



The instruction of Smart Watch

RTL-GPS User Manual

SPORT | Healthy

 FitCloudPro

Waterproof: IPX8

FCC Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help. The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restricti

Charging and Activation

a. Connect the watch charging cable to a 5V-1A adapter and plug it in. Ensure proper alignment of the cable with the metal contact pins on the back cover of the watch. The built-in magnets will automatically attach to the correct poles for charging.

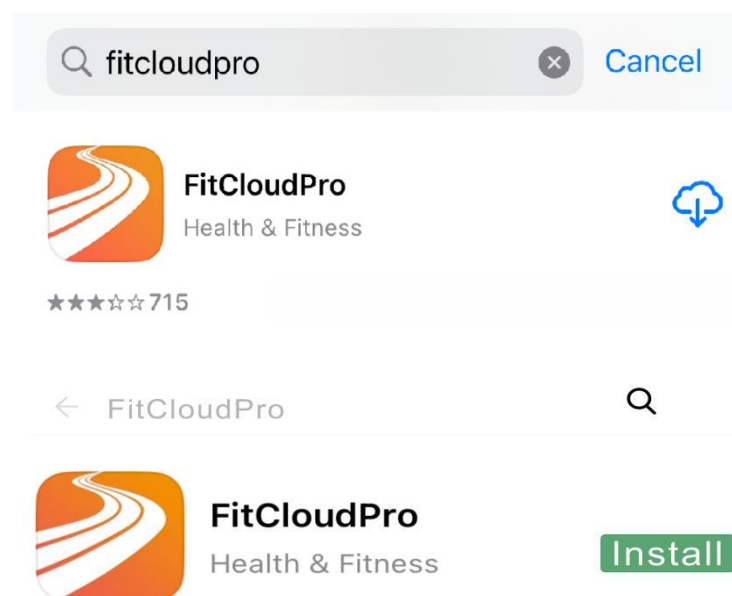
b. If the watch is newly received or has not been used for a long time, the battery may be in a 0voltage protection state. Charge the watch for at least 15 minutes to accumulate enough power to activate it. The built-in magnets will automatically attach to the correct poles for charging.

c. It is recommended to charge the device once a month. Keep the device fully charged and power it off when not in use to ensure longevity and optimal performance.

App Download

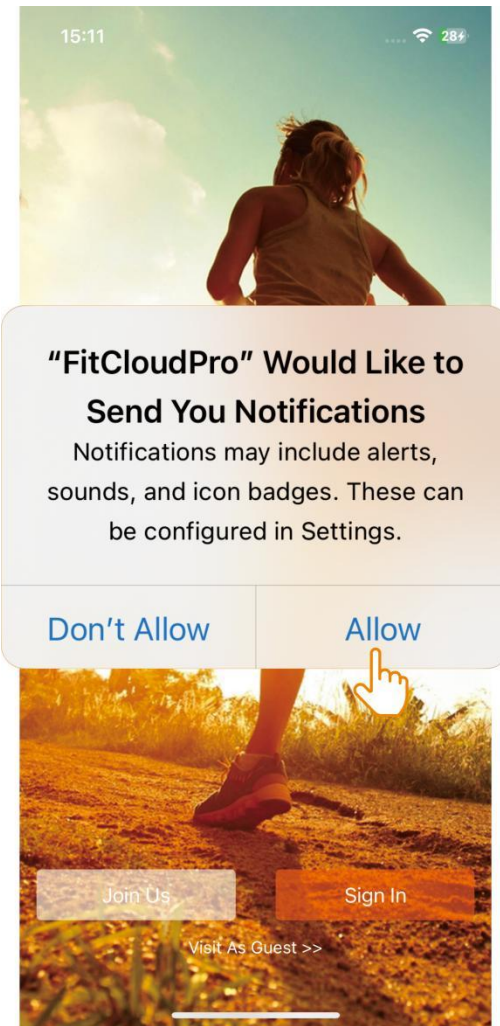
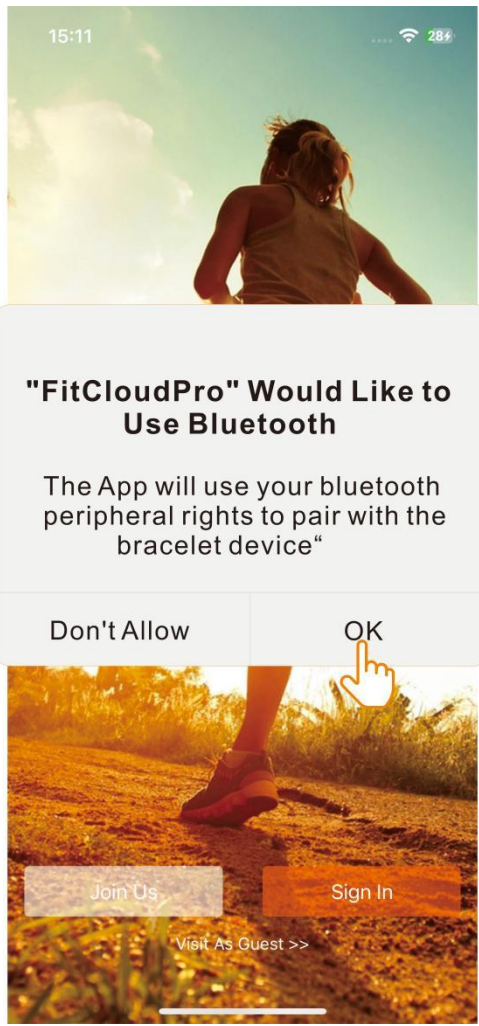
① Download the "  FitCloudPro" app from the App Store or Google Play.

② Scan QR code to download.

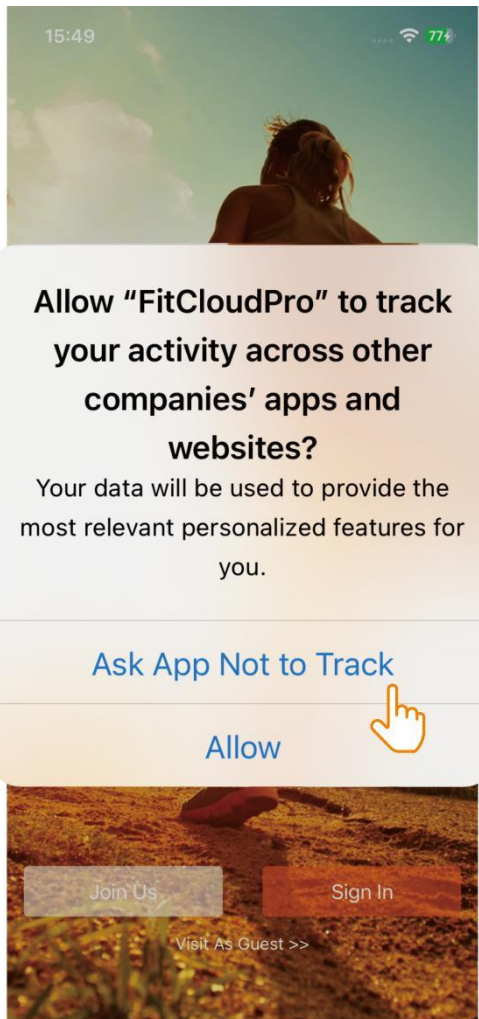


Pair as Follows-IOS

a. Upon first use of the FitCloudPro app, enable it to access Bluetooth, wireless data, and notifications on your compatible smartphone by granting all necessary permissions through your phone's settings.

