

EZON 宜准

健步运动表

Fit Sport Watch

简易使用说明书

Instruction Manual

中

EN

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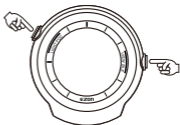
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1. 简介

感谢您购买EZON宜准健步运动表，本表内置计步器功能，可测量行走或跑步步数，显示运动距离和卡路里消耗；运动结束后还可在“宜准运动”APP上查看运动数据及其柱状图。

2. 休眠状态

手表休眠状态时没有显示，同时长按手表两个按键2秒，即可解除休眠状态，返回显示状态。

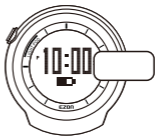


如果手表仍不显示，可能是因为电池没电，请使用包装中附带的USB充电线给电池充电，然后再操作。

在显示状态同时长按手表两个按键2秒，手表进入休眠状态。

3. 电池充电

将提供的USB电缆一端的夹子夹住手表，夹子上的定位条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。

注意：手表电池耗尽时，请及时充电，电池长时间处于耗尽状态，会导致电池性能下降。

4. 手表显示符号



5. “宜准运动” App

5.1. 下载“宜准运动” App

手表的设置、运动数据的查看和保存均在“宜准运动” App 进行。

登录<http://www.ezon.cn/serve> 或扫描下方二维码下载“宜准运动” App。





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：iOS7.0及以上、安卓系统4.3及以上。


5.2. 注册和登录

安装“宜准运动”App后，点击“注册”，根据提示完成注册。

使用已经注册的用户名和密码登录“宜准运动”App，点击“” > “”，在页面填写个人资料。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。

5.3. 设置和同步数据

使用手表前，根据具体情况对手表进行相关设置。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。

5.4. 绑定新的手表

使用新的健步运动表前须和“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。

6. 手表按键功能

- 短按：打开背景光
- 长按：开启/关闭计步器
- 计步器开启后，连按两次：运动分段



- 短按：切换显示画面
- 长按：开启/关闭蓝牙

同时长按B1和B2：进入/退出休眠状态

7. 在手表上查看数据

按手表B2键，可循环查看：时间、日期、秒、圈步数、圈距离和当天总的运动数据等（计步器关闭时，无法查看步数、距离等运动数据）。



时间



时间

日期



时间

秒



圈时长

圈步数

圈数



圈时长

圈距离

圈数

当天总距离
当天总步数
卡路里消耗



8. 手表提醒画面

App可设置手表以下几个提醒功能。手表出现提醒画面时，按任意键退出。



来电提醒



久坐提醒



运动提醒



闹铃提醒

9. 产品规格

走时精度：+/-1秒/天（+/-30秒/月）

工作温度：-10 — 60°C

存储温度：-20 — 60°C

电池型号：聚合物可充电电池

待机时间：不使用计步器和蓝牙时，
S1：约2个月；S2：约6个月

续航时间：使用计步器和蓝牙时，
S1：约10天；S2：约30天

防水等级：S1：30米（生活防水）
S2：50米（普通游泳）

10. 产品中有害物质的名称及含量表

有害物质 部件名称	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
表带	○	○	○	○	○	○
表壳	○	○	○	○	○	○
不锈钢件	○	○	○	○	○	○
铜合金件	✕	○	○	○	○	○
PCB	○	○	○	○	○	○
电子元器件	✕	○	○	○	○	○
LCD	○	○	○	○	○	○
玻璃镜	○	○	○	○	○	○
橡胶带	○	○	○	○	○	○
松紧带	○	○	○	○	○	○
防水圈	○	○	○	○	○	○
其它塑胶件	○	○	○	○	○	○
导线、充电线	○	○	○	○	○	○
包装印刷件	○	○	○	○	○	○

表格中的部件为我公司各产品的主要部件汇总，本产品所含部件以产品实际配置为准。

表格中未列出的本产品其它部件及其均质材料均不含有害物质。

表格中含有有害物质的部件及其均质材料，均符合欧盟RoHS对有害物质限制使用的严格要求，请放心使用。

表格依据SJ/T 11364的规定编制。

○：表示该有害物质在该部件所有均质材料中的含量在GB/T 26572规定的限量要求以下。

✕：表示该有害物质至少在该部件的某一均质材料中的含量超出GB/T 26572规定的限量要求。

温馨提示：

为了保护环境，本产品或其中的部件报废后，请将其与生活垃圾分开，送至有资质的回收站点，由回收处理站点按照国家相关规定进行分类拆解、回收再利用。

有关本产品的回收处理的详细信息，请咨询当地政府、废品处理机构等。

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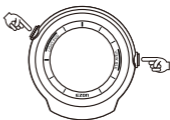
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1. Introduction

Thank you for choosing EZON sport watch. This watch has a built-in pedometer which can measure walking or running steps, display exercise distance and calories burned. Furthermore, you can also review the exercise data and histogram in the “EzonSport” App after finishing exercise.

2. Sleeping Status

The watch displays nothing when it is in the sleeping status. Press down two button together for 2 seconds to remove the sleeping status, then the watch will display the time.

