



## trek

Fitness and Wellbeing Smart Watch  
with Alexa Built-in, GPS, plus Bluetooth Calling  
**User Manual**



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## 1.0 GETTING STARTED

Thank you for your purchase. Please read this user manual carefully before using the smartwatch and retain this user manual for future reference.

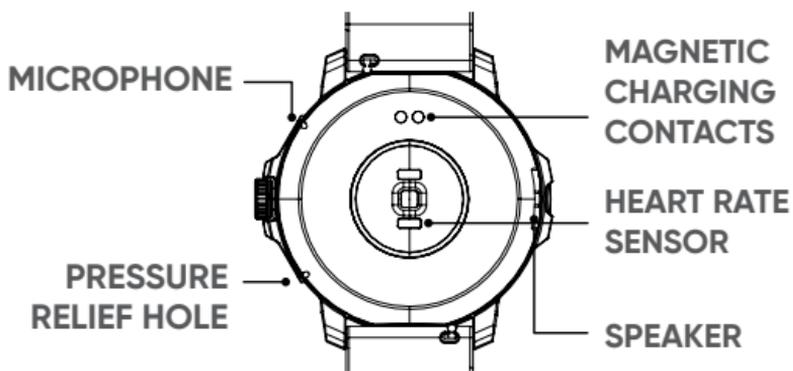
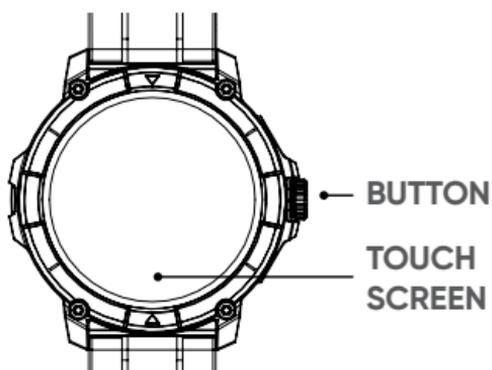
### CAUTION

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

## 1.1 WHAT'S IN THE BOX

1 x Ryze Trek Smartwatch, 1 x Magnetic Charging Cable, 1 x Bonus Watch Strap, 1 x User Manual

## 1.2 SMARTWATCH OVERVIEW



## 1.3 SMARTWATCH CONTROLS

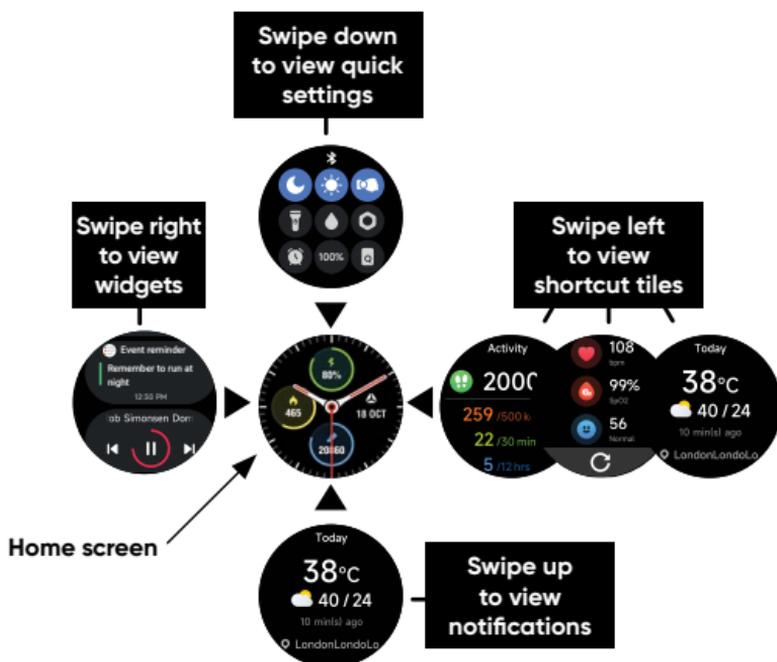
The watch comes with a colour touch screen and a physical button that responds to push and rotational controls.

## 1.3.1 BUTTON CONTROLS

OPERATION	FUNCTION	NOTE
Short press	<ul style="list-style-type: none"> <li>To wake up the screen when it is off.</li> <li>To open the applications list from the home screen.</li> <li>To return to the home screen.</li> <li>To pause/resume a workout session in progress.</li> </ul>	
Press and hold	<ul style="list-style-type: none"> <li>To power up the watch.</li> <li>To activate Alexa from the home screen.</li> <li>To force restart the watch. When the watch is at the home screen, press and hold the button for at least 8 seconds.</li> <li>To end a workout session in progress.</li> </ul>	Please fully charge the smartwatch before first use.
Rotate (turn)	<ul style="list-style-type: none"> <li>To switch between feature cards and widgets on the home screen.</li> <li>To scrolls through the applications list.</li> <li>To view text and navigate through screen details.</li> </ul>	

## 1.3.2 GESTURE CONTROLS

The watch home screen is displayed on the watch face. The following diagram outlines the various gesture controls on the watch home screen to access watch settings and other information.



OPERATION	FUNCTION
Swipe up	<ul style="list-style-type: none"> <li>• To view notifications from the home screen.</li> <li>• To navigate a list and view further screen details.</li> </ul>
Swipe down	<ul style="list-style-type: none"> <li>• To view quick settings from the home screen.</li> <li>• To navigate a list and view further screen details.</li> </ul>
Swipe right	<ul style="list-style-type: none"> <li>• To view widgets on the home screen.</li> <li>• To return to the upper menu from the sub menu.</li> <li>• To access the control and data page during a workout session.</li> </ul>
Swipe left	<ul style="list-style-type: none"> <li>• To view feature shortcut tiles from the home screen.</li> <li>• To access the music and data page during a workout session.</li> </ul> <p><b>NOTE</b> The shortcut tiles can be customised via the app.</p>
Tap	<ul style="list-style-type: none"> <li>• To confirm screen selection.</li> <li>• To enter the sub menu and view details.</li> </ul>
Tap and hold	<ul style="list-style-type: none"> <li>• To change the watch face on the home screen.</li> </ul>

### 1.3.3 TURNING ON THE WATCH SCREEN

- Press the button on the watch.
- Raise and rotate your wrist inwards.
- To turn on screen-wake setting from the watch, go to **Settings > Display > Raise to Wake**, and enable **Raise to Wake**. To set a different duration for the screen to stay on, go to **Settings > Display > Screen-on time**.
- To turn on 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.

