

User Guide

Fitness Tracker



B7 Pro

24h Real-time Heart Rate Monitor

Preparing for work



Touch the index button on the touchscreen.



Hold your finger on the touch button for 5 seconds until the fitness clock will turn on

The process of charging



Pull out the USB plug



Insert the USB plug to the laptop or USB-charging device



Charge until full battery
(up to 3 hours)

Installing Software

Scan QR code or search “Flagfit2.0” on App Store or Google Play



Android

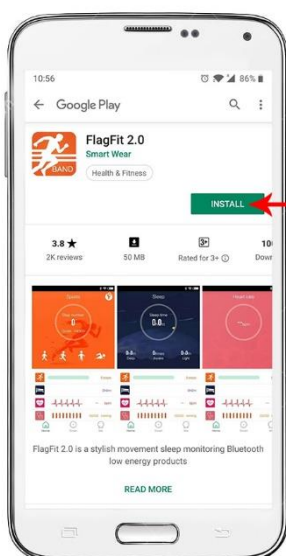


iOS

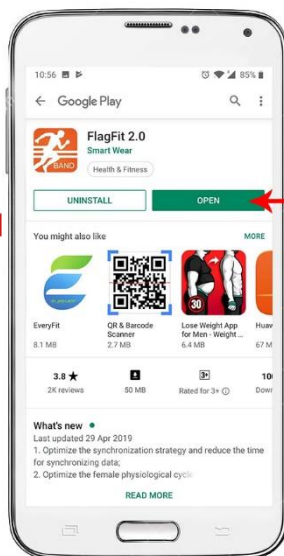
System requirements: IOS 8.0+;Android 4.4+ Smartphone with Bluetooth

Some rare types of smartphones may not support some of the functions like push-notifications or Caller ID display.

