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› SENBONO Smart Watch IDW25 User Manual

## SENBONO IDW25

# SENBONO Smart Watch User Manual

Model: IDW25

## 1. INTRODUCTION

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Thank you for choosing the SENBONO Smart Watch. This device is designed to enhance your daily life with its advanced features, including Alexa Built-in, Bluetooth calling, comprehensive health monitoring, and a wide array of sports modes. This manual provides essential information for setting up, operating, and maintaining your new smartwatch.

### What's in the Box:

- SENBONO Smart Watch
- User Manual
- Charging Cable



Image: The SENBONO Smart Watch, showcasing its sleek design and digital display.

## 2. PRODUCT FEATURES

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The SENBONO Smart Watch is equipped with a variety of features to support your health, communication, and daily activities.

- **Alexa Built-In:** Control music, set reminders, check weather, and access Alexa skills directly from your wrist.
- **Bluetooth Calls:** Make or answer calls directly through the watch, providing hands-free convenience.
- **1.83" HD Screen:** Enjoy vivid colors and sharp details on the large touchscreen with customizable watch faces.
- **120+ Sports Modes:** Monitor real-time stats for a wide range of activities, including calories, distance, and duration.

- **24/7 Health Monitoring:** Advanced sensors track heart rate, steps, calories, sleep quality, and stress levels. *(Note: Not intended for medical diagnosis.)*
- **IP68 Waterproof:** Designed to withstand submersion up to 1.5 meters for 30 minutes, suitable for swimming and showering. *(Note: High water temperatures can affect water resistance.)*
- **iOS & Android Compatibility:** Sync effortlessly with iPhone (iOS 10.0+) and Android (Android 6.0+) phones for notifications. *(Note: Compatible with message notifications but does not support replies.)*

## Multifunctional SmartWatch

Smart watches have a variety of practical functions and become a portable assistant in your life.



Image: A visual representation of the smartwatch's multifunctional capabilities, displaying icons for music, activity, phone, Alexa, workout, weather, and more.

# 1.83" Full-Touch Screen

130 watch faces (customizable watch faces)



