# Archon BEMOVED
# User Guide (ANDROID)
# English Version

Archon

# Contents

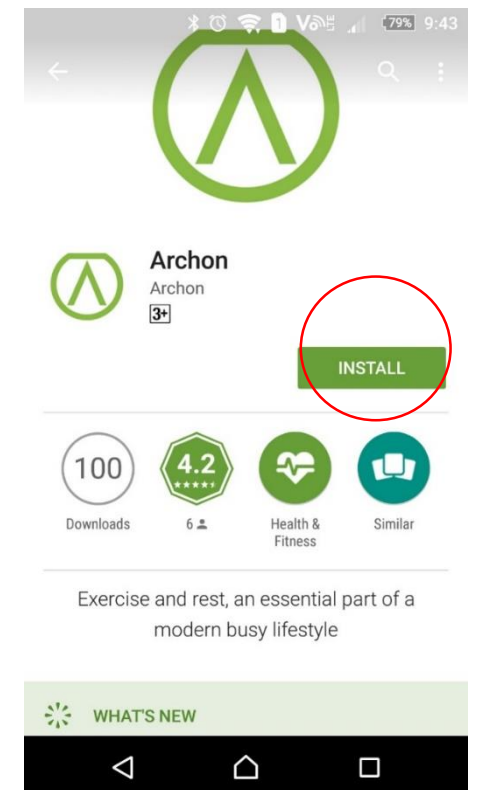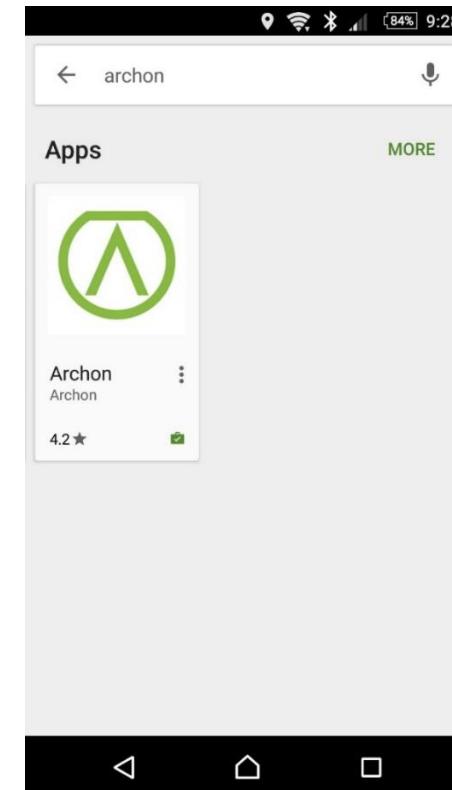# Archon BEMOVED User Guide (ANDROID)

## Download Archon App

1 . Scan below QR code to download "Sweat On" App

2. Download the Archon App through the Archon website:
( http://www.archon.com.hk )

3. . You can also search "Archon" app directly in the Google play Store

Select "ARCHON APP "

# Archon BEMOVED  User Guide (ANDROID)

## Account Sign up and Login

1. Sign up if you are new user, or log in if you already have an account

2.  Enter your email, password and user name to sign up. Read the Terms and Condition and check the circle to accept.

3. . Enter your general information after sign up and click "Save".

**Sign up**

Email

Password

Password again

User Name

Visiable to other users

✓ I Agree to Terms and Conditions

📝 SIGN UP

---

**Log in**

Email

Password

✓ I Agree to Terms and Conditions
Forgot password?

↪ LOG IN

📝 SIGN UP

---

Cancel   **General Info**   Save

Gender                    M ›

Birthday            1970-1-1 ›

Height              170 cm ›

Weight               70kg ›

Intensity              Low ›

Sleeping Goal      8h 00m ›

Target Steps        10000 ›

# Archon BEMOVED User Guide(ANDROID)

## Pairing Wristband

1. To pair your Archon BEMOVED, go to "Settings" and click "Device"
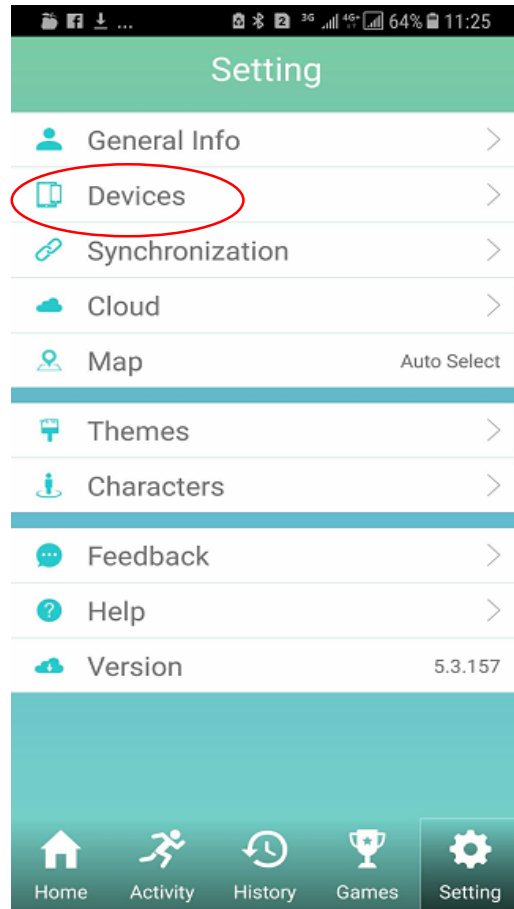
2. . Click "+" in "DEVICE"
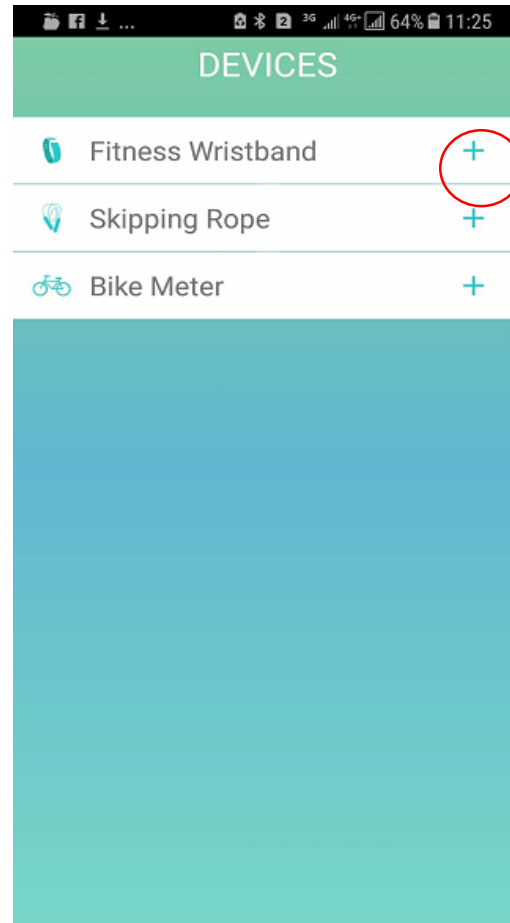
3. Select "AM03"
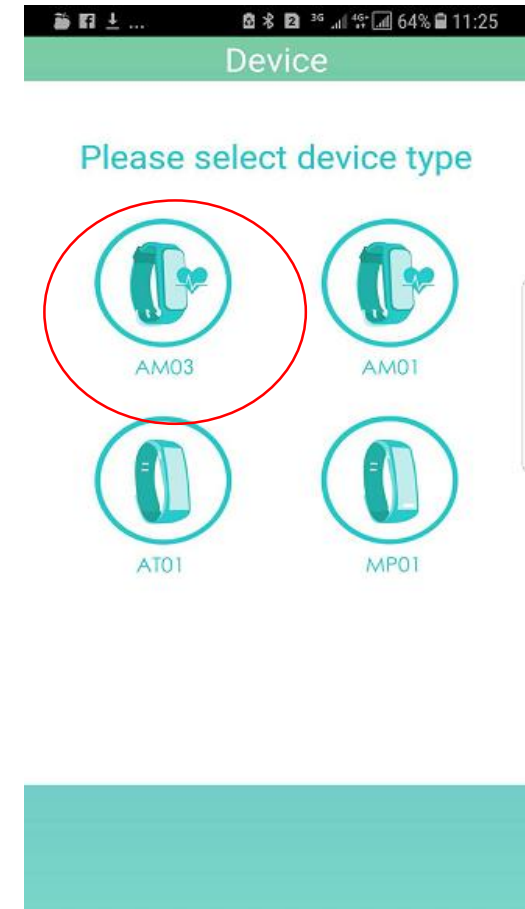
# Archon BEMOVED User Guide (ANDROID)

Pairing Wristband

4. Click "Next"
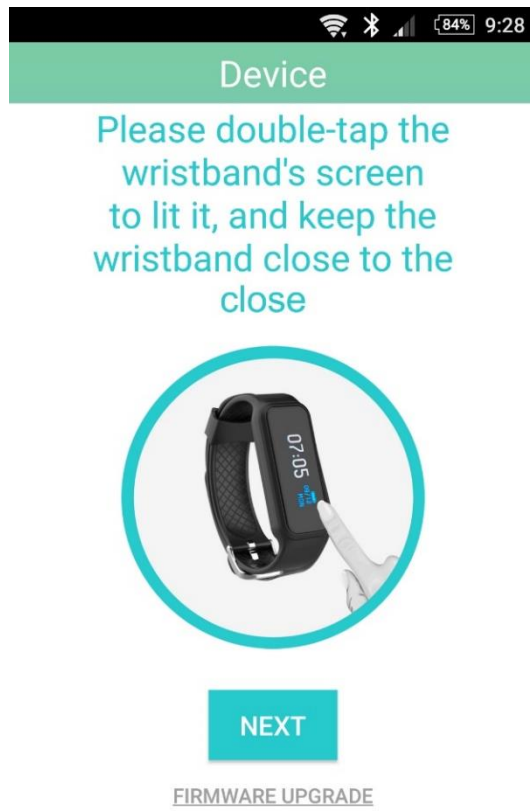
5. Put the Archon BEMOVED near to your phone that is scanning the closest wristband.
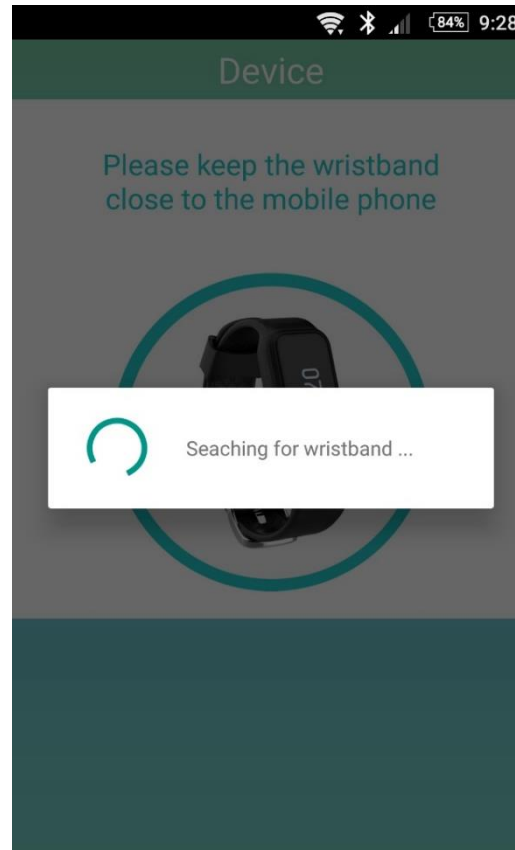
6. App will start to pair the nearest wristband.



Device

Please double-tap the wristband's screen to lit it, and keep the wristband close to the close

NEXT

FIRMWARE UPGRADE



Device

Please keep the wristband close to the mobile phone

Seaching for wristband ...



Device

Please keep the wristband close to the mobile phone
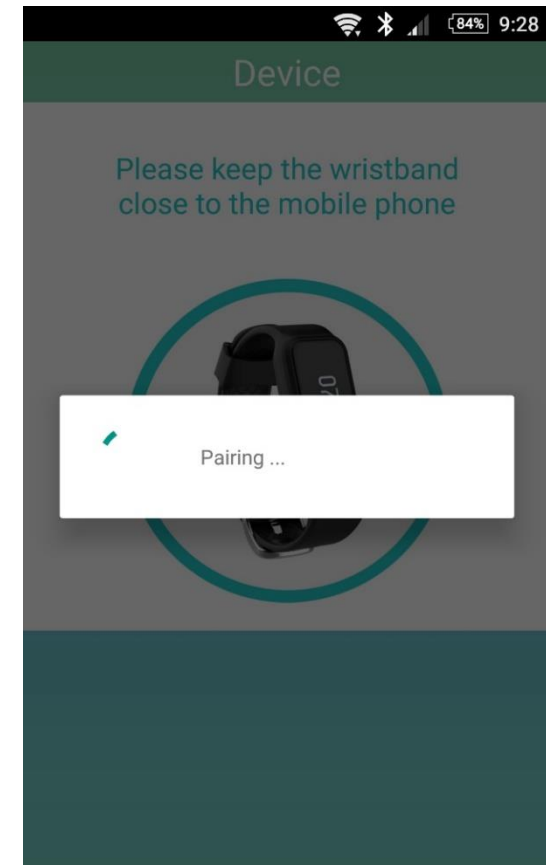
Pairing ...

