

# Amazfit Stratos 3 User Manual

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## 1. Pairing

After turning the watch on for the first time, you will be asked to choose the watch language, and then enter the QR code pairing screen. After scanning with the *Amazfit App* and pairing, you will be able to view mobile phone notifications, view weather information, control mobile music playback, and so on. You can also synchronize your workout and health data to the cloud by connecting your watch to your mobile phone. Scan the QR code on the watch to download the *Amazfit App*. After registration and login, use the *Amazfit App* to scan the QR code on the watch again and complete the pairing process according to the prompts to access the smart functions listed above.

## **2. Daily Use**

### **2.1 Wearing**

We recommend wearing the watch at a moderate snugness, at a distance of two fingertips between the watchband and your wrist, to ensure that the optical heart rate monitor works properly.



During workouts, wear the watch at a comfortable snugness and ensure a tight fit that does not slip. Do not fasten the watch too tightly, but ensure that the watch doesn't move freely.

### **2.2 Activate on Raise**

*Amazfit Stratos 3* has the Activate on Raise function turned on by default.

The system recognizes your wrist-raising motion and automatically activates the screen backlight. Each time you raise your wrist, you will be

able to see information on the watch face more clearly. Please note that the Activate on Raise function only activates the screen backlight. If you want to use functions of the watch after raising your wrist, first tap any physical button to unlock the screen.

*Amazfit Stratos 3* has a transflective MIP display, which is especially suitable for outdoor use. The stronger the light, the clearer the screen will be. If you are engaged in long-term outdoor activities in high-brightness outdoor conditions, you can manually deactivate the Activate on Raise function to extend the watch's battery life by going to Settings>>Preferences>>Wrist raise.

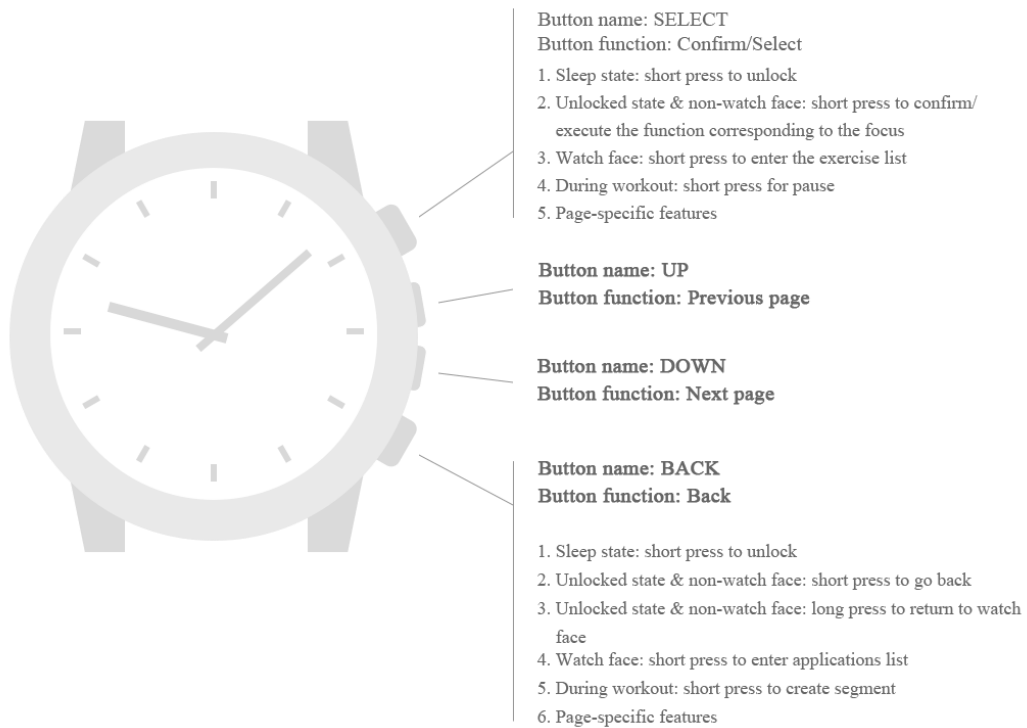
### **2.3 Sleep and Unlock**

If you do not touch screen or buttons for a period of time, the watch will enter the sleep state. *Amazfit Stratos 3* still displays the watch face in the sleep state. The touch screen of the watch is not available in the sleep state.

In the sleep state, you must first tap any physical button to unlock the screen to access other watch functions.

### **2.4 Buttons**

*Amazfit Stratos 3* has four buttons.



## 2.4 Ultra Mode

The *Amazfit Stratos 3* has two master control chips and two operating systems, and is designed in consideration of professional workout and daily usage battery life requirements. Ultra Mode not only supports daily health data statistics, continuous heart rate monitoring, viewing notifications, viewing weather information, NFC wallet, Alipay offline payment, and other daily functions, but also supports a range of basic workout modes. More workout modes are under development. You may access more workout and smart functions in Ultra Mode through system upgrades.

Swipe down on the watch face or press the UP button to go to the quick setup. Tap the middle button to switch to the Ultra Mode of long battery life. In Ultra Mode, battery life for the *Amazfit Stratos 3* is 15 days under daily usage conditions.

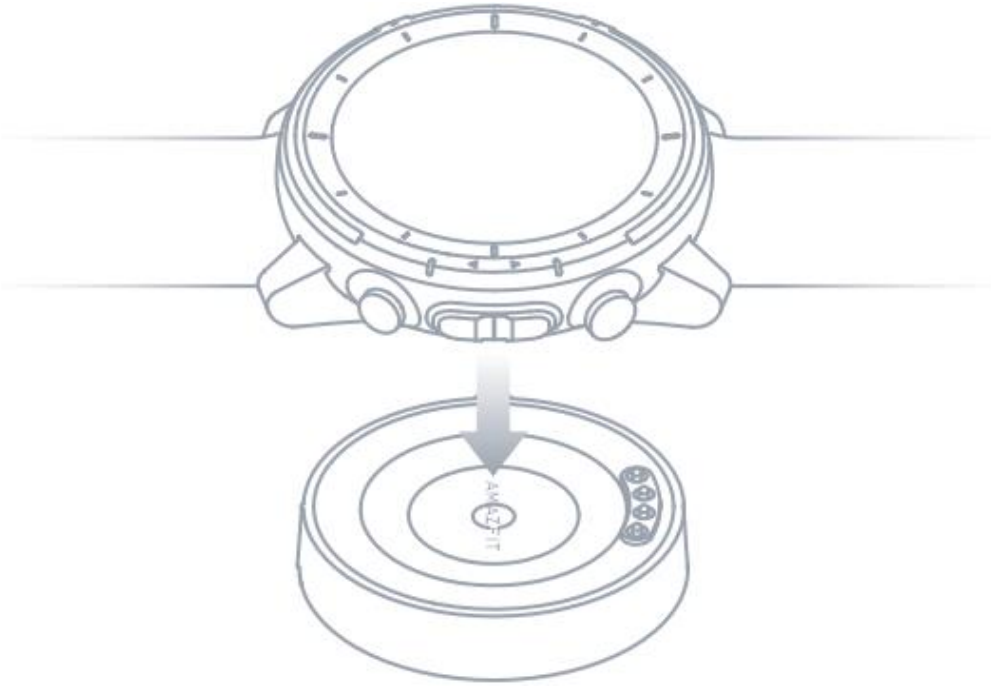


Note: Display effects and functions of Ultra Mode may differ from those in Normal Mode.

## 2.5 Charging

*Amazfit Stratos 3* is equipped with a magnetic charging base, which automatically attracts the watch when near to the charging base. Please note that the charging contact on the base is aligned with that on the watch. Insert the other end of the USB cable to the USB power adapter, and the watch display will indicate that it is in the charging state.

We recommend charging the watch via a computer USB socket or a mobile phone charging plug. Also, ensure that the mobile phone charging plug's rated input voltage is DC 5.0V and that the input current is greater than 500mA.





### 3. Common Functions

#### 3.1 Watch Face

##### Changing Watch Face

Touch and hold the watch face to display the watch face selections, where you can view system default and currently installed watch faces. You can also access Profile>>My Devices>>Amazfit Stratos 3>>Watch Face Store in *Amazfit App* on your mobile phone for change.



