

PRO / **fit**™

**SMARTWATCH WITH
WIRELESS EARBUDS**



USER GUIDE



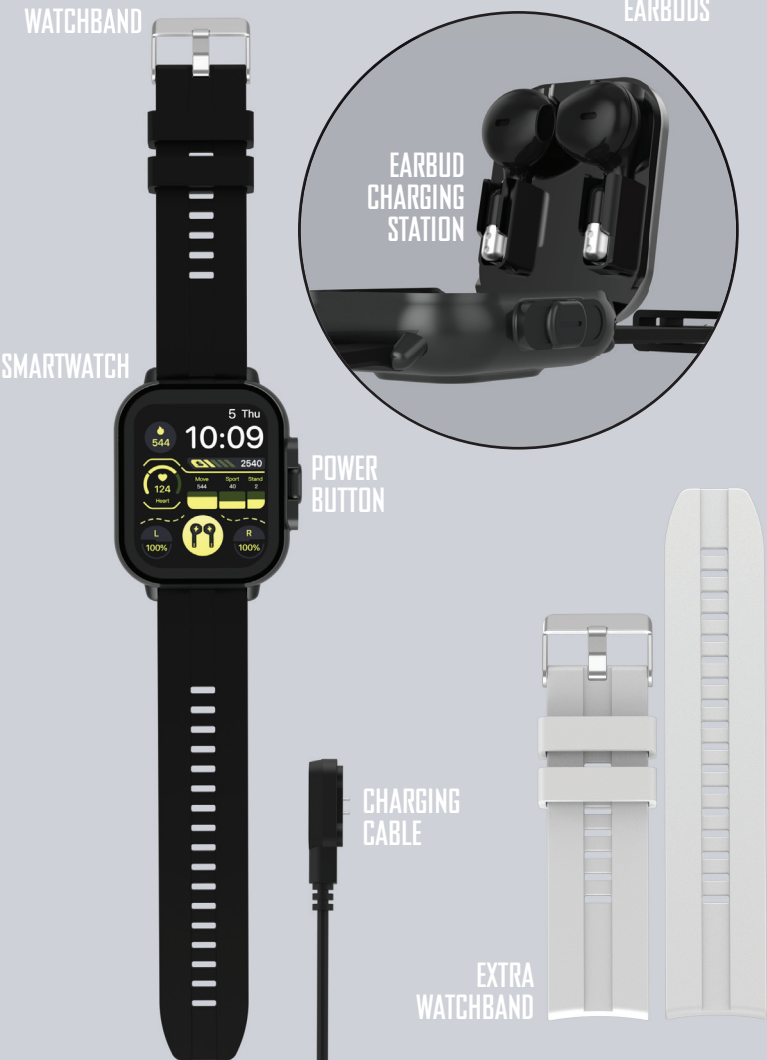
PRO-ACTIVE.
PRO-HEALTH.
PRO-FITNESS.

Congrats!

Introducing your new all-in-one training partner. The **PRO-fit™ 2-in-1 Smartwatch with Wireless Earbuds** is designed for fitness enthusiasts, offering real-time tracking and immersive audio while reducing the need for extra gear. Easily sync with iPhone® or Android devices to monitor your health metrics and daily progress through a companion app that keeps you focused.

Welcome to PRO-fit.

Let's get started!



BETTER RESULTS FOR YOUR FITNESS GOALS

WHAT'S INCLUDED

- PRO-fit Smartwatch with Earbuds
- 2 Watchbands
- Charging Cable
- User Guide

FEATURES

- Smartwatch with Built-In Earbud Charging & Storage Design
- Touch-Control Interface on Earbuds
- Companion Fitness App
- Cross-Platform Compatibility (iOS & Android)

CUSTOMER SUPPORT

If you have any questions about setting up this product, we are here to help. Call or email us, and an experienced customer support representative will be happy to assist you: 1-855-60-TZUMI or support@tzumi.com.

ASSEMBLING THE WATCH

1. Align one end of the watchband spring bar with the hole on the watchband arm.
2. Pull back the spring bar, and insert the other end of the watchband to fix the arm securely in place. You will hear a clicking sound.
3. Repeat these steps to attach the other watchband. You can also reverse the steps to remove or swap the bands.



CHARGING YOUR DEVICE

Charging the Smartwatch

- Connect one end of the included charging cable to the back of the watch and plug the other end into a USB power source.
 - a. As the watch charges, a battery indicator will display at the upper left part of the screen, along with the current time.

Charging the Earbuds

- Open the watch clasp and remove the protective film from the earbuds. Close the clasp with the earbuds inside.



CONNECTING YOUR DEVICE

Connecting to Bluetooth

The watch and earbuds need to be paired individually.

