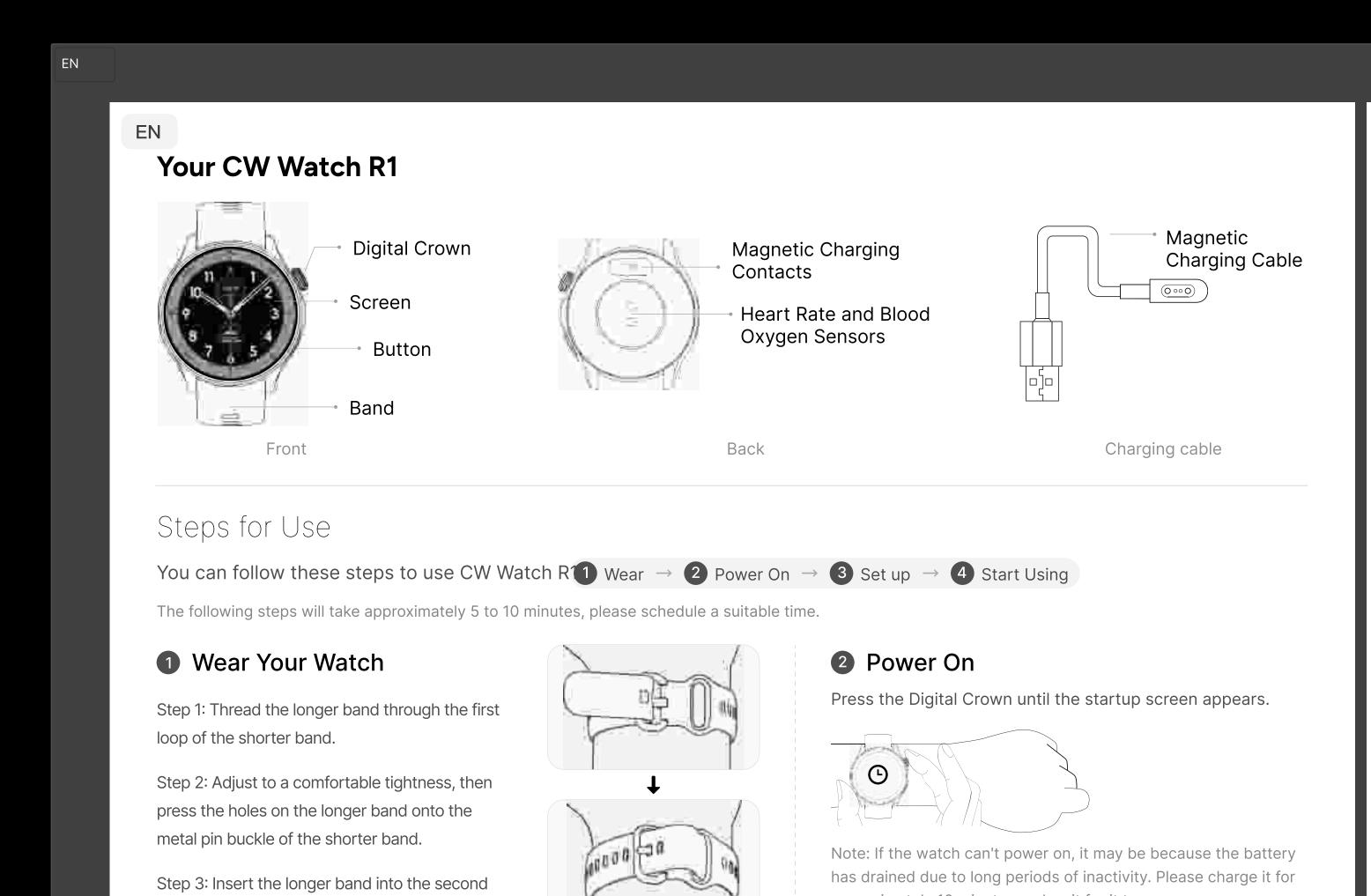
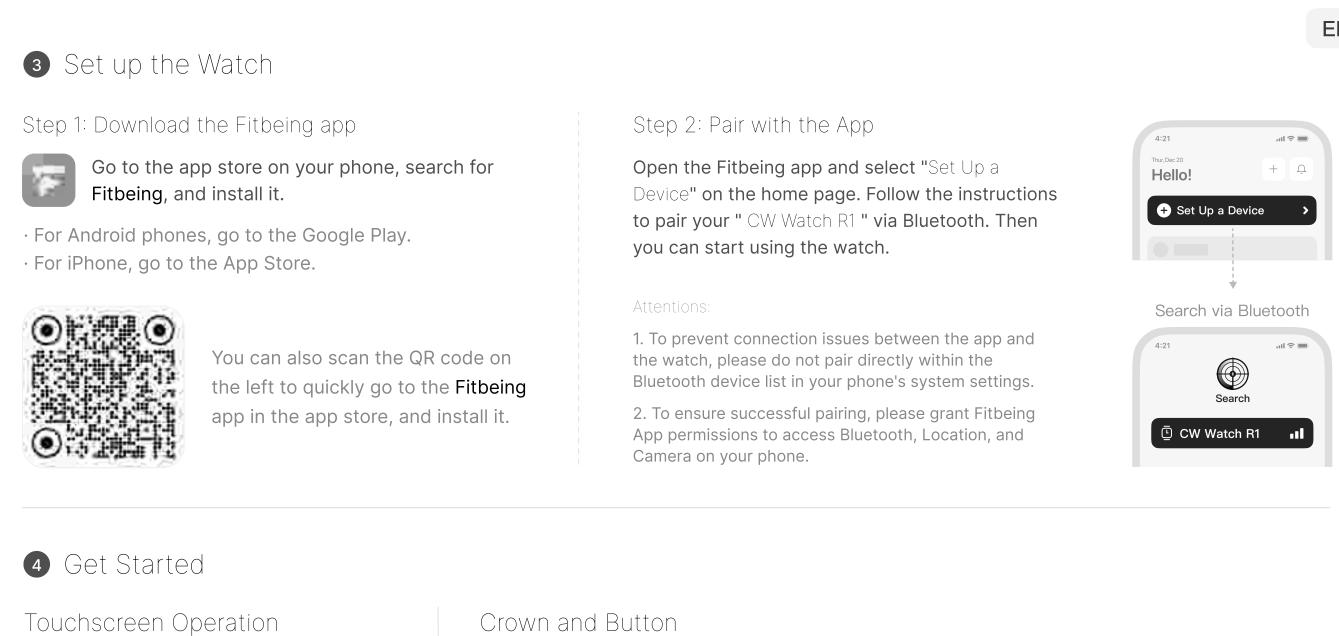
## CW Watch R1 User Guide