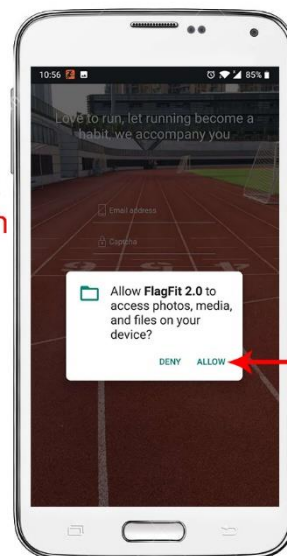
Installing software on your Android OS



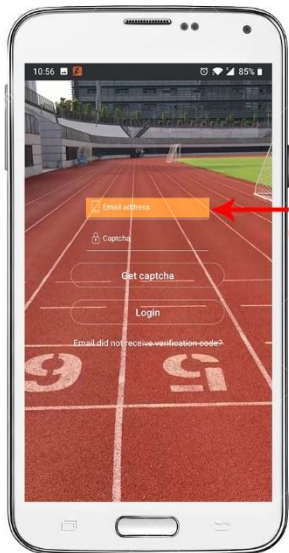
Click
install



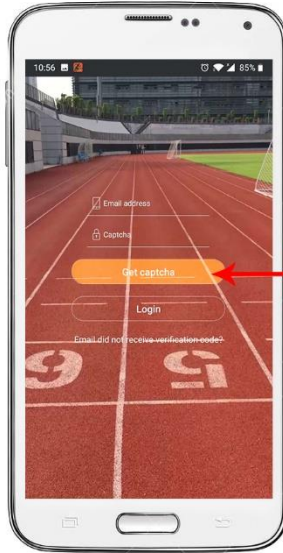
Click
Open



Click
Allow



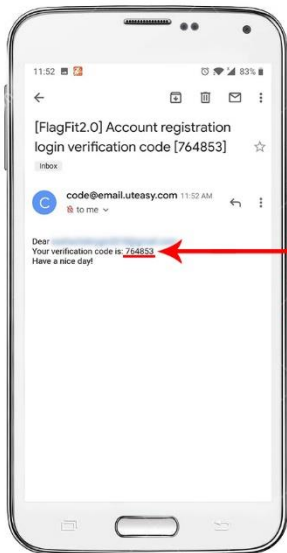
Enter your email



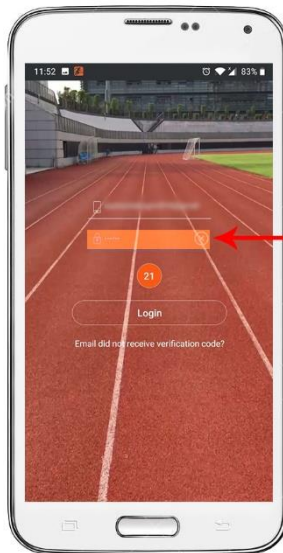
Press the button Get captcha



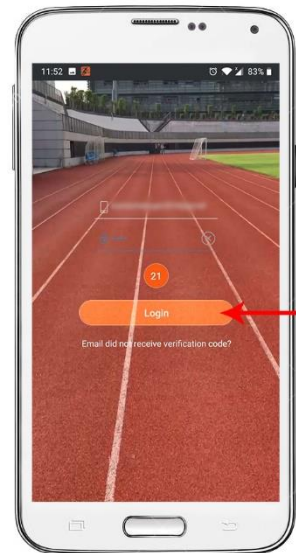
You will receive an email



Open the letter and copy the code.



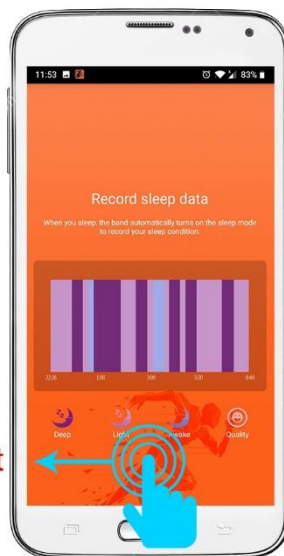
Paste the code into the second line.



