

MorePro Smart Watch Fitness Tracker Black

MorePro Smart Watch User Manual

Model: Smart Watch Fitness Tracker Black

Brand: MorePro

1. INTRODUCTION

Thank you for choosing the MorePro Smart Watch. This manual provides essential information to help you set up, operate, and maintain your new smartwatch. Designed for both men and women, this device offers comprehensive health monitoring, extensive fitness tracking, and convenient communication features to support your active lifestyle.

2. WHAT'S IN THE BOX

- MorePro Smart Watch with Band
- Charging Cable
- User Manual

**For Any Quality Issue,
We'll Send You a
New One.**



Packing Box



HM57 Smart Watch



Specification



Magnetic charging

Image: The MorePro Smart Watch, charging cable, and user manual as packaged in the box.

3. SETUP

3.1 Charging the Smart Watch

Before first use, fully charge your MorePro Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch. Plug the USB end of the cable into a compatible USB power adapter (not included). A full charge typically takes about 2 hours and provides up to 7 days of daily use or 20 days of standby time.



Image: The MorePro Smart Watch connected to its magnetic charging cable, illustrating the 300mAh battery capacity and fast charging capability (2 hours for 7 days of use).

3.2 Pairing with Your Smartphone

The MorePro Smart Watch uses fast and stable Bluetooth 5.2 technology for seamless connection with your smartphone. It is compatible with Android 6.0 / iOS 10.0 and above (not suitable for PCs or tablets).

1. Download the 'FitCloudPro' app from your smartphone's app store (Google Play or Apple App Store).
2. Enable Bluetooth on your phone.
3. Open the 'FitCloudPro' app and follow the on-screen instructions to connect with your HM57 Smart Watch.

Video: Official MorePro HM57 Smart Watch Fitness Tracker overview, demonstrating unboxing and initial setup steps.

4. OPERATING INSTRUCTIONS

4.1 Display and Navigation

The MorePro Smart Watch features a vibrant 1.85-inch HD screen. You can customize your watch face from over 150 options available in the app, or even upload your own photos as dials.

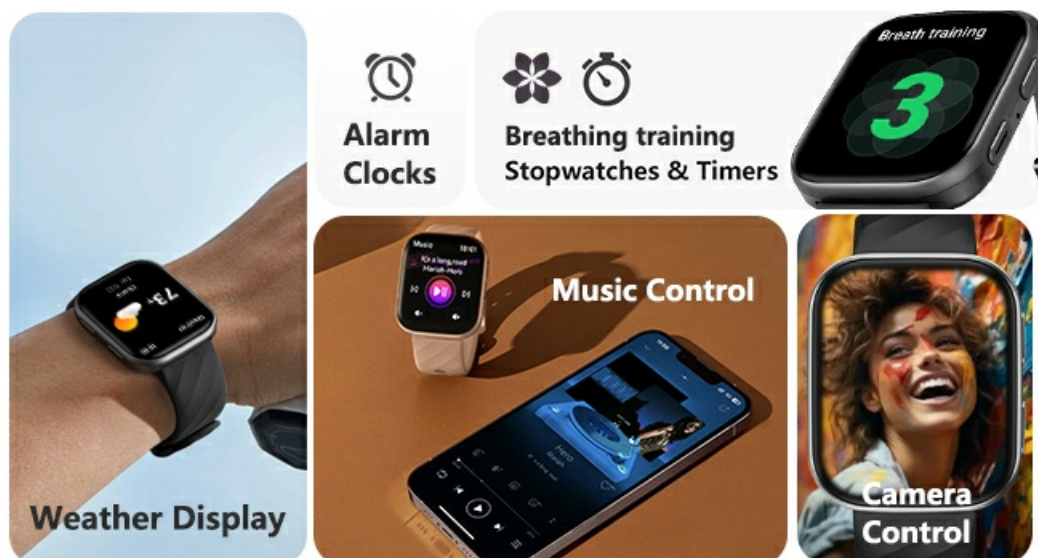


Image: A collage of various customizable watch faces available for the MorePro Smart Watch.

