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Fempoin T10 Pro

Fempoin Smart Watch T10 Pro User Manual

Model: T10 Pro | Brand: Fempoin

1. Introduction

Thank you for choosing the Fempoin Smart Watch T10 Pro. This 40mm AMOLED touchscreen smartwatch is designed to enhance your daily life with comprehensive fitness tracking, health monitoring, and smart communication features. It allows you to answer/make calls directly from your wrist, track over 110 sports modes, monitor heart rate, SpO2, and sleep, and receive notifications from your smartphone. This manual provides detailed instructions to help you get started and make the most of your new device.



Image: The Fempoin Smart Watch T10 Pro, featuring a round black watch face displaying time, steps, heart rate, and battery life, with a black silicone strap.

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Video: An overview of the Fempoin Smart Watch T10 Pro's key features, including its AMOLED screen, customizable watch faces, call functionality, health monitoring, and sports modes.

2. What's in the Box

Upon opening your Fempoin Smart Watch T10 Pro package, you should find the following items:

- 1 x Fempoin Smart Watch T10 Pro
- 1 x Charging Cable
- 1 x User Manual



Image: The contents of the product box, including the Fempoin Smart Watch T10 Pro, its charging cable, and the user manual.

3. Setup Guide

3.1 Charging the Smart Watch

Before first use, fully charge your smartwatch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes about 2 hours.



Image: The Fempoin Smart Watch T10 Pro connected to its magnetic charging cable, illustrating the charging process.

3.2 App Installation and Pairing

To unlock the full potential of your smartwatch, download and install the "FitCloudPro" application on your smartphone. The app is compatible with iOS 9.0 or above and Android 6.0 or above.

1. **Download the App:** Search for "FitCloudPro" in your smartphone's app store (App Store for iOS, Google Play Store for Android) and install it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open FitCloudPro App:** Launch the app and follow the on-screen instructions to create an account or log in.
4. **Pair the Device:** In the app, navigate to the device pairing section. The app will search for available devices. Select "T10 Pro" from the list to initiate pairing. Confirm the pairing request on both your phone and the watch.
5. **Enable Audio Bluetooth (for calls):** For iOS devices (and some Android), after initial pairing, you may need to manually connect the watch's audio Bluetooth. Go to your phone's Bluetooth settings, find "T10 Pro-XXXX" (or similar audio device name), and connect to it. This enables call functionality directly from the watch.



Image: Step-by-step visual guide for connecting the Fempoin Smart Watch T10 Pro to the FitCloudPro application on a smartphone, including Bluetooth pairing.

4. Operating Instructions

4.1 Touchscreen Navigation

- **Swipe Up:** Access quick settings or notifications.
- **Swipe Down:** View notifications or quick settings.
- **Swipe Left/Right:** Navigate through different widgets and features (e.g., activity data, heart rate, weather).
- **Tap:** Select an item or confirm an action.
- **Press and Hold:** Change watch faces on the home screen.

4.2 Button Functionality

The watch typically features one or more physical buttons for navigation and control:

- **Short Press:** Wake up the screen, return to the previous screen, or enter the main menu.
- **Long Press:** Power on/off the watch, or access a shortcut menu.

4.3 Customizing Watch Dials

The Fempoin Smart Watch T10 Pro offers over 100 customizable watch faces. You can change them directly on the watch by pressing and holding the home screen, or through the FitCloudPro app where you can also upload your own photos as wallpaper.



Image: A selection of customizable watch dials available for the Fempoin Smart Watch T10 Pro, showcasing various styles and information displays.

5. Health Monitoring Features

The smartwatch is equipped with advanced sensors to help you monitor your health throughout the day.

5.1 Heart Rate Monitoring

The watch continuously monitors your heart rate. You can view real-time data on the watch or detailed historical data in the FitCloudPro app. This helps you understand your heart health and optimize your workouts.



Image: A user wearing the Fempoin Smart Watch T10 Pro, with an overlay showing the heart rate monitoring interface on the watch and a corresponding graph on a smartphone.

