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## Armitron 42/1019BKBK

# Armitron Connect Sync Smartwatch User Manual

Model: 42/1019BKBK

## 1. INTRODUCTION

The Armitron Connect Sync Smartwatch is designed to seamlessly integrate style, functionality, and advanced technology into your daily life. Featuring an AMOLED high-definition display, this smartwatch offers crystal-clear resolution and a battery life engineered to adapt to your usage patterns, lasting for days on a single charge. It operates in conjunction with the Armitron Connect Mobile app, available for both Android and iOS devices, to provide a comprehensive and connected experience.

This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Armitron Connect Sync Smartwatch. Please read it thoroughly to ensure optimal performance and longevity of your device.

## 2. PACKAGE CONTENTS

Upon opening your Armitron Connect Sync Smartwatch package, please verify that all components are present:

- Armitron Connect Sync Smartwatch (Model: 42/1019BKBK)
- Charging Cable
- Quick Start Guide (This User Manual provides detailed instructions)



Image: Armitron Connect Sync Smartwatch in its retail packaging.

### 3. SETUP

#### 3.1 Initial Charging

Before first use, fully charge your smartwatch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a compatible power adapter (not included) or a computer's USB port. A full charge typically provides up to four days of battery life, depending on usage.

## 3.2 App Installation and Pairing

1. **Download the App:** Search for "Armitron Connect" in the Apple App Store (for iOS 9.0+) or Google Play Store (for Android 5.0+). Install the application on your smartphone.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the Armitron Connect app and follow the on-screen instructions to create an account or log in.
4. **Pair Device:** Within the app, select the option to add a new device. Your smartwatch should appear in the list of discoverable devices. Select it to initiate the pairing process. Confirm any pairing requests on both your phone and the smartwatch.

Successful pairing will synchronize the watch with your phone, allowing for data transfer and notification delivery.

# 4. OPERATING YOUR SMARTWATCH

## 4.1 Basic Navigation

The Armitron Connect Sync Smartwatch features a touch-sensitive display and multiple physical buttons for navigation. Specific button functions may vary slightly based on the watch face or active application.

- **Touch Screen:** Swipe left, right, up, or down to navigate through menus, notifications, and widgets. Tap to select items.
- **Top Button:** Typically functions as a power button (press and hold) or to turn the screen on/off (short press).
- **Middle Button (Rotary Dial):** Short press to turn the screen on/off. Rotate to quickly scroll through watch faces or menu options. Press and hold for specific functions like accessing settings.
- **Bottom Button:** Often initiates a quick-start exercise session or provides a shortcut to a frequently used feature.



Image: Front view of the Armitron Connect Sync Smartwatch.



Image: Side view of the Armitron Connect Sync Smartwatch, highlighting buttons and sensors.



Image: Back view of the Armitron Connect Sync Smartwatch, showing the sensor array.

## 4.2 Health Monitoring Features

Your smartwatch is equipped with sensors to help you monitor various health metrics:

- **Heart Rate Tracking:** Continuously monitors your heart rate throughout the day. View your current heart rate on the watch face or detailed historical data in the app.
- **Calorie Tracking:** Estimates calories burned based on your activity level and personal data.
- **Sleep Monitoring:** Tracks your sleep patterns, including deep sleep, light sleep, and awake times. Access detailed sleep analysis in the Armitron Connect app.
- **Menstrual Cycle Tracking:** For female users, the app provides features to track and predict menstrual cycles.

## 4.3 Fitness Tracking Features

Enhance your fitness journey with the following features:

- **Step Counter:** Records your daily steps. The app allows you to set and monitor step goals.
- **Sport Modes:** Select from various pre-set sport modes (e.g., running, walking, cycling) to track specific workout data like duration, distance, and calories burned.
- **Reminders to Move:** Receive gentle reminders to stand up and move if you've been sedentary for too long.
- **Hydration Reminders:** Set reminders to ensure you stay adequately hydrated throughout the day.

## 4.4 Communication Features

Stay connected directly from your wrist:

- **Make and Receive Calls:** Utilize the built-in speaker and microphone to handle calls directly from your smartwatch when connected to your phone via Bluetooth.
- **Message Notifications:** Receive notifications for incoming messages (SMS, social media, etc.) directly on your watch display.
- **Contact Management:** Save your favorite contacts within the app for quick dialing from your watch.

# ADDITIONAL FEATURES



MAKE &  
RECEIVE CALLS



MUSIC  
CONTROL



CALORIE  
TRACKING



SPORTS  
MODES



MESSAGE  
NOTIFICATIONS



HEART  
RATE



WOMEN'S  
HEALTH



SLEEP  
TRACKING



GPS  
CONNECTION



VOICE  
ASSISTANT



SEDENTARY  
REMINDERS



STEP  
COUNTER



CAMERA  
CONTROL



WATCH  
LOCATOR



BREATHING  
EXERCISES



HYDRATION  
REMINDERS



WEATHER  
UPDATES



IP68 WATER  
RESISTANT

## 4.5 Armitron Connect App & Customization

The Armitron Connect app is your central hub for managing your smartwatch and personalizing your experience:

- **Watch Face Customization:** Choose from a gallery of watch face designs or customize certain elements to match your style.
- **Data Synchronization:** View detailed health and fitness data, track progress, and set goals.
- **Settings Management:** Adjust notification preferences, alarm settings, and other device configurations.

