CN 中文

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初步了解您的产品

使用步骤

您可以通过如下步骤来使用CW Watch S1:

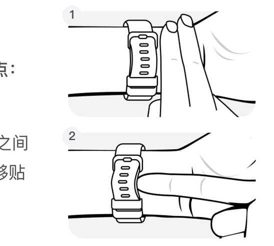
① 佩戴 → ② 开机 → ③ 设置手表 → ④ 开始使用

接下来的这些步骤大约需要占用您 5 至 10 分钟，请选择合适的时间来开始。

① 佩戴手表

为了让手表更准确的测量您的数据，需要注意以下两点:

1. 将手表配戴至距离腕骨约两指宽的位置。
2. 手表表带调整到舒适的松紧程度：保持表带与手腕之间的间隙约为一个手指的大小，这样可以让手表背部能够贴着皮肤，同时也可以确保舒适度。



② 开机

长按“数码表冠”直到出现启动界面

提示：如果手表无法开机，可能因长时间放置导致电量耗尽。请充电约 10 分钟后等待自动开机

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③ 设置手表

第一步：下载 Fitbeing app

请前往您手机中的应用商店，搜索 **Fitbeing** 并安装。

· Android 系统的手机前往对应的应用商店
· iPhone 前往 App Store

您还可以：

使用手机扫描右侧二维码，快速进入应用商店到达 **Fitbeing** app，然后选择安装。

第二步：与 App 配对

进入 **Fitbeing app**，在首页点击“配对设备”。通过“蓝牙搜索”的方式，按照指引进行配对和设置“**CW Watch S1**”，在完成后即可使用手表。

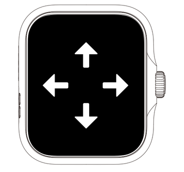
注意：

1. 请勿直接在手机系统的蓝牙列表中进行配对，避免造成 Fitbeing app 无法连接手表。
2. 请允许 Fitbeing app 获得你的手机“蓝牙、位置、相机”等权限，以确保配对成功。

④ 开始使用

触摸屏操作

支持全屏触控（滑动、点触、长按）



- 向上滑
- 向左滑
- 向右滑
- 向下滑

表冠常用的使用方式

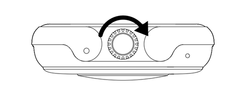
按表冠

1. 息屏时短按表冠点亮屏幕
2. 在主表盘短按表冠进入应用中心
3. 退出应用

长按表冠（8s）
强制重启手表

旋转表冠

1. 滚动界面视图
2. 调节提示音和电话通话的音量



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常用功能

通知中心

在主表盘向下滑出通知中心。

控制中心

在主表盘向上滑出控制中心，即可启用“安静模式、睡眠模式、常亮显示”等功能，也可以快速调节“亮度、音量”等设置。

快捷卡片

在主表盘左右滑动，可以快捷切换浏览：活动、心率、睡眠、最近应用、天气或运动。

切换表盘

在主表盘按住屏幕 1 秒，即可进入切换表盘功能。

记录运动

进入运动，选择一项运动即可开始进行运动记录。

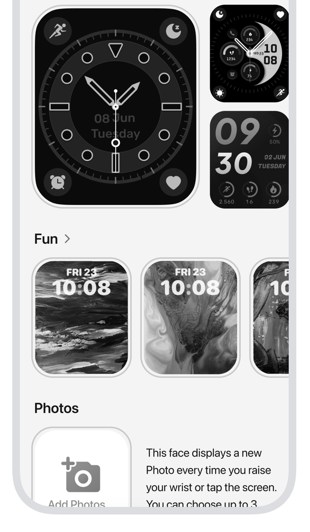
户外运动时，请在空旷区域等待 GPS 连接卫星，图标闪烁表示正在定位，停止闪烁表示定位成功。

健康测量

佩戴手表时自动测量 心率、睡眠、压力和活动等健康数据，进入应用也可以查看和测量。

安装新表盘

在 Fitbeing app 中，进入 Face Gallery 频道，挑选喜欢的表盘安装即可。



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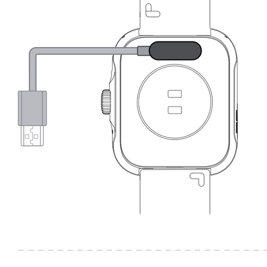
充电

