easy mobile

GO EASY, GO MOBILE.

ASPIRE GPS

MULTI-SPORTS SMART WATCH

USER MANUAL

2. Pairing your smartphone with the Aspire GPS.

To make the connection between your smartphone and Aspire GPS, you need to enable Bluetooth on your smartphone and start Aspire GPS through the APP instead of connecting it to Bluetooth through your smartphone settings.

a. Install the EasyM Aspire GPS from APP STORE or run a QR Code scanner to install the app and open it.

b. Keep your smartphone and Aspire GPS within a 10m radius.

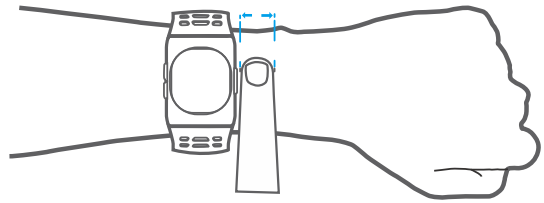
c. Turn on the Aspire GPS.

d. Follow the instructions to complete the pairing process and settings.

e. Use your smartphone to update and shorten the update time.

3. Using Aspire GPS and Heart Rate

Use the Aspire GPS above the wrist, with a space of 1 finger above the wrist bone.



Note

To monitor heart rate more accurately, use the Aspire GPS in position above the wrist and a little tighter than usual when exercising.

Note

The heart rate sensor on your Aspire GPS is located on the bottom.

4. Charging your Aspire GPS.

This device contains lithium-ion battery.

a. **Connect the small end of the USB cable to the charging port on your device.**

b. **Connect the large end of the USB cable to a USB cable port on your computer.**

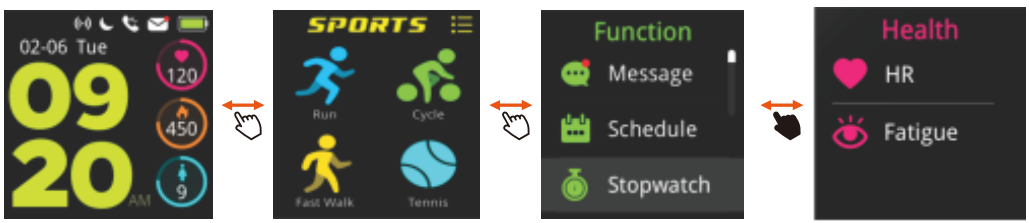
c. **Charge the device completely.**

5. Instructions

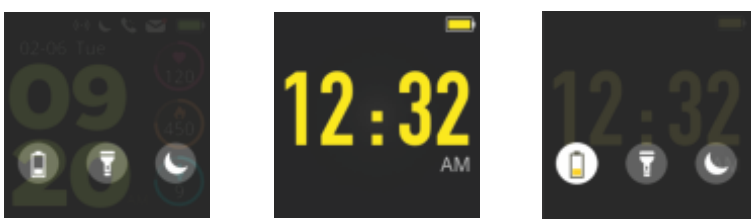
The Aspire GPS Firmware will be updated continuously, may result in different display on the screen. Please see the current view.

	Turn on screen	TABLE OF SUBTITLES	Slide to the left or right	
	Slide up or down		The order of the display of the screen	

1 In the main screen, you can swipe left and right to find Health Sports Function.

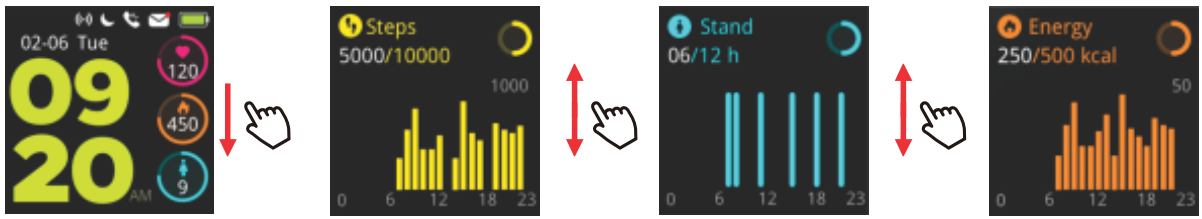


2 Main Screen, you can slide to Low Power Mode, Flashlight, and Do Not Disturb Mode.

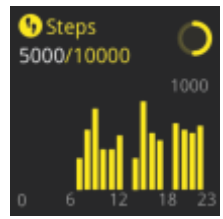


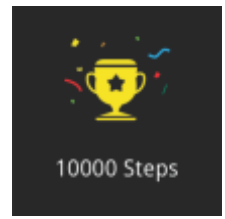
- Click Battery to enter Low Power Mode. When the Low Power Mode is disabled, the Aspire GPS will be restarted.
- Click Flashlight to turn on the flashlight, slide down or press ① to turn it off.
- Click on the Moon to enter Do Not Disturb mode.

