Ryze

gene

Fitness and Wellbeing Smart Watch with AMOLED Display, GPS & Bluetooth Calling

User Manual

CONTENTS

1.0 GETTING STARTED

Thank you for your purchase. Please read this user manual carefully before using the smart watch and keep it for future reference.

⚠ CAUTION

The Ryze Gene smart watch is not a medical or therapeutic device. Any data or information provided should not be used for medical diagnosis or treatment or monitoring or preventing other medical issues. Always consult your doctor for health and medical advice.

1.1 WHAT'S IN THE BOX

1 x Ryze Gene Smart Watch, 1 x Magnetic Charging Cable, 1 x Additional Watch Band, 1 x User Manual

1.2 SMART WATCH OVERVIEW

UPPER BUTTON

TOUCH SCREEN

LOWER BUTTON

MAGNETIC CHARGING CONTACTS

HEART RATE SENSOR

MICROPHONE

SPEAKER

AIR PRESSURE HOLE

PRESSURE RELIEF HOLE
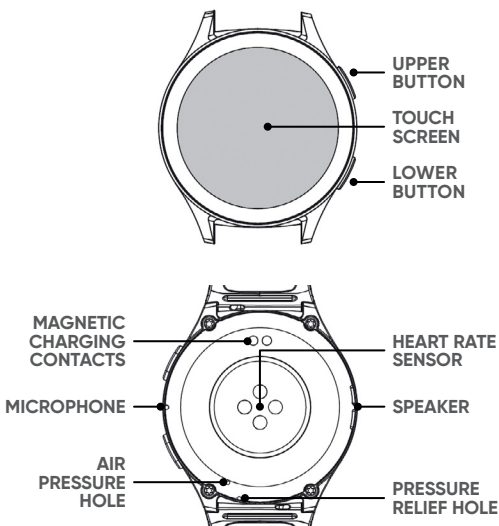
1.3   SMART WATCH CONTROLS

Ryze Gene has a full touch screen that supports operations including short tap, swipe left/right, and swipe up/down, as well as two side buttons that support short press and long press operations.

1.3.1   BUTTON FUNCTIONS

ACTION	FUNCTION	NOTE
Short press Upper Button	• To wake up the screen when it is off. • To return to the home screen. • To open the applications list from the home screen. • To pause/resume a workout session in progress.	
Press and hold Lower Button	• To wake up the screen when it is off. • To open sport list when the screen is on. • To cycle through workout-data pages while the watch is in workout mode. • Press and hold for 5 seconds to power off the watch.	
Press and hold Upper Button	• To power up the watch. • To force restart the watch, switch to the home screen, then press and hold the button for at least 8 seconds. • To end a workout session in progress.	Please fully charge the smartwatch before first use.

1.3.2 GESTURE CONTROLS

The following diagram outlines the various gesture controls you can make from the watch's home screen to access watch **settings** and other information.

Swipe down to view quick settings

Swipe right to view the last shortcut tile

Swipe left to view shortcut tiles

Swipe up to view notifications
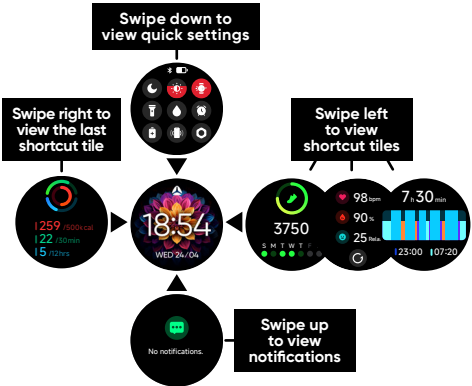
No notifications.

ACTION	FUNCTION
Swipe up	• To view notifications from the home screen. • To navigate a list and view further screen details. • To view workout data during a workout session.
Swipe down	• To view quick settings from the home screen. • To navigate a list and view further screen details.
Swipe right	• To view the first shortcut tile on the home screen. • To return to the upper menu from the sub-menu. • To access the control page during a workout session.
Swipe left	• To view feature-shortcut tiles from the home screen. • To access the music page during a workout session. **NOTE:** the shortcut tiles can be customised via the App.
Tap	• To confirm screen selection. • To enter the sub-menu and view details.
Tap and hold	• To change the watch face on the home screen. • Tap and hold the onscreen button to stop a workout.

1.3.3 TURNING ON THE WATCH SCREEN

- Press **any button** on the watch.

- **Raise** and **rotate** your wrist inwards.

> **ⓘ NOTE**
>
> To turn on **screen-wake** setting from the watch, swipe
> **down** on home screen and tap to turn on the **Wake
> gesture** icon ⊕.

1.3.4 TURNING OFF THE WATCH SCREEN

Enable the **Cover to Sleep** feature. Cover the watch
screen with your palm to turn off the screen. The
watch now enters standby mode.

> **ⓘ NOTE**
>
> To turn on the Cover to Sleep feature, swipe down on
> the home screen, tap the **Settings** icon, tap **Display and
> brightness**, and turn on the switch next to **Cover to Sleep**.

1.4 CHARGING AND POWERING ON

1.4.1 CHARGING

Please fully charge the smart watch before first use.

1) Align and attach the supplied magnetic-charging
   cable to the magnetic contacts at the back of the
   smart watch.
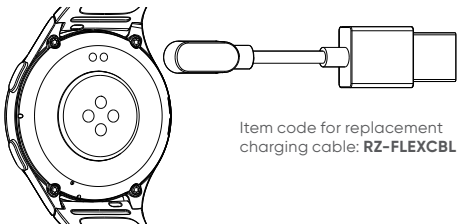
Item code for replacement
charging cable: **RZ-FLEXCBL**

2) Connect the other end of the magnetic-charging
   cable to a USB port of a computer, or a standard
   adaptor with a DC output voltage of 5V and an
   output current not exceeding 0.5A, that complies
   with safety standards as well as national and local
   laws and regulations.

3) The charging icon will appear on the watch screen after a short while. The charging indicator will display 100% when the watch is fully charged. The watch and charger may become slightly warm during charging. Detach the smart watch from the magnetic charging cable once it is fully charged and allow watch to cool down.

⚠ CAUTION

- Use only a genuine Ryze magnetic-charging cable for charging.
- Before charging, wipe clean the charging contact pins on the smart watch with a clean, dry cloth to remove any residual sweat or moisture.
- To prevent short circuits, keep the magnetic charging contacts and charging port dry and clean and away from conductive materials such as metal powders, pencil leads, and liquids.
- Do not use the smart watch while charging. The watch and power adaptor will become warm during charging. Sustained contact with warm surfaces for long periods of time may cause discomfort or injury. Allow the watch to cool down completely before wearing it.
- Keep the smart watch and charging cable away from strong magnetic fields and objects such as magnetic stripe cards, credit cards, phone cards, passbooks, and microwaves to protect its performance.
- Do not expose the smart watch and charging cable to high temperatures for prolonged periods.

1.4.2 POWERING UP THE WATCH

Follow these steps to power up the watch:

1) Before initial use, fully charge the smart watch. The watch's home screen will turn on after a short while.

2) Press the upper button until the watch start-up screen appears.

ⓘ NOTE

If the watch cannot be powered up after a period of inactivity, it needs to be charged for a few minutes until the watch screen appears, and displays the charging status.

1.4.3 CHECKING THE BATTERY LEVEL

There are three ways to check the battery level on the smart watch.

1) View the battery level on a watch face that displays the battery level.

2) Charge the watch and check the battery level on the charging screen.

3) View the battery level from the **Device** menu with the **Ryze Connect App**.

1.5 PAIRING AND SETUP

When the **Ryze Connect App** is installed on your smartphone, you can set up, manage, and access the full features of the smart watch easily and conveniently. The App is compatible with iPhones running iOS 9.0 or later and Android smartphones using Android 6.0 or later.

To use the smart watch, you will first need to download the App and then **pair it with your watch**. Please follow the steps below.

1) Fully charge and power up the smart watch. It is now ready for pairing with the App via Bluetooth connection.

2) Enable Bluetooth and Location services on your smartphone.

3) Download the **Ryze Connect App** from the iOS App Store or the Google Play Store. Alternatively, you can **scan the QR** code here to download the App.

> **(i) NOTE**
>
> If you have already installed the App on your smartphone, check that it is the latest version. If necessary, update the App through the Google Play Store or the iOS App Store.

4) Open the Ryze Connect App.

If you already have a **Ryze Connect** account, log in to your account. If you do not have a **Ryze Connect** account, tap the **Login** button, and follow the prompts to register a new account. Follow the on-screen instructions to grant permissions when prompted.