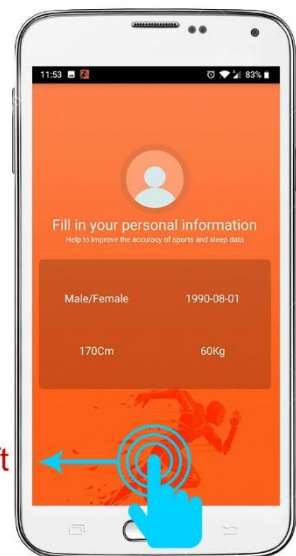
Click Login



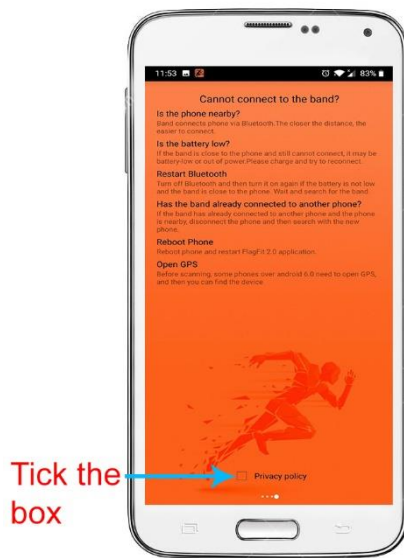
Swipe left



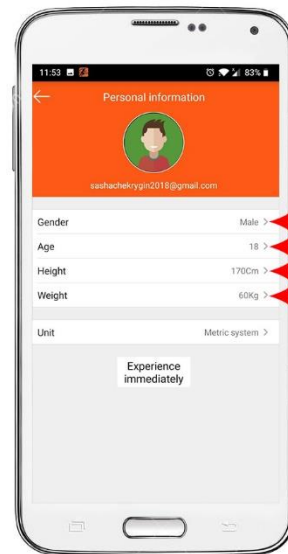
Swipe left



Swipe left



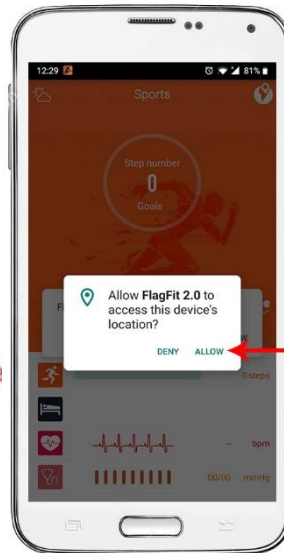
Swipe left



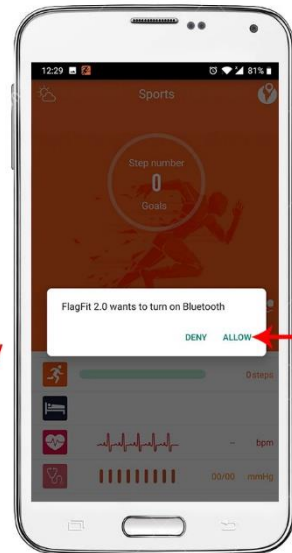
Enter your details
Enter your details
Enter your details
Enter your details



