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XIAOMI mi band 10

XIAOMI Mi Smart Band 10 User Manual

Model: mi band 10

Introduction What's in the Box Setup Operating Maintenance Troubleshooting Specifications Warranty & Support

1. Introduction

Welcome to the user manual for your new XIAOMI Mi Smart Band 10. This device is designed to enhance your daily life by providing comprehensive activity tracking, health monitoring, and smart notifications directly on your wrist. Featuring a vibrant 1.72-inch AMOLED display and an impressive 21-day battery life, the Smart Band 10 offers a seamless and intuitive user experience. Please read this manual thoroughly to understand the full capabilities of your device and ensure optimal performance.

Figure 1: The XIAOMI Mi Smart Band 10, showcasing its sleek design and vibrant display.

2. What's in the Box

Upon opening your XIAOMI Mi Smart Band 10 package, please verify that all the following items are present:

- XIAOMI Smart Band 10 (main device with strap)
- Charging Cable
- User Manual (this document)

Figure 2: Packaging contents including the Smart Band 10, charging cable, and user manual.

3. Setup

3.1 Initial Charging

Before first use, fully charge your Smart Band 10. Connect the charging cable to the charging port on the back of the device and plug the USB end into a power adapter (not included) or a computer's USB port. A full charge typically takes approximately 1 hour.

