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RUXINGX ET472

RUXINGX ET472 Smartwatch User Manual

Model: ET472

1. Introduction

Thank you for choosing the RUXINGX ET472 Smartwatch. This device is designed to enhance your daily life with advanced health monitoring, fitness tracking, and smart communication features. This manual provides essential information for setting up, operating, and maintaining your smartwatch to ensure optimal performance.

2. What's in the Box

Carefully unpack your RUXINGX ET472 Smartwatch and verify that all items are present:

- RUXINGX ET472 Smartwatch
- Steel Strap
- Silicone Strap
- USB Charging Cable
- Instruction Manual



Image: Contents of the RUXINGX ET472 Smartwatch package. The image displays the smartwatch, a steel strap, a silicone strap, a USB charging cable, and the user manual, alongside a gift box.

3. Setup

3.1 Initial Charging

Before first use, fully charge your smartwatch. Connect the USB charging cable to the charging port on the back of the watch and to a standard USB power adapter (not included). A full charge typically takes approximately 2 hours.



Image: The RUXINGX ET472 Smartwatch connected to its magnetic charging cable, showing the charging status on its display. The image also highlights the battery life: 8-10 days for daily use, 15-20 days standby, and 2 hours charging time.

3.2 App Installation and Pairing

To unlock the full potential of your smartwatch, download the companion app on your smartphone. The app is compatible with both Android and iOS devices.

1. Scan the QR code in the manual or search for the app name (usually mentioned in the included manual or on the watch screen) in your phone's app store.
2. Install the app and create an account or log in.
3. Enable Bluetooth on your smartphone.
4. Open the app and follow the on-screen instructions to search for and pair with your RUXINGX ET472 Smartwatch. Ensure the smartwatch is powered on and near your phone during pairing.
5. Grant necessary permissions to the app for full functionality (e.g., notifications, location, health data).

4. Operating Instructions

4.1 Basic Navigation

- **Touchscreen:** Swipe left/right, up/down to navigate through menus and features. Tap to select.
- **Side Buttons:** Typically, one button serves as a power on/off and back button, while others may provide quick access to specific functions or sports modes. Refer to the detailed manual for specific button assignments.

4.2 Health Monitoring

The RUXINGX ET472 Smartwatch offers comprehensive 24/7 health monitoring. For accurate readings, ensure the watch is worn snugly on your wrist, approximately two centimeters above the wrist bone.



Image: A user performing an ECG and HRV measurement on the RUXINGX ET472 Smartwatch. The watch display shows heart rate (86 bpm) and detailed ECG and HRV test records, including QT Interval, SDNN, RMSSD, QTc, ST Amplitude, and QRS Amplitude.

4.2.1 ECG and HRV Monitoring

The smartwatch features a high-precision bioelectrical signal sensor for ECG and Heart Rate Variability (HRV) monitoring. To perform a measurement:

1. Navigate to the ECG/HRV function on your watch.
2. Gently touch the electrodes (usually on the side or bezel) with your finger for 60 seconds.
3. The watch will generate an electrocardiogram and an HRV analysis report, viewable on the 1.53-inch high-definition screen and in the companion app.

4.2.2 24/7 Vital Sign Monitoring

The watch continuously monitors four key vital parameters:

- **Heart Rate:** Tracks your heart rate throughout the day. Alerts can be set for abnormal readings.
- **SpO2 (Blood Oxygen):** Measures blood oxygen saturation levels.
- **Blood Pressure:** Provides blood pressure readings.
- **Temperature:** Monitors body temperature.



Image: A man outdoors, wearing the RUXINGX ET472 Smartwatch, demonstrating its 3-in-1 health tracking capabilities. The image shows graphical representations of heart rate (86 bpm), blood oxygen (94%), and blood pressure (120/60 mmHg) over time.

4.2.3 Sleep Monitoring

The smartwatch provides a comprehensive analysis of your sleep patterns, including deep sleep, light sleep, and awake times, to help you improve your sleep quality.



Image: A man sleeping, wearing the RUXINGX ET472 Smartwatch, illustrating its 24-hour sleep monitoring feature. The display shows a sleep index of 85, with detailed breakdowns of light sleep (6h 53m), deep sleep (1h 21m), and fitful naps (31m), along with a weekly sleep trend graph.

