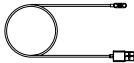


KALINCO[®]

Smart Watch User Manual

Model Number: CS201C

◆ Package Contents

CS201C Watch	USB Charging Cable	User Manual
		

◆ How to Operate

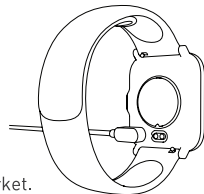
1. Charge Your Watch

Attach the magnetic charging cable included in the box to the back of the watch properly, then plug the charging cable into a USB port on the computer, charging dock or power bank for charging.

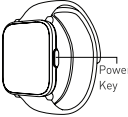
Input current: <0.3A
Input voltage: 5V DC
Charging time: about 2 hours

Note:

It is recommended to use a universal charger with a certification mark on the market.



2. Operate Your Watch

	Short Press	Long Press	
Power Key	1.Wake up the screen 2.Return to the previous menu 3.Continue the exercise	1.Power on 2.Power off 3.End/Pause the exercise	

Gesture instructions

Tap the screen	Confirm to use this feature/Enter the sub-interface
Swipe left /right	Switch screen horizontally
Swipe up /down	Scroll up and down the interface
Long press the home screen	Switch watch face

3. Turn On the Watch

Long press the power key to turn on your watch. If that fails, please fully charge the watch.

4. Download App

Please download and install the 'Zeroner Health Pro' App in the App Store on iOS and Google Play on Android. Or scan the QR code below to download the App.



Note:

The watch is compatible with iOS 10.0 & Android 5.0 or above, Bluetooth 5.0 or above.

5. Connect Your Watch

1. Please make sure that Bluetooth is turned on, then open the App, and allow all permissions.
2. Register an account and fill in personal information truthfully (height, weight, date of birth and step length).
3. Select device—watch, search for the device, select 'CS201C' to connect, and agree with Bluetooth pairing.

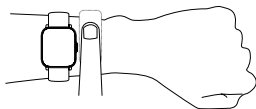
Note:

- (1) In order to connect the watch to the App successfully, you need to turn on the phone's Bluetooth. (Please do not connect the watch to the phone in the Bluetooth list directly).
- (2) For Android phones, you need to give the App permission to access your location, and turn on the location information function of the mobile phone system, otherwise the device may not be searched.

[3] The first time connect to the 'Zeroner Health Pro' App, the date and time on the phone will be synchronized to the watch automatically. All the date before connecting include steps, distance, calories will be cleared.

6. Wear Your Watch

1. In order to measure various values more accurately, please wear the watch one finger away from the wrist bone.
2. Please wear the watch close to your skin, and make sure that the watch will not slide up or down your wrist during exercise.

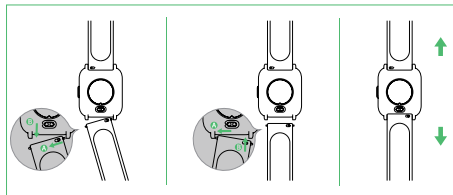


7. Replace the Strap

Please choose the strap with a width of 20mm if you want to replace it.

1. Remove the strap from the watch by sliding the snap lock on the strap.
2. Align the new strap with the watch and buckle the strap in.

3. Pull the strap lightly to make sure it is buckled in the watch.



◆ Main Features

1. Sports Modes

The watch has 18 sports modes: Run, Fast Walk, Pool Swim, Open Water, Climbing, Cycling, Aerobics, Basketball, Badminton, Soccer, Dance, Yoga, Rope - Jumping, Sit-Ups, Volleyball, Tennis, Table Tennis, Ice-Skating. You can select the sports mode on the watch and view more exercise data on the App.

2. Heart Rate Monitor

Built-in PPG heart rate sensor, coupled with HR algorithm, the watch can accurately monitor your heart rate when wearing.

1. The watch can monitor your 24-hour real-time heart rate, and you can turn on or off this function according to your needs.
2. You can set the upper and lower limit of heart rate in the 'Zeroner Health Pro' App. If your heart rate exceeds the set range during exercise, the watch will remind you automatically.
3. Heart rate data can be synchronized to Apple Health or Google Health.
4. Five heart rate zones display during exercise: all detailed data can be viewed after connecting and syncing the data to the App.

Note:

The light signal transmission might be blocked if your skin is too dark or with excessive hair; or improper wearing also may lead to failure of measurement.

3. Swimming Recorder

There are two swimming modes on the watch: free mode (Open Water) and pool mode (Pool Swim).

1. The watch can record swimming distance, SWOLF, stroke data, average pace and other data.
2. End exercise: Long press the right button to enter pause interface, then long press the right button to exit swimming.
3. Switch display data: Short press the right key to

switch the display data under swimming mode.

Note:

- (1) The watch is for swimming only, please do not wear the watch for diving.
- (2) The watch cannot monitor your heart rate during swimming.
- (3) Under the swimming mode, the touch screen function is automatically closed.
- (4) In the pool mode, please set the distance of the swimming pool correctly in order to calculate the distance more accurately. If the swimming lap is less than one lap, then the distance cannot be calculated.
- (5) Average SWOLF = number of strokes in one-way + seconds in one-way.

