

Amazfit Falcon User Manual

Overseas Edition

Connection and pairing

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

Note: Your mobile phone must run Android 7.0 or iOS 12.0 or later.

Initial pairing:

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

Open the Zepp app on your phone, log in to the app, and scan the QR code on the watch to pair your phone with the watch.



Pairing with a new phone:

1. Open the 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 Unpair at the bottom of the page, and unpair the old phone from the watch.
3. Restore the factory settings of the watch, and then pair the watch with your new phone as described in the initial pairing procedure.

Updating the system of your watch

Keep the watch connected with your phone, open the Zepp app, go to Profile > Amazfit Falcon, and tap System Update to view or update the system of your watch. We recommend that you tap Update Immediately when your watch receives a system update message.

Basic operations

Commonly used gestures and buttons

Tap the screen focus state	Uses a feature, selects the current item, or proceeds with the next step
Press and hold the watch face	Activates watch face selection and watch face settings
Cover the screen	Turns off the screen
Swipe from left to right	On most sub-level pages, returns to the upper-level page
Swipe up or down on the screen	Scrolls or switches pages
Tap the upper right button	Uses a feature, selects the current item, or proceeds with the next step
Tap the lower right button	Returns to the upper-level page when on most sub-level pages
Tap UP/DOWN button	Scrolls or switches pages
Press and hold the upper right button for 5 sec or longer	Powers on, accesses the restart page, and performs force restart

Control center

Swipe down on the watch face page to enter the Control Center, where you can access system features of the watch.

Supported features include Flashlight, DND, Theater mode, Keep Screen On, Calendar, Buzzer Intensity, Battery, Brightness, Find Phone, Bluetooth, Wi-Fi, Settings, Volume, Music, Alarm, Barometer, Countdown, Stopwatch, Lock Screen.



Find the phone

1. Keep the watch connected to your phone.
2. On the watch face page, swipe down to go to the control center, and tap Find Phone. Your phone will ring.
3. In the app list, tap More, and then tap Find Phone. Your phone will ring.

Find the watch

Keep the watch connected to your phone, open the Zepp app, go to Profile > Amazfit Falcon, and tap Find Watch. Then, your watch will vibrate, if the two functions **Vibrate For Alert** and **Buzzer scenes** have been toggled on the watch Settings.

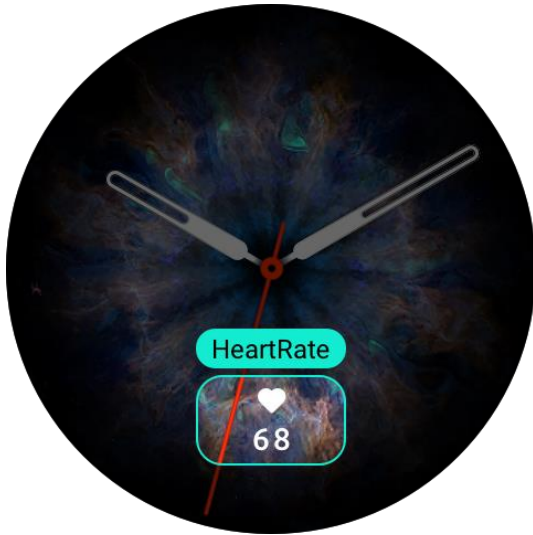
Watch faces

Watch face compilations

Some watch faces support compilations. With compilations, you can view steps, calories, weather, and other information, and edit the information as needed.

Edit watch face compilations:

1. After waking up the watch, press and hold the watch face to enter the watch face selection page, where you can choose other watch faces or edit the watch face.
2. Swipe left or right on the screen to preview watch faces available. The Edit button displays 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 edit. Tap a compilation, or swipe up or down on the screen to switch between compilations.
4. After editing, press the upper right button to finish editing and enable the watch face.



Always On Display

If this feature is enabled, the screen still displays time and some information of the watch face in standby mode, which greatly reduces the battery life.

Set Always On Display:

1. After you wake up your watch, open the app list, and go to Settings > Display > Always On Display.
2. Select the watch face style and enable status for Always On Display.

Add watch faces

The watch provides several watch faces by default. You can also go to the Store in the Zepp app to synchronize online watch faces to the watch, or set a picture on the phone as the watch face picture on the Zepp app.

Add online watch faces:

1. Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit Falcon > Watch Face Store.
2. Select one or more watch faces, and then synchronize them to the watch to give yourself multiple options.

Add customized watch faces:

Keep the watch connected with your phone, open the Zepp app, go to Profile > Amazfit Falcon > Store, and then go to customized watch faces.

Change watch faces

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



Delete watch faces

When the storage space on the watch is almost full, you will need to delete some of the watch faces to make room for new ones (retain at least one watch face).

1. Wake up the watch face, and press and hold the watch face to go to the watch face selection page.
2. Swipe left or right on the screen to preview watch faces available on the watch, including built-in watch faces, synchronized online watch faces, and customized watch faces.
3. Press and hold the watch face you want to delete and swipe up on the screen. For watch faces with a delete button, you can tap the button to delete the watch face.



State points

The state point is displayed on the top of the watch face to indicate the functions currently enabled on the watch, such as the Theater Mode turned on in the watch or the Countdown app running in the background.

The supported display states are:

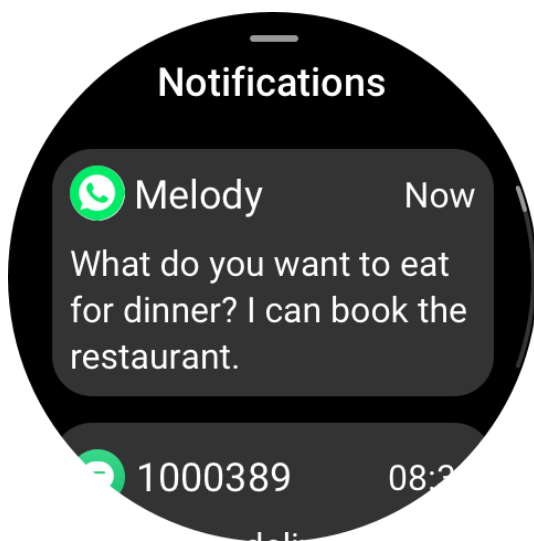
- Low battery
- DND

- Theater mode
- Stopwatch (tap the state point to go to the app)
- Countdown (tap the state point to go to the app)
- Music playing (tap the state point to go to the app)
- In workouts (tap the state point to go to the app)
- Charging

Notifications and calls

App alerts

Keep the watch connected to your phone to receive the phone app alerts on your watch. On the watch face page, you can swipe right to view the latest 20 alerts in the Notification Center.



Setting method:

Keep the watch connected with your phone, open the Zepp app, go to Profile > Amazfit Falcon > Notifications and Reminders > App Alerts to enable alerts for apps as needed.

Note:

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

For iOS, there are limited apps that can be set in the **App alerts** list just after the watch is activated. As the phone receives the notification messages from more apps, more apps will be displayed in the **App alerts** list of the Zepp app.

Incoming call alerts

To enable this feature, open the Zepp app, and go to Profile > Amazfit Falcon > Notifications and Reminder > Incoming Call Alerts. Once the feature is enabled and the watch and phone are connected, the watch will display a prompt when the phone receives a call, and you can ignore or hang up the call on the watch.



Shortcuts

Shortcut Cards

Swipe up on the watch face to go to the Shortcut Cards page, where you can easily use and view various features and information:

You can add frequently used feature cards to this page for more convenient access, such as your latest event, next alarm, or recent BPM data.

You can also open the Zepp app and go to Profile > Amazfit Falcon > Shortcut Cards, where you can set shortcut cards to display and their display order.

Press buttons for quick start-up

You can go to Watch > Settings > Preferences and select the app to be quickly launched, and then you can quickly open the previously set app by operating the corresponding button.

Triggering methods:

- Press the upper right button

Workouts

Workout modes

The watch supports more than 150 workouts. The default 18 workouts in the workout list are outdoor running, walking, treadmill, track run, outdoor cycling, pool swimming, open water swimming, climbing, outdoor hiking, strength training, rowing machine, elliptical, free training, golf swing, snowboarding, skiing, jumping rope, and stair climbing.

You can view all workout modes under More Workouts at the bottom of the workout list. To

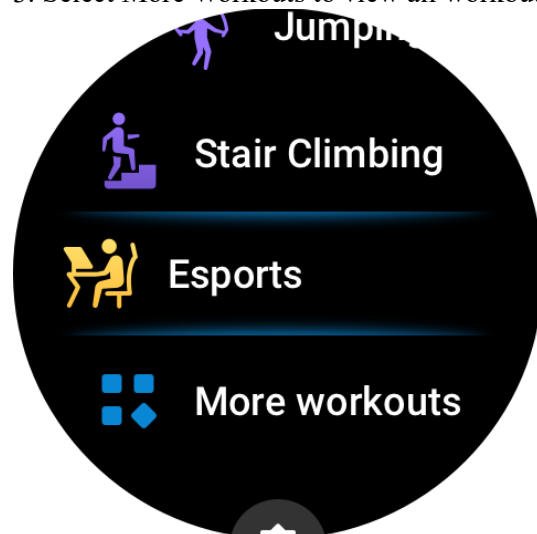
customize the workout list, tap Edit List at the bottom of the workout list.

Workout list

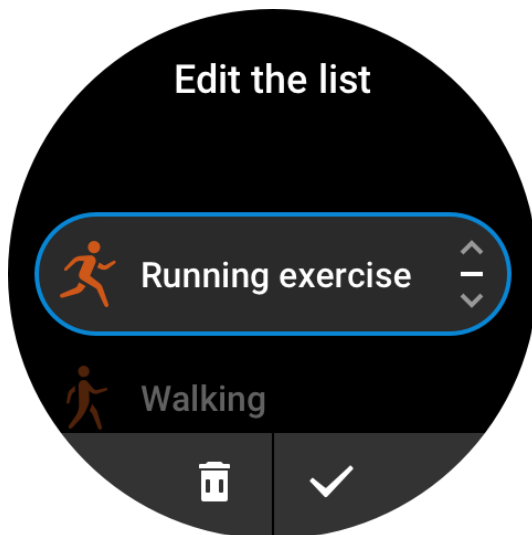
1. Select Workouts in the watch App list or press the upper right button on the watch face (if quick start-up is set for workouts) to go to the workout list.
2. Select the workout to start in the workout list.