将充电线缆插入标准的 USB 电源，并将另一端吸附于手表背面的充电触点。成功充电时，手表界面会出现正在充电标识。

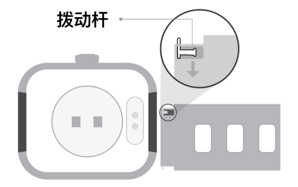


· 线缆延伸方向与表冠同侧
· 请确保采用 5V⎓1A 及以上输出的标准 USB 电源
· 充电前请将手表的充电触点擦拭干净，以去掉残留汗液或水份

更换表带

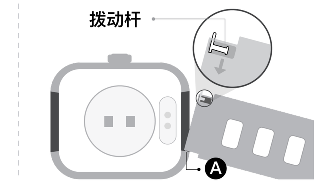
移除表带

1. 将拨动杆从导向槽中提起
2. 向表带另一侧推动并保持住
3. 将表带从手表机身轻轻拉出



安装表带

1. 将下图中“A”位置的金属针插入表带衔接处的孔内
2. 将拨动杆向表带另一侧推动并保持住
3. 将表带压入手表机身
4. 拉动表带确认安装成功



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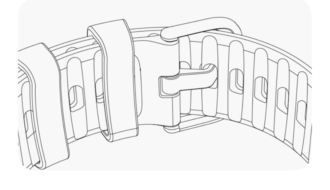
穿戴与保养

- 建议每天取下手表约一小时。如果您感到不适或刺激，如发红、刺痛或烧灼感，请摘下手表并让手腕休息。
- 为保持卫生，请定期清洁手表和手腕，尤其是在锻炼和出汗后。避免使用洗手液、沐浴露、洗碗液或清洁湿巾，因为它们会引起皮肤刺激。相反，请使用温和的肥皂和淡水清洁表带。

舒适的佩戴体验

表带的内壁设计了排汗凹槽，这样可以有效地缓解锻炼或者洗手时的汗液及水份淤积。



产品主要规格

产品名称	CW Watch S1
显示屏	1.78 inch AMOLED
分辨率	368 × 448
电池容量	350 mAh
蓝牙连接	Bluetooth 5.3
防水等级	IP68
卫星定位	GPS L1＋BDS
机身尺寸	45.9mm × 38.5mm × 12.4mm
工作温度	0˚C ~ 50˚C
兼容系统	iOS 12.0 and above, Android 7.0 and above

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注意事项

· 请勿自行更换内置电池，以避免安全风险。
· 强行打开手表外壳，可能导致内部电路短路，造成发热或着火。
· 手表不适用于 60℃ 的高温环境，这样可能引起电池泄漏甚至爆炸的风险。
· 本产品严格按照 IP68 防水检测合格，但不适用于沐浴、潜水、滑水或者其他涉及高温、热气、高速流水的活动；且防水性能并非永久，产品结构被破坏会导致防水性能失效。
· 手表可能由于固件升级，界面或使用方式发生变化是正常的现象，请以产品的升级介绍为准。

帮助与指南

常见问题

您在使用产品过程中遇到任何问题，可以前往 Fitbeing app 中“我 → 帮助与支持”寻找解决方法。

您也可以扫描右侧二维码或通过浏览器访问 help.fitbeing.net 以寻求帮助。

产品说明书

您可以前往 Fitbeing app 中“我 → 用户指南”找到完整的产品说明书。

您也可以扫描右侧二维码或通过浏览器访问 help.fitbeing.net 查找产品说明书。

FCC Requirement

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— Reorient or relocate the receiving antenna.
— Increase the separation between the equipment and receiver.
— Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
— Consult the dealer or an experienced radio/TV technician for help.

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L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux
CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
1. L’appareil ne doit pas produire de brouillage;
2. L’appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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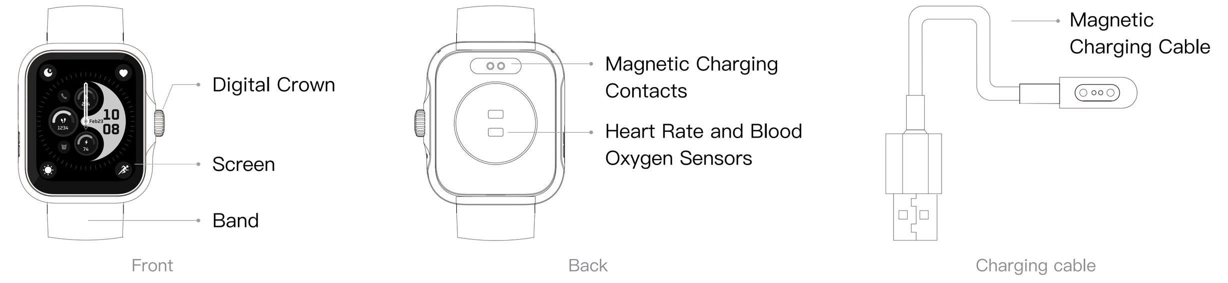
Your CW Watch S1



