



# **SMART WATCH USER GUIDE**

CNS-SB41 BG/BR





Activate the device by short 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, short clicking the Touch Button is for switching / “toggling”, and long clicking 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.

# DEVICE USE:

The main screen displays the time and date, battery level, weather, and the Bluetooth activation icon.



FIGURE 1.

To change the screen view, press and hold the touch key. Three main screen views are available.

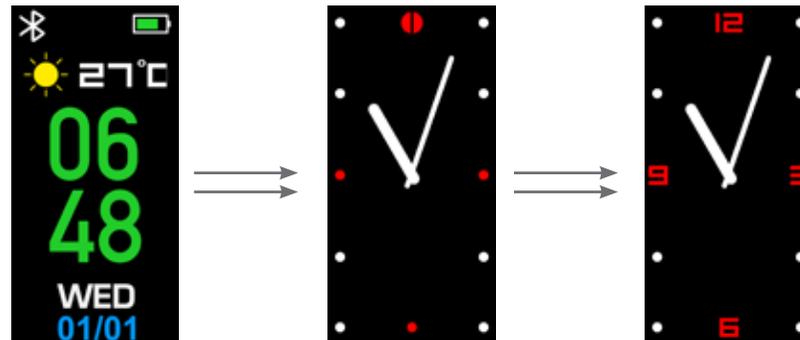


FIGURE 2.



## Important!

The main screen weather is displayed only when View 1 is selected and the watch is connected to the smartphone through the Canyon Fit program.

# MAIN MENU

Available main menu options are as follows:

**1. 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.

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

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

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

**5. Pulse.** 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.

**6. 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 by briefly clicking the Touch Button, the user can choose a sport for training.



**FIGURE 3**  
Main menu.

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

# SPORTS SUBMENU

FIGURE 4.  
Sports submenu

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 short clicking the Touch Button

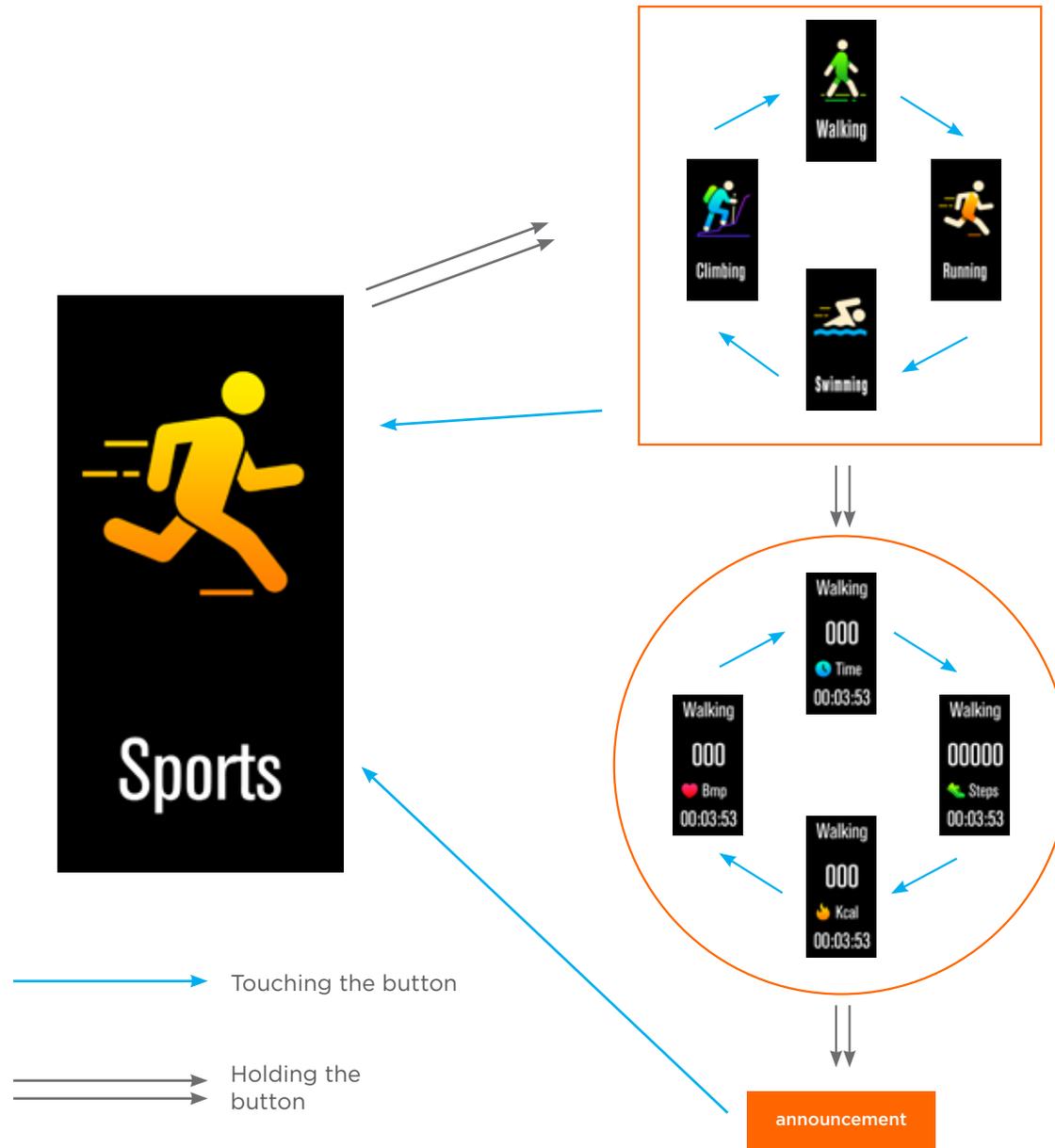
To select one of the training modes, press and hold the Touch Button.