# Archon BEMOVED User Guide (ANDROID)

Pairing Wristband

7. A tick and a cross will display on the wristband screen, please select tick to accept pairing
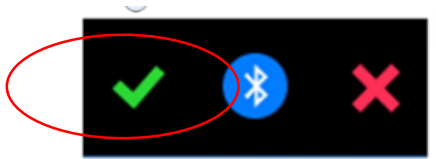
8. If pairing is successful, it will show "Connected"
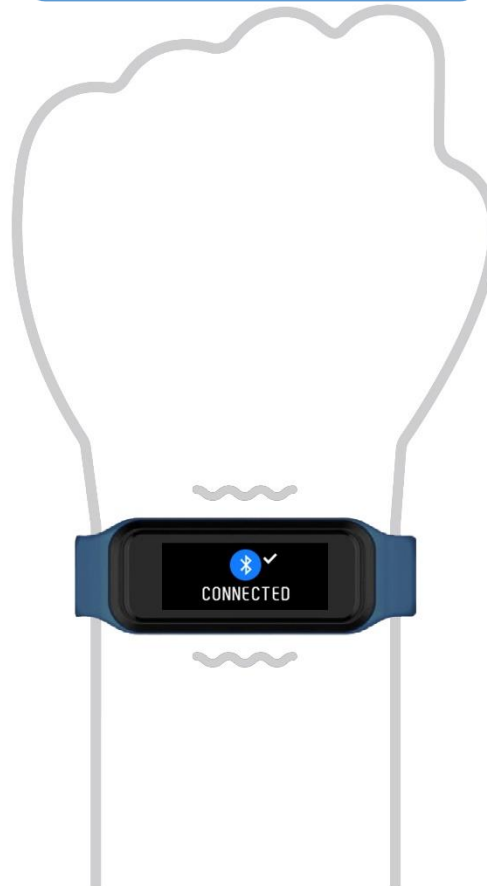
9. Apps will display "Success" pair device successfully.

CONNECTED

Device

Please keep the wristband close to the mobile phone

Device

Device pairing succeeded

OK
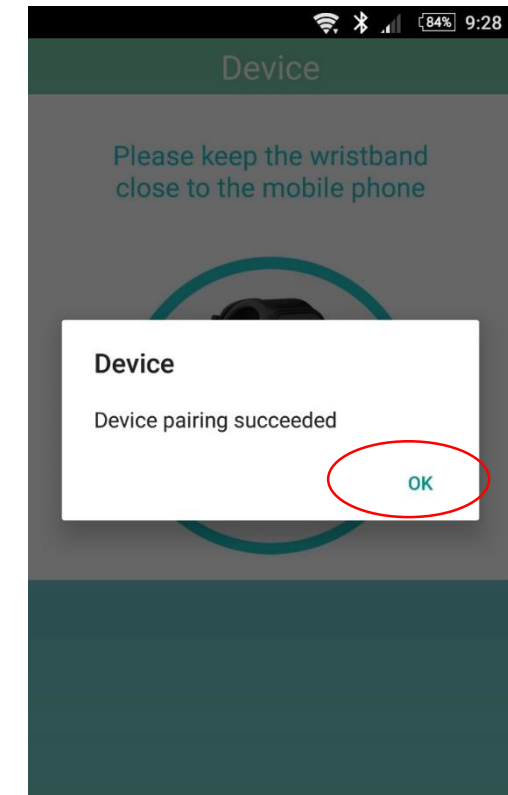
# Archon BEMOVED User Guide (ANDROID)

## Firmware Upgrade

1. If firmware upgrade is available, click "OK" to upgrade or "Cancel" to upgrade later
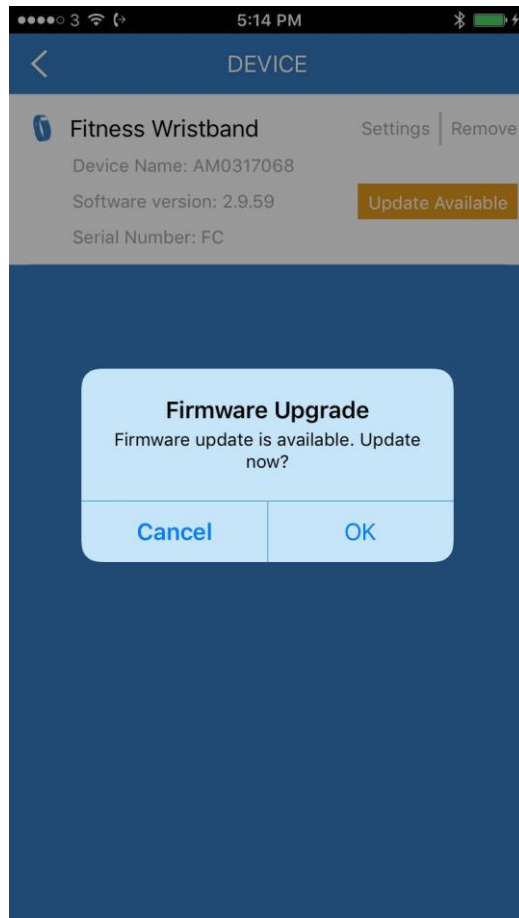
2. Put your Archon BEMOVED close to your phone and click "START"
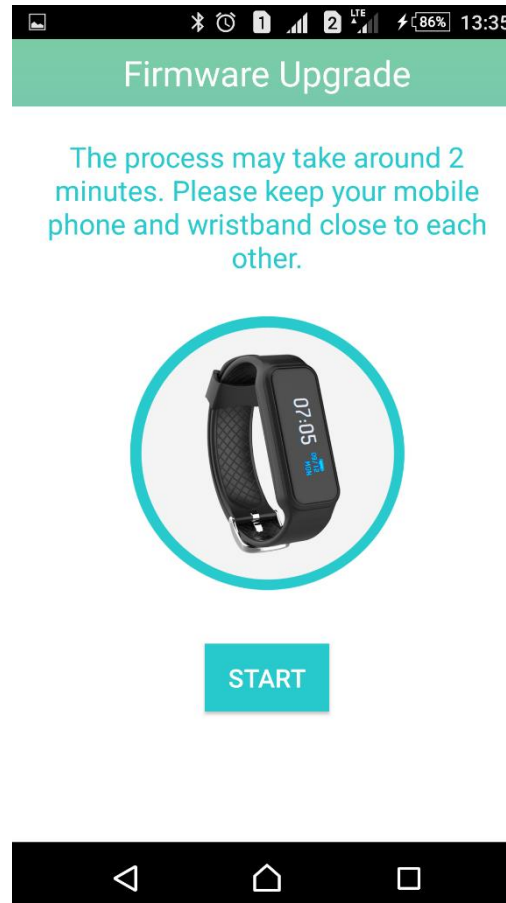
3. . Your phone will connect to the Archon BEMOVED automatically
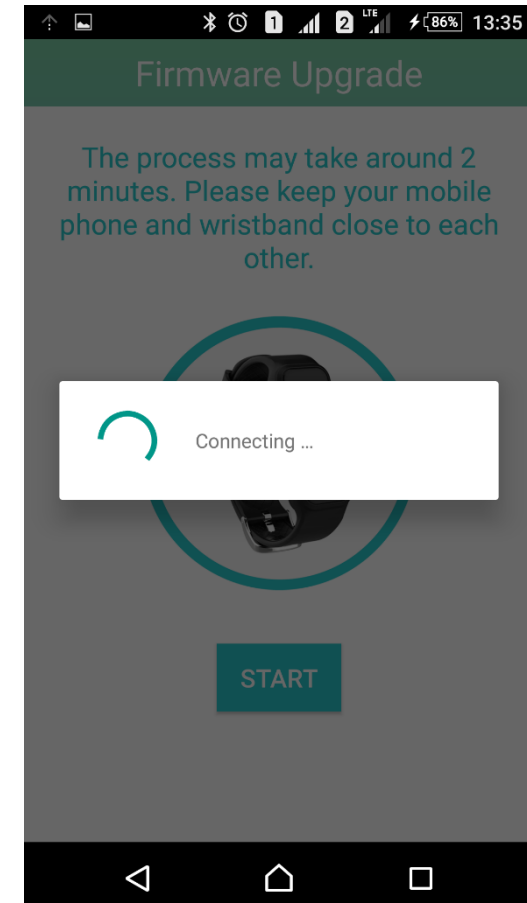
# Archon BEMOVED User Guide (ANDROID)

## Firmware Upgrade

4. Once upgrade starts, your Archon BEMOVED will show "UPGRADE"

5. Keep your Archon BEMOVED close to your phone until upgrade finishes
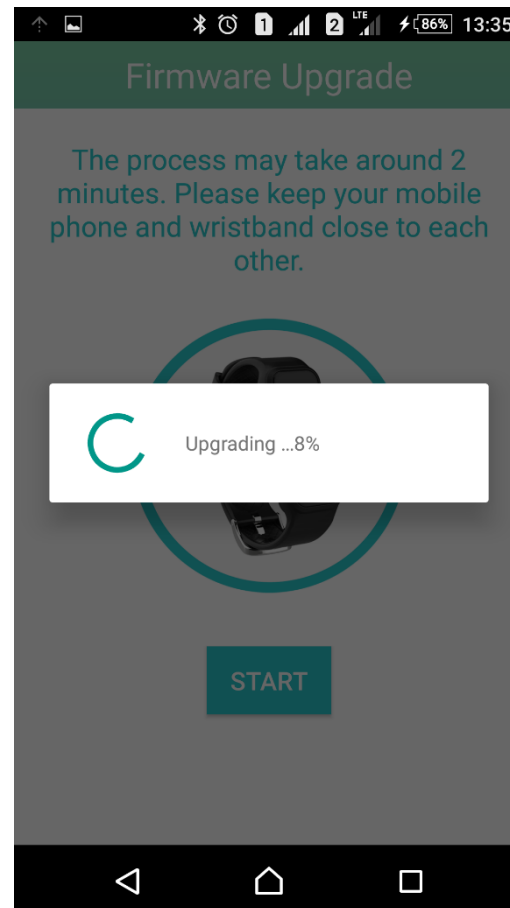
6. If upgrade is successful, your Archon BEMOVED will restart



UPGRADE



Firmware Upgrade

The process may take around 2 minutes. Please keep your mobile phone and wristband close to each other.

Upgrading ...8%

START



Firmware Upgrade

The process may take around 2 minutes. Please keep your mobile phone and wristband close to each other.

Success

OK

START
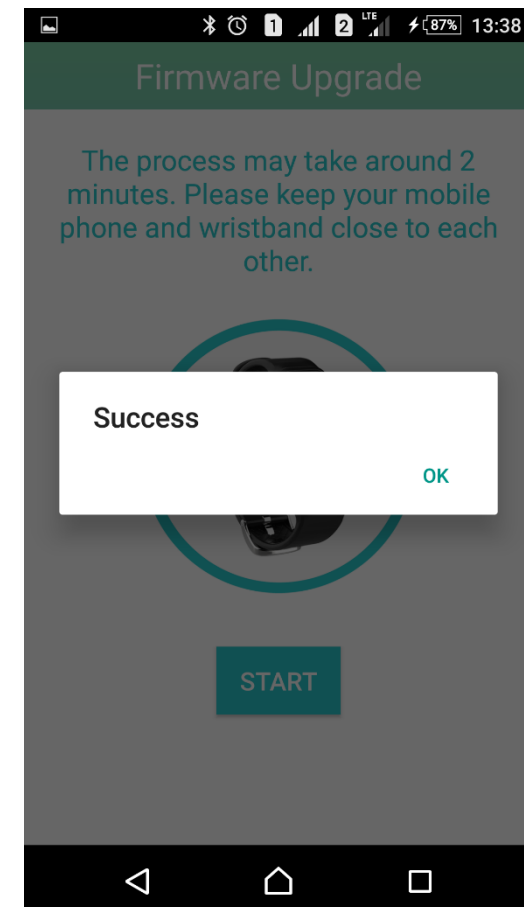
# Archon BEMOVED User Guide (Android)

