


## GPS专业运动手环

### 使用说明书




### 穿戴示范

①手环应佩戴在手腕的尺骨茎突之后



②手环内侧应紧贴手腕皮肤，运动时，松动或晃动容易导致底部的传感器透光，无法精准测量心率，因此请确保表带佩戴紧密，紧贴皮肤。



### 主界面



硅胶腕带  
OLED显示屏  
运动完成情况  
触控按键  
左键(确定)  
右键(返回/开关机)

### 主界面按“触控按键”

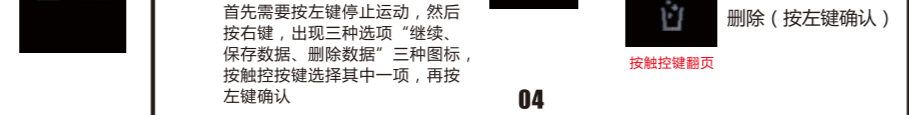
轻触“触控按键”，按顺序翻页



运动数据总和(各种运动模式的距离、计步、卡路里总和)  
心率监测(过去16小时的最高心率)  
信息提醒  
温度计°C(过去16小时的气压值)  
气压计kpa(过去4小时的气压值)  
海拔测量m(过去4小时的海拔值)

### 主界面按“确认”键(左键)

①健步运动模式  
此模式不带GPS功能




②跑步运动模式  
此模式带GPS功能，开始运动前，请务必确认手环已接收卫星定位，判断标准是左上角脚步图标不再闪烁并自动按左键开始运动(注：定位时，请空旷场地，并保持静止1-2分钟直到左上角图标不再闪烁为止，否则信号接收缓慢，导致定位不准)



③登山运动模式  
此模式带GPS功能，开始运动前，请务必确认手环已接收卫星定位，判断标准是左上角脚步图标不再闪烁并自动按左键开始运动(注：定位时，请空旷场地，并保持静止1-2分钟直到左上角图标不再闪烁为止，否则信号接收缓慢，导致定位不准)



④骑行运动模式  
此模式带GPS功能，开始运动前，请务必确认手环已接收卫星定位，判断标准是左上角脚步图标不再闪烁并自动按左键开始运动(注：定位时，请空旷场地，并保持静止1-2分钟直到左上角图标不再闪烁为止，否则信号接收缓慢，导致定位不准)



### 主界面按“右键”并接“触控按键” 翻页出现以下左圈图标



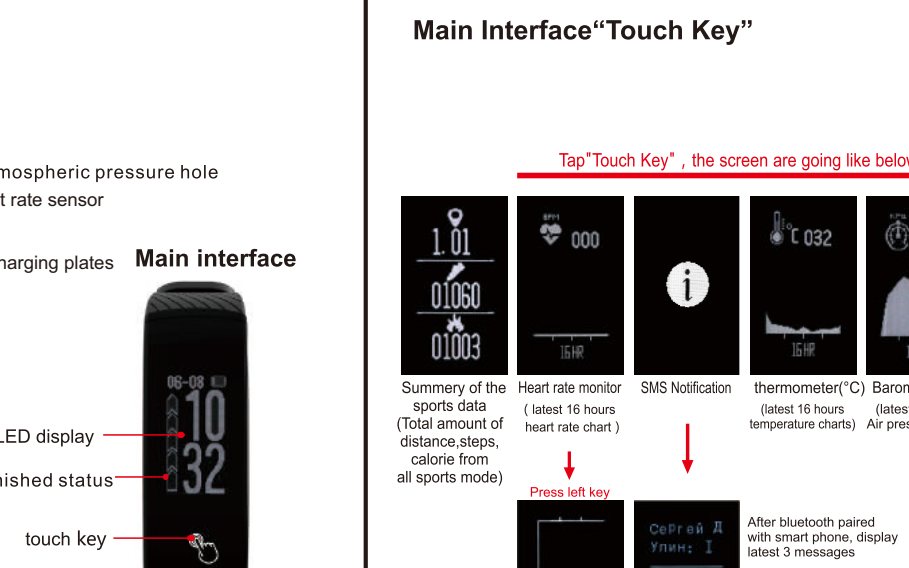
计步  
走路  
跑步  
登山  
骑行  
久健  
睡眠  
实时心率  
设置

### Wear instructions

①The best wear position is behind the ulnar styloid



②Make sure the back sensor close to wrist skin, when doing exercise, loose or shake will cause the sensor previous to light and can not accurately measure the heart rate, so please keep the strap tightly and close to the skin.



