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Model: Smart Band 10 Pro (BHR08WBGL)

INTRODUCTION

The Xiaomi Smart Band 10 Pro is an advanced activity tracker designed to monitor your health and fitness. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance and longevity.



Front view of the Xiaomi Smart Band 10 Pro with a white strap, displaying the time 10:09.



Side view of the Xiaomi Smart Band 10 Pro, highlighting its slim profile and white strap.

SETUP

1. Charging the Device

Before initial use, fully charge your Smart Band 10 Pro. Connect the included charging cable to the charging port on the back of the band and plug the USB end into a power adapter or computer USB port.



Illustration of a smartwatch with a charging indicator, demonstrating the charging process.

2. Powering On and Pairing

1. Once charged, the band will typically power on automatically. If not, press and hold the side button (if present) or connect it to the charger to activate.
2. Download the official Xiaomi fitness application on your Android or iOS smartphone.
3. Open the app, create an account, and follow the on-screen instructions to add a new device.

4. Ensure Bluetooth is enabled on your smartphone. The app will search for your Smart Band 10 Pro.
5. Select your device from the list and confirm the pairing request on both your phone and the band.

OPERATING INSTRUCTIONS

Basic Navigation

- **Touchscreen:** Swipe up, down, left, or right to navigate through menus and notifications.
- **Gesture Control:** The device supports gesture input for various functions. Refer to the in-app guide for specific gestures.
- **Side Button (if applicable):** Press to return to the home screen or activate specific functions.

Health Monitoring Features

The Smart Band 10 Pro offers comprehensive health tracking capabilities:

- **Heart Rate Monitoring:** Continuously tracks your heart rate throughout the day.
- **SpO2 Monitoring:** Measures your blood oxygen saturation levels.
- **Sleep Tracking:** Analyzes your sleep patterns, including deep sleep, light sleep, and wake times.
- **Stress Monitoring:** Provides insights into your stress levels.
- **Women's Health Tracking:** Offers features for menstrual cycle tracking.



The Smart Band 10 Pro display showing various health tracking features including sleep, stress, heart rate, and SpO2 monitoring.

Sport Management and Activity Tracking

The band supports multiple sport modes and includes built-in GPS for accurate outdoor activity tracking:

- **GPS:** Integrated GPS for precise location tracking during outdoor activities.
- **Sport Modes:** Includes modes for Cycling, Fitness, Running, Walking, Football, and more.
- **Activity Tracking:** Records steps, distance, calories burned, and active minutes.



Sport tracking dashboards on the Smart Band 10 Pro display, showing activity statistics for GPS, running, cycling, walking, and football with duration and distance metrics.

Water Resistance

The Smart Band 10 Pro has a 5ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. It is suitable for swimming and showering, but not for diving or high-pressure water activities.

MAINTENANCE

Cleaning

- Regularly clean your band and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials, as these can damage the device.
- Ensure the charging contacts are clean and dry before charging.



A black fitness smartwatch band with a digital display, illustrating the device's design for general care.

Battery Care

- Charge the device using only the provided charging cable.
- Avoid exposing the device to extreme temperatures, which can affect battery life.
- If storing the device for an extended period, charge it to approximately 50% to preserve battery health.

TROUBLESHOOTING

- **Device not powering on:** Ensure the device is fully charged. Connect it to the charger and wait a few minutes.
- **Unable to pair with smartphone:** Check that Bluetooth is enabled on your phone and the band is within range. Restart both devices and try pairing again. Ensure the Xiaomi fitness app is up to date.
- **Inaccurate readings:** Ensure the band is worn snugly on your wrist, about one finger's width above your wrist bone. Clean the sensor on the back of the device.
- **Software issues:** Try restarting the band. If problems persist, check the Xiaomi fitness app for available firmware updates.

For more detailed troubleshooting, refer to the help section within the official Xiaomi fitness application.

SPECIFICATIONS

Feature	Detail
Model Name	Xiaomi Smart Band 10 Pro
Model Number	BHR08WBGL
Screen Size	1.74 Inches
Connectivity	Bluetooth
GPS	Built-in GPS
Water Resistance	5ATM (50 Meters)
Operating System	Android/iOS compatible
Memory Storage Capacity	256 MB
Product Dimensions	17 x 7.5 x 2.5 cm
Item Weight	21.5 Grams
Included Components	Strap, Charging Cable, User Manual

WARRANTY INFORMATION

The Xiaomi Smart Band 10 Pro comes with a **2-year manufacturer warranty**. Please retain your proof of purchase for warranty claims. For specific terms and conditions, refer to the warranty card included with your product or visit the official Xiaomi support website.

SUPPORT

For further assistance, technical support, or to access the latest user guides and FAQs, please visit the official Xiaomi support website or contact their customer service. You can also find helpful resources within the Xiaomi fitness application on your smartphone.