Notifications

To use notification function, please select " GO TO SYSTEM SETTINGS and give Archon app permission to access system notification
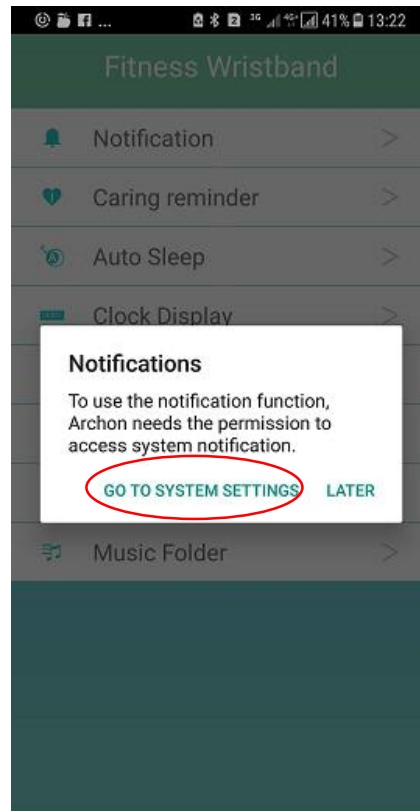
Turn on Archon app notification access.
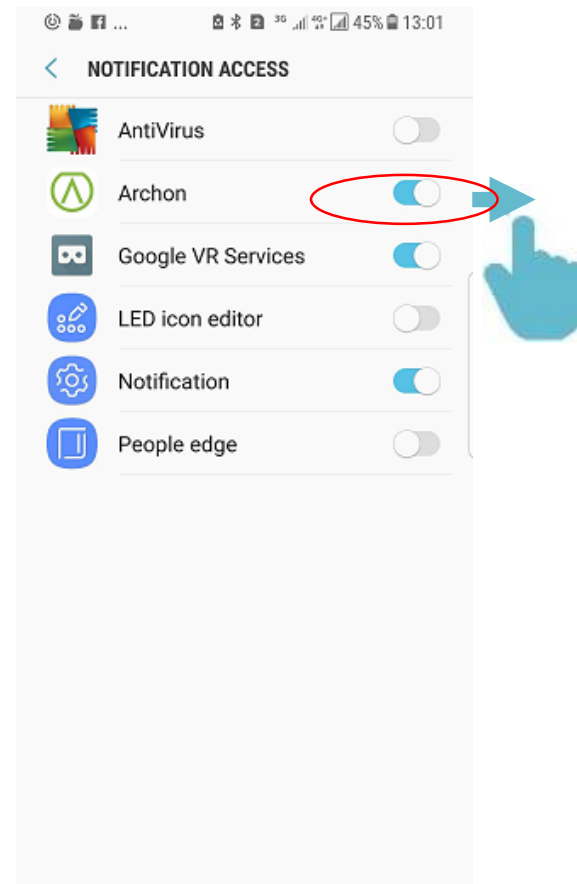
If you accept terms, please give permission.
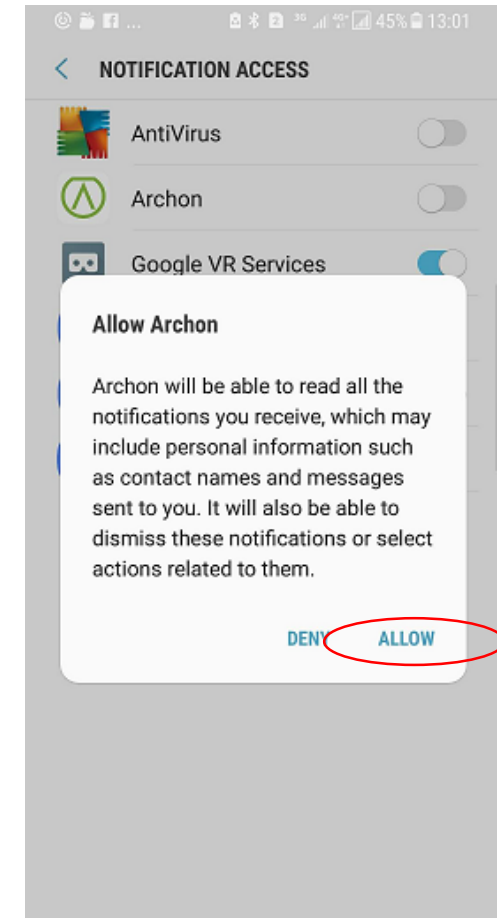
# Archon MOVE Userguide (Android)

## Notifications setting

If you miss the notification permission earlier, you can access SETTING and select "notification" (Position of notification may not be the same for different phones)
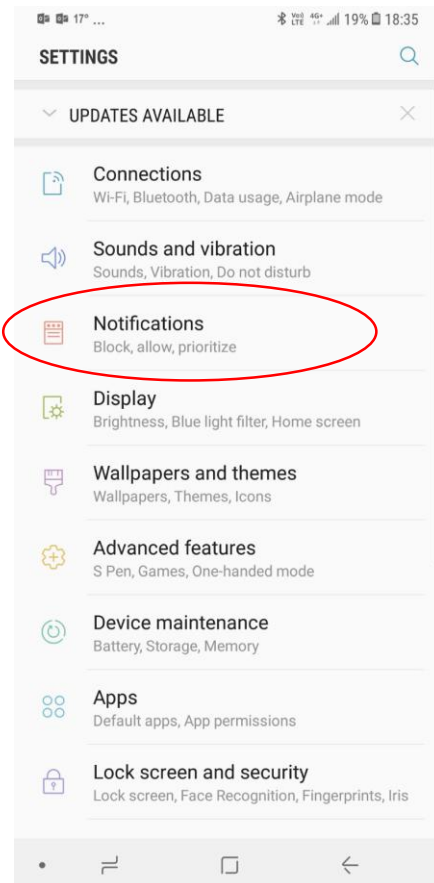
Turn on notifications for Archon app
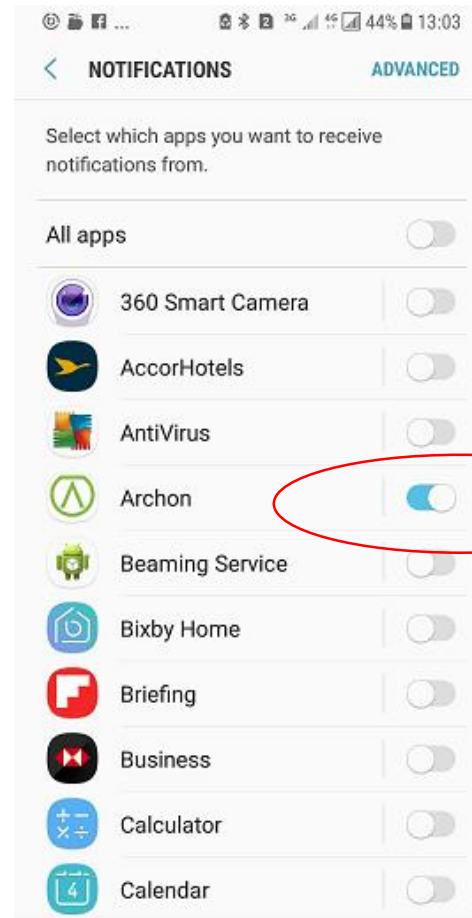
Select allow notifications (Position of notification may not be the same for different phone)
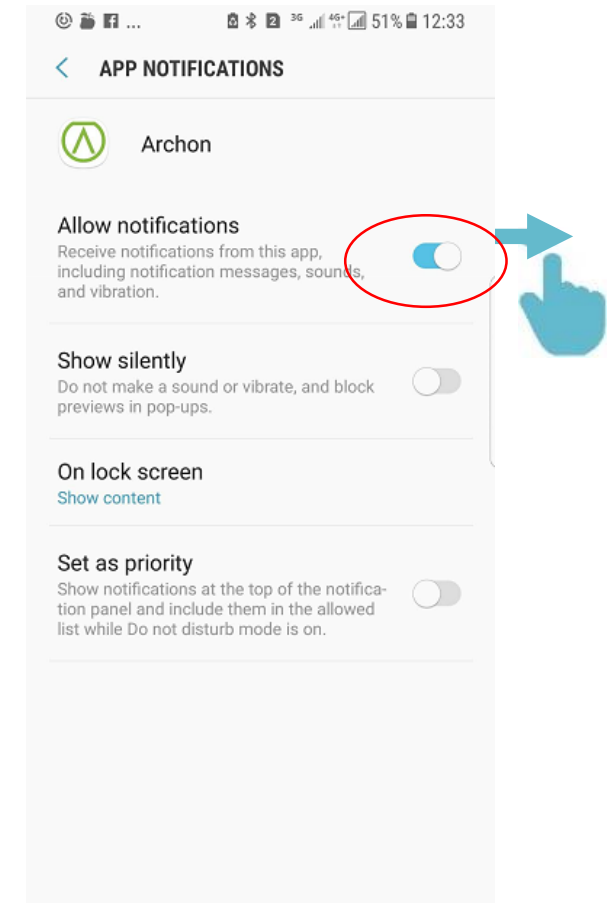
# Archon BEMOVED User Guide (ANDROID)
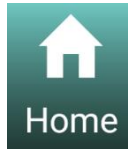
**Home:** Summary of daily steps, calories, distance travelled and heart rate
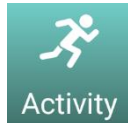
**Activity:** Heart rate, steps and sleeping history in bar chart and line graph format
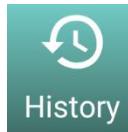
**History:** Sport mode: Jogging, Ball games, Yoga and Gymnasium Record
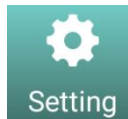
**Setting:** Set up of device, heart rate, clock display, general information, notifications, reminders, auto sleep, cloud and more…
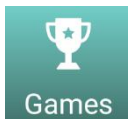
**Games:** Create group competition

Share the home page to social media

Edit your profile picture and general information.

# Archon BEMOVED User Guide (ANDROID)

## Heart Rate Dashboard

**Fat Burn Zone (50-69% of maximum heart rate)**
Heart rate during moderately intense activities

**Cardio Zone (70-84% of maximum heart rate)**
Heart rate during hard physical activity

**Peak Zone (>85% of maximum heart rate)**
Heart rate during high intensity physical activity

# Archon BEMOVED User Guide (ANDROID)
## Selfie Function
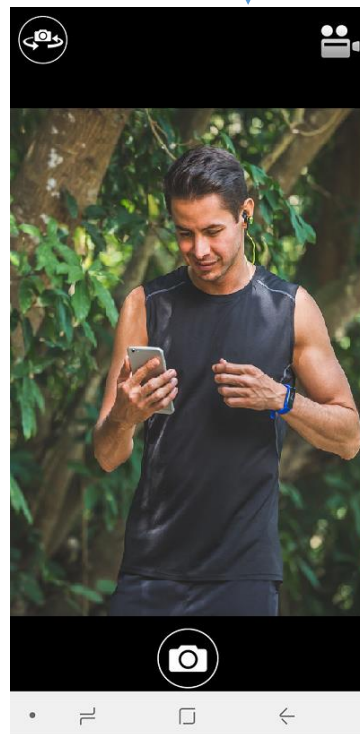
Tap camera icon at Home page to start Selfie

Focus your screen, twist your arm wearing BEMOVED to shoot a photo.

Or you can tap the camera icon BEMOVED to shoot.

Can select photo or video taking.

Can switch between Selfie or photo shoot.

# Archon BEMOVED User Guide (ANDROID)
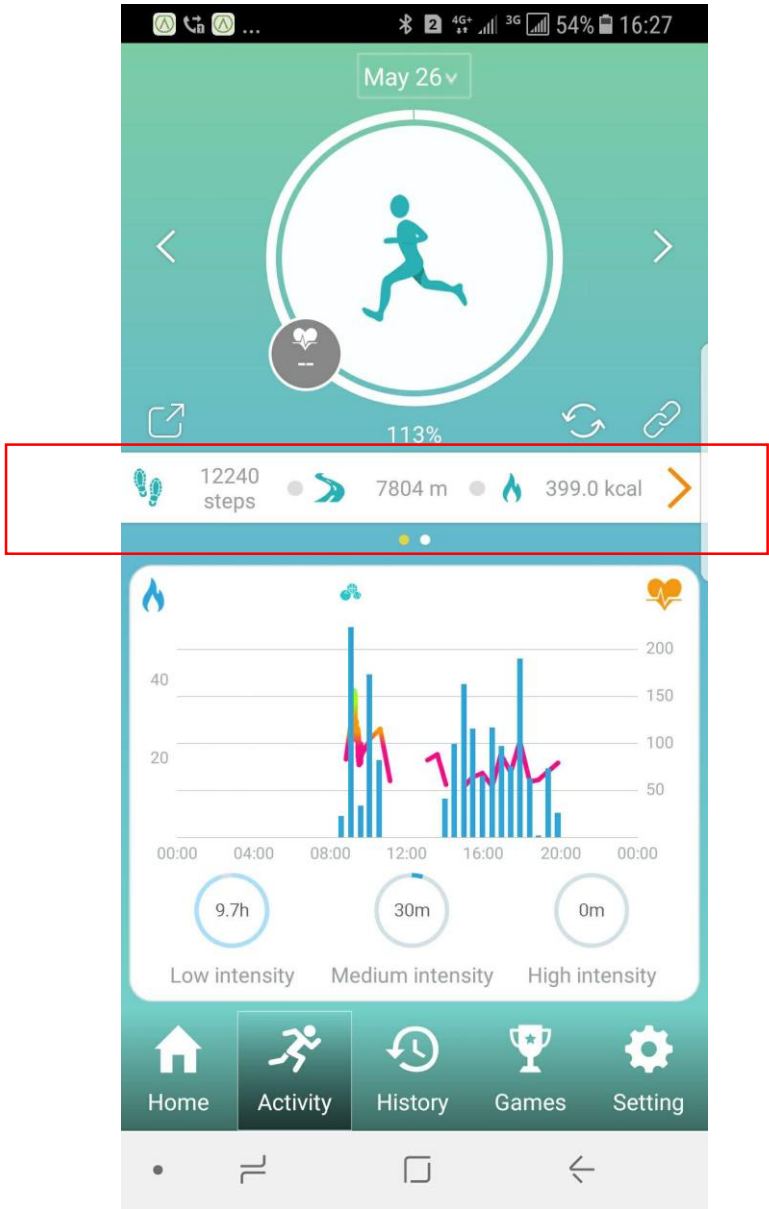


Sweep the activity bar left or right to switch between steps and heart rate record

When display is showing steps, distance and calories record, the graph will show the duration of activity at different intensities

