

AGPTEK

BRACELET

User Manual 1.0

Heart Rate Edition

Thanks for using our product. Before using this bracelet, please read the following instructions first:

1.Warning

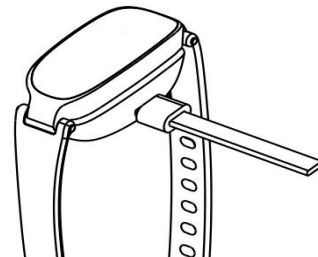
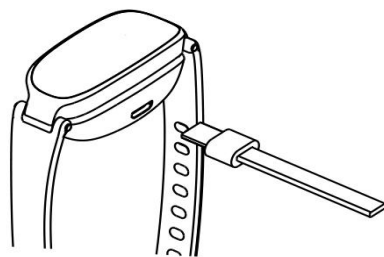
Please consult your doctor before starting a new exercise. The bracelet has no medicinal use anyway, though it can monitor your real-time heart rate dynamically. Remember to consult your doctor before starting any exercise and dieting program.

2.Device requirement

This bracelet supports Android 4.3, 10S8.0, and Bluetooth 4.0 or above. Android 6.0 and above devices need to be turned on to use the GPS.

3.Charging

Before using the bracelet, please charge it with a 5V500mA USB device to ensure that it is full of electricity. If you keep the bracelet idle for a long time, please recharge it at least once every 1 months.



1.Put the bracelet on the bottom Holder and hand ring main button (metal contact should be right)

2.Connect the USB charging cable

3.Choose phone charger. Computer USB to charge the bracelet (2-3 hours is enough)

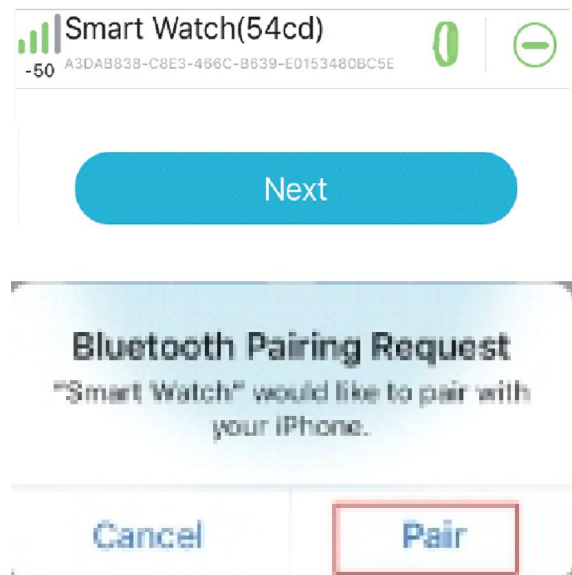
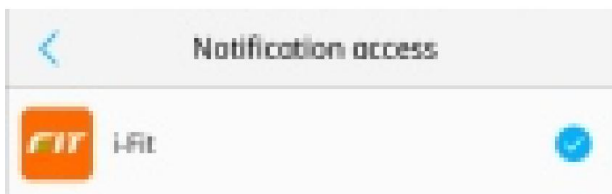
4. Connect the bracelet to the app on your phone

4.1 Power on: Charge or long press the bottom of the key for 3 seconds, and the bracelet will be powered on and a pairing code will be displayed on the screen to identify the bracelet.

4.2 Install the app :Scan the QR code with your phone, search for "i-Fit" on App store, search for "iFit" on the Google Play and Myapp store to download it.



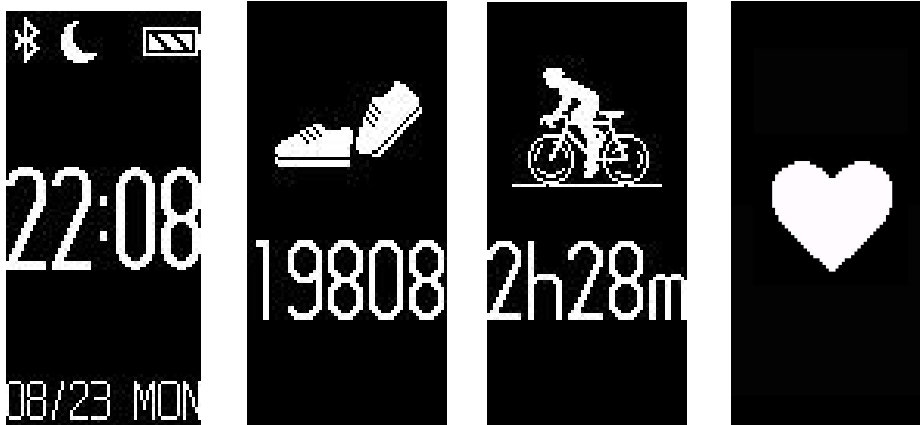
4.3 Keep your bracelet close to your phone, and start and enter the APP. According to the APP connection wizard, find the bracelet (the Bluetooth name is "Smart Watch") and finish pairing. Then, click Next to finish connection.



