**Maintenance**

- Regularly clean your wrist and the fitness tracker, especially after sweating in the exercise or being exposed to substances such as soap or detergent which may attach on the internal side of the tracker.

- Do NOT wash the fitness tracker with household cleanser. Please use soapless detergent, rinse thoroughly and wipe with a piece of soft towel or napkin.

- While the fitness tracker is water resistant, it's not good for your skin to wear a wet band. If your bands get wet - like after sweating or showering - clean and dry them thoroughly before putting them back on your wrist.

- Be sure your skin is dry before you put your bands back on.

Inspiratek

FITNESS TRACKER

USER MANUAL
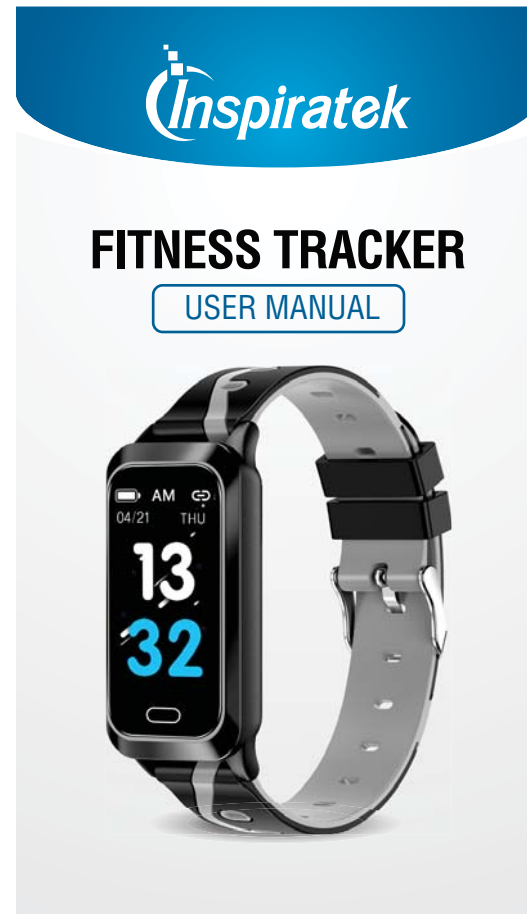
IMPORTANT WARRANTY INFORMATION

We are happy to offer a Lifetime Warranty to all of our devices. Please simply **SCAN THE CODE** to below with your phone to join our VIP LIST and activate your warranty as well as receive a **30% COUPON CODE** for any of our products in our entire selection.

NEED HELP??

Contact us at **Inspiratek1@gmail.com**
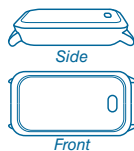We reply to all inquiries within 24 hours.
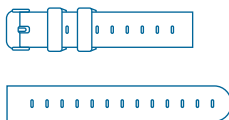

Getting to Know Your Device

Color Display Screen

Touch Key

Fastening Straps

Charging Pins

Heart Rate and Blood Pressure Sensor

Assembly

Tracker Body

Side

Front

Tracker Bands

1

Insert pin into tracker body slot

2

Push down on the metal sliding tab and hold

3

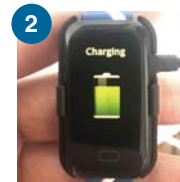Align the 2nd pin and release the metal sliding tab to fasten

Charging and First Use

Please charge your new device for at least 10 minutes to have it activated before initial use.

How to Charge

1

Align the pins of the charging clamp with the 2 metal charging pieces on the back of the device body.

2

You will see the green charging display on the screen. The device is successfully charging!

Compatibility with Smart Phone

IOS 8.0 & above

Android 5.1 & above

Bluetooth 4.0 & above

Download App

Power on fitness tracker device by pressing and holding the Touch Key for 5 seconds
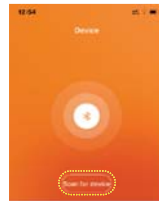
2 Options for Download

Options 1: Scan the QR code with mobile phone camera to download and install

Tip: In case of problems when opening the link, copy the link and open it in a browser

Option 2: Search for "JYouPro" in App Store for IOS or in Google Play Store for Android
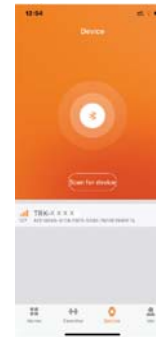
Pair the Device to Phone

1. Enable Bluetooth on your phone before connecting the device.

2. Open **"JYouPro"** on your smartphone and tap on "**Device**" -> "**Scan for Device**"

3. Select on the ID in the form of "**TRK-XXXX'**" to connect device to smartphone

Note: For IOS system, there will be Bluetooth Pairing Request and you can click Bluetooth "Pairing" to confirm. For Android, you can connect directly.

