

YGYOFIT 907HR



User Manual
Version 1.0

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Get Started

Welcome to 907HR, an all-day companion that lasts 5+ days.

What's in the box

Your 907HR box includes



Fitness Tracker



Detachable Strap



charging cable

The detachable wristbands on 907HR come in a variety of colors and materials, sold separately.



Set up 907HR

Compatibility with Mobile



IOS 8.0 & above



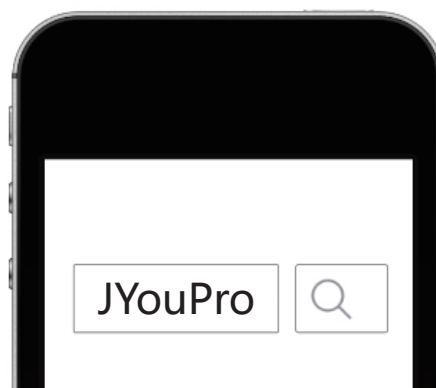
Android 4.4 & above

NOT SUPPORTED: Windows/ Amazon Kindle/ Amazon Fire/ PC/ Tablet/ Ipad/ Samsung J1 / J2 / J3 / J5 / J7

Download the APP

Search "JYouPro" App on the App store or Google Play store.

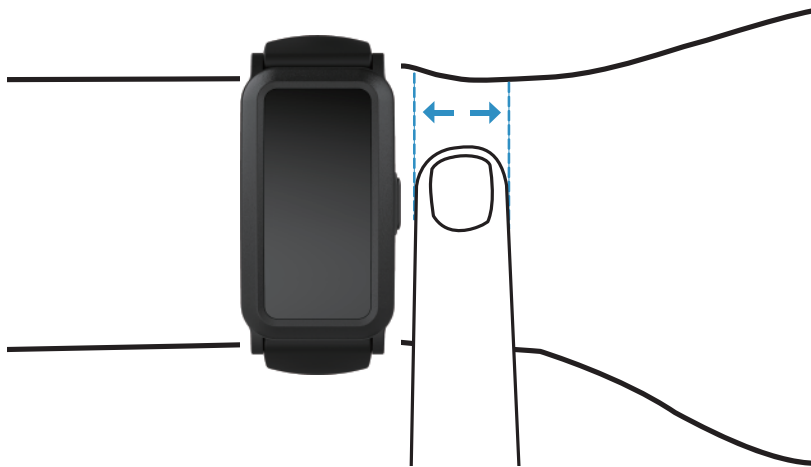
Or scan the QR code to download:



Wear 907HR

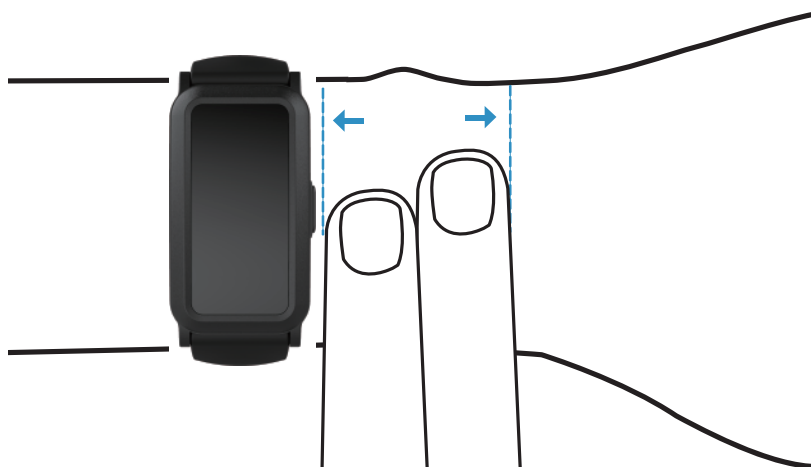
Placement for all-day wear vs exercise:

When you're not exercising, wear 907HR a finger's width above your wrist bone.



For optimized heart-rate tracking while exercising:

- Try wearing 907HR higher on your wrist during exercise for an improved fit and more accurate heart-rate reading.



- Make sure the tracker is in contact with your skin.
- Don't wear your tracker too tight, a tight wristband restricts blood flow, potentially affecting the heart-rate signal. The tracker should be slightly tighter (snug but not constricting) during exercise.

