

EZON 宜准

健步运动腕表系列
Running Training Series

使用说明书

Operation Instruction Manual

中

EN

EZON 宜准

M019-2

M020-2


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1.简介

感谢您购买EZON宜准健步运动腕表，在使用之前请仔细阅读说明书。了解该产品的功能、操作方法及注意事项。

本表为可测量行进步数的多功能手表，不但具有时间、日历、闹铃、跑表等功能，还能实时监测行走或跑步过程中的步数，速度，距离及卡路里燃烧等，并可存储和查看最后10天的锻炼记录。

 本表出厂时设为休眠状态，使用前先解除休眠状态(参见第4章节)。

2.功能特征



计步器



距离速度



卡路里燃烧



BMI 指数



锻炼记录



50年日历



30圈跑表



闹铃



整点报时

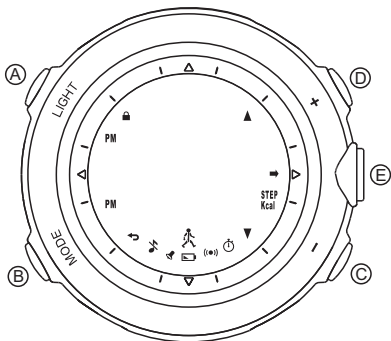


50米防水



背景冷光

3.按键及LCD显示



按键[A]: 背光/锁键

按键[B]: 设置/返回

按键[C]: 记录/向下/减少

按键[D]: 跑表/向上/增加

按键[E]: 确认/开始/停止

🚶 计步符号

🕒 跑表符号

🔔 闹铃符号

🕒 整点报时符号

➡ 确认按键提示

↩ 返回按键提示

▲ 增加按键提示

▼ 减少按键提示

🔒 按键锁符号

🎵 键音关符号

🔋 低电压提示符号

STEP 步数

Kcal 卡路里燃烧值

4.休眠状态

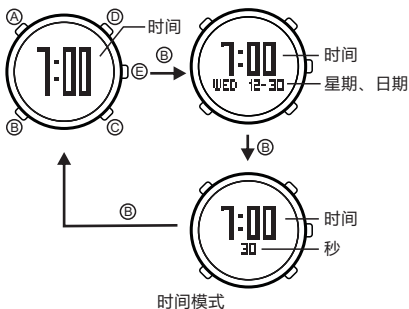
如果长时间不佩戴，为节约电池电源，可在时间模式同时按住[A][B][C][D]四个按键进入休眠状态。在休眠状态，手表只保留计时功能但不显示，以节省电源。

在休眠状态，同时按住[A][B][C][D]四个按键返回时间模式显示。

5. 计时功能

5.1. 查看时间

在时间模式，连续按[B]键可以循环查看当前时间、星期及日期、秒。



5.2. 时间与日期设置

- 1)在时间模式按住[B]键，进入设置菜单；
- 2)在设置菜单按[C]键或[D]键选择"Time-Date" (时间-日期设置)，按[E]键确认；
- 3)其设置选项为：小时、分钟、秒、12/24时制、年、月、日、日期格式、键音开/关；

按[C]键或[D]键改变设置或调整数值，按住[C]键或[D]键可快速调整数值；

- 4)按[E]键确认设置并进入下一设置选项，或按[B]键确认设置并返回上一设置选项；
- 5)回到设置菜单时，按[B]键返回时间模式。



时间模式



设置菜单



键音开/关



日期格式



日



月



小时



分钟



秒清零



12/24时制



年

6.闹铃及整点报时设置

若开启闹铃，在设定的时间手表蜂鸣约20秒；蜂鸣时按任意键可中止蜂鸣。

若开启整点报时，整点时手表蜂鸣提醒。

在时间模式，显示 (●) 表示闹铃开启，不显示 (●) 表示闹铃关闭。

在时间模式，显示 ♡ 表示整点报时开启，不显示 ♡ 表示整点报时关闭。



闹铃开启



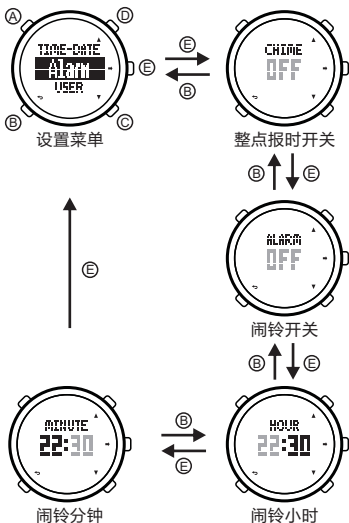
整点报时开启

开启或关闭闹铃及整点报时，方法如下：

- 1)在时间模式按住[B]键，进入设置菜单；
- 2)按[C]键或[D]键选择"Alarm"(闹铃设置)，按[E]键确认；
- 3)其设置选项为：整点报时开关、闹铃开关、闹铃小时、闹铃分钟；