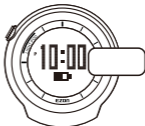


If the watch still displays nothing, it may be because the battery level is too low . Please charge the battery with the USB cable in the box.

When the watch is in the displaying status, press down two buttons together for 2 seconds to enter the sleeping status.

3. Charging the Battery

Clip the watch with the clamps of the USB cable, and the location strip in the clamp must be plugged into the concave at the back of



the watch to ensure their electrodes are contacted. Connect another side of the USB cable to a power source. The battery is being charged when the charging icon is flashing.

The charging icon stops flashing when the battery is charged fully. It takes 2-3 hours to make full charging if the battery has run down.

Notice: When the battery in the watch has run down, please charge it in time. The performance will degrade if the battery has no electricity for a long time.

4. Symbols on the Watch



5. "EzonSport" App

5.1. Downloading "EzonSport" App

Setting the watch, reviewing and saving exercise data are all operated in the

"EzonSport" App. Please login

<http://www.ezon.cn/serve> or scan the following QR code to download the "EzonSport" App.





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


System compatibility: iOS 7.0 and newer, android operating system 4.3 and newer.


5.2. Signing up and Logging in

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

Log in the "EzonSport" App with the username and password signed up, then tap "  " > "  ", then input your personal information in the page. Turn on the bluetooth in the mobile device and the watch, then tap "Bind", then link the watch to the "EzonSport" App according to the prompt.

5.3. Setting and Synchronizing the Data


Before the first time you use the watch, you should set the watch based on your individual circumstances. Log in the "EzonSport" App, then tap "  " and set the parameters according to the prompt.

After finishing exercise, log in the "EzonSport" App, then click "  " 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.

5.4. Banding a New Watch

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

Log in the "EzonSport" App, click "  " > "My Devices" > "Add Devices", then operate according to the prompt.

6. Watch Button

- Press: Activate EL backlight.
- Press down: Activate / Deactivate the pedometer.
- Press twice (The pedometer is on): Note down the section in the exercise.

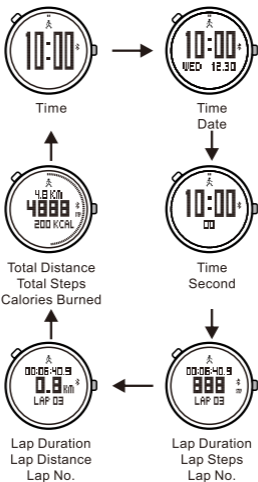


- Press: Scroll through the views.
- Press down: Activate / Deactivate the bluetooth.

Press down B1 & B2 together:
Enter / Remove the sleeping status.

7. Reviewing Exercise Data on the Watch

Press button B2 to scroll through the following views: time, date, second, lap steps, lap distance and daily total exercise data, etc. When the pedometer is deactivated, you can not review exercise data such as steps, distance, etc.



**Total Distance
Total Steps
Calories Burned**

**Lap Duration
Lap Steps
Lap No.**

8. Reminder

The watch will display a reminder (see below) based on the settings. Press any button to exit from the reminder.



Call Reminder



Sedentariness Reminder



Exercise Reminder



Alarm Reminder

9. Specification

Time precision : +/-1 second / day
(+/- 30 seconds / month)

Operation temperature : - 10 — 60°C

Storage temperature : - 20 — 60°C

Battery type : Rechargeable polymer battery

Battery life (with the pedometer and bluetooth function off) : S1: About 2 months

S2: About 6 months

Battery life (with the pedometer and bluetooth function on) : S1: About 10 days

S2: About 30 days

Water resistant : S1: 3 ATM (living waterproof)
S2: 5 ATM (Swimming)

10. Hazardous substances content in the watch

Unit \ HS	Pb	Hg	Cd	Cr(VI)	PBB	PBDE
Watchstrap	○	○	○	○	○	○
Watchcase	○	○	○	○	○	○
Stainless Steel	○	○	○	○	○	○
Aldary	✗	○	○	○	○	○
PCB	○	○	○	○	○	○
Electronic Component	✗	○	○	○	○	○
LCD	○	○	○	○	○	○
Glass	○	○	○	○	○	○
Rubber Belt	○	○	○	○	○	○
Elastic	○	○	○	○	○	○
O-ring	○	○	○	○	○	○
Plastic Parts	○	○	○	○	○	○
Wire	○	○	○	○	○	○
Pack & Presswork	○	○	○	○	○	○

This is the summary table which contains mail parts of our products. The watch configuration depends on the actual model.

The parts and their homogeneous material of the watch which are not listed in the table contain no hazardous substances.

All the parts and their homogeneous materials containing hazardous substances in the watch, meet the European Union RoHS requirement, please rest assured use.

The table is edited according to the regulations in SJ/T 11364.

○ means the hazardous substances content in all homogeneous material of the part is below the limit in GB/T 26572.

✘ means the hazardous substances content in one homogeneous material of the part is over the limit in GB/T 26572.

Tips:

In order to protect the environment, when the product or its parts scrap, please separate them from the household garbage and send them to a qualified recycle station. The recycle stations classify, split and recycle them according to the relevant state regulations.

For more information about the recycling process of the watch, please consult with the local government, waste management office, etc..

EZON 宜准

M802-7