

## Wontrum Y70

# Wontrum Y70 Fitness Tracker Smart Watch User Manual

Model: Y70

## 1. GETTING STARTED

### 1.1 What's in the Box

- Fitness Watch
- Charging Cable
- User Manual

### 1.2 Charging the Device

Before first use, fully charge your Wontrum Y70 Smart Watch. Connect the magnetic charging cable to the charging contacts on the back of the watch and plug the USB end into a standard USB power adapter (not included). A full charge typically takes 1.5-2 hours and provides 8-12 days of normal use or up to 30 days of standby time.

### 1.3 Initial Setup and App Installation

To unlock the full potential of your smart watch, download the companion application on your smartphone. Search for the app name (usually indicated in the quick start guide or on the watch screen during initial setup) in your device's app store (App Store for iOS, Google Play Store for Android). Once installed, open the app and follow the on-screen instructions to pair your watch via Bluetooth. Ensure Bluetooth is enabled on your smartphone.

### 1.4 Wearing the Device

Wear the smart watch comfortably on your wrist, about one finger's width above your wrist bone. Ensure the band is snug but not too tight, allowing for proper sensor contact with your skin for accurate health monitoring.

## 2. OPERATING YOUR SMART WATCH

## 2.1 Display and Navigation

The Wontrum Y70 features an Ultra HD full-touch color screen. Swipe left, right, up, or down to navigate through menus and functions. The rotatable digital crown on the side can also be used for navigation and selection. Adjust brightness levels (5 options) and screen duration options via the watch settings. The 'Raise to Wake' display feature automatically turns on the screen when you lift your wrist.

# Health Fitness Watch

Born for a Smarter and Healthier Life Style

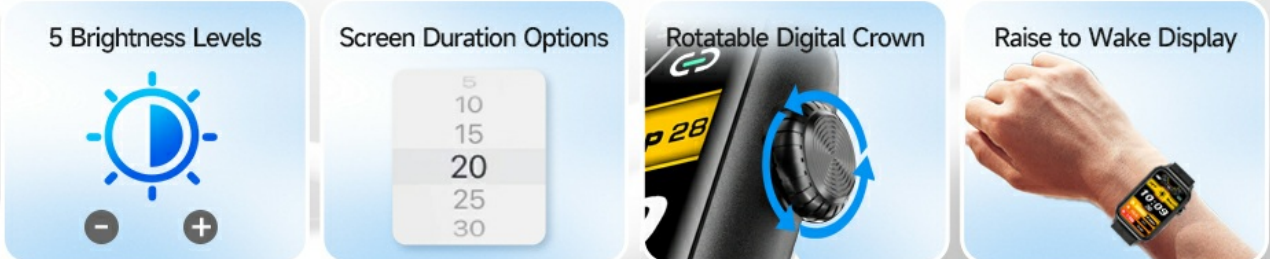


- High Resolution Display
- Smooth Full Touch Screen
- 8-12 Days Battery Life
- 24/7 Heart Rate
- Blood Oxygen
- Blood Pressure
- Sleep Tracker
- 128 Exercise Modes
- Calls and Messages Notification

The Wontrum Y70 Smart Watch features a vibrant display showing key fitness metrics.

# 1.57" Ultra High Resolution Screen

Customize the watch face with your favorite photo



- 5 Brightness Levels
- Screen Duration Options
- Rotatable Digital Crown
- Raise to Wake Display

Comprehensive health insights are available directly on your wrist.

## 2.2 Health Monitoring Features

The smart watch is equipped with advanced sensors for continuous health monitoring:

- **24/7 Heart Rate Monitoring:** Tracks your heart rate throughout the day.
- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Blood Pressure Monitoring:** Provides estimates of your blood pressure.
- **Sleep Tracking:** Automatically monitors your sleep patterns, including light sleep, deep sleep, REM, and awake time, providing a comprehensive sleep quality analysis in the app.

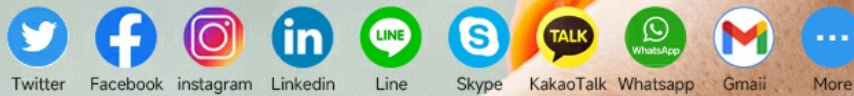


Detailed sleep monitoring and analysis help you understand your rest patterns.

## 2.3 Activity Tracking and Sports Modes

The activity tracker monitors your daily steps, distance traveled, and calories burned. It supports over 128 exercise modes, including running, cycling, walking, yoga, and more. During workouts, the watch tracks real-time heart rate, steps, calories, distance, and duration, syncing all data to the companion app.

# Calls and Messages Notification

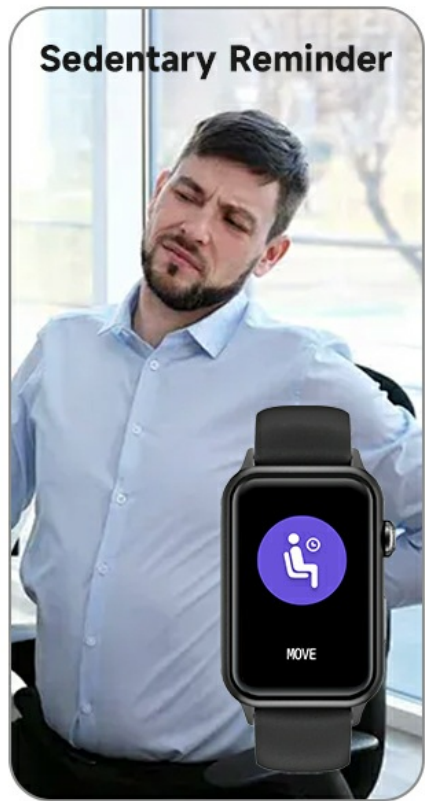


Track your progress across 128+ sports modes with the all-day activity tracking feature.

