

智能运动手环 使用说明书



【产品简介】

- 高灵敏度3D加速传感器**
(捕捉到微小动作，计步更准确)
- 计步方式可自由变换**
(人性化设计，单次计步，也可以24小时计步，随心转换)
- 时间/日期**
(手动调整时间/身高/体重)
- 卡路里、距离**
(在手环即可查看运动信息)
- 运动数据记忆**
(手环保存24小时运动数据，零时自动清空，省心智能)
- 无声闹钟**
(手环即可操作设置，无需APP繁琐操作)
- 计时功能**
(手环操作计时，让运动/距离/时间一目了然)
- 智能睡眠健康监测**
(睡眠养成良好睡眠习惯)
- 表体集USB接口于一体**
(即用即充快捷)
- 充电聚合物电池**
(聚合物锂电池安全性更高，使用寿命更长)

【手环介绍】



拔出表带

USB即插即充

首次使用手环时，请拔出表带为手环充电(可直接在任何电脑或者USB充电器上充电)
温馨提示：为了延长手环的寿命，洗手后或运动出汗请及时取出表芯清理上面水珠或汗水

【基本操作】

- 短按下面按键 **1次显示** → 时间 **2次显示** → 步数 **3次显示** → 距离 **4次显示** → 卡路里 **5次显示** → 闹钟 **6次显示** → 闹钟 **7次显示** → 睡眠
- (显示时间状态下等待3秒显示日期)
- 查看电量** → 屏幕无显示情况下长按下面按键即可显示当前设备剩余电量。
- 时间** → 短按下面按键1次,显示时间,等待3秒显示日期。
- 进入计时** → 短按下面按键1次,在显示时间状态下,长按下面按键进入计时,按下面按键开始计时/暂停计时,长按下面按键退出计时。
- 步数** → 短按下面按键2次,查看当前步数。
- 距离** → 短按下面按键3次,查看当前距离。
- 卡路里** → 短按下面按键4次,查看当前卡路里。
- 闹钟一组** → 短按下面按键5次,显示第一组闹钟。
- 闹钟二组** → 短按下面按键6次,显示第二组闹钟。
- 睡眠** → 短按下面按键7次,查看当前睡眠状态。(显示 默认认为关闭状态,长按下面按键开启睡眠监测显示 在 状态下长按下面按键关闭。)
- 睡眠品质**: 睡眠显示 代表睡眠非常好, 代表睡眠一般, 代表睡眠差。(备注:进入睡眠状态8小时没有手动退出,会自动退出显示睡眠品质)
- 调整时间、日期、年、12/24小时制**: 短按下面按键1次,在显示时间状态下,长按上面按键3秒,"时"开始闪动进入时间调整模式,按上下按键调整数字,再长按上面按键3秒切换,分-月-日-年-12/24小时制的调整。
- 步数清零**: 短按下面按键2次,在显示步数状态下,长按下面按键3秒,清除当前步数,重新开始计算。(手环每天零点自动清除当天所有的步数)
- 调整身高、体重**: 短按下面按键2次,在显示步数状态下,再长按上面按键3秒,"身高"开始闪动进入调整模式,按上下按键调整数字,再长按上面按键3秒切换体重调整。
- 调整第一组闹钟**: 短按下面按键5次显示 A1OF闹钟,长按下面按键3秒开启闹钟07:00/长按下面按键关闭闹钟显示A1OF。(开启闹钟状态下,长按上面按键调整闹钟时间,此时"时"开始闪动进入调整模式,按上下按键调整数字,再长按上面按键3秒切换分调整。)
- 调整第二组闹钟**: 短按下面按键6次显示 A2OF闹钟,长按下面按键3秒开启闹钟07:00/长按下面按键关闭闹钟显示A2OF。(开启闹钟状态下,长按上面按键调整闹钟时间,此时"时"开始闪动进入调整模式,按上下按键调整数字,再长按上面按键3秒切换分调整。)

【产品参数】

- 材质 ————— 食品级环保硅胶+环保ABS外壳
- 显示屏 ————— LED显示屏
- 充电方式 ————— USB
- 电源电压 ————— DC=5V
- 电池容量 ————— 50mAh
- 计步器 ————— G-sensor
- 计步精度 ————— 正负5%
- 步数显示 ————— 无上限
- 振动方式 ————— 扁平式马达8*2mm
- 重量 ————— 15G (具体以实物为准)
- 外形尺寸 ————— 221*16.3*8mm (长*宽*高)
- 运动大气压力 — 860hpa~1060hpa

