

User Manual

mibro

User Manual

Note: If the watch does not power on when pressing and holding the power button, charge it for 10 minutes before trying again.

Connection and pairing

1. Scan the QR code to download the "Mibro Fit" App (as shown in the right).
2. Pair your watch with "Mibro Fit" by scanning the QR code manually.

① After powering on, enter the Language Selection screen. Select your language to proceed to the Pairing screen, then tap "Scan Code" to display the QR code.

② Use the Mibro Fit App to scan the QR code and bind your watch.

③ When a pairing request is received, the watch will display the Pairing Connection page. Tap Confirm to start pairing.

④ After successful pairing, set up your personal information and enable permissions in the Mibro Fit App.

Note: Your phone's operating system must be Android 5.0 or above or iOS 13.0 or above.



"Mibro Fit" App



"Language Selection" Screen



"Tap to Scan" Screen

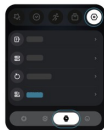


Pull-to-Refresh on App Home

Pair with a new phone

1. Open the "Mibro Fit" App on your old phone and connect it to the watch. Pull down on the app's homepage to synchronize the watch data.

2. On the old phone, go to the "Mibro Watch xxx" page in the app and tap the "Delete Device" button at the bottom to unbind the watch. For iOS devices, follow the prompts to enter the phone's Bluetooth settings, find the corresponding Bluetooth name, and select "Forget This Device" to complete unbinding.



App "Device" Page Menu

3. After restoring the watch to factory settings, scan and pair it with your new phone as you would during the initial setup.

4. If your old phone is not available, go to Settings → System → Factory Reset on the watch. Once the watch is reset, pair it with your new phone. Please note that personal data stored on the watch will not be retained, so proceed with caution.



"Settings" Menu

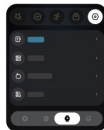


"Tap to Scan" Screen

Watch firmware upgrade

1. Open the "Mibro Fit" App, ensure the watch is connected, then go to Device → Firmware Upgrade to check or update the watch firmware.

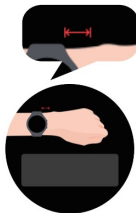
2. When the app notifies you of a firmware update, it is recommended to tap "Update Now".



"Firmware Update" Screen

Wearing

- 1.To ensure accurate heart rate, blood oxygen, and other measurements, wear the watch at least one finger's width above the wrist joint and keep the strap snug but comfortable.
 - 2.During exercise, wear the watch more tightly to prevent movement and obtain more accurate heart rate data. After exercise, you may loosen the strap slightly for a more comfortable fit.
 - 3.When measuring blood oxygen saturation, wear the watch properly. Avoid placing it directly on the wrist joint. Keep your arm flat, ensure a snug yet comfortable fit between the watch and your skin, and keep your arm still throughout the measurement.
- Note: External factors such as a dangling arm, arm movement, body hair, tattoos, or others may cause inaccurate readings or measurement failure.



"Wearing Guide" Screen

Basic Operations

Charging

1. Do not charge in a damp or wet environment;
2. Please ensure that the metal contacts on the watch body and magnetic charger are not dirty or corroded;
3. This product does not come with a power adapter. To ensure the safety of family and property, please use a power adapter with an output of no more than 5V=1A when charging;
4. Please purchase power adapters through legitimate channels and avoid using low-quality or counterfeit power adapters to prevent explosions or fires;
5. Charge the battery to 100% every 3 months to prevent damage due to excessive discharge caused by long-term storage.

Common gesture

Operation	Result
Tap the screen	Select the current project or continue to the next step
Cover the screen with your palm	Turns off the screen
Long Press on the watch face	Long press on the watch face page to enter the watch face switching and customization screen
	Long press on the widget page to enter the widget switching and customization screen.
Swipe left to right	On the watch face page: open the shortcut cards page, swipe up or down to switch cards.
	On most subpages, return to the parent page
Swipe right to left	Enter the widget page, swipe left or right to switch widgets
Swipe down	Open the Control Center
Swipe up	Open the Notification Center

Control center

Slide down from the top of the watch face page to open the Control Center, where you can manage the watch's system functions. Supported functions include: Settings, Alarm, Flashlight, Screen Lock, Do Not Disturb, Sleep Mode, and Always-On Display.



Control Center

Find Phone

1. Keep the watch connected to your phone.
2. In the watch app list, select the "Find Phone" function and tap the phone icon. Your phone will ring to help you locate it.



Find Phone

Find watch

1. Keep the watch connected to your phone.
2. In the Mibro Fit App, go to the "Mibro Watch xxx" device page, select "Find Watch" from the menu, and tap "Locate Watch". Your watch will ring and vibrate to help you find it.



Find Watch

Watch Face Management

Change watch faces

1. Wake up the watch, then press and hold the watch face to enter the watch face selection screen.
2. Swipe left or right to preview available watch faces, including built-in and online-synced faces.
3. Tap the desired watch face to replace the current one.



Change Watch Face

Add watch faces

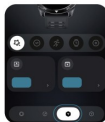
The device provides several watch faces by default. You can also go to the Store in the Mibro Fit App to synchronize online watch faces to the device, or set a picture on the phone as a customized watch face picture in the App.

Add online watch faces:

1. Keep the device connected to your phone, open the Mibro Fit App, and go to Device > Mibro Watch xxx > My Watch Faces.
2. Select one or more watch faces you like, and then synchronize them to the device to give yourself multiple options.

Add customized watch faces:

1. Keep the device connected to your phone, open the App, go to Device > Mibro Watch xxx > My Watch Faces > Customize Background, and tap your preferred style to change background by selecting a photo from your phone's Albums or taking a photo with your phone's camera.
2. You can select up to 5 photos as watch faces, and turn on the "Auto Loop Display" switch in the watch's album watch face settings. Every time you raise your wrist, you will see a different watch face.



Device Interface



Custom Watch Face

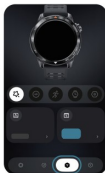


Watch Face Store

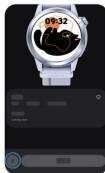
Delete watch faces

When the watch's storage is nearly full, you will need to delete some watch faces to make room for new ones (at least one watch face must be retained).

1. Keep the watch connected to the Mibro Fit App.
2. In the Mibro Fit App, go to the device page for "Mibro Watch xxx", tap "My Watch Faces" to enter "My", select the watch face you want to delete to open its details page, then tap the Delete icon at the bottom-left corner to remove it.