approximately 10 minutes and wait for it to power on



1. Press the digital crown to wake up the screen.

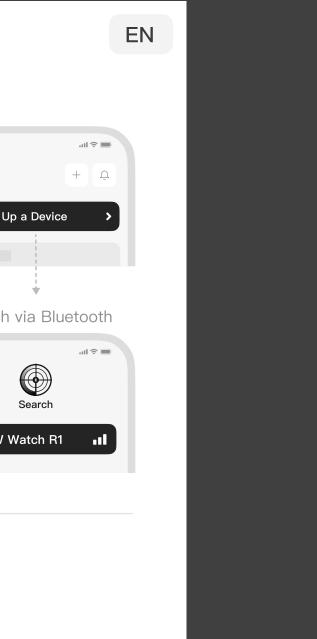
the watch face screen.

2. Press the digital crown to enter the app center from

2. Adjust the volume of prompt tones and phone calls. 2. Long press to activate SOS.

Support full-screen touch (swipe, tap,

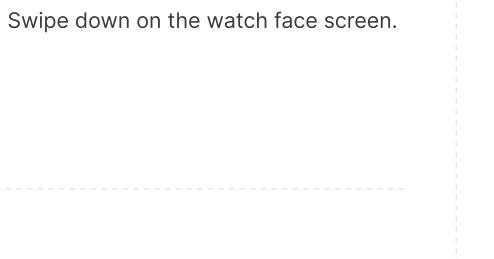
touch and hold)



lacksquare lacksquare Rotate the crown

Press the button

1. Press to start Workout quickly.



To access the Control Center, swipe up on

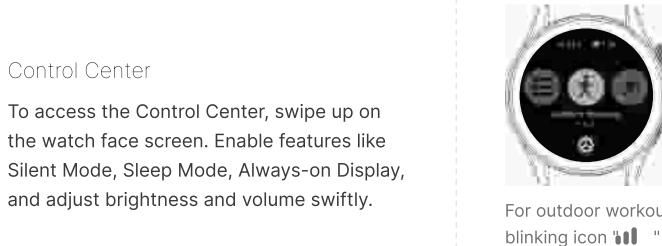
the watch face screen. Enable features like

and adjust brightness and volume swiftly.

