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› PAKRYS Military Smart Watch for Men User Manual

PAKRYS CF53

User Manual: Military Smart Watch for Men

Brand: PAKRYS | Model: CF53

1. INTRODUCTION

This manual provides detailed instructions for the operation and maintenance of your PAKRYS Military Smart Watch for Men, Model CF53. This rugged smartwatch features a 1.75-inch AMOLED touchscreen, a 600mAh long-lasting battery, Bluetooth call functionality, IP68 waterproofing, over 100 sport modes, and comprehensive health tracking including heart rate and sleep monitoring. It is compatible with both iOS and Android devices.

2. WHAT'S IN THE BOX

- 1 x Pakrys Smart Watch
- 1 x Watch Band
- 1 x Charging Cable
- 1 x User Manual
- 1 x Gift Box

3. SETUP

3.1. Charging the Device

Before initial use, fully charge your smartwatch. Connect the magnetic charging cable to the charging contacts on the back of the watch. Connect the USB end of the cable to a standard USB power adapter (not included) or a computer's USB port. The watch will display a charging indicator. A full charge typically takes approximately 2-3 hours.

600 MAH LARGE BATTERY



Image: The smartwatch being charged via its magnetic charging cable. The watch features a 600mAh battery, providing up to 7 days of active use and 15-30 days of standby time.

3.2. Power On/Off

To power on, press and hold the side button until the screen illuminates. To power off, navigate to the settings menu on the watch, select 'Power Off', and confirm.

3.3. App Installation and Pairing

Download the 'FitCloudPro' app from your smartphone's app store (compatible with iOS 10.0 and above, Android 6.0 and above). Open the app, create an account, and follow the on-screen instructions to pair your smartwatch via Bluetooth 5.3. Ensure Bluetooth is enabled on your phone and the watch is discoverable.

4. OPERATING INSTRUCTIONS

4.1. Display and Navigation

The smartwatch features a vivid 1.75-inch AMOLED touchscreen with 466x466 HD resolution. Swipe left/right or up/down to navigate through menus and features. Press the side button to return to the home screen or access the

app list.



Image: The 1.75-inch AMOLED HD screen provides clear visuals and improved pixel quality. The display can be customized with over 100 watch faces via the FitCloudPro app.

4.2. Bluetooth Calling

With the built-in microphone and speaker, you can answer calls directly from your wrist. Ensure your watch is connected to your smartphone via Bluetooth. You can also dial numbers from the watch's interface.

WIRELESS CALLING

Make phone calls on the wrist like a smartphone



Image: The smartwatch supports wireless calling, allowing users to make and receive phone calls directly from their wrist, with a built-in mic and speaker.

4.3. Notifications

Receive instant notifications for WhatsApp, SMS, and other social media alerts directly on your watch. Ensure notification permissions are enabled in the FitCloudPro app and your phone's settings.

4.4. Health Monitoring

The watch continuously tracks various health metrics:

- **Heart Rate:** Monitors your heart rate 24/7.
- **Blood Oxygen (SpO2):** Measures blood oxygen levels.
- **Sleep Quality:** Analyzes your sleep patterns.
- **Calories Burned:** Estimates calorie expenditure throughout the day.

4.5. Sport Modes

The smartwatch offers over 100 sport modes, including running, cycling, and HIIT. Select your desired activity from the watch's sport mode menu to track performance data such as steps, distance, and calories burned. Data can be

reviewed in the FitCloudPro app.



The image features a man in a white polo shirt swinging a tennis racket. Overlaid on the right is a large smartwatch with a black strap. The watch screen displays 'Exercise record' with three entries: a weightlifting icon showing '532 Kcal' and '18:22', a walking icon showing '3.86 Km' and '08/19', and a cycling icon showing '3.86 Km' and '04/25'. Below the watch, a grid of icons represents various sports modes: Football, Cycling, Running, Basketball, Elliptical Machine, Table Tennis, and Rowing Machine, with a fourth icon containing three dots indicating more options.

100+
SPORTS MODES
Record your every exercise data

VIEW VARIOUS SPORTS DATA
IN REAL TIME

Exercise record

- 532 Kcal
18:22
- 3.86 Km
08/19
- 3.86 Km
04/25

Football Cycling Running Basketball

Elliptical Machine Table Tennis Rowing Machine

Image: The smartwatch supports over 100 sport modes, allowing users to record and view exercise data in real-time for various activities.

4.6. Other Features

The watch includes several convenient features:

- **Music Control:** Control music playback on your smartphone directly from the watch.
- **Weather Forecast:** View current weather conditions and forecasts.
- **Sedentary Reminder:** Receive alerts to move after periods of inactivity.
- **Remote Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Alarm Clock:** Set alarms directly on the watch.
- **LED Flashlight:** A built-in LED flashlight for convenience.

MULTIFUNCTION

More Convenience For Your Life



Image: The smartwatch offers multiple functions including music control, weather updates, and sports activity recording for enhanced daily convenience.

LED FLASHLIGHT

Night lighting helps you illuminate every corner



Image: The smartwatch includes an LED flashlight feature, providing night lighting to illuminate surroundings.

5. MAINTENANCE

5.1. Water Resistance

The smartwatch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, hand washing, and light rain. Avoid hot water, steam, or prolonged immersion.

5.2. Cleaning

Regularly clean your watch and strap with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly. Avoid harsh chemicals or abrasive materials.

5.3. Battery Care

To prolong battery life, avoid extreme temperatures. Charge the watch regularly and avoid letting the battery completely drain for extended periods.

6. TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot pair with phone:** Check if Bluetooth is enabled on both devices. Ensure the FitCloudPro app is installed and updated. Try restarting both the watch and phone.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensor on the back of the watch.
- **Notifications not appearing:** Verify notification permissions in the FitCloudPro app and your phone's system settings. Ensure the app is running in the background.

7. SPECIFICATIONS

Feature	Specification
Product Name	Smart Watch for Men
Model Number	CF53
Screen Size	1.75 inches
Screen Type	AMOLED
Resolution	466*466 pixels
Battery Capacity	600mAh
Working Hours	About 7-10 days
Standby Time	About 15-30 days
Charging Type	Magnetic charging
Charging Time	About 2-3 hours
Watch Weight	About 0.26lb / 122g
APP Name	FitCloudPro
Bluetooth Version	BLE 5.3
Compatible System	iOS 10.0 and above, Android 6.0 and above
Water Resistance	IP68
Memory Storage Capacity	128 MB
Country of Origin	Hong Kong

PRODUCT SIZE



2.12in/5.4cm



0.51in/1.3cm



10.9in/27.7cm

Image: Detailed product dimensions for the smartwatch.





60°C
Temperature



-20°C
Temperature



Anti-Impact



Dustproof

STURDY SMARTWATCH

Image: The smartwatch is designed for military toughness, withstanding temperatures from -40°C to 70°C, anti-impact, and dustproof features.

8. WARRANTY AND SUPPORT

PAKRY'S provides a 1-year after-sales guarantee for this product. For any questions or support needs, please contact PAKRY'S customer service.