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› DEKELIFE Fitness Tracker User Manual

DEKELIFE AK90

DEKELIFE Fitness Tracker User Manual

Model: AK90

1.47" Fitness Watches for Women/Men (Gray-Silver)

1. PRODUCT OVERVIEW

The DEKELIFE AK90 Fitness Tracker is designed to monitor various health and fitness metrics, providing comprehensive data to support an active lifestyle. It features a 1.47-inch display and is compatible with both Android and iOS devices.



Image: The DEKELIFE AK90 Fitness Tracker, showcasing its sleek design with a silver mesh strap. A smaller inset shows the watch with an alternative beige silicone strap, highlighting its versatility.

2. SETUP

2.1 What's in the Box

- 1* Fitness Tracker (DEKELIFE AK90)
- Charging Cable
- User Manual
- Additional Strap (typically one silicone and one metal)

2.2 Charging the Device

Before first use, fully charge your fitness tracker. Connect the magnetic charging cable to the charging points on the back of the device and plug the USB end into a power source (e.g., computer USB port, USB wall adapter).

**IP68
Waterproof**

**300 mAh Long
Battery Life**

7 Days
Daily Use Time

1.5 Hours
Charging Time

300mAh

28%
Charging

Image: The DEKELIFE AK90 Fitness Tracker highlighting its IP68 waterproof rating and battery specifications, including a 300mAh battery, 7 days of daily use time, and 1.5 hours charging time.

Battery Capacity: 300 Milliamp Hours

Charging Time: Approximately 1.5 hours

Battery Life: Up to 7 days of typical use

2.3 Pairing with Your Smartphone

To unlock the full potential of your fitness tracker, pair it with the companion application on your smartphone. The device is compatible with Android 4.4 and above, and iOS 9.0 and above.

1. Download the recommended fitness application from your smartphone's app store (e.g., Google Play Store for Android, Apple App Store for iOS).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the application and follow the on-screen instructions to create an account and add your device.
4. Select 'AK90' or the corresponding device name from the list of available Bluetooth devices in the app.
5. Confirm the pairing request on both your phone and the fitness tracker if prompted.

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Android
4.4 and Above



Compatible
iOS 9.0 and Above



Bluetooth
Connection



Image: The DEKELIFE AK90 Fitness Tracker showcasing its 1.47-inch HD screen with multiple customizable watch faces, along with icons indicating compatibility with Android 4.4 and above, iOS 9.0 and above, and Bluetooth connection.

3. OPERATING THE DEVICE

3.1 Basic Navigation

The fitness tracker features a touch-sensitive display for navigation. Swipe left/right or up/down to browse through

different functions and menus. Tap to select an option or confirm an action.

3.2 Health Monitoring Features

The AK90 fitness tracker provides continuous monitoring of key health metrics:

- **24/7 Heart Rate Monitoring:** Tracks your heart rate throughout the day and during workouts.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Monitoring:** Accurately monitors your sleep patterns, including deep sleep, light sleep, and awake times.
- **Breathing Training:** Guided breathing exercises to help reduce stress.
- **Female Function Tracking:** Provides support for menstrual cycle tracking.