3. Select More Workouts to view all workout modes and start a workout.



4. Tap Edit to edit the workout list, where you can add, delete, and sort workouts.



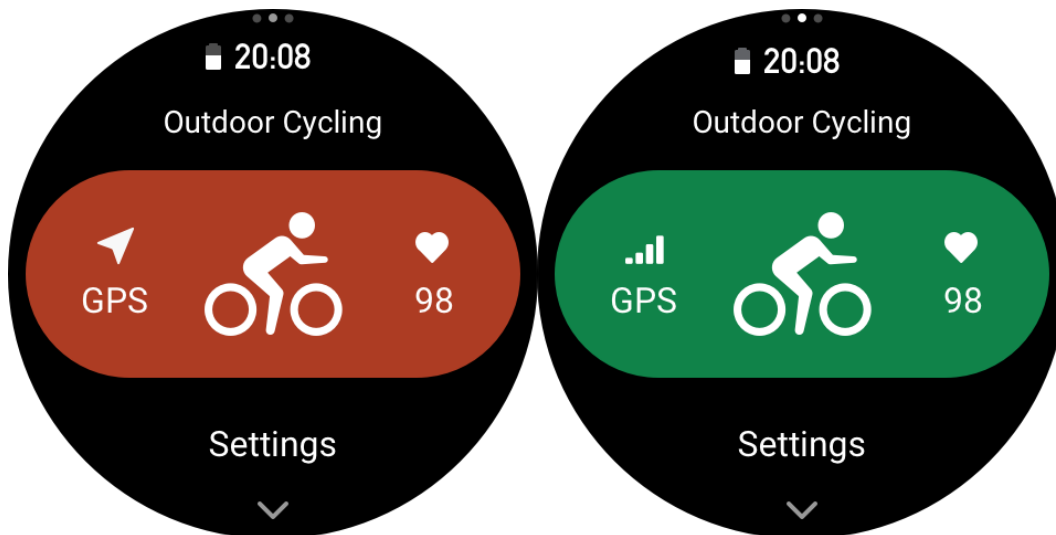
Select a workout

After entering the workout list, select the required workout by swiping up and down on the screen or tapping the UP/DOWN button. Enter the corresponding workout page by tapping the workout or pressing the upper right button.



Start a workout

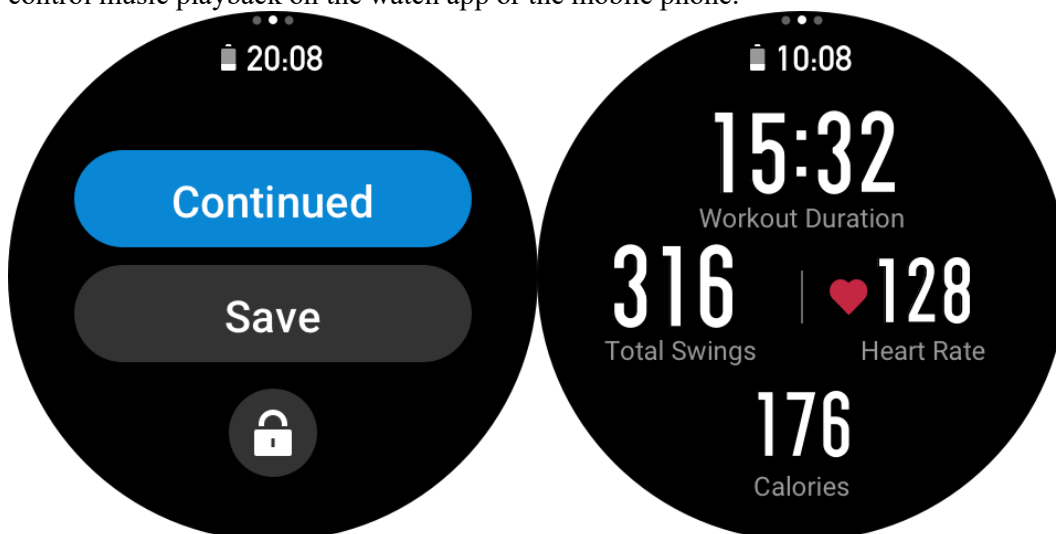
After entering the workout preparation page, the watch will automatically search for a GPS signal (for workouts that require GPS, the red status bar indicates that the watch is searching for a signal). Once the signal is found, tap the workout icon or tap the upper right button to begin. You can also swipe up to go to the workout settings page.

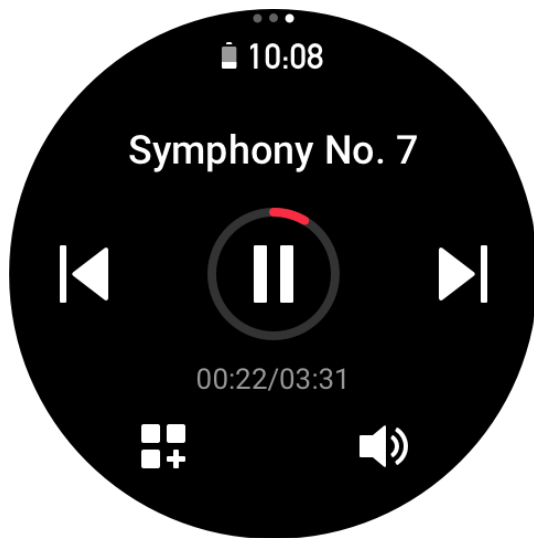


Workout operations

Turn pages during a workout

During a workout, you can either swipe up or down on the screen or tap UP/DOWN button to turn pages. Swipe left or right to turn pages left and right. On the left side of the workout data page, you can pause or end the workout. On the right side of the workout data page, you can control music playback on the watch app or the mobile phone.





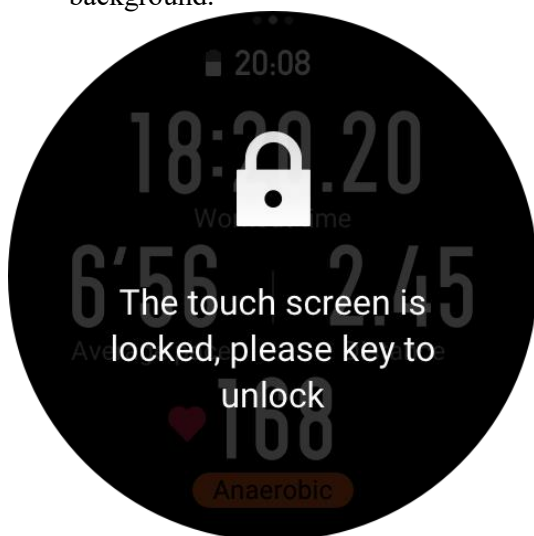
Button definitions during workouts:

1. Screen Locked

- Tap UP/DOWN button to unlock.
- Tap the upper right button to pause/continue the workout and unlock.
- Tap the lower right button during workouts to start a new lap/set and unlock.
- Tap the lower right button during pause to toggle the operation page and date page and unlock.
- Press and hold the lower right button to return to the watch face and run in background.

2. Screen Not Locked

- Tap UP/DOWN button to turn pages.
- Tap the upper right button to pause/continue the workout.
- Tap the lower right button during workouts to start a new lap/set.
- Tap the lower right button during pause to toggle the operation page and data page.
- Press and hold the lower right button to return to the watch face and run in background.



Workout operations page

1. Pause/resume

Tap to enter the workout pause/resume page.

2. End

Tap to end the current workout and save the data.

3. Workout Assistant

Tap to modify some of the workout assistant settings (can be modified on the page when you pause the workout).

4. Resume later

Press to save the current workout and return to the watch face. Enter the workout app again to return to the workout pause page.

5. More

Press to modify some of the settings.

Workout settings

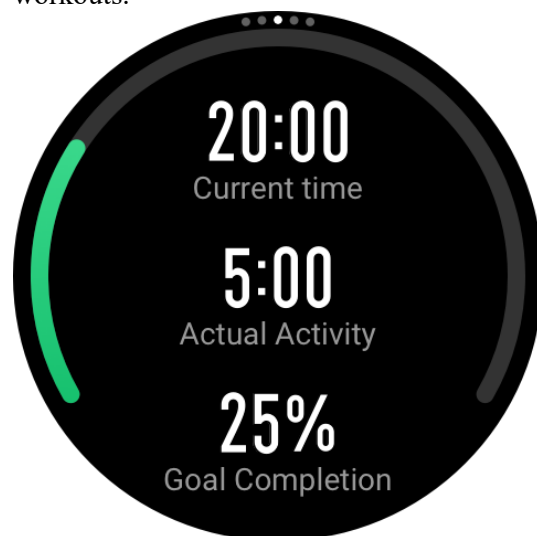
At the bottom of the workout preparation page, you can tap the Settings icon to set the current workout mode. The related parameters vary depending on the different workout modes.

Workout Assistant

The workout assistant provides auxiliary tools for your workout, including the workout goals, workout reminders, auto laps, auto pause, cadence assistant, and virtual pacer. Auxiliary features provided by the workout assistant vary depending on workouts.

Workout Goals

You can set workout goals, such as the duration, distance, calories, and effect in Workout Goal. The watch displays the current goal progress in real time during workouts. A message displays upon you achieve the preset workout goal. Workout goals vary according to workouts.



Workout Alerts

In this setting, you can set various reminders according to your needs, such as distance reminder, heart rate reminder, and more. Workout alerts vary depending on workouts.

1. Distance reminder

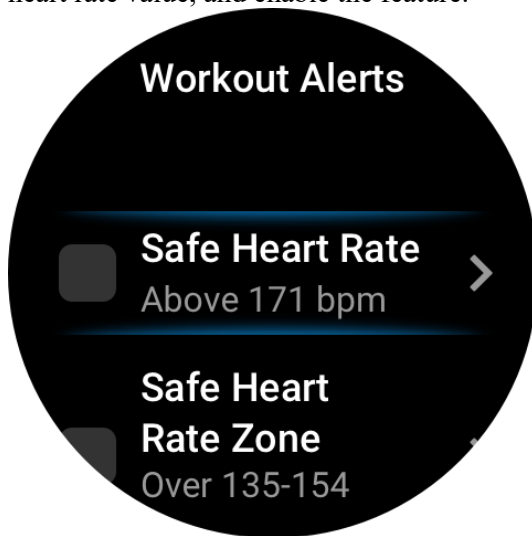
The watch vibrates and displays the duration that you use for each full kilometer/mile during the workout.

Go to Workout Mode > Workout Assistant > Workout Alerts > Distance, set a target distance, and enable this feature.

2. Safe heart rate alert

During a workout, if the watch detects that your heart rate exceeds the safe heart rate value you have set, it will vibrate and display a message on the screen. In this case, you need to slow down or stop.