5) Pair and connect with the smart watch.

   Go to the **Device** menu in the App and tap the ✚ sign. The App will then automatically search for devices to connect. Tap and select the Ryze smart watch to connect. If a pairing request is displayed on the watch screen, tap ✔ to complete pairing.

6) Complete the setup by following the on-screen instructions in the App. Once the setup is complete, read through the user manual to learn more about the smart watch and how to manage its functions and features with the App.

ⓘ **NOTE**

If your Ryze Gene is currently connected to a smartphone and you would like to pair it to a new smartphone, first turn off the Bluetooth of your connected smartphone. For iPhones, you will need to delete the smart watch from the Bluetooth device list after your watch is unpaired from the App. To do this, touch the ⓘ icon next to the smart watch name and tap **Forget this Device**.

1.6   WEAR AND CARE

The smart watch should rest a finger's width below your wrist bone. The back of the watch should be slightly in contact with your skin. Keep the watch secure on your wrist during a workout.

To avoid discomfort, do not overtighten the watch on your wrist. Take it off from time to time.

The watch has a IP68 dustproof and waterproof rating. It can be worn in cold-water showers, shallow waters, indoor pools and swimming near the shoreline.

ⓘ **NOTE**

Do not use the watch in spas, hot springs, deep dives or any high-temperature, high-humidity environments.

> ### ⚠ CAUTION
>
> - If you find the smart watch particularly uncomfortable to wear, please adjust the strap accordingly for a better fit or take it off.
> - Clean and dry the watch and its strap after heavy workouts or if the watch has been exposed to sweat or fresh water. Wearing dirty and wet watch straps can cause skin irritations.
> - Some users may experience skin irritation after prolonged use of the watch, especially if you have sensitive skin or allergies. If you experience any skin irritation, please stop wearing the smart watch.
> - If necessary, use only a soap-free cleanser to clean the watch and let it dry completely. Chemical cleaners and solvents can damage plastic components and finishes.

1.6.1 CHANGING THE STRAP

The smart watch uses 18mm wide quick-release straps. If you wish to replace the strap, please follow the steps below:

1) First, flip the watch over to show the underside of the strap. Push the quick-release pin inwards and pull the strap away

2) To install a new strap, reverse the steps of strap removal. Insert one end of the quick-release pin into a hole on the strap holder, then push the other end to insert it into the other hole. Ensure that the new strap is secured.

2.0   RYZE WATCH FEATURES

2.1   DATE AND TIME SYNC

The date and time settings are automatically updated when the smart watch is connected to the Ryze Connect App.

2.2   SHORTCUT TILES

Tiles are a collection of shortcuts to applications located on both sides of the watch's home screen. The listing and order of tiles can be customised via the Ryze Connect App.

Managing tiles in the Ryze Connect app

1) Open the **Ryze Connect App** and go to the **Device** tab. Tap **More Settings**. On the following page, tap **Shortcuts**. Tap **+** to add an application. Tap **—** to remove an application.

2) To rearrange the order of the tiles, hold and drag the ☰ icon next to a name. Tap ❮ to save the changes.

ⓘ NOTE

The last application on the list appears as the shortcut screen to the left of the home screen.

2.3   SETTINGS

2.3.1   WATCH FACE OPTIONS

Within the **Ryze Connect App**, you will find a **Watch Face Market** that features a collection of watch faces to choose from.

Changing the watch face with your smart watch

To view the available watch faces, tap and hold the home screen for about 2 seconds. Then swipe from left to right to view the collection. Tap on the watch face of your choice to confirm your selection.

Changing the watch face with the Ryze Connect App

Open the Ryze Connect App and go to the **Device** tab. Locate the **Watch Face Market** and tap **More** to show the various watch face designs available. Tap on your selected design and then tap **Add and Install**. The installation will sync with your smart watch and the new watch face will appear on your watch shortly.

You can also choose your own images to use as a watch face. Tap on **Watch Face Market**. Then Select **Photo (Custom)**. Follow the prompts and tap **Add and Install**.

2.3.2 APP VIEW OPTIONS

The smart watch provides different styles of App views. Follow the steps below to choose your preferred theme.

Swipe down on the watch's home screen and tap the **Settings** icon ⚙. Then tap **App view**. Then tap the radio button next to a style to confirm your selection.

2.3.3 SETTING ALWAYS-ON-DISPLAY (AOD)

Once AOD is enabled, the standby watch face will stay on screen after the watch enters standby mode. To enable AOD, swipe down on the watch's home screen, tap the **Settings** icon ⚙. Tap **AOD settings**, then follow the next steps.

1) Tap on the radio button next to **AOD display** to enable the feature.

2) Tap on **Standby watch faces**, then swipe left/right to select a design.

3) Tap and set a **Start** and **End** time for AOD.

Enabling the AOD standby watch face will cause

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the battery power to deplete faster. When AOD is enabled, covering the screen to turn off the display will return the watch to its standby watch face.

2.3.4 SETTING SCREEN BRIGHTNESS

Method 1:
Swipe down on the watch's home screen to reveal the quick settings panel. Tap the brightness icon ⊚ repeatedly to adjust the screen brightness.

Method 2:
Swipe down on the watch home screen and tap the **Settings** icon ⊙. Tap **Display and brightness**. Tap **Brightness > Screen Brightness** and tap on the radio button next to the preset level.

Nighttime brightness

The watch supports a preset 20% nighttime brightness. To enable this feature, tap **Settings > Display and brightness > Brightness > Night Brightness**, enable **Scheduled** and set a **Start** and **End** time.

2.3.5 SETTING SCREEN-ON DURATION

Swipe down on the watch's home screen, tap the **Settings** icon ⊙. Tap **Display and brightness**. Tap **Screen-on time**. Swipe up/down to select a duration and tap ✔ to confirm your selection.

2.3.6 SCREEN WAKE

Screen Wake allows you to turn on the watch home screen simply by raising and turning your wrist. There are two ways to enable this function.

Method 1:
To turn on the screen-wake setting from the watch, swipe down on the home screen and tap the **Wake gesture** icon ⊕ to toggle the feature on or off.

Method 2:
To turn on the screen-wake setting from the **Ryze Connect App**, open the App and go to the **Device** menu. Tap on **More Settings** and locate the **Lift your wrist to activate screen** setting. Slide the button next to it to turn on the setting. Finally, tap ❮ at the top left of the screen to save the setting.

2.3.7 SILENT MODE

Silent mode will mute all incoming call alerts and notifications from the timer, alarm and messages. To enable this function, swipe down on the watch's home screen and tap the **Settings** icon ⊙. Tap **Sound and vibration**. Turn on the radio button next to **silent mode**.

2.3.8 SETTING MEDIA VOLUME

Swipe down on the watch's home screen, tap the **Settings** icon ⊙. Tap **Sound and vibration**. Tap **Media volume** and adjust the volume bar.

2.3.9 SETTING VIBRATION STRENGTH

Swipe down on the watch's home screen, tap the **Settings** icon ⊙. Tap **Sound and vibration**. Tap **Vibration** and set the desired vibration level by tapping the radio button.

Press the upper button to open the applications list on the watch's home screen.

Tap **Settings**. Tap **Sounds and Vibration**. Tap **Vibration Strength**. Swipe the screen to pick an option and tap ✔ to save the setting.

2.3.10 SETTING INCOMING CALL RINGTONE

Swipe down on the watch's home screen, tap the **Settings** icon ⊙. Tap **Sound and vibration**. Tap **Incoming call ringtone** and tap the radio button to select a ringtone.

2.3.11 DO NOT DISTURB MODE

The Do Not Disturb (DND) mode will mute all incoming calls, notifications and the timer, but not alarms. The watch will also not vibrate when receiving incoming calls and notifications.

Setting the DND mode with the watch

Method 1: Swipe down on the watch's home screen to reveal the quick settings panel. Tap ◖ to toggle the feature on or off.

Method 2: Press the upper button to open the applications list on the watch's home screen. Tap **Settings**. Tap **DND**. Tap to toggle the **All-day DND** switch on or off. For scheduled operations, turn on the **Scheduled DND** switch, set the **Start** and **End** time, and tap ✔ to save the setting. Tap **Off** to turn off.

2.3.12 WATER DRAINING MODE

Water Draining mode helps to expel water from the watch. Swipe down on the watch's home screen to reveal the quick settings panel. Tap the draining icon ⬤ to turn on the feature and follow the prompt instructions.

2.3.13 POWER SAVING MODE

Entering Power Saving mode

Method 1:
Swipe down on the watch's home screen to reveal the quick settings panel. Tap the Power Saving mode icon ⬤ to toggle the feature on or off.

