3+ VIBEPRO

User's Manual

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Get Started

Introducing the 3PLUS Vibe PRO smart watch, your personal fitness companion that lasts 14+ days and helps you track your everyday activity to help make fitness, your lifestyle.

What's in the box

1x Vibe PRO   1x Charging Dock

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Watch Overview

Touchscreen ●————————————● Navigation Button

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Charging the Vibe PRO smart watch

Before you set up the watch, you need to charge the battery. Use the USB charging cable provided with your watch to charge its battery. On a full charge, the Vibe PRO smart watch has a battery life of 14+ days. Battery life and time to fully charge your device vary with use and other factors.

To charge Vibe PRO
1. Place your Vibe PRO on the charging dock. Be sure that the metal pin on the back of the watch are closely connected to the charging base.
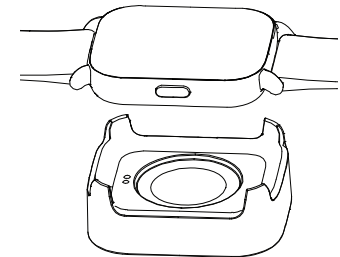
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2. Plug the USB cable into a power adaptor or a computer. Plug the power adaptor into an electrical socket.
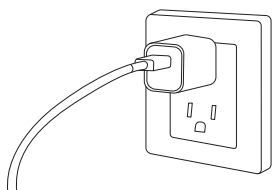*Power adaptor is not included.

3. While your watch is charging, the screen will show the time, day, date and the charging progress through battery percentage.
4. Once the battery is fully charged, remove it from the charging dock.

Notes
- The watch may become warm while charging. If the watch becomes hotter than usual, remove the watch from the charger and discontinue charging until it cools.
- This USB charging cable is specifically designed to only be used with this watch and is not compatible with other 3+ devices.
- To maximize battery life, make sure the battery is fully charged before you use the watch every time.
- Exposure to liquids or other foreign objects while using your watch may affect the charging, causing it to disconnect from the watch while charging.
- If the charging screen does not appear after connecting to a power source, check if the dock's pins are attached correctly to the back of the Vibe PRO.
- Do not charge the watch of the device or USB charging dock is wet or contains any moisture. This can cause fire, electric shock, injury or damage to the watch.

Turning the watch On and Off

To turn on your watch, press and hold the button for 4 seconds. To turn off your watch, press and hold the button for 4 seconds until you see the prompt asking if you want to turn off your watch. Tap [ ] to turn off the watch.
*If the watch freezes, press and hold the button for 15 seconds to force restart the watch.

Wake Up the Watch

To preserve battery, the watch screen turns off when not in use.
To turn the screen back on, you can wake up the watch by:
- Pressing the button.

Set Up

Download the 3+ PRO App on iOS or Android mobile devices. Not compatible for tablets, Windows or PC. The 3+ PRO App will ask for personal information such as height, weight and sex to calculate your stride length, walking distance, calorie burn rate and basal metabolic rate. When you set up your account, your name and profile picture will be visible to other 3+ PRO users.

App Set Up

Before pairing, follow these steps to set up your watch to your mobile device.
- Make sure your mobile device is running Android 5.0+ or iOS 10+ and supports Bluetooth.
- Turn on the Bluetooth on your mobile device if it isn't already on.
- Make sure your mobile device is next to your watch.
- On your mobile device, download the 3+ PRO App from the Google Play store or the Apple App store and install in. Create an account or login using an existing account.
- Make sure your mobile device is connected to a mobile data or a WiFi network.

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Pair the Watch

QR Code Method

On the Watch
- Turn on the Vibe PRO smart watch.

On the 3+ PRO
- Open the 3+ PRO App on your mobile device.
- Create an account or login using an existing 3+ PRO account.
- Select the Vibe PRO smart watch from the list of devices.
- Select pair the watch via QR Code method.

On the Watch
- Swipe to the right edge of the watch to show the QR Code.

On the 3+ PRO App
- On your mobile device, hold the view finder above the QR Code on the watch.

