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## bunoju Trackpro Watch

# bunoju Aptofit Trackpro Watch User Manual

Model: Trackpro Watch

## 1. INTRODUCTION

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The bunoju Aptofit Trackpro Watch is a versatile smartwatch designed to assist with daily activities and fitness tracking. It features a 1.38-inch HD display, Bluetooth calling, multiple health monitoring modes, and various sports tracking functions. This manual provides detailed instructions for setting up, operating, and maintaining your device.

# Aptofit Trackpro Watch Accurately Measures Your Health



Image 1.1: The Aptofit Trackpro Watch showcasing its health measurement capabilities.

## 2. SETUP

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### 2.1 Package Contents

Please verify that all items are present in your package:

- Aptofit Trackpro Watch
- Charging Cable
- User Manual
- Watch Band
- EGC-Bandages
- Chest Stickers Bracket
- Gift Packaging Bags (if included)



Image 2.1: The Aptofit Trackpro Watch along with its various accessories and packaging.

## 2.2 Charging the Watch

Before first use, fully charge your Aptofit Trackpro Watch. The watch supports wireless charging. Place the watch onto the wireless charging pad; it will automatically align and begin charging. The watch will stop charging once full, ensuring battery protection.

## 2.3 App Installation and Device Pairing

To unlock the full functionality of your watch, download the companion mobile application. The app is compatible with Android 5.0+ and iOS 10.0+ devices.

1. Scan the QR code provided in the quick start guide or search for the app name (usually mentioned in the packaging or quick start guide) in your device's app store.
2. Install the application on your smartphone.
3. Open the app and follow the on-screen instructions to create an account or log in.
4. Ensure your watch is powered on and Bluetooth is enabled on your smartphone.
5. Within the app, navigate to the device pairing section and select your Aptofit Trackpro Watch from the list of available

devices.

6. Confirm the pairing request on both your watch and smartphone.

### 3. OPERATING INSTRUCTIONS

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#### 3.1 Basic Navigation

The Aptofit Trackpro Watch features a 1.38-inch HD curved display and physical buttons for navigation:

- **Touchscreen:** Swipe left, right, up, or down to navigate through menus, notifications, and widgets. Tap to select items.
- **Side Buttons:** Use the physical buttons on the side of the watch to return to the home screen, access the app list, or perform specific functions as configured.



Image 3.1: A detailed view of the watch's 1.38-inch HD display.

#### 3.2 Bluetooth Calling and Notifications

Once paired with your smartphone, the watch allows for Bluetooth calls and real-time notifications:

- **Bluetooth Calls:** Answer or make calls directly from your wrist. Ensure your watch is within Bluetooth range of your phone.
- **Notifications:** Receive alerts for incoming calls, text messages, and app notifications (e.g., WhatsApp, Facebook) directly on your watch. Manage notification settings through the companion app.

### 3.3 Customizing Watch Faces

Personalize your watch with various watch faces:

- Access the watch face gallery through the companion app.
- Choose from hundreds of pre-loaded designs.
- Upload your own photos to create custom watch faces.

### 3.4 Health Monitoring Modes

The Aptofit Trackpro Watch offers multiple modes for health monitoring, including heart rate, sleep, and blood pressure. It is important to note that this device is not a medical instrument. Data provided is for reference only and should not be used for medical diagnosis or treatment. Consult a healthcare professional for any health concerns.

Supports heart rate belt, bracelet detection, chest patch detection, handheld detection, four wearing modes, all-round more accurate!



Image 3.2: The four distinct wearing modes for comprehensive health monitoring.

# IP68 Deep Waterproof



Image 3.3: The watch interface showing real-time blood pressure measurements and historical trends.

The watch supports four primary monitoring methods:

1. **Wrist-Measurement Mode:** For general monitoring, wear the watch on your wrist. Long-press the dedicated 'EGC-key' on the watch or tap 'Start Test' in the app to initiate a measurement.
2. **Hand-Held Mode:** Detach the watch strap and fasten the watch onto the monitoring bracket. Hold the bracket in your hand and use PTT (Push-To-Test) mode via the app to start monitoring.
3. **Heart-Rate Strap Mode:** Fix the monitoring bracket onto your chest using a compatible heart-rate strap. Connect the watch to the bracket and use PTT mode in the app for continuous monitoring.
4. **Chest-Sticker Mode:** Attach the monitoring bracket to your chest using the provided chest stickers. Connect the watch to the bracket and use PTT mode in the app for monitoring.