##### Customized Watch Face

After touch and hold to enter the watch face selections, you can view customization settings for watch faces that support custom backgrounds, watch hands and watch face elements.

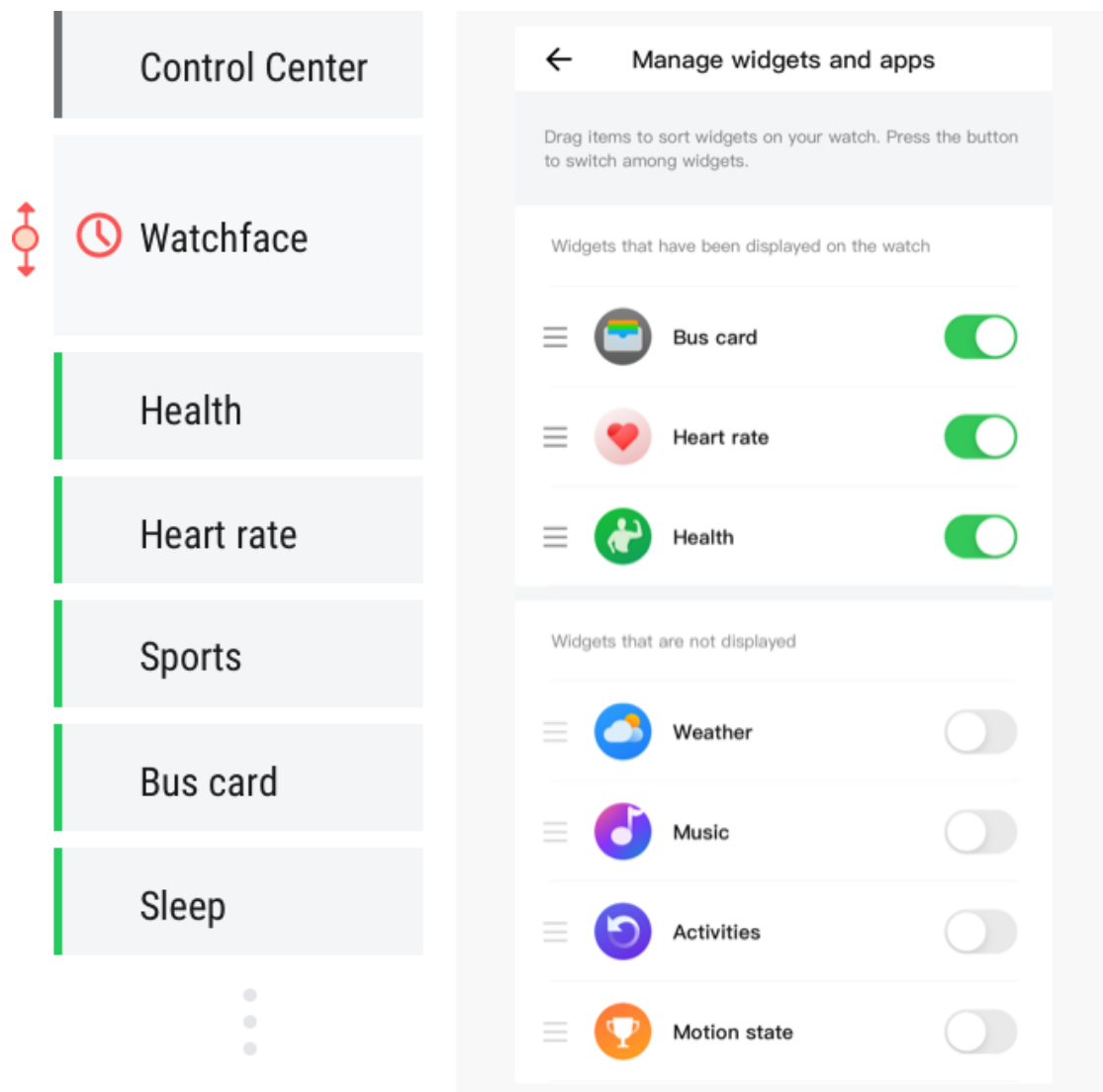


You can also access Profile>>My Devices>>Amazfit Stratos 3>>Watch Face Store>>Add Customized Watch Face Background in the *Amazfit App* on your mobile phone to upload your favorite images to the watch and select among them through customized watch faces to change the current background.

### **3.2 Apps/Widgets**

In the watch face, swipe left or press the BACK button to enter the app list.

Each app can be added to the list of widgets, which can be switched by swiping up and down on the watch face or by short press the UP and DOWN buttons. Widgets can help you quickly locate information you want or frequently used functions.

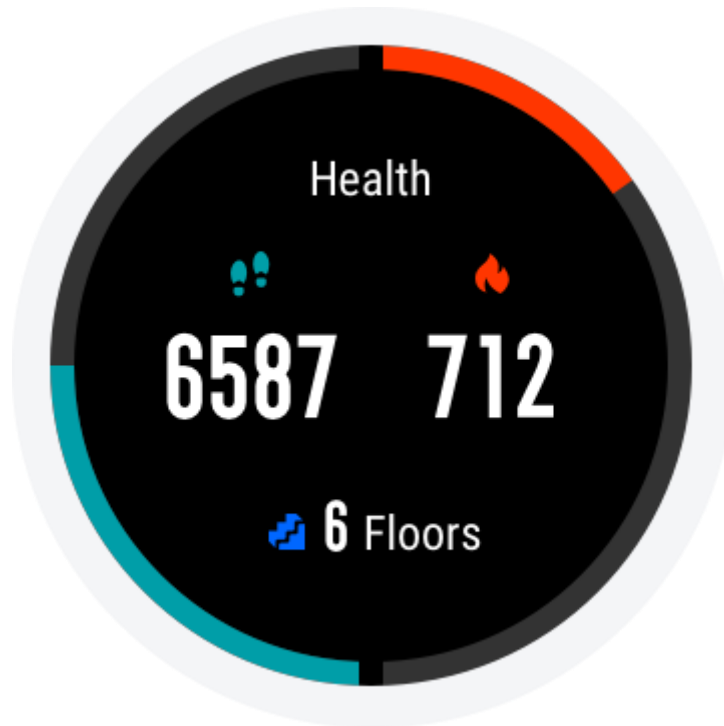


Apps and widgets are directly equivalent. You can customize the order, and add and delete widgets in the *Amazfit App*. Note that watch faces and quick setup cannot be deleted.

### 3.3 Workouts

Short press the SELECT button on the watch face or touch the Sports icon in the app list to quickly begin your workout. Workout functions are described in the section "Workout Function".

### 3.4 Health



By default, the first widget you see when you swipe up on the watch face or short press the DOWN button is the Health Center, where your step count, calories burned, and floors you've climbed are displayed if you wear the watch every day.

Tap anywhere on the screen or press the SELECT button in this interface to see more health data and charts.

### 3.5 Heart Rates

By default, the heart rate widget is in the second position.

*Amazfit Stratos 3* supports two heart rate measurement modes:

Continuous HR mode: Your heart rate will be automatically monitored throughout the day with algorithm support, and a heart rate value will be

measured every minute.

Single HR mode: Automatic measurement is performed every time you enter the heart rate app or widget.


### Continuous HR Mode

The watch has continuous HR mode enabled by default. In this mode, the heart rate app will display your heart rate per minute (BPM), as well as your heart rate chart for the last four hours.



Tap the "More" button or short press the SELECT button in this interface to view more heart rate data and charts.

The color in the heart rate chart corresponds to the state of your heart rate range. For details, see the table below.

	Oxygen-free	$(220 - \text{your age}) \times (90\% \text{ to } 100\%)$
	Maximum	

	Strength Training	$(220 - \text{your age}) \times (80\% \text{ to } 90\%)$
	Cardio Training	$(220 - \text{your age}) \times (70\% \text{ to } 80\%)$
	Fat Burning	$(220 - \text{your age}) \times (60\% \text{ to } 70\%)$
	Warm Up	$(220 - \text{your age}) \times (50\% \text{ to } 60\%)$
	Non-Workout	Heart rate in non-workout conditions
	Sleep	Heart rate during sleep

You can also see more heart rate measurements and statistics in the *Amazfit App*.