4.4 Connect to Apple devices: For the IOS of Apple devices, a bluetooth pairing request will be displayed after you successfully connect to the App for the first time. To receive such notifications as incoming calls, SMS, QQ, and Wechat from the IOS on your bracelet, click Pair. Otherwise, you will unable to receive such notifications.

5. Fundlon Interface of bracelet

5.1 Function area on the main interface



5.1.1 Time mode: After you successfully pair your watch with the APP for the first time, the bracelet will synchronize its time and date with your phone.

5.1.2 Step-counting mode: The bracelet is in step-counting mode by default when powered on. With the bracelet on your wrist, if you walk and swing your arms, the bracelet will record your motion data which you can view immediately.

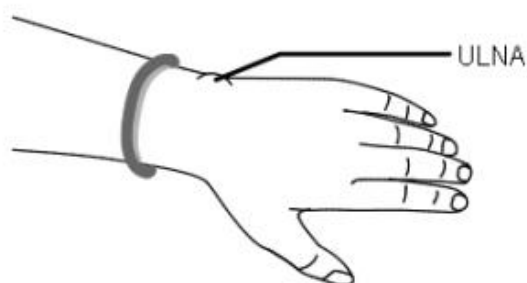
5.1.3 Riding mode: On the bicycle interface, if you long press the button for 3 seconds, you will enter the riding mode. In this mode, the bracelet will record your riding time and the calories you have burned.

To exit the riding mode, long press the button for 3 seconds in the riding mode.

5.1.4 Heart rate detection: On the heart rate detection interface, if you long press the button, you can use the heart rate detection function to detect your real-time heart rate dynamically. In the heart rate detection mode, the bracelet's battery life will be shortened. In the movement interface to measure the heart rate of data in the home page to view, do not save the history of the bracelet

To exit the heart rate detection mode, long press the button for 3 seconds in the heart rate detection mode.

5.1.4.1 Please put on your bracelet on your wrist, 2cm from the inside of your ulnaradius joint.



5.1.4.2 When measuring your heart rate, keep the heart rate sensor clung to your skin and in good contact. Otherwise, the light of the sensor may leak and the measurement data may be incorrect. Do not look directly at the green light of the sensor, which may cause discomfort to your eyes.

5.1.4.3 Though this bracelet can detect your real-time heart rate dynamically, you are still recommended to keep still during heart rate detection. Otherwise, it may take a longer time to measure the heart rate or you may get incorrect data. After the bracelet has measured the data, you can do exercise again and view the dynamic data.

5.1.4.4 If great difference exists between measurements, please have a rest and make another measurement. If you make 5 successive measurements and take their average value, you will get a correct result.

5.1.4.5 This bracelet measures your heart rate dynamically. Thus, it gives different heart rate values when you are in different states (talking, eating, and drinking). The real heart rate value depends on the actual situation.

5.1.4.6 After connecting your bracelet to the APP, you can set the maximum heart rate warning value and synchronize it to your bracelet. Then, when the heart rate value on your bracelet reaches the maximum heart rate value, your bracelet will vibrate to give a prompt and at the same time, the heart rate value will flash, telling you to stop intensive exercise.

5.1.4.7 If you are not clear of your maximum or minimum heart rate, please consult your doctor before taking exercise.

5.1.4.8 Before making a measurement, ensure that there is no contamination at the bottom of the heart rate sensor. Such factors as skin color, thick hair, tattoo, and scar may affect the detection result.


5.1.4.9 This heart rate detector works according to the PPG measurement principle. Therefore, its precision may vary with the physiological factors (blood circulation, blood pressure, skin conditions, blood vessel location and density) which affect light absorption and reflection. When the measured heart rate value is very great or very small, the measurement value may be incorrect and you need to make another measurement.


5.1.4.10 Long-time measurement may cause the bracelet to get hot. If this makes you uncomfortable, you can take the bracelet off your wrist and wear it again after it has cooled down.

5.1.4.11 You are recommended to make measurement when it is warm because cold weather may affect the measurement result

5.2 Secondary menus

In the time mode, long press the button for 3 seconds to enter the interface for secondary menus. This interface provides the following buttons: Back, Sleeping, Remote-control music, Remote-control photo, Find your phone, Vibration on/off, Power off, and Reset.

