

CUBOT S1

Smart Wristband



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➤ Use for the first time

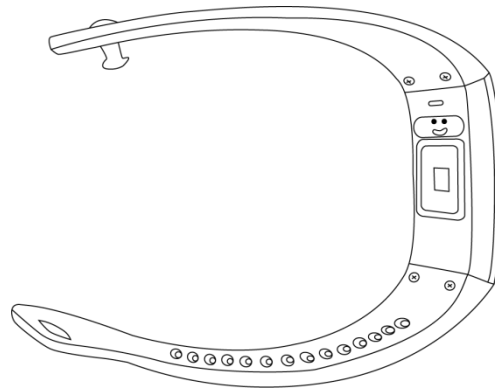
Please charge and activate the wristband before first use. Download and install APP, bind the device for data synchronization.

1. Activate wristband

1.1. Please connect the wristband with a USB cable and insert it into computer or phone charger for activation.



USB cable



CUBOT S1 smart wristband

1.2. The following startup interface is displayed after successful activation.



2. Download and install APP

2.1. Make sure the phone is connected to mobile network or WLAN;

2.2. Scan the QR code below to download, install or access each App store to download and install the “CUBOT S1”APP (iPhone users search and download “CUBOT S1” in APP Store and Android users search and download “CUBOT S1” in Google Play).



iOS

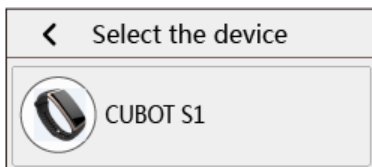


Android

3. Bind the device

3.1. First binding or unbinding quit APP and activate APP for rebinding

3.1.1 Turn on phone Bluetooth, activate “CUBOT S1”APP and popup “select device” interface

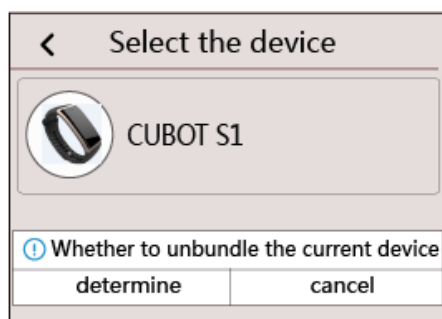


3.1.2. Click CUBOT S1 area to enter “find device” interface, click the searched MAC address of wristband that needs to be bound

3.2. Binding not for the first time

3.2.1. Option “Installation management” > “my device” > “select device” on APP sidebar

3.2.2. Click CUBOT S1 area > confirm unbinding > find device, click the searched MAC address of wristband that needs to be bound



After binding, APP skips to the exercise interface automatically and  will turn up on the wristband time interface;

4. Unbind device

4.1. Enter APP, click  > “installation management” > “my device” > “select device”, click CUBOT S1 area > confirm unbinding

4.2. Under the binding state, when the device goes beyond 5-10m effective range, Bluetooth will be disconnected.

Within the effective range, the wristband will be automatically connected to APP.

Tips:

1. Before use, the wristband needs to be connected to APP for time and data calibration and self-synchronization, otherwise data will be deviated;
2. In the second searching and connection, if APP fails to search the device, please ignore the paired device and turn on and off Bluetooth again in the phone settings.

5. Data synchronization

5.1. After first binding, “exercise data” will be self-synchronized on the wristband and APP.

5.2. Each time quit and re-enter APP, it will self-synchronize and update “exercise data”.

5.3. Manual synchronous update of “exercise data” is available on the pull-down page of the exercise, sleep, heart rate or UV interface on APP end.

