EZON 宜准

跑步运动表使用说明书

Running Sport Watch

Instruction Manual

中

EN

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1.产品简介

感谢您购买EZON宜准智能跑步运动表，本表内置GPS、心率计、计步器，可测量运动距离、运动配速、运动速度、运动时间、实时心率、运动步数等运动数据。运动结束后，可在“宜准运动”App上查看运动轨迹等运动数据。

2. 功能特征

中文显示

GPS授时

锻炼距离

锻炼配速

心 率 计

计 步 器

计时码表

锻炼记录

卡 路 里

背 景 光

来电提醒

久坐提醒

运动提醒

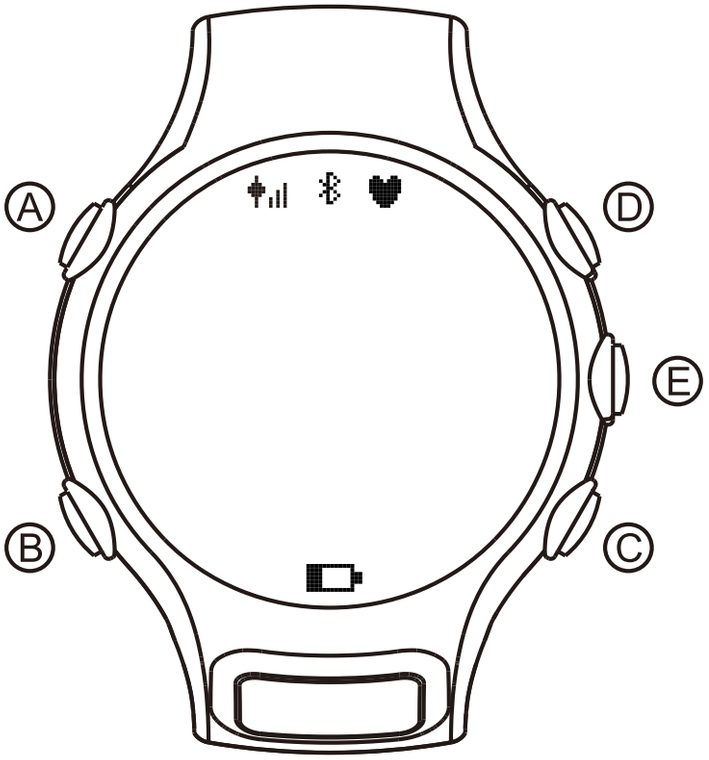
闹钟提醒

心率提醒

蓝牙连接

3. 显示符号与按键功能

3.1. 显示符号



GPS信号强度标识
闪烁表示信号微弱

蓝牙开启符号
闪烁表示正在传送数据

心率计开启符号
闪烁表示正在搜索心率

电量标识

3.2. 按键功能

在时间模式：

1）按住[A]键，接收GPS信号（GPS未开启时）；
2）按[B]键，切换显日期、秒、剩余电量；
3）按住[B]键，进入设置菜单（GPS未开启时）；
4）按[C]键，进入记录模式；
5）按[D]键，进入跑表模式;
6）按[E]键，进入计步器模式（GPS未开启时）或者进入GPS模式（GPS已开启）。
7）按住[E]键：开/关蓝牙（GPS未开启）。

在计步器模式：

1）按住[A]键，接收GPS信号；

2）按[B]键，返回时间模式；

3）按住[B]键，进入设置菜单；

4）按[C]键，进入记录模式；

5）按[D]键，进入跑表模式；

6）按[E]键，显示当天步数和当天步数达成目标；

7）按住[E]键，开/关蓝牙。

在跑表模式：

1）按[B]键，返回时间模式或退出数据查询；

2）按[C]键，显示跑表数据（跑表停止时），或者显示上一圈跑表数据（显示圈数据时）；

3）按[D]键，取圈（跑表运行时），或者显示下一圈跑表数据（显示圈数据时）；

4）按住[D]键，跑表清零（跑表停止时）；

5）按[E]键，开始或者停止跑表。

在记录模式：

1）按[B]键，返回时间模式或退出数据查询；

2）按[C]键，选择前一个记录或者数据；

3）按[D]键，选择后一个记录或者数据；

4）按[E]键，显示记录明细。

在设置模式：

1）按[B]键，返回时间模式或上一个选项；

2）按[C]键，选择设置选项或者改变设置，按住可快速减少数值；

3）按[D]键，选择设置选项或者改变设置，按住可快速增加数值；

4）按[E]键，确认设置并进入下一选项。

在GPS模式：

1）按[A]键，连按两次，GPS签到（<自动签到> 设置为OFF时）；

2）按住[A]键，GPS暂停测量（GPS运行时），或关闭GPS（GPS暂停时）；

3）按[B]键，返回时间模式；

4）按[C]键，显示数据；

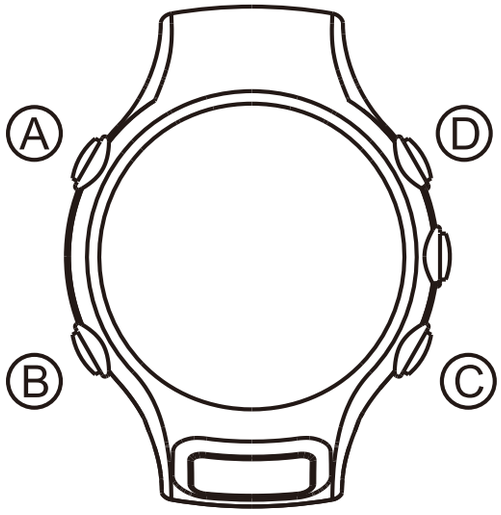
5）按[D]键，显示数据；

6）按[E]键，开启GPS（在READY界面或者GPS暂停时），或切换显示格式。

GPS关闭时，同时按[A][B][C][D]四个键，进入或解除休眠状态。

除休眠状态外，按[A]键，打开背景灯。

4.休眠状态



手表出厂时设为休眠状态(没有显示)。同时按住手表四个按键2秒，即可解除休眠状态回到显示状态。

如果手表仍不显示，可能是因为电池没电，请使用包装中附带的USB充电线给电池充电，然后再操作。

在显示状态，同时按住手表四个按键2秒，手表进入休眠状态（GPS必须关闭后，手表才能进入休眠状态）。

5.手表电池充电

将USB电缆一端的夹子夹住手表, 夹子上的凸点应正对手表背面的凹槽, 以确保USB电缆上的电极与手表背面的电极接触，USB电缆另一端与USB电源口连接。手表显示充电动画表示正在充电。 充电完成后，充电动画停止。完全没电的电池充满电需要2-3小时。

6.“宜准运动”App

6.1. 下载“宜准运动”APP

手表的设置、运动数据的查看和保存均可在“宜准运动”App 操作。

登录http://ezonwatch.com/ezonsport 或根据您的移动设备操作系统扫描下列二维码，可下载“ 宜准运动”App。

iOS　　安卓

设备兼容性： 支持蓝牙4.0的苹果设备或安卓设备。

系统兼容性： iOS6.0及以上、安卓系统4.3及以上。

6.2. 注册和登录

下载“宜准运动”App后，点击注册，根据提示完成注册。

使用已经注册的邮箱或手机号、密码即可登录“宜准运动”App。在“我的资料”页面填写个人资料，然后打开手表和移动设备的蓝牙，点击“绑定”，根据提示将手表与App进行绑定。