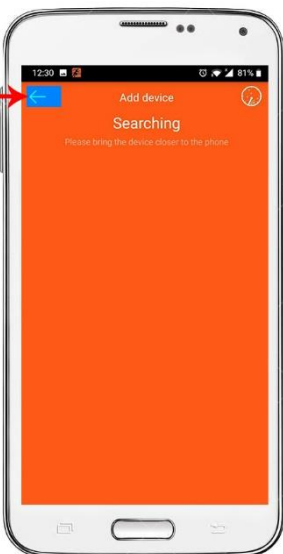
Enter Experience Immediately



Click Allow



Click Allow

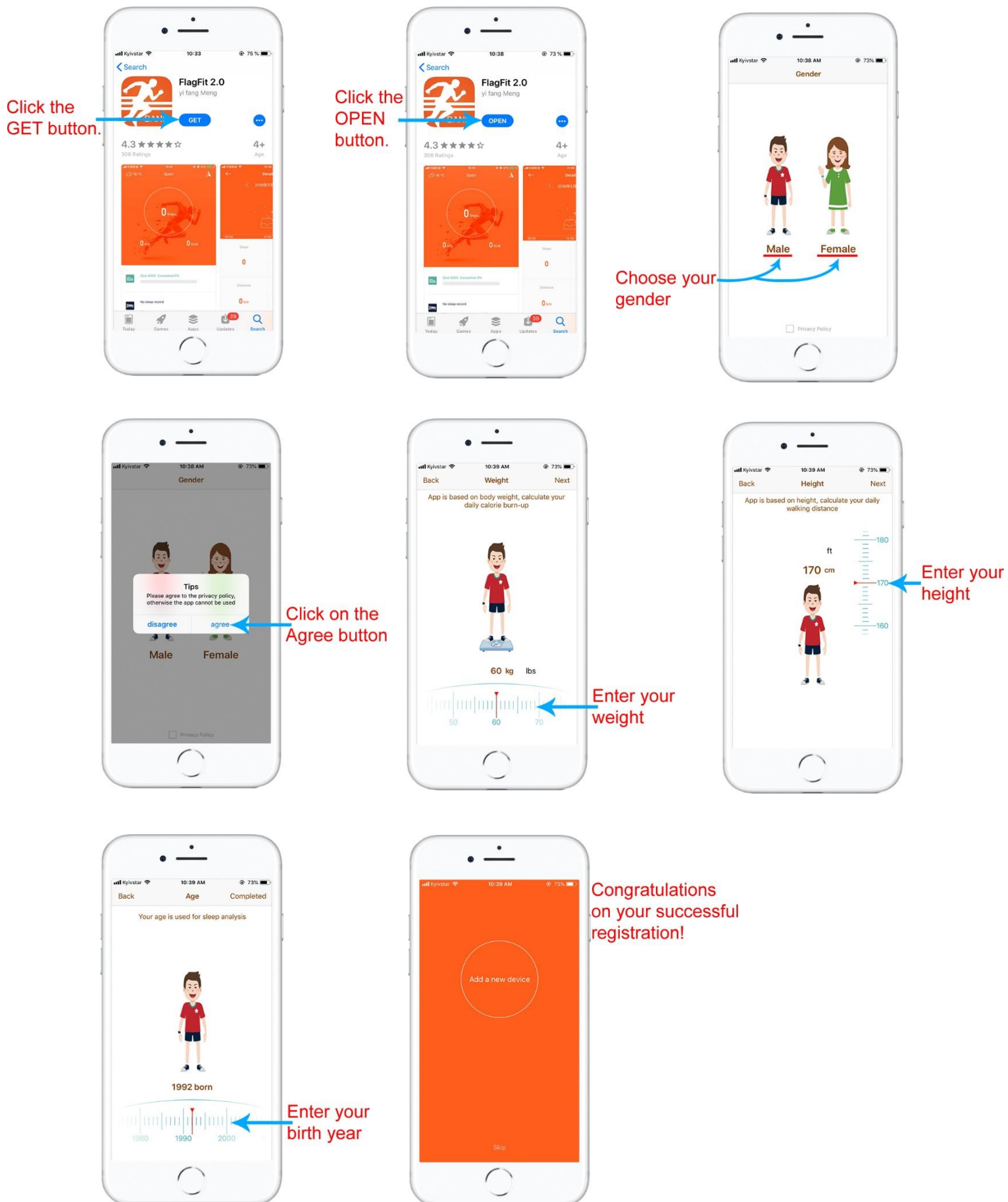


Click on the arrow



Congratulations!
You have registered

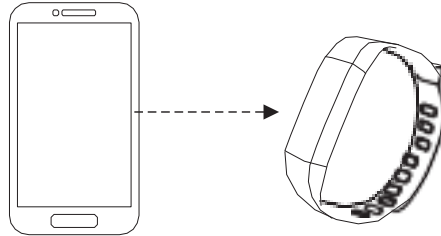
Installing software on iOS



Connection

Please turn on Bluetooth on your smartphone and make sure that the fitness bracelet is fully charged.

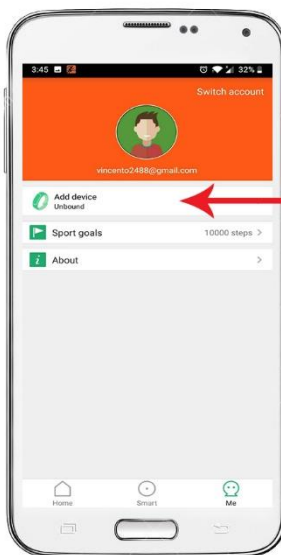
Put a fitness bracelet next to your smartphone.



Connecting on Android



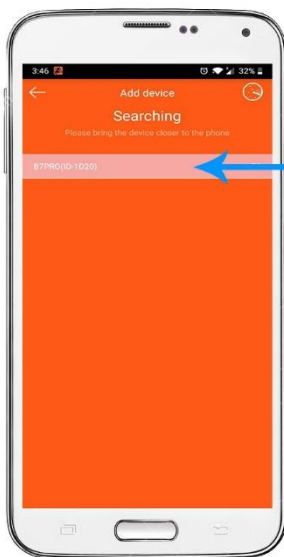
Click on the Me button



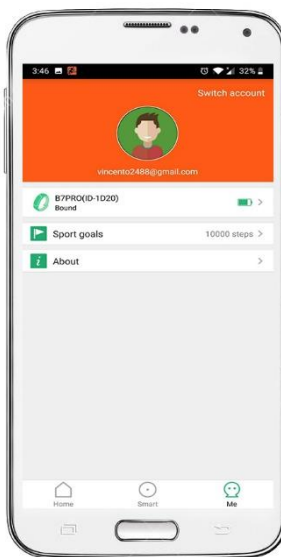
Click on the Add device button



Wait for device pairing



Click on the device name that appears.