5.4. Notes for data synchronization:

5.4.1. In data synchronization, wristband needs to be normally connected to mobile phone Bluetooth.

5.4.2. Data synchronization is unavailable when Bluetooth is disconnected.

5.4.3. The data synchronization and update time depends on the quantity of synchronized data. (data quantity

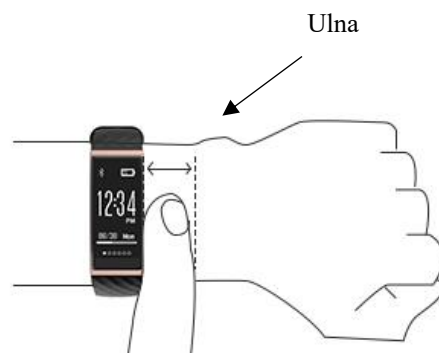
refers to those generated by using wristband after disconnection of wristband and APP). The longer the band

use time after Bluetooth disconnection, the more data are generated and the longer data synchronization and updating time will be after connection.

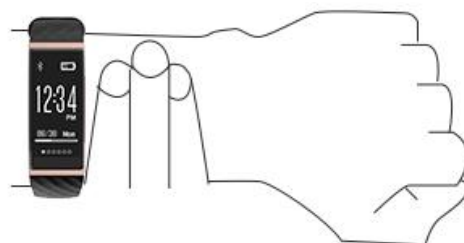
➤ Get familiar with S1

1. Wear wristband

1.1. Wear the band on the wrist. For all day wearing, when heart rate is not measured, it is optimal to wear it at 1.85cm below the ulna.

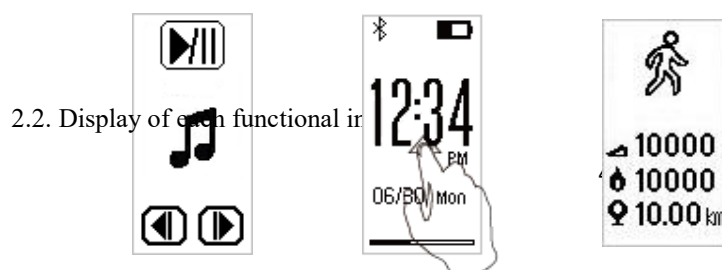


1.2. If you want a more accurate heart rate measure through S1, please move the band to the upper position of the wrist, preferably the width of three fingers below ulna. The bottom sensor must be “**close to skin**” without movement. Do not wear the wristband too tight, otherwise blood flow and heart rate measure accuracy may be affected.



2. View the wristband

2.1. Slide up and down to view each functional interface by page turning





3. Lighten the screen

There are following ways of lightening the wristband screen:

3.1. Overturn the wrist to lighten the screen

The function is defaulted to be off. The switch shall be turned on at APP end if the function is in need.

3.1.1. Enter APP, click “” > turn on the switch

3.1.2. Softly raise the wrist to lay or tilt it inward slightly (the inclination magnitude is to be controlled within 15 degree) with palm facing down to lighten the screen.

3.2. Lightly touch the wristband screen (lighten it by lightly touching the screen)

3.3. In times of message reminder pushing on APP end (when reminders of incoming call, short message, alarm clock etc. are pushed to wristband, corresponding icons will display on the lightened band screen)

3.4. When remote photograph is turned on (wristband screen will be lightened and the photograph icon will display)

3.5. When real-time heart rate measure is turned on at APP end (wristband screen will be lightened and the heart rate interface will display)

4. Waterproof

CUBOT S1 is IP65 splash-proof, rain-proof and sweat-proof, but it is not suitable for wearing in swimming and bathing. If the band gets wet, please dry it completely before re-wear in case the wearing comfort and data accuracy of heart rate

measure might be influenced.

➤ Measure heart rate

In heart beating, blood capillary will expand and shrink with the changing of blood volume. The heart rate signal transducer in the device reverse is for skin exposure and detection of blood flow volume variation.

1. Real-time heart rate measure can measure and view the current heart rate immediately to realize the heart rate status.
2. All day heart rate monitoring can monitor the heart rate under different states continuously for 24 hours and upload the data to APP. Detailed historical data can be viewed on APP end.

1. Defaulted heart rate zone

The heart rate zone can help you to achieve optimal exercise effect through different exercise intensities. Heart rate zone is calculated based on your max estimated heart rate. A simple method of estimation is 220 minus your age.

