1.PACKING LIST

The box contains the following items:

P1C USB cable Charging base Instructions

2.HOW TO OPERATE

2.1 Charging

Put the watch right into the charging base, align the metal contacts on the back of the watch with the gold pin on the charging base while placing, then tightly press the watch to make sure it doesn't fall off the base. Insert one end of the USB into the charging base, and the other end into the computer, charging dock or power bank for charging.

- Input voltage : 5V DC
- Charging time : about 2 hours
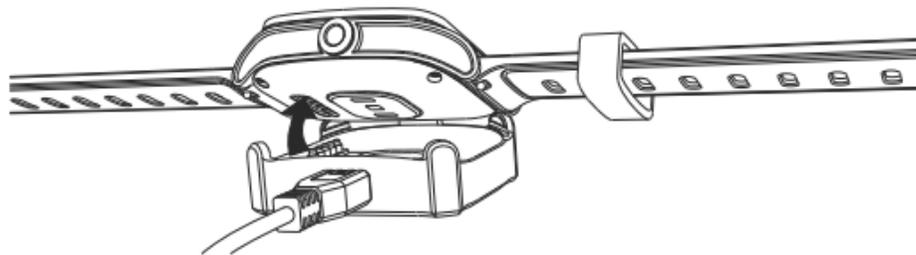
2.2 Power On

Long press the right button to power on.

2.3 APP Download

Download the Zeroner Health Pro from the APP Store or Google Play.
Note: To use "Zeroner Health Pro" on an iPad, you need to select "iPhone only" when download it from the APP Store.

2.4 Compatibility & Support

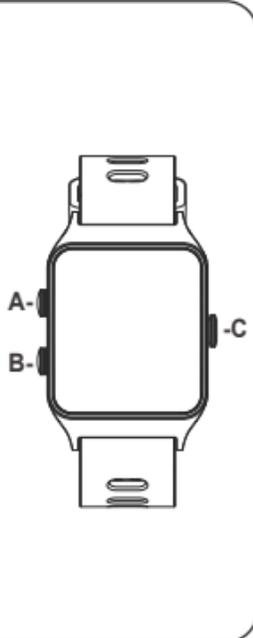Support Android 4.4 or above, iOS 9.0 or above.

2.5 Connection

After downloading, open the APP and register an account, then complete the connection according to the operating instructions on APP.

NOTE:
1.In order to successfully connect the phone to the smart watch, you need to turn on the Bluetooth of your phone and connect to your device through the APP.
2.The rst time you connect to APP, the time on the watch is not consistent with the actual time and all data for steps, calories & distance on the smart watch will be reset.

	SHORT PRESS	LONG PRESS	
A	1. Return to the previous menu 2. End exercise 3. Light up	1. Return to the home-screen 2. when the screen is home page, long press it for jumping to the shortcut page	
B	1. Page down 2. Light up 3. Select option	1. Enter exercise	
C	1. Light up 2. Turn off the screen 3. Conrm 4. Pause 5. Continue exercise	1. Power on 2. Power off	

A-
B-
-C

1. Slide the spring lock on the watch strap and remove the strap from the watch;
2. Buckle the new watch strap into the smart watch in proper alignment;
3. Gently pull the strap to ensure it is buckled.

1. **2.** **3.**
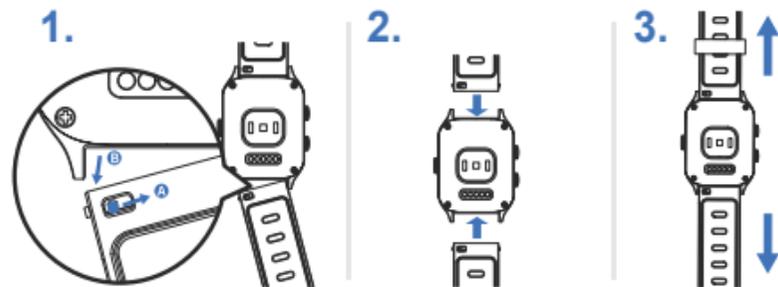
3.INTRODUCTION FOR IMPORTANT FEATURES

● Heart ratemonitoring

P1C contains PPG heart rate sensor and combines with HR algorithm, which accurately monitor your heart rate during exercise.

1. To monitor the heart rate more accurately, please wear the watch one nger away from the wrist bone.

2.When exercising, please wear close to your skin and make sure that the watch will not move along with the movement.

● Fatigue monitoring

P1C can measure fatigue and monitor your physical conditionAccording to the test results, you can reasonably adjust the training intensity & duration to prevent sports injuries.

1.Wear the watch on your left hand. The monitoring time is about 1 minute. Do not move the watch during the process.
2.After measurement, you can check the score on your watch. Compare the measured data at different stages and assess your physical condition.

Note:
1.Keep quiet during the measurement.
2.It is better to measure at the same period of time for comparison. It is recommended to test in quiet condition every morning after getting up.

