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APEX FIT Pluse S06 Pro

Apexfit Smart Watch Pluse S06 Pro User Manual

Model: Pluse S06 Pro

INTRODUCTION

Welcome to the Apexfit Smart Watch user manual. This guide provides comprehensive instructions for setting up, operating, and maintaining your new Apexfit Pluse S06 Pro Smart Watch. Designed for both men and women, this smart watch features a 1.91" HD display, over 110 sports modes, and advanced health monitoring capabilities, including heart rate and sleep tracking. It also supports answering and making calls directly from your wrist and is IP68 waterproof, making it an ideal companion for an active lifestyle.



Figure 1: Apexfit Pluse S06 Pro Smart Watch, showcasing its sleek design and digital display.

WHAT'S IN THE BOX

Upon opening your Apexfit Smart Watch package, please ensure all the following items are present:

- Apexfit Pluse S06 Pro Smart Watch
- Magnetic Charging Cable
- Quick-start Guide (this document serves as the comprehensive manual)

SETUP GUIDE

1. Charging Your Smart Watch

Before first use, fully charge your Apexfit Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included) or a computer USB port.

- A full charge typically takes approximately 2 hours.
- The watch display will show the charging progress.

2. Installing the Companion App

To unlock the full potential of your Apexfit Smart Watch, you need to install the dedicated companion app on your smartphone. The watch is compatible with both Android and iOS devices.

1. Scan the QR code provided in the quick-start guide or search for "Apexfit" (or similar, as specific app name is not provided) in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the app.
3. Follow the on-screen instructions to create an account and set up your profile.

3. Pairing Your Smart Watch with Your Phone

Ensure Bluetooth is enabled on your smartphone before proceeding.

1. Open the Apexfit companion app on your smartphone.
2. Navigate to the "Device" or "Add Device" section within the app.
3. The app will search for nearby devices. Select "Apexfit Pluse S06 Pro" from the list of discovered devices.
4. Confirm the pairing request on both your phone and the smart watch if prompted.
5. Once paired, the watch will synchronize data with your phone, including time, date, and notification settings.

OPERATING YOUR SMART WATCH

Display and Navigation

The Apexfit Smart Watch features a vibrant 1.91" HD touchscreen display for clear visibility and easy interaction, even in bright outdoor conditions.

Designed For Adventure
The ultra rugged design is your perfect companion no matter you are hiking or cross country.

1.91" HD Display
320x385 PX 600 Nits 262 PPI

Rugged Design

Voice Calling

Figure 2: The 1.91-inch HD display of the Apexfit Smart Watch, showing its clarity and size.

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and access different features. Tap to select.
- **Rotating Crown:** Use the 360° rotating crown on the side of the watch to scroll through menus, adjust settings, and zoom in/out on certain screens. Press the crown to return to the watch face or confirm selections.
- **Side Button:** Typically used for quick access to sports modes or as a back button.

Communication Features

- **Answer/Make Calls:** With the built-in speaker and microphone, you can answer incoming calls or dial out directly from your wrist once connected via Bluetooth to your phone.
- **Notifications:** Receive real-time alerts for calls, SMS messages, and app notifications (e.g., WhatsApp, TikTok, Facebook, Slack) directly on your watch. Manage notification settings via the companion app.

Fitness and Health Tracking

The Apexfit Smart Watch is equipped with advanced sensors to monitor your health and fitness activities.

