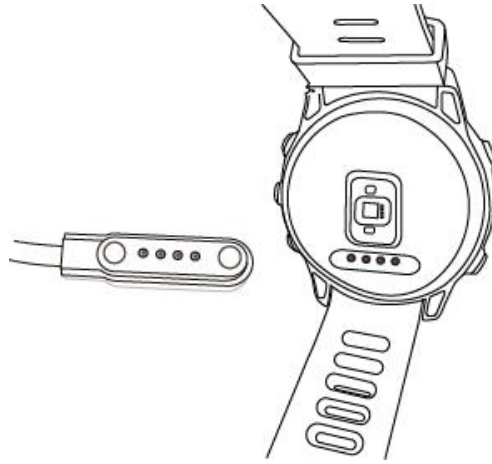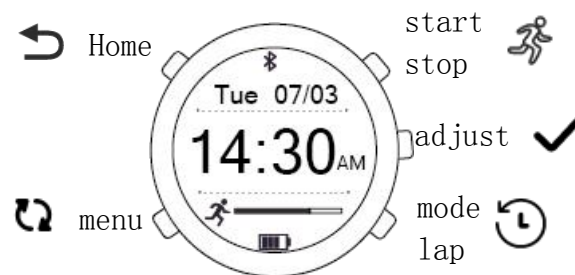# 1. Activation

Connect the watch data link, insert to computer port or use charger to activate.

2. Buttons

Smart watch provides five buttons, through which all functions are accessible.

Functions of the buttons

1	Home	Turn on/turn off	4	adjust	Count down setting: switch to hour/minute
		Press to return to the time interface			Confirm option
		One press to notification interface			Check lap records
		Backlighting			remote control of confirming picture taking

1

2	menu	Press to check six main interfaces circularly	5	mode.lap	Page down
3	start.stop	Start or stop			Decrease the number
		Increase the number			Stopwatch mode： calculating、clearing
		Page up			Heart rate：switch to step、calorie、distance、time
		Music interface：switch to the previous song			Music interface：switch to the next song

3. Browse the main interface

Press "menu"，check the main interface circularly.
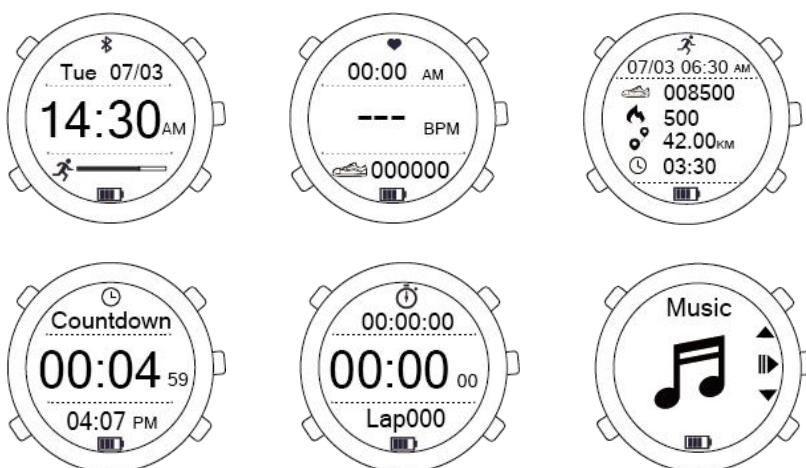
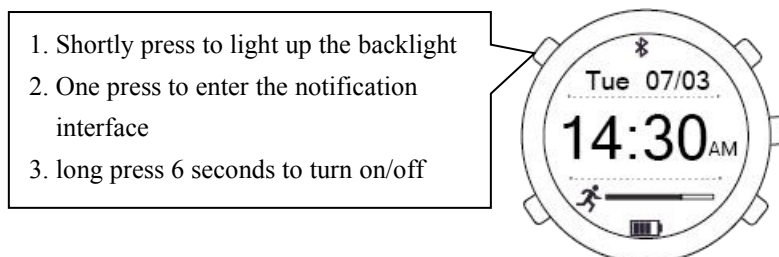## 4. Introduction of functions.

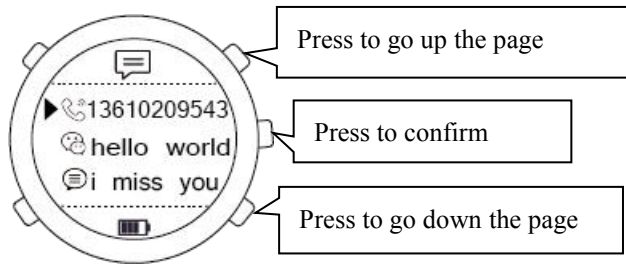You are able to check current date, time and the achievements of exercises by time interface.

First line： Date of the day

Second line： Time of the day

Third line： Achievement of the exercises

1. Shortly press to light up the backlight
2. One press to enter the notification interface
3. long press 6 seconds to turn on/off

Smart watch can store eight latest news records. You can check the details on the notification interface.

