Manuals+

User Manuals Simplified.

realme LS450-R Watch 2 Pro User Manual

March 27, 2022March 27, 2022 ▉**Leave a comment on realme LS450-R Watch 2 Pro User Manual**

Home » **realme** » realme LS450-R Watch 2 Pro User Manual 📄

realme LS450-R Watch 2 Pro User Manual

Contents

Overview

As a long-lasting and ultra-light & thin intelligent sports watch, the new realme Watch 2 Pro Smart Watch(hereinafter referred to as"the Watch") integrates functions of blood oxygen measurement, continuous heart rate monitoring, sleep monitoring, sports monitor with GPS, information assistant and intelligent tool, etc. With the ultra-light & thin and fashionable design, the Watch guides you health accurately, which is a suitable wear both in daily leisure activities and light sports.
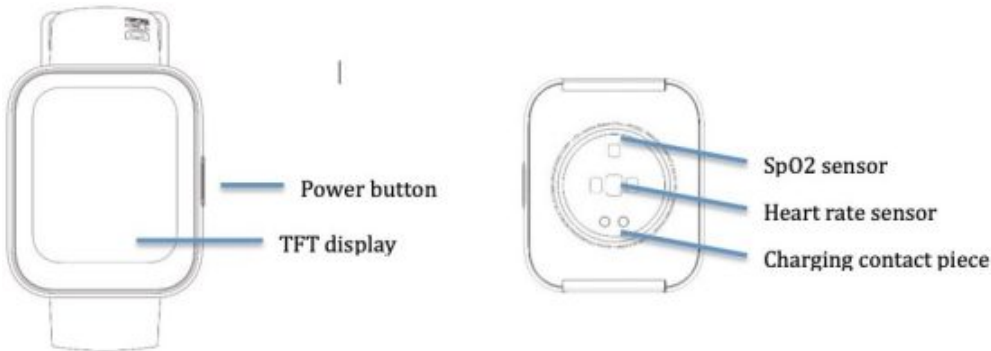
Using a color display with a sort and skin-friendly silicone watch strap, the Watch will give you a comfortable feeling.

As long as the Watch is worn on your wrist and matched and connected with you mobile phone, you can experience intimate services of scientific sports, heart rate monitoring, sleep monitoring instant notification, etc.

Performance

- Low-power Bluetooth
- Full-screen touch
- TFT color display
- 24-hour dynamic heart rate monitoring
- Blood oxygen measurement
- GPS
- Multiple modes of sports
- Sleep monitoring
- Meditation mode
- Message notification
- Music control

Quick Start

Power button
TFT display
SpO2 sensor
Heart rate sensor
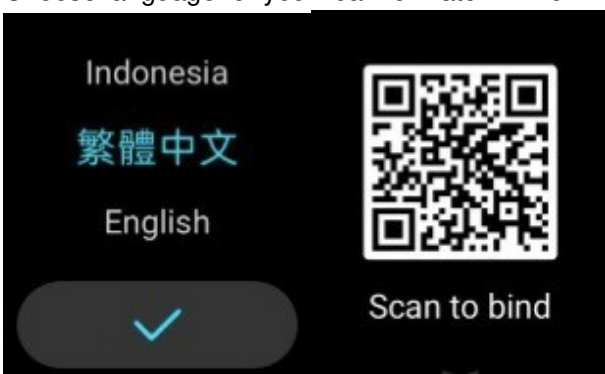Charging contact piece

Unboxing

Unboxing your realme Watch 2 Pro and check if accessories are complete. In the box:

1. A realme Watch 2 Pro (Built-in Polymer Lithium Battery)
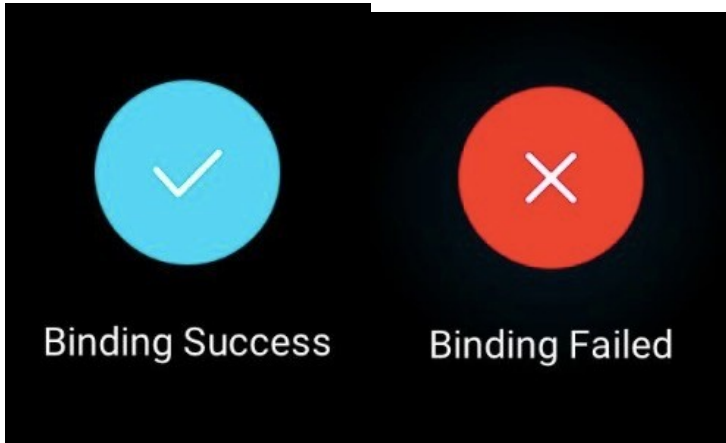2. A User Manual
3. A Charging Base

Pairing

1. Download "realme Link" APP from Google Play. Sign up your realme account and input your basic information (Birth date / Height / Weight / Gender etc.
2. Long press "power button" for 3 seconds or connect charger to activate realme Watch 2 Pro.
3. Choose language for your realme Watch 2 Pro.

