UX

URBANWORX

GPS ACTIVE FIT BAND

INSTRUCTION MANUAL

CONTENTS

CONTENTS   PAGE

GENERAL SAFETY INSTRUCTIONS

- When charging the product please use the charging case in the box, please make sure the Active Fit Band is dry before charging.
- Please make the Active Fit Band close to your wrist to make the data more accurate. Please note this is not a medicare equipment, the data/information just for your reference.
- The product should not be exposed to hand sanitizer, soap and other chemicals.
- Please clean and wipe the wristband regularly to avoid sweat, oil and dirt affecting the service life of the wristband. In the process of use, avoid destructive use behaviors such as strong pulling, excessive bending, etc, so as to prolong the life of the wrist strap.

PRODUCT OVERVIEW

1 Touch Screen

2 Turn Screen On / Previous Menu

3 Heart Rate Sensor

4 Charging Pins

5 Return button

PRODUCT OVERVIEW (Cont.)

Plug Charging frame USB plug into a powered USB Port.

Open the charging case frame, and place the Active Fit Band into the frame and close it. Make sure to align and place the Metal pins of the Charger with the metal point on the back of the Active Fit Band, if done so correctly the charging icon will appear on the screen

CONNECTING TO SMARTPHONE

1. Download the ORunning app on your smart device.

Android	iOS

 Orunning

Once you have downloaded and installed the ORunning app please move onto the next step.

CONNECTING TO SMARTPHONE (CONT.)

2. Once opened, pictures of Smartwatches will appear. Select the 1st option "**GPS Watch**".

GPS watch

CONNECTING TO SMARTPHONE (CONT.)

3. Please make sure to carefully select below watch picture which matches your GPS Active Fit Band you purchased for either your Android or iOS device.

Watch Picture

CONNECTING TO SMARTPHONE (CONT.)

4. The Active Fit Band will now appear as the model number **USW-9G**, select the Band model. (highlighted below)

←   Current device   ⑦

USW-9G
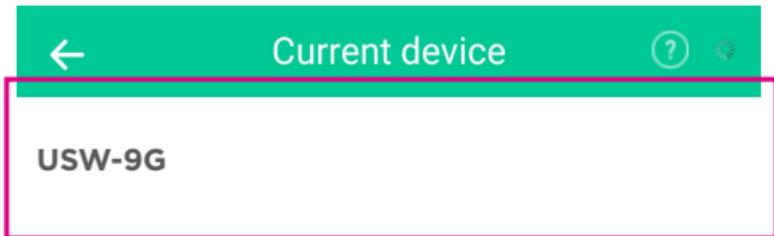
5. ORunning app will now start **Connected Successfully** at the top. Now you can press "**NEXT**" marked below to proceed.

Authorization success, welcome to use!

Next
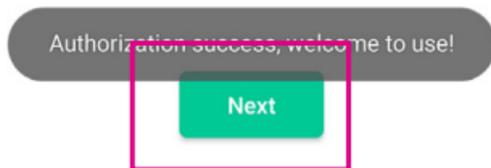
CONNECTING TO SMARTPHONE (CONT.)

Apple iPhone - SETUP
1. If you iPhone does not connect, select **"SETTINGS"** located on bottom right hand side of app.

2. Then select the 10th option **"Connect Device"**, follow the same procedure as **"Connecting to Smartphone Steps"** as previously shown and selecting the correct pictures to then detect **"USW-9G"** as the device you want to connect to.

SETUP PROFILE

Now that you have successfully connected Smartphone, it will now take you to the Profile page, but ORunning app will first request access to multiple aspects of your phone.

In order for the app to fully function, you must select **"Allow"** for most sections of your phone so that the app can use all its features.
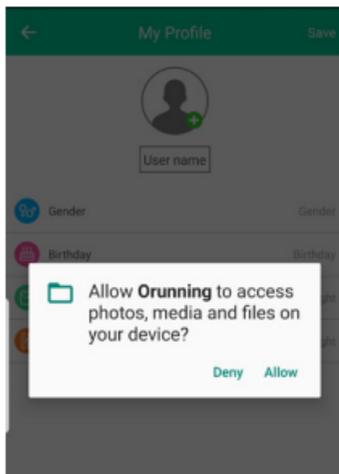
SETUP PROFILE (CONT.)