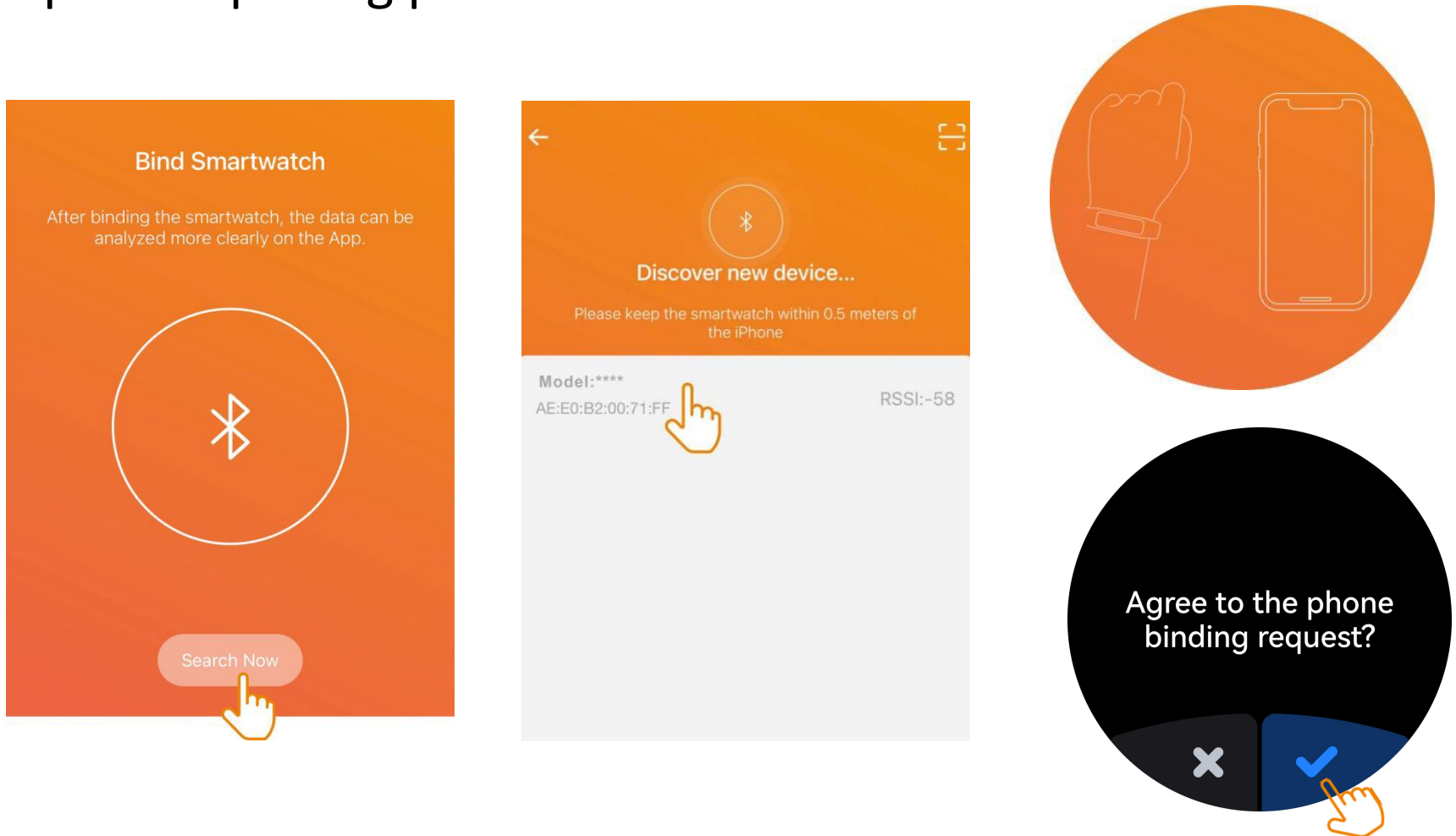


b. Use the app with "VisitAs Guest" or "Sign In"

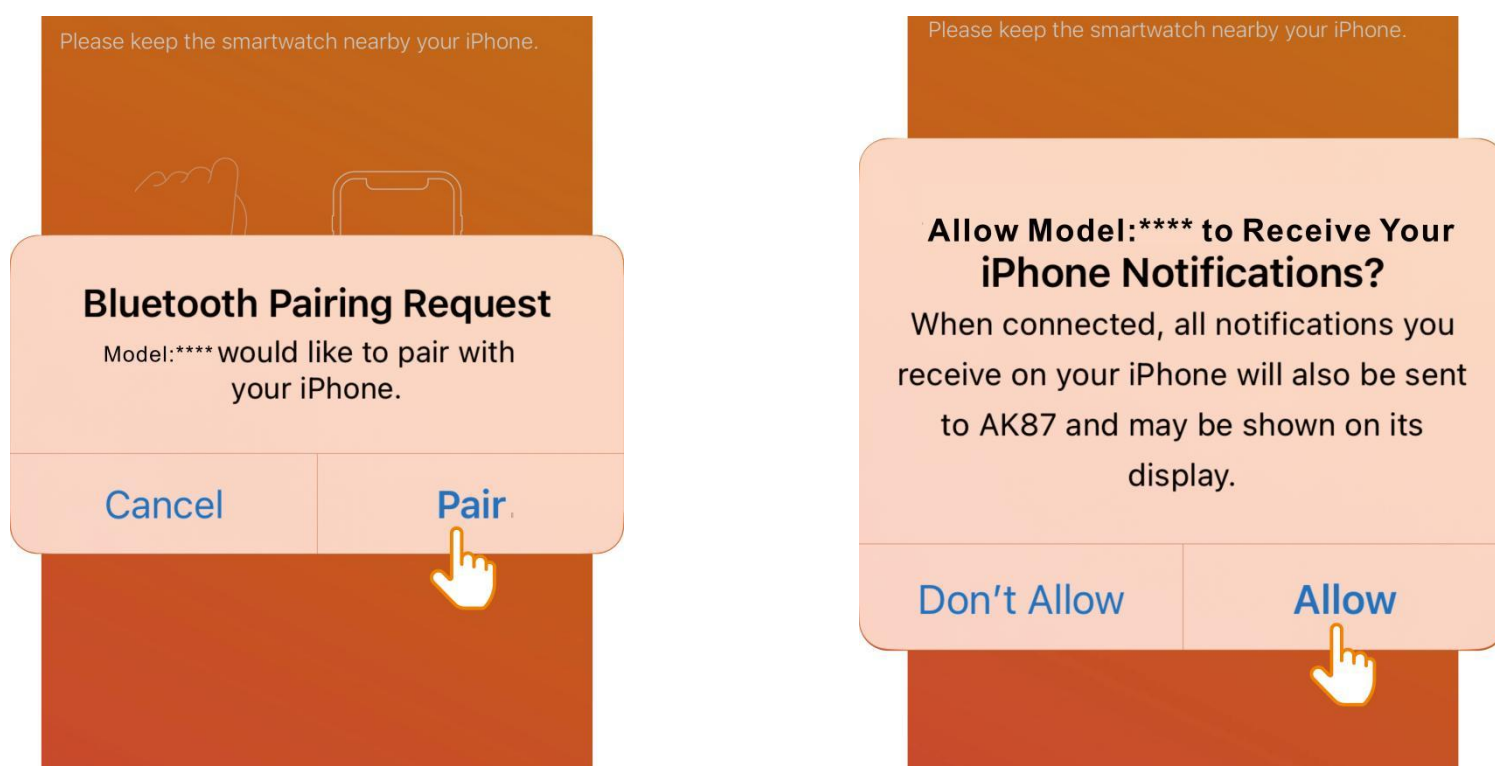


Connecting Bluetooth-IOS

a. Select 'Search Now' to discover and connect to the watch Bluetooth device. and tarthe watch to 'agree' grant access and completethe pairing process.

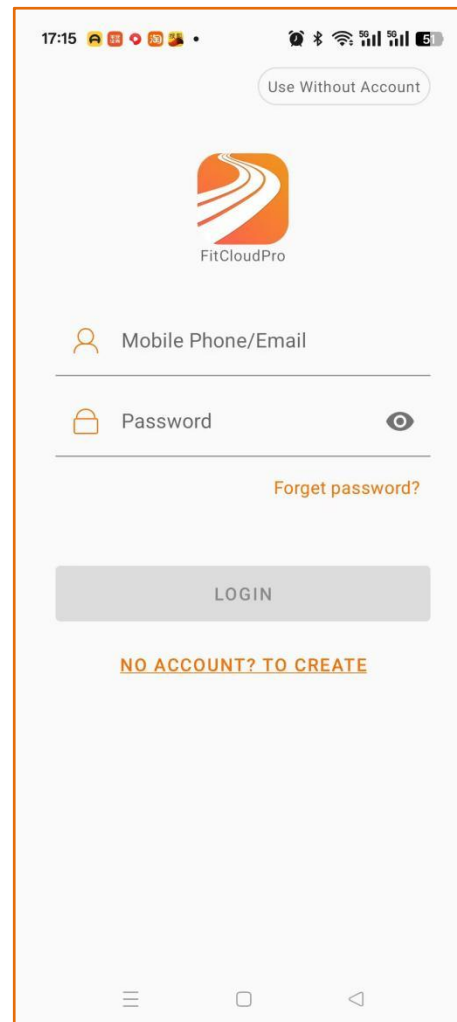
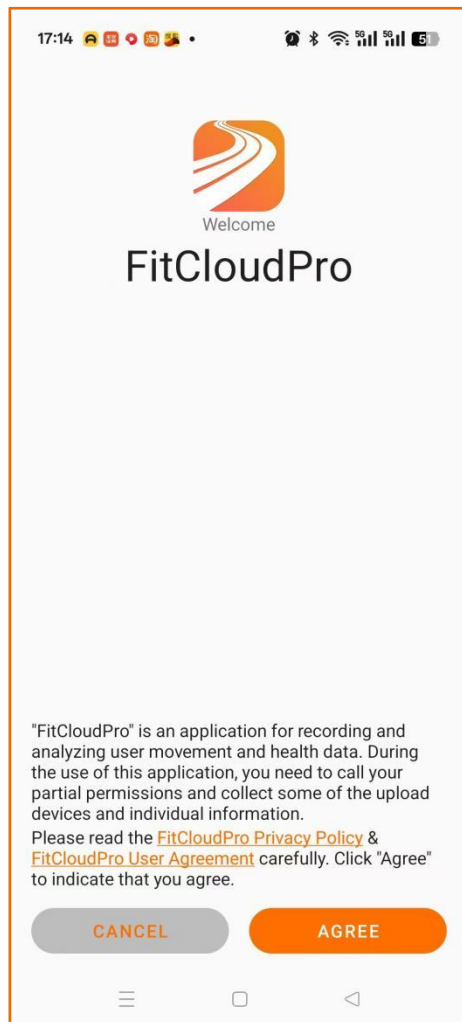


b. "Allow Bluetooth Pairing" and "Allow Notifications"