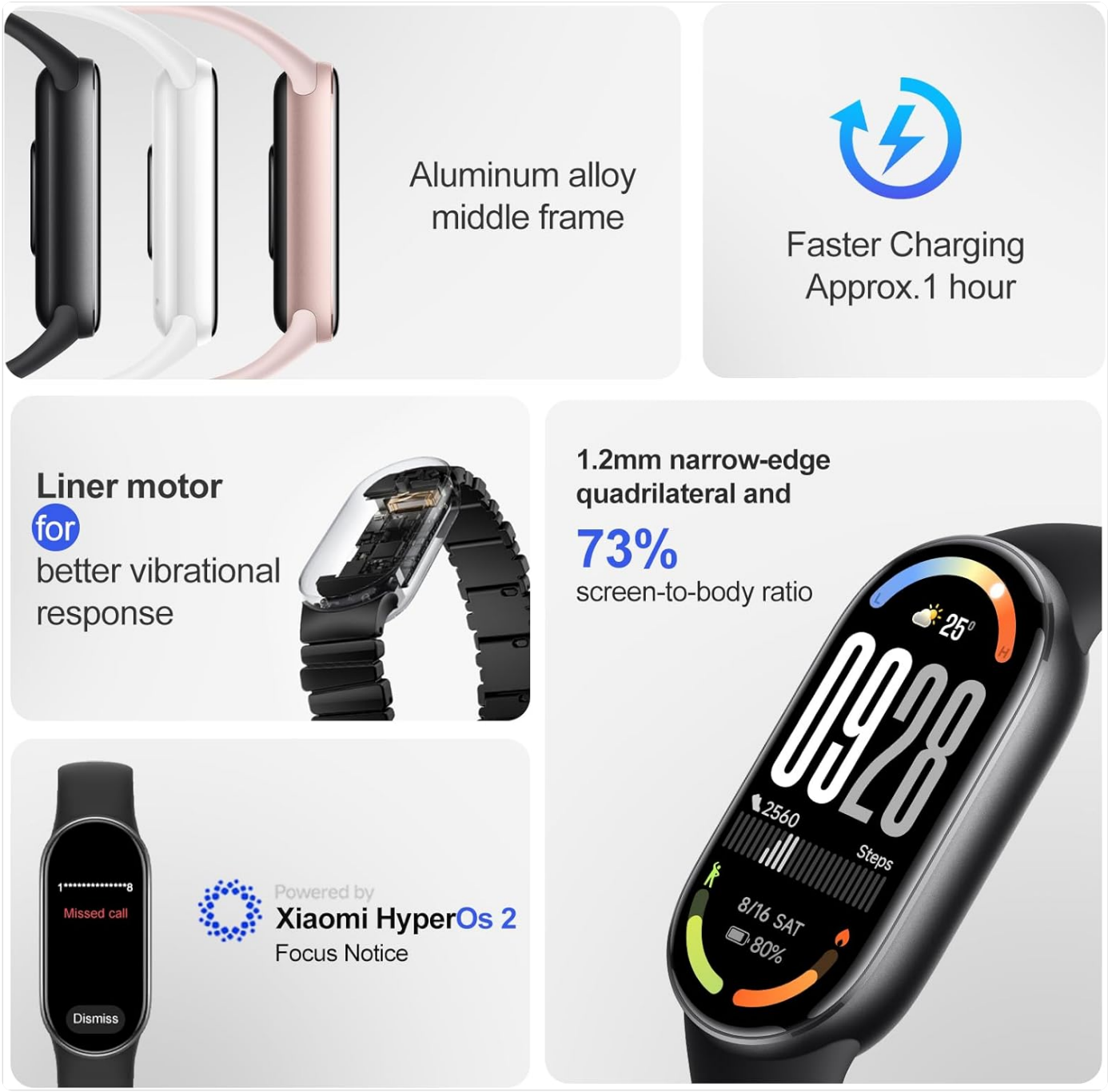

Figure 3: Illustration highlighting the fast charging capability of the Smart Band 10.

3.2 Pairing with Your Smartphone

1. Download the **Mi Fitness** app from your smartphone's app store (compatible with Android 8.0+ or iOS 14.0+).
2. Open the Mi Fitness app and log in or create a new account.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the app, navigate to "Devices" and select "Add device".
5. Follow the on-screen instructions to find and pair with your XIAOMI Mi Smart Band 10. A pairing request will appear on the band's screen; confirm it.

3.3 Wearing the Smart Band

Wear the Smart Band 10 comfortably on your wrist, about one finger's width above your wrist bone. Ensure the sensor on the back is in contact with your skin for accurate heart rate and other health measurements. The strap should be snug but not too tight.

Figure 4: The Smart Band 10 correctly positioned on a user's wrist for optimal tracking.

4. Operating Your Smart Band

4.1 Display and Navigation

The Smart Band 10 features a 1.72-inch AMOLED touchscreen display.

- **Swipe Up/Down:** Scroll through menus and notifications.
- **Swipe Left/Right:** Access quick widgets or different watch faces.
- **Tap:** Select an item or confirm an action.
- **Press and Hold:** Customize watch faces or access certain settings.

4.2 Activity Tracking

The band automatically tracks your daily steps, distance, and calories burned. You can view these statistics directly on the

band or in more detail within the Mi Fitness app.

4.3 Heart Rate Monitoring

The Smart Band 10 continuously monitors your heart rate. You can view your current heart rate on the band or access historical data and trends in the Mi Fitness app.

4.4 Sleep Monitoring

Wear your band to bed for comprehensive sleep monitoring. It tracks your sleep stages (light, deep, REM) and provides insights into your sleep quality, helping you optimize your well-being.