# Archon BEMOVED User Guide (ANDROID)
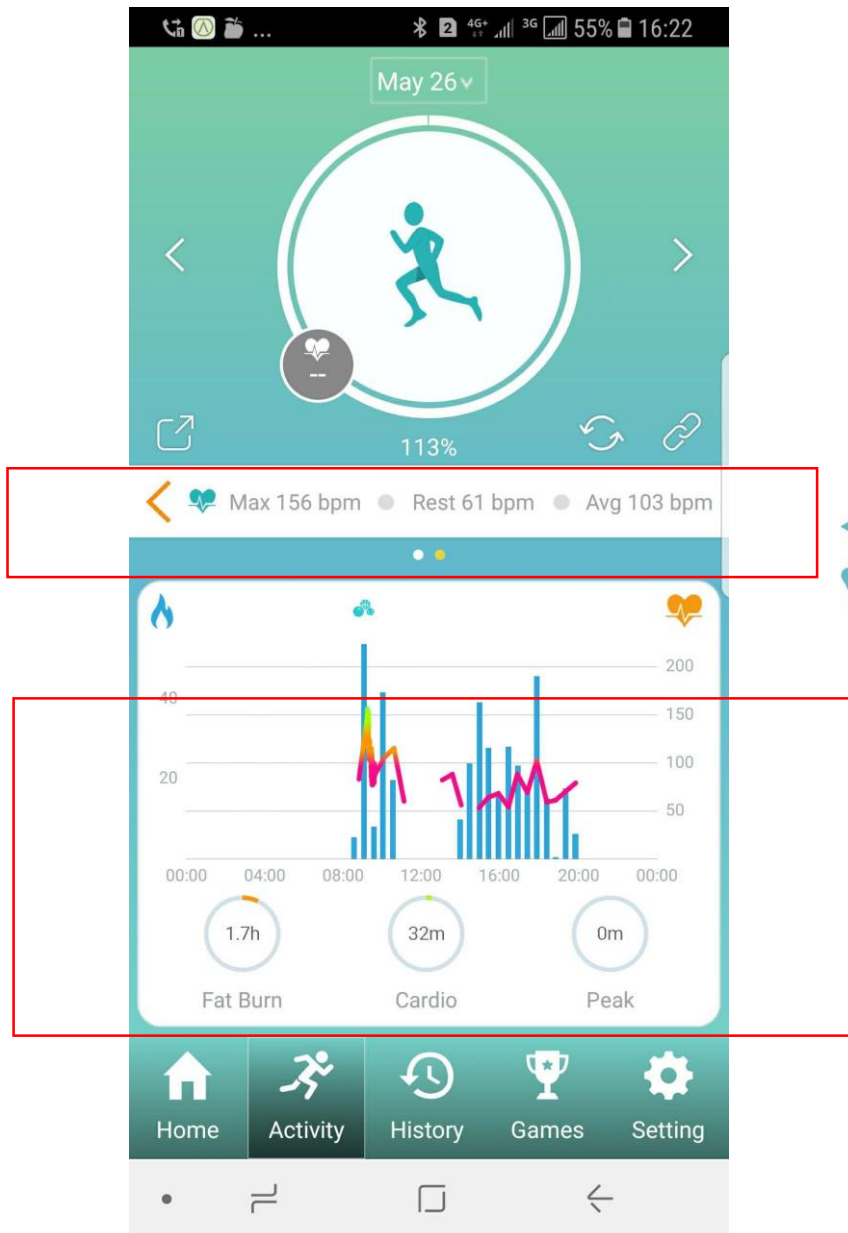
Sweep the activity bar to the right to display today Max Heart Rate, Rest Rate and average Heart rate.

—— Fat burn zone
50-69% of maximum heart rate

—— Cardio zone
70-84% of maximum heart rate

—— Peak zone
>85% of maximum heart rate

Bar chart display the duration at different heart rate zones: Fat Burn, Cardio and Peak Zone.
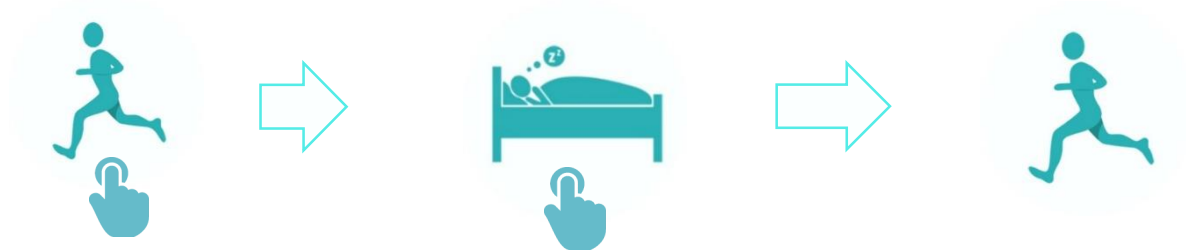
## Sleep Record

Click on the character to switch between steps and sleep record

🛏 6h37m — Total sleeping time

💤 1h2m — Time required to fall asleep

debt 2h27m — Sleeping time compared with daily target (Sleeping goal can be set at "General Info")

# Archon BEMOVED User Guide (ANDROID)

## Sport mode icon

Click the sport mode icon to select different sport activities

Tap the respective icon to start sport activities like Jogging, Ball games, Yoga, Gymnasium and Other sports.

Archon BIKE and JUMP product is required to start cycling and skipping rope exercise respectively.
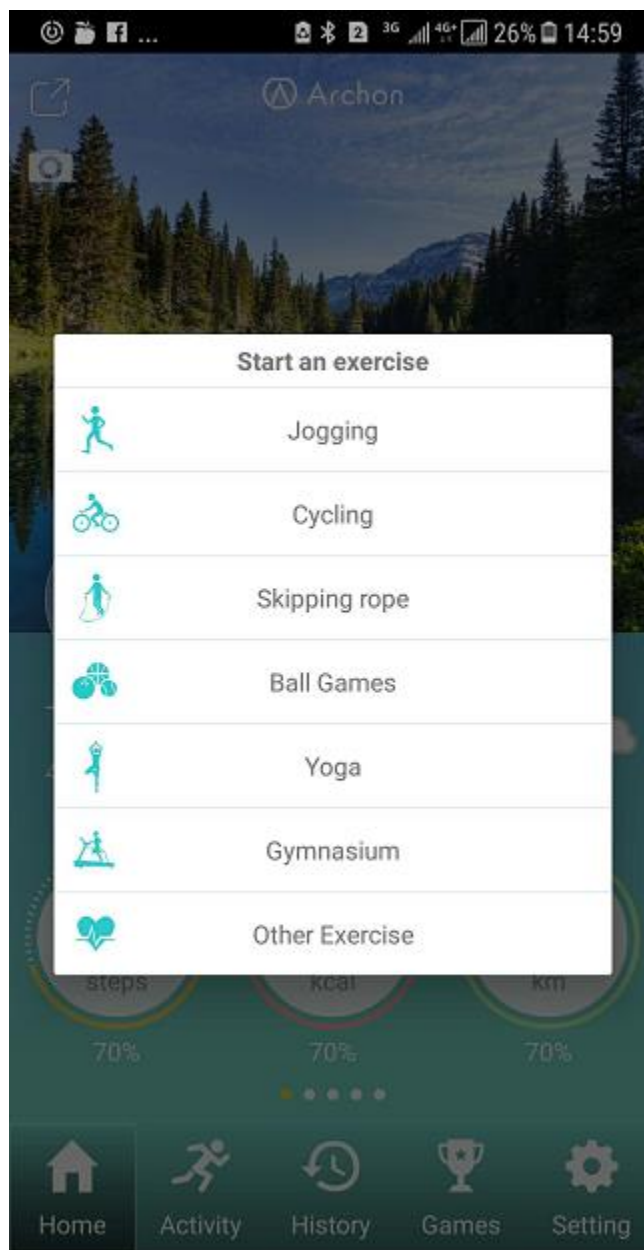
\* Once start sport mode, BEMOVED will automatically turn on heart rate tracking. Please keep BEMOVED Bluetooth connected to the phone to allow real-time data transmission to Archon app. If Bluetooth connection is not good, some heart rate and sport data may be lost.

# Archon BEMOVED User Guide (ANDROID)
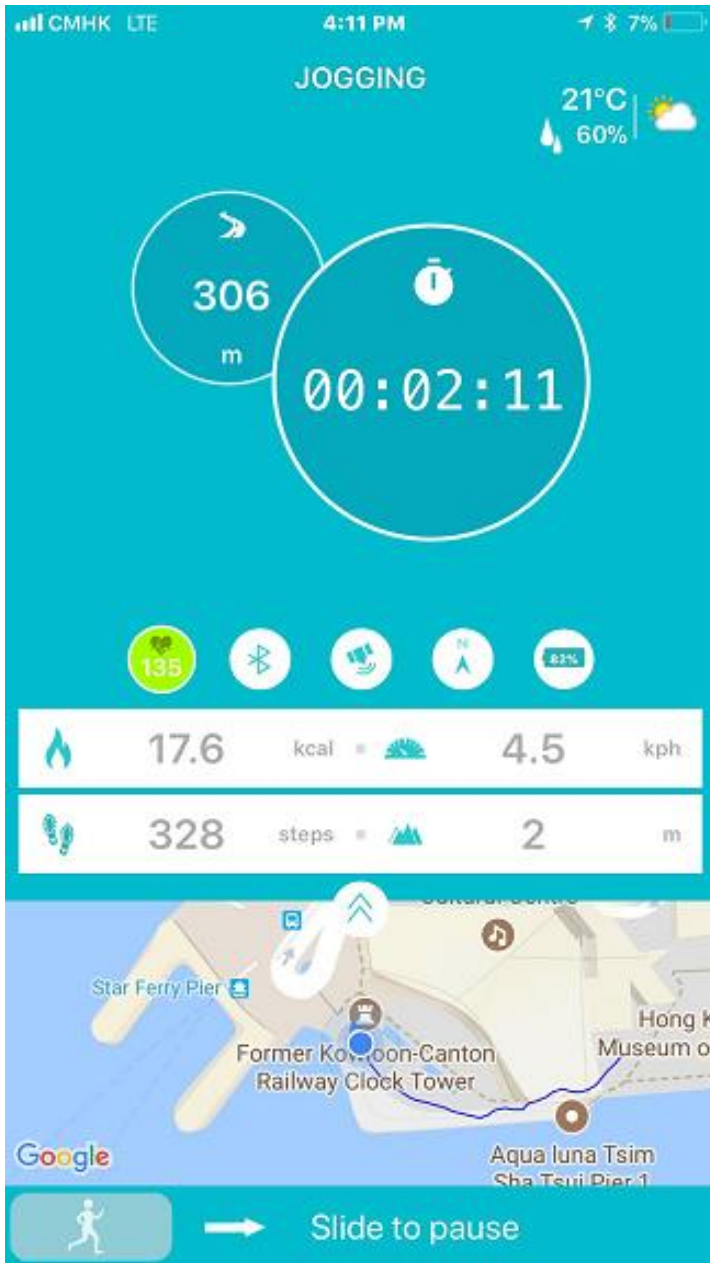
## Jogging

 Weather information

 Jogging distance (meter)

 Jogging duration

 Icon will light up if Archon BEMOVED is connected successfully

# Archon BEMOVED User Guide (ANDROID)

## Jogging

GPS icon will light up if your phone GPS is enabled

**\*\*ATTENTION\*\***
**IF GPS IS ENABLED, MOBILE DATA WILL BE USED AND MAY INCUR CHARGES**
**WITH GPS ENABLED, PHONE BATTERY WILL DRAIN FASTER THAN USUAL**

Compass will show direction if GPS is enabled
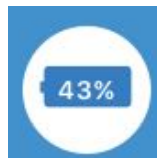
Battery level of your Archon BEMOVED

# Archon BEMOVED User Guide(ANDROID)
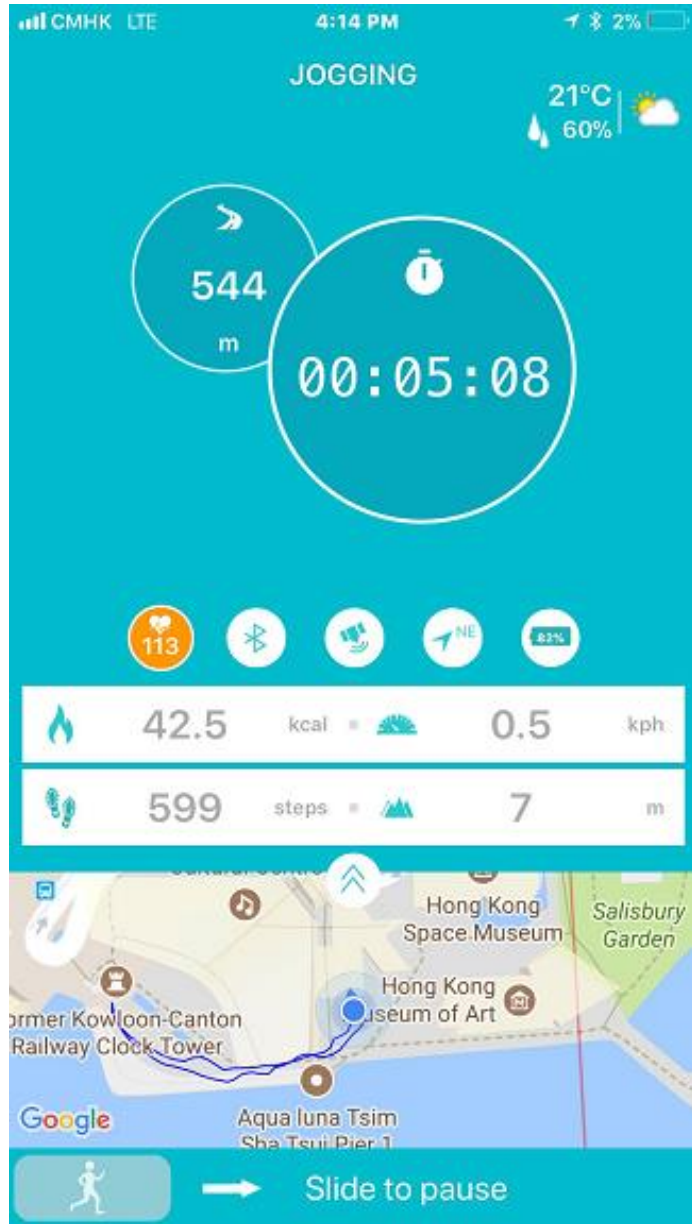
## Jogging



🔥 Calories burnt (kcal)