## 5. MAINTENANCE

### 5.1 Cleaning Your Smartwatch

To maintain the appearance and functionality of your smartwatch:

- Wipe the screen and body with a soft, lint-free cloth.
- For stubborn spots, dampen the cloth slightly with water. Avoid using harsh chemicals or abrasive materials.
- Regularly clean the charging contacts on the back of the watch to ensure proper charging.

### 5.2 Water Resistance

The Armitron Connect Sync Smartwatch is rated IP68 water resistant. This means it is protected against immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for everyday use, such as washing hands or light rain. It is not recommended for swimming, showering, or diving.

**Important:** Water resistance is not a permanent condition and may diminish over time with normal wear and tear. Avoid exposing the watch to hot water, steam, or high-velocity water streams, as these can compromise the seals.

## 6. TROUBLESHOOTING

If you encounter issues with your Armitron Connect Sync Smartwatch, refer to the following common problems and solutions:

| Problem   | Possible Cause / Solution  |
|---|--|
| <b>Watch frequently disconnects from app / Step count resets.</b> | <ul style="list-style-type: none"><li>• Ensure the Armitron Connect app is running in the background and not being force-closed by your phone's operating system.</li><li>• Check your phone's battery optimization settings for the app and disable any restrictions.</li><li>• Ensure your phone's Bluetooth is stable and not interfering with other devices.</li><li>• Try restarting both your smartwatch and smartphone.</li><li>• Re-pair the device through the app if the issue persists.</li></ul> |

| Problem   | Possible Cause / Solution  |
|---|--|
| <b>Watch face changes randomly.</b>                       | <ul style="list-style-type: none"> <li>• This may occur if the rotary dial (middle button) is accidentally turned or pressed. Be mindful of wrist movements that might interact with the dial.</li> <li>• Check app settings for any automatic watch face rotation features (though typically not present).</li> </ul>                   |
| <b>Watch not charging or charging intermittently.</b>     | <ul style="list-style-type: none"> <li>• Ensure the charging cable is securely connected to both the watch and the power source.</li> <li>• Clean the charging contacts on the back of the watch and the cable with a dry, soft cloth to remove any dust or debris.</li> <li>• Try a different USB power adapter or USB port.</li> </ul> |
| <b>Inaccurate health/fitness data (e.g., heart rate).</b> | <ul style="list-style-type: none"> <li>• Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone.</li> <li>• Avoid excessive movement during measurements.</li> <li>• Note that smartwatches are not medical devices and provide data for general wellness and fitness purposes only.</li> </ul>    |
| <b>App is slow or unresponsive.</b>                       | <ul style="list-style-type: none"> <li>• Ensure your smartphone's operating system and the Armitron Connect app are updated to the latest versions.</li> <li>• Clear the app's cache on your smartphone.</li> <li>• Restart your smartphone.</li> </ul>  |

## 7. SPECIFICATIONS

| Feature                 | Detail  |
|-------------------------|---|
| <b>Model Number</b>     | 42/1019BKBK   |
| <b>Display Type</b>     | AMOLED High-Definition  |
| <b>Battery Life</b>     | Up to 4 days (typical usage)  |
| <b>Water Resistance</b> | IP68 (Protected against immersion in water up to 1.5m for 30 minutes) |
| <b>Compatibility</b>    | Android 5.0+ / iOS 9.0+   |
| <b>Connectivity</b>     | Bluetooth   |
| <b>Health Tracking</b>  | Heart Rate, Calories, Sleep, Menstrual Cycle                          |
| <b>Fitness Tracking</b> | Step Counter, Sport Modes, Move Reminders, Hydration Reminders        |

| Feature            | Detail  |
|--------------------|---|
| Communication      | Call Answering/Dialing, Message Notifications, Contact Sync |
| Package Dimensions | 8.23 x 3.43 x 1.65 inches                                   |
| Item Weight        | 4.97 ounces   |
| Manufacturer       | Armitron Sport  |
| Country of Origin  | China   |

## 8. WARRANTY AND SUPPORT

Armitron stands behind the quality of its products. For specific warranty details, please refer to the warranty card included with your purchase or visit the official Armitron website. Keep your proof of purchase for warranty claims.

For technical support, troubleshooting assistance beyond this manual, or warranty inquiries, please contact Armitron customer service. Contact information can typically be found on the official Armitron website or within the Armitron Connect app.

When contacting support, please have your product model number (42/1019BKBK) and ASIN (B0DWNHHT2Q) ready to expedite the process.