24/7 Monitor Your Health Intelligently

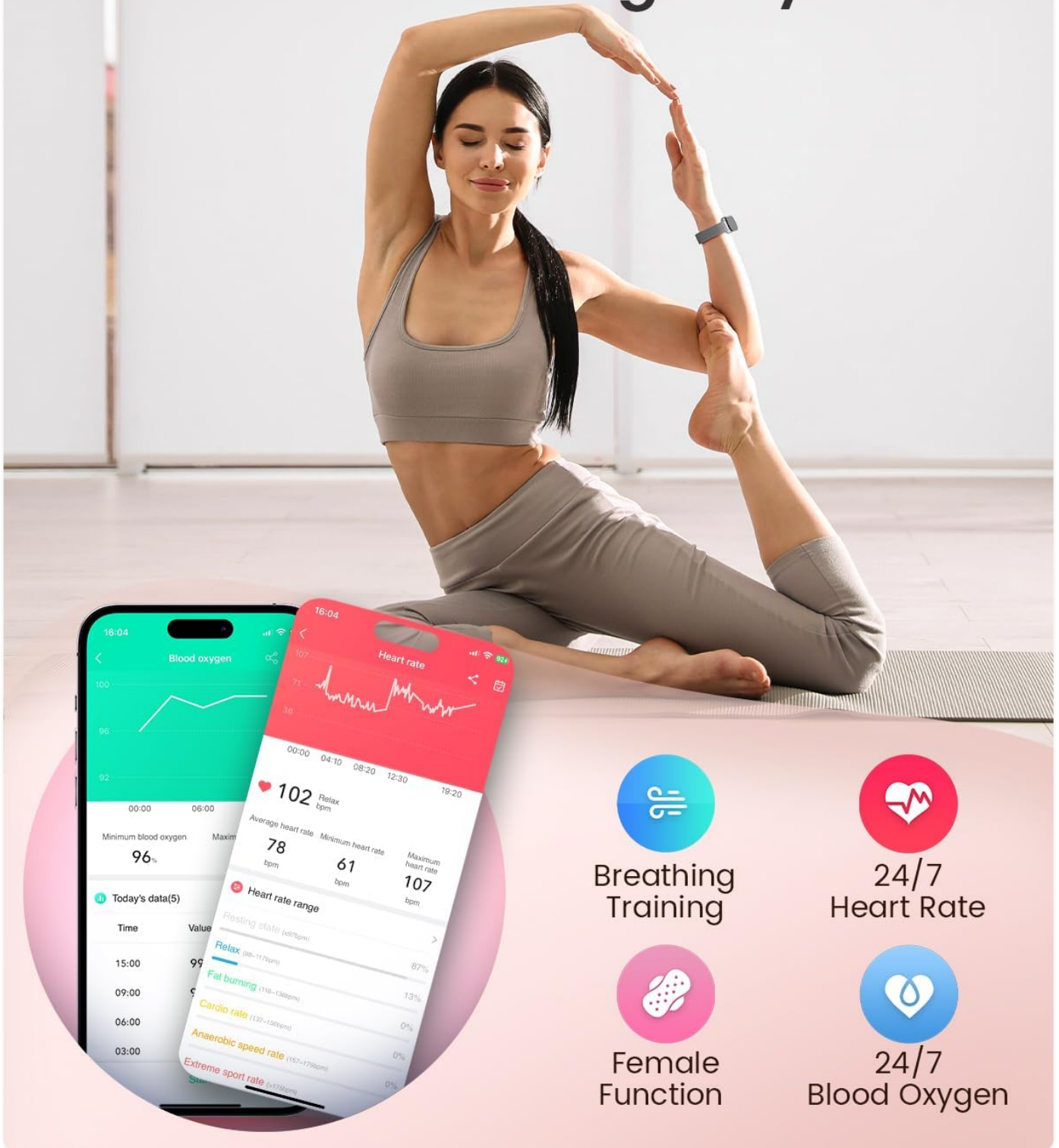


Image: The DEKELIFE AK90 Fitness Tracker displaying its comprehensive health monitoring capabilities, including real-time heart rate, blood oxygen levels, breathing training, and female health tracking features.

Accurately Monitor Your Sleep at Night



Deep
Sleep



Light
Sleep



Awake

Image: The DEKELIFE AK90 Fitness Tracker illustrating its ability to accurately monitor sleep patterns, distinguishing between deep sleep, light sleep, and awake periods for comprehensive sleep analysis.

3.3 Activity Tracking

The tracker automatically records your daily activity:

- **Steps:** Counts your daily steps.
- **Calories Burned:** Estimates calories expended based on activity.

- **Distance:** Calculates distance covered.
- **Sports Modes:** Supports various sports modes for detailed workout tracking.

