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SHANG WING D3B

SHANG WING Fitness Tracker D3B User Manual

Model: D3B

1. INTRODUCTION

This manual provides instructions for the SHANG WING Fitness Tracker D3B. Please read this manual carefully before use to ensure proper operation and to maintain the device's functionality.

1.1 What's in the Box

- Smart Watch
- Charging Cable
- User Manual



Image: SHANG WING Fitness Tracker D3B. The package includes the smartwatch, charging cable, and user manual.

2. SETUP

2.1 Charging the Device

Before first use, fully charge the fitness tracker. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power source. A full charge typically takes approximately 2 hours.

- **Charging Time:** Approximately 2 hours
- **Normal Use Battery Life:** Up to 5 days
- **Standby Time:** Up to 30 days

Long battery life

Your smartwatch will always be ready for your busy day.

2 Hours
Charge Time

5 Days
Normal Use

30 Days
Standby Time

5

Days



Image: Charging instructions and battery life details for the fitness tracker.

2.2 Pairing with Your Smartphone

To access all features, pair your fitness tracker with your smartphone via Bluetooth. Download the official companion app (refer to the quick start guide for app name) from your phone's app store. Enable Bluetooth on your phone, open the app, and follow the on-screen instructions to connect your device.

3. OPERATING INSTRUCTIONS

3.1 Call Function

Once paired with your smartphone, you can answer and make calls directly from your wrist. The watch displays incoming call information, and you can use the built-in microphone and speaker for communication.

Answer/ Make Calls

Doing exercise, Cooking, Driving
Always Stay Connected



Contacts



Call Logs



Dial



Ringtone

Image: Call management features on the fitness tracker.

3.2 Notifications

Receive notifications for text messages, social media alerts, and other app notifications directly on your fitness tracker. Ensure notification permissions are enabled in both your phone's settings and the companion app.

Notification

Smart Notification Stay Informed

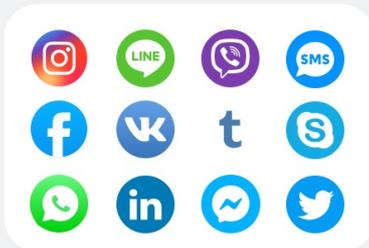


Image: Smart notification display on the fitness tracker.

3.3 Health Monitoring

The fitness tracker provides continuous monitoring of key health metrics:

- **Heart Rate:** Monitors your heart rate 24/7, providing real-time data and historical trends.
- **Blood Oxygen (SpO2):** Tracks your blood oxygen levels throughout the day.
- **Sleep Tracking:** Automatically records sleep stages (deep, light, awake) and provides sleep quality analysis.
- **Steps, Calories, Distance:** Tracks daily activity metrics.
- **Women's Health:** Offers tracking for menstrual cycles, prediction, and ovulation.

Heart Rate Monitor

Stay attuned to your health with real-time heart rate tracking



Image: Real-time heart rate tracking on the fitness tracker.

Blood Oxygen Monitor

Real-time feedback on your physical state to help you better combine work and rest

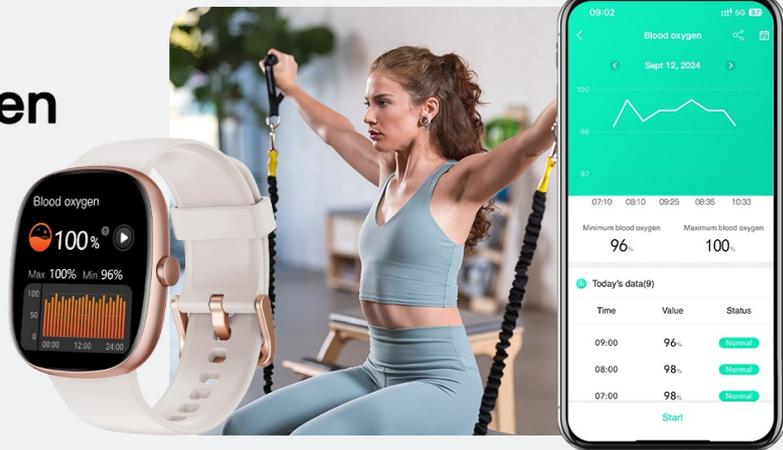


Image: Blood oxygen level monitoring on the fitness tracker.

