

Bench.

International Guarantee & Instructions



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User Manual

Model: **BG012U /BEG012E**

1. Quick start guide

Overview



1 Full touch screen

2 Heart Rate Sensor

3 Charging Pin

- Make sure the POGO-pins on the charging cable fit correctly onto the charging terminals on the back of smart watch.
- Plug the big end of the USB cable to a power source and after successful charging, a charging icon will appear on the screen



*Install “**Bench Smart**” app on the phone*

Search and install the “**Bench Smart**” app from Google Play or App Store. Or scan the following QR code to directly install the app.



Connect the smart watch with the phone

1. Enable Bluetooth on your smart phone.
2. Open the “**Bench Smart**” app on your smart phone, and then fill in all the requested information in the “Settings” menu.
3. Tap “Connect device” in the “Settings” menu.

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4. Select the smart watch icon to connect.
 5. Choose your device name to connect it with your phone.

Unbind smart watch with mobile phone

1. Open the **“Bench Smart”** app on your smart phone.
2. Tap **“Disconnect device”** in the **“Settings”** menu and confirm **“OK”**.
3. To disconnect your smart watch with an iPhone, click **“Disconnect device”** in the **“Settings”** menu of the **“Bench Smart”** app, and go to the Bluetooth settings on your iPhone, then access and select the **“Forget This Device”** option.

4. How to Use;

1. Press and hold the screen for 5 seconds to turn on the smartwatch. Swipe up/down or left/right, short/long press to see more options.



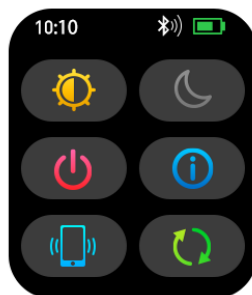
2. Functions

Watch face



There are 4 dials. On the current watch face, long press the screen to switch to the watch face you like.

Shortcuts



Screen brightness, you can tap the brightness icon to adjust (+/-) the screen brightness.



Do Not Disturb Mode: When turned on, there will be no message reminders, and the only the alarm clock reminder function.



Switch off your Smartwatch.



About, to find the MAC address and software version of your Smartwatch.

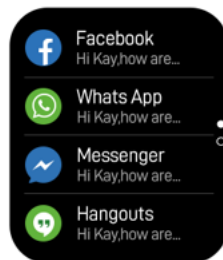
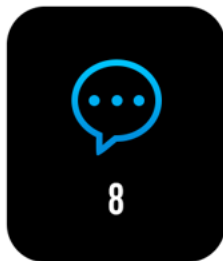


After connecting to the app, press the icon to tap the Find Phone function, and the phone will ring/vibrate



restart your watch

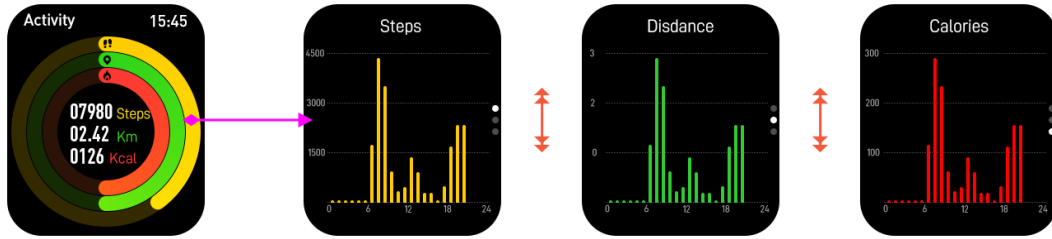
Message



Swipe left on the dial interface to enter the unread message interface. Short press to enter viewing information preview.

Pedometer





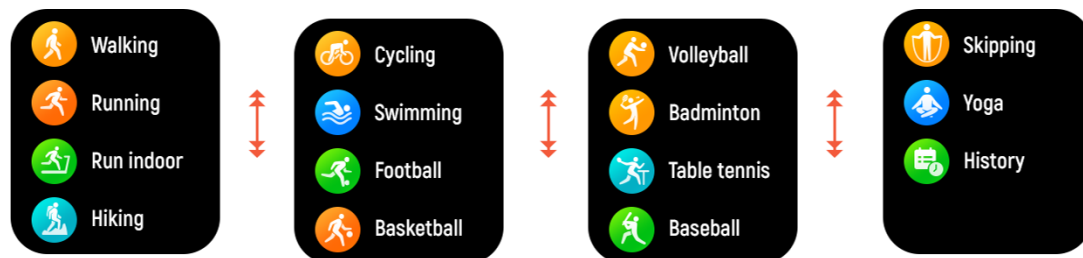
The watch automatically records your daily activities. Click the activity icon, or slide down the watch face to see more detailed data.

Heart rate



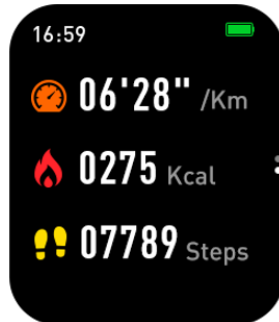
Swipe down on the dial interface, or press the icon to enter the heart rate, the watch will automatically monitor your heart rate, swipe right to exit

Sport

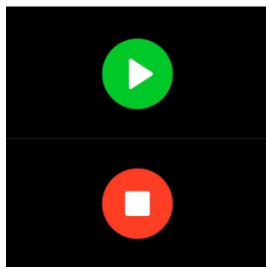


Press the "Sport" function to enter multisport mode. The smartwatch has 14 sports modes: walking, running, indoor running, hiking, cycling, Swimming, Football, Basketball, Volleyball, Badminton, Table tennis, Baseball, Skipping, Yoga. Choose one of them and do some exercises. The smartwatch records your exercise data. When you're done exercising, swipe right to stop exercising and save your workout data. If you have connected your smartwatch to **"Bench Smart"** via bluetooth, you can also view your exercise data in the app.