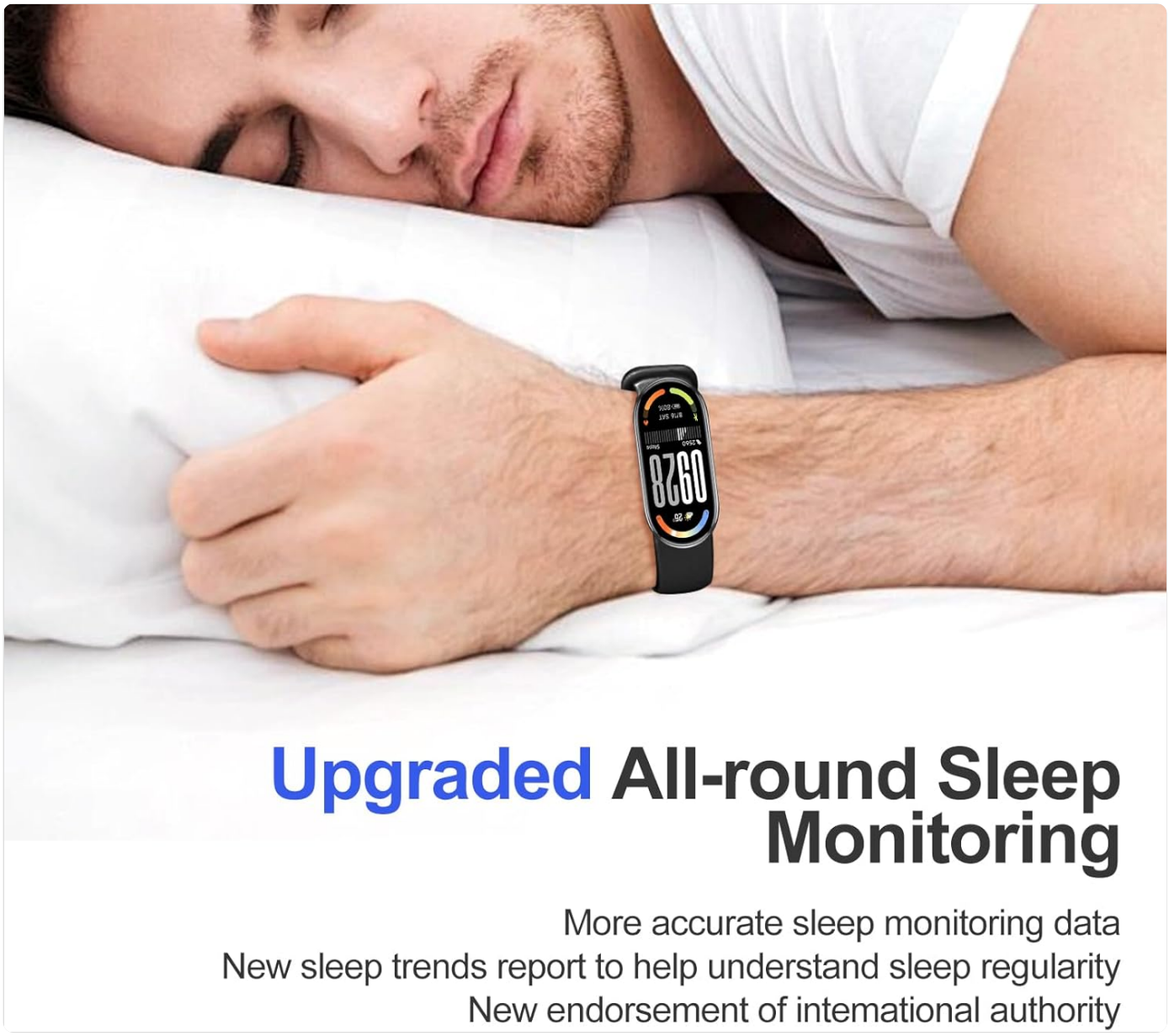

Figure 5: The Smart Band 10 providing upgraded all-round sleep monitoring.

4.5 Multi-Sport Modes

The band supports over 150 fitness modes. Select your desired activity from the "Workout" menu on the band to track specific metrics for that exercise, such as running, cycling, swimming, and more. Professional analysis of your workouts is available in the app.

Figure 6: The Smart Band 10 offering a wide range of fitness modes and health tracking features.

4.6 Notifications

Once paired with your smartphone, the Smart Band 10 can display notifications for calls, messages, and app alerts. Manage notification settings within the Mi Fitness app.

5. Maintenance

5.1 Cleaning Your Smart Band

Regularly clean your Smart Band 10 and its strap to prevent skin irritation and maintain hygiene.

- 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 before charging.

5.2 Water Resistance

The XIAOMI Mi Smart Band 10 features 5ATM water resistance, making it suitable for swimming and showering. However, it is not recommended for diving or high-pressure water activities. After exposure to water, especially saltwater, rinse the band with fresh water and dry it thoroughly.

Figure 7: The Smart Band 10 demonstrating its 5ATM water resistance during a swimming activity.

5.3 Battery Life and Charging

The Smart Band 10 offers up to 21 days of battery life under typical usage. For optimal battery longevity, avoid extreme temperatures and fully charge the device when the battery is low.

Figure 8: Details on the 21-day battery life of the Smart Band 10.

6. Troubleshooting

Problem	Possible Solution
Band not turning on	Ensure the band is fully charged. Connect it to the charging cable and a power source for at least 10 minutes.
Unable to pair with smartphone	◦ Ensure Bluetooth is enabled on your phone. ◦ Make sure the band is close to your phone. ◦ Restart both your phone and the band. ◦ Check if the Mi Fitness app is updated to the latest version. ◦ Forget the device in your phone's Bluetooth settings and try pairing again.

Problem	Possible Solution
Inaccurate heart rate/activity data	◦ Ensure the band is worn snugly on your wrist, with the sensor in contact with your skin. ◦ Clean the sensor on the back of the band. ◦ Avoid excessive movement during measurement.
Notifications not appearing	◦ Check notification permissions for the Mi Fitness app on your phone. ◦ Ensure the band is connected via Bluetooth. ◦ Verify notification settings within the Mi Fitness app.
Screen unresponsive	Try restarting the band (if possible via settings) or allow the battery to fully drain and then recharge it.

