

EZON 宜准

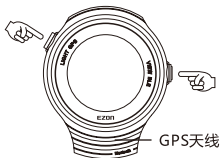
跑步运动表简易使用说明书

**Running Sport Watch
Instruction Manual**

简介

感谢您购买EZON宜准跑步运动表，本表内置GPS、计步器，可测量运动距离、运动配速、运动速度、运动步数和运动时间；运动结束后还可在“宜准跑步”App上面查看运动轨迹和运动签到。

解除/进入休眠状态

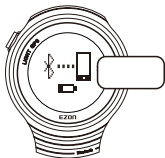


手表出厂时设为休眠状态(没有显示)。同时按住手表两个按键2秒，即可解除休眠回到显示状态。

如果手表仍不显示，可能是因为电池没电，请使用包装中附带的USB充电线给电池充电，然后再操作。

在显示状态同时长按手表两个按键2秒，手表进入休眠状态。

电池充电



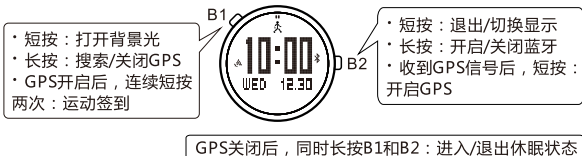
将提供的USB电缆一端的夹子夹住手表，夹子上的凸点应正对手表背面的凹槽，以确保USB电缆上的电极与手表背面的电极接触，USB电缆另一端与USB电源口连接。手表显示充电动画表示正在充电。

充电完成后，充电动画停止。完全没电的电池充满电需要2-3小时。

手表显示符号



手表按键功能



下载“宜准跑步” App

手表的设置、运动数据的查看和保存均在“宜准跑步”App进行。

登录<http://ezonwatch.com/ezonsport> 或根据您的移动设备操作系统扫描下列二维码下载“宜准跑步”App。



iOS



安卓

设备兼容性：支持蓝牙4.0的苹果设备或安卓设备。
系统兼容性：iOS6.0及以上、安卓系统4.3及以上。

注册和登录

安装“宜准跑步”App后，点击注册，根据提示完成注册。

使用已经注册的用户名和密码即可登录“宜准跑步”App，在“我的资料”页面填写个人资料。然后打开手表和移动设备蓝牙，点击“绑定”，根据提示将手表与App进行绑定。

设置和同步数据

使用手表前，根据具体情况对手表进行相关设置。登录“宜准跑步”App，点击“☰” > “⚙️”，根据提示进行相关设置。

运动结束后，登录“宜准跑步”App，点击“🔄”即可将手表测量数据传输到“宜准跑步”App。用户可在“宜准跑步”App上查看、分享运动数据。

当手表出现右图显示画面，表示手表和“宜准跑步”App需要链接。登录“宜准跑步”App，将手表靠近移动设备即可。



设置、链接、同步数据或添加设备过程中，要确保移动设备和手表的蓝牙处于开启状态。

绑定新的手表

使用其它宜准跑步运动表前，必须先和“宜准跑步”App绑定。

登录“宜准跑步”App，点击“⚙️”>“我的设备”>“添加设备”，然后根据提示操作。

搜索GPS信号

请在户外空旷处，长按手表B1键直至出现GPS信号搜索画面（如右图），将手表GPS天线朝上等待。收到信号后，手表显示“READY”。



搜索信号时，尽量不要移动手表。收不到信号可能是因为信号太弱，可换个地方或时间试试。在某地首次使用、或间隔很长时间后重新使用GPS，接收GPS信号可能需要较长时间。

GPS信号无法穿透固体、水等，故在室内、车内和水下无法使用GPS功能。在多云、阴雨天气及树林里、大厦附近，因GPS信号较弱，容易产生GPS漂移。

使用GPS测量运动数据

当手表显示“READY”时，短按手表B2键开启GPS，即开始测量运动数据。


开启GPS后：

如果打开设置中的“自动签到”，当运动距离达到设置的距离时，手表自动记录该签到点。如果关闭设置中的“自动签到”，用户可在运动时连续短按手表B1键两次记录签到点。运动结束后，用户可在“宜准跑步”App上查看签到点位置、海拔高度和相关运动数据。