5.2 SpO2 (Blood Oxygen) Monitoring

Monitor your blood oxygen saturation levels directly from your wrist. This feature provides insights into your respiratory health. Ensure the watch is worn snugly for accurate readings.

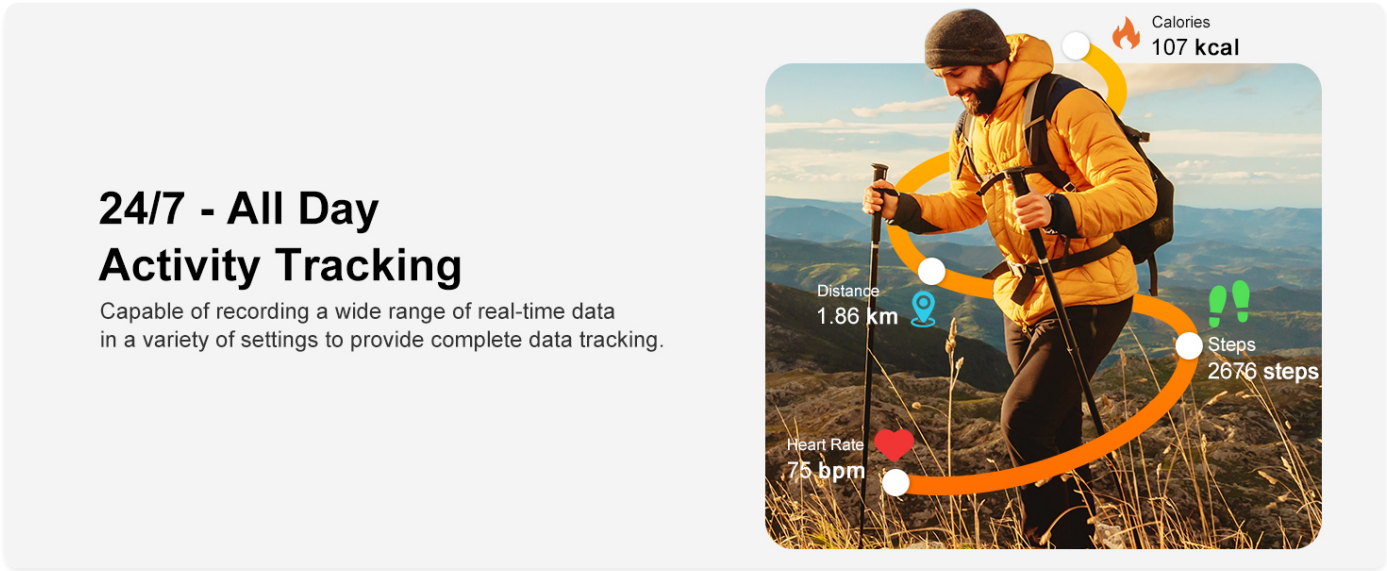


Image: A user meditating with the Fempoin Smart Watch T10 Pro, illustrating the SpO2 monitoring feature.

5.3 Sleep Tracking

The watch automatically monitors your sleep patterns, including deep sleep, light sleep, and awake times. Review detailed sleep analysis in the FitCloudPro app to help improve your sleep quality.



Image: A user sleeping while wearing the Fempoin Smart Watch T10 Pro, demonstrating the sleep tracking capability.

5.4 Women's Health Tracking

For female users, the watch offers comprehensive care for women's health, allowing you to track menstrual cycles and receive timely reminders through the FitCloudPro app.