Go to Workout Mode > Workout Assistant > Workout Alerts > Safe Heart Rate, set a safe heart rate value, and enable the feature.



3. Heart rate range alert

During a workout, if the watch detects that your heart rate does not fall within the configured heart rate zone, it will vibrate and display a message on the screen. In this case, you need to speed up or slow down to ensure that your heart rate is within the configured range.

To set the feature, go to Workout Mode > Workout Assistant > Workout Alerts > Heart Rate Zone, set a heart rate zone, and enable this feature.

4. Pace alert

You can set a maximum/minimum pace value. If your pace exceeds the preset value, the watch will vibrate and display a message.

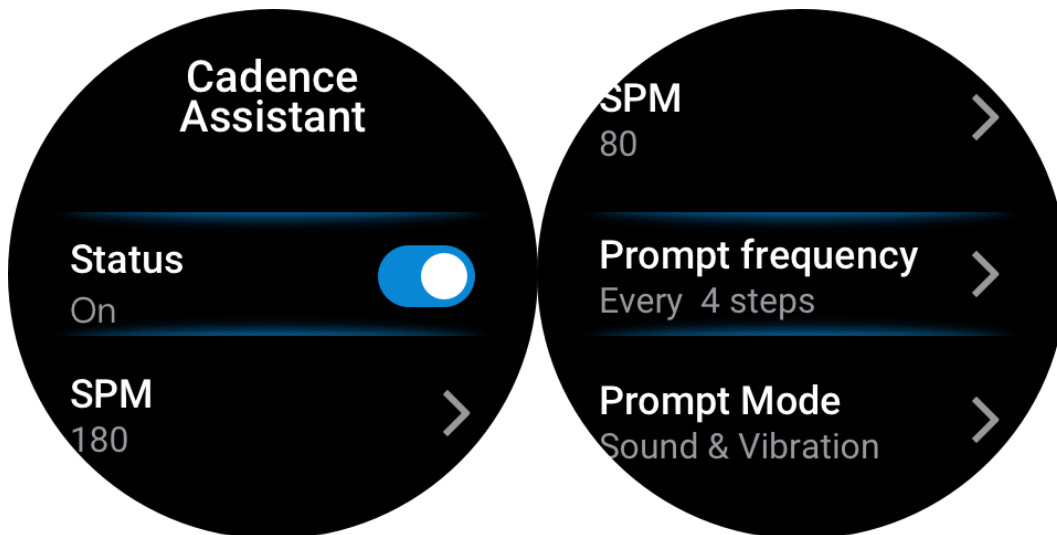
Go to Workout Mode > Workout Assistant > Workout Alerts > Pace, set a pace, and enable this feature.

Additionally, the watch also supports alerts for the following: Fastest Pace, trips, speed, stroke frequency, cadence, time, calorie, drinking, energy intake, return and rest period.

Cadence Assistant

You can set the cadence per minute and the reminder frequency. During a workout, the watch can buzz or vibrate according to the set cadence, so that you can control your cadence.

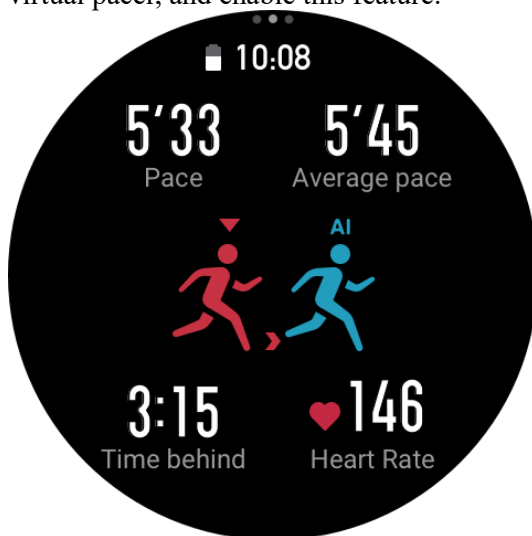
Go to Workout Mode > Workout Assistant > Cadence Assistant, set the cadence per minute and the reminder frequency, and enable this feature.



Virtual pacer

After you set a pace value of the virtual pacer, you can view the current pace, the distance that you lead/lag behind the virtual pacer, and your position in relation to the virtual pacer during workouts.

Go to Outdoor Running/Treadmill > Workout Assistant > Virtual Pacer, set the pace of the virtual pacer, and enable this feature.



Auto lap

This feature is available for some workouts. You can set the auto lap distance in the workout settings, and the watch will start an auto lap and remind you each time you reach the set distance during a workout. Also, during a workout, you can press the lower right button of the watch to manually start a lap.

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

Go to Workout Mode > Workout Assistant > Auto Lap, and set the auto lap distance. Manual laps do not require any setting.



Auto Pause

Enable or disable Auto pause. After the function is enabled, the workout will be automatically paused when the workout speed is too low. When the speed increases to a certain threshold, the workout can be resumed. You can also resume the working during the pause. The auto pause threshold can be customized for some workouts.

Training

Interval training

This feature is available for some workouts. On the watch, you can directly edit the training stage, rest stage and loops of interval training. When you use interval training, it will be performed according to the settings you did. After this stage is completed, the training automatically goes to the next stage.

You can edit the training stages and rest stages by distance, time, and trips as well as in a customized way. The items for editing vary according to the workout.

Training template

This feature is available for some workouts. This feature can be edited in the Zepp app under "Profile > Amazfit Falcon > Training > Training Template". You can edit the training template of a workout practiced, and set the training steps, step type, alert content, number of cycle, etc. After editing is completed and synchronized to the watch, you can use it under the corresponding workout on the watch.

When in use, the watch will follow the edited template, and automatically go to the next stage after the content of this stage is completed.

More

Edit data items

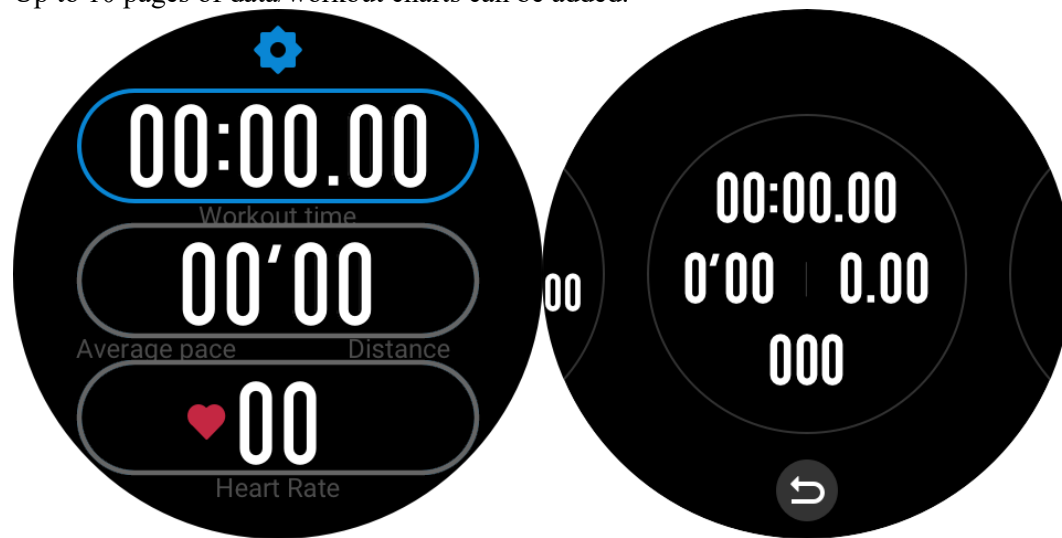
You can edit data items during workouts, including editing the workout data and charts, deleting, adding or sorting data pages.

Optional values of the data page format include 1, 2, 3, 4, 5 or 6 data items per page.

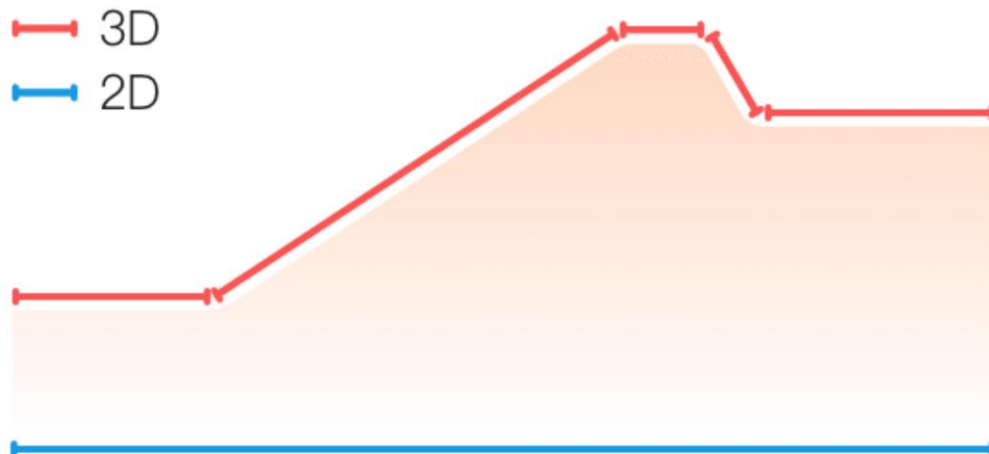
More than 150 workout data items are supported (specific supported data items vary by

workouts).

More than 8 types of real-time charts are supported, including pace, elevation, and more. Up to 10 pages of data/workout charts can be added.



3D data mode



You can enable or disable the function for some workouts in workout settings. If the function is enabled, the watch calculates distance using 3D data, as shown in the preceding figure.

Wrist side

For some workouts, for example, tennis, you need to wear the device on the hand that holds the racket, and workout data is more accurate when you wear the watch on the preset side. If the right hand is used to hold the racket, you need to wear the watch on that hand.

Swimming pool length

Refers to the length of lanes in your swimming pool. The watch calculates swimming data based on the lane length you set.

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

Recalibrate

In the treadmill workout mode, if the distance recorded by the watch and the actual distance are still significantly different after multiple calibrations, try reset calibration to record treadmill data more accurately.

Down Swing Direction

For some workouts, for example, golf, you need to wear the device on the hand the same as the golf swing direction, so that workout data is more accurate.

If the down swing direction is to the left (i.e. hitting the ball from right to left), the watch needs to be worn on the left hand.

Track Length & Track Selection

In the track run workout, it is necessary to set the **runway distance** and **Track selection**, which can make the workout data more accurate.

