

Fitrus Watch

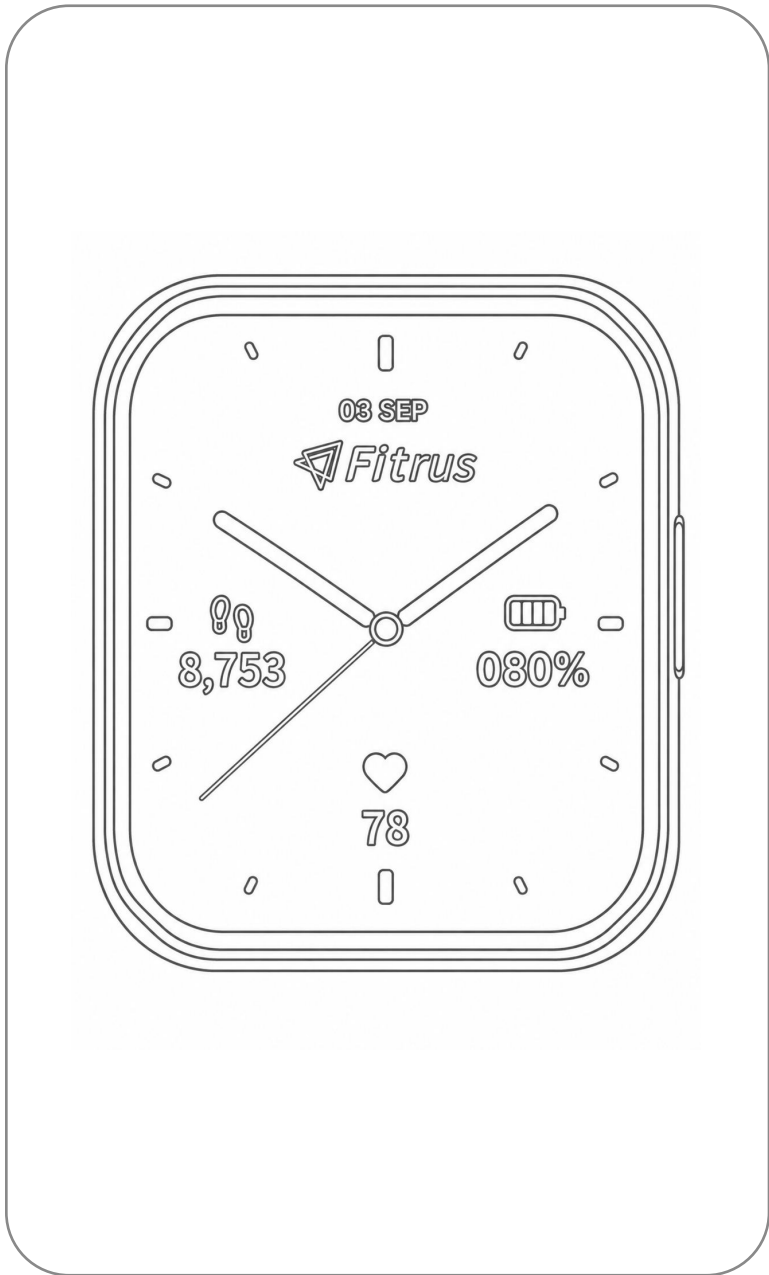
Quick Start Guide



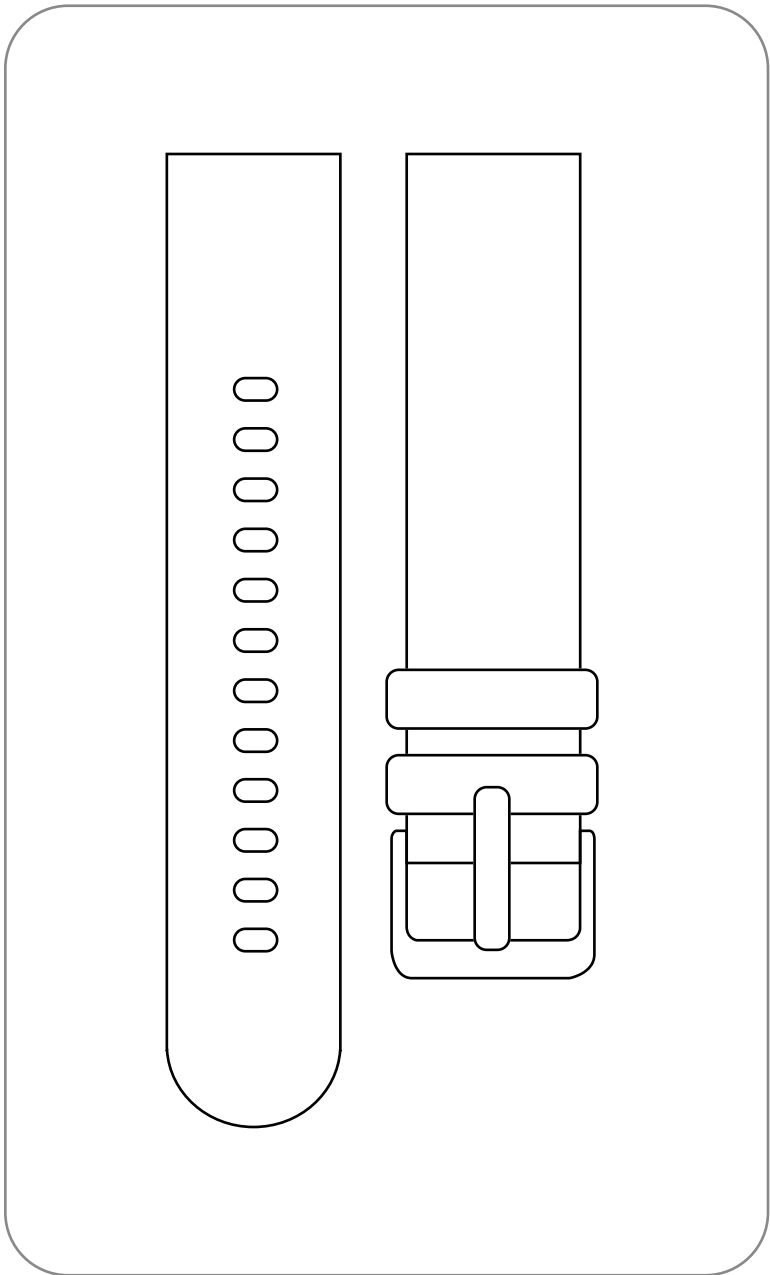
Scan to Download



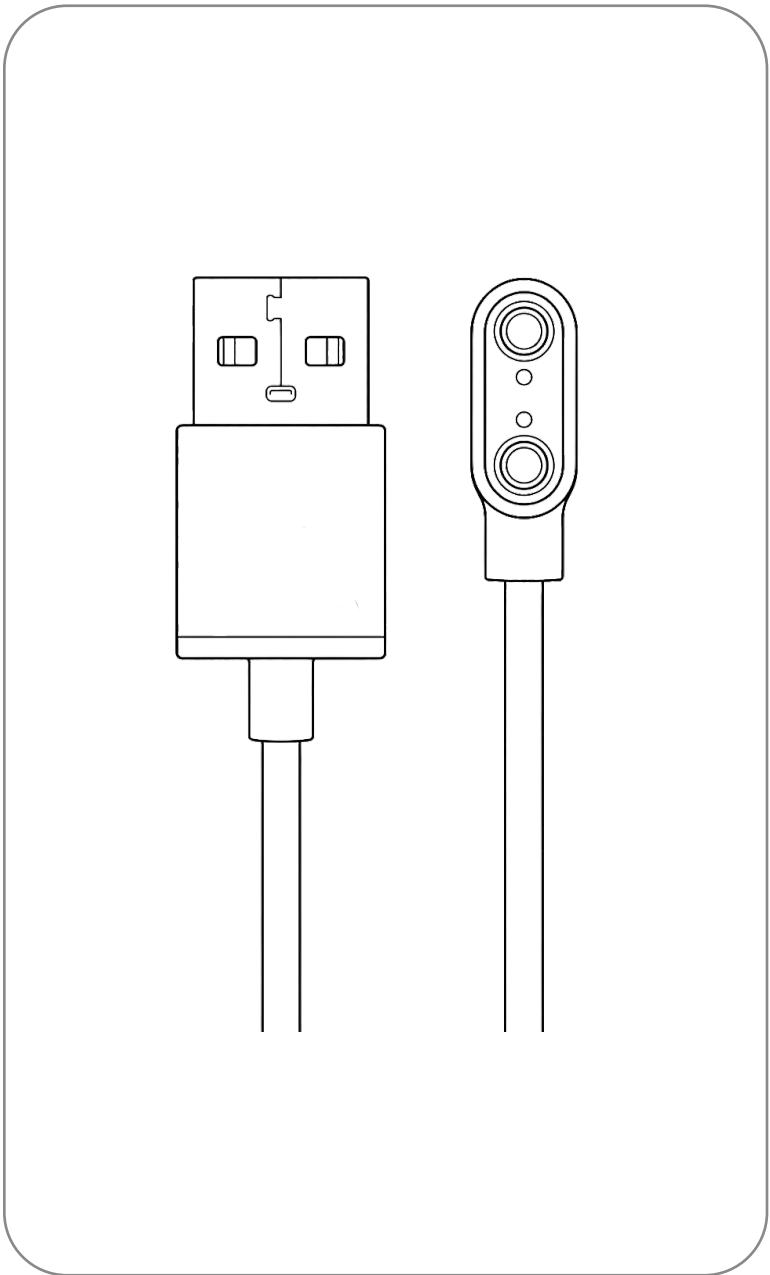
PACKAGE CONTENTS ⁽⁰¹⁾



Watch Device



Strap



Charging Cable



User Manual

Please make sure all the above items are included in the package before use.

MAIN PRODUCT COMPONENTS ⁽⁰²⁾



Front View



Display
Screen

Power
Button

Back View



Charging
Connector

PPG
Sensor

STEP 1

Charge Watch

Connect the included cable to charge. Measurement is unavailable while charging.

STEP 2

Power On

Press and hold the power button to start. Charge the watch if it does not turn on.

STEP 3

Install App

Search for the Fitrus app in the store. Download and install it on your phone.

STEP 4

Sign Up

Open the app and create an account. Follow the steps to complete quick setup.

STEP 5

Connect Watch

Turn on Bluetooth on your mobile phone. Select Fitrus Watch to complete pairing.

! Before Use !

- For accurate measurements, use the watch when sufficiently charged.
- **How to Check the MAC Address** : Settings > Info icon > MAC Address

Initial Watch Setup ⁽⁰⁴⁾



 Turn **(ON)** the switches for each feature.

STEP 1



Incoming Calls

Enable the incoming call feature.

STEP 2



Health & Monitoring

Enable all health metrics you want to measure.