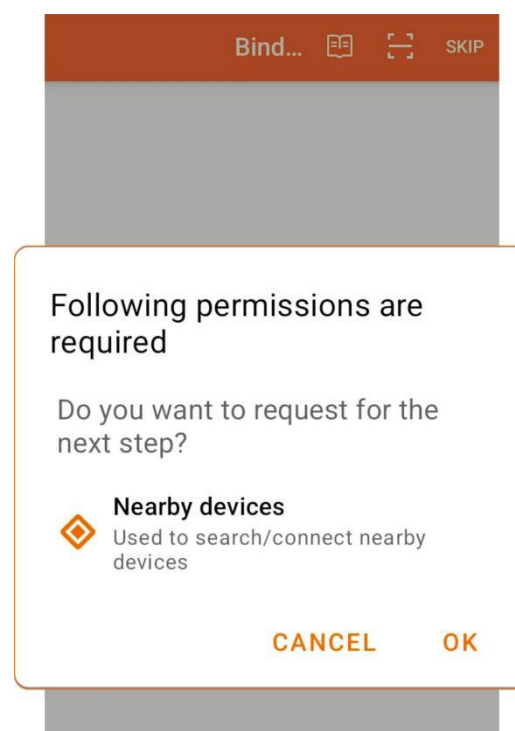
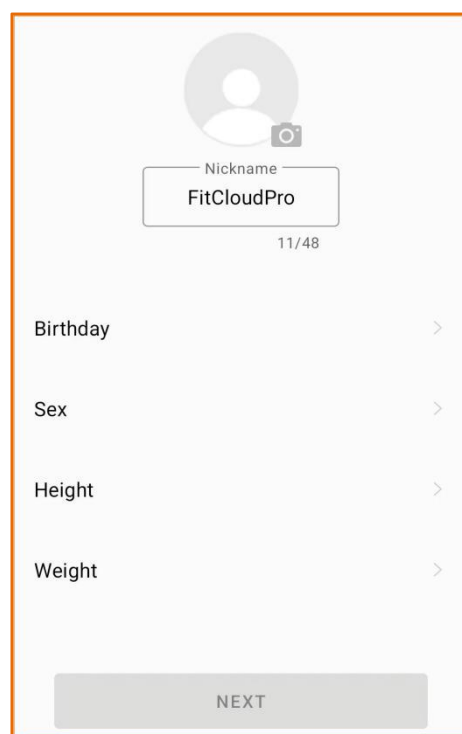


Setting Up FitCloudPro App on Android: Permissions and Agreement

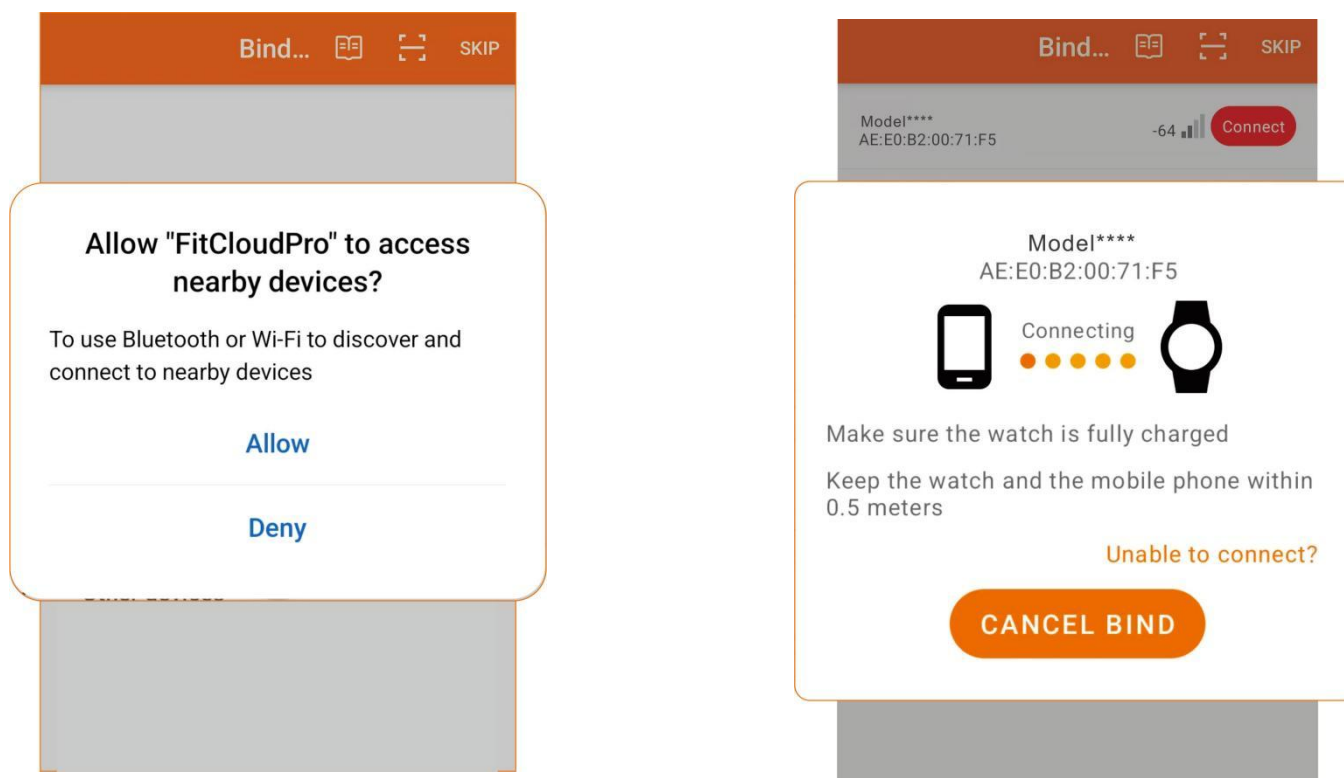
a. "Agree" FitCloudPro Privacy Policy & User Agreement, Login or Use Without Account:



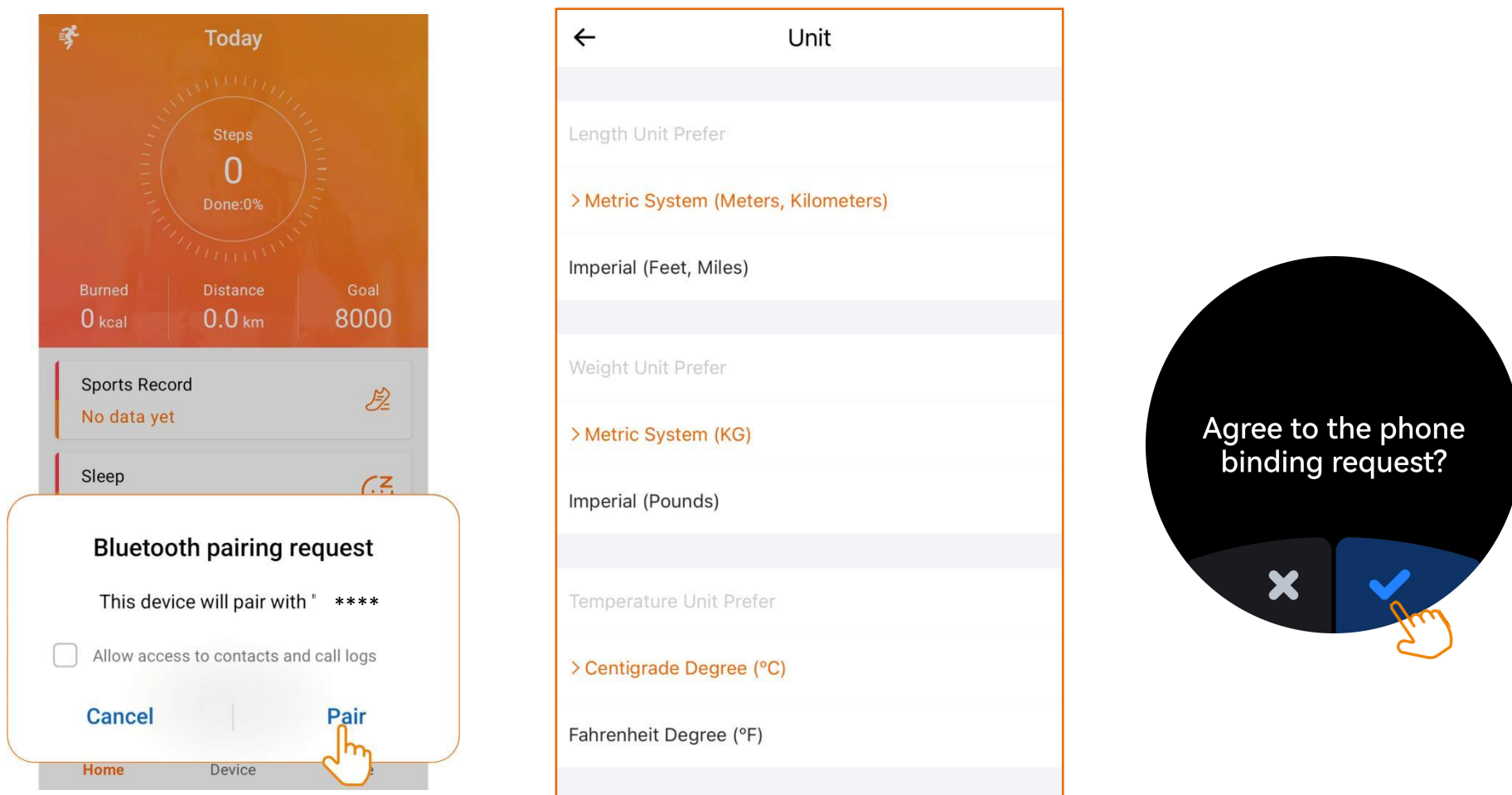
b. Fill in your personal information and Search/connect nearby permissions Bluetooth request