### Main Interface"Touch Key"

Tap"Touch Key", the screen are going like below

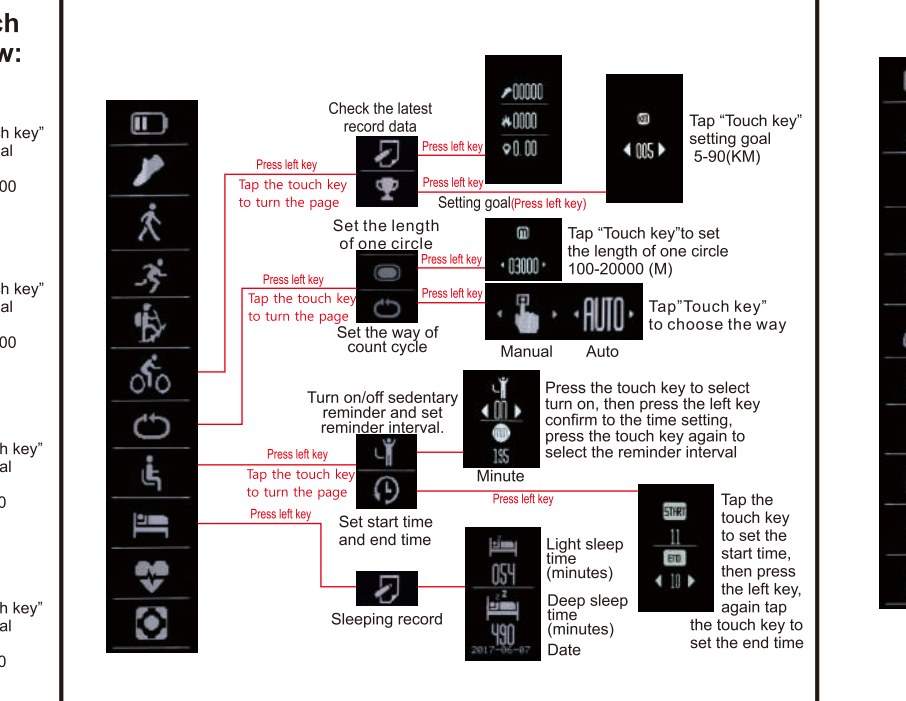


Summary of the sports data (Total amount of distance, steps, calorie from all sports mode)  
Heart rate monitor (lastest 16 hours heart rate chart)  
SMS Notification  
Thermometer(°C) (lastest 16 hours temperature chart)  
Barometer (kpa) (lastest 4 hours altitude chart)  
Altitude (m) (lastest 4 hours altitude chart)

### User manual




### At the main interface, Press "right key" and tap "touch key" to turn the page you can find functions as below:



Walking  
Running  
Mountain climbing  
Cycling  
Circle-counting  
Sedentary  
Sleeping  
Real time HR  
Setting

### 连接APP

扫描二维码下载安装专用APP或在安市场、安卓应用或苹果手机搜索安装Hplus watch



GooglePlay  
AppStore  
Android

### 最大心率水平计算方式

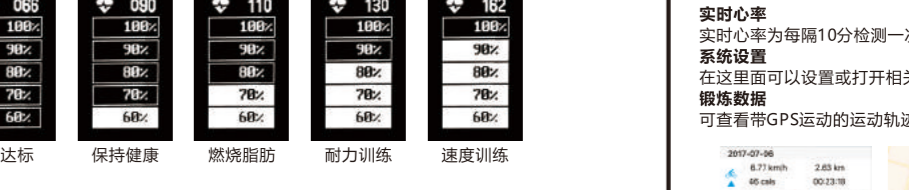
最大心率水平可以体现出运动水平是否达标，理论上可以根据自己的年龄、身体状况和运动目标来算，也可以咨询教练和医生，合理的运动指数才能达到理想的运动效果。

计算公式： $最大心率 = 220 - 年龄$

最佳健康： $最大心率 \times 50\% - 60\%$   
 燃脂脂肪： $最大心率 \times 60\% - 70\%$   
 耐力训练： $最大心率 \times 70\% - 80\%$   
 速度训练： $最大心率 \times 80\% - 90\%$   
 竞技训练： $最大心率 \times 90\% - 100\%$

例如小明的年龄为22岁，想测最大心率，理论上的最大心率计算如下：  
 $220 - 22 = 198$  (最大心率)  
 $198 \times 60\% = 118.8$  (最大心率)  
 $198 \times 70\% = 138.6$  (最大心率)  
 $198 \times 80\% = 158.4$  (最大心率)  
 $198 \times 90\% = 178.2$  (最大心率)  
 $198 \times 100\% = 198$  (最大心率)

因此只有当心率达到108-126之间，小明才能达到燃脂脂肪的目的  
 在运动模式下，最大心率会根据实时心率所达到的相应水平，如下图所示



实时心率为每10分钟检测一次，在仪表盘上可查看全天心率数据

实时心率  
运动模式  
运动数据  
可在手表GPS运动的运动轨迹和相关数据，默认为高德地图，国外为谷歌地图。

### 注意事项

关于温度  
本手环的温度传感器是环境温度，但是测试结果受快速影响，因此为了更准确测量环境温度测试前请将手环静止放置10分钟左右，并将气压孔的一面朝向正上方，并避免外界温度影响，气压孔的作用是感应环境温度，因此直接影响气压与温度，测试时不要靠近任何热源。

关于海拔  
海拔测量值受气压影响，在测试前请校正高度，将当前海拔设为0，具体请看海拔表说明

定位  
开始各运动模式(除健步模式)，请务必确认手环已确定位置，为了更精准、快速定位，请清空无道场场所静止1-2分钟，当手环震动图标，在左上角运动图标不再闪烁时，则表示已定位，定位后开始运动。