4.2 Call and Message Reception

With dual built-in microphones and an AAC high-fidelity speaker, you can make and answer calls directly from your wrist. The watch supports real-time reminders and displays for emails, text messages, and popular social media notifications (e.g., Facebook, WhatsApp, Instagram).

Studio-Grade Call Clarity

Dual-Microphone Wind Noise Resistance

The MorePro Smart Watch enables Bluetooth HD voice calls, ensuring clear talks during intense runs.

Supports Bluetooth® Calling



Image: The MorePro Smart Watch displaying incoming call and message notifications, highlighting its Bluetooth calling and voice assistant capabilities.

4.3 Health Monitoring

This smartwatch serves as your 24/7 health companion, continuously monitoring your heart rate and blood pressure. It also tracks blood oxygen levels and provides detailed insights into your sleep patterns (deep, light, wake-ups, naps) to help optimize sleep habits. Guided breathing exercises are also available to help you relax and de-stress. **Note: This device is designed to inspire a healthy life and is not intended for medical use or diagnosis.**

Navigate your health with precision

Alerts you when your metrics deviate.



Image: Visual representation of the MorePro Smart Watch's health monitoring features, including heart rate, blood pressure, sleep, and blood oxygen tracking.

4.4 Fitness Tracking Functions

The MorePro fitness tracker offers over 120 sports modes, including running, cycling, walking, climbing, and more. Through its excellent sensor, it captures detailed exercise data such as steps taken, distance covered, calories burned, heart rate during activity, and training time. This data provides valuable references for exercise intensity, making your workouts safer and more efficient.