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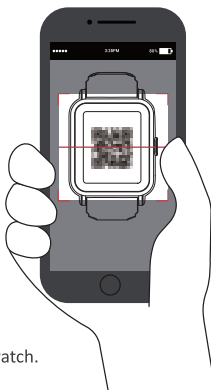
On the Watch
- A pairing animation will display on the watch while it pairs to the mobile device.
- A confirmation message will appear on the watch once its paired.

Notes*

If you have issue pairing the watch with your mobile device's camera, you can select the manual pairing method.

Manual Pairing
- Select Manual from the pair device screen on the 3+ PRO App.
- Your mobile device will automatically search for nearby 3+ PRO devices.
- A pop up will appear when the 3+ PRO App locates a device.
- Match the device ID number to the device ID on the 3+ PRO App make sure the correct device is selected then tap Pair to connect the watch.
- On the watch, tap the green check mark to accept the pairing request.
- A confirmation message will appear on the watch and the 3+ PRO App once its paired.

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Wearing the Watch

- For best result, the heart rate and blood oxygen sensor on the back of the Vibe PRO smart watch needs skin contact to work properly. Wearing the watch with the right fit with a little room for your skin to breath will keep your wrist comfortable and let the sensor do its job.
- You may want to tighten the watch during workouts but loosen it when you're done. The heart rate and blood oxygen sensor only works if the watch is worn on top of your wrist.
- Keep your watch and bands clean and dry to maximize comfort and prevent any longterm damage to the watch. This is important after workouts or exposure to liquids such as sweat, soap, sunscreen and lotions that can cause skin irritation.
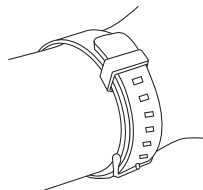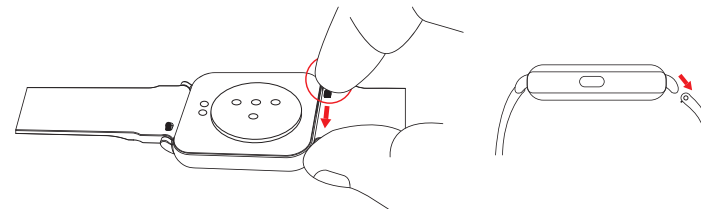
Changing the Band

Swap your watch's band anytime with the quick-change pins.

Turn the Vibe PRO smart watch over and look for the quick release pins on the side of the band that meets the case.

Push the quick release pin inward to release the band and pull the band away from the watch.

Cleaning the Watch

Make sure to clean the watch and the band regularly.

It is strongly recommended to regularly clean your watch's band after workouts or prolonged use. Moisture from sweat or dirt from other means can build up underneath the band and can cause skin irritation.

Wipe down the band with a nonabrasive, lint free cloth. If necessary, the cloth can be lightly dampened with water. Allow the band to air dry. Direct sunlight, high temperatures or humid conditions may damage the band overtime.

Note*

• The 3+ limited warranty does not cover the use of 3rd party bands.

Watch Navigation

The Vibe PRO smart watch features a colorful brilliant bright high resolution 1.78" AMOLED touch screen that allows you to navigate the watch by either tapping on the screen, swiping side to side, up and down or pressing any of the buttons.

Basic Navigation

The home screen is the watch face. From the watch face:
• Swipe left or right to view the apps installed on your watch.
• Swipe from top to bottom to see your notifications.
• Swipe from bottom to top to open the quick settings.
• Long press on the watch face to switch between different watch faces.
• Short press the button when the screen is off to wake up the screen.
• Short press the button to go back to main watch face.
• Short press the button at the main watch face to access application menu.
• Long press 4 sec. to access the system settings for shut off, reboot or reset.

Swipe up from bottom
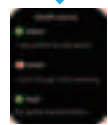to top to access Quick
Settings

Press the button
to access the
main menu

Swipe Up to see
more APPs

Swipe down from top
to bottom to see list of
Notifications

Change the watch face

From the watch:
- Touch and hold the watch screen.
- Swipe left and right to cycle between the different watch faces.
- Tap on the watch face to select it.