按[C]键或[D]键改变设置或调整数值，按住[C]键或[D]键可快速调整数值；

- 4)按[E]键确认设置并进入下一设置选项；或按[B]键确认设置并返回上一个设置选项；
- 5)回到设置菜单时，按[B]键返回时间模式。



7.计步器

7.1.个人资料设置

锻炼前建议先将年龄性别等个人资料输入表中。

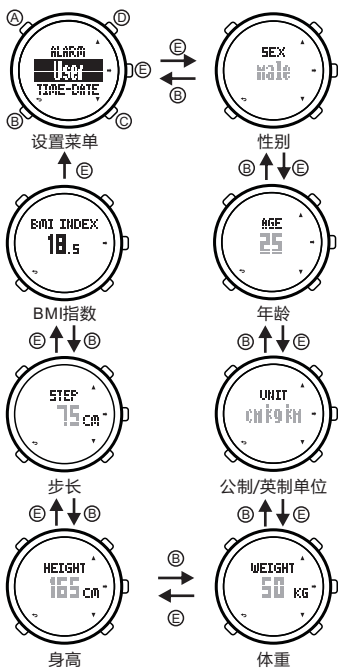
- 1)在时间模式按住[B]键，进入设置菜单；
- 2)按[C]键或[D]键选择"User"(个人资料设置)，按[E]键确认；
- 3)其设置选项为：性别、年龄、单位、体重、身高、步长；


按[C]键或[D]键调整数值或改变设置，按住[C]键或[D]键可快速调整数值；

- 4)按[E]键确认设置并进入下一设置选项；或按[B]键确认设置并返回上一个设置选项；

5)设置结束后，本表可自动算出用户BMI(身体质量指数)；

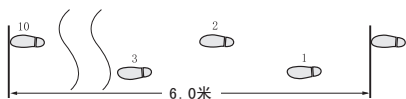
6)回到设置菜单时，按[B]键返回时间模式。



 正常人体的BMI指数在18.5-24.0，小于18.5偏瘦，大于24.0偏胖，大于30.0属于肥胖。


7.2.测量步长

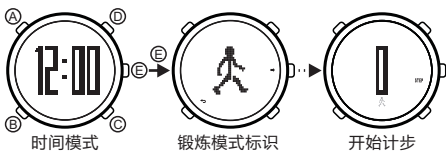
步长是指一只脚的脚尖到另一只脚的脚尖的距离，每个人的步长与个人身高、走路姿势、习惯步频有关，可以通过下面方法进行测量。按照个人习惯走10步以上(步数越多，其测量结果越准确)，然后测量出起点到最后一步的距离，再将距离除以步数，得出个人步长。例如：A走了10步，距离是6.0米，那么他的步长为： $6.0\text{米}/10=60\text{厘米}$ 。






7.3.使用计步器


在时间模式，按[E]键进入锻炼模式(先显示锻炼模式标识2秒，然后进入锻炼模式)，计步器开始测量。

 每天第一次使用计步器时，起始数据为零；以后再使用时，起始数据为上次的测量数据。




在锻炼模式按[B]键，手表返回时间模式。

 在时间模式， 闪烁表示计步器处于计步状态。不显示  表示计步器停止计步。

 计步器是通过感应步行中手臂的摆动来测量步数，出现下列情况计步器可能无法正确测量：


- 1)手表佩戴过于宽松；
- 2)将手插入口袋；
- 3)将手表挂在背包等物品上；
- 4)穿着拖鞋、木屐等行走；
- 5)在拥挤场所行走；
- 6)频繁起立和坐下；
- 7)步行外的剧烈运动，如打篮球、网球、羽毛球等球类；
- 8)乘坐交通工具，如骑自行车、坐公交车等；
- 9)上下楼梯或山峰；
- 10)频繁变更行进速度；
- 11)短距离快跑；
- 12)步行停止时手臂连续摆动。