6.3. 设置和同步数据

除配对心率带外，手表所有的设置可在“宜准运动”App操作。登录“宜准运动”App，点击“ ”，根据提示进行相关设置。

运动结束后，登录“宜准运动”App，点击“ ”即可将手表测量数据传输到“宜准运动”App。用户可在“宜准运动”App上查看、分享运动数据。

设置、链接、同步数据或添加设备过程中，要确保移动设备和手表的蓝牙处于开启状态。

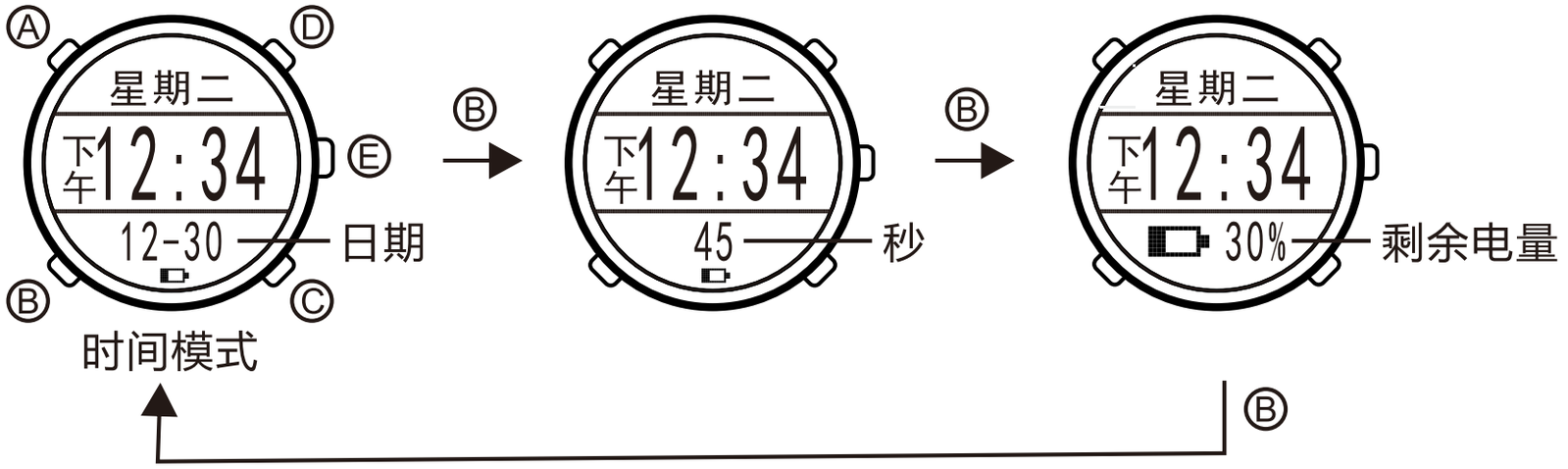
6.4.绑定新的手表

使用其它宜准跑步运动表前，必须先和“宜准运动”App绑定。

登录“宜准运动”App，点击“ ”>“我的设备”>“添加设备”，然后根据提示操作。

7.查看时间日期

在时间模式，按手表[B]键可循环查看时间、星期、日期、秒、手表剩余电量。



8.查看计步器数据

GPS 未开启时，在时间模式，按[E]键可循环查看当天步数、步数完成百分率。按[B]键返回时间模式。

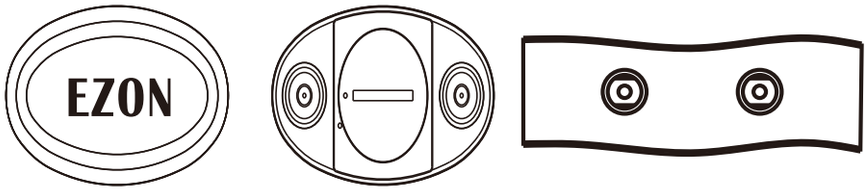
每晚12点步数自动清零。

GPS开启后，手表不能进入计步器模式。

9.运动测量前准备

9.1.戴上心率带

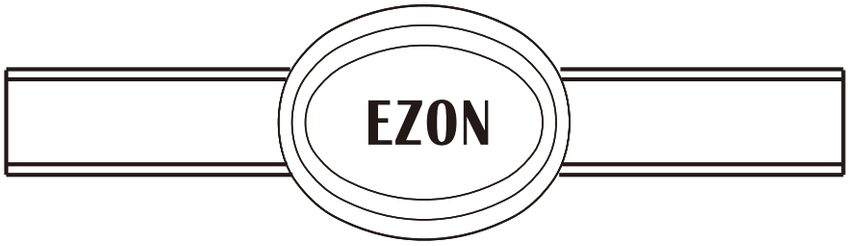
从包装中取出心跳带配件：发射器和弹性带；



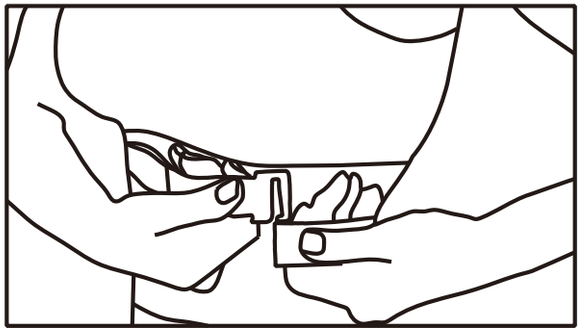
发射器　　弹性带

用清水将弹性带上的两个黑胶电极充分打湿；

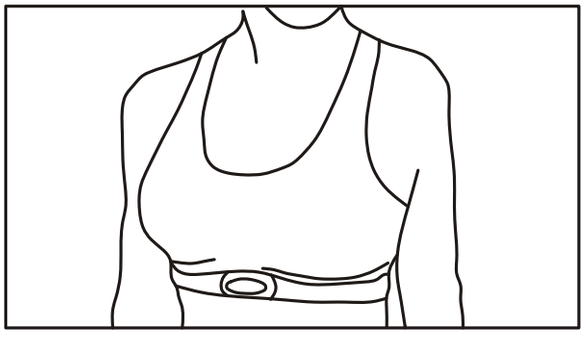
把发射器扣在心跳带上；



把心跳带如图穿好（注意发射器正面标注的字朝上，电极接触皮肤）；

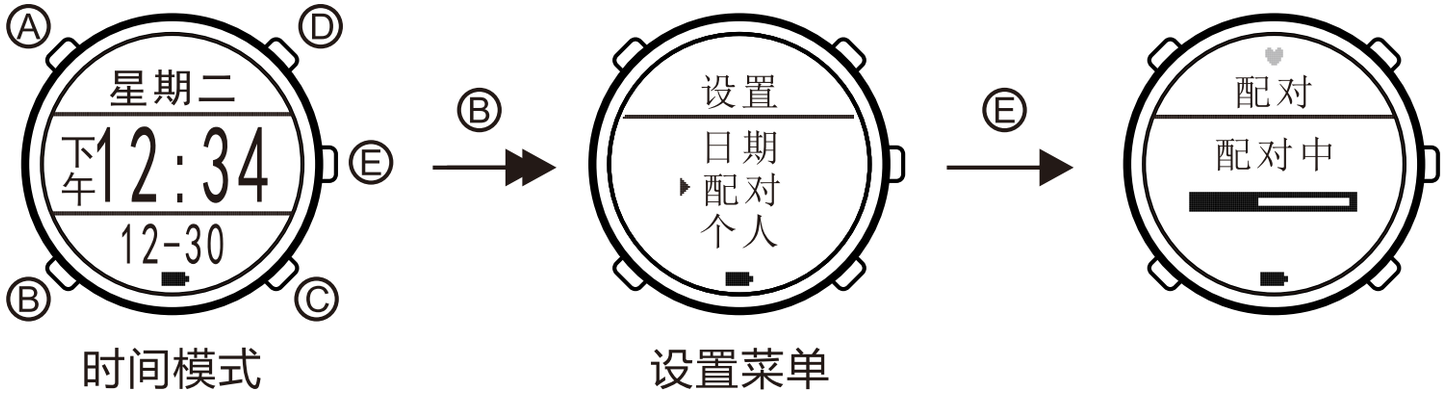


调整弹性带的长度，使它保持在最舒适的状态。

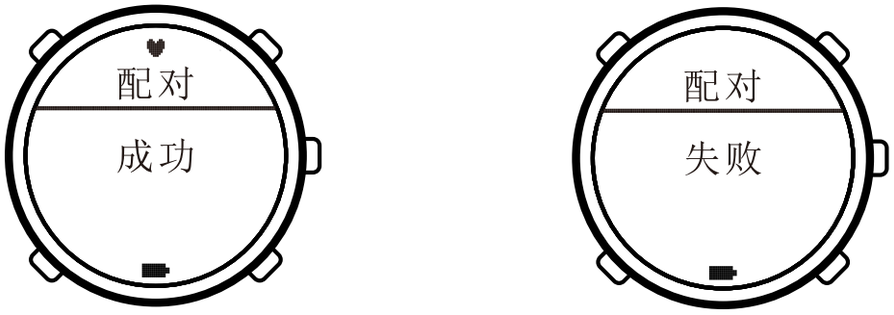


9.2.配对心率带

戴好心率带后，在时间模式，按住手表[B]键进入设置菜单，按[C]或者[D]键选择<配对>，然后按[E]键确认，手表和心率带开始配对，手表将显示配对是否成功。



时间模式　　设置菜单



配对成功　　配对失败

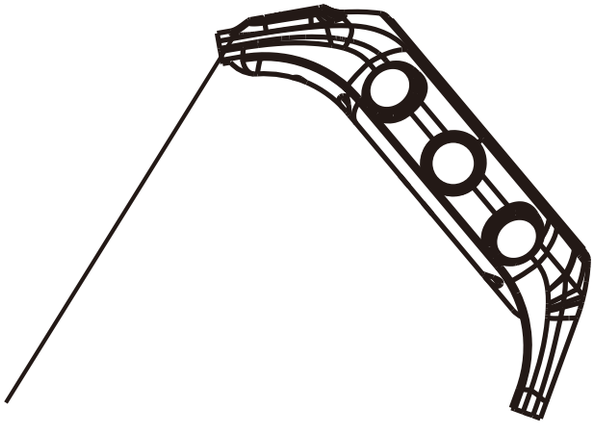
心率带最好紧贴皮肤佩戴。如果佩戴过程中出现皮肤过敏的情况，可以把心跳带佩戴在内衣外，同时把内衣与心跳带的电极接触的部分用清水打湿。（佩戴在内衣外面可能出现心跳测量困难的情况。）

如果您正在使用医疗器械，心率带上的发射器对其可能产生干扰。佩戴心率带前，请咨询医生。

9.3.接收GPS信号

GPS 即全球定位系统。本表内置一个GPS接收终端，接收到GPS信号后，可测量用户的锻炼距离，锻炼速度等数据。

GPS天线



接收GPS信号

接收GPS信号时，请在户外空旷处，将手表GPS天线朝上，保持静止。

在时间模式或计步器模式，按住[A]键2秒，手表开始搜索GPS信号。如果5分钟内没有收到GPS信号，手表自动返回时间模式。

如果接收到GPS信号，手表开始搜索心率信号。如果收到心率信号，手表显示心率值，否则显示<心率未找到>。

若搜索不到心率信号，请参照9.1和9.2章节重新佩戴、配对心率带，否则手表将无法测量心率。

通常手表1-2分钟内可收到GPS信号。在某个地区首次使用GPS、或间隔很长时间后重新使用，接收GPS 信号可能需要较长时间。

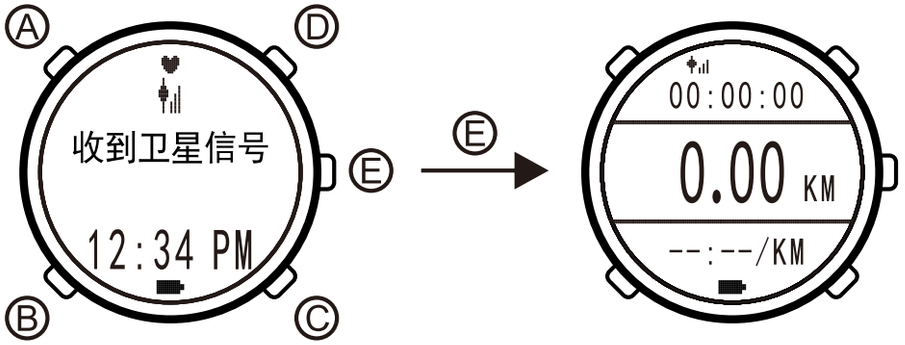
未收到GPS信号可能可能是信号太弱，可换个地方或时间再接收。一般多云天气、阴雨天气、树林里、大厦周围，GPS信号较弱。信号弱时，测量误差可能变大。

GPS 信号无法穿透固体、水等，故在室内、车内和水下无法使用 GPS 功能。

10.运动测量

10.1 GPS运动模式

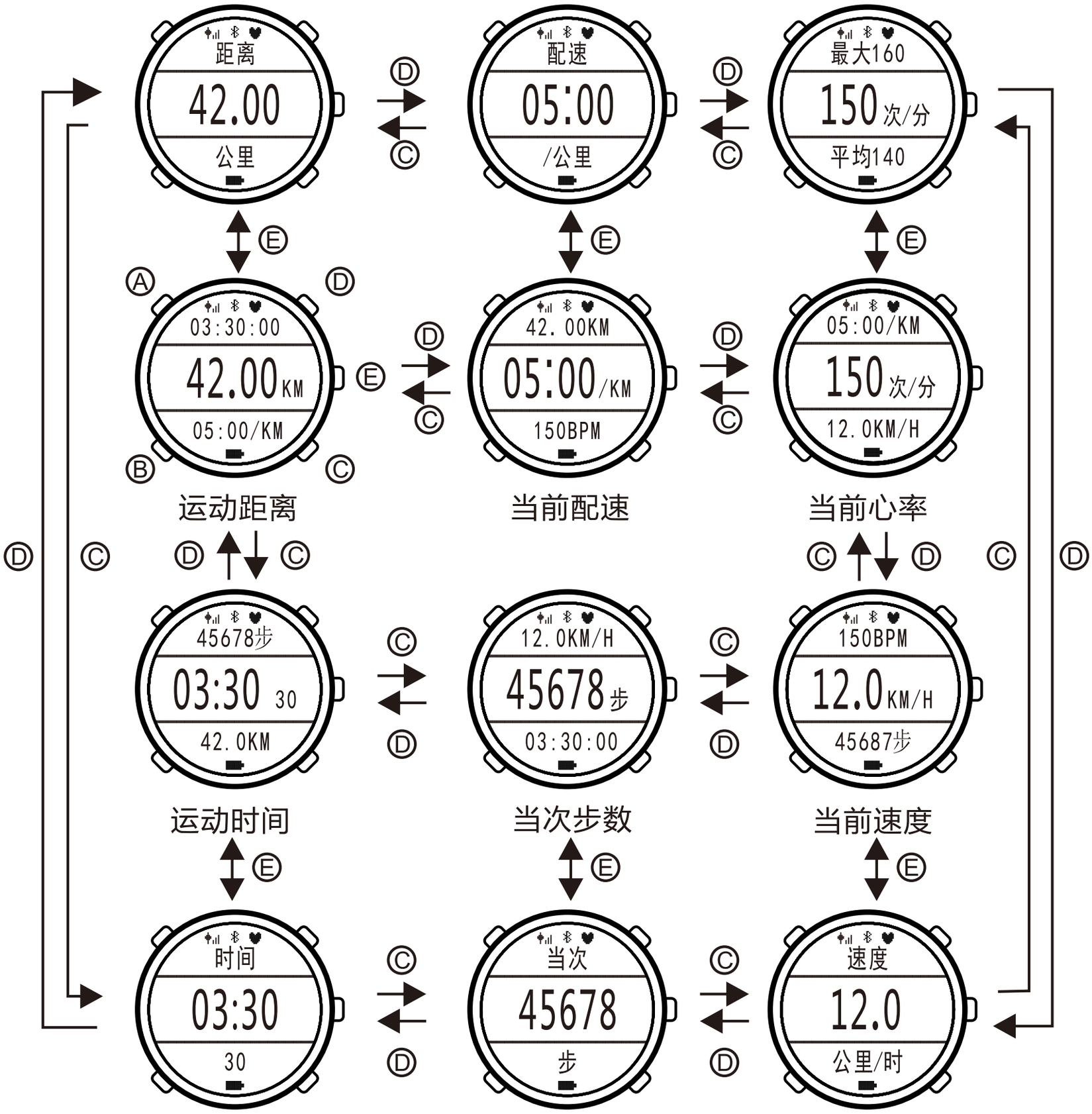
接收到GPS信号后，在<收到卫星信号>显示画面，按[E]键开启GPS并进入GPS运动模式，手表开始自动记录运动时间、运动距离、运动轨迹等运动数据。



GPS运动模式

10.2 实时查询运动数据

在GPS运动模式，按[C]或者[D]键可循环查看运动距离、当前配速、当前心率、当前速度、当次步数、运动时间等信息。按[E]键可切换显示格式。

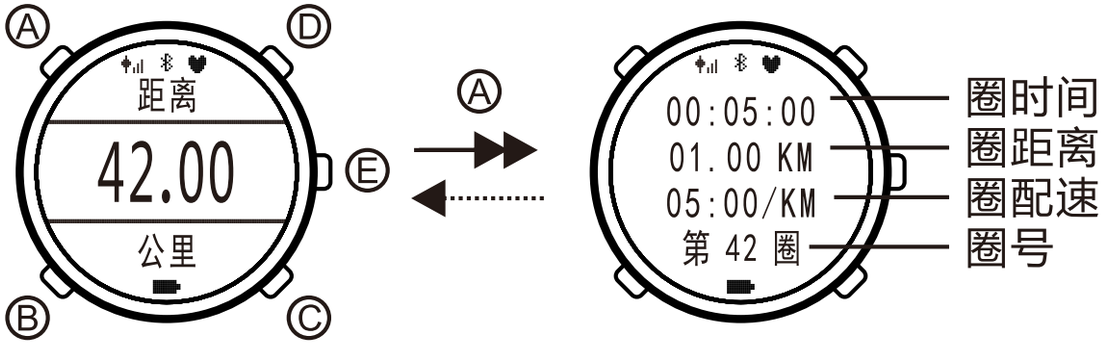

距离
42.00
公里
配速
05:00
/公里
最大160
150 次/分
平均140
03:30:00
42.00 KM
05:00/KM
42.00KM
05:00 /KM
150BPM
05:00/KM
150 次/分
12.0KM/H
运动距离
当前配速
当前心率
45678步
03:30 30
42.0KM
12.0KM/H
45678 步
03:30:00
150BPM
12.0 KM/H
45687步
运动时间
当次步数
当前速度
时间
03:30
30
当次
45678
步
速度
12.0
公里/时
A
B
C
D
E