Activating continuous heart rate mode will reduce the battery life of the watch. You can toggle off the continuous heart rate by going to Profile>>My Devices>>Amazfit Stratos 3>>APP settings>>Heart Rate in the *Amazfit App*.

### **Single HR Mode**

After deactivating continuous heart rate mode, you will need to activate the heart rate app on your watch to measure your heart rate. When activated, a single measurement will begin automatically. During

measurement, try to remain relatively stationary to ensure the watch produces accurate heart rate data.



Note: To improve the accuracy of heart rate measurement, wear the watch correctly, and ensure that the wearing part is clean and free of sunscreen smear.

### 3.6 Workout Records



You can find the Activities app in the app list. In this app, you can find your 30 most recent workout records.

Only the 30 most recent workout records are shown on the watch. When you pair your watch with *Amazfit App* and successfully synchronize your data, your workout records will be uploaded to the cloud server and saved under your account. You can view all your workout records in the *Amazfit App* workout.

### 3.7 Weather

The weather app/widget allows you to view weather info for recent days at any time. Given that weather info must be obtained through the mobile phone network, you must connect the watch to the mobile phone for



real-time weather information updates.



### 3.8 Music

The *Amazfit Stratos 3* has a built-in independent music player. Connect the watch to Bluetooth headset to play music copied to the watch in advance\*, so that you can enjoy the convenience and freedom of workouts without carrying your mobile phone.

You have about 2GB of free storage, which can save about 400 songs, calculated at 5M per song.

#### Copying Music

① Connect the watch to the charging base, then connect the other end of the USB cable attached to the charging base to the computer. The Win7/8/10 operating system is recommended for the computer.

② Find the disk drive corresponding to the *Amazfit Stratos 3* in "This PC/Computer", and then copy the songs in MP3 format to the /Music folder in the root directory of the watch. Keep the watch connected to the charging base during copy.

### **Connecting with a Bluetooth headset**

① Put the Bluetooth headset into pairing mode (For common Bluetooth headsets, press the power button for about 5 seconds until the indicator light flashes, which signals that pairing mode has been enabled. Please refer to your own Bluetooth headset for detailed operations).

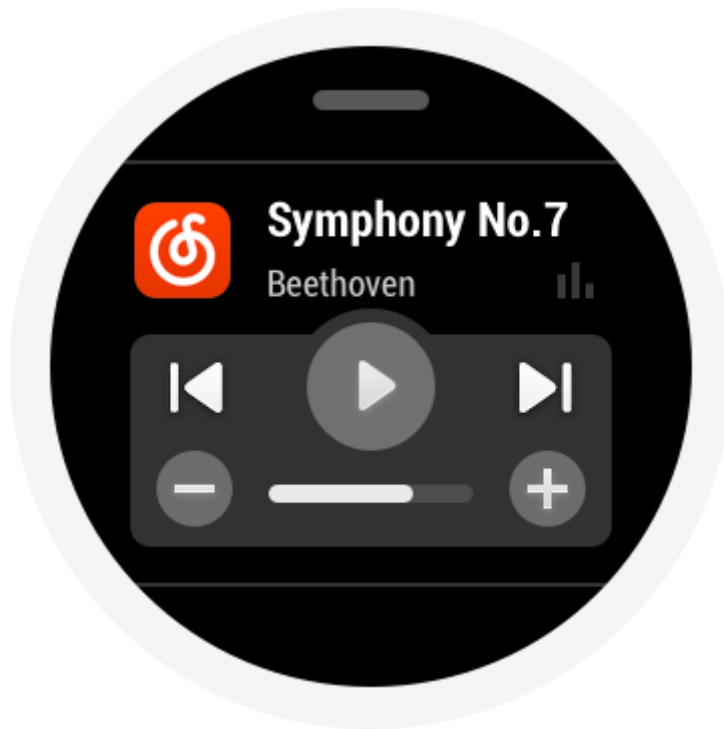
② Open the music app and tap the playback button on the interface or find by going to System Settings>>Connection>>Bluetooth, which will bring you to the Bluetooth accessory search interface. After finding your Bluetooth headset, select it to connect.

To preserve the watch's battery life, your Bluetooth headset will temporarily be disconnected if you haven't played audio for a long time. You can quickly reconnect your Bluetooth headset by following the onscreen prompts.

### **3.9 Music Remote Controller**

When the watch is connected with the mobile phone, you can control music playback such as play, pause, skipping to the next track, volume adjustment and other functions on the mobile phone using the watch. To

use this function, turn on the "Music Remote Controller" function in the *Amazfit App* by going to Me>>Amazfit Stratos 3>>Notification Settings, after which you will be able to view the Music Remote Controller by swiping right on the watch face.

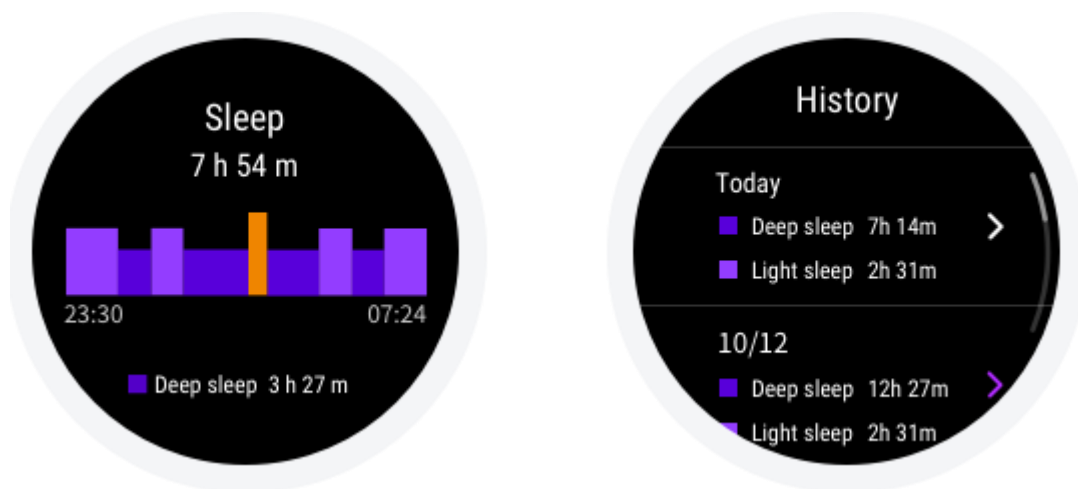


*This function mainly supports the music players built in mobile phone and certain audio apps, such as Spotify.*

### **3.10 Sleeping**

If you sleep at night while wearing the watch, the watch can monitor your sleep condition, and provides detailed statistics and analysis of "Total Sleep Time", "Deep Sleep", and "Light Sleep" the next day. In the "Last Night's Sleep" of the watch's sleep app, tap anywhere on the screen to view the sleep records. You can also open the *Amazfit App*, pull down to

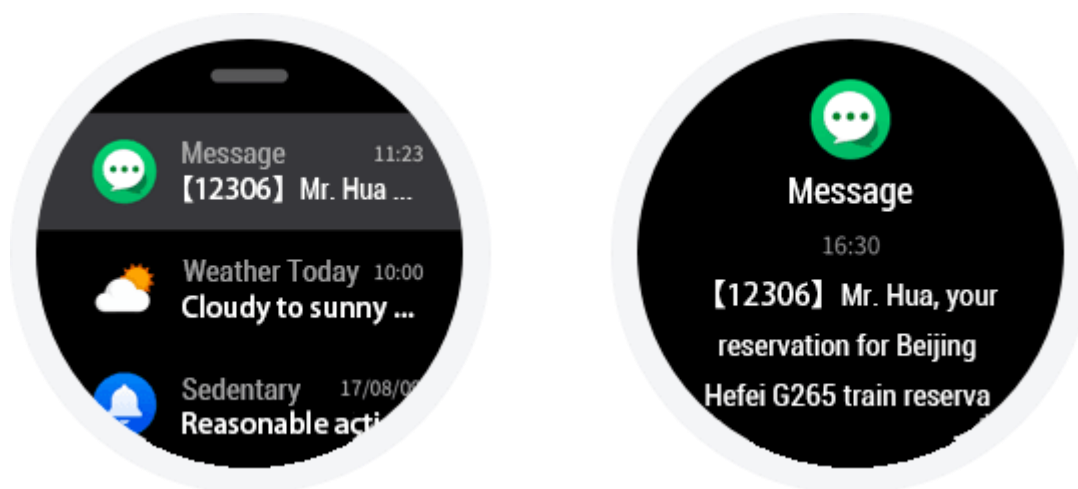
synchronize data, and view the sleep records on the *Amazfit App* homepage.