3 From the home screen, you can read Steps, Rise, and Energy vertically on the screen.

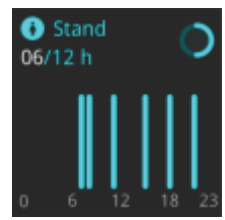


Steps: The daily goal is 10000 steps, and can be configured through the app.
The circle will turn yellow with a reminder when you reach the goal.

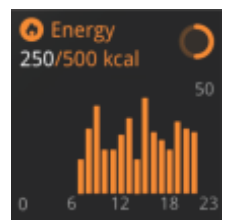




Raised: If you walk more than 250 steps per hour, there will be a blue column, the daily goal is set for 12 hours, the setting can not be loaded, reaching the target will turn the whole circle to blue.



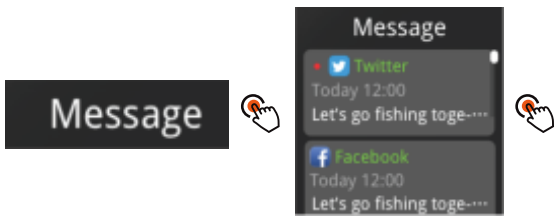
Energy: 500kcal is the daily calorie goal, can be configured through the application. The circle will turn orange when you reach the target.



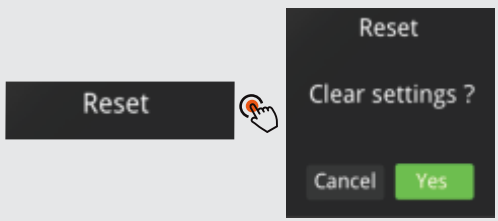
4 Swipe right to return to the previous menu.

5 In the function screen, you can check or configure by clicking on the icon.

5.1 View the Message



5.2 Restart



Restoring the settings will remove the data and time will be set at 00:00 1/1/2019.

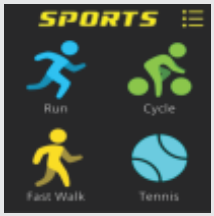
5.3 Configuration

Set the exercise mode to associate with the shortcut key. The default mode is running.

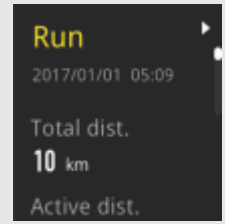
6 Esport

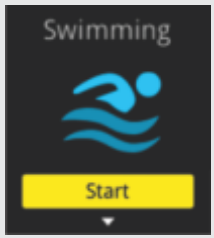
6.1

On the sports page, sports types are sorted by exercise frequency. The type of exercise is classified by frequency of use. The highest frequency of use will be the first and the last will be last.



Click this icon to view activity history.
Swipe left to see the last three records.

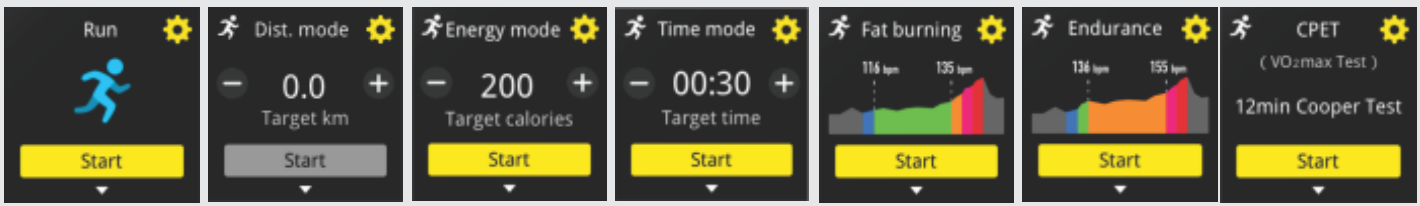




In swimming mode, it can only be operated with the buttons.

6.2

There are 7 race modes, you can choose the most appropriate race mode to achieve the training effect.



CPET: cardiopulmonary exercise test

The cardiopulmonary tests are based on the maximum distance and the heart rate in 12 minutes, marking 5 levels: "Excellent", "Good", "Normal", "Bad", "Very bad". 12min Cooper Test can test the maximum oxygen consumption.