To switch quickly between the Suggestions,

Activity, Heart Rate, Sleep, Weather, or

Record Workouts To start your workout recording, access the Workout app and select a specific



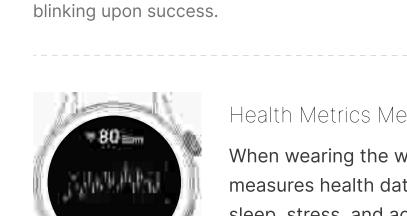
For outdoor workouts, wait in an open area until the GPS connects. The blinking icon 🚻 " shows it's acquiring a location fix and will stop

Change the Watch Face

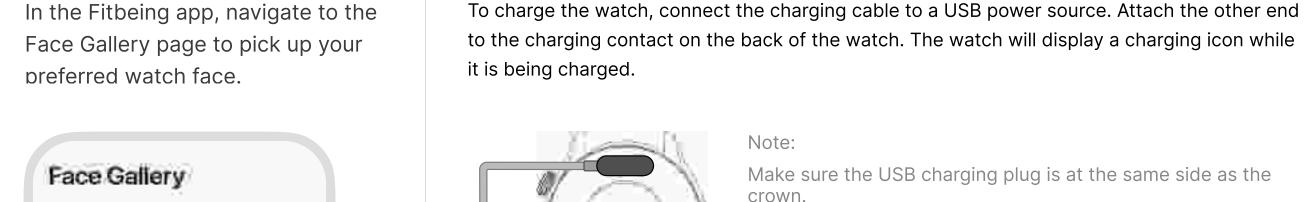
the watch face gallery.

To change the watch face, press and

hold the screen for 1 second to access



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

preferred watch face.

Hew Posts every three

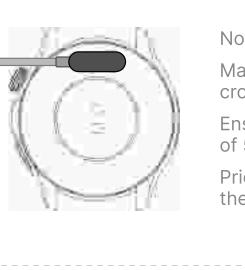
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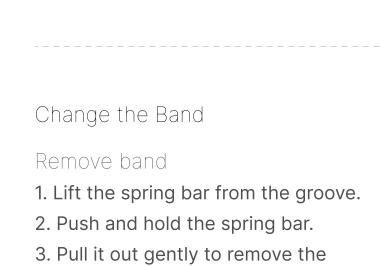
New Faces

Make sure the USB charging plug is at the same side as the

To charge the watch, connect the charging cable to a USB power source. Attach the other end

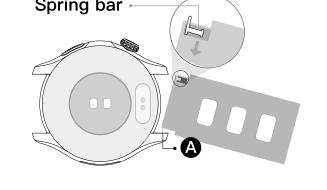


Ensure to use a standard USB power source with an output of 5V=1A or above. Prior to charging, ensure to clean the charging contacts of the watch to eliminate any lingering sweat or moisture.



Charge the Watch

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





Wear and Care Wear Your Watch It is advised to remove the watch for approximately one hour For optimal data accuracy, please observe the daily. If you experience discomfort or irritation like redness, following guidelines while wearing the watch: tingling, or a burning sensation, take off the watch and rest your 1. Wear the watch at a position approximately

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

## Key Specifications

Product Name	CW Watch R1
Display	1.43" HD AMOLED
Resolution	466 × 466
Battery Capacity	370 mAh
Wireless Connection	Bluetooth 5.3
Water resistance garde	IP68
Geomagnetic sensor	Support Compass
Body Dimension	46.8mm × 46.8mm × 10.8mm
Working Temperature	0°C ~ 50°C
Compatible Operating Systems	iOS 13.0 and above, Android 9.0 and above

two finger-widths from your wrist bone.

2. For comfort, adjust the band to allow a

ensures both contact and fit.

finger's width between it and your wrist. This

## 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 · Keep the watch away from environments exceeding 60°C to prevent battery leakage or explosion. · While the product complies with IP68 waterproof standards, it is not recommended for activities such as bathing, diving, or water skiing 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

If you encounter any problems while using the product, you can access the "Profile  $\rightarrow$  Help & Support" section in the Fitbeing app for assistance. Scan the QR code on the right to access or visit help.fitbeing.net for assistance.

app at "Profile → User Guide".



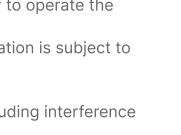
with Innovation, Science and Economic Development Canada's licenceexempt RSS(s). Operation is subject to the following two conditions: 1. This device may not cause interference. 2. This device must accept any interference, including interference that may cause undesired operation of the device. Product Manual

You can find the complete product manual in Fitbeing

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux

CNR d'Innovation, Sciences et Développement économique Canada

2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le



FCC Requirement Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the

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.

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.

applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : 1. L'appareil ne doit pas produire de brouillage;