### 3.11 Notifications/Incoming Calls

#### Notifications

Once the watch is connected with your mobile phone, SMS messages can be displayed on the watch. New notifications are displayed directly on the watch screen. You can swipe right on the watch face to enter the notification center to see all notifications received.



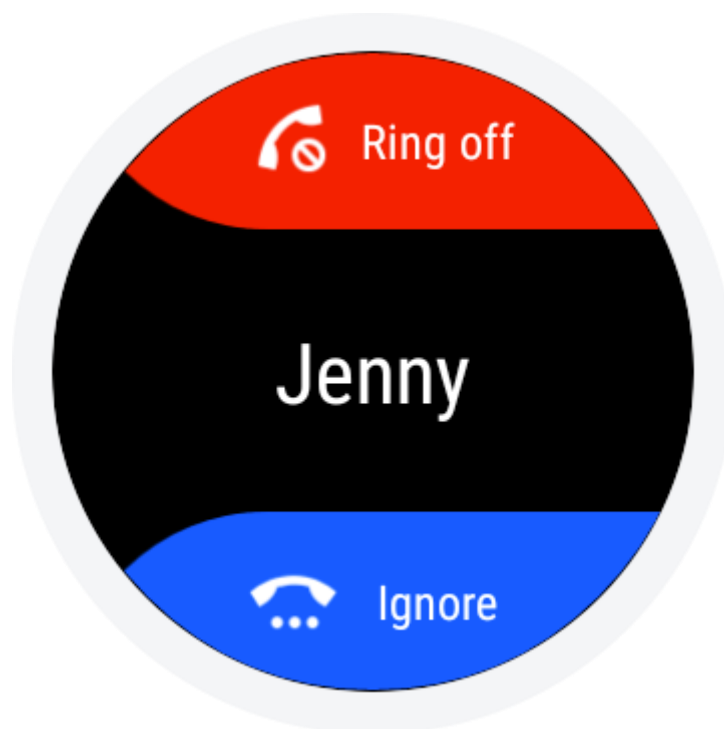
You can turn on/off app notifications in the *Amazfit App* under

Profile>>Amazfit Stratos 3>>Notification Settings>>App Notification Settings.

\* When pairing with Android mobile phones, add the *Amazfit App* to the phone's background whitelist or autorun list. Keep the *Amazfit App* running in the background at all times. If the background process is cleared by the mobile phone, it will cause the watch to disconnect from the mobile phone, making it unable to receive app reminders.

### **Incoming call**

The watch turns on the Incoming Call function by default. When the watch is connected with the mobile phone, the watch displays an incoming call reminder when the mobile phone receives an incoming call, and supports ring-off and mute.



### 3.12 Other Apps

*Amazfit Stratos 3* also has built-in applications for alarm clock, stopwatch, timer, compass, barometer, positioning, find my phone, etc.

### 3.13 Connecting with the Computer

#### Connecting with a PC

Connect the watch to the charging base, and connect the other end of the USB cable to the computer. Find and double click "Amazfit Stratos 3" under "This PC/Computer", then double click "Internal Storage" to access the files in the watch.

*You must install the MTP driver to connect to the watch if the operating system of the PC is earlier than Windows XP SP2.*

#### File Path

Once watch storage can be accessed through the computer, folders with read and write permissions will be displayed. You may copy the required files to those folders or export the files you need.

<b>/Music/</b>	Store .mp3 files, which can be played with a built-in stand-alone music player.
<b>/GPXData/</b>	Store .gpx track files.
<b>/WatchFace/</b>	Store watch face files.

### **3.14 Upgrading Watch System**

Regularly upgrading the watch system provides continued improvement and optimization. New functions we develop are delivered to your watch through system upgrades. When new versions are available, we will promptly send push notifications to your watch and the *Amazfit App*.

\* Before upgrading, ensure that the remaining battery level of the watch is higher than 40% and a stable Wi-Fi connection is available throughout the upgrade process.

#### **Checking for Updates on the Watch**

Select "Update" in the "Settings" menu on the watch to check whether the current watch system is up-to-date. If there is a new version, perform a system update according to the prompts.

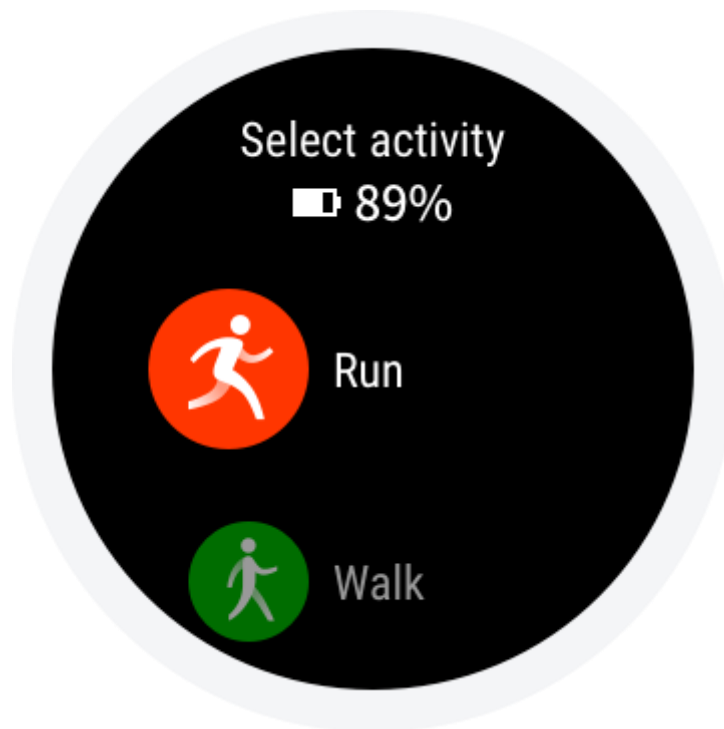
#### **Checking for Updates in the Mobile App**

In the *Amazfit App*, you can check whether the watch system needs to be upgraded under Profile>>My Device>>Amazfit Stratos 3>>Rom updates

## 4. Workout Function

### 4.1 Start Workouts

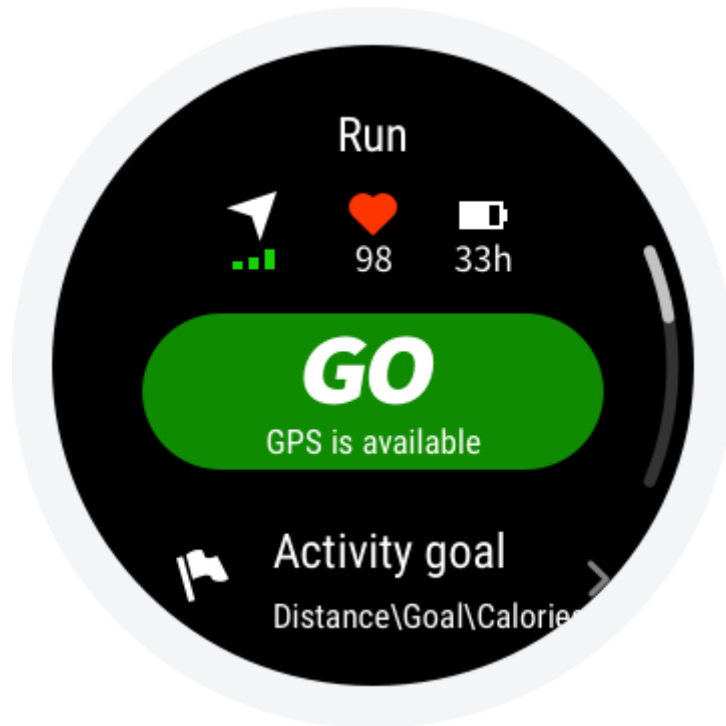
After unlocking, press the SELECT button on the watch face to quickly open the workout list. After entering the workout list, you can select the workout you need by swiping up and down or pressing the UP and DOWN buttons on the screen. Select the corresponding workout by tapping its icon on the screen or short pressing the SELECT button.