Now that you have allowed access to your phone, setup the below in order to proceed:

Pic - photo of anything is optional.
Gender - Female or Male
Birthday - Date of birth
Weight - Body weight
Height - Total height

Once you have entered all details, you can now select **"Save"**
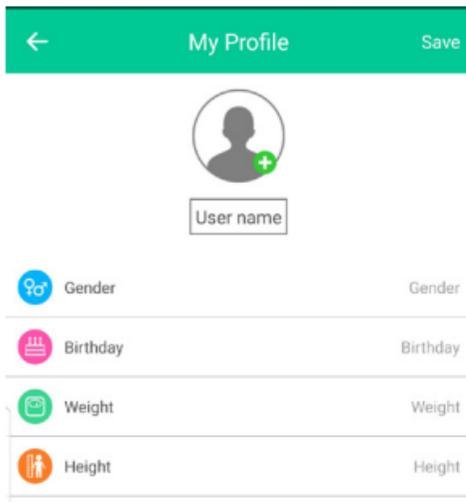
APP USAGE

Once all completely setup, you now have real-time data provided to you on your steps, Kcal burned, Kms travelled, sleep patterns and heart rates.
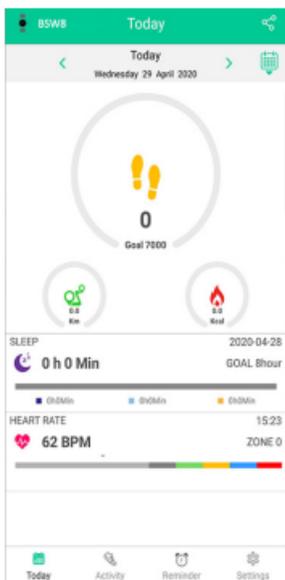
Today - Shows all current statistics you have gone through for the day.

Activity - shows all the activity you have done on the week/Month/Year/All.

Reminder - You can set a reminder to **Eat**, **Sport** (Exercise), **Sleep**, **Medicine**, **Wake Up** and **Meeting** at any day, and any time.

APP USAGE - SETTINGS

Select **"SETTINGS"** on Orunning app for the below:

My Profile - Edit your profile

Goals - Select and adjust goals you want to achieve

Notifications - Adjust which notifications to receive

Find Device - Makes your Active Fit Band vibrate.

12-Hour Format - adjust between 12 hour or 24 hour.

Take Picture - Press button on Active band to take photo.

Advanced Settings - adjust features further to your needs.

Connect to Google Fit - Connect to a gmail account already setup to your phone to provide data to Google Fit.

Theme - Light or Dark Mode

Disconnect/Connect Device - disconnect band or connect to another band.

Firmware Update - Select to check for new updates.

ACTIVE FIT BAND FUNCTIONS

Turn watch towards your face or press the one touch point button to wake up the Active Fit Band.

Watchface
Press and hold the touch button to change watch face.
Do the same action to change watchface again.
There is 3 options to choose from.
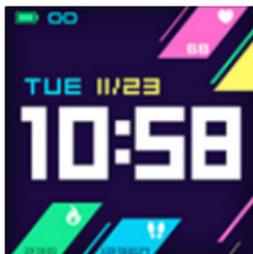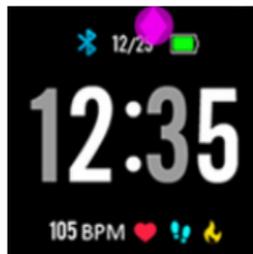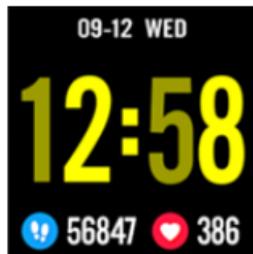
Swipe the screen from LEFT side to RIGHT to view the menu.

ACTIVE FIT BAND FUNCTIONS (CONT.)