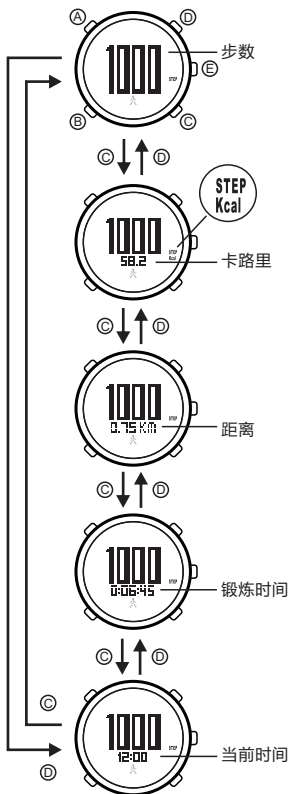
 每人每天步行1万步以上有益身体健康。

 如果您存在下列情况：长时间未锻炼、身体有心血管呼吸道等疾病、孕妇、正在使用医疗器械、经常抽烟酗酒，高强度的锻炼具有一定的风险，使用本表之前，先咨询医生。

7.4.实时查询锻炼信息

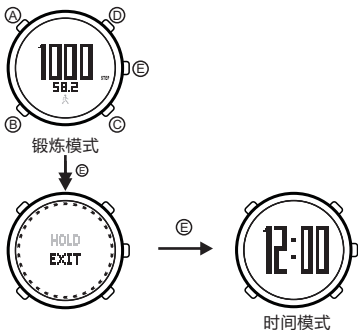
在锻炼模式，可实时查询锻炼数据，按[C]键或[D]键可循环查看步数、当前时间、锻炼时间、距离、卡路里燃烧值。


 为了避免计步误差，只有在用户连续步行10步以上，计步器才开始记录并显示步数。



7.5.关闭计步器

在锻炼模式按住[E]键直到手表返回到时间模式，计步器停止计步。

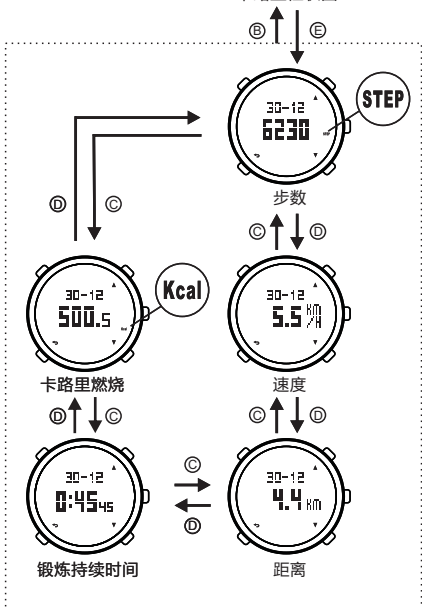
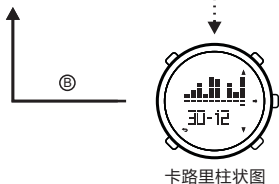
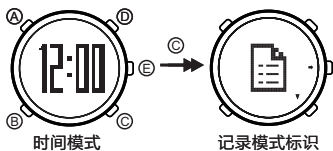


 计步器运行时，如果手表静置超过1小时，手表将自动关闭计步器，并返回时间模式。

7.6.查看锻炼记录

本表每晚12点自动存储当天锻炼数据，本表只保留最后10天的锻炼记录。查看锻炼记录的方法如下：

- 1)在时间模按住[C]键进入记录模式(先显示记录模式标识，2秒后显示记录中卡路里燃烧值柱状图，1个柱状表示一天数据)；
- 2)按[C]键或[D]键选择记录，按[E]键确认；
- 3)按[C]键或[D]键循环查看以下数据：步数、速度、距离、锻炼持续时间及卡路里燃烧值；
- 4)按[B]键回到卡路里柱状图；
- 5)显示卡路里柱状图时，按[B]键回到时间模式。

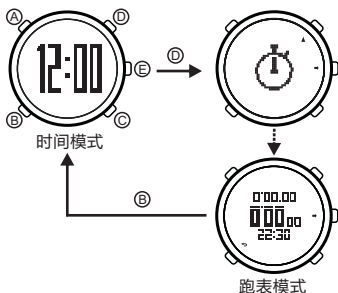


8.跑表功能

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方式。

8.1.进入跑表模式

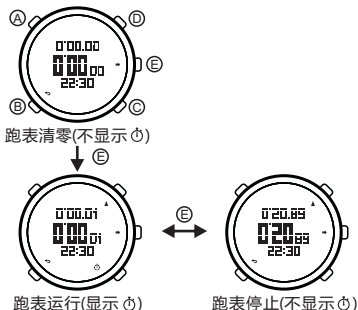
时间模式按[D]键可进入跑表模式(先显示模式标题，约2秒后进入跑表模式)；或连续按[D]两次，快速进入跑表模式。