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.

To end a workout and exit to the Sport submenu, press and hold the touch button.

Before returning to the main menu, you will see a message, which informs you that the training was successful or that your efforts were not sufficient to register results.

All training control version re shown in Fig. 4.



# MAIN MENU

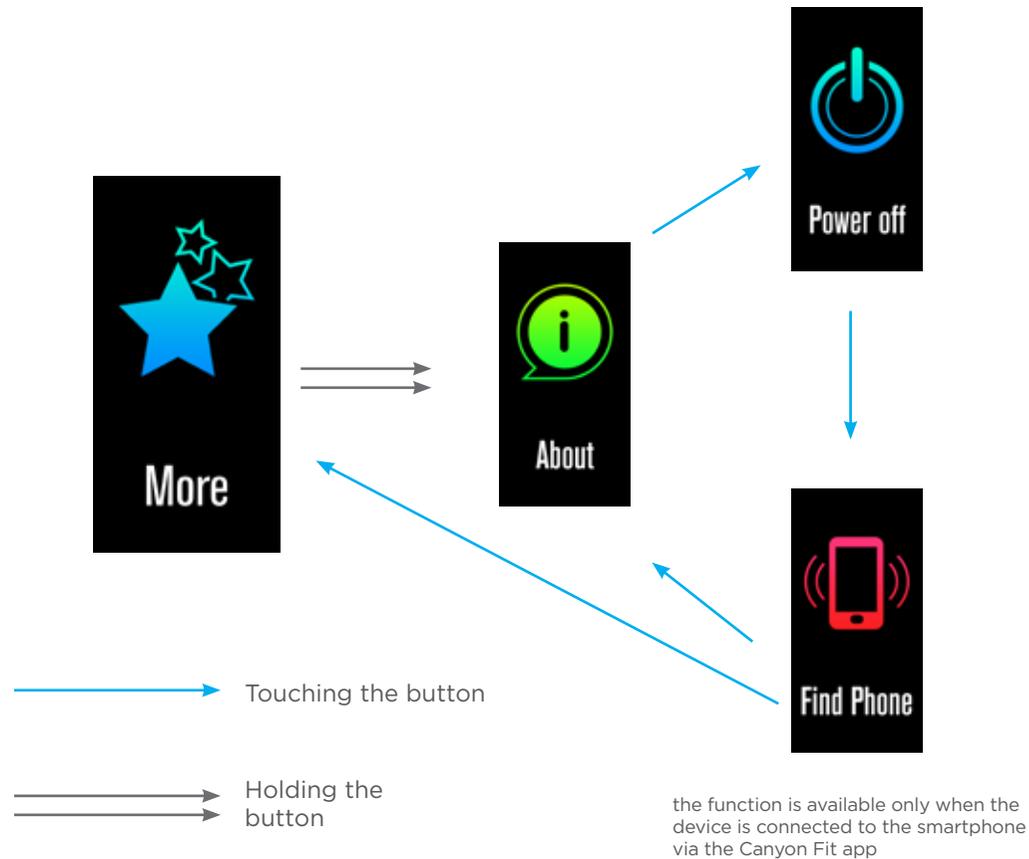
**FIGURE 5**  
Additionally submenu

**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 short 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. 5

In this watch model there is also the ability to remotely control the camera of the smartphone. 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 6.

**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 6.  
General arrangement of menu screens

