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> [CNBRO Smart Watch US-X-KST8 User Manual](#)

CNBRO US-X-KST8

CNBRO Smart Watch US-X-KST8 User Manual

Model: US-X-KST8

Brand: CNBRO

INTRODUCTION

Welcome to the user manual for your CNBRO Smart Watch, Model US-X-KST8. This digital watch is designed to help you track your daily activities and monitor your health without the need for a smartphone application. It features a step counter, calorie tracker, distance monitor, sleep monitor, vibrating alarm, and a stopwatch, all within a water-resistant design with convenient USB direct charging. Please read this manual carefully to ensure proper use and maintenance of your device.

PRODUCT OVERVIEW

The CNBRO Smart Watch is a lightweight and functional device designed for an active lifestyle. It features a clear LED display and a comfortable silicone strap. The watch operates independently, providing essential health and activity data directly on your wrist.



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

All-in-one with 8 powerful features



Time and Date Display



Vibration Alarm Notifications



Step Counting



Stopwatch Function



Exercise Distance



Waterproof



Calorie Tracking



Direct USB Charging

Image: An overview of the watch's eight core features, including time, alarm, tracking, and charging.

Key Features:

- **Comprehensive Health Tracking:** Step counter, calorie burn tracker, activity distance tracker, and sleep monitoring.
- **Multi-Function Sports Assistant:** Time and date display, stopwatch function, and vibration alarm.
- **Durable Design:** Water-resistant for daily use.
- **Clear Visibility:** Bright LED backlight for low-light conditions.
- **Convenient Charging:** USB direct charging, no extra cables required.

SETUP GUIDE

1. Charging the Device

Before first use, fully charge your CNBRO Smart Watch. The watch features a built-in USB charging connector. Simply remove the strap from one side to reveal the USB plug and insert it into any standard USB port (e.g., computer, USB wall adapter, power bank).



Image: Demonstrates how to charge the watch by plugging its integrated USB connector into a USB port.

The charging indicator will appear on the screen. A full charge typically takes approximately 1-2 hours.

2. Powering On/Off

- **To Power On:** Press and hold the touch button (located below the display) for a few seconds until the screen lights up.
- **To Power Off:** Navigate to the power off option in the menu (if available) or press and hold the touch button for an extended period until the device powers down.

3. Initial Time and Date Setting

Upon first power-on or after a full discharge, you may need to set the correct time and date. Refer to the 'Operating Instructions' section for details on navigating the watch's settings using the touch button.

OPERATING INSTRUCTIONS

The CNBRO Smart Watch is operated primarily using a single touch-sensitive button located at the bottom of the display.

Basic Navigation:

- **Short Press:** To cycle through different display modes (Time, Steps, Calories, Distance, Sleep, Stopwatch, Alarm).
- **Long Press:** To enter settings within a specific mode or to activate/deactivate certain functions (e.g., starting the stopwatch, confirming a setting).

Display Modes:

1. **Time and Date Display:** The default screen shows the current time and date.
2. **Step Counter:** Displays your total steps taken for the day.
3. **Calorie Burn Tracker:** Shows estimated calories burned based on your activity.
4. **Activity Distance Tracker:** Displays the estimated distance covered.
5. **Sleep Monitoring:** Automatically tracks your sleep patterns when worn during sleep. View your sleep duration on this screen.
6. **Stopwatch Function:**
 - Short press to navigate to the stopwatch screen.
 - Long press to start/pause the stopwatch.
 - Another long press to reset (if applicable, or cycle through options).
7. **Vibration Alarm:**
 - Short press to navigate to the alarm setting screen.
 - Long press to enter alarm setting mode. Use short presses to adjust hours/minutes and long presses to confirm.

