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EZON R7

EZON R7 GPS Sports Running Watch User Manual

Model: R7 | Brand: EZON

INTRODUCTION

The EZON R7 GPS Sports Running Watch is designed to provide comprehensive tracking and insights for athletes and fitness enthusiasts. Featuring dual-band GNSS, advanced optical heart rate monitoring, and various sport modes, the R7 helps users train smarter, recover better, and achieve their fitness goals. This manual provides detailed instructions for setting up, operating, and maintaining your device.



Figure 1: EZON R7 GPS Sports Running Watch (Black)

The EZON R7 watch features a sleek design with a durable strap, a clear display, and intuitive controls, making it suitable for various sports and daily wear.

SETUP

1. Unboxing and Initial Charge

Upon receiving your EZON R7, carefully unbox the device. The package typically includes the watch and a charging cable. Before first use, ensure the watch is fully charged. Connect the charging cable to the watch and a compatible USB power source. A full charge provides up to 20 hours of continuous GPS use or 20 days in daily use mode.

Video 1: Unboxing and Initial Setup of the EZON R7 Watch. This video demonstrates the unboxing process, initial power-on, and basic navigation of the watch interface.

2. App Installation and Device Pairing

To unlock the full potential of your EZON R7, download the companion app on your smartphone. Scan the QR code displayed on the watch screen during initial setup or search for the official EZON app in your device's app store. Follow the on-screen instructions within the app to pair your watch. This typically involves creating an account, detecting the watch via Bluetooth, and entering a verification code displayed on the watch.

OPERATING INSTRUCTIONS

1. Basic Navigation and Display

The EZON R7 features a 1.2-inch MIP display, which offers excellent visibility outdoors, even in direct sunlight. Navigation is primarily done using the photoelectric rotary crown and side buttons. Rotate the crown to scroll through menus and press it to select options. The ultra-light design (29g without strap) ensures comfort during extended wear.

For Athletes
Precision Data to Push Your Limits

- Lactate Heart Rate/Pace
- AI Fitness Ages
- Training Status
- Stamina
- Balance Stance

For Outdoor Enthusiasts
Your Reliable Companion for Outdoor Adventures

- Accurate GPS
- MIP Display
- Long Battery Life

For Fitness Enthusiasts
Achieve Your Best Workout Results, Anytime

- Heart Rate
- Calorie Burn
- Aerobic/Anaerobic TE

For Office Workers
Run, Relax, and Recharge Your Confidence

- Heart Rate
- Activity Tracking
- Sleep Quality



Figure 2: Photoelectric Rotary Crown and MIP Display. The rotary crown allows for smooth menu navigation, and the MIP display ensures readability in various lighting conditions.

2. Heart Rate Monitoring

The R7 is equipped with a next-generation 4-channel optical heart rate sensor and an optimized HRM algorithm. This provides faster, more accurate, and stable heart rate readings during both high-intensity workouts and daily activities. Access heart rate data directly on the watch or through the companion app for detailed analysis.

Next-gen 4-Channel Optical Sensor

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



Figure 3: Advanced 4-Channel Optical Heart Rate Sensor. The sensor provides precise heart rate data for effective training and health monitoring.

3. Dual-Band GNSS Positioning

The watch supports L1 + L5 dual-frequency signals across five global satellite systems (GPS, GLONASS, Galileo, BeiDou, QZSS). This ensures faster and more stable positioning, accurately recording your movement even in challenging environments like dense cities or forested routes.