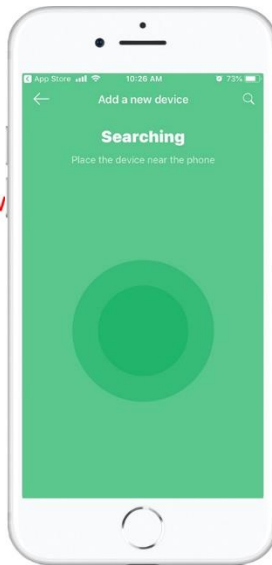


Congratulations!
You have successfully added a fitness watch!

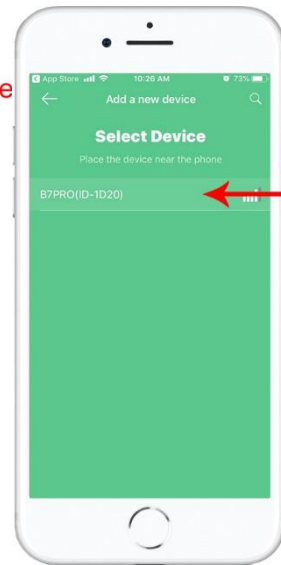
Connection on iOS



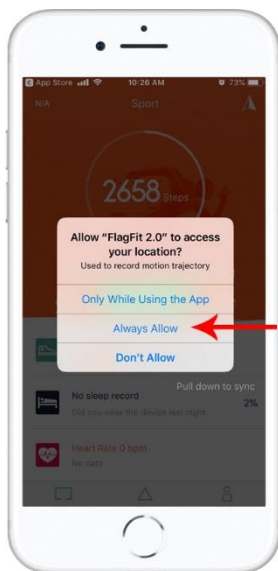
Click the Add New Device button



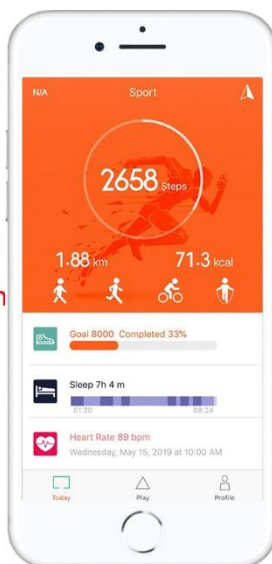
Wait for device pairing



Click on the device that appears.

