

User manual

Model: CUBOT S1

Brand: CUBOT

① Product activation (first usage)

1. For first usage, make the thimble of the charger wire contact the bracelet end with a contact, and insert the USB into a charger, mobile phone or computer for activation.



Charger wire



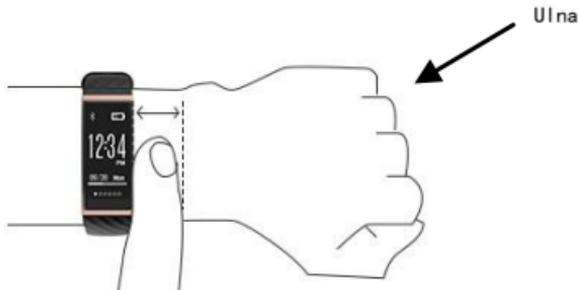
CUBOT S1 Smart Bracelet

2. The bracelet will display the interface below after it is successfully activated



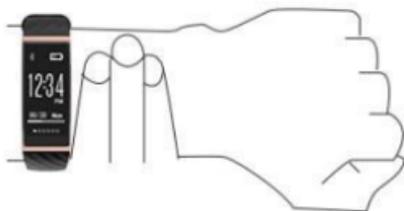
● Wear the bracelet

1) Wear the bracelet on your wrist. If you wear it all day long, you are suggested to wear it at the place one finger wide below your ulna.



2) If you intend to accurately measure your heart rate by using any S1 bracelet, you may shift the bracelet to your upper wrist, namely the place three fingers wide below your ulna. The bottom heart rate sensor shall cling to your skin and movement shall be avoided. Do not wear the bracelet too tight, otherwise blood circulation will be affected,

which affects correct heart rate signals.

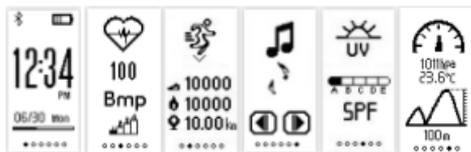


● Touch

1. The bracelet will be lightened by touching its screen, and all functional interfaces can be viewed by sliding horizontally.



2. All functional interface displays



Time,
date,
battery
level

Heart
rate

Main
interface
of exercise

Music
control

UV light
display

Atmospheric
pressure,
temperature,
elevation display

❶ APP download and installation

1. Make sure that your mobile phone is connected to mobile Internet or WLAN;
2. Scan the QR codes below or visit various APP stores to download and install "CUBOT S1" APP (iPhone users may search and download it at APP Store, Android users may search and download it at the Play Shop of Google Play).

❷ Bracelet binding and data synchronization

1. Bracelet binding, unbinding and Bluetooth disconnection

1) First bracelet binding: Enable the Bluetooth of your mobile phone to start the S1 bracelet APP; the APP will go to the exercise interface after a successful binding is

finished. And a Bluetooth icon  will appear on the time interface of the bracelet;

2) In case you have bound any smart bracelet and need to bind another S1 bracelet, you shall unbind other bracelet before binding any S1 bracelet. Press the button  on the APP to pop up a sidebar. Click "Setup management" menu to enter the device management interface. Click "My device" to pop up the device selection interface.

3) The bracelet will automatically disconnect if it is out of the effective range of the Bluetooth of your mobile phone. It will automatically connect the APP after it is disconnected due to non-manual disconnection and it is in effective Bluetooth range again.

4) You may turn off the Bluetooth on the APP, and the bracelet will disconnect with the Bluetooth. The bracelet will connect the APP automatically after the Bluetooth is turned on again.