From the 3+ PRO App:
- Open your 3+ PRO App, then go to settings at the bottom menu.
- Tap Watch Face and select any watch face from the menu.
- On the Watch Face page, tap the synchronization button.
- You will see Downloading -> Synchronizing progress on your App.
- Your watch will show a Transferring progress %. Wait until the transfer is finished.

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Activity Tracking

When the watch is connected and synced to the 3+ PRO App, you can save and view your personal health related data. Only your daily activity shows up on your watch. You can view previous days, weeks or months activity on the 3+ PRO App.

Note*

- The activity data gathered from this watch or any other related software is not intended for use in the diagnosis, or other conditions in the cure, mitigation, treatment or prevention of disease.
- The accuracy of the data recorded, including heart rate readings, may be affected by factors such as environmental conditions, skin conditions, specific activity performed while using/wearing the watch, settings of the device, user configuration/user provided information, placement of sensor on the body and other end-user interactions.

While moderate physical activity, such as a brisk walk is safe for most people, we suggest consulting with your doctor before you start a new exercise program.

From the watch:

- From the watch face, swipe left or right until you see the Activity icon.
- Scroll up and down to see your daily steps, distance travelled, calories burned and active minutes for today.

Heart Rate

The watch can automatically measure and track your heart rate throughout the day or during workouts.

Form the App:

- Tap on **Settings.**
- Tap on **Heart Rate** under App Settings.
- Turn on **Auto Track.**

You can customize how frequent you want the watch to check your heart rate. By default, the watch will turn on the heart rate sensor every five minutes.

Record Workouts

Truck specific exercises with the Vibe PRO to see real time stats including heart rate data, calories burned, elapsed time, distance travelled and a post workout summary on your wrist.
For a detailed summary of your workout and route if you used the GPS, review your history on the 3+ PRO App.

The Vibe PRO has a built in GPS that allows you to track your run, walk or cycle route when you exercise outdoors without your phone. (Does not apply to indoor cycling workout)

- When you select the workout you want to track, your watch will ask you to "Tighten watch strap and use GPS outside.

Every workout is different so before every workout, the Vibe PRO will ask you if you want to set a sepa-rate goal specially for this workout. You can set a goal to exercise for a certain period of time, a specific distance or amount of calories you want to burn. Swipe right to left to change what type of goal you want to set. Use the ⊖ ⊕ to set your goals.
If you don't want to set a goal, tap Start begin your workout

Time

30 min

OK

Distance

3 km

OK

Calories

300 kcal

OK
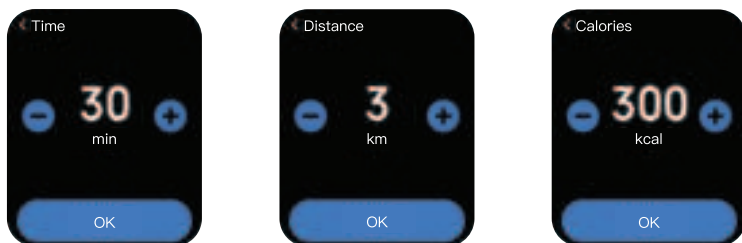
During your workout, tap on the middle of the screen to cycle between your real time stats.

For walks and runs the real time stat changes between distance, steps and calories burned.

Outdoor running

2.30
Distance(km)

2121/04/04 06:35

Time s/m/s	00:30:00
Calories kcal	320
Total steps steps	2038

Avg speed km/h	1.26
Avg cadence SPM	61
Max cadence SPM	80

Avg pace /km	7'24"
Max pace /km	6'30"
Min pace /km	7'30"

Avg heart rate BPM	120
Max heart rate BPM	110
Min heart rate BPM	100

For out door cycling, the real time stat changes between distance, mph and calories burned.
For indoor cycling, you can only see the duration of your workout, you heart rate and calories burned.

When you're done with your workout or want to pause, press the button to pause.
Tap ▶ to resume your workout. Tap ■ when you finish your workout.