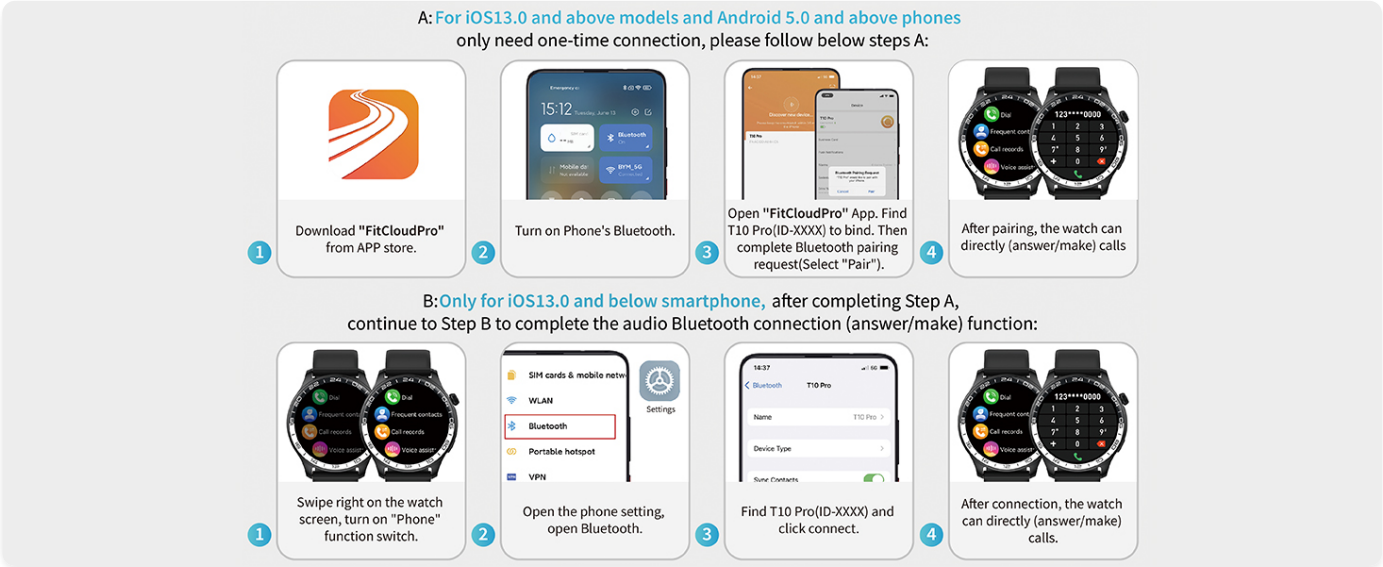


Image: A user interacting with the Fempoin Smart Watch T10 Pro, with a calendar overlay indicating the women's health tracking feature.

6. Sport Modes and Activity Tracking

The Fempoin Smart Watch T10 Pro is your ideal fitness companion, offering a wide range of sport modes and continuous activity tracking.

6.1 100+ Sport Modes

Choose from over 100 exercise modes, including running, yoga, outdoor sports, ball games, jumping jack, sit-ups, and more. The watch records real-time data such as heart rate, steps, calories burned, distance, and active hours for each activity.



Image: Various athletes engaged in different sports, illustrating the wide range of over 100 sport modes supported by the Fempoin Smart Watch T10 Pro.

Sleep Tracker

Automatically monitors sleep (Deep sleep, Light sleep, Awakening) and generates relevant data analysis to adjust lifestyle.



Image: The Fempoin Smart Watch T10 Pro surrounded by numerous colorful icons representing various sports and activities, highlighting its 100+ sport modes.

6.2 24/7 All-Day Activity Tracking

Beyond specific workouts, the watch continuously tracks your daily activity, including steps taken, distance covered, and calories burned. This data is synchronized with the FitCloudPro app, providing a comprehensive overview of your activity levels.