## 2.4 Notifications and Reminders

Stay connected with multiple notification and reminder features:

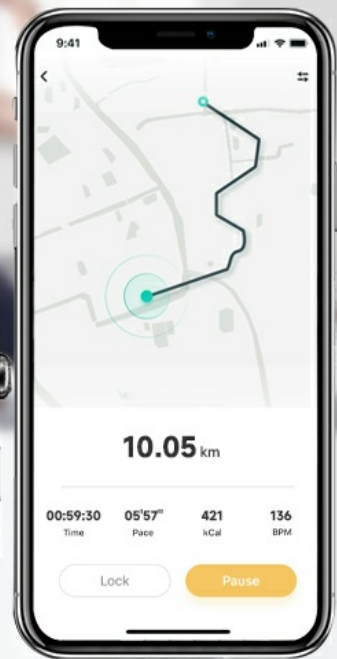
- **Call and Message Notifications:** Receive alerts for incoming calls and read messages directly on your wrist.
- **Drinking Water Reminder:** Prompts you to drink water at set intervals.
- **Sedentary Reminder:** Reminds you to move after periods of inactivity.
- **Women's Menstrual Period Reminder:** Helps track and predict menstrual cycles.



Receive important notifications directly on your smart watch.

## All Day Activity Tracking and 128+ Exercise Modes

With GPS Connectivity



The menstrual cycle reminder feature supports women's health tracking.

### 2.5 Additional Functions

The Wontrum Y70 Smart Watch includes several convenient functions:

- **Timer and Stopwatch:** For precise timekeeping during activities.
- **Alarm Clock:** Set multiple alarms for daily reminders.

- **Find Your Phone:** Helps locate your paired smartphone.
- **Music Control:** Control music playback on your smartphone.
- **Weather Forecast:** Displays current weather conditions.
- **Do Not Disturb Mode:** Mutes notifications during specified times.
- **Camera Control:** Remotely trigger your smartphone's camera shutter.



Explore a variety of additional functions for enhanced convenience.

### 3. MAINTENANCE

#### 3.1 Cleaning

Regularly clean your smart watch and band to prevent skin irritation and maintain device performance. Use a soft, lint-free cloth. If necessary, dampen the cloth with plain water. Avoid using harsh chemicals or abrasive materials.

#### 3.2 Water Resistance

The Wontrum Y70 Smart Watch is IP68 waterproof. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. It is suitable for daily use, such as washing hands or engaging in sweaty activities. However, it is not recommended for swimming, diving, or exposure to hot water or steam.

#### 3.3 Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures. Charge the device fully before long periods of inactivity. If the watch will not be used for an extended time, charge it to about 50% before storing.

## 4. TROUBLESHOOTING

If you encounter issues with your Wontrum Y70 Smart Watch, refer to the following common solutions:

- **Device Not Turning On/Charging:** Ensure the charging cable is securely connected to both the watch and the power source. Try a different USB port or power adapter.
- **Connectivity Issues (Bluetooth Pairing):** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Restart both the watch and your phone. If issues persist, unpair the device from your phone's Bluetooth settings and attempt to pair again through the app.
- **Inaccurate Health Readings (Heart Rate, Blood Oxygen, Blood Pressure):** Ensure the watch is worn correctly and snugly on your wrist. Avoid excessive movement during measurements. Note that smart watch readings are for reference only and should not be used for medical diagnosis. Consult a medical professional for accurate health data.
- **Activity Tracking Inconsistencies:** Ensure your personal information (height, weight) is accurately entered in the companion app, as this affects calorie and distance calculations.
- **Notifications Not Appearing:** Check app permissions on your smartphone to ensure the companion app has access to notifications. Verify that 'Do Not Disturb' mode is not active on the watch or phone.
- **Screen Unresponsive:** Restart the watch. If the issue persists, ensure the screen is clean and dry.

## 5. SPECIFICATIONS

<b>Model Name</b>	Y70
<b>Brand</b>	Wontrum
<b>Screen Size</b>	1.57 Inches
<b>Display Type</b>	Ultra HD Full Touch Color Screen
<b>Connectivity Technology</b>	Bluetooth
<b>Battery Life (Normal Use)</b>	8-12 days
<b>Battery Life (Standby)</b>	Approx. 30 days
<b>Charging Time</b>	1.5-2 hours
<b>Water Resistance Rating</b>	IP68
<b>Item Weight</b>	5.3 ounces (0.15 Kilograms)
<b>Operating System</b>	Smartphone (compatible)

<b>Special Features</b>	24/7 Heart Rate Monitor, Blood Oxygen Monitor, Blood Pressure Monitor, Sleep Tracker, Calorie Counter, Pedometer, 128+ Exercise Modes, Notifications, Reminders
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## 6. WARRANTY AND SUPPORT

Wontrum is committed to providing quality products. For any product-related inquiries, technical support, or warranty claims, please refer to the contact information provided on the product packaging or the official Wontrum website. Please retain your proof of purchase for warranty purposes.