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## SHANG WING SW-FT01

# SHANG WING Fitness Tracker SW-FT01 User Manual

Model: SW-FT01

## 1. INTRODUCTION

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This manual provides essential instructions for the setup, operation, and maintenance of your SHANG WING Fitness Tracker SW-FT01. Please read this manual thoroughly to ensure proper use and to maximize the device's features.



Figure 1: SHANG WING Fitness Tracker SW-FT01

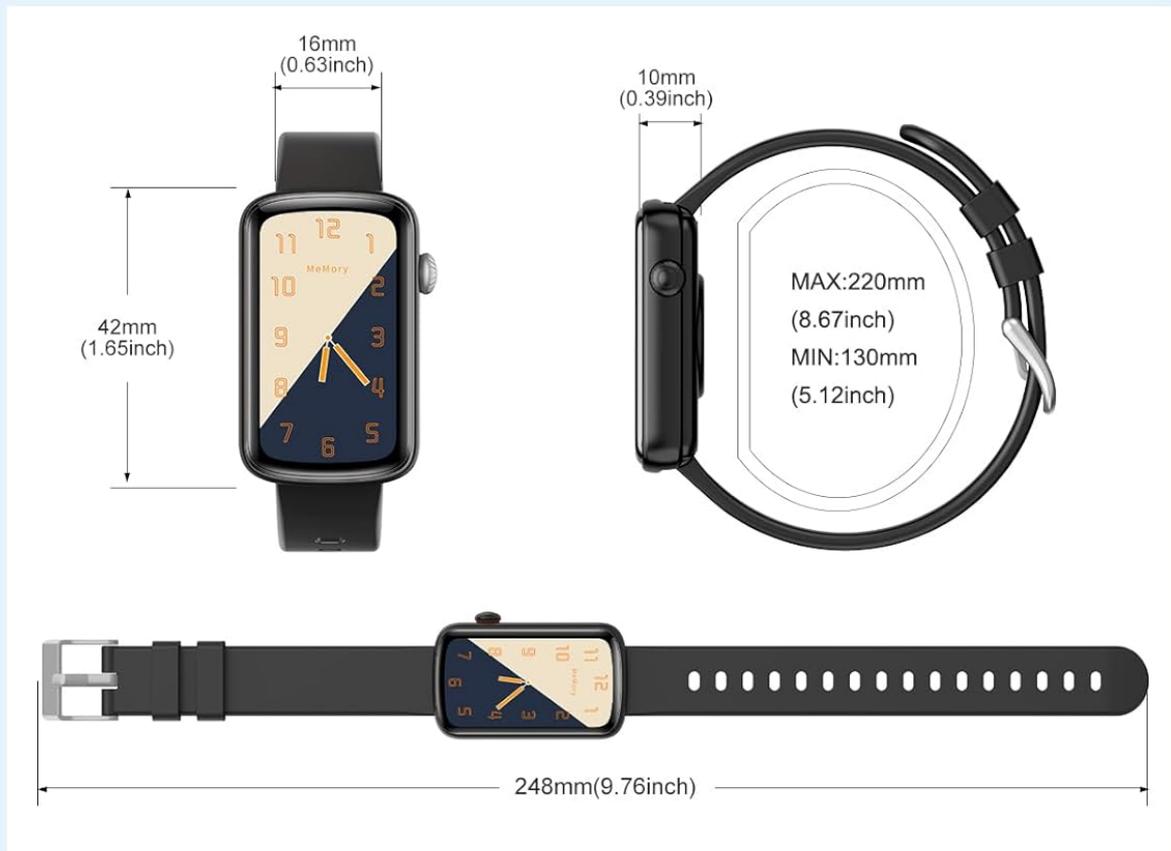
The SHANG WING Fitness Tracker SW-FT01 is designed to monitor various health and fitness metrics, including heart rate, blood oxygen levels, sleep patterns, steps, and calories burned. It features a slim design, IP68 water resistance, and smart notification capabilities.

## 2. SETUP

### 2.1 Charging the Device

Before initial use, fully charge your fitness tracker. Connect the provided charging cable to the charging contacts on the back of the device and to a standard USB power source. A full charge typically takes approximately 2.5 hours.