按手表B2键可循环查看：累计时间、累计距离、当前时间、

当前配速、当前速度、本次步数等运动数据（见下图）。



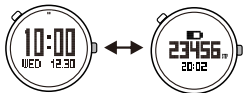
开启GPS后，如果手表屏幕显示静态  符号，表示如果继续使用GPS，电池最多只能维持20分钟。当电池电量较低时，手表将自动关闭GPS并保存运动数据。

运动结束，长按B1键关闭GPS，手表自动循环显示本次运动累计时间、累计距离和平均配速、平均速度等运动数据(见下图)。按B2键退出数据显示。



GPS关闭时，按B2键可循环查看当前时间、日期、电池电量及当天步数等（见右图）。

计步器自动测量用户每天的步数，凌晨0点自动清零。



手表提醒画面

除了数据显示画面外，手表还会根据设置出现相应提醒画面（见下图），按任意键退出提醒画面。



来电提醒



久坐提醒



运动提醒



闹铃提醒

产品规格

走时精度： +/-1秒/天 (+/-30秒/月)

工作温度： -10 — 60°C

存储温度： -20 — 60°C

电池型号： 聚合物可充电电池

待机时间： 约3个月 (不使用GPS和蓝牙)

续航时间： 约1个月 (不使用GPS)

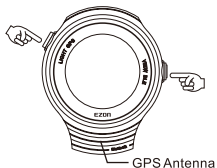
续航时间： 约8小时 (使用GPS)

防水等级： 50米 (普通游泳)

Introduction

Thank you for choosing EZON running sport watch. The watch contains a GPS receiver, a pedometer inside. It can measure exercise distance, pace, speed, steps, duration of exercise etc. You can also review the exercise track and sign-in points in the "EzonRun" App after finishing exercise.

Entering / Removing the Sleeping Status

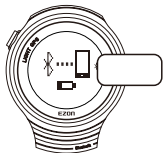


The watch factory setting is in the sleeping status (displaying nothing on the screen). Press down two button at the same time for 2 seconds to remove the sleeping status and display the time.

If the watch still displays nothing, it may be because the battery voltage is too low. Please charge the battery with the USB cable.

In the displaying status, press down two buttons at the same time for 2 seconds to enter the sleeping status.

Charging the Battery



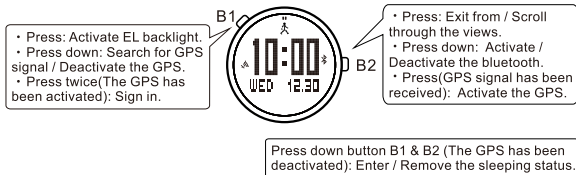
Clip the watch with the clamps of the USB cable. To ensure their electrodes are contacted, the location strip in the clamp must be plugged into the concave at the back of the watch. Plug another side of the USB cable into a power source. The charging icon is flashing on the watch screen when the battery is being charged.

The charging icon stops flashing when the battery is charged fully. It may take 2-3 hours to make full charging.

Symbols on the Watch



Button function



Downloading the "EzonRun" App

Setting the watch, reviewing and saving exercise data are all operated in the "EzonRun" App.

Please login <http://ezonwatch.com/ezonsport> or scan one of the following QR codes to get the "EzonRun" App according to your device operating system.



iOS



Android

Device compatibility: Apple's device and android device with bluetooth 4.0.

System compatibility: iOS 6.0 and newer, android operating system 4.3 and newer.

Signing up and Logging

After downloading the "EzonRun" App, click "Sign up" and finish registering according to the prompt.

You can login the "EzonRun" App with the username and password signed up, then fill in personal information in the "my profile" page. Turn on the bluetooth in the mobile device and watch, then click "Bind", and bind the watch to the "EzonRun" App according to the prompt.

