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› VPSTAY Fitness Tracker Watch User Manual

VPSTAY ALB1

VPSTAY Fitness Tracker Watch User Manual

Model: ALB1

1. INTRODUCTION

The VPSTAY Fitness Tracker Watch is designed to enhance your health and fitness journey. Featuring a vibrant HD touchscreen and comprehensive health monitoring capabilities, it helps you track your activity, sleep, heart rate, and blood oxygen levels. This manual provides detailed instructions to help you get the most out of your device.



Image: The VPSTAY Fitness Tracker Watch in Dark Black, showcasing its sleek design and digital display.

2. WHAT'S IN THE BOX

- Fitness Tracker Watch * 1
- Charging Cable * 1

3. PRODUCT OVERVIEW

3.1. Display and Customization

The watch features a 1.47-inch HD color touchscreen, providing a clear and responsive interface. You can personalize your device by choosing from over 100 cloud-based watch faces or by customizing the dial with your own photos from your album.

1.47" HD Full Touch Screen



100+ cloud watch face, Supports album customization



Long Battery Life

1.5 HOURS
Charging time

5~7 DAYS
Average Usage

20 DAYS
Power-saving mode



Image: The watch display showing various watch face options and battery life indicators.

3.2. Health Monitoring

The VPSTAY Fitness Tracker provides comprehensive health data. It offers 24/7 real-time heart rate tracking and single-time blood oxygen measurements. The device also includes a high-precision sleep monitoring sensor that tracks deep sleep, light sleep, and awake periods to help you improve your sleep habits.

All Day Health Monitoring



Sleep Monitor



Heart Rate



Blood Oxygen



Heart Rate



Blood Oxygen



Sleep Monitor

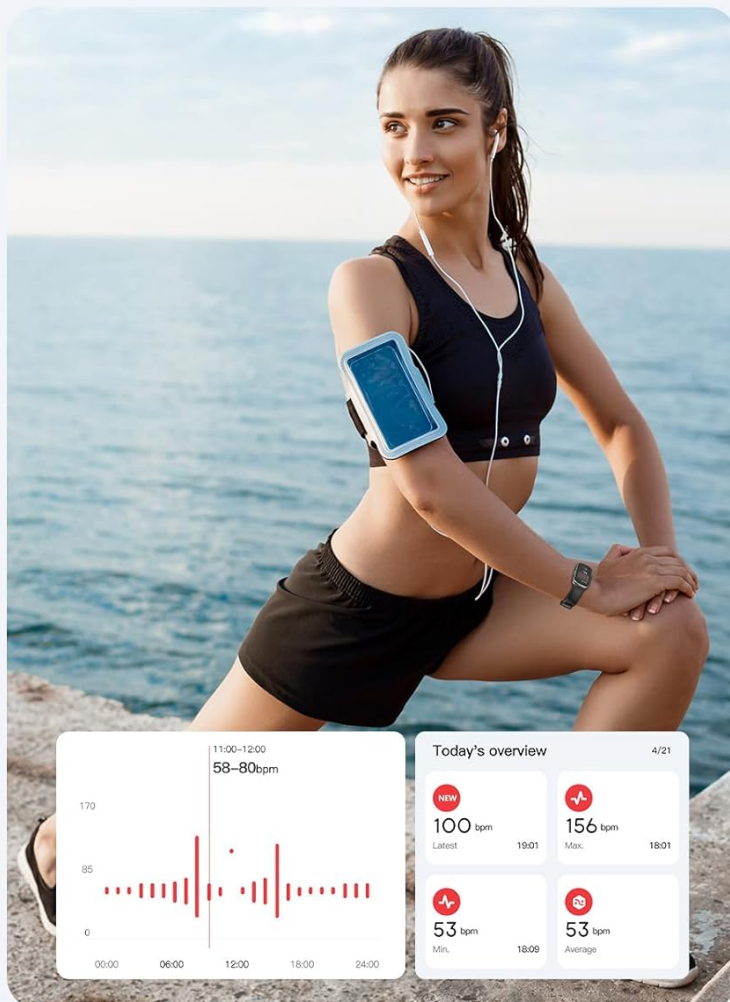


Image: Visual representation of the watch's sleep, heart rate, and blood oxygen monitoring capabilities.

