



CONVERSE ON THE MOVE

FitShot Zest

BLUETOOTH CALLING



65+ Watch
Faces



Voice
Assistance



1.7\"/>

USER MANUAL

Welcome

Thank you for purchasing the Ambrane FitShot Zest smartwatch. We recommend you to read the instructions manual carefully before using the product.

Package Contents

- 1N FitShot Zest Smartwatch
- 1N Charging Cable
- 1N User Manual Scan Card
- 1N Welcome Note

Product Overview



How to use

Download and Install the “Smart-Time Pro” App

You can set up the Smartwatch through the Smart-Time Pro app for iOS or Android devices. Scan the QR code below with your smartphone camera or search for SMART-TIME PRO in your app store.



App Store: SMART-TIME PRO



Google Play: SMART-TIME PRO




SMART-TIME PRO

DO NOT PAIR THE WATCH DIRECTLY WITH BLUETOOTH IN YOUR PHONE'S SETTINGS.

Pairing Instructions

1. Turn on Bluetooth on your smartphone.
2. After installing the Smart-Time Pro app on your smartphone, register and log into your account as per the instructions on the screen.
3. Ensure that the smartwatch and smartphone are kept near to each other.
4. Continue following the onscreen instructions to connect or pair your smartwatch to your smartphone.

Open App > Device > Add a new device > Choose FitShot Zest.

5. Select the Bluetooth name FitShot Zest from the list. The watch will show a pairing notification, click on  to confirm pairing.

Note: The mobile should have atleast android 5.0+ or iOS 11.0+ or above. The watch can only be paired with one smartphone at a time. To pair any other smartphone, please unbind the currently connected smartphone before pairing.

Synchronize Data

In daily wear, the watch can detect and record all kinds of data. The user needs to connect the smartwatch with Bluetooth on the app and enable to synchronize.

Note: To prevent data loss, please synchronize the watch at least once every 7 days.

Charging Instructions

1. Turn the watch over, align and attach the charging pins to the magnet gold prongs.
2. You will see the charging icon on the watch screen after 2 seconds.
3. Complete charging may take up to 2 hours. The battery icon would change to full after the charging is complete.
4. Please clean the charging interface before charging to avoid erosion of the gold prongs and other risks.

Functions



FitShot Zest supports up to 10 sports modes including running, walking, cycling, climbing, treadmills, spinning, yoga, basketball, football and badminton.

Heart Rate



Click on the heart rate monitor icon to check heart rate data for the day. For accurate measurements, try to stay still and raise your hand to the same level as your heart. It should start measuring in about 2 seconds and last upto 20 seconds to complete the measurement. To allow the watch to measure your heart rate automatically throughout the day, enable the function on the app.

NOTE: Measurements are for reference only and not for medical purposes.

Blood Pressure



Wear the watch correctly and Swipe up and click on the Blood Pressure icon to measure your blood pressure manually.

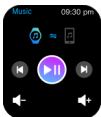
You can also check weekly or monthly blood pressure data in the app.

Alarm Clock



Set the alarm in the app and sync to the watch. You can set up a maximum of 5 alarms at a time and you can also enable or disable the alarm from the watch.

Music Control



Control the music player of your smartphone through FitShot Zest. You can play/pause music, next/previous songs and adjust volume from the watch.

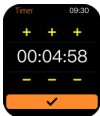
NOTE: Music player works when the watch is connected to the app.

Stopwatch



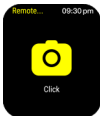
It is an electronic timer that can maximum 20 laps when the timer is running. You can start and pause the timer too.

Timer



It is a virtual clock and you can adjust the timer according to your requirement and you can also play/pause the timer when you need.

Remote Capture



This feature allows you to remote control your smartphone's camera and click pictures and you can operate the remote camera feature from the app.

Open App > Click on Device > Choose Camera in your app > Then camera will open on your smartphone

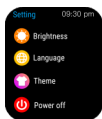
Now, capture pictures using your smartwatch as a remote control.

Find Phone



Under Bluetooth connection, click on "Find Phone" on your smartwatch. The phone will continue to ring, click on pause to stop.

Settings



Set or check the general functions like brightness, language, theme, shutdown, reset, about and BIS-E Labelling.

Activity



Keep a track of your Sports activity automatically. Walk at least 200 steps or perform any activity for a minimum of 2 minutes for the watch to record it. Track your step count, distance covered and calories burnt.

SPO2H



Wear the watch on your wrist, then Swipe up and click on the SPO2H icon to start measurements, you can also see weekly or monthly data in the app.

Note- Measurements are for reference only and not for medical purposes.

Other Functions

Change Watch Face

Inbuilt Watch Face: Long press the screen, swipe to choose from 4 watch faces and click to confirm, you can also change watch face by rotating crown of the watch.

Cloud-based Watch Face: Open the app> Go to Device> Click on Dial

Now you can choose your desired watch face and click on Sync.

This might take some time depending on your internet speed.

Custom Watch Faces: Open the app> Go to Device> Click on Dial> click on Custom Dial and choose your favourite pic that you want to display in the watch from your gallery (You can click an instant picture from your phone and apply that too).

Sleep Monitor



It automatically tracks your sleep.

After wearing the watch properly, open the sleep application in the watch: Record the sleep status throughout the night.

Note: You need to wear the watch for the measurements.