Setting and Synchronizing the Data

Before the first time you use the watch, you should set the watch based on your individual circumstances. Log in the "EzonRun" App, click "☰" > "⚙️", then set the parameters according to the prompt.

After finishing exercise, log in the "EzonRun" App. Then click "↻" to transfer the exercise data to the App. You can review your exercise data and show them to your friends in the App.

White the watch displays as the right picture, it means the watch should be linked to the "EzonRun" App. Log in the "EzonRun" App, and move the watch near to the mobile device.



In the process of setting, linking, synchronizing the data and adding devices, please ensure that the bluetooth in the watch and the mobile device have been activated.

Banding a New watch

Before you use another new EZON run sport watch, you should band the watch to the "EzonRun" App.

Login the "EzonRun" App, click "⚙️" > "My devices" > "Add a device", then operate according to the prompt.

Searching for the GPS Signal

Please press down button B1 until the watch displays the right picture of searching for the GPS signal outdoors where you can see the sky, then take the GPS antenna toward the sky. The watch will display "READY" after receiving the signal.



Please don't move the watch while searching for the GPS signal. If the signal is too weak, the watch can't succeed in receiving. Please change a place or time to try again. It may take a long time to receive the signal if you use the watch for the first time or after a long interval in an area.

Because the GPS signal can not penetrate solid buildings and water, please do not use the GPS in a room, in a car or under the water.

On cloudy days, rainy days, in forests, or at places round buildings, the GPS signal gets weak and the GPS will maybe drift.

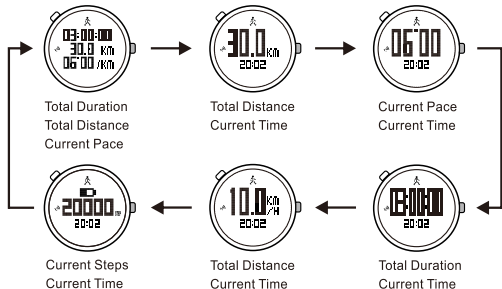
Measuring Exercise Data


After the watch displays "READY", press button B2 to activate the GPS to measure.

When the GPS is activated:

If you turn on "Sign in Auto" in the settings, when your exercise distance is equal to the set distance, the watch will sign in automatically at the place. If you turn off "Sign in Auto" in the settings, you can press button B1 twice to sign in somewhere while doing excises. After the exercise, you can view the places locations, altitudes and relative data in the "EzonRun" App.

Press button B2 to scroll through the views: total duration, total distance, current time, current pace, current speed, current steps, etc.(see below).



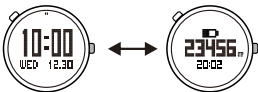
When the GPS is activated, the static symbol  on the watch screen means that the GPS can work for 20 minutes at most. When the battery level is too low, the watch will deactivate the GPS and save the exercise data automatically.

At the end of your exercise, press down button B1 to deactivate the GPS, the watch will display total duration, total distance, average pace and average speed(see below). Press button B2 to exit from the view.



When the GPS is deactivated, press button B2 to scroll through the views: current time, date, battery level and today's steps etc. (see below).

The pedometer in the watch measures your daily steps and resets at midnight automatically every day.



Reminder

The watch will display a reminder (see below) according to the settings. Press any button to exit from the reminder.



Call Reminder



Sedentariness
Reminder



Exercise Reminder



Alarm Reminder

Specification

Time precision: + / - 1 second / day (+ / - 30 seconds / month)

Operation temperature : - 10 — 60 °C

Storage temperature: - 20 — 60 °C

Battery: Rechargeable polymer battery

Battery life: About 3 months (with the GPS and Bluetooth function off)

Battery life: About 1 month (with the GPS function off and the Bluetooth function on)

Battery life: About 8 hours (with the GPS function on)

Water resistant: 5 ATM (normal swimming)

EZON 宜准

M810-3