Sleep Quality Analysis

Whether you are a deep sleeper or a light sleeper, VPSTAY band B1 can accurately record your sleep duration and sleep status, and provide you with sleep improvement suggestions based on the monitoring data to optimize the quality of your sleep.

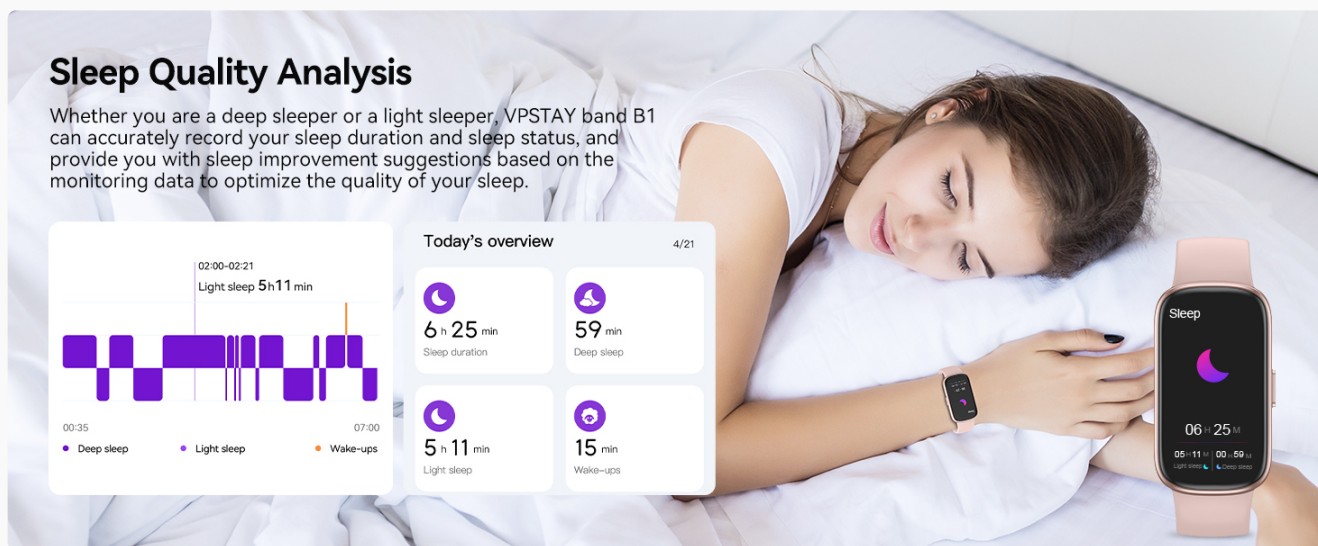
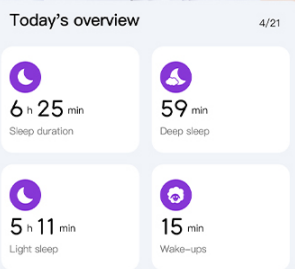
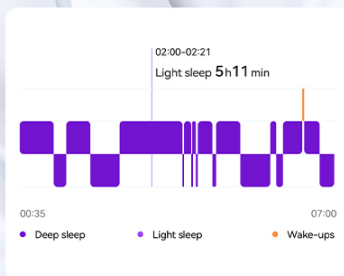


Image: A person exercising with the watch, demonstrating the 24-hour heart rate monitoring feature and its data display.

Blood oxygen Saturation Monitoring

Blood oxygen saturation is one of the basic signs of human health. VPSTAY band B1 thanks to the excellent sensor, professional algorithm support, you can measure your blood oxygen level when needed, to help adjust their state.

