



SMART WATCH USER GUIDE

CNE-SB11BB





Activate the device by briefly clicking the Touch Button.

To use the watch conveniently and effectively, download the Canyon Fit app, by scanning the QR code in the guide or below:



CAUTION!

The navigation and option selection principle is similar for the whole menu. For all the guide sections, briefly clicking the Touch Button is for switching, and pressing and holding the Touch Button is for selection. In all the guide schemes this is marked by a single or a double arrow symbol.

This watch does not have a Touch Screen, that is why the only sensitive element on the screen is the Touch Button. The Touch Button is used for all actions - briefly clicking or pressing and holding the Touch Button.

The presence of various sensors in the watch does not guarantee the accuracy of the physical measurements and can only serve as an approximate measure of the stated physical variables.

These devices are not designed to give absolute physical measurements.

MAIN MENU

FIG. 1
Main menu

The main screen displays the time and date.

Available options are as follows:

1. Main screen. It displays the time, the date as well as the battery charge level.

2. Steps. This screen displays the number of steps made during the day. The steps are counted by means of an integrated pedometer, i. e. a special sensor, which is sensitive to arm motions.

3. Distance. This screen displays the distance traveled. Values are calculated based on the pedometer readings using a pre-set mathematical model.

4. Calories. This screen displays burned calories. Values are calculated based on pedometer readings and using a pre-set mathematical model.



→ Touching the button

MAIN MENU

FIGURE 2.
Health menu

5. Health. This is the main menu option for monitoring of the pulse rate and the blood oxygen level.

To start measurements, press and hold the Touch Button.

The pulse measurement screen appears. Here, the last measured pulse rate value will be displayed. To start the pulse rate measurement procedure, stay on this screen for approximately 20 seconds. After a short period, the first measured values will appear on the screen, which then gradually begin to change until the value stabilizes.

Your watch has an integrated heart rate monitor, which operates based on the infrared photoplethysmography (PPG) principle. For more accurate measurements, make sure that the back watch surface fits snugly against your arm. Try to make measurements in a relaxed sitting position, bending the arm, so that the watch is in a position 1.5-2 cm above the elbow level.

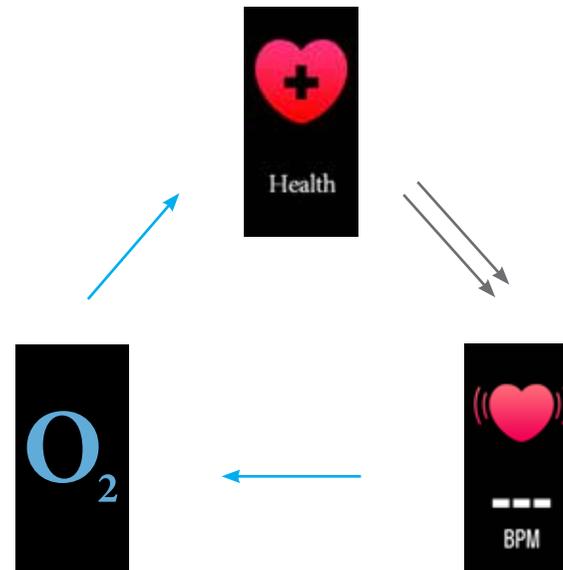
A brief click on the Touch Button after or without waiting for the end of the pulse measurement will take you to the next submenu: measurement of the **blood oxygen level**.

To complete the measurement, do not exit this screen for approximately 20 seconds.

By briefly clicking the Touch Button, will then allow you to return to the Main Health Menu and select the next Main Menu item.

The Main Health Menu is schematically shown in Fig. 2

6. Sleep. The total duration of sleep is displayed. Your sleeping and waking times are registered by the integrated G-Sensor and heart rate monitor, which are sensitive to the absence of active movements and heart rate changes.



—————→ Touching the button

=====> Holding the button

Caution!
Pulse rate readings are informational only, can differ from actual values and shall not be used for medical diagnosis.

