

Enough Power

Smart Watch manual



Instructions for use

Watch charging and activation

Align the magnetic charging cable with the metal electric shock of the charging port until the charging indicator appears on the watch screen, when the watch prompts the low battery, please charge it in time, the device belongs to the all-in-one machine, the back shell and the battery cannot be removed

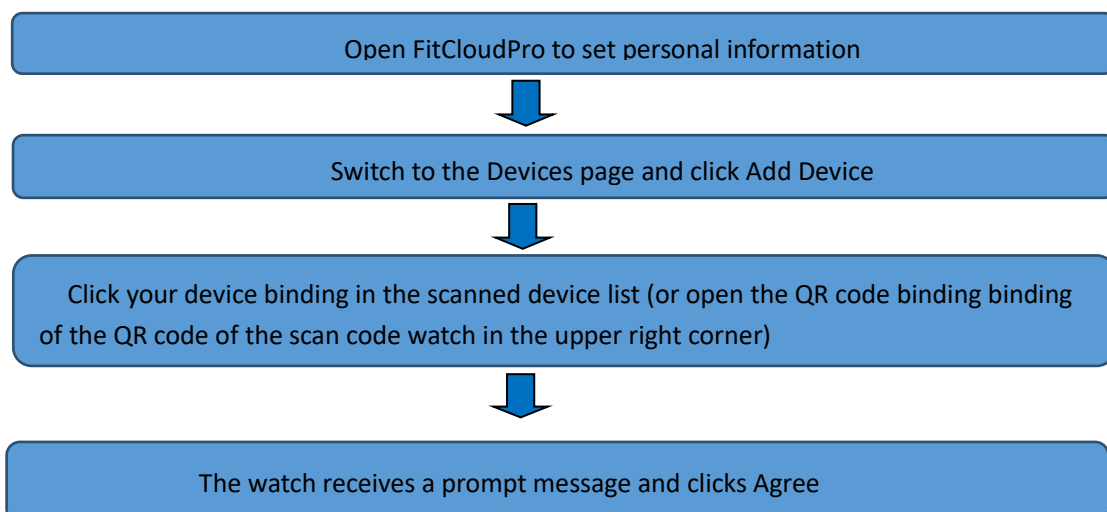


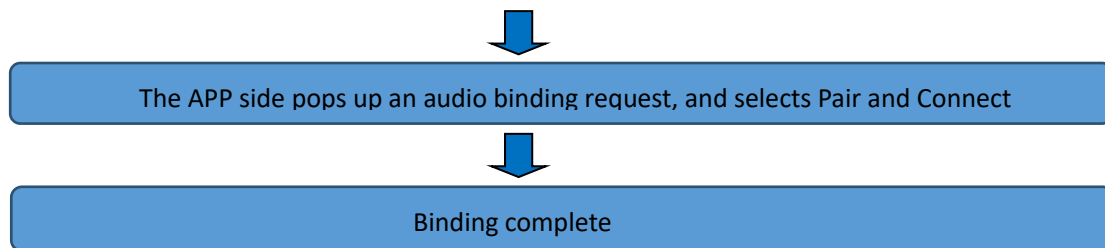
Mobile client download

Scan the QR code below to download and install the mobile client FitCloudPro



Watch connection instructions





Note: If the audio Bluetooth is not automatically connected during the binding of the watch, two methods are solved.

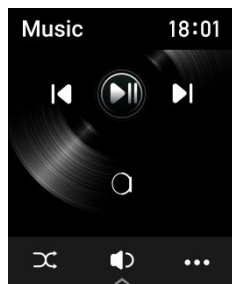
- 一、 Mobile phone - Settings - Bluetooth - Click on watch model
- 二、 the phone enters the FitCloudPro APP - settings - unbind, and then rebind.

Introduction to the feature

Full touch: slide down to the control center, swipe up to view the information notification, swipe left to enter the shortcut function, swipe right to enter the split-screen menu, press and hold the main screen for 3 seconds to switch the watch face mode.

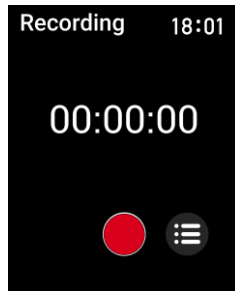
Button: short press to enter the function menu / exit the menu function; Long press to turn on and off; The function menu interface double-presses to switch the function menu display mode.

Special feature: Local music connection TWS and recording



Music

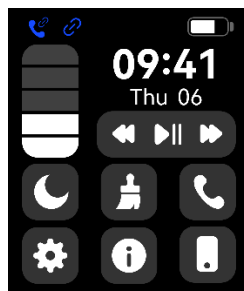
Local music copy, connect to the computer with a data cable, you can see the U disk on my computer, open the U disk and copy the music to the AUDIO folder. The icon in the lower right corner can toggle between connecting TWS and playing local music outside the watch



recording

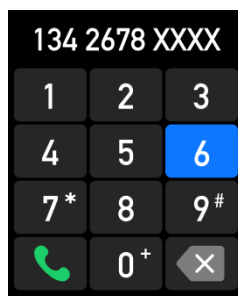
Click the red circle to start recording, save the recording after recording and view it in the menu. Select one of them and click to play the recording, X is to delete the recording, swipe right to return to the list. Below the list of recordings is to delete all recordings.