8.2.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：

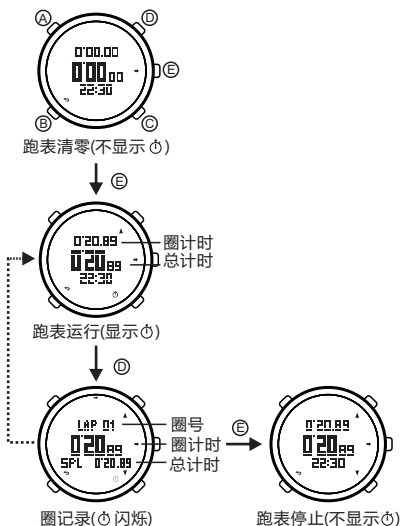
在跑表模式按[E]键开始计时，再按[E]键停止计时，再按[E]键继续计时。



8.3.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。本表最多可记录30个圈计时。

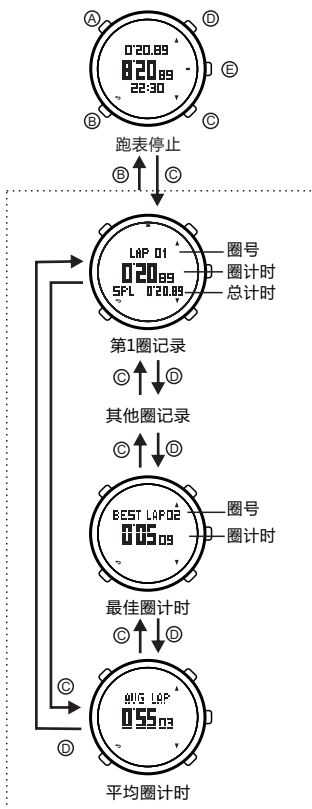
进入跑表模式；起跑时按[E]键开始计时，第一圈结束时按[D]键，屏幕显示第一圈圈记录(圈计时和总计时)，并且开始下一圈计时；约5秒后手表自动返回跑表运行界面；依次类推，每圈结束时按[D]键；最后一圈结束时按[D]键，再按[E]键停止跑表运行。



- ✍ 本表最多只可记录30圈圈计时。
- ✍ 每次使用圈计时前，应先将上次的存储记录删除(参见8.5章节)。


8.4.查看圈计时记录

跑表停止运行后，按[C]键进入跑表记录界面，然后连续按[C]键或[D]键可循环查询各圈记录(圈计时和总计时)、最佳圈及圈计时、平均圈计时。按[B]键返回跑表模式。



-  最佳圈(BEST LAP)指圈计时数据最小的圈。
-  平均圈计时(AVG LAP)=总时间/总圈数



8.5.删除圈计时数据


跑表停止时，按住[D]键约3秒( 环绕一圈)即可删除跑表数据。



8.6.退出跑表模式


在跑表模式按[B]键返回时间模式。


在时间模式，显示  表示跑表处于计时状态。不显示  表示跑表停止计时。

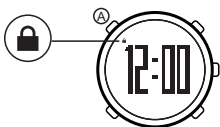
-  在跑表模式，跑表停止一分钟后，本表将自动回到时间模式。

9. 按键锁


为了防止佩戴时不小心碰到按键造成误操作，可将按键锁定，方法如下：

在时间模式按住[A]键直至  显示，表示按键锁已锁定。

按键锁锁定时，按住[A]键直至  不显示，表示按键锁已打开。



按键锁定

 按键锁锁定时，用户仍可进入或退出休眠状态，但进行其他按键操作须先打开按键锁。

10. 背景光

除休眠状态和按键锁定外，按[A]键可点亮背景光约3秒。


11. 防水性

手表具有50米防水性。可佩戴洗手、凉水淋浴、游泳，但不可佩戴潜水和桑拿等。

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。

12. 更换电池

屏幕出现 ，表示手表电池电压太低，需更换电池。

更换电池方法及步骤如下：

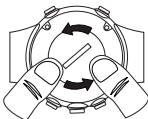


低电压提醒

1)



2)



3)



4)



5)



6)




7)



8)



警告 - 请勿挤压或刺穿废旧电池，更不能将其投入火中或水中，以免引起火灾。请正确回收或丢弃废旧电池。

 **必须使用合格电池，如果用了不合格电池或者未依照程序更换电池可能导致产品失效。**

13.注意事项

警告 - 本表内置测量功能不能用于要求高精度的专业测量。

警告 - 本表测量数据只供参考，使用其在锻炼过程中出现危险或伤亡者，本表不负任何责任。

注意 - 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。

注意 - 本表由精密零件组装而成，请不要自行拆卸或粗暴使用。

注意 - 不要在严寒，酷热，温度骤变的环境中佩戴

注意 - 不要在强磁，强电环境中佩戴。

注意 - 请确保传感器外表干净。

注意 - 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。

注意 - 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。

14.产品规格

手表走时精度：+/-1秒/天(+/-30秒/月)

工作温度：0°C — 50°C (32°F — 122°F)

存储温度：-10°C — 60°C (14°F — 140°F)

电池型号：CR2032

防水等级：50米(普通游泳)


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1.Introduction

Thank you for purchasing EZON running training series watch. Please read this operation instruction to know the functions, the way of operation and the safety information before using this watch.