10.3运动签到

如果<自动签到>设置为 OFF, 在GPS运动模式，连按[A]键两次可手动签到，保存此时的运动数据。

如果<自动签到>设置为某公里数，每当运动距离达到设置距离时，手表自动签到 。（ 此时无法手动签到。 ）

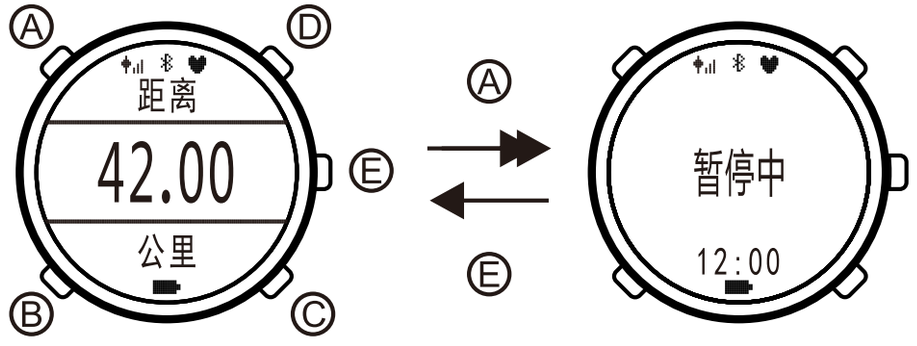
签到后，手表显示该圈数据，5秒后自动返回GPS模式。



GPS运动模式　　圈数据

10.4.暂停GPS测量

在GPS运动模式，按住[A]键，GPS暂停测量；再按[E]键，GPS继续测量。



GPS运动模式

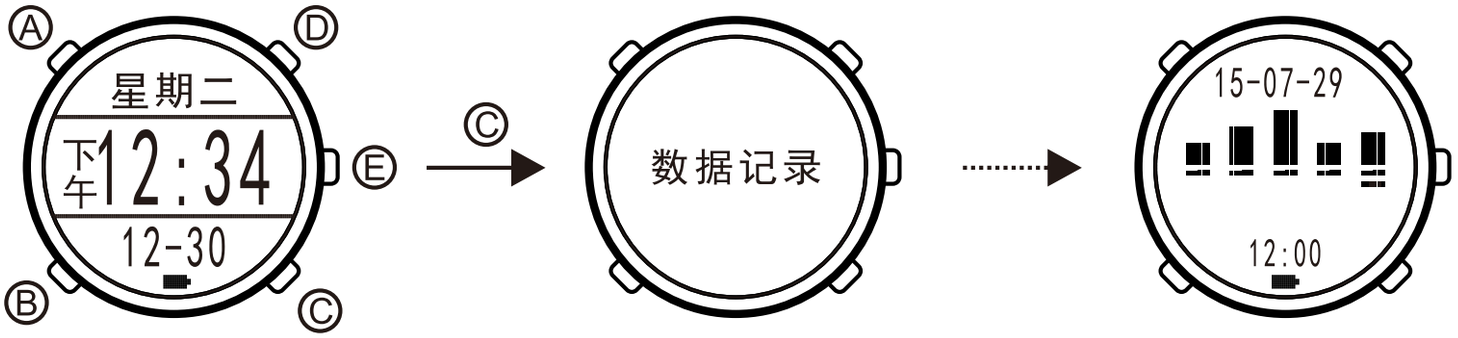
10.5.结束GPS测量

GPS 暂停测量时，按住[A]键可结束测量，手表显示本次运动数据：按[C]或者[D]查看本次运动的时间、距离，平均配速、最大心率、平均心率、卡路里，按[E]返回时间模式。

GPS运动模式　　运动数据　　运动数据

10.6.查询运动数据

在时间模式或者计步器模式按[C]键，进入记录模式（手表先显示记录图标，然后显示卡路里柱状图。每条柱状图代表一条记录）。



时间模式　　记录模式

在卡路里柱状图画面，按[C]键或[D]键选择记录，按[E]键确认。

按[C]键或[D]键显示运动记录明细：运动时间和时间、总距离、持续时间、平均配速、平均速度、最大心率、平均心率、当次步数、圈数等。

卡路里柱状图　　记录明细　　记录明细

运动结束后，登录“宜准运动”App，点击“ ”即可将手表测量数据传输到“宜准运动”App。用户可在“宜准运动”App上查看、分享更全面的运动数据：运动轨迹图、运动统计数据、配速曲线图、心率曲线图、步频柱状图、签到表格等，并可分享给朋友。

手表存储记录最多5条，每条记录最多存储8小时的数据。如果存储记录超过5条，手表自动删除最早的运动记录。为保证记录的完整性，请及时将运动数据传输到手机进行保存。

11.跑表

跑表测量范围为99小时59分59秒，有单段计时和圈计时两种测量方式。

11.1.跑表模式

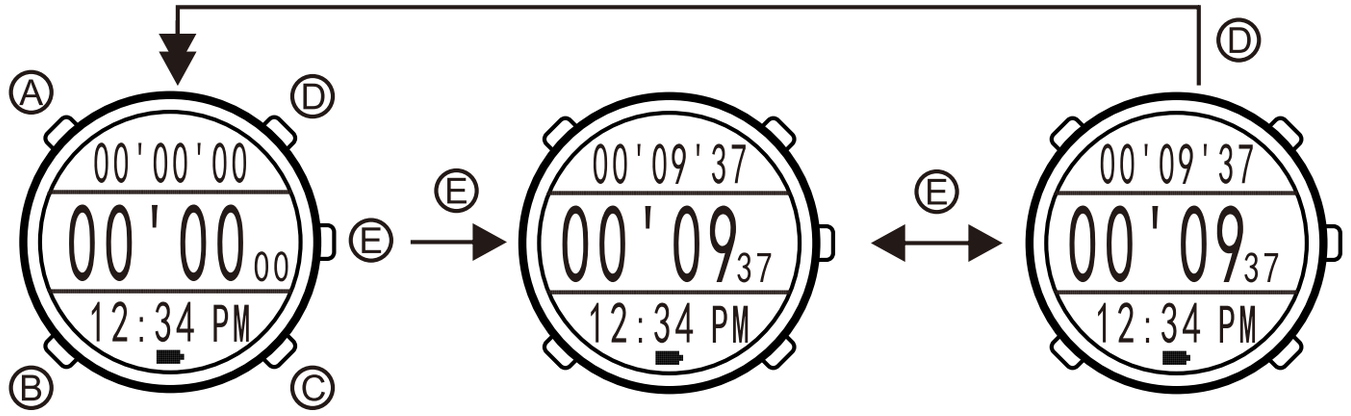
在时间模式或计步器模式，按[D]键可进入跑表模式（先显示跑表模式图标，约2秒后进入跑表模式）。在跑表模式，按[B]键返回时间模式。

时间模式　　跑表模式

11.2.单段计时

单段计时可用来测量一名选手总的跑步时间，方法如下：

在跑表模式按[E]键开始计时，再按[E]键停止计时，再按[E]键继续计时。跑表停止时，按住[D]跑表清零。



11.3.圈计时

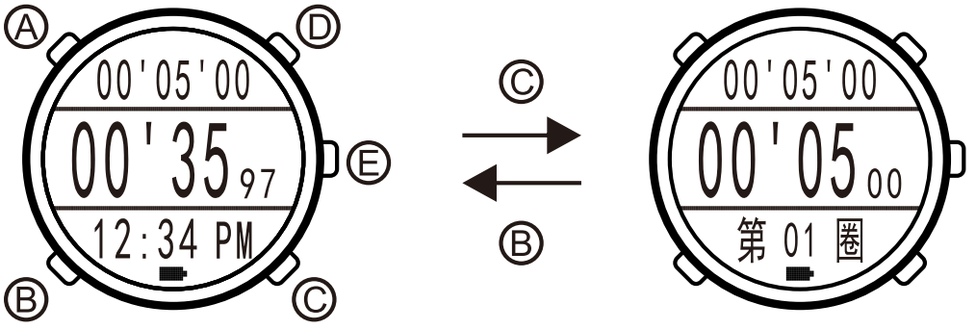
在跑道跑步或赛车时，可用圈计时记录每圈所用时间和总跑步时间。

在跑表模式按[E]键开始计时，每圈结束时按[D]键，手表显示该圈圈记录（该圈计时和总计时），约5秒后手表自动返回跑表运行界面。

跑步结束，按[E]键停止跑表运行。跑表停止时，按住[D]键跑表清零。

11.4.查询跑表数据

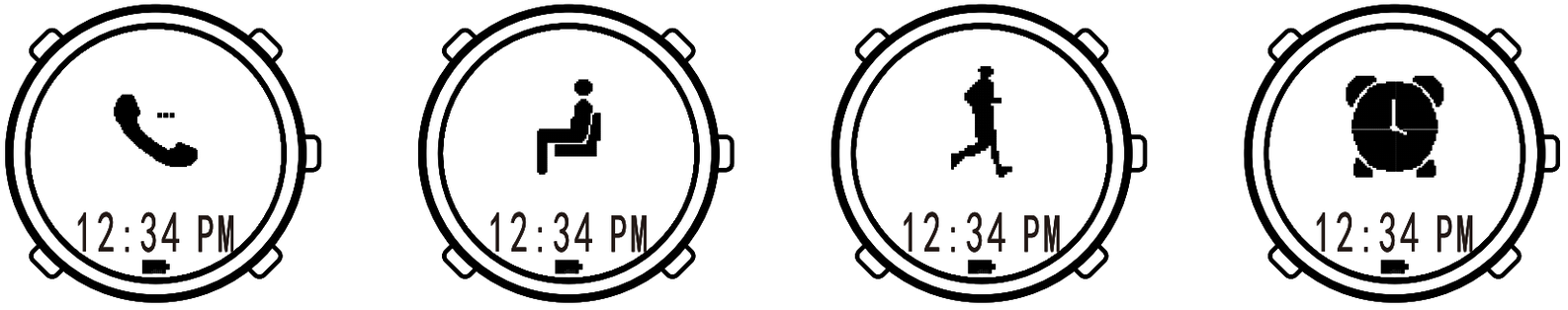
圈计时停止后，在跑表模式，按[C]键进入数据查询界面，按[C]键或[D]键可循环查看各圈数据，按[B]键退出查询界面。



跑表模式　　圈记录

12.提醒功能

本表可通过“宜准运动”App 设置来电提醒、久坐提醒、运动提醒、闹铃提醒等功能。手表在设定情况显示提醒画面并振动提醒。提醒画面最长显示5分钟，用户可按手表任意键退出提醒画面。