5.2.1  **Back:** This button allows you to return to the main interface by long pressing it for 3 seconds.

5.2.2  **Remote-control music:** This button allows you to enter the music play interface where you can control the music player of your phone to play/pause music, play the previous and next song. (Support only the playing of the music in the system). To return to the previous page, long press the Back button.

5.2.3  **Remote-control photo and video :** This button allows you to enter the interface for

remote control photo or video, where you can enable the APP to start the built-in camera of the system to take photos by long pressing this button. If you have selected remote-control video, the watch will start to take videos after you press this button for the first time and stop to take videos after you press this button again. If you long press this button, you exit the photo mode.

5.2.4 📱Find your phone: This button allows you to active the function to find your phone by long pressing it for 3 seconds. If you press this button, you will hear a ring tone (if the volume of ring tone is on) which help you to find your phone. Phone vibration is not supported. Long press this button, and you will exit this function.

5.2.5 📳Vibration on/off: This button allows you to enter the interface for switching on or off vibration by long pressing this button. By default, vibration is ON. When vibration is in OFF state, the bracelet does not vibrate no matter what notification is received.

5.2.6 🔌Power off: Long press the button on the time interface for 3 seconds to enter the secondary menus, and browse through these menus to switch to the Power Off option. Long press this option to enter the Power Off interface. On this interface, switch from ON to OFF and the numbers 5, 4, 3, 2, 1 will be displayed on the screen. After the number 1 is displayed, the bracelet will be powered off.

5.2.7 🔄Reset: Among the secondary menus, select the Reset icon and long press it to enter the Reset interface. On this interface, switch from Off to On, and the system will be reset and the time and data of the watch will be reset to the factory settings.

5.2.8 🖐️Palming screen-on: If you enable this function, the screen of the bracelet will light up (automatically when you raise you wrist to help you view the time.



6.App Functions And Settings

6.1 Home

The home displays the data about step counting, and calories you have burned. The app will auto synchronize bracelet time date and history data when you first time you coming in the home. You can also share your own data.

After synchronizing the history data, you can view the exercise record of each day, each month and each year on the daily records.

After synchronizing the history data, you can also view the data about your sleeping time and the related history records.

6.2 Activity

6.2.1 Outdoor

Enable the GPS on your phone, enable the network connection, and open the map built in the APP and you can record your running, bicycle, view the history and share it to social platforms.

6.2.2 Indoor

6.2.2.1 Jumping rope: Click this icon and START to start jumping rope and FINISH to stop jumping rope, then the bracelet will record the number of jumping rope.

6.2.2.2 Jumping jack: Click this icon and START to start jumping jack and FINISH to stop jumping jack, then the bracelet will record the number of jumping jacks.

6.2.2.3 Sit-up: Click this icon and START to start sit-up and FINISH to stop sit-up, then the will record the number of sit-ups.

6.2.2.4 Treadmill: Click this icon and START to start treadmill exercise and FINISH to stop treadmill exercise, then the bracelet will record the distance you have covered.

When the multi-exercise mode is on, the bracelet will display the corresponding exercise icons. To exit this mode, exit the APP or long press the Multi-exercise mode button.



6.3.2.5 Test heart rate: click into the heart rate function of the activated bracelet, and can view the real-time heart rate monitoring curve.

Click on the top right corner to set the icon, set the heart rate alarm switch, set the highest, minimum heart rate, and after synchronizing the device, the bracelet will vibrate when the heart rate reaches the set value.