This is a multi-functional watch which has time, calendar, alarm, stopwatch, and also can measure steps, distance, speed and calories. You can view the exercise records of the last 10 days.

 This watch factory-set is in the sleeping status, you must remove the sleeping status referring to chapter 4 before using.

2.Function



Pedometer



Distance/Speed



Calories Consumption



BMI Index



Exercise Record



50 Years Calendar



30 Laps Timer



Alarm



Hourly Chime

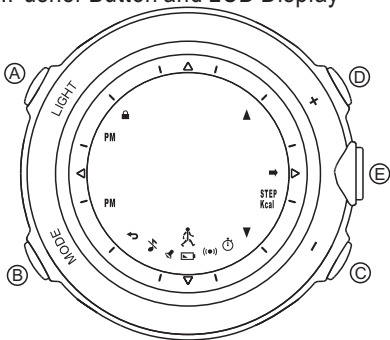


5ATM Water Resistance



EL Backlight

3.Pusher Button and LCD Display




Button [A]: Backlight/Button Lock

Button [B]: Set/Back

Button [C]: Record/Down/Minus


Button [D]: Stopwatch/Up/Plus


Button [E]: Confirm/Start/Stop


 Pedometer


 Stopwatch


 Alarm on


 Hourly Chime on


 Confirm indicator


 Back indicator

 Plus indicator

 Minus indicator

 Button Lock on

 Key Tone off

 Low Battery Indicator

STEP Step number

Kcal Calories Consumption

4.Sleeping Status

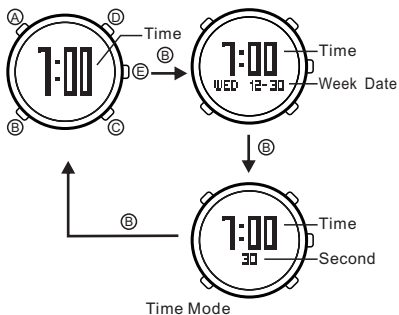
If you do not wear this watch for a long time, in the time mode, press button [A][B][C][D] together to make the watch enter the sleeping status to save battery energy. In the sleeping status, this watch keeps time only without displaying on the screen.

In the sleeping status, press button [A][B][C][D] together to return to the time mode and display current time on the screen.

5. Time

5.1. Viewing Time

In the time mode, the watch displays current time. Press button [B] scroll through to view current time, week and date, second.

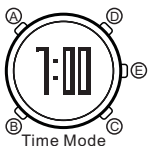


5.2. Setting Time and Date

- 1) In the time mode, press down button [B] to enter the setting menu.
- 2) In the setting menu, press button [C]/[D] to select "Time- Date", press button [E] to confirm.
- 3) The setting items include: hour, minute, second, 12/24 hour format, year, month, date, date format, key tone on/off.

Press button [C]/[D] to change setup or value, or press down button [C]/[D] to change value quickly.

- 4) Press button [E] to confirm setup and enter the next setting item, or press button [B] to confirm setup and return to the previous setting item.
- 5) In the setting menu, press button [B] to return to the time mode.



Time Mode



Setting Menu



Key Tone



Date Format



Date



Month



Hour



Minute



Second Cleared



12h/24h Format



Year



6. Alarm and Hourly Chime

If you turn on the alarm, this watch will chime for about 20 seconds while reaching the alarm time. You can stop the chime with any button.

If you turn on hourly chime, this watch will beep once every hour on the hour.

In the time mode, the symble (●) is shown when the alarm is turned on; the symble (●) disappears when the alarm is turned off.

In the time mode, the symble 🕒 is shown the hourly chime is turned on; the symble 🕒 disappears when the hourly chime is turned off.



Alarm on



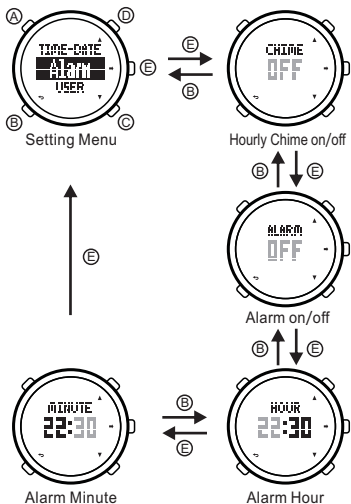
Hourly Chime on

The way to turn on or off the alarm and hourly chime is as following:

- 1) In the time mode, press down button [B] to enter the setting menu.
- 2) In the setting menu, press button [C]/[D] to select "Alarm", press button [E] to confirm.
- 3) The setting items include: hourly chime on/off, alarm on/off, alarm hour, alarm minute.

