

Hugrow SR08

Hugrow Smart Ring with Display (Model SR08) - Instruction Manual

Your guide to setting up, operating, and maintaining your Hugrow Smart Ring.

1. PRODUCT OVERVIEW

The Hugrow Smart Ring with Display (Model SR08) is a wearable device designed to monitor various health and fitness metrics, offer gesture control functionalities, and provide time display. It features a built-in display for real-time information and is built for durability with IP68 waterproofing.



Figure 1: Hugrow Smart Ring with Display, showing the ring, its charging case, charging cable, and a companion app interface.

Key Features:

- **Crystal-Clear Display:** View time, steps, heart rate, sleep duration, blood oxygen, and battery status.
- **Intuitive Touch Control:** Tap the ring to switch modes and view different metrics.
- **Innovative Gesture Control:** Navigate apps, snap photos, and scroll videos with hand movements.
- **All-in-One Fitness Tracking:** Monitors heart rate, sleep patterns, steps, and supports multiple sport modes.
- **Extended Battery Life:** Up to 4 days of regular use, 20 days standby, with a 2-hour charge.
- **Rugged Durability:** IP68 waterproof rating.

2. SETUP GUIDE

2.1. Choosing the Correct Size

Ensure optimal comfort and accurate data collection by selecting the correct ring size. Refer to the sizing guide below.

How to Choose Your Size



1. Take a long rope or paper and wrap it around your finger



2. Make the long rope or paper strip fit your finger precisely, avoiding being too loose or too tight, which may cause size deviation



3. Measure the length of the string with a ruler to find your finger's circumference



MODEL	NO.8	NO.9	NO.10	NO.11	NO.12
Inner diameter	18.2mm	19mm	19.9mm	20.7mm	21.5mm
Perimeter	57.1mm	59.6mm	62.4mm	64.9mm	67.5mm

Figure 2: Instructions for measuring finger size and a size chart for the Hugrow Smart Ring.

1. Take a long rope or paper strip and wrap it around your finger.
2. Make sure the rope or paper strip fits your finger precisely, avoiding it being too loose or too tight, which may cause size deviation.
3. Measure the length of the string with a ruler to find your finger's circumference (perimeter).
4. Match your measurement to the table below to find your ring size.

Hugrow Smart Ring Size Chart

MODEL	NO.8	NO.9	NO.10	NO.11	NO.12
Inner diameter	18.2mm	19mm	19.9mm	20.7mm	21.5mm
Perimeter	57.1mm	59.6mm	62.4mm	64.9mm	67.5mm

2.2. Initial Charging

Before first use, fully charge your Hugrow Smart Ring. Place the ring into its Type-C charging case. Connect the charging case to a power source using the provided USB cable. A full charge typically takes 2 hours.

Photography and Video Control



Figure 3: The smart ring being charged in its Type-C charging case.

2.3. App Installation and Pairing

Download the companion application from your smartphone's app store. Follow the in-app instructions to pair your Hugrow Smart Ring via Bluetooth. The app is compatible with Apple Health & WeChat Sports for data synchronization.

3. OPERATING INSTRUCTIONS

3.1. Display and Touch Control

The Hugrow Smart Ring features a built-in display. Interact with the ring by tapping its surface:

- **One Tap:** Displays current time.
- **Two Taps:** Displays step count.
- **Three Taps:** Displays heart rate.
- **Four Taps:** Displays blood oxygen (SpO2).
- **Five Taps:** Displays sleep duration.

- **Six Taps:** Displays battery level.

Smart Ring with Multi-functional Display Screen

Explore this smart ring with a vivid display, showing time, steps, heart rate, sleep duration, blood oxygen, and battery level—all wrapped in a stylish, everyday design



Figure 4: The smart ring's multi-functional display showing different health metrics.

3.2. Fitness Tracking

The ring continuously monitors your activity. Data is synchronized with the companion app. The ring supports various sport modes for accurate tracking.