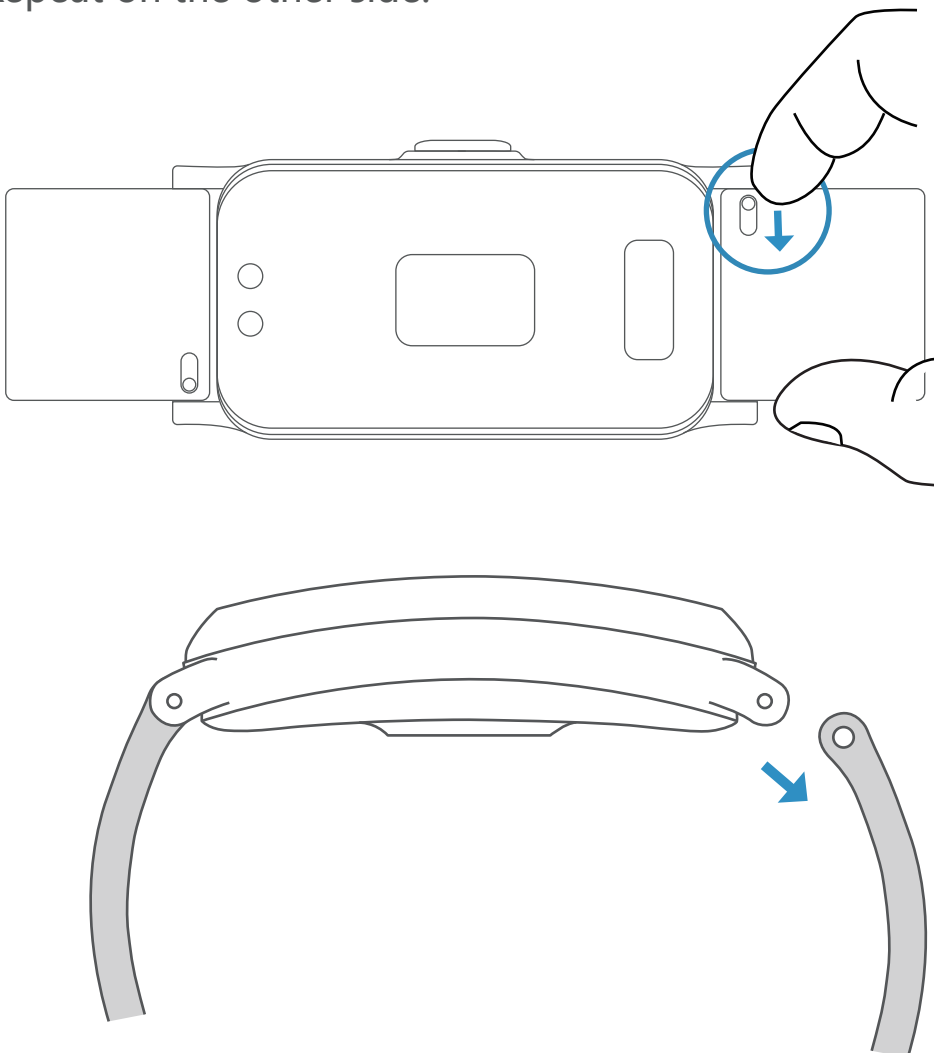
With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart-rate reading. If your tracker doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly.



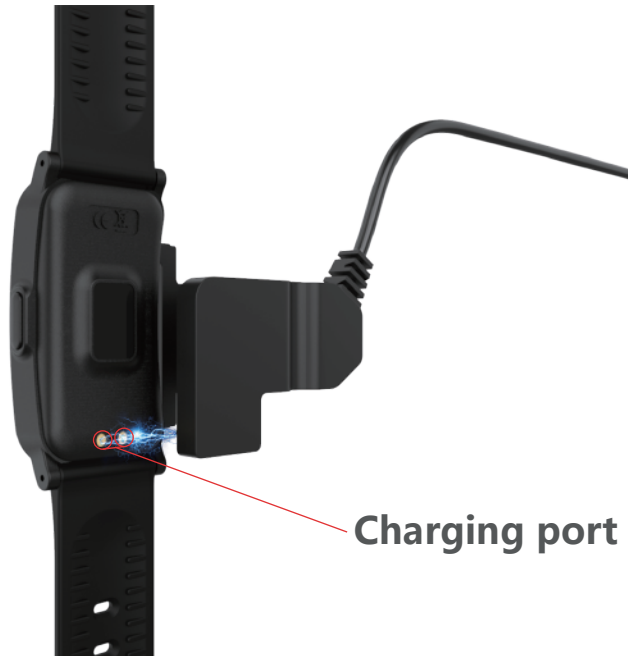
Change the wristband

To remove the wristband:

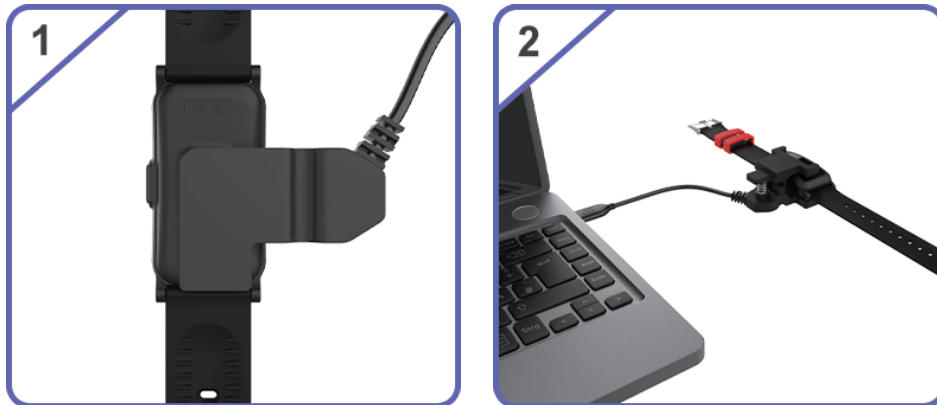
1. Turn over 907HR and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.
3. Repeat on the other side.



Charge your tracker



Please full charge your new device (2 hours) before initial use.




Connect the USB to a computer or a charger(not included).



Synchronization with App

Before connecting, make sure your device is powered on and your smartphone's Bluetooth is on.

Note: When you use it for the first time, please allow the app all permissions to avoid some features being restricted.