Connection Status

You can verify the connection of the device in the upper left corner

**1.** When the icon shows as shown below, this indicates that the phone is NOT connected to the bracelet

2. When the icon flashes as shown below, this indicates the mobile phone APP has been disconnected from the wristband, and the APP connection bracelet needs to be opened.
Note: Do not be alarmed if you see this status, the fitness tracker device is still able to function properly and track results. You will simply need to open the APP to push the results to the APP.

3. When the icon is shown as below and not flashing, this indicates that the mobile phone APP is successfully connected to the bracelet.
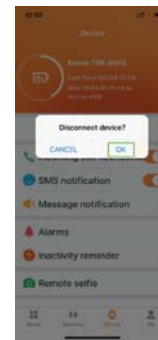

Disconnect the Device from Phone
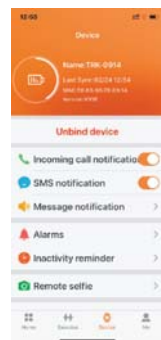
1. For Android, we can disconnect the device from the phone by clicking on the "**Unbind Device**."

For some Android models, after it is unbound it may be necessary to click
Settings ->
Connections ->
Bluetooth ->
Find the Device ID ->
'**Forget**' or '**Unpair**'

2. For IOS, we can disconnect the device from the phone by clicking on the "**Unbind Device**."

After it is disconnected, you may need to click
Settings ->
Bluetooth ->
Find the Device ID ->
Forget the Device

Touch Key

After the first successful connection, the main screen will be shown.

To navigate through the various functions, please use the touch key.

Note: You can customize the main screen as described in the Functions Introduction section later in the manual.

Note: The display panel is a non-touch screen, please use the touch key to choose different functions.

Main Functions Overview

Click the touch key to toggle between each function
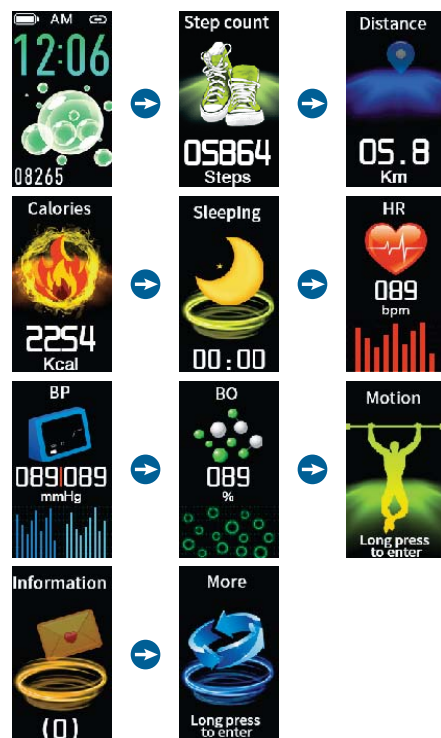
Functions Introduction

1. Main Screen
Time, date, battery status and Bluetooth connection status are shown and are synchronized when bracelet and APP are connected.
Press and hold the touch key for 3 seconds on Main Screen to switch between the 5 available display styles.
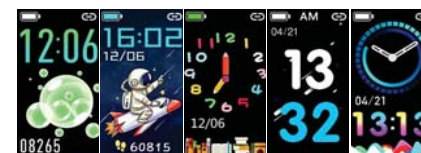
2. Activity and Step Mode

The step-counting interface shows the number of steps, walking distance and consumed calories automatically when the user is walking with arms swinging.
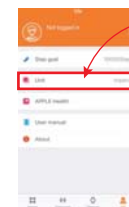
Note: If needing to change between KM and MILES, go to the **APP** ->
ME ->
Unit ->
Choose your Preference
(Metric = KM, Imperial = Miles)

3. Sleep monitoring

The bracelet can automatically determine when a user is sleeping and shows a summary of sleep time for the previous night.

Further information to monitor sleep quality such as Deep Sleep, Light Sleep and Awake times can be viewed in the APP.

4. Heart Rate Monitoring
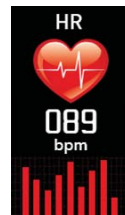
Click the touch area to switch to the heart rate monitoring interface, supporting real-time dynamic heart rate. Wait around 10 seconds for the real-time heart rate to display.

.

Tips for Accurate Heart Rate Measurement

- The heart rate sensor should be in direct contact with the skin and placed approximately 2 cm away from the wrist joint. If the bracelet is worn too loosely, it can result in inaccurate measurements.
- Although the real-time heart rate can be obtained during activity such as walking or running, for the most accurate results the user should not move the wrist during measurement.
- Be sure that there is no dirt at the bottom of the heart rate sensor when conduct measurement. Hair, tattoo and scars may affect the accuracy of the measuring results.