Press to go up the page

▶ ☎13610209543
☎ hello world
☷ i miss you

Press to confirm

Press to go down the page

5. Heart rate

Users can start real time heart rate measuring and the whole day heart rate monitoring by clicking "start to measure "on heart rate interface in the application or pressing the button of start/ stop. It takes approximately 8-15 seconds to measure the heart rate

Please synchronize the history of heart rate to the application if you need to check the details.

First line：Time of the day

Second line: current BPM

Third line：steps、calorie、distance、time

00:00 AM

--- BPM

👟000000

Press to start/stop

Press to switch to step, calorie, distance and time
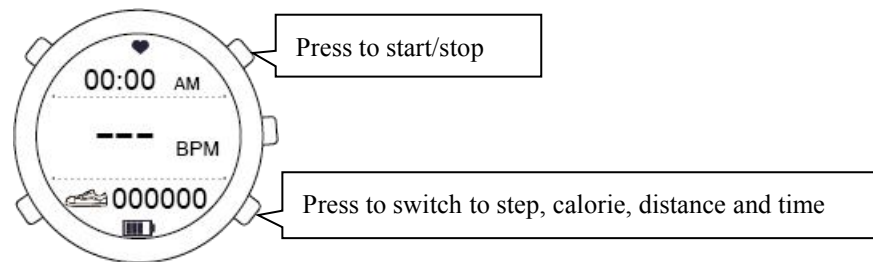
Tips: For all-day wearing when you're not exercising, your tracker should usually remain a finger's width below your wrist bone and lay flat, just same as wearing a watch. CUBOT   heart rate tracking system is designed to be most accurate when the tracker is worn on the top of your wrist.

Exercise may bring you higher heart rate, because blood flow in your arm increases the farther up you go, moving the tracker up a couple inches can improve the heart rate signal. Also, many exercises such as push-ups cause you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the tracker is lower on your wrist.
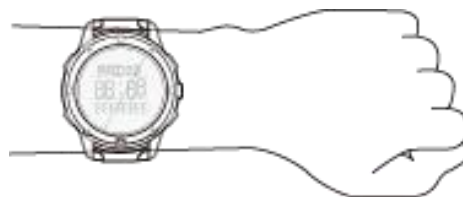
6. Monitoring exercises

F1 can automatically monitor the daily activities of the user and immediately check the latest six days'
details of the exercises.

Please synchronize the details of the exercises to the application if you need to check details for more
than six days.

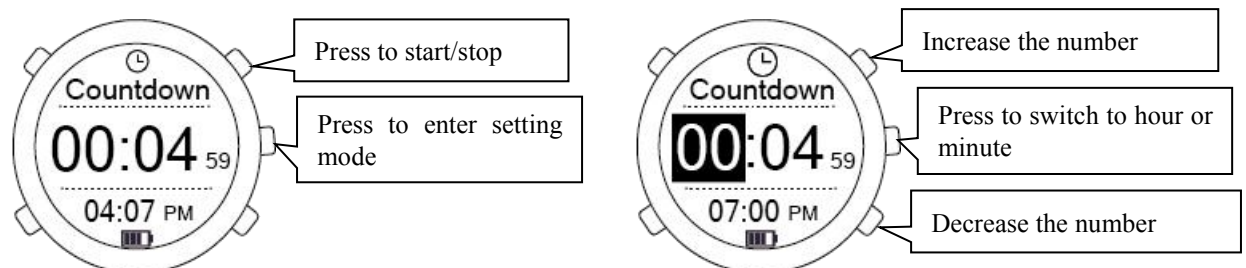Press to go up the page

Press to go down the page
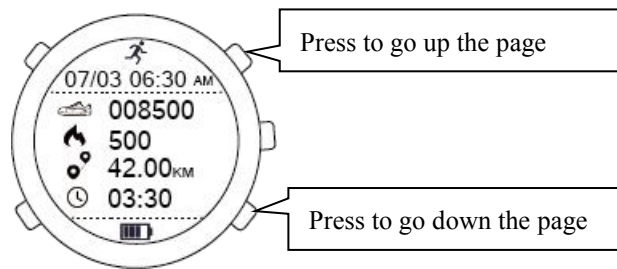
7. Countdown

When counting down the time, you can count down from preset time to zero; the maximum support for
counting down is 23 hours 59 minutes. The watch will remind users the ending of countdown by
vibrating per second in the last countdown ten seconds.