Delete Watch Face



Edit watch face compilations

1. Wake up the watch, then press and hold the watch face to enter the watch face selection screen. Here you can choose another watch face or edit the current one.
2. Watch faces that support editing will display an Edit button at the bottom. Tap this button to enter the editing screen for that watch face.
3. Select a function icon on the watch face to replace it. After editing, tap Save to apply the changes and activate the current watch face.

Call reminder and answering

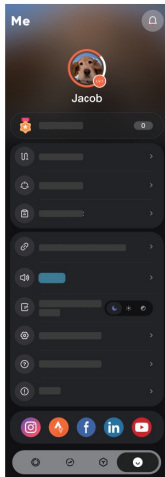
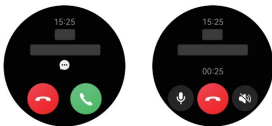
After enabling this feature, pair the watch with your phone via Bluetooth. You can then make and receive calls on the watch using the mobile app.

Set Up Call Reminders:

Open the Mibro Fit App, go to Watch > Mibro Watch xxx > Notifications > Apps > Phone, and enable Incoming Call Reminders.

Set Up Call Answering:

On your phone, go to the Bluetooth settings, find "Mibro Watch xxx", and pair it. Once paired, you can answer and make calls directly from the watch when your phone receives a call.



Notifications & Reminders

Notifications and Reminders

Keep the watch connected to your phone to receive app alerts on the watch. Swipe up from the bottom of the watch face to open the Notification Center and view the latest notifications. A Clear Notifications button is available at the bottom.

Clear All Notifications:

Tap the Delete All button at the bottom of the notification list to remove all notifications.

Clear a Single Notification:

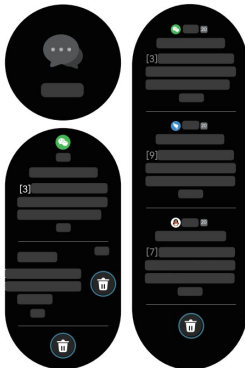
When a notification is received, or after opening a specific notification from the list, swipe left on it and tap Delete to remove it.

Setting Up Notifications:

Keep the watch connected to your phone, open the Mibro Fit App, go to Device > Mibro Watch xxx > Notifications and Reminders > App Notifications, and enable notifications for the desired apps.

Note:

1. On Android devices, add the Mibro Fit App to the phone's allowlist or auto-run list to ensure it always runs in the background. If the app is terminated by the phone's background process, the watch will disconnect and you will not receive app notifications.
2. On iOS devices, only a limited number of apps can be configured in Notifications and Reminders immediately after activating the watch. As your phone receives notifications from more apps, they will gradually appear in the app's Notifications and Reminders list.



State Indicators

A status indicator appears at the top of the watch face to show which functions are currently active on the watch, such as Sleep Mode or a background app like the Stopwatch. Supported status indicators include: Power Saving Mode, Do Not Disturb (DND) Mode, Sleep Mode, Stopwatch (tap the indicator to open the app), and Countdown (tap the indicator to open the app).



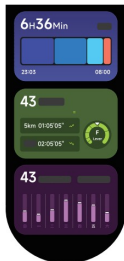
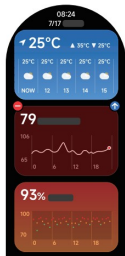
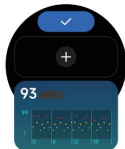
Home Screen Shortcuts

Component Center

Swipe left on the watch face interface to view more application scenarios for components, such as the Activity Health Component, Basic Health Component, and Fitness Capability Component.

Edit Components:

1. Swipe left on the watch face page to any component center, long-press to enter edit mode, then click the “plus” icon to add a component;
2. In edit mode, hold and drag any functional component to reorder them. Swipe up and tap the “Remove Card” icon to delete a component;
3. In edit mode, tap the “+” icon to add functional components. The maximum number of functional components that can be added is 6. If the prompt “Card count has reached the limit” appears, no further additions are possible. If you need to use other functional components, first delete the components you wish to replace before adding new ones.



Sport Modes

Workout modes

The watch supports over 150 workout modes, including Running & Walking, Cycling, Swimming, Outdoor Workouts, Indoor Workouts, Dance, Ball Sports, Water Sports, Winter Sports, Leisure Workouts, and more.

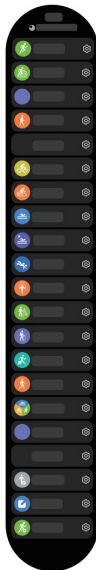
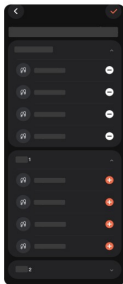
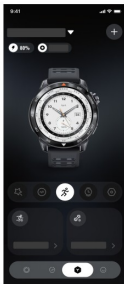
Workout List

Select "Workout" from the watch App list, or press the button at the bottom right of the dial (if a sport shortcut key has been set) to enter the workout list.

1. By default, the workout list displays 20 recommended popular workout modes. You can choose the "Customize" button to view more sports modes and add them to the commonly used sports list;

On the sports list editing page, you can add, delete, or reorder sports modes;

3. You can also edit custom exercise modes in the "Common Exercise Settings" section on the watch page of the MiBRO Fit App.



Exercise settings

At the bottom of the watch's workout list page, select "Exercise Settings" to enter the settings page.

1.Always-On Display: When enabled, the screen remains on during exercise. Note that keeping the screen always on will significantly reduce battery life.

2.Automatic Detection: Enable this feature to allow the watch to detect when you start exercising or when your speed drops to zero. This feature supports Walking and Running.

3.High Brightness Mode: When enabled, the screen will automatically increase brightness in outdoor exercise scenarios during the default period of 6:00–18:00, making it easier to see in sunlight. Note that high brightness will significantly reduce battery life.



Workout Settings

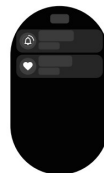
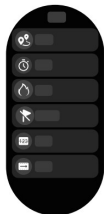
On the watch's workout list page, tap the "Settings" button next to any sport to open its settings page.

1.Goal Setting: Set your exercise goals by distance, time, or calories, or choose to exercise without a goal.

2.Reminder Settings: Set interval reminders based on distance or time, or configure heart rate range alerts for safety.

3.Route Navigation: Import your favorite routes from the Mibro Fit App route library, and select a route here for your workout.

4.Remove: Tap this option to remove the sport from your frequently used sports list.



Starting a Workout

After selecting the sport you want to start, tap the icon on the Workout Preparation screen to begin exercising.