👣 Number of steps

🌡️ Average speed (kilometer/hour)

⛰️ Elevation (meter)

⌃⌃ Click to enlarge map

**Start** Click to record your jogging session

# Archon BEMOVED User Guide (ANDROID)

## Jogging route and HR trend
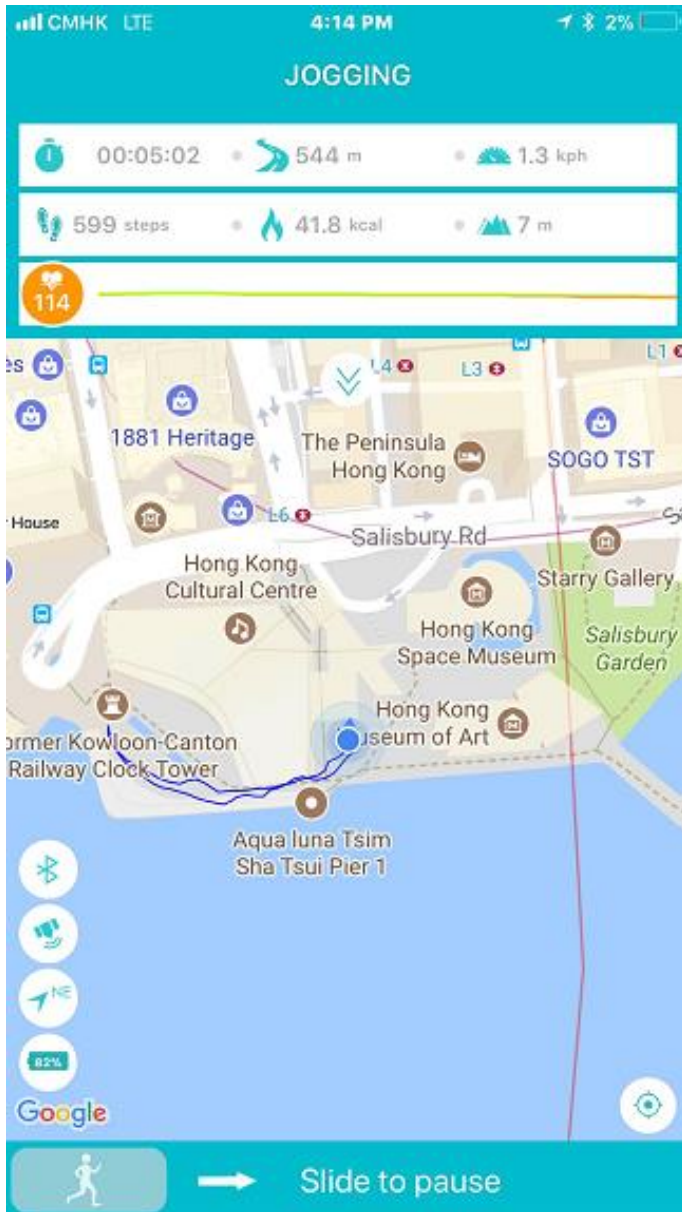


∨∨  Click to minimize jogging map

👆  Zoom in jogging map

👆  Zoom out jogging map

# Archon BEMOVED User Guide (ANDROID)
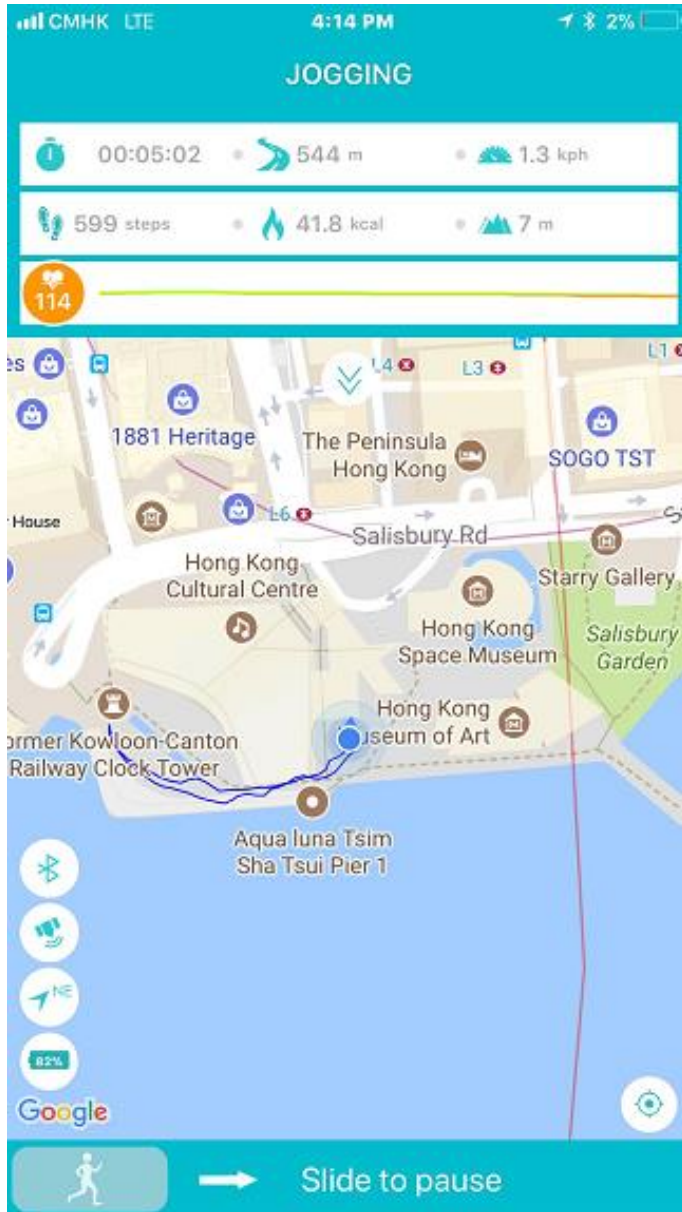
## Jogging



| | |
|---|---|
| ⏱ | Jogging duration |
| ⟫ | Jogging distance (kilometer) |
| 🌡 | Average speed (kilometer/hour) |
| 👣 | Number of steps |
| 🔥 | Calories burnt (kcal) |
| ⛰ | Elevation (meter) |

Slide to Pause — Slide to pause jogging session

# Archon BEMOVED User Guide (ANDROID)
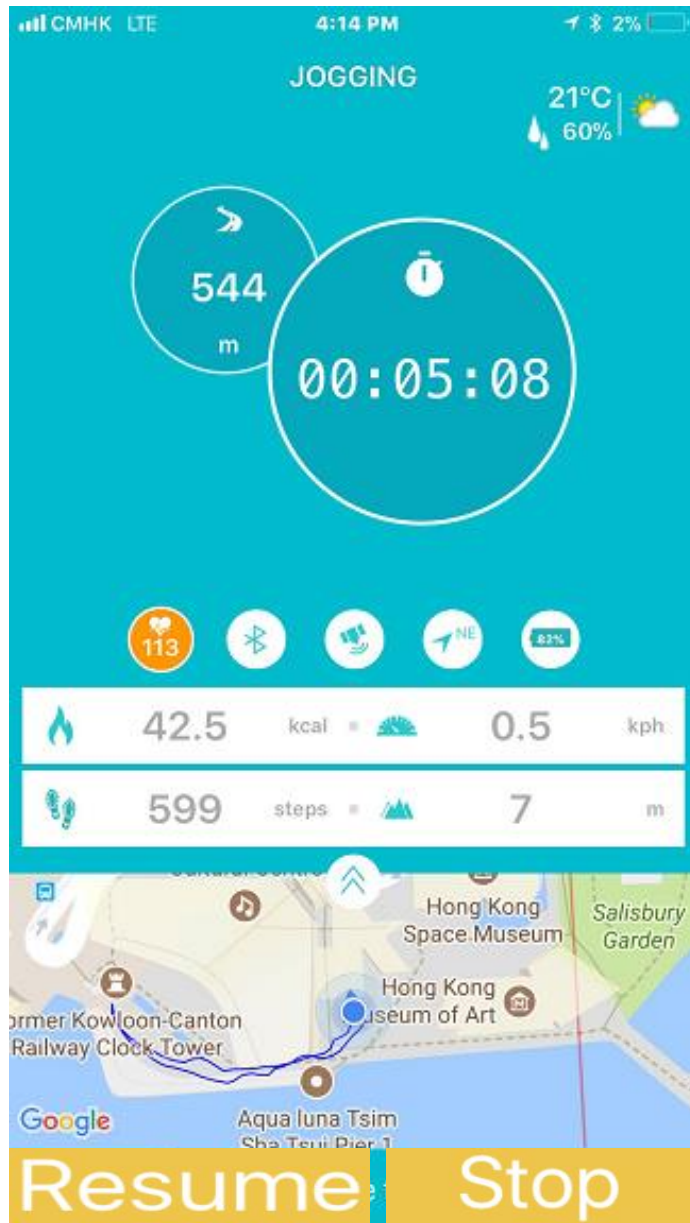
## Jogging



| Resume | Click to resume jogging session |
|---|---|
| Stop | Click to stop and record jogging session |

# Archon BEMOVED User Guide (ANDROID)
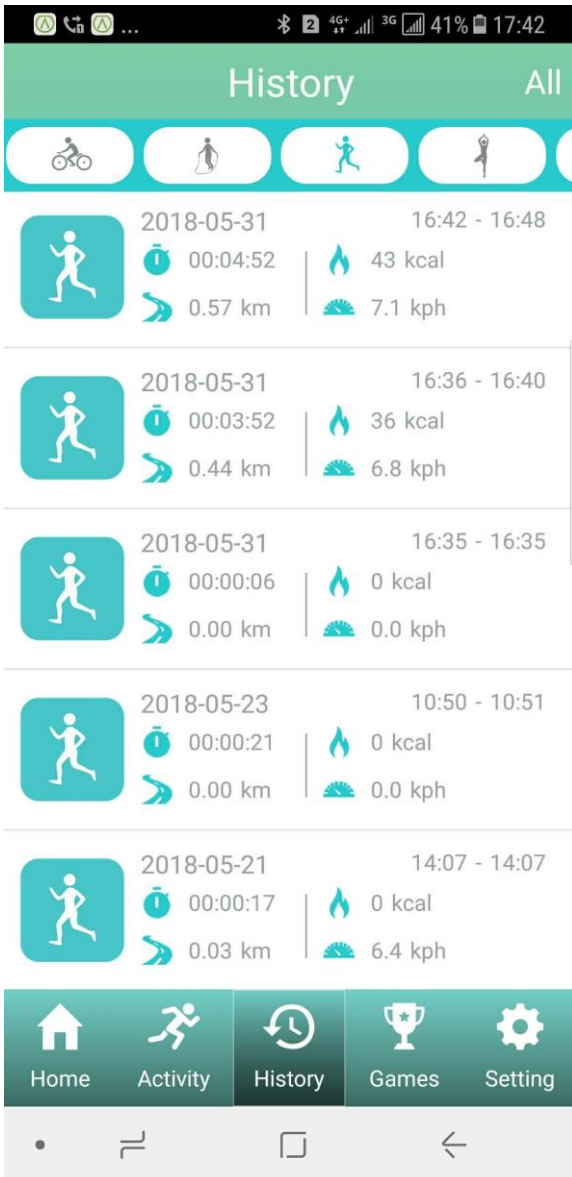
## Jogging

 Click jogging session to view graphical display

 Press any record for 2 sec to remove it, click "Remove this session" to confirm

# Archon BEMOVED User Guide (ANDROID)

## Jogging (Speed)



| | |
|---|---|
| 👣 | Steps taken |
| 🔥 | Calories burnt (kcal) |
| 🛣️ | Distance travelled (kilometer) |
| 🌡️ | Average speed (kilometer/hour) |
| ⛰️ | Elevation (meter) |
| ⏱️ | Average speed (minute/kilometer) |

# Archon BEMOVED User Guide (ANDROID)

## Jogging



Click to share jogging history to social media

Switch between distance and duration graphical display

Jogging route.

Click to view jogging map, see next page

Jogging duration

# Archon BEMOVED User Guide (ANDROID)



## Jogging Route

When mobile is connected to internet, press GPS icon to download and view recorded jogging  route.

*This function require connection to internet.