Wake up gently with a
silent vibrating alarm

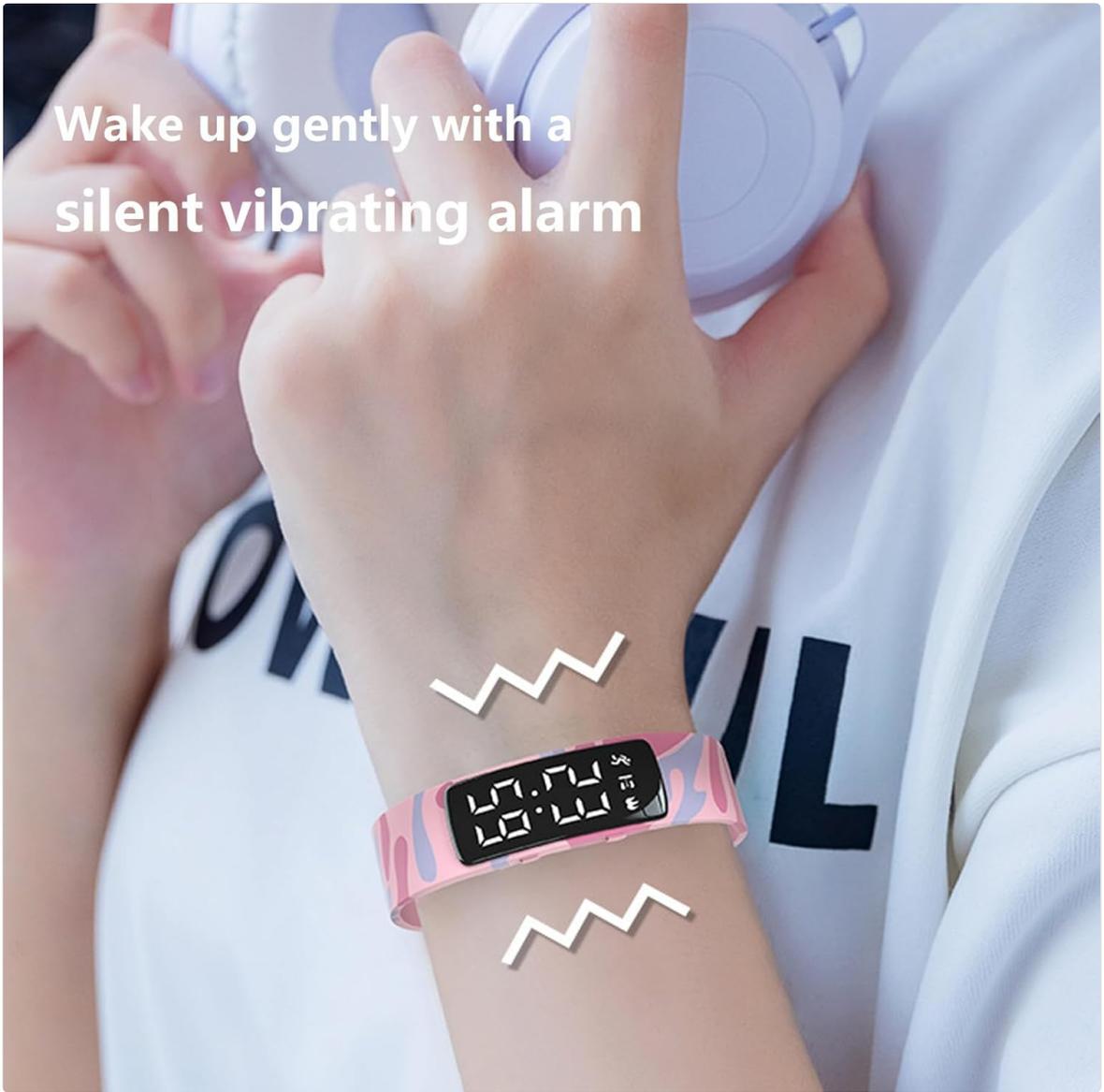


Image: The watch on a wrist, illustrating the silent vibrating alarm feature.

Track your workouts and daily activities with ease



Image: The watch tracking workouts and daily activities, showing icons for activity, calories, and steps.

LED Backlight:

The watch features a high-brightness LED backlight for clear visibility in low-light conditions. The backlight automatically activates when you raise your wrist or press the touch button, ensuring you can read the display anytime.