4.2.4 Stress Monitoring and Body Composition

Monitor your stress levels and engage in breathing exercises for quick relaxation. After physical activity, use the watch to measure your body composition, tracking fat and muscle mass trends.



Image: Two RUXINGX ET472 Smartwatches showcasing various health monitoring features. The image highlights 6 major health models: Emotion Detection (6 Elevated), Stress (34 Normal), MET Test (3.8 Met), Body Composition (Body Fat, Muscle Rate, Bone Mass), Micro-examination (No abnormalities observed), and Body Temperature (36.7°C).

4.3 Sports Modes

The smartwatch includes over 120 sports modes to accurately record duration, distance, and calories burned. It also quantifies effort intensity and fat-burning effectiveness using MET (Metabolic Equivalent of Task).



Image: A person surfing while wearing the RUXINGX ET472 Smartwatch, illustrating its 120+ sports modes. The image displays icons for various activities and shows tracked data such as 22458 steps, 345 kcal, and 18.56 km distance. It also highlights the 5ATM waterproof rating.

4.4 AI GPT Assistant

The integrated AI-GPT intelligent assistant allows for vocal interaction to get advice, solve daily problems, or receive emotional support. It also supports AI-powered watch face customization based on voice commands.



Image: A user interacting with the RUXINGX ET472 Smartwatch, demonstrating its AI GPT assistant and communication features. The watch displays an incoming call and a voice assistant query, with icons for Bluetooth 5.4, contacts, voice assistant, and message notifications.

4.5 Notifications and Calls

Equipped with a Bluetooth 5.4 chip, the smartwatch ensures fast, stable, and energy-efficient synchronization with your smartphone. You can answer calls directly from your wrist and receive SMS and social media notifications instantly.

4.6 LED Flashlight

The smartwatch includes a flashlight with 4 brightness levels, providing added safety during outdoor activities at night.

4.7 Watch Faces

Customize your smartwatch with over 150 online watch faces. You can also create unique AI-generated interfaces based on your

preferences.

5. Maintenance

5.1 Water Resistance

The RUXINGX ET472 Smartwatch has a 5ATM water resistance rating, meaning it can withstand sweat and rain. It is suitable for swimming in shallow water but not for diving or high-pressure water activities.

5.2 Cleaning

Regularly clean your smartwatch and straps with a soft, dry cloth. If necessary, use a slightly damp cloth and mild soap, then rinse and dry thoroughly. Avoid harsh chemicals or abrasive materials.

5.3 Battery Care

To prolong battery life, avoid extreme temperatures and fully discharging the battery frequently. Charge the device when the battery level is low, but avoid overcharging for extended periods.

6. Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged.
- **Cannot pair with phone:** Make sure Bluetooth is enabled on your phone, the watch is powered on, and both devices are within range. Restart both the watch and phone, then try pairing again.
- **Inaccurate health readings:** Ensure the watch is worn snugly on your wrist, not too tight or too loose. Clean the sensors on the back of the watch.
- **Notifications not appearing:** Check app permissions on your phone and ensure notifications are enabled in the smartwatch app settings.
- **Short battery life:** Reduce screen brightness, disable unnecessary features, and ensure background app usage is optimized.

For further assistance, refer to the detailed troubleshooting section in the companion app or contact customer support.

7. Specifications

Brand	RUXINGX
Model	ET472
Screen Size	1.53 Inches
Display Type	LCD
Connectivity	Bluetooth 5.4
Water Resistance	5ATM
Battery Capacity	400 mAh
Battery Life (Daily Use)	8-10 Days

Battery Life (Standby)	15-20 Days
Charging Time	Approx. 2 Hours
Compatible Devices	Smartphones (Android, iOS)
Weight	280 g
Additional Features	ECG, HRV, SpO2, Heart Rate, 24h Sleep Monitoring, 4-mode LED Flashlight, 120+ Sports Modes, AI-GPT, AI Watch Faces, MET Function, SOS, Stress, Temperature, Remote Assistance for Family/Friends, Message Notifications, Calculator, Weather, Breathing Training, Remote Camera Control, Calorie Monitoring, Water Reminder, Alarm Clock, Music Player, Find Phone, Timer, Online Watch Faces, DIY Watch Faces

8. Warranty and Support

Your RUXINGX ET472 Smartwatch comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical support, troubleshooting assistance, or warranty claims, please contact RUXINGX customer service through the contact information provided in your product documentation or on the official RUXINGX website.

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