

Amazfit Active 3 Premium

Amazfit Active 3 Premium Smartwatch User Manual

Model: Active 3 Premium

1. INTRODUCTION

This manual provides essential information for the proper use and maintenance of your Amazfit Active 3 Premium Smartwatch. Please read it carefully before using the device.

Key Features:

- **Designed for Runners:** Robust stainless steel casing, sapphire glass, and a lightweight design. The bright 1.32" AMOLED display ensures clear data and map readability, even in direct sunlight.
- **Route Mastery:** Precise tracking with GPS and five satellite systems. Free offline maps with turn-by-turn navigation and automatic recalculation, without needing a smartphone.
- **Goal-Oriented Training:** Integrated running programs and personalized Zepp Coach for distances from 5 km to marathon. Equipment tracking, such as running shoes, directly from the wrist.
- **Refine Your Technique:** Advanced analysis of posture, running power, lactate threshold, and ground contact time to improve stride efficiency.
- **Smart Training, Optimized Recovery:** BioTracker sensor monitors heart rate, blood oxygen, stress, and sleep quality to balance effort and rest.

2. SETUP

2.1 Unboxing and Initial Charge

Carefully remove the smartwatch and accessories from the packaging. Before first use, fully charge the device using the provided magnetic charging base. Connect the charging base to a USB power source (USB Type-C cable not included).

Emballage écologique

Emballé avec des matériaux 100 % recyclables. Inclut une base de charge (compatible USB Type-C) mais pas de câble, réduisant les déchets et les câbles supplémentaires à la maison.



Image: Amazon Active 3 Premium Smartwatch with its magnetic charging base and eco-friendly packaging.

2.2 Pairing with Your Smartphone

1. Download the **Zepp App** from your smartphone's app store (compatible with iOS and Android).
2. Open the Zepp App and create an account or log in.
3. Follow the on-screen instructions in the app to pair your Amazon Active 3 Premium. Ensure Bluetooth is enabled on your smartphone.
4. Confirm the pairing request on both your smartphone and the smartwatch.

3. OPERATING INSTRUCTIONS

3.1 Basic Navigation

The Amazon Active 3 Premium features a 1.32" AMOLED touch screen and four physical buttons for navigation. Swipe across the screen to access different functions and use the buttons for quick access or confirmation.

Active 3 Premium

Run Your Potential.

Écran AMOLED vibrant de 1.32" avec verre saphir
Entraînements de course intégrés
Métriques de course spécialisées



Image: Three Amazon Active 3 Premium smartwatches displaying their vibrant AMOLED touch interfaces.

3.2 GPS and Offline Maps

The smartwatch integrates GPS, GLONASS, Galileo, and NavIC for precise location tracking. You can download offline maps via the Zepp App for navigation without a smartphone connection.

- **Downloading Maps:** Use the Zepp App to download regional maps to your watch's 4GB internal storage.
- **Navigation:** Select a route on your watch. The device provides turn-by-turn instructions and alerts for points of interest. If you deviate from the route, it will automatically recalculate.

Maîtrisez l'itinéraire

Téléchargez gratuitement des cartes hors ligne depuis l'application Zepp afin de toujours garder conscience de votre environnement.



Image: A runner wearing the Amazfit Active 3 Premium Smartwatch, which displays a detailed map for route tracking.

3.3 Sport Modes and Coaching

Access over 170 sport modes, including running, cycling, swimming, and more. The Zepp Coach provides personalized training plans.

- **Starting a Workout:** Select your desired sport mode from the watch menu and press 'GO'.
- **Zepp Coach:** Utilize the Zepp App to generate customized training plans based on your performance and recovery data.
- **Equipment Tracking:** Monitor the mileage and usage of your running shoes and other gear to manage wear and tear.

Plus de 170 modes sportifs

Accédez à une large gamme de modes sportifs, dont le Hybrid Training, les options de course et d'entraînement HYROX, ainsi que l'entraînement de musculation avec reconnaissance automatique des exercices.



Image: The Amazfit Active 3 Premium Smartwatch showing the 'GO' screen, ready to start a workout in one of its 170+ sport modes.

3.4 Health Monitoring

The BioTracker sensor continuously monitors various health metrics:

- **Heart Rate:** 24/7 heart rate tracking.
- **Blood Oxygen (SpO2):** On-demand and continuous blood oxygen level monitoring.
- **Stress Levels:** Monitors stress throughout the day.
- **Sleep Quality:** Tracks sleep stages and provides insights into sleep patterns.
- **HybridCharge:** Energy tracking to optimize recovery.

Séances d'entraînement intégrées

Entraînez-vous plus intelligemment grâce à des séances prêtes à l'emploi intégrées à de nombreux modes de course et autres sports. Endurance, vitesse, renforcement du tronc et bien plus encore.



Image: The Amazfit Active 3 Premium Smartwatch displaying health metrics, including HybridCharge and heart rate data.

