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ZKSSGY C60

ZKSSGY C60 Fitness Tracker User Manual

Model: C60 | Brand: ZKSSGY

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your ZKSSGY C60 Fitness Tracker. The C60 is designed to monitor various health metrics and track your daily activities, featuring a 1.1" AMOLED touch screen, 24/7 heart rate and blood oxygen monitoring, sleep analysis, and multiple sport modes. Please read this manual thoroughly to ensure proper use and to maximize the device's functionality.



Image: The ZKSSGY C60 Fitness Tracker, a sleek black band with a rectangular display showing time and heart rate.

GETTING STARTED: SETUP

1. Initial Activation and Charging

Upon receiving your ZKSSGY C60 Fitness Tracker, it is essential to charge the device to activate it. Use the provided charging cable to connect the tracker to a USB power source. The device will display a charging indicator.

Large Capacity Battery



Image: The ZKSSGY C60 Fitness Tracker next to its USB charging cable, illustrating the charging method.

2. App Installation and Connection

To unlock the full potential of your fitness tracker, download and install the "Keep Health" application on your smartphone. The app is available for both Android and iOS devices.

1. Search for "Keep Health" in your device's app store (Google Play Store for Android, Apple App Store for iOS).
2. Download and install the application.
3. Open the "Keep Health" app and follow the on-screen instructions to create an account or log in.
4. Ensure your phone's Bluetooth is enabled.
5. Within the app, navigate to the device pairing section and select your ZKSSGY C60 from the list of available devices to establish a connection.

Once connected, the tracker's time and date will synchronize with your phone, and you can begin customizing settings and viewing detailed health data.

OPERATING INSTRUCTIONS

Display and Navigation

The ZKSSGY C60 features a 1.1" AMOLED color touchscreen for intuitive interaction. Swipe up, down, left, or right to navigate through menus and tap to select options.



Image: The ZKSSGY C60 display showing various icons for features like heart rate, blood oxygen, sleep, and notifications.

Customizing Watch Faces

You can personalize your tracker's appearance by choosing from over 70 cloud-based watch faces available through the "Keep Health" app. Additionally, you can upload your own photos to create unique custom dials.

Health Monitoring

The C60 continuously monitors key health metrics throughout the day and night.

- **Heart Rate Monitoring:** Tracks your heart rate 24/7, providing data to help you understand your cardiovascular health.

- **Blood Oxygen (SpO2) Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Analyzes your sleep patterns, including deep sleep, light sleep, and awake periods, to provide a comprehensive sleep quality report.



Image: A graph illustrating continuous heart rate monitoring, alongside icons for exercise, heart rate, and blood oxygen, with the tracker on a wrist.

Sleep Tracking for Better



Deep Sleep



Light Sleep



Awake time



Image: The ZKSSGY C60 displaying sleep data, with icons for deep sleep, light sleep, and awake time, and a smartphone showing detailed sleep analysis.

Activity Tracking and Sport Modes

The tracker automatically records your daily activities and offers specialized modes for various exercises.

- **All-Day Activity Tracking:** Monitors steps taken, distance covered, and calories burned.
- **25 Sport Modes:** Includes modes for walking, running, cycling, indoor running, free training, and more. The tracker stores the last 5 exercise records.