Special workout modes - swimming

Workout terms

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

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

Stroke rate: Refers to the number of strokes per minute.

DPS: Refers to the distance of a complete stroke.

SWOLF: It is an important indicator of swimming scores, which comprehensively evaluates your swimming speed. SWOLF in pool swimming mode = Duration of a single lap (in seconds) + Number of strokes in a single lap. In open-water swimming mode, SWOLF is calculated using a lap distance of 100 meters. A smaller SWOLF score indicates higher swimming efficiency.

Stroke Recognition

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

Stroke Type	Definition
Freestyle	Freestyle stroke
Breaststroke	Breaststroke
Backstroke	Backstroke
Butterfly	Butterfly
Medley	More than one stroke is used when swimming, with each stroke in a similar proportion

Touch Screen During Swimming

To protect the touch screen from unintentional touches and water interference, the watch

automatically disables the touch screen function after you start swimming. In such cases, you can control the workout with the watch buttons. After the workout ends, the watch reactivates the touch screen function.

Workout GPS positioning

If you select Outdoor workouts, wait until GPS positioning is successful on the Workout preparation screen. Then, tap GO to begin the workout. This allows the watch to record complete workout data and prevents data inaccuracy due to workout tracking loss.

Positioning guide:

1. If you receive a prompt to update the AGPS after selecting a workout, start the Zepp app on your phone and connect it with the watch to update AGPS. Then, select a workout again. This operation reduces the time spent searching for a signal and avoids search failure.
2. If, during the positioning process, the GPS signal icon continues to flicker, an open area can offer you faster positioning for a better GPS signal, as nearby buildings may block and weaken the signal, extending the positioning time and even causing positioning failure.
3. After successful positioning, the GO button is highlighted. The GPS signal shows the current GPS signal strength.

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

Automatic Workout Identification

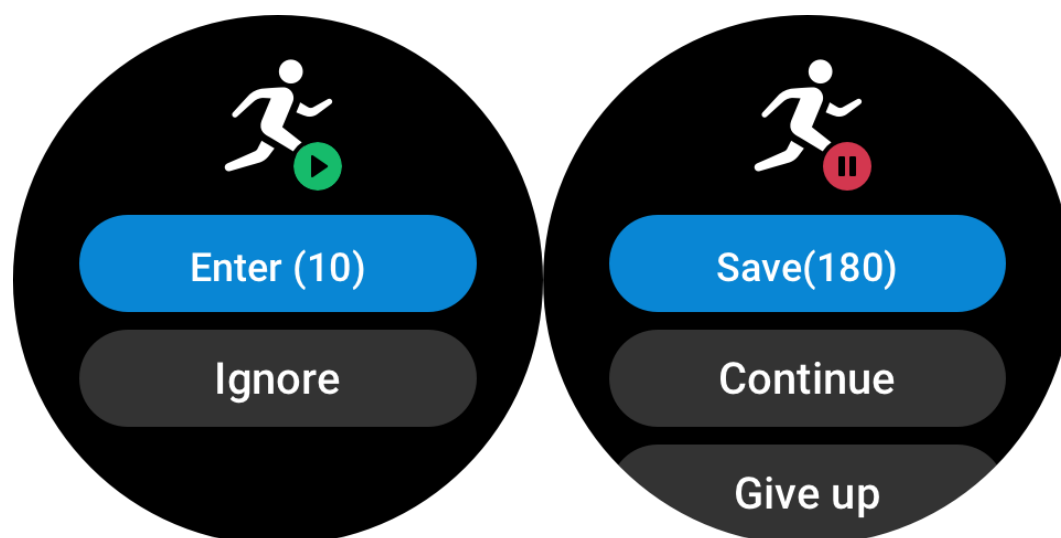
Workout types that can be identified include walking, indoor walking, outdoor running, treadmill, outdoor cycling, pool swimming, elliptical trainer, and rowing machine.

Automatic workout identification is a process where the watch automatically determines the workout type and records a single workout after related workout characteristics are compiled with and your workout continues for a period.

You can set this in Settings > Workouts > Workout Detection.

Type: After you select a workout type, the automatic identification function is enabled for the workout.

Reminder: When the feature is enabled, a pop-up dialog box is displayed when a workout is identified or ends. When the feature is disabled, data is recorded silently upon workout identification and a dynamic icon is displayed on the watch face screen.



Sensitivity: Higher sensitivity indicates a shorter identification time. Identification time is prolonged if the sensitivity is low. Set as required.

* Continuous workout status monitoring will greatly reduce the battery life. When no workout is selected, the workout identification function is not enabled. If the watch detects an ongoing workout, some data cannot be synchronized with the app.

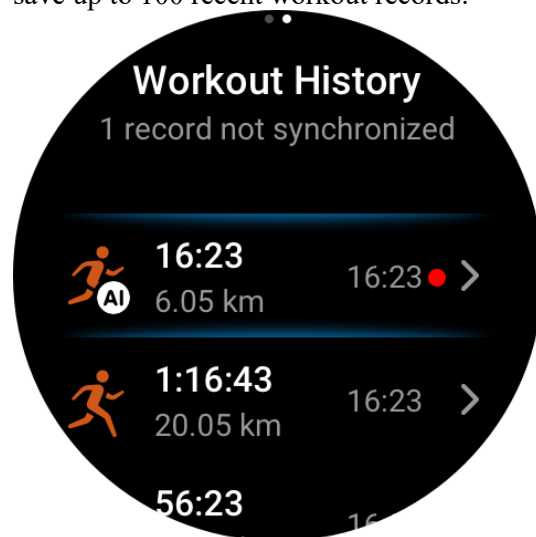
Workout history

When a workout ends, the workout record will automatically be saved to the Activities app. If you end the workout when the workout time is too short, the watch will ask you whether to save it. 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.

Workout history on the watch

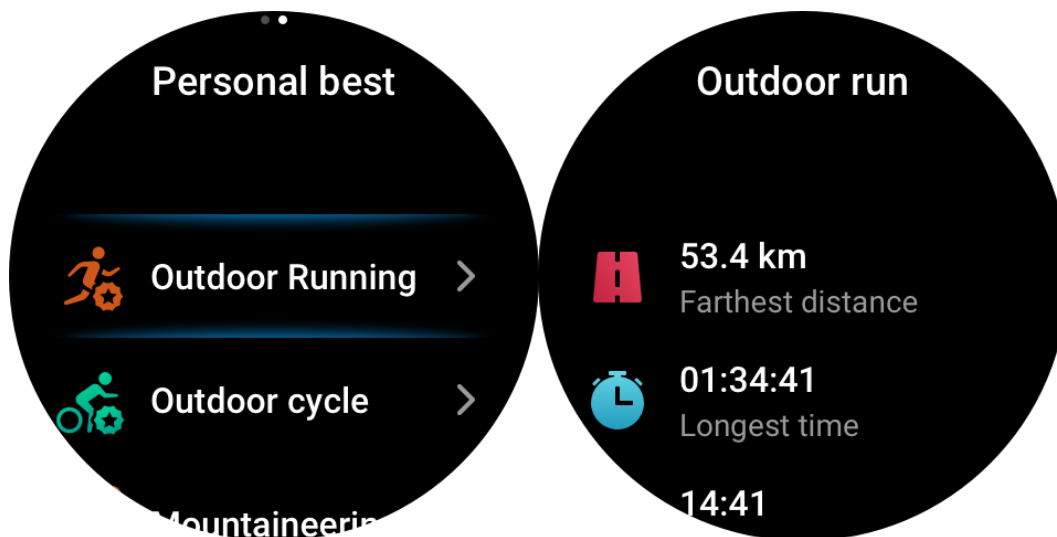
Workout history includes the workout data, workout trace (for workouts which support GPS), lap/set data, workout goal completion, and other information.

When a workout ends, the screen will immediately jump to the workout history details page, or you can view recent workout history details in the **Workout History** app. The watch can save up to 100 recent workout records.



Personal Best

The best records from certain types of workouts will be saved, including longest distance, longest workout time, and so on.



Workout history on the app

Workout history on the app shows a wider range of workout data. Dynamic route and sharing features are also supported.

Path in the app: Zepp app > ⚙ in the upper right corner of the home page > Activities

Physical indicators for workouts

The watch provides a variety of physical indicators for workouts. You can use evaluation scores as a reference for your workouts. These indicators can be viewed in workout records or the Workout status app, including current training load, total recovery time, VO2max, and training effect.

You can find a detailed explanation of current training load, total recovery time, and VO2max in the Workout Status app.

TE

Training Effect (TE) is an indicator for measuring the effect of a workout on improving the 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. It signifies a higher body load, but a better TE. However, you should consider whether your body load is too high when the TE score reaches 5.0.



Aerobic TE Score	Effect on Improving Aerobic Capacity
0.0 – 0.9	This workout has no effect on improving aerobic capacity.
1.0-1.9	This workout helps improve endurance and is ideal for post-workout recovery training.
2.0-2.9	This workout helps maintain aerobic capacity.
3.0 - 3.9	This workout significantly helps improve aerobic capacity.
4.0 - 4.9	This workout remarkably improves heart-lung ability and aerobic capacity.
5.0	Post-workout recovery is required for non-athlete users.

Anaerobic TE Score	Effect on Improving Anaerobic Capacity
0.0 – 0.9	This workout has no effect on improving anaerobic capacity.
1.0-1.9	This workout has a slight effect on improving anaerobic capacity.
2.0-2.9	This workout helps maintain anaerobic capacity.
3.0 - 3.9	This workout significantly helps improve anaerobic capacity.
4.0 - 4.9	This workout has a significant effect on improving anaerobic capacity.
5.0	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 during your workout, but instead signifies that the workout is too easy and has no significant effect on improving aerobic capacity (for example, a low TE score for 1-hour of jogging).

How is it obtained?

Once a workout for which heart rate data is monitored ends, the watch displays the TE score of the workout and provides related comments or suggestions. You can also review the TE score of each workout record in the future.

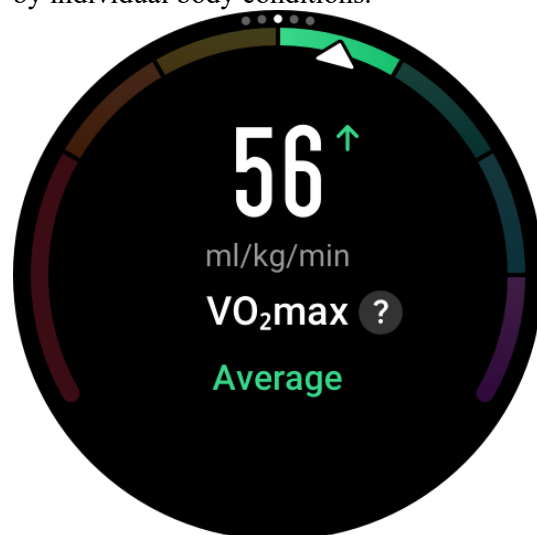
Workout status

Workout status includes current training load, total recovery time, and VO2max. 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.