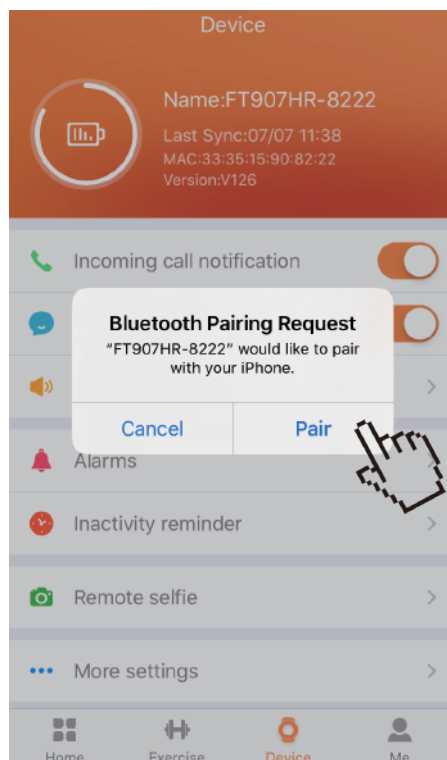
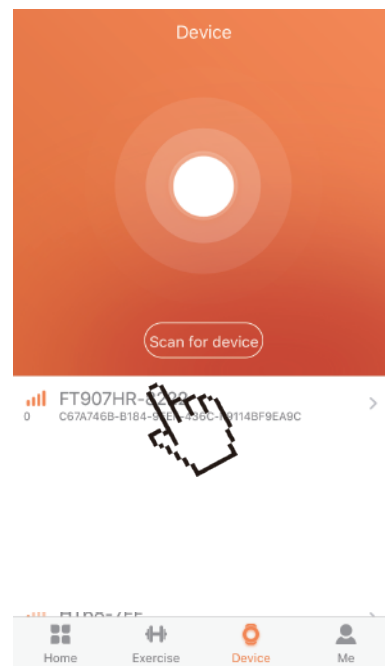
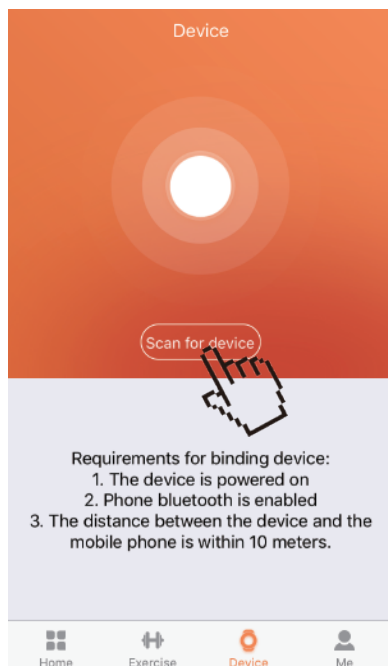
1). Connect the App with the device, go to the menu at the bottom of the screen, and click the icon "  " to enter the page of "Scan for device".

2). There you will see the devices that are ready to connect, once you have found your device, and tap to connect.

3). It will need few seconds for App and bracelet to synchronize data. If time synchronization failed, the data in device will reset, if successful, the data will be saved.

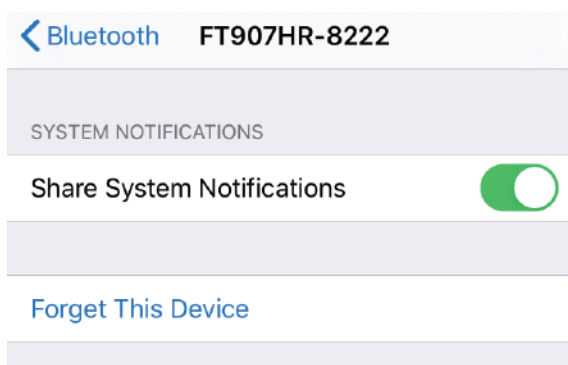
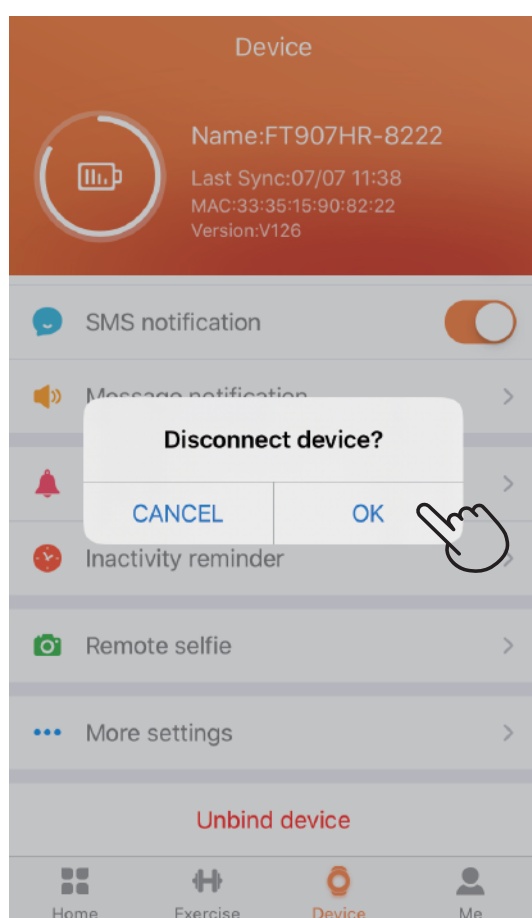


Note: Device must connect with App. Please don't pair directly by bluetooth on the phone. In iOS device you need to agree the pop up window message, click "pair", see the picture.