4. Make sure Bluetooth of your mobile device is on, open the "realme Link" APP, scan the device QR code displayed on realme Watch 2 Pro. Or open "realme Link" APP, select realme Watch 2 Pro to scan device
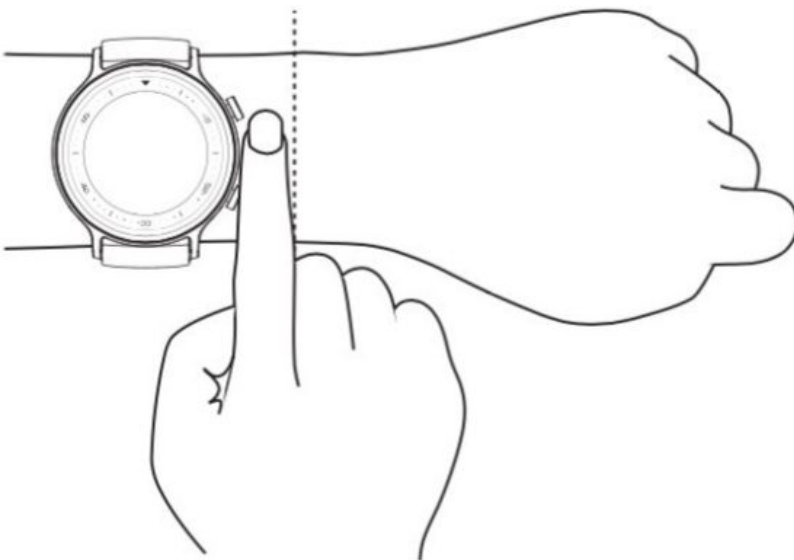
nearby, choose and connect to the intended realme Watch 2 Pro. Click confirm to pair realme Watch 2 Pro.

1. "Binding Success" will be displayed if the binding process is done;
2. "Binding Failure" will be displayed if the binding process is failed. Please try again until binding is done to make sure the realme Watch 2 Pro is able to work properly.

Wear

Wear the watch about one finger away from the carpal bone, and adjust the tightness of the watch strap to ensure that the heart rate sensor can collect data normally.

Display Control

The watch adopts a 1.75-inch TFT color display with 320*385 pixel, which supports full-screen touch, sliding upward, down, left and right, point touch and long press operation.

- Slide downwards on the dial interface, the message notification list will be opened, and operate in the reverse direction to return;
- Slide upwards on the dial interface, the function list will be opened, and operate in the reverse direction to

return;
- Slide rightwards on the dial interface, the shortcut settings list will be opened, and operate in the reverse direction to return;
- Slide leftwards on the dial interface to switch to other primary interfaces, and slide left or right to switch the primary interfaces;
- Slide to the right on the non-dial interface, the Watch will return to the previous interface;
- Long press the dial interface, the Watch will enter the dial switching interface.

Button Control

1 Power button

- When the display is off, short press it to brighten the display.
- In the dial interface, short press it to display off.
- In the non-watch face, short press it to return to previous interface.
- During your exercise, short press it to pause/resume the exercise.
- In the dail interface, long press it to enter the restart/power-off interface.
- In any mode, long press it for more than 10 seconds to force restart.
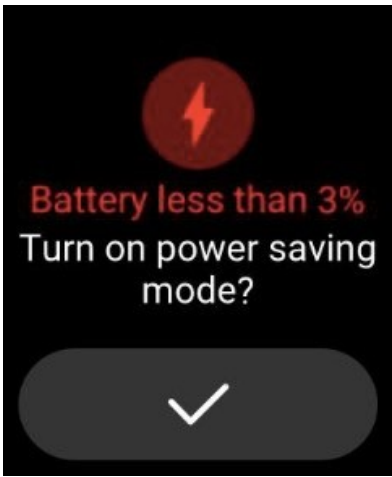
Low Battery

