

I. Button operation & function instruction

1. Button operation

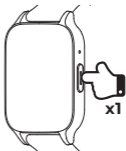
(1) Short press the button:

- ① When the screen is locked, short press the power button to unlock it.
- ② When on Home page, short press the power button to enter the function list.
- ③ When on other pages, short press the power button to return to the Home page.
- ④ When on Sports page, short press the power button to end sports.

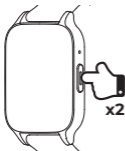
(2) Double-click the button:

When on function list page, double-click the power button to switch menu style.

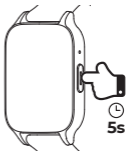
(3) Long press the button: Turn on/off the watch



Short press



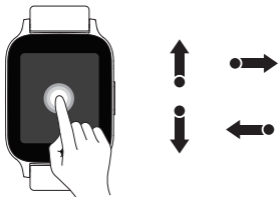
Double-click



Long press

2. Screen control

Supports full screen touch control, you can swipe up/down/left/right, or long press the screen.



Operation	Interface requirement	Function
Single click	Any page	Select, confirm
Long press	Home page	After long pressing for 2 seconds, swipe left/right to switch shortcut page
Swipe up	Home page	Check messages and notifications
Swipe down	Home page	Check shortcut menu
Swipe left	Home page	Check date, weather, APP QR code, recently used functions, etc.
Swipe right	Home page	Use shortcut functions, such as sports data, heart rate measurement, sleep data, etc. You can also customize the display of shortcut functions

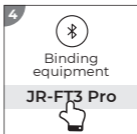
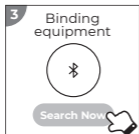
II. Downloading APP and pairing the watch

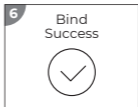
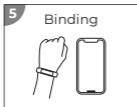
1. Scan the QR code below with your mobile phone to download the FitCloudPro APP, register an account and log in.



2. Note: The phone system is required to be Android 8.0 or iOS 12.0 or above.

3. Open the APP, select "Device→Add Peripheral Now→Search Now→Bind Success".





Successful bind icon:



4. After binding successfully, you can start to use all the functions of the watch, and the data generated by it can also be saved to the APP synchronously.

5. If you need to unbind the watch, please open the APP, and select "Device→Unbind".

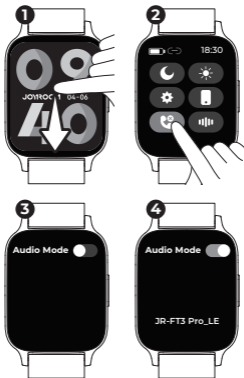
Notes: ① Please keep the phone's BT function on during use, otherwise the messages on the phone cannot be synchronized to the watch;

② Select "Device→Message Reminder→Enable Related APP Permissions" on the APP, then relevant messages will be synchronized to the watch, such as call reminders and message reminders.

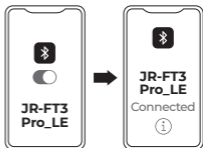
III. Wireless connection and pairing:

After binding with APP, data can be synchronized between the watch and the mobile phone. If you need to use the call and audio function of the watch, please enable "Audio Mode" on the watch, and connect it to your phone's BT. An audio protocol will be automatically established between the watch and the phone. Refer to the figure below for the connection method:

1. At the Home page: "Swipe Down → Call Icon → Audio Mode → Enable"

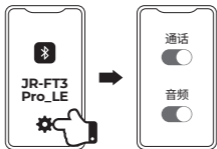


2. Turn on your phone's BT function, search for "JR-FT3 Pro_LE" and pair with it.



3. After connecting successfully, you can start to answer/make calls via the watch.

4. If you are an Android user, please enable the call and audio options in the BT interface of your phone. Refer to the figure below for related operation method:



Note: After BT connection, the "Audio Mode" of the watch should be kept on, otherwise the call function cannot be used.

For example: When disconnected from the BT function, the "Audio Mode" of the watch will automatically turn off and enter power saving mode. At this time, you need to connect the BT function again according to above operation instructions.

IV. Charging & turning

1. Charging the watch: Align the magnetic charging cable with the metal contact of the watch, connect the other end to the charger and connect power until the screen displays charging capacity.



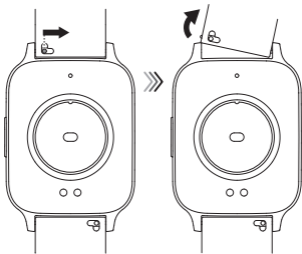
Note:

When the watch indicates low battery, please charge it in time. It is recommended to use a charger with a rated output of 5V/1A or a computer USB port together with the included cable to charge it.

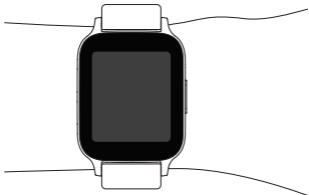


V.Assembling/disassembling

1. To assemble/disassemble the watch band, please refer to the figure below:



2. To wear the watch properly, please refer to the figure below:



Note:

When wearing the watch, please keep it in comfortable contact with wrist skin (in proper tightness). Do not wear it on the wrist joint.