
Amazfit X User Manual (English Edition)

Contents

Amazfit X User Manual (English Edition)	1
Getting started.....	3
Connecting and pairing	3
Updating the system of your watch.....	3
Control center.....	4
Time system.....	4
Units.....	4
Common operations	5
Functions available when the watch is connected to your phone	6
App alerts	6
Incoming call alert	6
Music control	7
Find my phone	7
Find Watch.....	7
Watch face	7
Watch face compilations	7
Add watch faces.....	8
Change the watch face	9
Shortcuts	9
Shortcut page	9
Pinching with two fingers to launch an app	9
Workout.....	10
Workout	10
Workout reminder and settings	10
Workout control	10
Viewing workout records.....	11
Activities and Health	12
Activity target	12
Idle alert	12
Heart rate.....	13
Automatic heart rate measurement.....	13
Manual measurement	13

Precautions for heart rate measurement	14
Sleep.....	14
Blood Oxygen	14
Precautions for SpO2 measurement	15
Stress monitoring	15
Watch apps	15
App List	15
Schedule.....	16
Weather	16
Alarm	17
Stopwatch.....	17
Countdown.....	18

Getting started

Connecting and pairing

Use your phone to scan the following QR code, and download and install the Zepp app. For a better user experience, update this app to the latest version when prompted.

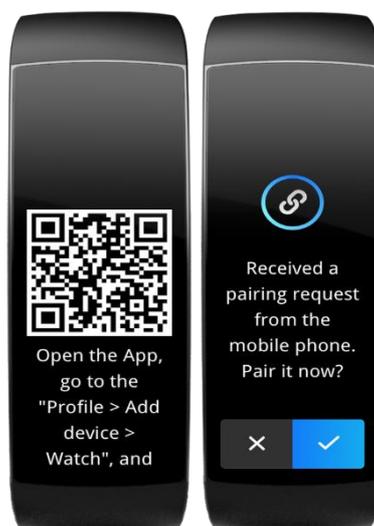


Note: The operating system of your mobile phone must be Android 5.0 or iOS 10.0, or higher.

Initial pairing:

When the watch is started for the first time, the QR code used for pairing is displayed on the screen.

Launch the Zepp app on your phone, log into the app, and scan the QR code displayed on the watch to pair your phone with the watch.



Pairing with a new phone:

1. Launch the Zepp app on your old phone, and synchronize data with the watch.
2. On your old phone, go to the information page of the watch, tap More at the bottom of the page, and unpair the old phone from the watch.
3. Restore the factory settings of the watch, and restart the watch. After the watch is restarted, pair the watch with your new phone according to the initial pairing procedures.

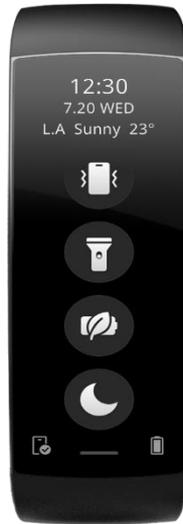
Updating the system of your watch

Keep the watch connected with your phone, launch the Zepp app, and choose Profile > My devices > Amazfit X > Check for updates. Then, you can view or update the system of your watch.

It is recommended that you tap Update immediately when your watch receives a system update message.

Control center

On the watch face page of your watch, swipe down to go to the control center, and use the following system functions: Find my phone, Flashlight, Power saving mode, and DND.



Time system

Keep the watch connected with your phone. During data synchronization, the watch automatically follows the system time and time format of your phone, and displays the time in a 12-hour or 24-hour system.

Units

Keep the watch connected with your phone, launch the Zepp app, and choose Profile > More > Settings. Then, you can set the unit of measurement for distance and weight. During data synchronization, the watch automatically follows the settings in the app.

Common operations

Tap the screen

To enable this function, select the current item, or proceed with the next step.

Long press the watch face

To activate the watch face selection or watch face settings.

Cover the screen

To turn off the screen.