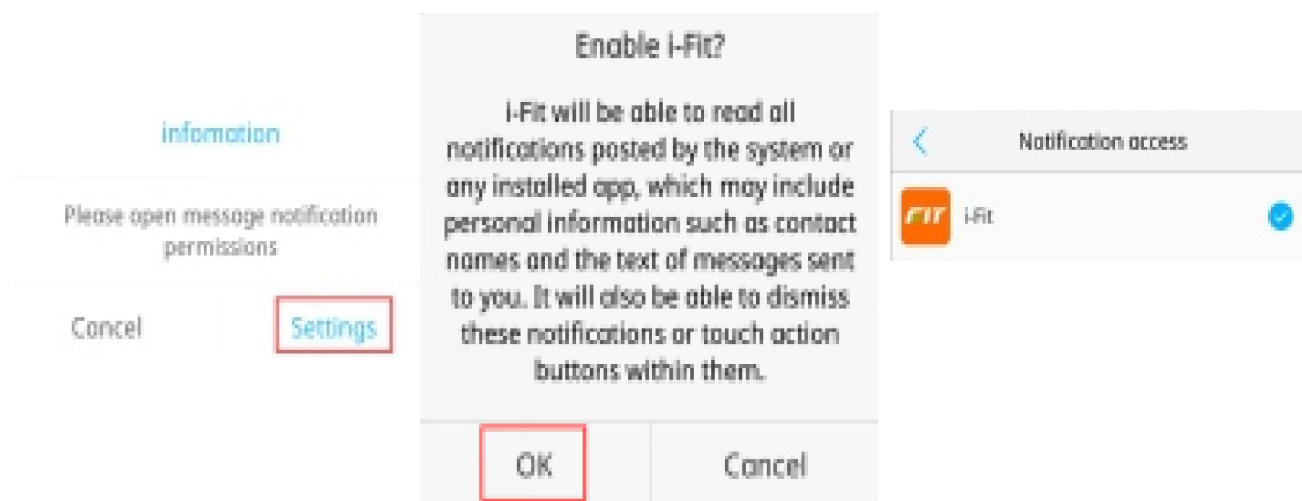
6.3.Device

6.3.1 Device information: display device name, version number, MAC address.

When you enter android, you will be prompted to open access notification, and click to select i-fit APP. Open the app's message switch to receive alerts.

6.3.2 Incoming call notification: If you enable this function, you will receive a notification when a call from one contact in the default system address book is coming. You will receive no notification, however, when a call from one contact in the third-party address book is coming.

6.3.3 SMS notification: If you enable this function, you will receive a notification when a system SMS is received and you can view the SMS. You will receive no notification, however, when an SMS from a third-party application is received.



6.3.4 QQ notification: If you are using an Android device and enable this function for the first time, the system will prompt you to enable access notification permission to allow your watch to read all system notifications and to check this APP. You are recommended to check access notification permission for only one APP. If you check access notification permission for multiple APPs, you may receive no notification.

6.3.5 WeChat notification: If you enable this function, you can receive WeChat notifications and view the content of the notifications. This applies to other notifications.



Notification from foreign social applications: This bracelet supports the notifications from such foreign social applications as Facebook, Twitter, Line, SKYPE, and WhatsApp and displays the content of such notifications

When a notification is received, the bracelet will display the icon of the corresponding social application. You can click this icon to view the message or long press this icon to exit.

For IOS, all notifications are uniformly pushed by the notification center.

6.3.6. Clock: This function allows you to set an clock for 4 periods, and set an on-off, snooze time, and alarm cycle for each clock. After finishing setting, click Synchronize to Device to bring your setting into effect. This function supports offline notification.

6.3.7 Sedentary: This function allows you to set an on-off, notification interval, notification time segment, and notification period.

6.3.8 Find device : Click Start to find the bracelet you have bound it to your phone. If the bracelet is found, it will vibrate to prompt you.

6.3.9 Control your phone bracelet

Music remote control: This function allows you to control (to play, pause, play the previous

song, play the next song) the music on the phone via your watch. (The music player attached with the system is supported)

Camera remote/Video remote: This function allows you to switch on or off the photo function of the APP.

6.3.10 More Settings

6.3.10.1 Anti-lost: This function allows you to set anti-lost for your phone. By default, this function is disabled (grey). If you enable this function, your watch will vibrate to give a prompt when your phone or bracelet is beyond the bluetooth connection distance.

6.3.10.2 Clear data: This function allows you to clear the data on your Bracelet.

6.3.10.3 Device update: This function allows you to update the bracelet software.

6.3.11 Add Bracelet : This function allows you to search for or add a bracelet.

6.3.12 Unpair: To Unbind the Bracelet after connecting it to your phone, open the APP and choose device > device unbind. After deleting the Bracelet according to the steps above, choose System > Bluetooth on your phone after being prompted to do so. Then, press the exclamation mark after the device name and select Neglect the Device on the popup dialog box. By doing so, you remove the ANCS connection of the bracelet and you will no longer receive any notification from Apple.

Note: When connecting the bracelet to the APP for the first time, be sure allow the APP to obtain the related permissions. If you forbid the APP to obtain your phone's permissions, some functions between the Bracelet and phone may be disabled.

6.3.13 Sleeping preference: Automatically judge the night's sleep , You can view your sleeping time in the history record of the APP.

7. Person:

7.1 User profile: You can set includes nickname, head portrait, gender, date of birth, height, weight, step pitch, and unit (metric/imperial). Modify the login account password After finish settings, you can synchronize your personal information to your bracelet.