来电提醒　　久坐提醒　　运动提醒　　闹铃提醒

移动设备和手表的蓝牙处于开启状态，才可实现来电提醒功能。GPS开启时，无法实现来电提醒功能。

13. 在手表进行设置

除通过APP对手表进行设置外，在手表亦可进行简单设置操作。

在时间模式或者计步器模式，按住[B]键进入设置菜单，设置菜单包含：

<时间> 设置当前时间；

<日期> 设置当前日期；

<配对> 配对心率带（参见9.2章节）；

<个人> 设置个人信息资料；

<目标> 设置每天目标步数；

<显示> 切换屏幕显示效果。

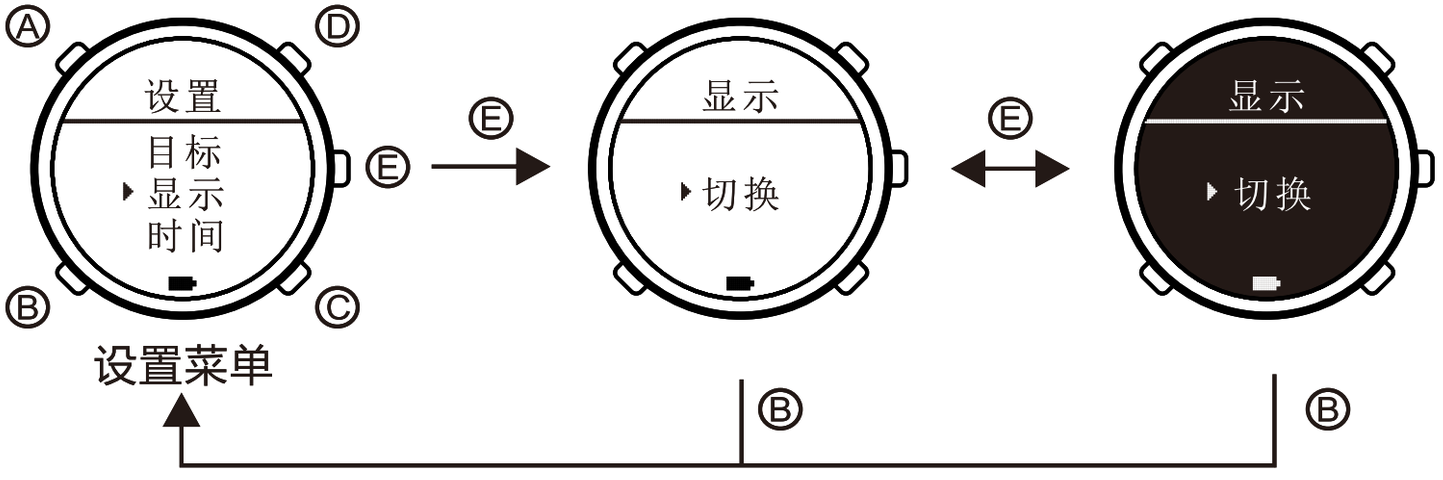
在设置菜单，按[B]键返回时间模式。

本表以最后的设置操作为准。GPS开启后，无法设置手表。

13.1.设置显示

1）在设置菜单，按[C]键或[D]键选择<显示>，按[E]键确认；

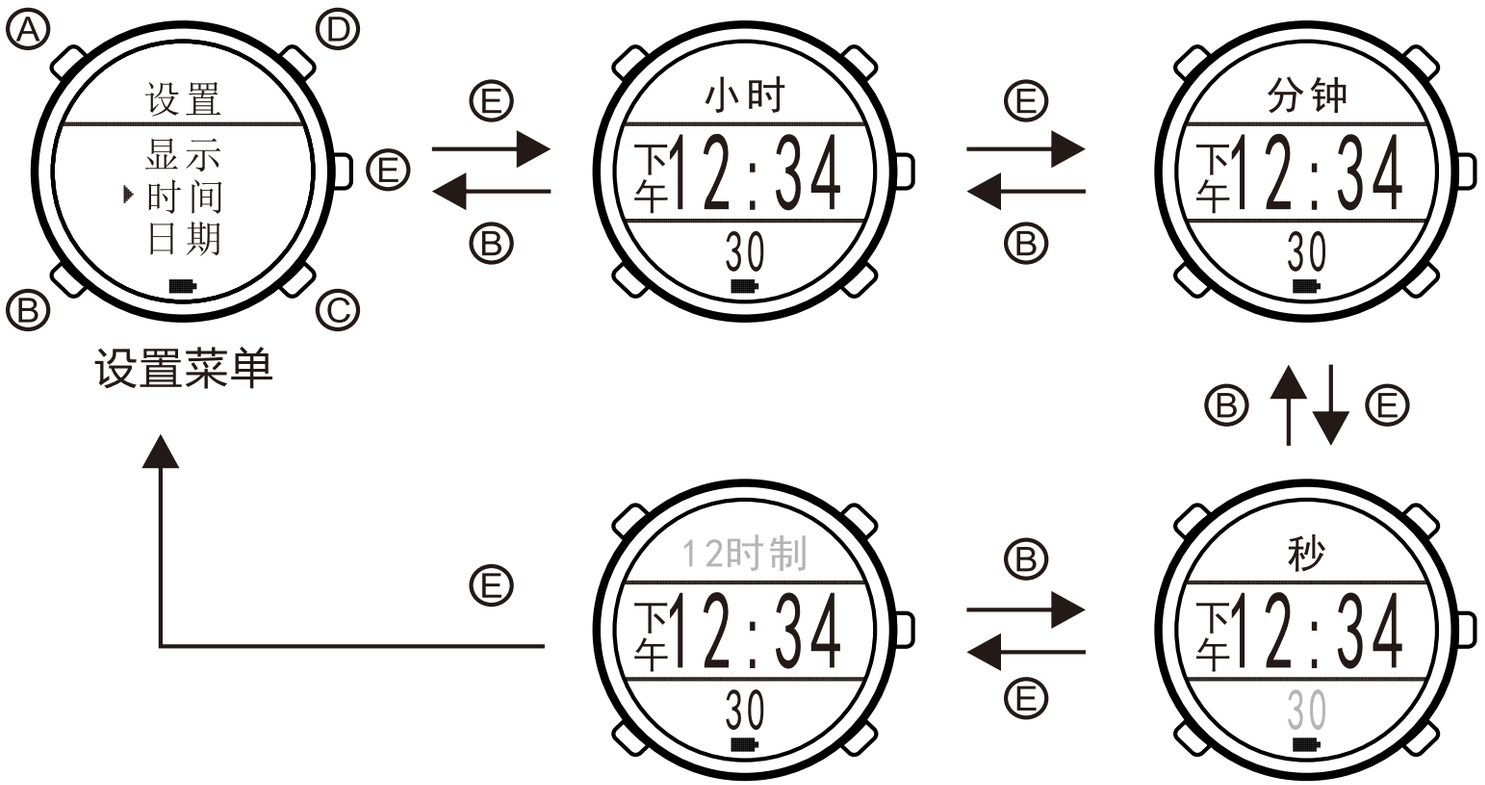
2）按[E]键切换显示效果，按[B]键确认并返回设置菜单。



13.2.设置时间

1）在设置菜单，按[C]键或[D]键选择<时间>，按[E]键确认，其设置选项有：小时、分钟、秒、12/24小时制格式；

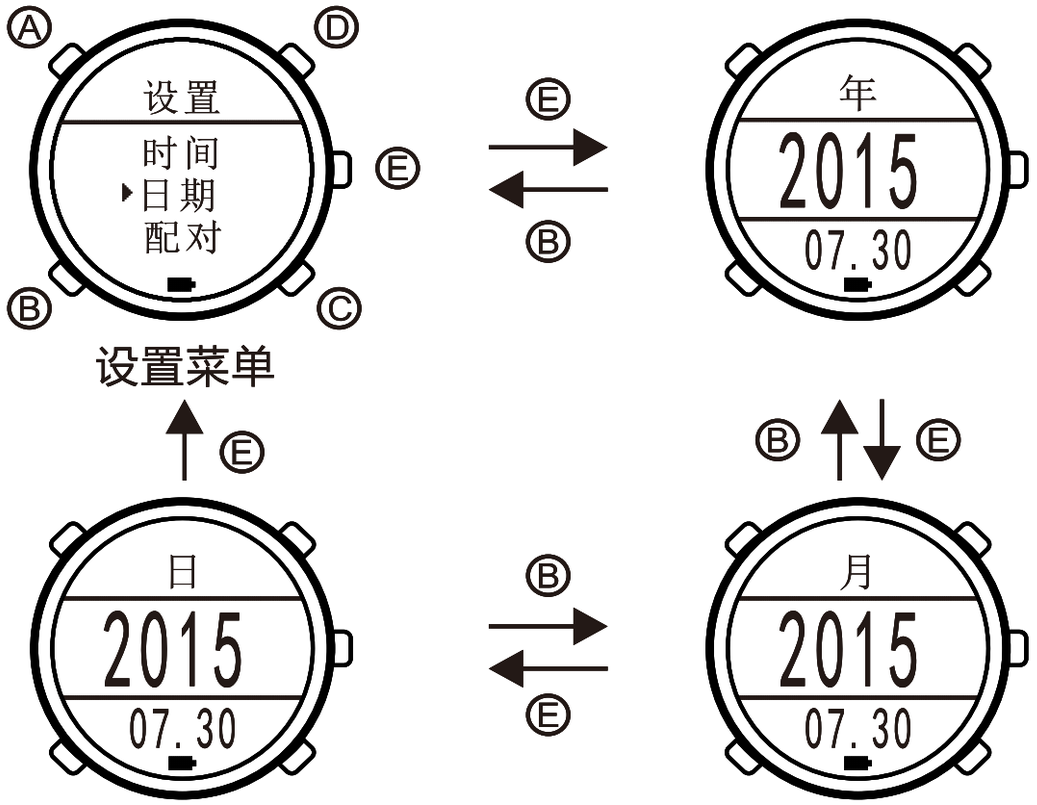
2）按[C]键或[D]键改变设置或数值，按住[C]键或[D]键可快速改变数值，按[E]键确认并进入下一个选项，或按[B]键确认并返回上一个选项。



13.3.设置日期

1）在设置菜单，按[C]键或[D]键选择<日期>，按[E]键确认，其设置选项有：年、月、日；

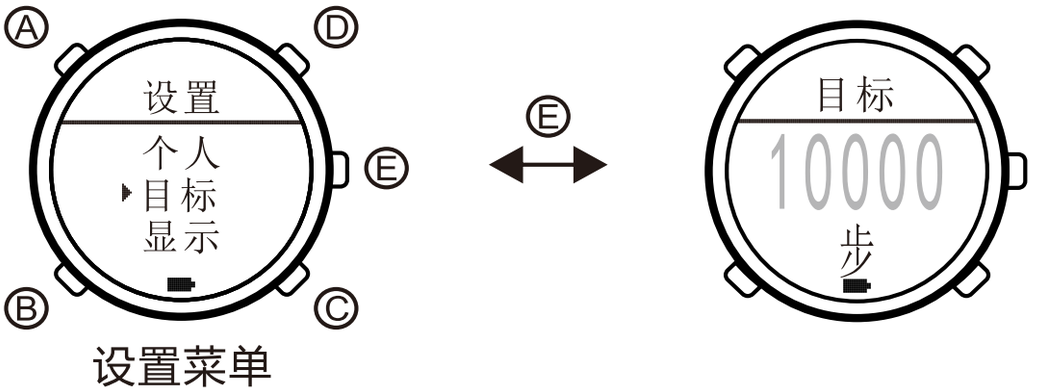
2）按[C]键或[D]键改变设置或数值，按住[C]键或[D]键可快速改变数值，按[E]键确认并进入下一个选项，或按[B]键确认并返回上一个选项。



13.4.设置目标步数

1）在设置菜单，按[C]键或[D]键选择<目标>，按[E]键确认设置每天计划完成的步数；

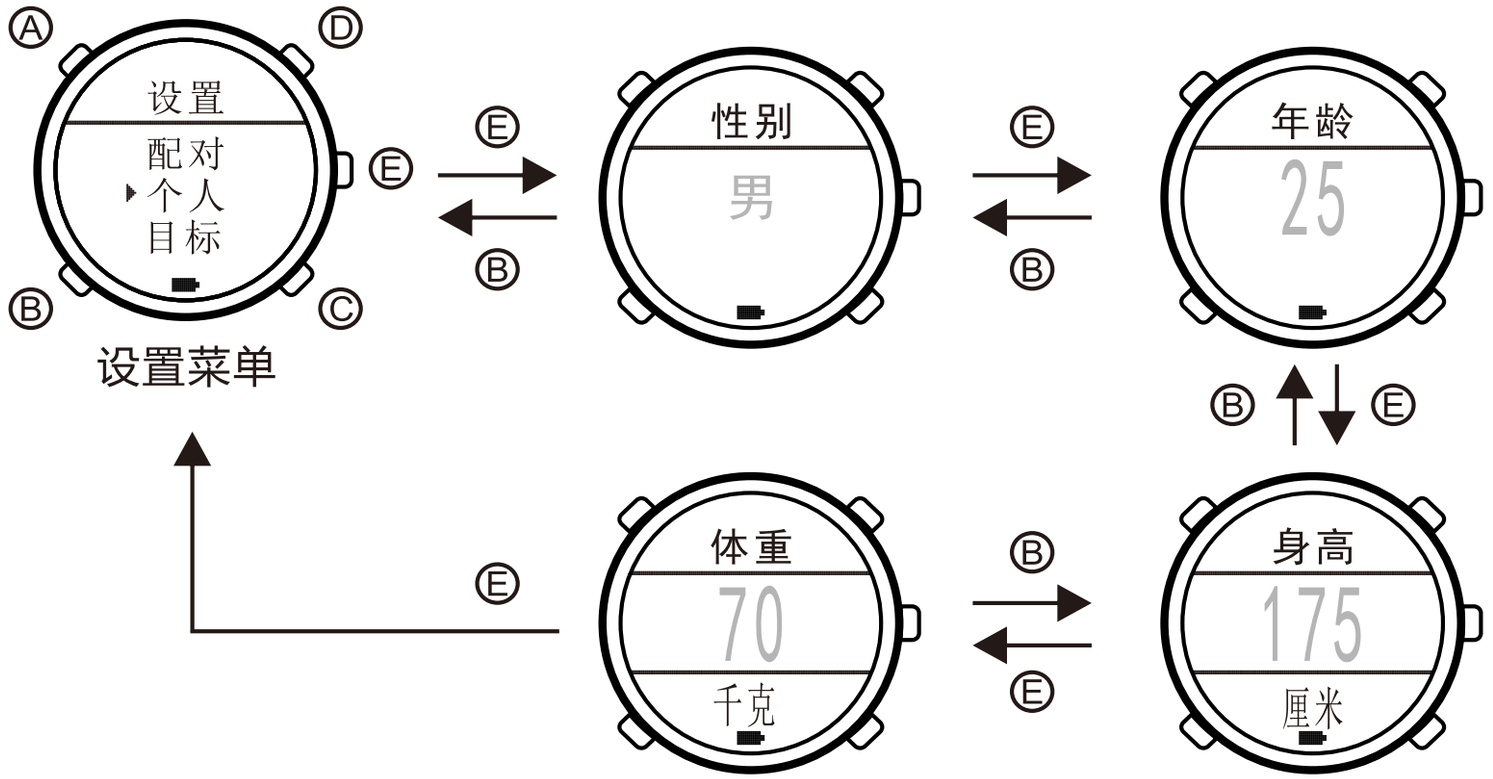
2）按[C]键或[D]键改变设置或数值，按住[C]键或[D]键可快速改变数值，按[E]键确认设置并返回设置菜单。



13.5.设置个人信息

1）在设置菜单，按[C]键或[D]键选择<个人>，按[E]键确认，其设置选项有：性别、年龄、身高、体重；

2）按[C]键或[D]键改变设置或数值，按住[C]键或[D]键可快速改变数值，按[E]键确认并进入下一个选项，或按[B]键确认并返回上一个选项。



14.防水性

手表具有30米防水性。可佩戴洗手、但不可佩戴淋浴、游泳、潜水和桑拿等。为保持防水性：

1）要定期更换防水圈，一般是1-2年，如不更换，手表可能会因胶圈老化而受潮；

2）不能在水中操作手表按键。

15.注意事项

如果身体有恙，锻炼前最好咨询下医生。

本表虽然符合行业标准，但本产品与皮肤接触可能产生过敏反应或皮肤刺激。若发生这种情况，请立即停止使用并咨询医生。

本表由精密零件组装而成，请不要自行拆卸或粗暴使用。

不要在严寒，酷热，温度骤变的环境中佩戴。

不要在强磁，强电环境中佩戴。

请确保传感器外表干净。

请使用软布及清水清洁本表，不要使用洗涤剂、溶剂、杀虫剂等化学品。

本表如果出现功能异常，或者内部出现水珠，水雾等，请找有资质的维修点维修。

16.产品规格

手表走时精度：+/-1秒/天 (+/-30秒/月)
心率计测量范围：40 — 220bpm
心率计分辨率：1bpm
工作温度：-10 — 60°C
存储温度：-20 — 60°C
电池型号：聚合物可充电
续航时间：约15天(不使用GPS)
续航时间：约8小时(使用GPS)
防水等级：30米(生活防水)

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1.Introduction

Thank you for your choosing EZON running sport watch. The watch contains a GPS receiver, a heart rate meter, and a pedometer inside. It can measure exercise distance, pace, speed, duration, real-time heart rate, and steps etc. You can also review the exercise track and sign-in points in the “EzonSport” App after finishing exercise.

