

Amazfit Pace User Manual



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The following instructions are based on the WOS 2.0. Please upgrade to the latest version.

Appearance and Operation Instructions



Button	Short press	Unlock the watch
		Return to the watch face
		Lock screen
	Long press for 4 seconds	Turn on the watch
	Long press for 6 seconds	Prompt the restart or turn off page
	Long press for 10 seconds	Turn off the watch

Lock Screen and Operation Status










The watch will automatically enter the low-power lock screen status after a period of inactivity, and display the Watch Face page. You can unlock the watch by pressing the button shortly. If no operation is applied, the watch will automatically enter the low-power lock screen status again.

Gesture Operations on Touch Screen

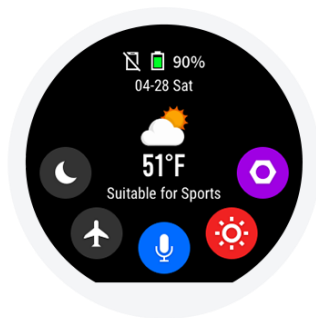
Tap the screen	Use this function, go to the next item or select the current item
Slide left or right on the screen	Switch pages horizontally
Slide up or down on the screen	Scroll a page up or down
Long press on the screen	Long press on the Watch Face page to activate the watch face selection function

System Status Symbol Description

System status symbols will appear on the unlocked watch face. Each symbol indicates a status of the watch.

	Battery status
	Charging
	Fully charged
	Low battery protection The watch will be subject to low battery protection when the battery is equal to or less than 5%. In such case, the protection mode can be released only when the battery is charged to be more than 5%.
	Disconnected with mobile phone The Bluetooth connection is interrupted because the watch is too far away from the phone or because Bluetooth is disabled.
	DND mode enabled (Do Not Disturb)
	Airplane mode enabled
	Bluetooth earphones connected This will increase the power consumption of the system.
	Music playing If the playing of music is over

Quick Setting menu



Swipe down on the Watch Face page to turn on or off certain common functions or switch between modes, and to access the page of More Settings. Refer to the "Voice Assistant" section for description on voice control function.

Wearing and Charging Methods

Daily Wearing

It is recommended to wear the watch at a two-finger-wide distance from the wrist with moderate tightness to ensure the proper operation of the optical heart rate monitor.

Wearing during Exercise

During running or other sports activities, it is recommended to wear the watch close to your skin in a comfortable manner that is neither too loose nor too tight.



Charging

Connect the watch with the charging base. Connect the USB plug on the other end to the USB power adapter. Then, **Charging** will be displayed on the watch screen. Make sure to align the charging pins of the watch with the ones on the charging base. The watch should not be able to get loose from the base once clipped in.

Charging requirements: It is recommended to charge through the USB port of computer, or with the charger of brand mobile phone. Such charger shall have a rated input voltage of DC 5.0V and input current above 500mA.

Activity Features

Start Activity

Swipe right in the Watch Face status, after unlocking open the activity list. Then, select your desired activity item by sliding up or down. Tap the selected item to start the activity.



Start running

The watch will automatically search for GPS after entering the Running Preparation page. To ensure effective recording of tracks and mileage, please tap **Go** to start running and timing after successful GPS positioning.

Note: Refer to the section of "About GPS Search" for more details on GPS.



Operations during Running



Alerts during Running

Alert per kilometer:

For every kilometer reached during running, the watch will vibrate and show the time cost in the last kilometer. You can turn off such alert under **Running > Sport settings > Sport Alerts**.

Heart rate alert:

When the heart rate detected during running exceeds your max heart rate, the watch will remind you through vibration and page display. In such case, you need to lower your pace or stop. You can set the heart rate alert under **Running > Sport settings > Sport Alerts**.

If you have target heart rate zone for running, you can enable the heart rate zone alert under **Running > Sport settings > Sport Alerts**.

Pause or Stop Running

Pause activity:

Press the watch button in the unlocked status to pause the activity. Or, slide to the leftmost page of the activity data item, and tap **Pause** to stop the activity. Tap **Resume** if you want to continue the activity.



End the activity:

Select **End** on the Pause Status page to end the activity. Otherwise, select **Resume** to return activity status or select **Cancel** to give up saving of the current activity. At the end of the activity, the watch will display the details of the saved activity to you. You can check the records again in the Activity Records or on the Activity page of the Amazfit Watch App.