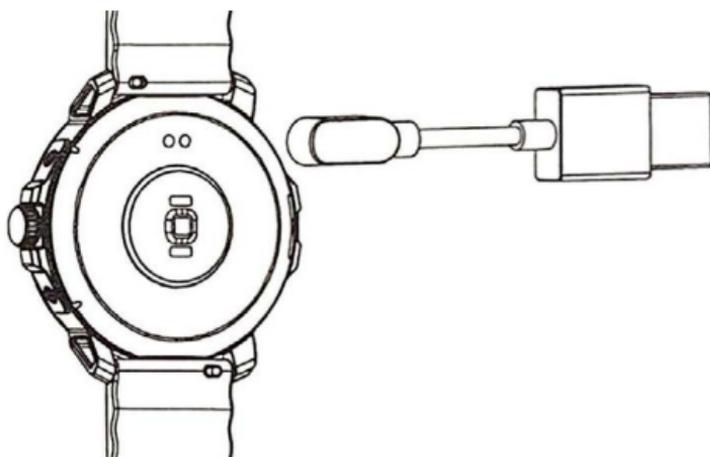
### 1.3.4 TURNING OFF THE WATCH SCREEN

The watch home screen will turn off automatically after a period of inactivity.

## 1.4 CHARGING AND POWERING ON

### 1.4.1 CHARGING

Please fully charge the smartwatch before first use.



- 1) Align and attach the supplied magnetic charging cable to the magnetic contacts at the back of the smartwatch.
- 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. When the watch is fully charged, the charging indicator will display 100%. The watch and charger may become slightly warm during charging. Detach the smartwatch from the magnetic charging cable once it is fully charged and allow the smartwatch to cool down.



## CAUTION

- Use only a genuine Ryze magnetic charging cable for charging.
- Before charging, wipe clean the charging contact pins on the smartwatch with a clean, dry cloth to remove any residual sweat or moisture.
- Keep the magnetic charging contacts and charging port dry, clean and away from conductive materials such as metal powders, pencil leads and liquids to prevent short circuits.
- Do not use the smartwatch whilst charging. The smartwatch 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 smartwatch to cool down completely before wearing.
- Keep the smartwatch 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 smartwatch and charging cable to high temperatures for prolonged periods.

### 1.4.2 POWERING UP THE WATCH

Follow these methods to power up the watch:

- 1) Fully charge the smartwatch before first use. The watch home screen will turn on after a short while.
- 2) Press and hold the button until the watch start-up screen appears.



## NOTE

If the watch is unable to be powered up after a period of inactivity, this indicates that it needs to be charged for a few minutes until the watch screen appears and display the charging status.

### 1.4.3 CHECKING THE BATTERY LEVEL

There are five ways to check the battery level on the smartwatch.

- 1) Swipe down from the top of the watch home screen to check the battery level.
- 2) Charge the smartwatch and check the battery level on the charging screen.
- 3) View the battery level on a watch face that displays the battery level.
- 4) View the battery level from the device menu with the Ryze Connect App.
- 5) Go to watch **Settings > Battery Level**.

### 1.5 PAIRING AND SETUP

With the Ryze Connect App installed on your smartphone, you can set-up, manage and access the full features of the smartwatch easily and conveniently. The App is compatible for use with iPhones using iOS 9.0 or later, and with Android smartphones using Android 6.0 or later.

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

- 1) Fully charge and power up the smartwatch. 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 below to download the App.



#### 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 Apple 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 on-screen instructions to grant permissions when prompted.

5) Pair and connect with the smartwatch.

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 smartwatch to connect. If a pairing request is displayed on the smartwatch screen, tap **✓** to complete pairing.

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

**i** NOTE

If your Ryze Trek smartwatch 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 smartwatch from the Bluetooth device list after your smartwatch is unpaired from the App. To do this, touch the **i** icon next to the smartwatch name and tap **Forget this Device**.

## 1.6 WEAR AND CARE



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

Do not overtighten the smartwatch on your wrist to avoid discomfort. Take off your smartwatch from time to time.

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

**i** NOTE

Do not use the smartwatch in spas, hot springs, deep dives or any high-temperature and high-humidity environment.

## CAUTION

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

### 1.6.1 CHANGING THE STRAP

The smartwatch uses 22mm wide quick-release straps. If you wish to replace the watch 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 of the new strap into one of the holes of the strap holder. Then insert the other end of the quick-release pin into the other hole by pushing the quick-release pin inwards. Ensure that the new watch strap is secured.

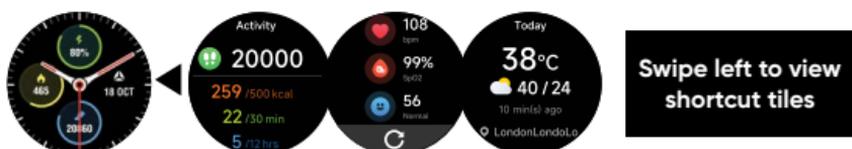
## 2.0 RYZE WATCH FEATURES

### 2.1 DATE AND TIME SYNC

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

### 2.2 SHORTCUT TILES

Tiles are a collection of shortcuts to applications that are located at the right side of the smartwatch 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**. In 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.

### 2.3 WIDGETS

Widgets are collection of applications that are located at the left of the smartwatch home screen. The listing and order of the widgets can be customised via the Ryze Connect App.



## Managing widgets in the Ryze Connect app

- 1) Open the Ryze Connect App and go to the **Device** tab. Tap **More Settings**. In the following page, tap **Widgets**. To modify the list, tap **Edit** at the upper right. Tap **⊖** to remove a widget. To include a new widget, tap **Add**, tap an application and then tap **Add**. Tap **Done** to save settings.
- 2) To rearrange widgets, delete and add them again in your preferred order.
- 3) Swipe right from the edge of phone screen to return to the previous screen.

## 2.4 SETTINGS

### 2.4.1 WATCH FACES OPTIONS

Within the Ryze Connect App, you will find a Watch Face Market that features a collection of watch faces for your preferred use.

#### Changing the watch face with your smartwatch

To view the watch faces available, tap and hold the home screen for about 2 seconds. Then swipe from left to right to view the collection. Tap on your watch face choice to confirm 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 on **More** to show the various watch face designs available for change. Tap on your selected design and then tap **Add and Install**. The installation will sync with your smartwatch and the new watch face will appear on your smartwatch shortly.