# Size



**2.5 Hrs**  
Charging Time



**7 Day**  
Normal use



**30 Day**  
Standby Time

Figure 2: Device dimensions and battery life. Charging time is approximately 2.5 hours, providing up to 7 days of normal use or 30 days standby.

## 2.2 App Installation and Pairing

1. Download the companion application from your smartphone's app store. The app is compatible with both iOS and Android smartphones.
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the application and follow the on-screen instructions to create an account and pair your SHANG WING Fitness Tracker via Bluetooth.
4. During pairing, the app will guide you through setting up personal information such as age, height, weight, and gender for accurate data tracking.

## 3. OPERATING INSTRUCTIONS

### 3.1 Health Monitoring

The fitness tracker continuously monitors key health metrics:

- **Heart Rate Monitoring:** Tracks your heart rate 24/7. View real-time data on the device or in the app.
- **Blood Oxygen Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Analyzes your sleep patterns, including deep sleep, light sleep, and awake times, to help you understand and improve sleep quality.

# Health Monitoring

Monitor Your Health From All Aspects



Heart Rate  
Monitoring

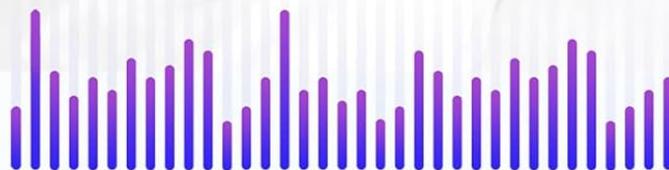


Blood Oxygen  
Monitor

Figure 3: Health monitoring features including heart rate and blood oxygen.

# Sleep Monitor

Helps you form good sleep habits



**3H 28Min**

Figure 4: Sleep monitoring helps track sleep duration and quality.

## 3.2 Fitness Tracking

The device records your physical activity throughout the day:

- **Pedometer:** Counts your daily steps.
- **Distance Traveled:** Estimates the distance covered based on your steps and stride length.
- **Calories Burned:** Calculates estimated calorie expenditure.
- **Sport Modes:** Offers multiple sport modes to track specific activities and provide tailored data.

# 24 Sport Modes

Record your exercise data all the time, enjoy the sport.



Figure 5: The device supports 24 different sport modes for comprehensive exercise tracking.

## 3.3 Smart Features and Other Functions

The fitness tracker offers additional functionalities to enhance your daily experience:

- **Notifications:** Receive alerts for incoming calls, messages, and notifications from various social media applications directly on your wrist.
- **Music Control:** Control music playback on your connected smartphone.
- **Alarm Clock:** Set alarms to wake you up or remind you of important tasks.
- **Stopwatch:** Use the built-in stopwatch for timing activities.
- **Women's Health:** Track and manage menstrual cycles.
- **Breath Training:** Guided breathing exercises for relaxation.

# Notification

Support multiple APPs, and message reception,  
do not miss important information.



Figure 6: Receive notifications from various applications directly on the tracker.

# More Functions



Stopwatch



Alarm Clock



Music Control



Breath training

Figure 7: Additional functions include Women's Health tracking, stopwatch, alarm clock, music control, and breath training.

## 3.4 Customization

Personalize your fitness tracker's display:

- **Watch Faces:** Choose from over 100 watch dials or create custom DIY dials through the companion app.
- **Adjustable Brightness:** Adjust the screen brightness for optimal visibility in various lighting conditions.

# Customize Watch Face



Figure 8: Customize your watch face with various designs or personal photos.

## 4. MAINTENANCE

### 4.1 Water Resistance

The SHANG WING Fitness Tracker is IP68 rated for water resistance. This means it is suitable for swimming, showering, and can withstand immersion in water up to 1.5 meters for 30 minutes. Avoid prolonged exposure to hot water or steam, as this may compromise the water seal.

### 4.2 Cleaning

To maintain the device's appearance and functionality, regularly clean the tracker and strap. Use a soft,

damp cloth to wipe down the surfaces. Avoid using harsh chemicals or abrasive materials, which can damage the device.