STEPS (Pedometer)
This will show you the amount of steps you have take for the day so far.
(1) Press STEPS icon to go into Steps detailed information.
(2) Press the screen to see historical data
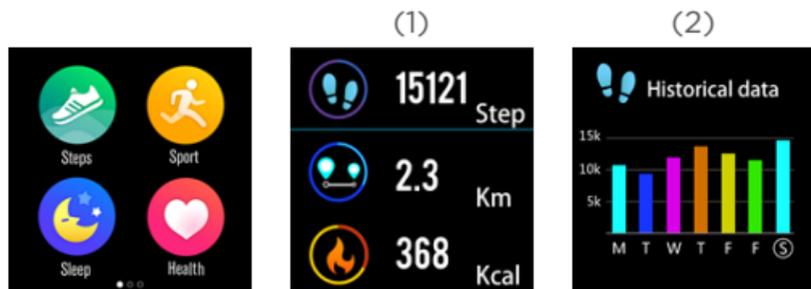
(1)　　　　　(2)

Return: Swipe the screen from LEFT side to RIGHT side or Press button on side of watch.
Navigate Main Menu: Swipe the screen from RIGHT to LEFT side.

ACTIVE FIT BAND FUNCTIONS (CONT.)

HEART RATE - Select **Heart Rate** and to activate the Heart Rate Sensor (Green Flash back of watch), make sure the watch is on your wrist and strapped up correctly to measure your heartbeat.

(1) Press icon on top right corner of screen to view detailed information.

CAUTION: Do not face Green Flash towards your eyes as it may cause damage or issue with your eyes.
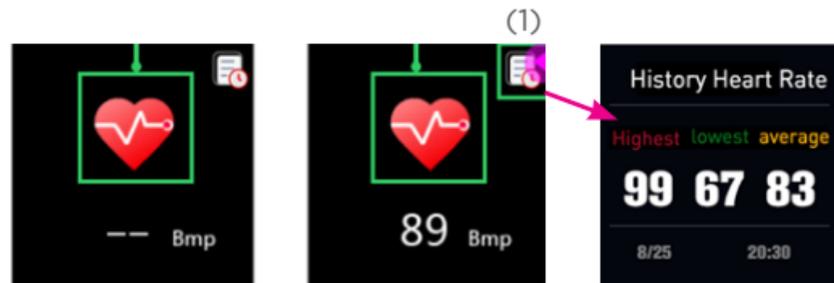
(1)

Return: Swipe the screen from LEFT side to RIGHT side or Press button on side of watch.

Navigate Main Menu: Swipe the screen from RIGHT to LEFT side.

ACTIVE FIT BAND FUNCTIONS (CONT.)

SPORTS - Select **"SPORTS"**, then you can go through the options by swiping Upwards (slide finger from bottom of screen to the top to navigate sports menu).

Options: **Walking**, **In-Walk, Run, In-Run, Ride, Climb Swim, History**
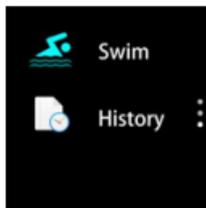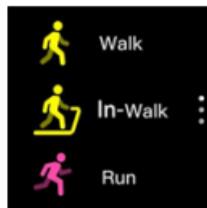
Once you select type of sport, then you can select what category of that sport you would like to do such as: Aimless, mileage (distance), Time or Consume (cal).

Return: Swipe the screen from LEFT side to RIGHT side or Press button on side of watch.
Navigate Main Menu: Swipe the screen from RIGHT to LEFT side.

ACTIVE FIT BAND FUNCTIONS (CONT.)

Once you select the category of sports such as:
(1) Run > (2) Time. You will be taken to a page that says
GPS LOADING. Please allow 1-2 minutes and then
press the **>> arrows (blue button)** to proceed to next page.
When GPS is activated, a **green GPS** icon will appear at the
top of your activity page. see below:
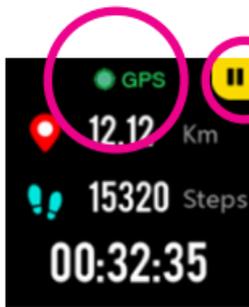
To **STOP** the activity or
pause it, Press the **PAUSE**
button. Then a **STOP**
button will appear on top
left corner of screen. Press
to **STOP** the activity

SWIM MODE NOTE: During Swim activity, only the side
button will work while in the water.

Return: Swipe the screen from LEFT side to RIGHT side or
Press button on side of watch.

Navigate Main Menu: Swipe the screen from RIGHT to LEFT side.

ACTIVE FIT BAND FUNCTIONS (CONT.)