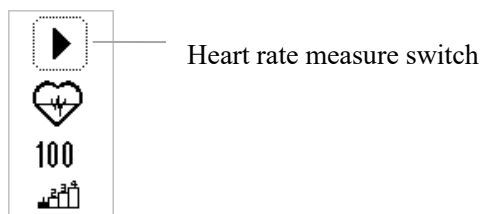
To determine your heart rate zone ASAP, please check the table below:

Exercise type	Heart rate icon	Heart rate zone	Descriptions
Warm-up		$X \leq 50\%$	In warm-up zone, elementary cardiopulmonary exercise can help warm up and relax, but the activity level is insufficient to reach the exercise state.
Fat burning		$50\% < X \leq 70\%$	In fat burning zone, the activity belongs to the low or moderate intensity range. If the user is junior exerciser, this zone is a quite ideal zone.
Cardiopulmonary exercise		$70\% < X \leq 85\%$	In cardiopulmonary exercise zone, the activity belongs to the moderate or high intensity range. At the moment you are striving to exercise but not tired out. It is a target zone for the most majority.
Extreme exercise		$X > 85\%$	In the extreme exercise zone, the activity belongs to high intensity range, applicable to vigorous activity within short time to improve performance and speed.
Resting heart rate			Under rest state, people of good physical ability generally have a lower resting heart rate.

2. Enable heart rate measure

2.1. Enable real-time heart rate measure

- 2.1.1. Slide or gently touch the band screen to switch to the heart rate measure interface. Turn on the switch on the top of interface and enable real-time heart rate measure, synchronize data to APP end;



- 2.1.2. Enter the APP heart rate interface, turn on “start measure” switch and enable the real-time measure function.

The wristband is lightened and skipped to the heart rate interface to start real-time measure and synchronize data to APP end.

When real-time heart rate measure is turned on, you need to wait about 10-30S before data are shown.

2.2. Turn on 24H heart rate monitoring

- 2.2.1. Enter APP, click “” > “installation management”

- 2.2.2. Turn on “24H heart rate monitoring” to start the function.

- 2.2.3. The wristband will automatically measure the heart rate once every 30 min and upload the collected data to APP for drawing the curve graph.

3. Turn off heart rate measure

- 3.1. Turn off the measure switch on the top of heart rate interface on wristband to stop real-time measure.
- 3.2. Slide to switch to the heart rate interface on APP end to turn off “stop measure” switch to stop real-time measure.
- 3.3. Turn off “24H heart rate monitoring” switch on APP end to stop.

4. User-defined heart rate prewarning value

You can customize and set the heart rate prewarning value and startup “heart rate prewarning”. If the heart rate value is higher than your set value, the icon  will appear on the wristband and vibrate to alert.

4.1. Corresponding icons in heart rate zones

During exercise when the heart rate value is within the zones of the table above, corresponding icons as below will appear on the wristband;



Warm-up



Fat burning



Cardiopulmonary exercise



Extreme exercise

4.2. Startup heart rate prewarning alert

4.2.1. Enter APP, click “” > “smart reminder” > “heart rate prewarning”

4.2.2. Turn on the “start reminder” switch

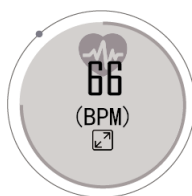
4.3. Set HRmax

4.3.1. Enter APP, click “” > “smart reminder” > “heart rate prewarning” > “heart rate prewarning value” (number box) > popup the prewarning value setting interface

4.3.2. Roll the value up and down to set and confirm.

5. View the heart rate history

Switch to the main interface of heart rate on APP end, click the schedule circle to enter historical interface and view the detailed past records.



