ANCwear®

F07Max Fitness Tracker
USER MANUAL

Please refer to the user manual before use!

Product Parameters

Model: F07Max
BT Transmission Distance: 10 Meters (33 feet)
Screen Type: TFT LCD color screen
Material: PC (upper casing); TPU (strap)
Waterproof Rate: IP68
Working Time: 5-10 days
Screen Size: 0.96 inch
Charging Voltage: 5V
Charging Time: 2 hours
Battery Type: Li Battery
Battery Capacity: 100mAh
Weight: 0.88oz (25g)

Dispiay Screen

Detachable Wristband

Touch Area

Detachable Wristband

CE RoHS

Light Sensor

USB

USB Plug

Mental Chip

Charge your Tracker

A fully-charged Tracker has a battery life of 5-10 days.
Battery life and charge cycles vary with use and other
factors; actual results will vary.

To charge the Tracker :

1.Insert the chip end of Tracker into USB port to charge it.
(Built-in USB plug, no charging cable required).
2.Charging time:1-2hours
3.Warm tip:
Please charge the Tracker for two hours before using for
the first time.Unplug it after full recharged, overcharge will
shorten the battery life.

Connect Fitness Tracker with Smartphone

"JYouPro" app is only available on iOS or Android smartphones, not on iPad or computers. Android 4.4 operating system or later and iOS 8 or higher are supported.

To get started:

1. Download the "JYouPro" app:
- Scan the QR code below or search for "JYouPro" in the Apple Store or Google store.
- Install the app, and open it.

2. Prepare to connect
- Please wear the Tracker about 2CM width above your wrist bone.
- Press the Touch Area for 5 seconds to turn on the Tracker.
- Turn on Bluetooth on your phone (make sure fitness Tracker is within 0.5 feet of mobile phone, and there are fewer than 3 devices in your Bluetooth list).

3. Enter the app and search for devices. Find the fitness Tracker named "F07Max" and connect it.
※① Make sure the Bluetooth pairing request is turned on, and Application-related permissions have been granted.
② Note that the fitness tracker is connected to the APP, not the device in the phone's Bluetooth list.

Android 4.4 and above   iOS 8 and above

Set Your Personal Information

To make the data more accurate, please input your precise personal information before using it by following these steps:

1. Open "JYouPro" App after connected it with Tracker.
2. Click "Me" and tap "Headshots " part to "Personal information" page.
3. Choose and fill in "Gender" "Birthday" "Height" "Body weight" according to your own situation,then get to use.

※ ①The data measured by the Tracker and App are all based on your actual physical condition and personal information you filled out.

② Incorrect personal information will affect the accuracy of measurement results.
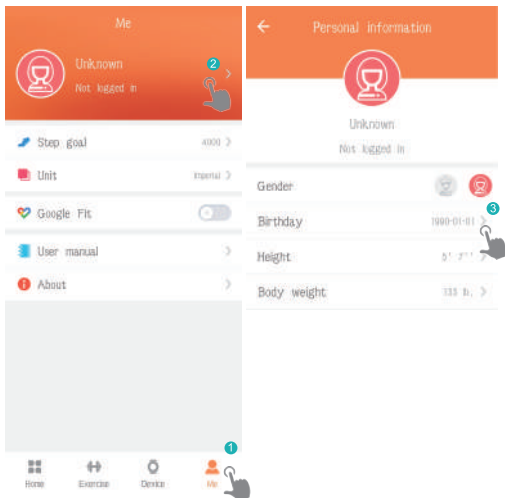
Navigation of Basic Function

Time

1.When the Fitness Tracker and App paired and connected successfully for the first time, the Tracker will synchronize the phone's time and date.

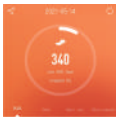2.You can choose 12 or 24 hours at the time format by following these steps:

Open the "JYouPro" app > Tap "Device" > Click "More Settings" > Tap "Time format" > Choose "12-hour clock" or "24-hour clock"
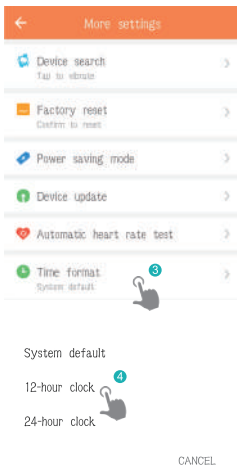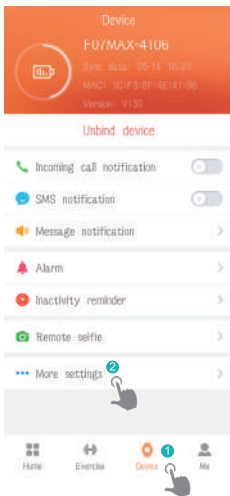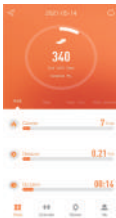
Step Counter

- Wear the Tracker on your wrist. It will recorded the walking step data according to the times you swing arms while walking.