Swipe up, down, left, or right

To scroll on the page or switch pages. On some pages, you can swipe right to return to the upper-level page.

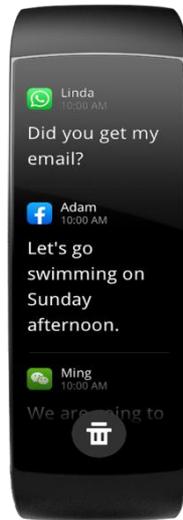
Press the side key

To wake up the watch, return to the watch face, or turn off the watch face.

Functions available when the watch is connected to your phone

App alerts

Keep the watch connected with your phone, and you can receive the phone app alerts on your watch. You can swipe up on the watch face page to view the latest 20 alerts in the notification center.



Setting method:

Keep the watch connected with your phone, launch the Zepp app, and choose Profile > My devices > Amazfit X > App alerts. Then, you can select the apps for which the app alerts function needs to be enabled.

Note:

To enable this function on an Android phone, you need to add the Zepp app to the whitelist or auto-run list in the phone background so that the app always runs in the background. If the Zepp app is killed by the phone's background process, the watch will be disconnected from your phone, and you cannot receive app notifications on the watch.

Incoming call alert

Keep the watch connected with your phone, and you can receive incoming call alerts on your watch. You can choose to answer the call via your phone or hang up on your watch.



Changing the settings on an Android phone:

Keep the watch connected with your phone, launch the Zepp app, and choose Profile > My devices > Amazfit X > Incoming call. Tap the "Allow access to Phone" message, and grant the call permission for the Zepp app. The related permission is already granted if this message is not displayed..

Note:

To enable this function on an Android phone, you need to add the Zepp app to the white list or auto-run list in the phone background so that the app always runs in the background. If the Zepp app is killed by the phone background process, the watch will be disconnected from your phone, and you cannot receive incoming call alerts on the watch.

Music control

Keep the watch connected with your phone. When you play music on your phone, you can start or pause the music, adjust the volume, and switch to the previous or next audio track on the music app of your watch.



Changing the settings on an Android phone:

Keep the watch connected with your phone, launch the Zepp app, and choose Profile > My devices > Amazfit X > App alerts. Tap the "Can't access notification" message to go to the notification settings page, and grant notification permission for the Zepp app. The related permission is already granted if this message is not displayed.

Note:

To enable this function on an Android phone, you need to add the Zepp app to the whitelist or auto-run list in the phone background so that the app always runs in the background. If the Zepp app is killed by the phone's background process, the watch will be disconnected from your phone, and you cannot implement music control.

Find my phone

1. Keep the watch connected with your phone.
2. On the watch face page, swipe down to go to the control center, and tap Find my phone. Then, your phone will vibrate and ring.

Find Watch

Keep the watch connected with your phone, launch the Zepp app, and choose Profile > My devices > Amazfit X > Find watch. Then, your watch will vibrate.

Watch face

Watch face compilations

Some watch faces support compilations. With the compilations, you can view information such as steps, consumption, and weather, or tap a compilation to launch the corresponding app. You can also edit information as needed.

Edit watch face compilations:

1. Wake up the watch face, and long press the watch face page to go to the watch face selection page.

-
2. Swipe left or right to preview the watch faces available to the watch. The Edit button will be displayed at the bottom of a watch face that supports compilations. You can tap this button to go to the page for editing the compilations of this watch face.
 3. Select the compilation to be edited, and tap this compilation, or swipe up or down on the screen to switch between compilations.
 4. After editing, press the side key to enable this watch face.



Add watch faces

In addition to the two built-in watch faces, you can set online watch faces via Zepp app as desired and synchronize them to the watch.

To add online watch faces, perform the following steps:

1. Keep the watch connected with your phone, launch the Zepp app, and choose Profile > My devices > Amazfit X > Watch face settings.
2. Select a desired watch face, and synchronize it to the watch.