VO2max

VO2max indicates 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 reference indicator for endurance athletes, high-level VO2max is the prerequisite for high-level aerobic capacity.

VO2max is a relatively personal indicator, which has different reference standards for users with different genders and in different age groups. The watch evaluates your athletic capacity based on your profile and the heart rate and speed during your workouts. Also, VO2max changes with your athletic capacity. However, everyone has a VO2max value, which varies by individual body conditions.



How is it obtained?

1. Correctly enter your profile in the app.
2. Run outdoors for at least 10 minutes when wearing the watch and ensure that your heart rate reaches 75% of the maximum heart rate.
3. After the run ends, you can view your current VO2max in the watch's workout record app or on the See more statuses screen.
4. VO2max scores map seven athletic ability levels.

Novice	Elementary	Ordinary	Medium	Good	Excellent	Superior

How can I view it?

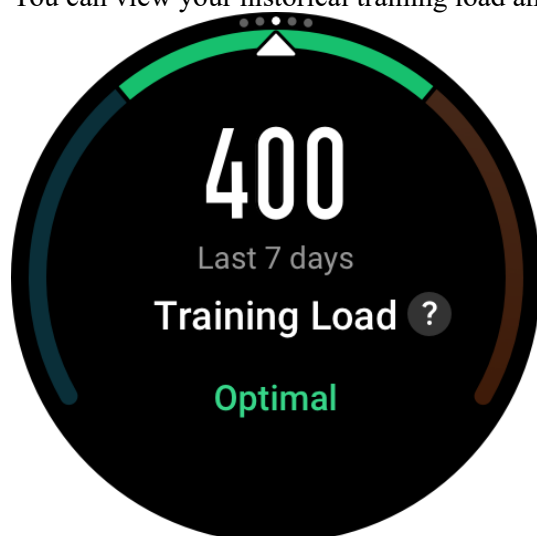
You can view the current VO2max in the watch's workout status app.

You can also view the VO2max history and variation trends in the app.

Training Load

The watch calculates the training load based on excess post-exercise oxygen consumption (EPOC) scores over the past seven days to evaluate your workout volume. You can adjust your subsequent training schedule based on your training load score range.

You can view your historical training load and change trends in the app.



	Insufficient exercise intensity
	Good exercise status
	Too much exercise. Please avoid excessive exercise

Total recovery time

Total recovery time is the recommended time for the complete recovery of the body. After each workout, recovery suggestions will be offered based on the heart rate of the latest workout to help you better recover and reasonably arrange your workout to avoid injury.



Full Recovery Period	Workout Suggestions
0-18 hours	You have fully or nearly fully recovered, and you can do slightly higher-intensity training.
19-35 hours	You can train as usual and you can prepare to strengthen your regimen again.
36-53 hours	Appropriately reducing the intensity of your training will allow you to gain workout benefits from your last training, and you should do recovery workouts to relieve physical fatigue.
54-96 hours	Proper rest will allow you to get the benefits of the workout from your last high-intensity training.

Activities and health

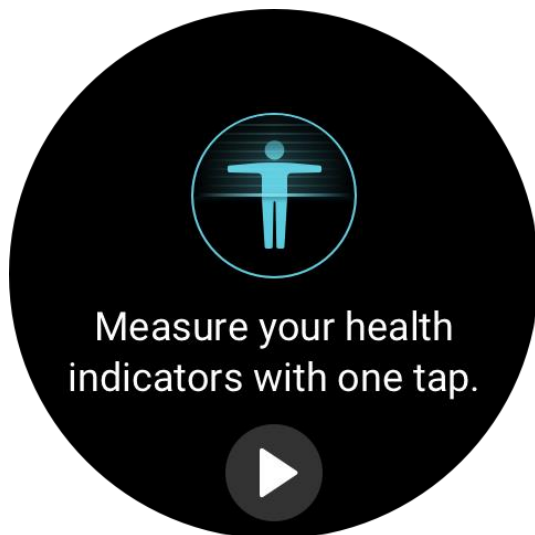
One-tap measurement

This device supports heart rate, blood oxygen, stress, and respiration rate monitoring. You can quickly check the status of various health indicators by using the One-tap measuring feature. The measurement data will be saved under each feature's data records.

Wake up the watch, press the upper button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the One-tap Measuring app, and then tap



to start measurement.

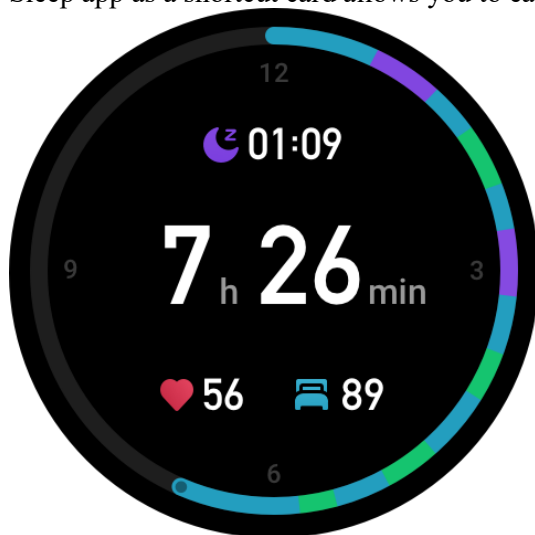


Sleep

Sleep quality has an important impact on human health.

When you are wearing the watch while sleeping, it automatically records sleep information. The watch can record nighttime sleep and naps. Sleep time that overlaps with 10:00pm - 8:00am will be recorded as night sleep, and sleep that is more than 60 minutes apart from night sleep will be recorded as naps. Sleep less than 20 minutes will not be recorded.

Wake up the watch, press the upper button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the Sleep app. In the Sleep app on the watch, you can view night sleep duration, sleep stages, sleep score, and other information. Naps and other more information can be viewed after synchronizing to the app. Setting the Sleep app as a shortcut card allows you to easily view the previous night's sleep status.



The following sleep settings can also be accessed in the Zepp app under Profile > Amazfit Falcon > Health Monitoring.

Assisted Sleep Monitoring

Open the Sleep app, swipe down to the last page, and go to sleep settings to enable assisted sleep monitoring. If the system detects that you are wearing the device during sleep, it will automatically record more sleep data, such as REM sleep stages.

Sleep breathing quality monitoring

Open the Sleep app, swipe down to the last page, and go to sleep settings to enable sleep breathing quality monitoring. If the system detects that you are wearing the device during sleep, it will automatically monitor your breathing quality to help you better understand your sleep status.

PAI

PAI is used to measure a person's physiological activity and reflect overall physical condition. It is calculated based on a person's BPM, the intensity of daily activities, and physiological data.

Wake up the watch, press the upper button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the PAI app. In the PAI app on the watch, you can view information such as your PAI score in the past seven days, today's PAI score, and advice on gaining a higher PAI score. Synchronize the data to the app to view more information. Setting the PAI app as a shortcut card allows you to easily view it.

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, open the Zepp app and go to PAI > PAI Q&A.

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

Heart Rate

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. To ensure measurement accuracy, you need to wear the watch correctly according to the tips, and ensure that the part next to your skin is clean and free of sunscreen smear.

Wake up the watch, press the upper button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the Heart Rate app. In the Heart Rate app on the watch, you can view your most recently measured heart rate value, all-day heart rate curve, resting heart rate, heart rate interval distribution and other information. Synchronize the data to the app to view more information. You can set the Heart Rate app as a shortcut card to start heart rate measurement more conveniently.



When the phone and watch are connected, the following heart rate settings can also be accessed in the Zepp app under Profile > Amazfit Falcon > Health Monitoring.

Manual heart rate measurement

Wake up the watch, go to the app list, swipe up or down on the screen to select and open the

Heart Rate app, and tap  to measure heart rate manually.

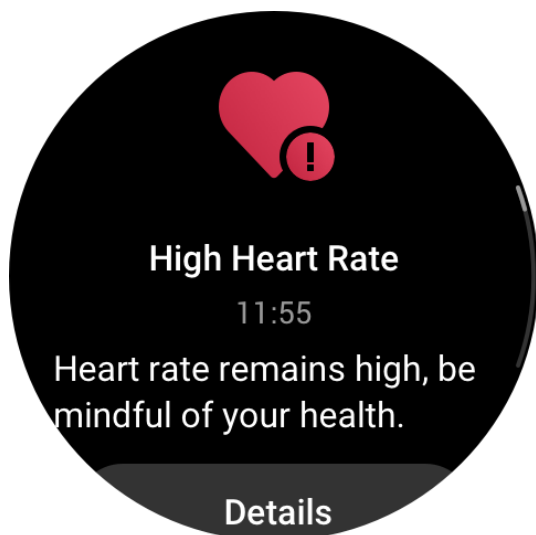
Auto Heart Rate Monitoring

1. Open the Heart Rate app, swipe down to the last page, and go to Settings > Auto Heart Rate Monitor to adjust the monitoring frequency. The watch automatically measures your heart rate at the set frequency and records changes in heart rate throughout the day.
2. Heart rate changes are more intense when you are working out. Enable the activity detection feature to allow the watch to automatically increase measuring frequency when it detects an activity so that more heart rate changes can be recorded.

Heart Rate Alert

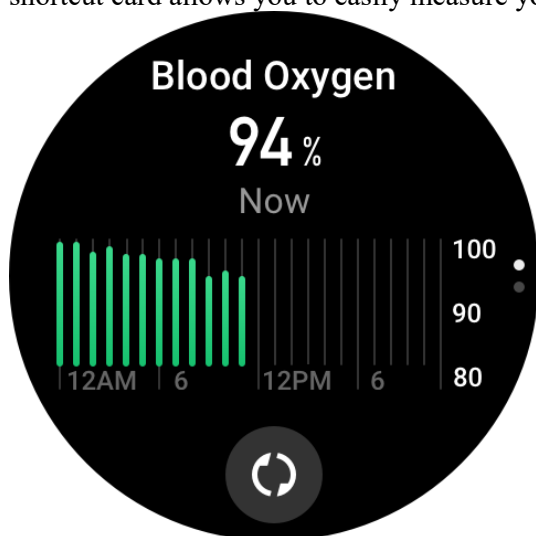
In a resting state (except sleep), the device will notify you if your heart rate goes above or below the limit for 10 minutes.

