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EnergiFlare JR01

EnergiFlare Smart Watch User Manual

Model: JR01

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your EnergiFlare Smart Watch, Model JR01. Please read this manual thoroughly to ensure proper use and to maximize the features of your device. Keep this manual for future reference.



Image: Front view of the EnergiFlare Smart Watch, showing its display with various health and activity metrics.

WHAT'S IN THE BOX

Upon opening the package, please verify that all components are present and in good condition:

- EnergiFlare Smart Watch (Model JR01)
- Watch Band

- Charging Cable
- User Manual (this document)

SETUP GUIDE

1. Charging the Smart Watch

Before first use, fully charge your smart watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer USB port.

2. App Download and Installation

To unlock the full functionality of your EnergiFlare Smart Watch, you need to download the companion application, **PW Fit**, on your smartphone.

- **For iOS devices:** Search for "PW Fit" in the Apple App Store.
- **For Android devices:** Search for "PW Fit" in the Google Play Store.

Install the application and grant all necessary permissions for optimal performance, including Bluetooth, notifications, and location services.

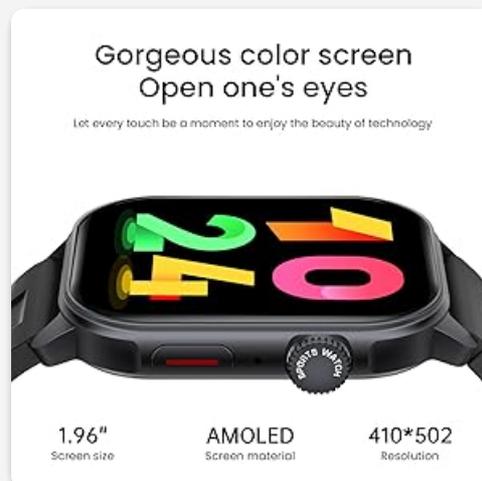


Image: Visual guide for connecting the smartwatch to a mobile phone via the PW Fit app, detailing app download, device search, and notification settings.

3. Pairing with Your Smartphone

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the PW Fit app.
3. Navigate to the "Device" section within the app.
4. Tap "Add Device" or search for nearby devices. The app will detect your EnergiFlare Smart Watch (JR01).
5. Select "JR01" from the list to initiate pairing.
6. Follow any on-screen prompts on both your watch and phone to confirm the connection.
7. Once paired, set up message notifications and preferences (units, time format) within the PW Fit app settings.

OPERATING INSTRUCTIONS

Display and Navigation

The EnergiFlare Smart Watch features a 1.96" AMOLED touchscreen with a resolution of 410x502 px, providing a clear

and vibrant display. Navigate the watch by swiping across the screen and tapping icons.

Gorgeous color screen Open one's eyes

Let every touch be a moment to enjoy the beauty of technology



1.96"

Screen size

AMOLED

Screen material

410*502

Resolution

Image: Detailed view of the smartwatch screen, emphasizing its high-resolution AMOLED display.

Call Functions

After connecting your watch to your phone via Bluetooth and the PW Fit app, you can make and answer calls directly from your watch. The watch displays caller information, allowing you to manage calls without needing to access your phone.

Total motion Be in control

Whether it is a fitness enthusiast or a daily activity, this smart bracelet can meet your diversified exercise needs, support a variety of exercise modes, record each exercise data, and make each exercise more efficient and scientific