Exiting Power Saving mode

Press and hold the upper button.

2.3.14 POWERING OFF, RESTARTING AND RESETTING

Powering off the smart watch

Swipe down on the home screen, tap the **Settings** icon ⬤. Then tap **System**. Tap **Power off** and tap ✔ to confirm selection.

Restarting the smart watch

Method 1: Swipe down on the home screen and tap the **Settings** icon ⬤. Tap **System**. Tap **Restart** and tap ✔ to confirm selection.

Method 2: Open the App and go to the **Device** tab. Tap the watch icon. On the following screen, tap **Restart the device** and follow the prompts to confirm the selection.

Method 3: Force restarting the smart watch

From the home screen, press and hold the upper button for at least eight seconds and release the button after the screen turns off. The watch will automatically restart, and the home screen will appear shortly after.

Resetting the smart watch

> **ⓘ NOTE**
>
> Once your watch is reset, it will revert to its factory settings, and all existing data will be deleted. The watch will also be unpaired from your smartphone.

Method 1:
Swipe down on the home screen, tap the **Settings** icon ⊙. Tap **System**. Tap **Reset** and tap ✔ to confirm selection.

Method 2:
Open the App and go to the **Device** tab. Tap the watch icon. On the following screen, tap **Restore device to the factory default setting** and follow the prompts to confirm the selection.

2.3.15 VIEWING MAC ADDRESS AND PRODUCT INFORMATION

Swipe down on the home screen and tap the **Settings** icon ⊙. Tap **About** to view the MAC address and smartwatch product information.

2.3.16 SEEKING HELP

Swipe down on the home screen and tap the **Settings** icon ⊙. Tap **Help** and scan the QR code with your smartphone to seek help from the Ryze website.

2.4 DAILY ACTIVITIES

The amount of daily activities you undertake can contribute to your overall fitness and health. Your smart watch monitors your daily activities, such as tracking your steps, activity calories, exercise duration and walking hours. It can track all these activities automatically.

Activity Calories refers to calories burned throughout the day. The duration of exercise is measured in minutes of moderate to high-intensity exercise that you have completed. Walking hours are based on the active hours that you stood and moved for at least one minute.

2.4.1 SETTING DAILY GOALS

Setting a daily goal for Steps with the Ryze Connect App

Open the App. Go to the **Me** tab, then tap **Settings**. Tap **My Goals**. In the following screen, slide the bar to set your **Steps Goal**. Tap ✔ in the top right to save the setting and sync the step goal to the watch.

Setting a daily goal for Activity Calories with the Ryze Connect App

Activity Calories refer to active calories burned through daily activities such as light housework, running and other workouts.

Open the App. Go to the **Home** tab. Tap the **Fitness** card featuring a tricolour ring. Scroll down the following page and tap on the ▬ icon next to the colour bar for **Activity**. In the following screen, tap on **Goal**. In the **Goal Setting** page, slide the colour bar left/right to set a Calories Goal for daily activity. Tap **Yes** to confirm setting and sync the Calories goal to the watch.

Setting a Daily Goal for duration of exercise with the Ryze Connect App

Duration of exercise is measured in minutes of moderate to high intensity exercises that you have completed.

Open the App. Go to the **Home** tab. Tap the **Fitness** card featuring a tricolour ring. Scroll down the following page and tap on the ▬ icon next to the colour bar for **Exercise**. In the following screen, tap on **Goal**. In the **Goal Setting** page, slide the colour bar left/right to set a Calories Goal for daily activity. Tap **Yes** to confirm setting and sync the Calories Goal to the watch.

Setting a Daily Goal for Walking Hours with the Ryze Connect App

Walking Hours are based on the active hours that you stood and moved for at least one minute.

Open the App. Go to the **Home** tab. Tap the **Fitness** card featuring a tricolour ring. Scroll down the following page and tap on the ━ icon next to the colour bar for **Walking**. In the following screen, tap on **Goal**. In the **Goal Setting** page, slide the colour bar left/right to set your Calories Goal for daily activity. Tap **Yes** to confirm the setting and sync the Calories Goal to the watch.

2.4.2 VIEWING ACTIVITY RECORDS

Viewing Activity Records on the watch

- Press the upper button to open the applications list on the watch's home screen.

- Tap **Activity** and swipe up or down the screen to reveal recorded data. Use the App to set the daily goal for **Steps**, **Calories**, **Duration of Medium-to-High Exercise**, and **Walking**.

Viewing Activity Records in the Ryze Connect App

The App allows you to upload health, exercise, and fitness data from a connected smart watch and enables easy viewing of historical statistics. Sync the connected smart watch data to the App regularly. Open the **Home** tab, swipe down the middle of the phone screen, and release your finger when you see ↑ **Pull Down to Synchronise Data**.

Method 1:
Go to the **Home** tab. Tap the fitness tricolour ring tab to review statistics on activity, exercise duration, and walking.

Method 2:
Go to **Me** tab. Tap **My Data**. Tap to view activity data, health data, and workout records.

Method 3:
To view weekly health reports, go to the **Me** tab. Tap **Health Report**. Tap a report to view details.

2.4.3 SETTING DAILY REMINDERS

Setting up a walk reminder

Set yourself a reminder to get up and walk around at the 50-minute mark every hour to reach your daily steps goal.

Open the App and ensure that your smart watch is paired to the App. Go to the **Device** tab and tap **Health**. Tap **Walk-Around Reminder**. On the following screen, turn on the switch and set the timing, an hourly steps goal, or a repeat cycle. Tap ❮ to save the settings.

Setting up a drink reminder

Set yourself a reminder to drink water at set intervals to keep yourself hydrated and healthy.

Open the App and ensure that your watch is paired to the App. Go to the **Device** tab and tap **Health**. Tap **Drinking Reminder**. In the following screen, turn on the switch and set the timing and repeat the cycle. Tap ❮ in the top-left corner to save the settings.

Setting up a hand wash reminder with your smartwatch

Open the App and ensure that your smartwatch is paired to the App. Go to the **Device** tab and tap **Health**. Tap **Wash-Your-Hands Reminder**. In the following screen, turn on the switch to set the timing or a repeat cycle. Tap ✔ on the top right to save the settings.

2.5 CALLS AND NOTIFICATIONS

2.5.1 SETTING MESSAGE NOTIFICATIONS

When notifications are enabled, and the smart watch is connected to the Ryze Connect App, the watch will receive push message notifications from the phone. The Ryze Connect App must be permitted to run in

the background to enable notifications.

1) Open the Ryze Connect App. Go to the **Device** tab. Tap **Notifications**.

2) Tap **Set** at the top. On the following screen, turn on the switch for Ryze Connect to enable notification access. Then tap ‹ to save the setting.

3) Turn on the switch for smartphone apps you wish to receive notifications from on your smart watch. Tap ‹ to save the setting.

4) Disable Do Not Disturb (DND) mode.

2.5.2 VIEWING MESSAGE NOTIFICATIONS

1) To view a list of message notifications, swipe up on the watch's home screen. Tap on a message to read more. To return to the message notification list from a message, swipe right on the watch screen or tap **Close**.

2) To clear all messages in the message notifications list, scroll to the bottom of the list and tap the bin icon.

2.5.3 SETTING INCOMING CALL ALERTS

When call notification is enabled, and the watch is connected to the Ryze Connect App, you will receive a call alert on the smart watch when you receive an incoming call on your smartphone. The Ryze Connect App must be permitted to run in the background.

1) Open the Ryze Connect App. Go to the **Device** tab. Tap **Call Reminder**.

2) Tap **Set** at the top. In the following screen, turn on the switch for **Ryze Connect** to enable notification access. Then tap ‹ to save the setting.

3) Turn on the switch for **Incoming Call Reminder**. Tap ‹ to save the setting.

4) Disable Do Not Disturb mode.

For Android smartphone users

To allow the App to run in the background, go to phone **Settings > Apps > Ryze Connect > App Battery Usage** and set the permission level to **Unrestricted**.

2.5.4 SETTING CALL CONTACTS

Setting up frequent contacts on your smart watch

1) Open the Ryze Connect App and go to the **Device** tab. Tap **Calls**.

2) Turn on the switch for **Call Alert**.

3) Tap **Frequent Contacts**. Tap **Add** and select the contacts you wish to add. Tap **Done**. Tap ❮ to return to the previous screen. The newly added contacts will be synced to the watch under **Phone > Frequent Contacts**.