The watch also monitors sleep stages (deep, light, REM) and provides insights for better rest. For accurate results, ensure the watch is worn correctly and securely during monitoring.

## 3.5 Sports Tracking

Track your workouts with over 7 sports modes, including running, cycling, and basketball. The watch provides detailed metrics

such as steps, calories burned, and heart rate during exercise.

## Every 30 seconds, real-time automatic detection of various body values



本产品不能替代专业检测设备，测试数据仅供参考，不做任何医疗用途和依据，患有高血压、循环障碍、血液疾病的用户，请在专业指导下测试

Image 3.4: The watch tracking exercise data, including steps and calories burned, during a run.

### 3.6 AI Voice Assistant and Utility Tools

Utilize the built-in AI voice assistant for hands-free control. Commands can include checking the weather, setting timers, switching songs, or locating your phone. The watch also includes handy tools like a calculator and multi-language support.

## 4. MAINTENANCE

### 4.1 Water Resistance

The Aptofit Trackpro Watch is IP68 deep waterproof, meaning 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 hand washing or light rain. However, it is not recommended for hot showers, saunas, or diving, as steam and high water pressure may compromise the seal.



Image 4.1: The watch demonstrating its IP68 deep waterproof capability.

## 4.2 Cleaning and Care

To maintain your watch's appearance and functionality:

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

## 4.3 Battery Management

The watch is equipped with a 280mAh battery. With classic use, it offers 4-7 days of battery life and up to 30 days on standby. Use the provided wireless charger for optimal battery health. Avoid extreme temperatures during charging and storage.