- *Note: In the heart rate monitoring mode, the working time of bracelet is reduced. Don't look steadily at the green light sensor, as this may cause eye irritation.*

5. Blood pressure

Click the touch area to switch to the blood pressure monitoring interface. Wait around 20 seconds for the result to display

Tips for Accurate Blood Pressure Measurement:

- Measure blood pressure in a quiet environment and a comfortable temperature.
- Rest for at least 5 minutes before measuring and avoid nervous, anxious or exciting feelings.
- Measure three times repeatedly at an interval of 2 minutes. Record the average value of readings measured three times.

6. Blood oxygen

Click the touch area to switch to the Blood Oxygen interface. Wait around 25 seconds for the Blood Oxygen level to display.

Blood oxygen saturation (SpO2) is the percentage of the amount of Oxyhemoglobin (HbO2) which has been oxygenated in the blood and the total amount of hemoglobin (Hb, hemoglobin)

which can be oxygenated. It means the concentration of oxygen in blood.

Note: The heart rate, blood pressure and blood oxygen data are for reference only and should not be used for medical purposes.

7. Sports Mode

Click the touch area to switch to the Sports interface. Press and hold the touch key for 3 seconds on the Sports interface to change into the Sports Selection mode.

Choose between 4 modes: Running, Mountaineer (Climbing), Swim and Riding.

Running	Mountaineer	Swim	Riding
00000 steps	000 bpm	000 bpm	000 次/分
0000 kcal	0000 kcal	0000 kcal	0000 千卡
00:00:00	00:00:00	00:00:00	00:00:00

To begin to record Sports activity, press and hold the touch key for 3 seconds. In order to end a Sports activity, press and hold the touch key again for 3 seconds.

.

8. Message

Click the touch area to switch to the Messages interface.
Press and hold the touch key for 3 seconds to access the message content; click the touch key to switch to next piece of content.
To adjust message notification settings go the App ->Device -> Message Notification

Note: At most 7 messages can be saved. When there are more than 7 messages received, only the most recent messages will be shown.

9. More

Press and hold the touch key for 3 seconds on the More interface to access the following functions:

9.1 Find Mobile Phone
9.2 Stopwatch
9.3 Brightness
9.4 QR code
9.5 Power Off
9.6 Reset

9.1 Stop Watch

When on the Stopwatch display, press and hold the touch key for 3 seconds to access the stopwatch function. Click the touch area to start timing, and click the area again for suspending timing. Press and hold the touch key for 3 seconds to quit the stopwatch function.

Find phones

Looking for

9.2 Find Mobile Phone

Shake the bracelet or press and hold the touch key for 3 seconds.

The mobile phone will either vibrate or ring synchronically depending on the phone settings.

Shut down

9.3 Power Off

Press and hold the touch key for 3 seconds on the Power Off interface to shut down. In the shutdown interface long press the touch area for more than 3 seconds to shut down the device. The MAC address is used to identify the bracelet and connect to the mobile phone.

Restore

9.4 Reset

Press and hold the touch key for 3 seconds on the Reset Interface to restore the device to the default factory settings.

Frequently Asked Questions

Failed to find the device when pairing

1. Check the bracelet is energized or not.
   Make sure the bracelet within 1 foot of the mobile phone

2. Make sure the "JYouPro" APP is trusted by your smartphone by going to your smartphone system Settings, finding "JYouPro" APP and enabling the Location and all Notifications. (Specific setting methods may vary according to different smartphones)

3. If you are still unable to connect the bracelet by the above operations, try switching off and on the mobile phone Bluetooth setting or restart the mobile phone.

   Note: For iOS smartphones, if you failed to find "TRK-XXXX'" in the APP, take the following steps:
   - *Go to your smartphone "Settings"->"Bluetooth". Under "MY DEVICES", find "TRK-XXXX', tap on the 'I' circle -> "Forget This Device" and turn off Bluetooth*
   - *Reboot smartphone and open the "JYouPro" APP. When asked whether to turn on the Bluetooth switch, click OK to search and connect your device.*

The Bluetooth connecting icon blinking all the time

Launch APP again to connect successfully to the bracelet, and the Bluetooth icon should be displayed normally.

Can this be worn in the shower or exposed to water?

The bracelet is rated as IP67 Waterproof and can be safely worn in water up to 1 meter deep for up to 30 minutes.

There is no vibration of the bracelet to remind me after setting the notification of incoming call

1. Make sure the mobile phone Bluetooth setting is switched ON and the bracelet is connected
2. Make sure the "JYouPro" APP is running (or backstage running) for Android and IOS systems. *Note: Certain software such as FLY memory cleaner and some other keeper software may clean or intercept tasks. Please add 'JYouPro' APP to the white list.*

Failed to measure heart rate

1. Make sure the wrist band is sitting neatly on your wrist before use and approximately 2 cm away from your wrist joint.
2. Sit as still as possible and don't wave arms during measurement.
3. Wait around 10 seconds for the result to display properly.