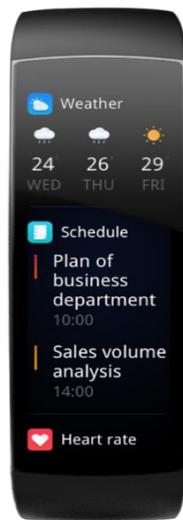
Change the watch face

1. Wake up the watch face, and long press the watch face to go to the watch face selection page.
2. Swipe left or right to preview the watch faces available to the watch, including built-in watch faces and synchronized online watch faces.
3. Tap the desired watch face to replace the current watch face with the desired one.

Shortcuts

Shortcut page

On the watch face page, you can swipe right to go to the shortcut page. Shortcuts for different information or functions can be added to the same page, including workout, workout record, workout goal, activity goal, heart rate, schedule, and weather.



Pinching with two fingers to launch an app

On the watch screen, you can pinch the watch face with two fingers to launch a pre-configured app. The workout app is opened by default. You can also change this app to the app that you frequently use on the Settings page.

Workout

Workout

The watch supports nine workout modes, including treadmill, indoor fitness, outdoor running, walking, indoor cycling, elliptical trainer, outdoor cycling, pool swimming, and open water swimming.

After waking up the watch, swipe left on the watch face page, tap Workout on the app list, tap the desired workout mode, and tap GO on the workout preparation page to start recording workout information.



When you tap a workout mode that does not require GPS positioning, the 5-second countdown starts automatically. After the countdown ends, the watch starts to record the workout information.

Workout reminder and settings

At the bottom of the workout countdown page or GO page, you can tap Settings to set the current workout mode. The related parameters vary depending on the workout mode.

Workout goal:

You can set goal reminders for the target distance, target time, and target consumption.

Workout reminder:

You can set a pace reminder and speed reminder. The per km or mile reminder and safe heart rate reminder are enabled by default.

Auto pause:

The watch automatically detects the workout status. When detecting that the workout has stopped, the watch automatically stops recording information about the current workout. When detecting that the workout has started again, the watch continues to record the workout information.

Break time:

You can set the break time between two sets of exercise during indoor fitness.

Swimming lane length:

Swimming lane length needs to be set during pool swimming to record swimming distance.

Workout control

Enable the workout app to run in the background:

1. During a workout, if you need to use other functions, press the side key to return to the watch face page and perform other operations. The workout app will continue running in the background.
2. When the workout app continues running in the background, the watch will continuously record workout data and generate reminders based on the workout settings.

3. When the workout app is launched again, the watch automatically goes to the ongoing workout.



View data during a workout:

During a workout, you can swipe up or down on the screen to view different data.

Control during a workout:

During a workout, you can tap the button on top of the page to set the workout parameters, change the workout mode, pause or continue the workout, or end the workout.

Saving workout data:

When you stop a workout, the workout data is not saved if the distance is too short or the workout time is too short. Due to the limited storage space, it is recommended that you synchronize the workout data to the app soon after completing a workout; otherwise, the workout data may be overwritten.

Viewing workout records

View workout records on the watch:

Wake up the watch, press the side key to go to the app list, select Workout, and tap Workout record at the bottom of the Workout homepage to view the latest workout records. You can also select a record and view the details of this record.



View the workout records on the phone:

The workout data synchronized to the Zepp app on the phone could be viewed in detail on the Workout records page.

Activities and Health

Activity target

The watch automatically records your activity data, including steps, calories, standing times, and Personal Activity Intelligence (PAI).

1. The daily activity target consists of three parts, including the activity data (steps or calories), standing data, and PAI data.
2. When a target is achieved, the watch vibrates to offer congratulations.



PAI:

PAI is an indicator of personal physiological activity. Based on heart rate data, daily activity intensity, and multi-dimensional and dynamic evaluation of personal physiological data, PAI is obtained through calculations by an algorithm. PAI does not rely on individual data. Therefore, it allows you to systematically and comprehensively understand your physical condition.