2.5.5 CALLING A CONTACT

You can make a phone call from the smart watch when connected to your smartphone with the Ryze Connect App running in the background. To make a call, press the upper button to open the applications list on the watch's home screen. Tap **Phone** then dial the number using the **Keypad** or tap a contact in **Frequent Contacts** or in the **Call History**.

2.6 WORKOUTS

The **Workout** application on the watch allows you to manage individual workout sessions. You can set a specific goal, such as workout duration or calories burned. Let the smart watch track the progress and provide a summary of the exercise session once completed. You can review the workout history on the watch via the **Workout records** application or on your smartphone using the Ryze Connect App.

2.6.1 EDITING WORKOUT MODES

The **Workout** application on the smart watch supports the display of up to twenty workout modes at any time. You can configure the workout modes in the workout list via the watch or the App.

Editing workout list with the smart watch

Press the upper button to open the applications list on the home screen. Tap **Workout**. Swipe down and tap **Workout settings**. Tap **Workout management** to view the nine categories of workout. Tap on a category name to view various workout modes under the category.

A maximum of twenty workout modes can be listed in the **Workout** application at any one time. Tap the button next to a workout name to add to or remove from the list.

2.6.2 STARTING AND ENDING A WORKOUT

Starting and ending a workout with the smart watch

1) Press the lower button to open the applications list on the home screen.

2) Tap **Workout**. Swipe the screen up/down to identify an exercise from the workout list.

3) To start a workout session, tap the workout name.

4) **To set a goal before starting a session:** Tap **Open Goal**. Tap **Goal** to reveal setting options. Depending on the type of workout, you can set **Duration**, **Calories**, **Distance**, or **Open Goal** as the goal. Tap ✔ to confirm a setting and start the workout session.

5) **To set an interval reminder before starting a session:** An interval reminder can be set for selected workout modes. Tap **Open Goal**. Tap **Interval reminder**. Tap **Duration** to set a time and tap ✔ to confirm selection. Tap **No reminder** to remove interval reminder.

6) During a workout session, you can do the following:
   • Swipe up/down from the edge of the screen to view workout data which vary by workout mode.
   • Swipe right from the edge of the screen to switch to the pause/stop control screen.
   • Swipe left from the edge of the screen to switch to the music control screen.
   • Press the lower button to switch between available data screens.
   • Press the upper button to pause and resume the workout.
   • Press and hold the upper button to end a workout session. A workout summary is displayed after the session has ended.

(i) NOTE

Music and session-control screens are **not available** for swimming workouts.

Starting and ending a workout with the Ryze Connect App

You can start and end a selected workout mode on the watch from the Ryze Connect App.

(i) NOTE

For workout control and route tracking using connected GPS, keep your smartphone and smart watch close to each other to ensure they are connected via Bluetooth.

1) Enable location services on your smartphone. When prompted, grant permission to access the location of the App.

2) In the App, go to the **Exercise** tab. Tap to choose a workout mode above the map view. Swipe the workout list left or right to view all workout modes.

To edit the workout list above the map view, tap the ⋮ icon and then tap on **Edit Sports**. To remove/add a workout mode, tap ━/✚. To rearrange workout modes, hold and drag the ☰ icon next to the workout name. Tap ❮ to save the settings.

> ### ⓘ **NOTE**
>
> Before starting a workout session in the App, ensure the same workout mode is available on the **Workout** list on the smart watch. If not, add the desired workout mode to the watch first.

3) To set a workout goal before starting a session: Touch the **Exercise** tab. Tap the ✿ icon. Tap **Training Goal** to reveal available goal options. In settings, tap **Yes** to confirm the selection.

4) To turn on the workout high heart-rate alert before starting a session: touch the workout high heart-rate alert before starting a session; touch the **Exercise** tab. Tap the ✿ icon. Tap **Heart Rate Zone**. Slide the button next to **High HR Alert** to the on position. If available, tap **Upper HR limit** to preset a level for the alert. Tap ❮ to save the settings.

5) To turn on the distance alert on the smartphone during the workout: touch the **Exercise** tab. Tap the ✿ icon. Tap **Sound Alert**. Tap to choose a distance you want for a sound alert. Tap ❮ to save the settings.

6) To start a workout session, tap the on-screen **Start** button. Once you have started a workout in the App, the connected smart watch will sync and start the same workout.

7) During a workout session, you can do the following:

- Press the on-screen pause button ❚❚ to pause the workout.
- Press the on-screen resume button ▶ to resume the workout.
- Press and hold the on-screen stop button ■ to end the workout.

2.6.3 ROUTE TRACKING WITH BUILT-IN GPS

With its built-in GPS tracking capability, the smart watch can support route tracking of selected outdoor workouts such as **Outdoor Run**, **Outdoor Walk**, **Hiking** and **Outdoor Cycle**. When you select a GPS-supported outdoor workout, the watch will automatically search for satellite signals. Wait for the watch to locate these satellite signals. This may take several minutes to complete.

For the smart watch to acquire satellite signals, wear it outdoors in an open area and face the watch towards the sky. Remain stationary for a few minutes to enhance satellite reception. Environmental factors such as tall buildings, trees, and thick clouds may interfere with the watch's ability to acquire satellite signals. We recommend connecting the smart watch to the Ryze Connect App regularly. This will help the watch acquire a faster satellite fix with Assisted GPS (A-GPS) data.

Manual AGPS update with the Ryze Connect App

Ensure the connected phone has access to the internet. Open the App. Go to the **Device** tab. Tap on the watch thumbnail image. Tap **manual update** next to **AGPS update**.

2.6.4 SMART COMPETITOR

When you choose **Outdoor Run** for your workout session, you can enable an artificial running companion to compete against your own performance.

1) Press the upper button to open the applications list on the watch's home screen.

2) Tap **Workout**. Tap **Outdoor Run**. Tap **Open Goal**. Tap **Smart Competitor**. Toggle the switch next to **Smart Competitor** to enable the feature and set or customise a pace target. Tap ✔ to confirm selection.

3) Swipe right from the edge of the screen to return to the starting screen.

4) Move to an open area and wait for a satellite fix. The on-screen **GO** button turns green when the satellite fix has succeeded.

To view your performance against the smart competitor, swipe up the watch display during the running workout.

2.6.5 AUTO-DETECTING WORKOUTS

The smart watch can automatically detect running, walking, rowing, and elliptical workouts. When the feature is enabled, the watch will display an on-screen notification when a workout is detected. You can then choose to start a workout or ignore the notification. To enable this feature, follow the steps below:

1) Press the upper button to open the applications list on the watch's home screen.

2) Tap **Workout**. Tap **Workout settings**. Tap **Auto-detect workouts**. Tap the switch to toggle a workout detection on or off.

2.6.6 AUTO-PAUSE WORKOUTS

The watch supports automatic-workout suspension for indoor and outdoor running. To enable the feature:

1) Press the upper button to open the applications list on the watch's home screen.

2) Tap **Workout**, then **Workout settings**, then tap **Auto-pause workouts**. Tap the switch to toggle a workout detection on or off.

2.6.7 AUTO-END WORKOUTS

The smart watch supports automatic endings of selected workouts. To enable the feature:

1) Press the upper button to open the applications list on the watch's home screen.

2) Tap **Workout**. Tap **Workout settings**. Tap **Auto-end workouts**. Tap the switch to toggle a workout detection on or off.

2.7 RUNNING COURSES

The watch provides running courses to help develop your running. Each course varies in exercise duration and comprises different speed walking and running phases.

2.7.1 STARTING AND ENDING A RUNNING COURSE

1) Press the upper button to open the applications list on the watch's home screen.

2) Tap Running courses.

3) Tap ● next to a course name to see the course details, and swipe right from the edge of the screen to return to the course list. Tap on a course name and follow the prompt instructions to start a course.

4) During the workout, the watch may display on-screen reminders, notifying you about the current phase and alerting you to speed up or slow down. Swipe the data screen up/down to view data such as Time Left, Exercise Duration, Real-time Pace, Aerobic Training Effect, Heart Rate, and more.

5) To end the workout, press and hold the **side button**.

2.8 RUNNING PLANS

The Ryze Connect App provides scientific running plans that cater to different training requirements and help you improve your running ability and overall fitness over time. A running plan provides a weekly training schedule. The plan allows you to pick training days for the workout and will adjust the running schedule accordingly.

2.8.1 CREATING A RUNNING PLAN

1) Open the Ryze Connect App and go to the **Home** tab. Tap **Running Plan**, tap to select a running plan, and follow the on-screen instructions to finish creating the plan. Once created, the App will sync the chosen plan to the connected smart watch.

2) From the watch, select **Running Plan** to view your running plan. On the training day, touch the workout name to start a workout. Once deleted, the running plan will be deleted from the connected smart watch.