充电

机器可以通过插入你的电脑usb端口或usb电源适配器充电



正确的充电方法

错误的充电方法

温馨提示

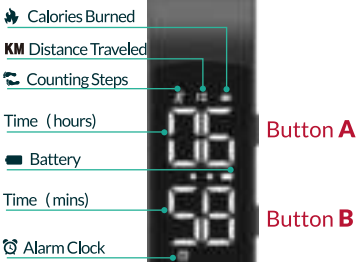
- 当你拿到没电的手表时，请把手表充电2-3小时
- 请确认你插入正确的方向，否则它将不充电。当插进USB端口时手环蓝灯闪烁提示成功充电

Intelligent sports bracelet Instruction for Use



- The settings of time, stature and weight can also be done through computer AP.Download address of AP(T5):www.asixwatch.com
- Device Connection**: start the APP.Connect the smart wristband to the computer, slightly press the button on the wristband to transmit data and synchronize the time.

BAND ILLUSTRATION



Waterproof level: IP65

- Notice : waterproof level of the watc is IP65. Support wearing the watch to wash hand. Don't support wearing the watch to take bath or swim.
- When the watch accidentally enters the water, please dry the watch naturally , the watch will be OK.

Time/ Date

- Press B button will show Time and Date in sequence.



Set Time, Date, Year, 12&24 hour

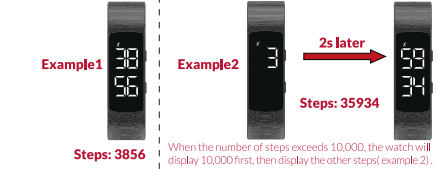
- Press B button to show time
- Then press and hold A button until "hour" to flash
- Press A or B button to adjust "hour", then hold A button to switch to "minutes" and continue to press A or B button to adjust "minutes"
- Use the same method to continue to set the "Month", "Date", "Year", "12&24 hour display mode"

Timer

- Press B button to show time
- Then press and hold B button 3s until the "0" to flash
- Press A or B button to start or pause the timer function
- Press and hold B button to exit timer mode

Steps

- Press B button 2 times to view steps.
- Then press and hold B button 3s will clear the current counting steps



Set Height/Weight

- Press B button 2 times to view steps.
- Then press and hold A button 3s until "Height" to flash
- Press A or B button to adjust "Height", then hold A button to switch to "Weight" and continue to press A or B button to adjust "Weight".

Distance

- Press B button, 3 times to view "Distance traveled".



Calories burned

- Press B button 4 times to view "Calories burned".

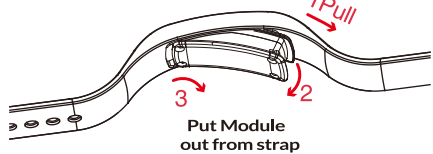


Alarm clock

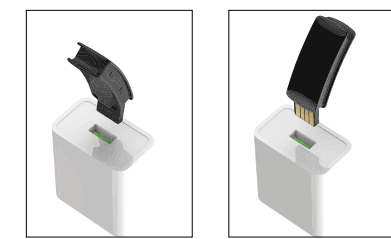
- Press B button 5 times to display "Alarm clock".
- Press and hold B button to enable or disable the clock. When disable it will show "OFF", and when enabled it starts at 07:00.
- When the alarm is enabled, press and hold A button until "hour" to flash, then press A or B button to adjust "hour"; Continue to hold A button to switch to "minutes", and press A or B button to adjust "minutes".
- Once the "hour/minutes" have been set to the desired time, press and hold A button to confirm the alarm clock.

END

INTERCHANGEABLE STRAP



CHARGING



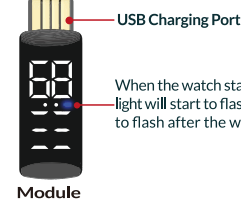
Wrong charging method

Correct charging method

- Charging time: about 0.5 hours
- Working time: about 10-15 days
- Standby time: about 30 days

Warm Tips

- When you get the watch which has no power, please charge the watch for 0.5 hours
- Please confirm that you plug the watch Module into the correct direction, otherwise it won't charge. When charging, the blue light will flash.



How to read electric quantity

- When the watch have no display, press the "B" button and hold 3s, the Watch will display electric quantity.
- When the battery power is lower than 10%, the Watch will remind you when the time is displayed. Please charge the watch in time.