Running Settings

Slide up on the Running Preparation page to switch to the Running Settings. Tap to access and adjust the settings of the running items as required. Slide right to exit after setting is completed.

1. Sport Alerts

The settings of sport alerts provide you control over such alerts as alert per kilometer and heart rate alert. You can set them in the **Sport Settings** as needed.

2. Segmentation Function

Segmentation function is available during running. You can set the mileage for each segment and enable automatic alert by segment in the **Sport Settings**. The watch will record the activity details at each segment node. You can check the segment details after the end of the activity.



3. 3D Data

You can determine whether to enable the 3D Data in the **Sport Settings** in Running mode. If enabled, the watch will start calculation by 3D data as shown below.



4. Peripheral Connection

The watch supports heart rate bands with Bluetooth 4.0 and A2DP Bluetooth earphones. You can pair or connect the watch with the above devices in the **Peripheral Connection Settings** under the **Sport Settings** for using during activities.

The watch can be connected with only one of the same type of Bluetooth devices at the same time. After the activity is started, the watch will try to connect with the device it was connected last time. You can set in the **Peripheral Connection Settings** to change the device to be connected.

Running Training

Interval training:

Start the Amazfit Watch app. Click **Me > My Watch > Settings > Activity**. Select **Interval Training** to configure your own training.

About GPS Search

The watch will start GPS positioning automatically after it enters the Activity Preparation page for running and other outdoor sports. Upon successful positioning, the watch will remind you of the same. The GPS positioning will be turned off automatically when the watch is switched from the Activity Preparation page or at the end of the activity. Each round of GPS search lasts three minutes. If the watch fails to get the location within the time limit, it will notify you to relocate. If no activity is performed within 20 minutes after successful positioning, the watch will automatically turn off the positioning to save power. You need to relocate if you want resume.

Positioning suggestions:

Please conduct GPS positioning in an open outdoor area and wait to start the activity until successful positioning. Please lift your arm to the chest to accelerate positioning if you are in a crowd.

AGPS:

AGPS refers to a kind of GPS satellite orbit information data that can help accelerate the GPS positioning of the watch. The watch will automatically synchronize with the Amazfit Watch App and update the AGPS data on a regular basis every day, if the connection between the watch and the Bluetooth of your mobile phone is maintained. If the watch has not synchronized data with the Amazfit Watch app for 7 consecutive days, the AGPS data will expire. The speed of positioning may be affected after the expiration of such data. In such case, the watch will remind you to update when you start an activity.

Indoor Running

Calibration: The watch supports calibration of the mileage on the screen after indoor running. As the number of calibrations increases, the watch can learn your running manner and make more accurate mileage estimation for your next round of indoor running.

Check Activity Records

Check on the watch

Slide one page to the left on the Watch Face page to view the Activity Records page. The last saved activity is displayed by default. Tap the screen to view the list of activity history. Tap a certain record to view the details.



Check on Amazfit Watch App:

You can check the details of all the activities synchronized from the watch on the Activity page of the Amazfit Watch App.



Watch Functions

1) Watch Face

Replace watch face:

Long press on the Watch Face page. The Watch Face Selection page is displayed to list the installed and built-in watch faces of the current system. You can also replace it in **Watch Face** under **Me > My Watch** on the Amazfit Watch App of your mobile phone.

Custom watch face:

After long pressing on the Watch Face page and the display of the Selection page, you can access custom settings for watch faces that support customization of background, points and other elements. You can click **Upload** under **Me > My Watch > Watch Face Store > Load Pictures** on the Amazfit Watch App to upload your favorite pictures to your watch and select in the Custom Watch Face page to replace with your own background.