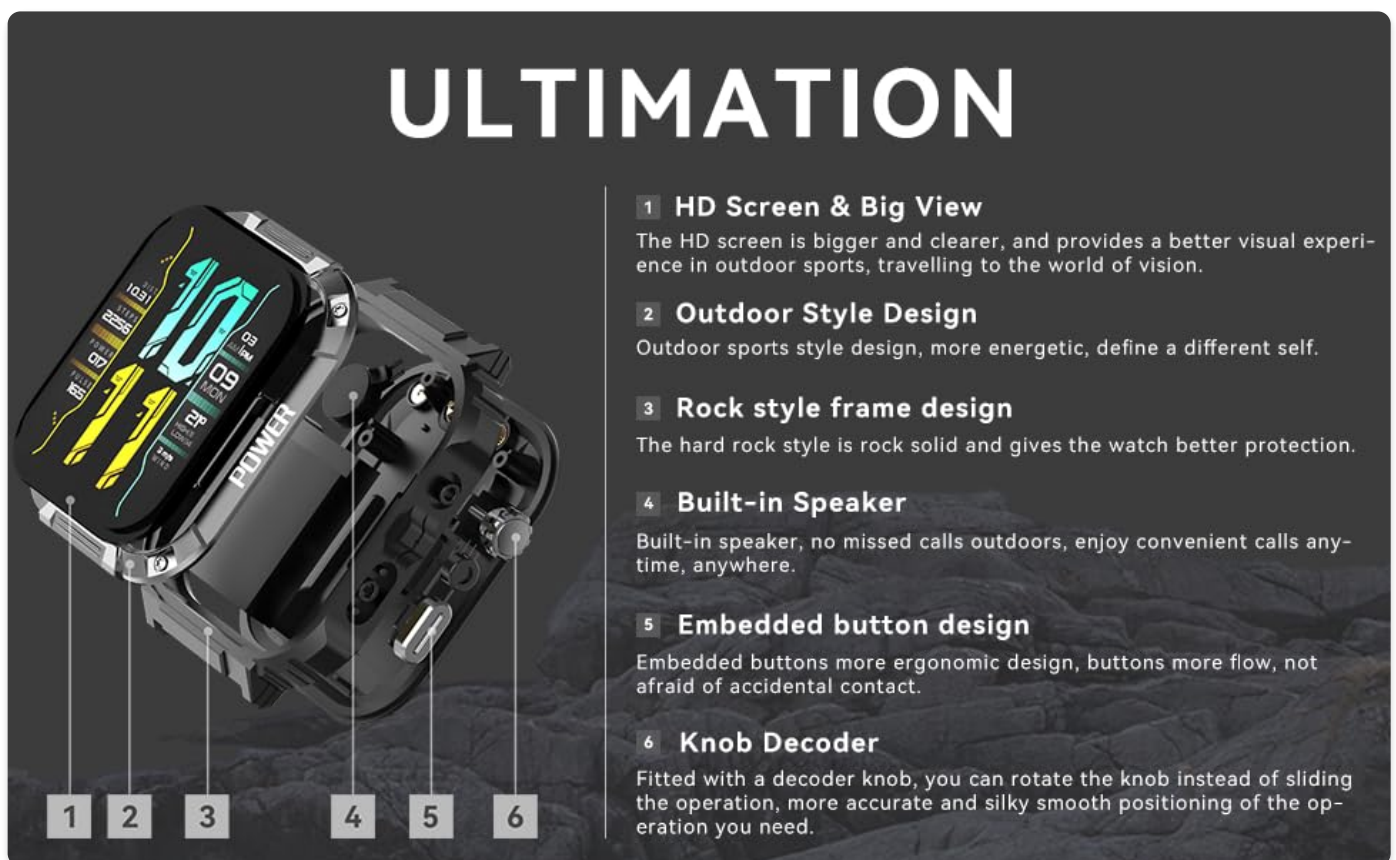


Figure 3: Overview of fitness and wellness tracking features, including heart rate, calories, and stress monitoring.

- **110+ Sports Modes:** Track a wide range of activities from running and cycling to snowboarding. The watch uses your phone's GPS for accurate tracking of outdoor activities.
- **24/7 Heart Rate Monitoring:** Continuously monitors your heart rate throughout the day. Set alerts for high heart rate in the app.
- **Calorie Burn & Step Counter:** Automatically tracks your daily steps and estimated calories burned.
- **Sleep Quality Analysis:** Monitors your sleep patterns, including deep sleep, light sleep, and awake times, providing insights into your sleep quality.
- **Stress Monitor:** Helps you understand your stress levels and provides guidance for relaxation.

Customization

Personalize your watch to match your style and preferences.



Figure 4: A selection of over 100 available watch faces, allowing for extensive personalization.

- **Watch Faces:** Choose from over 100 online watch faces available through the companion app to switch between tactical digital, rugged analog, and other styles.
- **Weather Forecasts & Calendar Sync:** Stay updated with current weather conditions and synchronize your calendar events directly on your watch.

MAINTENANCE

Cleaning Your Smart Watch

To maintain the appearance and functionality of your watch, clean it regularly.

- Wipe the screen and watch body with a soft, lint-free cloth.
- For stubborn smudges, slightly dampen the cloth with water. Avoid using harsh chemicals or abrasive materials.
- Clean the charging contacts periodically to ensure proper charging.

Water Resistance (IP68)

Your Apexfit Smart Watch 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. While it is suitable for daily use, such as hand washing or light rain, it is not recommended for swimming, diving, or high-pressure water activities.

- Do not operate the watch buttons or touchscreen while submerged in water.
- Dry the watch thoroughly after exposure to water to prevent damage to internal components.

Battery Care

To prolong battery life:

- Avoid extreme temperatures.
- Charge the watch regularly, avoiding complete discharge whenever possible.
- If storing the watch for an extended period, charge it to about 50% before storage.

TROUBLESHOOTING

If you encounter issues with your Apexfit Smart Watch, refer to the following common solutions:

Problem	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect to the magnetic charger and wait a few minutes.
Cannot pair with phone	<p>Ensure Bluetooth is enabled on your phone.</p> <p>Make sure the watch is within Bluetooth range (approx. 10 meters).</p> <p>Restart both the watch and your phone.</p> <p>Forget the device in your phone's Bluetooth settings and try pairing again through the app.</p>
Notifications not received	<p>Check notification permissions for the Apexfit app in your phone's settings.</p> <p>Ensure the app is running in the background.</p> <p>Verify notification settings within the Apexfit companion app.</p>
Inaccurate activity tracking	<p>Ensure the watch is worn snugly on your wrist.</p> <p>Synchronize the watch with the app regularly to update data and firmware.</p> <p>For GPS-based activities, ensure your phone's GPS is active and the app has location permissions.</p>
Screen unresponsive	Restart the watch by pressing and holding the side button/crown until it powers off, then power it back on.

For further assistance, please refer to the support section or contact customer service.

SPECIFICATIONS

Feature	Detail
Model Name	Pluse S06 Pro
Brand	APEX FIT
Screen Size	1.91 Inches
Standing Screen Display Size	1.91 Inches (5 cm diagonal)
Shape	Square
Operating System	Android, iOS compatible
Special Feature	Activity Tracker, Call Answering/Making

Feature	Detail
Connectivity Technology	Bluetooth
Battery Capacity	270 Amp Hours (Lithium Polymer)
GPS	No GPS (uses phone GPS)
Item Weight	5.6 ounces
Package Dimensions	6.3 x 3.94 x 0.98 inches
Water Resistance	IP68
Manufacturer	East Apex
Date First Available	March 25, 2025

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the official APEX FIT website or contact their customer service directly. Details regarding specific warranty periods and terms are typically provided with your purchase documentation or on the manufacturer's official support pages.

You can visit the official APEX FIT store on Amazon for more product information and support resources: [APEX FIT Store](#)