Disconnect from phone

Steps: Go to "JYouPro" APP → Device → Unbind device → Disconnect Device → OK



Change watch faces

In the tracker main interface, hold the button to change the theme interface.



style 1

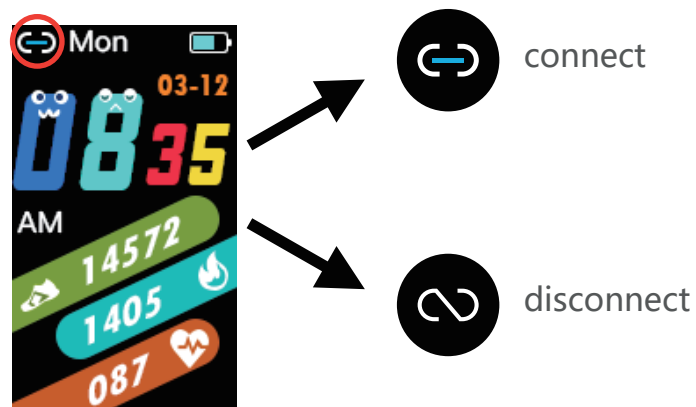


style 2



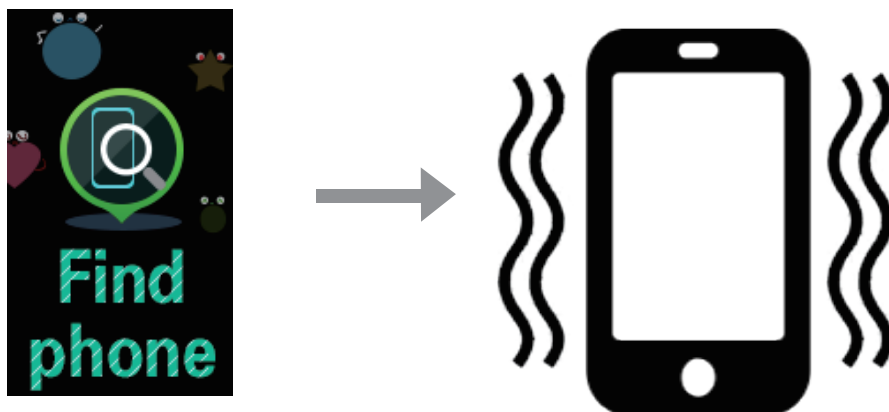
style 3

Check connect state



Find phone

- 1) Go to the Setting interface with the fitness tracker, hold the button to enter the stopwatch display and click the button again to switch to the Find phone interface.
- 2) Hold to enter and start to find the connected phone and it alerts by ringing.

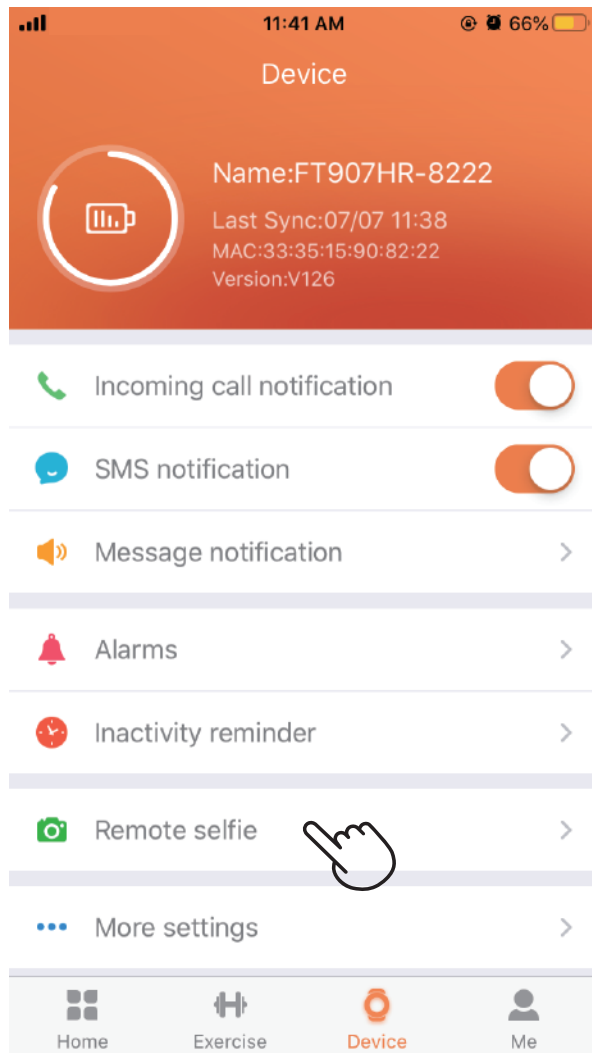


Remote shutter

Please turn on this function in app before taking photos.

Steps: Device → Remote selfie

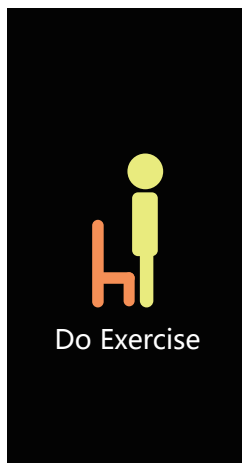




Click or shake off 907HR to take photos.