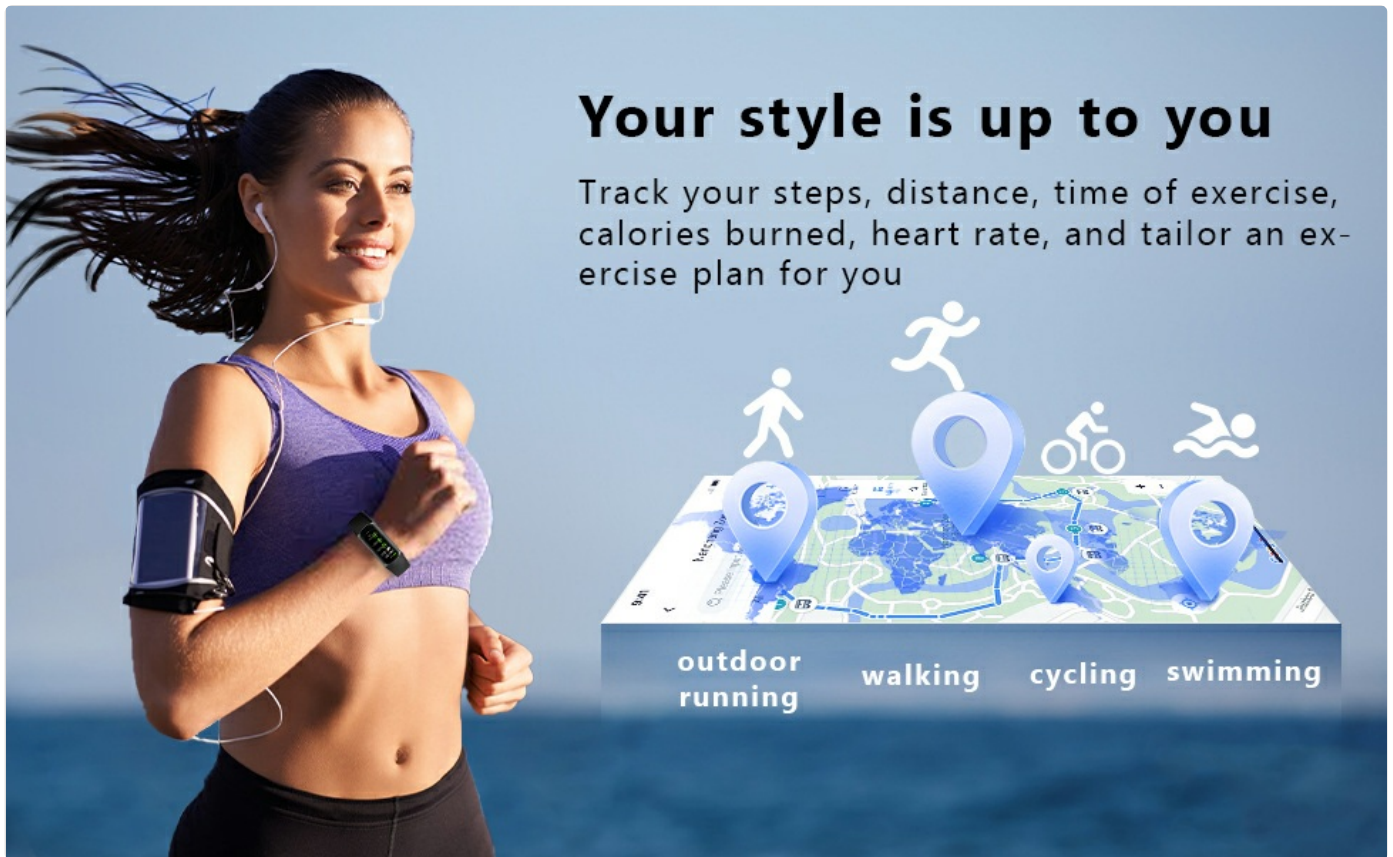


Image: A woman running outdoors, with a graphic overlay indicating various tracked activities like outdoor running, walking, cycling, and swimming.

Smart Notifications

Stay connected by receiving notifications directly on your wrist.

- **Message Alerts:** Receive notifications from SMS, WeChat, WhatsApp, Facebook, Twitter, and other social media applications.
- **Call Notifications:** Get alerts for incoming calls and have the option to reject calls directly from the tracker.

Timely Notification

The smart assistant can alert you to incoming calls and view messages and notifications from most apps so that you never miss an important message again



Image: The ZKSSGY C60 on a wrist displaying a message notification, surrounded by logos of various social media and messaging apps.

MAINTENANCE

Water Resistance

The ZKSSGY C60 Fitness Tracker is IP68 waterproof, meaning it is resistant to dust and can withstand immersion in water up to 1.5 meters for 30 minutes. This makes it suitable for activities such as swimming, showering, and use in rainy conditions. However, it is not recommended for hot water activities like saunas or hot baths, or for diving.

IP68 Waterproof

Surfing, running in the rain, swimming, etc. can accurately track your calories, heart rate, and distance



Image: The ZKSSGY C60 Fitness Tracker on a wrist, with a swimmer in the background, illustrating its IP68 waterproof capability.

Cleaning and Care

To maintain the tracker's performance and appearance, regularly clean 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.

TROUBLESHOOTING

If you encounter issues with your ZKSSGY C60 Fitness Tracker, please refer to the following common solutions:

- **Device Not Turning On:** Ensure the device is fully charged. Connect it to the charging cable and a power source for at least 10-15 minutes.
- **Unable to Pair with App:**
 - Confirm Bluetooth is enabled on your smartphone.
 - Ensure the "Keep Health" app is updated to the latest version.
 - Restart both your smartphone and the fitness tracker.

- Try unpairing and re-pairing the device within the app.

- **Inaccurate Data Readings:**

- Ensure the tracker is worn snugly on your wrist, about one finger's width above your wrist bone.
- Clean the sensor on the back of the tracker.
- Update the firmware of the tracker via the "Keep Health" app.

- **Notifications Not Appearing:**

- Check notification permissions for the "Keep Health" app in your phone's settings.
- Ensure the app is running in the background and not being closed by battery optimization settings.
- Verify that notification alerts are enabled within the "Keep Health" app for the specific applications.

For further assistance, please contact ZKSSGY customer support.

SPECIFICATIONS

Feature	Detail
Model Name	C60
Brand	ZKSSGY
Screen Size	1.1 Inches AMOLED
Connectivity	Bluetooth 5.0
Operating System	Compatible with Android/iOS via app
Water Resistance	IP68
Health Monitoring	Heart Rate, Blood Oxygen, Sleep Tracking
Activity Tracking	Steps, Distance, Calories, 25 Sport Modes
Material	Silicone (Strap)
Included Components	Charging Cable

WARRANTY AND SUPPORT

The ZKSSGY C60 Fitness Tracker comes with a limited manufacturer's warranty. For specific details regarding warranty coverage and duration, please refer to the product packaging or contact ZKSSGY customer support.

For technical support, troubleshooting assistance, or any inquiries about your device, please visit the official ZKSSGY website or contact their customer service department. Contact information can typically be found on the product packaging or within the "Keep Health" application.