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› Bestinn Smart Watch Fitness Tracker User Manual

Bestinn Fitness Watch

Bestinn Smart Watch Fitness Tracker User Manual

Model: Fitness Watch

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Bestinn Smart Watch Fitness Tracker. Please read this manual thoroughly before using the device to ensure proper function and to maximize your user experience. This device is designed to assist in monitoring various health and fitness metrics.



Image: Front view of the Bestinn Smart Watch Fitness Tracker, displaying time, steps, and heart rate on its screen.

Smart Activity Watch Fitness Tracker

Designed for a Healthier Life Style



Image: An infographic showcasing the key features of the Bestinn Smart Activity Watch Fitness Tracker, including Heart Rate, Blood Oxygen, Blood Pressure, Sleep Tracker, 120+ Sports Modes, Calls & Messages Notification, Menstrual Cycle Reminder, Drinking Water Reminder, and Sedentary Reminder.

PACKAGE CONTENTS

Verify that all items are present in the package:

- Bestinn Fitness Watch
- Magnetic USB Charging Cable
- User Manual (this document)

SETUP GUIDE

1. Charging the Device

Before initial use, fully charge your Bestinn Smart Watch. Connect the magnetic USB charging cable to the charging points on the back of the watch and to a standard USB power source (e.g., computer USB port, wall adapter). A full charge typically takes 1.5 to 2 hours.

1.47 Inch Ultra-HD Full Touch Screen

150+ Watch Face Options



Magnetic-USB Charging
Long Battery Life

 1.5Hrs Charging  7-10 Days Usage  30 Days Standby

Image: The Bestinn Smart Watch connected to its magnetic USB charging cable, showing a charging icon on the screen and a battery graphic indicating long battery life.

2. App Installation and Device Pairing

To unlock the full functionality of your smart watch, install the companion application on your smartphone. The watch is compatible with Android 4.4 / iOS 8.4 or above.

1. **Download the App:** Search for the recommended application (e.g., "Da Fit" or "FitCloudPro") in your phone's app store (Google Play Store for Android, Apple App Store for iOS).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open the App:** Launch the installed application and follow the on-screen instructions to create an account or log in.
4. **Pair the Device:** Within the app, navigate to the device pairing section. The app will search for your Bestinn Smart Watch. Select your watch from the list of available devices to establish a connection.
5. **Complete Setup:** Follow any additional prompts in the app to complete the pairing process and

personalize your settings.

OPERATING INSTRUCTIONS

1. Basic Navigation

The Bestinn Smart Watch features a 1.47-inch ultra-HD full touch screen for intuitive control.

- **Swipe Up/Down:** Navigate through menus and notifications.
- **Swipe Left/Right:** Access quick functions or different data screens.
- **Tap:** Select an item or confirm an action.
- **Press and Hold:** Customize watch faces (on the home screen).

2. Watch Face Customization

Personalize your watch with over 150 watch faces available in the companion app, or use your own photos.

- **On the Watch:** From the home screen, press and hold the display to cycle through pre-installed watch faces.
- **Via App:** Open the companion app, navigate to the watch face section, and select from the gallery or upload a custom image.



Image: A collage of various watch faces available for the Bestinn Smart Watch, demonstrating customization options.

3. Health Monitoring

The watch provides comprehensive monitoring of heart rate, blood oxygen (SpO2), and blood pressure. For accurate readings, wear the watch snugly, approximately 0.78 inches (2 cm) behind the ulnar malleolus (wrist bone) on your left hand.

- **Heart Rate:** Access the heart rate function on the watch or enable 24/7 tracking in the app.
- **Blood Oxygen:** Navigate to the SpO2 measurement screen on the watch.
- **Blood Pressure:** Select the blood pressure function on the watch.

- **Data Review:** View recent data records directly on the watch or in detail within the companion app.

Comprehensive Health Monitoring on Wrist



Image: A user wearing the Bestinn Smart Watch, with close-ups of the watch screen showing heart rate (BPM), blood oxygen percentage (SpO2), and blood pressure readings.