Sports details:



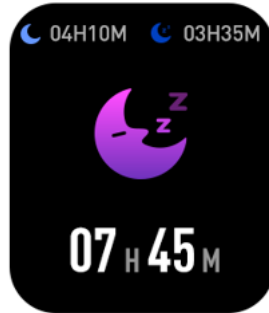
When you want to pause your exercise, swipe left on the screen to bring up the pause page and end the current movement.



Note: If it takes too little time to practice data, the data will not be saved.



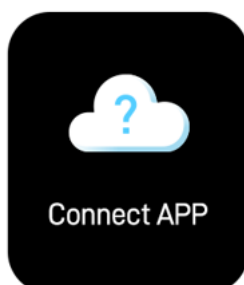
Sleep Monitor

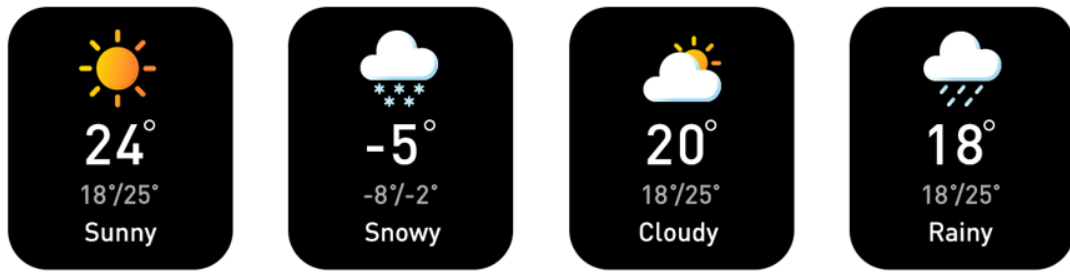


Click the sleep icon, or slide down to the sleep interface on the watch face, and the watch will display the sleep data of last night.

When sleep stops, the watch displays your sleep report along with total, light, and deep sleep time. After syncing with **“Bench Smart”**, you can view a more detailed sleep report.

Weather





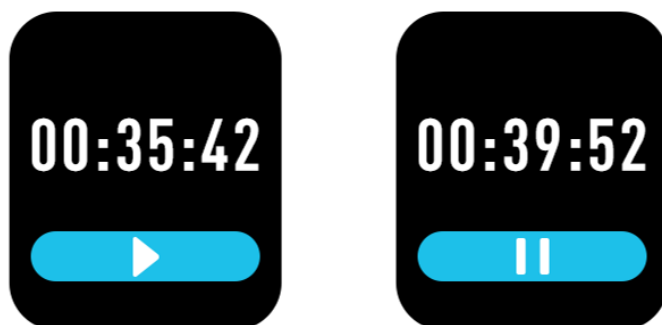
After connecting with app Select “SETTINGS”
, you can select city in “Weather” of the app. And the weather of this city will be displayed on the watch.

Alarm



In the "Alarm" interface, click in and you can see the reminders you set in the application. When the reminder time is up, your watch will vibrate.

Stopwatch



In the dial interface optimization, enter the main interface to find the stopwatch. Enter the timing page, touch the start and pause buttons, and swipe from left to right to exit.

Sedentary reminder



Short press to enter the sedentary reminder function, turn on or off the sedentary reminder you have set in the app.

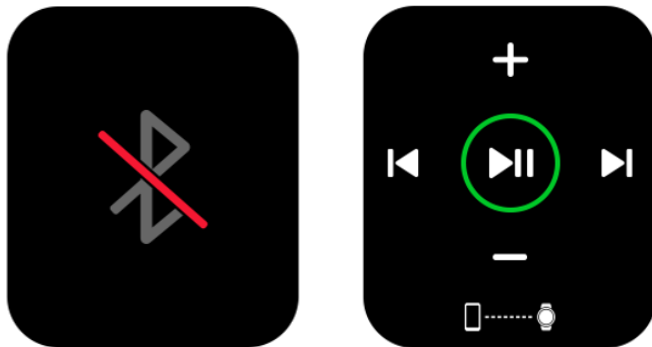
Remote capture



The device can be used as a remote for the camera function on your phone.

In the “**Bench Smart**” APP, enter the “Settings” - “Advanced settings” – “Take Pictures”, and your watch will show a camera icon, short press to capture your photo.

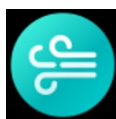
Music



Tap the music function icon to enter the music playback control interface.

You can select the previous/next song, and play/pause the song. To exit music playback control, slide the screen from left to right.

Breathe



Swipe right on the dial interface to enter the main

menu, find the breathing icon, enter to perform breathing exercise, and exit after cycling for one minute

Settings



In the "Settings" interface, after entering, you can view the operating system, reset, restart, and shut down.

Reset



Reset to factory default

*attention: if a factory reset is performed, all user data will be erased.

Restart



Click this button to restart your watch.

Shut Down



Touching "Shut Down" on the screen will turn off the watch.

System



Choose the function of "System" to check the watch BT name, firmware version information.