2. Data synchronization

1) After the binding is successful, the bracelet will have automatic data synchronization with the APP. The bracelet time will be calibrated automatically, and data synchronization will be performed automatically when the APP is started each time;

2) You may also have manual data synchronization on the APP. Manual data synchronization can be performed by pulling down the relevant page on the exercise, sleeping or heart rate interfaces. (Normal connection between the bracelet and mobile phone Bluetooth shall be guaranteed during data synchronization)



Synchronize data by pulling down any place outside the running step circle

④ Heart rate measurement

1. Wearing method and instructions

- 1) Wear the bracelet at the rear of the joint at the back of your wrist to make the optical sensor behind the bracelet and your skin have good and stable contact;
- 2) The bracelet is at the rear of the joint at the back of your wrist; if your wrist is thin, you may wear the bracelet at a higher place (i.e. any proper wrist position with larger circumference);
- 3) The bracelet performance may be reduced if your hands are often cold or you have unfavorable blood circulation. Before enabling the heart rate monitoring function, have exercise for several minutes to enhance your blood circulation;

4)The bracelet can be worn as an ordinary one when the heart rate monitoring function is not used;

5) Your heart rate can be viewed and the heart rate monitoring function can be used in exercise mode.

2. Heart rate measurement

Each S1 bracelet has two ways for measuring heart rates: real time heart rate measurement and all weather heart rate monitoring:

1) Real time heart rate measurement can be simultaneously controlled from the bracelet and the APP. In case real time measurement is started on the APP, it can be turned off on the APP; in case real time measurement is started on the bracelet, it can be turned off by clicking the heart rate icon or it can be turned off on the APP.

a. Horizontally slide on the bracelet to switch to the heart rate interface; click the heart rate icon  to start real time heart rate measurement, and it will display and store real time heart rate values 10 seconds later; the bracelet will transfer the measured heart rate data to the APP in real time after it is connected with the APP; the data will be uploaded to the records for making curves; real time measurement will be stopped by clicking the icon  again;

b. Click "Start measurement" after entering the heart rate interface on the APP to start the real time heart rate measurement function of the bracelet; light up the bracelet at the

moment, it will display real time heart rate measurement values; turn off real time measurement by clicking "Turn off measurement" on the APP;

2) All weather heart rate monitoring

Enter the sidebar of the APP, select the "Device management" menu to enter the device management interface; turn on the "24-hour monitoring" switch to start all weather heart rate monitoring function; the bracelet will automatically and repeatedly monitor heart rate in a while, and it will upload the collected heart rate data to the APP for making heart rate curves (it is necessary to wear the bracelet for more than 30 minutes for collecting heart rate data), and the all weather heart rate monitoring will be shut off by turning off the "24-hour monitoring" switch.

3. Default heart rate zone

1) Heart rate zones can help you use different exercise intensities to reach optimum exercise effects. A heart rate zone is calculated on the basis of your maximum estimated heart rate. A simple way for calculating your maximum estimated heart rate is using 220 to subtract your age. In order to determine your heart rate zone, please refer to the table below:

Exercise type	Icon of heart rate	Heart rate section	Description
Warm-up		$X \approx 50\%$	Warning area, primary heart-lung exercise could help warm-up, relax, but the activity is not enough to achieve the exercise state.
Fat burning		$50\% < X \approx 70\%$	Fat burning area shows that the activity is within the range of low intensity or moderate intensity. If the user is a junior exerciser, this area is quite an ideal heart rate section.
Heart and lung		$70\% < X \approx 85\%$	Heart-lung exercise area shows that the activity is within the range of moderate intensity to high intensity. At this moment you are exercising hard but not exhausted. For most majorities, this is the targeted heart rate section of exercise.
Extreme sports		$X > 85\%$	Extreme exercise area shows the activity is within the high intensity range, applicable to short time vigorous exercise aiming to improve performance and speed.
Resting heart rate			Generally, people with a good physical state normally have a lower resting heart rate.

4. Heart rate prewarning function

Enter the sidebar of the APP, select the "Smart reminder" menu to enter the smart reminder interface; click and enter the "Heart rate prewarning" interface; turn on the heart rate prewarning switch and click the "Set up heart rate prewarning value" setup

box to set up your heart rate prewarning value. You can set up your maximum heart rate as per the above calculation method; when your heart rate reaches the heart rate zone in the above table, the bracelet will display a corresponding icon; when any actually measured heart rate reaches or exceeds your maximum heart rate, the bracelet will display an icon  and vibrate for reminding.

5. View heart rate records

You can enter the heart rate interface on the APP, click  to enter the "Heart rate records" interface to view daily, weekly and monthly records of dynamic heart rates and all weather heart rates.

