

E07 User Manual

1. APP connection and function operating

1.1 Turn on: Long press the button 3 seconds on the bracelet to turn on the device. First time to turn on, it will show bluetooth pairing code, which is the ID code to be paired with the APP of your smart phone. This pairing code only display one time when turn on.

1.2 Turn your phone bluetooth on, The bracelet name is "smart watch".

1.3 Scan the QR code on the gift box to install "smart wristband" app, or download it through Google play, or App store with the App name "smart wristband". Choose the correct phone system to download APP.

1.4 Connect to bracelet: Enter into APP, a new user first time to use app, it need register a account with a email account, or skip it to experience the APP. The registered user can enter into APP with your account and password. According to the tips to finish the connecting(allow the APP to obtain system right), if forbid APP to get the system right, it may result in disconnect.

1.5 Delete bracelet: After bracelet connected with APP, if you want to delete the bracelet connect, you can go to APP-setting-my wristband, to disconnect device.

2. APP functions and setting

2.1 User profile: After enter into APP please set user data, App-setting-user profile: such as nickname, picture, gender, birthday, height, weight, step stride, unit. After setting personal data, it can be synchronized to the band. Support to change account password.

2.2 Sport goal: setting-Goal

2.3 Anti lost: setting anti lost switch on/off, default gray is off, after click it on if mobile out of the bracelet bluetooth range, the bracelet will vibrate to remind.

2.4 Music remote: set band control cellphone music

2.5 Camera remote: set band control mobile phone camera switch.

3. Device update

3.1 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

3.2 About: can check app version

4. Trend

4.1 Find device: Click start can find the connected bracelet, band will vibrate to remind you.

5. Outdoors

5.1 Manage device: can manage the connected bracelet

5.2 Clear data: Click the clear, the data of the bracelet and app will be clear to zero.

6. Gym

6.1 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

6.2 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

7. Function

7.1 Set Clock: Can set four alarm clock time period, set each alarm switch, snooze time, alarm cycle, finished setting click sync to band.

7.2 Screen Show Time: Set screen show time, choose START option, click FINISH can record the opening and closing movement after the jump times

7.3 Sleep Preference: Set sleep preference, choose START option, click FINISH can record the opening and closing movement after the jump times

7.4 Device Update: update bracelet software.

8. Charge

8.1 Bring the main body from bracelet strap, insert it into the USB port to charge (5V 500mA)

9. Wearing method

9.1 Power off: choose "off" button on the function area, long-pressed 3 seconds to begin sit up exercise, after end click FINISH can record the number of sit ups.

9.2 Treadmill: click the icon to enter treadmill, click start to begin record treadmill, after end to click FINISH

9.3 Swimming: click the icon to enter swimming, click start to begin record swimming, after end to click FINISH

9.4 Bracelet use environment: 0 to 45 °C, charging temperature: 0-45 °C

10. System request

10.1 Bracelet display and function interface

10.2 Bracelet display icon function

10.3 Bracelet display icon function

11. Bracelet using attentions

11.1 Device update: update bracelet software.

11.2 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.3 Should I keep the Bluetooth on? If I shut down my Bluetooth on my phone, can I get my fitness data? Before sync, fitness data will store in the bracelet. When your phone and bracelet get connected successfully, the data in bracelet will upload to your phone. The bracelet will store data for 1 week, when the storage get full, new data will cover the old data. So that please remember to sync data to your phone in time.

11.4 Abnormal vibration: This may caused for you have opened the "anti-lost" function and caused by triggered it. Also, The wireless bluetooth connection signal will be affected by various interference, when Bluetooth signal is weak or get disconnected, your bracelet will vibrate. So we suggest you close this function if not necessary. If abnormal vibration for a long time, please turn bracelet or phone off for a while to solve it.

11.5 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.6 Please don't break down or transform the machine, which will lead to problems or cause quality assurance.

11.7 Please don't break down or transform the machine, which will lead to problems or cause quality assurance.

11.8 If there are a few times sleeping states during one day, will the bracelet accumulate the records? Yes, sleep state is set by manually, bracelet open the sleep begin to record, closed it and ended record.

11.9 Cycling mode: cycling interface displays calories consumed. Long press key to enter the Ribbon, to record riding time and calories. Riding over long press the button for 3 seconds to return to the menu mode. Riding with the time and the hour record, did not ride without timing.

11.10 Gym: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.11 About: can check app version

11.12 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.13 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.14 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.15 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.16 About: can check app version

11.17 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.18 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.19 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.20 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.21 About: can check app version

11.22 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.23 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.24 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.25 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.26 About: can check app version

11.27 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.28 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.29 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.30 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.31 About: can check app version

11.32 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.33 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.34 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.35 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.36 About: can check app version

11.37 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.38 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.39 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.40 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.41 About: can check app version

11.42 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.43 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.44 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.45 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.46 About: can check app version

11.47 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.48 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.49 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.50 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.51 About: can check app version

11.52 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.53 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.54 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.55 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.56 About: can check app version

11.57 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.58 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.59 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.60 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.61 About: can check app version

11.62 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.63 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.64 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.65 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.66 About: can check app version

11.67 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.68 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.69 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.70 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.71 About: can check app version

11.72 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.73 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.74 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.75 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.76 About: can check app version

11.77 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.78 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.79 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.80 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.81 About: can check app version

11.82 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.83 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.84 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.85 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.86 About: can check app version

11.87 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.88 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.89 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.90 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.91 About: can check app version

11.92 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.93 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.94 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.95 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.96 About: can check app version

11.97 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.98 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.99 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.100 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.101 About: can check app version

11.102 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.103 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.104 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.105 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.106 About: can check app version

11.107 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.108 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.109 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.110 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.111 About: can check app version

11.112 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.113 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.114 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.115 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.116 About: can check app version

11.117 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.118 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.119 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.120 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.121 About: can check app version

11.122 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.123 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.124 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.125 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.126 About: can check app version

11.127 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.128 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.129 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.130 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.131 About: can check app version

11.132 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.133 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.134 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.135 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.136 About: can check app version

11.137 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.138 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.139 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.140 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.141 About: can check app version

11.142 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.143 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.144 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.145 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.146 About: can check app version

11.147 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.148 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.149 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.150 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.151 About: can check app version

11.152 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.153 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.154 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.155 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.156 About: can check app version

11.157 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.158 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.159 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.160 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.161 About: can check app version

11.162 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.163 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.164 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.165 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.166 About: can check app version

11.167 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.168 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.169 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.170 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.171 About: can check app version

11.172 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.173 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.174 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.175 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.176 About: can check app version

11.177 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.178 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.179 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.180 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.181 About: can check app version

11.182 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.183 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.184 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.185 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.186 About: can check app version

11.187 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.188 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.189 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.190 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.191 About: can check app version

11.192 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.193 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.194 Do not fall this product or collision with hard objects, otherwise it will cause the machine surface scratch or hardware damage.

11.195 Find phone: long press 3 seconds to enter, click "find your phone" icon, your phone will ring then, so you can find your phone.

11.196 About: can check app version

11.197 Jumping Rope: click icon enter skip sport, choose start to begin, after finished click finish, it can record skip times

11.198 Jumping Jack: click the icon into the jumping movement, choose START option, click FINISH can record the opening and closing movement after the jump times

11.199 Do not