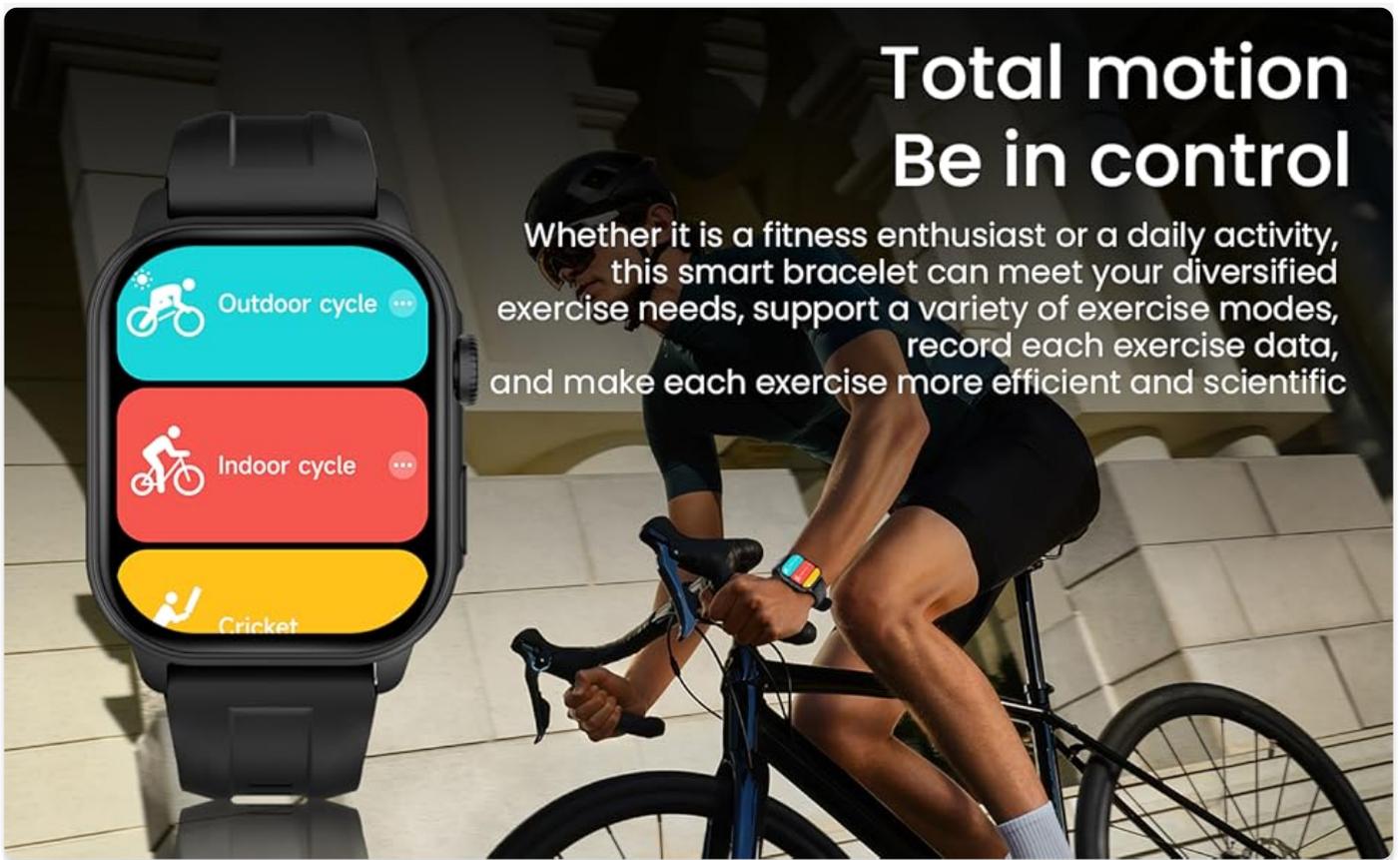


Image: The smartwatch screen showing an incoming call, demonstrating its call answering capabilities.

Music Control

Control music playback on your smartphone directly from your watch. This includes playing, pausing, skipping tracks, and adjusting volume. Note that enabling playback from the watch may affect battery life.

Wrist music

Accompany with happiness

In this era full of rhythm, let you enjoy your favorite melody anytime and anywhere, so that every step is accompanied by the rhythm of music.



Image: The smartwatch screen showing the music control interface, allowing users to manage audio playback.

Notifications

Receive notifications for messages, social media alerts (WhatsApp, Facebook, etc.), and other application messages directly on your watch. Ensure notification permissions are granted in the PW Fit app and your phone's settings.

Customizable Dials

Personalize your watch face by choosing from a variety of pre-installed dials or by uploading your own photos as a custom dial through the PW Fit app.

HEALTH MONITORING

The EnergiFlare Smart Watch provides comprehensive health monitoring features to help you track your well-being.

Heart Rate Monitoring

The watch continuously monitors your heart rate. If an abnormal, fast, slow, or irregular rate is detected, the watch will

vibrate and display an alert on the screen.

Connect the Smartwatch to Mobile Phone

Please make sure you have turned on Bluetooth on your phone and follow the step:

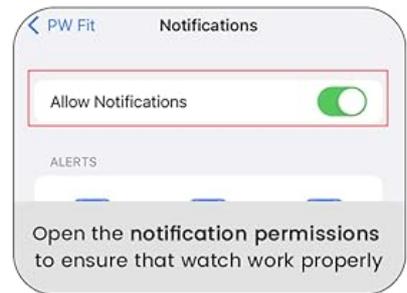
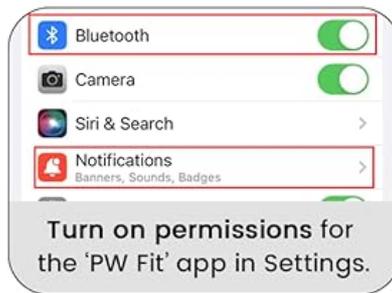
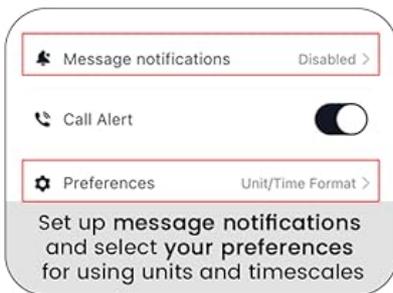
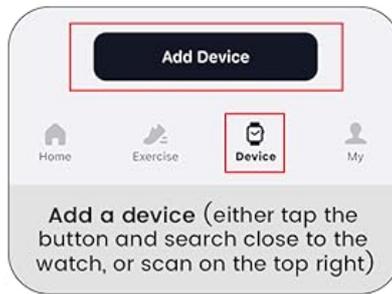
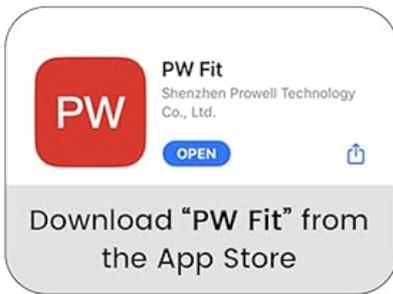


Image: The smartwatch displaying real-time heart rate information, including current, minimum, and maximum beats per minute.

Blood Oxygen (SpO₂) Tracking

Monitor your blood oxygen saturation levels directly from your wrist.

Sleep Analysis

The watch tracks your sleep patterns, categorizing them into deep sleep, light sleep, and awake times, providing a detailed sleep score and analysis in the app.



Sleep guard Guard the moment of sleep

The band uses a new light sensor that can monitor every minute change in your sleep

Image: The smartwatch screen showing sleep tracking results, including total sleep time and a star rating for sleep quality.

Stress Detection

The watch can detect and monitor your stress levels throughout the day.

Sedentary and Drink Reminders

Receive reminders to move or drink water, promoting a healthier lifestyle by preventing prolonged inactivity.



Awaken vitality Start between the wrists

Sitting is the invisible killer of modern life.
But with this smart band, every sitting
will be a healthy reminder and an opportunity to act.

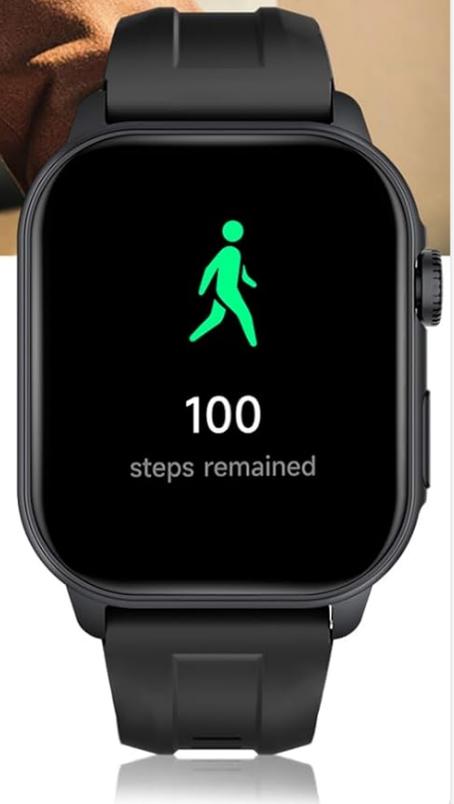


Image: The smartwatch displaying a reminder to move, encouraging activity.

FITNESS TRACKING

The EnergiFlare Smart Watch is equipped with advanced features for tracking your physical activities.

Built-in GPS Tracking

The watch features built-in GPS for precise tracking of outdoor activities like running and cycling. Connect to your phone once daily to ensure GPS updates and accurate tracking, even when your phone is not with you during exercise.

Explore nature Keep track of each step

Make every hike an adventure to remember!
Whether you are a city walker or an outdoor trekker,
we provide you with GPS positioning services to
make every hike fun and challenging



Image: The smartwatch showing a GPS route map, indicating its capability for outdoor activity tracking.

Multi-Function Sports Monitoring

Track various sports activities including running, cycling, and ball sports. The watch records essential data such as steps taken, distance covered, and calories burned, providing a comprehensive overview of your workout.