2) Widgets and Apps



Widget



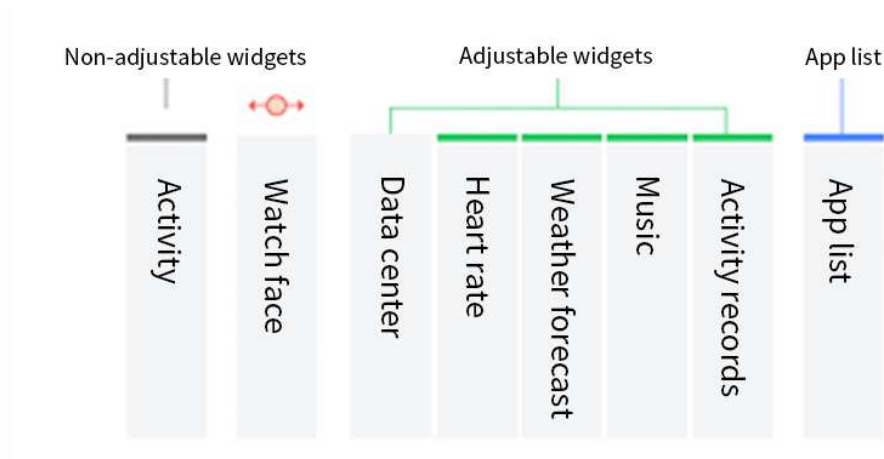
App List

"Apps" refer to the functions that can be used separately on the watch, such as **Sleep**, **Heart Rate** and **Compass**.

"Widgets" refers to the pages displayed on both sides of the watch face, which show the summary information of the current app.

Apps that displayed as widgets will not appear in the app list.

Default order of widgets



Display/Turn off widgets

You can determine whether to display a certain widget or not and adjust the order of the widgets and apps displayed on the watch in the **Widget and App Management** on **My Watch** page of the Amazfit Watch App.

3) Data Center

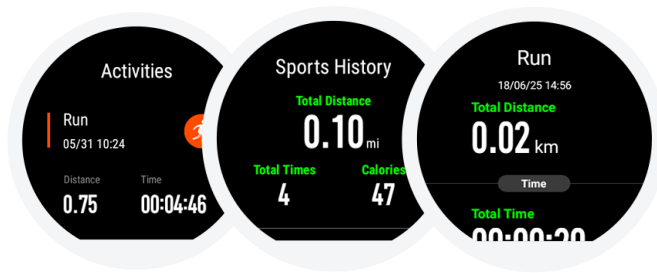
The third widget on the left side of the watch face is the data center, which collects all the **Steps**, and **Burned** data generated every day during wearing, as well as the accumulated activity statistics. The center will also generate a weekly data at 9:00 a.m. on each Monday for you to view the overall activity and health data of the previous week.



4) Activity Records

The Activity Records include the latest 30 records of Activity History and the summary activity data generated by the watch.

Note: Only the latest 30 activity records are displayed on the watch. You can check all the activity records on the Amazfit Watch app after synchronization of your watch with the App, or after loading of the data to the server using the WiFi synchronization function of the watch.



5) Heart Rate

The Amazfit Smart Sports Watch supports two modes of heart rate measurement, the "Single Measurement" and "All-day Heart Rate" modes, which can be switched between each other in the Amazfit Watch App. Note: Please wear the watch as instructed and keep the part wearing the watch clean and free of sunscreen to improve the accuracy of the heart rate measurement by the watch.

Single Measuring mode

You can take a manual heart rate measurement when needed. Please remain relatively static during the measurement so that the watch can output the heart rate data more accurately.



All-day Heart Rate mode

After the All-day Heart Rate mode is enabled, the app will display your BPM, as well as the average heart rate, maximum and minimum heart rates, and resting heart rate (evaluated after you fall asleep with the watch only) of the day in non-activity statuses.

Ways to check the heart rate values:

1. Check by tapping the **Heart Rate** widget on the watch;
2. Check on the Heart Rate page under **Status** of the Amazfit Watch App after synchronization of the data.

Note: Enable the All-day Heart Rate may reduce the battery life of the watch.

Distribution of Heart Rate Zones	
VO ₂ max	90% to 100% of (220 - age)
Anaerobic	80% to 90% of (220 - age)
Aerobic	70% to 80% of (220 - age)
Weight	60% to 70% of (220 - age)
Light	50% to 60% of (220 - age)
Relax	Heart rate in non-activity status
Sleep	Heart rate during sleep

6) Music

Copy music: The Music Player can play music files in .mp3 format copied to the Music directory of the watch previously. You can select the order and volume in which the music is played in Settings. The watch also supports volume adjustment and switch of songs by Bluetooth earphone.

Steps to copy songs: Connect the watch with the charging base, and the USB plug with the computer host (Win7/8/10 recommended). Find the hard disk of the watch in My Computer. Copy the songs in .mp3 format to the Music folder in the directory of the watch. Then, the songs are copied.