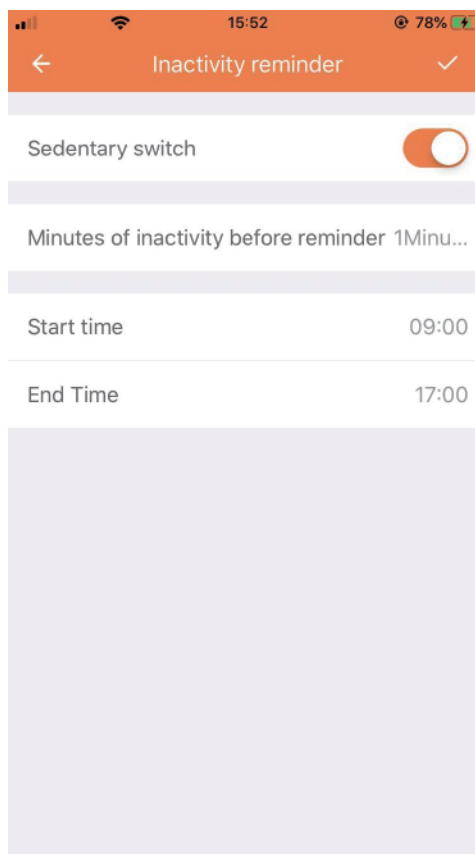
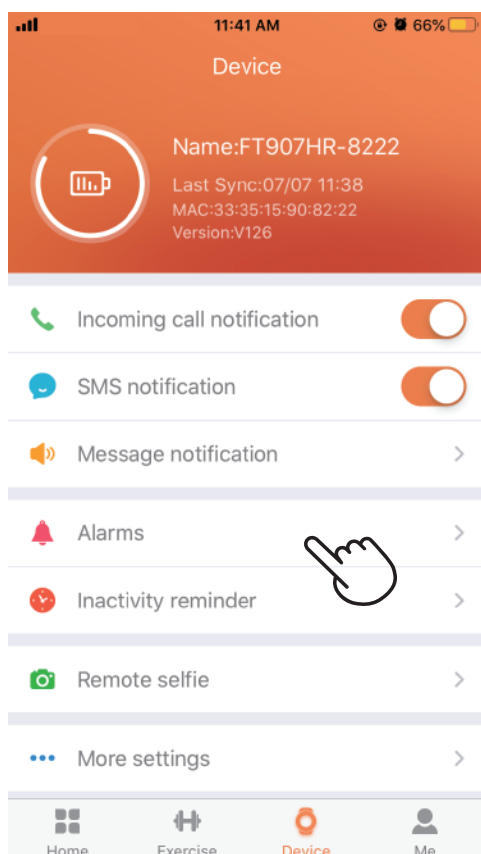


Sedentary reminder



Please turn on this function in app.

Steps: Device → Inactivity reminder → Set start/end time → Sedentary duration → Enable




Notifications

907HR can display call, text, SMS and app notifications from your phone to keep you informed. The phone and tracker must be connected with each other to receive notifications.

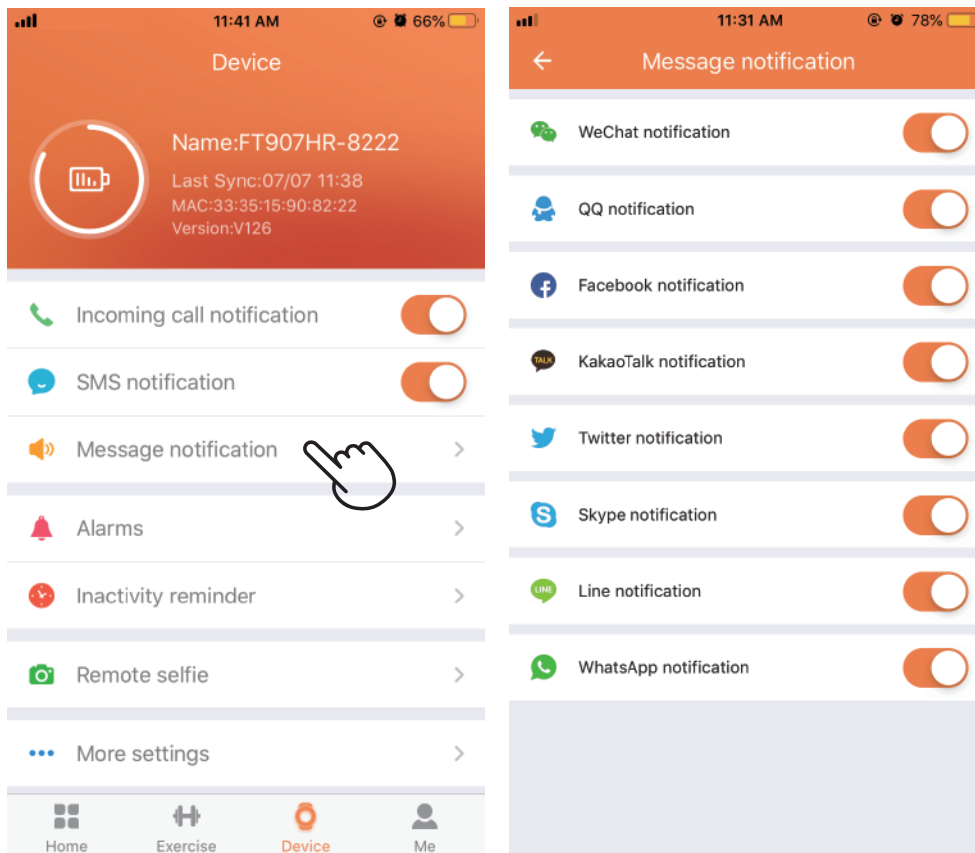
Set up notifications

Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications).

Then set up notifications:

1. With your tracker nearby, from the "JYouPro" app dashboard, tap the "" icon > Message notification.
2. Tap Notifications.
3. Follow the on-screen applications to open the message you want to receive.