SPORTS SUBMENU

FIGURE 3.
Sports submenu

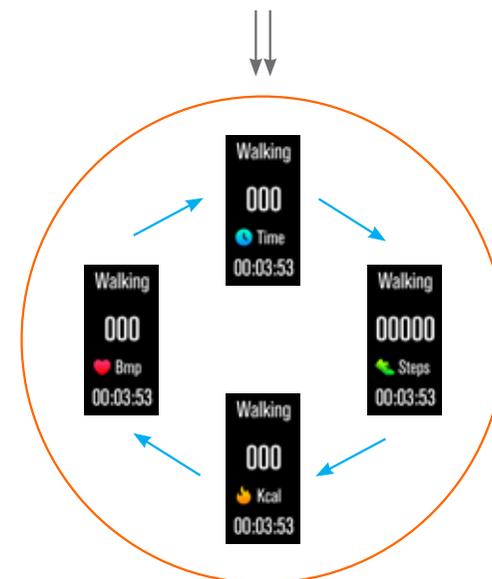
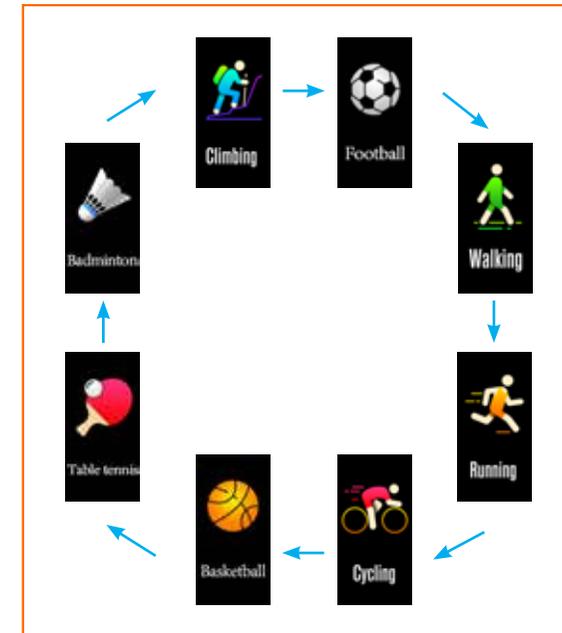
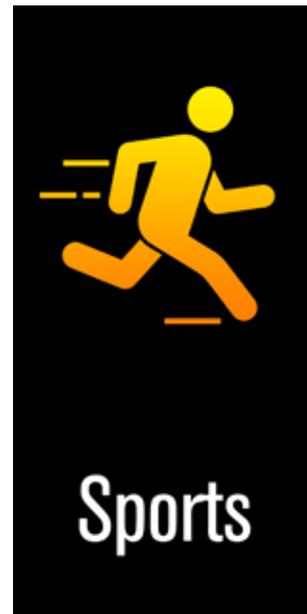
7. Sports. This menu item is the main submenu for practicing various sports and tracking the results. To select the type of training and start training, press and hold the touch button. A training submenu opens showing the type of workouts that can be selected. Schematically, the "Sports" submenu is depicted in Figure 3

The first screen in the Sports submenu is the Walk screen. If you then press the Touch Button, other training modes will be displayed and will change until the user selects one of the types of training

If the user does not wish to select any of the training modes, to discontinue scrolling through the whole list, you can return to the main menu by briefly clicking the Touch Button

To select one of the training modes, press and hold the Touch Button.

After entering the sports menu, the training mode will start with the measurement of the following: the duration of the training, the pulse readings, the number calories burned, the distance, etc., depending on the type of training chosen. You can see the results of the training by "toggling through" the screen with short clicks of the touch button - your results (calories, pulse, distance and steps) will each be displayed in turn on the screen.