- 1.If you choose Outdoor Workouts, wait for the GPS to successfully locate your position on the preparation screen before tapping the colored icon to start. This ensures more accurate workout data.
- 2.For sports that do not require GPS, such as Indoor Workouts or Ball Sports, you can start the exercise immediately by tapping the icon on the preparation screen.



GPS Positioning Guide

If you choose Outdoor Workouts, wait for the GPS to successfully locate you on the Workout Preparation screen before starting your workout.

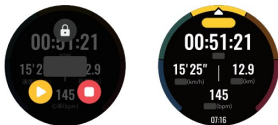
- 1.During GPS positioning on the preparation screen, the GPS signal icon will flash continuously. To shorten positioning time and obtain a stronger GPS signal, perform positioning in an open, unobstructed area, as nearby tall buildings or trees may block or weaken the signal, prolong positioning, or cause positioning failure.
- 2.If GPS fails to locate for a long time, return to the Sports List page, update to the latest GPS ephemeris data in the Mibro Fit App, and re-enter the Workout Preparation screen to restart GPS positioning. This is often effective.
- 3.The watch's GPS chip supports dual-frequency (L1+L5) and five satellite systems: GPS, Beidou, Glonass, Galileo, QZSS.
- 4.When GPS is activated, it defaults to dual-frequency, five-constellation full operation. This provides more satellites and accurate positioning, but consumes more power. Ensure the watch battery is above 80% before starting prolonged outdoor workouts.



Operation during Workout

Workout Pause / Resume / End

During a workout, press the upper right button on the watch to enter the pause page. Here, you can lock the screen, resume workout or end workout. Ending the workout will automatically save your workout data. However, if the workout duration is too short or does not meet the recording threshold, the data will not be saved.



Screen Lock

During a workout, press the upper right button to enter the pause page. Tap the screen lock button, and the touch function will be disabled during the workout or in AOD mode. The status bar will display a lock icon. You must press the button to unlock the touch screen before operating, or you can use the crown to flip pages. For water workouts such as indoor swimming, open water swimming, or freediving, the touch screen will automatically be disabled when the workout starts. It can only be used after long-pressing the upper button to unlock the screen.



Workout Record

1. When a workout ends, the watch will automatically generate a workout summary displaying relevant data, including workout duration, calories burned, route, pace chart, heart rate chart, training effect, recovery time, and other workout metrics.
2. Workout records will be synchronized to the Mibro Fit App cloud whenever the watch is connected to your phone. You can view all your historical workout records in the App.
3. The Mibro Fit App will generate weekly and monthly workout reports based on your records, making it easier to track and share your achievements.

Flip Pages During Workout

During a workout, scroll up or down on the screen to view real-time workout data. Watches with a crown can also rotate the crown to flip pages. Swipe right to view the trajectory navigation page. Swipe left to control music playback on your phone.



Refer to "Outdoor Running" Mode

Swimming Settings

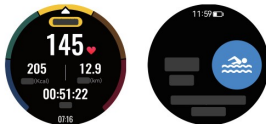
Pool Length

Set the corresponding lane length for each pool so the watch can accurately evaluate your swimming data.

Setting steps: Pool Swimming > Settings > Pool Length > 25 meters / 50 meters / Custom

Swimming Metrics

Lap: Refers to the lane length in pool swimming mode.



Stroke: Refers to a complete swimming stroke while wearing the watch.

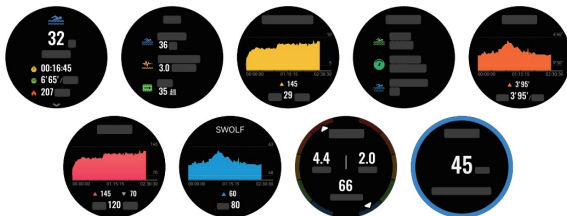
SWOLF: An important metric for swimming performance that evaluates your swimming efficiency. A lower SWOLF score indicates higher efficiency. In pool swimming mode, SWOLF = lap duration (seconds) + number of strokes per lap. In open-water swimming mode, SWOLF is calculated per 100 meters.

Stroke Recognition

The watch can recognize stroke types in swimming workouts and displays the main stroke used.

Stroke Type

Freestyle, Breaststroke, Backstroke, Butterfly.



Running Ability

Analyzes multi-dimensional running data from the watch, including pace and heart rate, and displays key performance metrics such as maximum oxygen uptake ($\text{VO}_2\text{ max}$) and running energy index (based on VDOT). This helps runners understand their current physical condition and potential, enabling scientific training, performance improvement, and safety assurance.

Target audience: Professional runners and sports enthusiasts who want to monitor running quality and improve their running ability.



$\text{VO}_2\text{ Max}$

Running Performance

Track Distance & Track Selection

For track running workouts, you need to set the track distance and select the track. This helps ensure your workout data is more accurate.

Setting steps: Track Run > Settings > Track Settings > Track Distance & Track Selection

Training Effect (TE)

Training Effect (TE) measures how a workout improves your aerobic capacity. When you exercise wearing the watch, the TE score starts at 0.0 and rises as the workout progresses. The score ranges from 0.0 to 5.0, with different ranges indicating different effects. A higher TE score reflects greater workout intensity and higher body load. When the score reaches 5.0, pay attention to whether your body load is too high.

Aerobic TE Score	Effect on Improving Aerobic Capacity
0.0-0.9	This workout has no effect on improving aerobic capacity.
1.0-1.9	This workout helps improve endurance and is ideal for post-workout recovery training.
2.0-2.9	This workout helps maintain aerobic capacity.
3.0-3.9	This workout significantly helps improve aerobic capacity.
4.0-4.9	This workout remarkably improves heart-lung ability and aerobic capacity.
5.0	Post-workout recovery is required for non-athlete users.

Anaerobic TE Score	Effect on Improving Anaerobic Capacity
0.0-0.9	This workout has no effect on improving anaerobic capacity.
1.0-1.9	This workout has a slight effect on improving anaerobic capacity.
2.0-2.9	This workout helps maintain anaerobic capacity.
3.0-3.9	This workout significantly helps improve anaerobic capacity.
4.0-4.9	This workout remarkably improves heart-lung ability and anaerobic capacity.
5.0	Post-workout recovery is required for non-athlete users

Workout status

Workout status includes current training load, full recovery time, and VO₂max. These indicators are determined based on your profile and other data such as heart rate. As the watch continues to understand and analyze your body and workout data, the accuracy of evaluation scores gradually improves.