# Archon BEMOVED User Guide (ANDROID)

## Jogging (Heart rate)

Max Heart Rate (bpm)

Average Heart Rate (bpm)

Fat Burn Zone (50-69% of maximum heart rate)
Heart rate during moderately intense activities

Cardio Zone (70-84% of maximum heart rate)
Heart rate during hard physical activity

Peak Zone (>85% of maximum heart rate)
Heart rate during high intensity physical activity

# Archon BEMOVED User Guide (ANDROID) Setting

| | Setting |
|---|---|
| 👤 | General Info > |
| 📱 | Devices > |
| 🔗 | Synchronization > |
| ☁ | Cloud > |
| 📍 | Map    Auto Select |
| 🖌 | Themes > |
| 🧍 | Characters > |
| 💬 | Feedback > |
| ❓ | Help > |
| ☁ | Version    5.3.157 |

Home    Activity    History    Games    Setting
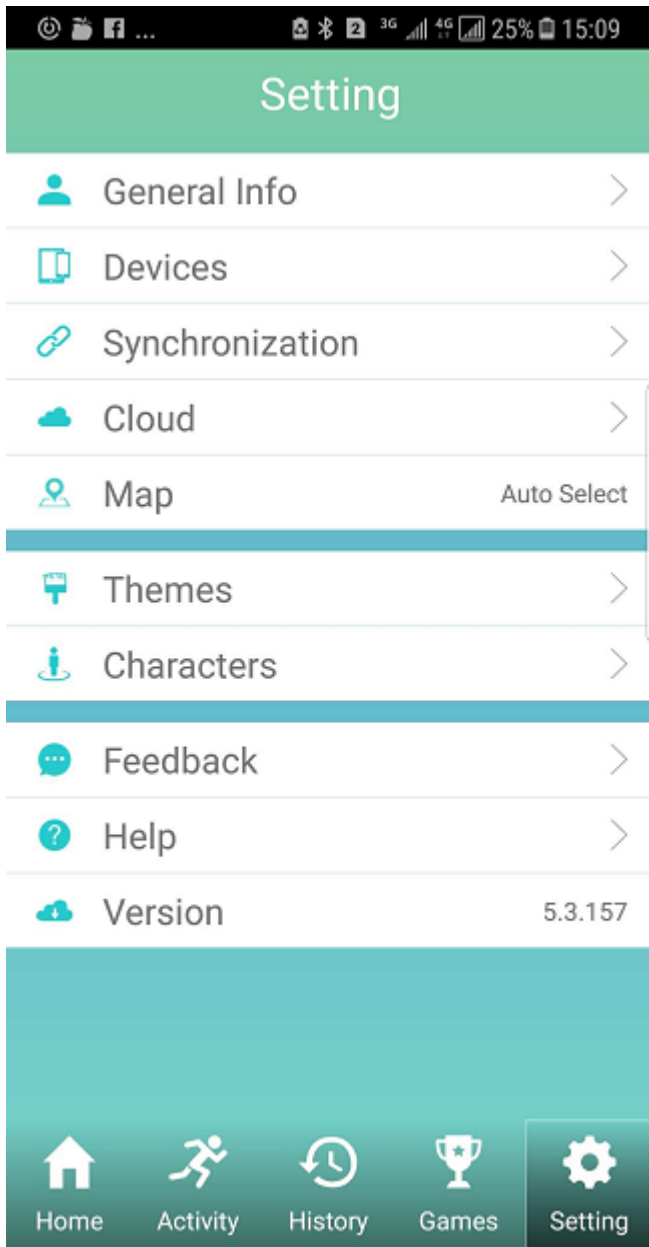
General information, target steps and sleeping goal settings

Device Pairing & device setting eg. Heart rate measuring frequency, notifications and reminder setting

Device and server synchronization settings

Cloud username, photo and login/logout settings

Map auto select or setup (Google map or Gaode map)

Themes selection for Home page ( or select your own photo)

Activity page character setting

Provide feedback or contact aftersales service centre.

Help page let you know more about key functions

# Archon BEMOVED User Guide (ANDROID)

**General Info**

Cancel / General Info / Save

| | | |
|---|---|---|
| Gender | M | > |
| Birthday | 1978-12-31 | > |
| Height | 175 cm | > |
| Weight | 65 kg | > |
| Strength Type | Low | > |
| Sleeping Goal | 8h 00m | > |
| Target Steps | 10000 | > |

## General Information

Input your gender

Input your birthday

Input your height

Input your weight

Input your strength type

Input your sleeping goal

Input your daily target steps
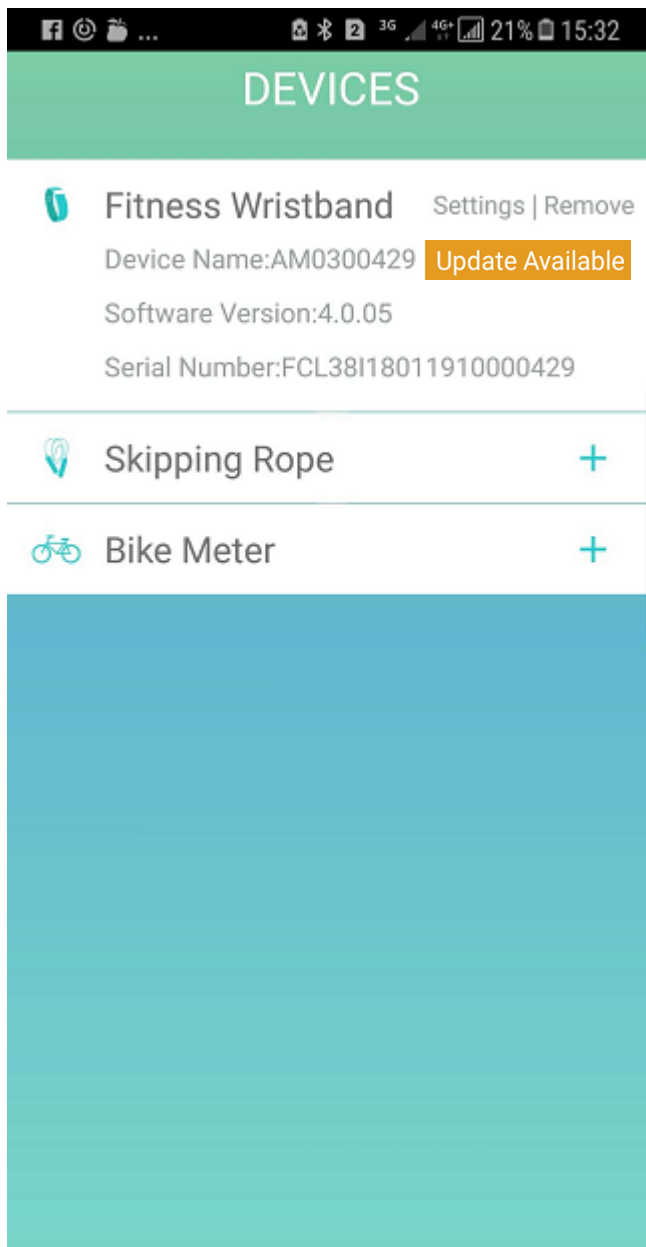
# Archon BEMOVED User Guide (ANDROID)

## Device

| | |
|---|---|
| Settings | Notification, Reminder and Auto Sleep settings |
| Update Available | If firmware update is available, click to upgrade your Archon BEMOVED |
| Remove | Remove the paired Archon BEMOVED from your phone |

**DEVICES**

Fitness Wristband    Settings | Remove
Device Name:AM0300429    Update Available
Software Version:4.0.05
Serial Number:FCL38I18011910000429

Skipping Rope    +

Bike Meter    +

# Archon BEMOVED User Guide (ANDROID)

## Fitness Wristband Setting



**Fitness Wristband**

- 🔔 Notification >
- 💗 Caring reminder >
- 🅰 Auto Sleep >
- Clock Display >
- 💓 Heart Rate Measuring 30 >
- Heart Rate Alarm >
- Wake Screen on Wrist Raise >
- 🎵 Music Folder >
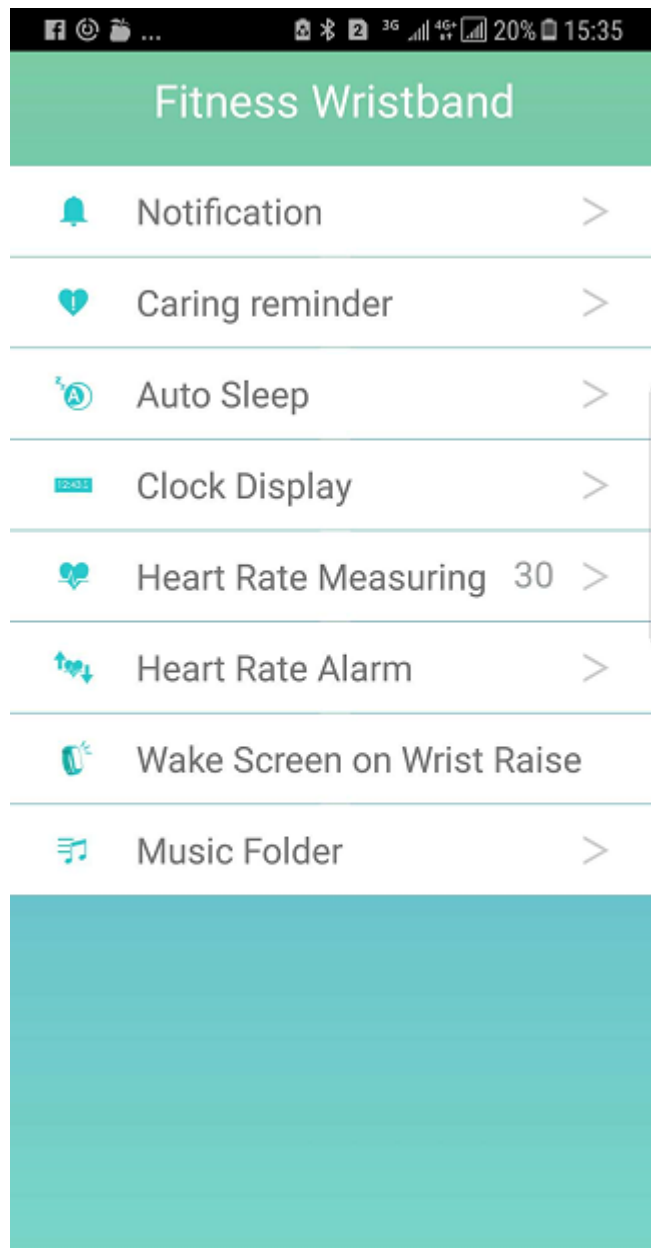
🔔 Incoming call, Missed Call, SMS, Email, Facebook, Twitter, WhatsApp, WeChat, Line, Calendar, Link lost Alert notification settings