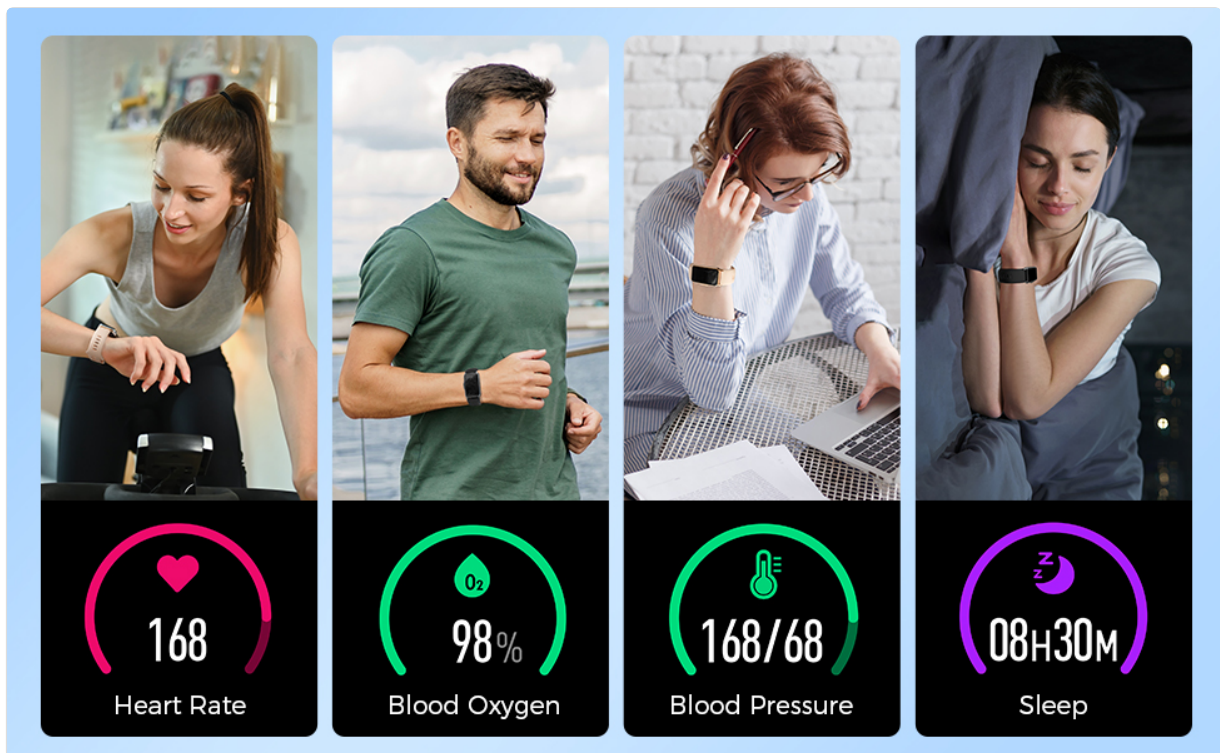


Image: Four distinct panels illustrating the health monitoring capabilities of the Bestinn Smart Watch, showing icons and numerical values for Heart Rate, Blood Oxygen, Blood Pressure, and Sleep duration.

4. Intelligent Sleep Monitoring

The watch tracks your sleep patterns, recording fall asleep and awake times, REM sleep, light sleep, and deep sleep durations. Wear the watch snugly on your left wrist for accurate tracking. The app provides analysis and suggestions for improving sleep habits.

Intelligent Sleep Monitoring and Analysis



Deep Sleep



Light Sleep



REM



Awake



Vibration Alarm



Image: A person sleeping while wearing the Bestinn Smart Watch, with icons representing deep sleep, light sleep, REM, awake, and vibration alarm. An inset shows the sleep data interface on the watch and the companion app.

5. Activity Tracking and Sports Modes

The watch tracks daily activity including steps, distance, and calories burned. It supports over 120 sports modes for real-time data during workouts. Connect to your phone's GPS via the app for route and pace mapping during outdoor activities.

120+ Sports Modes

All-Day Activity tracking



Image: The Bestinn Smart Watch screen showing a list of sports modes like Walking, Running, Cycling, and Skipping. Below, daily activity metrics such as steps, distance, calories, and heart rate are displayed.