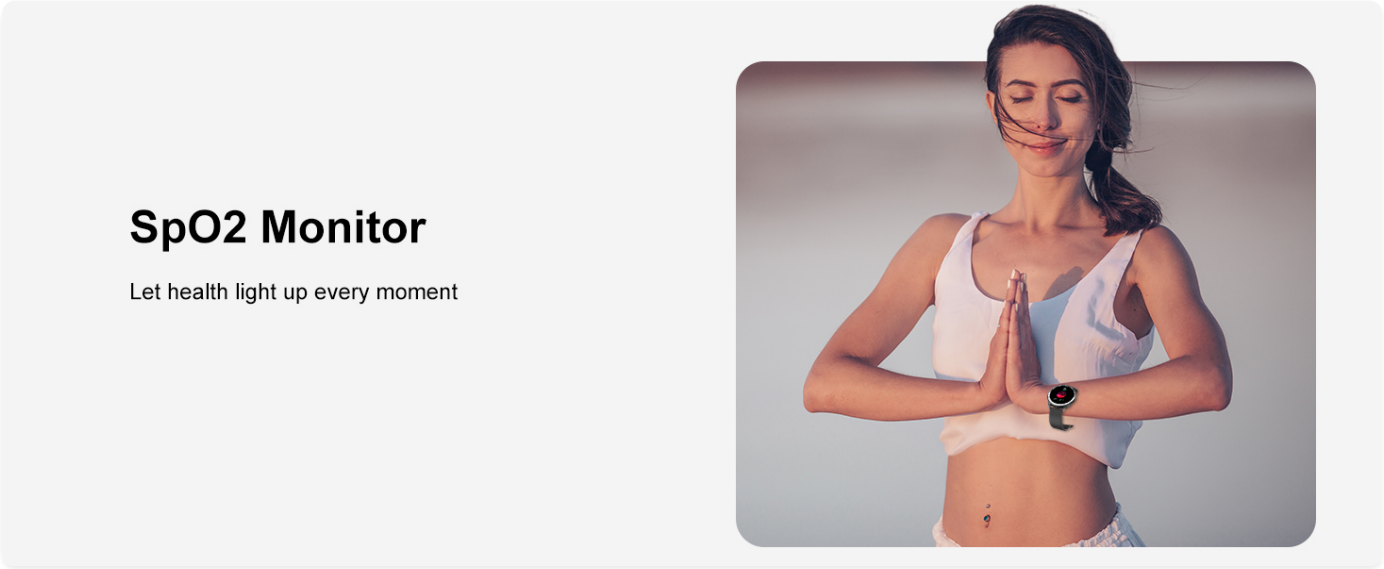


Image: A person hiking, with graphical overlays showing real-time activity data such as calories, distance, steps, and heart rate, demonstrating the 24/7 activity tracking feature of the Fempoin Smart Watch T10 Pro.

7. Smart Features

The Fempoin Smart Watch T10 Pro integrates seamlessly with your smartphone to provide convenient smart functionalities.

7.1 Bluetooth Call and Message Reminder

With its built-in microphone and Hi-Fi speaker, you can answer or make calls directly from your watch after connecting to the FitCloudPro app. The watch also notifies you of incoming calls, SMS, WhatsApp, Facebook, email, and other app messages, ensuring you never miss important information.



Image: A user wearing the Fempoin Smart Watch T10 Pro, with illustrations showing the watch's ability to answer/make calls, use voice control, and display smart notifications from various social media apps.

HD Bluetooth Call Make/Answer Calls

Once conneted to phone via bluetooth make and receive calls without.



Image: A person cooking while wearing the Fempoin Smart Watch T10 Pro, demonstrating the convenience of making and receiving calls directly from the watch via HD Bluetooth.