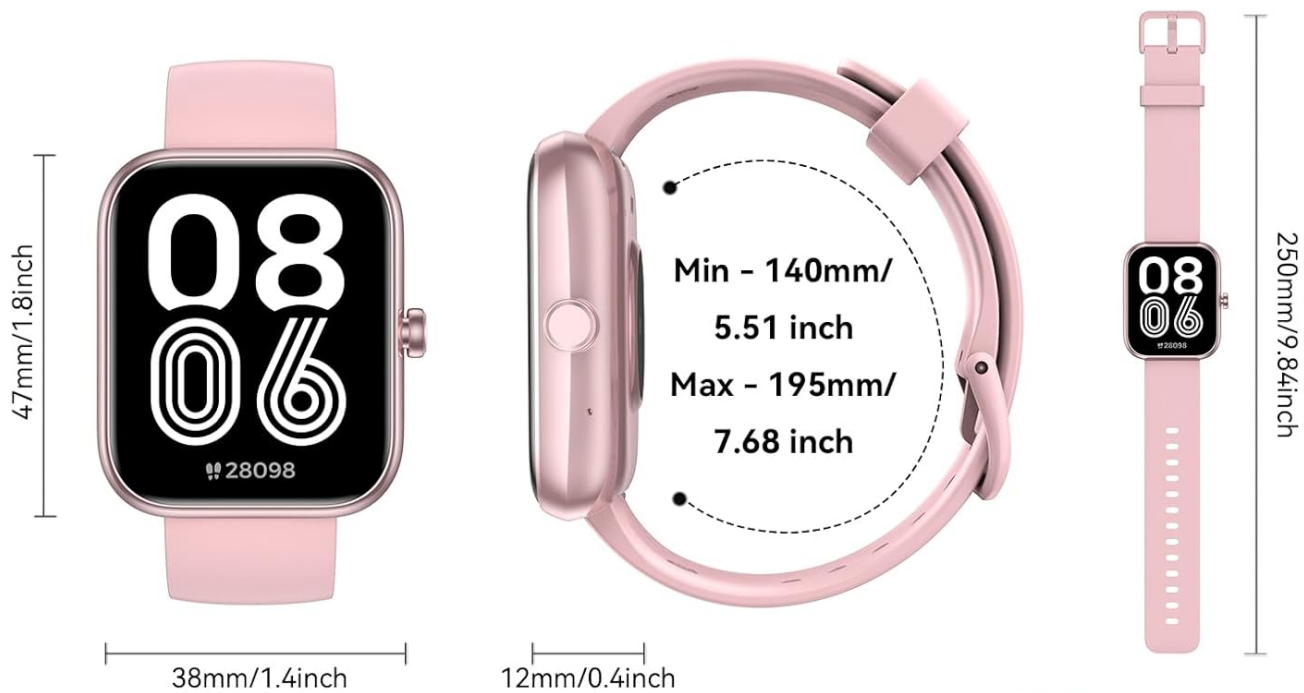
**240\*284**  
HD Resolution

Image: The 1.83-inch full-touch screen showcasing different customizable watch faces and clear HD resolution.

## 3. SETUP GUIDE

### 3.1 Charging the Smart Watch

Before first use, fully charge your smartwatch. Connect the provided charging cable to the charging port on the back of the watch and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge takes approximately 2.5 hours.



**30Days**

Stanby time

**7Days**

Battery life

**2.5Hours**

Charging time

**300mAh**

Battery



Image: Diagram illustrating the smartwatch dimensions, battery life (7 days), standby time (30 days), and charging time (2.5 hours for 300mAh battery).

### 3.2 Pairing with Your Smartphone

1. Download the companion app (e.g., 'VeryFit' or similar, as implied by features) from your smartphone's app store (Google Play Store for Android, Apple App Store for iOS).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the app and follow the on-screen instructions to create an account and pair your smartwatch. You may need to grant necessary permissions for notifications and health data synchronization.
4. The watch will display a confirmation once successfully paired.

## 4. OPERATING INSTRUCTIONS

### 4.1 Basic Navigation

- **Swipe Up/Down:** Scroll through menus and notifications.

- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Press Side Button:** Return to the home screen or power on/off.

## 4.2 Bluetooth Calling

Once paired, you can make and receive calls directly from your watch.

- **Making Calls:** Access the 'Phone' or 'Dialpad' function on your watch, select a contact from your synced list, or dial a number directly.
- **Answering Calls:** When a call comes in, the watch will display the caller ID. Tap the green icon to answer or the red icon to decline.

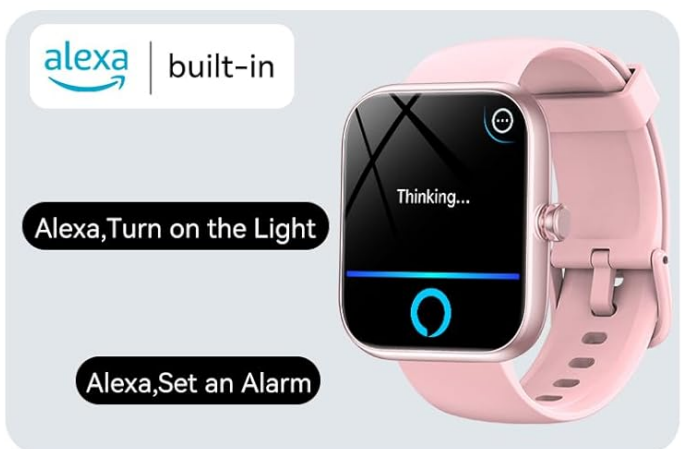


Image: The smartwatch displaying its capabilities for answering/making calls, syncing notifications from various apps, and interacting with Alexa.

## 4.3 Using Alexa Built-in

To activate Alexa, swipe to the Alexa screen or use the designated voice command. You can then ask Alexa questions, set alarms,

control smart home devices, and more.

## 4.4 Health Monitoring

The watch continuously monitors your health metrics.

- **Heart Rate:** View your real-time heart rate and historical data in the app.
- **Sleep Monitor:** Tracks your sleep patterns, including deep sleep, light sleep, and awake times.
- **Steps & Calories:** Automatically tracks your daily steps and estimated calories burned.