1. When the Auto Heart Rate Monitor frequency is set to 1 minute, the heart rate alert feature can be enabled.
2. In the settings for high and low heart rate alerts, the alert value can be adjusted or alerts can be disabled.



Blood Oxygen

Blood oxygen is an important physiological indicator of respiration and circulation. Wake up the watch, press the upper button on the watch face page to go to the app list, and swipe up or down on the screen to select and open the Blood Oxygen app, where you can view your most recently measured blood oxygen value and all-day blood oxygen status. Synchronize the data to the app to view more information. Setting the Blood Oxygen app as a shortcut card allows you to easily measure your blood oxygen.



The following blood oxygen settings can also be accessed in the Zepp app under Profile > Amazfit Falcon > Health Monitoring.

Manual blood oxygen measurement

Tap  to manually measure your blood oxygen.

Auto Blood Oxygen Monitoring

Go to the Blood Oxygen, swipe up and go to **Settings** page to enable Auto Blood Oxygen Monitor. In a resting state, the watch will automatically measure your blood oxygen and

record changes in blood oxygen levels throughout the day.

Low Blood Oxygen Alerts

In a resting state (except sleep), the device will notify you if your blood oxygen falls below the limit for 10 minutes.

1. After Auto Blood Oxygen Monitor is enabled, enable the Low blood oxygen alerts feature.
2. In the settings for low blood oxygen alerts, the alert value can be adjusted or alerts can be disabled.



Precautions for SpO2 measurement

1. Wear the watch a distance of one finger away from the carpal and remain still.
2. Wear the watch tightly. For best results, there should be a sensation of pressure from the watch.
3. Place your arm on a stable surface, for example, on a table, while measuring, with the 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 seek professional medical advice.

Stress

The stress index is calculated based on changes in heart rate variability. It is a reference for health status evaluation. You should rest more when the index is high.

Wake up the watch, press the upper button on the watch face page to go to the app list, and swipe up and down to select and open the Stress app. In the Stress app on the watch, you can view your most recently measured stress value, all-day stress status, stress interval distribution, and pressure status over the last seven days. Synchronize the data to the app to view more information. Setting the Stress app as a shortcut card allows you to easily measure your stress.



The following stress settings can also be accessed in the Zepp app under Profile > Amazfit Falcon > Health Monitoring.

Manual stress measurement

In the Stress app, tap  to manually measure your stress.

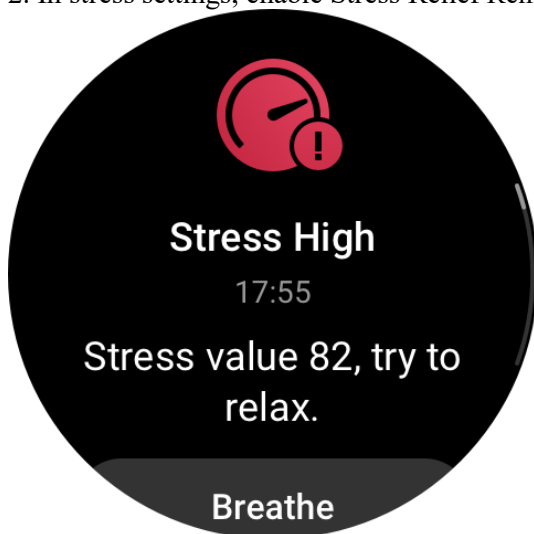
Auto Stress Monitoring

Open the Stress app, swipe up to the last page, and go to stress settings to enable Auto Stress Monitoring. This will automatically measure the stress every five minutes to show you stress changes throughout the day.

Stress Relief Reminder

In a resting state (except sleep), the device will notify you if your stress level goes above the limit for 10 minutes.

1. After auto stress monitoring is enabled, enable the stress relief alerts feature.
2. In stress settings, enable Stress Relief Reminder, and then you can receive alerts.



Activity

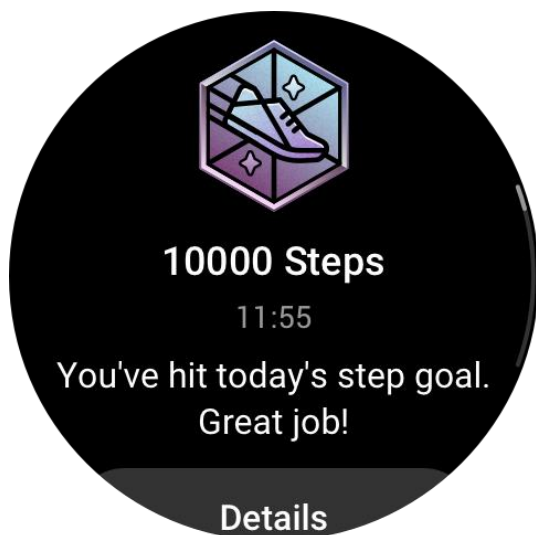
Maintaining a certain amount of daily activity is very important for your physical health. Wake up the watch, press the upper button on the watch face page to go to the app list, and swipe up or down to select and open the Activity app. Your daily activity is composed of three main indicators, which are activity (which can be set as steps or calories), fat burning, and standing. In Activity on the watch, you can view the all-day activity distribution chart. Setting the Activity app as a shortcut card allows you to easily check the progress of your main indicators.



The watch also automatically records other activity data, including resting consumption, walking time, sitting time, floors climbed, and distance, which can be viewed in the Activity app.

Goal notifications

The watch displays a notification when any main indicator of daily activity reaches the set target value.

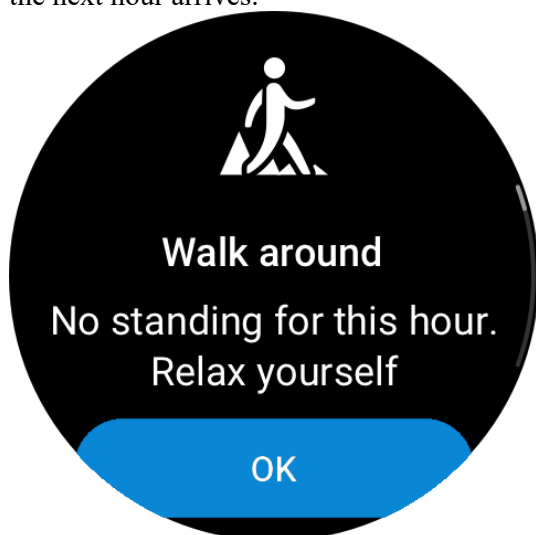


1. Open the Activity app, swipe up to the last page, and go to activity settings to enable Goal notifications. While the phone is connected, these settings can also be accessed in the Zepp app under Profile > Amazfit Falcon > Notifications and reminder > Goal notification.
2. In Activity settings, you can also set daily goals for steps and calories. While the phone is connected, these settings can also be accessed in the Zepp app under Profile > My Goals.

Standing Reminder

To reduce the harm caused by remaining sedentary, the watch encourages you to move and be active every hour while you are awake. The daily goal is that you are active for 12 hours a day.

While you are awake, if no activity detected for more than one minute during the first 50 minutes of an hour, the watch will remind you to move around. When you receive a standing alert, you can still achieve the standing goal of the current hour as long as you move before the next hour arrives.



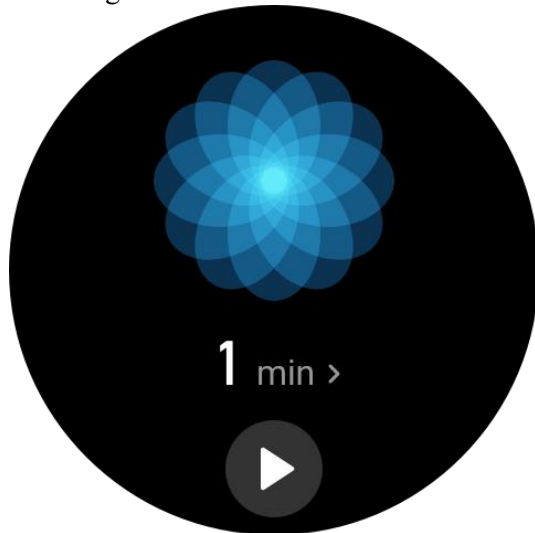
Open the Activity app, swipe up to the last page, and go to activity settings to enable Standing Reminder. While the phone is connected, these settings can also be accessed in the Zepp app under Profile > Amazfit Falcon > Notifications and reminder > Standing Reminder.

Breath

It helps you relieve stress by guiding you to breathe slowly and deeply.

Wake up the watch, press the upper button on the watch face page to go to the app list, and

swipe up or down on the screen to select and open the Breath app. Tap  to start breathing relaxation. Setting the Breath app as a shortcut card allows you to easily start breathing relaxation.



Multimedia feature

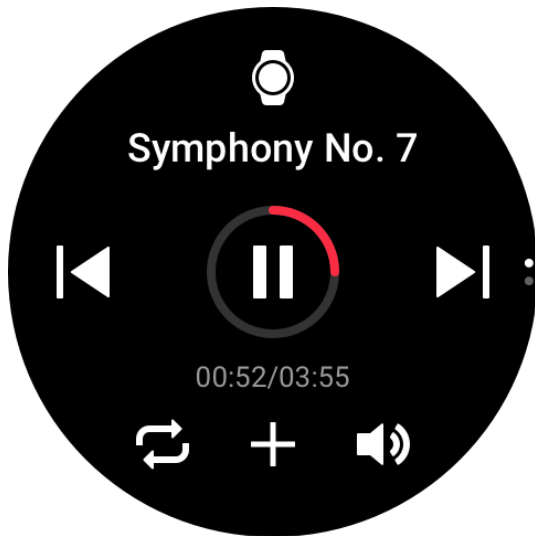
Local music playback

The watch supports playing music that has been stored locally on the watch. You can play the watch musics by connecting the watch to a Bluetooth headset or stereo.