Press button [C]/[D] to change setup or value, or press down button [C]/[D] to change value quickly.

- 4) Press button [E] to confirm setup and enter the next setting item, or press button [B] to confirm setup and return to the previous setting item.
- 5) In the setting menu, press button [B] to return to the time mode.



7. Pedometer

7.1. Setting User Information

Please set user information such as age, sex, etc. before using pedometer.

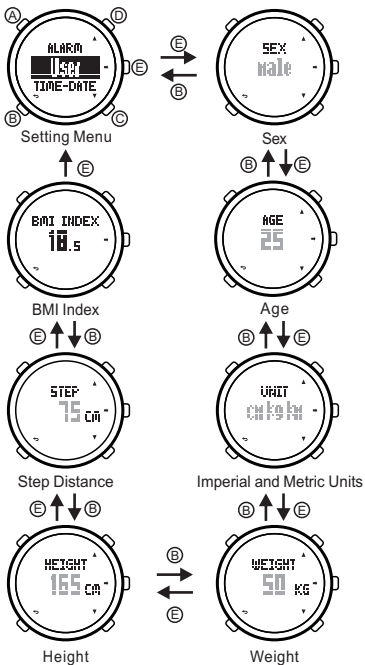
- 1) In the time mode, press down button [B] to enter the setting menu.
- 2) In the setting menu, press button [C]/[D] to select "User", then press button [E] to confirm.
- 3) The setting items include: sex, age, units, weight, height, step distance.


Press button [C]/[D] to change setup or value, or press down button [C]/[D] to change value quickly.

- 4) Press button [E] to confirm setup and enter the next setting item, or press button [B] to confirm setup and return to the previous setting item.

5) After setting user information, the watch will calculate user BMI (Body Mass Index).

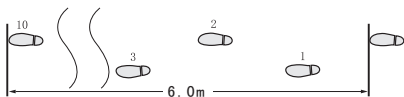
6) In the setting menu, press button [B] to return to the time mode.



 The BMI between 18.5 and 24.0 means normal, less than 18.5 means a little thin, more than 24.0 means a little fat, more than 30.0 means too fat.


7.2 Measuring Step Distance

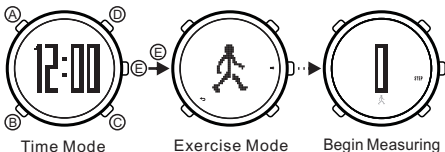
Step distance means the distance between one tiptoe and another tiptoe. It concerned with height, walking pose and frequency. We can measuring step distance as the following: Walk more than 10 steps with your habit (the more steps, the more accurate), then measure the distance between the starting point and the last step, the distance divided by step number is step distance. For example, A walks 10 steps, the distance is 6 meters, so his step distance is $6\text{m}/10=60\text{ cm}$.






7.3 Using Pedometer


In the time mode, press button [E] to enter the exercise mode(the watch will display the mode mark for 2 seconds, then enter the exercise mode), and the pedometer begin to measure.

 The beginning values of the pedometer are zero at the first time of each day, thereafter, the beginning values are the last measure values.





In the exercise mode, press down button [B], this watch will return to the time mode.

 In the time mode, the symble  is flashing when the pedometer is running, the symble  disappears when the pedometer stops running.

 The pedometer measures the step number by sensing the user arm swing, Using the pedometer with the following way may lead to inaccurate result.


- 1)Wearing the watch loosely;
- 2)Putting hands in the pocket;
- 3)Hanging the watch on the bag, etc.;
- 4)Wearing slipper or wooden clogs while walking;
- 5)Walking in a crowd area;
- 6)Standing up and sitting down frequently;
- 7)Doing strenuous exercise such as playing basketball, tennis, badminton, etc. ;
- 8)Taking transportation such as bike, bus, etc.;
- 9)Climbing a building or mountain;
- 10)Changing speed frequently;
- 11)Fast running in a short distance;
- 12)Swinging your arm continually while not walking.

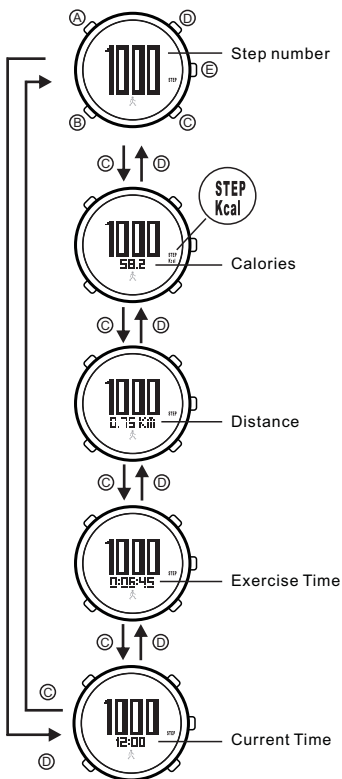
 It is good for health to walk more than 10,000 steps every day.