If this is the first time for you to use this APP, you are recommended to register an account with your email address and log in to the account. Also, you can have a try without a login. If you have registered an account but forget the password, you can click Forget Password, and the system will send a mail to your register email for you to reset your password.

7.2 Goal: This function allows you to set your exercise goal.

7.3 Help: This function allows you to view the help information about the use of the bracelet.

7.4 About: This function allows you to view the APP version.

7.5 Exit app: Disconnect the bracelet connection.

8. Precautions for use

8.1 Theoretically, the bracelet supports phones or tablets with operating systems of IOS8.0 and above, Android 4.3 and above, and bluetooth 4.0, but not all mobile device models. The models supported are subject to the actual situation.

8.2 There are precision device in this bracelet . Please do not drop this bracelet or let it hit hard objects, which may cause abrasion to the device surface or damage to the hardware.

8.3 Never dismantle or remake this bracelet , which may cause problems or hinder the product's warranty.

8.4 This bracelet uses 5V500MA for charging. It is prohibited to use the power supply exceeding the voltage load. Otherwise, hardware damage may be caused.

8.5 Never throw this bracelet into fire. It may cause explosion.

8.6 This bracelet uses built-in battery which is non-detachable. Do not try to replace the battery.

8.7 The bracelet works at 0-45°C , and its charging temperature is also 0-45°C.

8.8 Take care of the following items when putting on your bracelet : If you have sensitive skin or if you wear your bracelet too tightly, you may felt uncomfortable.

8.9 Please swipe off the sweat on your body and wrist in time. If the bracelet strap contacts soap, sweat, allergens or contamination often, it may cause allergy or pruritus to your skin.

8.10. If your bracelet is wet, be sure to dry it first before charging it. Otherwise, the bracelet may failure and the charging contact may be corroded.

8.11. When working in an environment where the static electricity is great, the bracket may fail, for example, gives no display or abnormal display. Do not use your bracelet in high-pressure and high magnetic environments where it may suffer from electrostatic interference.

9. FAQ

9.1 My bracelet cannot connect to bluetooth. What should I do? (Fail or slow to connect/reconnect to bluetooth)

Answer: 1. Check whether your phone supports bluetooth connection, that is, whether your phone is among the following products: iPhone 4s with IOS 8.0 operating system, Android phones with Android 4.3 or above operating systems, phones or tablets with bluetooth 4.0. Android 6.0 and above devices need to be turned on to use the GPS.

2. As signal interference exists for wireless bluetooth connection, it may take you different time each time you try to connect to bluetooth. If you fail to connect to bluetooth for a long time, please check whether you are operating in an environment where there is no magnetic field or additional bluetooth device.

3. Disconnect and then connect bluetooth connection again

4. Close the background applications on your phone or restart your phone

5. Do not connect your phone to other bluetooth devices or functions at the same time.

6. Check whether the APP is running in the background. If not, you may fail to connect to bluetooth.

9.2 The bracelet cannot be found on my phone. Why?

Answer: This is because a bluetooth broadcast is ongoing. Please ensure that your watch has electricity, is in activated state, and has not connected to another phone. Then, keep your bracelet close to your phone. If the problem still persists, please disconnect the bluetooth connection on your phone and reconnect it in 20 seconds.

9.3 Should I keep the bluetooth connection connected always? If I disconnect the bluetooth connection, will any data is still there?

Answer: The data about exercise and sleeping before data synchronization will still remain on the main unit of the bracelet. After the bracelet has successfully connected to your phone via bluetooth, the data on the bracelet will be automatically uploaded to the phone. The bracelet, however, has a storage space for only about one week's data. When its storage space is full, the system will automatically cover the earliest data circularly. Therefore, you need to synchronize the data to your bracelet in time.

Note: If the functions of call notification and SMS notification have been enabled, you must keep the bluetooth connection in connected state. The function of alarm clock notification, however, supports offline notification.

9.4 The bracelet cannot be charged. Why?

1) Please check whether the main unit is inserted in a correct direction.

2) When the main unit has electricity lower than 3.6V, there will be a period for battery precharging.

Note: Usually, the bracelet will get into the normal charging state in 3-5 minutes after you plugging in the charger.

9.5 If I keep wearing the bracelet, will the bluetooth radiation generated by the bracket damage my body?

Answer: The bluetooth radiation generated by the watch is far below American FCC standard and can be neglected. Therefore, long-time wearing the bracelet does not cause radiation damage to human body.

9.6 Is the wristband waterproof?

Answer: Sealing waterproof design is employed with IP 67. Generally it is normally used in face washing and hand washing. IP67 standard applies to 1m below water for 30 minutes.