L1+L5 Dual-Band GNSS Positioning System

Optimized Trajectory Algorithm

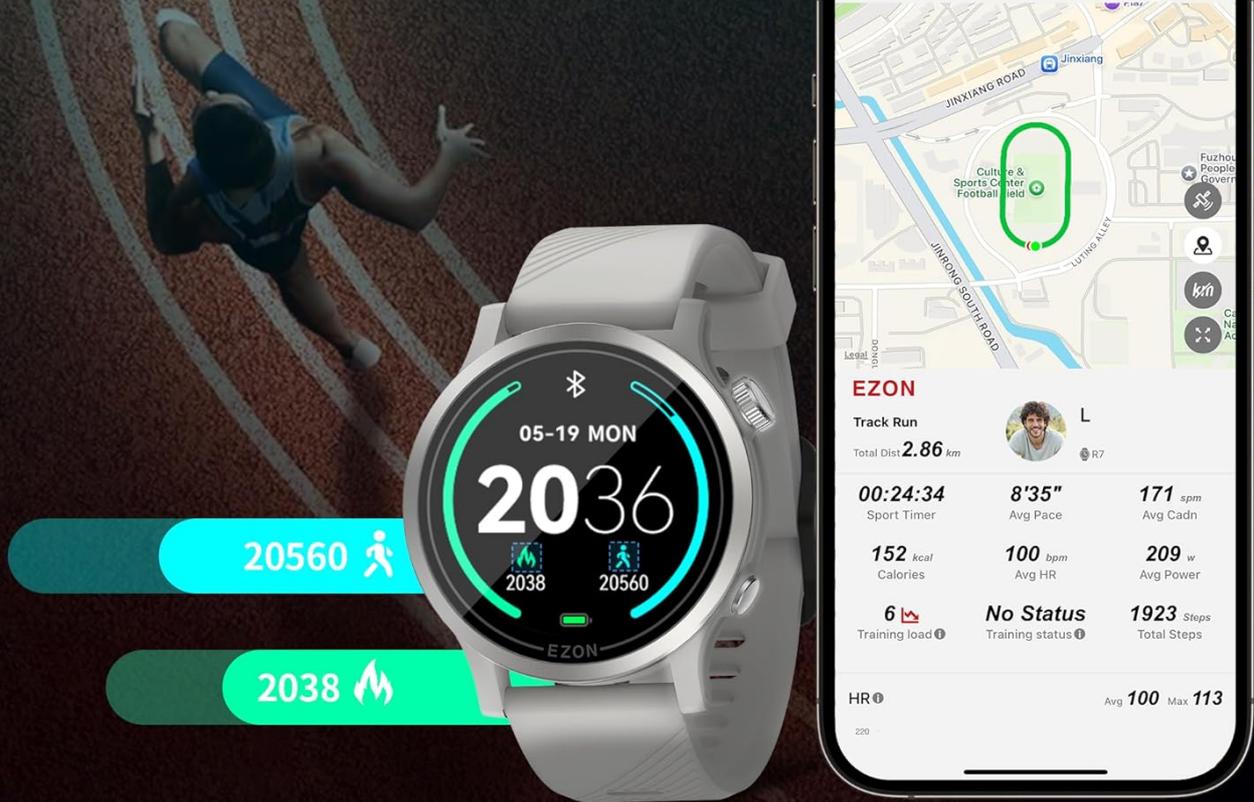


Figure 4: L1+L5 Dual-Band GNSS for Accurate Tracking. This feature ensures reliable and precise location tracking for all your outdoor activities.

4. Quick Health Check

Perform a comprehensive health check in just 2 minutes. With one tap, measure your resting heart rate, stress level, respiratory rate, blood oxygen (SpO₂), and HRV (Heart Rate Variability). This feature is ideal for daily wellness tracking and recovery monitoring.

5. Advanced Running Dynamics and Training Insights

The R7 captures detailed running dynamics such as vertical oscillation, ground contact time, stride length, and vertical ratio, helping you refine your running form. It also provides advanced training insights including training load trends, recovery timer, training status, exercise effect, and MET (Metabolic Equivalent) to optimize your workouts.



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

Figure 5: Comprehensive Workout Tracking. The watch provides data for pre-workout assessment, real-time in-workout posture and motion tracking, and detailed post-workout insights for recovery.

6. Comprehensive Sleep Tracking

Monitor your sleep stages, including deep sleep, light sleep, REM (Rapid Eye Movement), and awake time. This data helps you understand your sleep quality and optimize recovery for improved daily performance.



Figure 6: Sleep Monitoring. The watch tracks various sleep stages to provide insights into your sleep quality.

7. Built-in Sport Modes

The R7 supports 28 professional sport modes, including Triathlon, Marathon, Trail Run, Hike, Interval Run, Outdoor Fat-Burning Run, Cycling, Swimming, Rowing, and Indoor Training. Select the appropriate mode for accurate tracking of your specific activity.

Long-Lasting Battery for Daily Use and Workouts

20 Hours
GNSS Battery Life

20 Days
Daily Use

2 Hours
Charging Time



Figure 7: 28 Built-in Sport Modes. The watch offers a wide range of activity tracking options for diverse athletic pursuits.

Video 2: Multisport Sports Watch for Triathlon, Marathon, Running. This video highlights the various sport modes available on the EZON R7, demonstrating its versatility for different activities.

8. Smart Notifications

Receive smart notifications directly on your watch for calls, messages, and app alerts when connected to your smartphone. This allows you to stay informed without needing to check your phone constantly.



Figure 8: Smart Notifications. The watch displays alerts for calls, messages, and app notifications from your connected smartphone.