The bracelet automatically disconnects from Bluetooth when the Android screen turns off

1. Try to lock the App to the Background. When the 'JYouPro' process is cleared, the smart bracelet will be disconnected from the phone.
2. Set APP self-startup.

3. Unrestricted Background operation, with App installed on Android mobile phone, the background operation is restricted intelligently by default. App should be set manually without any restrictions.

> **Note: For more common questions, please refer to the FAQ section in the 'JYouPro APP by going to the APP -> Me -> User Manual -> FAQ**

STILL NEED HELP??

Contact us directly at **Inspiratek1@gmail.com**
We reply to all inquiries within 24 hours.

Safety and Warranty

Important Safety Instructions

- The Device contains electrical equipment that may cause injury if not used properly. For example, prolonged contact may contribute to skin allergies for some users. To reduce irritation, please read the safety guidelines on the following pages to ensure proper use and care.

- Do not expose your device to liquid, moisture, humidity or rain while charging; do not charge your device when it is wet as it may result in electric shock and injury.

- Keep your device clean and dry. Do not use abrasive cleaners to clean your device.

- Consult your doctor before use if you have any preexisting conditions that might be affected by using this device.

- Don't wear it too tight. If your device feels hot or warm, or if it causes any skin irritation or discomfort, please discontinue using your device and consult your doctor.

- Do not expose your fitness tracker to extremely high or low temperature.

- Do not expose your fitness tracker to extremely high or low temperature.

- Do not leave your fitness tracker near open flames such as cooking stoves, candles, or fireplaces.

- This product is NOT a toy - never allow children or pet to play with this product. Always store the product out of reach from children. The devices themselves or the many small parts they contain may cause choking if indgested.

- Never try to abuse, crush, open, repair or disassemble this device. Doing so will void the warranty and can result in a safety hazard.

- If any parts of your product require replacement for any reason, including normal wear and tear breakage, please contact us.

- Do not use your device in a sauna or steam room.

- Do not bring your device into contact with any sharp objects, as this could cause scratches and damages.

- For light colored arm bands, minimize direct contact with dark - colored clothing, as color transfer could occur.

- Dispose of this device, the device's battery and its package in accordance with local regulations.

- Don't check any notifications, GPS, or any information on your device's display while driving or in other situations where distractions could cause injury or hazardous. Always be aware of your surroundings while exercising.

Battery Warnings

A lithium-ion battery is used in this device. If these guidelines are not followed, batteries may experience a shortened life span or may cause fire, chemical burn, electrolyte leak, and/or injury.

- Do NOT disassemble, modify, remanufacture, puncture or damage the device or batteries.
- Do NOT remove or attempt to remove the non-user-replaceable battery.
- Do NOT expose the device or batteries to fire, explosion, or other hazard.

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using heart rate monitor.

- The optical wrist heart rate monitor emits green light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.

- Always consult your physician before beginning or modifying any excercise program.

- The device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.

- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.

- While the optical wrist heart rate monitor technology typically provides the best estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.

- The activity tracker relies on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data.

- If you have eczema, allergies or asthma, you may be more likely to experience a skin irritation or allergy from a wearable device.

- Whether you have the conditions above or not, if you start to experience any discomfort or skin irritation on your wrist, remove your device. If symptoms persist longer than 2-3 days of not using your device, contact your doctor.

- If you sweat for more than two hours while wearing your fitness tracker, be sure to clean and dry your band and your wrist to avoid skin irritation.

- Prolonged rubbing and pressure may irritate the skin, so give your wrist a break by removing the band for an hour after extended wear.

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for
compliance could void the user's
authority to operate the equipment. This equipment has been tested and found to comply
with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules.
These limits are designed to provide reasonable
protection against harmful interference in a residential installation. This equipment
generates uses and can radiate radio frequency energy and, if
not installed and used in accordance with the instructions, may cause
harmful interference to radio communications. However, there is no guarantee that interfer
ence will not occur in a particular installation. If this equipment does cause harmful
interference to radio or television reception,
which can be determined by turning the equipment off and on, the user is encouraged to tr
y to correct the interference by one or more of the following measures:

－ － 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 rece
iver is connected.
－ － Consult the dealer or an experienced radio/TV technician for help.

This device complies with part 15 of the FCC Rules. Operation is subject to the fol
lowing two conditions: (1) This device may not cause harmful interference, and
(2) this device must accept any interference received, including
interference that may cause undesired operation.