4. Sleep Monitor

The sleep monitoring time is from 8:00PM ~ 9:00AM. After the watch and the App are synchronized, the data can be viewed in the App.

Note:

1. Sleep monitoring stops recording data within 5-10 minutes after you wake up.
2. The watch does not record any daytime sleep data.

5. Message Notifications

When the phone receives a message, the watch will vibrate and display the message content, including phone calls, text messages, WhatsApp, etc.

Note:

iOS: (1) When your watch is connected with app, please accept the Bluetooth pairing request of the watch.

(2) Allow the watch to display notifications (If you select 'Don't Allow', you can set it in 'Settings'→'Bluetooth', click on your watch, and turn on 'Share System Notifications')

(3) If you want your watch to receive notifications, you need to allow the App to get notifications in your phone settings.

Android: (1) When the watch is connected with the App, select the 'device'- 'smart reminder', allowing the display of incoming call and SMS notifications.

(2) Select 'Add others application notification', select the App(Such as Facebook and Twitter) you want to receive the notification, and click 'Save'.

(3) If the phone notification bar does not display a certain App notification, the watch will not receive such notifications.

6. Change Dial

Open the App and select 'device'- 'Change Dial', you can select the system watch face, or click on 'custom' and choose a photo you like as the watch face.

7. Vibration Reminder

The Vibration mode and Cycles can be set in the App.

8. Formatting

You can change the time format, date format, unit of measurement and language in the App.

9. More Features

More practical functions: Alarm, Music control, Compass, Sedentary reminder, Easy camera, Palming gesture (raise the wrist to bright the screen), Screen off time, Do not disturb mode.

◆ More Information

1. Waterproof Instructions

Waterproof Level: 5ATM

The waterproof performance of this watch is not permanently effective and may degrade with the passage of time. You can use it in hand-washing, raining, and shallow water swimming, but not for hot showers,

diving, and surfing. The watch is not waterproof to sea water, acidic and alkaline solutions, chemical reagents and other corrosive liquids. If the watch is accidentally contaminated with such liquids, please wash it with clean water and wipe it clean. Damage caused by abuse or improper use is not covered by the warranty.

The following conditions may affect the water resistance of the watch, and should be avoided when using it:

1. The watch is dropped, bumped or subjected to other shocks.
2. The watch is exposed to soap water, shower gel, detergent, perfume, lotion, oil, etc.
3. Take hot baths, saunas and other high temperature and high humidity scenes.

2. Basic Specifications

Physical size:	40×35×8.5mm	Adjustable strap:	150mm-250mm
Screen size:	1.3 inch TFT color square display	Working temperature:	0-45 °C
Product weight:	about 26g	Resolution ratio:	240×240 pixels
Battery capacity:	170mAh Li-Polymer battery		
Battery life:	Battery life: 5-7 days (In the case of receiving 50 messages and 5 incoming calls, raising the wrist to turn on the screen 50 times; exercising for half an hour every day and with 24-hour automatic heart rate monitoring turned on)		

3. Firmware Upgrade

1. When the firmware needs to be upgraded, the App will prompt that there is a new firmware version. The user can enter the App and click the Firmware upgrade to upgrade.

Notes:

(1) The watch can be upgraded only if the battery level is above 50%.

(2) Keep the phone's screen on during the upgrade process, and exit the interface when it prompts that the upgrade is complete, otherwise the upgrade will fail.

2. Upgrade failed

If the upgrade fails, just wait for the watch to restart automatically, and then reconnect to the App to upgrade.

◆ Device Maintenance

1. Device Care

1. Avoid using sharp objects to clean the device.
2. Contact with organic solvents, chemical cleaning products or insect repellents may damage the plastic parts of the device.
3. After contact with chlorine, salt water, sunscreen oil, cosmetics, alcohol or other chemicals, please clean it thoroughly with clean water to avoid damage

to the device.

4. Avoid using the power key in water.
5. Avoid violent impact or rough use, so as not to reduce the life of the product.
6. Avoid prolonged exposure to extreme temperatures that are too cold or too hot to avoid permanent damage.
7. After each sweating training, please rinse the watch with clean water.

2. Clean Your Watch

1. Use a flannel cloth dipped in a neutral mild detergent to wipe gently.
2. Wait for the equipment to dry completely after cleaning.

Note:

When the device is charging, even a small amount of sweat or moisture may cause corrosion of the metal at the charging terminal, which will hinder data transmission and affect charging.

3. Keep Your Watch and Wrist Dry

Before you wear the watch, make sure your wrist is dry. After washing or sweating, dry it thoroughly before putting it back on your wrist.

◆ Product Safety Tips

1. The equipment, accessories, heart rate monitoring and related data are only used for exercise monitoring, not for medical purposes.
2. The heart rate readings are for reference only, and no responsibility is assumed for the consequences of any misinterpretation.
3. Do not expose the watch to heat sources or high-temperature environments, such as unattended cars under the scorching sun. To prevent damage, take the watch out of the car or place it in a place away from scorching sun.
5. If you want to leave the product for a long time, please place the watch within the temperature range specified in this manual.

More detailed questions can be answered with KALINCO customer service.

 www.kalinco.top

 US: us@kalinco.top EU: eu@kalinco.top