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## Kingstar R01-GD

# Kingstar Smart Ring User Manual

Model: R01-GD

## INTRODUCTION

The Kingstar Smart Ring is a compact and lightweight wearable device designed to help you monitor and manage your health and fitness data directly from your fingertip. It seamlessly integrates with a dedicated mobile application to provide real-time insights into your sleep, activity, and various health metrics. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your smart ring.

## SETUP

### 1. What's Included

Before you begin, please ensure all components are present in the package:

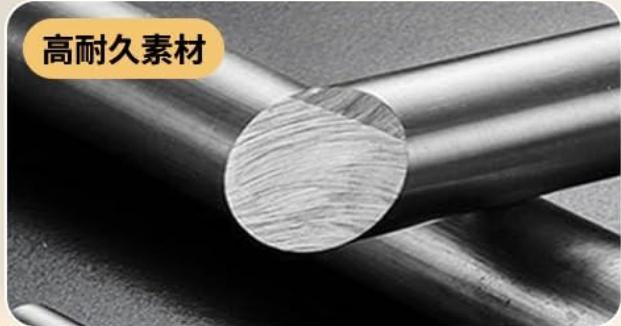
- Kingstar Smart Ring
- Magnetic Charging Case
- USB Charging Cable
- Japanese User Manual

# 多機能・高性能のスマートリング

超軽量設計 わずか3g



高耐久素材



IP67防水対応



Android & iOS両対応



リングサイズ: 23号 内周: 約64.6mm



製品セット内容



充電ケース ×1

スマートリング ×1



USB充電ケーブル ×1



日本語取扱説明書 ×1



高品質パッケージ ×1

Image: The Kingstar Smart Ring, its magnetic charging case, USB charging cable, and the included user manual.

## 2. Initial Charging

For optimal performance, fully charge your smart ring before first use. Place the ring into the magnetic charging case, ensuring proper alignment. Connect the USB charging cable to the case and a power source (e.g., computer USB port or wall adapter). A full charge takes approximately 1.5 hours and provides up to 7 days of battery life.

# 長時間使用を支える

1.5時間の急速充電  
7日間の待機時間  
磁気吸着式充電

磁気吸着式充電で、  
指輪をケースに置くだけで簡単充電

長時間の  
使用でも安心！

注意：電源が入っている限り、データの測定を自動で実施

Image: The Kingstar Smart Ring placed inside its magnetic charging case, connected via USB for charging.

### 3. App Download and Pairing

Download the dedicated Kingstar Smart Ring application from your device's app store (compatible with Android and iPhone). Follow the in-app instructions to create an account and pair your smart ring via Bluetooth. Ensure Bluetooth is enabled on your smartphone during the pairing process.

### 4. Sizing

The Kingstar Smart Ring is available in four sizes to ensure a comfortable and accurate fit:

- Size #9 (Circumference 59.6mm)
- Size #10 (Circumference 62.4mm)
- Size #11 (Circumference 64.9mm)
- Size #12 (Circumference 67.5mm)

Choose the size that fits snugly but comfortably on your finger for accurate data collection.



Image: A detailed view of the Kingstar Smart Ring and its compact magnetic charging case.

## OPERATING INSTRUCTIONS

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### 1. General Use

Wear the Kingstar Smart Ring on your finger throughout the day and night to automatically record health and activity data. The ring is designed to be ultra-lightweight (approx. 3g) for maximum comfort, making it easy to forget you're wearing it.

## 2. Health Monitoring

The smart ring continuously monitors various health metrics, which are then synchronized with the dedicated app for detailed analysis:

- **Sleep Tracking:** Records deep sleep, light sleep, REM sleep, and awake times. The app provides a graphical representation of your sleep cycles and offers insights for improvement.
- **Heart Rate Monitoring:** Tracks your heart rate throughout the day and during exercise.
- **Blood Oxygen Saturation:** Measures blood oxygen levels to provide a comprehensive view of your health.

# 健康の新しい形 スマートリング

科学的に解析し、分かりやすいグラフで表示。



-  軽量設計
-  長時間バッテリー
-  IP67防水
-  健康管理
-  高感度センサー
-  アプリ連携

Image: A user wearing the Kingstar Smart Ring, with a smartphone displaying the companion app's health data interface, including activity and fitness assessment.

# 快眠への第一歩、睡眠を見る化

睡眠パターンをリアルタイムで記録



睡眠スコア

睡眠時間

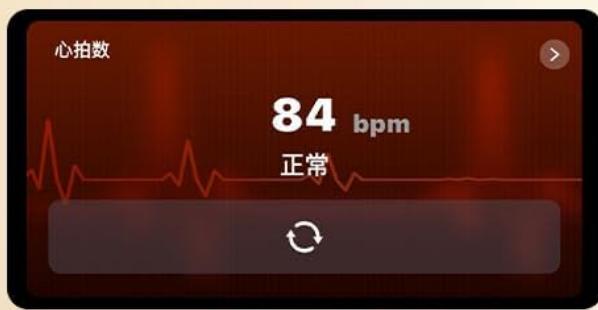
睡眠心拍変動

日ごと・週ごと・月ごとの睡眠グラフを自動生成

Image: The sleep tracking screen within the app, showing detailed sleep patterns, sleep duration, and heart rate variability during

# リアルタイム健康管理！

日常の健康状態を見える化し、異変をいち早くキャッチ



歴史の記録

19:30		84 bpm
19:00		86 bpm
18:30		87 bpm
18:00		85 bpm
17:30		85 bpm
17:00		96 bpm

歴史の記録

Image: The app's real-time health management interface, showing current heart rate and blood oxygen saturation, as well as a log of historical heart rate readings.