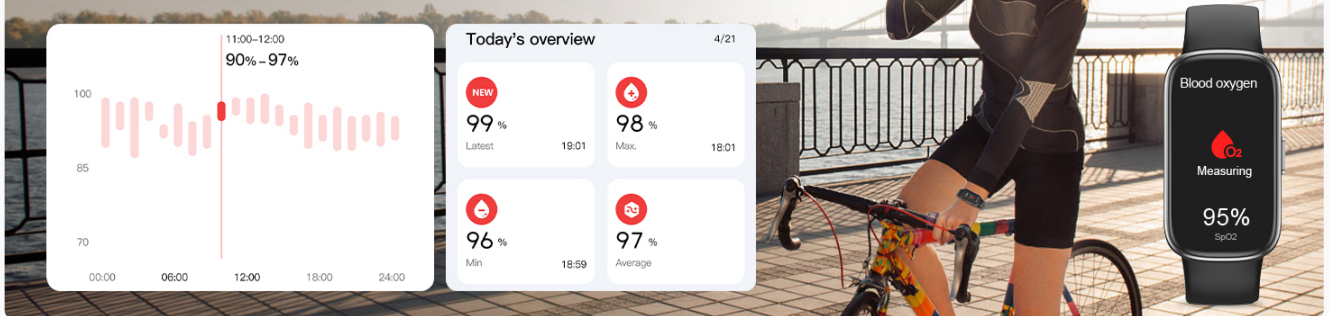


Image: A person sleeping, illustrating the watch's sleep quality analysis and data breakdown.



Image: A person cycling, showing the blood oxygen monitoring feature and its data display.

3.3. Activity Tracking

The fitness watch supports over 20 sports modes, including walking, running, cycling, and swimming. It records real-time data such as calories burned, steps taken, and distance covered, providing effective guidance for your workouts.



20+ Sports Modes

All Day Activity Tracking Designed to Motivate



CALORIES
1825 Kcal

STEPS
15621 Steps

DISTANCE
9.32 Km



Image: Two people stretching, illustrating the variety of sports modes and activity tracking features.

Multi-function

- Stopwatch
- Find phone
- Weather
- Female
- Music
- Language
- Battery
- Camera
- Display

Image: Two people running, showing how the watch tracks calories, distance, steps, and heart rate throughout the day.



Image: A person lifting weights, wearing the VPSTAY Fitness Tracker Watch.



Image: A person stretching, wearing the VPSTAY Fitness Tracker Watch.

3.4. Smart Reminders and Assistant Features

The watch connects seamlessly with iOS and Android smartphones to provide timely reminders for calls, messages, emails, and social media notifications through vibrations and screen displays. Additional smart features include weather updates, menstrual cycle reminders, camera and music control, sedentary alerts, and an alarm clock.

Call and Messages Alerts

You will never miss any messages important to



Image: A hand interacting with the watch, showing various social media app icons for notifications.

3.5. IP68 Waterproof Rating

With an IP68 waterproof rating, the watch is suitable for daily activities such as handwashing, showering, and use in rainy weather. It is designed to withstand water immersion up to 1.5 meters for 30 minutes.

IP68 Waterproof



Image: A person on a beach with a surfboard, demonstrating the watch's IP68 waterproof capability for various activities.



Image: A person surfing, wearing the VPSTAY Fitness Tracker Watch.

3.6. Battery Life

Equipped with a large capacity and low power consumption design, the watch offers 5-7 days of continuous usage and up to 20 days of standby time on a single charge. Full magnetic charging takes approximately 1.5-2 hours.



Image: The watch being charged magnetically, highlighting its long battery life features.

4. SETUP

4.1. Charging the Device

Before first use, fully charge your VPSTAY Fitness Tracker Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a compatible power source (e.g., computer USB port, USB wall adapter). A full charge typically takes 1.5 to 2 hours.

4.2. App Download and Pairing

To utilize all features of your watch, you need to download the companion app, 'anyloop APP'.