💗 Exercise, Sleep, Reminder and Meal Settings

🅰 Auto Sleep time setting

# Archon BEMOVED User Guide (ANDROID)

## Fitness Wristband Setting
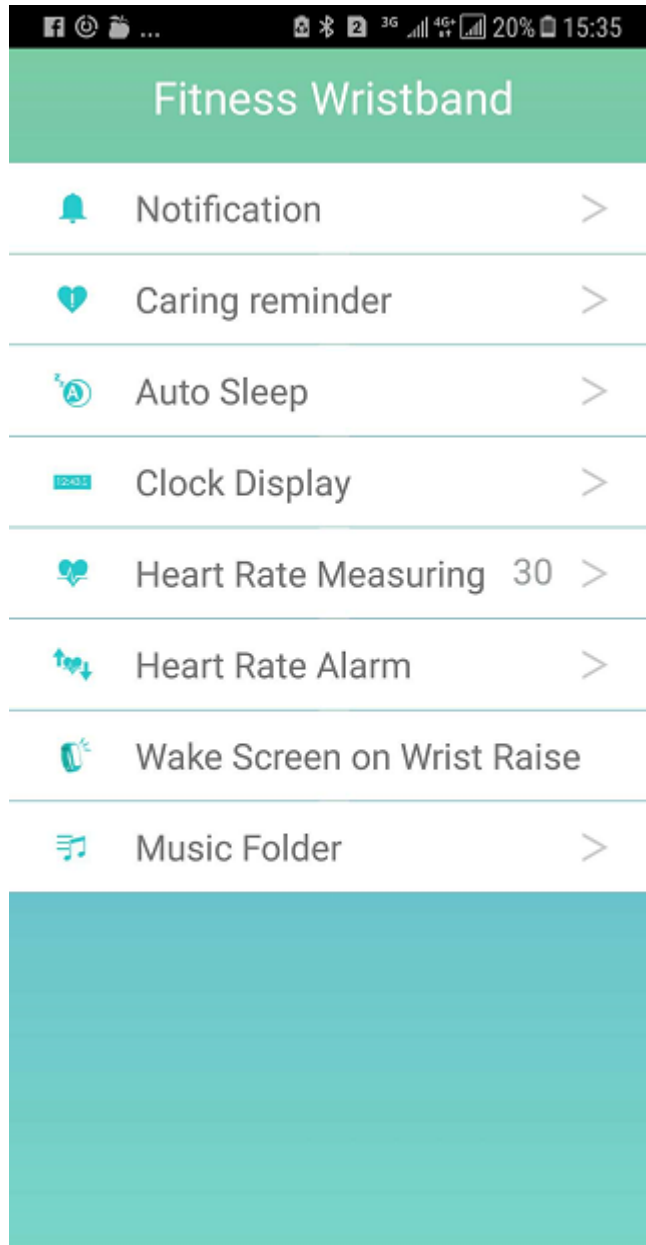


Clock Display

**Clock Display: Change different clock display styles**
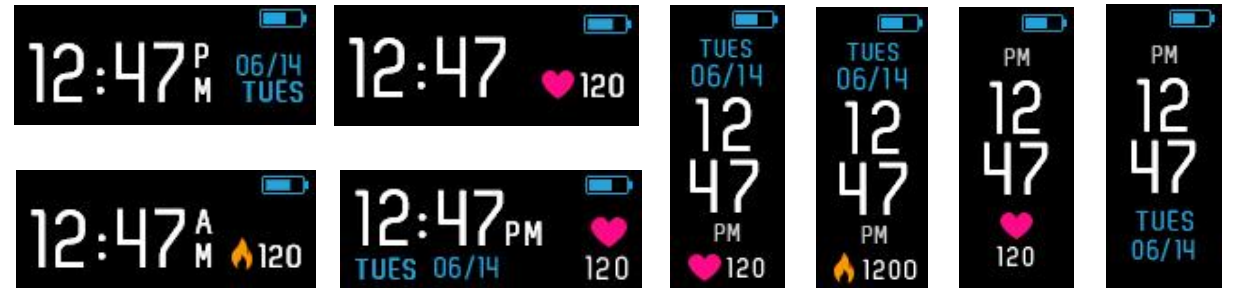


**Heart Rate Tracking: Auto heart rate tracking frequency setting**

# Archon BEMOVED User Guide (ANDROID)

## Notifications
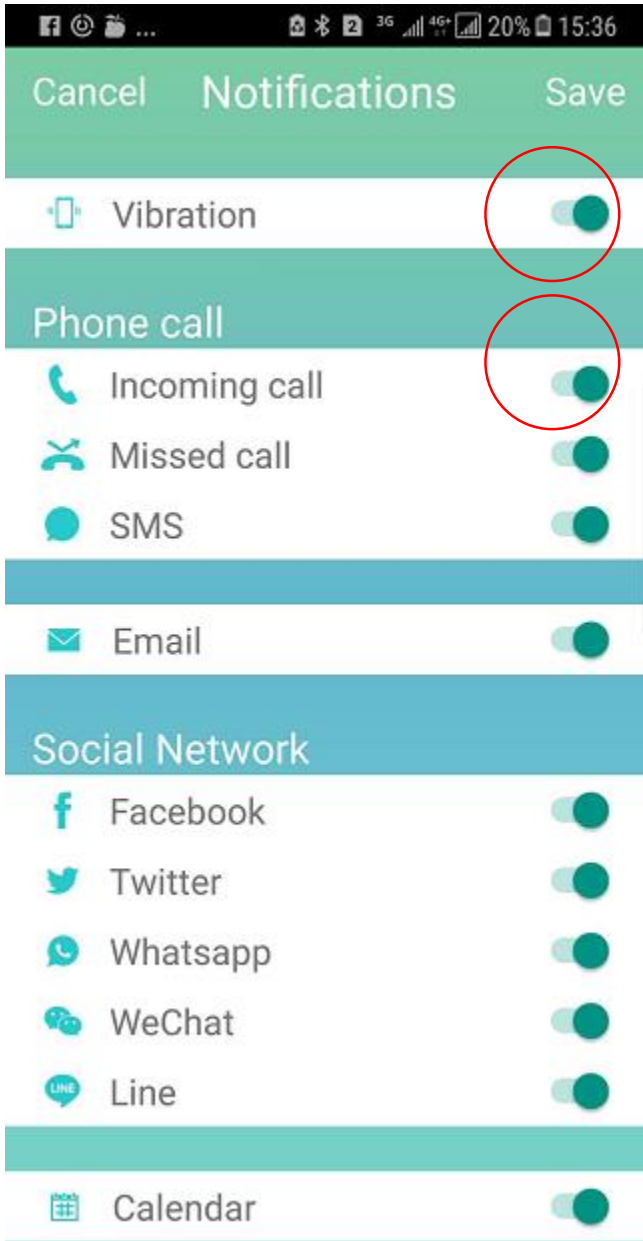
| | |
|---|---|
| ⬤ (ON) | Notification ON |
| ⬤ (OFF) | Notification OFF |
| Save | Click to save notification settings |

*Facebook notification setting can be defined within Facebook programme (Setting->Apps->Notification)
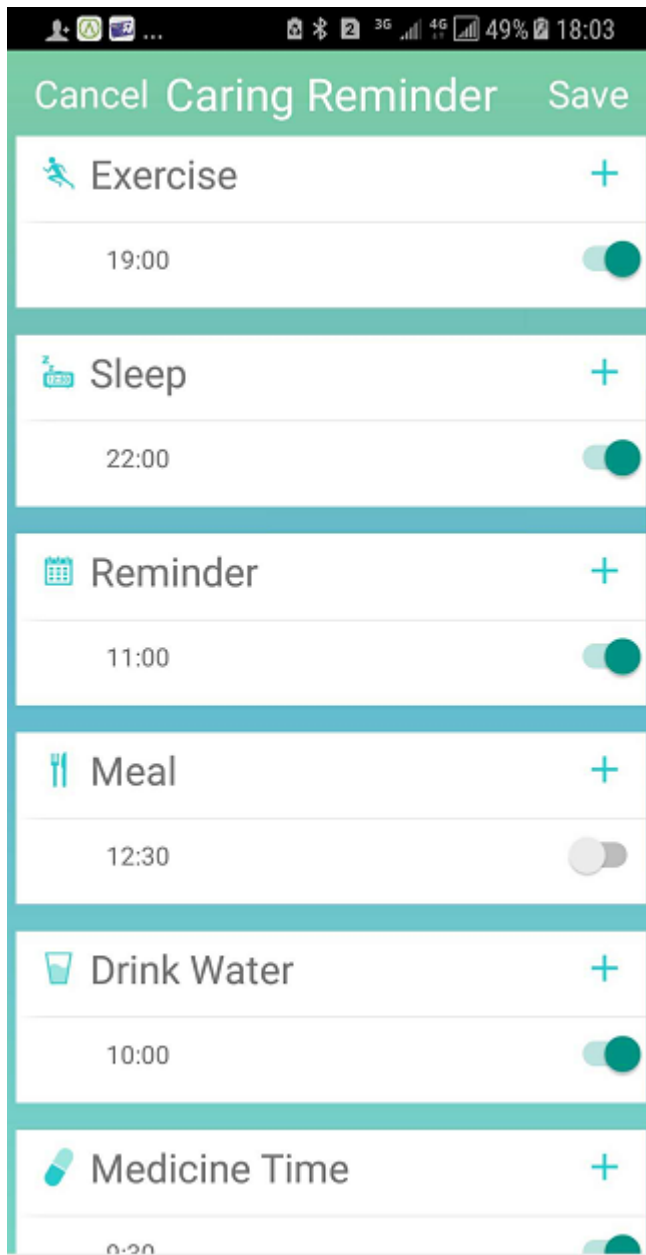
# Archon BEMOVED User Guide (ANDROID)

## Reminder

| | |
|---|---|
| **+** | Add new reminder |
| ⬤ (toggle on) | Reminder ON |
| ⬤ (toggle off) | Reminder OFF |
| 10:00 | Click to save reminders |
| Save | Click time to change |
| ⬤ (toggle) | Sweep from right to left to delete reminder |

# Archon BEMOVED User Guide (ANDROID)

# Auto Sleep

| | |
|---|---|
| **Start Time** | 23:00 |

Input your usual sleep time

| | |
|---|---|
| **End Time** | 07:00 |

Input your usual wake up time

**Save** — Click to save auto sleep settings

Note:
1. BEMOVED will start to detect sleep record at preset sleep time.
2. User fall asleep during non-preset sleep time and will not be recorded.
3. Late night 4am is set as cut-off time of a new day. If user continue to sleep after wake up at 4am, sleep data after 4am will be recorded on a new day.

# Archon BEMOVED User Guide (ANDROID)

## Real Time Heart Rate Tracking Setting

Select the auto heart rate tracking frequency or turn it OFF

Once frequency is selected and synchronized, your Archon BEMOVED will track and record your heart rate automatically
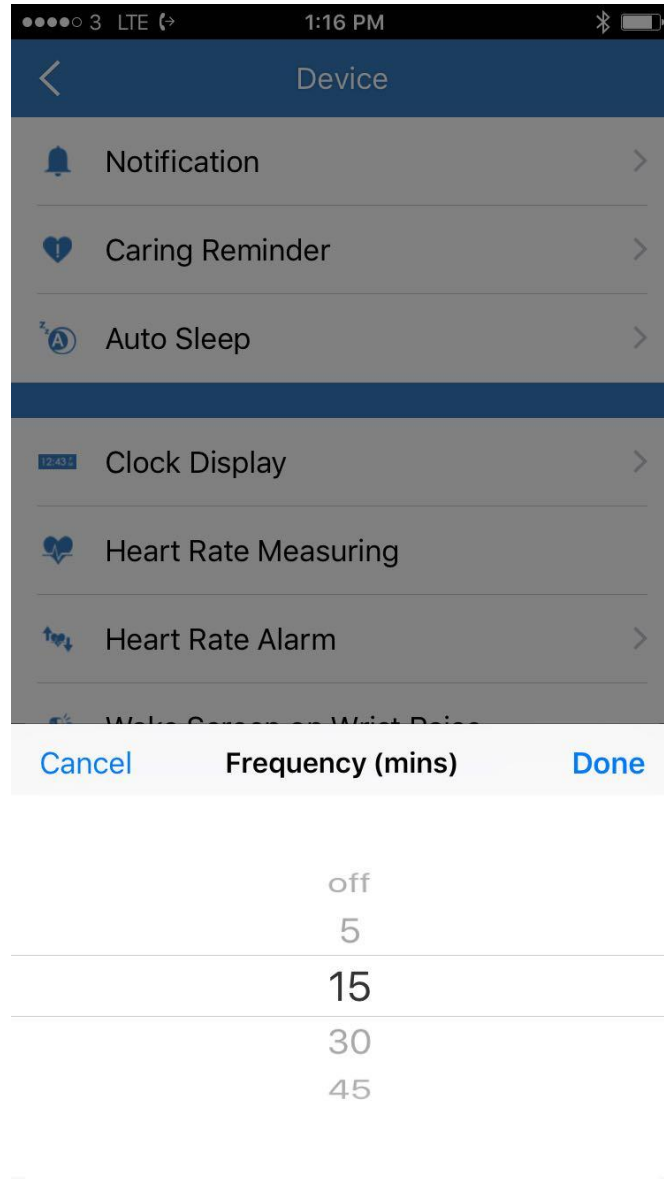
# Archon BEMOVED User Guide (ANDROID)
## Real Time Heart Rate Tracking
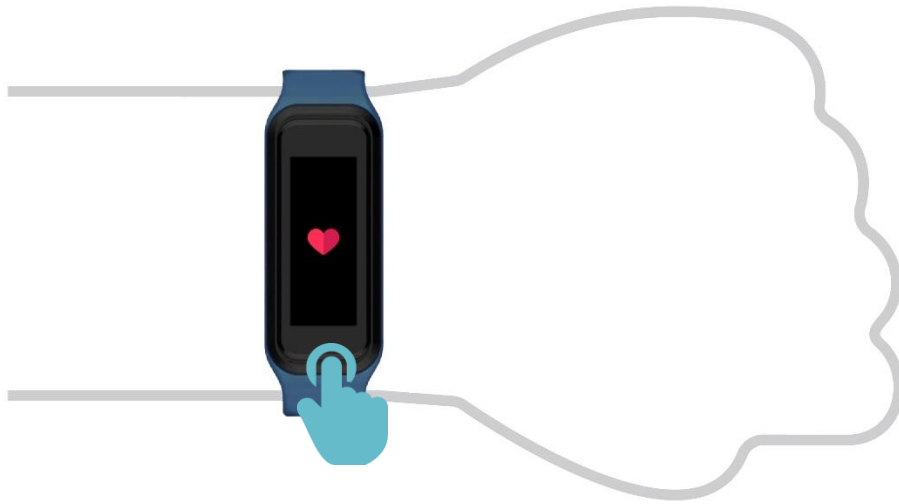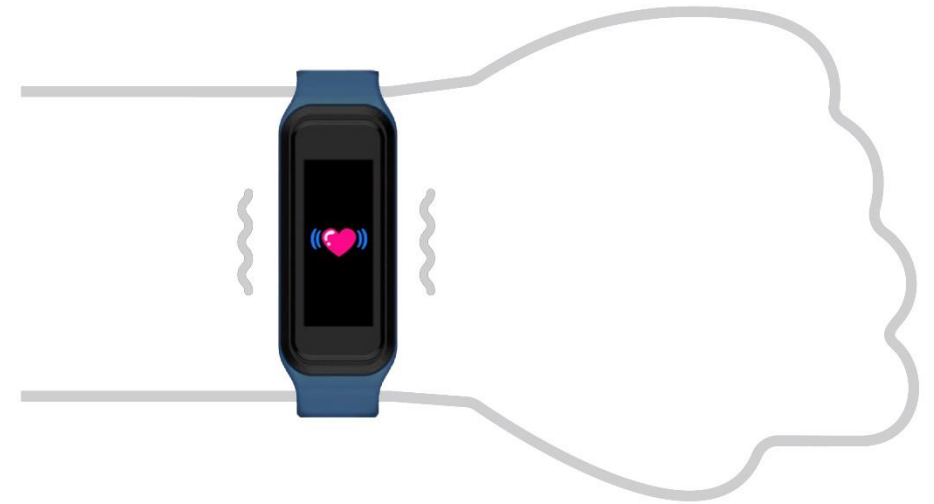
1. To turn ON the real time heart rate tracking, sweep to the heart rate tracking page, press and hold for 2 seconds

2. Your BEMOVED will vibrate gently and start to track your heart rate

# Archon BEMOVED User Guide (ANDROID)
## Real Time Heart Rate Tracking

3. Wait for the reading to display and your heart rate will be updated every second until you turn it off

4. To turn OFF the real time heart rate tracking, press and hold for 2 seconds and your Archon BEMOVED will vibrate gently

\* Real time heart rate tracking will be turned OFF automatically after 4 hours

# Archon BEMOVED Userguide (ANDROID)

## Setup Heartrate Alarm

BEMOVED track if your heart rate is within normal range. You can setup upper and lower limit in Archon App Heart Rate alarm. When the heart rate is above a certain bpm, "High" alert is displayed on the BEMOVED screen. At lower limit (bpm), "Low" alert will be display.