Image: Two individuals running outdoors, with the Bestinn Smart Watch on one wrist. An inset shows the watch displaying workout duration, steps, and calories, alongside a smartphone screen with a GPS-tracked route map.

6. Calls and Messages Notification

Receive vibrating notifications on your wrist for incoming calls, text messages, and app alerts (e.g., Facebook, Twitter, WhatsApp). You can view caller ID for calls and read full messages directly on the watch screen.

Smart Call and Message Notification

Never missing important phone calls and messages



Image: A person interacting with the Bestinn Smart Watch to view an incoming message notification, with a smartphone displaying an incoming call in the background. Icons for various social media and messaging apps are shown above the watch.



Image: A close-up of a person's hand interacting with the Bestinn Smart Watch, showing options for managing calls (contacts info, reject call, mute) and message notifications from various apps.

7. Life Assistant Features

The watch includes several features to assist with daily routines:

- **Weather Display:** Real-time weather information.
- **Sedentary Reminder:** Alerts you to move after periods of inactivity.
- **Drinking Water Reminder:** Prompts you to hydrate.
- **Menstrual Cycle Reminder:** For tracking and predictions.
- **Remote Camera Control:** Use the watch to trigger your phone's camera shutter.
- **Music Control:** Play, pause, and skip tracks on your phone.
- **Alarm:** Set silent vibrating alarms.
- **Timer:** Built-in timer function.
- **Do Not Disturb Mode:** Silence notifications during specific times.
- **Brightness Adjustment:** Adjust screen brightness directly from the watch.
- **Time Format:** Choose between 12-hour or 24-hour display.
- **Temperature Units:** Select between Fahrenheit (°F) or Celsius (°C).

Multiple Reminders

Your Considerate Life Assistant



Image: A collage showing various reminder features of the Bestinn Smart Watch, including weather, sedentary reminder, drinking water reminder, and menstrual cycle reminder, depicted with people in different daily scenarios.

