尺寸: 70*100mm

Z20/Z20W USER MANUAL



SPECIAL NOTE: Please connect the device using the App directly. Top on the top optic conner the App times again to search for your device. And the App times again to search for your device. The App times again to search for your device of the App times again to the App times again the



NOTES ON PRODUCT MODEL Product model with suffix "W"represents that the product support both wireless charging and charging with the

HOW TO TURN ON Press and hold the Top Button for 3s to turn on the device.
***If it is not turned on, please charge the device

HOW TO CHARGE THE DEVICE Connect your HOW TO CHARGE THE DEWICE Connect your charging cable into USB power captur (15/40.25V, output current 500mA-2000mA), and attach the other end to the charging points on your device. If there is a repelling force, please reverse the pins direction to try again." "Please use ONLY the charging cable provided in the packager" For product model with suffix "W" which supports

charging***
SMART BRIGHTNESS CONTROL. While the screen is on, simply press and hold on the touch screen and the brightness will be set to the maximum temporarily until the screen is off. This is espocially usually when you are under the sunlight where you can't really read the screen when the trightness level is to box for "Always the screen before you press and hold on the touch screen."

Home Screen
It comes with 15 clock faces which can be It comes with 15 coor changed in the settings.





and down to other pages described below, while tapping on some of the icons (for example

weather icons) may give you some surprises too. Do explore it to find out more. The 2 pairs of clock faces below will switch between day-mode (7am-7pm) and night-mode (7pm-7am) automatically:

This 'Growing Flower' clock face below, features a little plant that will grow according to the completion rate of your steps goal. Once you have achieved the goal for the day, the plant will eventually grow into a beaut















Sports Menu Swipe up or down to go through the list of Sports and tap on the icon to start the corresponding workout session. During the session, swipe up for music control and swipe down to before hostifications. Other than showing lotal steps, manther of steps taken in the previous

minute can also be found below the "80s" icon. For cycling, the steps & distance will not be steps and the steps will not be total will not be sweet for Walling, Running, Hiking and Cycling, you can initiate the workout session from the GPS page on the App while the recorded on the map. Please note the GPS accuracy is depending on the GPS location service from your phone, and it deen't rely on the device at al.

Relax Function Follow the instruction on the screen for a guided breathing session and tap on the back icon on the top left corner to exit

Timer Function Swipe left and right to switch between the Stoywatch and Timer mode. For Timer mode, the device will vibrate and the screen will be turned on 10sec before the time is up. And it will vibrate again when the time is up.

Settinas Menu Clockface setting: Tap on to enter the manual selection mode, and then swipe up and down to select different clockfaces. Tap on to to the total omode where the clockface will change everyday

mode where the clockface will change everyday automatically. Tap on an extra free clockface by shaking the watch while looking at the clockface by shaking the watch while looking at the clockface. Brightness selling. Tap on the 4 sign to signat. Recommended using the lowest result is significant dops in battery lavel will result its significant dops in battery lavel.

Display Time Setting: Tap on the + sign to

Display Time Setting: Tap on the + sign its or increase the display time. Other than the default increase the display time. Other than the default in-10°, there are 3 more options: "45°, "45° and "Aways Cn", increase the display time will result in significant drop in battery life. If "Aways Cn" is turned on, the brightness will be set to the lowest and the device will enter "locked" state after Descords of idea and a lock icon will be displayed on screen. Or unlock, press the Top Button on the device.

Personal Details Page 1 This page shows an overview of the current day activities, tap on the respective icons to



Enter Sleeping Details page to check the previous night sleeping data. The results are affected by many factors and might not be recorded sometimes, please refer to FAQ on our Ann for more info

Shortcut Control Page Tap on lowest brightness to save power.***This

ECO button will be disabled when "Always On" display is enabled*** Tap on for Do not

disturb (DND) mode to block notifications. Tap on
to launch the music control page. Please
connect the device to the App and make sure the

protocol.

Tap on the first of find your phone and your phone will start ringing and vibrating. Tap again to stop.

This feature will work only when the device is connected to your phone and within the Bluetooth

Notifications Swipe down from the home page or during a Workout session to read the last 5 push-notifications received from your phone, swipe right to the last page to delete all. Do note that for each of the notification received, only the first page of the contents will be displayed.

Weather Details Page Tap on the weather icon on any of the home screen to enter this page which shows temperature range, sunrise & sunset time, atmospheric pressure, humidity, wind speed &

decident, UV index end more. Sulpe down from this page to check the weather forecast for the coming 15days. Please keep the device connected to the Age and ensure that the Age is ableved to man the background to that the Please also graft the location access permission for the Age to know where you are. Do note that the weather foils in only updated once every hour and it is based on the nearest station which might be up to Defines away from your exact location. The access that the proper state of the access that the weather sources.

Shortcut Buttons
While the screen is on (or "unlocked" for the case when "Always On" is enabled), press the Middle

Alerts and Reminders
There are alerts and remi

Asker and schmidder.

Asker and schmidder.

Asker can be up on the "hang spi" com to reject the call). Selection y Reminder, Arimm, Schwalder Reminder, Univasal Heart Rate Mett (during workout session) and more. These features require the corresponding seletings on the App, explore the corresponding seletings on the App, explore the corresponding seletings on the App, which have been selected to the App of the Seletings and App of the Seletin

ABOUT THE MOBILE APPLICATION

Download the "TINWOO" from AppStore for iPhones and from GooglePlay for Android phones.
To allow the App to function correctly, please grant the permissions for all the access which your system will prompt you during the installation. Failing which, some of the features might not work properly

Home Page This page displays the current status and come with the icons to enter into the other main pages

Connecting Device On the home page, tapping on the icon at the top right corner to enter the device searching page. Within 30 seconds, you

should see a list of devices available for connection. Tap on the device ID to initiate the connection which normally takes not more than 30 seconds. If the connecting process takes longer than 30 seconds, you can tap on the screen to stop it and then tap on your device ID to start connecting again.

Photo-shooting mode Once device connected, tap on the icon at the top right corner to enter the device management page, and then tap on the "Take Photo" to enter Photo-shooting mode

and your connected device will also enter and your connected device will also enter selfie-control mode automatically. Then, you can use your device as the remote selfie-control, simply shake your device to take a shot.

Product Specifications Display 1.3inch round display, 240*240. Controller Nordic 52832. REMARK: This product is an electronic monitoring product and is not intended as a medical reference. We reserve the right to modify or improve any of the functions described in this manual without any prior notice. At the same time, we hold the right to continuously update the product content. Please refer to the activations of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the product content. Please refer to the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the product content. Please refer to the activation of the produc

FCC STATEMENT : FCC STATEMENT:
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, an
(2) This device must accept any interference received,

(2) this between these accepts any immericance sections, including the control of the control of

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

I ness 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 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

the user is encouraged to try to correct the by one or more of the following measures: Reorient or relocate the receiving antenna

Recrision 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 harming platement. Separating platement.

exposure requirement. The device can be used in portable