### 3. Activity Tracking

The smart ring supports 8 different exercise modes to track your workouts and daily activity:

- Running
- Cycling
- Yoga
- Climbing
- Golf
- And more...

In each mode, the ring records specific data such as heart rate, calories burned, and exercise routes (when GPS is enabled via the connected smartphone). It also functions as a pedometer, tracking your daily steps. All activity data is visualized in the app, allowing you to track your progress daily, weekly, and monthly.

あなたの運動パートナー  
どんなアクティビティも記録！

多彩な運動モードを搭載



● 今日の歩数 (歩数)

**7023/10000**

● 活動距離(km)

**4.468/10.0**

● 活動消費量 (kcal)

**285/1000**

月間、週間、日ごとの統計でトレンドを把握  
運動ルートと統計を視覚的に確認可能

Image: The app's activity tracking section, displaying icons for various sports modes and a circular graph showing daily steps, activity distance, and calorie consumption.

## MAINTENANCE

### 1. Cleaning

To maintain the accuracy and longevity of your smart ring, regularly clean it with a soft, dry cloth. Avoid using abrasive materials or harsh chemicals.

### 2. Water Resistance

The Kingstar Smart Ring features an IP67 waterproof rating, meaning it is resistant to splashes, rain, and brief immersion in water. You can wear it during handwashing or in light rain without concern. However, it is not recommended for swimming, showering, or prolonged water activities.

## TROUBLESHOOTING

### 1. Ring Not Connecting to App

- Ensure Bluetooth is enabled on your smartphone.
- Make sure the ring is charged.
- Restart both the ring (by placing it in the charging case and removing it) and the app.
- Try unpairing and re-pairing the device in the app's settings.

### 2. Inaccurate Data Readings

- Ensure the ring is worn snugly on your finger, not too loose or too tight.
- Clean the sensors on the inside of the ring to remove any dirt or debris.
- Ensure the app is updated to the latest version.

### 3. Short Battery Life

- Ensure the ring is fully charged (1.5 hours).
- Avoid extreme temperatures, which can affect battery performance.
- If the issue persists, contact customer support.

## SPECIFICATIONS

<b>Brand</b>	Kingstar
<b>Model Number</b>	R01-GD
<b>Connectivity</b>	Bluetooth
<b>Battery Life</b>	Up to 7 days (1.5 hours charging time)
<b>Waterproof Rating</b>	IP67
<b>Ring Weight</b>	Approx. 3g
<b>Package Dimensions</b>	7.6 x 7.6 x 4.2 cm; 90 g
<b>Available Sizes</b>	#9 (59.6mm), #10 (62.4mm), #11 (64.9mm), #12 (67.5mm)

## WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the included Japanese user manual. If you encounter any issues not covered in this manual, please contact Kingstar customer service through the contact information provided in the manual or on the official product website.

## Related Documents - R01-GD

	<p><a href="#"><b>TWS User Manual - S12 Bluetooth Headphones</b></a></p> <p>User manual for S12 TWS Bluetooth headphones, covering power on, pairing, function keys, indicator light status, and charging instructions. Includes FCC compliance information.</p>
	<p><a href="#"><b>B02 Smart Watch User Manual - Features, Setup, and Troubleshooting</b></a></p> <p>Comprehensive user manual for the B02 Smart Watch by Shenzhen Kingstar Industrial. Learn about its features, how to connect to your phone, app functions, product specifications, and common troubleshooting tips.</p>
	<p><a href="#"><b>Kingstar KW-B06 Smartwatch: User Manual, Features, and Specifications</b></a></p> <p>Comprehensive user manual for the Kingstar KW-B06 Smartwatch, detailing its features, functions, specifications, charging, troubleshooting, and FCC compliance.</p>
	<p><a href="#"><b>Kingstar RADIAL RA17 Tire Information Sheet</b></a></p> <p>Product information sheet for the Kingstar RADIAL RA17 tire, including specifications for size, load index, speed rating, fuel efficiency, wet grip, noise levels, and manufacturing details, compliant with EU Regulation 2020/740.</p>
	<p><a href="#"><b>Smart Ring User Manual and FCC Statement</b></a></p> <p>This document provides a user manual for the Smart Ring, detailing its features, setup, and usage. It also includes the FCC statement regarding compliance and radiation exposure.</p>
	<p><a href="#"><b>B07 Smart Watch User Manual and Features</b></a></p> <p>Comprehensive guide to the B07 Smart Watch, covering setup, features like health monitoring (heart rate, blood oxygen, sleep, etc.), sports tracking, notifications, and troubleshooting.</p>