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

### 2.4.2 THEMES OPTIONS

The smartwatch provides different design themes for your use. Follow the steps below to choose your preferred theme.

- 1) Press the smartwatch button to open the applications list on the watch home screen.
- 2) Tap **Settings**. Tap **App Themes**. Swipe the screen left and right to reveal options. Tap screen to confirm a selection.



### 2.4.3 SETTING SCREEN BRIGHTNESS

#### Method 1:

Swipe down on the watch home screen to reveal the quick settings panel. Tap  repeatedly to adjust screen brightness.

#### Method 2:

Press the smartwatch button to open the applications list on the watch home screen. Tap **Settings**. Tap **Display**. Tap **Screen Brightness**. Swipe the screen up and down to choose a setting and tap  to confirm your selection.

### 2.4.4 SETTING SCREEN-ON DURATION

- 1) Press the smartwatch button to open the applications list on the watch home screen.
- 2) Tap **Settings**. Tap **Display**. Tap **Screen-on Time**. Swipe the screen up and down to choose a setting and tap  to confirm your selection.

### 2.4.5 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:

Swipe down on the watch home screen to reveal the quick settings panel. Tap  to toggle the feature on or off.

#### Method 2:

Press the smartwatch button to open the applications list on the watch home screen. Tap **Settings**. Tap **Display**. Toggle the **Raise to Wake** switch to turn it on and off.

### 2.4.6 SILENT MODE

Silent Mode will mute all incoming call alerts and notifications from the timer, alarm and messages. To enable this function, follow the steps below.

- 1) Press the smartwatch button to open the applications list on the watch home screen.
- 2) Tap **Settings**. Tap **Sounds and Vibration**. Tap to toggle the **Silent Mode** switch on or off.

## 2.4.7 SETTING RING VOLUME

- 1) Press the smartwatch button to open the applications list on the watch home screen.
- 2) Tap **Settings**. Tap **Sounds and Vibration**. Tap **Ringer Volume** and adjust the volume bar.

## 2.4.8 SETTING VIBRATION STRENGTH

- 1) Press the smartwatch button to open the applications list on the watch home screen.
- 2) Tap **Settings**. Tap **Sounds and Vibration**. Tap **Vibration Strength**. Swipe screen to pick an option and tap ✓ to save the setting.

## 2.4.9 DO NOT DISTURB MODE

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

### Setting the DND mode with the watch

#### Method 1:

Swipe down on the watch home screen to reveal the quick settings panel. Tap  to toggle the feature on or off.

#### Method 2:

Press the smartwatch button to open the applications list on the watch home screen. Tap **Settings**. Tap **DND Mode**. Tap to toggle the **All-day DND** switch on or off. For scheduled operations, turn on the **Scheduled DND** switch, set the **start time** and **end time**, and tap ✓ to save the setting.

### Setting DND mode with the Ryze Connect App

Open the App and go to the **Device** tab. Tap **More Settings**. In the following screen, slide the switch to toggle the feature on or off and adjust the timings. Tap ✓ in the upper right to confirm your selection.

## 2.4.10 POWER SAVING MODE

### Entering power saving mode

#### Method 1:

Swipe down on the watch home screen to reveal the quick settings panel. Tap  battery icon to toggle the feature on or off.

#### Method 2:

Press the smartwatch button to open the applications list on the watch home screen. Tap **Settings**. Tap **Battery Level**. Tap **Enter Power Saving Mode**. Tap  to confirm selection.

### Exiting power saving mode

Press and hold the side button.

## 2.4.11 POWERING OFF, RESTARTING AND RESETTING

### Powering off the smartwatch

From the watch home screen, go to **Settings > General > Power Off** and tap  to confirm selection.

### Restarting the smartwatch

#### Method 1:

From the watch home screen, go to **Settings > General > Restart** and tap  to confirm selection.

#### Method 2:

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

#### Method 3: Force restarting the smartwatch

Press and hold the smartwatch button for at least 8 seconds and release the button after the screen turns off. The smartwatch will automatically restart, and the home screen will appear after a short while.

### Resetting the smartwatch

#### NOTE

Please note that once your smartwatch is reset, it will restore to its factory settings and all existing data will be deleted. The smartwatch will also be unpaired from your smartphone.

### Method 1:

From the watch home screen, go to **Settings > General > Reset** and tap ✓ to confirm selection.

### Method 2:

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

## 2.4.12 VIEWING MAC ADDRESS AND PRODUCT INFORMATION

Press the smartwatch button to open the applications list on the watch home screen. Tap **Settings**. Tap **About** to view the MAC address and smartwatch product information.

## 2.4.13 SEEKING HELP

Press the smartwatch button to open the applications list on the watch home screen. Tap **Settings**. Tap **Help** and scan the QR code with your smartphone to seek help from Ryze website.

## 2.5 DAILY ACTIVITIES

The amount of daily activities that you do can contribute to your overall fitness and health. Through your smartwatch, you can monitor your daily activities such as tracking your steps, activity calories, duration of exercise and walking hours. Your smartwatch can do all these tracking automatically.

Activity calories refer to active calories burned through daily activities such as light housework, running and other workouts. Duration of exercise is measured in minutes of moderate to high intensity exercises that you have completed. Walking hours is based on the active hours that you stood and moved for at least one minute.

### NOTE

The smartwatch uses the user profile data such as gender, age, height and weight that are recorded in the Ryze Connect App to improve accuracy of the measured activities. To adjust user profile settings, open the App and go to the **My** tab. Tap on **User Profile Image** in the upper left corner. Adjust the necessary settings. Tap < to save the changes.

## 2.5.1 SETTING DAILY GOALS

### Setting daily activity goals with the smartwatch

To set your daily goals for exercise duration, activity calories and walking hours, press the smartwatch button to open the applications list on the watch home screen. Tap **Activity**. Swipe the screen and tap **Change Goal**. Follow the home screen instructions to complete goal settings.

### Setting daily steps goal with the Ryze Connect app

To set your daily steps goals, open the App and go to the **My** tab. Tap **Settings**. Tap **My Goals**. In the following screen, set your **Steps Goal** and tap ✓ in the upper right to save the setting.