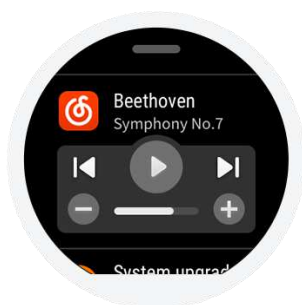
Connect to Bluetooth earphones:

The watch supports A2DP Bluetooth earphones. You can select **Bluetooth Device** in the **Connection** under **More Settings** of the watch to scan for the earphone. After the initial connection, the watch will automatically connect with the earphone each time when such earphone is turned on.

Steps to connect earphone: 1. Enter the pairing mode of the Bluetooth earphone (long press the power button for about five seconds till the Bluetooth indicator flashes in red and blue for common Bluetooth earphones); 2. Open the Bluetooth Device page of the watch to search for the earphone and tap **Connection** after it has been found.

7) Phone Music Control

When the watch is connected to the mobile phone, the watch can control the music playing of the phone, such as Play, Pause, Next, and the like. To use this function, you need to enable the **Phone Music Control** in the **App Notification Settings** under **Me > Settings > Notification Settings** of the Amazfit Watch App, and then, you can draw up the Music Control page on the watch face page.



8) Sleep

After you fall asleep at night with the watch, the watch will monitor your sleep conditions, and provide you with detail analysis including **Sleep Duration**, **Deep Sleep**, and **Light Sleep** when you get up the next day. Tap on the Today's Sleep page to find the list of sleep history. All the sleep data can be stored on the watch and synchronized to the Status page of the Amazfit Watch App for viewing.



9) Watch Notifications

Message Notifications

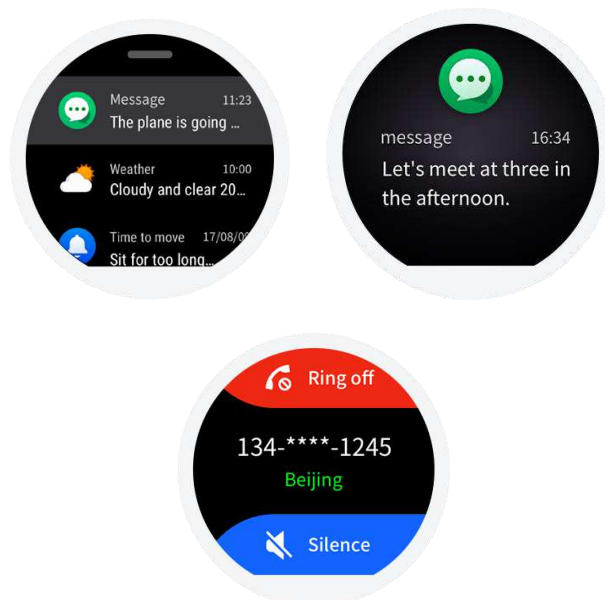
When the watch is connected with your mobile phone, messages of the phone can be displayed on the watch.

Setting steps: Select the apps as needed to enable notifications in the **App Notification Settings** under **Me > Settings > Notification Settings** of the Amazfit Watch App.

Note: For Android phone users, please add the Amazfit Watch App to the white list or auto-start list of your phone and maintain the App running in the background. If the App is detected and terminated as hazards by background processes, it will lead to failure of receiving of app notifications due to termination of the connection between the watch and the App.

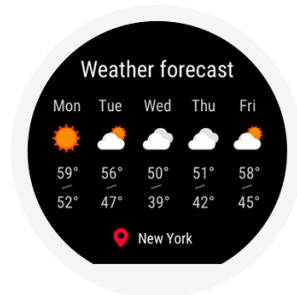
Caller ID

The Caller ID is enabled by default and does not need to be set. When the watch is connected with your mobile phone, the watch will also display incoming call reminder as the phone does. You can **Hang Up** or **Mute** the calls as required.



10) Weather

The Weather widget can allow you to check the weather of recent days at any time. The synchronization of the weather data needs the mobile phone network. Therefore, please keep the watch connected with your phone for timely updating of weather information.



11) Alarm

You can add alarm reminders as required on the watch, and select whether to repeat a certain reminder. You can also delete the alarms that are no longer needed. The watch will vibrate to remind you when it is time. You can choose to turn off the alarm or to remind later. If no operation is applied during vibration, the alarm will be turned off five minutes later.

12) Other Apps

There are some common apps provided on the watch, which are included in the app list temporarily. You can display them as widgets as required.