Sleep Tracking

Monitor your sleep quality all day, to help you regulate your sleep time and sleep quality

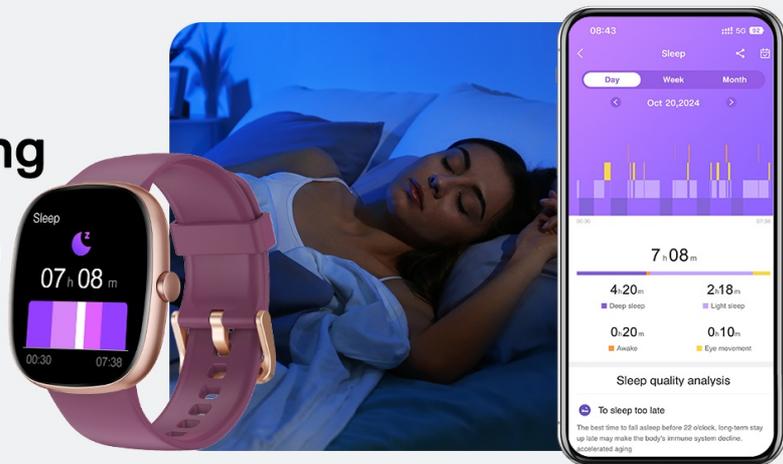


Image: Sleep quality tracking and analysis.

Caring for Women's Health

Helping Women Better Track Menstrual Regularity

-  Menstruation
-  Prediction
-  Ovulation



Image: Women's health tracking features.

3.4 Sport Modes

The tracker supports over 100 sport modes, including walking, running, cycling, and gym workouts. Select the appropriate mode before starting an activity to accurately track your performance and calories burned.

100+ Sport Modes

Various sport modes accompany you every step of your fitness journey

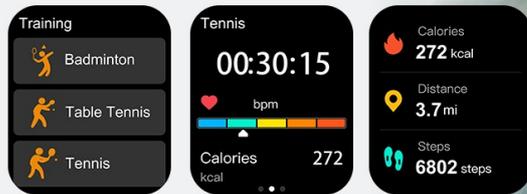


Image: Selection of sport modes for activity tracking.

3.5 Customization

Personalize your fitness tracker with various watch faces. You can choose from over 200 pre-designed watch faces or upload a custom photo through the companion app.

200+ Watch Faces & Custom Photo Dial

Choose from 200+ stylish watch faces in the app, or upload your favorite photo to create a watch face that's uniquely yours.



Image: Customizable watch faces and photo dial options.

3.6 Other Practical Functions

The fitness tracker includes additional features to enhance daily convenience:

- Alarm Clocks
- Remote Camera Control
- Phone Finder
- Weather Forecast
- Music Control
- Stopwatch & Timer
- Sedentary Reminder
- Calculator



Image: Overview of additional practical functions.

4. MAINTENANCE

4.1 Waterproof Rating

The SHANG WING Fitness Tracker D3B has an IP68 waterproof rating. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily wear, workouts, and hand washing. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure may damage the device.

4.2 Cleaning and Care

To maintain the device, regularly clean the watch and strap with a soft, dry cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

5. TROUBLESHOOTING

If you encounter issues with your fitness tracker, try the following steps:

- **Device not turning on:** Ensure the device is fully charged. Low battery may prevent startup.
- **Cannot pair with phone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the watch is within range of your phone.
 - Restart both the watch and your phone.
 - Check the companion app for pairing instructions and ensure the app has necessary permissions.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
- **Notifications not appearing:** Verify that notification permissions are granted for the companion app and individual apps in your phone's settings. Ensure the watch is connected via Bluetooth.
- **Short battery life:** Reduce screen brightness, disable unnecessary features, and ensure the watch is fully charged.

For further assistance, refer to the full user manual or contact customer support.

6. SPECIFICATIONS

Feature	Detail
Model Number	D3B
Screen Size	1.85 Inches
Item Weight	1.34 ounces (38 Grams)
Battery Capacity	300 Milliamp Hours
Connectivity Technology	Bluetooth
Operating System	Wear OS
Waterproof Rating	IP68
Special Features	Activity Tracker, Alarm Clock, Multisport Tracker, Notifications
Memory Storage Capacity	128 MB
GPS	No GPS



Image: Physical dimensions of the fitness tracker.

7. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official SHANG WING website. Contact details for support are typically found in the full user manual or on the manufacturer's website.