## 2.5.2 VIEWING ACTIVITY RECORDS

### Viewing activity records on the watch

- 1) Press the smartwatch button to open the applications list on the watch home screen.
- 2) Tap **Activity** and swipe up or down the screen to reveal recorded data. To set a different daily goal for **Duration of Exercise, Calories** and **Walking**, tap **Change Goal** and follow the home screen instructions to complete your new settings.

### Viewing activity records in the Ryze Connect App



The App allows you to upload health, exercise and fitness data from a connected smartwatch and enables easy viewing of historical statistics. Sync the connected smartwatch 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 **Home** tab. Tap the fitness tri-ring tab to review statistics on activity, exercise duration and walking.

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

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

## 2.5.3 SETTING DAILY REMINDERS

### Setting up a walk reminder with your smartwatch

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



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

### Setting up a drink reminder with your smartwatch

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



Open the App and ensure that your smartwatch is paired to the App. Go to the **Device** tab and tap **Health**. Tap **Drinking Reminder**. In the following screen, turn on the switch to set the timing or a repeat cycle. Tap **✓** at the upper right 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-Hand Reminder**. In the following screen, turn on the switch to set the timing or a repeat cycle. Tap **✓** at the upper right to save the settings.

## 2.6 CALLS AND NOTIFICATIONS

### 2.6.1 SETTING MESSAGE NOTIFICATIONS

When notifications are enabled and the smartwatch is connected to the Ryze Connect App, the smartwatch will receive push message notifications from your smartphone. The Ryze Connect App must be permitted to run in the background to enable notifications.

- 1) Open the Ryze Connect App. Go to **Device** tab. Tap **Notifications**.
- 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 smartphone apps that you wish to receive notifications on your smartwatch. Tap **<** to save the setting.
- 4) Disable **Do Not Disturb (DND)** mode.

### 2.6.2 VIEWING MESSAGE NOTIFICATIONS

- 1) To view a list of message notifications, swipe up the watch home screen. Tap on the message to read more or delete the message by tapping the bin icon.
- 2) To return to the message notification list from a message, swipe right on the watch screen.
- 3) To clear all messages in the message notifications list, scroll to the bottom of the list and tap the bin icon.



### SETTING INCOMING CALL ALERT

When call notification is enabled and the smartwatch is connected to the Ryze Connect App, you will receive a call alert on the smartwatch 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 **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 (DND)** mode.

### For Samsung smartphone users

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



## 2.6.3 SETTING CALL CONTACTS

### Setting up frequent contacts on your smartwatch

- 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 smartwatch under **Phone > Frequent Contacts**.

## 2.6.4 CALLING A CONTACT

You can make a phone call from the smartwatch when it is connected to your smartphone with the Ryze Connect App running in the background. To make a call, press the smartwatch button to open the applications list on the watch home screen. Tap **Phone** then dial the number using the **Dial Pad** or touch a contact in **Frequent Contacts** or in the **Call Log**.



## 2.7 ALEXA VOICE ASSISTANT

The smartwatch supports the Amazon Alexa voice assistant function. To use Alexa on the smartwatch, you will need to log into your Amazon account in the Ryze Connect App. You can check the weather, set timers and alarms and control your smart home devices by speaking to the Alexa voice assistant on your smartwatch.

### **i** NOTE

The Alexa built-in function will not keep listening to you in the background. The microphone in the smartwatch will only be activated when you press and call up Alexa. The microphone will turn off after Alexa has responded to you or when you turn off the Alexa screen.

### 2.7.1 ALEXA SETUP

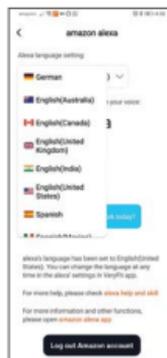
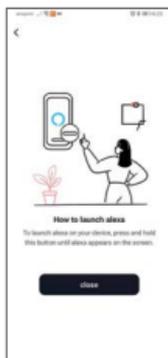
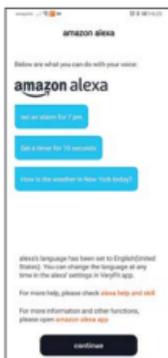
- 1) Download and install the Amazon Alexa app in your smartphone. If you do not have an Amazon account, you need to apply for a new account.
- 2) Pair your Ryze Trek smartwatch with the Ryze Connect App. The Ryze Connect App should be running in the background on your smartphone for Alexa to work. If necessary, set the permission for the App to allow it to run in the background on your smartphone.
- 3) Open the Ryze Connect App and go to the **Device** menu. Tap **Alexa**. Tap **Login with Amazon**.



- 4) On the redirected page, tap **Get Started**. Follow the on-screen instructions and enter your account details to login your Amazon Alexa account. Tap **Sign-In**.



- 5) Open the pop-up link to continue. Tap **Continue**. Tap **Close**. Choose **English (United States)** for Alexa language setting when prompted. Tap ◀ at the upper left to return to the Ryze Connect App.
- 6) Set and share your location and time zone with Alexa to allow proper local weather check and alarm setting with Alexa.
- 7) In the Ryze Connect App, go to the **Device** tab. Verify that the status next to **Alexa** shows **Logged In**.



## 2.7.2 ACCESSING ALEXA ON THE WATCH

Keep your smartwatch close and paired with your smartphone. Ensure that your smartphone has Bluetooth enabled and is connected to the internet. The smartwatch should also be within the Bluetooth range to enable Alexa to be used.

- 1) Press and hold the smartwatch button until the screen displays the Alexa icon.



- 2) Speak (enunciate) your voice command to the smartwatch microphone when the screen displays **Listening....** When the screen displays **Thinking...**, it indicates the system is analysing and processing your request.



- 3) Tap the  icon to reveal the set alarm, timer and reminder. The result of the request will be displayed on the screen, or the associated App will be launched. A prompt will be displayed on the screen if you have not logged in to your Alexa account in the Ryze Connect App or if the connection is compromised.

### NOTE

Simply saying **Alexa** to the smartwatch will not activate the Alexa function. You must first activate Alexa via the app.



## 2.7.3 ALEXA BUILT-IN COMMANDS

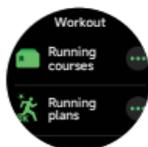
FUNCTIONS	VOICE COMMAND EXAMPLES
Alarm	Set an alarm for 6.00am
Reminder	Remind me to go for a jog at 6.00pm
Timer	Set a timer for 5 minutes. <b>NOTE</b> Alarms and timers set via Alexa are mutually independent from alarms and timers set via the Ryze Connect App or the smartwatch alarm application.
<b>Weather</b>	What is the weather in Sydney? What is the temperature?
<b>Shopping List</b>	Add sugar to my shopping list. What is in my shopping list?
<b>Funny</b>	Tell me a joke. Tell me a limerick.