By maintaining a certain intensity of daily activities or workouts, you can obtain your PAI value. According to the results of the HUNT Fitness Study*, maintaining a PAI above 100 helps reduce the risk of cardiovascular death and increase life expectancy.

For more information, launch the Zepp app, and choose PAI Cards > About PAI.

*The HUNT Fitness Study: This study is a sub-project of the HUNT study, led by Professor Ulrik Wisloff, School of Medicine, Norwegian University of Science and Technology. It has lasted for over 35 years, and involved more than 230,000 participants.

Idle alert

To encourage you to have a certain amount of activity every hour when you are awake and reduce the harm caused by sitting for too long, the watch monitors your activity as you wear it.

If no activity is detected for more than one minute at the 50th minute of the current hour and you are properly wearing the watch, the watch will vibrate to remind you to do some exercises. After receiving an idle-alert, if you complete activities before the next hour arrives, the stand target of the current hour can still be achieved.



Enabling idle alerts:

Keep the watch connected with your phone, start the Zepp app, and choose Profile > My devices > Amazfit X > Idle alert. Then, you can enable the idle alert function.

Heart rate

The heart rate is an important indicator of physical condition.

Highly-frequent heart rate measurement helps capture more heart rate changes and provide a reference for a healthy lifestyle.

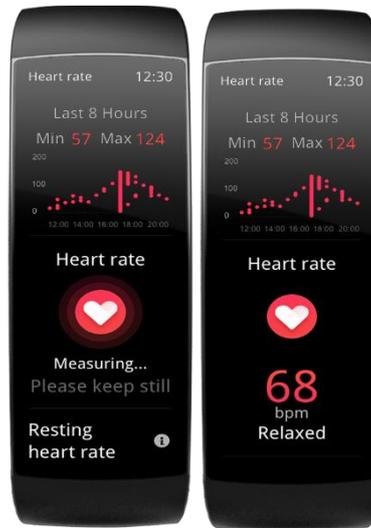
Automatic heart rate measurement

1. By default, automatic heart rate measurement is enabled each minute throughout the day on the watch. The watch can record heart rate changes around the clock.
2. The watch's heart rate app allows you to view the heart rate curve and heart rate distribution of the day.



Manual measurement

1. After waking up the watch, swipe left on the watch face page to go to the app list, swipe up or down to select the heart rate app, and then manually measure your heart rate.
2. You can set the heart rate shortcut on the shortcut page to facilitate heart rate measurement.
3. The watch only allows you to view the heart rate that is measured each time. To view historical records, you need to synchronize data to the Zepp app and view historical records there.



Precautions for heart rate measurement

To ensure the accuracy of the measurement, you need to wear the watch correctly according to instructions. In addition, keep the site which contacts the watch clean, and do not apply sunscreen to this site.

Sleep

Sleep quality has an important impact on human health.

When you wear the watch while sleeping, the watch automatically records sleep information. You can synchronize sleep information to the Zepp app to view the sleep time, sleep stage, sleep score, and sleep suggestions.

Blood Oxygen

Blood oxygen saturation (SpO₂) is an important physiological parameter of respiration and circulation.

1. After waking up the watch, swipe left on the watch face page to go to the app list, select the SpO₂ app, and then start measuring SpO₂.
2. When you are climbing a mountain, you can run the workout app in the background, and start the SpO₂ app to measure SpO₂.
3. After measurement is completed, the measurement results will be displayed on the watch. You can also view the latest measurement results.



Precautions for SpO2 measurement

1. Wear the watch one finger away from the wrist bone (ulnar protrusion).
2. Wear the band tightly, with an appropriate sense of pressure.
3. Place your arm on a tabletop or a stationary surface, with the watch screen facing up.
4. Remain still during measurement and focus on the measurement.
5. Factors such as hair, tattoo, shaking, low temperature, and incorrect wearing of the watch may affect measurement results, and even lead to measurement failure.
6. The measurement range of this watch is 80%-100%. This function is for reference only and should not be used as the basis for medical diagnosis. If you feel unwell, please consult a medical institution.