3.4 Smart Notifications

Once paired with your smartphone, the tracker can display notifications for incoming calls, messages, and alerts from various applications.



Notify Calls and Messages Receive Apps Notifications

Image: The DEKELIFE AK90 Fitness Tracker displaying incoming call and message notifications on its screen, with icons of popular social media applications indicating its ability to receive app notifications.

4. MAINTENANCE

4.1 Cleaning Your Device

Regularly clean your fitness tracker and strap to ensure optimal performance and hygiene. Use a soft, damp cloth to wipe the screen and body. For the strap, follow specific cleaning instructions based on the material (silicone or metal).

4.2 Water Resistance (IP68)

The DEKELIFE AK90 Fitness Tracker has an IP68 water resistance rating, meaning it is protected against dust ingress and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, including hand washing, rain, and shallow swimming. Avoid hot water, saunas, or diving.

4.3 Changing Straps

The AK90 comes with dual straps (silicone and metal) for versatile styling. To change the strap, locate the quick-release pins on the underside of the strap where it connects to the watch body. Slide the pin to detach the strap and attach the new one by aligning the pins with the holes and releasing them.

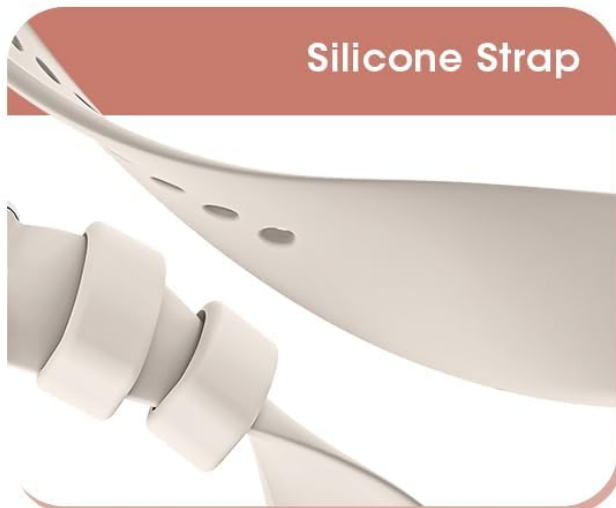
14.5g/10mm, Ultra-Light Body

14.5g



10mm

Dual Straps for Free Matching



Silicone Strap



Steel Strap

Image: The DEKELIFE AK90 Fitness Tracker emphasizing its ultra-light body (14.5g, 10mm thickness) and showcasing the two included strap types: a comfortable silicone strap and an elegant steel strap, allowing for free matching.

5. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with smartphone:** Make sure Bluetooth is enabled on your phone and the tracker is within range. Restart both the tracker and your phone. Check if the app is updated to the latest version.

- **Inaccurate data:** 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 smartphone to ensure the fitness app has access to notifications. Verify that notifications are enabled within the fitness app settings.
- **Short battery life:** Reduce screen brightness, disable continuous heart rate monitoring if not needed, and limit excessive notifications.

6. SPECIFICATIONS

Feature	Specification
Model Number	AK90
Screen Size	1.47 Inches
Battery Capacity	300 Milliamp Hours
Connectivity Technology	Bluetooth
Operating System	Android & iOS
Water Resistance	IP68
Item Weight	3.87 ounces
Package Dimensions	10.43 x 2.99 x 0.75 inches
Manufacturer	DEKELIFE

7. WARRANTY AND SUPPORT

7.1 Warranty Information

For detailed warranty information, please refer to the warranty card included with your product or visit the official DEKELIFE website. Warranty terms and conditions may vary by region and retailer.

7.2 Customer Support

If you encounter any issues or have questions regarding your DEKELIFE AK90 Fitness Tracker, please contact DEKELIFE customer support through their official website or the contact information provided in your product packaging. Please have your model number (AK90) and purchase details ready when contacting support.