3.5 Smart Features

- **Bluetooth Calls & Notifications:** Receive calls and notifications directly on your watch.
- **NFC Payments:** Use Zepp Pay for contactless payments (link up to eight bank cards).
- **Voice Control:** Utilize Zepp Flow for voice commands.
- **Message Replies:** Reply to messages via voice on Android devices.

Restez Connecté, sans interrompre votre rythme

Appels Bluetooth
Contrôle vocal Zepp Flow
Réponses aux messages par voix sur Android
Notifications intelligentes tout au long de la journée



Image: The Amazfit Active 3 Premium Smartwatch displaying an incoming call notification, demonstrating its communication features.

3.6 Bluetooth Peripherals

Connect various Bluetooth devices to enhance your training experience:

- Heart Rate Belt
- Action Camera (e.g., GoPro)
- Cadence Sensor
- Power Sensor
- Thermometer
- Speed Counter

Périphériques bluetooth

Connectez une caméra d'action, une ceinture cardiaque, un capteur de cadence, un capteur de puissance, un thermomètre, un compteur de vitesse, et plus encore.

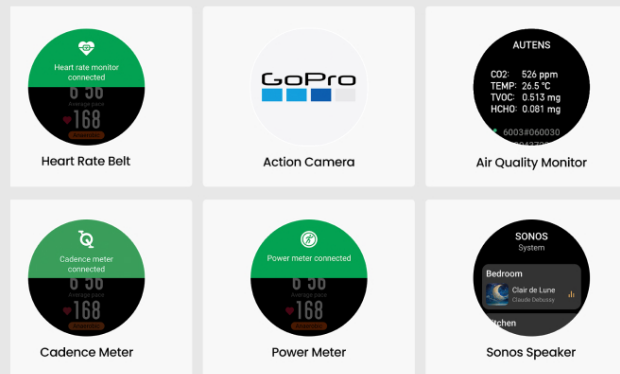


Image: A visual representation of various Bluetooth peripherals, such as heart rate monitors and action cameras, compatible with the smartwatch.

4. MAINTENANCE

4.1 Cleaning Your Smartwatch

Regularly clean your smartwatch to ensure optimal performance and hygiene. Use a soft, damp cloth to wipe the screen and watch body. Avoid using harsh chemicals or abrasive materials.

4.2 Charging

Charge your device using only the original magnetic charging base. Ensure the charging pins are clean and free of debris to maintain a good connection. The average battery life is 12 days with typical use, 7 days with intensive use, and 24 hours with continuous GPS tracking.

Maîtrisez l'itinéraire

Compatible avec six systèmes satellites pour un positionnement fiable et une connexion rapide.



Image: The Amazfit Active 3 Premium Smartwatch displaying a full battery charge and the current time.

4.3 Water Resistance

The Amazfit Active 3 Premium is water-resistant up to 5 ATM (50 meters). It is suitable for swimming and showering but not for high-speed water sports or diving.

5. TROUBLESHOOTING

5.1 Connectivity Issues

- **Watch not pairing:** Ensure Bluetooth is enabled on your phone and the watch. Restart both devices and try pairing again through the Zepp App.
- **GPS signal loss:** Ensure you are in an open area with a clear view of the sky. Sync your watch with the Zepp App regularly to update A-GPS data.

5.2 Inaccurate Readings

- **Heart rate/SpO2:** Ensure the watch is worn snugly on your wrist, one finger-width above the wrist bone. Clean the sensor regularly.
- **Sleep tracking:** Ensure you wear the watch while sleeping.

5.3 Battery Draining Quickly

- Reduce screen brightness and screen-on time.
- Disable continuous heart rate monitoring or set it to a longer interval.
- Limit the number of notifications.
- Frequent GPS use will consume more battery.

5.4 Screen Unresponsive

- Restart the watch by pressing and holding the power button.
- Ensure the screen is clean and dry.

For further assistance, refer to the Zepp App's help section or the official Amazfit support website.

6. SPECIFICATIONS

Feature	Detail
Model Number	A2558
Display	1.32 inches AMOLED, 320 x 320 resolution, 3000 NIT peak brightness
Material	Stainless Steel (case), Sapphire Glass (screen), Silicone/Rubber (band)
Dimensions	16.9 x 8.9 x 3.4 cm (package)
Weight	38 Grams
Battery Life (Average)	12 days (typical use)
Storage	4 GB
Connectivity	Bluetooth
GPS	Integrated GPS, GLONASS, Galileo, NavIC
Water Resistance	5 ATM (50 Meters)
Operating System	Zepp OS
Compatible Devices	iOS and Android Smartphones
Input Method	Microphone
Target Audience	Men, Women (Adult)

7. WARRANTY AND SUPPORT

7.1 Manufacturer's Warranty

The Amazfit Active 3 Premium Smartwatch comes with a **2-year manufacturer's limited warranty**. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear. Please retain your proof of purchase for warranty claims.

7.2 Customer Support

For technical support, warranty claims, or further inquiries, please visit the official Amazfit support website or contact their customer service through the Zepp App.

Online Resources:

- Official Amazfit Website: www.amazfit.com
- Zepp App Support Section

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question