## 2.8 WORKOUT

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

### 2.8.1 EDITING WORKOUT MODES

You can edit the **Workout** list of the smartwatch via the Ryze Connect App. Open the App. Go to the **Device** menu. Tap **More Settings**. Tap **Training Mode**. 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 changes.



### 2.8.2 EDITING WORKOUT DATA VIEW

You can edit the types of data displayed for a workout via the Ryze Connect App. Open the app. Go to the **Device** menu. Tap **More Settings**. Tap **Exercise data view**. Select a workout and follow the prompt instructions to complete settings. Tap **←** to save the changes.

### 2.8.3 STARTING AND ENDING A WORKOUT

#### Starting and ending a workout with the smartwatch

- 1) Press the smartwatch button to open the applications list on the home screen.
- 2) Tap **Workout**. Swipe the screen up/down to identify an exercise or a running course from the workout list.
- 3) To start a workout session, tap the workout name.

#### To set a goal before starting a session:

Tap **⋮** next to a chosen workout to reveal goal setting options. Depending on the type of workout, you can set **Duration, Calories, Distance, Open Goal** or **Laps** as the goal. Tap **✓** to confirm a setting and start the workout session.

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

- Press the smartwatch button to pause and resume the workout.
- Swipe up/down from the edge of the screen to view workout data which vary by workout mode.



- Swipe left/right from the edge of the screen to switch between the workout real time data, session control and music control screens.



### **i** NOTE

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

5) To end a workout session, press and hold the smartwatch button. A workout summary is displayed after the session has ended.

## Starting and ending a workout with the Ryze Connect App

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

### **i** NOTE

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

- 1) Enable location service on your smartphone. When prompted, grant permission to access location for 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.

- 3) Before starting a workout session in the App:
  - Ensure the same workout mode is available on the **Workout** list of the smartwatch. If not, add the desired workout mode to the smartwatch using the App.
  - **To set a workout goal:**

Touch **Exercise** tab. Tap the ⚙ icon. Tap **Training Goal**. The goal options are **Duration, Calories, Distance** and **Open Goal**.
  - **To turn on high heart rate alert during workout:**

Touch **Exercise** tab. Tap the ⚙ icon. Tap **Heart Rate Zone**. Slide the button next to **High HR Alert** to the On position. Tap ⬅ to save the changes.
  - **To turn on distance alert on phone during workout:**

Touch **Exercise** tab. Tap the ⚙ icon. Tap **Sound Alert**. Tap to choose a distance you want for a sound alert. Tap ⬅ to save the changes.
- 4) To start a workout session, tap the **Start** icon. Once you have started a workout in the App, the connected smartwatch will sync and start the same workout.
- 5) During a workout session, you can do the following:
  - Press the on-screen ⏸ button to pause the workout.
  - Press the on-screen ▶ button to resume the workout.
  - Press and hold the on-screen ⏹ button to end the workout. Follow the prompt instructions to confirm selection.

#### 2.8.4 ROUTE TRACKING WITH BUILT-IN GPS

With its built-in GPS tracking capability, the smartwatch 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 smartwatch will automatically search for satellite signals. Wait for the watch to locate these satellite signals. This may take more than a minute to complete.

For the smartwatch to acquire satellite signals, wear the smartwatch outdoors in an open area and face the

smartwatch towards the sky. Remain stationary for a few minutes to enhance satellite reception. Environmental factors such as tall buildings, trees and thick cloud may interfere with the smartwatch's ability to acquire satellite signals. We recommend connecting the smartwatch to the Ryze Connect App regularly. This will help the smartwatch acquire a faster satellite fix with Assisted GPS (A-GPS) data.



## 2.8.5 SMART COMPETITOR

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

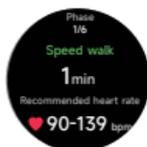
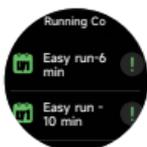
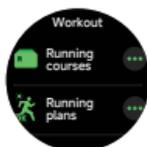
- 1) Press the smartwatch button to open the applications list on the watch home screen.
- 2) Tap **Workout**.
- 3) Find **Outdoor Run** and tap  next to it. Look for and tap on **Smart Competitor**. To enable **Smart Competitor**, choose a benchmark companion. The options are **Average Pace** and **Rolling Pace**. To turn off **Smart Competitor**, select **Close**.
- 4) Tap the on-screen **Target Time** button to set a time. After setting the time, tap  to start the running session. Move to an open area and wait for a satellite fix or skip the step.

To view your performance against the smart competitor, scroll down the data screen during the running workout.



## 2.8.6 RUNNING COURSES

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



## Starting and ending a running course

- 1) Press the smartwatch button to open the applications list on the watch home screen.
- 2) Tap **Workout**.
- 3) Tap **Running Courses**. Tap **!** next to a course name to see the course details. Tap on a course name and follow the prompt instructions to start a course.
- 4) During the workout, the smartwatch 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.

### 2.8.7 RUNNING PLANS

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

#### Creating a running plan

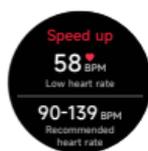
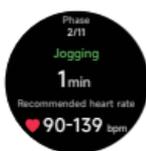
- 1) Open the Ryze Connect App and go to the **Home** tab. Tap **Running Performance Improvement**, tap to select a running plan, and follow the on-screen instructions to finish creating the plan. Once created, the app will sync the chosen plan to the connected smartwatch.
- 2) From the smartwatch, tap **Workout** and select **Running Plans** 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 smartwatch.

#### Ending a running plan

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

## NOTE

If the smartwatch does not respond to creating and ending a running plan in the App, please restart the smartwatch.



## 2.8.8 AUTO-DETECTING WORKOUTS

The smartwatch can automatically detect running, walking, rowing and elliptical workouts. When the feature is enabled, the smartwatch 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) Open the Ryze Connect App and go to the **Device** tab. Tap **More Settings**, in the following page tap **Intelligent Exercise Recognition** and slide the button next to a workout to the On position. Tap  to save the settings.

## 2.8.9 MEASURING AND VIEWING VO2 MAX

To obtain VO2 Max data, complete an outdoor running workout.

