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› EZON R7 GPS Sports Watch User Manual

EZON R7

EZON R7 GPS Sports Watch User Manual

Model: R7

INTRODUCTION

The EZON R7 GPS Sports Watch is a lightweight, multisport watch designed for athletes and fitness enthusiasts. It features dual-band GNSS for accurate positioning, an optical heart rate sensor for precise readings, and comprehensive tracking capabilities for various activities including triathlon, marathon, and running. With a long battery life and intuitive controls, the R7 helps you monitor your performance, assess training status, and track sleep for optimized recovery.



The EZON R7 GPS Sports Watch, showcasing its sleek design and clear display.

SETUP

1. Charging the Device

Before first use, fully charge your EZON R7 watch. Connect the provided charging cable to the watch's charging port and a USB power source. The watch display will indicate charging status. A full charge provides up to 20 hours of continuous GPS use or 20 days of daily use.

Long-Lasting Battery for Daily Use and Workouts

20 Hours
GNSS Battery Life

20 Days
Daily Use

2 Hours
Charging Time



Illustration of the EZON R7's long-lasting battery and charging time.

2. Initial Setup and App Connection

Upon first power-on or after a factory reset, the watch will display a QR code. Scan this QR code with your smartphone to download the official EZON companion app. Follow the on-screen instructions within the app to create an account or log in, and pair your watch. The app is essential for full functionality, data synchronization, and personalized settings.

OPERATING INSTRUCTIONS

Basic Navigation

The EZON R7 features a photoelectric rotary crown for precise and smooth menu navigation. Rotate the crown to scroll through options and press it to select. Additional buttons may be present for specific functions like back, sport mode activation, or power.



The image is a promotional graphic for the EZON R7 smartwatch. It features three main visual elements: a close-up of the photoelectric knob on the left, a central yellow banner with '29g' indicating the weight, and two views of the watch face on the right. The watch has a black strap and a circular case. The photoelectric knob is a small, round, black button with a blue light ring around it. The watch face shows various metrics like heart rate, battery level, and time. The background is a light blue gradient.

Photoelectric Knob

Easily Navigate Menus with the Photoelectric Rotating Knob

Ultra-light Design

Weighs just 29g body for a barely-there feel all day

1.2 Inch MIP Outdoor Display

MIP display stays clear in sunlight

Key features of the EZON R7, including its photoelectric knob for navigation.

Heart Rate Monitoring

The R7 utilizes a next-gen 4-channel optical heart rate sensor for accurate real-time heart rate readings. To view your heart rate, navigate to the heart rate screen on your watch. For continuous monitoring during workouts, ensure the watch is worn snugly on your wrist.

Next-gen 4-Channel optical Sensor

Advanced 4-channel monitoring minimizes external interference for precise heart rate readings.



The advanced 4-channel optical heart rate sensor on the EZON R7.

