

FUNCTIONS

- Pedometer
- Sleep
- Sync Time
- Sedentary Notice
- Call Notice
- Message Notice
- E-Mail Notice
- Event Notice
- Find
- Camera
- Safety Range Notice
- SOS
- Vibration
- Low power indicator
- 50M Water Resistant
- Battery(CR2032)

BUTTONS

The operation of buttons are indicated by using the letters shown in the illustration.

A-- Adjust (Turn ON/OFF The Bluetooth)
B-- Setting (Turn ON/OFF The Pedometer)

APP INSTALL

APP Install For Android System

- Use mobile phone log in https://play.google.com/store/searching on google play, find "Youngswatch" APP, then follow the instructions to install to your mobile phone. If you mobile phone already installed "360 assistant" you can directly search "Youngswatch", then you can install the APP prompt.
- To install the "Youngswatch" APP, in the following steps:
 - Click Youngs watch apk
 - Click next
 - Click install
 - Click done
 - Click confirm
 - Installing...

APP Install For iOS System

3. Click finish back to phone desktop, after finished the APP installation, first time.
- Searching on APP store and find "Youngswatch" APP then follow instructions to install to you phone.

APP PAIRING

1. Firstly turn on the phone's bluetooth function.
2. Enter into APP search screen follow the steps as below:
 - Click the icon Youngs watch on phone desktop
 - Click here
 - Click start
 - Click done
 - Click confirm
 - Installing...

System Requirements For Mobile Phone

- Bluetooth version: BLE4.0 or above.
- Android system: Samsung mobile phone android version 4.3 above (such as : Note4, Note5, Galaxy S5, Galaxy S6 and others), other brand mobile phone reference to use.
- iPhone system: iOS 7.0 or above of iPhone 5/Ss/6/6s...

NAVIGATION KEY MANUAL

- Chart A --- Interface for time setting, controlling camera thru BT, watch locator & other functions.
- Chart B --- For browsing sports data.
- Chart C --- For browsing setting color in the APP main menu (press any key to illuminate the LED).
- Chart D --- For changing sports parameters & setting the sleep monitoring & sedentary reminder.

SPORT

The sports data interface, the user can browse the intraday steps, distance, calories consumption and time.

SLEEP

The sleeping data interface, the user can browse intraday deep sleep time, shallow sleep time, sleep quality and other data for a single sleep time less than 2 hours, no sleep statistical data will be recorded.

The sport parameter setting

The sport parameter setting (Taking height setting as an example).

Setting up sleep monitor

The operation to set the height is the same as setting the sleeping time on and off (see Page11).

Setting up sedentary reminder

When the watch sedentary reminder setting is "ON", the watch will remind user.

NOTICE

Call Notice

When there is an incoming call, the watch will out alarm sound ("BIBI") and/or vibrate to remind user, pressing any button will reject the call.

Message Notice

When having new E-mail message on phone, the watch will out alarm sound ("BIBIBIBI") and/or vibrate to remind user, press any button to stop it.

E-mail Notice

When having new E-mail on phone, the watch will out alarm sound ("BIBIBIBI") and/or vibrate to remind user, press any button to stop it.

Event Notice

After Youngswatch APP event setup, when the event time is up, the watch will out alarm sound ("BIBIBIBI") and/or vibrate to remind user, press any button to stop it.

Hands Instructions Of The Notice

SYNC TIME

1. In the APP main menu state, click the icon to enter bluetooth time calibration menu.

SOS

SOS Setting

1. In the APP main menu state, click the icon to enter setting menu.

SOS Use

1. In the timekeeping mode, press and hold "A", "B" after 2s to activate the SOS function.

Find

The Mobile Phone Find Watch

In the APP main menu state, click the icon to perform the mobile phone find watch function, the watch will alarm (BI sound) and/or vibrate to remind user.

The Watch Find Mobile Phone

The watch and mobile phone are in normal connection state (BLE on state), press and hold key "B" for 2s to perform the mobile phone find watch function, it will alarm and/or vibrate to remind user.

CAMERA

- In the App main menu state, click the icon to enter picture taking screen.
- Align the camera through the phone screen to take photo.
- Press and hold "B" after 2s to perform remote photo shooting function.

SAFE RANGE REMIND

Setting safe range remind

- In the APP main menu state, click the icon to enter setting menu.
- In the setting menu state, click the "Alert for Anti-Lost" icon, the watch safe range remind function will turn on/off.

POWER SAVING

PS FUNCTION

The mobile phone and watch are in normal connection state, if no power saving mode, the mobile phone and watch will automatically enter to power saving mode.

Wake up PS

When watch is in PS mode, the watch will automatically wake up if an activity happens within 1 minute (the watch will automatically re-connect with mobile phone).

RE-CONNECT

The watch will automatically re-connect with mobile phone after PS wake up (See page21).

The watch will automatically re-connect with mobile phone after 1 minute, it will automatically re-connect with mobile phone (See page20).