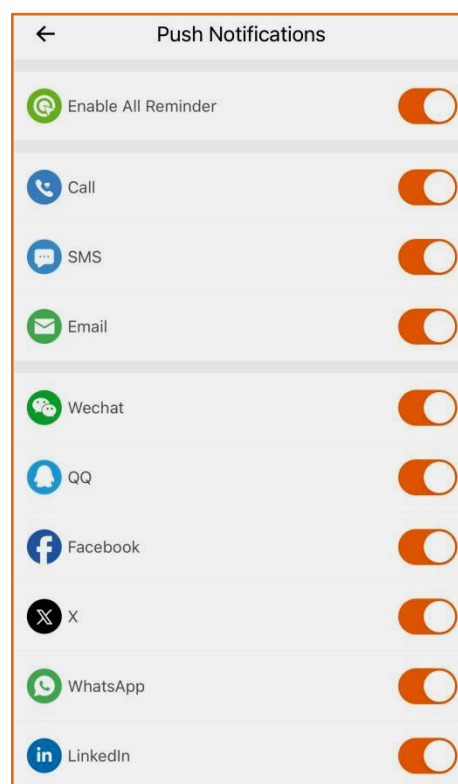
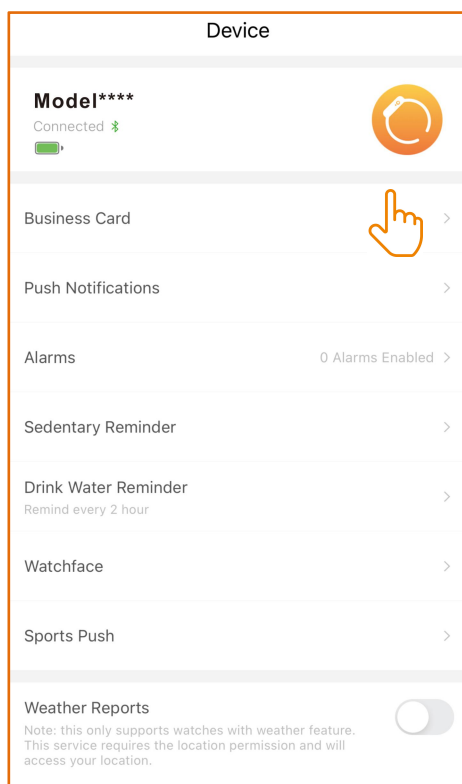
C. Allow FitCloudPro to discover and connect to the watch devices. Tap the watch and select agree to grant access and complete the pairing process.



d. Allow Bluetooth pairing requests and Access to Contacts:



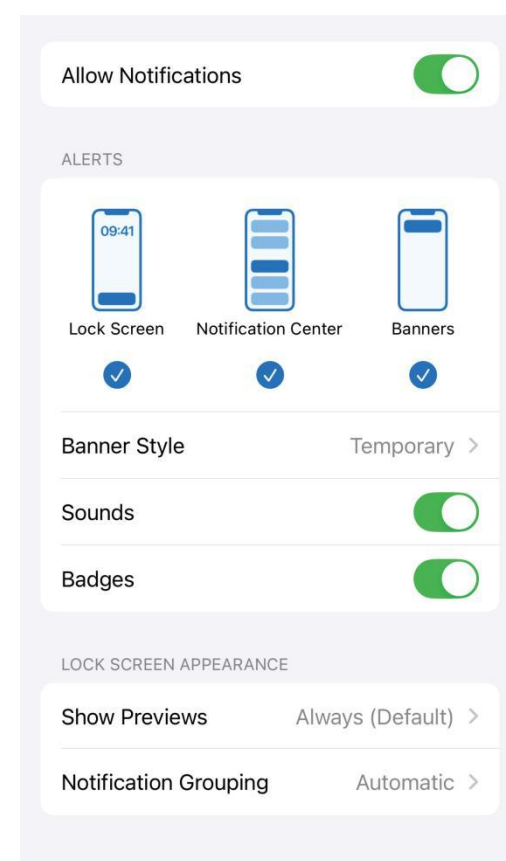
Turning on Push Notifications



a. Note that the watch cannot receive notifications when the phone is in Do Not Disturb mode.

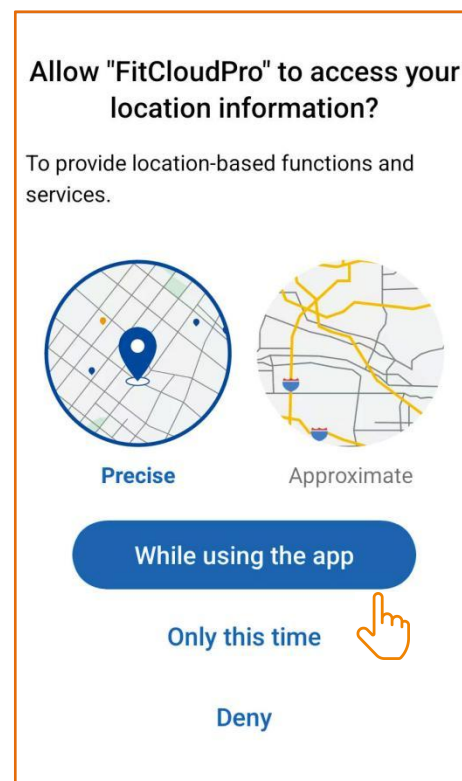
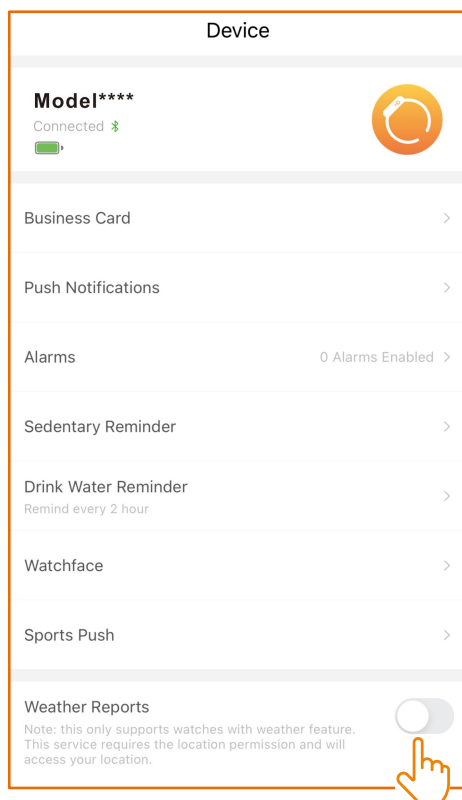
b. Ensure the mobile phone's Bluetooth is active, the FitCloudPro app is running, and the watch is connected to the phone's Bluetooth.

c. Make sure that notifications are visible on the notification bar of your phone,

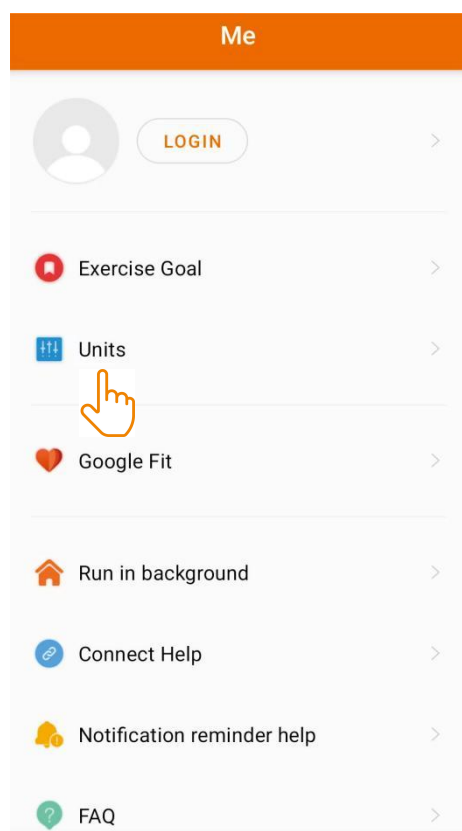


Turning on weather locator

Turn on the weather reports feature in the FitCloudPro app to get weather forecasts.

