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› CNBRO Smart Ring Fitness Tracker US-X-R05 User Manual

CNBRO US-X-R05

CNBRO Smart Ring Fitness Tracker US-X-R05 User Manual

1. INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your CNBRO Smart Ring Fitness Tracker, model US-X-R05. Please read this manual thoroughly before using the device to ensure optimal performance and longevity.

The CNBRO Smart Ring is designed to monitor various health metrics, including heart rate and sleep patterns, track fitness activities, and provide smart notifications and gesture control functionalities. It is built with durability in mind, featuring crack, dust, and water resistance.

2. PACKAGE CONTENTS

Verify that all items are present in the package:

- 1 x CNBRO Smart Ring (US-X-R05)
- 1 x User Manual (this document)
- 1 x Magnetic Charger
- 1 x Wireless Charging Case



Image 1: The CNBRO Smart Ring, a sleek black ring designed for fitness and health tracking.

3. SETUP

3.1 App Download and Installation

To utilize the full features of your Smart Ring, you must download and install the dedicated companion application on your smartphone. The app is compatible with:

- Android 6.0 and above
- iOS 12.0 and above

Ensure your smartphone has Bluetooth 5.2 or higher for optimal connectivity.

1. Search for the "Smart Ring" companion app in your device's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the application.
3. Follow the on-screen instructions to create an account and set up your profile.

3.2 Device Pairing

After installing the app, pair your Smart Ring with your smartphone:

1. Ensure your Smart Ring is charged (refer to Section 4.1 for charging instructions).
2. Enable Bluetooth on your smartphone.
3. Open the Smart Ring companion app.
4. Navigate to the "Device" or "Pairing" section within the app.
5. Select your Smart Ring from the list of available devices. The ring may appear as "CNBRO Ring" or a similar identifier.
6. Confirm the pairing request on both your phone and, if prompted, on the ring (via LED indicator).

Once paired, the app will synchronize data with your ring and allow you to configure settings.

4. OPERATING INSTRUCTIONS

4.1 Heart Rate Monitoring

The Smart Ring continuously monitors your heart rate throughout the day and night. This data helps you understand your cardiovascular health and identify changes in your daily health status. View your heart rate trends and real-time data

within the companion app.

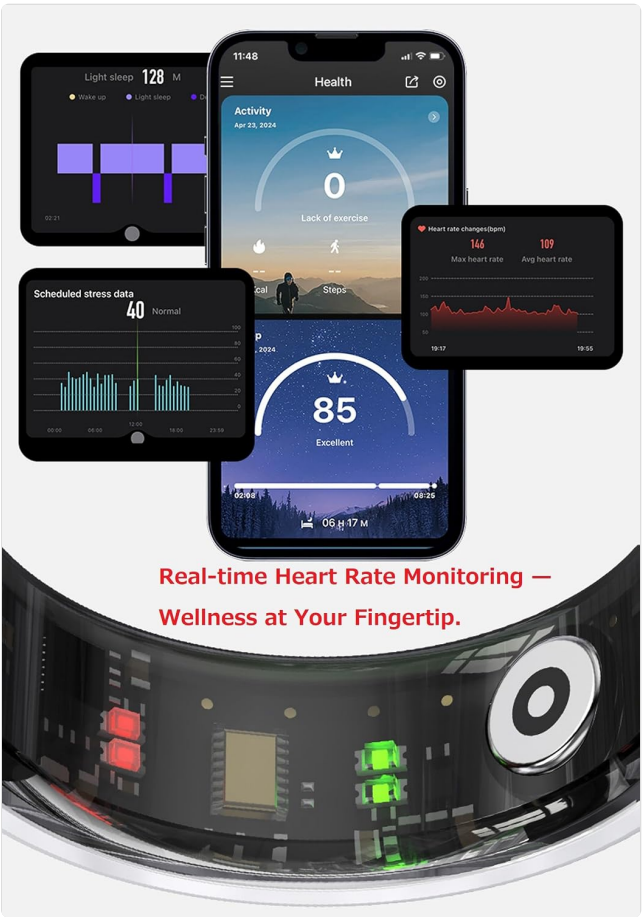


Image 2: The Smart Ring's internal sensors for real-time heart rate monitoring, displayed alongside app interfaces showing health data.