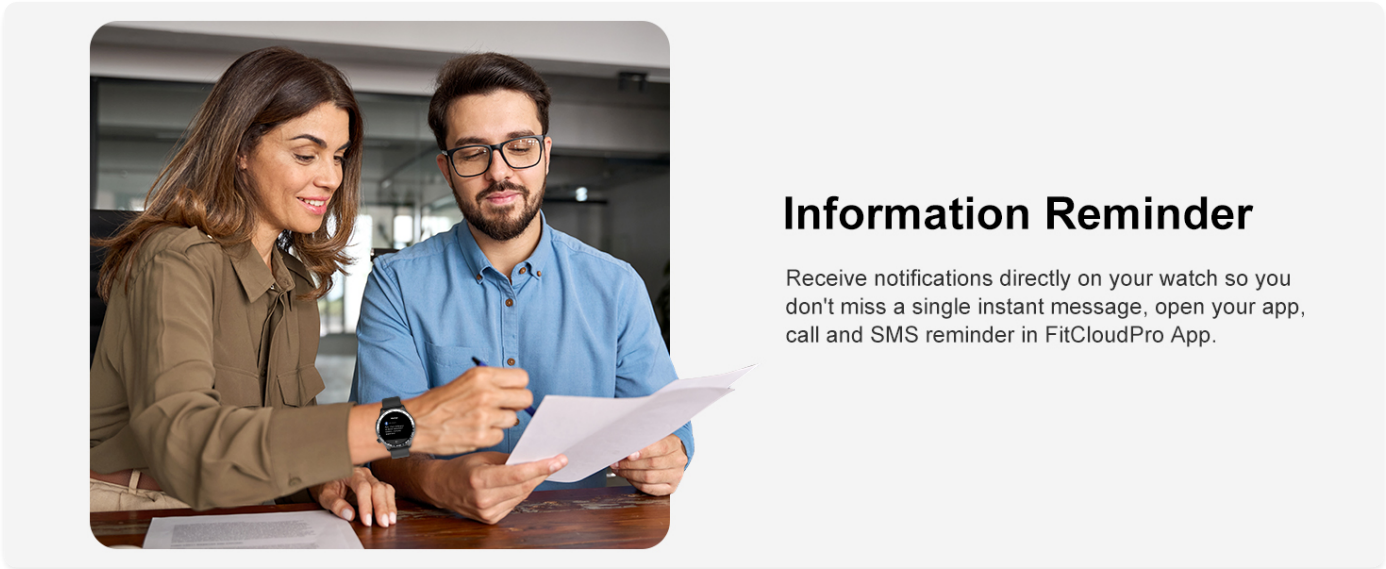


Image: Two individuals reviewing documents, with an illustration of the Fempoin Smart Watch T10 Pro displaying an information reminder, emphasizing its notification capabilities.

7.2 Music Player Control

Control your smartphone's music playback directly from your wrist. Play, pause, skip tracks, and adjust volume without needing to take out your phone.



Image: The Fempoin Smart Watch T10 Pro displaying a music player interface, surrounded by icons representing other features like pedometer, weather, and sedentary reminder.

7.3 Camera Control

Use your smartwatch as a remote shutter for your smartphone's camera. This is convenient for group photos or selfies.

7.4 Weather Forecast

Get real-time weather updates directly on your watch, helping you plan your day effectively.

8. Battery Life

The Fempoin Smart Watch T10 Pro features a built-in 300mAh large capacity battery, providing extended usage on a single charge.

- **Charging Time:** Approximately 2 hours for a full charge.
- **Normal Usage:** Up to 7-10 days.
- **Power Saving Mode:** Up to 15 days.
- **Standby Time:** Approximately 30 days.