You can switch the setting of hour/ minute by pressing the button [adjust] and press the button
[start.stop] or [mode.lap] to increase or decrease the number when it's under stop mode

Second line: countdown time（hour、minute、second）

Third line: current system time

Press to start/stop

Press to enter setting mode

Increase the number

Press to switch to hour or minute

Decrease the number

8. Stopwatch

You can check the lap record by stopwatch manual recording when you are exercising

You can check the single lap record in sequence by pressing button [adjust] and zero clear data by
pressing button [mode .lap] when it's under stop mode

First line: time of the laps

Second line: current time of the lap

Third line：Lap (support maximum 20 laps)

Press to start/stop

Press to calculate the laps

Press to check the single lap

Press to clear the record
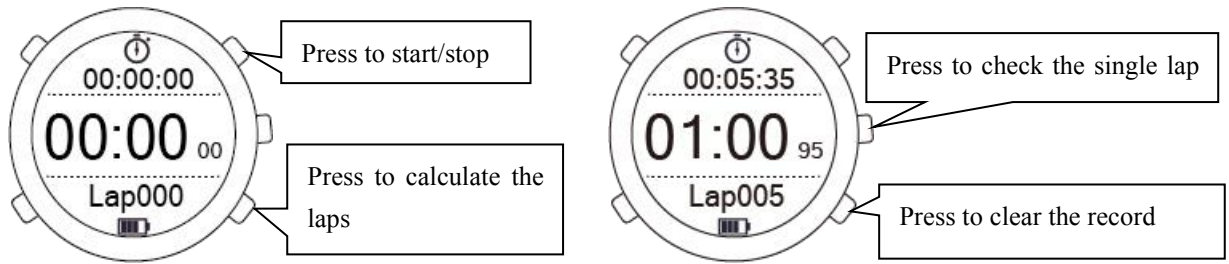
9. Music control

After connect smart watch with smart phone, you can control the watch to play the music in your cellphone or switch to the previous song or the next song

Switch to the previous song

Play/stop

Switch to the next song
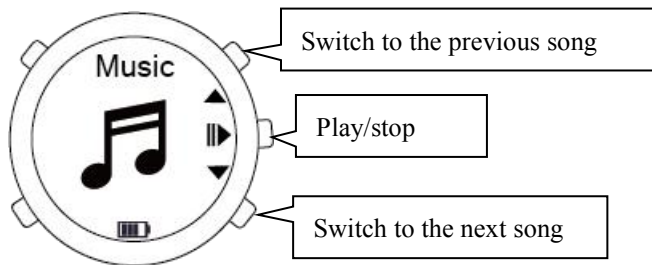
10. Smart reminder

You can receive reminding of promoting information from cellphone by turning on the reminder button in application after successfully connecting the watch and the application Bluetooth

- call reminder
- message reminder
- other reminder(QQ\Wechat\FaceBook\Twitter\whatsapp\instagram)
- water drinking reminder
- sedentary reminder
- search thevwatch
- alarm reminder
- heart rate early warning

Others:

- low battery reminder: There will be vibration as reminder when the watch is under low battery condition
- remote control photo taking: click the"remote control photo taking"in the application and press button "adjust" to take a photo when the sign appears on the watch .

11. Download and Install the Application.

• ensure your cellphone has connected with data network or WLAN；

• scan the two dimensional code below to download and install or enter any application stores to download and install"CUBOT Sport"APP（IPhone users, please go to"APP Store"and search"CUBOT Sport"to download，Android users, please go to Google Play's Play store and search"CUBOT Sport"to download）.
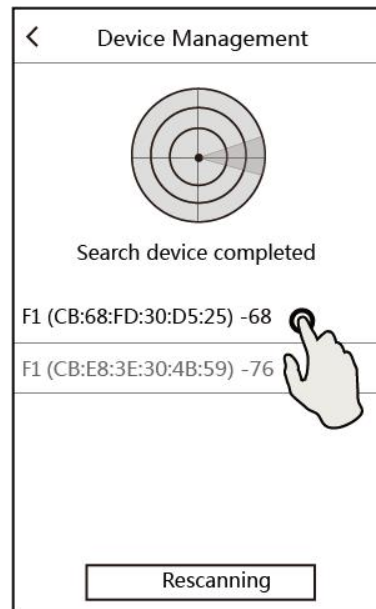

IOS   Android
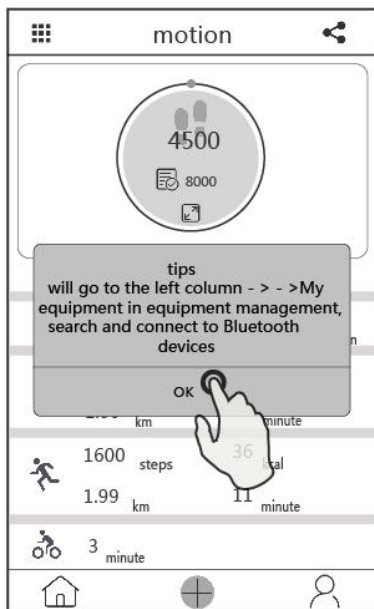
12. Initial binding device

Turn on blue tooth on cellphone，go to"CUBOT Sport"APP，pop up a prompt like（picture 1），confirm ＞go to"device management"，search device ＞ click binding specific device, finish binding. Tips：Android phone needs to open the GPS function.

For more details related to using the APP, please check：APP >sidebar > use help > animated guides for various functions

FCC Caution.

§ 15.19 Labelling requirements.
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.

§ 15.21 Information to user.
Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

§ 15.105 Information to the user.
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.

* RF warning for Portable device:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.