# Exercise steps, mileage, track records, multiple exercise modes, easy to burn calories

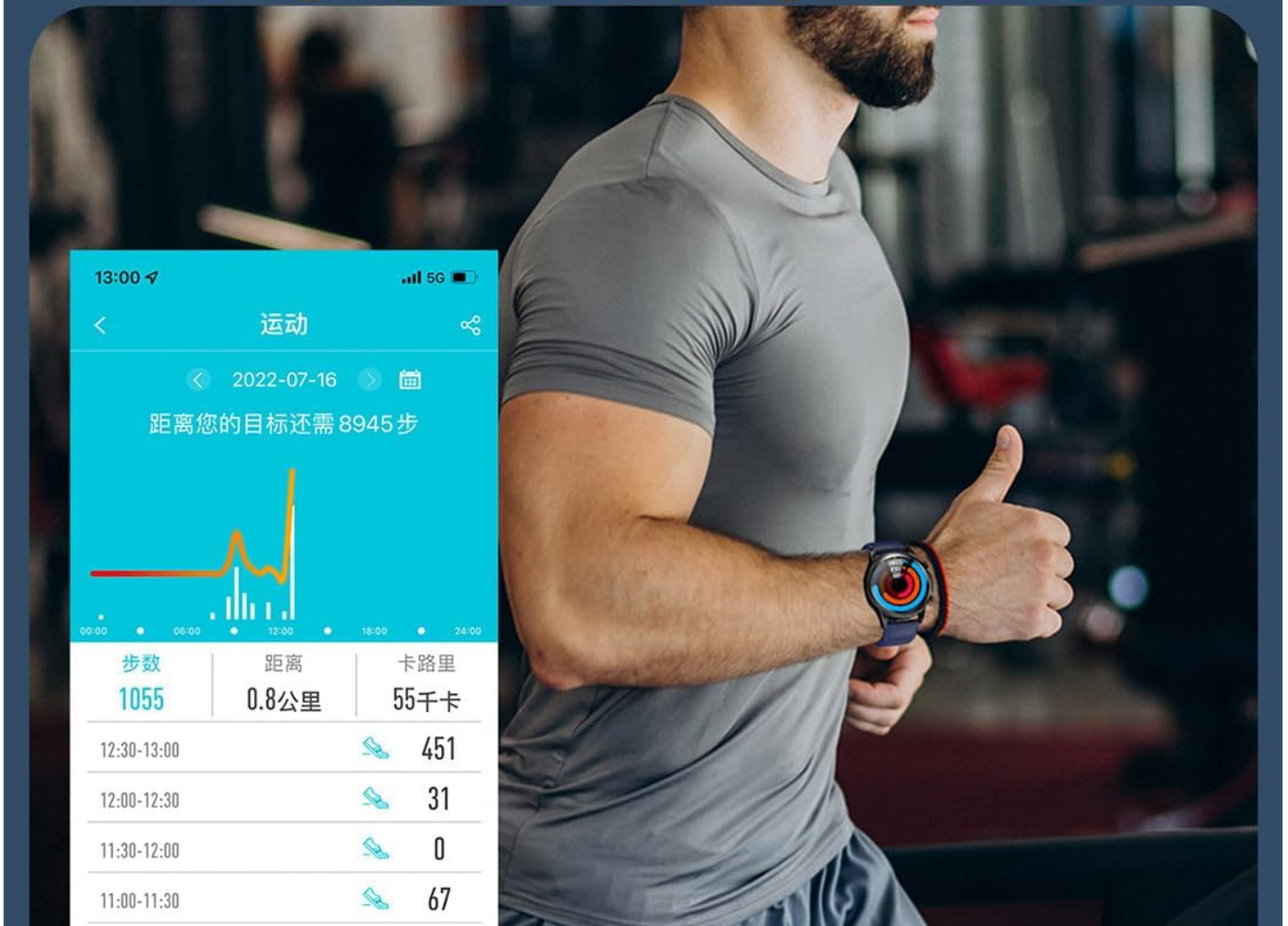


Image 4.2: Battery specifications of the Aptofit Trackpro Watch.

## 5. TROUBLESHOOTING

If you encounter issues with your Aptofit Trackpro Watch, try the following steps:

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on.
- **Cannot pair with phone:** Ensure Bluetooth is enabled on both devices and they are within range. Restart both the watch and your phone. Try unpairing and re-pairing through the app.
- **Inaccurate readings:** Ensure the watch is worn snugly on your wrist or the monitoring bracket/stickers are applied correctly. Clean the sensors on the back of the watch. Remember that this device is not a medical instrument and readings are for reference only.
- **Notifications not appearing:** Check notification settings in the companion app and on your phone's operating system. Ensure the app has necessary permissions.
- **Short battery life:** Reduce screen brightness, disable unnecessary features, and ensure background app usage is minimized.

If problems persist, refer to the support section of the companion app or contact customer support.

## 6. SPECIFICATIONS

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Feature	Specification
Model Name	Aptofit Trackpro Watch
Display	1.38-inch HD Curved Screen (360*360 resolution)
Body Size	44*55*12mm (Circle 44*44mm)
Battery Capacity	280mAH
Battery Life (Classic Use)	4-7 Days
Standby Life	Up to 30 Days
Water Resistance	IP68 Deep Waterproof
System Requirements	Android 5.0+ / iOS 10.0+
Connectivity	Bluetooth
Special Features	Activity Tracker, Alarm Clock, Calendaring, Lightweight, Multisport Tracker, AI Voice Assistant
Item Weight	1 pound

## 7. IMPORTANT SAFETY INFORMATION

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The Aptofit Trackpro Watch is designed for general wellness and fitness purposes. It is not a medical device and should not be used for diagnosing, treating, curing, or preventing any disease or medical condition. All health data provided by the watch is for reference only and should not be interpreted as medical advice. If you have any health concerns, including high blood pressure, circulatory disorders, or blood diseases, consult a qualified healthcare professional before using this device or making any health-related decisions.

## 8. WARRANTY AND SUPPORT

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For warranty information and customer support, please refer to the documentation included with your purchase or contact the bunaju customer service team. If you have any questions about the product or your order, you may also reach out through the Amazon platform, and a response will be provided within 24 hours.