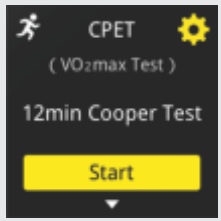
Note

Beginners over 35 with no running experience should be examined, please see a doctor after two to three months of training.

Note

If you have ever had cardiovascular disease or other illnesses please consult a physician before testing.

6.3



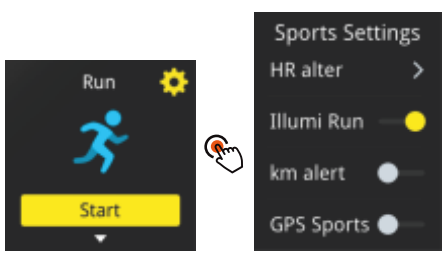
Enter the sports mode page, the last sports mode will appear on the page. For example: There are 7 modes of execution. You chose 12min Cooper Test the last time it will appear on the first page.

7 Sports setup

7.1

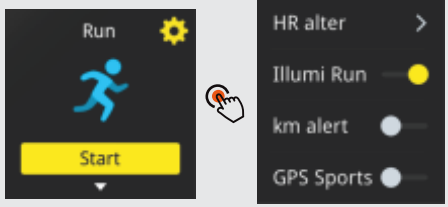
You can choose the sports you like for the most accurate tracking during practice and real-time statistics on display.

Click this icon to enter the sports setting.



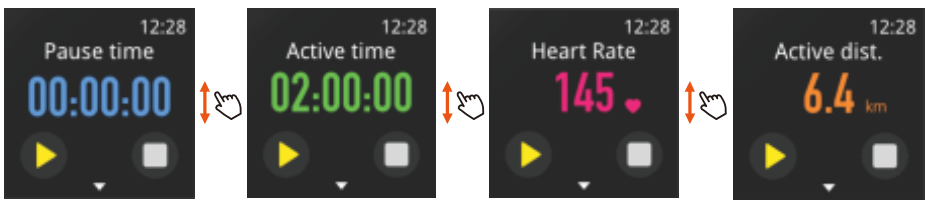
If you set the heart rate high / low, the clock will vibrate to remind you.

7.2 Open the Illumi Run I

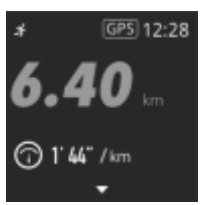


The background color of the watch is displayed according to your heart rate and blinks at the rate of the last. It will stop blinking when you turn your wrist to see the data.

8 See sports results



During exercise, slide to the right or click ③ to pause. On the pause movement page, slide up or down or press ② to display the pause time, active time, heart rate, and active distance. Press ① to continue the exercise.

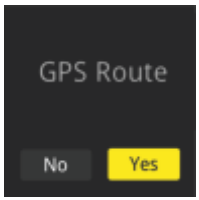


The color of the number will change with heart rate.

Red: Extreme (220-Age) x 90% -100% (Excluding 100%)
Pink: Anaerobic (220-Age) x 80% ~ 90% (Excluding 90%)
Orange: Aerobic (220-Age) x 70% - 80% (Excluding 80%)
Green: Fat Burning (220-Age) x 60% ~ 70% (Excluding 70%)
Blue: Warm-up (220-Age) x 50% - 60% (Excluding 60%)

Note The heart rate interval will be changed by the difference in the physical condition of each person.

9 Use the GPS



Before exercising, if the GPS does not turn on, it will remind you to turn on GPS.

After clicking and starting to move, it will begin to locate the satellite.

The GPS icon indicates that the signal is being searched.

When you find the signal, it will start the exercise automatically after the countdown. If you press ② for a long time, you will begin exercising without a countdown.

Note

If you have had cardiovascular problems or other illnesses, please consult a doctor before testing.

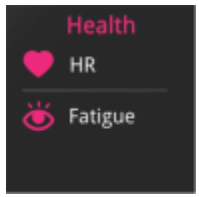
Getting Satellite Signal

The device may need a clear view of the sky to get satellite signals. Go outdoors in an open area. The front of the device should be directed to the sky. Wait while the device locates satellites. This step may take 30-60 seconds to locate satellite signals.

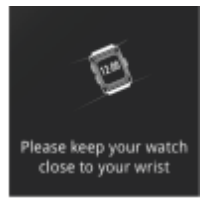
Improving GPS satellite reception

Synchronize the device frequently with the APP. Take your handset to an open area, away from tall buildings and trees. Stand still for a few minutes.

