# CACTUS™

# Sports Plus

## ACTIVITY TRACKER

## USER MANUAL

SOFTWARE COMPATIBILITY

| iOS 7.0 & Above | Android4.4 & Above | Support Bluetooth4.0 |

**www.cactuswatches.com**

# QUICK START GUIDE

1. Charge activity tracker before downloading App.
2. Ensure Bluetooth is switched on in the smartphone, in Settings.
3. Download the VeryFitPro App to your smartphone
4. The App will identify your activity tracker & ask you to pair it with the App.
5. Finger slide the touch-screen of your activity tracker to wake it up and complete the connection.

## THE APP

### USER
1. Set your targets - sports target, sleep target and weight goal
2. Complete your personal info
3. System setting - choose metric or other, select starting day of the week
4. Apple health – choose to synchronise data or not
5. Synchronize now – this synchronizes data from the tracker with the App

### DEVICE
Select the functions you wish to activate > turn to ON mode > press the check icon to enable

### MAIN PAGE
This is today's recording.
Select ACTIVITIES or SLEEP or HEART RATE to view.
Tap the centre of the circle to switch to graph format.

### DETAILS
This is the current week's activities, sleep and heart rate.
Select ACTIVITIES or SLEEP or HEART RATE to view.
Slide the graph to view previous weeks' information.

### MULTI-SPORT
Tap the large + (plus) to open the type of sport you require logged.
Tap GPS CONNECT icon for map connection and target setting.
Tap RUNNING icon to select required sport to monitor performance.
Tap SCALE icon to record current weight.

## OPERATION OF ACTIVITY TRACKER

1. To access time, day, day of month & battery level - Slide finger up/down on touch-screen.

2. One more slide - accesses MORE function – selected functions activated on App.

3. Slide again - to access music connect if music function activated on App.

4. Slide again – to access weather if weather function activated on App and tap to view weather forecast for next two days.

5. Slide again - to access text messages received by smartphone, and tap to view message. Device retains 5 messages.

6. Slide again – to access training and tap to select particular sport.

7. Select sport of choice, hold square indicator for 3 seconds to activate sports timing and heart rate reading, tap for steps, tap for calories burnt, tap for distance, tap for pace, tap for average pace.

8. Hold square indicator for 3 seconds to stop exercise function, and save exercise reading. Tap to recall all function readings during exercise.
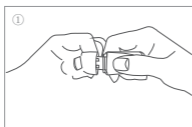
# OPERATION MANUAL

## Download VeryFitPro APP

Search and download "VeryFitPro" App from the Apple or Android App Store - or scan the QR to download the App.

## Activate the device

1. Please pull the strap gently, and remove to show charging points
2. Connect the tracker to charge via USB before use



## Touch screen

Slide up/down mode switch/screen wake-up

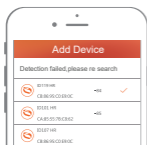Click the screen Switch type or confirmation

Touch the button Click the touch button to return to the main interface / return

Press and hold for 2 seconds Fast increase or enter function

## Connect VeryFitPro App to Tracker

Make sure the Bluetooth is ON, open app "VeryFitPro". After selecting the proper smartwatch model on your smart phone, please finger-slide the touch-screen of smartband to wake it up and then complete connecting.

## The Interface
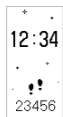

Screen Saver


Main Interface


Multi-Sport Mode

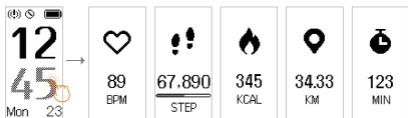
Message Alert


Weather


Music Control


Function Menu

## App Syncronisation

Bind the smartwatch and enter the APP home page for automatic sync once (for follow-up synchronization, pull-down APP main interface)
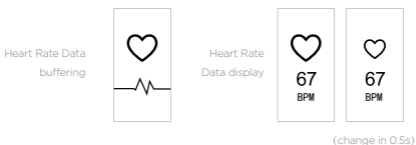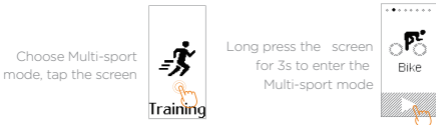
# Essential Features

## Activity Tracking



Tap the screen: Heart rate, Steps, Calories, Distance, Workout Duration
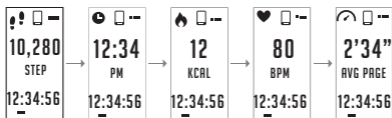
## Heart Rate Monitoring

Heart Rate Data buffering



Heart Rate Data display



(change in 0.5s)

## Multi Sport Modes

Choose Multi-sport mode, tap the screen



Long press the screen for 3s to enter the Multi-sport mode

## "On-going-Sport" Mode

Tap the screen to enter the next sub-mode of "On-going sport"
*except when the **Music Play Mode** is ON*

| | | | | |
|---|---|---|---|---|
| 10,280 STEP 12:34:56 | 12:34 PM 12:34:56 | 12 KCAL 12:34:56 | 80 BPM 12:34:56 | 2'34" AVG PAGE 12:34:56 |

| | |
|---|---|
| 80 NI 12:34:56 | music |

Single click the touch key to enter **Sport-Pause Mode**

In the **Motion Pause Mode**, press and hold for 3 seconds
or touch the button to end the movement

