Brand	CNBRO
Connectivity	Bluetooth 5.1
Charging Type	Magnetic Charging
Ring Battery Capacity	16mAh Lithium Polymer
Compatibility	iOS 10.0 or above, Android 9.0 or above
Water Resistance	IP68 (cold water only)
Item Weight	3.53 ounces
Manufacturer	Dongguan Jiajin electronic technology Co., LTD

9. WARRANTY AND SUPPORT

For any questions, concerns, or technical assistance, please contact CNBRO customer support. While specific warranty details are not provided in this manual, please retain your proof of purchase for any warranty claims.
We are committed to providing the best solution for your needs.

Related Documents - f6f91a82-888c-448d-b306-9f7aa4cee3a4

	[AU-B306 Stool Assembly Instructions | Ayulife](#) Step-by-step assembly instructions for the Ayulife AU-B306 stool. Learn how to easily build your new furniture with clear diagrams and guidance.
	[FortiLink Guide: FortiOS 7.4.6 and FortiSwitchOS 7.4.5 Configuration](#) A comprehensive technical guide for configuring FortiSwitch units with FortiLink, detailing setup, management, and optimization using FortiOS 7.4.6 and FortiSwitchOS 7.4.5.

FortiLink Guide (FortiOS 7.4.4) FortiSwitch OS 7.4.3	[FortiLink Guide (FortiOS 7.4.4) - Fortinet](#) Comprehensive guide to configuring and managing FortiSwitch units with FortiLink using FortiOS 7.4.4. Covers setup, network topologies, security features, and advanced configurations for Fortinet networking solutions.
	[Fluence NINA-B306 User Manual: Regulatory Compliance and Safety Information](#) User manual for the Fluence NINA-B306, detailing FCC and IC regulatory compliance, safety information, and RF radiation exposure guidelines for the device with FCC ID 2AX8R-NINAB30 and IC 26725-NINAB30.
	[Arduino Nano 33 BLE Sense: A Comprehensive Guide](#) Explore the features, specifications, and applications of the Arduino Nano 33 BLE Sense, a powerful miniature module for IoT and maker projects. This guide covers its processor, wireless capabilities, sensors, and more.
	[Arduino Nano 33 BLE Sense Product Reference Manual](#) A comprehensive guide to the Arduino Nano 33 BLE Sense, detailing its features, specifications, connectivity, and technical information for makers and developers.