1. When the power of the Watch is equal or less than 10%, the single vibration pop-up window will display:

2. When the power of the Watch is equal or less than 5%, the single vibration pop-up window will display.
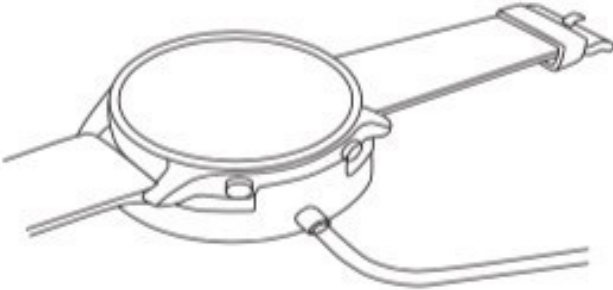

3. When the power of the Watch is equal or less than 3%, the single vibration pop-up window will display and the Watch will power off.

Charging

1. Place the Watch on the charging base, so that the charging contact piece on the back of the Watch is completely attached to the metal contact on the charging base;
2. Connect the charging base to the standard USB charger with the output voltage of 5V and output current of 0.5A and above, which must be purchased for formal channels.

Tips:

- If the Watch connot be turned on after being placed for a long time, it needs to be pre-charged for about 1 minute before the charging icon is displayed.
- Please clean the charging contact piece of the Watch before charging to avoid sweat or moisture residue.

Health features

1. realme Watch 2 Pro will help tracking activity data and health status 24/7. It is designed to monitor daily activities: steps / distance / consumed calories and continuous heart rate.
2. Input and sync up your information of height, weight, step goal etc. from "realme Link" APP. realme Watch 2 Pro can assist you on achieving daily step goal, you can modify step goal according to your physical condition on "realme Link" APP.
3. Realme Watch 2 Pro provides you multiply exercise modes. Go to Workout and choose your personal workout mode with accurate exercise data recorded.
4. Realme Watch 2 Pro provides SpO2 measurement and you can find the estimated value in the report.SpO2 is the concentration of oxygen in the blood.
   The human body requires and regulates a very precise and specific balance of oxygen in the blood. Normal blood oxygen levels in humans are considered 95-100%. If the level is below 90%, it is considered low resulting in hypoxemia. Blood oxygen levels below 80% may compromise organ function, such as the brain and heart, and should be promptly addressed.

Specifications

- **Product Name:** realme Watch 2 Pro
- **Product Model:** RMA2006
- **Display:** 1.75 inch TFT color display
- **Resolution Ratio:** 320*385
- **Battery Capacity:** 390mAh

- **Protection Level:** IP68
- **Working Temperature:** 0℃~40℃
- **Storage Temperature:** -20℃~ 60℃
- **Matched Mobile Phone:** Android 5.0 and above/iOS 9.0 and above

Warnings

AUTION RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED
BATTERIES ACCORDING TO THE INSTRUCTIONS.

- Do not disposal of a battery into fire or a hot oven, or mechanically crushing or cutting of a battery, that can
result in an explosion.
- Do not leaving a battery in an extremely high temperature surrounding environment that can result in an
explosion or the leakage of flammable liquid or gas.
- Do not expose the battery to extremely low air pressure that may result in an explosion or the leakage of
flammable liquid or gas.

FCC statement

BT BLE: 2402MHz-2480MHz @ -0.81dBm
GPS: 1561-1575.42 MHz

Manufacturer name: Realme Chongqing Mobile Telecommunications Corp., Ltd. Manufacturer address: No.178
Yulong Avenue, Yufengshan, Yubei District, Chongqing, China.

Caution: The user is cautioned that changes or modifications not expressly
approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. 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 receiver.
- Connect the equipment into 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.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.
This transmitter must not be co-located or operating in conjunction with any other.

Documents / Resources

realme LS450-R Watch 2 Pro [pdf] User Manual
RMA2006, 2AUYFRMA2006, LS450-R, Watch 2 Pro

Related Manuals / Resources

Huawei Watch GT 2 Pro User Manual

Huawei Watch GT 2 Pro User Manual - Optimized PDF Huawei Watch GT 2 Pro User Manual -…

Beeasy AW01 Watch User Manual

AW01 Watch

Samsung Galaxy Watch User Manual

Samsung Galaxy Watch User Manual - Optimized PDF Samsung Galaxy Watch User Manual - Original PDF

brinno TLC200 Pro User Manual

TLC200 Pro

Leave a comment

Your email address will not be published.

Comment

Name

Email

Website

☐ Save my name, email, and website in this browser for the next time I comment.

Post Comment

Manuals+,

- **home**
- **privacy**