Generic FITNESS TRACKER-01

OPASKA SILVERCREST SAS 89 Activity Tracker Watch User Manual

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your OPASKA SILVERCREST SAS 89 Activity Tracker Watch. Please read this manual carefully before using the device to ensure proper function and to maximize your experience.

PRODUCT OVERVIEW

The OPASKA SILVERCREST SAS 89 is a versatile activity tracker designed to monitor various aspects of your fitness and well-being. It features an OLED touchscreen display and tracks steps, distance, calories, heart rate, and sleep quality.

Figure 1: Front view of the OPASKA SILVERCREST SAS 89 Activity Tracker Watch, displaying time, heart rate, and battery status.

Figure 2: Top-down view of the activity tracker, showing the display and the single control button.

SETUP

1. Charging the Device

Before initial use, fully charge your activity tracker. The device has a 105 Milliamp Hours battery capacity.

1. Locate the charging port on your device.
2. Connect the charging cable to the device and a compatible USB power source.
3. The display will indicate charging status. Allow approximately 2 hours for a full charge.

2. App Installation and Pairing

To unlock the full functionality of your activity tracker, you need to pair it with your smartphone via a dedicated application.

1. Download the official companion app from your smartphone's app store (compatible with Android Wear 1.4 and above).
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 OPASKA SILVERCREST SAS 89.
4. During pairing, the app will guide you through connecting via Bluetooth.

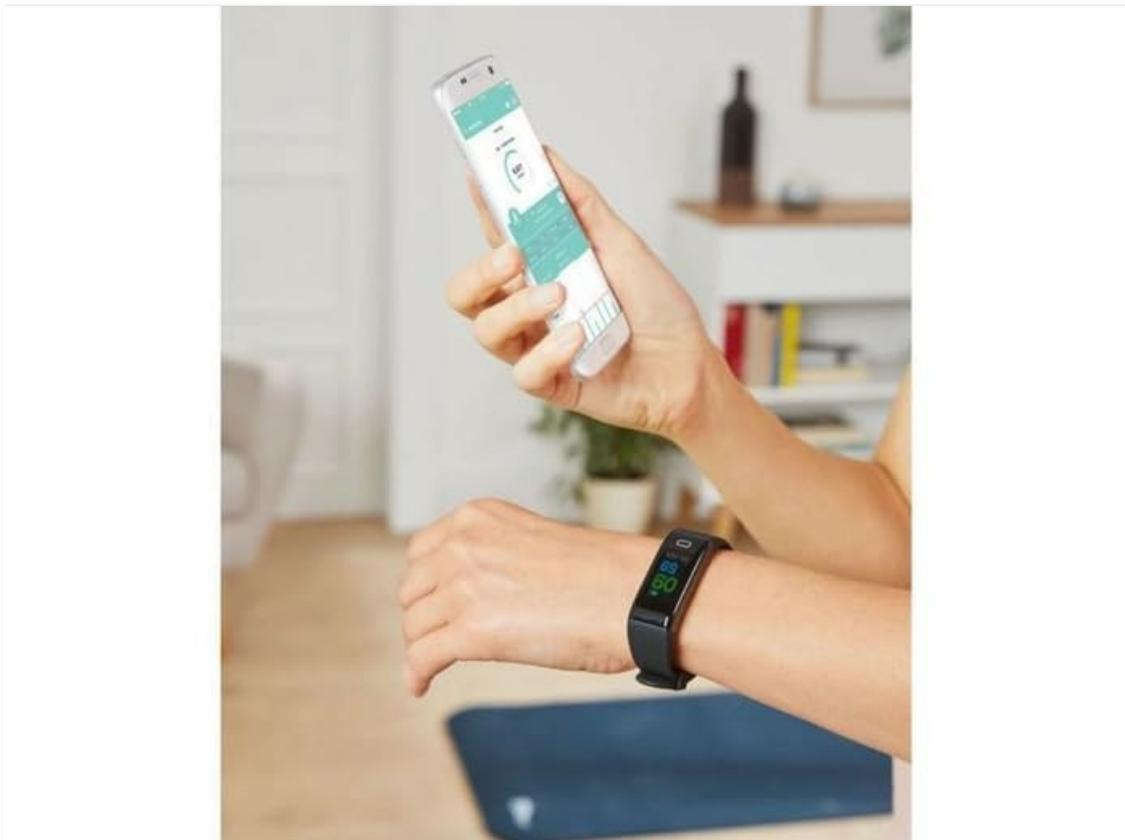**Figure 3:** A user viewing fitness data on a smartphone app while wearing the activity tracker.

OPERATING INSTRUCTIONS

1. Basic Navigation

The device features an OLED touchscreen display for interaction. Swipe up, down, left, or right to navigate through different screens and functions. Tap to select an option.

2. Activity Tracking

The tracker automatically monitors your daily activity:

- **Steps:** Counts the number of steps taken.
- **Distance:** Estimates the distance covered based on your steps.
- **Calories Burned:** Calculates estimated calorie expenditure.

3. Heart Rate Monitoring

The device includes a built-in heart rate monitor:

- Navigate to the heart rate screen on the device.
- Ensure the tracker is snug on your wrist for accurate readings.
- Real-time heart rate data will be displayed.