- **Heart Rate Monitoring:** Tracks your heart rate throughout the day.
- **Sleep Tracking:** Records sleep duration and identifies deep, light, and awake stages.
- **Step Counter:** Counts your daily steps and calculates distance.
- **Multiple Sport Modes:** Includes modes for hiking, running, cycling, climbing, and tennis.

Track your sleep duration with a crisp display on this stylish smart ring

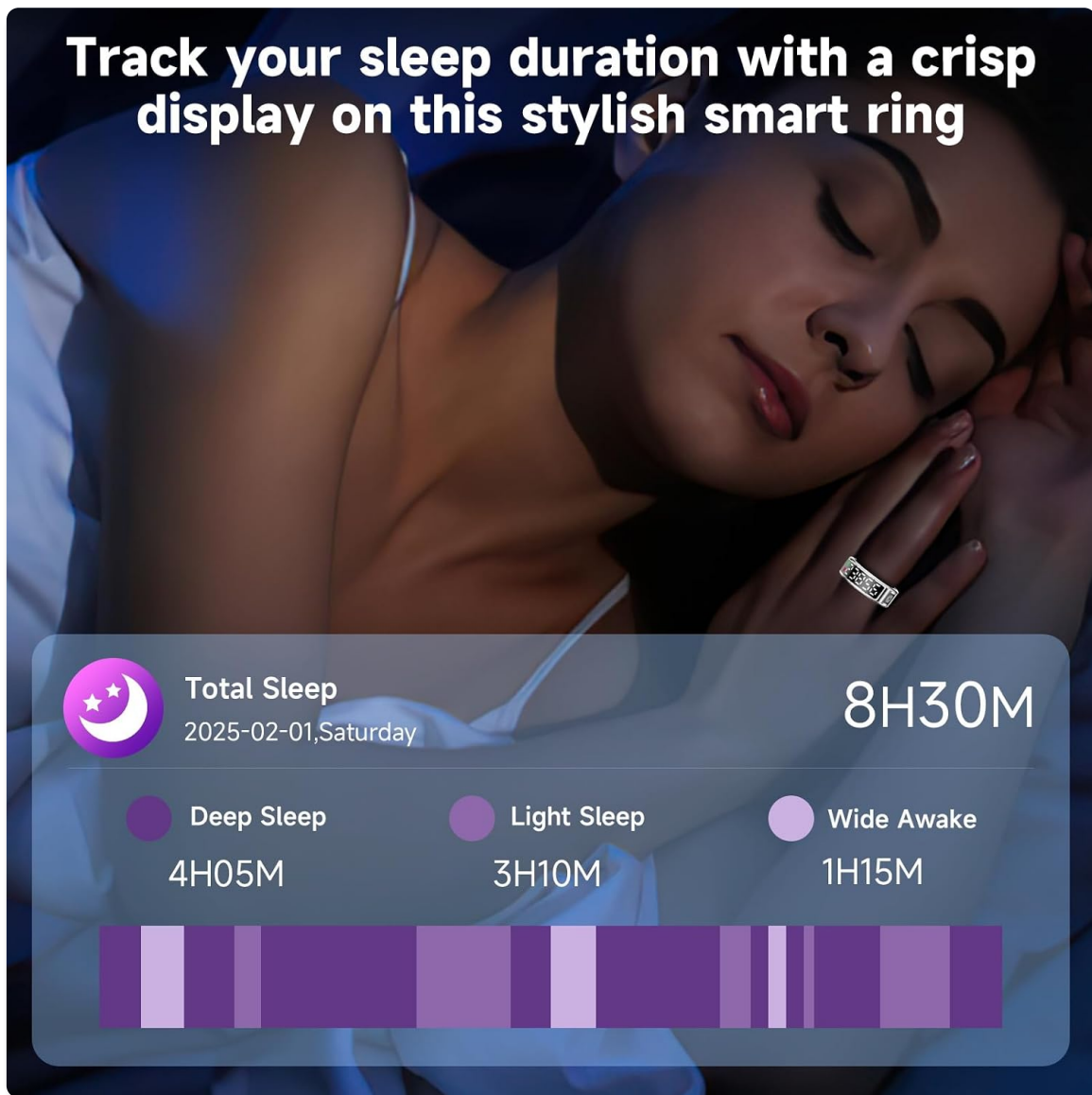


Figure 5: Sleep tracking data displayed, showing total sleep, deep sleep, light sleep, and awake times.