2.8.2 ENDING A RUNNING PLAN

1) Open the Ryze Connect App and go to the **Home** tab. Tap **Running Plan**, tap the current running plan, and on the following page, tap **⋮** in the upper right corner. Tap **End Plan** and follow the prompt instructions to confirm the action.

> ### ⓘ NOTE
>
> If the smart watch does not respond to creating and ending a running plan in the app, please restart the watch.

2.9 WORKOUT STATUS

2.9.1 VO2 MAX

Maximum oxygen update (VO2max) indicates the amount of oxygen that can be taken in and utilised per unit of time during maximal physical exertion. To obtain VO2 Max data, complete an outdoor running workout. VO2 Max is an important parameter to evaluate cardiorespiratory fitness.

Viewing VO2 Max with the smart watch

There are two ways to view VO2 Max data on the smart watch.

• VO2 Max data is displayed on the screen in a workout summary after an outdoor run is completed.

- VO2 Max data is displayed in the **Workout status** application. Press the upper button to open the applications list on the watch's home screen. Tap **Workout status**.

Viewing VO2 Max on the Ryze Connect App

Open the Ryze Connect App and go to the **Home** tab. Tap **Edit Card** and add **VO2 max**.

2.9.2 RECOVERY TIME

Recovery time is the time it takes for the body to return to a fully recovered state after completing your exercise.

Viewing recovery time with the smart watch

Press the upper button to open the applications list on the watch's home screen. Tap **Workout status** and scroll down the screen.

2.9.3 AEROBIC (AE) EFFECT

Aerobic training effect (AE) refers to the of the benefits to the body after performing aerobic exercise. Proper length of aerobic training can effectively improve the aerobic training effect. Long-term, regular aerobic training can improve cardiorespiratory capacity. The aerobic effect shows a value between 1.0 and 5.0.

Viewing AE with the smart watch

Press the upper button to open the applications list on the watch's home screen. Tap **Workout status** and scroll down the screen.

2.10 WORKOUT RECORDS

2.10.1 VIEWING WORKOUT RECORDS WITH THE SMART WATCH

1) Press the upper button to open the applications list on the watch's home screen.

2) Tap **Workout Record** and tap a completed workout to reveal data for that workout session. Scroll down the screen to view all available data.

2.10.2 VIEWING WORKOUT RECORDS WITH THE RYZE CONNECT APP

Sync the connected smart watch data to the App regularly. Open the **Home** tab, swipe down the middle of the phone screen and release your finger when you see **↑ Pull Down to Synchronise Data**.

Method 1:
Go to the **Home** tab. Tap **Exercise** to view training records. If the **Exercise** card is not visible, tap **Edit Card** at the bottom of the screen to add the tile.

Method 2:
Go to **Me** tab. Tap **My Data**. Tap to view activity data, health data and workout records.

2.11 ONE-CLICK HEALTH CHECK

With a single tap, the watch supports the three-in-one measurement of health indicators, including heart rate, blood oxygen, and stress level.

1) Press the upper button to open the applications list on the watch's home screen.

2) Tap **Trio health measure** and tap ▶ to start measurement.

2.12 HEART RATE

The watch supports automatic and manual measurement of your heart rate. Measured heart rate is presented in beats per minute (BPM). To ensure measurement accuracy, wear the watch at least one finger-width above your wrist bone and make sure it is snug on your wrist, and wait patiently until the measurement finishes.

2.12.1 MANUAL HEART RATE MEASUREMENT WITH THE SMART WATCH

1) Measure heart rate using the **Trio health measure** application, as described in the previous chapter.

2) Measure heart rate using the **Heart Rate** application. Open the **Heart Rate** application on the watch and wait patiently until the measurement finishes.

2.12.2 CONTINUOUS HEART RATE MONITORING

To enable continuous heart-rate monitoring, open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Heart Rate**. On the following page, turn on the switch for **Continuous HR Measurements**. Tap ❮ to save the setting.

Heart rate will be measured in real-time during a **Workout** session regardless of the setting for **Continuous Heart Rate Measurements** in the App.

Please note that continuous heart-rate monitoring will increase battery consumption with your smart watch.

2.12.3 SETTING HIGH HEART RATE ALERTS

Open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Heart Rate**. On the following page, tap **Allow notifications**. Tap on **High Heart Rate Alert**, follow the prompt to set an alert limit, and tap **Yes** to confirm the setting. After the feature is turned on, you will receive an alert on the watch when the detected heart rate rises above the set value for ten minutes while you appear to be inactive.

2.12.4 SETTING LOW HEART RATE ALERTS

Open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Heart Rate**. On the following page, tap **Allow notifications**. Tap on **Low Heart Rate Alert**, follow the prompt to set an alert limit, and then tap **Yes** to confirm the setting. After the feature is turned on, you will receive an alert on the watch when the detected heart rate falls below the set value for ten minutes while you appear to be inactive.

2.12.5 VIEWING HEART RATE

The smart watch provides several methods to check heart rate.

1) Open the **Heart Rate** application on the watch. Wait for the measurement to complete. Scroll down the screen to view a detailed analysis of heart rate.

2) Check the heart rate using the **One-Click Health Check** application.

3) View the **Heart Rate** card in the **Home** tab in the Ryze Connect App. Sync the watch data to the App by swiping down the phone screen while on the **Home** tab. Tap the card to view more analysis.

4) Open the App. Go to **Me** tab. Tap **My Data**. Tap to view activity data, health data and workout records.

2.13 BLOOD OXYGEN LEVEL (SP02)

Blood oxygen level (SpO2) is a percentage measure of your blood's oxygen-carrying capacity and a vital physiological indicator of your respiratory system. To ensure measurement accuracy, wear the smart watch at least one finger-width above your wrist bone and make sure it is snug on your wrist. Keep your arm and wrist still during the measurement and wait patiently until the measurement finishes.

2.13.1 AUTOMATIC SpO2 MEASUREMENT

To set up automatic measurement for SpO2, open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Blood Oxygen**. On the following page, turn on the switch for **Automatic Blood Oxygen Measurement**. Tap ❮ to save the setting.

When the feature is enabled, the watch will automatically measure your blood-oxygen level when it detects that you are in a static state.

Automatic Sp02 measurement will increase your watches' battery consumption.

2.13.2 SETTING LOW SpO2 ALERTS

Open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Blood Oxygen**. On the following page, tap **Allow notifications**, and turn on the switch for **Low Blood Oxygen Level Reminder**. Tap **Reminder Value** and set a value for the alert. Tap **Yes** then **<** to save settings. After the feature is turned on, you will receive an alert on the smart watch when the detected blood-oxygen level falls below the set value.

2.13.3 VIEWING SpO2

The watch provides several methods to check blood oxygen level.

1) Open the watch's **Blood oxygen** application on the smart watch to view SpO2. Wait for the measurement to complete. Scroll down the screen to view a detailed analysis of SpO2.

2) Check the blood-oxygen level using the **One-Click Health Check** application.

3) View the **Blood Oxygen** card in the **Home** tab on the Ryze Connect App. Sync the watch data to the App by swiping down the phone screen while in the **Home** tab. Tap the card to view further analysis.

4) Open the App. Go to the **Me** tab. Tap **My Data**. Tap to view activity data, health data, and workout records.

2.14 STRESS

Stress is an indicator of your physiological strain. The watch can measure your stress level by calculating a stress score via the analysis of heart-rate variability (HRV) and other physiological data. A stress score ranges from 1–100. The lower the score, the lower your stress level. Stress scores are colour-coded into four stress zones, namely the relax, normal stress, stress, medium stress, and high-stress zones. To ensure measurement accuracy, wear the smart watch at least one finger-width above your wrist bone and make sure it is snug on your wrist. Keep your arm and wrist still during the measurement and wait patiently until the measurement finishes.

2.14.1 AUTOMATIC STRESS MONITORING

To enable automatic-stress monitoring, open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Stress Monitor**. On the following page, turn on the switch for **Stress Monitor**. Tap ‹ to save the setting.

Please note that automatic stress monitoring will increase the battery consumption of your watch.

2.14.2 SETTING HIGH STRESS ALERTS

Open the Ryze Connect App; go to the **Device** tab. Tap **Health**. Tap **Stress Monitor**. On the following page, tap Allow notifications, and turn on the switch for **High Stress Reminder**. Set the timings for the reminder following screen instructions. Tap ‹ to save settings. After the feature is turned on, you will receive an alert on the smart watch when a high-stress level is detected.

2.14.3 VIEWING STRESS LEVEL

The smart watch provides several methods to check stress levels.

