User Manual

ikon

IK-WS06

(Smart watch)

User Manual
Smart Watch
IK-WS06

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Get Started

Welcome to IK-WS06, an all day companion that lasts 5+ days.

What's in the box

Box of IK-WS06 Accessories

Charging cable

IK-WS06 has multi-color options.

Set up IK-WS06

Compatibility with Mobile

iOS 9.0 & above

Android 5.0 & above

Note: If iOS/IPhone/ipad/ipod Mobile/Android Pad/PC/Tablet/Laptop/Desktop Not, Go to the APP

Download the APP

Search "Actionwatch" App on the App store or Google Play store. Or scan the QR code to download.

Wear IK-WS06

Placement for all-day wear is exercise

When you're not exercising, wear IK-WS06 a finger's width above your wrist bone.

For optimized heart rate tracking while exercising

Try wearing IK-WS06 higher on your wrist during exercise for an improved fit and more accurate heart rate reading.

• Make sure the watch is in contact with your skin.

• Don't wear your watch too tight a tight wristband restricts blood flow, potentially affecting the heart rate signal The wristband should be slightly snug but not uncomfortable or leg numbness.

With high-intensity interval training or other activities where your hands are moving around a lot, tightening the band for a moment may find the sensor's ability to provide a heart rate reading. If your wrist doesn't show a heart rate reading, try moving your wrist and tapping dial briefly.

Change the wristband

To remove the wristband

1. Turn over IK-WS06 and find the quick release lever.

2. While pressing the quick release lever inward, gently pull the wristband away from the watch to release it.

3. Repeat on the other side.

To attach a wristband

1. Attach the wristband with the snap to the top of the watch. Make sure the wristband fits the quick release lever into the notch on the watch.

2. While pressing the quick release lever inward, slide the other end of the wristband into place.

3. When both ends of the pin are inserted, release the quick release lever.

Charge your watch

Charging cable

Charging Interface

Please fully charge your new device 2 hours before initial use.

Pair with phone

Steps:

1. Make sure your phone Bluetooth is on.

2. Open "Actionwatch" App on the mobile number, go to "Device" tab.

3. Tap to "Add Device" to search the device named IK-WS06 to connect.The Watch will synchronize time with your phone and pair.(pair)

Note: please do not pair the watch from Bluetooth list directly.

Check connect state

Disconnect from phone

Steps: Open "Actionwatch" App → Device → Click the IK-WS06 → Swipe down to the bottom → Unbinding Device

Forget device

Steps: Go to phone's settings → Bluetooth → Click ⓘ → Forget This Device → Forget Device

How to use

Long press the screen 3s, you can choose one dial you like. Long press the dial, you can edit the dial.

Long press button 3s, it show shutdown options appear.

Change watch faces

On watch main interface, wake up or down, you can choose one watch dial you like.

Long press button 3s, it show shutdown options appear.

APP steps: Open "Actionwatch" App → Device → Click the IK-WS06 → Watch Faces → Choose one watch face

Basics Navigation

Brightness Level

Brightness Level: simple sight → click first icon → Click "+" or "-" → Adjust the Brightness

Do not disturb mode setting

Steps : more sight→click second icon to turn on/off do not disturb mode.

Lift Wrist to Wake Up

When the hand is raised, the screen will automatically light up. Adjust the setting in app.You can set the time of quick look on app.

Find Device & Phone

Find Device Open Actionwatch App → Device → Click the IK-WS06 → Find Device → Click Search Icon(left → the device will ring)

Find Phone Swipe left on the watch face → Click Find phone Icon → the phone will ring (make sure your phone is in connect state)

Shake for Photograph

Please turn on this function in app before taking photos. Steps: Open "Actionwatch" App → Device → Click the IK-WS06 → Shake To Take Picture

Sedentary reminder

Please turn on this function in app.

Steps: Open "Actionwatch" App → Device → Click the IK-WS06 → Sedentary reminder → Set start time&Repeat day → Save

Drink Reminding

A cup of water a day, keeps doctor away.

Steps: Open "Actionwatch" App → Device → Click the IK-WS06 → Drink water reminder → Set one time → Save

Notifications

IK-WS06 can display call, text and app notifications from your phone to keep you informed. The phone and watch must be connected to receive notifications. Turn on notifications.

Set up notifications

Check that Bluetooth on your phone is on and that your phone is connected to Bluetooth or other under Settings ~Notifications. Then set up notifications.

1. With your watch nearby, from the "Actionwatch" app dash board, Device → Click the IK-WS06 → Information reminder → Turn on the app you need to reminding.

See incoming notifications

When you phone and IK-WS06 are within range, a notification phone the watch to vibrate.

In the watch main interface, swipe left to view the history message.

Phone remind

If paired on iPhone or Android phone, please allow notifications receive.

Steps: Open "Actionwatch" App → Device → Click the IK-WS06 → Phone remind → Set one time → Save

Daily weather forecast

Weather forecast: swipe left → swipe up → weather I see the weather forecast. Steps: Swipe up to see the weather forecast for the next 3 days.