2.Function

Chinese Display

GPS

Exercise Distance

Exercise Pace

Heart Rate Meter

Pedometer

Stopwatch

Exercise Record

Calories Burned

Backlight

Call Reminder

Sedentary Reminder

Exercise Reminder

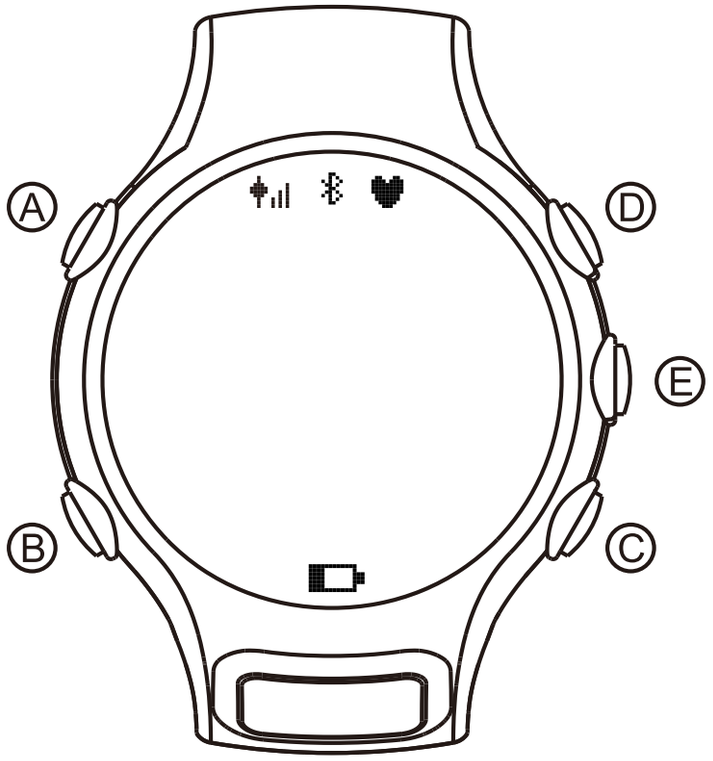
Alarm

Heart Rate Remind

Bluetooth Link

3. Indicator and Button

3.1. Indicator



GPS Signal Strength Indicator
Flash: Week Signal

Bluetooth on
Flash: Transmitting Data

Heart Rate Meter on
Flash: Searching the Heart Rate Signal

Battery Level Indicator

3.2. Button Function

In the time mode:

1) Press down button [A] to receive the GPS signal when GPS is deactivated.
2) Press button [B] to scroll through the view .
3) Press down button [B] to enter the setting menu when GPS is deactivated.
4) Press button [C] to enter the record mode.
5) Press button [D] to enter the stopwatch mode.
6) Press button [E] to enter the pedometer mode when the GPS is deactivated, or to the GPS mode when the GPS is activated.
7) Press down button [E] to turn on or off the bluetooth when the GPS is deactivated.

In the pedometer mode:

1) Press down button [A] to receive the GPS signal.2) Press button [B] to return to the time mode.
3) Press down button [B] to enter the setting menu.
4) Press button [C] to enter the record mode.
5) Press button [D] to enter the stopwatch mode.
6) Press button [E] to display the steps and percentage complete of the day.
7) Press down button [E] to turn on or off the bluetooth when the GPS is deactivated.

In the stopwatch mode:

1) Press button [B] to return to the time mode or exit from the data inquiry.
2) Press button [C] to display the stopwatch record when the stopwatch stops, or to display the previous lap data in the record interface.
3) Press button [D] to make a lap when the stopwatch is running, or to display the next lap data in the record interface.
4) Press down button [D] to reset the stopwatch when the stopwatch stops.
5) Press button [E] to start or stop the stopwatch.

In the record mode:

1) Press button [B] to return to the time mode or exit from the data inquiry.
2) Press button [C] to select the previous record or data.
3) Press button [D] to select the next record or data.
4) Press button [E] to display the record detail.

In the setting mode:

1) Press button [B] to return to the time mode or the previous item.
2) Press button [C] to select setting item or change setup. Press down button [C] to minus the value quickly.
3) Press button [D] to select setting item or change setup. Press down button [D] to plus the value quickly.
4) Press button [E] to confirm setup and enter the next item.

In the GPS mode:

1) Press button [A] twice to sign in with the GPS. (If “Automatic sign” is set as OFF).

2) Press down button [A] to stop the GPS measure , or to deactivate the GPS when the GPS stops.

3) Press button [B] to return to the time mode.

4) Press button [C] to display the measure data.

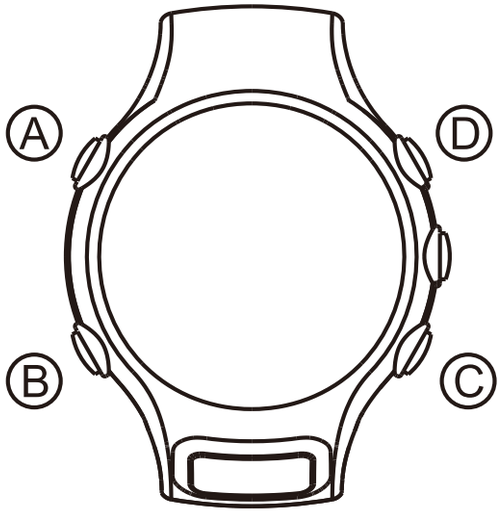
5) Press button [D] to display the measure data.

6) Press button [E] to active the GPS on the <收到卫星信号> interface or when the GPS stops, or to change the display format.

Press down button [A][B][C][D] together to enter or remove the sleeping status.

Whenever except in the sleeping status, press button [A] to turn backlight on.

4.Sleeping Status



The watch factory setting is in the sleeping status (nothing displayed on the screen). Press down button [A][B][C][D] together for 2 seconds to remove the sleeping status and display the time.

If the watch still displays nothing, it may be because the battery voltage is too low. Please charge the battery with the USB cable.

In the displaying status, when the GPS is deactivated, press down button [A][B][C][D] together for 2 seconds to enter the sleeping status.

5.Charging the Battery in Watch

Clamp the watch with the clip of the USB cable. To ensure their electrodes are contacted, the convex in the clip must be plugged into the concave on the back of the watch. Plug another side of the USB cable into a power source. The charging icon is flashing on the watch screen when the battery is being charged. The icon stops flashing when the charge is completed. It will take 2-3 hours to make a full charging.

6. “EzonSport” App

6.1. Downloading the "EzonSport" App

Setting the watch, reviewing and saving exercise data can be operated in the "EzonSport" App.

Please log in http://ezonwatch.com/ezonsport or scan one of the following QR codes to get the "EzonSport" App according to your device operating system.

iOS

Android

Device compatibility: Apple's device and android device with bluetooth 4.0.

System compatibility: iOS 6.0 and newer, android operating systems 4.3 and newer.

6.2. Sign up and Log in

After downloading the "EzonSport" App, chick “Sign up” and finish registering according to the prompt.

Log in the "EzonSport" App with the e-mail address or mobile number and password signed up, then fill in personal information in the “my profile” page. Turn on the bluetooth in the mobile device and watch, then click "Bind", and bind the watch to the "EzonSport" App according to the prompt.

6.3. Setting and Synchronizing the Data

You can set the watch in the "EzonSport" App except pairing the heart rate belt. Log in the "EzonSport" App, click " ⚙ " , then set according to the prompt.

After finishing exercise, log in the "EzonSport" App, and chick " ↻ " to transfer the exercise data to the App. You can review your exercise data and show them to your friends in the App.

In the process of setting, linking, synchronizing the data and adding devices, please ensure that the bluetooth in the watch and the mobile device have been activated.

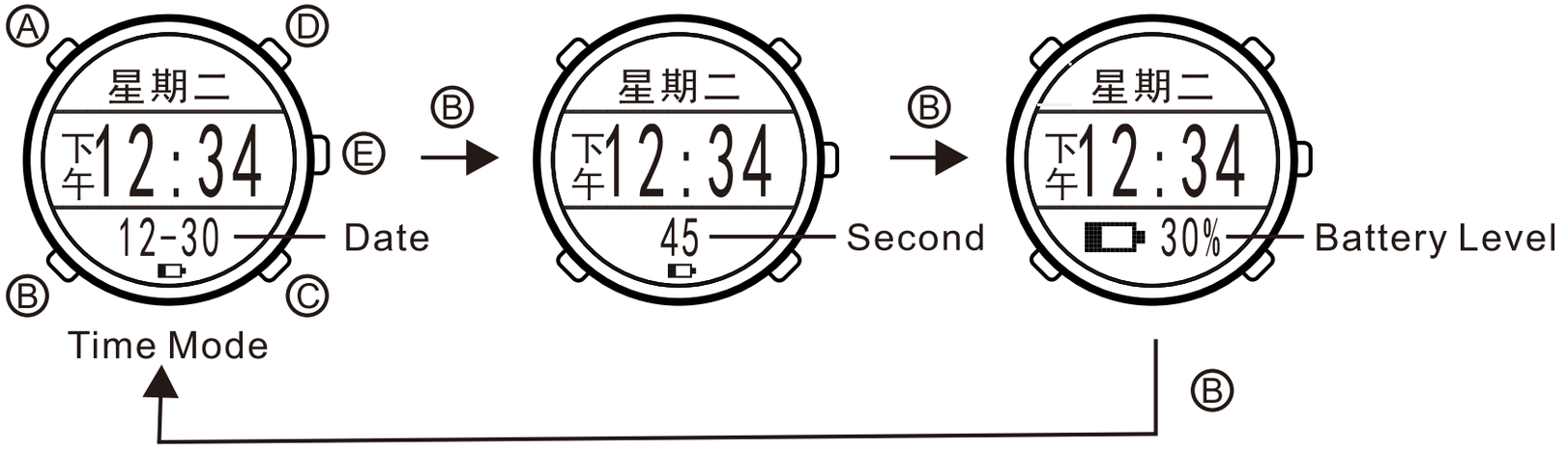
6.4.Binding a New watch

Before you use another new EZON run sport watch, you should band the watch to the "EzonSport" App.

Log in the "EzonSport" App, click "⚙ " > "My devices" > "Add a device", then operate according to the prompt.

7. Viewing Time and Date

In the time mode, press button [B] to scroll through the interface: time, week and date, second and battery level.



8.Viewing Pedometer Data

In the time mode, when the GPS is deactivated, press button [E] to scroll through the interface: the steps and the percentage complete of the day. Press button [B] to return to the time mode.

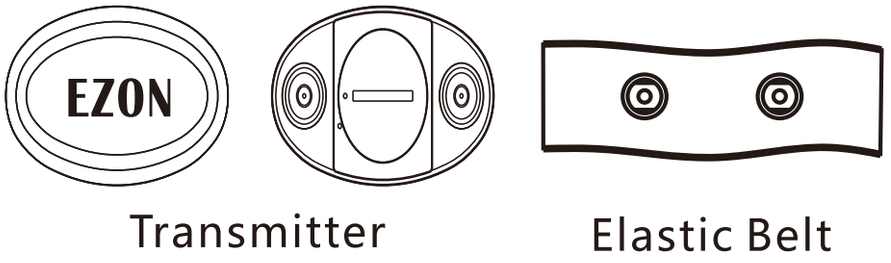
The watch resets the pedometer automatically at midnight every day.

The watch can not enter the pedometer mode when the GPS is activated.

9. Ready to Exercise

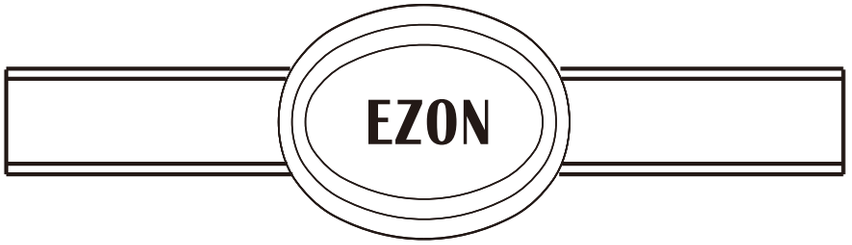
9.1. Wearing Heart Rate Belt

Take out the heart rate belt accessories, transmitter and elastic belt from the package.

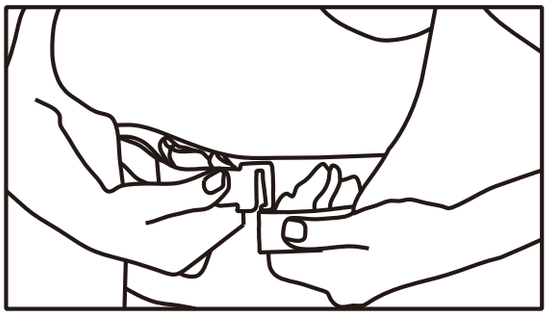


Wet the black electrodes on the belt with clean water.

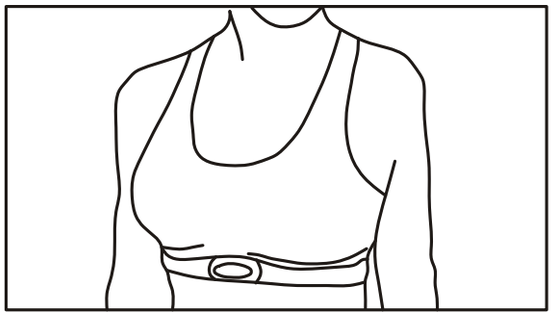
Fasten the transmitter to the belt.



Wear well the heart rate belt. (Please ensure the letter on the transmitter to be forward and the electrode contacts your skin.)

