



Fitness Princess

FitLife

# Instructions



## Instructions for the first user

Please charge it first, and the bracelet will automatically start.

## Install APP

APP: **FitCloud**



Android

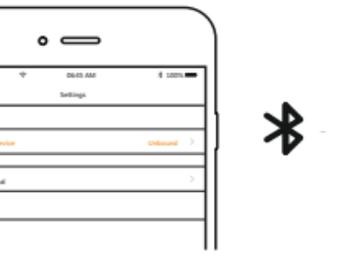
Android 4.4 and above, Bluetooth 4.0  
iPhone 4s and above, iOS 8.0 and above



iOS

## Band binding

First connection:  
a. Activate your Bluetooth on your smartphone.  
b. Check the device's name on the ID page to find the band more easily.  
c. Open the App → enter the settingspage → click on „Device“ to automatically search for the band → click on the name which has been found → succeed.



Searching device



Bind the device



Bind successfully

## Functions

- Time
- Steps
- Distance
- Calories
- Sleep monitoring
- Selfie Remote
- Idle alert
- On/Off (Long press to On or Off)
- Incoming call reminder (Can display name or the phone number)
- Message push of Facebook, WhatsApp, Line etc. and can also display message content
- Timer
- Find the phone
- Multi language
- OPTION:
- Heart Rate
- Blood pressure
- Blood Oxygen

## Main Function

Device type: Smart band  
Display type: OLED display  
Weight: 25.6 g  
Product length: 24.8 cm  
Band material: Silicone belt  
Waterproof grade: IP67

Battery capacity: 60 mAh  
Battery type: polymer lithium battery  
Working temperature: -10°C ~ 50°C  
Sync method: Bluetooth 4.0  
Packing list:  
• FitLife  
• Charging Cable  
• Quickstart

## Declaration

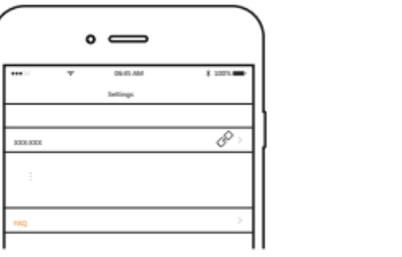
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## Attention

- 1.Do not puncture the device.
- 2.Do not expose the band to solvents such as benzine ,thinner.
- 3.Do not expose the band to strong magnetic field an electric field.
- 4.Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle.
- 5.Do not puncture or incinerate the device or battery.
- 6.Replaceable coin cell batteries may contain perchlorate material.Special handling may apply.

## FAQ

- 1.Can't find device when pairing device ?  
a.Please make sure the distance between phone and device is no more than 0.5m.  
b.Please make sure the device is not under low battery. if there is still problem after 1.5hours charging, please contact us.
- 2.Can't connect the device with app?  
Some smart phone Bluetooth service will be abnormal when reboot. Please reboot the smart phone for pairing device.
- 3.Why android mobile phone disconnect?  
Android mobile phone system memory management will be forced to turn off the background APP, you need to turn off the power saving mode or pull the APP into the system housekeeping green background inside, APP will not be forced to close. APP must be running in the background, Bluetooth will not automatically disconnect.
- 4.No incoming call or message notification?  
Please see the solutions of the APP into "setting" → " FAQ" to find how to solve this problem.



FAQ

## Blood Oxygen Tips

Oxygen saturation is the percentage of oxygen-bound oxyhemoglobin (HbO2) capacity vs total hemoglobin (Hb) combined capacity, that is the concentration of oxygen in the blood.

## Heart Rate Tips

- 1.Most people has the heart rate of about 60-120.
- 2.Most people resting heart rate is 60 to 90 beats / minute, the optimal heart rate is up to 70 beats / minute.
- 3.The heart rate of athletes and trained people is 40 to 60 beats / minute.
- 4.Heart rate is always been changing and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.
- 5.When doing Aerobic exercise to on effective and safe condition, people' s heart rate is 170, minus age, people should hold the heart rate between 108 to 144.

Please exercise regularly, proper diet, weight control, psychological adjustment, to make themselves more healthy and happy every day.

## Blood Pressure Tips

- 1.Systolic blood pressure, arterial blood delivered to the highest value when referred to as "high pressure" , the heart for the next time the lowest blood pressure value reserve dilate when blood is called "low-voltage" , are referred to as systolic and diastolic blood pressure.
- 2.Most people has the heart rate of 80 blood pressure (low pressure) to 120 (high pressure) around.
- 3.Within the normal range, blood pressure has differentiation of age, gender. Generally, the elderly have the higher blood pressure than the young, men have the higher blood pressure than the young, men have the high blood pressure than women.
- 4.Blood pressure is always been changing and after exercise, after eating, personal circumstances factors, good or bad mood, etc., are heart rate constantly changing factors.



Warning

Please follow medical advice, take measurement results as self-diagnosis and treatment basis is very dangerous. Users with blood circulation disorders, blood pressure disease please take the treatment under the guidance of a doctor, product measurements are for reference only, and not for any medical use basis.