### Viewing VO2 Max with the smartwatch

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

- VO2 Max data is displayed on screen in a workout summary after the completion of an outdoor run workout.
- VO2 Max data is displayed in the **Activity** application. Open the **Activity** application on the watch home screen and scroll down the screen until you see the VO2 Max data.



## Viewing VO2 Max on in the Ryze Connect app

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

### 2.8.10 VIEWING WORKOUT RECORDS

Viewing workout records with the smartwatch

- 1) Press the smartwatch button to open the applications list on the watch home screen.
- 2) Tap **Workout Records** and tap a completed workout to reveal data for that workout session.

#### Viewing workout records with the Ryze Connect App

Sync the connected smartwatch 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 **My** tab. Tap **My Data**. Tap to view activity data, health data and workout records.

### 2.9 ONE-CLICK HEALTH CHECK

The smartwatch supports the 3-in-1 measurement of health indicators, including heart rate, blood oxygen and stress level, with a single tap. Enable this feature before use.

- 1) Open the Ryze Connect app, go to **Device** tab. Tap **More Settings**. In the following page, tap Shortcuts. Tap **+** next to **Health**. To rearrange the order, hold and drag the **≡** icon next to a name. Tap **<** to save the setting.
- 2) From your smartwatch home screen, swipe left to view the health check tile. Tap **▶** to start measuring.



### 2.10 HEART RATE

The smartwatch supports automatic and manual measurement of your heart rate. Measured heart rate is presented in BPM or beats per minute. To ensure accuracy of measurement, wear the smartwatch at least one finger above your wrist bone and make sure

it is snug on your wrist. During the measurement, keep your arm and wrist still and wait patiently until the measurement finishes.

### 2.10.1 MANUAL HEART RATE MEASUREMENT

From your smartwatch home screen, swipe left to view the health check tile. Tap ► to start measuring. Refer to the chapter 'One-Click Health Check' for more information.

Alternatively, open the **Heart Rate** application on the smartwatch and wait patiently until the measurement finishes.

### 2.10.2 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**. In the following page, turn on the switch for **Continuous Heart Rate 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 take note that continuous heart rate monitoring will increase battery consumption with your smartwatch.

### 2.10.3 SETTING HIGH HEART RATE ALERT

Open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Heart Rate**. In the following page, turn on the switch for High Heart Rate Alert. Tap **Limit Value** to set a value for the alert. Tap ◀ to save settings. 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 10 minutes whilst you appear to be inactive.

### 2.10.4 SETTING LOW HEART RATE ALERT

Open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Heart Rate**. In the following page, turn on the switch for **Low Heart Rate Alert**. Tap **Limit Value** to set a value for alert. Tap < to save settings. After the feature is turned on, you will receive an alert on the smartwatch when the detected heart rate falls below the set value for 10 minutes whilst you appear to be inactive.

## 2.10.5 VIEWING HEART RATE

The smartwatch provides several methods to check heart rate.

- 1) View the heart rate in the watch home screen from the **Widgets** list.



- 2) Open the **Heart Rate** application on the smartwatch to view heart rate.



- 3) Check the heart rate using **One-Click Health Check** tile.
- 4) 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 whilst at the **Home** tab. Tap the card to view more analysis.
- 5) Open the App. Go to **My** tab. Tap **My Data**. Tap to view activity data, health data and workout records.

## 2.11 BLOOD OXYGEN LEVEL (SpO2)

Blood oxygen level (SpO<sub>2</sub>) is a percentage measure of the blood oxygen-carrying capacity of your blood and a vital physiological indicator of your respiratory system. To ensure accuracy of measurement, wear the smartwatch at least one finger above your wrist bone and make sure it is snug on your wrist. During the measurement, keep your arm and wrist still and wait patiently until the measurement finishes.

### 2.11.1 AUTOMATIC SpO2 MEASUREMENT

To set up automatic measurement for SpO<sub>2</sub>, open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Blood Oxygen**. In the following page, turn on the switch for **Automatic Blood Oxygen Measurement**. Tap **<** to save the setting.

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

Automatic SpO<sub>2</sub> measurement will increase battery consumption with your smartwatch.

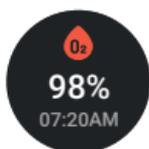
## 2.11.2 SETTING LOW SpO2 ALERT

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

## 2.11.3 VIEWING SpO2

The smartwatch provides several methods to check blood oxygen level.

- 1) View the blood oxygen level in the watch home screen from the **Widgets** list.



- 2) Open the watch **SpO2** application on the smartwatch to view SpO2.



- 3) Check the blood oxygen level using **One-Click Health Check** tile.
- 4) View the **Blood Oxygen** card in the **Home** tab in the Ryze Connect App. Sync the watch data to the App by swiping down the phone screen whilst in the **Home** tab. Tap the card to view more analysis.
- 5) Open the App. Go to **My** tab. Tap **My Data**. Tap to view activity data, health data and workout records.

## 2.12 STRESS

Stress is an indicator of your physiological strain. The smartwatch can measure your stress level by way of calculating a stress score through the analysis of heart rate variability (HRV) and other physiological data. A stress score ranges from 1 to 100. The lower the score, the lower your stress level. Stress scores are colour coded into four stress zones, namely the relax, normal stress, medium stress and high stress zones. To ensure accuracy of measurement, wear the smartwatch at

least one finger above your wrist bone and make sure it is snug on your wrist. During the measurement, keep your arm and wrist still and wait patiently until the measurement finishes.

## 2.12.1 AUTOMATIC STRESS MONITORING

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

Please take note that automatic stress monitoring will increase battery consumption of your smartwatch.

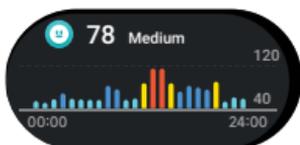
## 2.12.2 SETTING HIGH STRESS ALERT

Open the Ryze Connect app, go to **Device** tab. Tap **Health**. Tap **Stress Monitor**. In the following page, 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 smartwatch when high stress level is detected.

## 2.12.3 VIEWING STRESS LEVEL

The smartwatch provides several methods to check stress level.

- 1) View the stress level in the watch home screen from the **Widgets** list.



- 2) Open the watch **Stress** application on the smartwatch to view stress level.