### 4.3 Battery Care

To prolong battery life, avoid fully discharging the battery frequently. Charge the device when the battery level is low. Store the device in a cool, dry place when not in use for extended periods.

## 5. TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on again.
- **Cannot pair with smartphone:** Ensure Bluetooth is enabled on your phone and the tracker is within range. Restart both the tracker and your phone, then try pairing again through the app.
- **Inaccurate readings:** Ensure the tracker is worn snugly on your wrist, about one finger's width above your wrist bone. Clean the sensor on the back of the device.
- **Notifications not appearing:** Check your smartphone's app settings to ensure notification permissions are granted for the companion app and the specific applications you wish to receive alerts from.
- **Short battery life:** Reduce screen brightness, disable unnecessary notifications, and limit continuous heart rate monitoring if not required. Ensure the device is fully charged.

## 6. SPECIFICATIONS

|                                       |   |
|---------------------------------------|---|
| <b>Model</b>                          | SW-FT01   |
| <b>Brand</b>                          | SHANG WING  |
| <b>Display Size</b>                   | 1.4 inches (visible screen diagonal: 2" / 4 cm)                                 |
| <b>Item Weight</b>                    | 25 Grams (0.882 ounces)   |
| <b>Battery Type</b>                   | 1 Lithium Polymer battery (included)  |
| <b>Battery Capacity</b>               | 300 Milliamp Hours  |
| <b>Charging Time</b>                  | Approx. 2.5 hours   |
| <b>Normal Use Battery Life</b>        | Up to 7 days  |
| <b>Standby Time</b>                   | Up to 30 days   |
| <b>Water Resistance</b>               | IP68  |
| <b>Connectivity</b>                   | Bluetooth   |
| <b>Operating System Compatibility</b> | iOS and Android smartphones   |
| <b>Special Features</b>               | Blood Oxygen Monitor, Heart Rate Monitor, Pedometer, Sleep Tracking, Waterproof |
| <b>Memory Storage Capacity</b>        | 128 MB  |

## 7. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included in your product packaging or contact SHANG WING customer service through their official channels. Keep your purchase receipt for warranty claims.

### Related Documents - SW-FT01

|   |  |
|---|--|
|    | <p><a href="#">INNOVA Smart Watch F70 CONNECTED BT 5.2 User Manual</a></p> <p>Comprehensive user manual for the INNOVA Smart Watch F70 (SW/70) with Bluetooth 5.2. Learn how to set up, pair with the FILA S-WATCH app, use features like health tracking (heart rate, blood pressure, blood oxygen), sports modes, notifications, calls, and understand safety guidelines and warranty information.</p> |
|    | <p><a href="#">INNOVA Hurricane Sport Watch Black Edition User Manual</a></p> <p>User manual for the INNOVA Hurricane Sport Watch Black Edition (SW/16B DT78), covering setup, app connection, watch functions, safety information, and warranty.</p>  |
|  | <p><a href="#">Innova Sport Watch Spherical HR 6R User Manual</a></p> <p>User manual for the Innova Sport Watch Spherical HR 6R, detailing its features, functions, setup, and operation. Learn how to use your smartwatch for health tracking, notifications, and more.</p>   |
|  | <p><a href="#">Innova Smart Watch Fitness Volcanic (SW/38) User Manual</a></p> <p>User manual for the Innova Smart Watch Fitness Volcanic (SW/38). Learn how to set up, use features like heart rate monitoring, sports tracking, and receive notifications. Includes safety, maintenance, and warranty information.</p>   |
|  | <p><a href="#">Denver SW-154 Smart Bracelet User Manual</a></p> <p>User manual for the Denver SW-154 Smart Bracelet, covering setup, features, and safety instructions. Learn how to pair your device, track activities, monitor health metrics, and utilize smart notifications.</p>  |

denver



Smart Bracelet  
User Manual  
SW-154



### [Denver SW-154 Smart Bracelet User Manual](#)

User manual for the Denver SW-154 Smart Bracelet, covering setup, features, and usage. Learn how to connect to your phone, track activities, monitor health metrics, and more.