See incoming notifications

When your phone and 907HR are within range, a notification causes the watch to vibrate.



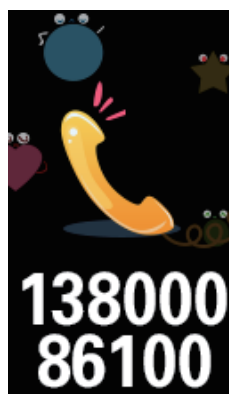
Reject phone calls

If paired to an iPhone or Android phone, you can choose mute state or hang up phone calls.

To let a call mute, tap the white button icon on your watch's screen.

The caller's name appears if that person is in your contacts list; otherwise you see a phone number.

To reject phone calls, hold the white button 3s on your tracker screen.



Timekeeping

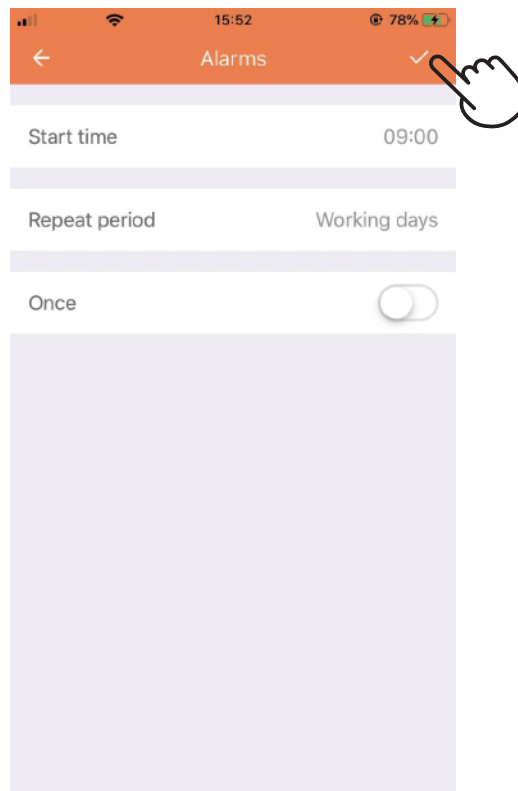
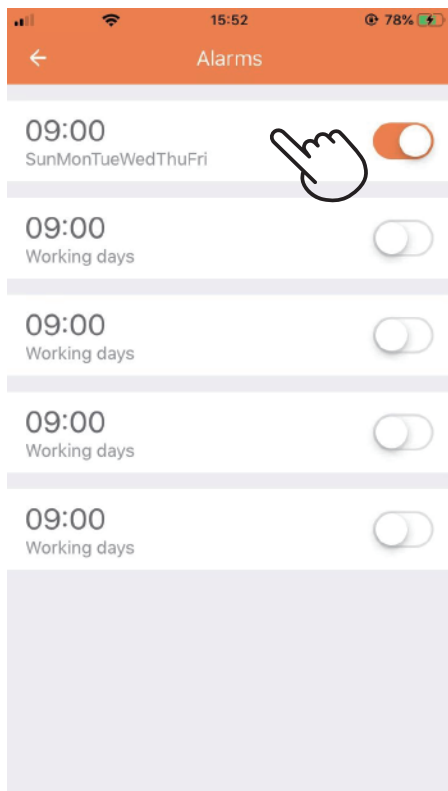
Alarms vibrate to awake or alert you at a time you set. Set up to 5 alarms to occur once or on multiple days of the week.

You can also time events with the stopwatch.

Set an alarm

Set, manage, and delete alarms in the app.

Set alarm steps: Go to "JYouPro" APP → Device → Alarm → Set time date → Click "√" .



Set a stopwatch

To use the stopwatch:

1. On 907HR, turn the setting interface, hold the button to enter.
2. If the tracker shows the stopwatch, tap the white button.
3. Tap the button to start the stopwatch.
4. Tap the button to stop the stopwatch.
5. Hold the button 3s to exit the stopwatch.



Activity and Sleep

907HR continuously tracks a variety of stats whenever you wear it. Data automatically syncs when in range of the JYouPro app throughout the day.

Track a daily activity

907HR tracks your progress toward a daily activity goal of your choice. When you reach your goal, the tracker vibrates and shows a celebration.



Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is 10,000 steps per day, choose to increase or decrease the number of steps.



Set a sleep goal

To start, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

Tips: 907HR only record sleep from 9:00PM - 8:00AM.

Set a bedtime reminder

The JYouPro app can set consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. You can choose to be reminded nightly when it's time to start getting ready for bed.

For more information, see the [Set an alarm](#).

Learn about your sleep habits

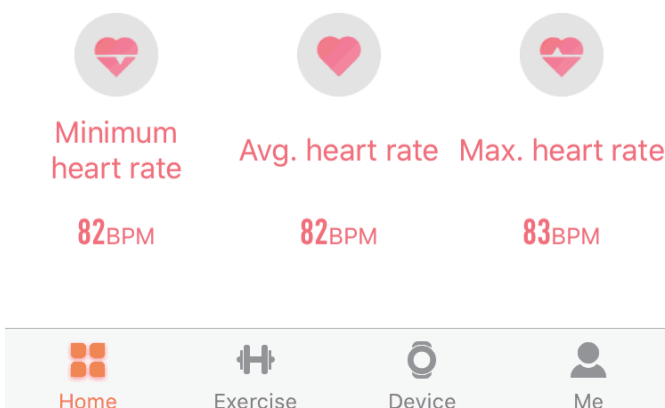
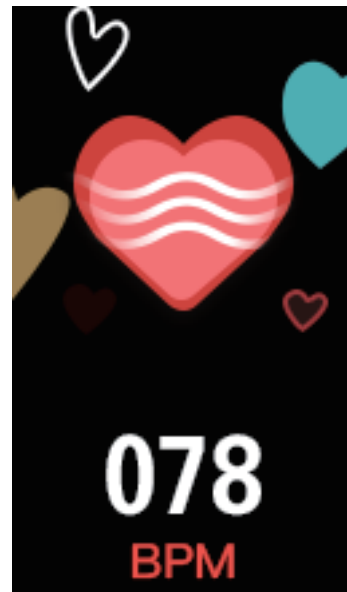
907HR track several sleep metrics including the time you go to bed, how long you're asleep, and your time spent in each stage.