Stress monitoring

In psychology, stress refers to the feeling of mental restraint and tension.

1. After waking up the watch, swipe left on the watch face page to go to the app list, select the stress monitoring function, and then start measuring stress.
2. After measurement is completed, the measurement result will be displayed on the watch. You can also view today's stress data on top of the page, and the stress data of the last 7 days at the bottom of the page.



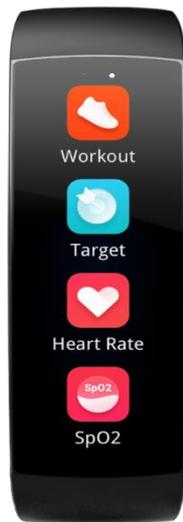
Watch apps

Apps refer to the watch functions that can be used separately, such as workout, heart rate, and weather.

If you need to launch an app, wake up the watch, swipe left on the watch face page to go to the app list, swipe up or down to browse app list, and tap an app to start it.

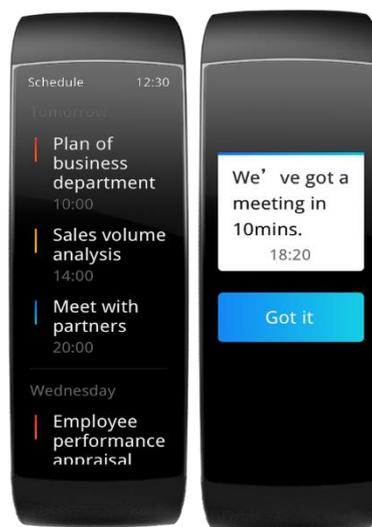
App List

Keep the watch connected with your phone, launch the Zepp app, and choose Profile > My devices > Amazfit X > Watch display settings. Then, you can set the apps on the watch.



Schedule

After you create a schedule, the watch will vibrate to remind you when the scheduled reminding time arrives.



Keep the watch connected with your phone, launch the Zepp app, and choose Profile > My devices > Amazfit X > Schedule. Then, you can create or edit a schedule.

After waking up the watch, swipe left on the watch face page to go to the app list, and tap Schedule. Then, you can view the configured schedule. You can also tap Schedule to edit the date and time that the reminder will be displayed.

Weather

You can check today's weather, wind, humidity, UV intensity and other information at any time, as well as the future weather information of your current location.



The weather data needs to be synchronized through the mobile phone network. Therefore, you must keep the watch connected with your phone to keep weather information up to date.

You can also set the city and temperature unit (Celsius or Fahrenheit) in the Zepp app.

Alarm

You can also add alarms in the Zepp app and on the watch. Alarms can be repeated, enabled, or disabled. You can tap Alarm to go to the editing page, and delete alarms that are no longer needed.

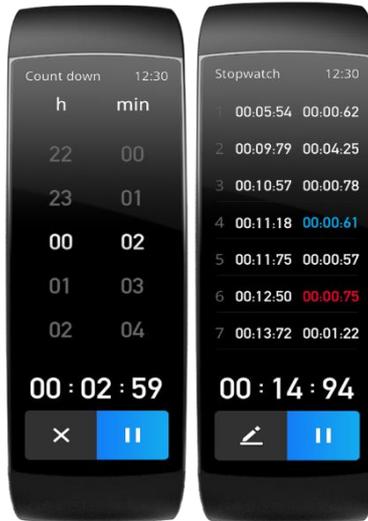


When the preset time for an alarm arrives, the watch will vibrate as a reminder. At this time, you can choose to turn off the alarm or remind again later. If you choose to remind later, the watch will remind you again in 10 minutes.

Stopwatch

The watch provides a stopwatch with an accuracy of 0.01 seconds and can record up to 24 hours.

The watch can count times while timing, and can record up to 99 times.



Countdown

You can set the countdown time. At the end of the countdown, the watch will vibrate as a reminder.