● GPS

P1C has built-in GPS sensor, which can be used to accurately record the motion track during exercise.

1.If the GPS is not turned on before exercise, there will be a prompt on the watch screen to let you turn it on.
2.After entering the GPS movement (running, cycling, walking or climbing), then the GPS starts looking for satellite signals.
3.If you stop movement for 3 seconds during running, walking or climbing, the watch will stop automatically.

Note:
1.Positioning needs to be in an open area to avoid shielding the satellite signals by buildings or trees.
2.The screen should be oriented toward the sky remain still and wait for positioning satellites;
3. Synchronizing the smart watch andAPP before starting GPS motion can improve the speed of satellite positioning.

● Illumi Run

1.Enter the Running interface, You can turn on or off the Illumi Run.
2.Color display of the screen will change with your heart rate.

Blue	Green	Orange	Pink	Red
Warm-up	Fat-burning	Aerobic	Anaerobic	Extreme

Note:
1.The denition of heart rate zone is individualized. Please set the personal information inAPP accurately;
2.The screen will ash with the pace of the step;
In the Illumi Run mode, the screen backlight keeps on, and the screen will stop ashing after turning over the wrist or pressing any key

● Swimming

P1C has two swimming modes: free mode and pool mode.
It can record movement distance, SWOLF, stroke data, 100 meter speed and other data.

Note :
1.P1C is only for swimming. If you wear P1C for diving, it may cause damage to the device. Such damage is not within the scope of warranty
2.P1C cannot obtain heart rate data when swimming. If you want to get heart rate data, please combine with heart rate belt.
3.Under the swimming mode, the touch function is automatically closed. If you want to operate the watch, please use the key
4.In the pool mode, please set the distance of the swimming pool correctly so as to calculate the distance and other data accuratelyIf the swimming distance is less than one lap, then the distance can not be calculated.
5.The average number of SWOLF=strokes in asingle lap+ seconds in a single lap.

4.More Information

The waterproof level of P1C is IP68.

Note:
1.Swim, shower and wash hands only under cold water
2.P1C does not have waterproof efect on seawater, acid and alkaline solution, chemical reagent and other corrosive liquids. If inadvertently encounter corrosive liquid, please clean with clear water and dry it.The damage caused by abuse or improper use is not within the scope of warranty

4.2 Specification parameter

Product model	P1C	Size	49×37×13.7mm
Adjustable range of strap	155mm-211mm	Weight	About 40g
Bluetooth	Bluetooth 4.2	Working condition	0-40¥
Screen resolution	240*240		
Battery life	about 5-7 days (Run once a week for an hour; 200 notications per week; 25% Screen brightness)8 hours (GPS mode keeps on)		

5.Device Maintenance

● Device care

Notice:
1.Do not use a sharp object to clean the device.
2.Avoid using solvents, chemical cleaners or insect repellents that might damage plastic components of the device.
3.Thoroughly rinse the device with fresh water after exorosure to chlorine, salt water sunscreen, cosmetics, alcohol or other harsh chemicals. Prolonged exposure to these substances can damage the device.
4.Avoid extreme shock and harsh treatment since it can reduce the product life.
5.Do not exposure to extreme temperatures that are too cold or too hot for a long time, which can cause permanent damage.
6.After each training, please rinse the watch with clean water

● Cleaning the Device

Note:
Even the fainter sweat or moisture may cause the corrosion of the charging terminal when charging the device, which will also hinder the transmission of data and afect the charging.
1.Gently wipe the device by using a annelette with a neutral mild detergent;
2.Wait for dry.
Please allow the device to dry completely after cleaning.

6.Device Maintenance

If you have a pacemaker or other internal electronic device, consult your physical before using a heart rate monitor.

The P1C optical wrist heart rate monitor will occasionally emit green light and ashes. Consult your physician if you have epilepsy or are sensitive to ash light.

Always consult your physician before beginning or modifying any exercise program.

The device, accessories, heart rate monitor and related data are intended to be used only for recreational purposes not medical purposes, and not intended to diagnose, monitor, treat, cure or prevent disease.

The heart rate readings are for reference only, and no liability is accepted for the consequences of any wrong interpretation.

Although the optical wrist heart rate monitor technology typically provides an accurate data for user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, installation of the device and type & intensity of activity.

The activity trackers rely on sensors to track your movement and other metrics. The data and information provided by the device are intended to closely assess your activity and metrics, but may not be completely accurate, including the data for step, sleep, distance, heart rate and calorie.

Do not immerse or expose batteries to water or other liquids.

Do not expose the device to a heat source or in a high-temperature location, for example, in an unattended vehicle in the sun. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as the glove box.

Do not operate the device outside of the temperature ranges specied in the printed manual which included in the product packaging.

When storing the device for an extended time period, please store within the temperature ranges specied in the printed manual which included in the product packaging.

Do not use a power and/or USB cable that is not approved or supplied by manufacturer. Please use within the temperature ranges specied in the printed manual which included n the product packaging.