4.2 Sleep Tracking

The ring automatically detects your sleep status and records comprehensive overnight data. This includes sleep duration, deep/light sleep cycles, and nighttime awakenings. Use the companion app to set sleep goals, create a bedtime routine, and review sleep trends to improve your sleep quality.

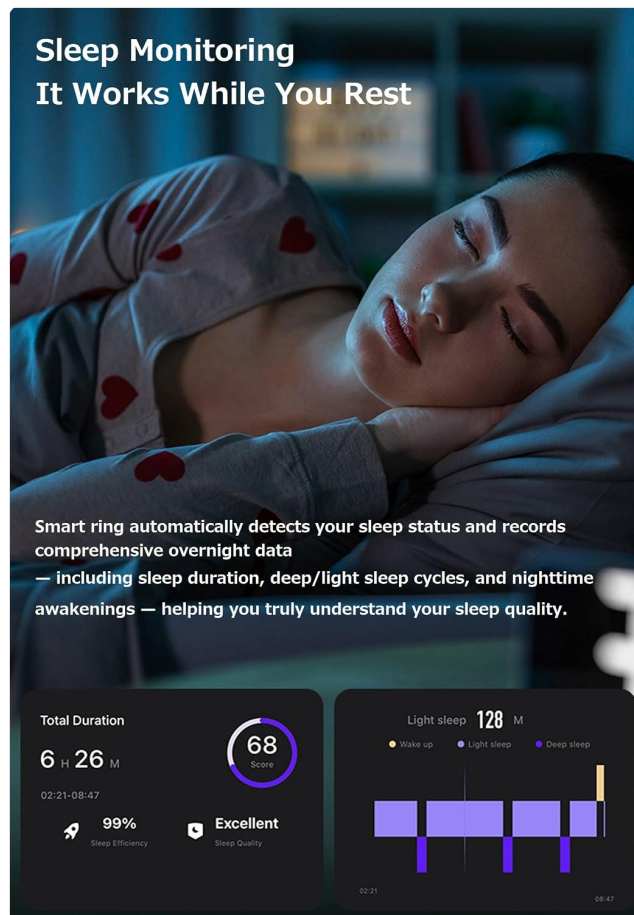


Image 3: A person sleeping, illustrating the ring's sleep monitoring capabilities, with app screenshots showing detailed sleep analysis.

4.3 Fitness Tracking

The Smart Ring tracks various fitness metrics, including steps taken, distance covered, and calories burned. It supports multiple sport modes, allowing you to monitor specific activities like running, strength training, yoga, and cycling. All workout data is synchronized with the companion app for detailed analysis.

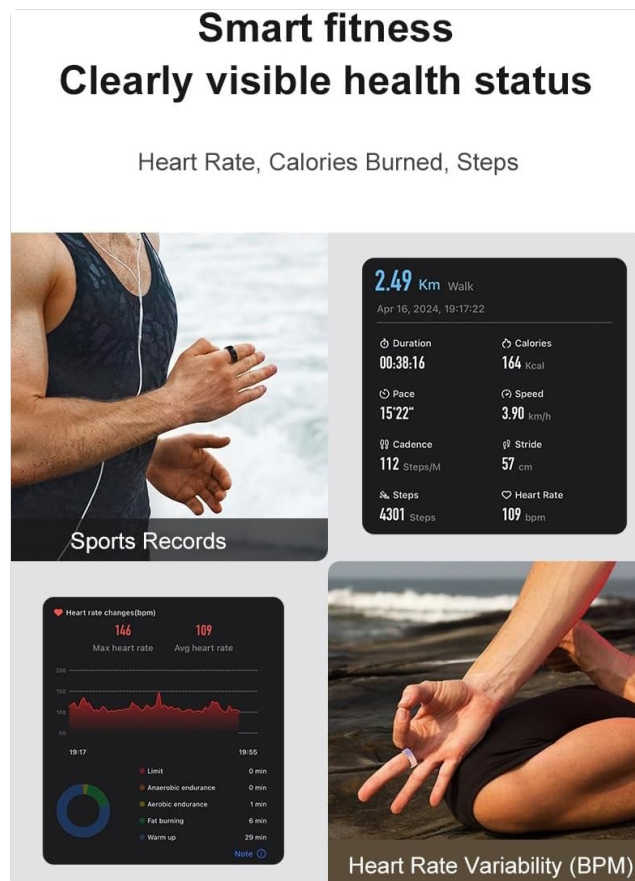


Image 4: A person exercising while wearing the Smart Ring, demonstrating its fitness tracking features, with an overlay of sports records including distance, calories, steps, and heart rate.