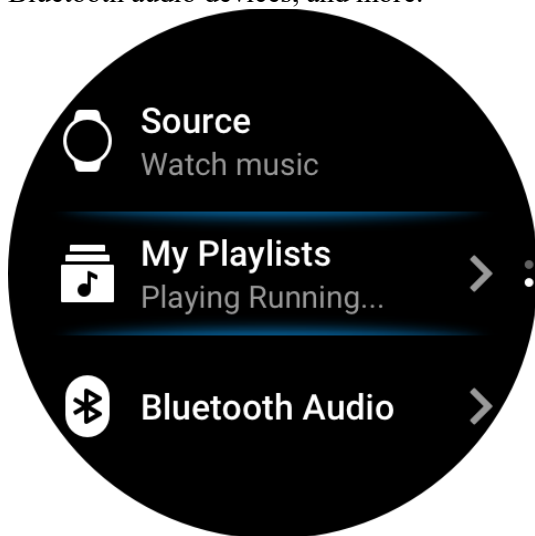
1. Add songs: Open the Zepp app and go to Profile > Amazfit Falcon > Music. On the Music page, select .mp3 music files to transfer from your phone to the watch. After completing the transfer, you can play music on the watch.

Note: To transfer files, you need to connect to the watch's hotspot. While connected to the hotspot, the phone cannot connect to other networks. After the file transfer is completed, the watch will turn off the hotspot, and the phone will automatically connect to the previous network.

2. The Music page displays the name and composer of a song. On this page, you can play the previous song, play the next song, pause, change the playback mode, and adjust the volume. Tap "+" to add songs to My Favorites.

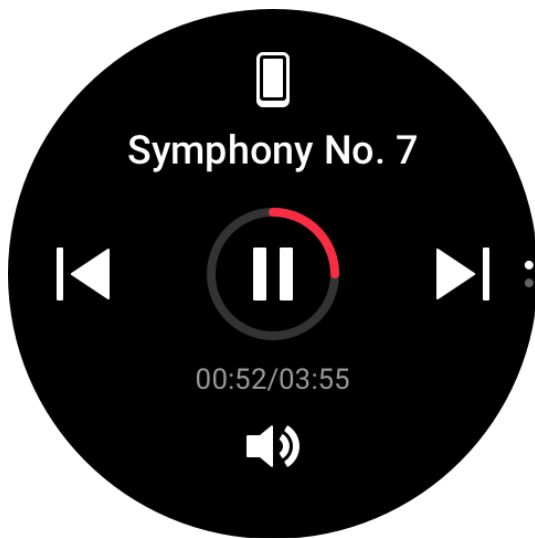


3. In the second Music page, you can switch the music mode, view the playlist, connect to Bluetooth audio devices, and more.



Music remote controller:

Keep the watch connected with your phone. When playing music on your phone, you can start or pause the music, switch to the previous or next song, and perform other operations on the music app of your watch.



Modifying settings on an Android phone:

Keep your watch connected to your phone. Start the Zepp app, go to Profile > Amazfit Falcon > App List Management. On the page that appears, tap the "Access to read notifications not enabled" message to go to the Notification Settings page, and grant notification permission to the Zepp app. If this message is not displayed, the permission has been granted.

Note:

To enable this feature on an Android phone, you need to add the Zepp app to the allowlist or auto-run list in the phone's background so that the app always runs in the background. If the Zepp app is terminated by the phone's background process, the watch will be disconnected from your phone and you will be unable to control music playback.

Watch apps

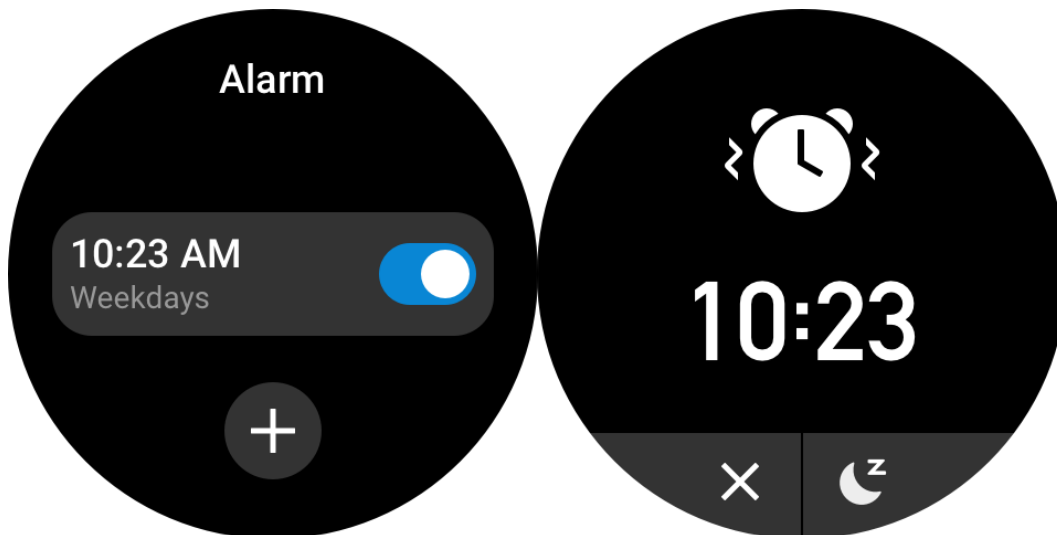
Apps refer to watch features that can be used separately, such as workouts, heart rate, and weather.

Wake up the watch, go to the app list, swipe up or down on the screen to browse the app list, and tap an app to start it.

Alarm

You can add alarms in the Zepp app and on the watch. Up to 10 alarms can be added. Alarm supports repeat wake-up and smart wake-up. When Smart alarm is enabled, the watch will calculate the best time to wake you from light sleep within 30 minutes before the set time. The watch can buzz or vibrate to remind you when the set alarm time arrives, and you can choose to turn it off or reminder you later. If you choose Remind Me Later, the watch will remind you after 10 minutes. You can only use this feature 5 times per alarm. If you have not performed any operation, the watch reminds you later by default.

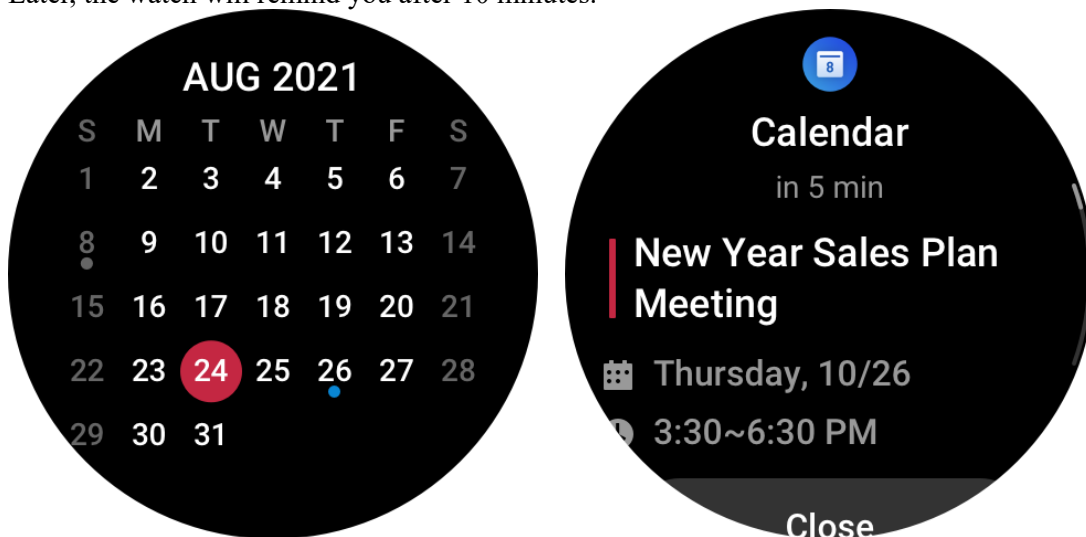
For the devices sold in China, the alarm can be set to repeat on "weekdays" or "weekends". After you set the alarm, the alarm will only remind you on public weekdays or weekends.



Calendar

Keep the watch connected to your phone, open the Zepp app, and go to Profile > Amazfit Falcon > Calendar, where you can create or edit an event. You can also synchronize up to 200 events for today and the next 30 days to the watch. At the same time, the Zepp app will read events from the system calendar of the phone and synchronize them to the app's event list, but app events cannot be synchronized to the system calendar of the phone.

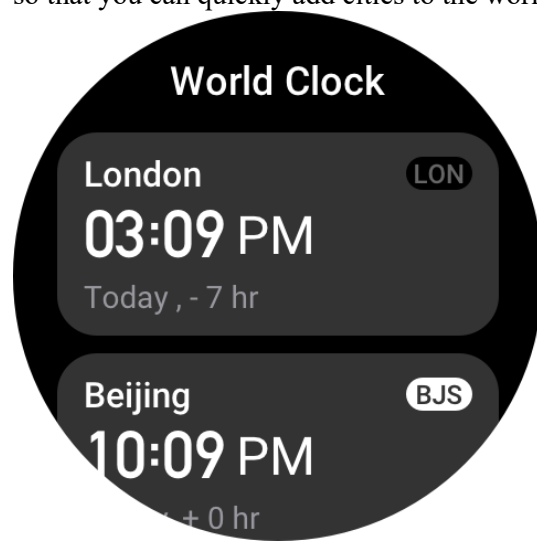
When you tap the calendar on the watch to go to the event list, it will display the events for today and the next 30 days. When the specified time arrives, an event reminder will pop up on the watch, which you can choose to turn it off or remind you later. If you choose Remind Me Later, the watch will remind you after 10 minutes.



World Clock

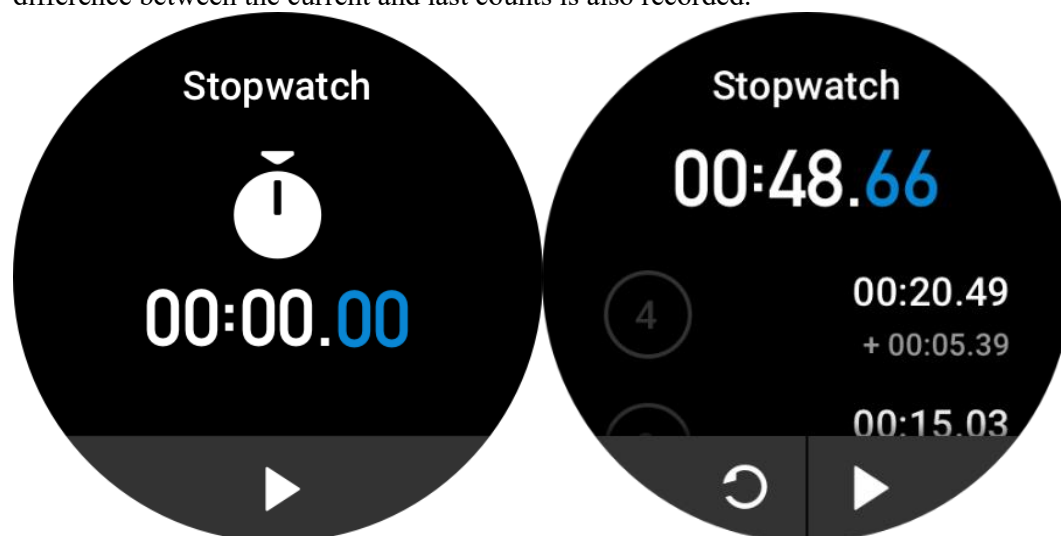
In Profile > Amazfit Falcon > World Clock, you can add clocks of different cities in the Zepp app, and then synchronize them to the watch to view the time in those cities in real time. Up

to 20 different cities can be added. At the same time, the watch provides some default cities, so that you can quickly add cities to the world clock list on the watch.