7. Specifications

Feature	Detail
Model Number	mi band 10
Display	1.72 Inches AMOLED Touchscreen
Battery Life	Up to 21 Days (Typical Usage)
Charging Time	Approx. 1 hour
Water Resistance	5ATM
Connectivity	Bluetooth 5.4
Operating System Compatibility	Android 8.0 or iOS 14.0 and above
Memory Storage Capacity	256 MB
Item Weight	15.95 Grams (0.563 ounces)
Dimensions	8.78 x 5 x 1.1 inches (Package)
Special Feature	Activity Tracker, Heart Rate Monitor, Sleep Monitor, Multi-Sport Modes

8. Warranty and Support

Your XIAOMI Mi Smart Band 10 comes with a standard manufacturer's warranty. For detailed warranty terms and conditions, please refer to the warranty card included in your product packaging or visit the official XIAOMI website.
For technical support, troubleshooting assistance, or service inquiries, please contact XIAOMI customer support through their official website or authorized service centers. Keep your proof of purchase handy when contacting support.
For more information, you can visit the Official XIAOMI Store on Amazon.

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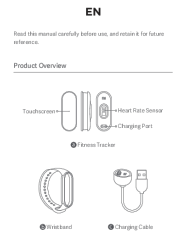
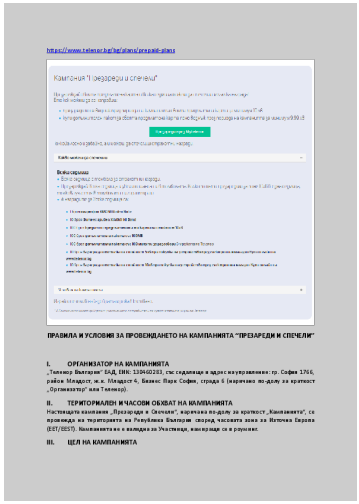
Related Documents - mi band 10

	Xiaomi Smart Band 9: Advanced Features, Specifications, and Accessories Explore the Xiaomi Smart Band 9, featuring a vibrant AMOLED display, advanced health monitoring (heart rate, SpO2), up to 21-day battery life, and a range of stylish, functional accessories including straps, a pendant, and a running clip.
	Mi Smart Band 6 User Manual User manual for the Mi Smart Band 6, covering product overview, installation, wearing, connecting with the app, usage, disassembly, charging, precautions, specifications, and disposal information.
	Mi Smart Band 4 Quick Start Guide and Warranty A comprehensive guide to the Mi Smart Band 4, covering setup, usage, technical specifications, and warranty information. Learn how to pair your device, track activities, and understand its features.
	Xiaomi Mi Band 5 User Manual: Features, Setup, and Specifications Comprehensive user manual for the Xiaomi Mi Band 5 (XMSH1HM). Learn how to set up, wear, connect, use, charge, and troubleshoot your Mi Band 5. Includes specifications and warranty information.
	Mi Smart Band 5 User Manual: Setup, Usage, and Specifications Comprehensive user manual for the Xiaomi Mi Smart Band 5 (XMSH10HM), covering installation, wearing, connecting, usage, charging, precautions, specifications, and disposal information.
	Xiaomi Smart Band 8 Pro User Manual - Setup, Features, and Safety Guide Explore the Xiaomi Smart Band 8 Pro with its official user manual. Learn about setup, specifications, health tracking features, water resistance, and safety precautions. Available in multiple languages.



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ПРАВИЛА И УСЛОВИЯ ЗА ПРОВЕЖДАНЕТО НА КАМПАНИЯТА "ПРЕЗАРЕДИ И СПЕЧЕЛИ"

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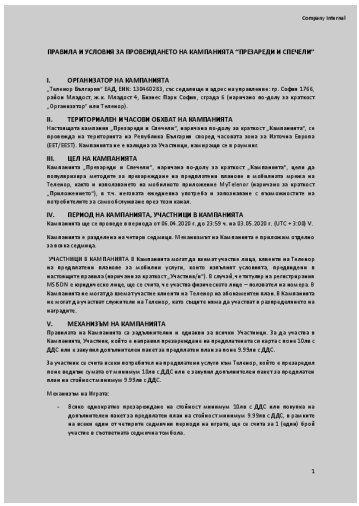

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