佩戴  
运动模式下，佩戴手环时请务必将手表带扣紧，紧贴皮肤，否则容易导致数据不准确。

请勿将手环放入火中或水中，大火会引起电路爆炸，手环侧面有气压孔，放入水中会让水环进水，导致电路损坏。

### Parameter

主芯片	Nordic NRF52832	GPS芯片	Ublox
传感器	Kx023	重量	0.96g OLED
电池容量	200mAh	重量	30g
蓝牙	4.0	待机时间	5-7天
材质	硅胶		
系统支持	安卓系统4.4以上，或者IOS8.0以上		

### CAUTION :

Thermometer  
The thermometer detection of the bracelet refers to the ambient temperature, but the test results are affected by the body temperature, so in order to more accurately measure the ambient temperature, you will need to place the bracelet on the desktop for about 10 minutes before testing. Please upwards the atmospheric pressure hole and make sure no influence factor from external temperature. The role of the atmospheric pressure hole is the induction of ambient temperature, so directly impact on barometer and temperature. Please do not block the atmospheric pressure hole when testing.

Altitude  
Altitude is affected by barometer, you can rectify altitude before test, set it as 0, please refer to details on page 3.

GPS  
Before starting the exercise mode (except for walking mode), please confirm that the bracelet has received satellite positioning, in order to be positioned accurately, please go to an open space without shelter and moveless for 1-2 minutes, when it vibrates the icon will no longer flicker, then you can start exercise. The battery will be ran out easily when open GPS, so it is recommended to turn off GPS when not use.

Do not throw the bracelet into the fire or water, the fire will cause the battery to explode, water will enter from the pressure hole and causing the circuit board burned.

### How to get Max. HR Level

Max HR level will reflect whether your exercise reach standard level or reach your goal. You can calculate your max. heart rate according to your age, condition of your body and sports goal. Also you can ask coach and doctor to give you some advice.

Max. HR=220-Age  
 Keep health: Max. HR X 50%-60%  
 Burnt calorie: Max. HR X 60%-70%  
 Endurance training: Max. HR X 70%-80%  
 Speed training: Max. HR X 80%-90%  
 Competitive training: Max. HR X 90%-100%

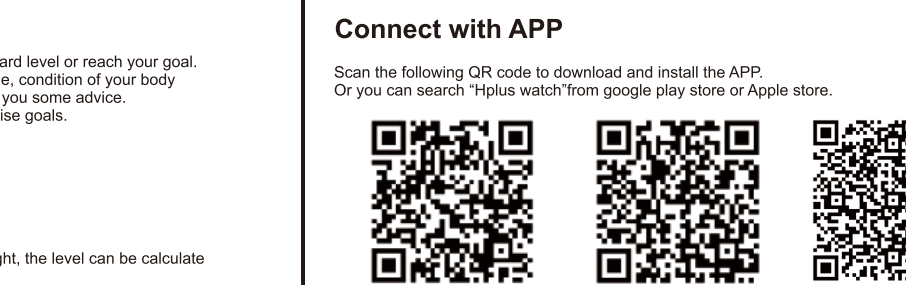
For example Kris is 40 years old, and he want to loose weight, the level can be calculate as follows:  
 $220 - 40 = 180$  (MAX. HR)  
 $180 \times 70\% = 126$  (Min. HR)  
 $180 \times 70\% + 126 = 138.6$  (Max. HR)  
 Only when the heart rate reach 108-126, then Kris will loose weight.  
 When doing exercise, the heart rate results will show your exercise level, you can check following pictures, the white background means reached level.

Real time HR  
It will test by every 10 minutes and you can check all day heart rate on the dashboard.  
 Settings  
you can make APP settings here and sync call, message reminder by open notification.  
 Exercise  
You can track GPS exercise and check exercise records. The default map is Amap and google map.

Main interface heart rate specifications  
when turn to main interface of heart rate, the band will automatically start testing heart rate, it takes about 30 seconds to get the result, after that, if you want to test again, then press left key. The graph shows real time heart rate of recent 10 hours. (Realtime heart rate was tested by every 10 minutes, you need open realtime heart rate or start exercise mode.)

### Connect with APP

Scan the following QR code to download and install the APP



GooglePlay  
AppStore  
Android

Open smart phone bluetooth, open APP, turn to APP Settings-Bluetooth-search related bluetooth name (SN code), select to pair. I will send pair reminder to smart phone, click "allow" to pair, smart bracelet will sync time and date from the phone.  
 After synchronized, you can check all activity data from APP, for example total distance steps, calorie, and check sleep and sports report from "yesterday's report". Review history report from Data summary.

### Real time HR



Real time HR  
Heart rate Alert  
Bluetooth connection remind  
GPS turn on/off  
Vibration turn on/off  
Auto screen light  
Alarm clock  
Screen brightness setting  
Set personal information  
Set calendar  
Set current time  
Screen lock  
Reset  
The version