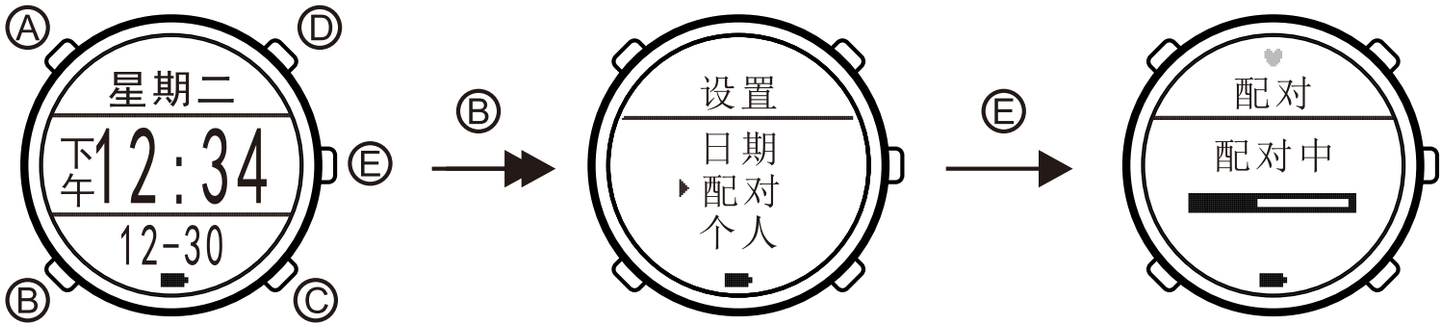


Adjust the length of the elastic belt to make you feel comfortable.

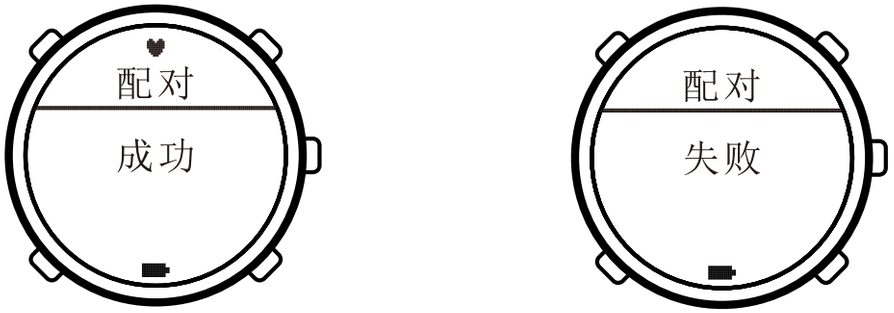


9.2.Pairing Heart Rate Belt

After wearing well the heart rate belt, in the time mode, press down button [B] to enter the setting menu, press button [C] or [D] to select <配对>, then press button [E] to confirm, and the watch and the heart rate belt begin to pair, and the watch will display if the watch is paired with the heart rate belt.



Time mode　　Setting Menu



Paired　　Unpaired

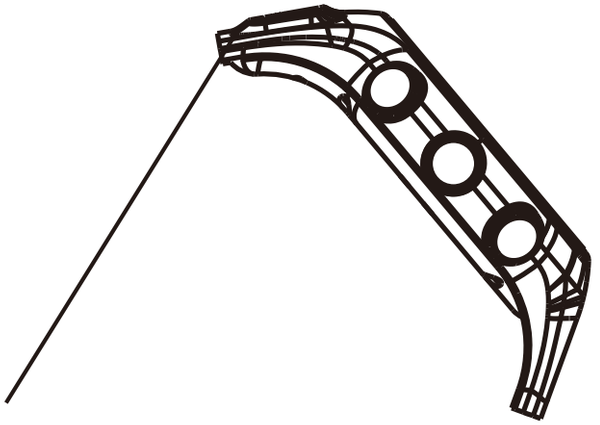
You'd better wear the heart rate belt next to the skin. If the skin has irritation, please wear the heart rate belt outside the underclothes, and wet the clothes under the black electrodes. (It may be difficult to measure the heart rate when you wear the belt outside the underclothes.)

The transmitter may interfere with the medical device which you are using. Before using the heart rate belt, please consult a doctor.

9.3.Receiving GPS Signal

GPS is Global Position System , The watch has a GPS receiver which can measure your exercise distance, speed and so on after receiving the GPS signal.

GPS Antenna



Receiving GPS Signal

Please place the watch outdoors where you can see the sky, and take the antenna toward the sky to search for the GPS signal. You had better not move the watch at the time.

In the time mode or the pedometer mode, press down button [A] for 2 seconds to search for the GPS signal. The watch will return to the time mode automatically if it can not receive GPS signal within 5 minutes.

If the watch receives the GPS signal, it will search the heart rate signal. If the watch receives the heart rate signal, it will display your heart rate value. If not, it will display <心率未找到>.

If the watch does not receive the heart rate signal, wear and pair the belt again referring to chapter 9.1 and 9.2, otherwise, the watch can not measure the heart rate.

It will take 1-2 minutes to receive the GPS signal usually. It may take a long time to receive signal if you use the GPS for the first time or after a long interval in an area.

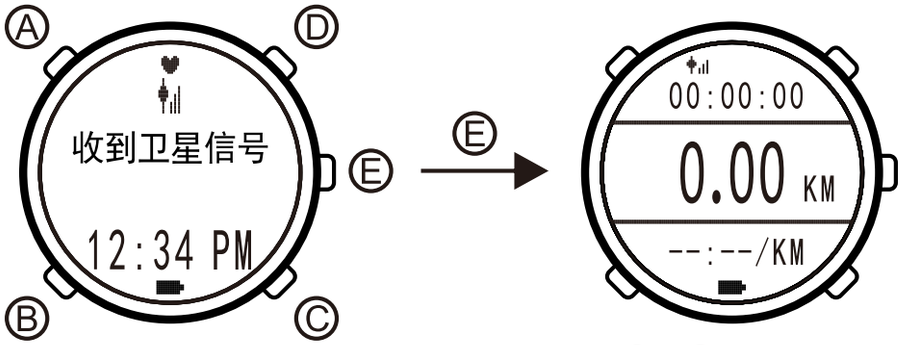
The watch can not succeed in receiving the GPS signal because the signal is weak, please change a place or time to receive. The signal will get weak on cloud days, rainy days, in forests, and at places round buildings. The error will get large because of weak signal.

Because the GPS signal cannot penetrate solid buildings and water, please do not use the GPS in a room, in a car or under the water.

10. Measuring Exercise

10.1. GPS Mode

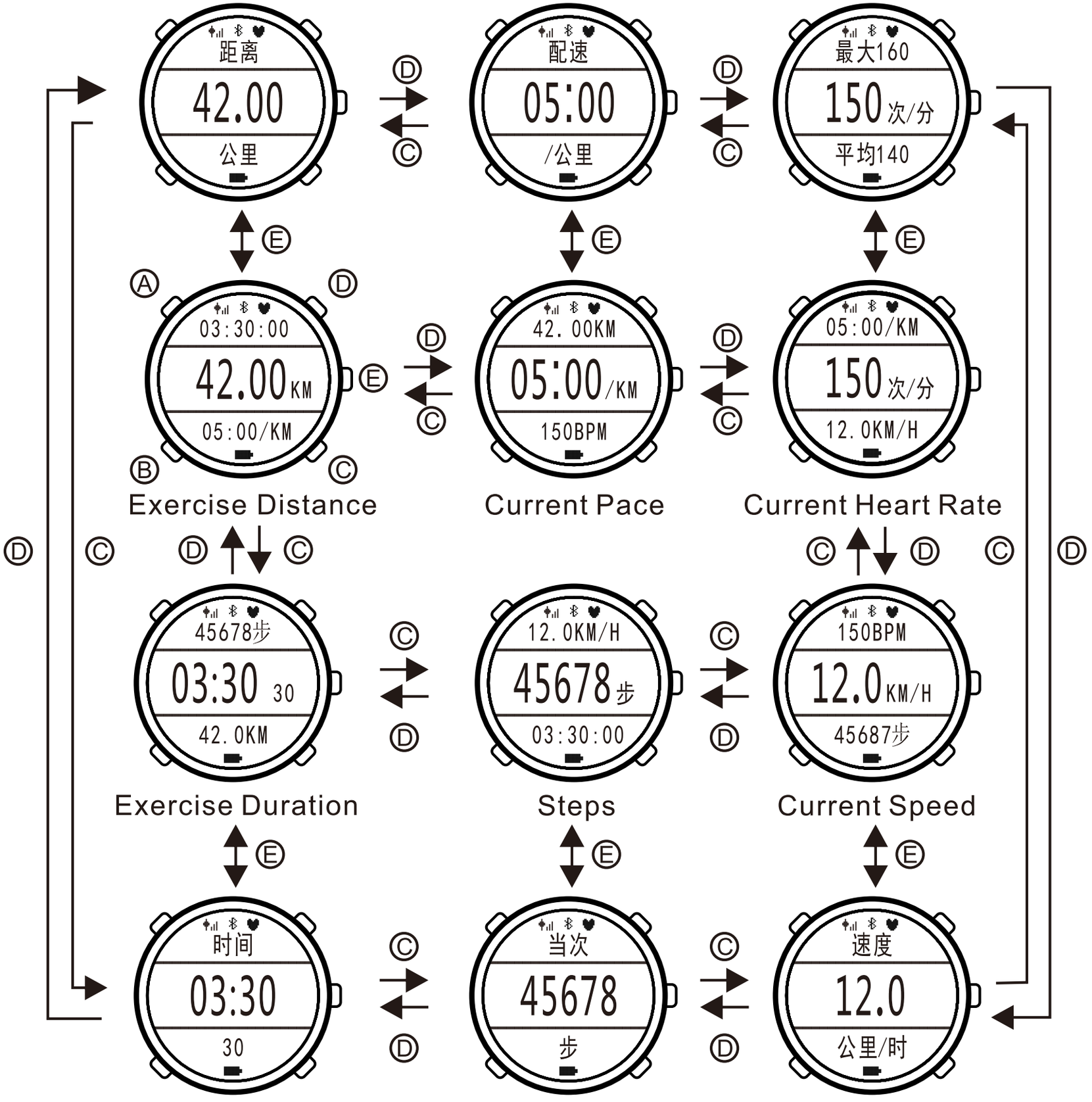
After receiving the GPS signal, when <收到卫星信号> appears, press button [E] to activate the GPS and enter the GPS mode, the watch begins to measure the exercise duration, distance and track, etc.



GPS Mode

10.2. Viewing Real-time Exercise Date

In the GPS mode, press button [C] or [D] to display circularly: exercise distance, current pace, current heart rate, current speed, this steps, exercise duration and so on. Press button [E] to change the display format.

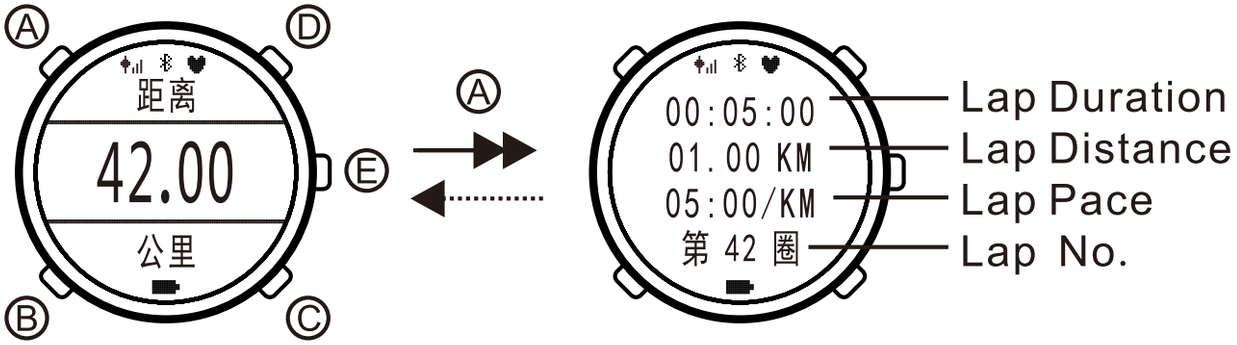

距离
42.00
公里
配速
05:00
/公里
最大160
150 次/分
平均140
03:30:00
42.00 KM
05:00/KM
42. 00KM
05:00 /KM
150BPM
05:00/KM
150 次/分
12. 0KM/H
Exercise Distance
Current Pace
Current Heart Rate
45678步
03:30 30
42. 0KM
12. 0KM/H
45678 步
03:30:00
150BPM
12.0 KM/H
45687步
Exercise Duration
Steps
Current Speed
时间
03:30
30
当次
45678
步
速度
12.0
公里/时

10.3. Signing in

If < Automatic sign> is set as OFF, in the GPS mode, press button [A] twice to sign in and save the exercise data at the time.

If < Automatic sign> is set as some kilometers, the watch will sign in automatically when the exercise distance is equal to the set distance.(You can not sign in manually in the meanwhile.)

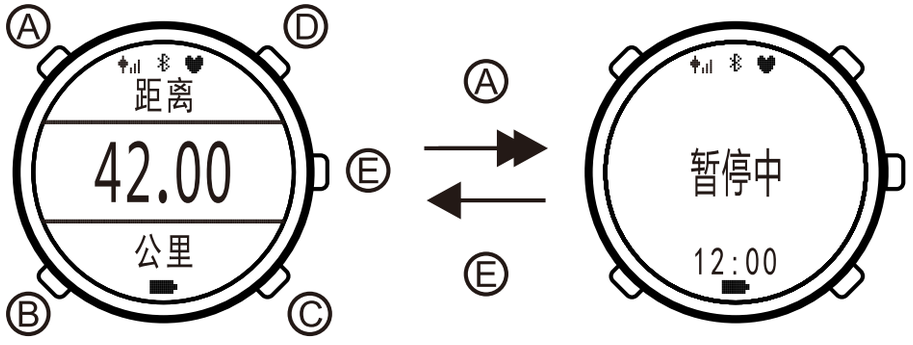
After signing in, the watch will display the lap data for about 5 seconds, then return to the GPS mode automatically.