Check your sleep with the JYouPro app to understand how your sleep patterns compare to your peers.



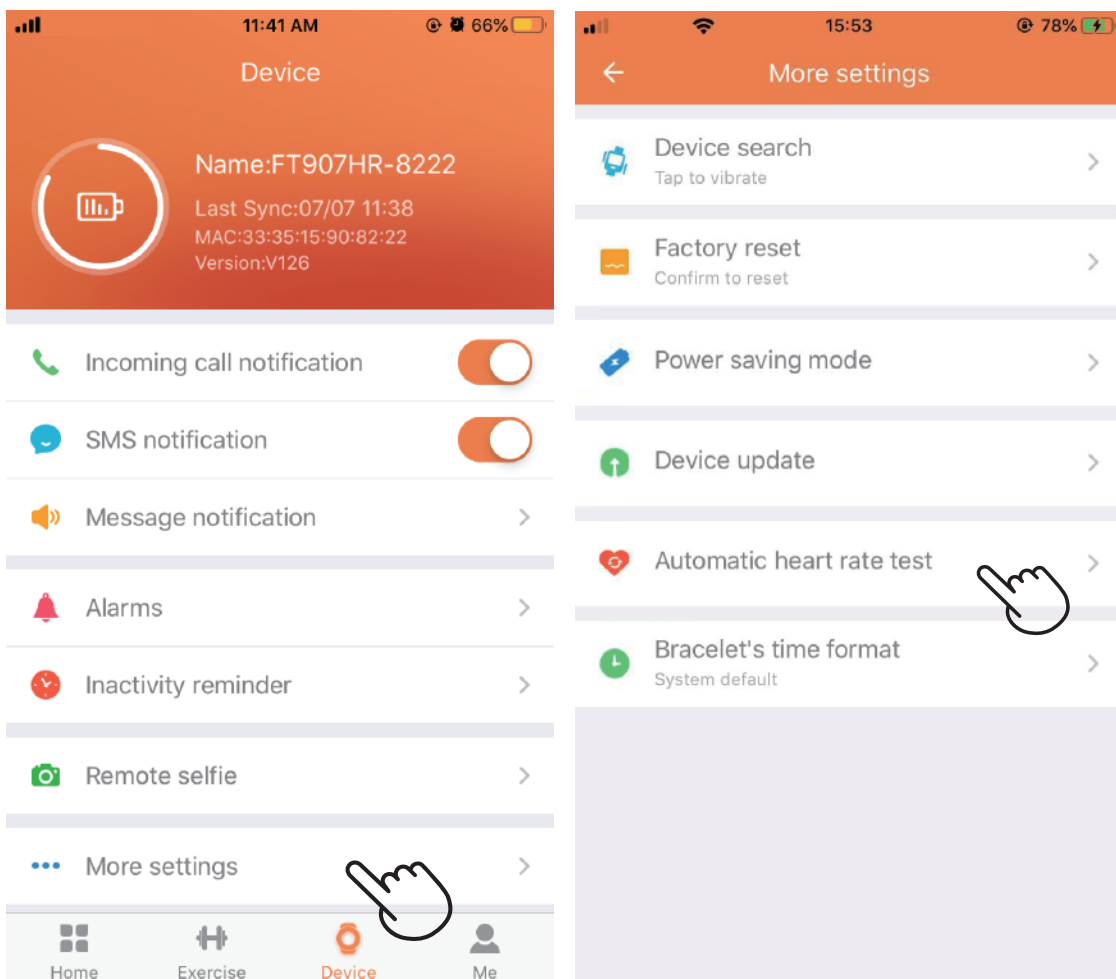
See your heart rate

907HR will measure the heart rate of the user in the heart rate measurement interface. After measurement, the result will be displayed.



Automatic monitoring of the heart rate

To set automatic monitoring of ON/OFF operation procedure:
Open JYouPro App → Device → More settings → Automatic heart rate test.



This functions can be turned on and off through APP setting. When this functions is on, tracker will conduct automatic monitoring on time(every 1 hour)and record the data, it will convey the data to the APP terminal.



Fitness and Exercise

Track and analyze exercise with the app

Track specific exercises with the app to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and route information if you used GPS, review your exercise history in the JYouPro APP.