VO₂ Max (Maximum oxygen uptake)

VO₂ Max represents the amount of oxygen your body consumes during maximum-intensity workouts and is an important measure of aerobic capacity. As one of the key reference indicators for endurance athletes, a high VO₂ Max is a prerequisite for superior aerobic fitness. VO₂ Max is a personalized metric, with different reference standards for users of different genders and age groups. The watch estimates your athletic capacity based on your profile as well as your heart rate and speed during workouts. Your VO₂ Max will also change as your fitness improves. However, each individual has their own VO₂ Max value, which varies according to physical condition.

How is it obtained?

1. Correctly enter your profile in the App.
2. Wear the watch and perform at least 10 minutes of outdoor running or trail running, ensuring your heart rate reaches 75% of your maximum heart rate.
3. After the run, view your current VO₂ Max in the watch's workout record App or on the "See More Statuses" screen.
4. VO₂ Max values map to seven athletic ability levels, namely Novice, Elementary, Ordinary, Medium, Good, Excellent, and Superior.

How can I view it?

You can view the current VO₂ Max in the watch's workout status App. You can also view the VO₂ Max history and variation trends in the App.



Each Training Stage with Corresponding Visuals

Recovery Time

Recovery time is the recommended duration for your body to fully recover. After each workout, the watch provides recovery suggestions based on your most recent heart rate, helping you recover effectively and plan your workouts wisely to avoid injury.

Full Recovery Period	Exercise Suggestions
0-18 hours	You have fully or nearly fully recovered, and you engage in slightly higher-intensity training.
19-35 hours	You can train as usual and you can prepare to strengthen your routine.
36-53 hours	Reducing the training intensity appropriately will help you consolidate the benefits of your previous exercise, and you should include recovery sessions to relieve fatigue.
54-96 hours	Proper rest allows you to reap the benefits from your last high-intensity exercise.

Training Plan

In the Mibro Fit App, you can select a training plan template that fits your needs, such as 5K, 10K, half marathon, or full marathon training. Once pushed to a compatible watch, the plan provides a structured training cycle, including daily running distances, pace guidance, and recovery schedules, helping you gradually improve your performance and achieve your goals safely and efficiently.

Intended for:

Suitable for users who want to systematically improve their running performance, including beginners starting from scratch, health-focused runners aiming to advance, and athletes training for competitions.



"Settings" Menu

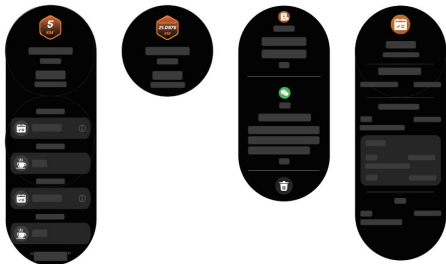


“Workout Interface”



“Training Plan”

“Training Status Alerts”



Route Navigation

Import Track

Track files in GPX, TCX, KML, and other formats can be uploaded to the Mibro Fit App and then sent to the watch. Once uploaded, you can view the route on the watch and use it for navigation.

Setup steps: Mibro Fit App > My Profile > Route Library > Import Track > Send to Watch

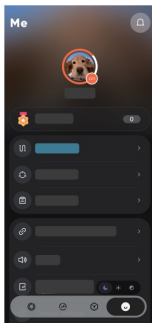
Track Navigation

Enter "My Route," select the target track, and start navigation. Once enabled, the track page will guide you along the correct route. This feature is only available for certain outdoor activities.

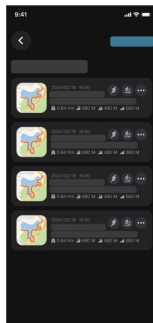
Setup steps: Workout Mode > Navigation > Select Track > Select Workout Type > Start Navigation



"Settings" Menu



"Route Library"



Return to Starting Point

During a workout, you can navigate back to the starting point using one of two methods: straight-line return or backtrack along the original route. This feature is only available for outdoor activities that generate GPS tracks.

Straight-Line Return

When enabled, the watch will draw a straight line between your current position and the starting point of your workout. Follow the guide to return.

Setup steps: Workout > Navigation > Back to Start > Straight-Line Return

Note: The straight-line route is based solely on GPS points and cannot account for impassable terrain such as mountains, rivers, canyons, or buildings. Please navigate according to actual conditions.

Backtrack

When enabled, the watch will navigate along the route you previously traveled, allowing you to return to the workout's starting point.

Setup steps: Workout > Navigation > Back to Start > Backtrack

Outdoor Adventure

Do you long for towering mountains and endless exploration of the natural world? When heading to remote areas far from the city, are you prepared for the unpredictable outdoor environment?

The Outdoor Adventure mode equips you with waypoint marking, marker point return, and route backtracking. It uses a compass for direction and monitors your physical condition, outdoor weather, air pressure, and other environmental information in real time, offering essential protection for outdoor explorers.

Intelligent Warning System

Monitors air pressure changes in real time to alert you of severe weather. High-frequency blood oxygen monitoring ensures safety at high altitudes.

Waypoint Marking

With the five-constellation dual-frequency positioning system, you can accurately mark important locations such as campsites and water sources. Twelve different marker icons are available to personalize your waypoints, making it easy to track your steps and never lose your way.

Visual Interface

Displays altitude, distance, compass, waypoints, heart rate, and other key information at a glance.

Track Return Navigation

Supports waypoint navigation and route backtracking, allowing you to safely return even without network coverage.

Outdoor Tools

Includes compass, blood oxygen meter, barometer, weather alerts, lunar phases, and other tools to handle various outdoor challenges.

Night Mode

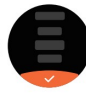
Automatically switches to eye-friendly mode at night for clear display without causing eye strain.



Positioning Failed



Positioning Successful



Outdoor Tools Shortcut

Basic Functions

Health Circle

The Health Circle on your watch displays your total daily steps, exercise duration, and standing time, as well as how these values compare to the activity goals you set in the Mibro Fit App.

1.Default activity goals are: 8,000 steps/day, 30 minutes of exercise/day, and 12 hours of standing/day.

2.Swiping down in the Health Circle view also shows calories burned and distance calculated from steps. These values are for reference only.

3.At the bottom of the Health Circle view, you can enable the “Climbing” switch to track the number of floors climbed each day. The algorithm counts one floor as 3 meters in height. Floor heights may vary across buildings, so the displayed count may differ from actual floors. Elevator use is not counted.