4.4 Smart Notification Alerts

The ring provides discreet alerts for incoming calls and app notifications through LED light patterns. This feature allows you to stay informed without constantly checking your phone, which is particularly useful during activities or meetings.

LED Indicator Reminder

Equipped with indicator light reminder function, message reminder, call reminder, drink water reminder, sedentary reminder, etc., the indicator light will flash reminder.



Image 5: A close-up of the Smart Ring showing an illuminated LED indicator, signifying a notification or reminder.

4.5 Gesture Control

The Smart Ring supports gesture control for various smartphone functions. You can:

- Switch music tracks.
- Navigate through short videos.
- Like posts.
- Remotely control your phone's camera shutter.

Refer to the companion app for detailed instructions on configuring and using specific gestures.

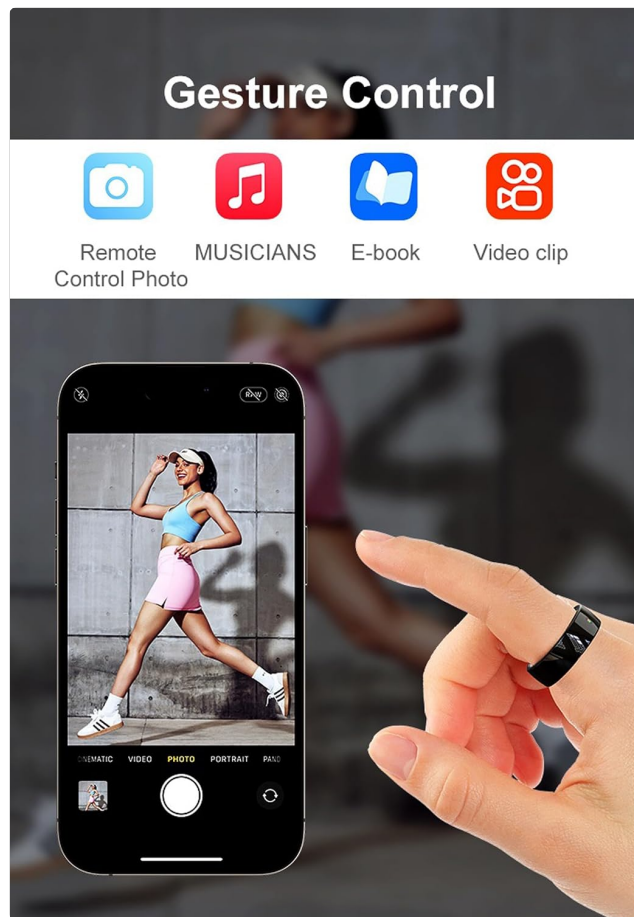


Image 6: A hand wearing the Smart Ring interacting with a smartphone, demonstrating gesture control for camera functions, music, e-books, and video clips.

4.6 NFC Functionality

The Smart Ring includes NFC (Near Field Communication) functionality. This feature can be configured through the companion app for various uses, such as quick payments or smart home device control, depending on compatible services and devices.

4.7 Female Health Reminders

The companion app offers female health tracking and reminder features. Configure these settings within the app to receive timely notifications and insights.

5. CHARGING

To charge your CNBRO Smart Ring:

1. Place the Smart Ring into its wireless charging case.
2. Connect the magnetic charger to the charging case and a suitable USB power source.
3. The ring has a 15mAh battery. A full charge takes approximately 0.5 hours.

A fully charged ring provides approximately 3-5 days of typical use and up to 7 days of standby time.

6. MAINTENANCE

6.1 Water Resistance

The CNBRO Smart Ring is designed to be water-resistant. However, to ensure its longevity and functionality, avoid

exposure to hot water, deep water, or prolonged water-related work. It is not recommended for swimming, showering with hot water, or diving.

6.2 Cleaning

Clean the ring regularly with a soft, dry cloth. If necessary, use a slightly damp cloth and then dry thoroughly. Avoid using harsh chemicals or abrasive materials, as these can damage the ring's finish and sensors.