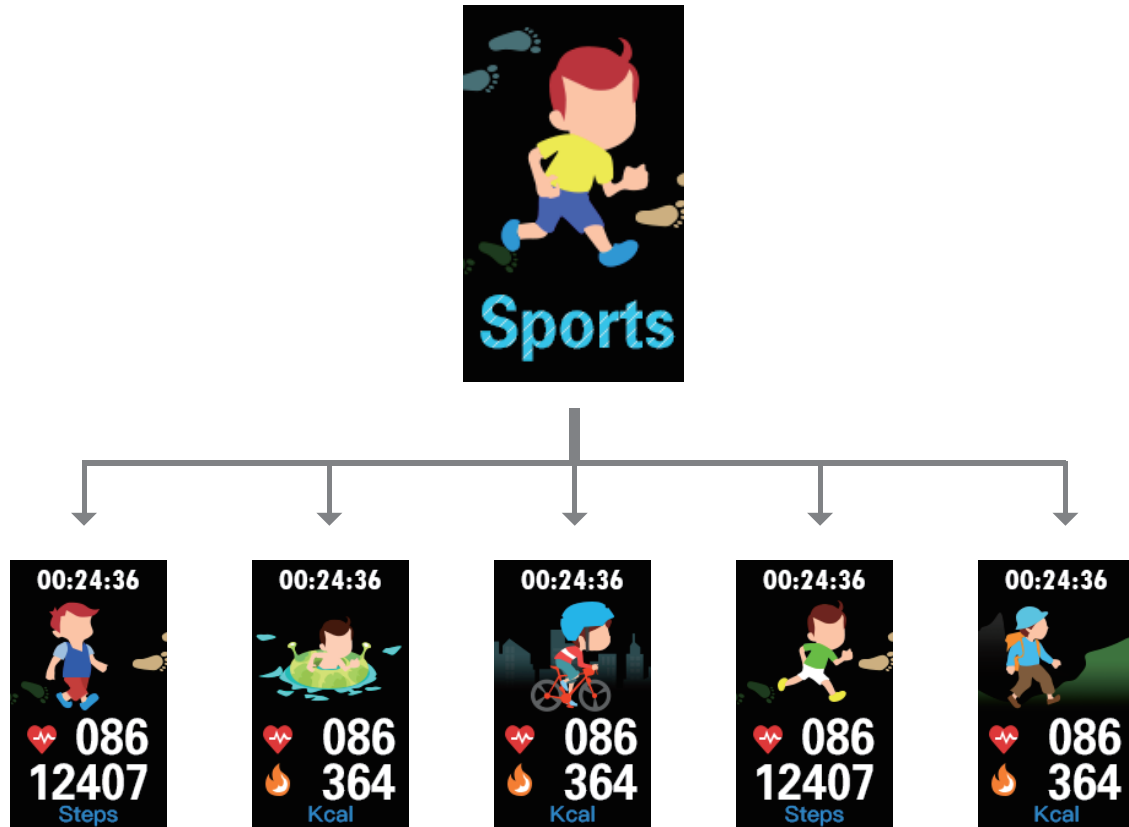
Track and exercise

To track an exercise

1. On your tracker, turn to sport, and hold 3s to enter sport mode.
2. In sports mode, there are 4 different sports modes to choose from (walk, run, cycling, climbing, swimming), tap the button to change mode, hold the 3s to activate the selected sport mode.



Note:907HR shows 5 sport modes in the APP .



Check your workout summary

After you complete a workout, 907HR shows summary of your sport data

Sync your app to save the workout in your exercise history, where you can find additional states and see your route and distance if you used connected GPS.



Restart and Erase

Some troubleshooting steps may require you to restart your tracker, while erasing it is useful if you want to give 907HR to another person.

Restart 907HR

To turn off your tracker, on your tracker, swipe to find "setting" (long press 3-5 seconds), enter interfaces, slide to "Power off" (long press 3-5 seconds).

In the off state, in hold 3s to power on.

Restarting your tracker reboots the device but doesn't delete any data.



Erase 907HR

If you give 907HR to another person or wish to return it, first clear your data.

Open JYouPro App → more device → Factory reset → Confirm.



Troubleshooting

Heart-rate signal missing

907HR continuously tracks your heart rate while you've exercising and throughout the day, if the heart-rate sensor on your tracker has difficulty detecting a signal, the green light on the back of the tracker will continue to flash continuously.

Next, please make sure you've wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the wristband 907HR should be in contact with your skin.

After holding your arm still and straight for a short time, you should see your heart rate again.



Other issues

2. If you experience any of the following issues, restart your device:

- 1) Won't sync;
- 2) Won't respond to button press;
- 3) Won't track steps or other data;

See "Restart 907HR" on how to restart your watch.

Return policy and warranty

To learn more about your smart watch and warranty. visit support@iyoyofit.com



Specifications

System requirements	IOS 8.0 or higher Android 4.4 or higher Support bluetooth 4.2 version
Bluetooth version	BLE 4.2
Resolution	128*220 RGB
Screen display	1.08 IPS
Battery capacity	90 mAh
Stand-by time	15 days
Operating days	4-5 days
Motor	Build in, vibrating reminde
Waterproof level	IP68
Sensor	G-sensor



Safety Notices

1. The wristband that comes with watch is made of a flexible, durable elastomer material similar to that used in many sports watches.

2. The buckle and frame on watch are made of stainless steel. While all stainless steel contains traces of nickel and can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in watch meets the European Union's stringent Nickel Directive.

3. Make sure the watch is not worn too tightly. The watch should be worn loosely and can be moved up and down the wrist.

4. Before putting the bracelet back on your wrist, make sure your skin is dry.

5. Please thoroughly rinse and dry before re-wearing if the watch strap is wetted - for example, sweating or getting wet after showering.

Note: Please remove your watch and consult your doctor before re-wearing if you experience redness, swelling, itchiness or any other irritation or discomfort on your skin around.