**24-hour Health Monitoring**

Equipped with a smart chip to monitor your health indicators around the clock

**Heart Rate**  
86 bpm  
114  
92  
70  
00:00 24:00  
↑ 108 ↓ 80

**Blood Oxygen**  
94%  
100  
70  
00:00 24:00

**Sleep Monitor**  
6H 25M  
22:33 06:30

Image: A visual guide to the 24-hour health monitoring features, including heart rate, blood oxygen, and sleep tracking.

## 4.5 Sports Modes

Select from over 120 sports modes to track your workouts accurately.

- Navigate to the 'Workout' or 'Sports' section on your watch.
- Choose your desired activity (e.g., running, cycling, yoga).
- The watch will begin tracking duration, distance, calories, and other relevant metrics.



Image: An illustration of the smartwatch's 120+ sports modes and activity tracking capabilities, showing steps, distance, and calorie consumption.

## 5. MAINTENANCE

### 5.1 Cleaning Your Smart Watch

Regularly clean your watch to ensure optimal performance and hygiene.

- Wipe the screen and strap with a soft, damp, lint-free cloth.
- Avoid using harsh chemicals or abrasive materials.
- Ensure the charging contacts are clean and dry before charging.

### 5.2 Water Resistance

The watch has an IP68 waterproof rating. This means it is resistant to dust and can withstand submersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, including hand washing, showering, and swimming in shallow water.

**Important:** Avoid exposing the watch to hot water, steam, or high-pressure water jets, as this can compromise the water resistance over time. Do not operate the watch buttons underwater.

### 5.3 Battery Care

- Charge the watch regularly, avoiding complete discharge for extended periods.
- Store the watch in a cool, dry place when not in use.
- Do not expose the watch to extreme temperatures.

## 6. TROUBLESHOOTING

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

Problem	Possible Solution
Watch won't turn on or charge.	Ensure the charging cable is securely connected to both the watch and the power source. Try a different USB port or power adapter. Clean the charging contacts on the watch and cable.
Cannot pair with smartphone.	Ensure Bluetooth is enabled on your phone. Restart both the watch and your phone. Forget the device in your phone's Bluetooth settings and try pairing again through the app. Ensure the app has necessary permissions.
Inaccurate step or calorie count.	Ensure the watch is worn snugly on your wrist. Calibrate the watch through the app if an option is available. Some movements not related to walking may be counted.
Notifications not received.	Check app notification settings on your phone and within the smartwatch app. Ensure the watch is connected via Bluetooth. Disable and re-enable notification permissions.
Bluetooth calls not working.	Verify that the watch is properly connected for calls (sometimes a separate Bluetooth connection is needed for call audio). Check volume settings on both watch and phone.

If the problem persists after trying these solutions, please contact customer support for further assistance.

## 7. SPECIFICATIONS

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Detailed technical specifications for the SENBONO Smart Watch IDW25:

Feature	Detail
Model Number	IDW25
Screen Size	1.83 Inches
Display Type	Full-Touch HD Screen
Connectivity Technology	Bluetooth 5.3
Water Resistance Rating	IP68
Battery Capacity	300 Milliamp Hours
Charging Time	Approx. 2.5 Hours
Operating System	Proprietary OS
Memory Storage Capacity	1 GB
RAM Memory Installed Size	1 GB
Special Features	Multisport Tracker, Sedentary Reminder, Activity Tracker, Heart Rate Monitor, Music Player, Alexa Built-in
GPS	GPS Via Smartphone
Item Weight	1.6 Ounces
Package Dimensions	7.24 x 3.39 x 0.75 inches
Manufacturer	SENBONO
Country of Origin	China

## 8. WARRANTY AND SUPPORT

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Warranty information for your SENBONO Smart Watch is typically provided with the product packaging or can be found on the official SENBONO website. Please retain your proof of purchase for warranty claims.

For technical support, troubleshooting assistance beyond this manual, or warranty inquiries, please contact SENBONO customer support through their official channels. Refer to the product packaging or the brand's website for contact details.