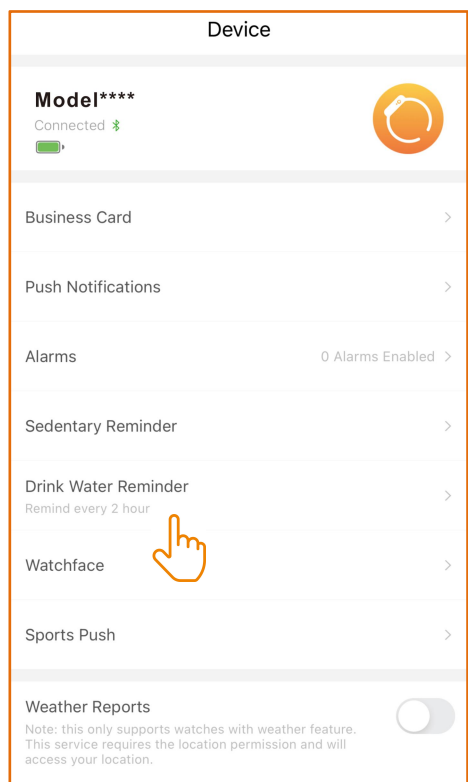


Setting the Display Unit of the Watch

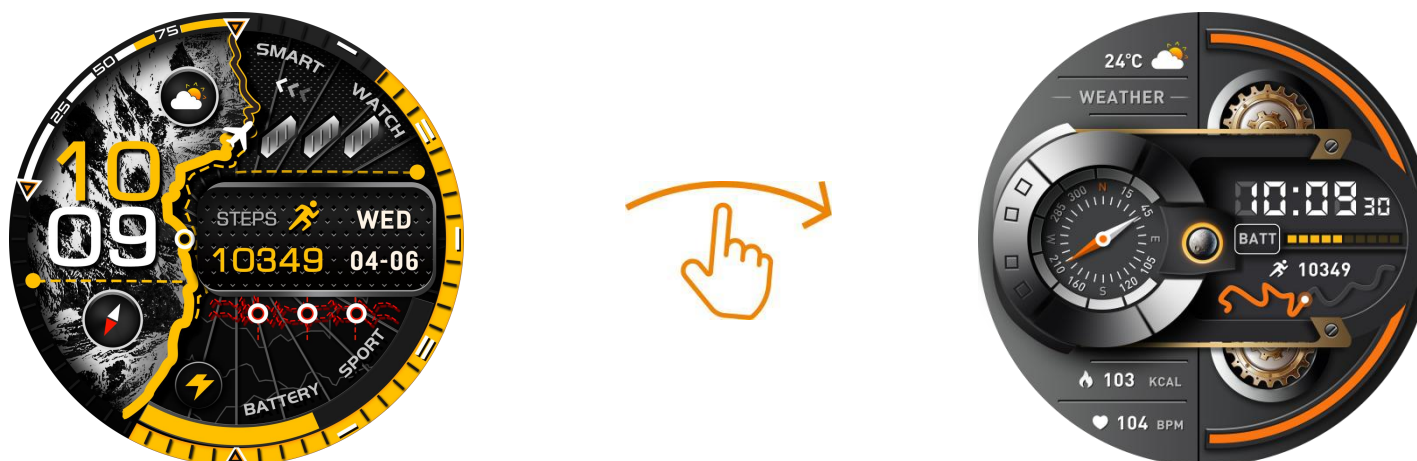


Setting/Download Watch Faces

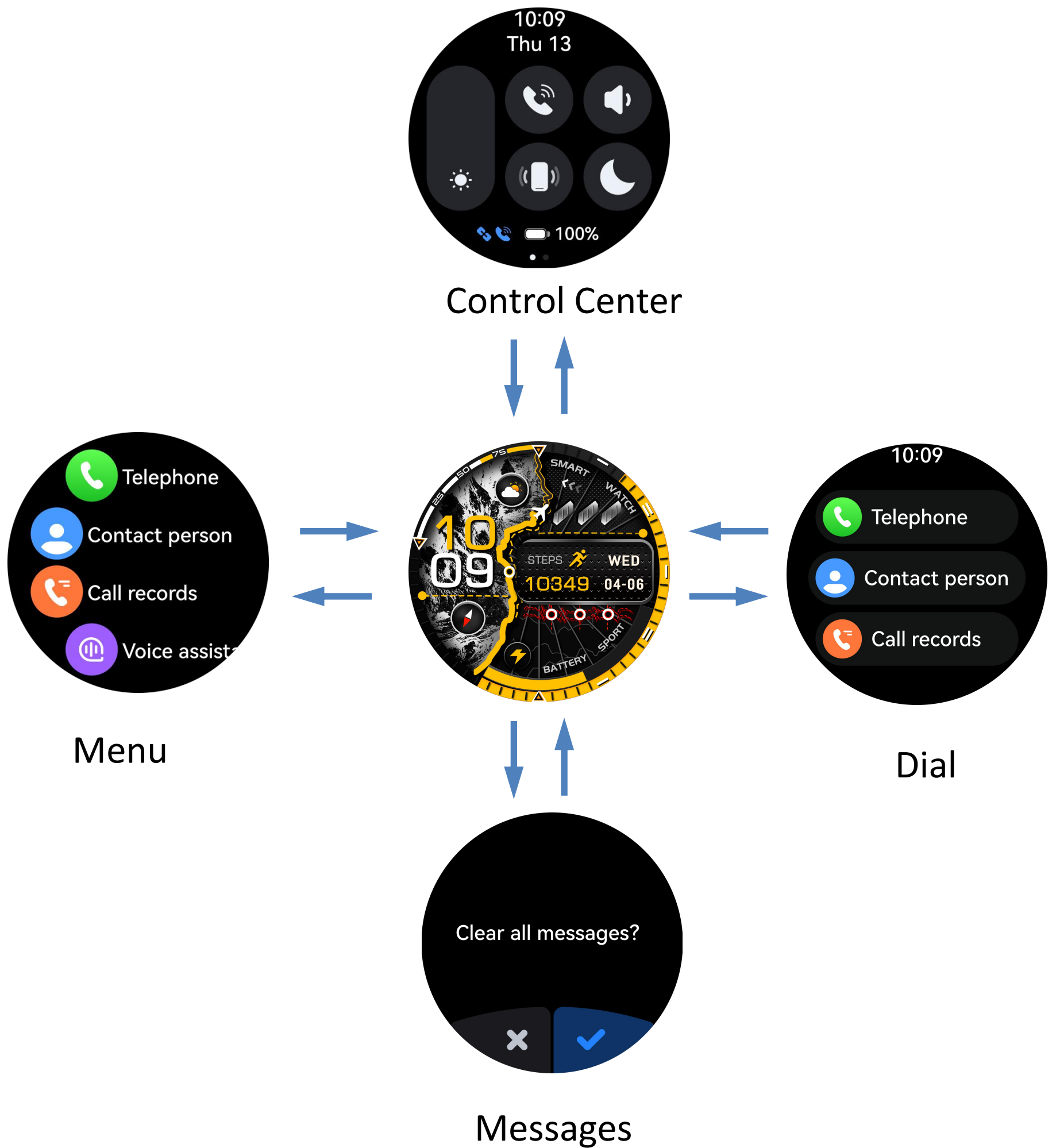
a. Press and hold the watch face for 2 seconds then quickly swipe to switch between watchfaces



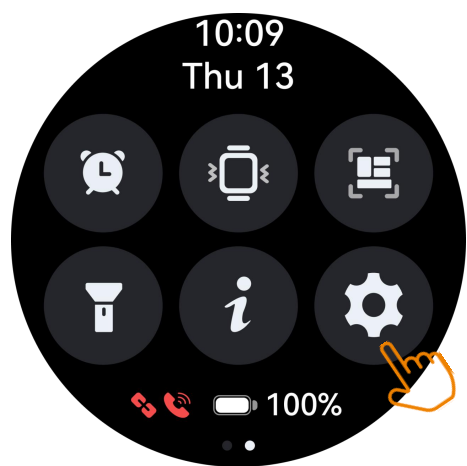
b. Download watch faces through FitCloudPro's watch face UI market. Note that only one watch face UI can be saved at a time. A new download will replace the previously saved watch face UI.



c. Displaying touchscreen functionality



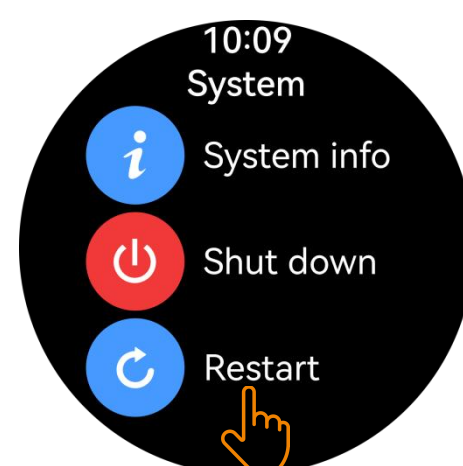
Resetting the Watch



Settings



System

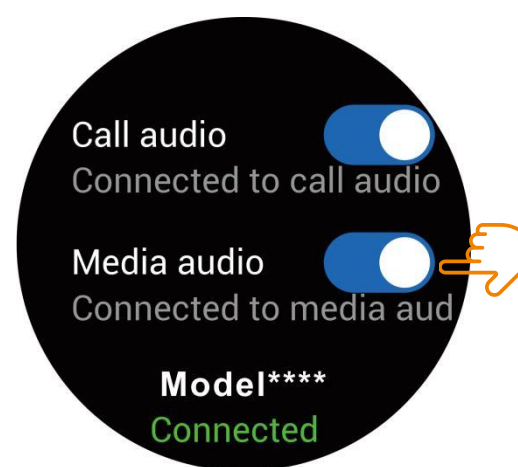
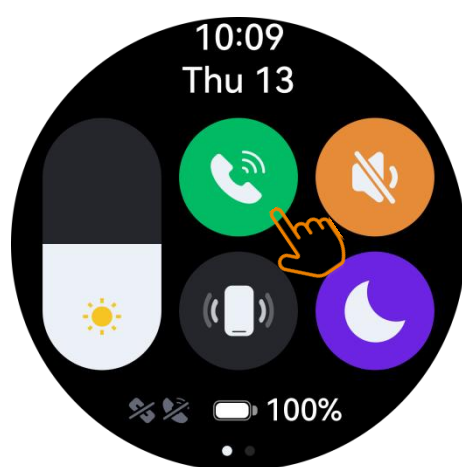


Reset

If the exercise, sleep, and heart rate data are inaccurate, or if the Bluetooth connection or call functionality fails, try resetting the watch as shown below and rebind. Alternatively, you can reset or update the firmware through the app!