MAINTENANCE

1. Battery Life and Charging

The R7 GPS watch offers up to 20 hours of continuous use with dual-band GPS enabled. For everyday use, enjoy an impressive 20-day battery life. Recharge the watch using the provided charging cable. Ensure the charging contacts on the watch and cable are clean and dry before charging.



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

Figure 9: Long-Lasting Battery. The EZON R7 provides extended battery life for both GPS-intensive activities and daily wear.

2. Water Resistance

The EZON R7 is designed with 5ATM water resistance, making it suitable for swimming and other water-based activities. Avoid pressing buttons underwater to prevent water ingress. After exposure to saltwater, rinse the watch with fresh water and dry thoroughly.

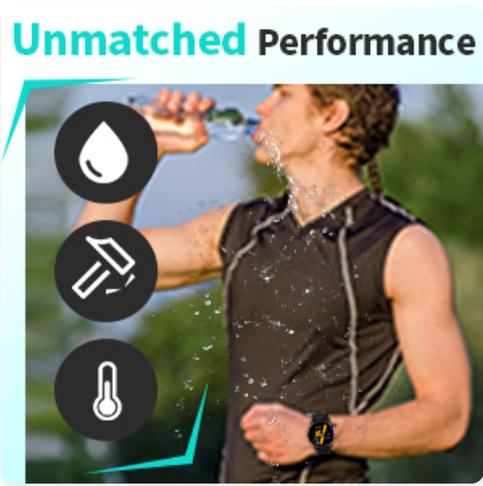


Figure 10: Water Resistance. The watch is built to withstand water exposure during various activities.

3. Cleaning and Care

Regularly clean your watch and strap to prevent skin irritation and maintain device functionality. Use a soft, damp cloth to wipe the watch. For the strap, follow manufacturer guidelines for cleaning based on its material. Avoid harsh chemicals or abrasive materials.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. If it still doesn't turn on, try a different charging cable or power adapter.
- **GPS signal issues:** Ensure you are in an open area with a clear view of the sky. Syncing with the app can also help update satellite data.
- **Heart rate inaccuracy:** Ensure the watch is worn snugly on your wrist, about one finger-width above the wrist bone. Clean the sensor regularly.
- **App connectivity problems:** Check your phone's Bluetooth settings and ensure the watch is paired. Restart both the watch and your phone, then try pairing again.
- **Battery draining quickly:** Review your settings for features like always-on display, frequent GPS usage, or excessive notifications, and adjust as needed to conserve battery.

SPECIFICATIONS

Brand	EZON
Model	R7
Screen Size	1.2 Inches
Display Type	MIP (Memory-in-Pixel)
GPS	Built-in GPS (Dual-Band L1+L5 GNSS)
Heart Rate Sensor	4-Channel Optical

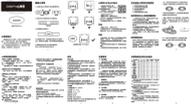
Water Resistance	5 ATM
Connectivity	Bluetooth
Operating System	IOS (Compatible with Smartphone)
Battery Type	Lithium Polymer
Item Weight	8.8 ounces
Package Dimensions	4.3 x 4.3 x 1.7 inches

WARRANTY AND SUPPORT

The EZON R7 GPS Sports Running Watch comes with a 1-Year Free Replacement policy. Additionally, a 30-Day Return Policy is available. For any product-related inquiries, technical support, or warranty claims, please contact EZON Watch, the seller. They offer 24-hour response for support. You can visit the [EZON Store on Amazon](#) for more information and contact details.

Video 3: EZON R7 Product Overview. This video provides a general overview of the EZON R7's features and benefits, emphasizing its role as a versatile sports companion.

Related Documents - R7

	<p>EZON C009 Pro Heart Rate Monitor User Manual</p> <p>Comprehensive guide to the EZON C009 Pro Heart Rate Monitor, covering setup, usage, pairing with apps, maintenance, and troubleshooting. Learn how to accurately track your heart rate during exercise.</p>
	<p>EZON T031 GPS Running Digital Sports Watch Quick Guide</p> <p>A quick guide for the EZON T031 GPS Running Digital Sports Watch, detailing setup, features, specifications, and safety information for optimal use during sports activities.</p>
	<p>EZON R7 User Guide: Features, Operation, and Specifications</p> <p>Comprehensive user guide for the EZON R7 sports watch, covering setup, exercise modes, real-time monitoring, settings, and product specifications. Learn how to use your R7 for various sports and track your health metrics.</p>



[EZON ML007-1 Heart Rate Monitor Quick Start Guide](#)

A quick start guide for the EZON ML007-1 Heart Rate Monitor, detailing its features, setup, and usage for sports and leisure activities.