- 3) Check the stress level using **One-Click Health Check** tile.
- 4) 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 whilst in the **Home** tab. Tap the card to view more analysis.
- 5) Open the App. Go to **My** tab. Tap **My Data**. Tap to view activity data, health data and workout records.

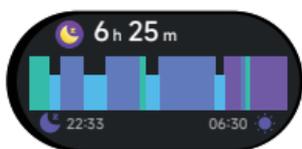
## 2.13 SLEEP MONITORING

To monitor sleep quality, enable the feature and wear the smartwatch while you are sleeping. To enable the feature, open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Sleep Monitoring**. Turn on the switch for **Sleep Monitoring**.

Please take note that sleep monitoring will increase battery consumption with your smartwatch.

The smartwatch provides several methods to check sleep quality.

- 1) View the sleep data in the watch home screen from the **Widgets** list.



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



- 3) View the **Sleep Cycle** card in the **Home** tab in the Ryze Connect App. Sync the smartwatch data to the App by swiping down the phone screen whilst 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.
- 4) Open the App. Go to **My** tab. Tap **My Data**. Tap to view activity data, health data and workout records.

## 2.14 BREATHING EXERCISE

You can start a guided breathing session anytime on the smartwatch. Inhale and exhale to a set rhythm to help lower stress and practice mindfulness. To start a breathing exercise, open the **Breathe Training** application on the watch home screen. Follow the prompt to complete settings. Tap ► to start the session. Follow the onscreen breathing instructions. To exit the session, press the smartwatch button.



## 2.15 WEATHER PUSH

When the feature is enabled and your smartwatch is connected to the Ryze Connect App, the smartwatch will receive periodic weather push. The feature requires the App to be running in the background. To enable weather push, 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 screen to synchronise the setting with the smartwatch.

The smartwatch provides several methods to view weather information.

- 1) View the weather push/information in the watch home screen from the **Widgets** list.



- 2) View the weather push/information on the **Weather** tile.



- 3) Open the **Weather** application on the smartwatch. Swipe down the screen to view the weather forecast.



## 2.16 EVENT REMINDER

Set up a reminder and receive an alert with your smartwatch.

### Adding a reminder via the Ryze Connect App

Open the Ryze Connect App and go to the **Device** tab. Tap **Event Reminder**. Tap **+** at the upper right. Follow the on-screen instructions and complete the details and timing setting. Tap **Done** to save the setting. Tap **<** to return to the **Device** tab. Return to the **Home** tab and swipe screen to synchronise the setting with the smartwatch.

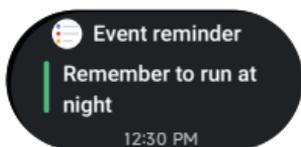
### Deleting a reminder via the Ryze Connect app

Open the Ryze Connect app and go to the **Device** tab. Tap **Event Reminder**. Swipe a set 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 smartwatch.

### Viewing Event Reminder on the watch

The smartwatch provides several methods to view event reminders.

- 1) View the event reminder in the watch home screen from the **Widgets** list.



- 2) Open the **Event Reminder** application on the smartwatch. Swipe up and down the screen to browse through the list of all 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.



## 2.17 MENSTRUAL TRACKER

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

To enable the tracker, open the Ryze Connect App and go to the **Device** tab. Tap **Health**. Tap **Menstrual Tracker**. Turn on the switch for **Menstrual Cycle**. Fill up relevant cycle information and set up timings by following the on-screen instructions. Tap ✓ at the upper right to save the settings. Return to the **Home** tab and swipe down the screen to synchronise the setting with the smartwatch.

The smartwatch provides several methods of checking menstrual cycle details.

- 1) Open the **Menstrual Tracker** application on the smartwatch. 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.

## 2.18 MUSIC CONTROL

You can control music playback on your connected smartphone from your smartwatch. 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**. Enable **Music Control**. Tap ◀ to save the setting. Return to **Home** tab and swipe down the screen to synchronise the setting with the smartwatch.
- 2) Open a music app on your smartphone and playback a song.
- 3) Press the smartwatch button to open the applications list on the watch home screen. Tap **Music**. Tap the on-screen buttons to pause, resume, adjust volume and skip play.



## 2.19 CAMERA CONTROL

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

### Operating the camera with the smartwatch

- 1) Open the camera App on your smartphone. Choose your camera and image settings.
- 2) Press the smartwatch button to open the application lists on the watch home screen. Tap **Camera Control**. Tap the camera icon to take a photo with your connect smartphone camera.



## 2.20 FIND PHONE

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

### There are two methods to enable this feature.

- 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 smartwatch button to open the applications list on the watch home screen. Tap **Find Phone**. Tap **>** to start searching. Tap **■** to stop searching.



## 2.21 ALARM

### Setting an alarm with the smartwatch

- 1) Press the smartwatch button to open the applications list on the watch 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 only 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.



#### **i** NOTE

An alarm set via the Alexa can only be deleted with the Alexa application.

### 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 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 in the following screen, tap on the bin icon.

## 2.22 STOPWATCH

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

- 1) Press the smartwatch button to open the applications list on the watch home screen. Tap **Stopwatch**.
- 2) Tap **▶** to start or resume the stopwatch.
- 3) Tap **⏸** to stop the stopwatch.
- 4) Tap the clock icon to record a lap time. Swipe the screen to scroll through lap times.



## 2.23 TIMER

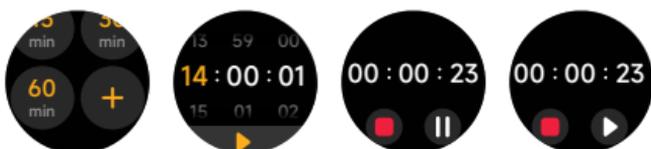
You can set a timer with preset duration or customised duration on the watch.

### Setting a preset timer

- 1) Press the smartwatch button to open the applications list on the watch home screen. Tap **Timer**.
- 2) Swipe the screen to view options. Tap on a preset time to start a timer. Tap **⏸** to pause timing. Tap **▶** to resume timing. Tap **■** to stop timing.

### Setting a customised timer

- 1) Press the smartwatch button to open the applications list on the watch home screen. Tap **Timer**.
- 2) Swipe down the screen. Tap **▶** to set a customised duration. Swipe the screen to adjust time settings and then tap **▶** to start timing. Tap **⏸** to pause timing. Tap **▶** to resume timing. Tap **■** to stop timing.