GPS Mode　　Lap Data

10.4. Stopping the GPS Measure

In the GPS mode, press down button [A] to stop the GPS measure, then press button [E] to restart.



GPS Mode

10.5. Ending the GPS Measure

When the GPS stops measure, press down button [A] to end the measure, then the watch displays the exercise data, press button [C] or [D] to view: the exercise duration, distance, the average pace, the maximum heart rate, the average heart rate, calorie burned. Press button [E] to return to the time mode.

GPS Mode　　Exercise Data　　Exercise Data

10.6 .Viewing Exercise Records

In the time mode or the pedometer mode press button [C] to the record mode.(The watch will display the mode icon for 2 seconds, then display the histogram of calories burned which a bar indicates an exercise record.)

Time Mode　　Record Mode

When the histogram of calories appears, press button [C] or [D] to select a record, then press button [E] to confirm.

Press button [C] or [D] to display the record detail: exercise time and date, total distance, total duration, average pace, average speed, maximal heart rate, average heart rate, this steps, sum of laps, etc.

Calories Histogram　　Record Detail　　Record Detail

After finishing exercise, log in the "EzonSport" App, and chick " " to transfer the exercise data to the App. In the "EzonSport" App, you can review more exercise data including exercise track, statistic data, pace graph, heart rate graph, stride frequency histogram and a form of sign in.

The watch can save 5 records and a record can save 8 hours data at most. If the records outnumber 5, the watch deletes the oldest record automatically. Please transfer the exercise data to the App in time for the data integrity.

11. Stopwatch

The maximum of stopwatch measurement is 99 hours 59 minutes and 59 seconds. It has two ways to measure: Count up stopwatch and lap stopwatch.

11.1.Stopwatch Mode

In the time mode or the pedometer mode, press button [D] to enter the stopwatch mode (the watch will display the mode icon for 2 seconds, then enter the stopwatch mode).

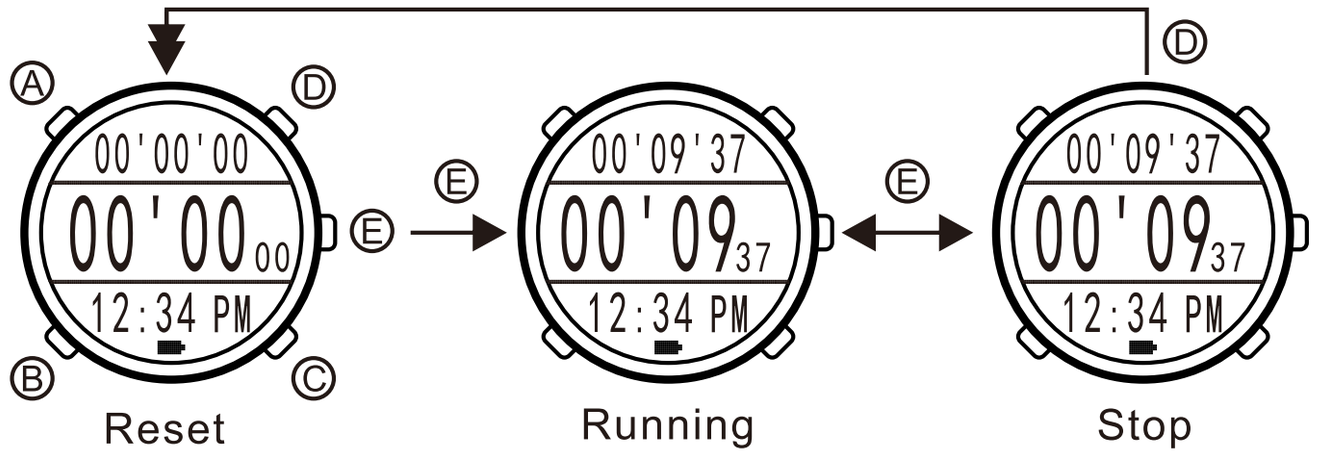
Time Mode　　Stopwatch Mode

In the stopwatch mode, press button [B] to return to the time mode.

11.2. Count up Stopwatch

Count up stopwatch can be used to measure the running time of one athlete. The way is as follows:

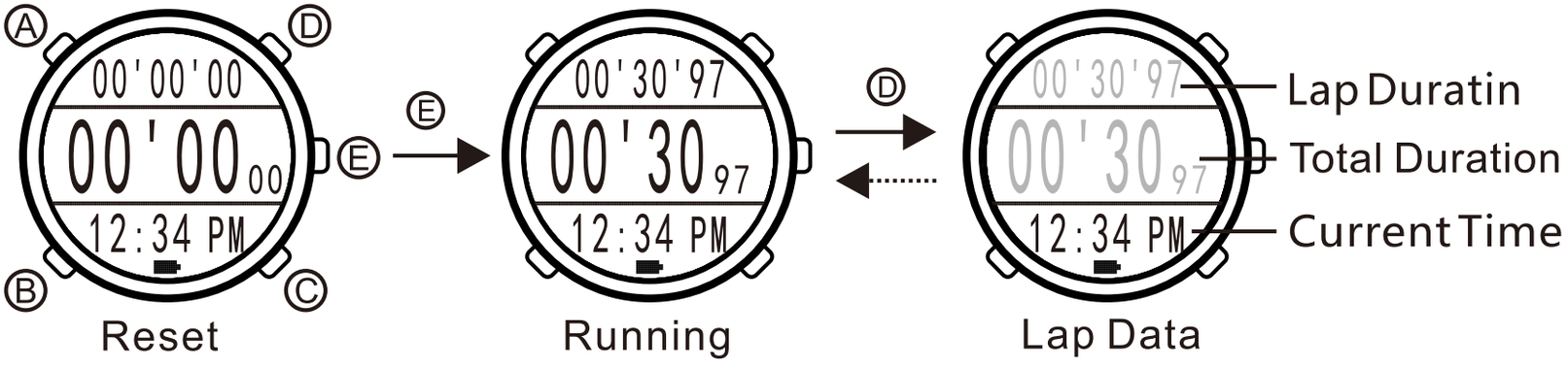
In the stopwatch mode, start, stop and restart the stopwatch with button [E]. When the stopwatch stops, press down button [D] to reset.



11.3. Lap Stopwatch

While running or racing on the track, you can use lap stopwatch to measure each lap duration and total duration.

In the stopwatch mode, press button [E] to start the stopwatch. When you finish a lap, press button [D], the watch will display the lap data(lap duration and total duration). After about 5 seconds, the watch will return to the stopwatch running interface.

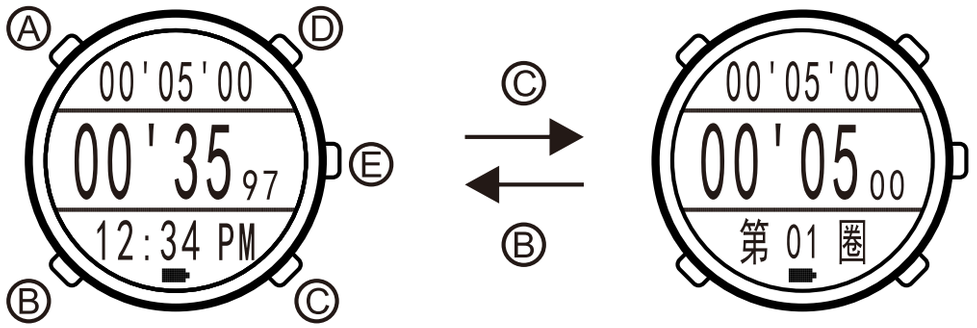


At the end , press button [E] to stop the stopwatch. When the stopwatch stops, press down button [D] to reset.

11.4. Viewing Lap Stopwatch Record

When the lap stopwatch stops, in the stopwatch mode, press button [C] to display the lap record, then press button [C] or [D] to scroll through to display each lap data.

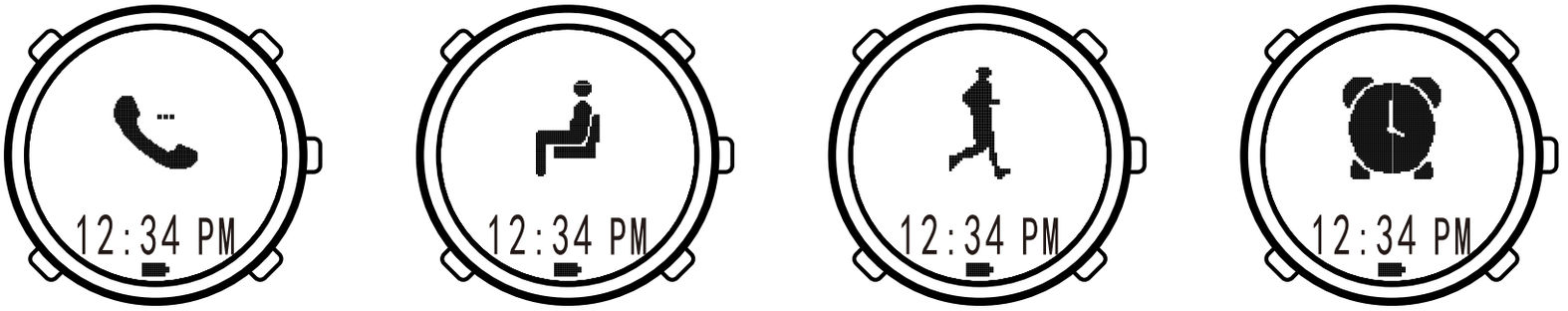
Press button [B] to return to the stopwatch mode.



Stopwatch Mode　　Lap Record

12.Remind Function

In the “EzonSport” App, You can set the functions as follows: call reminder, sedentary reminder, exercise reminder, alarm reminder. The watch will display the reminder interface and shake. The interface will keep 5 minutes, press any button to exit from the interface.



Call Reminder　Sedentary Reminder　Exercise Reminder　Alarm Reminder

Only when the bluetooth in the watch and the mobile device have been activated, the function of call reminder can be available. When the GPS is activated, the function of call reminder can not be available.

13. Setting in the Watch

You can set the watch in the “EzonSport”App, you also can do simple set in the watch.

In the time mode or the pedometer mode, press down button [B] to enter the setting menu. The setting menu include:

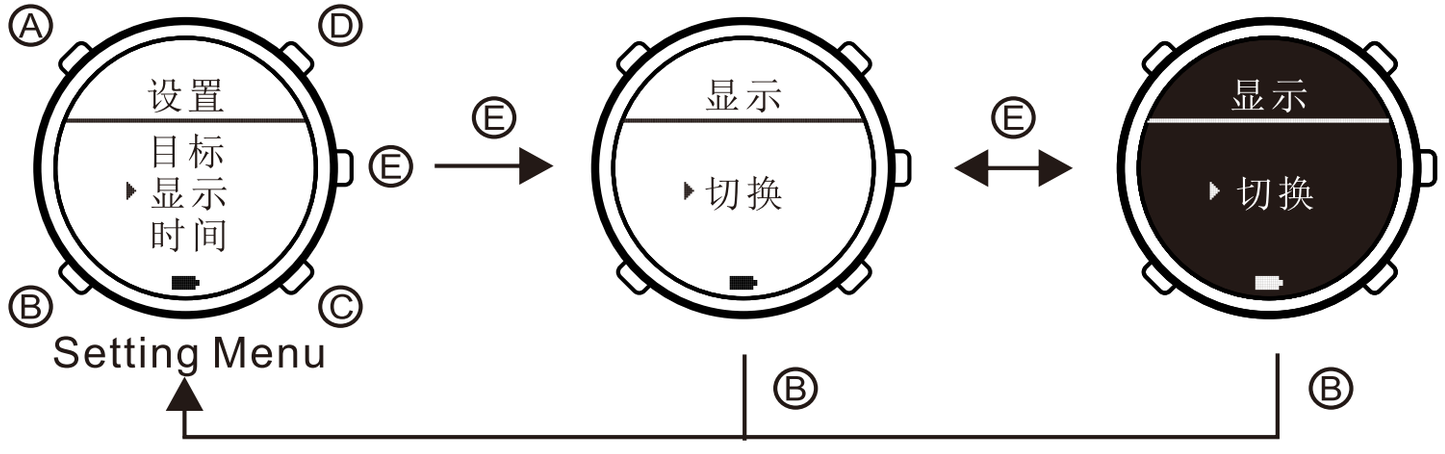
<时间> Setting the time.
<日期> Setting the date.
<配对> Pairing the heart rate belt.(See chapters 9.2)
<个人> Setting the user information.
<目标> Setting the planning steps.
<显示> Switching the display mode.

In the setting menu, press button [B] to return to the time mode.

The setup of the watch is based on the last set. You can not set the watch when the GPS is activated.

