CROSSBEATS

APEX
REGAL

USER MANUAL

Over view

Back side – Charging pin & Sensors

Power On

Long press on the upper button for 3 secs to turn on the Smartwatch.

Charging

Connect the back of the watch to the magnetic charger available in the box. Charge the watch completely before using.

App Installation

Scan the QR code with the mobile phone to download the App.

Connection

- Open app and set up your profile
- Click on 'Add Device' and select "**CB-REGAL**" from the list
- Pairing successful

Watch Operation instructions

Dial Page

Long press on the screen to enter the dial selection page, left or right stroke can switch the dial, confirm the dial after clicking.

Menu Page

Swipe right on the dial page to enter the menu page, once on the menu page, press the upper button twice to switch between the menu styles, single press to return to the main dial page.

Function Page

Tap the application icon on the menu page to access the corresponding function, swipe right to return and press the upper button alone to return to the main dial page.

Button and touch controls

Upper button
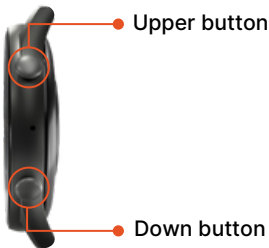
Down button

Upper button

- Press and hold the button for 5 seconds on the main dial screen to power off the watch
- Double click on the button in the menu screen to switch between different menu styles, click once to return to the main screen

Down button

- Press the button to enter the sleep
- state Long press the button bracelet to enter the sports interface

Swipe Up

Message
notification

Swipe left

Movement
data

Swipe right

Go to the
menu page

Swipe Down

Control center

Watch Functions

Alarm Clock

After the watch is connected to the App, you can set
a single alarm clock, a cycle alarm clock, and up to 5
alarm clocks in the App.

Stopwatch

Click on the Start button to start the timing, click the pause button to stop the timing, click the reset button to return the timing to zero. A maximum of 10 records can be saved.

Breath training

In breathing exercises, there is a choice between 1 minute and 2 minutes. Tap on the corresponding timing to start the breath training.

Blood Pressure

When entering the Blood Pressure measurement interface,the green light at the bottom will start the test and there will be a vibration reminder when the measurement is completed within 30 to 60 seconds. The measurement is based on PPG technology.

Female Menstrual

After the watch is connected to the App, women's health alert can be enabled on the app to view women's health information on the watch.

Heart Rate

Enter the heart rate test interface, the motor will vibrate once after "Start measurement" and "Stop", and the current measurement data will be displayed.

Blood Oxygen

When entering the interface of blood oxygen measurement, the red light at the bottom will start the test for 30 – 60 secs and there will be a vibration reminder when the measurement is completed. The measurement is based on PPG technology.

Spor ts

Sports mode options: Hiking, Running, Cycling, Mountaineering, Badminton, Yoga, Basketball, etc. Click on the icon to start the sport.

Weather Forecast

When the watch is connected to the app, the weather interface will display real-time weather temperature and weather type.

Notifications

After the watch is connected to the app, open the push of relevant information on the app, and the watch can receive the corresponding message push, and can save the latest 15 messages at most.

Setting

The settings function contains under screen display (switch dial, brightness, duration, brightness adjustment, wrist flip brightness duration), language, sound & vibration, menu style, battery, down button setting, time setting, QR code, system.

Music

When the watch is connected to the app, you can control the music player – play/pause the songs, adjust the volume and switch songs.

Sleep Monitoring

The watch displays total sleep duration as well as light and deep sleep duration on the previous night, and the sleep screen slides up to show sleep data generated in the last seven days.

Timer

In Timer function, the system preset the common timing duration. You can click the corresponding duration to start the timer or click on the custom button to set the time. Click the Start button to start the timing, click on Pause to pause the timing, click on reset to reset the timing to zero.

Time Setting

You can also manually set the time and date of the watch by enabling or disabling the 24-hour system on the time setting screen.

Movement Data

Display the number of steps, distance and calorie data recorded on that day. You can scroll up the data interface to view the number of steps in recent seven days, and set the target number of steps, distance and calorie in the app.

Bluetooth Call

When the watch is connected to the Bluetooth of the mobile phone, it can synchronize to the watch after adding the common contacts in the app. You can dial directly from the interface of the common contacts of the watch, or use the watch to dial and control the call of the mobile phone.

Find my Phone

After the watch is connected to the app, click to find the phone, the phone will ring and the watch will show that the search is successful. If the watch and the app is not connected, watch side will prompt show Bluetooth Disconnect.

Control Center

Features: screen brightness adjustment, do not disturb mode, language assistant, power saving mode, settings, system information, find phone, call Bluetooth switch.

CHARGING GUIDELINES
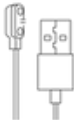
- Use only 10W adapters for charging your smart watch.
- Caution against using high-power mobile adapters (beyond 10W), as this may lead to charger faults.
- Using adapters with higher power ratings can result in malfunctions and reduce the lifespan of device and your chargers.
- Users can contact customer support for any further assistance or clarification on concerns related to charging and power adapters.

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