6. Wear mode and precautions for heart rate measure

- 6.1. Wear the wristband in the rear of the joint on wrist back close to skin so that the contact between optical sensor in the back and skin is good and stable;
- 6.2. The wristband is in the rear of the joint on wrist back; if your wrist is quite thin, put the wristband at a higher place (a more suitable place on the wrist with a larger circumference);
- 6.3. If your hand is often ice-cold or poorly circulated, the band performance will be lowered. Try to exercise for

several minutes before starting up the heart rate monitoring function to improve blood circulation;

6.4. If heart rate monitoring is not used, the wrist can be worn like any style.

➤ **Exercise records**

CUBOT S1 will automatically record and display the following exercise data

- Exercise steps
- Exercise distance
- Consumed calorie
- Target achieved

Please slide the wristband to exercise interface to view the real-time exercise steps/exercise distance, calorie and view the target achieved in time interface.

Except the exercise data displayed on S1 wristband, the following data can also be recorded but can only be viewed on APP end;

- Exercise time
- Detailed exercise records

➤ **Air pressure, temperature**

Air temperature is measured by the sensor inside the wristband that can only measure the ambient temperature. To get more accurate air temperature, interference of body temperature needs to be avoided.

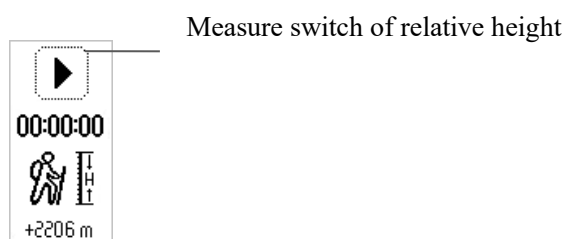
1. The wristband screen is switched to air pressure and temperature monitoring interface
2. The wristband will automatically monitor the real-time air pressure and temperature

Note: please do not wear the wristband in temperature measurement. Place it about 10min to get quite accurate ambient temperature.

➤ **Relative height**

Relative height refers to the absolute height difference of two places. It shows the vertical distance that certain place is higher than the other on the ground.

1. Switch the wristband screen to relative height interface
2. Click the measure switch on the top of interface to start measure



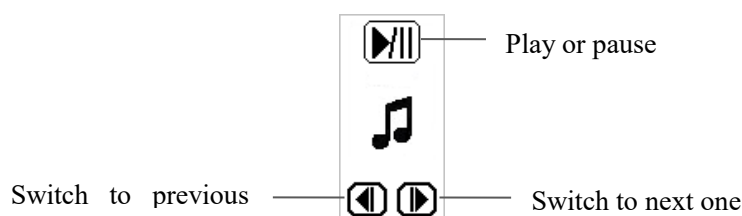
3. The wristband can measure your current location height based on the start point before exercise

Note: relative height is obtained through a series of algorithm on the basis of barometric pressure in the located environment measured by the built-in barometric sensor. The relative height value will deviate due to the changes of ambient air temperature.

➤ Music control

Through the pair connection with smartphone, music play/pause, switch to previous/next song on the phone can be directly controlled by wristband.

1. Switch the wristband screen to music control interface
2. Click the play/pause switch on the top of interface
3. Click the switch on the left and right in the bottom to switch to previous or next song



Note: for the first play, music play needs to be enabled on the phone.

➤ Bluetooth connect function

1. Sleep monitoring

1.1. Sleep monitoring

S1 wristband can automatically record your sleep time, sleep state to judge your sleep quality. Please wear S1 in sleep to obtain the sleep data.

1.2. View the sleep data

Switch to sleep interface on APP end to view the sleep data and sleep quality.



1.3. Set sleep time

Enter APP, click “” > “installation management” > “sleep preference” and enter the user-defined setting for sleep/wake-up time.

2. View historical data

CUBOT S1 will record, store and synchronize the exercise, sleep, heart rate, UV data generated every day to APP. Through APP end, you can click the  schedule circle on the top of each main interface to view the detailed historical data by entering historical interface.