Training Center: There are novice, 5km, 10km, half-marathon and full-marathon training templates that allow you to achieve training objectives within a certain period of time. If there is a training schedule, the watch will remind you to exercise.

Stopwatch: A stopwatch that can record in multiple times.

Countdown: You can set a countdown to remind you through vibration when time is up.

Compass: Calibration is required when it is used for the first time. Tap on the Compass page to go to the page displayed with altitude, longitude and latitude. Such information should be obtained by commuting GPS signals in an open outdoor space. Please keep away from the magnetic field during using to prevent jamming.

13) Connect to Phone

Keep the Bluetooth connection between the phone and the watch, so that you can update the weather information, receive phone messages, and synchronize activity and health data on your watch in time.

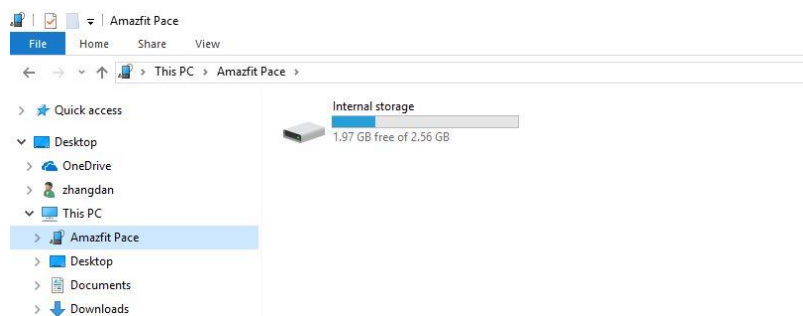


14) Connect to Computer

On PC

Connect the watch with the charging base and with the USB port of computer through cable. Double-click **Amazfit Pace** under **My Computer**. Then, double-click **Internal Storage Device** to access the file list in the watch.

Note: Computers with Windows XP SP2 or earlier need to be installed with MTP driver to connect with the watch.



On Mac

Macs need to be installed with AndroidFileTransfer to connect with the watch.

After the watch is connected with the charging base and with the USB port of the computer, the AndroidFileTransfer will prompt automatically and display the file list in the watch.



Android File Transfer

15) Copy Files

When the watch can be accessed from a computer, some folders will be displayed under the root directory of the watch. You can copy the corresponding files into these folders.

/Music/	Stores files in .mp3 format
/gpxdata/	Stores track files in .gpx format
/WatchFace/	Stores files imported externally

16) Upgrade Watch System

Regular upgrading of the watch system can improve and optimize the watch continuously. Problems discovered previously can also be fixed during each upgrading.

Note: Make sure that the battery level is more than 40% before upgrading, and ensure the stable WiFi connection during the entire process to ensure successful upgrading.

Check upgrade on watch

Select **Check Upgrade** on the **More Settings** menu of the watch to check if the current system version is the latest.

Each time when the watch checks upgrade, it will check whether there is an auto-synchronized system that can be upgraded in the watch. If such file is not available, you need to connect the watch to WiFi for downloading and upgrading. The watch will select the WiFi network it has connected before. If a password is required for the WiFi network to be connected, a page will display on your phone's Amazfit Watch App for you to enter the password after you have selected such network on the watch. You can resume the downloading of upgrade file and the subsequent upgrade processes if the password is correct.

Check upgrade on mobile phone app

Select the **Watch System Upgrade** in **More Watch Settings** under **My Watch** of the Amazfit Watch App to check if the watch system needs to be upgraded.

Routine Watch Maintenance

1. For waterproof products, it is recommended to clean the watch and its band regularly with fresh water, and dry it with soft cloth before wearing.
2. Do not use soap, hand sanitizer, body lotion or other cleaning agents during cleaning to prevent chemical residue from irritating your skin or corroding the device.
3. Please clean and dry the device in time after bathing (for devices support bathing), swimming (for devices support swimming) and sweating with the device.
4. Leather watchbands are not waterproof. Do not touch water to prevent shortening of their service life.

Precautions

1. The watch is produced by IP67 grade, and can withstand soaking in 1-meter-deep fresh water at room temperature for 30 minutes. It does not support bathing or swimming.
2. Do not operate the watch under water. Dry the watch with soft cloth if water before operating on the touch screen or charging.
3. The watch is not waterproof for acidic or alkaline solutions, chemical reagents, and other erosive liquids. Damages or defects caused by misuse or improper use are not covered by the warranty.