

## Dial style



### 3. Shortcut set

Swipe down on the main time interface to enter the shortcut interface. The specific functions are as follows:

**Do not disturb/Awake/About device/Set** (Bright, Awake, DND, QR code, About, Reset, Off--Swipe right to return to the upper level )



### 4. Pedometer, calories & distance ①

Steps, calorie burnt and distance will be shown on this interface.

### 5. Blood pressure monitoring ②

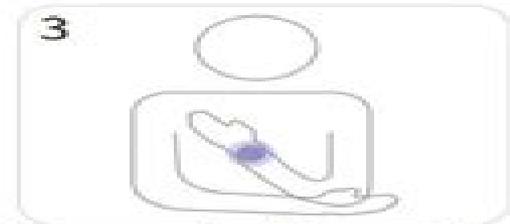
(1) Accurate measurement: blood pressure been measured through the air bag pressurization, means blood pressure value can be obtained more accurately. The specific steps are as follows: (Note: When the measurement fails, please wait 3 minutes and then measure again)



1 Install the watch completely



2 Wear the watch on your wrist



3 please make the watch at the same height as the heart



4 Airbag pressurization



5 follow the prompts to complete the measurement.

# Fmd Watch User Guide

**SJ Ball**



## **Fmd Watch User Guide:**

## Reviewing **Fmd Watch User Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Fmd Watch User Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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