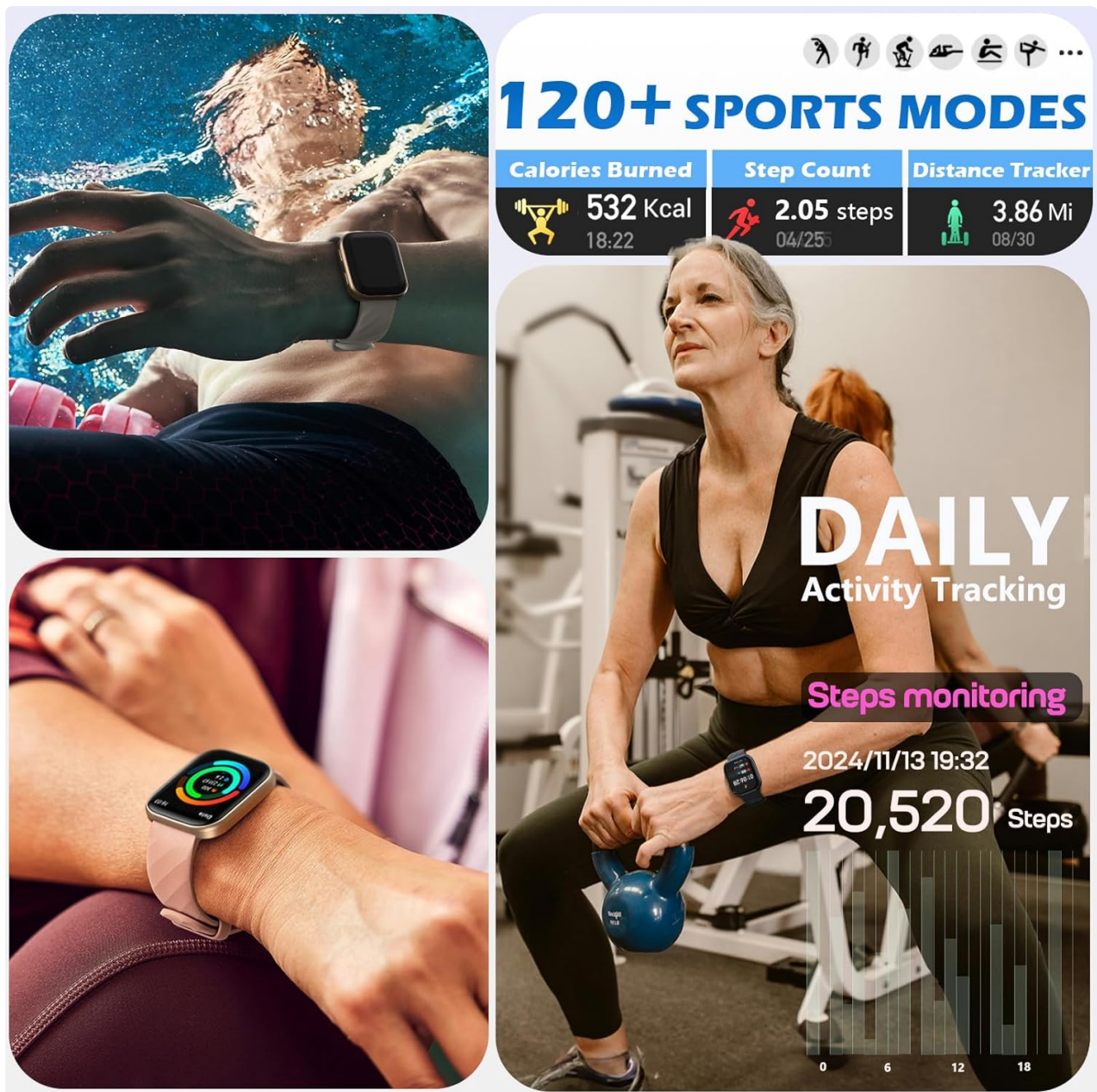
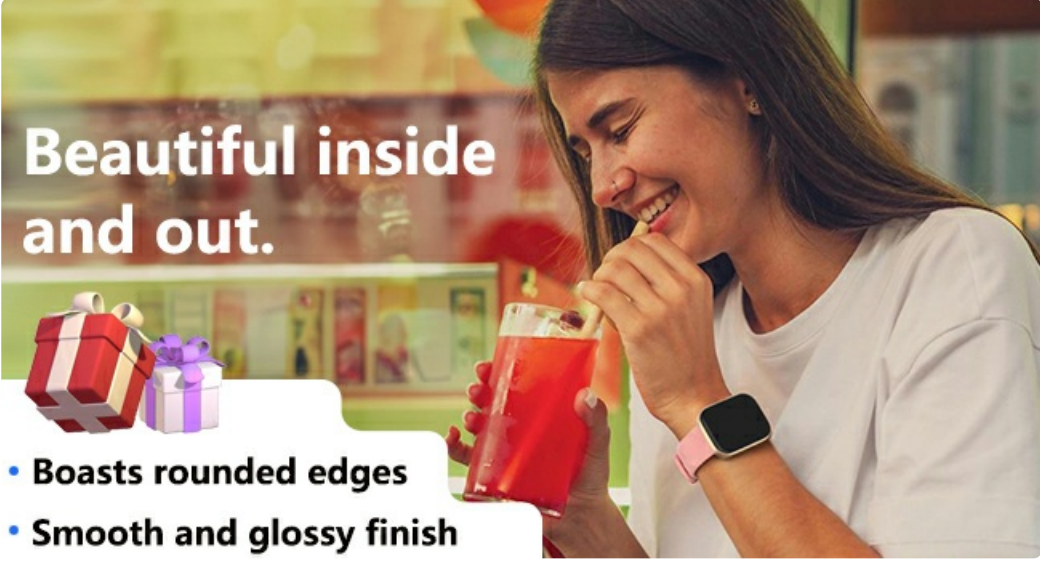


Image: The MorePro Smart Watch displaying various sports modes and daily activity metrics like calories burned, step count, and distance tracked.

4.5 Handy Life Reminders & Other Features

The smart sports watch helps maintain an organized lifestyle with features like sedentary reminders (prompting you to move), drinking water reminders, and women's wellness management (menstrual cycle, ovulation period, security period prediction). Other practical features include IP67 water resistance (not suitable for diving or surfing), real-time weather updates, quick dial for contacts, calendar, stopwatch, timer, built-in calculator, camera remote control, and music control.