STEP 3

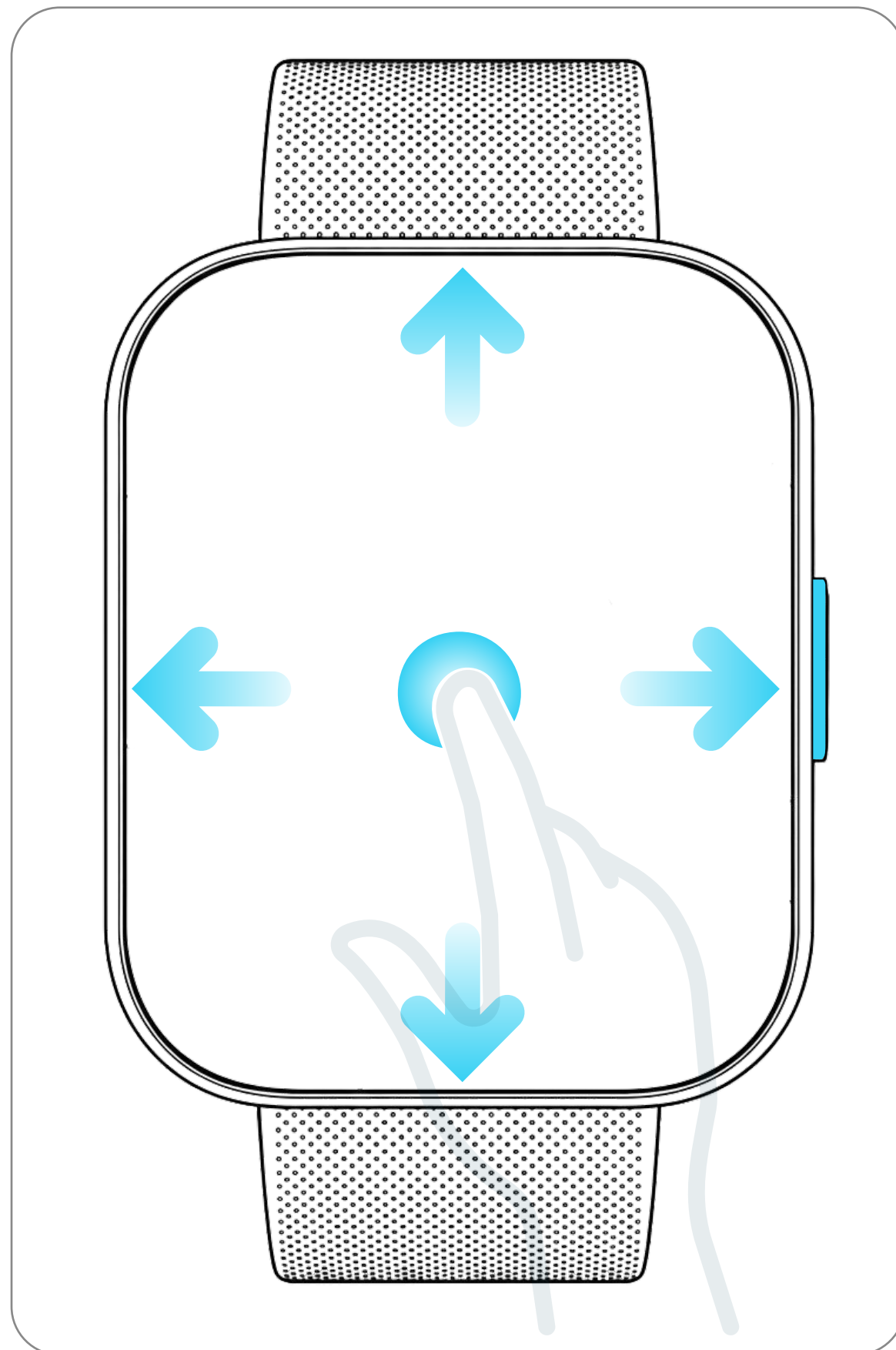


Notification Settings

Select the app notifications you want to receive.
For Fitrus notifications, enable **"Other."**

**Required for
Android Users**

For smooth app operation, make sure **Battery Optimization Exclusion** is enabled.
· Path: App Settings > Permission Management > Battery Optimization Exclusion



1

Swipe down

Open settings and control center (Brightness, Do not Disturb, etc.)



2

Swipe up

Check messages and notifications.



3

Swipe left to right

Open quick menus (Weather, Timer, Calculator, etc.)



