## 📘 ChronaX Pro Smartwatch – User Manual

**Version:** 3.2  
**Model:** CX-2045  
**Manufacturer:** NovaTime Systems  
**Release Date:** March 2025

### 🔧 1. Device Overview

The ChronaX Pro is a next-generation wearable designed for high-performance fitness tracking, real-time biometrics, and seamless daily productivity. It includes dual-band GPS, biometric sensors, and integration with your NovaTime Health ID.

**Key Features:**

* 1.8” Sapphire Glass Touchscreen (480x480)
* 420mAh lithium-ion battery (36 hours usage)
* Heart rate, SpO₂, VO₂ max monitoring
* AI Sleep Quality Scoring
* Water resistance up to 50 meters (WR50)
* HoloSync notifications with gesture reply

### 🔋 2. Charging & Battery Life

To charge the ChronaX Pro:

1. Attach the magnetic dock to the charging port on the underside.
2. Plug the USB-C cable into a 5V power source.
3. A green LED will pulse during charging and turn solid when fully charged.

* **Full charge time:** ~90 minutes
* **Typical battery life:** 36 hours
* **Power-saving mode:** Up to 4 days (disables GPS & HoloSync)

### 🔄 3. Reset & Troubleshooting

**To perform a soft reset:**

* Press and hold the side button for 5 seconds until the screen goes black.
* Release the button and wait for the ChronaX logo to appear.

**To factory reset the device:**

* Go to Settings → System → Factory Reset.
* Confirm with your device PIN.

If the device is unresponsive:

* Attach it to the charger and perform a soft reset.

### 📱 4. App Pairing

Download the **ChronaX App** (iOS/Android) from your device’s app store.  
Once installed:

1. Enable Bluetooth and GPS on your phone.
2. Open the app and select “Pair New Device.”
3. Select your ChronaX ID when it appears and enter the 4-digit pairing code.

The app will sync:

* Step & activity history
* Heart rate & health trends
* Notification preferences
* Watch face customization

### 🧠 5. AI Health Insights

The ChronaX Pro uses onboard AI to monitor health trends:

* **Auto-Detect Workouts:** Uses motion patterns to tag activity (e.g., running, cycling, yoga).
* **Recovery Time:** Estimates based on exertion, HR variability, and sleep quality.
* **Sleep Advisor:** Provides a nightly sleep score (0–100) and actionable insights.

### 🌐 6. Connectivity

* Wi-Fi 802.11 b/g/n (2.4 GHz only)
* Bluetooth 5.3
* NFC tag support (for door locks and gym check-ins)
* No cellular radio (model CX-2045), optional in CX-2045L

### ⚠️ 7. Safety and Care

* Do not expose the device to extreme heat (>60°C).
* Dry the device thoroughly after swimming.
* Only use certified NovaTime chargers to avoid battery damage.

### 📞 8. Support

**Website:** [www.novatime.cx/chronax-pro](https://chatgpt.com/g/g-680102bd2c088191b7f14d72ca0d0dd5-flamekeeper/c/682285e8-6354-8002-87ed-8e0f6eece3c4)  
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