- Touching the button
- Holding the button

MAIN MENU

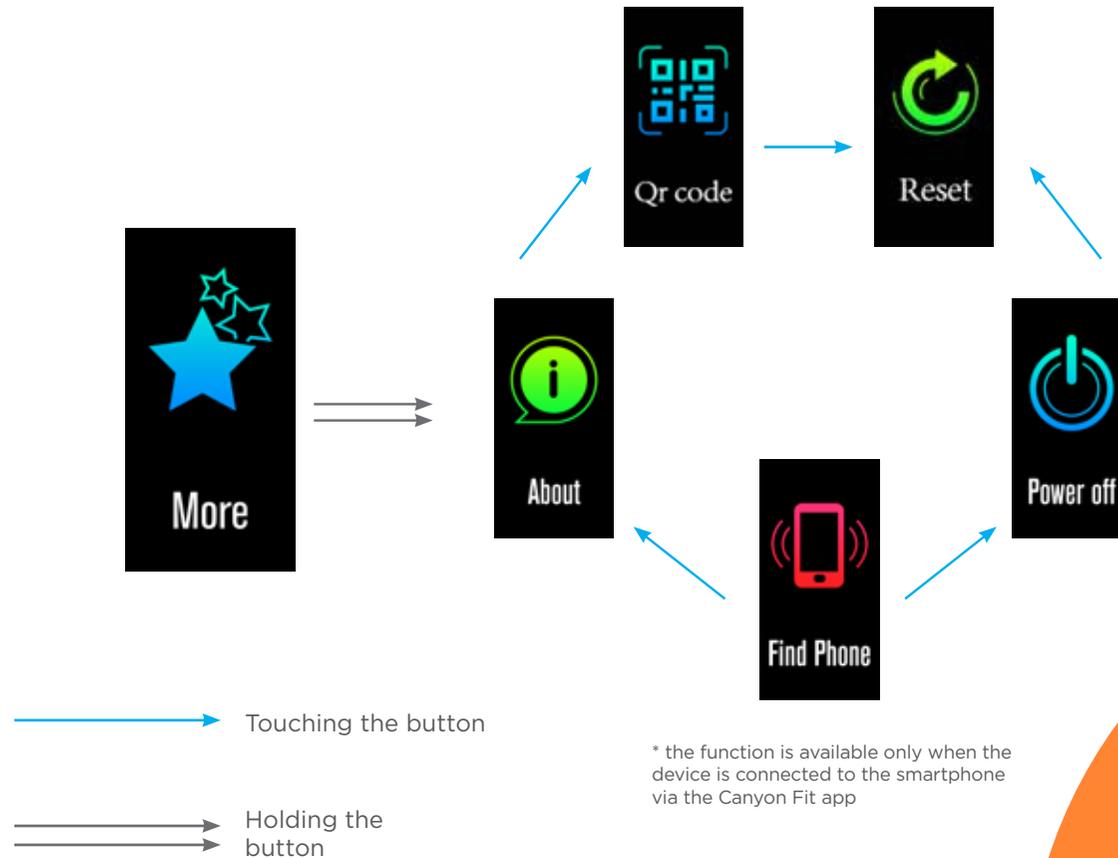
FIGURE 4.
Additionally submenu

8. Messages. This section collects all notifications about calls and messages on the phone. To view received notifications, enter the submenu by clicking and holding the Touch Button. You can view the notifications by means of briefly clicking the Touch Button. The last click will bring you to the main menu.

9. Additionally. In this submenu, you can select the Find Phone* function, read the device information, download Canyon Fit app using the QR code, as well as reset device settings to the default factory settings or switch off the device.

The additional submenu is shown in detail in Fig. 4

Remote camera. To use this function, switch on the remote camera control in the Canyon Fit app on your smartphone. After selection of this option, you can control remotely your smartphone camera. Make photos by short clicking the Touch Button.



The general arrangement of all screens and navigation principle are shown in Fig. 5.

Caution!
Notifications don't show the full text of messages. It's possible to read the message entirely only on the smartphone.

GENERAL ARRANGEMENT

FIGURE 5.
General arrangement of menu screens