### 4.2 Start Running

After entering the running preparation page, the watch will automatically search for a GPS signal. Once successfully found, tap GO or press the SELECT button to enter the Run app and start the timer. You can also swipe up or short press the DOWN button to browse the workout settings.





### 4.3 Operations in Running



### 4.4 Alerts in Running

#### Lap Alert

The watch will vibrate and display the time spent on the last kilometer each time the running distance increases a full kilometer.

**To set Lap Alert: Run>>Settings>>Alerts.**

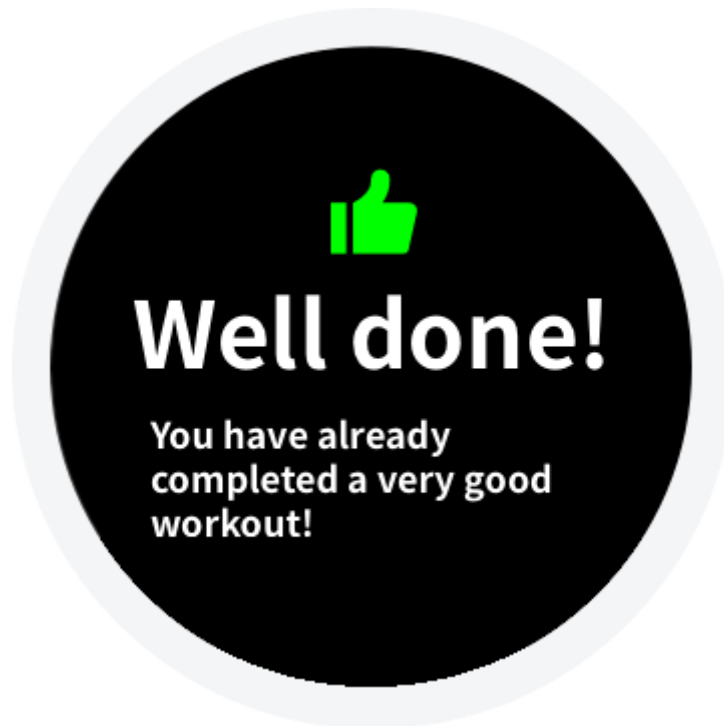
## Heart Rate Alert

If the heart rate while running is detected to exceed your maximum heart rate, the watch will alert you of the need to slow down or stop through vibration and interface reminders.

**To set safe Heart Rate Alert: Run>>Settings>>Alerts.**

If you have a target heart rate range for running, you can turn on the heart rate range alert under **Run>>Settings>>Alerts.**

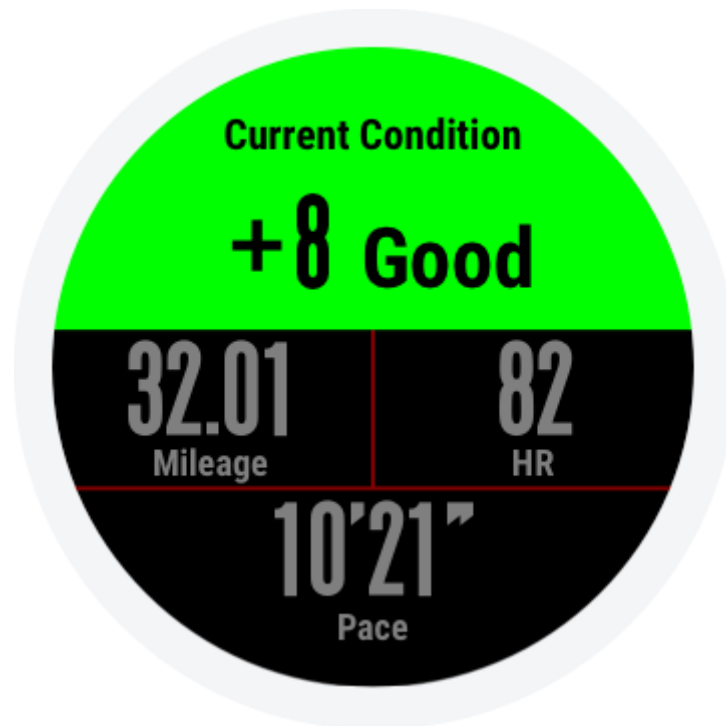
## Real-time Coaching Alert



If Real-time Coaching Alert is enabled in workout settings, the watch will prompt you on how to adjust your speed and heart rate to accomplish your goals after a TE target is set or a recommended target is selected.

**To set Real-time Coaching Alert: Run>>Workout Settings>>Workout Alerts.**

## Performance Alert



Runners encounter good and poor conditions while running, and their physical performance helps quantify the state of each run.

### How is it used?

The watch automatically evaluates your daily physical performance after six minutes of running. If your score is positive, this indicates that your physical performance is good on that day, and that you will achieve good results in training or competition. If your score is negative, we suggest that you refrain from high-intensity running and do not push yourself to achieve running goals.

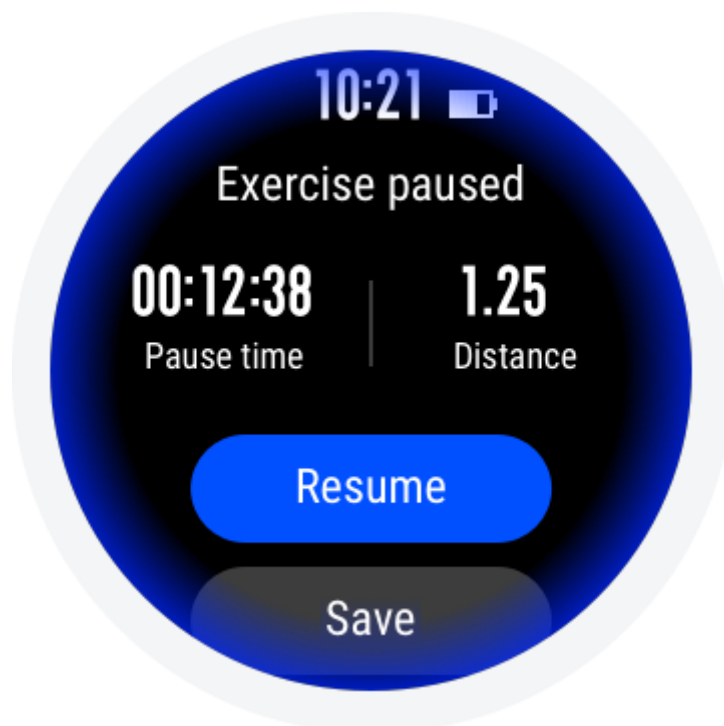
After running is finished, you can analyze your running performance by viewing per-kilometer scores in the Performance chart.

Score Ranges	Performance
-20 to -6	Fatigued
-5 to +5	Normal
+6 to +20	Good

## 4.5 Pause or Stop Running

### Pause Workout

You can pause the workout by pressing the SELECT button and resume the workout by pressing the SELECT button again.



### End Workout

After entering the pause page, you can end the workout by selecting End, resume the workout by selecting Resume, and delete the current workout record by selecting Discard. After the workout is ended, the watch

displays and saves the details of the workout, which can be reviewed on the Watch>>Activities or in the Amazfit App>>Workout>>View more exercises

#### 4.6 Full Recovery Time

The watch recommends a full recovery time for each workout based on the result, which is proportional to workout intensity. High-intensity workouts are not recommended during the recovery time, but reconditioning exercises to help the body recover are suggested.

After the run ends, you can view the full recovery time countdown clock.

After the countdown finishes, recovery time is hidden. You can find it in the watch's workout status app or in the widget.



