




<h3>HEART RATE SMART WRISTBAND User Guide</h3>  <p>Thanks for choosing the smart watch. Please read the user guide before using the smart watch.</p>	<h4>Setting</h4> <p>Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p> <p>1. Download "VeryFitPro" Scan the QR code or download "VeryFitPro" from the App Store or Google Play Store.</p>	<h4>1.3.6 Movement of the Coronary of the Abnormal Situation</h4>  <p>When the heart rate is 180 bpm or higher, it indicates an abnormal situation. Please stop exercising and rest for a while.</p>	<h4>2. Device Actions & Install</h4> <p>Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p> <p>2.1. Device Actions Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p> <p>2.2. Install Use the phone app to set up the smart watch. 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Smart by time Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p> <p>5. Interface Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p>	<h4>1.7. Alarm Mode</h4> <p>Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p> <p>1.7.1. Alarm Mode Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p>	<h4>Function Introduction</h4> <p>Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p> <p>1.1. Time Mode Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p> <p>1.2. Sport Mode Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p> <p>1.3.1. Sport Start Mode Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p> <p>1.3.2. Sport Mode Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p>	<h4>1.8. Control Notification Mode</h4> <p>Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p> <p>1.8.1. Control Notification Mode Use the phone app to set up the smart watch. Please refer to the Setting section for details on how to use the smart watch.</p>	<h4>1.2.2. 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