 It will be danger to do strenuous exercise if you are in the following condition: no doing exercise for a long time, having cardiovascular or respiratory diseases, being pregnant, using the medical equipment, often smoking or excessive drinking. Please consult a doctor before using the pedometer.

7.4. Viewing Exercise Data in Real time

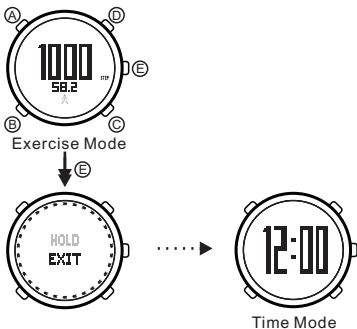
In the exercise mode, you can view exercise data in real time. Press button [C]/[D] to scroll through the following view: step number, current time, exercise time, distance, calories consumption.


 To avoid measuring error, only when you walk 10 steps or more continually, the pedometer begin to record steps and display the step number.



7.5. Turning off Pedometer

In the exercise mode, press down button [E] until the watch returns to the time mode, then the pedometer stops running.

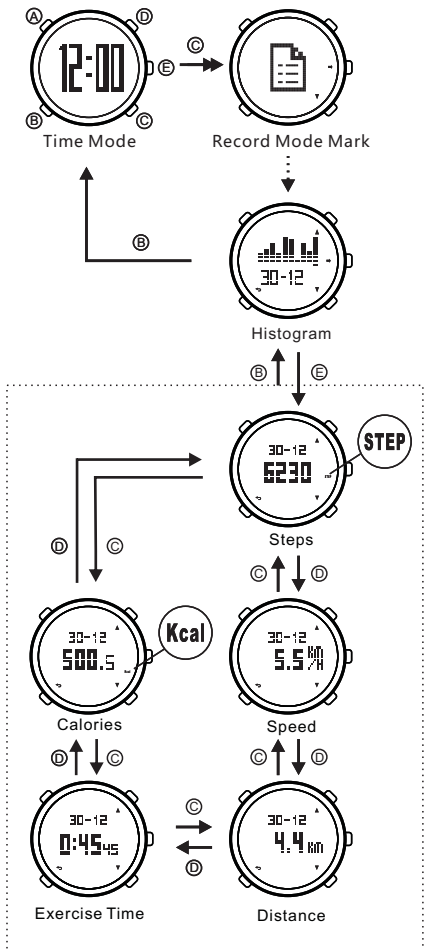


 While the pedometer is running, if you keep the watch motionless for one hour, this watch will turn off the pedometer and return to the time mode automatically.

7.6. Viewing Exercise Record

This watch saves the exercise data at 12 o'clock at night every day. It only can retain the last 10 days records. The way to view records is as following:

- 1) In the time mode, press down button [C] to enter the record mode (the watch will display the mode mark for 2 seconds, then display the histogram of calories consumption, one bar indicates one day data).
- 2) Press button [C]/[D] to select record, press button [E] to confirm.
- 3) Press button [C]/[D] to scroll through the following view: step number, speed, distance, exercise time, calories consumption.
- 4) Press button [B] to return to the histogram.
- 5) In the histogram, press button [B] to return to the time mode.

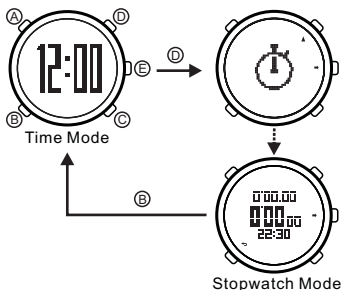


8. Stopwatch

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

8.1. Entering Stopwatch Mode

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



8.2. Count up Timer

Count up timer is available to measure the running time of one athlete. The way is as the following:

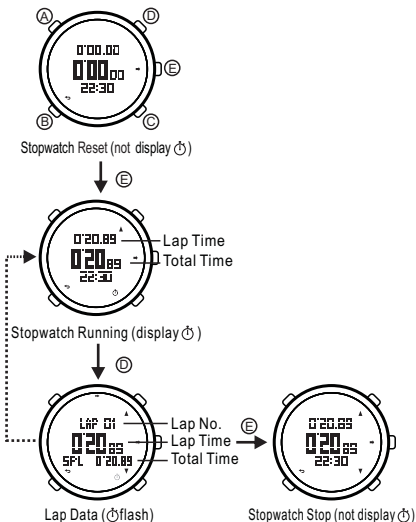
In the stopwatch mode, start, stop and restart the stopwatch with button [E].