## 4.7 Running Settings

### ① Workout Alerts

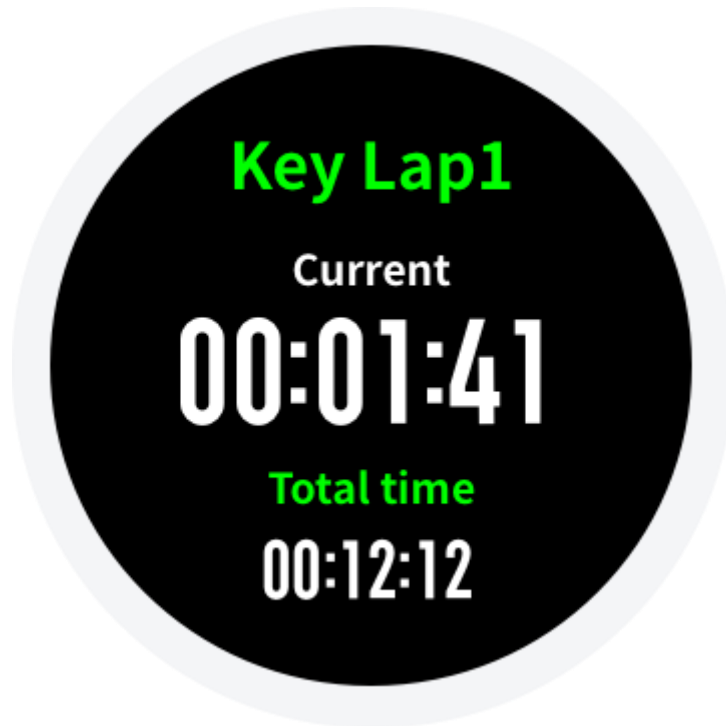
Workout Alerts settings allow you to control various alerts, such as Lap Alert and Heart Rate Alert. You can adjust as needed in workout settings.

### ② Lap Function

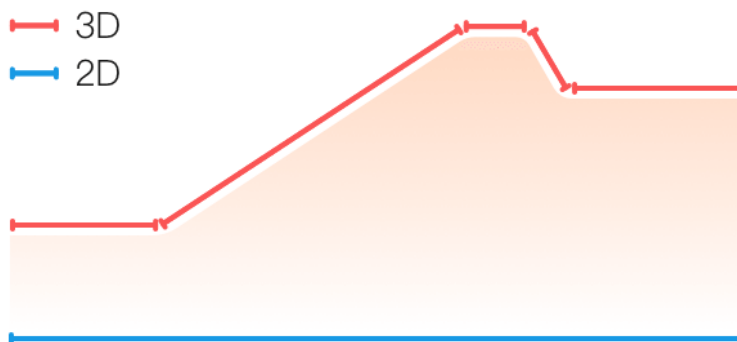
You can use the Lap function for running. During your workout, you can perform the key lap by pressing the DOWN button. In workout settings, you can set an automatic lap distance in the workout alerts.

The watch also records the workout details of each lap node for both key lap and auto lap. After the workout ends, you can view the details of different laps.

If you need to view current lap data in the workout, you can choose to display or hide the lap data items you need in the Amazfit App under Profile>>Amazfit Stratos 3>>App settings>>Sports>>Real-time sports Data Settings.



### ③ 3D Data



You can enable or disable 3D data for running in the workout settings. If enabled, the watch calculates using 3D data in those modes, as shown in the figure above.

### ④ Connecting with Accessories

The watch supports connecting to Bluetooth 4.0-enabled HR strap or A2DP Bluetooth headsets. To use those devices during workouts, pair or connect with them by setting accessory connections in workout settings.

The watch can only connect to one of each category of Bluetooth device at a time. After the workout begins, the watch first attempts to connect with the last used device.

Connecting with HR strap: 1. Put on HR strap (For users with the dry skin, soak both poles with water).

2. Locate HR strap in Workout Settings>> Accessories from the watch and pair it with the watch.

Note: Given that Bluetooth broadcast works only when the HR strap is worn, always put on the HR strap before trying to connect with the watch.

HR strap connection is not supported for swimming. Connecting with accessories is not supported in Ultra Mode now.

## **4.8 Running Trainer**

### **Smart Coach**

The watch will recommend the appropriate running target based on your previous running data. If you use this target for your workout, the watch will guide your running through reminders.

### **Interval Workout**

Open the Amazfit App, enter Profile>>Amazfit Stratos3>>App settings>>Sprots>>Interval Workout to configure your own Interval Workout.



## **4.9 About GPS Search**

The watch automatically activates GPS positioning when entering the workout preparation page for outdoor sports such as running, and notifies you once positioning is successfully activated. Also, GPS positioning automatically deactivates when you quit the workout preparation page or complete the workout.

GPS search remains active for six minutes. You will be prompted to reposition yourself if the positioning attempt times out and fails. If you remain inactive for 20 minutes after successful positioning, the watch automatically turns off positioning to save power. In such cases, you must reposition yourself before proceeding with the workout.

### **Positioning suggestions:**

Use GPS positioning in open outdoor areas, and wait until the positioning is successful before beginning any workouts. If you are in a crowd, raise your arm to your chest to accelerate positioning.

### **Auxiliary GPS (AGPS):**

AGPS is a kind of GPS satellite orbit information data which helps the watch accelerate GPS positioning.

When the watch remains connected with the mobile phone through Bluetooth, the watch regularly synchronizes and updates AGPS data to the Amazfit Watch app on a daily basis. AGPS data expires if the watch has not synchronized data with the Amazfit App for seven days. If this

happens, positioning efficiency can be compromised, and you will be promoted to update your data through system messages.

#### 4.10 Pool Swimming



#### Terms

**Lane length:** Refers to the current pool's lane length. The watch calculates swimming data based on the set lane length.

Set the corresponding lane length for each pool so that the watch can accurately evaluate your swimming data.

**Trip:** Refers to lane length in pool swimming mode.

**Stroke:** Refers to a complete stroke motion while wearing the watch.

**Stroke Rate:** Refers to the number of strokes per minute.

**DPS:** Refers to the distance of a complete stroke.

**SWOLF:** SWOLF is an important indicator of swimming scores, and is equivalent to the comprehensive evaluation of your swimming speeds.

SWOLF in pool swimming mode = duration of a single trip (in seconds) + number of strokes in a single trip. In open-water swimming mode, the SWOLF score is calculated using 100 meters as trip length. A smaller SWOLF score indicates higher swimming efficiency.

### **Stroke Type Recognition**

The watch recognizes stroke types in swimming modes, and also displays the main strokes you use.

Freestyle	Freestyle swimming
Breaststroke	Breaststroke
Backstroke	Backstroke
Butterfly	Butterfly
Mixed	Multiple stroke types are used in a swimming workout, with each stroke in similar proportion.