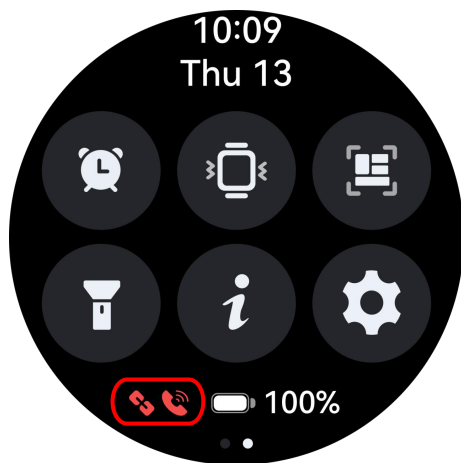
Turning on/off Call Audio and Media Audio

a. Tap  to enable or disable Bluetooth Calling.



b. To prevent the watch from playing media sounds or making/answering calls, simply turn off the media audio and call audio settings.

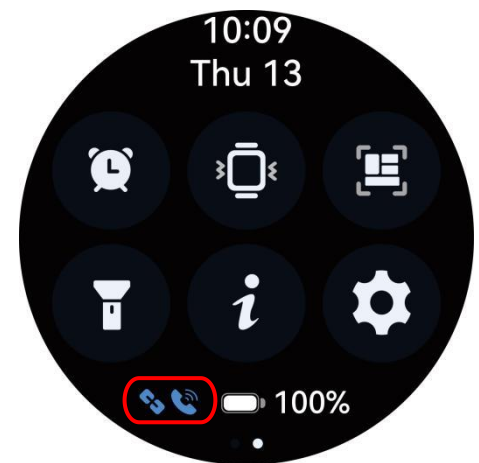
Watch Connection Status



BT Call and APP
Disconnected



APP Connected
BT Call Disconnected

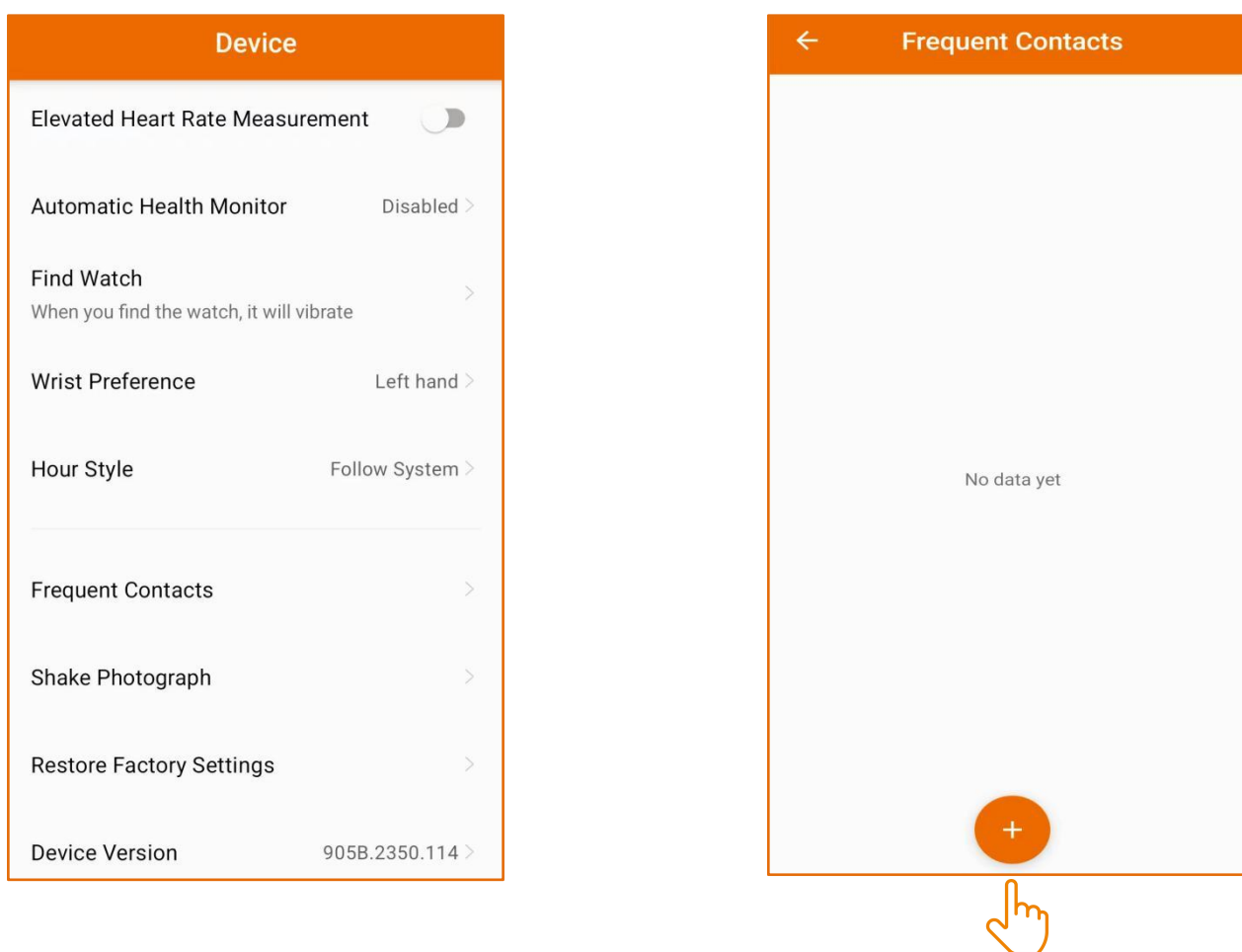


APP Connected
BT Call Connected

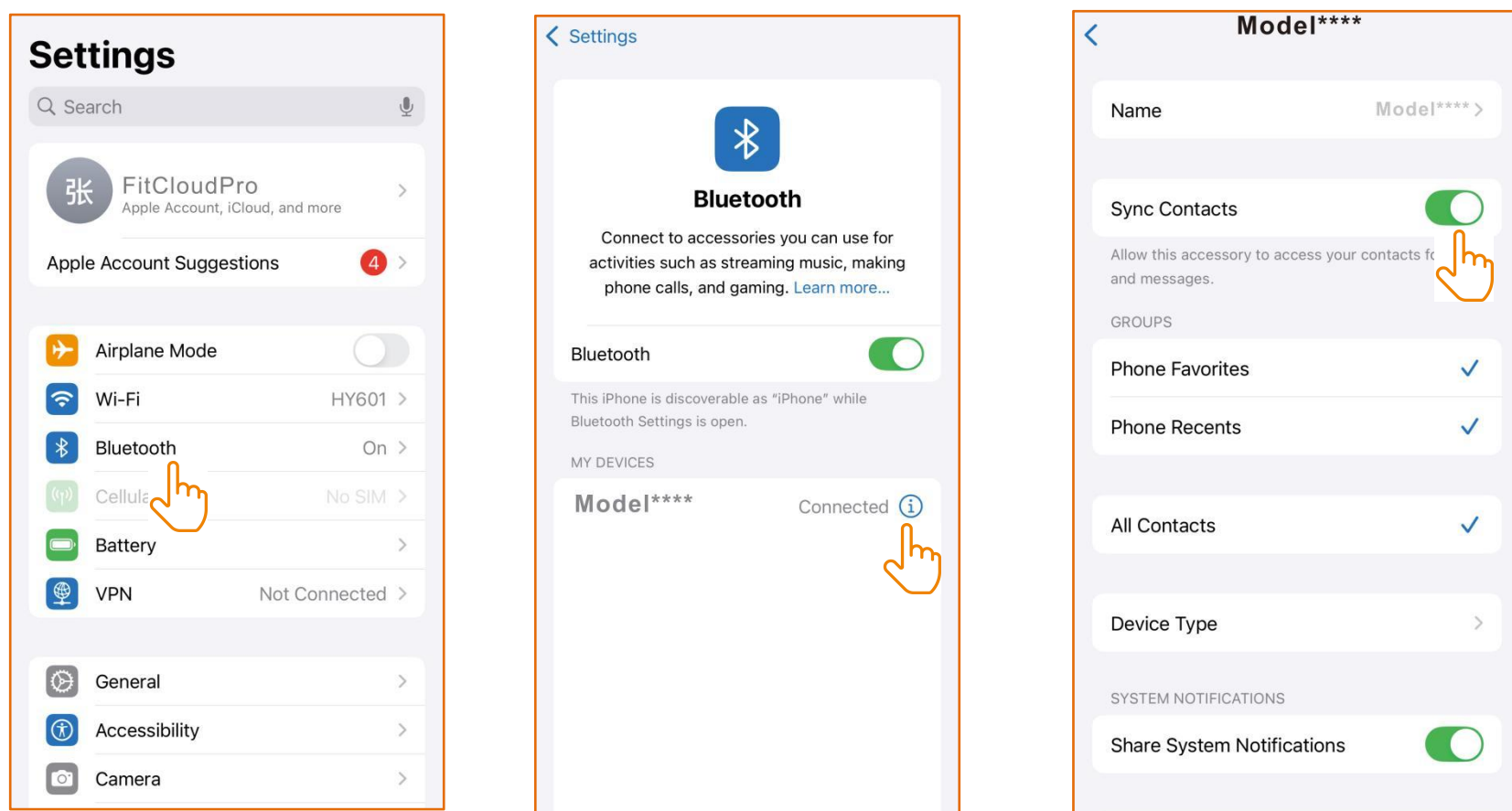
Note: The watch is paired with the iOS system app, allowing message reminders even if the app is closed. However, for Android phones the app must be open to receive message reminders.

