Heart Rate Monitor
sports watch

No chest strap, No finger, Electro-optical cell

❤ Heartrate	**Kcal** Calorie Consumption	**SPD** Speed Distance	❃ Bluetooth	☎ Caller ID Vibrating	⏱ Clock/Timer

L7 specification		
CPU	type	CORTEX-M0
	frequency	50MHZ
Memory	cache	4Kbytes RAM
	Mass storage	64KBytes FLASH
connect	Bluetooth	BT 2.0
sensor	acceleration	KXTE9-2050，3-Axis,+/-2g
	Heart rate monitor	reflective green light
Screen	display	FSTN
	Resolution ratio	96*96
others	waterproof	Water resistance
	Alert	YES(Vibrator)
Use environment	Working temperature	(-10~+50ºC)
	Storage temperature	(-20~+60ºC)
Battery	volume	230mAh
	type	Li-ion Polymer Battery
Power	Input voltage	3.3~4.2V
	Maximum power	0.6W
accessory	Charging clip, manual, certificate, warranty card	

6. 00.0 Km is challenge distance setting, unit: KM; the default challenge distance is 01.0Km. press UP or DOWN button to increase or decrease;

7. Setting completion, automatically return to the "TAR SETUP";

8. Press MENU button back to the main interface.

MENU-TARGET-START

Operation steps:

1. Press MENU button;

2. Press UP or DOWN button to shift;

3. Select to START;

4. Press CONFIRM button enter into challenge interface; the challenge start, the timer timing. Press the CONFIRM button again, the challenge pause. Press three seconds, challenging interface timer reaches zero, the robot returns to the initial position;

5. Description: the system automatically divided the distance into five segments, challenge each completed a segment, the robot then jump to the corresponding position. For example: Challenges distance is set to 1 km, each completed two hundred meters, the robot forward one segment.

5.1.2.1 MENU -TARGET

Distance to the flag icon:

The system default distance is 1 km to white / black and horizontal stripe sharing five segments in percent, each of more than one segment complete, and humanoid icon forward a grid, to achieve the target in default 20 minutes or do not meet the target, the system pop-up boxes.

Note: Press the Confirm button prompt message disappear or disappear automatically after 3 seconds.

5.1.3 MENU-TARGET-HIGHSCORE

Four data table: CAL(calories), PACE, DIS(distance), AVG SPE(average speed); the records comparison of the highest and current data

Constraints and rules:

1. Initially, the historical highest data is the date of the first challenge;

2. Move UP and DOWN button to view;

3. "RETURN" option, the CONFIRM button to return.

MODE — UP
— CONFIRM
MENU — DOWN

[MENU] Under standby status, single press, enter into menu;

[MODE] Under standby status, single press, shift display interface;

Under standby status, press three seconds to open/close Bluetooth;

[UP] Under menu status, single press, move up or increase;

Under standby status, press three seconds to open/close backlight;

[DOWN] Under menu status, single, move down or decrease;

Under standby status, press three seconds to view sport log;

[CONFIRM] Under time interface, single press, start/pause stopwatch; long press to

clear the stopwatch to zero;

Under sport interface, single press, start/pause sport detection;

Under challenge interface, single press, start/pause sport challenge;

Under menu status, single press, confirm.

up and down	left and right	missed call
failure	succeed	battery status
sport	alarm clock	Bluetooth

Contains four options: SPORT (sport log), PHONE, DEL MS(delete message) and RETURN

Constraints and rules:

1. sport log in days and it is showed 4 day's record; you can choose one of them to view the detail data and it includes PACE, DIS (distance), CAL(calories) and SPE (average speed);

2. PACE show the total number of that day; the same as distance and calorie;

3. average speed show the average sport speed of that day;

4. Move UP and DOWN button to view;

5. "RETURN" option, the CONFIRM button to return.

Constraints and rules:

Only save three telephone logs and the new phone is covering in the last log.

Delete dial and delete sport

Constraints and rules:

Click the delete dialog box will be prompted to delete the corresponding information.

3 Power on

When the watch is power on in the first time, the system will run the initial guidance
Three fixed prompt interfaces, respectively, "Please enter personal information",
"Please set the date and time" and "set successfully welcome."