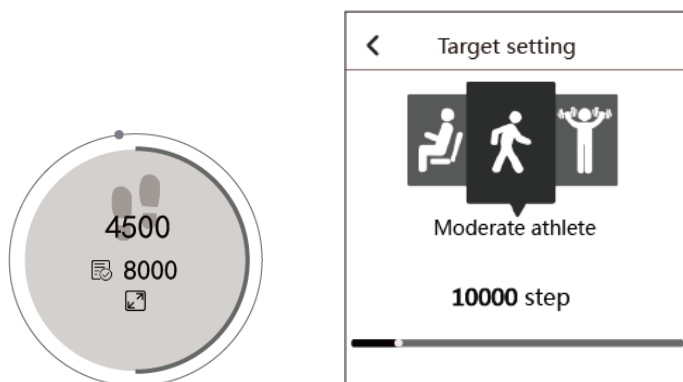
1. Historical data of the same wristband can be viewed on APP end indefinitely. If APP is uninstalled, all the stored historical data will be cleared.
2. CUBOT S1 wristband has the default data storage for three days. Uninstall APP, download and bind the band again, you can only view the three days' data stored on the band.
3. APP iterative update has no effect on the stored historical data normally. If update involves data logic, all the historical data will be removed (the same for exercise and sleep).

3. Set exercise target

Set the exercise target helps you to exercise more actively. You can set exercise target through APP. When exercise has reached the target set point, the wristband will display  and vibrate to prompt.

1. Open APP, click  on the exercise interface to enter target setting interface. Slide the scroll bar for user-defined setting of target steps;

2. Or click  on the bottom of each APP interface, enter “my” -- “health target” -- “target setting” and slide the scroll bar to set target steps.



4. Find the wristband

You can find the wristband through APP. Enter APP, click “” > “find wristband”,  will appear on the wristband and vibrate to alert.



5. Remote control photograph

You can remote control the mobile phone to photograph through wristband. Click “” > “remote control photograph” on APP end,  will appear on the wristband. Aim the shooting point with camera, lightly touch the camera icon on the band to photograph.



6. Smart reminders

6.1. Message reminders

- Incoming call reminder
- Short message reminder
- Other reminders (QQ\WeChat\FaceBook\Twitter\whatsapp\instagram)
- Drinking reminder
- Sedentary reminder

APP will push relevant reminding icon to wristband for vibration prompt based on your set status. To make sure that you can receive messages, please confirm:

- Wristband and APP are in normal connection within the effective range
- The reminding switch on APP end is turned on
- IOS users need to confirm the successful Bluetooth pair in the setup menu of phone system

If you don't need to receive reminding messages, turn off the switch on APP end.

6.2. Message reminder of incoming call and short message

6.2.1. Enter APP, click “” > “smart reminder” menu

6.2.2. Enter the smart reminder interface, turn on incoming call, short message or other reminder switches, APP

will push the received incoming call, message to wristband and display relevant icons with vibration prompts.



Incoming Short WeChat facebook Twitter Instagram whatsapp

Note: names of incoming call are displayed for those saved in the phone and only telephone number are displayed for those unsaved.

6.3. Drinking reminder

Set the drinking reminding time and turn on the switch. When the set time is reached,  will show on the wristband and vibrate to prompt you to drink water. You can set 8 groups of different drinking alarm time:

6.3.1. Enter APP, click “” > “smart reminder” -- “drinking reminder” -- drinking reminder interface

(alarm1-alarm8)

6.3.2. Turn on “enable reminder” switch

6.3.3. Set the alarm clock time (roll the numbers up and down in the digit area to set alarm clock time)

6.3.4. Set the repeat circle of reminder (the alarm clock will remind you on schedule and on time)

6.4. Sedentary reminder

Enable sedentary reminder and set the reminding time. When the set point is reached,  will appear on the wristband and vibrate to prompt you to take a break.

Set sedentary reminding time:

6.4.1. Enter APP, click “” > “smart reminder” -- “sedentary reminder” -- sedentary reminder setting interface:

6.4.2. Turn on “enable reminding” switch

6.4.3. Set the reminding interval time (click number box, click and enter the setting interface, roll the numbers up and down to set interval time)

6.4.4. Set reminding time (click number box, enter the setting interface, roll the numbers up and down to set reminding time)

6.4.5. Set the repeat cycle of reminding (set repeat cycle and alarm clock will remind you on schedule and on time)

Note: sedentary reminder will not be given for exercise over 100 steps within the set time interval.