4

Swipe right to left

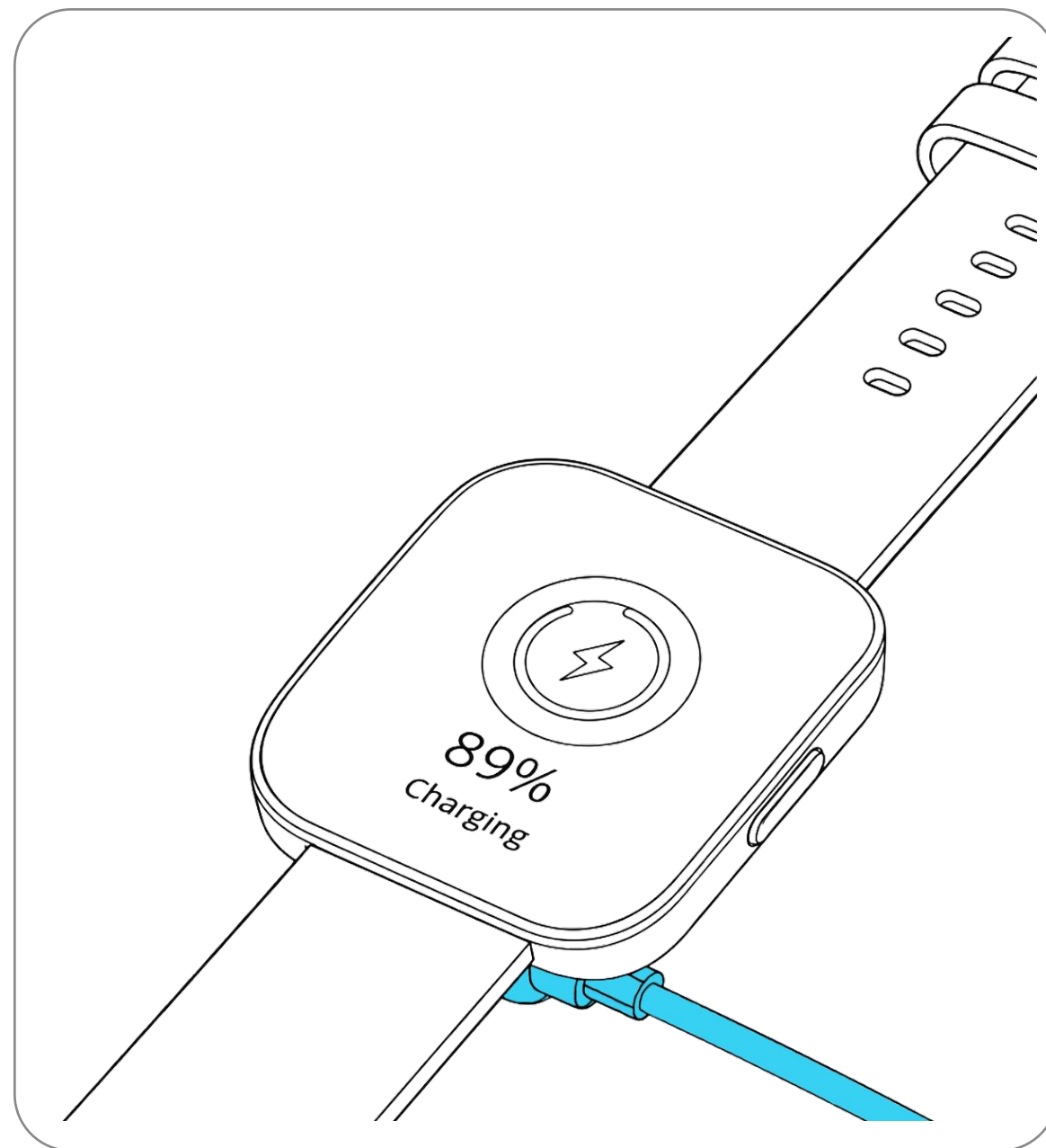
View calls and wellness measurements (Activity, Sleep, Heart Rate, etc.)

※ Swipe up on each measurement screen to view detailed data.

5

Press the power button

Turn on the screen and view the full menu list.



Connect the Charging Cable

Align the charging terminals with the port correctly and connect the cable.

Use a Power Adapter

Use an adapter with an output voltage of 5V/1A or less.

Charge After Long-Term Storage

If the screen does not turn on after long-term non-use, charge the watch for at least 1 minute.

Check Battery Status

Swipe down and check it in the settings and control center.

How to Wear the Watch ⁽⁰⁷⁾



For accurate measurements, wear the watch correctly.



Fit It to Your Wrist

Wear the watch comfortably and snugly so that it does not move.

Keep the Sensor in Contact with Your Skin

Make sure the sensor on the back of the watch is in direct contact with your skin.

Keep Still During Measurement

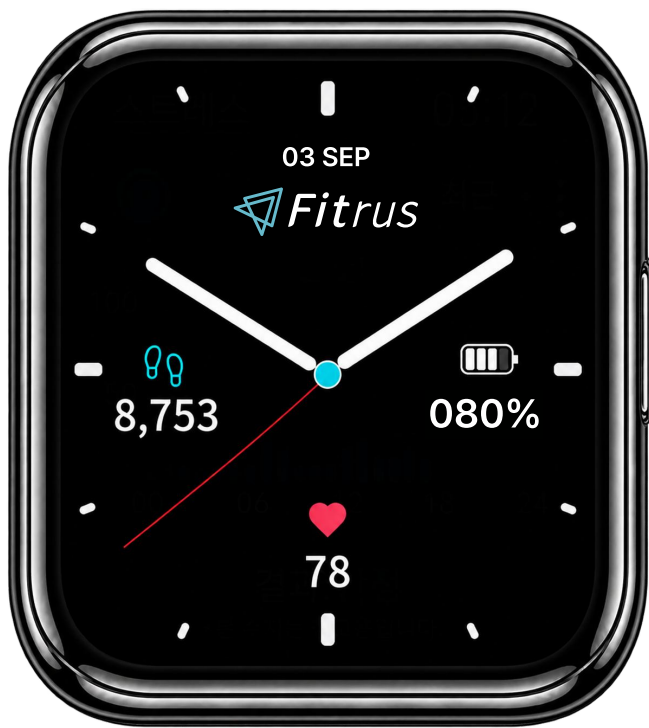
Minimize wrist movement during measurement.

