24小时全天候3D计步智能运动手环

(型号:T5)

使用说明书



产品简介

- 高灵敏度3D加速传感器
  (捕捉到微小动作，计步更准确)
- 计步方式可自由变换
  (人性化设计，单次计步，也可以24小时计步，随心转换)
- 时间/日期
  (手动调整时间/身高/体重)
- 卡路里、距离
  (在手环即可查看运动信息)
- 运动数据记忆
  (手环保存24小时运动数据,零时自动清空,省心智能)
- 无声闹钟
  (手环即可操作设置，无需APP繁琐操作)
- 计时功能
  手环操作计时,让运动/距离/时间一目了然
- 表体集USB接口于一体
  (即用即充快捷)
- 充电聚合物电池
  (聚合物锂电池安全性更高,使用寿命更长)

基本操作

- **时间/日期：** 轻触按键即可显示当前实时的时间与日期。
  [提示]： 屏幕显示顺序:时间/日期。
- **计步/步数：** 连续轻触两次按键即可显示全天候的实时步数(在显示步数的状态下长按按键三秒清除当前数据并重新开始计算。(计步步数超过一万步，会分两页显示先显示万位再显示千位，计步步数最多可计99999)
- **卡路里：** 连续轻触三次按键即可显示全天候的实时消耗热量卡路里
- **距离：** 连续轻触四次按键即可显示全天候的实时公里数
- 计时：在显示卡路里时长按、按键3秒进入计时，按按键开始暂停，长按退出计时。
- **查看电池电量：** 屏幕无显示情况下长按按键三秒即可显示设备剩余电量, 设备电量低于10%时看时间后会出现剩余电量, 警示充电。
- **设定时间：** 在正常时间显示模式下，按住按键三秒不放可进入设置模式，此时“时”开始闪动；按键调准小时参数；小时设置好后再按如下程序设置分钟，
  月 日 年 12/24时小制 身高 体重

基本操作

按住按键三秒不放，“分”闪动，按按键调整分钟
按住按键三秒不放，“月”闪动，按按键调整月
按住按键三秒不放，“日”闪动，按按键调整日
按住按键三秒不放，“年”闪动，按按键调整年
按住按键三秒不放，“身高”闪动，按按键调整身高
按住按键三秒不放，“体重”闪动，按按键调整体重
设置完成后，八秒无按键操作将回到待机模式

设置闹钟：按按键五次显示第一组闹钟 ⏰A1Of 闹钟默认关闭状 态此时长按按键3秒打开闹钟‘时’闪动按按键调整,长按按键 切换分
按按键六次显示第二组闹钟⏰ A2 Of闹钟默认关闭状态此时长按按键3秒打开闹钟‘时’闪动按按键调整，长按按键切换分
按按键七次显示第三组闹钟⏰A3OF闹钟默认关闭状态此时长按按键3秒打开闹钟“时”闪动按按键调整，长按按键切换分

关闭闹钟: 当设置闹钟“小时”调整显示A1 OF时长按3关闭闹钟或闪烁7秒自动关闭闹钟

睡眠 → 轻触按键8次,查看当前睡眠状态.

(显示s OF默认为关闭状态,长按按键开启睡眠监测显示s on,在 s on状态下长按按键关闭.)
睡眠显示 S--OF 代表睡眠非常好, S-=OF代表睡眠一般,S■OF代表睡眠差.(备注:进入睡眠状态8小时没有手动退出,会自动退出显示睡眠品质)

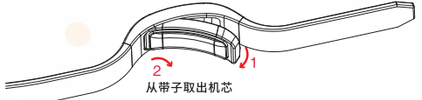


产品参数

材质	食品级环保硅胶+环保ABS外壳
显示屏	LED显示屏
充电方式	USB
电源电压	DC=3.7V
电池容量	55mAh
记步器	G-sensor
计步精度	正负5%
步数显示	39999步
重量	18G（具体以实物为准）
外形尺寸	215*17*8mm(长*宽*高)（具体以实物为准）
运行大气压力	860hPa-1060hPa

充电示意图

手环可以直接在手机充电器，移动电源，电脑任何USB上充电



从带子取出机芯



正确的充电方法



错误的充电方法

扫二维码查看详细操作视频

充电时蓝灯闪烁表示正在充电中,蓝灯常亮表示已充满电

温馨提示：为了延长手环的寿命，洗手后或运动出汗请及时取出表芯清理上面水珠或汗水

24-hour 3D pedometer fitness bracelet

(Product Model:T5C)

User Manual



Basic operations

- **Time/date:** Touch the button to show current time and date

  Note: Datetime format on screen: time/date
- **Pedometer/step numDers :** slightly touch the button for two consecutive times to display the round-the-clock ral-time step number(Under the state of displaying step number, long pres the button fort hree seconds to cle ar current data and start torecount)
- **Calorie:** Triple click the button to show total calories bumed for today
- **Distance:** Slightly touch the button for four con secutive times to display the round-the-clock real-time kilometers
- **Timekeeping:** touch and hold the key for 3 sec to enter the timekeeping when the calorie is displayed, press the key to start and pause and touch and hold it to quit the timekeeping
- **Check the battery level :** Under the standby mode.,long press the button for three seconds to display the residual electricity quantity of the device; when the residual electricity quantity is less than 10%, the caution of battery charging will pop up.

Basic operations

- **Set time :** in nomal time display mode, press the key for 3 seconds,you will come into the set mode, at this time the"hour" begin to flash;the keys adjust the parameters of the hour, after setting the hours, "minute" is set by the Following procedures. Month Day Year 12/24 system Height and weight

  Press the button for three seconds, "minute" flashes and then press the button to adiust minutes

  Press the button for three seconds, "month" flashes and then press the button to adjust minutes

  Press the button for three seconds,"day" flashes, and then press the button to adjust minutes.

  Press the button for three seconds,"year" flashes, and then press the button to adjust minutes.

  Press the button for three seconds,"height" flashes, and then press the button to adjust minutes.

  Press the button for three seconds,"weight" flashes, and then press the button to adjust minutes

  After the completion of the settings without a button operation for eight seconds, you will return to the standby mode.

Basic operations

Alarm clock setting: press the key 5 times to display the 1st group of alarm clock, OF means that the alarm clock is default to be the off state then touch and hold the key for 3 sec to start the alarm clock,adjust the"hour" when the key flickers, and touch and hold the key to shift to min.

Press the key 6 times to display the 2nd group of alarm clock, OF means that the alarm clock is default to be the off state, then touch and hold the key for 3 sec to start the alarm clock, adjust the"hour" when the key flickers, and touch and hold the key to shift to min.

Remark:shut down the alarm clock when the setting is OF

Kindly note: To prolong the lifespan of your wristband, please remove the watch module promptly after washing your hands or exercising to wipe away any water droplets or perspiration.

Produet Paramelers

Material:Silicone strap + ABS case

Display screen:—LED display screen

Charge mode:—USB

Supply voltage:—DC=3.7V

Battery capacity:—55mAh

Pedometer:—G-sensor

Step calculation precision:—±5%

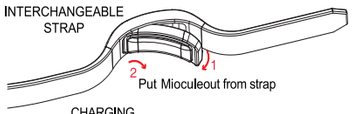
Number of step displayed:—39999 steps

Weight:—18G(Subiect to the real object)

Overall dimensions:-—215(L)x17(W)x8mm(H) (Subject to the real object)

Operation atmospheric pressure: 860 hPa–1060 hPa

Charging diagram





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Wrong chat ging rmthod

Charging time: about O.5 hourse

Working time: about 15 days

Standby time: about 30 days