4. Sleep Tracking

Wear the device while sleeping to monitor your sleep patterns. The app will provide detailed analysis of your sleep quality.

5. Smartphone Notifications

Once paired with your smartphone, the tracker can display notifications for calls, messages, and social media alerts. Ensure notification permissions are granted in the companion app.

6. Water Resistance

The OPASKA SILVERCREST SAS 89 is water and sweat-resistant, making it suitable for workouts and daily activities. Avoid prolonged submersion or use in hot water.

MAINTENANCE

1. Cleaning

Regularly clean your activity tracker to maintain hygiene and performance:

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

2. Battery Care

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

TROUBLESHOOTING

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger and wait a few minutes.
- **Not pairing with smartphone:** Check if Bluetooth is enabled on your phone. Restart both the tracker and your phone. Ensure the app is updated to the latest version.
- **Inaccurate heart rate readings:** Ensure the tracker is worn snugly on your wrist, not too loose or too

tight. Clean the sensor on the back of the device.

- **Notifications not appearing:** Verify that notification permissions are enabled for the companion app in your phone's settings. Check the app's settings to ensure notifications are enabled for the tracker.

SPECIFICATIONS

Feature	Detail
Brand	Generic
Model	FITNESS TRACKER-01
Model Name	OPASKA SILVERCREST SAS 89 ACTIVITY TRACKER KOMPLE
Item Weight	100 g
Memory Storage Capacity	20 MB
Operating System	Android Wear 1.4
Compatible Devices	Smartphone, Tablet, Computer
Special Features	Heart Rate Monitor, Water Resistance, Smartphone Notifications
Display Type	OLED
Battery Capacity	105 Milliamp Hours
Wireless Type	Bluetooth
Device Interface - Primary	Touchscreen

WARRANTY AND SUPPORT

This product comes with a standard warranty. For detailed information regarding warranty coverage and terms, please refer to the Warranty Policy provided with your purchase or contact customer support. For further assistance, technical support, or service inquiries, please refer to the contact information provided by the retailer or manufacturer.

Related Documents - FITNESS TRACKER-01
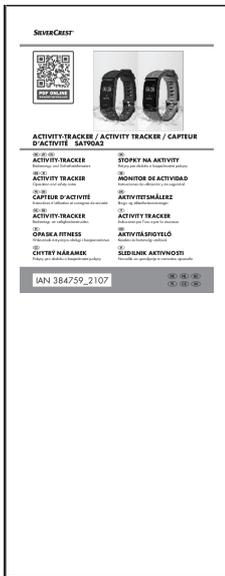
SilverCrest Activity Tracker SAT90A2: User Manual & Safety Guide
Comprehensive user manual and safety guide for the SilverCrest Activity Tracker SAT90A2 (Model HG09061A/HG09061B, IAN 384759_2107), covering setup, operation, features, troubleshooting, and warranty information.

SilverCrest Activity Tracker SAT90A1 User Manual & Safety Guide
Comprehensive user manual and safety guide for the SilverCrest Activity Tracker SAT90A1. Learn about setup, operation, features, and troubleshooting for your fitness tracking device.

SILVERCREST® Activity Tracker SAT90A2 User Manual - Features, Setup, and Safety
Comprehensive guide to the SILVERCREST® Activity Tracker SAT90A2. Learn about its features, how to set it up, track activities, manage notifications, and understand safety guidelines. Includes technical specifications and warranty information.

iLive Smart Band Activity Tracker IFBT38B-2112-01 User Guide
User's guide for the iLive Smart Band Activity Tracker, Model IFBT38B-2112-01. Covers features, waterproof rating, battery charging, app download and connection, watch display functions including pedometer, calories burned, distance, sleep tracking, heart rate, blood oxygen, blood pressure, find phone, ID and power off, alarm, call and text notifications, exercise, sleep, health, and settings pages.

JOLT ACTIVE USER GUIDE JOLT STYLE ACTIVITY TRACKER JOLT94SM JOLT93SM Included in pack 1x Screen Watch 1x Magnetic Charger with USB 4.0Type Cord 1x Instruction Manual	**[Jolt Style Activity Tracker User Guide](#)** Comprehensive user guide for the Jolt Style Activity Tracker (JOLT93SM, JOLT94SM). Learn how to set up, pair, charge, and use all features including health monitoring (heart rate, blood pressure, body temperature, SpO2), activity tracking, sleep analysis, and smart notifications. Includes safety warnings and care instructions.
ID205L Smart Watch User Manual 10:28 08 Thursday Thank you for purchasing our products. This manual addresses the safety guidelines, warranty, and operating instructions. Please read this manual thoroughly before operating your device. All pictures in this manual are for illustration purpose only. Actual product may vary due to product firmware upgrade and app upgrade.	**[ID205L Smart Watch User Manual](#)** This user manual provides comprehensive instructions for the ID205L Smart Watch, covering setup, features, app integration, health tracking, specifications, FAQs, warranty, and important safety information. Learn how to get the most out of your wearable device.

Documents - FITNESS TRACKER-01 – FITNESS TRACKER-01

[pdf] User Manual Specifications Diagram

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