1. Press and hold the power button to turn the watch ON.
2. Activate your mobile device's Bluetooth function, search and select "**ProFit Smartwatch**" or "**ProFit Earbuds**" from your device's Bluetooth list, and follow the prompts to complete the pairing process. The display will show "Connected".

NOTES:

- After successfully pairing once, your devices will remember each other. No pairing will be needed next time.

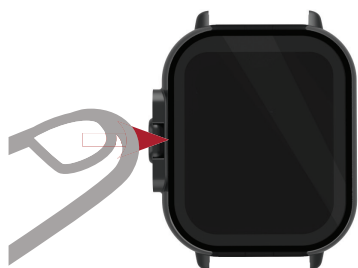
Downloading and Connecting to the App

- To download the app, scan the QR code on the watch interface when you turn it on for the first time. Alternatively, you can scan the QR code to the right. Then follow the prompts in the app to set up your smartwatch.

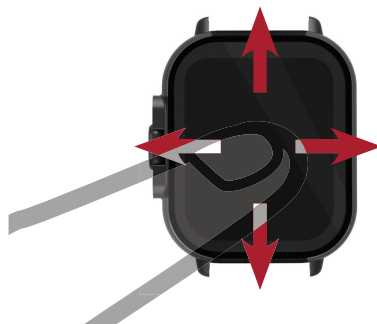


OPERATION GUIDE: SMARTWATCH

- Press and hold the power button to turn the watch ON/OFF.
- Press the power button for the screen to light up.
- Press the power button once to go to the home screen, and press again to go to the menu.



- Slide down for message notifications.
- Swipe up for the control center.
- Swipe right for the shortcut option.
- Swipe left for the function menu.
- Press and hold the screen to switch dials.



OPERATION GUIDE: EARBUDS



Both Earbuds:

- Tap once to play/pause music or to answer/end phone calls.
- Tap three times to activate your Virtual Assistant.



Left Earbud:












- Double-tap to rewind or go to the previous track.
- Tap and hold to lower the volume.



Right Earbud:

- Double-tap to fast forward or skip to the next track.
- Tap and hold to increase the volume.

OPERATION GUIDE: SMARTWATCH FUNCTIONS

-  1. Activity: Track Daily Activity
-  2. Alarms: Add an Alarm
-  3. Calculator: Use Calculator
-  4. Calendar: Check and Update Your Calendar
-  5. Camera Remote: Use as a Camera Remote and Timer
-  6. Clock: See the Current Time
-  7. Clock Customization: Adjust Your Watch Time
-  8. Contacts: See Contact Information
-  9. Flashlight: Turn the Watch Screen Into a Flashlight. Swipe Through Different Light Settings. Tap to Adjust the Brightness.
-  10. Heart Rate: Check Your Heart Rate
-  11. Language: Set Your Language Preferences

OPERATION GUIDE: SMARTWATCH FUNCTIONS

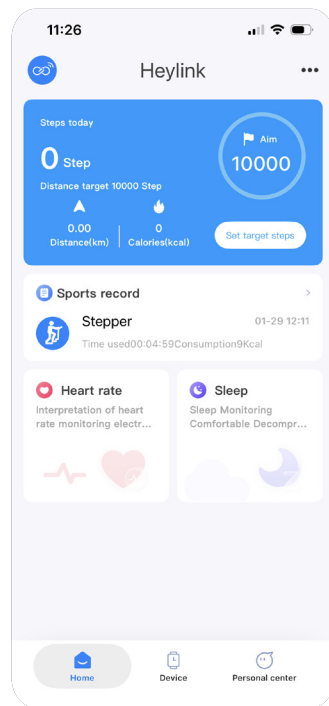
-  12. Messages: Read Messages
-  13. Mindfulness: Practice Mindfulness
-  14. Music: Add and Play Music
-  15. Phone: Answer and Make Phone Calls
-  16. Settings: Configure Settings
-  17. Sleep: Tracks Your Sleep Patterns
-  18. Stopwatch: Use a Stopwatch
-  19. Timer: Set a Timer
-  20. Weather: Check the Weather
-  21. Workout: Start a Workout from the Preset Selections to Track Activity
-  22. Blood Pressure: Check Your Blood Pressure

OPERATION GUIDE: FITNESS APP

Homepage:

While wearing the watch, your steps, heart rate, and sleep pattern metrics will appear on the app's Homepage, along with the latest recorded workout. You can tap into any of these metrics to see your progress for the day, week, month, and year.

Note: You can customize your step goals in your step tracker.