The watch and mobile phone are in normal connection state, if short time disconnections will be encountered (maybe caused by environmental interference or other causes), this does not mean that there is something wrong with the watch, after a few seconds the watch will automatically re-connect with mobile phone.

MODE SELECTION

- HANDS CALIBRATION**
 - The hands will stop running when the watch reset or replace the battery, the watch has already enter hands calibration mode.
- TIMEKEEPING**
 - Time setting.
 - Three hands: Hour, Minutes, Seconds.
 - Turn on/off the watch pedometer function.
 - Turn on/off the watch pedometer function.
- APP HANDS CALIBRATION**
 - Users can use the APP to hands calibration.
- Notice Type And Alarm**
 - User can setting the notice type and alarm of the watch by APP.

HANDS CALIBRATION

Fast Adjust

- In the hands calibration mode, press and hold "A", "B" (after 2s) the second hand run at high speed.
- Press "A" or "B" to stop the second hand run.
- Press "B" to change running state (the second hand forward run or backward run).
- Press "A" or "B" to stop the second hand backward run at high speed.
- Press "A" or "B" to stop the second hand forward run at high speed.

TIMEKEEPING

Turn ON The BLE

In the BLE off state, press and hold "A" to turn on bluetooth function.

Turn OFF The Bluetooth

In the BLE on state, press and hold key "A" to turn off bluetooth function.

PEDEOMETER

Turn ON/OFF The Pedometer

In the BLE off state, press "B" to turn on/off the pedometer.

The sport parameter setting

When the mobile phone and watch are in normal connection state, click APP "sync" button to browse the updated data (see Page6).

Recall Data

The watch can calculate the users' walking or running data automatically according to their moving steps (when users' steps are less than 128 steps/minute, the watch will record movement data by "walking status"; when users' steps are more than 128 steps/minute, the watch will record users' movement data by "running status").

Parameter Instructions

When the user reach the set target steps, the watch will beep for about 10 seconds, press any button to stop it.

Notice Type And Alarm

When the watch pedometer function is on, it will automatically record user's daily sport data (the watch sport data of maximum storage 7 days).

The pedometer automatically store a record for more than one minute walking when the date is updated. Please turn off the pedometer to save power if you do not use the pedometer.

HANDS CALIBRATION

Before use the APP hands calibration, please ensure the watch time and the mobile phone time are not the same after conduct "sync time" (see page16) function, when they are not the same, please conduct the hands calibration function.

- In the APP main menu state, click the button to enter setting menu;
- In the setting menu state, click "Notify and Alarm Setting" button.
- Adjust the time in compliance with time of hands, click Confirm;
- The watch will automatically adjust the time according to hands.

NOTICE TYPE AND ALARM

When the mobile phone and watch are already connected normally, user can setting the notice type and alarm of the watch by APP.

- In the APP main menu state, click the button to enter setting menu;
- In the setting menu state, click "Notify and Alarm Setting" button.
- User can set the notice type and alarm of the watch in the following operation sketch:
- Adjust the time in compliance with time of hands, click Confirm;
- The watch will automatically adjust the time according to hands.

TROUBLE SHOOTING

- When user is unable to connect bluetooth function, please follow the steps below to re-pair the watch and mobile phone.
- To enter mobile phone setting menu, check the bluetooth function is on or not;
- At mobile phone bluetooth menu state, un-pair "ALL" paired device;
- Click Youngs Watch APP, in the APP main menu state, click "setting" disconnection" to clear current connection;
- Please re-pair APP (See Page 5-7).

WARNING

Exercise may include some risk, especially for those who have been sedentary.

Minimising Possible Risks In Exercising

Before starting a regular exercise program you are recommended to agree to the following questions for health status checking, if the answer is YES to any of the questions, we recommend to consult a doctor before starting an exercise.

- Have you not exercised for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?

It is important to be sensitive to your body's reactions during exercise. If you feel unexpected pain or excessive fatigue when exercising, it is recommended to stop the exercise or continue at a lighter intensity.

Otherwise during the exercise, avoid walking slowly going along the brae up and down, walking in the crowded place, standing and sitting again and again, playing ball, up and down sporting without normal walking will affect normal step counting, it is not a sign of watch malfunction.

This watch belongs to the general sports and sleeping measurement level meter & does not necessarily replace precision measurement equipment.

The watch is already an electronic precise one for monitoring sports and sleeping, but due to possible user operation errors, external interference or failure factors, the results may become inaccurate which is only for users' reference and we also advise the watch to be used in conjunction with medical equipment.

DISPLAY

The screen shown in below:

ATTENTION

- Never try to open the case or remove its back cover.
- Do not operate buttons underwater.
- Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause corrosion of the metal parts of the watch.
- Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
- Avoid exposing the watch to extreme temperatures.
- Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
- Avoid to wear the watch in electromagnetic, static conditions.

FCC STATEMENT

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 interference 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 try 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 receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following 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.

Bluetooth SMART

Please scan the QR code and install the APP

USER'S MANUAL

(Bluetooth Smart Watch)

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