Stress Monitor



Wear the watch on your wrist and tap on the icon to measure stress level. Try to stay still.

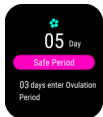
The stress monitor tracks your heart rate to track stress level. The watch calculates your stress levels using 1 minute heart rate variability (HRV) test. The higher the value, the higher the stress rate.

Weather



Make sure the app is connected to your smartwatch to receive live weather updates for the next 3 days.

Menstrual Cycle Tracker



To enable this feature, turn it on from the app. (Open the app > Click on the device > Click on the Healthcare > Enable HealthCare feature from the app and set accordingly).

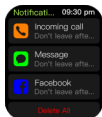
The menstruation cycle tracker records menstrual cycle, predicts changes and ovulation.

Schedule



Add your schedule from the app and it will show on your watch. You can only add 5 schedules from the app.

Notifications

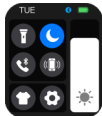


Turn this feature on from your app to receive notifications on watch.

You need to turn on the notifications from the list available on the app.

The app and watch must be synced for the same.

Swipe down to access the Settings menu



You can access DND, Flashlight, Vibrator, Theme, Settings & Brightness from the shortcut menu

Turning The watch OFF



Press the side button – Scroll down and go to settings – Tap on power off.

Brightness



Swipe down to adjust brightness and go to setting, click on the brightness icon to adjust brightness level. To maximize battery life, keep your Watch brightness at 1 to 3.

Flashlight

Swipe down and click on the flashlight icon to use the flashlight in the watch. When you are in the dark.

Do not disturb mode

When activated, the feature will disable all your notifications except alarms.

NOTE: Enable the function on the app to use it on your watch.

Two Different Themes



You can select a list view (Theme 1) or a tiled view (Theme 2) to change how the watch menu looks.

Device Information (ABOUT)



Go to settings, Tap on the About icon to check the device information.

Reset



Go to settings, tap on “reset” to reset the watch.

Note: All the data will be lost.

Sedentary Alert



The sedentary alert can be activated and adjusted only from the app. You can choose a time period and set timely alerts according to your preference.

Voice Assistant



Tap on the voice assistant icon to search anything via watch on your smartphone.

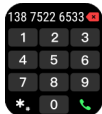
Note: This works when your watch is connected to your device and bluetooth too.

Call Notifications



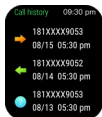
Turn on this feature from your app to receive notifications on your watch and you can also attend or reject calls from the watch. With the inbuilt speaker present in the watch you can talk via watch too.

DialPad



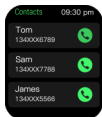
Watch has an inbuilt dial pad. You can make calls or talk via watch when your watch is connected with bluetooth.

Call History



Watch will show the last 5 dialed calls history in it.

Contacts



You can also save contacts in the watch as well as your device.
By this it will show your contacts while making calls.

Cleaning and Maintenance

1. Keep the product clean.
2. Keep the product dry.
3. Do not wear it too tight.
4. Do not use household cleaners to clean the watch. Use a soap-free detergent if you need to clean it.

Safety and Product Information Notes

Battery Warning:

Do not disassemble, pierce or damage the battery. Do not disassemble the built-in batteries of non-replaceable battery devices. Do not use sharp objects to remove the battery.

Health Warning:

The watch's optical heart rate sensor glows green and ashes. If you suffer from epilepsy or are sensitive to blinking light sources, please consult your physician to ask if you can wear this product.

The device tracks your daily activities through sensors. These data are intended to tell you about your daily activities, such as steps, sleep, distance, heart rate and calories, but may not be completely accurate.

The device, accessories, heart rate sensors and other relevant data are designed for entertainment and fitness, not for medical purposes. They are not applicable to the diagnosis, monitoring, treatment or prevention of any diseases or symptoms. The heart rate data is for reference only. We are not responsible for any consequences caused by any data deviation.

Matters Needing Attention

- Watch data needs to be kept once every 7 days to avoid data loss.
- The watch has no waterproof effect on seawater, acidic and alkaline solutions, chemical reagents and other corrosive liquids.
- The damage or defects caused by misuse or improper use are not covered by the warranty.
- Sports mode supports up to 6 hours of exercise at a time.
- Avoid wearing the watch too tight in daily use. Please keep the parts of the watch touching the skin dry.
- When your heart rate is measured, keep your arm still during the test.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE
DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS



Old electrical appliances must not be disposed of together with the residual waste, but have to be disposed of separately. The disposal at the communal collecting point via private persons is for free. The owner of old appliances is responsible to bring the appliances to these collecting points or to similar collection points. With this little personal effort, you contribute to recycling valuable raw materials and the treatment of toxic substances.

Warranty Card and Terms & Conditions

NOTE: For valid warranty claim, all information on the warranty certificate has to be completed and presented along with the original invoice.

- All warranty information, product features and specifications are subject to change without prior notice.
- All matters are subject to Delhi Jurisdiction.

Customer's Name: _____

Contact Number: _____

Customer's Address: _____

Model No.: _____

Purchase Date: _____

Invoice Number: _____

Dealer's Stamp: _____

- Ambrane FitShot Zest smartwatch comes with 365 days warranty from the date of purchase.
- Warranty can not be claimed if the product is damaged by wrong operation or force majeure.
- Accessories supplied with Ambrane FitShot Zest smartwatch are not covered under the warranty.

CUSTOMER CARE:

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