Bracelet Alarms

Alarms vibrate to awaken or alert you at a time you set. Set up to five alarms to vibrate on the appropriate days of the week. You can also have alarms with the snoozed or on a countdown timer.

Set an alarm

Set alarm steps: Open "Actionwatch" App → Device → Click the IK-WS06 → Alarm clock reminder → Click to choose time. You can set up to 5 alarms.

Set a stopwatch

Activity and Sleep

Track a daily activity

IK-WS06 tracks your progress toward a daily activity goal of steps, calories, and heart rate.Set your goal the watch remains your choice a celebration.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, pick a goal. Each goal can vary, choose to increase or decrease the number of steps.

Track your sleep

Wear IK-WS06 to bed to automatically track your time asleep, time awake, sleep stages (time spent in awake, light sleep, and deep sleep).

To see your sleep history, sync your watch when you wake up and check the app.

Tips: IK-WS06 only record sleep from 5:00PM - 10:00AM.

See your heart rate

Heart rate Measuring in smart watch directly, after measure need, the result will be displayed.

Steps: Swipe left to the heart rate icon → Click the icon → Wait for measure → Wait for 15 seconds.

Abnormal heart rate reminder

Turn on abnormal heart rate reminder operation procedure: Open "Actionwatch" App → Device → Click the IK-WS06 → Abnormal heart rate → Open and save

Blood pressure measure

BP Measuring in smart watch directly

Go to your smart watch → Swipe left → Find blood pressure icon → Click the icon to measure → Wait for 30 seconds.

Blood Oxygen Measure

Blood Oxygen Measuring in smart watch directly

Go to your smart watch → Swipe left → Find blood oxygen icon → Click the icon to measure → Wait for 30 seconds.

Fitness and Exercise

Track and analyze exercise with the app

Track specific exercises with the app to see real-time stats, including heart rate data, calories burned, elapsed time, and distance covered. After you finish your exercise, review your stats, and more information.If you paired IPH, review your exercise history in the Actionwatch app.

Track and exercise

To track an exercise

1. On your watch, swipe left to find Training, and swipe up to choose the exercise you want to track and start.

2. When you're done with your workout or want to pause, swipe right, touch the left icon to stop.If you want to restart it, touch the left icon again.

When you reach a set exercise, IK-W will vibrate.Stop and restarting Some buttons to suit.

Note: IK-WS06 shows 5 real time stats of your choice. Stats include:

Check your workout summary

After you complete a workout, IK-WS06 shows a summary of your stats. You can choose sport mode or match or on the app. Review your workout summary on your watch. You can also display your current exercise data after you finish exercising.

When you select the exercise mode on the APP, after the exercise with your mobile phone is over, the APP will display all your exercise results. If you need GPS to record your exercise route, you could turn on the GPS on the APP.

Reset

Some troubleshooting steps may require you to restart your watch or reset it. Restart it is useful if you want to go IK-WS06 to another person.

When you select the exercise mode on the APP, after the exercise with your mobile phone is over, the APP will display all your exercise results. If you need GPS to record your exercise route, you could turn on the GPS on the APP.

Restart IK-WS06

To restart your watch, on your watch, swipe left>first reset icon> click to reset.

In the off state, hold 3s on button to power on.

Troubleshooting

Heart rate signal missing

IK-WS06 continuously tracks your heart rate while you're exercising and throughout the day. If the heart rate sensor enjoys sacks the difficulty detecting a signal, the green light will flash and the heart rate will not be tracked.

Tips: always make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tight. Make sure the sensor on the underside WS06 should be in contact with your skin.

After holding your arm still and straight for a short time, you should see your heart rate again.

Other issues

If you experience any of the following issues, restart your watch:

1. Won't sync.
2. Won't respond to button press.
3. Won't check steps or other data.

See "Reset IK-WS06" on how to reset your watch.

Specifications

System requirements	iOS version 9.0 or above Android version 5.0 or above
Bluetooth version	Bluetooth 4.0
Screen display	1.28 inch touch screen
Battery capacity	300mAh
Operating time	5 days
Charging time	1.5 hours
Colour	Black/ne, silver/ne, ivory/ne
Waterproof level	IP68

Safety Notices

1. The wristband that comes with watch is made of flexible, durable elastomer material similar to that used in many sports watches.

2. The stainless steel bracelet is used to be made of hardness steel. While all stainless steel contains traces of metal and can cause irritation to people with sensitivities to metals, the stainless steel used in watch meets the European Union's nickel-free Nickel Directive.

3. Make sure the watch is not worn too tightly. The watch should be worn loosely and can be removed up and down on wrist.

4. Before putting the watch back on your wrist, make sure your wrist is dry.

5. While IK-WS06 is IP68 waterproof. But we do not recommend you wear it for taking shower with warm or hot water. Such behavior may reduce its life.

Note: If you experience pain in your watch and consult your doctor before. Prolonged if you experience redness, swelling dryness, or any other irritation or discomfort on your skin around