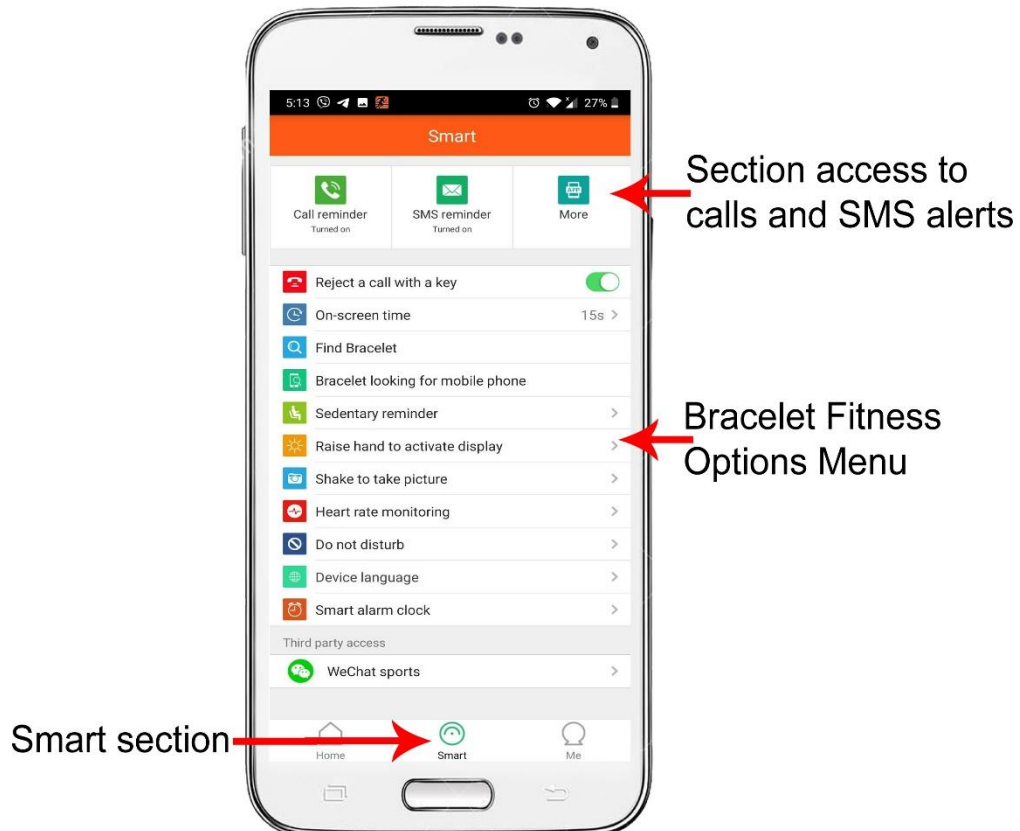


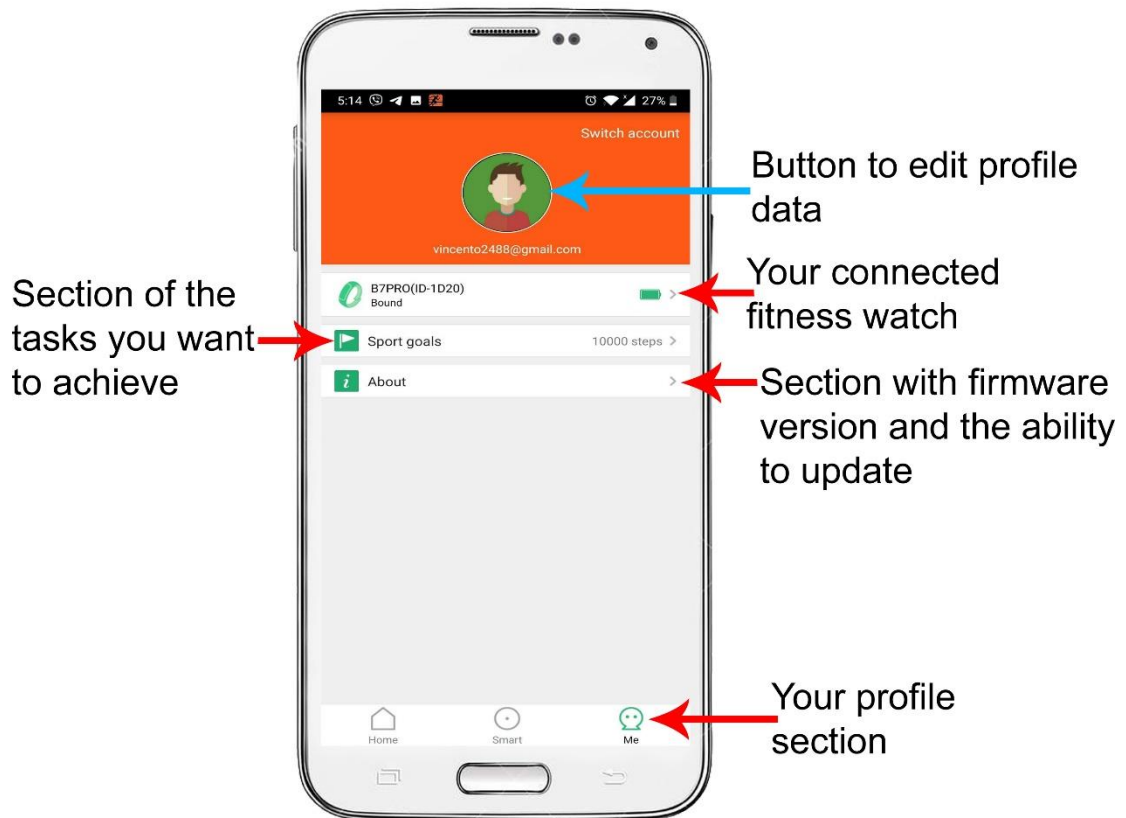
Click on the option Always Allow



Congratulations!
You have successfully added a fitness watch to your iPhone!