Sleep

Sleep quality plays an important role in overall health. When you wear the watch during sleep, it automatically records your sleep information.

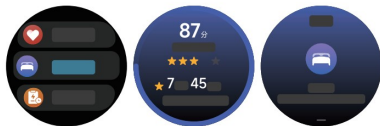
1.The watch records both nighttime sleep and naps. Sleep periods that overlap with your daily schedule are recorded as your main sleep.

2.By default, nighttime sleep is tracked between 23:00–07:00. You can customize this time range according to your habits.

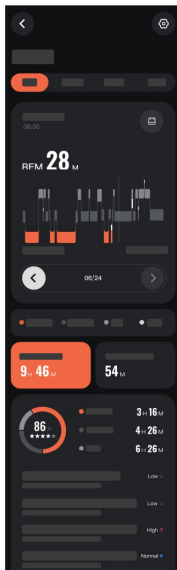
3.Nap tracking can be enabled in the Device page of the Mibro Fit App. Sleep separated from your main sleep by more than 30 minutes will be recorded as a nap. Sleep shorter than 15 minutes will not be recorded.

4.On the watch, open the Sleep App to view your sleep duration, sleep stages, sleep score, and naps. At the bottom of the screen, you can enable Auto Sleep Mode, which automatically turns the watch into sleep mode during your sleep period to avoid screen light and notifications disturbing your rest.

5.After syncing with the App, you can view more detailed sleep history and analysis.



"Menu" Panel



Heart rate

Heart rate is an important indicator for measuring physical condition. Frequent measurement of heart rate helps to capture more heart rate changes and provide reference for a healthy lifestyle. To ensure the accuracy of the measurement, please wear the device correctly according to the instructions. In addition, keep the wrist area in contact with the device clean and do not Apply sunscreen here.

Open the "Heart Rate" App on the watch to view recent measured heart rate values, daily heart rate curves, resting heart rate, and other information. After synchronizing the data to the App, you can view more detailed historical information.

Manual heart rate measurement

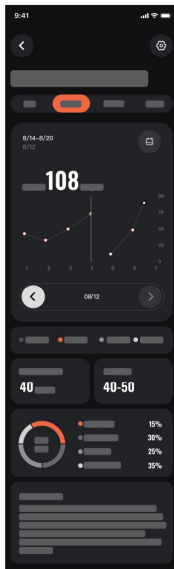
Wake up the device, press the side button on the dial page to open the Application list, swipe up or down on the screen to select and open the heart rate Application, and then click on manually measure heart rate. After completing the measurement, the device will stay on the "heart rate" screen and continue measuring and updating data.

Automatic heart rate monitoring

1. Go to the device page of Mibro Fit App, enter "Continuous Heart Rate Measurement" and turn on the switch. The watch will automatically measure your heart rate and record the changes in heart rate throughout the day.
2. Continuous heart rate measurement is available in two modes: Intelligent and Real-time. When the intelligent mode is turned on, heart rate data will be measured and saved every half an hour. When the real-time mode is turned on, a set of heart rate data will be measured and recorded every 5 minutes.



"Menu" Panel



Heart rate alert

In a resting state (except sleep), the device will notify you if your heart rate goes above or below the limit for 10 minutes.

1. When the Auto Heart Rate Monitor frequency is set to 1 minute, the heart rate alert feature can be enabled.
2. In the settings for high and low heart rate alerts, the alert value can be adjusted or alerts can be disabled.



Blood oxygen

Blood oxygen is an important physiological indicator of the respiratory and circulatory systems. On the watch, open the Blood Oxygen App to view your daily blood oxygen values. After syncing with the Mibro Fit App, you can access more detailed historical data.

Manual Blood Oxygen Measurement

Open the Blood Oxygen App and tap Manual Measurement to start.

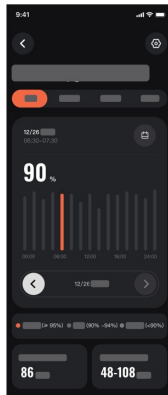
Automatic Blood Oxygen Monitoring

On the Mibro Fit App, go to the device page and enter Automatic Blood Oxygen Monitoring.

Turn on the switch. When you are at rest, the watch will automatically measure your blood oxygen and record changes throughout the day.



"Menu" Panel



Precautions for Measurement

1. Wear the watch about one finger-width above the wrist bone.
2. Ensure the strap fits snugly with slight pressure.
3. Rest your arm on a flat surface with the screen facing upward.
4. Stay still and focused during the test.
5. Hair, tattoos, movement, low temperature, or improper wearing may affect results or cause test failure.
6. This feature is for reference only and must not be used for medical diagnosis. If you feel unwell, please seek medical attention.

Stress

The stress index is a useful reference for evaluating your health status. When your stress level is high, it is recommended to take a rest. On the watch, open the Stress App to view your current stress value, daily stress trends, and stress ratio analysis. After syncing with the Mibro Fit App, you can check more detailed historical data.

Manual Stress Measurement

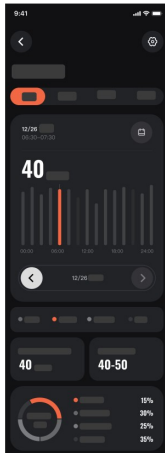
In the Stress App, tap Manual Measurement to measure your stress instantly.

Automatic Stress Monitoring

Open the Mibro Fit App, go to the device page. Find Auto Stress Monitoring and enable the switch. The watch will then automatically measure your stress every 5 minutes, showing a full-day trend.



"Menu" Panel



Stress Alert

In a resting state (except during sleep), the watch will notify you if your stress level remains above the set limit for 10 minutes.



Breathing

When you experience difficulty breathing due to excessive pressure, you can use the "Breathing Training" function on the watch to adjust your breathing rhythm and reduce stress. You can also set different frequencies and times for breathing adjustment training.



"Menu" Panel



Menstrual Cycle tracking

Manually record the menstrual cycle

In the Mibro Fit App → Cycle Tracking, tap to manually record the menstrual cycle tracking data.

1. If you have not recorded the current cycle, tap to record the start date of your period.
2. If you have already recorded the current cycle, tap to record the start date of the next period.
3. If you need to extend your cycle after the set end date, you can record again within 30 days (as the previous cycle has not ended) or sync the data to the App and modify it.