Exercise

1) Each S1 bracelet can automatically identify various exercise states such as walking, running, cycling and climbing stairs and record all kinds of exercise data; enter the exercise interface on the APP and click the icon  to enter the "Exercise records" interface to view daily, weekly and monthly records;

2) Switch to the exercise interface on the bracelet, click the main interface icon  to enter the exercise subinterface to successively view real time data of walking, running,

cycling and climbing stairs; if the bracelet is bound with the APP, you can also view real time and historical exercise data on the APP.

Exercise icon

Number of steps
Calorie
Distance

It means there is any submenu

Exercise main interface

Exercise subinterface

Walking interface

Running interface

Cycling interface

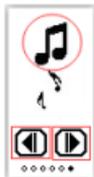
Climbing stairs interface

00:00:00 Stopwatch
 01000 Automatic display and viewing of number of steps, calorie and distance, etc.
 Stop timekeeping
 Return to exercise main interface
 It means you can horizontally slide to view other subinterfaces

🎵 Music control

Connect your bracelet with your APP and turn on the music player on your mobile phone. Switch to the music interface on your bracelet; click the music icon to play/pause the music on your mobile phone. Click previous and next buttons to switch to any

previous or next song on your mobile phone.



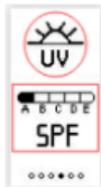
—— Music icon

Previous
song

—— Next song

● UV

Switch to the UV interface on the bracelet; click the UV icon to start measurement; any current UV index will be displayed by clicking the icon once.



—— UV icon

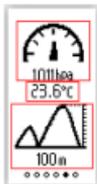
—— Sun protection grade
Sun protection factor

You can also view detailed UV information on the APP. Bind your bracelet with the APP and switch to the "UV index interface" to view current real time UV index, UV grade & grading, sun protection measures and corresponding duration for sun protection.

⑩ Atmospheric pressure

1) The bracelet can automatically acquire current atmospheric pressure, temperature and elevation for you to understand current geographical conditions and weather conditions so as to make your exercise plans in a more effective manner.

2) Switch to the atmospheric pressure interface on the bracelet, and it will display current atmospheric pressure, temperature and elevation.



Temperature _____

_____ Atmospheric pressure

_____ Elevation

⑪ Bracelet charging

When the bracelet displays the icon , it means that the bracelet has a low battery and you need to recharge the bracelet. No operation shall be done to the bracelet at the moment. A specific magnetic type charger wire is used for the product. During charging, make the thimble of the charger wire contact the bracelet end with a contact, and insert the USB into power supply. The charging duration is about two hours (note: please timely recharge your bracelet after it has a low battery icon. In case the unused time is

quite long, the bracelet data may lose or even have a zero clearing before it synchronizes with the data in your mobile phone).

Basic parameters

Product model: CUBOT S1 Net weight:24g

Display mode:OLED display screen

Battery type: Lithium polymer

Battery capacity: 85mAh

Synchronization method: Bluetooth 4.0

Ingress protection:IP65

Operating temperature: -10℃~50℃

Device requirement: mobile phones with IOS8.0 and above versions; mobile phones with Android4.3 and above versions and Bluetooth4.0.

Instructions:

1. You can use the bracelet at will when washing your hands and in raining conditions, and the bracelet shall be wiped dry as soon as it is wet;
2. Do not use the bracelet when washing your car, swimming, diving and bathing;
3. You shall follow all required instructions for using the device;
4. Do not attempt disassembling the device; in case of any improper treatment or disposal, any component or battery inside the product may have adverse impacts on environment or human health;

5. Do not expose the bracelet to any place with high moisture, extremely high or low temperature for a long time;
6. Do not use any corrosive detergent to clean your bracelet;
7. Do not use the bracelet in any environment with strong electromagnetic interference;
8. Do not let your children or pets use the bracelet, or any suffocation may be caused by swallowing any small part;
9. Do not use the bracelet in any sauna or steam bathroom;
10. Do not put the bracelet into fire for the battery may cause explosion.

FCC Caution.

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.

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

Note: 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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.