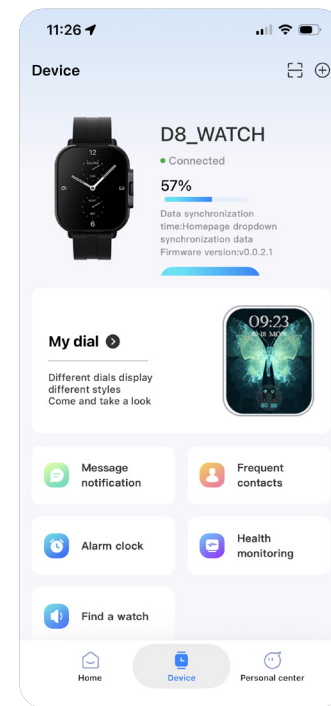


OPERATION GUIDE: FITNESS APP CONTINUED

Device:

On the Device landing page, you can customize or access the following settings:

- **Watch Dial Display:** Choose your dial display setting.
- **Message Notifications:** Allow or disable message notifications from specific apps.
- **Frequent Contacts:** Add or remove contacts.
- **Alarm Clock:** Set and customize multiple alarms.
- **Find a Watch:** Upon selecting this setting, the watch will ring. Press **STOP** on the watch screen once it is found.
- **Device Settings:**
 - Change the device name and enable disconnection reminders.
 - You can also enable or disable weather push notifications.
- **Firmware Update:** Check for and install the latest firmware update.

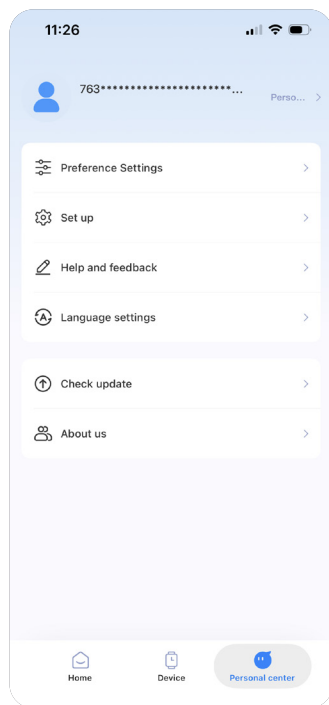


OPERATION GUIDE: FITNESS APP CONTINUED

Personal Center:

On the Personal Center page, you can access the following settings related to your account:

- **Personal Information:** Input your name/nickname, gender, birthday, height, and weight.
- **Preference Settings:** Input your height (cm/ft), weight (kg/lb), and distance (km/mi).
- **Set Up:** Input your step goal, change your password, clear cache, log out, or cancel your account.
- **Help and Feedback:** Access the Frequently Asked Questions (FAQ) list.
- **Language Settings:** Select your language settings.
- **Check Update:** Ensure the latest software is updated.
- **About Us:** Access the app information, User Agreement, and Privacy Policy.



CARE AND MAINTENANCE

- Gently wipe the product with a soft, dry cloth periodically to prevent dust buildup.

SAFETY INSTRUCTIONS

Before using this product, please read the following safety precautions carefully and keep this user guide for future reference.

- Do not use the earbuds if the inability to hear surrounding sounds may present a danger to yourself or others. This includes, but is not limited to, riding a bicycle, walking in or near traffic, or working on a construction site or a railroad.
- Do not listen to music at a high volume for long periods of time.
- Do not use this unit for anything other than its intended purpose.
- Keep the unit away from heat sources, direct sunlight, humidity, water, or any other liquid.
- Do not operate this unit if it is wet to prevent electric shocks, injuries to yourself, and/or damage to the unit.
- Do not use the unit if it appears to be damaged in any way. Repairs to this equipment should be performed only by a qualified electrician. Improper repairs may place the user at serious risk.
- Keep this unit out of the reach of children. This unit is not a toy.
- Do not immerse the product or any of its components in water. Do not use harsh chemicals or cleaning agents.

FCC WARNING

FCC RF Exposure Statements

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body or nearby persons. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. This device complies with Part 15 of the FCC Rules and Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio-frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

DISCLAIMER

This unit and the companion app are not medical devices. Data obtained during the use of this device is for reference only, and should not be used for clinical diagnosis, medical research, diagnostic, or treatment purposes.

SPECIFICATIONS

- Input: 5V/0.35-0.4A
- Battery Capacity:
 - Watch: 240mAh
 - Earbuds: 28mAh
- Charging Time:
 - Watch: 1-2 hrs.
 - Earbuds: 1 hr.
- Battery Life:
 - Watch: 2 days
 - Earbuds: 3-4 hrs.
- Size: 1.77 x 10.73 in.
- Weight: 0.11 lbs.

Pro-fit™ Smartwatch with Wireless Earbuds. Distributed by Tzumi Electronics LLC, New York, NY 10016. ©Copyright 2026. All Rights Reserved. Made in China. All other trademarks and trade names are the property of their respective owners. All pictures shown are for illustration purposes only. Actual product may vary due to product enhancement. Subject to change without prior notice.

For more products and innovations,
visit tzumi.com

tzumi®
live awesome.®