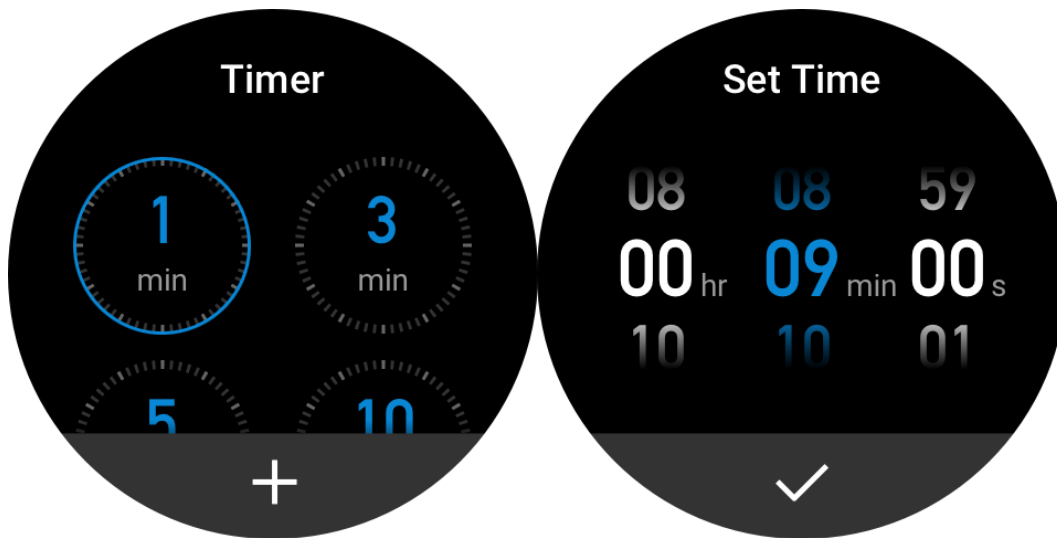
Stopwatch

The stopwatch can time up to 23 hours, 59 minutes, and 59 seconds with an accuracy of 0.01 seconds. The watch can count up to 99 times during the timing. While counting, the time difference between the current and last counts is also recorded.



Countdown

The Countdown app provides 8 shortcuts for quick setup. Also, you can manually set a timer with a maximum time of 23 hours, 59 minutes and 59 seconds. The watch will remind you when the timer ends.



Weather

In the Weather app, you can view the following:

- Today's weather (including temperature, temperature curve, weather conditions, wind force, and humidity).



- Daily life index (including outdoor workouts index, UV index, fishing index, and car wash index).



- Weather forecast for the next 5 days.



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

- You can add locations (up to 5) and temperature units (Celsius/Fahrenheit) in the Zepp app.
- You can view the locations that have been added on the watch.

Sun & Moon

In the Sun & Moon app, you can view the following:

- Sunrise and sunset time.

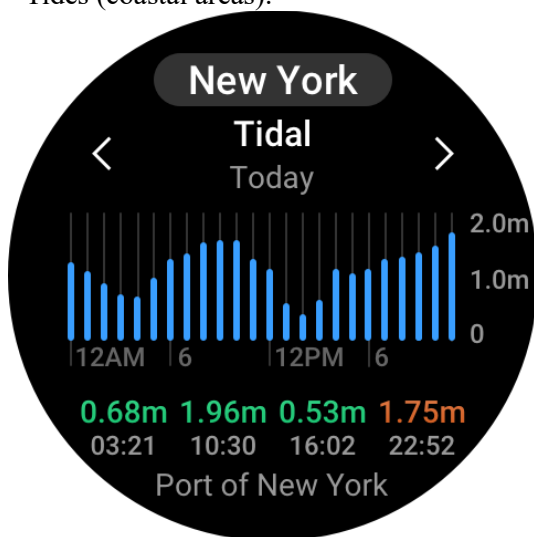


Tap the reminder button on the page to enable/disable the sunrise/sunset reminder.

- Moonrise and moonset time, and moon phase.

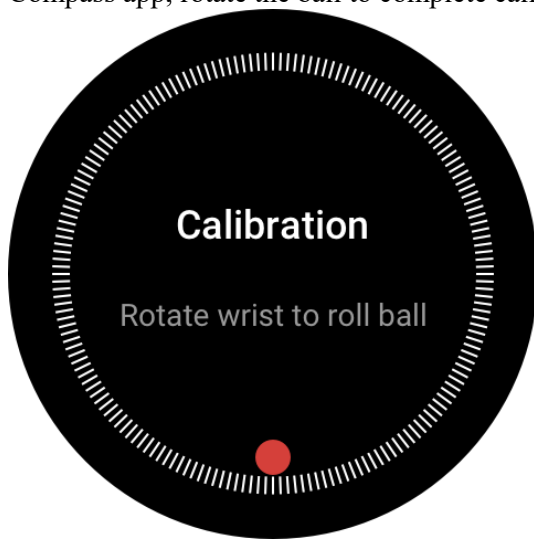


- Tides (coastal areas).



Compass

You need to calibrate the watch depending on surrounding magnetic field interference. In the Compass app, rotate the ball to complete calibration as prompted.



After the compass calibration is completed, the bearing and angle pointed to by the current 12 o'clock direction on the dial will be displayed.



Tap the button on the screen to lock the current 12 o'clock position. Then, when you change the direction, the interface will display the angle between the new 12 o'clock direction and the previous 12 o'clock direction.



Barometer

In the Barometer app, you can view the following:

- Current barometric pressure of your current location and the pressure curve over the last 4 hours.

You can enable the storm alert feature and set a threshold value on the pressure page. When severe weather occurs, the system will alert you.



- Current altitude value of your current location and the altitude curve over the last 4 hours.
- Support calibration through manual elevation input and positioning.



App installation and uninstallation

You can download and install more apps in the app store.

1. Installing an app: With the watch and phone connected, in the Zepp app, go to Profile > Amazfit Falcon > App settings > More > Go to store > App store, select a target app to download and install it, or update an installed app to the latest version.
2. Uninstalling an app: With the watch and phone connected, in the Zepp app, go to Profile > Amazfit Falcon > App store > Management, tap the installed app to enter the app details page, and then tap the delete button to uninstall the app.

Watch Settings

Units

With the watch connected to your phone, open the Zepp app, and go to Profile > More > Settings. There, you can set the units for distance, weight and temperature. During data synchronization, the watch automatically follows the settings in the app.

Heart rate range settings

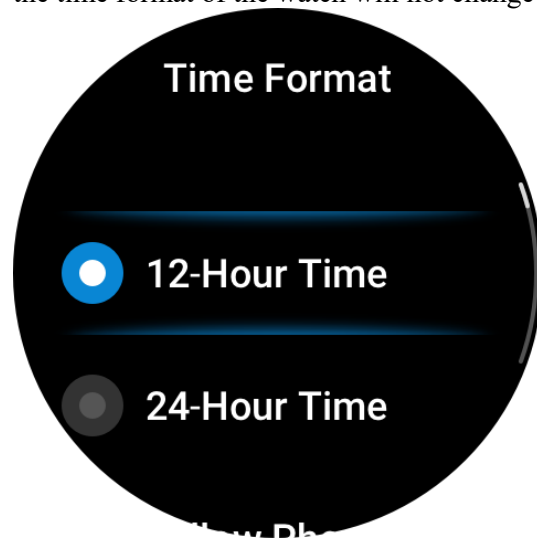
Keep the watch connected with your phone, open the Zepp app, and choose Profile > Avatar > Heart Rate Zone to calculate the heart rate zone according to the maximum heart rate or the reserved heart rate. During data synchronization, the watch automatically follows the settings in the app.

Time format

Keep the watch connected to 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 format.

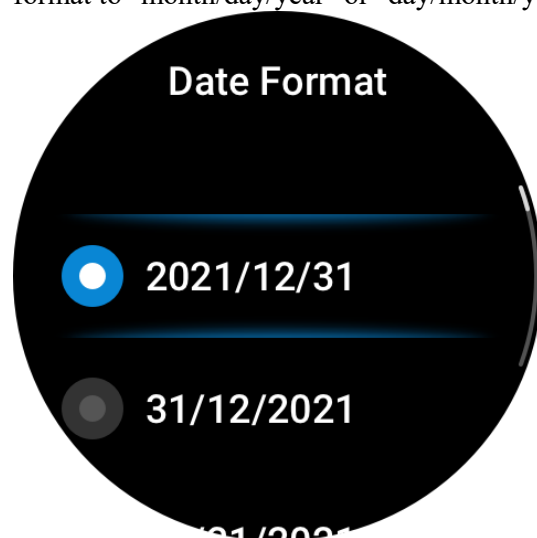
If you select the 12-hour or 24-hour format on the watch in Settings > Watch Face & Time,

the time format of the watch will not change with the mobile phone once set.



Date format

The default date format displayed on the watch is "year/month/day". You can change the date format to "month/day/year" or "day/month/year" in Settings > Watch Face & Time.



WLAN settings

You can select and join a wireless network in the watch under App List > Settings > Wireless Network. To join a password-protected wireless network, open the Zepp app, select the required network on the watch while keeping the watch and the phone connected, join the wireless network, and enter the password in the pop-up field on the Zepp app.



Bluetooth settings

On your watch, go to App List > Settings > Bluetooth, find your Bluetooth audio device, and tap Pair.

Note: If you cannot connect your watch to a paired Bluetooth device, cancel pairing and pair them again.



Setting a password

You can set the watch password in the watch under App List> Settings > Preferences> Off-wrist Lock. When the system detects that you are not wearing the watch, it will automatically lock the watch with a password. You will need to enter the password before you can continue to use the watch.