Adding and Syncing Favorite Contacts

a. Add contacts to the watch via FitCloudPro



b. Note some phones require manual activation of Bluetooth contact syncing due to privacy considerations



GPS Watch Connect to APP to Improve Positioning Accuracy Instruction Manual

a. APP Pairing and Synchronization (Key: Update A-GPS)

1) Watch: Restore factory settings (optional, to resolve interference from old data) → Enter pairing mode.

Phone: Open the corresponding app (FitCloudPro) → Add device → Follow the prompts to complete Bluetooth pairing.

2). Must do before each exercise (30 seconds – 2 minutes)

Open the APP → Connect the watch → Sync immediately (update today's A-GPS)

The watch enters sports mode (running/cycling/hiking) → wait for location to be determined

b. Preparation Before Connecting the App (Mandatory)

1). Environmental requirements

Go to an open, unobstructed area (such as a playground, park, or rooftop), away from tall buildings, trees, metal, tunnels, and under bridges.

The watch dial should face up and be worn on the outside of the wrist to avoid the arm or sleeve blocking the GPS antenna

2). Phone Settings

Turn on Bluetooth, Wi-Fi, location (high-accuracy mode), and mobile network

Ensure the APP: Location permission always allowed, runs in the background, auto-start, unlimited power-saving policy

3).Basic watch inspection

Battery $\geq 50\%$ (Low battery may cause throttling and inaccurate positioning)

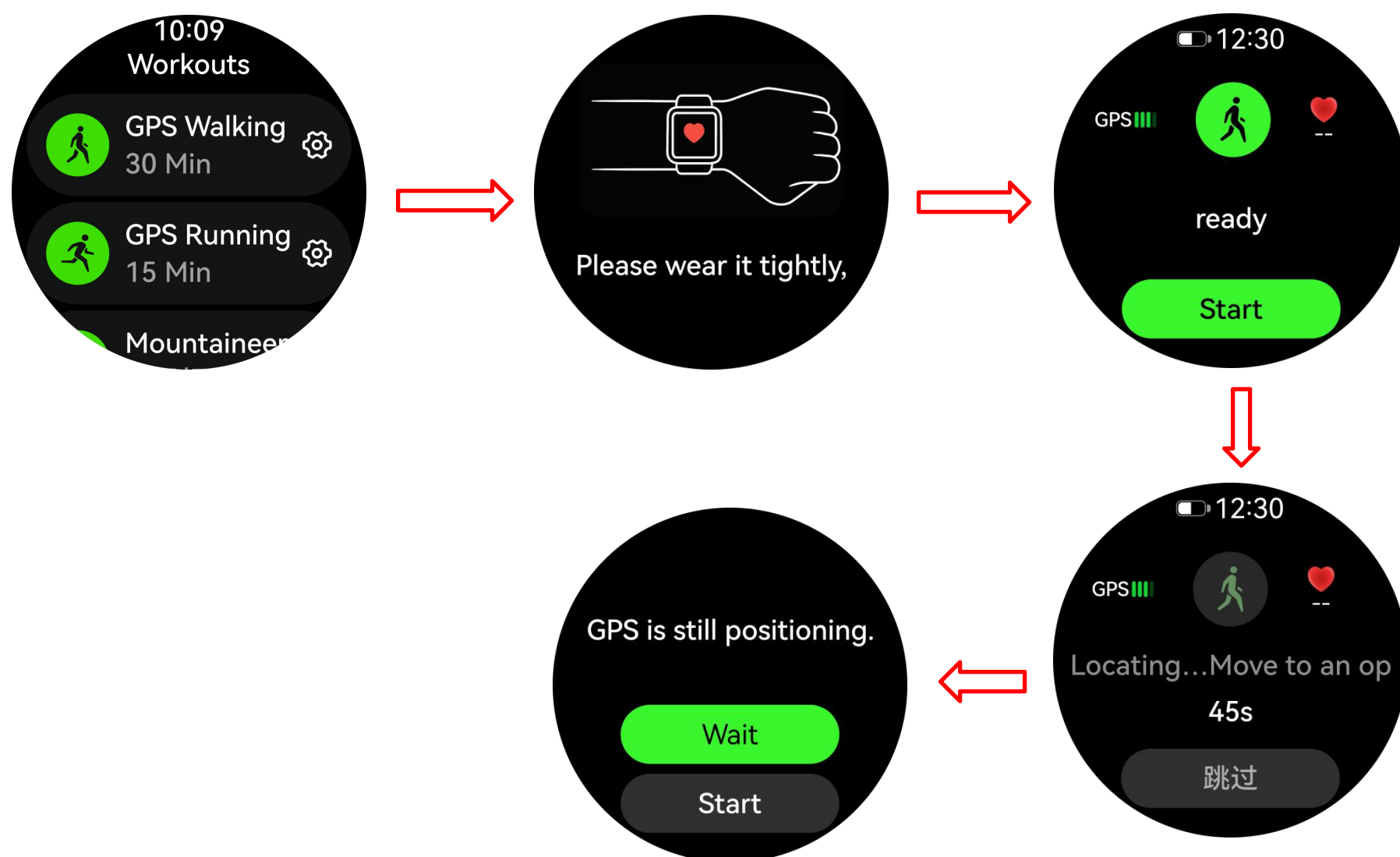
Restart the watch (clear temporary location cache)

c.Aprecise guide for use in different scenarios

1).Before starting: Stand still on open ground for 30–60 seconds, wait until your position is stable before beginning

Route: Avoid high-rise canyons, dense tree shade, and under overpasses

Wearing: With the dial facing up, on the outside of the wrist, slightly lift your hand when turning to maintain a view of the sky



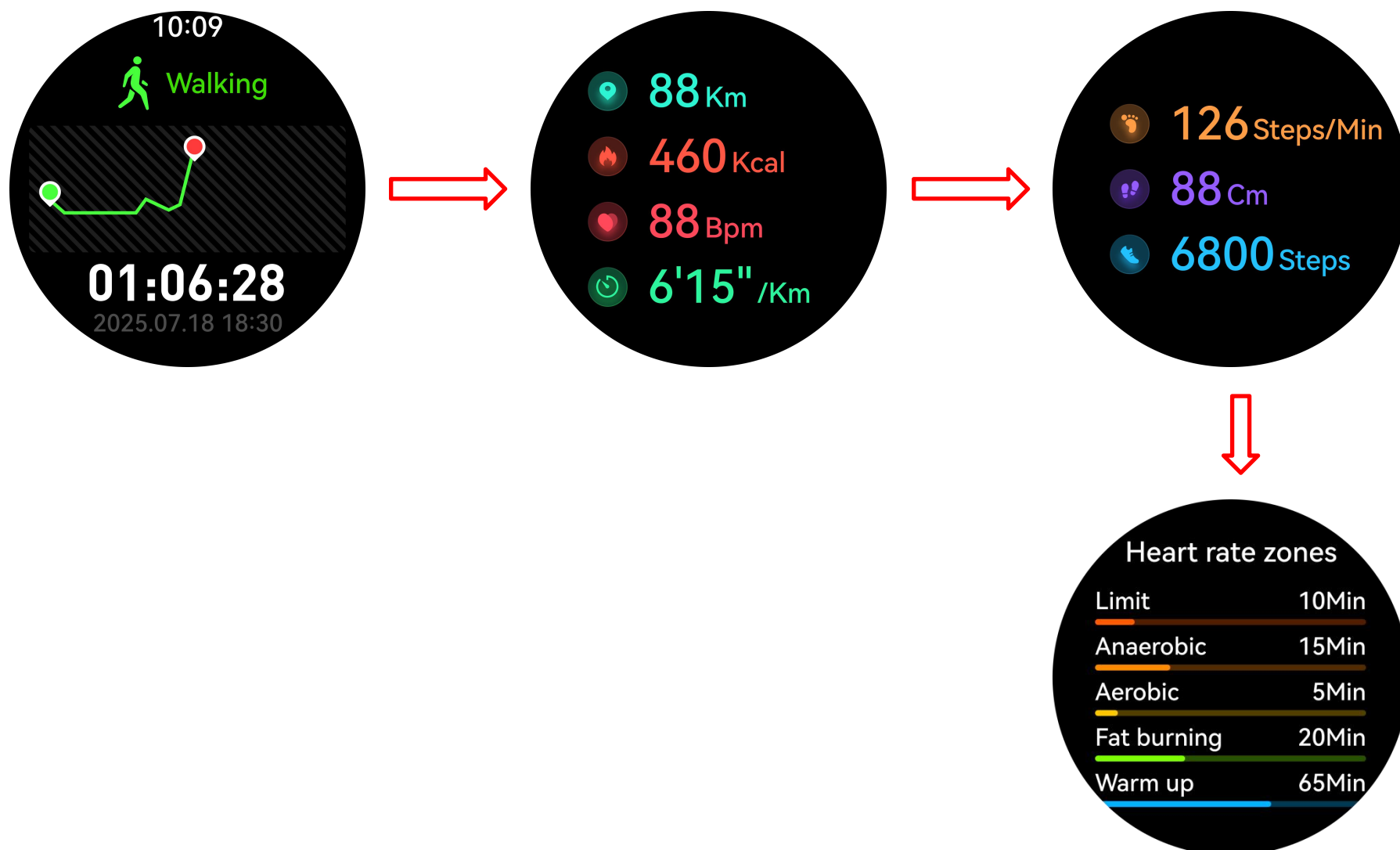
2). At the end of the exercise, you need to ensure that the exercise data meets the conditions for saving in order for the exercise history to be recorded. The end interface will have an exercise summary, displaying the current exercise data status and trajectory chart on the watch.

