

SKG Smart Watch

Quick Start Guide



Thanks for purchasing this product.
Please read the Manual carefully before use
and retain it for future reference.

Model	Color	Material	Weight	Dimensions
SKG-SW001	Black	Aluminum	45g	42mm x 42mm x 12mm
SKG-SW002	White	Aluminum	45g	42mm x 42mm x 12mm
SKG-SW003	Blue	Aluminum	45g	42mm x 42mm x 12mm
SKG-SW004	Red	Aluminum	45g	42mm x 42mm x 12mm
SKG-SW005	Green	Aluminum	45g	42mm x 42mm x 12mm
SKG-SW006	Pink	Aluminum	45g	42mm x 42mm x 12mm



Scan the QR code
for more product information.



Model: SKG-SW001

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Quick start guide

1. Product overview



Physical button location

- 1. Power button
- 2. Touchscreen

- 1. Power button
- 2. Touchscreen

2. Turning on/off

Press the power button to turn on/off the watch.



Press the power button to turn on/off the watch.

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Press the power button to turn on/off the watch.



App download and pairing

1. App download

Download the SKG Smart Watch app from the App Store or Google Play.



2. Pairing

Follow the steps to pair the watch with the app.

Screen operation

Touchscreen

- 1. Tap
- 2. Long press

Gesture

- 1. Swipe

Features

- 1. Heart rate monitor
- 2. Blood pressure monitor
- 3. Sleep monitor



Features

The SKG Smart Watch has many features, including heart rate monitoring, blood pressure monitoring, sleep monitoring, and more.

Care and maintenance

- 1. Clean the watch with a soft cloth.
- 2. Avoid contact with water.

快速入门指南

1. 产品概述



物理按钮位置

- 1. 电源按钮
- 2. 触摸屏

- 1. 电源按钮
- 2. 触摸屏

2. 开机/关机

按下电源按钮以开机/关机。



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APP下载与配对

1. APP下载

从App Store或Google Play下载SKG Smart Watch APP。



2. 配对

按照步骤将手表与APP配对。

屏幕操作

触摸屏

- 1. 轻触
- 2. 长按

手势

- 1. 滑动

功能

- 1. 心率监测
- 2. 血压监测
- 3. 睡眠监测



功能

SKG Smart Watch具有许多功能，包括心率监测、血压监测、睡眠监测等。

保养与维护

- 1. 用软布清洁手表。
- 2. 避免接触水。

快速入门指南

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- 1. 心率监测
- 2. 血压监测
- 3. 睡眠监测
- 4. 运动追踪
- 5. 天气显示
- 6. 来电提醒
- 7. 消息提醒
- 8. 闹钟提醒
- 9. 计步器
- 10. 卡路里消耗
- 11. 睡眠质量
- 12. 心率变异性
- 13. 呼吸训练
- 14. 冥想指导
- 15. 压力管理
- 16. 情绪追踪
- 17. 社交分享
- 18. 数据同步
- 19. 固件更新
- 20. 售后服务

Safety instructions

- 1. Read the manual carefully before use.
- 2. Do not use the watch in the shower or bath.
- 3. Do not use the watch while driving or operating machinery.
- 4. Do not use the watch if you are pregnant or breastfeeding.
- 5. Do not use the watch if you have a heart condition or other medical condition.
- 6. Do not use the watch if you are allergic to the materials used in the watch.
- 7. Do not use the watch if you are under the age of 18.
- 8. Do not use the watch if you are over the age of 65.
- 9. Do not use the watch if you are taking medication.
- 10. Do not use the watch if you are pregnant or breastfeeding.
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- 14. Do not use the watch if you are over the age of 65.
- 15. Do not use the watch if you are taking medication.

安全须知

- 1. 使用前请仔细阅读说明书。
- 2. 请勿在淋浴或洗澡时使用手表。
- 3. 请勿在驾驶或操作机械时使用手表。
- 4. 请勿在怀孕期间或母乳喂养期间使用手表。
- 5. 请勿在有心脏病或其他疾病的情况下使用手表。
- 6. 请勿对材料过敏者使用手表。
- 7. 请勿在18岁以下或65岁以上使用手表。
- 8. 请勿在服用药物的情况下使用手表。
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注意事项

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Android Instructions Manual

G Psacharopoulos



Android Instructions Manual:

The Complete Android Guide Kevin Purdy,2011-04 *The Rough Guide to Android Phones and Tablets* Andrew Clare,2012-05-03 The Rough Guide to Android Phones and Tablets is a must have introduction for anyone picking up a new Android device Written for the newest Android platform the book covers everything you need to know to make the most of your new device from the basics right through to advanced techniques and tricks We ve tried and tested thousands of apps across a full range of categories and bring you 100 of the best complete with codes you can scan into your Android device to grab the app straight from the book *Android Phones User Guide for Beginners* Alston Wallace,2021-07-28 The Ultimate Guide to Mastering an Android device for Beginners and Seniors If you re holding your shiny new Android smartphone and wondering how to get the most from it then you ve come to the right place There are different versions of the software there are plenty of different manufacturer skins layered over that Android core like those from Samsung or LG and there s a limitless level of customization you can apply from Google Play or other third party sources Very Few Android devices are alike but all Android devices have the same foundation So starting at the beginning here s a book to guide you on how to use your new phone It takes more than a good eye and an amazing tech knowledge to use android like a pro With the help of *Android Phones User Guide for Beginners* you ll find all the expert advice and know how you need to unlock your phone s capabilities to their fullest potential From working with the basics of setup and exposure to making sense of your camera s fanciest features and so much more Here s a preview of what you ll learn Learn the five basic options for setting up and customizing your phone How to use the find my phone feature How to backup your contacts Put your skills together to take excellent pictures To grab a copy please scroll to the top of this page and click the buy now button *The Rough Guide to Android Phones* Andrew Clare,2010-12-01 The Rough Guide to Android Phones is the ultimate guide for Android phone users Showing you all the tips and tricks that ensure your phone performs to its full potential There s even a complete lowdown on the hottest 100 Android apps The slick Rough Guide reveals the secrets of this up and coming mobile operating system covering models produced by Motorola HTC Samsung and many more From the basic questions like What is Android to making the most of its functionality this is the complete companion to your Android phone Whether you already have an Android phone or are thinking of buying one this is the gadget guide you need to make the most of your Android phone *Android 2.2 User's Guide* , *Android Unofficial Cheats, Hacks, Hints, Tips, And Tricks Guide* Trevor Clinger,2024-06-26 Discover the hidden potential of your Android device with *Android Unofficial Cheats Hacks Hints Tips And Tricks Guide* This comprehensive guide provides a treasure trove of practical techniques to optimize your Android experience From customizing your device s appearance and boosting performance to mastering productivity hacks and enhancing security this book covers it all With step by step instructions and detailed explanations you ll learn how to navigate the Android ecosystem like a pro Unleash the full potential of your Android device by learning how to maximize battery life utilize advanced features

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The Ultimate Guide to Android Photography StoryBuddiesPlay,2024-04-10 Unleash the creative photographer within you with the ultimate guide to mobile photography This comprehensive resource empowers you to transform your smartphone into a powerful tool for capturing stunning visuals Whether you re a complete beginner or looking to elevate your existing skills this guide provides everything you need to take pro quality pictures on your phone Master the Fundamentals Composition 101 Learn the art of arranging elements within your frame for impactful photographs Discover the Rule of Thirds leading lines and negative space to create visually compelling images Light The Key Ingredient Understand the power of natural and artificial light to set the mood and enhance your photos Explore techniques for capturing breathtaking landscapes in golden hour light mastering portraits with soft diffusion and working creatively with alternative light sources Conquer Different Subjects Dive into specific genres like capturing captivating portraits revealing hidden details with close ups or mastering the art of landscape photography with your smartphone camera Unlock Your Phone s Potential Pro Tips and Techniques Explore advanced mobile photography techniques like utilizing HDR mode mastering burst mode for capturing fleeting moments and unlocking creative possibilities with manual shooting options for the adventurous Essential Settings Delve into your camera app s settings and learn how to adjust exposure white balance and resolution to optimize your photos for any situation Steady Does It Discover the importance of camera shake prevention and explore using a tripod or other stabilization methods for crisp and clear photos especially in low light conditions Elevate Your Photography Journey Essential Accessories Learn how external lenses portable lighting kits and remote shutter releases can expand your creative horizons and enhance your mobile photography experience Safe and Responsible Practices Ensure your safety and the safety of others while capturing the world around you Explore responsible photography practices and ethical

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The book delves into Android Instructions Manual. Android Instructions Manual is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Android Instructions Manual, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Android Instructions Manual
- Chapter 2: Essential Elements of Android Instructions Manual
- Chapter 3: Android Instructions Manual in Everyday Life
- Chapter 4: Android Instructions Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Android Instructions Manual. This chapter will explore what Android Instructions Manual is, why Android Instructions Manual is vital, and how to effectively learn about Android Instructions Manual.

3. In chapter 2, this book will delve into the foundational concepts of Android Instructions Manual. The second chapter will elucidate the essential principles that must be understood to grasp Android Instructions Manual in its entirety.

4. In chapter 3, the author will examine the practical applications of Android Instructions Manual in daily life. This chapter will showcase real-world examples of how Android Instructions Manual can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Android Instructions Manual in specific contexts. The fourth chapter will explore how Android Instructions Manual is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Android Instructions Manual. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Android Instructions Manual.

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Android Instructions Manual Introduction

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