



Introduction

Welcome to use R5, This is a smart sports watch that can help you achieve your sports goal.

Accessories :

- R5 smart watch x1
- User manual x1
- Charging stand x1

Setting up your R5

First download & install the app SMART-TIME PRO, and create an account to make sure the watch can synchronize the data it collects with the app. The app is where you can view daily data analysis and customize some functionalities, such as setting sedentary, call notification, exercise goal and so on. SMART-TIME PRO APP supports the operating system of IOS 11.0 and Android 5.0 or above, and BT 5.0. It is available for more than 150 mobile devices. Connect smart watch with mobile phone.

1. Turn on Bluetooth on the mobile.
2. Download APP: SMART-TIME PRO



3. Install the APP, register and log in to the homepage.

4. Pair the watch with the APP. When pairing, make sure that the watch and app can communicate with each other (synchronize data)
Device > Add a new device > Choose R5.

5. Select the Bluetooth name R5 with the strongest signal from the list. Then the watch will show a button, click to confirm pairing. Then you will see the Bluetooth icon in the drop-down bar shows the pairing status. If not connected, the display status is.



(You need to use Android 5.0+ or iOS 11.0+ and above and the watch can only be paired with one mobile phone. To pair other mobile phones, please unbind the current one before pairing.)

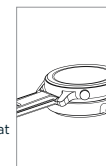
Quick Fit Strap

R5 contains two parts(watch body and wristband), you can purchase separately strap and switch as your preference.



Charging instructions

Note: Turn the watch over, align and attach the charging pins to the magnets gold prongs. You will see the charging icon on the watch screen after 5s. Charging fully may take 2 hours. You will see the battery icon is full if the watch have been fully charged.

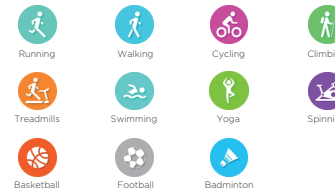


Please clean the charge interface before charging for fear that the remaining sweat erode gold metal contact or other risks.

Functions

1. SPORTS

The R5 watch supports 11 sports modes including: running, walking, cycling, climbing, treadmills, swimming, yoga, spinning, basketball, football, badminton.



2. HEART RATE

Wearing R5 correctly, not too tight or loose, make sure no green light leak, there is two measuring ways: Turn on the heart rate icon on the watch and measuring heart rate by manual. Set automatic monitoring time interval in APP. (monitoring once every 15/30/60/120 minutes)



1

2

3

4

3. BLOOD PRESSURE

Open the menu blood pressure, measure it by manual.



4. ALARM CLOCK

Set the alarms in APP and sync to watch, maximum 8 alarms.



5. MUSIC CONTROL

Control the music player of mobile phone to play the music, as well as song switching and volume adjustment.



6. STOPWATCH

Electronic timer can record one time or record multiple times.



7. COUNTDOWN

The same way to calculate the remaining time.



8. REMOTE CAPTURE

This feature can remote control the mobile camera to take pictures, please click - smartcamera and turn on the camera.



5

9.FIND PHONE

Under Bluetooth connection, click "Find phone" on the watch, the phone ringing, click pause to stop.



10.SETTINGS

Set the watch's general functions, brightness, language, shutdown, return to factory, about.



11.SPORTS RECORDS

Sports mode records was done, maximum 10 records, update automatically.



12.OTHER FUNCTIONS

1) Change watch face
(Long press the screen or power button, swipe to choose, click to confirm)



6

2) Pedometer

(Steps, Distance, Calories, Heart Rate)



4) Weather

(Weather forecast)



6) Shortcut menu

1. Bluetooth
2. Vibration
3. Do not disturb
4. Low power
5. Brightness
6. Settings



3) Sleep monitor

(Automatic measuring)



5) Health care

(Menstrual reminder)



7) More

1. Message reminder
2. Sedentary alert
3. Anti-lost
4. Call notification
5. Low-power reminder



7

Troubleshooting

Heart-Rate signal missing

The R5 smart watch keeps paying attention to your heart rate data during your exercise and your daily life. Sometime the watch may not get a suitable heart rate signal. At this time, the missing heart rate data will appear at the dotted line. If you can't get the heart rate signal, first you should confirm that you wear the watch correctly, adjust it to avoid being too high or to low, neither too tight or too loose on your wrist.

After adjustment, turn on real-time heart rate monitoring to get the data. If there is still no heart rate data, check if the heart rate monitoring function is turned on at SMART-TIME PRO APP.

Other problems

If your mobile cannot pair the watch, click Settings-Bluetooth in your mobile and check whether there is signal of R5. If yes, it means there is no problem with the Bluetooth signal. Please check if the watch is paired with other phones. Please unbind it. IOS device users should click Setting-Bluetooth - ignore this device and then pair it.

Exemption Clause

1. The Heart Rate and Blood Pressure data output by R5 are not intended to be a medical or diagnostic basis.
2. Self-diagnosis and self-treatment are dangerous. Only qualified physicians are allowed to diagnose and treat high blood pressure or any other heart diseases. Please contact your physician for more professional diagnostic opinions.

8

The specification

Wristband length	269mm
Wristband width	22mm
Weight	48g(Leather strap)
Battery	175 mAh Poly-Li
Waterproof	IP68

7

3. The data and information of heart rate and blood pressure provided by R5 may not be completely accurate and may exceed the tolerance as per the specification stated in the document due to some factors, such as interference with signal from external sources, incorrect wearing position and changes in weather conditions or user's body condition.
4. DO NOT adjust any of your medication or the repetitive schedule based on the results output by R5. Please follow the doctor's instructions before taking any treatment or medication. We disclaim all liability arising from such inaccuracy and assume no responsibility for the consequences of use of such data and information.

Warranty Clause

Our company always pursues the service concept of "creating value for customers." We offer 1 year warranty period for R5 smart watch. If there is any damage or malfunction during normal use, the warranty service will be provided to the customer for free after confirmation by our technician. The following conditions are not covered by the warranty:

- A. Accident or human damage
- B. Testing, repairing or disassembling without authorization
- C. Contamination due to human reasons
- D. Damage caused by connection with equipment which is not compatible
- E. Natural aging
- F. Damage caused by force majeure



9