## 2.24 WORLD CLOCK

Setting the clock with the Ryze Connect App

- 1) Open the Ryze Connect app and go to the **Device** tab. Tap **More Settings**. Tap **World Clock**. Tap **Add**. Tap to select a city. Tap **◀** at the upper left to save the clock setting.
- 2) To modify a clock setting, tap **Edit**. To delete a clock setting, swipe the clock tab to the left and then tap the bin logo. Tap **Done** to save the setting.

### Viewing world clock with the smartwatch

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



### 3.0 RYZE CONNECT APP

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

It is recommended that you connect your smartwatch to the App as frequently as possible for the best smartwatch user experience.

From time to time, we will add improvements to the smartwatch and enhance App functionality. For the latest updates on our products including this manual, please visit [www.ryzeabove.com.au](http://www.ryzeabove.com.au) and [www.ryzeabove.co.nz](http://www.ryzeabove.co.nz)

### 3.1 SYNCING WITH THE SMARTWATCH

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 smartwatch 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 SMARTWATCH SOFTWARE

It is recommended that you check the App regularly for software updates with the smartwatch. To check for updates and install them, please follow the steps below:

- 1) Ensure that the smartwatch battery level is more than 30%. If not, please recharge the smartwatch.
- 2) Keep your smartwatch and smartphone close to each other and ensure that they are still.
- 3) Open the Ryze Connect App and go to the **Device** tab. Ensure that your smartphone and smartwatch are connected via Bluetooth. Tap on the watch icon. 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 SMARTWATCH

Open the Ryze Connect App and go to the **Device** tab. Tap on the watch icon. 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 smartwatches of family members to set goals and monitor health and fitness activities of each family member 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. Tap **Use by a Family Member** at the top of the screen. 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 smartwatch that you wish to pair close to your smartphone. Go to the **Device** tab. Tap **+** at the upper right. In the following screen, tap on a family member icon along the top. Tap a device to connect in the **Found** list. Follow the prompt instruction and select **Finish** to complete 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 smartwatch 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 smartwatch, 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 fitness goal for the connected smartwatch, scroll down and tap **Set fitness goals**.

### 3.5 THIRD-PARTY APPS 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 **My** 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 **My** tab. Tap **Data Sharing** and Authorisation. Tap **Google fit**. Follow the prompts to complete the process.

#### 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 **My** tab. Tap **Data Sharing and Authorisation**. Tap **Apple Health**. Follow the prompts to complete the process.

#### 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 **My** tab. Tap on **My Medals**.

### 3.7 UPDATING THE APP

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

### 3.8 USER PROFILE SETTINGS

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

To make changes to the user profile, open the App and go to **My** tab. Tap on **User Profile Image** at the upper 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 **My** 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 email account

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

#### Changing account password

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

#### Cancelling account

Open the Ryze Connect App. Go to **My** 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 **My** 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 **My** 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 **My** tab. Tap **Settings**. Tap **Sign Out**.

## 4.0 SPECIFICATIONS

<b>Display</b>	1.38-inch TFT LCD
<b>Display Resolution</b>	240 x 240
<b>Battery Capacity</b>	300mAh
<b>Rated Input</b>	5V= 0.5A
<b>Charging Time</b>	Approximately 2.5 hours for a full charge
<b>Battery Life*</b>	Up to 7 days
<b>Ingress Protection</b>	IP68 2ATM
<b>Wireless Connectivity</b>	Bluetooth 5.3 BLE
<b>Satellite Positioning</b>	GPS / GLONASS / BDS / GALILEO
<b>Bluetooth Frequency</b>	2402MHz – 2480 MHz
<b>Watch Dimensions</b>	263.2mm (L) x 51.4mm (W) x 12.2mm (T) (including straps and protrusions)
<b>Watch Strap Width</b>	22mm
<b>Watch Strap Length</b>	122mm/83mm
<b>Wrist Circumference</b>	140mm - 205mm
<b>Compatibility</b>	Android 6.0 and iOS 9 versions and above
<b>Sensor</b>	Heart rate sensor, accelerometer, gyroscope, ambient light sensor
<b>Operating Temperature</b>	-10°C to 40°C
<b>Charging Temperature</b>	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 Ryze smartwatch or other properties and invalidate warranty.

- The Ryze Trek 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, and monitoring or prevention of other health conditions. Always consult your doctor for health and medical advice.
- Do not place the smartwatch and its accessories near extreme temperatures to prevent smartwatch failure, fire or explosion.
- Do not use the smartwatch in saunas, hot springs, deep dives or high temperatures and high humidity environments.
- Do not subject the smartwatch and its accessories to sharp objects, impact and shock to prevent damage.
- Do not attempt to disassemble, modify or repair the smartwatch or its accessories to avoid damage and injury.
- Before charging, use a clean cloth to wipe clean and remove any residual sweat or moisture on the smartwatch contact pins.
- Keep the magnetic charging contacts and charging port dry, clean and away from conductive materials such as metal powders, pencil leads and liquids to prevent short circuits.
- Charge the smartwatch with a genuine Ryze charging cable for Ryze Trek and 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 smartwatch whilst charging. The smartwatch 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 smartwatch to cool down completely before wearing it.

- Keep the smartwatch 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 smartwatch and charging cable to high temperatures for a prolonged period.
- If you find the smartwatch particularly uncomfortable to wear, please either adjust the watch strap or take it off.
- Clean and dry the smartwatch if it is exposed to fresh water and after workouts or heavy sweating. Wearing dirty, wet straps can cause skin irritations.
- Some users may experience skin irritation after prolonged use of the smartwatch, especially if one has sensitive skin or allergies. If you experience any skin irritation, please stop wearing the smartwatch.
- If necessary, use only soap-free cleanser for cleaning the smartwatch and let the smartwatch dry completely. Chemical cleaners and solvents can cause damage to 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 alterations of the product, accident, misuse, abuse or neglect. In order 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. All costs involved in claiming this warranty, including the cost of the retailer sending the product to Directed Electronics, will be borne by you.

**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 unauthorized 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, including 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 undertake any risk that you or property, or the person or property of others, may be subject to injury or loss if such an event occurs. The allocation of such risk 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 that are 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 use of or exposure to any content posted, emailed, accessed, transmitted, or otherwise made available via Ryze.

Ryze liability for damages, especially for breach of duty or obligation, delay in performance, non-performance, or mal performance 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 case. Should the claim for damages be based on wilful 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 wilful or intentional misconduct.





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