13.1.Setting Display Mode

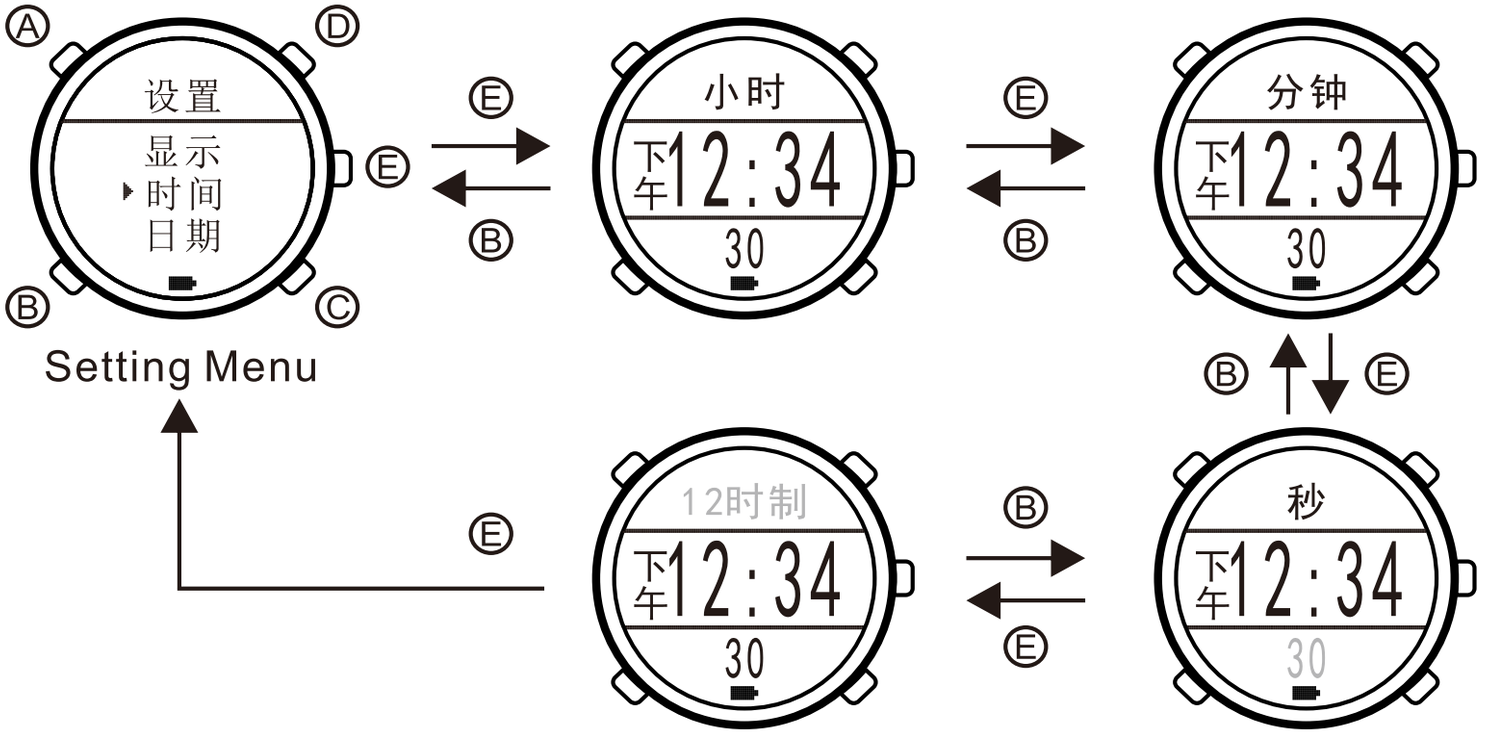
1) In the setting menu, press button [C]/[D] to select <显示> , then press button [E] to confirm.



2) Press button [E] to switch the display mode, then press button [B] to confirm and return to the time mode.

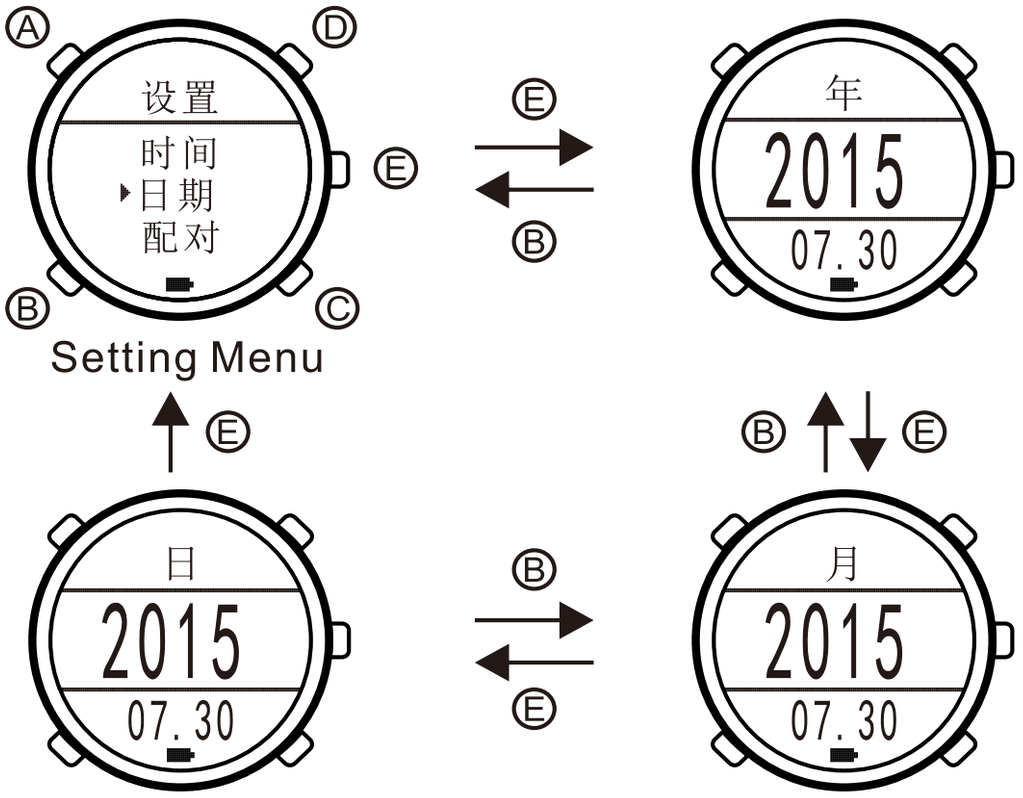
13.2.Setting Time

1) In the setting menu, press button [C]/[D] to select <时间> , then press button [E] to confirm. The setting items include: hour, minute, second, 12/24 hour format.
2) Press button [C]/[D] to change the setup or value, or press down button [C]/[D] to change the value quickly. Press button [E] to confirm and enter the next setting item, or press button [B] to confirm and return to the previous setting item.



13.3.Setting Date

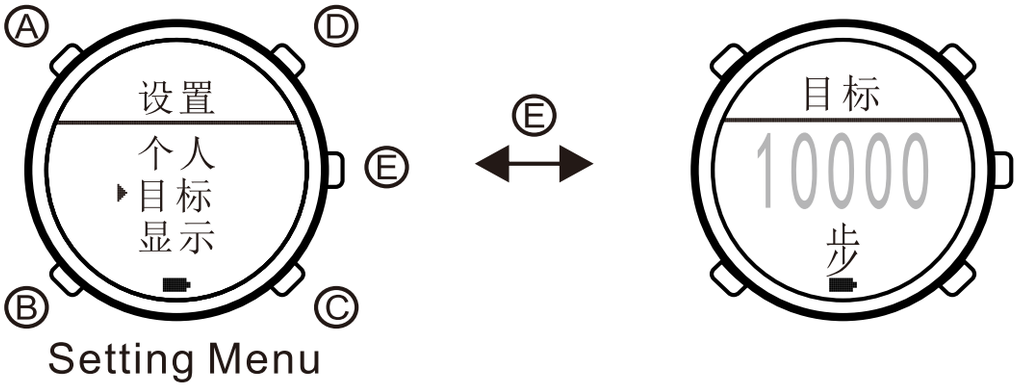
1) In the setting menu, press button [C]/[D] to select <日期> , then press button [E] to confirm. The setting items include: year, month, day.
2) Press button [C]/[D] to change the setup or value, or press down button [C]/[D] to change the value quickly. Press button [E] to confirm and enter the next setting item, or press button [B] to confirm and return to the previous setting item.



13.4.Setting Planning Steps

1) In the setting menu, press button [C]/[D] to select <目标> , then press button [E] to confirm.

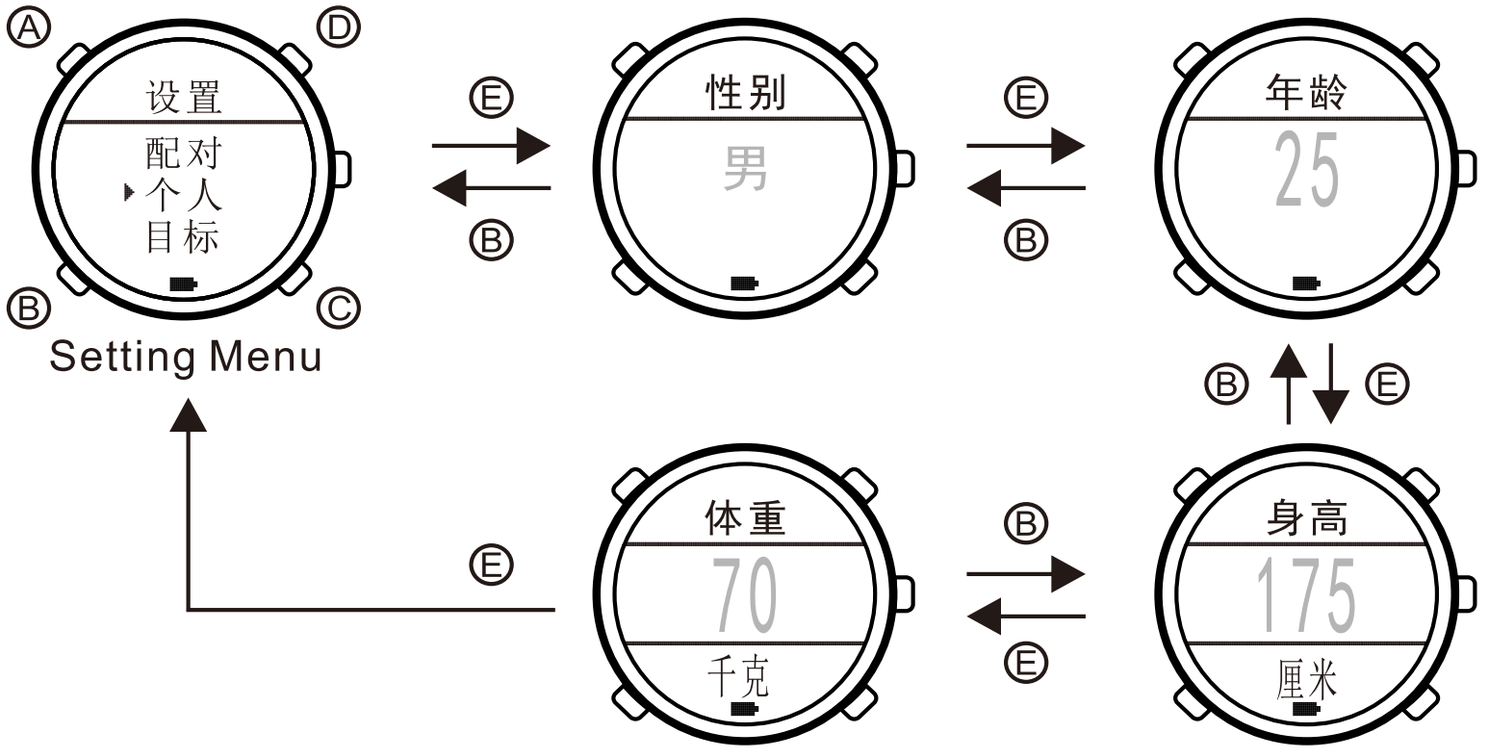
2) Press button [C]/[D] to change the value, or press down button [C]/[D] to change the value quickly , then press button [E] to confirm and return to the setting menu.



13.5. Setting User Information

1) In the setting menu, press button [C]/[D] to select <个人> , press button [E] to confirm. The setting items include: sex, age, weight and height.

2) Press button [C]/[D] to change setup or value, press down button [C]/[D] to change value quickly. Press button [E] to confirm and enter the next setting item, or press button [B] to confirm and return to the previous setting item.



14.Water Resistant

This watch is water resistant to 3 ATM. It is no problem to wear the watch while washing hands. Do not wear the watch to have shower, swim, dive, sauna, and so on.

In order to maintain the waterproof function:

1) Replacing the rubber ring regularly (generally 1-2 years). If not, the watch may be damp due to the aging of rubber ring.

2) Do not press any button under the water.

15.Safety Information

If your health is not good, it is best to consult a doctor before exercise.

The watch complies with industrial standards. If there is any allergic reaction or irritation, please stop wearing it and consult a doctor.

The watch consists of precision parts, please do not dismantle by yourself or use roughly.

Please do not wear the watch in the environment of extremely cold, extremely hot and temperature changing rapidly.

Please do not wear the watch in the environment with strong magnetic or strong electric.

Please make sure to keep the sensor surface clean.

When cleaning the watch, please use soft cloth and clean water without detergent, solvents, pesticide.

If the watch has abnormal function or water mist, please take the watch to a qualified service center to repair.

16.Product Specification

Time precision: +/-1s /day (+/-30s /month)
Heart rate meter range: 40bpm — 220bpm
Heart rate meter resolution: 1bpm
Operating temperature: -10°C — 60°C
Storage temperature: -20°C — 60°C
Battery: Rechargeable polymer battery
Battery life with the GPS function off: About 15 days
Battery life with the GPS function on: About 8 hours
Water Resistance: 3 ATM (Living waterproof)

EZON 宜准

M901-1