Wrist call

Communicate without boundaries

In this fast-paced era, ease of communication is Paramount, and this smart band integrates convenient calling functions to keep you connected at all times without missing any important information.



Image: The smartwatch screen showing a summary of daily activity, including steps and calorie expenditure.

Multiple Sport Modes

The watch supports a variety of exercise modes, allowing you to select the appropriate mode for your activity to ensure accurate data recording and analysis.

Heart rate monitoring

It can be seen on the wrist

If your heart rate is abnormal or if it detects a fast, slow or irregular rate, the wristband will immediately sound a vibrating alarm and display an alert on the screen



Image: The smartwatch interface showing a selection of sport modes, including outdoor cycling, indoor cycling, and cricket.

DAILY USE FUNCTIONS

Beyond health and fitness, your EnergiFlare Smart Watch offers several convenient daily functions:

- **Weather Information:** Get real-time weather updates.
- **Calendar:** Access your schedule and appointments.
- **Alarm:** Set alarms for reminders or wake-up calls.
- **Compass:** A digital compass for navigation.
- **Camera Control:** Remotely control your phone's camera.
- **Stopwatch/Timer:** Useful for timing activities.
- **Mini-games:** For entertainment during downtime.

BATTERY LIFE AND CHARGING

The EnergiFlare Smart Watch is equipped with a 350mAh battery. A full charge provides approximately 5-7 days of normal use and up to 10-15 days of standby time, depending on GPS usage and other feature activations. Use the provided magnetic charging cable for recharging.

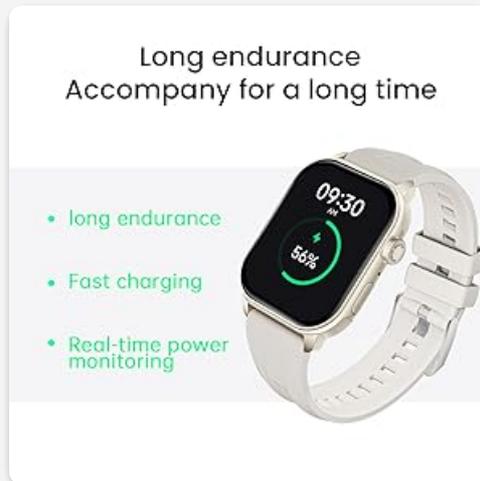


Image: The smartwatch screen showing battery status, highlighting its long endurance and fast charging capabilities.

WATER RESISTANCE (IP68)

The EnergiFlare Smart Watch has an IP68 water resistance rating, meaning it is protected against immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, such as hand washing or light rain. However, it is not recommended for swimming, diving, or exposure to hot water or steam.

TROUBLESHOOTING

If you encounter issues with your EnergiFlare Smart Watch, please refer to the following common solutions:

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect to the charging cable and allow it to charge for at least 30 minutes before attempting to power on.
Unable to pair with phone	Ensure Bluetooth is enabled on your phone and the watch. Restart both devices. Make sure the PW Fit app has necessary permissions. Try unpairing and re-pairing.

Problem	Possible Solution
Inaccurate GPS tracking	Connect the watch to your phone via the PW Fit app daily to update GPS data. Ensure you are in an open area with clear sky for better signal reception.
Notifications not received	Check notification settings in the PW Fit app and your phone's system settings. Ensure the app is running in the background and not restricted by battery optimization.
Short battery life	Reduce screen brightness, disable continuous heart rate monitoring, limit frequent notifications, and minimize GPS usage when not needed.

If the problem persists, please contact EnergiFlare customer support for further assistance.

SPECIFICATIONS

Feature	Detail
Model Number	JR01
Screen Size	1.96 Inches
Display Type	AMOLED Touchscreen
Resolution	410x502 px
Battery Capacity	350 mAh (Lithium Polymer)
Connectivity	Bluetooth
GPS	Built-in GPS
Water Resistance	IP68
Operating System	Wear OS 2.0
Memory Storage Capacity	128 MB
Item Weight	1.44 ounces
Manufacturer	Shanxi Jingrui Technology Co., Ltd

Product size



40mm

47.5mm



10.5mm

Image: Product dimensions of the EnergiFlare Smart Watch.

WARRANTY AND SUPPORT

EnergiFlare is committed to providing quality products and customer satisfaction. For any product-related inquiries, technical support, or warranty claims, please contact our customer service team. Details for contacting support are typically found on the product packaging or the official EnergiFlare website.

Please retain your proof of purchase for warranty purposes.

IMPORTANT NOTE ON VIDEOS

No official product videos with relevant creator information were provided in the product data to be embedded in this manual.

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