Enjoy multiple sports tracking and all-day activity management

Set daily workout goals and check steps, exercise time, energy spent, and movement paths



Figure 6: The smart ring's capability to track multiple sports activities.

3.3. Gesture Control

The smart ring allows for hands-free control of certain smartphone functions:

- **Photography Control:** Use gestures to remotely trigger your phone's camera shutter.
- **Video Control:** Navigate video playback (e.g., scrolling TikTok videos) with simple hand movements.

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Video 1: Demonstrates the Hugrow Smart Ring's display functions, health monitoring (heart rate, blood oxygen, sleep), daily exercise tracking, IP68 waterproofing, battery life, and gesture control for photography.

4. MAINTENANCE

4.1. Cleaning

To clean your Hugrow Smart Ring, wipe it with a soft, damp cloth. Avoid using harsh chemicals or

abrasive materials, as these can damage the display or finish. Ensure the charging contacts are clean and dry before charging.

4.2. Water Resistance

The Hugrow Smart Ring is IP68 waterproof, meaning 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, including showering and swimming in shallow water. However, it is not recommended for diving or high-pressure water activities.



Built with IP68 waterproofing and 50M water resistance, this smart ring is ready for any adventure

Figure 7: The smart ring's IP68 waterproof feature, shown during swimming.

4.3. Battery Care

To prolong battery life, avoid fully discharging the ring frequently. Charge it regularly, ideally before the battery level drops below 20%. Store the ring in a cool, dry place when not in use for extended periods.

5. TROUBLESHOOTING

- **Ring not turning on:** Ensure the ring is fully charged. Place it in the charging case and connect

to power for at least 30 minutes.

- **Display not responding to taps:** Ensure your finger is making proper contact with the touch area. If the issue persists, try restarting the ring (if applicable, refer to app for restart option) or fully charging it.
- **Inaccurate health data:** Ensure the ring is worn snugly on your finger. Loose fit can affect sensor accuracy. Clean the sensor area on the inside of the ring.
- **App connectivity issues:**
 - a. Ensure Bluetooth is enabled on your smartphone.
 - b. Make sure the ring is within range of your phone.
 - c. Restart both the ring and your smartphone.
 - d. Re-pair the device through the app settings if necessary.
- **Battery draining quickly:**
 - a. Ensure the ring is fully charged.
 - b. Frequent use of the display or continuous high-intensity tracking can consume more power.
 - c. Check for any app updates that might improve battery optimization.

6. SPECIFICATIONS

- **Model Name:** Hugrow-SR08
- **Item Model Number:** SR08
- **Brand:** Hugrow
- **Connectivity Technology:** Bluetooth
- **Operating System:** Linux
- **Special Feature:** Activity Tracker
- **Screen Size:** 2.2 Centimeters
- **Shape:** Round
- **GPS:** Via Smartphone
- **Battery Type:** Nonstandard Battery (Lithium Polymer, included)
- **Battery Life:** Up to 4 days (regular use), 20 days (standby)
- **Charging Time:** Approximately 2 hours
- **Water Resistance:** IP68
- **Item Weight:** 3.98 ounces
- **Package Dimensions:** 4.25 x 4.25 x 2.35 inches
- **Date First Available:** March 25, 2025

7. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official Hugrow website or contact your retailer. Keep your proof of purchase for any warranty claims.

Manufacturer: Hugrow

Contact: Please visit the [Hugrow Store on Amazon](#) for further assistance and product information.