Personal information setting interface:

1. height, unit: CM, the system default value 170;
2. weight, unit: KG, the system default value 60;
3. footage, unit: CM, the system default value 60;
4. gender, the system default "male";
5. save.

Date and time setting interface:

1. use 24-hour format;
2. date format: year/month/day;
3. save.

When th

Time interface

1. Prompted the state bar: Bluetooth, alarm clock, battery status;

2. stopwatch: 0:00:00:0, press confirm button the stopwatch start, press it again, the stopwatch pause, long press to clear zero;

3. time display: 24-hour format; time setting please see "5.3.1 menu-system setting-date & time";

4. date and week display: month, day and week display: Monday to Sunday.

Sport interface

1. Prompted the state bar: Bluetooth, sport, heart rate, battery status;

2. heart rate detection: contain the current heart rate, maximum heart rate, average heart rate, heart rate percentage); Press UP button switch can be recycled;

3. Day accumulative step-value: five digits;

4. sport detection: calorie, distance, current speed, pedometer per minutes; press DOWN button switch can be recycled;

5. sport detection start and pause: press CONFIRM button.

5.3 MENU-SYS SETUP

Contains eight options: PROFILE, TIME DATE, BLUETOOTH, ALARM, language, IMEI, HEARTBEAT and RETURN.

5.3.1 MENU-SYS SETUP-FROFILE

Personal Information setting Interface:

1. height, unit: CM, the system default value 170;

2. weight, unit: KG, the system default value 50;

3. footage, unit: CM, the system default value 45;

4. gender, the system default "male";

5. save.

1. use 24-hour format;
2. date format: year/month/day;
3. save.

Constraints and rules:

Open heart rate- heart rate ON, sport heart rate detection interface work properly. (Press the CONFIRM button in the sport interface, heart rate detection start)

Close heart rate- heart rate OFF, sport heart rate detection interface do not work. (Press the CONFIRM button in the sport interface, heart rate detection close)

Target (Challenge) interface

1. Prompted the state bar: Bluetooth, sport, battery status;

2. current step value: five digits;

3. countdown stopwatch: 00:20:00, the system default 20 minutes countdown;

4. challenge start and pause: press CONFIRM button, stopwatch start/pause. press three
   seconds CONFIRM buttons to clear zero for the stopwatch;

5. robot and flag: the system automatically divided the distance into five segments,
   challenge each completed a segment, the robot then jump to the corresponding position.
   For example: Challenges distance is set to 1 km, each completed two hundred meters,
   the robot forward one segment;

6. After setting the time and distance to complete the challenge, the system displays ✔ ,
   which means that a successful challenge. Unfinished challenge, the system
   displays ✘ , which means that challenge fails.

5   MENU

Contain four options: TARGET, MS VIEW (message view), SYS SETUP (system setup),
and RETURN.

5.1 MENU- TARGET

Contain four options: TAR SETUP, START, HIGHSCORE, and RETURN.

5.1.1 MENU - TARGET-TAR SETUP

Operation steps:

1. Press MENU button;
2. Press UP or DOWN button to shift;
3. Select TAR SETUP;
4. Press CONFIRM button enter into setting;
5. 00:00:00 is challenge countdown setting: respectively as hour, minute, second; the system default is 20 minutes and it shows as `00 20 00`, press UP or DOWN button to increase or decrease, press CONFIRM button automatically enter into the next option setting;

5.3.4   MENU-SYS SETUP-BLUETOOTH

Constraints and rules:

Bluetooth open: ON

Bluetooth close: OFF

After Bluetooth open/close. Time, sport and target interface correspondingly display/hide
Bluetooth icon.

5.3.5   MENU-SYS SETUP-ALARM

Constraints and rules:

Alarm open: ON

Alarm close: OFF

Alarm clock open/close, time interface display/hide alarm clock icon.

MS VIEW	→	LANGUAGE	→	ID
SYS SETUP		VERSION		01234567891
RETURN		RETURN		L7_AUS
				V0.0.3

6 Prompt

03887487369	CHARGING	CHARGING	TOP-OFF

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.

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

WARNING: To satisfy FCC RF exposure requirements for this devices,a separation distance of 5 mm or more

should be maintained between the antenna ofthis device and persons during operation.

To ensure compliance, operations at closer than this distance is not recommended. Theantenna used for this

transmitter must not be co-located in conjunction with any otherantenna or transmitter.

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.