High-brightness backlit display



Image: The watch's high-brightness backlit display, visible in a dark environment.

Water Resistance:

The CNBRO Smart Watch is designed to be water-resistant for daily use. This means it can withstand splashes, rain, and brief immersion in shallow water (e.g., washing hands). It is **not** suitable for swimming, showering with hot water, or diving. Avoid prolonged exposure to water or steam.

Water-resistant for daily use



Image: The watch demonstrating its water-resistant capability for daily use.

MAINTENANCE

Cleaning:

- Wipe the watch screen and strap regularly with a soft, damp cloth.
- Avoid using harsh chemicals, abrasive cleaners, or solvents, as these can damage the device.
- Ensure the charging contacts are clean and dry before charging.

Storage:

- Store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- If storing for an extended period, ensure the watch has some charge to prevent deep discharge of the battery.

TROUBLESHOOTING

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to a USB power source for at least 10 minutes. If it still doesn't turn on, try pressing and holding the touch button for a longer duration (up to 15 seconds).
- **Watch not charging:** Check if the USB connector is properly inserted into a working USB port. Ensure the charging contacts on the watch are clean and free of debris. Try a different USB port or power adapter.

- **Inaccurate step count/activity tracking:** Ensure the watch is worn snugly on your wrist. Movement of your arm can affect accuracy. For best results, wear it on your non-dominant wrist.
- **Display is dim or unresponsive:** Ensure the battery is not low. If the screen is unresponsive, try restarting the watch by holding the touch button.
- **Time/Date is incorrect:** Follow the instructions in the 'Initial Time and Date Setting' section to manually adjust the time and date.

SPECIFICATIONS

Model Number	US-X-KST8
Screen Height	41mm
Strap Width	19mm
Watch Weight	19g
Fit Wrist Size	130~200mm
Watch Case Material	Durable ABS
Strap Material	Skin-friendly Silicone
Charging Method	USB Direct Charging
Water Resistance	Daily water-resistant (splashes, rain)
Department	Unisex
First Available	April 23, 2025

WHAT'S IN THE BOX

- CNBRO Smart Watch ×1
- User Manual ×1
- Storage Box ×1

CUSTOMER SUPPORT

If you have any questions about your order or product, please contact us through your Amazon order page. Our customer support team aims to respond within 24 hours to resolve any issues to your satisfaction.

For further assistance, please visit the [CNBRO brand store on Amazon](#).

Related Documents - US-X-KST8



[MIXX Watch X: Full Touch Colour Screen Smartwatch How-To Guide](#)

A comprehensive guide to setting up, using, and maintaining your MIXX Watch X smartwatch, including features like activity tracking, sleep monitoring, heart rate, and more.



[Breil Tribe SBT-X Smartwatch User Manual and Guide](#)

Comprehensive user manual for the Breil Tribe SBT-X smartwatch, covering setup, features, functions, troubleshooting, maintenance, and warranty information. Learn how to connect, track activities, monitor health, and more.



[Niceboy X-FIT PLUS Smart Bracelet User Manual](#)

A comprehensive guide to the Niceboy X-FIT PLUS smart bracelet, covering setup, features like step tracking, heart rate monitoring, sleep analysis, notifications, and troubleshooting. Compatible with Android and iOS devices.



[Aligator Watch Lady X: User Manual and Features Guide](#)

Explore the Aligator Watch Lady X smartwatch with this comprehensive user manual. Learn about setup, connectivity, health tracking, notifications, and more. Visit <https://www.aligator.cz> for support.



[Návod k použití Niceboy X-FIT WATCH 2 LITE - Chytré hodinky](#)

Kompletní uživatelská příručka pro chytré hodinky Niceboy X-FIT WATCH 2 LITE. Zjistěte vše o funkcích, nastavení, párování s telefonem, sledování aktivity, nabíjení a údržbě. Návod v češtině.



[Niceboy X-FIT WATCH 2 User Manual](#)

Comprehensive user manual for the Niceboy X-FIT WATCH 2 smartwatch, covering setup, features, app integration, and troubleshooting.