Data retention conditions:

Condition 1: Exercise duration is greater than 5 minutes

Condition 2: If the exercise page displays distance, judge based on distance, and the distance is greater than 0.1 km; if the exercise page does not display distance, judge based on calories, and the calories are greater than 5 kcal (kilocalories); (if both distance and calories are displayed, use distance as the criterion)

Conclusion: Data will only be saved if both Condition 1 and Condition 2 are met



D.Sync your exercise data to the app to view detailed exercise data trajectory charts.

Workout Records

1.1Hr TOTAL DURATION | 20kcal CALORIES BURN | 2 TOTAL SESSIONS

2026/03

- Outdoor Walk 4.81KM 31Steps 20kcal 03/18 >
- Outdoor Run 0.58KM 86'57"/km 00:50:55 03/07 >

Display data for the past year only

Outdoor Walk

GPS Route | Data Details | Data Charts

4.81 KM

4'24" PACE | 00:21:13 TIME COST

20 KCAL | -- GOAL

Outdoor Walk

GPS Route | Data Details | Data Charts

4.81 KM

2026/03/18, 20:42

- Steps 31 Steps
- Calories 20 kcal
- Duration 00:21:13
- Avg BPM 81 BPM
- Avg Speed 13.6 Km/h
- Avg Pace 4'24"/km
- Avg Cadence 1 Steps/Min
- Avg Stride 15,538 cm

Outdoor Walk

GPS Route | Data Details | Data Charts

BPM(Beats/Min)

Avg BPM 81 | Max BPM 99

Time(Min)

- Extremity 0Min
- Anaerobic 0Min
- Aerobic 0Min
- Fat-burning 0Min
- Warm-up 21Min

BPM RANGE

Pace(/km)

Outdoor Walk

GPS Route | Data Details | Data Charts

4'24" | 3'02"

- 1 4'53"
- 2 3'02"
- 3 3'47"
- 4 5'11"
- 5 19'00"

Cadence(Steps/Min)

Avg Cadence 1 | Max Cadence 31

Time(Min)



5. Frequently Asked Questions and Troubleshooting

1). Slow positioning, few satellites found

Reason: A-GPS expired, blockage

Solution: APP synchronizes and updates A-GPS → restart in an open area

2). Trajectory drifts, distance is inaccurate

Solution: Multi-star mode → Wait 60 seconds before starting → Calibrate stride

3). APP cannot connect / not syncing

Solution: Restart Bluetooth / phone → Clear the app cache → Re-pair → Allow background permissions

6. Summary of Accuracy Improvement

Before each workout: Sync with the app and wait 60 seconds in an open area for positioning

Wearing: Dial facing up, outer side of the wrist

Environment: avoid obstructions, choose open areas

Regular: Firmware update A-GPS daily sync

Key Safety Tips

a. Do not expose the watch to extremely high-temperature environments like scorching sun rays or around high-temperature devices like heaters, ovens, microwave ovens, or water heaters. High-temperature environments may cause battery explosions or other safety accidents.

b. The product includes an irremovable pure cobalt battery. Non-professionals are not allowed to disassemble it in case of a safety accident.

c. This product has passed multiple waterproof tests before launch. Considering different using habits, its internal parts may experience wear and tear, which affects its sealing performance. Therefore please wear and use the smartwatch carefully during swimming and diving, but avoid wearing it in a sauna room or for a hot shower.

d. Our products do not belong to medical apparatus. The heart rate, blood oxygen, sleep, calories, and steps and other health data collected by it are only for reference rather than clinical basis.

Watch function mode

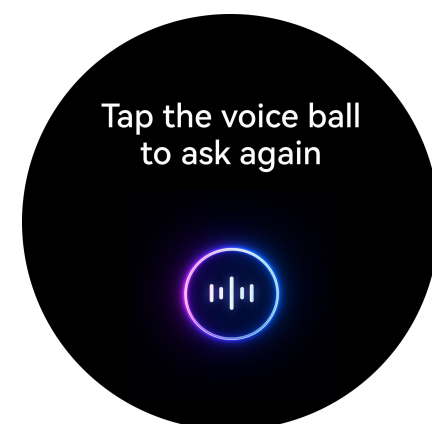
a. **Main interface switching:** long press the main interface for 3 seconds to enter the selection dial interface, slide left and right to select the main interface, Click to confirm



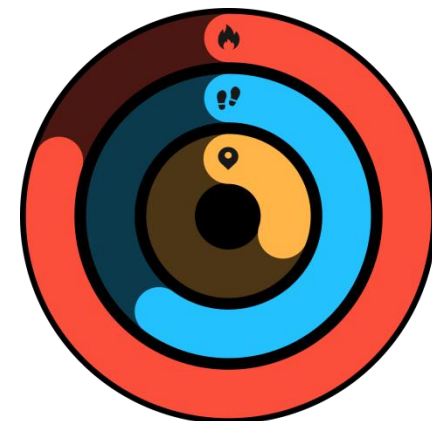
Custom dial: enter the "FitCloudPro" app and click - > dial library - > Edit to select the dial you want.

Find more dials: enter the "FitCloudPro" app and click "dial library" - > more dial settings.

b. **Voice assistant:** The voice assistant is a smart mobile phone application, open it and you can command your mobile phone through smart dialogue, such as sending a message to make a call.



c. **Step counting:** wear the watch normally, and the watch displays the current exercise steps, distance and calories (the data of the day before 0:00 a.m. every day)



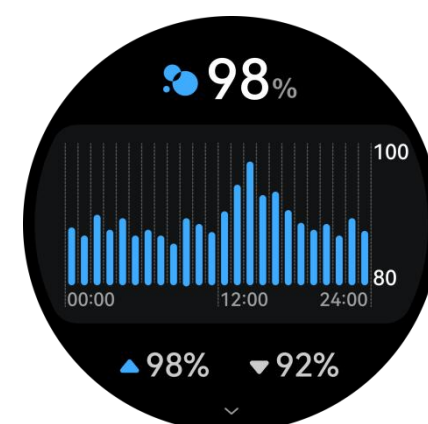
d. **Sleep monitoring:** wear a watch to sleep. The watch will automatically monitor the length of deep sleep, light sleep and total time yesterday. The detailed data is displayed on the app side, and the user can view the sleep quality and sleep duration distribution map in the app.



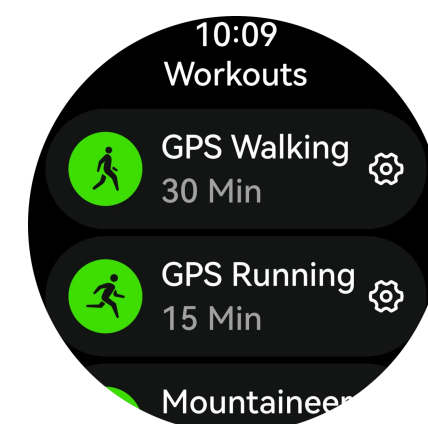
e. **Heart rate measurement:** click the screen in the heart rate interface to measure the current heart rate value. It can also be measured manually on the heart rate interface of APP end (the data is only for reference and not for medical use)



f. **Blood oxygen:** click the screen in the blood oxygen interface to measure the current blood oxygen value. The flashing icon indicates that the test is in progress, or it can be measured manually on the app end blood oxygen interface (the data is for reference only, not for medical use)



g. **Breathing exercise:** Exercise mode: Built in 8+1, with 112 sports modes to choose from: walking, running, cycling, basketball, football, badminton, jump rope, After activating the sports mode, slide left to select pause/end sports. If you want to add a sports mode, slide down to the bottom and click add to select the desired sports mode.



h. Music control: after connecting the mobile phone, the watch can control the pause / play of mobile phone music, the previous song and the next song.



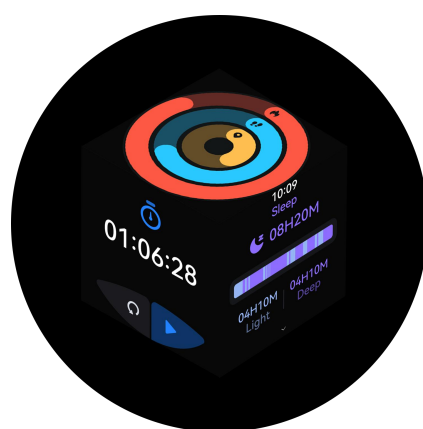
i. Information push: this watch supports phone / SMS / wechat / Facebook /Twitter/WhatsApp/Skype /other application information push. This page only saves the last 5 information records, and you can turn on the corresponding switch according to your needs. (note that when the Android mobile phone opens the information reminder, it must set the notification right of the app to the mobile phone, otherwise the watch will not receive the reminder)



Menu view: There are four modes/ Semi-Circle Menu/ List Menu/Nine-Grid Menu Style/Ring Menu/Six-Sided Column Menu/ Cube Menu



Six-sided menu



Cube menu



List menu



Rotate the menu

Note: more detailed analysis and data records can be viewed in the app