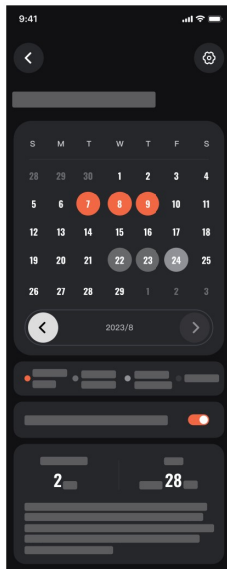
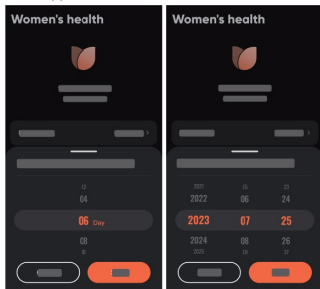
Menstrual cycle prediction

The Cycle Tracking App will intelligently predict your period, fertile window, and ovulation day based on your data. This feature is not a substitute for contraception or medical advice. Open the Cycle Tracking App, swipe to the bottom, and tap to enter the menstrual cycle settings to start prediction.

Menstrual cycle reminder

Before your period starts, the watch will send a reminder notification.

1. When Cycle Prediction is turned on, you also need to enable Cycle Reminder in the App.
2. You can set reminders for period start and ovulation date, and adjust or disable them anytime in the App.



Weather

Keep the watch connected to the Mibro Fit App to view the current temperature, weather conditions, UV index, rainfall probability, as well as the 8-hour forecast and 6-day forecast directly in the Weather App on your watch.

1. Weather data needs to be synchronized through the mobile network. You need to keep the watch connected to your phone to ensure that the weather information is always up-to-date;
2. You can turn off weather push notifications or set temperature units (Celsius/Fahrenheit) in the Mibro Fit App.



"Menu" Panel



Astronomy

Keep the watch connected to your phone. Under the "Astronomy" function interface on the watch, you can view sunrise and sunset, moonrise and moonset, lunar phase, and moon illumination. You can also view astronomical information for the next 2 days.



"Menu" Panel



Tide

Keep your watch connected to your phone. In the "Tide" function interface on your watch, you can view station information, sea level heights, tide rise and fall, and other data for tide observation points within 50 kilometers of your location. You can also view tide data for the next 2 days.



"Menu" Panel

Phone

Keep the watch connected to your phone. In the "Phone" function on the watch, you can dial numbers, call through contacts, view call logs, and make call-backs.

1.To use contacts on the watch, add "Frequently Used Contacts" in the device page of the Mibro Fit App.

2.When receiving a call, the watch will take priority for answering. You can switch the call to your phone's earpiece or to another Bluetooth device connected to your phone.

3.When the phone itself answers the call first, the call cannot be switched to the connected watch.



"Menu" Panel

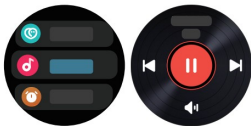
Music control

Music Control Function:

1. Keep the watch connected to your phone. When you play music on your phone, you can start or pause the music, adjust the volume, skip to the previous or next song on the music App on your watch, and also switch to the watch to play music.

2. Local playback function: You can switch your phone's audio to play through the watch.

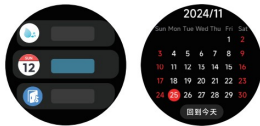
Note: If your watch cannot play music or there is no sound, please check whether the watch is connected to your phone's Bluetooth and confirm that the watch volume is set to an appropriate level.



"Menu" Panel

Calendar

You can check the Gregorian calendar on your watch. Swipe up or down to switch between months, or tap the "Back to Today" button at the bottom to return to the current month.



"Menu" Panel

Voice Assistant

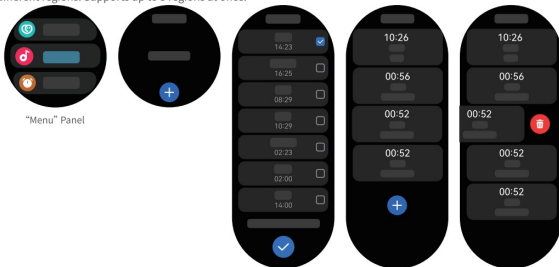
When the watch is connected to your phone, open the Voice Assistant app on the watch and tap the microphone icon. Once the icon shows an animation effect, it means the phone's voice assistant has been activated. You can then give voice commands directly. For example, on iOS devices, the watch can be used to wake Siri.



"Menu" Panel

World Clock

Display and manage city times across multiple time zones worldwide, helping users easily check the current time in different regions. Supports up to 5 regions at once.



"Menu" Panel

One-click Drain

After finishing swimming or any other water activity, open the menu on your watch and select the "One-click Drain" function. Tap "Drain Now," then shake the watch in the direction of the arrow to help expel water droplets from the speaker more quickly.



"Menu" Panel

Alarm

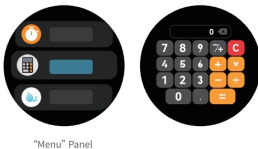
You can add up to 8 alarms on your watch.

1. When the set alarm time arrives, the watch will ring to remind you, and you can choose to turn off the alarm or snooze it.
2. If you select "Remind me later", the watch will remind you again after 10 minutes. Each alarm can use this function up to 5 times.
3. If you do not take any action, the watch will automatically snooze and remind you later by default.



Calculator

You can utilize the mini calculator function on your watch.



Flashlight

On the watch face, swipe down from the top to open the Control Center. Tap the “Flashlight” icon to turn it on, and choose the flashing mode (steady, slow flash, fast flash) as well as the screen color (white, red, blue, or yellow).



“Menu” Panel



Camera control

Keep your watch connected to your phone, open the camera on your phone, and activate the “Camera Control” feature on the watch. Tap the camera icon on the watch to take a photo with your phone. The photo will be saved in your phone’s album.



“Menu” Panel



Find Phone

Keep your watch connected to your phone. On the watch, tap the “Find Phone” function to locate your paired phone, which will ring to alert you. On the device page in the Mibro Fit App, you can use the “Find Watch” function to locate your paired watch, which will also ring.

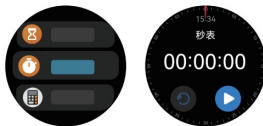


“Menu” Panel



Stopwatch

The stopwatch measures up to 23 hours, 59 minutes, and 59 seconds with an accuracy of 0.01 seconds. During timing, the watch can record up to 20 laps.



"Menu" Panel

Access Card

To use the Access Card tag feature on the watch, place the watch near a third-party reader/writer device that supports access card writing to copy encrypted access card data. Up to three access cards can be added.