1) Open the watch **Stress** application on the watch to view the stress level.

2) Check the stress level using the **One-Click Health Check** application.

3) View the **Stress Level** card in the **Home** tab in the Ryze Connect App. Sync the watch data to the App by swiping down the phone screen while in the **Home** tab. Tap the card to view more analysis.

4) Open the App. Go to **Me** tab. Tap **My Data**. Tap to view activity data, health data, and workout records.

2.15 SLEEP MONITORING

To monitor sleep quality, enable the feature and wear the smart watch while sleeping.

The watch provides several methods to check sleep quality.

1) Open the **Sleep** application on the watch. Swipe up/down the screen for a breakdown of sleep duration across the awake, light sleep, deep sleep, and REM sleep stages.

2) View the **Sleep Cycle** card in the **Home** tab in the Ryze Connect App. Sync the smart watch data to the App by swiping down the phone screen while in the **Home** tab. Tap the card to view more analysis. The sleep analysis provides a Sleep Score that indicates your sleep quality. The higher the Sleep Score, the better your sleep.

3) Open the App. Go to **Me** tab. Tap **My Data**. Tap to view activity data, health data and workout records.

2.16 BODY ENERGY

Body Energy is a feature that uses a combination of heart rate variability (HRV), Stress, Sleep and Activity to estimate a user's energy reserves throughout the day. A high value indicates the user has enough energy for a workout or exercise. A low value suggests it is time to rest.

To enable the feature, open the Ryze Connect App. Go to **Device** menu. Tap **Health**. Tap **Body Battery** and turn on the switch.

2.16.1 VIEWING BODY ENERGY

The following are methods for checking measurement records.

1) Open the watch **Body Energy** application on the smartwatch to view stress levels.

2) View the **Body Energy** card in the **Home** tab in the Ryze Connect App. Sync the smart swatch data to the App by swiping down the phone screen while in the **Home** tab. Tap the card to view more analysis.

2.17 BREATHING EXERCISES

You can start a guided breathing session anytime on the smart watch. This can help lower stress and practice mindfulness. To start a breathing exercise, open the **Breath Training** application on the watch's home screen. Tap the screen to complete the settings for training tempo and duration. Tap ⊙ to start the session. Follow the onscreen-breathing instructions. To exit the session, press the Smart Watch button.

2.18 MENSTRUAL TRACKER

Use this feature to help you manage and keep track of your menstrual-cycle status.

To enable the tracker, open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Menstrual Tracker**. In the following screen, tap **Allow notifications**. Turn on **Period Reminder** and update cycle information following on-screen instructions. Tap ‹ on the top left to save the settings. Return to the **Home** tab and swipe down the screen to synchronise the setting with the smart watch.

The watch provides several methods of checking menstrual-cycle details.

1) Open the **Period Tracker** application on the smart watch. Swipe up/down the screen to view more details.

2) View the **Menstrual Cycle** card in the **Home** tab in the Ryze Connect App. Tap the card to view more analysis.

2.19 AMBIENT SOUND

The smart watch supports measuring sound intensity in its surroundings in decibels (dB). Long-term and continuous exposure to excessive sound volume may lead to hearing damage. Note that water or wind may affect the accuracy of noise measurement.

To enable the measurement, open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Ambient sound level**. On the following screen, turn on the switch for **Ambient volume automatic detection**.

2.19.1 VIEWING MEASURED SOUND LEVEL

The following are methods for checking measurement records.

1) Open the watch's **Ambient sound** application on the smart watch to view the measured sound level. Swipe up the screen to view more information.

2) View the **Ambient sound level** card in the **Home** tab in the Ryze Connect App. Sync the smart watch data to the App by swiping down the phone screen while in the **Home** tab. Tap the card to view more analysis.

2.20 BAROMETER

The watch uses a built-in sensor to automatically measure air pressure and altitude. The barometric altimeter measures the altitude by comparing the air pressure with the atmospheric pressure at sea level. Air pressure is measured in hectopascals (hPa). Altitude is measured in metres (m) above sea level

2.20.1 VIEWING AIR PRESSURE AND ALTITUDE

Open the watch **Barometer** application on the smart watch. Swipe up/down the screen to view air pressure (AP) and altitude changes. Air pressure is measured in hPa.

2.21 COMPASS

The watch has a built-in digital compass. To access this feature, open the **Compass** application on the watch. The reading in the centre of the screen corresponds to the direction the triangle mark points to.

2.22 POMODORO TECHNIQUE TIMER

The Pomodoro Technique is a popular technique for increasing productivity. This watch includes a Pomodoro Technique Timer as a scheduling strategy tool to help you block out time and focus on your chosen task during a Pomodoro session.

Setting up a Pomodoro session.

1) Open the **Pomodoro Technique Timer** application on the watch.

2) Tap Settings to set Focus Duration, Break Time and Daily Target (that is time to repeat).

3) Swipe right to return to the previous screen. Tap ▶ to start your Pomodoro session. Tap ❚❚ to pause a session and on-screen prompt option to end a session.

2.23 EVENT REMINDER

This smart watch includes an **Event Reminder** application. Set up a reminder and receive an alert from your watch.

Adding a reminder via the Ryze Connect App

Open the Ryze Connect App and go to the **Device** tab. Tap **Event Reminder**. Tap **Add**. Follow the on-screen instructions and complete the details, date, and timing settings. Tap **Done** to save the setting. Tap ❮ to return to the **Device** tab. Return to the **Home** tab and swipe the screen to synchronise the setting with the watch.

Deleting a reminder via the Ryze Connect app

Open the Ryze Connect App and go to the **Device** tab. Tap **Event Reminder**. Swipe to set a reminder to the left to reveal the bin icon. Tap the bin icon to delete the reminder. Tap ❮ to return to the **Device** tab. Return to the **Home** tab and swipe down the screen to synchronise the setting with the smart watch.

Viewing Event Reminder on the watch

Open the **Event Reminder** application on the watch. Swipe up and down the screen to browse through the list of reminders. To delete a reminder, swipe it to the left and tap on the **bin icon**. To read more about a reminder, tap on it.

2.24 WEATHER PUSH

When the feature is enabled and your watch is connected to the Ryze Connect App, the watch will receive a periodic weather push. The feature requires the App to be running in the background. To enable weather pushes, open the Ryze Connect App and go to the **Device** tab. Tap **More Settings**. Turn on the switch for **Weather Push**. Tap ❮ to save the setting. Return to the **Home** tab and swipe down the screen to synchronise the setting with the smart watch.

The watch provides several methods to view weather information.

1) View the weather push on the **Weather** tile.

2) Open the **Weather** application on the watch. Swipe down the screen to view the weather forecast.

2.25 MUSIC CONTROL

You can control music playback on your connected smartphone from your smart watch. Ensure the Ryze Connect App is running in the background.

Controlling music playback with your smartphone

1) Open the Ryze Connect App and go to **Device** tab. Tap **More Settings**. Tap **Music Control** and turn on the switch for **Music Control**. Tap ❮ to save the setting. Return to **Home** tab and swipe down the screen to synchronise the setting with the smart watch.

2) Open a music App on your smartphone and play music.

3) Press the Smart Watch button to open the applications list on the watch's home screen. Tap **Music**. Tap the on-screen buttons to pause, resume, adjust volume, and skip play.

2.26 CAMERA CONTROL

You can take photos using your smart watch with your connected smartphone. Ensure the Ryze Connect App is running in the background.

Operating the camera with the smart watch

1) Open the camera App on your smartphone. Choose your camera and image settings.

2) Press the upper button to open the application lists on the watch's home screen. Tap **Camera Control**. Tap the camera icon to take a photo with your connected smartphone camera.

2.27 ALARM

Setting an alarm with the smart watch

1) Press the upper button to open the applications list on the watch's home screen. Tap **Alarm**. Tap ⊕ to set a new alarm. Set the alarm by swiping the screen accordingly to select the time and tap ✔ to save the setting. In the following screen, tick the boxes to set the repeat cycle and tap ✔ at the screen bottom to save the setting. The alarm will activate once if no repeat cycle is set.

2) Slide the button next to an alarm to enable and disable it.

3) Tap an alarm to edit or delete it.

> ### ⓘ NOTE
> A maximum of ten alarms can be set.

Setting an alarm with the Ryze Connect App

1) Open the Ryze Connect App and go to the **Device** tab. Tap **Alarm Clock**.

2) Tap ✚ to set a new alarm. Follow the on-screen prompts to complete the settings. Tap ✔ at the upper right to save the setting. Slide the button next to an alarm to enable and disable it. To delete an alarm, tap on the alarm and on the following screen, tap on **Delete alarm**.