Wear the watch comfortably—not too loose or too tight.

Checking Health Data ⁽⁰⁸⁾



Health data is automatically measured and recorded.
You can also check your current measurement directly from the desired health screen.



Go to a Health Screen

Swipe left to navigate to the desired health screen.



Start Measurement

Measurement starts automatically when you enter the health screen.



Check Your Result

Once the measurement is complete, check your current result.

Measurement time varies by metric. Stay still until complete.
Swipe up to view details. **Results are for reference only.**

See how active you've been today.

Track your daily activity and check your activity levels.



Activity Overview

Check today's activity information on the Activity screen.



Steps

Check your daily step count.



Calories

Check your calories burned today.



Distance

Check the distance traveled today.

Wear the watch throughout your daily activities to record activity data.

Start a workout and track your exercise.
Select your desired workout and view your exercise data in real time.



Select Exercise

Tap the Exercise icon on the Activity screen.



Select Workout

Choose your desired workout and workout type.



Start Exercise

Tap the Play button to start your workout.



End Exercise

Swipe left or press the Power button, then select Stop.

Select **Pause** to temporarily pause your workout or **Stop** to end it.

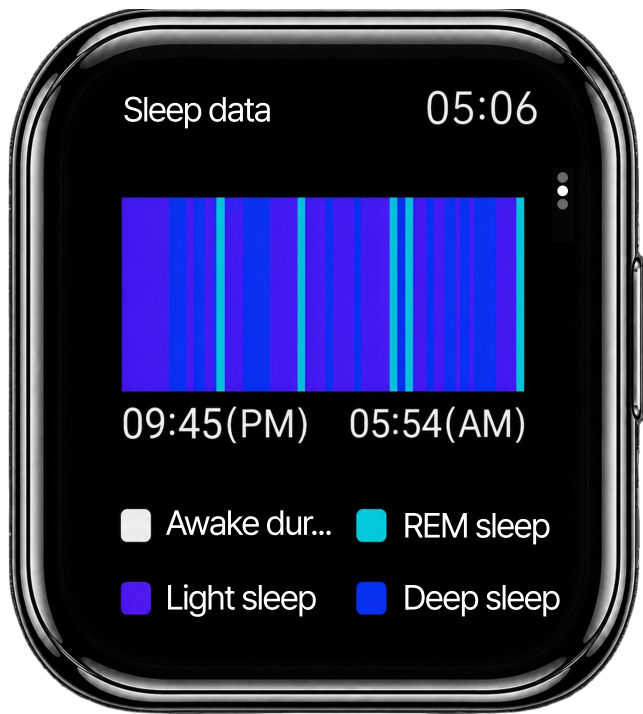
Check your sleep status.

Wear the watch while sleeping to track your sleep and view detailed sleep information.



Check Sleep Results

Wear the watch while sleeping.



Check Sleep Data

View your sleep records in the **Fitrus** App.



Check Sleep Details

View detailed sleep records in the **Fitrus** App.

Before going to bed, check the watch battery level and make sure the watch is worn correctly.