HIGH — Upper limit Alert

LOW — Lower Limit Alert

Notification on
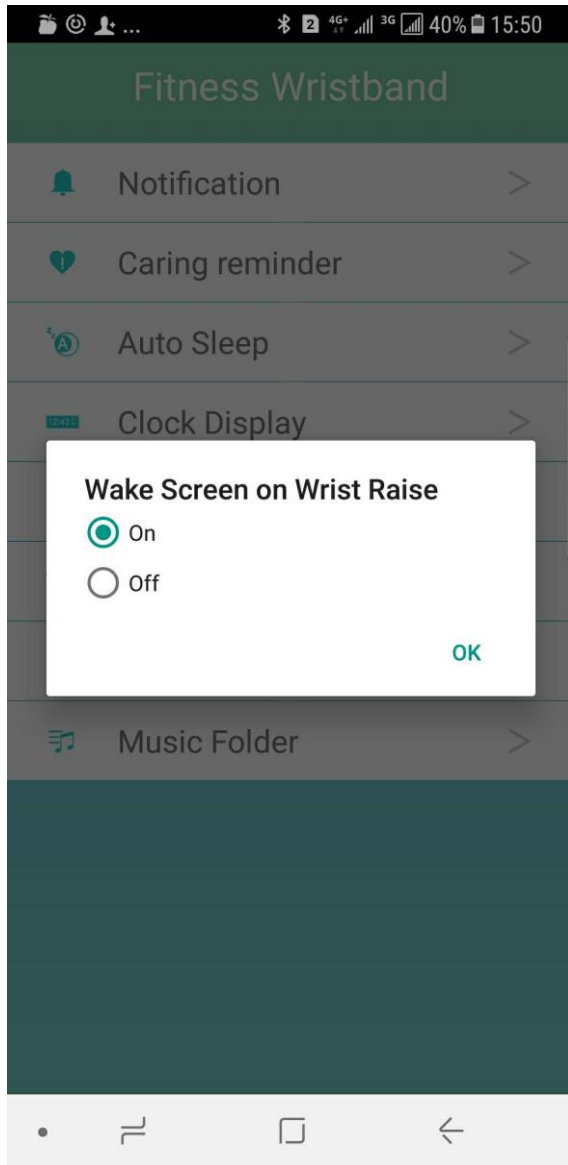
Enter upper and lower limit, press Save.

Notification off

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## Wake screen on wrist raise

When you lift the hand wearing BEMOVED by rotation 40 - 80 degrees, the screen will automatically light up and display the time.

○ On
○ Off

Please select on and press OK to save.

Note:
1) Please raise your hand gently, the screen will automatically light up.
2) Hand raise movements should not be too fast, it need some time to detect the movement.

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## Music Folder



The music folder will scan all songs stored in your mobile phone and display under Music Folder. Please tick the songs you want to remotely control with BEMOVED, then click Save. BEMOVED can remotely play songs following sequence in "Music folder".
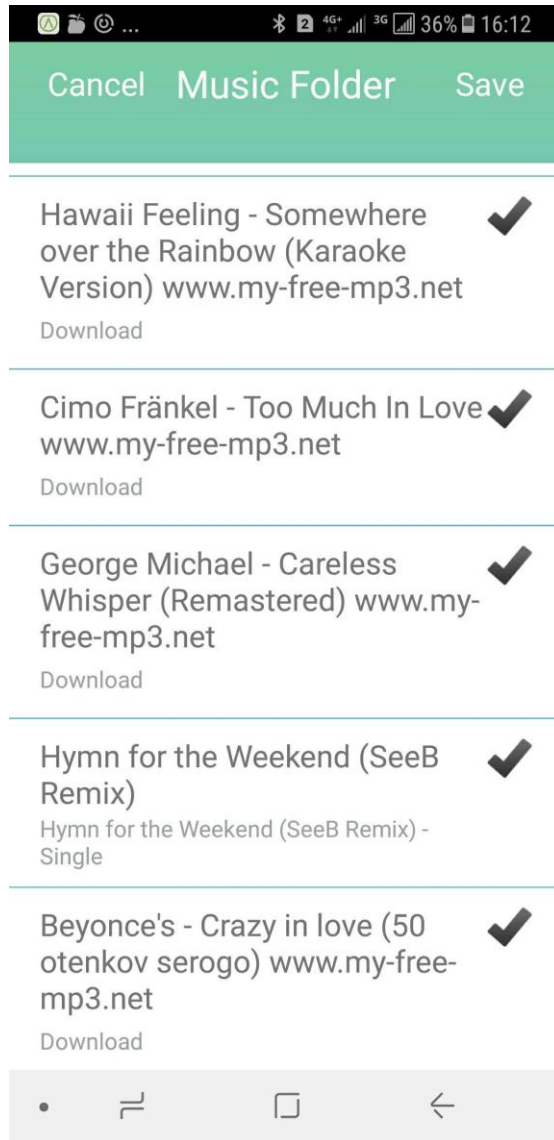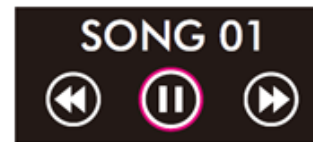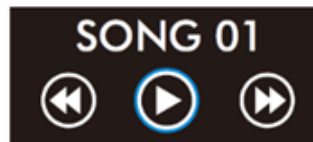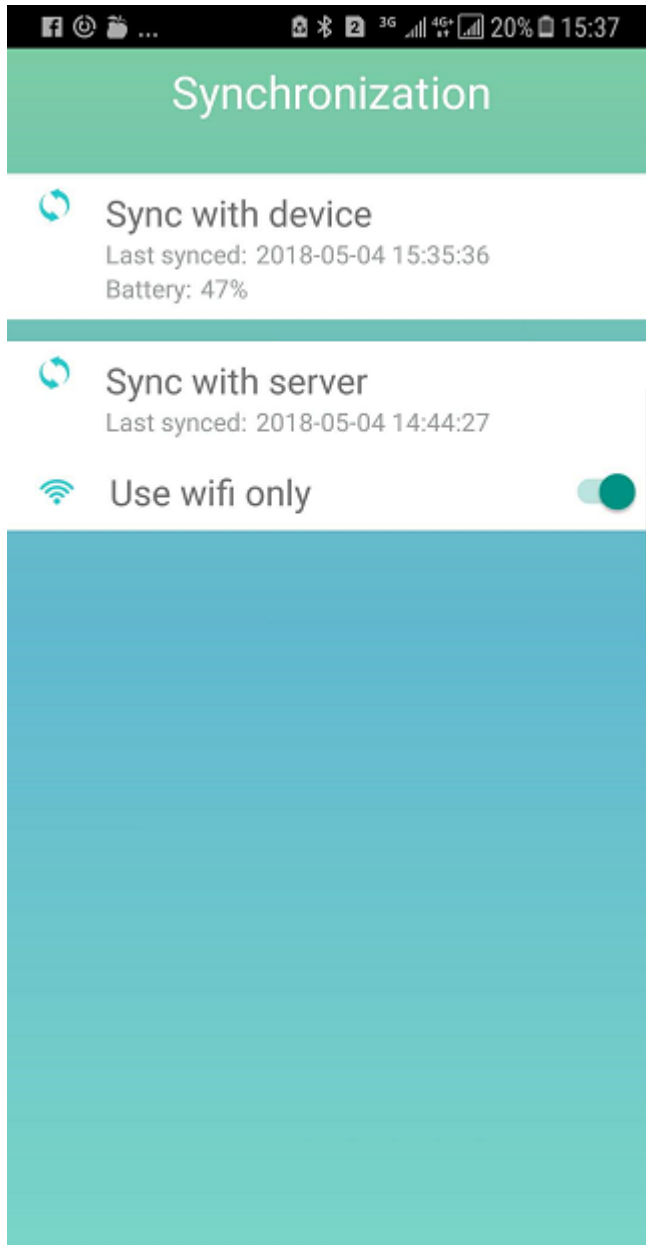
Press music folder icon  at BEMOVED screen to enter music control page

Tap "play" to start playing music, press "pause to pause. Tap "Forward" to go to next song. "Back" to return to previous song. Press "Back" icon to return to the top menu and stop playing music.



**\*This feature requires you to keep your phone and BEMOVED in good bluetooth connection.**

# 🔗 Synchronization

## Synchronization

**Sync with device**
Last synced: 2018-05-04 15:35:36
Battery: 47%

**Sync with server**
Last synced: 2018-05-04 14:44:27

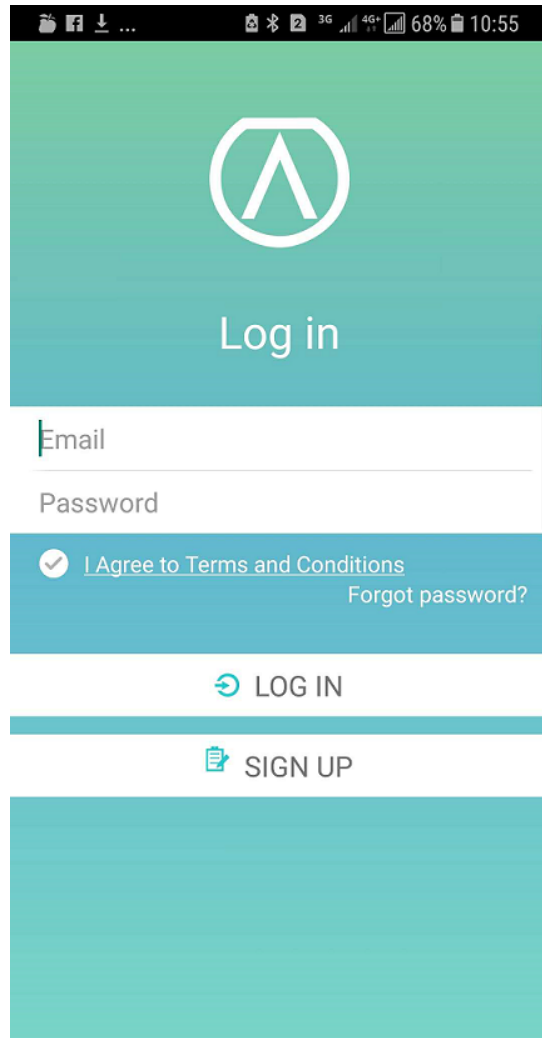**Use wifi only**

Click to sync data with device

Click to sync data with server

Turn "ON" if you want to sync with the server by wifi only.

**\*\* IF IT'S TURNED "OFF", WILL SYNC THE DATA WITH SERVER BY YOUR MOBILE DATA PLAN AND MAY INCUR CHARGES \*\***

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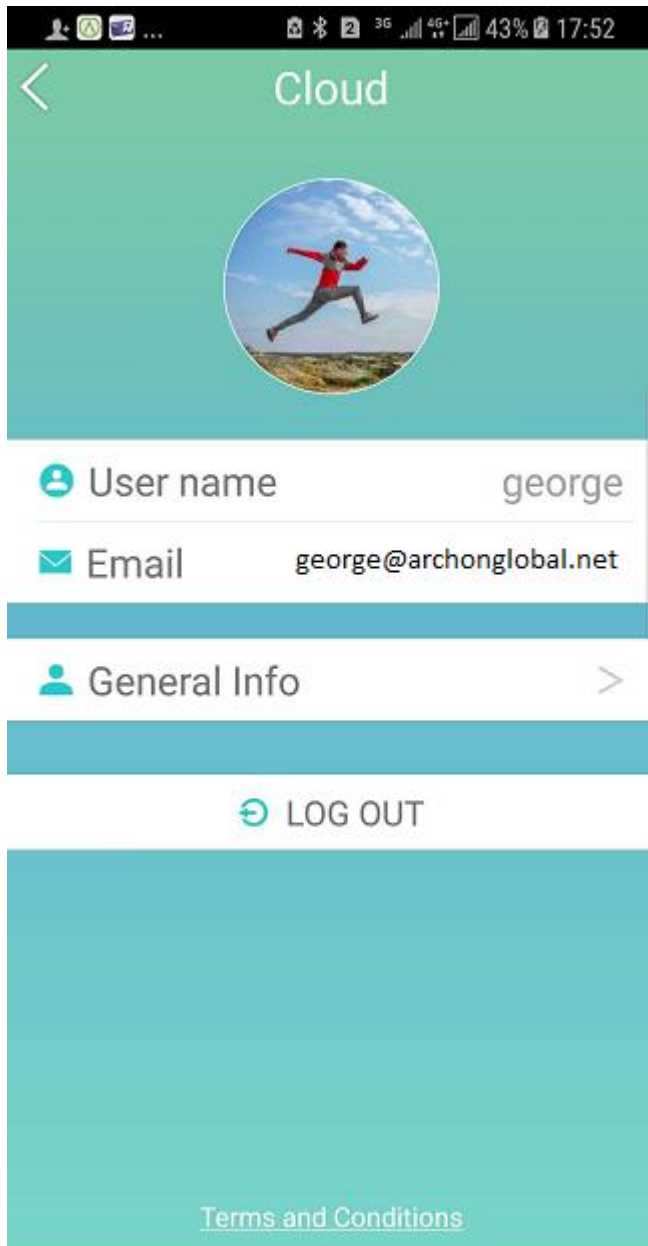## Archon Cloud

Input your email and password to log in

Sign up with your email, user name and password

Forget password?

Click and enter your email to reset password

# Archon BEMOVED User Guide (ANDROID)

## Archon Cloud



**Click to edit profile picture**

**Click to edit user name**

**Log in email**

**Click to enter General Information page**

**Log out**

If user do not agree to sign in at Archon cloud, pls contact us at info@archon.com.hk