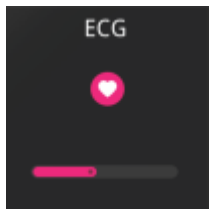
6. Fatigue test



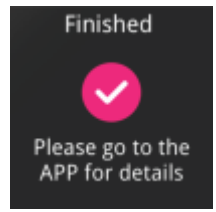
Click Fatigue to start the test.



Position the watch in your left hand and place your finger on the electrode.

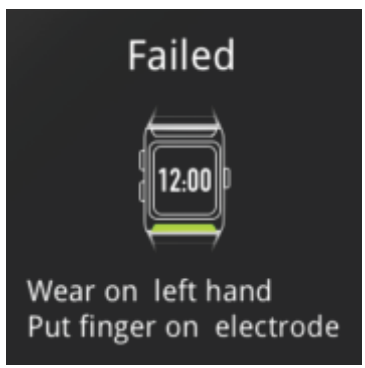


Keep your posture for about 1 minute



The test is successful. You can see the test result through the application.

You can view the fatigue test score on the screen and view detailed data through the application. Determine the state of your body by comparing the score.



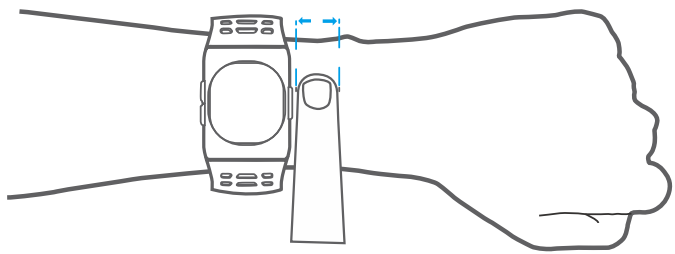
Note

1. If your hands are very dry and cold, this will affect the conduction of electrical signals and the test may fail.
2. Please test at the same time, the same condition and the same status every day. You can stand up and stand to test for a minute every morning. Do not touch other objects when testing.

7. Common questions

Why does heart rate data fluctuate a lot?

Like all heart rate detection techniques, the accuracy of a strap or pulse sensor is influenced by the individual's physiology, location, and type of exercise. For best results, firm the watch closely to the skin and use it in the correct position, usually in time without exercise, use the device at the bottom of the wrist with a space for the finger.



Why can not I get results for heart rate data?

In general, strong hair on the skin can affect the accuracy of heart rate measurement.

Why can not I get results for fatigue data?

It is caused by weak ECG signal, you can spot a little water or moisturizing gel to increase the conductivity. Or interrupted by movement while detecting.

Why does my fatigue value fluctuate a lot?

As the fatigue test needs to determine the interference, make sure to be in a calm state, once you do the fatigue test, the fingers touching the electrode should have no movement, do not touch other objects, especially computers and other interfere with the signal in order to ensure the accuracy of the value. In addition, try to ensure that each test time and consistent posture, because fatigue will change with the physiological changes, body posture, such as lying position, standing, the measured fatigue value will be different.

Tip: Generally measuring in the morning time while standing up, the value of fatigue can mainly reflect the physiological state of a day.

Why the step count error?

Because each person's gait is different, we calculate the number of steps based on a large number of samples. So there is a small part of the public pedometer that may be inaccurate. We recommend that you put more accurate basic information in your application, such as: gender, age, height, weight, etc., this can increase pedometer accuracy. We are collecting more samples to optimize the problem.

Why is my GPS positioning slow?

Overall, the first positioning can be slow, you can connect the APP and wait a bit to speed up the GPS.

Why do not you have cycling distance?

The cycling distance is calculated based on the GPS positioning, if the GPS positioning is not successful, it will not display the distance until the positioning of the GPS is successful and so displays the distance.

8. PRODUCT PARAMETERS

Dimensions	44X34X12.8mm	**Screen measurement**	1,3 in
Relation of resolution	240x240	**Weight**	45g
Bluetooth	Bluetooth 4.2 - 10M	**Duration of drums**	5 to 7 days
Condition of work	0-40ºC	**Waterproof level**	5 ATM
Requirements of the system	i0S 9.0 or higher, Android 4.4 or higher, Bluetooth 4.2		
Battery	Built-in rechargeable lithium battery		
Adjustable Bracelet pulse	From 155mm to 213mm		

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Product support:

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