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> [CNBRO](#) /

> [CNBRO Smart Ring with Screen User Manual](#)

CNBRO #11

CNBRO Smart Ring User Manual

Model: #11

INTRODUCTION

This manual provides essential instructions for setting up, operating, and maintaining your CNBRO Smart Ring. Please read this guide thoroughly to ensure proper use and to maximize the functionality of your device. Keep this manual for future reference.

PRODUCT OVERVIEW

Key Features

- **Integrated Touch Screen:** Displays time, steps, heart rate, sleep duration, and battery level.
- **24-Hour Heart Rate Monitoring:** Continuous tracking of heart rate during daily activities and exercise.
- **Automatic Sleep Tracking:** Monitors sleep duration and quality (deep, light, wake-up times).
- **Activity Tracking:** Records steps, calories burned, and distance.
- **Sport Modes:** Tracks specific exercise routes, activity times, and heart rate during workouts via the companion app.
- **Gesture Control:** Remote camera activation, short video scrolling, and music playback control.
- **IP68 Waterproof Rating:** Suitable for cold showering, hand washing, and rain.
- **Free Companion App:** 'JRING' app available without subscription fees for data viewing.

Package Contents

- 1 x CNBRO Smart Ring
- 1 x Magnetic Charging Cable
- 1 x User Manual (this document)

SETUP

1. Charging the Smart Ring

Before first use, fully charge your Smart Ring. Connect the magnetic charging cable to the charging points

on the ring and to a standard USB power source. The ring's display will indicate charging status.



Image: The Smart Ring, its magnetic charging case, and a smartphone showing the 'JRING' app interface.

2. App Installation and Pairing

1. **Download the App:** Search for 'JRING' in your smartphone's app store (compatible with iOS 10.0 or above, and Android 9.0 or above).
2. **Install and Open:** Install the app and open it on your smartphone.
3. **Enable Bluetooth:** Ensure Bluetooth 5.3 is enabled on your smartphone.
4. **Pair the Ring:** Follow the on-screen instructions within the 'JRING' app to search for and pair your Smart Ring. The app will guide you through the connection process.

OPERATING INSTRUCTIONS

1. Display Functions

The Smart Ring features a touch screen display. You can view various data directly on the ring by swiping or tapping the screen. Information displayed includes:

- Current Time

- Steps Taken
- Heart Rate
- Sleep Duration
- Battery Level

Multi –function display The data is clear at a glance

You can easily view the current time, step, heart rate, blood oxygen and sleep time No need to take out your mobile phone or watch frequently to make time management more convenient.

98 %
Blood oxygen

72 seconds/minute
Heart rate

8 Hour **16** minute
Sleep



Image: The Smart Ring's multi-function display showing real-time data such as blood oxygen percentage, heart rate, and sleep duration.

2. Health Tracking

The Smart Ring continuously monitors key health metrics.

- **Heart Rate Monitor:** The ring provides 24-hour continuous heart rate tracking. This data helps you understand your cardiovascular activity throughout the day and during exercise.
- **Sleep Tracker:** The automatic sleep tracker records your sleep duration and analyzes sleep quality, differentiating between deep sleep, light sleep, and wake-up times. This information is accessible in the 'JRING' app.



Image: The Smart Ring tracking heart rate during physical activity, displayed with a numerical value and a heart icon.



Image: The Smart Ring monitoring sleep, with visual representations of different sleep stages and their durations.

3. Activity Tracking

The ring automatically tracks your daily activity:

- **Pedometer:** Counts your steps, estimates calories burned, and calculates distance traveled.
- **Sport Modes:** Activate specific sport modes within the 'JRING' app to track detailed performance metrics during activities like running, skiing, golf, and swimming. The app will record your route, activity time, and heart rate during these exercises.

All-weather exercise management Make exercise more scientific and effective



Image: The 'JRING' app interface showing comprehensive exercise management, including step count, calorie consumption, and various sport mode options.

4. Gesture Control

The Smart Ring supports gesture interactions for convenient control of your smartphone:

- **Remote Camera:** Use gestures to remotely trigger your phone's camera shutter.
- **Video Scrolling:** Control short video playback (e.g., TikTok) by scrolling with gestures.
- **Music Control:** Pause, play, or skip music tracks.

Intelligent control All fingertips

Remote Camera
TikTok Scrolling



Image: The Smart Ring demonstrating intelligent control features, including remote camera operation and scrolling through short videos via gestures.

MAINTENANCE

1. Water Resistance

The CNBRO Smart Ring has an IP68 waterproof rating. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for:

- Cold showering

- Washing hands
- Exposure to rain

Important: The Smart Ring is NOT suitable for hot water, saunas, or steam rooms, as high temperatures can compromise the waterproof seals.

Size	Dia	Perimeter
8 #	18.1mm/0.71in	56.9mm/2.24in
9 #	18.9mm/0.74in	59.5mm/2.34in
10 #	19.8mm/0.78in	62.1mm/2.44in
11 #	20.6mm/0.81in	64.6mm/2.54in
12 #	21.4mm/0.84in	67.2mm/2.64in

How to measure the size

Wearing on the **Index Finger**, Easy to operate with Thumb



STEP 1:

Take a long non-elastic rope or paper, and wrap it around your finger.