Steps for Use

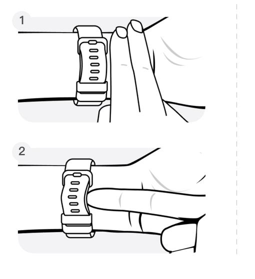
You can follow these steps to use CW Watch S1: ① Wear → ② Power On → ③ Set up → ④ Start Using

The following steps will take approximately 5 to 10 minutes, please schedule a suitable time.

① Wear Your Watch

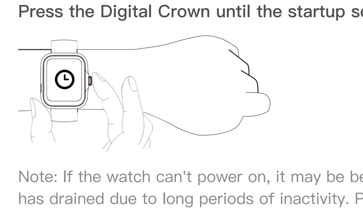
For optimal data accuracy, please observe the following guidelines while wearing the watch:

1. Wear the watch at a position approximately two finger–widths from your wrist bone.
2. For comfort, adjust the band to allow a finger's width between it and your wrist. This ensures both contact and fit.



② Power On

Press the Digital Crown until the startup screen appears.



Note: If the watch can't power on, it may be because the battery has drained due to long periods of inactivity. Please charge it for approximately 10 minutes and wait for it to power on automatically.

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③ Set up the Watch

Step 1: Download the Fitbeing app

Go to the app store on your phone, search for **Fitbeing**, and install it.

· For Android phones, go to the Google Play.
· For iPhone, go to the App Store.

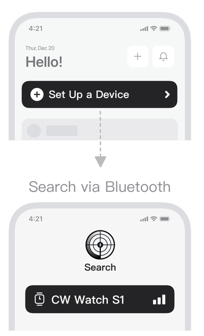
You can also scan the QR code on the left to quickly go to the **Fitbeing** app in the app store, and install it.

Step 2: Pair with the App

Open the Fitbeing app and select "**Set Up a Device**" on the home page. Follow the instructions to pair your "**CW Watch S1**" via Bluetooth. Then you can start using the watch.

Attentions:

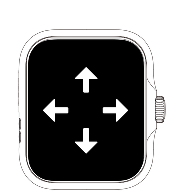
1. To prevent connection issues between the app and the watch, please do not pair directly within the Bluetooth device list in your phone's system settings.
2. To ensure successful pairing, please grant Fitbeing App permissions to access Bluetooth, Location, and Camera on your phone.



④ Get Started

Touchscreen Operation

Support full–screen touch (swipe, tap, touch and hold)



- Swipe up
- Swipe left
- Swipe right
- Swipe down

Digital Crown Operation

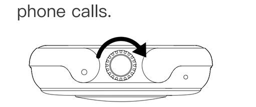
Press

1. Press the digital crown to wake up the screen.
2. Press the digital crown to enter the app center from the watch face screen.
3. Exit the app

Long press for 8 seconds to force restarting the watch.

Rotate

1. Toggle between screens or navigate through menus.
2. Adjust the volume of prompt tones and phone calls.



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Common Functions

Notification Center

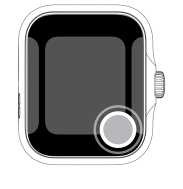
Swipe down on the watch face screen.

Control Center

To access the Control Center, swipe up on the watch face screen. Enable features like Silent Mode, Sleep Mode, Always–on Display, and adjust brightness and volume swiftly.

Tiles

To switch quickly between the Activity, Heart Rate, Sleep, Recently, Weather, or Workout tiles, swipe left or right on the watch face screen.



Change the Watch Face

To change the watch face, press and hold the screen for 1 second to access the watch face gallery.

Record Workouts

To start your workout recording, access the Workout app and select a specific workout.