7. SPECIFICATIONS

Feature	Specification
Model Number	US-X-R05
Brand	CNBRO
Operating System	R0 RING
Connectivity Technology	Bluetooth 5.2
Battery Capacity	15mAh
Charging Time	Approx. 0.5 hours
Battery Life (Typical Use)	3-5 days
Standby Time	Up to 7 days
Water Resistance	Crack Resistant, Dust Resistant, Water Resistant (avoid hot/deep water)
Compatible OS	Android 6.0+, iOS 12.0+
Special Features	Activity Tracker, Custom Activity Tracking, Gesture Control, Notifications, Heart Rate Monitor, Sleep Tracker, Calorie/Step Counter, NFC, Multi-Sport Modes
Item Weight	4.9 ounces
Package Dimensions	3.94 x 3.15 x 1.18 inches

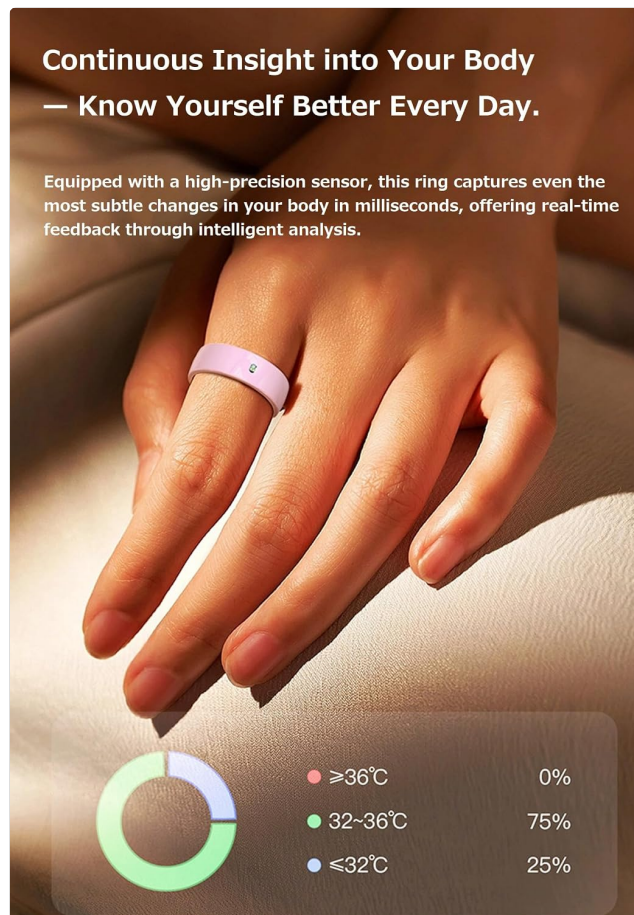


Image 7: A hand wearing the Smart Ring, with an overlay illustrating continuous health insights and temperature data, highlighting the high-precision sensor capabilities.

8. TROUBLESHOOTING

If you encounter issues with your CNBRO Smart Ring, please refer to the following common troubleshooting steps:

- **Ring not connecting to app:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Check if the ring is charged.
 - Restart the companion app.
 - Try unpairing and re-pairing the device through the app's settings.
 - Ensure your phone's operating system meets the minimum requirements (Android 6.0+, iOS 12.0+).
- **Inaccurate health data:**
 - Ensure the ring is worn correctly and snugly on your finger.
 - Clean the sensors on the inside of the ring.
 - Update the companion app to the latest version.
- **Ring not charging:**
 - Verify the magnetic charger is properly connected to the charging case and a power source.
 - Ensure the ring is correctly seated in the charging case.
 - Try a different USB power adapter or cable.
- **Gesture control not responding:**

- Ensure the feature is enabled in the companion app.
- Practice the gestures as instructed in the app.
- Ensure the ring is properly connected to your phone.

If the issue persists after trying these steps, please contact customer support.

9. CUSTOMER SUPPORT

For any questions regarding your CNBRO Smart Ring or assistance with your order, please contact customer support through your Amazon order page. Our team aims to respond within 24 hours to resolve any issues to your satisfaction.

How to Contact Us:

1. Go to your Amazon account and click on "Orders".
2. Locate your order for the CNBRO Smart Ring.
3. Click on "Sold by Fusong US" (or the relevant seller name) below the product name.
4. Click the "Ask a question" button.
5. Select "I need assistance with an order I placed" and then click "Write message" to send your inquiry.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

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