Note: This access card is an M1-type passive NFC tag, which differs from active NFC chips used for transportation or payment services.

Frequency: 13.56 MHz

Operating magnetic field strength: 123.5 dBμA/m – 137.5 dBμA/m



"Menu" Panel

Timer

The Timer App offers six shortcuts for quick setup. You can also manually set a timer for up to 23 hours, 59 minutes, and 59 seconds. The watch will alert you when the timer ends.



"Menu" Panel

Compass

Before using the Compass App, follow the on-screen instructions to calibrate the compass. Wear your watch and move it in a figure-eight pattern in the air. Once calibration is complete, the watch will display the direction indicated by its 12 o'clock position.



"Menu" Panel

Altitude & Pressure

The watch features a built-in barometer. In the "Altitude & Pressure" interface, you can measure the current altitude and barometric pressure of your location.

1. Calibration: Environmental factors such as temperature and humidity may affect readings. To ensure accurate measurements, calibrate the altitude manually or via a GPS location.

2. Weather Alerts: In the barometer interface, you can enable the severe weather warning and set the alert frequency.



"Menu" Panel



Severe Weather Alert Toggle



Altitude Calibration



Settings

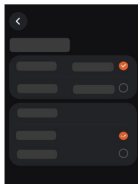
Units

Keep your device connected to your phone and open the Mibro Fit App:

1.Go to My > Settings > Units to set the units for distance and weight.

2.Go to Device > Weather > Temperature Units to set the temperature unit.

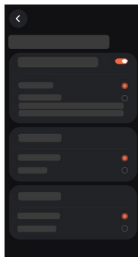
During data synchronization, the device will automatically follow the settings in the App.



Time format

Keep the device connected to your phone, During data synchronization, the device automatically follows the system time and time format.

The Mibro Fit App defaults to displaying in 24-hour format. You can enable the 12-hour format in the App under Devices > Preferences > 12-Hour Clock, and the watch will display time in the 12-hour format, which will not change with the phone.



Gesture

Open to the "Application Menu">"Settings">"Gesture Control" on the watch, follow the animation instructions to complete gesture learning actions, and then use gestures to control the watch.



Display and Brightness

Open Application Menu > Settings > Display & Brightness on the watch to perform the following operations:

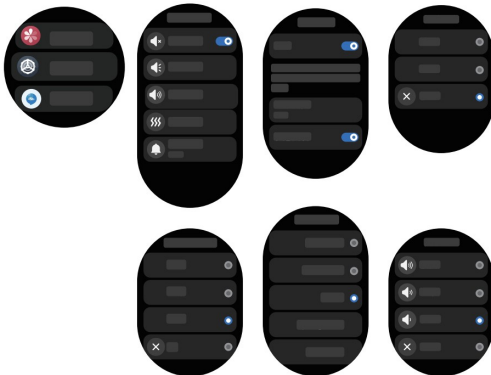
1. **Brightness:** Adjust the fixed screen brightness.
2. **Auto Brightness:** When enabled, the screen automatically adjusts brightness based on ambient light—the brighter the environment, the higher the screen brightness.
3. **Screen Off Time:** Default is 10 seconds. You can set the automatic screen-off time when idle to 5s / 10s / 15s / 20s / 30s.
4. **Always-On Screen:** When enabled, the screen stays on continuously. Default duration is 5 minutes, but you can adjust it to 10 / 15 / 20 minutes.
5. **Always-On Display (AOD):** When enabled, the AOD style of the selected dial is shown by default. You can disable "Default First" to choose other AOD styles. With Wrist Lift to Wake enabled, lifting your wrist will show the AOD instead of immediately entering the main dial.



Sound & Vibration

Open Application Menu > Settings > Sound & Vibration on the watch to perform the following operations:

1. **Mute Mode:** The watch defaults to mute. You can turn off mute to enable ringtone mode, allowing incoming calls and messages to produce sound alerts.
2. **Ringtone Volume:** Swipe up or down on the screen, or rotate the crown to adjust volume. There are 15 levels, with the default set to level 14.
3. **Message Volume:** Swipe up or down on the screen, or rotate the crown to adjust message volume. There are 15 levels, defaulting to level 14.
4. **Vibration Motor:** Turning off vibration will stop incoming calls and notifications from vibrating (alarms are unaffected). Disabling the crown vibration switch will remove vibration feedback when rotating the menu.
5. **Call Ringtone:** Select your preferred ringtone for incoming calls.



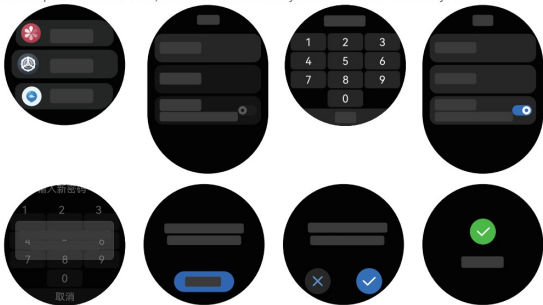
Notifications

Open Application Menu > Settings > Message Notifications > Show Only When Wearing on the watch. Notifications will only appear when the watch detects that it is being worn. If notifications do not display correctly, try turning off this feature.



PIN

Open Application Menu > Settings > PIN on the watch. After enabling this feature, the watch will lock the screen when it turns off. Each time you unlock it, you must enter the correct password. If the password is entered incorrectly five times in a row, the watch will be locked and display the lock screen. You can also enable the Wear Detection switch—when the watch is worn, you won't need to enter the password each time, and it will automatically lock when removed from your wrist.



Preference

Open Application Menu > Settings > Preferences on the watch, where you can do the following:

- 1.App view switching: Supports List, Grid, and Waterfall views, with List as the default.
- 2.Bottom-right shortcut customization: Assign any watch function as a shortcut key. By default, it quickly opens the sports list.
- 3.Do Not Disturb (DND) mode: You can set DND for the entire day or schedule it. DND is off by default, with the default period from 22:00 to 07:00.
- 4.Power Saving mode: When enabled, the watch retains only step counting and a minimalist clock display; all other functions are turned off. Long press the main button to exit Power Saving mode.