Software interface





Interface menu fitness hours





Call



SMS



QQ



Wechat



Clock



Sedentary

Call: It will show Caller ID or Caller number with vibration.

Long-press the touch button to hang-up the call.

SMS/Wechat/Skype/Facebok : It will vibrate and display it with icon.

Clock: There are 3 clocks available for setting up in the App. The device will vibrate to wake you up. Works even while disonnected.

Sedentary: Setup the sedentary notification time in the App. It also works while disconnected. If there are less than 30 steps in the setted time gap the device will vibrate to notify you.



Step



Distance



Calorie



Heart Rate Monitor



Message



More Functions

Step: Display with real-time step number.

When the user walks and the arm swings, the device records it as the walking step. The data would be different if you wear it on left or right hand.

Distance: Display real-time distance.

It calculates the distance walked based on total steps number and personal profile.

Calorie: Display real-time number of burned calories.

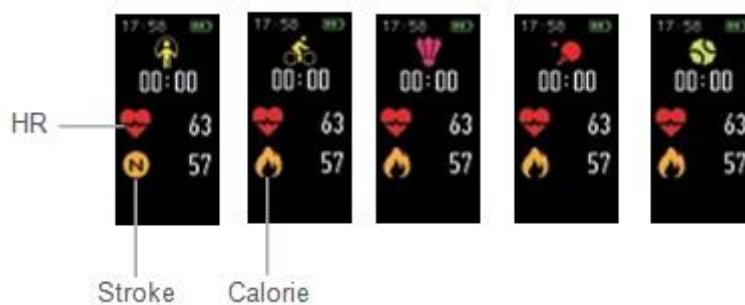
Heart Rate Monitor: It monitors real-time heart rate automatically. After putting on the bracelet, wait for a few seconds to get your real-time heart rate. If the device is connected with the App, the data will be saved in the App every 5 mins.

Message: Stay at Message page and long-press to read the new messages. Long-press to log out.

More Functions: Stay at Function page and long-press to enter those functions.



Sports: In the sports mode, Long-press to get different sport modes like Jump rope, Bike, Badminton, Table tennis, Tennis.



Find the phone: While connected to the phone, long-press this button, the connected phone will ring-up.

Reset: Long-press it to clear the data and restart the App

About: Long-press it to get BT MAC address

Power off: Long-press it to turn the device off.

- Please, avoid strong impact, extreme heat exposure to the device
- Do not disassemble, repair or modify this unit by yourself.
- Please use the A/C adapter (Not computer USB port) for charging before the first use. Please charge it once a week if it is idle.
- Do not throw it into the fire not to cause an explosion.
- When the bracelet is wet, dry it with a soft cloth before charging. Otherwise it will corrode the charging contact point and cause charging failure.
- Do not touch chemicals such as gasoline, cleaning solvents, propanol, alcohol, or insect repellents with bracelet.
- The device is 5V/500mA. Do not use this product in a high voltage, high magnetic environment.
- Please wipe off the sweat on your wrist in a timely manner. The strap may be exposed to soap, sweat, allergens or contaminants for a long time, which may cause skin irritation.
- If you use it regularly, it is recommended to clean it every week. Wipe it with a damp cloth and remove oil or dust with a mild soap.
- Don't wear a bracelet while taking a hot water shower.

Parameter

Device	24h HR Smart Band	Battery	Lithium polymer
Screen	TFT0.96Color Screen	Capacity	90mAh
Weight	22g	Pack list	<u>Device Manual</u>
Length	25.0cm	Strap	TPU Material