2.28 STOPWATCH

The watch supports both normal and lap timing with its stopwatch application.

1) Press the upper button to open the applications list on the watch's home screen. Tap **Stopwatch**.

2) Tap ▶ to start or resume the stopwatch.

3) Tap the clock icon to record a lap time. Swipe the screen to scroll through lap times.

4) Tap ⏸ to stop the stopwatch.

2.29   TIMER

You can set a timer with preset duration or customised duration on the watch.

Setting a preset timer

1) Press the upper button to open the applications list on the watch's home screen. Tap **Timer**.

2) Tap on a preset time to start a timer. Tap on 🔘 to set a customised duration. Tap ⏸ to pause timing. Tap ▶ to resume timing. Tap ⏹ to stop timing.

2.30   WORLD CLOCK

Setting a world clock with the Ryze Connect App.

Open the Ryze Connect App and go to the **Device** tab. Tap M**ore Settings**. Tap **World Clock**. Tap **Add**. Tap to select a city. Tap ❮ in the top left corner to save the clock setting.

To modify a clock setting, tap **Edit**. To delete a clock setting, swipe the clock tab to the left and tap the bin logo. Tap **Done**, then tap ❮ in the top left corner to save the setting.

Viewing world clock with the smart watch

1) Open the applications by pressing the upper button on the watch's home screen. Tap **World Clock**. Swipe down the screen to reveal more data. Tap on a city name to view its sunset and sunrise times.

2.31 FIND PHONE

You can use this feature on your smart watch to locate your smartphone by enabling the smartphone to play a ringtone to alert you of its whereabouts. Ensure that your smart watch and smartphone are connected and within the Bluetooth connection range of each other. Enable this feature before use.

1) Open the Ryze Connect App and go to the **Device** tab. Tap **More Settings**. Enable **Find Phone** by sliding the button next to it to the On position. Tap ‹ to save the setting.

2) Press the upper button to open the applications list on the watch's home screen. Tap **Find Phone**. Tap ▶ to start searching. Tap ◯ to stop searching. The connected phone will start ringing upon detection.

2.32 FLASHLIGHT

The watch includes a **Flashlight** application.

Press the upper button to open the applications list on the watch's home screen. Tap **Flashlight**. Tap the watch screen to adjust the brightness level and switch to SOS mode. Swipe the screen to the right to turn off the flashlight mode.

2.33 VOICE ASSISTANT

The smart watch supports quick interaction with the active voice assistant on your connected smartphone through its **Voice Assistant** application.

Using the voice assistant

Press the upper button to open the applications list on the watch's home screen. Tap **Voice Assistant**. Tap the screen and give a voice command such as 'How's the weather today?'.

3.0   RYZE CONNECT APP

The Ryze Connect App is a free App that allows you to manage and control various features of the smart watch from your smartphone. The App supports watch settings, data updates, data synchronisation, data analysis, data reporting and data sharing with selected third-party apps.

For the best user experience, it is recommended that you connect your smart watch to the App as frequently as possible.

From time to time, we will add improvements to the watch and enhance App functionality. For the latest updates on our products, including this manual, please visit www.ryzeabove.com.au and www.ryzeabove.co.nz.

3.1   SYNCING WITH THE SMART WATCH

Open the Ryze Connect App and go to the **Device** tab and check that the watch is connected. Go to the **Home** tab. To sync the smart watch data with the App, swipe down the middle of the phone screen and release your finger when you see ⬆ **Pull Down to Synchronise Data**.

3.2   UPDATING THE SMART WATCH SOFTWARE

You should check the App regularly for software updates with the smart watch. To check for updates and install them, please follow the steps below:

1) Ensure that the watch battery level is more than 30%. If not, please recharge the watch.

2) Keep your smart watch and smartphone close to each other and ensure that they remain stationary.

3) Open the Ryze Connect App and go to the **Device** tab. Ensure that your smartphone and smart watch are connected via Bluetooth. Tap on the watch's thumbnail image. In the following screen, tap **Device Update**. Follow the prompt to complete installation. The updating process may take up to a few minutes to complete.

3.3   DISCONNECTING THE SMART WATCH

Open the Ryze Connect App and go to the **Device** tab. Tap on the watch thumbnail image. Tap **Delete Device** and follow the prompt to confirm the action.

3.4 FAMILY MEMBER DEVICE MANAGEMENT

Through the Ryze Connect App, you can conveniently manage the smart watches of family members to set goals, monitor each family member's health, and fitness activities from one location and device.

Creating a family account

Open the Ryze Connect App and go to the **Device** tab. Tap ✚ at the upper right. Along the top of the screen, tap ✚ below **Family member**. Tap **Create Family Member's Account**. Follow the prompts and fill in the required information. When prompted, select **I Have read and Agree User and Privacy Policy**. Select **Create**. Select **I Agree**. Follow the prompts to complete user settings. Select **Finish**.

Pairing a device to a family account

Open the Ryze Connect App. Bring the smart watch that you wish to pair close to your smartphone. Go to the **Device** tab. Tap ✚ in the top right. In the following screen, tap on a family member icon at the top. Tap a device to connect in the found list. Follow the prompt instructions and select **Finish** to complete the pairing.

Viewing and managing a family member device

You can view and manage the connected device of a family member using the family account with the Ryze Connect App.

Bring the connected smart watch close to your smartphone. Open the App and go to the **Home** tab. Tap **My Family** and then tap on a family account.

To sync data with the connected smart watch, swipe down on the screen.

To adjust settings for the connected device, tap on the device icon.

To view workout records and more reporting, tap on an activity card.

To manage the connected smart watch's fitness goals, scroll down and tap **Set fitness goals**.

3.5 THIRD-PARTY APP SUPPORT

The Ryze Connect App supports data sharing with selected third-party Apps.

3.5.1 SHARING DATA WITH STRAVA

To authorise and enable data sharing, open the App. Go to the **Me** tab. Tap **Data Sharing and Authorisation**. Tap **Strava**. Follow the prompts to complete the process.

3.5.2 SHARING DATA WITH GOOGLE FIT

To authorise and enable data sharing, open the App. Go to **Me** tab. Tap **Data Sharing and Authorisation**. Tap **Google fit**. Follow the prompts to complete the process.

(i) NOTE

Data sharing with Google Fit is only possible on smart devices running on Android systems.

3.5.3 SHARING DATA WITH APPLE HEALTH

To authorise and enable data sharing, open the App. Go to **Me** tab. Tap **Data Sharing and Authorisation**. Tap **Apple Health**. Follow the prompts to complete the process.

(i) NOTE

Data sharing with Apple Health is only possible on smart devices running on iOS systems.

3.6 VIRTUAL MEDAL AWARDS

Keep yourself motivated and incentivised towards personal fitness goals by winning virtual medals after completing various achievements. To review virtual medals, open the App and go to **Me** tab. Tap on **My Medals**.

3.7 UPDATING THE APP

Open the Ryze Connect App. Go to **Me** tab. Tap **Check for Updates**. Follow the prompts to complete the updating process.

3.8 USER PROFILE SETTINGS

The smart watch makes use of user profile information including gender, age, height, and weight recorded in the Ryze Connect App to improve the accuracy of the measured data.

To make changes to the user profile, open the App and go to **Me** tab. Tap on **User Profile Image** in the top-left corner. You can edit the username, user profile image and profile settings. Tap **<** to save changes made.

3.9 PREFERENCE SETTINGS

To change the preference settings, open the Ryze Connect App. Go to **Me** tab. Tap **Settings**. Tap **Preferences**. Adjust your preferences for measurement units and date and time formats. Tap **<** to save the settings.

3.10 ACCOUNT SETTINGS

Changing your email account

Open the Ryze Connect App. Go to **Me** tab. Tap **Settings**. Tap **Modify Email**. Follow the prompts to change the email account.

Changing account password

Open the Ryze Connect App. Go to **Me** tab. Tap **Settings**. Tap **Change Password**. Follow the prompts to change the account password.

Cancelling account

Open the Ryze Connect App. Go to **Me** tab. Tap **Settings**. Tap **Cancel Account**. Follow the prompts to cancel the account.

3.11 DATA PRIVACY AND SECURITY

You can control how your data is shared to the cloud.

To clear personal data that is stored in the cloud, go to **Me** tab. Tap on **Settings**. Tap on **Privacy and Security**. Tap **Clear Personal Data on the Cloud**.

To stop data syncing to the cloud, go to **Me** tab. Tap on **Settings**. Tap on **Privacy and Security**. Turn off the switch for each displayed item.