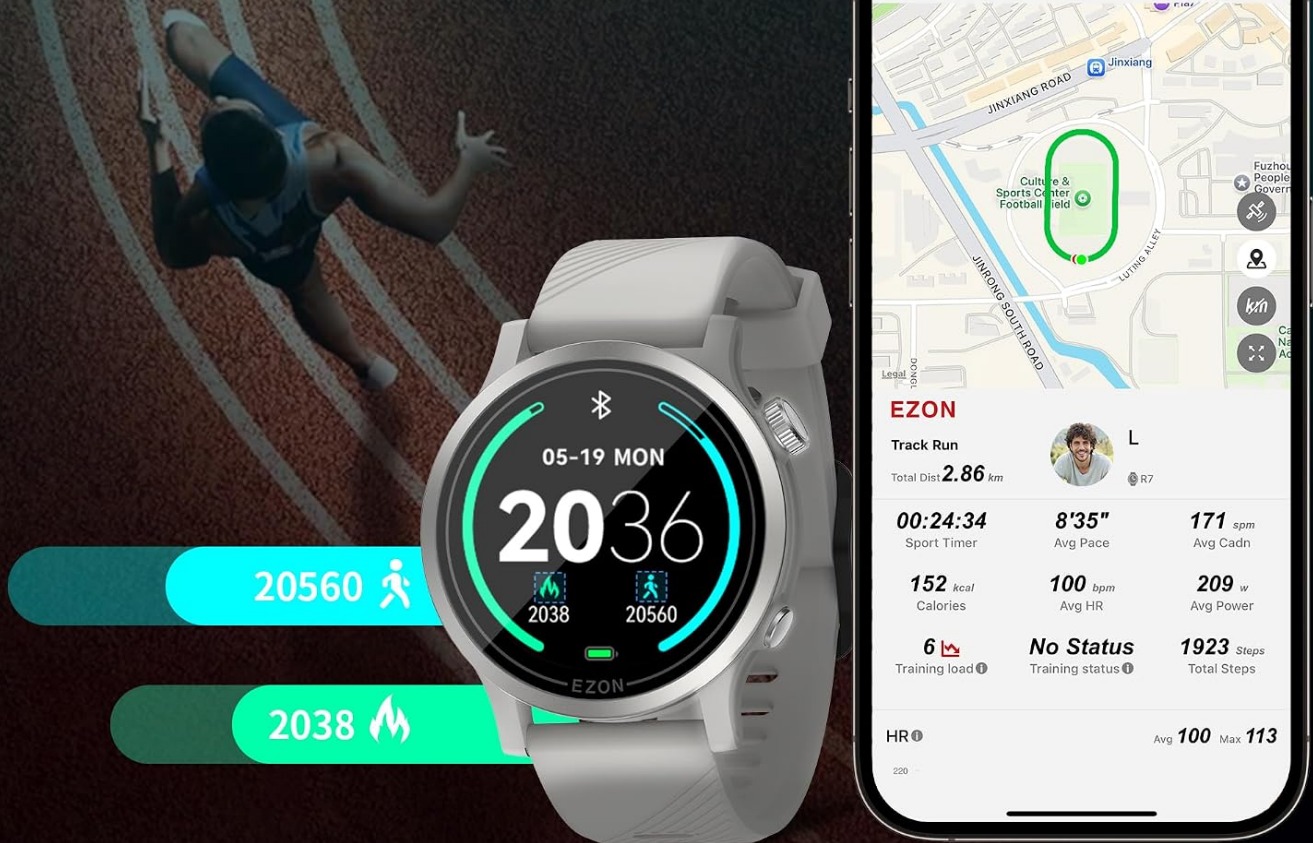
GPS Tracking

The dual-band global GNSS supports L1 + L5 frequencies across five satellite systems (GPS, GLONASS, Galileo, BeiDou, QZSS) for superior positioning accuracy. Before starting an outdoor activity, ensure the watch has acquired a GPS signal for precise route and distance tracking.

EZON

L1+L5 Dual-Band GNSS Positioning System

Optimized Trajectory Algorithm



The EZON R7's L1+L5 Dual-Band GNSS Positioning System in action.

2-Minute Quick Health Check

Access the Quick Health Check feature to get a comprehensive snapshot of your body's vitals in just two minutes. This includes resting heart rate, stress level, respiratory rate, blood oxygen (SpO₂), and HRV (Heart Rate Variability).

EZON

More Body Data

For Scientific Analysis
& Evaluation



Recover Time



Lactate Threshold



Blood Oxygen Saturation



Respiration Rate



Calorie



Maximal Oxygen Uptake



Sleep Quality



HRV



Heart Rate Zones

The EZON R7 provides extensive body data for detailed analysis.

Sport Modes

The R7 supports 28 professional sport modes, including Triathlon, Marathon, Trail Run, Hike, Cycling, Swimming, and Indoor Training. Select the appropriate mode before starting your activity for tailored tracking and metrics.

EXTENSIVE ACTIVITY MODES

Optimize Your Training Across **28** Activities



Run
Fat Burning Run / Stress Relieve Run / Advance Run
Marathon / Track Run / Interval Run / Free Run

Cycling
Free Cycling
Interval Cycling

Swim
Pool Swim
Open Water

Outdoor
Trail Run / Climb / Hike / Triathlon

Fitness
Treadmill / Rowing Machine
Rope Skipping

Water Sports
Rowing / Rapid Rowing
Boating / Rapid Boating

Perform a Fitness
Keep HR in Zone3
130  140
More than 12min
17:30
EZON

A selection of the 28 built-in sport modes available on the EZON R7.

Advanced Training Insights

The watch provides advanced training insights such as training load trends, recovery timer, training status, exercise effect, and MET (Metabolic Equivalent). These metrics help you understand your performance and optimize your training regimen.



Pre-Workout

Check your body's readiness with smart assessment



In-Workout

Real-time posture and motion tracking for optimal form



Post-Workout

Detailed insights into results and recovery

The EZON R7 provides insights across all phases of your workout.

Comprehensive Sleep Tracking

Wear the watch to bed for automatic sleep tracking. It monitors your sleep stages (deep sleep, light sleep, REM, and awake time) to provide a complete picture of your nightly rest, aiding in recovery optimization.

Data Synchronization and View

Synchronize your watch data with the EZON app on your smartphone for detailed analysis and historical tracking. The app provides a comprehensive view of your activities, health metrics, and progress.

This video demonstrates the EZON R7's features, including professional sport modes, 5ATM waterproofing, and one-click data view on the companion app.

MAINTENANCE

Cleaning Your Watch

Regularly clean your watch and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

Water Resistance

The EZON R7 is 5ATM waterproof, suitable for splashes, rain, showering, and shallow-water swimming. It is not recommended for diving or high-pressure water activities. Avoid operating buttons underwater.

TROUBLESHOOTING

App Sign-Up/Login Issues

If you encounter issues during app sign-up, such as not receiving a verification email:

- Check your spam or junk mail folder.
- Ensure you have a stable internet connection.
- Verify that the email address entered is correct.
- Try restarting the app and your smartphone.
- If the issue persists, contact EZON customer support for assistance.

GPS Signal Acquisition

If the watch struggles to acquire a GPS signal, ensure you are in an open outdoor area away from tall buildings or dense foliage. Allow a few minutes for the watch to connect to satellites.

Inaccurate Heart Rate Readings

For optimal heart rate accuracy, ensure the watch is worn snugly on your wrist, about one finger-width above your wrist bone. Clean the sensor regularly to remove dirt or sweat buildup.

SPECIFICATIONS

Feature	Detail
Model	R7
Display Type	1.2" MIP Display
Connectivity	Bluetooth
GPS	Dual-Band GNSS (L1+L5), Built-in GPS
Heart Rate Sensor	Next-Gen 4-Channel Optical
Battery Life (GPS Mode)	Up to 20 hours
Battery Life (Daily Use)	Up to 20 days
Water Resistance	5ATM
Weight (excluding strap)	29g
Compatible Devices	Smartphone

WARRANTY AND SUPPORT

Warranty Information

The EZON R7 GPS Sports Watch comes with a 1-Year Free Replacement policy for manufacturing defects. Please retain your proof of purchase for warranty claims.

Return Policy

A 30-Day Return Policy is available for eligible purchases. Refer to your retailer's specific return guidelines for details.

Customer Support

EZON is committed to providing lifetime support for its products. For technical assistance, troubleshooting, or general inquiries, please contact our customer service team. We aim for a 24-hour response time to all inquiries.



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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question