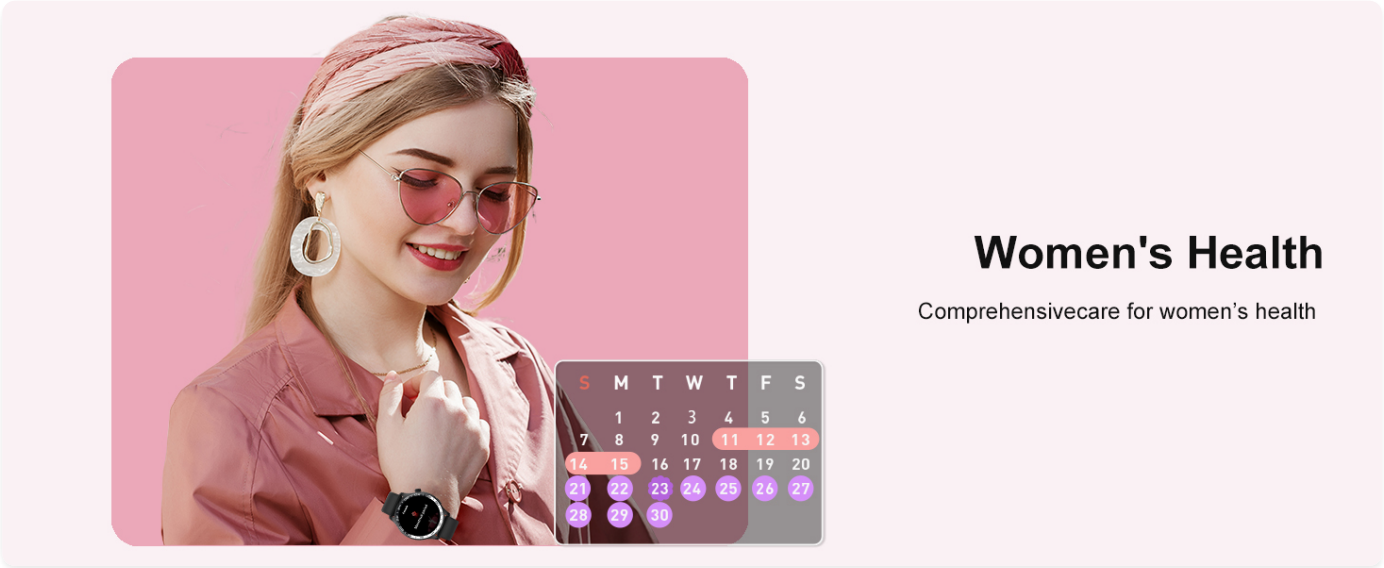


Image: Visual representation of the Fempoin Smart Watch T10 Pro's impressive battery life, highlighting 7 days of normal usage and a 300mAh battery capacity.

9. Waterproofing

The Fempoin Smart Watch T10 Pro has an IP68 water resistance rating. This means it is protected against immersion in water up to 1.5 meters for up to 30 minutes. You can wear it during daily activities such as washing hands or in the rain. However, it is not recommended for hot showers, saunas, or diving, as steam and hot water can damage the seals.

10. Specifications

Feature	Detail
Model Name	T10 Pro
Brand	Fempoin
Screen Size	40 Millimeters (1.43-inch AMOLED)
Resolution	466*466 pixels
Operating System	AsteroidOS (as per provided data, typically custom OS for smartwatches)
Connectivity Technology	Bluetooth

Feature	Detail
Battery Capacity	300 mAh
Water Resistance	IP68
Item Weight	3.84 ounces
Compatible Devices	iOS 9.0 or above, Android 6.0 or above
Special Features	Multisport Tracker, Activity Tracker, Bluetooth Call and Voice Assistant, Notifications, Music Player, Sleep Monitor, Heart Rate Monitor, SpO2 Monitor, Women's Health, Weather Forecast, Find Phone

11. Troubleshooting

If you encounter any issues with your Fempoin Smart Watch T10 Pro, please refer to the following common troubleshooting steps:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 10-15 minutes.
- **Cannot pair with phone:**
  - Make sure Bluetooth is enabled on your phone and the watch.
  - Ensure the FitCloudPro app is installed and running.
  - Restart both your phone and the watch.
  - Forget the device in your phone's Bluetooth settings and try pairing again through the app.
  - Ensure the watch is not already connected to another device.
- **Notifications not received:**
  - Check if notification permissions are enabled for the FitCloudPro app in your phone's settings.
  - Ensure the app is running in the background and not optimized for battery saving (which might restrict its background activity).
  - Verify that Bluetooth connection is stable.
- **Inaccurate health data:**
  - Ensure the watch is worn snugly on your wrist, about one finger's width from your wrist bone.
  - Keep the sensor clean and free from dirt or sweat.
  - Avoid excessive movement during measurements.
- **Short battery life:**
  - Reduce screen brightness.
  - Disable continuous heart rate monitoring if not needed 24/7.
  - Limit the number of apps sending notifications to the watch.
  - Turn off "Raise to Wake" feature if not frequently used.

- **Watch is unresponsive:** Try restarting the watch by pressing and holding the side button for about 10-15 seconds until it powers off and then on again.

12. Warranty and Support

The Fempoin Smart Watch T10 Pro comes with a standard manufacturer's warranty. Please refer to the warranty card included in your packaging for specific terms and conditions. For technical support, product inquiries, or warranty claims, please contact Fempoin customer service through the contact information provided on the product packaging or the official Fempoin website. Please have your model number (T10 Pro) and purchase details ready when contacting support.

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