SLEEP - Select **"SLEEP"**, this displays (1) few different parts of your sleep pattern.

(1)   (2)

(2) Press screen to display history of sleep. (Swipe LEFT to RIGHT to return or Press the side button).

Return: Swipe the screen from LEFT side to RIGHT side or Press button on side of watch.
Navigate Main Menu: Swipe the screen from RIGHT to LEFT side.

ACTIVE FIT BAND FUNCTIONS (CONT.)

MESSAGE - Select **"MESSAGE"**, this displays all recent notifications of your smartphone, whether its phone calls missed or messages received.
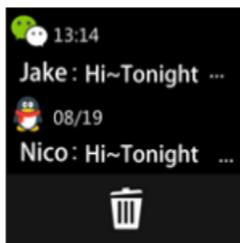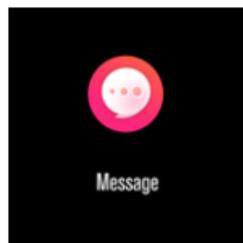
Note: you can not respond back to messages, only view the notification itself.

Return: Swipe the screen from LEFT side to RIGHT side or Press button on side of watch.
Navigate Main Menu: Swipe the screen from RIGHT to LEFT side.

ACTIVE FIT BAND FUNCTIONS (CONT.)

WEATHER - Note: Active Fit Band must be connected to Smartphone via the Orunning app for the weather to be displayed as shown below.
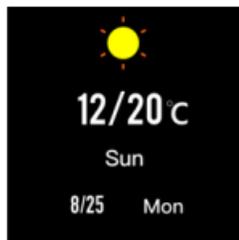
Set location - To set the location to show correct weather report, open **"ORunning"** app on your smart device. Select **"SETTINGS"** > select **"Advanced Settings"** and then "**Weather"**.

If you allowed locations when first setting up the Active Fit Band, then the ORunning app will detect your area and others nearby. **Select your Area** and the settings will close.

Your Active Fit Band will now show the correct weather.

Return: Swipe the screen from LEFT side to RIGHT side or Press button on side of watch.
Navigate Main Menu: Swipe the screen from RIGHT to LEFT side.

ACTIVE FIT BAND FUNCTIONS (CONT.)

STOP WATCH -
Select Stopwatch if you want to time yourself during
an activity.
(1) Press play to start your timer.
(2) Press to set as a lap and continue the activity
(3) Press to pause your timer.

(1)   (2) (3)   (4) (5)

(4) During pause, Press to reset the time.
(5) During pause, press Play to continue with timer

Return: Swipe the screen from LEFT side to RIGHT side or
Press button on side of watch.
Navigate Main Menu: Swipe the screen from RIGHT to LEFT side.

ACTIVE FIT BAND FUNCTIONS (CONT.)

MUSIC CONTROL - Select **"MUSIC"** which will allow you to control music that is being played by your connected smart device from your watch.
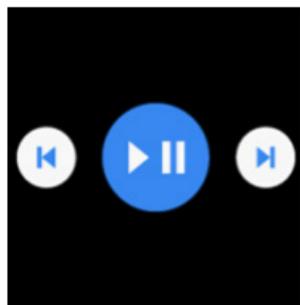
Return: Swipe the screen from LEFT side to RIGHT side or Press button on side of watch.
Navigate Main Menu: Swipe the screen from RIGHT to LEFT side.

ACTIVE FIT BAND FUNCTIONS (CONT.)

FIND MY PHONE - Select **"FIND MY PHONE"**, as soon as this is pressed, (if connected) your smart device will start beeping so you can find it if lost within your home and within range of being connected via BT.

Find My Phone - Press and hold touch button to select this option, then short press to make your smartphone beep to find your phone.

SPECIFICATIONS

Screen size/resolution: 240x 240, 1.3" Full Touch
Bluetooth version: BT 4.2 BLE
GPS Tracking: Yes
Battery size: 200mAh
Usage time while GPS in use: up to 6 hours
Usage time while BT in use: up to 5 days
Standby time: up to 30 days
Waterproof: IP68

Product material: Stainless Steel + Plastic + Silicon Belt
Product size:
252 mm (Length incl. Band)
42.2 mm (Watchface Height)
10.3 mm (thickness)
Band: 22mm Wide
Weight: 45g

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