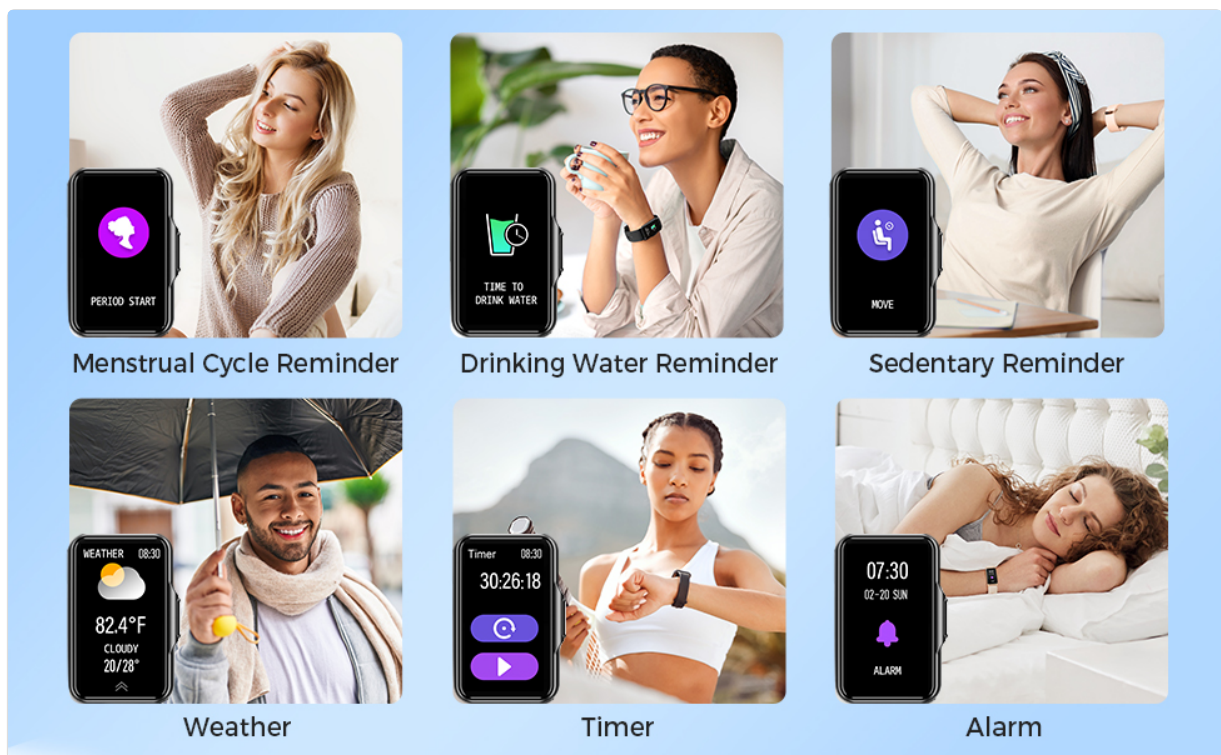


Image: Six panels illustrating the utility features of the Bestinn Smart Watch: Menstrual Cycle Reminder, Drinking Water Reminder, Sedentary Reminder, Weather display, Timer, and Alarm.



Image: Six panels showcasing additional features of the Bestinn Smart Watch: Camera Control, Music Control, Do Not Disturb Mode, Long Battery Life, IP68 Waterproof rating, and Brightness Adjustment.

MAINTENANCE

- **Cleaning:** Regularly clean your watch and wristband with a soft, dry cloth. Avoid harsh chemicals.
- **Water Resistance:** The watch is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily use, hand washing, and light rain. Avoid hot water, saunas, or diving.
- **Battery Care:** To prolong battery life, avoid fully discharging the watch frequently. Charge it when the

battery level is low.

- **Storage:** Store the watch in a cool, dry place when not in use for extended periods.

TROUBLESHOOTING

Problem	Solution
Watch does not turn on.	Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
Unable to pair with smartphone.	<ul style="list-style-type: none">• Ensure Bluetooth is enabled on your phone.• Make sure the watch is sufficiently charged.• Restart both the watch and your phone.• Ensure the watch is not already paired with another device.• Try resetting the watch to factory settings (if available in settings).
Inaccurate health data readings.	<ul style="list-style-type: none">• Ensure the watch is worn snugly on your wrist, approximately 0.78 inches (2 cm) behind the wrist bone.• Avoid excessive movement during measurement.• Clean the sensor on the back of the watch.• Note: This device is not a medical device; readings are for reference only.
Notifications not received.	<ul style="list-style-type: none">• Ensure the watch is connected to your phone via Bluetooth.• Check app notification settings on your phone and within the companion app.• Disable "Do Not Disturb" mode on the watch.• Ensure the companion app is running in the background.
Short battery life.	<ul style="list-style-type: none">• Reduce screen brightness.• Limit frequent screen wake-ups.• Turn off continuous heart rate monitoring if not needed 24/7.• Ensure the watch is fully charged each time.

SPECIFICATIONS

Feature	Detail
Brand	Bestinn
Model Name	Fitness Watch
Screen Size	1.47 Inches
Display Type	Ultra-HD Full Touch Screen
Connectivity Technology	USB (for charging)

Feature	Detail
Operating System Compatibility	Android 4.4 / iOS 8.4 or above
Special Features	120+ Sports Modes, 24/7 Heart Rate, Blood Oxygen, Blood Pressure Monitor, Sleep Tracker, Call/Message Notification, Sedentary Reminder, Drinking Water Reminder, Menstrual Cycle Reminder, Weather Forecast, Remote Camera Control, Music Control, 150+ Watch Faces.
Water Resistance	IP68 (Dust and water resistant up to 1.5m for 30 mins)
Battery Type	Lithium Polymer
Charging Time	1.5 - 2 hours
Battery Life (Typical Use)	7-10 days
Standby Time	Up to 30 days
Adjustable Band Size	5.0 inches to 9.45 inches

WARRANTY AND SUPPORT

Your Bestinn Smart Watch Fitness Tracker comes with a 3-year manufacturer's warranty. For technical support, warranty claims, or further assistance, please contact Bestinn customer service through the contact information provided on the product packaging or the official Bestinn website.