Calorie

- Click"Calories" "Distance" "Duration" in "JYouPro" App to access the statistical records page.
- Display the current steps that correspond to the amount of calories consumption.

Distance

- Shows the current distance traveled (KM).
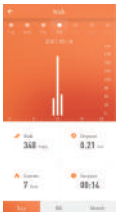
Sport Mode

For Tracker:

- Switch to "Sport" interface.
- Press the Touch Area for 3 seconds to enter sport mode selection, then click to switch sports mode including walking, running, cycling, climbing.
- Press the Touch Area for 3 seconds again, it will automatically detect user's exercise duration in relevant sports.
- To end and exit current motion scene, hold the Touch Area for 3 seconds.

For APP:

- Open the app , and tap an exercise to choose it.
- Tap the flag 🏁 icon to get start, it will automatically record relevant exercise speed, time and calories consumed.
- Slide to pause,and click to choose "Continue" or "STOP".
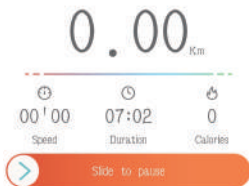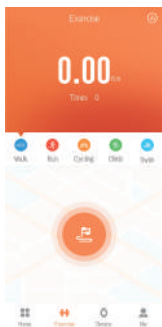
Sleep Monitoring

● Wear Fitness Tracker to bed to automatically track your time asleep, sleep stages (time spent in light sleep, deep sleep and awake).

● Sleep monitor produces sleep data from 9pm each night. Sleep time ends when you wake up next morning and walk 90 steps.

● To see your sleep stats, sync your Tracker when you wake up and check the app.
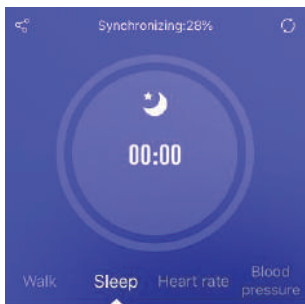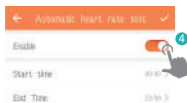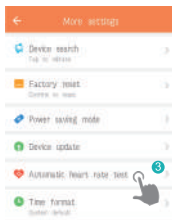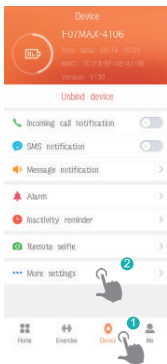
Heart Rate Detection

- Switch to the heart rate monitor interface of Tracker for automatic testing. The test will last about 30 seconds, Tracker vibration indicates the end of monitoring.

- To see your Max,Min or Avg.heart rate and resting heart rate at the app.
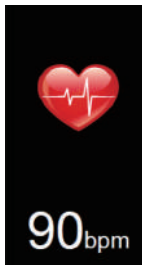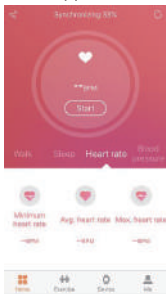

- Open "More Settings" of "Device" on "JYouPro" APP to set the test time.

※ Please refer to the "NOTICE" section on page 14 of the manual before using this function.

Blood Pressure Detection

- Switch to the Blood Pressure Detection interface on Fitness Tracker to monitor blood pressure automatically.
- The test will last about 30 seconds and Tracker vibrates to indicate that the test was completed.
- To see your "Data" on the APP.
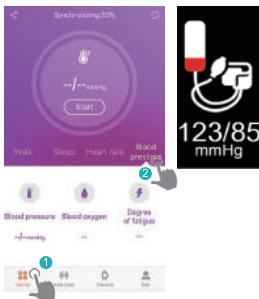
Blood Oxygen Detection

- Switch to the Blood Oxygen Detection on Fitness Tracker to detect blood Oxygen automatically.
- The test will last for about 30 seconds,the Tracker vibrates to indicate the end of the test.
- See your "Data" on the APP.
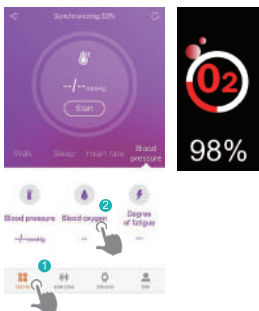
Information Alert

- Turn on the "Incoming call notification" and "SMS notification" on "JYouPro"App first.
- When the phone receives messages or push notifications from apps (Facebook, Twitter, etc.), the Tracker will vibrate to remind user to check the information in time that displayed on it.
- The maximum number of Tracker notifications is 7.