34:09.2

## Sports data display mode

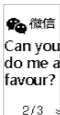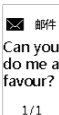| | | | | | | |
|---|---|---|---|---|---|---|
| 12:45.50 | 89 MAX | 889 STEP | 0.45 PACE | 3456 CAL | 89 AVG | 0.88 MI |
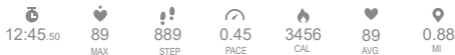
Note: To record GPS track movement, click the navigation bar [ + ] at the
bottom of the APP to enter the page.

## Message Alert



Click on mail icon to view the inbox
and any new messages received

**Message**



In the information display page, "scroll
up and down" to view the next message

Note: Only the last 5 messages can be stored

## Weather mode



Tap the screen to switch among future weather
information. Screen vibrates when there is no
weather information, and will not enter this mode

1. No weather information displayed when switch is"OFF"in APP.

2. Further weather information only will be updated when this
switch is"ON"after connecting with Bluetooth.

3. No weather data displayed when there is no further weather
information within 24 hours in APP.

3. Phone needs Internet to obtain weather information.

4. At the APP side switch between degrees Fahrenheit and
degrees Celsius

## Music Control Mode

Click ▶️ Start/Pause to play music, motor vibrates slightly.

Note:
1. If the APP off the music function, do not display this interface
2. APP open music function, bracelet and mobile phone without
3. Bluetooth connection, bracelet display:
4. App opens music function, bracelet and mobile phone
5. Bluetooth connection, function normal use:

## More functions and settings

Tap the screen to enter the **"function setting mode"** .

**More**

Click 🌙 to enter DO NOT DISTURB setting.
No message or calls will be received if the"function setting mode" is OFF
Motor will vibrate for anti-lost alert

Click 📷 to enter camera shoot mode, motor vibrates slightly

Click ⏱ to enter Time Display switch mode

Slide up and down in 5 dial mode to switch between display modes
Select dial to confirm the current display mode

Click 🤚 to enter "Shake wrist to display" ON setting

## Incoming call reminder

023-5678

Click 🕐 to enter clock switch. Display 10 alarms Max(sync with App)

Click ♡ Heart Rate Monitoring switch
Slide up and down in 5 dial mode to switch between display modes
Select dial to confirm the current display mode

Click 🕐 to enter details of time axis. Scroll up and down to switch the page Specific Data categories are as follows:

## Sleep Monitoring Mode

Deep Sleep, Light Sleep, Awake
Multi-sport Mode (8 default sport modes)
Walking: length, steps, distance, calories, average HR
Running: length, number of steps, distance, calories, average HR
Ride: length, distance (greater than 0), calories, average HR
Treadmill: Duration, calories, average HR
Walk: length, number of steps, distance, calories, average HR
Fitness: length, calories, average heart rate
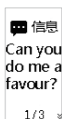Basketball: Duration, calories, average heart rate
Badminton: length, calories, average heart rate
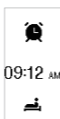

Click ⚡ to enter Bluetooth Setting

Click ⏻ to enter Power-off mode


Supports language switching at the APP side
(bracelet support, German, French, Italian, Japanese, English,
 Spanish, Chinese 7 languages)

## Other Supported Reminders

Information reminder

Alarm clock alert

Sedentary reminder

Move your body!

Anti-lost reminder

Complete the target reminder

Low battery reminder

Ultra low battery reminder

Device exception reminder

-02

## Basic Specifications

Model No.: ID119HR
Battery Capacity: 115mAh
Working Voltage: 3.7V
Host weight: about 28g
Sync: Bluetooth 4.0
Working temperature: −10℃- 45℃
Waterproof: IP67 for swimming only
Working Time: about 7 days
Frequency bands: 2402-2480MHz
Maximum output power: -3.6dBm
Not for diving + hot showers

# FAQS

## How to find the device when pairing

Make sure the Bluetooth is ON, and smartphone OS is Android 4.4 & Above, or smartphone IOS 7.0 & Above.

Make sure the distance between phone and device is within 0.5meter, device is among the normal Bluetooth communication distance range (within 10meter) after pairing finished.

Make sure the device is not under low battery. If there is still a problem after fully charged, please contact us.

## Failed to connect with Bluetooth occasionally?

Caused by the abnormality of Bluetooth service when it reboots on the phone. Reboot mobile phone or re-start the Bluetooth service to resolve.

## How to restore to factory default settings

Make sure the device is connected with smart phone, go in the App, enter "device-- more", and choose "reboot device".

**This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:**

(1) this device may not cause harmful interference, and
(2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

## WARRANTY

This product is warranted to be free from defects in materials and workmanship for a period of 1 year from date of purchase.

This warranty covers manufacturing and mechanical defects but excludes deterioration resulting from accidents or negligence

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