3.12 SIGNING OUT

In the App go to **Me** tab. Tap **Settings**. Tap **Sign Out**.

4.0   SPECIFICATIONS

Display	1.32-inch AMOLED
Display Resolution	466 x 466
Battery Capacity	300mAh
Rated Input	5V⎓ 0.5A
Charging Time	Approximately 2.5 hours for a full charge
Battery Life*	8 to 10 days
Ingress Protection	IP68
Wireless Connectivity	Bluetooth 5.3 BLE
Satellite Positioning	GPS / GLONASS / BDS / GALILEO
Bluetooth Frequency	2402MHz – 2480MHz
Watch Dimensions	245mm(L) x 42.5mm (W) x 12.0mm (T) (including straps and protrusions)
Watch Strap Width	18mm
Watch Strap Length	114mm/76mm
Wrist Circumference	140mm - 200mm
Compatibility	Android 6.0 and iOS 9 versions and above
Operating Temperature	-10°C to 40°C
Charging Temperature	0°C to 40°C

*Useful battery life will be shortened with more frequent use of continuous heart rate monitoring, automatic health monitoring, satellite tracking, screen activation, vibration notification, data sync to the App and other functions.

5.0   SAFETY AND HANDLING

⚠ WARNING

Failure to follow safety instructions could result in fire, electric shock, injury or damage to the Ryze smart watch or other properties and invalidate warranty.

- The Ryze Gene is not a medical or therapeutic device. It is not intended for medical use. Any data or information provided should not be used for the diagnosis, treatment, monitoring, or prevention of other health conditions. Always consult your doctor for health and medical advice.

- To prevent smart watch failure: Do not place the watch and its accessories near extreme temperatures.

- Do not use the smart watch in saunas, hot springs, deep dives or high temperature and high humidity environments.

- To prevent damage, do not subject the watch and its accessories to sharp objects, impacts, or shock.

- To avoid damage and injury, do not attempt to disassemble, modify, or repair the smart watch and/or its accessories.

- Before charging, use a clean cloth to wipe, clean and remove any residual sweat or moisture on the smart watch contact pins.

- To prevent short circuits, keep the magnetic charging contacts and charging port dry, clean, and away from conductive materials such as metal powders, pencil leads and liquids.

- Charge the watch with a genuine Ryze charging cable for Ryze Gene, a computer's USB port, or a third-party power adaptor that is fully compliant with USB 2.0 or later and with applicable safety standards, national and local laws and regulations.

- Do not use the smart watch while charging. The watch and power adaptor will become warm when charging. Sustained contact with warm surfaces for long periods of time may cause discomfort or injury. Allow the smart watch to cool down completely before wearing it.

- To protect the smart watch's performance, keep it away from strong magnetic fields and objects such as magnetic stripe cards, credit cards, phone cards, passbooks and microwaves.

- Do not expose the watch and charging cable to high temperatures for prolonged periods.

- If you find the watch particularly uncomfortable, please adjust the watch strap or remove it.

- Clean and dry the smart watch if exposed to fresh water, perspiration after workouts, or heavy sweating. Wearing dirty, wet straps can cause skin irritations.

- Some users may experience skin irritation after prolonged use of the watch, especially if one has sensitive skin or allergies. If you experience any skin irritation, please stop wearing the watch.

- If necessary, use only a soap-free cleanser to clean the smart watch and let it dry completely. Chemical cleaners and solvents can damage plastic components and finishes.

6.0 WARRANTY TERMS AND CONDITIONS

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

This warranty is provided in addition to your rights under the Australian Consumer Law. Directed Electronics Australia Pty Ltd (Directed Electronics) warrants that this product is free from defects in material and workmanship for a period of 12 months from the date of purchase or for the period stated on the packaging. This warranty is only valid where you have used the product in accordance with any recommendations or instructions provided by Directed Electronics.

This warranty excludes defects resulting from product alterations, accidents, misuse, abuse, or neglect. To claim the warranty, you must return the product to the retailer from which it was purchased or, if that retailer is part of a national network, a store within that chain,

along with satisfactory proof of purchase. The retailer will then return the goods to Directed Electronics.

Directed Electronics will repair, replace or refurbish the product at its discretion. The retailer will contact you when the product is ready for collection. You will bear all costs involved in claiming this warranty, including the cost of the retailer sending the product to Directed Electronics.

Please scan this QR code for customer support:

6.1 INDEMNITY

You agree to defend, indemnify, and hold harmless Ryze and its subsidiaries and affiliates from and against any and all claims, proceedings, injuries, liabilities, losses, costs and expenses (including reasonable legal fees), including but not limited to, claims alleging negligence, invasion of privacy, copyright infringement and/or trademark infringement against Ryze and its subsidiaries and affiliates, relating to or arising out of your breach of any provision of these terms, your misuse of Ryze products or its services, or your unauthorised modification or alteration of products or software.

6.2 WARRANTY AND WARRANTY DISCLAIMER

Ryze has a limited warranty, whereby Ryze warrants to you and only to you that this Ryze product will be free from defects in materials and workmanship for one (1) year from the date of your purchase (unless a longer warranty period is required by law). The specifics of this Ryze limited warranty are covered in this manual.

To the extent possible under governing law, other than the above product warranty for the Ryze product, you understand and agree that the Ryze services are provided on an 'as is' and 'as available' basis.

Ryze makes no warranty that the Ryze product and services will meet your requirements or that use of the Ryze services will be uninterrupted, timely, secure, or error-free. Nor does Ryze make any warranty as to the

accuracy or reliability of any information obtained through Ryze (including third-party content), that any defects in the Ryze products or services be corrected or that the Ryze products or Ryze services will be compatible with any other specific hardware or service.

Further, Ryze does not warrant that Ryze products or services or Ryze servers that provide you with data and content are free of viruses or other harmful components.

Ryze also assumes no responsibility for and shall not be liable for any damages caused by viruses that may infect your Ryze. In the event of any loss, damage, or injury, you will not look to Ryze to compensate you or anyone else. You release and waive for yourself and your insurer all subrogation and other rights to recover against Ryze arising as a result of the payment of any claim for loss, damage or injury.

Ryze equipment and services do not cause and cannot eliminate occurrences of certain events, including, and Ryze makes no guarantee or warranty, any implied warranty of merchantability or fitness for a particular purpose, that the Ryze equipment and services provided will detect or avert such incidents or their consequences.

Ryze does not assume any responsibility for any risks associated with potential injury or loss to you, your property, or the property or persons of others, in the event of such occurrences. The responsibility for managing such risks remains with you, not Ryze.

Other than the above product warranty for the Ryze products, its suppliers disclaim all warranties of any kind, whether express, implied, or statutory, regarding the Ryze services, including any implied warranty of title, merchantability, fitness for a particular purpose, or non-infringement of third-party rights.

Because some jurisdictions do not permit the exclusion of implied warranties, the last sentence of this section may not apply to you.

Ryze hereby further expressly disclaims all liability for any claims for service failures due to normal product wear, product misuse, abuse, product modification, improper product selection or your non-compliance with all applicable federal, state, or local laws.

This warranty and warranty disclaimer give you

specific legal rights, and you may have other rights that vary by state, province, or country. Other than as permitted by law, Ryze does not exclude, limit, or suspend other rights you have, including those that may arise from the nonconformity of a sales contract.

For a full understanding of your rights, you should consult the laws of your state, province, or country. For our Australian customers: please note that this warranty is in addition to any statutory rights in Australia in relation to your goods, which, pursuant to the Australian Consumer Law, cannot be excluded.

6.3   LIMITATIONS OF LIABILITY

Under no circumstances will Ryze be liable in any way for any content, including, but not limited to, the loss of content, any errors or omissions in any content, or any loss or damage of any kind incurred in connection with the use of or exposure to any content posted, emailed, accessed, transmitted, or otherwise made available via Ryze.

Ryze's liability for damages, especially for breach of duty or obligation, delay in performance, non-performance, or malperformance, shall be precluded, except when these are due to negligent breaches of any significant contractual duty or obligation on the part of Ryze. Any liability for negligence is limited to direct losses, usually and typically foreseeable in such cases. Should the claim for damages be based on willful or grossly negligent breach of contractual duty or obligation on the part of Ryze, the preclusion and limitation of liability mentioned in the preceding sentences will not apply. The preceding preclusion and limitation of liability will also not apply to claims for damages arising out of loss of life, bodily injury or health impacts for which Ryze may be liable, or for non-contractual liability.

Some states and countries do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. Additionally, this provision is not intended to limit Ryze's liability in the event of Ryze's willful or intentional misconduct.

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