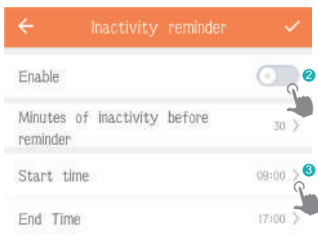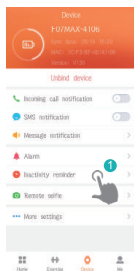※ Note: The Tracker cannot reply to the message or view the picture.
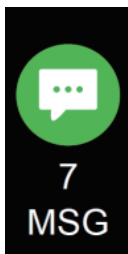
Alarm

- Set the Alarms on"JYouPro"App, the Tracker will vibrate to remind you during the alarm time.
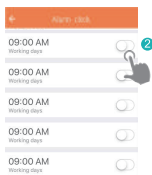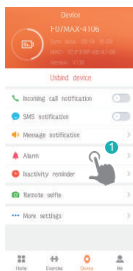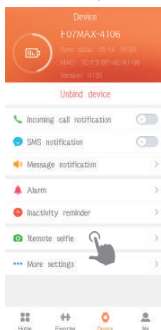
Sedentary Reminder

- Set and enable the sedentary alert time on "Inactive Reminder" interface of "JYouPro" App.
- The Tracker will vibrate to prompt. The maximum time period is 4 hours.

Camera Remote-Control

- Click "Remote selfie" on "JYouPro" APP, camera icon will appear on Tracker.
- Tap the "Touch Area" of Tracker to take photos, phone will automatically save these pictures.

Stopwatch

● Switch to Stopwatch interface of Tracker and press "Touch Area" for 3 seconds to enter the stopwatch, single press to start timing.

● The pause/start switch can be done by pressing "Touch Area" while the timer is running. Hold "Touch Area" for 3 seconds to end the timekeeping.
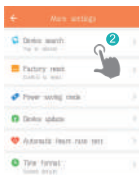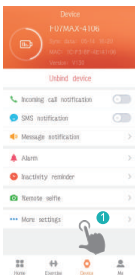

Find Phone

● While the device is attached to the phone, enter "find phone" interface of Tracker and touch & hold, then the phone will beep to remind the location.

Find Device

● Do the followings on "JYouPro" app,the Tracker will vibrate to remind the user where it is.

● Click "Device" > "More Setting" > "Device search"

NOTICE

1.When measuring heart rate and blood pressure, please bring the heart rate sensor close to the skin and contact well. If the sensor is exposed to light, the measured value will be inaccurate.

2.Please sit and keep your body still during the test. If not, the heart rate measurement time will be prolonged or the data will not be measured.

3.If the measurements are totally different, please take a break and remeasure.The average value obtained by continuous measurement of 5 times will be more accurate.

4.This product carries on the real-time dynamic heart rate measurement,the heart rate value will be different when talking,eating,drinking,etc.Please refer to the actual effect.

5.Please keep the bottom of the heart rate sensor clean during measurement. Skin color, hair density, tattoos, and scars may affect the test results.

6.Heart rate and blood pressure measuring were based on PPG measuring principle.Therefore, its accuracy may vary from the physiological factors that affect light absorption and reflection (blood circulation, blood pressure, skin condition, blood vessel position and density, etc.).If the measured heart rate or blood pressure is too high or too low, please re -measure.

7.Cold weather will affect the results of measurement, please take measurements while keeping warm.

ANCwear ®

Dear Customer,

Thank you very much for choosing our Fitness Tracker.
ANCwear is always been committed to providing superior
products and services.We hope that our products can not
only meet your basic needs, but bring more convenience
and happiness to your life.
If you have any questions or suggestions regarding our
products, please contact us !Highly appreciate receiving
your objective review.We will listen patiently and solve
the problems wholeheartedly.
Wish all the best wishes for you!

Yours sincerely,
ANCwear Service Team

Contact us:

Service@ancam-tech.com