8.3. Lap Timer

While running or racing on the track, you can use lap timer to measure each lap time and total time. This watch can save up to 30 laps data.

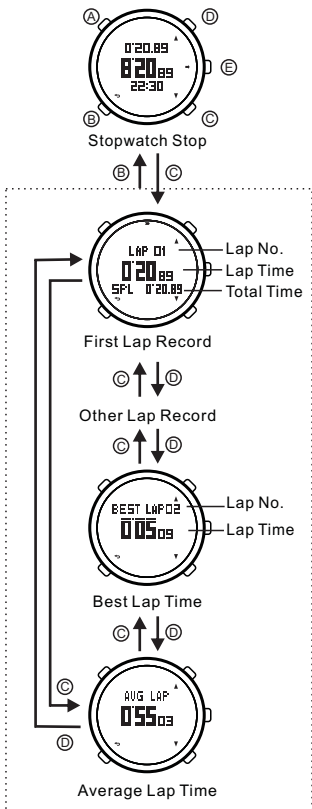
In the stopwatch mode, press button [E] to start the stopwatch. At the end of the first lap, press button [D], the watch will display the first lap data(lap time and total time), and begin to measure the time of the next lap. After about 5 seconds, the watch will return to the stopwatch running screen. In the same way, press button [D] at the end of every lap. At the end of last lap, after pressing button [D], press button [E] to stop the stopwatch.




- This watch can save up to 30 laps data.
- Before using lap timer, please delete the previous record.(see chapter 8.5)

8.4. Viewing Lap Timer Record


After stopping the stopwatch, press button [C] to view lap timer record, then press button [C]/[D] to scroll through the following view: each lap data(lap time and total time), best lap and best lap time, average lap time. Press button [B] to return to the stopwatch mode.

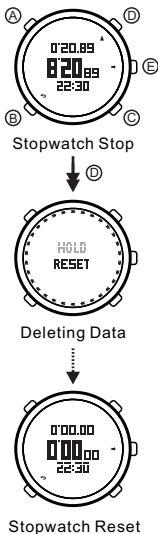


 Best lap indicates the lap which the lap time is the shortest.

 Average lap time (AVG LAP)= Total time/Lap number.



8.5. Deleting Lap Timer Record


When the stopwatch stops, you can delete stopwatch record by pressing down button [D] until  runs a round .



8.6. Exiting Stopwatch Mode


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


In the time mode, the symbol  is shown when the stopwatch is running, the symbol  disappears when the stopwatch stops.

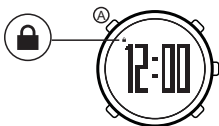
 In the stopwatch mode, the watch will return to the time mode automatically about 1 minute after the stopwatch stops .

9. Button Lock


In order to prevent mis-operation due to pressing a button accidentally when you wear the watch, you can turn the button lock off. The way is as following:

In the time mode, press down button [A] until  appears, it indicates that the button lock turned on.

When button lock turned on, press down button [A] until  disappears, it indicates that the button lock turned off.



Button Lock

 When button lock turned on, the watch can enter or exit the sleeping status. You must turn the button lock off if you need the other operation.

10. EL Backlight

Apart from the sleeping status and the button lock turned on, the screen will remain illuminated for about 3 seconds if you press button [A].

11. Water Resistance


Our watch has 5 ATM water resistance. It is no problem to wear our watch while washing hands, having shower with cold water, swimming. Prohibit wearing while diving or 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 of the watch in the water.

12. Replacing Battery

It means battery in low level if  appears in the screen. You should replace battery in time. The way is as the following:



Low Battery Warning

1)



2)



3)



4)



5)



6)




7)



8)



Warning: In order to avoid the fire, please do not crush, puncture or even throw the used battery into fire or water. Please recycle or deal with it in reasonable way.

 It is necessary to use qualified battery. If you use an unqualified battery or do not operate by the steps, you may fail to use this watch.

13. Safety Information

Warning: The function of our watch can not be use in professional field where requires high accuracy.

Warning: The measurement result in our watch is only for your reference, and we take no responsibility for you risk, hurt or even dead during exercising.

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

Note: Our watch consists of precision electric parts, please do not dismantle by yourself or rough using.

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

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

Note: Please make sure to keep the sensor surface clean.

Note: When cleaning our watch, please use soft cloth and clean water. Prohibit using detergent, solvents and pesticide.

Note: If there is abnormal functions or water mist, in the watch, please find a qualified service center to repair.

14. Product Specification

Time Precision: +/-1 second/day

(+/-30 seconds/month)

Operating Temperature: 0°C—50°C

(32°F—122°F)

Storage Temperature: -10°C—60°C

(14°F—140°F)

Battery: CR2032

Water Resistance: 5 ATM (Normal Swimming)