Viewing Health Records in the App ⁽¹²⁾

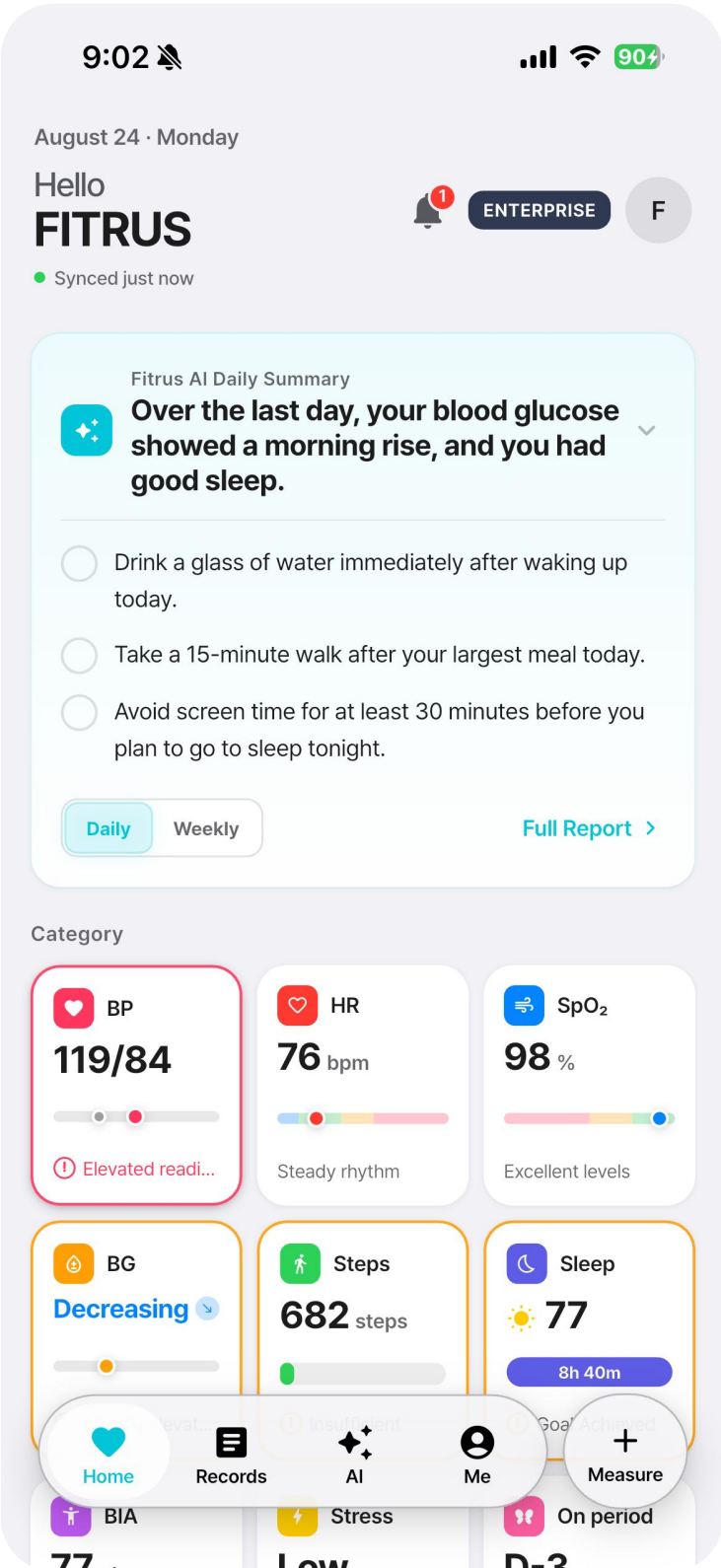


View health data and records measured by your watch in the **Fitrus App**.
You can check current measurements and previous records for each health metric.