Beautiful inside
and out.

- Boasts rounded edges
- Smooth and glossy finish

Image: The MorePro Smart Watch showing its weather display, music control, and camera remote control features.

5. MAINTENANCE

5.1 Cleaning and Care

To ensure the longevity and accuracy of your MorePro Smart Watch, regularly clean the device and its sensors. Use a soft, lint-free cloth to wipe the screen and watch body. For the sensors on the back, gently clean with a cotton swab. Avoid using harsh chemicals or abrasive materials.

5.2 Battery Life Optimization

While the watch boasts a long battery life, certain factors can affect it. To optimize battery performance, consider adjusting screen brightness, reducing the frequency of notifications, and disabling features you don't frequently use. Ensure the watch is fully charged before extended periods of inactivity.

6. TROUBLESHOOTING

If you encounter any issues with your MorePro Smart Watch, please refer to the following common troubleshooting tips:

- **Connectivity Issues:** Ensure Bluetooth is enabled on your phone and the watch is within range. Restart both the watch and your phone.
- **App Sync Problems:** Check if the 'FitCloudPro' app is updated to the latest version. Ensure the app has necessary permissions on your phone.
- **Inaccurate Readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors regularly.
- **Battery Draining Quickly:** Review your notification settings and screen brightness. Close any unnecessary background apps on the watch.

For more detailed troubleshooting steps, please consult the full [User Manual \(PDF\)](#).

7. SPECIFICATIONS

Feature	Detail
Brand	MorePro
Model Number	Smart Watch Fitness Tracker Black
Screen Size	1.85 Inches
Connectivity Technology	Bluetooth 5.2
Operating System	Android & iOS (6.0+ / 10.0+)
Battery Life (Daily Use)	Up to 7 days
Standby Time	About 20 days
Water Resistance	IP67 (Not suitable for diving or surfing)
Memory Storage Capacity	128 MB
Item Weight	4.6 ounces





8. WARRANTY AND SUPPORT

MorePro stands behind the quality of its products. This Smart Watch comes with a **2-Year Replacement Lifetime Service**. For any quality issues, a new one will be sent. MorePro also offers a **12-Hour Quick Reply** for customer inquiries.

For further assistance or to view the complete user manual, please visit the official MorePro website or refer to the [User Manual \(PDF\)](#).

Related Documents - Smart Watch Fitness Tracker Black

	<p>MorePro HM57 Smart Sports Watch User Manual - Setup, Features & Maintenance</p> <p>Comprehensive user manual for the MorePro HM57 Smart Sports Watch. Covers package contents, charging, power operations, touch screen usage, app connection, watch functions like heart rate, blood oxygen, sleep tracking, sports modes, and maintenance.</p>
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	<p>HM57 Smart Sports Watch User Manual</p> <p>User manual for the HM57 Smart Sports Watch, covering setup, charging, features like heart rate monitoring, sleep tracking, and app connectivity.</p>
	<p>MorePro Smart Sports Watch User Manual and Quick Start Guide</p> <p>Comprehensive guide for the MorePro Smart Sports Watch, covering setup, features, maintenance, and safety instructions. Learn how to connect, use notifications, monitor health, and more.</p>
	<p>MorePro Air 2 Smart Sports Watch User Manual</p> <p>User manual for the MorePro Air 2 Smart Sports Watch, covering setup, functions, maintenance, and safety precautions. Learn how to pair the watch, track heart rate, SpO2, blood pressure, sleep, and exercises, and manage notifications.</p>
	<p>MorePro Smart Sports Watch Operating Instructions</p> <p>User manual for the MorePro Smart Sports Watch, detailing quick start, app connection, functions, basic parameters, care, maintenance, and safety instructions for model H86.</p>
	<p>MorePro M10 Smart Bracelet User Manual</p> <p>User manual for the MorePro M10 smart bracelet, covering product parameters, installation, charging, wearing, power on/off, connection, features, settings, and precautions.</p>