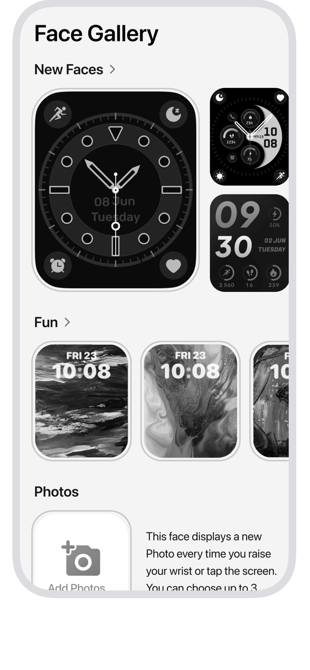
For outdoor workouts, wait in an open area until the GPS connects. The blinking icon "" shows it's acquiring a location fix and will stop blinking upon success.

Health Metrics Measurement

When wearing the watch, it automatically measures health data such as heart rate, sleep, stress, and activity. You can also view and track this data in the application.

Install New Watch Faces

In the Fitbeing app, navigate to the Face Gallery page to pick up your preferred watch face.



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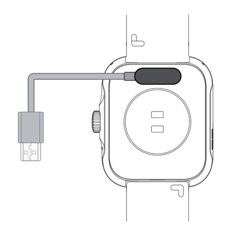
Charge the Watch

To charge the watch, connect the charging cable to a USB power source. Attach the other end to the charging contact on the back of the watch. The watch will display a charging icon while it is being charged.



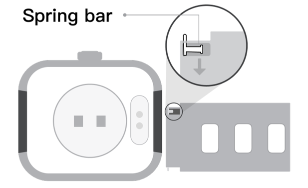
Note:

· Make sure the USB charging plug is at the same side as the crown.
· Ensure to use a standard USB power source with an output of 5V⎓1A or above.
· Prior to charging, ensure to clean the charging contacts of the watch to eliminate any lingering sweat or moisture.

Change the Band

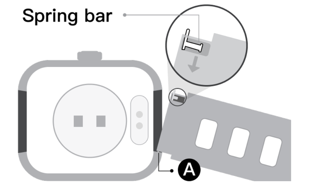
Remove band

1. Lift the spring bar from the groove.
2. Push and hold the spring bar.
3. Pull it out gently to remove the band.



Install band

1. Insert the metal pin at position "A" in the hole.
2. Push and hold the spring bar.
3. Press the band into the body and release the spring bar.
4. Pull the watch band to confirm the firm installation.



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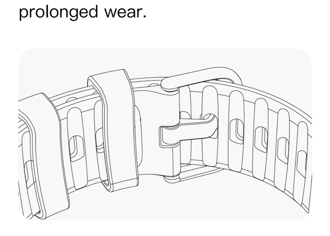
Wear and Care

- It is advised to remove the watch for approximately one hour daily. If you experience discomfort or irritation like redness, tingling, or a burning sensation, take off the watch and rest your wrist.
- To maintain hygiene, regularly clean your watch and wrist, particularly after workouts and sweating. Avoid using hand soap, shower gel, dishwashing liquid, or cleaning wipes as they can cause skin irritation. Instead, use mild soap and fresh water to clean the band.

Design for Comfortable Wearing

The inner sweat grooves of the band are specifically designed to minimize skin irritation resulting from sweat, moisture, and prolonged wear.



Key Specifications

Product Name	Smart Watch
Display	1.78 inch AMOLED
Resolution	368 × 448
Battery Capacity	350 mAh
Wireless Connection	Bluetooth 5.3
Water resistance garde	IP68
Satellite positioning	GPS L1＋BDS
Body Dimension	45.9mm × 38.5mm × 12.4mm
Working Temperature	0˚C ~ 50˚C
Compatible Operating Systems	iOS 12.0 and above, Android 7.0 and above

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Precautions

· Do not replace the built–in battery yourself as it may pose a safety risk.
· Avoid forcibly opening the watch case, as it may cause short circuits and overheating.
· Keep the watch away from environments exceeding 60℃ to prevent battery leakage or explosion.
· While the product complies with IP68 waterproof standards, it is not recommended for activities such as bathing, diving, or water skiing that involve high temperatures, steam, or rapid water flow.
Note that the waterproof performance may be compromised if the product structure is damaged.
· Be aware that firmware upgrades can lead to interface and usage changes. For detailed information, please refer to the product's upgrade instructions.

Help and Guide

Frequently Asked Questions

If you encounter any problems while using the product, you can access the "Profile → Help & Support" section in the Fitbeing app for assistance.

Scan the QR code on the right to access or visit help.fitbeing.net for assistance.

Product Manual

You can find the complete product manual in Fitbeing app at "Profile → User Guide".

Scan the QR code on the right to access it, or visit help.fitbeing.net to browse.

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