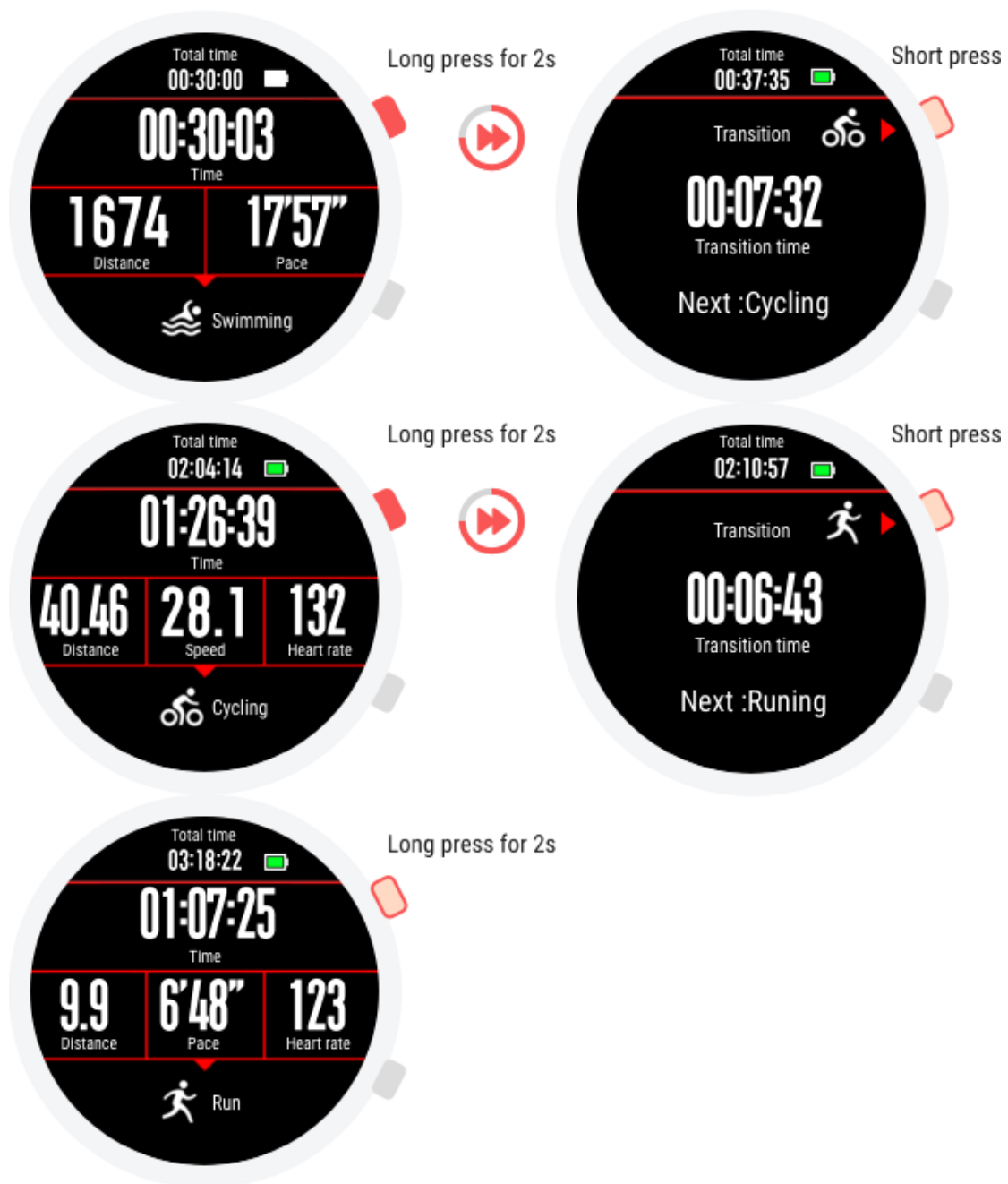
### **Touch Screen During Swimming**



To prevent accidental taps and water interference with the touch screen, the watch automatically deactivates the touch screen function when a swimming workout begins. In such cases, you can control the workout with the watch buttons. After the workout ends, the watch reactivates the touch screen function.

#### **4.11 Triathlon**

Triathlon mode consists of three workout modes and two transition waits. In the open-water swimming and outdoor riding modes for Triathlon, you can change the current workout and enter the transition wait by long-pressing the UP button. During the transition wait, you can end the wait and enter the next workout by pressing the UP button.



## 4.12 Viewing Workout Records

### Viewing on the Watch

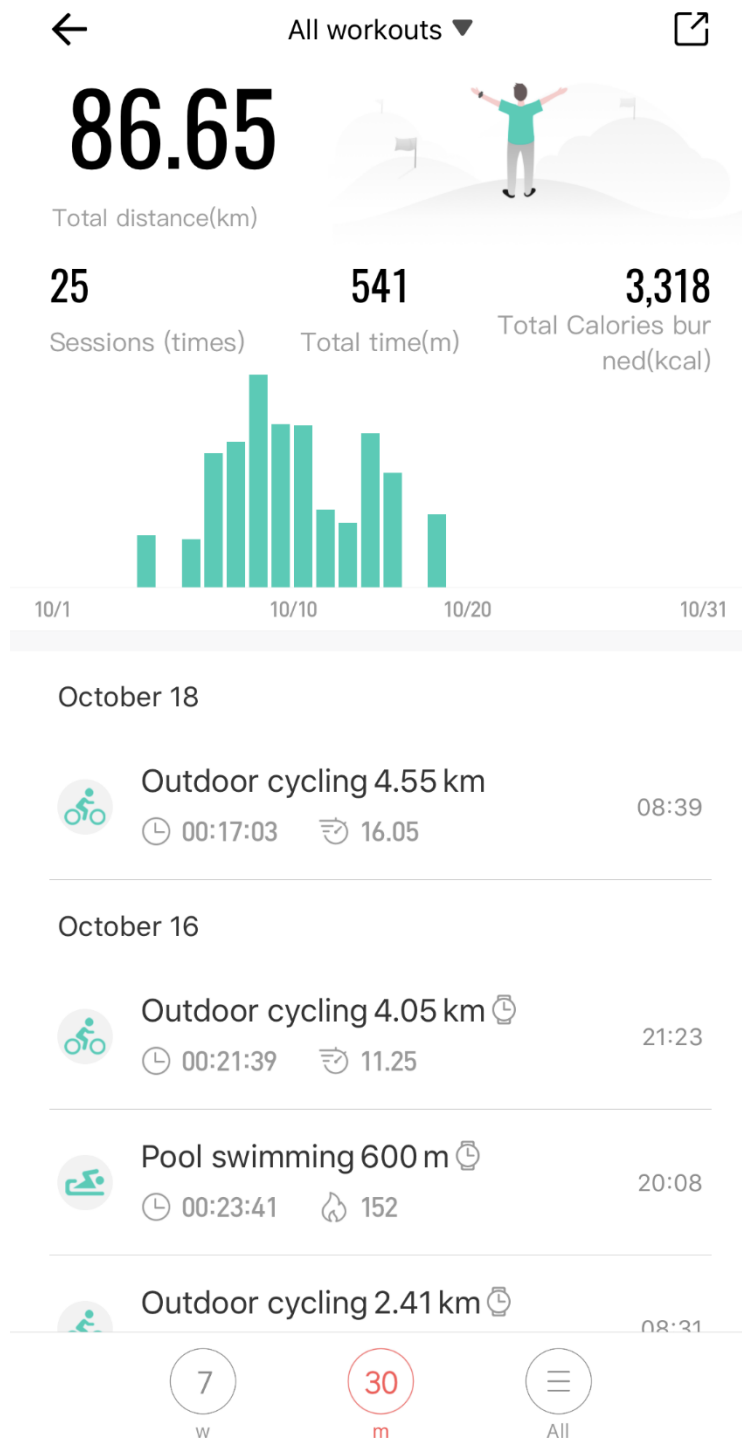
Enter the **Activities** screen, which by default displays the latest saved workout. After pressing the **SELECT** button, you can enter the workout history list. After selecting a workout record, you can view detailed data.



You can view the details of the last 30 workouts in the watch's workout record app.

### **Viewing in the Amazfit App**

You can view the details of all workouts successfully synchronized from the watch in the workout page of the Amazfit App.



### 4.13 Smart Workout Recognition

If the watch system detects that you are running or walking, it will remind you whether you need to start the workout mode when you do not enable

the workout manually.

When you have enabled running or walking mode, it will remind you whether you need to stop workout and save it if your watch detects that you have stopped your workout.



**To set Smart Workout Recognition: Settings>>Preferences>> Sport Recognition**

#### **4.14 Indoor Running Calibration**

After the indoor run is finished, choose "Calibrate and Save" when saving the workout. If the mileage recorded by the watch is greater than 0.5 km, the calibrated mileage will be used to optimize the algorithm to make the mileage recorded in the future more accurate.

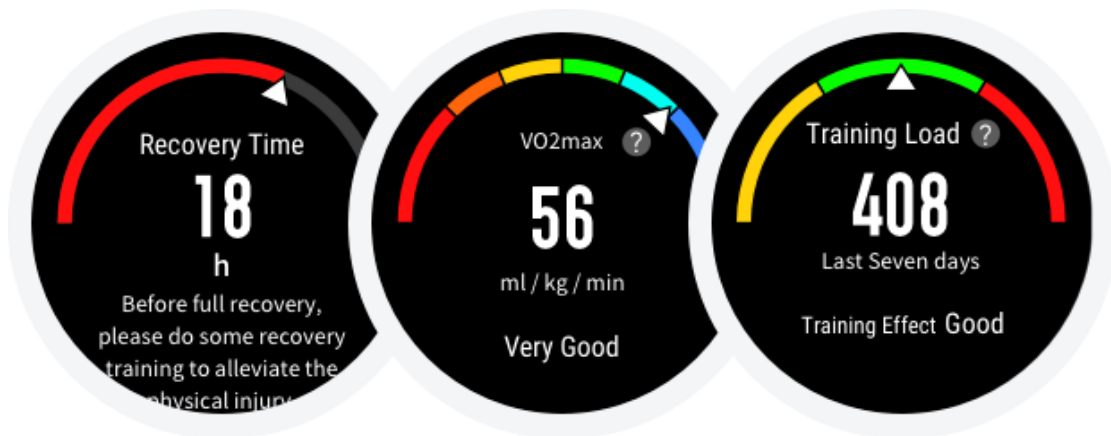
If the mileage recorded is still inaccurate after multiple calibrations, you



may select "Recalibrate".