1

Select Health Data

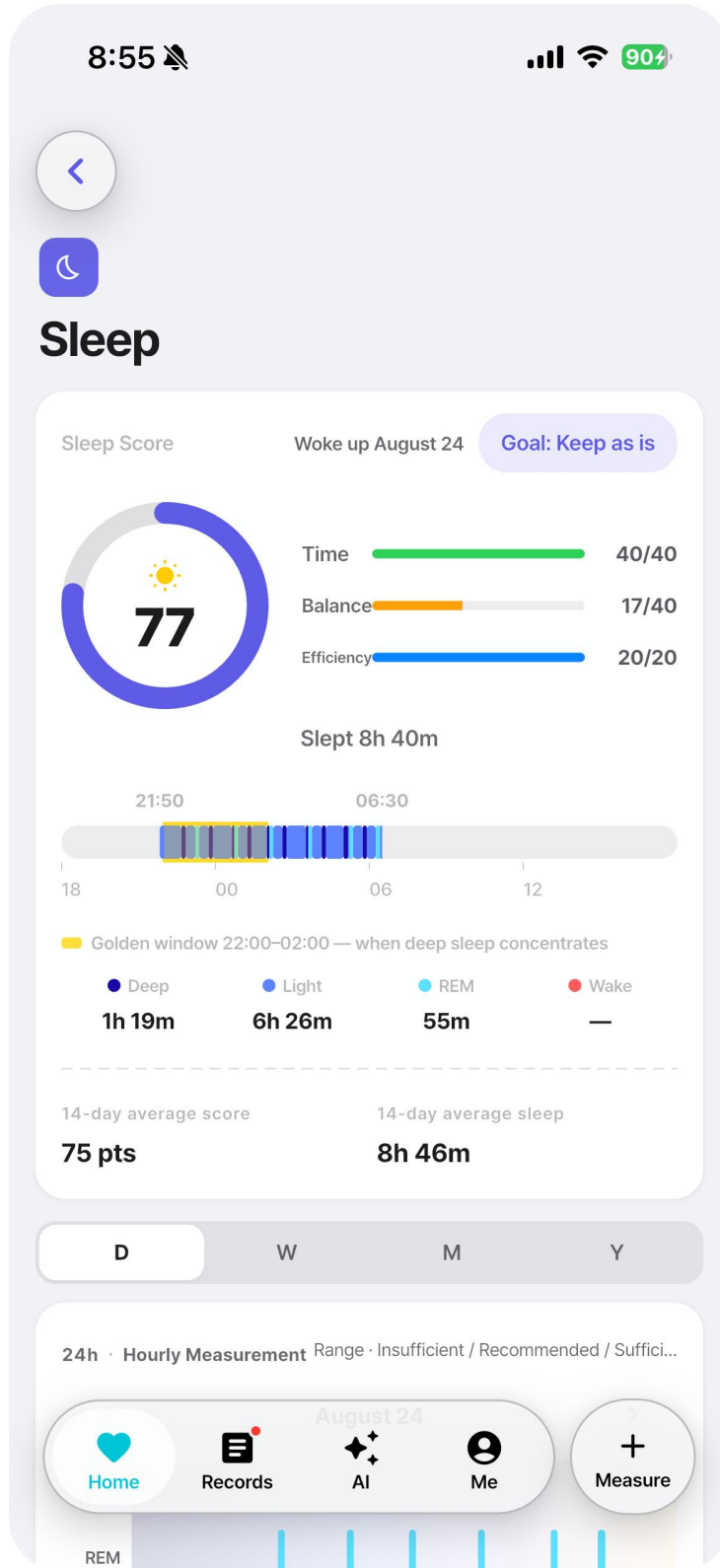
Select the health metric you want to view.



2

Check Measurement Records

View your current measurement and previous records.



1 Use Guidance

Not intended for medical diagnosis or treatment.

- This product is **not a medical device**; do not use it to **diagnose, treat or prevent** disease.
- All data and measurements are for wellness and health-management reference only and should not replace diagnosis by a medical institution.
- Do not make medical decisions based on the device results. Always consult a healthcare professional.
- If you use a pacemaker or other implanted medical devices, consult a healthcare professional before use.

2 Product Handling

- If skin rash or itching occurs after prolonged wear, immediately stop using the watch and keep the device clean.
- This device is **IP68 water-resistant**. Avoid hot water, saunas, diving, and exposure to strong water pressure.
- For your safety, do not operate the device while driving, cycling, or walking.
- The contents and specifications of this manual may change without prior notice.

1 Warranty Period and Free Replacement

- Warranty period: **1 year** from the date of purchase
- Failure during normal use: **Free replacement**
- Customer fault or expiration of the warranty period: **Paid replacement**
- Damage, water immersion, and unauthorized disassembly are excluded / Proof of purchase is required

2 Replacement Criteria

- Replacement is generally provided with **the same product and color**
- **Shipping costs** for product replacement are **borne by the customer**

3 Cases Subject to Paid Service

- Failure or damage caused by impact
- Damage to parts caused by water or liquid ingress
- Incorrect use or negligence
- Unauthorized repair or modification
- External changes due to use, such as scratches or discoloration

The default warranty period for this product is one 1 year from the purchase date. However, the warranty period may be extended to two 2 years in certain countries in accordance with local consumer protection regulations, and **local statutory requirements shall prevail**.

※ This product is not a medical device.



MODEL	FRW-B10
SIZE	39.5(W) × 34(L) × 6.9(H) mm
DISPLAY	1.85 inch AMOLED curved screen
WATER RESISTANCE	IP 68
CHARGING VOLTAGE	5V / 160mA