7. Set alarm clock reminder

Through setting alarm clock time, when time reaches the set alarm clock reminding time,  will appear on the wristband to vibrate to prompt you. 3 groups of alarm clock time can be set with repeat reminding cycle for each group.

7.1. Enter APP, click “” > “installation management” -- “alarm clock setting” -- “alarm clock interface (alarm1&alarm2&alarm3) – “alarm clock setting” to set alarm clock time:

7.1.1. Turn on “enable alarm clock” switch

7.1.2. Set alarm clock time (roll the numbers up and down in digit area to set alarm clock time)

7.1.3. Set alarm clock name (you can set an individual name for the alarm clock)

7.1.4. Set the repeat cycle for reminding (set repeat cycle and the alarm clock will remind you on schedule and on

time)

7.2. The same operation if the alarm clock time needs to be changed

7.3. Turn off “enable alarm clock” switch if alarm clock reminder needs to be cancelled

8. Unit setup

Set and switch unit through APP end: distance length, weight, temperature unit and time system. After setting, units on the wristband will have synchronous switch.

Enter APP, click  > “installation management” -- “unit” or > “time”

9. Use GPS running

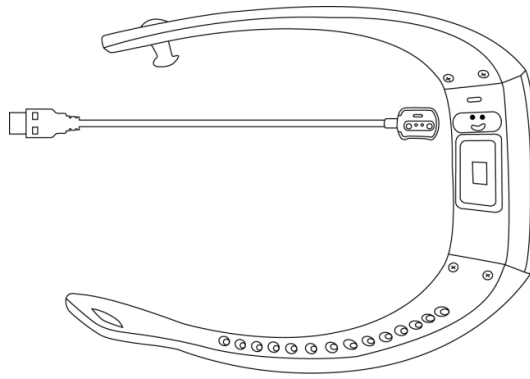
GPS exercise will record your running path and distance, time, exercise frequency and draw the path. Running track and GPS history can be viewed on APP end: total running distance, accumulative time, exercise frequency.

1. Open APP and click  in the middle of main interface bottom
2. Enter the running interface and click “start running”
3. Enter GPS track interface to start running

If you want to finish GPS exercise, long press pause to stop on the GPS track interface.

➤ Charge the wristband

1. When the flickering low battery icon  appears on the wristband, the battery is running out, please charge the wristband in time when any operation is not allowed.
2. In charging, please align the magnetic end of charging cable to the two touch points on wristband and insert the other end into USB.
3. The charging time is about 2 hours (please note that timely charging is needed when wristband shows low battery power. If the off time is too long, wristband data might be lost or reset before synchronization to the phone).



➤ **Basic parameters**

Product model: CUBOT S1

Net weight: 24.5g

Display mode: OLED display screen

Battery type: Li-polymer

Battery capacity: 85mAh

Synchronization mode: Bluetooth 4.0

Waterproof grade: IP65

Working temperature: -10℃~50℃

System requirements: IOS8.0 or above; Android 4.3 or above, mobile phone support Bluetooth 4.0.

➤ **Assembly unit description**

Host TPU wrist strap Packing box and instruction book

➤ **Precautions**

1. Use it as you wish in wash and rainy days; wipe dry the wristband ASAP after splash;
2. Do not use it in car wash, swimming, plunging, diving and bathing;
3. Be sure to observe all the instructions to use the device;
4. Do not attempt to open the device. Disposed and handled improperly, internal parts or battery in the product will cause harmful effect to environment or human health;
5. Do not expose the wristband to places with high moisture, extremely high or low temperature;
6. Do not clean the wristband with corrosive detergent;
7. Do not use the wristband under the environment of strong electromagnetic interference;
8. Be sure not to let kid or pet use the wristband as it might cause suffocation due to mistaken swallow of small parts;
9. Do not use it in sauna and steam bathroom;
10. Be sure not to cast the wristband into fire as the battery might explode.