#### 4.15 Workout Status

In the Exercise status app, you can view the current workout load, full recovery time, maximum oxygen uptake, running performance prediction, and personal record data. You can also view it from the widget and set the widget's On/Off with the Amazfit App.



#### 4.16 Running Performance Prediction

The watch can predict the completion time of 5 km, 10 km, half marathons, and full marathons based on previous running records. You need to run more than three kilometers at race speed to get more accurate predictions of other running performances. Performance predictions can be viewed in My Status app.



#### 4.17 Power Consumption Settings

In trail runs, outdoor hiking and climbing, the watch's power consumption mode can be set. The system has three preset modes including precision, balance and power saving, and also supports custom modes. In custom modes, you can adjust GPS interval, Activate on Raise, touch screen toggle, and so on.

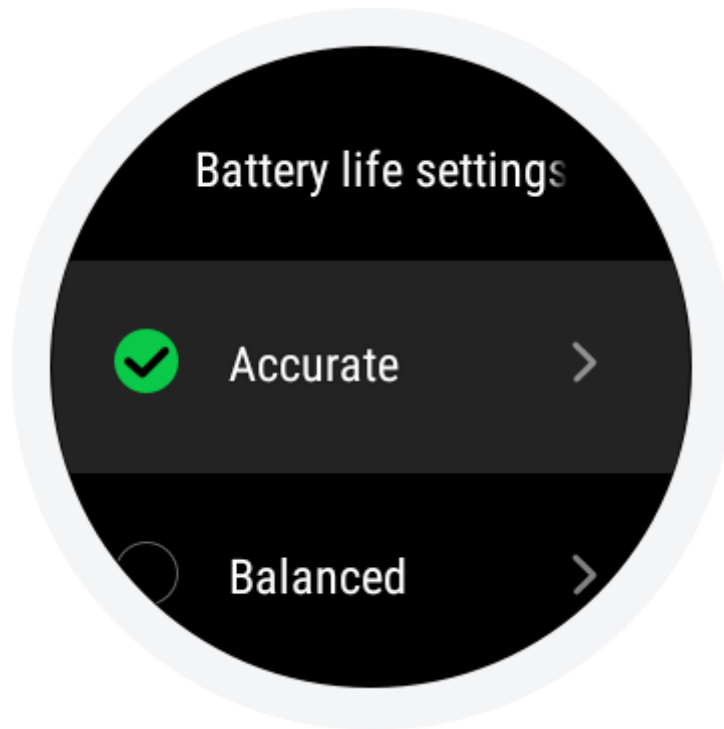
To set Power Consumption: Trail Running/Outdoor

Hiking/Climbing>>Workout Settings>> Battery life settings

Detailed settings and battery life are as follows:

	GPS interval	PPG	Raise display	Airplane mode	Touch screen	Lock Screen Data	Battery Life
Accurate(default)	1s	on	Follow system settings	Follow system settings	on	Refresh on wrist up(10times/h)	35H

Balanced	5s	on	Follow system settings	Follow system settings	on	Refresh on wrist up(10times/h)	45H
Power saving	60s	off	off	off	off	Refresh on wrist up(10times/h)	70H



## **5. Physical Indicators for the Workout**

The watch provides a rich variety of physical indicators for workouts, and you can use evaluation scores as a reference for your workouts. These indicators are determined based on your profile and other data such as heart rate. As the watch continues to understand and analyze your body and workout data, the accuracy of evaluation scores gradually improves.

### **5.1 Maximum Oxygen Uptake (VO<sub>2</sub>max)**

Maximum oxygen uptake refers to the amount of oxygen consumed by the body during maximum-intensity workouts, which is an important indicator of the body's aerobic capacity. As one of the most important references for endurance athletes, high maximum oxygen uptake is the prerequisite for high aerobic capacity.

Maximum oxygen uptake is a relatively personal indicator, which has different reference standards for different genders and age groups. The watch evaluates your athletic ability based on your profile and the heart rate and speed during your workouts. Also, maximum oxygen uptake changes with your athletic ability. However, everyone has a maximum oxygen uptake limit, which varies by individual.

#### **How do I retrieve maximum oxygen uptake?**

- ① Correctly enter your profile in the Amazfit App.

- ② Run outdoors for at least 10 minutes while wearing the watch and ensure that your heart rate reaches 75% of your maximum heart rate.
- ③ After the running ends, you can view your current maximum oxygen uptake in the watch's workout record app or on the Amazfit App>>Workouts>>See more Statuses.

④ Maximum oxygen uptake scores map to seven athletic ability levels:



### How do I view maximum oxygen uptake?

You can view the current maximum oxygen uptake in the watch's workout status app.



You can also view the same data and its variation trends in the Amazfit App.



## VO<sub>2</sub> max

Updated 10/17



Exercise performance: Good

### VO<sub>2</sub> max trend

Good 50 ml/kg/min



d

w

m

### VO<sub>2</sub> max

The maximum oxygen uptake (VO<sub>2</sub> max) is the key data to measure your physical fitness level. Technically, it reflects the maximum rate of oxygen uptaken by the exhausted body during the maximum intensity exercise, and it is an important indicator of the body's aerobic

## 5.2 Training Effect

Training Effect (TE) is an indicator for measuring the effect of a workout on improving aerobic capacity. When you work out while wearing the

watch, the TE score starts from 0.0 and increases as the workout progresses. The TE score ranges from 0.0 to 5.0, and different score ranges indicate different effects. A higher TE score indicates a greater workout intensity and a higher body load, but also a better TE. However, you should consider whether your body load is too high when the TE score reaches 5.0.



TE score	Effect on improving aerobic capacity
0.0 - 0.9	This workout has no effect on improving aerobic capacity.
1.0 - 1.9	TE is low. This intensity helps improve athletic endurance and is ideal for post-workout recovery training.
2.0 - 2.9	TE is moderate and helps maintain aerobic capacity.

3.0 - 3.9	TE is good and significantly helps improve aerobic capacity.
4.0 - 4.9	TE is excellent, effectively improving cardio ability and aerobic capacity.
5.0	Workout intensity overloads your body, and post-workout recovery is required for non-athlete users.

The TE score is evaluated based on your profile, as well as your heart rate and speed during your workout. A low TE score does not indicate a problem with the workout, but signifies that the workout is easy and has no significant effect on improving aerobic capacity (for example, the TE score is low for one hour of jogging.)

### **How do I retrieve my TE score?**

The watch provides real-time TE scores while running, and the runner can adjust his or her motions based on these scores. Once a workout for which heart rate data is monitored ends, the watch displays the TE score of the workout and provides relevant comments or suggestions. Also, you can review the TE score of each workout record in the future.




### **5.3 Training Load**

The watch calculates training load based on EPOC (Excess Post-Exercise Oxygen Consumption) scores over the past seven days to evaluate your



workout quantity. You can adjust your subsequent training schedule based on your training load score range.



	Low
	Optimal
	High

Also, you can view training load scores and their variation trends for the last 28 days under Workout>>Personal Status in the Amazfit App.

## **6. Daily Maintenance**

① The watch is water resistant. We recommend cleaning the watch and watchband regularly with water and drying with a soft cloth before wearing.

② Avoid using detergents such as soap, hand sanitizer, or bath foam for cleaning to prevent chemical residues irritating the skin or corroding the device.

### **Notes**

① The watch can withstand pressure equivalent to 50 meters underwater. Therefore, it can be used when swimming in pools and shoals. However, it cannot be used for underwater diving, free underwater diving, diving, surfing, showering, and a sauna.

② Do not operate the watch underwater by touching screen or pressing buttons. If the watch gets wet, do not operate the touch screen or charge the watch until it is wiped clean using a soft cloth.

③ The watch is not resistant to corrosive liquids such as acidic and alkaline solutions and chemical reagents. Damage or defects caused by misuse or improper use are not covered by the warranty.