# SmartPace R1 Pro

## User Guide

## Your SmartPace R1 Pro

- Digital Crown
- Screen
- Button
- Band
- Magnetic Charging Contacts
- Heart Rate and Blood Oxygen Sensors
- Magnetic Charging Cable

Front    Back    Charging cable

## Steps for Use

You can follow these steps to use SmartPace R1 Pro: ① Wear → ② Power On → ③ Set up → ④ Start Using

The following steps will take approximately 5 to 10 minutes, please schedule a suitable time.

### ① Wear Your Watch

For optimal data accuracy, please observe the following guidelines while wearing the watch:

1. Wear the watch at a position approximately two finger widths from your wrist bone.

2. For comfort, adjust the band to allow a finger's width between it and your wrist. This ensures both contact and fit.

### ② Power On

Press the Digital Crown until the startup screen appears.

## ③ Wear Your Watch

**Step 1: Download the Fitbeing app.**

Go to the app store on your phone, search for **Fitbeing**, and install it.

For Android phones, go to the Google Play. For iPhone, go to the App Store.

You can also scan the QR code on the left to quickly go to the **Fitbeing** app in the app store, and install it.

**Step 2: Pair with the App**

Open the Fitbeing app and select "**Set Up a Device**" on the home page. Follow the instructions to pair your "**SmartPace R1 Pro**" via Bluetooth. Then you can start using the watch.

Search via Bluetooth

**Attentions:**

1. To prevent connection issues between the app and the watch, please do not pair directly within the Bluetooth device list in your phone's system settings.

2. To ensure successful pairing, please grant Fitbeing App permissions to access Bluetooth, Location, and Camera on your phone.

## ④ Get Started

**Touchscreen Operation**

Support full-screen touch (swipe, tap, touch and hold)

- Swipe up
- Swipe left
- Swipe right
- Swipe down

**Crown and Button**

**Press**

1. Press the digital crown to wake up the screen.
2. Press the digital crown to enter the app center from the watch face screen.
3. Exit an app.

**Rotate**

1. Toggle between screens or navigate through menus.
2. Adjust the volume of prompt tones and phone calls.

**Press the button**

1. Press to start Workout quickly.
2. Long press to activate SOS.

Rotate the crown

Press the button

## Common Functions
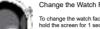
**Notification Center**

Swipe down on the watch face screen.

**Control Center**

To access the Control Center, swipe up on the watch face screen. Enable features like Silent Mode, Sleep Mode, Always-on Display, and adjust brightness and volume swiftly.

**Tiles**

To switch quickly between the Suggestions, Activity, Heart Rate, Sleep, Weather, or Workout tiles, swipe left or right on the watch face screen.

**Change the Watch Face**

To change the watch face, press and hold the screen for 1 second to access the watch face gallery.

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For outdoor workouts, wait in an open area until the GPS connects. The Getting Icon "📍" shows it's acquiring a location fix and will stop blinking upon success.

**Health Metrics Measurement**

When wearing the watch, it automatically measures health data such as heart rate, sleep, stress, and activity. You can also view and track this data in the application.

## Install New Watch Faces

In the Fitbeing app, navigate to the Face Gallery page to pick up your preferred watch face.

## Charge the Watch

To charge the watch, connect the charging cable to a USB power source. Attach the other end to the charging contact on the back of the watch. The watch will display a charging icon while it is being charged.

**Note:**
Make sure the USB charging plug is at the same side as the crown.
Make sure to use a standard USB power source with an output of 5V~1A or above.
Prior to charging, ensure to clean the charging contacts of the watch to eliminate any lingering sweat or moisture.

## Charge the Watch

**Remove band**

1. Lift the spring bar from the groove.
2. Push and hold the spring bar.
3. Pull it out gently to remove the band.

Spring bar

**Install band**

1. Insert the metal pin at position "A" in the groove.
2. Push and hold the spring bar.
3. Press the band into the body and release the spring bar.
4. Pull the watch band to confirm the firm installation.

## Wear and Care

- It is advised to remove the watch for approximately one hour daily. If you experience discomfort or irritation like redness, tingling, or a burning sensation, take off the watch and rest your wrist.
- To maintain hygiene, regularly clean your watch and wrist, particularly after workouts and sweating. Avoid using hand soap, shower gel, dishwashing liquid, or cleaning wipes as they can cause skin irritation. Instead, use mild soap and fresh water to clean the band.

## Design for Comfortable Wearing

The inner sweat grooves of the band are specifically designed to minimize skin irritation resulting from sweat, moisture, and prolonged wear.

## Key Specifications

| Product Name | SmartPace R1 Pro |
|---|---|
| Display | 1.43" HD AMOLED |
| Resolution | 466 x 466 |
| Battery Capacity | 400 mAh |
| Wireless Connection | Bluetooth 5.3 |
| Water resistance grade | 3ATM |
| Satellite positioning | Support GPS\BDS\GALI\GLO\QZS\SBAS |
| Geomagnetic sensor | Support compass |
| Air pressure senso | Supports elevation |
| Body Dimension | 46.5mm × 46.5mm × 11.6mm |
| Working Temperature | 0°C ~ 50°C |
| Compatible Operating Systems | iOS 13.0 and above, Android 9.0 and above |

## Precautions

- Do not replace the built-in battery yourself as it may pose a safety risk.
- Avoid forcibly opening the watch case, as it may cause short circuits and overheating.
- Keep the watch away from environments exceeding 60℃ to prevent battery leakage or explosion.
- While the product complies with 3ATM waterproof standards, it is not recommended for activities such as bathing, diving, or swimming that involve high temperatures, steam, or rapid water flow. Note that the waterproof performance may be compromised if the product structure is damaged.
- Be aware that firmware upgrades can lead to interface and usage changes. For detailed information, please refer to the product's upgrade instructions.

## Help and Guide

**Frequently Asked Questions**
If you encounter any problems while using the product, you can access the "Profile → Help & Support" section in the Fitbeing app for assistance.

Scan the QR code on the right to access or visit help.fitbeing.com for assistance.

**Product Manual**
You can find the complete product manual by scanning the QR code on the right to access it, or visit help.fitbeing.com to browse.