

Mibro Lite 3

Mibro Smartwatch Lite 3 User Manual

Model: Lite 3

INTRODUCTION

Thank you for choosing the Mibro Smartwatch Lite 3. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure proper use and to maximize the performance of your smartwatch.

PACKAGE CONTENTS

Ensure all items are present in the package:

- Mibro Smartwatch Lite 3 (with strap)
- Magnetic Charging Cable
- User Manual

PRODUCT OVERVIEW

The Mibro Smartwatch Lite 3 features a 1.3-inch AMOLED display, designed for clear visuals and intuitive interaction. It integrates various sensors for health monitoring and supports Bluetooth calling.



Image: Front view of the Mibro Smartwatch Lite 3, showcasing its round display and strap.

SETUP

1. Charging the Smartwatch

1. Connect the magnetic charging cable to the charging contacts on the back of the smartwatch.
2. Plug the USB end of the cable into a standard USB power adapter (5V/1A recommended) or a computer's USB port.
3. The watch display will show a charging indicator. Ensure the watch is fully charged before first use.

2. App Installation and Pairing

1. Download the official Mibro Fit application from your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. Open the Mibro Fit app and create an account or log in.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the Mibro Fit app, navigate to 'Device' or 'Add Device' and select 'Mibro Lite 3' from the list of available devices.
5. Confirm the pairing request on both your smartphone and the smartwatch. A successful connection will be

indicated on the watch display.

OPERATING

1. Basic Navigation

- **Swipe Down:** Access quick settings (e.g., brightness, do not disturb, battery saver).
- **Swipe Up:** View notifications.
- **Swipe Left/Right:** Navigate through widgets (e.g., heart rate, weather, activity data).
- **Press Side Button:** Return to the watch face or access the main menu.
- **Long Press Side Button:** Power on/off or restart the device.

2. Sports Modes

The Mibro Lite 3 supports over 100 sports modes. To start a workout:

1. From the main menu, select the 'Workout' or 'Sports' icon.
2. Choose your desired activity (e.g., running, cycling, swimming).
3. Tap 'Start' to begin tracking. The watch will display real-time data such as duration, heart rate, and calories burned.
4. To pause or end a workout, press the side button or swipe on the screen as prompted.

3. Bluetooth Calling

Once paired with your smartphone, the Mibro Lite 3 allows you to make and receive calls directly from your wrist.

- **Receiving Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to reject.
- **Making Calls:** Access the 'Phone' or 'Dialer' function on the watch, then select a contact or dial a number.

4. Health Monitoring

- **Heart Rate:** The watch continuously monitors your heart rate. View real-time data by swiping to the heart rate widget or accessing the 'Heart Rate' app.
- **SpO2 (Blood Oxygen):** Measure your blood oxygen levels through the 'SpO2' app on the watch. Ensure the watch is snug on your wrist for accurate readings.
- **Sleep Tracking:** Wear the watch to bed for automatic sleep monitoring. Data on sleep stages and duration can be viewed in the Mibro Fit app.
- **Stress Monitoring & Breath Training:** Utilize these features to manage stress and improve relaxation.

5. Other Features

- **Music Control:** Control music playback on your smartphone directly from the watch.
- **App Message Reminders:** Receive notifications from various apps on your watch.
- **Weather:** Get real-time weather updates.
- **Alarm, Timer, Stopwatch:** Standard utility functions.
- **Find Your Phone:** Locate your paired smartphone by triggering an alert sound.
- **Women's Health:** Track menstrual cycles and related data.

MAINTENANCE

1. Cleaning

- Regularly clean the watch body and strap with a soft, damp cloth.
- Ensure the charging contacts are free from dust and debris to maintain efficient charging.
- Avoid using harsh chemicals or abrasive materials for cleaning.

2. Water Resistance

The Mibro Lite 3 is 2ATM waterproof, meaning it can withstand splashes, rain, and brief immersion in shallow water. It is suitable for activities like swimming in pools. However, it is not recommended for hot showers, saunas, or diving, as steam and high-pressure water jets may compromise the seal.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- **Unable to pair with phone:**
 - Check if Bluetooth is enabled on your phone.
 - Ensure the watch is within the Bluetooth range of your phone.
 - Restart both the watch and your phone, then try pairing again.
 - Make sure the Mibro Fit app is updated to the latest version.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, about one finger's width from the wrist bone. Avoid excessive movement during measurements.
- **Notifications not received:**
 - Check notification permissions for the Mibro Fit app in your phone settings.
 - Ensure 'Do Not Disturb' mode is not active on either the watch or the phone.
 - Verify that the app is running in the background on your phone.
- **Short battery life:** Reduce screen brightness, disable continuous heart rate monitoring if not needed, and limit background app refresh.

SPECIFICATIONS

Feature	Specification
Model Name	Mibro Watch Lite 3
Dimensions	φ44.8mm, T=11.2mm (Without HR protrusion)
Weight	53.2g (with leather strap), 56g (with rubber strap)
Display	1.3-inch AMOLED, 360*360 resolution, AOD, PPI 277
Connectivity	Bluetooth V5.3
Sensors	PPG Heart Rate/SpO2 Sensor/Accelerometer
Waterproof Rating	2ATM
Battery Life (Daily Mode)	Up to 12 days
Battery Life (Standby Mode)	Up to 50 days
Battery Life (Music Mode)	Up to 5 hours

Battery Life (BT-Calling Mode)	Up to 6 hours
Operating Temperature	0°C ~ 45°C

WARRANTY AND SUPPORT

The Mibro Smartwatch Lite 3 comes with a 12-month warranty from the date of purchase. This warranty covers manufacturing defects under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.

For technical support, warranty claims, or further assistance, please contact Mibro customer service through the official Mibro website or the contact information provided in your purchase documentation.