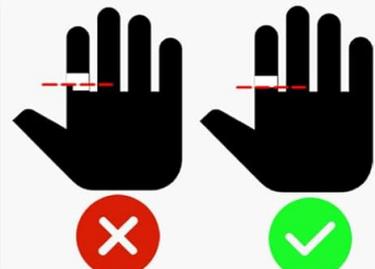
STEP 2:

Make the rope or paper fit closely to your fingers. Mark the junction part on rope or paper.



STEP 3:

Lay the rope or paper flat, and measure the length. It is recommended to measure multiple times for more accurate data.



NOTE:

The paper must be completely aligned when measuring, otherwise the measurement results will be on the large side

Image: The Smart Ring demonstrating its waterproof design in an underwater environment.

2. Cleaning

To clean your Smart Ring, gently wipe it with a soft, damp cloth. Avoid using abrasive materials or harsh chemicals, as these can damage the device's finish or internal components.

TROUBLESHOOTING

Common Issues and Solutions

- **Ring not connecting to app:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the ring is charged.
 - Restart both the ring (if possible) and your phone.

- Reinstall the 'JRING' app to ensure you have the latest version and all necessary permissions are granted.
- Check the app store for any known issues or updates related to the 'JRING' app.
- **Inaccurate data readings:**
 - Ensure the ring is worn snugly on your finger, preferably the index finger, for optimal sensor contact.
 - Clean the sensors on the inside of the ring.
 - Calibrate the device through the 'JRING' app if a calibration option is available.
- **Ring not charging:**
 - Verify the magnetic charging cable is properly connected to both the ring and the power source.
 - Try a different USB power adapter or port.
 - Ensure the charging contacts on the ring and cable are clean and free of debris.
- **Display not responding:**
 - Ensure the ring is charged.
 - If the display is unresponsive, try restarting the ring by placing it on the charger for a few seconds, then removing it.

If you encounter persistent issues not covered here, please refer to the support information section.

SPECIFICATIONS

Technical Details

- **Brand:** CNBRO
- **Model:** #11
- **Connectivity:** Bluetooth 5.3
- **Battery Type:** Lithium Polymer
- **Battery Capacity:** 17mAh
- **Charging Type:** Magnetic Charging
- **Water Resistance:** IP68 (Waterproof)
- **Compatible OS:** iOS 10.0+ / Android 9.0+
- **Item Weight:** 100 Grams (approx. 3.53 ounces)
- **Special Features:** Activity Tracker, Gesture Control, Lightweight, Time Display, Touchscreen

Sizing Guide

To ensure accurate health tracking and comfortable wear, select the correct ring size. It is recommended to wear the ring on your index finger for optimal operation with thumb gestures.

Waterproof No fear of underwater challenge



Image: Ring size chart and instructions for measuring your finger using a non-elastic rope or paper.

Ring Size Chart

Size	Diameter	Perimeter
8#	18.1mm / 0.71in	56.9mm / 2.24in
9#	18.9mm / 0.74in	59.5mm / 2.34in
10#	19.8mm / 0.78in	62.1mm / 2.44in

Size	Diameter	Perimeter
11#	20.6mm / 0.81in	64.6mm / 2.54in
12#	21.4mm / 0.84in	67.2mm / 2.64in

How to Measure:

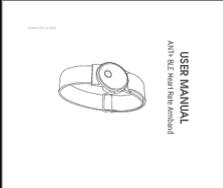
1. Take a long non-elastic rope or paper and wrap it around your finger.
2. Mark the junction part on the rope or paper to indicate the circumference.
3. Lay the rope or paper flat and measure its length. It is recommended to measure multiple times for accuracy.

Note: The paper or rope must be completely aligned when measuring. Otherwise, the measurement results may be inaccurate.

WARRANTY AND SUPPORT

For any questions, technical assistance, or support regarding your CNBRO Smart Ring, please contact the seller directly through your purchase platform. They will provide the best solution to your inquiries.

Related Documents - #11

	<p>MOOFIT HW401 ANT+ BLE Heart Rate Armband User Manual</p> <p>Comprehensive user manual for the MOOFIT HW401 ANT+ BLE Heart Rate Armband, detailing setup, charging, operation, and specifications. Compatible with iOS and Android devices for sports and health tracking.</p>
	<p>COOSPO H6 Heart Rate Monitor User Manual</p> <p>Comprehensive user manual for the COOSPO H6 Heart Rate Monitor, covering setup, operation, maintenance, battery replacement, specifications, and app instructions. Learn how to pair with Bluetooth and ANT+ devices for accurate sports tracking.</p>
	<p>Radley London Series 07 & 11 Smartwatch Instructions</p> <p>Comprehensive guide to setting up, using, and caring for your Radley London Series 07 & 11 smartwatch, covering features like charging, notifications, activity tracking, and personalization.</p>

	<p>COOSPO H8 Heart Rate Monitor User Manual</p> <p>Comprehensive user manual for the COOSPO H8 heart rate monitor, covering product introduction, standard accessories, operation, maintenance, battery replacement, technical specifications, app instructions, and important disclaimers and FCC statements.</p>
	<p>Inspiring® Smart Ring Quick Start Guide and User Manual</p> <p>A comprehensive guide to setting up, using, and maintaining the Inspiring® Smart Ring, including technical specifications, warranty information, and safety instructions.</p>
	<p>COOSPO H8 Heart Rate Monitor User Manual</p> <p>Comprehensive user manual for the COOSPO H8 Heart Rate Monitor, detailing setup, operation, maintenance, specifications, and compatible apps. Features Bluetooth 5.0 connectivity for real-time heart rate tracking.</p>