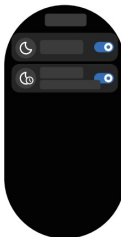
"Settings" Screen



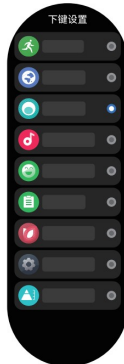
"Usage Preferences"



"App View"



"Do Not Disturb"



"Lower Button Settings"

Exercise Settings

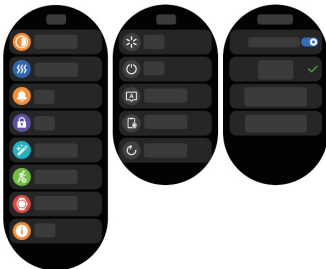
Open Application Menu > Settings > Exercise Settings on the watch, where you can:

1. Always-on during exercise: When enabled, the screen stays on throughout your workout. Note that this significantly reduces battery life due to high screen power consumption.
2. Automatic detection: When enabled, the watch will notify you when it detects the start or end of an exercise, including walking and running.
3. High brightness mode: When enabled, the screen brightness in outdoor sports mode can reach 1000–2000 nits, making it easy to read in bright sunlight. The default active period is 06:00–18:00.



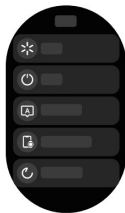
Language switch

If you want to change the language displayed on your watch, go to the watch's "Application Menu" > "Settings" > "System" > "Language," select the language you want to switch to, and the change will take effect.



System

Open Application Menu > Settings > System on the watch, where you can: shut down, restart, change language, connect a new phone, or restore factory settings.



About

Open Application Menu > Settings > About on the watch, where you can view the following information: product name, model, MAC address, software version, serial number (SN), manufacturer, certification details, and more.



Performance Fault Table

- 1.The device does not power on.
- 2.No sound during calls on the watch.
- 3.The other party cannot hear your voice during a call.
- 4.The display does not light up or the touchscreen is unresponsive.
- 5.Unable to charge.

Non warranty regulations

- 1.Wear and tear from regular use, such as scratches, discoloration, or damage caused by contact with chemicals, sharp objects, drops, impacts, or deformation;
- 2.Malfunctions resulting from unauthorized repairs, collisions, misuse, negligence, abuse, water exposure, accidents, or use of non-standard accessories;
- 3.Tearing, altering, or falsifying labels or anti-counterfeiting marks;
- 4.Damage caused by force majeure;
- 5.Issues not listed as performance faults in the Performance Fault Table.

Safety & Precautions

Battery Safety

- 1.This device is equipped with a built-in battery that cannot be removed or replaced. Do not disassemble or modify the battery yourself.
- 2.Do not dispose of the battery in fire or a hot oven, and do not crush or cut it, as this may cause an explosion.
- 3.Exposing the battery to extremely high temperatures may cause an explosion or leakage of flammable liquid or gas.
- 4.Exposing the battery to extremely low air pressure may cause an explosion or leakage of flammable liquid or gas.
- 5.Do not disassemble, crush, or puncture the battery, as this may cause leakage, fire, or explosion.
- 6.Do not expose the device to high temperatures (over 60°C) or open flames.

Precautions

1. The measurement results of this product are for reference only and shall not be used for any medical purposes or basis. Please follow the doctor's guidance and do not rely on this measurement result for self diagnosis and treatment;
2. Do not let children or pets bite or swallow the product or its accessories, as this may cause injury;
3. Do not place this product at excessively high temperatures, such as ovens and electric heaters, as it may cause the product to catch fire or explode;
4. Some people may develop allergic skin reactions to plastics, leather, fibers, and other materials, and may experience symptoms such as redness, swelling, and inflammation after long-term exposure to the ingredients of this product. If you experience such symptoms, please stop using and consult a doctor;
5. The radio waves generated by this product may affect the normal operation of implantable medical devices or personal medical devices, such as pacemakers and hearing aids. If you use any such medical devices, please consult the manufacturer for relevant usage restrictions;
6. Do not dispose of this device or its accessories as ordinary household waste. Please ensure that you dispose of or recycle this device and its accessories in accordance with local laws and regulations;
7. The waterproof level of this product is the result of Mibro laboratory testing. The product is not resistant to hot water, cannot be deeply submerged, and cannot be soaked in water for a long time;
8. The company reserves the right to modify the content of this manual without prior notice. Some functions may differ in the corresponding software version, which is a normal situation.

Contact Us

For more questions, please visit Mibro's official website:

Official website: www.mibrofit.com

After sales service email: Service@mibrofit.com

Frequently Asked Questions: www.mibrofit.com/pages/FAQ

Operation guide: www.mibrofit.com/pages/support

Manufacturer: ZhenShi Information Technology (Shanghai) Co., Ltd.

Address: Room 4015, Building 2, No. 588 Zixing Road, Minhang District, Shanghai

Exporter: ZhenShi Information Technology (Shenzhen) Co., Ltd.

Address: Room 1401-1403, 1408, Tower E, Phase II, Galaxy World, Minle Community, Minzhi Street, Longhua District, Shenzhen, China

Disposal of electrical and electronic equipment



The symbol of the crossed-out wheeled garbage can Symbol on your product. The symbol of the crossed-out wheeled garbage can on your product, battery, or packaging is a reminder that all electronic products and batteries must be disposed of separately at the end of their life and should not be disposed of with other household waste. It is the user's responsibility to dispose of the device at an official collection point or service for the separate recycling of electrical and electronic equipment and batteries in accordance with the applicable local legislation (WEEE - Waste of Electrical & Electronic Equipment).

Options for Returning Old Devices

Owners of old devices may hand in these devices within the framework of the possibilities for the return or collection of old devices set up and available by public waste management authorities, to ensure proper disposal of the old devices. The following link provides an online list of collection and return points: <https://www.ear-svstem.de/ear-verzeichnis/sammel-und-ruecknahmestellen>.

Data Protection

We would like to remind all end users of waste electrical and electronic device that you are responsible for deleting personal data on the waste devices to be disposed of.

CE Declaration of Conformity

Zhenshi Information Technology (Shenzhen) Co., Ltd., hereby declare that this device is in compliance with the essential requirements and other applicable provisions of European Directives 2015/53 /EU and 2011/65/ EU. For the full EU Declaration of Conformity, please refer to our website.<https://www.mibrofit.com/pages/support>

FCC Statement

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment. 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.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement.

The device can be used in 0mm exposure condition, compliance with exposure requirements.



扫一扫查看更多语言的用户手册

Scan for user manuals in more languages

扫一扫查看功能使用视频

Scan, watch the functionuse video



扫一扫查看功能使用视频

Scan, watch the functionuse video



CE FCC ENE RoHS