1. **Download the App:** Search for 'anyloop APP' on your smartphone's app store (iOS or Android) or scan the QR code provided in the quick start guide (if available).
2. **Create an Account:** Follow the in-app instructions to create your user account.
3. **Pair the Watch:** Ensure Bluetooth is enabled on your smartphone. Open the 'anyloop APP' and follow the prompts to search for and pair with your VPSTAY Fitness Tracker Watch. The watch should connect seamlessly.

Note: The watch will not sync with the app if it is in power-saving mode (typically activated around 20% battery life). Ensure sufficient battery for proper syncing.

5. OPERATING INSTRUCTIONS

5.1. Navigating the Touchscreen

The 1.47-inch HD color touchscreen is touch-sensitive and designed for easy navigation. Swipe left, right, up, or down to access different menus and features. Tap to select options.

5.2. Monitoring Health Data

- **Heart Rate:** Access the heart rate monitoring feature on your watch to view real-time heart rate data. For detailed historical data, check the 'anyloop APP'.
- **Blood Oxygen:** Initiate a single-time blood oxygen measurement directly from your wrist. All-day detailed data records are available in the app.
- **Sleep Monitoring:** The watch automatically monitors your sleep quality. View your sleep duration, deep sleep, light sleep, and awake periods in the app to gain insights into your sleep patterns.

5.3. Using Sports Modes

Select from over 20 sports modes to track your specific activities. The watch will record relevant metrics such as calories, steps, and distances in real-time. This data helps you understand your exercise volume and set reasonable workout goals.

5.4. Receiving Notifications

Once paired with your smartphone, the watch will provide timely reminders for incoming calls, messages, emails, and social media notifications. These alerts are delivered through vibrations and screen displays, ensuring you don't miss important information.

5.5. Other Smart Features

Explore additional features such as:

- Weather forecasts
- Menstrual cycle reminders (for women)
- Camera control
- Music control
- Sedentary reminders
- Drink water reminders
- Alarm clock

6. MAINTENANCE

6.1. Cleaning Your Watch

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

6.2. Water Resistance Guidelines

While the watch is IP68 waterproof, it is not suitable for hot water, saunas, or diving. Prolonged exposure to steam or hot water may damage the device. Always dry the watch thoroughly after exposure to water.

6.3. Battery Care

To prolong battery life, avoid fully discharging the battery frequently. Charge the watch when the battery level is low. Store the watch in a cool, dry place when not in use for extended periods.

7. TROUBLESHOOTING

7.1. Syncing Issues

If your watch is not syncing with the 'anyloop APP', ensure:

- Bluetooth is enabled on your smartphone.
- The watch has sufficient battery (it may not sync if battery is below 20% and in power-saving mode).
- The app is updated to the latest version.
- Try restarting both your watch and smartphone.

7.2. Inaccurate Readings

For heart rate or blood oxygen readings:

- Ensure the watch is worn properly, snug but not too tight, on your wrist.
- Clean the sensor on the back of the watch.
- Excessive sweat during workouts might temporarily affect sensor accuracy; dry your wrist and the watch.

7.3. General Issues

If you encounter other problems, try restarting the device. For persistent issues, refer to the in-app help section or contact customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	VPSTAY
Model	ALB1
Screen Size	1.47 Inches
Shape	Rectangular
Connectivity Technology	Bluetooth
Battery Capacity	185 Milliamp Hours
Operating System	anyloop APP
Waterproof Rating	IP68
Item Weight	2.39 ounces
Package Dimensions	3.82 x 3.7 x 1.34 inches

9. OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video: An official product video titled "vpb1 fitness tracker watch" from the VPstay Store, showcasing the features and functionality of the fitness tracker.

10. WARRANTY AND SUPPORT

VPSTAY is committed to providing quality products and customer satisfaction. While specific warranty details are not provided in this manual, our professional after-sales service is available to provide a satisfactory solution for any issues you may encounter during use. Please refer to the product packaging or the 'anyloop APP' for contact information or visit the official VPSTAY store on Amazon.

