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› DEKELIFE CS5 Fitness Tracker User Manual - 24/7 Heart Rate Monitor, 1.47" Display, 24 Sport Modes

## DEKELIFE CS5

# DEKELIFE CS5 Fitness Tracker User Manual

Model: CS5 | Brand: DEKELIFE

## 1. INTRODUCTION

Thank you for choosing the DEKELIFE CS5 Fitness Tracker. This manual provides essential information for setting up, operating, and maintaining your device. Please read it carefully to ensure optimal performance and longevity of your fitness tracker.

### What's in the Box:

- 1 x Fitness Tracker
- 2 x Watch Bands (one pre-installed, one additional)
- 1 x Charging Cable
- 1 x User Manual

## 2. SETUP

### 2.1 Initial Charging

Before first use, fully charge your DEKELIFE CS5 Fitness Tracker. Connect the charging cable to the magnetic charging ports on the back of the device and plug the USB end into a power source. The screen will indicate charging status. A full charge typically takes approximately 1.5 hours.

### 2.2 App Installation and Pairing

1. Scan the QR code in the included User Manual or search for the companion app (e.g., 'FitPro' or similar, refer to your specific manual) on your smartphone's app store (Android & iOS compatible).
2. Install and open the app.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, navigate to 'Device' or 'Bind Device' and select your fitness tracker from the list of available devices.
5. Follow the on-screen prompts to complete the pairing process.

## 3. PRODUCT OVERVIEW

The DEKELIFE CS5 Fitness Tracker features a lightweight and sleek design, making it comfortable for

daily wear. It is equipped with a vibrant 1.47-inch HD screen for clear display of information.

## 14.5g Body, 1.47" HD Screen 2 Bands for Free Matching



**Image 1:** The DEKELIFE CS5 Fitness Tracker showcasing its 1.47-inch HD screen and lightweight body, along with two types of watch bands (silicone and mesh) for versatile styling and comfort.

The device body is designed for durability and comfort, weighing approximately 14.5g. It comes with two watch bands, allowing for customization to match your style or activity needs.

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**Video 1:** An overview of the DEKELIFE CS5 Fitness Tracker for Women, highlighting its design and various features. This video provides a visual demonstration of the product's aesthetics and functionality.

### 4. OPERATING INSTRUCTIONS

#### 4.1 Navigation

The fitness tracker features a touch-sensitive screen. Swipe up, down, left, or right to navigate through menus and functions. Tap to select an option.

#### 4.2 Activity Tracking

The DEKELIFE CS5 tracks your daily activities including steps taken, distance covered, and calories burned. It supports 24 professional sport modes to accurately record training data for various activities.

## 20+ Optional Sports Modes, 24/7 Activity Tracking

The image is a promotional graphic for the DEKELIFE CS5 fitness tracker. It features a central smartphone displaying a menu of sport modes: Outdoor Running, Cycling, Yoga, and Skipping. The phone is shown with a black mesh band. Below the phone are three photographs of women in athletic wear: a woman in a white tennis outfit, a woman in black athletic wear sitting, and a woman in grey athletic wear standing. At the bottom, three icons represent tracked metrics: a location pin for 'Steps', a staircase for 'Distance', and a flame for 'Calories'.

**Image 2:** The fitness tracker showing its interface for selecting from over 20 sport modes, including outdoor running, cycling, yoga, and skipping. It also displays real-time data for steps, distance, and calories.

#### 4.3 Health Monitoring

Monitor your health 24/7 with advanced sensors. The tracker provides continuous heart rate monitoring and automatic blood oxygen testing. It also offers breathing training exercises.

# Multiple Health Functions, Intelligently Monitor Body Status



**Image 3:** This image illustrates the multiple health functions of the DEKELIFE CS5, such as breathing training, 24/7 heart rate monitoring, female health tracking, and continuous blood oxygen level measurement.

The device tracks your sleep patterns, analyzing deep sleep, light sleep, and awake times to help you understand and improve your sleep quality.

# Monitor Your Sleep at Night, Analyze Your Sleep Quality



Deep  
Sleep



Light  
Sleep



Awake

**Image 4:** The fitness tracker's sleep monitoring feature is shown, indicating its ability to analyze sleep quality by distinguishing between deep sleep, light sleep, and periods of wakefulness.

It also includes a dedicated female function for tracking menstrual cycles, providing predictions and security period information.

## 4.4 Notifications & Connectivity

Stay connected by receiving notifications for incoming calls, messages, and various apps directly on your wrist. The tracker connects to your smartphone via Bluetooth.



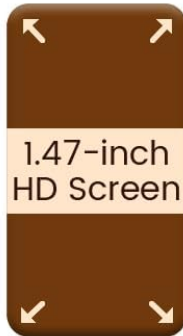
## Notify Calls and Messages Receive Apps Notifications


**Image 5:** This image demonstrates the DEKELIFE CS5's capability to display call and message notifications from popular applications, ensuring you don't miss important alerts.

### 4.5 Customization

Personalize your fitness tracker with over 165 online dials and DIY dial options available through the companion app.

# 165+ Online Dials & DIY Dials



 Android  
4.4 and Above

 Compatible  
iOS 9.0 and Above

 Bluetooth  
Connection



**Image 6:** A selection of diverse watch faces for the DEKELIFE CS5 Fitness Tracker, illustrating the extensive customization options available to users.

## 5. MAINTENANCE

### 5.1 Charging

To maintain optimal battery life, charge your device when the battery level is low. Avoid overcharging for extended periods. The 300mAh battery provides approximately 7 days of normal use and charges fully in about 1.5 hours.

### 5.2 Changing Watch Bands

The DEKELIFE CS5 comes with interchangeable watch bands. To change a band, locate the quick-release

pins on the underside of the watch module where the band attaches. Slide the pin to detach the current band and attach the new one by aligning the pin with the lug holes and releasing it.

Your browser does not support the video tag.

**Video 2:** A demonstration on how to change the watch band of the DEKELIFE CS5 Fitness Tracker. This video guides users through the process of detaching and attaching different bands.

### 5.3 Water Resistance

The DEKELIFE CS5 Fitness Tracker 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 use, showering, and swimming, but not recommended for diving or high-pressure water activities.

## 6. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 10 minutes.
- **Not syncing with app:** Check if Bluetooth is enabled on your phone and the tracker. Ensure the app is updated to the latest version. Try restarting both the phone and the tracker.
- **Inaccurate readings:** Ensure the tracker is worn snugly on your wrist, about one finger's width from your wrist bone. Clean the sensors regularly.
- **Notifications not appearing:** Check app permissions on your phone to ensure the fitness app has access to notifications. Verify notification settings within the fitness app itself.

## 7. SPECIFICATIONS

Feature	Detail
Model Name	CS5
Brand	DEKELIFE
Screen Size	1.47 Inches
Shape	Rectangular
GPS	GPS Via Smartphone
Battery Cell Composition	Lithium Polymer
Wireless Communication Standard	Bluetooth
Connectivity Technology	Bluetooth
Special Feature	Activity Tracker, Alarm Clock, Daily Workout Memory, Multisport Tracker, Notifications
Operating System	Android & iOS
Item Weight	0.11 Kilograms (3.84 ounces)
Manufacturer	DEKELIFE
Water Resistance	IP68

## 8. WARRANTY AND SUPPORT

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For warranty information and customer support, please refer to the documentation included with your product or visit the official DEKELIFE website. Keep your purchase receipt as proof of purchase for any warranty claims.

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