Basic functionality



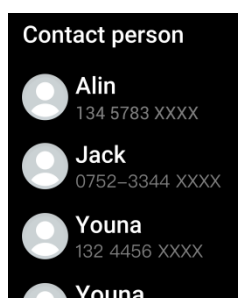
Control Center

Function overview: Do Not Disturb, Flashlight, Brightness, Settings, Find Phone, Battery Saver, System Information



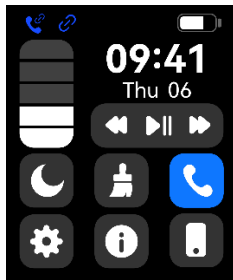
Call functionality

This function needs to be connected to audio Bluetooth, when entering the dial, you can enter the phone number as needed and dial; Keyboards 7, 9, long press 2s to enter * and #.



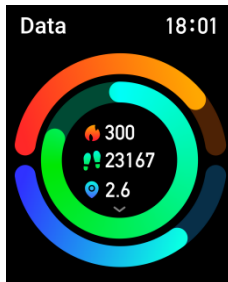
Frequent contacts

You need to add them in the common contact bar settings on the app, and the set common contacts will be automatically synchronized to the device, and up to 10 contacts can be added.



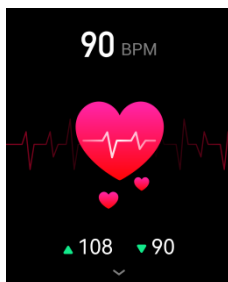
Call Bluetooth

Tap the phone icon in the Control Center to turn Audio Bluetooth. The blue status is On.



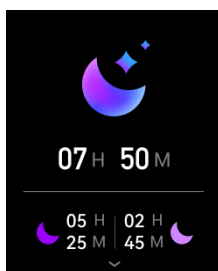
Motion data

Display the steps, distance, and calorie data recorded for the day, and the step data of the last seven days (you can see it by swiping on the interface), and you can set the target steps, distance, and calories in the APP



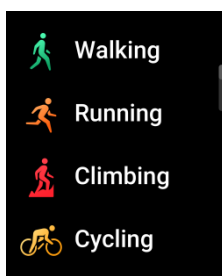
heart rate

When entering the heart rate measurement interface, the bottom green light lights up to start measuring, and there will be a vibration reminder when the measurement is completed in about 45 seconds, if it says "watch not worn", you need to wear the watch again. It can display the user's current heart rate zone and 24-hour heart rate curve (visible by swiping on the interface).



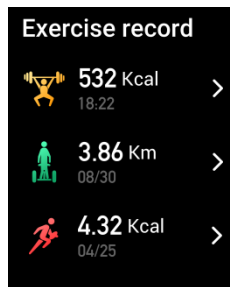
sleep

Display the sleep of the day & sleep monitoring status of the last seven days (you can see it by swiping on the interface), the data is updated every day, the data can be saved synchronously when the APP is connected, and the device will recalculate the data information of the new day. Sleep monitoring period: 21:30-12:00



motion

Sports mode options: 8+1 kinds, (walking, running, mountaineering, cycling, basketball, badminton, football, yoga (as pushable alternative sports)), click the icon to start sports, you can support 110+ sports push on the APP side



Motion recording

The interface saves your last 10 exercise history, and you can view the exercise time, heart rate, calories and other data during exercise

frequently asked questions

The watch does not turn on

1. Please press and hold the power button for more than 3 seconds
2. Charge for a longer time and then turn it on

The watch does not charge

1. You can replace the charging head for testing, or plug in the computer USB test
2. Check whether the charging cable is correct and whether the charging cable is damaged

Bluetooth is not connected or cannot be connected

1. Try restarting your watch and reconnecting it
2. Please try restarting the Bluetooth of the phone and connecting again
3. Do not connect other Bluetooth devices to the mobile phone at the same time

Inaccurate measurement of heart rate/blood pressure/blood oxygen/ECG

1. Generally, when measuring, the sensor of the watch is in poor contact with the human body, and full contact is required
2. For those with darker skin and more arm hair, please turn on enhancement measurement in the App [Device > Enhancement Measurement].

Sleep data is not accurate enough

1. Sleep monitoring is to simulate the natural state of falling asleep and getting up time, and needs to be worn normally
2. Wear it too late or fall asleep, there may be errors
3. Do not monitor sleep data during the day, and the default sleep monitoring is from 9:30 p.m. to 12:00 noon the next day

For more frequently asked questions, please refer to the App [My > FAQ]

FCC Caution:

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, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.